

The Village Anchor



Century Villages at Cabrillo

2001 River Avenue, Long Beach, CA 90810
(562) 388-8000 www.centuryvillages.org
www.facebook.com/centuryvillages

Edition 12

Anchoring the Spirit of the Century Villages at Cabrillo Community

Winter 2013

Cabrillo Gateway Officially Underway!

Construction on a new apartment building at the Villages is officially underway! The new building, Cabrillo Gateway, will be a 4-story, 81-unit affordable apartment building sited at the foot of the campus. Set to debut in the summer of 2015, the building will house eligible households in one-, two-, and three-bedroom units. The development will transform the entry to the Villages and will result in significant improvements to our "Grand Lawn" recreational space. The ground floor of Cabrillo Gateway will contain space for a future health clinic, an amenity we are most excited to bring to our community.

Construction is charted to last from December 2013 through June 2015. What follows is a basic timeline of the sights and sounds you can expect over the next six months:

December 2013 through January 2014: Two very tall rigs which will install deep gravel columns into the earth to stabilize the soil. This process will cause noise and vibration for six to eight weeks and will likely include Saturday work. Many trucks containing gravel will travel to and from the site.

January 2014: Installation of underground utilities will begin. Some work will occur to make the new sewer and storm drain connections. Work will also occur in the Grand Lawn area to improve the storm drainage and to reduce the impact of storm water on the Grand Lawn area.

February and March 2014: Preparations for the building's foundation will begin. Digging and removal of soil will occur, followed by forming the foundation, and delivery and installation of steel rebar.

April 2014: The concrete for the foundation will be poured. A stream of concrete trucks will assemble on Technology Place for the concrete pour, which will last one or two days. Shortly after the foundation is poured, the erection of the concrete block walls for the first floor will begin.

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



Fencing and Signs: Fencing will be installed around the site. The site is dangerous at all times and residents, staff and visitors are NOT PERMITTED to enter at any time. Areas around the project site, such as some portions of Technology Place and San Gabriel Avenue, will also be impacted, and will be temporarily off limits to residents, staff, or visitors. The site will be monitored by a security guard and will contain live video surveillance.

Project Entrance and Sidewalk Closure: The contractor will make an entrance to the site just beyond the guard shack along San Gabriel Avenue. This entrance will require the closure of the sidewalk in this area between 8am and 5pm, Monday through Friday, for the duration of the work. At the conclusion of each work day, this pedestrian sidewalk will reopen for pedestrian traffic after hours when the pedestrian gate is closed.

Truck Traffic: The contractor will make their best effort to schedule truck visits to avoid the morning rush hour. 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.

Grand Lawn: Unfortunately, the Grand Lawn area will not be accessible until the project is complete due to safety precautions.

Many years in the making, with a foreseeable future in sight, Cabrillo Gateway will soon provide 81 new homes to those in need.



The project includes a new pedestrian gate, upgraded campus entry, and a service center accessible from the main courtyard.

What is F.O.G.?

- a) Free Online Games
- b) a restaurant in Melbourne, Australia
- c) Forward Observation Group
- d) None of the above

The answer is "d", none of the above. FOG stands for Fats, Oils and Grease and the City of Long Beach is encouraging all residents to keep FOG out of our sewers! FOG attaches to the inner lining of the plumbing system and over time, FOG buildup can actually block the pipe. This blockage causes the sewage to overflow into storm drains which eventually lead to and contaminate the ocean. FOG is expensive to remedy and could cause health issues since it is a breeding ground for bacteria, insects and vermin. High bacteria levels will contaminate the flow in the storm drain and causes risks for ocean swimmers and marine life.

What can we do at CVC to help eliminate FOG from our sewers, you ask? These ideas are from the City of Long Beach website:

- Use less oil when cooking
- Use liquid oil instead of solid grease, shortening or lard
- Dry wipe or scrape grease and food scraps from dishes, pots, and utensils into a can or the trash for disposal before washing in sink or dishwasher

It's easy to make a difference! When it comes to cooking with oil: Cool it. Can it. Trash it. This also helps prevent nasty grease lines when taking out the trash. Let's go green and keep FOG out of our pipes.



Serving Those Who Served



Jim Hansen
Executive Director,
U.S.VETS

When I joined U.S. VETS-Long Beach as Executive Director a little over a year ago, I didn't know much about the operation beyond the fact that we had a staff of 65 serving 550 formally homeless veterans. Today, I know two things. This is an amazing organization and my job is the most rewarding of my entire career.

What sets this operation apart from any other in my professional experience is that it is all about people. Our mission is to serve men and women who have served our country. It is that simple. However, the implementation of that mission is as challenging as it is rewarding.



Our clients often face an array of issues ranging from substance abuse, social and physical barriers and unemployment to military sexual abuse and traumatic brain injury. While we had a highly qualified staff up for these challenges, I saw a void in organizational leadership. Consequently, I have recently filled three key management positions and will soon fill a fourth to increase the level of service to our veterans.

Shannon Parker, our new Program Manager, joined us in September. Since 2007, she held two senior management positions at the Skid Row Housing Trust in Los Angeles. With her MPA from CSU Northridge and 20 years of professional experience, she has already made several key program improvements.

As part of our effort to improve the clinical performance throughout all of our programs, we just hired Susan Michael, Psy.D, LMFT. Since 2008, Dr. Michael was the Clinical Supervisor in the Children's Counseling Center of St. Francis Medical Center in Lynwood. Prior to that, she held the position of Adjunct Instructor at Mount St. Mary's College. I am excited to bring her expertise into our operation and address a number of challenging issues.

In early December, we will welcome Sara Sedlik as our new Clinical Supervisor in our Women's Program. She received her M.A. in Clinical Psychology from Antioch University and will be instrumental in raising the "clinical bar" of ADVANCE and our Women With Children programs. When the Operations Manager position is filled by the end of this December, U.S. VETS Long Beach will be poised to serve our valued clients at the highest possible level. Something they deserve in return for serving our country.

Many Improvements Ahead

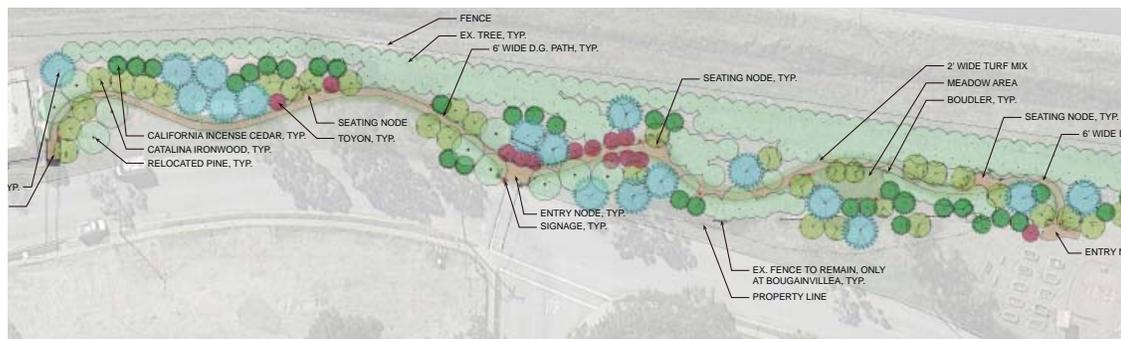
Keep your eyes open for some upcoming improvements here at the CVC campus. First on the list, our basketball court will be repainted, have a wider space and have a barrier wall to retain the surrounding landscape. A ramp for ADA access will be available as well.

Second, in an effort to improve air quality and sustainability, an Urban Forest will be created on the west side of campus. Coming soon will be

meandering pathways using decomposed granite as well as seating areas from the foot of the campus up to the KaBOOM! playground. Ninety additional trees will be planted along with the current one-hundred, eighty trees standing.

Third on the list, in an effort to improve energy costs and utilize green energy, we will be converting a portion of our Cabrillo Plaza building to solar energy. Solar panels will be installed and attached to the additional carports that are to be built.

Lastly, towards the end of 2014, a 3,200 square foot maintenance facility will pop up. With the construction of Cabrillo Gateway, the old maintenance facility located behind the U.S. VETS' offices was demolished to make room for the new development.



A Frightful Feat

With the assistance of 36 program staff volunteers, Oasis resident and the Oasis Community Center transformed its 2nd annual Halloween haunted house. Volunteers could be found hanging spider webs, covering windows, painting each other's faces, and creating themed music cd's to ensure the best haunted house thus far. For two days over 150 residents, dressed in their best goblin and ghoul costumes, were able to experience the fright and scare of their own area that little "monsters" were able to enjoy their own area that included "pin the bone on the skeleton," a pumpkin patch, and of course, treats to enjoy. "The haunted house was very exciting. I didn't need to go to Knott's Scary Farm," said one parent of three children. On All Hallows' Eve, in addition to the frightful haunted house, organizations throughout the community set up trick or treating stations for the 300+ children on-site who would otherwise have nowhere else to go. Along the trick or treating path of over 15 stations children were also able to take a wheelbarrow hay ride around the community garden thanks to the veteran's community garden program.



Veterans Day at CVC

A sunny and warm November day greeted the veterans at Century Villages at Cabrillo this past Veterans Day. With wonderful support from the Huntington Beach Elks Lodge, who provided a BBQ lunch with all the fixings, veterans and many family members were able to share stories over good food. Held in the courtyard area at Century Villages at Cabrillo, the vibrant community event kicked off with a warm welcome from U.S. VETS Executive Director, Jim Hansen, followed by Long Beach Mayor, Bob Foster. Mayor Foster shared his thanks with all the veterans for their service and sacrifice and underlined his and the City of Long Beach's pledge to help end veteran homelessness.

The rest of the day's entertainment was provided by Mud Bone Clark and the Full Tilt Blues Band who had several local musicians sit in, including our own Jimmy Lee Walton who served in the U.S. Air Force.

The attendees were reminded why the day is celebrated across the country. In 1919, President Woodrow Wilson proclaimed November 11 as Armistice Day to commemorate the end of the War to End All Wars, World War I. The end of the war happened at the 11th hour, of the 11th day, of the 11th month, so that is why November 11th was chosen. Congress changed the name to Veterans Day in 1954. A legal holiday, Veterans Day honors all who have served in the nation's armed forces.

When you meet a veteran, remember to thank him or her for their service, whether it is Veterans Day or not. Thank you to all veterans for your service!



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A big thank you to all our donors! Our work depends on your generosity and support.

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ADULT WORKSHOPS OASIS COMMUNITY CENTER

2112 W. Willard St. 562.388.8080.



HOLIDAY FUN

November 22–January 5
QUEEN MARY'S CHILL

Enjoy SoCal's only frozen holiday event featuring more than 2 million pounds of ice. For more ticket information please visit: www.queenmary.com/chill or call The Queen Mary 866.554.0013.

Mondays, 10am–11:30am
HEALTHY FAMILIES

Tuesdays, 9am–10am
CONFLICT RESOLUTION PEER SUPPORT
Offered by Hacienda of Hope, open to all residents.

Tuesdays, 10am–11:30am
PERSONAL ENRICHMENT

Wednesdays, 10am–11:30am
CAREER PLANNING

December 19, 3:30–6:30am
RESIDENT HOLIDAY PARTY

Come by the Social Hall and enjoy holiday fun with Santa and friends. For more information please contact the Oasis Center, 562.388.8080

Thursdays, 10am–11:30am
FINANCIAL LITERACY

Fridays, 9am–10:30am
INTRO TO COMPUTERS (BEGINNERS)

Fridays, 9am–10:30am
INTRO TO COMPUTERS (ADVANCED)

Monday–Friday, 3:30pm–5pm
AFTER SCHOOL PROGRAM

Saturday, December 14, 5pm
DAISY AVENUE CHRISTMAS PARADE

Bring your blankets, chairs and don't forget to bundle up. You won't want to miss one second of the magic! The parade runs along Daisy Avenue between Burnett Street and Pacific Coast Highway.

On Going Meetings—Everyone Is Welcome

TWELVE STEP, ATTITUDE ADJUSTMENT (AA)	6:30am, Daily, Social Hall
WEDNESDAY NIGHT CAP (AA)	7:30pm, Wednesday, Social Hall
NEW LIFE (AA)	7:30pm, Friday, Social Hall
IT TAKES A VILLAGE (CA)	4:30pm, Saturday, Social Hall
SELF-HELP RECOVERY MEETING	6pm, Tuesday, VVRC
CHANGING SPIRITS AA MEETING	7pm, Sunday, Changing Spirits

If you have a suggestion for improving the newsletter or would like to submit a story or event, please call us at (562) 388-8065 or email villageanchor@centuryvillages.org.

The Village Anchor Team

Lead: Steve Colman
Editor: Jessica Nielsen
Staff Writers: Donna Ferraro, Cherisse Goodman, Joseph Haywood, Brett Morales, Melissa Rain, Ken Stuart
Contributing Writers: Jim Hansen, Linda Mele, Brian D'Andrea
Design: Bartek Malecki