

The Village Anchor

Dreamers Become BOLD Bakers

The annual camp, entitled Be B.O.L.D. (for Becoming Outstanding Leaders and Dreamers), inspired a group of teens to become entrepreneurs. What began as a fun bake sale during the CVC Oasis Summer Camp has been transformed into a sustainable social enterprise.

After successfully running a summer bake sale, the teens of the Be B.O.L.D program convinced their advisor they had a real interest in continuing to fundraise for future fieldtrips. In the fall a small group of teens between the ages of 11 and 17 formed the BOLD Bakers bakery and began to sell "Brookies," (brownie and chocolate chip cookies) alongside Rice Krispy treats.

With the help of Occupational Therapy students from CSUDH and USC, along with interns from CSULB, the Bold Bakers began to learn the basics of social enterprise. Weekly they participate in business meetings where they discuss their financial goals, select the chef for the week, and brainstorm creative ways to market themselves. Flyers, word of mouth, and social media were all ideas that the team came up but the most exciting idea was to create a commercial from scratch.



Melissa Chavez, CSULB intern, had experience with film editing and afforded the teens an opportunity to create their first commercial. Teens were divided into three teams where they were responsible for script writing, directing and editing the commercial. During the process the teens were excited about the opportunity to see their vision become reality.

Together as a group the teens are learning how to set financial goals and how to make responsible financial decisions. Their first decision was how to fairly split the money amongst themselves and it was concluded that those who helped prepare the baked goods or participated in the weekly bake sales would earn a portion of the money.

After hosting a table at the CVC Halloween Festival and countless bake sales, the teens accomplished their first goal of raising money for

a fieldtrip. A handful of teens took a fieldtrip to the Lakewood mall where they were able to spend their earnings on food, games, and shopping. While at the mall a 12 year old teen was heard saying, "Earning money is hard work but it feels good."

The bakers will continue to offer a variety of baked goods, and they can be found circulating campus every Friday from 4–5pm.

If you want to view the Bold Bakers commercial you can find it on YouTube: please visit: <https://youtu.be/9gD6Wn5nw2w>

To support the Bold Bakers or for more information please contact, Cherrisse Goodman, 562.388.8080 or stop by the Oasis Community Center.

Big Job? No Problem When CVC Community Comes Together

Veteran's Day was a busy time here at CVC! In addition to the Huntington Beach Elks Club serving all veterans on site a wonderful BBQ meal, another event was taking place in another corner of the campus.

Residents from American Indian Changing Spirits (AICS) and several US VETS programs worked alongside staff, occupational therapy students, and

many community partners to build a new raised planter box garden. They also transplanted and relocated many of the existing plants from the old garden area. The CVC gardens have been providing a tranquil therapeutic sanctuary for the residents for many years. This important amenity is available to all CVC residents through either the AICS or



Continued on next page...

Big Job? No Problem When CVC Community Comes Together (continued from front page)

US VETS programing or through the Occupational Therapist community gardening programs.

In preparation for our newest development, Anchor Place, the gardens needed to move temporarily, but will eventually be recreated in a new location alongside the Anchor Place building.

This was no easy task and required hours of planning and preparation and the collaboration and coordination with nearly a dozen groups. Special thanks to the Occupational Therapy students and the AICS residents for taking a leadership role in accomplishing this task.

Additional thanks to the 50 dedicated volunteers from Bank of America, Molina Healthcare, Century

Villages at Cabrillo, Century Housing, American Indian Changing Spirits and US VETS as well as students and faculty from Cal State Dominguez Hills, Cal State Long Beach, USC, and our landscape company, Valley Crest Landscaping who provided tools, manpower and soil and mulch for the new gardens.

The gardens have moved across campus to the triangle area at the southeast corner of San Gabriel and Willard and will be home to the new gardens for the next two years as we work on Anchor Place. Once the new Anchor Place gardens are ready for US Vets and AICS, it is our



hope that the just built gardens will continue to grow and flourish as a family and children's gardening space.

"Let's Make Lunch"

Ever wonder what to do with chick peas? Or remember hanging out in a friend's kitchen making noodles and talking about stuff? Well, now you have another chance, but only if you show up!



CVC's Occupational Therapy interns are thrilled to be holding a cooking group "Let's Make Lunch!" in the beautiful, new Gateway Community Kitchen twice a week! This group was held every Tuesday and Thursday from 11:00am-12:30pm, and is open to all CVC residents and combines our members' love for food with a great outlet for social time. Participants come from across the community, including residents from U.S.VETS, Changing Spirits, Family Commons, Cabrillo Gateway, and other groups and the time spent cooking healthy foods together has been meaningful for the members and the OT students.

Some of the favorite dishes that they have cooked are vegetarian chili with jalapeno cheddar corn muffins, spicy Asian dragon noodles, harvest chickpea and kale soup, and homemade hummus with whole wheat pita triangles. A couple

comments overheard at a recent cooking group included, "Cooking group teaches me about making healthy decisions, such as portioning what I eat." And another person stated, "I really enjoy learning to cook healthier meals for my mind and body...to just be able to enjoy people and life no matter what situation we're in. We can all mend together, even if it's just over cooking and eating."

All levels of cooking experience and backgrounds are encouraged to come—whether you are a pro in the kitchen or have only used a microwave. This group is about helping each other and building community. Even if you are more experienced in the kitchen, you are invited to join us and share your skills. One of the members, a graduate of Cerritos College with a certificate in Culinary Arts, commented that the cooking group gives him an opportunity to share his knowledge about cooking techniques, kitchen safety, and

the opportunity to help others. He said that cooking group gives him a sense of purpose.

Some of the members talked about cooking and family. "I am very grateful for cooking class. I have five kids at home, and before class, I wasn't such a good cook. Now I can't wait to get home to cook for my little ones." And another said, "My dad was a chef, and I would love to take after him and be like he was. I feel like when I cook, I could find my happy place, and I am able to be myself. Thank you for teaching us and giving us the opportunity to find ourselves."

Another cooking enthusiast, Charlene Hinshaw, known by many as "Scotty" is a LBSH resident. She remembers her first cooking class in September when enchiladas were the recipe of the day. Cooking for Scotty reminds her of warm memories

with her father as they would choose recipes from Japanese and Chinese cookbooks for the other to make. She also remembers putting her son in his high chair while cooking and imitating the famous and flamboyant Julia Child for his entertainment.



Charlene Hinshaw

As a lover of global cuisine, Charlene loves trying new things and enjoys helping those who may be new to the world of cooking. Simple things like assisting others in using kitchen tools properly or teaching how to mix different spices is part of the fun. "The cooking classes make it feel like family and it is a great social gathering for all to talk, laugh and relax." As Scotty puts it, cooking class helps you "get out of self" and have an "attitude of gratitude". And if you were wondering, Scotty still has those cookbooks she shared with her father.

With the holidays coming, the cooking class will be on hiatus until January, but keep an eye on the Community Calendar to find out the new schedule. <http://centuryvillages.org/community-calendar/calendar/>

Veteran's Tenant Council Sponsored 1st CVC Open Pool Tournament

It took three hours, but in the end Bernard Reeves seized his cue with a determined look and sliced the 8-ball cleanly home, a practically backwards cut from four feet. That's the way the tournament ended after ten of Cabrillo's finest players vied for the title of Campus Champion.

The tournament, held in November, started at 7pm in the Cabrillo Plaza pool room and by 10pm Reeves and Kevin Brown held the two remaining cues. Brown, having brought his "A" game, seemed to be primed to raise his cue in triumph, but Reeves would not be denied. Smooth and confident, Reeves played near flawless 9-ball, putting Brown on the ropes early and keeping him there until the very end of the tie-breaking 8 ball game. Congratulations to Bernard and to all who participated!

Century Village of Cabrillo's Tenant Council doesn't only advocate on behalf of all permanent resident veterans, but they sponsor a variety of activities for all campus residents ranging from monthly bingo and periodic poker nights, to their first open pool tournament.

In other tenant council news, the official results of the council's annual election were released last month. For the position of Chairman, Gene Cole-scott was elected for a third term. A newcomer to council politics, Michael Heyman was named Secretary, and Rudy Linder was once again selected to manage recreation and entertainment activities, assisted by Jerald Broadnax. Albert Cheeks was named Treasurer, and Michael Parkhurst was re-elected Meeting/Greeting Coordinator.



Meet Our Staff Elias Salgado, Property Assistant

Please welcome Elias Salgado, our new Property Assistant.

After graduating with his degree in Sociology and volunteering at homeless shelters, Elias Salgado realized he wanted to work in a place where he could help others. Despite his sometimes tumultuous childhood, Elias always maintains a positive attitude and persevered throughout the obstacles. He feels "things could always be worse. So always be thankful for what you have."

Elias was born in Burbank CA, was an awkward, shy and overweight kid that was intelligent and introspective. He grew up under meager means and his family moved frequently around the San Fernando Valley, which made it difficult for him to establish any long-term friendships. Financial struggles compounded an unpleasant home environment. Anger, hostility, and depression were common themes in his home back then as his parents were going through a tough divorce. As the middle child of four, with two significantly older brothers, a fairly absent mother and father, he was forced with the responsibility of taking care of his younger sibling. At the age of seven, his father and mother separated, sharing the custody of the children. Elias vividly recalls the long walk his father took with him to break the news, offering him the "you're the man of the house now" speech. It came as no real surprise, as there was always turmoil and fighting in his home, but it still left him confused and unsure of what the future held for him. But Elias, even at a young age of seven persevered and stayed strong despite his disappointment and the tremendous stress he was feeling.

A few years later, his father eventually found success working in the growing

Latin music industry. Despite his father's success, Elias' family life continued to be difficult for him and he found himself torn between two homes with many people coming and going in his life. Yet, in the face of consistent home life turbulence, he found solace in education and music. At the age of 12 he discovered the joys of music while learning to play the sousaphone in his Junior High School band. He continued to play various instruments through his teenage years, but by his own admission, he was never really good at any of them. It

did bring out a love of music however, which stays with him today.

In High School, making friends continued to be a challenge for Elias. Still awkward, overweight and self-conscious, he remained a good student, but secretly desired to be popular and accepted by his peers. Although completely unfamiliar with the sport, Elias joined his high school football team. His size and determination soon landed him the starting job at left tackle where he became the stalwart

lineman of a championship team. In 2011, he graduated High School and began his college career at California State University, Northridge, while working at IKEA.

Still yearning to better himself and find friendships he so desired he dedicated himself to losing weight- thinking this would help him gain the confidence he needed to make friends. He committed to this, despite the seemingly impossible challenge by running daily. By the end of his senior year, he had lost 60 pounds but more importantly was stronger, more fit, and confident in those oh so important college years. Elias' diligence and confidence ultimately helped him meet several influential friends including his girlfriend. Please stop by the property office and welcome Elias Salgado to our Village.



Social Hall Restoration

Our Social Hall is in for a much needed make over. Thanks in part to the generosity of our County Supervisor, Don Knabe, CVC has secured funds to rehabilitate the Social Hall and adjacent computer resource center. The Social Hall is a vital part of our campus and given its importance to the larger CVC Community, we are committed to re-making the Social Hall in a manner worthy of its central position within our community.

We plan to rehabilitate the entire interior of the Social Hall with new bathrooms, new furniture, new floors, new paint, and an upgraded stage. The Social Hall will be much more inviting and comfortable with the addition of air conditioning! Additionally, we will add counter spaces and private study cubicles for those who use their laptops at the Social Hall for

studying or surfing the net. One of the most exciting features will be a very large television projection screen for big events. Imagine watching the Super Bowl on a screen the size of car! It's happening.

The outside of the building will get a make-over as well. All of this exciting work is scheduled to begin in December and is expected to be complete by next summer. As always, we will work hard to keep noise and dust, to a minimum.



Community Resources From All

Have you thought about utilizing a community room here at CVC? The Social Hall (soon to be renovated), the Valley Room at Family Commons, the Cabrillo Gateway Community room, the new Grand Lawn, and the Stage on the Grand Lawn are available to all residents by reservation. Please stop by the Property Office to reserve any of these community resources for your event. For all residents, there is a room use agreement to be signed and a required \$200.00 damage deposit. Deposits will be returned if there are no damages to the space. Forms of payment are check, cashier's check or money order. No cash.

OASIS COMMUNITY CENTER

2112 W. Willard St. 562.388.8080
Open to all residents.

FINANCIAL LITERACY

Mondays, 11am-12pm

PARENTING

Tuesdays, 11am-12pm

WORK READINESS

Wednesdays, 11am-12pm

OPEN COMPUTER LAB

Monday-Friday, 9-11am

OASIS @ CABRILLO GATEWAY

Located in new Cabrillo Gateway.
Open to all residents.

OPEN COMPUTER LAB

Mon. & Wed., 2p.-5pm,
Fridays, 1pm-4pm,
Sundays, 10am-12pm

Computer classes every other Friday. Times may vary, call Jaylene at 562.388.8082.

HOLIDAY FUN

SANTA AND SNOW COMES TO CVC!

Monday, December 21

1-3pm Santa will be visiting CVC for photos and fun. Stop by Santa's workshop at the Cabrillo Gateway Residential Services Wing for your free photo.

2pm-5pm Join us on the Grand-Lawn for sledding on real snow!

THE QUEEN MARY CHILL

November 20-January 10
A deep freeze will take over the Queen Mary this holiday season as CHILL returns in 2015. Enjoy Ice Skating, Ice Tubing and the incredible Ice Kingdom as a cold front overtakes Southern California. www.queenmary.com/events/calendar-of-events

NEW YEAR'S EVE WATERFRONT FAMILY-FRIENDLY CELEBRATION

Downtown's waterfront amphitheater will come alive with a flurry of activities. Live bands including the return of swing band, Phat Cat Swingers, will energize the crowds throughout the night. And children's activities including face painting, balloon artists and a trackless train will keep the whole family entertained.

Cost: Free For more information please visit downtownlongbeach.org.

MUSEUM OF LATIN AMERICA ART

Free admission and entertainment for families. For more information please contact the museum, 562.437.1689.

FRIDAY WEIGHT LOSS SUPPORT GROUP

Every Friday, 9:15 am - 11:00 am

Christ Lutheran Church: 6500 Stearns St., Long Beach. St.\$2 per week with a \$28 annual membership. Contact: 562.434.5244

FREE LUNCH BREAK YOGA

Mon., Tue., Wed., 12-12:45pm

Free yoga class in Promenade Square Park, Long Beach, CA 90802 (1st & the Promenade). Join us for a health & wellness break. Website: <https://www.facebook.com/Lunch-Break-Yoga-301277686587845/>

Save the Date!

CVC'S SPRING FESTIVAL AND HEALTH FAIR MARCH 2016

Stay tuned for details!

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

The Village Anchor Team

Editor: Steve Colman Writers: Abigail Cruz, Donna Ferraro, Cherisse Goodman, Brett Morales, Melissa Rain Guest Writers: Allen Tyrpak, Gene Colescott, Katie Henderson-Bohrer, Kim Crawford, Oscar Alvarado
Design & Layout: Bartek Malecki

On-Going Meetings. Everyone Is Welcome.

| | |
|---------------------------------------|-----------------------------------|
| TWELVE STEP, ATTITUDE ADJUSTMENT (AA) | 6:30am, Daily, VVRC |
| SELF-HELP RECOVERY MEETING | 6pm-7pm, 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, Dining Hall |

An Amphitheater? A Park? The Grand Lawn



together to share in community activities.

With its grass turf barely settled, the lawn and the stage served as the perfect site for the US VETS recent VIP graduation ceremony, followed by the Summer HOPE Festival where hundreds of families gathered to enjoy the warm summer day, explore community resources, and send children back to school fully prepared. The grand lawn and stage was the perfect backdrop for this event featuring a live band on stage, enough space to host inflatable games for the children and a game of croquet for all.

In September, the lawn got the Presidential treatment when CVC welcomed over 200 veterans,

dignitaries, and VA advocates to a very special VA Town Hall led by one of President Obama's cabinet members, Secretary of Veteran Affairs, Robert MacDonal. In October, the grand lawn enjoyed its first visit from the Cabrillo Marching Jaguars. The Cabrillo High School marching band performed on the lawn to the pleasant surprise of hundreds of

invited guests attending the official Grand Opening of Cabrillo Gateway and the dedication of the Pregerson tower. And just a week later, thanks to our community partner Tesoro Corporation, the lawn was transformed into a spooky playground for our annual Halloween Festival, complete with bouncy houses for kids, a spooky maze with live monsters for the brave, a real pumpkin patch with live scarecrows, crafts, trick or treat stations, face painting, and of course, lots of treats. It was wonderful to see hundreds of our residents come out to enjoy the day with their neighbors.

Large community festivals and events are not the only use for the lawn. It is a community amenity open to everyone. You can often see veterans throwing around a football for their fun Friday events, the Path Explorers afterschool program playing games, the Oasis fun Friday activities, the walking club passing through in the morning as well as others just relaxing and enjoying the open space. So if you have not stopped by yet to experience the Grand Lawn we hope you will soon. It is meant to be enjoyed, to be run on, played on, or just sitting on it, it is meant for the enjoyment of all. It is open to all residents daily but in some cases may be reserved for private events; stop by the Property Office for details about reserving the lawn and the stage for something you may have planned.

Officially reopening in August earlier this year, the new and improved Grand Lawn has already been the epicenter for many community activities. The wonderfully improved space is not just a nice new playground with its sprawling grass and wide open spaces but it also represents a community space where residents and service providers come

Do You Know Your CERT?

A deep rumbling fills the air. The ground shakes violently. Your house bends and creaks as pictures fall from the walls. It's an earthquake. You jump under a table and cover your head until the shaking stops. Car alarms wail. People scream for help. As you head outside and witness the devastation you instinctively dial 911. But there is no answer. The line is dead. You're not sure what to do, so you stand there stunned and confused. Then through the mayhem you see a person in a green vest and hardhat; it is your neighbor from down the street. Then another person in a green vest and hardhat arrives and then another. Soon there is a group of green clad people assembling and organizing. They begin formulating a plan. They are here to help. They are the CERT team!

The Long Beach Community Emergency Response Team (CERT) is composed of members of a neighborhood or workplace who volunteer to be prepared for any disaster that may strike their community. The Long Beach CERT teams work in cooperation with the Long Beach Fire Department to achieve their mission: "Do the greatest good for the greatest number of people."

The CERT training program consists of twenty hours of curriculum and is taught by Firefighters

and other experts in the field. The course begins with four hours on Friday evening followed by eight hours on Saturday and eight hours on Sunday. During these classes, volunteers are educated about awareness and preparedness for hazards that may impact their communities. They also receive hands on training of basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. The training program culminates in a live disaster drill complete with real fires and actors portraying victims in varying states of distress. The drill is chaotic and hectic. It is designed to put the newly learned skills to the test. This is when CERT members get a realistic feel for what they may encounter during an actual emergency situation.

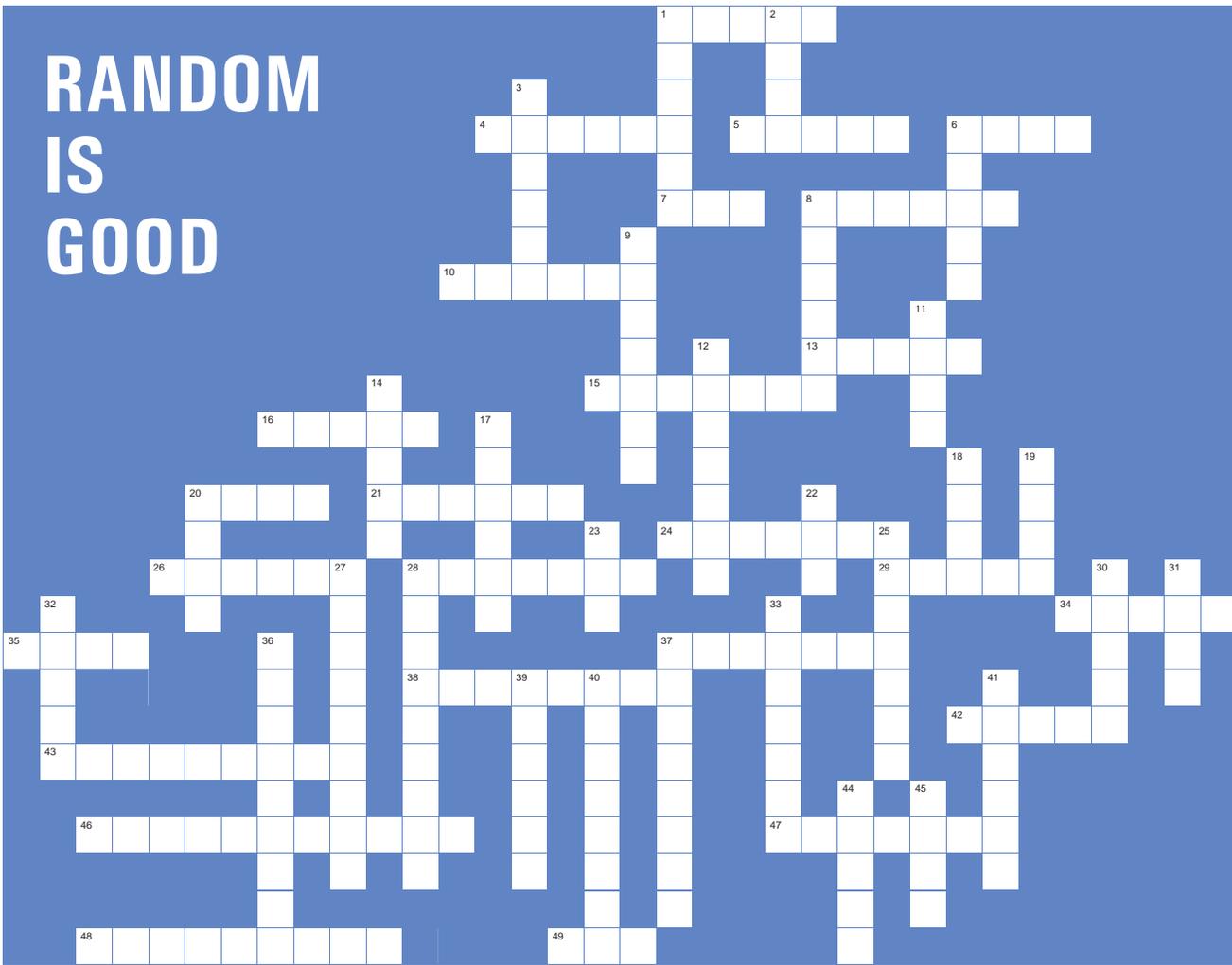
Once the training is successfully completed, a graduation ceremony is held where CERT members are awarded a certificate of completion. CERT members are qualified to assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help.



Anyone who wishes to learn more about the Long Beach CERT program, or is interested in participating can visit their website at: <https://longbeachcert.samariteam.com>. They can also reach out to CVC's own trained CERT members who would be happy to tell you more. Currently, CVC has eleven individuals who are CERT trained. Pictured from left to right are Marshall Rouser, Alejandro Sosa, Ken Stuart, Marvin Jones, Allen Tyrpak, Isidro Tapia, Ivan Galindo, Brett Morales, and Abigail Cruz. Not pictured are CVC residents Robin Young and Jerald Broadnax.

Be aware. Be prepared. "Do the greatest good for the greatest number of people."

RANDOM IS GOOD



Word search answers: Phoenix, Lansing, Juneau, Austin, Pierre, Baton Rouge, Montpelier, Dover, Albany, Des Moines, Saint Paul, Columbia, Charleston, Atlanta, Cheyenne, Salem, Sacramento, Jackson, Bismarck, Lincoln, Hartford, Concord, Richmond, Columbus, Raleigh

Crossword puzzle answers: Across: 1 Table, 4 Rabbit, 5 Knife, 6 Bird, 7 Egg, 8 Butter, 10 Tomato, 13 Lemon, 15 Giraffe, 16 Bacon, 20 Book, 21 Sponge, 24 Carrot, 26 Parrot, 28 Chicken, 29 Apple, 34 Chair, 35 Fork, 37 Bananas, 38 Computer, 42 Phone, 43 Hamburger, 46 Pomegranate, 47 Raisins, 48 Spaghetti, 49 Cat. Down: 1 Turtle, 2 Lion, 3 Vacuum, 6 Bread, 8 Bottle, 9 Cookies, 11 Pork, 12 Oatmeal, 14 Mouse, 17 Pencil, 18 Lamp, 19 Lime, 20 Bear, 22 Dog, 23 Bad, 25 Sausage, 27 Tangerine, 28 Chocolate, 30 Whale, 31 Fish, 32 Couch, 33 Hamster, 36 Margarita, 37 Broccoli, 39 Potato, 40 Tortilla, 41 Cheese, 44 Tiger, 45 Milk

Across

- 1 Has four legs but cannot walk
- 4 Bugs Bunny is one
- 5 Be careful! I can be sharp
- 6 Canary, sparrow, crow, for example
- 7 How 6 across is born
- 8 "I Can't Believe It's Not _____"
- 10 Great in homemade salsa
- 13 What a bad used car is called
- 15 Geoffrey _____, the symbol of Toys R Us
- 16 Can come from a turkey or a pig
- 20 Everyone should read at least one _____ this holiday
- 21 Can hold at least two times its weight in water
- 24 Orange root vegetable
- 26 A pet that can talk and sit on your shoulder
- 28 Grilled, roasted, fried, baked are ways it can be prepared
- 29 An _____ a day keeps the doctor away
- 34 Has four legs but cannot walk
- 35 Stick a _____ in it.
- 37 Yellow and a good source of potassium
- 38 He wants a laptop _____ for school
- 42 SMART _____
- 43 _____ meat is used at "In and Out"
- 46 Fruit with lots of seeds that is hard to eat
- 47 Dried grapes
- 48 Meatballs and _____
- 49 Not a dog, but a _____

Down

- 1 With no shell, am I homeless or naked?
- 2 Has a mane and roars
- 3 Used to suck up dirt from the floor
- 6 _____ and butter
- 8 Soda used to be sold in a glass _____
- 9 Holiday _____ have sprinkles
- 11 Meat from a pig
- 12 Hot grain breakfast food
- 14 Has a pad for its home
- 17 Best if sharpened
- 18 Aladdin had a magic one
- 19 Tart, green fruit
- 20 Pooh, teddy, polar, for example
- 22 Not a cat, but a _____
- 23 Twin, full, queen, king are sizes it can be
- 25 Like a hot dog, but spicier
- 27 Another name for a Mandarin orange
- 28 _____ chip cookies are my favorite
- 30 The largest creature on earth
- 31 Trout, salmon, tuna _____
- 32 Instead of his bed, he fell asleep on the _____
- 33 Furry pet, kept in a cage
- 36 _____ usually has less fat than butter
- 37 Vegetable in the cabbage family with green stalks and flowery head
- 39 Can be sweet or mashed
- 40 Needed for burritos or tacos
- 41 Do you want cheddar or American _____?
- 44 Really big cat with stripes
- 45 Great with cookies

STATE CAPITAL WORD SEARCH

- OXPIEHN _____
- ANSGIL _____
- EUAJUN _____
- ATSIU _____
- EPRIER _____
- UABOGERNTO _____
- OELRENTMIP _____
- VOEDR _____
- NAYLBA _____
- ESNIOSDME _____
- SALPANUIT _____
- CMUIOBLA _____
- CSTELHNARO _____
- ALNAATT _____
- EEYNCHNE _____
- SLAEM _____
- OERANAMSTC _____
- ASONCJK _____
- KIMARCBS _____
- LLOINNC _____
- HRDRATFO _____
- CRDOCNO _____
- MHOICDRN _____
- BCOSLUUM _____
- HALGRIE _____