



Shooting the games

No, not biathlon, photo mentoring

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Medal moments

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ULU NEWS



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Thursday, March 11, 2010

Youthful exuberance



IVAN DANIELEWICZ For Ulu News

Ten-year-old Sam Melvin from Team Alberta North sits on the shoulders of snowshoe biathlon teammate Daniel Granger. Melvin is the youngest athlete to participate in the 2010 Arctic Winter Games. See story on Page 2.

Fort Mac biathlete young but driven

Teammates and coaches joke that everyone at the Games is bigger than Sam Melvin, but nobody's questioning the size of his heart

IVAN DANIELEWICZ
For Ulu News

He's small, but determined. Meet the youngest athlete at the 2010 Arctic Winter Games: Sam Melvin from Fort McMurray.

Born on Nov. 18, 1999, Melvin is one of five athletes competing with Team Alberta North in the snowshoe biathlon.

"I did notice that I was probably going to be the youngest before I came," Melvin said. "So I knew it was going to be a bit harder (for me).

"It is my first year (in biathlon) too, and there are bigger guys and I have to remember that."

Melvin's coach Martha Stepanuk joked, "Everybody is bigger."

Teammate Daniel Granger quickly adds: "We used to joke around in practice that we would just put him on my shoulders and run, but I don't think the officials would like that."

The comments cause the trio to break out into laughter.

All three hail from Fort McMurray, train or coach with the Fort McMurray Biathlon club, and their interaction shows they have built up a strong friendship that extends beyond the sport itself.

"We've got a really good team spirit," Stepanuk said. "The kids have definitely melded together. I don't have to worry about them leaving Melvin out of things, they include him in everything."

Granger, 15, competes in the same age category as Melvin, but is also one of his biggest supporters during the competition.

In Tuesday's sprint event, Granger could be heard above every other athlete, coach, or spectator as he encouraged Melvin down the last stretch of the biathlon course.

After Melvin crossed the finish line, he collapsed in a heap and Granger was the first person upon him, helping him to his feet and congratulating him on a job well done.

"You just want to get (to the finish) and fall," said Melvin about crossing the finish line. "There is a lot of pressure when everybody is shouting, 'Go! Go! Go!'"

Continued on Page 3



IVAN DANIELEWICZ for Ulu News

Ten-year-old Sam Melvin, from Team Alberta North, races towards the finish line in the snowshoe biathlon sprint event at the Wapiti Nordic Ski Centre during the 2010 Arctic Winter Games. Melvin is the youngest athlete to compete in the Games.



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!



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More fun & friends

Continued from Page 2

While Melvin may be the youngest and one of the smallest competitors, he's proven that he can compete.

In Monday's individual event, Melvin ran 3 km in just under 51 minutes and hit three of the 15 targets in the shooting component.

Melvin finished seventh of eight, beating the eighth-place competitor by a nearly four minutes.

In Tuesday's 2 km sprint event, he slipped to eighth after he missed all 10 of the targets and had to run 10 50-metre penalty laps. Melvin finished the event in just under 24 minutes.

The shooting component has been especially difficult for Melvin in the Arctic Games because he has never shot the .22 calibre rifles biathletes use in competitions.

"It's my first time," said Melvin, adding he normally uses an air rifle, which is smaller. "But I'm kind of getting it."

Wednesday was an off-day for the biathletes, which gave them a chance to relax sore muscles.

"It's been tiring, but I've enjoyed it," Melvin said about the competition.

The off-day also gave the athletes a chance to hang out with athletes outside of competition. Granger said the biathletes from all the different teams have begun to develop friendships.

"Everybody wants to get to know each other from the different zones and countries, so you feel like one big team," he said. "It's an incredible feeling."

Melvin added: "When you see all the Alberta North athletes competing, you just keep thinking, 'That's my team.' But you also think everybody is on your team everywhere you go. I feel like everybody has a big bond here."

Melvin, who has two biathlon events left - the mass start today and the team relay Friday - said his main goal for the remainder of the competition is to keep meeting new people.

"I'm looking forward to having more fun and making more friends," he said. "But it really sucks when you make good friends and then you have to leave."



High flyer

RANDY VANDERVEEN
For Ulu News

Charlie Hocogak Jr. of Sachs Harbour, NWT, launches himself forward in the men's triple jump in the Arctic Sports category at the Grande Prairie Regional College gym.



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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
Games Trading Post 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		
'A Hero's Journey' Opening Ceremonies Crystal Centre - Canada Games Arena	\$ 7:00							
History, Pin & Cultural Display 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
Art Displays 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
Visual Arts Exhibit 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
'A Taste of the North' Menu 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
Lunchtime Performances Crystal Centre - Bowes Family Crystal Gardens		12:00-1:30	12:00-1:30	12:00-1:30				
Lunchtime Performances Second Street Theatre		12:00-1:30	12:00-1:30	12:00-1:30				
Lunchtime Performances Prairie Mall		12:00-1:30	12:00-1:30	12:00-1:30				
'A Taste of the North' Menu 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	
Craft Sale Grande Prairie Friendship Centre		1:00-9:00	1:00-9:00		1:00-9:00	1:00-9:00		
'Northern Sky' Fashion Show Crystal Centre				7:00				
Performing Arts Gala Grande Prairie Regional College					\$ 7:00	\$ 7:00		
'A Hero's Journey' Closing Ceremonies 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

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TERRY FARRELL For Ulu News

Ashlynn York of Team Alaska performs in the women's free skate program at the Arctic Winter Games Wednesday. She was sixth in provisional results.

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Sport Venues

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Coca Cola Centre	6 Knowledge Way	Hockey, Speed Skating
Crystal Centre - Canada Games Arena	10017 99 Avenue	Figure Skating
Evergreen Park*	5 km South on Resources Road*	Dog Mushing, Snowshoeing
Grande Prairie Curling Club	10127 99 Avenue	Curling
Grande Prairie Gymnastics Centre	16 Knowledge Way	Gymnastics
Grande Prairie Regional College - Gymnasium	10726 106 Avenue	Arctic Sports, Volleyball
Grande Prairie Soccer Centre	11319 105 Street	Indoor Soccer
Leisure Centre	11313 105 Street	Indoor Soccer
Maude Clifford Public School	9206 Lakeland Drive	Basketball, Volleyball
Montrose Jr. High School	6431 98 Street	Wrestling
Mother Teresa Catholic School	7501 Willow Drive	Table Tennis
Nitehawk Recreation Area*	13 km South on Highway #40*	Alpine Skiing, Snowboarding, Freestyle Skiing
St. Joseph's Catholic High School	10520 68 Avenue	Badminton
Wapiti Nordic Ski Centre*	7.5 km South on Highway #40*	Cross Country Skiing, Ski Biathlon, Snowshoe Biathlon

Cultural Venues

Centre 2000 - Heritage Discovery Centre	11330 106 Street	History, Pin & Cultural Display
Centre for Creative Arts	9910 99 Avenue	Art Displays
Crystal Centre - Bowes Family Crystal Gardens	10017 99 Avenue	Games Trading Post: Games Gear Sales, Pin Trading, Lunchtime Performances, 'Northern Sky' Fashion Show
Crystal Centre - Canada Games Arena	10017 99 Avenue	Opening Ceremonies, Closing Ceremonies
Grande Prairie Friendship Centre	10105 97 Avenue	Craft Sales
Grande Prairie Regional College - Theatre	10726 106 Avenue	Performing Arts Galas
Montrose Cultural Centre	9839 103 Avenue	Visual Arts Exhibit
Prairie Mall	11801 100 Street	Lunchtime Performances
Second Street Theatre	10130 98 Avenue	Lunchtime Performances

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CONOR BEAGAN For Ulu News

Arctic Winter Games photo mentors Paul Pivert (second from left) and Rob Ganzeveld (right) critique students Stephen Artibise, 18, and Caitlyn Rinne, 15, on their camera work during dog mushing events at Evergreen Park Wednesday.

If a picture's worth 1,000 words...

➤ Young photo buffs get hands-on experience capturing the sports, culture, spirit, faces and ultimately the legacy of the 2010 Arctic Winter Games

CONOR BEAGAN
For Ulu News

Four lucky students are getting the chance to hone their photography skills during the Arctic Winter Games this week.

Photo mentors Rob Ganzeveld, Randy Vanderveen, Paul Pivert and Tanya Sedore are accompanying the budding shutterbugs to different events around town and coaching them on how to get that perfect shot.

"They've recruited two top-notch portrait photographers and two sports photographers, so I think the students are getting a good cross-section of talent," said Ganzeveld.

Led by Ganzeveld, the youth photo mentorship was organized by the Arctic Winter Games

committee as a legacy project.

The program focuses on students aged 15-21 with a background and interest in photography.

Students had to submit a portfolio and a submission letter explaining why they should be chosen for the program.

Stephen Artibise, 18, Bayla Shomody, 16, Caitlyn Rinne, 15, and Alex Gregson, 17, all attend the Composite High school.

"We're spending the week with these kids to really show them the ropes of photographing an event like this," said Ganzeveld.

Cameras and gear were supplied by the Arctic Winter Games. The equipment will be later be donated to the City of Grande Prairie.

The students are spending about six hours shooting and two hours editing daily for the

duration of the Games.

Although the students are photographing the Games, they aren't strictly shooting medal competitions.

"We're not just shooting sports photos, we're shooting a lot of cultural stuff too, so they're really getting the best of both worlds," said Ganzeveld.

Stephen Artibise, 18, prefers sports photography and enjoys the hands-on aspect of the program.

"It's been really good. It's more than just standing at the top of the hill and taking pictures, here we really get down where the action is," said Artibise.

Continued on Page 13

Ulu: A symbol of winning in so many ways

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NICK KUHL
For Ulu News

Out of all the unique aspects of the Arctic Winter Games, the fact there are more medals than actual athletes may stand atop the list.

There are slightly more than 2,400 medals, traditionally called Ulus, being presented this week, compared to the nearly 2,000 athletes competing for them. But the anomaly can be attributed to athletes competing in multiple individual events, as well as team sports counting only as one medal in the overall standings.

The cost for the medals, funded by the Games' overall budget, was around \$14,000, while their design is a standing tradition from the first Arctic Winter Games 40 years ago.

Continued on Page 11

...
NICK KUHL For Ulu News

A selection of the gold, silver and bronze medals – the Ulus – before a presentation ceremony at Evergreen Park Wednesday.



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June 7, 11:30am
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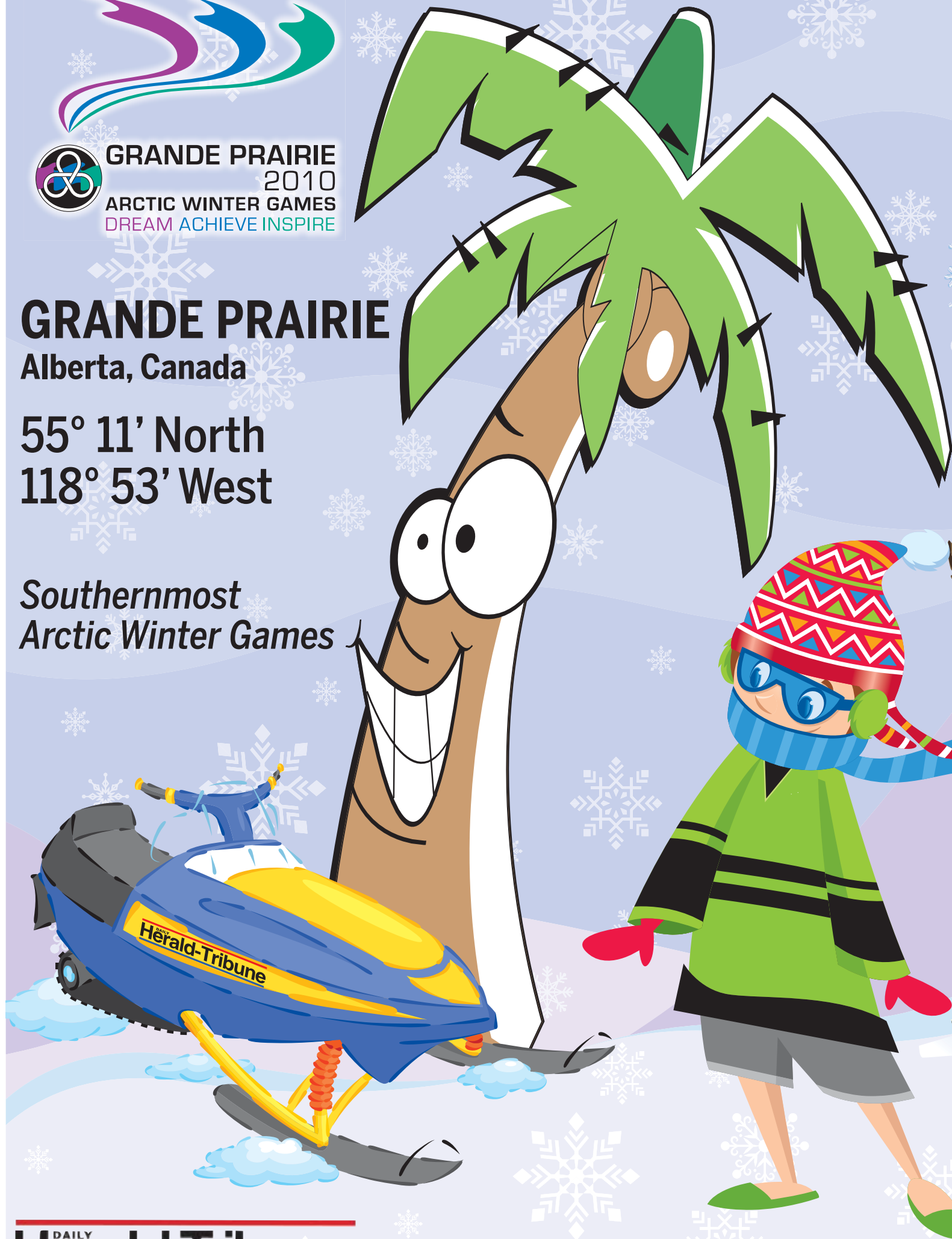
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Name and design reflect Arctic way of life

Continued from Page 9

"The design is an Arctic Winter Games original, as it goes back to the 1970 Games," said Ian Legaree, technical director for the International Committee.

"It's a representation of a traditional Inuit knife, called the Ulu, which was used by the Inuit people as a knife for cleaning hides and things like that."

The year, the host city and the events are the only elements that change from Games to Games, while the gold, silver and bronze

medals are actually just coated with the designated alloy. The remaining component is made up of less expensive metals.

The Ulus are usually ordered at least a year before the next Games, manufactured in Leduc, just south of Edmonton, and arrive to the International Committee around six months beforehand.

They then go through an inventory process before they are shipped to the host community.

Legaree explained the ribbon is also sym-

bolic as it embossed with the Arctic Winter Games logo and reinforces the three tenants of the Games: Athletic competition, social interchange and cultural development.

Only five of the 21 sports - basketball, curling, hockey, soccer and volleyball - hold traditional medal rounds. The remaining events are all individual elements.



NICK KUHL For Ulu News

County of Grande Prairie Coun. Richard Harpe presents a gold Ulu to a Team Alaska dog on the team of Yelenna Cavens and Morgan Summers during the medal awards for the 7.5 km Four-Dog Mushing Junior Co-ed event at Evergreen Park Wednesday.

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BDO wishes all the athletes good luck in the 2010 Arctic Winter Games!

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ULU NEWS

ATCO's Photo of the Day



DAMIEN WOOD For Ulu News

Anthony Arreak, 15, a competitor in Arctic Sports for Team Nunavik, spends some time Wednesday morning at Grande Prairie Regional College, teaching piano to seven-year-old Aloupa Airo-Watt, whose older brother also competes for Team Nunavik.

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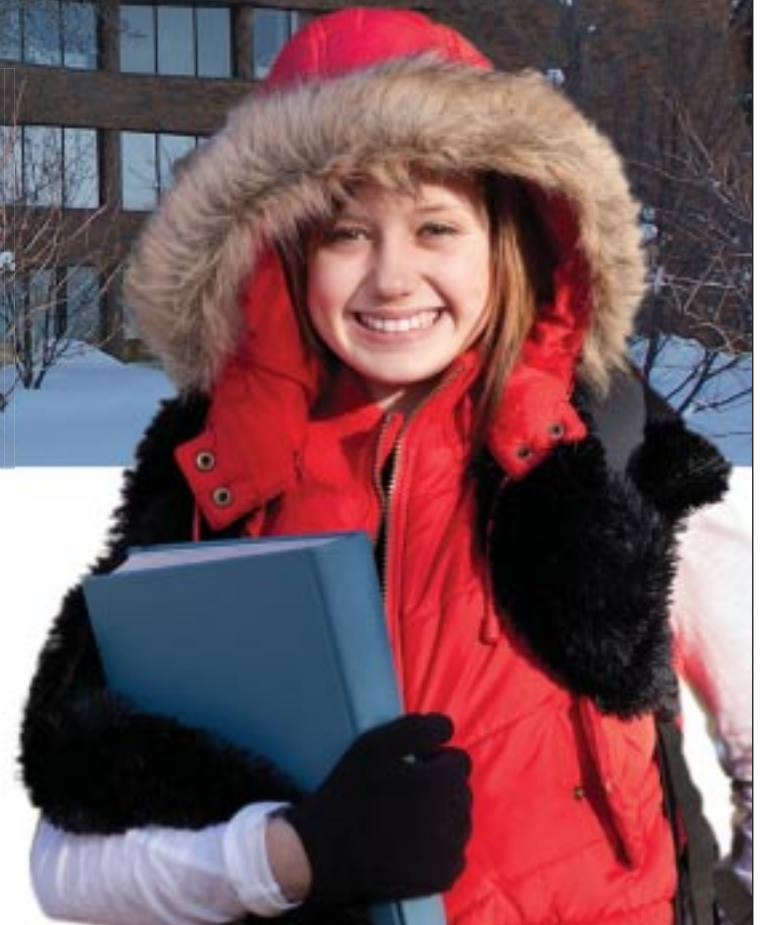
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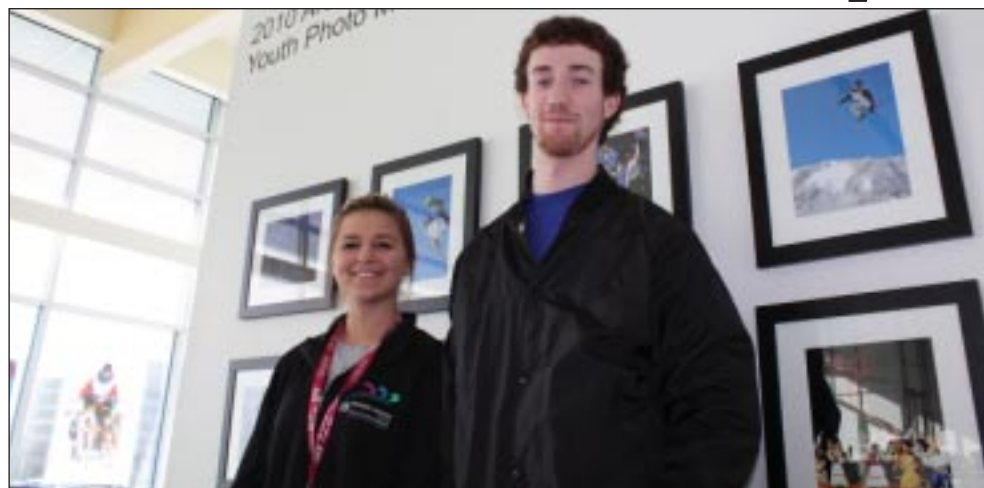


ULU NEWS

**Medal
standings
after
Wednesday**

Contingent				Sum
Alaska	39	47	46	132
Northwest Territories	16	13	24	53
Alberta North	13	22	15	50
Yukon	22	15	11	48
Yamal-Nenets	22	12	7	41
Nunavut	6	5	12	23
Greenland	4	8	2	14
Nunavik Québec	5	4	5	14
Saami	1	2	1	4

Photo mentorship



CONOR BEAGAN For Ulu News

Bayla Shomody, 16, and Stephen Artibise, 18, stand in front of a showcase of the work four mentor photography students have produced. The display can be viewed at the Prairie Art Gallery this week.

Continued from Page 8

Shomody said she enjoys learning about the technical aspects of photography. "I'm really learning how to work with the different settings on my camera," said Shomody. Photos from the mentor program are currently on display at the Prairie Art Gallery. Each day a "Photo of the Day" is selected by the mentors, and printed on canvas for display. The exhibition will be donated to the City of Grande Prairie. "There's lots of compliments from people coming through the gallery already," said Ganzeveld. "There's some great photos there, and we've really only just begun."

ULU NEWS



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Schedule of sporting events

Schedule is subject to change without notice

Monday March 8, 2010		Tuesday March 9, 2010		Wed. March 10, 2010	
Alpine	10:00am - 3:00pm	Alpine	<i>Training</i>	Alpine	10:00am - 3:30pm
Arctic Sports	1:00pm	Arctic Sports	12:30pm	Arctic Sports	1:00pm
Badminton	8:30am - 5:00pm	Badminton	8:00am - 5:00pm	Badminton	8:00am - 5:00pm
Basketball	10:00am - 8:00pm	Basketball	10:00am - 8:00pm	Basketball	10:00am - 8:00pm
X-Country Skiing	10:00am - 12:30pm	X-Country Skiing	10:00am - 2:00pm	X-Country Skiing	<i>Training</i>
Curling	2:00pm - 5:30pm	Curling	9:30am - 12:30pm & 2:30pm - 5:30pm	Curling	9:30am - 12:30pm & 2:30pm - 5:30pm
Dene Games	9:30am	Dene Games	10:30am	Dene Games	10:30am
Dog Mushing	11:00am - 2:00pm	Dog Mushing	10:00am - 1:00pm	Dog Mushing	10:00am - 1:00pm
Figure Skating	<i>Training</i>	Figure Skating	8:30am - 4:30pm	Figure Skating	1:00pm - 8:30pm
Freestyle	10:30am - 4:00pm	Freestyle	10:30am - 2:30pm	Freestyle	5:30pm - 8:30pm
Gymnastics	<i>Training</i>	Gymnastics	9:00am - 4:00pm	Gymnastics	<i>Training</i>
Hockey	8:00am - 10:00pm	Hockey	8:00am - 10:00pm	Hockey	10:00am - 10:00pm
Indoor Soccer	10:00am - 6:00pm	Indoor Soccer	10:00am - 8:00pm	Indoor Soccer	10:00am - 8:00pm
Ski Biathlon	1:00pm - 4:30pm	Ski Biathlon	1:00pm - 4:30pm	Ski Biathlon	<i>Weather Day</i>
Snowshoe Biathlon	8:30am - 11:30am	Snowshoe Biathlon	8:30am - 11:30am	Snowshoe Biathlon	<i>Weather Day</i>
Snowboarding	10:30am - 4:00pm	Snowboarding	10:30am - 2:30pm	Snowboarding	5:30pm - 8:30pm
Snowshoeing	9:00am - 12:00pm	Snowshoeing	<i>Weather Day</i>	Snowshoeing	8:00am - 11:30am
Speed Skating	8:00am - 2:00pm	Speed Skating	2:00pm - 8:00pm	Speed Skating	<i>Weather Day</i>
Table Tennis	9:00am - 5:00pm	Table Tennis	9:00am - 6:00pm	Table Tennis	9:00am - 5:00pm
Volleyball	9:00am - 8:30pm	Volleyball	9:00am - 8:30pm	Volleyball	9:00am - 8:30pm
Wrestling	11:00am - 8:00pm	Wrestling	1:00pm - 5:00pm	Wrestling	<i>Weather Day</i>



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Best wishes to all participants & organizers of the
2010 Arctic Winter Games!


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Good luck to everyone!

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Schedule of sporting events

Thurs. March 11, 2010		Friday March 12, 2010		Sat. March 13, 2010	
Alpine	10:00am - 2:30pm	Alpine	<i>Weather Day</i>		
Arctic Sports	1:00pm - 5:30pm	Arctic Sports	1:00pm - 5:00pm		
Badminton	8:00am - 6:00pm	Badminton	9:00am - 3:00pm		
Basketball	9:00am - 9:00pm	Basketball	1:00pm - 9:00pm	Basketball	8:00am - 2:00pm
X-Country Skiing	10:00am - 12:30pm	X-Country Skiing	10:00am - 1:00pm		
Curling	9:30am - 12:30pm & 2:30pm - 5:30pm	Curling	9:30am - 12:30pm & 2:30pm - 5:30pm		
Dene Games	10:30am - 3:30pm	Dene Games	11:30am - 4:30pm		
Dog Mushing	12:00pm - 4:00pm	Dog Mushing	<i>Weather Day</i>		
Figure Skating	2:00pm - 4:00pm				
Freestyle	10:30am - 2:30pm	Freestyle	<i>Weather Day</i>		
Gymnastics	1:00pm - 6:00pm	Gymnastics	<i>Weather Day</i>		
Hockey	10:00am - 10:30pm	Hockey	9:30am - 10:00pm		
Indoor Soccer	10:00am - 9:00pm	Indoor Soccer	9:00am - 9:00pm	Indoor Soccer	9:00am - 2:00pm
Ski Biathlon	1:00pm - 4:30pm	Ski Biathlon	1:00pm - 4:30pm		
Snowshoe Biathlon	8:30am - 11:30am	Snowshoe Biathlon	8:30am - 11:30am		
Snowboarding	10:30am - 2:30pm	Snowboarding	<i>Weather Day</i>		
Snowshoeing	<i>Weather Day</i>	Snowshoeing	10:00am - 11:30am		
Speed Skating	8:00am - 2:00pm	Speed Skating	2:00pm - 8:00pm		
Table Tennis	8:00am - 8:00pm	Table Tennis	8:00am - 8:00pm	Table Tennis	9:00am - 2:00pm
Volleyball	9:00am - 3:00pm	Volleyball	4:00pm - 10:00pm		
Wrestling	12:00pm - 3:00pm				

*Subject to change without notice

Best Wishes for a successful Arctic Winter Games!



Hon. Mel Knight, M.L.A.
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DAMIEN WOOD For Ulu News

Asha Melnechenko, 5, and Devina Ramesh, 8, got to try some finger pulling for themselves during the QEII Childcare Centre's visit to the Grande Prairie Museum Wednesday afternoon for a bit of 2010 Arctic Winter Games fun.

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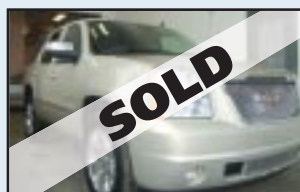
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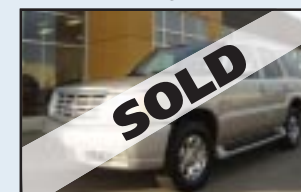
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CRYSTAL RHYNO For Ulu News

Dave Hurta, Miranda Sallis and Melanie Hamilton make up the medical team for the 2010 Arctic Winter Games.

Is there a doctor in the house?

Of course. Athlete and contingent safety is paramount and the crew in GP has been a busy bunch

CRYSTAL RHYNO
For Ulu News

Behind every sporting competition is a medical team of dedicated volunteers and staff ensuring athletes stay as close as possible to 100%.

The 2010 Arctic Winter Games are no different.

Dave Hurta is a co-chairman of the medical committee for the Games. As soon as Grande Prairie won the bid to host the Games, Hurta and his team started hammering out a medical plan to look after the care of the 1,975 athletes from nine continents.

"We've seen a lot of injuries as of (Tuesday night)," said Hurta. "We've already logged 500 incidents."

That does not necessarily mean there have been 500 injuries but 500 visits to the college-based polyclinic.

"It could be for a simple cough to a sprained ankle to physio treatments," said Hurta. "We have seen some serious injuries that we have sent off to the hospital. But most are of the minor kind."

Each sporting venue is staffed with at least two medical volunteers and additional personnel according to the injury risk level.

For example, a contact sport like hockey or soccer will be staffed with EMTs and paramedics, whereas at a lower-risk sport there may just be personnel with standard first aid training.

If somebody gets injured they are sent to the polyclinic, a multi-disciplinary clinic based at the nursing department at the Grande Prairie Regional College.

"Any athletes that are sick or injured can come and see us for treatment," said Hurta.

"We will either treat them on site here or send them off to the hospital if it is more serious."

The medical team has 150 volunteers from the various disciplines, from doctors and nurses to physiotherapists, chiropractors and people with standard first aid.

"We've got paramedics and EMT from the ambulance service volunteering their time as well," said Hurta. "We have the EMS cadets. It's a wide variety."

The polyclinic includes an assessment room, a treatment room and a post-clinic room for treatments such as physiotherapy or chiropractic treatments.

"We have nursing students who are volunteering," said Hurta.

"They can log their clinic practice time. They are having a fabulous learning experience - both the nurses and the doctors have taken extra time to help them along and show them different things.

"It's a real positive learning experience."

A nurse is on call overnight should an athlete in one of the dorms become ill.

In this case, dorm security will phone the nurse.

The nurse would then decide the course of action including whether she would come to the dorm to assess the athlete or whether to provide advice and arrange for the athlete to come into the clinic in the morning or call an ambulance to take the athlete to the QEII Hospital emergency room.

Miranda Sallis, co-chairman of the medical committee, said the process has been an amazing experience.

"We've been working on this for three years," said Sallis. "To see it all come together and to see the reaction from the athletes has just been a great experience."

Sallis said there have been some hiccups along the way but nothing too serious.

"We've had a really great team on board from the nurses and doctors we have working behind the scene on this," said Sallis.

"Any hiccups we have had have been short-lived. We've just rolled with it and made stronger decisions the next day.

"We just go day by day."



Games Gear Sales Schedule

	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)	10:00-6:00	12:00-5:00	9:00-9:00	9:00-9:00	9:00-9:00	9:00-9:00	9:00-9:00	10:00-6:00
Games Trading Post (Crystal Centre) Coca Cola Centre			11:00-9:00 8:00-10:00	9:00-9:00 8:00-10:00	9:00-4:00 8:00-10:00	9:00-9:00 8:00-10:00	9:00-7:00	
Grande Prairie Regional College Gym Leisure Centre			9:00-7:00 9:00-3:00	9:00-7:00 9:00-3:00	9:00-7:00 9:00-3:00	9:00-7:00 9:00-3:00		
Montrose Cultural Centre Muskosepi Park	9:00-8:00	9:00-8:00	9:00-8:00 10:00-4:00	9:00-8:00 10:00-4:00	9:00-8:00 10:00-4:00	9:00-8:00 10:00-4:00		
Nitehawk Recreation Area			9:00-4:00	9:00-4:00	4:00-9:00	9:00-4:00		

Store & Kiosk Schedule Subject to Change Without Notice
All Store & Kiosk Hours fall between 8:00 a.m. & 10:00pm

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2010 Arctic Winter Games Exhibit

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Saturday - Sunday: 10:00 am - 4:30 pm

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- 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 • 7:30pm • 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 Amber 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	SPIN with Colleen 10:30 am	
STEP STRENGTH with Sari 5:25 pm & Thursday	TOTAL BODY WORKOUT with Sari 5:25 pm	CYCLE CIRCUIT with Lisa 3:15 pm	SPIN with Lisa 5:25 pm		

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MONDAY - FRIDAY	SATURDAY & SUNDAY
5:30am - 9:30pm	9:00am - 9:00pm

Childcare Services - Monday - Friday 9-11:30am

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The Leisure Centre Pool Arctic Winter Games Schedule March 6-14, 2010

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

GP Transit Welcomes all AWG Athletes!

6 Routes serving the City of Grande Prairie 7 days/week

Adults \$2 • Students, Seniors & Children \$1.50

(Children under 12 ride FREE with a paying adult; max. 4 children)

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