

STERLING COMMUNITY NEWSLETTER

JANUARY 2014

STERLING COMMUNITY CENTER NEWS:

The Sterling Community Club Board of Directors would like to take this opportunity to wish you and yours a very Happy and Successful New Year. Here we are already in the year 2014! Time sure does fly when you are having fun!!

Let us reflect on the past year. 2013 brought Sterling a bright, new Sterling Community Center for all to enjoy and what great times we have had at the Center. The "Soft Opening" in June brought nearly 200 people to see, for the first time for many, what the Center was all about.

Then the "Miss All Around Girl" gave 19 young ladies the opportunity to present themselves in many venues such as talent, poise & presentation, speaking and health and fitness. After that there was a huge garage sale, and a craft fair that was over booked (we might have to allocate smaller spaces next time). The Triathlon, of biking, running and canoeing (some even swam) was a big, fun success for being the first year held. 2014 should be bigger and better! We held a chili-cook-off and a 3 on 3 basketball tournament. The "Official Grand Opening", with over 250 in attendance, eating a scrumptious prime rib dinner cooked by our extraordinary Chef, Michael Evan, was held in August. Apache Oil Company rented the facility for 2 days while they held a fishing tournament for the benefit of the Tustimena 200 and the Sport Guiding Group held their Christmas function at the



Center in December. In November & December the Community Center was the central location to collect food & turkeys for the Thanksgiving and Christmas baskets for the less fortunate. The elections were held in October along with the HEA annual bar-b-q. Besides all these events the Center was rented many times for private functions such as weddings, birthday parties, memorials and church youth events. Other programs that were and still are offered are open gym, gym walking, computer use, library, Zumba, Insanity, basketball, volleyball, after school gym, tumbling, jujitsu, art classes and exercise programs and rentals. The Center has over 200 members that have paid an annual membership fee but our goal for next year is to at least double that amount. We also have 12 banner sponsors and would also like to double that amount by the end of next year. Everyone is welcome to participate in these things.

The New Year brings us our first part - time employee. The Board interviewed five very wonderful and qualified candidates but chose Renee Wall for this position. Some of you probably know her as she is anxious & excited to meet a lot of new people. Renee's husband is Robert who has also been a supportive member of our Sterling community. They have lived in Sterling for a long time and have been participants and volunteers in the Sterling Community over many years. Drop into the Center and welcome her and see what's happening. The Center hasn't established open hours yet but when we do she will post them on the door. You can also keep up on our schedule & all the current and new offered programs on facebook at (sterlingcommunitycenter).

Art Brown note:

The Christmas box distribution took place on Monday, Dec 23. Approximately 74 boxes were picked up that day and 10 more on Tuesday. The remaining 8 boxes were returned to the Senior Center for pickup. We had a lot of volunteers and our thanks should go out to the Sterling Harbor

Mennonite youth group, Shae & Jarod Leggitt, Julie, Julia & Alex, Donna Brown, Leora Pooler and several people whose names escape me at the moment. I hope everyone enjoyed the holidays.

Mark your calendar for these happenings in Sterling in January:

Jan. 3rd Sterling Senior Center movie	6:00 PM
Jan. 7th Sterling Community Club meeting	5:45 PM
Jan. 7th Sterling Senior Center Caregiver Peer Support meeting	1:00 PM
Jan. 8th Sterling Senior Center “Ice Cream Social”	2:30 PM
Jan. 14th Head Start rental	10:00 AM
Jan. 17th Sterling Senior Center movie	6:00 PM
Jan. 25th Sterling Senior Center Catfish Dinner	4:00 PM
Jan. 29th Assembly of God rental	6:30 PM
Feb. 22nd Tourism & Marketing (Taste of the Kenai)	9:00 AM

STERLING SENIOR CENTER

I hope you all had a great time over the holidays and didn't "celebrate" too much. There is lots of snow on the ground. Some strange weather with a lot of snow, then freezing rain, then snow again. It makes for hazardous driving conditions so slow down and remember all your survival training in case you get stuck somewhere. Keep your emergency kit in the vehicles and at home, just in case. We lost power for a while in December but thank goodness it wasn't when the temperatures were in the minus 20's.

The Thanksgiving and Christmas food boxes and the Christmas Angels all went well. Over 80 boxes were distributed for Thanksgiving and Christmas had 94+/- boxes with a total of 331 people. 119 gift bags were given out. It's pretty amazing what people can do when they work together. Special thanks goes to all of you that participated in the program including all of the volunteers from schools, churches, Mason's, and other community organizations. Your generosity and sharing is amazing. Thanks again! Lots of space was given to the program from the Community Center. It certainly made the distribution easier.

We had some entertaining times in December. The Hula dancers from Soldotna were here for the very tasty Annual Prime Rib Dinner fundraiser (76 people in attendance). Congratulations to Elaine Frizzie for winning the Cash for Christmas Raffle!! Then we had bell ringers from the Kenai Senior Center and Carolers from Sterling Head Start. All in all it was a great month for entertainment.

The special Christmas lunch on the 23rd was delicious, as usual, from our kitchen. There were also a lot of home delivered meals to be sent out in advance of our holiday break and the kitchen and MOW delivery personnel did a great job of taking care of our homebound clients.

Mike McKinley-Director

CITIZEN CORP TIPS:

jackie stringham

Vehicle Preparation and Emergency Supplies:

"December, 2013---IT IS HERE AGAIN---snow, ice, dark, etc. etc. Bring it on---we are prepared, no?
In case you are stranded, keep a kit of emergency supplies in your car. This kit should include:

- Jumper cables
- Flashlights and extra batteries
- First aid kit and necessary medications in case you are away from home for a prolonged time
- Food items containing protein such as nuts and energy bars; canned fruit & a can opener
- Water for each person and pet in your car
- AM/FM radio to listen to traffic reports and emergency messages
- Cat litter or sand for better tire traction
- Shovel & ice scraper
- Warm clothes, gloves, hat, sturdy boots, jacket and an extra change of clothes
- Blankets or sleeping bags

Also consider:

- A fully-charged cell phone and phone charger
- Flares or reflective triangle
- Baby formula and diapers if you have a small child

Be prepared for an emergency by keeping your gas tank full, and if you find yourself stranded, be safe and stay in your car, put on your flashers, call for help and wait until it arrives

Check or have a mechanic check the following items on your car:

- Antifreeze levels - ensure they are sufficient to avoid freezing.
- Battery and ignition system - should be in top condition and battery terminals should be clean
- Brakes - check for wear and fluid levels.
- Exhaust system - check for leaks and crimped pipes and repair or replace as necessary. Carbon monoxide is deadly and usually gives no warning.
- Fuel and air filters - replace and keep water out of the system by using additives and maintaining a full tank of gas. A full tank will keep the fuel line from freezing.
- Heater and defroster - ensure they work properly.
- Lights and flashing hazard lights - check for serviceability.
- Oil - check for level and weight. Heavier oils congeal more at low temperatures and do not lubricate as well.
- Thermostat - ensure it works properly.
- Windshield wiper equipment - repair any problems and maintain proper washer fluid level.
- Install good winter tires - Make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions. However, some jurisdictions require that to drive on their roads, vehicles must be equipped with chains or snow tires with studs.

Emergency kits in your vehicle check list:

- windshield scraper and small broom
- flashlight
- extra batteries
- matches
- first aid kit with pocket knife
- blanket(s)
- road salt and sand
- emergency flares
- battery powered radio
- water & snack food
- extra hats, socks and mittens
- necessary medications
- tow chain or rope
- booster cables
- fluorescent distress flag



Please "Like" us on Face Book at [sterlingcommunitycenter](#) to keep up dated on happenings at the SCC!

You can email us at sterlingcommunityclub@live.com

or phone us at 907-262-7224

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 New Year"