



An Urban Forest For CVC

The shoulder of a busy highway is dangerous in many ways. Besides the noise, the exhaust odors, and the possibility of accidents, particle pollution is abundant. These bits are so small that 100,000 could fit on a 1" line. When inhaled by humans (or animals) the specks can lessen the lungs defenses to protect our bloodstream which could lead to heart disease,

Removing the particulates from the air before we breathe it in is just one of the benefits of CVC's new Urban Forest. Among the various types of trees planted in our forest are the Toyon, the Deodar Cedar, the Incense Cedar and the Catalina Ironwood, all of which are exceptional natural pollution filters. As the polluted air flows through the branches, the very fine pollution particles stick to the leaves and needles, naturally cleaning the air and not harming the trees. With a soft breeze of 2-mph, these trees can absorb up to 85 percent of the fine pollution specks.

Also in the Urban Forest are benches for reflection and meditation. Exercise equipment targeted for all ages is placed strategically along

the walking path. One is able to walk on a quiet and peaceful path as well as work on arm or leg strength, do step exercises, practice yoga poses, and if desired, get in some low-impact aerobic moves.



One of several low-impact exercise stations along the path.

The climate in California is perfect for outdoor activities. If you haven't done so already, check out the Urban Forest. Made possible by the Port of Long Beach, Wells Fargo and The City of Long Beach, this is a special and unique addition to the CVC campus. Let us help to preserve it by putting all trash in the containers, staying on the pathways, and following all of the posted rules.

Cabrillo Community Canteen

Once formally known as the Vet Store, the Cabrillo Community Canteen has many positive changes ahead on the horizon. U.S. VETS is implementing many changes to reflect their desire to better serve Villages at Cabrillo's residents and staff across the entire campus.

The name Cabrillo Community Canteen was the winning submission in the "name the store" contest. Along with the notoriety of submitting the winning entry, Frank Wilkenson of the Cabrillo Plaza also walked away with a \$100 gift certificate for the Canteen.

Monica Chaves and Shannon Ruise have reinvigorated the store's atmosphere with their friendly and dedicated service while collaborating with the Long Beach community by enlisting additional "TSE" employees through the Gain program.

A "pay per pound" salad bar is now available Mon-Fri, 10:30 AM-3:30 PM, which provides an affordable and nutritious meal alternative to residents, staff and visitors of Century Villages.

U.S. VETS will also be testing and adding new products throughout the year, and placing new emphasis on ready to eat items and fresh alternatives.

Also available in the store are meal tickets for hot food purchase from the U.S. VETS kitchen. These improved menu prices are: \$3.00 for breakfast, \$3.00 for lunch and \$4.00 for dinner. Come over and see what the new and improved Cabrillo Community Canteen is all about!



U.S. VETS Executive Director Larry Williams checking out the Cabrillo Community Canteen salad bar.

With Collaboration Comes H.O.P.E.

Once again, CVC teamed up with the H.O.P.E Foundation to host our Third Annual HOPEFEST, a back-to-school themed resource fair and summer block party attended by almost 300 residents. On a hot summer day hundreds of residents, both veterans and families, explored the many resource tables throughout the courtyard. Twenty-one different nonprofits and businesses were on-site with information, hands-on demonstrations and services, as well as free school supplies for the children.

Residents were treated to haircuts and beauty services, received valuable health screenings and testing, offered their input on city planning, and learned about the many resources offered to them in Long Beach. The children enjoyed a bouncy slide, cupcake decorating workshops, and rode through a pretend city bike safety demonstration offered by Safe Moves. Adults joined in the fun, too, by dancing in the street, joining a fitness demonstration, and trying their luck at our version of musically chairs...the "mystery walk."

Everyone enjoyed lunch and a refreshing Italian Ice. Most importantly, almost 200 children living on-site will start off their school year with a brand new backpack. The majority of the donated backpacks were through the H.O.P.E Foundation, but we were very grateful to receive additional backpacks and school supplies through private donors. Our own Councilman, Robert Uranga, made a surprise visit with a carload of filled backpacks to hand out!

Community events like the HOPEFEST are so important to CVC, it allows us to bring much needed resources to our residents and offer a fun way to build community while spending a nice summer day with friends and family. The event was made possible with the help of 133 volunteers who worked a total of over 700 hours to make the day special. This included 16 residents, including teens, 86 outside vendor representatives, and 31 staff from CVC, U.S. VETS, Path Ventures, Hacienda of Hope, the H.O.P.E. Foundation, and School on Wheels.



Bike Safety Workshop

To further encourage a healthy and green lifestyle, Impact Long Beach conducted a bike safety workshop in collaboration with PATH Ventures for our residents this past July.

Impact first conducted a presentation on bike safety, followed by how to change a tire, then displaying ways to avoid collisions. For example, they taught how to do a sharp turn when a vehicle unexpectedly gets in front of you in order to avoid an accident. After the presentation was complete, they conducted a tour around the CVC campus. During the tour, even young children were spotted, trotting along on their scooters.

In addition to the personal bikes that residents brought, ten bikes were provided as part of the program, thanks to TOMS, the famous shoe company, for those who do not have a bike. A raffle to win a new bike also took place at the end of the workshop, with Family Commons residents Sarah and Daniel Willie walking away with the prize.

With the 10 bikes provided by TOMS Shoes, PATH Ventures is operating a bike share program available to residents of the Family Commons. Residents 16 and over are able to use the bikes for 4 days at a time. Bikes come fully equipped with a helmet, light, bell and repair kit to comply with all municipal regulations.

Make sure it fits!



CVC's Resident Screenwriter



Patrick Kretschmer, a veteran resident residing in our LBSH property, is a talented screenwriter who has spent the last four years knitting a complex, compelling, and entertaining yarn titled, *Father Harley*.

In this suspenseful thriller, *Father Harley*, an Irish Catholic Priest, navigates through the malevolent worlds of Russian Kingpins and demonic mind control to battle the evil forces

that are threatening the planet's survival. In doing so, he discovers that he has a son, conceived before priesthood, who is entrapped in and serving the enemy forces. This moral, internal conflict spirals *Father Harley* into actions that would test the faith of God's most dedicated servants.

This gripping story pulls, twists and turns its viewers through an array of mind-bending characters and sub-plots that will definitely keep them fascinated while teetering on the edge of their seats.

Patrick's artistic flare and incredible tenacity serves as an inspiration to artists everywhere. And, we at CVC, are proud to have him as part of our very special community.

The schedule is set for *Father Harley* to go into production in 2015; stay tuned for more information regarding its completion and screening opportunities.



Car Wash, Yeah

The Oasis STAR summer camp staff could not think of a better way to encourage confidence and community than by hosting its first car wash. For many of the campers, this was their first opportunity to plan and execute an event from start to finish. Our younger campers were assigned to making posters and becoming servers for the day's event. The teens were broken up into committees and given their assignments of either salesmen or marketing team. The sales team went around the community and pre-sold tickets while the marketing team hung flyers and posters.

The campers were motivated to make the event a success as all the money raised would be used to support their fieldtrips to the Aquarium of the Pacific and KDB. Without raising the money with the car wash, funds did not support a field trip for the campers this year. On the day of the event, campers, staff and community supporters could be found washing cars, serving lunch, and holding signs.

With staff support from CVC, U.S. Vets, and Path Ventures the campers were able to raise enough money to support their individual fieldtrips.

Meet Our Staff



Gerardo Melendez
Maintenance Lead

Born in 1963 in San Pedro Sula, Honduras, Gerry was the middle child of seven brothers and five sisters. His mother was a stay-at-home mom, while his father was a carpenter in the construction industry. Money was very

tight for their family and being the second youngest boy in the family, meant hand-me-downs from five older brothers.

His childhood was short. At the early age of nine, Gerry's father put him to work. He recalls vividly one of the first tasks he was ordered to do: "I carried sheets of metal up a ladder to help my father repair a roof, and I still have a scar from that," he exclaims and proceeds to show the scar on his shoulder where one of the metal sheets slipped and cut him.

At the age of 14 his father kicked him out of his home, as he had done with his other children, claiming he needed to start a life of his own. Homeless, Gerry slept and worked where he could. Not really having a plan, he decided to join the Honduran Army. After serving a one-year term, he left Honduras with two Honduran Lempira, about 10 cents in US currency. He decided to make his way towards the US border through Guatemala and then Mexico, sleeping and working on various construction sites along the way, sending what little money he made to his mother back home.

While digging holes in Tijuana, an older man offered him work in Glendale, CA paying him \$50.00 per week plus room and board to paint fences and do odd jobs, working 12 hour days, 7 days a week. Once in Los Angeles, he was reunited with two of his siblings and his sister offered him a place in her home and work as a drywaller for \$100.00 per week. Another benefit to living with this sister was meeting of one of her friends who after one year would become his wife and eventual mother to his four children.

As Gerry continued to hone his carpentry skills, he landed a job working for Century 21, completing home repairs, which significantly helped him better support his family and also his mother back home.

In 2010, his father and brother came from New York to visit him and his grandchildren. His father, now 104 years old, still bitter and abusive, had little to say to Gerry, than "you're not a good father." One year later, his father passed away leaving Gerry with only the physical scar as a constant reminder of his father's abuse. Gerry did not attend his funeral.

Gerry is still happily married after 28 years; his children are all in college and since being hired at CVC, he has been promoted three times and is now our Maintenance Lead at the Family Commons.

Easy Back to School Breakfast



Breakfast Roll-ups

1 package of 8 refrigerated crescent roll dough

1 cup chopped meat (ham, bacon, sausage, chicken)

1 cup shredded cheese

7 eggs—scrambled

Unroll crescents onto a large ungreased cookie sheet. Place a spoonful of eggs, a couple pieces of meat and a sprinkle of cheese on the wide end of each unrolled crescent. Roll up each, starting at the wide end and ending with the narrow end. Bake at 375° for 11-13 minutes, until dough is golden. Enjoy for breakfast, or anytime for a tasty treat.



by Tyler Shorter
Resident, Family Commons

ADULT ENRICHMENT WORKSHOPS at OASIS COMMUNITY CENTER

2112 W. Willard St.
562.388.8080.

Exciting changes are being made at the Oasis Community Center. Stop by to learn about the changes.

HEALTH

Saturday, September 13, 1–3pm
LONG BEACH MEDITATION OPEN HOUSE

Join for an afternoon of community and learn how meditation can help you and those around you. Information on upcoming events, snacks, and drinks. Cost: Free

RESOURCES

Fridays, 9am–10am
DISABLED RESOURCES CENTER

Housing Services/Transitional Funding Program. Attend a workshop on housing issues, homeless/crisis assistance, eviction and unlawful detainer, etc. Contact: Mario Rodriguez, (562) 427-1000 ext. 14

FAMILY FUN

September 27, 11am–10pm
LONG BEACH FOLK REVIVAL FESTIVAL

This family-friendly music festival will have something for everyone and in addition to the great music, all your favorites from last year are back including the pie eating

contest, kids area with crafts & the “Instrument Petting Zoo,” gourmet food trucks & booths, beard & mustache contest, and old time photo booth. Shoreline Drive Long Beach, CA 90802. www.folkrevivalfestival.com

September 27, 4-9pm
A LOT DOWNTOWN

COLOR ME LONG BEACH: An Urban Art and Video Creation. The five hour long creation will spotlight the diversity of Urban Arts and Video in Long Beach. Acres of Books Lot, 3rd and Long Beach Boulevard, Long Beach, CA 90802. www.artslb.org

November 15, 6–10pm
1ST ANNUAL LONG BEACH NATIVE AMERICAN MUSIC FESTIVAL

The show will headline two time Grammy Award winner and Native American Lifetime Achievement Award winner Rita Coolidge, guest star 2 time Native American Music award winner Shelley Morningsong with her husband Fabian Fontenelle, Native Blues artist Tracy Lee Nelson, and the best Traditional Native American Dancers from all over the Country. The Long Beach Scottish Rite Event Center-Ernest Borgnine Theater. 855 Elm Avenue Long Beach, CA 90813. nativeharmonies.brownpapertickets.com

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

The Village Anchor Team

Lead: Steve Colman Editor: Jessica Nielsen
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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