

JOHN KNOX VILLAGE

A Life Plan Continuing Care Retirement Community

where possibility *plays!*

Gazette

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Cookbooks Have Been A Hot Read Since The Beginning



Two of the most recent icons of cooking and cookbooks. Julia Childs on the left, and Martha Stewart right. Images source: Alamy.

People who love to eat, are always the best people. – Julia Child

Nona Cree Smith
Gazette Contributor

It might be a strange hobby to some, but there are millions of us, and the numbers are growing. We're the slightly dotty people who enjoy recipe reading as much as a good book or story. We avidly search for old cookbooks, rummage through second-hand bookstores, garage sales and visit many recipe websites to satisfy our foodie reading. In our searches, we sometimes score a treasure like an early Elizabeth David book, *"The Robert Carrier Cookbook,"* a tome of encyclopedic proportions and extraordinary recipes, or become converted to Gwyneth Paltrow's beautifully photographed cookbooks filled with strange recipes like Furikake. According to cookbook historian Waldo Lincoln, "in the history of Western publishing, cookbooks have produced more bestsellers than any other genre."

Like a well-written short story, a good recipe can put me in a foodie trance, take me to exotic places or revel in the

warmth of a chicken noodle soup recipe.

I was wondering why so many are fascinated with cookbooks while reading William Sitwell's book, *"A History of Food in 100 Recipes."* It's a well-researched, fun romp through the history of food. Although Sitwell mentions more than 100 recipes, he describes the cooking methods, cooks and authors he considers to be the most exciting or amusing, like the first "recipe" painted on a wall of a Luxor tomb, around 1319 B.C., which shows Ancient Egyptian bread making. According to Sitwell, the hieroglyphs are very conversational with one baker saying to another "I do as you wish, I am hard at work."

The History Of Food Via Cookbooks

He mentions a recipe from the Old Testament (*Genesis 43:11*) for tiger nut sweets and who doesn't love pasta? It made its appearance around 1100 A.D. in *"Tabula Rogeriana"* (*The Book of Roger*) by Muhammad al-Idrisi. The book contained a geographical map drawn of the island of Sicily. According to al-Idrisi, Sicily had many estates where they manufactured an abundance of pasta products which they exported

See "Cookbooks" On Page 2

Circle These Dates For The ArtSage Alliance January and February Presentations

Marty Lee
Gazette Contributor

The year is just beginning and the ArtSage Alliance, a cooperative artistic venture of John Knox Village (JKV), the Venetian Arts Society (VAS) and Nova Southeastern University (NSU), has a great schedule of events to start 2020. JKV has a long-standing partnership with VAS, a South Florida fine arts organization that provides a unique opportunity for an intimate, and interactive, artistic experience with world-class artists from the great stages of the world, stimulating conversation and a connection with artists and like-minded arts enthusiasts.

Make your plans now to join in the arts celebrations in January as the ArtSage Alliance presents an Art & Antique Appraisal Fair, and a meet and greet with Author Barbara Lefka. Then in February, the legendary operatic soprano and civil rights advocate Grace Bumbry comes to South Florida for a multi-day celebration of her life, career and social advocacy during Black History Month.

Art & Antique Appraisal Fair

The ArtSage Alliance invites you to *"Meet Us at the Fair,"* on Saturday Jan. 18 for an Art & Antique Appraisal Fair from 10 a.m. to 1 p.m. in the John Knox Village Centre Auditorium. If you are a fan of PBS's *"Antiques Roadshow,"* you will want to attend, as the knowledgeable staff from Ft. Lauderdale's Abington Auction Gallery will assess your valued treasures. Abington excels in its evaluations of fine art, sculpture, jewelry, silver, mid-century

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The JKV ArtSage Alliance will honor legendary operatic star and civil rights advocate Grace Bumbry in February.

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'There Is No Sincerer Love Than The Love Of Food' – George Bernard Shaw

From “Cookbooks” On Page 1

to Calabria and to other Muslim and Christian regions. The stringy pasta they made in Trabia was called Itrya (spaghetti).

Sitwell travels around the world, through time, and at each stop gives a colorful insight into the food and recipes of a given period. He journeys around China, the Middle East, Greece and Ancient Rome and describes the clay tablets, manuscripts and paintings that were the means of recording the recipes.

The most relatable recipes of the ancient world are from fragments of a poem “Hedypatheia” by Arcestratus of Gela, about 350 B.C. Arcestratus traveled the ancient Greek world from the Black Sea to southern Italy, recording their cuisines. He preferred simply prepared fish dishes cooked with light seasonings like fresh thyme and olive oil, wrapped in a leaf and placed on embers. Occasionally, he liked a more complex dish with cheese sauces and pungent herbs such as marjoram.

The Roman Empire produced “Apicius,” one of the earliest cookbooks. It was a compilation of recipes named after the famous Roman epicure Marcus Gavius Apicius during the 1st century A.D. Apicius was a gourmand and enjoyed hosting elaborate banquets of exotic and rare food. His lavish and extravagant entertaining eventually led to his bankruptcy.

Ancient Oriental Cuisine

One of the most fascinating treatises on ancient Chinese food has the amusing name of “The Important Things to Know About Eating and Drinking,” by Huou, master chef of the imperial court of Kublai Khan. His comprehensive collection consists mainly of recipes for soups and stews, but it is also a useful encyclopedia of household tips and information.

Early European Cookbooks

Medieval Europe produced several influential cookbooks or beautifully illuminated manuscripts. Among the earliest in English was “The Form of Cury” compiled in the 12th century with recipes that clearly show their French origin. One of the first French household books was called “La Ménagier de Paris” and is an anonymous compendium written around the end of the 14th century. In it an elderly Parisian husband gives advice to his 15-year-old bride. It is a filled with nearly 200 recipes, many fashion and housekeeping tips, prayers, poems, spiritual and practical information. The recipes contain gems such as green eel soup, venison and small bird pasties.

The printing press revolutionized the culinary arts by making cookbooks widely available. The popular “Opera dell’arte del cucinare,” printed in 1570, was authored by Bartolema Scappi, who had a sweet tooth and concocted recipes for marzipans and sweets.

As cookbooks became cheaper to create and more available to the growing middle class, readers took the time and interest in more varied meals, better food preparation and access to an abundance of new ingredients. The secrets of French cuisine were made

available to a broader public by the cookbooks of great chefs like Alexis Soyer (1809-58), whose “Shilling Cookery for the People” sold more than 100,000 copies. One of the most successful and popular cookbooks of all time was produced in the U.S. in 1896 when Fannie Merritt Farmer took on the editorship of “The Boston Cooking-School Cook Book.” She revolutionized how a recipe was laid out in sequence, standardized methods and measurements, thus assuring reliable results for her readers.

Julia Child’s Kitchen Influence

According to the *New York Times*, “A self-confessed ham, Julia Child became a darling of audiences almost from the moment she made her debut in 1963 at the age of 50.”

Julia Child’s “Mastering the Art of French Cooking” is arguably one of the most influential books on French cuisine ever published in the U.S. Childs and her husband lived in Paris, France for six years after World War II, while there she attended the Cordon Bleu cooking school and studied privately with master chef Max Bugnard. She and two friends, Simone Beck and Louisette Bertholle founded L’École des Trois Gourmandes and for the next 10 years worked together to write the best-selling cookbook “Mastering the Art of French Cooking,” published in 1961. “This is a book for the servantless cook, the recipes achievable with ingredients bought from supermarkets,” was clearly stated on its front page. America’s housewives bought the book and used it.

While promoting her book on a Boston television station, Childs did an impromptu cooking demonstration which delighted the viewers. She was invited back to do more shows, and soon, she became the first American female celebrity chef on primetime television. Childs later hosted the television series “Cooking with Master Chefs” and “Julia Child & Jacques Pépin Cooking at Home.” She also won a Daytime Emmy Award. If you’re lucky, you can still catch reruns of some of her shows on PBS in the midnight hours.

Martha Stewart’s Living

The Martha Stewart tome “Entertaining” launched her immense media empire and the book was world’s first look at the doyen’s originality, recipes and good taste. The beautifully styled and photographed book showcased more than 300 recipes, plus complete menus for every type of party, from a wedding reception to a Christmas Day open house. From that auspicious beginning, Stewart quickly became a household name: The publisher of the eponymous *Martha Stewart Living* magazine, cookbooks, television show personality and household merchandise designer. She became one of the biggest names in America, as millions looked to her for domestic and style guidance. Her television shows became a huge



The modern kitchens of today with their electric or natural gas conveniences have come a long way from the open flame and hearth of earlier centuries. Image source: Wikimedia Commons.

success and went on to receive the Daytime Emmy Award.

The Culinary Art Of Cookbook Reading

Recipes have a story arc. You must go through the tricky early prepping stages of chopping, slicing, dicing, measuring and heating before taking the completed dish out of the oven, appealing and giving off a delicious aroma. But if we forget the prepping and cooking and “simply” read the recipe while imaging the tantalizing finished product, we can enjoy the recipes without all the work. Let’s not underestimate the real pleasure of recipe-reading, which is the feeling that while you will probably never cook many of the recipes, every recipe will turn out to be a success with no culinary disasters. Best of all, the hobby offers a glimpse of the good life, and a way of “tasting” food without the all calories.

It will keep you slim and save your manicure!

References: *A History of Food* by William Sitwell; *Times of Sicily*; *Encyclopaedia Britannica*; *JSTOR*; *The Famous People*; *Entertaining* by Martha Stewart and *New York Times Archive*.

Strange, Curious and Gross Cookbooks will keep you puzzled, amused and maybe educated!

Bugs for Beginners By Michela Dai Zovi

A must for the entomologist! This comprehensive guide is filled with insect-focused recipes, from “Kentucky Fried Crickets” to “Waxworm Ramen” and for a sweet tooth try “Mealworm Toffee.” All the recipes are accompanied by color photography. Yum.

The Forgotten Art of Flower Cookery By Leona Woodring Smith

You already cook with flowers, but probably didn’t realize it. Broccoli, artichokes and cauliflower are flowers we eat in everyday foods. This book introduces “Dandelion Salad,” “Marigold Cheese Soup,” “Rose Petal Jam” and much more.

SPAM® the Cookbook By Marguerite Patten

Few foods have been a source of mirth or misunderstood as much as SPAM®. This book will convert the most skeptical. From SPAM® fritters to SPAM® in port wine, canned meat lovers worldwide will revel in these creative recipes. The book is also filled with fun facts. The best and simplest recipe is SPAM® sliced thin and fried served with eggs for breakfast.



Martha Stewart’s talent as a chef and hostess landed her a publishing contract which resulted in the cookbook “Entertaining,” featuring recipes and photos from the parties that Stewart hosted. The book’s success led to a television show, magazine, merchandising and branding and finally her own company: Martha Stewart Living Omnimedia.

In Good Taste: This Crusty Salmon Dish Is Cheerfully Delicious



John Knox Village Executive Chef Mark Gullusci cuts the salmon into 5-ounce fillets.

Rob Seitz

Gazette Contributor

that consideration one step farther, cooking can be thought of as a performance. When John Knox Village needs a culinary show, all eyes turn to Executive Chef Mark Gullusci.

With a full house of outside guests, many visiting South Florida’s premier Life-Plan Continuing Care Retirement Community for the first time, the Johnson & Wales University trained cuisinier did not disappoint, when he took the stage for a cooking demonstration.

After providing the many benefits derived from salmon—protein, vitamin B12, potassium, selenium and Omega-3 fatty acids—Chef Mark went on with the show. He demonstrated how to make the potato pancake mix that would encrust the pink fillets, then made a classic French *beurre blanc* sauce of butter, white wine and heavy cream.

He seared both sides of the salmon to give it the crusty texture enjoyed by all the guests. The recipe follows. Enjoy!

Potato-Encrusted Salmon In Beurre Blanc Sauce Serves 4

- 4 5-oz. Salmon fillets

POTATO MIX:

- 3 cups frozen hash browns
(or 3 leftover baked potatoes, shredded)
- 1 cup Spanish onions
- 3 eggs
- Salt & pepper to taste
- Pinch granulated garlic
- Mix all ingredients in a bowl

BEURRE BLANC SAUCE:

- 2 shallot bulbs chopped
- 2 cups white wine
- ½ tsp. white pepper
- Reduce 80 percent
- Add 3 cups heavy cream
- Reduce to 70 percent
- Fold in ½ lb. soft cubed butter
- Blend well

Method Of Preparation:

Place ¾ cup potato mix in hot non-stick pan with 1 tbsp. blended oil. Put salmon on top of mixture upside down (skin-side up). Use rubber spatula to push potato mixture on sides of fish. Pan sear 3 minutes. Gently turn over. Sear bottom of salmon 2 minutes. Place fish on cookie tray in 400-degree oven for 15-20 minutes (until internal temperature of 140 degrees is reached).

Be the guest of John Knox Village and sample one of Chef Mark Gullusci’s taste tempting lunches or dinners. Call the Marketing Department at (954) 783-4040 and speak with a Life-Care Consultant. Take a tour of the Village and enjoy a meal with us.

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The Potato-encrusted salmon will have a golden brown crust ready to serve with your favorite vegetables.

Book Review

Citizens of London

The Americans Who Stood With Britain In Its Darkest Finest Hour

By: Lynne Olson

Donna DeLeo Bruno

Gazette Contributor

Extremely well-researched, enlightening, and informative, “*Citizens of London*” is both a history and biography about three men most instrumental in eliciting President Franklin Delano Roosevelt’s and America’s support of Great Britain in the fight against Nazi Germany during WWII. One was the idealistic and altruistic John Gilbert Winant, who replaced the disliked appeaser Joseph Kennedy as ambassador to The Court of St. James and became one of the most beloved saviors of the Brits. Another was Edward R. Murrow whose eloquent and visually descriptive radio broadcasts from Berlin, as well as war-torn London, stirred the hearts and minds of his listeners. It was said that Morrow’s voice over the airwaves was “the only light in a world of darkness, bringing hope to those in despair.”

The third was Averill Harriman, the aggressive, ambitious American entrepreneur who was appointed to oversee the flow of American aid to Europe under the Lend-Lease Program. All three believed that U.S. support was the only way to save England from defeat and worked tirelessly to that end.

The Churchill/Roosevelt Connection

This totally engrossing story is of those efforts amid political dissension and personality conflicts of powerful temperamental egoists like FDR and Winston Churchill, as well as adamant isolationists at home. Each was envious of the other: FDR of Churchill’s genius; Churchill of FDR’s power. This fascinating and mesmerizing tale reads like a novel with romance, glamour, danger, intrigue, wartime adventure and larger-than-life personalities. In fact, that is one of Olson’s finest abilities as an author – the skillful revelation of the contradictory traits demonstrated by the genius statesman Churchill and others like Winant,

who although disorganized and scatter-brained, was probably the greatest asset to England in its fight-to-the death against Germany.

Not only is this a story of political alliances but also of romantic relationships – that of Winant with one of the Churchill daughters Sarah, in addition to the love affairs of both Harriman and Murrow with Pamela Churchill, daughter-in-law of the Prime Minister, ironic since Pamela’s husband Randolph was assigned to direct Harriman in Algiers on a fact-finding mission on behalf of Winston.

Truth is often stranger than fiction and that is the case in “*Citizens of London*.” Also of interest is the Brits’ affection and adoration of the brash and handsome American fliers whose sometimes loud and boisterous behavior was dismissed as exuberance and tolerated because they were risking their lives daily in England’s defense. These pilots brought hope and life to a weary and bomb-torn city.

General Dwight D. Eisenhower

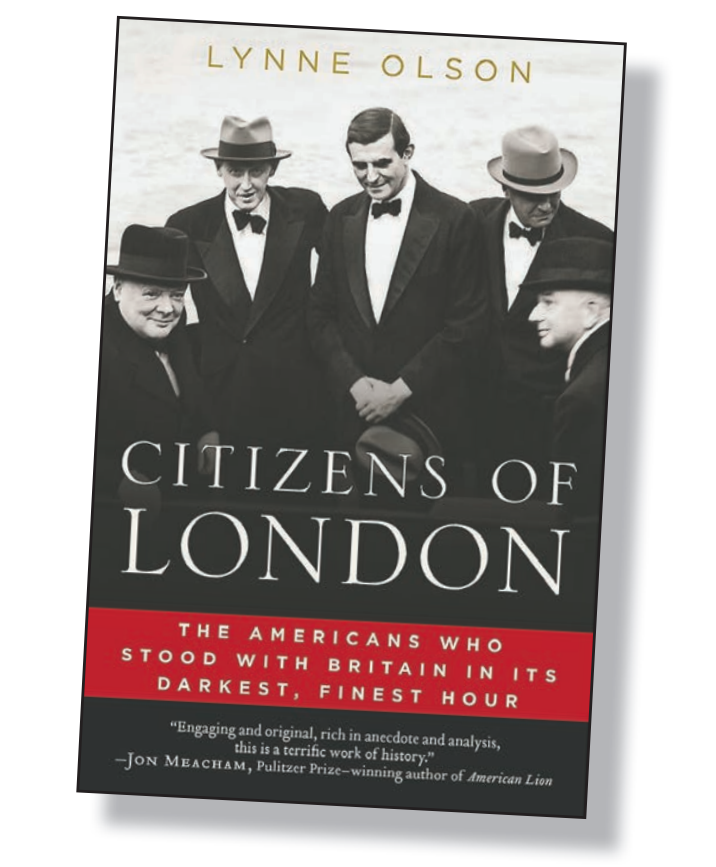
Other noteworthy characters on whom Olson focuses are the complex and unpretentious Dwight D. Eisenhower who despised the stiff upper-class world of the elite and their social scene. Churchill, on the other hand, had absolutely no awareness of how the common people lived – had never even been on a bus – and favored the “good life.” Nevertheless, it was their combined indefatigable energy, combativeness, courage, and dogged resolution that saved the country. Also significant was the vying for position and bickering concerning the management of post-war Europe once the mission was accomplished. Believe it or not, there was NO plan, which is why Stalin was easily able to dictate the terms regarding Poland and the remainder of Eastern Europe. By that time both FDR and Churchill were battle-weary and very ill; Roosevelt died just a few weeks after the Potsdam Conference.

In this book, the author presents history in a very readable way and also delves into the psychology of its main participants: Why did Morrow repeatedly put himself in life-threatening situations, accompanying pilots on 24 bombing raids into Germany? How did Gen. Eisenhower exude confidence and calm when, in fact, he was an emotional mess in the weeks prior to D-Day? Why did Winant take his own life after the war? Why did Harry Truman, President after FDR, immediately stop food aid to post-war England when it was bankrupt, and people were homeless and starv-

ing? Why was the heroic and highly revered Churchill voted out of office following the war? These are the many questions which Olson so thoroughly answers through her careful and perceptive analysis of these figures and events.

This is one outstanding book, whose title comes from an emotional final broadcast in 1940 by Eric Sevareid, then a 27-year-old correspondent leaving London: “When this is over, in the years to come, men will speak of the war and say, ‘I was a soldier,’ ‘I was a sailor,’ or ‘I was a pilot.’ Others will say with equal pride, ‘I was a citizen of London.’”

There is poetic prose as well when he compares Paris days before its fall to the Germans as “dying like a beautiful woman, in a coma, without struggle... while London alone behaves with pride and battered but stubborn dignity.” The men in this book saved the civilized world and for that reason alone this book is a suitable tribute to them, highly worth reading.



Donna DeLeo Bruno is a retired teacher of Literature and Writing. Donna spends summers in Rhode Island and contributes book reviews to four local newspapers, and winters in Ft. Lauderdale. Donna is a member of the John Knox Village **Silver Scrivers** group, guiding authors in publishing their books.

Technology Allows Residents, Staff To JKVConnect



Marty Lee
Gazette Contributor

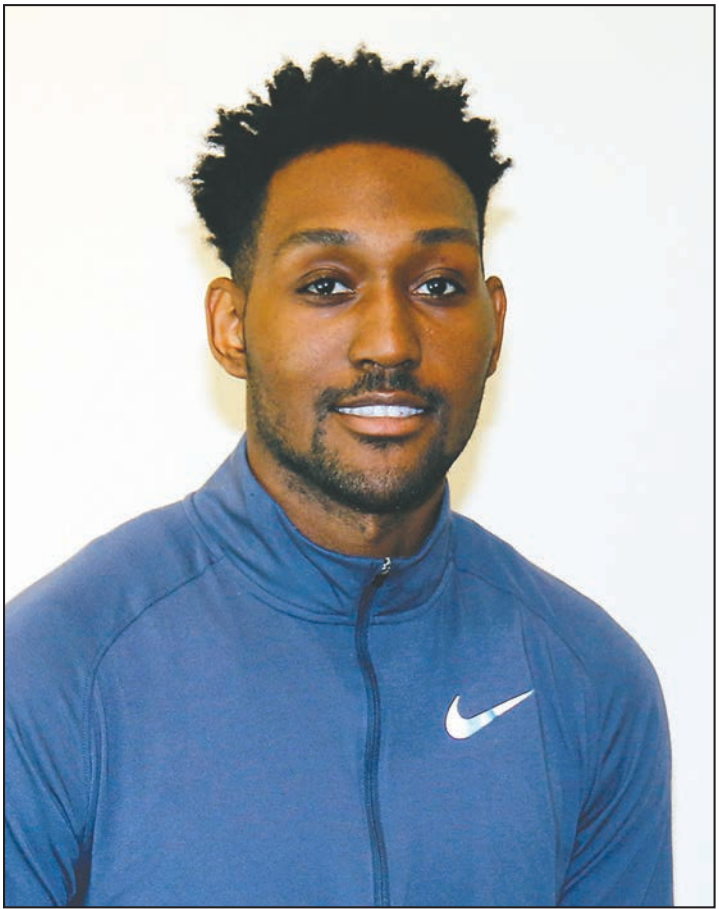
John Knox Village residents wanted a better way to connect and they got it—JKV-Connect.

JKVConnect, uses the state-of-the-art technology from Caremerge, a Chicago, IL-based company, for its resident engagement portal to allow current residents to view information about programming, dining menus, sign-ups for activities and other important community documents.

This technology will be yet another method to keeping JKV’s nearly 1,000 residents in the know. Additionally, JKVConnect saves staff hours of time by automating management and maintenance duties. JKV’s Life Enrichment team can quickly schedule activities, get-togethers and other community events and quickly alert everyone at JKV.



JKVConnect allows residents to stay informed about all the activities available to them. Pictured here was a recent lunch at Louis Bossi’s on Las Olas Blvd., after a gondola siteseeing boat trip along the New River.



Nicholas Sconiers, John Knox Village Production & Technology Coordinator.

Aiding In Managing Daily Life

Among its many benefits, JKVConnect will allow residents to manage their daily calendars, request assistance from the Maintenance Department and check the community page, all from the same dashboard. “With residents ranging in age from their 60s to our 17 centenarians, there is not a one-size-fits-all method to communicating with everyone, JKV Communications Manager Rob Seitz told *The Gazette*. “For some, a pen is their ‘computer,’ and then for a vast majority of others their appetite to embrace the best and newest technologies is ravenous.”

Efforts Of Residents And Staff Alike

This new method of communication is the result of three years’ worth of work by a JKV Resident Engagement Task Force, which consisted of residents, working in conjunction with staff, including Nicholas Sconiers, JKV Production & Technology Coordinator. Sconiers has been providing general overviews to residents in groups along with more individualized training sessions on how the platform looks, as well as snapshots of how it will be able to help residents.

Keeping Residents Informed

“With JKVConnect, the user controls what information to see and how long to see it before looking for anything else,” said resident Art Battista, a member of the Village Communications Committee as well as being involved in the JKVConnect pilot program. “The longer [we] have it, the more robust it will become. I see it as a means of emergency communications. It’s also the easiest way to see Village news quickly and immediately. Residents will be able to find contact information about other residents and village personnel. Residents can also be notified if an event is cancelled.” While on a 17-day cruise from Dubai to Singapore East Lake apartment resident Elizabeth Cobb, said she stays up to date on the JKV goings-on through JKVConnect.

“Residents can easily send messages to other residents and to staff,” said the Resident Engagement Task Force participant. “I will use this [JKVConnect] on all available platforms [computer, tablet, phone, Alexa], but mostly on my smartphone.”

Entrepreneur’s ‘Shark Tank’ Success Story Hooks JKV Signal Vault Founder Starts Biz With \$1 Lotto Ticket

Rob Seitz
Gazette Contributor

It only took a couple minutes into his Season 7 pitch to the cast of “*Shark Tank*” for Chris Gilpin to get the nibble he wanted. He

ran a black billfold in front of a less-than-\$25 scanner and was able to acquire credit card information of Shark Mark Cuban. Gilpin showed the cast how his credit and debit card protector could block that information from hackers and identity thieves.

Sharks Lori Greiner and Robert Herjavec bit and offered the Sanford, FL resident \$200,000 for 25 percent of his fledgling business—Signal Vault. The Queen of QVC brought the young entrepreneur onto the popular in-home shopping television show where he sold out his entire inventory in eight minutes. Fast forward two-and-a-half years and the company is now boasting \$2 million in annual sales.

Gilpin launched his company in 2013 after a \$1 lottery ticket he purchased cashed out for \$7,908.

“It’s fun to say I started the company with \$1,” the former National Crime Stop Program Senior Consultant recently told a crowd in the John Knox Village Centre Auditorium, there to hear his identity theft and safety seminar. “My passion has always been helping people and this grew to helping consumers fight identity theft.

“There’s good news here as it relates to identity theft...Florida is no longer Number One in the country for identity theft,” which drew cheers from the guests. “The bad news is it is Number Two.”

Gilpin cited the huge annual influx of tourists and large number of senior citizens as reasons why hackers and identity thieves put a bull’s eye on the Sunshine State.

He told *The Gazette* some of the reasons seniors are prime targets are because: “Senior citizens tend to be more trusting, they have more savings and are less likely to monitor credit and financial accounts [on a daily or even more frequent basis] and many do not know who to contact when they become a victim.” Gilpin added that 90 percent of elder abuse, whether financial, physical or mental is committed by a family member.



Chris Gilpin addresses John Knox Village residents and explains how to avoid the scams and identity thefts that many scammers direct toward the nation’s elder population.

In his nearly hour-long presentation Gilpin provided several suggestions to avoid becoming victims to ID theft, including:

- **Avoid clicking links in emails and messages.**
- **Make social media accounts private.**
- **Avoid providing TMI—Too Much Information.**
- **Scammers can “spoof” phone numbers to look legitimate.**
- **Never give out personal information to an unverified caller.**
- **If it seems too good, or bad, to be true—just hang up.**

Along with a plug for Signal Vault, Gilpin’s presentation offered his personal message of hope.

“Never let the fear of failure stop you from reaching your fullest potential.”

Join Us In January For These John Knox Village Events



Venetian Arts Society Presents "Art & Antique Appraisal Fair" Saturday, January 18 at 10 a.m. in the Village Centre Auditorium

Do you have some family treasures that you suspect are worth more than just sentimental value? If so, then "Meet me at the Fair" presented by John Knox Village ArtSage Alliance partner, the Venetian Arts Society in association with Abington Auction Gallery. Bring your valued treasures and get a professional opinion on their value. Please limit yourself to what you can comfortably bring in your arms. The "Art & Antique Appraisal Fair" will be held in the John Knox Village Centre Auditorium on Saturday, Jan. 18 from 10 a.m. to 1 p.m. If you are a fan of PBS's "Antiques Roadshow," then this event is for you. Join us. Who knows – that valued trinket that Aunt Emma gave you as a child might be worth a small fortune.

Call the John Knox Village Marketing Department at (954) 783-4040 to reserve your place.

Learn How to Publish Your Life Story Silver Scribes: Thursday, January 23 at 10 a.m. in the Village Towers Party Room

Join our group of Silver Scribes – budding authors who are publishing their literary works. Have you ever wanted to write your autobiography or short stories, but have no idea how to prepare the book, design the cover and get it printed? Join our Silver Scribes and we'll take over the technical publishing of your life story. You, too, can write your own book and get it published. Meet in the Village Towers Party Room at John Knox Village at 10 a.m.

Call to reserve your place (954) 783-4040.



Books written by senior authors and published through the Silver Scribes. Plan to attend the January gathering and get inspired to write your autobiography.

Venetian Arts Society Presents The Cult of the White Owl Tuesday, January 28 at 6 p.m. at Piazza Italia in Ft. Lauderdale

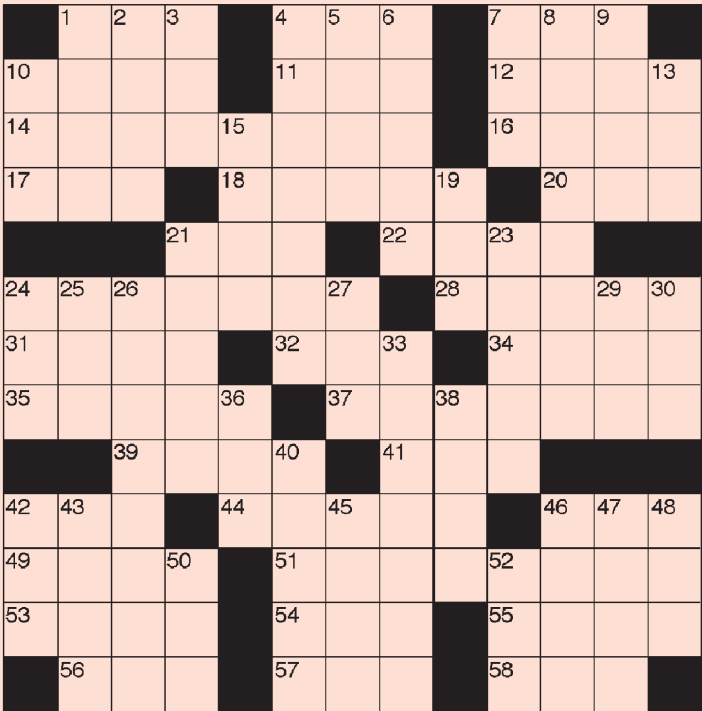
Meet author Barbara Lefka and get an introduction to her latest book, "The Cult of the White Owl." The reception starts at 6 p.m. with wine and hors d'oeuvres. The Literary Salon with Barbara starts at 7 p.m. A cameo concert by classical & flamenco guitarist Jose Angel Navarro will follow. Enjoy champagne with the artists afterwards. The salon presentation will be held at Piazza Italia, 904 East Las Olas Blvd., Ft. Lauderdale, 33301. Tickets are valued at \$60, however a limited number of complimentary tickets are available for readers of The Gazette.

Call for tickets and reservations to (954) 783-4040.

Farm-to-Table Luncheon: Tantalize Your Taste Buds and Get a Taste of Life at JKV Wednesday, January 29 at 11:30 a.m. in the Lakeside Dining Room

Join John Knox Village's Executive Chef Mark Gullusci for a freshly prepared farm-to-table luncheon in JKV's Lakeside Dining Room. Learn what makes JKV so popular, see renderings and floorplans of our coming expansion, meet some of the fantastic people who call JKV home, and learn about pricing. Because we know how busy you are, we promise you'll be able to do all of this in less than two hours. Tables will fill quickly. Learn about the peace-of-mind you will enjoy at our Life-Plan Continuing Care Retirement community. Meet our residents who will share their JKV experiences. See page 7 for details.

RSVPs are required. Call (954) 871-2655 to reserve your place.



Crossword Puzzle Of The Month

ACROSS

- 1. Sea
- 4. Amer. Standard Version (abbr.)
- 7. Inlet
- 10. Pledge
- 11. Social affair
- 12. Old-fashioned oath
- 14. Vega (2 words)
- 16. Concerning (2 words)
- 17. 3 (Rom. numeral)
- 18. Pueblo Indian
- 20. Office of Economic Development (abbr.)
- 21. Feminine (abbr.)
- 22. Universe (pref.)
- 24. King of Athens
- 28. Plant slip
- 31. Wings

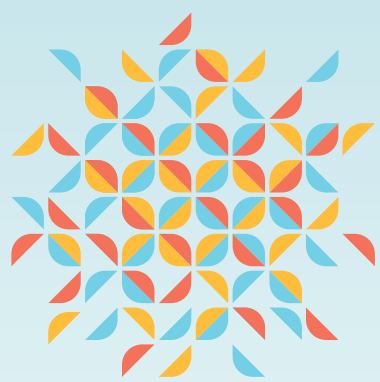
- 32. Twitch
- 34. In the past
- 35. Brain ridge
- 37. Hunting cry
- 39. Polish border river
- 41. Family member
- 42. Hawaiian fish
- 44. Tag
- 46. Uncle (Scot.)
- 49. Disease (pref.)
- 51. Immense
- 53. Joyous
- 54. Former cloth measure
- 55. Poultry
- 56. According to (2 words)
- 57. Female ruff
- 58. Guido's note (2 words)

DOWN

- 1. Gardener caste
- 2. Case or box (Fr.)
- 3. Fluidity unit
- 4. Endeavor
- 5. Wither
- 6. Seaweed
- 7. Portuguese coin
- 8. Shame
- 9. Rhine tributary
- 10. Fetish
- 13. Month abbr.
- 15. Orkney fisherman's hut
- 19. Distress signal
- 21. Noted psychiatrist
- 23. Admonish
- 24. Insult
- 25. Eng. cathedral city
- 26. Orgy

- 27. Post
- 29. Alas
- 30. New (pref.)
- 33. Grain beetle larva
- 36. Salt (Fr.)
- 38. New sugarcane shoot
- 40. Blacksnake
- 42. Angola (abbr.)
- 43. Nut
- 45. Tree stump
- 46. Ass or donkey (Ger.)
- 47. Polynesian spirit
- 48. Loop trains
- 50. Harem room
- 52. Pronoun

Answers On Page 11.



JOHN KNOX VILLAGE

It's 11:15 a.m.

The two of you are pleasantly tired
from exploring all morning.

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invigorating breeze.

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John Knox Village is committed to compliance with all federal, state and local fair housing laws. It is our policy to offer senior living to those that qualify without regard to race, color, national origin, religion, sex, sexual orientation, familial status, or handicap. The employees of John Knox Village have a legal obligation to treat each individual in a consistent and equally fair manner. In order to assist you with your decision on your new home, we are providing a list of guidelines used to qualify residents for tenancy in our community. Please note that this is our current rental/ownership criteria; nothing contained in these requirements shall constitute a guarantee or representation by John Knox Village that all residents and occupants currently residing at the community have met these requirements. There may be residents and occupants that resided at the community prior to these requirements going into effect. Additionally, our ability to verify whether these requirements have been met is limited to the information we receive from various credit and screening services used.

Taste the Life at

John Knox Village!

You're invited to a special luncheon

Please join us January 29 at 11:30 a.m. to feast on Executive Chef Mark Gullusci's culinary creations.

Luncheon Menu

Grilled Salmon

Salmon over mixed greens, corn, mango, avocado, black beans, red bell pepper and crispy tortilla strips, with white balsamic vinaigrette

Or

Chinese Chicken Salad

Sliced grilled chicken breast, rice noodles, lettuce, green onions, almonds, crisp wontons, bean sprouts, orange segments and sesame seeds, tossed in Chinese plum dressing

Assorted fresh rolls • Coffee, iced and hot tea

Dessert: Fresh Baked Apple Rose Tartlet served with vanilla ice cream, dusted with cinnamon and sugar



In addition to enjoying a delectable lunch, you will:

- Find out why JKV is so popular
- See renderings and floor plans for the coming expansion
- Meet some of the fantastic people who call JKV home
- Get answers to your important questions
- Learn about pricing on existing homes

Tables will fill quickly.
Please call (954) 871-2655 today
so we can prepare a special meal for you
at 11:30 a.m. on January 29.

johnknoxvillage.com | jkvgrows.com

John Knox Village, 651 SW 6th Street, Pompano Beach

The people at JKV share a passion to get the most out of their days. Many enjoy the arts. Here are some of the outings they've planned.



Puccini's Madama Butterfly

January 30, 2020
7:30 p.m.

Broward Center
Au-Rene Theater
Fort Lauderdale



Concerts Under the Stars

January 23, 2020
February 13, 2020
March 12, 2020
6:30 – 8 p.m.

Bonnet House
Museum & Gardens
Fort Lauderdale



Michael Walters – What a Character!

February 4, 2020
8 p.m.

The Wick Theatre
and Costume Museum
Boca Raton



Enjoy Music, Art And Dance At These Area Events In January



January 7
Celebrate The Classics:
Symphony of the Americas
Amaturo Theater at
The Broward Center
for the Performing Arts
201 Southwest 5th Avenue
Ft. Lauderdale, FL 33312
(954) 462-0222
www.browardcenter.org
7:45 p.m. Tickets from \$50

January 8
Gold Coast Jazz:
Veronica Swift &
The Shelly Berg Trio
Amaturo Theater at
The Broward Center
for the Performing Arts
201 Southwest 5th Avenue
Ft. Lauderdale, FL 33312
(954) 462-0222
www.browardcenter.org
7:45 p.m. Tickets from \$55

January 16
South Florida Symphony:
Amaturo Theater at
The Broward Center
for the Performing Arts
201 Southwest 5th Avenue
Ft. Lauderdale, FL 33312
(954) 462-0222
www.browardcenter.org
7:45 p.m. Tickets from \$40

January 18
Art & Antique Appraisal Fair
John Knox Village
Centre Auditorium
651 SW Sixth Street
Pompano Beach, FL 33060
(954) 783-4040
www.johnknoxvillage.com
Call for information (954) 783-4040
10 a.m. to 1 p.m. No charge.

January 25 & 26
Miami City Ballet:
Au-Rene Theater at
The Broward Center
for the Performing Arts
201 Southwest 5th Avenue
Ft. Lauderdale, FL 33312
(954) 462-0222
www.browardcenter.org
Sat. 7:30 p.m. & Sun 2 p.m. From \$30

Sudoku

Answers On Page 11.

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

				8	7	4		1
		9		6				3
	6	1	3					9
7								
	1	8			3			
	9				1	2		
2	3							8
		4			2	3	9	

Join Us For These ArtSage Alliance Presentations In January And February

From “ArtSage Alliance” On Page 1

porcelain, glass and crystal; furniture, Asian art and Objet De Vertu. Please call ahead to JKV Marketing at (954) 783-4040 to let us know you will attend. We ask you to limit your treasures to what you can comfortably carry in your arms.

The Cult Of The White Owl

Join us on Tuesday, Jan. 28 at 6 p.m. as Venetian Arts Society presents “*The Cult of the White Owl*” at Piazza Italia. Meet Ft. Lauderdale author Barbara Lefka and get an introduction to her latest book, “*The Cult of the White Owl.*” The reception starts at 6 p.m. with wine and hors d’oeuvres. The Literary Salon with Barbara starts at 7 p.m. A cameo concert by classical & flamenco guitarist Jose Angel Navarro will follow. Enjoy champagne with the artists afterwards. The salon presentation will be held at Piazza Italia, 904 East Las Olas Blvd., Ft. Lauderdale, 33301. Tickets are valued at \$60 to the public, however a limited number of complimentary tickets are available for readers of *The Gazette*. Please call JKV Marketing at (954) 783-4040 for reservations.

Black History Month With Grace Bumbry

In February, The ArtSage Alliance and the Broward County community celebrate Black History Month with a four-day presentation “*Into the Future with Courage and Grace,*” a diverse series of events honoring yesterday and inspiring tomorrow. The special guest of honor will be Grace Bumbry, legendary African-American opera star and civil rights trailblazer. Plan to attend one or more events on Ms. Bumbry’s schedule.

On Monday, Feb. 10 at 1 p.m. the VAS Cultural

Arts Enrichment Series with sponsorship by JKV presents: “*A Conversation with Grace Bumbry,*” which will include an interview, discussion and Q&A. Bobby Henry Sr. will be the ambassador and moderator. The “*Conversation with Grace*” will be held at Dillard High School in Ft. Lauderdale. RSVP for complimentary admission to Willie@VenetianArtsSociety.org.

The program will include a video introduction to Grace Bumbry, an interview and discussion with the students. The topic will center around how the youth of today can “seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout history” and effect positive change.

The program will then come to the JKV Centre Auditorium on Tuesday, Feb. 11 at 2 p.m. for a reprise of “*A Conversation with Grace Bumbry,*” including an interview, discussion and Q&A. While the Monday event at Dillard High School will focus on the students, this Tuesday presentation will focus more on participation for the general audience.

On Wednesday, Feb. 12 at 6 p.m. VAS presents “*Up Close & Personal,*” a tribute to the life and career of Grace Bumbry. The presentation will be joined by David Lee Brewer, international tenor, voice teacher, coach, agent and producer. Ms. Bumbry will

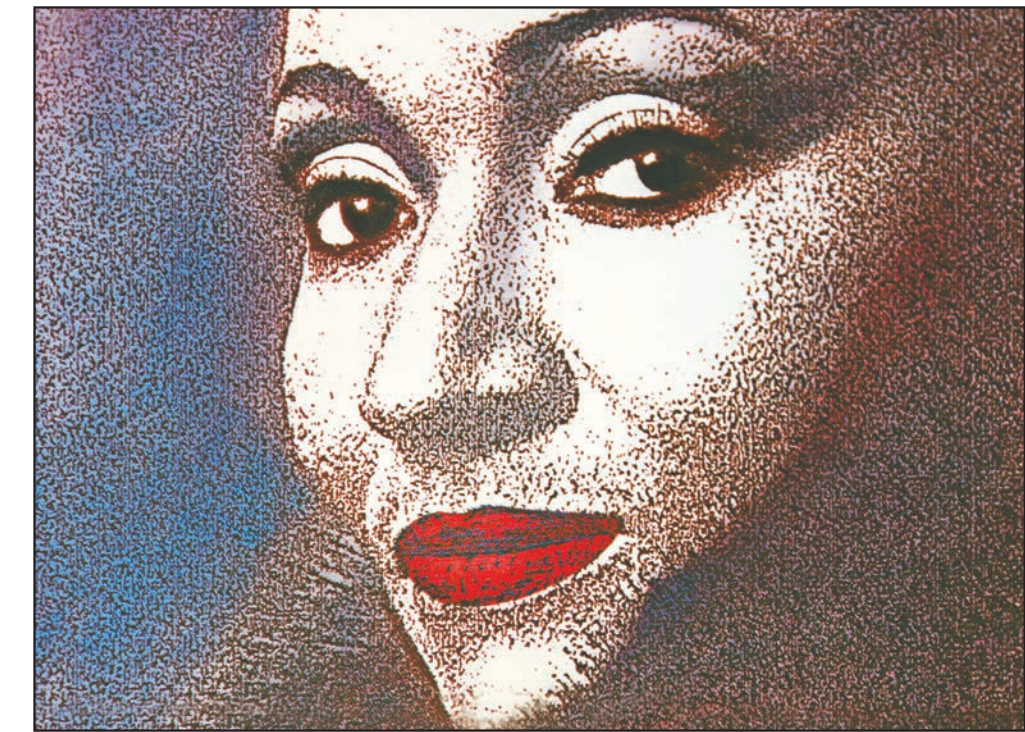


Photo image of the CD cover of “Grace Bumbry - Famous Opera Arias by Verdi/Cilea/Catalani/Massenet.”

be presented as a “2020 VAS Icon of the Arts Honoree.” The tribute will begin at 6 p.m. with a wine and hors d’oeuvres reception presented by JKV with the program to follow. You are invited to stay for champagne and desert with the opportunity to meet and greet Ms. Bumbry.

The event will take place at NSU Art Museum Fort Lauderdale, One East Las Olas Blvd., Ft. Lauderdale, FL 33301. Tickets are valued at \$60, however a limited number of complimentary tickets are available through

the JKV Marketing Department. Call (954) 783-4040 for reservations.

Lift Every Voice And Sing

Join us on Thursday, Feb. 13 at 6 p.m. at Nova Southeastern University’s Miniachi Performing Arts Center for a musical tour de force. “*Lift Every Voice and Sing...a Concert Celebration,*” will honor Ms. Bumbry. Among the many performing artists will be the National Award-Winning Dillard High School Jazz Ensemble; Historic Mount Olive Baptist Church Choir; Dr. Richard Todd Payne, baritone; Alexander Star, Emmy Nominated Hip Hop Artist & Writer; Nicole Henry, international jazz vocalist; and Felix Spengler on piano.

Also featured will be Nilda Comas, a master sculptor, who has been commissioned to create an historic statue of Mary McLeod Bethune for the U.S. Capitol; the NSU Black Student Union; an NSU Student Visual Art Exhibition; NSU Student Dramatic Reading; and NSU Student Dance (Hip hop). The program starts at 6 p.m. with a wine and hors d’oeuvres reception presented by JKV. Remain after to program to meet all the artists and enjoy champagne and dessert.

Tickets are valued at \$60, however a limited number of complimentary tickets are available through the John Knox Village Marketing Department. Call (954) 783-4040 for reservations.

Ms. Bumbry will conclude her memorable visit to South Florida on Friday, Feb. 14 on the Florida Atlantic University campus in Boca Raton. She will conduct a master class for aspiring young singers. The time and venue were not available at press time but will be published in the *February Gazette*. You may RSVP for complimentary admission to Willie@VenetianArtsSociety.org.



White House photo of President Barack Obama and First Lady Michelle Obama with Kennedy Center Honorees in the Blue Room of the White House, Dec. 6, 2009. From left: First Lady Michelle Obama, Mel Brooks, Dave Brubeck, Grace Bumbry, Robert De Niro, Bruce Springsteen, and President Barack Obama. Image source: Wikimedia Commons.

The Doctor Is In

New Year Resolution: All Things in Moderation

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

It occurred because a few months ago, I noticed that the government was revising its guidelines for the American diet. For many years, the “food pyramid” had a solid base of carbohydrates and admonished us all to go easy on fats. But something was wrong. In spite of all best efforts in this regard, diabetes, heart disease and obesity were rising, not falling as predicted. Now that these latter assertions have become acknowledged fact, the government has changed its guidelines.

Why would diseases rise in the face of government’s best intentions? Some ideas that came to mind:

1. Science is often wrong. Scientists, looking at a small portion of facts about a situation, may be ignoring others, even more important. For example, what happens to fat, or a heart cell in a petri dish may not be at all what goes on in the human body, which is hugely more complex chemically and physically. If one looks at the formation of arterial plaque alone, there is a stage where cholesterol (a fat) is in abundance. Does that mean that we should stop eating fats? Not at all. But science of the past took its (partial) studies to mean that.

2. Cutting down on fats may have skewed body chemistry in a way that scientists had not predicted in their dietary planning. It turns out that not only is cholesterol a part of plaque formation, it is also a huge

part of the healthy nervous system (brain and nerves) microanatomy. Could this cutting-down-on-fats guideline have been part of why brain dementia seems to be on the rise?

3. Premature publishing: Citing fats in our diets may have opened the door for eating more carbohydrates, thus upping the ante for trouble. It may have opened the door for poor nervous system construction as well. I call it Petri dish science. Prevention of all this would have included trying out the diet in people before publishing to the public.

Can We Learn From Past Mistakes?

Though, often, it seems we don’t learn from past mistakes, it does seem that we could do so. If we can learn something from past mistakes, let’s get on with it. What can we learn? A few ideas come to mind:

1. Just as we need oxygen for breathing, and our Creator has supplied it for us, He has also supplied water and food for nutrition. So, I choose to assume that foods that have been here for our use forever are intended for our use and benefit. Fats and carbs would be included as beneficial.

2. Not only that, we need to learn to enjoy food—enjoyment seems to be part of the nutritional experience—without becoming addicted to it. That is, without overdoing or overfocusing on it. In my opinion, addictions are simply overfocuses.

How do we eat without addiction (overfocus on the enjoyment), or going overboard?

A Few Ideas Seem Useful

1. Limit portion sizes. If one needs to lose a considerable amount of weight and is serious about it, try eating half as much as normal. One way is to cut portions in half right on the plate. It may end up with some food going in the trash. But better there than on the hips. The other half could also be used—leftovers to warm up later, cutting costs.

2. Eat slowly. Savor the food. No meal should be finished in less than 20 minutes. The effect of slower eating is to eat less.

3. Refocus the attention. Think more about the stomach than the taste buds. (Thank you, Dr. DePak Chopra.) Is the stomach full or empty or somewhere in-between? Eat only when hungry. If there is any food in the stomach, one is not hungry. Interesting that we can learn to know if there is food in the stomach. Is what I really need hydration rather than food?



A healthy approach to the nutritional experience will help in moderation during the new year.

How about some good filtered water? Getting enough water is important to health. One way to be sure of getting enough, is to drink two glasses at each of three meals, and one glass in-between them.

Exercise not only burns calories but it helps refocus the mind, turning away from overdoing focus on the pleasantness of eating.

Engage in activities including social times, hobbies we love, spiritual pursuits, movies and reading. These too, are important to refocusing from food. They are sometimes called “positive addictions.” That is because they are a little harder to become addicted to and have few if any side effects (bad outcomes).

Best wishes for a Happy New Year in 2020, and **“All Things in Moderation.”**

Dr. Roberta Gilbert is a psychiatrist and Distinguished Retired faculty member of the Bowen Center for the Study of the Family, (formerly Georgetown University Family Center). The John Knox Village resident is a published author of several books on the Bowen Theory, therapy and leadership, and continues to teach master classes for leaders and therapists nationally. Dr. Gilbert engages in writing, music, travel, friends and community activities.





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World Peace Through Medicine Is What The Doctor Orders

Burn Loeffke
Gazette Contributor



Burn Loeffke

The Pentagon has declared China as enemy number one. We don't need to be calling people enemies. A better label would be competitors. My experience tells me, if we continue calling people enemies, we miss opportunities to create friendships.

I am a retired U.S. Army General who worked with the White House from 1971 to 1973.

After a year on Dr. Henry Kissinger's staff, I led the first delegation of young leaders (White House Fellows) to the People's Republic of China in 1973. In 1982, I was the first Army General, Defense Attaché to China. This background explains my connections with China.

In October of 2019, I traveled 15 hours by plane from Miami to Shanghai, China. Then another seven hours by train and finally two hours by car to meet a retired Chinese General.

Who Is This Man?

His name is General Zhi Yang Wang. He is known as the "*Chinese Peace General*." He earned this title for his work as the commander of Chinese volunteers in The United Nations.

A Chinese film editor, who was visiting the U.S., had heard me speak on U.S./China relations. He also heard that I was called the "*American Peace General*" for my work in resolving conflicts peacefully. The film director told his friend, General Wang, and a month later I received an invitation to visit his farm in a small village in the northeast of China. The film director arranged a meeting and traveled with a crew to film us teaching preventative medicine to children. The director knew that I create friendships by teaching preventative medicine to children with a magic book. The children then teach their parents what they learned.

The program was a success and General Wang, in the process, became a friend. Working together with medicine as the vehicle creates strong friendships.



Major General Burn Loeffke (U.S. Army Ret.) with General Zhi Yang Wang (top row right) gather with the children of military parents during his recent visit to China.

Today, the U.S., China and Russia are spending billions of dollars to more effectively destroy each other. One example, it takes 20 minutes or less for a nuclear missile from Russia or China to hit the U.S. and vice versa. Once missiles are launched, there is no calling them back. Many of us feel that small conflicts may lead to wars. Instead of more deadly weapons, let's work together through medicine as a bridge. It may just be what the doctor ordered for a more peaceful world.

Burn Loeffke, a retired military officer, has been wounded, survived two parachute malfunctions and two helicopter crashes in combat. As a captain in his 20s, he was an Army swimming champion. As a colonel in his 40s, he participated in a military decathlon in Russia. As a general in his 50s, he ran three marathons in China. He has been an advisor to the President's Council on Physical Fitness. As a senior, he starts each day at Hollywood Beach, FL with 200 stomach crunches, 10 minutes of stretching, and with Dr. Carmen Queral, they sprint one-minute dashes with 30 seconds of rest in between. They finish with 10 - 20 second dashes with 10 squats in between.

January Events At NSU Art Museum Fort Lauderdale

Jessica Graves
Public Relations Manager,
NSU Art Museum Fort Lauderdale

NSU ART MUSEUM
FORT LAUDERDALE

place at NSU Art Museum Fort Lauderdale, One East Las Olas Blvd. Space is limited for the events listed. Advance reservations are required. To reserve your spot, email: moareservations@moafl.org or call (954) 262-0258.

New Exhibition: Transitions and Transformations on view through June 30, 2020

"Transitions and Transformations" transforms "Remember to React," the previous installation of NSU Art Museum's collection, with the addition of new acquisitions, other works from the collection and works on loan to the Museum. The exhibition will continue to change over the course of the year, as works are added and removed. Many works incorporate the element of time or suggest the passing of time. Others represent physical transformations, as well as turning points in the history of contemporary art.

Artworks from the collection include those by: Cecily Brown, Elaine de Kooning, Teresita Fernandez, Theaster Gates, Genevieve Gaignard, Phillip Guston, Christian Holstad, Jim Lambe, Glenn Ligon, Zanele Muholi, Catherine Opie, Andres Serrano, Cindy Sherman, Mickalene Thomas, Michael Vaszuez and others. Among the works on loan is "Cookie's Doll," one of Julian Schnabel's early broken plate paintings. "Transitions and Transformations" is curated by NSU Art Museum Director and Chief Curator Bonnie Clearwater.

Also on view: "Happy!" through July 5. "I Paint My Reality: Surrealism in Latin America" through June 30.

Free First Thursdays Starry Nights, Presented by AutoNation: Thurs., Jan. 2 from 4 to 8 p.m.

Enjoy NSU Art Museum Fort Lauderdale's exhibitions, 2-for-1 drinks in the Museum Café and

hands-on art projects for all ages. Free admission.

Art of Wine & Food: "Around the World in White" Thurs., Jan. 2 from 6 to 8 p.m.

Join Todd Alleman from Trincherro Family Estates as he takes you around the world sampling four fabulous white wines to enjoy in the winter (Florida style) with small bites paired with each wine. Arrive at 5:30 p.m. for a docent-led tour of the highlights of the exhibition "Happy!"

Presented by Darcy J Beeman, CFP, Edward Jones. RSVP Required.

Bank of America Museums on Us: Sat. & Sun., Jan. 4 & 5

Bank of America cardholders receive free admission to the Museum.

Second Sunday Film Series: "A Mirror for the Sun," Sun., Jan. 12 at 1:30 p.m. Tour / 2:30 p.m. Film

Join NSU Art Museum and David Posnack JCC for a Sunday afternoon of art and film. A Mirror for the Sun focuses on Tamar Ariel, the first-ever Orthodox Jewish combat navigator and her life and death struggle during a hike in the Annapurna mountain range. A discussion with Ariel's family will directly follow the film. Film: \$9 for Museum members and **John Knox Village residents**; \$11 non-members. Film and tour: Museum members and **John Knox Village residents** tour free; \$22 non-members.

Art Talk: "Abstract Art" with Armando Droulers Wed., Jan. 15 at 10 a.m. Free

Join the Friends of the Museum for a free lecture by art historian Armando Droulers on Abstract Art. Friends are invited to stay for the fellowship lunch in the Museum afterwards. Cost for lunch is \$20. To RSVP please contact Ann Harsh.

Tea & Art History: "Behind the Scenes" Wed., Jan. 22, Tea at 2:30 p.m., Art History Lecture at 3:30 p.m.

Join Barbara Buhler Lynes, Ph. D., Sunny Kaufman



Genevieve Gaignard, "Nothing Can Dim The Light That Shines From Within," 2018. NSU Art Museum Fort Lauderdale; purchased with funds provided by Michael and Dianne Bienes by exchange. Courtesy of the artist and Susanne Vielmetter Los Angeles Projects.

Senior Curator, for traditional British afternoon tea and discussion exploring what happens behind the scenes at NSU Art Museum. Tea begins at 2:30 PM with scones, finger sandwiches and sweets.

The lecture will focus on how the curatorial department at NSU Art Museum develops exhibitions that include works from private and public collections. Find out how objects are selected, what is involved in transporting works to the Museum, who decides how they will be displayed and who installs them. This illuminating talk will reveal how exhibitions are put together. \$35 for Museum members and **John Knox Village residents**; \$40 for non-members. RSVP Required.

Conversations on Collecting: "Art Hotels" Sat., Jan. 25 at 4 p.m.

Discussion with Suzi Cordish and Cricket Taplin and NSU Director and Chief Curator Bonnie Clearwater. Sponsored by Northern Trust.

For information about attending these events as a John Knox Village guest, please call the Marketing Department at (954) 783-4040.

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Continuing Education Is A Lifelong Ambition

Maurice Scaglione
Gazette Contributor



Maurice Scaglione

welcome. Please don't confuse this with WikiLeaks, they have nothing to do with each other. Wikipedia is a user-updated encyclopedia. You type a subject matter and can find in-depth information. Now, if you are a former teacher or a subject matter expert you can correct or add to the content.

Learn Most Anything Via YouTube

To learn about nearly anything, the video free resource to consider is YouTube owned by Google. You will have commercials served while watching, but it is completely free. On a computer open your browser and type, YouTube.com. On a smartphone, download the application called YouTube from the Apple or Google store. Now in the search bar, type what you would like to learn.

Example: Type in any of these words followed by "Tutorial:" Iphone, Samsung Galaxy, Excel, iCloud, Mac, Windows 10, Alexa, Google Home, etc., but don't limit yourself to technology. Any subject matter that is of interest will bring up a result. How to paint? How to change a faucet? How to repair a Maytag washer? How to become an accountant?

Anything you want to learn can be found on YouTube. But what you have to remember is that the content is all user-generated. The quality of the sound and

Researching a subject used to involve a trip to the library. Continued education can come in many forms including going to a physical location such as a school.

Today, with our digital world, you can get an instant answer on the internet. A search engine like Google, Bing, or Yahoo can provide answers, but what if you want to learn something with more extensive knowledge?

The online version of the encyclopedia is Wikipedia.com. It is free but donations to support it are

video may, or may not, be the best. And sometimes the solution may not be correct. After you type in the search subject matter, several videos will be listed. Each will show you the number of minutes for the video. Read the title or just watch the video and move onto the next one.

If you find a channel, as YouTube calls them, that you like, you can click the "subscribe" button. Then you will get an email to let you know that your favorite creator has uploaded a new video. I recommend, "dottotech" for technology.

But what if you want to take an education course? You can search the web for many companies that offer various training. Lynda.com has been an excellent professional site that charges a monthly fee. You can see the table of contents on the subject matter. If you want to learn how to create a PowerPoint presentation, look at the table of contents and go directly to the area that interests you. But if you want to go through a normal learning structure for Photography from A to Z, then Lynda is very good.

Learn A Language Before Traveling

Want to learn a new language? Look into Babbel.com, a subscription-based website that can help you learn 14 different languages.

Colleges offer online classes, but before you invest money in earning a degree, do your research that the online institute is accredited and that the degree is worth the money.

Apple offers iTunes University, a free repository of college lectures from renowned schools.



Learning opportunities via the Internet are plentiful. All you need to learn a new skill is an understanding of how to search the Internet on your desktop computer, laptop, tablet or smartphone.

Another method of learning is listening to podcasts. A great application for getting all your free content is called Pocket Casts. On the web go to: www.pocketcasts.com, and listen on your computer. It will let you search for any subject matter which you would like to listen.

If you use a web training site that you feel is wonderful, please email me and we can try to put a more complete list together for the future.

Maurice Scaglione is a 25-year veteran of the computer industry. He runs Stupid Computers, LLC (954) 302-3011, offering personal computer training in home or office. He resolves problems and instructs on the use of computers, smart phones and tablets such as iPhone, Android, iPad, etc. You are welcome to send your questions to him at stupidcomputersllc@gmail.com and he will attempt to include answers in future articles.

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Celebrate The Upward Arc Of Eldering

Anne Goldberg
Gazette Contributor



Anne Goldberg, the Savvy Senior

it spun around on its hood a few times. As I watched in horror, I saw a sea of people who were close to the scene pouring from their vehicles and I could see them retrieve the driver of the van. They got him out through the window, somehow. This all happened within maybe 10 seconds.

My body began to shake. I was shocked at how life can radically change in the blink of an eye. Those drivers left their homes that morning with all the casual abandon that routine brings. They were you and me. They were our brothers and sisters, our children; and in an instant...life will never be the same again.

It took about 30 minutes for the shaking to stop. I was aware of every sound, every movement on the road around me. I could not shake the notion of how arbitrary it seemed. In that moment, it was so clear to me that this was a reminder to live life full out.

Why hold back? At any moment, the life we know can crack open and fall apart. It's the best reason I know to take hold of life and ride it out with all its ups and downs, joys and sorrows.

Do you see life as a downward spiral into old age or an upward arc into eldering? What are your dreams? What did you always put off until tomorrow?

Not too long ago, I was on my way to see a client. It was just after noon and I was at a red light when I heard the crash. A sickening, crunching sound filled the air and I whipped my head around to see a silver minivan being pushed so hard by the oncoming blue SUV that it began to roll over and over.

I sat frozen, as I imagined the terror the driver must be feeling and wondered if his seatbelt was holding him safely in place. When the van finally stopped rolling over,

Why not do it now? Right here, right now, this very moment is the only thing you have control over. You get to choose what you want to do. What about tomorrow? It's filled with possibilities, while yesterday is a memory.

There's no time like the present to connect to the truth that every breath we take is our opportunity to be more, do more and contribute more.

Be a Savvy Senior. Take advantage of the time you have here and now. Know your passion. Know your purpose. And if you don't know your purpose, stay tuned. There will be more posts on that in the coming months.

Anne Goldberg, The Savvy Senior, has a mission to help seniors know they are old enough to have a past and young enough to have a future. Her vision is to



Be a Savvy Senior and ponder your future and understand your life's passion and purpose.

create an army of senior volunteers bringing their wisdom and experience back to the community. She helps seniors live into their future with vitality by teaching them how to use computers, with conferences and workshops on "The Art of Living Longer," with decluttering & organizing, and with "Tell Your Story Videos," preserving the stories and wisdom of your life for future generations. Visit: www.SavvySeniorServices.com

Answers to Crossword Puzzle on Page 5 and Sudoku on Page 8.

	M	E	R		A	S	V		R	I	A	
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			F	E	M			C	O	S	M	
C	E	C	R	O	P	S		S	C	I	O	N
A	L	A	E		T	I	C		O	N	C	E
G	Y	R	U	S		T	A	L	L	Y	H	O
		O	D	E	R			D	A	D		
A	K	U			L	A	B	E	L		E	M
N	O	S	O			C	O	L	O	S	S	A
G	L	A	D		E	L	L		H	E	N	S
	A	L	A		R	E	E		E	L	A	

3	2	5	9	8	7	4	6	1
4	7	9	1	6	5	8	2	3
8	6	1	3	2	4	7	5	9
7	4	2	8	9	6	1	3	5
5	1	8	2	4	3	9	7	6
6	9	3	5	7	1	2	8	4
2	3	6	7	1	9	5	4	8
1	8	4	6	5	2	3	9	7
9	5	7	4	3	8	6	1	2

Rejuvenate Your Brain In 2020

Positive Steps To A Mindful New Year

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

If you have noticed your memory (short-term, long-term, any term) isn't what it used to be, it's time to roll up your sleeves and get busy. Your brain may need an energy boost to perform better for you in 2020.

The good news is that you already have a major source of rejuvenating energy within you: The wisdom you have learned from your decades of life experiences.

Human beings have won the evolutionary lottery when it comes to longevity. We can live upwards of 80 to 100 years or more, decades longer than other highly intelligent, social mammals such as chimpanzees (40 to 50 years), dolphins (40 to 60 years) and elephants (60 to 70 years).

Programmed To Impart Knowledge

Why do we live so long? As the 20th century psychologist Carl Jung pointed out, "The afternoon of human life must also have a significance of its own and cannot be merely a pitiful appendage to life's morning." A human being would not grow to be 70, 80, 90 or 120 years old if this longevity had no meaning for the human species.

Indeed, people over age 40 have contributed a major benefit to the human species' success: Wisdom. Our wisdom flows from our memories of life experience, as we search for belonging and love from cradle to grave.

As far as our brain is concerned, survival is the ultimate success. Our life story tells the tale of how we have managed to survive, first and foremost. How did we navigate through the manic highs and depressive lows of the human condition year after year?

But it is not just personal survival that our brains aspire to. The survival of the people we love and the groups we belong to also matter to our brain. And how well we survive matters too: We want to thrive, not just barely survive.

The link between our personal story and these survival interests is the sharing of wisdom. Wisdom is the driver of our ability to survive and thrive as unique individuals in groups.

Wisdom is the quality of having experience, applying knowledge, and using sound judgment for the common good, be it a relationship, family or society. Wise elders have helped groups make adaptive decisions to get through tough times and avoid self-destructive violence. Sharing wisdom also keeps elders learning from others of all ages and remaining young at heart.

If we mind the glory of our story—our wisdom—we matter to ourselves and others. In a biochemical triumph of "mind over matter," pro-social hormones in the brain and gut generate powerful antioxidants that reduce inflammation and promote resilience. We survive and thrive.

Share Wisdom For Life-long Benefits

So the human species' winning formula for rejuvenation over age 40 is: More days, more experiences, more brain connections, more memories, more wisdom to share, more social utility, more meaning, more smiling, more vitality, less oxidative stress, less inflammation, more years of life. This wisdom-making work is never finished if we want to have a story and a brain that keep getting better with age. Some of the best opportunities John Knox Village residents have for sharing wisdom are:

- **Volunteering on the Village campus.**
- **Serving on a resident committee at JKV.**
- **Getting involved with multi-generational activities offered by Life Enrichment.**
- **Writing about your life experiences in the Silver Scribes' writing group.**
- **Participating in a discussion group.**
- **Having a meaningful conversation with neighbors and friends.**



Through the millennia, the senior's responsibility has been to impart knowledge and wisdom to the younger generations.

To rejuvenate your brain and improve your memory, find new ways to share your wisdom and matter to others in 2020.

"Old age is a crown of dignity, when it is found in the ways of justice." – Proverbs 16:31

John Knox Village is the only Life-Plan Retirement Community in Florida to offer Phyllis' exclusive Train Your Brain® workshop. Call (954) 783-4040 for information on upcoming Train Your Brain® workshops.

Brain Wealth founder **Phyllis T. Strupp, MBA**, is an award-winning author and brain training expert, speaking to audiences around the U.S. on how brains and lives can get better with age. Her 2016 book, "Better with Age: The Ultimate Guide to Brain Training," introduces a pioneering approach to "use it or lose it," based on successful outcomes from her 10 years of experience in brain coaching.

Visit Phyllis' website: www.brainwealth.org

The Laurel–A Villa Home Offers Single-Story Living All The Conveniences For Those Who Desire A Home Style Floor Plan

Start the new year with a plan to simplify your lifestyle and gain peace of mind by making the move to John Knox Village, South Florida's premiere Life-Plan community. If you are currently living in a single family home, the featured Laurel–A villa might be a perfect choice for you.

As a resident of John Knox Village, you'll enjoy a truly carefree lifestyle. Take advantage of all the activities available to you both on campus and in the greater community, while JKV takes care of your home environment. All maintenance inside and out is included, plus you will have the peace-of-mind of the Life-Plan security that every resident at John Knox Village enjoys. Make your plan for the new year to gain the independence and health care security that a Life-Plan community will provide.

January is the final month to enjoy 2019 pricing before February's 2020 increases.

Tour this Laurel–A villa home, experience the special ambiance of the Village, and enjoy a complimentary meal in JKV's Palm Bistro.

The Laurel–A Villa Home Features:

- **Stainless steel kitchen appliances: Range, refrigerator, dishwasher and microwave**
- **LED kitchen lighting**
- **Under-mount stainless steel sink w/spray faucet and disposal**
- **Quartz/granite kitchen countertops**
- **Choice of upgraded backsplashes**
- **Choice of kitchen hardware**
- **Generous cabinet selections**

Master Suite

- **Spacious walk-in closet**
- **Baseboard molding**
- **Walk-in shower**

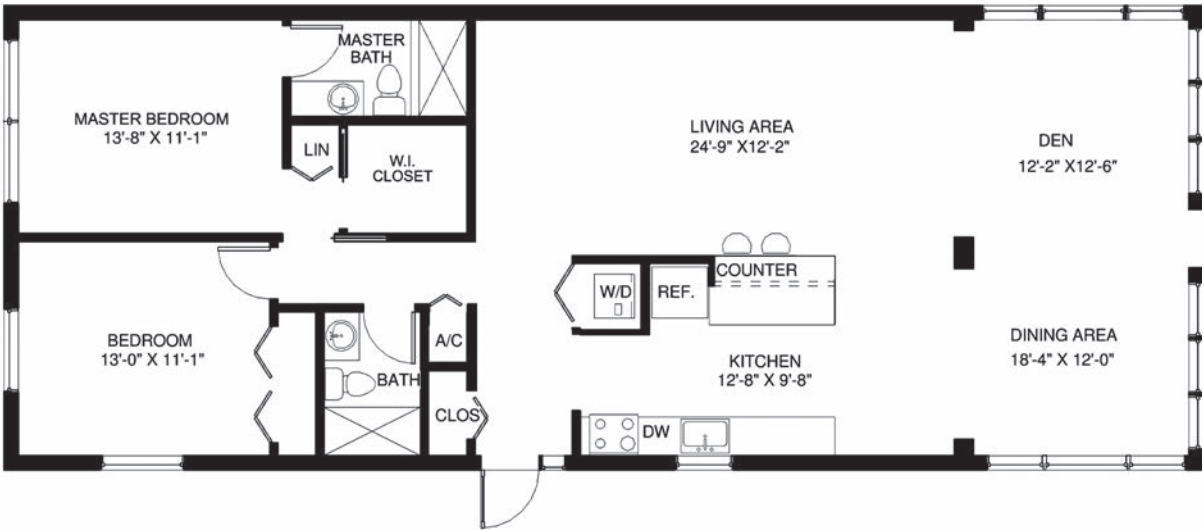
Bright, Spacious Interior

- **Crown molding option**
- **Frameless shower door**
- **Custom closet option**
- **Washer and dryer**



The Laurel–A features a spacious and convenient kitchen: Perfect for preparing gourmet dinners and entertaining friends and family.

The Laurel–A
2 Bedroom / 2 Bath / 1,488 Sq. Ft.



As a JKV resident, you'll enjoy the carefree lifestyle that comes with a comprehensive long-term care insurance policy, unlimited use of the Rejuvenate Spa & Salon, Fitness Studio, Palm Bistro, heated pool and much more. Tour the Village and enjoy a lunch or dinner with us.

Call the Marketing Department at (954) 783-4040 for more information.

web JohnKnoxVillage.com

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