The Echo

October 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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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:

October 20 – *The All-Girl Filling Station's Last Reunion* by Fannie Flagg

November 17 – *The Hidden Life of Trees: What They Feel…How They Communicate* by Peter Wohlleben

December 15 – *The Kitchen House* by Kathleen Grisson

We hope you will join us.
Margaret Jacoby – Coordinator – LV #139
310-621-7339 or margaret@mjms.net

Join your neighbors for a friendly and informative presentation on emergency preparedness, hosted by the Fire Department, on
October 5 at 5:00 p.m. in the Clubhouse!

Enjoy complimentary snacks and beverages and bring any questions you may have. With a projected El Niño winter ahead, this is a great opportunity to learn how to prepare. Be sure to check out the Emergency Team's Article in this month's Echo.

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9am Pickleball 10am Water Aerobics 1pm Horse Races 1pm Variety/Canasta 6pm Billiards	2 10am Water Aerobics	3 9am Pickleball
4 9am Pickleball 1pm Mexican Train	5 9:30 Chair Exercise 1pm Canasta 3:30 Line Dancing 5pm Fire Dept Presentation	6 10am Water Aerobics 1pm Rummikub	7 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	8 9am Pickleball 10am Water Aerobics 1pm Mahjong 6pm Billiards	9 10am Water Aerobics	10 9am Pickleball
11 9am Pickleball	12 9:30 Chair Exercise 1pm Canasta 3:30 Line Dancing	13 10am Water Aerobics 9:30 Mahjong	14 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	15 9am Pickleball 10am Water Aerobics 1pm Horse Races 1pm Variety/Canasta 6pm Billiards	16 10am Water Aerobics	17 9am Pickleball 11am HOA General Meeting
18 9am Pickleball 1pm Mexican Train	19 9:30 Chair Exercise 1pm Canasta 3:30 Line Dancing	20 10am Water Aerobics 1pm Rummikub	21 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	22 9am Pickleball 10am Water Aerobics 1pm Mahjong 1pm Canasta 6pm Billiards	23 10am WaterAerobics	24 9am Pickleball 10am Pet Parade 5pm Halloween Dinner
25 9am Pickleball	26 9:30 Chair Exercise 1pm Canasta 3:30 Line Dancing	27 10am Water Aerobics 9:30 Mahjong	28 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	29 9am Pickleball 10am Water Aerobics 1pm Canasta 6pm Billiards	30 10am WaterAerobics	31 9am Pickleball

FIRST FREE SUNDAY AT OCEANSIDE MUSEUM OF ART

OMA welcomes friends and neighbors on Free First Sundays, our fun hands-on art-making experience led by artists and cultural partners from our community. Whether you're new to art or have your own creative flow, *Art For All* is the time to let your imagination soar. Each month OMA invites community partners to create an art-making experience for all levels. Participants are encouraged to spark inspiration by visiting current exhibitions. Explore different art-making materials through creative projects at each session while learning from local and regional artists.
Check back each month to see what we're up to next

Oct 04 2026
12:00 pm - 2:00 pm
(760) 435-3720
info@oma-online.org

NORTH COUNTY FISHERMEN'S MARKET

Head to Oceanside Harbor Every Sunday to meet your local fishing community while shopping the freshest local fish and seafood at the North County Fisherman's Market! Local chefs and foodies alike will appreciate these fresh caught markets that help supply Oceanside with the food for your plates !



Save the Date!

HALLOWEEN PARTY

SATURDAY, OCTOBER 24

SOCIAL HOUR 5:00 – 6:00 PM

DINNER 6:00 – 7:00 PM

7:00 PM ON,
MUSIC, DANCING AND HALLOWEEN COSTUME CONTEST FOR BEST COSTUME – CASH PRIZES!



50/50

50-50 WILL BE AVAILABLE.
BYOB AND PLACE SETTINGS.

TICKET SALES DATES:

October 13th and 14th	10:00 AM – NOON
October 15th	4:00 – 6:00 PM
October 16th	10:00 AM – NOON
October 17th	NOON – 2:00 PM

★ SATURDAY, OCTOBER 17 AT 2:00 PM IS THE DEADLINE TO PURCHASE TICKETS! ★

TICKET PRICES:

$15 for HOA Members
$20 for Non-HOA

TACO TRUCK –

BEEF, PORK, CHICKEN TACOS.
RICE AND BEANS, CHIPS AND GUACAMOLE, DESSERT.




PRIZES
PHOTOS
Party Grab Bags
for all attendees
HALLOWEEN
PET PARADE
October 24th at 10am
Come join the chaos for an un-furr-gettabble time

Name:_____ Date:_____

As October breezes sweep in, words related to this cozy month have scattered across the puzzle. Can you help gather them all by searching in every direction—forward, backward, up, down, and diagonal? Once you spot a word, circle it and cross it off the list. Happy hunting!



October Word Search



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

ACORNS
APPLES
AUTUMN
AUTUMNAL EQUINOX
BAKING
BONFIRE
BRISK AIR
CHESTNUTS
CIDER
COLUMBUS DAY
CORN MAZE
COZY
CRANBERRIES
FALL FOLIAGE
FOOTBALL
GOURDS
HALLOWEEN
HARVEST
HAYRIDES
INDIGENOUS PEOPLES DAY
LEAVES
OKTOBERFEST
PUMPKINS
RAKING
SCARECROW
SOUP
SPICE
SPOOKY
SQUASH
SWEATERS





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LAGUNA VISTA HOA OCTOBER 2026

While the rest of the country is unpacking heavy winter coats, we are busy enjoying the absolute best time of year in coastal Southern California! October brings those gorgeous, crisp evening breezes and perfect patio weather.
As the days get a little shorter, let's look out for one another. If you take a twilight stroll through the park, remember to wear light-colored clothing or carry a flashlight so neighbors driving by can easily spot you. Wishing you all a beautiful, relaxing autumn.

Friendly Community Reminders

- **Light the Way:** With the days getting shorter, please check that your front porch and carport lights are working properly to keep our walkways safe after dark.
- **Clear the Autumn Leaves:** Please take a few moments to sweep up any dry leaves or debris around your home and parking areas to keep our park looking neat and fire-safe.
- **Safety Check:** October is a great reminder to test the batteries in your smoke and carbon monoxide detectors. If you need assistance changing a bulb or a battery, please let a neighbor or the office know!

We hope you have a wonderful, safe, and relaxing October. Thank you for making our community such a warm and friendly place to call home!

Oceanside prepares for strong winter storm season

Source: Coast News https://share.newsbreak.com/jh9k6c0m?s=i6

This is a very interesting article about how the City of Oceanside is preparing for El Niño. Many actions are being taken to prepare for what is expected to be coming our way. We highly recommend that everyone click on the link above and read the article.

All residents are invited to join the Fire Department's presentation on Emergency Preparedness on October 5th at 5PM in our Clubhouse. Snacks and beverages will be served. Bring your questions! In preparation of the projected Winter El Nino, check out the Emergency Team's Article in this month's Echo.

Sincerely,
LVHOA
Michael Mandig President, Christy Hartig VP, Sara Thames Treasurer, Ranny Thompson Secretary, Penny Russell, MaryLou Camara

FROM YOUR EMERGENCY TEAM

Forecasters say there is more than a **90%** chance of a very strong **El Niño** this fall and winter in Oceanside. The City of Oceanside is already working across Fire, Police, Public Works, and Engineering to prepare for storms before the rainy season starts.

What is an El Niño? The term El Niño (Spanish for "the Child") refers to a warming of the ocean surface, or above-average sea surface temperatures, in the central and eastern tropical Pacific Ocean. The low-level surface winds, which normally blow from east to west along the equator ("easterly winds"), instead weaken or, in some cases, start blowing the other direction (from west to east or "westerly winds").

What San Diego can Expect from an El Niño

- Heavier than usual rainfall – stronger winds, flooding
- Coastal impacts – Larger and stronger surf, beach erosion, coastal flooding
- Extreme heat
- Mudslides
- Power outages
- Infrastructure impacts
- Downed trees
- Travel challenges – Hazardous driving conditions, flooded roadways

City Preparations - The City of Oceanside, in coordination with the U.S. Army Corp of Engineers (USACE), closely monitors the San Luis Rey River before and during storm season. The City's Public Works team has been clearing storm drains and channels, as well as mowing the SRL River from College Blvd to Benet Road, in preparation for heavy rains. The City will be out checking for flooding during storm periods and have equipment and barricades ready in case any road closures are temporarily needed. Another team is standing by and ready to handle any downed trees or limbs in public streets. Should evacuations be issued, Oceanside PD Officers will drive through the affected area using the **HI-LO SIREN** so residents recognize it as a signal to evacuate, separate from a standard patrol siren.

Let's Get Prepared - Review your **EMERGENCY RED BINDER**

- Make sure valuables, documents and medications are "Ready-To-Go" with you.
- Have an evacuation plan. Know where you will go if you need to evacuate. The City will provide evacuation sites to go to as well.
- Sign up for emergency alerts. Sign up for Ready Oceanside by texting the word Oceanside to 67283 , download Genasys Protect, Alert San Diego, Watch Duty
- Make sure your car is in good condition, check windshield wipers and tires.
- Monitor weather conditions through alerts and weather forecasts from National Oceanic and Atmospheric Administration, The Weather Channel, National Weather Service

Drains and Gutters - Clean out your gutters of debris! Make sure your downspouts are positioned away from your house to prevent flooding of your patio areas and/or under your house. There are several companies that provide this service.

Roofs - Have your roof checked for loss of material, holes or other areas of potential leaks.

Sandbags - If your area is prone to flooding, use sandbags. Get them before a big storm, not during. Oceanside residents can pick up free sand and 10 free sandbags (bring a shovel) at Moody's El Corazon Recycling, 3210 Oceanside Boulevard, just east of El Camino Real. Bring a photo ID showing your Oceanside address. Pre-filled bags are often available for a nominal price. Moody's is open Monday through Saturday, 8 a.m. to 5 p.m., and often closes early in bad weather. Call ahead at (760) 433-3316.

The City's Engineering Division offers site visits and technical guidance to residents concerned about flooding or drainage on their property. Reach the division at engineeringstaff@oceansideca.org or (760) 435-4373, or review the City's Flood Preparedness Information online.

Insurance - Our FLOOD ZONE is 06073C0752H Zone A99. Most homeowners' insurance does not cover flood damage. Flood insurance is a separate policy. Check with your insurance company on coverage costs.

Prepare for Power Outages - These can disrupt communications and close businesses, grocery stores, gas stations, and ATMs. Download the SDG&E mobile app to check the outage map for power restoration estimates in your area. SDG&E Mobile App Info. Go to a designated shelter if conditions become too cold or too hot. Turn off or disconnect appliances in case of a power surge when service is restored.

During a Storm - Avoid Unnecessary Travel. Wait until conditions improve. If you must travel, go slow, maintain a safe following distance and keep your headlights on. Brake gently and early to avoid skidding. If visibility is poor, pull over somewhere safe and wait it out. Roads can wash out or flood quickly. Turn around instead of driving through standing water. Even shallow floodwater can sweep a vehicle off the road. Stay Away from the Beach During Storm Surge and High Tide. If you encounter a downed power line, **Call SDG&E immediately at 800-411-7343** and report it.

For more information on flood/storm preparedness, go to:

https://www.ci.oceanside.ca.us/Home/Components/News/News/1042/

For real-time monitoring of the San Luis Rey River, go to:

https://www.ci.oceanside.ca.us/government/development-services/engineering/flood-plain-management/property-flood-danger



LIBRARY CORNER FOR OCTOBER 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!***

Five by Iona Bannister - Five seemingly random people are waiting for the train…In five minutes, the next train to London will arrive, killing one of them." Who deserves to be saved?

Rockets Red Glare by James Patterson & Matt Eversman **-** Nat Phillips leads an elite force…He is a brilliant strategist and battle tested. These veterans are in the U.S. and on standby, until a presidential campaign is interrupted by murder.

The Country Road by James Patterson & Mike Lupica - Silas Tucker (legendary football hero) returns to his small struggling farm where his father was murdered. He is pulled into a battle with The Southern Mafia and learns to never ride these roads alone or at night.

Until Midnight by Luanne Rice **-** At the rehearsal dinner, an old flame of the groom reveals they had a child together. The bride calls off the wedding. The next morning the woman who revealed the secret is murdered. Then even deeper secrets are revealed.

Ransom by Daniel Silva - Alice Winter seems to have a perfect life until she suddenly disappears. Her husband hires Gabriel Allon to find her. He soon discovers she is not who everyone thought she was.

Cool Machine by Colson Whitehead - 1980's New York City. Whitehead paints a portrait of the city in transition. Ray Carney does one last heist. Then he has a chance to rescue his cousin's son. The story roves all over NYC and in the lives of its vivid inhabitants.

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 October will be "All-Girl Filling Station's Last Reunion" by Fannie Flagg. If interested in joining, contact Margaret at margaret@mjms.net.



Cooking with Chef John

Lemon Chicken Pasta

INGREDIENTS



8 oz linguini pasta
0.5 lbs chicken tenderloins cubed
4 tbsp unsalted butter
2 cloves garlic minced
1/2 tbsp lemon zest
1 cup half and half
2 tbsp lemon juice
1/2 cup parmesan cheese grated, more if needed
Salt and pepper to taste
1 tsp parsley chopped, optional
1/4 cup reserved pasta water
Reserve 1/4 cup of pasta water.

Cube chicken tenderloins. Coat chicken pieces with a few pinches of salt and black pepper. Heat skillet with 1 tbsp of unsalted butter. Once butter is melted (before it turns brown), add chicken tenderloins.
Sear chicken under medium high heat until they are slightly brown on the outside and cooked on the insides. Remove chicken and set aside.
Add the rest of the butter to skillet, and scrap the bottom of the skillet to remove any brown bits so it is incorporated into the butter. Add garlic, and stir for 10-20 seconds or until fragrant (before they turn brown).
Add lemon zest and half and half. Stir to combine and bring to a boil.
Slowly add lemon juice while stirring/whisking the mixture to avoid clumping. Bring to a boil again.
Turn heat off. Bring linguini and chicken pieces back to skillet. Toss to coat pasta and chicken in sauce. Add parmesan cheese. Taste and add salt and black pepper to taste to open up the flavors even more.
Serve with linguini noodles.

Happy Birthday Wishes

		Famous Birthdays This Month			
James Kennington	Oct 2	Julie Andrews	Oct 1	Lane Lenhart	Oct 18
Yongsu Shin	Oct 2	Mahatma Gandhi	Oct 2	Nikki Efigenio	Oct 19
Rick Goyette	Oct 5	Groucho Marx	Oct 2	Linda Berg	Oct 20
Catherine Knox	Oct 7	John Lennon	Oct 9	Denise Diamond	Oct 25
Linda Fritz	Oct 7	Eleanor Roosevelt	Oct 11	Debra Jackson	Oct 26
Barbara Romero	Oct 8	Oscar Wilde	Oct 16	Joann Farnsworth	Oct 26
Beverly Behymer	Oct 8	Pablo Picasso	Oct 25	Eva Kerckhove	Oct 28
Melissa Sheffield	Oct 9	Theodore Roosevelt	Oct 27	Daniel Donlan	Oct 29
Gloria Porter	Oct 11	Emily Post	Oct 27	Richard Messer	Oct 29
Donald Knox	Oct 13	Bill Gates	Oct 28	Farrel Johnson	Oct 30
David (Michael) Mandig	Oct 13	Christopher Columbus	Oct 31	Ulla-Britt Lawrence	Oct 30
Ed Martinez	Oct 17				

October – The Mirror Witch

If you were born in October, one thing's for sure—you were born to relate at the deepest of levels. In your previous incarnations, you were a socialite, helping the elites, the artistic, and the famous push their desired visions. In this incarnation, you're meant to go much deeper, interacting with all kinds of people at an emotional level. By blending your social, people skills with emotional depth, you become an evolved and well-rounded soul, mirroring back at others what they need to learn about themselves.