



**STERLING COMMUNITY NEWSLETTER
JANUARY 2016**

Mark your calendar for some happenings in the area in January

Tues Jan 5 th	@ SSC Caregiver Support Meeting (Choosing 2016 meeting support topics)	1:00 p.m.
Fri Jan 8 th	@ SSC "movie-Women in Gold" 7:00 p.m. (snack pizza night)	6:00 p.m.
Tues Jan 12 th	@ SSC "Ice Cream Social"	2:30 p.m.
Fri Jan 15 th	@ SCC Scrapbooking on your own	7:00 p.m.
Wed Jan 20 th	@ SSC Bunco begins on Wednesdays	1:00 p.m.
Thurs. Jan 21 st	@ SCC Board Meeting of Sterling Community Center (everyone welcome)	5:45 p.m.
Fri Jan 22 nd	@ SSC "movie "Max" 7:00 p.m. (snack BBQ chicken etc.) 6:00 p.m.	
Sat. Jan 23 rd	@ SSC "Yummy Good Breakfast"	9:00 a.m./1:00 p.m.
Sat Feb 13 th	@SCC "Annual Dinner, Auction & Dancing fundraiser"	5:30 p.m.

New Business Opening Announcement

Active Abilities Physical Therapy-Opening January 4th, 2016

Active Abilities Physical Therapy is owned and operated by Tina McLean and Scott Ruby. Tina has been a Physical Therapist in the State of Alaska since 1994. She has worked predominantly in Seward, Alaska where she owned an orthopedic private practice for most of the past 21 years which she sold in October 2013. Tina's area of clinical expertise is in Orthopedics, Work Injuries and Sports Therapy. She is a Certified Graston Technique provider and has an extensive background in Manual Orthopedics and Myofascial Release techniques.



Scott retired after 30 years of service to the State of Alaska with the Division of Community and Regional Affairs. The two met while picking up trash on the Kenai River with the Alaska Fly Fishers Club in 2007 and were married in 2008.

Active Abilities PT bills most insurance including Medicare, Medicaid, and VA. We are accepting phone calls now for appointments beginning January 4th, 2016.

Both Scott and Tina have felt an overwhelming welcoming from the Sterling community and are excited to be living and working in such a beautiful place once again. For more information visit our website at www.activeabilities.com, email at info2@activeabilities.com or call 262-7748.

Sterling Senior Citizens

Here is some information I gathered from the Sterling Senior Center Newsletter & the “Director’s Corner”;

The Christmas food boxes and the Christmas Angels all went well. Over 60 food boxes went out and 93 gift bags were given out. It’s pretty amazing what people can do when they work together. Special thanks to all of you who participated in the program; Sterling Elementary school, Sterling Baptist Church, the Mason’s, the Community Center and all the people who gave their time, food or money donations. We could not do this without our volunteers. Your generosity and sharing is amazing. I



would also like to thank Shirley Lowe who put so much time, energy and love into organizing the elves and making sure all our angels got to enjoy Christmas. Also a special thanks to Sandy Bailey, Glenda Graham, Dale Waring, and Bill Lowe for helping to put together and hand out all of the food boxes. You all did an amazing job!

We had some entertaining times in December. Our annual prime rib Dinner fundraiser was a lot of fun, Bill Williams and Del Otter made a wonderful meal. Congratulations to Roscoe Helleck for winning the Cash for Christmas Raffle!!

Thank you to all the members who voted for our new board members. We had an excellent turn out of votes returned to be counted. Your new officers to the Board of Directors are as follows: 1st Vice President, Paul Stevenson, Treasurer-Jackie Turpin, Trustee-Susan Gilbertson. Once again, thank you to everyone who allowed the nominating committee to submit your names for consideration of these offices. Other positions will open in the future so be thinking about the possibility of taking on a position at another time.

Sterling Head Start

Family Focus with Ms. Janice

I was looking over the family goals that many of our families have set for their individual families over the last couple of months. Many of them involve a focus of **time**. Time for family nights, making time for reading and planning special moments to enjoy each other’s company is important. The thing about **parenting** is that it’s up to **you** to seize those moments or plan those special moments for **your own family**.



Making a calendar or a list of the things you would like to enjoy as a family during this holiday season are fun ways to make sure those moments do not slip away. Play games, read together, practice fire drills, tell funny stories, bake cookies, eat around the table, make chore charts, do crafts, make a menu with some healthy meal choices every day, cook together, play or listen to music together, make a family tent inside, build a snowman, do chores together, practice zipping coats and tying shoes, watch a fun family movie, attend a church service, take a drive and enjoy the Christmas Lights. Enjoy!

Ms. Cindy, Ms. Melissa, Ms. Patty & Ms. Liz appreciate that you share your child with us! We truly appreciate all of our families for joining us for our Christmas Celebration. We hope you enjoy your precious gifts as much as we do!

Upcoming Events for HeadStart

December 21-Jan 3rd Closed for Christmas Break

January 4th Welcome Back

January 7th Parent Meeting 12:30 at Head Start

January 18th Closed for Martin Luther King Day- NO SCHOOL

January 21st Parenting Workshop with Lisa Schmitter 5:30-7:00 (more info to come)

January 26th Father Figure Pancake Breakfast 9:00 (more info to come)

February 13th Annual Sterling Head Start & Sterling community Center Fundraiser

Sterling Community Center News (also known as SCC)

Afterschool Camp will resume on Monday, January 4, 2016. We have several openings at \$50.00 a month. Call (907) 262-7224 or email us at scc@acsalaska.net if you are interested in an application. There will be NO AFTER SCHOOL CAMP on Monday, January 19th.

The winner of our “Freezer Pleazer” Raffle drawing was Susan Reeves with the winning ticket number of 705. Congratulations and thank you to everyone that participated and purchased tickets.



The Annual RurAL CAP Head Start/Sterling Community Center Fund Raiser Dinner, Dance, Auction and Silent Auctions is scheduled for February 13th, 2016. Tickets are on sale now for \$30.00 each. Doors open at 5:30 PM with dinner starting at 6:30 PM. Live music will be performed by Chris Towne and Chris Robinson. A professional photographer, Nita Dreyer will be selling photos of you and your special someone if you wish to purchase them. Grab that special someone and make it a “Date Night”. Tickets will be sold at Sterling Head Start, Sterling Community Center, Bing Brown’s and Magpye’s Pizzeria.

Zumba: Starts up on Wednesday, January 6th with a Certified Zumba Instructor Lynda Klynstra. Class will be every Wednesday from 6:00-7:00 PM in the gym. \$6.00 per person, SCC members are free. Monthly passes are available.

Tai’ Chi: is every Monday 1:00-2:00 PM and 6:00-7:00 PM with the fee being \$6.00 per person, Sterling Community Center members are free. Monthly passes are also available.

Let’s Get Healthy: Resumes on Tuesday, January 12, 2016 from 5:30 – 6:30 PM. Classes will be every Tuesday/Thursday evenings in the Library. \$6.00 per person and Sterling Community Center members

are free. There will be NO Let's Get Healthy on Thursday, January 21st due to the Sterling Community Center monthly Board Meeting.

Pickleball: is every Monday and Wednesday, 1:00-3:00 PM and **NEW NIGHT Tuesday** and Thursday nights from 6:000 – 8:00 PM. \$6.00 per person, SCC members are free. Monthly passes are available.

Scrapbooking on Your Own: Will be held on Friday, January 15th from 7:00 pm until Midnight. Bring your own scrapbooking/card making supplies and let's create! Open to high school and up. No children please. \$6.00 per person, SCC members are free.

Toddler Time: Is every Wednesday, from 12:00 noon till 1:00 PM. \$6.00 per child, parents/grandparents and/or guardians are free. Come let those little one's run in the gym, play on the mats and have a grand time out of the cold.

Gym Walking: Is every Monday/Wednesday/Friday from 8:30-9:30 AM. \$6.00 per person, and SCC members are free. Walk, jog, or jitter at your own pace. Safe, dry environment to walk in and prevent falling on the snow or ice!

Next Sterling Community Center Board Meeting: is on Thursday, January 21st at 5:45 PM. The meetings are open to the public.

Leora Pooler Benefit: A huge thank you to all businesses, personal folks that donated items for the Silent Auction. To say "Thank you" are such small works to all who helped set up, serve, cook, clean up, but THANK YOU.

Pick, Click, Give: We are now an official Pick, Click, Give organization. Remember the Sterling Community Center when you do your PFD.



Remember the Sterling Community Center

When you sign up for your 2016 Alaska Permanent Fund
The Sterling Community Center is a registered Non-Profit that
you can donate to.

<http://www.pickclickgive.org/index.cfm/pfdorgs.org/>

**Pick.
Click.
Give.**

Questions or More Info: call Rochelle at 262-7224 or email at scc@acsalaska.net Thank-you!

Kenai Peninsula Family Caregiver Support Program

Jan. Meeting Schedule

" Tuesday, January 5, 2016, 1:00 pm Sterling Senior Center,

Discussion: Choosing Support Topics for 2016 Meetings

" Tuesday, January 12, 2016, 1:00 pm Soldotna Senior Center,

Discussion: Choosing Support Topics for 2016 Meetings

Tuesday, January 19, 2016, 1:00 pm Kenai Senior Center,

Discussion: Choosing Support Topics for 2016 Meetings

Tuesday, January 27, 2016, 1:00 pm Soldotna Senior Center, 1:00 pm

Discussion: Choosing Support Topics for 2016 Meetings

***Please note that meetings held in January are to plan for 2016. All Caregivers need to attend and help direct us by sharing what training needs and areas of interest to your situation are so we may better assist you. If you are unable to attend, please call and give your input to Shelley or Judy at (907) 262-1280.*

Sterling Community Center would like to thank the businesses and individual people that assisted with Loera Pooler's benefit held at the Sterling Community Center on December 11th, 2015. We would like to thank the Peninsula Clarion for running the announcement in the community news section and also KSRM/KDLL for running the announcement on their radio stations. To the following businesses for their donations for the silent auction items and their time; we also would like to say a huge "Thank You" to;

Alaska Berries-Brian & Laurie Olson, Bing Browns-Jim & Debbie Bass, 2 Loons Photography-Jeff Jicha, CBC Rentals-Bob & Char Oakes, Cooks Corner-Jose' & Amy Puentes, Kenai River Brewery, Magpye's Pizzeria-Jeffrey Clonts & Maggie Lupton, Moose Back Annie's-Ann Evans, Pye' Wackets-Rondell Gonzales, and Wet & Wild Alaska Fishing-Jeff Moore.

To the following individual folks for their donations to the silent auction items: Gloria & Mike Kuntz, Janette MacDonald, Becky Holloway, Terry Buffo, Stan & Nikki Welles, Janet Jones, Denice Dukowitz, Norm Israelson, Rondell Gonzales, Gloria Ager, Lottie Bogard, Fran Stetson, Wayne "Froggy" Debnam, Debbie Debnam, Rochelle Hanson, Annette, Kim Foley, Donna Bailey-Kock, Lee Hallstead, Becky Holloway & Judy Brandt, Melissa Daugherty, Wenda Kennedy, Maryanne Rogers, Lynda Klynstra, Lana Barnes, Debbie Bass, Nita Woodle, Jason Borer, Joe Baklarz, Carol Schuldt, and Maggie Lupton.

A huge Thank you to our chef, Jason Borer, who volunteered his time to prepare the food and cook the fabulous spaghetti sauce that folks are still talking about! We would also like to thank those who helped in the kitchen, Pamela Holland, and Kim Foley. Our servers, were amazing. Thank you to; Brandi Hesse, Nita Woodle, Phyllis Van Malderen, Jennifer Huffman, Connie Harju and Bill & Roberta Hilgendorf for running the cashier's table.



To the crew that set up, we give a tremendous amount of gratitude. The Sterling Brotherhood, Terry Buffo, Thomas Clonts, Tristin Sipes, Logan Katzenberger, Sven Hesse, Alec Brockway, Connie Harju, Bill & Roberta Hilgendorf, Jennifer Huffman, Issac Truesdell, and Fuzzy & Carrie Fairbanks.

The greatest and most often overlooked vital component to any successful event is the cleaning crew. Thank you Terry Buffo, Connie Harju, Bill & Roberta Hilgendorf, Jeffrey Clonts, Thomas Clonts, Maggie Lupton, Tristin Sipes, Haley Katzenberger, Nita Woodle, Joe Barlarz, Michael Suprick, Debbie Debnam and Phyllis Van Malderen.

A special "Thank You" goes out to Charles Fairbanks! This young man cleared tables for folks and cleaned up trash. Thank you Charles for being such an upstanding young boy.

The Sterling Community Center would like to wish everyone a Wonderful, Joyous and safe New Year!

HAPPY NEW YEAR, FROM OUR HOUSE TO YOURS

Your Borough Assemblyman

Stan and Nikki Welles



Citizens Corp Tip:

Fireplace Safety

On a cold winter's day, there's nothing better than sitting snug and warm by the fire. Nothing, that is, except knowing this comfortable activity won't put your family in danger. Here are a few rules to abide by while using the fireplace to stay toasty warm.

- * Have your chimney or wood stove inspected and cleaned annually.
 - * Keep the roof clear of leaves, pine needles and other debris and remove branches hanging above the chimney, flue or vents.
 - * Cover the chimney with a mesh screen spark arrester.
 - * Stack firewood outdoors at least 30 feet away from your home.
 - * Clear the area around the hearth of debris, decorations and flammable materials.
 - * Always use a metal mesh screen with fireplaces that do not have a glass fireplace door.
 - * Never use flammable liquids to start a fire.
 - * Never burn cardboard boxes, trash or debris in your fireplace or wood stove.
 - * Never leave a fire in the fireplace unattended. Extinguish the fire before going to bed or leaving the house.
 - * Soak hot ashes in water and place them in a metal container outside your home.
- * Most importantly, if you do not already have smoke alarms, install them on every level of your home, as well as inside and outside of sleeping areas. If you already have smoke alarms, check and replace your batteries regularly to ensure they are in working order.



14th Annual Rural Cap Headstart and Sterling Community Center Fund Raiser will be held Saturday, February 13th. DINNER-DANCING-AUCTION & FUN! Save the Date!!

14th Annual Sterling Head Start &

Sterling Community Center

~ FUND RAISER ~

Dinner, Dancing, Auction & Fun

Saturday, February 13th, 2016

Doors open at 5:30 pm / Dinner at 6:30 pm

Tickets are \$30.00 each

Gourmet Dinner

Pork or Beef Tenderloin w/Tiger Prawns

Potatoes / Salad / Bread

Valentine's Dessert

Beer & Wine Available



Live Music performed by Chris Towne & Chris Robinson

Professional Photos taken by Nita Dreyer

Tickets sold at Sterling Head Start & Sterling

Community Center (907) 262-7224 / 260-7446

Grab that special Someone and make it a

“Date Night”



From Editor-Grace Merkes- 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!!

HAPPY NEW YEAR

