

STERLING COMMUNITY NEWSLETTER

JUNE 2014

Sterling Community Center news;

More exciting things came to the Sterling Community Center in May. The office got new built in office furniture, vending machines were installed and volunteer Marilyn Albright organized the library. "Thank you, Marilyn!" The library is a lending library with books for both adults and children. Simply sign out the book you want and sign it back in when you bring it back. The library also has DSL-speed internet computers and various board games and puzzles.

Pickleball is a hit! We've had enough players to make teams to do round-robin style tournaments with two nets and will be opening the activity up to two days a week. Come pick up a paddle, practice your swing and learn the game; it's easy and sure to afford loads of fun for all ages! The cost is \$3 per person. Please join us on Tuesdays from 1:00-3:00 p.m. or Thursdays from 6:30-9:00pm.



Volleyball is Monday night from 7-9 p.m. with a cost of \$3 per person (free for members). **Zumba** is Mondays and Wednesdays 5:30-6:30 p.m.; Wednesdays are a special treat with "Black Light Zumba," so any exercise apparel with white or neon colors will exhibit your Zumba moves even in the dark! The cost is \$8 per session or purchase a punch-card for 12-\$6 sessions. Please note **Basketball** is moving to Tuesday evenings, 7-9 p.m.

Lynn Lockner with the AmeriCorps Vista program joined us in May. She started off in overdrive coming up with new ideas and programs to have here in the coming months. The Sterling Community Center will be hosting its 2nd Annual Community **Garage Sale** on Friday, June 20th from 3-7pm and Saturday, June 21st from 9am-5pm. Purchase a table for both days to sell your own household items for only \$10! We welcome you and your garage sale items to make this event bigger and better!

With the help of our amazing volunteers, the SC Center office hours are extended this summer. The office is now open 8 a.m. to 6 p.m. Monday through Thursday, and noon to 4 p.m. on Friday. Check out our current calendar of events at www.sterlingcommunityclub.com or find "Sterling Community Center" on Facebook.

Intro to Flyfishing Class June 28th at SCC

Discover "A River Runs Through It" in Sterling, Alaska this summer! Sterling resident Dave Atcheson is teaming up with the local Trout Unlimited Chapter 229 this June to offer an introductory course to provide a beginner's basic look at the world of fly-fishing on the Kenai Peninsula. Dave is a seasoned veteran of all sorts of types of fishing in Alaska. Experienced instructor and author of "Fishing Alaska's Kenai Peninsula: A Complete Angler's Guide," Dave has an immense passion for the sport of fly fishing, as well as teaching the necessary skills needed to be self sufficient on the stream.

The class is a one day, four hour class that begins at 10:00 a.m. with 2 hours of classroom instruction at the Sterling Community Center, covering fly fishing theory, rigging a rod, basic knot tying, and entomology (as it pertains to fly selection). Dave will also discuss equipment and stream etiquette.

The class will break for lunch at noon (please bring a sack lunch). The second half of the class will go from 1-3 p.m. and will be conducted outside in the park behind the Community Center, where students will be taught the fundamentals of casting, as well as the basics of river etiquette. All equipment will be provided, if needed. Graduates of this class will not only be equipped to set up their rod and reels with the correct combination of line, leader, tippet and flies for fishing most conditions, they will also learn the fundamentals of casting.

The class is Saturday, June 28th, from 10 a.m.-3 p.m. Students must be a minimum 12 years of age. The cost is \$30 (\$25 for SCC members). We recommend bringing a sack lunch, as quick lunch venues are somewhat limited around the Community Center. Please call or stop in to the Sterling Community Center to sign up, or if you have questions: 907-262-7224 or email sterlingcommunityclub@live.com.

Mark your calendar for some happenings in Sterling in June

June 20th & 21st 2nd annual Community Garage Sale @ SCC **Fri. 3-7, Sat. 9-5**
June 21st Mason's Fish Fry @ SSC
June 25th Dept. of Trans. Update on Hwy. Between Sterling & Soldotna @ SCC **6:30 p.m.**
June 27th Senior Picnic Day at Kenai Park Strip in Kenai
June 28th Salmon Classic Kick Off dinner @ SSC
June 28th Fly Fishing Class @ SCC (\$30.00) **10:00 – 3:00 p.m.**
Aug. 2nd Triathlon and Talent Show at SCC

Sterling Senior Center

As I write this prior to the end of May, we are at the end of one of the driest months on record and that contributed to the massive fire across the river near and across Funny River Road. I believe it's a miracle, at this point, that no lives or homes were lost so far. A fire that large, burning near populated areas, usually results in much more personal damage. Thanks to all of the fire fighters and emergency crews that helped to fight the fire for us.

Hopefully some rain in June will green up our lawns a little more. Notice I said "some" rain. Not a LOT of rain. I've got some fishing and camping to do this month. After all, the first run of reds will start meandering up the Kenai and the Kasilof rivers. Salmon on the Barby! Which reminds me, that the Salmon Classic Kickoff Dinner is on June 28th. It will have a lot of fun things going on and a prime rib dinner to enjoy. Thanks to all of the volunteers that make this happen.

The Mason's are also having a fish fry on the 21st. It wouldn't be summer without the fish fry's that they put on. It's a great organization and they serve really good food.

Friday's are now burger days but June 13th we will have a Father's Day special lunch of BBQ ribs.

June 27th is Senior Picnic Day for the Kenai Peninsula. There are usually a couple hundred of us old folks there at noon to enjoy the meal and camaraderie. This year we will be closing the Senior Center for the day so all members and staff can attend the picnic. It will be held at the Kenai Strip Park near the airport. Please come and have some fun and meet a lot of seniors from around the peninsula. And, it's free to all seniors.

A BIG thank you to Kurt and Tammy Strausbaugh, and their volunteer crew, for having the Moose River Hustle fun run on May 10th. That donated just over \$2000 to our Meals on Wheels program. I believe there were about 138 participants from all around the peninsula that ran/walked the courses. It appears that this annual event is gaining the attention of area running groups and will be a success for years to come. Thanks, again.

In addition to the Moose River Hustle, we had a chicken dinner that same night of May 10th. There were some new volunteers helping Sherri Struthers in the kitchen. They discovered it was definitely WORK to be in there but very rewarding. Thanks to them and other volunteers we could hold the fundraiser.

Hope you're having a great summer. Our spring was phenomenal.

Mike McKinley-Director

From: Kurt & Tammy Strausbaugh

Run organizers

The 2014 Sterling Moose River Hustle was a great success. 134 runners and walkers came out to participate on a beautiful sunny morning. All proceeds were donated to the Sterling Senior Centers Meals on Wheels program. We would like to thank all of our generous sponsors: Bing Browns, Sterling Supply LLC, Moose River Dental, B & D Auto, AK Wedding Brokers, The Wash Out Laundromat, AK Horn & Antler, West Chiropractic, Kens Services, Mike's Welding, Back To Nature Chiropractic, Del Otter, Skinny Raven Sports, S & R Services, Central Peninsula Rehabilitation and Gammas Designs. Thank you to the volunteers who donated their time to help this event run smoothly: Mike Crawford, Tim, Julie & Amorie Weekley, Donna & Art Brown, Leora Pooler, Heath & Susie Strausbaugh, Glenda Graham, Sandy Bailey, Lottie Bogard, Mary Jensen, Curtis Brown, Bill Daley, Joe Mooney, Jim Weiss and Lynn Lockner. Also thanks to everyone who came out to support our local senior center. Hope to see all of you again next year.

COMING SOON!! STERLING TRIATHALON & TALENT SHOW

Start practicing now for the 2nd Annual SterlingTriathaon and the Sterling Talent Show. They will both be held on Saturday, August 2nd. See below for more information.

2nd ANNUAL STERLING TRIATHLON **SATURDAY, August 2ND 2014**



RUN – CANOE - BIKE
TEAMS OF 2

1.7 mile RUN * 1 mile CANOE * 5.3 mile BIKE – ADULT
Less for YOUTH

\$25 PER PERSON / \$50 PER TEAM IF REGISTERED BY JULY 25TH

\$30 PER PERSON / \$60 PER TEAM AFTER JULY 25TH

Kids and adult divisions!! Cash prizes!!! Chili feed!!

*Sponsored by Sterling Community Center

Registration forms can be picked up at the Sterling Community Center. Call 262-7224 or email at sterlingcommunityclub@live.com or call Jennifer @ 740-8018 or email: jenipenny123@yahoo.com

STERLING COMMUNITY CENTER TALENT SHOW

OPEN TO ALL AGES

SATURDAY AUGUST 2ND 2014

MANDATORY DRESS REHERSAL AUGUST 1ST

ENTERY FEE PER TALENT \$20.00

CASH PRIZES AWARDED



For more information call the Sterling Community Center at 262-7224 or email at sterlingcommunityclub@live.com You can also call Melissa at 252-5909

-Kenai Public Health Center Mon-Fri 830-430pm (907)335-3400 .

Health Tip brought to you by Kenai Public Health Center:

Decreasing Health Risks with Wildfire Smoke:

- People should stay indoors as much as possible & keep doors and windows closed, as much as possible.
- Don't worsen indoor air quality by burning candles, smoking, or using fireplaces or gas stoves.
- Limit or eliminate outdoor exercise until the air clears.
- If you are near the fires where smoke or particulates are significant, or the smoke is making you sick, consider leaving the area until the air is clear again.
- Take your medications as prescribed, and use a rescue inhaler if one has been prescribed. Do not take more medication, or take it more often than prescribed.
- If you are requiring increased medication or experiencing increased symptoms, talk to your doctor and/or seek emergency medical treatment.
- Don't trust paper masks commonly sold at hardware stores to protect you from fine debris and gases in the air. These masks are made for bigger particles, such as sawdust.

Citizens Corp Tip of the Month:

Kenai Peninsula Borough Fire Danger started in January this year. We have zero snow pack and lack of precipitation continues. As I watched the billowing clothes from the Mile 6 Funny River Road last night, I knew the urgency of preparing wildfire information tips. Please prepare. This season might be a serious wildfire time for us.

Evacuating and preparing for wildfires: 1 of 4

There may be conditions under which you will decide to get away or there may be situations when you are ordered to leave. Follow these guidelines for evacuation:

- Don't panic. You will think more rationally if you remain calm.
- Plan places where your family will meet, both within and outside of your immediate neighborhood. If you have a car, keep a full tank of gas in it if an evacuation seems likely. Keep a half tank of gas in it at all times in case of an unexpected need to evacuate. Gas stations may be closed during emergencies and unable to pump gas during power outages. Plan to take one car per family to reduce congestion and delay.
- Become familiar with alternate routes and other means of transportation out of your area. Choose several destinations in different directions, so you have options in an emergency.
- Leave early enough to avoid being trapped if and when situations worsen. Follow recommended evacuation routes. Do not take shortcuts; they may be blocked.
- Be alert for road hazards such as washed-out roads or bridges and downed power lines.
- If you do not have a car, plan how you will leave if you have to. Make arrangements with family, friends or your local government.

- Wear long pants and long sleeved shirts made of wool or cotton (they don't burn readily if hit with sparks) and boots or sturdy shoes to protection from ground heat. Have a cap with a bill on the front. Have gloves. Wear a bandana or cloth that can be put over your mouth and moistened to reduce harm if you breathe smoky air. Take safety glasses or goggles. If you take a rain jacket and/or pants, do not wear them around a fire lest they catch fire.
- Take your <http://www.ready.gov/build-a-kit>.
- Listen to a battery-powered radio and follow local evacuation instructions.
- Take your pets with you, but understand that only service animals may be permitted in public shelters. [Plan how you will care for your pets in an emergency](#).

From Editor-Grace Merkes- hope you enjoy reading the SterlingCommunity Newsletter and this info is helpful to you. My computer is on the fritz and I can't get any interesting photos to insert in the newsletter, sorry. All your groups, churches, organizations, businesses, birthdays, weddings, graduations etc. are accepted by emailing me at merkes2@yahoo.com Thank you!!

