



**STERLING COMMUNITY NEWSLETTER
OCTOBER, 2014**

STERLING PENTECOSTAL CHURCH:

Sterling Pentecostal Church will have a Marriage Seminar titled “The Marriage Fog” with Reverend Daniel Sirstad on October 24th & 25th from 7:00 pm to 9:00 p.m. each night. Topics such as “The Marriage Fog”, “Defogging the Marriage”, “Becoming Friends Again” and “Marriage Fun” will be covered. People who are married or engaged to be married are welcome to attend. Daniel Sirstad is a licensed clinical pastoral counselor who lives in Troutdale, Oregon. Please call 262-7240 or go to sterlingpentecostalchurch.com for more information.

Mitchell Glover maglover@alaska.net

STERLING MASONIC LODGE #22



The Sterling Masonic Lodge #22 is having an all-you-can-eat Spaghetti Dinner on Saturday, October 18th from 4:00 pm till 6:00 pm. All the proceeds received from the dinner will benefit the Kenai Peninsula Food Bank and the Sterling Area Senior Center.

The menu includes spaghetti, both meat and meatless sauce, regular, gluten-free, whole-wheat and vegan pasta, garlic bread, salad, and dessert. Donations of \$12.00 for the dinner is requested. For further information please call 252-4961.

**Kenai Peninsula Family Caregiver
Support Program
Meeting Schedule
Dental Hygiene Awareness Month**

Tuesday, October 7, 2014, 1:00 pm Sterling Senior Center, Caregiver Support Meeting-Topic: Dental Hygiene

Tuesday, October 14, 2014, 1:00 pm Soldotna Senior Center, Caregiver Support Meeting- Topic: Dental Hygiene

Thursday, October 16, 2014, 5:00 pm KPFCSP Office in the Blazy Mall, Caregiver Support Meeting- Dental Hygiene

Tuesday, October 21, 2014, 1:00 pm Kenai Senior Center, Caregiver Support Meeting- Topic:- Dental Hygiene

Tuesday, October 28, 2014, 1:00 pm Soldotna Senior Center, 1:00 pm Caregiver Support Meeting

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 COMMUNITY CENTER NEWS:

Basketball Camp

Twenty-one children participated in Sterling Community Center's K-6 Youth Basketball Camp in September. This camp was made possible by a grant from the Kenai Peninsula Foundation. Joshua Harshman was coach, assisted by Judah Harshman and Brian McCorison. The kids worked hard during the 3-day camp, improved their basketball skills, and had a blast. Our sincere THANK YOU to the Kenai Peninsula Foundation and camp coaches!

Pickleball

Still haven't learned how to play pickleball? The SCC is offering two more Sunday "Pickleball Skills & Drills" sessions on Sundays, Oct. 5 and Oct. 12 from 4:30 pm till 6:00 pm.. This is a perfect time for beginners to learn the basics of the game, and for players of all skills levels to focus on improving their technique. Don't miss this final opportunity to receive personalized instruction from volunteers Darrell and Aileen Keifer. Open to the public. \$3.00 for non-members (free to SCC members). Please wear non-marking shoes.

Regular pickleball play times in October are Mondays, 1:00 – 3:00 p.m., and Thursdays, 6:00 – 8:00 p.m. Open to the public. \$3.00 for non-members (free to SCC members). Please wear non-marking shoes.

Yoga

Beginning Yoga continues on Wednesdays, 5:30 – 6:30 p.m., instructed by Raven Askew. \$6.00 per participant. Dress comfortably, and bring water and a floor mat.



Gym Walking

Don't let the cooler temperatures get you down – come inside for Gym-Walking on Wednesdays and Fridays from 9:00 – 10:00 a.m., organized by volunteer Brandi Hesse. Stay active and meet new people! Open to the public. \$3.00 for non-members (free to SCC members). Please wear non-marking shoes.

Elections

The Kenai Peninsula Borough Regular Elections will take place Tuesday, October 7. The Sterling Community Center is the polling place for Sterling District 29, Precincts 180 and 190

(Sterling No. 1 and Sterling No. 2). Polls will be open from 7:00 a.m. to 8:00 p.m. We are located at the corner of the Sterling Highway and Swanson River Road (35040 Sterling Highway). Come and make your voice heard!

Craft and Vender Fair

Do you want to find creative, one-of-a-kind items to help take care of that Christmas shopping list? The “Sterling Community Center 2014 Fall Craft & Vendor Fair” will be Saturday, October 18, 2014, from 9:00 a.m. to 5:00 p.m. at the SC Center. More than 35 Crafters and Vendors will be in attendance. Concessions will be available. Mark your calendars and get a jump on the upcoming holiday season! (Vendors, there are 3 spaces left, so call today to reserve your space!)

Meeting

The next Sterling Community Club board meeting is scheduled for October 23rd at 5:45 p.m. SCC Board meetings are open to the public.

Venue Rental

Do you need a larger venue for your holiday party? The Sterling Community Center facility is available to rent. We have a full size gym, conference room/library, and a commercial-grade kitchen. Tables and chairs are provided with your rental. Call 262-7224 or e-mail sterlingcommunityclub@live.com for more information.

For a current schedule of events, find the SC Center calendar at www.sterlingcommunityclub@live.com (“Calendar” tab), or call #262-7224 for more information.



HOMER ELECTRIC:

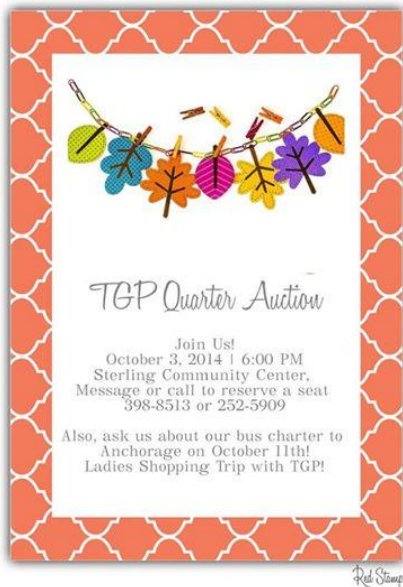
Come and make your voice heard! Homer Electric Association’s Annual Meeting and BBQ will be held at the Sterling Community Center on Wednesday, Oct. 8, from 5:30 to 7:00 p.m. This event is free and open to the public.

Mark your calendar for some Happenings in Sterling in October

Friday Oct. 3 rd	Quarter Auction @ SC Center	6:00 pm
Fri. Oct. 3	Movie “BEARS” A Disney movie @ SSC snacks @ 6:00	movie 7:00 pm
Sun’s, Oct 5 th & 12 th	Learn Pickle ball skills @ SC Center	4:30 pm /6:00
Tues. Oct 7 th	Dental Hygiene Caregiver meeting @ SSC	1:00 p.m.
Tues. Oct 7 th	Borough election @ SC Center	7:00 am/8:00
Wed. Oct. 8 th	Lunch with Rep. Don Young @ SSC	noon
Wed. Oct 8 th	Homer Electric Annual meeting and free Bar-B-Q	5:30/7:00 pm
Sat. Oct. 11 th	Ladies Shopping Trip to Anchorage	
Fri. Oct. 17 th	Movie “Draft Day” w/Kevin Costner/Jennifer Garner	6:00/7:00 pm
Sat. Oct 18 th	Fall Craft and Vendor Fair @ SCC	9:00/5:00 pm
Fri. Oct. 21 st	“Glow in the Dark” at Abundant Life Church	6:00 pm
Thurs. Oct. 23 rd	Sterling Community Club meeting	5:45 pm
Fri/Sat Oct. 24 th /25 th	“The Marriage Fog” @ Pentecostal Church	7:00/9:00 pm
Fri. Oct 31 st	Kids Halloween Party @ Sterling Senior Center	5:30/7:30 pm

Ladies Shopping Trip to Anchorage

TGP (The Gathering Place) has chartered a bus for Saturday October 11th and is open to any lady interested. We will have two pick up locations in the morning. The first will be at Fred Meyer in Soldotna and the second will be at Abundant Life in Sterling. The cost is \$40, and includes a light breakfast, the bus ride, door prizes, and a lot of FUN!!!! Some of the stops in Anchorage include Kohl's, Target, 5th Avenue Mall, Burlington Coat Factory, and Diamond Center. Reserve your seat now!



Quarter Auction

Fall into Fun! The Gathering Place is hosting a Quarter Auction Friday October 3rd at 6:00 at the Sterling Community Center! We have 17 vendors that are participating (Origami Owl, Jamboree Nails, Norwex, Thirty-One, Orange Poppy, AKBusybea, Pampered Chef, Damsel in Defense, Watkins Products, PartyLite, Mary & Martha, Jewel in Jen, Heather & Heather Screen Printing, Tastefully Simple, Tupperware, Younique & Advocate). Join us and win amazing items for just quarters! It only costs \$5 for a bidding paddle and quarters to bid on items. Call us to reserve a seat (#398-8513 or #252-5909).....we only have 15 more open seats.....Reservations needed!

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. Call if you would like more information #252-5909.

Citizens Corp Tips

When the snow season comes to Alaska, it's like driving in another world. Suddenly, your car is different. It will not start, steer or stop the way it does in warm weather. The roads often become treacherous when covered with snow. Slush is often as slippery as ice and both are a potential danger to motorists. Visibility is even affected by winter conditions. Daylight hours are short

and the glare from the snow can blind you. In addition, windshields often ice or fog over. The biggest problems with winter driving are often the drivers themselves. Too often drivers are in a hurry. They either don't worry about road conditions, or become tense and nervous when at the wheel. Below are tips on how to prepare for winter and how to react to dangerous driving conditions.

Planning and Preparation

Since all winter driving problems cannot be anticipated, the best rule is to plan for potential situations and be prepared. Don't wait until the cold weather arrives to do so. Prepare for winter beforehand by having your car tuned so it will run efficiently. This will reduce the chances of roadside breakdowns. The following systems should be checked by a skilled mechanic.

The battery: Cold weather makes vehicles harder to start. Always keep the battery and terminals clean in order to insure good connections, and keep the battery fully charged. Be sure to check the battery's fluid level as well as the voltage regulator. If there is a question regarding your battery's integrity, get a new one!

The ignition system: Check the condition of ignition wires, and check the distributor cap for cracks. Faulty wires or a cracked cap can result in engine drown out when it snows, or when slush is thrown onto the car and into the engine compartment. It is also a good idea to have a tune-up done before cold weather sets in. A tune up should reveal ignition problems, if they exist.

The heating and cooling systems: Have the antifreeze in the radiator checked. If there is a leak in the radiator or hoses, have them repaired or replaced before you add antifreeze. Test the heater and defroster to make sure they are functioning properly. If they are not putting out enough heat, have the thermostat and heater checked. Also, check the intake vents for any debris or other matter that can cause blockage.

The exhaust system: Be sure to have the entire exhaust system checked for leaks. Replace components as necessary. Carbon monoxide is a killer and even a small leak in the system could pave the way to disaster.



From Editor-Grace Merkes- Sorry about being late for the October Newsletter, I was in Wisconsin. 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!!