

STERLING COMMUNITY NEWSLETTER

February, 2014

STERLING COMMUNITY CENTER NEWS:

Did you know that the Sterling Community Center is not supported by borough taxes? From the start, it was designed to be volunteer-run and facility-rental supported. We are seeing word of the Sterling Community Center is getting out; we had 7 facility rental events in January, and over 60 hours of volunteer service logged.

Have you considered doing your part at the Community Center? If you can clean, greet people, or be an event leader, we need you! Consider donating 2 hours of your time every 2 weeks. It's a great way to get out and get connected with your community. Call Renae Wall at the S.C. Center (262-7224) or stop by to discuss what skills you can offer.

Speaking of helping out, we are currently looking for people to assist with our Valentine's Day Dinner and Dance on Friday, February 14. (Yes, Valentine's Day falls on a Friday this year!)

Good food, good music, and a time to visit with your neighbors; this will be a fun night you won't want to miss, so buy your tickets now by visiting or calling the S.C. Center, or stopping by the Sterling Senior Center, River City Books (in Soldotna), or C Cups Café (in Kenai, inside the Already Read bookstore). Child Care is also being offered for a small fee. (must RSVP for child care)



In the gym, January saw the addition of Competition-style Volleyball on Monday evenings, 7-9 p.m. Another week night of Zumba was added, so it's now offered Monday, Wednesday, AND Friday evenings at 5:30 (check our on-line calendar for occasional Friday cancellations due to facility rentals).

February will be "insane", as Rob Nelson will get the Insanity workout program going again starting Feb. 3, Mon.-Fri., 10:00 a.m. in the gym. This is an intense, max-interval training program on DVD led by Shaun T. "Home School Gym" will be Tuesdays and Thursdays, with planned activities on Tuesdays (2/04 volleyball; 2/11 whiffle ball; 2/18 ping pong; 2/25 kick ball). Home School Gym is open to all home school students, and is a great way to meet other home school students in Sterling.

A new program being offered through Fred Meyers is their "Community Rewards Program". It is a program that when you spend \$\$'s at F/M the same amount of points you get on your personal F/M rewards card will be applied to the Sterling Community Club account. Then at the end of the quarter you will get your dollar credit amount, as well as the Sterling Community Club, that will help offset our operating costs. You just have to go to fredmeyer.com/communityrewards search for Sterling Community Club or use our NPO # 88244 and sign up to apply your rewards to the Sterling Community Club.

One more thing; Currently there is a job opening at the Sterling Community Center for a person to work under the AmeriCorp program. There are many benefits if you are selected for this position. You can apply at the Kenai job service office or go on line at this link <https://my.americorps.gov/mp/listing/viewListing.do?id=48397> and fill out an application. This position is open till the middle of March.

If you haven't stopped by to check out our new facility, please do! We are located next to the Sterling Elementary School. Besides the gym, we have a lending library with new computers and DSL-speed internet. Office hours are Mon.-Thurs., 12:00-6:00 p.m., and Fri. 12:00-4:00 p.m. For a current events calendar, go to the Events tab on the S.C. Club website, www.sterlingcommunityclub.com, or visit us on Facebook – Sterling Community Center.

Mark your calendar for these happenings in Sterling in February:

Feb. 4th Sterling Senior Center Caregiver Peer Support meeting	1:00 PM
Starting Feb. 4th AARP Tax-Aide (call 262-6808)	10:00 AM
Feb. 4th Sterling Community Club meeting	5:45 PM
Feb. 7th Sterling Senior Center movie	7:00 PM
Feb. 9th gym rented out	1:00 PM
Feb. 12th Sterling Seniors Board meeting	1:00 PM
Feb. 14th Sterling Community Center “Valentine Dinner/Dance”	7:00 PM
Feb. 18th -22nd Senior Olympics	
Feb. 18th Sterling Community Center presented by Head Start	5:00 PM
Feb. 21st Sterling Senior Center movie	7:00 PM
Feb. 22nd at SCC “Tourism & Marketing (Taste of the Kenai)”	9:00 AM
March 29th Sterling Community Center “Spring Craft/Vendor Fair”	9:00 AM

STERLING HEAD START

On Tuesday February 18th, Please join Sterling Head Start for a presentation at the Sterling Community Center from 5:00-6:00 pm. Heather Damingas from Peninsula Community Health Services will be presenting on the topic of Parenting with Love & Limits. You won't want to miss this opportunity!

Kenai Peninsula Family Caregiver Support Program

Meeting Schedule

- Sterling Senior Center—Tuesday, Feb. 4, 2014. 1:00 pm —Caregiver Peer Support Meeting-“Understanding a Heart Condition”
- Soldotna Senior Center—Tuesday Feb. 11, 2014. 1:00 pm —Caregiver Peer Support Meeting-“Understanding a Heart Condition”
- Kenai Senior Center—Monday Feb. 17, 2014. NO MEETING President’s Day
- Soldotna Senior Center—Tuesday Jan. 28, 2014 1:00 pm Caregiver Peer Support Meeting

Please join us to share your experiences as a caregiver, or to support someone who is a caregiver. You do not need to be a Senior Center Member to attend the meetings. If you are helping a friend by being a caregiver, come see how we can help. Please call Shelley or Judy at (907) 262-1280, for more information.

Free House Trailer;

A couple who lives down Midway Dr., Don and Lynn Burns, are building a new house on their property. They want to give their house trailer to anyone who needs it. The person would need to come get it. It needs some work, but is livable. The dimensions are 55' long, 10' wide, with a tilt-out to the living room. Their phone number is (907) 632-5535. Please spread the word.



Our Sterling Hearts

Valentine's Day

Dinner and Dance

Friday, February 14th, 2014

7:00 p.m.

Sterling Community Center

(Located next to the Sterling Elementary School)

Menu – Tenderloin Steak & Prawns

No Host Bar / Child Care \$10 per child (RSVP)

Music provided by Jay C. Smith

Tickets \$35 each, available at River City Books in Soldotna, C Cups Café in Kenai (inside Already Read Book Store), Sterling Senior Center in Sterling, or by calling Sterling Community Center at 262-7224

A Sterling Community Center benefit

Kenai Peninsula College

KPC is having a Community Health Fair Wednesday, Feb 12 from 9-3 PM in the Commons. low cost blood testing from 9-1 pm in Ward Bldg room 107. Also thyroid, glucose, prostate (PSA), vitamin D and blood typing. For individuals 18 yrs. and older.

Come learn about fire safety, prostate cancer, your kidneys and diabetes, vision, glaucoma, blood pressure, height & weight, talk to a nurse. Learn about medication safety, student and senior resources and more. A health fair offers lots of free health education by local educators, health and safety providers. We also have local reps. for the Affordable Care Act available. Come join us and learn something new. Let's have a fun day. Exhibitors are available from 9am to 3 pm.

Remember to drink plenty of water before having your blood drawn. For more info call 907-278-0234 or visit us at www.alaskahealthfair.org.

Sterling Community Center Craft & Vendor Fair Saturday, March 29th 9:00 till 5:00

***Space Fee is \$30.00 / Table Rental \$10 – Credit/Debit Cards Accepted**

Please call or email to get more info and a contract.

Sterling Community Center

Mailing Address: P.O. Box 15 Sterling, Alaska 99672

Phone:907-262-7224 Fax :907-262-7225 Email: sterlingcommunityclub@live.com

February 10th – 21st

Sterling, Soldotna & Kenai Sign Up

February 22nd – March 28th

Open Sign Up

March 28th (Friday) 6:30 pm – 8:00 pm

Set Up

March 29th (Saturday) 8:00 am – 9:00 am

Set up

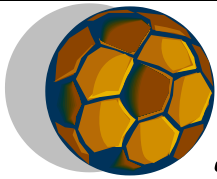
March 29th (Saturday) 9:00 am – 5:00 pm

Sterling Community Center Spring Craft / Vendor Fair

March 29th (Saturday) 5:00 pm – 6:00 pm

Clean UP

**Please Note: Booth Spaces are only RESERVED as
booth contracts and fees are submitted.**



Sterling Soccer Club

Who: 1st – 6th graders (Boys and girls)

What: Soccer club

When: Every Tuesday starting March 18th (for 7 weeks)

Where: Sterling Community Club

**Instructors will meet children in the lobby after school on Tuesdays and walk together to the community center*

Children must be picked up by **5:15*

Cost: \$20

Jennifer Waller and AnnMarie Rudstrom are instructors- call Jen @ 740-8018 with questions

Sign- ups at the Sterling Community Club 907-262-7224



Citizen Corp Tips by jackie stringham

Blackouts

The biggest Blackout in U.S. history occurred on August 14, 2003, leaving roughly 50 million people without power. Blackouts can happen anywhere, and to anyone, so being prepared is important. To prepare for a blackout you should do the following:

To begin preparing, you should build an emergency kit and make a family communications plan.

- *Follow energy conservation measures to keep the use of electricity as low as possible, which can help power companies avoid imposing rolling blackouts.*
- *Fill plastic containers with water and place them in the refrigerator and freezer if there's room. Leave about an inch of space inside each one, because water expands as it freezes. This chilled or frozen water will help keep food cold during a temporary power outage, by displacing air that can warm up quickly with water or ice that keeps cold for several hours without additional refrigeration.*
- *Be aware that most medication that requires refrigeration can be kept in a closed refrigerator for several hours without a problem. If unsure, check with your physician or pharmacist.*
- *Keep your car tank at least half full because gas stations rely on electricity to power their pumps.*
- *Know where the manual release lever of your electric garage door opener is located and how to operate it. Garage doors can be heavy, so know that you may need help to lift it.*
- *Keep a key to your house with you if you regularly use the garage as the primary means of entering your home, in case the garage door will not open.*

From Editor-Grace Merkes- hope you enjoy reading the Sterling Newsletter & this info is helpful to you. All your group, church, organizations, individual or business news is always welcome. Businesses, Birthday, weddings, graduations etc.
merkes2@yahoo.com "Happy Valentines"

