

South Cooking Lake & Area Community League

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



September 2014 Newsletter

Upcoming SCL & Area Community League Meetings

Join us for our next meeting on Thursday, September 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 the SCL Hall from 5:30 – 7 p.m. The Bookmobile also visits Ministik School from 2:30 to 3:30 p.m. and the Strathcona Olympiette Centre/Fultonvale School area from 7:30 to 8:30 p.m. on Tuesdays.

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.

Upcoming events for SCL United Church

There will be a Meet & Greet on Saturday, September 13, from 1-3 p.m. to meet members of the congregation, Rev Henriette Kelker, and to have an opportunity to ask questions about weekly services and programs for children/youth. Everyone is welcome. Light refreshments will be served. The Church is also exploring new and interactive children and youth programs. All families are welcome on Sundays at 10:30 a.m. Please call 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 – Another Successful Event

Thank you very much to everyone who came out to enjoy another fun Trail Days! It was a whirlwind of activity and such a great way to spend time with family and friends. Thank you to all of the volunteers who helped make the event the success it was. We appreciate you all and feel so fortunate to have such an amazing community we live in.

Thank you to everyone who came out to the pancake breakfast and beer garden fundraisers during Trail Days, and participated in the Show & Shine event. Funds raised were donated to cancer research and to the Alberta Cerebral Palsy Association (Show & Shine charity choice), and will help fund future Trail Days activities.

A list of thank yous for the event is included on page 3. If you have a suggestion for something you think could be improved, please send your comments to Heather at cromb@mcsnet.ca. Your input is tremendously appreciated.

New Community League Board Announced

The SCL Community League would like to welcome our new Community League Board Members: Terrell Fletcher (President), Allan O-Connor (Vice-President), Han Niezen (Treasurer), Al Henderson (Secretary), Betty Gabbert (Director), Cathy Hicks (Director/Hall Rentals) and Nikole Bordato (Hall Rentals). They will join the rest of our Board Members at the first meeting taking place Thursday, September 11th. The required Board positions have been filled but there are many other ways to get involved, so please attend a meeting if you can.

Special thank you to LeRoi LaFleche (outgoing President) and Ruth LaFleche (outgoing Secretary-Treasurer) for their time on the Board. We thank you very much for all you have done for our community and wish you all the best.

Message from our new Community League President



Hi All, Terrell Fletcher here. I am honored to be your new President of the South Cooking Lake Community League. I can't wait to hear from you and to get to work to build a stronger, safer community.

The first thing I would like to do as President is to show my appreciation to the previous elected members of the SCLCL. I wish to thank LeRoi and Ruth LaFleche, Jilles Zandbergen and all of the Directors and Coordinators who have helped out over the last few years.

I am looking forward to working with our new executive team to face new challenges and create a vibrant community where families want to be and where businesses will thrive. Hope to see you all at the meetings or out and about!

New look for Community League website!

Visit www.southcookinglake.com to see the new look for our website. Let us know if there is any other information you would like to see added.

Dance classes, fitness classes and yoga starting this month

Jayleen Renneberg will be teaching some jazz/hip hop dance classes and fitness on Tuesday nights at the SCL Hall this fall. She will also be teaching yoga on Wednesday nights. The classes would run from September to December.

Dance Class 1: Ages 5-7 from 4 to 4:45 p.m.

Dance Class 2: Ages 8-11 from 4:45 to 5:30 p.m.

Dance Class 3: Ages 12-14/15 (depending on maturity/experience) - from 5:30 to 6:30 p.m.

Dance Class 4: Ages 15+ - from 6:30 to 7:30 p.m.

Classes run from September 16th to December 9th. Cost is \$120 per child.

Functional Fitness Class (all fitness levels welcome)

7:45 to 8:45 p.m. from September 16th to October 21st. Cost is \$75 for 6-week session or \$15 for drop in.

Yoga on Wednesdays from September 17th to October 22nd from 7:30 to 8:30 p.m. Cost is \$75 for 6-week session or \$15 for drop in. For more information, contact Jayleen at jayleen@purelivingenthusiast.com.

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.

Activities at the Hall

What kinds of classes would you like to see offered at the Hall? We want to hear from you. Please contact Heather at cromb@mcsnet.ca with your ideas. So far there have been requests for dance classes, fitness classes (including more yoga), family martial arts, etc., so let us know what you would like to see and we will do our best to make it happen. If you would like to help us research potential classes and teachers available, please let us know. We can always use the help!

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: California and Shuswap Lake in BC. Contact Aila at **922-1653** or abeckmerritt@gmail.com to pick up the hat.

Event Pictures

Do you have pictures from a community event you would like to share? Please bring pictures on disk or memory stick to Maureen at the Firehall Diner and she will add them to her library of pictures that she plays on the TV at the diner. Feedback to the pictures has been very positive so please keep adding to Maureen's collection!

Hall Rentals

Are you looking for a great space to rent for a special event? Please spread the word about our community hall. For more information about rentals, contact **Cathy Hicks** or **Nikole Bordato** at **922-0879 (Cathy)** or nbordato@hotmail.com (**Nikole**).

Trail Days Thank You

THANK YOU to all the volunteers who helped with our Trail Days event on Saturday, August 16th and to all of the businesses, groups and individuals who provided their services or donated items, equipment or funding for our event. We truly appreciate your generosity and could not have done it without you!

Strathcona County, including Mayor Roxanne Carr and Councillors Bonnie Riddell, Linton Delainey, Vic Bidzinski, and Paul Smith, the Library and Bookmobile, Recreation, Parks and Culture, Transportation and Agriculture Services, Transit, Utilities, Emergency Services and RCMP, the Corporate Planning and Intergovernmental Affairs Rural Liaison Team, Strathcona County Fire Station #2 and Parent Link
Dinah Canart, Carolyn Brandon and Patty Hoy from the Strathcona County South Contact Office
Strathcona County Arts, Culture and Heritage Community Investment Program for the Special Event Grant
The South Cooking Lake Heritage Committee
South Cooking Lake Greenhouse
Classic Landscaping (Greg Patterson)
REMAX
Shell Canada Ltd.
The Sherwood Park Radio Club for organizing all of the parking at the pancake breakfast and parade
Vertex – Calmar and Sherwood Park locations
Robin Hood Association (Koreen and Paw)
Shawcor CSI Services
Arctic Chiller for donating bottled water
Dairy Queen
Edmonton Radio Stations who attended
Sherwood Park News
Bouncin Around Inflatables
Mini-golf from Gary Selanders with Evergreen Turf
South Cooking Lake Seniors Association
Alberta Tourism, Parks and Recreation
Lou McDougall and Engraving Specialty Products
Cathy Paltzat for the beautiful work on the signs and the set up for the Country Market
Diana Balbar and Friends of Bell Bar Ranch for the pony rides and musical ride demonstrations.
Donna-Rae Coatta and volunteer team for putting together the Canine Caper dog agility demonstrations
The SCL United Church, Ministik Church, and all of the groups who operated concessions during the event
Our local businesses and our community volunteers who organized activities at the Top of the Hill (Country Market)
The Show & Shine organizing team and Trevor McDonald for operating the beer gardens
Spirit Quest Liquor Store
Barry Gilles for organizing the horseshoe tournament
LeRoi LaFleche, SCL Community League President, and Ruth LaFleche, SCL Community League Secretary
Our Parade Marshalls Rod and Jean Hood and Special Guest Mel Petley-Jones
ELVIS!

All of our volunteers who helped with games, facepainting, serving food, helping at the beer garden, set up and clean up, answering questions, and lending a hand where ever help was needed.

And a very special thank you to Aila Beck-Merritt and the Trail Days Organizing Committee for their year-long planning and all of their hard work on the day – Sheila Mills, Shawna Kozak, Diana Balbar, Maureen Mudie, Cathy Paltzat, Al and Vi Haase, RoseAnn Gillis, Jan Metz, Lou McDougall, Heather Cromb, Jilles Zandbergen, Allan Henderson, Allan Oconnor, Betty Gabert, Doug Siewert and Bev Kruse.

It takes a lot of help to make an event of this size a success! Our sincere apologies if anyone was missed on this list.

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. 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	tfletcher270@gmail.com
Hall Rentals:	Cathy/Nikole	922-0879	nbordato@hotmail.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
51136 Range Road 212
Sherwood Park, AB T8G 1E7
780-862-0112
office@westwindvet.com

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	Small Animal Services
❖ Medical & Surgical facility	❖ Medical & Surgical facility
❖ Exams & Vaccinations	❖ Annual exams & Vaccinations
❖ Board Certified Equine Surgeons	❖ Surgery – including spays, neuters, Dentistry & lump removals
❖ Ambulatory Services	❖ Acupuncture
❖ 24 hour Emergency Service	



IT'S BACK!
Breakfast Buffet at the Firehall Diner

Sundays 10 a.m. to 1 p.m.

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
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At your service...
in rural Strathcona County

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




Lil' Squirts Day Home

Megan Barnes
megan.barnes@shaw.ca
(780) 908-8112

Day Home opening September 2, 2014
Looking for children to fill spots in my new day home!
Mon-Fri 7:00am – 5:00pm
House on all bus routes for South Cooking Lake Schools




Bonnie Riddell
Councillor, Ward 7

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



www.strathcona.ca

South Cooking Lake
recycle events



Next date September 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

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.