

THE LAKER SPORTS



Ashleigh Marshall of Fall River has made it official—she has committed to UPEI women’s basketball program beginning in September 2019. The Lockview High Dragons girls hoops star signed her letter on Jan. 24, six days after visiting the school. She made her decision on Jan. 23. (Healey photos)

Marshall commits to UPEI women’s hoops

by Pat Healey

FALL RIVER: Ashleigh Marshall is going from donning the blue and white of the Lockview High Dragons to the green and white of the UPEI Panthers.

Marshall, a steady force on the court with the Lori Lancaster-coached Dragons, made it official signing her commitment to the Panthers on Jan. 24 at the school in Fall River.

She spoke to *The Laker* on why she decided on UPEI.

“I chose UPEI because everybody was so nice there and it felt like home because of the community and environment of the school,” said Marshall in an interview on Jan. 25. “The team dynamic was awesome and it had everything I was looking for in a university.”

She said she was trying to decide between post-secondary schools, which made it difficult but she’s happy with deciding on UPEI. She will be taking a Bachelor of Arts in Psychology and hopes to go into Law from there.

Since the news broke online once the team made it official with their own tweet about it, Marshall has received a lot of online congratulatory messages.

Marshall is eager to get started in September 2019 with the UPEI Panthers women’s basketball team, coached by Matt Gamblin. The Panthers are 12-2 this season in Atlantic University Sport (AUS) women’s basketball play.

“I’m excited for the fall and what next year brings,” said Marshall. “I think UPEI will be a great place for me to improve basketball wise and a great place to be learning wise as well.”

McIntyre ready to soak up Canada Games

by Pat Healey

FALL RIVER: When Grace McIntyre checked her phone at school one day in late January, she saw a very important email had arrived in her inbox.

The Fall River girl immediately went to Mr. Crawford, who was teaching the phys-ed class at Lockview High, seeking his permission to check the email which came from Cross Country Skiing Nova Scotia regarding the Canada Games, being held in Red Deer, Alta.

“I asked him if I could take a minute to read it,” recalled McIntyre. “He said sure, as long as he could read it with me. So I read the email and it was to confirm that I made the team.

“I was so excited and it was so overwhelming at the same time. It was like this huge weight had been lifted off of my shoulders.”

McIntyre was the youngest athlete to make the CWG Cross Country Ski team since they put in a percentage and time requirement in the qualifying process for nominating skiers to the team.

Based on her age of 14-years-old, McIntyre does have the possibility of competing three times with N.S.—two more after this year—at the Canada Games.



Grace McIntyre of Fall River donned the N.S. colours at the 2019 Canada Winter Games. (Healey file photo)

“It means so much to me to be able to go and represent my province,” said McIntyre. “It makes me feel accomplished, knowing that I got myself here with hard work, and dedication to the sport.”

McIntyre remained level-headed as to what she’s expecting at the Canada Games.

“Coming from a small team like Nova Scotia I’m not going with the expectation to win, but to surprise myself and hopefully make some great times,” said McIntyre.

DISTRACTED DRIVING

Paying attention when you drive **KEEPS YOU ALIVE**



The four types of DRIVING DISTRACTIONS



When you consider distracted driving, cell phone use may come to mind. Undoubtedly, texting is a major driving distraction but it's certainly not the only one. There are dozens of common driving distractions—all of which put you at risk of being in a car accident. They can be grouped into four major categories.



VISUAL

These are activities in which you take your eyes off the road. Common visual driving distractions include reading road signs, changing the music and turning around to deal with kids fighting in the backseat.



MANUAL

This type of driving distraction involves taking your hands off the wheel. Eating and smoking, rummaging through a purse and programming a route into a GPS can all be categorized as forms of manual driving distractions.



COGNITIVE

These are mental factors or activities that prevent you from properly concentrating when behind the wheel. Cognitive driving distractions include being in a highly emotional state, daydreaming and having a conversation.



AUDITORY

Distractions that dominate your hearing and prevent you from noticing traffic sounds are labelled as auditory driving distractions. Listening to music and talking on the phone are examples that fall under this category.

Note that almost all driving distractions distract you in more than one way. For example, listening to the radio at full blast distracts both your auditory and cognitive awareness. As for texting and driving, that’s a visual, manual and cognitive distraction — unsurprisingly, it’s one of the leading causes of traffic accidents today.

Distracted driving accounts for about 25 per cent of all crash fatalities. For your safety, as well as the safety of other drivers and pedestrians, don't let yourself become distracted when driving.

YOU! Yes, YOU! Why do you still text & drive when you know the facts:



Karen Davison

You wouldn't drive drunk - why drive with such a major distraction!



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COMMUNITY

calendar

FRIDAY BOISDALE
8 p.m., (CD) AA Boisdale Serenity meeting, 2457 Bourinot Rd.

IONA
6-7 p.m., Iona Legion evening supper. Everyone welcome. Followed by ceilidh.

SYDNEY MINES
7:30 p.m., Bingo, Holy Family Parish Hall, Main Street.
8 p.m.-12 a.m., Jackpot Karaoke with P&P at Royal Canadian Legion Branch 008.

WAGMATCOOK
5-6 p.m., Wagmatcook Native Walkers Program at the Wagmatcook Culture & Heritage Centre. No charge.

SATURDAY NORTH SYDNEY
7:30 p.m., Bingo, North Sydney Seniors and Pensioners Club, 309 Commercial St. All money games.

SYDNEY MINES
8 p.m.-12 a.m., Open mic/dance, Sydney Mines Seniors and Pensioners Club, 6 Fraser Ave. Live entertainment. Members and guests.

SUNDAY FLORENCE
9 a.m.-12 p.m., RCL Branch 83 Sunday breakfast. Everyone welcome.

MILLVILLE
7 p.m., Bingo Millville Community Centre. Cash prizes.

SYDNEY MINES
11 a.m., (CD) AA Sydney Mines Group meeting, 55 King St., behind post office.
2-4 p.m., Sunday afternoon bingo, Sydney Mines Seniors and Pensioners' Club, 6 Fraser Ave. All money games, daubers required. Canteen available.

6:30-8:30 p.m., St. Andrew's Community youth group meets at 643 Main St. All youth welcome between grades 4-8.
7:30 p.m., Tarabish game at Sydney Mines Seniors Club. Three prizes and bar service.

MONDAY BIG BRAS D'OR
7 p.m., 45s card game at Big Bras d'Or fire hall, 1390 Old Route 5. Jackpot and even split.

BOULARDERIE
1:45 p.m., The Boularderie Rug Hookers of The Munro Crafters Guild meet at the Boularderie School. Everyone welcome.
1:45 p.m., Boularderie Weavers meet at the Boularderie School. New Members are welcome.

FLORENCE
6:15-9 p.m., 602 McCurdy Royal Canadian Air Cadets meet at T.L. Sullivan Middle School. Ages 12-18. No charge. Contact Theresa at 902-674-0942 for information.

NORTH SYDNEY
7:30 p.m., 45s card game, Florence Legion. Jackpot. First, second and third prizes. Light lunch served.

10-11 a.m., Keltic Dancercise classes will be held at D and R Dance Studio, 47 Peppett St. For information, phone Kay Batherson (902)794-3772 or e-mail malcolmbatherson@bellaliant.net .
10 a.m. North Sydney Walking Group, Carmen Young Walking Track.
1:30 p.m., Walking Club at Munro Park.
4:30 p.m., Chair yoga classes, Calvary Baptist Church, information at 902-674-2374.

For more community calendar event see page A7.

NORDICSPORTS

I've met some incredible people'

Baddeck teen to compete in cross-country skiing at Canada Winter Games in Alberta next month

BY ERIN POTTIE
CAPE BRETON POST

BADDECK

A Baddeck teenager will celebrate her sweet sixteen birthday on the ski trails next month as a competitor at the Canada Winter Games.

All-around athlete, Caden Macleod will be the only Cape Bretoner out of seven members of Team Nova Scotia competing in the sport of cross-country skiing.

"I got into cross-country skiing when I was 12, so that's quite old for a kid," said the Grade 10 Baddeck Academy student.

Macleod said she approached her now ski coach and event organizer Daniel Murray about five years ago, asking if she might be able to compete at the Ingonish Triathlon.

"As a side note, I asked what kind of cross-country skis would you recommend if I just wanted to try it out in my backyard," she said.

"I started skiing that winter or a little bit before that."

Macleod has also been involved in cross-country running, cycling and triathlons.

"One of my first-ever skiing trips was up north on Mica Hill on South Mountain, just past Neils Harbour," said Macleod.

"That winter I went on my first ski trip and I stuck with it. I enjoyed it."

Macleod said there was a bit of a learning curve to her newfound winter sport.

"I had the fitness, I just lacked the technical skills and I was a bit late getting into the sport, but I managed, for the most part, to catch up and I'm doing pretty well now."

And catch up she did. After several Cross-Country Canada competitions throughout the Maritimes, Macleod climbed high enough on the Canada Points List to earn a spot at the national competition.

Macleod also attended training camps with her fellow Nova Scotia teammates last year in the Halifax area and Wentworth, N.S.

"I'm just there for the experience," Macleod said of her



SUBMITTED PHOTO

Fifteen-year-old Caden Macleod of Baddeck will be competing this February at the Canada Winter Games in Alberta.

first trip to the Canada Winter Games. "I'll try to do the best races I have had."

"The cross-country ski community is pretty amazing and I've met some incredible people."

Macleod said the race she is most looking forward to is the long-distance 10-kilometre classic race, which happens to fall on her sixteenth birthday — Feb. 28.

Macleod said her journey in sport has been supported greatly by her mother, Cari Macleod, and other family members who have provided time and financial contributions to her training.

For her competition in Red Deer, Macleod will compete in at least four races.

Team Nova Scotia ski coach Daniel Murray said because Macleod lives almost two hours

away from the North Highlands Nordic Ski Club, a great deal of training has been completed on her own.

"I'm just very, very happy with the progress she's made in such a short period of time because of a few things working against her, including her late start and also the fact that I'm not there to meet with her three, four, five times a week."

"She does a lot of this on her own. And top of that, she doesn't have this great facility surrounding her to go ski in every day."

Macleod said competitions ahead for Team Nova Scotia at the nationals include: time trial, mass start race, sprint race and mixed team relay.

This year's provincial cross-country ski competitors will range in age from 15 to 22 years.

**NORTHSIDE GENERAL
EMERGENCY DEPARTMENT
TEMPORARY CLOSURES**

The Emergency Department at Northside General Hospital will be closed from **Friday, Jan. 11 until Monday, Jan. 14 at 8 a.m.**

Please note that the Emergency Department is not open in the evenings or overnight.

Patients requiring emergency services should call 911 or go to the Emergency Department at the Cape Breton Regional Hospital.

If you have a **NON-URGENT** health matter, call 811 to talk to a Registered Nurse.

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**IN
brief**

**Preliminary hearing
date set for Sydney
Mines man**
SYDNEY — A preliminary hearing date has been set for a Sydney Mines man facing a host of offences.

Ryan Joseph Young, 20, of Victoria Drive, is charged with aggravated assault, assault with a weapon (a knife), carrying a weapon dangerous to the public peace and possession of an instrument that could be used in a break-in.

The offences are alleged to have occurred Dec. 3 in North Sydney and Young has elected to be tried by a Supreme Court judge and jury.

A preliminary hearing on the offences is now set for July 10.

Young is also scheduled to stand trial on the same day on a single count of breaching a court order.

He continues his release on conditions.

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sports

CANADA WINTER GAMES

A long-standing legacy

Colchester County coach comes from a family with a strong sporting background

FRAM DINSHAW
TRURO NEWS

TRURO, N.S. – Lilla Roy always knew where to find good snow. As a child growing up in Fort Ellis, she would often drive to Ski Wentworth with her parents, where skiing became as natural as walking.

Today, she's in Alberta as an assistant coach for Team Nova Scotia's cross-country skiers at the Canada Winter Games.

"It's a great feeling," said Roy. "There's a lot of provincial pride at this event and pride in what they're taking on and the challenges they face as a small province without consistent snow."

Roy is working with head coach Daniel Murray to guide seven athletes – five females and two males – through the Canada Winter Games.

This means the usual ski drills and practice sessions on trails through the woods, as well as emotional support as they face top-class athletes from provinces that enjoy much more snow than Nova Scotia.

But Roy is already preparing, having arrived in Alberta ahead of her team. She spent the weekend in Canmore practising her own skiing, before going to Edmonton and then Red Deer, where she will meet her athletes in the coming days.

Both Roy and her skiers are practising on deer trails before the games begin. To make up for



Assistant coach Lilla Roy (second from right) is helping to guide Nova Scotia's cross-country ski squad through the Canada Winter Games in Red Deer from Feb. 15 to March 3. **CONTRIBUTED PHOTO**

the lack of snow in Nova Scotia, athletes sometimes 'roller-ski' using skis on wheels to practise techniques.

It's a far cry from her childhood in Fort Ellis, where soccer and baseball were favourite sports and neighbours looked out for each other.

"I've seen the full spectrum, growing up in a small town as a developing athlete, having the chance to compete and live away and then return home," said Roy.

Indeed, Roy's family has long-

standing ties to the Canada Games spanning decades.

Roy's mother Marjorie Cogswell was manager of the Canada Winter Games in 1983. Her father was an athlete in the games in 1979 and returned as a coach in 1987 and 1991. Her brother Ben raced in 2007 together with sister Jennie Mae, who also competed in the 2011 Winter Games.

Roy herself competed in skiing at the 1999, 2003 and 2007 games. She also served as a wax technician at the 2015 Winter Games

and was on the cycling team at the Summer Games in 2005.

When not on the trails, Roy makes her permanent home in Sydney, where she works at Cape Breton University.

"I miss the east," said Roy. "We had family all over the province and there's all kinds of places in Nova Scotia I'd like to visit sometime."

For more information on this year's Canada Winter Games, visit <https://www.canadagames.ca/2019/>.

Off to the races

Bible Hill's Caelan Shaw has a deep passion for freestyle skiing

BY FRAM DINSHAW
TRURO NEWS

TRURO, N.S. – Caelan Shaw first strapped on her skis when she was just three years old.

Now 16, the Bible Hill resident is competing for Nova Scotia this week in freestyle skiing at the Canada Winter Games in Red Deer, Alta.

"I'm excited, I'm nervous," Shaw said prior to the event. "I've never actually competed at such a big level, so this will be a new experience. I just want to have fun and do my best and I don't care if I'm in the top three, as long as I do my personal best."

Shaw's skiing career began when a family friend, who was also a ski instructor, took her out onto the slopes, hoping to get Shaw's entire family hooked on the sport.

Her parents' friend originally wanted Shaw to take up alpine skiing, but she has practiced and



Caelan Shaw is at her most relaxed when she is skiing on the slopes. **FACEBOOK**

competed in the freestyle version for about seven years, training at Ski Wentworth every winter.

During the warm season, Shaw keeps in shape by working out regularly at the gym and

performing dryland training on trampolines as well as an airbag. The latter technique has athletes skiing down a ramp onto an inflatable 'mattress' as a substitute for snow.

During the winter, Shaw and her fellow skiers perform constant skiing drills on the snow at Wentworth.

"It's like trying to think why a person straps two pieces of wood onto their feet and races down a hill," said Shaw. "It's kinda relaxing, you can hear the snow and sometimes the ice below your feet."

Adopted as a baby from China, Shaw has spent nearly all of her life in Bible Hill, where she lives with her family and attends Cobequid Educational Centre.

When not on the slopes, Shaw enjoys playing the guitar. She takes her studies seriously and always completes her homework on time, describing herself as "strongly academic."

While Shaw is keen to keep skiing, she is considering working as a coach and already tutors younger children on the slopes. She has no immediate plans to try out for Team Canada at the Olympics.

Serenity on the ski slopes

Thirteen-year-old alpine skier Lily Oakley is off to Red Deer for national competition

FRAM DINSHAW
TRURO NEWS

TRURO, N.S. – A 13-year-old from Bible Hill is one of Team Nova Scotia's youngest members at the Canada Winter Games.

Lily Oakley first hit the slopes when she was just four and ever since, Ski Wentworth has become

something of a second home, preparing her for the Canada Winter Games in Red Deer, Alta.

"I love skiing, because it makes me feel happy to be outside all day and doing a sport that involves so much nature," said Oakley. "I like to be active and see new places. I think in skiing you get a chance to see a lot of new hills."

Oakley flies to Red Deer Feb. 23, just before the alpine ski races begin, to join her Nova Scotia teammates.

"I've been working really hard and it's a great opportunity," said Oakley.

While she started skiing early,



Oakley

Oakley only began specializing in alpine when she was nine and practises every weekend at Ski Wentworth during the winter.

She has put up some impressive speeds racing downhill on the local slopes, clocked at 71 km/h by one of her coaches.

"I have to admit it was a little scary," said Oakley. "It takes a while to get used to it, but my coach said that once you do, you learn to love those butterflies in your stomach."

However, alpine skiing is much more than simply speed, as a successful race depends on many factors, right down to basics such

as eating a good breakfast in the morning, as well as proper training, conditioning and mindset.

Other sports help Oakley succeed at skiing, including volleyball and dancing, providing a chance to improve her balancing skills.

Oakley has tried her hand at cliff-jumping and river rafting while camping at Mount Hood in Oregon.

"None of this would be possible if I didn't have the support of my friends, family and coaches," said Oakley. "I love it so much, there's no other place I'd rather be in winter – with my friends and coaches."

The Canada Winter Games run through March 3.

IN brief

Field posts shutout for atom A Cyclones

TRURO, N.S. – Jessica Porter and Kori Griffon each scored twice and added an assist as the Fundy Highland Wilson's Home Heating atom A Cyclones blanked the Strait Richmond Pirates 6-0 in North Conference hockey action at the RECC.

Brooklyn Bagnell Lauther and Hannah Jordan also scored while also adding assists. Laila Burris and Bailiee Brooks also chipped in helpers. Amy Field provided the shutout.

The Cyclones record now stands at 16-5-2 for the season.

Arsenault backstops Selects to victory

TRURO, N.S. – The Fundy Highland bantam AA Subway Selects ended their provincial hockey regular season on a winning note with 2-0 blanking of Metro West Force White.

Ellie Clarke and Mairead MacPherson were the goal scorers. Assists were provided by Maddie Beson, Emily Hart and Ava Genoe. Gabby Arsenault posted the shutout.

The Selects ended regular-season play one point behind Metro West Force White for top spot with a record of 19-3-2.

CWRHL contest ends in 2-2 stalemate

TRURO, N.S. – Gutter Done and Masstown Castle Hardware skated to a 2-2 draw in recent Colchester Women's Recreational Hockey League action.

Ashley Weatherbee and Rachel DeVries scored for Gutter Done, while Erin Crowell, Sandra Geddes and Weatherbee picked up assists. Stacey Webb scored both goals for Masstown, assisted by Casie Skidmore. Jaime Saxton played nets for Gutter Done and Patti Willigar was between the pipes for Masstown.

Major bantam 'Cats suffer pair of losses

TRURO, N.S. – The Truro Bearcats dropped a pair of games in Nova Scotia Major Bantam Hockey League action last weekend.

The Bearcats were edged 6-5 in overtime by South Shore and fell 7-4 to Pictou County's Wear Well Bombers.

In Bridgewater, Joseph Mason scored a pair of goals for the Bearcats, while Bryson Currie, Simon Mullen and Brooke Thomson each added singles and Ben Thompson had four assists. Truro led 5-2 in the third, before the Lumberjacks stormed back with three goals in the final 13 minutes to force overtime. At the Pictou County Wellness Centre, the Bearcats fell behind 4-1 just over eight minutes into the second period and never recovered. Currie, Jeremiah Martin, Aiden Tucker and Thomson scored for the visitors.

Weeks midgets set for playoff series

WESTVILLE ROAD, N.S. – The Pictou County Weeks Major Midgets will face the Cole Harbour Wolfpack in the first round of the Nova Scotia Major Midget Hockey League playoffs.

The best-of-five Nova Scotia Weeks Major Midget Hockey League series starts March 2 in Cole Harbour, with the second game, also in Cole Harbour, to take place the next day.

Weeks will have a home game on March 8 at the Pictou County Wellness Centre and March 9, if necessary.

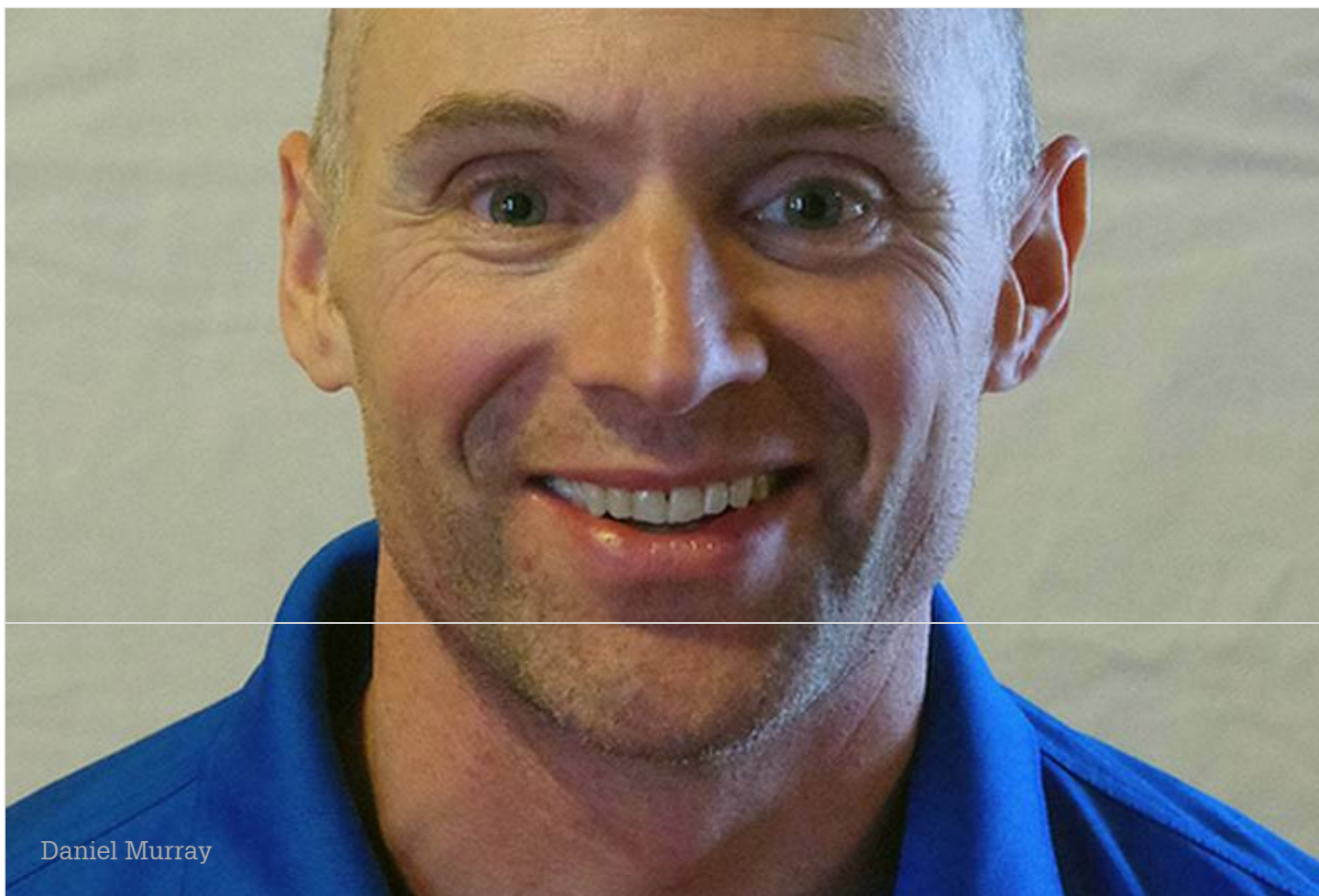
Both games would start at 7 p.m.

The locals finished in last place in the league this season, with a 10-24-2 mark. Cole Harbour was first overall at 30-2-4.

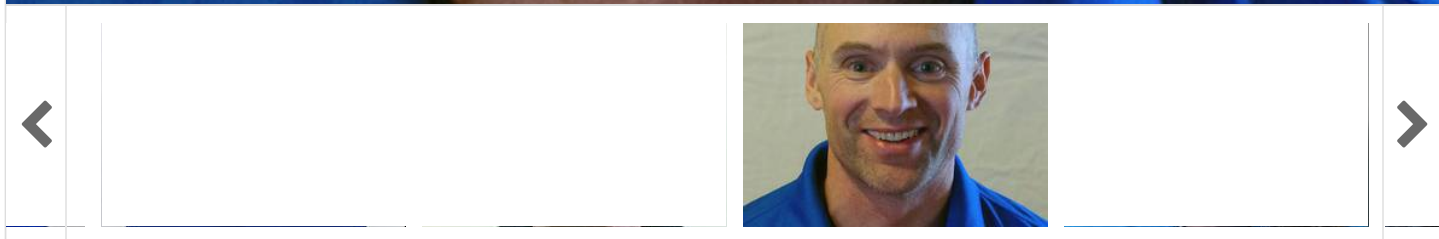
Cape Breton athletes to represent Nova Scotia at Canada Winter Games in Red Deer

Jeremy Fraser (jeremy.fraser@cbpost.com)

Published: 10 hours ago



Daniel Murray



‘We want to win for our province’

SYDNEY, N.S. — Growing up, Aimee O'Neill dreamed about representing Nova Scotia at the Canada Winter Games.

The Glace Bay hockey player will have her dream come true later this month when she participates in the Canada Winter Games, Feb. 15 to March 3, in Red Deer, Alta.

"It was an unbelievable feeling to know that all your hard work is finally paying off," said the 17-year-old. "It's really special to be able to actually fulfill one of your dreams."

O'Neill will be part of Team Nova Scotia's female hockey team, which begins play at the tournament on Feb. 24.

She will be joined on the club by fellow Cape Bretoners and MacIntyre Chevy Panthers teammates Erin Denny of Eskasoni and Nicole MacNeil of Sydney.



Aimee O'Neill

"It's really special that I get to play with these girls all year round and share this moment with them," said O'Neill.

"We know we will have lots of support back home in Cape Breton and we're all really excited for the games."

Team Nova Scotia will be joined in Pool 'B' by Alberta, British Columbia and Ontario. The team will open against Ontario, before facing Alberta on Feb. 25 and British Columbia on Feb. 26.

"I know a little bit from playing at the nationals that the competition is going to be really tough," said the forward. "We have a deep and strong team and I think we have skill and if we work hard we should be OK."

The female hockey semifinals are scheduled for March 1 with the bronze and gold medal games set for March 2.

2019 Canada Winter Games Events:

Week 1 – Feb. 15-22:

- Artistic Swimming
- Biathlon
- Boxing
- Freestyle Skiing
- Gymnastics
- Male hockey
- Ringette
- Speed Skating
- Table Tennis
- Wheelchair Basketball

Week 2 – Feb. 24 to March 3:

- Alpine Skiing
- Archery
- Badminton
- Cross-Country Skiing
- Curling
- Figure Skating
- Gymnastics
- Female hockey
- Judo
- Snowboard

- Squash
-

In total, seven Cape Breton athletes and four coaches will take part in the Canada Winter Games this year.

Aidan Dudas OT Winner

Matt MacDonald of Tri-Town Boxing in North Sydney will also participate in the games, representing the province in the ring.

"It's super-exciting, especially the closer I get now," said MacDonald, a Sydney Mines product. "It really puts your hard work into perspective and how much of a big deal it is and I'm really grateful for this."

MacDonald, who began boxing six years ago, will be joined on the provincial team by fellow Cape Breton boxer Matt Ross of New Waterford.

"We're both going there on the same mission and that's to bring home the gold medal," said the 18-year-old MacDonald. "We're both working hard, and we want to win for our province."



Matt
MacDonald

MacDonald, who will be fighting in the 76 kg male division, will open the event against Mohammed Makhoul of Manitoba on Sunday.

As for Ross, he will fight in the 69kg male division and will begin the tournament against Kyle Leon of Ontario on Sunday.

The semifinal bouts are slated for Monday and Tuesday while the bronze and gold medal matches will be held on Wednesday.

Other Cape Breton athletes competing at the Canada Winter Games include Caden MacLeod of Baddeck in cross-country skiing and Kenzie MacPhail of Inverness in the male hockey division.

Raised in Fort Ellis, Lilla Roy is now a Winter Games coach

Fram Dinshaw (Fram.dinshaw@trurodaily.com)

Published: Feb 17 at 1:50 a.m.

Updated: Feb 17 at 2:01 a.m.



Assistant coach Lilla Roy (second from right) is helping to guide Nova Scotia's cross-country ski squad through the Canada Winter Games in Red Deer from Feb. 15 to March 3. - Contributed

Colchester County coach comes from a family with a strong sporting pedigree

FORT ELLIS, N.S. — Lilla Roy always knew where to find good snow.

As a child growing up in Fort Ellis, she would often drive up to Ski Wentworth with her parents, where skiing became as natural as walking.

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It is a far cry from her childhood in Fort Ellis, where soccer and baseball were favourite sports and neighbours looked out for each other.

COMTOIS_POW_ULTRAMAR_FR.mov



"I've seen the full spectrum, growing up in a small town as a developing athlete, having the chance to compete and live away and then return home," said Roy.

Indeed, Roy's family has long-standing ties to the Canada Winter and Summer Games stretching back decades.

Roy's mother Marjorie Cogswell was manager of the Canada Winter Games in 1983. Her father was an athlete in the games in 1979 and returned as a coach in 1987 and 1991.

Her brother Ben raced in 2007 together with sister Jennie Mae Roy, who also competed in the 2011 Winter Games.

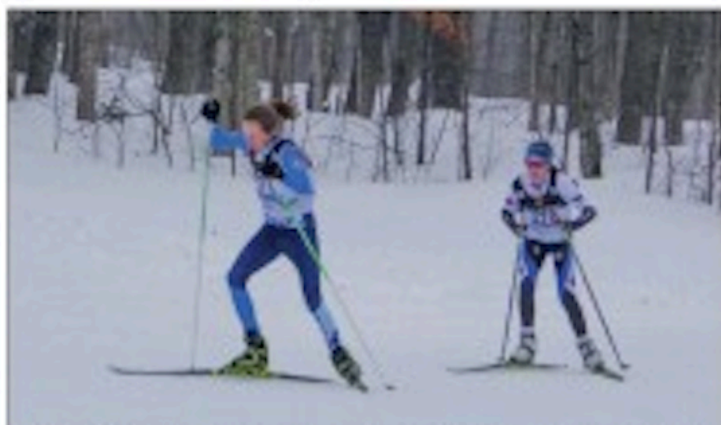
Roy herself competed in skiing at the 1999, 2003, 2007. She also served as a wax technician at the 2015 Winter Games and was on the cycling team at the Summer Games in 2005.

When not on the trails, Roy makes her permanent home in Sydney, where she works at the university.

"I miss the East," said Roy. "We had family all over the province [and] there's all kinds of places in Nova Scotia I'd like to visit sometime."

For more information on this year's Canada Winter Games, please visit <https://www.canadagames.ca/2019/>.

MacLeod to compete at Winter Games L'Arche Winter Games '19



Caden MacLeod (left) competing in a pursuit race at Eastern Canadian Championships in Feb. 1 in Dundas, Ontario. A pursuit starts based on the results of a previous race. Race order and start times are determined by how far racers finished behind the winner. The winner of the previous day is the first one to start the pursuit race, and it's up to everyone else to either catch the winner, move up the ranks, or maintain their position in the start order. MacLeod finished 21st the day before, 1:54 down on the winner. The next day, she moved up to 13th place, posting the fifth best time of the day, winning Bronze Medal.

ADVENTURE

Baldock Academy student Caden MacLeod is preparing to compete against the nation's best at the 2013 Canada Winter Games.

Red Deer, Alberta will host the Games from Feb. 11 - March 11. The Canada Winter Games, held every four years, is open to qualifying athletes up to age 21. Racing in both skate and classic cross-country ski styles, MacLeod, who is turning 16 during the competition, will compete in qualifying races, bracketed rounds and sprint races with distances varying from 1.5 km to 16 km.

"I look forward to racing against a field with pretty big depth," says MacLeod. "I don't typically get very nervous, just

excited."

MacLeod's coach, Daniel Murray, is leading this competition "as part of the greater whole".

"My general philosophy is more about how well they can do at the national level, at their age group, because the Games is only every four years. My intent is to try to make those kids as fast as they want to be."

Murray says the Canada Games may generate more excitement, but believes the annual Eastern Canadian and National championships are just as important.

"Like, if you want to do well at the Games, well you better be doing good at the national level the year before."

To compete at the Canada Winter Games, athletes must first qualify. Caden raced in

New Brunswick in December and, according to Murray, she comfortably met the criteria.

MacLeod trains for an average of 8-10 hours per week and frequently travels to races, often taking school work on the road with her. As part of the rigorous racing schedule, MacLeod and Murray travelled to Ontario for the Haywood Simon Canadian Eastern Championships Feb. 1-3. Representing the North Highlands Nordic Ski Club, MacLeod finished 13 out of 62 racers in the Junior girls category 7.5 km Free Pursuit race.

True to Murray's big picture racing philosophy, once the Canada Winter Games are over, he and MacLeod will head to Quebec for the Canadian Ski Championships in March.

What better way to break up the monotony of short days and long winter evenings than to set aside a few days for some fun and friendly games. That's what the folks at L'Arche-Cape Breton do every year when they hold their annual Winter Games. This year's theme was "The Fast and the Furious."



Ruddy Pope and Marjorie Kim celebrate an informal game winning shot at the annual L'Arche Winter Games. Photo by Jennifer Riley.



Residents and staff of L'Arche celebrate the 2013 L'Arche Winter Games as the snow falls gently in the background. Contributed Photo.

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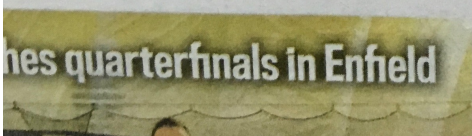
SPORTS



off an attack from the Antigonish Bulldogs during the 11th annual s played in this year's tournament. The Baddeck Bobcats beat An-
urnament is a family affair. Betty MacAulay, wife of the late Jackie
nkie, is assistant coach for the Bobcats. MacAulay's grandchildren
e family credits parents and volunteers for making Baddeck Minor



ce stops a shot during the 7th annual Steve MacDermid scholar-
ennifer Ripley.



Go, Caden, go!

First Canada Games for Vic Co. athlete



Caden MacLeod with fellow North Highlands Nordic Ski Club member Rosemary Algar. MacLeod and Algar are holding a poster made by members of the club wishing MacLeod good luck at the 2019 Canada Winter Games. Photo courtesy of Cross Country Nova Scotia.

CAROLYN BARBER

With live streaming available for the 2019 Canada Winter Games in Red Deer, AB, everyone can cheer on Victoria County athlete Caden MacLeod.

This is MacLeod's first Canada Games. She begins competing on Feb. 26. Her eighth place finish (in a field of 60) at the 2019 Eastern Canadian Championships last month in Duntroon, ON, and a December race in New Brunswick, qualified her for the Games. She joins six other Cape Breton athletes in Red Deer.

The 15-year old from Baddeck began skiing in her

backyard at the age of 12. The disciplined athlete trains independently, as her ski club (North Highlands Nordic) and coach Daniel Murray, are both located North of Smokey.

In warmer weather, MacLeod is also a cyclist, cross country runner and triathlete.

MacLeod will compete in the Free-style sprint, 7.5 km Free-style, 10 km Classic-style and Mixed Relay event.

To watch cross country skiing events live at the 2019 Canada Winter Games, check out the race schedule here: https://cg2019.gems.pro/Result/Sport_List.aspx.