

# South Cooking Lake & Area Community League

100, 22106 South Cooking Lake Road  
Sherwood Park, AB T8E 1J1  
[www.southcookinglake.com](http://www.southcookinglake.com)



## December 2014 Newsletter



### Upcoming SCL & Area Community League Meetings

Join us for our next meetings on Thursday, December 11<sup>th</sup> and Thursday, January 8<sup>th</sup> 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 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 parents 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](mailto:Parentlink@strathcona.ca), or visit the website at [www.strathcona.ca/parentlink](http://www.strathcona.ca/parentlink).

### Christmas Eve Church Service

A family service of song, light and music will be held at the SCL United Church on December 24<sup>th</sup> at 7 p.m.

### New Year's Eve Fundraising Event for Wildlife Rehabilitation

The Strathcona Raptors Shelter is having a fundraising event on December 31<sup>st</sup> at the South Cooking Lake Hall. Live band, midnight munchies, drinks, dancing and silent auction. Doors open at 8 p.m. Pre-order tickets online at [www.eventbrite.com/o/thealberta-society-for-injuredbirds-of-prey-7690909129](http://www.eventbrite.com/o/thealberta-society-for-injuredbirds-of-prey-7690909129).

### Yoga and Fitness Classes at the Hall

There will be a daytime fitness class on Mondays from 1-2 p.m. Kids are welcome to come and play quietly. Wednesday night yoga will continue in January from 7-8 p.m. This is a vinyasa-style class (aka flow class). Class is open to participants 14+, however, everyone must respect the quiet nature of yoga. Classes will resume the week of January 5th. Drop ins are \$15. The cost for 6-week session is \$75. Contact Jayleen Renneberg at [jayleenrenneberg@gmail.com](mailto:jayleenrenneberg@gmail.com) for more information.

### Dance Classes Planned for January

Contact Leah at [leahsarafinchan@hotmail.com](mailto:leahsarafinchan@hotmail.com) for details about times, cost and ages for the dance class.

### 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. Please call 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**.

### Christmas Events on December 6th a Big Hit

Thank you to everyone who came out to South Cooking Lake's annual Christmas Craft Sale on Saturday, December 6<sup>th</sup> at the Hall from 10 a.m. to 3 p.m., as part of Strathcona County's Christmas in the Country events in our community and those around us. Thank you also to those who attended the Light Up event at the South Contact Office/Fire Hall to enjoy refreshments, crafts, roasted marshmallows, fireworks and more. It was great to see such a large number of community families come out and share the festivities. ☺



### **Donations for Kids' Shopping area at Craft Sale Much Appreciated!**

Thank you to everyone who donated new or gently-used gift items to our Kids' Shopping area during the Christmas Craft Sale at the Hall on Saturday, December 6<sup>th</sup>, and to all of the shoppers who found gifts for their parents, friends and siblings. With your help, we were able to raise nearly \$200 for future family events in our community! Special thank you to Maureen Mudie for collecting the donations for us at the Firehall Diner.

### **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? Plans are in the works 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](http://www.southcookinglake.com)), or in the next issue of this newsletter.

### **Activities at the Hall**

What kinds of classes would you like to see offered at the Hall? We want to hear from you. Please contact Heather at [cromb@mcsnet.ca](mailto:cromb@mcsnet.ca) with your ideas. So far there have been requests for dance classes, fitness classes (including more yoga), family martial arts, etc., so let us know what you would like to see and we will do our best to make it happen.

If you would like to help us research potential classes and teachers available, please let us know. We can always use the help!

### **Share Your Talents with Youth in our Community**

Do you or does someone you know have a skill you could teach young people in our community? We're looking activities to offer at the Hall and we would love to find opportunities for youth in our community to learn from older teens and adults from our community or nearby areas. 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](mailto: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. Contact Aila at **922-1653** or [abeckmerritt@gmail.com](mailto: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!

### **Community League website**

Visit [www.southcookinglake.com](http://www.southcookinglake.com) to see the new look for our website and please let us know if there is any information you would like to see added.

### **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 [chicks@telus.net](mailto: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](http://www.southcookinglake.com) for more information.

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](mailto:cromb@mcsnet.ca).

<b>President:</b>	<b>Terrell Fletcher</b>	<b>922-5522 or <a href="mailto:tfletcher270@gmail.com">tfletcher270@gmail.com</a></b>
<b>Hall Rentals:</b>	<b>Cathy Hicks</b>	<b>922-3029 or <a href="mailto:chicks@telus.net">chicks@telus.net</a></b>
<b>Newsletter:</b>	<b>Heather Cromb</b>	<b><a href="mailto:cromb@mcsnet.ca">cromb@mcsnet.ca</a></b>

**Merry Christmas from the South Cooking Lake Community League!**

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



**West Wind**  
veterinary hospital

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Sherwood Park, AB T8G 1E7  
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office@westwindvet.com

We are happy to see and treat equine, canine and feline patients in our state of the art Facility located only a short distance from Sherwood Park, Edmonton and Tofield.

<b>Equine Services</b>	<b>Small Animal Services</b>
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❖ Board Certified Equine Surgeons	❖ Surgery – including spays, neuters, Dentistry & lump removals
❖ Ambulatory Services	❖ Acupuncture
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## Firehall Diner

Restaurant hours:  
12-8 p.m. Wed to Sat  
Sun 9 a.m. to 7 p.m.

Convenience store items also available  
780-922-9290



**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

## At your service... in rural Strathcona County

<b>South Contact Office</b> 22142 South Cooking Lake Road (in Fire Station #2) Wednesday to Friday 1 p.m. to 4 p.m.	<b>Rural Liaison Team</b> Dinah Canart, B.A., Coordinator 780-893-1177 Carolyn Brandon 780-922-1318
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**Bonnie Riddell**  
Councillor, Ward 7

780-464-8003  
Bonnie.Riddell@strathcona.ca



[www.strathcona.ca](http://www.strathcona.ca)

## South Cooking Lake recycle events



**Next date December 26 to 28**

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](http://www.strathcona.ca/utilities)

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](mailto:cromb@mcsnet.ca) for more information.