



Wind of Reason

by Ken Stuart

I raised my voice to the empty sky...
complaining of my burdens...
A breeze whispered softly in response,
"be grateful for such things."
"Grateful?" I questioned.
This time without utterance...
The wind returned and answered with this;
"If with every tear you find a lesson,
you will learn to smile."
"With every breath you hold sacred,
your exhalation will find song."
"If you love yourself while you're alone,
others will join in."
"And, a single, thankful thought is your greatest prayer."
"In the accumulation of such things,
you will find the sum of life."
I knelt and thanked the sky with my greatest prayer.
And, suddenly, it wasn't empty at all...

Hopes and Dreams Expressed Through Art

If asked what your hopes and dreams are, would you know how to answer? Over the past few months a group of middle school students from Long Beach's Westerly School have been coming to the Oasis Community Center (OCC) in hopes of helping answer that very question, and they're doing it through art.

The program was broken down into several small sessions. The first session involved pairing the students from Westerly with an OCC student to begin the process of self-expression through art. Over the next hour each group was responsible for telling a story using only pictures. After the pictures were completed, each group was responsible for electing a student to stand up and describe their hopes and dreams. According to one seven-year old OCC student, "a dream is something you don't have now, but if you work hard you can have someday."

Many times the children which attend the OCC feel stressed about their living situation and need a positive outlet. The students from Westerly were able

to become "surrogate" big brothers and sisters over the duration of the project which allowed the OCC students to relax and not focus on their worries.

The second session consisted of students drawing out their hopes and dreams. Many drawings included going to college, becoming an athlete, and being surrounded by love. The Westerly staff members then took the drawings back to their school and transferred the drawings onto 20 master canvases.

Once the final session rolled around, the OCC students were greeted with a room full of snacks, Michael Jackson songs blaring in the background, and most importantly, 20 canvases that were awaiting their creativity. Adorned in their smocks, all students were given a short tutorial on how to mix paint and use proper brushes. Upon completion of the tutorial, students

were allowed to paint any canvas they wanted. This freedom appeared to be very cathartic for a lot of the students. Many of the students found themselves singing along to "Beat It" while finding their perfect canvas.



Final touches and lacquer have been applied to the canvases which are now being displayed at the KaBoom! playground for all to enjoy. Come by and check out the students' artwork!

New Gardening Opportunities Open To All Residents

A new directed gardening and crafts program is rolling out here at CVC thanks to the collaboration between Century Villages at Cabrillo, U.S. Vets, Long Beach Community Action Partnership and the Mokichi Okada Association (MOA).

The four-month pilot program is the steppingstone to having a true community garden on campus amidst the urban Long Beach landscape. The pro-

gram will bring gardening expertise and enthusiasm for learning and sharing to residents here at CVC.

Susan Brislin of the MOA and student volunteers from CSU Dominguez Hills will be on-site on Thursday afternoons and Friday mornings leading directed activities at the CVC garden sites. Susan will be assisted by resident Tony McMahon as they help residents get the planter beds ready for spring

planting and everyone who gets involved will be able to share in the harvest.

If you would like to dig in the dirt, plant veggies, learn how to prepare home grown food, or just want to hang out and socialize with your neighbors, please check in with Susan through the Oasis Community Center on Thursdays and Fridays to see how you may participate.



Pastor Jeffrey Bradley's Cabrillo Church in Christ

With his compassionate nature, unwavering determination to advocate for those in need, and a genuine smile, Pastor Bradley's fervor for God is not only apparent in character, but also in the actions of his daily life. Pastor Jeffrey Bradley, also an employee of U.S. Vets, spearheaded the Cabrillo Church in Christ—an uplifting non-denominational church service open to all residents. When asked to explain the purpose of Cabrillo Church in Christ, Pastor Bradley proudly declared, "Our mission is to provide spiritual enrichment for the residents of Century Villages as well as the surrounding community. The core message is to love and obey the word of God and love your fellow man."

Jeffery Bradley obtained his Bachelor's degree in Biblical Studies from Los Angeles Bible College and is now an Ordained Minister of the Gospel of Christ licensed by the State of California. Both a former fireman and U.S. veteran, Pastor Jeffery has ministered in his community for over 10 years with honest devotion to Christ and functional understanding of the Bible.

Services for the Cabrillo Church in Christ commence each Sunday in the Social Hall from 10:30am to 12:00pm with Sunday school classes provided for children, as well as a bible study every Thursday at 7:00pm also in the Social Hall.

New Dining Hall Cook

William Carpenter was born and raised in New York City, where his passion for cooking began at a very early age as a result of being around the kitchen with his grandparents. He began his cooking career in New York where he worked for several fast food restaurants. It was 27 years ago that William felt the desire to move to California, where his cooking continued in the fast food business. His passion for cooking grew, and William decided to go to school to enhance his cooking career. He enrolled and completed California Culinary School in San Francisco attaining a Chef Degree.

After school he started his own catering business in Los Angeles, and after about six years in the catering industry, he decided to return back to the full-service restaurant industry where he worked for various hotels. When the opportunity with U.S. Vets presented itself, William jumped at the chance.



Being a veteran who served in the United States Marine Corp, William was able to apply his passion for food while serving his fellow veterans.

Now the Kitchen Manager for U.S. Vets, he is eager to enhance the dining experience for the community here at Century Villages. He is working to add more versatility to the dining options offered, and to make the dining hall a more warm and inviting place to eat.

Welcome Hacienda of Hope and HopeWell

The Century Villages at Cabrillo would like to extend a warm welcome to our newest collaborative partners, Mental Health America of Los Angeles (MHALA). MHALA has partnered with Project Return Peer Support Network (PRPSN) to introduce two new peer-run services that will be offered starting later this spring. These two services, the HopeWell and the Hacienda of Hope, will be interconnected and co-located at Building 10 on our CVC campus.

The "HopeWell" will be a Peer Integrated Service Management (PRISM) program that will provide walk-in community resources for adults recovering from mental illness.

The "Hacienda of Hope," a peer-run respite care model will be an exciting innovation in mental health recovery. Respite facilities provide a short-term alternative to hospitalization for adults experiencing a temporary crisis. It is run by peers who provide perspective, support, and a caring environment with specific tools for managing recovery. These homes can be much more effective than emergency

hospitalization for both short and long-term needs.

Their staff is uniquely qualified to provide support and recovery tools because each of them is in recovery and most have received services from the mental health system themselves.

The PRPSN provides several core programs throughout Los Angeles County, including the County's first after-hours telephone Warm Line for people experiencing mental health issues, available at:

English: (888) 448-9777 Spanish: (888) 448-4050

The PRPSN is in its 18th year as a peer-run organization. As people who have experienced both sides of the mental health system, they provide hope, education, and direct support to those living with mental illness. They stand beside others, not as experts, but as true peers who continue to live this journey every day.

Congrats Plaza Suite 344!

Due to their amazing housekeeping habits, Plaza suite 344 was awarded this month's Suite of the Month Award. Located in our Cabrillo Plaza building which houses single veterans, the award winning suite is comprised of Peter Koletty, also the House Rep, Nathaniel Perkins, Harvey Wofford, Angel Ronquillo Jr., and David McCoy.

When asked about why he became House Rep, Peter replied, "because it's the mom in me." Nathaniel was not surprised when he found out that they were selected the suite of the

month and felt very encouraged to continue keeping the suite clean. He commends Peter for being the driver in making sure all the house mates maintain the cleanliness of the suite. When there are tasks to be done, Mr. Koletty makes sure to inform all the house mates. No one is specifically assigned to a certain household duty, all are involved and it's a team effort. When Peter is gone, they pitch in when there is a need. Congratulations Suite 344! Great job and keep up the good work!



Meet Our Staff



Steve Colman
Executive Director

The first thing you will notice when you meet Steve is the passion he has for our community. You will also notice a glimmer of heartfelt emotion in his eyes when he talks about CVC, our residents, and supportive staff, often referring to our community as "a very special place."

Steve was born in the small town of Cumberland, Wisconsin and is the youngest of 6 siblings. His parents, both factory workers, struggled in order to provide for this large family. After his father became disabled, his mother became the matriarch of the family and was tasked as the sole provider. Although times were tough, she never let her family feel the struggle. It was her inner strength that influenced him the most and propelled him to succeed throughout his life.

In high school, Steve found his natural leadership talents. He was a two year varsity starter in football and basketball and graduated in the top five of his class. After graduation, Steve attended Macalester College, a private liberal arts college located in St. Paul, Minnesota known for its internationalism, diversity, and a commitment to service. He then spent two years in upstate New York working as a counselor at an adolescent treatment facility before making the cross country journey to California.

After spending 5 years as a case manager for Big Brothers of Greater Los Angeles and now nearing 30, he decided to expand his horizons and his economic opportunities and venture into the corporate world. He spent the next 18 years in corporate administration, all the while thinking he might one day go back to the nonprofit world. During this time, Steve met and married his wife, Nancy, who was also born and raised in Wisconsin and whose career had also brought her to California. Steve was 36 when their son, Adam, was born.

After enduring two layoffs Steve returned to the nonprofit world as a Vice President with Century Housing in 2003. Shortly thereafter, he was tasked with overseeing CVC's operations from afar, but continued to increase his involvement with the entire CVC community. Today he is proud to be the Executive Director for CVC, and he is ready to build on the opportunities CVC provides to its residents, service providers, and staff for years to come.

Villages Staff Volunteer for 2013 Homeless Count



What were you doing at 5:00am on January 24th, a rainy Thursday morning? While most of us were still warm and asleep, many staff members from different organizations working on campus were out in the elements participating in the 2013 Homeless Count for the City of Long Beach. This was the sixth time the City of Long Beach has conducted this count since the Federal government began to require it from cities receiving funding from the Department of Housing and Urban Development. This national count takes place during the last 10 days of January, every other year.

Staff, along with over 200 volunteers, canvassed the city conducting a census-like count of those experiencing homelessness. Jessica Garcia Ruiz from the Century Housing corporate office participated in the count and said, "Participating in the Homeless Count has really opened my eyes to what it is we are trying to do at CVC. I was able to go beyond just the numbers that I work with on a daily basis. It was definitely an experience that I will never forget, and I'm definitely more humble

and grateful for the little that I do have."

In 2011, Long Beach reported that the number of homeless persons in the city had increased to 4,290, up 9% from 2009. Of the 4,290 persons 3,704 were adults and 586 were children. The numbers from the 2013 count will be released in a report later in the year.

Conducting the count is critical as the amount of funds from Federal, State, and Local sources are allocated based on the city's need. These funds help fuel a common mission of ending the cycle of homelessness. It is also an opportunity to introduce those experiencing homelessness to the myriad of resources available to them in the City of Long Beach. Melissa Rain, an employee of Century Villages Property Management, added "On the day of the Homeless Count I was wearing the Homeless Count t-shirt. On my way home, I went to the gas station. As I walked inside, I ran into a homeless man. He saw my t-shirt and thanked me for being a part of the homeless count."

ADULT ENRICHMENT WORKSHOPS

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

Fridays, 1pm–2:30pm
INTRODUCTION TO COMPUTERS

Monday–Friday, 3pm–5pm
AFTER SCHOOL PROGRAM

Open to school aged children kinder–5th grade.
For more information call Cherisse Goodman at 562.388.8080.

FAMILY FUN

Saturday, March 16, 10am
BIRTHDAY PARTY & BEACH CLEANUP
1 Granada Ave. Free performance to celebrate Community Action Team's 10th Birthday.

Saturday, March 23, 10am
COMMUNITY EASTER EGG HUNT
Crafts, a short Easter message, three age-appropriate egg hunts, snacks and parent prizes! Free. Bethany Lutheran Church, 4644 Clark Ave., Long Beach, CA 90808. 562.421.4711

Saturday, March 30, 9am–1pm
PRESCHOOL INFORMATION FAIR
4658 Woodruff Ave. Lakewood, CA 90713. Free and open to the public, offers parents a forum to receive information about area preschools, summer camps, and educational programs. Kids will enjoy entertainment and crafts.

MUSEUM OF LATIN AMERICAN ART
628 Alamitos Ave. Long Beach, CA 90802. Free admission every Sunday.

Saturdays
FARMERS MARKET & CENTER SPACE
Admiral Kidd Park. 2125 Sante Fe Ave., Long Beach 90810. Free admission for all: Zumba, yoga, soccer, artists, musicians, and more.

First Saturday of Every Month, 1–4pm
FREE CREATION STATION
Rancho Los Cerritos. 4600 Virginia Road. 562.570.1755. Intended for children ages 6-10

Second Saturdays of Every Month, 4–10pm
SATURDAY ART WALK
Downtown Long Beach East Village Arts District. 562.682.9735. www.Artwalklb.com

HEALTH
Monday–Saturday
FREE HEARING TESTS
Jay's Hearing Aid Center. 3740 E 7th St. 562.433.6701.

Monday–Thursday
FREE BLOOD PRESSURE SCREENING
St. Mary Medical Center. 1027 Linden, Long Beach. 562.491.9811.

ANXIETY, DEPRESSION, STRESS, ANGER MANAGEMENT
Recovery International Burns Community Center. 5510 Clark St., Long Beach. 562.438.1048.

FREE MENTAL HEALTH WORKSHOP
Wellness Center. 1070 Atlantic Ave. 562.433.4238

Saturdays, 9–10am (Offer ends March 31)
FREE ZUMBA
Body Sport Capoeira Dance Studio. 2236 E 7th St. Free until March 31, \$5 after.

Saturdays, 10am
BOOT CAMP
Heartwell Park (corner of Bellflower & Heartwell). For More info contact: 4195 N. Viking Way St 170. 562.497.9000

Tuesdays and Thursdays, 10–11am
FIT & FIRM FLEXIBLE EXERCISE
Memorial Integrative Wellness Center. 2600 Redondo. 562.933.1650. \$5 fee.

SENIOR CLASSES
Wednesday, 12:30pm–2:30pm
FREE SWING DANCING CLASSES
Eldorado Park Senior Center. 7550 E. Spring St., Long Beach. 562.570.1771.

Mondays & Wednesdays, 11am–12:30pm
FREE ART CLASSES
2799 Temple St., Long Beach. 562.981.9500 ext 2223

Tuesdays & Thursdays, 11am–12:30pm
COOKING ON A BUDGET
Bixby Senior Center. 130 Cherry Ave, Long Beach. 562.682.0911.

Volunteer Opportunity

Long Beach VA Hospital BLDG 500 houses many injured veterans. The first floor is comprised of veterans who can move only from the waist up and can use wheelchairs. The second floor is comprised of veterans who are in more severe circumstances; they cannot move from the neck down and need a lot of medical attention. Volunteers with the Cabrillo Church in Christ go to provide both floors with gifts and support.

Join the Cabrillo Church in Christ as they visit the Long Beach VA hospital every first Saturday of the month from 4pm to 5pm. The group meets at 3:30pm at CVC to meet for a carpool and usually returns to the CVC campus by 5pm. This visit is open to all who want to join.

If you have a suggestion for improving the newsletter or would like to submit a story, please call us at (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