



OCEANSIDE COASTAL NEIGHBORHOOD ASSOCIATION

CONNECTING AND INFORMING NEIGHBORS

Feb 2022 – Volume 20/Issue 1

Visit Us: www.OCNA101.org

WHO ARE WE?

OCNA is your neighborhood association. We are your neighbors down the street and around the corner who are getting involved in our community and strengthening ties to one another.

By sharing information and working together, we can make our great neighborhood even better. Our boundaries are Mission Avenue to the North, Oceanside Blvd to the South, I-5 to the East and the Pacific Ocean to the West. Learn how to join in at our website www.OCNA101.org

MISSION STATEMENT

To ensure a vital, sustainable neighborhood that protects the quality of life for all citizens in the Oceanside Coastal area by promoting and conducting community events, participating in city planning processes, holding city government accountable, and supporting cultural, civic and local business endeavors.

CONTACT US!

President: Jane Marshall
Vice-President: Lisa Hamilton
Secretary: Sally Haggerty
Treasurer: Lane Stewart
Dir Publicity: Maggie Matthews
Director: Michelle Guillot

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**Want to help and get involved with
our neighborhood? Please email**
Jane Marshall
ocna101@gmail.com

GENERAL MTG – ST MARY’S SCHOOL – Feb 17

515 Wisconsin Ave – 6PM to 7PM

Join us for information that affects our neighborhood!



Update on Trash Contract & Composting

The Food Scraps Recycling Program will capture food waste, often referred to as organics, and food-soiled paper into its own bin - separate from landfill, recyclables and landscape cuttings. Food scraps will be processed into renewable energy.

Colleen Foster, Green Oceanside Environmental Officer, will share the new laws affecting waste, how the City plans to manage this requirement, and renewal of our solid waste contract and possible affects to our bills.

HAPPY HEART HEALTH MONTH:

Celebrate with your Valentine heart healthy habits this month! Some fun ways to enjoy this month:



- Take a walk though our wonderful neighborhood. Walking is the primary way to increase heart rate and reduce heart diseases.
- Say hello to your neighbors. Making social connections in the neighborhood can reduce the chance of heart attack by 22%.
- Make dinner at home together to ensure the freshest quality. Cooking together has shown to improve the relationship bonds.
- Eat slowly which allows for more enjoyment and better digestion.
- Enjoy a small piece of dark chocolate (at least 70% cacao). It can improve the heart and brain functions too!

BUSINESS MEMBER OF THE MONTH:



Come to Beachside Realty in Oceanside for all your Real Estate needs!
With specialists in selling, buying, vacation rentals, and property management, there is always someone who can help.

760-231-1359 Stormy@beachsideSD.com #01322868

RENEW YOUR MEMBERSHIP IN OCNA – help our neighborhood thrive \$36/year!

Support OCNA and be part of our dynamic neighborhood just \$36/yr

DID YOU KNOW....that February is full of celebrations?

February 1...the beginning of the **Lunar New Year** on the Chinese calendar. In China and most Asian countries the New Year celebrations last for approximately 2 weeks concluding with the Lantern Festival on February 15. This is the year of the Blackwater Tiger! In China, this holiday is like Thanksgiving and Christmas rolled into one. People from all over China crowd trains, buses, cars and planes to get home to celebrate with family.

You can join the celebrations in San Diego's Chinatown or go to Little Saigon near Huntington Beach to see the displays of flowers, candy, Lion Dancing and firecrackers that are part of the lead up to February 1, called Tet Festival in Vietnamese culture. Lots of fun for all, with traditional dress costumes on kids and many red and gold flowers symbolizing the health and wealth hoped for in the coming year.

And, don't forget **Groundhog Day** on **February 2!** Puxatawny Phil's forecast is a big event and seldom wrong.

New Orleans celebrates **Mardi Gras** from the beginning of **January to end of February!** The Krewes, or dance troupes, are performing and celebrating daily...and so can you! Mardi Gras, ("Mardi" is the French word for Tuesday, and "gras" means fat) is Tuesday, March 1 or Fat Tuesday before the beginning of the Western Christian church's season of fasting during Lent which ends on Easter morning, April 17.

And, of course, there is **Valentine's Day** on **February 14!** Shop for your cards and candy right away before all the "good stuff!" is gone!

Happy February...you can celebrate

CELEBRATE MARDI GRAS with "KING CAKE"

For those of you who love to celebrate Mardi Gras, this cake is always a hit. The "King Cake" is a grand tradition in Louisiana. The person who finds the porcelain baby in the cake is the king or queen! This tradition dates back to ancestors in France and is still celebrated there to this day! Records show that in the 13th or 14th century, (Middle Ages) France began the tradition of baking an almond-cream filling, puff pastry dessert for the Epiphany.

Today in France, the original delicious recipe is enjoyed on January 6th in every setting possible. According to tradition, a 'feve' or porcelain piece is hidden in the cake. The person who gets the slice with the 'feve' is the king or queen and must wear the paper crown.



GALETTE DES ROIS

"French Galette des Rois Recipe"

Ingredients:

- Crust: 2X puff pastry from store (or homemade)
- Interior: 2 eggs, 1 egg yolk, 60g of butter, 125g white granulated sugar, 150g almond powder, 1 spoon of vanilla *measurement provided in grams should be weighed on scale

Steps:

1. Mix the butter (slightly warm) and sugar
2. Add the 2 eggs, almond powder, vanilla and mix with items in step 1
3. Cut the puff pastry to size of pie pan and place in bottom of pan (flat round pan preferred)
4. Pour mixture from step two onto the puff pastry (leaving 2 cm of space around edge)
5. Add the 'feve' (must be porcelain to withstand oven heat)
6. Slightly humidify with water the two cm of space around the puff pastry and add the second puff pastry. Use a fork to seal the edges and add your preferred design on the top
7. Brush egg yolk on the top of the puff pastry and bake in oven for 30 minutes at 400°F

This humble dessert and tradition can be found across the world in many traditions (Spain, Mexico, UK, Germany) and is always a great conversation piece to bring culture and traditions together.

MEMBERSHIP RENEWALS ARE DUE!

OCNA has been your 18 yr neighborhood source for information and is **the only downtown neighborhood advocate**. We provide updates from the City and speak out on matters affecting our neighborhood. Your support on only \$36/ year for residents, \$50/year for businesses will help us continue to make Seaside the best part of downtown Oceanside!

**** Pay via Paypal at our website www.OCNA101.org ****

Resident Membership is \$36/year – only \$3/month!

Business Membership is \$50/year – about \$4/month

***For membership information call Lane Stewart (760) 214-3984 or send checks to OCNA c/o Lane Stewart 425 S.Tremont, Oside**

OCNA is seeking Neighbor Volunteers – Please email OCNA101@gmail.com to help!