



# STERLING COMMUNITY NEWSLETTER

**JULY 2016**

**Mark your calendar for some happenings in JULY**

**(please note: SCC= Sterling Community Center: SSC= Sterling Senior Center)**

Tues. July 5 <sup>th</sup>	@ SSC Caregiver Support Meeting: Topic: "Part 2 of End of Life Care & Letting go"	1:00 pm
Sat. July 9 <sup>th</sup>	@ Head Start -- Hugh Garage Sale	9:00 am
Sat. July 9 <sup>th</sup>	@ SCC Stan Wells sponsors Marijuana petition for signatures	11:00/4:00
Fri/Sat July 8 <sup>th</sup> & 9 <sup>th</sup>	@ SSC Summer Craft Fair	10:00 am/3 pm
Sat. July 16 <sup>th</sup>	@ SSC GUN SHOW	10:00 till 4:00
Sat. July 23 <sup>rd</sup>	@ SSC Masons' Fish Fry	4:00 pm
Sat. July 30 <sup>th</sup>	@ SSC Breakfast	9:00 am/12:00 pm
Sat. August 6 <sup>th</sup>	@ SCC Backyard Bonanza winning ticket drawing	
August 14 <sup>th</sup>	@ SSC Salmon Classic Raffle drawing	

## **(SCC-Sterling Community Center)**



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**BACKYARD BONANZA RAFFLE TICKETS:** Be on the lookout for Raffle tickets that Rochelle at the Sterling Community Center is selling for our summer raffle. The Drawing will be August 6<sup>th</sup> at the Sterling *Community Center*. ***This bundle includes the following: Fire Pit donated by Davis Block, Grill insert donated by Mike's Welding, Homemade picnic table donated by Bing Brown's, 6 new chairs, glass table with umbrella & stand and homemade painted pallet board sign by Amanda Larby.***

Tickets are \$5.00 each or 6 for \$50.00. Flyers are posted and tickets are available for sale now. Come on over and pick up some tickets now. Tickets are also available at the following places: Bing Brown's, Magpye's Pizzeria, Sterling Moose River Kennels, CBC Rental, and Moose Back Annie's. This is quite the package and all of these goodies are just \$10.00 a ticket or 6 tickets for \$50.00.

**Zumba:** Will resume in September 2016. Times and dates of start-up will be posted

**Pickleball:** is every Monday and Wednesday, 1:00-3:00 PM and on Tuesday and Thursday nights from 6:00-8:00 PM. The fee is \$6.00 or free to Sterling Community Center members. Monthly passes are also available for this.

**Beginning Pickleball:** Will start on Friday, June 3<sup>rd</sup> from 12:00 Noon till 2:00 PM. This will be NO Hard Hitting. It is for beginning Pickleball players. Open to all, \$6.00 per person, Sterling Community Center members are free. Bring your indoor gym shoes. This will run for a month to see what the numbers are for turnout. This will continue through the month of July!

**Pickleball Skills & Drills:** Every Monday from 12:00-1:00 PM skills and basic Pickleball drills are taught to beginners. If you are new to the game come on out and take advantage of one of our local Pickleball experienced players, Darrell. \$6.00 per person and Sterling Community Center members are free. This will also continue due to popular demand through the month of July!

**Toddler Time:** Every Wednesday from 12:00 noon till 1:00 PM. \$6.00 per child, parents, grandparents and/or guardians are free. Come let those wee ones come run and play inside in our gym.

**Gym Walking:** Is every Monday/Wednesday/Friday mornings from 8:30 – 9:30 AM. \$6.00 per person, Sterling Community Center members are free.

**Sterling Community Center Camp Ground Hosts:** Wade and Joann Tilghman have arrived here at the Sterling Community Center. Stop by and say hello and introduce yourself.

**Fred Meyer Community Rewards:** Fred Meyer donates \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Have you linked up your Fred Meyer card with the Sterling Community Center? It's easy.



Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to the Sterling Community Center at [www.fredmeyer.com/communitaryrewards.com](http://www.fredmeyer.com/communitaryrewards.com)

Search for the Sterling Community Center by our name or by our non-profit number 88244

Then every time you shop and use your Rewards Card, you are helping the Sterling Community Center earn a donation!

You still earn YOUR Rewards Points, Fuel Points, and Rebates, just as you do today!

If you need help navigating the web just give a call or send the office an email. Every penny counts!

***There will not be a SCC Board meeting in July.***

### **Sterling Senior Center:**



News Briefs; in June the membership voted to change the by-laws which take effect in July. You may obtain a copy of the changed by-laws by contacting the office. Here is a brief description of the changes: Board of trustees is increased to nine members, with 3 voted

on each year, thereby providing a base of continuity. Trustees will appoint senior officers from the board members. There will be 4 membership meetings per year-September, December, march and June. To make sure that our members continue to receive all pertinent information from the Board o Directors and the Director-our monthly newsletter will now have a combined report to include notes from all Board members, as well as the Director. If you have a problem, complaint, concern, celebration, joyous news or anything else you would like to address the Board on, please be sure to let Michelle know so she can put it on the agenda for the monthly work sessions.

Please be sure to check out our website at [www.Sterlingseniors.org](http://www.Sterlingseniors.org) and like us on Facebook.

Michelle Walker-Director

[jackie stringham <poohbahbah@yahoo.com>](mailto:poohbahbah@yahoo.com)

*Citizens Corp Tips*

*Wildfires: How to Survive (2 of ?)*

*What to do: **Outdoors-imminent danger***

*\* If time allows, clear combustibles, including firewood, barbecue grills, and fuel containers from your*

yard.

\* Make sure your garden hoses are connected to water faucets and place sprinklers in especially vulnerable places such as your roof and by fuel tanks. Turn them on if the fire encroaches.

\* Make sure to turn off the water if you should evacuate.

\* Look for a low-lying area that is clear of debris and vegetation and head for it or evacuate as far away from the fire sources as you can.

\* In dire emergency situations only, you should stay in your car. It is less dangerous than trying to outrun a fire on foot. According to FEMA, metal gas tanks rarely explode.

\* If the fire consumes the area around you, lie on the ground and douse your clothing with water and cover yourself with a blanket or soil. Breathe through a moistened cloth. The same procedure should be used in the car—douse, cover, moistened cloth breathing.

**From Stan Wells-Borough Assemblyman:**



**Sterling Community Center**  
**Come to our table - Sign the Petition**  
**July 9 from 11:00 AM to 4:00 PM**  
Sterling Community Center is neither a sponsor or endorser  
**DO YOU WANT A MARIJUANA**  
**BUSINESS NEXT DOOR TO WHERE**  
**YOUR KIDS AND GRANDKIDS PLAY?**

**KPB has no zoning laws!**  
**A retail business or grow operation can go in right next door to anyone!**  
**Were you caught off-guard?**  
**Consider your security, the smell, the traffic!**

**Sign the Citizen Initiative Petition 2016-01! Let's get it on the ballot in October to change this course in the KPB**

### **GUN RAFFLE for Sterling Senior Center**

Tickets are now on sale at the Center's front desk and in the Pull Tab Store

Tickets are \$5.00 each or 5 for \$20.00

**First Prize:** A Remington 11-87 Premier Trap semi-auto 12 gauge shot gun with 30 inch barrel, 3 choke tubes, choke wrench and 4 boxes of 12 gauge shot shells, this gun is competition ready. (Background check will be required)



**Second Prize:** Henry Survival 22 Long Rifle semi-auto, disassembles to store parts in the floatable stock, perfect for airplanes or snowmobiles or camping/hiking, comes with a brick of 22 Long Rifle cartridges.

### **Salmon Classic 50/50 Raffle**

Tickets are now on sale at the Center's front desk and in the Pull Tab Store

Tickets are \$25.00 each

Winner receives 1/2 of total ticket sales

Only 300 tickets will be sold

Winner will be drawn at the annual BBQ and Pie Auction, August 14th.

### **Quilt Raffle for Sterling Senior Center**

Quilt Raffle: \$1 per ticket or 6 for \$5. Drawing on August 14th at the Annual Barbecue.

Tickets at the pull tab store or the front desk.

This beautiful Quilt, Starburst, was hand crafted and donated by award winning quilter Hazel Robinson. It measures 100 x 100 and is on display at the center.

### **Kenai Peninsula Family Caregiver Support Program:**

**JULY MEETING SCHEDULE**

*Welcome*  
**JULY**

- Tuesday, Jul 5, 2016, 1:00 pm Sterling Senior Center, Caregiver Support Meeting-Topic: Part 2 of a DVD presentation with Teepa Snow, MS, OTR/L, FAOTA: End of Life Care & Letting Go
- Tuesday, July 12, 2016, 1:00 pm Soldotna Senior Center, Caregiver Support Meeting-Topic: Part 2 of a DVD presentation with Teepa Snow, MS, OTR/L, FAOTA: End of Life Care & Letting Go
- Tuesday, July 19, 2016, 1:00 pm Kenai Senior Center, Caregiver Support Meeting-Topic: Part 2 of a DVD presentation with Teepa Snow, MS, OTR/L, FAOTA: End of Life Care & Letting Go
- Tuesday, July 26, 2016 1:00 pm Soldotna Senior Center, Caregiver Support Meeting-Topic: Part 2 of a DVD presentation with Teepa Snow, MS, OTR/L, FAOTA: End of Life Care & Letting Go

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 Sharon or Judy at (907) 252-1280, for more information.

Hugh Outside Garage Sale(weather depending) Multi-family & Head-Start. On Sat., July 19th at 9:00 a.m. at the Head-Start parking lot in Sterling.



*I hope you all enjoy reading this Newsletter and that there is some valuable information in it for you. All churches, groups, businesses individuals, schools etc. are welcome to submit any information you would like in the Sterling Community Newsletter by emailing me at [grace.merkes@yahoo.com](mailto:grace.merkes@yahoo.com). As editor I may have to shorten some submitted info to fit the page. Thank-you-Grace Merkes*