



OCEANSIDE COASTAL NEIGHBORHOOD ASSOCIATION CONNECTING AND INFORMING NEIGHBORS

Feb 2025 – Volume 23/Issue 2

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
Secretary: Open
Treasurer: Lane Stewart
Director: Kevin Ham

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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 – Feb 25

515 Wisconsin Ave – 6:00PM to 7:00PM

Join us for information that affects our neighborhood!

OCNA presents two important topics for our neighborhood this month!

We will hear from GateKeepers and MSO who manage this downtown security service on their performances including # of encounters, # of persons navigated to services, and important facts to understand how and why this service is benefiting the downtown neighborhoods.

We will also hear from representative from Waste Management on the amazing and innovative process of collection, how they work to divert landfill materials, and how they work with the City on our Zero Waste initiatives. Come and ask questions on what we can do to help!

SEASIDE'S 21st NATIVE PLANT GARDEN TOUR

Sunday March 30th at 2PM St Mary's School

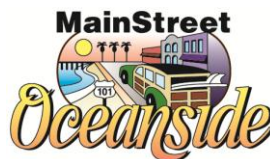
Tour over 18 Native Plant Gardens in the Historic Seaside Neighborhood of Downtown Oceanside! Plant experts and neighborhood locals will lead a 1.5 mile walking tour to see and learn about these beautiful front yard gardens.

Meet at St. Mary School parking lot at 515 Wisconsin Ave. The guided walk is free. Kids will be selling lemonade and cookies along the route.

Sponsors are OCNA (Oceanside Coastal Neighborhood Assoc) and Buena Vista Audubon Society. For more info: 760-439-2473 BVAudubon.org, or OCNA101.org



MAINSTREET DESIGN COMMITTEE ANNOUNCES:



Get ready for another AMAZING mural project. This time at the NCTD Transit Depot Tunnel!

Your vote is needed for the upcoming mural finalists early March 2025 when 5 artist renditions will be available to review.

Stay tuned for more information at: mainstreetoceanside.com/artthatexcites

THANK YOU MAINSTREET O'SIDE FOR PRINTING OUR NEWSLETTERS!

OCNA is your Voice for Matters Affecting You in Downtown Oceanside

DID YOU KNOW?

The history of Valentine's Day and the story of its patron saint are shrouded in mystery. We do know that February has long been celebrated as a month of romance, and that St. Valentine's Day as we know it today, contains vestiges of both Christian and ancient Roman tradition. But who was Saint Valentine, and how did he become associated with this ancient rite?



One legend is that Valentine was a priest who served during the 3rd century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

Some claim that the Christian church may have decided to hold St. Valentine's feast day in the middle of February in an effort to "Christianize" the pagan celebration of Lupercalia, celebrated at the ides of February, or February 15. This was a fertility festival dedicated to Faunus, the Roman god of agriculture.

To begin the festival, priests would gather at a sacred cave where priests would sacrifice a goat for fertility, then strip the goat's hide, dip them into the sacrificial blood and gently slapping both women and crop fields with the goat hide. Roman women welcomed this practice as they believed it made them more fertile in the coming year.

References from www.history.com

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!



O'SIDE INTERNATIONAL FILM FEST FEB 20-24th

The 13th Annual Oceanside International Film Festival presents 5 days of cinema, music, art & community both of a local and international flavor of Oceanside, one of California's 14 designated Cultural Districts!

Showcasing a wide range of genres from romance, horror, animation, documentary and social issues, we invite filmmakers and movie lovers alike to explore what this year in indie film has to offer at North County's longest running celebration of the cinematic arts.

Location: Brooks Theatre on Coast Hwy from Feb 20-24, 2025 with films for all ages and preferences. Tickets are \$15-\$45 and discounts are available for students, seniors, and Military.

For more info, or to buy advanced tickets: <https://osidefilm.org>

DON'T BE LEFT OUT~MEMBERSHIP RENEWAL

OCNA has been your 23 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 quality of life!

*Only paid members can vote on critical issues that OCNA may endorse!

NOTE: Membership is \$40/yr (about \$3/mth) Join us today!

(Business membership is \$50/yr (about \$4/mth)).

Payment is easy! Scan our easy QR Code →

or visit www.OCNA101.org TODAY!

Resident Membership is \$40/year – about \$3/month!

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

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



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