

The Echo

May 2026

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Oceanside California 92058

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Office hours: Monday - Friday, 8:00am to 4:00pm

(closed 12-1pm)



Photo courtesy of John Pohlman

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**SCAN QR CODE WITH CELL PHONE
CAMERA THEN CLICK LINK**

TO VIEW THIS MONTHS ECHO
IN COLOR ON OUR WEBSITE



THANK YOU VOLUNTEERS!

RECREATION COMMITTEE

Mary-Lou Camara
Carol Feig
Vikki Schaffner
Sara Thames
Ranny Thompson

WELCOME COMMITTEE

Beverly Behymer
Christy Hartig

EMERGENCY COMMITTEE

Penny Russell
Suzi Russell

TABLE HELPERS

Al Ablong
Richard Messer
Jim O'Dea
Chuck Smith

MEDICAL EQUIPMENT FOR LOAN

John Smith

NEIGHBORS HELPING NEIGHBORS

Christy Hartig

LAGUNA VISTA ECHO

Editor: Monika Bull and Sarah Smith
Website Admin: Monika Bull
Circulation Manager: John Smith
Distribution Helpers: Bob Jackson, Ed Martinez,
Carla Martinez, Maria Free

LIBRARIANS

Robert Gaffney
Penny Russell
Suzi Russell

WE COULDN'T DO IT WITHOUT YOU ALL!

**IF YOU ARE INTERESTED IN
VOLUNTEERING, ASK SOMEONE LISTED**

Laguna Vista Activities

CLUBHOUSE: Hours: 8am to 10pm

SPORTS

- **SWIMMING:** The heated pool and hot tub are found behind the clubhouse.
Open daily 7:30am - 9pm *(No children in the spa at any time. An adult must always accompany children in the pool. All guests using the pool must always be accompanied by a Resident. No pets allowed in the pool area.)*
Children's hours: Mar 16th - Nov 14th 3pm - 7pm, Nov 15th-Mar 15th 2pm - 6pm
- **WATER AEROBICS:** Led by Karen Hasemann, Tues. through Fri. 10am -11am
- **TENNIS/PICKLEBALL:** Courts are open every day from 8:00am - 10:00pm
- **HORSESHOES:** equipment by pits
- **SHUFFLEBOARD:** Wednesday's @ 5pm – Lenny
- **BILLIARDS:** Thursday's @ 6pm
- **PING PONG:** Equipment is stored
- **CHAIR EXERCISES:** Led by Al Ablong (Monday's 9:30am)

GAMES (All games are played in the Clubhouse)

- **CARD GAMES:** Poker-type games. Contact Mavis Aloï
- **BUNCO:** TBA
- **CANASTA:** Contact Monika Bull
- **SHANGHAI:** Contact Lillian Valdez (Friday's at 1pm)
- **HORSERACES:** Contact John Smith (2nd and 4th Thursday at 1pm)

TABLE GAMES: Contact Sharon Hardin – 720-499-4629

- **CANASTA – HAND and FOOT:** 1st and 3rd Monday's at 1pm – Seats at table are open.
- **Mexican Train:** 1st and 3rd Sundays at 1pm
- **Rummikub:** 1st and 3rd Tuesdays at 1pm
- **VARIETY:** 1st and 3rd Thursdays at 1pm
- **Mahjong:** 2nd and 4th Tuesday at 9.30am and 2nd and 4th Thursday at 1pm

MISCELLANEOUS

- **LINE DANCING:** Contact Merri McAvoy
- **CLAY CLUB:** Wednesdays 10 am to 12 pm in the laundry building



We're adding a new column to the newsletter dedicated to the important things in life: good food and things to do nearby. Each issue, we'll share a great spot to grab a bite and local happenings worth getting off the couch for.



Lets grab a bite

Cocina Del Mar - 650 Douglas Dr unit 122 - Oceanside, CA 92058

Laid-back, seafood-focused place known for Mexican eats such as enchiladas and burritos plus beer and cocktails.

I finally was able to visit this place - Food was great especially ceviche

Local happenings

The play "Maltese Falcon" is at the **North Coast Rep theater in Solana Beach.**

The Moonlight Amphitheater 2026 Season will begin soon. This is a fabulous venue showcasing Broadway caliber musicals in nearby Vista and tickets range from only \$30 - \$46. (Subscriptions available for an even better deal). This outdoor theater experience is a great night out! Here's the upcoming season:

The Cher Show 4/29 - 5/16

Mean Girls 6/3 - 6/20

Charlie and the Chocolate Factory 7/8-7/25

Guys & Dolls 8/12 - 8/29

Come Far Away 9/9 - 9/26

Please drop us a note about your favorite spot,

Lagunavista.echo@gmail.com or drop in our tube #156 or #249

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10am Water Aerobics 1pm Shanghai	2 9am Pickleball
3 9am Pickleball 1pm Mexican Train	4 9:30 Chair Exercise 1pm Canasta	5 10am Water Aerobics 1pm Rummikub	6 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	7 9am Pickleball 10 Water Aerobics 1pm Horse Races 1pm Mahjong/Canasta 6pm Billiards	8 10 Water Aerobics 1pm Shanghai	9 9am Pickleball
10 9am Pickleball	11 9:30 Chair Exercise 1pm Canasta	12 10am Water Aerobics 9:30 Mahjong	13 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	14 9am Pickleball 10am Water Aerobics 1pm Canasta/Variety 6pm Billiards	15 10am Water Aerobics 1pm Shanghai	16 9am Pickleball <i>5pm Mother's Day Potluck and Cookie Bake-off</i>
17 9am Pickleball 1pm Mexican Train	18 9:30 Chair Exercise 1pm Canasta	19 10am Water Aerobics 1pm Rummikub	20 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	21 9am Pickleball 10am Water Aerobics 1pm Horse Races 1pm Mahjong/Canasta 6pm Billiards	22 10am Water Aerobics 1pm Shanghai	23 9am Pickleball
24 9am Pickleball	25 9:30 Chair Exercise 1pm Canasta	26 10am Water Aerobics 9:30 Mahjong	27 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	28 9am Pickleball 10am Water Aerobics 1pm Mahjong/Canasta 6pm Billiards	29 10am Water Aerobics 1pm Shanghai 6pm Paint and Sip	30 9am Pickleball
31 9am Pickleball						

**Saturday
May 16th
at 5pm**

**Mother's Day
Potluck
And Cookie Bake off**



**CASH
PRIZES**

We are looking for judges
(you can only be a judge if no one in your household is entering the contest)

Please contact
Christy Hartig at 951-206-8831

**Friday, May 29th. 6:00 pm
at the clubhouse
check Nextdoor for upcoming project
Tickets – \$20.00 Non HOA \$25. 00
All paint supplies provided. BYOB
Contact Sara Thames to reserve a spot
760-613-6470**



FIND IT

It's MAY 2ND @ 1pm

Fun Prizes Snacks



Space No _____



Space No _____



Space No _____

It's similar to a scavenger hunt. You will receive a printout with 18 items to find that are located along the streets throughout our park. Find them and write down the space number. There will be prizes for those who identify the most items. Any form of transportation is ok except cars. **NO CARS.**

The maximum number of participants in a team is 3. Meet us in the Clubhouse at 1pm. The hunt will begin at 1:30. Everyone will have 45 minutes to find as many items as they can. We will all meet up in the clubhouse for snacks and prizes.

Any question, please contact Hyeong Messer 979-884-5726



What's happening soon



Saturday June 13th

Potluck and

Chili cook off – Cash Prizes

We are looking for three judges

(you can only be a judge if no one in your household is entering the contest)

Please contact Christy Hartig at 951-206-8831

Saturday June 6th 9am to 2pm

**COMMUNITY-WIDE
GARAGE
SALE**

A collection of colorful cartoon-style illustrations of various household items, including a golf bag, a vacuum cleaner, a lawnmower, a broom, a mop, a bucket, and a small table.

Harold's Corner

(Park Infrastructure Manager)

Frequently Ask Questions:

Why do the sprinklers run for the times they do?

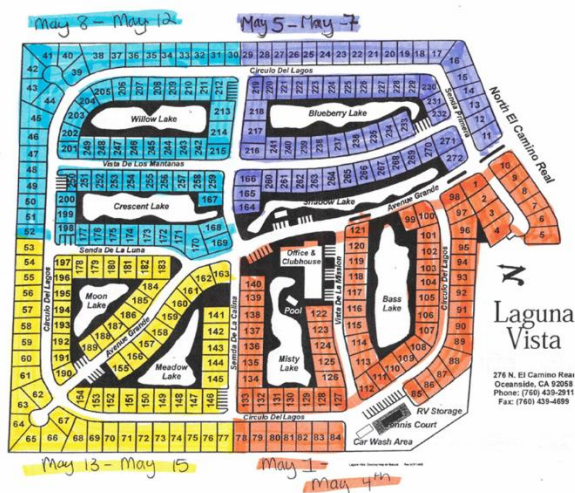
Due to the water being drawn from the lakes, debris will sometimes be pulled into the water lines and settled in the sprinkler filters, creating a potential stoppage of water flow. Due to this reason, it is crucial for the sprinklers to be utilized on a consistent basis, to prevent such blockage, even while it is raining. In addition, due to the inconsistent shapes of the grass areas, these sprinklers must be used to reach each area needing service which may cause overspray in the lakes. The overspray into the lakes is not a concern since the water is pumped from an underground aquifer, supplying the lakes, in return creating water circulation as well as providing movement to the surface area which assists in pest and algae control.

Each year the water system is tested as well as management being certified as Recycled Water Site Supervisor by San Diego Public Utilities Department ensuring the system operates correctly.

Why does the water turn off unexpectedly sometimes?

Due to unexpected waterline leaks, residents turning off water shutoffs, etc. ... water supply to certain areas of the property (or entire property) may have to be turned off unexpectedly to repair such leaks. Management works with Laguna Vista Emergency Team as well as social media post to get as much information to residents in a timely manner. Patience and communication during this time is crucial while management assesses and repairs any issues affecting residents throughout the park.

Thank you



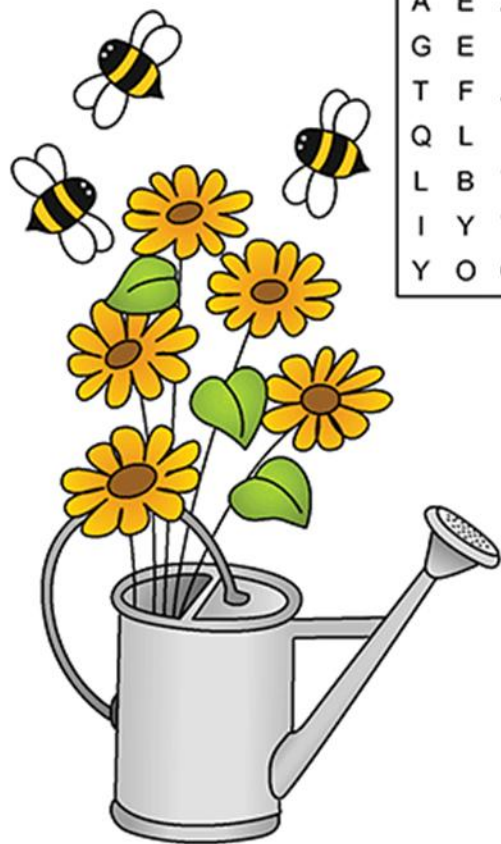
Lot Inspections begin on May 1st

We will be starting inspections of space and exteriors of homes soon. To avoid receiving notices, please begin taking care of any fencing that has not been approved. Make any necessary repairs to your home including dry rot or paint. Weeds, plants, bushes and trees need to be taken care of, and please make sure any household belongings are stored away properly in sheds and your home out of sight.

Name: _____ Date: _____

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

BASEBALL
BLOSSOM
BUMBLEBEE
BUTTERFLY
CINCO DE MAYO
FLOWERS



MERRY MONTH OF MAY

Word Search



GARDEN	MOTHER'S DAY
GEMINI	PIÑATA
GREEN	PLANT
LADYBUG	SEEDS
LAWNMOWER	SPRING
MAYPOLE	SUNSHINE
MEMORIAL DAY	TAURUS
MOM	TEACHER

Welcome to May!

As the flowers reach full bloom and the days grow longer, May brings a sense of renewal to our neighborhood. This month is particularly special for us as we celebrate **Older Americans Month**. Established in 1963 by President John F. Kennedy, this tradition honors the incredible contributions and legacies of seniors across the country. This year's theme, "*Flip the Script on Aging*," reminds us that our experience and wisdom are the backbone of a vibrant community.

The Heart of Our Community: Supporting Your HOA

Living in Laguna Vista offers more than just a beautiful landscape; it provides a lifestyle of ease and security. Your **Homeowners Association** works behind the scenes to help ensure our environment remains a wonderful place to call home. Your support matters! This month, we prepare for our upcoming Board of Directors elections, which will happen on Saturday, June 20 at 11:00am in the Clubhouse. Your vote is your voice. In order to run for the Board of Directors and to vote for candidates, you must be a member of the Laguna Vista Homeowners Association. The dues are \$25 per year (January 1 to December 31). If you have not joined yet, you will find a copy of the HOA application in the office as you enter the front doors. In order to qualify to run for a position on our Board of Directors you must be an HOA member in good standing, you can't be a family or household member of a Board member, and you must be a resident of Laguna Vista. Candidate statement documents are available starting on April 30 from our Election Coordinator, Kathy Thomas, in Space 52.. The due date to return your candidate statement to the Election Coordinator is May 31. And of course, don't forget that joining the HOA gives you great discounts on our HOA and Recreation Committee events.

Speaking of our community, let's support Emily Gonzalez, the new candidate for Oceanside District #2 City Council! Hopefully, you attended the HOA General Meeting on April 18 and met Emily, Penny Russell (Laguna Vista resident and HOA Board Member) has had the opportunity to spend time with her and believes she is sincerely interested in helping and supporting our community! Let's support her in November with our votes!

Upcoming Dates to Remember

- **May 10** : Mother's Day
- **May 16**: Armed Forces Day
- **May 25**: Memorial Day
- **June 20**: HOA Board of Directors Candidate Forum (6:00PM)

Wishing you all a joyful, sun-drenched May!

Sincerely,

LVHOA Board of Directors: Michael Mandig, President; Christy Hartig, Vice President; Sara Thames, Treasurer; Sarah Smith, Secretary; Ranny Thompson and Penny Russell, Directors at Large



FROM YOUR EMERGENCY TEAM



WHAT SHOULD I TAKE WITH ME IF I NEED TO EVACUATE?

- Take a PHOTO ID with you. You will need this to get back into Laguna Vista.
- Take a PHOTO of you and your pet(s) together and carry it with you. If you get separated from your pet this will help identify pets and owners.
- Take all necessary medications with you.
- Take your “TO GO” EMERGENCY SURVIVAL KIT (see page 33 of your RED Emergency Binder for a list of basic supplies recommended for an emergency kit such as food, water and other supplies).
- Take your IMPORTANT PAPERS (insurance, titles, auto registration, address book, medical info, etc.) Create an easy-to “Grab & Go” file or box with everything in it.
- Include a change of clothing for all persons in the home (long sleeves, pants and sturdy shoes).
- Food and water: (7) days’ worth.
- If time permits, take prized possessions (picture albums, paintings, jewelry, etc.) and other meaningful objects easily transported by you.
- Pets are only permitted in some public shelters. KNOW where to take them in advance of an emergency. Make sure your pet has identification on them. Have a crate to house them to keep them safe. Make sure you have a “To Go” bag for them too including food, water, treats and a play toy or two.
- When you are deciding what to take if you have to evacuate, consider the type of evacuation. If the evacuation is because of an earthquake, most items may not be destroyed therefore, consider leaving them. With a fire or flood, the situation changes and possibly nothing will be recoverable when you return.
- Time permitting, lock all of your windows and doors of your home and vehicle, if vehicle is left behind.

Don’t wait until an emergency happens and be caught off guard. Preparing can help eliminate panic. Set up a space near an exit in your home to stage your “To-Go” bags and let’s all be prepared. Text the word “Oceanside” to “67283” and follow prompts to sign up for Oceanside alerts. You can also download the “Smart911” app onto your phone.

The Emergency Team is looking for a Block Captain for Area 5B which includes Spaces 71-76 and 147-152. If you live in or near these spaces, please consider joining our team as a Block Captain. Reach out to Suzi Russell, Space 191, if interested. We also are looking for backup Block Captains for other areas throughout the Park.

Library Corner

If you have books you wish to donate to our Laguna Vista Library, **PLEASE DROP THEM OFF AT SPACE #191.** If your books are older than 2000, please donate them directly to the Public Library or your favorite charity. When returning books, **PLEASE** put them back in the right alphabetized section so your fellow readers can find them. *Enjoy the reads!*

The Poet's House by Jean Thompson - This warm and witty story about a young woman who gets swept up in the rivalries and love affairs of a dramatic group of writers.

Portrait of an Unknown Lady by María Gainza - In the Buenos Aires art world, a master forger has achieved legendary status. Rumored to be a woman, she specializes in canvases by the painter Mariette Lydis, a portraitist of Argentinean high society. On the trail of this mysterious forger is our narrator, an art critic and auction house employee through whose hands counterfeit works have passed.

Lessons in Chemistry by Bonnie Garmus - Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing as an average woman. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one: Calvin Evans; the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with—of all things—her mind. True chemistry results.

The Devil in the Grove by Gilbert King - Thurgood Marshall was on the verge of bringing the landmark suit Brown v. Board of Education before the U.S. Supreme Court when he became embroiled in a case that threatened to change the course of the civil rights movement and cost him his life.

American Nations by Colin Woodward - An illuminating history of North America's 11 rival cultural regions that explodes the red state/blue state myth.

Empty Mansions by Bill Dedman and Paul Clark Newell Jr. - When Pulitzer Prize-winning journalist Bill Dedman noticed in 2009 a grand home for sale, unoccupied for nearly sixty years, he stumbled through a surprising portal into American history. Empty Mansions is a rich mystery of wealth and loss, connecting the Gilded Age opulence of the nineteenth century with a twenty-first-century battle over a \$300 million inheritance.

Got favorite authors or books? Your neighbors would love recommendations! Please let us know by emailing us at: Penny (pr-lv@marketec.com), Suzi (sr-lv@marketec.com), or drop us a note at #191. Don't forget that the Oceanside Public Library will deliver books right to your door if you are a library member. Call 760-435-5600 for more information.



Cooking with Chef John

Quick and Easy Lemon Chicken

Quick and Easy Lemon Chicken that is ready in 30 minutes and goes with everything! This is your new go-to recipe for weeknight dinners.

Servings: 4 servings

Author: [Rachel Farnsworth](#)

Ingredients

- 4 boneless skinless chicken breast
- 1/2 cup lemon juice about 2 lemons
- 2 tablespoons extra virgin olive oil
- 2 teaspoons lemon pepper
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ¼ teaspoon salt



Instructions

1. Place **4 boneless skinless chicken breast** in a gallon-size resealable plastic bag. Add **1/2 cup lemon juice**, **2 tablespoons extra virgin olive oil**, **2 teaspoons lemon pepper**, **1 teaspoon dried basil**, **1 teaspoon dried oregano**, and **¼ teaspoon salt** to the bag.
2. Seal the bag and gently shake to coat the chicken evenly in the marinade. Refrigerate for at least 30 minutes, or up to 8 hours for deeper flavor.
3. Heat a heavy skillet over medium-high heat. Remove the chicken from the marinade and discard the remaining marinade.
4. Place chicken breasts in the hot skillet and cook for 6 to 7 minutes per side, or until both sides are golden and the internal temperature reaches 165 °F (74°C).
5. Remove from the skillet and let rest for 2 to 3 minutes before serving.
6. Serve hot. Optionally, garnish with freshly chopped parsley and lemon slices.

Notes

- Marinate for at least 30 minutes for great flavor, or up to 8 hours for a deeper taste. Avoid marinating longer than 12 hours to prevent mushy chicken. In a pinch? A quick 15-minute marinade works too!
- Instead of a plastic bag you can always marinate in a shallow dish. Simply whisk the marinade in a mixing bowl, place your chicken in, and pour the marinade right over.

Happy Birthday Wishes May

Ronald Harward	May 6	<i>Famous Birthdays This Month</i>	HyeYong Messer	May 18	
Audrey (Jane)Leone	May 6	<i>Duke of Wellington</i>	May 1	Marion Williams	May 18
MaryLou Camara	May 7	<i>Catherine the Great</i>	May 2	Denise Mas	May 20
Bruce Mara	May 8	<i>Sigmund Freud</i>	May 6	Katina Stoloff	May 21
Barry Shipley	May 11	<i>Florence Nightingale</i>	May 12	Ranny Thompson	May 22
Cody Feeler	May 11	<i>Malcolm X</i>	May 19	Jami Taylor	May 25
Luis Chavez	May 13	<i>Dolly Madison</i>	May 20	Jennifer Argenti	May 28
Jennifer Branson	May 14	<i>Queen Victoria</i>	May 24	Carla MacDonald	May 30
Mark Wurzel	May 17	<i>John F. Kennedy</i>	May 29	John Murphy Smith	May 31

May – The Earth Whisperer

If you were born in May, your past life was about having a strong connection with the earth element by slowly building something meaningful. You were busy working the fields, building houses, or accumulating wealth and material possessions. In this lifetime, the focus moves from earth to air, from tangible gain to mental development. What your soul yearns is to master communication, learning, [reading](#), and exciting interactions with those that cross your path.

FURTHER: [4 Zodiac Signs Who Are Likely To Get Married Later in Life, Per Astrologers](#)