

CONNECTIONS

THE LABRADOR WEST CHAMBER OF COMMERCE MAGAZINE

2025 WINTER ISSUE

MINEx 2025: Convention & Trade Show

Connecting Mining Leaders, Professionals, and Opportunities

TOBIN'S CONVENIENCE

receives Marie Green Award

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MINEx
CONVENTION & TRADE SHOW**
February 18th - 20th, 2025 **4-5**



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Cover Photo: Keith Fitzpatrick Photography

Another Labrador winter is upon us. Some of us embrace our winters with snowmobiling, skiing, ice fishing and many other activities while others hibernate and wonder why they live here! Either way, winter is here and your Labrador West Chamber of Commerce has some exciting events to look forward to. At the heart of our winter offerings is Lab West MINEx, our signature event that always attracts a great turnout and energizes the local business community. This edition also features the deserving winner of this year's Marie Green Business Award — the Tobin family. Their dedication and hard work make them very worthy winners of the award and we hope their story inspires more entrepreneurs!

So, why not embrace the season? Find a cozy spot by the fire at one of Labrador West's lodges or cabins, sip a warm coffee from your favourite spot, and enjoy all that this winter has to offer.

Dion Temple, Vice President of the Chamber of Commerce and local Business Owner



LAB WEST MINEx CONVENTION & TRADE SHOW

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February 18th – 20th, 2025

MINEx takes place at various locations across Labrador City and Wabush.



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MINEx 2025 Schedule

DAY ONE

TUESDAY FEBRUARY 18th

■ For Delegates ◆ For Exhibitors ● Ticketed Event

8:30AM-9:30AM	Delegate Registration <i>Arts & Culture Centre, Labrador City</i>	■
9:30AM-12:30PM	Welcome Address and Speaker Presentations Government Dignitaries and Mining Industry Leaders <i>Arts & Culture Centre, Labrador City</i>	■
12:30PM-2:00PM	Luncheon with Keynote Speaker (Ticketed Event) Speaker TBA - Sponsored by Nunacor – Aramark partnership <i>Wabush Hotel, Wabush</i>	●
2:00PM-5:00PM	Trade Show with Panel Discussions <i>Mike Adam Recreation Complex, Wabush</i>	◆ ■
6:00PM-LATE	Steak & Ski Night (Ticketed Event) Sponsored by Hestia Heating <i>Smokey Mountain Ski & Snowboard Club, Labrador City</i>	●

DAY TWO

WEDNESDAY FEBRUARY 19th

CONCURRENT

9:30AM-10:00AM	Delegate Registration <i>Arts & Culture Centre, Labrador City</i>	■
10:00AM-6:00PM	Trade Show with Panel Discussions 3:00PM – 6:00PM: OPEN TO THE PUBLIC (FREE) <i>Mike Adam Recreation Complex, Wabush</i>	◆ ■
12:30PM-2:00PM	Luncheon with Keynote Speaker (Ticketed Event) Speaker: Amanda McCallum, Mining NL - Sponsored by Northern Mining Equipment <i>Wabush Hotel, Wabush</i>	●
2:30PM-5:00PM	Speaker Presentations Multiple sessions <i>Mike Adam Recreation Complex, Wabush</i>	■
6:00PM-LATE	Meet and Greet Free Event - Registration Required - Sponsored by PAL Airlines <i>Iron Rock Brewing Co., Labrador City</i>	■

DAY THREE

THURSDAY FEBRUARY 20th

9:30AM-10:00AM	Trade Show with Panel Discussions <i>Mike Adam Recreation Complex, Wabush</i>	◆ ■
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**FREE Tradeshow is open to the public on
Wednesday, February 19th from 3:00 - 6:00 PM**

Tobin's Convenience Presented with Award for Success in Business and Service

Tobin's Convenience Limited was presented with the Marie Green Award for success in business and service to their community on January 9th, 2025. This is an annual award that is presented by the Labrador West Chamber of Commerce, chosen by its Board of Directors.

Tobin's Convenience is a family-run business that is currently celebrating its 10th year in business in Labrador West. Trevor Tobin and his mother Brenda are partners in this business and have been giving their all as a team for the past 10 years. They are humble and hard-working people who are quick to acknowledge the efforts of Brenda's husband Ed and Trevor's late wife, Chrissy, in recognizing the many contributions to the successes they have achieved. They came with a business background from various parts of their family history and seemed destined to unlock the door at Tobin's Convenience.

They purchased the store on February 15th, 2015, and opened their doors for business three months later on May 15th, 2015. They had a vision for their business, armed with a fully committed work ethic and the desire to serve the many needs of the people of Labrador West. Each day, they moved forward to grow their business.

Ten years later, they have done just that. They started with about 1,000 square feet of store space. They are at about 6,000 square feet now and are not done yet. They have acted on their business savvy and have been quick to acknowledge the needs and requests from their customer base. From the beginning, they wanted to build a one-stop shop that would continue to grow their business and provide as many needs as possible to their customers.

As they indicated, the backbone of the business has been the convenience store theme, which has been part of their business plan and has added so much more. Their expanded space has provided the opportunity to offer many other products. Fresh baking, fruits, vegetables, meats, and an M&M Meats line of products are now available. They also provide an extensive lineup of sausage-making products, as well as in-house-made sausages. They are also committed to fulfilling special order

requests across all product lines in their business. A mobile food vehicle is also available for special events, which they continue to expand. The addition of diverse products serves the needs of all our residents - our friends, neighbours, and coworkers in Labrador West - and provides a variety of items for us all to try and share. The store, in its entirety, continues to grow and has something for everyone.

Both Trevor and Brenda were quick to applaud their staff, many of whom have been with them for the entire 10-year run so far. They were quick to say that their staff are more than employees; they represent all sectors of our community and are part of the Tobin family.



Their ongoing contributions to the many various community organizations and charity events continue to be welcome by all the folks who benefit from their generosity. The overall wellness of our community at large is the beneficiary of their many acts of kindness.

It's a world that is surrounded by big box stores and a never-ending supply of online shopping opportunities that is somehow the reality of our 2025 world. It's comforting to be part of a community that still has a store that provides many of our needs as we live our lives, way up here, in Labrador West. A place where you can pick up some things that we need as we make our way through our daily lives in our tight knit community. A place where we are greeted with a smile, a welcome, and most times folks on both sides of the counter knowing each others name. A moment to share at least a brief chat about the weather, how are families are doing and how the weekend at the cabin was.

Sometimes a step back can bring a bit more comfort for us, than looking forward to what may lay ahead. **Congratulations to the Tobins on their well deserved award.**

Written by Gary Shaw



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PRACTICAL INSIGHTS ON CASH FLOW MANAGEMENT FOR SMALL BUSINESS

When the pandemic hit in early 2020, 6 months after opening the doors of Iron Rock Brewing Co, we were nowhere near prepared, to say the least, from an operational or a financial perspective.

At the time, we were reporting HST annually to ease the administrative burden of quarterly remittances. When public health restrictions were mandated and ordered us to shut our doors, we had a significant HST refund owing from our buildout and commissioning period. Unfortunately, our bookkeeping and financial house was a mess. A frustrating, but valuable lesson to stay on top of your bookkeeping. The funds we desperately needed were just out of reach.

We've come a long way since that time. Through the assistance of our Financial Management Partner, Keen, we now have a monthly financial reporting process. 2024/2025 marks our first year with a developed budget, associated cash flow reports, and monthly budget-to-actual reviews. It's taken us five years to reach even this level of maturity, so seek advice and work toward a solution that is realistic and achievable for both you personally, and your firm.

A phenomenal program in place to assist small business operators in this area is the Consultancy Advisory Services program through the Community Business Development Corporation (CBDC). Vicki and the team at CBDC Labrador are a phenomenal resource.

Before you reach out to discuss your business, its challenges, and your capacity, here is some advice on cash flow management that could help frame your approach to using money as a tool to relieve anxiety and anticipate challenges. But first;

HOW MUCH TIME DO YOU HAVE & HOW STRESSFUL IS BOOKKEEPING

When we began, I believed we could handle our bookkeeping in-house. We used a receipt capture software, now branded as Dext, and believed we were on the right track. An MBA is great at preparing you to operate a business as a general manager, but not for the minutia of bookkeeping.

On top of the re-work and errors in our bookkeeping, the stress piled on in 2019/2020. Part of learning how you want to operate your business is determining how you value your time and what

products or services are more practical for you to purchase. I feel strongly that good bookkeeping and financial management assistance is expensive, and its worth it.

However, if you're not prepared to make the commitment to the recurring cost, there are operators offering hybrid and 1-on-1 training options. A hybrid option could be full service for 3 months of the year for a seasonal business or a timeframe where you find you normally get overwhelmed. Again, we work with Keen, but recommend you discussing with providers you trust.

YOU NEED A CASH FLOW FORECAST

We never forecasted our cash prior to the pandemic operating restrictions. That first week of March 2020, in my "oh s****" era, I created an excel spreadsheet for that purpose. Ours is a basic weekly document, that's now currently on column "IS", after using it for more than 5 years. These documents need only be as complicated as you believe they should be. The more simplistic it is, the more likely you are to use it. Starting simple also means you can layer in information as you become comfortable with the process.

Any document or process you create to manage your cash flow, should include:

- Cash Balance at the beginning of the week/month.
- Sources of cash inflows from your business and its associated operations
- Sources of cash outflows from your business and its associated expenses
- Cash Balanced at the end of the week/month

We've included a snapshot of Iron Rock's as a sample to help you think of what to include in yours.

	30-Mar
Cash Balance	
Cash inflows (+)	\$ -
Cash Sales	
Receivables	
Other Income	
Loan Disbursement	
Subsidies/Grants	
Shareholder Injection	
Cash Outflows (-)	\$ -
Payroll/ Tips	
Accounts Payable	
Taxes	
Utilities	
Insurance	
Credit Card	
Monthly Op Exp	
Vehicles	
Financing (Prin/Int)	
Shareholder Withdraw	
Inc/Dec in Cash Flow	\$0
Ending Cash Balance	\$0

FAILING TO PLAN IS PLANNING FOR FAILURE

I reflect often on the Mike Tyson quote "everyone has a plan until they get punched in the face". While we've had plenty of punches, the process of planning and forecasting helps you envision different scenarios. For cash flow planning, you'll need to avoid that ending cash balance being a negative, so a conservative approach is recommended.

Populate the document, where you can, as best as you can. Once



you know how you will classify the funds that enter and leave your business, the real work of anticipating when that money will enter or leave your business begins. The common thread throughout is the most important part of this step to get started. You'll misjudge the timing and amount of some items, but you'll also learn about your business and test your assumptions.

HERE ARE SOME COMMON MISTAKES TO AVOID:

- Including cash inflows before they hit your bank
- Account for HST in your cash-inflows and ensure you account for your remittances.
- Use your best judgment to adjust for seasonality.
- Maintain relationships and open dialogue with your suppliers. If some extra time to pay an invoice would alleviate a financial pain, speak to them. Paying any portion of the invoice can be far preferred over ghosting your supplier.

As you use your sheet weekly or monthly to manage the lifeblood of your business, you'll begin to see ways to use it as a proactive management tool. One example is picking one expense a week to explore ways to reduce that item, such as sourcing alternate suppliers or working with your existing one to find options to reduce it.

Thanks for reading to the end! I hope some of the local context wrapped around these best practices assists you on your financial management journey. For the next issue of Connections, I hope to be able to add a little more nuance when it comes to Planning for Cash Flow Gaps.

Remember: Revenue is vanity, Profit is sanity, but cash flow is reality.

Submitted by:
Brian Hurley,
Business Manager,
Iron Rock Brewing Co.



INTERNATIONAL WOMEN'S DAY

March 8th, 2025

In 1925 women in Newfoundland and Labrador earned the right to vote. 100 years later we are celebrating the accomplishments and ambitions of women across the province and country. As a young woman, I have been provided the opportunity to fulfill and encourage this. International Women's Day is a monumental occasion every year. However, oftentimes we misunderstand the intent. This is not a day to dwell on the obstacles and challenges we as women are faced with. It is a day to acknowledge, appreciate, and celebrate the overcoming of those obstacles, the achievements and contributions of women everywhere while also uplifting society as a whole.

Through the eyes of a young woman, I look around our community and am endlessly inspired by the remarkable women who shape it. Women like Mrs. Joan Stamp, a true pioneer, and trailblazing first responders such as Marcie Brown and Stephanie Legase. In Labrador West, we have four schools, with eight administrative positions—five of which are held by incredible women: Chloe Tinkler, Vanessa Chafe, Beth Loder, Trudy Careen, and Candace Goulding.

Politically, we've had inspiring leaders like former mayor and nurse practitioner Karen Oldford, who also led the Liberal Party for a time, and my personal political inspiration, Sonja Pomeroy—a proud Labrador City lady now working in the Premier's Office. In healthcare, Labrador Grenfell Health is rich with extraordinary women, including nurses like Tammy Turpin and Anna Fillipi, who have not only brought many of us into the world but held many a hand during life's most challenging moments. One thing I've learned through my volunteer work is that making a difference requires dedication, and women like

Noreen Careen, Rebecca Burke, Candace Elliott, and Jenny Sullivan embody this spirit, always ready to lend a helping hand. And, of course, I would be remiss not to throw a bouquet to the women who share my last name. For without my mother and grandmother, I'd need a detailed recipe to make ice.

I see triumph in every woman's story no matter where she comes from, how old she is, who she loves.

We all have our wins and losses. Together we need to build one another up during our losses and stand proudly next to each other during our wins. Through generations, women in Labrador West have passed down strength, resilience, and determination—qualities that have not only shaped their individual lives but have become the backbone of our community. Each of them has played a role in inspiring my personal achievements, from my position as Director of Social Media with the Newfoundland and Labrador Youth Parliament, to my next journey: pursuing Bachelors of Political Science and Primary Education, so i can teach the next generations of leaders.

A few months ago, my younger sister climbed into the truck after school, visibly frustrated. Her health class had assigned a thought-provoking task: identify a gender role that had held her back. She struggled to find an answer, and as we drove home, she vented her thoughts. I listened, initially going through the obvious examples. "Well," I thought, "she played with dolls." But then I remembered:



"I see triumph in every woman's story no matter where she comes from, how old she is, who she loves."

-Leah Patterson

when she wanted a truck, she got a truck. Our family dynamic offered her little material for the assignment. We were raised in a household where gender roles were not limited but shared responsibilities. If Dad could do something, Mom could do it too. And if Mom was "supposed" to do something, Dad was equally capable. From fixing things around the house to cooking dinner, my parents led by example, teaching us that capability wasn't determined by gender but by willingness and effort. This interaction with my sister sparked a deeper reflection on how gender roles influence our lives, often in subtle and pervasive ways.

International Women's Day is an opportunity to inspire and inform people of all genders around the globe—not only by highlighting the remarkable achievements and contributions of women but by fostering a collective understanding of how we can uplift one another. **It is a day to celebrate progress, reflect on the ongoing developments to equity, and reaffirm our commitment to creating a more inclusive and compassionate world.**

Submitted by Leah Patterson

March 8th marks International Women's Day, a day that shines a light on incredible achievements of women both past and present. It's a day for us to reflect on the struggles that women have faced and continue to face, and to recognize the importance of women's equality and parity in our society.

Let's take a moment to think about the women who came before us. Generations of women fought tirelessly for rights that many of us may take for granted today. They marched in streets demanding the right to vote, the right to work, and the right to be seen as equals in a world that often pushed them to the sidelines. These women were pioneers, breaking down barriers and creating paths for future generations. Their courage and determination paved the way for the opportunities we have today.

But we cannot forget that the journey is not over.

Young women today still face challenges in their pursuit of equality. Whether it's in the workplace, in politics, or in their personal life, women are still fighting for their voices to be heard and their rights to be respected. International Women's Day is not just a celebration; it is a reminder that we must continue to advocate for change. We must ensure that the dreams of the women who came before us do not fade away but rather inspire us to push forward.

Now, let's talk about equality.

Women's equality is not just a women's issue; it is a societal issue. When women thrive, communities thrive. Studies have shown that when women are given equal opportunities economies grow and societies become more stable. By investing in women's education and empowering them in the workforce, we create a ripple effect that benefits everyone. It is crucial that we support policies that promote equal pay and equal opportunities for all. Because let's be honest, who wouldn't want a world where everyone has a fair shot at success? Next, let's discuss parity.

Women's parity means ensuring that women have equal representation and participation in all aspects of society. This includes leadership roles in business, politics, and community organizations. When women are at the decision-making table, we get a broader perspective and more comprehensive solutions to the challenges we face. It is essential that we encourage young women to step up and take their place in leadership positions. We need to create environments where their voices are amplified and their contributions are valued.

As we celebrate International Women's Day, let us honor the past while also looking toward the future. Let's support one another, lift each other up, and continue to fight for a world where women's equality and parity are not just dreams, but reality. Every action we take, no matter how small, contributes to a larger movement that empowers women everywhere. **So, here's to the women who came before us, to the young women who will shape our future, and to to all of us who will continue the fight for equality.**

Submitted by Noreen Careen

"Women's equality is not just a women's issue; it is a societal issue. When women thrive, communities thrive."

-Noreen Careen



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ICE, SNOW, THE MORE YOU KNOW: KEEPING OUR STREETS SAFE FOR EVERYONE

As winter sets in and snow blankets our communities, it brings both joy and challenges. While children delight in snowball fights and sledding, and drivers navigate icy roads, the season also demands heightened attention to safety. By staying vigilant and cautious, we can ensure that the winter months are safe for all.

THE HIDDEN DANGERS OF SNOWBANKS

For kids, snowbanks feel like the ultimate winter playground. While they may seem ideal for climbing, tunneling, and fort-building, they also carry hidden dangers. Snowbanks near streets or driveways can obstruct visibility and pose serious risks for both children and drivers. Drivers may not see children playing near or in snowbanks until it's too late. The risk is even greater when snowplows or other heavy equipment are clearing roads as snow banks can collapse, trapping a child inside. In these situations, every second counts, and the danger is urgent. To prevent accidents, parents and guardians must remind children to stay away from snow banks near roads. Encourage them to play in safer areas like parks, backyards, or designated play zones. Educating children to be aware of their surroundings and understand that snowbanks are not safe play areas is crucial.

DRIVING SAFELY AROUND HEAVY EQUIPMENT

Winter roads are not only shared with other vehicles but also with snowplows, graders, and other heavy equipment tasked with clearing snow and ensuring safe travel. While these machines are essential for road maintenance, they come with unique risks for drivers. Heavy equipment is large, slow-moving, and often has significant blind spots. Operators may not see smaller vehicles around them, especially if drivers are tailgating or attempting to overtake.

TO STAY SAFE:

- **Give Space:** Always maintain a safe following distance. This allows operators the space they need to maneuver and helps avoid collisions.
- **Be Patient:** Passing snow plows and graders should only be done when necessary and when it's safe. Always give these machines plenty of room to operate.
- **Stay Visible:** If you must pass, make sure the operator is aware of your presence before attempting to overtake.

Remember, heavy equipment operators are working hard to make the roads safer for everyone. A little patience and understanding can go a long way in preventing accidents.

ADJUSTING DRIVING HABITS FOR WINTER WEATHER
Winter driving requires different skills and awareness. Icy roads, drifting snow, and sudden changes in weather can make driving treacherous. Adjusting your driving habits to the conditions is key to staying safe on the roads.

- **Slow Down:** Speed limits are based on ideal conditions, not the slippery roads and reduced visibility common in winter. Driving at a reduced speed gives you more time to react if you encounter ice or snow.
- **Increase Following Distance:** Stopping distances increase dramatically on icy or snow-covered roads. Keep at least twice the usual distance between your vehicle and the one in front of you.
- **Be Gentle with Brakes and Steering:** Sudden movements, such as hard braking or sharp turns, can cause your vehicle to skid. Brake smoothly and steer gradually to maintain control of your car.
- **Watch for Black Ice:** Black ice is nearly invisible but can be extremely dangerous. It tends to form on bridges, intersections, and shaded areas. If you suspect the road might be icy, approach with extra caution.

Before hitting the road, always check the weather forecast and keep an emergency kit in your car. This can be a lifesaver if you're caught in a storm or experience a breakdown.

A SHARED RESPONSIBILITY

Winter safety is a community effort. From children playing in the snow to drivers navigating icy streets, everyone has a role to play in keeping our roads and neighborhoods safe. By staying aware of the risks, taking necessary precautions, and looking out for each other, we can minimize accidents and protect those around us. This winter, let's commit to teaching our children about the dangers of snowbanks, practicing caution when driving near heavy equipment, and adapting our driving habits to winter conditions. A little bit of awareness and consideration can make a big difference in keeping everyone safe.

Stay safe, stay alert, and enjoy all the fun winter has to offer!

*This safety message is brought to you by
The Department of Public Works, Town of
Labrador City.*



LABRADORCITY

**The Association for New Canadians in Labrador West
is thrilled to welcome Shazia Razi to our team!**



Shazia has joined us as our Events Coordinator, where she will play a vital role in helping newcomers connect with our community in a meaningful way. Since her arrival in Labrador West in 2012, Shazia and her family have embraced Labrador West with open arms and have a deep appreciation and commitment to the area and its future growth.

As a devoted mother of three, Shazia balances her family life with her passion for giving back. She is an active volunteer who serves on several local boards and councils. Her diverse range of perspectives and valuable insights are assets and will benefit our organization immensely.

Shazia's energy, enthusiasm, and expertise will play a key role in shaping many exciting events and initiatives throughout 2025. We are truly grateful to have her on board and look forward to the positive impact that she will bring to our association and to everyone she collaborates with. Shazia hopes to integrate more newcomers into the community so they can call Labrador their home just as she does.

Please join us in welcoming Shazia to our team! **Be sure to keep an eye out for upcoming events and initiatives in the new year — we can't wait to share them with you!**

Submitted by Bill Soper

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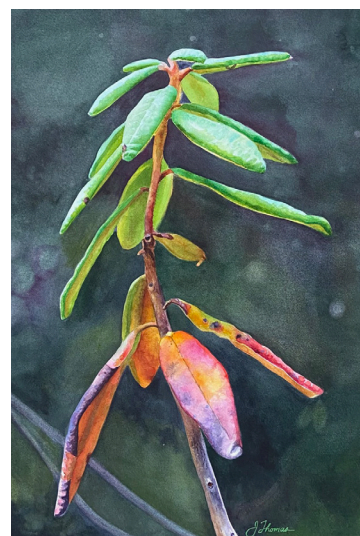


ARTIST SPOTLIGHT:

Jessica Reid Thomas Art

Jessica Reid Thomas was meant for the arts. Her childhood was a whirlwind of art supplies, with anything that made a mark finding its way into her hands. Born in Labrador City and raised across Newfoundland and Nova Scotia, her connection to these places has shaped her work.

After studying Fine Arts at Memorial University's Sir Wilfred Grenfell College, Jessica followed the family trade and became a teacher. After being recruited at a job fair, she returned to Labrador City and taught art at Menihek High School for nearly twenty years.



During her career, Jessica found great joy in teaching art, where she nurtured creativity and self-expression in her students. She curated art shows to showcase their talents and empower their creative journeys. However, as a dedicated full-time teacher, finding time for her own art was a challenge. Though she had planned to retire

early to focus on her work, family and health challenges prompted her to make that transition sooner than expected.

Jessica now focuses on watercolor painting, blending realistic and impressionist styles. Her work is inspired by Labrador's rugged landscapes, with a deep appreciation for nature's small details, like moss and foliage. She hopes her art encourages others to slow down and appreciate the beauty around them. Her health journey played a pivotal role in shaping her artistic style. After developing sensitivities to chemical ingredients in oils and acrylic media, Jessica experimented with non-toxic water-based supplies. Further explorations with non-traditional printmaking papers resulted in unique patterns and textures that have become her signature.



“To stay and thrive here, you have to **embrace the Labrador wild**”

For Jessica, Labrador's wild is a place of connection, reflection, and inspiration. Every place she has painted holds personal meaning. “To stay and thrive here, you have to embrace the Labrador wild,” she reflects. Each piece is a reflection of a place that has grounded her and helped her through life's challenges.

Jessica has been a full-time artist for three years, fulfilling a dream she's had since childhood. **Her advice for anyone pursuing a passion is simple: “You can and should start again at any stage in life.”**

Jessica regularly participates in local art shows throughout Labrador City and has curated exhibitions at the Arts and Culture Centre. Follow her work online to make sure you don't miss her next show:

Website: <https://jessicareidthomas.com/>

Facebook: Jessica Reid Thomas Art

Instagram: jessicareidthomas

Photo credit: Josh Bingle Photography



Menihek Nordic Ski Club Celebrates 50th Anniversary

In 2025, the Menihek Nordic Ski Club celebrates its 50th anniversary as a hub for cross-country skiing in Atlantic Canada. The club has become a renowned high-performance training centre, hosting events such as two FIS World Cups, the Cross-Country Ski Nationals, Canadian Cups, and three Canadian Masters events. Menihek Nordic is also the only official training trail in Labrador for the Canadian Ski Marathon, North America's oldest cross-country ski event, which will take place from February 7th-9th, 2025.

A Rich History of Community and Skiing Excellence

Founded in 1975, Menihek Nordic has been central to fostering the sport in the region. To mark its 50th anniversary, the club will host a series of events for all ages, culminating in a spring training camp, the Newfoundland and Labrador Provincial Championships, and the 50th Great Labrador Loppet on March 29th, 2025.

Menihek Nordic features over 32 kilometers of groomed trails for classic and freestyle skiing, with 8 kilometers lit for night skiing and snowshoeing. The rustic, log-sided chalet offers food services, a BBQ pit, a fireplace, Wi-Fi, and media equipment, alongside friendly staff. The club also provides warming cabins and extensive rentals for skiing and snowshoeing.

A Legacy of Community Support

President Gerry Rideout, at the helm since 1984, has been integral to the club's success. He also serves as President of Cross-Country NL Ski Association, overseeing 14 clubs across the province. Rideout has led fundraising efforts for Menihek, including launching the Jackrabbit Ski League in 1989. Today, 50 youth participate in this successful program.



A Northern Skiing Experience Like No Other

Menihek Nordic's 50-year legacy offers skiers an unforgettable experience in Labrador's unique landscape. Whether you're an experienced skier or a newcomer, Menihek promises memories to last a lifetime. Join the celebration of 50 years of skiing excellence by attending one of the club's upcoming events.

For more information, visit the Menihek Nordic Ski Club website, Facebook page or stop by the chalet to learn more.



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During the Special Olympic National Games, Colin Rumbolt was at his personal best, and was able to bring home two gold medals and one bronze respectively in the M1 category, the highest category in the Special Olympics National Games Rankings.

Colin was named as a member of Special Olympics Team Canada on July 12, 2024. (The day Labrador City evacuated due to forest fire). He is also a proud member of Menihek Nordic Ski Club.

Colin has been training hard with his coaches, mom Natasha and Holly Hamilton, through all weather and seasons. Using the roads, trails, Work Out World gym and most recently our ski trails. He was in Red Bay all summer and was able to train on their roads and trails. As well as through school sports and his senior high cross country running team.

Colin has completed training camp #1 in Calgary/Canmore and is looking forward to skiing in Quebec City at the end of January for Training Camp #2. With lots experience at different trails he says his favourite trails are still here in Labrador City.

Colin's hard work has been paying off as he has recorded new personal best times.

In early March 2025, Colin will travel from Labrador to Turin, Italy to compete on the world stage in the trails of Pragelato. He is proud to represent Labrador, as well as the province and Canada on the world stage.





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CAIN'S QUEST 2026

REGISTRATION OPENING SOON



Lil' Snowflakes is a newly opened daycare facility that opened on Sept 14th, 2023 located in Wabush, NL. We are a non-profit childcare center that operates with government funding, making it affordable for all families.



We are the first daycare in our province to be open 7 days a week 14-hour days (6:30 am-8:30 pm).

We decided on these operating hours to support our local mining industry and the shift work employees that keep our community thriving. We employ local educators as well as fly-in fly-out educators, and in doing so we have developed a reputation of having constant reliable childcare. We currently have over 200 children on a waitlist.



As the newest daycare here locally, we pride ourselves in not selecting children who are already registered in a center, and we do not hire staff that are currently hired with a local childcare center. We want to work together with the other centers locally to be able to support the childcare crises in this community.

We are a thriving center with continued growth and learning, and in less than two years of operation, we will be doubling our daycare in size. We are currently going through an expansion.

We are receiving \$300,000 for a grant from the Government called the Create a Space Initiative Grant. This grant is only for the expansion of the afterschool program classroom. And with the childcare demand in this community, we have decided to add two additional toddler-preschool classrooms to our existing daycare Facility.

Lil' Snowflakes has set the foundation for a long-lasting center. With the demand for childcare in this community and the option for fly-in and fly-out staff, we believe this will be only one of many expansions for Lil' Snowflakes. We are open to alternative development in other childcare facilities. If you are interested in learning more or supporting this Lil' Snowflakes venture please contact me at the information posted below.



Regan Antle – Manager

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709-288-0338

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