

JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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T-minus 30 Days On JKV's Westlake

The Countdown Has Begun: First Move-Ins Planned Early 2024



The Vue and Terrace conjoined apartment buildings, are nearing completion, with first move-ins expected the first quarter of 2024.

Rob Seitz
Gazette Editor

Working seven days a week when necessary, the Moss Construction team has less than 30 days from the beginning of the month to put the wraps on receiving its Dec. 29th TCO for Westlake—John Knox Village's most ambitious project in its 56-year history.

The TCO (Temporary Certificate of Occupancy) allows JKV staff access to the \$120 million two-apartment-tower building to begin deciding how best to use spaces in the building, especially on the amenities-filled first floor.

For this final December push, the industrious work includes painting, millwork, pouring of sidewalks, installing

water fountains, Nichiha wall panels, lighting, and landscaping to name a few.

147 state-of-the-art sun-soaked apartments, two floors of covered parking, and a first floor filled with amenities.



Thom Price, JKV Vice President Facilities & Operations

"You can think of this time as being similar to the countdown for a NASA blast off," Thom Price, Vice President

of JKV Facilities & Operations, told the Gazette. "It's T-minus 30 days and there are a ton of little
 See "Westlake at JKV" on Page 2

A Sign Of The Times

Digital Version Replaces 35-Year-Old Clock

Rob Seitz
Gazette Editor

The iconic red neon John Knox Village name and clock that faced Interstate 95 from the westside of JKV's 17-story Cassels Tower apartment building has been taken down after 35 years.

It has been replaced with a glitzy, new, high-tech LED (Light-emitting diode) projecting sign, with features including full-colored lighting and programmable customized messaging.

What began in 1988 as an advertising gimmick, which allowed commuters to know exactly how early, on time, or late they were for work or dinner, quickly became a beacon quite literally as it could be seen from a mile away.

"We're hoping to create a new landmark," Bob Milanovich, JKV Director of Resident Relations told the *Miami Herald* in an article that ran 35 years ago. "You have 50 million people passing by every year."

That was then. Now, according to the website AARoads.com, the traffic volume on I-95 in Broward County generally exceeds 200,000 vehicles daily, which translates into some 73 million vehicles annually.

The old clock was the size of a Mazda Miata, standing 10-feet wide, with a four-foot-long big hand and a three-foot-long little hand. The idea to put a clock on the side of Cassels Tower came from Village resident Arleen Ridenour, who also contributed a sizable amount to the \$15,000 price tag.

"It really was quite a visionary marketing idea from Ms. Ridenour back in the day," said Jamisyn Becker, JKV's current Director of Marketing and Innovation. "And now, with this state-of-the-art digital clock and sign we are able to utilize the newest technologies available to provide the time of day and purposeful information about JKV to millions of folks traveling the Interstate."

The old clock's red neon has been replaced with LED lighting, it has been refurbished and installed on the eastside of Cassels Tower to be seen by residents, guests and staff throughout the campus.

"The clock has served us well over the years and we are delighted we were able to repurpose it for the other side of the Cassels Tower building for all to enjoy," said Thom Price, JKV's Vice President of Facilities & Operations.



The previous John Knox Village clock on the side of Cassels Tower, had been a highly visible landmark along I-95, just south of Atlantic Blvd. in Pompano Beach.



The new programmable digital messaging sign has been installed to replace the former clock.

The Countdown Is On Toward First Move-Ins At Westlake

From “Westlake at JKV” on Page 1

details to get done, but nothing the Moss team can’t handle. After more than two years of construction, this is when it all comes together. It’s a busy and exciting time.”

Westlake consists of two conjoined apartment buildings—the 11-story Terrace and 15-story Vue. There are 147 state-of-the-art sun-soaked apartments, two floors of covered parking, and a first floor filled with amenities that will be available to all residents, family members, and guests. The common-area niceties include:

- *BV’s French Press and Wine Bar, a coffee and wine bar named after Cassels Tower resident Bruce Voelkel, who provided a very generous gift to the JKV Foundation*
- *The bistro-styled Westlake Eatery*
- *A high-tech projection theatre*
- *Art, music, and fitness studios*
- *Tech learning center*
- *Library*
- *Sacred space*

Even though the first new residents are scheduled to move into Westlake Feb. 12, 2024, a number of gorgeous apartments can be reserved with only a 10-percent deposit. “With the Westlake construction nearly completed, prospects can see the reality of the project instead of just hearing about the concept of the building,” said JKV Vice President of Sales Kim Ali. “It’s easier for them to get excited about moving into Westlake when they can see it.”

To learn more about JKV and Westlake please visit www.johnknoxvillage.com or www.JKVGrows.com or call 954-871-2655.



The final touches are being added to Westlake at JKV, including signage for the bistro-styled Westlake Eatery.

What You’re Not Buying At JKV

Once a prospective resident’s interest in learning more about John Knox Village has been piqued, the next step is to meet with a Life-Plan Consultant. More often than not, the first question goes something like: “How much is this real estate transaction going to cost?”

Invariably, prospects are surprised to learn they are not purchasing an apartment or villa home on the Village campus.

“The upfront Entrance Fee new residents pay provides them with an all-inclusive Life-Care contract,” said John Knox Village’s Vice President of Sales Kim Ali. “This secures

their care no matter what future health care circumstances may arise.”

As a Life-Plan Continuing Care Retirement Community, JKV provides every resident with the peace of mind in knowing that their future health care needs will always be met. That continuum of care includes assisted living, supportive memory care, and skilled nursing—should those levels of care ever be needed—all of which are available directly on JKV’s 70-acre campus.

For more details on JKV’s Life-Care contract visit www.johnknoxvillage.com or call 954-871-2655.

John Knox Village Year-End Greetings From Kim

Kim Ali
JKV Vice President of Sales

As John Knox Village Vice President of Sales, it has been my goal through the “Ask Kim” campaign to help educate people about different options available for senior living, and the benefits of living in a Life-Plan Community.

As we approach the end of 2023, many of us are feeling unsettled about circumstances beyond our control. For many, there’s a feeling of uncertainty, which can be especially disconcerting for people in their senior years.

With changes in the economy and world events that have impacted many, it’s probably not an overstatement to say that most of us are watching our finances closer than we have in years. As we look ahead to 2024 and beyond, putting plans into place to ensure our future financial security is important, now so more than ever.

If you’re not familiar with what a Life-Plan Community is, also known as a Continuing Care Retirement Community (CCRC), I encourage you to do your homework and learn how it serves to protect your wealth. As you approach your senior years, you may wonder:

- *Who will take care of me if I’m ever unable to care for myself independently?*
- *How much does that kind of long-term care cost?*
- *What if my spouse or partner and I have different levels of needed care down the road?*
- *Who will help us, and what will our life look like?*
- *What happens if I exhaust my finances during my lifespan? Will that compromise my care?*

Living in a Life-Plan Community alleviates these very valid concerns and provides assurance that regardless of personal and external circumstances, you can have the very real security of knowing your needs will be covered, and you’ve got a plan in place.

JKV is a Life-Plan Community that offers Independent Living, Assisted Living, and higher levels of care if needed, all on one campus.

In 2022, our incredible amenities became even greater with the completion of the Cultural Arts Center and the Pavilion in which it’s located. The Pavilion also includes two new restaurants – The Seaglass and The Pearl – as well as Barton’s Nauticus Bar. With the opening of the Cultural Arts Center on our campus, our residents have been dazzled with high-caliber performances, with many great shows already lined up for 2024.

Coming Soon Westlake At JKV

In early 2024, we are excited to have two new residential towers at Westlake – The Terrace and The Vue – opening with 147 brand-new apartment homes. Watching the construction of this budding neighborhood within the Village has been awe-inspiring. In addition to these new residential spaces, Westlake will also be home to new state-of-the-art amenities and gathering areas, including a new restaurant and BV’s French Press and Wine Bar, a coffee and wine bar for all JKV residents to enjoy.

As much as we are excited about our new buildings on campus, more importantly, we’re in the business of people. We are excited to warmly welcome Westlake’s new residents, each of whom is bound to contribute their own personal part of what makes the Village so special.



Kim Ali, John Knox Village Vice President of Sales

Although space is limited, there are a few apartments still available at Westlake. If you’d like to learn more about Westlake or any of our other beautiful living options at JKV, contact us for a no-pressure conversation. We’re happy to answer any questions and to tell you more about how living at JKV provides you with future financial security and an incredible lifestyle in a community you’ll be glad to call your home.

Visit www.johnknoxvillage.com or call us at 954-871-2655 for more information, or to schedule a tour.



Pet ownership is part of the JKV culture. There is even a 1/3-acre Wellness Park dedicated to the pets of the Village.



Latin Grammy winner, jazz flautist Nestor Torres captivated the JKV audience in the Cultural Arts Center last month.

JKV's Community Partnerships: Part Two

Benefits JKV Residents Enjoy In Addition To All The Services Of A Life-Plan Community

Marty Lee
Gazette Contributor

In the Oct./Nov. 2023 Issue of the *Gazette*, we introduced a number of Community Partnerships and the benefits enjoyed by residents of John Knox Village (JKV). We continue the series, featuring several more of the unique cultural, educational, historical and performing arts partnerships that are part of the greater South Florida community. Village 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.

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

Read about the benefits in Part Two of "JKV Community Partnerships."



Musicians from Musicfor America are frequent performers at John Knox Village.

an emphasis on women, Black and Latinx artists, and African art. It also has the country's largest collection of paintings and drawings by the American realist William Glackens, and the most extensive holdings in the U.S. of works by post-World War II, avant-garde artists who resisted German occupation during World War II and emerged in the war's wake.

JKV Residents enjoy the following:

- Meet the Curator "Season Preview"
- Monthly lecture programs at JKV: *Coffee with the Curator*, *Coffee with the Museum Educator* and *Coffee with the Exhibition Designer*
- Customized group tours
- Free unlimited Museum admission for residents and their guests
- Discounts on members-only events
- Invitations to members-only exhibition previews
- 10% discount at the Museum Store and Café



JKV residents Diane and John Dalsimer enjoy the exhibits at BaCA during a visit for "A Taste of Jazz."

Pompano Beach Arts

The City of Pompano Beach is a cultural arts destination, featuring innovative arts programming that includes the visual arts, music, film, theater, dance, public art, history, and historic preservation for the enjoyment and enrichment of residents and visitors to Pompano Beach and the greater South Florida area.

The Pompano Beach Cultural Affairs Department (PBCAD) manages and programs four cultural venues, including the Pompano Beach Cultural Center, Bailey Contemporary Arts Center (BaCA), Ali Cultural Arts Center and the Blanche Ely House Museum.

Benefits for JKV residents:

- Artists in Residence present bi-monthly receptions at JKV to Meet the Artists of the Month and bi-monthly visual arts workshops at JKV
- Bi-monthly tours at Bailey Contemporary Arts
- Docent-led private group tour of Blanche Ely House Museum
- 20% discount on tickets for "A Taste of Jazz" monthly event at Bailey Contemporary Arts

Pompano Beach Historical Society

The Pompano Beach Historical Society's mission is to collect, preserve and publicize the history of the Greater Pompano Beach area. This mission is accomplished through the Society's archives of historical documents and images; public programs and lecture series; The Kester Museums, exhibits, displays, and publications; advocacy for the preservation of historical sites and buildings; Pompano Beach Saturday Green Market and collaboration with like-minded organizations.

JKV residents' benefits:

- Educational lectures presented on the JKV campus by local historians
- Free admission to nine programs that take place at the Pompano Beach Historical Society
- Historical Bus Tours hosted by Dan Hobby, Pompano Beach's official city historian

- 10% discount at the Museum Gift Shop
- 10% discount on merchandise at the Green Market Pompano Beach
- Early Bird entry to Annual Yard Sale and Road Show
- Discounted annual membership to the Pompano Beach Historical Society

Sample-McDougald House

The Sample-McDougald House is a distinctive historic house museum known for its unique architecture, history and cultural background. It was built by Pompano Beach pioneer Albert Neal Sample, who served as a community leader until his death in 1941. The Colonial Georgian-revival home was sold to William and Sarah McDougald in 1943. Generations of McDougalds were raised in the home until the 1990s, while preserving the architectural integrity of the home. During urbanization, the McDougald family sought to donate and preserve the home. The Sample-McDougald House Preservation Society, Inc. was formed in 1999, and the house was then moved to its current location in Centennial Park in May 2001.

JKV residents experience:

- Educational lectures by local historians at JKV
- Group tours of the Museum
- Free admission for self-guided tours for residents and their guests
- 10% discount on venue rentals
- Free admission to artist receptions
- Free admission to author lectures



Located on the New River in downtown Ft. Lauderdale, the Stranahan House is the oldest surviving structure in Broward County. Image source: Wikimedia Commons.

Historic Stranahan House

The Stranahan House was built in 1901 by Frank Stranahan, credited as Ft. Lauderdale's founding father, and his wife Ivy Cromartie Stranahan, the area's first schoolteacher. It is the oldest surviving structure in Broward County and has served as a trading post, post office, community gathering venue and home to the Stranahans. The mission of the Historic Stranahan House Museum is to tell the story of the birth of our community through the lives of two extraordinary people and the homestead they created and to serve as an enduring legacy for historic preservation.

JKV residents take part in:

- Educational programs by local historians at JKV
- Craft workshops presented at JKV
- Customized private group tours of the Historic Stranahan House
- Complimentary admission for guided tours for residents and a guest

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.



The clock at Ft. Lauderdale's Museum of Discovery and Science (MODS).

The Museum Of Discovery And Science

Ft. Lauderdale's Museum of Discovery and Science (MODS) has contributed significantly to the revitalization of the Arts and Science District in downtown Ft. Lauderdale. Consisting of 119,000 square feet of interior space, the 264-seat AutoNation IMAX Theater, and an open-air Grand Atrium, featuring the Great Gravity Clock, MODS offers dynamic interactive exhibits in the natural and physical sciences and a large array of programs designed to serve diverse audiences. Here are some of the benefits JKV residents receive:

- STEMobile (Science, Technology, Engineering & Math) visits to JKV
- Virtual Save our Seas Foundation lectures
- Docent-led group tours of the Museum, including an IMAX screening and some concession treats
- Passes for IMAX films, including complimentary popcorn
- 10% discount in the Explore Store and Elements Cafe'

Musicfor America

Musicfor America is a Florida-based not-for-profit corporation organized to further the Musicfor mission in America. Musicfor headquarters is in Switzerland (Versoix), with branches in Italy (Rome and Turin), UK (London), France (Sallanches) and South Florida.

Musicfor's efforts focus on the humanitarian sector – helping to fund music educational programs, the purchase of musical instruments, the presentation of scholarships to deserving students, and sharing the magic of live musical presentations.

Benefits for JKV residents:

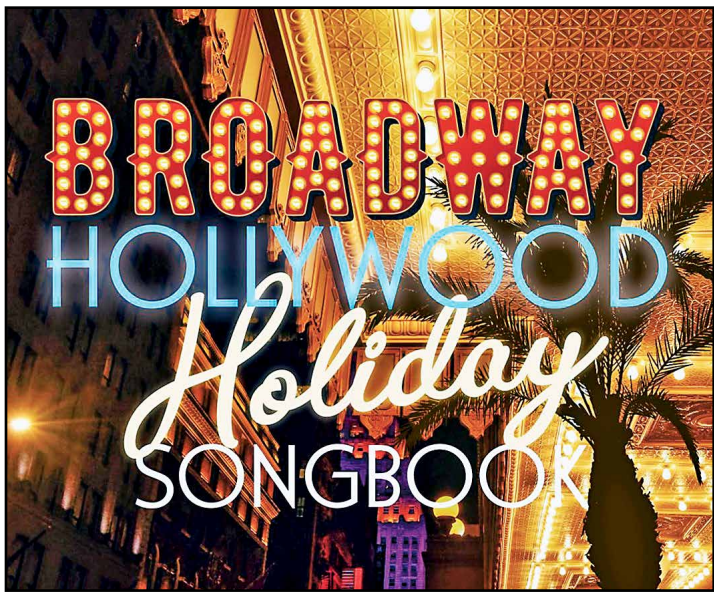
- Family performance presentations at JKV
- A series of one-hour ukulele learning experiences
- 10% discount on tickets to performances at various venues in South Florida

NSU Art Museum Fort Lauderdale

Founded in 1958, NSU Art Museum Fort Lauderdale is a premier destination for exhibitions and programs encompassing civilization's visual history. NSU Art Museum contains 25,000 square feet of exhibition space, a 256-seat auditorium, Museum Store and Café. Their collection contains more than 7,500 works and is known for its Latin American contemporary art with

Let JKV Entertain You

Plan To Visit The John Knox Village Cultural Arts Center For Great Shows And Concerts

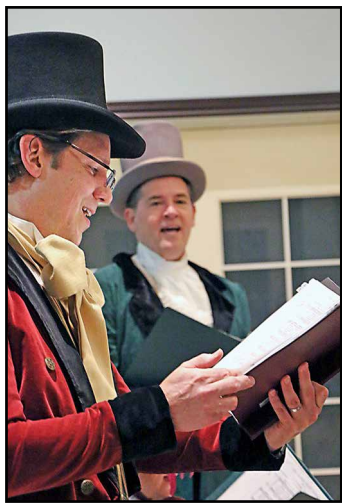


JKV Broadway Series: Dec. 4 @ 7 p.m.

JKV introduces the first of four Broadway Series concerts on Monday, Dec. 4, ushering in the holiday spirit with timeless songs from the stage and screen, including classics like "It's Beginning to Look a Lot Like Christmas," "Silver Bells," "White Christmas," and more.

Tickets
JKV Resident \$20
Village Arts Circle \$16
Non-Resident \$26

The Noel Choir: Dec. 9 @ 7 p.m.



Get into the spirit of the season and continue the festive celebrations with the enchanting harmonies of the Victorian quartet, known as the Noel Choir. They will enthrall the audience on Saturday, Dec. 9.

Tickets
JKV Resident Free
Village Arts Circle Free
Non-Resident \$10

The JKV Choirs Concert: Dec. 19 @ 7 p.m.

On Tuesday, Dec. 19, the cherished John Knox Village Choirs, including the Villagers, the Choristers, and the Hand Bell Chime Choir, will share their holiday classics under the expert direction of Birgit Fioravante, with the added treat of special guest performers.

Tickets
JKV Resident Free
Village Arts Circle Free
Non-Resident \$10



Florida's Singing Sons: Dec. 21 @ 7 p.m.

Founded in 1975, Florida's Singing Sons have been captivating South Florida audiences with their extensive choral repertoire. Members of Florida's Singing Sons dedicate themselves to a rigorous program that results in university-level musicianship skills, understanding of vocal pedagogy and choral techniques, as well as life-changing personal growth and development.

Tickets
JKV Resident Free
Village Arts Circle Free
Non-Resident \$10

JKV Broadway Series: Jan. 16 @ 7 p.m.

On Tuesday, Jan. 16, the JKV Broadway Series returns, offering a celebration of three legendary British songwriters—Sir Andrew Lloyd Webber, Sir Elton



John, and Sir Paul McCartney. These musical knights have collectively composed some of the most enduring songs in music history, with careers that span decades.

Tickets
JKV Resident \$20
Village Arts Circle \$16
Non-Resident \$26

New Jazz And Java Series: Jan. 23 @ 7 p.m.

The new Jazz and Java Series, commencing on Tuesday, Jan. 23, is presented by the Gold Coast Jazz Society. This series invites music enthusiasts and history buffs to embark on an engaging journey through the evolution of jazz, within the intimate ambiance of a jazz club, recreating the bygone era's atmosphere. The inaugural installment, "The Origins of Swing," explores the early roots of jazz and the birth of the swinging rhythms that captivated global audiences.

Tickets
JKV Resident Free
Village Arts Circle Free
Non-Resident \$26

Take advantage of the opportunity to enjoy first-class entertainment at a ticket price far below the prices asked at South Florida's major concert venues. The concerts listed at JKV are open to the public. Call the John Knox Village Life Enrichment Department at 954-783-4039 for more information or visit: www.johnknoxvillage.com/events/

Free Subscription To The 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.

We would like to email you the current issue, AND sign you up for the Jan/Feb edition emailing at the end of December. The catch is we need your permission to email the FREE monthly publication to you. Email your subscription request to gazette@jkvfl.com

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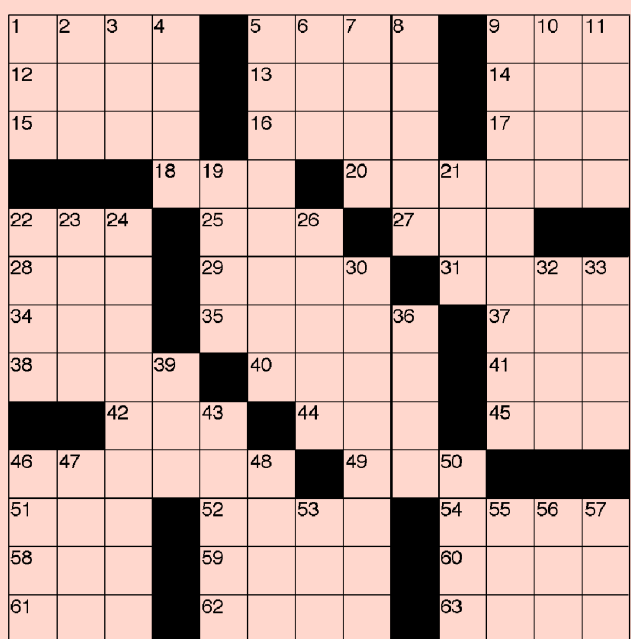
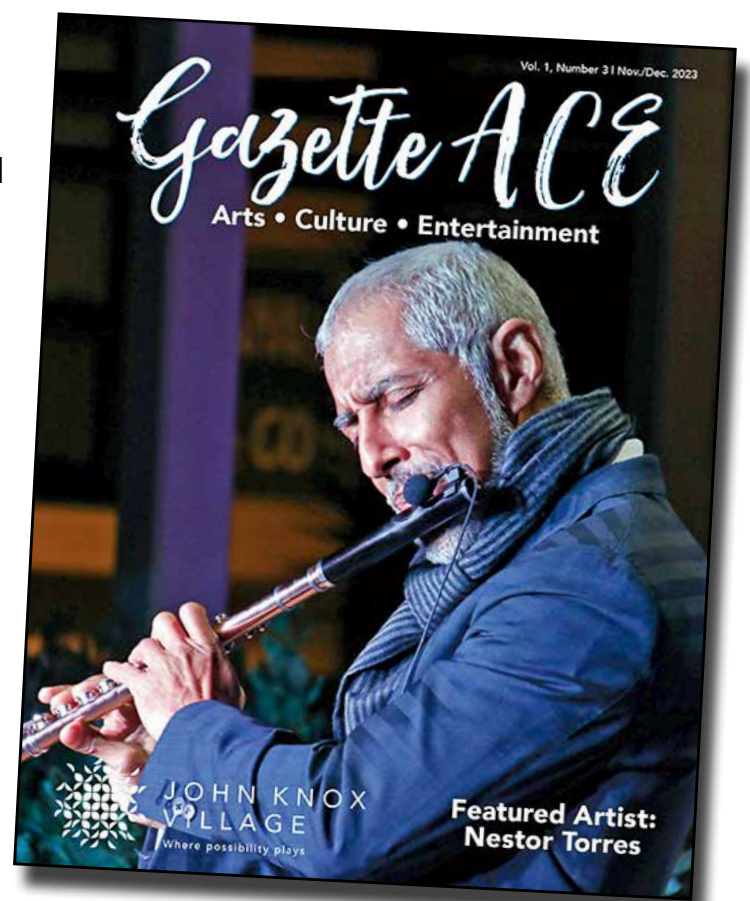
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Thank you for the many years of continued readership and support. Remember to email us your subscription request at gazette@jkvfl.com so you never miss a complimentary digital Gazette ACE. You can also mail your subscription request to: Gazette ACE, 651 SW 6th St., Pompano Beach, FL 33060.

*DISCLAIMER: John Knox Village will not share your information with any other source.



Crossword Puzzle Of The Month

ACROSS

1. Metrical unit
5. Arabian judge
9. Grandfather of Saul
12. Exude
13. Sleeping
14. Mountain on Crete
15. Javanese carriage
17. Computer generated imagery (abbr.)
18. Alcott heroine
20. Sable
22. Article
25. Nat'l Endowment for the Arts (abbr.)
27. Garland
28. Time period
29. International (abbr.)
31. And other: abbr. (2 words) (Lat.)

DOWN

34. Sinbad's bird
35. Fr. author
37. Amer. Dental Assn. (abbr.)
38. Wing (pref.)
40. Grape syrup
41. Jap. fish
42. Article (Fr.)
44. Negative population growth (abbr.)
45. Deviate
46. Necktie
49. Droop
51. Male person
52. Baseball equipment
54. Eth. Danakil people
58. Pointed (pref.)
59. Afr. tree
60. Polish rum cake
61. Footlike structure

62. Direct
63. Poetic foot

DOWN

1. Before some vowels (pref.)
2. Tumor (suf.)
3. Free
4. Monad
5. Felis (2 words)
6. Amateur Boxing Assn. (abbr.)
7. Skin (suf.)
8. Utopian
9. Wink
10. Wayside
11. Pour
19. Camelot lady
21. Female ruff
22. Manmade protective mound

23. Owl's cry
24. Moon of Saturn
26. Hindu soul
30. Pulka (2 words)
32. City in Judah
33. Den
36. Legend
39. Race the motor
43. Palmetto
46. Thunder sound
47. People
48. Subtract
50. Taro
53. Yarn measure
55. Federal Aviation Admin. (abbr.)
56. Antballistic Missile (abbr.)
57. Mortar beater

Answers On Page 10.

Pompano Beach Arts & Music

Holiday Highlights And A Prelude To January's Jazz Fest Pompano Beach

Kay Renz
Special To The Gazette

Holiday Cheer is overflowing this year as Pompano Beach celebrates the season with a glorious array of events, and from the looks of it, Santa loves our city.

The beloved *Yuletide on Atlantic Parade on Dec. 7* will feature dazzling floats, marching bands, and another appearance from old St. Nick.

The City's Parks and Recreation Department's official tree lighting ceremony is hitting the beach this year, with the spectacular *Music Under the Stars Holiday Special on Dec. 8*.

Need more jolly good ideas? Old Town Untapped will feature a Holiday Edition, there's Breakfast with Santa for the kids, Holiday Dance Party at the E. Pat Larkins Center, and the Timeless Tidings concert highlighting classic holiday tunes, and Pompano Unwrapped featuring a dynamic mix of song, music and spoken word, both at the Pompano Beach Cultural Center.

There will be no grinchers left in town after all this fun. Learn more about each event and more at <https://www.pompanobeachfl.gov/blog/merry-moments-2023>

Here are some highlights of a few of the fun-filled events to keep you entertained.

Old Town Untapped: Dec. 1 & Jan. 5

The lively street festival happens in the heart of Downtown Pompano, near Bailey Contemporary Arts Center (BaCA).

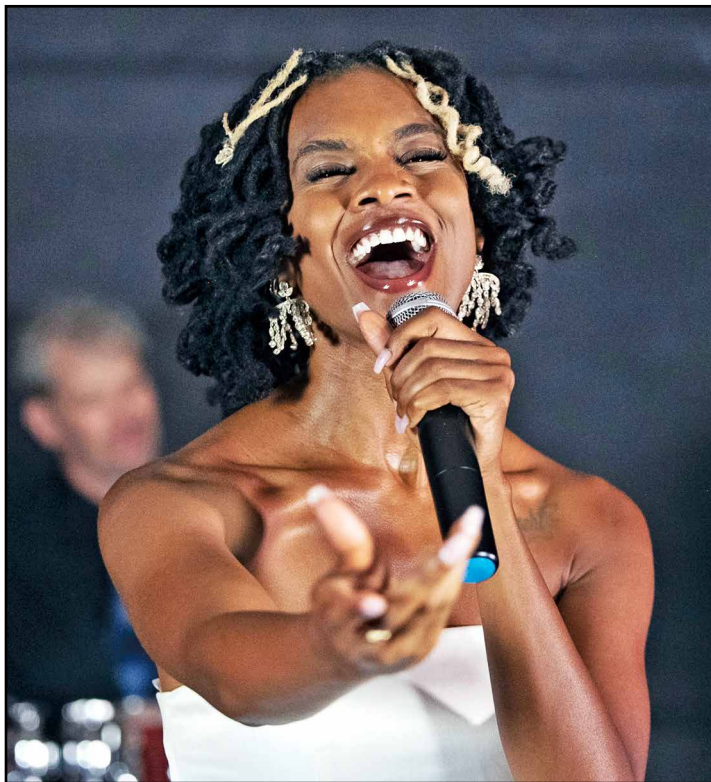
On Dec. 1, visit an array of seasonally themed vendors and enjoy live holiday music from *Waist to Chest: Christmas Surf Spectacular!* Meet this month's featured artist in residence Renee Ray at BaCA and see her other-worldly art. Catch the exhibition *"Roots of an Identity,"* a varied collection in diverse media, curated by Latin American Arts Pavilion on its last viewing day.

In January, enjoy live music from *The Heavy Pets*, and meet the first featured artist of the new year at BaCA, clay sculptor Walter O'Neill.

Sixth Annual Exit 36 Slam Poetry Festival: Dec. 7 through 9

The Sixth Annual Exit 36 Slam Poetry Festival will feature Grammy-nominated artist Tarriona "Tank" Ball. The fiery powerhouse lead singer of *Tank and The Bangas* is also an accomplished spoken word artist, who will read from her first book of poetry, *"Vulnerable AF,"* the real-life story of a relationship in the author's past, told in verse and short prose pieces. The three-day festival features the country's best spoken word artists in a dynamic slam competition along with artist talks, writing workshops and other fun-filled events.

Visit www.pompanobeacharts.org for a complete schedule of the various times and venues for the three-day event.



Ebony Carlson performs in the Timeless Tidings Holiday Concert at the Pompano Beach Cultural Center on Dec. 14.

Green Market: Dec. 9

Stop by for the best fruits and vegetables, local vendors, plants, holiday-themed crafts, art and culinary products. Also enjoy a free yoga class, a dance class and of course a visit from Santa Claus. Outdoors by the Pompano Beach Cultural Center from 9 a.m. to 1 p.m.

Timeless Tidings Holiday Concert: Dec. 14

Ebony Carlson and an array of talented musicians take the stage to perform a sparkling selection of holiday songs. Carlson, who has headlined the *BB King All Star Band*, brings her soulful, jazzy interpretations to this night of nostalgic memories at the Pompano Beach Cultural Center at 7 p.m.

A Taste Of Jazz: Dec. 14 & Jan. 11

Come to BaCA for a delectable combo featuring entertaining and educational encounters with Gold Coast Jazz Society musicians and delicious potables. Wine tasting from 7 to 7:30 p.m., followed by an hour of music.

Pompano Unwrapped: Dec. 19

This 7 p.m. concert at the Pompano Cultural Center will feature six sensational artists who were selected from Pompano Beach's acclaimed open mic program, *"Lyrics Lab,"* and features a dynamic mix of music, songs, spoken word and holiday cheer.

Paint & Sip, Painting Outside the Box: Dec. 28 & Jan. 26

We provide the paint, supplies, and smock. Various painting techniques taught by artist Gregory Dirr. No painting experience required. Each \$25 ticket includes a free drink at BaCA from 7 to 9 p.m.

Jazz Fest Pompano Beach: Jan. 18 – 20 Valerie Tyson Band | Jan. 18

Jazz Fest Pompano Beach 2024 begins with a fun-filled celebration featuring South Florida's Queen of Soul, Valerie Tyson at 7 p.m. in the Pompano Beach Cultural Center.

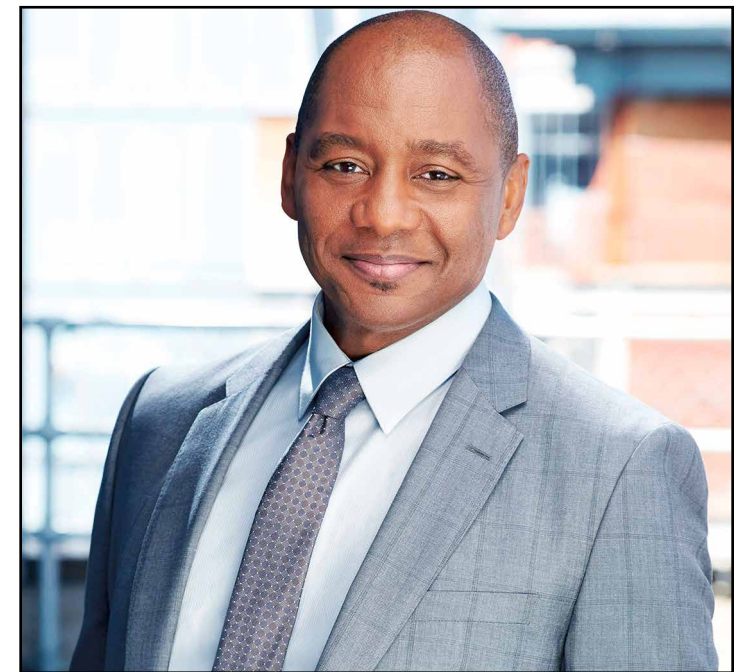
David Sanchez And Najee: Jan. 19

Friday night's concert on the Great Lawn on the Beach begins at 5:30 p.m. and features Grammy-winning jazz tenor saxophonist David Sanchez, followed by American smooth-jazz saxophonist Najee.

Lisa Fischer & Grand Baton And An Evening With Branford Marsalis: Jan. 20

Join us at Old Town Pompano Beach starting at 5:30 p.m. for two glorious performers. Long praised for her featured background singing with icons like The Rolling Stones, Chaka Khan, Luther Vandross, Tina Turner, and Nine Inch Nails, Lisa Fischer takes center stage with her own award-winning style, performing with *Grand Baton*, an Afro-Caribbean progressive rock and jazz fusion band.

From his initial recognition as a young jazz lion, saxophonist Branford Marsalis has expanded his vision as an instrumentalist, composer, bandleader and educator, and became a multi award-winning artist with three Grammys, a citation by the National Endowment for the Arts as a Jazz Master, and an avatar of contemporary artistic excellence.



Branford Marsalis is featured during Jazz Fest Pompano Beach on Jan. 20.

Dynamic Duo Circus Magic Show: Jan. 26

Experience a one-of-a-kind performance at 7 p.m. in the Pompano Beach Cultural Center with a dynamic duo that combines magic, circus arts, and comedy into an unforgettable show.

For more information about the shows, the venues and tickets, please visit the Pompano Beach Arts website: www.pompanobeacharts.org

Pianist Robin Spielberg Visits JKV

Composer, Educator, Storyteller Shares The Importance Of Music On Our Well-Being



Robin Spielberg at the piano during her performance at John Knox Village.

Kim Morgan-Vagnuolo
Gazette Contributor

and author Robin Spielberg, one of America's pre-eminent living female composers, has dozens of albums and decades of touring. She began her career as one of the founding members of the New York City Atlantic Theater Company and has since flourished with a wide-ranging discography including arrangements of American standards, original pieces for piano/ensemble, holiday recordings, lullabies and more. Spielberg brought her talent as a performer, storyteller and mental wellness advocate to John Knox Village, during two days of workshops and performances, last month. Spielberg advocates for music therapy and mental health and has a popular Tedx Talk on *"The Healing Power of Music."*

Music Is A Healing Force

Among the workshops she led included *"Music and Mental Health,"* which explored the science of music and the brain, and strategies for using music to reduce stress and anxiety in daily life. Spielberg's *"Composing with Intention"* revealed the transformative power of music, and how she

Billboard charting American pianist, Steinway Artist, composer

draws inspiration from nature, personal experiences and history to compose music.

Her *"Music and Memory"* workshop, which featured Broadway standards and old favorites, was standing room only in the Life Enrichment Center. JKV residents sang along to songs they may not have heard for many years, including *"Time to Remember"* from *"The Fantasticks,"* *"Where is Love,"* from *"Oliver,"* and *"Falling in Love is Wonderful"* from *"Annie Get Your Gun."* As she peppered in standards from the Great American Songbook, participants gladly sang every word to *"Home on the Range,"* *"My Funny Valentine,"* *"Dream,"* *"I Can't Help Falling in Love,"* *"As Time Goes By,"* and many other favorites.

Spielberg took her audience on a journey to yesteryear and said, "Any songs that stand the test of time are standards. Music takes you on a gateway to memory."

Her final performance at JKV was a concert in the Cultural Arts Center where she delighted the audience with original compositions and classic favorites.

For more information on Robin Spielberg, visit her website: www.robinspielberg.com

'We'll Win Today, Because We're Fighting For What's Right'

Burn Loeffke
Gazette Contributor



Burn Loeffke

I recently returned from Washington D.C., as a participant on an Honor Flight, along with about 70 South Florida veterans.

Honor Flight is a remarkable non-profit organization, dedicated to honoring American veterans by transporting them to Washington, D.C. to visit the memorials commemorating their service and sacrifices.

As we toured the Iwo Jima Memorial, the Military Women's Memorial, Arlington National

Cemetery, the World War II Memorial, the Korean War Memorial and the Vietnam Wall, I heard a constant, "Thank you for your service."

Remembering Vietnam

While at the Vietnam Wall, I took the time to make a rubbing of two names: Men I had lost in combat under my command in Vietnam.

The first was Lt. John Little, who was a student of mine at West Point. He later was assigned to my unit in Vietnam.

Lt. Little was on patrol speaking with me on the radio, when suddenly the radio went silent. The next voice I heard, was of the sergeant saying, "The lieutenant has been killed." His loss shook me greatly.

I next did a rubbing of another name: Sgt. Larry Morford. Sgt. Morford volunteered for army duty and was a pacifist. We spoke many times about his principles and aspirations. He told me that he volunteered for duty, because "War is a beastly thing, and the least beastly among us should be fighting it."

Sgt. Morford did not believe in killing the enemy, but rather capturing for release at the end of the

conflict. When his army tour was finished, he wished to become a medical missionary to bring healing to those who were suffering. Only days before he was to ship back to the States, Sgt. Morford was killed in battle. His loss instantly changed my life.

From Warrior To Peacemaker

From that moment on, my life's mission transformed from warrior to peacemaker.

As I rose in rank and responsibilities, I made it my mission to prevent conflict through negotiation. As a Major General and commanding officer of the U.S. Army South, I regularly met with officials from the contiguous countries to diffuse potential conflicts. I did my best to keep the peace rather than fuel the conflict.

I have a cartoon that I keep in my home office: It is a "Hagar the Horrible," cartoon from the '90s. There are two panels to the cartoon. In the first panel Hagar says to his two charges: "We'll win today, men, because we're fighting for what's right!"

To that statement, "Lucky Eddie," Hagar's underling lieutenant wearing a metal funnel on his head, replies in the second panel: "Hagar, I have a question: If we are fighting for what's right, why are they fighting so hard for what's wrong?"

As we look around the world today, we see conflicts that have escalated into brutal wars – all in the effort to defend, "What's Right." But what is the universal definition of "What's Right?"

The Need To Listen To Others

We, as neighbors sharing Mother Earth, need to do better at preventing wars. We do not need to be more efficient in eliminating our enemies. The key, I believe, is to listen. If we listen to the problems, trials and tribulations of others, we can be better equipped to negotiate settlements to arguments and potential conflicts. That is the "right" thing to do.

Regardless of political or religious beliefs, the vast majority of people on this Earth, want to live in harmony with their neighbors. We want to live in peace; to raise our families; to express our freedoms without conflict.

Where are today's Mahatma Gandhis? Today's Martin Luther King, Jr.s? Today's Nelson Mandelas? Where are the voices of inspiration, unity and solidar-

ity in the world today?

Whenever I need reassurance in my principles, I turn to the Bible, Matthew 5:3–12, commonly referred to as *The Beatitudes*, which read in part:

"Blessed are the merciful, for they will be shown mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called the Sons of God."



Burn Loeffke accompanied by his guide Diane Elliot visits Washington D.C. during his "Honor Flight."

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.

Keeping The Faith In Trying Times

Rachael Gallagher
JKV Spiritual Life Director



Rachael Gallagher

This time of year is a wonderful opportunity to come together and explore important issues in our various faith traditions.

While many gather with family and friends to observe religious holidays, it is a great time to reflect and perhaps to even have special interfaith conversations on forgiveness and reconciliation.

Over 300 years ago, William Penn observed that every-

one had to seek God in his or her own way. It is in the spirit of mutual understanding of growth and grace, and of the common goal of peace and reconciliation that we are united.

While sadly religion continues to divide the world's peoples and appears at the root of so much violence, division and conflict, we know as a matter of faith and belief that religion at its best may be the only sure hope for bringing us together.

Speaking 11 years ago at Westminster Abbey, it was the Dalai Lama who declared, "in the context of society, or more than one person, it is necessary to have different sources of refuge, religions and truths." So, that's the hope and that's the promise, and that's why I believe we are all better for knowing and honoring one another and our respective beliefs.

As I thought and reflected on forgiveness and reconciliation in the world's religious traditions, I realized that forgiveness and reconciliation are the world's religious traditions. Reconciliation is at the heart of what it means to be a person of faith and at the heart of our respective traditions. Unfortunately, what we see going on in the world around us today does not demonstrate

faithfulness at the heart of our traditions.

In fact, one could argue somewhat compellingly that in the world around us, religion has been more divisive and has led to grudge-holding, and even outright war in the name of our traditions.

While it can feel like we are helpless while war rages on the other side of the world, I believe we can make a difference by practicing forgiveness and reconciliation in our own lives. But that can be easier said than done.

Forgiveness Is A Universal Principle

Who am I supposed to forgive? Who do I need to forgive? How often do I need to forgive? In the Christian tradition, Jesus says you have to forgive at least seven times 70 (that is 490 times). But he means forever. It's just a figure of speech.

In Jewish tradition, forgiveness is a healing ritual. When one says the traditional blessing upon getting into bed, there is also a traditional prayer book with a series of things one says, including, "I now forgive whoever has angered me or provoked me or has wronged me this day whether physically or financially, whether it is to my honor or to all that may belong to me, whether inadvertently or willingly, whether by mistake or intentionally, whether by word or by deed, whether in this incarnation or in any other incarnation, I forgive every human being and let no person be punished on my account..."

In the Muslim tradition, the focus of salvation is on a forgiving God. The Koran says, "The reward of evil is evil. But forgiveness is better." Forgiving each other, even forgiving our enemies is one of the most important interfaith teachings that is found in all of the world's religions.

The first step in forgiveness and reconciliation is getting to know each other. What other qualities characterize forgiveness and reconciliation? Effort, time, sincerity, patience and tolerance with our friends and family.

The next step is to start to build trust. Without trust, people go their separate ways. With trust and respect, we slowly feel safe with each other, and we proceed to be honest with each other. The world often can and does feel overwhelming and the problems feel insurmount-

able, but once we realize that seeds of resolution begin at home, we can see a possibility for a brighter and more peaceful future. Community is where understanding is increased. Community is where respect is born.

We can create peaceful engagements getting to know one another within our own community. What we accomplish here at John Knox Village is supremely important. We want to live in a better world and make a better world, a better community, a better country. A better world starts right here.

Through community engagement and getting to know one another, we move forward, we don't stand still. And there is no limit to the problems we can solve once we agree that there is one God. Whatever you think is God is good enough for me, just as long as we agree and continue to look at things that we are agreeing upon. How many similarities are there? There's no limit to the problems we can solve. We become strong in our understanding, and that allows us to be respectful and forgiving, and to pursue reconciliation.

Sudoku

Answers On Page 10.

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

6				3	1	4		
	3							8
7	2		4					
2		7						
	1	5						7
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Be The Calmest Person In The Room

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

Our society has been overtaken by Freudian psychology.

But the author of what I call, “The New Psychology,” of Dr. Murray Bowen, an American psychiatrist, and a professor in psychiatry at Georgetown University who created the Bowen Family Systems Theory, did not see the logic nor usefulness of the prevalent psychoanalytic ways. He set out to investigate a more reality-based theory. He founded it in

what he observed in “the human phenomenon.” How, he thought, could a science of the human be based upon someone lying on a couch, saying every single thing that came into his mind? He believed that we are largely creatures of our family relationships. Thus the name, “*Family Systems Theory*.” He did not want his name in it, but finally decided it had to be there to distinguish from other systems theories being promoted at the time.

At any rate, we today are no doubt overly preoccupied with our emotional states. We rely on how we feel to find our life’s work, or a mate. We put feelings on primacy in the media, in books and everywhere we look. We have apparently taught society as a whole to do the same. “Talk about it to someone,” we say. This tendency has led to illogical decisions and actions that are not able to stand the test of time, nor are they leading us to clear thinking.

Clear thinking has to do with an emotionally calm brain. That may be what is behind the adage: “Sleep on it.” Sleep may calm emotions and lead to a better result of brainwork.

The idea here is not to do away with feelings. If

we did, we’d be ignoring a built-in safety device. It is just that perhaps they need not be given the primacy in decision-making or acting that our society may give them at this time.

Whatever happened to thinking? The kind of thinking that leads to outcomes that stand the test of time. The kind that provides for a high-functioning life. The kind based on logic and wisdom.

Why Emotional Calm?

So, why do we need emotional calm? There are several reasons to aspire to emotional calm:

1. It is attractive. People are repelled by anxious others and stay away. Calm, like anxiety, is also catching, so it draws others toward you.

2. Anxiety, the opposite of calm, interferes with the logical-thinking side of the brain. It is incompatible with calm, so if we can get to calm, the brain will go to a better, more reliable level of functioning. Our decisions more often become the correct ones and we behave in a way we would like to more often.

3. It is impossible to have no anxiety at all. We all carry some around, depending on our level of emotional maturity. However, depending on our ability to calm our emotional selves, we become better leaders: In a family, in an organization, or in the country itself in some cases. That is because people are more attracted, and because people are hoping to catch some of our calm (without knowing it). Also, this kind of thinking turns out to be correct in the long run more often than not, and people sense this.

Family System Theory does not promote an anxiety-less person. That would be impossible. Also, it would omit the wonderful safety characteristics of anxiety. Just “try to be the calmest one in the room,” we say. In this way one is helping not only self, but everyone in the group.

The ‘How’ Of Calm Emotions

There are a couple techniques that calm emotions. They can be done at any time, alone or in a group

setting—no one will know.

1. Relax the voluntary muscles of the arms, legs, chest, neck and face. It turns out that relaxation of these muscles is incompatible with anxiety. This is helpful to know and to practice.

2. Go into observation mode: That is, start watching to see what one can learn just by watching. Where and how does the anxiety go in a group? What form does it take?

These ways of getting out of the group anxiety have been most useful to me over the years in getting to better thinking and acting with others.

What Methods Do We Have?

1. Biofeedback trainers teach methods like this, of relaxation. They can be very useful. The machine feeds back to our conscious brain data that shows how we’re doing in the relaxation area. Over time, we can learn how to better relax.

2. Massage therapy can show us what nearly complete relaxation can feel like. This helps us learn to replicate it on our own. We have a wonderful massage therapist here at John Knox Village: Her name is Jacqueline and one can have an appointment with her through the beauty shop scheduler. Research has shown that if we can relax voluntary muscles four or five times a day, even for short periods, people do better in many areas of functioning.

So, happy relaxing. It will be easier for some more than others, but in any case, it’s always worth the effort.

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.

Wellness Tips For A Healthier, Happier Holiday Season

Beth Ruhmann
Gazette Contributor



Beth Ruhmann

When you think about the holidays, what comes to mind?

Is it about parties, gift giving, visits and get-togethers with family and friends, lots of yummy food, and wonderful memories of how magical the past holidays were?

Or are your thoughts all about the hard work that it will take to get ready for them, the loneliness you feel, the separation from friends and family, and missing what you used to have?

The holidays tend to bring with them both comfortable and uncomfortable feelings, but this is a time when we can better manage our stress and emotions, so that this holiday season is healthier and happier.

Here are some wellness tips to help you change your thinking and feelings about the holidays so that you can truly enjoy this time.

1. Reduce your expectations of what the holidays “should” or “need” to be. Try thinking about doing less and enjoying more.

2. Keep up with your exercise routine. Regular exercise helps us not only manage stress in this moment but also prepares us to better handle stress later.

3. Let go of old customs, behaviors and practices. Create new ones for the stage of life you’re in now. Embrace change.

4. Get plenty of rest – whether nighttime sleeping, naps or just sitting down to take a break by putting your feet up. We can’t run on empty.

5. Eat healthily. There are so many tempting treats and favorite family foods during this time of year, but for your health, try to balance what and how much you eat during the day so that you can enjoy those goodies, too. Lots of fruits and vegetables,



Keep up with your exercise routine during the holidays to better handle stress.

whole grains, and lean protein in reasonable amounts to keep you full and satisfied will help you resist too many sweets.

6. Do something for others or volunteer your time for those who are struggling. Whether in person, by phone or on social media, reach out and let others know that you care and that you are there to listen. This behavior also increases your feelings of purpose and usefulness, which can lead to a happier you.

7. Practice self-care. Do what makes you happy and keeps you healthy. Listen to music, meditate, take a walk, play with a pet, work on hobbies, laugh out loud, get a massage or do anything else that makes you feel great.

8. Be mindful. Be in this moment now since this is really all that we have. Too many times we are focused on the next thing or experience and lose the beauty of this moment in time. Use all your senses, breathe deep, smell the fresh air, see the colors and listen.

9. And finally, practice gratitude. Deeply appreciate what you have and the gifts that you have worked for and gotten throughout your life. These are also shareable.

While the holidays can be very challenging for lots

of reasons, we can make them much happier, not only for us, but for those around us. Take this opportunity to try some of these wellness tips for a healthier and happier holiday season. 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 or email to: programs@BaptistHealth.net for more information.

Beth Ruhmann is a Certified Therapeutic Recreation Specialist (CTRS) who enjoys educating the community on stress management practices. Her present position is Program Coordinator II for Baptist Health, in the Community Health program.

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.





The Perfect Place to Call Home During the Holiday Season and Beyond

Picture yourself surrounded by good friends, great neighbors, and a warm sense of community. What sets John Knox Village apart, as a remarkable place to live, is its commitment to fostering a warm and inviting environment. Neighbors and

team members share traditions and customs, making each holiday unique and memorable. The sense of belonging and the close-knit community at JKV make it a true home, not just for one holiday, but all the holidays to come.



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2 Bedroom + Den
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2 Bath
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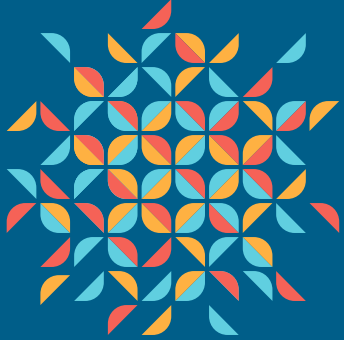


2 Bedroom
2 Bath
1,508 Sq. Ft.

John Knox Village 400 SW 3rd St. (Main Entrance), Pompano Beach, FL 33060



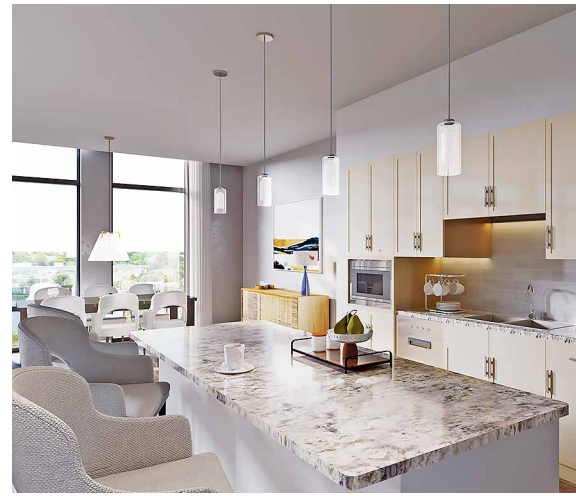
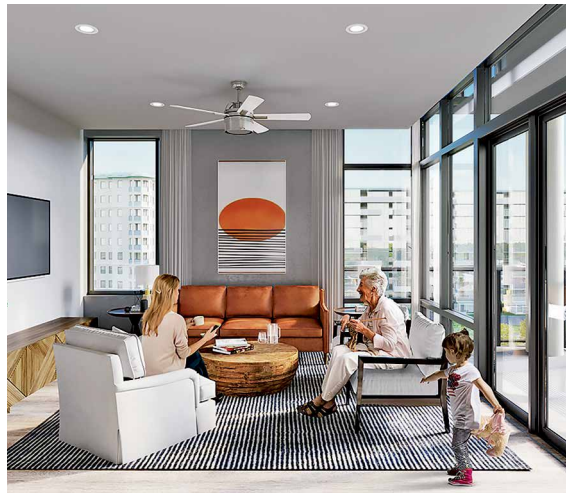
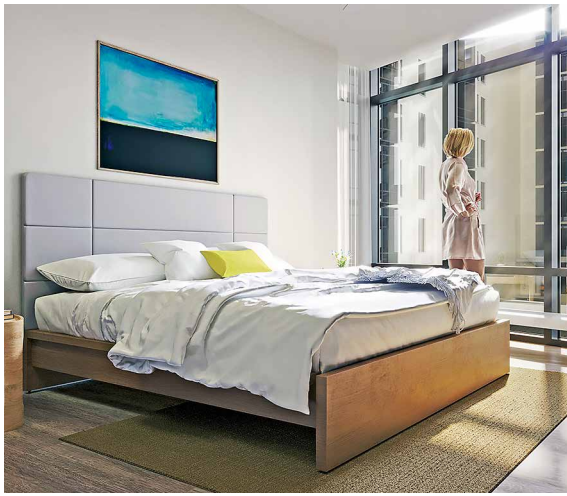
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Thursday, December 7th
11 a.m. – 12:30 p.m.

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It's Gifting Season

Ketsia Levasseur, MA, CCM
Gazette Contributor



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

Gifting season is here again. Do you struggle with thoughts that maybe you're "gifting" your adult children a bit too much? Have you tried to establish boundaries or set limits on how much you should give year-round? If that's the case, there is no need to feel guilty since many older adults face similar challenges when it comes to money and finances. Understandably, it can be quite difficult to say no to an adult

that your child would think of you as a "bad parent" if you say no? Knowing and evaluating your motivation is important, especially if asking for money has become a pattern.

- **Is it a gift or a loan?** Loaning money to your children may be frowned upon; if you decide to go that route ensure that the objectives of such a loan are clearly stated, all paperwork is drafted and signed, and a payment plan is in place. Only loan amounts that you can afford to gift in the event the loan is not repaid. Lastly, keep in mind that monetary gifts can compromise your eligibility for services such as VA benefits and state Medicaid in the future. Consult your attorney for a better understanding of your option so you are protected in the future.

After thoughtful consideration of your circumstances, if you decline to help for whatever the reason may be, it may be necessary to have a discussion with your children to help them understand why you are unable to help. The following are some practical tips:

- **Understand your reasons.** Does the thought of giving make you anxious about your own financial well-being? If you are concerned about how giving or loaning can impact your financial well-being, you would do well to really think it over before deciding.

- **Explain the impact that giving has on you.** Your children may be under the impression that you have much more than you actually have. Helping them to have a better idea of your finances could perhaps decrease the likelihood of them asking for help.

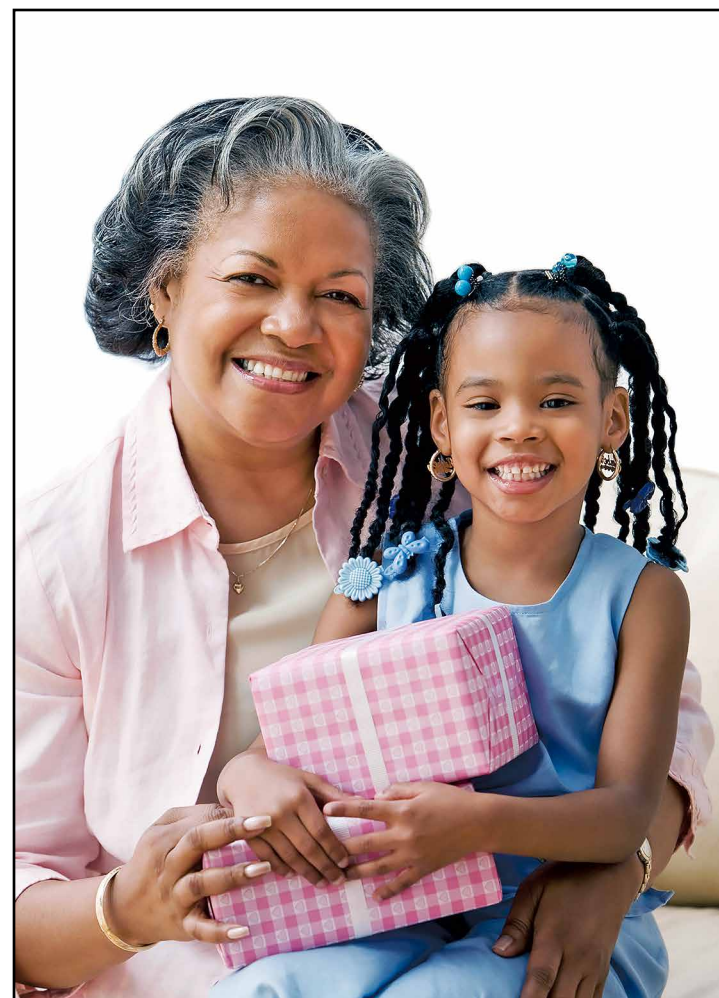
- **Focus on savings.** Always think "long-term." Inevitably, your health will decline as you age and you may need more care than what you are getting presently. You would not want to become a financial burden to your children when you need more care. Being in a financial position to pay for your own care, without relying on your children, is such a relief. Be free to express that to them.

- **Provide reassurance.** It is important for your children to know that you are there to support them and your inability to help with certain requests does not necessarily mean that you would not chip in if

child who asks for money. Therefore, it is important to understand what the need is, as well as how giving or even loaning can impact your own needs. If you manage your finances independently, the child who is asking for money may not know or understand your own financial needs. Perhaps, they may feel it's time to start tapping into their inheritance. The latter may be a bit tricky if you have more than one child. Consider the following factors before you give or loan money to your children:

- **Can you afford to give?** If you decide to help it's important to see how much you can realistically give without putting your financial security at risk. Think about the unexpected expenses (homecare, assisted living, or home accommodations) associated with unforeseen medical emergencies. Always consult your financial planner if you have one before giving.

- **What is your motivation for giving?** We all have our own family dynamics to navigate within our family units. A sense of guilt, versus a true desire to give, can motivate us to oblige to the asker. Are you afraid



Evaluate your own current and future needs before you make your gifting decisions this year.

emergencies, such as an illness, inability to work, or disability were to arise.

Setting limits and boundaries to how much you gift does not mean that you cannot give at all. Continue to gift as you would based on family traditions and special occasions, without going over your budget or putting your own financial well-being at risk.

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. Ketsia can be reached at 954-446-7022 or email her: ketsia@premierconciergecm.net

Transforming An Environmental Problem Into A Useful Educational Program



Maurice Scaglione, Stupid Computers, LLC

How does a one-time environmental problem turn into a program that helps kids with their education? You put time, luck and people working together. We thought the garbage dump was the answer, turns out grade school children were the solution.

Good things happen when different people join together

to solve a problem. For years the residents of John Knox Village needed to discard their old slow computers when they upgraded to new ones. Maurice Scaglione of Stupid Computers was often asked to take away these old machines.

Space in his garage was running out so he planned to finally throw them out. They were all very old and too slow to be of any use. It seemed a shame that perfectly good old technology should end up in the landfill. There was also the issue of cost in disposing of the environmental problem.

Turns out that time seemed to help find a solution. While his garage was collecting "junk," the American technology sector must have known this was an opportunity. A year ago, Google bought a company that made software to run a fast operating system that was impervious to viruses and spyware. It became known as Google Flex. In 2023, they released it to the public to use and test. (Sort of what runs on inexpensive Chromebooks.)

Maurice experimented and as it turned out, once he installed a fast solid state hard drive for a few dollars, these dinosaur computers could come back to life and be useful. The original hard drives and data were destroyed by an approved company.

The test worked and now he had another problem. Who wants old computers that search the internet at high speeds for free? As corny as it sounds, Maurice wanted to give back to the community.

During the nine years assisting residents at JKV on their technology needs, he met many ordinary people who had done extraordinary things in their lives. As many can attest, you can end up being a remarkably busy retired person at JKV participating in many wonderful groups.

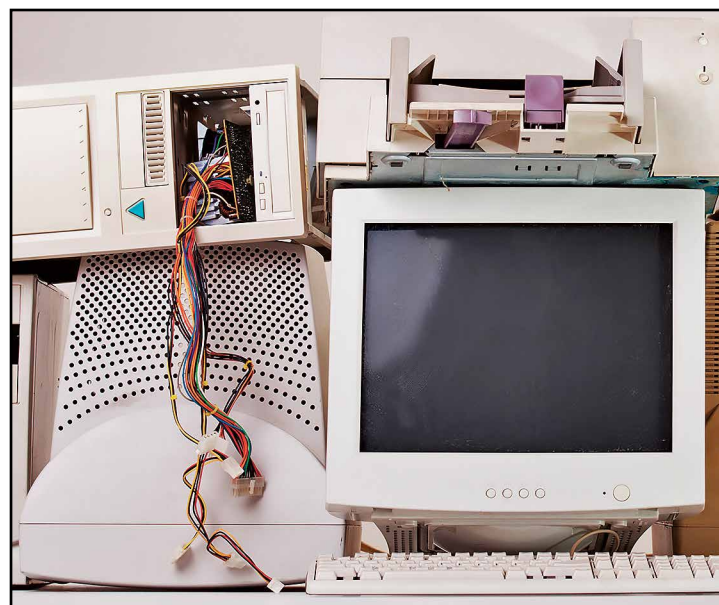
He called the original owners looking for donation recipients. Most said they had no one that came to mind as their grandchildren all had the latest technology.

But he knew the residents had a great interest in projects to help the employees and families that worked with them in the Village. He had seen the good nature and caring attitude of the JKV community wanting to help for years.

Did anybody have a good idea where these machines could retire?

Having done guest lectures for many groups over the years, including the JKV Rotary Club and computer clubs, he contacted a few people and then called Lakeside Village resident Carol Redd for advice in solving the conundrum. Carol asked for some time to come up with ideas. Members of the JKV Rotary Club suggested donating them to a nearby school.

What was not known was that this one-time problem solving would become an ongoing program.



Bringing new life to formerly dated and unused computers.

Carol asked the residents to search their homes for dust collecting computers. Maurice would donate his hours of labor and the club would pay the nominal fee for the new hard drives.

So far over 30 computers, both Windows and Macs, are in the hands of children at the nearby Innovation Charter School – putting good old things back to use.

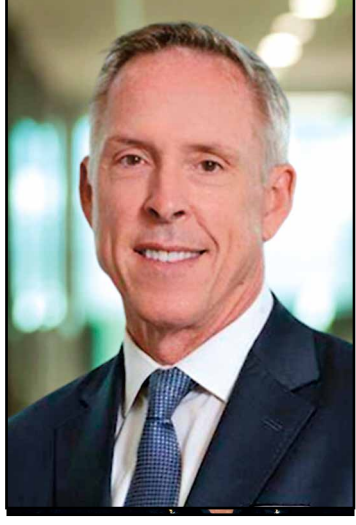
Answers to Crossword Puzzle on Page 4 and Sudoku on Page 6.

M	O	R	A		C	A	D	I		N	E	R					
E	M	I	T		A	B	E	D		I	D	A					
S	A	D	O		T	A	R	E		C	G	I					
					M	E	G			M	A	R	T	E	N		
T	H	E			N	E	A			L	E	I					
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P	T	E	R		S	A	P	A		T	A	I					
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6	5	8	7	3	1	4	2	9
9	3	4	6	2	5	7	1	8
7	2	1	4	8	9	5	6	3
2	9	7	1	5	8	6	3	4
3	1	5	9	6	4	2	8	7
4	8	6	3	7	2	9	5	1
5	4	2	8	9	3	1	7	6
8	7	9	2	1	6	3	4	5
1	6	3	5	4	7	8	9	2

IRS Assures Taxpayers Of Higher Estate And Gift Tax Exclusions Through 2025

Scott Montgomery
Gazette Contributor



Scott Montgomery,
CLU, ChFC

Ultra-high net-worth families recently breathed a collective sigh of relief when the IRS issued a notice assuring them that gifts made between 2018 and 2025 under the Tax Cuts and Jobs Act's (TCJA) temporary, but record-high federal estate and gift tax exclusion, will retain their tax benefits when the exemption is scheduled to halve in 2026.

The TCJA doubled the amount that individual taxpayers may transfer to heirs during life

or at death without incurring federal estate or gift taxes from \$5.48 million in 2017 to \$11.2 million in 2018.

For 2023, the exemption is \$12,920,000 for individuals and \$25,840,000 for married couples filing joint returns. This means individuals may transfer up to \$12.92 million in assets to their heirs (or up to \$25.84 million for married couples) during life or at death without incurring federal gift and estate taxes.

Anything above the excluded amounts is subject to a 40-percent gift or estate tax rate. However, because the law also calls for these higher thresholds to sunset in 2026, taxpayers were left to wonder if their estates would be subject to IRS clawbacks of gifts made before 2026 should they die after 2025.

Gift Tax Exclusions Assured Through 2025

In issuing final regulations, the IRS clarified that the higher exemption amount is a "use it or lose it" benefit that applies only to decedents who make actual gifts between 2018 and 2025.

For example, a gift of \$9 million a taxpayer made in 2018 (when the exemption was \$11.2 million) would continue to be exempt from tax if the taxpayer passes away in 2026 or later when the higher exemption amount no longer applies. In other words, had you made a gift of as much as \$11.58 million in 2020, you would have avoided exposure to a lifetime



At the end of each tax year, it is advisable to sit down with your financial advisor to review your current economic situation with attention to the federal estate and gift tax exclusion.

gift tax or having that amount included in your taxable estate upon death, whenever that occurs.

Yet, without the ability to know what Congress and shifting political priorities will occur over the next two years, high-net-worth families would be wise to plan appropriately under the guidance of experienced financial advisors and tax consultants to maximize the effective use of the increased exemptions during the interval of time it is available.

Maximize Annual Gifts

This would also include maximizing annual gifts to trusts or taking advantage of an inflation-adjusted increase in the annual gift tax exclusion that allows individuals to transfer up to \$17,000 per year to as many people as they choose free of gift taxes.

For married couples filing joint returns, the transfer tax exclusion is \$34,000 per beneficiary. These gifts effectively transfer assets out of an individual's taxable estate to family members or other named beneficiaries and allow grantors to use trust assets to

fund life insurance policies, or in some instances, pay income tax liabilities while they are alive.

This material is being provided for informational purposes only and is not a complete description, nor is it a recommendation. Any opinions are those of the advisors of PWA and not necessarily those of Raymond James. You should discuss any tax or legal matters with the appropriate professional. Prior to making an investment decision, please consult with your financial advisor about your individual situation. Investments mentioned may not be suitable for all investors.

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.

The IT Guy Asks, 'To Upgrade Or Not To Upgrade?'

Jason Cook
Gazette Contributor



Jason Cook, JKV's Technology Engagement Coordinator

To paraphrase William Shakespeare, "to upgrade or not to upgrade? That is the question."

There are several reasons why you might want to upgrade your phone to a new one. With the holiday season approaching, it may not even be up to you, if a friend or family member buys you a new phone.

One reason to upgrade might be to change your provider if you are not happy with the service you

are receiving, or perhaps you are looking to make your phone a bit faster.

If you are looking for a cheaper provider, Mint Mobile offers several plans under \$20. If you are looking for a company with very good customer service, I have had very positive experiences with Consumer Cellular.

Choosing The Right Phone And Service

The only tricky part about changing providers is that there might be several steps if your phone is locked to your provider, so make sure to find out.

If you have an older phone, you may want to consider upgrading to the new 5G network. The G stands for Generation, meaning it is the 5th generation of the cellular network and is substantially faster than previous ones.

4G Versus 5G: What Is The Difference?

In ideal conditions, 5G can be up to 200 times faster than 4G, but under normal circumstances it is on average between 1.4 and 14 times faster than 4G, according to an article by digital communications giant Cisco.

On top of the new phones being substantially faster, they also come with a very impressive array of built-in cameras, allowing you to take beautiful photos, and a variety of different types of videos.

If the prospect of one of these smartphones is a bit daunting, they do make a simplified version called the Jitterbug Smart3. This phone allows you to have the capabilities of a smartphone, but it simplifies its use by putting everything in a simple list rather than having the apps floating around.

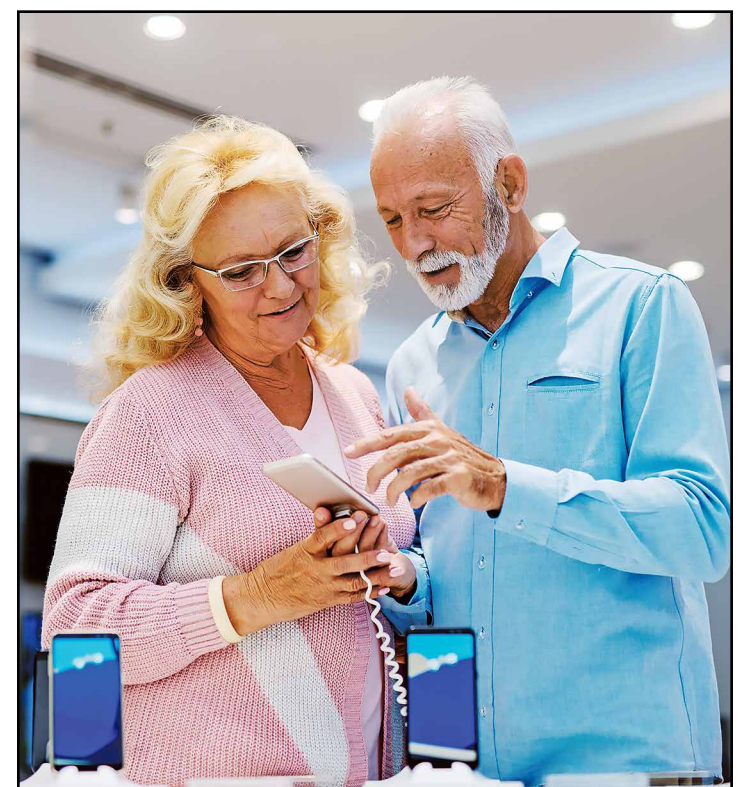
Switching Apples And Androids Is Simple

If you are interested in switching phones, luckily, they have made it very easy for Apples and Androids alike. For the Apples, as long as you have done your back-up to the iCloud and know your Apple ID password, it is as easy as scanning a code on one phone and waiting while it transfers over all of your information.

The same is true for Android phones if you use the Samsung app called Smart Switch. These apps transfer over all the apps, contacts and information from your old device to the new one.

This is especially easy to do if you live at John Knox Village, where you can take your phone down to the free tech help being offered in the Village's apartment lobbies five days a week and have an IT tech who walks residents through the upgrade process.

JKV residents also use these free help sessions to learn how to use all of the fancy bells and whistles on their new devices, as well as show them the basics.



JKV's Dedicated 'IT' Guy

Always an industry leader and at the forefront of innovation, John Knox Village is one of the only senior living Life-Plan Continuing Care Retirement Communities in the nation to provide a dedicated full-time employee to assist its residents with technology issues on every platform from mobile phones and tablets to laptops.

JKV Technology Engagement Coordinator Jason Cook provides residents with personal assistance, as well as classroom-style training.

Overwhelmingly, the residents are thrilled and grateful to have Jason on the JKV Team and see the value in the important work he does.

The JKV Spirit And Culture Of The Holidays

A Special Time Of Year For JKV Residents, Team Members And Their Families

Marty Lee
Gazette Contributor

December's holidays are always a time of joy and festive fun at John Knox Village. The landscape within the community is now decorated with ribbons, garlands and lights in reflection of the season. Preparations are underway in planning for the 37th Annual Holiday Parade, the Hanukkah Menorah Lighting Ceremony, and the display of miniature holiday villages in venues across the campus' buildings.

37th Annual Holiday Parade

In a tradition that began in the '80s, the JKV Holiday Parade is an event that residents, Team Members and their families circle on their calendars. Now in its 37th iteration, the Holiday Parade has been an annual celebration (with the exception of two COVID-19 precautionary interruptions).

This year's theme is "JKV in Toyland," and is scheduled for Wednesday, Dec. 6 at 4:30 p.m. It's a sure bet that every Village Department will go all out to win the coveted "Best in Parade" award.

The parade annually features floats, displays and appearances from Village Departments, local businesses, government officials, high school marching bands, antique cars, motorcycle and equine units from the Broward Sheriff's Office, equipment trucks from the Pompano Beach Fire Department and Ocean Rescue, plus stilt walkers, Canine Assisted Therapy dogs, and an appearance from Santa Claus.

The parade will follow a mile-long route along every street in the Village, so everyone can get a great vantage point to enjoy the revelry. Seating and refreshments will be available at strategic locations along the route.



Each year, John Knox Village employees have embraced the annual Holiday Parade. The theme for this year's parade is: "JKV in Toyland."

as their families and the greater JKV community of every religious belief.

Hanukkah, also known as the Festival of Lights, commemorates the triumph of the Jews over their oppressors. More than 2,000 years ago, Israel was part of the Syrian-Greek Empire. During the occupation by the Hellenistic-Syrians, King Antiochus Epiphanes desecrated the temple in Jerusalem and prohibited the practice of Jewish worship.

The Scrolls of the Law were burned. Jewish dietary laws were prohibited, and Jews were forced to acknowledge pagan Greek gods.

According to legend, in 165 B.C.E. (Before the Common Era), the Maccabees, a Jewish rebel army, fought victorious battles over the Syrians. They recaptured and rededicated the Holy Temple in Jerusalem. The Maccabees found enough consecrated oil

inside the temple to light its eternal flame for a single day, but mysteriously the lamp burned for eight. This is why Hanukkah is an eight-day holiday and also called the Hanukkah miracle.

New York City Holiday Villages

When he moved to JKV, Heritage Tower resident Tom Keenan donated his entire holiday village collection of exquisite miniatures to the Village, in memory of the passing of his partner Chuck Shield in 2017.

The collection showcases six distinctive New York City settings, including: Central Park, Manhattan, Uptown New York, Fifth Avenue shops, an Uptown residential neighborhood and the Riverfront. More than 160 buildings and 200 accessories make up the collection. Each NYC setting is showcased in a different venue around campus.



Menorah Lighting Ceremony

Since the opening of the JKV Welcome and Innovation Center (WIC) in 2021, the traditional Menorah lighting ceremony has found a home for each night of Hanukkah. On the first night, Thursday, Dec. 7 at sundown, the WIC will be the focus of community for our Jewish residents and employees, as well

Two Christmas Trees Are Better Than One



David Haun
Gazette Contributor

Having a Christmas tree is an important part of the holiday season. And when I was little, my dad bought an artificial tree for our living room. As a child I sometimes longed for a "real" tree, but I had asthma, and a live tree wasn't possible.

Each Christmas, my parents would get out the box, take out the sticks and punch the artificial limbs into each hole. It was kind of a thin tree and didn't look real, but Santa still put the toys under it.

The Story Of The 'Fake' Tree

When Twylah and I were married, and our two children came along, they were blessed with my childhood problem. Live trees made them wheeze. So, like my folks, I went to Kmart and bought a "fake" tree for our living room. The only problem, the tree looked fake.

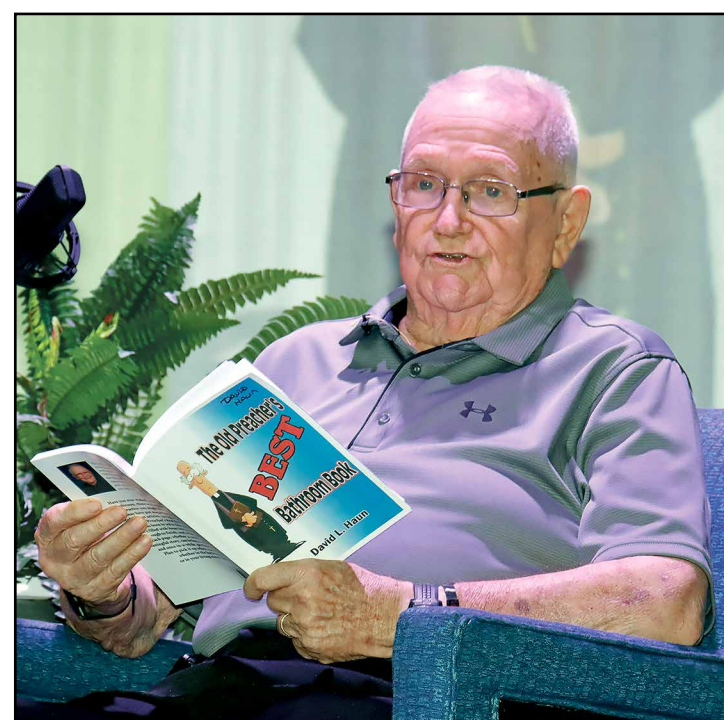
One year, just after Christmas, I was driving my car down the street and saw, lying on the curb for the trash, an artificial Christmas tree that looked like ours. And seeing that trashed tree gave me an idea. I pulled to the curb and stuffed that family's discarded tree with its artificial limbs in my car trunk. I took it home and packed its limbs in the box along with those of our sick-looking tree.

The Christmas Miracle: It's Amazing What You Can Find Alongside The Curb

The next December came along and, once again, I unpacked the tree box. But that year was different. I took my drill and drilled more holes in the wooden pole that supported our tree. Then I took the original tree limbs, and the "stolen" limbs I'd picked up from the curb the year prior, and filled the old and new holes with limbs to complete the Christmas tree.

In some ways it may have looked a bit strange, but it was a full-looking tree, and with the bulbs and lights installed, I, and our kids thought it looked great. For several years, our full-limbed artificial

Christmas tree graced the corner of our living room, filled with balls and lights. And each time I looked at it, I'd smile and think, "Yes...and I got it for free..."



Retired minister, David Haun moved to JKV with his wife Twylah in 2003. Always active in Village life, David set a life's goal to publish five books. He has now completed his seventh with many more to go. A skillful raconteur, his books run the gamut - from children's stories, to spiritual tomes, to humor. His latest book, "The Old Preacher's BEST Bathroom Book," offers quick reads in a thoughtful, yet humorous way.

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

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

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

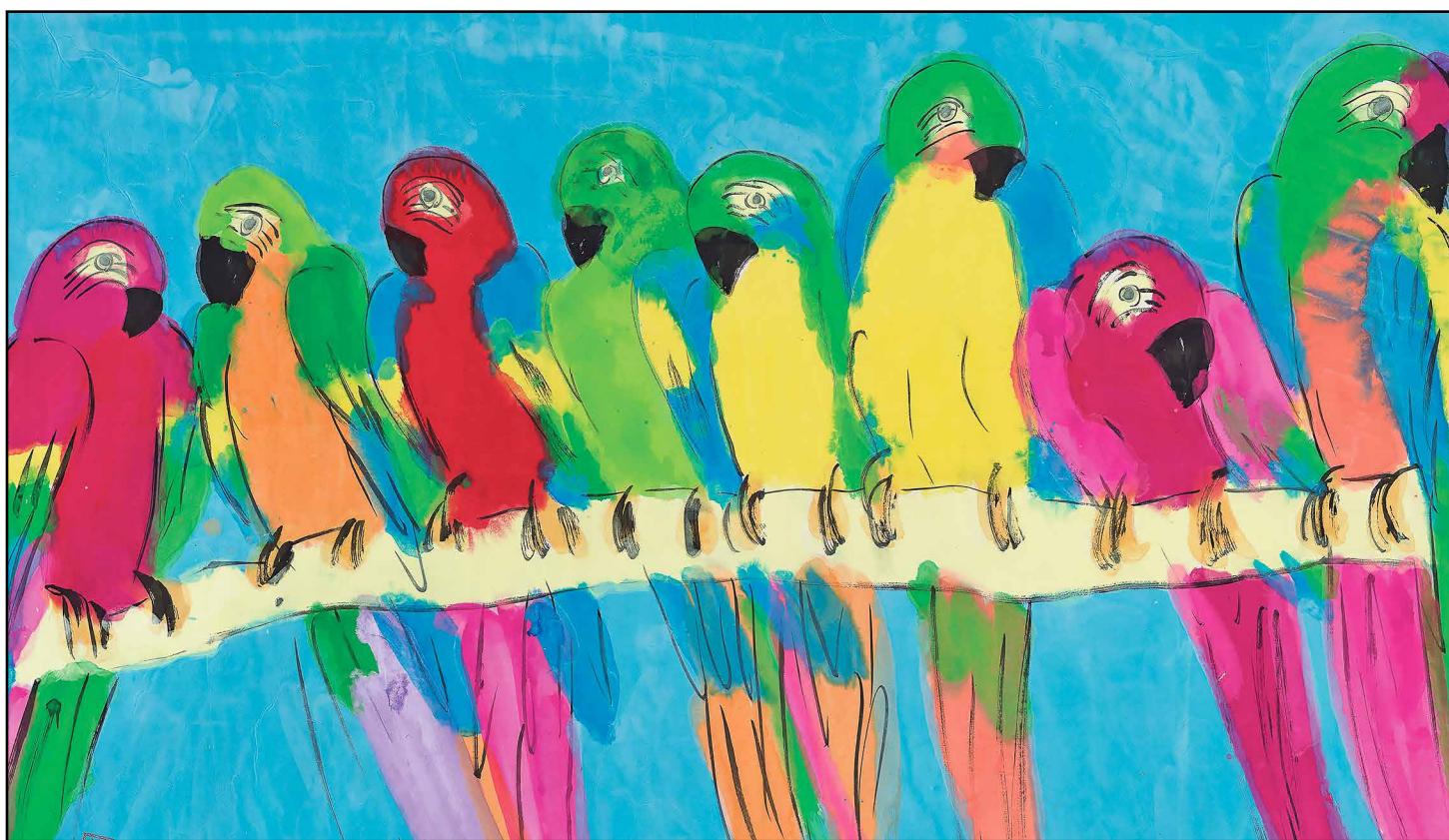


Walasse Ting, Untitled, late 1970s – early 1980s. Acrylic and Chinese ink on rice paper. The Estate of Walasse Ting. Photo by Jeffrey Sturges.

"Walasse Ting: Parrot Jungle" Through March 10

Walasse Ting: Parrot Jungle will be a comprehensive exhibition made to re-introduce audiences to the extraordinary world of artist Walasse Ting (b. 1928, Wuxi, China; d. 2010, New York, NY). Ting was one of the most radical and independent figures of his time, bridging the worlds of ancient Chinese aesthetics, the European avant-garde and the American Pop Art multiverse. While Ting's place within the art

Plan a visit to NSU Art Museum during the holidays 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.



Walasse Ting, Untitled, late 1970s – early 1980s. Acrylic and Chinese ink on rice paper. The Estate of Walasse Ting. Photo by Jeffrey Sturges.

historic canon is recognized due to the artist's book *"I & Life"* (1964), NSU Art Museum Fort Lauderdale will be the first American institution to go beyond this legacy and acknowledge Ting's mastery within a monographic museum show.

This exhibition will provide viewers the opportunity to immerse themselves in Ting's neon-soaked visions of nubile women, flora, fauna, and an endless menagerie of cats, parrots and hibiscus. Simultaneously, the show will establish a biographic narrative, in which viewers will learn about the diasporic life of Ting; whose transnational identity left him without the typical ambassadorship countries engage in to display their creative wealth.

"Parrot Jungle" will make South Florida Ting's honorary home; one perfectly fitting given the artist's love of the region. Ting and his family came to South Florida frequently to visit his in-laws, who were among the influx of Jewish residents who relocated here in the '50s and '60s. This exhibition will highlight how Ting's signature motifs were inspired by these trips, where he discovered and fell in love with the wildlife park Parrot Jungle, a landmark he documented in hundreds of photographs and countless on-site drawings.

This exhibition is curated by the Museum's Bryant Taylor Curator, Ariella Wolens.

Walasse Ting: Parrot Jungle is sponsored by those who wish to remain anonymous, Stephen & Joan Marks, Barron Family Foundation, Imperfect Family Foundation, Funding Arts Broward, Inc., Sam Francis Foundation in honor of Francis' 100th birthday, Caroline and David Stonehill, Judith Stonehill, Marlène Brody, Marion Lefebvre & Robert S. Pynoos, Wenise Wong & Eric Barron.

"Glory of the World: Color Field Painting (1950s to 1983)," Through June 30

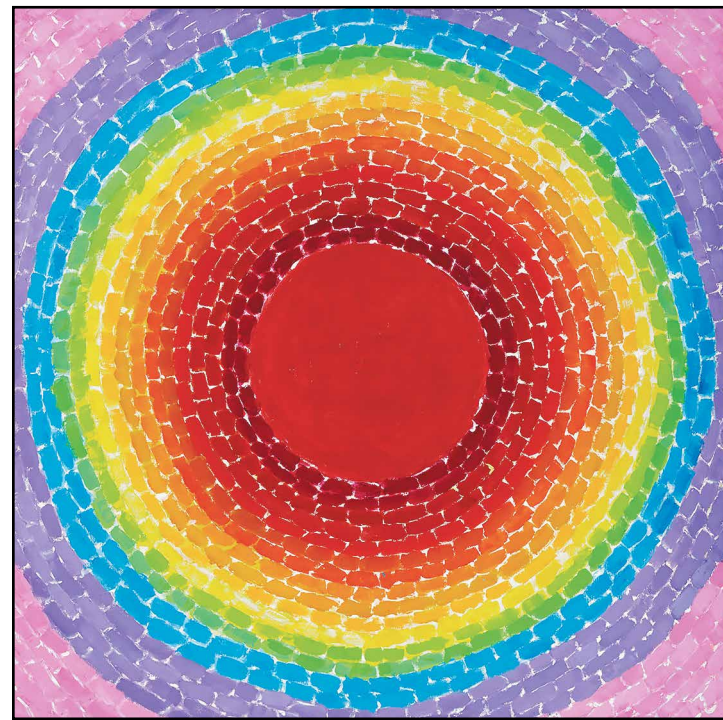
This exhibition explores a tendency in mid-20th century American abstract painting in which vast areas of color appear as the dominating force. Although this type of painting was prefigured in the work of previous generations of abstract painters, such as Barnett Newman and Mark Rothko, it is most closely identified with artists including Frank Bowling, Helen Frankenthaler, Sam Gilliam, Morris Louis, Kenneth Noland, Jules Olitski, Larry Poons and Alma Thomas, among others. Color field painting was but one of several art movements that emerged in America during the early 1960s, including Pop Art, Minimalism, Op Art, Photorealism, hard-edge abstraction, and the Black Art Movement, to name a few. Although critics tended to categorize the color field artists based solely on their shared formal characteristics, each artist approached their process from a distinct perspective, while maintaining an awareness of each other's innovations.

The exhibition's title *"Glory of the World,"* takes its cue from Frank Stella's writings on Hans Hofmann's abstract painting *"Gloriamundi (1963):"* *"Hofmann proved that the straightforward manipulation of pigment can create exalted art...Glory of the world this painting surely is, and glory of the world his painting surely was and is."* Like Hofmann, the monumental color field paintings in this exhibition arouse a sense of wonder and discovery.

Curated by Bonnie Clearwater, Director and Chief Curator, NSU Art Museum Fort Lauderdale, the selection of paintings focuses primarily on the earlier years of color field beginning in the 1950s with Franken-

thaler's large stain paintings and ends in 1983, when post-modern and imagist painters began to dominate the art scene. In recent years, another young generation of artists has rediscovered color field painting, which makes this exhibition especially timely. The exhibition will be augmented with a hard-cover, full-color book published by Skira.

"Glory of the World: Color Field Painting (1950s to 1983)" is sponsored by Suzi Cordish, Stephanie and Howard Krass, and Nancy Taylor-Bryant.



Alma Thomas: "A Fantastic Sunset."

Upcoming Events:

Bank of America Museums on Us: Saturday, Dec. 2, 11 a.m. to 5 p.m. & Sunday, Dec. 3, 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.

Friends of NSU Art Museum Annual Holiday Luncheon, Tuesday, Dec. 5, 11:30 a.m. to 1:30 p.m.

You are Cordially Invited to the Friends Annual Holiday Luncheon on Tuesday, Dec. 5 at 11 a.m. Tickets are \$75 per person. The event will be held at Ft. Lauderdale Country Club, 415 E. Country Club Circle, Plantation, FL 33317. Featuring: Champagne Reception and Gift Basket Raffle. RSVP by Nov. 28.

Sunny Days/Starry Nights: Free First Thursday, Dec. 7, 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.

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

Taking The Roads Less Traveled

Mongolia: Now Here's A Country That May Not Be High On Your Travel List

Janet Anding
Gazette Contributor

Mongolia was one of the world's least traveled countries when I first visited in 2015. It had a reputation for

very cold weather with a six-month-long winter and temperatures as low as -25 degrees Fahrenheit. Summers are pleasant with temperatures between 50 to 80°F. Bordered between Russia and China, it also has a history that kept visitors away.

Genghis Khan Almost Succeeded

In 1206, Genghis Khan aspired to control the world and almost did. The Chinese took over what was then "Outer Mongolia" until 1911. The Russians arrived in 1921 and Mongolia was under the Soviet Communist Regime until 1990. A democratic revolution renounced Communism and they began a multi-party system with a new constitution. In 30-plus years, Mongolia has transformed into one of the world's fastest-growing market economies.

Uniquely Mongolians never had a surname. In 1998, the government phased its citizens into choosing a surname no later than the year 2000. Most still have no idea of their family name and many don't even yet use their new surname.

I did see an old phone book and most names and phone numbers were under Genghis. Now, over half the population uses Genghis' real clan name, Borjigin, as their surname.

Mongolians are gentle and very hospitable, live in the world's second largest landlocked country with about half of the three million population living as nomads – grazing horses, reindeer, yaks (cows with skirts) and camels are their livelihood.

The Capital: Ulaanbaatar, aka "UB"

We began our tour in a five-star hotel in a city of 1.3 million people, about half of the country's total population. Ulaanbaatar is an amazingly modern city with interesting museums and historical sights. My favorite was the Natural History Museum with a superb dinosaur section that features twin dinosaurs fossilized in an embryo. My next favorite event was attending a Mongolian wedding.

What Is A Ger?

The "Ger" has been a Mongolian word for a circular dwelling for thousands of years. Russians have always preferred to call them "Yurt." The ger can withstand almost any weather. Our first of three tourist ger settlements shocked us. Imagine first-class housing and facilities made with sheep or goat's felt.

Located in the hills of the north central area of the country, my personal tent was about 500 square feet, 25 feet in diameter with a central stove and a permanent vent opening at the top with a queen-size bed and beautifully carved wood furniture around the perimeter with woven tapestries and rugs to keep it warm.

Every evening a blazing fire was started in the stove. At 5 a.m., a staff member would quietly come in to start a new fire and leave a pot of yak butter tea on the stove with a plate of cookies, or maybe they were smashed horse curds.

I never heard them start that morning fire. At this camp, named Alungoo Ger Camp, we learned how to dismantle and reassemble the ger in about an hour. We also listened to music from UNESCO's Heritage Cultural Art List – performed on a two-string wood carved horsehead fiddle used since the Mongol Empire of the 13th century. We also were taught how to make three favorite Mongolian staples: Yak tea, horse jerky and curds – Yum, my favorites.

Where Is A Full Moon When Needed?

Our second ger was located at Lake Khövsgöl in a Siberian taiga snow forest very close to Lake Baikal on Russia's southern border. We flew from UB to Mörön on Aero Mongolia then drove for hours and hours in



Janet Anding stands in front of a ger, the round tent-like structure that she called home during her stays across Mongolia.

a jeep to go 70 miles over roadless and very rough terrain in the pitch-black darkness. Our tour company told us to be sure to bring air cushions for these bumps. Sometimes, I must remind myself that I am the one that chooses these "Adventure Travels."



The Mongolian people are gentle and very hospitable.

To Stew Or Not To Stew

We were welcomed with "airag" and honestly, I would have drunk anything alcoholic by then. This was a fermented drink from mares' milk. OK, this pushed the envelope, yet I almost got used to it. This camp, named Ashihai Resort, was rather primitive, nevertheless we found a magnificent sunrise (or was it the airag hangover?) the following morning. We traveled on horses to spend time with nomads, helped milk yaks and those mares for their airag, formed and stacked dung patties (I brought gloves) for cooking fires and learned how to make stew by putting horse meat, raw rice and onions into a sack, placed under the horse's saddle for the heat of the horse to cook it while riding. The shock of horse stew was overcome by boating and fishing for sturgeon and trout. We had black and red caviar at every meal, every day. I can live well with that.

The Gobi Desert Calls Us

Seventy bumpy return miles in daylight this time back to Mörön where we visit a school. My favorite tour company Grand Circle/Overseas Adventure Travel and their customers help a Foundation to assist schools, working women and many village and medical locations in developing nations. It is always a pleasure to spend time helping the residents succeed in obtaining a better future. Eight school years are mandatory for all, and nomadic children must board from September to December and February to June.

No schools are open in January as it is too cold. The children were wonderful, have simple, but nice dormitory-style living quarters, and loved speaking English with us. English has now replaced Russian as a mandatory second language.

We flew to Dalanzadgad in southern Mongolia on a Hunnu Air "Wings of Mongolia" charter flight. We then drove in jeeps, 50 miles west on a real road to a brand-new Lodge. It was similar to our first ger. They even had pillow chocolates at night with cute dinosaur pictures on the label. I also had one of the staff write Jim, my husband's name together with my name in beautiful Mongolian script. We had done this in many languages over the years, framed them and hung them together on a wall. I think the Mongolian script is the prettiest.

We went hiking in the Yol/Vulture Valley, and into a deep gorge in the Gobi Gurvansaikhan National Park. The valley has glacier ice extending six miles down the gorge. We also visited Bayanzag, known as the Flaming Cliffs. This region was made famous when American paleontologist Roy Chapman Andrews discovered fossilized dinosaur egg nests in the early 20th century. We spent time with a Gobi nomadic family, who were rather different from the nomads in the north. They breed two-hump Bactrian camels and of course we happily hopped on them for a wonderful ride through the desert sands. We even saw beautiful golden eagles.

The Naadam Festival – A UNESCO Heritage Cultural Art

An annual Naadam Festival is a celebration of the Nomadic Heritage, and translates to "Three Games of Men." The Festival consists of wrestling (think Sumo), horse racing and archery. We returned to UB for this splendid Festival showcasing marvelous costumes and fabulous sportsmanship. Regrettably, the temperature broke all records that weekend at 90-plus degrees F. I had no idea how they were able to participate in such heat. The boys join in all three games while the girls are only archers and horsewomen. The ladies are amazingly superior at archery.

The most unique country I have ever visited. I loved Mongolia so much that I went back two years later, and I would even go again.

For more information on Mongolia, I recommend two wonderful movies: "The Story of The Weeping Camel," and "The Eagle Huntress," plus any Genghis Khan movie or book.



Janet (far left) with her travel group traversed the rough desert terrain riding two-humped Bactrian camels.

John Knox Village Cassels Tower resident, **Janet Anding** has traveled the world since she was a young girl. By her count, Janet has visited 156 of the 193 countries in the United Nations, and 228 of the 330 places noted in the "Travelers' Century Club" list, and has now crossed the equator for the 48th time in her life. Janet enjoyed a 23-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.

Mongolia: From Genghis Khan To Today

Nona Cree Smith
Gazette Contributor

The Mongols gained fame when they established diverse dynasties into a huge Eurasian Empire through wars and conquest. Early in the 13th century, a band of Central Asian nomads led by an orphaned, formerly enslaved person called Temüjin became a powerful leader and conquered more than nine million square miles of Eurasia.

Calling himself Genghis Khan (Universal Ruler), he led his Mongol hordes out of the steppes to create the largest contiguous empire the world has ever seen.

In its long history, a number of ethnicities have inhabited Mongolia since prehistoric times. Most of these people were nomads, who from time to time, formed confederations that rose to prominence. The first of these, the Xiongnu, were brought together to form a confederation by Modun Shanyu in about 209 BC.

Genghis Khan: The Empire Builder

By 1206, Genghis Khan set out to create what would become the Mongol Empire, and it would be the largest empire in history with a territory that extended from present-day Poland in the west to the Korean peninsula in the east, from Siberia in the north to the Arab peninsula and Vietnam in the south.

In 1227, After Genghis Khan's death, the Mongol Empire was divided into four kingdoms for his sons, which were eventually inherited by his grandsons. Kublai Khan, his greatest successor and grandson, took control of the throne of one kingdom representing present-day Mongolia and China and in 1271, Kublai Khan formally established the great Yuan Dynasty.



Mongolia is located in Asia, tucked between Russia to its north and China to its south. Image source: Wikimedia Commons.

The Yuan Dynasty was the first foreign dynasty to rule all of China until it was overthrown by the Chinese Ming Dynasty in 1368.

After this defeat, the Mongol court returned to its native land, where they conquered Inner Mongolia in 1636. Outer Mongolia submitted to their dominance in 1691. For the next 200 years, Mongolia enjoyed stable, prosperous times ruled by the Qing Dynasty until 1911. Mongolia declared its independence in 1911 under the Bogd Khan, Mongolia's Tibetan Buddhism spiritual leader. However, the Chinese government still considered Outer Mongolia, as part of its provenance and re-invaded the country in 1919 to claim it once again.

In 1921, the People's Revolution won in Mongolia with the help of the Russian Red Army and thus Mongolia became the second socialist country in the world.

After Bogd Khan's death in 1924, the Mongolian People's Republic was announced and the first constitution was adopted.

Mongolia was under a Soviet-dominated communist regime for almost 70 years, from 1921 to 1990. In the fall of 1989 and the spring of 1990, new currents of political thought began to emerge in Mongolia, inspired by glasnost and perestroika in the Soviet Union and the collapse of the communist regimes in Eastern Europe.

In March 1990, a democratic revolution that started with hunger strikes to overthrow the government led to the peaceful abandonment of communism and led to a multi-party system, a viable constitution and a transition to a market economy.

Democratic Mongolia Today

Over the next two decades, Mongolia has transformed itself from a socialist country into a vibrant, modern multi-party democracy with one of the world's fastest growing economies.

Mongolia is the world's second largest landlocked



In the spring of 1206, Genghis Khan ascended the throne of the Mongol Empire. Image source: Wikimedia Commons.

country and occupies a territory of 1.56 million square kilometers. It is located in Northern Asia, bordered by Russia in the north and China in the south, east and west. Mongolia is the world's least densely populated country, with a population of more than 3.1 million people. Ulaanbaatar is Mongolia's capital, their largest city, and home to approximately 45 percent of the country's population.

Ethnic Mongols comprise approximately 94.9 percent of the population, Kazakh five percent, while Turkic, Chinese and Russians make up the remaining population.

Buddhism is major religion in Mongolia with a small number of Muslims, Christians and Shamans.

The official language is Mongolian and is spoken by 90 percent of the population. English is quickly replacing Russian as the most popular language following Mongolian. Many Mongolians also speak Korean, Japanese, Chinese, German and other western European languages, should you want to visit this ancient and historical fascinating part of the world.

Happy Birthday James Webb Space Telescope

The World's Most Powerful Telescope Launched Christmas Day 2021



NASA's James Webb Space Telescope is seen above Earth after separating from its Ariane 5 rocket on Dec. 25, 2021. The view is from a camera on the rocket as Webb began its trip to its final orbit about one million miles from Earth. NASA photo.

Nona Cree Smith
Gazette Contributor

When today's space scientists, astronomers and amateur space explorers look to the night skies, they become a part of a new thrilling adventure courtesy of the James Webb Space Telescope (JWST). They have now seen billions of light years into space with close-up images of the birth of stars in star nurseries, black holes digesting galaxies, and unimaginably glorious nebulae alive with blazing colors against the darkness of space.

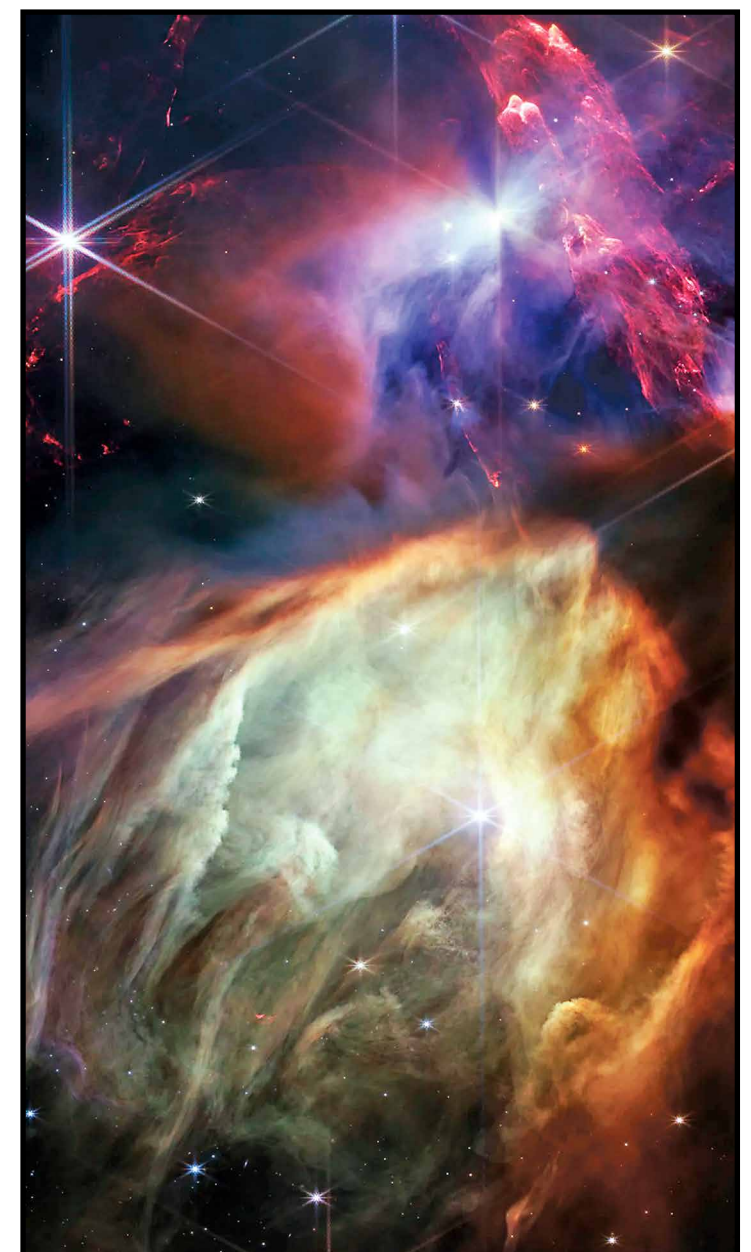
After decades of planning, designing, construction and testing, the most complex space observatory ever assembled—the mammoth James Webb Space Telescope, finally launched at 7:20 a.m. on board Ariane-space's Ariane 5 rocket on Dec. 25, 2021, from the Guiana Space Centre in Kourou, French Guiana.

The telescope-holding capsule separated from the

powerful rocket, said goodbye to Earth and set off on a million-mile journey to Lagrange Point 2 (LG2). This is one of five points in space where the gravitational influences of the Sun, and Earth with its Moon balance each other.

With few minor corrections, the telescope can stay in the same place relative to the other bodies, keeping its sunshield pointed toward Earth so the instruments can cool to sub-zero temperatures – vital for the infrared cameras to function. The JWST is designed to work in collaboration with NASA's Hubble and Chandra Telescopes and the collaborative images that have been beamed to Earth have been truly spectacular.

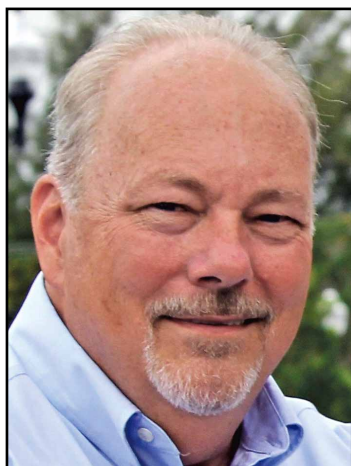
But we still have not been able to answer that age old human question: "Are we alone?" We are getting closer, as the JWST has been finding exoplanets and has detected the building blocks of life in their atmospheres.



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.

The Barefoot Mailmen Delivered South Florida's Parcels Between 1885 and 1892

Daniel Hobby
Pompano Beach Historian



Daniel Hobby

For much of the 19th century, South Florida's isolation made communication with other parts of the nation a difficult task, and local mail delivery was almost non-existent.

With no direct roadways between Palm Beach and Miami, mail was sent on a circuitous route that meant months might pass before the recipient received a letter.

Since there was no roadway connecting these two points, the mailmen walked the beach, visiting the scattered homesteads and a couple coastal government facilities. Along the approximately 68-mile route (the beginning and ending points changed from time to time), the carriers encountered a number of waterways, such as the Hillsboro Inlet, that required them to row or be ferried across. In addition to delivering the mail, the mailmen would, from time to time, serve as paid guides for travelers willing to accompany them on their walk.

Six Day Beach Walk

Typically, the route from Palm Beach to Miami and back took six days, with overnight stops in what is now Delray Beach and Ft. Lauderdale at the local Houses of Refuge, which were federal facilities established to rescue shipwrecked sailors. After reaching and spending a night in Miami, the route back to Palm Beach was retraced.

It was an arduous journey, and it was not surprising that only a few mailmen lasted for more than a year, and most had a substitute who could take over now and then. The mailmen were subject to the heat, inclement weather, wild animals and loneliness. Although there were doubtlessly many injuries suffered along the route, only one of the barefoot mailmen lost his life while on duty – James Edward Hamilton disappeared trying to cross the Hillsboro Inlet in 1887. His body was never recovered.

The end for the barefoot mailmen came in 1892 when the Dade County government authorized the construction of a rock road from Lantana to Lemon City (part of today's Miami). The Post Office shifted the route away from the beach to a new stagecoach line that carried passengers and freight on the new roadway.

Thus ended a unique part of South Florida's history and one that was little known outside of this area until 1943 when Theodore Pratt published his novel "The Barefoot Mailman," giving the pioneer beach walkers world-wide fame.

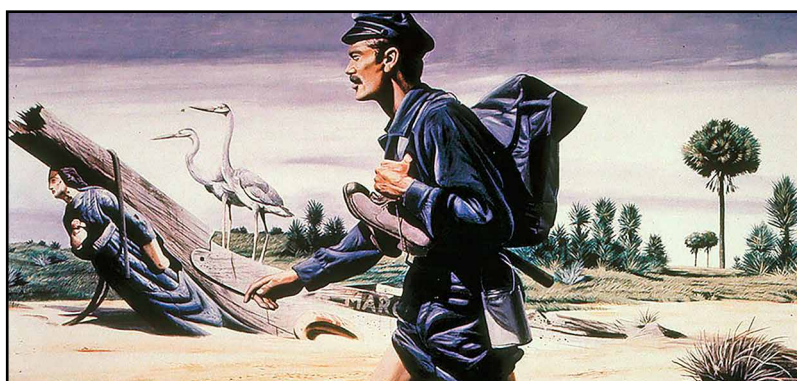


The Barefoot Mailman statue is located on the grounds of the Hillsboro Lighthouse. This statue was dedicated in 2012 replacing a weathered stone statue. The earlier statue was subsequently placed undersea as an artificial reef and dive destination.

The Route Of The Barefoot Mailman

However, by the 1880s, more settlers had moved to the area and began to demand a dependable local mail service. In response, the Post Office created an ingenious, if somewhat short-lived, mail delivery system that we know today as the route of the Barefoot Mailman.

Officially called a "Star Route," indicating the carriers were contract workers rather than postal employees, the route was established in 1885 to carry the mail between Lake Worth and Biscayne Bay.



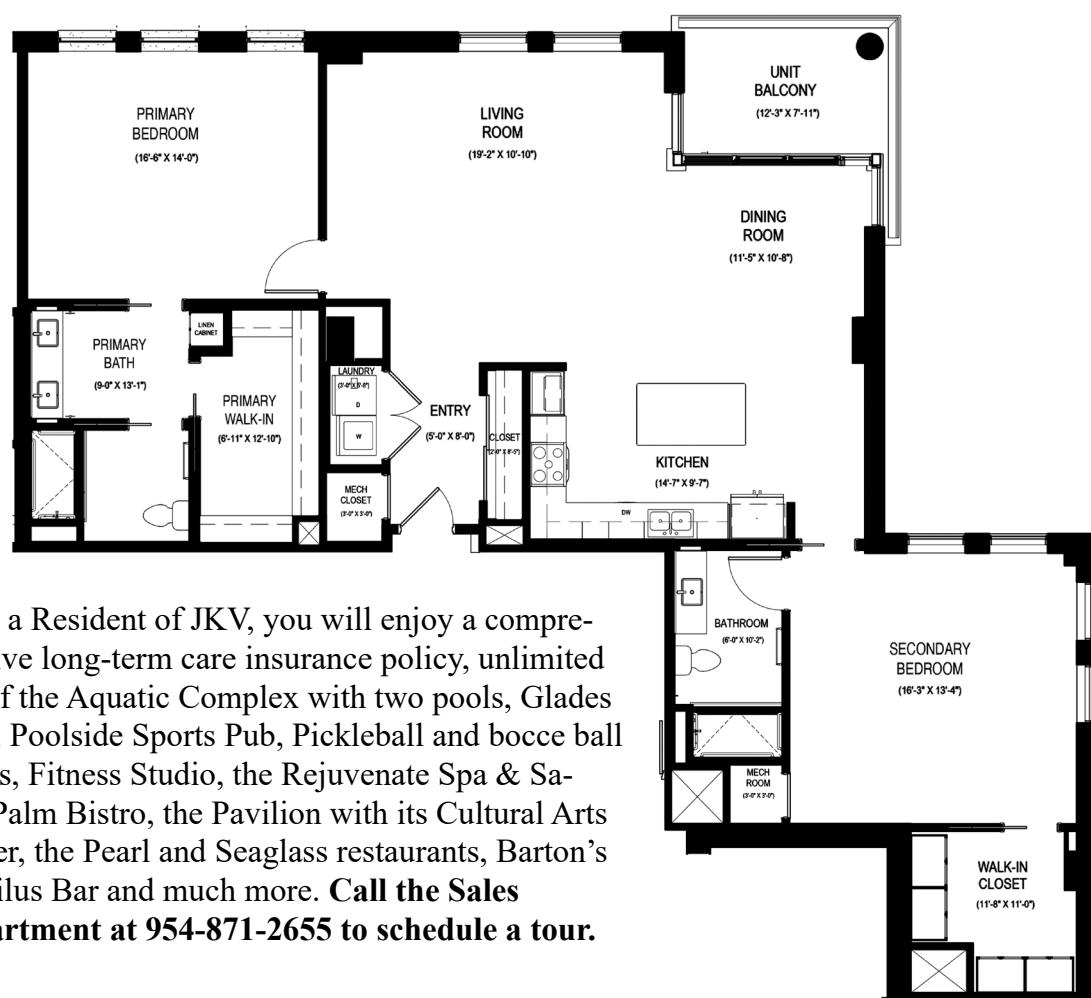
This depiction of Edward Hamilton, who lost his life delivering the mail, is one of six pieces commemorating the Barefoot Mailmen located within the West Palm Beach Post Office. The series was painted by artist Stevan Dohanos in 1939-40 under the auspices of the New Deal Federal Art Project.

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.

Reserve Your Spacious New Biscayne Apartment Home In The Vue At Westlake

This month's featured apartment home is the Biscayne, available in Westlake's The Vue. This spacious apartment home is perfect to enjoy your Life-Plan future. Make a 10-percent deposit to reserve your new home. Plan a visit to get all the information about life at John Knox Village and enjoy a complimentary lunch in the Glades Grill, overlooking the Aquatic Complex.

**The Biscayne In The Vue At Westlake:
2 Bedrooms / 2 Baths: 1,748 sq. ft.**

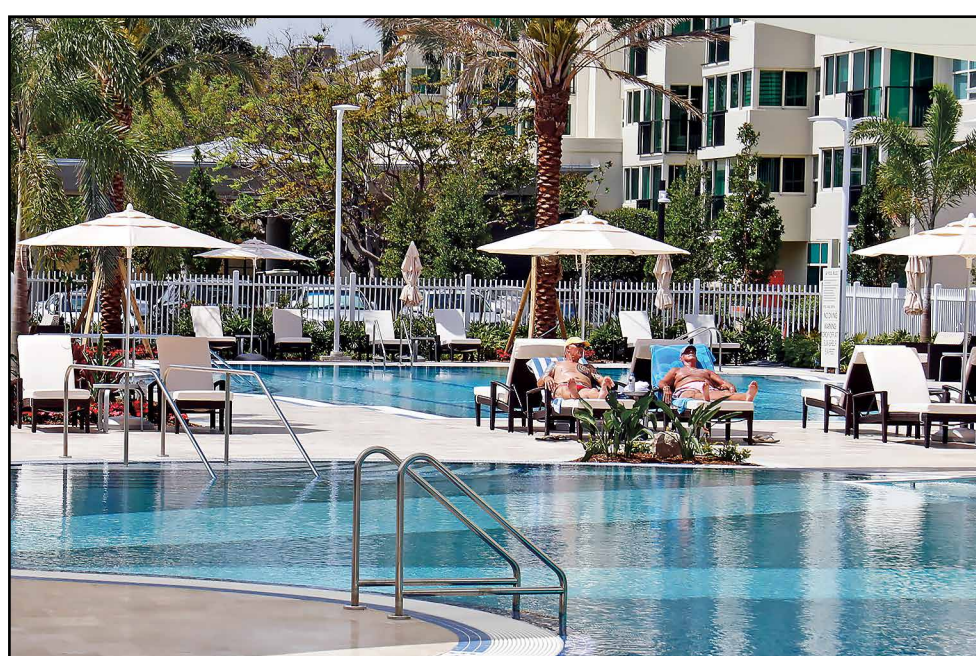


As a Resident of JKV, you will enjoy a comprehensive long-term care insurance policy, unlimited use of the Aquatic Complex with two pools, Glades Grill, Poolside Sports Pub, Pickleball and bocce ball courts, Fitness Studio, the Rejuvenate Spa & Salon, Palm Bistro, the Pavilion with its Cultural Arts Center, the Pearl and Seaglass restaurants, Barton's Nautilus Bar and much more. **Call the Sales Department at 954-871-2655 to schedule a tour.**

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The 15-story Vue at Westlake will overlook the reconfigured Lake Maggie.



Splash in either the resort or lap pool, play a game of Pickleball or bocce ball, then have a snack at the Poolside Sports Pub inside JKV's Aquatic Complex.