



# 5 WING GOOSE BAY

AN INFORMATION GUIDE

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AND MORE!



## HISTORY OF HVGB

The town of Happy Valley-Goose Bay, considered the “Hub of Labrador”, is located at the extreme western end of Lake Melville, a long salt-water lake extending 210 kilometers inland from the Labrador Sea. The scenic, white capped Mealy Mountains border one side of the lake with a great rolling plain on the other. The population is approximately 8,500 people.

The fur trade originally brought settlers to central Labrador where hunting and trapping was a way of life. The Hudson Bay Company forged relations with trappers, purchasing furs and providing for a new way of life. Still others were attracted to the central corridor because of its abundance of fish, wildlife, timber, rich soil and the longer growing season.

The Goose Bay Air Force Base was built on a large sandy plateau near the mouth of the Goose River during the early years of World War II. The area was selected due to its strategic location and ability to provide support to military operations abroad. After only 79 days of construction, the 7,000 ft runways were ready to receive aircraft. During the war, thousands of aircraft passed through Goose Bay which became the landing and refueling stop for the Atlantic Ferry Command. The war represented a turning point in history, not only for the Lake Melville region, but for all of Labrador. In more recent years the base has continued to provide support and coordination for international military groups practicing tactical flight training activities, such as NORAD.

The first settlers to Happy Valley-Goose Bay were the Saunders, Broomfields, and Perrault families who came from Coastal Labrador communities to work with the McNamara Construction Company building the Goose Bay Air Force Base. They originally settled at Otter Creek in 1942 but were informed by authorities that they were too close to the proposed air base and would have to relocate at least 8km from the base. The new site was called Refugee Cove until 1955 when the community was renamed Happy Valley.

The local improvement district of Goose Bay was set up in 1970 and at the time included Spruce Park and the Canadian Department of Transport housing areas. By 1973 however, most of the base was also included. The town of Happy Valley-Goose Bay was formed in 1973 and had all of the facilities of a modern town; schools, churches, hotels, barber shops, police and fire department.



## THE FLAG

The top white bar represents the snow which colors the culture and lifestyle of Labradorians like no other element. The bottom blue bar represents the waters of Labrador which serve as the highway and sustainer of the people of Labrador. The centre green bar represents the nurturing land. It is thinner than the other two, as the northern climate of Labrador has short summers. The twig is in two year-growths to represent the past and future of Labrador. The shorter growth of the inner twigs represents the hardships of the past, while the outer twigs are longer as a representation of the hope Labradorians have for the future. The three branches represent the three founding nations of Labrador; the Innu, the Inuit, and the white settler. The three branches emerging from a single stalk represents the unity of the distinct peoples in the brotherhood of mankind.

## THE ULTIMATE ROAD TRIP

In order to reach the Trans Labrador Highway, you must cross the Quebec border into Labrador. You can travel in two different directions; by either starting at Baie Comeau, Quebec, and Driving Quebec Route 389 north, or by crossing from the Island of Newfoundland over the Strait of Belle Isle by ferry into Blanc Sablon, Quebec, and driving east along the Atlantic seaboard.

### KNOW BEFORE YOU GO!

There is **limited** cell phone service along the Trans Labrador Highway. Most places with service will be near and/or in communities along the way. Be prepared to go long periods of time with no service. You can rent a satellite phone for your comfort and safety in certain places (see page 3).

The only major medical facilities on the route are in Baie Comeau, Labrador City and Goose Bay, each separated by up to 800kms. There are small clinics/nursing stations in every community, if you need assistance.

Be sure to gas up

- Route 389 at Manic 5 and Relais Gabriel
- Route 500 in Labrador City, Churchill Falls, and Goose Bay.
- Route 510 in Port Hope Simpson.

There are rest stops, accommodations, and food at these locations.

Be sure to pack water, toilet paper and bug spray for the drive.

### Rules of the Roads

- Big trucks always have the right of way.
- Always drive with your lights on so your vehicle is visible through dust.
- Keep your headlights and tail lights clean so they are visible.
- **NEVER** stop on bridges, hills, or curves.
- Stay on the right side of the road.
- Check your rear-view mirror regularly.
- If you spot wildlife, pull over to a safe location before stopping.
- Slow down when a vehicle passes you in either direction to reduce the chances of a rock hitting your windshield.

# HIGHWAY INFORMATION

## En Route to Goose Bay

For road conditions on the Trans-Labrador Highway Route 500 please call; Department of Works, Services & Transportation, recorded highway update (709) 896-7888.

## For road conditions on the Quebec Highway Route 389 please call;

Transports Quebec, 1 888 355-0511 or visit <https://www.quebec511.info/en/Diffusion/EtatReseau/Route.aspx?id=389>

# HITTING THE HIGHWAY

## ROUTE 510 - FROM NEWFOUNDLAND

- \*Verify routes and conditions in advance
- \*Spare gas and spare tire are beneficial.

### Blanc Sablon, QC to Red Bay, NL

Distance: 86 km  
Surface: Paved highway  
Services in Town: Gas, food, medical, accommodations, repair, shopping, crafts  
\*Along Route - Forteau  
Forteau Services Include: Gas, Food, Medical, Accommodations, Auto Repair, Shopping, Crafts

### Red Bay to Lodge Bay

Distance: 74 km  
Surface: Paved highway  
Services in Town: Food, Shopping  
Services Along Route: None

### Lodge Bay to Port Hope Simpson

Distance: 62 km  
Surface: Paved Highway  
Services in Town: Gas, food, medical, accommodations, auto repair, shopping, crafts.  
Services Along Route: Detour to Mary's Harbour (2km off highway)

### Port Hope Simpson to Cartwright Junction

Distance: 187km  
Surface: Paved Highway  
\*Detour into Cartwright is 96km of main highway  
Services in Cartwright - gas, food, medical, auto repair, crafts  
No bathroom facilities until Goose Bay

### Cartwright Junction to Happy Valley-Goose Bay

Distance: Approx. 298 km  
Surface: Paved  
Services: None until Happy Valley-Goose Bay

# FERRY INFORMATION

To Route 510 From North Sydney, NS to Port Aux Basque, NL  
Marine Atlantic  
Website: <http://www.marineatlantic.ca/>

To Route 510 From St. Barbe, NL to Blanc Sablon, QC  
Website: <https://www.gov.nl.ca/tw/ferryservices/schedules/j-pollo/>

To Route 500 Through Quebec and Labrador City) From Matane, QC to Baie-Comeau, QC  
Quebec's Blue Route  
Website: <https://www.traversiers.com/en/our-ferries/>



Satellite Phones are available for use when travelling on the Trans Labrador Highway and may be signed out free of charge for a period of 24 Hours on a first come - first serve basis. In order to sign out a satellite phone, either a valid Newfoundland and Labrador driver's license or a credit card is required. If the phone is damaged or not returned on time there will be a cost of \$875.00 charged to one's credit card.

Available for Pick Up/Drop Off Here:

Labrador City / Wabush Wabush Hotel  
(709) 282-3221 [info@wabushhotel.com](mailto:info@wabushhotel.com)

Height of Land Hotel - Churchill Falls  
(709) 925-3211 [heightoflandhotel@gmail.com](mailto:heightoflandhotel@gmail.com)

Happy Valley-Goose Bay Hotel North Two  
(709) (709) 896-3398 [hotelnorth@nf.aibn.com](mailto:hotelnorth@nf.aibn.com)

Happy Valley Goose Bay Royal Inn & Suites  
(709) 896-2456 [info@royalinnandsuites.ca](mailto:info@royalinnandsuites.ca)

Port Hope Simpson Alexis Hotel  
(709) 960-0228 [hotelalexis@gmail.com](mailto:hotelalexis@gmail.com)

L'Anse au Clair Northern Light Inn  
(709) 931-2332 [northernlight@nf.sympatico.ca](mailto:northernlight@nf.sympatico.ca)

B& L Entertprises, Red Bay  
(709) 920-2002

Labrador Rental Store, Charlottetown  
(709) 949-0332

## OTTAWA - GOOSE BAY

Following all speed limits and taking maximum stops this trip can take up to 4 days. Total distance of the trip is approximately 37 - 38 hours. This trip however can be done in two long days or three fairly easy days with stops in Quebec City, Wabush/Labrador City providing roads are in good condition and weather is favourable. Expect possible delays due to ferry crossing NE of Quebec City enroute to Baie Comeau. The only hill to worry about is the rise from the base of Manic V. This hill is a switchback dirt road that can be managed by all vehicles. You are advised to keep an eye on overheating engines, brakes, and/or slippery road surfaces. Motorists are reminded to adhere to the posted speed limits along the route and take precaution to slow down when passing oncoming vehicles on the road. For a recorded update on road conditions call (709) 896-7888.

**Please note car rental agencies will not rent vehicles that will be traveling on Route 500.**

## ROUTE 389 - FROM QUEBEC

2nd Route \*Please verify routes and conditions by calling for more information

Baie Comeau to Manic Five

Distance: 214 kilometres (125 miles)

Surface: paved highway

Travel Time: 3 hours: Average speed 70-90 km (45mph)

Services: Gas(diesel is available), telephone, restaurant, camping, accommodations at Energy Motel

Tel (418) 584-2301, Fax (418) 584-2302

Manic 5 to Gagnon (landmark only, no services available)

Distance: 175 kilometres (105 miles)

Surface: 101km gravel (from Manic 5 to Relais Gabriel) / 74km paved

Travel Time: 2 hours, 30 minutes: Average speed 70 km/h (45mph)

Services: Gas, restaurant, accommodations at Motel Relais Gabriel, 100 km from Manic 5,

Bassin Manic 4, Quebec G0G 1K0

**NOTE:** Between Relais Gabriel and Gagnon, there are three bridges, two of which handle only one-way traffic.

Gagnon to Fire Lake

Distance: 98 kilometres (60 miles)

Surface: Paved highway

Travel Time: 1 hour, average speed 90 km/h (55mph)

Services: None

Fire Lake to Mount Wright

Distance: 67 kilometres (40 miles)

Surface: Gravel, narrow and winding

Travel Time: 1 hour, 30 minutes: Average speed 50 km/h (30mph); Caution is advised at railway crossings

Services: None

Mount Wright to Labrador City/Wabush

Distance: 40 kilometres (25 miles)

Surface: Paved Highway

Travel Time: 30 minutes: Average speed: 80 km/h (50 mph)

In Labrador City/Wabush

Services: All major services

Labrador City to Churchill Falls

Distance: 238 kilometres (149 miles)

Surface: Paved Highway

Travel Time: Approx. 2-3 hours, Speed limit: 80km

Services: None en route

At Churchill Falls

Services: Food, gas, repair, accommodations, laundry, banking, shopping, post office, medical

Churchill Falls to Happy Valley-Goose Bay

Distance: 288 kilometres (180 miles)

Surface: Pavement

Travel Time: Approx. 3-4 hours, Speed limit: 80km

Services: None en route



Churchill Falls, NL, Photo Courtesy of CBC

# GOOSE BAY MILITARY FAMILY RESOURCE CENTRE

P.O. Box 69, STN C  
 564 Rivers Road  
 Happy Valley Goose Bay, NL  
 A0P 1C0

[gbmfrc@nf.sympatico.ca](mailto:gbmfrc@nf.sympatico.ca)  
[www.cafconnection.ca](http://www.cafconnection.ca)

Phone: 709-896-6900 ext. 6060  
 Toll Free Deployment Support: 1-866-711-6677  
 Fax: 709-896-6916

## Hours of Operation

Monday to Friday

8:00 a.m. to 4:30 p.m.

Daycare Hours of Operation

Monday to Friday

7:45 a.m. to 4:30 p.m.

Reach us by calling 896-6900 and one of the below extensions.

Main Line.....	6060
Executive Director.....	2154
Emergency Child Care.....	2154
Office Manager.....	2167
Veterans Family Coordinator/ Family Separation & Reunion Coordinator .....	2157
Community Engagement/ Volunteer Coordinator.....	2155
Communications/ Special Events Coordinator.....	2159
Child & Youth Development & Parenting Support Coordinator.....	2430
Social Worker/ Prevention, Support, Intervention.....	6061



# PROGRAMS & SERVICES

## Information and Education/ Awareness

Welcome and Orientation  
Information  
Education Programming

- parenting
- Psycho-educational
- deployment
- financial, etc.

Personal Development

## Intervention

Counselling

- psychosocial
- employment, etc.

Emergency Childcare  
Crisis Support  
Family Liaison Office

## Referral and Support/Services

Deployment Support  
Veteran Family Program  
Referral to community services  
Employment Services  
Educational Support  
Community Integration  
Activities for Children and Youth  
Health Care Referral  
Outreach  
Assessment of Family Needs  
Casual Childcare  
Interprovincial transferability

## Veterans Family Program

The Veteran Family Program is funded through Veterans Affairs Canada and in partnership with Canadian Forces Morale and Welfare Services. Military Family Services (a division of Canadian Forces Morale and Welfare Services) partners with Military Family Resource Centres to deliver services to medically releasing Canadian Armed Forces members, medically released Veterans and their families from across Canada.



**VETERANS & FAMILIES**  
**FAMILLES & VÉTÉRANS**

A Veteran Family Program Coordinator is available to support the transition of medically releasing Canadian Armed Forces members, medically released Veterans and their families into post-service life. Releasing from the Canadian Armed Forces can be challenging for members and families, but even more so when the release is the result of a medical situation. When a Canadian Armed Forces member makes the transition from active service to veteran status, their family does too. The Veteran Family Program is here to help ease that transition by providing enhanced information and referral services, specialized transition programs and some of the traditional programs offered through Military Family Resource Centres.

The Veteran Family Program benefits the medically releasing Canadian Armed Forces members, medically released Veterans and their families by helping them navigate the complex process of releasing, the challenges that may arise, and the sometimes unexpected impact on the social, emotional, and financial wellbeing. Programs and services are always aimed to meet individual needs, and work towards finding solutions and support. The Veteran Family Program can enhance other services provided through the Canadian Armed Forces Transition Group, Veterans Affairs Canada and other organizations in the local community.

# PROGRAMS & SERVICES

## COMPONENTS OF THE VETERAN FAMILY PROGRAM :

The following programs and resources are offered to medically releasing CAF members, medically released Veterans and their families across Canada.

### Operational Stress Injury Resource for Caregivers

- Provides information about Operational Stress Injuries (OSI), the effect it can have on caregivers, and strategies for coping.
- Support caregivers that are supporting a loved one with an OSI
- An online resource that can be accessed individually
- In partnership with Veteran Affairs Canada, Royal Ottawa Health Group and the Federal Government.

### Mental Health First Aid for Veteran Community

- Focuses on increasing skills and confidence to engage in conversation about mental health while decreasing stigma and promoting recognition of common mental health problems
- Facilitated group sessions
- Tailored to the Veteran community and those that support them
- Offered in partnership with the Mental Health Commission of Canada

### Veteran Family Journal

- Tool for navigation your personal transition journey and identifying your needs
- Includes various tools and worksheets, as well as extended family care plans

### COPE: Couples Overcoming PTSD Everyday

- Designed for couples to gain an understanding of Post-Traumatic Stress Disorder and how it can impact their relationship and the family.
- Learn coping skills and insights to help manage living with Post-Traumatic Stress Disorder.

### Shifting Gears

- Aimed at helping family members see the transition to post-service life as a time of growth and development.

### Family Information Line

The Family Information is a confidential, personal, bilingual and free service offering information, support, referrals, reassurance and crisis management to the military community. Our counsellors are a team of helping professionals. We serve Canadian Armed Forces members, Veterans and their families - immediate and extended. 365 days a year, 24 hours a day. Call the Family Information Line at 1-800-866-4546 or email [FIL@CAFconnection.ca](mailto:FIL@CAFconnection.ca); Visit [www.cafconnection.ca](http://www.cafconnection.ca)



**For more information please contact Holly Moores, Veteran Family Coordinator at (709)-896-6900 ext. 2157.**



# PROGRAMS & SERVICES

## Family Separation and Reunion

The goal of our Deployment Support program is to provide resources and support that meet families needs as a result of deployment. Family separation and Reunion occur at most military sites, whether through deployment, training and other tasks. If you are a member who meets this criteria or a family member who would like to take advantage of our services, please contact Holly Moores, Deployment Support Coordinator at 709-896-6900 ext.2157 for more information on the services available to you.

The MFRC provides support to all Labrador families that have loved ones serving in the Canadian Armed Forces.

Outreach, Information, Support and Assistance to CAF Family Members (Regular Force/Reserve) - enhances the ability of CAF members to be ready for duty and supports the well-being of family members before, during and after periods of separation. We also provide support to parents of single Regular Force and Reserve Members before, during and after deployments.

The objective of Deployment Services are:

- Families are aware of and have access to relevant programs and services designed to help them manage CAF related separation and reunion.
- Families are aware of and prepared for the challenges they may encounter before, during and after separation
- Families have opportunities to connect with and support each other during periods of separation.
- Families have help to deal with crisis before, during and after periods of separation.

Things we do:

- We develop information packages related to deployment and to help prepare members and their families for the time away.
- Place warm line calls to family members
- We plan activities for families to socialize
- We provide information on guidelines to mail parcel to deployed member
- We provide free package mailing services to families
- Provide Respite/Emergency Childcare

The MFRC ensures that the family of the CAF Member remains connected to the Wing and Community Resources/Services during the military member's absence. Family members are connected to the community, thereby reducing feelings of loneliness and stress often associated with extended separations.

**For more information please contact Holly Moores at (709)-896-6900 ext. 2157 or our Toll Free Deployment Support Line at 1-866-711-6677.**

# PROGRAMS & SERVICES

## Operational Stress Injury Social Support

The Department of National Defence and Veterans Affairs Canada work in partnership

to deliver Operational Stress Injury Social Support (OSISS). Our services complement other mental health and family support services available from both departments.

Operational  
Stress Injury  
SOCIAL SUPPORT



SOUTIEN SOCIAL  
Blessures Stress  
Opérationnel

At OSISS, they provide a national peer support network for Canadian Armed Forces members, Veterans and their families experiencing an operational stress injury (OSI).

The OSISS network is coordinated by screened, trained peers who bring firsthand experience and practical knowledge of what it is like to struggle with an OSI or to live with someone with an OSI.

Within the program, confidentiality is paramount. Your identity and discussions with us are held in confidence, except in situations of imminent harm to a person, child abuse, or subpoena.

### *Why peer support?*

If you or your family member have an OSI, the road to wellness can be hard to navigate. Peer support connects you with an understanding ear, a supportive community of people with similar experiences, help to set goals, and effective resources that can help.

Breaking down the stigma and providing social support has led many Canadian Armed Forces members, Veterans and their families to seek the help they need and change their lives for the better.

### OSISS in your community

The OSISS network includes 63 personnel in more than 33 locations across Canada. Members of the OSISS team provide leadership, firsthand experience and practical knowledge of what life is like with an OSI.



# PROGRAMS & SERVICES

## CFMAP

**1-800-268-7708**

CFMAP offers confidential, voluntary, short term counselling to assist with resolving many of today's Stresses at home and in the work place.

### Eligibility:

Regular Force - Regular Force Members and their immediate family members, spouse, partner and dependent children of the member, have direct access to the CFMAP telephone counselling service 24 hours a day, seven days a week.

Reserve Force - Certain members of the Reserve Component, Cadet Instructor Cadre (CIC), Cadets, Canadian Rangers and certain family members of the preceding groups may also have access. In order for Reserve Force members and their family members to receive full assistance under this program, the situation or issue for which assistance is sought must be directly linked to service in the Canadian Armed Forces. Notwithstanding this condition, the individuals from any of these groups may contact CFMAP and receive an initial assessment followed by an appropriate referral.

Parents and Siblings - Parents and siblings of CAF Regular and Reserve Force members who are injured or who die while in service have direct access to the CFMAP telephone counselling service 24 hours a day, seven days a week.

The line is staffed 24 hours a day, 365 days a year by a fully bilingual, trained counsellor. The role of the telephone counsellor is to refer the client to a counsellor in private practice face to face counselling, and if the client is in crisis, to provide counselling over the phone.

## **Shoulder to Shoulder: Caring for Our Own Support for Families of the Fallen**

No one is ever prepared for the death of a loved one. In the immediate days and weeks following the death you probably received what felt like an overwhelming amount of information or you were left feeling unprepared for what comes next.

Personalized and professional support is in place to respond to your needs, in a manner that works for you, and when the time is right. This support is enduring and available as long as you need it.

You can access:

- Bereavement counselling and therapy by a trained counsellor
- Child care services for your family during your time of bereavement, as well as other support services coordinated through your MFRC.
- Confidential, bilingual information, referrals and supportive counselling from the 24/7 Family Information Line.
- Pastoral support, counselling and crisis intervention from a Military Chaplain



# PROGRAMS & SERVICES

## Community Engagement and Community Integration

Frequent relocations are a reality of military life and may contribute to a sense of isolation and lack of connection with a community. To enhance CF quality of life, this service area promotes and facilitates personal, family and community engagement by delivering services and activities that support the integration and interaction of individuals and families.

All programs are well publicized prior to their starting dates and scheduling will be geared to best suit the needs of the community. Information is provided on the Community Bulletin Board, Website, email, MFRC Newsletter, and Facebook.

Development in this area is ongoing. If you have any suggestions for workshops or seminars, or would like to facilitate a workshop, please call 896-6900 ext. 6060.

## Welcome and Community Integration

This service welcomes and orientates families their new community by giving them relevant information regarding services and activities available in the community. Ongoing opportunities exist for personal interaction to make the transition easier.

- Welcoming Committee
- Welcomes Packages
- Home Visits
- Lending Closet
- MFRC Tour
- Information Sessions
- Community Week
- Community Days

## Personal Growth and Development

Promotes personal growth, skills development, and social and community engagement. Family members have opportunities to share common experiences and to develop informal, supportive relationships with peers.

- Workshops/Craft Courses/Training Sessions
- Support Groups
- Special events (Block Party, Community Days, Community Breakfasts, Evening Socials)
- Coffee Morning

## Information and Referral

There has always been a need for military families, who are continuously moving from one geographic area to another, to connect effectively and integrate smoothly into a new community.

Information services can provide people with answers to questions regarding services and resources that are available through the military, as well as within the surrounding community. No matter what information is requested, all calls are kept confidential.

- Posting Packages
- [www.cafconnection.ca](http://www.cafconnection.ca)
- Recreational activities
- Local businesses and services listing
- Provincial tourism information
- Community Newsletter

## Second Language Training

Are you interested in learning a second language while in Goose Bay? The MFRC can help by providing you with a Rosetta Stone Licence so you can start your education today. This is a free service for Military Spouses.

If there is interest conversation circles in English can be held for those wanting to practice.

# PROGRAMS & SERVICES

## Child/ Youth Development and Parenting Support

Some aspects of military life require CF families to address the challenges of child development and parenting in a unique context. This program area is designed to deliver services that enhance family well-being by fostering positive parenting, and providing support for the care and development of children and youth.

**Please Note:** Child and Youth Programs are reviewed annually to meet the needs of the Military Community.

## Robin's Nest Childcare

Robin's Nest Childcare Centre offers full time childcare. The hours of operation are Monday to Friday 7:45-4:30pm. A fifteen minute grace period is allocated for parents to pick up their children. Robin's Nest also offers morning and afternoon programs. (Contact Centre for cost associated with these programs and availability)

The following programs are only offered if there is space available:

Morning Program hours of operation are 8:30-11:30pm

Afternoon Program hours of operation are 1:00-4:30pm

Choices of programs are:

3 mornings or afternoons - Monday/Wednesday/Friday

2 mornings or afternoons - Tuesday/Thursday

## Welcome Baby

New Babies are welcomed with a Care package from the MFRC. A welcome gift bag is delivered to the family and new baby. Items in the bag are chosen to suit the family but can include, diapers, wipes, something for mom and siblings, there is also a certificate for a free session of infant care.



# PROGRAMS & SERVICES

## L'il Bakeapples

L'il Bakeapples is an informal, interactive, social program offering fun and friendship to parents/caregivers and young children 0-5 years . Adults and children participate in a wide range of activities including: crafts, music, games, cooking, etc. L'il Bakeapples provides an opportunity for families to connect, build friendships, and share parenting tips in a relaxed environment, The program is facilitated by the MFRC Child and Youth Coordinator and parent volunteers. It takes place at the MFRC Community Centre on Tuesday and Thursday from 9:30- 11:00am September until June. Coffee and tea is provided, bring your own snacks.

## L'il Bakeapples go to the Gym

Work out time for you & your children. Monday, Wednesday, and Friday from 9:30-11:00 am at the Base Gym. A flexible informal fitness session. Parents/ Caregivers may take turns working out and supervising the children in the gym or just come out and socialize while the children run off some energy. Children's play equipment is available.

## FUN FACT!

**A BAKEAPPLE, ALSO KNOWN AS A CLOUDBERRY IN OTHER PARTS OF THE WORLD, IS A SMALL, ORANGE-COLOURED BERRY THAT GROWS IN THE BOG LANDS, MARSHES AND WET MEADOWS IN NL, WHICH MAKES THEM VERY DIFFICULT TO PICK. THEY HAVE A VERY TART FLAVOUR WHEN EATEN RAW. IF YOU'D LIKE TO SWEETEN THEM UP, SPRINKLE A LITTLE SUGAR ON TOP!**



## L'il Bakeapples go Skiing

A unique opportunity for parents and caregivers to ski or snowshoe at beautiful Birch Brook Nordic Ski Club. Adults take turns skiing or snowshoeing and supervising the children inside the Chalet. Bring snacks/ lunch and relax and take advantage of this world class facility. There are snowshoes available to be signed out at the Base Gym and MFRC. This program takes place on Fridays during ski season and is dependant on weather.



# PROGRAMS & SERVICES

## After School Program (ASP)

The ASP is designed to provide child care support for the working parent or parents returning to school. It is an active program which promotes the child's physical, emotional and social development. Children have free play time and participate in games, sports, crafts etc. Students are transported via the NLESD bus system. The ASP operates out of the MFRC Community Centre 3 days a week and 2 days are spent at the 5 Wing Fitness Centre. The hours are 2:45 - 4:30, Monday - Friday, during the school year.

## Kids Club

A fun, social program for the 5-10 age group. Held the 2nd and 4th Friday of each month during the school year. Children sign up by Thursdays on the GBMFRC Facebook page or by contacting the GBMFRC at 896-6900 ext. 6060. Admission is \$2.00.

## Day Camps

When schools are closed for Professional Development/Admin Days etc., the MFRC will run a day camp if numbers and staffing are sufficient.



## Summer Fun Day Camp

The MFRC Summer Fun Day Camp is an action packed, fun filled summer program for children ages 5-12 (Children must have completed kindergarten). Children participate in indoor/outdoor sports and games, crafts, science activities, field trips, beach days and more! The camp runs from 7:45 - 4:30/Monday to Friday, for the first eight weeks of the summer break from school. Priority for enrollment is given to the Military/Defence Team/ past users/general public. Camp dates and registration times are advertised through email and the GBMFRC Facebook page.

## Spring Break Day Camp

A week-long camp is held during the school's Spring Break. Dates are determined by the NLESD. The camp is for students in Kindergarten up to age 12. Children participate in variety of indoor/outdoor activities throughout the week. Camp dates and registration times are advertised through email and the GBMFRC's Facebook Page.

# PROGRAMS & SERVICES

## Preteen Night

For Military / Defence Team children 11-13 years . Held Thursday from 6-8 pm at the MFRC Community Centre.

## Teen Night

For Military/Defence Team youth ages 14-18. Held Wednesdays from 6-8pm at the MFRC Community Centre. Activities are planned by the teens themselves.

## Youth Match

This program helps new youth become settled into the community. We seek out youth sponsors who are matched with youth of similar age, interests, etc. They make contact via email, provide information about schools, the community etc. and make contact when the individual arrives “on the Goose!” Interested sponsors are asked to contact the MFRC to have their name added to the list.

## Youth Courses/ Workshops

Depending on numbers and level of interest, the MFRC offers courses for youth. The Canadian Safety Council Home Alone Course is designed for children ages 10 and up. This program provides children with the skills and knowledge needed to be safe and responsible when home alone, for short periods of time. We also offer the St John Ambulance Babysitting Course to children ages 12 and up. This program focuses on safety, first aid basics and dealing with emergencies. The MFRC advertises, compiles an interest list and if numbers warrant offers the programs, usually in early September.

## YAC! Youth Advisory Council!

We are hoping to offer more programs for the 12 -18 age group. Depending on numbers and level of interest, we would like to set up a Youth Advisory Council. The council would allow youth to lead and develop programs according to their own needs and interests. It could provide the youth with the opportunity to socialize, gain volunteer experience and build essential life skills. Adult volunteers or youth interested in the Youth Advisory Council, please contact the MFRC’s Child Youth Coordinator.

## Teen Babysitter List

Teens! Are you interested in making some extra money? Why not babysit? The MFRC compiles a list of teen babysitters in the local area. Parents of teens must sign a permission form in order for their child’s name to be added to the list. To have your name added or to obtain a copy of the list, please call 896-6900 ext. 6060.





# PROGRAMS & SERVICES

## Childcare Provider Registry

The MFRC compiles a childcare registry for adults who wish to provide childcare in their homes, as well as for parents who are seeking care for their children. To have your name added or to obtain a copy of the list, please call 896-6900 ext. 6060.

Please note that the MFRC does not screen individuals or monitor daycare homes. It is the responsibility of the parent to screen, interview and choose someone suited to their needs.

For more information on any of our Child/Youth/Parenting Support Services please contact the MFRC 896-6900 ext. 6060.

## Childcare Plan

Why have one? Are you prepared for an emergency if it happens? Do you have emergency child care arrangements in place? Families are encouraged to have an emergency child care plan to reduce the added stress of finding child care during emergency situations. The MFRC has childcare plans available and can provide assistance completing your plan.

## Casual Respite Childcare

Enjoy the benefits of casual childcare. This program provides military families with casual care for children ages 6 weeks to 5 years, giving parents the opportunity to run errands, work out at the gym or just take a break! Booking must be made 24 hours in advance and depends on availability of staff.

## Emergency Family Care Assistance (EFCA)

In times of crisis, we understand that normal levels of support may not be enough. Does your family need to care for a family member in an emergency situation? As part of the Emergency Family Care Assistance (EFCA) Policy, we can provide military families with financial assistance to help offset costs associated with care of a family member.

Depending on the situation, you may need to cover the cost of services up front but you will be reimbursed. Reimbursements will be issued by either Military Family Services or your local MFRC, but not by both. There is no cost to military families for using these services.

How does it work?

If you are in an emergency situation and you need more support, you can contact either:

Family Information Line – available 24/7  
Call: 1-800-866-4546 (in Canada)  
Call: 00-800-771-17722 (International)  
Email: FIL@CAFconnection.ca

MFRC Office: 709-896-6900 ext. 6060  
MFRC Emergency Contact: 709-899-4783  
or joan.harvey@forces.gc.ca

One of our representatives will guide you through a series of questions to assess your eligibility for support under the EFCA policy. If you qualify for support, they will be able to provide you with more info as well as a local service provider. If you do not qualify, they will redirect you to other possible support services. If you have any questions please let us know we are here to help you!

# PROGRAMS & SERVICES

## Prevention Support & Intervention

Military life presents unique challenges to families, including frequent relocations and extended family separations. The MFRC continues to provide a supportive community environment to help minimize the impact of these stressors. The MFRC assists military families by linking them to relevant community resources. We maintain a current database of community services and can refer families to these supports, as needed. We offer confidential support to the partners, children, extended family and friends of military members who are experiencing stressful situations. Short-term intervention and crisis support are available, as well as follow-up and ongoing support.

Goose Bay MFRC Social Worker, Amanda Mogridge MSW, RSW is available to provide prevention, support and intervention services to CAF members, families and Veterans in the community.

**The Goose Bay MFRC Social Worker can provide you with the following services:**

## Short Term Counselling

Short-term counselling sessions are available and free of charge. Individuals, couples and/or families can contact the MFRC Social Worker in person, by phone at 896-6900 ext. 6061 to request an appointment.

Common areas of practice include:

- Mental health concerns
- Relationship challenges including separation and divorce
- Family or gender-based violence
- Grief and bereavement
- Health and wellness
- Stress management
- Personal development
- Trauma
- Parenting support



**ACCEPT.**



**EXPRESS.**



**SUPPORT.**

# PROGRAMS & SERVICES

## Assessment and Referral

Assessment and Referral services are also available to individuals and families who require more intensive or specialized care. Referrals can be made to supports within both the military and civilian communities.

Referrals are generally recommended for the following:

- Long term counselling
- Psychiatric services including mental health and addictions assessment and/or treatment
- Child and adolescent therapy
- Legal services
- Financial counselling
- Medical services
- Mediation services
- Support groups

## Workshops and Information Sessions

Workshops and Information sessions are offered on a variety of topics of interest to the community.

These can include:

- Parenting related issues or challenges
- Suicide prevention
- Family violence
- Mental health and addictions
- Self esteem issues
- Stress management

If you have a suggestion or request for a Workshop or Information Session of interest or relevance to you, please contact the MFRC Social Worker.

Confidentiality and trust are essential components to any counselling program. It is very important to explore any confidentiality concerns or issues with your counsellor. Certain limits to confidentiality exist and can include:

- Potential harm to self (e.g. risk of suicide)
- Potential harm to others
- Child at risk of abuse or neglect
- Testimony in Court (e.g. subpoena)

# COMMUNITY INFORMATION

**Extension numbers are reached by first dialing the base operator at 896-6900.**

Goose Bay Military Family Resource Centre	564 Rivers Rd	ext. 6060
Robin's Nest Daycare	564 Rivers Rd	ext. 6060
After School Program	564 Rivers Rd	ext. 2430/6060

## **Personnel Support Programs (PSP)**

Base Gym	ext. 7708
Deputy PSP Manager	ext. 7374

PSP Clubs/ Fitness, Sports & Recreation	ext. 1945
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Community Council	ext. 7374
Auto Hobby Club (when volunteers are available)	ext. 7374
Wood Hobby Shop (when volunteers are available)	ext. 7374
Arcturus Theatre	ext. 7767
Movie Line	ext. 7766
Canuck Club Mess	ext. 7831

## **On Base Services**

SERCO Fire Department	ext. 7333
5 Wing Medical Centre (M.I.R)	ext. 7222
Military Museum - 5 Wing	ext. 7266
Military Police - non emergency	ext. 7120
Wing Chaplain	ext. 7336
Canadian Forces Housing Agency (CFHA)	ext. 7940

Serco Help Desk/Accommodations	ext. 6946
CANEX Supermarket - Bldg. 381	896-8243

Citizens Patrol Group - Military Police	ext. 7118
Child Identification Program	ext. 7118

## **Other Government Support Agencies**

24/7 Family Information Line	1-800-866-4546
CF Member Assistance Program (CFMAP)	1-800-268-7708
CF Member Assistance Program (TDD)	1-800-567-5803
Ombudsman	1-888-828-3626
OSISS	1-800-883-6094
SISIP	1-800-267-6681
The Centre (Dept. of National Defense)	1-800-883-6094
Veterans Affairs Canada Assistance Service.	1-800-268-7708
Veteran Family Services	896-6900 ext. 6060
Director Casualty Support & Administration (DCSA)	1-800-883-6094

## **Government Agencies**

Town of Happy Valley-Goose Bay - 212 Hamilton River Rd	896-3321
Canada Post-'Station' C with Postal Code (AOP 1C0)	896-2771
Division of Motor Registration	896-5428
Fisheries and Oceans Canada-Licensing Inquiries	896-6150
Department of Advanced Education, Skills & Labour	896-8846
Member of Parliament Office	896-2483
Border Services/Customs	896-6907

## **Clubs**

Royal Canadian Legion	896-3447
Kinsmen Club	896-5553
Lake Melville Shrine Club	896-8144

## **Recreation Facilities**

Amaruk Golf Club (Seasonal)	896-2112
Birch Brook Nordic Ski Club (Seasonal)	899-0969
E.J. Broomfield Arena	896-2269
Grand River Snowmobile Club (Seasonal)	897-4323
Central Labrador YMCA	896-9622
Goose Bay Curling Club	896-4062

## **Travel**

	896-5445
Goose Bay Airport	896-2917
Air Canada	896-3553
Provincial Airlines	896-5521
Air Borealis	1-855-896-2262
Labrador Marine Inc. (Labrador Coast)	1-866-535-2567
Labrador Marine Inc. (Strait of Belle Isle )	896-3389
Harvey's Travel	896-2477
Mokami Travel	896-2973
Budget Rent-A-Car	896-6507
Destination Labrador.	896-3333
Cooney's Taxi	

## **Automotive Repair, Bodyshop and Vehicle Sales**

Precision Automotive Inc., 5 Churchill Rd	896-8681
Goose Bay Motors, 141 Hamilton River Rd	896-2973
Hillcrest Automotive Supplies, 7 Hillcrest Rd	896-4092
Labrador Motors (GM), 12 Loring Dr.	896-2452
Cabot's Autobody, 7 Churchill Rd	896-3095
Napa Auto Parts, 7 Cherrywood Dr.	896-3987
Baytec Mechanical Services, 17 Burnwood Dr.	896-9112
All Wheel Drive Kelland Dr.	896-2500
The Repair Shop 6 Tenth Street	896-5140
TM Auto 77 Grenfell Street	896-3866
Happy Goose Car Wash, 2 Burnwood	896-3177
CRB Automotive Convenience and Gas Station, 10 Sunday Hill, North West River	497-8272

## **Services**

Bell Aliant -Public Utilities	896-1130
Bell Aliant	1-888-214-7896
EastLink (St. John's )	1-888-345-1111
Labrador Specialties, 9 Loring Dr.	896-6060
Iglutek Computers, 348 Hamilton River Rd	896-3990
Rodger's Recycling, 15 Churchill Rd	896-5041
Town of Happy Valley-Goose Bay, 212 Hamilton River Rd	896-3321
Canada Post-Station C (A0P 1C0), 396 Hamilton River Road	896-2771
HV-GB Recyclers, Old CFB Arena, Edmonton Street, Facebook: HV-GB Recyclers	<a href="https://hvgbrecyclers.wordpress.com/">https://hvgbrecyclers.wordpress.com/</a>
Island Eats - App for food delivery. Download in your app store!	

## **Health and Medical**

Labrador-Grenfell Health Hospital, 27 Hamilton River Road	897-2000
Public Health	897-2331
Newfoundland Labrador Medical Care Plan (MCP)	1-800-563-1557
Keating Family Chiropractic, 2 Martin Crescent	896-8855
Labrador Massage Therapy Clinic, 33 Johnny Hill Drive	896-3843
Proactive Physio, 24 Bowell Street	896-7228
Warr's Pharmacy, 93 Hamilton River Rd	896-2963
Hamilton Drugs, 364 Hamilton River Rd	896-8418
Valley Veterinary Clinic, 394 Hamilton River Rd	896-2627
Pamela Duffet, RMT, 21 Broomfield Street	rejuvenatebookings@gmail.com
Lifewise Mental Health Peer Services, Peer support counselling	1-855-753-5460 (EN) 1-833-753-5460 (FR)

## **Dentists and Optometrists**

Labrador Dental Clinic, 2 Bowell Street	896-8999
Gonsala Dental Clinic, 6 Royal St	896-8700
Northern Dental Inc, 358 Hamilton River Road	896-9668
Hamilton River Dental Clinic, 379 Hamilton River Road	896-9791
Vogue Optical, 85 Hamilton River Road	896-2466

## Education

NLESD- Labrador Office, 16 Strathcona	896-2431
Peacock Primary School, 9 Cabot St	896-3896
Queen of Peace Middle School, 6 Green St	896-5315
Mealy Mountain Collegiate, 1 Voisey Drive	896-3366
Ecole Boreale (Francophone), 7 Cabot St	896-0670
College of the North Atlantic, 219 Hamilton River Rd	896-6300
Academy Canada (ABE), 114 Hamilton River Rd	1-800-561-8000
Upper Lake Melville Public Library	896-8045

## Banks

Scotia Bank, 45 Grenfell St.	897-3000
Eagle River Credit Union, 328 Hamilton River Rd	896-8352
Royal Bank of Canada, 36 Grenfell St.	896-6510
<ul style="list-style-type: none"><li>RBC Bank Machine in the CANEX Supermart</li></ul>	896-4411
Bank of Montreal, 215 Hamilton River Rd	
<ul style="list-style-type: none"><li>BMO Machine in the CANEX Supermart</li></ul>	

## Grocery and Wholesale stores

CANEX Supermarket, 381 Banshee Blvd	896-8243
Terrington CO-OP, 1 Abbott Dr	896-5737
Northmart, 90 Hamilton River Rd	896-2921
Multi-Foods, 43 Aspen Rd	896-3543
Hamilton Wholesalers, Bldg 420	896-3347
Goose Bay Wholesalers, 1 Broomfield Street	896-3364
Torngat Fish Producers, 155 Hamilton River Rd	896-3992
Gilco Wholesalers, 157 Hamilton River Road	896-4981
Spruce Meadow Farms, #540 Route 520	897-5398
D4ace Farm. Mudlake Road, Facebook: D4ace Farms	897-4753



## **Clothing Stores**

CANEX, CFB Goose Bay	896-8243
Riffs, 2 Hillcrest	896-5350
North Mart, 90 Hamilton River Rd	896-2921
Northern Lights, 170 Hamilton River Rd	896-5939
Coopers Minipi Fly Shop, 499 Hamilton River Rd	896-2891
The Bargain Shop, 388 Hamilton River Rd	896-5429
Hometown Sports, 334 Hamilton River Rd	896-9701
Eclipse, 371 Hamilton River Road	896-0831
Reitmans, 371 Hamilton River Road	896-4656
Thrifty's, 43 Grenfell Street	896-3484

## **Hairdressers/Barbers/Beauty Salons**

The Hair Studio, 371 Hamilton River Rd	896-4400
Creative Curl, 386 Hamilton River Rd	896-2793
Merle Norman Cosmetics, 367 Hamilton River Rd	896-6500
Kelly's Hair Salon, 8 Grand Street	896-9663
Birch Island Spa, 85 Hamilton River Road	896-5300
Studio K, 217 Hamilton River Road	896-7607
Beauty Valley Spa, 174C Hamilton River Road	896-0233

## **Restaurants, Pub Food and Bakeries**

Mariner's Galley (Hotel North), 25 Loring Drive	896-9301
Larry's Pizza and Waffle House, 380 Hamilton River Rd	896-3351
Bentley's Beer Market/ Maxwell's, 97 Hamilton River Rd	896-3583
El Greco, 133 Hamilton River Rd	896-3473
Grafter's Pub & Eatery, 368 Hamilton River Rd	896-3038
Mary Brown's, 1 Churchill Street	896-2157
Pizza Delight, 91 Hamilton River Rd	896-8338
Trappers' Cabin Bar & Grill, 1 Aspen Rd	896-9522
A&W, 11A Loring Drive	896-4554
KFC, 337 Hamilton River Rd	896-5777
Subway, 11 Loring Drive	896-9777
Tim Hortons, 220 Hamilton River Rd	896-5666
Jungle Jim's, 382 Hamilton River Rd	896-3388
Blazing Igloo Woodfired Pizza & Donair, 11 Aspen Road	896-3098
Pep's Diner and Take Out, 21 Green Street	896-2543
Hong Kong Restaurant, 345 Hamilton River Road	896-2558
Erwin's Asian Kitchen, Facebook: Erwin's Asian Kitchen	899-5499
The White Rabbit, In home bakery, Facebook: The White Rabbit	thewhiterabbit7707@gmail.com



## Shops, Craft Stores and Galleries

PAWS/ Personal Touch Engraving/ The Quilted Goose, 331 Hamilton River Rd.	896-5590
Greenleaf Ltd, 83 Hamilton River Rd	896-3478
Northern Lights Gift Shop, 170 Hamilton River Rd	896-5939
Slippers 'n Things, 55 Grenfell Street	896-5660
Terry's Tents & Craft Supplies, 326 Hamilton River Road	896-5000
Distinctive Knitting & Laundry Mat, 13 Kessessasskiou Street	896-0908
Dorothy's Crafts & Sewing, 367 Hamilton River Road	896-8400
The Birdhouse Garden Market, 164 Hamilton River Road	896-9292
Lu Designs, 4 Hamilton River Road	896-9044
Spruced Up Labrador, 343 Hamilton River Road	896-7396
D's Landing, 1 Hamilton River Road	896-2766
Pete Barrett Craft, 412 Northwest River Road	709-541-0422
Yellow Heart Company, Facebook: Yellow Heart Company. Webiste: <a href="http://yellowheartco.ca/">http://yellowheartco.ca/</a>	yellowheartco@gmail.com
Black Spruce Company, 3 Blake Drive, Website: <a href="https://www.blacksprucecompany.com/">https://www.blacksprucecompany.com/</a>	709-217-8314
The Carpet Man, 13 Aspen Rd.	709-896-5960
North West River Heritage Craft Shop, North West River	497-8282
Northwest River Interpretation Centre, North West River	497-8566

## Photographers

Remember When Photography - Melisa Chaulk  
Best Contact through Facebook: [Remember When](#)

Becken Photography - Becca Willcott and Ken Poirier  
Studio address: 358 Hamilton River Road  
Website: [www.beckenphotography.com](http://www.beckenphotography.com)  
Facebook Page: [Becken Photography](#)

Diamond Skull Photography - Krystal Cooper  
Facebook Page: [Diamond Skull Photography](#)



## **Clubs , Sports and Recreation**

### **2945 Army Cadets**

Ages: 12 - 18 years

Contact: [brandon.gillespyie@cadets.gc.ca](mailto:brandon.gillespyie@cadets.gc.ca)

The Royal Canadian Army Cadets undertake a variety of adventurous training, including lessons in map and compass, camping, kayaking, rope climbing, trekking, mountain biking, and military parachuting. Army cadets also learn about traditions participate in a variety of national and international expeditions that focus on adventurous training such as white river rafting, horseback riding, and voyager canoeing.

### **764 Air Cadet Squadron**

Ages: 12-18 years

Email: [brandon.gillespyie@cadets.gc.ca](mailto:brandon.gillespyie@cadets.gc.ca)

The Royal Canadian Air Cadets participate in flight-related activities, survival and adventure training and have a chance to earn their civilian pilots license. Gliding is one of the more popular aspects of the air cadet program and it provides a solid base for learning how to pilot more complicated aircraft. Summer camps around the country offer the opportunity to travel, all expenses paid, while making friendships and obtaining skills that will last a lifetime.

### **Lawrence O'Brien Arts Centre**

All Ages

Contact: Amy Norman

Facebook: [Lawrence O'Brien Arts Centre](#)

Box Office :709-896-4027

Hosts shows including but not limited to: Eastern Labrador Arts Alliance & Mokami Players

Musicals, movies, musicians, local & national guests

<http://www.obrienartscentre.ca>

### **Girl Guides of Canada**

The Girl Guides of Canada is a “movement for girls, led by women, it challenges girls to reach their full potential and empowers them to give leadership and services as responsible citizens of the world.” Registration is usually held in September at the College of the North Atlantic. All groups of children take part in fundraising in the form of selling cookies.

For more information, visit: [www.girlguides.ca](http://www.girlguides.ca) or call: 1-800-565-8111.

Local Contact for all branches (Sparks, Brownies, Guides, Pathfinders and Rangers):

Heather Mesher (Deputy Provincial Commissioner)

Tel: 899-5111

Email: [nl-dpc2@girlguides.ca](mailto:nl-dpc2@girlguides.ca)

## Scouts of Canada

Beavers/Cubs/Scouts

Ages: Beavers 5-7, Cubs 8-10, Scouts 11-14

Contacts: Mike Mealy- 896-0365 or Bill Smith - 896-7504

Scouts is a national organization for boys and girls. Registration is accepted all year long. The season begins in September and end in early May. In all levels, children will learn cooperative skills, go camping work on projects, and sell popcorn and apples. In Cubs, children will be involved in a badge reward program. Adults and parents are always encouraged to be volunteers by becoming leaders.

## Music For Young Children

Contact: Robyn (Quigley) Rumbolt

Phone Number: 709-897-5028

Email: [keyedin.myc@gmail.com](mailto:keyedin.myc@gmail.com)

Website: <https://www.myc.com/members/rquigley/>

## Music Pups Program

A fun filled class of singing, dancing, movement and instrumental play, all designed to stimulate musical learning..

Mixed age classes let siblings attend together; ages for the classes are from babies until school entry!

Contact: Allison Brennan

Email: [allison416@yahoo.com](mailto:allison416@yahoo.com)

Website: <https://themusicclass.com/music-pups-0>

## Valley Dance Works!

Ages: All ages

Contact: Roxanne O'Quinn

Email: [dancehvgb@hotmail.com](mailto:dancehvgb@hotmail.com)

Facebook: [Valley Dance Works Inc.](#)

Tel: 896-0555

This program offers various styles of dance to various ages .

## Let's Dance

Ages: 3+

Facebook Page: Let's Dance HV-GB

Email: [letsdancehvgb@gmail.com](mailto:letsdancehvgb@gmail.com)

## Labrador Lites Gymnastics

Location: YMCA

Ages: Toddler- school aged

Facebook: Labrador Lites Gymnastics Club

Email: [labradorlites@gmail.com](mailto:labradorlites@gmail.com)



### **Labrador Cup (Soccer)**

Ages: Must be 16 years or older (35 years and older for Masters) maximum 12 players/team including the goalie

Contacts:

Janine Battcock - [janinebattcock@hotmail.com](mailto:janinebattcock@hotmail.com)

Carlos Spearing - [carlos\\_spearing@hotmail.com](mailto:carlos_spearing@hotmail.com)

Facebook Page: [Lab Cup - Annual Soccer Tournament: Happy Valley Goose Bay](#)

Website: [www.hvgbminorsoccer.ca](http://www.hvgbminorsoccer.ca)

A competitive indoor soccer tournament at the town Arena. Date: Wednesday- Sunday for the first weekend of June.

3 Divisions: Men's 16+, Women's 16+, Master's Men 35+

### **Women's Soccer League**

Ages: Adult

Cost: \$100

Location: Peacock Primary School

Contact Info: Heather Callahan

Email: [h\\_nolan@hotmail.com](mailto:h_nolan@hotmail.com)

Facebook Page: [Goose Bay Ladies Indoor Soccer](#)

An indoor soccer league with 8 teams, 12 players/team. Registration is usually end of September.

Season: October to late April finishing with playoffs. Everyone is welcomed to join this league whether you're a beginner or a competitive soccer player. Time: Thursday evenings between 6 and 9 (Games at 6, 6:45, 7:30 and 8:15)

### **Men's Soccer League**

Age: Adult

Cost: \$400 per team

Contact Info: Glenn Pittman 899-3818

A competitive indoor soccer league. Season: Mid-late October until mid-April on Sunday evenings. Games are anywhere from 4:30-7:30pm depending on the schedule.

### **Minor Soccer Association**

Ages: 3-18

Contact: Ronnie Elson

Email: [ronnie.elson@nlsa.ca](mailto:ronnie.elson@nlsa.ca)

Website: [www.hvgvminorsoccer.ca](http://www.hvgvminorsoccer.ca)

Facebook: [Lake Melville Soccer Club](#)

Recreation league and All-Star League. The recreational league is a once a week league played at the E.J.Broomfield Arena. Registration for the recreational league is in the March at the Labrador Training Center, and the league runs from April to June, with a big soccer festival at the end of the year. The year-end celebration is day of soccer, food, and fun held outdoors. The All-Star league is divided into groups - under 10 for boys and girls, and under 15 for boys and girls, and under 18 for boys and girls. The All Star teams compete in a Junior Lab cup with teams from other parts of Labrador.

### **Competitive Badminton Club**

Times: Monday-Friday 12-1pm

Location - YMCA

Contact: Perry Trimper - [perry.trimper@gmail.com](mailto:perry.trimper@gmail.com)

### **Goose Bay Judo Club**

Contact Info: Mike Montague - 899-4951 or [mike\\_nwr@yahoo.ca](mailto:mike_nwr@yahoo.ca)

Season: September - May

Cost: \$220 plus the cost of your Judo Gi

Facebook Page: [Goose Bay Judo Club](#)

### **Co-ed Volleyball**

Time: Days and Times Vary depending on interested

Cost: \$2 per game.

Facebook Page: [Volleyball Happy Valley-Goose Bay](#)

Contact Person: Erwin Ponce [erwinponce00@yahoo.com](mailto:erwinponce00@yahoo.com)

Non-competitive games. Basic volleyball skills required.

### **Goose Bay Curling Club**

Ages: All

Facebook: [Goose Bay Curling Club](#)

Email: [goosebaycurlingrentals@gmail.com](mailto:goosebaycurlingrentals@gmail.com)

126 Edmonton Street (across from the Labrador Training Centre) Rentals, scheduled leagues and drop-in Fun spiels!

### **Fierce for Fitness - for people who identify as she/her.**

Location: Virtual & In-person

Time: All year round

Cost: TBD

Instructors: Jeannine Chaulk

Facebook Page: [Fierce for Fitness](#)

### **SEED Yoga & Flora**

Cost: \$10.00 per class

Contact: Ondreya Beals - [seedyogaflora@gmail.com](mailto:seedyogaflora@gmail.com)

Facebook/Instagram: [SEED Yoga & Flora](#)

Ondreya is a certified yoga instructor. She currently offers Hatha, Yin, prenatal and Resorative yoga classes as well as mediation and breath work. Classes are held online and in person during the summer. Classes are for all levels of experience.

### **E. J. Broomfield Memorial Arena**

**Operated by the town of Happy Valley-Goose Bay - full sized hockey surface also used for ice skating, hockey, soccer, floor hockey, broomball, and other sporting and community events. Located at 3 Broomfield Street.**

### **Lake Melville Minor Hockey Association (LMMXH)**

Ages: 17 and under

Contact: Craig Penney

Email: [aylward\\_penney@hotmail.com](mailto:aylward_penney@hotmail.com)

Facebook Page: [Lake Melville Xtreme Minor Hockey](#)

The Lake Melville Minor Hockey Association is a recreational and competitive hockey league for children of all ages. There are six different divisions depending on the ages of the children, which include Novice A/B - ages 6 and under, Novice C/D - ages 7-8, Atom - ages 9-10, Pee-wee - ages 11-12, Bantam - 13-14, and Midget - ages 15-17. The hockey season begins in October with the home base at the E.J. Broomfield Arena. Registration for the hockey season is tentatively set in September. Registration fees vary, as there are ways to fundraise to help reduce the cost of registration.

### **Men's Hockey Rec League**

Season: Late September - Mid April

Cost: \$250 for entire season

Contact: Perry Eddy [perryjeddy@gmail.com](mailto:perryjeddy@gmail.com)

Location: E J Broomfield Arena (2 Churchill Street)

To Register: You must be picked up by a team in the league. Space is very limited!

Sunday evenings at 8pm, 9pm and 10pm

Mondays, Tuesdays and Wednesdays at 10:30pm

Saturdays at 8:30am and 9:30am

### **Recreational Skating**

Location: E J Broomfield Arena

Contact: 896-2269

Cost: \$3.00

Time: Monday-Friday 12-1pm, Fridays 8-9pm, Sundays 2-3pm

Please contact the Arena for more information.

### **Women's, Men's, Junior & Kids Broomball League**

Cost: \$100 (Plus you must sell a book of tickets to go towards the league)

Contacts:

Katrina Anderson [Katrina\\_Anderson19@msn.com](mailto:Katrina_Anderson19@msn.com)

Kelly Way [kellyway\\_5@hotmail.com](mailto:kellyway_5@hotmail.com)

Season: October-April with a tournament the first weekend of March. Time: Sunday evenings 6-7pm.

Location: E J Broomfield Arena (2 Churchill Street)

### **Snowflake Figure Skating Club**

Location: E.J. Broomfield Arena

Facebook: Snowflake Figure Skating Club

A skating club starting at age 3 - grade 12 graduates.

## **Softball Fields**

**Maintained by the town of Happy Valley-Goose Bay**

**Located at Husky Park and Ikey Street RecPlex**

**Phone: 896-2269/2871**

## **Men's Slo Pitch Softball**

Cost: \$40

Contact Info: Mark Urquhart 899-1988/ George Russell 899-4827

A fun 7 team league with 120 players that finishes with playoffs.

Season: Usually 2nd week of June until middle of September Mealy Mountain Collegiate Softball Field.

Facebook Page: Men's Softball League: Happy Valley-Goose Bay

## **Molson Ladies Slo Pitch Softball League**

Location: Husky Park (By the E J Broomfield Arena)

Cost: \$80

Contact:

Jackie Compton [comptonjackie@hotmail.com](mailto:comptonjackie@hotmail.com)

Katrina Anderson [Katrina\\_Anderson19@msn.com](mailto:Katrina_Anderson19@msn.com)

A fun league that anyone can join regardless of skill level. Finishes with playoffs.

Season: Usually 2nd week of June until middle of September.

Time: Monday and Wednesday evenings (usually either at 6:15pm or 8pm)

## **Lake Melville Minor Ball League**

Facebook Group: [Lake Melville Minor Ball League](#)

A little league ball program for children aged 4-15 during the summer months.

## **Men's Basketball League**

Contact Info: Travis Ford [tford@mun.ca](mailto:tford@mun.ca)

Facebook Page: [Labrador Basketball League](#)

Location: Mealy Mountain Collegiate

Season: Year Round

## **Youth Basketball League - HVGB Junior NBA**

Facebook group: [HVGB JR NBA](#)

Email: [hvgbjrnba@gmail.com](mailto:hvgbjrnba@gmail.com)

### **Amaruk Golf Club**

Ages: All

Contact: 896-2112

Facebook Page: [Amaruk Golf Club](#)

A 6300 yard, 9 hole, 18 tee, par 71 public golf course.

Location: 327 Hamilton River Road. Seasonal.

### **Trappers' Running Club**

Age: All Ages

Contact: [president@traplinemarathon.ca](mailto:president@traplinemarathon.ca)

Facebook: [Trappers Running Club](#)

The Trappers' Running Club (TRC) is a member of the Newfoundland and Labrador Athletic Association (NLAA).

The TRC's primary objectives are to promote running and healthy living, to promote Labrador as a unique running location, and to encourage and invest in the development of all aspects of the sport of running.

The TRC encourages runners of all endurance levels, paces, distances and running experience to run together in an encouraging and supportive environment through a variety of running/social activities.

### **Birch Brook Nordic Ski Club**

Facebook : [Birch Brook Nordic Ski club](#)

Chalet Office: 896-0696

Email: [info@birchbrook.ca](mailto:info@birchbrook.ca)

Enjoy snow shoeing or cross country skiing on groomed trails! Located on North West River Road

### **Labrador Canoe Regatta**

Ages: Adult

Email: [labradorcanoeregatta@yahoo.ca](mailto:labradorcanoeregatta@yahoo.ca)

Tel: 899-0628

Teams of six paddlers race traditional voyageur canoes around a course marked with three buoys at Gosling Lake, the first weekend of August.

### **Great Labrador Canoe Race**

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

Ages: Adult

Tel: 896-1076

Email: [info@labradorcanoerace.com](mailto:info@labradorcanoerace.com)

Facebook Page: Labrador Canoe Race



### **Bike Labrador**

Facebook Page - [Bike Labrador](#)

A local biking group that organizes group rides around the Goose Bay area.

### **Adult Dart League**

Royal Canadian Legion at 896-3447

### **Parks and Recreation Summer Program**

Ages: 5-11, 12-15

Contact: Recreation Director

Tel: 896-8524

The Parks and Recreation offers a summer program from July to August. The average cost varies depending on how many special events your child signs up for. They offer events such as going to the beach, and tours of the fire hall and police station.

### **Central Labrador YMCA**

2 Corporal O'Quinn Blvd

Tel: 896-9622

website: [www.ymcanl.com/labrador/central-labrador-ymca/](http://www.ymcanl.com/labrador/central-labrador-ymca/)

The Central Labrador YMCA offers a variety of services for all ages. The YMCA also holds the only swimming pool in Goose Bay.

### **Skateboard and BMX Bike Park**

Ikey Street Rec Plex

Maintained by the town of Happy Valley-Goose Bay

Tel: 896-2269/2871

### **Soccer Field**

Maintained by the town of Happy Valley-Goose Bay

Ikey Street RecPlex

Tel: 896-2269/2871

**Kinsmen Park, Steve's Playground and other local playgrounds** are maintained by the town of Happy Valley-Goose Bay.

Tel: 896-2269/2871

**5 Wing Fitness Centre** has fitness classes, weight room, cardio room, squash room, Gymnasium, lunch time sports, full locker rooms with saunas.

Tel: 896-6900 ext.7708