



# Westmorland Chamber of Commerce

## NEWS LETTER/AUGUST 2011

### WESTMORLAND ELEMENTARY SCHOOL



**School Starts: Monday, August 29<sup>th</sup>**

New Registration, please bring:

- Bring Certificate
- Immunization Records
- Physical Exam (kinder & 1<sup>st</sup> grade)
- Dental Exam (kinder)
- Social Security Card
- Residency Verification
- Report card previous school

**Clases Comienzan: Lunes, 29 de Agosto**

Nuevos estudiantes favor de traer:

- Acta de Nacimiento
- Registro de Vacunas
- Examen Fisico (kinder y 1er grado)
- Examen Dental (kinder)
- Tarejeta de Seguro Social
- Verificación de Residencia
- Boloeta de Calificación de escuela anterior

### 7<sup>th</sup> Annual Honey Festival

Saturday, November 19, 2011

7:00am - 2:30pm



Become a Sponsor

**King Bee** \$500.00  
Company logo posted on Chamber web-site, media material and marketing billboards to the 1<sup>st</sup> nine businesses to mail in their sponsorship by October 1, 2011. Also entitles you to a booth space at the festival.

**Queen Bee** \$400.00  
Company name & logo posted on chamber web-site & media material.

**Drone Bee** \$399.00 to \$300.00

**Worker Bee** \$299.00 to \$200.00  
Company name on media material & web-site.

**Killer Bee** \$199.99 to \$100.00

**Swam Sponsor** \$ 99.00 to \$50.00  
Honorable mention

**Special Event Sponsor** \$250.00 to \$150.00

**Specialty Service** Goods donation in-lieu of cash

#### Rent Booth

First 12x12 foot space \$45.00 additional spaces \$10.00 each up to three. Educational booth spaces are free.

#### Great Event to Market Your Business!

For more information contact Sally Traylor at the Westmorland Chamber of Commerce at (760) 344-3411 or go on-line to [www.cityofwestmorland.net](http://www.cityofwestmorland.net) to down load sponsorship or vendor forms.

### Zumba Classes Available

Monday thru Friday 8:00 – 9:00am

Evening classes Monday, Wednesday & Friday  
6:30 – 7:30pm



### Aerobic Classes also available

Monday thru Friday 8:00 - 9:00am

Evening classes Monday thru Friday 7:30-8:30pm

at the Westmorland Youth Hall

Donation \$2.00



### Crochet classes

Monday, Tuesday & Thursday  
9:00am - 11:00am  
Westmorland Youth hall  
Cost \$5.00 for supplies



## CONSTRUCTION NOTICE

The City of Westmorland will begin their Demo-Construction project on South Center Street from Baughman Road to Hwy 86 sometime in September 2011.

This construction project will cause South Center Street to be closed to through traffic for sixty days, in which you will need to find an alternate access to your home during this construction phase. We apologize for this inconvenience, but again it should not exceed 60-days.

Please contact Wayne Walker at City Hall if you have any questions regarding this project at (760) 344-3411.

# IT'S HOT OUTSIDE!

# ¡HACE CALOR AFUERA!

**STAY COOL, STAY HYDRATED, AND STAY INFORMED.**

Check on the **elderly**, or people aged 65 years or older, to make sure they are safe by staying cool, hydrated, and informed.

**People with a chronic medical condition** are less likely to sense and respond to changes in temperature. Also, they may be taking medications that can intensify the effects of extreme heat.

During an extreme heat event, check on at-risk friends, family, and neighbors at least twice a day. Encourage them to:

- Check on a friend or neighbor, and have someone do the same for you.
- Avoid using the stove or oven to cook.
- Wear loose, lightweight, light-colored clothing.

**FOR MORE INFORMATION**

[www.cdc.gov/nceh/extremeheat](http://www.cdc.gov/nceh/extremeheat)

## WHO NEEDS SPECIAL CARE?

The elderly, people with a chronic medical condition, children, homeless or poor, outdoor workers, and athletes are most at-risk to heat sickness.



Most cities offer cooling centers or other air-conditioned shelter to the **homeless or poor** during times of extreme heat.

Never leave **infants** or **children** in a parked car.

Nor should **pets** be left in parked cars—they can suffer heat sickness too.



**Athletes and people who exercise** in extreme heat are more likely to become dehydrated and are more likely to get heat sickness.

- Limit outdoor activity, especially mid-day when it is the hottest part of the day.
- Schedule workouts and practices earlier or later in the day to avoid mid-day heat.
- Pace activity. Start activities slowly and pick up the pace gradually.
- Drink from two to four cups of water every hour while exercising. Muscle cramping may be an early sign of heat sickness.

**STOP**  
all activity and get to a cool environment if you feel faint or weak.

**People who work outdoors** are more likely to become dehydrated and are more likely to get heat sickness.

- Drink from two to four cups of water every hour while working. Don't wait until you are thirsty to drink.
- Avoid alcohol or liquids containing large amounts of sugar.
- Wear and reapply sunscreen as indicated on the package.
- Ask if tasks can be scheduled for earlier or later in the day to avoid midday heat.

**MANTÉNGASE FRESCO, MANTÉNGASE HIDRATADO, MANTÉNGASE INFORMADO.**

Esté pendiente de las **personas mayores**, o de 65 años de edad o más, para asegurarse de que están bien, y se mantienen frescos, hidratados e informados.

**Las personas con una afección crónica** tienen menos probabilidad de sentir y reaccionar a los cambios de temperatura. Además, pueden estar tomando medicamentos que pueden empeorar el efecto del calor extremo.

En épocas de calor extremo, esté pendiente de amigos, familiares y vecinos que pueden estar a riesgo, visítalos o llámalos dos veces al día. Recomiéndales que:

- Estén pendientes de algún amigo vecino y pídanle a alguien que haga lo mismo por ellos.
- Eviten usar la estufa o el horno para cocinar.
- Usen ropa ligera, de color claro y que no apriete.

**PARA MÁS INFORMACIÓN:**

[www.cdc.gov/nceh/extremeheat](http://www.cdc.gov/nceh/extremeheat)

## ¿QUIÉNES NECESITAN ATENCIÓN ESPECIAL?

Las personas de edad avanzada, las que tienen afecciones crónicas, las que no tienen hogar o son pobres, los trabajadores al aire libre y los deportistas tienen un mayor riesgo de sufrir enfermedades por calor.



La mayoría de las ciudades cuentan con centros para refrescarse u otros refugios con aire acondicionado para las **personas pobres o sin hogar** durante épocas de calor extremo.

Nunca deje a **bebés** o **niños** en un auto estacionado.

Tampoco deje a las **mascotas** en los autos estacionados ya que también pueden sufrir de enfermedades por calor.



**Los deportistas y las personas que hacen ejercicio** en condiciones de calor extremo tienen más probabilidad de deshidratarse y enfermarse por el calor.

- Limite las actividades al aire libre, especialmente durante el mediodía cuando hace más calor.
- Programe los ejercicios y las prácticas temprano o más tarde en el día para evitar el calor del mediodía.
- Controle el ritmo de la actividad. Empiece despacio y aumente la intensidad poco a poco.
- Beba de dos a cuatro vasos de agua cada hora mientras está haciendo ejercicio. Los calambres musculares pueden ser una señal temprana de enfermedad por calor.

**PARE**  
toda actividad y diríjase a un sitio fresco si se siente débil o mareado.

**Las personas que trabajan al aire libre** tienen más probabilidad de deshidratarse y de enfermarse por calor.

- Beba de dos a cuatro vasos de agua cada hora mientras está trabajando. No espere a tener sed para beber agua.
- Evite las bebidas alcohólicas o con mucho azúcar.
- Aplíquese filtro solar y reaplíquelo según las instrucciones del envase.
- Pregunte si puede realizar sus labores más temprano o más tarde en el día para evitar el calor del mediodía.

## Up Coming Community Events

August 11<sup>th</sup> **City of El Centro Ice Cream Social & Rain on Main**, Downtown Main St. Between Main St. & 5th St. El Centro, CA 5:00 p.m. to 9:00 p.m.

The City of El Centro invites you to the Ice Cream Social & Rain on Main, with festivities to include: Delicious Ice Cream, music, food, fire truck rain, and activities for all ages.

For more information contact the City of El Centro Parks & Recreation at (760) 337-4555.

August 17<sup>th</sup> **City Council Meeting 6:00pm Council Chambers.**

August 24<sup>th</sup> **Adelante Valle 10th Anniversary** Imperial Valley Press, 205 N. 8th St. El Centro, CA 5:30 p.m. to 8:30 p.m. Come celebrate with Adelante Valle & the Imperial Valley Press as they celebrate their 10th Anniversary. Festivities to include: Appetizers, cake, cocktails, and drawing prizes.

For more information contact the Imperial Valley Press at (760) 337-3400.

August 26<sup>th</sup> **"El Field" Film Screening & Art Sale**

Venue on Main 601 Main St., El Centro, CA Door open: 5:30 p.m. Film begins: 6:30 p.m.

Drinks will be available for purchase and appetizers will be served.

August 27<sup>th</sup> **Bowling for the American Dream**

The Brunswick Zone 950 N. Imperial Ave., El Centro, CA 10:00 a.m. to 2:00 p.m. \$30 per person - Price includes: Shoe rental, lane fees, T-shirt and pizza & soda for team.

The California Association of REALTORS and the Imperial County Association of REALTORS invite you a Statewide Bowling Tournament to benefit affordability housing.

For more information or to participate contact the Imperial County Association of REALTORS at (760) 352-6010.

August 29<sup>th</sup> **1<sup>st</sup> Day School for Westmorland School**

If you have any events or info you would like to include in our monthly newsletter contact City Hall at the number listed below.

For information on any of this events, please contact City Hall @ (760) 344-3411.