

South Cooking Lake & Area Community League

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



August 2015 Newsletter

Upcoming SCL & Area Community League Meetings

Join us for our next meetings on Thursday, September 10th 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 on Tuesdays from 2:30 to 3:30 p.m., Hastings Lake Community Hall from 4-5 p.m., and the Strathcona Olympiette Centre/Fultonvale School parking lot from 7:30 to 8:30 p.m. Check out the Mad Scientist Reading Contest!

Stay and Play with Parent Link – Free unregistered playgroup program

Drop by the SCL Hall and playground area on Thursday mornings from 9 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 www.strathcona.ca/parentlink.

SCL Summer Program – Free, drop in, and running until the end of August

Come meet Ashley, the recreation leader at the playground all summer. She will lead activities for kids in our community. The hours are 9:30 to 5:30, Monday – Friday. It is free and drop in. Younger children must have a parent with them for supervision. Please spread the word to anyone you think might be interested!

Yoga and Fitness Classes at the Hall

Contact Jayleen at jayleenrenneberg@gmail.com for more information about fall classes.

Tuesday Night Jazz/Hip Hop Dance Classes at the Hall

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

Mark your calendar for Trail Days on Saturday, August 15th! You won't want to miss this free family all-day event! Tons of great activities including pancake breakfast, parade, pony rides, inflatable waterslide, games, car show, games and races for the kids, Country Market, horseshoe tournament, great food and more!! Fun for all ages!! For more information, visit www.southcookinglake.com under the Trail Days tab under Events for a list of contacts.

Next East Coast Ceilidh

Join us on Saturday, September 19th at 7 p.m. at the SCL Hall for live music, great food and lots of fun! ☺ Free admission if you bring a dish for the potluck dinner or if you are a musician.

Check out our new calendar feature on the back page. Keep it on your fridge as a reminder of what's happening in our community each month. ☺

Goodwill truck will be accepting donations during Trail Days

Goodwill Industries will have a truck available during Trail Days on Saturday, August 15th to collect donations. The truck will be at the Firehall in the morning and will move down to the Country Market area after the parade until 4 p.m. A list of what they are able to accept is included on our FB page (under South Cooking Lake Hall).

Care for Claire Fundraiser - Donate your bottles during Trail Days to help a family in need

Our team of Trail Days organizers will be collecting all of the bottles from our Saturday, August 15th Trail Days event, and collecting donations at the Country Market, for a very special young named Claire. She has had to deal with a lot of challenges in her young life, and this fundraiser will help pay for a wheelchair accessible van for her. To read more about Claire and her family, please visit the YouCaring fundraising site: www.youcaring.com/claire-layton-385782.

Performing Arts Class Planned for the Fall

If you would be interested in a class where your children could learn some introductory acting skills like voice projection, storytelling and movement, and play fun improv games, contact Heather at cromb@mcsnet.ca. We have a couple of energetic high school drama students who would like to teach a class this fall.

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've received requests for a Babysitter Meet and Greet event and we are hoping to offer one at the SCL Hall soon. We are looking for a volunteer or a couple of volunteers to help coordinate the event. If you would like to attend as a babysitter or parent, or are able to help organize, please contact Heather at cromb@mcsnet.ca.

Activities at the Hall

What kinds of classes you would like to see offered at our Hall? We're looking for activities for both kids and adults. How about art lessons? A sewing class? A digital scrapbooking workshop? Karate or self defense? 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, fitness and music classes which 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! 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.

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 for our hat: Cape Breton ☺ Contact Aila at **922-1653** or abeckmerritt@gmail.com to pick up the hat.

Hall Rentals

Are you looking for a great space to rent for a special event? For more information about renting our hall, contact **Cathy Hicks** at **922-3029** or chicks@telus.net. Birthday party rental packages are also available.

Thank You!

The South Cooking Lake Community League and organizers for our Trail Days event would like to say a special Thank You to Mayor Roxanne Carr for helping with the Trail Days advertising this year, and to the Robin Hood Association for donating the use of their buses during our event.



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.

Advertise to your community!

Want to promote your business or event and support your community at the same time? Why not advertise in the South Cooking Lake newsletter? Only \$10 per month for business card size ad. Contact Heather at cromb@mcsnet.ca for more information.

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




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.

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

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.



Convenience store items also available
 780-922-9290



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

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

Bouncin' Around


Terrell Fletcher & Corinne Fletcher

780-922-5522
 780-982-5524

www.bouncinaround.ca

Birthdays, Weddings,
 Corporate Events,
 Community Events,
 Church Functions

South Cooking Lake recycle events



Next date August 29 and 30

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

South Cooking Lake Trail Days

Saturday, August 15th

Don't miss this free family all-day event!
 Pancake breakfast, parade, pony rides, inflatables, games, car show, games for the kids, Country Market, horseshoe tournament, great food & music, and more!!

Want to promote your business or event and support your community at the same time?
 Advertise in the South Cooking Lake newsletter!

Only \$10 per month for business card size ad.
 Contact Heather at cromb@mcsnet.ca for more information.

South Cooking Lake & Area Events

August 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
	3 Recreation Leader at Playground 9:30 to 5:30 p.m.	4 Recreation Leader at Playground 9:30 to 5:30 p.m. Seniors Activities at 1 p.m. Bookmobile 5:30 to 7 p.m. at Hall	5 Recreation Leader at Playground 9:30 to 5:30 p.m.	6 Recreation Leader at Playground 9:30 to 5:30 p.m. ParentLink Creative Chaos playgroup 9 to noon at the Hall	7 Recreation Leader at Playground 9:30 to 5:30 p.m. Seniors Activities at 6 p.m.	8
9	10 Recreation Leader at Playground 9:30 to 5:30 p.m.	11 Recreation Leader at Playground 9:30 to 5:30 p.m. Seniors Activities at 1 p.m. Bookmobile 5:30 to 7 p.m. at Hall	12 Recreation Leader at Playground 9:30 to 5:30 p.m.	13 Recreation Leader at Playground 9:30 to 5:30 p.m. ParentLink Creative Chaos playgroup	14 Recreation Leader at Playground 9:30 to 5:30 p.m. Seniors Activities at 6 p.m.	15 Trail Days Free Family Event 8 a.m. to 4 p.m. Pancake breakfast, parade, kids' activities, car show, Country Market, and much more
16	17 Recreation Leader at Playground 9:30 to 5:30 p.m.	18 Recreation Leader at Playground 9:30 to 5:30 p.m. Seniors Activities at 1 p.m. Bookmobile 5:30 to 7 p.m. at Hall	19 Recreation Leader at Playground 9:30 to 5:30 p.m.	20 Recreation Leader at Playground 9:30 to 5:30 p.m. ParentLink Creative Chaos playgroup 9 to noon at the Hall	21 Recreation Leader at Playground 9:30 to 5:30 p.m. Seniors Activities at 6 p.m.	22
23	24 Recreation Leader at Playground 9:30 to 5:30 p.m.	25 Recreation Leader at Playground 9:30 to 5:30 p.m. Seniors Activities at 1 p.m. Bookmobile 5:30 to 7 p.m. at Hall	26 Recreation Leader at Playground 9:30 to 5:30 p.m.	27 Recreation Leader at Playground 9:30 to 5:30 p.m. ParentLink Creative Chaos playgroup 9 to noon at the Hall	28 Recreation Leader at Playground 9:30 to 5:30 p.m. Seniors Activities at 6 p.m.	29 Recycling bins at Firehall
30 Recycling bins at Firehall	31					