



South Cooking Lake & Area Community League

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



February 2016 Newsletter

Upcoming SCL & Area Community League Meetings

Join us for our next meetings on Thursday, February 11th and Thursday, March 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.

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.

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 run Wednesday, January 13th to February 17th from 7:30 to 8:30 p.m. Drop in \$15.

Taekwondo Classes at the Hall

Thursday nights from January 14th to March 3rd. www.shinjitkd.ca to register. Classes for ages 5-7 from 6:30 to 7 p.m. for \$90 and for ages 8 and up (parents welcome to register with their kids) from 7 to 8 p.m. for \$115. Discount available for Community League Members.

Happy Feet Indoor Soccer Class for Preschoolers Running January 11th to February 29th

Information for parents to sign their child up is available at www.happyfeetalberta.ca under "South Cooking Lake" class. 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.

Dance Classes at the Hall (a mix of ballet, jazz, creative movement and hip hop)

Classes are for ages 5 and up, on Wednesday nights from January 13th to March 2nd. Times are 6-6:45 p.m. for ages 5 to 7, and 6:45 to 7:30 p.m. for ages 8 and up. The cost is \$60 for Community League Members and \$65 for non-members. Contact Heather at cromb@mcsnet.ca for more info.

Beginner Belly Dancing Class

Classes run for 10 weeks on Tuesdays from 7 to 8 p.m. starting on January 26th. Cost is \$140 for Community League Members and \$145 for non-members. For ages 16 and up. Contact Lisa at lzederayko@gmail.com. Drop is available for \$15. Class is held downstairs.

Adult Art Class Running February 4th to March 3rd at the Hall

Learn basics of drawing and try some watercolor painting. Beginners welcome. Class runs on Thursdays from 6:30 to 8 p.m. downstairs. \$60 for Community League Members and \$65 for Non-Members. Includes supplies. Contact Tianna at Tianna.Mapstone@gmail.com.

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. 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**.

Trail Days

Mark your calendar for Saturday, August 20th!

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. ☺

Sign up Today for your Community League Membership

Community League Membership is available for \$15/year per family 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.

Free Family Day Swim at Camp Van-Es

Mark your calendar for the Family Day Swim at Camp Van-Es on Monday, February 15th from 2 to 4 p.m. This event is free for Community League Members. Membership is \$15/year per family and offer discounts on classes and activities offered at the hall and other local activities such as the Family Day Swim. Contact Jaime at **jaimelynch83@hotmail.com** or **780-975-6724** to sign up for a membership. Thank you for helping support activities in our community.

Community Easter Party at the Hall

We are looking for interest in a Family Easter Party at the Hall. Who would like to help organize, help with a craft or bring a springtime treat? We're open to ideas! Easter is March 27th this year so we would be looking at having the party a weekend or two before. Please contact Heather at **cromb@mcsnet.ca** with your ideas or if you are able to help out.

Spring Craft Sale

Mark your calendar! We are planning a Spring Craft Sale at the Hall on Saturday, April 2 from 10 a.m. to 3 p.m. Please contact Jaime at **jaimelynch83@hotmail.com** or **780-975-6724** for more details or to book a table.

Proposed AltaLink Powerlines Along Highway 14 Near our Community

There is a group of families who have registered their concerns with a lawyer who is representing residents. Some of the concerns include potential negative impacts on health, safety, the environment (including birds), property values, tourism, visual appearance, livestock, crops and aircraft travel near the Cooking Lake Airport. To register your concerns, contact Richard C. Secord at **780-412-2717** or **rsecord@ackroydlaw.com**.

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 **jaimelynch83@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.

Any Interest in Starting a Cub/Beaver Scout Group in our Area?

We're happy to see so many girls in our local Sparks/Brownie/Girl Guides shared unit and we're wondering if there is interest in starting a Cub/Beaver Scouts unit for the South Cooking Lake area. Please contact Betty **922-0094** or **bettygabert@gmail.com** if you're interested and share this with any other families that you think might be. For more information about Scouts, visit **www.scouts.ca**.

Parent and Tot Playgroup

A group of moms in our community who would like to start a weekly daytime Parent and Tot group at the Hall. Some of them attend the Parent Link 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 the group. Plans could be simple or more detailed. Some ideas could be Sports Day, Art Day, Yoga Day, Zumba Day, Craft Day, etc. If this is something you could be interested in or if you know someone who might be, contact Jaime at **jaimelynch83@hotmail.com** or **780-975-6724**.

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, self defense, 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.

Craft Morning for Adults

Would you be interested in a monthly Craft Morning while the kids are in school? It could be an opportunity for moms to get together and sew, craft, scrapbook, etc. while chatting with other moms in the community - or anyone else who would like to attend. Let's face it - our evenings are often pretty busy! If this is something you would like to try, please let us know. There would be a small fee to attend to cover the cost of renting the hall ... and coffee would be brewing. It could be a potluck brunch too. Share your ideas. We want to hear what you think. Contact Heather at **cromb@mcsnet.ca**.

Spring/Summer/Fall Market at the Hall

We mentioned the possibility of a weekly or monthly Market on our Facebook page recently and there was a lot of interest. Vendors could offer fresh fruit, vegetables and other food, handmade items and crafts, and people with home businesses would be welcome to sell their items. Please let us know if this is something you would like to see and if you are able to help out. Contact Heather at cromb@mcsnet.ca.

Trail Days Set for Saturday, August 20th!

You might not be thinking about summer activities too much yet but please mark your calendar for South Cooking Lake's biggest event of the year - Trail Days on Saturday, August 20th!

You won't want to miss all of the free family fun, including a pancake breakfast, parade, show & shine car show, pony rides, horse show, kids' games and races, bouncy houses and waterslide, facepainting, spray tent, beer garden, craft competition, horseshoe tournament, live music, Country Market and much more. Everyone is welcome! Floats for the parade needed. Contact us if you have questions or would like to lend a hand. Volunteers greatly needed and appreciated!

Trail Days Coordinator Needed

Would you like to help organize Trail Days, our community's big family event of the summer? After many years of chairing the Trail Days organizing committee, Aila Beck-Merritt will be passing on the torch this year. We thank her so much for all of her hard work and we appreciate all she has done to make Trail Days such a fun event. As chair, you will work with a team of volunteers who coordinate activities in each area (e.g. Kids Zone, Show and Shine Car Show, pancake breakfast, Country Market, parade, etc). If you are interested or if you know someone who might be, please contact Heather at cromb@mcsnet.ca.

Recycle Your Kids Toys

We are looking for donations of ride on toys, a small slide that can be used indoors, play tents and tunnels, a bouncy house or other things for kids 6 and under that we can use on a playgroup morning at the Hall. If you have something your kids have outgrown and you're looking to pass it on, we would appreciate it very much! Contact Jaime at jaimelynch83@hotmail.com or 780-975-6724.

Rural Internet Access Program

Strathcona County is hoping to improve Internet access in hard-to-reach areas by adding local Internet towers to boost signal reach. Through this three-year program, the County is offering incentives to Internet service providers (ISPs) who build smaller Internet towers in the areas where there are gaps in service. For more information about the program, contact Kathi Day at 780-464-8024 or ruralinternet@strathcona.ca.

Spring Classes – We're looking for ideas!

Dance, yoga, taekwondo, Girl Guides, art, Happy Feet and belly dancing classes are currently being offered at our Hall. For some of them, we will be taking a break and then hopefully starting up again in the Fall. What other classes would you like to see this Spring? Contact Heather at cromb@mcsnet.ca with your ideas.

Summer Program

What kind of activities would your family like to see this summer for kids in our community? Last year we had a recreation leader at the park who organized daily activities. It's time to apply for grants needed if we would like to see this, or other activities, continue. 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 Cathy at 922-3029 or chicks@telus.net or Jaime at 780-975-6724 or jaimelynch83@hotmail.com. 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:	Terrell Fletcher	922-5522 or tletcher270@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.



Client Appreciation Seminar

Feb 25th at 6:45 p.m.

“Equine Parasites – What You Need To Know Now”

Presented by Dr. Ela Misuno DVM, MVSc

“Bill 6”

Presented by Gary Millar

“Small Animal First Aid”

Presented by Dr. Kaylee Bohaychuk DVM

Refreshments will be provided.

Please bring a new teddy for the Stollery

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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



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

South Cooking Lake

recycle events



Next date February 27 & 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



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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

February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Happy Feet Indoor Soccer for Pre-schoolers 9-9:30 a.m.	2 Valentine's Craft Morning 10-11 a.m. Seniors Activities at 1 p.m. Bookmobile 5:30 to 7 p.m. at Hall Girl Guides 6:15- 7:45 p.m. Beginner Belly Dancing 7-8 p.m. (downstairs)	17 Kids dance class 6-7:30 p.m. at the Hall (2 classes) Yoga 7:30-8:30 p.m.	4 ParentLink playgroup 10 to noon at the Hall. Taekwondo 6:30 to 8 (2 classes) Adult Art Class 6:30 to 8 (downstairs)	5 Seniors Activities at 7 p.m.	6
7	8 Happy Feet Indoor Soccer for Pre-schoolers 9-9:30 a.m.	9 Seniors Potluck at noon Bookmobile 5:30 to 7 p.m. at Hall Girl Guides 6:15- 7:45 p.m. Beginner Belly Dancing 7-8 p.m. (downstairs)	17 Kids dance class 6-7:30 p.m. at the Hall (2 classes) Yoga 7:30-8:30 p.m.	11 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. (Seniors side) Taekwondo 6:30 to 8 (2 classes) Adult Art Class 6:30 to 8 (downstairs)	12 Seniors Activities at 7 p.m.	13
14	15 Happy Family Day! Family Day Swim at Camp Van-Es	16 Seniors Activities at 1 p.m. Bookmobile 5:30 to 7 p.m. at Hall Girl Guides 6:15- 7:45 p.m. Beginner Belly Dancing 7-8 p.m. (downstairs)	17 Kids dance class 6-7:30 p.m. at the Hall (2 classes) Yoga 7:30-8:30 p.m.	18 ParentLink playgroup 10 to noon at the Hall. Taekwondo 6:30 to 8 (2 classes) Adult Art Class 6:30 to 8 (downstairs)	19 Seniors Activities at 7 p.m.	20
21	22 Happy Feet Indoor Soccer for Pre-schoolers 9-9:30 a.m.	23 Seniors Activities at 1 p.m. Bookmobile 5:30 to 7 p.m. at Hall Girl Guides 6:15- 7:45 p.m. Beginner Belly Dancing 7-8 p.m. (downstairs)	24 Kids dance class 6-7:30 p.m. at the Hall (2 classes) Yoga 7:30-8:30 p.m.	25 ParentLink playgroup 10 to noon at the Hall. Taekwondo 6:30 to 8 (2 classes) Adult Art Class 6:30 to 8 (downstairs)	26 Seniors Activities at 7 p.m.	27
28 Babysitter Course from 9 to 5 p.m.	29					

Suggestions for Activities at the Hall

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