

South Cooking Lake & Area Community League

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



May 2014 Newsletter

Upcoming SCL & Area Community League Meetings

Meetings held the second Thursday of the month at 7 p.m. at the SCL Hall. Everyone welcome! Next meetings: Thursday, May 8th and Thursday, June 12th (AGM).

Strathcona County Library Bookmobile

Starting mid-May, the Bookmobile will begin visiting the South Cooking Lake Hall on Wednesday mornings during Stay & Play with Parent Link beginning at 10 a.m. Join Chris for Bookmobile Family Storytime at 11:30 a.m. The Bookmobile will continue to be at the South Cooking Lake Hall for their regular weekly visit on Tuesday nights from 5:30 – 7 p.m.

Stay and Play with Parent Link – Free unregistered program

Drop by the SCL Hall on Wednesday mornings from 10:30 to 12:30 to meet other parents 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.

Stroller Walk Group

Meet at the SCL Hall Playground area on Thursdays at 11 a.m. Get to know new friends in your area and exercise at the same time! For more info, contact **Nikole** at nbordato@hotmail.com.

Yoga Classes at the South Cooking Lake Hall

Yoga will continue on Wednesday evenings at 7:30 p.m. and Parent and Tot Yoga on Friday mornings at 10 a.m. Contact **Jayleen** at jayleenrenneberg@gmail.com for more information. Drop-in is also available for \$15.

Bootcamp with Strollers

Monday mornings at 10:30 – 11:30 a.m. outside the Hall. Contact Simone for more info at simonedueck@me.com. Drop-in is available for \$14.

Mother's Day Brunch at the Firehall Diner

Bring Mom out for a tasty brunch on Sunday, May 11th from 9:30 a.m. to 1:30 p.m.

St Luke School's annual Plant & Compost Sale/Multi-Family Garage Sale

Saturday, May 24th from 9:30 a.m. to 3:30 p.m. in the school parking lot (more details below).

The Community Comes Alive Plant and Tailgate Sale/Concession

Saturday, May 24th from 9:30 a.m. – 3:30 p.m. at the South Cooking Lake United Church (more details below).

Horse Showcase

Free family event that takes place on the grounds by Fultonvale School on Sunday, May 25th from 10 a.m. to 4 p.m. The event is geared to families with children interested in horses but all horse-lovers are encouraged to attend.

Trail Days Planning Meeting

Come to the Firehall Diner on Tuesday, May 13th at 7 p.m. to see how you can get involved.

Monthly Sunday School at SCL United Church

Offered on the second Sunday of each month at 10:30 a.m. Games, obstacle courses, crafts, puppet shows, music and other activities. All children welcome. Contact **Ooi Lin** at **922-2483** or phehleung@gmail.com for more information.

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 IS COMING!!

Mark your calendar for Saturday, August 16th! You won't want to miss this free family 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 or to find out how you can help out, contact Aila at abeckmerritt@gmail.com. Lots of small jobs available and we could use the help. ☺

Two local fundraisers on the same day!

Hope to see you on Saturday, May 24th at two local fundraisers – St. Luke School's Annual Plant & Compost Sale/Multi-Family Garage Sale, located in the school parking lot, and "The Community Comes Alive" Plant and Tailgate Sale/Concession at the South Cooking Lake United Church. Both events run from 9:30 a.m. to 3:30 p.m. For table reservations at the St. Luke school sale, to arrange item donation, or to volunteer, contact **Shannon Blyth** at **922-5506** or email **Shannon-don@hotmail.com**. You can also donate new or gently-used items and all proceeds will benefit the school. For more information about the sale at the United Church, contact **Bev** at kruse@telusplanet.net.

Bands & Bids: Concert & Silent Auction Fundraiser for Birch Bay Ranch (Free Event)

Don't miss the concert and silent auction fundraiser to benefit Birch Bay Ranch, a nonprofit summer camp on South Cooking Lake, on Thursday, May 8th, 6:30 p.m. at the Strathcona County Community Centre Agora in Sherwood Park. Enjoy live music, refreshments and a great auction while raising funds to help send kids to camp!

Local Teen Having Large Garage Sale to Help Fund Humanitarian Trip to Europe

Carleen Paltzat, 18, will be having a large garage sale on May 29th, 30th, and 31st and all of the money raised will go towards her volunteer nature conservation trip to Germany and Slovakia this summer where she will be planting trees, building tree stands, making drainage ditches along ponds, and repairing an eco center. Carleen is accepting donations so if you have things to donate, she will pick them up from homes in the South Cooking Lake area if you call her at **780-721-3755**. Look for more information about times for the garage sale and the address on Facebook in the coming weeks, or contact her at the number listed or at cartzy.p@gmail.com.

Animal Rescue Group Looking for Help

If you have dog or cat kennels, litter boxes, dog or cat food, litter, blankets/bedding, etc., that you could donate to help, please contact **Alison Bright** at allgirl77@gmail.com or **922-4304**.

Want to play Slo-pitch?

The Colchester Community League is looking for interest in an 18+ slo-pitch league to encourage community fun and interaction through sport. Anyone is welcome to join and can contact **ColchesterCommunity@hotmail.ca**.

Ukulele Lessons Starting Soon

Interested in ukulele lessons at the SCL Hall? Contact **Janine** at jheber@fultonvale.ca for more information.

Share Your Talents with Youth in our Community

Do you or does someone you know have a skill you could teach young people in our community? We're looking activities to offer at the Hall and we would love to find opportunities for youth in our community to learn from older teens and adults from our community or nearby areas. 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.

Help Still Needed on the Community League Board

Some Board members are no longer able to continue their roles. Without these positions, our Community League may have to disband and our Hall could close. Please don't let this happen and come to a meeting to see how you can get involved, or contact Heather at **922-0388** or cromb@mcsnet.ca. All help is tremendously appreciated. A large time commitment is not required. Please help ensure our community events can continue!

Hall Rentals

Are you looking for a great space to rent for a special event this summer? Please spread the word about our community hall. For more information about rentals, contact **Shawna Kozak** at **922-6372** or shawna_opal@iCloud.com.

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 to view our Community Events Calendar. 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:	LeRoi LaFleche	922-4775	rllafleche@live.com
Hall Rentals:	Shawna Kozak	922-6372	shawna_opal@iCloud.com
Newsletter:	Heather Cromb	922-0388	cromb@mcsnet.ca

Thank you to these advertisers for helping to support this newsletter and activities in our community.



West Wind
veterinary hospital
51186 Range Road 212
Sherwood Park, AB T8G 1E7
780-662-0112
office@westwindvet.com

Find us on
facebook.

We are happy to see and treat equine, canine and feline patients in our state of the art Facility located only a short distance from Sherwood Park, Edmonton and Tofield.

Equine Services

- ❖ Medical & Surgical facility
- ❖ Exams & Vaccinations
- ❖ Board Certified Equine Surgeons
- ❖ Ambulatory Services
- ❖ 24 hour Emergency Service

Small Animal Services

- ❖ Medical & Surgical facility
- ❖ Annual exams & Vaccinations
- ❖ Surgery – including spays, neuters, Dentistry & lump removals
- ❖ Acupuncture



Firehall Diner
Mother's Day Brunch
Sunday May 11th, 2014
9:30 a.m. – 1:30 p.m.
A gift for every Mom

Restaurant hours:
12-8 p.m. Wed to Sat
Sun 9 a.m. to 7 p.m.

Convenience store items
also available
780-922-9290



STRATHCONA
COUNTY

Bonnie Riddell
Councillor, Ward 7

780-464-8003
Bonnie.Riddell@strathcona.ca

www.strathcona.ca

At your service...
in rural Strathcona County


South Contact Office	Rural Liaison Team
22142 South Cooking Lake Road (in Fire Station #2)	Dinah Canart, B.A., Coordinator 780-893-1177
Wednesday to Friday 1 p.m. to 4 p.m.	Carolyn Brandon 780-922-1318



Mark your calendar for
Trail Days 2014!
Saturday, August 16th (all day)

Lots of free family activities to enjoy! Check our Facebook page for updates or posters at the stores and Firehall Diner.
We hope to see you there!

South Cooking Lake
recycle events



Next date May 30 and June 1

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



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.