

FEBRUARY 2020

ROCKIE TALK

The official newsletter of the Cochrane Minor Hockey Association



Bill Marsh Photography

A Message from President ♥ Pierre Landry ♥

With all of the issues our young athletes face these days with bullying, social media and discrimination, we wanted to try to change that narrative by encouraging everyone in the association - athletes, parents, coaches and board members - to deliver random acts of kindness over the next several weeks. It doesn't have to be at the rink ... anywhere in your community will do!

Experts have determined that showing kindness changes the brain, and that selfless acts of giving provide physical and emotional benefits needed for a well-rounded individual. This is why it is essential for children to learn kindness early on. As much as we want to develop on-ice skills, I believe that the off-ice part of hockey is just as important.

This month, we are going to do a random acts of kindness contest. Each team is encouraged to get creative with their random acts of kindness. Please submit a photo and mini write-up to CMHA by emailing in a photo and brief write up to communications@cochraneminorhockey.com by March 15, where the winning team will get a free pizza party (which coincides nicely with year-end parties. Good luck to everyone!

-Pierre



Get in it to win it! The Feb-March online 50/50 is live now. Visit rockies5050.ca to get your tickets today.

Celebrating Hockey Heroes: Ruth Tuite

Hockey heroes like Ruth Tuite are what keep these CMHA wheels turning. Mom and manager of two teams (Novice and Pee wee), Ruth is always the first to help out and do everything she can to see the season through the end - filling it with camaraderie and laughter all the while.



Thanks Ruth! Your Board of Directors appreciates you. Check out the full profile in this week's print/online editions of the [Cochrane Eagle](#).



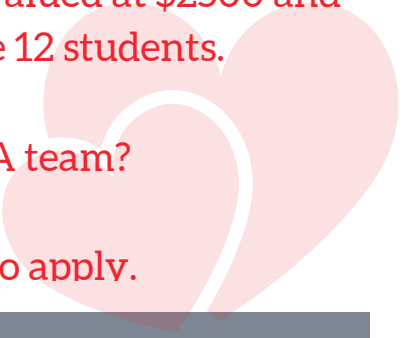
Applications for the Mike Bigland Scholarship open now ...in honour of a CMHA volunteer whose hearts and hands were larger than life, CMHA has begun the Mike Bigland Memorial Scholarship valued at \$2500 and available to one qualified Cochrane Grade 12 students.

Are you in Grade 12?

Are you a current player on a CMHA team?

Are you a ref with CMHA?

Deadline June 30, 2020. Click [HERE](#) to apply.



All Female Hockey. All the time.

Come celebrate Female Hockey. Female players and families - come wind up the year in style at the **Female Hockey Banquet**.

Tickets: \$25/person

Where: Lions Event Centre

When: March 14, 5:30-11:30 p.m.

What: Pasta dinner. Silent auction, 50/50, photo booth, DJ dance, cash bar and more!



Email: femaledirector01@gmail.com or ask your team manager