

The Echo

February 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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judy@mhcminc.com

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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
Christy Hartig

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



🌟 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 Christy Hartig at 951-206-8831**

Thank you for supporting our community!

FEBRUARY 2026

DEBBIE'S RETIREMENT PARTY FEB. 12 AT NOON

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|---|---|---|---|---|---|----------------------|
| 1 9am Pickleball 1pm Mexican Train | 2 9:30 Chair Exercise 1pm Canasta | 3 10 Water Aerobics 1pm Rummikub | 4 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard | 5 9am Pickleball 10 Water Aerobics 1pm Canasta/Var. 6pm Billiards | 7 10 Water Aerobics 1pm Shanghai 9am Pickleball | |
| 8 9am Pickleball | 9 9:30 Chair Exercise 1pm Canasta 3:30 Line Dancing | 10 10 Water Aerobics | 11 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard | 12 9am Pickleball 10 Water Aerobics 1pm Canasta/Var. 6pm Billiards | 13 10 Water Aerobics 1pm Shanghai 9am Pickleball 5pm <i>Po-Bluck</i> | |
| 15 9am Pickleball 1pm Mexican Train | 16 9:30 Chair Exercise 1pm Canasta | 17 10 Water Aerobics 1pm Rummikub | 18 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard | 19 9am Pickleball 10 Water Aerobics 1pm Canasta/Var. 6pm Billiards | 20 10 Water Aerobics 1pm Shanghai 9 am Pickleball | |
| 22 9am Pickleball | 23 9:30 Chair Exercise 1pm Canasta 3:30 Line Dancing | 24 10 Water Aerobics | 25 9am Prayer Group 10 Water Aerobics 10 Clay Club 5pm Shuffleboard | 26 9am Pickleball 10 Water Aerobics 1pm Canasta/Var. 6pm Billiards | 27 10 Water Aerobics 1pm Shanghai <i>Paint n Sip</i> 9am Pickleball | 28 9am Pickleball |



Valentines

. Potluck

Saturday

Feb. 14th 5pm

Bring your favorite dish
Plates and utensils provided.

BYOB

Friday, February 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





It is with mixed emotions that we announce the retirement of Debbie (aka the D in DJ), who will be leaving us after 8 years of dedicated service. Debbie has been an invaluable part of our team, contributing her knowledge, passion, and hard work to make our workplace better every day.

Throughout the last 8 years, she has not only been a fantastic office assistant but also a supportive colleague and a great friend to many and a sister to me.

While we will miss her presence and expertise, we are excited for the adventures and relaxation that retirement brings. Please join us in wishing Debbie all the best as she begins this new chapter. She bought a home in Arizona. She will live by her sisters. She is really happy with this new chapter of her life.

We will be holding a retirement party on Thursday February 12th at noon to celebrate Debbie's remarkable career and to show our appreciation for all the years of hard work.

Instead of gifts, we're doing a little 'travel fund' to wish her well on her next chapter, please reach out to me, if you want to contribute.

Thank you, Debs, for everything. You will always have a place in our hearts, and your legacy will live on at Laguna Vista.

Judy Rodriguez

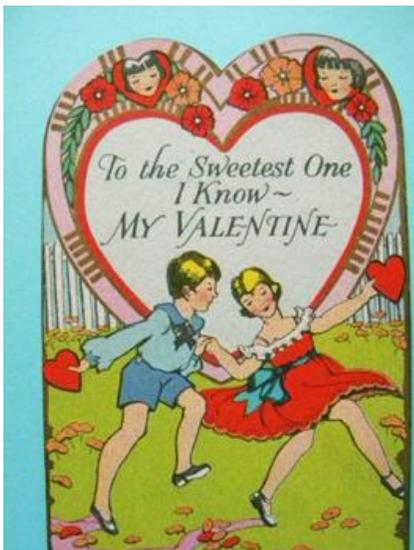
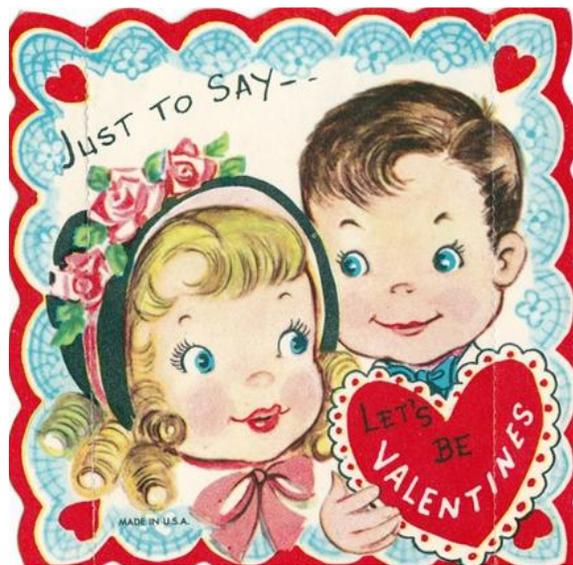
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On behalf of the editors of the Echo, we thank you for your sincere service and commitment over the years. Your support, cheerful nature, and willingness to help will always be remembered.

Wishing you peace, joy, and good health in your retirement

Monika and Sarah

Vintage Valentines Cards



Name: _____ Date: _____



- AQUARIUS
- CANDLELIGHT
- CARNATION
- CHOCOLATE
- COZY
- CUPID
- FEBRUARY
- FIREPLACE
- FRIENDSHIP
- GROUNDHOG DAY
- HEART
- HUG
- KISS
- LEAP YEAR
- LOVE
- MARDI GRAS
- PINK
- PISCES
- PRESIDENTS DAY
- RED
- ROMANCE
- ROSES
- SKIING
- SNOW
- SWEETHEART
- VALENTINE
- WINTER

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



Message from Your HOA Board

It's almost time to see The Seer of Seers, Punxsutawney Phil, in Gobbler's Knob. If he sees his shadow on Groundhog day it's a traditional sign for six more weeks of winter/ Winter. If he stays out, then spring will come early.

We have many new neighbors to get to know. If someone has recently moved in on your street please take a few minutes to introduce yourself and welcome them to our awesome park.

Our Park owners, the Ali family, donated over \$2,000 to the HOA to benefit our Laguna Vista residents. Because of their generosity we were able to raffle off \$2,000 at our recent Christmas event. Close to 70 guests at the event won cash prizes. Laguna Vista is likely the only mobile home park in the area with such generous owners.

Our HOA quarterly meeting schedule is changing in 2026. Our four quarterly HOA meetings will be on a Saturday at 11:00 a.m. in the clubhouse. The change was made primarily to accommodate residents who work during the week. The meetings will be on January 16th, April 18th, July 18th, and October 17th.

Our monthly Board meetings will be on the 3rd Saturday of each month at 10:00 a.m.

As a final note, please renew your HOA member dues for this new year or become a member. The fee is \$25 a year. You may use the form below. Dues help support our activities, entitle you to vote on important Park issues and vote for your HOA Board of Directors each year. And of course you get discounts to our Recreation Committee events.

Sincerely,

Michael Mandig President, Christy Hartig Vice President, Sara Thames Treasurer, Sarah Smith Secretary, Ranny Thomspson, Penny Russell and Jerry Sarnataro Directors at Large

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Laguna Vista HOA

lagunavistalife.net

❖ Applicant's name must be on the title of the Mobile Home or listed as the Trustee if the Mobile Home is in a Trust.

Membership Application \$25 per year fee

Owner/Title Holder-Resident Applicant Information

Full Name: _____ Date: _____
Last *First* *M.I.*

Phone _____
Space #

Application with payment can be placed in the HOA box in the clubhouse entry, or submitted to Sara Thames, space 88.

Make payment to Laguna Vista HOA

A signed copy will be returned to applicant.

For any questions, please contact Sara Thames (HOA Treasurer) at 760/613-6470 or sara.rooster@yahoo.com.

RECEIVED AND APPROVED BY LVHOA

DATE



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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| LAGUNA VISTA EMERGENCY PLAN | | |
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| EMERGENCY RESPONSE TEAM | | |
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Library Corner

LIBRARY CORNER FOR FEBRUARY 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 Last Rhino by Lawrence Anthony with Graham Spence: Conservationist Lawrence Anthony's South African wildlife reserve protects elephants and many other animals, including several endangered Southern White Rhinos. When he learned that the Northern White Rhino was on the very brink of extinction--courtesy of a flourishing black market for rhino horns in the Far East--he knew he had to act. If the world lost the sub-species, it would be the largest land mammal since the woolly mammoth to go extinct.

The Let Them Theory by Mel Robbins: If you've ever felt stuck, overwhelmed, or frustrated with where you are, the problem isn't you. The problem is the power you give to other people. Two simple words—Let Them—will set you free. Free from the opinions, drama, and judgments of others. Free from the exhausting cycle of trying to manage everything and everyone around you. The Let Them Theory puts the power to create a life you love back in your hands—and this book will show you exactly how to do it.

Atomic Habits by James Clear: No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results.

The Housemaid by Freida McFadden: This psychological thriller engaging and addictive, with a fast-paced narrative that keeps them hooked from start to finish. The book features well-developed characters and amazing writing, with customers particularly appreciating the plot twists and turns. They describe it as one of the best thrillers they've read, with one customer noting it's a psychological thriller with a twist.

The Secret of Secrets by Dan Brown: Robert Langdon, esteemed professor of symbology, travels to Prague to attend a groundbreaking lecture by Katherine Solomon—a prominent noetic scientist with whom he has recently begun a relationship. Katherine is on the verge of publishing an explosive book that contains startling discoveries about the nature of human consciousness and threatens to disrupt centuries of established belief. But a brutal murder catapults the trip into chaos, and Katherine suddenly disappears along with her manuscript.

Have a favorite author or book? 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

Best Vegetable Lasagna

Servings: 12 servings

2 tablespoons olive oil
1 ½ cups chopped yellow onion
1 red bell pepper, chopped
8 ounces cremini mushrooms, chopped
2 medium zucchini, chopped into ½-inch pieces
4 cloves garlic, minced
48 ounces marinara sauce
1 teaspoon dried Italian seasoning
salt and pepper, to taste
2 pinches crushed red pepper flakes, or to taste
¼ cup chopped fresh parsley
5 ounces baby spinach, coarsely chopped
1 egg
1 cup ricotta cheese, 8 ounces
9 oven ready (no boil) lasagna noodles
16 ounces shredded mozzarella cheese, about 4 cups
½ cup grated Parmesan cheese
chopped fresh basil or parsley, optional, for serving



Preheat oven to 375° F.

Heat the olive oil in a large skillet or Dutch oven pot over medium-high heat. Add the onion, bell pepper, mushrooms and zucchini and cook until softened, 7 to 8 minutes, stirring occasionally. Add the minced garlic and cook, stirring, for 30 seconds.

2 tablespoons olive oil, 1 ½ cups chopped yellow onion, 1 red bell pepper, 8 ounces cremini mushrooms, 2 medium zucchini, 4 cloves garlic, minced

Add the marinara sauce, Italian seasoning, salt, pepper, red pepper flakes and parsley to the skillet and stir. Bring to a simmer and then reduce the temperature to low. Cook at a low simmer for 10 to 15 minutes, stirring occasionally. Then stir in the chopped fresh spinach.

48 ounces marinara sauce, 1 teaspoon dried Italian seasoning, salt and pepper, 2 pinches crushed red pepper flakes, $\frac{1}{4}$ cup chopped fresh parsley, 5 ounces baby spinach

While the sauce simmers, crack the egg into a medium bowl and beat lightly with a fork. Add the ricotta cheese and stir to combine. This is also a good time to shred the mozzarella cheese.

1 egg, 1 cup ricotta cheese

To assemble the lasagna, put about 1 cup of the sauce into a 9×13-inch baking dish. Lay 3 noodles in an even layer over the sauce. Spread $\frac{1}{3}$ of the remaining sauce over the noodles. Place small spoonfuls of the ricotta and egg mixture on top of the sauce, using $\frac{1}{2}$ of the ricotta. Sprinkle $\frac{1}{3}$ of the mozzarella and $\frac{1}{3}$ of the Parmesan over the top.

9 oven ready (no boil) lasagna noodles, 16 ounces shredded mozzarella cheese, $\frac{1}{2}$ cup grated Parmesan cheese

Repeat the same layer one more time: 3 noodles, $\frac{1}{2}$ of the remaining sauce, the rest of the ricotta, $\frac{1}{2}$ of the remaining mozzarella and $\frac{1}{2}$ of the remaining Parmesan. For the top layer of the lasagna, use the remaining 3 noodles, the rest of the sauce, and finally the rest of the mozzarella and Parmesan.

Cover the lasagna with a piece of foil that has been sprayed with cooking spray on the underside (to prevent the cheese from sticking to the foil).

Bake the lasagna in the center of the oven, covered with foil, for 35 minutes. (Put a rimmed baking sheet on the rack below the lasagna to catch any drips of sauce.) Then uncover and continue baking for 10 to 15 minutes more, or until the lasagna is hot and bubbling on the sides and the cheese is lightly browned on top. Let the lasagna rest for 15 minutes before serving. Do not skip the rest time, it allows the lasagna to set up so it won't be soupy when serving.

You can halve this recipe and bake it in a 9×9-inch baking dish.

Happy Birthday Wishes February

| | | | | | |
|-------------------|-------|--------------------------|-------|-------------------|-------|
| Barbara Watzke | 02/01 | <i>Frankie Vaughan</i> | 02/03 | Cynthia Crisp | 02/20 |
| Genevieve Villa | 02/06 | <i>Charles Dickens</i> | 02/07 | Vera Landon-Myers | 02/20 |
| DeGina LaCour | 02/06 | <i>Abraham Lincoln</i> | 02/12 | Richard Fox | 02/20 |
| Cara Chavez | 02/06 | <i>Charles Darwin</i> | 02/12 | Monika Bull | 02/21 |
| Robert Gallagher | 02/07 | <i>Michael Jordan</i> | 02/17 | Cindy O’Dea | 02/21 |
| Robert Valenzuela | 02/07 | <i>Smokey Robinson</i> | 02/19 | Marshal Connell | 02/21 |
| Peggy Yost | 02/09 | <i>George Washington</i> | 02/22 | Sarah Smith | 02/23 |
| Luanne Basson | 02/10 | <i>Drew Barrymore</i> | 02/22 | Irene Lugo | 02/23 |
| Steve Kwiatek | 02/11 | <i>George Handel</i> | 02/23 | Cynthia Stefaniak | 02/24 |
| Elizabeth Aaskew | 02/11 | <i>Pierre Renoir</i> | 02/25 | David Milham | 02/24 |
| Nancy Anderson | 02/14 | <i>Victor Hugo</i> | 02/26 | Mary McLennan | 02/25 |
| Lynn Roth | 02/14 | <i>Mario Andretti</i> | 02/28 | Jan Gates | 02/26 |
| Donna Smith | 02/16 | <i>Tony Robbins</i> | 02/29 | Patrick Sheehan | 02/28 |

February – The Visionary Mystic

Being born in February means your soul traveled through accelerated change in your most recent incarnation. You were the master strategist who worked hard and succeeded at blending tried-and-trusted processes with out-of-the-box ideas. Your past [life](#) served as a primer for this one, as in this incarnation, you’re meant to learn how to flow more. Part of your learnings involve trusting more—in the universe, your intuition, and the magic that awaits to unfold when you cultivate a true sense of faith.