

# *The Echo*

*November 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)

## **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



## EVENTS

Every Wednesday 5pm-8pm -Karaoke Night

Every Thursday 6pm -8pm - DJ Night

On the first and third Saturdays of the month  
enjoy the live music from the Kings of La Jolla,  
who play 50s, 60s and 70 surf tunes

6pm – 8pm

# NOVEMBER 2025

Clubhouse Breakfast Saturday November 8th, 2025 9:00-10:30am

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 9am Pickleball 10-12 ticketsales
2 9am Pickleball 1pm Mexican Train	3 9:30 Chair Exercise 1pm Canasta 10-12 Ticket Sales	4 10 Water Aerobics 1pm Rummikub 10-12 Ticket Sales	5 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	6 9am Pickleball 10 Water Aerobics 1pm Canasta/Var. 6pm Billiards	7 10 Water Aerobics 1pm Shanghai	8 9am Pickleball 9:00 to 10:30 Clubhouse Breakfast
9 9am Pickleball	10 9:30 Chair Exercise 1pm Canasta 3:30 Line Dancing	11 10 Water Aerobics	12 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	13 9am Pickleball 10 Water Aerobics 1pm Canasta/Var. 6pm Billiards	14 10 Water Aerobics 1pm Shanghai	15 9am Pickleball
16 9am Pickleball 1pm Mexican Train	17 9:30 Chair Exercise 1pm Canasta	18 10 Water Aerobics 1pm Rummikub	19 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	20 9am Pickleball 10 Water Aerobics 1pm Canasta/Var. 6pm Billiards	21 10 Water Aerobics 1pm Shanghai 6pm Paint n Sip	22 9am Pickleball 5pm Friendsgiving Potluck
23 9am Pickleball	24 9:30 Chair Exercise 1pm Canasta 3:30 Line Dancing	25 10 Water Aerobics	26 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	27 9am Pickleball 10 Water Aerobics 1pm Canasta/Var. 6pm Billiards	28 10 Water Aerobics 1pm Shanghai	29 9am Pickleball
30 9am Pickleball				Thanksgiving Day		

## ***Join us for Breakfast in the Clubhouse***



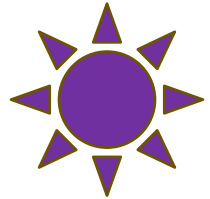
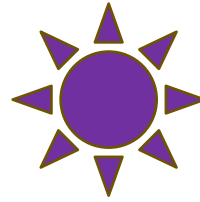
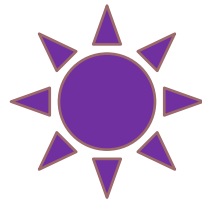
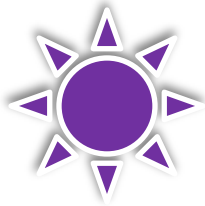
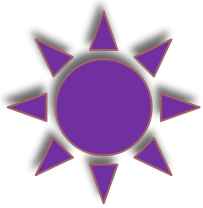
***November 8<sup>th</sup> 9.00 to 10.30 am***

***Biscuits with Sausage Gravy***

***Scrambled Eggs and Fruit***

***Coffee, Bloody Mary's and Mimosas***

***HOA members: \$ 8.00 Non HOA: \$12.00***



***Friday, November 21<sup>st</sup> 6:00 pm***

***at the clubhouse***

***check Nextdoor for upcoming project***

***Tickets – HOA members \$20. 00,***

***non HOA \$25. 00***

***ALL paint supplies provided. BYOB***

***Contact Sara Thames to reserve a spot***

***760-613-6470***





*Bring you favorite Thanksgiving dish*



**Plates and  
utensils  
provided  
BYOB**

**SATURDAY NOVEMBER 22<sup>nd</sup> @ 5.00pm**

# Normal Aging vs. Alzheimer's

## Forgetful or... Wait, What Were We Talking About?

Everyone forgets things sometimes. Where did you put your glasses? (Hint: they're on your head.) But when do these little slips mean something more serious? Here's a fun, easy guide to help you tell normal aging from Alzheimer's—and no, forgetting why you walked into a room doesn't automatically mean trouble.

### Memory

- **Normal Aging:**  
You forget someone's name, then remember it at 3 a.m.  
(*"Ah yes! It was Susan! Or... Sandra?"*)
- **Alzheimer's:**  
You forget recent conversations, events, or why there's cereal in the sock drawer—and never remember it later.

### Talking & Word-Finding

- **Normal Aging:**  
You play a little mental game of charades: *"You know, the thing! With the buttons! It goes beep!"* (The microwave.)
- **Alzheimer's:**  
Regular trouble finding words or calling everyday items by the wrong name (like calling a toothbrush a "face stick").

### Time & Space

- **Normal Aging:**  
"Wait, is today Wednesday or Thursday?" (Spoiler: it's Friday.)
- **Alzheimer's:**  
You're not sure what year it is—or how you got into this unfamiliar living room (that's actually yours).

### Judgment & Decisions

- **Normal Aging:**  
You donate a little extra to your favorite charity.
- **Alzheimer's:**  
You wire your "grandson" \$5,000 because he emailed from "prison in Spain."

### Mood & Behavior

- **Normal Aging:**  
You get cranky when someone messes with your remote control settings. Reasonable.
- **Alzheimer's:**  
Unpredictable mood swings, paranoia, or withdrawing from hobbies like Bingo Night—even when you were winning.

### Daily Tasks

- **Normal Aging:**  
You need the instructions again for that newfangled coffee machine with 17 buttons.
- **Alzheimer's:**  
You forget how to use familiar items, like the coffee maker—or what it's for.

### When in Doubt, Check It Out!

If memory issues start messing with everyday life, it's time to talk to a doctor. Catching Alzheimer's early means more time for planning, support, and dignity.

Because let's face it—everyone loses their keys. But if you find them in the freezer... maybe don't ignore that.



# November

**WORD SEARCH DIRECTIONS:** Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



ACORN, APPLE CIDER, AUTUMN, BLACK FRIDAY, BONFIRE, CHILLY, CORNUCOPIA, CRANBERRY, FAMILY, FEAST, FOOTBALL, GOBBLE, GRATITUDE, GRAVY, HARVEST, HAYRIDE, LEAVES, MIGRATORY BIRDS, NATIVE AMERICAN, NOVEMBER, PECAN, PILGRIM, PUMPKIN, REMEMBRANCE, SCARF, STUFFING, SWEATER, THANKSGIVING, TURKEY, VETERANS





## Message from Your HOA Board

### BE VIGILANT

The holidays are approaching and it's getting dark earlier every day. This is the season when crime goes up. That being said, there has been a thief stealing things in the San Luis Rey mobile home park. He could easily come into our park. Also, one of our residents reported a prowler recently who was carrying a tool and wearing a mask. It's important that you take steps to protect your property and yourself. Here are some things to consider:

1. Turn your outdoor lights on when it gets dark.
2. If you have a Ring camera or some other recording device, make sure that it remains operational.
3. Lock all your doors, especially at night.
4. Be careful which windows you leave open.
5. Lock your bike in your shed, and keep the shed locked.
6. Consider getting a "boot" for your golf cart.
7. If you are out after dark, be sure to carry a flashlight and always be mindful of your surroundings.
8. Keep your car locked and never leave anything valuable that can be seen in your car, like laptops, cell phones, gifts, etc.
9. If you see something suspicious call 911 immediately. After calling 911, notify the office so they are aware of what occurred.

Please stay safe!

### BE PREPARED

Please take time to look through your RED Emergency Binder for helpful information when preparing for potential emergencies. In addition, please look at the "Services" section within the RED binder and support those advertisers who have participated in the success of bringing our RED Emergency Binders project to our residents. I would also like to thank our park owner for their continued financial support, ensuring the publishing of our RED Emergency Binder and our Emergency Team for distributing our binders and updating our resident information forms.

***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



# FROM YOUR EMERGENCY TEAM



Our **EMERGENCY PLANNING COMMITTEE** is a committed group of able-bodied volunteers willing to help our most vulnerable in the event of an emergency. To accomplish this we have created an **EMERGENCY RESPONSE TEAM** consisting of: (1) **EMERGENCY RESPONSE TEAM CAPTAIN**, (1) **CO-CAPTAIN**, (6) **AREA LEADERS** and (24) **BLOCK CAPTAINS**, all of which will provide information and guidance to the residents of Laguna Vista during a park wide emergency. Here's how our park is divided up:



**Currently, we are looking for Block Captains for the following Sections:**

**1A - Spaces 93-104**

**1C - Spaces 1-10**

**2A - Spaces 24-28, 217-223**

**3B - Spaces 44-47, 201-204 and 246-249**

**3D - Spaces 29-35 and 209-213.**

If you live **IN or NEAR** these Sections, please consider joining our amazing team! For more information, contact: Penny Russell, Space 191, Email: [pr-lv@marketec.com](mailto:pr-lv@marketec.com)

**ALL CURRENT RESIDENTS:** If you don't know who your Area Leader and/or Block Captain is, open your **RED EMERGENCY BINDER** and look inside the left cover for this information.

**With so many new folks moving in, surly we can fill these positions sooner than later!**



## 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!*

**Somewhere Safe, Somebody Good by Jan Karon** - After five hectic years of retirement from Lord's Chapel, Father Tim Kavanagh returns with his wife, Cynthia, from a so-called pleasure trip to the land of his Irish ancestors. While glad to be at home in Mitford, something is definitely missing: a pulpit. But when he's offered one, he decides he doesn't want it. Maybe he's lost his passion.

**Dog Days by Jon Katz** - Jon Katz, the squire of Bedlam Farm, allows us to live our dreams of leaving the city for the country, and shares the unpredictable adventure of farm life. The border collies, the sheep, the chickens, the cat, the ram, and one surprisingly sociable steer named Elvis all contribute to the hum (and occasional roar) of Bedlam.

**The House is on Fire by Rachel Beanland** - When the theater goes up in flames in the middle of the performance, Sally, Cecily, Jack, and Gilbert make a series of split-second decisions that will not only affect their own lives but those of countless others. In the days following the fire, the paths of these four people will become forever intertwined.

**The Tea Girl of Hummingbird Lane by Lisa See** - A powerful story about a family separated by circumstances, culture, and distance. Li-yan and her family align their lives around the seasons and the farming of tea. There is ritual and routine, and it has been ever thus for generations. Then one day a jeep appears at the village gate - the first automobile any of them have seen - and a stranger arrives.

**1410-A Knight and a Spy by Simon Fairfax** - James de Grispre: is tasked to spy for the good of the kingdom with the future of the realm in his hands. It is a perilous path, from the depths of France, to Wales and the Scottish borders. Joining with two comrades he seeks to aid King Henry and Sir Richard's plans for the safety of the realm. Can he travail this dangerous journey, with not just England, but his own life at stake? **Check out the follow-up books 1411- 1415!**

**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.**



# Cooking with Chef John

## Million-Dollar Chicken Casserole

Yield: 8 servings

Prep: 30 min

Cook: 30 min

### Ingredients

4 ounces cream cheese, softened  
1/2 cup sour cream  
1 can (10-1/2 ounces) condensed cream of chicken soup, undiluted  
1 1/2 tsp Creole seasoning  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
4 cups shredded cooked chicken  
1/2 cup 2% cottage cheese  
25 Ritz crackers, crushed  
3 tablespoons butter, melted  
1 cup shredded mozzarella  
2 green onions, chopped

### Directions

Preheat oven to 350°. In a large bowl, beat cream cheese and sour cream until smooth. Beat in soup, creole seasoning, onion powder and garlic powder. Stir in chicken and cottage cheese. Transfer to a greased 9-in. square baking dish. Cover with shredded mozzarella. Combine crackers and butter; sprinkle over casserole. Bake, uncovered, on foil-lined sheet pan. Bake until heated through, 25-30 minutes. Sprinkle with green onions.



# Happy Birthday Wishes November

Tiffany Trachsel	Nov 2	Famous Birthdays This Month		Owen Ward	Nov 18
David Haluska	Nov 6	Toni Collette	Nov 1	David Reese	Nov 18
Henry(Hank) Funke	Nov 6	Roseanne Barr	Nov 3	Jessica Pierose	Nov 19
Marilyn Luera	Nov 6	Art Garfunkel	Nov 5	Robert Collins	Nov 20
Raoul Kischina	Nov 7	Stanley Tucci	Nov 11	Nancy Haugen	Nov 21
Donald Nardini	Nov 7	Martin Scorsese	Nov 17	Brant Bennett	Nov 22
Leonard Martinez	Nov 8	Johnny Mercer	Nov 18	Frankie McHenry	Nov 24
Linda Cave	Nov 9	Alan Shepard	Nov 18	Carol Feig	Nov 26
Barbara Ablong	Nov 10	George Eliot	Nov 22	Mildred Coler	Nov 26
James Johnson	Nov 13	Charles Shultz	Nov 26	Shirley Gilbert	Nov 27
Suzi Russell	Nov 14	C.S. Lewis	Nov 29	Vincent Villa	Nov 27
Jay Whidden	Nov 17	Winston Churchill	Nov 30	Brigitte Sims	Nov 28
Carl Thames	Nov 17	Judy Rodriguez	Nov 12	Karen Burns/Kay Petterson Nov 30	

