

South Cooking Lake & Area Community League

100, 22106 South Cooking Lake Road
Sherwood Park, AB T8E 1J1
www.southcookinglake.com



April 2015 Newsletter

Upcoming SCL & Area Community League Meetings

Join us for our next meetings on Thursday, May 14th and Thursday, June 11th at 7 p.m. at the Hall. Everyone welcome! Meetings are held the second Thursday of each month, except July and August when there are no meetings.

Strathcona County Library Bookmobile

Tuesday nights outside of the SCL Hall from 5:30 – 7 p.m. The Bookmobile also visits Ministik School from 2:30 to 3:30 p.m. and the Strathcona Olympiette Centre/Fultonvale School parking lot from 7:30 to 8:30 p.m. on Tuesdays.

Stay and Play with Parent Link – Free unregistered playgroup program

Drop by the SCL Hall on Thursday mornings from 10 a.m. to noon to meet other families in the area, enjoy some fun activities with your child and get to know what is happening in your community. For more information contact **780-416-6730**, Parentlink@strathcona.ca, or visit the website at www.strathcona.ca/parentlink.

Yoga and Fitness Classes at the Hall

There is a daytime fitness class on Mondays from 10-11 a.m. Kids are welcome to come and play quietly. Wednesday night yoga runs from 7:30-8:30 p.m. This is a vinyasa-style class (aka flow class). Class is open to participants 14+. Drop-in is \$15. The cost for 6-week session is \$75. Prenatal participants welcome. Contact Jayleen Renneberg at jayleenrenneberg@gmail.com for more information and Spring class dates.

Tuesday Night Jazz/Hip Hop Dance Classes at the Hall

Contact Leah at leahsarafinchan@hotmail.com for more info about upcoming classes.

Children and Youth Programs at SCL United Church

The Church is exploring new and interactive children and youth programs. All families are welcome on Sundays at 10:30 a.m. Contact Ooi Lin at **(780) 922-2483** for details.

South Cooking Lake Seniors Association

Tuesdays at 1 p.m. and Fridays at 7 p.m. Activities include cards, horseshoes, cribbage, pool, shuffleboard, carpet bowling. Potluck at noon second Tuesday of each month. Wheelchair accessible. Minimum age 55. Annual fee of \$5. Contact **Vi Haase** for more info at **922-2174**.

Trail Days 2015 (and Upcoming Planning Meetings)

Mark your calendar for Trail Days on Saturday, August 15th! And join us for the next planning meeting on Monday, April 20th at 7p.m. at the Firehall Diner.

Easter Fun

Thank you to everyone who came out to enjoy our annual Bunny Hop Easter Egg Hunt this year. We had a great turnout with many new faces this year. Thank you to our volunteers for making this event possible and to our special guest, Anna from Frozen, who helped the kids find eggs and then did some facepainting at the Hall.

Ban announced for non-essential water use

Strathcona County is banning all non-essential water use on April 14 and 15. The ban applies to residents in Sherwood Park and surrounding rural communities. For the duration of the ban, residents are required to use as little water as possible, through actions such as taking very short showers, flushing toilets only when necessary, postponing laundry and dish washing and waiting to fill hot tubs, pools or large aquariums. All outdoor water use is prohibited during the ban. The ban is required to modify a portion of the main water supply line into Sherwood Park to accommodate upgrades to the Province of Alberta's Anthony Henday project.

Babysitter Meet and Greet

Are you looking for a reliable babysitter in our community or are you a babysitter who would like to meet families looking for local childcare? We are hoping to offer a Babysitter Meet and Greet at the SCL Hall this Spring. Look for more information on our Facebook page (find us under South Cooking Lake Hall), on our website (www.southcookinglake.com), or in the next issue of this newsletter.

Teacher Needed for Performing Arts Class

We are looking for a teacher who could teach some introductory drama to children 12 and under. The kids would learn the fundamentals of acting, voice projection, storytelling and movement. Please contact Heather at cromb@mcsnet.ca if you know someone who may be interested in teaching a weekly class or workshop.

Girl Guides Chapter in the South Cooking Lake Area

We have some families who are interested in re-opening our Girl Guide units that used to run in SCL. If you have questions, would like to attend an information night, or if you would like to be a leader, please contact Shari Laschuk at **922-6878** or slaschuk@telus.net for more information.

Activities at the Hall

What kinds of classes you would like to see offered at our Hall this year? We're looking for activities for both kids and adults. How about art lessons? A sewing class? A digital scrapbooking workshop? Karate or self defence? What interests do you and your family have? Contact Heather at cromb@mcsnet.ca with your ideas. So far there have been requests for dance classes, yoga, and fitness classes which we now offer so let us know what else you would like to see and we will do our best to make it happen. We have a great Hall so let's use it to enjoy programs in our community rather than driving into Sherwood Park or Edmonton so often. If you would like to help us research potential classes and teachers available, please let us know. The more of us looking for great learning opportunities for families in our community, the better opportunities we can offer. ☺

Share Your Talents with our Community

Do you or does someone you know have a skill you could teach people in our community? We're looking activities to offer at the Hall and we would love to find opportunities for people in our community to learn from each other. Share your talents, meet new people, and get some added income at the same time. This could be a workshop or a weekly class. Times are flexible. Contact **Heather** at cromb@mcsnet.ca with your ideas.

Birthday Party Rentals at the Hall

The SCL Community League has birthday party rental packages available at our community hall. Contact Cathy Hicks at **922-3029** or chicks@telus.net for more details.

The Travelling Hat

Are you going on a trip soon? Don't forget to take the Trail Days Hat with you and get a picture of yourself wearing it on your vacation. Photos are posted at the Hall to show all of the places our community members have travelled to. Latest adventures: Hawaii, Disneyworld and a cruise. Contact Aila at **922-1653** or abeckmerritt@gmail.com to pick up the hat.

Event Pictures

Do you have pictures from a community event you would like to share? Please bring pictures on disk or memory stick to Maureen at the Firehall Diner and she will add them to her library of pictures that she plays on the TV at the diner. Feedback to the pictures has been very positive so please keep adding to Maureen's collection!

Hall Rentals

Are you looking for a great space to rent for a special event? Please spread the word about our community hall. For more information about rentals, contact **Cathy Hicks** at **922-3029** or chicks@telus.net.

Stay Connected!

Don't forget to add your name to the South Cooking Lake Hall Facebook page to receive updates about community events, and visit our website at www.southcookinglake.com for more information about events, classes and other news in our community. If you would like to be added to our email subscriber list to receive this newsletter by email each month, contact **Heather** at cromb@mcsnet.ca.

President:	Terrell Fletcher	922-5522 or tfletcher270@gmail.com
Hall Rentals:	Cathy Hicks	922-3029 or chicks@telus.net
Newsletter:	Heather Cromb	cromb@mcsnet.ca

Thank you to these advertisers for helping to support this newsletter and activities in our community.



We are now pleased to offer
FULL SERVICE COMPANION ANIMAL CARE.
 We look forward to meeting you and your pets; fulfilling your family's veterinary needs




West Wind
 veterinary hospital

Call and book your appointment today at
780-662-0112

51136 Range Road 212 – Only 20 minutes from Sherwood Park or Tofield

Offering high quality and compassionate veterinary care for your pets Monday to Saturday, in addition to our state of the art equine veterinary care available 24/7.



Conveniently located just off highway 14. Drop off your pet on your way into work and pick up on your way home.



DAVE QUEST, MLA
STRATHCONA-SHERWOOD PARK



CONSTITUENCY OFFICE:
 #19 - 99 WYE ROAD
 SHERWOOD PARK, ALBERTA T8B 1M1
 TEL: (780) 416-2492 | FAX: (780) 416-7093
 STRATHCONA.SHERWOODPARK@ASSEMBLY.AB.CA



Bonnie Riddell
 Councillor, Ward 7

2001 Sherwood Drive
 Sherwood Park, Alberta T8A 3W7

780-464-8003 F: 780-464-8114
 Bonnie.Riddell@strathcona.ca




www.strathcona.ca

Want to promote your business or event and support your community at the same time?

Advertise in the South Cooking Lake newsletter.
 Only \$10 for business card size ad.

Contact Heather at cromb@mcsnet.ca for more information.



Firehall Diner

Restaurant hours:
 Wed to Sat 12-8 p.m.
 Sun 10 a.m. to 7 p.m.

Sunday Breakfast Buffet
10 a.m.-1 p.m. every Sunday


Convenience store items also available
 780-922-9290/780-974-2480

At your service...
 in rural Strathcona County

South Contact Office	Rural Liaison Team
22142 South Cooking Lake Road (in Fire Station #2)	780-922-1318
Wednesday to Friday 1 p.m. to 4 p.m.	RuralContactOffices@strathcona.ca www.strathcona.ca/rural



South Cooking Lake recycle events



Next date April 25 and 26

Drop your recycling off in the bins set up at the Fire Station #2 on the last weekend of every month.

A bin will be set up, one side accepting paper products and the other accepting containers. Acceptable items include:

- corrugated cardboard (flattened, clean and dry)
- glass jars (food & beverage containers, lids removed)
- metal cans (aluminum cans and containers)
- mixed paper (inserts, flyers, cereal boxes, etc.)
- newspaper
- plastic containers

In an effort to ensure that these events are successful and continue, please put items into their correct bins and only drop off accepted items.

Location
 Fire Station #2
 22142 South Cooking Lake Road

Questions?
 780-449-5514
www.strathcona.ca/utilities

