



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

# Gazette

where possibility *plays!*

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John Knox Village of Florida, Inc.  
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## Inside And Out, Westlake Coming Together Nicely

### '87-Percent Presold, But Many Beautiful Apartments Remain'



Rex Foster Lake can be seen at the bottom right and will ultimately connect with Lake Maggie, seen at the top of the photograph.

**Rob Seitz**  
Gazette Editor

With the bulk of remaining construction work taking place inside John Knox Village's new Westlake apartment complex, the end-of-year completion date seems even more secure.

Inclement weather will not be delaying the work of nearly 300 men and women installing flooring, appliances, cabinetry, millwork, painting and much more for the most ambitious project in the 56-year history of South Florida's premier Life-Plan Continuing Care Retirement Community.

Exciting work taking place outside is construction of seawalls and the excavation work that will connect venerable Lake Maggie from the campus' eastside with Rex Foster Lake—a beautiful water feature that can be easily seen from Cassels Tower, Seaside Cove, the Pavilion and Westlake.

Rex Foster Lake was purposely reconfigured to play a bigger part in enhanced waterviews around the campus, including those dining in either The Pearl or Seaglass restaurants

in the Pavilion, JKV's latest crown jewel. At \$34 million, the Pavilion includes a 350-seat Cultural Arts Center and pre-function area, along with the two dining venues.

When Westlake is completed, JKV residents, family, guests and staff will enjoy waterviews from more than half of the 70-acre campus.

Additionally, there will be 147 state-of-the-art apartments and the \$120 million price tag includes two decks of covered parking and a first-floor common area chock-full of amenities.

As JKV Vice President of Sales Kim Ali likes to say: "We are 87-percent

presold, however there are still many beautiful apartments remaining."

Enthusiasm for the project is not just taking place on JKV's 70-acre campus, but is being felt in the greater community.

With a 10-percent deposit, *Gazette* readers are automatically enrolled as Platinum Level members of the Westlake

*See "Westlake at JKV" on Page 2*

**JKV Residents Will Enjoy Waterviews from More Than Half of the 70-Acre Campus.**

## JKV Community Partnerships

### Alliances With Local Cultural Organizations: Part One

**Marty Lee**  
Gazette Contributor

John Knox Village (JKV) is intimately involved in the greater South Florida community. Team members serve as advisors on local boards, residents volunteer at various organizations and schools, and JKV creates unique partnerships with many nonprofit organizations to benefit both the organization and the residents.

Over the years, JKV has forged these community partnerships to increase the amount of diverse programming that the Life Enrichment Department is able to offer its residents. Additionally, these partnerships provide opportunities for residents to get to know the greater South Florida community, as well as the history of these organizations.

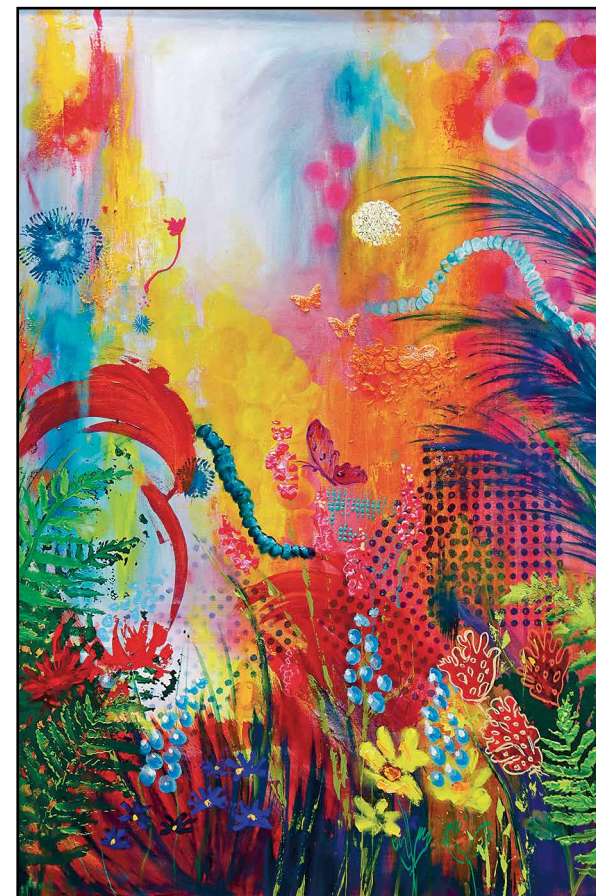
At the present time, JKV features 14 Community Partners. This article provides an overview of the first group of partners. In the December/January issue, we will feature Part Two and the remaining partners. Read about the benefits afforded to residents of JKV.

#### ArtServe

Founded in 1989, ArtServe is South Florida's premier arts and culture incubator. ArtServe inspires, supports and advances its diverse members, artists and community by promoting artistic development, education and prosperity through the exploration and presentation of the visual and performing arts.

- A rotation of curated art installations on display at JKV's Village Centre and Cultural Arts Center throughout the year
- Opening receptions at JKV for all new ArtServe exhibits
- Artist workshops and classes led by the artist currently on exhibition

*See "Community Partners" on Page 3*



A presentation by artist Sara Schesser Bartra is one of the creations exhibited in her "Magical Nature" series now on display in the JKV Cultural Arts Center's ArtServe curated gallery.



# Westlake Village Club Members Receive Additional Benefits

From “Westlake at JKV” on Page 1

Village Club, with benefits that include meals at any of the four on-campus dining venues.

Ten-percent depositors also receive many complimentary services, including access to JKV’s \$6.2 million Aquatic Complex, with its resort-style pool, four-lane lap pool, Jacuzzi®, Pickleball and bocce ball courts, the indoor and poolside Glades Grill restaurant, and the Poolside Pub.

Westlake Village Club Members also receive access to award-winning Life Enrichment events, fitness classes, and admission to JKV community partner venues such as Ft. Lauderdale International Film Festival, Bonnet House, the historic Sample-McDougald House, the NSU Art Museum in downtown Ft. Lauderdale, and the Boca Raton Museum of Art, among others.

Read about the Community Partnerships on Page 1 and 3, and another feature on the Museum of Discovery and Science (MODS) on page 4.

Westlake’s common-area first floor amenities will include:

- **BV’s French Press and Wine Bar**, a coffee and wine bar, so named after Cassels Tower resident Bruce Voelkel who provided the JKV Foundation with a very generous donation.

- **The bistro-styled Westlake Eatery**

- **A high-tech projection theatre**

- **Technology hub**

- **Business center**

- **Art studio**

- **Sacred space**

- **Library**

- **Covered parking on the second and third floors**

Plan to take a tour of John Knox Village soon. To learn more visit [www.johnknoxvillage.com](http://www.johnknoxvillage.com) or [www.JKVGrows.com](http://www.JKVGrows.com) or call 954-871-2655.



The Pickleball courts located in the JKV Aquatic Complex have been a welcome addition since the Complex’s opening in 2021.

## Think Pre-Paid College, But For Your Health Care

There is a misperception with some prospective residents about what exactly John Knox Village is selling. Many prospects visit South Florida’s premier Life-Plan Retirement Community thinking they will be purchasing an apartment or villa home.

However, as a Life-Plan Continuing Care Retirement Community, what JKV is providing its residents with is a Life-Care contract which secures their care, if, when and for whatever health care circumstance that may arise.

“Think of it as buying a college pre-paid plan, where you lock in—in this case—your health care costs for today, and the future, should you

ever need those services,” said Kim Ali, JKV Vice President of Sales. “Along with the peace of mind knowing your future health care needs will be met, JKV residents enjoy living in a state-of-the-art apartment or villa home, along with enjoying our award-winning amenities and our robust Life Enrichment programming.

“With skilled nursing [24-hour monitored] care averaging around \$14,000 per month, assisted living at about \$5,000 monthly and memory care at \$8K-plus; over the course of just a couple years a \$200,000 entrance fee that gets you into JKV can get eaten up pretty quickly.”

# JKV’s Benevolence Program Offers Peace Of Mind

**Fund Ensures Residents Will Not Be Asked To Leave Village For Financial Reasons**

**Rob Seitz**  
Gazette Editor

For many John Knox Village residents, an unintended consequence of the remarkable advances in modern medicine, along with the Village’s healthy, robust lifestyle, is they are simply outliving their financial assets—through no fault of their own.

Begun in 1980, the JKV Benevolence Fund is yet another peace of mind benefit provided to residents by South Florida’s premier Life-Plan Continuing Care Retirement Community. The Benevolence Fund ensures residents, who meet eligibility requirements, will never be asked to leave the Village for financial reasons.

As a measure of their longevity, currently there are 21 residents 100 years of age or older, including eight who reside in independent living apartments and villas. The balance resides in on-campus assisted living and skilled nursing care centers.

The completely confidential Fund is held and managed through the JKV Foundation, which also ensures that the cost of providing resources for residents on the program will never be incurred by JKV residents.

### Funded By Resident Generosity

“We are extremely fortunate to have had very generous residents who believed in the Benevolence Program and made significant gifts to the fund over the years,” Foundation Executive Director Mark Dobosz told the *Gazette*.

“Our endowment ensures that we can always take care of our residents without having to get that support for them from the rest of the Village.”

In the past year, the JKV Foundation Board ap-

proved revisions to the JKV Benevolence Program.

The first in at least 20 years, the revisions were aimed at updating the program to enhance its quality and efficiency, position it with current economic factors, and expand the opportunities for residents who need the service who might not otherwise have qualified previously.

“Even though all prospective residents must qualify financially to move into JKV, we know that the income and assets necessary to enjoy a normal lifestyle may erode over time,” said Mr. Dobosz. “Should that occur, because of generous donations by current and former residents, the JKV Foundation Benevolence Program is available to reduce the burden of continuing Monthly Service Fees for qualified applicants.”

### Overview

The Benevolence Program is designed to assist Life-Plan residents whose retirement assets have fallen below specific levels by subsidizing their Monthly Service Fee to reduce or eliminate the need to liquidate assets. The amount of each participant’s Benevolence Grant is based on tax return and asset information provided by the recipient.

Under the revised program, residents may qualify if their assets drop below \$200,000 versus the previous \$50,000 threshold. Additionally, the grant is distributed monthly until June of the third year after approval to keep up with the changing economic times annually. Participants must re-apply in the third year to allow for review, recalculation, and to avoid termination.

Additionally, recipients also have the option to reapply as frequently as annually.



**Mark Dobosz, John Knox Village Foundation Executive Director.**

Grants must be approved in advance by the JKV Foundation Benevolence Committee, which is comprised of three JKV Foundation directors.

The committee’s role is to review and evaluate the provided data to assure that any award conforms to the provisions set forth in the Program Summary. It also has the authority to adjust awards or waive provisions, consistent with the intent of the program.

“There are many wonderful reasons residents choose to live at John Knox Village and the peace of mind residents feel with this program is palpable,” Mr. Dobosz said.



John Knox Village is home to nearly 1,000 residents on its 70-acre Pompano Beach campus.



# JKV's Community Partnerships

A Peek At Some Benefits JKV Residents Enjoy

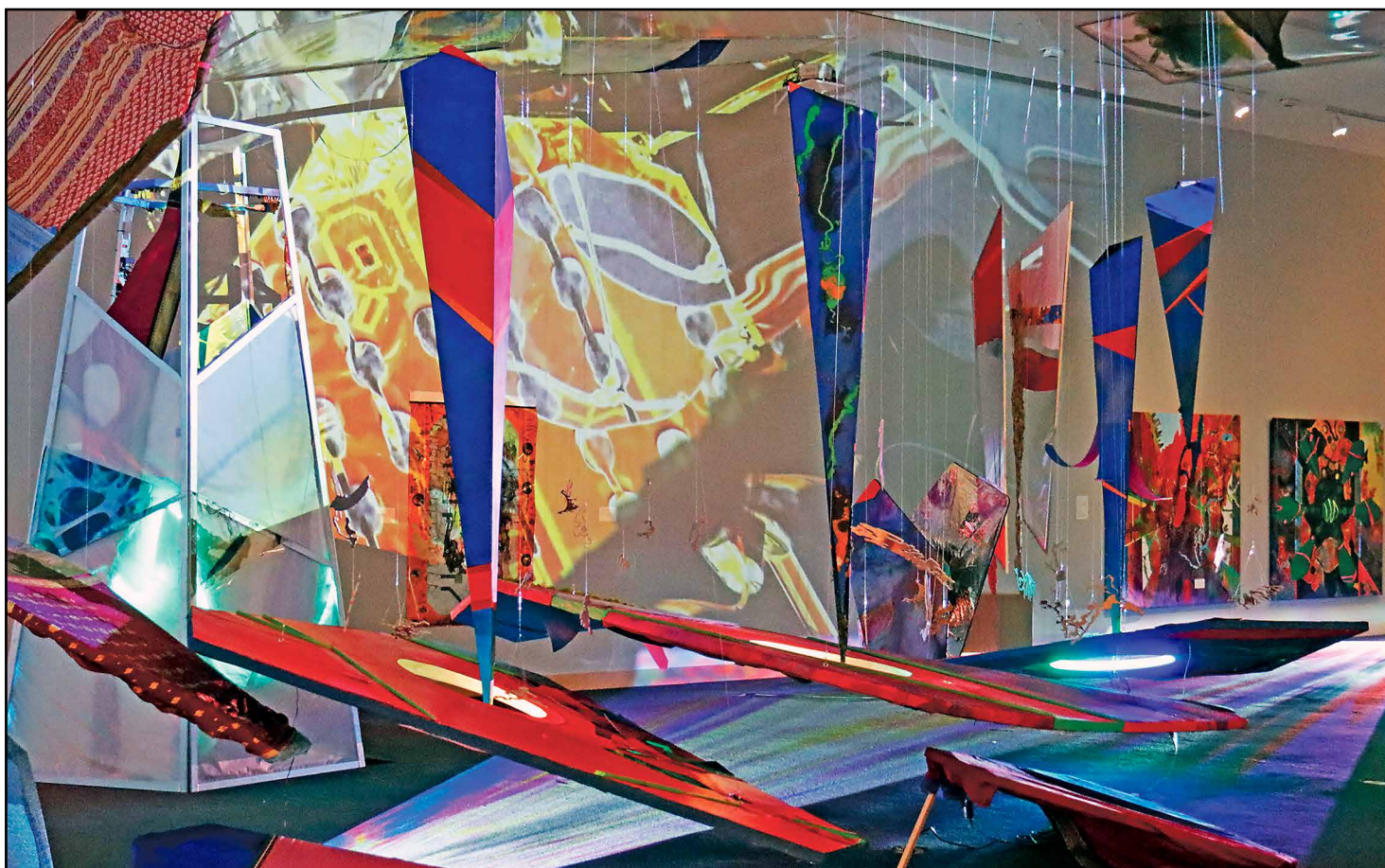
From "Community Partners" on Page 1

## Boca Raton Museum Of Art

The Boca Raton Museum of Art provides a supportive foundation to explore humanity's rich cultural, artistic and intellectual contributions. The Museum strives to engage the mind and nourish creativity through excellence in collections, exhibitions, educational programs, and studio art classes.

**JKV residents enjoy:**

- Members' Invitations to opening night receptions
- 10% discount in the Museum Store
- Free or discounted lectures, concerts, films
- Special programs on the JKV campus including lectures and workshops
- Bi-monthly conversations with the Museum's Arts School artists



A recent exhibition at the Boca Raton Museum of Art.



The Gazebo located inside the Bonnet House Museum and Gardens.

## Bonnet House Museum And Gardens

Bonnet House Museum and Gardens preserves the unique historic estate of Frederic and Evelyn Bartlett. Through enriching cultural experiences, the Museum connects today's community to the Bartlett's architectural, artistic and environmental legacy.

Bonnet House offers tours, concerts, beautiful wedding space, special events, educational, culinary experiences, and so much more. Bonnet House is a nonprofit 501c3 whose mission is to preserve this unique historic estate through enjoyable and enriching cultural experiences.

**JKV residents benefit:**

- Educational programs presented at JKV
- Art classes/workshops at JKV
- Customized docent-led group tours
- Complimentary admission for self-guided tour for residents and their guests
- 10% discount in the Museum Store
- Museum Member discounts for educational lectures at the Museum

## Dillard Center For The Arts

Dillard Center for the Arts (DCA) provides training in dance, music, theater and visual arts, complemented by a rigorous academic curriculum. Students must demonstrate ability and interest in one of the four artistic disciplines to be considered for acceptance. DCA is fully accredited and offers the same academic curriculum and graduation requirements as all Broward County high schools; the major difference in the academic program is that they offer the added ingredient of correlating the arts with academics, rather than treating as isolated disciplines. All students spend three hours per day in their art areas, and the remainder of the time in academics or electives.

**JKV residents take in:**

- Dillard Marching Band performance during JKV's Active Aging Week
- Dillard Marching Band participates in the JKV Holiday Parade
- DCA presents musicals and theatrical performances at JKV
- DCA student salon-style performances at JKV's dining venues: The Seaglass and The Pearl

## Fort Lauderdale International Film Festival

Celebrating its 38th annual festival in 2023, the Fort Lauderdale International Film Festival (FLIFF) presents American independent and studio films, international films, student films, special tributes and seminars. FLIFF also introduces filmmakers to South Florida audiences. The festival runs each November, and screens 200 films in Fort Lauderdale, Sunrise, Hollywood, St. Augustine and the Bahamas. It is considered one of the most important regional film festivals in the U.S. Additionally, with two venues, Savor Cinema Lauderdale and Cinema Paradiso Hollywood, films are screened year-round.

**Benefits to JKV residents:**

- Discounted movies year-round at FLIFF Cinemas
- Free member films and events
- 5% off Savor Cinema rental
- Discounted tickets to all year-round parties
- Discounts to all Festival Films & Parties
- Free Festival Member Kick-off Party

## History Fort Lauderdale

History Fort Lauderdale, formerly Fort Lauderdale Historical Society, believes that a sense of history is fundamental to understanding human experience, and therefore, collects, preserves and shares material from our community's past, so that present and future generations can comprehend more fully their predecessors, their community and themselves.

**JKV residents receive:**

- Lectures and presentations at JKV
- Private group visits to the New River Inn Museum
- Private Bus Tours of local downtown Fort Lauderdale areas
- Private art workshops with co-op artists
- Private Behind the Scenes tours of History Fort Lauderdale's private collections with the curators
- Private walking tour of local downtown Fort Lauderdale area with a guide
- Free entrance to the New River Inn Museum for all residents and one guest
- Free entrance to special Member exhibit openings and programming events
- 15% discount in the Museum Store
- Free entrance to Members Only or VIP events
- 20% discount for JKV residents on the rental fee for History Fort Lauderdale Board Room

For more information about the JKV Community Partners and the benefits provided to the residents, please contact the Life Enrichment Department at 954-783-4039. To schedule a tour of JKV, please call the Marketing Department at 954-871-2655.

# Subscribe To The Free Digital Gazette ACE: Arts, Culture, Entertainment Edition

The John Knox Village Gazette has expanded. In response to increased interest in the Gazette, the newspaper is now a more robust 16 pages.

Printed editions of the Gazette will continue to be direct-mailed to your home on EVEN-NUMBERED months. The all-new digital edition of the John Knox Village Gazette ACE will be offered on ODD-NUMBERED months in an easy-to-read horizontal digital format. The Gazette ACE focuses on Arts, Culture and Entertainment, not only at JKV but in South Florida as well.

The catch is we need your permission to email the FREE monthly publication to you. Email your subscription request to [gazette@jkvfl.com](mailto:gazette@jkvfl.com)

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# JKV Honors Retired Educators At "Back to School" Appreciation Event



JKV's retired educators reminisced about the joys of teaching, and the times when students came to school to learn, meet new friends and socialize.

**Kim Morgan-Vagnuolo**  
Gazette Contributor

Many retired educators from all over the country call John Knox Village home.

The JKV Marketing and Sales teams recently hosted a "Back to School" Cocktail Party and Mixer appreciation event to recognize and celebrate more than 75 retired teachers, principals, guidance counselors and administrators.

Held at the Cultural Arts Center in the Pavilion, with appetizers and an open bar, many who entered the party exclaimed that they did not know that "so-and-so" was an educator.

## JKV's CEO Got His Start As A Teacher

JKV President and CEO Dr. Salvatore Barbera spoke to the group and thanked them for shaping so many lives and making a difference in the world.

Dr. Barbera began his career as an elementary school teacher, is a faculty member at Boca Raton-based Florida Atlantic University, where he teaches Health Administration in the Executive Program, and he is a Fellow in the American College of Healthcare Executives.

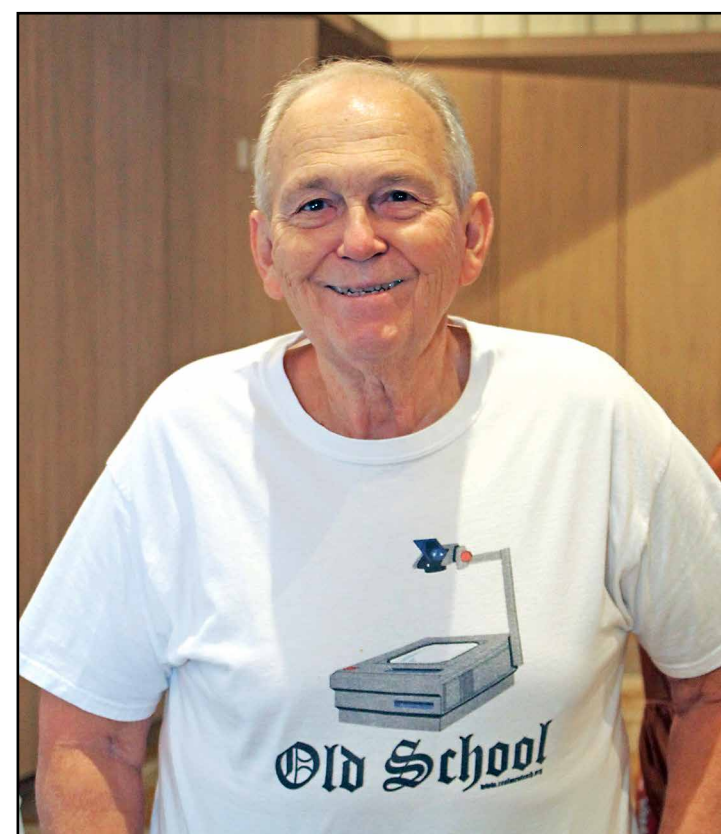
"Given all the planning that goes into a year-long curriculum, it only makes sense that educators would also plan for their retirement and, in doing so, consider planning to live in a community like John Knox Village," Dr. Barbera told the *Gazette*.

## Teachers From Elementary To University

Attendees included a wide variety of fields within education including: An Elementary School Principal from Morristown, NJ; a High School English and Drama Teacher from Philadelphia; Adjunct Professor from Western New York; Director of Employment

Standards with Montgomery County in Rockville, MD; School Psychologist from Broward County; Central Office Supervisor of Career Specialists of 15 high schools in Georgia; Associate Professor E-commerce at Jackson State University; Associate Professor of Physical Therapy, University of Miami Miller School of Medicine; Secondary Educator in the Marblehead, MA Public Schools; Chair of the Department of Mathematics and the Department of Physical Education at Valencia College, Orlando, FL; and many others.

JKV Sales and Marketing, along with the Life Enrichment team, are in the planning stages of organizing mixers for other career groups on campus including retired medical professionals, retired first responders and retired insurance and finance professionals.



Cassels Tower resident, and retired elementary school principal, Bruce Voelkel went "Old School," during a recent Retired Educator event at John Knox Village.

# Community Partnership: Museum Of Discovery And Science

**Jody Leshinsky**  
Gazette Contributor



Jody Leshinsky, JKV Life Enrichment Manager

The Museum of Discovery and Science (MODS) has been a leading force in science education, innovation, and exploration since its establishment in 1976 as the Discovery Center. Originally housed in the historic New River Inn building, MODS has played a crucial role in the revitalization of downtown Ft. Lauderdale's Arts and Science District. The museum, which spans 119,000 square feet, boasts a range of attractions, including the 264-seat AutoNation IMAX Theater and the captivating Great Gravity Clock in the open-air Grand Atrium. With its dynamic interactive exhibits in the natural and physical sciences, as well as diverse

programs, MODS caters to a wide audience.

## Special Benefits For JKV Residents

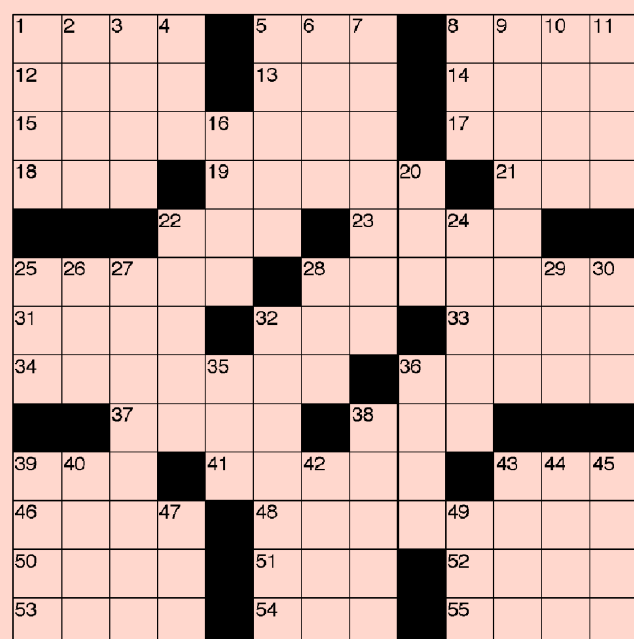
Thanks to our community partnership with the Museum, John Knox Village residents can enjoy themed visits from the STEMobile (Science, Technology, Engineering and Mathematics) on the JKV Campus multiple times a year. Furthermore, residents have the opportunity to participate in docent-led group tours of the Museum, which also includes an IMAX film screening. As a special benefit of our partnership, admission to MODS is free of charge for John Knox Village residents, and transportation costs to the Museum are waived for outings.

For those residents who choose to attend an IMAX film independently, the Life Enrichment Department offers free admission vouchers, complete with a complimentary serving of popcorn to enhance their viewing experience. Additionally, residents receive a 10-percent discount at the Explore Store and the Elements Café.

To learn more about this community partnership, please contact the Life Enrichment Department at 954-783-4039.



MODS Great Gravity Clock.



## Crossword Puzzle Of The Month

### ACROSS

- 1. In this place
- 5. Peak
- 8. Crew
- 12. Foment
- 13. To (Scot.)
- 14. Wholesome
- 15. Musical instrument (string)
- 17. Domain
- 18. Noun-forming (suf.)
- 19. Silk Fabric
- 21. Preserve
- 22. Vein (pref.)
- 23. Mentally confused
- 25. Stage extra
- 28. Queenly
- 31. People

- 32. Afr. bowstring hemp
- 33. Taro
- 34. Retinue
- 36. Nevi
- 37. Asian weight
- 38. Latitude (abbr.)
- 39. Manufacturing (abbr.)
- 41. Sour milk drink
- 43. Island
- 46. Air
- 48. Term
- 50. Amer. Assn. of Retired Persons (abbr.)
- 51. Here (Fr.)
- 52. Reduce
- 53. Thaw
- 54. N.Z. woody vine
- 55. Sacred Egypt bull

### DOWN

- 1. Geological vein angle
- 2. Ivory (Lat.)
- 3. Trust
- 4. List-ending abbreviation
- 5. Hindu soul
- 6. Freedman in Kentish law
- 7. Orbit point
- 8. Arabic letter
- 9. Scala (2 words)
- 10. Title of Athena
- 11. Stingy
- 16. Elbe tributary
- 20. Horse
- 22. Wax match
- 24. Leg of mutton or lamb
- 25. Old-Eng. jurisdiction
- 26. Sp. article

- 27. Minx (2 words)
- 28. Radio Free Europe (abbr.)
- 29. Presidential nickname
- 30. Lily (Fr.)
- 32. Church (Sp.)
- 35. Moray
- 36. Animal hair
- 38. Female vampire
- 39. Madam
- 40. From (Scot.)
- 42. Nod
- 43. Nipa palm
- 44. Yesterday (Ital.)
- 45. Very (Fr.)
- 47. Prone
- 49. Health resort

Answers On Page 10.



# Let Us Entertain You At JKV



Pianist Robin Spielberg

**Jody Leshinsky**  
Gazette Contributor

The JKV autumn performance schedule at the John Knox Village Cultural Arts Center is

bringing noted musical artists and historians, plus one of the nation's best comedians. Join us for great entertainment with these performances.

## Robin Spielberg: Classical Piano Concert Fri., Oct. 13 at 7 p.m.

With dozens of studio albums and several decades of touring under her belt, Steinway Artist Robin Spielberg has a vast repertoire of music. Join Robin as she performs music from classic Broadway musicals, the Great American Songbook and delightful traditional tunes that are sure to ignite memories in the listener.

## Last Laugh Wednesday Wed., Oct. 25 at 7 p.m.

Are you ready to laugh? Come out to Last Laugh Wednesday for an unforgettable night of uncontrollable laughter with one of the country's funniest comedians. Carl Guerra started performing stand-up comedy in the New York metro area as soon as he graduated from college. He honed his craft at such clubs as Dangerfield's, The Comic Strip, and The Improvisation. He also performed on the nationwide college circuit and on such TV shows as *Star Search* and *Evening at The Improv*.



Comedian Carl Guerra will be featured on Oct. 25.

## Jazz History Series with Chuck Bergeron Wed., Oct. 25 at 7 p.m.

"Swinging Through Time: Tracing the Evolution of

Jazz" is an enthralling jazz history lecture series featuring the illustrious Chuck Bergeron. This month the Jazz Series presents: "The Greatest Generation: Music of the Big Band Era." Hailing from the vibrant city of New Orleans, Chuck Bergeron has enjoyed a remarkable four-decade career as a highly sought-after bassist.



Grammy-Award winner, flutist Nestor Torres.

## Nestor Torres, Classical And Jazz Flutist Tues., Nov. 7 at 7 p.m.

Equally fluent in jazz, classical and Latin music, Nestor Torres' melodic and rhythmical flute sound sets him apart. His career spans over 25 years and includes 16 CDs, four Latin Grammy nominations, one Latin Grammy Award and a Grammy nomination, as well as collaborations with the likes of Tito Puente, Herbie Hancock, Ricky Martin, Dave Matthews and Gloria Estefan. Be sure to reserve your tickets early for this incredible musician.

Gazette readers wishing to see any shows should call the John Knox Village Sales Department at 954-871-2655, or for more information visit [www.johnknoxvillage.com/events/](http://www.johnknoxvillage.com/events/)

# Pompano Beach Arts & Music

Attend A Spectacular Show Or Concert In Pompano Beach This Fall

**Kay Renz**  
Special To The Gazette

Pompano Beach Arts is kicking off the fall season with a spectacular lineup of entertainment.

Get into the Halloween spirit with a to-die-for mystery masquerade party or enjoy a frighteningly good time with an illuminated rock concert featuring the music from Tim Burton's films. In addition to these treats, Pompano Beach Arts also features amazing art exhibitions, workshops, concerts, theatre and other fun-filled events.

## Old Town Untapped

The beloved street festival returns on the first Friday in October with the band Funkin' Grateful and in November, Rockin' Jake takes the stage. Join us for a night filled with live music, art at Bailey Contemporary Arts Center (BaCA), food trucks, and artist vendors selling unique and artistic merchandise. The fall season also brings the return of our Artists in Residence at BaCA. Stroll through their upstairs studios, learn about their newest creations and enjoy a presentation by each Artist of the Month. Old Town Untapped takes place on the first Friday of the month from 5:30 to 10 p.m. and is FREE for all ages to attend.

## Midnight At The Masquerade: Oct. 6

You're invited to a killer event in the Pompano Beach Cultural Center. The Billionaire's Club Annual Masquerade Ball is an immersive experience where guests seek clues to prevent a masked murderer from getting away. Costumes encouraged, but not required, for this magical evening produced by The Murder Mystery Theatre Company and featuring a delicious dinner catered by Another Perfect Party. 6:30 to 9 p.m. and tickets are \$50, including dinner, with a cash bar available.

## A Taste Of Jazz: Oct. 12 And Nov. 9

Join us at BaCA for a delightful combo featuring entertaining and educational encounters with Gold Coast Jazz Society musicians and a little sip of wine. From 7 to 7:30 p.m. there will be wine tasting, followed by music from 7:30 to 8:30 p.m. Tickets are \$20 for adults (only \$15 for Pompano Beach residents).

## Violectric Halloween Concert: Oct. 26

Get ready for a frighteningly good time in the Pompano Beach Cultural Center at our Halloween Rock Concert featuring Violectric, the world's only illuminated string rock band. Slip on your most spooktacular costume and enjoy a night of music from classic Tim Burton films, along with Violectric's original music recorded for Howl-O-Scream nationwide. 7:30 to 9 p.m. Tickets \$25-\$35.



Violectric's Halloween Rock Concert is scheduled at the Pompano Beach Cultural Center on Thursday, Oct. 26 at 7:30 p.m.

## Beatboxing Cello, Cello Joe: Nov. 14

Joey Chang, aka Cello Joe, has created an innovative new sound that will have you on your feet. "Classical Hip-Hop" blends cello playing, beatboxing, looping, and singing to create a harmonious journey through the musical spectrum. 7 to 9 p.m. in the Pompano Beach Cultural Center. Tickets: \$25-\$35.



Cello Joe performs at the Pompano Beach Cultural Center on Tuesday, Nov. 14 at 7 p.m.

## Upcoming At The Pompano Beach Amphitheater (The Amp)

### Beach Boys: Oct. 21 at 7:30 p.m.

As The Beach Boys mark more than a half century of making music, the group continues to ride the crest of a wave unequalled in America's musical history. Dozens of the band's chart toppers have become eternal anthems of American youth, including "Surf-in' USA," "Surfer Girl," "Fun, Fun, Fun."

### Buddy Guy - Damn Right Farewell: Oct. 22 at 7 p.m.

The title of Buddy Guy's latest album says it all: "The Blues Is Alive and Well." At the 2016 Grammys, he picked up a trophy for "Best Blues Album" honoring "Born to Play Guitar," and that same year he hit the road for a U.S. tour, opening for Jeff Beck.

### Blackberry Smoke: Nov. 9 at 7 p.m.

This American rock band has become known for a singular sound indebted to classic rock, blues, country and folk. Since their debut in 2004, the Atlanta-based band has independently released six full-length albums and toured relentlessly, building a strong and loyal community of fans.

For more information about the shows, the venues and tickets, please visit the Pompano Beach Arts website: [www.pompanobeacharts.org](http://www.pompanobeacharts.org)



# Hope For The Future

**Burn Loeffke**  
Gazette Contributor



*Burn Loeffke*

It doesn't stop. I pray for it to go away, but it doesn't. Every morning it's the same – my pain doesn't let me get up. I have to take 10 minutes to stretch and meditate so I can get up and out of bed. I keep hoping for a day without pain, but the stress keeps cropping up.

My mind goes to the time I spent in Hong Kong and the doctor there gave me a hint on how to keep living. He started what he called the "Sickest Group in

Town." This group were all heart attack patients. This doctor made them exercise daily so that they could finish a marathon before the end of the year. The Sickest Group in Town was successful.

### Fighting Loneliness

In 1982, I participated with two other Army officers in the first international marathon in Beijing, China. We worked daily to increase our distance until we were able to complete 26 miles. One thing that has amazed me is that it is said that social isolation costs us more deaths than many major diseases. Running a marathon is a social endeavor because we are running with others and we support each other. The statistics surprised me: Today 17 veterans commit suicide per day. They feel helpless and hopeless, and feel that taking their lives is the only solution.

Here at John Knox Village there is always someone to talk to, either in the next apartment or down in the reception area. Having many chances to connect with others helps keep loneliness at bay.

### A Language Of Their Own

It helps to have someone who you can talk to and do things with. I have a very close relationship with a wonderful woman who has been in my life for many years. She's an incredibly strong lady and I admire her

resilience, her unselfishness and her love for others.

Then there is my son, with whom I communicate every Monday morning. I look forward to speaking to him and it keeps me connected. Especially important is that he recently married, and his wife will have their first child in October. This is another reason to think about the future as I now enter that group called grandparents.

I was initially allergic to small, crying children, but my son assures me that this will be different when I have a grandchild. I learned a lot listening to him. I understand that a newborn baby has a vocabulary of his or her own. Each type of cry means something. For example, if a baby is hungry, he or she will often make a "neh" sound that comes from their sucking reflex. If we have the ears to listen, they will tell us what they need in their own language.

### A Long, Useful Life

I started this article by writing that I wake up every morning with pain, and I know that tomorrow I will wake up again with pain. So, what keeps me going? The vision that I am still useful and will be able to help others. Running that marathon with Chinese athletes strengthened the relationships that I have with them. We need to find ways to increase friendships with others.

I'd like to share a Chinese proverb, "You can tell the strength of a horse by the distance it moves. You can tell the heart of an individual by the time you've known them." I am grateful that God has allowed me to live a long life, from which I have known love and given love.

*Bernard "Burn" Loeffke is a retired Major General of the United States Army. He fought and was wounded in the Vietnam War. In four years of combat as a Captain, Major and Lt. Colonel, he was awarded several valor awards including the silver star, bronze star and others. He later served as the commanding general of U.S. Army South. In the 1980s, He was the first American Army General to serve as Defense Attaché in the Peoples Republic of China and was also Army Attaché in Moscow. In 1992, he retired and was called back four months later to head a year-long delegation looking for POWs in the former USSR. He retired again in 1993, and immediately started his second career in medicine. He finished his medical studies in 1997, and participated in medical missions in war-torn or impoverished areas, such as Bosnia, Haiti, Kenya, Iraq, Niger, Darfur and the Amazon jungles. Burn is now a resident of John Knox Village in Pompano Beach, FL.*



**一九八二年北京国际马拉松赛**  
**BEIJING INTERNATIONAL MARATHON 1982**  
日期: 1982年9月26日 DATE: Sept. 26, 1982.  
发令时间: 上午11点05分 STARTING TIME: 11:05a.m.  
起终点: 天安门广场 START & FINISH: Tian An Men Square.

*As the first American Army General to serve as Defense Attaché in the Peoples Republic of China, Burn Loeffke competed in the first international marathon in Beijing, China. This poster hangs on the wall of Burn's JKV apartment.*

# Keeping The Faith In Trying Times

**Rachael Gallagher**  
JKV Spiritual Life Director



*Rachael Gallagher*

Whether you're struggling with a big life change, or you're just having one of those weeks when nothing seems to go right, relying on faith can help carry you through.

I took some time to reflect on how my faith guides me during my life, so that I could offer some guidance to you.

### Maintain A Connection To Faith At All Times

I really don't separate hard times, or good times (for that matter) from my faith. I am blessed to have a relationship with God, and I strive to have that relationship be as authentic a relationship as I would have with any person physically present in my life.

I make a point to schedule prayer and worship as a part of my day. During those times, I pray God will soften my heart and make me attentive so that it isn't "work" or "routine," but rather authentic worship. In these times, my goal is to

come to know and to better understand God's love in my life and what I am being called to focus on.

### Find Practices That Bring You Peace

I often go to passages of scripture to connect my challenges with those of the characters in the Bible. I ask for wisdom to look at situations I am in with God's eyes and to be able to act with God's heart. This has made my reflections and prayers come more alive because I am able to visualize others going through similar challenges.

I also rely on confession. When I get grumpy or negative, I can confess this to God and to trusted mentors and friends for forgiveness and strength to move on.

### Lay Your Struggles Before God

During hard times, I bring my true emotions, the conversations I have with others, including John Knox Village residents' concerns, into my prayers. It is God's wisdom and love that give me confidence and hope, even when my emotions struggle.

Struggling is normal and I would say, in many ways, essential to growing in faith. If we can't go to God in truth, then we are not in a right relationship. I think we should bring every emotion, fear, doubt, and concern to God.

If you are in a relationship with someone and a lack of trust has come into that relationship, it is important for that relationship that the doubts are openly talked about. It is the same with my relationship with God.

Remember that God is bigger than your struggles. God is bigger than a bad week and this time on earth is too short to waste focusing only on struggles and challenges. Rely on your support systems, find the good (however small) in every situation, and remember to have a heart of gratitude.



*Life is about responsibility and keeping the faith to guide you through trying times.*

### Sudoku

Answers On Page 10.

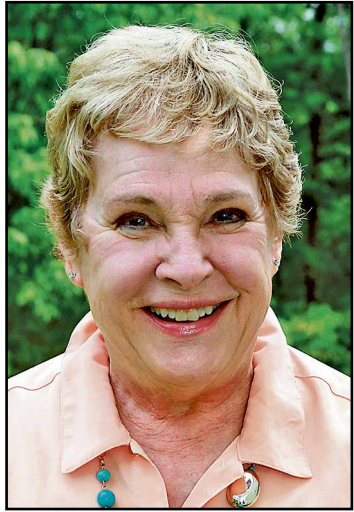
Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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



# Characteristics Of Successful Relationships

**Dr. Roberta Gilbert**  
Gazette Contributor



*Dr. Roberta Gilbert*

Do you consider yourself a successful person? In family systems theory, we would consider you a “high-on-the-scale” person. That scale is what we call differentiation.

The scale roughly measures how emotionally mature people are, or why life seems to go better for some than for others. A very important characteristic in these people is that they have guiding principles and then think, plan and act according to them.

Let’s look at another characteristic of more successful people: Relationships. Their relationships are better because many of them use parts of Bowen family systems theory to guide their thinking and behavior when it comes to relationships.

## Bowen Family Systems Theory

The Bowen family systems theory was devised by Dr. Murray Bowen, an American psychiatrist and a professor in psychiatry at Georgetown University. It is a theory of human behavior that views the family as an emotional unit and uses systems thinking to describe the unit’s complex interactions. It is the nature of a family that its members are intensely and emotionally connected.

Have you noticed that many of the most important directions in life occur as a result of relationships? What we select as a profession may be a parent’s fondest dream. Parents, siblings, or friends often introduce people to their mates, or perhaps, the best job they ever had. Conversations with friends often give us our best ideas about changes to make, places to visit, and ways we may need to grow. This has happened to all of us.

## Improving Relationships

So, what are the ways to think about making relationships better? For starters, again guided by Bowen, looking at people, what do we find? Anxiety is the major culprit in ruining relationships. People try to channel it in various ways, most of them not useful

to a relationship. They are: **Conflict, Distance, Over- and Under-Functioning, and Triangling.**

**Conflict occurs when two people project their anxiety onto the other.** The discussions turn to arguments in an escalating fashion, one blaming the other, alternately. What starts out as a heated discussion can end up in a physical fight.

**Distance is often the intermittent phenomenon between conflicted people.** Tired of the conflict, they distance themselves for a rest. It also does not solve anything, because who do they think about when in the distance phase? Right, the other person.

During the distance part of Conflict/Distance repetition, they think, ruminate and fret about the problem (usually the problem with that nasty other), but unless the anxiety actually lessens, nothing ever changes between the two.

**Over- and Under-functioning** in a relationship: One is the boss and the other more obedient. It often is the pattern that goes on when one is ill. One ends up the caregiver when the other is sick. The caregiver is in charge and has the burden of living two lives, but is still only one person. He or she has to make the appointments, take care of getting and dosing medications. Unless anxiety is attended to, nothing changes.

**Triangling** occurs when all the anxiety that really belongs in the twosome relationship, overflows into a third, often a child.

## How Can We Effect Change?

If these are the main methods people use to channel anxiety, and anxiety is really the main culprit, what can be done about it? Here are some guidelines.

**1. Know that we can’t change someone else.** Most of us want to change our spouse, our friends and also those troublesome family members, but we can’t. Accepting this fact of life puts us far ahead of the game. I know it comes as a shock, but actually the only one I can change is myself.

**2. Working on self and trying for change in that way has proven in many consulting rooms to be a pretty good answer.** Yes, there are people who need to change and we may be associated with them. But if we rule out that possibility and come back home, there may be lots of ways out.

**3. Taking a breather—yes, distancing—for a short time can help.** Research has found that the distance one from the other can help, but it needs to last at

least for 20 minutes and maybe longer.

I once had a married couple who had not spoken to each other for weeks. We all need to become aware of how our own emotions are contributing to an escalating situation, adding fuel to the fire. In that case there is something we can definitely do.

**4. Calm down.** One useful way of calming intense emotion is to relax the voluntary muscles (mostly in the arms and legs). Some people can teach themselves to do this at will by just learning the following: Anxiety is incompatible with relaxed voluntary muscles. Others will need help, such as biofeedback training, to be able to use this fact. It is very interesting to me to know that such a simple remedy is available and can be used anytime, anywhere.

**5. Do I need more people in my life?** Guys who had close associations with brothers growing up will usually need close men friends. Women who had sisters with whom they shared a lot of life, will need some close women friends. Spouses of these will need to understand that and give the time and space.

**6. Do you need some life changes?** Consider taking up a hobby, a vacation, meditation training, even a second, or more, honeymoon with your spouse. Thinking this over can yield some great results, and it can keep the anxiety at bay while enriching life. Traveling almost always gives a broader perspective on all of life.

What family systems theory teaches is that “high-on-the-scale” people usually have long-lasting relationships. Great associations help in keeping anxiety down and the ship of life sailing more smoothly. Not only do we have better relationships, but we make better decisions with more emotional calm.

Best of all, just as people in a relationship pick up anxiety from each other, they can also calm it down from someone else. So, if you work on your own tension, the whole relationship can be calmer, more productive, useful, and yes—happier.

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*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. Dr. Gilbert engages in writing, music, travel, friends and community activities.*

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# World Mental Health Day Is October 10th

**Manuela Rodriguez**  
Gazette Contributor



*Manuela Rodriguez*

World Mental Health Day on Oct. 10 is a global initiative to raise awareness and generate support for mental health disorders.

Through ongoing education, research and advocacy, we offer the opportunity to create a safe space for ourselves and/or for others.

Remember, creating a stigma-free environment takes time, consistency, and the collective effort of individuals, communities, and institutions alike.

The 2023 theme for World Mental Health Day, “Mental Health Is a Universal Human Right,” reminds us of our human right to have access to reliable and quality mental health resources.

As a community, we are all responsible for this, each of us help share a part of this message. We must come together to build safe spaces to talk about and share experiences. Recognizing mental health as a human right involves ensuring access to programming/therapies, reducing stigma, and promoting supportive environments that allow everyone to achieve their highest potential.

Just like physical health, mental well-being is essential for leading a fulfilling and productive life.

Ways to cultivate a safe space for ourselves and others:

**1. Language matters:** Use respectful and non-judgmental language when discussing mental health.

**2. Open conversations:** Share personal experiences and stories to show that it’s okay to talk about these issues and concerns.



*Share personal experiences and stories to show that it’s okay to talk about these issues and concerns.*

**3. Lead by example:** Being a positive example for others by modeling appropriate mental health techniques.

**4. Promote self-care:** Whether it is family, friends, peers or co-workers: Encourage others to prioritize themselves.

**5. Normalize seeking help:** Emphasize that seeking help from professionals is a sign of strength, not weakness.

To learn more about mental health, available programs and your overall well-being, browse our free community health programs by visiting: [www.BaptistHealth.net/CommunityHealth](http://www.BaptistHealth.net/CommunityHealth) or email to: [programs@BaptistHealth.net](mailto:programs@BaptistHealth.net) for more information.

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*Manuela Rodriguez has been in the mental health field for over 10 years with experience in Education. Currently, she is a Behavioral Health Specialist with the Community Health Department of Baptist Health.*

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*To sign up for the Baptist Health Community mailing list, scan the QR code to the right. Go to the camera app on your phone or tablet. Aim the camera at the code and wait for a window to appear that will direct you to the content.*







## When Should I Downsize? Why Now Might Be The Right Time

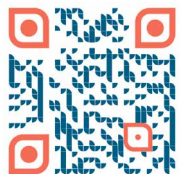
The decision to downsize in retirement can bring a multitude of benefits. From living maintenance-free, financial savings and becoming part of a community, seniors can experience a richer life and greater overall well-being. As people continue to explore senior living options, downsizing to a one-bedroom apartment stands out as an appealing, sensible choice for those seeking a fulfilling, comfortable lifestyle in their active retirement years.



John Knox Village of Florida has a multitude of housing options available for seniors, aged 62 and better, including bright, sunny one-bedroom apartments. With so many floor plans from which to choose, we'd love to tell you more. Learn about what it means to live in a Life-Plan Community, how it can give you financial security and simplify your life. Learn more at [www.johnknoxvillage.com](http://www.johnknoxvillage.com) or

contact us today for a no-pressure conversation, or to schedule a tour.

Read more...



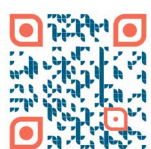
## ASK ABOUT OUR YEAR END PRICING!

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**1 Bedroom**  
**1 ½ Bath**  
**790 Sq. Ft.**

Scan with camera phone for video tour

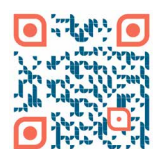


### One Bedroom **FLAMINGO MODEL**



**1 Bedroom**  
**1 Bath**  
**790 Sq. Ft.**

Scan with camera phone for video tour

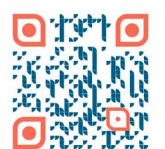


### One Bedroom **HARBOR II MODEL**



**1 Bedroom**  
**1 ½ Bath**  
**1,013 Sq. Ft.**

Scan with camera phone for video tour



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has to offer.



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**Thursday, Oct. 5<sup>th</sup>**  
**Thursday, Oct. 19<sup>th</sup>**  
**11 a.m. – 12:30 p.m.**

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G0923





# The Benefits Of Downsizing

**Ketsia Levasseur, MA, CCM**  
Gazette Contributor



**Ketsia Levasseur, Owner and Founder Premier Concierge Care Management, LLC**

Are you considering a big move, but the daunting task of getting rid of your belongings is weighing on you emotionally?

Perhaps you feel that it is time to start aging in place.

You may have already toured some of the nicest Life-Plan Continuing Care Retirement Communities near you. The social activities, the extra help with day-to-day tasks, and the resort-style amenities offered by such communities have many benefits and offer the possibility of a better quality of life as you age. If de-cluttering, downsizing, or getting rid of your most prized possessions is what is standing between you and the type of lifestyle you deserve, know that you are not alone.

Research shows that three out of five adults over 60 feel they have more stuff than they need. And yet, the remote thought of getting rid of such belongings can be emotionally painful.

While the physical labor of “right-sizing” is daunting, perhaps more powerful—and surprising—is the emotional challenge. For instance, you may feel that letting go of grandmother’s wedding dress is like putting her in the trash. Or that if you discard your high school debate trophy, it’s like that part of you has died. Or that giving away the fabric you bought to make a quilt “one day” is like abandoning your inner artist. It’s human nature to imbue belongings with meaning, and it’s those heartstrings that give us pause.



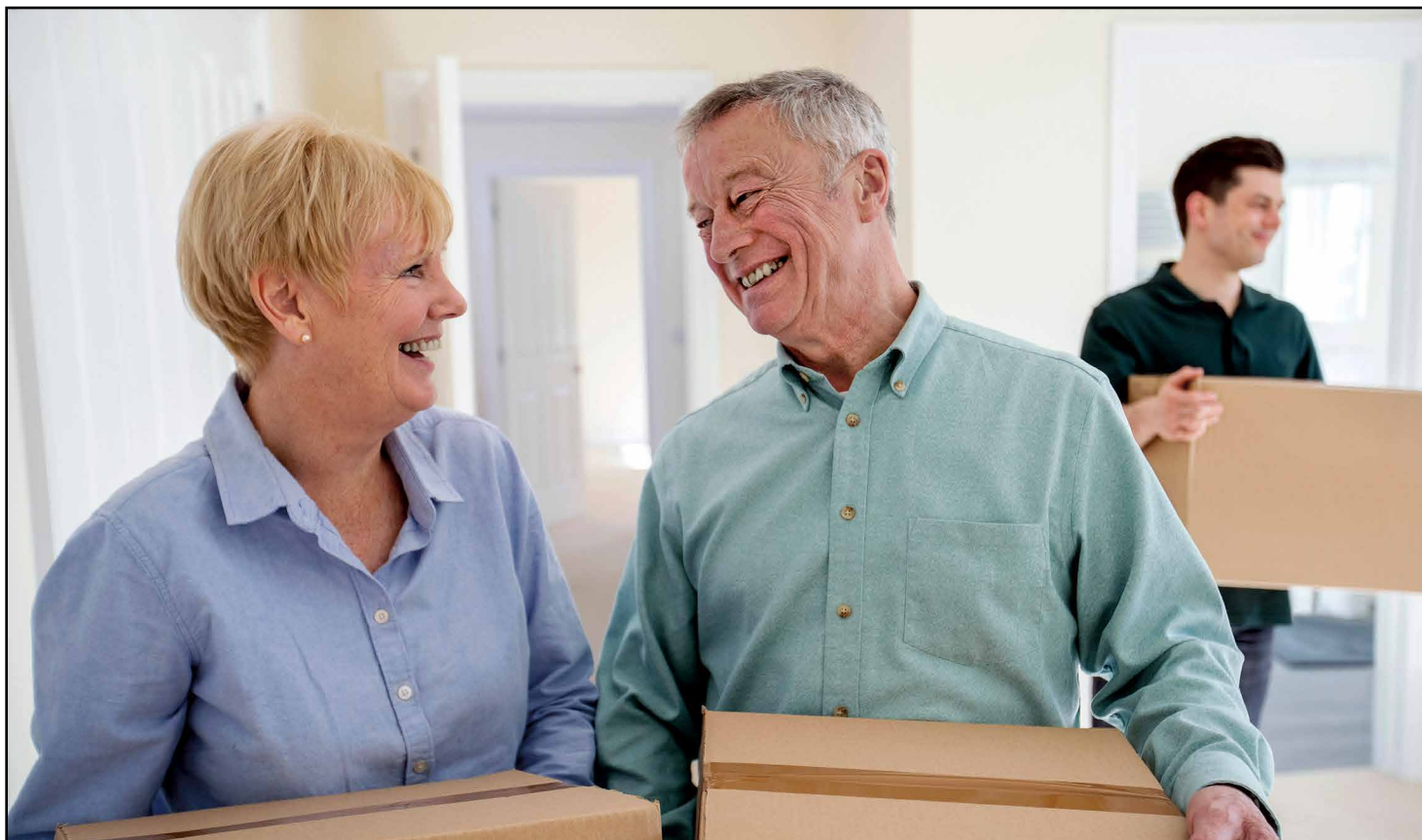
*Restructuring your thought process when it comes to letting go and downsizing can go a long way. Consider the tips that are listed below:*

## Safe Passage

We can all admit that while we choose to hold on to our dear belongings, we don’t necessarily put them to good use or any use at all. Imagine if you could find a place or a person who will cherish, appreciate, and make good use of them. This takes time and conscious/ongoing effort, but if you stay on task and start well before a deadline – six months or more before a move – you have a greater chance of placing them in good homes. Although the concept of “safe passage” can greatly help, the logistics of how to get things out of your nest can be challenging. Some stuff may be easier to pass along to family than other stuff. Options for what’s left over include: Sell, donate, or just “get rid of it.”

## Start With Family

You may have strong emotions about certain items. It may be disappointing, however, to find that your kids don’t feel such attachment to family heirlooms. Generally speaking, the younger generation is not interested in furniture (even antiques), books, china, silverware, crystal, Persian rugs, or embroi-



*Whether you plan to move or not, downsizing has its benefits. Once you make the decision to “lighten your load,” you will quickly realize how a “lighter life” can greatly improve your quality of life.*

dered linens. If there’s a special story attached, that may be a hook. For family photographs, ditch the physical albums by digitizing photos and creating online albums.

## Selling It Yourself

Give yourself plenty of time so you’re not hurriedly making deals at prices you later regret. A yard sale? That’s a lot of work, and you might not sell everything. That said, it can be a fun way to meet the neighbors or say good-bye if you are relocating. Alternatively, put ads on Craigslist.org, Nextdoor.com, or Facebook Marketplace. Items move more quickly if you provide photos and detailed descriptions. Be prepared for phone calls, appointments, and no-shows. If you have specialty items, consider giving them an even wider buyer audience by enrolling to sell on eBay.com. But you need to be prepared to ship your items. (At the least, eBay is a way to get a sense of the going price.)

## Having Others Sell It

Professional sellers will take a commission of 30 percent or more, and they may need to reduce prices if your goods aren’t moving. You might opt for an estate sale at your home (items from other households may be included). Auction houses take only specialized items. Consignment shops accept what they think will sell, but they’ll showcase only for a limited time, and then you have to take items back. Liquidators take everything, including the junk. Depending on the value of the good things, you may need to pay them. (For going prices, check out prices4antiques.com for antiques; biblio.com or bookgilt.com for books; replacements.com for specific patterns of china, crystal, and silverware.)

## Donating

For big batches, nonprofits such as Goodwill and the Salvation Army will come and pick up. But they might not take everything. (They know what sells and what doesn’t.) Contact local shelters as they often have need of most any household item you want to give away. Ask for receipts, so you can take the donation amount off your taxes. You can also post on buynothingproject.org to give away items that would otherwise go to the landfill.

## Build Momentum

Have a specific strategy in place and make it a routine and you’ll notice how it gets easier over

time. Large items that you no longer use are a great way to start as they are an easy first win (think of mattresses, golf clubs, couches). Next, turn to items currently gathering dust in the basement, attic, or storage. These are often a quick release (out of sight, out of mind which means less attachment). Clothing could be one of the hardest items to let go, but the comfort of your existing clothes may help you get rid of garments you no longer wear. Next task is going through files which is time-consuming but necessary. Bulk shredding rather than “doing-it-yourself” tends to work best (the IRS says you do not need to keep records any longer than three years). The last task is photos, old letters, and journals. If you don’t recognize the people, it may be time to let them go. As for that letter from your high school sweetheart, maybe save it in a box labeled “throw away.” Some things are too precious to let go of during your lifetime, but perhaps too private for others to find.

## Keep Your Eye On The Prize

If you are downsizing to move, keep in mind the goals and life you imagine with your new digs. Who is the new you? It’s easier to let go of the you-from-the-past if you focus on your future self. If you are decluttering on principle, remember that people who have completed the project say they feel so much lighter. It’s an accomplishment that leaves you feeling freer to explore new vistas.

## Hire A Professional

Even if you hire a person trained in late-life moving, giving yourself enough time will ensure that your feelings are honored, and the process is streamlined.

Whether you are relocating to a Life-Plan community like John Knox Village, or simply downsizing from a bigger home, don’t let the thought of decluttering stand between you and your new life. Implement these practical tips and you will quickly realize how a “lighter life” can greatly improve your quality of life.

*Ketsia Levasseur, MA, CCM is a certified case manager with a master’s degree in gerontology. She has been working in eldercare since 2004, most recently as a hospital case manager. In 2019, she opened Premier Concierge Care Management to address the gaps she saw in the medical system. Now she can devote herself to making sure her clients have the seamless care and quality support they deserve.*

## Answers to Crossword Puzzle on Page 4 and Sudoku on Page 6.

H	E	R	E	A	L	P	T	E	A	M
A	B	E	T	T	A	E	H	A	L	E
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3	4	5	1	8	7	6	2	9
7	9	2	3	6	5	4	8	1
1	8	6	2	9	4	3	5	7



# 7 Rules For Spending During Retirement

**Scott Montgomery**  
Gazette Contributor



**Scott Montgomery,**  
CLU, ChFC

retirement, unexpected future expenses, inflation, risk tolerance and sequence of returns.

Generally, a person planning for a 10-year retirement can spend more as a percentage of their portfolio than someone with plans for a 30-year retirement. However, the actual amount will depend on your longevity, tax rate, health care costs, desires to make gifts and bequests, and much more.

Countless studies suggest that a three to four percent annual withdrawal rate from investment assets can provide an average retiree with a reasonably high chance of successfully maintaining assets throughout a 25-year retirement. However, for the past 15 years, interest rates have been at extremely low levels, making a blended return more dependent on stock market performance and increased risk. The current environment of higher rates may be a window to generate a return from fixed-income investments that have not existed for over a decade. The trade-off to this is the potential for prolonged inflation.

In the current economic environment, investors should consider the following points to achieve retirement success.

## 1. Identify your fixed and variable expenses.

Typically, fixed expenses, such as a mortgage or life-care contract at a continuing care community, are predictable and are simple to budget for, irrespective of market returns. By contrast, it is important to identify and prioritize your discretionary expenses that you may be able to eliminate in a financial downturn to reduce the potential impact of sequence-of-returns risk.

## 2. Prioritize your goals.

Will you be willing to spend less money in retire-

One objective of financial planning is to improve the chances that you will have more than ample cash flow to spend in retirement.

Navigating the careful balance between spending too much and possibly running out of funds or spending too little and missing out on all the potential joys of retirement is a complex task.

After all, retirement planning involves a long list of uncertain variables, including your tax bracket in



*Retirement planning involves a long list of uncertain variables, including your tax bracket in retirement, unexpected future expenses, inflation, risk tolerance and sequence of returns.*

ment to increase the chance that you will be able to leave your children an inheritance? Should you consider selling a vacation home or canceling a country club membership? Retirement planning helps you avoid these tough decisions late in life and allows you and your spouse an opportunity to discuss and plan for these future changes.

## 3. Use the three to four percent withdrawal rule as a starting point for a spending plan.

Time horizons, risk tolerance and inheritance objectives influence the amount retirees should withdraw as a percentage of their investment portfolio. For example, if you retire before age 65, you may consider a more conservative two to three percent withdrawal rate that will allow you to receive “raises” in the future, should returns be better than projected.

## 4. Review your comfort level with the variables.

If you expect your plan to have a 99-percent chance of success, you may need to become comfortable with a lower annual withdrawal rate. Spending more money before or during the first few years of retirement may require you to accept more financial uncertainty later in life.

## 5. Review the impact that changes to your spending schedule will have on your net worth.

Can you increase withdrawals if your portfolio goes up? If yes, by how much? How much should you reduce expenses in a downturn? Is the portfolio allocation still applicable?

## 6. Have a plan.

A well-crafted and integrated estate, retirement

and investment plan can help you achieve your goals, whether you want to give more money to your heirs or spend more on yourselves during your golden years.

## 7. Review your progress.

Your retirement and investment needs and goals are moving targets that require regular review and updating to meet your changing circumstances. Working with experienced financial advisors can help you improve your retirement experience and reduce the potential for unwelcome surprises.

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*Asset allocation and diversification do not ensure a profit or guarantee against loss.*

**Scott Montgomery** is a director with Provenance Wealth Advisors, an Independent Registered Investment Advisor affiliated with Berkowitz Pollack Brant Advisors + CPAs, and a registered representative with Raymond James Financial Services. For more information, call (954) 712-8888 or email [info@provweath.com](mailto:info@provweath.com).

# The Hidden Treasure That Is 9 Dots

**Jason Cook**  
Gazette Contributor



**Jason Cook,** JKV's Technology Engagement Coordinator

es—or click on the nine dots in this case—you will find the treasure of which I am speaking.

The nine dots represent Google's Apps that they provide for free. The only requirement is to sign into Google in order to access them. This is well worth it.

After signing in and clicking on the nine dots you will have access to a variety of programs, including the all-powerful Google Search, which allows you to search the web by typing in your search, speaking it, or even using a picture to search the web.

You will also find access to Google Maps, which is not only a great resource for getting directions from one place to another, but also for finding out what is around you. The next time you feel like enjoying some Italian food, look that up in Google Maps and

see all the nearby Italian restaurants, along with their ratings, so you can determine if they are any good and worth your visit.

There are several communication apps included, like Google Meets and Google Chat that will allow you to talk with people around the world.

You will also be able to find the staple Google Apps here like Gmail, YouTube and Google Photos, which is a great way to free up some space on your mobile devices by storing the pictures with Google instead of on your phone.

## Microsoft Office Versus Google Docs

If paying yearly fees for access to the Microsoft Office suite doesn't sound that appealing, you can easily replace it. Google Docs replaces Microsoft Word, Google Sheets replaces Microsoft Excel and Google Slides replaces Microsoft PowerPoint.

Transferring your documents over is as easy as dragging and dropping them into the Google Drive. Google Drive gives you 15 GB (Gigabytes) of storage space for free with Google. For a few dollars more a month you can substantially increase the data storage provided.

## Many Programs Provided By Google

Google also allows you to travel the world from the safety of your home. Google Earth lets you view the world from something called “street view,” which is basically a 360-degree picture taken from the street in most places where there are public roads.

Google Translate then lets you translate your language to whatever language is being spoken. It can even help you understand foreign signs by translating them using augmented reality.



Hopefully you can see this vast treasure that is hidden in plain sight when you use Google Chrome. Take the time to explore and to see what is possible by clicking on those nine dots.

## JKV's Dedicated 'IT' Guy

Recognizing technology is not going anywhere and, in fact, continues to become more entrenched in people's day-to-day lives, John Knox Village made a conscious decision a year ago to provide a full-time technology support team member for its residents.

By most accounts, JKV is one of only a handful of Life-Plan Continuing Care Retirement Communities in the country to provide its residents with a full-time dedicated employee to assist residents with their technology questions, issues and concerns.

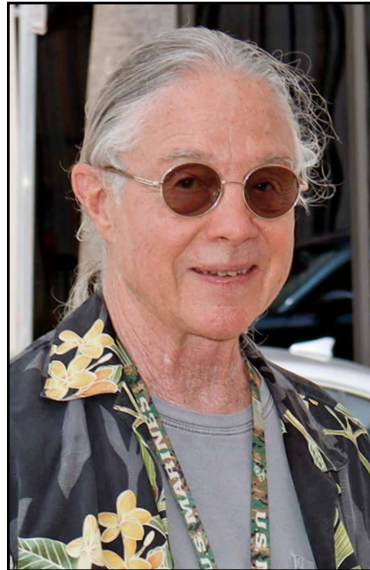
Jason Cook, John Knox Village's well-credentialed Technology Engagement Coordinator, provides residents with personal assistance, as well as classroom-style training. Residents have overwhelmingly embraced having Jason as their “IT Guy.” (Information Technology).



# Be As Creative As You Wish

## Meet Some Of JKV's Talented Artists

### Steve Waldschmidt Digital Photo Artist



Steve Waldschmidt

Barbara and Steve Waldschmidt are relatively new residents at JKV, having downsized from two homes: One in the Blue Ridge Mountains of GA, the other a condo in Cape Canaveral, FL. Barb was born and grew up in Hollywood, FL, and her sister and cousin live at JKV, so it was a natural. They moved on Aug. 31, 2022 to the JKV campus, enjoying the

amenities and services.

Steve was in the U.S. Marines in the '60s, where he was bitten by the photography bug.

"I started using SLR [single lens reflex] film cameras in the USMC and continued to upgrade cameras as technology improved camera performance," Steve told the *Gazette*. "I studied photography books before the internet was available, took online classes and attended photography seminars. I converted to digital cameras

and studied computing to be able to utilize photography software."

During the '80s, Steve was a passionate athlete competing in running, bicycle racing and duathlons at regional and national levels. However, in 1995, he was diagnosed with cancer and the resulting treatments and surgeries ended his ability to train and compete in sports. "I had to let go of my athletic identity and choose another area in which to concentrate," he said. "I made it my goal to become a photographic-artist and spent the following years immersed in improving and developing my photographic abilities.

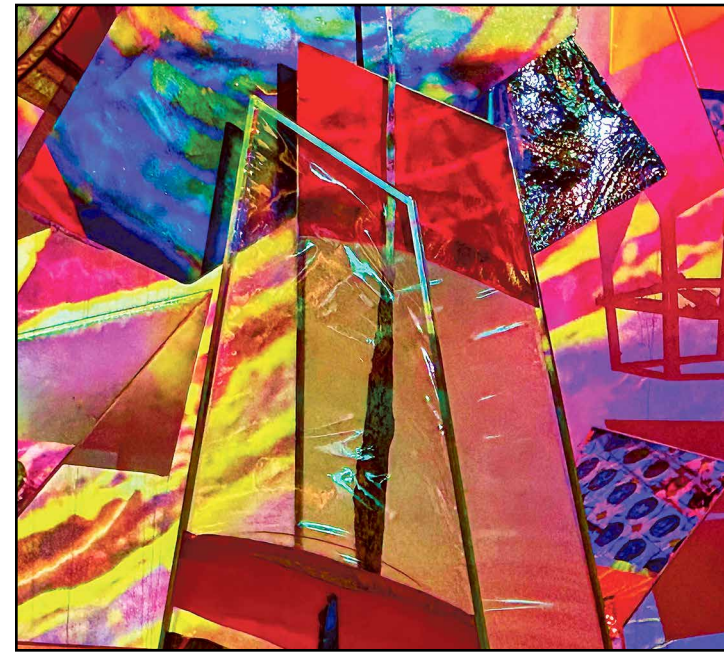
"I am proficient with most of the professional-level photo software that is currently available. I have 29 different photo software programs on my iMac computer."

Steve currently uses a Nikon D800, Sony a6300 and Sony a7II cameras to capture his images.

With his decades of photo experience, his creative process becomes reactive to his subject matter.

"If I can see it, I can capture it in a manner that allows me to present it in a creative way," he said. "I strive to find art in places and things that are not typical targets of casual photography.

"If I know ahead of time that I am going to a specific venue, I select the cameras and lenses that will allow me to capture my vision of how I want to present that venue. If I am photographing things spontaneously, I have to rely on my instincts of what to do to get usable images. I can later adjust the image, as needed, with cropping, contrast, saturation, and other techniques."



"Color Code," by Steve Waldschmidt.



"X Factor," by Steve Waldschmidt.

### Babette Siegel, JKV Resident Artist

Babette Siegel and her husband Harold have been living at JKV in Village Towers for the past two and a half years. They share their home with two very cute schnauzers, Sweetie and Sophie, and their calico cat Cally. Harold is a retired veterinarian who had his own practice in Miami, and the couple's love for animals is immediately apparent.

Babs, as she is affectionately known, is a true South Floridian, having grown up in Miami in the '40s and '50s. She says that Miami was a wonderful place in which to grow up, but does also remember the divisive Jim Crow laws and rampant antisemitism. Her family was not welcome at Miami's Surf Club because they were Jewish. Before moving to JKV, Babs and Harold, who have been married for 30 years and together for 33 years, had a waterfront home in North Miami.

When Babs was a little girl, her grandmother lived with her family, and it was her grandma who first taught Babs how to knit and needlepoint. From an early age, she was hooked and to this day creates gorgeous fiber art which includes knitting, sculpture, collages, handbags and more.

Babs is also an accomplished weaver. For many years she had a four-post Navajo floor loom and created many large, one-of-a-kind works of art. Word got around by friends and acquaintances in her communi-



Babs Siegel

ty, and soon after she started creating commissioned pieces, including wall hangings, rugs and blankets for homes in Miami and Aventura. She still does loom work but on a much smaller scale.

Babs has always wanted to master the craft of watercolor painting, but found it a difficult process. As a child, she had an older cousin she idolized who was a great painter. Babs found it hard to "get her creativity out" with this medium. However, she has taken a watercolor class at JKV and would like to continue with classes and instruction.

Babs attended the University of Miami to study art and teaching but had to drop out as her parents could no longer afford tuition. She ended up going to computer school and worked at Microsoft for many years, writing programs for the medical field, hospitals and doctors.

Her love of art, however, has always sustained and inspired her.

In 2015, Babs was diagnosed with Parkinson's disease, a brain disorder that causes unintended or uncontrollable movements. Babs says that her art projects really help her body calm down as she is so focused on each task at hand, keeping her busy. And busy she is. Her walls are adorned with her many fiber art sculptures, weaves, collages, knitting projects and watercolors.

For inspiration, Babs loves to watch artists on YouTube, as well as read her many art books. She recently has become an avid doodler. She says that doodling has become a real "thing" for artists now as it helps unlock new ideas.

Babs will be presenting some of her art in October during JKV's ArtSage week. This is something she has not done before and is looking forward to it.

### Milton Graves, Resident Artist Stained-Glass Creator & Instructor

Milton Graves and his partner of many years, Armando Gutierrez, have been residents at John Knox Village since 2014, and reside in a Lakeside Villa. Milt quickly became JKV's preeminent stained-glass artist extraordinaire and instructor.

As a special education supervisor in Indiana, PA, Milt had a close bond with a fellow teacher, Ruth Crist and her husband George, a stained-glass artist. In 1979, the town had a big craft fair and when Milt saw George's work, he asked to take a class. Luckily for Milt, he was the only student in the class. Suffice it to say, he fell in love with this art form and has presented his original works at juried art shows in Pennsylvania, New York, Delaware and Florida, and his one-of-a-kind creations are sold in galleries.

When Milt moved to JKV, he brought his stained-glass art supplies and decided he wanted to teach. His first studio was in the Resident Auxiliary Service (RAS) building, but as the popularity of his classes grew, he moved his studio to a dedicated Art Villa in the South Garden Villa neighborhood.

Milt's students have learned how to create beautiful stained-glass sculptures, mobiles, art panels, bowls, lamps, pictures and more. According to Milt, "Each student has a singular vision, and we work to make certain each piece is personal to them. It's fun and invigorating to share my experience with so many talented residents who have truly become artists. I could not be prouder of all the dedication they have and the magnificent work they do."

As for living at JKV, the couple agrees the community provides an opportunity to get a new perspective on life as they age.

"You'll find people laughing and enjoying themselves wherever you go on campus. People are happy here and they willingly share their joy of life. There are plenty of activities to pique interest whether it's physical, mental, spiritual, cultural or artistic. For individuals who wish to have an active lifestyle, John Knox Village provides plenty of opportunities," states Milt.



With a longtime background in crafting stained-glass creations, Milton Graves offers classes to instruct and guide interested artists in the medium.



# Exhibits Now On View At NSU Art Museum Fort Lauderdale

**For Immediate Release**  
Special to The Gazette

## NSU ART MUSEUM

FORT LAUDERDALE

### Explore NSU Art Museum App

The mobile guide takes you behind the scenes at NSU Art Museum with exclusive multimedia perspectives from artists, curators and more. Use the app to plan your visit, then easily access helpful insights on site. Afterward, dive deeper into your favorite works at home, or anywhere, anytime.

Scan the QR code below to download the app, and search for, or scroll to NSU Art Museum to start planning your visit.

In addition to NSU Art Museum, "Bloomberg Connects" lets you explore more than 150 museums, galleries, sculpture parks, gardens, and cultural spaces around the world, all with one free download from the App Store or Google Play.



### Exhibits Now On View

**"House of Glackens:" Through Jan. 28**

**"Cosmic Mirrors: Haitian Art Highlights from the Collection:" Through Feb. 4**

**"The Eye of CoBrA:" Through Feb. 4**

**"By the Sea, By the Sea: Waterscapes and Beach Scenes by William J. Glackens and the Ashcan School:" Through Spring 2024**

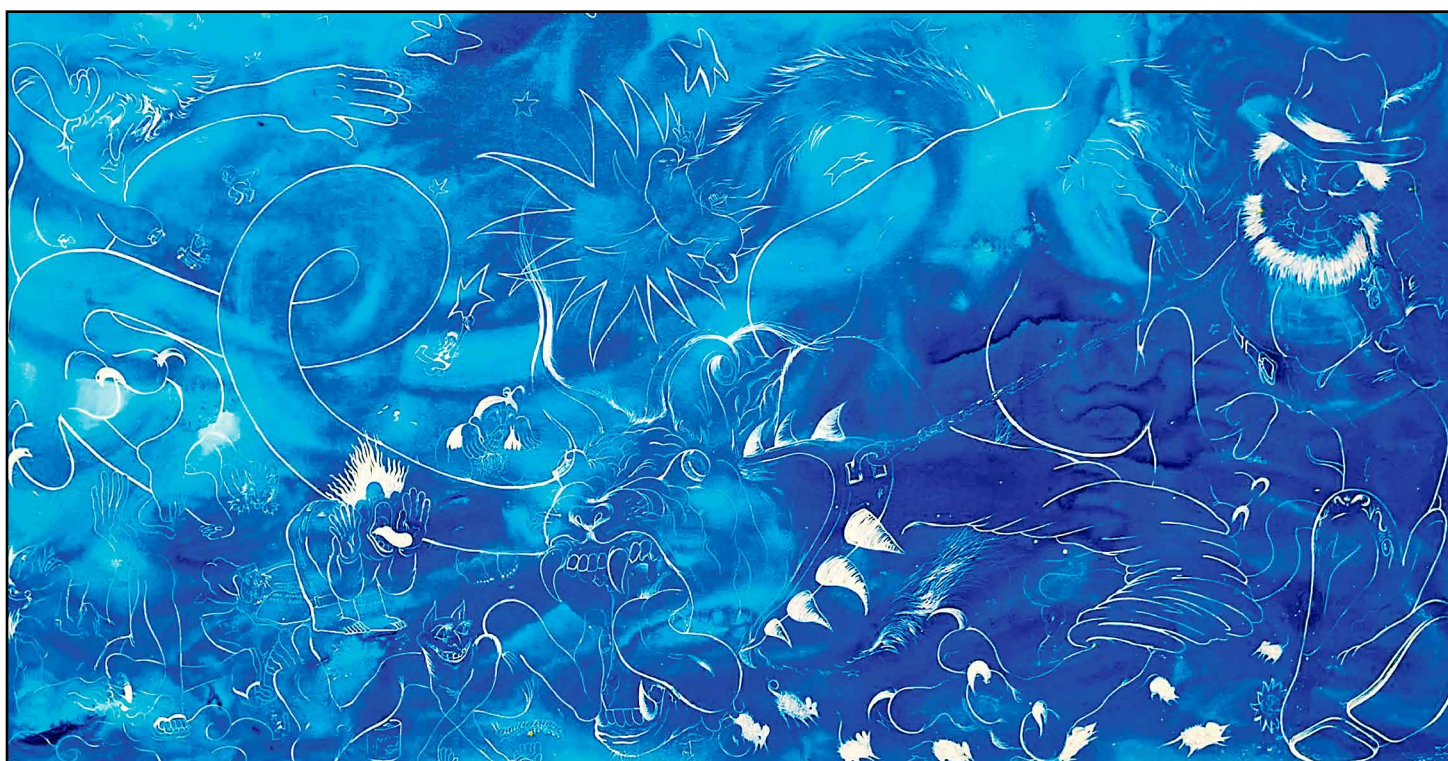


Installation image of Pablo Picasso: *Painted Ceramics and Works on Paper, 1931-71, 2016.* Photo by Steven Brooke.

**"Pablo Picasso: Dust You Are, To Dust You Return," Through Feb. 4**

This exhibition of ceramics by Pablo Picasso (1881-1973) drawn exclusively from NSU Art Museum's collection, is presented on the occasion of the 50th anniversary of the artist's death. Picasso's early 20th-century cubist paintings revolutionized modern painting. A prolific artist, he produced over 50,000 works in a variety of mediums, including drawing, printmaking and sculpture. Although Spanish-born, he made France his home. Following World War II, he met Suzanne and Georges Ramie, the owners of the renowned Madura ceramic workshop in Vallauris, a small seaside town located in the South of France. He became so enthralled with the ceramic medium that he moved to Vallauris in 1947, and remained there until 1955. He continued to experiment with the clay medium for the next 25 years, producing thousands of original and editioned vessels, bowls, and plaques that he transformed into all kinds of beasts and mythological creatures. Inspired by his experience with lithography, Picasso was excited by the possibility of creating ceramic multiples that would enable him to share his vision with a wider audience. This populist sentiment connected him with the artisans he worked with at the factory. He identi-

Plan a visit to NSU Art Museum in the coming months and enjoy the numerous exhibitions. Museum hours: Sunday: Noon to 5 p.m., Tuesday through Saturday: 11 a.m. to 5 p.m. Closed Mondays.



Susan Kim Alvarez, *Smitten Wrangler, 2022.* Acrylic on canvas. Courtesy of the Artist and KDR305, Miami, FL. © Susan Kim Alvarez.

fied with their sense of purpose and the satisfaction they derived from their craft.

**"Future Past Perfect," Through Oct. 15**

"Future Past Perfect" presents seven concurrent exhibitions of emerging South Florida artists who have already established a consistent body of work that has garnered attention. For each of these artists, this is their first solo museum exhibition.

Experienced collectively, these solo exhibitions demonstrate how these artists confronted their fears of the unknown while grappling with the tragic consequences of the COVID-19 pandemic, and explored themes such as politics, migration, global warming, and social justice in their work. Their distinct artistic practices were honed and influenced by the isolation experienced during this period, resulting in exponential growth, maturity, and mastery of their work.

The COVID-19 pandemic presented unforeseen challenges to the artistic community, derailing the career trajectories of many emerging artists. Those who were art students during the pandemic navigated the intimidating task of building an art practice in isolation and through remote learning, while museums and galleries remained shuttered for extended periods of time. Forced to rely on the internet as their primary platform for sharing their work with the public, these artists experienced limited personal contact with fellow artists and professionals. However, the unparalleled opportunity for uninterrupted studio time allowed them to delve deeper into their creative process. Their artistic journeys are now ready to be shared with a wider audience, inviting viewers to immerse themselves in the remarkable creations born from this concentrated period of studio introspection. "Future Past Perfect" showcases the vibrant diversity of South Florida's communities and captures a regional renaissance that is bursting with talent that has yet to receive widespread recognition.

The artists featured with their exhibitions include: Natalie Alfonso: *"LineScape Dusk,"* Susan Kim Alvarez: *"Oogly Boogly,"* Joel Gaitan: *"Muerto Por Una Traición,"* Kandy G Lopez: *"(in)visibility: cache;"*



Alejandro Piñeiro Bello, *Mariposas, 2023* Oil on linen. Photography by Zachary Balber. Courtesy of the artist and KDR305, Miami, FL. © Alejandro Piñeiro Bello.

Alejandro Piñeiro Bello: *"Escaping Paradise;"* Lulu Sanchez: *"ADOLFOLAND;"* and Zoe Schweiger: *"Above the Limestone."*

The exhibitions featured in "Future Past Perfect" were curated by Director and Chief Curator Bonnie Clearwater and the Museum's Bryant-Taylor Curator Ariella Wolens.

### Upcoming Events:

**Sunny Days/Starry Nights: Free First Thursday, Oct. 5, 11 a.m. to 7 p.m.**

Enjoy free museum admission and two-for-one wine, All-Day Happy Hour on the first Thursday of every month from 11 a.m. to 7 p.m. during Free First Thursday Sunny Days/Starry Nights.

Mini Muse from 4:30 to 6:30 p.m. Drop in art making activities for children inspired by current exhibitions. Starry Nights is presented by Broward Health.

**Bank of America Museums on Us: Saturday, Oct. 7, 11 a.m. to 5 p.m. & Sunday, Oct. 8 Noon to 5 p.m.**

Bank of America, Merrill Lynch and U.S. Trust credit and debit cardholders receive free access to over 200 institutions. Cardholders will receive free admission on the first full weekend of each month. Cardholders need only present their card and a photo ID to gain free general admission. The promotion doesn't include access to special exhibits, ticketed shows, or fundraising events.

**Creativity Exploration: Spectacular Spectres, Saturday, Oct. 14 at Noon**

Classes are taught by award-winning instructor, Lark Keeler. Inspired by the art of Oliver Jeffers and Angela Deane, create a work of art that suits the spookiness of the season. Using mixed media and altered images, embrace the playfulness of friendly ghosts and surprising spirits. This class will sell out. Advanced reservations are required, space is limited. No refunds or exchanges. Please email: [Education1@moafl.org](mailto:Education1@moafl.org) to be placed on the waiting list.

Creativity Exploration adult workshops promote the benefits of creative exploration and the mind-to-body experience. Studies have shown that 45 minutes of creative activity a day reduces stress and offers mental clarity and relaxation. In addition to producing a sense of well-being, sessions expand participants' perceptions of forms, while increasing brain connectivity through visual and cognitive stimulation. The workshop is led by educator Lark Keeler, a specialist in mindfulness education. Pricing: \$10 for members; \$15 for non-members.

**Ft. Lauderdale Neighbor Day: Sunday, Oct. 29, Noon to 5 p.m.**

The last Sunday of every month, Ft. Lauderdale residents receive free admission to NSU Art Museum as part of Ft. Lauderdale Neighbor Days.

Ft. Lauderdale residents receive: Two-for-one wine in the Museum Café and free admission. Residents must show a photo ID, driver's license, or residential utility bill with proof of Ft. Lauderdale address.

Visit the Museum Cafe & Store and receive 10 percent off books published by NSU Art Museum.

NSU Art Museum is located at One East Las Olas Blvd., Ft. Lauderdale, FL 33301. For more information about NSU Art Museum Fort Lauderdale, visit the website at: [www.nsuartmuseum.org](http://www.nsuartmuseum.org)



# Taking The Roads Less Traveled

**JKV Resident Visits Down Under: The Continent Of Australia**

**Marty Lee**  
Gazette Contributor

John Knox Village Cassels Tower resident, Janet Anding has traveled the world since she was a little girl.

By her count, Janet has visited 155 of the 193 countries in the United Nations, and 227 of the 330 places noted in the "Travelers' Century Club" list, and has now crossed the equator for the 48th time in her life.

## Covering The Continent Of Australia

Janet told the *Gazette*, "A great way to visit all corners of Australia is via two transcontinental railroads. Departing Miami, it took only three flights to get halfway around the world to Darwin in the Northern Territory. I enjoyed flying on the Airbus A380, Dallas to Sydney. In 2017, this was the longest flight in the world at 17 hours, 5 minutes. We had three full-meal services, abundant mid-flight snacks and even PJs with kangaroos on them, and yes, almost everyone changed into the jammies. The double-level aircraft carries 650 passengers. Time change was 16 hours into tomorrow.



*The view of Sydney Harbour with the world-famous Sydney Opera House on the left, and the Sydney Harbour Bridge on the right. Image source: Getty Images.*



*Janet stands in front of The Ghan's train engine on her trip across Australia.*

## The Camels Beat Us To The Outback

"I spent one week touring Darwin and some of the Northern Territory, then on to the 'Ghan Train Expedition.' The name honors Afghanis who helped open the very desolate Outback with the supply camels they brought with them from Afghanistan in the mid-1800s."

The train line from Adelaide in the south to Alice Springs, 1,000 miles to the north was finished in the 1920s. Alice Springs is known as the Red Center of the Aussie desert. It took almost 85 years to add the additional 1,000 miles to complete the railroad to Darwin in 2004.

The Ghan Expedition takes three days with stops along the way. "First was a riverboat and hiking tour in Katherine and the Nitmiluk Gorge National Park," Janet said. "It was blazingly hot at 115°F. It was still outstanding and we hiked in a very sacred Aboriginal area with our Aboriginal Guide.

"The next stop was Alice Springs. I had already visited Uluru [Ayers] Rock so chose the Historical Tours of Alice Springs, though I never saw any springs."

An amazing story associated with Alice Springs is the School Of The Air, called the world's largest classroom. They use the radio to provide an education to children in the isolated Outback. The classroom covers twice the area of Texas. Alice Springs School Of

The Air (ASSOA) has elementary and middle school students as far as 1,000 miles away. High schoolers attend boarding school or take correspondence courses. The teachers visited their students once a year, but the students talked with them every day on the radio. Today, they use computers instead of the radios and still broadcast to students through ninth grade over one-half-million square miles.

"After ASSOA, we visited the Royal Flying Doctor Service (RFDS) facility. Their story is also amazing. The 'Flying Docs' began as a nonprofit organization in the 1930s providing all possible health services to those in remote regions.

"The RFDS also shared the same radio equipment as the ASSOA. Today, the RFDS owns 70 aircraft with 1,200 employees flying almost 50,000 miles each year. They are still a nonprofit organization.

"Along the way we made our third stop in the Manguri Siding in the Painted Desert for a moonlight BBQ with the temperature falling to 70°F. Every kind of meat, fresh vegetables and fruit were on the picnic tables. They do eat kangaroos in Australia. It is their way of culling the abundant number of the animals.

"My opinion is that they taste similar to camels or veal. Very tasty and available on both train excursion's menus."

## And Then There Was Matt

"The Ghan is 33 cars long. I was in a 'singles' car with one other lady and eight men. I never met or even saw any Americans on either of the train journeys. My cabin was a closed, compact compartment for one person. Think of a gorgeous first-class airplane compartment with recliners and a footstool that converts to a flat 6½ x 3½ foot bed at night. A big window was 4 feet wide by 2 feet high. The closet was one foot square by 6 feet tall, but it all worked.

"The best was a lounge/bar in our car that held our new best mate, Matt with his guitar. This bloke was great fun, hardly stopped singing every Aussie song. All onboard beverages, snacks and meals were included in the price.

"Our trip ended in Adelaide, and I spent some days in that very beautiful city with lots of history and near the beach. Adelaide, along with other Aussie cities have free Wi-Fi, plus free bus and tram transport in their city center. How civil."

Janet's second train booking was aboard The Indian – Pacific, same company as The Ghan, but there were no available cabins during her itinerary.

"I knew this when planning the trip and the prob-

lem was solved by taking a 34-day cruise completely around Australia, including Tasmania, plus Papua, New Guinea and Bali, Indonesia. I added more days on my own in Adelaide and Sydney and all worked out well."

"Sydney is one of the friendliest cities in the world, with the most beautiful harbour, the beaches, and the best site ever – the Taronga Zoo.

"The Indian – Pacific is the Aussie's coast-to-coast train east to west and return. We began that trip with an 'All Aboard Happy Hour' on the train platform. The fun begins and guess who is back with guitar and Waltzing Matilda songs.

"We departed toward the Blue Mountains and on to Broken Hill. We usually travelled at night and stopped in towns during the day. The late sundown helped us see many kangaroos and emus, cousins of the ostrich. Koalas were difficult to see as they looked like a bird's nest in a tree. I also saw two dingoes and many birds. The stewards ask what time you would like to be awakened, and to the minute coffee or tea, juice and biscuits arrive.

"We stopped in Cook, located on the longest straight stretch of rail at 300 miles in the world. Cook no longer actually exists since the '90s. Its current population is four. Then on to visit Nullarbor [Latin meaning: No trees], a mining town, 1,500 miles west of Sydney. Located on the Great Australian Bight, south of The Great Victoria Desert. Both used to be somewhat prosperous, but the mining ended and they became ghost towns.

## Shoes Required

"We celebrated 'Australia Day' their national holiday with a fantastic off-train BBQ. We shunted off at Rawlinna, their current population is 20. It cooled down from 104°F to 86°F. As we were eating, drinking, singing and dancing, we were reminded: Leave your shoes on as the snakes come out as the evening cools off.

## Promises, Promises

"On the last day, we traveled 1,000 miles across Western Australia. My nose was to the window. We arrived in Perth at the end of our journey. Perth and Fremantle are terrific sister cities. My plan for the following day was to do a skydive over a beach north of Fremantle. Skydiving is a wish I've had since childhood. Regretfully, crosswinds were blowing at 40 mph, so the flight and dive were cancelled.

"I had a dinner reservation at a Perth revolving restaurant to celebrate my jump. I kept the dinner reservation and vowed to keep my promise to skydive one day."

## Trip Of A Lifetime

"Both The Ghan and The Indian-Pacific were the best journeys ever and I would go back and do both again."

When this issue of the *Gazette* is published, Janet will be on a trip to Dubai, Bhutan and India.

Janet has lived at JKV now for eight years. She will be moving from her current Cassels Tower apartment to the new Westlake at JKV opening in 2024.



*The koala, along with kangaroos and emus are animals most associated with Australia. Image source: Getty Images.*

*Janet Anding enjoyed a 22-year career with Trans World Airlines and traveled the world. She married her late husband Jim, a U.S. Embassy official in 1990 and was based in several countries in Europe and Africa. Janet has visited 155 of the 193 countries in the United Nations. Janet is now a resident of John Knox Village in Pompano Beach, FL.*



# From Around The Galaxy And The Universe

**'Somewhere, Something Incredible Is Waiting To Be Known.' – Carl Sagan**

**Nona Cree Smith**  
Gazette Contributor

My excitement about all things space started with the out-of-this world achievements of the USA's Apollo program culminating with the Moon landing on July 20, 1969. I was thrilled to watch that momentous slice of world history and to hear Neil Armstrong's first words as he stepped on the Moon, "That's one small step for (a) man. One giant leap for mankind." Those words continue to thrill me to this day.

I marvel at the extraordinary accumulation of knowledge and achievements America has made in space in such a short time: It's been a just over 60 years since President John F. Kennedy said "We choose to go to the Moon" in 1962. Since then, I have followed NASA and its flare paths through our solar system, galaxy and into the universe. The Moon was just the beginning of the many American achievements in space.

Do you remember the innovative Space Shuttle delivering building materials to construct the International Space Station (ISS), making repairs and servicing the Hubble Telescope, and launching communications satellites into orbit? The shuttle program ran from 1981 to 2011 with 135 missions. It was the first reusable space vehicle ever built, and made space history for more than 30 years,

The NASA missions to Mars brought us incredible images of the red planet provided by Perseverance Rover and the charming Ingenuity helicopter, the first aircraft to make controlled flights on another planet.

## An Awesome Christmas Present

The James Webb Space Telescope launched on Christmas Day almost two years ago. It successfully parked at Lagrange 2, about a million miles from Earth. In just a short time, the orbiting infrared observatory began sending home spectacular images from the beginning of time, aka the "Big Bang." The Webb is adding to the vast amount of knowledge gained from the Hubble Space telescope with its enhanced ability to look through the dust clouds, where the stars and planetary systems are in the process of formation.

## Meet The Artemis II Crew

With the successful launch of NASA's powerful Space Launch System (SLS), Artemis I and Orion rode into space on the most powerful rocket ever built by NASA. The launch was the first leg of the ambitious Artemis programs that will include unmanned and manned Moon missions.

Artemis I was unmanned (except for test dummy astronauts and Snoopy) and flew farther than any spacecraft built for humans has ever flown – more than 280,000 miles from Earth over the course of its three-week mission around the Moon and back to Earth. It was an important test before flying human astronauts on the Artemis II mission.

Former U.S. Senator and current NASA Administrator Bill Nelson, who also flew the Columbia Space Shuttle as an astronaut, introduced the Artemis II crew who will fly around the Moon when it launches hopefully by November 2024.

Artemis II will pass around the far side of the Moon and head back to Earth on its 10-day mission. It will not land on the Moon – that will come on the Artemis III mission.

The ambitious Artemis masterplan calls for an orbiting Moon space station, a habitable complex on the



*The Artemis II space crew (l to r) Jeremy Hansen, Victor Glover, Reid Wiseman and Christina Koch are planned to guide the Orion capsule around the Moon. Image Source: NASA.*

surface of the Moon and an eventual launching point for manned flights to Mars, where NASA hopes the Artemis program will help build systems for exploring and building habitats for humans to live.

The Artemis II crew includes Reid Wiseman, a former U.S. Navy fighter pilot, who served as the chief of NASA's astronaut corps and spent 165 days on the ISS, performing two spacewalks. Wiseman will be joined by fellow former fighter pilot Victor Glover, who will guide the Orion capsule around the Moon. Glover visited the ISS between November 2020 and May 2021 via the first flight of SpaceX's Crew Dragon capsule. The third crew member, Christina Koch, spent 328 days on board the ISS between 2019 and 2020 and performed six spacewalks. The fourth crew member is Canadian astronaut Jeremy Hansen, a captain in the Royal Canadian Air Force.

## A Global Rush To The Moon

In the worldwide rush to get to the Moon, India has landed its Chandrayaan-3 spacecraft close to its south pole, just days after Russia's Luna 25 spacecraft crashed on approach. The July 23 Moon landing makes India only the fourth nation to accomplish such a feat.

The Chandrayaan-3 mission includes a lander named Vikram and a rover named Pragyan and could give India status as a global superpower in space.

Previously, only the United States, China and the former Soviet Union have completed soft landings on the lunar surface, while the U.S. has had six manned Apollo Moon missions and 12 American astronauts hopping around the Moon, planting U.S. flags, taking photos and completing scientific experiments, no other country has gained so much first-hand knowledge of the Moon.

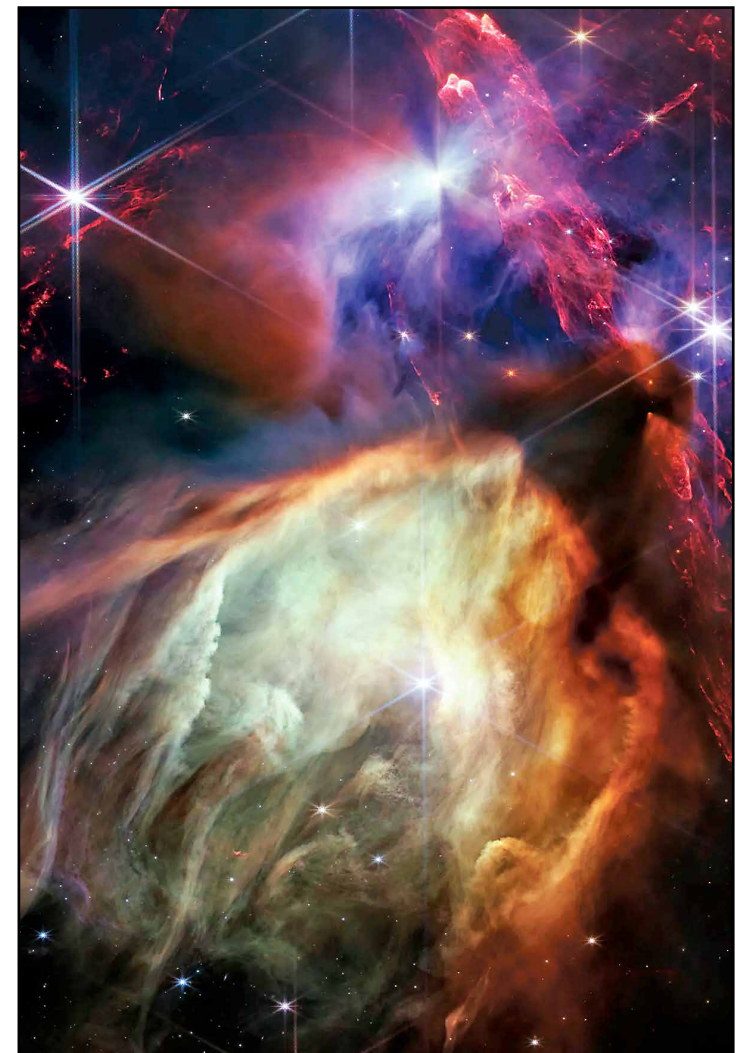
Chandrayaan-3's landing site close to the Moon's south pole is propitious as scientists believe the region is home to water ice deposits that could be a resource for future missions.

The lure of water at the lunar south pole has become the desired destination for NASA's Artemis program, and also upcoming missions from China and Russia. In the near term, as many as three robotic

missions: One from Japan and two from U.S. private businesses partnering with NASA, could fly to the Moon within the year.

## Hot Off The Press

Japan just launched a rocket Sept. 7, with the aim of landing a small probe on the Moon. If successful, Japan is hoping it will become the fifth country to attempt a Moon landing.



*NASA celebrated the first anniversary of the James Webb Telescope with a spectacular image of star birth, unlike anything seen before. The image shows the Rho Ophiuchi cloud complex – showing close-ups of the birth of future planetary systems. Image Credits: NASA, ESA, CSA, STScI.*

## Is There Water Elsewhere In The Universe?

It seems that many of the Solar System's planets and their icy moons might have been keeping secrets that Earth isn't the only ocean world in the universe. Research has shown that water could exist in a variety of forms from solid ice to liquid on moons and dwarf planets – exciting news because where there is water there is the possibility of life.

Recently scientists caught a huge spray of watery vapor shooting into space from Saturn's moon, Enceladus. With the enhanced sensitivity of the Webb Space Telescope, the sprays were analyzed and found to contain methane, carbon dioxide and ammonia, chemicals necessary as the building blocks of life. The additional discovery of silica, a common ingredient in planetary crusts, suggests there is a vast ocean beneath the frozen crust of Enceladus.

NASA is proposing a future expedition to send an Enceladus Orbilander to fly through the moon's sprays collecting samples. The spacecraft would then descend to the surface of that moon for further research. The Orbilander's instruments would weigh and analyze molecules and DNA sequencers. Cameras, radio sounders and lasers would scan the moon's surface.

Perhaps then, mankind's age-old question of: "Are we alone?" will be answered.

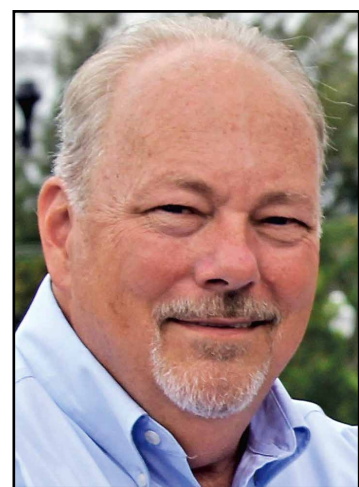


*Japan launched a rocket on Sept. 7, with the aim of landing a small probe on the Moon. Image source: Space.com*



# Look, Up In The Sky! It's Not A Bird Or A Plane ... It's The Goodyear Blimp

**Daniel Hobby**  
Pompano Beach Historian



Daniel Hobby

Thursday, Nov. 8, 1979, was a banner day for Pompano Beach. In celebration, a crowd of about 2,000, led by city commissioners and other dignitaries, gathered on the west side of Pompano Beach Air Park where the city's newest attraction, the Goodyear blimp Enterprise, would arrive and be formally welcomed.

Following the Enterprise's landing to the crowd's applause, as well as music provided by the Pompano Beach High School band, Mayor Emma Lou Olson boarded a snorkel fire truck and was hoisted 35-feet in the air so that she might break a bottle of champagne, christening the new airship. The bottle however failed to break, but the mayor persevered and was successful on her second swing.

Properly christened, Mayor Olson and Goodyear board chairman, Charles J. Pilliod, Jr., climbed into the airship's gondola for its inaugural aerial tour of Pompano Beach.

## Hello Goodyear Blimp

That evening, local residents were treated to the blimp flying over the city with a display of its 7,500 light bulbs flashing messages and images to the crowd below.

The festivities continued on Sunday with a parade beginning on Atlantic Boulevard near the Intracoastal and ending just outside the Air Park. Organized by the Greater Pompano Beach Chamber of Commerce, the parade was reported to have had 92 units, including local school bands and floats.

## Why The Move?

For 50 years, the Goodyear blimp had been a fixture during the winter months in Miami. It was based on Watson Island, but plans were afoot in Miami to put an amusement park at that location. Goodyear officials proposed moving to a new 33-acre complex on Virginia Key. The previous year, the Miami-based blimp, Mayflower, had been destroyed by high winds in Augusta, GA, and Goodyear wanted the replacement vessel to be housed in a hanger – one that was ten stories tall.

Opposition to relocating the blimp to Virginia Key came primarily from those who objected to the negative environmental impact to the area, especially the destruction of mangroves on the island. When the Miami city commissioners refused to allow construction of the hanger, Goodyear looked elsewhere for a blimp base.

Even before Miami's final decision, Ft. Lauderdale Vice Mayor, Virginia Young, had suggested that efforts be made to bring the blimp to her city (no other commissioner supported the idea).



Blimp Enterprise at Pompano Air Park (1980). Dan Hobby photo archives.

Rumors swirled that Goodyear might relocate the blimp out of South Florida to Walt Disney World or even to New Orleans. In the end, formal proposals came from seven Florida cities willing to provide a base for blimp operations; Pompano Beach, with available space at its airport, was the successful applicant.

At first, the blimp was housed in a huge tent at Pompano Air Park until its permanent hanger was completed in 1981. The Enterprise was based in Pompano Beach until April 19, 1991, when it left South Florida to be decommissioned. It was followed by the airship Stars and Stripes, which crashed in Coral Springs in 1995 and was replaced by the Spirit of Innovation and subsequently by the current Pompano Beach-based airship, Wingfoot One.

*Daniel T. Hobby, a lifelong Floridian, grew up in St. Petersburg. He moved to South Florida in 1979, and has worked for various historical agencies, most recently the Sample-McDougald House. He is the author of five books on local history, including: "Pompano Beach: A History of Pioneers and Progress." In 2021, he was named City Historian by the Pompano Beach City Commission.*



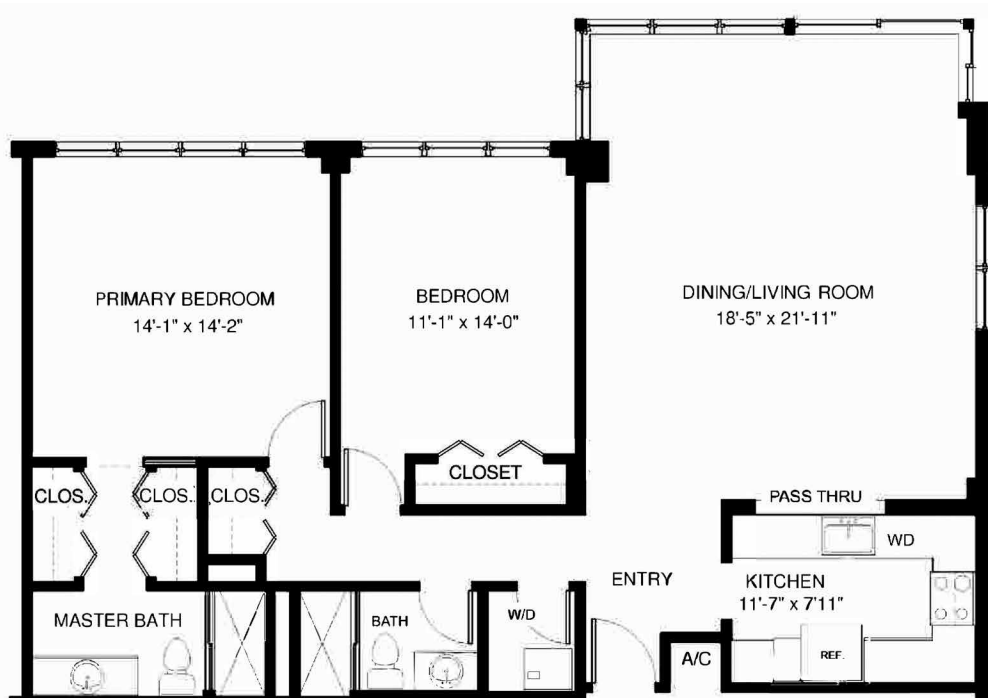
Blimp Wingfoot flies over Pompano Air Park. Dan Hobby photo archives.

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