



South Cooking Lake & Area Community League

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



December 2015 Newsletter

Upcoming SCL & Area Community League Meetings

Join us for our next meetings on Thursday, December 10th and Thursday, January 14th 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.

Stay and Play with Parent Link – Free unregistered playgroup program for ages 6 and under

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 www.strathcona.ca/parentlink.

Christmas Craft Sale at the Hall (Part of Christmas in the Country activities)

Join us for community Craft Sales (at various rural community halls including ours), and events at the Firehall/South Contact Office on Saturday, December 5th. The South Cooking Lake Craft Sale runs from 10 a.m. to 3 p.m. at the Hall and there will be a kids shopping area downstairs. Fun for the whole family!

Yoga Classes at the Hall

Contact Jayleen at jayleenrenneberg@gmail.com or check our Facebook page (under South Cooking Lake Hall) for more information. Classes are Wednesdays from 7:30 to 8:30 p.m. at the Hall. Drop in is \$15. The last class for the year is Wednesday, December 9th and classes will resume in January.

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 noon and Fridays at 7 p.m. Activities include cards, horseshoes, cribbage, pool, shuffleboard, carpet bowling. There is a potluck at noon on the second Tuesday of each month. Wheelchair accessible. Minimum age 55. Annual fee of \$5. A Seniors Travelling Café put on by Family and Community Services will be offered on the second Thursday of each month from 1-3 p.m. No membership required for this. Contact Vi Haase for more info at **922-2174**.

South Cooking Lake United Church

Thursday, December 24th - Christmas Eve Service starts at 7 p.m. Everyone welcome!

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. ☺

Operation Christmas Child Event a Big Success!

Thank you to everyone who helped with our event this year. We filled 88 boxes at the South Cooking Lake Community Hall for children in Africa and Ukraine, and the Ministik Youth Group filled 31 boxes at the Ministik Church. Thank you very much for the donations of gifts, school supplies, and money to help pay for the shipping of the boxes, and thank you to the families who came out to help fill boxes with our new Girl Guide group. The South Cooking Lake Community League and the Ministik Church also helped pay for the shipping of the boxes. We definitely want to do this again next year!

Home-Based Business Fair

Thank you to all of the entrepreneurs who participated in our first Home-Based Business Fair at our community hall in November, and to everyone who came out to shop. We are hoping to offer another one in the Spring.

Donations for Kids Shopping Area during the Christmas Craft Sale

We are looking for donations of gently-used or re-gifted items for our Kids Shopping Area downstairs at the Hall during the Christmas Craft Sale on Saturday, December 5th from 10 a.m. to 3 p.m. If you have something to donate that would make a nice gift for a parent or sibling, please bring to the Hall on Saturday during the sale. Thank you ☺

Taekwondo Classes at the Hall

Would you like to see the taekwondo class continue in the New Year? The current class is for ages 8 and up. Would you like to see a class for ages 5 to 7 as well? We are working on plans for classes starting mid-January for 8 weeks, likely on Thursday evenings. Please contact Heather at cromb@mcsnet.ca for more info.

Babysitter Course Coming Soon to the Hall

There will be a Babysitter Course on Sunday, February 28th from 9 a.m. to 5 p.m. at the Hall. Please contact Jaime at **780-975-6724** or jamielynch83@hotmail.com to sign up. Kids must be 11 as of March to participate. The cost is \$80 for Community League Members and \$85 for non-members.

Infant/child/adult CPR Training to be offered in January at the Hall

Infant/child/adult CPR training through the Red Cross will be offered at the Hall on Sunday, January 24th from 10 a.m. to 2:30 p.m. We need a minimum of 8 to run the class. The training is available to ages 13 yrs and up (if strong enough to maintain compressions and mature enough to understand material). The cost is \$80 for Community League members and \$90 for non-members. Please contact Jaime at **780-975-6724** or jaimelynch83@hotmail.com to register.

Sign up Today for your Community League Membership

Community League Membership is available for \$15/year and gives you discounts on community classes, parties and other activities. Contact Jaime at **780-975-6724** or jaimelynch83@hotmail.com if you would like to sign up.

SCL United Church is Accepting Donations

The Church is collecting donations for the food bank in Sherwood Park and adult clothing for the McCauley Seniors Centre from Nov. 29-Dec. 13th. Items such as underwear, socks, warm scarves, mitts, gloves, etc. are much appreciated.

Happy Feet Indoor Soccer Class for Preschoolers Returning January 11th to February 22nd

Information for parents to sign their child up is available at www.happyfeetalberta.ca. You need to create an account and then choose the "South Cooking Lake" class. Payment by cheque can also be brought in person. Class times are Mondays from 9 to 9:30 a.m. for ages 2-5. The program runs 7 weeks and the cost is \$70. To register, please contact Jaime at **780-975-6724** or jamielynch83@hotmail.com.

Mom and Tot Playgroup

A group of moms in our community who would like to start a weekly daytime Mom and Tot group at the Hall. Some of them attend the ParentLink group on Thursday mornings too but for those who are not able to make it then, they thought it would be fun to meet on another morning as well. They are thinking of having a theme for each week where one of the moms in the group (or a couple of moms together) would plan an activity for everyone. Plans could be simple or more detailed. Some ideas could be Sports Day, Art Day, Yoga Day, Zumba Day, Christmas Craft Day, etc. If this is something you could be interested in or if you know someone who might be, contact Jaime at jamielynch83@hotmail.com.

Dance Classes to Continue in January/February

We are planning to continue the dance classes in the New Year on Wednesday nights. Classes are for ages 5 and up. Depending on the interest, we may be able to offer two dance classes for the different age groups. We are currently offering a class for ages 5-7 from 6 to 6:45 p.m. and a class for ages 8 and up from 6:45 to 7:30 p.m. Please contact Heather at cromb@mcsnet.ca for more information or to sign up. The cost is typically around \$10 per class.

Trail Days Coordinator Needed

Aila Beck-Merritt will be passing on the torch for being the Chair of the Trail Days Organizing Committee. She will work with this year's Chair to ease the transition. Please contact us if you are interested in leading the Trail Days team!

Hall Rentals

Are you looking for a great space to rent for a special event? For more information about renting our Hall, contact Cathy at **922-3029** or chicks@telus.net or Jaime at **780-975-6724**. Birthday party rentals are also available.

Stay Connected!

Don't forget to join 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 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:
Hall Rentals:
Newsletter:

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Heather Cromb

922-5522 or tfletcher270@gmail.com
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www.strathcona.ca

At your service...
in rural Strathcona County

South Contact Office

22142 South Cooking Lake Road
(in Fire Station #2)

Tuesday to Friday
1 p.m. to 4 p.m.

Rural Liaison Team

780-922-1318

RuralContactOffices@strathcona.ca
www.strathcona.ca/rural



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Pure, Safe, Beneficial

South Cooking Lake
recycle events



Next date December 25, 26 and 27

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



Saturday, December 5th!



Christmas in the Country

SCL Christmas Craft Sale at the Hall from 10 a.m.
to 3 p.m. And check out the Kids Shopping Area
downstairs.

Free fun for the whole family!

South Cooking Lake & Area Events

December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Kids Drama Class 6 p.m.-7:15 p.m. at the Hall	1 Seniors Activities at noon Bookmobile 5:30 to 7 p.m. at Hall Girl Guides 6:15- 7:45 p.m.	2 Kids dance class 6-7:30 p.m. at the Hall Yoga 7:30 to 8:30 at the Hall	3 ParentLink playgroup 9 to noon at the Hall Groove and Move at 9a.m. Taekwondo 7-8 p.m.	4 Seniors Activities at 7 p.m.	5 Christmas Craft Sale at the Hall from 10 a.m. to 3 p.m. Fireworks and other activities at the South Contact Office 3 to 5 p.m.
6	7 Kids Drama Class 6 p.m.-7:15 p.m. at the Hall	8 Seniors Activities at noon Bookmobile 5:30 to 7 p.m. at Hall Girl Guides 6:15- 7:45 p.m.	9 Kids dance class 6-7:30 p.m. at the Hall Last yoga class for the year from 7:30 to 8:30 p.m.	10 ParentLink playgroup 10 to noon at the Hall. Seniors Travelling Café from 1-3 p.m. Community League Meeting at Hall at 7 p.m.	11 Seniors Activities at 7 p.m.	12
13	14 Kids Drama Class 6 p.m.-7:15 p.m. at the Hall Mom and Tot Christmas Craft Workshop 10 to 11 a.m.	15 Seniors Activities at noon Bookmobile 5:30 to 7 p.m. at Hall Girl Guides 6:15- 7:45 p.m.	16	17 ParentLink playgroup 10 to noon at the Hall.	18 Seniors Activities at 7 p.m.	19
20	21	22 Seniors Activities at noon Bookmobile 5:30 to 7 p.m. at Hall	23	24	25 Recycling bins at Firehall 	26 Recycling bins at Firehall
27 Recycling bins at Firehall	28	29 Seniors Activities at noon	30	31 		

Suggestions for Activities at the Hall

What kinds of activities would you like to see offered at our Hall? Contact Heather at cromb@mcsnet.ca with your ideas. So far there have been requests for dance classes, yoga, fitness, drama, indoor soccer for kids, and taekwondo 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!