



STERLING COMMUNITY NEWSLETTER

March 2015

Mark your calendar for some Happenings in the area in MARCH

Mon. March 2nd @ SCC Annual Meeting & elections of Board Members	5:45 p.m.
Tues. March 3 rd @ SSC Family Caregiver Support Program	1:00 p.m.
Sat. March 7 th @ SCC Community Garage Sale	9:00 a.m./5:00
Sun, March 8 th @ Ster. Pentecostal Church "Missionary Ken Cantrell, Burkina Faso, West Africa"	
Mon. March 9 th @ SCC "Make a Cake & Decorate"	1:00 to 3:00 p.m.
Sat. March 14 th @ SSC Liver & Onion or Chicken Dinner	
Tues. March 17 th @ SSC Traditional St. Patrick's Day Lunch	
Sat. March 21 st @ "Sterling Elementary" Kindergarten/Pre-School Fair	10:00 to 12:00

KENAI PENINSULA CAREGIVER PROGRAM:

Kenai Peninsula Family Caregiver Support Program Meeting Schedule Tuesday, March 3, 2015, 1:00 pm Sterling Senior Center, Caregiver Support Meeting Topic: National Brain Awareness Month

Tuesday, March 10, 2015, 1:00 pm Soldotna Senior Center, Caregiver Support Meeting Topic: National Brain Awareness Month

Tuesday, March 17, 2015, 1:00 pm Kenai Senior Center, Caregiver Support Meeting Topic: National Brain Awareness Month

Tuesday, March 17, 2015 3:00 pm Anchor Pt. Senior Center, Caregiver Support Meeting. Hosted by Paula Koch

Thursday, March 19, 2015, 5:00 pm KPFCSP Office in the Blazy Mall, Caregiver Support Meeting Topic: National Brain Awareness Month

Tuesday, March 31, 1:00 pm Soldotna Senior Center, 1:00 pm Caregiver Support Meeting Topic: National Brain Awareness Month

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.

STERLING SENIOR CENTER:

On the 14th we will be having a Liver & Onion dinner for \$12.50. But don't worry if you do not care for Liver, we also will be serving Chicken. Starting at 5pm and it will be a blast.

We'll be having a traditional St. Patrick's Day meal on March 17th. Be sure to come in for that special lunch and be GREEN for a day.

Thanks for the special volunteers that have been helping out all winter working at the center and delivering home bound meals. This Center cannot accomplish the mission it was formed for without volunteers. You are the backbone of our community and many people recognize and applaud your contribution of time and effort for your fellow residents.

Shaz Leggett-Director



STERLING COMMUNITY CENTER NEWS:

The Sterling Community Center would like to express our “Sincere Thanks” to all the Businesses and community members for all of their donations for the Dinner/Auction Fund Raiser that was held at the Center on Saturday, February 21st to benefit the Sterling/Soldotna Head Start and the Sterling Community Center! A round of applause goes out to River City Academy for their hard work at serving, setting up and cleaning up, and doing all the dishes. Far North Derby girls we would like to thank also. “It takes a village to raise a child” and the proof was shown on Saturday.

The Sterling Community Center will be holding its Annual Board Meeting on Monday, March 2nd at 5:45 PM. This meeting is open to its members and the Public. Board of Trustees and amendments to the Articles of Incorporation will be voted on.

There will be a Community Garage Sale at the Sterling Community Center on Saturday, March 7th from 9:00 am till 5:00 pm. Space can be reserved by making payment prior to the garage sale for \$10.00 per space. Tables can be supplied for your space at \$10.00 per table. Folks renting a space need to park in the back of the building. For more information call the Sterling Community Center at 262-7224.

Take-A-Cake-You-Decorate (cake & everything furnished) Mon. March 9th 1:00-3:00 p.m. at the SCC. For ages 6 to teens (young kids w/teen or parent) Min 4 Max 15 to sign up prior to event call Karen at 260-3324. Free to Sterling Community Members walk in fee is \$6.00 and required to bring: 1 box Pillsbury Cake mix (unopened) and 1 (2 lb.) bag powdered sugar per family of 3)



Pickleball continues to be popular and is growing. It now has three different times on our schedule. Monday afternoon from 1:00-3:00 pm; Wednesday afternoon from 1:00-3:00 p.m and again on Thursday evening from 6:00-8:00 p.m. Its' a great group of folks and they are more than willing to teach you this interesting game. Our “Let's Get Healthy Class” continues on Tuesday's and Thursday's from 5:30 to 6:30 p.m.

We still have our toddler time on Wednesday's from noon till 1:00 PM. We have a variety of "smaller tot type of toys, tunnels and slides" for those small ones to play. Parents/Guardians/Caregivers get in free with their kids.

Gym walking has picked up and talk about the miles folks are putting in. Our regular hours are Mon/Wed/Fri mornings from 9:00-10:00 am. But just to let you know.... When our schedule says OPEN GYM you are always encouraged to pop in and walk around... 19 laps make a MILE!!

For those of you wanting a little strenuous workout we have our Hip-Hop Aerobics on Monday and Wednesday mornings from 10:00-11:00 am. Come check it out and get your "groove on".

One Friday a month we have our Scrapbooking in our Library from 7:00 pm till midnight. It is an opportunity for those creative juices to get flowing, break out of those winter hum drums and come get your Scrappin' on. Open to high school on up and is a non-teaching time.



Be sure to "LIKE" us on Facebook. There is a link to our calendar which is up to date and the most current and is easier to view and get at sometimes than our web page.

On a final note be sure to link up your Fred Meyer Card to the Sterling Community Center which is a non-profit organization. Go to www.fredmeyer.com/communityrewards and search for Sterling Community Center or by our non-profit number #88244. For each time you use your Rewards Card, you are helping Sterling Community Center earn a donation from Fred Meyers. You still will earn your Rewards Points, Fuel Points, and Rebates while also helping the Sterling Community Center. If you have any questions or need help be sure to call us at 262-7224.

The Sterling Community Center continues to rent the facilities. Are you looking for that special place to hold your bridal shower or baby shower? Think of us. Or for that larger party place, book our gym for your wedding reception. Many options are available. If interested please give the office a call 262-7224.

STERLING PENTECOSTAL CHURCH

Events in March include:

March 8 Missionary Ken Cantrell, Burkina Faso, West Africa

March 12-15 "Times of Refreshing" with Evangelist Fernando Lamas

March 22 Kid's Day service with special speaker Art Farmer, a former childhood resident of Sterling, and now pastor of River of Life Church in Kiana and Noorvik. This special event will be followed by a potluck at the church.

Visit sterlingpentecostalchurch.com or call 262-7240 for more information.

MESSAGE FROM ASSEMBLYMAN STAN WELLS: I'd like to pass along a big thank you to all who turned out in support of Kelly Wolf's Ordinance 2015-02 to put commercial cultivation on the ballot! I am ashamed and embarrassed that we on the Assembly could only muster a vote to further facilitate the poisoning of our children, our families and our workforce by voting down the Ordinance. Economically it is also a waste of time and extremely expensive to tax payers! As I presented in analysis last night based on generating the same per capital revenue as Colorado, we may generate \$14

million in drug revenue. And by analysis it will cost Alaskans \$10 for every \$1 of pot sold not to speak of the human damage done.

Sincerely,
Stan Welles

STERLING ELEMENTARY SCHOOL and STERLING/SOLDOTNA HEAD START

Kindergarten/Pre-School Fair
Saturday, March 21st
10:00—12:00
Sterling Elementary

Children 3 – 5 years old and their families are invited to participate in our Kindergarten/Pre-K Fair. There will be fun activities, vision &



hearing screening, and other wonderful booths set up for children and parents to visit. They will also have the opportunity to register for Kindergarten, Title 1 pre-school, and Head Start. Incoming kindergarteners

will have the opportunity to visit the classrooms. We will have classroom tours at 10:00, 11:00, and 12:00. For more information call 260-7446

Thanks

TRUTH PROJECT BIBLE STUDY

Join us for "The Truth Project" by "Focus on the Family" at Abundant Life Church beginning Sunday evening February 8th at 5 pm. The topical bible study will take place Sunday evenings until summer. Optional workbooks available for purchase for those who attend. For more information call 262-7266. The study will be facilitated by Brian & Janice Smith. Everyone is welcome



PENINSULA JOB CENTER

2015 PENINSULA JOB FAIR

PLEASE mark your calendars for **Wednesday, March 25th from 10:00am to 5:00pm** for the annual Peninsula Job Fair. It will take place in the large meeting area adjacent to the Peninsula Job Center. Discover Alaska's high growth jobs and where you may fit in!

[HAPPENINGS in the month of March 2015:](#)

On Wednesdays, March 4th and 18th, we will offer a Job Search Strategies for the Ex-Offender workshop. Participants will receive information on effective ways and available resources to help knock down criminal history barriers in applying for employment.

Vocational Rehabilitation Orientation Workshop will be offered at the Peninsula Job Center on Thursday, March 12, 2015 from 3:00 to 4:00pm.

Representatives from the Kenai Peninsula College - Adult Learning Center will be at the Peninsula Job Center on Tuesday, March 17, 2015 to conduct a GED Orientation. The orientation starts are 1:00pm.

Interviewing Skills workshop will be offered on Tuesday, March 24th in preparation for the Peninsula Job Fair happening the next day.

No workshops will be offered on Thursday, March 26, 2015.

The Peninsula Job Center will be closed on Monday, March 30, 2015 in observance of Seward's Day.

ALSO happening in March:

The Peninsula Job Center will be accepting applications for the 4th session of Kenai Construction Academy. The application period runs from Monday, March 9, 2015 to Friday, March 27, 2015. Classes will begin on April 6, 2015 and end on May 2, 2015. To be considered for this free training in basic carpentry, plumbing, welding or electrical, applicants must complete an application, WorkKeys® testing, an interview, and pass a drug screen. **Applications are now available online at www.alaskaaca.org. Please see attached flyer for details.

Please note the below telephone numbers to reach Peninsula Job Center, Department of Labor staff:

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

Employment Services: phone: 335.3010 / fax: 335.3050

Career Support and Training Services: phone: 335.3060 / fax: 335.3070

Employment Security Tax: 335.3020

Please dial 283.2900 to reach the Division of Public Assistance

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

Thank you,

Rachel O'Brien
Employment Security Supervisor
Peninsula Job Center
Phone: (907) 335.3001
Fax: (907) 335.3050
E-mail: rachel.obrien@alaska.gov

Citizens Corp Tips 1 of 2

Rescue Operations: Volunteer safety techniques for debris removal and victim extraction
Disasters such as earthquakes often result in victim entrapment. If you are ever in a situation where your assistance is needed to freeing entrapped victims and removing them to safety while maintaining your own rescuer safety, March's Citizens Corp tips are essential. One technique involves initial understanding of leverage use. Leveraging involves using a lever and fulcrum to move a heavy object. This will be part of the #2

Rescuers need to create a safe environment by:

1. Following standard safety precautions.

2. Using proper techniques for moving debris and victims.
3. Working Within Your Limits

Many volunteers have been injured or killed because they did not pay attention to their own physical limitations and level of mental fatigue.

During lengthy search and rescue operations, it is important to take breaks to: eat, drink fluids, rest and relax. Taking care of yourself in this way enables you to return to the rescue effort with a clearer mind and improved energy.

Safe Procedures for Leveraging and Cribbing Using Personal Protective Equipment

Always use the proper safety equipment for the situation: gloves, goggles, dust mask, helmet, work boots

During rescue operations, follow established procedures at all times.

Basic safety procedures include the following:

1. Work in pairs—never alone!
2. Never enter a building with heavy damage because it is considered an unstable structure.
3. Mark the building to indicate that it is unsafe to enter, and leave immediately.
4. Don't try to lift or carry more than is reasonable.
5. Use proper lifting techniques.
6. Carry the load close to the body.

The next issue will deal with leverage techniques. It is good to know these, even if you don't have the opportunity for being a team volunteer. It is empowering to know, that each person can help in his/her home if a member is entrapped during a disaster. You will have to make your own decisions as to procedure, but these guide lines will help.

Jackie Stringhm

HOSPICE

Healing Hearts is a self-help grief support group that is designed to meet the needs of persons with a variety of loss history. This on-going group meets monthly: 3rd Tuesday of the month from 5:30 to 7:00 p.m. at the Hospice Office 35911 Kenai Spur Hwy (same area as the Mattress Ranch)
March 17th at 5:30 at the Hospice Office
April 21st at 5:30 at the Hospice Office
Call Hospice for more information at 262-0453 – M/T/W/Th



From Editor-Grace Merkes- Hope you enjoy reading the Sterling Community Newsletter and this info is helpful to you. All your groups, churches, organizations, businesses, birthdays, weddings, graduations etc. are accepted by emailing me at merkes2@yahoo.com Thank you!!