

South Cooking Lake & Area Community League

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



June 2015 Newsletter

Upcoming SCL & Area Community League Meetings

Join us for our next meetings on Thursday, June 11th 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 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 the website at www.strathcona.ca/parentlink.

Yoga and Fitness Classes at the Hall

There is a daytime fitness class on Mondays from 10-11 a.m. from May 4th- June 8th. Kids are welcome to come and play quietly. Wednesday night yoga runs from 7:30-8:30 p.m., Apr 29th- Jun 3rd. Class is open to participants 14+. There is also a 5-week Yoga Session on Fridays from 10 a.m.-11 a.m., May 8th- June 5th (kids welcome to play quietly.) The cost is \$75 for 6-week sessions and \$65 for the 5-week session on Fridays, \$15 for drop in. Prenatal participants welcome. Contact Jayleen at jayleenrenneberg@gmail.com for more information about summer and fall classes.

Drop in Community Soccer at Ministik School on Wednesdays and Fridays

Ministik School will be offering drop in soccer starting Friday, May 8th from 4–5 p.m. Visit the Ministik Community Facebook page for more information.

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 (and Upcoming Planning Meetings)

Mark your calendar for Trail Days on Saturday, August 15th! And join us for the next cooking planning meeting on Monday, June 29th at 7p.m. at the Firehall Diner.



East Coast Ceilidh Another Success!

Thank you to everyone who came out to enjoy the East Coast Ceilidh on Saturday, May 16th. It was a great evening of music, food and friends. Thank you to the amazing entertainment. Plans are already in the works for the next one ... likely in September. Stay tuned for more details. ☺

SCL Summer Program

We are hopeful that our Summer Program will go ahead again this year, with a recreational coordinator at the playground area all summer to help organize games and activities. The program is drop in. Please contact Nikole at nbordato@hotmail.com for more information.

TRAIL DAYS IS COMING!!

Mark your calendar for 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 about Trail Days or to find out how you can help out, contact **Aila** at **922-1653** or abeckmerritt@gmail.com. Lots of small jobs available like handing out maps, setting up and taking down tents, assisting with the parade, etc. and we could really use the help! ☺

ParentLink Summer Program Starting Soon

Parent Link will be running an 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 Thursday, July 3rd. Hope to see you there!

Ukulele Lessons at the Hall – Only \$10 per class

We're looking for a few more people who would like to learn to play the ukulele. The 4 one-hour lessons will include an introduction to the ukulele and the opportunity to learn a few songs. The first class will be Wednesday, June 3rd from 6 to 7 p.m. at the hall and will continue on June 10th, 17th and 24th. Please note: A ukulele is needed for this class. For ages 7 and up. Contact Heather at cromb@mcsnet.ca for more information.

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. ☺

Want to play Community Slo-pitch?

Colchester Community League is running a Community Slo-Pitch League again this year. Games will be at 7 p.m. on Monday or Wednesday nights. You can enter as an individual or as a team. For more information, contact Darcy at dimagega@shaw.ca.

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. Look for more information on our Facebook page (find us under South Cooking Lake Hall), on our website (www.southcookinglake.com), or in the next issue of this newsletter. If you would like to attend as a babysitter or parent, 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 defence? 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: Newfoundland and China ☺ Contact Aila at **922-1653** or **abeckmerritt@gmail.com** to pick up the hat.

Special Thank You

Don and Sheila Mills would like to thank the Community and those who nominated them for the Pride of Strathcona Award. "Although we were not selected, we did receive a lovely certificate and letter from the Mayor," said Sheila, "but even more special is that people in this wonderful community felt we were deserving of such an honor. Thanks to everyone."

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 Rentals at the Hall

The SCL Community League has birthday party rental packages available at our community hall. Contact Cathy Hicks at **922-3029** or **chicks@telus.net** for more details.

Trail Days Update

Sign up for the Horseshoe Tournament during Trail Days

Players needed for the annual Horseshoe Tournament during Trail Days on Saturday, August 15th. Great prizes up for grabs. Come out and have some fun.

For more information, contact Aila at **922-1653** or **abeckmerritt@gmail.com**.

Enter the Parade!

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 Needs an Organizer

The annual Home Art and Craft Competition needs an organizer this year or it won't be possible this year. We are looking for someone to gather the submissions (a drop off day at the hall can be set) and then assist with set up and judging. Contact Aila at **922-1653** or **abeckmerritt@gmail.com** if you are able to volunteer.



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:
Hall Rentals:
Newsletter:

Terrell Fletcher
Cathy Hicks
Heather Cromb

922-5522 or tfletcher270@gmail.com
922-3029 or chicks@telus.net
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FAMILY FUN DAY
 SATURDAY, JUNE 6, 2-6PM
 ZIPLINES, ROCK CLIMBING, PONY RIDES, HAY RIDES, BBQ & MORE!
 ADMISSION: \$20/CAR OR \$10/PERSON TO SEND KIDS TO CAMP



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

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.



Firehall Diner

Father's Day Breakfast Buffet
 Sunday, June 21st 10 a.m. – 1 p.m.

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

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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South Cooking Lake
recycle events



Next date June 27 and 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

