

# **STERLING COMMUNITY NEWSLETTER**

**OCTOBER, 2013**

## **STERLING COMMUNITY CENTER NEWS**

Some of the programs that our new VISTA member, Debbi Harley, has been working on are a **circuit training routine during the 9:00-10:00 AM hour Mondays, Tuesdays, and Thursdays**, and **Men's/High School basketball on Thursdays from 6:00 p.m. to 8:00 p.m.** Until we get more men and high school boys coming to basketball, Thursday is also open to co-ed. Also continuing for the early birds, is the **"Early Morning" exercise program at 6:30 AM.** The regular **"open hours" for the Center are Mon.-Fri. 11:00 AM till 2:00 PM and 3:00 PM till 6:00 PM.** During these hours the computer-library is open for you to use and to check out books & gym walking is open. We are also starting a **"Home School"** session and a **"Mom/Dad & Me"** session but you need to call the Center at 262-7224 for more information on these.

We are getting our "After School Program" up and running – we're looking forward to having a lot of students take advantage of that. For a whole year, a student can be at the facility for an annual fee of only \$85.00. That's only about .25cents per day. Some of our local people have generously sponsored eight kids for one year memberships as well as a sponsorship for a whole family. Applications for these sponsorships can be picked up at the SCC or at Sterling Elementary. And remember, if you are looking for something to fill in your days this winter, we always in need of volunteers to supervise these kids during this fun after school time.

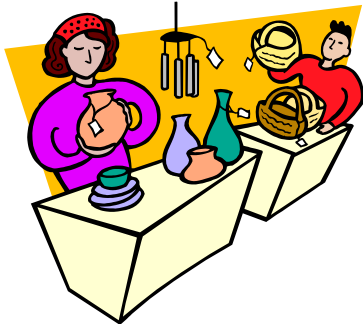


**GRAND OPEINING & DINNER/AUCTION** is happening on Saturday, Oct. 12<sup>th</sup> at 6:30 PM at the Sterling Community Center. This event is twofold this year. **The first reason** is the "Grand Opening" to thank all the wonderful volunteers that have helped with labor, equipment, materials, reduction in contract prices and general support to move the post office, the log school cabin, the hockey rink, the baseball field and especially to get our beautiful Sterling Community Center built. What an accomplishment this has been with the help of the whole Sterling & Soldotna community. This could not have happened without all of you!! Of course, there needs to be a special thank you to our Legislators; Rep.

Mike Chenault, Rep. Kurt Olsen, Senator Tom Wagoner, Senator Peter Micciche, Mayor Mike Navarre, all the Assembly people, and the Rasmuson Foundation for all the funding they have helped with.

**The second reason** is our annual Dinner/Auction to benefit the **Sterling Head Start and the Sterling Community Center**. The Head Start program needs to make some money to help pay for things that are not included in their meager budget. Such things as warm coats and mittens for their kids that don't have any, extra gas money to help send parents to appointments and any other incidentals they see a need for. The Community Center needs to raise money to pay for operations of the Center. This will be a fun filled adult event with entertainment, prime rib

dinner, no host bar & a silent & live auction. Tickets for the **Prime Rib Dinner** are only \$25.00 per person and can be picked up at the Sterling Community Center, at Head Start or at the door. We would like to have pre-purchases so we will have an idea of how many will attend.



### **CRAFT & VENDER PRE-HOLIDAY FAIR-Sat. Oct 12<sup>th</sup>**

At the time of this writing, the spaces are filled (about 35). If you are still interested in having a space, we are now putting people on a waiting list in case some of the vendors don't show up. This is our first annual Craft and Vendor Fair and we know it will be a big success. There will be entertainment for part of the day and the Sterling teens will be running the concession stand with

drinks, popcorn, sweets, hamburgers, cheeseburgers, hotdogs & tacos. So come early and stay late, eat and spend some time browsing through all the booths and do your early Christmas shopping.

### **HOLIDAY FOOD BASKETS**

The Sterling Senior Center has sent out letters to some of the Sterling organizations asking for someone to take on the "Holiday Food Basket" project as they no longer could. The Sterling Community Club board members have agreed to take on this big undertaking, for this year only. This year we have a VISTA member that has agreed to be the main contact for accepting the food, determining who is in need, organizing the individual baskets (boxes) and the Community Center will be the central location for this project. She will need all the churches, schools and organizations to help with food collections and volunteers to help in the distribution of these boxes. For information, on how you can help to make the holidays more enjoyable for all, please call 262-7224 and talk to Debbi Harley. Let's all get involved and help!!

**Mark your calendar for these happenings at the Sterling Community Center;**

- **Oct. Start collecting food for Holiday Food Baskets for those in need**
- **Oct. 1<sup>st</sup> ELECTION Day voting (all Sterling Precincts)**
- **Oct. 2<sup>nd</sup> HEA annual community meeting & bar-b-q 5:30 PM**
- **Oct. 7<sup>th</sup> General SCCI meeting & Grand Opening Dinner/Auction planning 5:45**
- **Oct. 12<sup>th</sup> "Official Grand Opening Dinner/Auction" in cooperation with Sterling Head Start**
- **Oct. 19<sup>th</sup> Vender & pre-Holiday Fair (over 35 vendors)**
- **Oct. 23<sup>rd</sup> Assembly of God Youth night 6:30 PM**

**STERLING BAPTIST CHURCH**

Sterling Baptist church hosts AWANA program

They are starting an AWANA program this year, every Wednesday, starting Sept. 4 from 6-8 p.m. The club will meet at Sterling Baptist Church. Children 3 years old through sixth grade are welcome. Call Sterling Baptist for more information at 262-4711.

**STERLING SENIOR CENTER**

October! Snow! Ice! Dark! I guess winter is just about here, eh? Time to gas and lube the snow removal equipment and the snow machine if you have them. I'm sure we'll get plenty of use out of them this year if the rain in September is any indication of how much moisture we might get. Also, remember to have emergency kits ready with water, food, source of heat, source of light, clothing. You never know when the time might arrive that will cause you to need emergency survival items.

The good news this year was that the polar ice cap didn't disappear as predicted but actually had over a million more square miles of ice over the previous year. I guess we won't be tropical here in Alaska very soon after all.

October 19<sup>th</sup> we will be having a dinner and musical show to celebrate AGING and will title the dinner our Octoberfest. All profits and donations will be given to United Way as our contribution to their fundraising campaign. Please support the United Way any way you can. Individual donations can be dropped off at our front desk or office and designated for United Way with checks being made to SASCI. We will present United Way with one check with the total of all fundraising and donations included. United Way funds stay in the community so don't hesitate to support this vital organization.

We are in need of drivers to deliver Meals on Wheels to Sterling residents. Please consider volunteering to deliver one or more days of the week. It's a rewarding experience and one you won't forget. All of our drivers are volunteers and are paid a stipend of \$15 per day to help defer some of the cost of driving. You don't need to be a member of SASCI to help with this community service. You can contact the Center at 262-6808 if you are interested.

**Mark your calendar for these happenings at the Sterling Senior Center;**

- |   |                       |                      |
|---|-----------------------|----------------------|
| • <b>Oct. 1<sup>st</sup> Caregivers meeting</b>   |                       | <b>1:00 PM</b>       |
| • <b>Oct. 11<sup>th</sup> Friday Night movies</b>   | <b>6:00 PM snacks</b> | <b>7:00 PM movie</b> |
| • <b>Oct. 19<sup>th</sup> United Way Fundraiser &amp; Choir presents "The Aging of a Choir"</b> | <b>5:00-7:00 PM</b>   |                      |
| • <b>Oct. 25<sup>th</sup> Friday Night movies</b>   | <b>6:00 PM snacks</b> | <b>7:00 PM movie</b> |
| • <b>Oct. 31<sup>st</sup> KIDS Halloween Party</b>  |                       | <b>5:30-7:30 PM</b>  |

### **Citizens Corp Tips**

*Are you planning a trip outside? Take time to prepare for safe travel*

*Begin by seeing what the U.S. government says about your destination country. On the Internet, go to <http://www.travel.state.gov>. The site provides a listing of worldwide caution as well as travel alerts, including weather alerts for all 50 USA states. The US Centers for Disease Control and Prevention, also has a site for alerts: <http://www.cdc.gov>. The site, also, provides general and specific health related topics*

*When outside the USA, take a copy of the consular information sheets provided and write down the number of the USA embassy. This proved most helpful when I was pick pocketed in a Denmark train station---a Marine from the USA Embassy came to pick "money-less, documentless" me, up.*

*As with boating and aviation trips within Alaska, always leave a travel plan. BE SPECIFIC. Avoid being victimized by unscrupulous cab drives, abroad and here. Familiarize yourself with maps of the areas you are visiting.*

*Pausing for safety plans can help to ensure your reaching your ultimate goal: GREAT and FUN EXPERIENCES.*

### **STERLING HEAD START**

The Sterling Head Start program has started off with a full slate of students. The first couple of weeks are always a learning curve for both staff and the wee ones. They are busy learning about their surroundings, their new friends and especially the fall season. The parents are also busy getting ready with ideas for the upcoming "Dinner Auction" that will be held on Oct. 12<sup>th</sup> for the benefit of the Head Start program and the Sterling Community Center. The Head Start parent orientation day was held at the Center so they could gather all the new information about the program & all their little ones got to play in the big gym while their parents were busy.

*Another year of Soldotna High School Hockey is almost here and the SoHi Hockey Booster Club is now selling ads for our 2013-2014 hockey programs. We expect our team to have a great year and hope you will be a part of our success.*

*High school hockey is largely dependent on money raised by the SoHi Hockey Booster Club. The funds we raise cover the ever growing costs of ice time, referees, uniforms, travel expenses.*

*Please help support our youth, who benefit from this exciting sport by placing your ad today! Not only is this tax deductible, but your ad will be viewed in approximately 200 programs which will be made available at all home games free of charge to all hockey fans. Ads must be received by October 18, 2013. As a token of our appreciation, you will receive 2 free tickets to one of our games this year. If you have any questions, please contact Barb O'Lena at 394-4645, or you can email your ads to [bdolena@gmail.com](mailto:bdolena@gmail.com). TaxID 92-0030923*





**K. P. FAMILY CAREGIVERS SUPPORT PROGRAM  
OCTOBER SCHEDULE**

Sterling Senior Center—Tuesday Oct. 1st—Medicare Part D  
with Lori Engler ADRC  
1 p.m.

Soldotna Senior Center—Tuesday Oct. 8th—Peer Support  
Group 1 to 3 p.m.

Seward Senior Center—Wednesday Oct. 9th—Program Re-  
source Information 1 p.m.

Kenai Senior Center—Monday Oct. 14th—Stopping Stroke  
Limiting the Damage Done 1 to 3 p.m.

Soldotna Senior Center—Tuesday October 22nd Peer Sup-  
port Group 1 to 3 p.m.



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

Administered by the Soldotna Senior Center

***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](mailto:sterlingcommunityclub@live.com) or phone us at 907-262-7224***



***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 FALL!!***