

The Village Anchor



Century Villages at Cabrillo

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Edition 14

Anchoring the Spirit of the Century Villages at Cabrillo Community

Summer 2014

Festival Season

With the sounds of Bob Marley playing in the background and the smell of turkey hot dogs on the grill, spring was in the air at the annual Spring Into Wellness Festival on April 23rd. This year's festival focused on overall health and wellbeing and included 14 agencies from the community. More than 200 attendees were able to enjoy the wares of various vendors, including Groundwork Fitness, who led guests in a new drumming workout that was guaranteed to be fun while providing an excellent workout. For those that needed or wanted to relieve a little stress, Charter College offered free massages to all who visited their booth.

In between workouts and massages guests were able to participate in the very popular cake walk and other group activities. Children and adults alike showed their moves to the "wobble" and other fun group dances while others clapped along and enjoyed the music. Younger children enjoyed trying their luck with the bean bag and ring toss games while the older ones enjoyed racing through the bouncy obstacle course. These dances and games offered guests a fun way to get a little exercise and possibly win a prize in the process.

As the festival was wrapping up, residents anxiously anticipated hearing their name called for the raffle. Raffle tickets were distributed to all that participated in the resident survey earlier that month. There were several small prizes of gift cards, make up, and yoga mats and one grand prize, a brand new tablet. Leon Brown, a veteran resident, was the proud winner of the grand prize this year.



The Spring Into Wellness Festival is just the start of many great community events to be hosted by the Oasis Community Center this year. The next event on the list is the Summer Solstice Fair on June 20th co-hosted by AmeriCorps. From 1:00pm-4:00pm over 20 health and wellness agencies will be on-site offering free health information, testing, consultation, and screening, and there will be an icy treat for all who participate! Also, watch for the grand opening event for our Urban Forest and fitness trail as well as the Back to School End of Summer Blast in late August. For more information about upcoming events, look for flyers around campus, check out AnchorTV, or stop by the Oasis Community Center. Join us for some summer fun!



Villages Under Construction



Rendering courtesy of PSL Architects.

With four major construction projects underway, please pardon our dust, traffic, and noise! Rest assured, these projects will result in campus-wide improvements that we will all enjoy. Below is an update on each of these projects and what you can expect to see and hear over the coming months. Please be sure to follow all of our safety precautions. If you have questions or concerns, please stop by our property office and speak with our staff.



Cabrillo Gateway Apartments

As we approach the summer months we will see the project go “vertical” as the upper stories begin to take shape.

JUNE The first section of the 2nd floor concrete deck will be poured. Wood framing on the 2nd floor will then begin.

JULY The second and third sections of the 2nd floor concrete deck will be poured. Wood framing on the 2nd floor will continue. Electrical and plumbing lines will be installed in the framing.

AUGUST Framing on the 3rd floor will begin, and electrical and plumbing will follow directly behind.

During this time, there will be many trucks coming to and from the construction site. Concrete trucks will arrive to pour the slab and the 2nd floor deck, and to fill the cement block walls. Lumber trucks and other materials will arrive to keep the supply ready for each floor of construction.

Maintenance Building

You may have noticed that the old maintenance buildings near the guard shack have been demolished. The construction for the new Maintenance Building has begun, and is anticipated to be completed by early November.

JUNE The concrete slab will be formed and poured.

JULY The parts for the pre-fabricated maintenance building will arrive, and erection of the building will occur.

AUGUST Work on the utilities inside the building, such as power and plumbing, will begin.

Solar Carport at Casa de Cabrillo Parking Lot

We experienced three weeks of delay when we encountered underground pipes which were not documented. This required that we redesign the concrete footings for the carport structure to avoid the pipes, and to submit the changes to the City for approval. We cleared that hurdle, concrete footings have been now poured, and we can continue with the work.

JUNE In early June, the new solar panel system will be tested and put into service. The project will then be complete! By going green, this solar installation will reduce the building’s electric bill and will also provide some shaded parking spaces. This project was funded by a grant from the Port of Long Beach.

Urban Forest

We expect to be complete with our Urban Forest project by late June. We anticipate opening up the site for the enjoyment of our community shortly thereafter, just in time for summer.

JUNE Mulch and understory plantings to be installed. Installation of equipment, furnishings, and signage.

CVC’s development team is committed to safety during the course of construction and wishes to minimize impacts on our residents. Please keep in mind the following precautions:

FENCING AND SIGNS Fencing will be installed around the various construction sites. Construction sites are dangerous at all times. Residents, staff and visitors should NOT enter these areas at any time at any time. Construction areas will be monitored by our on-site security and are subject to live video surveillance.

SIDEWALK AND PARKING CLOSURE Certain sidewalks and parking areas will be closed at times. We will do our best to minimize this inconvenience and will attempt to reopen areas as soon as possible.

TRUCK TRAFFIC Our various contractors will make their best effort to schedule truck visits to avoid the morning rush hour on the CVC site. Flagmen will be present to direct traffic when trucks arrive on the site. From time to time, a number of large trucks such as concrete trucks, earth-hauling trucks and lumber delivery trucks will need to assemble on Technology Place as the delivery or removal of the materials are staged.

DUST AND DEBRIS Our contractors are required to maintain clean sites and keep dust and debris from flowing outside of the project area.

GRAND LAWN The Grand Lawn area will continue to be inaccessible until the Cabrillo Gateway project is complete in the summer of 2015 due to safety precautions.

Should you have any concerns over the course of the construction project, please visit or [contact our property office at 562-388-8198](mailto:property@slcc.edu).

Internet Service Upgrade



Since the beginning of this year, we have been working diligently behind the scenes with various internet service providers to improve the quality of service delivery to our internet subscribers, as well as accommodate the growing demand of internet access. The hard work has paid off, as we will be getting a new service line delivered to our campus in middle of June.

Right now, we have a shared bandwidth of 30mbps for all residents’ internet access. Everybody knows how frustrating this can be, especially in the evenings, when everybody is trying to stream a movie with little to no success. With the new service line we will have double the bandwidth capacity and everybody’s internet experience will greatly improve. With a bigger pipe, more users are able to access the internet with greater ease.

Finally, in an effort to improve the quality of service, as stated in our service agreement, all peer-to-peer file sharing application traffic will be denied. By eliminating such internet traffic, which consumes ongoing background bandwidth, user experience will improve.



Anchor Earns Silver Seal for Excellence!

Congratulations are in order to the Village Anchor Team for earning the Silver Seal for Excellence in neighborhood newsletters from the national Neighborhoods USA organization, representing some 1000 members from across the country. Our newsletter is produced entirely in-house by CVC staff who work hard to deliver a quality product. We are always seeking guest writers, photographers, and artists so if you have materials you think are appropriate for inclusion in *The Village Anchor*, please speak with anyone listed on the back of our newsletter and/or email us at villageanchor@centuryvillages.org.

Going, going, gone

We're in a drought and it as time we start taking serious measures to prevent water waste. On February 27, 2014, the Long Beach Board of Water Commissioners declared an imminent water supply shortage for the City of Long Beach.

As per the Long Beach Water Department website, Southern Californians live in a semi-arid region that must import the water we need, using 20% of the

state's electricity to bring water to our City. We must use our limited water supplies as efficiently as possible to lessen the frequency and impact of water shortages.

In Long Beach, tenants in multi-family units use 1/3 of the City's water supply, but there are things we can do to reduce waste:

- Limit your showers to 5–8 minutes each.
- Only run full loads of dishes and laundry.
- Turn off the water while you brush your teeth.
- Report any leaks in your unit to property management immediately.
- Report any broken sprinkler heads to property management immediately.



By following the above suggestions you are contributing to the solution of this serious problem. For more information and tips on water conservation visit the Long Beach Water Department's website at lbwater.org.

Fourth of July, Celebrating Freedom



On July 4, 1776, the Declaration of Independence was approved by the Continental Congress, announcing that the 13 colonies regarded themselves as 13 independent states now free from the confines of the British Empire. Instead, they were members of a new nation, the United States of America. Whether you are celebrating the holiday by attending a parade, watching fireworks, or going to a barbeque, show your family, friends, and neighbors how smart you are with these fun facts:

- In July of 1776, there were 2.5 million people in the new nation. Currently, the population is 317.3 million.
- 56 men (this was before women were considered to be equal) signed the Declaration.
- Thomas Jefferson wrote most of the document, but there was a Committee of Five that drafted the document alongside him.
- John Hancock was the first to sign. It is said that he wrote in very large letters so that King George of England could see his signature without his glasses! The term John Hancock is still used today as an alternate word for signature: just put your John Hancock on this line...
- Benjamin Franklin was the oldest signer at age 70. The youngest was Edward Rutledge, age 26.
- John Adams, the 2nd U.S. President, believed the holiday should really be on July 2nd. He was known to turn down invitations for 4th of July events in protest until he died on July 4th, 50 years later.
- You can see the original Declaration of Independence at the National Archives Museum in Washington, D.C. Also on display at the National Archives Museum are the Constitution of the United States and the Bill of Rights.

Make Your Own Ice Cream!

July is National Ice Cream Month! Celebrate with this easy recipe. All you need is:

Ice cubes (enough to fill a gallon size Ziploc bag about half full)

1 cup half and half

½ cup salt, the bigger the granules the better!
If possible, use Kosher or rock salt, but table salt works too

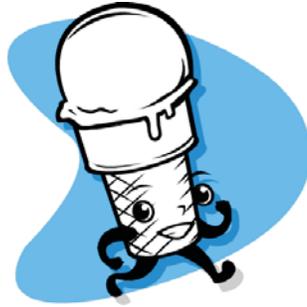
2 Tbsp sugar

½ tsp vanilla extract

1 pint size Ziploc bag

1 gallon size Ziploc bag

Your favorite mix-ins such as chocolate chips, nuts, or fruit



Combine the sugar, half and half, and vanilla in the smaller bag. Seal it tightly. Place the salt and ice in the larger bag. Then place the sealed smaller bag in the larger bag and seal tightly. Now, shake the bags until the mixture hardens (about 5 minutes). Be prepared to help with the shaking – 5 minutes is a really long time to shake a bag! Feel the small bag to determine when it's done. Take the small bag out of the larger one, add mix-ins, and eat the ice cream right out of the bag. Easy clean up. This recipe is tested and really works!

Helping Out Pays



Are you doing your part to keep the Villages at Cabrillo beautiful and clean? Adults and children can earn a \$1 Vet Store gift card by

helping keep our campus clean. "Gift cards are awarded every week for a variety of reasons," says Isidro Tapia, Maintenance Technician. It's easy! Be seen picking up trash on the ground, or be seen putting trash in the bin before it gets dropped on the ground. Help sweep the basketball court, or other areas around the site. Property staff, Oasis staff, Maintenance staff, and PATH Ventures staff have gift cards to award those who help out.

ADULT ENRICHMENT WORKSHOPS at OASIS COMMUNITY CENTER

2112 W. Willard St.
562.388.8080.

Mondays, 10am–11:30am*
HEALTHY FAMILIES

Tuesdays, 10am–11:30am*
PERSONAL ENRICHMENT

Wednesdays, 10am–11:30am*
CAREER PLANNING

Thursdays, 10am–11:30am*
FINANCIAL LITERACY

*Workshops start an hour early, at 9am, through all of July!

SUMMER FUN

July 7–August 1, 11am–3pm
OASIS STAR SUMMER CAMP

Free for residents. Open to children entering Kindergarten through 5th grade. Contact Kaitlyn Taylor for more information at 562-388-8067.

July 7–August 1, 11am–3pm
OASIS TEEN SUMMER CAMP

Free for residents. Open to children entering 6th through 12th grade. Contact Cherisse for more information at 562-388-8080.

BOYS AND GIRLS CLUBS OF LONG BEACH

Full Day Program, 7:30-6:00pm, \$55 per week. Part Time Program, 12:00-6:00pm, free after \$15 membership fee. 562.435.4621.

June 16–August 29
ADMIRAL KIDD PARK

Children 5–12. Sports, games, arts & crafts, and special events. This is a drop in program with no custodial childcare. The site is open for six hours of structured fun. Contact the park, 562.570.1600.

June 21–September 9
MOONLIGHT MOVIES ON THE BEACH

Free family movies on the beach. Visit www.alfredosbeachclub.com or call 562.477.6820.

POOL FUN

BELMONT PLAZA OUTDOOR POOL

Youth (17 & Under), Seniors (50 & above) \$3. Adults (18-49) \$4. Swim pass: Youth & Seniors \$55, Adults \$85. 4000 East Olympic Plaza, Long Beach. 562.570.1806.

June 14–August 31
KING PARK POOL

Youth (17 & under) \$2. Adults (18-49) \$3. Seniors (50 and above) \$2. 1910 Lemon Ave., Long Beach. 562.570-1718.



Suggestions or submissions? Call (562) 388-8065 or email villageanchor@centuryvillages.org.

The Village Anchor Team

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On Going Meetings—Everyone Is Welcome

TWELVE STEP, ATTITUDE ADJUSTMENT (AA)	6:30am, Daily, Social Hall
SELF-HELP RECOVERY MEETING	6pm, Tuesday, VVRC
AA MEETING	7pm, Sunday, Changing Spirits
SATURDAY NIGHT CANDLE LITE (AA)	7:30pm, Saturday, VVRC
CABRILLO CHURCH IN CHRIST	10:30am–12pm, Sunday, Social Hall