



STERLING COMMUNITY NEWSLETTER

DECEMBER, 2014

Mark your calendar for some Happenings in the area in December

Tues. Dec. 2 nd @ SSC Caregiver Support Program ("Fall Prevention")	1:00-2:15 pm
Thurs. Dec. 11 th Keith & Beth Ikerd @ Sterling Pentecostal Church	7:00 pm
Thurs. Dec. 11 th Sterling Community Club Board meeting (everyone welcome)	5:45 pm
Sat. Dec. 13 th @ Sterling Elementary /Santa will be there/chocolate chip pancakes	9:00/1:00
Sat. Dec. 13 th @ SSC Prime Rib Dinner	5:00 pm
Sun. Dec. 14 th Keith & Beth Ikerd @ Sterling Pentecostal Church	11:00 am
Mon. Dec. 15 th "Ugly Sweater Christmas Party" Life with Hope Group	6:30 pm
Wed./Fri. Dec. 24 th /26 th SCC closed for Christmas holiday	
Thurs,-----Dec. 25 th thru Jan. 4 th SSC will be closed	
Mon.-Wed. Dec. 29 th -31 st @ Sterling Community Center "Free Days"	12:00/6:00 pm
Thurs. Jan 1 st SCC closed for New Years Day	

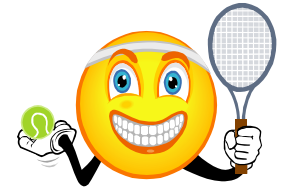
STERLING COMMUNITY CENTER NEWS:

Our big news at the Sterling Community Center is that Rochelle Hanson has been hired as our new Administrative Assistant! She will be replacing Renae Wall, who has been with us for a year. Rochelle is a Sterling local who has past experience as an administrative assistant and school secretary with the KPB school district. She has also been a volleyball coach and Special Olympics and Native Olympics coach. Rochelle lived in Port Graham for 18 years before moving to Sterling in 1998. Rochelle says, "I am excited to work at the Sterling Community Center, and really look forward to getting connected with more of the Sterling community!"

Zumba has started up again! Sessions are Mondays and Wednesdays through December, 10:30 – 11:30a.m. (Watch for schedule changes in January). Gym Walking had added a day, so now is Mon., Wed., and Friday mornings, 9-10 a.m. Pickle ball continues to be Mondays, 1-3 p.m., and Thursdays, 6-8 p.m., and Toddler time is Wednesdays, 12-1 p.m. Beginning Yoga is Wednesday evenings, 5:50-6:30 p.m. through Dec. 17; after a break, yoga will resume on Jan. 21.

The Sterling Community Center has a Christmas gift for you! FREE DAYS at the SC Center will be Monday, Dec. 29 through Wednesday, Dec. 31. Come use the facility for FREE during these three

days! This is a great opportunity to try out a program, use our computers, or just shoot some hoops during open gym. (All facility users must fill out or have a completed non-member/guest form on file. Children under 8 years old must be accompanied by a parent or guardian.) We are open from 12:00 noon to 6:00 p.m., but Zumba and Gym Walking are in the mornings (see above). Merry Christmas!



The Sterling Community Club, December board meeting, will be Thursday, Dec. 11, at 5:45 p.m. SC Club board meetings are open to the public. Please note that the Sterling Community Center will be closed Dec. 24 through Dec. 26 for the Christmas holiday, and Jan. 1 for New Year's Day. Don't forget that the SC Center is available for rent for your family or business event! Contact the SCC office at 262-7224 for rates and information.

STERLING PENTECOSTAL CHURCH:

Keith and Beth Ikerd, former residents of Sterling, will be ministering at the Sterling Pentecostal Church December 11th and 14th. They will be sharing reports of their missionary efforts in Namibia, Africa. The Thursday, December 11th service will be at 7:00 p.m. The service on Sunday, December 14th, will be at 11:00 a.m. followed by a potluck. The church is located on Swanson River Road and Entrada. Please go to sterlingpentecostalchurch.com or call 262-7240 for more information.

Mitchell Glover maglover@alaska.net



LIFE WITH HOPE GROUP:

You're invited to the "Life with Hope Group." We meet every Monday night at Melissa Daugherty's house at 7:00 pm. The group is for ladies to get together to love and support each other. However, on Monday, Dec. 15th it will be a special meeting of an "Ugly Sweater Christmas Party". There will be lite snacks, games and a stocking exchange. On Mon. Dec. 22nd we will go out Christmas Caroling. Call if you would like more information #252-5909.

Citizens Corp Tips

Winter Driving 3 of 4

**** See and be seen.** When it is gray or snowing, turn the car's headlights on so that you can see and be seen by surrounding traffic. Keep the headlights and taillights clean for added visibility.

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 two car lengths for every 10 m.p.h. 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

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Kenai Peninsula Family Caregiver Support Program Meeting

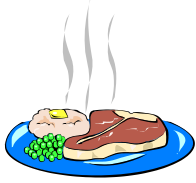
Tuesday, December 2nd 2014, 1:00 pm Sterling Senior Center, Caregiver Support Program-Topic: Fall Prevention

Please join us to share your experiences as a caregiver, or to support someone who is a caregiver. 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.

STERLING SENIOR CENTER:

We had a great November at the senior center. The whole Sterling community worked together to give out 68 Thanksgiving boxes for families in need. I would like to give a big shout out and thank you to, Sterling Elementary, Sterling Community Center, Sterling Baptist, and abundant life church for the food and money donations. Also thank you to everyone that donated from the center and the community. We appreciate it, more than you know. We will be doing food boxes again for Christmas, so please bring in non-perishable food or grab an angel off the tree for a child in need.

The Center will be closed from December 25th through January 4th. We'll be here to greet you in the New Year on January 5th.



Don't forget the Annual Holiday Prime Rib Dinner on December 13th at 5pm. The SASCII choir will be performing. We still need volunteers to work that night. Please take the time to stop by the front counter to sign up for volunteering and/or the dinner. Signing up ahead of time helps us with the purchase of food items. We hope to see you there.

Merry Christmas and a Happy New Year!!!

Shae Leggett-Director

**Santa is coming to Sterling Elementary!!!
Saturday, December 13th
9:00am —1:00pm**

Come have chocolate chip pancakes and Rudolph's red punch with Santa on Saturday, December 13th, 9am to 1pm. Families can purchase pictures with Santa (or bring your own camera), and adults who aspire to become elves will be available in Santa's Secret Shop to help children purchase and wrap gifts for their family members.

With special permission from Santa and the USPS we will have a special mailbox for children to drop off their letters to Santa.

Each year the PTA purchases items to sell in the Secret Santa Shop. Donations of money or adult gift items would be greatly appreciated so that we may keep our prices affordable for our young shoppers. If you would like to make a donation please contact Amanda Larby at 953-4197.



Sterling Community Center Projects;

Here are some of the projects that still need to be done at the Sterling Community Center. Now that summer is gone, you may have some extra time to volunteer here at the SC Center. We would greatly appreciate any help you can offer! Call the Sterling Community Center at 262-7224 if you can help. Thanks!!

Sterling Community Center Project List (from Bob Oakes)

- Empty & move storage shed, dirt work needs to be done at new location before moving
- Hockey rink equipment room door installation needs completed
- LED road sign needs checked out and programmed
- Projection screen and projector need installed in gym
- New push button facility access door knobs need programmed and installed
- Relief valves need changing on the boilers
- Hockey rink asphalt cracks need repaired
- Hockey rink equipment room water piping needs piped to outside of room
- Bollards around septic tank need pipe wrap welded to piling

- Shower panels need installed
- Shower handicap seats need installed
- Locker room counter tops need front solid surface trim installed
- Locker room base molding needs completed
- FRP needs installed around kitchen steam table and a quartz shelf installed
- Woman's bathroom stall panel needs changed out
- Banners need put up and some need moved in gym
- Post office roof, doors, windows, skirting and painting
- School house crawl space vents & foundation waterproof fabric and metal need work
- School house gas piping needs tied to the new piping
- Wire fencing and piping needs removed around baseball field
- Baseball field playground area needs leveled out
- Pavilion needs moved and playground equipment installed
- Parking lot areas need bad soils removed and good material placed
- Two gym wall pads need moved from the south to north wall
- Locker room thermostat needs moved
- All exterior doors need rekeyed except the front door
- Cracked windows need replaced
- Hockey rink warm-up room needs floor pads installed
- Hockey rink equipment room door needs to be installed correctly

A NOTE FROM ASSEMBLYMAN STAN WELLS;

Good Morning Grace;

Yes, "A Happy Thanksgiving to each."

Yes, you're right, it has been busy! I had no idea how fast it was going to get so busy!

Also, if and when there is interest, I'd be happy to come to some event when there is interest in hearing from or asking questions of your Assembly representative! Although admittedly, I'm more in a learning mode than an informative mode!

Sincerely, Stan Welles

MERRY CHRISTMAS
&
HAPPY NEW YEAR "2015"

From Editor-Grace Merkes- Hope you enjoy reading the Sterling Community Newsletter and this info is helpful to you. All your groups, churches, organizations, businesses, birthdays, weddings, graduations etc. are accepted by emailing me at merkes2@yahoo.com Thank you!!