

# South Cooking Lake & Area Community League

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



## January 2016 Newsletter

### Upcoming SCL & Area Community League Meetings

Join us for our next meetings on Thursday, January 14<sup>th</sup> and Thursday, February 11<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

Contact Jayleen at [jayleenrenneberg@gmail.com](mailto:jayleenrenneberg@gmail.com) or check our Facebook page (under South Cooking Lake Hall) for more information. Classes start Wednesday, January 13<sup>th</sup> to February 17<sup>th</sup> from 7:30 to 8:30 p.m. at the Hall. Drop in is \$15. Cost is \$75 for 6-week session for Community League Members, and \$80 for non-members.

### Taekwondo Classes at the Hall

Thursday nights, starting January 14<sup>th</sup> to March 3<sup>rd</sup>. [www.shinjtkd.ca](http://www.shinjtkd.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.

### 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](http://www.happyfeetalberta.ca) under "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. Contact Jaime at **780-975-6724** for more info.

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

Classes are for ages 5 and up, on Wednesday nights for 7 weeks, from January 13th to March 2nd (no class on January 27th). Times will be 6-6:45 p.m. for ages 5 to 7, and 6:45 p.m. 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](mailto:cromb@mcsnet.ca) to sign up.

### Beginning Belly Dancing Class Starting Soon

Classes will be for 10 weeks on Tuesdays from 7 to 8 p.m. starting on January 26<sup>th</sup>. Cost is \$140 for Community League Members and \$145 for non-members. For ages 16 and up. To register, contact Lisa at [lzederayko@gmail.com](mailto:lzederayko@gmail.com).

### Valentine's Day Craft Morning for Preschoolers (at the Hall)

Tuesday, February 2 10-11 a.m. Please contact Jaime at **780-975-6724** or [jaimelynch83@hotmail.com](mailto:jaimelynch83@hotmail.com) for more info.

### 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**.

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. ☺

## Thank You!

Thank you to everyone who helped make our Christmas in the Country events on December 5th a big success! It was a great day of Christmas spirit and family fun! Thank you to Shawna Roberts-Kozak for organizing the craft sale, to Dave Lawrence who was our awesome Santa, to everyone who helped organize and run the activities at the South Contact Office/Firehall, and to those who donated jackets and other winter wear for Coats for the County and helped decorate our Mitten Tree with new and handmade items for families in need. We gathered four large bags of clothing and our tree was full! Also thank you to everyone who donated gifts to our Kids Shopping Area during the craft sale. With your help, we were able to raise \$232 for the Little Warriors Be Brave Ranch, a treatment center that helps children who have been sexually abused. Special thanks to Jeannette Vos and the Beaumont Centre Pharmacy for the very kind cash donation, and to our fantastically-festive elves who helped with wrapping and clean up. We could not have done it without you!

## 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 24<sup>th</sup> from 10 a.m. to 2:30 p.m. The training is available to ages 13 yrs and up (if strong enough to maintain compressions and mature enough to understand material). Please contact Jaime at **780-975-6724** or **jaimelynch83@hotmail.com** for more information.

## Babysitter Course Coming Soon to the Hall

There will be a Babysitter Course on Sunday, February 28<sup>th</sup> 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.

## 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.

## 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 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 everyone. 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**.

## 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, 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**.

## 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**.

<b>President:</b>	<b>Terrell Fletcher</b>	<b>922-5522 or tfletcher270@gmail.com</b>
<b>Hall Rentals:</b>	<b>Cathy Hicks</b>	<b>922-3029 or chicks@telus.net</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.

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**STRATHCONA COUNTY**

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

**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 <a href="http://www.strathcona.ca/rural">www.strathcona.ca/rural</a>
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**South Cooking Lake Spring Craft Sale**

Saturday, April 2, 2016  
South Cooking Lake Hall

Contact Jaime at **780-975-6724** or  
**jaimelynch83@hotmail.com** to book a table  
or for more information.



South Cooking Lake  
**recycle events**



**Next date January 30 & 31**

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 per month for business card size ad.  
Contact Heather at **cromb@mcsnet.ca**  
for more information.

# South Cooking Lake & Area Events

## January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Seniors Activities at 7 p.m.	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b> Seniors Activities at 1 p.m.  Bookmobile 5:30 to 7 p.m. at Hall	<b>6</b>	<b>7</b> ParentLink playgroup 10 to noon at the Hall.	<b>8</b> Seniors Activities at 7 p.m.	<b>9</b>
<b>10</b>	<b>11</b> Happy Feet Indoor Soccer for Pre-schoolers 9-9:30 a.m.	<b>12</b> Seniors Potluck at noon.  Bookmobile 5:30 to 7 p.m. at Hall  Girl Guides 6:15-7:45 p.m.	<b>13</b> Kids dance class 6-7:30 p.m. at the Hall (2 classes)  Yoga 7:30-8:30 p.m.	<b>14</b> 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. Taekwondo 6:30 to 8 (2 classes)	<b>15</b> Seniors Activities at 7 p.m.	<b>16</b>
<b>17</b>	<b>18</b> Happy Feet Indoor Soccer for Pre-schoolers 9-9:30 a.m.	<b>19</b> Seniors Activities at 1 p.m. Bookmobile 5:30 to 7 p.m. at Hall Girl Guides 6:15-7:45 p.m.	<b>20</b> Kids dance class 6-7:30 p.m. at the Hall (2 classes)  Yoga 7:30-8:30 p.m.	<b>21</b> ParentLink playgroup 10 to noon at the Hall. Taekwondo 6:30 to 8 (2 classes)	<b>22</b> Seniors Activities at 7 p.m.	<b>23</b>
<b>24</b> CPR-First Aid Course 10-2:30 p.m.	<b>25</b> Happy Feet Indoor Soccer for Pre-schoolers 9-9:30 a.m.	<b>26</b> Seniors Activities at 1 p.m. Girl Guides 6:15-7:45 p.m. Beginner Belly Dancing 7-8 p.m.	<b>27</b> Kids dance class 6-7:30 p.m. at the Hall (2 classes)  Yoga 7:30-8:30 p.m.	<b>28</b> ParentLink playgroup 10 to noon at the Hall. Taekwondo 6:30 to 8 (2 classes)	<b>29</b> Seniors Activities at 7 p.m.	<b>30</b>
<b>31</b>						

### 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](mailto: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!