

# Ponoka Minor Hockey News



## Happy New Year

With the start of the new year, our members are hard at work planning and organizing events to raise money for our association. These funds are raised to keep our registration costs low and to pay for rising ice costs, as well as for future power skating and hockey player development events we'd like to implement for the 2020/2021 season. We appreciate your help, time and feedback.

If your team has any *wrestling tickets* left to sell, please do your best to promote as we will receive a portion of sales back. Once you've sold all you can sell, please get in touch with Ryan Gillespie and let him know.

## Stampeders Alumni Game

The scheduled Ponoka Stampeders Alumni game is set for January 11<sup>th</sup> at 5:30 PM. Come out and watch!



Follow us on Facebook and check our website for updates!



PMHA has signed up with Flip Give fundraising as have many associations in our area. Rimbey Minor Hockey has been using this initiative for a little while now. So far we've raised almost \$200 with only 8 people shopping through the app. If we can get at least 50% of our association using it, we will be earning tons while we shop. I know most of us shop locally, however, some things we have to buy online and this is a great way to do it. Amazon, Walmart, Canadian Tire, Under Armour are some of the stores available. To sign up, just click the link above and use code: **WG4HVS** to start earning!



## First Shift Full!

The First Shift program was filled with excited participants and the Welcome Event is set to take place on January 25<sup>th</sup> at 2 pm at the Stagecoach Saloon. At the kickoff, participants will be fitted with gear from head to toe and be given instructions for the 6 sessions they will receive of on ice training at the Ponoka Recreation and Culture Complex. On ice training starts on January 30<sup>th</sup> and will continue for 6 weeks at 5:30 pm.

A Special Thank You to Ryan Gillespie for putting so much work into this initiative!

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## Rink Dividers Have Arrived!

Thank you to our Equipment Director, Jesse Zinter for working on finding sponsors and ordering our rink dividers, and thank you to the sponsors for helping us with this exciting new equipment! Accupublishing is working on decalling the boards and we are hoping to start using them very soon.



**SUPER NEW AND  
EXCITING FUNDRAISER  
ALERT!**

This will be a great event to hit [Town of Ponoka](#). A portion of the ADVANCED ticket sales proceeds come to PMHA. So the more ADVANCED tickets we sell, the more \$ we receive as an association. We will have 50/50's, an auction item table and more.

Some tickets will be at the [Ponoka Legion Branch 66](#), and members of our hockey family will have as well.

Looking to sell 400 tickets to sell out the Legion.

**LIVE PRO WRESTLING**

**RCW NEW YEAR'S STAMPEDE**

Presented by **PONOKA STAMPEDERS**

**FRIDAY JANUARY 17, 2020**

**Royal Canadian Legion #66 - 3911 AB-2A Ponoka AB**

**Doors 7pm - Bell 7:30pm**

**Advance tickets: \$15 (all ages) Door: \$20 - \$17 (12 & under)**

**Advance tickets available: Ponoka Legion #66  
Ponoka Minor Hockey Association**

Portion of proceeds from minor hockey advance sales stay with PMHA  
Phone@ 587-938-6750 - online at showpass.com

smiling moose media | rcw online | WRESTLING GLORY DAYS | @rcw\_wrestle | /realcanadianwrestling



It's HERE! PMHA's first ever 24 hour out door hockey game fundraiser. We have teamed up to raise money for PMHA and Kidsport Ponoka These funds help keep kids in hockey, and help more kids get into hockey, keep fees down, provide goalie clinics, power skating/skills training and more. These additional programs are crucial for hockey to continue to grow in the Town of Ponoka.

Looking for 100 players. 2 teams, 2 shifts, playing 1 to 1 and a half hour shifts. Must raise/pledge minimum of \$250 to play. If you can pledge more *please* do. Cost of ice is going up we want to keep fees down. Must be 17 years of age or older. Bring your pledge form below when arrive. Start time will be 4 pm Friday afternoon.

We'll have camp fires, drinks, 50/50's, food, snacks, prizes for playing, prizes for top pledges, and a ton of fun. Players have access to dressing rooms inside to rest, shower, eat, sleep, warmup etc. More information coming!

Sponsorship, volunteer opportunities available. Please contact Ryan Gillespie at 403-963-7385 or [rgillespie@atb.com](mailto:rgillespie@atb.com) to volunteer, sponsor, or play!



PONOKA MINOR HOCKEY & KIDSPORT  
PONOKA PRESENTS:

# THE 1ST ANNUAL 24 HOUR HOCKEY GAME

A family-friendly event with hockey,  
food, hot drinks, 50/50 and fun!

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**FEB 7TH 4:00PM-  
FEB 8TH 4:00PM  
AT THE PONOKA OUTDOOR RINK**

**TO:**  
•PLAY  
•VOLUNTEER  
•SPONSOR

**PLEASE CONTACT:  
RYAN GILLESPIE  
403-963-7385  
RGILLESPIE@ATB.COM**

**FREE ADMISSION WITH FOOD BANK DONATION**

# Quick and Easy Recipes for Stress Free Game/Practice Nights

## Muffin Tin Lasagnas

### Ingredients

- 1 large egg, lightly beaten
- 1 carton (15 ounces) part-skim ricotta cheese
- 2 cups shredded Italian cheese blend, divided
- 1 tablespoon olive oil
- 24 wonton wrappers
- 1 jar (24 ounces) garden-style pasta sauce
- Minced fresh parsley, optional

### Directions

- Preheat oven to 375°. In a bowl, mix egg, ricotta cheese and 1-1/4 cups Italian cheese blend.
- Generously grease 12 muffin cups with oil; line each with a wonton wrapper. Fill each with 1 tablespoon ricotta mixture and 1-1/2 tablespoons pasta sauce. Top each with a second wrapper, rotating corners and pressing down centers. Repeat ricotta and sauce layers. Sprinkle with remaining cheese blend.
- Bake until cheese is melted, 20-25 minutes. If desired, sprinkle with parsley.

### Nutrition Facts

2 mini lasagnas: 414 calories, 19g fat (9g saturated fat), 83mg cholesterol, 970mg sodium, 36g carbohydrate (8g sugars, 2g fiber), 22g protein.

Courtesy of: Taste of Home



If you have a favorite recipe for busy nights you'd like to share, please email to [inform.pmha@gmail.com](mailto:inform.pmha@gmail.com)



# Thank You!!! to our

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WE KNOW OUR STUFF.



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