

The Echo

January 2026

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Oceanside California 92058

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

(closed 12-1pm)



Photo courtesy of John Pohlman

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**SCAN QR CODE WITH CELL PHONE
CAMERA THEN CLICK LINK**

TO VIEW THIS MONTHS ECHO
IN COLOR ON OUR WEBSITE



THANK YOU VOLUNTEERS!

RECREATION COMMITTEE

Mary-Lou Camara
Carol Feig
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
Christy Hartig

EMERGENCY COMMITTEE

Penny Russell
Suzi Russell

MEDICAL EQUIPMENT FOR LOAN

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 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 Aloï
- **BUNCO:** TBA
- **CANASTA:** Contact Monika Bull
- **SHANGHAI:** Contact Lillian Valdez (Friday's @ 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 to 12 pm in the laundry building



🌟 VOLUNTEERS NEEDED! 🌟

We're heading into the end of the year, and with a few of our Recreation Committee volunteers retiring at the close of 2025, we urgently need new helpers for our **2026 events**. Without enough volunteer support, we may have to reduce or eliminate some of our regular activities.

We're looking for volunteers for the following roles:

📌 **Event Leads**

We need individuals to *organize* our **Breakfasts, Dinners, and Potlucks**. Helpers are already available — we just need someone to take the lead. Call for a description of duties.

📌 **Decorating Crew**

Help is needed for setting up and taking down decorations for various events.

📌 **Serving & Cleanup**

General assistance during breakfasts, dinners, and potlucks.

📌 **Ticket Sales**

We need volunteers to assist with selling tickets for all events

.If you can help in any way, **please contact Sara Thames at 760-613-6470 as soon as possible** so we can begin scheduling events for 2026.

Thank you for supporting our community!

Friday, January 30th. 6:00 pm

at the clubhouse

check Nextdoor for upcoming project

Tickets – \$25. 00

All paint supplies provided. BYOB

Contact Sara Thames to reserve a spot

760-613-6470



Mark your calendar



Continental Breakfast

Saturday February 14th.



Save the Date!

You're invited to
the award-winning speaker,
master storyteller and global adventurer

ALISTAIR PATERSON

For a wonderfully entertaining
evening as he shares fun stories of his childhood in Africa along with
a collection of his humorous tales gathered from a lifetime of adventuring around
the globe.

STILL BREATHING In Spite Of It All

It's for residents only and it's free!

Saturday, January 10, 2026

In the
Laguna Vista Ballroom

Doors Open at 5:30pm
Show starts at 6pm



Easy Senior Safety Tips (Everyday Stuff)

1. Keep the house easy to move around in.

Make sure walkways are clear, no loose rugs, and good lighting—especially at night.

2. Prevent slips and falls.

Grab bars in the bathroom, a shower chair if needed, and shoes with good grip.

3. Make meds simple.

Use a pill organizer so nothing gets mixed up. Keep all meds in one spot.

4. Check in regularly.

A quick daily call or text can be a big help. If they live alone, a medical alert button can give peace of mind.

5. Keep things they use often within reach.

No climbing on stools or bending way down to grab something.

6. Watch out for scams.

Remind them not to give out personal info over the phone. “If it sounds weird, hang up” is a good rule.

7. Make the bathroom safer.

Non-slip mats, grab bars, bright lighting—small things but big difference.

8. Help with tech if needed.

Set up easy phone contacts, big text, or voice assistants so they can call you quickly.

9. Keep them socially active.

Visits, walks, coffee dates, or community classes help with mood and stay sharp.

MEDICAL EQUIPMENT for RESIDENTS IN NEED

We're currently accepting any donations of devices you may no longer be using. We can always use crutches, shower chairs, wheelchairs, walkers with seats, canes, or toilet chairs. These items are free to use to anyone on a temporary basis. Please contact John Smith ph# 971-228-9790, if you would like to donate or are in need. Thank you



WORD SEARCH

C F W E G I C I C L E L A W X N R A	BOOTS
L R S C E T A R B E L E C S C A R F	CELEBRATE
C O B S M C Y Y D R C C Q R E M M R	CHILLY
C S R R G W I I E J K L A Y H W H O	COLD
T T A A C I R G O O F R W D L O C Z	EARMUFFS
V Y R A U N A J N W A E K X T N A E	FREEZE
B O B T E T S P M R N N E C B S Y N	FROSTY
O T R S L E D D I N G N O F I N K E	FROZEN
O E M A I R T E Y P R C X J O O F Y	GLOVES
T G L O V E S G G W O F D R E W M P	HAT
S W X H G I P B N A R E H E N F L E	HOT COCOA
G R E K L A F X S N O W B A L L S C	ICE
D J T E D R K A O S F F U M R A E S	ICICLE
Y D R C E Q R S U M I C E L C K R R	JANUARY
I E J E L A S N O I T U L O S E R G	NEW YEAR
H E Z C I R R O Q L I E J K L A N H	RESOLUTIONS
E E I U D S T W A A C A S G O I F R	SCARF
I T Y R E P P I L S W T A P I Q J N	SKIING
W A E K X V E N C S G E L K B T E R	SLEDDING
C H I L L Y E G B O Y K S N O O T R	SLIPPERY
	SNOWBALL
	SNOWFLAKE
	SNOWING
	SNOWMAN
	WINTER

Message from Your HOA Board

HAPPY NEW YEAR 2026

Here is to proving that age is just a number! The Laguna Vista HOA Board would like to wish you a Happy New Year and express our warmest wishes to everyone. May this year bring each of you moments of peace, connection, and prosperity.

The Board has developed five goals for this year. We will update you on our progress.

Goal #1: Work with City of Oceanside on a traffic calming solution in front of our Park

Goal #2: Continue good communications with Park Management and the Owner

Goal #3: Support City elected officials and legislation that are pro-mobile home parks

Goal #4: Advocate for Laguna Vista residents

Goal #5: Increase annual HOA membership

Please refer to several articles inside this edition of the Echo for safety tips and annual mobile home maintenance items. Our Park office can make recommendations for help with home maintenance tasks.

Sincerely,

Your Board of Directors: Michael Mandig, President; Christy Hartig, Vice President; Sara Thames, Treasurer; Sarah Smith, Secretary; Members at Large, Ranny Thompson, Penny Russell, Jerry Sarnataro

*“Do not worry about **getting old**, worry about **thinking old**.”*



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designed by Dawid Szymczyk



gogladly.com/comics ■ gldly

designed by Dawid Szymczyk

Annual Mobile Home Maintenance Checklist

Foundation Make sure your home is level. A manufactured home should be leveled on a semi-regular basis to account for shifting. A home that isn't level can cause problems if not taken care of, such as doors and windows that won't shut or seal properly, leaks or cracks in the walls, and drafts of air and humidity entering the home. You can check to see if your home is level using a standard carpenter level or water level.

Skirting Look for holes, avoid excess moisture. The skirting around the bottom of your manufactured home is designed to keep unwanted moisture from getting into the underbelly of the home. Check regularly to make sure there are no holes or cracks in your solid skirting that might allow moisture or rodents to get into the home. Good skirting ventilation will help to avoid the collection of too much moisture beneath the home.

Roof Check for damage. Check to make sure there is no debris and no broken or missing shingles on the roof. Look over the flashing to make sure it is in good condition, and ensure there aren't any cracks or soft spots in the roof caulking. Any imperfections or weaknesses in the roof could lead to moisture, air, and other problematic elements or even vermin getting into the roof cavity of the home. Look at all your ceilings inside to make sure there is no moisture seepage.

Gutters Clean them out regularly. Clogged gutters can cause leaks and water damage. If ignored for too long clogged gutters can break or fall off the house.

Siding Clean it, don't ignore it. Clean your siding regularly to avoid mold and mildew growing on the exterior paneling.

Heating and Air Conditioning Systems Clean and replace filters frequently.

Plumbing Catch plumbing issues before they escalate. Check for **Leaky Faucets and Pipes:** Leaks in faucets or pipes can lead to water damage, mold, and higher water bills. **Water Heater:** Flushing your water heater every 6 months can help prevent sediment buildup, which can reduce its efficiency. If you have a gas water heater, also check the burner for signs of corrosion.

Protect Against Pests Pests can cause damage to your mobile home and create an unhealthy living environment. To protect your home from infestations, **Seal Entry Points:** Inspect the exterior of your home for any gaps or holes where pests could enter. Seal these areas, paying special attention to areas around doors, windows, pipes, and skirting.



FROM YOUR EMERGENCY TEAM



Let's talk about walking this month. If you haven't been physically active for a while (or ever!), walking is a great way to stay fit. Go slow and progress gradually. For the first two or three weeks, walk at a lower intensity and add time to your schedule in five-minute increments. For example, start with a five minute walk at a slow-pace for your first week; increase it to ten minutes for the second week and fifteen minutes for the third, all a low intensity, slowly increasing your time. BTW...you can walk with a walker or have a neighbor push your wheelchair☺

Listen to your body. Expect to feel some muscle soreness after adding time to your walking schedule. DON'T OVER DO IT! Go slow and steady. If you experience nausea, dizziness, severe shortness of breath, heart palpitations, tightness in your chest, or pain in your chest, arm, jaw or back, seek medical attention.

Replace worn-out shoes. You may want to put your shoes side-by-side on a table and look at them from behind. If either shoe tilts to the left or right, this indicates a loss of stability and is another clue that it's time to replace the shoes. If you currently walk two miles a day, five days a week, you'll walk more than 500 miles in a year!

Don't walk alone. Ask a friend or neighbor to join you. The "Buddy" system works and helps keep you safe. Walking also keeps you socializing, which is good for your health and soul.

Be prepared. Carry a cell phone and consider carrying a whistle (supplied to each resident by our emergency committee) to be used in the event of an emergency. If you don't have a whistle, call the office and we will get you one.

Carry identification. There is a form in the back of your RED EMERGENCY BINDER that you can fill out and carry with you. Make sure your name, current address and space number are included. Put a current contact's phone number as well as relevant medical information on your note. Wear a medical alert bracelet if you have a medical condition that could result in an emergency.

Choose your course carefully. Avoid cracked walkways, potholes, and low-hanging branches or uneven turf. I was taught to look ahead around 20 feet and take in any potential concerns. Consider using walking poles to decrease your risk of falls.

Stay alert. If you are walking outside the park, try to walk in familiar places. Avoid unpopulated or poorly lit areas. Walk clear of parked cars and bushes. Walk against traffic so you can easily see approaching vehicles. If you insist on wearing ear buds or headphones, wear only one so you can hear what's happening around you.

Walk confidently. Use discretion in acknowledging strangers and ignore any verbal harassment. Be visible. If you walk after dark, wear reflective materials...and stay safe!

Library Corner

LIBRARY CORNER FOR JANUARY 2026

WELCOME TO 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!*

Isaac Storm by Erik Larson: This book chronicles the events surrounding the 1900 Galveston, Texas hurricane which killed as many as 10,000 people. To Galveston's resident meteorologist at the time, Isaac Cline, the idea that a hurricane could damage the city was "an absurd delusion" — until September 9th.

The Japanese Lover by Isabelle Allende: In 1939, as Poland falls under the shadow of the Nazis, young Alma Belasco's parents send her away to live in safety with an aunt and uncle in their opulent mansion in San Francisco. There, as the rest of the world goes to war, she encounters Ichimei Fukuda, the quiet and gentle son of the family's Japanese gardener. Unnoticed by those around them, a tender love affair begins to blossom.

The Midnight Library by Matt Haig: Between life and death is a library. The book in the Midnight Library enables you to live as if you had done things differently. Each one contains a different life, a possible world in which we can make different choices that are played out in an infinite number of ways. When Nora Seed finds herself in the Midnight Library, she has a chance to make things right. But things aren't always what she imagined they would be.

Pandor's Jar: Women in Greek Myths by Natalie Haynes: Classicist Haynes provides an entertaining and thought-provoking look at the origins of mythic female characters. Why is "Jocasta, mother of Oedipus, at once the cleverest person in the story and yet often unnoticed? How is the vilified Medea like an ancient Beyoncé? Why are we so quick to villainize these women---and so eager to accept the stories we've been told?"

Paris Orphan by Natasha Lester : A World War II novel based on some facts of a female photojournalist's life behind the front lines all mixed in with a child and an American soldier.

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

CREAMY ASPARAGUS AND MUSHROOM PASTA

Serves 4

- 8 ounces fettuccine
- 1 tablespoon olive oil
- 1 tablespoons butter
- 2 cups sliced (1 1/2 inch) fresh asparagus
- 1/3 cup thinly sliced shallot
- salt and freshly ground black pepper to taste
- 2 cups sliced fresh mushrooms
- 1 1/2 teaspoons minced garlic
- 1 teaspoon Italian seasoning
- 3/4 cup heavy cream
- 3/4 cup grated Parmesan cheese



Directions

1. Bring a large pot of salted water to boil. Add fettuccine and cook until tender with a bite, 7 to 10 minutes. Remove fettuccine to a colander to drain, and reserve pasta water.
2. Meanwhile, heat olive oil and butter in a large nonstick skillet over medium heat. When butter has melted, swirl the skillet to mix with the oil.
3. Add asparagus and shallot to the skillet and cook, stirring, 2 to 3 minutes. Season with salt and pepper.
4. Add mushrooms and cook, stirring, about 2 minutes. Add garlic and Italian seasoning and cook an additional 30 seconds.
5. Stir in heavy cream and bring to a boil. Add grated Parmesan cheese and stir until melted. See note. Stir in 1/4 to 1/2 cup reserved pasta water, if desired. Serve immediately.



Happy Birthday Wishes January

Nancy Jean Dunlap	01/02	<i>Famous Birthdays This Month</i>	Kevin Sheehan	01/14	
Misako Kinnaman	01/03	<i>Paul Revere</i>	01/01	Gerard Sarnataro	01/15
Elissa Beckies	01/04	<i>J.R.R. Tolkien</i>	01/03	Kathleen Thomas	01/16
John D'Agostino	01/07	<i>Elvis Presley</i>	01/08	Joy Dillon	01/16
Rosalie Teetz	01/07	<i>Gracie Fields</i>	01/09	Karen Hasemann	01/20
Barbara Watterson	01/07	<i>Alexander Hamilton</i>	01/11	Harvey Harlib	01/22
Charles Reagan	01/10	<i>Jeff Bezos</i>	01/12	Donald Jackson	01/23
Laura Jimenez	01/10	<i>Martin Luther King Jr.</i>	01/15	Lawrence Margie	01/24
George Menos	01/12	<i>Muhammad Ali</i>	01/17	Glenna Asher	01/26
Shirley Miali-Ruiz	01/14	<i>Geena Davis</i>	01/21	Lynda Wenger	01/31
Frank Lyman Richie	01/14	<i>Virginia Woolf</i>	01/25		

January – The Rule Breaker

If you were born in [January](#), you are the ultimate survivor! You overcame many tests and challenges, and to overcome them, you created strict rules and processes, which got strongly ingrained in your psyche. At times, you may notice a deep desire to break these rules, mixed with a lot of resistance to doing so. You benefit from following your instincts while allowing yourself to take calculated risks.