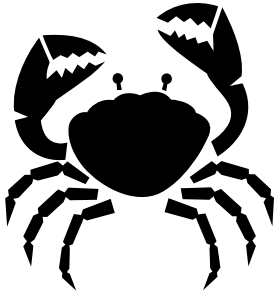


PORT BULLETIN



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Every Day's a Pleasure !

FROM THE BOARD:

From the Directors:

The season for 2007 at the port is coming to a close. The crabs have called it a year, but the fish are still biting.

The water will be turned off on November 10, 2007 at 9:00 am. The air compressor will NOT be available after Friday, November 9, 2007. It will be used by the directors for closing the Port.

I want to thank everyone who came out and helped in any way with the painting of the buildings. Take a look at the fine job they did.

Thanks also go to Bill Boyce, Charles Pierce, and Vince Pitt for cleaning and staining the mail box area. Charles Pierce and Frank Carey have done a great job on the kayak storage racks. Check them out at the boat dock. We will be turning the water on and opening the Port for the 2008 season on March 29, 2008. This will also be Port Clean-Up Day.

Have a good winter and see you in the spring.

For the directors:

S. Richard Powell

President



Flu or Cold:

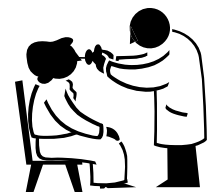
The cold and flu season is approaching. When you do get sick how do you know if it is a cold or the much more serious flu? The chart on the back page should help you determine whether you should see a doctor with the flu. However, if you are feeling crummy for five days with any of the following conditions, please call your doctor:

1. Difficulty breathing or chest pain
2. Persistent fever that won't break
3. A severe headache that

won't go away.

son.

4. Consistent vomiting or an inability to keep down fluids.
5. There is severe pain in swallowing.
6. A persistent coughs lingers after two or three weeks
7. A patient suffers from persistent congestion or headaches.



See the chart on the back page for a flu cold compari-

Birthdays!



OCTOBER

Karen Hnatowski	10/4	Robert Hains	10/27
Bart Storm	10/5	Bill Campbell	10/28
Cheryl Chilcutt	10/7	Donna Beshore	10/28
Tom Butler	10/10	George Carter	10/28
Barbara Snyder	10/13		
Lil Eitel	10/16		
Larry Yingling	10/17		
Jessica Zimmerman	10/20		
Hannah Gammell	10/19		
Dottie Pierce	10/22		
Don McClements	10/27		



Thanks to all who helped with the painting of the buildings. Also a big thanks to those who prepared the meal that was enjoyed after the painting.



IT LOOKS WONDERFUL!!!



Happy Anniversary!

OCTOBER:

Jim & Carol Watts	10/2	Bob & Betty Hutchinson	10/18
Larry & Suellen Blackwood	10/10	Tom & Jill McDonald	10/19
Bob & Nancy Kirk	10/12	George & Rhoda Williams	10/19
Bill & Barbara Robinson	10/14	Bob & Ann Twardus	10/28
Dick & Joyce Powell	10/15	Dave & Michelle Rogers	10/28



Success:

What is Success? Here is what somebody came up with:

At age 4 success is .. Not peeing in your pants

At age 12 success is .. Having friends

At age 16 success is... having a drivers license

At age 35 success is... having money

At age 50 success is... having money

At age 70 success is... having a drivers license

At age 75 success is.. Having friends

At age 80 success is... not peeing in your pants

Great Truths:

That kids have learned:

No matter how hard you try, you can't baptize a cat.

When your mom is mad at your dad, don't ask her to brush your hair.

You can't trust a dog to watch your food.

Don't sneeze when someone is cutting your hair.

You can't hide a piece of broccoli in a glass of milk.

The best place to be when you're sad is Granpa's lap.



Where are you traveling to this winter? Send me an e-mail and we'll put it in the first newsletter of next year.



October's Recipe: Spaghetti Casserole

This was served at the Labor Day Pot Luck dinner.

Ingredients:

1 pound hamburger

1 large onion, sliced

1 can creamed corn (14 oz size)

1/2 lb sharp cheddar cheese, grated

2 cans (8 oz each) tomato sauce

1/2 c. sliced stuffed green olives

spaghetti

Directions:

Mix together and bake at 350 °F for 45 minutes. Makes a 9 x 13 baking dish.

Easily cuts in half for 4 servings

Yield 8 servings



Have a favorite recipe you'd like to share, put it in mailbox 70 for next year's newsletters !

Port Delmarva, Inc.
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We're on the Web!
www.portdelmarva.com

See you in the Spring!

Have a safe and healthy winter!

The Newsletter is now on the website!
Look there for it each month during the
winter!



HAPPY HALLOWEEN !!



Cold and Flu Comparison:

Symptom

Fever (102-104° F)
Headache
General Aches & pains
Fatigue, weakness
Extreme Exhaustion
Stuffy nose
Sneezing
Sore throat
Chest discomfort, cough

Cold

Rare
Rare
Slight
Quite mild
Never
Common
Usual
Common
Mild to moderate
hacking cough

Flu

Characteristic, high, lasts 3-4 days
Prominent
Usual, often severe
Can last up to 2-3 weeks
Early and prominent
Sometimes
Sometimes
Sometimes
Common, can be severe

