

# ULU NEWS



Arctic  
Winter  
Games



A special publication of Fort McMurray Today

March 2, 2004

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speed skating  
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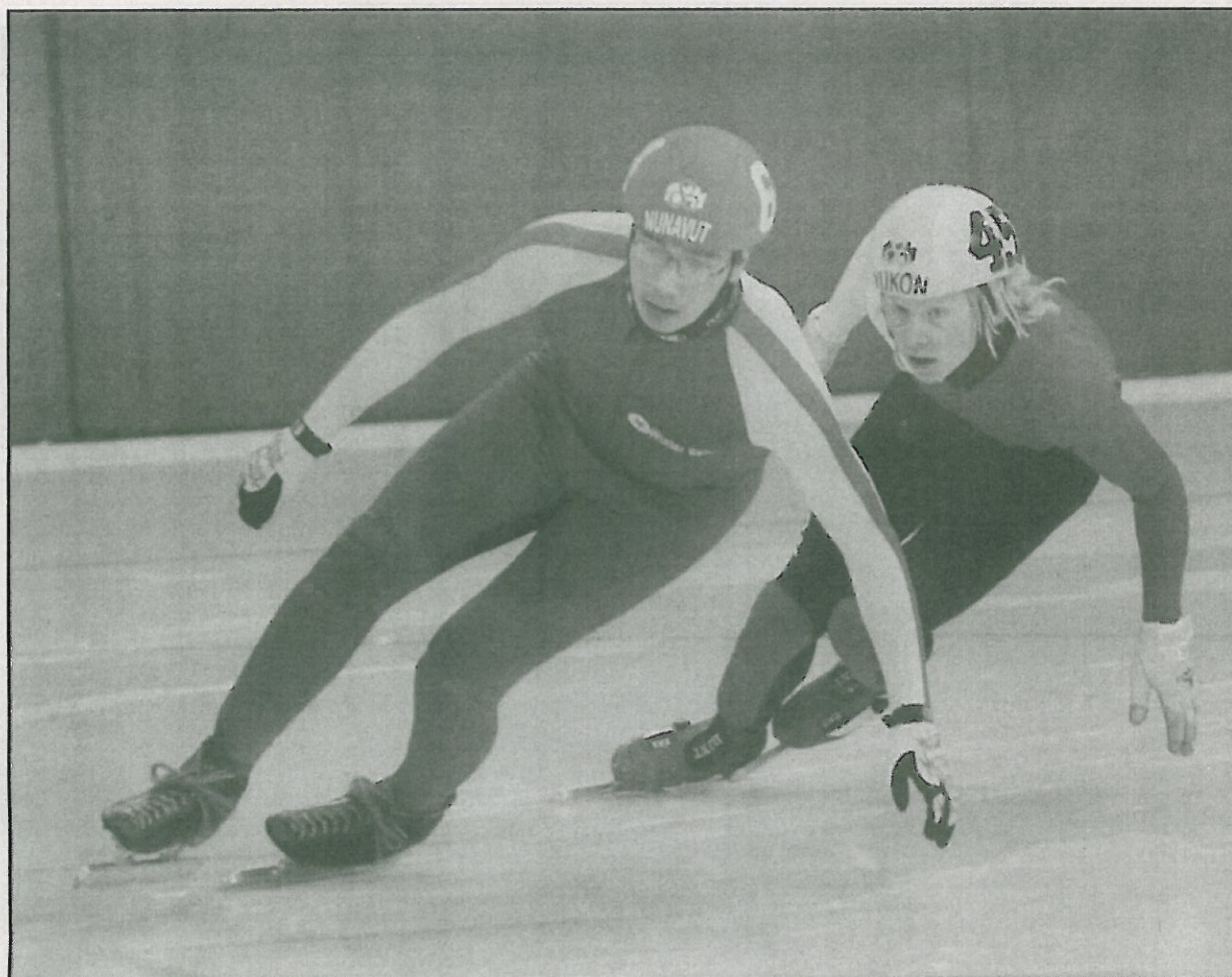


# Fort McMurray Today

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Aqpiq Peter of Team Nunavut leads Brett Elliot of Team Yukon around the corner during one of the finals races Monday afternoon race at Frank LaCroix Arena. Elliot went on to receive the fourth-fastest time of the division with Peter getting eighth. Michael Gilday of Team N.W.T. set a new record. See story, Page 6.  
 Photo by TAMARRA PRICE, Ulu News

ON THE COVER — Racing for the Northwest Territories, Dwight Snowshoe, left, lives up to his name while fighting a photo finish with Sami's Bard Vegard Y. Balto Monday during the boys 400 metre snowshoe race at the Arctic Winter Games at the Snye.  
 Photo by CARL PATZEL, Ulu News

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Lane Grey of Team Alaska struggles to maintain control of the ball with Vince Pattunjak (No. 14) and Luke Joamie (No. 20) of Team Nunavut keeping the pressure on during the Monday evening game at Father Mercredi. Alaska won the game 79-56.

Photo by TAMARRA PRICE,  
Ulu News

## Yukon beats Nunavut handily in basketball

By JEFF KORENKO  
Ulu News

Success being the mother of expectation, the 2004 edition of the Yukon boys' basketball team may have an easier time of things this week in the Arctic Winter Games than their predecessors did two years ago in Iqaluit.

In 2002, the Klondike Kids dribbled within the shadow of a team before it in 2000 that became the very first boys' hoops entry from the territory to claim Games' gold.

After going undefeated in the round robin in 2002, the talent-laden squad succumbed to the pressure and was shocked in the semi-final by an upstart N.W.T., who went on to lose in the final to Alaska — a team the Yukon had beaten soundly in the preliminaries.

That said, it wasn't all

that surprising to see a Yukon side come out Monday and start this Arctic Winter Games' roundball tourney looking relaxed, as they walked to a convincing 90-57 win over Nunavut at Father Patrick Mercredi Community high school.

The Yukon shot a more than respectable 53 per cent from the field (37-70), including a scintillating 10 of 15 in the second quarter alone.

Gone are the days a Yukon squad could rely on two dominant scorers, as the past two Games' entries could. This team will need to showcase a well-balanced attack if it hopes to return to the gold-ulu game; and it did just that against Nunavut on Monday.

Please see  
'Yukon'/Page 5

## CBC brings the games home

### ON RADIO...

**Wild Rose Country – Alberta** with host Donna McElligott  
**Monday, March 1:** Tune-in for a live broadcast from the Arctic Winter Games in Wood Buffalo. Host Donna McElligott will give Alberta listeners a flavour of the games and a preview of the rest of the week.

### Wild Rose Country – Alberta

**March 1 to 5:** Reporter Adrienne Lamb will deliver reports to Wild Rose Country for the duration of the Games with athlete profiles, games information and Ulu results, targeted to the Alberta listener Adrienne will also be contributing to National Arts reports.

### ON TELEVISION...

### CBC Canada Now – Alberta with host Portia Clark

**Monday, March 1:** Tune-in for a live broadcast into the Alberta supper hour program from Wood Buffalo 6:30 to 7:00 pm. Host Portia Clark will give Albertans a taste of the activities on Day 1 of the Games.

### CBC Canada Now - Alberta

**March 1 to 5:** Video journalist David Gerow and the CBC North Television crew will deliver reports to **CANADA NOW ALBERTA** during the week, with updates on Ulu results, sports and cultural activities.

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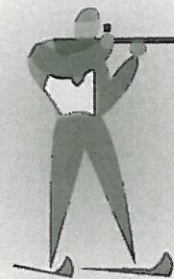
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## Yukon wins with sharp shooting

Cont'd from Page 4.

Nearly everyone contributed, as six players, led by Brandon Hagen and Kevin Darling's 13 points each, struck for double digits.

Jared Hougen and Andrew Jansen both popped in a dozen, while Jonathan King and Milos Stojkovich each finished with 10.

Leading on the score sheet for Nunavut, who lost the 2002 bronze-medal clash to the Yukon, was Vince Pattunjak with 16.

His effort garnered him his team's game MVP accolade, while Hagen was chosen the Yukon player of the game.

"We wanted to run the ball on every opportunity and I think we did that well," said Yukon coach Sean McCarron. So far so good.

"We are lacking that one big scorer, a guy that can drop in 30 in a night. This year, I think we've got

the most balanced team we have had in years."

While the decisive decision didn't come against a stronger team like perennial powerhouse Alaska, or Alberta North or the N.W.T., McCarron said he was still pleased with what he saw out of his troops, with a couple of exceptions.

"Our rebounding has to improve. (Nunavut) is the smallest team by far and I don't think we had much of an advantage in that area," he said.

Not showing much in the way of nerves, the Yukon came out hitting in five of their first six shots to leap out to an 11-2 lead merely two minutes in.

"We were more than a little nervous, we were frozen," said Nunavut head coach Jim Fletham.

"When you are playing against a bigger team, unless you are experienced, what happens is you change your shots. Those big boys made us

change our shots.

"What I told the boys was we had to run up their noses. But, to do that you have to play with confidence and we're not quite there yet."

The Yukon shot 66 per cent from the charity stripe, nailing 19 of 25 attempts, while Nunavut was good on only five of 20 (25 per cent) of their free throws.

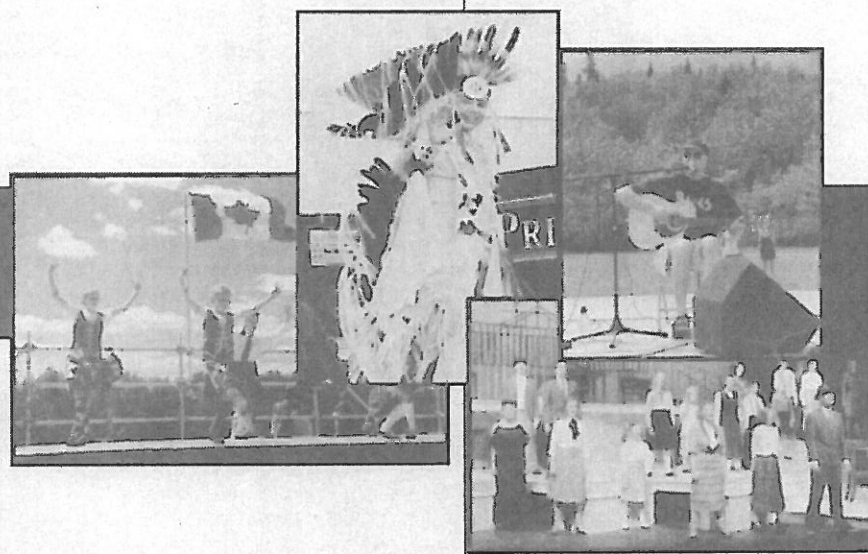
Fletham predicted his team would put up a much better fight against Alaska later in the day.

They did just that, suffering a reasonable 79-56 setback. The win improved the U.S. team to 2-0, as they also thumped Magadan 85-28.

The Yukon, meanwhile, got a taste of what McCarron was talking about in his Nunavut post-game interview, getting throttled in their second game 112-42 to host Alberta North, who moved to 2-0.

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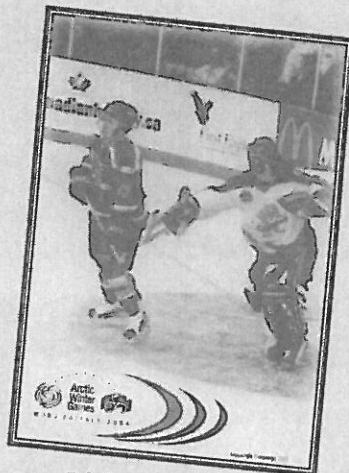
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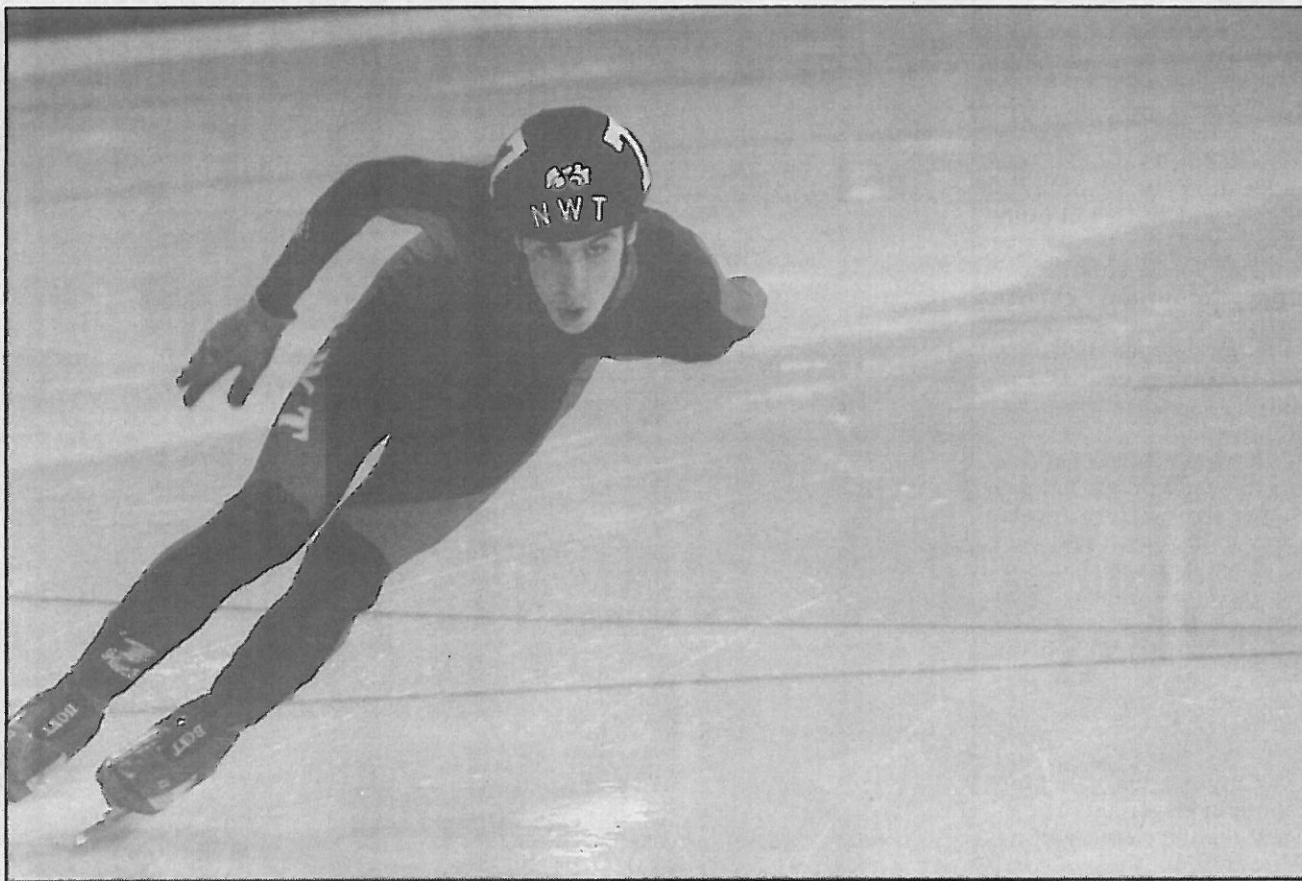


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Junior men speedskating finals A competitor Michael Gilday of Team N.W.T. leads the pack as he goes on to set a race record and get the fastest time of the division during the Monday afternoon race at Frank LaCroix Arena.

Photo by TAMARRA PRICE, Ulu News

# The need for speed

■ N.W.T. speed skater sets new record in 777-m race

By JACQUIE McFARLANE  
Ulu News

Speed skating is a sport where the athletes live on the edge — of their skates.

It's also one event at the Arctic Winter Games that the Northwest Territories has dominated for many years. This year is proving to be no exception, as in the first day of competition as team member Michael Gilday destroyed the Arctic Winter Games record in the 777m distance, and the team took six out of 12 possible individual medals.

Gilday skated to a

1:12.22 finish in the medal round, shattering the 1:14.23 record set in 1996 by David McCann from N.W.T. During the semi-final round Gilday also broke the record with a 1:13.69 with teammate Ryan Greig nipping at his heels for a 1:13.86 finish.

"I just come here to try and skate the best I can and if I end up winning then that's a bonus," said Gilday, prior to the medal round. "When I'm skating, especially when I'm racing, it's an adrenalin rush and you really get into it."

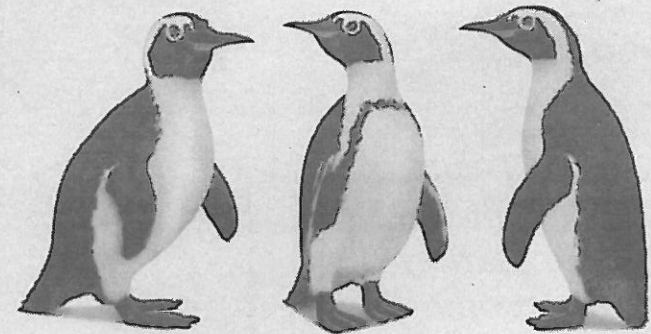
Please see 'Efficiency'/Page 2

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## Efficiency first thing to learn, says skater

Cont'd from Page 6.

The young skater (17 years old) is setting records at many of his competitions, earning record-comparable times at a meet the weekend prior to the Arctic Winter Games. Gilday's 500m time is just seconds off of the world record. In 2002 he set the 500m record with a time of 46.43.

Also medalling for the Northwest Territories on the first day were Jill Gilday and Michelle Bourgois, taking gold and silver in the junior female 777m final, Greig taking second in the junior male 777m, Marie-Christine Auger took silver in the juvenile female 666m and Ryan Mahler earned a bronze in the juvenile male 666m.

According to the team's coach, David Gilday, the club has a strong history and a well-developed training program that has 75-80 kids.

"We're lucky the sport

was introduced 20 to 25 years ago in Yellowknife. We've always been a strong club," said Gilday, who is at the Games for the third time as coach.

Training with the speed skating club in Yellowknife requires a lot of time and discipline. Athletes start training in August, and it includes a lot of cardiovascular development and four days a week on the ice. The most crucial part of the sport is learning to develop the technique, which sets apart the great skaters.

"Efficiency is the first thing they have to learn. If you don't have good technique then you'll never be a good racer," said Gilday. "You can be as energetic and fast-footed as anybody but you need to use it efficiently."

Skaters try to stay low to the ice, keeping their wind resistance down and maintaining long, powerful strides. They try to get

into a rhythm that drives them around the ice. On the short track, skaters gain most of their speed going through the corners. The top skaters at the games will reach speeds of up to 40 km/h, with many in the 30 km/h range.

In fact it's that speed that attracts many of the sports competitors, but it's often the camaraderie that keeps them involved.

"I wanted to play hockey but I wasn't good. I wanted to find another sport which was skating so I found speed skating," said Auger, 12. "I like the technique and the speed."

"Ever since I was little I looked up to the big kids who went to the Arctic Winter Games and I watched it on TV. Now that I'm here I understand why people were talking about it before, because it's exciting," said 13-year-old Kathleen Smith.

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**LET THE GAMES BEGIN** — Yelling a quickly made-up chant, the Northwest Territories cross-country ski team participate in the opening ceremonies at Birchwood Trails.

Photo by CARL PATZEL, Ulu News

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# Momentum swings in Greenland-N.W.T. volleyball

By JEFF KORENKO  
Ulu News

Momentum, as the N.W.T.'s junior female volleyball team found out the hard way Monday, can be a fleeting thing.

With her side leading 24-19 and poised to take a 2-1 set lead against Greenland, the Territories' Sheena Sangns stood at the end line to serve the decisive point, only to have her offering sail long.

Greenland then ran off seven consecutive points for a 26-24 win to turn the tide in their favour, going on to beat the N.W.T. easily in the fourth game and taking the match 3-1 at Westside Community high school.

The game proved to be a Jekyll and Hyde affair, as each entry showcased the prettiest and the ugliest they had to offer.

The late third-set let-down ultimately did the Northwest Territories in, as

they appeared to pack it in emotionally in the fourth, dropping a heartless 25-17 result to open the girls' tourney with a loss.

"We lost focus in the third set when we were up, and Team Greenland came up on us really strong after that. I think we would have played better if our heads stayed in it," said Yellowknifer Candace Bradbury.

"It was totally mental. Everyone was getting down on themselves and our goal for this whole tournament was communication and keeping our spirits up.

"We just have to work on it. It was our first game. We still have four games ahead of us and I'm hoping we'll do better than we did (Monday)," said the 17-year-old, who is competing in her second Arctic Winter Games.

While the Territories was the team to look sluggish in a 25-16 opening set

loss, offering up far too many free balls, Greenland played positionally sound defence and was smooth on the attack.

With the score knotted at nine, the Islanders struck for 10 of the next 12 points to gain the mo'.

That quickly dissipated in the second, as the N.W.T., led by Bradbury, rebounded with a 25-17 verdict.

Illustrating how unsafe a lead in volleyball can be since the sideout rule was eliminated, the territories managed to work themselves out of a quick 8-0 deficit by rattling off 11 unanswered points.

That was their Dr. Jekyll impersonation.

Thye set remained close until the N.W.T. built its 24-19 advantage and Mr. Hyde reared his gruseome head.

While her team had a roller coaster afternoon on the court, Bradbury's solid play was the one constant, whether she was offering

up deft passes, grinding on defence or serving aces.

Ironically enough, it was Sangns who was awarded her team's game MVP accolade.

Earning the nod for Greenland was Eufinia Kreutzmann, who said in her broken English afterward that she thought the win was a big one.

"We played very well and we believed we can win anytime," she said.

After the match, N.W.T. coach Jeannie Mathison also lamented the tough loss.

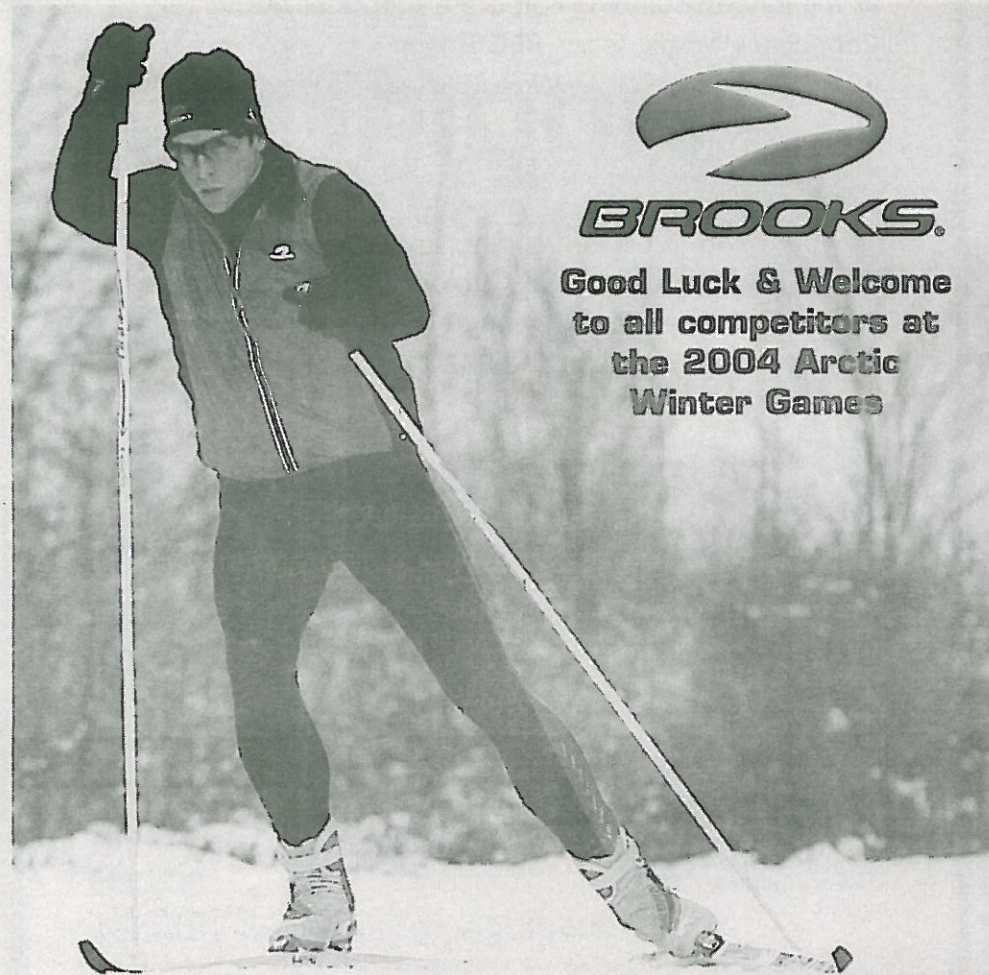
"It was a tough one. We were right in that match and that third game was a killer. We just needed that one point and had we got it, I think we would have been on the upswing leading 2-1.

"Instead, Greenland got all the momentum. Our initial pass and ball control needs to improve, as does our focus and our finish," she said.



**KEEPING THE BEAT** — Team Yukon cultural contingent performer Ailyn Walton, 13, dances with seven other young ladies at Rotary house Monday morning. The girls, from the Whitehorse Northern Lights School of Dance, performed three contemporary pieces.

Photo by TAMARRA PRICE, Ulu News



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**STEPPING UP**  
— Fort McMurray Métis dancer Jenelle Richards, 16, performs Monday evening at Kaskwasowin on the upper level of the C.A. Knight Recreation Centre. Daily from 4:30 to 9 p.m. both local and contingent performers can be seen showing off their talents and arts.

Photo by  
**TAMARRA PRICE**, Ulu News



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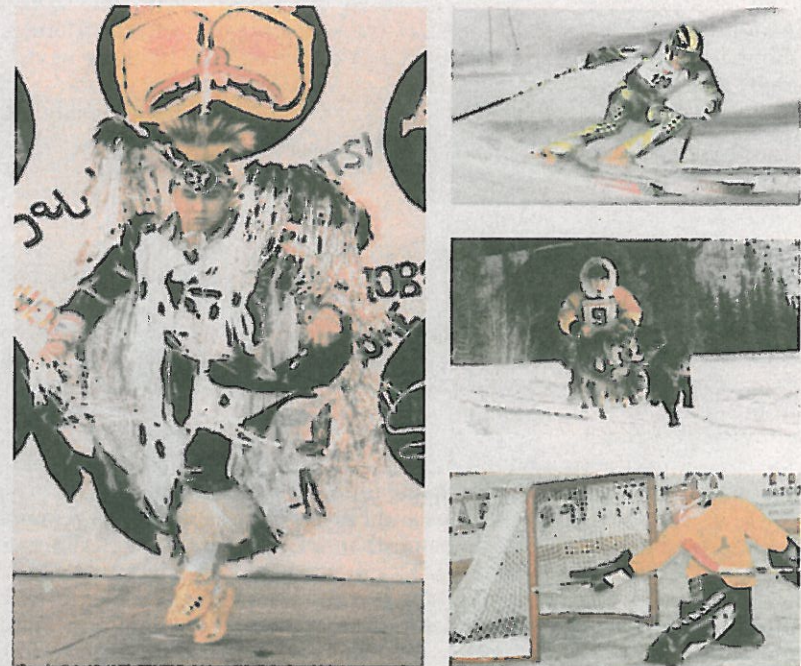
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Photograph by Carole Archibald

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# Curlers warm up with skills competition

By MAX MAUDIE  
Ulu News

Team Alberta North yesterday curled to first place Monday in the junior females skills competition.

Held at the MacDonald Island Curling Complex, the event gave competitors the opportunity to get a feel for the ice and the venue's atmosphere.

When asked how they felt about beating their four foes, the ladies seemed unanimous in their reaction — they were surprised.

"We always do bad at skills," kidded team skip Michelle Trarback, 17.

The five ladies curling teams had 10 minutes each to send rocks across the four different

sheets of ice.

Then the teams chose which sheet of ice to test their skills on. Each of the four ladies threw two rocks. They elected which of the two rocks would be measured before they threw it, closer to the button the better.

Second Meagean Boisvert, 16, threw her first competition rock just a little heavy. It stopped just over a metre from the button.

Next up, lead Angie Huber, 16, slid her practice rock to within a half-metre of the button, but the competition rock was a little heavy and slid through the house.

Third Janelle Perry, 16, threw her practice rock within half a metre as well.

Then she launched her competition rock.

"Sweep! Sweep! Hard!" yelled Trarback.

The brooms bur-nished the ice and the rock rolled to a stop 38.8 centimetres from the button.

Next in the hack was skip Trarback. Her practice rock smashed the house.

"Sweep! Hard! Push!" screamed Perry at Trarback's competi-tion rock.

It fell asleep just before the rings and was whisked away.

Perry said that evening's match against the Yukon would better showcase their skills.

"There's a little more pressure on the shots, making you wanna do good," she said.



Team Nunavut's Ceiliah MacIsaac, left, and Samantha Cooper sweep during the junior women's curling skills competition Monday at the C.A. Knight Recreation Centre.

Photo by TAMARRA PRICE, Ulu News



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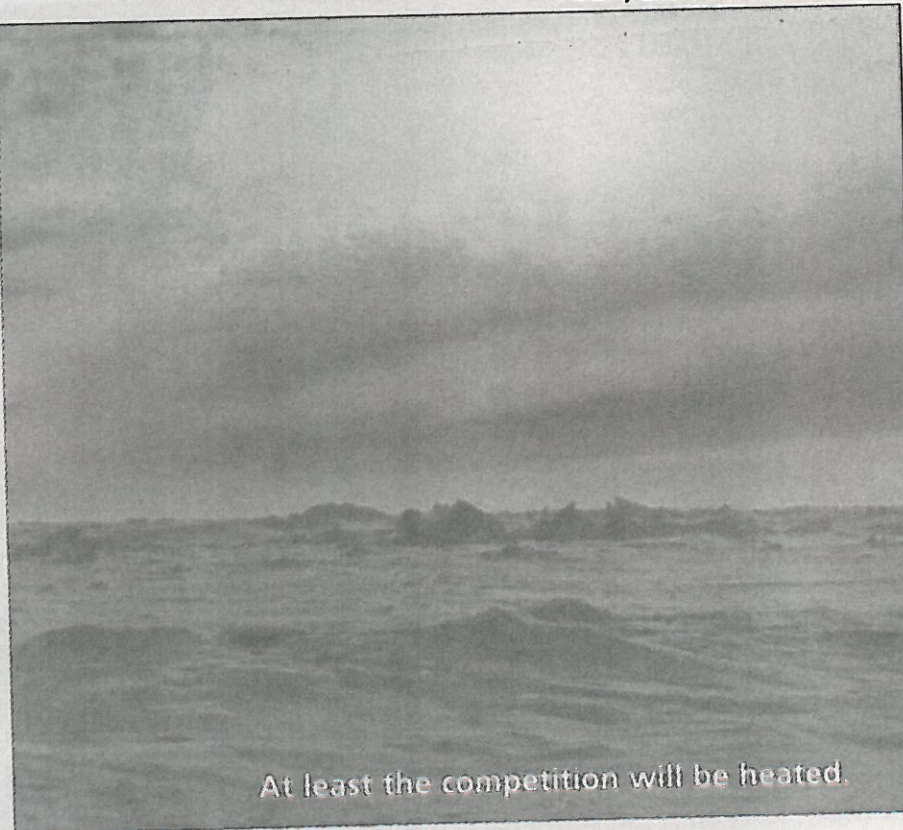
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**ON THE BUTTON** — Team Alberta North's Meagan Boivert, left, and Angela Huber sweep the stone thrown by skip Michelle Trarback, centre, with the button in their focus during the junior women's curling skills competition Monday at the C.A. Knight Recreation Centre.

Photo by TAMARRA PRICE, Ulu News

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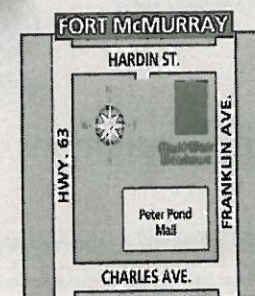
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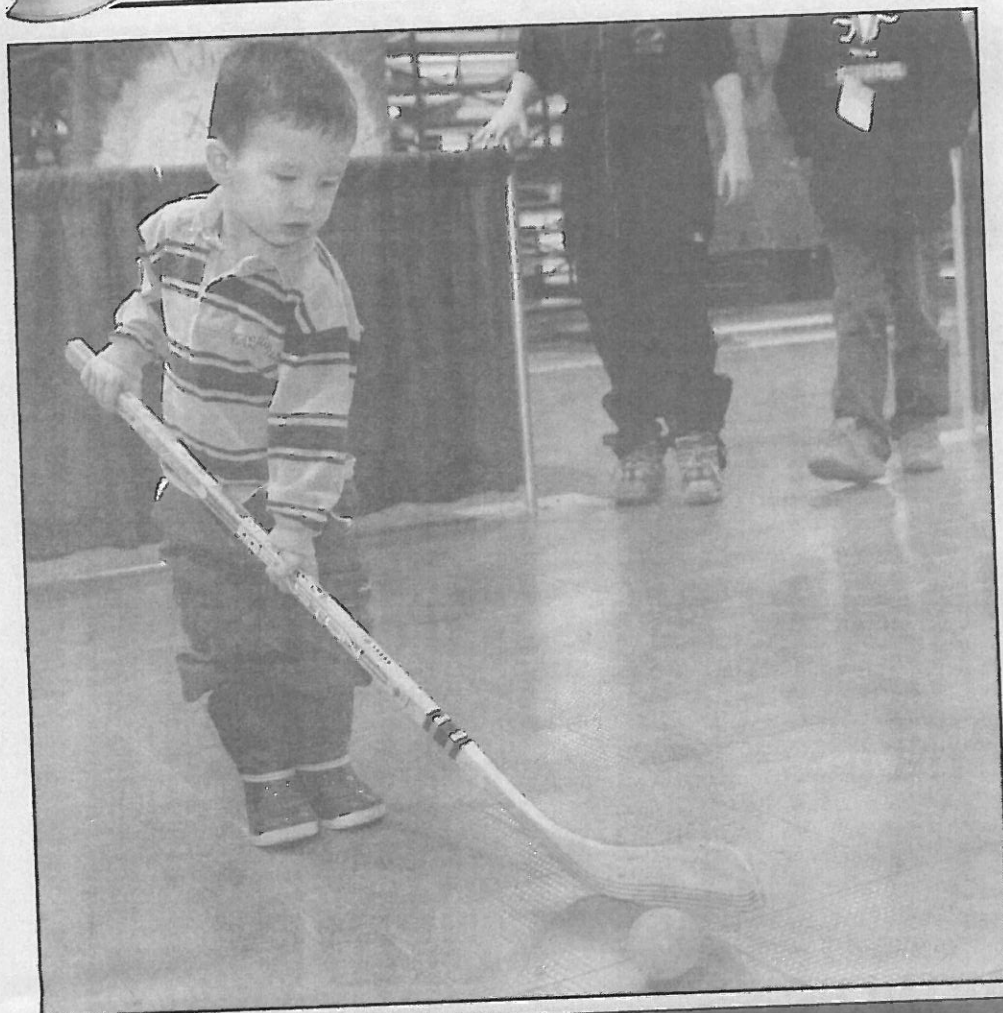


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# Future Olympians lining up

By RICHARD WRIGHT  
Ulu News

Go to the C.A. Knight Recreation Centre this week and you just may run into an Olympian.

There are hockey players, speed skaters, biathletes, even the luge has its representation. Welcome to the Arctic Winter Games' Fan Fair, where anyone from toddlers to senior citizens can compete in a wide array of interactive sports — first learning the ropes and then filling up their Olympian passports to take home as proof.

"It was fast and fun," said seven-year-old Oscar Sucup about his experience on the luge. "It (the

entire centre) is a lot of fun because there are a lot of things to do."

In all there are six different sports available to try. The most popular is the hockey skills area, where shooting at targets is the big thing.

"This is where I go," said 11-year-old Colton Dakin when asked what he likes best about the Arctic Winter Games. "I've done all of them six times."

It's not just the youngsters lying down on their backs to shoot off the luge platform or aim through the sights of a biathlon gun, it's everyone. People have no inhibitions about showing their eagerness to learn something new, said volunteer Pat Heffernan.

"It's been quite steady with people," she said. "It's quite a large area and there is everything here. It really keeps a lot of them occupied and a lot of the same kids keep coming back."

There are people, "who are no more than three and those who are in their 60s," she added. "The kids are just having a blast. They are want to make 100 per cent."

Making 100 per cent means you hit the target in biathlon or you went straight down the middle on the luge. Each effort is rewarded with a percentage, which are marked down on free passports, worn around the neck.

While the Fan Fare is a free experience, volunteers are open to accepting donations. All proceeds from the donation jar will be turned over to the Wood Buffalo YMCA when the Games are complete.

Adam Canete, 2, proves you are never too young to start preparing to be an athlete in the Arctic Winter Games. Athletes and spectators can try their hand at hockey, luge, speedskating along with other events at the Fan Fair, which opens daily at 1 p.m. on the surface between indoor soccer and curling in the C.A. Knight recreational facility.  
Photo by TAMARRA PRICE, Ulu News

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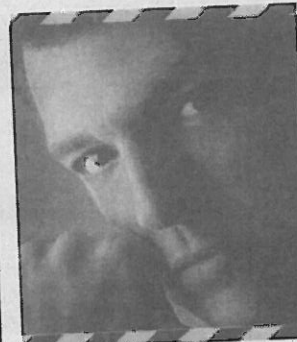
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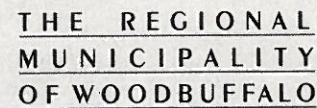
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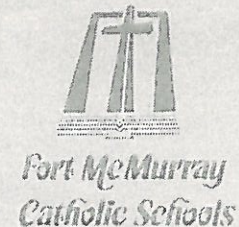
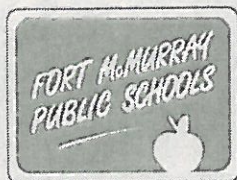
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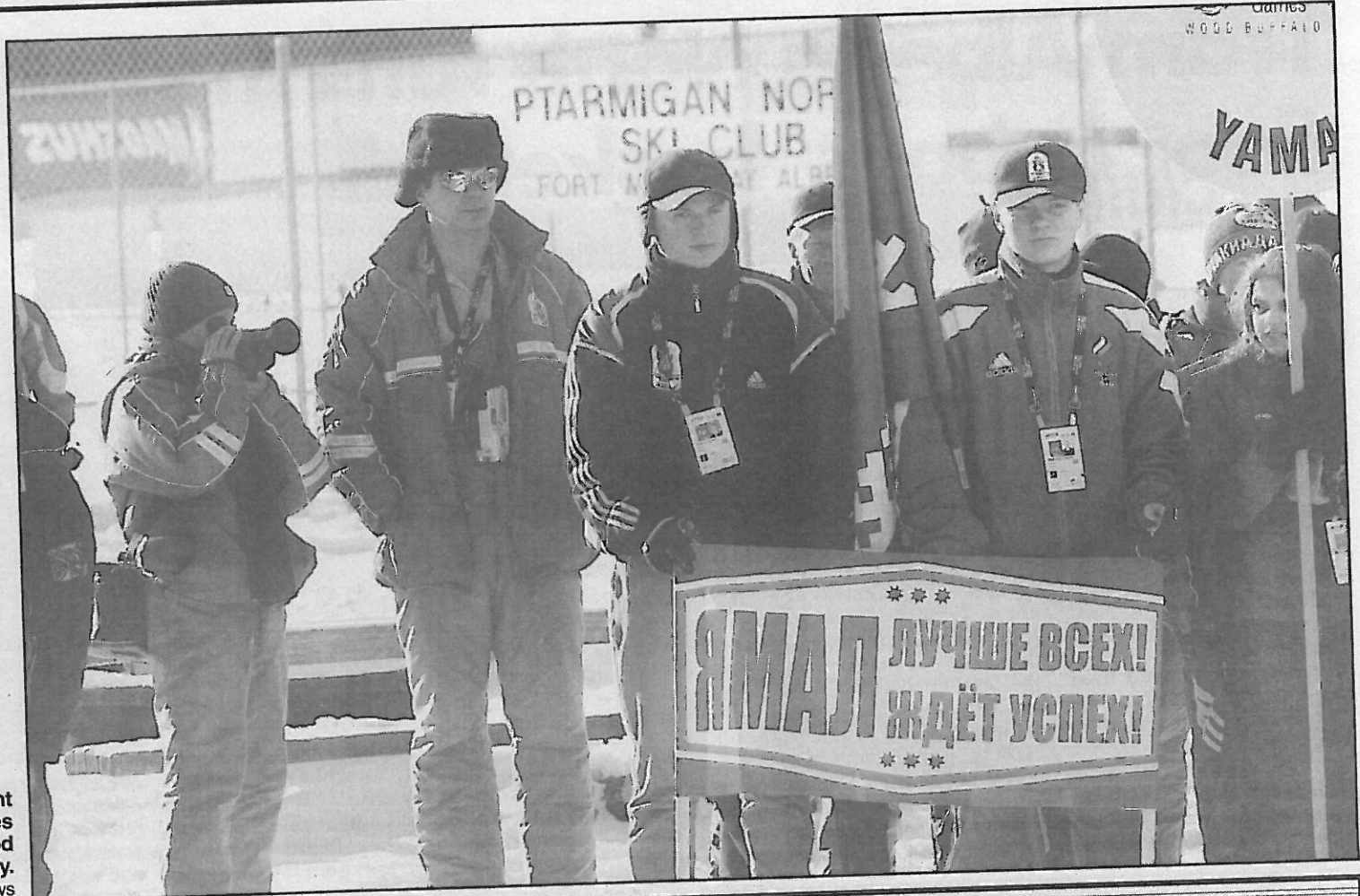
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**YAHOO, YAMAL!** — The Yamal contingent shows its spirit for the opening ceremonies for cross-country skiing at Birchwood Trails on Monday.

Photo by CARL PATZEL, Ulu News



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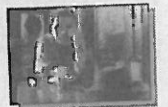
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# Team Alberta North runs the floor in boys' basketball

By RICHARD WRIGHT  
Ulu News

Push it, baby, push it!  
In its return to the Arctic Winter Games, Team Alberta North's boys' basketball squad has decided to take the fast route to the top-side of the podium.

Get out and run has become the unofficial team motto. The tactic was first showcased Monday at Father Patrick Mercredi high school where the host team got by the Northwest Territories 89-76 in the morning opener and then blew past the Yukon 112-42 for an undefeated start to the Games.

"Push it! Push it!" was the constant reminder coming from Shaw's coach's chair yesterday.

"I've always been a big proponent of speed," said Shaw, who coached a Team Alberta North soccer squad at the 2002 Games. "I was a little disappointed in Game 1 (vs N.W.T.). I thought at times we walked it up the court and didn't push. It took us a while to wake up." They were bright-eyed and ready to go against the Yukon. Alberta ran for three quarters straight, pressed for almost the entire game and still had some hops left over late in the contest to easily break the century mark.

"The boys had a little talking-to (following the N.W.T. game) and you could see them come out with a little more fire this afternoon," said Shaw. Inside and out, Alberta

tied the Yukon in a knot from the get-go. Starting centre Navdeep Dhaliwal

of Grande Prairie and Fort McMurray's Justin Mywaart both made themselves big in the post with the six-foot-five Mywaart earning big praise from Shaw for his supporting role performance.

"I thought Justin ... played a phenomenal game, probably the best game since he's been with us. His forte is his ability to crash the boards and run the ball."

As the game went on things just got worse for the Yukon, who had a decisive height disadvantage.

“ I’ve always been a big proponent of speed ”

Turnovers from Alberta's press helped them score just 13 first-quarter points and held them to just two

baskets in the first eight minutes of the second.

Both teams are back in action today. The Yukon will take on the Alaskans at 2 p.m. while Alberta will play Nunavut at 6 p.m. Both games will be played at the Father Patrick Mercredi gym.



**MEASURING UP** — Snowshoe venue volunteer Karen Stauffer weighs the competitor snowshoes after the 4X400 relay at the Snye track Monday afternoon. The competitors snowshoes and moccassins must be inspected, measured and weighed before the event and reweighed after the event.

Photo by TAMARRA PRICE, Ulu News

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# Arctic Winter Games' broadcast schedule on CBC

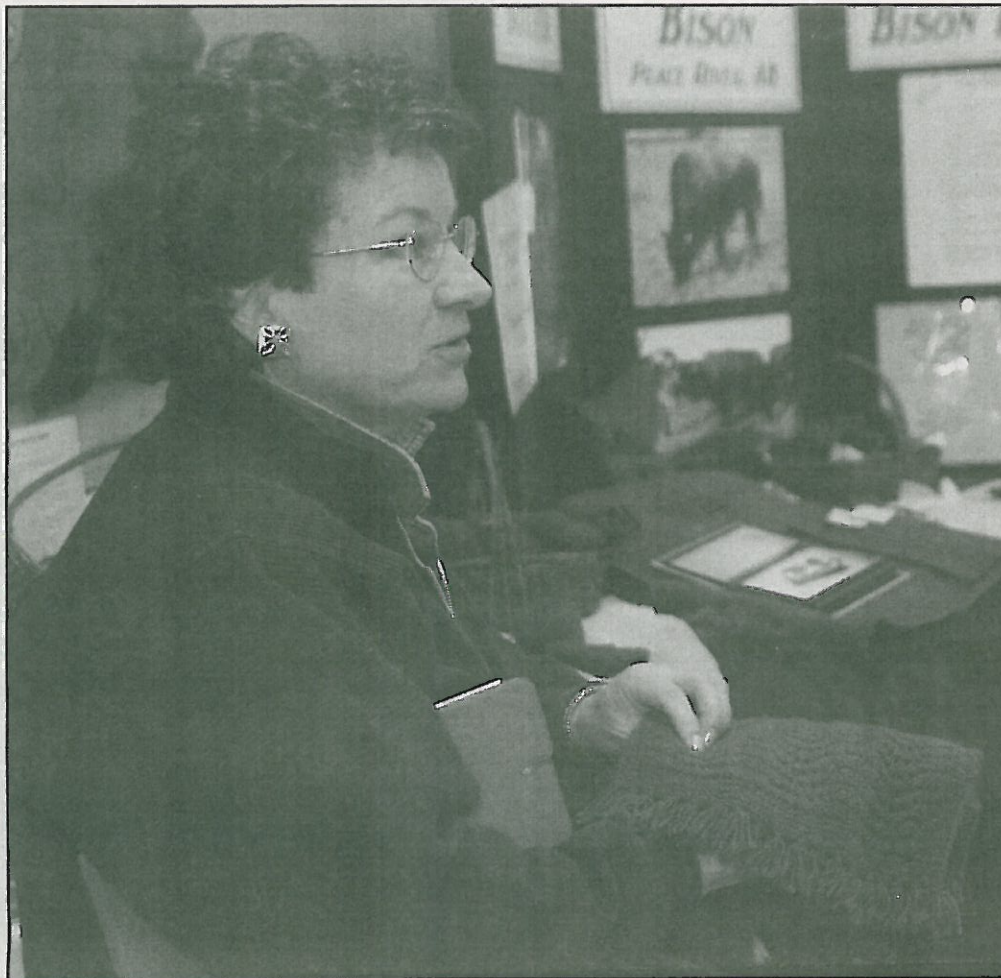
Ulu News staff

Fort McMurray can't get enough of the Arctic Winter Games and now people won't have to.

CBC North will be broadcasting two programs in Fort McMurray during the Games.

Northbeat and Iqalaaq, which are usually only broadcast in the North, will be shown in Fort McMurray on Shaw, channel 10 at 8 p.m. and throughout the day. It will also be aired on channel 46 on various time slots.

The programs will have news, highlights and profiles of athletes and those involved in the Games.



**BIG HAIRY DEAL — Adele Boucher describes the qualities and origin of the bison hair she uses for her knitting. The bison wool and items made from it are part of a booth at Kaskwasowin, which includes an arts market, a bannock café and cultural displays by both local and contingent performers. Kaskwasowin is located on the upper level of the C.A. Knight Recreation Centre.**

Photo by TAMARRA PRICE, Ulu News

# Concerts ready to rock Atco Plaza

Crystal Plamondon, an international acclaimed Cajun music phenomenon, is the headline performer of tonight's cultural concert in the Atco Plaza.

Also appearing tonight are Whitehorse's Undertakin' Daddies, a talented country and bluegrass band.

The final cultural concert will bring down the house on Thursday. Reddnation is a native rap group that delivers a mix of hip-hop, R&B, powwow and breakdancing.

Fort McMurray's own FunHouzE Crew will open the show Thursday night.

Both concerts start at 8 p.m.

— [www.awg2004.ca](http://www.awg2004.ca)

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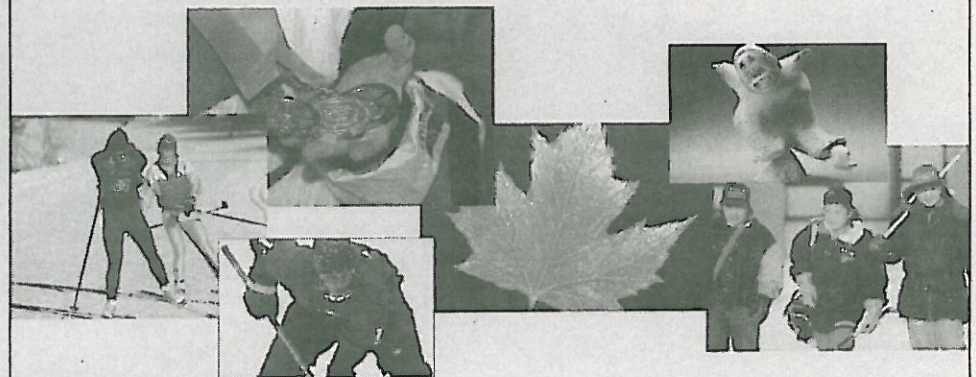
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Pour plus de renseignements sur les programmes et services du ministère du Patrimoine canadien, veuillez consulter : [www.patrimoinecanadien.gc.ca](http://www.patrimoinecanadien.gc.ca)



Canada



## Alberta North girls win kneel jump

By MAX MAUDIE  
Ulu News

Team Northern Alberta won gold in girls junior kneel jump Sunday.

Nikki St. Martin, 14, grabbed the golden ulu in her first Arctic Winter Games with a jump just under 42 inches in Fort MacMurray's composite high school gym.

After her victory, St. Martin was nowhere to be found — she had left the gym to tell her mother the good news by telephone. But her mom wasn't home. St. Martin left the happy message with her brother.

"I didn't think I was gonna do this (well), but I'm really happy I did," she said later, surrounded by excited teammates.

The kneel jump has contestants lunge forward from a kneeling position. Contestants must show

control and balance, and they must stick their landing with both feet. They each have three jumps.

The event was tough for Alissa Joseph, 16, of Team Alaska.

Each of her jumps was further than any other contestant's. But because her legs came out beside her on takeoff and her feet were too far apart at landing, each of her jumps was disqualified. She cried after her third jump.

Magadanian jumper Victoria Popova, 17, consoled her in one of the days touching moments.

"Don't cry," she said. "You are very good."

Joseph handled defeat like a veteran.

"You can't always get what you want the first time around," she said. "Sometimes you gotta fall to get to where you want to be."



**SIGNING UP** — Ben Pineau signs up to show his support for Canada's Olympic team at the Fan Fair booth on the surface between indoor soccer and curling at the C.A. Knight Recreation Centre. Athletes, spectators and volunteers are encouraged to stop by to sign the banner of support located next to the torch at Fan Fair.

Photo by TAMARRA PRICE, Ulu News



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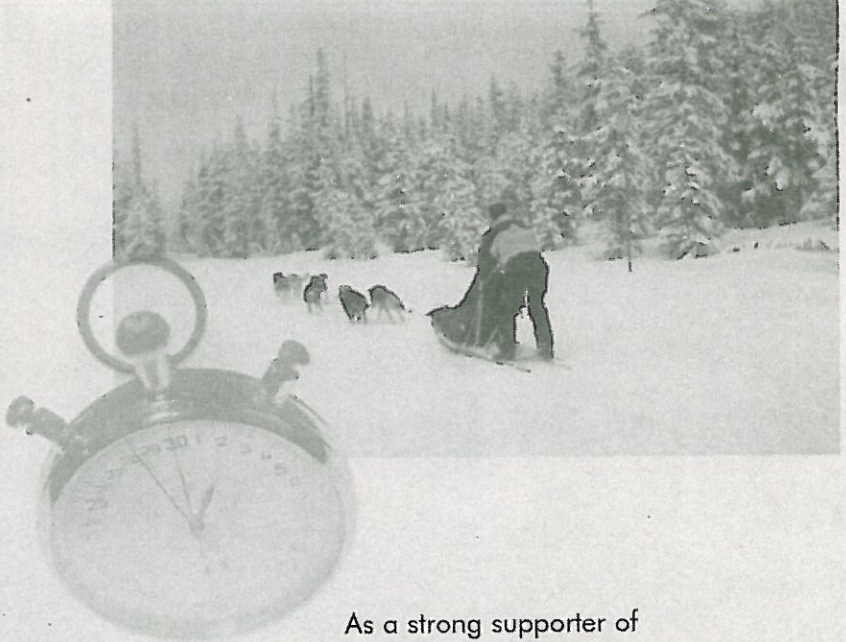
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The Management and staff of Tuccaro Inc. would like to extend our congratulations to the organizers, athletes and all coaching staff involved in the 2004 Arctic Winter Games.

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**Dave Tuccaro**  
President & CEO



As a strong supporter of Canada's Olympians and amateur sport, Petro-Canada is proud to provide office space and support to the 2004 Arctic Winter Games Host Society.





**LOOKING GOOD** — Members of the Alberta North girls' volleyball team pose to show off their new look before practice Sunday afternoon at Westwood school. The team was celebrating crazy hair and colour day as they went to prepare for their upcoming games over the next week.

Photo by TAMARRA PRICE, Ulu News

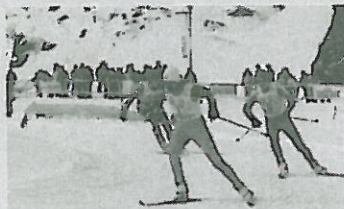
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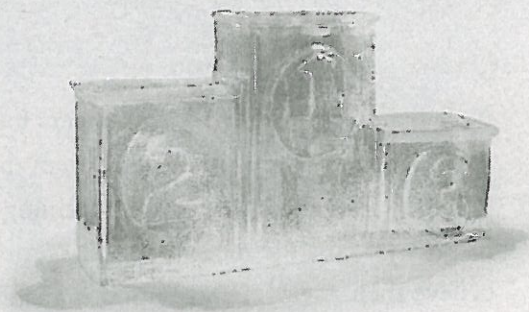


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