



OCEANSIDE COASTAL NEIGHBORHOOD ASSOCIATION CONNECTING AND INFORMING NEIGHBORS

Jan 2026 – Volume 24/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: Curt Busk
Treasurer: Lane Stewart
Secretary: Joe Gallagher
Director: Kevin Ham
Newsletters: Pat Tirona

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Help your neighborhood be the best it can be! Email Jane Marshall ocna101@gmail.com for info on how you can help us!

GENERAL MTG - ST MARY'S SCHOOL – JAN 27

515 Wisconsin Ave – 6:00PM to 7:00PM

Join us for information that affects our neighborhood!

1. Pier reconstruction, the pier plaza rebuilding and timeline, and what is happening with the RE:BEACH effort to keep sand on our beaches. Oceanside Engineering Dept will update us.
2. Citizen Financial Investment Oversight Committee member Joe Gallagher will discuss the critical factors in managing the City's financial portfolio, our City's prudent reserve, and how it has grown in the last several years.

Come join us and ask questions!!

OCNA IS WORKING FOR YOU – HERE'S HOW:

- ✓ OCNA Board members are working to improve our neighborhood. In December, we met with NCTD leaders about mitigating the negative traffic impacts to neighbors surrounding the transit depot.
- ✓ We also met with District 1 Councilperson Eric Joyce to discuss how we can continue the efforts on parking permits to ensure residents have a place to park as we grow.
- ✓ In addition, we also met with Chief of Police, Taurino Valdovinos about traffic and noise calming on Coast Hwy for pedestrian safety.
- ✓ OCNA Board will continue to pursue these efforts in 2026 until we see improvements in the chronic issues impacting our neighborhood!

BUSINESS MEMBER OF THE MONTH:



Sea Hive is Oceanside's hub for **everything handmade and handpicked** from the best local artisans and vendors with over 13,000 sq. ft. of vintage, modern, new, and artisan made items.
Sea Hive Marketplace, 1555 South Coast Hwy, 760-547-5706

THANK YOU MAINSTREET O'SIDE FOR PRINTING OUR NEWSLETTERS!

OCNA is your Voice for Matters Affecting YOU in Downtown!

DID YOU KNOW...



For a healthy New Year, focus on consistent, small changes in nutrition (more whole foods, less sugar and processed foods), movement (find enjoyable activities), and sleep (consistent schedule, cool/dark room), plus stress management (gratitude, mindfulness) and hydration. Aim for sustainable habits rather than drastic overhauls.

Nutrition & Hydration:

-Eat Whole Foods: Increase fruits, veggies, whole grains, lean proteins, nuts, and seeds.

-Cut Sugar & Processed Foods: Reduce sugary drinks, sweets, and fried items.

-Stay Hydrated: Drink plenty of water throughout the day.

-Rethink Snacks: Choose healthier options like nuts or fruit.

Movement & Exercise:

-Find Fun: Pick activities you genuinely like, such as walking, yoga, biking, or dancing.

-Mix It Up: Combine aerobic exercise with strength training.

-Consistency: Aim for regular activity, even if short bursts, to build a habit.

Sleep & Rest:

-Set a Schedule: Go to bed and wake up around the same time daily, even weekends.

-Create a Routine: Wind down with reading or a warm bath, avoiding screens.

-Optimize Environment: Keep your bedroom cool, dark, and quiet.

Mental Well-being & Stress:

Practice Gratitude: Start a gratitude list.

-Manage Stress: Take deep breaths, pare down your to-do list, or try mindfulness.

-Connect: Nurture relationships with family and friends. Take a walk and say hello to your neighbors!

KEEP YOUR NEW YEARS RESOLUTIONS:

To keep New Year's resolutions:

- make them specific ie: walk 15 mins, 3x/week
- instead of "get fit", break them into small steps
- find an accountability partner and track progress
- build enjoyment into the process
- and be kind to yourself when you slip up



****Focus on forming new, enjoyable habits like walking to the weekly Farmers Market each Thursday from 9AM – 1PM ****

CANDLELIGHT SERIES AT STAR THEATRE



The Star Theatre continues to offer its *Candlelight* concerts bring the magic of a live, multi-sensory musical experience to awe-inspiring locations like never seen before.

Get your tickets now for the **Jan 30th** show to discover the **music of Joe Hisaishi** at under the gentle glow of candlelight.
Tickets \$41.50-\$60/each

FREE ART FOR ALL AT OMA EACH FIRST SUN:

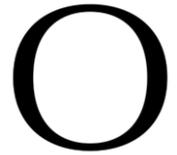
Oceanside Museum of Art (OMA) offers each Sunday FREE art workshops to inspire your creativity.

All are welcome to this hands-on experience led by artists and cultural partners from our community

Whether you are new to art or have your own style, ART for ALL is time to let your imagination SOAR!

Please note that children under 16 need to be accompanied by an adult. All materials are free while supplies last .

Please RSVP at oma-online.org/events



OCEANSIDE MUSEUM OF ART

JOIN OCNA - MEMBERSHIP DETAILS BELOW:

For 23 years OCNA has been your neighborhood source for information and is *the only downtown neighborhood advocate*.

We work with the City and speak out on matters affecting our neighborhood quality of life! *Only paid members can vote on critical issues that OCNA may endorse!

- Membership is \$40/yr (about \$3/mth)
- Business membership is \$50/yr (about \$4/mth)

Payment is easy! Scan our easy QR Code →
or visit www.OCNA101.org TODAY!



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***For membership information call Lane Stewart (760) 214-3984**