

STERLING COMMUNITY NEWSLETTER

December, 2013

STERLING COMMUNITY CENTER NEWS

November was a busy month to start our Holiday Season off. The United Pentecostal Church held a nice Fall Fest event at the Center that was well attended and fun was had by all. The food and turkeys for the Thanksgiving food baskets were collected and distributed to a number of families. Thanks everyone for helping out with that. The food for the Christmas food baskets are still being collected so please remember to help with some extra food when you are out shopping and drop it off at the Community Center or at the Senior Center. Also remember that the Senior Center is collecting gifts for the “Angel Tree” for kids for Christmas & they also need wrapping paper. Last year there were over 99 kids that were helped at Christmas time.

Judging by the amount of cars at the Sterling School it looked like the “Self Defense Class” for women and girls was well attended. I’m sure they learned a lot about protecting themselves from attacks. The last event that was held at the Center in November was the “Chili Fest”. There were five interesting entries (some were hot, some were seafood based, one was a white chicken chili). The winner was a medium, hot tasting, delicious chili made by Dick Cockcroft. Congratulations to all the chili makers!



December at the Community Center will see the ongoing programs of “Insanity” (an exercise program), “Zumba” (a little less insane exercise program), “After school Open Gym, Home School Gym, Basketball on Thursday evenings, and we are looking forward to having volleyball on Tuesdays at 7:00 PM. The gym is also open on Saturdays from 11:00 till 2:00 if it is not rented for another event and the conference room is available for computer use and signing out books during open hours.

Now that we have our permanent basketball hoops and the scoreboard installed, the Sterling Community Center will be hosting a co-ed “3 on 3 Basketball Tournament” for high school & adults’ on Saturday, December 28th at 2:00 PM. Sign-ups at the Center are being taken along with a \$30.00 team entry fee. Prizes will be awarded according to how many teams sign up. This should be a fun event for all, so get your team together and plan on attending.

Another event at the SCC is the “Christmas Cookie Exchange” that will be held on Friday, December 6th from 6:00 PM till 7:00 PM. Put six (6) of your favorite cookies or treats in a cellophane bag and pick another bag out in exchange. Bring as many favorite treat bags as you would like to exchange.

Mark your calendar for these happenings in Sterling in December

- DEC. 6th Christmas Cookie Exchange at Ster. Community Center 6:00 PM**
- Dec. 6th “Friday Night at the Movies” at the Senior Center (snacks 6:00 movie 7:00)**
- Dec. 3rd Living old, Modern Realities of Aging at Senior Center 1:00 PM**
- Dec. 7th SCC Gym rented out**
- Dec. 13th SCC Gym rented out**
- Dec. 14th Christmas Prime Rib Dinner at the Sterling Senior Center 5:00 PM**

Dec. 14 th SCC Gym rented out	6:30 PM
Dec. 23 rd Pack Christmas Baskets	
Dec. 23 rd Christmas Luncheon at Senior Center	noon
Dec. 25 th SCC closed for Christmas	
Dec. 25 through January 1 st . Ster. Senior Center closed	
Dec. 28 th 3 on 3 Basketball Tournament at Ster. Community Center	2:00 PM

Sterling Senior Center

Thanks to all of you who contributed to the Share in the Giving program that provided a great Thanksgiving meal for many families in the area that wouldn't otherwise have had a meal as grand as the one you gave to them. Please continue to contribute to the program for Christmas meals and Christmas angels to be distributed to Sterling area families. Thank you for your generosity. "Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares." Hebrew 13:2".

A special thanks to the Sterling Community Club and the many volunteers from the Sterling area for coordinating the food inventory, packing, and distribution of the Share in the Giving boxes this holiday season.

On December 14th at 5pm we are having the annual Prime Rib holiday dinner. This is our last fundraiser of the year. It will be \$20 for adults, \$10 for children under



12. We will also have beer and wine for sale. You'll be entertained by a Christmas Hula program. We look forward to the event and hope to see a large crowd from the area in attendance. Please sign up for the dinner ahead of time at our front desk or via phone at 262-6808 so we know how many rib roasts to purchase. Come out and have a great dinner with entertainment and your neighbors and friends. During the dinner the winner of the

Cash for Christmas raffle will be announced as well as the second prize winner. If you haven't purchased your ticket yet, you can get them at the Senior Center front desk or office. The tickets are \$5 each or 5 for \$20. Only 450 will be sold. First

prize is \$500 cash, second prize is a gift basket that is on display on the Center's entry counter. Good luck.....

Merry Christmas and a Happy New Year to all of you from all of us.

Mike McKinley-Director

CHRISTMAS COOKIE EXCHANGE



Friday, December 6
6:00 pm SHARP!! – 7:00 pm
Sterling Community Center
Conference Room



HOW IT WORKS:

- 1) Wrap 6 of your favorite homemade cookies or treats per bag, cellophane, box, etc. to bring to the exchange.
- 2) Place your cookies on the tables BY 6:00 pm.
- 3) Receive 1 ticket for each "unit" of 6 you bring. There is no limit, bring as many as you like.
- 4) Use your tickets to buy other types of cookies.
- 5) **Check out and take your cookies home.**

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 2 car lengths for every 10 mph 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!

Wear your safety belt; it could save your life

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 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 M/Th.



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

Have a Happy and Blessed Christmas