

STERLING COMMUNITY NEWSLETTER

November, 2013

STERLING COMMUNITY CENTER NEWS

October was a busy month for the Community Center with all the new programs starting and all the events on Saturdays. “Zumba” has resumed with a new instructor, Bella. Also a new exercise program called “Insanity” was started by “Briana”. These Sterlingites are really getting healthy and fit!! Come on in and join any of these sessions. It’s only \$3.00 per session for “Insanity” or if you become a member for \$100 annually it’s free. The “Zumba” class is \$8.00 per session. We are continuing with the “After School Open Gym” “Toddler Time” session and the “Home School Gym Time”. Another new thing for The Center is that it will be open from 11:00 a.m. till 3:00 p.m. for “Open Gym” on Saturdays if there is nothing else scheduled for that day. Look on “facebook” for the full schedule and times or call the Center at 262-7224.



Other events that were held in October was the “Grand Opening Dinner/Auction” that was held on Oct. 19th with over 200 people in attendance. What a huge success that was!! We served 20 prime rib roasts 10 pork loins thanks to the wonderful volunteer Chef Michael Evans. The Community Center and the Sterling Head Start split the profits from this event to the amount of about \$12,000. We also held the “Pre-Season Craft and Vendor Fair” on Oct. 26th with about 40 vendors in

attendance. The place was full and we had some names on the “wait list”. Maybe next year we will have to make smaller spaces or something!!

Every day we are getting closer and closer to the Center being finished. Ordered are the roll up door for the kitchen, basketball hoops, scoreboard, volley ball nets, balls & the speaker system. The paving in front has been completed as well as the last 2 hand sinks installed, entry doors fixed & we now have credit card capability. We still need some volunteer help to enclose a small building to keep the hockey equipment in so it doesn’t freeze. We want to get the hockey rink back up and operational but we need some volunteers to help out on some work on it. We also need volunteer help to connect the electricity and gas to the old school so the teens can use it for their meeting place.

Note that this year the central location for the “Holiday Food Boxes” is at the Sterling Community Center so please bring your food items to the Center. The last date to bring food for Thanksgiving boxes is Sunday, November 24th. Let’s help our neighbors that need help so they can have a bountiful holiday.

Another event that is happening in November is the “Harvest Hoe-Down” on Nov. 23rd that will be held at the Community Center which will include a “Chili Cook Off” contest. So plan on your recipe for this great-new event and let’s have some kicking-hot fun!! There will be games and contests for the young and young at heart and who knows maybe even some good old Hoe-Down music and dancing. Price of admittance is just \$5.00 and there will be a cash prize for the winner of the “Chili Cook-Off”.

Mark your calendar for these happenings in November

- Nov. Collecting food for Holiday Food Baskets for those in need
- Nov. 2nd Soup & Salad dinner at Senior Center to benefit the Food Bank (\$10.00)
- Nov. 2nd-Kenai Peninsula College Health Fair 9:00 a.m-1:00 p.m.
- Every Thurs. Men's/High School basketball
- Nov. 4th Sterling Community Club general meeting
- Nov. 5th Guide to a Restful Sleep 1:00 p.m. Sterling Senior Center
- Nov. 7th Free Self Defense class for women and girls at Sterling El. 6:30 -8:30 p.m.
- Nov. 8th & 9th Christmas Bazaar at Sterling Senior Center 10:00 a.m. till 4:00 p.m.
- Nov. 15th United Pentecostal Church Fall Festival 3:30 p.m. till 7:00 p.m. held at the Sterling Community Center. Everyone welcome
- Nov. 20th Lori Engler will do a session on Medicare Part D changes at the Senior Center
- Nov. 23rd Hoe-Down Chili Fest at Sterling Community Center at 6:00 p.m. (\$5.00)

Sterling Senior Center

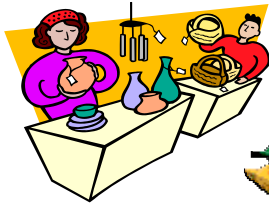
November is here! It seems like this year went fast. I looked at the date on a package of salmon that I used to prepare a meal recently and July seems like it was just here yesterday. I kind of hope that the winter goes by as fast as our summer seems to have. If we have as much snow this month as we had rain in October, we'll have a nice accumulation to use for winter fun.

If you haven't done it already, be sure that emergency kits are in your homes and vehicles as a "just in case". All of your snow removal equipment is in place. Snow shoes and skis all tuned up and ready to go. Gosh, I guess I'd better get better prepared myself.....It's getting pretty cold.

October brought us the Oktoberfest dinner and a "Concert on the Aging" that was presented by the SASCI choir. The dinner was good and the choir and audience had a great time with the silly old people songs that were sung. The dinner was to raise funds for United Way. They are a great organization and benefit us, and others on the Kenai Peninsula in a major way.

Looking forward to November, we have a Soup and Salad dinner planned for the 2nd. The profits from that dinner will benefit the local Food Bank. The Food Bank plays an important part in supplying food to the needy and elderly. We work hand in hand with them for the Sterling area.

The dinner is only \$10 and we hope for a good turn out.



Also in November is the Christmas Bazaar. This year the vendor space sold out early. It's going to be a great time to shop for the holidays. The bazaar is on Friday and Saturday, November 8th and 9th from 10am to 4pm. We hope to see you there.

We'll be closed on the 28th and 29th of November to observe the Thanksgiving holiday.

If you're new to Medicare Part D or planning on changing your provider, Lori Engler will be here at the center on November 20th to help explain the choices that you have. I'm planning on changing to a different provider this year, so I signed up at the front desk to schedule a time with her. Stop by and sign up for an appointment. If you're like me, trying to understand all of the instructions I recently received in the mail gives me a headache. Have a great November and Happy Thanksgiving to all of you! We'll have a traditional Thanksgiving meal at lunch on November 25th. Be there and get stuffed.....with food, I mean. **Mike McKinley**



**FALL FESTIVAL
November 15, 2013**

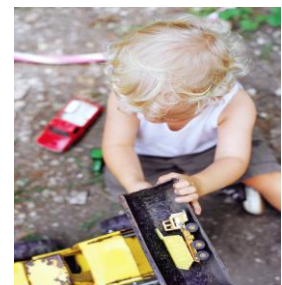
The **Sterling Pentecostal Church** is sponsoring a Fall Festival on Friday, November 15th at the Sterling Community Center. It will be a fun time for the kids with games, prizes, candy, and food. The activities begin at 3:30 p.m. and will continue to 7:00 p.m. Everyone is welcome for a fun family night.

STERLING HEAD START

The children at Sterling Head Start are enjoying the fall with a harvest party that included a pumpkin patch, and healthy treats. We would like to thank the Sterling Senior Center and CES puppet show crew for the awesome puppet show on October 30th

We are looking for empty Folgers coffee cans (plastic, red, 3 pounds) for a school project; let us know if you can help us out.

Get connected, get answers, call Alaska 2-1-1. Alaska United Ways offers help for anyone who needs help finding CHILD CARE, ENERGY ASSISTANCE, FOOD, HEALTH CARE, JOB SERVICES, LEGAL ASSISTANCE, PARENTING HELP, PUBLIC BENEFITS, SENIOR CARE, SHELTER, AND MORE, JUST CALL 2-1-1.



K.P. Family Caregivers Program;

For more information on meetings and trainings at the Soldotna Senior Center call the Kenai Peninsula Family Caregivers Program Coordinator Judy Warren at (907) 262-1280 or 1-866-776-8210 44539 Sterling Hwy, Ste 209 Blazy Mall, Soldotna, Ak

SELF-DEFENSE FOR WOMEN AND GIRLS

WHEN: Thursday, November 7, 6:30-8:30pm (10" break at 7:25)

WHERE: Sterling Elementary School Gymnasium

WHO: Class is limited to ladies and girls 8yrs old and up.

COST: FREE!!!!



CLOTHING: Loose fitting casual wear, gym sweats, shorts, regular street wear may suffice.

TEACHER: Kati Gibler. Black belt in judo and former competitor. Proficient in jujitsu. Professional geologist.

COURSE CONTENT: Why self-defense is important. What situations lead to the need to physically defend ourselves as women. Escapes and defenses against a variety of standing attacks. For more information call Bob Brink at 242-9330

Kenai Peninsula College

November 02, 2013

9 a.m. – 1 p.m.

Sponsored by Kenai Peninsula College Student Health Clinic

Located at 949 East Poppy Lane, Soldotna AK

Free Health Education & Screenings

Kidney Education

Asthma & Allergy Education

Diabetes Education

Nutrition & Exercise

Glaucoma Screening

Vision Screening

Blood Pressure and much more

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Prostate Specific Antigen (PSA) - \$25
Vitamin D Levels - \$50
Blood Typing - \$20

REMEMBER TO DRINK PLENTY OF WATER BEFORE HAVING BLOOD DRAWN!

From: Dan Funk
Kenai Soil and Water Conservation District
260 5295

Date: Mon, 21 Oct 2013 11:19:41 -0800
Subject: Sterling Schoolyard Habitat Project....Trails
From: dan.kenaiswcd@gmail.com

Good Morning,

I just want to update you on Sterling's' Schoolyard Habitat project. I have been able to rough in approximately 900ft. of trail, six to 8 feet wide on the Borough land between the School and Fire Station. I'm hoping to complete all 1400 ft before we get too much snow.

I'm also working with one of the teachers in hopes that we can groom the trail for x-country skiing this winter. I'll be looking for donations of labor, equipment and materials over the winter so we can bring a section of trail up to Handicap Accessible standards next year.



Please put the word out to Sterling Community Center Members and if you could write a little something about it in your next news letter, that would be very helpful. If anyone is interested I'm available to show them around and explain our plans. Sorry I've not been able to attend any of your meetings to update you in person. Call if you have any questions or comments,

Thank you, **Dan Funk**

Citizens Corp Tips

Driving on Snow and Ice

- Drive on snow or ice covered streets only when necessary. If you must drive, be familiar with special techniques necessary to minimize the dangers involved.
- Beware of glare. When the sun shines, snow produces a glare, which can be blinding. Keep a pair of sunglasses or yellow lenses in your car and use them.
- Travel at a safe following distance. Stay back at least two car lengths for every 10 m.p.h. of speed.
- Plan ahead. Look out for the sudden slowing of traffic. Plan your own stops; slow down well in advance.

- Brake carefully. Brake only when traveling in a straight line. When applying the brakes, do so gently and release just before the brakes lock. Repeat this process with short pauses between.
- Beware of icy spots. Ice patches are 10 times more slippery than dry pavement at 30° F. Watch out for black ice at intersections, underpasses, shady spots, and bridges.
- Negotiate icy hills carefully. When driving up hills, don't slow down or you will lose momentum. When driving down hills, use low gear, not the brakes. If you lose control of your vehicle, head into a snow bank.



Basic Skid Rules

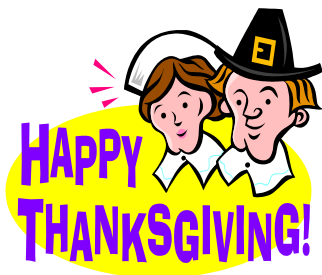
1. Take your foot off the gas and leave your foot off the brake. Make no rapid or sudden movements until you have control of the steering again.
2. Remember, NEVER jam on the brakes; rather, gently apply them instead.
3. GENTLY turn the steering wheel in the direction you are skidding.
4. PRACTICE skids in a large, deserted, icy parking lot. Make your car skid and learn how to control it so that you can do it instinctively when needed.
5. If your vehicle has an anti-lock braking system, use it in compliance with the manufacturer's instructions.

When You Get Stuck, Don't Panic!

There may be times when your car becomes stuck in deep snow or on ice. Below are some tips which should help you get going:

- Clear a path. Shovel out the snow from both in front and behind each wheel as well as from under the car. Front wheels should point straight ahead.
- Gear to go. Use a higher gear so the wheels spin less. Standard transmissions should be in second gear; automatics should be in drive.
- Rock n' Roll. With a standard shift only, roll forward a little, step on the clutch, and roll back. Keep doing this, a little farther each time, until the car is out.
- Once you've got your car out, don't stop!

*Please hit the **"Like"** button on Face Book at **Sterling Community Center** and facebook will keep you up to date on all the happenings at the New Community Center!! You can also email us at sterlingcommunityclub@live.com or sterlingcommunitycenter1@outlook.com or phone us at 907-262-7224 or come see us at the Center from 11:00 till 2:00 and 3:00 till 6:00*



***From the Editor-Grace Merkes**--I hope you all enjoy reading the Sterling Newsletter and this information is helpful to you. Please remember that all your group, church, organizations, individual or business news are always welcome and we will try to publish all the news from Sterling that we can. Any specials going on at your businesses, Birthday, weddings, graduations, are always welcome. Email to merkes2@yahoo.com
HAPPY THANKSGIVING!!*