

South Cooking Lake & Area Community League

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



July 2015 Newsletter

Upcoming SCL & Area Community League Meetings

Join us for our next meetings on Thursday, September 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

Drop by the SCL Hall and playground area on Thursday mornings from 9 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 and Fitness Classes at the Hall

Contact Jayleen at jayleenrenneberg@gmail.com for more information about fall classes.

Tuesday Night Jazz/Hip Hop Dance Classes at the Hall

Contact Leah at leahsarafinchan@hotmail.com for more info about fall classes.

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. 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**.

Trail Days 2015

Mark your calendar for Trail Days on Saturday, August 15th! You won't want to miss this free family all-day event! Tons of great activities including pancake breakfast, parade, pony rides, inflatable waterslide, games, car show, games and races for the kids, Country Market, horseshoe tournament, great food and more!! Fun for all ages!! For more information, visit www.southcookinglake.com under the Trail Days tab under Events for a list of contacts. Next planning meeting is Monday, July 27 at 7 p.m. at the Firehall Diner.

Check out our new calendar feature on the back page. Keep it on your fridge as a reminder of what's happening at the hall each month. ☺

SCL Summer Program

Have you heard about the SCL Summer Program? We have a recreation leader at the playground to lead activities for kids in our community. The hours are 9:30 to 5:30, with it rotating Monday - Friday the first week (July 6th) and then Tuesday - Saturday so that every second Saturday has a program running. It is free and drop in. Younger children must have a parent with them for supervision. Please spread the word to anyone you think might be interested! It starts on Monday, July 6th and will run until the end of August.

Enter the Parade During Trail Days

Do you want to be in the Trail Days parade this year? Make a float, decorate your bikes or yourselves, and have fun! Everyone is welcome. The more creative, the better. For more information, contact Aila at **922-1653** or abeckmerritt@gmail.com.

Craft Competition During Trail Days Needs an Organizer

The annual Home Art and Craft Competition needs an organizer this year. We are looking for someone to gather the submissions (a drop off time at the hall can be set) and then assist with set up and judging the night before Trail Days (Friday, August 14th). Please contact Shawna at Shawna.opal@gmail.com if you are able to help.

ParentLink Summer Program Starting Soon

Parent Link will be running the Creative Chaos outdoor summer program again this year. It will be Thursday mornings from 9 a.m. to noon in the playground area by the Hall. There is no cost for this program and no need to register. The start date is July 2nd. There will be a dental hygienist visiting to give free fluoride treatments on July 16th.

Interested in a Performing Arts Class at the Hall?

If you would be interested in a class where your children could learn some introductory acting skills like voice projection, storytelling and movement, and play fun improv games, contact Heather at cromb@mcsnet.ca. We have a couple of energetic drama students who would like to teach this class this fall.

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? We are hoping to offer a Babysitter Meet and Greet at the SCL Hall soon. We are also in need of a volunteer to help coordinate the event. If you would like to attend as a babysitter or parent, or are able to help organize, please contact Heather at cromb@mcsnet.ca.

Girl Guides Chapter in the South Cooking Lake Area

Would you like to see a Girl Guide unit run again in SCL? If you have questions, would like to attend an information night, or if you would like to be a leader, contact Shari Laschuk at **922-6878** or slaschuk@telus.net for more information.

Activities at the Hall

What kinds of classes you would like to see offered at our Hall? We're looking for activities for both kids and adults. How about art lessons? A sewing class? A digital scrapbooking workshop? Karate or self defense? What interests do you and your family have? Contact Heather at cromb@mcsnet.ca with your ideas. So far there have been requests for dance classes, yoga, fitness and music 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. We have a great Hall so let's use it to enjoy programs in our community! If you would like to help us research potential classes and teachers available, please let us know. The more of us looking for great learning opportunities for families in our community, the better opportunities we can offer. ☺

Share Your Talents with our Community

Do you or does someone you know have a skill you could teach people in our community? We're looking activities to offer at the Hall and we would love to find opportunities for people in our community to learn from each other. 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 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. Latest adventures for our hat: Grande Prairie and Cape Breton ☺ Contact Aila at **922-1653** or abeckmerritt@gmail.com to pick up the hat.

Hall Rentals

Are you looking for a great space to rent for a special event? For more information about renting our hall, contact **Cathy Hicks** at **922-3029** or chicks@telus.net. Birthday party rental packages are also available.

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 for more information about events, classes and other news 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 tfletcher270@gmail.com

Hall Rentals:

Cathy Hicks

922-3029 or chicks@telus.net

Newsletter:

Heather Cromb

cromb@mcsnet.ca

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Firehall Diner

Restaurant hours:
 Wed to Sat 12-8 p.m.
 Sun 10 a.m. to 7 p.m.
 Sunday Breakfast Buffet
 10 a.m.-1 p.m.



Convenience store items also available
 780-922-9290



Bonnie Riddell
 Councillor, Ward 7

2001 Sherwood Drive
 Sherwood Park, Alberta T8A 3W7


780-464-8003 F: 780-464-8114
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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) Wednesday 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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Bouncin' Around

Terrell Fletcher & Corinne Fletcher

780-922-5522
 780-982-5524

www.bouncinaround.ca

Birthdays, Weddings,
 Corporate Events,
 Community Events,
 Church Functions

South Cooking Lake recycle events



Next date July 25 and 26

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






South Cooking Lake Trail Days

Saturday, August 15th

Don't miss this free family all-day event!
 Pancake breakfast, parade, pony rides, inflatables, games, car show, games and races for the kids, Country Market, horseshoe tournament, great food and more!!

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 for more information.

South Cooking Lake & Area Events

July 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 ParentLink Creative Chaos playgroup 9 to noon at the Hall	3 Seniors Activities at 6 p.m.	4
5	6 Recreation Leader at Playground 9:30 to 5:30 p.m.	7 Recreation Leader at Playground 9:30 to 5:30 p.m. Seniors Activities at 1 p.m. Bookmobile 5:30 to 7 p.m. at Hall	8 Recreation Leader at Playground 9:30 to 5:30 p.m.	9 Recreation Leader at Playground 9:30 to 5:30 p.m. ParentLink Creative Chaos playgroup 9 to noon at the Hall	10 Recreation Leader at Playground 9:30 to 5:30 p.m. Seniors Activities at 6 p.m.	11
12	13	14 Recreation Leader at Playground 9:30 to 5:30 p.m. Seniors Activities at 1 p.m. Bookmobile 5:30 to 7 p.m. at Hall	15 Recreation Leader at Playground 9:30 to 5:30 p.m.	16 Recreation Leader at Playground 9:30 to 5:30 p.m. ParentLink Creative Chaos playgroup 9 to noon at the Hall. Dental Hygienist visit	17 Recreation Leader at Playground 9:30 to 5:30 p.m. Seniors Activities at 6 p.m.	18 Recreation Leader at Playground 9:30 to 5:30 p.m.
19	20 Recreation Leader at Playground 9:30 to 5:30 p.m.	21 Recreation Leader at Playground 9:30 to 5:30 p.m. Seniors Activities at 1 p.m. Bookmobile 5:30 to 7 p.m. at Hall	22 Recreation Leader at Playground 9:30 to 5:30 p.m.	23 Recreation Leader at Playground 9:30 to 5:30 p.m. ParentLink Creative Chaos playgroup 9 to noon at the Hall	24 Recreation Leader at Playground 9:30 to 5:30 p.m. Seniors Activities at 6 p.m.	25
26	27 Trail Days Meeting at 7 p.m. at the Firehall Diner	28 Recreation Leader at Playground 9:30 to 5:30 p.m. Seniors Activities at 1 p.m. Bookmobile 5:30 to 7 p.m. at Hall	29 Recreation Leader at Playground 9:30 to 5:30 p.m.	30 Recreation Leader at Playground 9:30 to 5:30 p.m. ParentLink Creative Chaos playgroup 9 to noon at the Hall	31 Recreation Leader at Playground 9:30 to 5:30 p.m. Seniors Activities at 6 p.m.	