

# South Cooking Lake & Area Community League

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



## March 2016 Newsletter

### Upcoming SCL & Area Community League Meetings

Join us for our next meetings on Thursday, March 10<sup>th</sup> and Thursday, April 14<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) to register. Classes run on Thursdays from March 10<sup>th</sup> to April 14<sup>th</sup> from 7:30 to 8:30 p.m. The cost is \$75 for Community League Members and \$80 for Non-Members. Anyone can sign up for a membership. The cost is \$15 for the year.

### Taekwondo Classes at the Hall

Taekwondo will be taking a break for the Spring and Summer and we hope to resume classes in the Fall. ☺

### Happy Feet Indoor Soccer Class for Preschoolers Running March 7<sup>th</sup> to April 25<sup>th</sup>

Information for parents to sign their child up is available at [www.happyfeetalberta.ca](http://www.happyfeetalberta.ca) under "South Cooking Lake" class. Class times are Mondays from 9 to 9:30 a.m. for ages 2-4. The program runs 6 weeks and the cost is \$60.

### Beginner Belly Dancing Class – Second Session Planned for May

Check out what people are raving about. Contact Lisa at [lzederayko@gmail.com](mailto:lzederayko@gmail.com) for more information and to register.

### Meditation Class – Thursday March 17<sup>th</sup> from 6:30 to 8:30

Learn how to handle stress in your life. Class will be held at the Hall (downstairs). Cost is \$40 and if there is enough interest, a weekly class may be arranged. Contact Michelle at [yogapath8@gmail.com](mailto:yogapath8@gmail.com) to register.

### 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.

### Easter Family Services - South Cooking Lake United Church

Sunday, March 20<sup>th</sup> - Palm Sunday Service 10:30 a.m. and Sunday, March 27<sup>th</sup> - Easter Sunday Service 10:30 a.m.

### 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**.

### Spring Craft Sale

Saturday, April 2 from 10 a.m. to 3 p.m. at the Hall. Free admission. Everyone welcome! More info below.

### Trail Days

Mark your calendar for Saturday, August 20<sup>th</sup>!

### **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**

Thank you to all the families who came out to the Free Family Day Swim at Camp Van-Es on Monday, February 15<sup>th</sup>. This event was free for Community League Members and was a fun afternoon for all.

### **Community Easter Party at the Hall**

Plans are underway for the Community Easter Party on Sunday, March 20<sup>th</sup>. Please contact **Manda** at **780-996-2000** or **Mumluvdesigns@gmail.com** if you are able to help with crafts, games, hiding eggs, and bringing a treat of some kind. We are also in need of a volunteer to wear the bunny costume. Look for more details for this event on our Facebook page.

### **Spring Craft Sale**

Mark your calendar! The Spring Craft Sale at the Hall will be on Saturday, April 2 from 10 a.m. to 3 p.m. All of the tables have been booked. Everything from custom woodworking, kid's clothing, a chocolatier, jewelry made out of recycled paper, women's clothing, homemade soap, baby clothing, honey, knitted items, baking and other treats, flower arrangements and bird houses, and more! Check out our event page for a sneak peek at what will be available. There will also be a Free Community Clothing Exchange downstairs. Clothing for all ages can be dropped off to the hall before April 2, or can be brought on the day. It would be a take-what-you-need and leave-what-you-no longer-need kind of event in honor of Spring Cleaning. ☺ Please contact us to arrange a drop off time. Donations are also being accepted at the South Contact Office in South Cooking Lake. Their office hours are Tuesday to Friday from 1 to 4 p.m. Thank you everyone!

### **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**.

### **Food Safety Course Coming Soon to the Hall**

There will be a Food Safety Course on Saturday, April 9<sup>th</sup> from 8:15 a.m. to 5:30 p.m. at the Hall. Please contact **Terrell** at **tfletcher270@gmail.com** or **922-5522** if you have questions or would like to sign up. The cost is \$100 for Community League Members (please ask about becoming a member when registering if you're not a member already) and \$110 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** at **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.

### **Spring Classes – We're looking for ideas!**

Dance, yoga, meditation, Girl Guides, art, Happy Feet and belly dancing classes are currently being offered at our Hall. What other classes would you like to see this Spring? Contact **Heather** at **cromb@mcsnet.ca** with your ideas.

### **Recycle Your Kids Toys**

We are looking for donations of ride on toys, 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**.

### 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, car show, pony rides, horse show, kids' games and races, bouncy houses and waterslide, facepainting, spray tent, beer garden, 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 Still Needed

Would you like to help organize Trail Days, our community's big family event of the summer? 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**.

### Ministik Mission Trip

A group of local families who are heading to Mexico to help build a home for girls rescued out of child prostitution is collecting bottles as a fundraiser. Please contact **Wendy** at **922-2970** and the group would be happy to pick up any bottles you would like to donate. They are also having a Dinner and Silent Auction Fundraiser on March 12 at 6 p.m. at Ministik Community Church. Contact Wendy for more details.

### 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. For more information about the program, contact **Kathi Day** at **780-464-8024** or **ruralinternet@strathcona.ca**.

### 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 **Nikole** at **nbordato@hotmail.com** with your ideas. We are also looking for a volunteer to help coordinate the summer activities.

### 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**. 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>

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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**

**recycle events**

**Next date March 26 & 27**

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)

**South Cooking Lake**  
**Spring Craft Sale**

Saturday, April 2, 2016 from 10-3 p.m.  
 South Cooking Lake Hall



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](mailto:cromb@mcsnet.ca) for more information.

# South Cooking Lake & Area Events

## March 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <b>Seniors Activities at 1 p.m.</b> <b>Bookmobile 5:30 to 7 p.m. at Hall</b> <b>Girl Guides 6:15-7:45 p.m.</b> <b>Beginner Belly Dancing 7-8 p.m. (downstairs)</b>	<b>2</b> <b>Kids dance class 6-7:30 p.m. at the Hall (2 classes)</b>	<b>3</b> <b>ParentLink playgroup 10 to noon at the Hall.</b> <b>Taekwondo 6:30 to 8 (2 classes)</b> <b>Adult Art Class 6:30 to 8 (downstairs)</b>	<b>4</b> <b>Seniors Activities at 7 p.m.</b>	<b>5</b>
<b>6</b>	<b>7</b> <b>Happy Feet</b> <b>Indoor Soccer for Pre-schoolers 9-9:30 a.m.</b> <b>Kids dance class 6-7 p.m. at the Hall</b>	<b>8</b> <b>Seniors Potluck at noon</b> <b>Bookmobile 5:30 to 7 p.m. at Hall</b> <b>Girl Guides 6:15-7:45 p.m.</b> <b>Beginner Belly Dancing 7-8 p.m. (downstairs)</b>	<b>9</b>	<b>10</b> <b>ParentLink playgroup 10 to noon at the Hall.</b> <b>Seniors Travelling Café from 1-3 p.m.</b> <b>Community League Meeting at Hall at 7 p.m. (Seniors side)</b> <b>Yoga 7:30-8:30 p.m. (upstairs)</b>	<b>11</b> <b>Seniors Activities at 7 p.m.</b>	<b>12</b>
<b>13</b>	<b>14</b> <b>Happy Feet</b> <b>Indoor Soccer for Pre-schoolers 9-9:30 a.m.</b>	<b>15</b> <b>Seniors Activities at 1 p.m.</b> <b>Bookmobile 5:30 to 7 p.m. at Hall</b> <b>Girl Guides 6:15-7:45 p.m.</b> <b>Beginner Belly Dancing 7-8 p.m. (downstairs)</b>	<b>16</b>	<b>17</b> <b>ParentLink playgroup 10 to noon at the Hall.</b> <b>Meditation Class (downstairs) 6:30-8:30 pm</b> <b>Yoga 7:30-8:30 p.m. (upstairs)</b>	<b>18</b> <b>Seniors Activities at 7 p.m.</b>	<b>19</b>
<b>20</b> <b>Easter Party – Look for more details on our FB page</b>	<b>21</b> <b>Happy Feet</b> <b>Indoor Soccer for Pre-schoolers 9-9:30 a.m.</b> <b>Kids dance class 6-7 p.m. at the Hall</b>	<b>22</b> <b>Seniors Activities at 1 p.m.</b> <b>Bookmobile 5:30 to 7 p.m. at Hall</b> <b>Girl Guides 6:15-7:45 p.m.</b> <b>Beginner Belly Dancing 7-8 p.m. (downstairs)</b>	<b>23</b>	<b>24</b> <b>ParentLink playgroup 10 to noon at the Hall.</b> <b>Yoga 7:30-8:30 p.m. (upstairs)</b>	<b>25</b> <b>Seniors Activities at 7 p.m.</b>	<b>26</b>
<b>27</b> <b>Happy Easter!</b>	<b>28</b> <b>Easter Monday</b>	<b>29</b> <b>Seniors Activities at 1 p.m.</b> <b>Bookmobile 5:30 to 7 p.m. at Hall</b> <b>Beginner Belly Dancing 7-8 p.m. (downstairs)</b>	<b>30</b>	<b>31</b> <b>Yoga 7:30-8:30 p.m. (upstairs)</b>		