



OCEANSIDE COASTAL NEIGHBORHOOD ASSOCIATION

CONNECTING AND INFORMING NEIGHBORS

Feb 2018 – Volume 16/Issue 2

Visit: 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: Open
Treasurer: Lane Stewart
Dir Publicity: Judi Potter
Dir Membership: Kathleen Justice
Dir Special Projects: Donna Smith
Director: Robyn Goodkind

Help your neighborhood and join our volunteer team! Email Jane OCNA101@gmail.com.

NEIGHBORHOOD MEETING: FEBRUARY 20, 2018

Vine Street Townhomes and OPD Update

6:30pm Social Time and Refreshments Served

Location: St. Mary's School, 515 Wisconsin Avenue

Joe Oftelie, from City Ventures, will join us for an update on the 58 "Tides" townhome project details, as well as its progress and timelines on Vine Street.

Also, our local police officers will update us on the current conditions and issues affecting the neighborhood including recent crime statistics. Bring your questions and learn what we can do to help create a safer neighborhood while helping officers solve crimes.

Come and meet your neighbors and participate in our fabulous raffle!

IT TAKES A VILLAGE:

**Hear Ye! Hear Ye!
We Need Your Input!**



The City of Oceanside has initiated an update of its Local Coastal Program, a planning document that regulates development in the city's coastal zone and establishes long-range vision for the community.

In support of the update, the staff is requesting input from residents, businesses, and visitors using the on-line survey. Please go to: http://www.ci.oceanside.ca.us/gov/dev/planning/local_coastal.asp

Planning staff has extended the survey through February.

LOCAL BUSINESS MEMBER OF THE MONTH:



By cultivating an environment where dance and community can harmoniously blend together, our youth are given exceptional dance technique and instruction, while playing an integral role in our community through service and leadership. We offer Ballet, Tap, Jazz, Contemporary, Hip Hop, Musical Theatre, Yoga, Adult Hip Hop, Adult Tap, Senior Tap, Baby & Me and more! All ages and levels welcome!

Address: 222 Wisconsin Ave. Oceanside, CA 92054

Phone Number: 760-277-3883

Email: info@cadencedanceproject.com

Support OCNA ~ Your local neighborhood association for only \$3 per month online: www.ocna101.org!

Thank you Oceanside Urgent Care & Family Practice, 616 S. Coast Hwy 760-433-1800 for our Printing!

DID YOU KNOW...?



Why do Californians refer to freeways by using the word “the” before the route number... such as “the 101” or “the 5”? We say take “the 5 to the 805” when most of the US just uses the route numbers alone.

Before the National Interstate and Defense Highways Act of 1956 passed, California already had a number of limited access roads (or freeways). They were developed for local traffic and used the names of destinations versus the multiple route numbers which applied to them.

This is an old practice transferred to modern highways. New England has many roads referred to by their destination names which date from Colonial times. As more freeways were built for use by a public which did not know the places referred to by name, it became easier to use signage containing just route numbers.

In 1964, the state simplified the highway numbering system ensuring that, with few exceptions, each freeway would have only one route number. By the 1970’s numbers had eclipsed names on freeway signage although Caltrans still included many old names, such as the San Diego Freeway, through the 1990’s.

Abstracted from KCET writer Nathan Masters, November 10, 2015

FEBRUARY IS HEART HEALTHY MONTH – 5 TIPS

This month consider 5 ways to be heart healthy:

1. **Dark Chocolate** – in moderation, only dark chocolate offers any cardiovascular benefits. The flavonoids in cocoa help lower blood pressure, improve blood flow, and fight cell damage.
2. **Gratitude** – experiencing the feelings of love, appreciation, and gratitude have immediate and long-term effects that counteract the damage that stress and negative emotion have on your heart.
3. **Giving** – Giving is the best form of love you can offer to someone, whether volunteering in your community, or helping a friend or neighbor, or just giving a warm smile to those you pass by.
4. **Circulation** – try a brisk walk every day to wake up muscles and de-stress. Invite a friend if you can or just say “hi” to neighbors! Improving circulation regularly is the key to a healthy heart.
5. **Reach Out** – sending positive messages out has a boomerang effect, so send a card, email, or text to friends and family members and let them know you are thinking of them and wish them well!

LOCAL DEVELOPMENTS:

Harbor dredging – Beach Sand project - The Army Corps of Engineers dredges the Oceanside Harbor entrance annually to ensure safe navigation for vessels. The sand dredged is placed on Oceanside beaches. This year's pre-construction meeting is expected to be scheduled in late February and the dredging project is anticipated to start in mid-April and be completed before Memorial Day weekend. The contractor is Manson Construction, the same firm used in 2017.

Water Smart Landscape Contest - Proud of your drought tolerant yard? Enter for your chance to win Green Oceanside’s Landscape Contest. Basic criteria is design for beauty, water conservation, and creative use of colorful water smart plants. Multiple Winners with valuable prizes! For more information including eligibility requirements and application procedure visit www.landscapecontest.com. Deadline is April 30, 2018.

UPCOMING EVENTS:

Feb 10 – Beauty & Beast Movie Pier 530PM
Feb 11- 18 Ferris Wheel at the Beach
Feb 13 – South O Walkabout 5-8PM
Feb 14 – Valentines Sunset Harbor Cruise
Feb 16 – Nonsense Star’s Musical Comedy
Feb 20 – OCNA General Meeting at 630PM
Feb 23 – Outside Mullingar Brooks Theatre
Feb 24 – Coastal Birds - Buena Vista Center
Mar 1 – Farmer’s Market/Sunset Market
Mar 2 – First Friday Art Walk 5-9PM
Mar 7 – Pan American Beach Handball

OCNA - HOW YOU CAN PARTICIPATE:

1. Attend our informative meetings and be a voice in our neighborhood.
2. Volunteer for meetings, special events, and to distribute newsletters.
3. Support by becoming a member. Your dues help with hosting informative meetings and events, newsletters, website and creating a valuable forum.

Newsletter distribution is 1000 local doorsteps & eblasts reach over 350!

**** 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 contact: Kathleen Justice (760) 846-0703

For business advertisements contact: Lane Stewart (760) 214-3984