

STERLING COMMUNITY NEWSLETTER

MAY, 2013



Sterling's New Community Center Gym

Sterling Community Club

The Community Center work is moving along. We have a few electrical fixtures left to hang and the firewater sprinkler system electrical still needs to be completed, along with some kitchen wiring. The permit is ordered from the State and we should have the range hood ansul system done in the next couple of weeks. The gym, storage rooms & locker room floor installation is complete, except for the cove base which is ordered and should be here within the next two weeks. The kitchen & concession cabinets are also ordered and so are all of the kitchen appliances. The restroom partitions and countertops should be here in the next couple of weeks. The library book shelves and computer stations are being built and we should have them within the next week. We have the interior door frames but are still waiting on the door blanks to arrive, hopefully this next week. The floor coverings for the rest of the facility should arrive next week and we will start installation as soon as it arrives. Once the floor covering is installed the plumbers will install the rest of the plumbing fixtures and we will bring water into the facility. We received the windows for the entry and the kitchen doors and they will be installed when we install the interior doors. We will also install the

weather stripping on the exterior doors once we have all of the interior doors installed and painted. The security and camera systems will be ordered this next week along with the basketball hoops and volleyball system. We are still getting bids on the bleachers for the gym. We also still need to order the concession & vending equipment. Once the frost goes out and the road limits are lifted we will complete the parking lot work we did not get done last fall and top it with D1 and then later in the summer it will be paved.

The Sterling Community Club meeting was held on April 4th with about 35 people attending. Thank you all for attending and for offering your help & positive support for the Center. Bob gave an overview of the construction, where we are on the timeline and the treasurer's report. Some other items discussed were the gaming permit (it will only be for bingo & raffles now) has been applied for and we are waiting for approval. Facility rental prices & membership fees were also discussed. Melissa presented a gym equipment request and it now has been ordered & is here. "Yes, we will have balls & equipment for the tots, youth and adults



to use soon." Opening Day Open House and also a Grand Opening Dinner/Auction were discussed. Open House will be **June 8th from 3:00 pm till 7:00 pm.** There will be demonstrations, fun games, free food, bouncy house, ping-pong & foosball tournament and **1 free month if you sign up as a member that day.** If you would like to bring a finger food that would be greatly appreciated.

The next scheduled meeting is set for Monday, **May 6th at 5:45 pm.** We will be discussing the "Open House" set for June 8th from 3:00 till 7:00 pm. We will also be approving some "Policies & Procedures, some changes to the By-Laws, fees, Rental Agreements, Membership forms and the 2 mile walkway.

There is a nice article in the Redoubt Reporter this week about our Center. The website address is **redoubtreporter.wordpress.com** if you would like to read about it. Thank you all!!

Head Start

Head Start will celebrate the end of the year on May 13th at the elementary School from 6:00 till 7:00 pm. Head Start families will gather to celebrate our preschool graduates at that time. The children will enjoy a bouncy house on the last day of school which is May 15th and some of the year end activities include face painting, King and Queen Day and Pirates Day.

The classroom theme last week was "Bugs, Bugs, Everywhere!" The kids were busy looking for signs of spring and bugs! The preschoolers enjoyed reading books about bugs under the reading loft below the green grass. (green streamers) They examined a real bug collection with a magnifying glass. They sang the "Itsy Bitsy Spider," and created coffee filter magnetic butterflies. The children enjoyed assembling the large butterfly floor puzzle and sorting bright colored plastic bugs. Both classrooms discussed bug safety and can tell their parents what they should do if they see an insect.

The Head Start children had fun creating bright and unique handprint paintings. They will be



*displaying their work at the **Sterling Elementary Art Show on May 2nd from 6:00-7:30.***

THANK YOU to everyone who volunteered at the

Head Start Center and those who have contributed to the success of the program in any way this year.

YOU MAKE A DIFFERENCE! *The last day of the school year for staff is May 17th. Families interested in applying for enrollment for the 2013-2014 school year can stop by the office or call the center at 260-7446. Please bring income verification & immunization records as well as your child's social security number. After May 17th please leave a message & periodically staff will be in to check the messages. Due to budget cuts we will be delaying the start of school this fall by one week. The projected first day of Head Start will be September 11th or 12th. **from; Janice Smith***

Sterling Senior Center

May 11, 2013

Presents

Southern Fried Chicken Dinner

You are invited to come to the Sterling Senior Center and enjoy a truly Southern Fried Chicken Dinner on May 11th. The cost is \$ 15.00 per adult and \$ 7.50 for children (3-10). Dinner service begins at 5:00PM and ends at 7:00PM.

RESERVATIONS HIGHLY RECOMMENDED

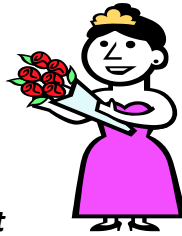
Call: 262-6808 for reservations

You will begin your dinner eating experience with a freshly prepared Caesar Salad. Next you will have your choice of Regular Crispy or Spicy



Crisp Chicken. You will be offered an Irish Baked Potato or Baked Yam. In addition Seasoned Green Beans

and Glazed Carrots will be served followed by Rolls. Your desert for the evening will be a Tropical Fruit Cup. Beverages: Water, Iced Tea, Coffee, and Lemonade will be available. Sodas may be purchased as well.



Miss. All Around Girl Pageant

Sponsored by the Sterling Community Club

Miss All Around Girl Contest – Please note DATE CHANGED to Saturday August 10th

First informational meeting will be **June 8th at 5:00** at the Sterling Community Center during the Centers Open House. The Miss All Around Girl Contest will be held in our new Sterling Community Center on Saturday **August 10th**. This Contest is open to all girls ages Preschool through High School. There will be 4 categories to be judged on; communication skills, formal dress & poise, talent and physical fitness. For questions, more information or to register call or text Melissa at #252-5909 or melissa_daugherty@hotmail.com



“MOOSE RIVER HUSTLE”

Fundraiser Fun Run/Walk

1 mi, 5k, 10k

Sat. May 11, 2013

Benefits;

Sterling Senior Centers “Meals on Wheels”

Race course-Start/Finish at Sterling Senior Center

Registration-8:30 9:45 A.M. at Senior Center

Race Start time-10:00 a.m.

Entry fees-\$10 Youth, \$20 adult (all entrants receive t-shirt

Awards-Top 3 male/female each class

Door Prize Drawings

Entry forms available at Sterling Senior Center

Mail entry forms and make checks payable to;

Sterling Senior Center, 34453 Sterling Hwy., Sterling AK 99672

For more information—call 262-1721



SAVE

THE DATE

SAT. JUNE 8TH-3:00 TO 7:00 PM

NEW “STERLING COMMUNITY CENTER”

OPEN HOUSE

DEMONSTRATIONS, GAMES, PING-PONG & FOOSEBALL TOURNAMENT, ONE MONTH FREE WHEN YOU SIGN UP AS MEMBER, FREE-FREE HOT-DOGS & REFRESHMENTS.

There is a new Allergy specialist in town, which we desperately needed in this area!

Kristina James, MD is Board Certified in Allergy & Immunology. She opened the

“Peninsula Allergy & Asthma Center located at 44455 Sterling Hwy. on April 9th. Some of the

things she specializes in are Asthma, Drug Allergies, Eczema, Food Allergies, Stinging

Insects and others. She is the daughter of local

semi retired pediatrician Dr Carol Bucholz and her husband, CPGH Pathologist Dr Kurt

Bucholz. It is good to know she is here!

From Kathy Becher

STERLING SENIOR CENTER

Our April "Italian Feast" fundraiser was a success. If you didn't make it to the dinner, you missed out on a lot of pasta, tomato sauce, and cheeses. My wife, Katy, and I had a lot of fun cooking for everyone. We had a number of volunteers from the Senior Center and also some of the members from the Horse and Livestock 4H club. They sure are a blessing to us when they help us out.

This month we're going to have a nice **Southern Fried Chicken dinner on May 11th**. That is also the day of the **Fun Run** being held in Sterling that is promoted by one of our friends at the Post Office. The Run funds collected will be applied to our Meal on Wheels program. The Southern Fried Chicken fundraiser profit will be applied to our General operating accounts. Hope you can make both events. The run will make you hungry for the chicken dinner. This year is the Senior Center's 25th anniversary of incorporation. We'll be having special events later this summer to celebrate. We are also inviting any people over 50 years old to join the Center and its activities. We're always ready for good food and good fun as well as helping the community in any way we can. Don't forget to tell your neighbors and friends that the Center is also available for rent. There will be our first wedding rental of the season this month. Hopefully we'll have a lot more.

It's just about time to get out the fishing equipment, too. I'm getting the "bug" to do some fly fishing early. Ice just leaving the rivers and lakes make you hungry for trout. There's a lot of fishing to do before the salmon start running again. Don't forget Mother's Day on the 12th. We'll be having a special lunch on the 9th to celebrate Mother's everywhere.

Our board of directors meeting will be on the 8th which is also birthday cake day for members that have a birthday in April. You can't hide from it, either. Because our printer guy puts up a GREAT BIG sign with names on the date they were born. He likes to rub it in.

There are a lot of cold and flu viruses taking their toll in Sterling. We hope you are all well and following techniques to avoid passing germs along. Stay healthy. There are a lot of things yet to do in life.

Mike McKinley-Director

Citizens Corp

Encountering an active shooter

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HOW TO RESPOND WHEN AN ACTIVE SHOOTER IS IN YOUR VICINITY

*** Evacuate**

Quickly determine the most reasonable way to protect your own life. Remember that customers and clients are likely to follow the lead of employees and managers during an active shooter situation. Consider what is best for you.

If there is an accessible escape path, attempt to evacuate the premises

Have an escape route and plan in mind

- Evacuate regardless of whether others agree to follow
- Leave your belongings behind
- Help others escape, if possible
- Prevent individuals from entering an area where the active shooter may be
- Keep your hands visible--law enforcement does not know who the good guys are
- Follow the instructions of any police officers
- Do not attempt to move wounded people
- Call 911. Remember active shooter situations are often over within 10 to 15 minutes,

before law enforcement arrives on the scene. You must be prepared both mentally and physically to deal with an active shooter situation even after you have evacuated. Events evolve quickly!!

HAPPY BIRTHDAY LEON MERKES

MAY 1ST



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, organization, individual or business news is always welcome and we will try to publish all the news from Sterling that we can. Birthdays anyone??

merkes2@yahoo.com

HAPPY SPRING!!