

South Cooking Lake & Area Community League

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



October 2015 Newsletter

Upcoming SCL & Area Community League Meetings

Join us for our next meetings on Thursday, October 8th and Thursday, November 12th 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, or visit www.strathcona.ca/parentlink. There will also be a free Move and Groove class from October 8th to November 12th for ages for ages 1-3. Call to register.

South Cooking Lake and Colchester Family Halloween Party

Join us on Sunday, October 24th from 1 to 3 p.m. at the SCL Hall for some Halloween crafts, games, treats and a haunted house. Cost is \$5/family. Volunteers needed so please let us know if you can help with a craft or dress up for the haunted house. Contact Heather at cromb@mcsnet.ca for more information.

Yoga Classes at the Hall

Contact Jayleen at jayleenrenneberg@gmail.com or check our Facebook page (under South Cooking Lake Hall) for more information. Classes will be starting on Wednesday, October 28th from 7:30 to 8:30 p.m. at the Hall. Drop is \$15. Cost will be \$75 for 6 weeks if you are a Community League Member, and \$80 if you are not. League memberships are available for \$15/year and gives you discounts on community classes, parties and other activities.

Wednesday Night Kids Dance Classes at the Hall

Contact Heather at cromb@mcsnet.ca or check our Facebook page (under South Cooking Lake Hall) for more information. Classes will be starting in mid-October for ages 6-12 and will be a mix of ballet, jazz and creative movement. The class will be on Wednesdays from 6 to 7 p.m. for an 8-week session. Register soon! Filling up fast!

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. ☺

Kids Dance Class Looking For a Few More Participants

We're looking for a few more kids to sign up for the dance class on Wednesdays from 6 to 7 p.m., starting on October 14th. Contact Heather at cromb@mcsnet.ca to sign up! More info about the class is included above.

County's FIRESMART free wood-chipping service

Thank you to all of the families who participated in the County's FIRESMART free wood-chipping service last month. ☺

Girl Guide Unit Starting Soon at South Cooking Lake Hall

A new Girl Guide unit that will combine Sparks, Brownies and Guides will be starting soon! Meetings will be at the SCL Hall and they are looking at Tuesday nights as an option. Contact Shari Laschuk at **922-6878** or **slaschuk@telus.net** for more information.

Home Business Fair and Babysitter Meet and Greet Event on Saturday, November 7th

Come out to the South Cooking Lake Hall on Saturday, November 7th from 10 a.m. to 3 p.m. to check out more than 15 local and area home-based businesses! There will also be a gift basket raffle for \$2/ticket. The Babysitter Meet & Greet will be held downstairs at the Hall from 1 to 3 p.m. If you are looking for a reliable babysitter or are a babysitter looking for local families to connect with, this is for you! Contact Jaime for more info at **jaimelynch83@hotmail.com**.

ParentLink Move and Groove Program

Parent Link is offering a FREE Move and Groove program at our Hall on Thursdays from October 8th to November 12th from 9 to 10 a.m. Then stay at the hall for the regular Parent Link playgroup from 10 to noon. We hope to see you there! Call **780-416-6730** to sign up for this energetic and interactive music and movement session! Recommended age for Move and Groove is 1-3 and the regular playgroup is for ages 6 and under.

Tae-Kwon-Do Class and Happy Feet Program for Kids Possibly Coming Soon to our Hall

We have a club that may be interested in teaching a tae-kwon-do class at our Hall. Contact Heather at **cromb@mcsnet.ca** for more information. The Happy Feet Program would also like to offer a class. Visit **www.happyfeetalberta.ca** for more info and contact **cromb@mcsnet.ca** for more details about when the class may be offered in our community.

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.

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, drama 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!

Trail Days Coordinator Needed

Aila Beck-Merritt will be passing on the torch for being the Chair of the Trail Days Organizing Committee. She will work with this year's Chair to ease the transition. Please contact us if you are interested in this important and rewarding role!

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: Scotland ☺ 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 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, 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**.

Advertise to your community!

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**.

President:
Hall Rentals:
Newsletter:

Terrell Fletcher
Cathy Hicks
Heather Cromb

922-5522 or tfletcher270@gmail.com
922-3029 or chicks@telus.net
cromb@mcsnet.ca

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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

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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**Mark your calendar for
Saturday, December 5th!**



Christmas in the Country


Community Craft Sales (at various rural
community halls including ours), and events
at the Firehall/South
Contact Office)

Free fun for the whole family!

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
recycle events



Next date October 31 and November 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



South Cooking Lake & Area Events

October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Seniors Activities at 1 p.m. Bookmobile 5:30 to 7 p.m. at Hall	2	1 ParentLink playgroup 10 to noon at the Hall	2 Seniors Activities at 7 p.m.	3
4	5 Kids Drama Class 6 p.m.-7:15 p.m. at the Hall	6 Seniors Activities at 1 p.m. Bookmobile 5:30 to 7 p.m. at Hall	7	8 ParentLink playgroup 9 to noon at the Hall. Move and Groove starts Seniors Travelling Café from 1-3 p.m. Community League Meeting at Hall at 7 p.m.	9 Seniors Activities at 7 p.m.	10
11	12 	13 Seniors Activities at 1 p.m. Bookmobile 5:30 to 7 p.m. at Hall	14 Kids dance class start date (tentative) 6-7 p.m. at the Hall	15 ParentLink playgroup 9 to noon at the Hall. Move and Groove free class.	16 Seniors Activities at 7 p.m.	17
18	19 Federal Election polling station at the Hall	20 Seniors Activities at 1 p.m. Bookmobile 5:30 to 7 p.m. at Hall	21 Kids dance class (tentative) 6-7 p.m. at the Hall	22 ParentLink playgroup 9 to noon at the Hall. Move and Groove free class.	23 Seniors Activities at 7 p.m.	24
25 Family Halloween Party 1-3 p.m. at the Hall. \$5/family 	26 Kids Drama Class 6 p.m.-7:15 p.m. at the Hall	27 Seniors Activities at 1 p.m. Bookmobile 5:30 to 7 p.m. at Hall	28 Kids dance class (tentative) 6-7 p.m. at the Hall. Yoga class starts from 7:30 to 8:30 p.m. at the Hall. 6-week session	29 ParentLink playgroup 9 to noon at the Hall. Move and Groove free class.	30	31 Recycling bins at Firehall (Saturday and Sunday) Happy Halloween! 

If you have an event or activity you would like to see included on our monthly calendar, please email Heather at cromb@mcsnet.ca.

Suggestions for Other Activities?

We're always looking for activities for both kids and adults. What interests do you and your family have? Contact Heather at cromb@mcsnet.ca with your ideas. We have a great Hall so let's use it to enjoy programs in our community!