

The Echo *February 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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HOA Board Members

President: Michael Mandig

Vice-President: Christy Hartig

Treasurer: Sara Thames

Secretary: Kathy Thomas

Directors:

Penny Russell, Ranny Thompson &

Sarah Smith

*General Membership meetings are held quarterly;
Board of Directors meetings are held monthly.*



THANK YOU VOLUNTEERS!

RECREATION COMMITTEE

Janet Bennett
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Carol Feig
Maria Free
Barbie Orlando
Kathy Peterson
Dave Schaffner
Vikki Schaffner
Sarah Smith
Sara Thames
Ranny Thompson

TABLE HELPERS

Al Ablong
Richard Messer
Jim O'Dea
Chuck Smith

LAGUNA VISTA ECHO

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

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Sharon Hardin
Christy Hartig

EMERGENCY COMMITTEE

Penny Russell
Suzi Russell

MEDICAL EQUIPMENT FOR LOAN

Noah Hopson

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 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:** No Contact person
- **SHUFFLEBOARD: Wednesday's @ 5pm** – Lenny and George, Co-Directors
- **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:** Contact Jane Leone for information (2nd and 4th Tuesday)
- **CANASTA:** Contact Monika Bull
- **SHANGHAI:** Contact Lillian Valdez (Friday's @ 1pm)
- **HORSES:** Contact John and Sarah Smith (2nd and 4th Tuesday)

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

- **Canasta - Hand and Foot:** 1st and 3rd Monday's at 1 pm - Seats at table are open.
- **Mexican Train:** 1st and 3rd Sundays at 1pm
- **Rummikub:** 1st and 3rd Tuesdays at 1pm
- **Uno:** 1st and 3rd 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
Contact Barbara Romero or John Smith

>>> February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9am - 12 Pickleball 1pm Mexican Train	3 9:30am Chair Exercises 1pm Canasta	4 10am Water Aerobics 1pm - Rummikub	5 10am Water Aerobics 10am Clay Club 3pm Line Dancing 5pm Shuffleboard	6 9am & 12 Pickleball 10am Water Aerobics 1pm Canasta 1pm VARIETY	7 10am - Water Aerobics 1pm - Shanghai	8 9am - 12 Pickleball
9 9am - 12 Pickleball	10 9:30am Chair Exercises 1pm Canasta	11 10am Water Aerobics 1pm Horse Races 6:30pm Bunco	12 10am Water Aerobics 10am Clay Club 5pm Shuffleboard	13 9am & 12 Pickleball 10am Water Aerobics 1pm Canasta 6pm Billiard	14 10am - Water Aerobics 1pm - Shanghai	15 9am - 12 Pickleball 5pm Potluck
16 9am - 12 Pickleball 1pm Mexican Train	17 President's Day 9:30am Chair Exercises 1pm Canasta	18 10am Water Aerobic 1pm Rummikub	19 10am Water Aerobics 10am Clay Club 5pm Shuffleboard	20 9am & 12 Pickleball 10am Water Aerobics 1pm Canasta 1pm VARIETY	21 10am - Water Aerobics 1pm - Shanghai	22 9am - 12 Pickleball
23 9am - 12 Pickleball	24 9:30am Chair Exercises 1pm Canasta	25 10am Water Aerobics 1pm Horse Races 6:30pm Bunco	26 10am Water Aerobics 3pm Line Dancing 5pm Shuffleboard	27 9am & 12 Pickleball 10am Water Aerobics 6pm Billiard	28	

Message from LVHOA Board

STAYING UP TO DATE WITH THE CITY OF OCEANSIDE: Let's make 2025 a year of knowledge! Please go to the City of Oceanside's website and sign up for news and updates from the City. Here's the link: <https://www.ci.oceanside.ca.us/>. Just put in your email and create an account. Follow the prompts and once your profile is created, you can select agencies from which you will then receive regular notifications. We suggest the following: Under City Council, select ALL CATEGORIES. Under City Clerk, select Housing Commission, Manufactured Home Fair Practices Commission, and Planning Commission. You may also want to see what's up with other departments such as the Community Relations and the Economic Development Commissions.

FLOODPLAIN ISSUES. All Laguna Vista Residents should have received a letter from Oceanside City Engineer, Bryan Thomas, regarding flooding issues. It is basically identical to a letter sent in May 2023. Although the December 12 letter says, "No Action [is] Required," we are not so sure.

Engineer Thomas says we are located in flood zone A-99 on the FEMA Flood Insurance Rate Map for our area, and also that our area is protected by the "SLRR Levee" constructed along certain reaches of the San Luis Rey River. *According to Thomas, construction of the Levee is "completed," but still considered to be "under construction' ... due to outstanding environmental issues."* The environmental issues are not identified, but this same statement was also made in the May 2023 letter, nineteen months earlier. While Thomas says the City and the Army Corps of Engineers keep the "levee in top condition by regular maintenance and vegetation control," several members of the LV Board have raised questions about largely uncontrolled growth of vegetation in the SLR riverbed, which could adversely affect the Levee's performance.

Mr. Thomas also reminds us about flood insurance. For those of you with mortgages on your homes, flood insurance is mandated by your lender. For those without a mandatory obligation to have flood insurance, it is available through FEMA and through some private insurers. Either way, the City Engineer advises that, "It is important to have flood insurance and be proactive in protecting your investment."

Mr. Thomas' letter lists a variety of information and technical assistance available from the City Engineering Division, and the Board will be approaching the City in coming weeks to learn more about the environmental problems relating to the SLRR Levee and see how the City and FEMA can help our residents. Stay tuned!

If you'd like to contact the City Engineering Division, try (760) 435-4373 or (760) 435-3568, or email the Division at engineeringstaff@oceansideca.org.

Thomas also gave us the following links: (1) City of Oceanside Engineering or Fire Department sections. www.ci.oceanside.ca.us (2) FEMA, www.floodsmart.gov (3) www.ready.gov (4) www.redcross.org (5) National Weather Service, www.weather.gov/safety/flood

MONTHLY WATER BILLS. Some residents have seen what appear to be unusual increases in water billings, and possible inconsistencies between usage amounts shown on the bill and their own readings of their meters. We are not certain what this means, but you may be able to help sort things out by gathering some information. We suggest that you (i) take a reading of your meter, including a photo, if possible, around the 13th of each month and compare it with the amount shown on your next bill and, if you think there could be an issue, (ii) call or visit the office to discuss this potential issue.

LVHOA Board: Michael Mandig, Christy Hartig, Sara Thames, Ranny Thompson, Kathy Thomas, Penny Russell and Sarah Smith

A special thank you to the Echo's December contributor's:

HOA Board - Rec Committee - Suzi and Penny Russell , Sarah Smith and Sharon Hardin



***How Safe Are We?
Find out February 4th at
our clubhouse!***

All Laguna Vista Residents Are Invited!

Please join our POLICE DEPARTMENT CRIME PREVENTION UNIT, the LV EMERGENCY TEAM and HOA and LV Management for a NEIGHBORHOOD WATCH PRESENTATION regarding local CRIME STATISTICS in our area and what we can do to help!

WHEN: FEBRUARY 4th at Laguna Vista Clubhouse

TIME: 5:00 PM for Food;

What are "Silent Observers"? Find out!

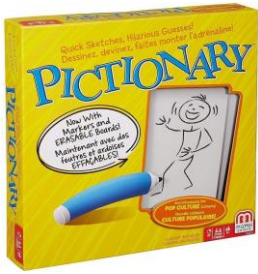
How can we share Crime Prevention Tips?

Bring your questions to the meeting!

FOOD and BEVERAGES will be served!

(First come, first served)

This event is sponsored by the Laguna Vista HOA



VARIETY

Need a little pep in your step?

Tired of the same ol' thing?

You've heard that Variety is the spice of life and now Laguna Vista Game Players are inviting you to put a little spice back into your life!!

Join us on the first and third Thursdays of every month at 1pm in the clubhouse.

You'll never know how much fun Variety is until you try it!

COULD BE ANYTHING!!



Join us for Potluck

Saturday

Feb. 15th 5pm

Bring your favorite dish



Here are some dining establishments in Oceanside, CA, that typically offer senior discounts for those aged 55 and over:

Denny's

Discount: 15% off meals for seniors 55+ or AARP members.

Details: Denny's offers a senior menu with discounted meals, plus the 15% discount when you show your AARP card.

IHOP

Discount: 10% off the total bill for seniors 55+.

Details: IHOP offers a discount to seniors on most menu items. It's a good idea to confirm with the location whether this is available at all times or only during certain hours.

Sizzler

Discount: Senior menu with discounted prices for those 55+.

Details: Sizzler has a special menu for seniors that provides discounted meal options.

Applebee's

Discount: 10% off for seniors 60+.

Details: Applebee's offers a discount on both regular and special menu items for seniors. Check the local location for specific offerings.

The Broken Yolk Café

Discount: Discounted prices for seniors (around 10%).

Details: This popular breakfast and brunch spot offers seniors a discount on certain items, especially if you're ordering from their senior menu.

Pit Stop Diner

Discount: 15% off meals for seniors 65+.

Remember, some discounts may vary based on location and time of visit, so it's always a good idea to check with the restaurant before heading out. Additionally, AARP membership may provide extra discounts at certain places, so it's worth carrying the card to take advantage of any additional benefits!

More Discounts

San Diego Zoo Safari Park – Seniors Free all February, Parking is \$ 20.00

Regal Cinemas , need to join their Regal Crown Club

Every Tuesday

Carlsbad - \$7.99

Escondido -\$.799

Oceanside - Mission Blvd. \$6.99

Oceanside - College Blvd - \$5.99

February Word Search 1

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

First Time Forgiveness	Prince William County	Pre Court Settlement	Fair Travel Program
Electronic Tolling	Unbillable Trip	Capital Beltway	unbillable trip
Fairfax County	Customer Care	Tysons Corner	Future Travel
Missed a Toll	Missed A Toll	NC Quickpass	Verification
Google Maps	Transurban	Affidavit	Dead Air
Signage	Ezpass	VToll	DWOP
PAM			

FROM YOUR EMERGENCY TEAM FROM LAGUNA VISTA

With the Holidays behind us, please take some time and go through your RED EMERGENCY PREPAREDNESS BINDER. We can't stop emergencies from happening; however we can be prepared in case they do. Here are several questions to ask yourself:

- 1. If I had to shelter in place for a week, do I have enough stored water and food to drink and eat? Before an emergency happens, stock up on water and foods that are easy to access.*
- 2. Are my entrances and exits clear of debris that could hinder my leaving in an emergency? Make sure you can leave your house easily and quickly. Remove anything that could potentially prevent you from doing so.*
- 3. If I don't drive or have a car, do I have transportation out of the park? Make arrangements PRIOR to an emergency happening to have a neighbor take you with them in the event of an evacuation.*
- 4. If I evacuate, do I know where I would go? Know ahead of time where you would go.*
- 5. If I had to evacuate, do I have my medications with me? Keep critical medications in a "Grab-and-Go" bag you can easily take with you.*
- 6. If I was hurt, how would I let someone know? Have a whistle handy. Ask a friend or neighbor to check on you. Keep your phone close to you.*

There is no time like the present to "GET PREPARED." Read through your RED BINDER for more information. You can always contact your Block Captain, Area Leader or Team Captains if you have questions or need some help.

Here's few phone numbers to keep handy:

Personal Emergency 911

Updated Disaster Information 211 / 211sandiego.org

SDG&E - Gas Leaks 800-611-7343

SDG&E - Electrical Emergency 800-411-7343

Fire Dept. - Non-Emergencies 760-435-4100

Police Dept. - Non-Emergencies 760-435-4900

Scripps Urgent Care - 2205 Vista Way (near Jefferson Ave.) 760-704-5630

Tri-City Hospital 760-724-8411

Local Emergency Broadcast Radio Stations:

AM-600, AM-760, AM1360, AM1070

Local Emergency TV Channels:

Ch19-COX, Ch24-TW, Ch99-AT&T

Be safe! From your Laguna Vista Emergency Team

Library Corner

Happy February! 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!

How Baseball Happened by Thomas W. Gilbert – Baseball’s true founders don’t have plaques in Cooperstown. The founders were the hundreds of unaccredited amateurs — ordinary people — who played without gloves, face masks or performance incentives in the middle decades of the 19th century. Unlike today’s pro athletes, they lived full lives outside of sports. They worked, built businesses and fought against the South in the Civil War. But that’s not the way the story has been told. The wrongness of baseball history can be staggering. Read how it really started.

The Queen: Her Life by Andrew Morton – Painfully shy, Elizabeth Windsor’s personality was well suited to her youthful ambition of living quietly in the country, raising a family, and caring for her dogs and horses. But when her uncle, King Edward VIII, abdicated, she became heir to the throne—embarking on a journey that would test her as a woman and as a queen. This is the story of a woman of unflagging self-discipline who will long be remembered as mother and grandmother to Great Britain, and one of the greatest sovereigns of the modern era.

The First Christmas by Stephen Mitchell – In this version, we see the world through the eyes of a Whitmanesque ox and a visionary donkey, starry-eyed shepherds and Zen-like wise men, each of them providing a unique perspective on a scene that is, in Western culture, the central symbol for good tidings of great joy. Rather than superimposing later Christian concepts onto the Annunciation and Nativity scenes, he imagines Mary and Joseph experiencing the angelic message as a young Jewish woman and man living in the year 4 BCE might have experienced it, with terror, dismay, and ultimate acceptance. In this context, their yes becomes an act of great moral courage.

Horse by Geraldine Brooks – Kentucky, 1850. An enslaved groom named Jarret and a bay foal forge a bond of understanding that will carry the horse to record-setting victories across the South. When the nation erupts in civil war, an itinerant young artist who has made his name on paintings of the racehorse takes up arms for the Union. On a perilous night, he reunites with the stallion and his groom, very far from the glamour of any racetrack.

Got favorite authors or books? 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.

Interested in starting a Bookclub? 2025 might be the magic year to start one. If you have experience in running a Bookclub, please let me (Penny) know. With a wide range of reading interests within our park, it could be fun on many levels!

what's cooking

Baked Salmon With Mustard Glaze

Ingredients

- 4 salmon fillets
- salt and pepper to taste
- ¼ cup Dijon mustard
- ¼ cup honey
- 2 tablespoons soy sauce low sodium
- 1 tablespoon olive oil
- lemon wedges for serving



Instructions

- Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
 - Season the salmon fillets with salt and pepper and place them on the prepared baking sheet.
 - In a small bowl, whisk together the Dijon mustard, honey, soy sauce, and olive oil. Brush the mustard glaze over the top of the salmon fillets.
 - Transfer the baking sheet to the oven. Bake the salmon for 12-15 minutes, or until the flesh flakes easily with a fork.
 - Serve the salmon with lemon wedges on the side.
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- **Tips & Notes:**
 - Line the baking sheet. You must line the baking sheet with parchment paper or a silicone mat. Even if you spray the sheet pan with cooking spray the fish will likely stick.
 - Handle with care. Salmon filets are delicate and the flesh breaks easily, so be careful when handling them and brushing them with the glaze mixture.
 - The oven must be hot. Food doesn't cook evenly when it's put into an oven that is still preheating. This is why you need to wait until your oven is done preheating before baking.
 - You can store leftover baked salmon in an airtight container in the refrigerator for about 2 days or in the freezer for up to 2 months.

Happy Birthday Wishes February

Van Fritz	2/1	Famous February Birthdays Albert Einstein 2/14/1879 George Washington 2/22/1732 Abraham Lincoln 2/12/1809 Charles Darwin 2/12/1809 Rosa Parks 2/4/1913 Thomas Edison 2/11/1847 Oprah - 2/29/1954 Ariana Grande 2/26/1993 Shakira 2/2/1977 Did You Know? <ul style="list-style-type: none"> ◆ The name February comes from the latin word “februum” which means purification. ◆ February is mostly recognized for Valentine’s Day, also it is the only month with 28 days (with the exception of leap year). ◆ Astrological Signs in January are Aquarius & Pisces 	Donna Smith	2/16
Barabra Watzke	2/1		Terry Taric	2/18
Pamela Gray	2/5		Cynthia Crisp	2/20
Cara Chavez	2/6		Richard Fox	2/20
James Dillon	2/6		Carolyn Greenway	2/20
Degina LaCour	2/6		Vera Landon-Myers	2/20
Linda Shestock	2/6		Monika Bull	2/21
Genny Villa	2/6		Cindy O’Dea	2/21
Robert Gallagher	2/7		Marshall Connell	2/22
Roberto Valenzuela	2/7		Irene Lugo	2/23
Michael Carlson	2/8		Sarah Smith	2/23
Robert Swilley	2/8		Cynthia Stefaniak	2/24
Peggy Yost	2/9		Marry McLennan	2/25
Luanne Minette	2/10		Pamela Benancourt	2/26
Elisabeth Askew	2/11			
Steve Kwiatek	2/11			
Joseph Zahoryn	2/13			
Nancy Anderson	2/14			
Donna Kuzmics	2/14			
Lynn Roth	2/14			
Donna Smith	2/16			
Terry Taric	2/18			
Cynthia Crisp	2/20			



Birthstone: Garnet

Flower: Carnation