



STERLING COMMUNITY NEWSLETTER
August 2015

Mark your calendar for some Happenings in the area in August

Tues. August 4 th @ SSC Caregiver Support Meeting	Topic; "Immunizations for Seniors"	1:00 pm
All Fridays in August @ SSC "Flea Market"		10:00/3:00 pm
Fri. August 7 th @ SCC "Scrapbooking"		7:00/mid. pm
Wed. August 12 th @ SSC Board Meeting at Sterling Senior Center		1:00 pm
Thurs. August 20 th @ SCC Board Meeting of Sterling Community Center (everyone welcome)		5:45 pm
Open registration for " <u>Triathlon & Fun Day Carnival</u> will continue until August 14 th		
August 15 th "Sterling Community Triathlon & Fun Day Carnival"		11:00 /6:00 pm
Sun. August 16 th @ SSC "Annual BBQ and Pie Auction"		5:00/7:00 pm
August 28/29 th @SSC Garage Sale		10:00/3:00 pm

A SPECIAL THANK YOU from the Sterling Community Center (SCC)!!

The Sterling Community Center Board, at this time, would like to express its' sincerest and deepest gratitude to each and every person that stopped by to donate their time, to roll up their sleeves to help feed, clean or do whatever was needed at the time, donate supplies, food, water, or monetary gifts during the Card Street Fire that started June 15, 2015.

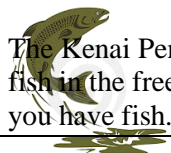
The community of Sterling and those on the Kenai Peninsula go above and beyond for their neighbors, friends and all folks that call Sterling or "the Kenai" their home. We witnessed this out pouring during the Card Street Fire, to those that lost their homes, possessions, those that were evacuated for days and just a general support of open arms to meet at the Sterling Community Center and be a support to the whole community and the firefighters stationed at the elementary school next door



We are currently putting a "Thank You" letter together to acknowledge folks and we know we may accidentally leave someone or a business out, that is not our intent. There are not enough words to efficiently express all of the THANKS that should be told to everyone.

KENAI PENINSULA COMMUNITY CARE CENTER:

The Kenai Peninsula Community Care Center is in need of any extra fish you would like to donate to them. The fish in the freezer will help them supplement their food for the winter. Please call Tammie or Noni @ 283-7635 if you have fish. Thank you!



STERLING HEAD START:



The Staff at Sterling Head Start are looking forward to seeing all their returning and new kiddos during the start of the new school year. They enjoyed their summer but are now ready to enjoy the children again. Classes are full but they are keeping a waiting list so don't hesitate to ask about enrollment.

The staff will go back to work on Monday, August 24th through the week to get ready for the new school year. Friday, August 28th will be "Parent Orientation" @ Sterling Community Center. Then on Monday, August 31st and September 1st they will be in training. The first day of school for ½ of each class is September 2nd and 3rd. They are only doing ½ the class each day in hopes of making the transition into pre-school smoother for the young ones. For more information call 260-7446.

The Sterling Community Center Carnival Fun Days and Triathlon are scheduled for Saturday, August 15th. MARK YOUR CALENDAR!

Triathlon Rules, and forms are at the Sterling Community Center, stop by or call the office at 262-7224 or Jenni Waller at 740-8018. You can sign up for Adult Solo, Youth Solo, Adult Team, Youth Team or mixed teams. So come on and form a team or get yourself signed up. Challenge your buddy or friends for a fun race.

The Carnival Fun Days will be held outside on Saturday, August 15th. Our Pickleball Tournament is scheduled that day. We still have room for a couple more players, the limit is 20. The levels are beginners, intermediate and advanced. \$20.00 to sign up, the Sterling Community Center has the sign up forms and information at the Community Center.

Many booths, vendors and crafters will be on site, (Origami Owls, Hawaiian Gifts, Teddies Needles, Golden Treasures, Tutu's Cozy Cabin Gifts, Damsel in Distress, and Beachbody Exercise. And live music, BBQ, Popcorn, Double Trouble Lemonade, and Baked Goodies. Also, Jumping house, Milking Cow, Crazy Hair Painting, Face Painting, Fish Pond, Duck Pond, Dunk Tank (featuring Sean Dusek, KPBSD Superintendent of Schools for an hour). We are even hoping that Smokey the Bear makes an appearance later in the afternoon! Safe Kids-Water & Bike Safety will have a booth, as well as Children's Healthy Living & Research Program from the UAF.

As folks and churches sign up we will keep adding to the celebration of FUN! Keep checking in to see what all will be going on. We will be having **BINGO from 2:00- 4:00 pm for only \$1.00 per game!** So come on out and play!

We will also be looking for volunteers to help run some of the booths sponsored by the Sterling Community Center and the food we will be serving. If you are interested in volunteering an hour or more, give us a call at 262-7224!



STERLING COMMUNITY CENTER:

The Sterling Community Center is back on schedule with all of our activities in full swing. Be checking our web site and Facebook to follow our calendar of events and see the latest.

A local community member is finishing up on her certified personnel trainer certificate. She has asked, through the Community Center, for input. She would like to give back to the community and is asking for folks to give their input on what kind(s) of activities they would like to see here at the Community Center. Some of her ideas were: family exercise group, Boot Camp (low impact, high impact), stretching classes, or just get into good physical shape.

Pickleball is held on Monday/Wednesday from 1:00-3:00 pm and again on Tues/Thurs from 6:00-8:00 pm. \$6.00 per person, SCC members are free. Wear indoor gym shoes and a water bottle!

Gym Walking Time is on Monday, Wednesday and Friday mornings from 8:30-9:30 am.

ZUMBA with Bella our certified instructor is on Monday, Wednesday and Friday's from 5:30-6:30 pm. Monday is Zumba, Wednesday is Hip Hop and Friday is Black Light Zumba. \$6.00 per person, SCC members are free. Wear comfortable clothes and bring that water bottle!

Scrapbooking on Your Own will meet Friday, August 7th from 7:00 pm till midnight. Bring your card making supplies or scrapbooking supplies and let's get some crafting going on in the Sterling Community Center Library!

Toddler Time is on Wednesday's from 12 noon till 1:00 pm. Parents/grandparents or caregivers are free. \$6.00 per person, SCC members are free. We have specific toys for the smaller tots. Come let them burn off some energy, especially if it's rainy or wet outside.

Our next monthly SCC Board Meeting is scheduled for Thursday, August 20th at 5:45 pm in the library. The meetings are open to the public.

Over 70? Stop by the Sterling Community Center and sign up for a free membership, and start taking in some of those benefits.

Don't forget the Sterling Community Center is available for rent. Need a place for a birthday party, baby shower, wedding shower, or wedding reception? Come check out our facilities and see if we can accommodate your needs! Many options are available. Give us a call at 262-7224.

Follow us on Face Book, Sterling Community Center or on our web page; www.sterlingcommunityclub.com for a current calendar and our latest postings.

You can support the Sterling Community Center every time you shop on Amazon. Log onto smile.amazon.com and once you've logged on go under your name/account to "change your charity". Type in **Sterling Community Club** hit select button. Once selections come up select the Sterling Community Club located in Sterling, AK and hit the select button. Now when you shop on Amazon, 05% will be donated by Amazon to the Sterling Community Center on eligible orders.

If you are a Fred Meyer shopper, you can also contribute to the Sterling Community Center when you shop at Fred Meyer by using your Fred Meyer card. Go to www.fredmeyer.com/communityrewards.com and search by name for Sterling Community Center or by our non-profit number **88244**. Every time you shop and use your Rewards Card, you are helping the Sterling Community Center earn a donation! **You still earn your Reward Points, Fuel Points, and Rebates just as you do today!**

School will be starting soon, and those kids will be wanting to come over after to school to play in the gym. Make sure your memberships are current! If you have any questions just give the office a call, at 262-7224.

STERLING ELEMENTARY SCHOOL;

Good Morning –

The name of the new secretary at Sterling Elementary is Debbie Pearson. Her email address is isdpearson@kpbsd.k12.ak.us. The principal's name is Denise Kelly. Her email address is isdkelly@kpbsd.k12.ak.us.

Thanks,

From; Krissy Mahan
Secretary, Curriculum & Elementary Ed.
907-714-8859

KENAI PENINSULA CAREGIVER PROGRAM;



Kenai Peninsula Family Caregiver Support Program

Meeting Schedule

AUGUST SCHEDULE

- ***Tuesday, August 4, 2015, 1:00 pm Sterling Senior Center, Caregiver Support Meeting-
Topic: Immunizations for Seniors***
- ***Tuesday, August 11, 2015, 1:00 pm Soldotna Senior Center, Caregiver Support
Meeting-Topic: Immunizations for Seniors***
- ***Thursday, August 13, 2015, 5:00 pm KPFCSP Office in the Blazy Mall, Caregiver
Support Meeting-Topic: Immunizations for Seniors***
- ***Tuesday, August 18, 2015, 1:00 pm Kenai Senior Center, Caregiver Support Meeting-
Topic: Immunizations for Seniors***
- ***Tuesday, August 25, 2015, 1:00 pm Soldotna Senior Center, 1:00 pm Caregiver Support
Meeting-Topic: Immunizations for Seniors***
- ***Thursday, August 27, 2015, 6:00 pm Forget-Me-Not Adult Day Center, 6:00 pm
Caregiver Support Meeting-Topic: Immunizations for Seniors***

Please join us to share your experiences as a caregiver, or to support someone who is a caregiver. If you are helping a family member or friend by being a caregiver, come see how we can help. Please call Shelley or Judy at (907) 262-1280, for more information. All topics have a handout available upon request.

STERLING TRIATHLON Saturday, August 15th, 2015
Sponsored by Sterling Community Center

Divisions are: Adult Teams/Adult Solo

Youth Teams/Youth Solo

Adult: 19-39 years
40 and Up

Youth: 14 – 18 years

Teams: (if mixed team of ages like 19 & 50, the team will compete in 19-39 age group)

Entry Fees: Teams: \$50 Solo: \$25

Cash prizes

Applications are available at Sterling Community Center

1.7 mile run,

1 mile canoe

(kayak-solo)

5.6 mile Bike

Team Division: **Kayaks** in team division are **not allowed**

1st team members runs;

both team members canoe;

2nd team member bikes

Questions call Sterling Community Center 262-7224 or Jennifer Waller 740-8018 Rules and Regulations

*All participants must have registration, liability forms and fee's turned in to the Sterling Community Center by August 8th, 2015. * All participants must be checked in 30 min prior to start time. *All participants must provide their own kayak, canoe, paddles & bikes. *All participants must provide AND WEAR their own LIFE JACKETS and BICYCLE HELMETS. Participants who do not have/ wear these items will automatically be disqualified.

*Youth Race will start at 11 am (check in at 10:30)

*All youth solo & youth teams start at same time

*Adult Race will start at 1 pm (check in at 12:30)

*Awards will be given at 3pm



STERLING SENIOR CENTER

Some special events FROM the Senior calendar: Flea market Fridays, the 7th, 14th and 21st. Garage Sale on February 28th and 29th from 10:00 till 3:00 pm, inside spaces are \$25.00 for both days, Elderberry Café' open 11:00 till 2:00. Center rented on Saturday, August 22nd. Special Annual BBQ and Pie Auction 5:00 till 7:00 pm, 420.00 for adults and \$10.00 for children, reservations recommended. Quilt raffle tickets for sale for \$1.00 each. Wed. August 12th is the Board of Directors meeting at 1:00 pm.

CITIZEM CORP TIPS;

1 of ?

The next issues will focus on mnemonics and phrases to help during safety situations—most we all know. If you have any favorite, please send to poohbahbah@yahoo.com Share those jingles with us.



RUN HIDE FIGHT



When Thunders Roars, Go Indoors



One Text or Call could Wreck it All



Wipe Up and Avoid a Slip Up

And remember, in all situation: BE CALM: SAFETY FIRST

From Editor-Grace Merkes- Sorry this August Newsletter is late, Summer you know!! Hope you enjoy reading the Sterling Community Newsletter and this info is helpful to you. All information from your groups, churches, organizations, businesses, birthdays, weddings, graduations, individuals etc. are accepted by emailing me at(new address) grace.merkes@yahoo.com Thank you!!