



Volume 15 Issue 7

A Newsletter for the Residents of The Mar Del Plata Condominium

October 2024

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Condominium Assoc., Inc.**
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MESSAGE FROM THE PRESIDENT

Hello Everyone,

Unlike our brethren further north on the peninsula, we've been fortunate and have dodged a few significant storms this year. Let's hope they fare well and that our good fortune lasts for the next month and a half.

We had a full house at this month's manager's meeting. Good deal. Without reiterating Nelson's informative appraisal, I did want to address a few takeaways I felt were important. Let's begin with misinformation. As President of the Board, I get asked many building-related questions. If I am 100% of the answer, I will respond. If I am not, I won't speculate. I'll defer to Nelson. Whether Nelson's response is to your liking or not, it is the correct information. That's what you want.

As far as the selection of the window contractor, the drawings and the scope of work have been submitted to the city. The window contractors have this information. The Board will make its selection by the end of October. How long will the window replacement process take? Depends on the damage to the concrete on your ledge. What will the Association pay for inside my unit? Strictly the damage caused by the work done.

So far, I believe we've accounted for ourselves pretty well. If nothing else, we certainly are hardy. After living through all the noise, the dust, and the inconvenience of almost two years of construction, we've adapted to the challenges instead of grouching (well, with a few exceptions). We've shown resilience, and while other condominium associations have shirked their responsibilities, we have always exercised proactive maintenance and dependable management. I know we've been down this rabbit hole before, or perhaps it's a glitch in the Matrix. Whatever it is, look around you. There's been a lot of progress. By the way, check out the new MDP website. If you still have questions: Talk to Nelson.

Ernesto

October is National Breast Cancer Awareness Month

How can I find breast cancer early?

The best way to find breast lumps that may be cancer is to do 3 things:

- Have regular mammograms.
- Have your doctor check your breasts.
- Check your breasts yourself every month.
- Doing all of these things gives you the best chance to find cancer as early as you can. Finding breast cancer early makes treatment much easier and more effective. More than 90 out of 100 women whose breast cancer is found early will be cured.

Changes to look for in your breasts

- Any new lump (which may not be painful or tender)
- Unusual thickening of your breasts
- Sticky or bloody discharge from your nipples
- Any changes in the skin of your nipples or breasts, such as puckering or dimpling
- An unusual increase in the size of one breast
- One breast unusually lower than the other



For more information you can visit the American Cancer Society’s breast cancer Web site at www.cancer.org/ or call 800-ACS-2345. You can also visit the Breast Cancer Network’s Web site at www.breastcancer.net.

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REUBEN CASSEROLE

Ingredients

- 6 slices rye bread, cubed
- 1 (16 ounce) can sauerkraut, drained and rinsed
- 1 pound deli sliced corned beef, cut into strips
- ¾ cup Russian-style salad dressing
- cooking spray
- 2 cups shredded Swiss cheese

Directions

1. Preheat the oven to 400 degrees F. Spray a 9x13-inch baking dish with cooking spray. Spray one sheet of aluminum foil with cooking spray.
2. Spread bread cubes in the bottom of the prepared baking dish. Layer bread cubes with sauerkraut and beef strips, then pour dressing over top. Cover with the aluminum foil, sprayed-side down.
3. Bake in the preheated oven for 20 minutes. Remove and discard foil; sprinkle Swiss cheese over casserole. Continue baking until cheese is melted and bubbly, about 10 more minutes.







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DID YOU KNOW THAT? PUMPKIN FACTS

A pumpkin is really a squash? It is! It's a member of the Cucurbita family which includes squash and cucumbers.

That pumpkins are grown all over the world? Six of the seven continents can grow pumpkins including Alaska! Antarctica is the only continent that they won't grow in.



That the "pumpkin capital" of the world is Morton, Illinois? This self proclaimed pumpkin capital is where you'll find the home of the Libby corporation's pumpkin industry.

That the Irish brought this tradition of pumpkin carving to America? The tradition originally started with the carving of turnips. When the Irish immigrated to the U.S., they found pumpkins a plenty and they were much easier to carve for their ancient holiday.

Fun Facts About The Pumpkin!!

- Pumpkins contain potassium and Vitamin A.
- Pumpkin flowers are edible.
- The largest pumpkin pie ever made was 20ft in diameter and weighed 3,699 pounds. It used 1,212 pounds of canned pumpkin, 109 gallons of milk, 2,796 eggs, 7 pounds of salt, 14 pounds of cinnamon, and 525 pounds of sugar
- In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.
- Pumpkins were once recommended for removing freckles and curing snake bites.
- The largest pumpkin ever grown weighed 2,749 pounds.
- Pumpkins are 90 percent water.
- 80% of the pumpkin supply in the US is available in October.
- Native Americans flattened strips of pumpkins, dried them and made mats.
- Native Americans called pumpkins "isqoutm squash."
- Native Americans used pumpkin seeds for food and medicine.

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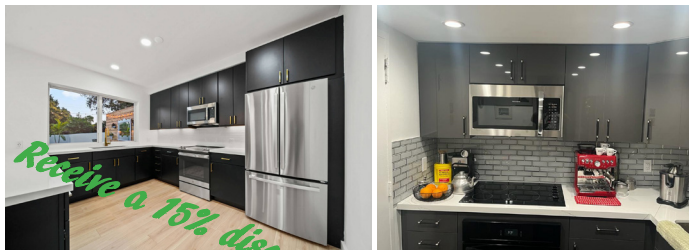
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