



**JULY 2024**



### Management Contact Information

If you have accounting questions, please contact

[accounting@millsmanagementservices.com](mailto:accounting@millsmanagementservices.com).

For all maintenance issues, we strongly encourage you to use the homeowner web portal. You can also submit maintenance requests to

[maintenance@millsmanagementservices.com](mailto:maintenance@millsmanagementservices.com).

For all other issues, please contact

[admin@millsmanagementservices.com](mailto:admin@millsmanagementservices.com).

Thank you! ■

### Exterior Modifications

This is a friendly reminder that any exterior modifications require prior architectural approval before any work commences. The architectural change request form can be found on the HOA's website and web portal and in the clubhouse. ■

### Vacationing?

During the summer, many of our residents take extended vacations leaving their homes unoccupied. If you will be out of town for an extended period, please make sure that we have an emergency contact person on file for your home. You may also consider asking a neighbor to check on your home while you are away. ■

### HOA Website

Check out our association website at

[www.oceanaeast1hoa.com](http://www.oceanaeast1hoa.com)



Answers to many of your questions and a copy of documents you might need can be found at our website. Don't have a computer? No problem! There is a computer with internet access at the Clubhouse. ■

### Accounting

If you have questions about your statement or would like to discuss any accounting discrepancies, please contact us at 760-978-9609 or e-mail [accounting@millsmanagement.com](mailto:accounting@millsmanagement.com). You can also sign up for automatic withdrawal through the homeowner web portal. There is no fee to pay using your bank account. ■



### Got questions? Contact us!

Oceana East 1 HOA  
c/o Mills Management Services, Inc.  
1645 S. Rancho Santa Fe Road, Ste.  
#208

San Marcos, CA 92078  
Phone – 760-978-9609  
Emergency Line - 760-231-0261  
Fax – 760-230-5878

[www.oceanaeast1hoa.com](http://www.oceanaeast1hoa.com)

### Board of Directors

Jack Guida – President  
Rob Reddy – Vice President  
Connie Coe – Treasurer  
Patricia Bristow – Secretary  
David Antonetti – Director at Large

### Property Manager

Chris Mills  
[chris@millsmanagementservices.com](mailto:chris@millsmanagementservices.com)

### Block Captains

Bay Leaf – Jan Grant  
Cinnamon – Deanna Williams  
Clove – Jan Grant  
Ginger East – Ed Fritts  
Ginger West – Carol Smith  
Parsley – Hope Ebbert  
Sesame – Paula Jones

### Committee Chairpersons

Architectural – Jan Grant  
Clubhouse – Jan Grant  
Finance – Connie Guida  
Infrastructure – Jan Grant  
Activities – Wil Bowers  
Landscape - Board

### Exterior Maintenance

Please take a moment to inspect the exterior of your home to make sure that all maintenance items are being addressed and that you are following all the rules for the OE1 community. We have noticed many homes with maintenance needs including spider webs, wood rot/termite damage, exterior painting, and stucco/siding damage.

# FROM THE *Board*

Hopefully July brings sunnier days – we’ve all had enough of this gloom thing! Fun 4<sup>th</sup> of July fact...more than 150 million hot dogs are consumed on the 4<sup>th</sup>! Maybe you’re one of these participants? We’re not sure if hot dogs will be offered, but we encourage you to gather on the 3<sup>rd</sup> for our community pot luck and fireworks bash at the corner of Parsley and Ginger. There will be plenty of yummy food and good conversation.

The spa heater was recently replaced and after a few side effect adjustments, it appears to be working properly again. We know that the spa is a popular benefit and it’s annoying when it misbehaves. Thanks for your patience.

We thought it might be good to share a couple of self-guided activities to do and see outside the hood, but still within our city limits during the beautiful July (or any month, really) weather:

## **Art isn’t only for museums.**

That’s how the City of Oceanside sees it. In a town full of artists and makers, it was inevitable the entire city would become a canvas. Today, the murals adorning shops, eateries, and public buildings are part of their identity, a celebration of the vibrancy of our unique culture. Spend an afternoon self-touring the downtown scene and appreciating how these impressive outdoor artworks animate and elevate our city.

## **An architectural marvel with a complicated history.**

Mission San Luis Rey, founded in 1798, is a national historic landmark and interpretive museum that is home to a community of Franciscan Friars serving the spiritual needs of parishioners and visitors alike. Artistically, it is a marvel—the only surviving California mission laid out in the style of a European gothic cathedral (“cruciform” for architecture buffs), boasting hand-carved wooden doors, brightly colored hand-painted walls and murals, and a hammered copper baptismal font. The largest of all the 21 California missions, it is also a suitably solemn place to reflect on the role the mission system played in the Spanish occupation and colonization of the region’s indigenous lands and people, and their subsequent displacement within the United States. A self-guided or behind-the-scenes tour of the mission can be both educational and profoundly moving.

Please join us for the monthly board meeting on July 16<sup>th</sup> at 2 p.m. at the clubhouse. It’s a good way to meet your neighbors and your board members and learn what’s in the works for your community.

The Board of Directors



## ACTIVITIES



July starts off with a bang (not from Pendleton, this time) thanks to our annual potluck at the intersection of Ginger and Parsley, facilitated by Kris and Hope Ebbert!

**Bring a favorite dish to share, and your own beverage and lawn chair.**

This popular event will kick off at 6 p.m., and be capped off with a spectacular fireworks show from El Corazon at 9 p. m., celebrating the 136th anniversary of Oceanside's incorporation.



On Saturday, July 13th, we will travel off site to enjoy the **Oceanside Downtown History Walk**. The fascinating guided walking tour ("moderately paced") starts at 9 a.m. outside the Oceanside Public Library at 330 N Coast Highway, and lasts about 2 hours. Meet at the clubhouse by 8:20 a.m. to carpool downtown, or just meet at the library.

Sunday, July 21<sup>st</sup>, is National Ice Cream Day, so of course, it's the perfect time for an Ice Cream Social on the pool deck at 3:00 p.m. We will have a variety of flavors and toppings, and a low carb and oat milk option for those with certain dietary restrictions. (If you want a float, bring your own soda.)



And on Saturday, July 27th, we can work on our aim and coordination, while enjoying the summer sun, with a game of Cornhole on the shuffleboard court.



And remember, each Monday is Bridge











and Thursday is Billiards, both at 2 p.m., (except no Billiards on July 4th.)

# July

# 2024

## OE1

## Community Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BRIDGE 2-4 p.m. Clubhouse	2	3 BLOCK PARTY Parsley/ Ginger 6-9 pm FIREWORKS 	4 	5 TRASH OUT TODAY	6
7 Call a friend today 	8 BRIDGE 2-4 p.m. Clubhouse	9  DAY	10	11 BILLIARDS 2-4 p.m. Clubhouse	12	13 O'side downtown History Walk 9 a.m.
14	15 BRIDGE 2-4 p.m. Clubhouse	16 Board Meeting Clubhouse 2 p.m.	17	18 BILLIARDS 2-4 p.m. Clubhouse	19	20
21  Ice Cream Social 3 p.m. Clubhouse	22 BRIDGE 2-4 p.m. Clubhouse	23	24 	25 BILLIARDS 2-4 p.m. Clubhouse	26	27  4 p.m.
28	29 BRIDGE 2-4 p.m. Clubhouse	30				



Quality of life and greater independence are things most of us have worked a lifetime to achieve, but how do we maintain them well into our later years? By keeping our minds sharp, of course! Staying cognitively fit doesn't have to be a daunting task; in fact, it can be enjoyable and rewarding. Here are some practical and fun tips to help keep your brain in top shape.

- Firstly, staying mentally active is crucial. Engaging in activities that challenge the brain, such as puzzles, reading, learning a new language, or even picking up a musical instrument, can stimulate cognitive function. Consider joining a book club or taking a class at the El Corazon senior center. These activities not only challenge the mind but also provide social interaction, which is another key factor in maintaining mental acuity.
- Physical exercise is another powerful tool for brain health. Regular physical activity increases blood flow to the brain and has been shown to promote the growth of new brain cells. Walking, swimming, or even dancing can be excellent ways to keep both the body and mind fit. Aim for at least 30 minutes of moderate exercise most days of the week. Plus, activities like dancing or tai chi also require coordination and mental focus, adding an extra brain-boosting element.
- A healthy diet is also important for brain function. Consuming a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can support cognitive health. Foods rich in antioxidants, such as berries, nuts, and green leafy vegetables, help protect brain cells from damage. Omega-3 fatty acids, found in fish like salmon and in walnuts, are particularly beneficial for brain health. Staying hydrated is equally important, so be sure to drink plenty of water throughout the day.
- Social engagement is another crucial aspect. Maintaining relationships and interacting with friends and family can help reduce stress and prevent feelings of loneliness, which can negatively impact cognitive function. Volunteering, joining clubs, or participating in group activities can provide a sense of purpose and keep the mind engaged. Remember, it's never too late to make new friends or reconnect with old ones!
- Moreover, managing stress effectively can have a profound impact on mental sharpness. Chronic stress can impair cognitive function, so it's important to find healthy ways to relax. Practices such as mindfulness, meditation, and yoga can reduce stress and promote mental clarity. Even simple activities like gardening, painting, or listening to music can provide a mental break and enhance overall well-being.
- Lastly, ensure you get enough sleep. Quality sleep is essential for cognitive processes like memory consolidation and decision-making. Establish a regular sleep routine, create a restful environment, and avoid caffeine or heavy meals close to bedtime. Aim for seven to eight hours of sleep each night to give your brain the rest it needs to function optimally.

Incorporating these tips into your daily routine can help maintain and even improve mental acuity as you age. Remember, it's never too late to start new habits that benefit your brain. By staying mentally and physically active, eating a nutritious diet, engaging socially, managing stress, and getting adequate sleep, you can enjoy a sharp mind and a fulfilling life well into your later years!

Be well,

Dave Antonetti  
OE1 Director at Large

## Good Reminders for all HOA members

- HOA living involves a trade-off of independence in exchange for the benefits the HOA provides. The board makes decisions about maintenance and repair of the common areas so members don't have to worry about it.
- There is no "us" and "them" - only "us." The HOA is you, and you are the HOA.
- HOAs are no better than the people governing them. If you don't like how the HOA is running, learn how to do it properly, and better, and then run for the board.
- HOA vendors, including the manager, answer to the board of directors. Report concerns to management, and let them handle things.

### Property

- In condominiums, the common area is often more than just the HOA common grounds — it often includes unit walls, floors and ceilings. Check with the HOA before cutting into any of those areas.
- The exclusive-use common area is yours to use exclusively, but it is still controlled by the HOA.

### Enforcement

- The governing documents are important. They should be carefully reviewed before someone buys into an HOA because they can greatly affect how you live there.
- Remember that rule enforcement is a two-way street. Many want the HOA to rein in un-neighborly behavior by others but then become upset if they are taken to task for such behavior.
- It's never better to ask forgiveness than permission. Bulldozing ahead and waiting for somebody to object is bad for neighborly relationships and keeps attorneys busy.
- Don't assume that because you are not aware of HOA enforcement actions, they aren't happening.

### Relationships

- You are an observer, not a participant, in board meetings. Other than open forum time, let the board deliberate.
- The board is legally responsible for the decisions, not you.
- Before making accusations or assumptions about a board decision, ask some questions. Remember, the board usually has far more information.
- Occasional disagreement with your board or neighbor is to be expected - but it's never OK to be insulting. Civility is a two-way street. These are your neighbors, so don't threaten - communicate.

### Financial

- Assessments should naturally increase somewhat each year. Don't be angry at the board or manager because homeownership costs go up.
- Sending money to the HOA's reserve account is not an expense, but offsets the continuing normal deterioration of major components, which is an unliquidated financial liability.
- Never withhold assessments because of a protest or a disagreement with the HOA. The law does not allow for that - Civil Code 5658 allows one to pay under protest and then pursue a refund. The consequences of refusing to pay can include collection charges and a possible lien on your property.

There is only one official website for the Davis-Stirling Act (or any California law) — [leginfo.legislature.ca.gov](http://leginfo.legislature.ca.gov). Any other site is from a law firm, other HOA service provider, or interested organization and is not approved by the state of California.

Wow Honey, the house is so clean! Was the internet down today? If all goes well, Bob is expected to be released from the hospital in 4-6 weeks.

I think I'm approaching my "best if used by" date.



I'm getting stronger with age.  
I can now lift \$100 worth of groceries with one hand.

A dog accepts you as the boss...  
a cat wants to see your resume.



Did you ever take such a good nap that you thought you missed the school bus...but it's Sunday...and you're 52?

Used to be rock around the clock;  
now it's limp around the block.

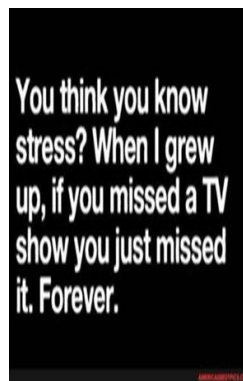
60 may be the new 40, but the  
100-dollar bill is the new \$20



I don't understand why people have to "get" ready for bed.  
I'm always ready for bed.

My doctor asked if anyone in my family suffers from mental illness.  
I said, "No, we all seem to enjoy it."

Just once, I want the prompt for username and password to say,  
"Close enough."



I got myself a seniors' GPS today.  
Not only does it tell me how to get to my destination, it tells me why I wanted to go there!

Breaking News! The world is almost out of common sense!

Dear Grandson, I have become a little older since I last saw you, and a few changes have come into my life since then. Frankly, I have become a frivolous old gal. I am seeing five gentlemen every day. As soon as I wake up, Will Power helps me get out of bed. Then I go to see John. Then Charlie Horse comes along, and when he is here, he takes a lot of my time and attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. He does not like to stay in one place very long, so he takes me from joint to joint. After such a busy day, I am really tired and glad to go to bed with Ben Gay.

What a life. Oh yes, I'm also flirting with Al Zymer. Love, Grandma.