

# CONNECTIONS

THE LABRADOR WEST CHAMBER OF COMMERCE MAGAZINE

2024 SPRING ISSUE

## **Blossoming Ventures:**

Meet the Entrepreneurs Bringing New Life to Our Region

## **SPRINGING INTO ACTION:**

Community Groups Making an Impact

**LABRADOR WEST**  
CHAMBER OF COMMERCE





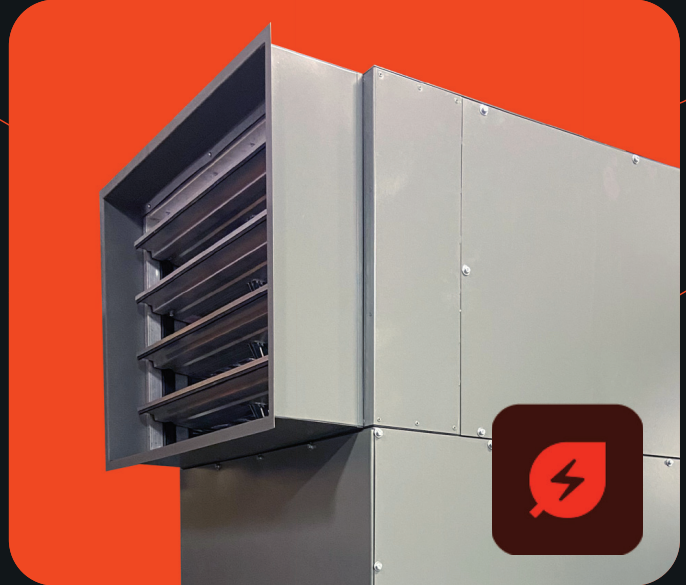
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**Layout and Design:** Lydia Rickards, Ashley Quirke (QuirkeyDesign)  
**Cover Photo:** Liam Vossman Photography (Vossy photography)

“As the jokes go, Labrador West seems to have only two seasons—winter and almost-winter. But when spring finally does arrive the season is a welcome change that brings a sense of renewal and energy. While winter is always bustling with activity, spring offers a moment to catch our breath and embrace the rejuvenation it brings. As we approach the end of our current Chamber membership year, we’re looking forward to the start of a new one. Here at the Labrador West Chamber of Commerce we are eager to welcome new members and strengthen our community connections. This season is still a busy time for our local businesses with new student hires and fresh initiatives underway. Our goal is to understand how we can better serve and support the local business landscape in the year ahead.

Here’s to a vibrant season of growth, new beginnings, and a continued commitment to fostering a thriving business community in Labrador West.”

**-Dave Hall, Vice-President of Labrador West Chamber of Commerce,  
President of Big Land Networks and BigLink Internet**







# WELCOMING SPRING

## IN LABRADOR WEST

WRITTEN BY GARY SHAW

**The arrival of spring is always a welcome gift to Canadians no matter where we call home across our great Country. That being said, I doubt that there are many places that welcome spring's arrival more than us folks from Labrador West.**

**T**here are a number of good reasons for our added enthusiasm for spring's arrival. The most obvious is that we are located a long way North. We are pretty much on our own, living in our bubble that we call home in our corner of the "Big Land". Our location, culture and lifestyle seem to thrust us, despite the wait, into spring with a youthful enthusiasm that just seems to come naturally and only increases in intensity the closer it gets and the longer we have to wait. This applies to all of us no matter what our age. Most times by virtue of where we are, winter usually comes early and spring often tests our patience as we wait, often impatiently, for it to finally arrive. We can hardly wait for its arrival to get out the door and engage in whatever activities matter the most to us.

In town we want to see our yard without the big pile of snow that we have been building since last fall. We want the warmer temperatures and anxiously await the grass poking its face out after its long hibernation under our mountain of snow. The air smells different, we hear the sounds of spring, the ravens are finding their mates, and they have a different sound to their calls as they get their nests prepared. We will see and hear the familiar honking of the Canada geese as they fly over or stop for a day or two at the narrows as they wait for the water to open a bit more, further North. The tell-tale cry of the first loons arrival seals the deal, spring is here. Our flower beds are calling us to get some new bags of topsoil and get going with our plants and flowers. The folks among us who have their gardens front row and centre in their lives are fully engaged in their annual efforts as always. All the little details and secrets learned from years gone by are all in their 'toolbox' to hopefully have more and bigger potatoes, turnips, cabbage, and carrots than last year. **The Jiggs' Dinner home grown goodies are a true reflection of who and where so many folks here came from, and the lessons learned are not forgotten.** Our creatures and plant life alike are as eager as we are to welcome the arrival of spring. Snowmobiles are being put





away and our bikes, side by sides, boats and other watercraft are being unwrapped and serviced for the season that we are all eagerly waiting for. This is a great way to let friends and family know what outdoor activities you are participating in. At the same time, you will be letting the public know what trails are available in Lab West, which ones are popular, and what the trail conditions are. Trailforks is used by more than 6 million people around the world! The more that local people use the app and post their activities to Trailforks, the more Lab West and its network of trails gets promoted to residents, tourists and the world.

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## The Jiggs' Dinner home grown goodies are a true reflection of who and where so many folks here came from, and the lessons learned are not forgotten.

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By virtue of our culture and lifestyle many of us are drawn by our very heart and soul to our "Big Land" and the many treasures and adventures that she holds for us this time of year. Whether it's a day trip down the road for a day's fishing or the big move to our cabins for the change over of gear and adventures that will keep us going until at least the arrival of Thanksgiving. We are ready to go.

We gather with our family and friends and seize every opportunity to be at our cabins sharing every opportunity to enjoy the many treasures of simply being together in the "Big Land". The roar of the silence, the sound of the kettle as she reaches a boil and the smells of the early morning bacon and the evening Jiggs' Dinner on the stove are treats for our senses at the beginning and the ending of the day. It's a treasured journey back to where so many of us came from.



Each day is usually filled with any number of adventures that are only limited by our imagination. We head out for the day with our fishing gear, our cooking supplies for a feed of fresh fish on the shoreline and a cup tea from an old tin cup.

A ride on the quad or side by side or the boat or canoe taking in the sights and sounds of the "Big Land" will give us most things that we expected, along with the occasional surprise no matter how many times it has happened before.

This is where the camera comes into play in how important it is to have it with us. An encounter with a black bear is possible any where, any time. Remember, the bear, a big old male or momma and her cubs, its spring for them too, they just want to eat and get some fat back that they used up to keep alive over their long winter hibernation. It was after all, their land first. Give them their space and respect. Occasionally you may be lucky enough to see a moose. If you are lucky, you may get to see a cow with a new calf at her side. You can count on seeing and hearing the squirrels and the jays anywhere, especially around the camp and the shore lunch site. They too are eager to share their day with us and the treats they get as well. All of these days are special and only strengthen our culture and lifestyle. These things, thanks to the annual arrival of our spring should be a gentle reminder to us of the things that matter and are somehow, a soothing tonic for us.

Our annual arrival of spring also helps in putting a positive economic spin on Labrador West. Whether its us locals who actively seek out the many adventures that our lifestyle and culture gives us, or its from folks who travel here from outside with their tourist dollars in hands whether they are in town or at the lodges providing services for our visitors and the jobs created for our local people, its a win, win scenario. The gas, the groceries, the fishing gear, the restaurants, and accommodations all add up. The big stuff, boats, other watercraft in many forms, quads, and side by sides and all the materials required to expand and upgrade our Cabins all add up to a significant infusion of money spent that rings through the cash registers in Labrador West each spring. It's all good.

At the individual level, we all have the opportunity to celebrate our culture and lifestyle with the arrival of each spring in so many ways. This gift however doesn't come without a price. We all as individuals have a responsibility to take care of our "Big Land", use our valuable natural resources, don't abuse them. This applies to our plants, trees, fish and the wildlife that we are lucky enough to have right outside our doors. Each and every one of has to grab a handful of this responsibility that will allow the generations that follow us to share in all the treasures our "Big Land" has given us. It's an incredible gift that will continue to keep on giving as long as we commit to getting it right. **What an incredible ride to enjoy!**



# Tobin's on the Road:

## A NEW TRUCKLOAD OF FLAVOUR

The folks at Tobin's Convenience are bringing their homemade goodness to the streets with the launch of their new food truck, a mobile extension of the beloved store. Known for their tasty home-cooked meals and freshly baked goods, Tobin's is ready to add a new twist to their menu, catering to the tastes and cravings of the Labrador West community.

With the success of the first two Iron Fest events, Tobin's is gearing up for a summer filled with pop-up events, and they've installed brand-new equipment in the food truck to serve you better. This expansion is more than just a mobile food stop; it's a new way to experience Tobin's signature treats at your favorite local gatherings.

The food truck is already booked for some of Labrador West's most anticipated events, including Iron Fest, Canada Day celebrations, Regatta Day at Jean Lake, and various summer sports tournaments. And here's an added bonus: during planned power outages, the food truck will be out serving the community, ensuring you have a delicious meal when you need it most.

The menu will feature everything from classic poutine to hearty pub grub and sweet treats, giving you plenty of reasons to stop by and satisfy your hunger. The team is thrilled to bring Tobin's flavours directly to you, wherever you may be.

Planning a private event this summer? Tobin's food truck is available for hire, whether it's for a party, corporate gathering,

or any other special occasion. It's a great way to add something different to your event and keep your guests satisfied.

To stay updated on where the food truck will be popping up next, be sure to follow 'Tobin's Convenience' on Facebook.



# Yvonne Jones

MEMBER OF PARLIAMENT FOR LABRADOR

**#LabradorStrong**

 [yvonne.jones@parl.gc.ca](mailto:yvonne.jones@parl.gc.ca)  [yvonnejones.libparl.ca](http://yvonnejones.libparl.ca)

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# Fore Seasons of Fun: SWING INTO ALL-YEAR GOLF AT MULLIGANS

Labrador City has welcomed a fresh and exciting addition to its business landscape with the opening of Mulligans, a unique indoor golf facility that promises year-round golfing fun. Launched in April, Mulligans offers a haven for golf enthusiasts and beginners alike, featuring two state-of-the-art virtual golf simulator bays.

The beauty of Mulligans is its accessibility. With unpredictable weather and the infamous black flies often hindering outdoor activities, indoor golf is a game-changer. At Mulligans, you can play golf without worrying about rain, wind, or snow. It's golf without the walking, but with all the challenge and enjoyment you'd expect from the sport.

The concept for Mulligans was born from the shared vision of co-owners Mitchell Normore and Aaron Pinksen, alongside their better halves Rhea Mitchelmore and Amy Pinksen. Aaron initially set up a golf simulator in his garage and from there sparked the idea to create a larger space where the community could gather and enjoy golf in a comfortable, controlled environment. Local entrepreneurs and golf enthusiasts quickly rallied around the idea, leading to the creation of this unique indoor golf venue.

At Mulligans, you can choose from over 900 world-famous golf courses, allowing you to explore new terrain every time you play. Whether you're looking to complete a full 18-hole round, enjoy a quick game, or have fun with mini-golf, there's something for everyone. Mulligans is designed to cater to all ages, and the team hopes to start a junior golf program to encourage youth development in the sport. Hosting special events during major golfing tournaments like the Masters and PGA Championships,

Mulligans is becoming a community hub for golf lovers. The venue is perfect for birthday parties, corporate events, or casual get-togethers with friends. You can even rent clubs or bring your own, making it easy for everyone to join in the fun.

If you're new to golf, Mulligans is a welcoming place to start. The relaxed environment and friendly staff make it easy for anyone to try their hand at the sport. Plus, with a selection of cool merchandise already making waves, you'll want to grab some Mulligans gear to show your support.

So whether you're an experienced golfer looking to hone your skills or a newbie eager to try something new, Mulligans is the place to be. **Visit this exciting new business in Labrador City, and you'll see why it's quickly becoming a favorite destination for year-round golfing fun.**

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# New Beginnings

BRINGING FRESH ENERGY TO LOCAL BUSINESS



**B**y now you likely have noticed a change at the Canadian Tire in Labrador City. This past fall new Owners Jason Anaka and Jennifer Morehouse took over. Since then, it's been a whirlwind of change inside the store from new product lines to the resurgence of a proper hunting assortment. Jason and Jennifer relocated from Prince Edward County, Ontario and made the trek to the Big Land in August. Jason brings with him a long history with Canadian Tire and Jennifer brings a background in Hospitality and Community Service.

Since the transition the new owners Jason and Jennifer have made big strides in getting involved in the community through supporting many local initiatives including partnering with AP Low Primary School, the RNC for Halloween and Jason gave away toys in the Mall at Christmas time to make sure everyone had something under the tree.

Being local is a cornerstone for Jason and Jennifer and integrating into the community was a must. This winter was the first taste of a real winter, thankfully Dale at PWR Sports was able to get Jason geared up with a Ski-Doo to take advantage of the amazing trails and get him out of the store once in a while. Otherwise, you'll often find Jason and Jennifer at Work Out World after work as staying fit is a big part of their lives and conveniently aligns with Jumpstart, Canadian Tire's charity for creating opportunities for children to access sport. Jennifer and her daughter, Sarah, can be

found weekly at Mission Kitty where they volunteer to support the charity in providing care for animals.

Though the work is never done at the store Jason and Jennifer are loving life in the Big Land and are thrilled to have made this their new home.

For the latest Canadian Tire offers follow your local store on Facebook: [facebook.com/CTLabradorCity](https://facebook.com/CTLabradorCity)



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# Achieving Harmony:

## THE CRUCIAL ROLE OF COMMUNICATION IN BALANCING PROFESSIONAL AND PERSONAL WELL-BEING

In the ever-evolving landscape of the modern workplace, achieving a harmonious balance between professional and personal well-being has become a cornerstone of success and contentment. Central to this delicate equilibrium is effective communication, which serves as the linchpin connecting the spheres of work and life. In this article, we explore the pivotal role of communication in fostering a synergy between career aspirations and personal fulfillment.

### The Power of Communication:

Communication is the heartbeat of any successful endeavor, and when it comes to achieving a balance between professional and personal life, its significance cannot be overstated. Transparent and open communication creates an environment where both employees and employers can voice their needs, expectations, and boundaries.

### The Workplace Dialogue:

Establishing effective communication channels within the workplace is the first step toward achieving harmony. Employers should encourage a culture where employees feel comfortable discussing their workloads, deadlines, and personal commitments. Likewise, employees should be proactive in communicating their challenges and seeking support when needed.

### Tips for Fostering Workplace Communication:

1. Open-door policy: Create an environment where employees feel comfortable approaching management with concerns, ideas, or feedback.
2. Regular check-ins: Schedule regular one-on-one meetings between supervisors and team members to discuss workload, progress, and any potential challenges.
3. Team-building activities: Foster a sense of camaraderie through team-building exercises and activities that encourage open communication and collaboration.

### Balancing Act: Personal and Professional Well-being

Striking a balance between personal and professional well-being requires intentional effort and communication. It involves setting boundaries, managing expectations, and ensuring that both career goals and personal aspirations are given due consideration. A burnt out boss or employee is not an asset to any organization, and fostering a healthy work/life balance contributes to a more engaged and satisfied workforce.

### Tips for Achieving Personal and Professional Harmony:

1. Set clear boundaries: Clearly define working hours and personal time. Communicate these boundaries to colleagues and superiors, fostering a culture that respects personal space. Having a specific app for work communication with a notification schedule can be a huge help.
2. Prioritize tasks: Effectively prioritize tasks and set realistic goals to avoid feeling overwhelmed. Regularly review and adjust priorities based on workload and personal commitments.
3. Learn to say no: Understand your limits and be comfortable saying no when necessary. This helps prevent overcommitting and ensures that you can give your best to the tasks at hand.

In the quest for achieving harmony between professional and personal well-being, communication emerges as the cornerstone. By fostering open dialogue within the workplace and employing effective communication strategies in both remote and in-person settings, individuals can navigate the delicate balance between career aspirations and personal fulfillment. The journey toward harmony is a shared endeavor, where both employers and employees play pivotal roles in creating an environment that supports and uplifts each individual's unique aspirations and well-being.

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# INSURING WELLNESS



## BRIDGING THE GAP BETWEEN GROUP AND PRIVATE HEALTH INSURANCE

**F**inancial planning involves making informed decisions to secure your financial future. A critical aspect of securing that future is obtaining private health coverage. While provincial health insurance under the Medical Care Plan (MCP) covers a range of services, including physician visits and surgical procedures, its coverage is not comprehensive. Private or group health insurance serves to fill the gaps by covering expenses like prescription drugs, vision care, and other services not covered by MCP.

Private health insurance typically requires medical underwriting, which involves providing a detailed medical history. The main advantage of private coverage is its portability, which means it follows you regardless of job changes, relocation, or retirement. Obtaining private coverage sooner rather than later is advisable, as any medical conditions developed later may be excluded from future private plans. i.e. Get it while you're healthy!

Group health insurance is valuable as it offers coverage to employees (including those with pre-existing conditions), and unlike private health plans, group health benefits do not necessitate a detailed medical history prior to enrollment. This spreads the risk across a pool of insured individuals rather than a single person. Additionally, many employers contribute a percentage of the costs, which reduces premiums for employees.

However, one must be cautious when leaving a job, especially when nearing retirement. Most group health plans cease upon retirement, leaving retirees solely responsible for their health coverage. For those plans that do continue post-retirement, they often come with limitations such as annual or lifetime maximums on prescription costs and exclusions for pre-existing conditions previously covered under the group plan. Moreover, the cost often shifts entirely to the retiree with the employer no longer sharing any of the expense.

It's crucial to understand that while group health benefits can provide coverage throughout one's career, obtaining private coverage after group coverage ends can be challenging, due to age and medical issues. Furthermore, loss of group health benefits can occur for

various reasons beyond retirement, including divorce, career changes, long-term disability, and changes in collective agreements.

At Lupin Planning Group, we work with a variety of strategic partners including the top insurance and investment suppliers in Canada. With our focus rooted in the planning, we thrive on finding creative solutions for our clients.

Medavie Blue Cross's Assured Access - is one such solution. Designed to bridge the gap between group coverage and private plans, this creative product guarantees access to comprehensive coverage regardless of any new medical conditions that may arise while you are covered by your group plan. It provides long-term security that you own and control, independent of your employer, that is available for your entire family and generations to come. You pay a reduced premium until loss of group coverage, with the ability to easily roll onto your own private health plan within 60 days of losing your group benefits, with no further medical questions asked.

Planning for retirement involves more than just financial considerations; it's also about ensuring continued access to essential services like healthcare. Working with a financial planning firm ensures you take proactive steps in securing your health coverage for the future, providing peace of mind and financial stability during retirement.

### About the Author

Elaine Jennings, BComm, Financial Advisor.

Lupin Planning Group Inc. is an independent financial planning firm based in Newfoundland and Labrador. Elaine is based in Labrador West, serving clients throughout the province. She is licensed and is completing her Professional Financial Advisor (PFA) Designation.



If you would like to schedule a conversation with Elaine, reach out to her at [elaine@lupinplanninggroup.ca](mailto:elaine@lupinplanninggroup.ca).



# L'atelier des Langues:

## FINDING THE FUN IN LEARNING NEW LANGUAGES

L'atelier des langues is a local small business that specializes in teaching languages. Their current focus is teaching French, however, in the future they hope to include English and perhaps even more languages.

The owners of L'atelier des langues are Maryse Papineau and Chantal Rich-Joncas, two certified language teachers who met at the local Francophone school, L'école l'ENVOL. While working at L'école l'ENVOL, Maryse and Chantal focused on teaching reading, writing, and oral language skills. The two teachers recognized that they share similar values when it comes to teaching, which makes them a great team who share the same vision for the business.

On top of having the same vision and values, Maryse and Chantal have complementary skill sets that help the business thrive. Maryse is Franco-Ontarienne and specializes in the curriculum that L'atelier des langues created and lesson planning. Chantal is a bilingual person, where French is her second language. This perspective allows L'atelier des langues to pinpoint difficulties that Anglophones often struggle with when learning French. Consequently, the team works together to modify their courses as needed for their learners' unique needs. Additionally, Chantal focuses on the clerical aspects of the business, including communicating with learners and marketing so that more clients are aware of L'atelier des langues' services.

L'atelier des langues does not teach by using the traditional, "chalk and talk" methods of learners passively taking in information. Chantal and Maryse focus on making their classes fun and accessible, which includes ensuring that learners are feeling safe. Classes include a focus on oral communication and the use of games to help learners practice their language skills in real time.

Chantal and Maryse recognize the importance of using language to empower learners and make connections, both personally and professionally. Above all, L'atelier des langues hopes that their services will further foster the relationship between the Francophone and Anglophone communities of Labrador West.

Follow us on Facebook or reach out via email: atelierdeslangues.tnl@gmail.com



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# Skiing Stars:

## STANDOUT YOUTH AT MENIHEK NORDIC SKI CLUB

### CHARLOTTE WINSOR

I first started skiing when I was 5 years old in the Jackrabbits program at Menihek Nordic Ski Club in Labrador City. My parents said I always had lots of energy and loved being outside in the snow, so it made perfect sense for me to try out cross country skiing. Plus it gave them time to get groceries without me “helping” them. After a few years of being in the Jackrabbits ski program, it was put on hold due to the 2020 pandemic. However, this turned out for the best with regards to skiing. With not many other options for things to do, my parents got their own skis and we skied all the time as a family. Pretty soon we were regulars at the ski lodge, my parents now help with the program every week.

Once the pandemic was over, the provincial ski team returned to holding their Lab Camp training at our ski club. I got to meet other skiers from around the province and to talk to coaches. Seeing how fast the team was on the snow was amazing. I knew I wanted to be that fast too. My parents decided to send me out to as many ski races as they could, sometimes I even got to fly on my own!

The next year I was invited to join the training camp and participate with the team. We spent lots of time training and learning how to be better skiers. We also spent a lot of time playing social games and building friendships. Some of these friends come from families who have skied their whole lives, and others are newer to skiing, like my family. We learn a lot from each other and have the most fun.

I had an awesome opportunity in January of last year where I raced in the trials for the Canada Winter Games. The top six racers would qualify for the games, and I came seventh. The coaches reminded me seventh was nothing to be disappointed over and to keep working hard. I have been training hard since then and have a goal to participate in the 2027 Canada Winter Games.

This past year I was invited to join the provincial ski team and I attended a dryland training camp in PEI where I trained with Paralympian 8-time medalist, Mark Arendz. He is a truly inspiring individual with a great sense of humour. Most people view cross country skiing as a winter sport but it is important to note that it is all year long. Training starts in May and we train hard all summer. I also got to compete at the Eastern Canadian Ski Championships in Sherbrooke, QC and with Team Labrador at the NL Games in Gander, NL. The provincial team coaches always make sure to include some non-skiing fun whenever we travel, they are the best!

Skiing has made me very strong and fit, but also, it has taught me how to work hard and stay focused. I often have to train by myself and find the motivation to push my body when there is no one else to race against. My parents tell me this will help me in other things in life, and I think they’re right, but it is still really hard sometimes.

Without some very important people none of this would ever be possible. My Mom and Dad are the very best and are always there

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to help and push me if I need it. Dad skis with me sometimes and has helped me get up when I have fallen, but now he's the one who usually needs help getting up from a fall, always laughing. Everyone from Menihek Nordic Ski Lodge have given me support since the first time I put on a pair of skis. They are like family to me now. My teammates' families have taken me in as their own on weekends away from home. My provincial ski coaches have encouraged and pushed me to do my very best. I owe my success to each and every one of these supporters.

This year I scored the highest points overall for my age category in the NL Cup ski races. For my last trip, my little sister, Adelyn, got to travel with me to Corner Brook to race at Provincials. We had a blast together and she won a race with an amazing finish! She is going to be a great skier.

I'm looking forward to training hard over the summer to be even faster next year. Hopefully I'll be back on the snow racing against my friends and travelling across the country again soon. **My goal for 2025 is to compete at the National Ski Championships in Canmore, Alberta, I can't wait!**

*Written by Charlotte Winsor, 14-year-old cross country skier and rising star of Menihek Nordic Ski Club*



## COLIN RUMBOLT

Colin started to Cross Country Ski at the tender age of 4, and has been skiing ever since.

Proudly representing Labrador City, and the Lab West Big Landers, he travelled to Grand Falls- Winsor, NL in February 2023 to compete at Special Olympic Winter provincials where he skied personal best times, and brought home three gold medals. In May 2023 Colin was offered a spot on Team NL to represent our province at the Special Olympic National Winter Games, held in Calgary, Alberta.

His hard work and dedication to his sport has been evident, he was active on the ski trails and at Work Out World, where he pushed himself to be at his very best for National Games.

As one of the youngest members of Team NL, he was able to bring home the first Gold for the province at games in the 500m classic sprint event, with personal best times.

Colin raced three races 500m classic, 1k classic and 2.5k classic and medaled in each with two gold and a bronze.

Colin says "I had a great team and Coach and the best support ever! And Labrador City and Wabush is the best home towns! Thank you to everyone who supported me!"





# ▶▶▶ REACHING NEW HEIGHTS:

## LAB WEST SUMMIT CHARTS THE FUTURE

**O**n February 26, 2024, Mayor Belinda Adams kicked off the 'Future of Lab West Summit' with a stirring address, declaring, "We need to be a town with a mine, not a mine with a town."

This three-day event, hosted at the Wabush Hotel, was a rich conversation in economic development and what our future could look like if we act now.

While Labrador City and Wabush are indeed mining towns, they're much more than just that. As Mayor Adams pointed out, these are vibrant communities filled with heart and soul. Though the mines are at the centre of these towns, they rely on the dedication and hard work of countless men and women. Men, women (and families) who also need access to housing, healthcare, childcare, and travel options—and these must be both accessible and affordable for the community to thrive.

The Summit was a call to government, industry, and community to amplify the urgent issues shaping our community's future. Not just discuss them but find creative solutions. The event centered around tackling six critical pillars: Healthcare, Housing, Labour, Travel, Energy, and Mining. These pillars represent not just isolated issues but interconnected facets of a complex problem. By bringing these key players under one roof and into one conversation, the Summit aimed to present irrefutable facts

that demand attention and action. The agenda was packed with leading experts, presentations, and panel discussions, including a presentation on the economic outlook of the region by economist Gregor Macaskill of Gardner Pinfold Consultants.

**"We need to be a town with a mine, not a mine with a town."**

*- Mayor Belinda Adams*

In Labrador West if you ask any resident, they will likely recount a tale echoing a sentiment of being overlooked by both federal and provincial governments. This was our experience as we compiled concerns from the public before the Summit, with both a public consultation and a physical comment board (pictured). Amongst the hundreds of concerns, the common themes: housing (particularly senior housing) and healthcare. Many people are disillusioned with the government and any new initiatives to bolster the economic development of the region. Premier Dr. Andrew Furey joined on day one to deliver the keynote speech, praising the region as an "incredible economic engine for the province", but despite this recognition essential services and infrastructure remain deficient.







## A LESSON IN ADVOCACY

The Summit marked a historic moment, bringing together a diverse group of changemakers who had never come together in a forum of this nature. It was a testament to the power of collaboration and collective action in addressing complex challenges.

In the wake of the event, the real work begins - holding stakeholders accountable for their commitments and maintaining momentum on crucial action points. LWCC spearheaded this effort, signaling a shift towards self-advocacy and empowerment within the community. The main takeaway from the event? It is only through collaboration that progress will be made. The journey ahead may be challenging, but with unity and purpose, Labrador West is ready to shape its destiny.

## NEXT STEPS

Since the Summit finished, the Labrador West Regional Task Force has met on multiple occasions. As the group continues to collaborate on these action points from the Summit updates will be communicated wherever possible through the LWCC. There will be opportunities for community members to get involved with specific initiatives, which we will communicate soon.



## SHARING WITH THE COMMUNITY

The three-day event was filmed, and key segments will be shared in the coming weeks on CRRStv. Follow the 'Labrador West Chamber of Commerce' on Facebook for schedule updates. LWCC will be making a presentation to the community: "Summit: What We Learned" will be a free event open to the public on June 18th at the Arts & Culture Centre. Here a final report will be presented summarizing our key takeaways, and how we plan to find solutions to these challenges.

*Written by Lydia Rickards, Executive Director of Labrador West Chamber of Commerce*

*Photography: Katherine Dawe*







# MULTICULTURALISM MONTH: CELEBRATING DIVERSITY IN LAB WEST

Every year in the month of March, the province celebrates multiculturalism by holding extra events for newcomers, their families, and the public. This year the ANC in Lab West held a total of 7 special events to celebrate

The events were organized to emphasize the importance of being aware of the vast diversity of our growing population. One of the goals is to make everyone, young and old, realize how important it is to accept each other for who we are; “different but really the same”.

The ANC partnered with Labrador West Chamber of Commerce, Town of Labrador City, Town of Wabush and the Francophone Association to run an amazing ‘Food for Food’ event at the Mike Adam Recreation Centre, where hundreds of people enjoyed international cuisine prepared by ANC members. One of the

highlights of Winter Carnival was a win-win for the community with attendees donating generously to the local Food Bank.

We held our annual snowshoe event at Menihek Nordic Ski Club. An evening of embracing the Labrador wilderness followed by a hot soup in the world-famous chalet; a winter staple and hard to beat.

The ANC visited four schools in the area, holding an always interesting Henna (tattoo) session in three and a diversity story time hour in the other. We finished the month with a lovely hour of story time at the Wabush Library (partnering with First Steps Resource Centre).

**Truly a fantastic month of celebrating all our cultures! Thank you to everyone who volunteered and took part.**

## New Building for NunatuKavut Community Council

NunatuKavut Community Council is extremely proud to announce that we are the new owners of a beautiful building located at 610 Tamarack in Labrador City!

This building is now the new home of the Labrador West Indigenous Service Centre, along with other commercial tenants. Sherry and Karen at the Indigenous Service Centre are settling in and have already started delivering programs and services to all Indigenous peoples living in Labrador West from this new cultural space, made possible through funding provided by the Urban Programming for Indigenous Peoples.

Follow Labrador West Indigenous Service Centre on Facebook for information on programming and events at the centre: <https://www.facebook.com/ASC.LabWest>

Website: <https://nunatukavut.ca/departments/labrador-west-indigenous-service-center/>







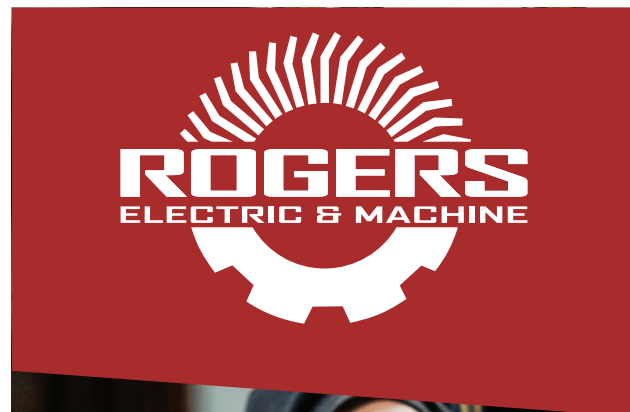
# Local Bands Do Big Work in Lab West

**N**estled in the heart of Labrador West are an extraordinary group of individuals. Their gifts include, but are not limited to, music. Over the years these musicians have come together to share their love of music as they host band shows, battle it out at Battle of the Bands, take the stage for Acoustic Wednesday at Iron Rock Brewing Co., host open mic night at Smokey Mountain Ski Club and rock out on Fridays at C.J.'s and Jarge's Pubs. These local musicians are not just local legends known for their incredible talents, but their hearts of gold.

Time and time again, these remarkable individuals have come together to organize charity shows – using their music as a force of good in this world. This year we have witnessed some special band shows, as they have raised funds for local families in need and local charities like Faith's Haven Animal Shelter, The Labrador West SPCA and Toys for Joy just to name a few. What truly lets these musicians shine is not just their ability to entertain, but their unwavering commitment to giving back to the community. The bands and solo artists are too many to name but they never hesitate to lend their voices to make a positive impact in our communities.

These positive impacts continue this summer as the bands rally again for a night of music at the annual Summer Kick-Off Band show at Iron Rock Brewing Co. Last year the bands chose The Labrador West SPCA as the local charity they wanted to support and raised \$1103, plus \$500 from IRBC making a total of \$1603. This year the bands are hoping for another amazing show with the date set for June 8, with the local charity still to be determined.

Each of these remarkable musicians has a story to tell when it comes to their community involvement. They have taken on and raised awareness as their charitable endeavours have spread, and the communities have rallied behind them, showing up in droves to support their causes. They all embody the spirit of giving that defines our towns. **Together they have led the way in making a tangible difference here in Labrador West.**



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# Menihek Pride

In the year 1979 Menihek High School was built and founded, and for almost forty-five years it has been the education center for young adults in Wabush and Labrador City. While the building itself isn't all that glorious, the community is nothing to scoff at. After nearly five years at this school, and my Graduation fast approaching, I find it important to look back on the positive parts of my time here.

One of the aspects of Menihek that I look back most fondly on, are the connections I've built with my friends and teachers. Some of which I have known since my very first day at Menihek. Our small numbers help with that, creating bonds, not just between many of our students, but also between the students and faculty. Among the students, if we were asked about a fellow classmate, there's a good chance that we'd know them personally, and if not, then there's a near guarantee we would have at least heard of them.



As well, the smaller school population allows teachers the opportunity to develop a more significant relationship with their students. We, as students, are also given the opportunity

to connect with the activities held at Menihek more personally and have a larger role in them too. These include Activity Day, Lip Sync Battles, performances put on by our students, our talent shows, students and teachers sports games, the grads walking the kindergarteners, and our first day of school hot dog party. All are moments enjoyed by our students and staff alike and will surely stick with us as we move on and continue with our lives.

At times, it may be difficult for the general population to see the positives regarding Menihek High School. **However, if we take a moment to stop, and see, we may find that Menihek is a hidden gem filled with groups of close-knit friends, and strong student-staff bonds.**

*Written by Max Murray, Grade 12 student at Menihek High School.*



## NOW OFFERING :

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Master the keys to success when taking over a company.

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# HARVESTING COMMUNITY SPIRIT:

## EXPLORING LABRADOR WEST COMMUNITY GARDENS

The Labrador West Community Gardens (LWCG) is an area off Route 500 where community members can rent a section of land (i.e. a plot) and start growing! In 2023, the local community gardens had over 150 members with 176 plots. The LWCG dates back to the 1970's.

Vegetables grown are as unique as the individuals growing them. Of course, root vegetables, like potatoes, are a staple here in Labrador West, and gardeners have success growing many varieties of spuds, turnip, cabbage, and carrot. In 2021, the largest cabbage recorded was 11 lbs, grown by Wesley Moores. In 2023, the largest turnip recorded was 21lbs, grown by Maresa Brazil. Many members are known around the gardens for being skilled growers of certain veggies...Colbourne's corn, Coish's carrots, Moyles' beets, Laing's garlic, and Wentzell's zucchini, are just a few. Other successful produce grown at the gardens include broccoli, cauliflower, lettuce, onions, rhubarb, radish, daikon radish, peas, Swiss chard, bok choy, and the list goes on. There are also many gardens with beautiful designs, decorations, and landscaping, such as those of the Edwards, Alexander, Hunt, Mercer, Dawe, Wheaton, Morris, and Power families.

The community gardens have always been a family affair, with many members, such as the Whiffens, Morrisseys, and Skinners who have plots passed down from their fathers, and other members currently sharing plots with parents, children, and close friends. Some members have been neighbours for years. Gardeners can find a sense of community, and the comfort of familiar faces with many members stopping to chat or offer seasoned advice to newbies.



Traditional garden plots are not all that can be found there. The LWCG has vegetable boxes constructed for the sole purpose of selling vegetables

at the annual Farmers Market held each fall. These boxes are weeded and harvested by community garden members and their families. Three vegetable boxes were donated to the residents at Long Term Care at the Labrador West Hospital in 2023 and this year 12 boxes will be used by gardeners experiencing illness, injury, or mobility concerns, which can make traditional gardening difficult. None of this would be possible without the generous support of CRRStv, Northern Industrial, IOCC, The Town of Labrador City, Rona, the White Wolf Snowmobile Club, and many other community supporters.



Whether you are new to gardening, an experienced grower, or just want to experience the peace and tranquility of the property, take a little walk around the LWCG this season. You will be sure to find someone that will show you around, and maybe even put you to work hauling a few weeds! **You can reach out to the executive to ask questions or add your name to the waiting list for a plot by emailing [lwcginc@outlook.com](mailto:lwcginc@outlook.com). Happy Growing!**

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# A Tight-Knit Tradition

The Labrador West Craft Guild has been incorporated as a non-profit organization in Labrador West for the last 39 years. Yes, you read that correctly, 39 years!

The Guild is run by volunteers on a board of directors, under a constitution. We are an organization that is comprised of local crafters, which there are a lot of talented crafters in the area. We hold a meeting once a month for our members, from January to June (except February), and then starting again in September to December. For a small cost you can become a member of the Guild. Memberships are renewed in January.

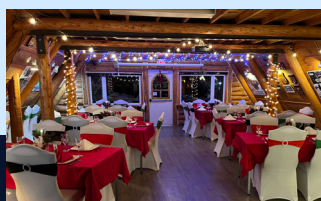
Over the 39 years in operation the Guild has provided numerous craft courses to the membership and local public. The Craft Guild has sourced instructors from the local area as well as bringing them into the area to teach these courses. There are quite a variety of courses that have been offered. Some of the courses include quilting, sewing, rug hooking, native crafts, coat making, painting, wood working, pottery, tole painting, needle felting, and ugly sticks.

We hold two craft sales per year for our members to sell their products, one in the Spring and a much bigger one in the Fall. Our craft sales consist of members hard work and the love of crafting. Each table consists of locally handmade crafts as well as some members provide baked goods. Every member works very hard and long, with each having their own take on crafts. We have several long-standing members.

**So, if you enjoy and love crafting, we would love to have you join. We take new members always. You can email us at [lwcraftguild@gmail.com](mailto:lwcraftguild@gmail.com)**



## HOST YOUR NEXT FUNCTION AT THE MENIHEK CHALET!



Our chalet is once again available to rent for meetings, conferences and social events. Tailored to meet your needs, book your occasion with us. Surrounded by nature with a view of Smokey Mountain, the Chalet offers;

Seating capacity is 15 to 90 people.



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P.O. Box 39, Smokey Mountain Road, Labrador City, NL, A2V 2K3.  
[menihék@crrstv.net](mailto:menihék@crrstv.net), 709-944-5842

Find us at [menihék nordic.com/](http://menihék nordic.com/) and on Facebook.





# Lake Life:

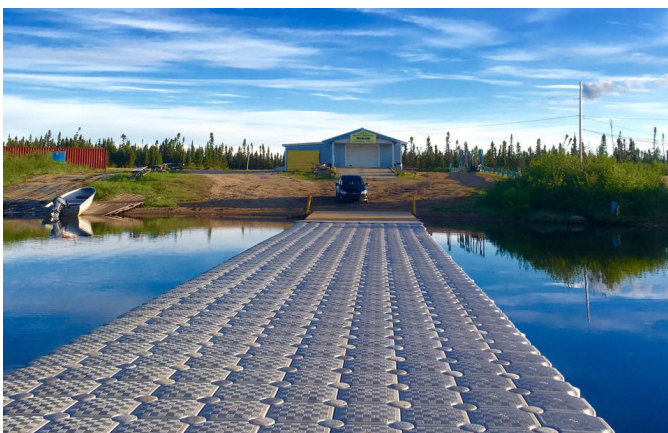
## GEARING UP FOR A SUMMER OF ROWING WITH THE LABRADOR WEST ROWING ASSOCIATION

As the snow recedes and lakes shed their icy crust, the excitement for summer returns, bringing with it the joy of rowing on Jean Lake. This timeless tradition in Wabush is made possible by the Labrador West Rowing Association (LWRA), which has been the heart of the rowing community for over half a century.

The upcoming 2024 season is extra special, as it marks the 52nd year of the Lab West Regatta—a landmark event that continues to grow and thrive. This year, LWRA is expanding its reach by offering co-ed rowing programs and collaborating with several community groups to broaden participation. The following groups will be involved, each with their own dedicated rowing program:

- Association for New Canadians - Labrador West
- Labrador Status of Women
- Labrador West LGBTQ2S+

LWRA is also committed to improving its infrastructure to meet the growing demands of the community. Plans for this summer include upgrades to the boathouse and the acquisition of rowing machines for dry-land training. These developments aim to enhance the rowing experience for both newcomers and seasoned rowers alike.



Students seeking summer employment should consider joining the LWRA team as a boathouse attendant. There are 2-3 positions available, and responsibilities include operating safety boats, ensuring rowers' safety on the lake, and maintaining the boathouse. Additionally, LWRA is hiring a Boathouse Supervisor for the first time, offering a unique opportunity to oversee summer operations on the lake.

Whether you're interested in joining a rowing program, applying for a job, or volunteering at this year's regatta, LWRA invites you to get in touch. With so many ways to get involved, there's something for everyone as the summer season begins. So grab your oar, don your life jacket, and be part of a tradition that continues to bring the Labrador West community together.

Email: [labradorwestrowingassociation@gmail.com](mailto:labradorwestrowingassociation@gmail.com)

Join this year's Facebook group: [Labrador West Rowing 2024](#)

**MARK YOUR CALENDARS!**  
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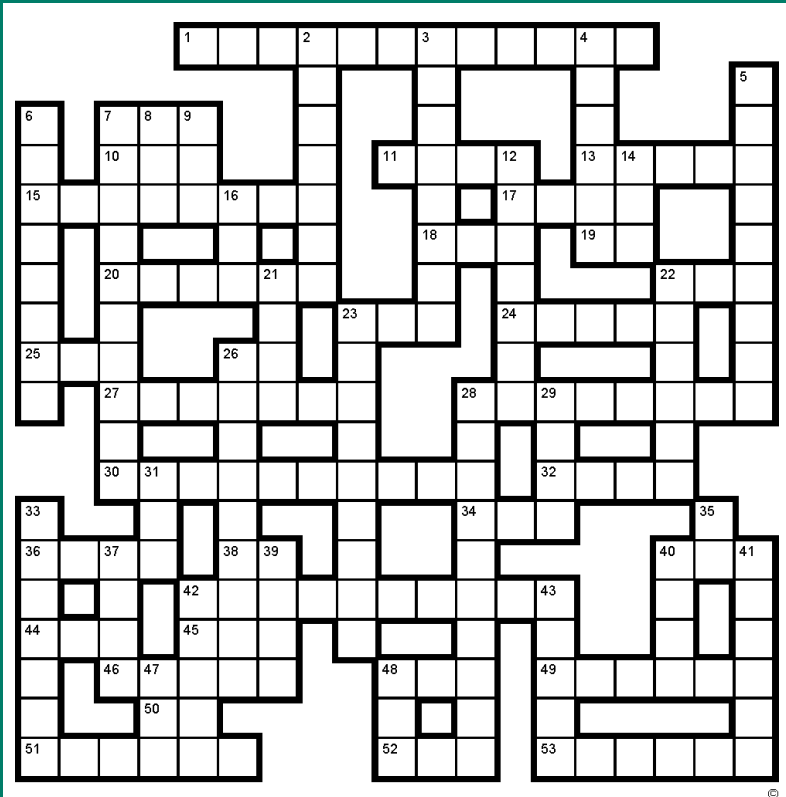
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# Brace's Crossword Contest:

Topic: Local History and Random Things!

Bring this correctly solved original puzzle (no copies, must match our solution page) to Brace's Design Shop on Amherst by JUNE 30, 2024 to enter your name to win \$500.00 cash!



## ACROSS

- 1 Prior Lab City handle(2 words)
- 7 Bone and meat
- 10 You \_\_\_ wonderful
- 11 Standing(military)
- 13 Tow rope
- 15 Green building on Amherst stomping ground)
- 17 Saxophone
- 18 Blackberry maker
- 19 Beetle
- 20 New Doctor to be
- 22 The pellet was born(month)
- 23 Dog relation
- 24 St. Nic
- 25 Lots of Oil there
- 26 Number Professional
- 27 World traveller no home(2 words)
- 28 Skate guy corner Hudson Cartwright
- 30 First Labrador City Wabush Business Directory(year)(2 words)
- 32 One and \_\_\_greatest
- 34 To make a textile join
- 36 Dry solid part of earth
- 38 Terrestrial
- 40 Car drinks
- 42 First ever Lab City borne L.C. Councillor (2 words)
- 44 Nothing usually on forms
- 45 Cut wood parallel with grain
- 46 Another name same person
- 48 Thank you in advance (abbrev)
- 49 Sticks out of caribou's head
- 50 Makin cash (abbrev.)
- 51 Happy
- 52 \_\_\_end
- 53 Neighbor mine to the South

## DOWN

- 2 Land & Sea IOC wetsuit (2 words)
- 3 Auditoriums long ago(2 words)
- 4 Health care place long ago(ans is abbreviated)
- 5 Lots of freeze ups in(year)(2 words)
- 6 Tamarack (2 words)
- 7 Adjust to get clear channel13 (2 words)
- 8 U.S. tax Authority
- 9 Wager
- 12 Tagalog greeting
- 14 Albert Peter \_\_\_
- 16 Water in winter
- 21 Block of Paper
- 22 The Chief of 76- (First Paid)
- 23 IOC formation(year)(2 words)
- 26 Gallery built for
- 28 Braces Hatching place(2 words)
- 29 Falls sometimes
- 31 Deer Relative
- 33 Canadas' Capital of \_\_\_(2 words)
- 35 Slang Australian "Thankyou"
- 37 Fountain drink
- 39 Nice Service rewards
- 40 It is a bladder
- 41 Material going thru Humphrey Spirals
- 42 Lite \_\_\_(art toy)
- 43 There were 12's and 16's with boogie wheels
- 47 Parking or Building \_\_\_
- 48 Little one, also a Jelly \_\_\_

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