

# HILLTOP HIGHLIGHTS

Inside:



**HAPPY**  
*Thanksgiving!*

*Enjoy*  
*Thanksgiving Dinner*  
*with your*

*Friends &*  
*Neighbors*

Also Inside:

- ☞ **The 2023 Board Elections Process**
- ☞ **Website Committee Photo Contest**
- ☞ **Share & Wear's Christmas Sale**



## Be Thankful!

This is the time of the year when we set aside a holiday to express our thanks for our national bounty. Unfortunately, that bounty doesn't get spread as widely as it should. Remember that when you sit down to enjoy a copious meal lavishly prepared. Every major religion out there has at it's core the need for kindness and giving.

### **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](http://www.oceanaseniors.org)

**Accounting:**

[accounting@ocaoffice.org](mailto:accounting@ocaoffice.org)

**Maintenance:**

[maintenance@ocaoffice.org](mailto:maintenance@ocaoffice.org)

**Homeowner Concerns:**

[office@ocaoffice.org](mailto:office@ocaoffice.org)

**Non-emergency Police**

(to report suspicious activity):

760-435-4911

**Emergency Police:**

**911**



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**Office Staff:**

**General Manager** Scott Humberstone  
shumberstone@ocaoffice.org

**Assistant General Manager** Amber Effinger  
aeffinger@ocaoffice.org

**Receptionist/Landscaping** Emily Simpson  
esimpson@ocaoffice.org

**Facilities Manager** Fernando Montano  
maintenance@ocaoffice.org

**Maintenance Admin. Asst.** Simone Mitchell  
smitchell@ocaoffice.org

**Admin./Cte. Asst.** Tracy Richardson  
trichardson@ocaoffice.org

**AP/AR Coordinator** Amanda Fazio  
afazio@ocaoffice.org

**Contact for all:** 760-757-3937

**Office Hours:**

Mon.-Wed., 8:30 am-Noon; 1pm-4 pm  
Thurs., 8:30 am-Noon; 1pm-5:30 pm  
Fri., 9 am-3 pm

**Office Information**

- The deadline to submit information for The Hilltop Highlights is the 1st Friday of every month. Email to:  
oceanahub@gmail.com.
- Have a payment to make or a work order to submit after office hours? Please use the drop box located on the front/west side of the OCA Business Office. It is checked Monday through Friday.
- 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, 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 back-ups 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 Amber Effinger at:  
aeffinger@ocaoffice.org.

**Board of Directors**

**President** Kelly Byrne  
kbyrne@ocaoffice.org

**Vice President** Karen Bishop  
kbishop@ocaoffice.org  
760-440-8250

**Secretary** Anita Romaine  
aromaine@ocaoffice.org

**Treasurer** Peggie Moore  
pmoore@ocaoffice.org  
949-887-4641

**Director** Peter Cornog  
pcornog@ocaoffice.org

**Director** Steve Gillis  
sgillis@ocaoffice.org

**Director** Sandy Riser  
sriser@ocaoffice.org  
520-360-2081

**All Members** ocaboard@ocaoffice.org

**Keep Informed**

**Oceana**

oceanaseniors.org

**City of Oceanside**

ci.oceanside.ca.us

**San Diego County**

sandiegocounty.gov

**Report City Code Infractions**

When you encounter a parking problem that is a violation of city code (e.g., blocking access to your garage, parking on red lines, or blocking traffic),

Call: 760-435-4500

ci.oceanside.ca.us/gov/dev/code/oversee.asp

The monthly General Session Board of Directors' meeting takes place at 9:30 am on the last Wednesday of the month. It will be held in the Auditorium and by Zoom. The link will be communicated to residents via email and posted on the website. Agendas are posted on bulletin boards and the website. Homeowners may eMail comments **prior** to the meeting to:  
office@ocaoffice.org.  
Zoom chat is not available.



## A Message From a Member of our Board Of Directors

It is November, almost the end of the year. And what a year it has been. So much has happened within our community. Most of it positive and good for each of us, some upsetting but that is what change can do to us, especially as we get older (which I try not to think about!).

Every year I was more involved and interested in the makings of how Oceana worked. Curiosity led me to run for the Board of Directors in 2021. I needed to know how 7 people could make decisions for me and my lifestyle. There is so much more to being on the Board than the average resident knows. It has been worth it, too. That brings me to the subject of this article that a different board member writes each month.

Everyone should make it a point to being a part of Oceana by volunteering for a committee, an art class, learning how to play billiards, playing pickleball, being a committee chairman, and finally on the OCA BOD. How is one supposed to know what is going on if you are not involved? I heard many years ago during an election year for our county, how can you complain who is in office if you do not vote? The same goes for living in a Homeowner's Association. How can you see what is happening to you and your neighbors without volunteering for a committee? I feel that it is a duty of everyone living in this community to become involved in one capacity or another. We all must have something to offer to the community that will enhance each other's lives. By learning what and how Oceana is run will enhance your quality of life. To understand 'where the money is' can ease your fears and give you strength with knowledge.

Election of three new board members is coming up starting this month. If you have ever been curious to know what is involved by being a member of the OCA Board, now is your time to enter your application to run for the Board. You have till December 21st, but do not wait, do it now!! Ask you neighbor what they think about you wanting to run. Ask a neighbor if they would like to run because you admire how they handle themselves in their everyday life. You really do not need to know how to be a Board member, you will be given everything you need to become a viable member. It is your common sense and duty to your neighbors that will lead you to make the correct decisions. If you have an agenda driving you to become a board member, you will quickly find that there is no room for just one opinion. Your duty is to all 932 homes to make the best decision for all - owners and renters alike. Our homes on this hill are the best kept secret in Oceanside. Keeping it that way is not an easy task but a lot of hard work while making soul-searching decisions each day, one vote at a time.

These last two years have made me appreciate my neighbors, the office staff, and the maintenance and landscape people so much more. I am one proud member of the best community in Oceanside. Now it is your turn to help keep it that way. Change is what it is all about! One cannot live in this world without change. Our souls thrive knowing that with each change you will be learning and living the life we were meant to be by choosing Oceana as our home.

**Anita Romaine**  
Board Secretary



## The 2023 Election for the OCA Board Of Directors

### How Does it Happen?

The OCA Annual Meeting will be held on March 18, 2023. That is also the day that ballots are due, winning candidates are announced and the new Board of Directors hold their organizational meeting. There are three Board of Directors' seats to be filled.

### Nominations

By the time you are reading this, a Nominating Committee has been appointed and chartered by the Board to seek qualified nominees to run in the 2023 Election.

The Nominating Committee solicits and names people of ability, experience, availability and character for nomination to the Board of Directors. A nominee can be disqualified if their OCA assessments are delinquent, they have lived in OCA less than a year at the time of serving or they have a past criminal conviction that would affect OCA's fidelity bond coverage.

**Note:** Members have the right to self-nominate during the nominating period. You do not need wait for the Nominating Committee to find you.

### Important 2023 Election Dates

- Nov - Dec** Nominating Committee seeks qualified BoD candidates
- 11/22/22** Intent to Run packets are available
- 12/22/22** Nominations close at 11:59 p.m.
- Jan - Mar** Candidates are presented to the membership
- 3/18/23** Close of Election & Annual Meeting

If you or someone you know would be a capable and committed Director, please contact the Assistant General Manager, Amber Effinger.

**Email:** [aeffinger@ocaoffice.org](mailto:aeffinger@ocaoffice.org)  
**Phone:** 760-757-3937

### Bylaws

There may be additional issues on the ballot. The Board of Directors is currently working on a revision to the Bylaws. The Bylaws were last approved in 1997, 25 years ago. Two town halls were held in October to receive community input. If these changes are proposed for amendment, please read the proposed set of Bylaws and vote. There are several important considerations for the provisions to the Bylaws which effect elections.

- Article III #1** Membership
- Article III #5** Voting (limits # of votes)
- Article IV #2** Annual Meeting
- Article IV #8** Quorum
- Article IV #9** Proxies
- Article V #2** Number and Qualifications of Directors
- Article V #4** Vacancies
- Article VIII #1** Record Date and Closing Membership Register
- Article IX #1** Amendments

**Karen Bishop &  
Sandy Riser  
Board of Directors**



**Everyone seems  
normal until you get  
to know them**



**Extra!  
Extra!  
Read All  
About It!**

Coming Next Year, January 2023

## **The Website Committee Photo Contest**

*Get Your Camera Ready!  
Prizes Awarded to Winners*

### **Guidelines:**

1. Only registered residents of Oceana are eligible for the contest.
2. Register and submit photos by 01/16/23.
3. To register for the website committee photo contest:
  - a. You may email your registration form and photo to:  
oceanawebcomm@gmail.com
  - b. Submit registration form and photo to Emily Simpson at the OCA HOA office by 01/16/23.
  - c. Complete the On-line Google Registration Form.
4. Must capture photos between 11/01/22 and 01/16/23.
5. Photos must be captured on the grounds of Oceana.
6. You may use any camera to take the photo.
7. Only one entry per registered resident per household.
8. Categories: Animals, pets, plants, landscape, people, an event, animated object, holiday.
9. The committee will judge photos January 24, 2023.
10. The committee will notify all winners by email or by phone.
11. Winning Photos will post on the Oceana website for a week.

## **Volunteers**

**Where would Oceana be without volunteers?**

We are a community that exists because of volunteers working together to help sustain and enhance the way of life we enjoy here in our community. Volunteering is a way to help our community, but it also helps you. Volunteering keeps you active and involved with your friends and community. An active mind in an active body—you live longer if you act young.

If you have time to volunteer, please consider joining one of these committees:

**Activities**

**Strategic Planning**

**Website**

*"Volunteering is a two-way street. Even as volunteers improve the lives of others, their own lives are often transformed by the act of volunteering itself."*

*António Guterres*



# September Activities

We held several events in September, all to provide a number of ways for you to socialize with neighbors and have some fun. Were you there? We hope you were! Don't miss out on the fun activities planned for November. Watch for the announcements and any last minute changes to the plans!

## Labor Day Concert

It was **HOT! Very HOT!** It is not supposed to get this hot the first part of September! We usually hold this event outside but moved inside the auditorium for the air conditioning. The auditorium was packed and

filled with music from Cool Rush. We also saw a lot of dancing going on after we finished eating our 'dogs' and burgers. It was a good time!

## POP (Party On the Plaza)

Our POP (Party On the Plaza) events kind of drizzled out. Very few attended and the remaining ones were cancelled. Sometimes they work out... and sometimes not.



## Summer Lawn Concert (Steel Drums)

Our third Summer Lawn Concert was held on September 17<sup>th</sup>. The crowd was huge! The Steel Drum Band from Mission Vista High School played a number of uplifting songs. These high school young adults put on a great show and were enthusiastic while playing. Everyone we talked to said "You need to have them back!" We will. We don't know who enjoyed the concert more...the Oceana residents...or the kids! Plus, the Taco Bar was amazing!



## Equinox Drumming

We celebrated the Fall Equinox on September 29<sup>th</sup> with a free evening drumming event outside. Thought we might have a dozen people. **WRONG!** Nearly 40 people showed up! It seemed like people were "coming out of the woodwork". It got a little loud, but, hopefully,

we didn't wake any neighbors. Led by Charlie Wendt, we had several sessions of drumming interspersed with discussion about the equinox and the significance of it to many ancient people. We had a number of different hand drums and other percussion instruments to "keep the beat". It was another successful event... and we will schedule more of these.



## Coffee Hour (and 2pm Afternoon Treat)

Coffee Hour has been taking place nearly every Thursday morning for 15 years or more. And, September saw some great entertainment:

**Bingo** - Several lucky winners this month again  
**Jimmy and Enrique** - as always one of the favorites we have at Oceana

**Jerry McCann** - One of our newer entertainers - playing the guitar and singing



**Adrienne Nims** - Perhaps the finest flautist in all of San Diego area

**Afternoon Treat** - For the last Thursday in September we did not have a morning Coffee Hour. Instead we offered an early afternoon "lunch

break" with entertainment (for those that think 9 am is too early). We had Barel & Lana as our musical guests. What a nice "Afternoon Treat"!



We are proud to provide you with excellent programs and entertainers on Thursday mornings/afternoons. We think it is one of the best deals around.

These are some events that you may have enjoyed... or missed this past month. We hope to see many of you at our upcoming events. If you came and liked what you experienced, don't be afraid to tell your neighbors. How lucky we are to live here in wonderful Oceana! Hey... and let us know if you'd like to help with events ... or have some suggestions for other kinds of events.

**Charlie Wendt**  
**Activities Secretary**

# Activities

**Wednesday, November 9, 5 pm-7 pm**

## Take Me Out to the Ballgame

Wear your baseball gear, watch the World Series (if playing), play fun ball games. Prizes! Food! Fun!



Hot dogs, chips, peanuts, beer, wine, soda.

**When:** November 9, 2022  
 5 - 7 pm  
**Where:** Clubhouse  
**Enjoy:** Baseball game & food  
**Signup:** Oct. 24-Nov. 7  
**Fee:** \$5

**Thurs. & Fri., Nov. 18 & 19, 10 am-2 pm**

## Share & Wear's Annual Christmas Sale

Buy Christmas Decorations and Gifts



**When:** Nov. 18 & 19, 2022  
 10am-2 pm  
**Where:** Clubhouse  
**Enjoy:** Christmas Shopping at super discounts

**Thursday, November 24, 1-3 pm**

## Thanksgiving Dinner



Catered with all the fixin's Beer, Wine & Soda

Limited to 150 people—Sign Up Early

**When:** November 24, 2022  
 1 - 3 pm  
**Where:** Clubhouse  
**Enjoy:** Thanksgiving Dinner  
**Signup:** Nov. 8-22  
**Fee:** \$15

**Saturday, November 26, 7 pm**

## Star Gazing

(If the sky is clear)

At the S Street Point

Bring your own drinks & snacks.

**When:** November 26, 2022  
 7 pm  
**Where:** S Street Point  
**Enjoy:** Company & Fun  
**Signup:** NA  
**Fee:** Free

**Please Note:** Whenever we have an event there is usually a requirement to sign up at the office by a cutoff date. We are sorry that we have to enforce this requirement. Not doing so results in problems for both the food vendors and maintenance setup staff. Please try to sign up in time. Thank you.

# COFFEE HOUR

*Now with Espresso. Get caffeinated. Get energized. Get dancing!*



- Nov. 3 : Bingo
- Nov. 10 : Mike Chamberlain—Telling Stories through Music
- Nov. 17 : Glenn Kramer—Musical Interactive Presentation of "Name That Tune"
- Nov. 24 : Thanksgiving—No Coffee Hour Today

Questions? Call the office at 760-757-3937

# Updates From The Isle



This November we are looking forward to chilly mornings in your favorite Emerald beanie at the course, gorgeous sunsets while you finish your twilight round with us, and more fun tournaments and events to look forward to.

The golf course is fully healed from aerification on the greens. After a long and abnormally hot summer this year, they are loving the moisture more than ever. Come enjoy a round of golf and see all of the fantastic conditions out here at The Isle.



## OH HOW TIME FLIES!

Our Shop has been recently updated and repainted. We have freshened up our look to a modern white and dark gray to give the building a whole new clean aesthetic. Here is a photo of our shop from the early 80's and a photo from the other morning!



**WANT TO IMPROVE YOUR GAME?**



TO VIEW ALL AVAILABLE CLINICS OR TO BOOK A LESSON SIMPLY SCAN THIS CODE WITH YOUR PHONE CAMERA



**UPCOMING EVENTS AT THE ISLE**

**MUSIC NIGHTS**  
4:00-8:00PM  
**FRIDAY NOV. 4**



## Activities Committee

Meets: 1<sup>st</sup> Tues. ea. Month,  
10 am, Card Room  
Chair  
Ellen Marciel  
Charlie Wendt Secretary  
Linda Garcia Share & Wear Mgr.  
Pat Hawkins  
Mary Hurban  
Don Jones  
Chuck Kruse  
Karin Messaros  
Sue Moore  
Isabelle Strubhar  
Ginger Thayer  
**Karen Bishop** Board Exec. Cte.  
**Sandy Riser** Board Exec. Cte.

## Architectural Committee

Meets: 2<sup>nd</sup> Tues. ea. Month,  
9:30am, Card Room  
(Agenda deadline: 1st day of month)  
Chair U 12  
Jay Norris U 10,11  
Lisa Bagot U 3,7, A  
Fritz Beechler U 1,1A,4  
Mike Castoro U 12  
Bruce Cowgill U 5  
Jay Crawford U 8  
Chuck Daily U 9  
Les Jones U 2,6  
Paula McDonald Board Exec. Cte.  
**Kelly Byrne** Board Exec. Cte.  
**Peter Cornog**

## Community Resource Center Committee

Meets: 3<sup>rd</sup> Wed. ea. Month  
10am, Card Room  
Chair  
Teresa Chamberlain-Spradlin Secretary  
Kris McLaughlin  
MaryAnn Alger  
Mary Hall  
Ron Landsel  
Nancy McAdams  
Pamala Perry  
Evelyn Thomas  
Georgette Velez  
**Anita Romaine** Board Liaison

## Landscape Committee

Meets: 2<sup>nd</sup> Fri. ea. Month,  
10am, Billiards Room  
Interim Chair  
Mike McLaughlin  
Phyllis Allinson  
Debra Demary  
Sue Mansis  
Bill Matthews  
Steve Omlor  
**Peter Cornog** Board Exec. Cte.  
**Peggie Moore** Board Exec. Cte.

## Finance Committee

Meets: 3<sup>rd</sup> Mon. ea. Month  
9:30am, Card Room  
Chair  
Charlie Wendt  
Nancy Follin  
Nancy Horridge  
Lynn Leszczynski  
John McDonald  
**Peggie Moore** Board Liaison

## OCAMedia Committee

Geoff Allison  
Lee Mansis  
Theresa Loverro  
Sara Rodriguez  
**Anita Romaine** Board Exec. Cte.

## Safety Committee

Meets: 1<sup>st</sup> Wed. ea. Month,  
5pm, Library  
Chair  
Dr. Andrea Anderson 510-701-4045  
Patricia McArdle 703-254-8916  
Alice Nolan 760-214-0221  
Toby Roberts  
Dorothy Thayer  
**Sandy Riser** Board Liaison

## Strategic Planning Committee

Meets: TBD  
Acting Chair  
Kris McLaughlin Secretary  
Kathy Jones  
Mary Murphy  
Tain Soreboe  
**Peter Cornog** Board Liaison  
**Steve Gillis** Board Liaison  
**Peggie Moore** Board Liaison

## "The Hub" Committee

Meets: 1<sup>st</sup> Wed. ea. Month  
2pm, Card Room  
Chair  
Lynn Leszczynski Secretary  
Virginia Mann Print Coordinator  
Pam Spangler Website Coordinator  
Evelyn Thomas Digital Coordinator  
Ellen Marciel  
Sara Rodriguez  
Dawn Wilkes  
**Karen Bishop** Board Liaison  
**Sandy Riser** Board Liaison  
HUB Contacts: [Oceanahub@gmail.com](mailto:Oceanahub@gmail.com)  
760-290-4252

**NOTE:** Unless otherwise indicated, the deadline for Cte. Agendas is 10 days prior to the meeting.

**Committee Membership**  
*Continued on Things To Do Page following the Calendar*

**Attention all Committee Chairs:**  
Please inform the OCA office of any changes to your committee, either times, days, or new contacts. We need to keep all published committee info current so the Oceana residents can attend your meetings and not be misinformed. Let's keep everyone up to date and active. Thank you.

Events Scheduled Every Week - By Weekday

Every Sunday	Every Monday	Every Tuesday	Every Wednesday
Pickleball-Indoor -Adv'd: 9:30-11:30am -Open: 2-4pm -Private: 4-6pm Pickleball-Outdoor -Adv'd: 9:30-11:30am -Private: 2:30-4pm 	Ball Room Dancing: 6:30-7:30pm Ceramics 12:30-3:30pm Chair Volleyball: 1-2pm Chair Yoga: 10am Keep Fit Class: 8:30am Gentle Hatha Yoga 7pm Jewelry & Lapidary: 1-3pm Pickleball-Indoor -Open: 2-4pm -Private: 4:15-6pm Pickleball-Outdoor -Adv'd: 9:30-11:30am Pinochle: 1-4pm Seniors on the Go: 9-11am Trivia: 7-9pm Woodshop: 1-3pm	Billiards Warm-Up 6pm Ceramics: 12:30-3:30pm Dominos: 12:30-4pm Floor Yoga: 7-8pm Jewelry & Lapidary: 1-3pm Pickleball-Indoor -Adv'd 9:30-11:30am -Open: 2-4pm -New Player Lessons: 4-6pm Pickleball-Outdoor -Adv'd: 9:30-11:30am Poker: 6-8pm Share & Wear: 10-2pm Woodshop: 1-3pm	Art Room: 1-3pm French Club: 11am-Noon Friends of Bill W: 5:00pm Keep Fit: 8:30am Jewelry & Lapidary: 1-3pm Pickleball-Outdoor -Adv'd: 9:30-11:30am -Private: 11:30am-1pm Putting Practice: 10am (Golf Course) Share & Wear: 10-2pm Woodshop: 1-3pm

Other Scheduled Events

Sunday	Monday	Tuesday	Wednesday
		9:30am Activities Cte. Card Room	10am Website Cte. - Computer Room 2pm The Hub Cte. Card Room 5pm Safety Cte. Library
6 	7 1-4pm Mah Johgg - Com- munity Rm.	8 9:30am Architecture Cte. - Card Room 	9 9am Unit Advisors Cte. - Auditorium 5-7pm Take Me Out to the Ballgame— Clubhouse
13	14	15	16
20	21 9:30am Finance Cte. - Card Room 1-4pm Mah Johgg - Com- munity Rm.	22	23
27	28 	29	30 9:30am Open Board Mtg. - Auditorium 1pm BOD Exec. Ses- sion

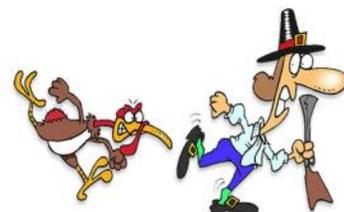


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Every Thursday	Every Friday	Every Saturday
Billiards: 10am Ceramics: 12:30-3:30pm Chair Volleyball: 1-2pm <b>Coffee Hour:</b> 9am Discussion Group: 10:30am Knitting: 10:30am Jewelry & Lapidary: 1-3pm Pickleball-Indoor -Private: 3-5:30pm Pickleball-Outdoor -Adv'd: 9:30-11:30am Share & Wear: 10-2pm Sing-Along: 6pm Woodshop: 1-3pm	Ceramics: 12:30-3:30pm Hand & Foot: 12:30pm Pickleball-Indoor -Open: 2-4pm Pickleball-Outdoor -Adv'd: 9:30-11:30am Share & Wear: 10-2pm Tai Chi: 10-11:30am Woodshop: 1-3pm	Pickleball-Indoor -Adv'd: 9:30-11:30am -Open: 2-4pm Pickleball-Outdoor -Adv'd: 9:30-11:30am



Thursday	Friday	Saturday
3 9am Coffee Hour - Bingo Clubhouse	4	5
10 9am Coffee Hour - Mike Chamberlain Clubhouse	11 10am Landscape Cte. Billiards Room  	12
17 9am Coffee Hour - Glenn Kramer Clubhouse  	18 10am-2pm Share & Wear's Special Christmas Sale - 'Tis the Season  	19 10am-2pm Share & Wear's Special Christmas Sale - 'Tis the Season  
24 1-3pm Thanksgiving Meal—Clubhouse  	25  	26  7pm Star Gazing—S Street Point



# Things To Do at OCA

**Art Studio** - Wed., 1-3pm. Info: call Mary Hall, 714-595-4138.

**Ballroom Dancing** - Mon. 6:30-7:30pm. With Patricia Hulse. Sign-up in the Lobby. Info: 760-994-2299

**Billiards** -Thurs. 10am-Noon. Warm-Up Tues. 6-8pm. Friendly group for socializing and skills improvement. Billiards Room. Info: Lonnie Burrows 760-433-9481.

**Ceramics Studio** - open every Mon., Tues., Thurs. and Fri. 12:30pm to 3:30pm. Info: Dee Dee Young, deedeeyng@yahoo.com.

**Chair Volleyball** - Mon. and Thurs. at 1pm. Clubhouse. Info: Dave Freeman at 818-262-0788

**Discussion Group** - Thurs. at 10:30am (following Coffee Hour) in the Library. Info: Carol Rishe at 951-894-7109.

**Dominos Group** - Tues., 12:30pm in the Card Room. Info: Dona White at 760-533-2484.

**French Club** - Wed., 11am-Noon in the Library. Call Danae at 760-529-9226.

**Friends of Bill W.** -Wed. at 5:00 pm. Card room. Info: Lin Riley 760-730-3371.

**Garden Club** - Meetings on occasion. Reserve space in our garden. Info: Kevin Immel 760-305-2160

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

**Keep Fit Exercise Class** - MWF 8:30-9am. Auditorium. Info: Tom Trompeter, 760-681-7100.

**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. 1-3 pm. Info: John Pitarresi at 760-917-6631.

**Mah Jongg** -1<sup>st</sup> & 3<sup>rd</sup> Mon. 1-4pm. Clubhouse Community Room. Info: Karen Frisch 760-689-5877 or karen.frisch@hotmail.com.

**Meditation Group** -Friday evenings outdoors. Info: Jean Rothman at 760-303-1972.

**OCA Book Club** -10 am 2nd Tues. of each month in the Library.

**Pickleball** - Play levels: Open, Advanced Open and Invitation Only. Clubhouse and Outdoors. See the Website Calendar for specifics. Info: Steve Reigle.

**Pinocle** - Mon. at 1 pm. Card Room. Double or triple deck; 3,4,5 and 6-seat tables. We play for fun. Info: Joyce Poxon 760-859-6728.

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

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

**Trivia** -Mon. 7-9pm. Card room. Info: Colleen Eidson 760-529-9999

## Water Aerobics

Mornings: 8:00am Mon/Wed/Fri. Pool by the restrooms. Info: Sue Moore 951-990-3536 or smoore121263@gmail.com.

**Wood Carving Club** -Wednesday 6-8pm. Room TBD. Info: Margaret O'Keefe (760) 828-1530 soundingthebell@gmail.com

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

**Yoga (Chair)** - Mon. at 10am. Auditorium. Info: Peggie Moore, 949-887-4641

## Committee Membership

*Continued from Committee Membership page*

### Unit Advisors Committee

Meets: 2<sup>nd</sup> Wed. ea. Odd-numbered Month, 9 am, Clubhouse Auditorium

Jeff Kern	Chair
Diane Pettibone	Secretary
Unit	
1 - Ron Landsel	760-231-7586
1A - Linda Langworthy	562-301-1346
2 - (Open)	
3 - (Open)	
4 - Sally Lopez	760-421-4187
5 - Evelyn Thomas	760-681-4716
6 - Steve Lawler	760-419-7011
7 - Renee Maricque,	920-562-3436
8 - Kathleen & Dan Pursell	760-439-9282
9 - Jeff Kern	908-420-1853
10 - Judy Hartmann	909-518-8767
11 (1-45) - MaryAnn Alger	503-348-9959
11 (46-77) - Diane Pettibone	760-803-1637
12 (1-53) - Jaci Ackles	760-845-4612
12 (54-98)- Elaine McClendon	626-940-4487
14 - Toby Roberts	760-721-6077
& Kristine Hale	858-775-4253
Steve Gillis	Board Liaison
Sandy Riser	Board Liaison

### Website Committee

Meets: 1<sup>st</sup> Wed. every Month, 10am, Computer Room

Evelyn Thomas	Chair
Karen Bishop	Board Liaison
Anita Romaine	Board Liaison

# Notices & Reminders



## Share & Wear Special 2-Day Sale

Start making your list and check it twice!

You'll find holiday ideas for everyone on your list at Share & Wear's upcoming 2-day sale: Saturday and Sunday

**November 18<sup>th</sup> & 19<sup>th</sup>.**

Please update your calendar and come on down (with your coupon, below) for a

**Very Happy Holiday**

Teri Battaglia

## Woodcarving Restart

The Woodcarving Club is starting again. They will meet every Wednesday at 6pm in the Club-house. For any questions, please contact the club chair, Margaret O'Keefe at (760) 828-1530, or call the OCA Office. Thank you.

Margaret O'Keefe

## Coyotes

I took these photos recently in the common area behind our home on T Street.



Coyotes are beautiful creatures, but everyone, keep your pets safe!

Virginia Mann

S&W is the  of Oceana

### Share and Wear makes things happen

- Coffee Hours
- Poolside Parties
- Ice Cream Socials
- BBQs
- Lawn Concerts
- Holiday Celebrations
- 1<sup>st</sup> Class Entertainment

All these activities as possible because **Share and Wear** generates the funds to support them.

### Ways to Help Us Help Oceana

- Donate
  - Shop
- and better yet,
- Volunteer

Shifts are 4 hours each, from 10am to 2pm, Tuesday, Wednesday, Thursday or Friday. We ask for a minimum of 2 4-hour shifts per month. Contact Teri Battaglia at (714) 458-6842.



### For the Love of Discussion

Please join us in our clubhouse library on Thursdays after the coffee hour.

This fun activity is really about sharing our world of thoughts and discussing interesting topics and different views. We are a friendly and jovial group that enjoys a pleasant hour of fun from 10:30 to 11:30 am.

To keep our group jovial, we do not discuss politics, our Oceana community affairs, or major religions.

It's a lot of interesting...**Fun!**

Danae

### Our New Community Room

Thanks to our volunteers!

The counters from the old computer room have been removed, the walls painted and new flooring installed. The Community Room in the Clubhouse is now available for resident use. The room is bright and welcoming. Clubs and committees can reserve it for games and meetings. One wall is painted white so it can be used for projection during educational sessions. Thank you to the volunteers who completed the work and the donors who purchased the paint, flooring and tables.



Karen Bishop  
BoD, VP

### December Board Meeting

'Tis The Season

The December Board meeting will be on December 21<sup>st</sup>.

### City Street Sweeping for OCA

No parking on city streets, both sides,  
9am-1pm,  
1<sup>st</sup> & 3<sup>rd</sup> Fridays

### Pool & Spa Hours Reminder

Residents

Summer Hours - 7:00 am to 9:00 pm  
Winter Hours - 7:00 am to 7:00 pm  
Spa Open until 9pm year around.

Daily Guest Swim Times

11:00 am to 1:00 pm  
3:30 pm to 4:30 pm

All guests must be accompanied by a resident at all times.

**NO EXCEPTIONS.**

COME IN TO SHARE AND WEAR AND MEET US!

TALK TO US ABOUT VOLUNTEERING

LEARN ABOUT THE FUN AND THE BENEFITS



Bring in this coupon for a  
10% discount OFF your purchase



## Good Grief!

**Margaret Dolit left her physical body Friday September 30, 2022.**

After I retired in March 1988, Margaret and I moved to Hilo Hawaii. After several months we became Hospice volunteers. Because I had much training and experience in group dynamics, and because Margaret and I worked well together facilitating *A Course in Miracles* groups, we were asked to start a bereavement group. We called the group *Good Grief*.

We found that the people who had the hardest time grieving were those who hadn't had a closure with the deceased. Even though we each have to come to terms with the loss of a loved one when we're ready, many of the participants felt they needed help to get on with their lives. So for those participants we developed a system which involved role playing with a stuffed teddy bear in which the participant would incorporate the following phrases:

- I Love you
- I Bless you
- I Honor you
- I Thank you
- I Forgive you
- I Release you

After each phrase the participant would add what he/she felt was sincere, and at the end would say the same things to him/her self. This process appeared to help the participants a great deal.

Because as good *Course in Miracles* students, Margaret and I didn't see death as most non-Course students see it. This doesn't mean that I won't grieve Margaret's passing, but it is more of the nature of personal loss, rather than concern that she hadn't finished what she came here to do, whatever that might be. Two friends of ours died a number of years ago and they each had a similar comment about it. "Death is a non-event, after all we come here to die and everyone of us is successful in this."

**Alan Dolit**

We must also report the death of **Carol L. Rische**, resident of Unit 8 and head of the Discussion Group, on September 30. She is survived by her husband Ken.

We express our most heart-felt condolences for the families and friends of Margaret and Carol.

A former resident, **Rebecca Hegenwald**, passed away recently. Her daughter, Elizabeth Pipkin, send us images of two certificates awarded to Rebecca during her residence here and asked that we publish them in her memory. We are glad to oblige.



Thank you, Elizabeth, for this information about your mother. We offer our sympathies and condolences to you and the rest of Rebecca's family and friends.



## Committee Reports

### Safety Committee

#### Who Do You Call? Ghostbusters?

Okay, Oceana doesn't actually have ghosts or Ghostbusters, but some of you, on rare occasions, may see someone wandering our streets (or walking through your backyard) who clearly don't belong here.

So, who do you call?

First, it's important to know that Oceanside is a very safe place to live. Despite this city's growing population, Oceanside's crime rate has continued to drop over the past two decades.

However, as they say, "If you see something, say something."

The Oceanside Police Department (and your Oceana Safety Committee) recommend the following:

1. If you see a person you don't recognize checking out your house or your neighbor's house or wandering uninvited through your back yard, (and if they don't look like they're an Oceana resident, one of the uniformed Bright View gardeners or a member of Oceana's maintenance crew) do not confront the stranger directly and **do not call 911 unless you are in danger.**
2. **You should instead call the Oceanside Police Department's non-emergency number: (760) 435-4911.** The OPD dispatcher will ask you a series of questions including: a detailed description of the person (age, gender, race, clothing, height); where and when you saw them, and what they were doing. They will also ask you for your name and address in case they need to call you back. The Oceanside Police Department is currently understaffed, so even if they can't immediately send a squad car to respond to your non-emergency call, every bit of information you provide will help them keep track of people who may have previously caused trouble in Oceana or elsewhere in Oceanside.
3. It's also a good idea to let your next-door neighbors know so they can also be on the lookout for this individual.
4. Another issue in some parts of Oceana is vehicles parked on the "No Parking-Emergency Vehicles Only" red lines. These red lines are painted on certain narrow streets in Oceana to ensure that fire trucks and ambulances will have the space they need to respond to emergency calls and get close to your home. If you see a

car or truck in your neighborhood parked in a no parking (red line) zone, do not call the Oceana front office or the Oceanside police dispatcher.

Call Oceanside's 'code enforcement' number **(760) 435-5195** and provide the location and a description of the vehicle including color, make, model and license plate. Code enforcement will tow the vehicle. FYI: Oceanside's Parking Code Enforcement operates 7 days a week.

Here are a few more suggestions from Safety committee members who patrol Oceana at night.

1. Please remember to close and lock your front and back doors and your garage door before you go to bed.
2. Be sure that your outdoor security lights are turned on.
3. Lock your car if it is not parked in a locked garage and remove all valuables.
4. Bikes and motor scooters should also be locked in a garage at night or secured with a bike lock.

Finally, the Safety Committee needs more volunteers. If you're interested, please contact our chair, Andrea Anderson at [aaian-drea@yahoo.com](mailto:aaian-drea@yahoo.com) or 510 701 4044.

Pat McArdle

### Community Resource Center

#### Featured Resource of the Month In honor of Veteran's Day

The Steven A. Cohen Military Family Clinic at VVSD held their VIP Grand Opening ceremony on October 5, 2022. The OCA Community Resource Center attended by invitation. This clinic provides mental health care for veterans, service members, and their families. The clinic serves Post 9/11 veterans and pre 9/11 veterans regardless of occupational specialty, discharge status, or service length, and assists service members of all branches regardless of activation status. They also serve the families of veterans and service members including spouse or partner, children, parents, siblings, caregivers, and families of choice. All sexual orientations/genders are welcome. No veteran is turned away. The clinic provides personalized therapy for individuals (adult and children), couples, and families.

Mental health issues treated include PTSD, depression, transition challenges, anxiety, stress, trouble sleeping, relationship and family difficulties, anger. This clinic connects vet-

erans to local resources and provide referrals to related needs such as: finances, legal, employment, education, and housing.

The Steven A. Cohen Military Family Clinic is in the same neighborhood as Oceana:

3609 Ocean Ranch Blvd.  
Suite 120  
Oceanside, CA 92056  
eMail: oceanside@cohenvvsd.org  
Phone: 760-418-4611 .

**Kevin Immel**  
President OGC

### Visit the Art Room

The Art Room is a welcoming place for people of all levels of artistic ability and experience. Never picked up a paint brush but always wanted to? Come to the Art Room and give it a try. Or are you more interested in drawing? Or coloring? The Art Room is prepared for just about any interest. Mary Hall makes sure that the (air conditioned!) Art Room is open every Wednesday from 1:00-3:00pm. Please stop by.

**Lynn Leszczynski**



### Update: the Friendship Garden

The Friendship Garden had its dedication and first fundraising event Oct. 6. Over forty guests attended, and all enjoyed the wine and conversation. Everyone admired the wonderful mural that has created a lovely background to this garden, thanks to Phoebe Cornog.



The money raised will give us a great start for getting the garden the native plants, bushes, and shrubs it needs at the perfect time. Watch for those to be planted as the weather cools. We are grateful for the support of the community. We appreciate those who donated money and plants, and those who have offered their help and support.



Again,  
**Thank You**  
everyone and  
**Happy Fall**

**Kathleen Dowling,**  
FG coordinator

## Did You Know?



### History

The **Great American Smokeout** encourages smokers to quit or plan to quit smoking. Smoking is a habit involving the consumption of tobacco smoke, which has been shown to cause a variety of cancers, most notably lung and mouth cancer. Lung cancer is the leading cause of Cancer death in the United States and the most preventable type of cancer worldwide.

The **Great American Smokeout** is promoted by the American Cancer Society and is held on the third Thursday of November each year in an effort to reduce cases of preventable cancers, reduce secondhand smoke and improve the health of all Americans.

The holiday began in 1970, when a man in Massachusetts asked people to give up smoking for one day, and donate the money saved to the local high school scholarship fund.

According to the Center for Disease Control, smoking is responsible for 1 in 3 cancer-related deaths, and 1 in 5 deaths from any cause. Worldwide, tobacco use causes more than 5 million deaths per year.

The Center for Disease Control states:

- life expectancy for smokers is 10 years less than that of non-smokers.
- a middle-aged man who smokes, triples his risk of dying from some type of heart disease.

### Things to Do

If you smoke, call 1-800-QUIT-NOW for support in quitting. You can also get help from organizations like smokefree.gov and UCanQuit2.

Organize a sporting event like soccer or softball as a way to have fun and otherwise help smokers take their minds off of smoking.

- Talk to someone you know who smokes and challenge them to quit for the day.
- Give out sugarless gum to smokers as a friendly gesture to promote an alternative.
- Watch movies and documentaries that aim to uncover the tobacco industry and impact of tobacco addictions:
  - 1) The Insider (1999)
  - 2) Addiction Incorporated (2011)
  - 3) Dying for a Smoke (1992)
  - 4) Smoke & Mirrors: A History of Denial (2000)

## COVID-19 Info Sites

### Federal:

The Centers for Disease Control  
[www.cdc.gov](http://www.cdc.gov)

### State:

CA Department of Public Health  
[www.cdph.ca.gov](http://www.cdph.ca.gov)

CA Department of Aging  
[www.aging.ca.gov/covid19](http://www.aging.ca.gov/covid19)

Assembly District 76  
COVID-19 Resource Navigator

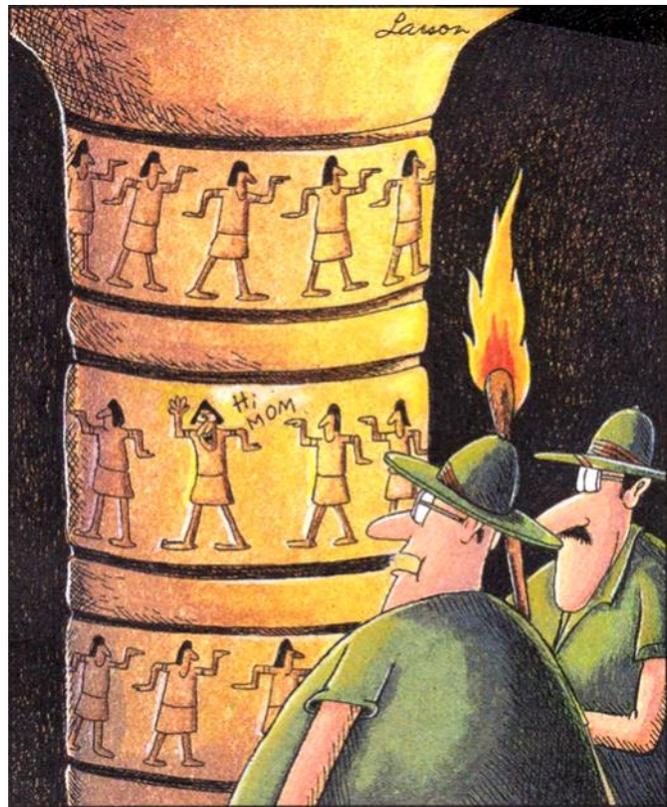
[a76.asmdc.org/coronavirus-covid-19-resource-navigator-0](http://a76.asmdc.org/coronavirus-covid-19-resource-navigator-0)

### San Diego County:

[www.sandiegocounty.gov/coronavirus](http://www.sandiegocounty.gov/coronavirus)

### City of Oceanside:

[www.ci.oceanside.ca.us/gov/fire/home/coronavirus.asp](http://www.ci.oceanside.ca.us/gov/fire/home/coronavirus.asp)



"Any theories on this, Cummings?"

