



### Unique events

Arctic Sports, Dene Games profiled

7



### Games Gear

Wearing the pride of the event

9



### Housing the visitors

The challenge of accommodations

18

• Day until the Games

1

get it online

www.dailyheraldtribune.com

# ULU NEWS



THE OFFICIAL NEWSPAPER OF THE ARCTIC WINTER GAMES

www.dailyherald-tribune.com • www.awg2010.org

Friday, March 5, 2010

# Let the Games begin!



ERIKA SHERK/DIANA RINNE For Ulu News

In 1995, Wayne Ayling was the leading mind behind the ceremonies for the Canada Winter Games in Grande Prairie. Fifteen years later, he reprises that role for the Arctic Winter Games and he promises the events will be unique and inspirational. SEE STORY ON PAGE 2.

# An amazing show in store for Games ceremonies

➤ Dancers in the dark, indoor northern lights and singing in Greenlandic and Russian – “spectacular” is the word used to describe the Opening Ceremonies for the Games.

**Erika Sherk**  
For Ulu News

Wayne Ayling is not giving everything away. With the Games right around the corner, he will divulge some parts of the much-anticipated Opening and Closing Ceremonies, but not all.

“There are some exciting things happening that can be shared at this time,” he says. “A spectacular indoor northern lights display, a 120-voice mass youth choir. Each ceremony has a special number where the performers are dancing in the dark, so it will be very amazing how they show off their dance moves.”

How will we see the dancers? “That’s the spectacular part,” he smiles, and won’t say anything more.

About 400 cast and crew are involved in the performance-packed ceremonies, which will last about two hours each.

Ayling, who created the ceremonies for the 1995 Canada Winter Games and 2000 Alberta Summer Games, created the concept and wrote the script in collaboration with Garry Oker.

Both ceremonies will tell the story of four legend characters: Saamaa – morning star woman, Maje – caribou woman, Anook – rock man and Dagee – loon man. Titled, “A Hero’s Journey,” the ceremonies tell a story based on oral northern traditions.

“These four characters are on their own journey that parallels the journey of the Games participants,” says Ayling.

Other forms of entertainment will be interspersed through the story. All five national anthems will be sung by the Grande Prairie Boys’ Choir.

“The boys are working like mad to learn Russian, Saamic and Greenlandic,” says choir conductor Jeannie Vanwynsberghe Pernal. Special versions of the anthems were arranged specifically for the choir by Trent Worthington, an Edmonton-based conductor. “They’re beautiful renditions of everyone’s anthems, with parts for violin, cello, synthesizer and then our voices.”

A Russian father in the choir is helping with the Russian pronunciation and “as soon as someone from Greenland lands we’re going to nab them and make sure we sing the national anthem properly. Same with Sami,” laughs Pernal.

The boys will also be shaking the rafters



Wayne Ayling

with more modern, crowd-pleasing songs. Their focus for the ceremonies is rhythm, she says. Between aboriginal drumming and the “relentless percussiveness of the wooden spoons” of a French-Canadian song, they’re aiming “to keep everybody awake, watching, motivated and inspired,” she says. The voices will be enhanced by dancers and actors performing onstage to some of the songs.

Even bigger will be the mass choir – 120

youth from around the Peace Country raising their voices with two well-known pop songs. Pernal describes the songs, Baba Yetu and Viva La Vida, as “blood rushing.”

“They will have everyone pumping,” she says.

Behind the scenes, a full concert lighting and sound system is going to make the experience “top-notch entertainment,” Ayling says.

Ayling and Oker began working on the shows two years ago. Rehearsals began in earnest three months ago. The ceremonies are divided into two parts: The first focusing on entertainment and the second a more traditional sporting event opening ceremony, with the teams marching in.

During the first act, the athletes themselves will be having their own separate party, an Intertribal World Dance Party with two DJs spinning the best independent music from all the contingents’ homes.

People must waste no time buying tickets.

“Ticket sales are going very briskly,” Ayling says. An important thing is that while the opening ceremonies began at 7 p.m., the closing ceremonies begin at 6 p.m. because some of the contingents have to start heading home that night.

The Opening Ceremony begins at 7 p.m. on Sunday. The Closing Ceremonies begin at 6 p.m. Saturday March 13. Both are held at the Crystal Centre. Tickets cost \$40 and are available at the Crystal Centre box office and online at [www.awg2010.org](http://www.awg2010.org).

**SLICK** *adj.* adroit, deft, dexterous, ingenious, polished, professional, sharp, shrewd, skillful, sleek, smooth, sophisticated, stylish

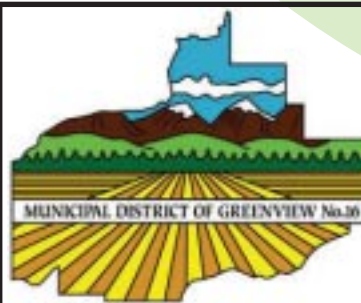
Slick International is dedicated to moving individual business clients to their next level of potential, making the above adjectives part of their vernacular.

We welcome our international friends to Grande Prairie March 6<sup>th</sup> – 13<sup>th</sup>, and are a proud sponsor of the 2010 Arctic Winter Games.

**slick**  
INTERNATIONAL

**SLICK**international.com  
780-402-7121 877-SLICK60

GLOBAL SALES, DEVELOPMENT & MEDIA



The MD of Greenview is pleased to welcome all athletes & volunteers to the

**2010 Arctic Winter Games**  
and wish you all the best of luck!

*Who will you inspire to dream?*

The Grande Prairie & District Chamber of Commerce is proud to sponsor this celebration of diversity and friendly competition - this opportunity to **dream**, **achieve** and **inspire**. The Chamber welcomes participants and visitors to the Grande Prairie Region. We invite you to visit the region’s many attractions, and enjoy a variety of shopping and dining experiences.



Phone: (780) 532-5340  
Email: [info@gpchamber.com](mailto:info@gpchamber.com)

[www.grandeprairiechamber.com](http://www.grandeprairiechamber.com)



CRYSTAL RHYNO For Ulu News

Kateri Mission Grade 4 students Ashley Westcott strikes Katia Johnson low during a jostling match. The school holds an annual Arctic Winter Games day for the students.

## Volunteer Profile

**MARTHA FRETTS:**  
FEATURED VOLUNTEER

Martha started volunteering for the 2010 Arctic Winter Games in November 2009 and has already worked many different venues. She has represented the Games at the Farmers Market, AMA, Costco, GPRC, Montrose Cultural Centre, Soccer Pitch Finals and a Storm game. With her Super Star Service training, Martha will run four of the volunteer training sessions. She is a familiar face at the Games office and the Games store.

Grande Prairie is a community Martha is proud to be a part of and she feels the pride of being a Canadian will be demonstrated with the success of the Games. "I feel we can showcase Grande Prairie and Canada as being the best place in the world to live," said Martha.

The international connection of the 2010 Arctic Winter Games and giving back to the community is what initially got Martha involved with this event. The "importance of volunteering and supporting" and meeting so many of the dedicated people who have been working on this project for the past three years is very rewarding.



Martha is looking forward to meeting people from all the participating countries including Canada. "Just being a part of this, in my small way, will be an adventure that I never expected to have."

Martha has been a volunteer for many years and is the mother of two girls – one of whom is a volunteer at the Olympics in Vancouver. She has been active with many boards in this community and a member of A.C.T. Women's Club. Many of the major events which have come to Grande Prairie have seen Martha participate as a volunteer. "I am proud to say my involvement has encouraged my children and grandchildren to also become involved."

By Shirley Suecroft

**CROUSE'S CLEANERS**  
ultimate care for clothes you wear

Welcome all athletes & visitors

Same Day Service on cleaning dropped off before 10am  
Located beside the Crystal Centre on 100 St. and 98 Ave.

6:00 am – 6:30 pm Monday to Friday  
6:00 am – 6:00 pm Saturday

780-532-7610 • [www.crousecleaners.com](http://www.crousecleaners.com)

Wishing all Athletes the Best of Luck!

5 Pin Bowling Public Bowling 7 days a week Licensed Premises

**FAMILY AFFAIR BOWL**  
11005 - 100 Street  
Bowling Centre • 780-532-4616

**HJ's Family**  
9650 - 94 Avenue  
Bowling Centre • 780-538-2695

Sunday Mar. 7  
Find us at:  
Opening Ceremonies and other venues

# CBC ON THE GO

Connect with us and win!

- Collect all 4 CBC pins
- Upload your photos to [cbc.ca/north](http://cbc.ca/north)
- Be a part of the action
- Win great prizes



**Cultural Schedule Overview  
as of February 27, 2010**  
subject to change without notice

	Sunday March 7	Monday March 8	Tuesday March 9	Wednesday March 10	Thursday March 11	Friday March 12	Saturday March 13	Sunday March 14
<b>Games Trading Post</b> Crystal Centre - Bowes Family Crystal Gardens		11:00-9:00	9:00-9:00	9:00-4:00	9:00-9:00	9:00-7:00		
<b>'A Hero's Journey' Opening Ceremonies</b> Crystal Centre - Canada Games Arena	\$ 7:00							
<b>History, Pin &amp; Cultural Display</b> Centre 2000 - Heritage Discovery Centre		8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	10:00-4:30	10:00-4:30
<b>Art Displays</b> Centre for Creative Arts		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
<b>Visual Arts Exhibit</b> Montrose Cultural Centre		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
<b>'A Taste of the North' Menu</b> Jake's Down South	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
<b>Lunchtime Performances</b> Crystal Centre - Bowes Family Crystal Gardens		12:00-1:30	12:00-1:30	12:00-1:30				
<b>Lunchtime Performances</b> Second Street Theatre		12:00-1:30	12:00-1:30	12:00-1:30				
<b>Lunchtime Performances</b> Prairie Mall		12:00-1:30	12:00-1:30	12:00-1:30				
<b>'A Taste of the North' Menu</b> Padrino's Italian Ristorante		4:30-10:00	4:30-10:00	4:30-10:00	4:30-10:00	4:30-10:00	4:30-11:00	
<b>Craft Sale</b> Grande Prairie Friendship Centre		1:00-9:00	1:00-9:00		1:00-9:00	1:00-9:00		
<b>'Northern Sky' Fashion Show</b> Crystal Centre				7:00				
<b>Performing Arts Gala</b> Grande Prairie Regional College					\$ 7:00	\$ 7:00		
<b>'A Hero's Journey' Closing Ceremonies</b> Crystal Centre							\$ 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](http://WWW.AWG2010.ORG)

**COUNTY OF  
GRANDE PRAIRIE NO. 1**

*Bringing our communities and region closer together*

**County of Grande Prairie No. 1 Council**

**From left to right:** Division 2 Councillor Sharon Nelson, CAO Bill Rogan, Division 7 Councillor Frank Lowen, Division 8 Councillor Richard Harpe, Division 4 Councillor Jack O'Toole  
**Sitting:** Division 8 Councillor Leanne Beaupre, Division 9 Councillor Mary Ann Eckstrom, Reeve Everett McDonald, Division 5 Councillor Pat Jacobs, Division 6 Councillor Lois Dueck

*The County of Grande Prairie is proud to be a sponsor of the 2010 Arctic Winter Games.*

*Every day makes a statement.*

**Redwood  
Inn & Suites**

**TOLL FREE: 1-866-567-2427**  
 PH: 780-357-1916 | FAX: 780-357-1847  
 8117 - 99 ST, CLAIRMONT, AB T0H 0W0  
[REDWOODINNANDSUITES.COM](http://REDWOODINNANDSUITES.COM)

**Scads of Newspapers**

**A Gazillion Audiobooks**

**Oodles of Magazines**

**Boatloads of Bandwidth**

Discover the possibilities at your Library.

**Good Luck Athletes!**

Whether you're a competitor or spectator - discover your Library and make us a part of your daily Games experience!

Grande Prairie Public Library  
discover the possibilities

Located in the Montrose Cultural Centre  
 101, 9839 - 103 Avenue  
 Grande Prairie, Alberta T8V 6M7  
 Phone: (780) 532-3580  
 Fax: (780) 538-4983  
 Website: [www.gppl.ab.ca](http://www.gppl.ab.ca)

# Thank you to our Games 2010 sponsors!

## Funding Partners

City of Grande Prairie  
County of Grande Prairie No. 1  
Provincial Government of Alberta

## Diamond Club

ATCO Group  
TELUS

## Games Patron

GP Catholic School District (GPCSD)  
GP Public School District (GPPSD)  
Peace-Wapiti Public School Division  
Grande Prairie Regional College  
Patrimoine Canadian Heritage  
(Sport Canada)

## President's Club

Ernie's Sports Experts  
KIMIK iT Greenland

## Platinum Club

ATB Financial  
Daily Herald-Tribune  
MD of Greenview No.19  
Alberta Sport, Recreation, Parks  
and Wildlife Foundation

## Gold Club

Big Country 93.1 FM  
Free FM 104.7  
Motor Dealers Association  
Q99 FM  
Rock 97.7

## Silver Club

Alberta Hotel & Lodging Association  
Alliance Pipeline Ltd. Partnership  
BP Canada Energy Company  
Capstan Hauling Ltd.  
Certek Heat Machines Inc  
Driver Advertising Systems  
Epiphany Ideas Etc  
Grande Prairie Mitsubishi  
Grimshaw Trucking LP  
Hi-Tech Business Systems  
InfoTech Solution Providers Inc.  
Ivanhoe  
Northern Mat & Bridge Ltd.  
Pembina Pipeline Corporation  
Prairie Mall  
Neufeld Petroleum & Propane  
a division of Parkland Industries L.P.  
RBC Royal Bank  
Sandman Hotel Grande Prairie  
Shine 96.3 FM  
Sunrise Rotary Club  
The UPS Store  
Visa Rentals & Leasing  
Wapiti Nordic Ski Centre  
Weyerhaeuser  
911 Industrial Response Inc.  
ATB Drywall Grande Prairie Ltd.  
All-West Northern Glass Ltd.  
Animal Medical Centre North Inc.  
Anodyne Chiropractic and Sports Therapy  
Apex Oilfield Services (2000) Inc.  
Aquatera Utilities Inc.  
Astral Media Radio G.P.

## Bronze Club

BDO Dunwoody Ltd.  
C E Franklin Ltd.  
CCSI (Custom Communications  
& Security Inc.)  
Canadian Natural - CNRL  
Cardon Homes  
Chamber of Commerce  
Charles Auto Body & Collision  
Community Futures  
Conoco Phillips  
Cygnet Dental  
EnCana Corporation  
Erco Worldwide  
A Division of Superior Plus LP  
Evergreen Park  
First Choice Electrical Supply Ltd.  
Flint Energy Services Ltd.  
G & M Plumbing & Heating Ltd.  
GP Promotional Products Ltd.  
Grande Prairie Elks Lodge No. 285  
Grande Prairie Gymnastics Centre  
Grande Prairie Soccer Association  
HWD Construction Ltd.  
Harry's Auto Wrecking  
Internet Concepts Ltd., o/a  
Grande Prairie Online  
Jake's Down South/Lions Den  
Janet Pacey Design Illustration  
Jim Hartum Trucking Inc.  
Kakwa Stone & Landscaping Supplies  
Kay, McVey, Smith & Carlstrom Ltd.  
Kinesis Physical Therapy Corp.

## Knelsen Rock Products G.P. Ltd.

Maxim Storage  
Meyers Norris Penny (MNP)  
Modern Decore - Carpet One  
NAW Promotions  
Nine10 Incorporated  
P.O.S. West Ltd.  
PACRIM Hospitality Services  
PDQ Process Services  
/Cutting Edge Masonry Ltd.  
Pattison Outdoor Advertising  
Phoneco Inc.  
Playfair Athletic Supply  
Podollan Inn & Spa  
Prairie Villa Insurance Ltd.  
Progress Energy Resources Corp.  
Regatta Communications  
SOS Graphics  
Service Plus Inns & Suites  
Servus Credit Union Ltd.  
Shell Canada Limited  
Slick International  
Sportswear Plus  
Stanford Hotels & Resorts Inc.  
Staples Advantage - Corporate Express  
The Keg Steakhouse & Bar  
Transco Energy Services Ltd.  
Valhalla Pure Outfitters  
Vandelay Systems  
Vector Communications  
Viking Cultural Centre  
WSI Internet Consulting & Education  
YL Country & KIX 106

www.pcequip.ca

Grande Prairie • Fairview • La Crete • Dawson Creek

1-877-55DEERE



**PRAIRIECOAST**  
equipment

## John Deere 2305

The Best Acreage Tractor  
For Every Job!

Starting at **\$12,499**  
(tractor only)

**w/ 0% For 36 Months!**

Buy a John Deere 2305  
Get a **FREE Weather**  
Enclosure valued  
at \$1,399.

-20...-30...-40! Get Out of the Cold Already!



\*0% financing available from Oct. 31, 2009 until Mar. 01, 2010. In the event the loan goes into default, the charge for amounts past due is 24% APR. Taxes, setup, delivery, freight, and preparation charges not included and may increase price or monthly payment(s). Minimum purchase may be required. See your dealer for complete details and other financing options. Program subject to change, without notice, at any time. Subject to John Deere Credit approval. For personal or commercial use. Up to a 20% down payment may be required. For example, on a new John Deere Compact Utility Tractor, based on a selling price of \$12,899.00, \$46,727.00 (selling price in example is based on MSRP as of 01 Aug. 2009 and may change at any time without notice. Dealer may sell for less), less a 10% down payment results in a balance of \$11,255.10; \$42,054.30, to be financed for a maximum of 3 years with 36 monthly payments of \$3,220.98; \$1,168.18, totaling \$11,255.10; \$42,054.30, based on 0.00% APR with a cost of borrowing of \$0.00; \$0.00. \*\*Prices are suggested retail prices only and are subject to change without notice at any time. Dealer may sell for less. Taxes, setup, delivery, freight and preparation charges not included. Attachments and implements sold separately. See dealer for details. Manufacturer's estimate of power (P50) per 97/66/ED.

PROUD SPONSOR



We are proud to be a  
Bronze Sponsor of the



**ARCTIC WINTER GAMES**  
Good Luck to all the athletes.

Come join us and be active in your community.  
We meet 1<sup>st</sup> & 3<sup>rd</sup> Thursday of every month.  
The Elks donate \$25,000 + to the community each year!

Grande Prairie Elks #285 • For more information call:  
Ed @ 780-539-6982 or Ken @ 780-539-5865



Andi Scott  
Mortgage Associate

- Best Rates
- 100% Financing Available
- Up to 5% Cash Back
- Equity Take Out & Refinance

- Residential Lines of Credit
- Discharge Bankrupts After 2 years

**Shelkor**

**Mortgage**

**Inc.**

Phone: (780) 539-5380  
Toll Free: (866) 539-5380



Debbie McInnes  
Regional Vice President

FAX: (780) 539-5374 • 104 10126-97 Avenue Grande Prairie, T8V 7X6 • www.shelkor.com

## TODAY IS A GOOD DAY TO FIND YOUR IDEAL MATCH

We've got an advisor who revolves around you.



Your needs are as unique as you are.

So when it comes to getting financial advice, you look for an expert who relates to your goals, interests and understands what makes you ... you.

So visit [sunlife.ca](http://sunlife.ca) to be matched with the right advisor for your needs.



**Rick Frayn** CLU  
Financial Centre  
Manager  
ext 2211



**Dave Martel**  
Senior Associate  
Manager  
ext 2220



**Tim Meng**  
Sales Manager  
ext 2225



**Amanda Frayn**  
Long Term Care  
Insurance Specialist<sup>1</sup>  
780-518-3197



**Dan Boorse**  
ext 2230



**Becky Bozarth**  
ext 2222



**Colin Clements**  
ext 2228



**Rose Dillman**  
ext 2208



**Barb Furgeson**  
ext 2201



**Karen George**  
ext 2223



**Darcy Halwa**  
ext 2214



**Vangie Hammond**  
ext 2200



**Sheila Henschel**  
ext 2218



**Ben Karpisek**  
ext 2219



**Jim Lefebvre**  
Jim Lefebvre  
Insurance & Financial  
Services Ltd.  
ext 2209



**Jill Lorencz**  
ext 2207



**Joe Sask**  
ext 2215



**Lenore Tochor**  
B.Comm  
Lenore Tochor  
Financial Services  
ext 2234



**Wade Caughlin**  
Wade Caughlin  
Financial Services



**Jerry Napier**  
Napier Insurance &  
Financial Services

#107 10814 - 100 Street

Grande Prairie, AB Phone: 780-357-9357

### Grande Prairie Financial Centre

#103, 10104 - 97 Avenue

Grande Prairie, AB T8V 7X6

Bus 780-532-2388 Fax 780-532-3817

[grande.prairie@sunlife.com](mailto:grande.prairie@sunlife.com) [www.sunlife.ca/grande.prairie](http://www.sunlife.ca/grande.prairie)

**Sun**  
  
**Life Financial**

<sup>1</sup>Sun Life Financial LTC Solutions Inc.  
© Sun Life Assurance Company of Canada, 2010.

# Warm weather not an issue for Games

## DAMIEN WOOD

For Ulu News

The 2010 Arctic Winter Games are less than a day away, and while Mother Nature is slowly chipping away at the snow, it is not a hindrance. In fact it may well be a help.

Debbie Reid, president of the Games Host Society, said warmer weather is "a little Olympic-esque" right now.

"I don't believe (it will affect anything). We've got a good base in place for the most part - it's still freezing at night, so we don't think we're going to lose the snow," she said.

"In the event there are areas where we may run into problems, we do have snow piled or stored for us, and we can haul it if necessary, but we really feel that we will be fine."

Snow has been stashed throughout the winter at places such as Evergreen Park and Nitehawk Ski Area.

Duane Stevenson, general manager at Nitehawk, said staff have been banking snow since December. It is something he went at hard with a \$1 million upgrade to the snow-making system.

But it does not appear to be needed.

There was a deal to provide snow to the Wapiti Nordic Ski Club, but Stevenson has been told the cross-country trails south of Grande Prairie are fine. Evergreen Park's tree-sheltered area also protects its snow.

Nitehawk's snow is a stable commodity.

"(One) advantage that we have is we have a north-facing slope on the Wapiti River hill, so the sun is just starting to shine over the hill. We don't lose our snow. It is cool at night and it's cooler at the bottom in the river valley," said Stevenson.

"We find that the snow stays until April."

Reid pointed out the weather might help in that it may draw more people outside to Games venues.

"It will get Grande Prairie out to take a look ... and enjoy the spirit and make us feel a bit in Grande Prairie like they did in Vancouver,"

she said.

Reid also said this weather is helping with the construction at venues, which seems to be proceeding on schedule.

Also taken care of are remaining volunteers.

"We definitely have enough bus drivers," said Reid.

"I think there will be some that may be paid, but it's safe to say it has been taken care of. We've got lots of security volunteers as well.

"Basically all areas are covered. We've got our full lot of volunteers recruited, we're just placing people into positions this week and focusing on that."

The Games technically start Saturday but the official opening is Sunday and most competitions begin Monday. Reid said people are getting tired of planning - they just want things to get going, so they can see the fruits of their labours.

She believes - and it is a sentiment Stevenson shares - that there will be a momentum to the Games in the wake of the Olympics.

Stevenson said people will want more.

And they can have more, he said - and in person rather than on television.

"It's very important to us," said Stevenson. "We will have a legacy left behind at Nitehawk because we have the Games. We added 4,000 square feet to our chalet ... we doubled our parking lot size, we built the half-pipe and we added to the snowmaking system.

"It's significant because of the capital improvements we've put in place. Also, it brings a profile to the area."

Tickets for the Arctic Winter Games are available at the Crystal Centre Box Office, and can be purchased either in person or online. Reid said those who wish to buy tickets should not wait.

"There has been quite a bit of ticket purchase activity going on this week and I know we are in some cases getting close to capacity," she said.

## JUST RELEASED

### DIRTY LITTLE SECRETS AND REALLY BIG DEALS -

Building respect one hotel at a time

The story behind one of Canada's colourful entrepreneurs -  
a real northern Dream Achiever - **BOB POMEROY**

Get it today at:

**COLES BOOK STORE**  
(Prairie Mall, Grande Prairie)

Books also available at the Pomeroy Hotel, (Fort St. John, BC),  
Pomeroy Inn & Suites (Chetwynd, Grimshaw, Dawson Creek and Fort St. John)  
or online anytime at [www.bobpomeroybook.com](http://www.bobpomeroybook.com)



# Mixing culture with sports

➤ Arctic Sports and Dene Games bring ancient culture and teeth-gritting physical ability together.

**Erika Sherk**

For The Ulu News

The competition seen at the Arctic Sports and Dene Games is unlike any other at the Games, says sport chairwoman Pat Gustafson.

"It's very congenial, everyone helps each other. It's nothing like hockey, for example, there are no adversaries," she says, "It's just wonderful."

Gustafson and her husband Kelvin are heading up both the Arctic Sports and Dene Games, but it's in the Arctic Sports that her family's passion lies.

When her daughter Elizabeth was 11, she asked Gustafson to go and check out the Arctic Sports trials at Muskoseepi Park for the 1992 Arctic Winter Games. Despite the little girl having no experience, she showed talent.

"Next thing we knew, we were going to

Whitehorse!" laughs Gustafson. Her family has been involved ever since. Elizabeth is coaching her fifth Alberta Arctic Sports team at an Arctic Winter Games this year.

There are 11 Arctic Sports officially in the Games, though the junior levels do only seven of them, according to Gustafson.

These include the knuckle hop, the kneel jump and the one-foot high kick. The one-foot high kick is often the most popular for spectators. The competitors have to stand on one foot, launch themselves into the air, kick a seal-hide target dangling from the ceiling, and land again on one foot. It's impressive to see, says Gustafson,

"The ladies usually kick around six feet while the junior and senior men will kick eight, nine feet."

There are many Arctic Sports and some that aren't official events will be demonstrated Friday, March 12 in the GPRC gym, the venue for all the Arctic Sport events.

"It's a lot of fun," says Gustafson, "We let them do whatever they want."

**Continued on Page 8**

ERIKA SHERK for Ulu News

Elizabeth Gustafson and Even Senger demonstrate the finer points of the arm pull.



We're so sure you will love our Mailbox Rental Service that you can try it for FREE for 3 months. No Obligations. No Purchase.

**Just FREE.**

Prestigious Street Address • 24 Hr Access • Courier & Parcel Receiving



Thrilled to be a Silver Sponsor of the 2010 Arctic Winter Games

Arctic Winter Games

780.402.2770

Located across from Canadian Tire In the Bell Tower Plaza



**The UPS Store®**

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

[www.prairiegallery.com](http://www.prairiegallery.com)



#103 9839-103 AVENUE



107A 10814-100 STREET  
GRANDE PRAIRIE, ALBERTA

FULL SERVICE  
PET HOSPITAL  
24 HR  
EMERGENCY  
SERVICE

APPOINTMENTS  
MON - SAT:  
8:30 AM - 5:30 PM

DR. NORMAN GEORGE

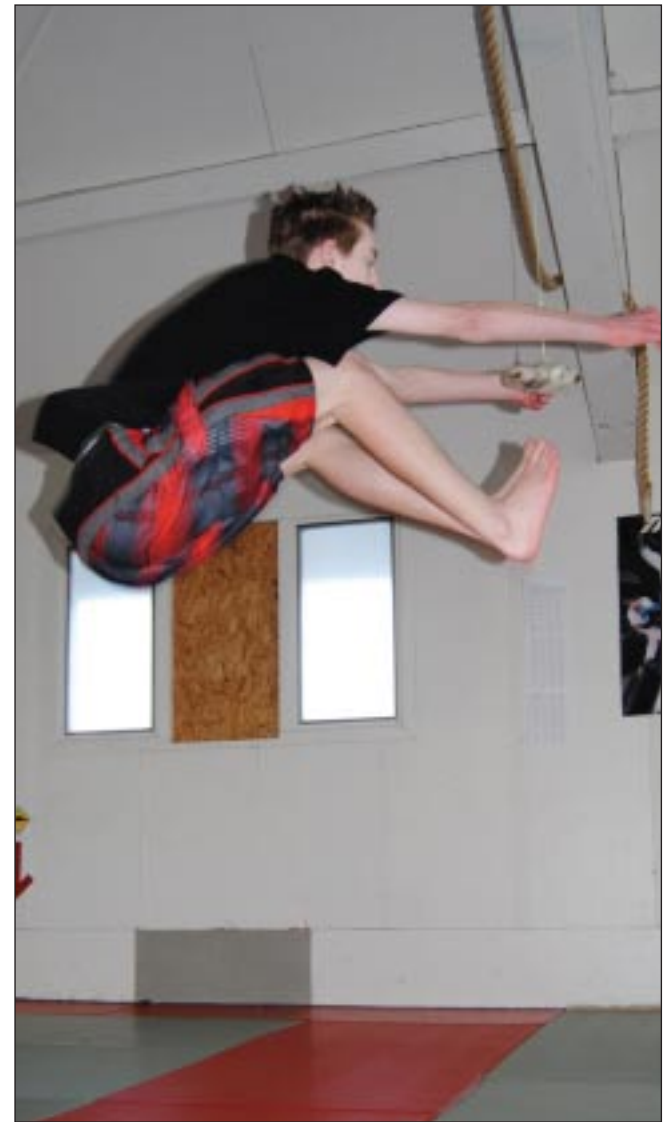
We are proud to be a  
VOLUNTEER & BRONZE SPONSOR  
of the  
**ARCTIC WINTER GAMES**

PROUD SPONSOR



GRANDE PRAIRIE  
2010  
ARCTIC WINTER GAMES  
DREAM ACHIEVE INSPIRE

**PHONE: 780-539-0636**



Photos ERIKA SHERK for Ulu News

Even Senger and Elizabeth Gustafson demonstrate the (left to right) Alaska High Kick, the One-Foot-High Kick and the Two-Foot-High Kick.

# Arctic sports, Dene games a huge part of the uniqueness

## Continued from 7

Evan Senger, 16, of Grande Prairie, is on the Alberta North Arctic Sports team. He got into it two years ago.

"When I was young I liked to jump, I liked the feeling of being really high in the air by yourself. Not by a plane but by your own means."

"I don't think a lot of people realize how high a person can jump," says Elizabeth, his coach, "It's impressive what the human body can do."

They both encourage people to come check out the sports.

"It's such a friendly atmosphere," says Elizabeth. "The audience really gets into it."

The Dene Games athletes will be competing in five official events and have their own

structure, a tent in the parking lot at Muskoosepi Park. The 110 by 72 foot building will hold nearly 300 athletes, coaches and spectators.

"We're going to have it lit and heated," says Monty Haughian, director of sports facilities, who's in charge of construction, "It should be a spectacular show down there."

Snow Snake and Pole Push, two of the Dene Games, will be held outside but the rest, like the hand games, will be held in the tent.

The hand games are always entertaining, says Gustafson, describing it "like hide-and-seek with a button." One athlete hides the button and the opponent must find it.

"There's lots of drumming and yelling and gesturing and trying to fool them," says Gus-

tafson, "It's a lot of fun."

Audience members will find a totally different atmosphere at the cultural games than at volleyball or hockey, says Gustafson.

"The spectators become part of the whole thing," she says. "Athletes will ask them to cheer them on or go 'shhhh' when they want to concentrate." It's also an exciting opportunity for people to see cultural sports.

"These are very well-rounded athletes. They have to have strength, agility, they have to be able to withstand pain, even the young girls."

This appears true in the descriptions of the events on the Arctic Winter Games website. For the knuckle hop, "The athlete who covers the greatest distance is declared the winner, and the one who may need the most band-

ages," the website says. It uses words like "explosive power," "mind game," "maximum strength," and "very fun," to describe these sports.

Two expert announcers will also help walk spectators through what they're seeing. Carole Hull from Alaska will announce the Arctic Sports and Bobby Drygeese of the Northwest Territories will do the Dene Games.

"It's a real treat," Gustafson says, "They're able to explain all the sports and give the history, help us understand what's going on."

There are 113 competitors for the Arctic Sports and 115 for the Dene Games. Seven Grande Prairie competitors are on the Alberta team and both coaches are from the city as well. Both sports have events running Monday to Friday during the Games.



# Gearing up for the Arctic Winter Games

Games Gear really is picking up pace as opening of the 2010 Arctic Winter Games is nearly upon us

**Erika Sherk**  
for Ulu News

Known as "Games Gear," anything bearing the official Games logo - t-shirts, vests, baby bibs and hoodies to name a few - are now selling like hotcakes as the opening ceremonies draw ever closer.

"Sales are increasing every week," says Mike Reid, director of merchandising. The final order has arrived at the Games Store, located in the Ernie's Sports Plaza, he says, ready for the last rush up to the Games. And of course the anticipated sales as 2,000 athletes and participants hit Grande Prairie March 6.

"Sales are amazing," according to staffers at the Games Store, "It's been picking up like crazy now that the Games have come so close."

People are constantly in the store, Reid says.

A couple of staffers joked that they "don't have time to eat anymore."

The story of the Games Gear began two years ago when Reid and a dedicated group of "designers," started meeting with local manufacturers. The stores presented samples and then bid on a tender last spring.

"We wanted quality products that are going to last for a while," says Reid. The tender was divided between local companies including Northern Athletic Wear and Advertising, Sportswear Plus and ProSport Clothing Company.

"We dispersed it out so they all got a piece of the pie," Reid says, adding it was a way to get local manufacturers involved.

With over 60 products for sale, they're pretty confident in the variety.

"We have bibs for babies right up to triple XL jackets for men," says Reid, "Scarves, mitts, licence plates, pens, cups ... hopefully everybody will find something they want as a memento of the Games."

**Continued on Page 11**

...  
**ERIKA SHERK** for Ulu News

Mike Reid proudly wears Games Gear every day but confesses his simple black long-sleeve Arctic Winter Games t-shirts are his favourite.



## Your #1 dealer in the peace

• Skidoo • Seadoo • Canam • Spyder • Kawasaki • Bikes • Quads • Harbercraft Jetboats  
• Champion Lake Boats • Sales & Service

**Congratulations  
to all Athletes!**



**Stojan's**  
POWER SPORTS  
AND MARINE LTD.  
Sales and Service

**ski-doo**  
BETTER RIDES. BETTER RIDERS!

©, TM and the BRP logo are trademarks of Bombardier Recreational Products Inc. or its affiliates

Hwy 2, Sexsmith • Ph. (780) 568-2934 • Fax (780) 568-3336 • www.stojans.com

### Why Should You Attend Grande Prairie Regional Safety Committee Meetings?

**Meeting Location**  
Grande Prairie  
Construction Association  
9614A 105 St.  
Grande Prairie, AB

**Meeting Dates:**  
February 8, 11:30am  
April 26, 6:00pm  
June 7, 11:30am  
September 13, 6:00pm  
November 8, 11:30am

For guidance and assistance to enable your company to develop and maintain a Health & Safety program that is capable of providing adequate due diligence defense and above average audit results, including:

- Personal contact with an ACSA representative
- Information regarding scheduled safety training (may request additional/local safety training)
- Become aware of and have input into current health & safety issues
- You can ask questions and get answers from qualified safety practitioners
- There will be an educational/training component at most meetings
- There will be review/information regarding any new regulations/codes
- You can help the committee - the committee can help you



Grande Prairie  
Regional Safety  
Committee

Alberta Construction  
Safety Association

**Making Safety  
a way of Life!**

**1-800-661-2272**  
www.acsa-safety.org

## MAKE A CONNECTION WITH PEMBINA

COMMUNITY SUPPORT

At Pembina Pipeline Corporation, making connections is what we do - we connect customers who produce energy to customers who transform it into the products consumers demand. Making connections is also how we do our job - our business connects us with you - our neighbours.

As a good neighbour, Pembina works hard to build trust with the communities where we operate. During our more than 50-year business history, we've developed a reputation for honesty, transparency and treating our stakeholders with respect. We keep communication lines open and we endeavour to help generate economic benefits for community residents and local businesses whenever possible. We invest in the communities where we live and work by supporting education, environmental initiatives, culture and wellness.

**Pembina is proud to sponsor the  
Grande Prairie 2010 Arctic Winter Games.**

[www.pembina.com](http://www.pembina.com)

**PEMBINA**



**GRANDE PRAIRIE**  
Alberta, Canada

55° 11' North  
118° 53' West

*Southernmost  
Arctic Winter Games*



**DAILY Herald-Tribune**

[www.dailyheraldtribune.com](http://www.dailyheraldtribune.com) • Phone: 780.532.1110