The Echo

August 2026

276 N El Camino Real

Oceanside California 92058

Office: 760-439-2911

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

(closed 12-1pm)



Photo courtesy of John Pohlman

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harold@mhcminc.com

Office Manager: Judy Rodriguez

judy@mhcminc.com

Office: (760)439-2911

After Hours: (760)439-2911





THANK YOU VOLUNTEERS!

RECREATION COMMITTEE

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

WELCOME COMMITTEE

Beverly Behymer
Luanne Bosson

EMERGENCY COMMITTEE

Penny Russell
Suzi Russell

MEDICAL EQUIPMENT FOR LOAN

John Smith

TABLE HELPERS

Al Ablong
Richard Messer
Jim O'Dea
Chuck 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

MARQUEE

Maria Free

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 Aloi
- **CANASTA:** Contact Monika Bull
- **SHANGHAI:** Contact Lillian Valdez (Friday's at 1pm)
- **HORSERACES:** Contact John Smith (1st and 3rd 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 - 12 pm in the laundry building,
- contact Barbara Romero 760-505-7797
- **BOOK CLUB:** 3rd Tuesday at 1.30pm contact Margaret Jacoby



LAGUNA VISTA BOOK CLUB



The Laguna Vista Book Club meets on the 3rd Tuesday of each month in the Library at 1:30 p.m. The next books for discussion are:

August 18 – *The Women of Arlington Hall* by Jane Healey

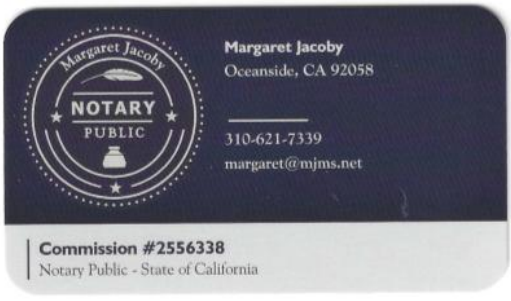
We hope you will join us.

Margaret Jacoby – Coordinator, LV #139

Notary Public

Margaret Jocoby will be available for residents And families of Laguna Vista and will come to your house or the clubhouse for the service.

Space #139, email is Margaret@mjms.net, and phone is 310-621-7339.



August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9am Pickleball 9:00 Clubhouse Breakfast
2 9am Pickleball 1pm Mexican Train	3 9:30 Chair Exercise 1pm Canasta 3:30 Line Dancing	4 10am Water Aerobics	5 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	6 9am Pickleball 10am Water Aerobics 1pm Horse Races 1pm Variety/Canasta 6pm Billiards	7 10am Water Aerobics 1pm Shanghai	8 9am Pickleball
9 9am Pickleball	10 9:30 Chair Exercise 1pm Canasta 3:30 Line Dancing	11 10am Water Aerobics 9:30 Mahjong	12 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	13 9am Pickleball 10am Water Aerobics 1pm Canasta 1pm Mahjong 6pm Billiards	14 10am Water Aerobics 1pm Shanghai	15 9am Pickleball 5pm August Luau
16 9am Pickleball 1pm Mexican Train	17 9:30 Chair Exercise 1pm Canasta 3:30 Line Dancing	18 10am Water Aerobics	19 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	20 9am Pickleball 10am Water Aerobics 1pm Canasta/Variety 1pm Horse Races 6pm Billiards	21 10am WaterAerobics 1pm Shanghai	22 9am Pickleball
23 9am Pickleball	24 9:30 Chair Exercise 1pm Canasta 3:30 Line Dancing	25 10am Water Aerobics 9:30 Mahjong	26 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	27 9am Pickleball 10am Water Aerobics 1pm Mahjong 1pm Canasta 6pm Billiards	28 10am WaterAerobics 1pm Shanghai 6pm Paint and Sip	29 9am Pickleball
30 9am Pickleball	31 9:30 Chair Exercise 1pm Canasta 3:30 Line Dancing					



Join us
August 15th



LUAU

Details to follow in a flyer



Breakfast in the Clubhouse



August 1st 9.00 to 10.30 am

Biscuits with Sausage Gravy

Scrambled Eggs and Fruit

Coffee, Bloody Mary's and Mimosas

HOA members: $ 8.00 Non HOA: $12.00

Ticket sales: July 20, 21, 24,25 from 10am-noon

July 22 and 23 from 4pm-6pm

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Friday, Aug. 28th. 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


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4TH of July 2026

















Grand Marshall Cheese











Name: _____ Date: _____



August



AMUSEMENT PARK
AQUAPARK
ARCADE
BACK TO SCHOOL
BACKPACK
BASEBALL
BEACH
BOATING
CAMPFIRE
CANNING
CARNIVAL
CLASSROOM
COACH
COOKOUT
CORN DOG
DOG DAYS
EARLY HARVEST
EIGHTH
FAIR
FARMERS MARKET
FERRIS WHEEL
FOOTBALL
FRUIT
FUNNEL CAKE
GARDEN
HEAT WAVE
HOMEWORK
HOTTEST
HUMIDITY
HURRICANES
ICE CREAM
LAZY RIVER
LEARNING
LIGHTNING
MERRY GO ROUND
OUTDOORS
PERSEIDS
PICNIC
PLAYGROUND
POOL
POPSICLE
POTATOES
PRACTICE
PRESERVES
RECESS
RIDES
SIGHTSEEING

O V G D M Q R E B A S E B A L L E A R N I N G L
U X E C Q C E H W A Q U A P A R K F R U I T G S
X E E P J Z C H B E C A R N I V A L I C Q Z A T
V L J E W B E A C H M K C D D J O L D F A I R J
N W A T E R S L I D E E P O T A T O E S O D D J
F A R M E R S M A R K E T A F K E Y S N X C E N
E T M E R R Y G O R O U N D C A M P F I R E N B
R E F U N N E L C A K E F W Y K C I Z E S Y M U
R R O X S U N F L O W E R S T P R A C T I C E P
I B O E I E T O N Q T G V U H E A T W A V E T R
S A T Y G A M G U U I N G C O R N D O G R V H G
W L B D H R V E G E T A B L E S W I M M I N G F
H L A O T L C A N N I N G B T E A C H E R S B P
E O L G S Y B O A T I N G G P I Q E O S U N M L
E O L D E H U H A F P B Z J R D M C O O K O U T
L N U A E A S U N G L A S S E S I R I U S W U J
I S B Y I R F M L J A C R S S K V E X Q Y C O G
G Y H S N V X I N N Y K M K E A N A P G H O C Z
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N T R N W P D M X H N H U R R I C A N E S C O L
G O E T G O E O U T D O O R S U M M E R T N A N
F E S S P O R T S H P O P S I C L E C Z G I C G
W S H Q H L H K V U J L A Z Y R I V E R X C H K

SIRIUS
SMORES
SNOW CONE
SPORTS
STUDENTS
SUMMER
SUNFLOWERS
SUNGLASSES
SUNSHINE
SWEETCORN
SWIMMING
TEACHERS
THUNDER
TOMATOES
VACATION
VEGETABLES
WATER BALLOONS
WATER SLIDE



© Puzzle Cheer



BUYERS BEWARE! Penny is compiling a list of handy workers (Plumbers/Plumbing Companies, Electricians, Contractors, Handy-persons, etc.) that you have personal first-hand positive experiences with. You can call, email or jot a note and drop it off on her doorstep at Space 191. We are all angered by the horror stories we hear of our elderly being taken advantage of. We also recommend reaching out to the office for their recommendations too. Penny's goal is to create a list of reliable folks that are honest, fair, and easy to work with in order to prevent our fellow neighbors from being taken advantage of. Be sure to take the following steps when considering a company to do work in your home:

1. Ask the office and your neighbors for a referral. This can help eliminate risky choices.

2. Always get a minimum of (3) bids, in writing. If they won't do this, hire someone else. READ THE BIDS and have a neighbor and/or the office look them over.

3. Always get a paper contract PRIOR to signing anything. If they say they only have a digital contract, look for someone else. Too many times details have slipped through the cracks and digitally, it is difficult to read for many of us.

Some suppliers due to "shady" practices have been banned from our park by Management. Let's do our part in helping to keep each other safe and not taken advantage of by asking for help.

LAGUNA VISTA HOA 2026

As we settle into August 2026, we encourage everyone to read the monthly ECHO magazine to see our scheduled park events and activities. Also, we all need to work together to keep our park welcoming and safe. On the topic of safety, please keep your doors locked. One of our residents posted on Nextdoor in late June that two intruders were in the park at 1:00 AM dressed in black hoodies with face masks. They ran from the car when the resident's family entered LV. 911 was called, the Oceanside PD came and they scheduled drive-throughs for the next few days to make sure that the intruders did not return. So, always be on the alert, especially after dark.

On a more positive note, there is a wonderful senior driver education course available that allows licensed drivers 55 and older to take an online driving course for $10 and get reduced car insurance premiums for three years. California law allows insurance companies to determine the percentage of premium reduction. The course provides instruction on defensive driving and California motor vehicle laws. There are several quizzes and a final exam. The course can be completed in under an hour. Here is the link if you are interested. Https://www.10Dollarmaturedrivers.com

Ever wonder if there are any recalls on your car? Go to NHTSA.gov/recalls and type in your license plate number or your VIN number to check. It's that easy!

Sincerely,

LVHOA Board of Directors, Michael Mandig, Christy Hartig, Sara Thames, Penny Russell, MaryLou Camara, Ranny Thompson

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Laguna Vista HOA

lagunavistalife.net

- Applicant's name must be on the title of the Mobile Home or listed as the Trustee if the Mobile Home is in a Trust.

Membership Application $25 per year fee

Owner/Title Holder-Resident Applicant Information

Full Name: _____ Date: _____

Last *First* *M.I.*

Phone _____

Space #

Application with payment can be placed in the HOA box in the clubhouse entry, or submitted to Sara Thames, space 88.
Make payment to Laguna Vista HOA
A signed copy will be returned to applicant.
For any questions, please contact Sara Thames (HOA Treasurer) at 760/613-6470 or sara.rooster@yahoo.com.

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RECEIVED AND APPROVED BY LVHOA **DATE**



FROM YOUR EMERGENCY TEAM



As you all know, we had our first REAL fire drills with the two (2) fires in the early part of June. Monday's fire, the Airport Fire, we were told to evacuate and Wednesday's fire, the November Fire, we were in "Set" mode for most of the day. There are three (3) evacuation protocols:

1. Ready – Have your "To-Go" bag ready. Have your important papers and other precious items ready to be packed to go. If you have pets, gather their supplies and them and be ready to leave.
2. Set – The likelihood of an evacuation is eminent. Pack your vehicles.
3. Go – Evacuate to the safe location given to you by management.

This is the process your LV Emergency Team follows:

The official command to evacuate will be issued by the City or County Police and/or Fire Departments and relayed to the Park Manager. The LV Emergency Team takes their orders from the Park Manager. Once the Park Manager contacts the Emergency Team Captain, the Emergency Team Captain contacts the Area Leaders and they contact the Block Captains, who contact their residents with the information and orders.

The City will tell us where to go as well as specific directions, and if necessary, the routes that residents are to take.

We learned several things; here's a few:

Not all residents drive or have cars - During the fires we found several residents who had no way out of the park and/or needed help to evacuate.

We had residents out of town with pets at home – I suggest those with pets create a "Buddy System" with one of your neighbors. Exchange keys or know where the key is hidden and in the event of an evacuation and one of you isn't home that neighbor knows what to "Get-n-Go' from your home.

Some of our Emergency Team members were out of town – While we have a protocol in place, we need backups for our team members when they are out of town. We will train you. Sometimes good things do come out of seemingly bad things. We now have a few residents who have volunteered to help folks out to safe locations in the event of an evacuation, including a couple of backup Block Captains. Your emergency team is in the process of gathering names and assigning these helpful residents to residents that need help. If you want to volunteer to help or need help yourself in the event of an evacuation order, contact the Office or Penny Russell in space 191, 818-399-2661.



LIBRARY CORNER FOR AUGUST 2026

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 Parable of the Sower by Octavia E. Butler - A story about a young girl fighting for survival in a post-apocalyptic world. Fifteen-year-old Lauren, precocious and clear-eyed girl, must make her voice heard in order to protect her loved ones from the imminent disasters her small community stubbornly ignores. But what begins as a fight for survival soon leads to something much more: the birth of a new faith . . . and a startling vision of human destiny.

Atmosphere: A GMA Book Club Pick: A Love Story by Taylor Jenkins Reid - Joan Goodwin has been obsessed with the stars for as long as she can remember. Thoughtful and reserved, Joan is content with her life as a professor of physics and astronomy at Rice University and as aunt to her precocious niece, Frances. That is, until she comes across an advertisement seeking the first women scientists to join NASA's space shuttle program. The Only Woman in the Room by Marie Benedict - She possessed a stunning beauty. She also possessed a stunning mind. Could the world handle both? Overhearing the Third Reich's plans while at her husband's side, she devised a plan to flee in disguise from their castle, and the whirlwind escape landed her in Hollywood. She became Hedy Lamarr, screen star.

The Other Einstein by Marie Benedict - This is the story of Einstein's wife, Mitza Maric, a brilliant physicist in her own right, whose contribution to the special theory of relativity is hotly debated and may have been inspired by her own profound and very personal insight. 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.

ON ANOTHER NOTE…..

We have a BOOKCLUB!!!

We meet the 3rd Tuesday of the month from 1:30PM-2:30 PM in our Clubhouse Library. Our book for July is "The Tea Girl of Hummingbird Lane" by Lisa See. It is a powerful story about circumstances and culture of a woman and her family struggling as tea farmers in the rural area of Communist China. If interested in joining, contact Margaret at margaret@mjms.net.



Cooking with Chef John

Soy-Glazed Salmon

Ingredients



- ¼ cup packed light-brown sugar
- ¼ cup olive oil
- 3 tablespoons soy sauce
- 2 tablespoons fresh lemon juice
- 2 tablespoons dry white wine, or water
- 2 pounds salmon fillet
- Lemon wedges, for serving

Directions

1. Preheat oven to 400 degrees. with a rack in the center. Make the glaze: In a small bowl, stir brown sugar, olive oil, soy sauce, lemon juice, and white wine until the sugar has dissolved.
2. Cut salmon fillet into 4 equal-size pieces; arrange, skin side down, in a single layer in a baking dish. Pour glaze over the fish and turn to coat evenly.
3. Bake until fish is opaque but still bright pink inside, basting every few minutes with glaze from baking dish, 15 to 20 minutes. Serve with lemon wedges.





		Famous Birthdays This Month			
Norman Laing	Aug 3	Barack Obama	Aug 4	Cynthia Smith	Aug 14
William Malone	Aug 5	Neil Armstrong	Aug 5	Diane Rayfield	Aug 18
Deborah Peterson	Aug 5	Lucille Ball	Aug 6	Dionisio Gotuzzo	Aug 20
Richard Maziek	Aug 9	Alfred Hitchcock	Aug 13	Barbara Curtis	Aug 22
Carol Donlan	Aug 9	Napoleon Bonaparte	Aug 15	Christine Ward	Aug 24
Sherry Cardenas	Aug 10	Coco Chanel	Aug 19	Dana Malone	Aug 28
Betty Ballard	Aug 10	Dorothy Parker	Aug 22	Jan Bradley	Aug 28
James Romano	Aug 11	Michael Jackson	Aug 29	John Herndon	Aug 30
Dennis Boyce	Aug 13	Mary Shelley	Aug 30	Debra Whidden	Aug 31

August – The Luminous Healer

If you were born in August, you were in a position of royalty or high importance in your past life. You were part of a family or group of people who called the shots, leading communities and big groups of people. While “being on stage” might still feel very comfortable to you, what you’re meant to focus on is meeting members of your community, one by one, to bring them healing. The creativity you learned in previous incarnations is part of that, as nothing brings more healing to the world than art itself.
RELATED: 3 Birth Months Born With Ancient Souls, Per Experts