

## Cabrillo's Best Kept Secret

The oldest resident organization here at Cabrillo Villages may also be one of the best kept secrets. Formed in 2007, Villages at Cabrillo Veterans Tenant Council was created to advocate on behalf of all permanent veteran residents.

From bike racks to street lights, speed bumps and a lot more, the Tenant Council has made a big difference in the lives of village residents. Old timers on campus may recall the long walk down PCH to McDonalds just to catch the bus, a challenge for wheelchair-bound vets. After lengthy lobbying, letter writing, petition gathering and negotiations, the Tenant Council helped the entire Villages at Cabrillo collaborative of residents, service providers and neighboring property owners to work with Long Beach Transit to extend two routes to our River Avenue gate. The Tenant Council was also largely responsible for convincing Property to install the pedestrian gate, helped establish the rules, and provided many of the volunteers to man the post.



The Council also sponsors a wide range of activities for veterans and nonveterans, such as bingo, pool, card tournaments, dances, fish fry nights, fundraisers, and many more.

Jacqueline McCaster (U.S. VETS) has been staff liaison since the council's formation, and Gene Colescott currently leads the tenant council, now in his second term as Chairman.

Every permanent veteran resident of Villages at Cabrillo is a member of the Tenant Council, giving

them the right to attend and vote on council matters at each meeting. Members elect new officers annually and everyone is encouraged to participate.

Tenant Council meetings are held on the third Thursday of every month in the Cabrillo Plaza community room and all campus residents are welcome to attend.

To learn more about the Tenant Council, to submit a suggestion, or request assistance, visit their website at [www.cvctenantcouncil.org](http://www.cvctenantcouncil.org).

## Eating Healthy on a Budget Makes its Debut

CSULB MBA students Danny, Virginia, Rafahael, and Dolores held classes in the U.S. VETS Dining Hall on May 1<sup>st</sup> and May 8<sup>th</sup> to teach residents about eating healthy on a budget. These four passionate students gave two lunchtime seminars at the U.S. VETS kitchen in collaboration with the kitchen staff. Ms. Alcantar said, "This is a great opportunity to support our U.S. veterans who selflessly served our country as well as all the residents at CVC." At the seminars, the MBA students covered topics such as healthy low-cost recipes,



locations for purchasing affordable healthy food, diabetes, hypertension, food size portions, and the five food groups that are the building blocks for a healthy diet. Steve Colman, Executive Director of CVC, said, "The lunchtime seminars on healthy eating on a budget were very well received. The kitchen staff was very impressed with how the MBA team related to the veterans in attendance,

answered their questions, and accepted their comments." During the lunchtime seminars, the veterans in attendance taste-tested two different recipes that the MBA team recommended, Tuna Melts with Avocado and Grown-Up Grilled Cheese. A special thank you to the kitchen staff and William Carpenter for preparing the healthy meals.

Besides presenting the first two lunchtime seminars, the MBA team created a full seminar curriculum, developed a job description for a teacher-volunteer position, marketing plan materials for the seminars, compiled low-cost healthy recipes to be used at future demonstration seminars and for resident use, and a business case to bring affordable healthy food to the campus store. The MBA team tackled the job with enthusiasm and professionalism. Thank you to all of those who participated!

# SUMMER CAMPS

Unleashing the fun for CVC's youngest residents

As Summer approaches at the Villages at Cabrillo CVC and partner agencies are hard at work planning fun activities for the children and families who live here. We plan to have lots of fun events and programming available throughout the summer including Summer camps, our annual Summer Festival in August, special classes and programming through Oasis, and much more. Check the Oasis Center bulletin board and calendar often for updated details.

## Path Explorer's Sizzling Summer Camp

Join us for a sizzling summer camp filled with activities like.... building Shooting Rockets, Explosive Science Experiments, Cuisine Cooking classes, Mellow Movie days and Interactive Field trips! Held July 6 – August 17, 2015 and is open to Family Commons youth, ages 5-13yrs. \*Youth must be residents of Family Commons. For more information please contact Vincent, 562.299.5730, or stop by the Valley Room B.



## CVC Rocks

Starting June 2<sup>nd</sup>, The Rock Club is hosting a 6-week choir program on site every Tuesday culminating in a performance July 14<sup>th</sup>. Choir practice will be every Tuesday from 10am to noon. The choir is open to adults and teenagers who are at least 15 years of age. Stop by the Oasis Community Center for more information.

## Be B.O.L.D Summer Day Camp

The Oasis Community Center will offer Be B.O.L.D (Becoming Outstanding Leaders and Dreamers) Summer Day Camp for youth K-12. Youth must be residing in non-permanent housing. Held through the month of July, campers are able to experience sports, nutrition, leadership and friendship.

With the assistance from Occupational Students at CSUDH, our instructors create a camp culture based on caring and a true sense of community. Campers will learn to develop social skills and learn to communicate with their peers and fellow campers through our fun filled themed weeks. Themes include Wellness Week, Dream Week, Community Week, and Fantasy Week.

For more information about Be B.O.L.D. summer day camp, please stop by the Oasis Community Center or call Kaitlyn Taylor at 562.388.8067

## Camp Harmony

Camp Harmony is a 5-day overnight camp in Malibu sponsored by United in Harmony Group. Camp is held August 18-23 and open to anyone age 7-11 years old living at the Villages at Cabrillo. See your Path Ventures Case Manager or stop by the Oasis Community Center after July 13<sup>th</sup>.



# CVC Entrance Getting a Facelift



Open Sesame! Big Enhancements coming soon to the vehicle and pedestrian entries at CVC.

As part of our community effort to enhance safety for vehicles and pedestrians, we are improving our campus entries. In a staged roll out, CVC residents will receive a "key fob."



A key fob is a small token-sized piece of hardware that goes on a key or ID chain and is used to open doors to which the key fob holder has been granted access. Each key fob

is programmed individually to allow the user entry into CVC (i.e., elevator lobbies, community rooms, pedestrian gate or vehicle gate). Your key fob will be programmed just for you!

Most CVC Residents will receive a key fob that will be used to open the new pedestrian gates at the River Avenue and San Gabriel Avenue entries. The pedestrian gates are in the process of being installed now. Each gate will have a key fob reader and intercom mounted next to the pedestrian entry door. If you have a car, your key fob will also operate and open a new vehicle gate at the campus entry on San Gabriel Avenue. To operate doors and gates, simply hold your key fob up to the reader and the door will be unlocked or the gate arm will rise, allowing you to walk or drive through.

These improvements will make the campus more secure. Every time a key fob is used to open a door, there is a record of that use.

We look forward to implementing these new access measures this summer. It is our hope that they will contribute to an even safer and more secure CVC.



# Self-Confidence and Dependency

"You cannot help men permanently by doing for them what they could and should do for themselves"

—Abraham Lincoln

If Mr. Lincoln would be alive today, I believe he would agree with me that many people go through life leaning or depending on another person for approval and lose their individuality.

Dependency is degrading. Dr. Robert Anthony, author of *The Ultimate Secrets of Total Self-Confidence* states, "Dependency is slavery on mutual agreement."

It is degrading for both the person who is dependent and the person who is being depended upon. The leaning dependent individual cannot stand on his own two feet to face life and solve his problems. He needs something or someone. He might start an addiction to alcohol or drugs and if

this is not enough he continues with the addiction to people. He gets "fixed" on a person and if this person does not return his "Hello" he is "wounded," gets mad and manipulates the situation while possibly harassing or bothering the other person who does not want to be a party to this dependency.

How can this cycle of dependency be broken? This can be done by changing this inner slavery into self-reliance by focusing attention to a good cause like volunteer work and building self-awareness, confidence and independence. Through this independence one will learn the privilege and human dignity of standing on one's own two feet.

Self-confidence: The self-confident person is a positive, strong person who doesn't need approval. Someone able to stand on his own two feet, he does not feel the need to manipulate others. He is able to meet life's challenges with confidence and power.

Self-confidence or dependency? The choice is up to you.



Sarah Gruberg currently resides at CVC and has much to say about recovery and resilience. Ms. Gruberg is a U. S. ARMY Veteran having served in 1981-1984. Sarah is also a proud mother of Aaron Gruberg, now attending the University of San Francisco.

## CVC Adds New Employees

**Briana Pang**, Resident Service Coordinator for Cabrillo Gateway. Briana joins us after working for three years at Path Ventures providing case management to Family Commons' residents. She is currently working on her Master's in Social Work degree and has a wealth of knowledge in serving special needs populations and providing crisis support.

**Sean Ransom**, Resident Service Coordinator for Cabrillo Gateway. Sean joins us from Path Ventures where he spent four years as a case manager for permanently housed residents in Family Commons. He brings more than 15 years of experience in case management, addiction counseling, workforce development, and youth programming.

**Sort Chea**, Maintenance Tech I, was recently hired, but he is no stranger to CVC. Sort has been working with the maintenance team the last six months under the TSE work program. His dedication and hard work earned him a position with our team.

**Abigail Cruz**, Assistant Property Manager. Abigail joins us from Preservation Partners. She is a U.S. Army veteran and has a variety of experience in affordable housing in varying locations and has already proven to be an outstanding member of our team. Abigail will be stationed at our newest building, Cabrillo Gateway.

**Cibeles Alcaraz** (not pictured), Property Manager for our family housing at Cabrillo Gateway and Family Commons. Cibeles comes to us as a seasoned professional from Abode Communities. Her dedication and determination to make our community a better place for all our residents is evident. We look forward to her prompt return and to meet her new baby boy!

We are thrilled to have these talented individuals join us in our mission. Please join us in welcoming them.



# High-Definition Heading to your TV

Beginning in July, our cable television service will go HD! Our cable system upgrade will include a state-of-the-art digital technology that will be able to broadcast digital high-definition signal over our coaxial network. This means we will be able to provide CVC Cable subscribers with high-definition on all channels except the premium channels. The advantages of this new technology will allow CVC to monitor the network 24 hours a day, seven days a week, and allow us greater ability to correct any issues quicker and more efficiently. This new technology will also grant us the ability to expand our network by an additional 10 channels. The overall effect will be less down time and station interruptions, high definition television, an expansion to our programming, and we will be able to remotely monitor the cable system, for an overall better cable service to our subscribers. Television to brag about!



## Good Deed Rewards

Good deeds are often rewarded here at CVC. Sometimes it is a heartfelt thank you. Sometimes it is an "atta boy/girl!" CVC is taking it one step further. We are randomly distributing "good deed rewards" to our staff so when someone with a "reward" in their pocket sees you doing a good deed, they may just pay it forward and give you a gift card, redeemable at the Cabrillo Canteen. Many residents have already received theirs. Will you be next? All you have to do is be a good a neighbor, volunteer at an event, or simply be seen picking up trash around the community. This is our way of saying thank you for helping to make CVC a better community.

## Students In Purple Shirts

Keep an eye open on Tuesdays and Thursdays this Summer for those purple shirts. The Cal State Dominguez Hills Occupational Therapy Students are on campus in force this summer, leading groups in gardening, cooking, and a couple new activities as well. Do not be shy! Stop a purple shirt and ask them what they are up to. You just might want to join in!

## Latest Social Impact Report

CVC's 2015 Social Impact Report published on May 29th. Copies are available at Oasis Community Center and on-line at [www.centuryvillages.org](http://www.centuryvillages.org)

### SUMMER FUN

July 6–August 17, M–F, 1–5pm  
**PATH EXPLORER'S  
SIZZLING SUMMER  
CAMP (FREE)**

Open to Family Commons youth, ages 5–13. Contact Vincent, 562.299.5730, or stop by the Valley Room B.

July 6–31, M–Th, 9am–1pm  
**OASIS "BE B.O.L.D."  
SUMMER CAMP (FREE)**

Open to youth, K–12, living in non-permanent housing. For more information please contact Kaitlyn Taylor, 562.388.8067.

June 22–August 21  
**BOYS AND GIRLS CLUB**

Freeman E. Fairfield/Westside Center. 1835 W. Willard St., Long Beach, CA 90810 (across from Cabrillo High School). \$15 one time membership fee. Elementary Students, 7:30 am–6pm, \$60 per week. Middle/High School, 12pm–6pm, no charge. 562.435.1621.

### FAMILY EVENTS

June 22–28  
**PORT OF LONG BEACH,  
SUMMER BEACH PARTY**

7-day celebration of Long Beach's new bike/pedestrian trail taking place along the beach trail.

June 22–August 28  
**MOVIES ON THE BEACH**

Granada Beach, 5101 E. Ocean Blvd. Free movies twice a week under the stars and next to the surf! Snacks, dinner and VIP seating available. [www.alfredosbeachclub.com/seafest-movie.html](http://www.alfredosbeachclub.com/seafest-movie.html).

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June 27-28  
**PIRATE INVASION OF  
THE BELMONT PIER**

Belmont Pier, Ocean Boulevard and Livingston Drive. Two days of pirates, pirate ships, pirate encampments, entertainment, and swag.

July 18-19  
**LOVE LONG BEACH  
FESTIVAL**

Granada Beach, 5101 E. Ocean Blvd. Free 2-day event celebrating Long Beach, featuring a beach party with activities such as running, swimming, paddle board, bike, volleyball, soccer, music, art and food.

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

### The Village Anchor Team

**Editor:** Steve Colman **Writers:** Donna Ferraro, Cherisse Goodman, Melissa Greilach, Joseph Haywood, Brett Morales, Melissa Rain, Ken Stuart  
**Guest Writers:** Oscar Alvarado, Sarah Gruberg, Gene Colescott, Dolores Alcantar, Tyiana McDaniel **Design & Layout:** Bartek Malecki

## 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

# Attention Parents!



## "BE B.O.L.D." SUMMER CAMP runs July 6–13

Open to youth, K–12, living in non-permanent housing.  
For more information please contact Kaitlyn Taylor, 562.388.8067.

### OLD SOLDIER'S DELI

It's only been two months since The Old Soldier's Deli opened and the results so far have been a success. All permanent and temporary housed residents of Century Villages now have a place to get an affordable meal and a friendly smile. If you have not had a chance to visit you have been missing out!

When you enter The Old Soldier's Deli you will be greeted with Ms. Adela's warming smile and offered a selection of meal options. In the morning, you can get a breakfast burrito or a croissant sandwich. For lunch, you can enjoy a healthy salad from the deli's popular build-your-own salad bar. If you want to cheat on your diet, you can have a hot dog and nachos. You can also enjoy a hearty sandwich with fresh fruit. The daily specials vary from burgers to tamales to chicken wings. The deli is not just a place to eat but also a place where you can socialize and interact with the community.



The Staff at the deli have a lot to do with the success of The Old Soldier's Deli. Adela, the store clerk, has taken a motherly charm to her clients. If somebody has a special request, Adela is the person to go to. She has become familiar with regulars that come into the deli and even worries when she doesn't see someone and goes out of her way to check on them. Another person that you may see at the deli is Monica, store clerk/acting manager; she has been

working with U.S. VETS for three years and has built a special relationship with her clients. She says, "Mi casa es tu casa," which means "My house is your house." She wants everyone to know that they are welcome at the deli in her own words: "Just come in, you don't have to buy anything, just come to say hi." Monica enjoys her job and does it with a passion.

The future for the Old Soldier's Deli looks bright. The plan is to expand the deli and create a restaurant/sports bar type atmosphere where meals can be ordered and enjoyed while watching sports events on big screen TV's or relaxing on a nice comfy couch. Keep an eye out for the great things that are happening at The Old Soldier's Deli!



### Are you water wise?

Helping to conserve water is really easy! Here are just a few things you can do.

Turn off the water while brushing your teeth. Leaving the water on wastes over 6 quarts per minute.

A dripping faucet wastes up to 5,500 quarts of water per year! That's enough water to fill a wading pool every week for the entire summer. Tell us if you have a drippy faucet so that we can make the repairs to it.

Surprise! Using the dishwasher (must be a full load) uses less water than washing dishes by hand, even if you use a washing bowl.

A short shower can save as much as a third of the amount needed to take a bath—80 quarts. Use a timer!

Fill a pitcher with water and put it in the fridge, instead of running the tap until the water gets cold.

Wash a full load of clothes. A full load uses less water than two small loads.

Wash vegetables in a bowl, instead of running under the tap. You can use the same water to feed any plants you might have.

Save flushing the toilet for, well, what you are supposed to flush! Throw tissues, cotton balls, and other stuff in the trash instead.

Be sure to tell everyone in your house how they can save water, too. We need to all work together.





