

The Echo

March 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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**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
Christy Hartig
Dave Schaffner
Vikki Schaffner
Sara Thames
Ranny Thompson

WELCOME COMMITTEE

Beverly Behymer
DeGina LaCour

EMERGENCY COMMITTEE

Penny Russell
Suzi Russell

TABLE HELPERS

Al Ablong
Richard Messer
Jim O'Dea
Chuck Smith

MEDICAL EQUIPMENT FOR LOAN

John 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

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



THIS AND THAT



Community Office Etiquette

- Knock before entering
- Speak softly in hallways
- Silence electronic devices
- Respect private and share spaces
- One person at a time in the office
- Please set up an appointment if you would like to speak about a private matter with Harold or Judy.

MARCH 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9am Pickleball 1pm Mexican Train	2 9:30 Chair Exercise 1pm Canasta	3 10am Water Aerobics 1pm Rummikub	4 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	5 9am Pickleball 10 Water Aerobics 10 Clay Club 1pm Canasta/Variety 6p Billiards	6 10 Water Aerobics 1pm Shanghai	7 9am Pickleball
9am Pickleball	9 9:30 Chair Exercise 1pm Canasta 3:30 Line Dancing	10 10am Water Aerobics 9:30 Mahjong	11 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	12 9am Pickleball 10 Water Aerobics 10 Clay Club 1pm Mahjong/Canasta 6pm Billiards	13 10 Water Aerobics 1pm Shanghai	14 9am Pickleball <i>5pm St. Patrick's Potluck</i>
15 9am Pickleball 1pm Mexican Train	16 9:30 Chair Exercise 1pm Canasta	17 10am Water Aerobics 1pm Rummikub	18 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	19 9am Pickleball 10am Water Aerobics 10 Clay Club 1pm Canasta/Variety 6pm Billiards	20 10am Water Aerobics 1pm Shanghai	21 9am Pickleball
22 9am Pickleball	23 9:30 Chair Exercise 1pm Canasta 3:30 Line Dancing	24 10am Water Aerobics 9:30 Mahjong	25 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard	26 9am Pickleball 10am Water Aerobics 10 Clay Club 1pm Mahjong/Canasta 6pm Billiards	27 10am Water Aerobics 1pm Shanghai <i>6pm Potluck & Sift</i>	28 9am Pickleball
29 9am Pickleball	30 9:30 Chair Exercise 1pm Canasta	31 10am Water Aerobics				



St. Patrick's Day Potluck And Talentshow

Saturday

March. 14th 5pm

Bring your favorite dish
Plates and utensils provided.

BYOB

Do you sing, dance, juggle, act, play an instrument, or have a completely unexpected talent that deserves the spotlight? This is your moment.

Whether you're a seasoned performer or trying something new for the first time, we want to see what you've got. Solo acts, group acts, and surprise acts are all welcome.

Bring your creativity, your courage, and your best moves. Let's make this year's show unforgettable.

✦ Sign-ups open now! Call or text Christy 951-206-8831

Friday, March 27th. 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





- ATD – At the Doctor’s
- BFF – Best Friend Fell
- BTW – Bring the Wheelchair
- CBM – Covered by Medicare
- CUATSC – See You at the Senior Center
- DWI – Driving While Incontinent
- FWIW – Forgot Where I Was
- GHA – Got Heartburn Again
- HGBM – Had Good Bowel Movement
- IMHO – Is My Hearing-Aid On?
- LMDO – Laughing My Dentures Out
- OMMR – On My Massage Recliner
- OMSG – Oh My! Sorry, Gas
- TTYL – Talk to You Louder
- WAITT – Who Am I Talking To?
- WTP – Where’s the Prunes
- GGLKI – Gotta Go, Laxative Kickin in!



Laguna Vista Clay Club welcomes you to join.
Meet us inside our laundry building weekly on Wednesdays, 10 to noon
Clay available & tools provided.
Fun instructions included.

Contact John S. 971-228-9790 or Barbara R. 760-505-7797

Comparison of Grocery prices per store

How I Compared the Prices

To be as fair as possible, I intentionally left out any sales or coupons, as those deals obviously fluctuate. In addition, I tried to find the most affordable item that most closely matched my list. For example, I had an 8-ounce block of cheddar cheese on my list, and a 14-ounce package of extra-firm tofu. Just about all stores sell those exact items, but occasionally the sizes may vary. Trader Joe's, for instance, sells 16-ounce blocks of "super firm" organic tofu for \$2.99 and a 14-ounce package of "firm" tofu for \$1.99. In this case, I went with the cheapest option since it was pretty close to my list. I also had no preference toward organic; again, I tried to find the best value for items that were as close to my grocery list as possible.

The Grocery List

The grocery list I used for this experiment was pretty standard for our household, accounting for simple breakfasts, packed lunches, easy snacks, and complete dinners. Here's a rundown of my list:

Protein	1 pound boneless, skinless chicken breasts 1 pound ground beef 1 dozen large eggs 1 pound fresh salmon 1 (14-ounce) block extra-firm tofu	Dairy	1 gallon whole milk 1 pound unsalted butter 1 (8-ounce) block cheddar cheese 1 (12-ounce) package string cheese 1 (8-ounce) block Parmesan cheese 1 (16-ounce) container sour cream 1 (32-ounce) container plain strained Greek-style yogurt
Produce	3 bell peppers 1 (5-ounce) container baby spinach 1 bag romaine lettuce (3 heads) 2 pounds carrots 1 pound mini cucumbers 1 pint cherry or grape tomatoes 2 pounds kiwis 3 pounds yellow onions 1 pound zucchini or yellow summer squash 2 pounds grapes 1 avocado 5 pounds gold potatoes 1 (12-ounce) bag frozen peas 1 (12-ounce) bag frozen corn	Dry Goods	1 (5-ounce can) tuna 1 (15-ounce) can black beans 42 ounces rolled oats 1 bag popcorn (about 7 ounces) 1 bag tortilla chips 1 jar salsa 1 pound quinoa 1 loaf sandwich bread 1 pound dry pasta 1 (24-ounce) jar pasta sauce 1 (16-ounce) bottle avocado oil

Popular Grocery Stores Ranked by Price

8th Place: Trader Joe's
Total bill: \$156

4th Place: Target
Total bill: \$134

7th Place: Albertsons
Total bill: \$153

3rd Place: Food Lion
Total bill: \$128

6th Place: Kroger
Total bill: \$138

2nd Place: Walmart
Total bill: \$119

5th Place: Wegmans
total bill: \$134

1st Place: Aldi
Total bill: \$109

The Bottom Line

There are opportunities to [find lower prices at all of the grocery stores](#) on this list. Consider altering your grocery list to make purchases for items you know are more affordable at whichever store you shop; perhaps skip the smaller snack packages at Trader Joe's in favor of its low prices on dairy products. Look for generic brands and buy in bulk when possible, as larger sizes offer a lower unit price. If you are looking for great value the next time you go grocery shopping, simply turn to Aldi or Walmart to save some serious money—it could save you hundreds of dollars each month.

Name: _____ Date: _____

- AWAKENING
- BASKETBALL
- BLOSSOM
- DAFFODIL
- DAYLIGHT SAVING
- EASTER.
- EQUINOX
- FLOWER
- FRESH
- GREEN
- GROWTH
- HOLI
- KITE
- LEPRECHAUN
- LUCK
- MADNESS
- MARCH
- PARADE
- POT OF GOLD
- RAIN
- REBIRTH
- RENEWAL
- SHAMROCK
- SHOWERS
- SPRING
- ST. PATRICK'S DAY
- WINDY



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

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

MESSAGE FROM YOUR LAGUNA VISTA HOA BOARD OF DIRECTORS



Top of the morning to all of Laguna Vista.
Welcome to March's Message from your LV HOA Board of Directors.

ARE YOU INVISIBLE? If you walk or ride your bike after dark without any lights, reflectors, or neon on your clothes or bike, then **YES** you are invisible to drivers. Many residents wear dark clothes at night and do not have anything on them that indicates to a driver that there is someone there. That includes walking dogs. If you are walking your dog with a long leash without a reflector, they are in harm's way just like you are. Please remember when you go out after dark to always "shine" in some way so that drivers know you and your pet are there.

If you recall, the LV HOA Board outlined six goals for 2026. One of them is to find a way to make entry and exit from the park safer for LV drivers. We have been diligently working with Oceanside's Traffic Engineer to figure out how to slow down traffic between Los Arbolitos and Douglas Drive. The City provided Accident data for us, and it turns out that very few have occurred by Laguna Vista. So the City will not install any pylons, stop signs, stoplights, speed bumps, or change any of the lanes. Therefore, safety is up to EACH of us. The safest way to exit LV is to always make a right turn when leaving the park. If you turn left, speeding cars can come seemingly out of nowhere and catch us by surprise. As a result of our meetings with the Traffic Engineers, the LV HOA Board is recommending that you make a right turn only.

Again this month, our park grounds are looking green and beautiful! Let's do our share by keeping our own yards free from weeds and fallen fruit.

All LV residents recently received the 2026 MRL along with two forms. Both of the forms must be signed and returned to the office. Please make sure to sign and return them to the office as soon as possible.

Lastly, don't forget to come to our St. Patrick's Day potluck dinner on Saturday, March 14 that includes Karaoke and a Talent Show. We encourage you to participate in the talent show. We have many talented residents here, so if you would like to show off your skills, please contact Christy Hartig at 951-206-8831 and let her know what you will be doing, See details in this issue of the Echo.

Sincerely,

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



FROM YOUR EMERGENCY TEAM



IT'S TIME TO GET FAMILIAR WITH YOUR RED EMERGENCY BINDER!

Please review your Red Binder for valuable information in the event of an actual emergency occurring in our area. While we can't prevent emergencies from happening, we can be better prepared for them.

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Home Safety Tips	PAGE	29
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Emergency Survival Items: AT HOME	PAGES	31-32
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Pets: Things to think about, know and do	PAGES	34-35
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Reprint from last month due to editing mistake.

Library Corner

LIBRARY CORNER FOR MARCH 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!*

Joan: A Novel of Joan of Arc by Katherine J. Chen – A secular reimagining and feminist celebration of the life of Joan of Arc that transforms the legendary saint into a flawed yet undeniable young woman.

The Vanishing Act of Esme Lennox by Maggie O'Farrell – In the middle of tending to the everyday business at her vintage-clothing shop, Iris Lockhart receives a stunning phone call: Her great-aunt Esme, whom she never knew existed, is being released from Cauldstone Hospital-where she has been locked away for more than sixty-one years.

Hang The Moon by Jeannette Walls - Sallie Kincaid is the daughter of the biggest man in a small town, the charismatic Duke Kincaid. Sallie remembers little about her mother who died in a violent argument with the Duke. When Sallie tries to teach young Eddie, the Duke's son, to be more like their father, her daredevil coaching leads to an accident, and Sallie is cast out.

The Covenant of Water by Abraham Verghese –A twelve-year-old girl is sent by boat to her wedding, where she meets her husband for the first time. She joins a prosperous household and becomes known as Big Ammachi, the matriarch of an extraordinary family that will endure hardship, celebrate triumph, and witness unthinkable changes over the coming decades.

The Last One by Will Dean – Thrown into a desolate land of sickness and unnatural beasts, Kai wakes in the woods with no idea who she is or how she got there. All she knows is that if she cannot reach the Sea of Devour, even this hellscape will get worse. But when she sees the village blacksmith fight invaders with unspeakable skill, she decides to accept his offer of help.

Exiles by Jane Harper –Federal Investigator Aaron Falk, on his way to a small town deep in Southern Australian wine country for the christening of an old friend's baby, is drawn into investigating the mystery of a missing mother, Kim. Between Falk's closest friend, the missing mother, and a woman he's drawn to, dark questions linger as long-ago truths begin to emerge.

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.

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Cooking with Chef John

Celebrate St. Patrick's Day

Corned Beef and Cabbage Slow Cooker Recipe

PREP TIME 10 minutes

COOK TIME 8 hours

TOTAL TIME 8 hours 10 minutes

SERVINGS 6 servings

Ingredients

- 1 corned beef brisket 3-4 pounds
- 1 onion
- 3 cloves garlic
- 2 bay leaves
- 2 ½ - 3 cups water
- 2 pounds potatoes peeled & quartered
- 2 large carrots chopped
- 1 small head of cabbage cut into wedges



Instructions

1. Chop onion into large chunks and place in the bottom of a 6 qt slow cooker. Top with corned beef and seasoning packet.
2. Pour water into slow cooker until it just about covers the corned beef. Add garlic and bay leaves.
3. Cook on low 8-10 hours.
4. After the initial 3 hours, add potatoes and carrots to the slow cooker.
5. Two hours before serving, add cabbage wedges to the slow cooker.
6. Remove corned beef from slow cooker and let rest 15 minutes before slicing. Serve with potatoes, carrots and cabbage.

Notes

Once cooked your corned beef should be tender (mine usually cooks closer to the 10 hour time). Appliances can vary, if your corned beef is not tender, it likely needs to cook longer. It is essential to cut your corned beef across the grain.

By Holly Nilsson

Happy Birthday Wishes March

		<i>Famous Birthdays This Month</i>			
Annette Charlson	March 2	<i>Dr. Guess</i>	March 2	Sandra Villavicencio	March 25
Enrique Flores	March 5	<i>Alexander Graham Bell</i>	March 3	Maria Free	March 25
Darlene Clifford	March 6	<i>King Henry II</i>	March 5	Margaret Jacoby	March 26
Mark Allen	March 6	<i>Elizabeth Barrett Browning</i>	March 6	Tony Monusko	March 27
Sharon Hardin	March 9	<i>Albert Einstein</i>	March 14	Patricia Wisley	March 27
David Schaffner	March 10	<i>Bruce Willis</i>	March 19	Brian Romano	March 29
Rhonda Mundy	March 20	<i>Fred Rogers</i>	March 20	James Gates	March 30
Rebecca Harris	March 20	<i>Michelangelo</i>	March 28	Mercedes Casey	March 31
Kenneth Teetz	March 24	<i>Liz Claiborne</i>	March 31		

March – The Dreamcatcher

Being a March baby means your most recent lifetime revolved around beautiful things like art, mysticism, and the beauty of heartfelt collaboration. You received the huge blessing of truly getting in touch with your soul's unique and special dreams and desires, but you might not have gotten the chance to chase them. Good news? This is the lifetime during which you get to go after those dreams by embracing bold, inspired action. You hold a picture of it in your mind—now it's time to go after it.