

# *The Echo*

*September 2025*

*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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# THANK YOU VOLUNTEERS!

## RECREATION COMMITTEE

Cathy Campbell  
Mary-Lou Camara  
Carol Feig  
Maria Free  
Mimi Luera  
Barbie Orlando  
Kathy Peterson  
Dave Schaffner  
Vikki Schaffner  
Sara Thames  
Ranny Thompson

## TABLE HELPERS

Al Ablong  
Richard Messer  
Jim O'Dea  
Chuck Smith

## 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

## WELCOME COMMITTEE

Beverly Behymer  
Sharon Hardin  
Christy Hartig

## EMERGENCY COMMITTEE

Penny Russell  
Suzi Russell

## MEDICAL EQUIPMENT FOR LOAN

Noah Hopson  
John Smith

## NEIGHBORS HELPING NEIGHBORS

Christy Hartig

## 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 16<sup>th</sup> - Nov 14<sup>th</sup> 3pm - 7pm, Nov 15<sup>th</sup>-Mar 15<sup>th</sup> 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:** No Contact person
- **SHUFFLEBOARD:** **Wednesday's @ 5pm** – Lenny
- **BILLIARDS:** No Contact person
- **PING PONG:** No Contact Person
- **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 @ 1pm)
- **HORSES:** Contact John and Sarah Smith (2<sup>nd</sup> and 4<sup>th</sup> Tuesday)

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

- **CANASTA – HAND and FOOT:** 1<sup>st</sup> and 3<sup>rd</sup> Monday's at 1pm – Seats at table are open.
- **Mexican Train:** 1<sup>st</sup> and 3<sup>rd</sup> Sundays at 1pm
- **Rummikub:** 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays at 1pm
- **VARIETY:** 1<sup>st</sup> and 3<sup>rd</sup> Thursdays at 1pm

## **MISCELLANEOUS**

- **MOVIE NIGHT:** Contact Kathy Thomas – Will resume in the fall.
- **LINE DANCING:** Contact Merri McAvoy – 3.00 pm Wednesday
- **CLAY CLUB:** Wednesdays 10 am to 12 pm in the laundry building
- **KNIT AND CROCHET:** every other Friday - 3pm



# TRIVIA

SATURDAY 27<sup>TH</sup> 1-3 PM  
IN THE CARDROOM



*Laguna Vista has a  
Memorial Rock Garden  
Remember a loved one  
By painting a rock*



*Across the clubhouse next to the Laundry Room*

# September 2025

Ticket Sale Dates 9/2, 9/3, 9/4, 9/6, 9/8 and 9/19

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 Chair Exercise 1pm Canasta <i>Labor Day</i>	2 10 Water Aerobics 1pm <del>Rummikub</del> 1pm Canasta	3 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm <del>Shuffle</del> <i>September</i>	4 9am Pickleball 10 Water Aerobics 1pm Canasta/Variety 6pm <del>Billards</del>	5 10 Water Aerobics 1pm Shanghai 3pm Knit & Crochet	6 9am Pickleball
7 9am Pickleball 1pm Mexican Train	8 9:30 Chair Exercise 1pm Canasta	9 10 Water Aerobics 1pm Horses Races 1pm Canasta	10 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	11 9am Pickleball 10 Water Aerobics 1pm Canasta/Variety 6pm <del>Billards</del>	12 10 Water Aerobics 1pm Shanghai	13 9am Pickleball <b>9-10:30am Pancake Breakfast</b>
14 9am Pickleball	15 9:30 Chair Exercise 1pm Canasta	16 10 Water Aerobics 1pm <del>Rummikub</del> 1pm Canasta	17 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	18 9am Pickleball 10 Water Aerobics 1pm Canasta/Variety 6pm <del>Billards</del>	19 10 Water Aerobics 1pm Shanghai 3pm Knit & Crochet	20 9am Pickleball
21 9am Pickleball 1pm Mexican Train	22 9:30 Chair Exercise 1pm Canasta	23 10 Water Aerobics 1pm Horse Races 1pm Canasta	24 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	25 9am Pickleball 10 Water Aerobics 1pm Canasta/Variety 6pm <del>Billards</del>	26 10 Water Aerobics 1pm Shanghai	27 9am Pickleball <b>1-3pm Trivia</b>
28 9am Pickleball	29 9:30 Chair Exercise 1pm Canasta	30 10 Water Aerobics 1pm Canasta				



Get yourself and your doggie ready for

Saturday October 25<sup>th</sup>

Doggie Costume

parade at 10.30am



Halloween Party with

Costume contest

5.00pm cocktail hour

6.00pm dinner



# Pancake Breakfast



Pancakes, scrambled eggs, sausage  
Coffee, Mimosa's and Bloody Mary's

Saturday, September. 13th  
9:00 to 10.30 a.m.

Tickets HOA \$8.00 and all others \$12.00

Tickets on sale ,  
September 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> 6<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup>,  
from 10:am to noon at the Clubhouse.  
8<sup>th</sup> 3pm to 5pm

## Senior Citizen Texting Code

ATD - At The Doctor's  
BFF - Best Friend Fell  
BTW - Bring The wheelchair  
CBM - Covered By Medicare  
FWIW - Forget Where I Was  
FYI - Found Your Insulin  
LOL - Little Old Lady  
OMSG - Oh my! Sorry Gas  
TTYL - Talk To You Louder  
WAITT - Who Am I Talking To?

SVG - PNG - JPG - PDF





*September  
national days  
word search  
printable  
from Always  
the Holidays*

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

**PATRIOT DAY  
PROPOSAL DAY  
GRATITUDE DAY  
DEAF DAY  
BATMAN DAY  
SOBER DAY  
ALZHEIMERS DAY**

**PEANUT DAY  
GYRO DAY  
CHAI DAY  
SALAMI DAY  
FAMILY DAY  
GREENPEACE DAY  
SCARF DAY**

**VFW DAY  
RHINO DAY  
RESPECT DAY  
SKYSCRAPER DAY  
TV DINNER DAY  
SUDOKU DAY  
COFFEE DAY**



*Around the World In 80 Years*  
*By Tom Morrow*  
*(With apologies to Jules Verne)*

Before the colors fade and my memories become only vague images let me tell you about some of the fascinating world experiences I've enjoyed over the past 80-plus years.

This Iowa native has met, worked with; and interviewed some of the 20th century's most important and interesting people, as well as visiting hundreds of historic sites around the world.

Let me begin with (in no particular order):

**Sandra Day O'Connor**

In 1974, I was editor of a suburban daily newspaper in north Phoenix, Arizona. Out of the blue I got a phone call from State Sen. Sandra Day O'Connor; who at the time was Arizona's state Senate Majority Leader. She informed me the state's Department of Corrections was researching the possibility of building a minimum-security prison in the middle of a quiet north Phoenix family neighborhood, Senator O'Connor wanted to know if I would be interested in helping her stop such a bizarre plan?

Needless to say, I jumped onto her crusade. I wrote a series of articles and editorials and, despite some lukewarm support from the state's largest daily newspapers, the plan was scuttled.

Years later when she was appointed to the U.S. Supreme Court, Associate Justice O'Connor replied to a congratulatory telegram I had sent her. In my brief missive I had referred to our brief encounter in Arizona a few years earlier. She wrote:

"We had fun, didn't we?"

**Three Homers** -- The first Major League baseball game I ever saw was a double-header played the summer of 1957, in Kansas City between the Detroit Tigers and the Athletics. There were three home runs that day hit by K.C.'s Billy Martin, Detroit's Al Kaline and Harvey Kiene.

**Battle Lagoons of the Pacific**

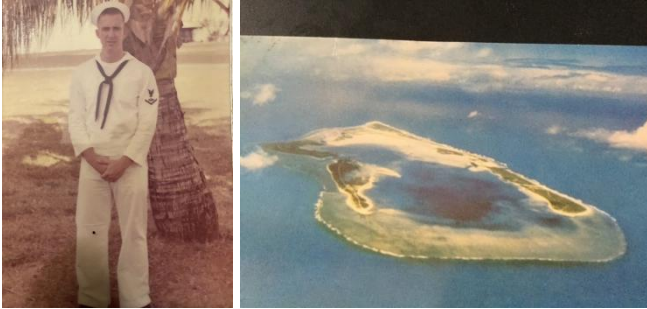
During my service in the U.S. Navy, (1958-62) I was able to see and experience some of the key islands where the thousands of men fought and died during the horrific World War II (1941S-45).

In 1959, after completing a series of Naval schools I was assigned to a flight squadron on Guam in the far western Pacific islands of the Mariannas. To get across the ocean I was carried across Pan America's famed Pacific "Stepping Stones."

I left the continental United States from Travis Air Force Base near Fairfield, California aboard a MATS (Military Air Transport System) headed for Hickam Air Force Base in Honolulu, Oahu, Hawaii. It was at Hickam and nearby Pearl Harbor Naval Station had received the opening salvos of WWII, barely 18 years earlier.

My entire trip to Guam was aboard reciprocal piston-engine planes. It took nearly eight hours to reach the Hawaii Islands from California. I was transferred to a civilian Pan American Clipper for the flight from Hickam to Agana, Guam via Wake Island. Several hours after leaving Hickam my passenger portal glistened with a spectacular view of the white corral horseshoe shape of Wake floating on the beautiful blue Pacific.

Wake was the closest the Japanese advanced in 1942, to the Continental U.S., during the War. My window view was peaceful compared to the deadly battle that took the lives of hundreds of American Sailors, Marines and civilian construction workers in 1942. Survivors of the battles of Wake and Midway remained as POWs until the end of the War.



## Wake Island, one of Pan American's Pacific "stepping stones."

From 1959 to 1962 I landed, was temporarily stationed, or flew over a number of coral atolls including Kwajalein and Midway Islands. In those days the U.S. Navy was tasked with flying over or otherwise checking the welfare on the hundreds of islands of the vast western Pacific's "United Nations Trust Territory."

At the time I really didn't appreciate all the historic sites and stories I witnessed, but the underwater battle graveyard of Truk Lagoon in the Gilbert Islands was an unforgettable sight. From our squadron's (VW-3) base in Guam, we flew directly over submerged U.S. and Japanese planes, tanks, all sorts of implements of war which today are seemingly poised undisturbed at the bottom of that watery graveyard left there from WWII battles.

In February 1960, my flight crew delivered an aircraft engine to an Air Force unit based on Iwo Jima. Iwo was one of the bloodiest settings during the waning days of the War. The heavy odor of volcanic sulfur fills the air. From the Japanese words "Iwo Jima" translates in English to "Sulfur Island."

While us enlisted personnel struggled to unload the huge engine from the cargo hold of our Lockheed WV2 Early Warning plane, our officers were escorted by an Air Force officer for a quick trip to the nearby top of Mount Suribachi where the Marines had planted the U.S. flag for that famous 1945 WWII battle photo.

My first visit to Japan was in the summer of 1960 -- a deployment to NAS Atsugi near Mt Fuji, west of Tokyo. This photo was taken at the Great Buddha in Kamakura. I was told to get a photo of me and the statue because there were no crowds of worshippers around. Within minutes after a crewmember took the photo of me there were dozens of Japanese gathering around the world's largest Buddha.



My Crew 2's Lockheed WV-2 plane flying over Mt. Fujiyama in Japan

## MESSAGE FROM YOUR HOA BOARD

### LAGUNA VISTA OUTDOOR MEMORIAL AREA

A Memorial Area is underway next to the laundry building. Today it is a work in progress (see below), but go by and check it out. It is surrounded by flowers, bordered by river rock – some painted “in memoriam” -- with a newly-planted Queen palm along with a tiled, round table and benches on the adjacent patio. Let’s help turn it into a small but pleasant spot to talk and think about those no longer with us. Thank you to Harold Crafton and resident John Smith who are working together to create this special area for us.



### FIBER OPTIC CABLE SERVICE. REALLY??

You may have noticed contractors installing fiber optics around the City of Oceanside, including an electrical box placed on our front lawn, close to the Oak Leaf Apartments. The scuttlebutt is that, when the fiber optic network is installed throughout Oceanside, the City will license service providers who can offer service to us. For now, cross your fingers but don’t hold your breath.

### MEDICAL ALERT SYSTEMS

Choosing the right medical alert system is an important decision. There are plenty of affordable and dependable options out there. Look for a future article in the Echo for more details! Meanwhile, you can call the following companies and check out their options:-

Medical Guardian 855-919-4522 -Bay Alarm Medical 844-946-1712 -ADT Medical Alert 855-743-0838 – LifeLine 855-633-6523

To find out if your insurance company offers coverage, call your health care provider or visit their website. Your Board: Michael Mandig, Christy Hartig, Sara Thames, Sarah Smith, Penny Russell, Ranny Thompson & Jerry Sarnataro





## FROM YOUR EMERGENCY TEAM



At a meeting we had with Linda McLaughlin from the Oceanside Fire Department we all learned a lot of tips about emergency planning and safety at home. Here are some random tips that we learned at the meeting:

**1.** The last household item to be destroyed in various emergency scenarios is the refrigerator. Put a copy of your important documents in a zip lock bag and store in your refrigerator! This could work for other valuable or sentimental items you are unable to remove from your home during an evacuation.

### **2. Fire extinguishers:**

A. Make sure you have a couple of fire extinguishers in working order inside the house and even just outside your door. The best fire extinguisher for home use is the ABC type which will handle most residential fires. Costco usually sells a 2-pack and sometimes puts them on sale. Use the following guideline in the event of a fire: PASS – P=Pull the pin, A=Aim, S=Squeeze the trigger and S=Sweep across the flames.

B. Every few months turn your fire extinguisher upside down and shake vigorously. This will keep the chemicals from settling on the bottom and hardening making it unusable in the event of a fire. This will also greatly increase the life of the fire extinguisher.

C. Recycle your old fire extinguisher by calling Waste Management at 760-439-2824 and making an appointment. Never throw your old fire extinguisher in the garbage. It could explode in the garbage truck.

D. Check your fire extinguisher every month to make sure that it is safe to use. The needle should point to the green area of the pressure gauge. If the needle points to the red area, you must replace your extinguisher or have it refilled. Most fire extinguishers only last 5 to 10 years, even if they have never been used.

**3. Fire Blankets:** BUY ONE and keep it in your kitchen. Christy can order one for you. We recommend the “Prepared Hero.” It is an inexpensive investment (under \$30) and if needed, can save your life or residence.

### **4. Smoke alarms:**

A. As of the last couple of years, the only smoke alarms allowed to be sold must have a 10 year non-replaceable battery. Replace those old ones now. If you hear three beeps in a row from your smoke alarm, it means there is a fire and you should leave the house!

B. Smoke alarms should be placed near the ceiling, not necessarily ON the ceiling. It’s important to be able to get to it without creating a falling hazard. Carbon Dioxide alarms can be placed high, mid or low on the wall.

C. The Oceanside Fire Department can provide up to 3 free smoke alarms and 1 free Carbon Monoxide alarm per residence. The rule of thumb is to have 1 smoke alarm in any room with a bed and 1 in a central hall. If you have gas appliances you should have a Carbon Monoxide alarm. Call Linda McLaughlin at 760-435-4305 to arrange a date to install or fill out this application through the Oceanside Fire Dept:

<https://oceansideca.seamlessdocs.com/f/3dwc2wutczj1>. It’s time to stop that annoying beep for ten years!

### **4. Miscellaneous:**

- More people die of smoke inhalation than the actual fire.
- Overly long cooking in a microwave can create fires.
- If there is a fire in a pan on the stove top, put a lid on it to smother the fire. Leave the lid on until the pan cools.
- Plugging too many electronics into a power strip could cause an electrical fire.

Suzi Russell & Penny Russell  
Co-Captains of Laguna Vista  
Emergency Committee

# 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...New and Old!*

**Silk Road by Colin Falconer** - The Holy Land, 1260: Josseran Sarrazini wants to get away from his past. He knows that the task the pope has set him is impossibly dangerous and will involve unimaginable hardships. He also suspects that he'll probably never come back, and he doesn't really care. Khutelun is the spirited daughter of a Mongol chieftain. She was raised in the saddle of a horse. She can hit a deer with an arrow at two hundred paces. And she considers no man her equal. But when she is ordered to escort the Christian ambassadors along the treacherous Silk Road, she meets her match in Josseran.

**Pillars of the Earth by Ken Follett** - Book#1 - The Pillars of the Earth tells the story of Philip, prior of Kingsbridge, a devout and resourceful monk driven to build the greatest Gothic cathedral the world has known . . . of Tom, the mason who becomes his architect—a man divided in his soul . . . of the beautiful, elusive Lady Aliena, haunted by a secret shame . . . and of a struggle between good and evil that will turn church against state and brother against brother. A spellbinding epic tale of ambition, anarchy, and absolute power set against the sprawling medieval canvas of twelfth-century England, this is Ken Follett's historical masterpiece. There (4) other books in the Kingsbridge series by Ken Follett I recommend: Book#2-World Without End, Book#3- A Column of Fire, Book#4 – The Evening and the Morning and Book #5-The Armor of Light

**The Crystal Cave by Mary Stewart** - Book#1 - Born the bastard son of a Welsh princess, Myrddin Emrys -- or as he would later be known, Merlin -- leads a perilous childhood, haunted by portents and visions. But destiny has great plans for this no-man's-son, taking him from prophesying before the High King Vortigern to the crowning of Uther Pendragon . . . and the conception of Arthur -- king for once and always. There are (4) more books in this series: Book#2-Hollow Hills, Book#3-The Last Enchantment, Book #4 The Wicked Day, Book #5- The Prince and the Pilgrim.

**Got favorite authors or books? Your neighbors would love recommendations! Please let us know by emailing us at:**

**Penny ([pr-lv@marketec.com](mailto:pr-lv@marketec.com)), Suzi ([sr-lv@marketec.com](mailto: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.**

*Penny*



# ***Cooking with Chef John***

## ***Sicilian Tomato sauce***

### **Ingredients**

Two 32oz. cans crushed tomatoes (Whole stewed tomatoes may be used for chunkier sauce)  
One 32oz. can diced tomatoes  
Two 6oz. cans plain tomato sauce  
Two 6oz. cans tomato paste  
One large vidalia onion  
One medium/ large zucchini  
Two tbsp. minced garlic  
1/4 c. Olive oil  
2 tbsp. Basil  
2 tbsp. Oregano  
1/2 tbsp. Parsley  
4 medium sized anchovies, cured in olive oil  
2 tsp. Sea salt (optional)  
Optional: chopped zucchini



### **Instruction**

Dice your onion, mince 2 Tbs. of garlic, heat up the Olive oil in a quart sauce pan. Put the onions and the garlic to saute. Open your tomato paste. Stir the paste with the garlic and onion. Add the crushed tomatoes and plain tomato sauce. Stir well. Add optional anchovies. Add fresh basil, oregano, and fresh parsley. You can add your fresh zucchini and salt if needed. Stir well. Reduce heat. Simmer for at least two hours. Cook your pasta al dente and serve!!

***Courtesy of Denise Mas***



# Happy Birthday Wishes September

Sara Luque	9/1	<b>September Famous Birthdays</b>	Ruth-Ann Mead	9/17
Danna Gill	9/1	<i>Freddie Mercury</i>	Kaelyn Milham	9/18
Marsha Gallagher	9/2	<i>Queen Elizabeth</i>	Maria Villamar	9/19
Andrea Maciejewski	9/2	<i>Colonel Sanders</i>	Min Cha Monica	9/20
Nancy Kindness	9/4	<i>Roald Dahl (Author)</i>	Karen Bamberg	9/21
Krista Menely	9/4	<i>Agatha Christie</i>	Alfred Ablong	9/21
Scott Sullivan	9/8	<i>Lauren Bacall</i>	Nancy Brown	9/22
Harold Crafton	9/10	<i>Stephen King</i>	Ann Marie Clark	9/23
James Haugen	9/11	<i>F. Scott Fitzgerald</i>	Carol Harward	9/26
Penny Russell	9/15	<i>Scottie Pippen</i>	Debbie Tariq	9/26
Sara Thames	9/16		Kristi Frankenheimer	9/28

**THE DUPLEX:** By Glenn McCoy

