The Echo

September 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

Manager: Harold Crafton

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
Ranny Thompson
Leslie Rutherford
Luanne Bosson
Lane Lenhart

WELCOME COMMITTEE

Luanne Bosson
Leslie Rutherford

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:

September - *The Lost Bookshop by Evie Woods*

October - *The All-Girl Filling Station 's last reunion by Fannie Flagg*

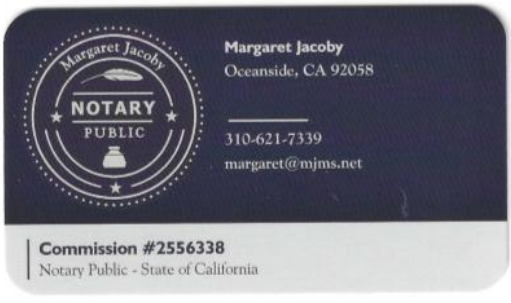
We hope you will join us.

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.



September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		10am Water Aerobics	9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	9am Pickleball 10am Water Aerobics 1pm Horse Races 1pm Variety/Canasta 6pm Billiards	10am Water Aerobics 1pm Shanghai	9am Pickleball
6	7	8	9	10	11	12
9am Pickleball 1pm Mexican Train	9:30 Chair Exercise 1pm Canasta 3:30 Line Dancing	10am Water Aerobics 9:30 Mahjong	9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	9am Pickleball 10am Water Aerobics 1pm Mahjong 6pm Billiards	10am Water Aerobics 1pm Shanghai	9am Pickleball
13	14	15	16	17	18	19
9am Pickleball	9:30 Chair Exercise 1pm Canasta 3:30 Line Dancing	10am Water Aerobics 1.30pm Bookclub	9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	9am Pickleball 10am Water Aerobics 1pm Horse Races 1pm Variety/Canasta 6pm Billiards	10am Water Aerobics 1pm Shanghai	9am Pickleball 5pm Sock Hop
20	21	22	23	24	25	26
9am Pickleball 1pm Mexican Train	9:30 Chair Exercise 1pm Canasta 3:30 Line Dancing	10am Water Aerobics 9:30 Mahjong	9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	9am Pickleball 10am Water Aerobics 1pm Mahjong 1pm Canasta 6pm Billiards	10am WaterAerobics 1pm Shanghai	9am Pickleball
27	28	29	30			
9am Pickleball	9:30 Chair Exercise 1pm Canasta 3:30 Line Dancing	10am Water Aerobics	9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard			

Sock Hop

DINNER and fun!

Saturday
SEPT 19
5PM





DRESS IN 50'S ATTIRE
and practice your dance steps.
Remember the Stroll, the Bop, the Bunny Hop, the Jitterbug, the Madison, and the Hand Jive?

Find a picture of yourself
in the 50's
and drop it off at
Christy Hartig's house
(back porch or tube).
Please write your first and last name on the back of the picture and put it in an envelope.
Be prepared for a picture surprise!

MENU:

BBQ hotdogs and hamburgers with all the fixings, chips, and the ice cream sundae bar that was so popular at our July 4th celebration.
BYOB.





TICKET PRICES:

$8 for HOA members

$12 for non-HOA members

Ticket Sales:
9/10, 9/11, 9/12
FROM 10AM UNTIL NOON
9/14, 9/15
FROM 4–6PM



DEADLINE IS
SEPTEMBER 15
TO SUBMIT
YOUR PICTURE.


SAVE THE DATE
HALLOWEEN
EVENTS
DINNER &
COSTUME CONTEST
SAT, OCT 24 | 5PM
PET COSTUME
PARADE
OCT 24 | 10:00AM
IN FRONT OF CLUBHOUSE



Merri McAvoy at the USA Hockey Olympic Gold Medal celebration for her nephew **Charlie McAvoy** in Boston



Paint and Sip classes will resume in January 2027



hello

September Word Search

Find the September words below.

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

- SEPTEMBER
- AUTUMN
- FALL
- LEAVES
- APPLE
- HARVEST
- PUMPKIN
- SQUASH
- CIDER
- ACORN
- HAYRIDE
- BACK TO SCHOOL
- OUTDOORS
- WEATHER
- JACKET
- TRACTORS
- SUNSET
- FRIENDS



LAGUNA VISTA HOA SEPTEMBER 2026

Hello and welcome to the Laguna Vista HOA September 2026 Letter! Did you know that September 28 is National Good Neighbor Day? In honor of that day, we would like to share some ideas on how to be good neighbor. We live in a small, close-knit (in more ways than one!) community where it's important for all of us to exhibit good neighbor behavior. Here are some things to ponder.....

GIVE A HEADS-UP REGARDING CONSTRUCTION PROJECTS: Let your neighbors know when you are having work done that may be noisy. Construction in the park is limited to Monday thru Saturday 8am-5pm. No construction on Sundays.

BE CONSIDERATE and THOUGHTFUL: If you know your neighbor goes to bed around 9pm and wakes up around 7am try to be courteous and be quiet between 9pm and 7am! If you think your chimes might keep your neighbor up, tie them up in windy conditions!

PARKING: Park in the driveway and have your guest's park in designated visitor parking, not on the street. Parking on the street impacts people pulling into and out of their driveways, as well as mail delivery, trash pick-up, and especially emergency vehicles and access to fire hydrants, etc.

PETS: If you have a pet it must be on a leash and well behaved. Clean up after your pet and throw the bags into your own trash can. People, especially those who don't have pets, don't appreciate the odors in their trash can. Also, if your pets constantly bark it is a disturbance to your neighbors. If your dog constantly barks while you are gone, keep the windows closed and the pet inside. Let your neighbors know that they can come talk with you if your pets are ever bothering them. For example, you might say, "If you ever hear my dog barking too much in the evenings, just let me know."

SMOKING: If you are a smoker please keep your smoke confined to your home. If you like to smoke outside, remember your neighbor may have health issues and like to sit outside as well and the constant smell of smoke may affect them. Talk to your neighbor, find a compromise. If you are inside your home, keep your windows closed while smoking.

COMMUNITY RULES: Familiarize yourself with the park's Rules and Regulations. All guests must be accompanied by the homeowner in the park if they are using any of the common facilities, including the Clubhouse, Pool, and grassy areas around the lakes. Bad behavior is not respectful and may impact you or your guest's enjoyment of the property.

KEEP AN EYE OUT: A good neighbor is generally aware of their surroundings and might notice if something seems out of place or if a neighbor is away for an extended period. If you notice something amiss, say something.

GET INVOLVED: Getting involved in the community is an excellent way to be a good neighbor. If you are able, volunteer for committees, projects and community events.

FRIENDLINESS: By being available and approachable, you have a chance to know who your neighbors are and what they consider important, and in turn, they know what you consider important.

MATURITY: We are all at an age where, when confronted with different personalities hopefully, we have developed the life-skills to work through issues and misunderstandings maturely and calmly. Minimizing problems instead of exacerbating them helps all of us keep our Blood Pressure down. The old saying most of us grew up on "Do unto others as you would have others do onto you" is a staple in being a "Good Neighbor."

MAINTAIN AND CLEAN ANY SHARED SPACE: We have shared sides of our yards. It is important you do your to keep these spaces as nice as possible. If you need help to accomplish this, open a dialog with your neighbor about needing help.

COMMUNICATIONS: Deal with any problems face to face. If you have any issue that involves your neighbor, it's important to act fast. Go to them directly and tell them what is going on. Ask for their help in finding a solution that will work for both of you. Giving your neighbor a chance to come up with a solution is a respectful step in the right direction. Stay calm when talking with your neighbor. If you start to get frustrated, take a few deep breaths before answering. You can also ask to postpone the conversation until you have a bit of time to think. For example, to give yourself a few days to think everything over, you might say, "I understand where you are coming from, but I need to consider how to fix it on my end. Can we talk about this over the weekend again?" You may be neighbors for a very long time and working out differences may improve your "good neighbor" experience.

Ultimately, a good neighbor recognizes that a strong community benefits everyone. They actively contribute to this by embodying kindness, respect, and consideration in their daily interactions. By embracing these traits, we can all contribute to creating a neighborhood where we feel safe, connected and supported.

FROM YOUR EMERGENCY TEAM

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR	WHAT TO DO
HEAT STROKE	
• High body temperature (103°F or higher) • Hot, red, dry, or damp skin • Fast, strong pulse • Headache • Dizziness • Nausea • Confusion • Losing consciousness (passing out)	• Call 911 right away-heat stroke is a medical emergency • Move the person to a cooler place • Help lower the person's temperature with cool cloths or a cool bath • Do not give the person anything to drink
HEAT EXHAUSTION	
• Heavy sweating • Cold, pale, and clammy skin • Fast, weak pulse • Nausea or vomiting • Muscle cramps • Tiredness or weakness • Dizziness • Headache • Fainting (passing out)	• Move to a cool place • Loosen your clothes • Put cool, wet cloths on your body or take a cool bath • Sip water **Get medical help right away if:** • You are throwing up • Your symptoms get worse • Your symptoms last longer than 1 hour
HEAT CRAMPS	
• Heavy sweating during intense exercise • Muscle pain or spasms	• Stop physical activity and move to a cool place • Drink water or a sports drink • Wait for cramps to go away before you do any more physical activity **Get medical help right away if:** • Cramps last longer than 1 hour • You're on a low-sodium diet • You have heart problems
SUNBURN	
• Painful, red, and warm skin • Blisters on the skin	• Stay out of the sun until your sunburn heals • Put cool cloths on sunburned areas or take a cool bath • Put moisturizing lotion on sunburned areas • Do not break blisters
HEAT RASH	
• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)	• Stay in a cool, dry place • Keep the rash dry • Use powder (like baby powder) to soothe the rash

CDC



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 House is on Fire by Rachel Beanland - A riveting reimagining of one of early America's deadliest tragedies, the Richmond Theater Fire of 1811, told from the perspectives of four characters whose lives are irrevocably altered in the aftermath of the inferno.

Underground Railroad by Colin Whitehead - Cora is a slave on a cotton plantation in Georgia. An outcast even among her fellow Africans, she is on the cusp of womanhood—where greater pain awaits. And so when Caesar, a slave who has recently arrived from Virginia, urges her to join him on the Underground Railroad, she seizes the opportunity and escapes with him.

Susan, Linda, Nina & Cokie by Lisa Napoli - In the years following the Civil Rights Act of 1964, women in the newsroom were often relegated to secretarial roles or the "women's pages." But when a pioneering nonprofit called National Public Radio launched in the 1970s, the door to serious journalism opened a crack—and four remarkable women pushed it wide open.

Ironwood by Michael Connelly - Detective Stillwell watches a plane land at midnight and drop off a duffle bag of drugs. The plane gets away. Stillwell is not allowed to work the case, so he turns to working with Ballard on another case.

A Murder in Hollywood by Michael Crichton - (Written in 1973 but never published.) 1970's Hollywood: The writer of the next Western hit is found dead in a bathtub. A brilliant investigator tries to unravel the mystery and finds the killer.

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

MEXICAN Grilled CORN SALAD



- 4 cups grilled corn kernels (fresh or frozen)
- 1/2 cup mayonnaise
- 1/2 cup crumbled Cotija cheese
- 1/4 cup chopped fresh cilantro
- Juice of 2 limes
- 1 teaspoon chili powder (adjust to taste)
- 1 clove garlic, minced
- Salt and pepper to taste

Instructions:

- In a large bowl, combine the grilled corn kernels with mayonnaise, lime juice, and minced garlic.
- Add the crumbled Cotija cheese, chopped cilantro, chili powder, salt, and pepper.
- Mix well until all ingredients are evenly coated.
- Serve chilled or at room temperature, garnished with extra cilantro and lime wedges if desired.

Watermelon and Feta Salad



1 red onion, thinly sliced
2 limes, juiced
½ watermelon, cut into bite-sized cubes
1 (4 ounce) package Greek feta cheese, cubed
20 pitted black olives
2 tablespoons chopped fresh cilantro
2 tablespoons chopped fresh parsley
2 tablespoons extra-virgin olive oil
salt and ground black pepper to taste
1 teaspoon brown sugar (Optional)

Directions:

Mix red onion and lime juice together in a bowl. Refrigerate until onion turns bright pink, about 30 minutes.
Add watermelon, feta cheese, olives, cilantro, parsley, and olive oil to the onion mixture; mix well. Season with salt and pepper. Add brown sugar if lime juice tastes too sharp.

Happy Birthday Wishes

		Famous Birthdays This Month			
Sara Luque	Sept 1	Keanu Reeves	Sept 2	Ruth-Ann Mead	Sept 17
Danna Gill	Sept 1	Queen Elizabeth	Sept 7	Kaelyn Milham	Sept 18
Marsha Gallagher	Sept 2	Col Sanders	Sept 9	Maria Villamar	Sept 19
Andi Maciejewski	Sept 2	Otis Redding	Sept 9	Min Cha Monica	Sept 20
Nancy Kindness	Sept 4	Charles Kuralt	Sept 10	Karen Bamberg	Sept 21
Krista Menely	Sept 4	Paul "Bear" Bryant	Sept 11	Al Ablong	Sept 21
Scott Sullivan	Sept 8	Jesse Owens	Sept 12	Nancy Brown	Sept 22
James Haugen	Sept 11	Mel Torme	Sept 13	Anne Clark	Sept 23
Penny Russell	Sept 15	Agatha Christie	Sept 15	Carol Harward	Sept 26
Sara Thames	Sept 16	Stephen King	Sept 21	Kenneth Bell	Sept 28
*Manager Harold Crafton 9/10		Michelangelo	Sept 28	Kristi Frankenheimer	Sept 28

September – The Relationship Builder

Being born in September gives you a winning combination of deep focus with social skills. In a previous lifetime, you had immense responsibility, making sure certain processes went according to plan. This meant missing out on being out there in the world, interacting with people, but in this lifetime, you get to make the best of blending these two parts of yourself to build relationships based on cooperation, diplomacy, and win-win negotiations.