

# South Cooking Lake Community Newsletter

March 2024

## **SCL & Area Community League Meeting – Everyone Welcome!**

The next meeting will be on Thursday, March 14 at 7 p.m. on the Seniors' side at the Hall. Zoom connection is also available. Contact **Heather** at [cromb@mcsnet.ca](mailto:cromb@mcsnet.ca) for details. The meetings are held on the 2nd Thursday of each month, except July and August when there are no meetings.

## **Strathcona County Library Bookmobile Visits**

Regular visit on Tuesday evenings at the SCL Hall from 6:15 to 7:30 p.m. and weekly Special Visits are on Thursdays from 9:30 to 11 a.m.

## **Potential Telecommunication Tower in our Community**

Thank you to everyone who came out to the Public Information Session on Tuesday, Feb 27 to discuss a proposed tower beside the community hall. It is a 30m (100 ft) tall fixed wireless internet tower, with the aim to enhance fixed wireless internet connectivity in the community and surrounding areas.

There is a group of concerned community members who do not support the proposed location. If you would like to get in touch with them to find more information, please contact **Stefanie** at [nimbus117@hotmail.com](mailto:nimbus117@hotmail.com).

## **Community Soccer Plans for 2024 Season Now Underway**

Are you interested in our recreational soccer program for kids ages 3 to 12 at South Cooking Lake? The program runs in May and June and we are finalizing the details now. We are looking for a few more people to help with coaching. Please contact **Heather** at [cromb@mcsnet.ca](mailto:cromb@mcsnet.ca) for more information. We're looking forward to another fun season!

## **Check out the Skating Path**

Have you had a chance to visit the South Cooking Lake Skating Path yet? It is located down by the South Cooking Lake Cook House.

Also if you have skates that you would like to donate, please consider dropping them off at the cook house. We will have free skates available for anyone who needs them.

## **New programs coming to St Luke Catholic School this year**

There are new nature-based pre-Kindergarten and Kindergarten classes coming to St Luke Catholic School. Please contact the school directly with any questions.

## **Classes at the Hall**

**Barre classes** are on Monday and Wednesday nights from 7 to 8 p.m. You just need a yoga mat and water. Drop in available for \$15/person.

**Yoga classes** are Thursdays from 6:30 to 7:30 p.m. Drop in is \$17/class. Please bring a yoga mat and water.

**Fit Happens** is a functional fitness class focusing on exercises that improve stability and range of motion offered on Wednesday mornings from 11 - noon. Drop in \$15/class. Please bring a yoga mat and water.

**MoveZ Dance Fitness** is on Monday mornings from 9:30 to 10:30 a.m. Drop in for \$15/class. Please bring yoga mat and water.

**Art Classes for Kids** coming soon on Wednesday evenings.

**Ukrainian Dance for Kids** is on Monday nights from 5:45 to 6:45 p.m. Contact **Eugene** at [yevhen1@hotmail.com](mailto:yevhen1@hotmail.com) for more information.

**Strength and Stretch** is on Mondays (downstairs) from 7 to 8 p.m. Contact **Deborah** at [salonindigo@shaw.ca](mailto:salonindigo@shaw.ca).

**Chair Yoga** is on Fridays from 11 to noon. Drop in for \$15.

**Kids Dance** coming in April 2024. New session of **Country Dance** hopefully starting soon. Also **Mini Moves** and **Mini Sport** are two more new classes that we hope to continue and we are excited for our first session of **Meditation** starting in March.

We are also planning a Thursday morning class for little ones. More details coming soon!

If you have suggestions for other classes or you would like to be contacted with info about any of the classes above, please contact **Heather** at [cromb@mcsnet.ca](mailto:cromb@mcsnet.ca). And if you are interested in teaching a class, please contact us as well. We'd love to chat!

## FireSmart 2024

Mark your calendar for these FREE public information FireSmart sessions at the SCL Hall:

**Would you be ready** if you were told you had 10 minutes to pack and be on the road out of town? The **March 17** session will give you a few pointers and reasons why you should give it some thought.

The FireSmart program is all about how to **protect your property** against a wildland fire. The **March 24** session will explain how to create a separation to protect your house when faced with fire – even just a grass fire.

**Chainsaw safety** on **April 7** will offer tips and techniques for working safely with a saw.

The annual **Community FireSmart Day** is planned for **Sat April 27**. This is an opportunity to dispose of trimmings and deadfall from your properties and also to come out and help clean up some public spaces in the community. Representatives from the SCL Community League will be at the info sessions to discuss plans and they will have a sign-up sheet for the **Community FireSmart Day event and BBQ** in April.

## Summer Farmers Market Starts in June

We are excited that our summer Farmers Market at the South Cooking Lake Hall will be starting up on Thursday, June 20 from 4:30 to 7:30 p.m. Vendor applications are now available so please let us know if you would like to a spot. Food trucks will be in attendance and we are hoping to plan some activities to offer during the market. If you would like to get involved in helping plan activities, we would love the help. Please contact **Heather** at [cromb@mcsnet.ca](mailto:cromb@mcsnet.ca).

## Beaver Hills Watershed Stewardship Society Update



The Stewardship executive has been working through the winter on a few ideas to set direction for activities this summer, and to set longer-term priorities for the group. We are planning a Public Engagement Event to be held at Birch Bay Ranch on **May 25, 2024**. This will be an opportunity for people to meet and tell us what they would like to see for the future of our very unique landscape. There will be presentations from folks who have dedicated many years studying changes that have taken place across the moraine. We will also have representatives from a variety of other organizations who have an interest in the Beaver Hills basin.

Having water in the system is obviously a key requirement. How to accomplish that is one of the things we want to tackle, but there are many more. Ecosystems related to wetlands, riparian zones, lake and stream water quality, birds and animals all need support through a watershed plan that would be recognized by government planners and decision makers. We are into a long-term project and we are looking for people with some time and passion to work with us as we formulate a plan for the next generation. We have projects that will fit anyone's area of interest and expertise.

Details for the May 25 Event will be in the April edition. Until then, please save the date! You can also visit us on FB at Beaver Hills Watershed Stewardship Society.

## Stay Connected!

Don't forget to join the South Cooking Lake Community League Facebook page to receive updates about community news and events, and visit our website at [www.southcookinglake.com](http://www.southcookinglake.com).

You can also receive this monthly newsletter by email. If you or someone you know would like to be added to our newsletter email list, contact **Heather** at [cromb@mcsnet.ca](mailto:cromb@mcsnet.ca).

## Renting the Hall

Are you looking for a great space to rent for a special event? For more information about renting our Community Hall, please contact **Karen** at [karenj5@telus.net](mailto:karenj5@telus.net) or visit our website at [www.southcookinglake.com](http://www.southcookinglake.com)

## Advertise in the South Cooking Lake Newsletter

Promote your business or event and support your community at the same time. Only \$10 for business card size ad, \$20 for 2x business card, \$30 for 3x business card, etc. Contact **Heather** at [cromb@mcsnet.ca](mailto:cromb@mcsnet.ca) for more information and to book your ad.

### Country Dance Lessons

We are very happy to offer our first session of Line Dancing and Two-Step lessons at the Hall. Please contact [cromb@mcsnet.ca](mailto:cromb@mcsnet.ca) to be added to our contact list for future sessions. Big thank you to **Ken Tomkins** for teaching these classes.

### Community League Membership

Membership is \$20/year per family and the money helps fund activities in our community such as holiday parties and other events. It also gives you a discount on classes and events at the Hall, free entrance to the annual Family Day Swim at Camp Van Es, and the opportunity to vote at community league monthly meetings. Contact **Heather** at [cromb@mcsnet.ca](mailto:cromb@mcsnet.ca) to sign up. Membership runs a year from the date you sign up and everyone is welcome to join. Thank you for your support.

### Facebook Page Provides Updates on Activities

Have you joined our Facebook group to receive news about classes and events going on at the Hall? The group is called **South Cooking Lake Events and Classes at the Hall**. You can also follow the South Cooking Lake Community League Facebook page. They are a great way to stay updated on events and news in our community.

### Community League Volunteers Needed

We are looking for a few more volunteers to help on our community league board. If you would like to get involved, please contact **Heather** at [cromb@mcsnet.ca](mailto:cromb@mcsnet.ca). Participating on the Board does not require a large time commitment. Contact us for more information and we would be happy to explain what's involved. You could also join a committee in a specific area you are interested in, such as kids' activities, seniors' activities, the Farmers Market, Trail Days, the Halloween dance, etc. There are many ways to get involved and your help is tremendously appreciated! ♡

#### Community League Contacts

Hall Rentals:  
Newsletter Editor/Activities Manager

Jaclyn Landry  
Heather Cromb

[scihallrentals@gmail.com](mailto:scihallrentals@gmail.com)  
[cromb@mcsnet.ca](mailto:cromb@mcsnet.ca)

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Friday & Saturday 11am -9pm

Sunday & Stat Holidays 1-6pm

## South Cooking Lake

# recycle events



Drop your recycling off in the bins at the Fire Station on the last weekend of every month.

**Next dates:** March 30 - April 7

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.*)
- plastic containers (*hard plastic only, clean, lids removed*)
- newspaper

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  
 strathcona.ca/SCLrecycle




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