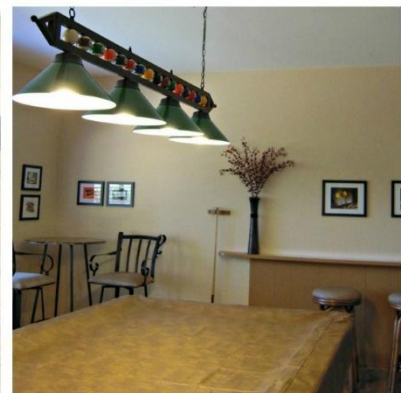




August 2026



Management Contact Information

If you have accounting questions, please contact 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. For all other issues, please contact admin@millsmanagementservices.com. Thank you. ■

Pool Use

As a friendly reminder, use of the pool area is for residents and guests accompanied by residents. Please do not let anyone into the pool area that you do not know. ■

Parking/Vehicle Rules

This is a friendly reminder that vehicles should not be parked on the street overnight. Vehicles parked on the street are subject to tow. You should use your garage or carport space to park your vehicle. Guest parking is limited to three nights or less. Any guests staying longer than three nights must obtain a parking pass from the property management company. Also, garage doors should always be closed except when you are entering and exiting the property. Garage doors may be opened slightly for ventilation. We appreciate your cooperation.

HOA Website

Check out our association website at

www.oceanaeast1hoa.com



Answers to many of your questions and copies of documents you might need are available on 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@millsmanagementservices.com. You can also sign up for automatic withdrawal through the homeowner's 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

Board of Directors

Jack Guida – President
Rob Reddy – Vice President
Donna Ferrier – Treasurer
Patricia Bristow – Secretary
N/A – Director at Large

Property Manager

Chris Mills

chris@millsmanagementservices.com

Block Captains

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

Committee Chairpersons

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

FROM THE Board

It's August! The final full month of summer. A time of transition, reflecting both the peak of sun-drenched energy and the quiet approach of autumn. August offers some of the best stargazing of the year, with the Perseids peaking in mid-August and producing up to 100 meteors per hour. Whatever your passion, we hope you can take a moment to relax and enjoy.

The pool and spa have been quite busy this summer. Fortunately, both have been functioning well and providing "glitch-free" fun. The sounds of joyful children's voices are always a pleasure, but as a reminder, for everyone's safety, please do not allow running on the pool deck or jumping or diving into the pool **or** spa.

Reminder: The correct way to recycle cardboard and dispose of shredded paper.

Cardboard:

- Cut up, flatten, and place cardboard inside the BLUE recycling bin. The lid must go down flat on the bin.
- Cardboard boxes (no larger than 2' x 3') that don't fit in the recycling cart can be flattened, bundled, **tied together**, and placed next to the recycling cart. DO NOT place them on top of the recycling container, and DO NOT leave flattened boxes loose outside the container.
- Pizza boxes (with food waste) should be cut up and put in the GREEN cart.

Shredded paper should be placed in a paper bag and taped at the top to prevent it from being strewn throughout our beautiful community. Please don't leave it loose in the recycling bin.

Thanks for helping with Waste Management pickup
and for keeping our streets free of debris.

Hot weather's a'comin: Yes, even in SoCal! So, plan your strategy to stay cool, drink plenty of fluids, and check on your neighbor to make sure they aren't struggling in the heat. Even the smallest efforts can make the biggest difference. 😊

Please join us at the clubhouse on August 18th at 2 p.m. for the next general board meeting. It is a great opportunity to get to know your board members and learn what projects are underway or in the works.

The Board of Directors

ACTIVITIES

A **Summer Sip & Savor** 🍷 kicks off the month's activities, with hosts Gayleen and Virginia plying us with beverages and treats on **Friday, August 7th at 9 a.m.** A **\$3** minimum contribution per person to defray the hosts' costs is an unbeatable deal for a morning munch and fun social time with the neighbors!

On **Saturday, August 15th at 4 p.m.**, we're bringing back **Beach Blanket Bingo** on the pool deck. Each game is a 50/50 split, with the other half benefiting our holiday party. \$1 per card per game. Play as many cards as you want. Friends welcome. Enjoy the summer 🎵 soundtrack 🎸. Beach attire encouraged! ☀️🕶️👙

On **Sunday, August 23rd at 5 p.m.**, **Ping Pong** 🏓 will give you a good workout! Or you can just enjoy watching the fast-paced action, as some neighbors do, often cheering the spectacular volleys!

And finally, on **Friday, August 28th**, we'll celebrate **National Red Wine Day** 🍷 with a **Happy Hour at 5 p.m.** Bring either a favorite bottle of wine to share, or an appropriate snack (cheese, nuts) to enjoy cocktail music and camaraderie, along with the adult beverages. Teetotalers welcome.

Our **Pool Workouts** 🏊 continue every **Thursday at 10:30 a.m.**, but **NO CLASS** on August 27th.

Bridge continues every **Monday at 1 p.m.**

Billiards continues every **Thursday at 2 p.m.** 🎱

New people are always welcome at these regular activities.

Welcome

Please welcome Judith Cheney to her new home on Sesame. She will split her time between Oceanside and Houston to avoid Houston's extremely hot summers.

She spent most of her early years (the first 75) in Clinton Township, Michigan. After retiring (Judith was a schoolteacher), she and her husband spent their winters in Sun City Center, Florida. When her husband passed away, Judith moved to Houston to be near their son. She has a son and a daughter who live in California.

Judith has one permanent houseguest – a one-year-old cat named Socks. 😊

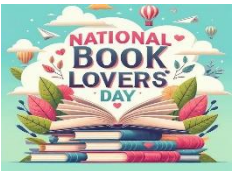
Welcome, Judith. We hope you enjoy the cooler months in your beautiful new home.

August

2026

OE1

Community Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 
2	3 BRIDGE 1 p.m. Clubhouse	4  National Chocolate Chip Cookie Day	5	6 POOL WK'OUT 10:30 a.m. BILLIARDS 2 p.m.	7  9 a.m. \$3.00	8
9 	10 BRIDGE 1 p.m. Clubhouse	11	12	13 POOL WK'OUT 10:30 a.m. BILLIARDS 2 p.m.	14	15 Beach Blanket  4 p.m.
16	17 BRIDGE 1 p.m. Clubhouse	18 Board Meeting Clubhouse 2 p.m..	19	20 POOL WK'OUT 10:30 a.m. BILLIARDS 2 p.m.	21	22
23/30 Ping Pong 5 p.m. 	24/31 BRIDGE 1 p.m. Clubhouse	25 	26	27 NO POOL WK'OUT BILLIARDS 2 p.m.	28  Red Wine Day Happy Hour 5 p.m.	29

Guarding What You've Built



You're folding laundry when the phone rings. The screen shows your bank's name, and the voice on the other end sounds calm, professional, even friendly. She says there's been unusual activity on your account, and she just needs to verify a few details to lock it down. It would be easy to answer her questions. It would also be exactly what a scammer is counting on.

Cyber fraud isn't new, but it keeps getting more convincing. Fraudsters now use email, text messages, and phone calls interchangeably, sometimes borrowing real company logos and even computer-generated voices to sound legitimate! The FBI logged more than 859,000 cybercrime complaints last year, with losses topping \$16 billion nationwide. Those losses land on real people, and scammers know that retirees often have savings worth going after.

The good news is that you don't need to become a tech expert to stay protected. A few habits go a long way.

First, slow down before you click. If an email message pushes you to act fast, that urgency is the warning sign, not the request itself. Hover over links before clicking to see where they actually lead, and call companies back **using the number on your statement**, not the one in the message.

Guard your passwords as well. Never share them, even with someone who claims to be from your bank. A password manager can generate and store strong ones so you don't have to remember them all. This is worth discussing with children, grandchildren or a tech-savvy friend.

Also, don't forget to update your devices. Those software update notices you keep dismissing often carry security fixes. As a matter of fact, turn on automatic updates so you don't have to think about it.

Beyond your own habits, one of the smartest moves you can make is naming a trusted contact with your financial institutions ... someone they can reach out to if they notice suspicious activity on your accounts. This isn't about handing over control of your money. It's a quiet safeguard that only activates when it's needed, and you decide who that person is.

If you're also thinking ahead to a time when you might want more hands-on help, choose that person the way you'd choose anyone you're handing responsibility to; someone you trust completely, who pays attention to detail, communicates well, and would keep your money separate from their own.

Fraud thrives on isolation and hesitation. The best defense is a community that talks openly about it and checks in on each other. Talk with your neighbors about what you've each seen. Call your bank this month and ask about setting up a trusted contact. A five-minute phone call or neighborly discussion now could save you a much longer one later!

Dave Antonetti

Heat wave getting to you? Try these suggestions to cool down.



Start with these ideas:

- Stay cool and safe by completing chores in the morning before the peak heat of the day, drinking water before you feel thirsty, and wearing loose, light-colored clothing. As we age, our bodies adjust to temperature changes more slowly, making heat-related illness a major risk.

Smart Wardrobe and Sun Protection:



- Choose breathable, organic fabrics such as cotton or linen that promote air circulation and sweat evaporation.
- Wear a wide-brimmed hat and carry an umbrella for personal shade if you must be outdoors.
- Apply a broad-spectrum sunscreen with an SPF of 15 or higher every time you step outside.

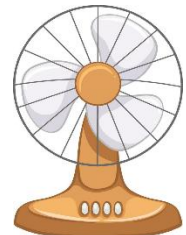
Hydration:



- Drink plenty of water throughout the day rather than waiting until you feel thirsty.
- Limit excessive intake of coffee, caffeinated teas, and alcohol, as they contribute to fluid loss.
- Boost your hydration by eating water-rich foods like watermelon, cucumbers, and berries.

Cool your Living Space:

- Block the sun. Close your blinds and curtains in the afternoon to keep out direct sunlight.
- Minimize use of the oven or stove, which can drastically increase your home's indoor temperature.
- Position fans to exhaust hot air and draw in cooler air, or place a bowl of ice directly in front of a fan for an immediate cooling effect.



(Thanks to Donna Ferrier for these great ideas.)

You know you're getting old when you barely do anything all day,
but still need a nap to keep doing barely anything.



There comes a time when you don't care how you look in photos anymore.
You just want to look good on MRIs, Ultrasounds, and CT scans.



Whoever designed wet wipe packs where you pull one out and four come
with it should have been put in charge of ATMs!

The day when I can yell, "Where is my phone?" and it yells back,
"Down here in the couch!" will be the day it really becomes a smartphone.



Me at my peak: No debt, ideal weight, 8 hours of sleep, proper nutrition,
no alcohol, plenty of exercise...I was 10, but still...

I was so confused last night when my printer started playing
music. It turns out the paper was just jamming.



This morning, I saw an envelope on my doorstep that read: "Do Not Bend."
I stood there for ages, trying to figure out how to pick it up...

Old? Me? Oh no! I am in the prime of my life.
I'm somewhere between the young and the
restless and the old and the senseless.



I got arrested for stealing kitchen utensils,
but it was a whisk I was willing to take.

I was at lunch with an old friend when I pointed to two older ladies across the room and
said, "That will be us in 10 years." She said, "That's a mirror!"

I'm having a garage sale tomorrow. Please don't come
if I've ever borrowed anything from you.



A blonde is hired to paint a porch. She asks for \$50, and the owner agrees. After a short
time, she returns to collect her payment. "You're finished already?" the owner asks.

"Yes," the blonde answers. "I had paint left over, so I gave it two coats."

Impressed, the man reaches for the \$50. "And, by the way," the blonde adds,
"That's not a Porch; it's a Ferrari."