

Ponoka Minor Hockey News

Edition: 12:08:19



Christmas

Ponoka Minor Hockey Association would like to wish you and yours a very Merry Christmas. As we prepare for this year's holiday celebrations, please remember those less fortunate than you in our community and surrounding areas. Consider purchasing a few extra non-perishable food items at the grocery store and donating it to our foodbank.

There are many activities occurring in town this season to promote our charities and hope that you will attend or consider donating your time to assist. The Santa Showdown is a great way to enjoy a good hockey game and support our local charities.

Stampeders Alumni Game

The Stampeders are looking to play a Ponoka Stampeders Alumni Game on January 11th. Please email kenkinley@hotmail.com or ponokastampeders@gmail.com. Alternatively, you can call Ken Kinley at 403-391-0979. RSVP by December 20, 2019

FlipGive
TEAM FUNDING MADE EASY

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!



Follow us on Facebook
and check our website
for updates!



Ponoka Hockey Girls Fun Day!!

Ponoka Minor Hockey Association presents Hockey Girls Fun Day in Ponoka on December 21st. This should be a day of fun and development for our girls which will include skating development, hockey, yoga and food!

Come cheer on the girls at the games!!!

3:30 Lacoka Alumni Midget Game

5:45 Lacoka Bantam Game



A Special Thank You to Darlene Short
– ATB Mortgage Specialist for
sponsoring this day



**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

NEW YEAR'S STAMPEDE

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

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WRESTLING GLORY DAYS

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Quick and Easy Recipes for Stress Free Game/Practice Nights

Chicken Taco Wraps

4 frozen chicken breasts

1 jar salsa

1 can corn

1 can black beans

1 pack taco seasoning

Put all ingredients in the crock pot on low for 4 hours (adjust cooking time if using thawed chicken). When cooked shred chicken with 2 forks.

Serve with tortillas, sour cream, shredded cheese, hot sauce, jalapenos, avocado, lettuce, sliced peppers etc.

This is good left over and also freezes well!

Courtesy of: Carla Campbell



If you have a favorite recipe for busy nights you'd like to share, please email to inform.pmha@gmail.com

Update: the First Shift program is full!!! Stay tuned...



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BAUER



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