



# STERLING COMMUNITY NEWSLETTER

## JUNE 2016

### Mark your calendar for some happenings in JUNE

Tues. June 7 <sup>th</sup>	@ SSC Caregiver Support Meeting: Topic: "a DVD of End of Life Care & Letting go"	1:00 pm
Wed. June 8 <sup>th</sup>	@ SSC Board of Directors meeting	1:00 pm
Sat. June 11 <sup>th</sup>	@ SCC "Sterling Carnival & Fun Day"	11:00-6:00 pm
Sat. June 11 <sup>th</sup>	@SSC Mason's Fish Fry	4:00 pm
Thurs. June 16 <sup>th</sup>	@ SCC SCC Board & member meeting	5:45p.m.
Sat. June 18 <sup>th</sup>	@ SSC Pancake Breakfast	9:00 am till noon
Sat. June 25 <sup>th</sup>	@ SSC "Salmon Classic Kick-Off Dinner/Auction"	5:00 pm

### Sterling Community Center Newsletter (SCC-Sterling Community Center):

Summer time is upon us all and that means our children are out and about riding their bicycles and walking. Let's be sure to keep an extra eye out for our future when driving on the highways and with our ATV vehicles.

Remember the saying "It takes a village to raise a child". Sterling is not too big for all of us to watch out for them!

**Office Hours:** With the increase of activity here at the Sterling Community Center our office is now open from 10:00 AM till 6:00 PM. Monday-Friday.



**Zumba:** The last day for Zumba for the summer will be on Wednesday, June 29<sup>th</sup>. Class is held every Wednesday from 6:00-7:00 PM. Sterling Community Center members are free, \$6.00 for nonmembers and monthly passes are also available. Linda, our certified Zumba instructor, is excited to be back! See you there. Be watching in the fall for Zumba to start back up again.

**Pickleball:** is every Monday and Wednesday, 1:00-3:00 PM & on Tuesday and Thursday nights from 6:00-8:00 PM. The fee is \$6.00 or free to Sterling Community Center members. Monthly passes are

also available. This is one of the fastest growing sports. If you are interested in what this game is all about, stop by & check it out.

**Beginning Pickleball:** Will start on Friday, June 3<sup>rd</sup> from 12:00 Noon till 2:00 PM. This will be NO Hard Hitting. It is for beginning Pickleball players. Open to all, \$6.00 per person, Sterling Community Center members are free. Bring your indoor gym shoes. This will run for a month to see what the numbers are for turnout.

**Pickleball Skills & Drills:** Every Monday from 12:00-1:00 PM skills and basic Pickleball drills are taught to beginners. If you are new to the game come on out and take advantage of one of our local Pickleball experienced players, Darrell. \$6.00 per person and Sterling Community Center members are free.

**Toddler Time:** Every Wednesday from 12:00 noon till 1:00 PM. \$6.00 per child, parents, grandparents and/or guardians are free. Come let those wee ones come run and play inside in our gym.

**Gym Walking:** Is every Monday/Wednesday/Friday mornings from 8:30 – 9:30 AM. \$6.00 per person, Sterling Community Center members are free. We have quite a gathering here in the morning. It is dry, safe and warm environment and you can go your own speed. Monthly passes are also available for this. Stop by or call the office for more information.

**BACKYARD BONANZA RAFFLE TICKETS:** Be on the lookout for Raffle tickets that the Sterling Community Center is selling for our summer raffle. The Drawing will be August 6<sup>th</sup> at the Sterling Community Center. This bundle includes the following: Fire Pit donated by Davis Block, Grill insert donated by Mike's Welding, Homemade picnic table donated by Bing Brown's, 6 new chairs, glass table with umbrella & stand and homemade painted pallet board sign by Amanda Larby. Tickets are \$5.00 each or 6 for \$50.00. Flyers are posted and tickets are available for sale. Tickets are also available at the following places: Bing Brown's, Magpye's Pizzeria, Sterling Moose River Kennels, CBC Rental, and Moose Back Annie's.

**Summer Carnival Fun Day:** Saturday, June 11th starting at 11:00 a.m. running until 6:00 p.m. We have many FREE relay games available throughout the day. Food will be for sale: Steak, hamburgers, BBQ chicken, hotdogs, salads, chips, popcorn, ice cream truck, lemonade stand, stuff a moose booth, Hank the Moose - sit on him and have your picture taken on him, many various carnival booths sponsored by various local businesses. We have local vendors and crafters also that will be on site selling their wares. Be on the lookout for posters with schedules of events and activities. Three live local musicians will be playing throughout the day also.

**Sterling Community Center Camp Ground Hosts:** Wade and Joann Tilghman should be arriving here around June 15th. Make sure to greet and welcome them as they stay on site in their trailer helping to watch and volunteer around the Sterling Community Center this summer. They are coming from Maine and are excited to be a part of the Sterling Community this summer.

**Fred Meyer Community Rewards:** Fred Meyer donates \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Have you linked up your Fred Meyer card with the Sterling Community Center? It's easy. • Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to the Sterling Community Center at [www.fredmeyer.com/commmunityrewards.com](http://www.fredmeyer.com/commmunityrewards.com) • Search for the Sterling Community Center by our name or by our non-profit number 88244 • Then every time you shop and use your Rewards Card, you are helping the Sterling Community Center earn a donation! • You still earn YOUR Rewards Points, Fuel Points, and Rebates, just as you do today! If you need help navigating the web just give a call or send the office an email. Every penny counts! Be sure to check out our Facebook page for upcoming events and posts about what is going on around the center.

**Our Facebook name is:** SterlingCommunityCenter You can also check out our web pages at: [www.sterlingcommunityclub.com/or](http://www.sterlingcommunityclub.com/or) [www.sterlingcommunitycenter.com](http://www.sterlingcommunitycenter.com) and our web site is now smartphone, iPhone, tablet and kindle friendly, so you can go to our web page and click on calendar and see what is going on any particular day. So now you can be in the "know".

**The next Sterling Community Center board meeting** will be June 16, 2016 at 5:45 pm in the library at the Sterling Community Center. The meeting is open to the public.

With the warmer weather coming and the dryer conditions we all need to be "Fire Wise". A reminder from the Alaska Division of Forestry that burn permits are required April 1st thru August 21st. Visit [www.forestry.alaska.gov/burn](http://www.forestry.alaska.gov/burn) or call the Prevention office at (907) 260-4260. The burn permit advisory line is (907) 260-4269 and remember you first must call prior to burning. All open burning is required except small campfires or warming fires NOT over 3 ft. in diameter.

## SCHEDULE OF EVENTS FOR STERLING CARNIVAL FUN DAY



12:00-1:00 Dave Burkel—live music	
12:30 Cake Walk \$1.00 fee	1:00 Water balloon toss free (8-13 yr)
1:30 Sawdust search free (3-6 Yr )	1:30-2:30 Chris Robinson live music
2:00 Frozen T Shirt contest free (all ages)	2:30 Cake walk \$1.00 fee
2:30 Sawdust search free (7-13)	3:00-5:00 Chris Towne live music
3:00 Cake Walk \$1.00 fee	3:30 Cheetos/Shower cap Race free (all ages)
4:00 Water Balloon toss free (4-up)	4:30 Cake Walk \$1.00 fee
5:00 Spoon Egg Race (all ages)	5:30 Water Balloon toss (all ages)

**Sterling Senior Center:**

**GUN RAFFLE**

Tickets are now on sale at the Center's front desk and in the Pull Tab Store

Tickets are \$5.00 each or 5 for \$20.00

**First Prize:** A Remington 11-87 Premier Trap semi-auto 12 gauge shot gun with 30 inch barrel, 3 choke tubes, choke wrench and 4 boxes of 12 gauge shot shells, this gun is competition ready. (Background check will be required)



**Second Prize:** Henry Survival 22 Long Rifle semi-auto, disassembles to store parts in the floatable stock, perfect for airplanes or snowmobiles or camping/hiking, comes with a brick of 22 Long Rifle cartridges.

**Salmon Classic 50/50 Raffle**

Tickets are now on sale at the Center's front desk and in the Pull Tab Store

Tickets are \$25.00 each

Winner receives 1/2 of total ticket sales

Only 300 tickets will be sold

Winner will be drawn at the annual BBQ and Pie Auction, August 14th.

**Quilt Raffle**

Quilt Raffle: \$1 per ticket or 6 for \$5. Drawing on August 14th at the Annual Barbecue.

Tickets at the pull tab store or the front desk.

This beautiful Quilt, Starburst, was hand crafted and donated by award winning quilter Hazel Robinson. It measures 100 x 100 and is on display at the center.

**Stan Welles** <[stan.welles.kenai.assy@acsalaska.net](mailto:stan.welles.kenai.assy@acsalaska.net)>

For the news letter: there are several tax increase Ordinances coming up at the June 7th and June 21st Assembly meetings. Efforts are underway to increase sales and property taxes in addition to removing the senior exemption that folks ought to be upset over!

Sincerely, Stan Welles-- Borough assembly Person

# The Grief Recovery Method<sup>®</sup>: Workshop

## THIS WORKSHOP MEETS 8 TIMES

Wednesday evenings from 6pm-8pm

June 1, 8, 15, 29/July 6, 13, 27, and last class August 3, 2016

PCHS @ 230 E. Marydale Soldotna, AK 99669 (conference room upstairs)

This workshop is Sponsored by PCHS. Fee: \$95.00 (scholarships available)

### For further information call:

Gail Kennedy • Certified Grief Recovery Specialist<sup>®</sup> • 907-953-5292

#### Citizens Corps tips:

[jackie stringham](mailto:jackie.stringham@poohbahbah@yahoo.com) <poohbahbah@yahoo.com>

#### Citizens Corp Tips

*Wildfires: How to Survive (1 of ?)*

#### WHAT TO DO: Indoors

- \* Close all windows, vents and doors to thwart a draft
- \* Turn off all natural gas, propane, or oil supplies to your home
- \* Fill you tubs and sinks with water, and outside fill your garden cans and buckets. If you have a pool or hot tub, fill it. This slows and discourages fire paths
- \* Keep tools such as rakes, axes, handsaws or chainsaws, buckets, and shovels at hand and ready to use
- \* Close any outside vents, including those for your attic, and basement. Make sure pet doors are closed, too
- \* Take down any flammable drapes or curtains, and close all shutters, blinds and window coverings. Close all doors inside the house to prevent drafts. Open the damper on your fireplace, but close the fireplace screen
- \* Stash valuables including important documents inside your car. Valuables that won't be damaged by water should be put in a pool or pond
- \* Clear room areas and move flammable furniture to the center of your home, so far away from windows and doors as possible
- \* Turn on every light in every room of your house as well as the outside lights. This makes things more visible in heavy smoke conditions

# Kenai Peninsula Family Caregiver Support Program



## JUNE

## SCHEDULE

- **Tuesday, June 7, 2016, 1:00 pm Sterling Senior Center, Caregiver Support Meeting**

**Featuring a DVD with Teepa Snow, MS, OTR/L, FAOTA:**

**End of Life Care & Letting Go**

- **Tuesday, June 14, 2016, 1:00 pm Soldotna Senior Center, Caregiver Support Meeting**

**Featuring a DVD with Teepa Snow, MS, OTR/L, FAOTA:**

**End of Life Care & Letting Go**

- **Tuesday, June 21, 2016, 1:00 pm Kenai Senior Center, Caregiver Support Meeting**

**Featuring a DVD with Teepa Snow, MS, OTR/L, FAOTA:**

**End of Life Care & Letting Go**

- **Tuesday, June 28, 2016 1:00 pm Soldotna Senior Center, Caregiver Support Meeting**

**Featuring a DVD with Teepa Snow, MS, OTR/L, FAOTA:**

**End of Life Care & Letting Go**

*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.*

# BACKYARD BONANZA RAFFLE

## PACKAGE INCLUDES THE FOLLOWING:

Only 750 tickets  
printed



### Highland Stone Firepit Kit *donated by Davis Block*

Ready-to-Build Kit includes:

- |   |                              |
|---|------------------------------|
| 16 each 12" Block                               | 28 each 6" Block             |
| 11 Cap Block                                    | 28 each Firebrick 4-1/2 x 9" |
| 1 each 29 oz adhesive<br>(Palletized & Wrapped) | Installation Directions      |

### 6 Black Framed Brown Canvas Chairs with Glass HD Patio Table



28" H x 32" W x 32" L

Brown Umbrella with stand



### Handmade Picnic Table by Jim Bass donated by Bing Brown's Handmade/painted Pallet Board Sign made & donated by Amanda Larby



(example of wooden pallet sign)

Grill to use with outdoor firepit made  
and donated by Mike's Welding



*Any questions please call the Sterling Community Center  
at (907) 262-7224 or email us at: [scc@acsalaska.net](mailto:scc@acsalaska.net)*

Tickets \$10.00 each or 6 for \$50.00 Permit # 2913

## **Job Center:**

Please see the attached Peninsula Job Center Workshop calendar for June 2016. I have also attached a class description that describes each workshop and other services and resources available at the job center.

### **HAPPENINGS in the month of June 2016:**

#### **In addition to workshop offerings such as Resume Writing, Interviewing Skills, Career Ready 101, and WorkKeys testing:**

Ø **Introduction to ALEXsys and the Job Center** workshops will be offered on **Monday, June 6<sup>th</sup> and June 27<sup>th</sup>**. Participants will learn about the equipment, services, and resources available at the Peninsula Job Center.

Ø **Vocational Rehabilitation Orientation Workshop** will take place at the Peninsula Job Center on **Thursday, June 9<sup>th</sup>** from 3:00 to 4:00pm. A Vocational Rehabilitation Counselor will be available to answer questions about the program.

Ø We will offer a **Job Search Strategies for the Ex-Offender workshop** on **Monday, June 13<sup>th</sup> and Tuesday, June 28<sup>th</sup>**. Participants will receive information on effective ways and available resources to help knock down criminal history barriers in applying for employment.

#### **Please note the below telephone numbers to reach Peninsula Job Center:**

Peninsula Job Center, Department of Labor and Workforce Development, main phone number: 335.3000

Career Support and Training Services: phone: 335.3060

Division of Public Assistance: phone: 283.2900

Please let me know if you have any questions our would like to learn more about any of the workshops or services offered at the Peninsula Job Center.

Thank you,

**Rachel O'Brien**

**Gulf Coast/Southwest Regional Manager**

**Department of Labor & Workforce Development Phone: (907) 335.3001**

**Fax: (907) 335.3050 E-mail: [rachel.obrien@alaska.gov](mailto:rachel.obrien@alaska.gov)**

*I hope you all enjoy reading this Newsletter and that there is some valuable information in it for you. All churches, groups, businesses individuals, schools etc. are welcome to submit any information you would like in the Sterling Community Newsletter by emailing me at [grace.merkes@yahoo.com](mailto:grace.merkes@yahoo.com). As editor I may have to shorten some submitted info to fit the page. Thank-you-Grace Merkes*