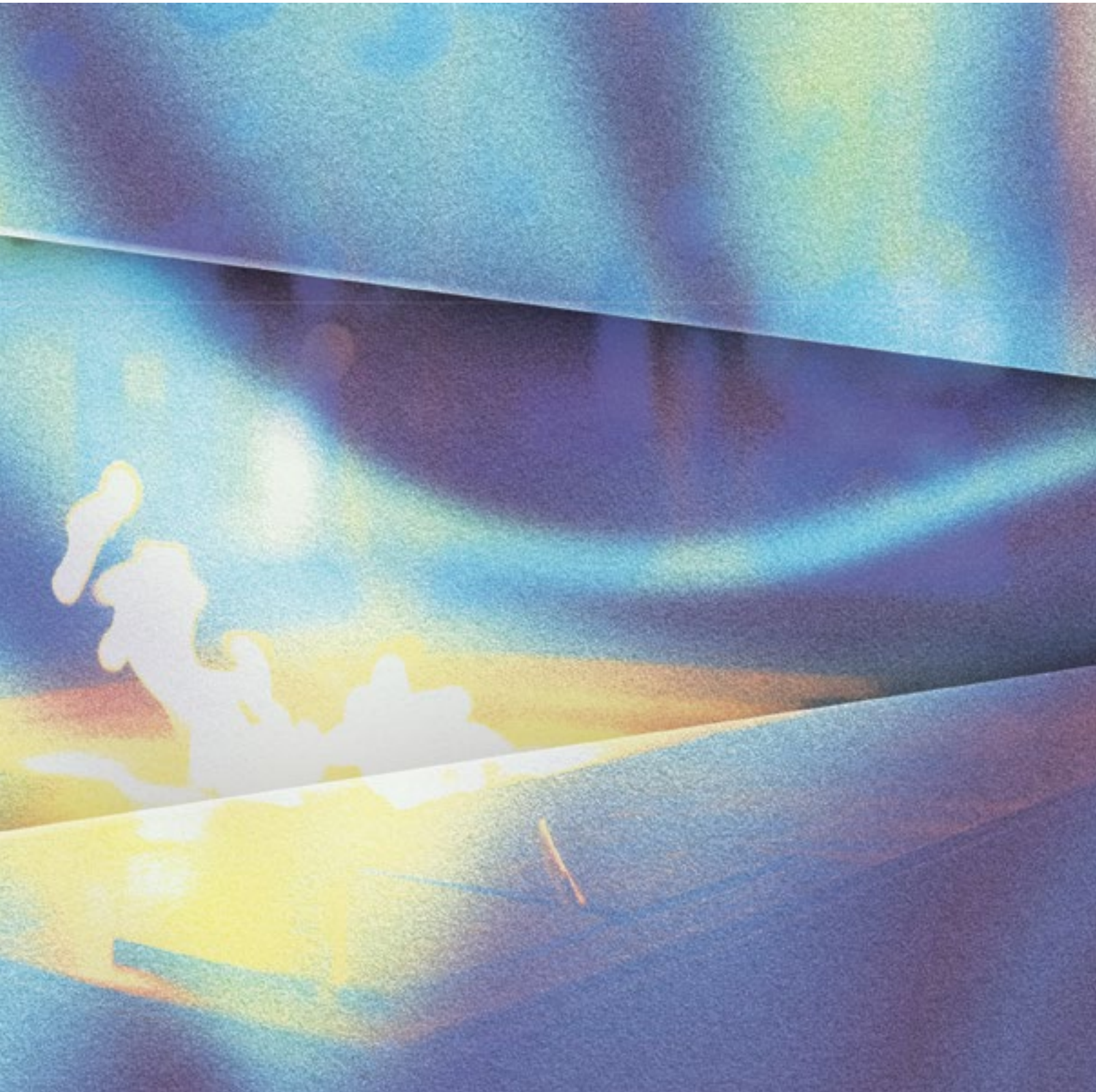


# NORTH 1941

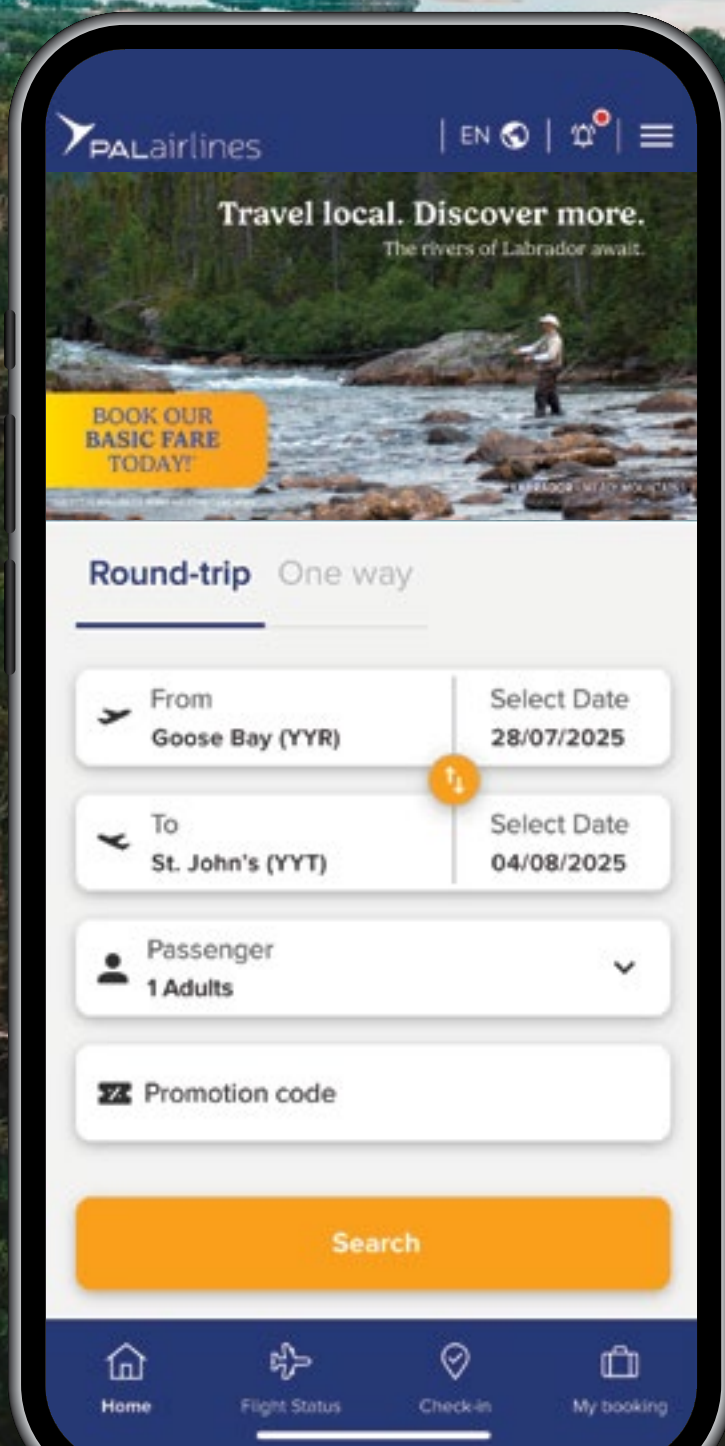
HOME IS WHERE YOU MAKE IT

CENTRAL LABRADOR'S MAGAZINE FOR NEWCOMERS



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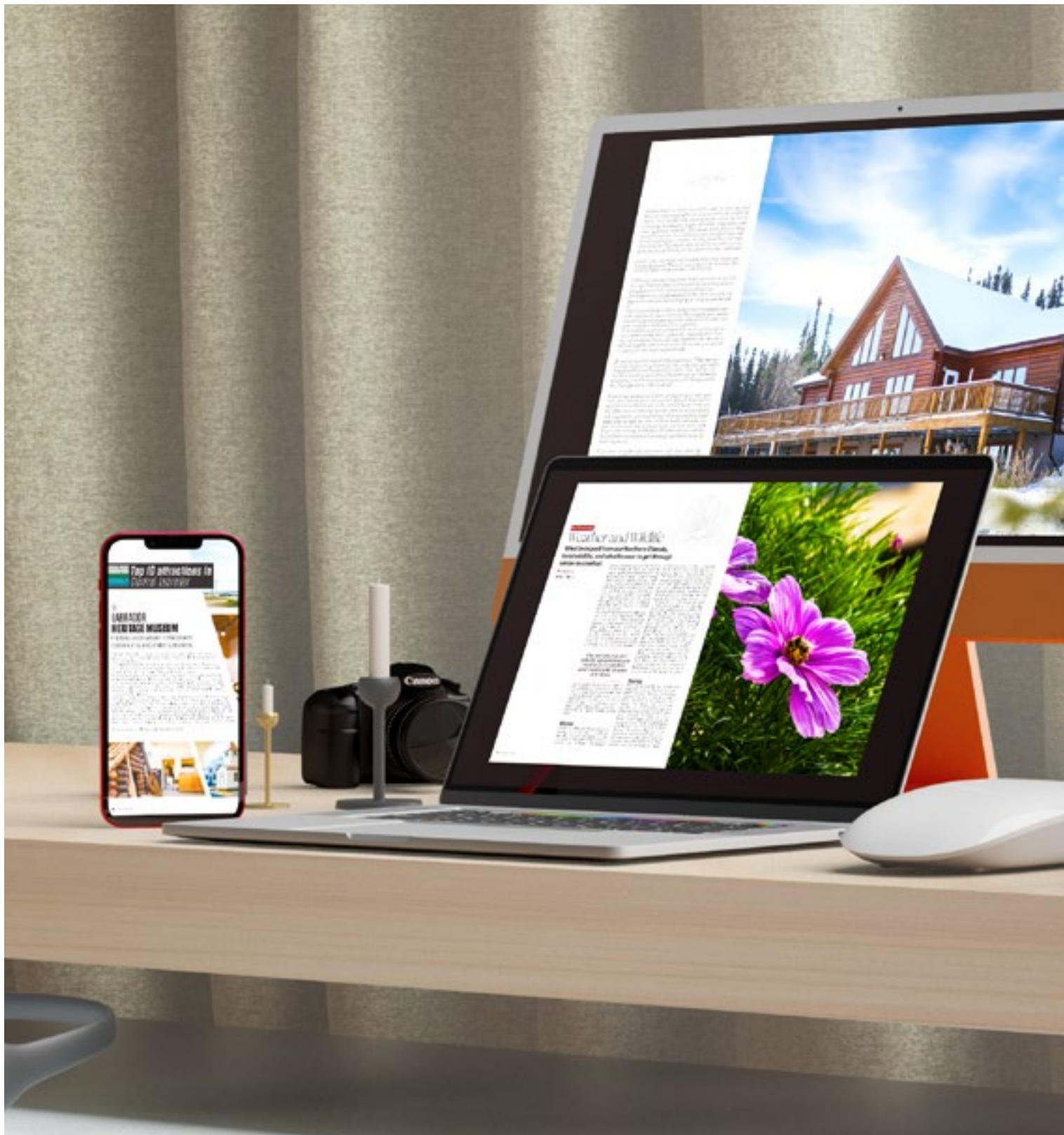
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# NORTH 1941

HOME IS WHERE YOU MAKE IT



# NORTH 1941

HOME IS WHERE YOU MAKE IT

CENTRAL LABRADOR'S MAGAZINE FOR NEWCOMERS

PRODUCED BY

The Labrador North Chamber of Commerce

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CHIEF EXECUTIVE OFFICER

Julianne Griffin

ceo@chamberlabrador.com

EVENTS & BUSINESS ENGAGEMENT

Emoinu Tobin

business@chamberlabrador.com

COMMUNITY NAVIGATOR

Michael Chubbs

welcome@chamberlabrador.com

FINANCE & ADMINISTRATION

Michelle Mullins

officemgr@chamberlabrador.com

---

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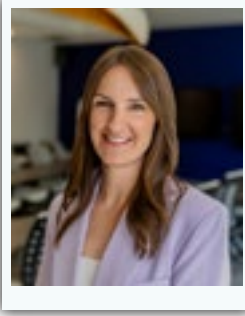
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»»»  
YOUR  
GUIDE



«««  
TO CENTRAL  
LABRADOR



### Arrive As Guests, Stay As Friends

Welcome to the highly anticipated Central Labrador Newcomer Guide – a beautiful handbook celebrating the many special places and spaces of the region, as well as helpful and practical information to set you up for success! While you may have arrived as a guest, you will soon become a friend to many and an integral part of a special community. As you meet new people, this story will ring true: those who planned to stay for only a few months have stayed for decades – a testament to the Labrador hospitality we have come to love and expect.

By its very nature and history, Central Labrador is rooted in multiculturalism. We've been hosting newcomers and international guests for more than 80 years! Since 1941, when Canada and the United States built an airfield — a Canadian Forces Base which still exists today — our region has welcomed residents from all corners of the world. Learn more about our early beginnings within the pages of this guide.

You may be asking yourself: *What else can I expect in this guide?*

From unique and delicious food establishments with international flare, to local weather, sports, and employment support, this guide has you covered. And if you can't find what you're looking for, simply let us know. This guide will be frequently updated as new services and information arises.

One aspect of the guide we do love is the celebration of our outdoor spaces and local offerings. As a Chamber of Commerce, we celebrate local businesses at every opportunity and hope you will take the time to explore our region. For a small town, we have a big offering – but we'll let you learn that on your own!

With the help of our partners outlined in this guide, our collective aim is to help you settle into your new home in Central Labrador. We know moving to an unfamiliar place can sometimes be overwhelming, but we hope this guide has made things a little smoother. Whether you're visiting the local Community Outdoor Market in the summer or checking out a local event, we know you will make this place your own.

Welcome to Central Labrador, and welcome to your exciting new chapter!

*Julianne Griffin*

JULIANNE GRIFFIN  
CEO, LABRADOR NORTH CHAMBER OF COMMERCE  
HAPPY VALLEY-GOOSE BAY, NL



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**Heart of Labrador**  
Happy Valley - Goose Bay

Learn more about us at [townhvgb.com](http://townhvgb.com)



Welcome to



Happy Valley  
Goose Bay

THE HEART OF LABRADOR

# Welcome to Central Labrador

North 1941 is our region's premier welcome guide, and your first glimpse into life in "The Big Land"

a project of the

Labrador North Chamber Of Commerce

Hello, and welcome to Happy Valley-Goose Bay, or HV-GB for short! We're incredibly happy that you've decided to make HVGB your home and we're excited to share what makes our little town a can't-miss destination.

HV-GB — commonly shortened to Goose Bay — has everything you need to stay busy, including community events, festivals, sports, and more! Your friends at the Labrador North Chamber of Commerce (LNCC) want to make sure you have everything you need to navigate your new home. Enter North 1941: your new resource guide to Central Labrador. Happy Valley-Goose Bay is the only location in Labrador where road, sea and air services come together with quality infrastructure.

Happy Valley-Goose Bay in Central Labrador thrives with the region's largest Indigenous community, celebrating a diverse heritage rooted in hunting, fishing, and trapping. Surrounded by the Mealy Mountains National Park Reserve, the Churchill River, and Lake Melville, our town embraces nature's beauty. Labrador's vast wilderness spans 294,300 km<sup>2</sup>, with 1,100 km of highway and 6,000 km of coastline. Routes 500 and 510 link us to mainland Canada and Newfoundland's island, while Route 520 connects neighboring communities like North West River and Sheshatshiu Innu First Nation, offering an adventurous journey for travelers.

## The Land

The LNCC respectfully acknowledges that the lands and waters on which we gather and operate are the homelands of the Innu and Inuit of Labrador and recognize their ancestral and continued ties to the region.

As a community-based organization operating in Central Labrador, the LNCC continues to strive for inclusive and respectful consultation and partnerships with all peoples of the region.

## Accuracy

The LNCC has made every effort to ensure the accuracy of the content inside North 1941. If you have any questions about accuracy or corrections, reach out to us at : [Welcome@chamberlabrador.com](mailto:Welcome@chamberlabrador.com).

## Our sponsors

The LNCC would like to thank the Government of Newfoundland & Labrador, the International Grenfell Association, the Goose Bay AirPort Corporation and the Town of Happy Valley - Goose Bay.





# AT HOME IN CENTRAL LABRADOR

A brief history of happy valley-goose bay and our air force origins dating back to World War 2

feature photo

JAC Design & Technology

Goose Bay is a vibrant and multicultural community, nestled in the heart of Labrador on Canada's East Coast. Rich in history and culture, Happy Valley - Goose Bay, usually shortened to Goose Bay, is surrounded by the great Canadian wilderness, making it an ideal destination for outdoor enthusiasts looking for home in our outdoor playground. The largest population center in Labrador, Goose Bay is the small but vibrant hub of culture and activity in our expansive region, and is filled to the brim with community spirit. Goose Bay residents have a strong sense of community, amplified by our many local events that aim to foster inclusivity, commerce and sense of place.

We know that moving to a new place can be intimidating, especially if you don't know much about it. That's why we created NORTH 1941. In 'Our Community', we'll give you a solid background on the history, culture and peoples of Labrador to shine some light on the region, and equip you with the knowledge you need to feel welcome in a familiar place. 'How We Got Here' offers you a brief history of Goose Bay, our air base 5-Wing, and how Happy Valley and Goose Bay became HV-GB. We hope that knowing our backstory will shine some light on our region's hub, and shine some light on the history of your new home.

After that we'll take a walk through our region's Attractions. Our Top 10 list of Central Labrador's must see attractions and must do activities aims to answer all of your questions about what there is to do here. Additionally, our region's bustling food scene is on fire. Enabled by a mix of local investment and international talent, Central Labrador's dining options are outstanding for such a remote Canadian region. Highlighted by a number of outstanding newcomer owned operations slinging fare from the Philippines, India, Nepal, and France, as well as a variety of local enterprises offering wholesome home cooking, or buttoned-up haute cuisine. Check out Food Therapy for all the deets about all our best eats. Despite our small town population, Central Labrador has an oversized appetite for festivals and events.

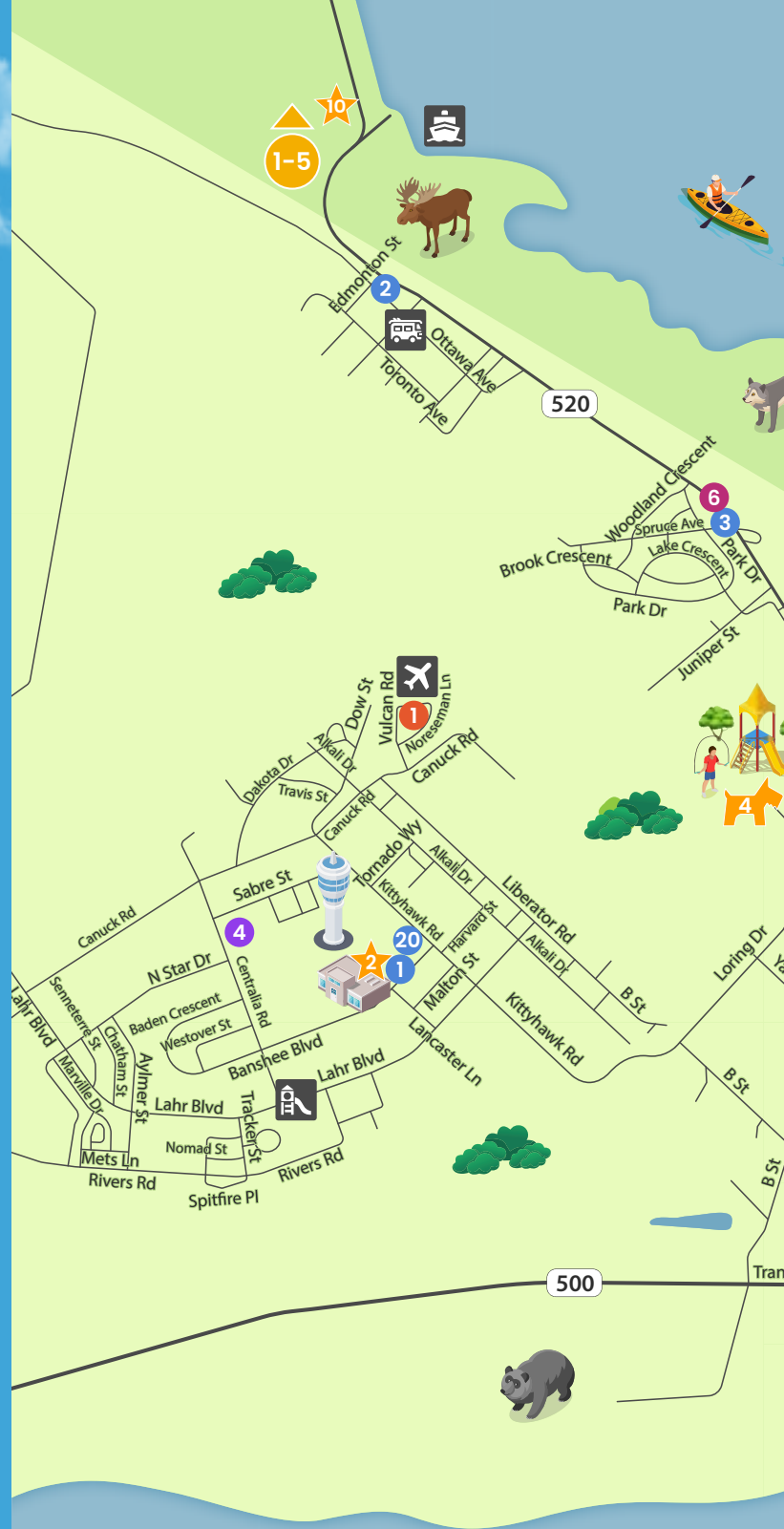
Throughout the year there are a wide variety of local events. From capstone annual events like the North West River beach festival and Expo Labrador, to frequent local craft and food markets, to community building events like our Community Potluck at the Legion — hosted by the Labrador North Chamber of Commerce and the Association for New Canadians. So be sure to keep an eye out for these wonderful opportunities to make your new home home. Last, but certainly not least, is our 'Community Resources' section and 'The Directory'. North 1941 is here to help you learn about, and settle into your new home. Our region is home to a variety of service providers that are here to help you after you land, particularly the Association for New Canadians. At the end of this magazine you'll find The Directory: our categorized list of nearly everything our region has to offer, from schools to restaurants, all in one place. ▶

Our community's roots date as far back to 1941. While the towns of Goose Bay and Happy Valley hadn't amalgamated until 1973, its conceptualization began during the second world war, when Canada and the United States chose Goose Bay as a geographically significant location for a military air base. Labrador represented an important strategic location for the allies during World War II. Because of our location on the Northeast end of The Americas, Goose Bay made for an ideal stopover point for Europe-bound aircrafts and anti-submarine patrols, while also helping to bolster our defenses along the North Atlantic. That base would come to be known as Canadian Forces Base (CFB) Goose Bay, or more commonly, 5-Wing Goose Bay.

During its development, the need for workers drew in civilians from across Labrador, who first set up camp at a nearby site called Otter Creek. However, because of the site's proximity to 5-Wing's fuel storage, workers migrated further out, to a location that would become the town of Happy Valley. As the pace of 5-Wing's construction climbed, so did our population. At its peak, the number of workers jumped to 3,000. By 1943, Goose Bay's airport was the largest in the Western Hemisphere, and was used by the Royal Canadian Air Force (RCAF), the United States Air Force (USAF) and the Canadian Army. Once completed, the base was large enough to house 5,000 personnel. Nearby, Happy Valley continued as a small civilian community that persisted primarily in service of the base. Meanwhile, 5-Wing's airport remained a permanent facility after the war, playing a defensive role for North America during the Cold War years. From 1957 until the early '70's, the USAF operated the base under a lease from the Canadian government.

By 1973, Happy Valley and Goose Bay had amalgamated, and today, 5-Wing is used by the Canadian Armed Forces (CAF) and the North American Defense Command (NORAD) for a variety of operations and training exercises. 5-Wing's primary mission is to support NORAD operations for the projection of air power on the north and northeast coasts of Canada — an increasingly important task given the growing interest in the Arctic's improving accessibility, abundant resources and geopolitical significance.

The base also supports military training for the CAF, Canadian allies, and NORAD, providing effective training facilities, adaptable infrastructure and a unique, austere and challenging training environment. The role of the base has changed dramatically in the past few years, moving from a small station supporting a long range radar site, to a moderate sized base that sustains multinational flying operations and hosts a wide array of international guests. ■



Distance from Happy Valley - Goose Bay	Kms	Time (Hrs Approx)	Highway
Sheshatshiu	34	0.28	520
North West River	35	0.29	520
Cartwright	395	5.4	500, 510, 516
Port Hope Simpson	408	5.4	500, 510
Mary's Harbour	459	6.13	500, 510
Red Bay	544	7.13	500, 510
West Saint Modeste	578	7.38	500, 510
L'Anse Au Clair	616	8.7	500, 510
Blanc Sablanc	631	8.13	500, 510
Churchill Falls	287	3.31	500
Labrador City	529	6.53	500

# HAPPY VALLEY GOOSE BAY NL, Canada



### ACCOMMODATIONS

- 1. Royal Inn & Suites
- 2. Hotel North One
- 3. Hotel North Two
- 4. Labrador Inn
- 5. Emma's Suites
- 6. Kerry's Place

### Shopping & Convenience

- 7. Hamilton River Convenience & Creamery
- 8. Bennett's Convenience Store (2 Loc.)
- 9. Woodward's C-Store (2 Locations)
- 10. Hamilton Drugs PharmaChoice
- 11. Terrington Co-op
- 12. Hometown Sports Excellence
- 13. Arctic Spas Happy Valley - Goose Bay
- 14. Great Canadian Dollar Store
- 15. Uncle Ernie
- 16. Riff's Department Store
- 17. Northern Lights Ltd
- 18. LU Designs
- 19. Birch Island Spa & Skin Care Centre
- 20. Arcturus Movie Theatre
- 21. Inuky Glass & Engraving
- 22. NL Liquor Store

### Restaurants

- 1. Le Airport Cafe
- 2. Trapper's Cabin Bar & Grill
- 3. A&W Canada
- 4. Mariner's Galley
- 5. Pizza Delight
- 6. Jungle Jim's Eatery
- 7. Tim Hortons
- 8. Mary Brown's Chicken & Taters
- 9. Dairy Queen Grill & Chill
- 10. Pep's Diner and Takeout
- 11. El Greco
- 12. Maxwell's and Bentley's Sports Bar & Grill
- 13. Athmandu Restaurant

### FOOD TRUCKS & OTHER OPTIONS

- 14. Mamattuk Restaurant
  - 15. Friendship Diner
  - 16. Da Shed Pub
  - 17. MOR Meats
- Valentino's (709) 897-5301  
 Erwin's Asian Kitchen (709) 899-5499  
 The Blazing Igloo (709) 897-7698  
 D4ace Farm (709) 897-4753  
 D'Cravings (709) 987-6069

### Fitness sports & Recreation

- 1. Gear's Gains Fitness Centre
- 2. Central Labrador YMCA
- 3. Amarak Golf And Sports Club

### Attractions & Tours

- 4. 5 Wing Fitness Centre
  - 5. Community Walk/Bike Trail
  - 6. EJ Broomfield Arena
- 1. Visitor Information Centre
  - 2. Labrador Military Museum
  - 3. Kinsmen Park & Splash Pad
  - 4. Lake Melville Dog Park
  - 5. Lawrence O'Brien Arts Centre
  - 6. Birch Island Boardwalk
  - 7. Northern Lights Dog Sledding
  - 8. Them Days
  - 9. Community Outdoor Market (June-October)
  - 10. Spruce Meadow Farms

### Outskirts of Goose bay

- 1. Gosling Lake
- 2. Gosling Lake Campground
- 3. Labrador Heritage Museum
- 4. Labrador Interpretation Centre
- 5. Scenic Waterfall

### services

- Ferry Services
- Town Hall
- Airport
- RV Dumping Station
- Banks
- Fuel
- Laundromat
- Carwash
- Hospital
- Playground

# Weather + Wildlife

What to expect from our Northern Climate, local wildlife, and what to wear to get through winter in comfort.

## Photography

Michael Chubbs  
Becken Photography

So you're considering a move to the Great White North, eh? Well, you might be wondering what kind of weather you'll be in for once you arrive. If you're coming from a warmer, sunshine all-year-round region, maybe you're curious about the snow. How much snow do we get? What kind of clothes do I need? How big do your spiders get? Are there really polar bears? The short answer is: a lot, warm ones, pretty teeny, and yes, but way up north. But that's boring, so read ahead for the long answer!

Knowing as much as you can about your new home is very important, whether you're moving here from elsewhere in Canada, or from somewhere across the globe. Our mission isn't to sell you on Central Labrador. Our mission is to give you the information you need to feel confident and comfortable in your new home. Part of that means highlighting the good stuff, part of that means emphasizing the hard stuff, and when it comes to Central Labrador's weather and climate, there's plenty of both to go around. From a born-and-bread Labradorian, to a potential adoptee: don't let the North intimidate you — let it welcome you with open — albeit, often chilly — arms. Let's skip to the part you're already thinking about:

## Winter

Winter is Labrador's longest and most arduous season, and tends to blend right into the first part of Spring and the later half of Fall, and can last up to six months, start to finish. Temperatures in Central Labrador

hover somewhere below  $-20^{\circ}$  for most of the season, but particularly cold days can dip below  $-30^{\circ}$ .

If you're not coming from a snowy climate you might not be familiar with wind chill. Wind chill is the increase of perceived coldness on the skin resulting from the wind's ability to pull heat away from your body. So, when you check the weather here in the winter, it might say  $-25^{\circ}$ , feels like  $-32^{\circ}$ . This means that while a thermometer might say  $-25^{\circ}$ , the effect of the wind makes it seem more like  $-32^{\circ}$ . But what does that mean practically? If the temperature is  $-20^{\circ}$ , feels like  $-20$ , there's no wind chill. In this situation, I might

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Our mission is to give you the information you need to feel confident and comfortable in your new home.

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forgo a scarf, hat and/or gloves. If the temperature says  $-20^{\circ}$ , feels like  $-34^{\circ}$ , that's your sign to dress extra warm. Winter comes with heavy snowfalls, and there are usually a few snowstorms that mostly shut down the town each year. This snow, however, provides excellent opportunities for outdoor activities like skiing or snowshoeing, and children particularly love sledding. While it might be hard if you're not accustomed to colder climates, making the effort to get out and find ways to enjoy the snow is a surefire way to better acclimating to the region.

## Spring

Once the snow really starts to melt and Spring has started, the need for waterproof footwear becomes increasingly apparent. One major result of Labrador's heavy snowfalls is an extremely wet Spring. But despite the street-long puddles, and occasional freezing rain, Labrador's Spring comes hand in hand with gloriously refreshing air that's bound to get anyone excited about the changing seasons. The later half of Spring in Labrador is one of my favorite times of year. The warmer days and cooler nights mean that for a short time, there's still some snow on the ground while the warm sun beams down from above.

This, combined with the refreshing air, makes late spring one of our most pleasant seasons — even if the streets are filled with puddles. As a quick word of caution, please resist the urge to speed through springtime puddles. Doing so, you risk losing traction, and if water coats the bottom of your vehicle and freezes at night, you may freeze your gear shift in place.

## Summer

Something that surprises a lot of people is that Central Labrador is known for more than just our cold winter. We have an absolutely gorgeous Summer season that brings average temperatures of  $20^{\circ}+$  degrees. Our clear big blue sky is rarely overcast, and the sun is almost always beaming through a few big fluffy clouds. Summers here are perfect for all sorts of warm season activities — outdoor activities especially. ►





Our access to the great Canadian wilderness is exceptional, and there are plenty of great spots for hiking, camping, fishing or biking, and we have fairly easy access to a handful of sandy beaches. The season might not be a particularly long one, but it is absolutely stunning.

## Dress For Winter

The cold winter temperatures and heavy snowfalls may sound intimidating, but they don't have to be. Knowing how to dress in the winter is key to keeping comfortable throughout the longest season of the year. The three keys to winter readiness are keeping warm, keeping dry, and staying upright. Keeping warm requires insulation. This could be the fill inside your jacket, the hefty warm material of a thick sweater, as well as all the air caught in between your layers. Being sure you have enough insulation is the most important part of staying warm in Labrador.

In the coldest months, you'll want to have a large insulated jacket, ideally with a hood. When shopping, be sure your jacket is loose enough to fit a thick sweater underneath. Keeping dry is crucial to keeping warm and comfortable, and you should keep in mind that moisture comes from both the outside of your clothing as well as inside. When choosing a coat and boots, it's important to consider waterproof — or water resistant — options. Any moisture that gets inside your clothing will quickly draw heat from your body, while making you quite uncomfortable. For the best results, make sure that both your coat and boots are waterproof. If you'll be spending time outdoors, be sure to invest in base layers — also known as long johns, or thermal underwear. Not only will these provide another layer of warmth, they also work to wick moisture (i.e: sweat) away from your skin. Left to its own devices, this moisture will work against you by pulling heat away from your body. By absorbing this moisture, base layers speed up its evaporation, helping you stay dry, and keep warm. Staying upright is probably top of mind for everyone, all year around, but it's especially important in the winter, when snow, ice and water conspire to knock you down. Aside from a warm coat, good boots are the most important aspect of winter wear. When choosing your winter boots, be sure to look for slip-resistant out-soles, with deep, wide grooves in the treads. When the snow is wet, it's especially easy for these grooves to pack with snow, hampering your boot's ability to keep you upright.

## Labrador Wildlife

The Province of Newfoundland and Labrador is home to a wealth of native and non-native wildlife species. We are fortunate to have ample opportunities to experience a diverse range of wildlife species in their natural habitat, from backyard bird feeders attracting an array of songbirds, or up-close views of big game in the woods. We live in harmony with most wildlife in Newfoundland and Labrador, often without even realizing it. Unless we intentionally seek them out, some people can go a lifetime without being aware of their presence.

A few of these “neighbors” are black bears, lynx, wolves, fox, moose, and beaver, to name a few. You can also visit the NL Government website for a full list.

While Labrador doesn't have any massive spiders, or giant wasps, we are home to a variety of particularly pesky flies. The two main varieties you should know about are mosquitoes — which are common everywhere, but can be sometimes overwhelming near wooded areas and wetlands — and ‘sand flies’. A common term for tiny, biting flies, comparable in size to fruit flies. While neither are dangerous, they can sometimes be overwhelming, especially if you're hiking, or otherwise exploring our beautiful woodsy region. So, when you're planing your summer adventures, be sure to include insect replant in your shopping list.

## Making the Adjustment

Adjusting to Labrador's climate can seem intimidating if you aren't used to frigid temperatures and the snowy outdoors. While it's certainly not for everyone, you can take a huge step in the right direction by equipping yourself with the appropriate outerwear. When done well, dressing for the cold can help you stay warm, dry and comfortable all winter long.

Inversely, giving too little thought to appropriate outerwear will all but guarantee that your winter months will be cold, uncomfortable and depressing. So remember our 3 Keys to Winter Readiness, and Keep Warm, Keep Dry and Stay Upright.

## Key Takeaways

Winter is what you make it Labrador's climate may be cold, but compared to our island neighbors in Newfoundland, our winters are dry, and humidity is comparatively low. When our dry air gets in between our layers, its ability to chill is relatively low compared to the humid air of Newfoundland. In short, our cold is easier to dress for, and there are never

“  
WINTER  
IS  
WHAT  
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IT

any puddles of water around in the middle of March. These factors make dressing for the winter far less of a challenge in Labrador, despite our colder temperatures and more significant snowfalls.

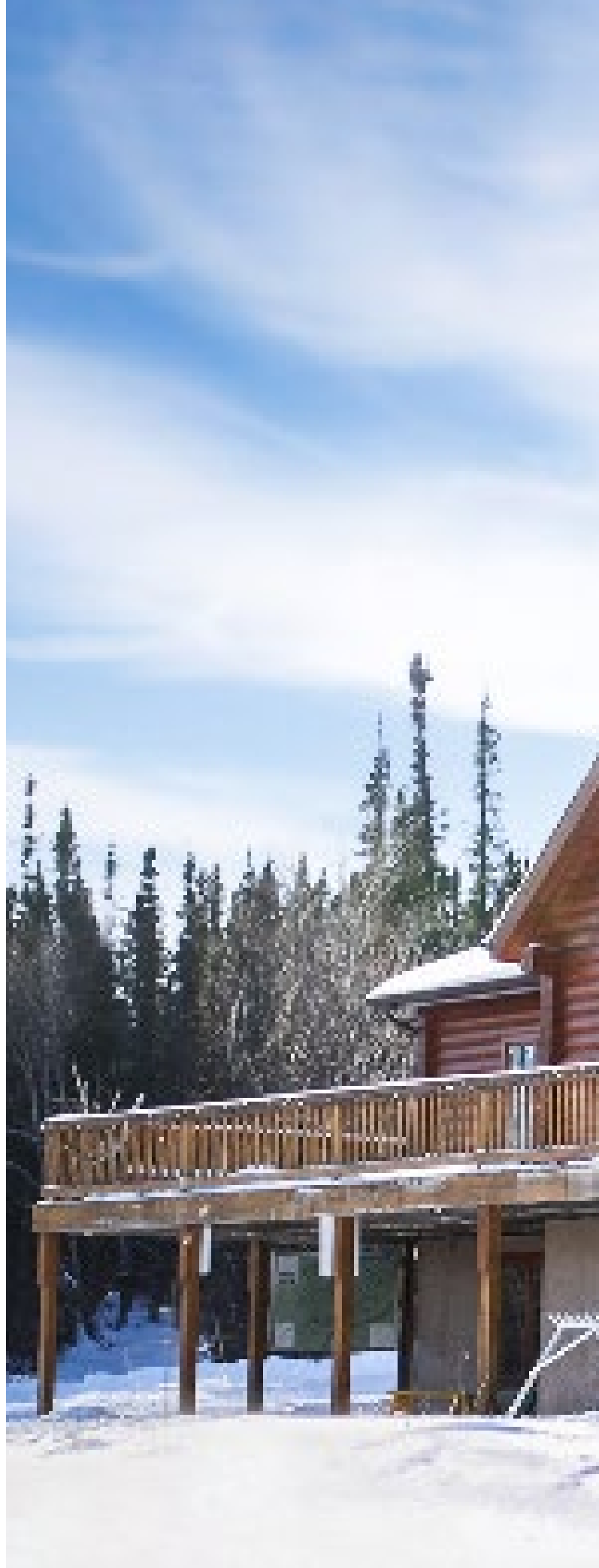
This doesn't mean you can skimp on good outerwear, but it does mean you can spend more time outside comfortably — without wet feet, damp hair and soggy everything else. To make the most out of winter, make sure you know your layers. Base layers rest against your skin, mid layers provide extra insulation and warmth, while outer layers are, well, on the outside. When it's time to shovel the driveway, but it's thirty below, this writer wears the following:

- 1) Thermal underwear/long John's: base layers come in tops and bottoms. These will keep you warm and dry by moving moisture away from your body and speeding up evaporation.
- 2) A thick sweater, or light insulated jacket: these materials will trap air between your layers, keeping the warm in, and the cold out.
- 3) A waterproof parka: a heavy insulated and waterproof jacket is the capstone of winter outerwear. Providing the most insulation, a waterproof exterior, and a fur-trimmed hood makes sure you're keeping as much warmth in as possible.
- 4) Accessories: a pair of waterproof, or water resistant gloves are a must; a winter hat is a great idea, especially if it's snowing, and waterproof boots are super important too. Be sure to tie it all together with a thick scarf. This ensures you seal off any gaps your heat might escape through.

Be sure to stay aware of your body temperature. While this outfit might be great for particularly cold, windy days, you might find yourself overheating quickly on milder days, and the exertion from shoveling snow will quickly warm you up. The beauty of layering is that it's easy to adjust your outfit throughout the day. If you get warm, take a layer off.

If you've just got here, or if you're getting ready to make your move, you probably don't have a vehicle just yet. When you do, you'll want to make sure your car has a block heater. If not, you will likely want to have one installed. Because of our region's cold temperatures, you may find that after a particularly frigid night, your car may not start. A block heater will make sure your car's internals stay warm, and make sure your car is ready to go in the morning. While this will make sure your vehicle's bits and bobs stay warm and functioning, this doesn't warm the inside of your car.

If you want to make sure you're warm and toasty from the moment you walk out of your home, to the point you walk through the doors at work, another key car consideration is a remote start. The benefits of being able to remotely start your car in the morning can not be understated. Turning on your car from the warmth and comfort of home will considerably improve your winter experience by letting you give your vehicle time to warm up before you head off to work. If you don't have remote start, you'll still want to pop out and turn your car on for a while before heading off to work on those especially frosty winter days.



## **Birch Brook Nordic Ski Club**

Birch Brook is your premiere destination for healthy living and year-round recreation and sport activities in the great outdoors in Newfoundland and Labrador.





## Our Community

# Indigenous Groups of Labrador

Labrador is rich in Indigenous history and culture, pioneered by the Innu and Inuit peoples

## Photography

JAC Design & Technology  
Michael Chubbs

Central Labrador is home to three indigenous groups: Innu Nation, Nunatsiavut Government, and NunatuKavut Community Council.

## Innu Nation

The Innu people of Labrador formally organized under the Naskapi Montagnais Innu Association (NMIA) in 1976 to better protect their rights, lands, and way of life against industrialization and other outside forces. The NMIA changed its name to the Innu Nation in 1990 and today functions as the governing body of the Labrador Innu. The group won recognition for its members as status Indians under Canada's Indian Act in 2002 and is currently involved in land claim and self-governance negotiations with the federal and provincial governments.

In addition to the Innu Nation, residents located in both First Nation Reserves (Sheshatshiu in central Labrador and Natuashish in northern Labrador) elect Band Councils to represent their needs and concerns. The chiefs of both councils sit on the Innu Nation's board of directors and the three groups often work in cooperation with one another. Although Sheshatshiu and Natuashish are home to most of the province's Innu people, some also live in Labrador City, Wabush, Happy Valley-Goose Bay, St. John's, and elsewhere.

## Nunatsiavut

The Labrador Inuit way of life remained untouched by the rest of the world until the 1760s. Their earliest ancestors lived mainly on the North Coast of Labrador

and traveled widely to harvest the resources of land and sea. For thousands of years, they had little or no contact with European cultures. In the 16th Century, they first encountered Basque whalers and later, a growing settler population. In the 1770s, Moravian missionaries became the first Europeans to establish a presence north of Hamilton Inlet, and their way of life began to experience sweeping changes. Over time, Inuit life became more sedentary, and more connected to the emerging trade economy of Newfoundland and Labrador.

The demise of trade in the 1920s brought further social and economic upheaval. In the 1970s, the Labrador Inuit Association (LIA) — later reformed into Nunatsiavut Government — was formed and a land claim was filed with the Government of Canada. For the next several decades, Nunatsiavut worked hard to promote its culture, health, wellbeing, and constitutional, democratic and human rights.

## NunatuKavut

The NunatuKavut Community Council is the representative governing body for around 6,000 Inuit of south and central Labrador, and the population remains deeply connected to the land. Strife and warfare marked their early encounters with fishermen and explorers and many of their people lost their lives, as did the Europeans. The British-Inuit Treaty of 1765 was reached to end the hostilities. Some European men chose to remain on their lands and survived in NCC territory because of the knowledge and skills of the Inuit of NunatuKavut.

As time went on, there was intermarriage, and their way of life began to change dramatically. They too suffered the effects of colonialism. Outsiders pillaged their resources, brought their own form of government, denied their language and many experienced resettlement and residential schools. Their ancestors have lived and survived in their territory for hundreds of years and they continue to live in these same places, carrying out many of the same traditions passed down to them by their ancestors.



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# Hospitality & ACCOMMODATIONS

HOTELS AND ACCOMMODATIONS ARE A BIG BUSINESS IN CANADA. BUT THAT'S NO BIG SURPRISE GIVEN OUR FAME AS A FRIENDLY BUNCH. LUCKILY FOR THESE OFTEN ROAD WEARY TRAVELERS, LABRADOR IS WELL SUITED FOR ACCOMMODATING THE TASTES AND NEEDS OF LEISURELY TOURISTS AND CORPORATE TRAVELERS.

## Featured Photo

Becken Photography

While **Canada's hospitality** is well known around the world, Canadians know that Eastern Canada is among the most welcoming regions in the world, and Labrador is certainly no exception.

Here in Central Labrador, we have a variety of quality hotels, ample B&Bs, and a wonderful lakeside campground just a short drive out of town. Whether you're a tourist tracking down a night's worth of accommodations, a camper looking to gaze at the stars, or a newcomer needing a place to stay before moving into your new home, Central Labrador has something suited to you.

Located on Kelland Drive, Emma's Suites provides comprehensive hospitality services at affordable prices. Just a 10 minute drive from the Goose Bay airport, Emma's Suites is equipped with one and two-bedroom rooms, air conditioning, high speed internet, and all of the hotel amenities tourists come to expect from quality accommodations. If you're coming to Goose Bay during the warm seasons, this pet friendly hotel is just a few steps away from one of our local foodie hot-spots, D'Cravings. The menu of this local favorite food truck features a variety of western staples, and an alternating selection of Filipino classics. For more information on D'Cravings, see their entry in the 'Food Therapy' section.



## EASTERN CANADA IS AMONG THE MOST WELCOMING REGIONS IN THE WORLD, AND LABRADOR IS NO EXCEPTION.

Many tourists come to Labrador with their own accommodations in tow. And, while they may not need a bed to sleep in, they always need somewhere to park it. Trailer-bound travelers are also well accommodated in Central Labrador. Those looking for a quick and easy place to park, there are a number of lots in town that welcome them.

Here at the Labrador North Chamber of Commerce, we provide a number of trailer parking spots complete with outlets to provide electricity for a small fee, our parking lot is a quick, no-frills option that offers easy access to local restaurants, shopping and gas.

If you prefer frills, however, Gosling Lake Campgrounds offers a variety of lakeside lots for those who prefer a more secluded, nature-focused option. A short drive out of town — in-between the communities of Happy Valley Goose Bay and North West River, Gosling Lake Campgrounds is an exception option away from the hustle and bustle of town, and sits in a prime spot for those interested in touring the communities of North West River and Sheshatshiu.

The largest selection of hotel rooms can be found along three Hotel North properties. In the uptown

area of Goose Bay you'll find Hotel North I and Hotel North II, while those seeking accommodations in North West River are served by their third local property, Motel North.

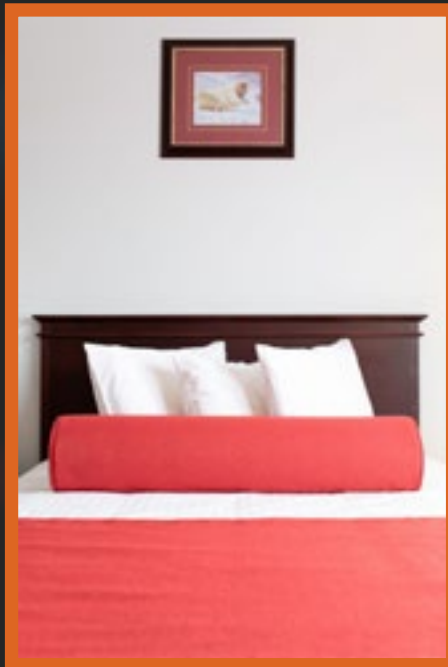
Hotel North I sits just a short drive from the airport, right out of the gate separating Goose Bay from the local Canadian Armed Forces base. HN-I is equipped with a wide selection of immaculate rooms, friendly service, and one of Goose Bay's long time favorite restaurants: Mariner's Galley. For more information about Mariner's Galley, see its entry in our 'Food Therapy' section

A short walk away sits Hotel North II. This larger space carries over the same hospitable care and quality as the first, and includes a dining hall and conference space that serves the community well along a variety of local events. Downstairs, you'll find one of Eastern Canada's favourite restaurant brands, Jungle Jim's. More information on Jungle Jim's — or more commonly, JJ's — see its entry in 'Food Therapy'. Motel North is comfortably tucked away in beautiful North West River, about 30 kilometers down highway 520. ▶

North West River — usually shortened to North West — offers pristine views and lovely attractions like the Labrador Heritage Museum and the Labrador Interpretation Centre, as well as some of the best camping options outside of Gosling Lake. The motel is also a short drive from North West's popular Riverside Restaurant, conveniently located just next door from the Labrador Heritage Museum.

Not far from the docks, on the upper end of Hamilton River Road, sits Kerry's Place. This quaint and cozy bed and breakfast is the perfect combination of style and atmosphere. Kerry's place offers accommodations for anyone seeking short term room rentals during their stay in Goose Bay, and houses up to eighteen people.

Back in the Valley, the Royal Inn + Suites is located just minutes from the offices of the Labrador North Chamber of Commerce. Perfectly located in the middle of town, the Royal Inn offers a variety of tastefully decorated rooms, and a lovely outdoor space for guests looking to relax on those beautiful summer evenings. Featuring friendly staff and the lovely Labrador hospitality tourists have come to rely on, Royal Inn offers a variety of quality amenities to make your stay a pleasure. Just steps away you'll find the Royal Inn + Suites sister property, our community's newest restaurant Mamattuk. Check out Food Therapy to learn more. ■



## NOW THAT WE'VE EXPLORED SOME OF OUR REGION'S BACKGROUND, ITS PEOPLE, CULTURE AND CLIMATE, LET'S TAKE THE OPPORTUNITY TO DIVE INTO SOME OF CENTRAL LABRADOR'S BEST AND BRIGHTEST ATTRACTIONS.

Whether you're looking for something to do indoors, or something that'll get you out of the house, we've got plenty of options that fit any lifestyle or budget. Our communities are small but busy, and there's always something going on at any time of the year.

Our community spirit shines brightest during a wide variety of events and festivals. From events and markets that highlight our local businesses and craftspeople, to festivals that bring our communities together in celebration. These events are an excellent source of entertainment, and they make for the perfect opportunity to get out into the community, make connections, and meet your new friends. For the athletically inclined, there are also a few high-profile sporting events and tournaments that draw in crowds from across Labrador. For a list of some of our most notable gatherings, check out Festivals and Events.

For a more comprehensive rundown of some of the best things to do in Central, check out our list of the Top 10 Attractions in Central Labrador, where we take a walk through some of Central Labrador's most loved attractions — indoor and outdoor, all year 'round. When it comes to outdoor attractions, few places can hold a candle to the Canadian wilderness, and Labrador has wilderness to spare. Our Top 10 includes some of the best ways to take advantage of our region's natural beauty. For example, the long and warm days of summer are an excellent time

for classic outdoor activities like hiking, camping, and fishing, and there are several popular trails right at our doorstep. For an easy hike, you might like to try the flat trail into Scenic falls, which leads you through a woodsy path along a babbling brook, into a lovely and calming waterfall. Or keep on going uphill for the amazing views of Peace Rock.

Central Labrador has a lovely selection of indoor activities as well. For the history buffs among us, there are three lovely museums packed to the brim with indigenous and military history. If crafts and culture are your thing, our local craft shops are the perfect venue for dipping your toes into local indigenous culture, crafts and iconography. In food therapy, we'll take you through our bustling food scene, which has gotten quite fired up in recent years. Highlighted by a mix of new local favorites, and international fare, the dining options in Central Labrador are exceptionally diverse for such a remote region, and you'll very quickly find your new favorite lunch spot not long after you arrive.

While this isn't a complete list of all that Central Labrador has to offer, we hope that it gives you a good starting point. And, for a more complete list of our regional establishments, visit The Directory at the back of our magazine.





### Attractions

# Festivals & Events

CENTRAL LABRADOR HOSTS  
EVENTS OF ALL SIZES  
THROUGHOUT THE YEAR. LOCAL  
EVENTS ARE A GREAT WAY TO  
MEET NEW PEOPLE AND HAVE  
FUN

### Photography

Jac Design & Technology,  
Michael Chubbs,  
Becken Photography



At any time of the year Central Labrador is getting ready for some sort of event. Central Labrador is well known for having a bright and bold spirit, and we spare no expense in showing that spirit during a huge variety of events and festivals, every season, throughout the year. If you're a newcomer just arriving, a visitor passing through, or if you've been here a while but haven't yet found a place in our welcoming community, attending our local events is the perfect entry point.

There's no better way of making yourself feel at home in your new community like getting out meeting new people and making friends along the way. Here's where we'll go over some of our keystone events, national holidays and local favorites. We thoroughly encourage you to take part in the festivities whenever you get the opportunity, we're always excited to see new faces join the flock, and we can't wait to meet you.

## Expo Labrador

A project of the Labrador North Chamber of Commerce, Expo Labrador is the region's premiere economic development conference and trade show which takes place annually. Expo Labrador is the only event that provides pan-Labrador, high-quality content featuring major regional projects with networking and partnership opportunities for small to medium enterprises.



The Wednesday of EXPO is always Public Day where everyone is invited to walk the trade show floor to shop local, connect with artists, and take home some swag! Happy Valley-Goose Bay may be a small community, but it is bustling with activity in every season! From outdoor activities to cultural celebrations and sports tournaments, our community offers many diverse opportunities for socialization and to build relationships with others.

### **Bonfire Night**

Bonfire Night, also known as Guy Fawkes Night, is an annual commemoration on the 5th of November each year. Originating in England, and adopted here, Bonfire Night is celebrated with large fires, and sometimes fireworks displays. Around the community, people will host their family and friends for backyard bonfires and fireworks, and the town hosts their own large bonfire for the communi-

ty. Bonfire night is the first annual celebration of the winter season, and always draws a large crowd.

### **Lab Cup**

At the end of each Spring, our local soccer association has their annual Lab Cup indoor soccer tournament hosted at the E.J. Broomfield Arena. Drawing teams from all across Labrador, the tournament has multiple divisions competing for the title and it is one of the most popular sporting events in the region.

### **Cain's Quest**

Cain's Quest Snowmobile Endurance Race has been described as the ultimate in extreme racing. At more than 3000 km of high energy racing, this race is the longest race of its kind in the world and promises to keep race fans on the edge of their seat. Cain's Quest is a true northern adventure that gives racers the experience of a

lifetime. Held every two years, racers push body and machine to the limits in an all-out race to the finish for a shot at a hefty prize purse. Teams of two leave the start line pumped with adrenaline and an eye on the prize.

### **Labrador Winter Games**

Every three years, the Labrador Winter Games are hosted in the community of Happy Valley-Goose Bay. Each community puts together a team of up to 17 athletes and one coordinator to compete in a series of traditional and modern events important to the lives of Labradorians. In total, some 500 athletes, 600 volunteers, and many more spectators, make the Labrador Winter Games one of the biggest events in all of Labrador.

### **Canada Day**

Canada Day, formerly known as Dominion Day, is the national day of Canada. A federal statutory holiday,



## **LOCAL EVENTS LIKE OUR COMMUNITY POTLUCKS ARE AN EXCELLENT OPPORTUNITY FOR CULTURAL EXCHANGE, MEETING NEW PEOPLE, AND FINDING PLACE IN OUR SHARED COMMUNITY**

it celebrates the anniversary of Canadian Confederation which occurred on July 1, 1867. Festivities in HVGB tend to take place at Kinsmen Park throughout the day with food, games, music, and fireworks at night!

### **Remembrance Day**

Every year, Canadians pause in remembrance of the men and women who have served and continue to serve our country during times of war, conflict and peace. In Goose Bay, a Remembrance Day ceremony is held on November 11th at the Royal Canadian Legion.

### **Community Outdoor Market**

A local favorite in the summer season, the Community Outdoor Market (COM) serves as a welcoming venue for local craftspeople, farms and other local sellers. Hosted in Kinsmen Park, HGVB's largest park, COM is held every Saturday from 10AM to 12PM, every week, rain or shine.

Currently our community's only market of its kind, it's the perfect arena for newcomers to get out into our community and meet its people. If you're lucky enough to be arriving in the season, be sure to drop by for snacks, local crafts, fresh vegetables and entertainment.

### **North West River Beach Festival**

One of the largest festivals of the year, the North West River Beach Festival takes place on the waterfront of the oldest community in the region. For two days each summer, music and entertainment draw in people from across Central Labrador into North West River.

### **Community Potlucks**

Hosted regularly by the Labrador North Chamber of Commerce and the Association for New Canadians, the Community Potluck at the Legion offers a venue that connects the local and newcomer communities. Participants are encouraged to bring a dish from their country of origin and dress in traditional clothing.

Community Potlucks are open to everyone, and are always an outstanding forum for sharing our diverse cultures and cuisines, and breaking bread as one community.



# WHITE GOLD: A SPONSORSHIP THAT SHREDS

Cain's Quest is the world's toughest snowmobile endurance race, drawing racers and adventurers to Labrador's rugged backcountry. Become a sponsor, *help us celebrate our 20th Anniversary*, promote your business, and join the action!



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# Top 10 attractions in Central Labrador

## THE LABRADOR HERITAGE MUSEUM

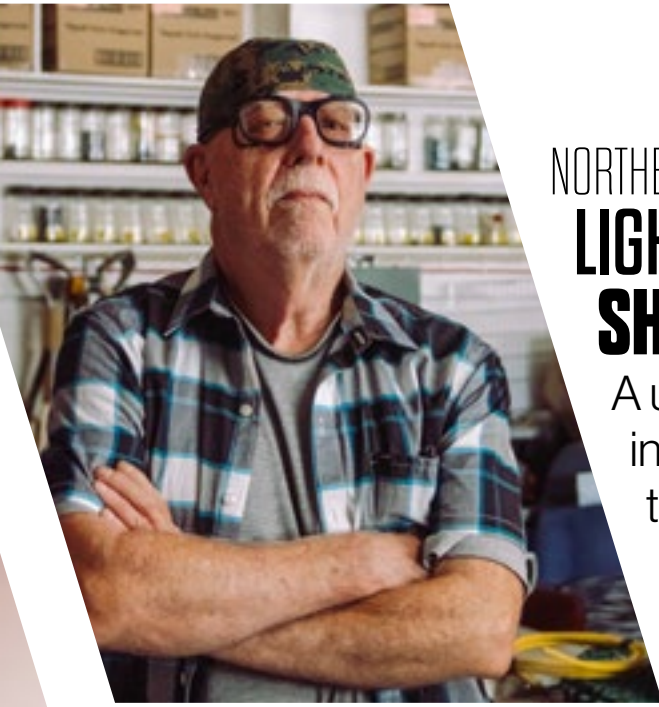
History and culture in the oldest community in Central Labrador.

The Labrador Heritage Society invites you to delve into the rich history and culture at our museum and craft shop the historic town of North West River. Established in 1743 by French fur trader Louis Fornel, North West River is the oldest community in Central Labrador and has long been a cultural crossroads for the Innu, Inuit, Métis, and Settler peoples. Our museum offers an in-depth look at the region's past, featuring exhibits on the Grenfell Mission, the trapper lifestyle, the Hubbard Expeditions, and the Hudson Bay Company's influence. Operated by the Labrador Heritage Society, a dedicated non-profit volunteer organization, the museum's mission is to collect, protect, and preserve the history and traditional culture of Labrador and its people.

Visitors to Central Labrador are encouraged to take a scenic 34-kilometer drive from Happy Valley-Goose Bay to North West River. Here, you can explore local history, learn about the diverse cultures of the Lake Melville Region, and enjoy the natural beauty that surrounds our community. Each summer, North West River hosts Labrador's largest music festival, offering a vibrant blend of food, music, and cultural experiences that provide a memorable taste of Labrador. We welcome you to discover the unique heritage and enduring spirit of North West River, where history and culture converge in a picturesque setting.

To learn more, visit [labradorheritagemuseum.ca](http://labradorheritagemuseum.ca).





## NORTHERN LIGHTS SHOP & MUSEUM

A unique dive into wartime history nestled inside one of Happy Valley-Goose Bay's local treasures.

A stone's throw from the Labrador North Chamber of Commerce, Northern Lights is a unique, fantastical shop. This local landmark is part outfitter, part clothing retailer, souvenir shop, smoke shop, and museum. The top floor of this two-story marvel is adorned with wooden-framed display cases, brimming with souvenirs and intricate carvings. Nearby, the Labrador Ulu Gift Shop offers paintings, soapstone carvings, knives, and more, all in a charming, lodge-like setting.

On the first floor, the smoke shop section boasts a wide selection of water pipes and nicotine vape products. Downstairs, the shop reveals itself as a haven for hunting, camping, and fishing enthusiasts, featuring a remarkable collection of taxidermy. The final highlight is the Northern Lights Military Museum, densely packed with military and wartime relics collected by the shop's owner, Bruce Haynes. Whether you're a visitor, newcomer, local, or lost traveler, Northern Lights is a must-see landmark. Allocate ample time to fully appreciate this alternate universe akin to Willy Wonka's Chocolate Factory, best enjoyed at a leisurely pace.



# HIKE TO SCENIC FALLS & PEACE ROCK

Canada's wilderness at your  
doorstep

For those seeking to immerse themselves in the Labrador wilderness, a visit to Scenic Falls and Peace Rock is highly recommended. This 1.3-kilometer out-and-back trail, nestled between Happy Valley-Goose Bay and the neighboring communities of North West River and Sheshatshiu, offers a moderately challenging yet tranquil hike.

A short drive from town, Scenic Falls provides an easy walk through lush forests and alongside a babbling brook, culminating in a serene waterfall that invites peaceful reflection. The trail, popular among local hikers, remains quiet enough to offer the solitude of a brisk and contemplative trek. Continuing from the falls, the path ascends to the Peace Rock lookout. This uphill journey leads to a large boulder emblazoned with a peace sign, offering panoramic views of the majestic landscape. It is an ideal spot for photography and contemplation.

Both Scenic Falls and Peace Rock serve as excellent picnic locations, perfect for those wishing to pause and refuel before the return journey. Whether you are a seasoned hiker or a casual nature enthusiast, this trail promises a rewarding and enriching outdoor experience. Just be sure to pack bug repellent, as the flies can sometime get intense.





## STAY AT **GOSLING LAKE CAMPGROUND**

Like home, but outside!

Nestled on 14 hectares of pristine land just a short drive from Goose Bay, Gosling Lake Campground offers a serene retreat in the heart of Labrador. Positioned between Goose Bay and the neighboring communities of North West River and Sheshatshiu, this locally owned campground provides a delightful escape for individuals, families, and friends alike. Gosling Lake Campground is well-suited to attract a diverse array of guests, from local nature enthusiasts to RV travelers passing through the region. Despite ongoing developments, the campground remains open, promising continuous improvements and enhanced amenities year after year.

Whether you seek a peaceful getaway or a convenient stopover, Gosling Lake Campground invites you to experience the natural beauty and tranquility of Labrador.

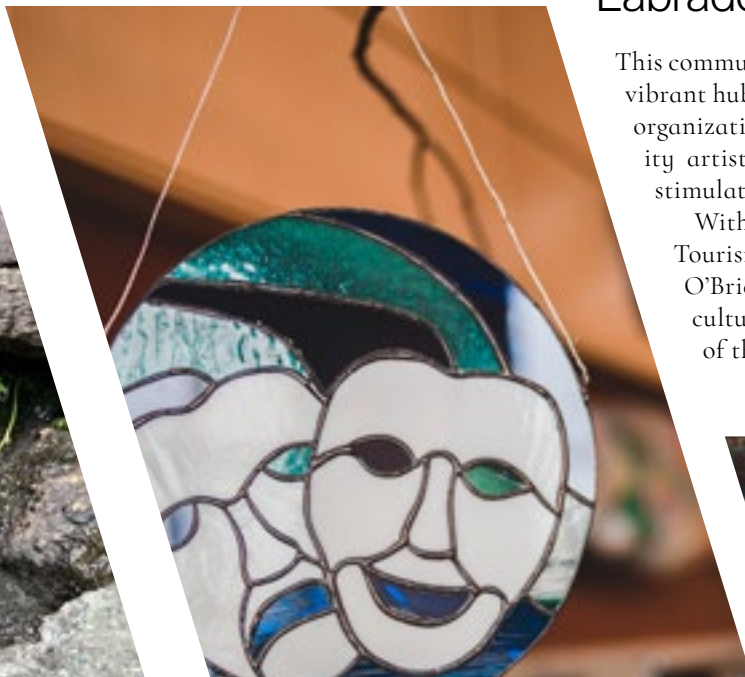


## THE **LAWRENCE O'BRIEN ARTS CENTRE**

A beacon of artistic expression in  
Labrador

This community-operated performing arts venue serves as a vibrant hub, engaging and enriching residents, artists, and organizations alike. Through the provision of high-quality artistic experiences and opportunities, the Centre stimulates and supports the arts across the region.

With invaluable assistance from the Department of Tourism, Culture, Arts, and Recreation, the Lawrence O'Brien Arts Centre continues to foster a thriving cultural landscape, making it an indispensable part of the community.



# THE LABRADOR MILITARY MUSEUM

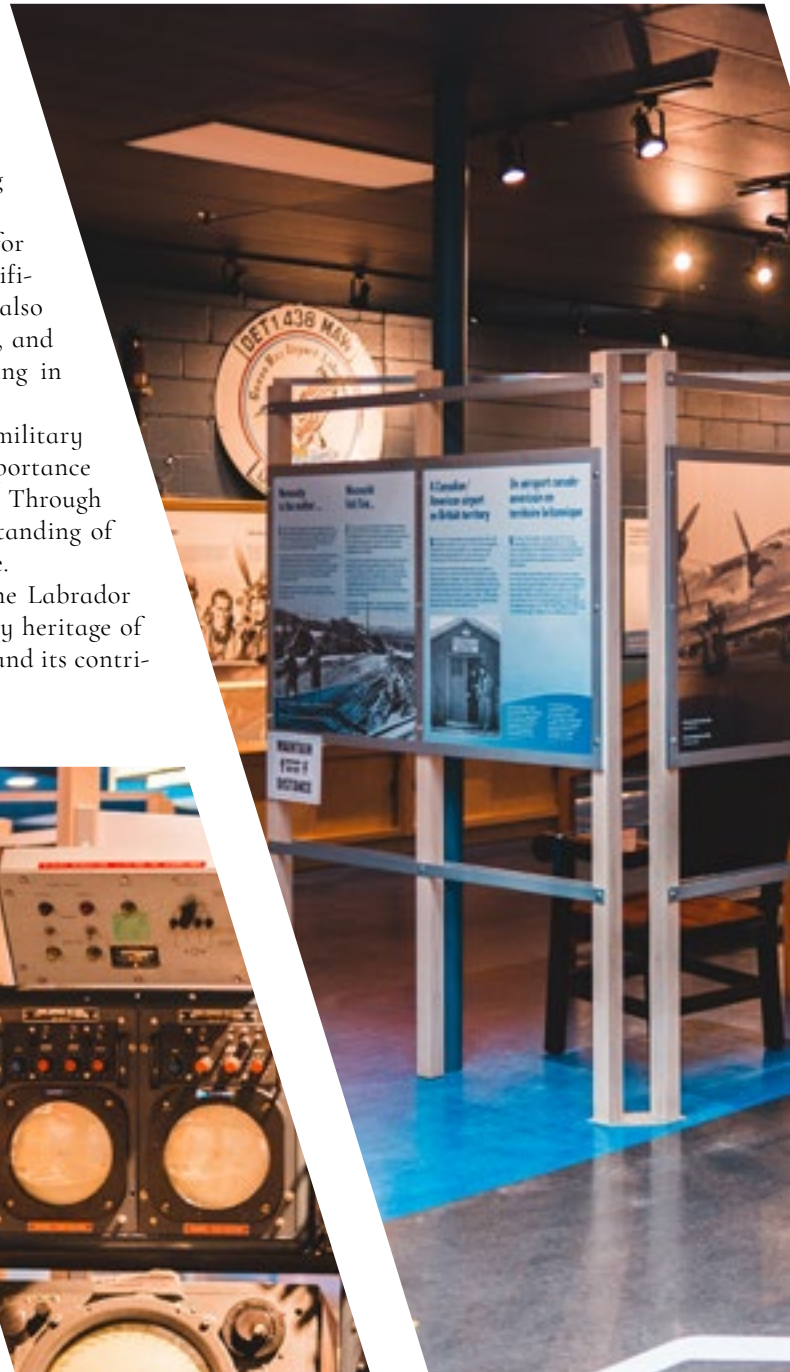
## Our Air Force origins

The Labrador Military Museum boasts an extensive collection of artifacts, photographs, and documents that chronicle the history of 5 Wing Goose Bay and the military presence in Labrador. Journeying back to 1941, visitors can explore narratives of Canadian and US aircraft transiting through the region during World War II.

During the Cold War, Goose Bay became a strategic hub for the United States Strategic Air Command, establishing a significant American military presence. Over the years, this base has also hosted military personnel from the Netherlands, Germany, Italy, and the United Kingdom, who have spent considerable time training in Labrador's unique environment.

The museum offers a comprehensive look at the evolution of military operations in the region, providing insights into the strategic importance of Goose Bay and its role in international military collaborations. Through meticulously curated exhibits, visitors can gain a deeper understanding of the historical and contemporary significance of this military base.

Whether you are a history enthusiast or a curious visitor, the Labrador Military Museum provides a fascinating glimpse into the military heritage of Labrador, highlighting the enduring legacy of 5 Wing Goose Bay and its contributions to global military efforts.





## BIRCH ISLAND BOARDWALK

A stroll through Labrador's wilderness right here in town

Birch Island Boardwalk is an 800-hectare wilderness area that includes wetlands, forests, beaches, and the Churchill River. It features 5 kilometers of boardwalk, trails, viewing and rest platforms, a viewing tower, an outdoor classroom for school programs, and a memorial park honoring the families who once lived there. This destination is a haven for recreation-seekers and nature enthusiasts alike.

Birch Island Creek flows through the heart of Happy Valley-Goose Bay, creating an island that was one of the community's earliest settlements. The island holds significant historical and ecological value, with its extensive shoreline, fertile soil, and abundant wetlands teeming with wildlife. It is a place of cherished memories for former residents and their families, and it continues to provide crucial wetlands and habitat for the region.

Visitors to Birch Island can immerse themselves in the natural beauty and tranquility of the area, exploring the diverse ecosystems and enjoying the scenic views. The boardwalk and trails offer ample opportunities for walking, birdwatching, and photography, while the viewing platforms and tower provide stunning vistas of the surrounding landscape.

Whether you are seeking a peaceful retreat or an engaging outdoor adventure, the Birch Island Boardwalk offers a unique and enriching experience in the heart of Labrador.



# LOCAL CRAFT SHOPS

An accessible way to dive into  
Labrador culture

Happy Valley-Goose Bay is home to several outstanding local craft shops, providing excellent opportunities for craftspeople across Labrador and offering visitors a chance to immerse themselves in the culture, iconography, and language of Newfoundland & Labrador. Whether you're a long-term resident, a newcomer, or just passing through, exploring these local craft shops is a must.

For personal keepsakes, souvenirs, or precious heirlooms, visit Slippers-n-Things uptown; a local hub of iconic Labrador crafts, including soapstone carvings, sealskin products, Labradorite, hides, and books by local authors. Uptown, Inuky Glass Art & Engraving, an Indigenous-owned family business, specializes in custom gifts, engraving, Indigenous art, and home decor, conveniently located in the same building as Slipper's N Things.





## AMARUK GOLF CLUB

A beautiful 9-hole course right here in town

Amaruk Golf Club offers a delightful 9-hole golfing experience, available through season memberships or daily green fees, perfect for those beautiful summer days. As one of only two golf courses in Labrador, Amaruk spans 6,300 yards with 9 holes and 18 tees, boasting a par 71 layout. Constructed in the 1950s to serve American servicemen at Goose Air Force Base and British servicemen at RAFU Goose Bay, the club is open from late May to mid-October.

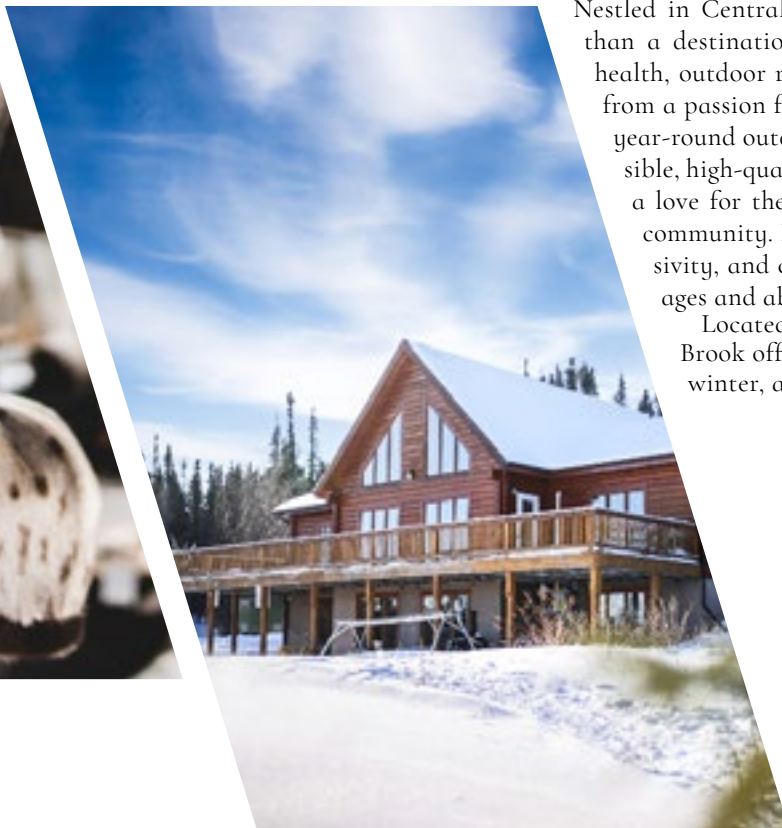


## BIRCH BROOK SKI CLUB

World-class trails, all year long

Nestled in Central Labrador, Birch Brook Ski Club is more than a destination; It's a vibrant community dedicated to health, outdoor recreation, and adventure. Founded in 1979 from a passion for cross-country skiing, the club now offers year-round outdoor activities. Birch Brook promotes accessible, high-quality outdoor sports and recreation, fostering a love for the outdoors within the Upper Lake Melville community. Emphasizing passion, accountability, inclusivity, and community focus, Birch Brook welcomes all ages and abilities to unite in their love for nature.

Located just 15 minutes from Goose Bay, Birch Brook offers cross-country ski and snowshoe trails in winter, and walking and biking trails in summer.



# Food therapy

FIND YOUR NEW FAVOURITE DISH AT ONE OF CENTRAL LABRADOR'S BEST RESTAURANTS. WITH A TONNE A VARIETY, THERE'S ALWAYS AN EMPTY TABLE WAITING FOR YOU.

Featured Photo

Becken Photography

**OUR DIVERSITY SHINES  
IN THE LOCAL FOOD  
SCENE. LOCAL CLASSICS &  
INTERNATIONAL STAPLES  
DEFINE CENTRAL LABRADOR'S  
VIBRANT FOOD CULTURE**





## D' CRAVINGS

Central Labrador is home to a large and active Filipino community that's brought the flavors of the southeast Asian archipelago all the way to the Canadian subarctic. Tucked between uptown and the Valley sits a trailer turned food truck called D'Cravings. Owned by newcomer sisters Shaira Reynales and April Datoon Samson, D' Cravings offers a vibrant mix of Canadian/American and Filipino food.



## MÓR MEATS

Owned and operated by Irish turned Labradorian, Niamh Roche, and a small team of dedicated staff, MÓR Meats is Goose Bay's specialty meat market. Located uptown, MÓR Meats sells a wide range of fresh meats and prepared meaty goods like marinated spatchcocked chickens, stuffed pork loin, and a variety of handmade sausages. They also stock a variety of local and domestic goods including a unique coffee blend from local coffee roaster, Otter Creek Coffee Company. MÓR Meats is particularly well known for their daily lunch specials: outstanding sandwiches and hearty bowls with freshly cooked and perfectly seasoned meats, tucked between premium tasty breads. MÓR's sizable sandwiches are filled with generous servings of roasted meats and tasty sauces, served up on particularly premium breads.



## ATHMANDU

A short drive down from MOR Meats is another Central Labrador first. Athmandu Restaurant specializes in Indian and Nepali cuisine, and is your local go-to restaurant for South Asian staples like fresh samosas, tandoori chicken, or the best butter chicken in town. They also offer mouth-watering MO:MO — traditional Nepali style chicken dumplings that come either fried or steamed. Athmandu also carries a variety of western favorites like burgers, poutines, and fresh fish and chips.



## MAMATTUK

Located in Goose Bay, Mamattuk is our region's newest restaurant. The new kid on the block is open throughout the day as a warm and energizing social hub that combines local charm and world class hospitality. Mamattuk offers an elevated dining experience, and serves a rotating menu that changes with the seasons. Proudly serving seasonal and locally sourced ingredients, Mamattuk's menu neatly blends the warm charm of comfort food, with the inspired and elevated flair of haute cuisine. Mamattuk is also home to our community's only espresso machine and provides all of the classic espresso staples, in addition to a variety of tasty seasonal beverages.



## BENTLEY'S

Another longtime HVGB classic is Bentley's Sports Bar & Grill. In Business in Goose Bay for over 30 years, Bentley's is equal parts restaurant, sports bar and nightclub. On one end sits the Bentley's sun room, overlooking the Churchill River. Here you'll find the only restaurant in town with such a spectacular view and lovely atmosphere that changes with the season. On the other end sits Maxwell's nightclub — a local landmark that has withstood the tests of time and trial by fire — which is a local favorite weekend destination. Between the two sits Bentley's sports bar section, with a number of TVs in every direction, and a large screen in the center for the most popular sporting events on any given day.



## JUNGLE JIM'S

This Atlantic-Canadian chain is a Jungle-themed staple of the Goose Bay food scene. A local favorite for birthdays, anniversaries, or just a regular Tuesday afternoon. Located uptown inside Hotel North 2, Jungle Jim's offers an extensive menu of Canadian/American classics, and a wide array of Tex-Mex staples. The Jungle also serves a variety of weekly specials that always draw a crowd. Taco Tuesday, wing night Wednesday, and steak-tacular Thursday serve up all of Jim's favorites at a special price.



## MARINER'S GALLEY

Uptown, just outside the entrance to 5-Wing Goose Bay, you'll find Mariner's Galley. This local mariner-themed restaurant is a longtime local classic. Clad with a variety of wooden ships and other seafaring iconography, Mariner's Galley echoes the historical significance of the sea to our coastal Atlantic region. Situated in a building as blue as the ocean, Mariner's has a stacked menu, specializing in seafood and classic Canadian foods. Serving happy customers since 2005, the Galley is a great location for breakfast, lunch or dinner, and its spacious setting seats 120 people, making it one of the best local options for large groups, parties, or special functions.



## PEP'S DINER

Down in The Valley, you'll find another local favorite: Pep's Diner & Takeout. With a combination of Canadian/American and Asian dishes, Pep's always has something to please even the pickiest of pallets. They also offer a variety of traditional Newfoundland foods that are a must-try for any new Canadians joining our flock. Your new-to-NL food education begins with an all time classic. Cold plates are a spread of various salads, with slices of turkey and/or roast beef. A classic dish that's easy to prepare in advance, cold plates are a local favorite for large gatherings. Fish and brewis (fish-n-brews) is a meal made from salt codfish, and soaked hardtack, and is usually served with tiny cubes of crunchy rendered pork fat called "scrunchions".



## FRIENDSHIP DINER

Down in the Valley, you'll find the Friendship Diner. This charming local eatery is well known for its cozy atmosphere, friendly staff, and daily specials. If you're new to Newfoundland and Labrador, the Friendship Diner is a great way to get acquainted with some of our province's most quintessential meals. On Fridays, the Friendship diner serves up a special of fish & brewis, one of the province's most treasured treats.



## MO'S CAFÉ

You'll find that the fantastic flavours of France feels quite at home at this family owned establishment uptown on Hamilton River Road. Owned and operated by Mohammed and Rebecca El Hadrioui, Mo's Café serves up an ever changing, ever expanding selection of French baked goods that quickly made them the talk of the town. Our new and beloved bakery serves up a selection of handmade café staples like croissants, cheesecakes, cookies and brownies, and classic French confections like mille-feuille, Paris brest, and flan patissier. Originally from France, Mohammed has called Labrador home for around a decade, and has been nursing a dream of owning his own bakery ever since.



## RIVERSIDE RESTAURANT

Located in Northwest River, this lovely restaurant is your go-to pit stop when visiting. Their friendly staff serve home-cooked meals 7 days a week between 11am to 8pm. Riverside is conveniently located next to one of North West's most visited attractions, the Labrador Heritage Museum, making it the perfect place to fuel up before heading back to town. Need some snacks for the road? Be sure to stop into CRB Supermarket next door where they have a lovely variety of baked goods if you need some extra dessert for the road.

# QUICK EATS

fine fast food



## SUBWAY

UPTOWN IN GOOSE BAY SITS THE LONGTIME KING OF EVEN LONGER SANDWICHES. CHECK OUT SUBWAY'S SIGNATURE SANDWICH SPECIALS FOR A BIG DEAL ON A BIGGER SUB.



## MARY BROWNS

BORN IN CANADA'S EASTERNMOST PROVINCE, THIS FAMOUS FRIED CHICKEN CHAIN IS A **Homegrown** HERO IN THE FAST FOOD GAME.

## DAIRY QUEEN

FROM FRESH AND TASTY BURGERS, TO SWEET AND **Creamy Desserts**, DAIRY QUEEN IS A LOCAL FAST-FOOD FAVOURITE.



## TIM HORTONS

AN ICON IN THE CANADIAN COFFEE AND QUICK EATS COMMUNITY, TIM HORTONS HAS BEEN A **Canadian Staple** SINCE 1964.



## NEW: WOK BOX

LOCATED AT 210 KELLAND DRIVE, THE NEWLY OPENED WOK BOX SERVES UP A VARIETY OF FRESH CUSTOMIZABLE ASIAN DISHES.



## KENTUCKY FRIED CHICKEN

YOU'LL FIND KFC TUCKED INSIDE GOOSE BAY'S '**Quick Stop**'. THIS MAINSTAY OF THE FRIED CHICKEN GAME SERVES UP A LIMITED MENU OF CHICKEN-EY GOODNESS.



## A&W

ANOTHER CANADIAN FAVORITE, A&W SERVES A FAMILY OF **Premium Burgers** AND TASTY SIDES. KNOWN FOR THEIR FAMOUS FROSTY MUGS, A&W IS A FAST FOOD CLASSIC.



# Helping You Settle

LET'S GET YOU SETTLED IN

Happy Valley – Goose Bay is home to the most multicultural community in the region, and we're immensely proud to have such a vibrant mixture of cultures, languages, histories and peoples that help make our home such a fantastic place to live. Now that we've covered most of the attractions and dining options our bright community has to offer, here's where we'll cover a variety of community resources HVGB has available.

First, we'll take a look at our local education institutions: From childcare services for the tiniest little humans among us, to our higher education options for those of us looking to expand our horizons. Happy Valley – Goose Bay is happy to host two higher education facilities, The College of the North Atlantic (commonly shortened to CNA, or 'CONA') and the Memorial University of Newfoundland's Labrador Institute.

We'll also take a look at employment resources — namely, where to look if you're looking for work. Here you'll learn about the most popular digital job boards employers use when searching for new talent.

Later, we'll brief you on the Newfoundland and Labrador Medical Plan, resources for Newcomers like the Association for New Canadians, services for Pets, mail and more. Keep in mind, this will not be an exhaustive summary, though a complete list of local resources can be found in The Directory at the end of our guide. While we have checked this list for accuracy, details are subject to change. If you encounter any issues connecting with local resources you've found through the LNCC's Community Welcome Guide, feel free to contact us at [Welcome@chamber-labrador.com](mailto:Welcome@chamber-labrador.com).



## *Settlement Services: Association for New Canadians*

SETTLING INTO A NEW COMMUNITY CAN BE CHALLENGING. IT DOESN'T HAVE TO BE.

### Featured Photo

Michael Chubbs

The Association for New Canadians (ANC) was founded in 1976, and is a community-based, non-profit organization committed to providing settlement, resettlement and integration services to newcomers of all statuses. Since its inception, this network of over 300 staff — with the support of province-wide volunteers — has delivered a variety of programming and services for international students, temporary foreign workers, permanent residents and government-assisted and privately sponsored refugees, without cost to eligible clients.

### The ANC's mission

The mission of the Association for New Canadians is to settle and integrate immigrants, and to empower them with the skills, knowledge and

information necessary to become independent, contributing members of the community and country.

### Our vision

Newfoundland and Labrador is a welcoming community where immigrants can easily integrate into the social and economic fabric, where their contributions are recognized by the greater population and where they feel comfortable settling for an extended period.

### ANC values

As an organization, the ANC values inclusiveness, respect for others, dignity, integrity, empowerment, independence, and equality. The organization holds itself accountable to its clients, funders, and employees by honoring



its commitments, striving for the highest quality of service, and fostering community awareness on the benefits of immigration, multiculturalism and cultural diversity.

### Helping you settle

The ANC is the designated service provider for the Atlantic Immigration Program (AIP), and provides services to both employers and program participants. For employers, the ANC offers guidance and assistance with the designation process, including required inter-cultural training, while program participants and potential employees have access to guidance on matters such as the endorsement process and application information. All in-Canada applicants — and any dependents destined to join them — will also meet with an ANC representative for an AIP Needs



Assessment and AIP Settlement Plan. The Association can help by providing information on the AIP, as well as other streams available to newcomers.

### Training and assessment

As part of the Language Instruction for Newcomers to Canada (LINC), The Association delivers instruction on Canadian Language Benchmarks (CLB) levels 1-6, as well as 3 pre-benchmark levels (A-C). These services are available through offices in St. John's, Corner Brook, Gander, and Labrador West. The ANC also provides English as a Second Language (ESL) conversation circles where available, as well as distance and online ESL programs across the province.

### Public education

The ANC Diversity Outreach Team provides cultural intelligence workshops meant to meet the needs of businesses, government agencies, schools, and other non-profits and community organizations. Additionally, the annual diversity summit, IDEAS 2022, highlights the social, economic, and cultural benefits provided to the province by growing immigration to NL, while also offering useful tools to implementing inclusion, diversity and

equity measures in the workplace. The ANC's Community Connections Program creates impactful community connections through the engagement of newcomers and volunteers at the local level.

Volunteer supported programs and events include:

- Newcomer Match Program
- Academic Tutor Program
- ESL Café Program
- ESL Training Centre Volunteer
- Annual Days of Recognition events
- Community Healthy Living Fund

### Productive partnerships

The Association partners with over 500 employers with the goal of improving labour market attachment outcomes for all newcomers. These client programs include the Pre-Employment Readiness Program, Bridge to Work program, Business Development Support Service and the Facilitation of Credential Recognition. The ANC also offers popular programs like Resume and cover letter development, internship programs for international students and graduates, as well as job matching services.

# Job Banks & Finding Employment

## THE SEARCH BEGINS

### Featured Photo

Michael Chubbs



If you or a member of your family will be looking for employment, there are a number of helpful on-line job boards you can check regularly.

### Canada Job Bank

The Canada Job Bank (CJB) is one of the most popular job posting websites in the region. Many local employers use this as their primary job board for any positions they're looking to fill. If you find a job on another job board, you will often be redirected to the CJB to fill out your application.

The CJB also has a dedicated section for newcomers to Canada. Here you can search for jobs from employers that support newcomer applicants, and browse a variety of tools and resources that will help you start your employment journey. These resources include:

### Social Insurance Number

To work in Canada, you need a Social Insurance Number (SIN). You should apply for your SIN as soon as you come to Canada.

### Foreign Credentials

Some occupations in Canada are regulated, and you will need specific

professional licenses or certifications to work in those fields. Before applying to jobs in Canada, you should find out if the occupation you're interested in is regulated, and whether it requires specific credentials and/or licenses. If it does, there may be a specific process you will need to go through before your foreign credentials are recognized.

The Foreign Credential Recognition Tool (FCRT) will help you find out if the occupation you are interested in is regulated and, if so, help you understand the process required to get your credentials recognized in Canada. This includes the job prospects and average salary for that occupation

across Canada, and will also show you similar jobs you could consider until your credentials are recognized.

### Language Training

If you're looking to improve your English or French, there are on-line and in-person resources that can help you do that. The CJB provides links to government resources like self-assessment tests, and directions to free on-line content, as well as other local organizations that help newcomers get signed up for language classes. You may also benefit from seeking out local language opportunities like the conversation cafés hosted by the Association for New Canadians.



## Bethel Immigration & Community Services

The Bethel Immigration and Community Assistance Program (BICAP) is a new program from the Bethel Pentecostal Tabernacle in Happy Valley – Goose Bay. BICAP provides a variety of post-arrival settlement services to new Canadians in the region.

BICAP can help you:

- Look for employment
- Find suitable housing
- Choose a school for your children
- Apply for the NL Medical Plan
- Learn to drive
- Obtain a driver's licence
- Learn and improve your English
- Get your permanent residency
- Meet new friends

*For more information, or to avail of BICAP's services, reach out to the BICAP program administrator, Toby Bauld at: [tobybauld.bicap@gmail.com](mailto:tobybauld.bicap@gmail.com)*

Keep in mind that while you may be coming to Canada with sufficient or significant English proficiency, some local dialects might be more challenging. However, this will become easier in time as you familiarize yourself with local slang and develop an ear for accents.

### Services for Newcomers

Whether you're planning to come to Canada, or you're already here, the CJB can direct you to resources for newcomers. Pre-arrival services include preparing to live and work in Canada, getting your education and experience recognized, and connecting with Canadian employers.

Post-arrival services include help looking for work, getting a language assessment, registering for language classes or finding a place to live and track down community services.

### Resume Builder:

The CJB can also help you make a modern and professional resume to help you showcase your experience and potential with customizable templates. To set up your Canada Job Bank account, go to [jobbank.gc.ca](http://jobbank.gc.ca). To find the section specific to newcomers mentioned above, scroll down to the section titled "Resources made for you" and select "Newcomers to Canada".  
Tip: The Canada Job Bank, like many

sites you'll encounter during your immigration and employment journey, is a government website. If you have any trouble finding the government resources mentioned here, or any other government resources you encounter, you can go to [canada.ca](http://canada.ca), and search for the content you're looking for in the search bar at the top (mobile) or top-right (web) section of the homepage. Canada.ca is a great page to familiarize yourself, and will have links to direct you to other federal government departments, and all topics from jobs to taxes.

# EDUCATION

# & CHILD CARE

The image shows the exterior of the Pumpkin House Child Care Centre. The building has blue horizontal siding and a white roof. Above the entrance, there is a sign with the text "PUMPKIN HOUSE CHILD CARE CENTRE" in blue and green letters. Above the sign, there is a colorful logo featuring a pumpkin and three children. The entrance has two doors, one red and one blue. The ground in front of the building is a mix of concrete and gravel.

**PUMPKIN HOUSE**  
CHILD CARE CENTRE

**PUMPKIN HOUSE CHILDCARE CENTRE**

Central Labrador is home to several child care centers, grade schools, and higher educational institutions. In this section we'll review each one, and who they cater to. If you're coming to Labrador and know you'll be needing childcare, we would recommend you reach out to our childcare centers ahead of time, as spaces can sometimes be limited. While more information on each entry can be found on line, we've included relevant websites and contact details in 'The Directory' at the back of this magazine.

## **Pumpkin House**

The first newly constructed childcare center in Labrador, Pumpkin House is our community's premier childcare facility. has 92 childcare spaces available. This includes 62 daycare spaces, and 30 additional spots for an after school program conveniently located at Peacock Elementary School. Conveniently located in the center of town, Pumpkin House is available to the general public. If you are planning to move to our beautiful region and will require childcare, we encourage you to reach out to Pumpkin House for inquiries about their availability sooner, rather than later.

## **Robin's Nest**

Located at 5 Wing Goose Bay, Robin's Nest Child Care Centre provides childcare in the morning and afternoon, between 8:30AM - 11:30AM and 1:00PM - 4:30PM. Housed in the base's Military Family Resource Centre (MFRC), Robin's Nest caters to members of the Canadian Armed Forces, however, when excess spaces are available, they are open to the general public.

## **The CNA Child Care Centre**

Located in one of our two higher learning institutions, the CNA Child Care Centre has a maximum of 14 spots at the time of writing. CNA's center caters to both toddlers and preschoolers and is available to students and staff of the CNA and Memorial University. Keep in mind that the CNACC is open during the school season only.

## **Childcare Connections Lake Melville (CCLM) Group**

This Facebook group provides parents and child care providers with a common place to advertise and discuss child care



opportunities in our region. Keep in mind that the CCLM group administrators are not responsible for the level of child care being advertised or provided. Remember to check references when searching for a child care provider on line.

### **A Note on Childcare**

While staffing constraints are troublesome for childcare providers and those seeking their services, it also provides employment opportunities for those with Early Childhood Education (ECE) credentials, or those seeking a new career in a field with ample demand. For those interested in seeking a stable and in-demand career that provides significant benefits to local communities, ECE credentials can be acquired through the College of the North Atlantic, and the Central Labrador YMCA.

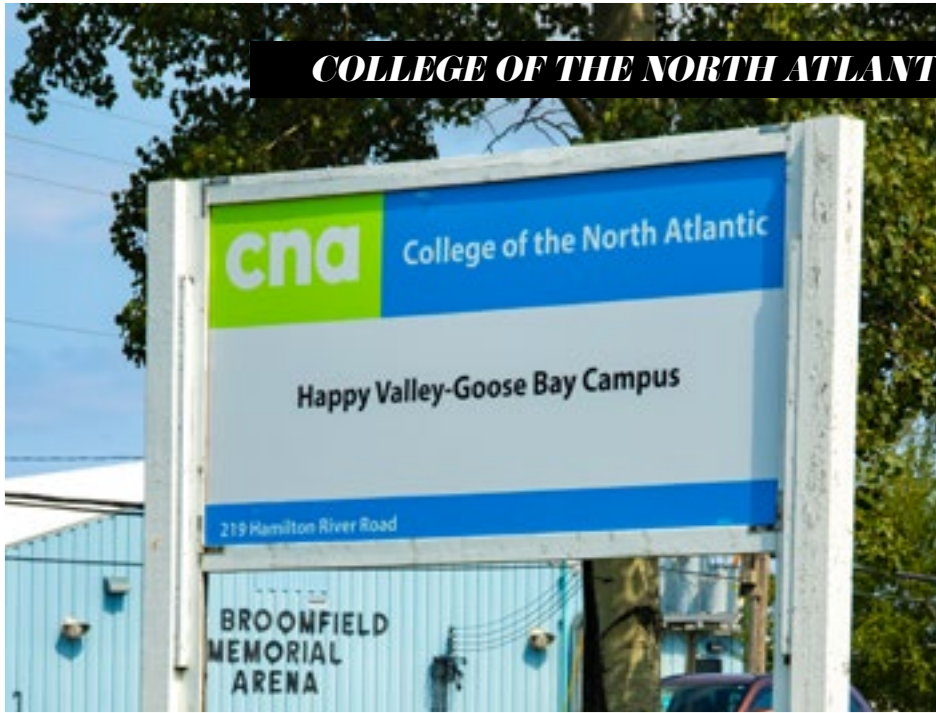
### **Peacock Primary School (K-3)**

If you have children between kindergarten and grade three, they will attend Peacock Primary School. Located in the Valley, Peacock has around 350 students and offers both English and French Immersion — a program meant for English speaking students who will do much of their grade-school learning in French. Additionally, while English stream students' classrooms and classmates change from year to year, French Immersion students' classes will typically stay the same, resulting in a more tight-knit group of students working their way towards multilingualism. Peacock's mascot is Buddy the Husky, who always reminds his friends and classmates to ask themselves if what they're doing or saying is appropriate, safe, and kind.

### **Queen of Peace Middle School (4-7)**

If your child is between grades four and seven, they can expect to attend Queen of Peace Middle School. Just a short walk from Peacock, this former Catholic school is also conveniently located in the Valley, and comes equipped with a lovely playground and sports field to meet student's recreational needs. Home of the QPMS Wolves, Queen of Peace hosts a wealth of resources for students and parents alike, so everyone has the opportunity to succeed together. Like Peacock, QPMS has educational streams to meet a variety of language needs, from English to French Immersion.

## COLLEGE OF THE NORTH ATLANTIC



### Mealy Mountain Collegiate (8-12)

If you're coming to Goose Bay with high school students, they may like to familiarize themselves with Mealy Mountain Collegiate (MMC). The relatively newly built high school is split into two wings, with junior high classes on one end, senior high classes on the other end, and access to shared facilities like the gymnasium, canteen, and a multi-purpose room in the center. Home of the Hawks, MMC is a truly Labradorian facility, and the hallmark of the winter season is a slew of students' snowmobiles parked out front. MMC is located directly in the middle of town, and is steps away from a well maintained playground and skate park.

### École Boréale (K-12)

Located in the Valley, École Boréale is Central Labrador's only francophone school. Teaching students from kindergarten all the way to grade 12, École Boréale teaches the same programs as our other schools, but with a French first approach. École Boréale also offers the 'Good Start' program, which allows your child to experience kindergarten one year before enrolling in school, ensuring a smooth transition into schooling. While École Boréale is focused on children for whom French is their first language, parents of kids who are just starting school who are interested in having their kids learn French may like to look into the French





**MEALY MOUNTAIN COLLEGIATE**

Immersion program mentioned in the Peacock Primary School section.

### **Labrador Institute: Memorial University (Post-Secondary)**

The Labrador Campus is Memorial's newest location based in Happy Valley-Goose Bay, and is a leading center of research, education, policy, and outreach by and for the North. Home to the School of Arctic and Subarctic Studies and the Pye Centre for Northern Boreal Food Systems, the Labrador Campus provides place-based, Northern-focused, and Indigenous-led education and research opportunities in Labrador and across the North. The Labrador Campus is continuing to grow its undergraduate and graduate learning opportunities based in Labrador.

### **College Of The North Atlantic (Post-Secondary)**

The College of the North Atlantic campus is also located here and is one of the largest post-secondary educational and skills training centers in Atlantic Canada. The College accommodates approximately 200 full-time students per semester, with another 50 registered part-time.



**PEACOCK PRIMARY SCHOOL**

# Activities for Youth

Central Labrador is home to a wide variety of youth-focused activities. If you don't know what's available here, it can sometimes be hard to find out. We're here to help.



CENTRAL LABRADOR IS HOME to a wide variety of youth-focused activities for youth of all ages. In Goose Bay, there many different sports programs for both children and adults. These include hockey leagues, soccer, baseball and more. Music lovers also have plenty of options to pursue their music studies, both in and out of school.

Other local youth programs include Cadets Canada, Scouts Canada, and the Junior Canadian Rangers. These programs provide youths with a wide range of experiences, and can offer programing focused on a variety of interests.

## THE CADET PROGRAM

Offers youth valuable skills and knowledge that help youth build confidence and leadership skills in a supportive environment. This program offers a variety of activities that focus on citizenship, leadership and fitness. Cadets are also eligible for summer training programs at facilities across Canada.



# THEATRE SIZE HOME COLOR TELEVISION

## SPORTS & RECREATION

Central Labrador has a wide variety of sports programs and recreation programs for youths of all ages. Our variety of sports programs and activities offer something for everyone.



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## HIKING & FISHING

Labrador is a great place for hiking and fishing. With a number of great trails and fishing holes, there's an outdoor adventure around every corner.

TIMELESS  
4:3 ASPECT  
RATIO

## IN THE GREAT OUTDOORS

Enjoying the great outdoors is a fundamental pastime in Labrador. Whether you prefer hiking and fishing, fun outdoor activities like geocaching, or foraging for berries during the summer.

Spending time enjoying our region's natural splendor is one of our most important pastimes.



# LABRADOR WELLNESS CENTER

The Central Labrador YMCA hosts an accessible 25 m, 6 lane main pool, a play pool, an indoor walking and running track, a multi-purpose gymnasium, licensed child care center and more. For more details on the Central Labrador YMCA's programming, head to [ymcanl.com](http://ymcanl.com).



# ICE SKATING

Ice skating is among our favorite winter activities. In the winter, our local arena turns into a community ice rink used for hockey, figure skating and casual ice skating for the whole family.



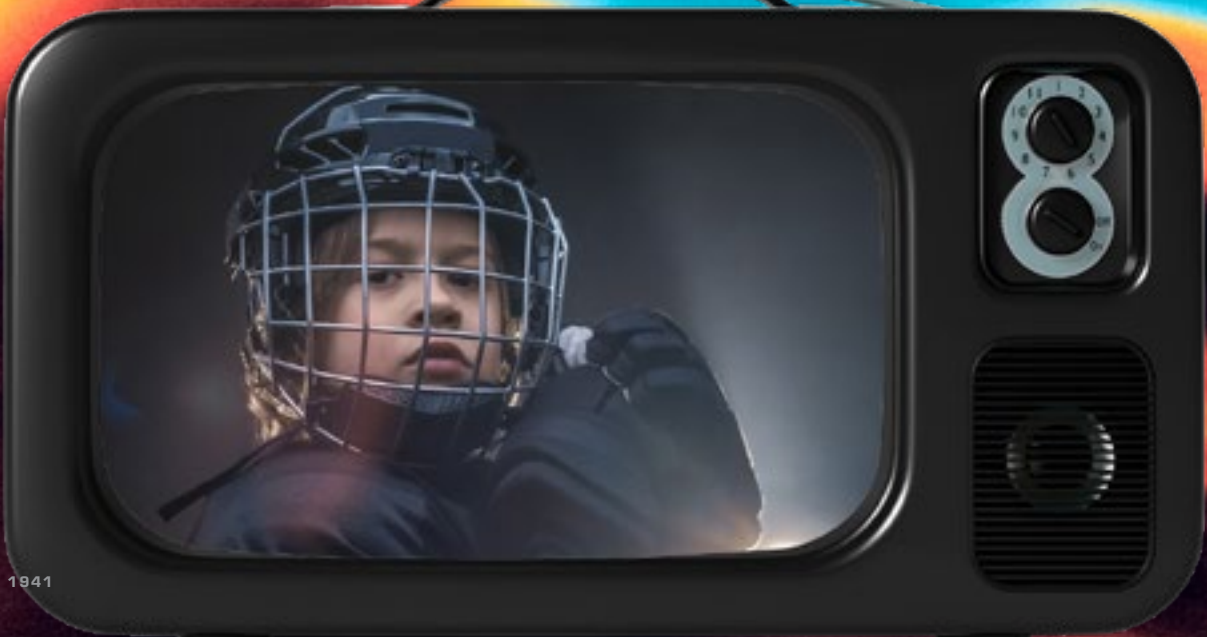
# DANCE

For those of us that like to move with style, Goose Bay is home to our wonderful local dance studio. A non-profit studio run by parents, volunteers and instructors, Valley Danceworks is a welcoming place for youths that like to move with style.



# YOUTH HOCKEY

In the winter, the local arena trades in its dry gym floor for an icy rink. During these months, skating and hockey are the talk of the town. But it's not just a winter sport, however. Fans of the sport still go strong in the summer, just without the ice. Ball hockey is a great way to scratch that hockey itch in the summer months. Youths have plenty of other recreation opportunities, from soccer to swimming and everything in between.





**HUGE  
20"  
SCREEN**  
(Measured Diagonally)

# MUSIC PROGRAMS

Both in and outside of school, musically inclined kids can hone their craft and embrace their musical talent through local music lessons.



# RELIABLE SOLUTIONS LOCAL EXPERTS

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# The Nitty Gritty

Some topics are important to cover, but don't fit nicely on a two-page spread. That's where the Nitty Gritty comes in. Here we'll cover topics like the NL Medical Plan, curbside garbage disposal, local parks and more

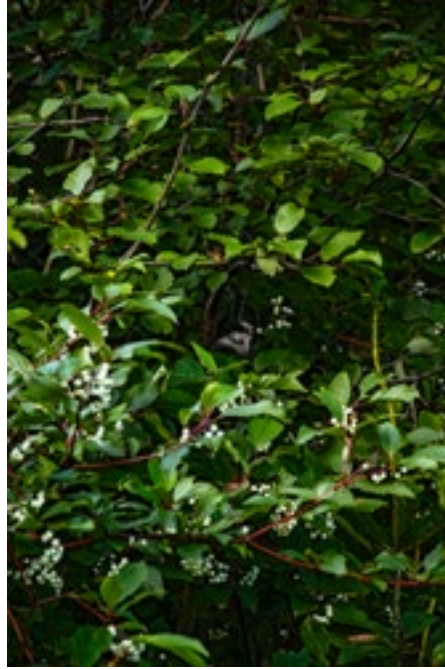
feature photo

MICHAEL CHUBBS



## Veterans' Memorial Park

Veterans park is equipped with a playground that includes multiple slides, educational pieces, swings and multiple entrances/exits to keep the young ones busy for awhile.



## OUR PARKS

A number of fantastic local parks and playgrounds dot the Central Labrador landscape, and offer residents a variety of opportunities to get outdoors and stay active. These include a number of well equipped playgrounds that are ideal for youngsters, a swath of open fields that are excellent for picnics and sporting events, and some that offer immaculate views of our northern landscapes and rivers.

In Goose Bay, Mealy Mountain Collegiate — the local high school — is accompanied by an adjacent skate and BMX park. Kinsmen Park — the largest park in the region — is one of our most widely used parks and a treasured local landmark. A mainstay for local community events like Canada Day celebrations and the Community Outdoor Market, Kinsmen Park is equipped with all of the playground staples, a splash pad, a stage for musical performances and other entertainment.

During larger community events, as well as the outdoor market, the park's ample open spaces are used

by vendors and local craftspeople to sell their wares, and serve food. Kinsmen Park is most widely used in the summer, and is ideally located in the middle of town. While used less in the winter, the park is decorated with bright Christmas lights, and the ground fills up with snow, perfect for winter activities like snowshoeing.

If you're living on 5 Wing Goose Bay, you'll be very close to Veterans' Memorial Park. The VMC is equipped with a modern jungle gym, and a nearby outdoor skating rink, meeting the needs of youths and adults all year around. Also on the base is a lovely golf course, as well as an area dedicated to disc golf.

Throughout Goose Bay, you'll find a number of lovely parks and playgrounds peppered across town, with some near schools, and others along our neighborhoods. Some of the most popular playgrounds can be found on our community map, but for a complete list, check out The Directory at the end of this magazine.



## Healthcare

Accessing healthcare in NL with our provincial health care plan MCP. The Newfoundland and Labrador Medical Care Plan, or MCP, is a publicly administered comprehensive plan of public medical care insurance. Introduced in April, 1969, MCP covers the cost of insured physician services for residents of the province, provided they have met the eligibility criteria to register as MCP beneficiaries. MCP beneficiaries are also entitled to coverage of insured medical services received in a hospital under the Hospital Insurance Plan.

Beneficiaries must present a valid MCP card when receiving services, so make sure you take your card with you when visiting a doctor. Everyone applying for an MCP card will have to fill out an application, but the documents you will need to provide depend on your residency status.

Canadian Citizens will need to

provide documents that confirm their citizenship status, like a Social Insurance Card, a Canadian Passport or birth certificate, or an official federal ID card.

Landed Immigrants will need to present Record of Landing Documents from Citizenship and Immigration Canada. Both Canadian citizens and landed immigrants may be required to provide additional information, such as their previous province or territory's health care number or card, and/or proof that Canadian citizenship or landed status has not been lost if returning to Canada after a lengthy stay abroad.

Foreign Workers are required to present an Employment Authorization (Work Visa), which must be issued before coming to Canada, for a named NL employer, for a specific job within the province, and it must be valid for at least 12 months, except for foreign health care workers. All foreign applicants should be prepared to present a valid foreign passport for identification purposes.

International Students have to provide a copy of a student permit issued by Immigration, Refugees and Citizenship Canada (IRCC). Your permit must be issued before coming to Canada, and issued for an educa-

tional institution located in the province for a period of at least 12 months.

Applications should be sent to one of two MCP offices: Grand Falls-Windsor, or St. John's. See our Directory section for mailing details. Keep in mind, you should not send your original documents. Use photocopies and keep the originals.

For complete and current details on how to apply, visit [gov.nl.ca/hcs/mcp](http://gov.nl.ca/hcs/mcp). If you're moving Labrador and would like assistance, reach out to The Association for New Canadians.

## What's covered by MCP?

Your MCP card pays for most medically necessary services like hospital visits, home care, addiction services and primary care services.

## What's not covered?

Most prescription drugs, eye exams and eyewear, dental services and appliances like hearing aids or crutches. For a comprehensive list of MCP coverage, visit [gov.nl.ca/hcs/mcp](http://gov.nl.ca/hcs/mcp).

## Ports of Entry

Central Labrador is accessible by air, by road, by sea, or a combination of the three. To the west, Route 500 bridges the gap between Labrador and Quebec, while Route 510 will take you



South East towards Newfoundland. For locals, the most common by-road destinations for trips are Labrador City (about 530 km to the West), or to Newfoundland (630 km to the East).

People looking to venture further North are served by a seasonal ferry along the communities of Nunatsiavut, along Labrador's North Coast. The Goose Bay Airport is located at 5-Wing Goose Bay and services flights from Air Canada, Provincial Airlines & Air Borealis.

## You've Got Mail

There are two post offices in Goose Bay: Station B in The Valley, and Station C uptown. Canada Post does not deliver door-to-door, so any mail shipped through Canada Post will be available for pickup here. When shopping online, packages are most often shipped through Canada Post. However, if you've made a purchase from a vendor that ships with a courier like FedEx or Purolator, your package will be delivered to your door by a local "last-mile" delivery service. Either way, you'll receive an email once you've made a purchase that will include a tracking number and the delivery service provider.

After your Canada Post delivery has been received and processed by a local office, you may receive an email

that says Canada Post tried to deliver your package but could not. At this point, your mail has been received and processed at the Post Office. Simply disregard the note about the attempted delivery and pick up your mail at the office.

## Garbage Disposal

In Goose Bay, residential garbage collection is provided by Hickey Construction and operates Monday to Friday, during all holidays outside of Christmas Day. Our community is divided into four zones and each zone's trash is collected on a particular date. The garbage collection schedule can be found on the Town's website at [townhvgb.com](http://townhvgb.com).

## Groceries

Pantry staples and international goods offer accessible variety to our diverse community. Goose Bay offers excellent access to groceries, with two main stores catering to most needs. The Terrington Co-Op, located on Abbott Drive, and Northmart, on Hamilton River Road, both offer a comprehensive selection of produce, meats, pantry staples, frozen foods, cleaning supplies, and other household essentials.

For those seeking a quicker shopping experience or specific items, sev-

eral smaller shops also offer grocery items. Quickstop, conveniently located across from the Co-Op, provides a small grocery selection alongside a popular Kentucky Fried Chicken outlet.

Uncle Ern's, a short drive away, carries a diverse range of dry goods, frozen foods, meats, housewares, and even toys. MOR Meats, a local favorite, specializes in high-quality meats and also offers tempting daily sandwich specials, fresh salads and more. Finally, Canex, located at 5-Wing Goose Bay (The Base), provides groceries, clothing, and electronics for those in the area.

Reflecting Goose Bay's diverse population, the availability of imported international foods has increased notably in recent years. Shoppers can find a delightful selection of products from South and Southeast Asia, particularly from the Philippines, at Northmart, The Co-Op, and Quickstop. Additionally, Skipper Joe's Uptown location— one of our local convenience stores — is an excellent source of dry and frozen goods from India. For those seeking domestic international flavors, Uncle Ern's and Canex offer a range of options to explore.

— Labrador Immigration Summit —

# THE BIG

# Summit

Retention Strategies for  
Communities and  
Major Projects

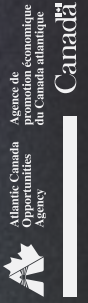
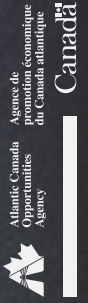
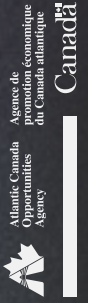
**MARCH 30-31**

HOTEL NORTH TWO

HAPPY VALLEY-GOOSE BAY, NL

[TICKETS CHAMBERLABRADOR.COM/EVENTS](https://chamberlabrador.com/events)

NEWCOMERS REGISTER FOR FREE AT [BUSINESS@CHAMBERLABRADOR.COM](mailto:BUSINESS@CHAMBERLABRADOR.COM)





# The Directory

Your go-to reference guide for everything Central Labrador has to offer

## Hospitality

- Hotel North**  
25 Loring Dr.
- Hotel North Two**  
382 Hamilton River Rd.
- Royal Inn + Suites**  
3 Royal St.
- Emma's Suites**  
214 Kelland Dr.
- Kerry's Place Inc.**  
451 Hamilton River Rd.
- Labrador Inn**  
380 Hamilton River Rd.
- Cherrywood Suites**  
5 Cherrywood Dr.
- Airbnb's in HVGB**  
Airbnb.ca

## Attractions

- Northern Lights Dog Sledding**  
northernlightsdogsledding.com
- Northern Latitude Adventures**  
(709) 897-5141
- Birch Island Boardwalk**  
Pump House Rd.
- Lawrence O'Brien Arts Centre**  
obrienartscentre.ca
- Arcturus Movie Theatre**  
380 Banshee Blvd.
- Gosling Lake Campground**  
NW River Rd.
- Melville Public Library**  
141 Hamilton River Rd.
- Labrador Military Museum**  
381 Banshee Blvd.

## Dining

- The Blazing Igloo**  
11 Aspen Rd.
- Pizza Delight**  
87 Hamilton River Rd.
- El Greco**  
33 Hamilton River Rd.
- Trapper's Cabin Bar & Grill**  
1 Aspen Rd.
- Grafters Pub&Eatery**  
368B Hamilton River Rd.
- Mamattuk**  
2C Tenth St.
- Jungle Jim's**  
382 Hamilton River Rd.
- Maxwell's/Bentley's**  
97 Hamilton River Rd.
- Athmandu**  
345 N W River Rd.
- Le Airport Café**  
Goose Bay Airport
- Mariner's Galley**  
25 Loring Dr.
- Pep's Diner**  
21 Green St.
- Mo's Café**  
343 Hamilton River Rd
- Grenfell Variety**  
40 Grenfell St.
- Skipper Joe's**  
445 Hamilton River Rd.
- Tim Horton's**  
1 Loring Dr.
- Skipper Joe's**  
Churchill St.
- Da Shed Pub**  
29 Loring Dr.

- Dairy Queen**  
3 Tenth St. #1
- White Crescent Variety**  
18 White Cres.
- Tim Horton's**  
220 Hamilton River Rd.
- A&W**  
11 Loring Dr.
- Mary Brown's**  
1 Churchill St.
- Subway**  
11 Loring Dr.
- KFC**  
337 Hamilton River Rd.
- Happy Valley QuickStop**  
337 Hamilton River Rd.
- Hamilton Convenience**  
1 Hamilton River Rd.

## Groceries

- Terrington Co-Op**  
(709) 896-5737  
1 Abbott Dr.
- NorthMart**  
(709) 896-2921  
90 Hamilton River Rd.
- Uncle Ern's Meats & Treats**  
(709) 896-2487  
362 Hamilton River Rd
- Canex**  
(709) 896-8243  
381 Banshee Blvd.
- Mor Meats**  
(709) 899-5419  
371 Hamilton River Rd.
- Woodward's C-Store & Gas Station**  
371 Hamilton River Rd. (Uptown)  
3 Tenth St. (Downtown)

## Recreation

**E.G. Broomfield Arena**  
2 Churchill St.

**5 Wing Outdoor Arena**  
(FB Group)

**Goose Bay Curling Club**  
126 Edmonton St.

**Mealy Mountain Collegiate**  
Sports

**Complex**  
1 Voisey Dr.

**Gear's Gains**  
info@gearsgains.com  
251 Tippet St.

**Central Labrador YMCA**  
cly@nl.ymca.ca  
2 Corporal O'Quinn Blvd.

**5 Wing Fitness Centre**  
399 Centralia Rd.

## Parks

**Kinsmen Park**  
Hamilton River Rd.

**Steve's Playground**  
Ikey St.

**Other Parks**  
Laurier Loop  
Blake Street  
Perrault Place  
Roberts Road  
Spruce Park

## Clubs

**Birch Brook Nordic Ski Club**  
NW River Rd.  
Birchbrook.ca

**Labrador Hunting and Fishing**  
Association  
lhafa.org/home

**Amaruk Golf Club**  
327 Hamilton River Rd.

## Sports & Recreation

**HVGB Men's Rec Hockey League**  
hvgbrecleague@gmail.com

**Grand River Snowmobile Club**  
Trail map located on website

**Lake Melville Soccer Club**  
hvbgssoccer@hotmail.com

**Goose Bay Drop-In Soccer**

(Indoor & Outdoor)

**Lora's Loop**  
(multi-use winter trail)

**Lake Melville Xtreme**

**Minor Hockey**  
(FB Group)

## Beauty

**Creative Curl Unisex Salon**  
386 Hamilton River Rd.  
(709) 896-2793

**Grand River Barber Shop**  
120 Hamilton River Rd.  
(403) 846-2243

**The Hair Studio**  
367 Hamilton River Rd.  
(709) 896-4400

**Kelly's Hair Salon**  
8 Grand St.  
(709) 896-9663

**Platinum Salon**  
68 Churchill St.  
(709) 217-2572

**Beauty Valley Spa**  
174c Hamilton River Rd.  
(709) 896-0233

**Birch Island Spa**  
85 Hamilton River Rd.  
(709) 896-5300

**Merle Norman Cosmetic Studio**  
368 Hamilton River Rd.  
(709) 896-6500

## Places Of Worship

**Salvation Army**  
39 Churchill St.

**St. Andrew's Anglican Church**  
12 Strathcona Road

**United**  
105 Hamilton River Rd.

**Baptist Northern Cross Church**  
400 Kelland Drive

**Happy Valley Moravian**  
1 Haven Road

**Roman Catholic**  
150 Hamilton River Road

**Pentecostal Tabernacle**  
250 Hamilton River Rd.

**Mud Lake United Church**  
Contact: Vyann Kerby

**Baha'i Faith**

48B Hamilton River RD

**Jehovah's Witness**  
47 Cartwright Rd.

## Schools

**Peacock Primary School (K-3)**  
9 Cabot Cres.  
(709) 896-3896

**Mealy Mountain Collegiate (8-12)**  
1 Voisey Dr.  
(709) 896-3366

**Queen of Peace Middle School**  
(4-7)  
6 Green St.  
(709) 896-5315

**École Boréale (K-12)**  
7 Cabot Cres.  
(709) 896-0670

## Childcare

**Pumpkin House Childcare Centre**  
60 Churchill St.  
(709) 896-8239

**Robin's Nest Child Care Centre**  
564 Rivers Rd.  
(709) 896-6900 ext. 5556060

**College of the North Atlantic**  
Childcare Centre  
219 Hamilton River Rd.  
(709) 896-6350

**YMCA**  
2 Corporal O'Quinn Blvd.  
(709) 896-9622

## Community Resources

**Association for New Canadians**  
(ANC)  
217 Hamilton River Rd.  
hvgb@ancnl.ca

**Filipino Association of HVGB**  
Facebook.com

**Military Family Resource Centre**  
(MFRC)  
564 Rivers Rd.  
(709) 896-6900 ext. 5556060

**Labrador Friendship**  
Centre  
49 Grenfell St.

**Amal Youth & Family**  
Centre  
(709) 552-1174

info@amalnl.ca

**Public Legal Information Association of NL (PLIAN)**  
publiclegalinfo.com

**The Journey Project**  
45 Grenfell St  
labrador@journeyprojectnl.com

**Department of Immigration, Population Growth & Skills**  
163 Hamilton River Rd.

### Financial Institutions

**H&R Block**  
358 Hamilton River Rd.  
(709) 896-5239

**Scotiabank**  
45 Grenfell St.  
(709) 897-3000

**Bank of Montreal**  
215 Hamilton River Rd.  
(709) 896-4411

**RBC Royal Bank**  
(709) 896-6510  
36 Grenfell St.

**Credit Union**  
(709) 896-8352  
328 Hamilton River Rd.

### Health & Emergency

**HVGB Fire Department**  
210 Hamilton River Rd.

**RCMP HVGB Detachment**  
147-149 Hamilton River Rd.

**Hamilton Drugs PharmaChoice**  
364 Hamilton River Rd.

**Warr's Pharmacy**  
3 Hamilton River Rd.

**Star Dental**  
342 Hamilton River Road

**Gosala Dental Clinic**  
6 Royal St

**Northern Dental**  
358 Hamilton River Rd

**Hamilton River Dental Clinic**  
379 Hamilton River Rd

**Goose Bay Orthodontics**  
85 Hamilton River Rd

**Labrador Dental Clinic**  
2 Bowell St

**St. John's Office: MCP**  
St. John's, NL,

**Grand Falls Windsor Office: MCP**  
22 High Street,  
Grand Falls-Windsor, NL,

**Labrador Massage Therapy Clinic**  
33 Johnny Hill Dr"

**Keating Family Chiropractic**  
2 Ikey St

**ProActive Wellness & Prevention**  
2A Bowell St"

**Medicuro**  
Medicuro.ca

**Opioid Treatment Centre**  
227 Hamilton River Road

**Dialectical Behavioral Therapy**  
nl.bridgethegapp.ca

**Bridge the Gapp NL**  
227 Hamilton River Road

**Beltone Hearing Service**  
2 Ikey St

**Doorways Walk-In Clinic**  
227 Hamilton River Rd

### Mail

**Canada Post - Station C**  
396 Hamilton River Rd.  
(709) 896-2771

**Canada Post - Station B**  
4 Grenfell St.  
(709) 896-2844

**Blizzard Express**  
4 Toronto Ave..  
(709) 896-5858

### Airport Contacts

**Goose Bay Airport**  
1-709-896-5445

**Air Borealis**  
1-800-563-2800

**Pal Airlines**  
1-800-563-2800

**National**  
1-709-896-5575

**Budget**  
1-709-896-2976

**Avis**  
1-709-896-5658

### Pets

**Valley Vet Clinic**  
394 Hamilton River Rd.

**PAWS Pet Boutique**

331 Hamilton River Rd.

**Goose Bay SPCA**  
Winnipeg St

**Lake Melville Dog Park**  
25 Cherrywood Dr.

### Autoparts

**All Wheel Drive**  
206 Kelland Dr.

**Cabot Auto**  
7 Churchill St.

**Hillcrest Auto**  
7 Hillcrest Rd.

**NAPA Auto Parts**  
7 Cherrywood Dr.

**Speedy Glass**  
25 Aspen Dr.

**TM Auto LTD**  
77 Grenfell St.

**Labrador Motors Limited**  
12 Loring Dr.

**Notre Dame Recreation**  
422 Hamilton River Rd.

**Frenchie's Outdoor Shack**  
11 Churchill St.

**Happy Goose Car Wash**  
2 Burnwood Dr.

**Northern Oil**  
212 Kelland Dr.

### Attractions In North West River

**Labrador Interpretation Center**  
2 Portage Rd.

**Labrador Heritage Museum**  
3 River Rd.

**Labrador Heritage Craft Shop**  
9 River Rd.

**Tranquility Trail**  
North West River

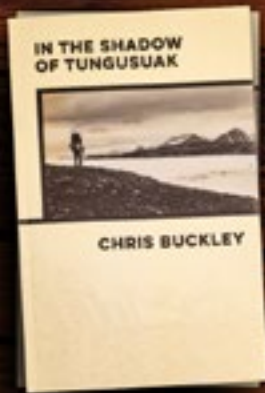
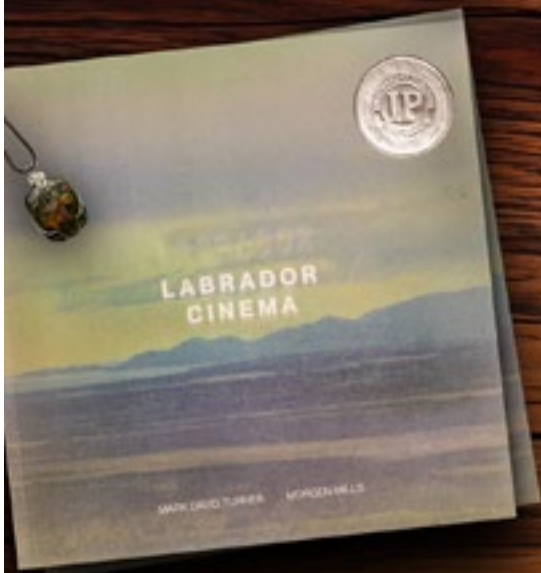
**CRB Supermarket&Deli**  
2 River Rd.

**Lester Burry Memorial Park**  
North West River Water Front

**Sunday Hill Park**  
Sunday Hill, North West River

**Red Wine Bed and Breakfast**  
25 River Rd.

**Motel North**  
11 Paddon Rd.



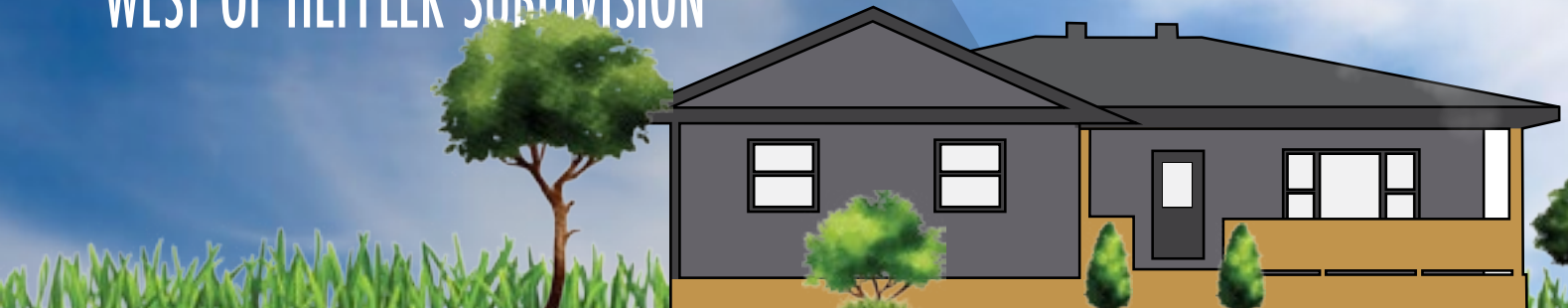


VISITOR INFORMATION CENTRE  
& CRAFT SHOP  
6 HILLCREST RD, HAPPY VALLEY-GOOSE BAY

LNCC

# DEVELOPMENT OPPORTUNITY

## WEST OF HEFFLER SUBDIVISION



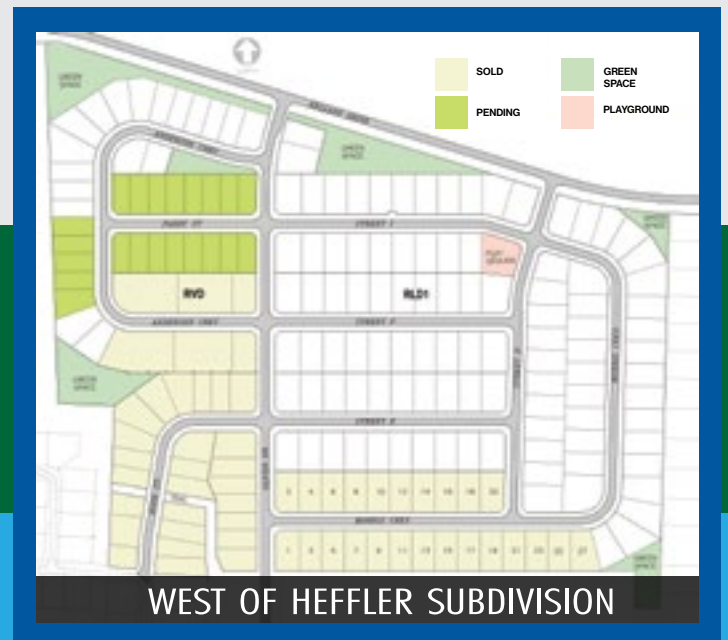
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T-709-896-5155  
C-709-899-0019

