



## STERLING COMMUNITY NEWSLETTER SEPTEMBER 2014

### STERLING COMMUNITY CENTER NEWS:

The 2014 Sterling Triathlon held on August 9<sup>th</sup> was a huge success! Ten teams participated in the event, which involved the first team member running 1.7 miles, both team mates canoeing .5 miles together, and then the second team member biking 5.6 miles. The winners in the two categories were: Ages 17-49, First Place – Disastronauts, Mike Crawford, Tony Eskelin, 34:33; Second Place - Double Trouble, Ryan Brumley, Josh Merkes, 39:58; Third Place - Peninsula Beach Boys, Colton Musgrove, Jeff Williams, 40:00. Ages 42-50+, First Place - The Grainge Sisters, Mary Bodnar, Marcia King, 49:51; Second Place - Granny's Rock, Carrie Foster, Sharri Whitford, 60:15. Special Thanks goes to Jen Waller for organizing the event and to Stan and Nikki Welles for coordinating the Chili Feed set-up and clean-up. Thank you also to those who provided the food, and to Roy Baldwin of The Willow Picker for the creative walking stick awards. Thank you!

The SC Center hosted a Volunteer Appreciation Dinner on August 22. We appreciate our volunteers! Over 80 people have donated their valuable time to the SC Center since January. This year alone over 600 volunteer hours were logged just helping out at the front desk or doing light maintenance, not even counting construction projects or working at events! Thank you, Mike and Debbie Even, CBC Rental, Debbie Bass, Terry Buffo, and the amazing Far North Derby ladies for making our evening so special.

**3-Day Basketball Camp** for children grades K-6 at the SC Center! Monday, Tuesday, and Wednesday, Sept. 22-24, from 3:45 p.m. to 5:45 p.m. Coached by Josh Harshman. Participants will learn the basic skills of the game. Cost: \$15 per person. If a parent/guardian volunteers to help with the camp, up to 2 of his/her children may attend for free. (Volunteers must sign up by Sept. 19 and pass a basic background check.) Snacks provided. Participants must wear non-marking athletic shoes. Register at the Sterling Community Center.

The **SCC library** is looking AWESOME, thanks to our volunteer Marilyn Albright! Need a good book to read on a rainy day? Why drive all the way to Soldotna? Come check one out here at the SCC and get reading sooner.

Looking for a fun activity that's GOOD for you? The SCC has a Beginning **Yoga and Stretch** class on Wednesdays from 5:30 to 6:30 p.m. This class is good for all skill levels. **Pickle ball** continues to be a big hit; if you want to learn the basics, or simply want to improve your game, come try out the Pickle Balls Skills & Drills sessions on Sundays in September, 4:30 to 6:00

p.m. Regular pickle ball play is Tuesdays 1:00 to 3:00 p.m., and Thursdays 6:30 to 9:00 p.m. Open to the public.

The SC Center will be closed Monday, Sept. 1, in observance of Labor Day.

The SC Center is looking for volunteers who can commit to serving once a week or once every 2 weeks from 3:00-6:00 p.m. Mon.-Thur. to work with our kids. We will provide volunteer training and support along the way. Join our team in serving and supporting some incredible children!

Do you have a laptop computer that you don't need any more but that is still in good condition? Would you consider donating it to the SC Center for use in our library? Contact Renae Wall at the Sterling Community Center if you do.

The next **Sterling Community Club board meeting** is Tuesday, Sept. 16, at 5:45 pm. SCC board meetings are open to the public. For a current schedule of events, find the SCC calendar at [www.sterlingcommunityclub@live.com](mailto:www.sterlingcommunityclub@live.com), or call 262-7224 for more information.

The **Kenai Peninsula Borough Regular Election** 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!

Calling all Crafters and Vendors! The Sterling Community Center invites artists, crafters, and vendors to participate in its **2014 Fall Craft & Vendor Fair** to be held Saturday, October 18, 2014, from 9:00 a.m. to 5:00 p.m. at the SC Center. Price is \$30 for a space & \$10 to rent a table. There will be a limit of 1 vendor per product line. Early registration for Sterling, Soldotna, and Kenai vendors begins Sept. 3rd. Open registration begins Sept. 15th. Visit [www.sterlingcommunityclub.com](http://www.sterlingcommunityclub.com) for a registration form, or visit the Sterling Community Center in person. Call 262-7224 or email [sterlingcommunityclub@live.com](mailto:sterlingcommunityclub@live.com) for more information.

**DOMESTIC ANIMAL PROTECTION LEAGUE:**



On Monday, Sept. 15<sup>th</sup> at 7:00 pm the Domestic Animal Protection League is hosting a public information meeting regarding the Domestic Animal Protection Proposition A1 and A2 that will appear on the October 7 ballot for an advisory vote. This informational meeting will be held at the SCC. It is open to the public and all are welcome to come learn about this issue.

**HOMER ELECTRIC:**

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.

**FAR NORTH DERBY:**

It's Open Season! Your local roller derby team, Far North Derby, is hosting skaters from all over Alaska. Watch them join forces and duke it out to see who comes out on top: Predators or Prey? The Beer Garden and Concessions open at 5pm, wheels roll at 6pm. Bring your own chairs to the SC Center on Saturday, September 20th. This is an outdoor event, rain or shine. A portion of the proceeds will be donated to the ALS Association. Come out for some fun and support your local non-profit roller derby team as well as a good cause.



**STERLING SENIOR CENTER:**

We had a great turn out for the BBQ and Pie Auction. Thank you everyone that volunteered and made the event very successful. In the month of September we will be closed on the 1st for Labor Day. We hope that everyone will have a great 3 day week end and be safe. We also have the garage sale coming up on the 12th and 13th. We are still looking for some items to be donated and have tables available for rent. Please call us for more information 262-6808.

Thank you,  
Shae Leggett  
Executive Director  
34453-Sterling Hwy  
Sterling, AK 99672  
[sterlingseniorcenter@alaska.net](mailto:sterlingseniorcenter@alaska.net)  
907-262-6808



**ALASKA STATE PARKS**

Jason Okula with Alaska State Parks (at Morgans Landing) is looking for volunteers for trail and park maintenance work. His phone number is 398-6158.

**STERLING BAPTIST CHURCH:**

The Sterling Baptist Church AWANA program  
begins on Wednesday, Sept. 3 from 6-8 PM  
for ages 3 years through 6th Grade.

Call 262-4711 or email to [sterlingbaptist@acsalaska.net](mailto:sterlingbaptist@acsalaska.net) for additional information. Pre-registration is available.

**SOCIAL SECURITY INFO.**

Per a phone call to the Sterling Community Center, the Social Security presentation "Understanding the Benefits" that was talked about in the August newsletter was cancelled. They said they'll do it in either Sept. or Oct.

### **ABUNDANT LIFE CHURCH:**

“THE SPOT” Youth Group (High School), Wednesday nights-6:30-8:00 pm

“RAGE” (Jr. High) 6<sup>th</sup> – 8<sup>th</sup> grade, 6:30 – 8:00 pm, Wednesday nights

“What Motivates your Heart? Ladies Bible Study begins on Sep. 4<sup>th</sup> at 6:30 pm. This group will be at the office complex at ALC, Mile 81.5 Sterling Hwy. 262-7266

“COD” for kids , 3 yrs. Till 5<sup>th</sup> grade, Wednesday nights 6:30-8:00 pm, dinner will be served

“Glow in the Dark” Friday, October 31 at 6:00 pm at ALC

### You're Invited to the LIFE with HOPE group.

- Making new friends and creating new memories that will last a life time.
- Come and go as your schedule allows. If you can't make it this week no big deal, we will see you next week.
- Supporting each other with love and laughter.

*Monday nights at 7pm at Melissa Daugherty's home.*

*Directions: Otter Trail to Waxwing (you will see a pink buoy follow Waxwing down the hill past shop.*

*For more info contact Melissa 252-5909. Co-Lead with Sandy Hanson.*



### **STERLING PENTECOSTAL CHURCH**

Sterling Pentecostal Church has scheduled a Kid's Day on Sunday, September 21<sup>st</sup>.

The 11:00 a.m. service will focus on kids with activities, songs, prizes, & message.

Following the service a meal will be provided to all families and friends who come. Door prizes will be drawn at that time. For more information call 262-7240 or visit [sterlingpentecostalchurch.com](http://sterlingpentecostalchurch.com).

**Mitchell Glover**

**Kenai Peninsula Family Caregiver Support Program**

**Healthy Aging Month**

**Meeting Schedule**

**Tuesday, September 2, 2014, 1:00 pm Sterling Senior Center, Caregiver Support Meeting-Topic: "Healthy Aging Awareness Month"**

**Tuesday, September 9, 2014, 1:00 pm Soldotna Senior Center, Caregiver Support Meeting- Topic: "Healthy Aging Awareness Month"**

**Monday, September 16 2014, 1:00 pm Kenai Senior Center, Caregiver Support Meeting- Topic: "Healthy Aging Awareness Month"**

**Tuesday, September 30, 2014, 1:00 pm Soldotna Senior Center, 1:00 pm Caregiver Support Meeting.**

**Tea Time with Judy 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.**

**ELECT STAN WELLS/MEET & GREET & free pizza:**

Come to a "Meet and Greet" for Stan Welles, the conservative candidate for Borough Assembly District 5. Free pizza and beverages at the Sterling Community Center on Tuesday, September 30, at 6:30 p.m. Stan Welles is running for Charlie Pierce's assembly seat, which will be determined at the October 7 Kenai Peninsula Borough elections. Charlie is Sterling's current Borough Assemblyman, who is vacating the seat due to term limits. Charlie will also be present on September 30 to introduce and support Stan as candidate to be Sterling's representative on the Borough Assembly.

**Hello, my name is Stan Welles**

I am seeking your vote on October 7<sup>th</sup>, 2014 to be a conservative voice for Sterling on the Borough Assembly.

I have been married to Nikki for 50 years this Christmas Eve, yielding 2 children and 4 grandchildren. Assemblyman, to me, means stewardship of the assets of others, a huge responsibility!

- I do my best to obtain cost effective production
- Dedicated, hardworking, honest , open & independent
- A voice for fiscal justification and a willingness to listen
- Strongly support private property rights
- Encourages world class education



**"Paid for by Stan Welles and friends" PO Box 485, Sterling AK, 99672-(907)-260-6769**

**Mark your calendar for some Happenings in Sterling in September**

Mon. Sept. 1 <sup>st</sup>	SS Center closed for Memorial Day	
Mon. Sept, 1 <sup>st</sup>	SC Center closed for Memorial Day	
Mondays	Life and Hope Group at Melissa Daugherty's	7:00 pm
Tues. Sept. 2 <sup>nd</sup>	Head Start kids first day	9:00 am
Tues. Sept. 2 <sup>nd</sup>	SCC Caregiver Support Program @ SS Center	1:00 pm
Wed. Sept. 3 <sup>rd</sup>	AWANA program at Sterling Baptist Church on Weds	6:00/8:00 pm
Fri/Sat Sept. 12 <sup>th</sup> /13 <sup>th</sup>	SSC Garage Sale	9:00 am
Mon Sept 15 <sup>th</sup>	Domestic Animal Protection League meet @ SCC	7:00 pm
Tues. Sept. 16 <sup>th</sup>	Sterling Community Club meeting	5:45 pm
Sat Sept 20 <sup>th</sup>	Far North Roller Derby event	5:00 pm beer garden/ 6:00 pm event start
Sun. Sept. 21 <sup>st</sup>	Sterling Pentecostal Church "Kids Day"	11:00 am
M-W Sept. 22-24	Basketball Camp @ SC Center	3:45/5:45 pm
Tues. Sept 30 <sup>th</sup>	Meet & Great Stan Welles (free pizza @ SC Center)	6:30 pm
Tues. Oct 7 <sup>th</sup>	Borough Election @ SC Center	7:00 am
Wed. Oct 8 <sup>th</sup>	Homer Electric Annual meeting and free Bar-B-Q	5:30/7:00 pm
Sat. Oct 18 <sup>th</sup>	Fall Craft and Vendor Fair (early registration for Sterling, Soldotna, Kenai vendors starts Sept. 3 <sup>rd</sup> , open registration starts Sept. 15 <sup>th</sup> )	9:00/5:00 pm
Fri. Oct. 21 <sup>st</sup>	"Glow in the Dark" at ALC	6:00 pm

**Citizens Corp Tips : Wildfires 4 of 4**

***SOME FACTS ABOUT SHELTERING-IN-PLACE YOU SHOULD KNOW:***

- Sheltering-in-place is always a LAST RESORT alternative if you cannot evacuate in time.
- A fire within sight or smell is a threat.
- More people are injured and killed in the open than in houses.
- Once embers start falling, it may be too late to evacuate.
- Remember, no matter how hot it is inside your home, it is ALWAYS worse outside. Stay inside!

***AFTER THE FIRE PASSES***

- Check the roof immediately. Extinguish any sparks or embers. Work from the outer walls outwards into the yard. If embers are found, put them out by stomping on them, covering them with something non-flammable, or soaking them with water. Check the yard for burning woodpiles, fence posts, or other materials. Keep the doors and windows closed. Continue rechecking your home and yard at least once every half-hour for at least 12 hours
- Check inside the attic for hidden burning embers. Extinguish any fires.
- Over the next several hours continue monitoring your home for signs of smoke and embers.
- Contact the Non-Emergency Dispatch Center and notify authorities that you are still in your home.

**About propane:**

When you turn propane on, turn it on low at first to check for leaks. If you detect a leak, shut off propane immediately. To check for a leak, have propane on at lowest level; squirt soapy water on suspected leaks, then turn on propane at a very low level for just a few seconds. If turning it on makes the soapy water bubble, you have found one leak. There may be more.

**If you have evacuated:**

WHEN CAN YOU RETURN – e.g., for items left behind? Emergency personnel will let the public know when it is safe to return to the area.

**Jackie Stringham**

*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](mailto:merkes2@yahoo.com). Thank you!!*