

HILLTOP HIGHLIGHTS

*Cooking with
Patricia:*



**Solar Cooking
During a Pandemic**

The Glorious Gladiolus



A Flower for August

A note to website viewers:

This page does not appear in the printed version. Please scroll down to see the rest of this month's Hilltop Highlights. And, since the printed version is done only in black & white, you can see, here, the full color of the original design.

Contact Information:

Office Phone:
760-757-3937
24 Hour Emergency
(Water & Plumbing)
760-757-3937
Fax: 760-757-8177

Website:
www.oceanaseniors.org

Accounting:
accounting@ocaoffice.org

Maintenance:
maintenance@ocaoffice.org

Homeowner Concerns:
office@ocaoffice.org

Non-emergency Police
(to report suspicious activity):
760-435-4900

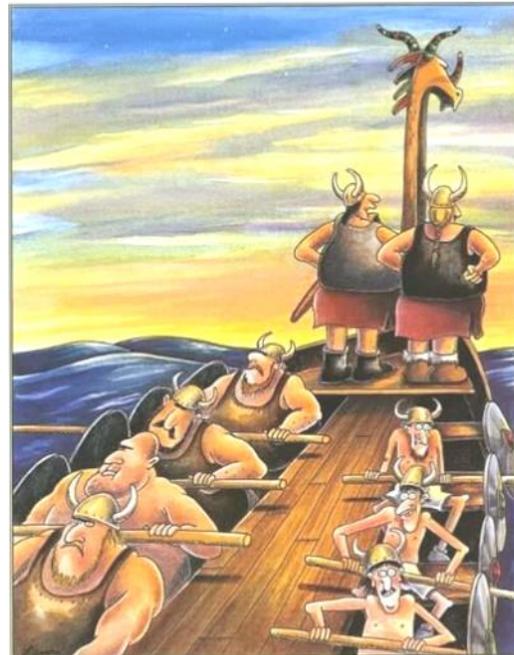
Emergency Police:
911



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"I've got it, too, Omar ... a strange feeling like we've just been going in circles."

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porlando@ocaoffice.org

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kwalter@ocaoffice.org

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trichardson@ocaoffice.org

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dseely@ocaoffice.org

Admin. & Cte. Asst. Teresa Brown
tbrown@ocaoffice.org

Bookkeeper Kelly Stinson
kstinson@ocaoffice.org

Contact for all: 760-757-3937

Office Information

- The deadline to submit information for The Hilltop Highlights is the 1st Friday of every month. Please email to: kwalter@ocaoffice.org.
- Have a payment to make or a work order to submit after office hours? Please use the new drop box located on the front/west side of the OCA Business Office. It is checked Mon. through Fri.
- How do I submit a work request? Both maintenance work requests and landscape work requests are available on our website: www.oceanaseniors.org. After completion, you may submit your form via office@ocaoffice.org, by fax to 760-757-8177 or by visiting the Business Office. All work requests are prioritized with other scheduled work. We do respond to an emergency situation (e.g. sewer backups and exterior water leaks) within 24 hours. After normal business hours and on weekends emergencies should be reported to our live answering service at 760-757-3937.
- Are you moving? Do you have a neighbor who has moved or passed away? Please provide such information to Karen Walter at the OCA Business Office at kwalter@ocaoffice.org.

Current Board of Directors

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carolfinkas@mac.com

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Director Stephen Graves
760-435-0091
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Director Jacki Konstanturos
619-247-3569
Jackie@townsendteam.com

KEEP INFORMED

Here are several websites that can help keep you up-to-date on Oceana and your local community.

OCEANA

OCEANASENIORS.ORG

CITY OF OCEANSIDE

CI.OCEANSIDE.CA.US

SAN DIEGO COUNTY

SANDIEGOCOUNTY.GOV

The monthly General Session Board of Directors' meeting will take place at 9:30 am on the last Wednesday of the month. It will be virtual and the link will be communicated to residents via email and on the posted Agendas.



A Message From the Board Of Directors

I've got cabin fever, you've got cabin fever, we've all got cabin fever, and there is not much we can do about it. The pool is open for swimming, but not for sunning and or socializing. The hot tub is still closed, and that is not the way we want it to be, but it is just the way it is in the time of COVID-19. That virus just does not understand go-away.

Now, back to those political signs. You can put them on your property but not on your front lawn. Why? Because you do not have a front lawn—that lawn is on common ground. Visualize Oceana as a large piece of swiss cheese, only the holes are square, and each hole has a house sitting on it. So when you step out of your house, you are standing onto the swiss cheese, or as we call it, **Common Ground**. Somewhere in all that paperwork you signed when you bought into Oceana, was a covenant promising that you would abide by the rules. Those rules gave you some privileges and some restrictions. For example, you are allowed to place up to ten pots on the area around your home, but you are not allowed to plant in common ground. You can enjoy the grass, but not forbid others to walk on it, because it belongs to all of us.

The big question is when?? When will our buildings open up? When will the pool area open for social activities? When can I go into the office? And the answer is: When the government lets us open and when we can follow all the guidelines to make opening possible. You may have noticed the Board held a special meeting recently just so we could open the pool, but we had to make some special rules, so that we could follow the necessary guidelines. I will not hesitate to call such a meeting whenever safety allows us to move forward.

Verify!



As we spend all this time at home, many of us are deciding it is time to do some fixing up. Among my friends, the current theme is let's remodel the bathroom. So I too jumped on the bandwagon. Now I can have work done inside my house without going to the Architecture committee, but if I want a window in my bathroom it has to be approved, so I skipped that suggestion.

Remember OCA is responsible for the upkeep of the outside of your home. Therefore, if you want to do anything to the outside you must apply and get permission from the Architecture Committee before you move ahead with the project. This not only means roofs, windows and doors, but also anything that would need even one nail or screw hole on the outside of your home. It also means you must ask before you add any additions like a fence, patio or walkway to common ground. (Remember, anything outside your house is common ground.) VERIFY that your project is OK before you start, you don't want to find out it was against the rules after it is finished.

Carol Finkas

COVID-19 Info Sites

Federal:

The Centers for Disease Control
www.cdc.gov

State:

CA Department of Public Health
www.cdph.ca.gov

CA Department of Aging
www.aging.ca.gov/covid19

Assembly District 76
COVID-19 Resource Navigator
a76.asmdc.org/coronavirus-covid-19-resource-navigator-0

San Diego County:

www.sandiegocounty.gov/coronavirus

City of Oceanside:

www.ci.oceanside.ca.us/gov/fire/home/coronavirus.asp

Are the Times Changing?



This cartoon was originally published in New Yorker Magazine in 1974.

Don't Mess with Old People

I was in fast food drive thru recently, deciding what to order, when the young lady behind me honked and "flipped me off" because I was taking too long.



Wow, "Take the high road", I thought to myself.

So when I got to the cashier, I paid for her food too. I moved up and she leaned out the window looking all crazy at me because the cashier told her I had paid for her food. She looked totally embarrassed...which she should.

When I got to the second window to get my food, I showed them both receipts and took her food too! After all I paid for it.

Now she has to go through the drive-thru again and wait even longer. She learned today, "you don't mess with old people".

Solar Cooking During a Pandemic

Provided by Patricia McArdle

As we enter month six of our global pandemic confinement, Oceana residents are becoming increasingly aware of the need to stockpile enough food, water and medications to last for at least a few weeks. Oceana's Senior Emergency Response Team (OSERT), which has been promoting preparedness for years, created a manual for Oceana community members several years ago. (Note: If you open your Oceana phone book, you'll find OSERT's five-page manual with everything you need to know about being prepared.)

When we wrote that manual, we really weren't thinking about a pandemic. Our focus was on the possibility of fires or earthquakes cutting off our access to food and water. We now know that being prepared is also relevant to our current situation as was demonstrated by the mad rush on supermarkets and pharmacies, once the lockdown was declared back in March. Within a few days, hoarders had emptied the shelves of all essential items including medications, cleaning supplies, toilet paper, hand sanitizer, canned goods, bottled water, and even yeast and flour for those who wanted to start baking at home. It was a powerful reminder to all of us that we should, as the Boy Scouts and Girl Scouts say, "be prepared."

Do we have to be worried about a long-term power outage in Oceana? It's not likely, but it could happen.

Some folks keep gas or diesel generators and jerry cans of highly flammable liquid fuel stored in their garages for emergencies. Note that the storage of flammable liquids in your home or garage presents a serious fire hazard to our community and is prohibited by the City of Oceanside.

Some residents have rooftop solar panels, however, unless they also have battery storage banks, their solar panels are by law configured to automatically shut off in the event of a regional power outage. The reason for this is that rooftop solar panels continuously feed excess power back into the grid. When there's a power outage, linemen are sent out to fix the problem. If everyone's rooftop solar panels were still feeding power back into the grid, it could electrocute the linemen.

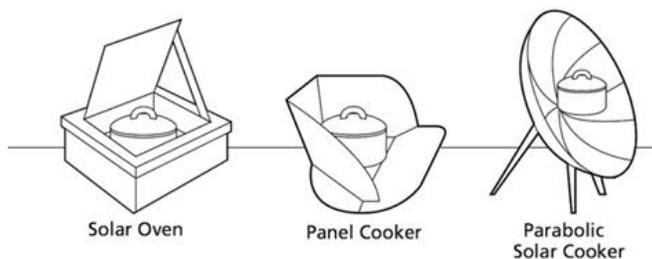
For this reason, some folks who don't want

to deal with gas generators keep a solar cooker on hand for emergencies. What is a solar cooker? It's a simple device that captures and concentrates direct sunlight and turns that light into infrared heat for cooking and boiling water. I've been promoting solar cooking technology on a volunteer basis overseas and in the U.S. for the past fifteen years. My interest in solar cookers began during a one-year tour of duty in northern Afghanistan in 2005.

I'm currently using my box cookers to cook various types of squash, bake bread and make big pots of soup that must be simmered for hours. I divide the soup into portions and freeze it for later consumption. Using a solar cooker outside keeps my kitchen cool and the food taste's great. Since I write about and demonstrate solar cookers, I have quite a collection in my garage.

Solar cookers are not just important for emergencies, they're also great for RVers, hikers and boaters, who must use propane for cooking. Solar ovens allow you to cook food and heat water when the sun is shining so you can save your precious fuel supplies for nights and cloudy days.

There are three types of solar cookers: box, panel and parabolic.



A box oven solar cooker can be made with plywood or with a cardboard box, insulating material (Styrofoam or crumpled newspaper), aluminum foil for reflector panels, and a sheet of glass. It can reach temperatures up to 350 F. Design plans can be found at <http://solarcooking.org/plans/>.

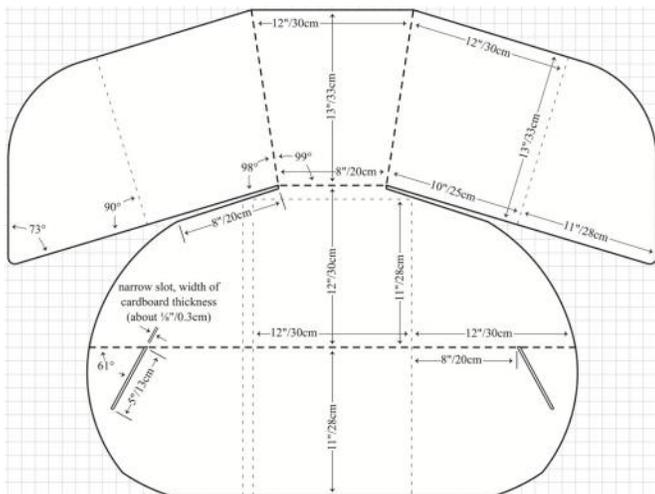
If you don't want to make your own, you can purchase a made-in-the-USA solar box cooker from Sun Ovens International in Illinois. I have one of their All-American Sun Oven solar cookers and have used it for years. It's so well insulated that when I lived back east, I could cook pots of soup on top of a snow bank in sunny but below-freezing weather. (Check out

→

the video on my YouTube channel, 'solarwind mama'.) The current price of a Sun Oven is around \$330.

Jim LaJoie, a designer/manufacturer of solar cookers (and a former U.S. Marine) in San Diego, has developed a hybrid box/panel solar cooker, which is lightweight, durable and sells on-line for \$79. You can order one of Jim's All-Season Solar Cookers at:

<https://www.allseasonsolarcooker.com> .



Panel cookers (see image above) resemble the foil sunshades you put over your car windshield in the summer. They can be made with cardboard, aluminum foil and glue, or you can use an old windshield sunscreen. The most basic panel cooker is the cardboard and aluminum foil Cookit, developed in the 1990s by the Sacramento-based non-profit Solar Cookers International. Cookits are used by thousands of refugees in Africa. They can cook food and heat water at between 200 and 250 F. (like a crock pot). The pot of food is kept at cooking temperature by placing it inside a heat-resistant 'turkey bag'. A printable copy of this Cookit schematic can be found at: <https://solarcooking.fandom.com/wiki/Cookit>

Two local designer/manufacturers are selling their solar panel cookers on line. Del Mar-based Roger Haines, a retired Department of Justice lawyer and Rotary Club member, has worked for years to perfect his design, the "Haines Solar Cooker". It is available for \$150 at <https://www.hainessolarcookers.com>. San Diego toymaker and steam punk design expert Sharon Clausson has developed an amazingly simple and durable panel solar cooker called the Copenhagen. You can see and purchase one of Sharon's models at: <http://sclaustoy.com/index.html> for \$48.

Parabolic solar cookers (see image above) look like a small satellite dish. Their reflective panels focus a narrow, concentrated beam of light on the bottom of your cooking pot and get it as hot as the burner on your stovetop. The beam of light from a parabolic solar cooker can reach 451 degrees—which is combustion temperature. This type of solar cooker is great for frying, boiling and sautéing. It can cook from sunup until sundown even in sub-zero temperatures as long as there is sunshine. It can also be used with a pressure cooker. Most parabolic solar cookers are made in China. The current models available on line are expensive (\$500+) and not of good quality, so I do not recommend purchasing a parabolic solar cooker at this time.

Note #1: Box and panel solar cookers work best in the summer between 9 am and 5 pm and in winter from 10 am until 3 pm.

Note #2: The reflector panels on parabolic and all other solar cookers never get hot since they only reflect the light onto the cooking pot.

Note #3: All pots used with solar cookers must be painted black on the outside to maximize solar absorption. A spray can of black barbecue paint is all you need.

The last item you'll need if you're solar cooking is one that can easily be made at home. It's something our great grandmothers used to keep food hot after it was cooked over a wood or coal fire in order to save fuel. The device is called a retained heat cooker or hay basket. It's a container (cardboard box, laundry basket, hole in the ground) stuffed with enough insulation (crumpled newspaper, straw, pillows, blankets or Styrofoam) to provide six inches of insulation around the top, bottom and sides of a lidded pot full of hot, cooked food. A well-insulated hay basket can keep cooked food piping hot for hours. For more information on retained heat cooking go to: <http://solarcooking.org/heat-retention/ret-heat.htm>

Two websites with additional information about the many types of solar cookers are <https://solarcooking.fandom.com> and <https://www.solarcooker-at-cantinawest.com>.

When this pandemic is over, I'd love to have you over to my house to check out all my solar cookers.

Note #4: Solar cookers also make great science fair projects for your grandkids.

Patricia McArdle



Notices & Reminders

Another Hair-Raising Tale...

California state wildlife officials have confirmed that a deadly virus targeting wild and domestic rabbits has been detected in San Diego County. Rabbit Hemorrhagic Disease (RHDV2) is not related to the novel coronavirus and **does not affect humans or domestic animals other than rabbits** and, possibly, related animals such as hares and picas.

The first case of this disease in California was reported in May near Palm Springs and it has since been detected in San Diego, Orange and San Bernardino counties.

Officials have issued guidelines, one of which applies to everybody:

- If you encounter a sick or dead rabbit, **do not touch it**. Report it immediately to state wildlife officials.

And, for those of us who have domestic rabbits, the following guidelines apply:

- Keep house rabbits inside at all times;
- Immediately report any unusual illness or sudden rabbit deaths to your veterinarian;
- The virus is highly contagious. Good hygiene practices are necessary, i.e. wash hands thoroughly before and after handling rabbits, thorough disinfection, leave shoes outside, insect control, etc.
- Know your hay/feed sources and if they are near areas affected by the outbreak;
- Keep dogs on a leash when outside so they don't interact with wild rabbits; consider having dogs wear booties when outside, or wash their paws before they come inside. Keep dogs and rabbits in separate areas of your home.

A vaccine has been developed and is available on order from your veterinarian.

Please Use Discretion

We are asking homeowner to respect the privacy of others and to refrain from entering walkways that are semi-private with their main purpose being for those that live in the adjoining homes. Many homes have walkways that are adjacent to open windows and residents with underlying medical conditions who are trying to stay safe.

Please Note:

The office continues to be closed to the public. Please call, email or use the mail drop box to conduct your business. All other community facilities/meeting rooms continue to be closed. Committee and Board Meetings will continue to be held via virtual platforms.

Coyotes

Whether we like it or not, coyotes are a fact of life in Southern California. They were here long before any of us. We hear them frequently. We know they are out there. And, we seldom actually encounter them. But, when an encounter does occur, we need to know how to respond.

The agency to contact about a coyote encounter is the CA Department of Fish and Wildlife Natural Resources. Their phone number is:

858-467-4257

No, we are not suggesting that you call the Dept. of Fish and Wildlife while you are facing down a coyote. But, do call them and report the incident after you are safely at home.

Here are a few suggestions that may help:

- Do NOT feed your pets outside.
- Do NOT leave your pets unattended outside.
- Do NOT leave food outside.
- Do NOT have a bird feeder. It will attract rats and other vermin that coyotes hunt.
- Coyotes may hunt at any time of the day, but are primarily nocturnal. Do NOT walk your dog before sunrise or after sunset.
- Never go out without a walking stick, especially one with a pointed end. Waving that →

stick in the air will make you appear much bigger to the coyote, reducing the possibility of attack.

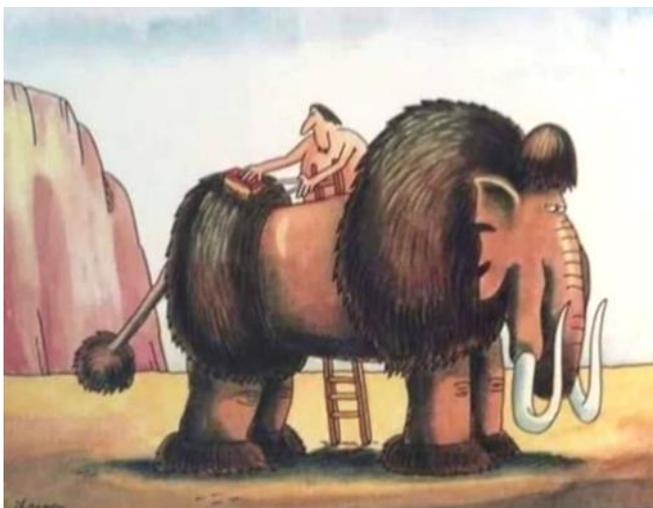
- Avoid using a long leash. A coyote lurking in the shrubbery could attack your pet before you have any opportunity to respond.
- Obtain a canister of pepper spray and carry it with you. A good shot of pepper spray will send a coyote packing. But, make sure you know how to use it. You don't want to spray yourself or your dog.
- Picking up your dog is OK. But, don't turn and run—the coyote may attack you! Instead, back away slowly.

Please be aware that the Fish and Wildlife department has communicated to us that they will not trap, remove or relocate coyotes. Removal of a coyote population will result in a rapid explosion of the area's rodent population, resulting in some very unpleasant consequences. (Note: a breeding pair of rats can produce up to 5 litters every year each with 14 or more baby rats.)

Do report any encounter to the Dept. of Fish and Wildlife. That information will help them to monitor the coyote situation we face here at Oceana and, hopefully, provide support.

Wear Your Mask

It shows you care about your neighbors.



French Mammoth

Did You Know?



Aug. 9 International Day of the World's Indigenous Peoples

The International Day of the World's Indigenous Peoples seeks to protect and promote the rights, culture and land of indigenous people. Indigenous peoples, descendants of pre-colonial times, have a strong tie to their lands and often suffer from marginalization as a minority group. Despite marginalization, Indigenous Peoples account for about 6% of the world's population and 90% of its cultural diversity.

The International Day of the World's Indigenous Peoples was designated by the United Nations in December of 1994 with the intention of it lasting only a decade. It is now celebrated annually on August 9, a day that marks the first meeting of the UN Working Group on Indigenous Populations in 1982.

Facts & Quotes

- According to the UN, there are an estimated 370 million indigenous peoples living in more than 70 countries around the world. There are approximately 5,000 different indigenous groups in the world.
- The Amazon River basin represents only 7% of the world's total service area, but it is also home to 400 different indigenous groups. One of the largest concentrations of indigenous peoples in the world.
- Indigenous peoples represent over 4000 different languages of the 6700 know languages that exist today. Most of these languages are considered to be endangered, meaning at high risk of being replaced by dominant languages.
- "The truth is that nobody can own anything. That was an unheard-of concept among indigenous people. We invented that." - Tom Shadyac, American comedian, director, screenwriter, producer and author.

Things To Do at OCA

Art Studio -Mon.& Wed., 1-3pm; Water-color instruction, Wed. 1-3pm. Info: David Finkas at (760) 586-8484.

Billiards -Thurs. 10:30am. Friendly group for socializing and skills improvement.

Bridge

Wed. Bridge -Wednesdays (except 1st of month) 12:30-3:30pm in the Card Room. Info: Tom Miller, 760-757-1393.

Social Bridge -Fridays 9:00am in the Card Room.

Bunco -1st & 3rd Tuesdays of the month at 1:30 pm in the Large Card room. Info: Dona White (760) 533-2484.

Ceramic Studio -open 1-3:00pm every Tuesday, Thursday and Friday. Contact: Pat Christie at 442-297-7430.

Chair Volleyball - Monday and Thursday at 1:00 pm in the Clubhouse. For info: call Dave Freeman at 818-262-0788

Chair Yoga - Monday at 10am in the Auditorium. For info: call David Phears at 714-795-0027

French Club - Monday, 4-5pm in the Clubhouse Library. Call Danae Danczyk at 760-529-9226.

Friends of Bill W. -Wed. at 5:00 pm in the card room. Info: Lin Riley 760-730-3371.

Garden Club-Meetings on occasion. Reserve space in our garden. Info: Casey Fitzpatrick 818-426-4572.

Hand & Foot -Fridays at 12:30 pm. Info: Joan Jeffery at 760-637-2384

Keep Fit Exercise Class—MWF 8:30am-9am in the Auditorium. Info: Gene or Dee Barilotti at 760-967-2157.

Knitting -Thurs. at 10:30am in the Card Room. Info: Karen Jacobson 760-757-2477 or Dee Wylie 760-231-9577.

Lapidary Shop -Mon. thru Thurs. 1-3pm. Info: John Pitarresi at 760-917-6631.

Line Dancing -Thursdays 3pm-4pm in the Auditorium. Info: Shirley Thralls at 760-433-3164.

Mah Jong - Mondays 1:00pm-4:00pm and Tuesdays 12:30pm-4:00pm in the Library. Info: Marlene Kerman at 760-433-0347.

OCA Book Club -10:00am 2nd Tuesday of each month in the Clubhouse Library.

OSERT -3rd Wed. at 5pm in the Computer room. Info: Patricia McArdle, 703-254-8916

Pickleball - Playing times Sundays, Mondays, Tuesdays and Fridays. Play levels are Open, Advanced Open and Invitation Only. In the Clubhouse. See the Calendar for specifics. Info: Steve Reigle.

Pinochle Mon. at 1 pm in the Card Room. Info: Joyce Poxon 760-859-6728.

Poker - Tuesdays 6-8pm. Contact Glenn Groth at 760-754-9646.

Quilters—1st & 3rd Tuesdays 9am-Noon in the Art Room. Info: Sue Moore, 760-231-7966.

Sequence -Thursdays 1pm-4pm in the Card room. Info: Marilyn 760-435-9600

Sing-Along - Thursdays 6pm in the Clubhouse Auditorium. Bring snacks & drinks. Info: Glen Hemingway 760-518-5716.

Trivia -Mondays 7pm-9pm in the Card room. Info: Colleen Eidson 760-529-9999

Water Aerobics

Mornings: 8:00am Mon/Wed/Fri.

Afternoon: 1:00pm-1:45pm Fri.

Info: Betsy 760-439-2879.

Woodshop -Monday-Friday 1-3pm. Info: Jim Romans 949-742-2311.

Writing Group (Write On) -Tuesdays 10am. For location and other info: Alan Dolit 760 224-6404.



Events Scheduled Every Week—By Weekday

Every Sunday	Every Monday	Every Tuesday	Every Weds.
Pickleball Private Noon-2:30pm Private 4pm-6pm	Art Room Open: 1-3pm Chair Volleyball: 1-2pm Chair Yoga 10am French Club 4-5pm Keep Fit Class: 8:30am (Auditorium) Lapidary Shop: 1-3pm Mah Jong: 1-4pm Pickleball: Open Play 2-4:30pm Private 4:45-7pm Pinochle: 1-4pm Seniors on the Go 9-11am Share & Wear: 11-2pm Trivia: 7-9pm Water Aerobics: 8-9am Woodshop: 1-3pm	Ceramics: 1-3pm Computer Rm: 10-12am & 1-3pm Lapidary Shop: 1-3pm Mah Jong: 12:30-4pm Pickleball: Advanced Players Only 9am-Noon Open Play 2-4:30pm Poker: 6-8pm Share & Wear: 11-2pm Write On 10-11am (Billiards Room) Woodshop: 1-3pm	Art Room Open: 1-3pm Computer Rm: 10-12am & 1-3pm Friends of Bill W. 5:00pm Keep Fit Class: 8:30am Lapidary Shop: 1-3pm Putting Practice 10am (Golf Course) Share & Wear: 11-2pm Water Aerobics: 8-9am Wed. Bridge 12:30-3:30pm (Except 1 st Wed. of Mo.) Woodshop: 1-3pm Admin. Office Open to 6pm



Other Scheduled Events

Sunday	Monday	Tuesday	Wednesday
2	3	4	5
		9am-Noon Quilt Art Room 9:30am Card Cte.—Card Rm 1:30pm Bunco—Card Rm	12Noon-Website Cte— Computer Rm
9	10	11	12
International Day of the World's Indigenous Peoples		9am Arch. Cte. - Card room 10am OCA Book Club	10am Unit Advisors Cte.—Auditorium 11am Res. Pln.—Card Rm.
16	17	18	19
9:30am Arch. Cte.—Card Room		9am Noon Silvers— Card Room 9:30am Compliance Hr'gs — Card Rm. (Closed) 1:30pm Bunco—Card Room	6pm Safety Cte-Comp. Rm. 6:30pm OSERT-Comp. Rm
23	24	25	26
			9:30am Open BOD 1pm BOD Exec. Session
30	31		

All Physical Meetings
 & Events cancelled
 until further notice.
 Check for Virtual
 Sessions

Events Scheduled Every Week—By Weekday

Every Thursday	Every Friday	Every Saturday
Billiards: 10:30am Ceramics: 1-3pm Chair Volleyball 1-2pm Coffee Hour: 9am (See below) Computer Rm: 10-12am & 1-3pm Knitting: 10:30am Lapidary Shop: 1-3pm Line Dancing: 3-4pm Sequence: 1-4pm Share & Wear: 11-2pm Sing-Along—Aud. 6pm Woodshop: 1-3pm	Ceramics: 1-3pm Computer Rm: 10-12am & 1-3pm Grief Support Group 10am (Art room) Hand & Foot: 12:30pm Keep Fit Class: 8:30am (Auditorium) Pickleball: Advanced Players Only 1-3pm Open Play 3-5:30pm Social Bridge: 9-11:30am Tai Chi: 10-11:30am Water Aerobics: 8-9am and 1-1:45pm Woodshop: 1-3pm	
		Saturday 10am-2pm SSS 

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All Physical Meetings & Events Cancelled until further notice. Check for Virtual Sessions

Thursday	Friday	Saturday
9am Coffee Hour- Not Scheduled 6	10am Grief Support Group - Art Room 7	8
9am Coffee Hour- Not Scheduled 13	10am Lapidary & Jewelry Room 14	15
9am Coffee Hour- Not Scheduled 20		22
9am Coffee Hour- Not Scheduled 27		29



OCA Group Membership

Activities Committee

Meets: 1st Tues. ea. Month,
9:30am, Card Room
Chair
Chuck Kruse
(Open) Vice Chair/Events Coordinator
Ginny Romans Secretary
Linda Garcia Share & Wear Mgr.
Barbara Allen
Susan Gugino
Sue Mansis
Nancy Norton
Bella Strubhar
Carol Finkas Board Exec. Cte.
Sue Moore Board Exec. Cte.

Architectural Committee

Meets: 2nd Tues. ea. Month,
9:30am, Card Room
(Agenda deadline: 1st day of month)
Chair, U 9
Bill Loftus
Lisa Bagot
Kelly Byrne
Mary Hall U 7,7A
Tony Hoople U 10,11
Harold Marsh U 8
Eric Monce U 12, 14
Paula McDonald U 2,6
Jay Norris U 5
Ed Smith U 1,1A,3,4
Bruce Cowgill Board Exec. Cte.
John Vogt Board Exec. Cte.

Landscape Committee

Meets: 2nd Fri. ea. Month,
10am, Billiards Room
Chair
Joan Jeffery
Connie Ferguson
Kevin Immel
Sue Mansis
Bill Matthews
Bruce Cowgill Board Exec. Cte.
Sue Moore Board Exec. Cte.

OCA-TV Committee

Mario Badua Chair
Colleen Eidson
Steve Graves Board Liaison

Reserve Planning Committee

Meets: 2nd Wed. Quarterly,
Mar., June, Sep., Dec.
11am, Card Room
Chair
(Open)
Mike Faulkner
Patricia McArdle
Ken Rische
Tain Soreboe
Bruce Cowgill Board Liaison

Safety Committee

Meets: 3rd Wed. ea. Month,
6pm, Comp. Room
Chair, 335-6597
Kelly Byrne
Andrea Anderson
Connie Ferguson
Georgann Gall 335-6597
Patricia McArdle 703-254-8916
Alice Nolan 214-0221
Jacki Konstanturos Board Liaison

Unit Advisors Committee

Meets: 2nd Wed. ea. Month,
10am, Clubhouse Auditorium
Chair, 453-2223
Donna Wendt,
Unit
1 - Ron Landsel 231-7586
1A - Linda Langworthy 562-301-1346
2 -
3 - Gisela Lauer 754-0296
4 - Mary Hall
5 - Teri Battaglia 714-458-6842
6 - Steve Lawler 419-7011
7 (1-34) - Donna Wendt, 453-2223
7 (35-62) & 7A - Pat Hawkins 450-6231
8 - Kathleen Pursell 439-9282
/Laurie Judge 529-5775
9 - Jeff Kern 908-420-1853
10 - Judy Hartmann 909-518-8767
11 - Shari Flanders 754-0020
Diane Pettibon
12 (1-53) - Jay Norris/Pat Brinson 509-939-1680
12 (54-98)- Connie Ferguson 360-265-5558
14 - Toby Roberts & Anita Romaine
Jacki Konstanturos Board Liaison

Website Committee

Meets: 1st Wed. ea. Month,
12pm, Computer Room
Chair
Anita Romaine
Steve Ashworth
Kelly Byrne
Gene Barilotti
Don Betts
Steve Reigle
Steve Graves Board Liaison

(NOTE: Unless otherwise indicated, the deadline for all Committee Agendas is 10 days prior to the meeting.)

Attention all Committee Chairs:

Please contact the OCA office to inform them of any changes to your committee, either times, days, or new contacts for your committee. We need to update all the committees so the Oceana residents can be able to attend your meetings and not be misinformed. Let's keep everyone up to date and active. Thank you.

No Area Code? Assume 760.

Committee Reports

OCA Safety

The Covid-19 Pandemic has brought a spike in crime. Don't be a victim. Please make sure you take some precautions.

- Lock your garage door. Especially if you have a garage with a "man door". I don't know the history behind the name of man doors but it sure explains why so many are left unlocked.
- Don't leave anything in your vehicle. That means things you don't care about. Because thieves will break windows to get to junk.

The increase in crime during June and July were mostly burglaries. But I would hope no one wants Oceana to be known as an easy target.

Kelly Byrne

Website

Lots have happened this past month. Doesn't seem like it but if you login to the Oceana website, you'll see what is new. Remember the Rock Garden, it's been finished for awhile now, but there are new pictures of the finished product. Check it out!!

Stay tuned to www.oceanaseniors.org for all the latest bulletins. We are here for you. As always, we are looking for anyone interested in joining the club. Zoom is the newest way we hold our meetings. Drop us a line, we would love to hear from you.



Anita Romaine
Chair Website Committee

OSERT

Please see my article, *Solar Cooking During a Pandemic*, beginning on Page 5.

Patricia McArdle

Activities

As I write this, during the last week of June, San Diego county has just set another record for new Covid-19 cases in a single day. It looks like it will be awhile before we get the approval for activities. You can be sure we will not hold activities until it is safe. The news is full of terrible stories. For example, in Texas a family had a birthday party with 25 members in attendance. Eighteen of the party attendees came down with the virus and one grandpa is in danger of passing.

Having no formal activities is no reason for becoming a couch potato. Vista Campana is a great street for cardio exercise with its 1.3 mile hilly loop. There are plenty of side streets that are less hilly. You can also put your face mask on and walk along Pacific Avenue by the beach. Many Medicare supplement insurance companies have Silver Sneakers as a benefit. Silver Sneakers, during the pandemic, has been sending, via email, sets of three to four targeted exercises weekly. My wife and I do their balance, upper body and hip exercises.

The stay-at-home order does not mean you have to isolate yourself from all contact. We play games via Zoom with our Chicago daughter's family. Yesterday my kindergarten grandson read books to us via the I-Phone's Face-to-Face feature. He responds to incentives and earned twenty cents a book. Helping him learn how to read is a treat for us. Talk to your family, friends and neighbors. Restart an old hobby or do home improvement projects. Being active mentally and physically will pay dividends and keep you happy.

In case you did not know, you can get Jig Saw puzzles at the Dollar store. A three hundred piece puzzle will help pass the time and sharpen your mind. Read a few best sellers. I like political current topics and my wife likes mysteries. Exercising both mind and body will help when we are able to restart.

On a very sad note we lost one of our Share and Wear volunteers, Beth Mushovic, to cancer. Beth was active in the Garden Club, took videos for the closed circuit TV and was active at San Luis Rey Mission church. I probably did not cover all her activities. She always had a smile and was available whenever we needed someone to fill in. She will be missed.

Charles Kruse, Chair

Landscape

The landscape committee has been under reorganization since the election. We have added Bill Matthews to the existing members of the committee: Sue Mansis, Connie Ferguson, and Kevin Immel. The newly appointed chair person is Joan Jeffery and Sue Moore and Bruce Cowgill have been appointed as the executive sub-committee for the board for landscape.

On June 26th the committee held a workshop to discuss the duties of the committee and to identify landscape elements to be incorporated into monthly proposals for work on our grounds and the master plan going forward. Not all the details have been defined; however, the members provided pictures of the elements that each found desirable for our overall landscape look and feel. It was agreed by the members that the focus would be on reducing turf where possible, and using plant material that was more drought resistant and required less maintenance, such as trimming and pruning on a regular basis. By doing so, we eventually will see savings on future routine maintenance requirements.

The committee also would like to encourage more use of succulents, decorative grasses, and plants that provide more color, texture, and height variations. The goal is for a cohesive, yet not repetitive or highly structured look. This should give a more relaxed look and feel to the community.

Along with plant palette revisions, a hardscape palette is under consideration and will be finalized in the near future. Again, the goal is to have a harmonious look and flow to the community grounds.

We will be determining our recommendation to the board for the next area for implementation of the master plan. As a reminder, the master plan for landscape consists of:

- Installation of energy-efficient LED pagoda lighting (in-house pre landscape)
- Removing all unauthorized ornaments, borders, pavers, etc.
- Replacing the irrigation system in the target area
- Dethatching and reducing turf area
- Restoring remaining turf
- Replacing or installing hardscape and borders per the stated palette
- Removing dead and overgrown plants and replacing with suitable materials

Since our budget for the master plan does not allow for replacing all plants, shrubs, etc., the new plantings will be carefully coordinated to work with the remaining landscape.

It is the committee's commitment to continue the workshops every other month in order to refine our recommendations and simplify the process of managing proposals going forward. This is an enormous undertaking and be assured, the committee and the board will be building on the lessons learned from our beta master plan site in Unit #4.

Joan Jeffery

Oceana Garden Club (OGC)

As our stay-at-home lifestyle continues, the summer of 2020 has had a completely different look and feel. Here's hoping you are all keeping safe but able to enjoy the company of family and friends. We all are changing our ways to get through this challenging period.

The Oceana Garden Club has had a change of officers. After a consensus of club members, Peggie Moore takes over the treasurer's position which was vacated due to the passing of our dear friend, Beth Mushovic. Diane Harris is the secretary with Casey Fitzpatrick continuing as club president.

Our members' gardens are looking lush and mouth-wateringly beautiful. If you have a plot in the community garden or grow your veggies on the patio at home, and you've been sharing your harvest with others who can't face any more kale or zucchini, think of donating to the Oceanside Kitchen Collaborative. They were featured in the July 2020 issue Notices & Reminders of Hilltop Highlights. They normally deal with fairly large amounts of produce from local businesses and farms, but my small donation was cheerfully accepted. I asked if there were any vegetables or fruits that were troublesome for their use, and the answer was no. Everything works, so contact them at 760-707-8108 or info@theokc.org.



DID YOU KNOW? . . .

A sunflower is not just one flower. Both the fuzzy brown center and the classic yellow petals are actually 1,000 - 2,000 individual flowers.

Diane Harris, Secretary

Updates From

THE ISLE

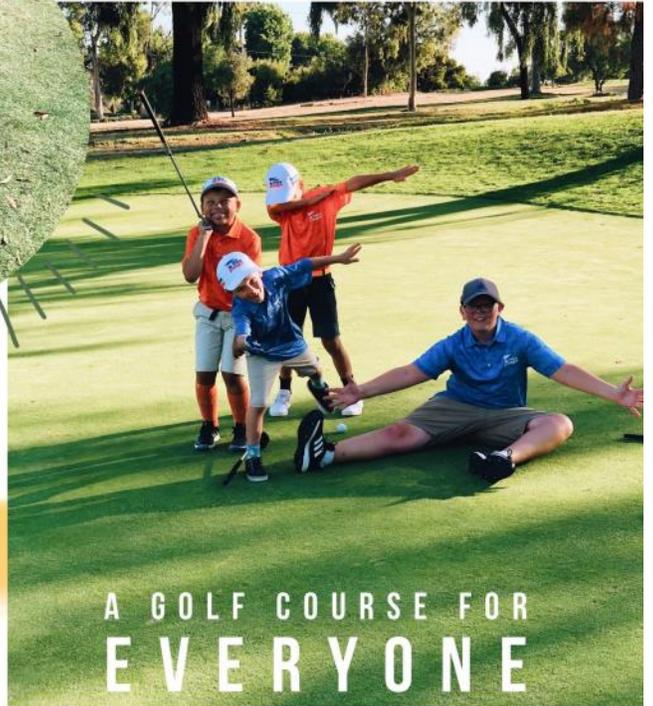


AUGUST 2020



UPDATES :

This month at The Isle we wanted to showcase one of our favorite and most unique aspects of the course. For those who haven't joined us for golf or dining down here at The Isle yet, we are a dog friendly golf course! We believe dogs are part of the family and can be a relaxing and fun addition to your round of golf. Our patio is dog friendly and so is the whole golf course! Dogs make great caddies and it is a great way to get them exercise at the same time.



PGA JR LEAGUE SEASON IS HERE!

We wish the defending league champions luck as they head into their 2020 season!

A GOLF COURSE FOR EVERYONE

EMERALD ISLE GOLF COURSE OCEANSIDE, CA