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Ski hill ready to welcome visitors

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# ULU NEWS



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Friday, February 19, 2010

# Welcoming the world



Mikki Redlick, marketing manager at the New Horizon Co-Op, says they decorated the windows at the Co-op to send a message of welcome to the Games visitors.

ERIKA SHERK For Ulu News

## Downtown opens its arms to the Games

**Erika Sherk**  
For Ulu News

Downtown businesses are taking it to a whole new level in welcoming Arctic Winter Games participants to Grande Prairie.

Nine businesses are "adopting" the

nine contingents participating.

"What we wanted was to make all the athletes and spectators feel welcome, but we didn't really have any sense of what we could do," says Helen Rice, director of the Grande Prairie Downtown Association.

She met with Games officials to

discuss what could be done to make the visiting athletes feel at home.

They came up with the adoption idea about a month ago as a way to show visitors "true Grande Prairie hospitality," she says. She asked downtown businesses to sign up if they were interested and the list filled

pretty much instantly, says Rice.

The stores will put up their contingent's flag in their window, have an information display inside and host a massive card of congratulations that people will be encouraged to sign.

See Downtown on Page 2

# Downtown

## Continued from front

The card will be presented to each contingent's chefs de mission. It will also be a good way for people to find out more about the visiting contingents, as some are from as far away as Russia and Greenland. "It's a learning experience plus a fun experience," Rice says.

Rice adds she hopes that there will be a connection between the businesses and their adopted contingent, that it will be a good opportunity for the visitors and their hosts to get to know each other.

"We hope they feel really proud as well as really pleased that the community appreciates their participation," she says, "We hope it gives them that little extra stimulus to perform outstandingly."

New Horizon Co-op is one of the nine supporting a contingent. They don't know which one yet, says Mikki Redlick, marketing manager, but it hasn't held them back from painting their massive storefront windows with Arctic Winter Games designs.

"We wanted to do something in support of the Games, we thought we could at least decorate our store," she says. The windows were painted in early February. "My inspiration was to hopefully start a chain reaction and have everybody else on Richmond Avenue paint their windows as well," she says.

It's a "heartfelt" thing, businesses decorating to welcome the participants, says Redlick. "I think the message is that we think it's



ERIKA SHERK for Ulu News

Helen Rice holds up some examples of the flags that will be in the windows of downtown businesses that adopt contingents.

an absolutely fantastic event and we're going to do everything we can to support them and accommodate them while they're here."

Rice says she's encouraging all downtown

businesses to decorate and urges them to be ready to go by March 5. The nine businesses adopting contingents are Tito's Restaurant, Acropolis Restaurant and Pub, Victoria's Attic

Lingerie House, The Powder Room, Roots, Sportswear Plus, Tangles Hair Salon, Wonderland Toy and Hobby and New Horizon Co-op.

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# Volunteered up! Good job GP!

Director of Volunteers for the 2010 Arctic Winter Games, Linda Craik, has a big thank-you to send out to the residents of Grande Prairie and surrounding communities who have stepped up for Games duty.

The Games committee has attained its volunteer goal.

Through the support of those from the City of Grande Prairie, throughout the Peace Country, and around the circumpolar world, the mandate has been fulfilled.

"The strength of the Games is in its volunteer core and once again Grande Prairie and area has shown an overwhelming commitment," said Craik.

"The volunteering of support, skills and time just sets a wonderful example and is greatly appreciated."

Craik reminds all volunteers who have been called with confirmation, that they should attend one of three official registration sessions at which they will receive official accreditation and Games wear.

These will be Feb. 21 (noon to 6 p.m.); Feb. 24 (5-9 p.m.); and Feb. 27 (10 a.m. to 4 p.m.) all at Teresa Sargent Hall in the Montrose Cultural Centre (new library complex) on 103 Ave.



DAMIEN WOOD For Ulu News

Marie Buck signs up as a greeter with Cliff Turner, co-chairman of accommodations with the 2010 Arctic Winter Games Host Society, at the final volunteer rally. The Games committee has now attained its volunteer goal of 2,500.

## Volunteer Profile

### IRA REDWOOD: FEATURED VOLUNTEER

With family roots going back three generations in the Grande Prairie area, Ira Redwood sees the 2010 Arctic Winter Games as a way to keep active and involved in the community.

"Community work is very much in my blood," says

Redwood, who has volunteered with the Kinsmen Club of Canada, the Cystic Fibrosis Foundation, Scouts Canada, the Salmon River Watershed Roundtable, and other naturalist groups, ranging from grunt work, to public speaker, to president.

"Being active in one's community is a critical part of anyone's well-being, in my mind. Knowing that you've done a good job, without any other incentive than to do good, is vastly rewarding."

Redwood, born in the year Grande Prairie became incorporated as a city, found out about the Arctic Winter Games via a television broadcast – on someone else's set! With his curiosity piqued, he did some research on the Games.

"These Games are unique to the



Northern Hemisphere, and for the most part, provide opportunities to First Nation and other remote northern communities that would not be available otherwise.

"It also seems to me the Arctic athletes are just as passionate about the individual sports they're competing in as any Olympic athlete," explains Red-

wood, an experienced snowshoer, and downhill and cross-country skier.

"I've learned more about dog-sledging (or mushing). Grande Prairie is a great place to be holding these Games, since it already has much of the infrastructure needed for such an event."

Redwood, who works as a civil lab technologist at the Grande Prairie office of Genivar, feels the most rewarding part of the volunteer experience is meeting a number of wonderful, positive, co-operative people – some of whom are his old schoolmates!

"The best thing about the Games, though, is to be just out there, helping the athletes and spectators have the time of their lives."

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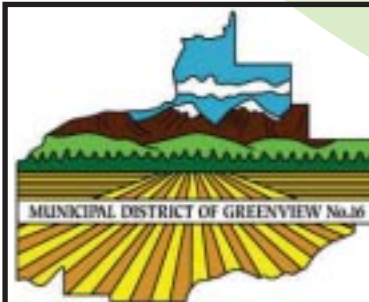
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NICK KUHL For Ulu News

Daniel Baxter of SpeedPro Signs tightens up one of the new Arctic Winter Games banners along 100 Avenue. He put dozens of similar banners promoting the Games, which open March 6, along 100 Avenue, 68 Avenue and Resources Road.

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## ULU NEWS



Francois Fournier of the Games and Jake's Down South/ Lion's Den owner Todd Zahorodniuk. Jake's is featuring an Arctic-themed menu for the Games and hosting the food mentorship program.

# Culinary mentorship program gives young foodies great opportunity

**REMO ZACCAGNA**

For Ulu News

Youths interested in getting a taste of the culinary world had until earlier this week to apply to participate in a food mentorship program sponsored by the organizers of the upcoming Arctic Winter Games.

During the Games, two local restaurants, Jake's Down South and Padrino's Italian Ristorante, will be serving a special menu of dishes from around the circumpolar world.

Games organizers partnered with Jake's to allow up to four students between the ages of 15 and 21 to work with a mentor to help with the entire process from prepping to cooking to catering.

The initial application deadline was the end of November, but was pushed back because nobody has come forward, much to the amazement of Chantale Doucette-Chalifoux, the head of culture for the Games.

"I am (surprised)."

"But since the (Daily Herald-Tribune) sort of highlighted it a couple of weeks back, we really expected someone to come forward and express an interest in it."

Jake's owner Todd Zahorodniuk says the experience would be beneficial to those contemplating a career in the culinary arts.

Applicants would be working directly with Corey Rankel, a Red Seal Chef, he said.

"You're going to get the work experience of working in a kitchen, you're going to get the experience of learning how to properly prepare food, you're going to get the experi-

ence of working in a busy atmosphere," he explained.

"There's all those things and then, you know, for somebody if they're not sure what they want to do, it's a great thing for them to come in and try it out, see if it's their cup of tea and then they can actually carry on with it from there."

Doucette-Chalifoux said the number of hours someone would work during the Games, whether it's a day or two or more, would depend on how many people sign up.

"We haven't really set the parameters ... In the beginning the program was going to be, if we had them in November, we were actually going to have them prep and cater a few of the Arctic Winter Games functions in January and February, so they would have had some experience prior," she said.

"So now, to be honest, it's going to be left up to Jake's as to how many days that they can have them in there."

"Our industry always needs people, and it is a fun industry. I mean, you have to work hard at it, but it's an extremely fun industry, you meet lots of people, and it's a very social atmosphere."

"So, yes, by all means I would love to see some step up to the plate and jump in with it," Zahorodniuk said.

"It's nothing to be intimidated by, if that's a factor," Doucette-Chalifoux said.

"I think it would just be a fun, overall overview of something if you're interested in that field, but I don't think that anyone needs to be intimidated that there's a big workload or anything like that."

# The rewards of sports competition



## Ulus & Awards

For athletes at the Arctic Winter Games, there is no greater thrill than winning an ulu. The medal's name and shape are borrowed from the all-purpose knife traditionally used by the Inuit. Ulus are awarded in bronze, silver, and gold; recognizing the hard work and commitment of athletes with a unique memento from the North.

For many of the sports featured in the Arctic Winter Games, medals are awarded at individual sport venues as winners are determined. Traditional 'Medal Rounds' will occur in only five of 21 sports; basketball, curling, hockey, soccer, and volleyball.

petitive spirit in athletic competitions, the Arctic Winter Games have always emphasized fair play over the need for victory. Since its introduction in 1978, the Hodgson Trophy symbolizes the ideals of fair play and team spirit, and is awarded to the participating contingent who best embodies those ideals. Team members also receive a unique pin in recognition of this accomplishment.

Donated by Commissioner Stuart Hodgson, this distinctive trophy is a one-of-a-kind piece of Inuit artwork from the Canadian Arctic. Its main feature is a six-foot narwhal tusk mounted on a soapstone base and decorated with scrimshaw. A carved walrus wraps itself around the tusk at the base, and a carved bear clings to the tusk's upper reaches, symbolizing the efforts of participants to reach for the top through their endeavours.

Votes from mission staff, registered coaches, major officials from each sport, Arctic Winter Games International Committee members, registered media, and the President, General Manager, and Sport Manager for the Host Society are tallied to award the trophy in a ceremony that highlights each Arctic Winter Games.

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## The Hodgson Trophy

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Duane Stevenson, Nitehawk manager, stands on top of the new half-pipe built this summer.

# A new and improved Nitehawk

➤ Arctic Winter Games  
a great reason for  
facility upgrades

**Erika Sherk**  
For Ulu News

Nitehawk Ski Hill has had a major facelift for the Arctic Winter Games. The hill now has a brand-new snowmaking system, a half-pipe and 4,000 square feet of new chalet space.

"It's had a huge impact on us," says Nitehawk manager Duane Stevenson, "having the cause of the Arctic Winter Games. It gave us the legs to go to the provincial and municipal governments and ask for help. And they came through."

Some parts of the old snowmaking system dated back to 1972, Stevenson said. "For 12 years we've wanted to upgrade the snowmaking system." Nitehawk received a \$500,000 grant from the Alberta government last June. The ski hill had to come up with matching donations from the area and "the community really came through for us," says Stevenson, with local businesses giving \$200,000 worth of pipe, trucking services and welders, naming just a few of the donations that came through.

Installing the system was to take two years, but it's already over 85% complete. "That

was our summer," Stevenson says. Having the Games coming has made for a busy year, he says. "It's worked out very well," he says, "It's been a lot of work on our parts as well. It's been quite a draw on staff but also a huge growing opportunity."

The new snowmaking machine, which was sourced from New York, churned out snow from early December to early January at a rate of 800 gallons per minute. "We've made a tremendous amount of snow," Stevenson says. "We're ready to go."

The second big project was the half-pipe. Construction started in August. "It was a lot of earthwork," Stevenson says. They had to clear the brush, build berms and ensure proper drainage for the 83 m long, 13 feet high, 13 degree half-pipe. The pipe was open for the public by mid-January.

"It's very exciting, fantastically exciting," says Amy Penson, Chair of Snowboarding for the Games, of the changes at Nitehawk. Penson has known the ski hill for 18 years as a skier, employee, management and volunteer. She says the Games-fuelled improvements have been on "wish lists" for a long time. "We were sending kids to competitions and they'd never ridden a half-pipe before." Now the club is more competitive and more confident, she says.

Continued on 3

...

Fort McMurray's Scott Goodridge, a member of Team Alberta North, boards at Nitehawk.





ULU NEWS

# Nitehawk will be rockin' and rollin' for Games: Stevenson

Continued from 8

"It's going to be nighttime with music, lights, skiing and snowboarding, it is going to be a party!" she says.

The half-pipe will be lit up the night of Wednesday, March 10 for the hybrid freestyle skiing and snowboarding event during the Games.

And for those who might get cold, there is a lot more space inside. The chalet is 4,000 square feet bigger now. The City of Grande Prairie, County of Grande Prairie and MD of Greenview donated \$160,000 together and GPRC donated four school portables. In late January, construction was 90% complete. The expanded cafeteria, locker room, dressing area and food services space will all be ready for the Games, Stevenson says. It's tripled the amount of space the Ski Patrol had before, he says.

The parking lot is double the size as well now to make space for nine donated Atco trailers that will serve as clubhouses for the visiting athletes.

People should know that the ski hill will be open to the public during the Games, Stevenson says, which he calls a "huge opportunity" for the community. "I don't think there's any other sport in the Arctic Winter Games where you can participate at the same time you can spectate," he says.

...  
TERRY FARRELL for Ulu News

Grande Prairie's Justin Burgess of Team Alberta North practises at Nitehawk.



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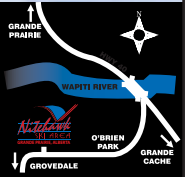


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TERRY FARRELL For Ulu News

Hailey Winnicky-Lewis pushes off Katarina Friesen during a Team Northern Alberta speedskating training session for the 2010 Arctic Winter Games. The team was practising at the Coca-Cola Centre in Grande Prairie, where the Games skating will take place in March.

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TERRY FARRELL For Ulu News

Skip Evan Asmussen (background) watches Jordan Guenette (left) and Chad Krantzwork the rock during the Team Alberta boys' qualifying final for the 2010 Arctic Winter Games. The qualifying tournament was held at the Sexsmith Curling Club.



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# Games cultural ambassador introduced

➤ Celeigh Cardinal welcomes chance to represent city's arts and cultural community

**NICK KUHL**  
For Ulu News

The Arctic Winter Games added another major component last week when Celeigh Cardinal was named the Cultural Ambassador.

Cardinal, a 29-year-old singer-songwriter from Grande Prairie, said she was initially surprised about being asked to become involved, but has since embraced it and is looking forward to the event's start March 6.

"It was kind of overwhelming at first, but I'm really honoured and proud to be offered this opportunity to represent the arts and culture in Grande Prairie," said Cardinal, who has been part of the local music scene for more than 10 years.

"As someone who isn't very athletic, to be included in the cultural component helps the Games reach a broader demographic. I hope that my participation in this helps represent the vibrancy of the culture in our community."

Cardinal's role will involve participation in the opening and closing ceremonies, medal presentations for the traditional Dene games, as well as attending and performing at the multiple gala evenings.

She was approached about the position in late January.

"I've got some information about the participating countries that I'll be taking a look at," Cardinal said.



NICK KUHL for Ulu News

Debbie Reid, president of the 2010 Arctic Winter Games Host Society (left), and Celeigh Cardinal, the Games' new Cultural Ambassador, peruse merchandise at the AWG store following Cardinal's appointment.

Continued on 13

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ULU NEWS

# Contingent Profile: Team Alaska

The largest of the American states was once a part of imperial Russia. Purchased from the Czar in 1867 for \$7.2 million, Alaska remained a territory until

Continued from 12

“Until I actually learned about the cultural aspect of it I had no idea what kind of role I would play. It’s very exciting and it’s an opportunity for me to meet new people and to get out there and explore the other cultures.

“As a musician and a Métis woman I’ve always held strongly to the richness of my heritage, making it a foundation to each of the many paths I’ve chosen to explore.”

“The passion that she brings, and the music and the pride in her heritage it what makes her the perfect fit for our organization,” said Debbie Reid, president of the AWG host society.

“Her personal philosophy in holding pride in her cultural background leads to a stronger and more grounded person, and that’s what we’re hoping that our participants will take away from this experience with us,” she continued.

“It is definitely important to have a Grande Prairie perspective on it. We’ve been trying to get across that we have a culture here; we just maybe, as people who live here, don’t recognize it.

statehood was granted in 1959. Gold rushes were abundant in Fairbanks, Nome, Iditarod, Hope and Juneau, copper strikes at Kennecott, and oil rushes on the Kenai Peninsula and along the North Slope have all contributed to Alaska’s diverse economy and population. It was the major gateway to the Klondike gold rush in the Yukon, and is now experiencing a rebirth of this fabled industry in both southeastern and interior regions.

Alaska is one of the least populous of the

“So we wanted to make sure that we could show the participants our culture. It’s moments like this that are quite rewarding for us that have been working on this for over three years.”

“The Arctic Winter Games place equal priority on sports and culture and we’re truly proud to make today’s announcement,” added Jackie Clayton, director of culture and ceremonies.

“The appointment of a culture ambassador helps us to promote the cultural aspect of the Games by highlighting an individual who makes culture and heritage part of her life daily.”

“We’re going to welcome the circumpolar north to our community and our intent as a host society is really to make their experience the best ever,” said Leigh Goldie, director of care and comfort.

“And when you have somebody of the calibre and the quality of Ceileigh Cardinal involved with it, you know that you have another cog that’s put into place to make sure that experience is going to be the best they’ve ever had.”

American states, with fewer than 650,000 residents, primarily along the railway route between Anchorage and Fairbanks. About 30% of the state’s population is aboriginal, Aleuts and Inuit peoples.

The capital city, Juneau, is located in the Panhandle along the 1,000-mile Inside Passage that shelters shipping from the North Pacific storm track.

The largest city, Anchorage, is the marketing and service centre for Alaska’s industrial and tourism base as well as the North Pacific air cargo industry.

Fairbanks, the ‘Golden Heart’ of the state’s interior, has seen a rapid expansion in gold mining.

Alaska’s flag represents the constellation Ursus major, the Big Dipper or Great Bear,



the primary celestial landmark and navigational guide in the northern latitudes. The gold stars of the state’s flag are displayed on a blue background.

Alaska’s team colours are blue and gold.

## ULU NEWS

THE OFFICIAL NEWSPAPER OF THE ARCTIC WINTER GAMES

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The Daily Herald-Tribune

Publisher

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Associate Publisher/Ad Manager

Doug Hare

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# Schedule of sporting events

\* Note: Indoor Soccer begins Sunday from 9 a.m. to 3 p.m.

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	Training	Alpine	10:00am - 3:30pm
Arctic Sports	1:00pm - 8:30pm	Arctic Sports	12:30pm - 3:00pm	Arctic Sports	1:00pm - 7:30pm
Badminton	8:30am - 5:00pm	Badminton	8:00am - 5:00pm	Badminton	8:00am - 5:00pm
Basketball	9:00am - 9:00pm	Basketball	9:00am - 9:00pm	Basketball	9:00am - 9:00pm
X-Country Skiing	10:00am - 12:30pm	X-Country Skiing	10:00am - 2:00pm	X-Country Skiing	Training
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 - 5:00pm	Dene Games	10:30am - 3:00pm	Dene Games	10:30am - 3:30pm
Dog Mushing	12:00pm - 4:00pm	Dog Mushing	Weather Day	Dog Mushing	12:00pm - 4:00pm
Figure Skating	Training	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	Training	Gymnastics	9:00am - 4:00pm	Gymnastics	Training
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	Weather Day
Snowshoe Biathlon	8:30am - 11:30am	Snowshoe Biathlon	8:30am - 11:30am	Snowshoe Biathlon	Weather Day
Snowboarding	10:30am - 4:00pm	Snowboarding	10:30am - 2:30pm	Snowboarding	5:30pm - 8:30pm
Snowshoeing	9:00am - 12:00pm	Snowshoeing	Weather Day	Snowshoeing	8:00am - 11:30am
Speed Skating	8:00am - 2:00pm	Speed Skating	2:00pm - 8:00pm	Speed Skating	Weather Day
Table Tennis	8:00am - 8:00pm	Table Tennis	8:00am - 8:00pm	Table Tennis	8:00am - 8:00pm
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	Weather Day

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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	Weather Day		
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	Weather Day		
Figure Skating	2:00pm - 4:00pm				
Freestyle	10:30am - 2:30pm	Freestyle	Weather Day		
Gymnastics	1:00pm - 6:00pm	Gymnastics	Weather Day		
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	Weather Day		
Snowshoeing	Weather Day	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				

Best Wishes for a successful Arctic Winter Games!



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# Games naturally bring vitality home

By Erika Sherk  
For Ulu News

It's hard to describe the way a city changes when over 2,000 young athletes and their entourages arrive en masse.

The streets instantly get a lot more colourful. Suddenly there are bright-eyed, track-suited youth everywhere.

I was lucky enough to live in Yellowknife during the 2008 Arctic Winter Games. I'd been there for over a year and knew the city as a bright community full of activity. Well, my vibrant city positively exploded when the Games came.

The community was transformed. Games action was at every corner. I would drive home from work and see the snowboarders flying down their revamped gravel pit, I would hear the drum dancing from the Dene Games tent as I walked on the frozen trails of Frame Lake. There were concerts and cultural entertainment at every turn. And the spectator options for sports were suddenly overwhelming: Did you take

the day off to watch snowshoeing, dog mushing or Dene Games?

Having a massive group of people from exotic Arctic places such as Russia and Greenland suddenly descend on your city - enormously pleased and excited to be there - pumps excitement into the air with the oxygen and carbon dioxide.

It was impossible to be blasé about the Games. One of my favourite parts was the little Russian competitors who kept turning up at my office, lost and looking for the bathroom. My colleagues and I would fight over who got to help our endearing visitors, language barrier notwithstanding. It brightened up life - how often did I get to chat with a 15-year-old speed skater from the Yamal province of Russia?

Now, there are just a couple of weeks until the Games arrive in Grande Prairie and I too am enormously pleased and excited to be here, covering the lead-up for Ulu News.

A Beaverlodge native, I have finally returned home after university in Ottawa and three years as a reporter in the Northwest Ter-

ritories, Nunavut and Egypt.

It's a great time to be home. I remember volunteering for the Canada Winter Games in 1995. Armed with a hockey puck and ice cream pail of snow, I earnestly packed holes in the ice for the figure skaters. The experience always stuck with me.

It's inspiring to be around top-notch young athletes. It's also inspiring to be shown the feats of which Grande Prairie is capable.

Every once in a while, a city needs a big event to remind everyone what can be accomplished when everyone pitches in for something good.

It is going to be a fantastic show starting March 6 and I will be there all the way, capturing the great stories that always accompany such a major gathering of talent.

If you've got one of those stories, let me know. I'd love to pepper you with questions and get out my camera.

...

Erika Sherk is the lead correspondent for Ulu News for the 2010 Arctic Winter Games.



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Joanne Ballance, Arctic Winter Games chairwoman of public relations, displays a banner created by the Grande Prairie Regional College to celebrate the Games' arrival.

# Time to put on party clothes!

Grande Prairie businesses are encouraged to bring out the banners and flags to welcome the Games

**Erika Sherk**  
For Ulu News

When the anticipated 2,000 participants and 3,000 visitors arrive in Grande Prairie, Joanne Ballance is rallying the city to pull out all the stops welcoming them.

Brightly-coloured banners, signs

and flags will festoon the community once she and her committee have finished their work.

"It's a way to honour the contingents and let them know that all of their hard work to get to the Games is valued by the community," says Ballance, who is chairwoman of public relations and marketing.

Ballance and her team have been working for months to ensure that Grande Prairie is all dressed up for its big party March 6-13.

They will be hanging six-foot-tall banners on 120 lampposts around the city, she says. She is also asking that the businesses get into the decorating spirit.

"We have hundreds of sponsors

that have already given very generously of their money and services and we're really encouraging those sponsors to take it one more level and announce how proud they are to be a supporter of the Games," Ballance says.

This might mean decorating a storefront or changing their signs to include messages of congratulations or welcome. There are posters and flags at the Games office for people to put up in their windows, she says.

The Daily Herald Tribune is one of the many businesses decorated in Games-inspired designs.

Community involvement is always important and the Games

are a once-in-a-lifetime opportunity for people here to get involved, says Doug Hare, associate publisher and advertising manager.

It's also a chance to show the out-of-town participants that the city is pleased to host them.

"With the athletes, it shows them that this city is behind all of them," he says. It's representative of how welcoming the city is in general, he says, "I'm sure that Grande Prairie crowds will cheer for all athletes."

When it comes to Grande Prairie's individuals and families, Ballance says they can show their pageantry by simply showing up at events and doing just that, cheering their hearts out.

"To really show our warmth and how welcoming we are to these visitors, that really is true pageantry too," she says. "We're hoping to see the community come out in full support."

If people want to show even more support, they can buy Games wear so they're kitted out in the official colours or purchase clappers and cowbells from the Arctic Winter Games store, Ballance says.

Many businesses have already gone full-out and she's encouraging everyone else to join in.

"The Games start on March 6 so if we could have our game face on and be ready to roll March 3, that would be fantastic."

# ULU NEWS

Phyllis Finch, receptionist at the Daily Herald-Tribune, really captures the spirit of the Arctic Winter Games and the pageantry of welcoming the circumpolar world to our city. Phyllis spearheaded the efforts to paint Ulu murals on the windows of the newspaper's offices on Clairmont Road.

NICK KUHL for Ulu News



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

#### Meeting Location

Grande Prairie  
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#### Meeting Dates:

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

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# Extracurricular Games Activities

## 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
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## 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.

## 1's a Purchase, 2's a Pair, 3's a Congeries!

Grande Prairie Museum Rodacker/ Campbell Gallery

Why do people collect? The fascination of objects is the foundation of any individual or museum collection. In this exhibit, local and regional community members showcase their treasured private collections which celebrate the diversity of our community culture.

## The Heritage of Winter Sports in the Peace Country:

An Evening of Reminiscences

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

### Fitness Place Schedule - Drop in Classes

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

Call in (even the day before) to book a SPINS bike 780-538-0455! Spring Schedule in effect until June 27, 2010\*

### Weight Room Schedule

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

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

Our Childcare service is available for children 8 months to 6 years. Participate in fitness, weight training, or swimming while your child enjoys a supervised playtime. Please send your child with small, nutritious snack time. No food containing nuts please. All snacks must be labeled with child's name

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

During the Arctic Winter games why not warm up at The Leisure Centre. Enjoy our swimming pool, waterslide, hot tub and dry sauna with additional public swim times Monday thru Friday from 1-3pm

	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	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
8:30-9am							
9-9:30am							
9:30-10am							
10-10:30am	Lane Swim						
10:30-11am							
11-11:30am	Lane Swim						
11:30-12 pm							
12-12:30pm	Public Swim						Lane Swim & Ltd. Edition Family
12:30-1pm							
1-1:30pm	Public Swim		Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
1:30-2pm							
2-2:30pm	Public Swim		Sr. Lane Swim	Sr. Lane Swim	Sr. Lane Swim	Sr. Lane Swim	Sr. Lane Swim
2:30-3pm							
3-3:30pm							
3:30-4pm	Rental 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		Swim Lessons & User Group Rentals	Swim Lessons & User Group Rentals	Swim Lessons & User Group Rentals	Swim Lessons & User Group Rentals	User Group Rental & Birthday Party Rental Space
5-5:30pm							
5:30-6pm	Rental Space						
6-6:30pm							
6:30-7pm	Public Swim	Family Swim	User Group Rentals	Public Swim	Family Swim	Public Swim	Family Swim (Stay For Public)
7-7:30pm							
7:30-8pm	Public Swim	Family Swim	User Group Rentals	Public Swim	Family Swim	Public Swim	Public Swim
8-8:30pm							
8:30-9pm	Rental Space		Lane Swim	Lane Swim	Lane Swim	Lane Swim	Rental Space
9-9:30pm							
9:30-10pm	Rental Space						
10-10:30pm							
10:30-11pm	Rental Space						
10:30-11pm							



PROUD SPONSOR



The City of Grande Prairie welcomes all visitors & participants!