



May 2025



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! ■

Emergency Contact

Please make sure that you have an emergency contact on file with the property management company. You can send an email with the information to admin@millsmanagementservices.com or fill out a new Occupant Registration Form.

Home Exteriors

We strongly encourage you to look at your property and make sure there are no glaring violations on the building exterior. Lately we have noticed a lot of homes that need to be power washed or require minor touch up painting. Please consider replacing older exterior light fixtures and making sure that plants within your carport areas are maintained. As a friendly reminder, exterior improvements generally require architectural approval. The form can be found in the clubhouse or on the Oceana website under the documents tab. We appreciate your anticipated cooperation!

HOA Website

Check out our association website at www.oceanaeast1hoa.com



Answers to many of your questions and a copy of documents you might need should 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@millsmanagementservices.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

Board of Directors

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

Property Manager

Chris Mills
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

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

FROM THE *Board*

The community has certainly benefitted from those April showers as evidenced by the beautiful blooming hillsides. May is quite a busy month for special days of recognition. They include Cinco de Mayo on the 5th; Mother's Day on the 11th, Armed Forces Day on the 17th, National Maritime Day on the 22nd; and Memorial Day, on the 26th.

As you might have noticed, the spa resurfacing has not come without its challenges! Through the demolition process, it was discovered that the drainage system was no longer up to code and needed to be redone. After that was accomplished, we had to wait for the County Health Department to inspect the work which was a VERY slow process due to personnel issues. Finally, it passed inspection and the resurfacing work could begin. For safety reasons, the pool was closed during this construction period but finally reopened on April 19th. The spa plaster needs to "cure" for 4 weeks, and we hope to have everything open by mid-May for your splashing pleasure.

The 2025 trim-paint cycle has begun and is progressing well. Thanks to all involved for completing their termite work and cooperating with the painters. They work amazingly quickly with as little inconvenience as possible.

The work on the Mesa hillside project west of Vanilla is very close to starting. Irrigation will go in first with planting to follow. We have worked closely with our landscape company to make this project cohesive and add a fresh new look.

Election results: Jack Guida, Rob Reddy, and Donna Ferrier were elected to the 3 open board positions. Thank you to all who cast your votes and filled our needed quorum. Much thanks to Connie Coe for her years of service to the community.

The Board would like to invite anyone interested in serving on a committee to complete a committee application which can be found in the clubhouse hallway or online. We encourage everyone to offer their help and expertise to these committees. Your application will be reviewed by the board.

Just a reminder: San Diego County is under a citrus tree quarantine. Many trees are infected by an Asian citrus insect which will eventually kill the trees. The disease is not harmful to people or animals. The County asks that you do not transfer fruit outside of your immediate area so as not to infect trees in other locations.

The next general meeting is Tuesday, May 20th, at 2 p.m. at the clubhouse. We hope to see many of you there.

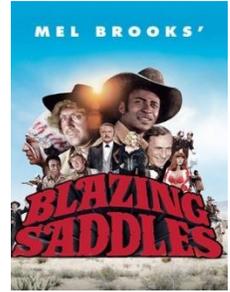
The Board of Directors

ACTIVITIES



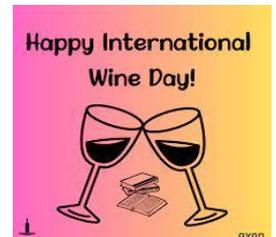
The warmup has begun, and we will celebrate by gathering for the first outdoor event of the season, SHUFFLEBOARD on Saturday, May 10th, at 3 p.m.

We will mark NATIONAL CLASSIC MOVIE DAY with a screening of the raucous 1974 Mel Brooks comedy *Blazing Saddles* on Friday, May 16th, at 5 p.m., preceded by fun facts about the film. Popcorn/snacks welcome.



Sunday, May 25th, at 2 p.m., is our recurring last Sunday of the month PING PONG MATCH. Spectators welcome.

And that same evening, Sunday, May 25th, at 6 p.m., bring your wine (soft drinks welcome), and/or cheese and snacks for a neighborly gathering to mark NATIONAL WINE DAY. As always, drink responsibly!



BRIDGE every Monday, at 2 p.m.,



CHAIR WORKOUT on Thursdays, at 10:30 a.m.
(Bring water and a small towel for the workout.)



And BILLIARDS on Thursdays, at 2 p.m.

Wil Bowers
Activities Committee



KARAOKE NIGHT



Richard, the Crooner



Sultry Gaylene



Mr. Entertainer

MAY

2025

OE1

Community Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 CHAIR WK'OUT 10:30 a.m. BILLIARDS 2 p.m.	2	3 
4	5  BRIDGE 2 p.m. Clubhouse	6	7 	8 CHAIR WK'OUT 10:30 a.m. BILLIARDS 2 p.m.	9	10  Shuffleboard 3 p.m.
11 	12 BRIDGE 2 p.m. Clubhouse	13	14	15 CHAIR WK'OUT 10:30 a.m. BILLIARDS 2 p.m.	16  Movie Blazing Saddles 5 p.m.	17 
18	19 BRIDGE 2 p.m. Clubhouse	20 Board Meeting Clubhouse 2 p.m.	21	22 CHAIR WK'OUT 10:30 a.m. BILLIARDS 2 p.m.	23 	24
25 Ping Pong 2 p.m.  Nat'l Wine Day 6 p.m. 	26  BRIDGE 2 p.m. Clubhouse	27	28	29 CHAIR WK'OUT 10:30 a.m. BILLIARDS 2 p.m.	30	31  National Burger Day



One of the many things we cherish about living here in Oceanside is our strong sense of community and the beautiful coastal environment. We all share a desire for our neighborhoods to feel safe and secure, a place where we can relax and enjoy our connections. Especially in our close-knit community, peace of mind is paramount. With that in mind, this month let's look together at community safety, focusing on what we know about the first few months of 2025.

When we hear about crime statistics, it's easy for numbers to sound alarming. Generally, Oceanside compares favorably when it comes to safety. The city's overall crime rate is significantly lower than both the California and national averages. Property crime, like theft or burglary, shows an even more positive trend, with rates notably lower than both state and national averages.

Oceanside's violent crime rate is lower than the California state average, which is good news. It is, however, slightly higher than the national average. But – and this is a crucial point – the most serious violent crime, homicide, is significantly rarer in Oceanside. The city's murder rate is drastically lower than both state and national averages. While any violent crime is concerning, the relatively low chance of being a victim and the exceptionally low homicide rate offer important perspective.

Official crime reports take time to compile, but monthly data gives us a recent glimpse. In February 2025, for example, Oceanside Police Department reported 45 total violent crimes and 214 property crimes. It's important to remember this is just one month's data. Monthly numbers can fluctuate and don't necessarily signal a long-term trend.

Citywide statistics average things out. Crime isn't evenly spread throughout Oceanside; it tends to be more concentrated in certain locations. Property crimes like shoplifting are naturally more common in busy commercial areas. This pattern is typical of many cities and doesn't necessarily reflect the safety levels in quieter residential neighborhoods. February 2025 data showed significantly more non-residential burglaries than residential ones. This suggests that our homes and residential streets, particularly within established communities (like ours), likely experience less crime than the overall city numbers might imply.

We are fortunate to have a dedicated Oceanside Police Department (OPD) actively working to keep our city safe. They operate under a comprehensive Strategic Plan aimed at reducing crime, leveraging technology, and continuously improving service to the community. A key part of their strategy involves connecting directly with residents through Community Listening Sessions and promoting transparency through tools like online crime mapping. The OPD is responsive when incidents occur, and the city supports the department with necessary resources. This commitment helps maintain a proactive approach to safety.

While Oceanside is generally safe, and our police are working hard, there are always simple steps we can all take to enhance our personal safety:

- Be aware of your surroundings, especially when out after dark.
- Keep doors and windows locked at home, and don't leave valuables visible in your car.
- Be cautious about sharing personal information with unknown sources.
- Most importantly, look out for one another.
- If you see something suspicious, report it. Use 911 for emergencies or the OPD non-emergency line (760-435-4900) for other concerns.

Staying informed about community safety is wise, but the overall picture in Oceanside remains positive. Our city enjoys lower overall crime rates than state and national averages, contributing to Oceanside's favorable livability. Let's continue to be vigilant, look out for each other, and appreciate the ongoing efforts to keep Oceanside the wonderful, vibrant community we are proud to call home.

Stay safe,

The OE1 Board

THE BENEFITS OF DRINKING WATER

Our bodies are made up of mostly water, so we need to stay hydrated to function properly. If we're dehydrated, all sorts of weird things can start to happen.



Looking for some inspiration to chug?

- **It lubricates your joints.** Water acts like WD-40 for your joints and bones. It hydrates the padding between your joints, making it easier to move around.
- **Helps your organs and cells work properly.** You need water down to a cellular level for your cells to operate as they should. Your cells run the show – everything from hair growth to healing a wound to balancing your hormones. Water is also vital for your organs to work properly.
- **Helps with digestion.** Water helps break down food so your body can use the nutrients.
- **Water boosts your energy.** Dehydration makes you tired and can even make you nauseous. (Ever wake up in the morning not feeling so great? It's likely because of the lack of water overnight.) Water helps blood and oxygen flow more freely to your organs, making you feel more alert and energized. Try drinking a big glass of water first thing after you wake up.
- **It regulates your body temperature.** Water helps your internal body temperature adjust to the external temperature around you. When you're overheated, your body knows to sweat to cool you off.
- **Improves skin.** Your skin is your body's largest organ and is constantly exposed to toxins. Water helps flush these toxins out of your system. If you don't drink enough water, your skin can overcompensate and turn oily to try to flush out the contaminants on its own.
- **Curbs cravings.** Often, we confuse thirst with hunger or food cravings. If you're feeling hungry, drink a glass of water and wait a few minutes. You might find that the craving has passed because you were just thirsty. Water can also regulate your hunger and thirst cues throughout the day – helping you make smarter, healthier food choices.

Concerned about needing to stay close to the bathroom?

At first, your body will not be used to the level of additional water, but there is good news! As you drink more liquid, your kidney function and hormones will start to change, and you'll likely notice your body recalibrating and becoming more efficient at handling the higher water volume.

You might even notice that your body will start to crave more water the more you drink. Just focus on drinking water steadily throughout the day instead of guzzling it all down in the evening. Your bladder will thank you!

Whoever came up with the word  really missed the opportunity to call them “substitooths”!

Wife: If a tiger attacks your Mother-in-Law and your wife at the same time, who would you save?



Husband: Of course, the tiger, there are very few left in the world.

It's my wife's birthday next week, and she's been leaving jewelry catalogs all over the house. So, I bought her a magazine rack.



I'm returning these glasses I bought for my husband. He's still not seeing things my way.

The invention of the shovel



was groundbreaking.

Never iron a four-leaf clover because you do not want to press your luck.



I tried to walk like an Egyptian, and now I need to see a Cairo practor.

I went to the bookstore yesterday and saw a book that said, “How to Solve 50% of your Problems”, so I bought two.



A truckload of Vick's
There was no



Vaporub was spilled on the highway today.
congestion for 8 hours.



Despite my advanced age, I boast that I can still listen to music without glasses.

I don't watch football so I don't know who Taylor Swift is, but he sounds pretty fast!

Last night I dreamed I was a vinyl record. I woke up feeling groovy.

Bread is like the sun...it rises in the yeast and sets in the waist.

Doing nothing is hard. You never know when you're done.

Getting older is nothing to **snicker** about. Your mind will play **twix** on you. Your joints will begin to **crunch**. Your **whatchamacallit** won't work. Your eyes will start seeing **dots**. Your skin starts looking like **raisins**. You will be popping pills like **tic-tacs**. You will take many **fast breaks** to the bathroom. Life will throw you a **zinger**. So, a **hot tamale** like you deserves **extra** attention every day. Life on the **candy cane** board game!