



STERLING COMMUNITY NEWSLETTER

June 2015

Mark your calendar for some Happenings in the area in June

Tues. June 2 nd	@ SSC Caregiver Support Meeting Topic; "Safe in Your Home & Surroundings"	1:00 pm
All Fridays in June	@ SSC "Flea Market"	10:00/5:00 pm
Wed./Sun. June 10 th / 14 th	@ Sterling Pentecostal Church "Vacation Bible School"	12:30/3:30 pm
Sun. June 14 th	@ SCC Farewell Potluck for "Jean & Dillon Kimple" (everyone invited)	2:00/4:00 pm
Tues. June 16 th	@ SCC Make a Father Day Card	3:00/6:00 pm
Thurs. June 18 th	@ SCC Board Meeting of Sterling Community Center (everyone welcome)	5:45 pm
Fri. June 19 th	@ SCC Scrapbooking on Your Own	7:00/12:00 pm
Sat. June 20 th	@ SCC "Indoor Community Garage Sale"	9:00/5:00 pm
Sun. June 21 st	Enjoy all your Fathers on "Fathers Day"	
Thurs. June 25 th	@ SCC Open Planning meeting for the "Sterling Community Triathlon & Fun Day Carnival"	6:30 pm
Sat. June 27 th	@ SSC "Salmon classic Kick Off Dinner" \$25.00 per person	5:00 pm
Tues. June 30 th	@ SCC Pre-registration for booth space for Sterling people for Sterling Fun Day Carnival closes. (However open registration will continue until August 14 th for anyone)	

Save the Days

July 18 th & 19 th	@ SSC "Annual Gun Show"	10:00/4:00 pm
August 15 th	"Sterling Community Triathlon & Fun Day Carnival"	11:00 /6:00 pm



Sterling Community Triathlon & Fun Day Carnival

In an effort to connect our Sterling community the Center is hosting a "Sterling Community Triathlon & Fun Day Carnival". The event will be held on Saturday, August 15th at the Sterling Community Center from 11:00 – 6:00.

We would like to invite any individual, church, business, or group to put up a booth for free of charge. Your booth could be an informational booth, a fun game booth, or items for sale. Some ideas for booths include but are not limited to carnival games, face painting, balloon making, jumpy house, dart throwing, etc. We just ask that we do not have duplicate booths.

Sterling residents, businesses, and groups will have the first opportunity to sign up. After June 30th it will be open to anyone. It will be to your advantage to decide what your group wants to do early so you will have first chance at it. Sign up at the Sterling Community Center to reserve you space. The event will take place outside in the Community Center's parking lot, so plan accordingly.

During the event we will have a central location to buy tickets for .50 or \$1.00 increments. . . Each booth will decide the price that they want to charge and collect the tickets. Then they will get refunded for the amount of tickets turned in.

We hope you will be as excited as we are to participate in this fun event! We will be having an informational meeting on **Thursday, June 25th at 6:30 pm** at the Sterling Community Center. We hope to see you at the meeting. If you have questions please call # 262-7446.

Sincerely,
Sterling Community Center Planning Team

KENAI PENINSULA CAREGIVER PROGRAM

JUNE SCHEDULE Kenai Peninsula Family Caregiver Support Program Meeting Schedule •

Tuesday, June 2, 2015, 1:00 pm Sterling Senior Center, Caregiver Support Meeting Topic: Safe in Your Home and Surroundings •

Tuesday, June 9, 2015, 1:00 pm Soldotna Senior Center, Caregiver Support Meeting Topic: Safe in Your Home and Surroundings •

Thursday, June 11, 2015, 5:00 pm KPFCSP Office in the Blazy Mall, Caregiver Support Meeting Topic: Safe in Your Home and Surroundings •

Tuesday, June 16, 2015, 1:00 pm Kenai Senior Center, Caregiver Support Meeting Topic: Safe in Your Home and Surroundings •

Thursday, June 25, 2015 6:00 pm Forget-Me-Not Adult Day Center Caregiver Support Meeting Topic: Safe in Your Home and Surroundings. An activity will be provided for your loved one. •

Tuesday, June 30, 2015 1:00 pm Soldotna Senior Center, Caregiver Support Meeting Topic: Safe in Your Home and Surroundings

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 at (907) 262-1280, for more information.

From: uacedvistaleader@gmail.com

Subject: **Elder Mentor Program Looking for Recruits**

Kathleen C. McAuliffe the AmeriCorps VISTA Program Coordinator for Serving Elder Mentors for RuralCap is looking for Elder Mentor Recruits!

This is a great opportunity to bring elders and youth together. Low income Elders, age 55 or older are eligible and there are benefits such as a small stipend and meal, transportation support for them! Please forward to any organization or individual who would be a great fit or can help spread the word.

Simone
AmeriCorps VISTA Leader
UA Center for Economic Development
1901 Bragraw St
Anchorage, Alaska 99508-4614

STERLING COMMUNITY CENTER NEWS

Bella is back with **ZUMBA**. She is our certified instructor. Classes started on Wednesday, May 27th! Our schedule will be on Monday/Wednesday/Friday evenings from 5:30-6:30 pm. Monday will be Zumba, Wednesday will be Hip Hop and Friday nights will be Black Light Zumba! \$6.00 per person, free for SCC members. Call the Center if you have any questions. So come get your "Grove on" while you work out!



Gym Walking Time is on Monday, Wednesday and Friday mornings from 8:30-9:30 am. 19 laps around our gym and you have walked a MILE! Slap on your iPhone or Walkman and do the easy walk, jitterbug, hustle or jog. It's all up to you! It's a great and wonderful time to do something for you. \$6.00 per person, SCC members are free. Wear inside gym shoes.

Pickleball Our days of Pickleball are Monday/Wednesday 1:00-3:00 pm and Tuesday/Thursday 6:00-8:00 pm. \$6.00 per person, SCC members are free. Wear indoor gym shoes and bring a water bottle! It's the happening place to be. Not sure what Pickleball is all about stop by and watch how this great game is played!

Make a Father Day Card on Tuesday, June 16th during open gym time from 3:00-6:00 pm. \$6.00 for non-members, SCC members free. We will be working alongside the kids to help give them ideas to make a special card for their Dad. We are still looking for donations. If interested in donating to supplies or volunteering to work alongside the kids give the Sterling Community Center office a call at 262-7224.

Scrapbooking on Your Own will be on Friday, June 19th from 7:00-midnight in the library. \$6.00 for non-members and SCC members are free. If you like to make cards bring your supplies and come on down. Come for an hour or stay till we close. This is a fun group of ladies and we have fun!! Open to high school on up.

Let's Get Healthy will be taking a break over the summer. Look for this program to resume again in the fall. These ladies have been working out and come out of class smiling yet "worked out"! We would like to "Thank" Janet Jones for leading this program.

Toddler Time is still on Wednesday's from 12 noon till 1:00 pm. Parents/grandparents or caregivers are free. \$6.00 per toddler, SCC members are free. We have specific toys for the smaller tots. Come let them burn some energy off in our gym.

Monthly Board meeting will be held on Thursday, June 18th at 5:45 pm in the Library. The meetings are open to the public.

Don't forget to 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 and hit the 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, 0.5% will be donated by Amazon to the Sterling Community Center on eligible orders.

Be checking the calendar we are trying to have some special activities for the kids during the summer!!! The Sterling Community Center is still looking for a campground host for the summer of 2015. If you are interested please call the Community Center at (907) 262-7224 or send an email: scc@acsalaska.net

Looking for a place to hold a birthday party, bridal shower or a wedding reception? Come check out our facilities and see if we can accommodate what you have in mind!! Many options are available. Give us a call!

Hey... if you are 70 or over years young, did you know you can obtain a Sterling Community Center membership free of charge? Stop by and sign up and start taking in some benefits.

The Sterling Community Center is selling "Neighborhood Watch" signs for \$10.00 each. Stop by and pick up your sign. Office hours are 12 noon till 6:00 pm.

SAVE THE DATE: August 15, 2015 is the "Sterling Community Triathlon & Fun Day Carnival" starting at 11:00 am. Carnival games for all ages, entertainment, B-B-Q and also the Sterling Triathlon "RUN-CANOE-BIKE". Registration is open now at the Sterling Community Center, call 262-7224.

MITCHEL GLOVER

Vacation Bible School
June 10-14

Sterling Pentecostal Church will present "Everest," a Vacation Bible School program June 10-14 from 12:30 p.m. to 3:30 p.m. The games, activities, puppets songs, and lessons will encourage kids to conquer challenges with God's mighty power. Lunch will be provided. The church is located on Swanson River Road and Entrada Drive. For more information call 262-7240 or go to the website at www.sterlingpentecostalchurch.com.

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

From the Director's Corner or the Sterling Senior Newsletter;

Just wanted to introduce myself to those of you that don't already know me. My name is Michelle Walker and I am the office manager/housing manager for our Senior Center. As we do not have a director at the moment, I am also trying to ACT like the director, and am vigorously learning the ropes and making sure everything runs a smoothly as it can at our Senior Center.

(Other information I have from them is on the calendar regarding "Happenings" at the top of this Newsletter.)

Citizens Corp Tips

Flying on Alaska (ET AL) Commuter Planes

DO:

- > Keep your seat belt/shoulder harness BUCKLED at all times.
- > Listen to and follow the pilot's briefing and instructions.
- > Dress properly. Wear warm clothing as appropriate.
- > Follow the pilot's instructions in the event of an emergency.
- > Review the passenger-briefing card.
- > Make mental note of the emergency exit locations and make sure you know how to open them.
- > Know where the fire extinguishers, Emergency Locator Transmitters (ELTs), first aid kits and other survival equipment are located.
- > Safely secure all carry-on items, such as a purse or backpack per the pilot's or air carrier's instructions.
- > Ask the pilot questions if you are uncomfortable about the weather, aircraft conditions, etc.
- > Question the pilot if the aircraft looks overloaded or unsafe.
- > Be an extra set of eyes, looking out for other aircraft.

DON'T:

- > Pressure the pilot to fly when he or she says she does not have the ceiling and visibility requirements. NO reason is worth risking your life or the life of others.
- > Pressure the pilot to carry a payload beyond the weight and balance limitations of the aircraft.
- > Distract or disturb the pilot during critical times such as take-off and landing

PENINSULA JOB CENTER:

WORKSHOPS AND JOB DEVELOPMENT RESOURCES

ALEXsys JOB LEADS: Discover new job openings listed in ALEXsys.

CAREER READINESS CERTIFICATE WORKSHOP (NCRC) and WORKKEYS TESTING: The National Career Readiness Certificate, developed by WorkKeys®, is an assessment program intended to match an individual's employability skills with the demands of a particular occupation. **Career Ready 101** is pre-courseware that includes key tutorials written specifically to help people master applied workplace skills. When you are ready, take the **WorkKeys** test to earn a National Career Readiness Certificate. The certificate is recognized by many employers in Alaska and across the country including the Oil Company, BP and many of the unions.

FOOD STAMP WORK SEARCH: (Call 283-2911 for more information) Helps individuals currently receiving Food Stamps by providing work search referral information, explaining job center resources, and addressing individual challenges to job search.

GED – GENERAL EDUCATION DEVELOPMENT: (Call 262-0327 for more information) Overview on how to obtain a General Equivalency Diploma.

INTERVIEWING WORKSHOP: Prepare for an interview, how to answer questions, discuss effective questions to ask an employer, the affects of body language in an interview, and how to dress for an interview.

INTRODUCTION TO ALEXsys AND THE JOB CENTER: Learn about the equipment, services, and resources available at the Peninsula Job Center.

JOB SEARCH STRATEGIES FOR THE EX-OFFENDER: Learn how to knock down criminal history barriers to obtain employment. Use the application and letter of explanation to discuss your history with the potential employer. Know how to appropriately address your criminal history. Understand community resources and hiring incentives available to employers for hiring you.

MOCK INTERVIEWS: (Call 335-3010 to schedule an appointment) Practice your interviewing skills with one of our Employment Specialists with a real interview. Feedback is provided to help master interviewing skills and be ready for those hard to answer questions.

RESUME WORKSHOP: Compose an effective resume based on what employers want, choose the best format for you, form skills and abilities statements, and address gaps in employment history.

STATE APPLICATION PROCESS: (Call 335-3010 to schedule an appointment) Learn how to register, apply, and create an effective cover letter for State of Alaska employment using Workplace Alaska.

VOCATIONAL REHABILITATION: (Call 283-3133 to schedule an appointment) Assists individuals with disabilities to overcome barriers to employment.

JOIN US AS WE SAY
So Long
FAREWELL Au Revoir
GOODBYE
TO

Dillon & Jean Kimple

With a Potluck Dinner

June 14th, Sunday 2:00-4:00 PM

At the Sterling Community Center

Call 262-7224 to sign up or call
if you have any questions

Dillon & Jean have both given so much to the community of Sterling. Dillon was a school principal and Jean was a teacher at Sterling Elementary. They have been in our area since 1965.



Community Garage Sale @ Sterling Community Center

Saturday, June 20th, 2015

Inside Garage Sale from 9:00 am—5:00 pm

Interested in selling some of those items? Make a huge dent in your stash and reserve your space at the sale for \$10.00 and be a part of the Community Sale!

Sign up at the Sterling Community Center. Contact the SCC with any questions at 262-7224 or by email:
scc@acsalaska.net



HAPPY FATHER'S DAY



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 merkes2@yahoo.com Thank you!!