

STERLING COMMUNITY NEWSLETTER

March. 2014

Sterling Community Center news;

February has been a very busy month at the Sterling Community Center. Some of the happenings were competitive volleyball on Mondays, Home School gym, Toddler time, after school program, Zumba, Insanity exercise program, & the library and computers are available during our open hours. Some local church groups rent the gym occasionally for their youth programs & birthday parties. We also held a “Celebration of Life “one afternoon for one of our Sterlingites that passed. Check out our Events tab on the S.C. Club website, www.sterlingcommunityclub.com, or visit us on Facebook – Sterling Community Center on the Sterling Community Club website for all the times and happenings during the month.



The Valentines Dinner and Dance

was very elegant and a huge success. The excellent food was prepared by Bob Oakes and all his volunteer helpers. A



wonderful volunteer group did the fantastic decorations. Our very helpful young people served the tables with smiling faces and helped everyone. The DJs were Jay and Karen Smith and they kept the crowd on their dancing feet. The music they chose was just right for the dancing crowd.

The Sterling Community Club will be holding their regular monthly meeting on **March 4th at 5:45 PM** in the conference room at the Center. We are also noticing the public about our Annual meeting that will be held on **April 8th at 5:45 PM** in the conference room. The annual meeting is the time we elect board members and there are 3 Board seats up for election. Anyone that is interested should contact the Sterling Community Club at 262 7224 and give notice.



The Meninite group has volunteered to help with keeping the hockey rink in good ice skating condition. They have been doing a wonderful job and many of our Sterling youth have been enjoying the ice. Hopefully the ice stays frozen for at least another month. One of the things we would like to see happen is to put a roof over the ice rink so it can be used more than occasionally.

Please sign up for the new program being offered through Fred Meyers at the **“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 will get the same amount 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. The Sterling Senior Center is also a member of this program.

The job opening at the Sterling Community Center for a person to work under the AmeriCorp program is still open until **Tuesday, March 4th**. Interested people must apply on line at the below link or at the Kenai job service office. There are many benefits if you are selected for this position. <https://my.americorps.gov/mp/listing/viewListing.do?id=48397> and fill out an application. We will be interviewing applicants this week.



The Sterling Community Center will be holding a Spring Craft and Vendor Fair on Saturday **March 29th from 9:00 AM till 5:00 PM**. There are over 25 spaces that have been signed up for but we have room for more so please sign up soon. It is just \$30.00 per space and \$10 extra if you need a table. The sign up is on a first come first serve basis and we are only allowing one of a kind Vendors. Crafters are unique so there will be any number of them.

March 28 th (Friday)	6:30 pm – 8:00 pm	Set Up
March 29th (Sat.)	8:00 am – 9:00 am	Set up
March 29th (Sat.)	9:00 am – 5:00 pm	Fair
March 29th (Sat.)	5:00 pm – 6:00 pm	Clean UP

Mark your calendar for these happenings in Sterling in March :

March 4 th Sterling Senior Center Caregiver meeting	1:00 PM
March 4 th AARP Tax-Aide (call 262-6808) and every Tuesday	10:00 AM-2:00 PM
March 4 th Sterling Community Club meeting	5:45 PM
March 4 th last day to apply for AmeriCorps job at SCC	
March 7 th Sterling Senior Center movie	7:00 PM
March 21 st Sterling Senior Center movie	7:00 PM
March 28 th Sterling Community Center set up for Craft Fair	6:30 to 8:00 PM
March 29 th Sterling Community Center (Craft & Vendor Fair)	9:00 AM
April 8 th Sterling Community Club annual meeting	5:45 PM

From Abundant Life Assembly of God church;

On Sunday, March 16th there will be a women’s event for all women ages 17 and up. It will begin at 1:00 pm in the building closest to the Hwy at Abundant Life Church. The Theme is Peace, Love and Chocolate! Come join the fun! The church is located off of the Sterling Hwy. Mile 81. The first right off of Otter Trail. There is no cost.

From Sterling Head Start;

Sterling Head Start is currently accepting applications for your 3 to 5 year olds that you would like to attend the 2014-2015 Head Start program. You can register or get information by calling 907-260-7446 or stopping in at their Center located at mile 81 ½ Sterling Highway in Sterling next to Cook's Tesoro.

From Mitchell Glover;

Feb 28 at 10:28 PM

Sterling Pentecostal Church will have guest speaker Fernando Lamas in services March 27th at 7 p.m. and March 30th at 11:00 a.m. He is an evangelist from Houston, TX with presentations that enhance prayer ministry.

Kids Soccer Club signups for 1st-6th grade boys and girls, meeting every Tuesday starting March 18th through April 29th (7 weeks).



Sterling Soccer Club

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

What: Soccer club

When: Every Tuesday starting March 18th through April 29th (7 weeks)

Where: Sterling Community Center

*Instructors will meet children in the Sterling Elementary School lobby after school on Tuesdays and walk together to the Community Center.

*Children must be picked up at the Sterling Community Center by **5:15**.

Cost: \$20

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

Sign-up at the Sterling Community Center, 907-262-7224.

Instructors are Jennifer Waller (740-8018) and AnnMarie Rudstrom.

Registration forms can be submitted by fax to SCC at 262-7225 or filled out in person at the Community Center.

The KPBSD does not endorse these materials or the viewpoints expressed in them.

Kenai Peninsula Family Caregiver Support Program Meeting Schedule

National Nutrition Month

Tuesday, Mar. 4 2014 1:00 pm Sterling Senior Center, Caregiver Peer Support Meeting. "Eat Well to Feel Well"- and Mayo Clinic-Mediterranean Diet"

Tuesday, Mar. 11, 2014 1:00 pm Soldotna Senior Center, Caregiver Peer Support Meeting, "Eat Well to Feel Well"- and Mayo Clinic-Mediterranean Diet

Monday, Mar. 17, 2014 1:00 pm Kenai Senior Center, Caregiver Peer Support Meeting. "Eat Well to Feel Well"- and Mayo Clinic-Mediterranean Diet

Tuesday, Mar. 25, 2014 1:00 pm Soldotna Senior Center, 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 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.

From Public Health Nurse:

Hello! If you could include this tobacco information that would be superb!

The **Tobacco Intervention Network (TIN)** is a local coalition of individuals and agencies serving the Kenai Peninsula who are dedicated to providing assistance to individuals struggling with nicotine addiction and supporting policies that promote and protect healthy environments for everyone. In addition to Alaska's Tobacco Quit Line (1-800-QUITNOW), which provides **free** nicotine replacement therapy to interested Alaskan adults, you can contact **TIN** about other cessation resources for Alaska natives and teens and to obtain free tobacco quit kits for individuals or for larger health fairs. Call Jenny Olendorff at 260-3682 or Deb Nyquist at 335-7300 or email tobacohelp@kenaitin.org for more information.

Thank you & Have a wonderful weekend!

Melody Niichel,
Public Health Nurse MN CCRN BSN
(907)335-34



Citizens Corp tips:

During a Blackout

Use only flashlights for emergency lighting. NEVER use candles during a blackout or power outage due to extreme risk of fire.

- Keep refrigerator and freezer doors closed to keep your food as fresh as possible. If you must eat food that was refrigerated or frozen, check it carefully for signs of spoilage.
- Turn off or disconnect appliances, equipment (like air conditioners) or electronics in use when the power went out. Power may return with momentary "surges" or "spikes" that can damage computers as well as motors in appliances like the air conditioner, refrigerator, washer or furnace.
- Do not run a generator inside a home or garage.
- Do not connect a generator to a home's electrical system. If you use a generator, connect the equipment you want to run directly to the outlets on the generator.
- Listen to local radio and to a battery- or generator-powered television for updated information.
- Leave on one light so that you'll know when your power returns.
- Use a standard telephone handset, cellular phone, radio or pager if your phone requires electricity to work, as do cordless phones and answering machines. Use the phone for emergencies only. Listen to a portable radio for the latest information.
- Do not call 9-1-1 for information—call only to report a life-threatening emergency. Use the phone for life-threatening emergencies only.
- Put on layers of warm clothing if it is cold outside. Never burn charcoal for heating or cooking indoors. Never use your oven as a source of heat. If the power may be out for a prolonged period, plan to go to another location (the home of a relative or friend, or a public facility) that has heat to keep warm.
- Provide plenty of fresh, cool water for your pets.
- Eliminate unnecessary travel, especially by car. Traffic signals will stop working during an outage, creating traffic congestion.
- Remember that equipment such as automated teller machines (ATMs), gas pumps, and elevators may not work during a power outage.



*From Editor-Grace Merkes- hope you enjoy reading the Sterling Newsletter and this info is helpful to you. All your groups, churchs, organizations, businesses, birthdays, weddings, graduations etc. are accepted. Email to merkes2@yahoo.com **“Happy St. Patrick’s Day”***