

## McCreary Moonlight Ski Nights

### **Project Target Risk Factors:**

Healthy Eating  
Physical Activity  
Mental Wellbeing

**Target Population:** All age groups

**Project Leads:** Gloria Mutch and Pam Little

**Community:** McCreary (population 480)

**RHA:** Parkland

### **Project Partners:**

McCreary Chronic Disease Prevention Initiative  
McCreary Golf and Country Club  
McCreary Ski and Outdoor Club

### **Project Details:**

A multiple event and ongoing project

### **Description:**

We organized a winter solstice ski to celebrate the first day of winter for December and then decided to host a moonlight ski evening every month of the winter. We invited people to come out for a ski, snowshoe or walk at the local golf course in the moonlight. We asked everyone to bring a healthy snack to share afterwards in the clubhouse. We provided hot drinks.

### **Time:**

We held 4 Moonlight Ski Nights (December, January, February, March). We took time to purchase supplies for the hot drinks and about 1/2 hour to set up prior to the event.

### **Objectives:**

- to encourage people to get out and active in the winter
- to provide an alternative activity to hockey and skating in the community
- to provide a novel way to enjoy being active in the winter by enjoying the moonlight
- to learn the new skill of skiing
- to learn about the local ski program at the golf course

### **Planning Supports:**

One member of our Healthy Together Now committee had attended moonlight events where she lived before. The ski club & golf course was being used for a XC ski program and had free equipment for people to use/try out. People told us that winter is long and social gatherings are appreciated.

### **Results:**

We held a moonlight ski each month with the following attendance: December 19th - 13 people; January 30th - 10; February 18th - 5; March 20th - 3 (poor weather). Some of the participants came to more than one moonlight ski and brought new participants with them. Those

participating expressed enjoyment even if they did not or could not ski. They felt it was important to get out of the house. Some people said they wanted to attend but due to the cold temperatures assumed we would cancel. Three people actually took up skiing.

**What worked:**

Having ski equipment/snowshoes that people could use; having a How to Dress for XC skiing handout and reviewing this with the participants; offering a free activity; warm temperature (not below -25) & making sure people know you will or won't cancel; having a nice warm place with washrooms where people can get prepared to go out, warm up and get together afterwards for socializing; sharing a snack and/or having hot drinks was enjoyable; encouraging families to attend even if they did not ski or participate in the activity - they liked to watch, get out of the house and spend time together.

**What didn't work and any changes made:**

We could not control the weather. When it was pretty cold we did not cancel the event but we needed to publicize that fact to encourage people to discover that winter is not as bad as they may think, unless it is unsafe (i.e. -26 or colder).

**Unexpected Outcomes:**

We learned how important the social aspect of the event became.

**Other notes:**

Hot drinks were put into a hot crock to keep warm while we were out skiing and included hot chocolate and mulled cranberry & apple juice with cinnamon sticks.

**Volunteers:**

We had 2 volunteers who purchased supplies for hot drinks, opened & closed the facility, set up a table for potluck snacks and helped new comers to get out skiing or snowshoeing.

**Facilities:**

McCreary Golf & Country Club grounds for skiing/walking/snowshoeing provided a fairly open area to get the most light from the moon. We also used their clubhouse.

**Equipment:**

Crock pots for warming drinks and ski and snowshoe equipment

**Total Costs:**

Hot drink ingredients - approximately \$30 in total for the four evenings

**Materials developed for your program:**

[Posters to advertise event](#)

[Introduction to skiing handout - How to Dress for XC Skiing](#)

**Contact Information:**

Community: McCreary

Region: Parkland

Contact person: Pam Little

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An alternate contact or for information on other Healthy Together Now programs in this area please contact Carol Schnittjer - [cschnittjer@prha.mb.ca](mailto:cschnittjer@prha.mb.ca)