



Get your tickets!

Event tickets are on sale and going fast

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Legends of Arctic lore

Characters play big role in celebrations

6



Sports & sites ready

Organizers confirm venues all good to go

12

• Countdown in days

29

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ULU NEWS



THE OFFICIAL NEWSPAPER OF THE ARCTIC WINTER GAMES

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Friday, February 5, 2010

Super Stars in training



Aluk hugs a very small friend at the final volunteer rally, held Jan. 23. About 250 people came by to sign up, finish their registration or choose their schedule.

WILLIAM VAVREK For Ulu News

Volunteer training program a hit so far

Erika Sherk
For Ulu News

The Super Star Service training for volunteers is underway and going well, says Michelle Gairdner, assistant director for volunteer and protocol.

"I talked to one gentlemen who was in the first session," she says, "He said it was really good information and he really enjoyed it."

That's exactly what organizers were hoping for - that the volunteers will soak up lots of helpful information and have a good time to boot.

It's not only for the Games, it's training that will serve volunteers for life, Gairdner says.

"The training is one of the lasting legacies these Games will leave the community," she says, "It's life skills: whether you're 12 or 80 it's always good to have a refresher."

The Super Star Service course is a three-hour course designed for the Games by the Alberta Hotel and Lodging Association. It's a Games-specific version of the Alberta Best customer service program, Gairdner says.

See VOLUNTEERS, Page 2

Volunteers

Continued from front

The course teaches volunteers how to serve their “customers” – in this case the Games participants and spectators – in any situation. The idea is for the volunteers to learn to be “super stars” in the world of customer service.

One important part of the Games training is learning how to effectively serve young adults, Gairdner says. The athletes are all 12 to 17 years old and many may be away from home for the first time, Gairdner says. “I know when I sent my kids away to different Games, you’re expecting that the host society is really going to look after your kids, that it’s going to be an awesome event and a great experience for young adults,” she says.

Over 100 people have taken the course, according to Gairdner and she’s hoping that the majority of the 2,109 volunteers signed up will take advantage of it. She reminds everyone who hasn’t gone through the full registration – form filled, picture taken, RCMP clearance completed and schedules decided – to make sure they get it done.

“We’re talking very tight timelines now,” she says, “The Games are really only a month away now.”

The training sessions, however, require no registration. “People can just show up,” Gairdner says. Schedules for the sessions are available on the Games website and they are held in the Rotary Community Room at the Montrose Cultural Centre.



Michelle Gairdner examines the schedule of Super Star Service training courses online.

ERIKA SHERK for Ulu News

See VOLUNTEERS, Page 3

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Volunteer Profile

WILLIAM VAVREK:
FEATURED VOLUNTEER

William took an early interest in the Arctic Winter Games, connected with the Games Crew through Facebook by City of Grande Prairie Alderman Bill Given, coincidentally, William now volunteers his time helping to promote the Games through social networking – co-ordinating updates to facebook, twitter, blogger, and the Games website www.awg2010.org.



The youth focus of the Games has made a strong social networking presence a necessity for the 2010 Arctic Winter Games. William is the volunteer that (with the help of other volunteers) ensures our facebook friends, website visitors, and fellow twitters are kept up to date as this international event draws nearer.

William says keeping information up to date is one of the biggest challenges of his volunteer role, as it requires collecting information from many different people and places, about many different aspects of the Games. He describes ongoing communication and support from organizers as a tightly-knit community working to accomplish smaller goals, and together make complete the bigger picture.

A 25-year-old freelance photographer William sees volunteering as a way to give back to the community, and looks forward to the thrill of Games-time when he will provide the public with whatever information they need, whenever they need it, through whatever application they prefer.

Volunteers will be key to success

Continued from 2

The courses will run until mid-February.

There are still some requests on the volunteer co-ordinator's wish lists. They are particularly asking anyone with a medical background to help out.

Doctors, nurses, chiropractors, massage therapists, and others are required to help treat Games participants in the polyclinic. Or anyone licensed to drive school buses to step forward and join the volunteer fleet. It's a "cool experience," volunteering in something as big and exciting as the Games, she says. It's also a way to give back. "Volunteering is what makes our community sustainable," she says, "It's what makes us a viable community, because people are engaged."

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Taking time for Games tickets

Tickets for the Arctic Winter Games 2010 are on sale and going fast

Erika Sherk

For Ulu News

Delays can equal disappointment when it comes to buying tickets, says Games Ticketing Chair Heidi Yang. People don't need to panic yet, she says, but they also shouldn't wait until the last moment.

"In Grande Prairie everyone knows that the

Arctic Winter Games are coming. A year ago, it was 'they're coming,' six months ago, 'they're coming,' and as we get closer, 'they're coming, they're coming!' she says, "Once people realize they're actually here it might be too late to buy tickets for any of the events."

Specific tickets are available for the opening and closing ceremonies, medal rounds for certain sports, and the cultural galas.

See TICKETS, Page 5



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ERIKA SHERK For Ulu News

Heidi Yang says she urges everyone to buy their tickets now before events start selling out.



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ULU NEWS

Tickets

Continued from 4

To attend the rest of the Games, there are day passes and Super Passes available. Tickets first went on sale in November.

"We've had a constant stream of people coming into the Crystal Gardens to buy tickets," says Yang, "There's a good healthy number of tickets sold and as we get closer to Games they're going to speed up and go."

Tickets for A Hero's Journey - the opening ceremonies - are \$40 for everyone. The same prices apply for the closing ceremonies. People should buy their tickets now, Yang says.

"The opening and closing ceremonies aren't your usual ceremonies. It's not, 'Hi, we're starting the Games,' it's going to be a spectacular show with people from the different regions coming to celebrate and perform."

Even with 2,000 tickets available for each ceremony, "we expect to fill it, we expect a sold-out show," she says.

The other can't-miss cultural events are the two cultural galas, held on Thursday and Friday (March 11 and 12) during the Games. The galas, which are priced at \$50 a ticket, will feature everything from throat singers to rock bands with both traditional and modern drumming, dancing and music from all nine contingents.

The big medal rounds - basketball, hockey, volleyball, curling and soccer - also require tickets, which sell at \$10 for adults and \$7 for youth and seniors. "You have to be very specific," reminds Yang, and select the sport, medal, gender and age group. For example, the juvenile male bronze medal volleyball round. "If you've got a child in one of these sporting events and you don't want to be disappointed you should buy those medal round tickets in the event they're going to be in them or else they're going to be sold out," she says, "Those have done very well in terms of sales."

For the rest of the Games competitions, a spectator must buy either a day pass - granting them access to any sport they desire on that day,

except events requiring specific tickets - or a SuperPass. The Super Pass gives a person access to all preliminary rounds during the entire week. Day passes are \$15 for an adult and \$12 for youth and seniors. SuperPasses are \$45 for adults and \$40 for youth and seniors.

"With a Super Pass, I can go every day, any time of the day. It gives you flexibility and the reassurance that you're able to go to all different types of events," says Yang. "You can step in to curling for 10 minutes and then go to basketball."

The Games committee spent a lot of time ensuring ticket prices were fair and had a range that was affordable for the community, Yang says.

Tickets are sold through the Crystal Centre box office, either in person, by phone or online, Yang says.

The Games website www.awg2010.org, is the best way to figure out which tickets to buy, she says, as all the events and schedules are there, with direct links to the Crystal Centre's online ticket sales.

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Legendary characters big part of ceremonies

ANNOOKA - SURVIVALIST WITH AN OUTLAW FLAIR

Annook (Outlaw warrior)

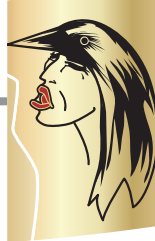
Annook is a hunter and survivalist. He is a man who has learned the knowledge and skills of his ancestors. He is like the character in the TV program, "Man against the



Wild." Annook believes his success will come through the virtues of self discipline, endurance, courage and independence

MAJE - A HUNTER AND LOVER OF PEOPLE AND LIFE

Maje (Caribou Woman)
Maje is a Hunter of Land, A lover of people and



life. She carries a special spiritual spear that transforms into a healing Cree love song with the flute. Her virtues are passion, moderation, beauty, love gratitude, appreciation and commitment.

DAGEE - A SPIRITUAL DRUM SINGER

Dagee (Loon Man)
Dagee is a spiritual Drum Singer. He uses his virtues of creativity, understanding, optimism and sincerity to achieve his goals.



SAAMAA - A MAGICAL MORNINGSTAR WOMAN

Saamaa (Morning Star Woman)

Saamaa gives spiritual messages in the morning light.

Her virtues are excellence, hope, reliability, empathy and finding win-win outcomes.



• Look for these legendary characters to play a big role in the cultural aspects and events of the 2010 Arctic Winter Games.

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CRYSTAL RHYNO For Ulu News

AMA School Safety patroller Sara Pocrnja, a St. Clement Grade 6 student, shows Aluk, the Arctic Winter Games mascot the Point, Pause and Proceed method to show pedestrians safety across the street. AMA School Safety patrollers will be teaching a young Pachyrhinosaurus how to join their ranks. The patrollers will be using the Point, Pause and Proceed method to help students, and their honorary patroller, cross the street from school safely. Visit the AMA School Safety Patrol website a www.ama.ab.ca/SchoolPatrol for more information on the program.

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Excited about the Games!

Grande Prairians weigh-in on what they are looking forward to most about Arctic Winter Games 2010



Mike MacLean

It's a good opportunity to see some of the kids from the different areas. As a coach, it's nice to see some players you might not normally see.



Shaun Beagan

It's going to be exciting to see the stuff at the Games. I'm not quite sure what all is going on, but it's nice to have it here.



Marianne Pace

I'm looking forward to seeing some hockey games and all the different people and athletes. It's going to be good.



Jordan Laliberte

The downhill sports, that's my kind of interest. It's great for the community to get everyone together for something exciting. It's good to get some spirit going.



Caitlin Hawkins

I work in a restaurant so I'm pretty excited for how busy it will be. It's going to be good for people to see new things.

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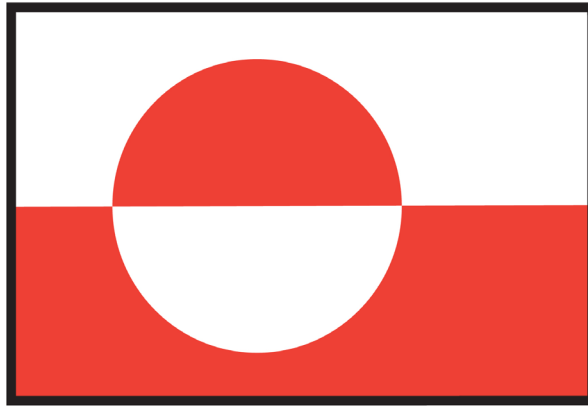
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Contingent Profile: Team Greenland

Greenland has been participating in the Arctic Winter Games since 1990. In 2002, Greenland hosted the Games for the first time in Nuuk. Greenland is the most northerly of the jurisdictions involved in the Arctic Winter Games.

Considered part of North America, Greenland is the world's largest island. Two-thirds of the island is located above the Arctic Circle, and approximately 85% of its land mass is covered by ice. Transportation between the island's towns is solely by sea, air or even by dog sled in some areas. The majority of settlements are in the southwest, where the climate is mildest.

Eric the Red brought the first European settlers to the island



in the year 986. He named the island Greenland in an effort to attract people to it. However, after the disappearance of Norse colonies in the 15th century, Greenland's only inhabitants until 1721 were the Inuit.

At that time, a Danish colony was established on the island.

Greenland has been part of Denmark ever since.

Greenland's population consists mainly of Greenlandic, a mixed race that resulted from the interaction between Inuit and Europeans, mostly Danes, beginning in the 18th century.

Today, the island's residents enjoy powers of self-government under the Danish sovereignty. Their economy is based primarily on the fishing and mining industries.

The Greenland flag is red and white with opposite bars of horizontal white and red, and a circle displaying the opposite colours off centre to the left. The team colours are red and white.




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NICK KUHL For Ulu News

Arctic Winter Games International Committee members Meika McDonald, front, Gerry Thick, president, back left, and technical director Ian Legaree, review a wooden hurdle used for the sledge jump competition during their final pre-Games visit at the Montrose Cultural Centre Jan. 22.

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Cultural events schedule for Arctic Winter Games 2010


	Sunday March 7	Monday March 8	Tuesday March 9	Wednesday March 10	Thursday March 11	Friday March 12	Saturday March 13	Sunday March 14
Games Trading Post <i>Crystal Centre</i>		10:00-9:00	9:00-9:00	9:00-6:00	9:00-9:00	9:00-9:00		
'A Hero's Journey' Opening Ceremonies <i>Crystal Centre</i>	\$ 7:00							
History, Pin & Cultural Display <i>Centre 2000</i>		8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30
Art Displays <i>Centre for Creative Arts</i>		9:00-5:00	9:00-5:00	9:00-5:00	9:00-5:00	9:00-5:00	2:00-4:00	2:00-4:00
Visual Arts Exhibit <i>Montrose Cultural Centre</i>		10:00-9:00	10:00-9:00	10:00-9:00	10:00-9:00	10:00-6:00	2:00-5:00	2:00-5:00
'A Taste of the North' Menu <i>Jake's Down South</i>	10:00-10:00	10:00-10:00	10:00-10:00	10:00-10:00	10:00-10:00	10:00-10:00	10:00-10:00	10:00-10:00
Lunchtime Performances <i>Crystal Centre</i>		12:00-1:30	12:00-1:30	12:00-1:30				
Lunchtime Performances <i>Second Street Theatre</i>		12:00-1:30	12:00-1:30	12:00-1:30				
Lunchtime Performances <i>Prairie Mall</i>		12:00-1:30	12:00-1:30	12:00-1:30				
'A Taste of the North' Menu <i>Padrino's Italian Ristorante</i>		4:30-10:00	4:30-10:00	4:30-10:00	4:30-10:00	4:30-10:00	4:30-11:00	
Craft Sale <i>Grande Prairie Friendship Centre</i>		1:00-9:00	1:00-9:00		1:00-9:00	1:00-9:00		
'Northern Sky' Fashion Show <i>Crystal Centre</i>				7:00				
Performing Arts Gala <i>Grande Prairie Regional College</i>					\$ 7:00	\$ 7:00		
'A Hero's Journey' Closing Ceremonies <i>Crystal Centre</i>								\$ 6:00

All events occur within the hours of 8:30am & 11:00pm
\$ indicates events that require tickets

Ticket & Event Details at WWW.AWG2010.ORG



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Hon. Mel Knight, M.L.A.
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Getting down to the sporting details

The directors of sports and sports facilities say that it's all looking good for a smooth and steady Games

Erika Sherk
For Ulu News

With just over a month left to the Games, the sports side of things is pretty well in order, says Marty Tingstad, director of Sport Technical.

Tingstad is in charge of overseeing the 19 sports chairs - those co-ordinating all the competitions and scheduling for each sport. With 21 different sports, including the Arctic Sports and Dene Games, Tingstad could have his hands precariously full.

Instead, he says that his experienced crew of co-ordinators have everything well in hand. "The good thing has been that most of our sport chairs are already involved in their sport, so they've already been involved with putting on competitions, tournaments."

Meetings started a full two years ago, with all the chairs gathering once a month. Now they are meeting once every two weeks.

"We've been going over everything with them to make sure they're prepared," Tingstad says, "Working with them on their schedules, working with them on their budgets, making sure they understand their responsibilities during the week."

Tingstad has reason to be calm. He's been at four of the last five Arctic Winter Games as mission staff for Team Alberta North.

"When the movement started to bring the Games to

Grande Prairie I was involved right from the start," he said.

Tingstad intended to volunteer as Chair of Officials, he said, but was asked by Games president Debbie Reid if he would take the Sports Director role instead.

"It certainly is a lot more work and responsibility than I'd thought I'd be doing but I didn't hesitate," he says, "It was a good opportunity, a good chance to make a contribution to the games, so here I am."

The best achievement for him so far has been adding freestyle skiing to the sports roster, he says. "That was a big thing for sure, getting freestyle skiing in. I know it's been tried before, but it's never happened, so to me it's a bit of a feather in our cap."

With 2,047 participants - athletes, coaches and mission staff - signed up for 21 different sports, that means a lot of ice rinks, gymnasiums and ski hills. Lucky for those 2,000-odd people, Monty Haughian, director of facilities, is also calmly confident. Haughian hasn't done an official count, but with a ski hill, curling club, college and multiple ice rinks, gymnasiums and schools under his co-ordination - to name just a few - he's been kept busy getting them organized.

"We're actually building a building for the Dene Games," says Haughian, "It's my latest challenge." He and a team of volunteers will be erecting the 110 by 72-foot heated, energized tent at Muskoseepi Park.

Otherwise, Grande Prairie is well kitted-out in terms of its sports infrastructure. "We've got world class facilities," he says, adding it's partly due to the legacy from the 1995 Canada Winter Games. When the Arctic Winter Games International Committee came to tour Grande Prairie in 2007, Haughian says it was "a jaw-dropping experience," for them.



ERIKA SHERK For Ulu News

Marty Tingstad says he and his team of sports chairs are ready for the Games

See FACILITIES, Page 13



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ULU NEWS

Sports, facilities all set to go

Continued from 12

"They walked into the Gymniks gymnasium and just went, 'wow,'" he says.

When Grande Prairie was awarded the Games, Haughian took the role he now holds. "I thought, 'in for a dime, in for a dollar,'" he laughs.

To match each sport to the best facility, he created a formula, he says, breaking the sports down into three groups.

The first was those with a prescribed facility - for example, skiing can only be done on a ski hill. The second, sports that need a gym floor with markings and the third, the sports that just need space, like wrestling and the Dene Games.

Placing each sport has brought him up close and personal to the city's sports venues.

"Oh, I know the facilities," he laughs, "I know how many Lux readings there are for the lights in the buildings and how many bathrooms and showers."

Both things that will ultimately be very much appreciated by over 2,000 participants, one would imagine.



ERIKA SHERK For Ulu News

Monty Haughian, director of facilities, says he knows more about the facilities of Grande Prairie than he ever imagined possible - like how many bathrooms each one has.



CRYSTAL RHYNO For Ulu News

Arctic Winter Games volunteer Elsie Gordey straightens up the Games stock inside the Games store. Gordey is looking forward to the upcoming Games. In previous sporting events, she was a hostess for the Canada Winter Games and an ambassador for the Alberta Summer Games. For more information on how to get your Game Gear, see Page 15.

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We would like to welcome all the Arctic Winter Games participants to Grande Prairie

Good luck to everyone!

Community Futures Grande Prairie & Region

#104, Viktoria Place, 9817-101 Ave., Grande Prairie
Ph: 780-814-5340



The prairie art gallery welcomes all athletes and cultural participants to northern Alberta. please visit us during the games in the **montrose cultural centre.**

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March 6-13, over 2,000 international athletes and cultural participants from across the circumpolar North will travel to Grande Prairie. Together with 200 officials, 600 special guests, and over 3,000 visitors, we will share in seven days of athletic competition, cultural exchange, and social interaction.

	Saturday March 6	Sunday March 7	Monday March 8	Tuesday March 9	Wednesday March 10	Thursday March 11	Friday March 12	Saturday March 13
Games Store (Ernie's Sports Plaza)	10am - 6pm	12pm - 5pm	9am - 9pm	9am - 9pm	9am - 9pm	9am - 9pm	9am - 9pm	10am - 6pm
Games Trading Post (Crystal Centre)			9am - 9pm	9am - 9pm	9am - 7pm	9am - 9pm	9am - 9pm	
Coca Cola Centre			8am - 10pm	8am - 10pm	8am - 10pm	8am - 10pm		
Grande Prairie Regional College Gym Leisure Centre		9am - 3pm	9am - 3pm	9am - 3pm	9am - 3pm	9am - 3pm		
Montrose Cultural Centre	9am - 8pm	9am - 8pm	9am - 8pm	9am - 8pm	9am - 8pm	9am - 8pm		
Muskoseepi Park			10am - 4pm	10am - 4pm	10am - 4pm	10am - 4pm		
Nitehawk Recreation Area			9am - 4pm	9am - 4pm	4pm - 9pm	9am - 4pm		

*Store and Kiosk Schedule subject to change without notice

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Extracurricular Games Activities

2010 Arctic Winter Games Exhibit

Heritage Discovery Centre - Centre 2000, 11330 - 106th Street
 Monday - Friday: 8:30 am - 4:30 pm
 Saturday - Sunday: 10:00 am - 4:30 pm



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- The History of the Games
- The Arctic Winter Games Pin Collection
- Stained Glass Drums from each contingent.
- Artifacts from the Circumpolar World
- Admission for this exhibit is free.
- If you are interested in a group tour, please phone ahead to (780) 532-5790.

Grande Prairie Museum's Polar Challenge

10329 - 101 Avenue (Across the bridge from Muskoseepi Park)

Monday, March 8 - Friday, March 12, 2010

Program Times: 9:30 - 11:30 a.m. or 1:00 - 3:00 p.m. Age of group: Suitable for ages 6 and up.

Participate in the Grande Prairie Museum's Polar Challenge! Learn to play traditional Inuit Games and how these games relate to life in the Polar region. The cost of the program is included with the price of regular admission to the Grande Prairie Museum. Special group rates are available for this program. Please call the program coordinator at (780) 830-7086 for more information or to schedule your program.

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Grande Prairie Museum Rodacker / Campbell Gallery

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The Heritage of Winter Sports in the Peace Country:

An Evening of Reminiscences

Thursday, March 4, 2010 • 7:00pm • Grande Prairie Museum

Fitness Place Schedule - Drop In Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN with Laurie 6:15 am	SPIN with Richard 6:15 am		SPIN with Laurie 6:15 am	SPIN with Richard 6:15 am	
MIX IT UP MONDAY with Sari 9:15 am	CARDIO BLAST with Colleen 9:15 am	SPIN with Colleen 9:15 am	CARDIO BLAST with Colleen 9:15 am	CARDIO BLAST with Sari 9:15 am	CYCLE CIRCUIT with Jessica 9:30 am
	CHISEL & SCULPT with Colleen 10:30 am		CHISEL & SCULPT with Colleen 10:30 am		
STEP STRENGTH with Sari 5:25 pm	TOTAL BODY WORKOUT with Sari 5:25 pm	CYCLE CIRCUIT with Lisa 5:25 pm	SPIN with Lisa 5:25 pm		

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Weight Room Schedule

MONDAY - FRIDAY	SATURDAY & SUNDAY
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5:30-6am							
6-6:30am	User Group Rental						
6:30-7am			User Groups Sharing With Lana Swim	User Groups Sharing With Lana Swim	User Groups Sharing With Lana Swim	User Groups Sharing With Lana Swim	User Groups Sharing With Lana Swim
7-7:30am							
7:30-8am							
8-8:30am							
8:30-9am		Lane Swim & Limited Edition Family Swim					
9-9:30am			Lane Swim & Ltd. Edition Family	Lane Swim & Ltd. Edition Family	Lane Swim & Ltd. Edition Family	Lane Swim & Ltd. Edition Family	Facility Maintenance
9:30-10am							
10-10:30am							
10:30-11am							
11-11:30am	Lane Swim	Lane Swim & Public Swim					
11:30-12 pm							
12-12:30pm							
12:30-1pm		User Group Rental					Lane Swim & Ltd. Edition Family
1-1:30pm	Public Swim						
1:30-2pm			Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
2-2:30pm							
2:30-3pm			Public Swim				
3-3:30pm			Sr. Lane Swim	Sr. Lane Swim	Sr. Lane Swim	Sr. Lane Swim	Sr. Lane Swim
3:30-4pm							
4-4:30pm	Rental Space						
4:30-5pm		User Group Rental Birthday Space					
5-5:30pm			Swim Lessons & User Group Rentals	Swim Lessons & User Group Rentals	Swim Lessons & User Group Rentals	Swim Lessons & User Group Rentals	User Group Rental & Birthday Party Rental Space
5:30-6pm	Lessons Birthday Space						
6-6:30pm		Rental Space					
6:30-7pm							
7-7:30pm			User Group Rentals				Family Swim (Stay For Public)
7:30-8pm	Public Swim	Family Swim		Public Swim		Public Swim	
8-8:30pm				Lane Swim		Family Swim	
8:30-9pm							
9-9:30pm				Lane Swim	Lane Swim	Lane Swim	
9:30-10pm	Rental Space	Rental Space					
10-10:30pm							Rental Space
10:30-11pm							



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