Westmorland Chamber of Commerce

News Letter /May 2013

In Observation to the Memorial Day Holiday, City Hall will be CLOSED on Monday, May 27, 2013. We will return to our normal office hours on Tuesday the 28th

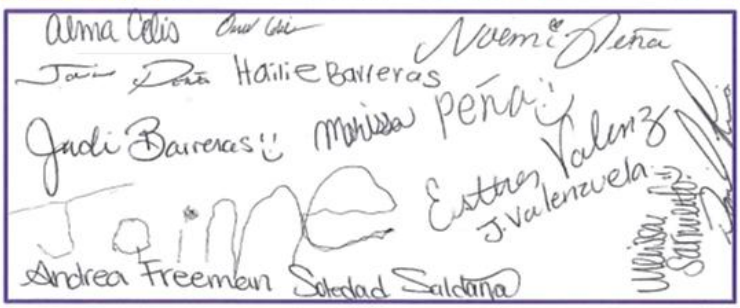
Attention Westmorland Residents!

CR&R, our trash service company does offer curb side pick-up for bulky items such as old furniture, home appliances, mattresses, etc.

For questions or to schedule a pick-up contact CR&R at (760)482-5656 Ext. 2603.

76th Annual Regional Student Speakers Contest Winner 2013

Roxanne Olivos



Annual Ice Cream Social

June 8, 2013
5:30 pm to 7:30 pm

Come one, come all

Real homemade ice cream

Pulled pork sandwiches

Beans & salad

Refreshments

Westmorland Community Presbyterian Church

285 East 3rd Street, Westmorland, Ca

(Across from the school)

Tickets available pre-event or at door

United Families Westmorland & The Future is Bright

Present:

Literacy Nights!

May 2, 2013 4:00p.m. – 6:00p.m.
May 29, 2013 4:00p.m. – 6:00p.m.

Westmorland Union School Cafeteria
Prepare a memory while helping your child! Come out & learn what is available at Westmorland Union School for your family!

Tomando Control de su Salud

Un curso educacional para personas con condición crónicas

Tomando Control de su Salud es un programa basado en un curso educacional de la Universidad de Stanford para ayudar a personas a desarrollar habilidades para manejar enfermedades crónicas incluyendo la artritis, diabetes, enfermedades del corazón y enfermedad pulmonar.

El taller cubre temas tales como: el uso adecuado del sistema de salud, cómo evaluar nuevos tratamientos, comunicándose con eficacia con familia, amigos y profesionales del cuidado médico, comiendo saludable, el uso apropiado de medicamentos, técnicas para tratar problemas y ejercicios adecuados para mantener y mejorar la fuerza, flexibilidad y resistencia.

Presentado por: *Fracisca Izaquirre & Adriana Martinez, Promotoras de Salud*

Una serie de seis clases de 10:00 am a 12:00 pm

Miercoles	24 de Abril	2013
Miercoles	1 de Mayo	2013
Miercoles	8 de Mayo	2013
Miercoles	15 de Mayo	2013
Miercoles	22 de Mayo	2013
Miercoles	29 de Mayo	2013

Lugar: Seniors Center en el 298 de la calle 3ra. Westmorland

Este curso se ofrecerá en español, por lo que se invita a participar a personas que puedan hablar, leer y comprender el idioma.

CA4health healthy places...healthier lives

El curso no tiene ningún costo y el cupo es limitado.

Para más información o para inscribirse, comuníquese con Francisca Izaguirre
Teléfono (760) 886-5950 y (760) 791-1205 o vía correo electrónico a adrianaam@gmail.com
Registración en línea: www.cahealthierliving.org

CA4Health es patrocinado por el Centro de Prevención y Control de Enfermedades, a través de Fondos de Prevención y Salud Publica.

Thought of the Day!

Courage is the first of human qualities because it is the quality which guarantees all others.
~ Winston Churchill

Up Coming Community Events

May 1st	*City Council Meeting 6:00pm. Council Chambers City Hall.*
May 7th	*SAVAPA Theatre Present's "Popularity" by Thomas Hischak at the Jimmie Cannon Theater, Southwest High School 2001 Ocotillo Dr. El Centro Ca. Tickets: Presale $5.00 at the door $7.00* *Show dates: Friday, May 3rd 7:00 p.m.* *Saturday, May 4th 7:00 p.m.* *Sunday, May 5th 2:00 p.m.*
May 14th	*Lions Club Meeting, 12 noon Lions Club den.*
May 15th	*City Council Meeting 6:00pm. Council Chambers City Hall.*
May 16th	*Holtville's Farmers Market & Street Fair 4:00p.m. to 8:00p.m.*
May 17th	*Center of Family Solutions of Imperial Valley Honor the Imperial County Men & Women of Year 2013, 6:00p.m., dinner & ceremony at 7:00p.m. at the Old Eucalyptus Schoolhouse 796 W. Evan Hewes Hwy El Centro, CA*
May 18th	*Marine Corps League Det. 1171 CPL Erik H. Silva, Red, White & Blue Golf Tournament, 3 person scramble, Cost $100 per player/RSVP (no holds), cost includes: Golf, cart, lunch, polo shirt & starter pack. For more information contact Jay Silva at (760)222-5113*

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

For information on any of these events, please contact City Hall at (760) 344-3411