

# 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 2016 Newsletter

### Upcoming SCL & Area Community League Meetings

Join us for our next meeting on Thursday, December 8<sup>th</sup> and Thursday, January at 12<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 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](mailto:Parentlink@strathcona.ca), or visit [www.strathcona.ca/parentlink](http://www.strathcona.ca/parentlink).

### Yoga Classes at the Hall

Yoga is offered on Mondays from 8:30 to 9:30 p.m. Sign up for the next 6-week session (Monday, November 7<sup>th</sup> to December 12<sup>th</sup>). Class will be \$80 for 6-week session (\$75 for Community League members) and drop in for \$15. Contact **Jayleen** at [jayleenrenneberg@gmail.com](mailto:jayleenrenneberg@gmail.com) for more info or to register. We are also looking into a daytime option. Please contact Jayleen for more details.

### Zumba Classes at the Hall

Come out and see what all the fun is about with our Zumba classes at the Hall on Thursday nights from 7 to 8 p.m. November 10<sup>th</sup> to December 15<sup>th</sup> (no class on December 1<sup>st</sup>). \$20 drop in or bring a friend 2 for \$30. Contact **Kerri** at **922-6821** or [kerri.orthner@live.ca](mailto:kerri.orthner@live.ca).

### South Cooking Lake Seniors Association

Tuesdays at 1 p.m. and Fridays at 7 p.m. Activities include cards, pool, shuffleboard and board games. There is a potluck at noon on the second Tuesday of each month. Wheelchair accessible. Minimum age 55. Annual fee of \$5 and \$1 drop in fee. Contact **Vi Haase** for more info at **922-2174**.

### Community Craft Sale on Saturday, December 3<sup>rd</sup>

Our annual Christmas craft sale will be held at the Hall from 10 a.m. to 3 p.m. on Saturday, December 3<sup>rd</sup> as part of Strathcona County's Christmas in the Country festivities. More activities, including fireworks, will follow at the SCL Firehall/South Contact Office. See more details below.

### Craft Nights at the Hall

Friday, December 9<sup>th</sup>, Monday, December 12<sup>th</sup> and Sunday, December 18<sup>th</sup>. Make your own wreath, wood welcome sign, flower centerpiece and burlap candy cane. Contact Cathy at [countrynuts@gmail.com](mailto:countrynuts@gmail.com) for more info.

### Kids Christmas Party at the Hall

Sunday, December 11<sup>th</sup> from 1 to 3:30 p.m. Register at [scfamilyevents@gmail.com](mailto:scfamilyevents@gmail.com). FREE for community league members or \$5 per child. Decorate your own mini tree, cookie decorating, pictures with Santa (bring your camera), crafts, door prizes and much more!

### Christmas Eve Service at the South Cooking Lake United Church

Saturday, December 24<sup>th</sup> at 7 p.m. All are welcome.

### Meditation Classes Starting in January at the Hall

Introduction to Meditation Course - January 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> and February 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup> from 6:30-8:30 p.m.

### Have you renewed your Community League Membership?

Community League Membership is available and gives you discounts on community classes, parties and other activities. Contact **Jaime** at **780-975-6724** or **sclmemberships@gmail.com** if you would like to sign up.

### Operation Christmas Child Community Event at the Hall

Thank you to everyone who helped with and donated items and money for our Operation Christmas Child event at the Hall this year! With your help, we were able to fill almost 100 boxes for children in Ukraine, Africa, South America and Haiti. Thank you to Mayor Roxanne Carr's office, MLA Estefania Cortes-Vargas' office, the South Cooking Lake United Church, the Strathcona County South Contact Office, the SCL Guiding Unit and all of our community members who helped. It was a fun night ... we could not have done it without you.... and we look forward to participating again next year!

### Christmas Activities on Saturday, December 3<sup>rd</sup>!

Mark your calendar! Our Christmas in the Country Craft Sale will be held on Saturday, December 3<sup>rd</sup> from 10 a.m. to 3 p.m. at the South Cooking Lake Hall. We will have tons of handmade items to choose from, Christmas treats and much more. There will also be a kids' shopping area set up downstairs where kids can shop for their loved ones. We will have elves to help them with their shopping and wrapping. If you have new or gently-used items that would make nice gifts for parents, grandparents or siblings (e.g. ties, candles, Christmas ornaments, books, etc), we are very happy to accept donations. They can be brought to the South Contact Office at the SCL Firehall from Tues to Friday from 1 to 4 p.m. All money raised will be donated to the Hope Mission. Thank you for your help!

We will also accepting donations of new or handmade toques, mitts, gloves and scarves for the South Cooking Lake Mitten Tree and donations of new or gently-used winter wear and boots for Coats for the County. All items will be donated to families in need. Drop off can also be at the SCL Firehall during office hours or brought to the hall on Saturday, December 3<sup>rd</sup> during the craft sale.

The South Cooking Lake Hall is one of 8 halls participating in the Christmas in the Country events on December 3<sup>rd</sup>. The wind up will be at the South Cooking Lake Firehall/County office from 3 p.m. to 5 p.m. where there will be refreshments, entertainment, family fun, and fireworks!

### Facebook Group Provides Updates on Classes and Events at the Hall

Would you like to stay up-to-date on the latest classes and events coming up at our Community Hall? Facebook is an excellent way to hear the latest news. There is a group called "South Cooking Lake Events and Classes at the Hall" that you can join and please "like" the South Cooking Lake Community League Facebook page as well.

### Winter and Spring Classes – Ideas Welcome!

Dance, yoga, meditation, Girl Guides, art, photography, taekwondo, drama, writing, Zumba and belly dancing classes have recently been offered at our Hall. What other classes would you like to see in 2017? We are also looking for ideas for daytime classes for little ones or homeschool families. Contact **Heather** at **cromb@mcsnet.ca** with your ideas.

### Looking for Instructors

We are looking for instructors for a variety of classes at our Hall. Would you or would someone you know be interested in teaching a class in our community? We would love to hear from you! Some suggestions for classes have been gymnastics for kids, digital scrapbooking, sewing, crocheting, Pilates, Irish and hip hop dance, art, etc. Other ideas for classes are always welcome. Thank you for your help! Please contact **Heather** at **cromb@mcsnet.ca** with your ideas.

### Hall Rentals

Are you looking for a great space to rent for a special event? For more information about renting our Hall, contact **Troy O'Connor** at **587-985-5462** or **tman2674@gmail.com**

### Stay Connected!

Don't forget to join the South Cooking Lake Community League Facebook page to receive updates about community news and events, and visit our website at **www.southcookinglake.com**.

You can also receive this monthly newsletter by email. If you or someone you know would like to be added to our email subscriber list, please contact **Heather** at **cromb@mcsnet.ca**.

<b>President:</b>	<b>Terrell Fletcher</b>	<b>922-5522 or tfletcher270@gmail.com</b>
<b>Hall Rentals:</b>	<b>Troy O'Connor</b>	<b>587-985-5462 or tman2674@gmail.com</b>
<b>Newsletter:</b>	<b>Heather Cromb</b>	<b>cromb@mcsnet.ca</b>

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

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

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.

**NO HEAT? CALL US!!**



**24 HOUR EMERGENCY SERVICE**

**Specializing in Furnace Repairs & Service**

- Residential & Commercial Service
- Scheduled Pre-Season Service Checks
- Furnace Replacements
- Mobile Home Furnaces
- Humidifiers
- Air Conditioning Installation and Repairs
- FREE ESTIMATES

**GLOBAL HEATING SERVICES LTD.**  
 SHOP LOCAL Sherwood Park, Fort Saskatchewan and Surrounding Areas  
**780 449-4761**  
 www.globalheating.ca



YOUR COMPLETE HEATING & COOLING SOLUTION EXPERTS SINCE 1986



**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

**Mark your calendar for**  
**Strathcona County's Christmas in the Country**


**Saturday, December 3<sup>rd</sup>**  
 Includes craft sales and other Christmas community events at community halls Rural Strathcona County

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

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



South Cooking Lake  
**recycle events**



**Next date December 31 and January**

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

**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.

