

JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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World Traveler's Next Move A First New Residents To Call Westlake Home Starting This Month



JKV resident Janet Anding enjoys the view from her new 15th floor two-bedroom Captiva apartment in The Vue.

Rob Seitz
Gazette Editor

Janet Anding has done a lot of long-distance traveling in her lifetime. By her count, the John Knox Village resident has visited 156 of the 193 countries comprising the United Nations, 228 of the 330 places noted in the "Travelers' Century Club" list, and as of last year, has crossed the equator 48 times. You can follow Janet's travels in her regular *Gazette* column (see page 14 for her column on India).

While she is quite accustomed to traveling thousands of miles on her journeys, her next trip will be only some 200 yards east and seven stories up, but it has piqued her wanderlust as much as any round-the-world sojourn.

Janet will be moving from her cozy one-bedroom Cassels Tower apartment into JKV's latest crown jewel—its \$120 million Westlake building.

A lifetime of world travel has well prepared the nine-year Village resident for her next move, with boxes meticulously stacked and labeled for their new home on the 15th floor of Westlake's south tower—The Vue, in the delightful Captiva two-bedroom-with-a-den floorplan.

"The minute I heard about Westlake, I went to Marketing with a check," Janet told the *Gazette*. "I was the first to put a deposit down and wrote a letter that the apartment had to be on the top floor, southeast corner: The first reason

See "The Big Move" on Page 2

A lifetime of world travel has well prepared the nine-year Village resident for her next move.

A Birdie Says: 'Love Is In The Air' 'I Have Found The One My Soul Loves.' – Song of Solomon

Nona Cree Smith
Gazette Contributor

This is the time of year when celebrating love is on many people's minds. We want to express our love for that special person in our life in many different ways, from gifts, cards filled with sweet sentiments and romantic dinners. When the desire is strong, there isn't anything we wouldn't do for love, but the avian kingdom has us beaten with far more elaborate courtship and mating behaviors when they feel the need to find true love.

Mating For Life – When Birds Find "The One"

While most birds are monogamous, defined as bonded for just one nesting during the breeding season, a small percentage of birds actually mate and bond for life – from the tiny oak titmice to the stately and giant sandhill crane.

The blue jay family belongs to this group. These beautiful birds display gorgeous blue, white, gray and black feathers, and expressive head crests.

Jays form strong pair bonds and raise chicks together with the same partner year-after-year. They are generally non-migratory birds, so their territories are their homes year-round, making it easier to maintain their monogamous bond from one year to the next.

These affectionate birds develop strong bonds with each other by presenting gifts of tasty seeds, nuts, insects and other foods. The males also bring twigs, leaves, bark and assorted nest building materials to the females, which they both use to build comfortable nests for their families while reinforcing their commitment to each other.

See "Love in the Air" on Page 3



A pair of blue jays feeding on acorns. Image source: Shutterstock.

First Move-Ins At Westlake Start This Month



The first moves begin this month into Westlake at JKV.

From "The Big Move" on Page 1

was I wanted that view; second was the covered parking, and third was being in the center of everything."

For another first, Janet will be the first person to move into the new building later this month.

Westlake is the most ambitious project in the history of South Florida's premier Life-Plan Continuing Care Retirement Community. The two conjoined apartments are called, the aforementioned Vue rising to 15 stories, and the 11-story Terrace.

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 JKV 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 new Westlake residents—including Janet—will be moving in beginning this month, a number of gorgeous apartments can be reserved with only a 10-percent deposit.

"Now that construction of Westlake is completed, and move-ins are happening, prospects can come in and see the reality of the project," said Kim Ali, Vice President of Sales at JKV. "It will be easier for prospective residents to see themselves in Westlake once they can walk through the building and through individual apartment floorplans. It will be easier for them to get excited about becoming a Westlaker."

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

Think Pre-Paid College, But For Your Health Care

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

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

"Think of it as buying a college pre-paid plan, where you lock in—in this case—your health care costs for today and the future should you ever need those services," said Kim Ali, JKV Vice President of Sales. "Along with the peace of mind knowing your future health care needs will be met, JKV residents will enjoy living in a state-of-the-art apartment or villa home, along with loving our award-winning amenities and our robust Life Enrichment programming.

"With skilled nursing [24-hour monitored] care averaging around \$13,000 per month and assisted living at about \$4,000 monthly; over the course of a couple of years, a \$200,000 entrance fee that gets you into JKV can get eaten up pretty quickly."

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

Thanks For Asking Hey Dave, What Makes John Knox Village Special?

Dave Bayer
Gazette Contributor

There are way too many very special things to list here about the special qualities of life at John Knox Village (JKV), but those that first come to mind are the friendliness of the residents and the "economy of scale" that we enjoy by being the second largest CCRC in Florida. Because of our size and our active resident participation, we enjoy a wide choice of interesting venues and activities.

It's always nice to be able to claim "we're the best," but truth be told, there are many other excellent CCRCs in Florida. The reason is that CCRCs are largely operated in accordance with the laws of the individual states, and Florida is well known as having some of the best, if not the best, in the country. Most of those laws in Florida are contained in Florida Statute 651. A successful organization must have a solid foundation. FS 651 helps to provide that foundation for JKV.

Residents of JKV have played a significant role in the formulation and implementation of FS 651. In the late 1970's, four JKV residents went to visit State Legislators in Tallahassee to urge them to provide legislation to protect the investments that CCRC residents make when they move to a CCRC. As a result, the first version of FS 651 was implemented and placed under the Florida Office on Insurance Regulation shortly thereafter. To further ensure that Florida Legislators would continue to hear the voices of all CCRC residents, a group of residents in the Vero Beach area came together to form what has become the Florida Life Care Residents Association (FLiCRA).

FLiCRA's Role In Protecting Rights

FLiCRA's main mission is to promote and protect the rights of residents who live in Florida's CCRCs. Under the leadership of volunteer residents and a dedicated staff in Tallahassee, FLiCRA is a recognized and respected voice before the Legislature and state regulatory agencies. Established in 1989, FLiCRA has grown to some 12,000 members, all of whom are residents living in 57 of the state's CCRCs. FLiCRA is governed by a 12-person resident Board of Directors. JKV has had at least two members on that board for the past five years.

Over the past 30-plus years, in cooperation with other nonprofit organizations, FLiCRA has been

responsible for many legislative efforts that benefit CCRC residents. The annual cost savings alone exceed \$7,000 for some residents, and the improvement in quality-of-life issues is even more impressive. The most recent state law now requires that CCRC residents elect a representative to speak for them at meetings of the governing body where changes in residents' fees or services are discussed.

The Florida State Legislature is now in session through March 8th. During each legislative session, thousands of bills are filed, and usually many contain issues that pertain to residents. Our legislators realize that FLiCRA's members are a well-coordinated grass-roots organization. When a proposed bill contains provisions that are not in the best interests of CCRC residents, FLiCRA can and will effectively campaign our legislators to get the best possible results for those residents.

2024's Oversight Agenda

A review of the bills and resolutions filed this year indicate that, at present, none include issues that are very significant to CCRC residents. So, what's on FLiCRA's state agenda for 2024? It will, of course, monitor all bills being considered, meanwhile keeping members informed of pertinent happenings in Tallahassee through its quarterly Resident Connection publication, monthly E-Newsletter, and the weekly Legislative Report (available to all interested residents via email) when the Legislature is in session. Assuming nothing unforeseen comes up this session, it should be a relatively uneventful year for FLiCRA, but that can be a mixed blessing.

One big challenge in 2024 will be in growing FLiCRA's membership. After all, who needs a big army when there are no battles to fight? But, in Tallahassee, FLiCRA's case is a bit different. There are some 3,000 lobbyists pursuing 160 legislators, and the budget pales in comparison to other players. While FLiCRA has a well-organized grass-roots organization and can have the residents contact a bunch of state legislators once a bill is proposed, much of the important lobbying work going on behind the scenes before legislation continues to show significant increases.

The idea here is not to fight battles, but to avoid them. The systems in Tallahassee allows FLiCRA to monitor all filed legislation, but its ability to advocate and educate the necessary legislators on matters

affecting our CCRC residents is falling behind, relative to other larger, better funded players in the elder care community whose interests often don't coincide with FLiCRA's.

Representing CCRCs Interests

The State Board, with the guidance of Executive Director Bennett Napier, has already established a sub-committee "Future Forward Revenue Task Force" to help ensure Florida CCRC residents are prepared to meet this challenge. Both fellow JKV resident Ken Shanahan and I serve on the FLiCRA State Board and are participating in that important group.

We are fortunate that, at John Knox Village, we have the largest FLiCRA chapter in the state. Well over 90 percent of JKV's residents are FLiCRA members and have always been active in supporting FLiCRA. Those residents most familiar with FLiCRA know that the return on the very small investment (\$22/year in FLiCRA dues) is excellent. The key to FLiCRA continuing to remain strong and capable of promoting and protecting the quality of life of all CCRC residents in Florida is to maintain a strong membership base. Thanks to all members for their continued support of FLiCRA.



Cassels Tower residents Dave and his wife Jackie Bayer at John Knox Village.

JKV Residents Dave Bayer and his wife Jackie have both been involved in a variety of volunteer activities in the local community and at the Village. Dave is a member of the Board of Directors of the Florida Life Care Residents Association.

'I Have Found The One My Soul Loves.' – Song of Solomon

From "Love in the Air" on Page 1

Their bond helps ensure safe lives of their chicks and also for the survival of their species, with two committed adult birds feeding and keeping their families healthy, and safe from predators.

Dinner, Dancing And Romancing

Northern cardinal males will present the object of their affection with sunflower seeds, perform dances to show off their brilliant red plumage and sing love songs with their fine voices.

Once mated, these exquisite birds are devoted partners for life, and exemplary parents. The male cardinals show their affection by feeding the female even before she has laid her eggs. Their loving care extends to their chicks, who often remain in the home territory, even after they leave the nest. They are fed by their father as their mother is busy laying her second clutch of eggs. We noticed this charming family behavior in the northern cardinal families who enjoy our gardens and wooded areas, seeing the generational family group all together, even after the chicks are no longer fledglings.

The Heart-Shaped Symbol Of Love

Swans in general have the reputation of being monogamous birds, with different species exhibiting loyal and faithful bonds with their chosen mates. However, despite the formation of lifelong bonds, divorce and promiscuity have been observed in a small percentage of pairings each year.

Swans are considered a symbol of love, because when they are getting to know each other, their gentle neck movements form the shape of a heart. Their courtship is very formal, with the swans curving their necks gracefully together almost in a dance, lifting their wings gracefully and bowing to each other. Once bonded, the pair generally stays together for life.

The swan family usually consists of six to eight cygnets who cling to their parents for safety. The parents do not feed their young, as cygnets grow rapidly in the initial months of life, from around 8 ounces as a hatchling, to a mega 20 pounds by the time they are five months old.

Swan parents take the young on foraging expeditions about two days after hatching. For up to 10 days, young cygnets require no additional nourishment, as they absorb the rich nutrients from the remains of the yolk of the egg they hatched from.

Although no direct feeding from parent to the young occurs, parents take the cygnets to areas of water with an abundance of aquatic plants. There, cygnets learn by observing adult birds feeding, skimming the water with their long necks, or the comical upending beneath the water's surface and feeding on underwater vegetation. Adults also stir up underwater vegetation making it easier for cygnets to find food.

It is not unusual to see a group of cygnets clustered under their parents' wings, looking out at the world while being chauffeured to well-protected water feeding grounds.

Billings And Cooing For Love

Mourning doves are prolific lovers with bonded pairs raising three, four or more broods a year. That's more than any other bird in North America. So basically, mourning doves mate for life because they are so busy raising their many families and are loyal to their mates during the mating season, which in warmer climates can last all year. These elegant pale gray and beige birds remain loyal throughout the breeding season and spend practically all their time together.

In our own yard, we have flat natural grass areas where mourning doves like to forage for seeds and small insects, so it's not uncommon for us to watch our doves displaying affection for each other. They



Northern cardinals are devoted partners. Image source: Shutterstock.

preen, kiss and cuddle, often greeting each other with gentle "coo-coos."

Non-migratory mourning doves are more likely to form lifelong bonds, as they remain in the same territories for much of their lives.



Mourning doves are recognizable by their soothing 'coo' sounds. Here a pair of mourning doves are feeling the love. Image source: Shutterstock.

Before pairing, male mourning doves advertise themselves to females by perching close by and cooing throughout most of the day. Sometimes, they'll timidly move closer to the female, and they bravely fly right to where the female is perched. Before mating the doves bill and coo then preen each. In addition, both birds may vibrate their wings during courtship, indicating affection and pleasure.

The doves enjoy each other's company and will spend long periods simply sitting close together while cooing gently. When ready the female will bow to indicate that she's ready to mate.

Once the mourning doves' chicks are born, both parents brood the chicks to keep them warm. They both feed the newborns a high-fat, high-protein secretion called crop milk. The crop is an extension of the digestive system and is similar in function to mammalian milk. Soon the chicks are introduced to solid foods including berries, grains, seeds and small insects.

After 10 days or so, the male takes over feeding, so the female can get ready for a new brood of chicks.

The cooperative habits of the couple sharing all family duties enable them to breed quickly and efficiently.

They are one of the most common American birds for a good reason.

"Spin Your Partner," The Bald Eagle's Courtship

The magnificent bald eagle performs a dangerous courtship ritual before settling down to a monogamous relationship and raising a family. Although it is not known what bald eagles look for in mate, bravery is certainly on the list.

When the birds find promising partners, they engage in courtship rituals that involve cartwheeling: This is when the eagles fly to a great height, hold each other's talons and spin in midair as they fall. They then unlock their talons and do it again. Ideally, they should unlock before they hit the ground, but couples have been known to crash.

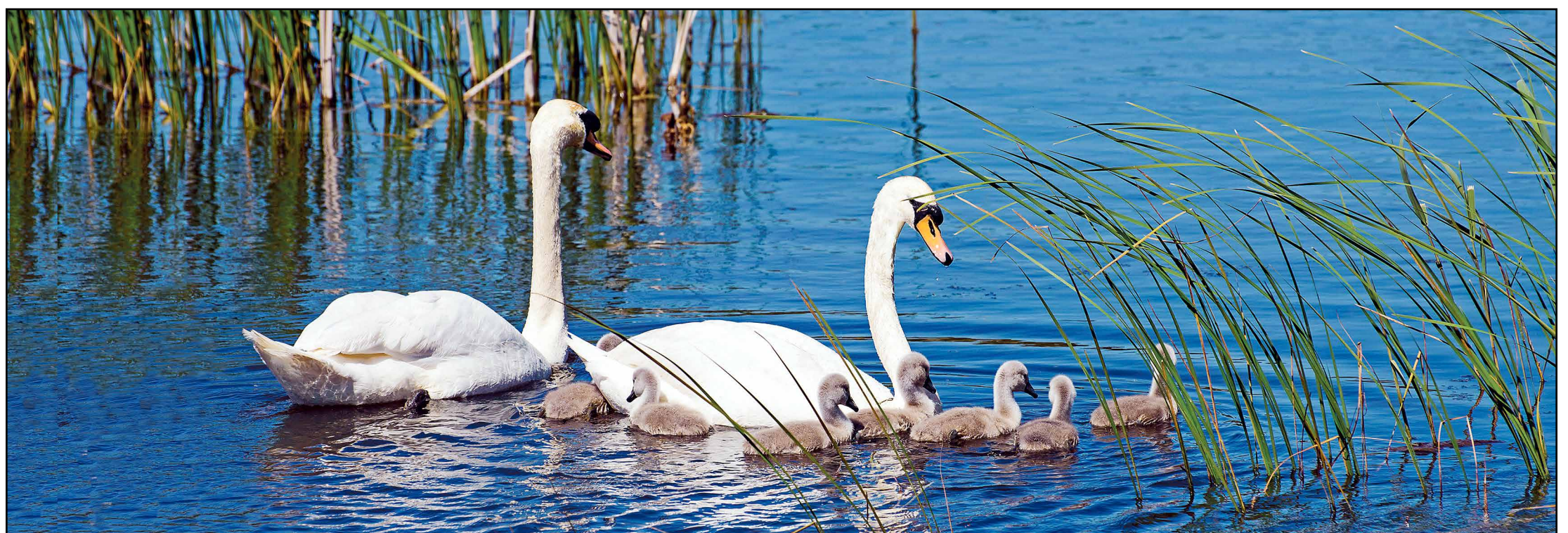
Eagles also playfully chase each other. They enjoy flying up to a good height, dive-bomb down and fly back up again, for more daring-do.

They do eventually settle down and start a family, after building a strong, sturdy nest. The nest building is a part of their courtship; when it's finished, they sit on the nest together, groom each other and cuddle. After mating several times, the female lays a clutch of one to three eggs. Both parents will sit on the eggs, then feed the eaglets once they are hatched.

They will refurbish the nest with fresh twigs and moss, build an addition and re-use their nest year after year.



A bald eagle couple perch on a tree limb. Image source: Adobe Images.



Swans will generally bond for life, creating a swan family of six to eight cygnets. Image source: Shutterstock.

Let JKV Entertain You

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



Tues., Feb. 6 @ 7 p.m., The Jersey Tenors

The Jersey Tenors are the newest Opera/Rock Mash-up sensation, creating an explosive blend of iconic Opera classics, alongside Rock ‘n’ Roll greats like Queen, Elton John, and Bon Jovi – to name but a few. But remembering their roots, they highlight some of Jersey’s finest like Frankie Valli and The Four Seasons, Frank Sinatra, Bruce Springsteen, Kool and The Gang, and even Jersey Girl Whitney Houston.

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



Florida Grand Opera's Studio Artists grace JKV's Cultural Arts Center stage on Feb. 22.

Tues., Feb. 13 @ 7 p.m., The Glyn Dryhurst Dixieland Jazz Band

Dixieland is the name given to the style of jazz performed by early New Orleans jazz musicians. The name is a reference to the “Old South,” specifically anything south of the Mason-Dixon line. Dixieland, which was developed in New Orleans, is one of the earliest styles of jazz music. The style combined earlier brass band marches, French Quadrilles, biguine, rag-time, and blues with collective, polyphonic improvisation. The Glyn Dryhurst Dixieland Band is South Florida’s leading band dedicated to this genre of music and on Fat Tuesday, will transport you to New Orleans.

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

Thurs., Feb. 22 @ 7 p.m., Florida Grand Opera's Studio Artists

The Florida Grand Opera Studio Artists spend the full season performing principal and comprimario roles

alongside FGO’s roster of acclaimed directors, conductors and musicians. But they perform more often in concerts all over Miami-Dade and Broward counties, including the beloved “SongFest” series and a touring outreach opera for young audiences among other events.

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

To reserve your spot for these concerts or to explore our full schedule of upcoming performances at JKV, please visit www.johnknoxvillage.com/events/.

For inquiries about these events, contact the John Knox Village Life Enrichment Department at 954-783-4039.

Coming in March:

March 4: Broadway Series – Blockbuster Broadway

March 20: Jazz Vocalist and Guitarist Allan Harris (see story below).



The Glyn Dryhurst Dixieland Jazz Band appears on Feb. 13.

Jazz Artist Allan Harris Coming To JKV

Legendary Singer/Guitarist Scheduled To Appear March 20 At 7 p.m. In The JKV Cultural Arts Center



Jazz luminary Allan Harris.

Artfully described by the *Miami Herald* as an artist blessed with “the warmth of Tony Bennett, the bite and rhythmic sense of Sinatra, and the sly elegance of Nat ‘King’ Cole,” Allan Harris is a Brooklyn-born, Harlem-based vocalist, guitarist, songwriter, and band leader. With an impressive discography boasting 14 recordings as a leader, Harris has established himself as one of the jazz world’s most acclaimed vocalists, possessing a potent combination of dynamic vocal abilities, impeccable phrasing, and powerful emotional resonance.

Award-Winning Jazz Artist

Recognized for his outstanding contributions to jazz, he is a three-time winner of the New York Nightlife Award for “Outstanding Jazz Vocalist,” a *DownBeat* “Rising Star Jazz Vocalist,” and a winner of the prestigious 2022 “Sarah Vaughan International Vocal Competition.” He has also been honored twice as the “Best Male Jazz Vocalist” by *Hot House Jazz Magazine*, received a Back Stage award for “Ongoing Achievement in Jazz,” and was recognized with France’s Palmares

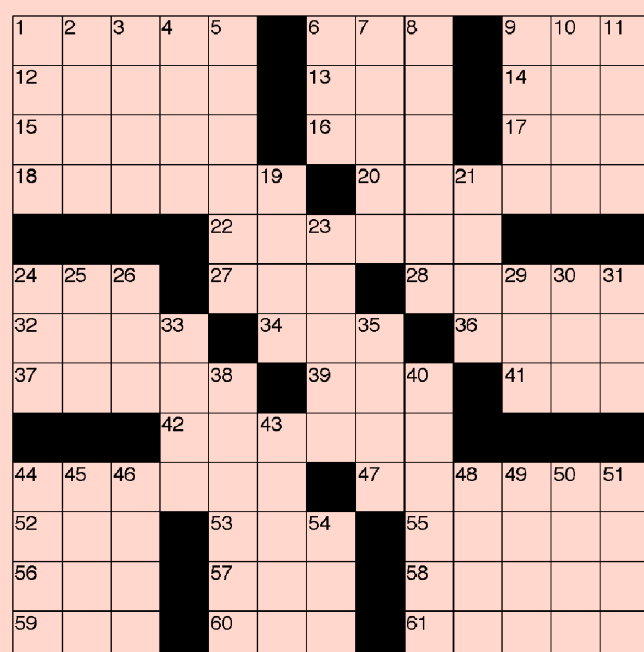
Award for the third Best Jazz Vocal Album.

Known for his captivating stage presence, Harris is a natural entertainer who has graced concert halls, theaters, jazz clubs, and festivals worldwide. *The New York Times* has hailed him as “a protean talent,” while *The Wall Street Journal*, *The Atlantic*, *Glide Magazine*, *Jazz Times*, *DownBeat*, and *Vintage Guitar*, have praised his extraordinary abilities. Allan Harris is a luminary of jazz, captivating audiences with his remarkable voice, exceptional guitar skills, and heartfelt performances. His dedication to preserving the rich legacy of jazz while exploring new musical frontiers continues to inspire and resonate with listeners worldwide.

Be sure to mark Wednesday, March, 20 at 7 p.m. on your entertainment calendar and plan to hear the vocals and guitar of this legendary entertainer. To reserve your spot for this concert or to explore the full schedule of upcoming performances at JKV, please visit www.johnknoxvillage.com/events/.

For inquiries about these events, contact the John Knox Village Life Enrichment Department at 954-783-4039.

Crossword Puzzle Of The Month



ACROSS

1. Metrical rhythm
6. Poetic contraction
9. Choke
12. Sp. chaperon
13. Cheer
14. First-rate
15. Excess of solar year
16. Bureau of Indian Affairs (abbr.)
17. Container
18. Fr. historical provinces
20. Chemist's pot
22. Caster
24. Romanian money
27. Equal opportunity employer (abbr.)
28. Toothed formation
32. Arabian Sea gulf

DOWN

1. Project
2. Copper (pref.)
3. Nipple
4. Uncanny (Scot.)
5. Irony
6. Sphere
7. Azores island
8. Gr. author
9. Worthless trifle
10. Field
11. General (abbr.)
19. Shortly
21. Fertilizer ingredient
23. Soft (Ger.)
24. Exclamation
25. Stir
26. Grandfather of Saul
29. Tenth of a sen

DOWN

30. Recommended daily allowance (abbr.)
31. Asbestos (abbr.)
33. Verne's captain
35. Watercock
38. Fair
40. Heed
43. Gr. quadrennial festival
44. Couch
45. Sleep (pref.)
46. Affirmative
48. Scientific name (suf.)
49. Ice mass
50. Indigo plant
51. Queue
54. Append

Answers On Page 10.

Pompano Beach Arts & Music

Celebrating Black History Month Throughout The City Of Pompano Beach



Crooner balladeer, Sir Darrel Cole performs his tribute to Nat King Cole on Feb. 2 in the Pompano Beach Cultural Center.

COLE, The Birth Of A King: Feb. 2

To kick off **Black History Month 2024**, join us for an unforgettable evening showcasing the music of Nat King Cole and other songs from the 1930s to 1950s.

Escorting you on this journey back in time is crooner balladeer, Sir Darrel Cole, who is endorsed as the most authentic tribute artist of the legendary Nat King Cole. The event will take place at 7:30 p.m. on Feb. 2, at the Pompano Beach Cultural Center. Tickets are \$30.

Jazz Reflections | Featuring Vocalist And Violinist Nicole Yarling: Feb. 15



Continuing to honor Black History Month, experience a spectacular concert presented by The Gold Coast Jazz Society, led by Nicole Yarling with her quartet. An acclaimed performer, Yarling captivates audiences with her incredible musical style, running the gamut from jazz to rock, and R& B to experimental music. In addition to her own solo concert career, Yarling has collaborated with Dizzy Gillespie, KC & The Sunshine Band and Albert Lee, and was a featured artist on tour with Jimmy Buffet. Feb. 15, 7 p.m., at the Pompano Beach Cultural Center. Free admission.

Drums Of Polynesia: March 1

This exciting revue will take place on the grounds of Pompano Beach Cultural Center featuring live music, drummers, and traditional dance along with fire dancers. Beautifully costumed and choreographed, this event will transport you to another world. This festive celebration will also feature an elaborate buffet-style dinner. March 1, at 6 p.m., Tickets are \$50 General Admission, and \$75 VIP.

The Secret Comedy Of Women: March 13 through April 14

This immersive theatrical experience celebrates the joys of the journey from girlhood to womanhood and rejoices in the challenges of being a woman – from boys to bras and pantyhose to menopause. This two-woman show explores the universal female adventure through a rollicking spectacle of sweetly sharp comedy, songs, dances, stories and spontaneous moments of discovery. March 13 through Apr. 14, with matinees and evening performances at the Pompano Beach Cultural Center. Tickets \$65.

Coming To Pompano Beach Amphitheatre (The Amp)

Willie Nelson: Feb 9



Willie Nelson. Image Source: Wikimedia Commons.

With a seven-decade career, Willie Nelson has earned every conceivable award as a musician and amassed reputable credentials as an author, actor and activist. In recent years, he has delivered more than a dozen new albums. Don't miss the classic American icon of country music, standards, gospel and much more. Feb. 9, at 8 p.m. Tickets \$69-\$214.

Get The Led Out: March 22

Get The Led Out (GTLO) is a group of professional musicians who are passionate about their love of the music of Led Zeppelin. It's their mission to bring the studio recordings of "The Mighty Zep" to life on the big concert stage. Friday, March 22, 8 p.m. Tickets \$27-\$118.

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

Kay Renz

Special To The Gazette

Celebrate with your sweetie, honor Black History Month, and immerse yourself in amazing music.

Pompano Beach Arts has so much to offer this season.

Old Town Untapped: Feb. 2 & March 1

Enjoy a night filled with live music by local bands and a local DJ, art gallery openings at Bailey Contemporary Arts Center, local art vendors and food trucks. Old Town Untapped takes place on the first Friday of the month from 6 to 10 p.m. and is free for all ages to attend.

Find a delightful handmade gift for your Valentine, while you groove to the reggae beats of Joey Calderaio on Feb. 2. Check out BaCA's featured artist in residence Terrence "TM" Pride, a multifaceted creator, with an expansive career showcasing many roles including director, choreographer, dancer, costume designer and teacher. And join us for BaCA's featured exhibition, "**Purvis Young: The Onliest Thing I Could Mostly Do,**" which aims to celebrate the life and work of the renowned self-taught artist, Purvis Young.

Born in Liberty City, but a resident of Overtown, Miami, Young was known for his vibrant folk art. Focused on storytelling, Young's works explored social, racial and political themes. This exhibition will feature a diverse range of Young's artworks, including paintings and mixed-media pieces.

At March's Old Town Untapped the featured artist in residence is Djerlens Chery. Excelling in murals, his expansive works can be viewed at several prominent locations in Ft. Lauderdale, while his smaller scale creations have been displayed at the Bonnet House Museum & Gardens Orchid Festival, Young at Art Museum, Made in Broward, Joseph C. Carter Park, Parker Playhouse, K.C. Wright Art Show, FATVillage and Mass District Artwalks.



Drums of Polynesia will be featured on the grounds of the Pompano Beach Cultural Center on March 1.

Send An Email For Your Free Subscription To The Digital Gazette ACE:

The Bi-Monthly 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 March/April edition emailing at the end of February. 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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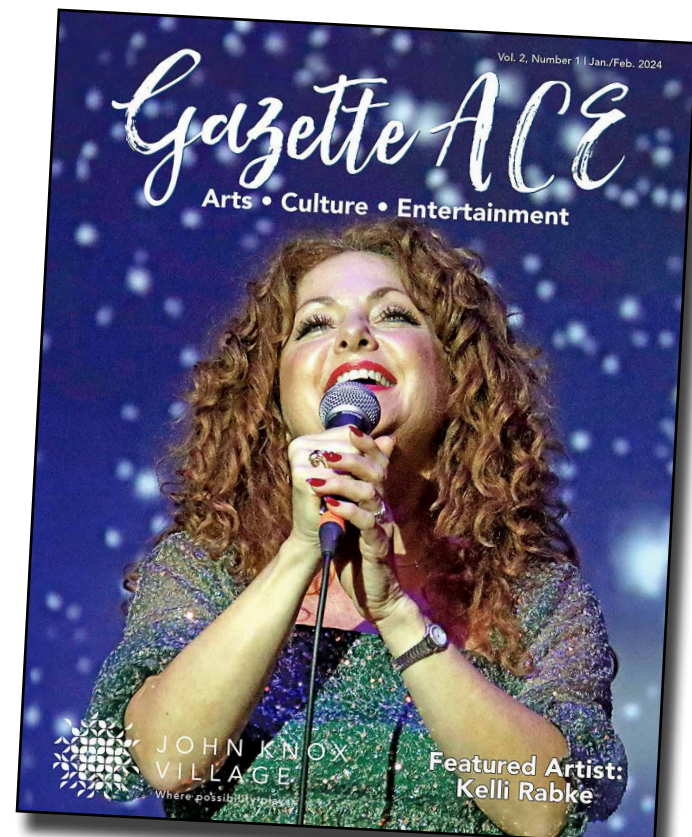
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The Future Belongs To The Young

Burn Loeffke
Gazette Contributor



Burn Loeffke

We keep hoping that 2024 will be a more peaceful year. In times like these, I reflect in places I have been that I thought had suffered the most.

Sudan Keeps Popping Up

In 1997, Franklin Graham, President of Samaritan's Purse, wrote; "The people of Southern Sudan are fighting for their lives against enemies bent on eliminating them. We need medical personnel who will

everything. We were housed in grass huts. We had no electricity. Water was provided by Africans running with pails of water from the river. I saw every disease in the Bible: Leprosy, Guinea worm and a terrible disease called river blindness. Not only did we have to worry about lions roaming nearby and mine-fields, but also bombing at any time.

My medical mission in Sudan was an affirmation that we all need to work toward a common good.

General Powell In China

The need to build relationships, was all important in the early '70s, when the U.S. and China opened the bridge to diplomacy. Gen. Colin Powell and I both visited the PRC in 1973, and our education on China began. He often said that this visit helped to form his thoughts on China.

When visiting Washington, DC, Chinese officials often asked to meet with Gen. Powell. These individuals remarked that Gen. Powell was someone they could trust.

That trust reminded me of a Chinese proverb: "You can tell the strength of a horse by the distance it moves and the heart of an individual by the time you have known him or her." Gen. Powell was considered an old friend. These are the relationships that we need to foster.

The World's Future Is With The Young

As recently as 2019, I returned to China to meet with my Chinese "Peace General" counterpart, Gen. Zhi Yang Wan. Our mission was to foster relationships through children. We did this together, as Gen. Wan and I taught wellness to elementary school children in China. Religious writings tell us: The true meaning of giving is not only sharing our treasures, but ourselves, with those less fortunate.

At this point in my life, because of injuries, I am limited to writing. It is with this thought that I write about children. Children are great at making friends. We encourage children to reach out to a Pen Pal organization to develop relationships with other young people from different cultures. In the end, it is the young that create new friendships.

Our relationships have a future with children like those pictured in the art poster above to the right: The Second Grade Students from the Bob Graham Education Center in Miami Lakes, FL.

Let us assure the future of these children, by encouraging our nation's leaders to seek peaceful solutions to conflicts throughout the world.



"Peace General" Burn Loeffke (top 2nd from right) meets with his Chinese counterpart Gen. Zhi Yang Wan (top right) and Chinese children during a visit in 2019. Photo courtesy of Burn Loeffke.

volunteer for at least 60 days."

I Accepted The Challenge

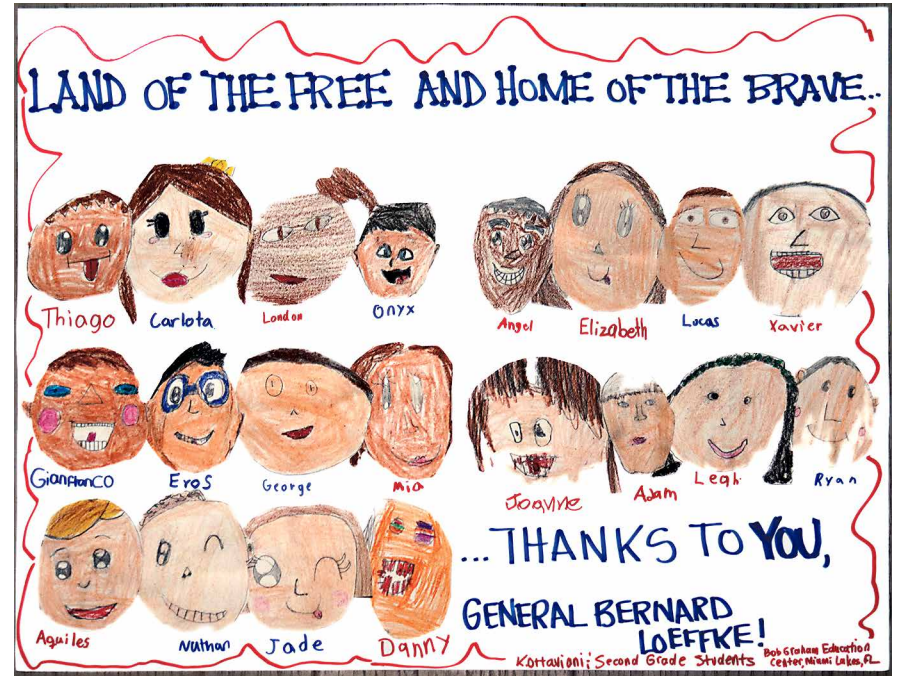
It was not an easy decision. The Pentagon warned me: "Don't even think about going. Sudan is a war zone. If something happens to you, we will not be able to get you out. We have no embassy." I sat my eight-year-old son, who had pleaded for me not to go, and told him I felt I should and that on my return I would take him to Universal Studios. He quickly answered, "Okay daddy you can go."

Within two weeks, I was flying in a single engine aircraft at tree-top level in a combat zone. We flew from Kenya with no navigational aids other than a hand held Global Positioning Satellite System (GPS). These small planes are flown by missionary pilots who fly solo. Some get shot down, but others keep flying.

Sudan has a history of wars that continue regardless of who is in power. For the first time in my life, I was in a combat zone as a civilian without artillery or air support. We were with a guerrilla army that needed



Both lieutenant colonels at the time, military colleagues and friends Burn Loeffke and Colin Powell visited the Great Wall of China in 1973. Image source: Burn Loeffke archives.



Poster sent to Burn Loeffke from Second Grade Students at the Bob Graham Education Center in Miami Lakes, FL.

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.

Feb. 14 Is Both Valentine's Day And Ash Wednesday

Mark Dobosz
Executive Director
John Knox Village Foundation



Mark Dobosz

Ash Wednesday and Valentine's Day are two distinct observances with different purposes and traditions. However, in 2024, they share the same date, as both fall on Feb. 14.

This rare occurrence may lead to some interesting reflections on the contrast between the solemnity of Ash Wednesday and the celebration of love on Valentine's Day.

Ash Wednesday marks the beginning of Lent – 40 days (excluding Sundays)

of fasting, repentance and reflection for many Christians. It is a day when ashes are typically applied to the foreheads of believers in the shape of a cross, symbolizing mortality and the need for repentance.

Valentine's Day, on the other hand, is a secular celebration of love and affection. It is often associated with the exchange of cards, flowers and gifts between romantic partners. The juxtaposition of these two events on the same day could prompt individuals to contemplate the coexistence of love, romance and the somber reflections associated with Ash Wednesday.

Let's explore some metaphorical or theological connections between them:

Love And Repentance:

Common Ground: Both days can be seen as moments of reflection and renewal, albeit in different ways. Ash Wednesday calls for repentance and a turning away from sin, while Valentine's Day often encourages expressions of love and affection.

Theological Connection: From a theological standpoint, one could draw a parallel between the concept of turning away from sinful ways (repentance) on Ash Wednesday and turning towards love and connection with others on Valentine's Day.

Human Frailty And Redemption:

Ash Wednesday: The ashes symbolize human mortality, emphasizing the transient nature of life. It serves as a reminder of the need for redemption and the transformative power of faith.

Valentine's Day: While more secular, it also involves the exchange of gifts, gestures and expressions of love, which can be seen as a form of redemption or affirmation of human connections.

Symbols Of Sacrifice:

Ash Wednesday: The ashes are often made from the burned palm branches from the previous year's Palm Sunday, symbolizing a connection with the sacrifice of Jesus.

Valentine's Day: The exchange of gifts, particularly red roses, can be seen as a symbol of sacrifice or selflessness in expressing love and affection.

Community And Communion:

Ash Wednesday: It's often observed in a communal setting, emphasizing a shared experience of repentance and humility.

Valentine's Day: While more individualistic, it is

also a day when people come together to celebrate their relationships and connections.

While these connections are metaphorical and not rooted in the historical or religious meanings of the two days, exploring such comparisons can be a creative exercise in finding common themes of love, redemption and renewal across different aspects of life.

Mark Dobosz is Executive Director of the John Knox Village Foundation. Mark holds a Bachelor of Arts degree in Theology from St. Mary's College.

Sudoku

Answers On Page 10.

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

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On Being Calmer: A Goal for 2024

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

The new year is a great time for resolutions and thinking things over. It always makes me think of how I want to improve next year.

Right now, for many reasons, my main goal for 2024 is what I'm all about—seeing how and under what circumstances I can gain control of excess emotion.

To review: In my most recent *Gazette* column, we discussed the importance of high-functioning, especially to leadership, of well-working and

long-lasting relationships.

I discussed being the calmest one in the room. It's something we can all aspire to. Why? Because it is an attribute of high-achieving, high-functioning people. People whose lives are smoother in general. They have fewer divorces, fewer money problems, and fewer problems in general. Our life problems generate anxiety, in and of themselves, so that anxiety and life problems go round in an unending circle, feeding on themselves. The more anxiety, the more problems and bad decisions. The worse decisions, the more anxiety: On and on in an unending circle.

Free Yourself From Anxiety

It turns out that as we break out of anxiety, the brain works better, seeing reality more clearly. We have better relationships, make better decisions, and more easily reach goals. That load of anxiety pulls us back from many good things in life.

Of course, no one is completely free of anxiety. Depending on how high-functioning we are, we have more or less of it, but the anxiety button is always there, ready to be pushed in case of real danger, when it is most useful.

Most of us, though carry around a lot of unwanted, unneeded anxiety, keeping us from sleeping, relating, thinking or working well.

Let's think of two ways to lower anxiety. This is a great handle to a better life course.

Guiding Principles

The first, and perhaps most important way to lower anxiety is having guiding principles. If we have them, we can always refer to them when we need to make a big decision, or take a stand. Some of the people we admire most refer to their guiding principles rather often. We can think of members of Congress, the clergy, or great teachers and writers who have spoken to us in a meaningful way.

Okay, how do we get those guiding principles? They are carefully thought through, and sometimes take a bit of time to get to. Some people can point to their holy book, like the Bible, and say, "They are all in there." However, if we have not made them our own, they can't be considered guiding principles (in the family theory sense of the term).

We make them our own by research, a lot of thought, and trying them out in real life situations. Once we make guiding principles our own, they are always present, ready to use whenever needed.

The act of referring to guiding principles for advice is quite calming. Ask yourself: "Does this decision, action, or speech that I'm about to make agree with my principles?" If so, you're ready to go. If not, you need to think things over a bit more until your actions and decisions agree with your principles. If they do, a great deal of calm will result.

Once I spent a whole summer reading and thinking about a question that was troubling me. I came away with a guiding principle. How helpful.

Guiding Principles Retreats

During my career, I participated in many leadership seminars. Some of the leaders experimented with "Guiding Principles Retreats," often over more than one meeting for the organizations. They brought heads of divisions, departments and committees together to hammer out guiding principles for their organizations. They reported back to the seminar that it made all the difference (for the good) in how the organization went forward after that.

After explicating their principles, under-leaders of the organization referred to them often, and most productively, for help. Does this decision or proposal agree

with our guiding principles? This kind of consideration calms groups. As we know, that can be a great help to someone trying to keep everyone on track.

Guiding principles are not always set in concrete. They can be amended or changed completely if the facts dictate. Remember that summer after I studied my issue? After study and much contemplation, I decided to do a complete 180 degree turnaround on it. I've had several experiences like that.

So, I believe guiding principles are the most important idea concerning calming anxiety.

Observe And Listen

Another useful way to manage one's own anxiety is that of observing. I think that the more people who gather in one place, the more tension, or anxiety rises. What can we do? If we start to get tense, a great little-known secret to manage it is that of just watching.

Watch the group to see who is most anxious (not for judgment, but just for calming self and seeing what can be learned). Where does the anxiety go? What form does it take? Loud voices, commanding the attention of the group? Confrontation? Think to yourself, 'How am I managing self?' In other words, be a scientist.

My mentor, Dr. Murray Bowen was the psychiatry professor at Georgetown University who created the Bowen Family Systems Theory. In his theory of the human, Dr. Bowen used to tell us that he envisioned himself in a spaceship looking down on the whole phenomenon of whatever was going on.

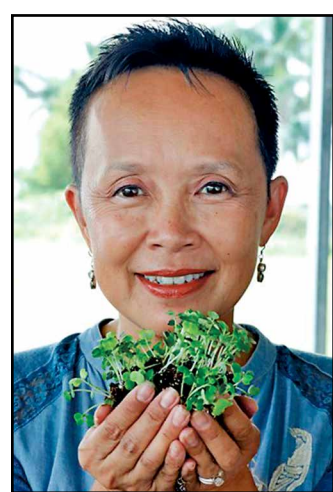
When you become an observer, you can learn a tremendous amount. You don't have to be in the limelight. Also, you don't have to be a shrinking violet with a group or relationship. In other words, you can be yourself. This alone eliminates much of the emotional pressure.

Follow your guiding principles and remember to observe and listen. Happy goal setting.

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.

Growing, Teaching, Nourishing, Healing

Thi Squire
Gazette Contributor



Thi Squire

As part of Baptist Health's commitment to the health and wellness of our community, we started Grow2Heal Community Garden over eight years ago at Homestead Hospital.

The Grow2Heal initiative focuses on preventative health through nutrition. As the name implies, we grow nutritious foods to heal our patients and community.

Over 6,000 pounds of produce are harvested annually and utilized within our food service

system for patient and cafeteria meals. The amount of produce harvested continues to grow, as there are now Grow2Heal gardens at five hospitals throughout the Baptist Health system, with the capacity to expand to more campuses.

Our engaging educational activations lie at the heart of our efforts to improve the health and wellness of our community. The most popular event is our "Grow Your Lunch Field Trip," that welcomes nearly 1,000 attendees annually to the Homestead Hospital site.

Explore The Joys Of The Garden

This is an opportunity for people of all ages to learn about our environment and how food is produced and to explore and sample what is growing in the garden. They can also learn how to make better food choices, prepare a delicious lunch from scratch, and develop a meaningful relationship with produce.

This activity of learning, or reinforcing the life skill of cooking, is one of the first steps to leading a healthy, balanced life.

Other activations include a variety of community events in partnership with our local municipalities



'Eat the Rainbow' for better nutrition.

and organizations. These include health fairs, fitness festivals, webinars and cooking demonstrations.

We cover a range of topics, from how to read nutritional and ingredient labels and how to use herbs and spices to reduce salt intake, to eating healthy on a budget, gardening for beginners, composting, and more.

The Rainbow To Better Nutrition

A popular activity is our "Eat the Rainbow" activity. This is an interactive experience where participants learn the benefits of eating all the colors of the rainbow. Each fruit or vegetable color group has its own unique benefit for your body; therefore, you need to "eat the whole rainbow."

This is accomplished by providing small bites of local or seasonal fruits and vegetables for attendees to sample. And in some cases, participants say they

are trying English peas, blueberries, or dragon fruit, for example, for the very first time.

We also devote time to work with special needs groups, support groups for various chronic diseases, and cancer survivors. These connections are important because these populations have more challenges managing their conditions or are more at risk of becoming ill if they do not know how to make better lifestyle choices. These are some of the ways that we connect with members of our community to understand what tools can improve their health outcomes.

For more information, or if you are interested in a field trip opportunity, please email Grow2Heal@baptisthealth.net.

Thi Squire is passionate for all things food related with a desire to nourish those she loves. With over 25 years of hands-on experience with local produce companies and farms in developing products and in package design, logistics, sales, organic certification, food safety and the culinary arts, she has a developed great understanding of food systems and the impact they have on how we eat. These skills became useful when, after observing the rise in obesity with her children's schoolmates, she felt she needed to make better choices for her family and try to encourage others as well. In partnership with a produce company, she started a nonprofit to educate students on how to eat more fruits and vegetables. Eight years ago, she was brought on board to develop the Grow2Heal garden at Baptist Health Homestead Hospital with the goal of preventative health through nutrition. There are now Grow2Heal gardens at Baptist Health South Miami Hospital, Baptist Health Doctors Hospital, West Kendall Baptist Hospital, and Miami Cancer Institute, part of Baptist Health.

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.





JKV's Newest Crown Jewel, Westlake, Now Open To Public!

The \$120 million newest crown jewel—Westlake at John Knox Village—is now open to the greater community. The most ambitious project in JKV's 56-year history showcases two conjoined apartment buildings

with 147 state-of-the-art sun-splashed apartments, six fun floorplans, two floors of covered parking, and an amenities-filled first floor. There's something for everyone to see. Westlake is filling fast, so let's see you soon!



BETTER HURRY! THEY'RE GOING FAST.

One Bedroom **AMELIA MODEL**



Only 18 Left!

**1 Bedroom + Den/Bedroom, 2 Bath
1,231 Sq. Ft.**

Two Bedroom **BISCAYNE MODEL**




Only 2 Left!

**2 Bedroom, 2 Bath
1,748 Sq. Ft.**

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



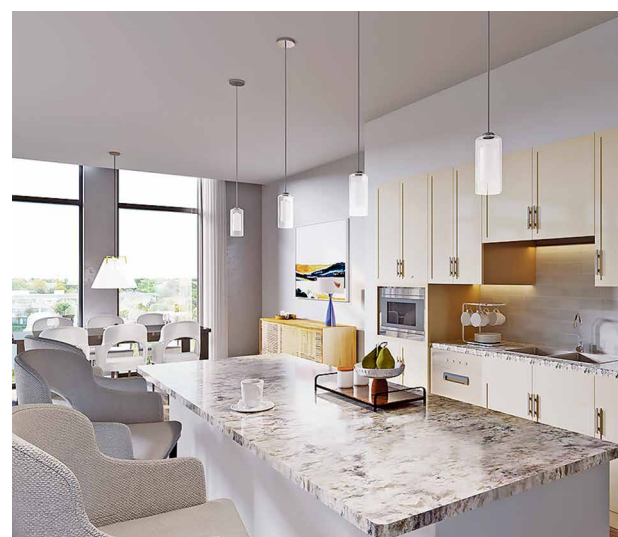
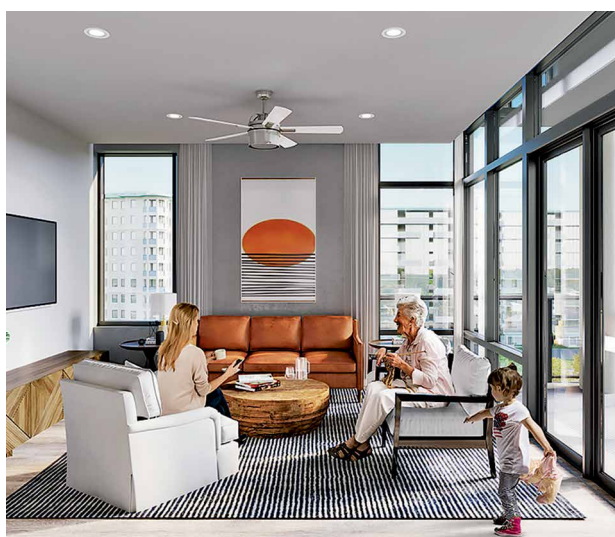
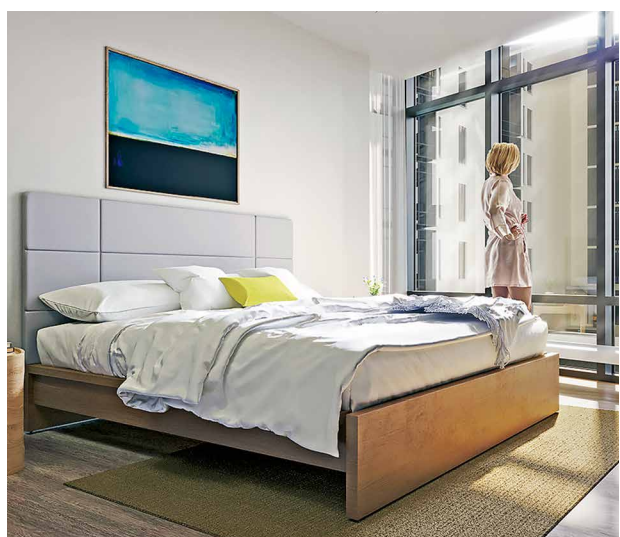
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Westlake
JOHN KNOX VILLAGE

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- Westlake Eatery
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Learn why JKV is the right solution for so many.



Thursday, February 8 -or- Thursday, February 22
11 a.m. – 12:30 p.m.

G0224

Call to RSVP for lunch today **954-871-2655**

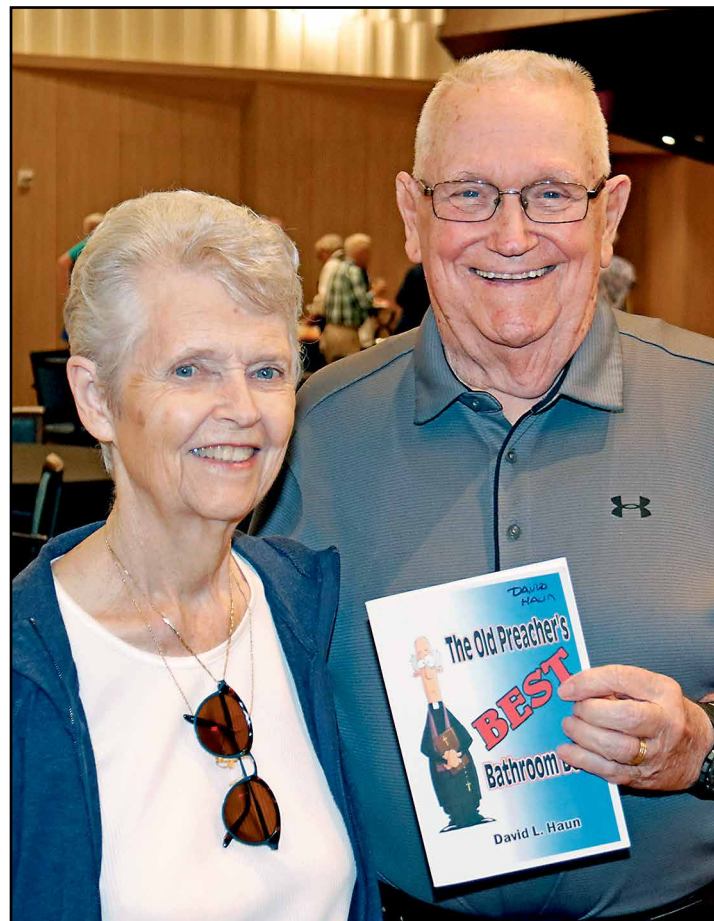


JKV Resident Authors Seven Books

David Haun Fulfills A Lifetime Goal During His 20 Years At JKV

Marty Lee
Gazette Contributor

David Haun and his wife Twylah are longtime John Knox Village residents. Having been one of the first couples who moved into the then-new Heritage Tower apartment building, the Hauns have been active in community life. During their more than 20 years of residency,



Twylah and David Haun with David's book, "The Old Preacher's Best Bathroom Book."

they have served on committees, volunteered their time and talents in Village services, and have pursued their lifelong goals.

Prior to moving to JKV, they had lived in Wilton Manors for 35 years. Most of those years they worked—Twylah as a teacher and David a pastor. Twylah's mother, Marie was living at John Knox Village, so they moved as soon as they were age qualified, and have loved their involvement in the life of JKV.

During his years at the Village, David had an unfulfilled goal. He wanted to become a published author. He told the *Gazette*, that ever since he was a little boy, he had wanted to write.

"My mother and I used to sit on a swing, when I was in first or second grade, we'd make up stories, we'd make up poems," David said. For all the many years after sitting with his mom on that swing, David still wanted to author books, "But never thought I would have the ability to publish until I moved to John Knox." Writing and publishing his own books was David's dream and goal in life.

The Opportunity To Fulfill A Dream

"The possibility of the dream coming to life presented itself one day in the lobby of Heritage Tower," he said. "A notice of an invitation to residents to write down their dreams and fasten them to the wall. I wrote my dream – that I might write and publish five books before I died.

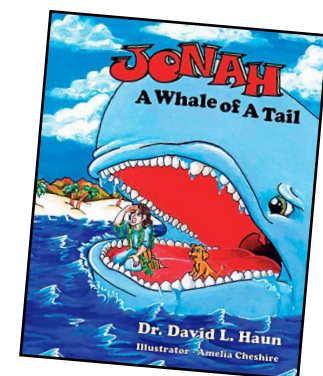
"Shortly after that I saw that Marty Lee [contributing writer and photographer at JKV] was offering to help residents publish their life story through a class called 'Silver Scribes.' Marty said if we'd write it, he will put it together and get it published on Amazon.



"I asked Marty if he would help me publish a children's story. He said he would—but I'd have to find an artist. So, I prayed for one, and in a matter of days I met Curtis Iverson, living right here at John Knox Village and discovered he was an artist.

Those chance meetings lead to the creation and publication of my first book, "Jack and the Really Big Beanstalk."

"After Jack was published, I had two other children's stories, and didn't know how to get them published. Then my daughters called and said, 'Dad, you write the stories and get the illustrations [for the two children's

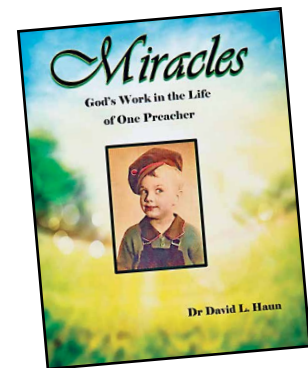


books] and we'll get them published on Amazon."

Now with his daughters' assistance, David has embraced his goal, and to date, has published seven books.

David's writing ambition is an example of the creative opportunities offered at the

Village. Whether your aspiration is painting, music, writing, stained glass, woodworking or any other artistic endeavor, JKV has the time and place for you to refine the creations of your dreams.

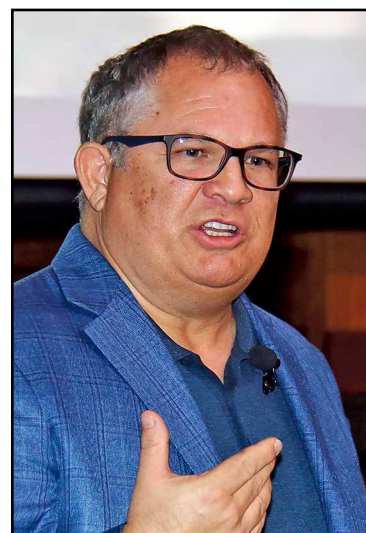


John Knox Village Once Again Receives Distinguished 'Best in Wellness' Awards

Kim Morgan Vagnuolo
Gazette Contributor

John Knox Village is thrilled to announce that it has again been honored with the 2023 ICAA NuStep Pinnacle and Beacon Awards, solidifying its position among the Top 5 and Top 25 "Best in Wellness" senior living communities in North America.

South Florida's premier Continuing Care Life-Plan Retirement Community has been recognized annually with these awards since 2019. Once again, the acknowledgments underscore JKV's commitment to fostering a wellness-centered culture that benefits all residents and staff within the community.



Colin Milner, CEO, and founder of the ICAA

The ICAA NuStep Pinnacle Award and Beacon Award are a joint initiative between the International Council on Active Aging (ICAA), an organization at the forefront of leading, connecting and defining the active-aging industry, and NuStep, a prominent manufacturer of recumbent cross-trainers widely used in health care, senior living, and fitness.

Colin Milner, CEO, and founder of the ICAA, emphasizes the evolving importance of wellness in senior living communities. Milner told the *Gazette*, "Wellness has evolved from being a programming option to becoming a way of life. And these communities are setting the pace for the rest of the industry to follow."



Accepting the Pinnacle and Beacon awards are JKV Team Members: Jamisyn Becker, Kim Morgan Vagnuolo, Marsha Dixon and Gloria Gantes.

A Sense Of Community

According to Jamisyn Becker, JKV's Director of Marketing & Innovation, "At John Knox Village, we prioritize programming that embraces wellness as its key focus to nurture physical vitality and maintain a culture of connection. By prioritizing holistic well-being, we cultivate not just healthier bodies but also stronger bonds, fostering a community where every individual thrives."

As the older adult population continues to grow and individuals seek a better, longer life, the significance of where one chooses to live becomes increasingly essential. JKV inspires the industry, leading the way with its comprehensive wellness culture.

Comprehensive Life-Plan

For the past 56 years, JKV has set the bar when it comes to delivering an all-inclusive resort lifestyle designed for living life to the fullest at each stage of retirement. JKV emphasizes fitness and overall well-being with world-class programming, state-of-the-art amenities, healthy and delicious dining, long-term medical care for all residents, and so much more.

The International Council on Active Aging (ICAA) connects and defines the active-aging industry,

supporting professionals in developing wellness cultures for adults over 50. The association focuses on active aging, helping older adults live life as fully as possible within all dimensions of wellness.

NuStep, LLC designs, manufactures and distributes recumbent cross-trainer exercise equipment. NuStep products empower users of all functional abilities and fitness levels to engage in exercise that builds strength, enhances independence, and improves health outcomes. NuStep sponsored the Pinnacle and Beacon Awards recognizing senior communities and centers transforming lives through whole-person wellness programming.

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

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Options For Selecting A Trustee

Scott Montgomery
Gazette Contributor



Scott Montgomery,
CLU, ChFC

It takes time to build wealth, create trusts and develop an estate plan to protect and preserve one's assets for future generations. Yet, it is not uncommon for people to make a split-second decision when naming a trustee to carry out their wishes under the terms of their trusts.

Trustees are persons, businesses or institutions you select to manage, protect, preserve and administer the assets you place in trust for your named beneficia-

ries. Their responsibilities include investing trust assets, managing tax compliance, recordkeeping and reporting, and evaluating beneficiaries' requests for distributions, all while maintaining a fiduciary duty to carry out the terms of the trust, as specified by the grantor. While trustees need not be experts in all these tasks, they must be prepared to commit a significant amount of time and resources to perform them regularly, use their discretion to make decisions and always act in the best interests of the trust and its beneficiaries.

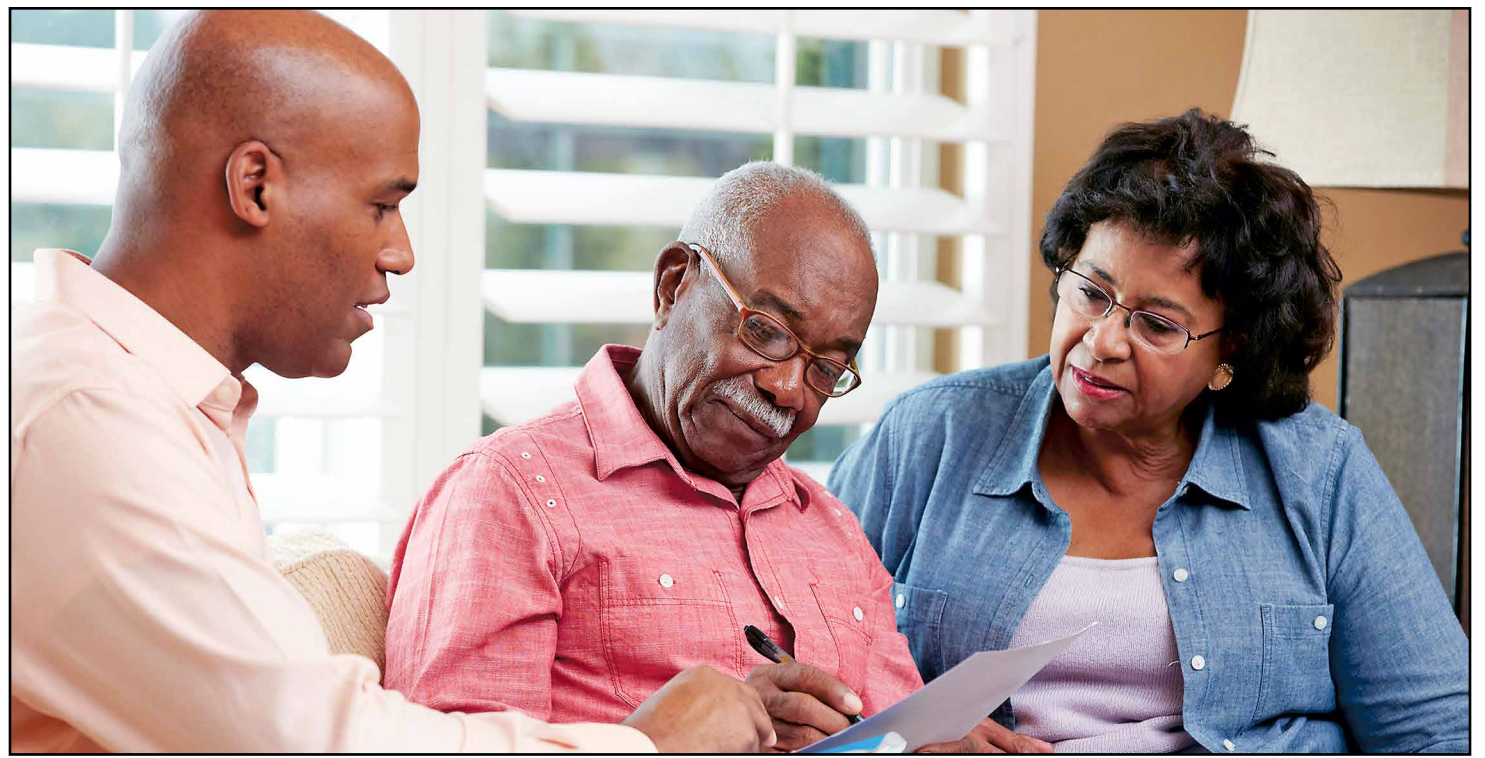
Family And Friends

For many individuals, it is easy to select a trustee who is a family member or friend who understands their values and can make decisions they would make if they were no longer able to do so. Under most circumstances, these arrangements work best for most people. However, not everyone has the same family dynamics. Ask yourself if selecting one family member over another will exacerbate tensions among your beneficiaries.

Would naming all your children as equal co-trustees create discord? Can whomever you choose act impartially and separate their interests from those of the trust and its beneficiaries? In all instances, assign a successor trustee to take the reins should your original selection pass away or be unable to continue performing their trustee duties.

Trusted Advisors

Your attorney and accountant likely understand your



It takes time to build wealth, create trusts and develop an estate plan to protect and preserve one's assets for future generations.

unique needs and goals and how they fit within your family dynamics. They also probably have experience serving as trustees and carrying out clients' estate plans.

However, their professional expertise comes at the cost of higher administration fees than those charged by a friend or family member. Moreover, when your trustees are one of your advisors, there may be a conflict of interest when family members engage them for their personal needs.

Banks And Trust Companies

A wide variety of corporate trustees, such as banks and other financial institutions, operate solely to manage and execute family trusts. They employ licensed professionals and have the systems, processes and procedures to meet their legal responsibilities as trustees. However, these institutions prioritize trust investment and administration more than a family member or friend. Therefore, they are more likely to be rigid and restrictive when making decisions for beneficiaries with different needs and goals. This level of expertise and commitment also results in fees that can run as high as 2 percent of trust assets.

Although selecting the right trustee to carry out your wishes can be challenging, your financial advisors can help you consider all the options available and plan for all the what-if scenarios that can occur based on your ultimate decision.

No matter whom you name, you may support them with a personal letter detailing all your hopes and goals for your beneficiaries. You may also include specific rules and limitations you want your trustee to follow when carrying out the terms of the trust. Although these documents are not legally binding, they can serve an important purpose in helping trustees preserve your legacy and pass it on to future generations as you intend.

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.

News From JKV's 'IT' Guy

Oh, 'Hack No,' Tips For Online Security

Jason Cook
Gazette Contributor



Jason Cook, JKV's Technology Engagement Coordinator

In these trying times, we always need to be on our guard. The same holds true when we are surfing the web. There are many threats in the cyber world, such as viruses, which can spread from computer to computer, changing the way your computer works.

Viruses can usually be avoided by not opening suspicious emails and not accessing the links or attachments that come with them. Some threats are more significant than others with the largest of them catching you off guard and not being what you thought the email was.

Watch Out For The Scam

The Cyber Bad Guys can be very clever and sophisticated offering a subject line that could tug at your heart, prey on your emotions, and make offers that sound too good to be true (almost always they are).

Another possible threat is losing control of your computer either through ransomware or through remote control software.

Wikipedia defines ransomware as: "...a type of malware from cryptovirology that threatens to publish the victim's personal data, or permanently block access to it, unless a ransom is paid.

"While some simple ransomware may lock the system without damaging any files, more advanced malware uses a technique called cryptoviral extortion. It encrypts the victim's files, making them inaccessible, and demands a ransom payment to decrypt them."

So, hackers will encrypt your hard drive and only allow you access to it after they have received payment. Often, they pose as computer technicians who ask to take control of your computer so they can find and remove "the problem."

Once allowed into your system they will head right to your Settings and change your password for the computer, meaning the next time you want to use your computer you will need to get access from them. Therefore, I recommend only letting someone you know very well take control of your computer.

The Biggest Threat Out There Is... You

Most of these scams rely on you panicking, having a knee-jerk reaction that the scammers will tell you needs immediate action to resolve, and not thinking clearly in what is typically, a highly stressful moment.

Clicking on a link or calling a number from a phishing email is probably the most popular and successful type of fraud. As mentioned above, if you ever get an email claiming something is too good—or bad—to be true, it probably is.

If you get an email from your bank claiming something is wrong and you need to click a link immediately to fix it, NEVER do it. Get your bank statement, find the customer service phone number on it and call.

At John Knox Village, there is an added level of security by having technical support, stationed in various apartment building lobbies on scheduled days and times. That support is me.

Legitimate Businesses Do Not Ask To Be Paid In Gift Cards

Recently, a resident was heading out from our Caspels Tower to the parking lot. He stopped, came back in, walked over to my office, and said, "I am heading to Target to get some gift cards to pay Microsoft for fixing my computer. Does this sound right to you?"

I immediately informed him that Microsoft does not fix computers to be paid in gift cards, and that anytime



someone wants to be paid in gift cards, it is a scam.

Thanks to him sensing something was wrong—and having a resource to ask—he did not spend (and ultimately lose) \$2,500 on Target gift cards to continue to support the scammers.

JKV's Dedicated 'IT' Guy

Recognizing technology is not going anywhere and, in fact, continues to become more entrenched in people's day-to-day lives, John Knox Village has made a conscious decision to provide a full-time technology support team member for its nearly 1,000 residents.

Jason Cook, JKV's well-credentialed Technology Engagement Coordinator, provides residents with personal assistance, as well as classroom-style training. Residents have overwhelmingly embraced having Jason as their "IT [Information Technology] Guy."

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

In Good Taste: Caramelized Strawberry Brioche, Just In Time For Valentine's Day

Rob Seitz
Gazette Editor



John Knox Village Head Chef Frederic Delaire

While serving as Executive Chef at the Loews Miami Beach Hotel on Miami Beach, now John Knox Village's Head Chef Frederic Delaire had two of his recipes featured in Sara Liss' "Miami Cooks" cookbook, including one he wants to reprise as Valentine's Day approaches.

His elegant, fancy and simple-to-make Caramelized Strawberry Brioche is a perfect dessert after enjoying a romantic dinner at one

of JKV's four dining venues, in a resident apartment or villa, or at a restaurant off campus.

Juicy red strawberries with whipped cream are the perfect combination of flavors in one delicious cake, and fruit desserts are always such an impressive dish to serve a date or guests.

Caramelized Strawberry Brioche (Serves 4)

Pastry Cream

- ½ cup sugar
- 5 egg yolks
- ½ cup cornstarch
- 2 cups whole milk
- 2 tbsp. butter at room temperature
- ½ vanilla bean halved lengthwise

Strawberry Sauce

- 1 cup strawberries, halved
- ½ cup sugar
- 1 tbsp. lemon juice

Caramelized Brioche

- 1 cup (2 sticks) butter
- 1 cup sugar
- 1 loaf brioche, cut into 4 (1-inch-thick) pieces

Strawberry Salad

- 2 cups strawberries halved
- 1 tbsp. chopped mint

Assembly

- 2 cups Pastry Cream
- ½ cup whipped cream
- 1 tsp. Grand Marnier (optional)
- 1 cup Strawberry Sauce

Method Of Preparation*:

Pastry Cream: In a bowl whisk together sugar, egg yolks and cornstarch. Combine milk and butter in a saucepan over medium heat. Scrape the vanilla seeds into the pan and whisk in. Bring to a boil, then remove pan from heat and set aside for 10 minutes.

Pour the vanilla-infused milk into the egg, cornstarch mixture and whisk continuously for 10 seconds. Pour the mixture back into the saucepan and bring to a boil over medium heat. Boil for 1 minute, whisking the entire time, until thickened. Pour the pastry cream into a bowl. Set aside to cool, then refrigerate.

Strawberry Sauce: In a medium saucepan combine strawberries, sugar and lemon juice and bring to a boil over medium-high heat. Cook for 2 to 3 minutes, until strawberries have softened. Transfer to a blender and puree until smooth. Refrigerate until needed.

Caramelized Brioche: Melt butter in a skillet over low heat. Add sugar and cook for 8 to 10 minutes, until caramel-like. Remove from heat and dip the 4 slices of brioche into the caramel, coating both sides.



Chef Frederic's Caramelized Strawberry Brioche is a perfect Valentine's Day dessert. Photo source: Sara Liss, author of "Miami Cooks."

Place the slices on a nonstick surface and set aside to cool for 15 minutes, until brioche is slightly crispy.

Strawberry Salad: In a bowl combine strawberries and mint. Cover and refrigerate until needed.

Assembly: In a bowl whisk together pastry cream, whipped cream and Grand Marnier, if using. Place the slices of caramelized brioche on plates and spread the cream over the surface, about 1/2-inch thick. Arrange strawberry salad on top, then dot strawberry sauce around the plates.

*Reprinted from "Miami Cooks," by Sara Liss.

JKV's Dynamic Dining Duo

Defining the Culinary Arts For Nearly 1,000 Residents And Three Meals Per Day

Rob Seitz
Gazette Editor

One has crisscrossed the country chasing his culinary passions. The other has crossed the

Atlantic pursuing his.

After years in high-end pedigree dining venues in Europe and the U.S., they have both landed at John Knox Village and together they make up the Village's Dynamic Dining Duo.

Lance Sanson, Vice President of Campus Dining, and Executive Chef Frederic Delaire are from worlds apart; however, they are similar in their desire to provide the highest caliber dining experience for the 1,000 residents who call JKV home.

Lance's hospitality career began at the famed Chanterelle restaurant in Eugene, OR, while Chef Frederic was working, watching, and learning from his grandfather, a well-known baker in southwest France.

Lance's resume boasts stints at the prestigious Pepi's Restaurant and Bar in Vail Village, CO, where he did tableside cookery and fine wine decanting. Fast-tracking to the late 1990s and Lance worked with foodservice industry innovator and leader Bill Anton at Anton Airfood, where he opened the first wine bar in JFK Airport's International Terminal One and was charged with transitioning airport food into airport dining.

Most recently, Lance headed the Guest Services at Life-Plan Continuing Care Retirement Community Moorings Park, in Naples, FL.

He sees similarities from there to JKV: "I created a Hospitality Training Platform called Diamond Dining, which combined compassionate care, values with resident understanding and table service to individuals who had not worked in dining before."

Lance also partnered with his Certified Executive Chefs to create the first senior living accredited campus for training culinarians who could not afford school.



Executive Chef Frederic Delaire (left) and Vice President of Campus Dining Lance Sanson are John Knox Village's Dynamic Dining Duo.

Meanwhile, across The Pond, Chef Frederic was studying at the La Palme School for Culinary Arts in France. After school, Chef started his journey at the 2-Star Michelin restaurant L'Aubergade in Puymiroi, southwest France.

Struck by wanderlust after four years, Chef Frederic traveled to Germany to work with German Chef Christian Lohse at the restaurant Die Windmule in Westphalia. In 1997, he returned to France to join the team at the famous Michelin Star restaurant Jules Verne, located on the second floor of the Eiffel Tower, in Paris.

In 1999, Chef packed his bags and flew to South Florida. Among his stops as Executive Chef prior to

joining JKV were at the Historic National Hotel on South Beach and Loews Miami Beach.

Chef Frederic has participated in the South Beach Wine & Food Festival for 13 years, collaborating on spectacular dining events, including the Tribute Dinner and Southern Brunch.

"The reason I am here is because of the man across the table," Chef Frederic told the *Gazette* during a recent lunch at one of the Village's dining venues, the Seaglass, while pointing towards Lance. "He has a vision for John Knox Village, and I want to be a part of that. This is an exciting time to be here, and I look forward to helping make positive changes to the dining experience."

Exhibits Now On View At NSU Art Museum Fort Lauderdale

For Immediate Release
Special to The Gazette

NSU ART MUSEUM

FORT LAUDERDALE

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

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

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

"Walasse Ting: Parrot Jungle," Through March 10

"Walasse Ting: Parrot Jungle" is 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 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 in dialogue with the Museum's Cobra Collection, which includes essential works by Ting and is the largest holding of artworks created by affiliates of the post-war movement known as CoBrA (an acronym for the founding artists' native cities: Copenhagen - Brussels - Amsterdam) within the United States. The Cobra artists stood for freedom, spontaneity, collaboration, interdisciplinary practice and ceaseless experimentation. These values resonated profoundly with Walasse Ting upon his arrival to Paris in the 1953, leading him to establish lifelong friendships with key Cobra figures Pierre Alechinsky (b. 1927, Brussels, Belgium; lives and works in Bougival, France), Karel Appel (b. 1921, Amsterdam, The Netherlands; d. 2006, Zurich, Switzerland) and Asger Jorn (b. 1914, Jutland, Denmark; d. 1973, Aarhus, Denmark).

In the spirit of Cobra and the Museum's ethos, this exhibition will champion Walasse Ting as a citizen of the world, one who made many places, including South Florida, his honorary home, and created a



Walasse Ting, "Untitled," early 1990s, Chinese ink and acrylic on rice paper. Private Collection, Amsterdam.

unique oeuvre that was passionately enriched by all he encountered.

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 and Eric Barron.



Alma Thomas: "A Fantastic Sunset."

"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 identified with artists including Frank Bowling, Helen Frankenthaler, Sam Gilliam, Morris Louis, Kenneth Noland, Jules Olitski, Larry Poons, Frank Stella 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 Arts 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).

Stella wrote, "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

Frankenthaler'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. In Memory of Linda Frankel.

"Glory of the World: Color Field Painting (1950s to 1983)" is sponsored by Suzi and David Cordish, Stephanie and Howard Krass, the Jerry Taylor and Nancy Bryant Fund of the Community Foundation of Broward and Four Seasons Hotel and Residences Fort Lauderdale.

Upcoming Events:

Creativity Exploration: Memories and Meanings, Thursday, Feb. 1, 6 to 7:30 p.m.

Inspired by the collected and curated objects in the assemblage pieces by artist Katherine Jones, craft your own memory box with objects that remind you of your relationships and journeys. Bring any materials you wish to incorporate into your design.

Creativity Exploration adult workshops promote the benefits of material exploration and the mind-to-body experience. The workshop is led by educator Lark Keeler, a specialist in mindfulness education. Preregistration Required. Space is Limited. Creativity Exploration is sponsored by the Charles P. Ferro Foundation Pricing: \$15 for members; \$25 for non-members. Ticket Link: <https://ci.ovationtix.com/34755/production/1183935>

Sunny Days/Starry Nights: Free First Thursday, Feb. 1, 11 a.m. to 7 p.m.

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

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

Bank of America Museums on Us, Saturday, Feb. 3, 11 a.m. to 5 p.m. & Sunday, Feb. 4, 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.

Fort Lauderdale Neighbor Day, Sunday, Feb. 25, Noon to 5 p.m.

Every last Sunday of every month, Fort Lauderdale residents receive free admission to NSU Art Museum as part of Fort Lauderdale Neighbor Days. Residents must show a photo ID, driver's license, or residential utility bill with proof of Fort Lauderdale address. Visit the Museum Cafe & Store and receive 10% off books published by NSU Art Museum, and 2-for-1 wine in the Museum Café

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 Road Heavily Traveled

JKV Resident Reminisces About Her Life In India And Her Visits Since

Janet Anding
Gazette Contributor

If you have been following my current series of travel stories in the *Gazette*, you may remember that I have written about my visits to countries that are not frequently visited by tourists: Iceland and Mongolia. In this issue of the *Gazette*, I turn my attention to the most populous country in the world: India.

Off To India

In 1967, my father, a manager with TWA (Trans World Airlines), was transferred to Mumbai, then called Bombay, India. As a 17-year-old-wanna-be world traveler, I was transfixed with everything both yin and yang. I wanted to see the rich and the poor, palaces and slums, fabulous aromas and bad odors and gloriously diverse people wanting to get to know you and vice versa.

The colors and the foods of India can awaken all your senses. We arrived in the night and woke up on our first day to see the Arabian Sea across our street. My brother, 14 years old and my younger sister, 12 years old, entered private Indian schools: A pretty big cultural shock for both of them. I was on my way to college in the U.S., so I spent summers and holidays in India. I remember all three of us were invited to be extras in Bollywood movie sets, acting as visiting foreign tourists.

We earned 15 Rupees a day, just over \$1, and all the Cokes, Fantas and mango soda we wanted. I regret we don't have the names of these movies as all had very well-known actors starring in them. I may research that one day.



Janet Anding, dressed in her Indian sari, was the only female airline manager of all airlines in India during the 1980s.

Another amusement, without our parents knowing, and because I was tall and looked older, I would take them out of school for a hooky day. We ate "Buff" Burgers and ice cream at a rare European cafe. Our parents didn't like us eating water buffalo, but cow and pork were not available in shops or restaurants. We loved those burgers. Then off to the movie theaters for a one Rupee admission equivalent to 13¢ for the kids and two Rupees, 26¢ for me.



Traffic in the large cities of India is often a haphazardly choreographed mix of pedestrians, bicycles, rickshaws, carts, cars, trucks and buses. Sometimes an ox cart joins in the thrills of negotiating India's roadways. Photo source: Big Stock.

Our mother took us on many trips. A favorite was a day-trip train to Pune (Poona), a city with one of the highest numbers of colleges and universities, also called the Oxford of the East. We loved seeing the many temples and mosques, plus other houses of worship for different, smaller religions in and outside of India. We often flew to Hong Kong and Bangkok to sightsee, have an eating fest and a western food shopping spree. We missed a lot of our American foods like peanut butter, cheeses and mayo, but we did have a cook who almost daily made us the best hand-made potato chips ever. Afternoons, we would sit in the kitchen eating them almost straight out of the frying pan.

We experienced monsoons so heavy you couldn't see your feet, and many earthquakes, luckily no big ones, but yet strong enough to knock pictures off walls. A few times, we were stuck inside our home for some days due to labor or political riots with hundreds of rioters on our street. These were great adventures for us from the calm American Midwest.

We loved shopping for handicrafts. Early on, my brother bought sandals made of old tires – no animals harmed here – and my sister and I bought and enjoyed wearing saris. All of us still have some of these items in our homes today.

It Is Not Ice Cream

The best memories were the people we met, and they often invited us to their homes. Originally, we were shy especially as we were unfamiliar with their food. At one meal we received, what I thought was, ice cream with cinnamon sprinkled on top and I tucked right into it. Oh my, it was not ice cream at all, but curds doused with scalding chili powder. We were fast learners to take a small bite first. As time went on, we came to love Indian foods from all parts of the country.

My mom kept up correspondence with some of these folks for almost 50 years.

My Promise

After two years of college, I advised my parents that I was taking a hiatus from school and was determined to get a job with TWA. I promised my dad, that I would be doing his job in India within 25 years. At age 19, I was hired by TWA in St. Louis as a reservation agent. In 1975, I was sent to Hong Kong and India on a temporary duty.

After some promotions and 15 years after starting with TWA, I was hired as their Bombay Airport Manager. My dad had told me to fight hard for the position

but expected they would never hire a female. Sadly, he passed away the month I started in India, but he knew I got the job, and I was grateful I kept my promise.

I was there from 1985 to 1988. It was the hardest job ever, yet I felt like I was in Heaven. I have often returned to India including September/October 2023. The people have always been kind, polite and gentle. If you compliment anything such as someone's shirt, a similar shirt would arrive in no time at your home. People who were my teenage friends in the '60s became my adult friends in the '80s.

Eve's Weekly

An Indian magazine similar to USA's *Cosmopolitan* interviewed me and put me on their cover in May 1985. I was the only female airport manager in India and one of only two in all of Asia. I was blessed to have a super-efficient secretary. At one point, we were getting up to 100 letters a day from young ladies and she helped me sort and answer them. Luckily, I had won my first and hardest battle with TWA headquarters and that was for computers. What a thrill that TWA was the first airline in India to be automated and computerized, and it also helped us get those letters answered.

India Today

Seeing the grown-up India is amazing. They have jumped from a fledgling country with a lot of growing pains to a very impressive 21st century nation. The first and best accomplishment was learning to grow enough to feed its 1.43 billion citizens. Today, there is excess that helps the economy by exporting abroad. This summer, India became the most populated nation on earth surpassing China by 3 million people.

Some of my earliest memories are of the deplorable airports and lack of efficient highways – just bad roads with ox carts, rickshaws, bicycles, motorcycles, cars, trucks, buses and more.

Today's transportation has definitely improved. Many of the airports are new and shiny. Mass transit is expanding dramatically. During my 2023 visit, our guide told us, "By the end of the decade, all 46 cities with more than one million people will have a Metro rail line system. Sixteen are already online."

Landline telephones were rare or did not work well and it now seems they have been replaced by everyone carrying a smartphone.

Today, India is a wonderful mix of centuries old traditions combined with the latest in advanced technologies. The following anecdote perfectly describes the convergence of the old with the new.

I bought produce from a subsistence farmer in front of a simple home with a makeshift table and a tarp overhead. Mode of payment: "QR code hanging from a string – no cash accepted."

You have to love Apple Pay. The government is attempting to become a non-cash society. This is to get taxes due plus squash black market sales. This is still something of the future. No explanation is needed about India's IT industry which has exploded.



The scene today in Mumbai, India's modern Chhatrapati Shivaji Maharaj International Airport. Photo source: Big Stock.

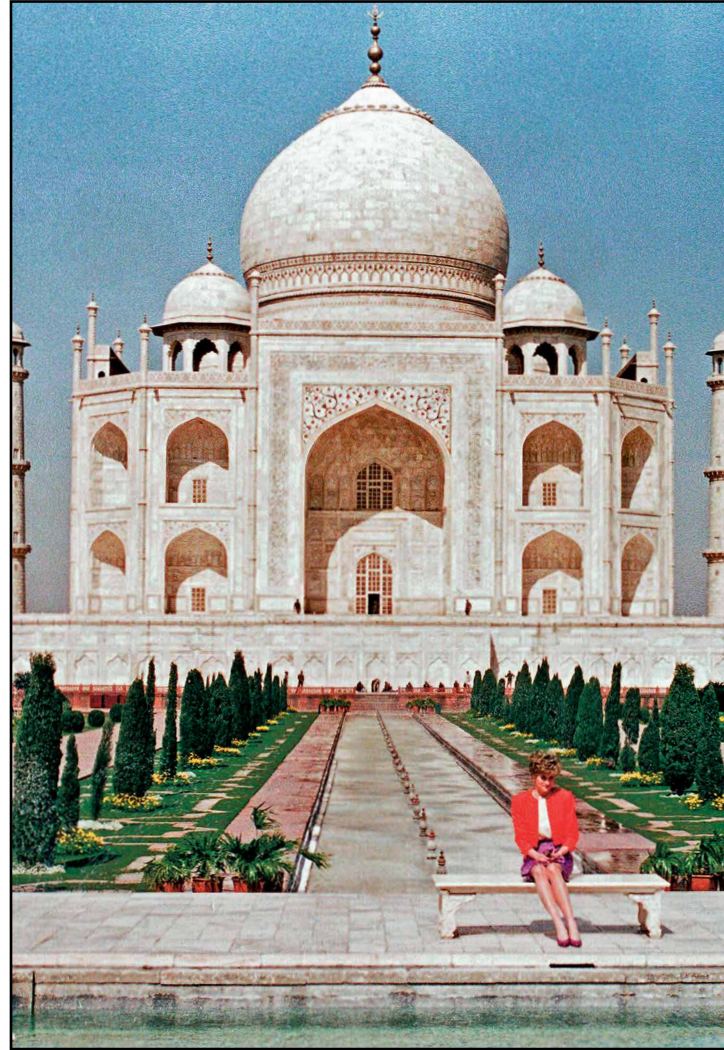
John Knox Village Cassels Tower resident, Janet Anding has traveled the world since she was a young girl. By her count, Janet has visited 156 of the 193 countries in the United Nations, and 228 of the 330 places noted in the "Travelers' Century Club" list, and has now crossed the equator for the 48th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

India: A Kaleidoscope Of Colors, Celebrations And Ancient Beauty

Nona Cree Smith
Gazette Contributor

Today's India is a land with an advanced technology that made the country the first in the world to land their spacecraft, Chandrayaan-3, near the Moon's south pole on Aug. 23, 2023. Adding to this extraordinary achievement, is the fact that India is one of the world's oldest civilizations with more than 5,000 years of documented history.

India is an ancient land of magical beauty, with historical and cultural heritages that are diverse, unique, and offer a rich history. Several examples of monumental achievements in architecture and city planning have been named as UNESCO World Heritage Sites.



Britain's Princess Diana visited the Taj Mahal in 1992.
Image source: Alamy.

The Taj Mahal

Celebrated for its beauty and graceful design, the white marble Taj Mahal in Agra is regarded as the finest example of Mughal architecture. The Taj Mahal was built by Emperor Shah Jahan to honor his wife and confidant, Mumtaz Mahal.

It took about 22 years to build the complex, which includes an extensive garden with a reflecting pool. It has become the favorite backdrop for photos of visiting royalty: From American Jacqueline Kennedy to Princess Diana of Great Britain.



The Hampi Stone Chariot.
Image source: Wikimedia Commons.

Hampi Capital Of The Vijayanagara Empire

Hampi was the capital of the Vijayanagara Empire from 1336 until 1565 AD. Numerous writings and chronicles left by Persian and European travelers, say that Hampi was a prosperous and impressive city with a strategic setting on the banks of the Tungabhadra River. The city was filled with numerous temples, palaces, and trading markets.

By 1500 AD, Hampi-Vijayanagara was the world's second largest, grandest city and probably India's richest, attracting traders from Persia and Portugal.

The Vijayanagara Empire was defeated by a coalition of Muslim sultanates, but many of the architectural wonders and intricately carved buildings have been preserved.



The Holi is a fun-filled Hindu festival. Celebrants throw colored powders on each other and then squirt water pistols. Image source: Shutterstock.

Festival Of Colors

Let's not forget the fun life in India. There are colorful festivals with music, dancing and celebrations of every kind throughout the year.

Holi, often referred to as the "Festival of Colors,"

is one of the best-known Hindu festivals. It celebrates the end of winter and the start of spring. The religious part commemorates the victory of good over evil with the burning of a demoness named Holika, made possible with the help of the god Lord Vishnu. The fun part involves people throwing powders of bright colors all over each other, then using water guns. This is based on Lord Krishna, who liked to play pranks on the village girls by drenching them in water and colors.

Holi is a delightful, carefree festival that's great fun if you don't mind getting wet and very colorful.

Festival Of Lights

Diwali is the Indian "Festival of Lights" that celebrates the triumph of light over darkness, good over evil, and the blessings of victory, freedom and enlightenment. It also celebrates Lord Ram and his wife Sita returning to their kingdom of Ayodhya.

Diwali is known as the "Festival of Lights" for all the fireworks, small clay lamps, and candles that are lit to help guide the loving couple on their way. For Hindu families, Diwali is the most anticipated festival of the year.



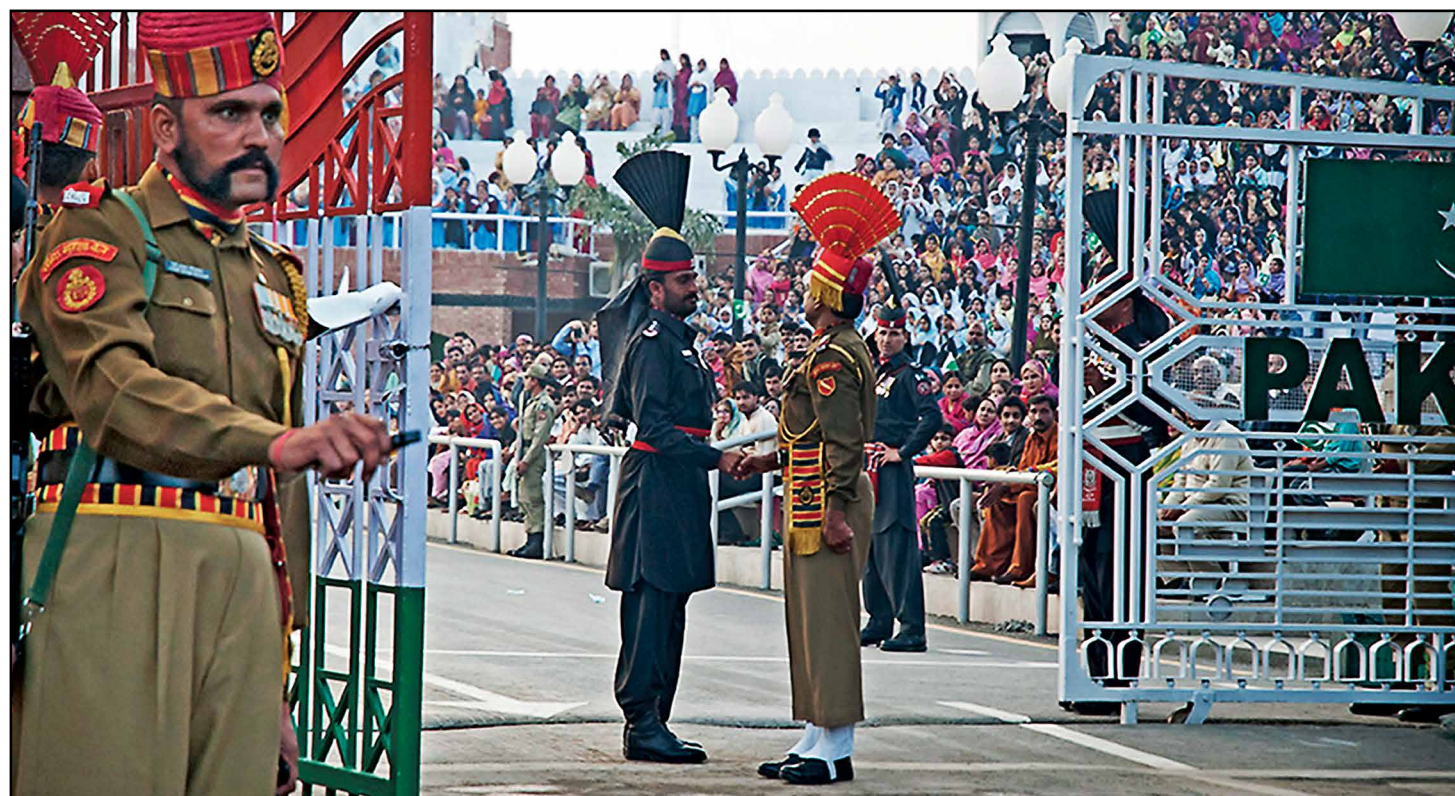
The Hindu festival "Ganesha Chaturthi" tributes the deity Ganesha. Image source: Wikimedia Commons.

Ganesha Chaturthi

This spectacular festival honors the birth of the beloved Hindu elephant-headed god Ganesha, who is worshiped for his ability to remove obstacles and bring good fortune. The festival is celebrated by local communities competing to see who can make up the most impressive statue on display.

The days are filled with boisterous devotees, offerings of sweets, cakes and lots of music. At the end of the festival the images of Ganesha are taken to the sea or immersed in water as a reminder that everything in life is temporary and that it's sometimes necessary to let go of things we love.

India, Pakistan And Bangladesh: The Consequential Recent History Of The Indian Subcontinent



Every evening as the sun sets, the Border Security Force of India and the Pakistan Rangers of Pakistan perform a perfectly coordinated lowering of flag and closing of door ceremony. Image source: Wikimedia Commons.

Janet Anding
Gazette Contributor

It is impossible to write about such a large country in one Gazette article. One can compare India's diversity to Europe. India is 2,000 miles north to south and 1,800 miles west to east. Traveling from top to bottom is the

equivalent distance of Oslo, Norway to Athens, Greece. India has 28 states and eight territories with 22 major languages written in 13 different scripts. Some 408 additional dialects are still used throughout the country. Hindi and English are both the official languages and all documents are written in both.

The Indian Rupee has the top 17 languages on their paper money.

A Short History

India was under British Authorities from 1608-1947. Mahatma Gandhi, the "Father of India" worked diligently and peacefully from 1919-1942 to gain independence. It came with a high price in 1947 by dividing the sub-continent into three pieces: India, West Pakistan and East Pakistan. The plan, made by Britain, was that the majority of Hindus were to live in India and the Muslims in the Pakistani countries. Immediate massive migration and resettlement came to over 15 million people. It was violent and hostile with over one million killed. In 1972, East Pakistan became independent from West Pakistan and renamed Bangladesh. West Pakistan became Pakistan.

And The Dance Begins

Regrettably, Pakistan and India have never stopped fighting over the border. Every single night on both sides, the Security Forces have a "Good Night" ceremony called Attari-Wagah after the two opposing towns.

Each side opens their gates, lowers their flag at sundown and the colorful prance, oh, I mean dance begins. Both sides raise their legs as high as possible and dance an elaborate maneuver to display symbols of both rivalry and as a means of cooperation between the brotherhoods. Then both sides come to the center and shake hands. Then the gates are closed.

The Mystery Of Andrews Avenue

Pompano Beach Historian Reveals The Stories Behind The Names

Daniel Hobby
Pompano Beach Historian



Daniel Hobby

Locally, most of our roadways are numbered, but a small percentage are named. In North Broward, there are many streets that carry the name of pioneer farmers: Bud Lyons, Robert and Harry McNab, J.B. Wiles, the Blount brothers, and Albert Neal Sample.

In fact, other than a few roads named after national figures (Martin Luther King, Jr. Boulevard) or geographic features (Riverside

Drive), one might assume that a named thoroughfare had some agricultural origins.

An interesting exception to this would be Andrews Avenue which runs from just outside the Fort Lauderdale-Hollywood Airport north through downtown Fort Lauderdale and ending in Pompano Beach at Sample Road. The road continues north, all the way to Jupiter, but by the name Military Trail.

Why Is There An Andrews Avenue?

So, who was Andrews and why is this road named for him? As with so much else in early South Florida history, the man responsible was railway, hotel and land magnate Henry Morrison Flagler, who brought his Florida East Coast Railway south from West Palm Beach to Miami in 1896.

At several spots along the railroad line where there were enough settlers, Flagler's surveyors would lay out a town. Ft. Lauderdale was one; Pompano was not.

Part of laying out the town was creating a grid of streets and avenues, each of which had to be named. Most were numbered but a few were given names. Exactly who provided the names is not exactly clear, but it is hard to believe that Henry Flagler did not

have a decisive say, if he so wished. In the case of Andrews Avenue, it's almost a certainty that Flagler made his preference known, because the road was named for George Edward Andrews, (he went by "Ed"), an employee and friend of Flagler.

Who Was George Edward Andrews?



The baseball card of George Edward Andrews, who played in the big leagues from 1884 to 1891.

Andrews was born in Painesville, OH in 1859. His father was a boat captain on the Great Lakes, and supposedly wanted his son to follow that profession but Ed took a different path, first graduating from college and then becoming a professional baseball player. From 1884 to 1891, he was a second baseman and outfielder for a series of "big league" teams in Philadelphia, Brooklyn, Indianapolis and Cincinnati.

What Was Life After Baseball?

Following his baseball career, Andrews moved to Florida and established a pineapple farm in the Ft. Pierce area. The great Florida freeze of 1895 ended this agriculture venture and he took up umpiring, and in the offseason worked as what we would today call a general contractor. Apparently, it was in this latter role that he met and was befriended by Flagler.

Relying on his baseball experience, he was hired as recreational activities director for Flagler's Palm Beach hotels. In that capacity, Andrews brought in black baseball players (some of whom are today in the Baseball Hall of Fame) to stage exhibition games for the guests. The players were hired to work as groundskeepers, waiters and other service jobs, but their important role was on the baseball diamond.

Andrews died in 1934 in West Palm Beach. He had next to no role in the development of what would become Broward County, and is little remembered for his feats in the basepaths (although baseball history buffs would know that in the first year the National League recognized stolen bases, Ed Andrews led the league with 55 steals), but everyday tens of thousands of people traverse the roadway that carries his name.

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.

Economy And Convenience: The Heron Apartment Home In Village Towers

This month's featured apartment home is the Heron, available in Village Towers. This convenient apartment home—with its beautiful screened in patio—is perfect to enjoy your Life-Plan future. It's especially suited for the economically-minded single or couple who are downsizing, and for those who love to travel and do not have the need for a large apartment floorplan. Plan a visit to get all the information about life at John Knox Village and enjoy a complimentary lunch at one of the many dining venues at JKV.

The Heron: 1 Bedroom 1 1/2 Bath, 790 Sq. Ft.

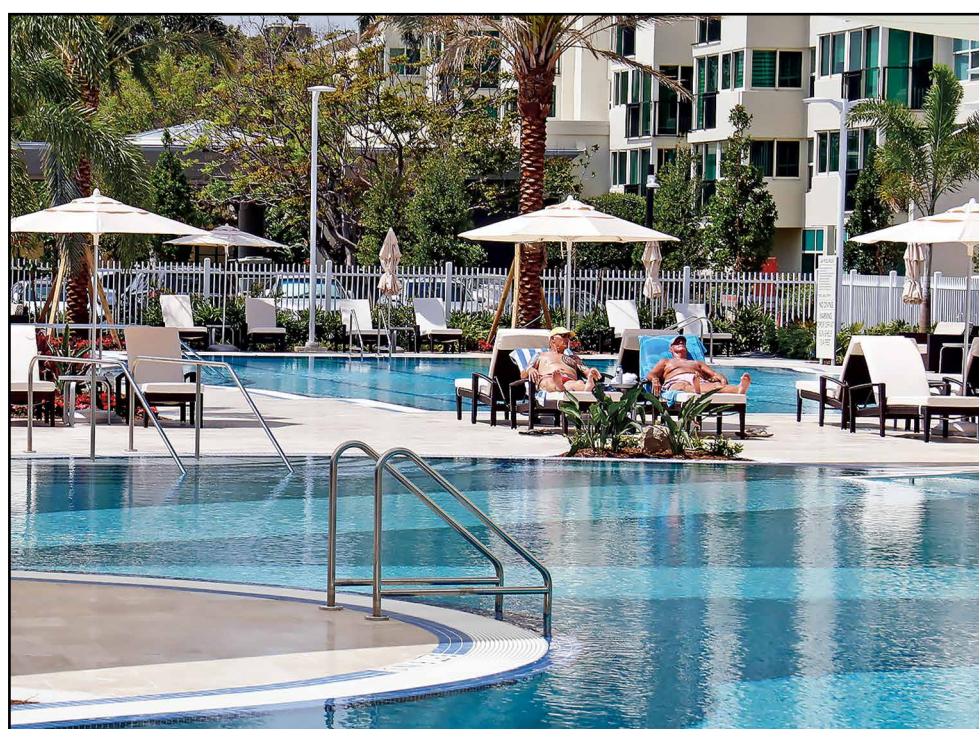


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