



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

# Gazette

where possibility *plays!*

Published Bi-Monthly by John Knox Village • 651 S.W. Sixth Street, Pompano Beach, Florida 33060

### IN THIS MONTH'S ISSUE

- Thanks For Asking ..... 2
- Our National Parks ..... 3



- JKV Entertainment ..... 4
- Pompano Beach Events ..... 5
- Digital Gazette ACE ..... 5
- A General's Thoughts ..... 6
- A Chinese Documentary ... 6
- Q&A With The CEO ..... 7
- From Istanbul To JKV ..... 7
- JKV Residents Speak ..... 8
- Your Future Your Way ..... 9
- Pompano Beach History ... 10
- The 'IT' Guy ..... 10
- Financial Protection ..... 11
- New JKV Exec. Chef ..... 11
- Real Estate Sale Advice ... 12
- JKV's Paralympian ..... 12
- Entertainment Hits ..... 13



- Senior Prom ..... 13
- Road Less Traveled ..... 14
- High-Level People ..... 15
- Splash & Grab: \$50,000 Off JKV's Featured Nautilus Apartment Home ..... 16

web JohnKnoxVillage.com  
JohnKnoxVillage

NONPROFIT ORGANIZATION U.S. POSTAGE PAID FT. LAUD., FL PERMIT NO. 48

John Knox Village of Florida, Inc.  
651 S.W. Sixth Street  
Pompano Beach, FL 33060

## Village Towers Renovation – 10 Stories Of Puzzle Pieces



Above is a rendering of what the Village Towers' first-floor lobby area will look like when renovation work is completed. This view is looking west.

**Sherif Rofaiel**  
Gazette Contributor



*Sherif Rofaiel, JKV Project Construction Manager*

areas inside.

Crews are busy removing outdated fixtures and materials: Old lights and ceiling tiles are being replaced, flooring is

The logistics and details involved with renovation projects throughout the John Knox Village campus often feel like putting a 70-acre jigsaw puzzle together.

Each piece requires careful consideration, timing, and coordination to fit seamlessly into the next.

The biggest puzzle piece this year for me has been renovating our 10-story Village Towers apartment building.

After a 2023 exterior facelift to the 44-year-old structure that included the installation of impact windows, waterproofing and painting, this Jan. 20th we began work on the common

being refreshed, baseboards are upgraded, and walls receive vibrant new coats of paint, all aimed at rejuvenating the aesthetic of a building originally built in 1981.

They started on the 10th floor and worked their way down sequentially, floor by floor.

The crew is currently renovating Village Towers' common areas on the first floor, which include hallways on both the east and west sides of the building, a lobby, party room, kitchen and library.

My goal is to have everything in place, including all the common area furniture and artwork, before Thanksgiving.

Kim Ali, JKV's Vice President of Sales and Marketing, expressed her excitement about the renovations, stating, "When we bring in prospective new residents to Village Towers for a tour, they are blown away seeing the turnaround from what the renovated areas look like compared to what we currently have."

Such responses reflect the transformative vision held by the JKV team. This latest project is set against a backdrop of other considerable renovations across the campus, including

*See "Village Towers" on Page 2*

## America's Beautiful National Parks

'This Land Was Made For You And Me' – Woodie Guthrie

**Nona Cree Smith**  
Gazette Contributor

The U.S. National Park System consists of more than 420 sites, including famous battlefields, historical sites, reserves, memorials, parkways, rivers, and the system's rarefied category of "National Parks" which are found in 30 states and two territories stretching for 7,500 miles from Maine's eastern shores, west to the coral reefs of the South Pacific.

Each year, millions of visitors find magic and wonder as they experience these beautiful and fascinating parts of our country. From finding magic gazing over the majestic vastness of Arizona's Grand Canyon or thrilling to Old Faithful gushing on time in Yellowstone, America's national parks have long been a refuge of calmness, places for exciting adventures and discoveries.

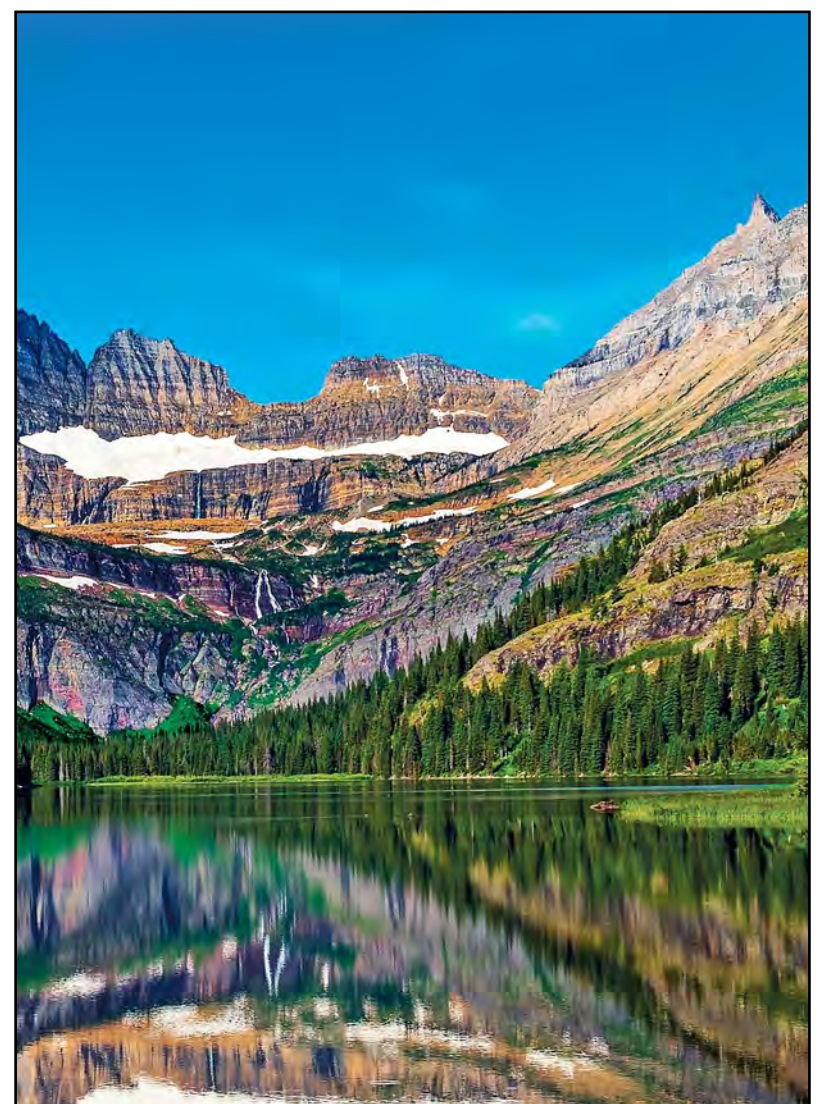
America's National Parks are something most agree on. They are inarguably our treasures, the happy result of our predecessors thinking of the future for us.

When Thomas Jefferson became president in 1801, there were 16 states. For the people living in this young country, the area west of the Mississippi River was a mysterious wilderness.

### Lewis And Clark Expedition

In 1803, President Jefferson launched an ambitious expedition, sending Capt. Merriwether Lewis and Lt. William Clark to explore the 828,000 square miles of land he had just bought from the French, known as the Louisiana Purchase. Lewis and Clark were then ordered to keep going

*See "National Parks" on Page 3*



Lake Josephine along Glacier Trail at Glacier National Park, Montana. Image source: Bigstock.

# Piecing Together A Vision At JKV: The Renovations Continue

From “Village Towers” on Page 1

updates to the 10-story, 117-unit Heritage Tower, three-story, 33-unit East Lake apartment buildings, and the 62-studio apartment assisted living center known as Gardens West.

These efforts highlight the ongoing commitment from JKV’s Board of Directors and the strategic vision established by the Long-range Planning Committee.

Village Towers’ interior has been designed by Pompano Beach-based H3Design, a firm that has provided us with common-area design work for various other projects around the campus.

Several other projects I was privileged to be involved with include renovating our Village Centre and pool, which residents affectionately called “The Lobster Pot” because of its diminutive size.

We reworked the space and now have a great Auditorium, the Hibiscus meeting room and our Glades Grill restaurant, which offers both inside and poolside dining options.

Adjacent to the Glades Grill, residents and guests are taken to our Aquatic Complex, one of the projects for which I am most proud. It has two pools, a resort-style and a lap pool. There are Pickleball and bocce ball courts, a Jacuzzi, and the Bayer’s Poolside Pub, named for residents Dave and Jackie Bayer, who provided a generous contribution to the JKV Foundation.

Recent projects continue to enhance the campus experience, including the innovative conversion of an older Health Center into a state-of-the-art Fitness Studio and the development of Seaside Cove, a two-story skilled nursing center.

Reflecting on eight years of diverse and fulfilling experiences at JKV, it is evident that no two days or projects are the same. The continual evolution and enhancement of the community exemplify the commitment to providing a vibrant living environment for residents, ensuring that John Knox Village remains South Florida’s premier Life-Plan Continuing Care Retirement Community.



JKV’s centrally located Village Towers apartment building is now undergoing an extensive renovation.

## Moving To JKV Not A Real Estate Purchase

Once a prospective resident expresses interest in learning more about John Knox Village (JKV), the next step is to meet with a Life-Plan Consultant.

Typically, the first question they ask is, “What will this real estate transaction cost me?” Many are surprised to discover that they are not purchasing an apartment or villa on the Village campus.

“The upfront Entrance Fee that new residents pay covers an all-inclusive Life-Care contract,” Kim Ali, Vice President of Sales and Marketing at JKV told the Gazette. “This fee secures their care, no matter what future health care circumstances may arise.”

As a Life-Plan Continuing Care Retirement Community, JKV offers residents invaluable peace of mind, ensuring that their future health care needs will always be met.

This comprehensive continuum of care includes options for assisted living, supportive memory care, and skilled nursing—each available directly on JKV’s sprawling 70-acre campus.

For more details on JKV’s Life-Plan Contract, call 954-871-2655 or visit [www.johnknoxvillage.com](http://www.johnknoxvillage.com)

**Sherif Rofaiel** is John Knox Village’s Project Construction Manager. With a distinguished career spanning 39 years, he is a seasoned expert in architecture design, construction management and owner representation. Sherif’s professional journey has taken him to multiple countries, with most of the work rooted in the dynamic and rapidly evolving landscape of the Middle East, particularly Egypt. Throughout his career, Sherif has played a pivotal role in the planning, execution, and delivery of a wide range of projects from commercial and residential to military, medical and institutional: From architectural design and technical oversight to strategic leadership on behalf of project owners.

# Thanks For Asking

## How To Define A Life Well-Lived?

**Dave Bayer**  
Gazette Contributor

One of the many things that I admired about my beautiful wife Jackie

when I first knew her was that she was always well dressed. I especially remember admiring her attire at the funeral of a mutual friend. We’ve been married 11-plus years now, and it’s only natural that as we grow older, we seem to go to funerals more frequently. And yes, she still looks great in that black and grey outfit.

Another constant in the funerals is the eulogist frequently mentioning that the deceased had a life well-lived. That description has a nice ring to it, but those being eulogized didn’t seem to have a lot in common. So of course, I Googled and found the following AI Overview:

### The Googled AI Definition

*“A life well-lived is a deeply personal concept, but generally encompasses elements of purpose, fulfillment, meaningful relationships and positive impact. It’s about finding joy, pursuing passions, contributing to something larger than oneself, and leaving the world a little better. Ultimately, the definition varies from person to person, but often involves a combination of personal happiness, growth and making a difference in the lives of others.”*

One could fill many books with all the stuff on your computer about the aspects of a life well-lived, but the last sentence in that AI Overview does a nice job of getting to the meat of the subject.

### Meeting Other CCRC Residents

Jackie and I recently enjoyed an eight-day vacation on a small cruise ship visiting some beautiful ports in Maine. About half of our fellow passengers lived in Life-Plan Continuing Care Retirement Communities (CCRCs) like JKV. We try to spend time making new friends on such occasions, both from other retirement communities and those who aren’t. In general, we found that they had very interesting backgrounds, but that those living in retirement communities, like ours, seemed happier and were more interested in taking tours and attending the available shipboard lectures.

Then, shortly after the cruise, we attended a monthly JKV Service of Remembrance honoring four friends that died recently.

Although the sample size on that small ship and those honored at the Service of Remembrance may be small, it was the effect of those recent interactions that got me thinking about what goes into having a well-lived life. It also reinforced my belief that although you don’t have to live in a CCRC like JKV to have a well-lived life, it sure seems to help a lot if you do. Most folks would like to be thought of as having a life well-lived as described previously in the AI Overview.

### Plan A Staycation At A CCRC

I first started writing these “Thanks for Asking” articles over four years ago because I wanted to somehow share the good news about the rewarding experiences that Jackie and I found at JKV. By doing so, however, I don’t want to sound like I’m a JKV shill with something to gain by convincing readers to consider moving to this or any other CCRC. However, I would be remiss if I didn’t emphasize

that if you are interested in finding the best opportunities to have a life well-lived, you should arrange a “staycation” at a CCRC in Florida.

We’ve had the opportunity to visit 12 such communities. They are all different, but all provide ample opportunity to find joy, pursue passions, contribute to something larger than yourself, and perhaps even leave the world a bit better. Jackie and I, along with many of our friends, feel that JKV provides an outstanding opportunity to experience that well-lived life. Our fellow residents seem to be very happy with life here, and there is an abundance of opportunities to engage in a wide variety of cultural, educational, fitness, self-improvement and volunteer activities. Many residents still do a lot of volunteer work off-campus with local charities and non-profit organizations.

Don’t you owe it to yourself to do the “staycation” and learn a bit more about how to enhance your opportunity to have a well-lived life?

**JKV Residents Dave Bayer and his wife Jackie** have been residents of John Knox Village since 2017. Prior to that, both lived in Ft. Lauderdale since the 1970s. They have both been involved in a variety of volunteer activities in the local community and at the Village. Dave is a retired U.S. Navy Captain and currently serves on the Board of Directors of the Florida Life Care Association.



Cassels Tower residents Dave and his wife Jackie Bayer.

## 'In Wilderness Is The Preservation Of The World' – Henry David Thoreau

From "National Parks" on Page 1

west to the Pacific Ocean. For more than two years, the "Corps of Discovery" undertook an 8,000-mile journey, chronicling everything they saw, from flora and fauna to the snow-capped mountains, lakes, glaciers and plains. Their tales of adventure hinted at such great natural treasures, that soon settlers headed west to stake their claims.

Among the intrepid settlers was the artist George Catlin, well known for his paintings and drawings of the indigenous tribes. He was one of the first to suggest the importance of protecting the western lands, writing of the need for "a magnificent park ... a nation's park to contain man and beast in all the wildness and freshness of nature's beauty." Many agreed with his ideas, and in 1872, President Ulysses S. Grant signed the Yellowstone Act, forming the first national park in America, and in fact, in the world.

More parks would follow with the encouragement of environmentalists, and by 1916, President Woodrow Wilson formed the National Park Service "to conserve the scenery and the natural and historic objects and wildlife."

In June 1933, President Franklin D. Roosevelt initiated his Great Depression era work relief programs, which put three million people to work. Crews planted millions of trees, paved miles of roads, removed invasive species, stocked waterways, built bridges, campgrounds and fire lookouts.

After the end of World War II, the U.S. economy boomed, and war-weary Americans wanted to have fun and enjoy leisure time. With money in the bank and a car in the garage, they drove to see America, flocking to the restorative healing of the parks' sweeping landscapes and engaging scenery – resulting in more than 42 million visitors in 1952.

The following are just four examples of America's heritage of natural beauty.

### Glacier National Park, Montana

**Top Ten National Park. UNESCO World Heritage Site**

In 1850, there were 150 glaciers covering the land, which we now call Glacier National Park. Today, fewer than 25 remain, and with the increasing global warming caused by climate change, they are melting quickly. Visitors are flocking to see them while they can; they are expected to melt away by 2030. Millions of people visit the park every year, enticed by the sight of the retreating glaciers. Luckily, the park is filled with much natural beauty and spectacular scenery, including rugged, saw-toothed mountain peaks, beautiful turquoise lakes, alpine streams, waterfalls, dense green forests and meadows of brilliant wildflowers to welcome visitors.

Logan Pass is one of the most popular areas inside Glacier National Park, located at the high point of the Going-to-the-Sun Road. It offers breathtaking views and a chance to see the mountain goats, who almost effortlessly climb the sheer sides of the Rocky Mountains.

The park's dramatic beauty makes for an extraordinary encounter with nature's wonders.

### Everglades National Park, Florida

**The Largest Subtropical Wilderness in the U.S.**



*Anhinga Trail Boardwalk through Everglades National Park. Image source: Bigstock.*

Established in 1947, Florida's Everglades National Park is unusual – it has no geysers, mountains or glaciers. But this vast, shallow watershed is the first national park created for its biodiversity, as Everglades National Park protects 1.5 million acres of wetlands, forests, marine habitats, native plants and animals that make their homes here.



*The magnificent Going-to-the-Sun Road located in Montana's Glacier National Park. Image source: Bigstock.*

Tucked into its marshes is a bird lover's paradise with more than 400 kinds of birds to be seen, plus 20 threatened wildlife species, not to mention the largest mangrove ecosystem in the western hemisphere.

For years, human development had threatened the Everglades, but advocates lobbied to make this extraordinary "River of Grass" a designated National Park.

There are three main entrances to the Everglades: Shark Valley, 35 miles from Miami, which has a 65-foot observation tower with stunning 360-degree panoramas of the sawgrass prairie and its wildlife. On the Gulf Coast, just south of Naples, is Everglades City, where narrated boat tours of the pristine Ten Thousand Islands are available.

While animal lovers won't find bears or large mammals, lucky people might see a sea cow (manatee) or a Florida Panther, the namesake of the two-time Stanley Cup winning ice hockey team. And if one is very quiet and makes no sudden movement or noise, you might spot a flamboyance of pink and ruby flamingos strolling in the shallow water: An unforgettable sight indeed.

### Biscayne National Park, Florida

**Florida Fun in the Sea, Sun and Sand**



*The lighthouse at Key Biscayne National Park. Image source: Bigstock.*

A boat or canoe might add to your enjoyment of this Florida National Park, but if you have no watercraft, never fear, you can rent a boat nearby, or catch a ride with one of several boat tour or dive companies. To me, snorkeling is the perfect water sport. If you scuba dive too deeply, the colorful fish lose their colors in deeper water. Scuba divers can also make a lot of noise, so the shy fish won't come near you.

The 173,000-acre preserve stretches from Key Biscayne to Key Largo, and much of the park lies underwater. With more than 700,000 annual visitors, the park is home to the third-largest barrier reef in the world, teeming with coral, diverse fish and abundant marine flora.

For years, developers dreamed of building resort hotels and highways around the park; they even proposed dredging 8,000 acres and a channel all the way through to the bay. Led by President Herbert W. Hoover, Jr., who lobbied to protect the site, he even took congressmen for rides on a blimp to show them how pristine and beautiful the area was. The construction was put on hold and then stopped when the area became the Biscayne National Park.

### The Navajo Nation's Antelope Canyon

**A Place of Other Worldly Light and Sublime Beauty**



*The colorful hues of nature's artistry are found in Arizona's Antelope Canyon. Image source: Bigstock.*

While not an actual U.S. National Park, Antelope Canyon is such a stunning example of nature's work that I had to add it to this story. The canyon is, after all, in Arizona, but within the Navajo Nation.

Antelope Canyon is not one slot canyon but two — the Upper canyon called "The Crack" and Lower "The Corkscrew" — comprise this picturesque icon, which has become the most visited and photographed slot canyon in America's Southwest.

Formed by flash flooding that eroded Navajo sandstone into smooth curves and extraordinary shapes, Antelope Canyon gives sightseers the sense of having stepped into a sacred space of worship. While this is a favorite site for photographers, anyone can appreciate the variegated shades of the vermilion landmark and its 120-foot contoured walls.

Upper Antelope is more accessible, spanning 660 feet of flat, sandy terrain. A 15-minute ride away, Lower Antelope extends for 1,335 feet and requires navigating several sets of steel stairs. For safety, booking an authorized tour is required at both sites.

Thousands of visitors pass through Antelope Canyon's crimson corridor each month. Still, despite the foot traffic, both sections possess an ethereal quality that is easily captured in photos and leaves observers spellbound. In this busy but sublime setting, it seems there's plenty of opportunity for reflection and awe.

General tours of Upper Antelope Canyon last 90 minutes; Lower Antelope tours take one hour. Special photography tours are available at Upper Antelope year-round (book well in advance) and at Lower Antelope in the winter months. The Canyon's famous light beams are best captured between late March and early October. For a complete list of authorized guides, visit [www.navajonationparks.org](http://www.navajonationparks.org)

Explore America's great National Parks, Monuments, Preserves, Battlefields, Historic Sites, Parkways and more all administered under the United States National Park Service by visiting the website: [www.nps.gov](http://www.nps.gov)

**"This land is your land, and this land is my land. From California to the New York Island. From the Redwood Forest to the Gulf Stream Waters. This land was made for you and me." – Woodie Guthrie**

# Let JKV Entertain You

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



You will be mesmerized by the rhythm of Fushu Daiko – Japanese Taiko Drumming on Aug. 26 in the JKV Cultural Arts Center.

**Thurs., Aug. 14 at 7 p.m.**  
**MusicFor America: "Summer Strings – A Musical Bridge From The 1770s To The 1970s"**

Join MusicFor America's string orchestra, led by Lorenzo Turchi-Floris, a child of the '70s. Travel through time and retrace the important stages of musical history, visiting composers and seminal works from the 1770s, 1870s, and 1970s, tracing themes and celebrating the continuity of musical motifs and techniques.

Thanks to the generosity of resident-donors, this event is funded by the JKV Foundation.



Maestro Lorenzo Turchi-Flores.

**Tickets**  
**JKV Resident** Free  
**Village Arts Circle** Free  
**Non-Resident** \$30

**Tues., Aug. 26 at 7 p.m.**  
**Fushu Daiko – Japanese Taiko Drumming**

Experience the exhilarating energy of Fushu Daiko, where thunderous Japanese taiko drums, choreographed movement, and vibrant spirit collide in a spectacular performance.

Known for their powerful rhythms and joyful emotion, Fushu Daiko delivers a dynamic concert that stirs the soul and awakens the senses. With each beat, they

celebrate tradition, unity and the art of taiko drumming. Don't miss this unforgettable journey into the heart of Japanese performing arts.

**Tickets**  
**JKV Resident** \$25  
**Village Arts Circle** \$20  
**Non-Resident** \$30

**Tues., Sept. 9 at 7 p.m.**  
**JKV Broadway Series – "Broadway Hollywood Songbook"**

Celebrate the magic of Broadway in one unforgettable evening. Enjoy show-stopping hits from "Wicked," "Phantom of the Opera," "Annie," "Jersey Boys," "Chicago," "CATS," "The Sound of Music," "The Lion King," and more—performed by top New York vocalists. This all-star concert brings the thrill of Broadway's biggest blockbusters to life in a spectacular celebration of music, talent and theatrical flair. Don't miss this ultimate show tune extravaganza.

**Tickets**  
**JKV Resident** \$25  
**Village Arts Circle** \$20  
**Non-Resident** \$30

**Fri., Sept. 19 at 7 p.m.**  
**"Bette Davis Ain't For Sissies"**

It's the 1939 Academy Awards, Bette Davis is poised to win Best Actress, until the *LA Times* leaks the results: she loses. Furious, she storms out, setting the stage for a bold fight against Hollywood's male-dominated studio system. In "Bette Davis Ain't For Sissies," actress and playwright Jessica Sherr channels the fiery icon in a riveting one-woman show, revealing Bette's most defining moments and her fierce battle for respect, power and lasting legacy.

**Tickets**  
**JKV Resident** \$25  
**Village Arts Circle** \$20  
**Non-Resident** \$30

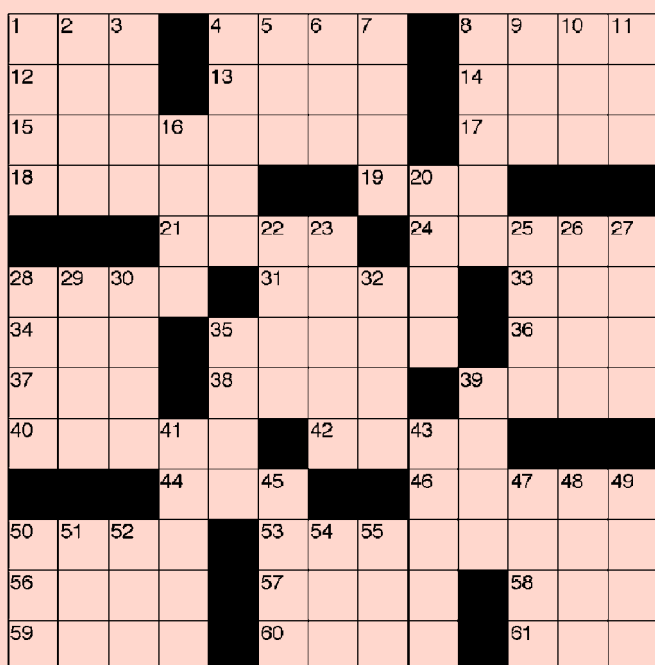
Join us in the JKV Cultural Arts Center for one, two or all of these upcoming shows in August and September.

To reserve your spot for these events at JKV, please visit [www.johnknoxvillage.com/events/](http://www.johnknoxvillage.com/events/) or contact the John Knox Village Life Enrichment Department at 954-783-4039.



Actress and playwright Jessica Sherr presents "Bette Davis Ain't For Sissies" in the CAC on Sept. 19.

Cultural Arts Center  
 AT JOHN KNOX VILLAGE



## Crossword Puzzle Of The Month

**ACROSS**

- 1. Love (Lat.)
- 4. Fr.-Ger. region
- 8. Apiece
- 12. Scandalous material
- 13. Irish sweetheart
- 14. Carplike fish
- 15. Fr. historical provinces
- 17. Muslim holy man
- 18. Door (Lat.)
- 19. Mulberry of India
- 21. Inclement weather
- 24. Capital of Para, Brazil
- 28. River in "Kubla Khan"
- 31. Crest
- 33. Honey-eater bird
- 34. Lively (Fr.)
- 35. Heart auricle
- 36. Lady's title

- 37. Atl. Coast Conference (abbr.)
- 38. Bare
- 39. Tablespoon (abbr.)
- 40. Vug
- 42. P. I. tree
- 44. Admiral (abbr.)
- 46. Live
- 50. N. Caucasian language
- 53. Open
- 56. Israelite tribe
- 57. Dodecanese Island
- 58. Girl
- 59. Weaverbird
- 60. Shak. contraction
- 61. Laconian clan group

**DOWN**

- 1. Both (pref.)

- 2. Jap. rural community
- 3. Aesir god
- 4. Devil
- 5. Turk. title
- 6. Scot. alder tree
- 7. Ottoman peasant
- 8. Rom. official
- 9. Air-to-air missile (abbr.)
- 10. Circuit Court of Appeals (abbr.)
- 11. Endorse
- 16. Buttocks
- 20. Father: Hebrew
- 22. Eight (pref.)
- 23. Universe
- 25. Arm
- 26. Male noble
- 27. Tufted plant
- 28. Amalekite king

- 29. Flavor
- 30. \_\_\_\_\_ Rivera, CA
- 32. Southern France
- 35. Sleeping
- 39. Public vehicle
- 41. Rom. province
- 43. Rockies range
- 45. Fish sperm
- 47. False friend
- 48. Knife
- 49. To or from a distance (pref.)
- 50. City on the Danube
- 51. Goddess (Lat.)
- 52. Vine
- 54. Nat'l Endowment for the Arts (abbr.)
- 55. Choler

Answers On Page 13.

# Brushstrokes, Beats & Brilliance: Creative Experiences In Pompano Beach

Take Advantage Of The Arts, Culture And Entertainment Available In Pompano Beach

**Cynthia Espino**  
Special To The Gazette

Step into a world of imagination, inspiration, and connection with Pompano Beach Arts.

From vibrant classes to dynamic live events, there's always something new to explore. Whether you're chasing fun, seeking relaxation or craving creative expression, there is something just for you. Here are some exciting programs happening all season long.

## Paint & Sip

Unleash your inner artist—no experience required. Every fourth Thursday at Bailey Contemporary Arts Center, "Paint & Sip" invites beginners and dabblers alike to enjoy an easygoing evening of guided painting, laughter and fun with friends. Our welcoming instructor makes it stress-free and joyful. Just show up, sip, and start. **\$30 – All supplies included.**

## Intro To Tufting With Tufty Rugs

Think you're not crafty? Think again. Every third Saturday, join Artist in Residence Alyssa Book at Bailey Contemporary Arts Center, for a crash course in the colorful, cozy art of rug tufting. You'll walk away with a handmade rug—and some serious bragging rights. No experience necessary, just come ready to create. **\$80 – All supplies included.**

## Old Town's Backyard Jam Concert Series

Feel the rhythm of Pompano Beach. Every third Friday, head to Old Town for an unforgettable night of live music, good eats and hometown vibes. This free community concert series is the perfect way to wind down and turn up with friends and family. **Free admission.**

### Upcoming Shows:

- **Aug 15: Simona Electra – Balkan fire meets soulful beats**
- **Sept 19: Relentless – Rock, pop, and funk you can dance to**



A range of artistic opportunities is available at the Bailey Contemporary Arts Center.



Martin Hand from the Gold Coast Jazz Quartet.

## Taste Of Jazz

Step into the story of jazz at this monthly music series. Every second Thursday, Bailey Contemporary Arts Center transforms into an intimate, lively setting for jazz lovers. Featuring Martin Hand and the Gold

Coast Jazz Quartet, it's the perfect night to sip, relax and enjoy rich cultural rhythms. **\$20 – Pompano Beach residents.**

## Lunch With Art

Art for your soul, served at lunchtime. This free midday series offers a rotating mix of visual arts, music and writing. Bring your lunch, express yourself and get inspired. **Free admission.**

- **Wednesdays – Visual Art Workshops at Bailey Contemporary Arts**
- **3rd Thursdays – Live Music at Pompano Beach Cultural Center**
- **3rd Saturdays – Writer's Edition at Ali Cultural Arts Center**

## Clay Classes

Find peace in the process and pride in creating something lasting through clay classes at Bailey Contemporary Arts Center. Enjoy a hands-on, relaxing way to express your creativity, no experience needed. Come learn in a supportive setting. There's a seat and a slab just for you. **All supplies included.**

- **Hand Building – Thursdays & Saturdays | \$30**
- **Wheel Throwing – Biweekly Saturdays (must take Hand Building first) | \$30**
- **Clay Open Studio – 2nd Saturdays (for returning students) | \$30**

There's no better time to explore, express and experience the vibrant world of Pompano Beach Arts. With every brushstroke, rhythm and shared moment, the community comes together to create something truly memorable. Let it be unforgettable.

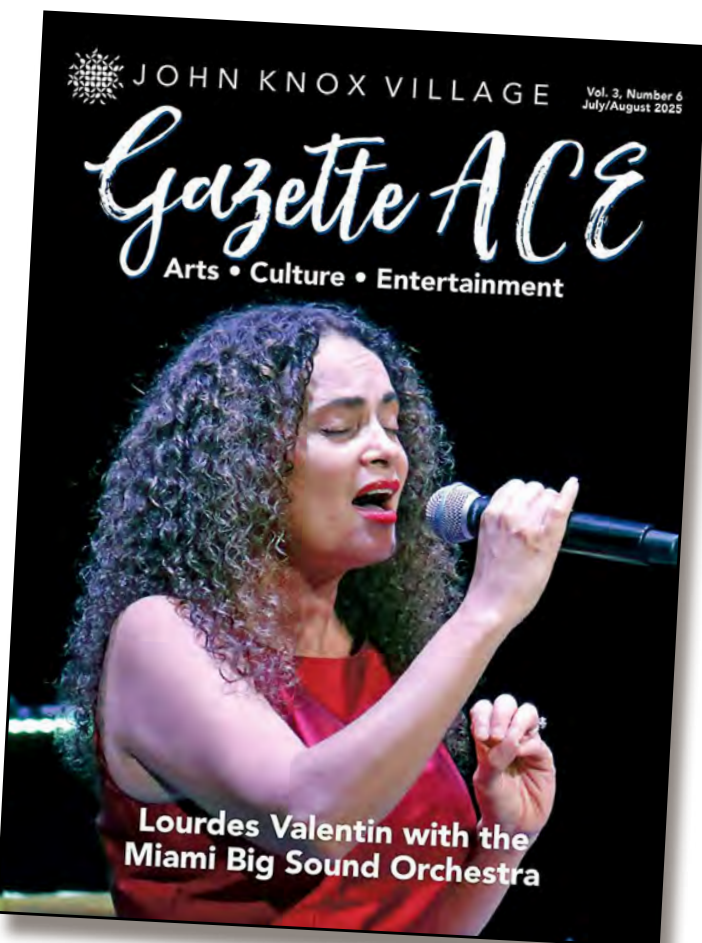
Explore the full lineup of classes, workshops, exhibitions and events at [www.PompanoBeachArts.org](http://www.PompanoBeachArts.org) and let this be your season of inspiration.



Whether you are a neophyte or an accomplished artist, explore your creativity at the Bailey Contemporary Arts Center.

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

The Bi-Monthly Arts, Culture, Entertainment Edition



In response to increased interest, the John Knox Village Gazette has expanded. 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 digital edition of the John Knox Village Gazette ACE (Arts • Culture • Entertainment) will be offered on ODD-NUMBERED months in an easy-to-read horizontal digital magazine 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 September/October 2025 edition emailing at the end of August. The catch is, we need your permission to email the FREE monthly publication to you. Email your subscription request to [gazette@jkvfl.com](mailto:gazette@jkvfl.com)

Please include:

Yes, I am interested in subscribing to the John Knox Village digital Gazette publications.

Name \_\_\_\_\_ and email \_\_\_\_\_ (required)

Address \_\_\_\_\_ and phone # \_\_\_\_\_ (optional)\*

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

\*DISCLAIMER: John Knox Village will never share your information with any other source.

# My Plea For A Peaceful World

**Burn Loeffke**  
Gazette Contributor



*Burn Loeffke*

Some months ago, I wrote an open opinion letter on the 50th anniversary of the resumption of U.S.–China relations. What I wrote then is still relevant today. Nothing much has changed. We are concerned that the relationships between our two nations are stressed.

It feels like 1954 when Secretary of State, J. Foster Dulles, issued a ‘No Shaking Hands Policy.’ For 18 years we had no relations with the People’s

Republic of China (PRC). We are shaking hands now. But we are also using words that are not conducive to bettering relations.

## My Background In China

Here’s my background, for those who do not know me: I worked in the White House on Dr. Henry Kissinger’s staff. I led the first delegation of young leaders to the PRC. I was the first U.S. Army General Defense Attaché to China. I also became the first American to parachute with Chinese troops. As you can see, I have some experience with China. I am concerned.

There are those, both in the U.S. and China, who are not interested in bettering relations and continue to consider each other as enemies. We live in a dangerous world. Today, the U.S., Russia and China are increasing in their defense postures. We are back to a cold war, spending billions on more efficient ways of killing each other. Meanwhile, we are decreasing initiatives that would make us better friends.

In June, we hosted a TV delegation from China. They had come to do a documentary. They had learned that I was called the “Peace General” for my work in resolving conflicts and that I had traveled to the PRC to meet China’s “Peace General” in 2019.

I had spent a week as the guest of China’s “Peace General” Zhi Yong Wang. The TV crew wanted to

film two generals – one from their own country the other from the U.S.– who are working for peace.

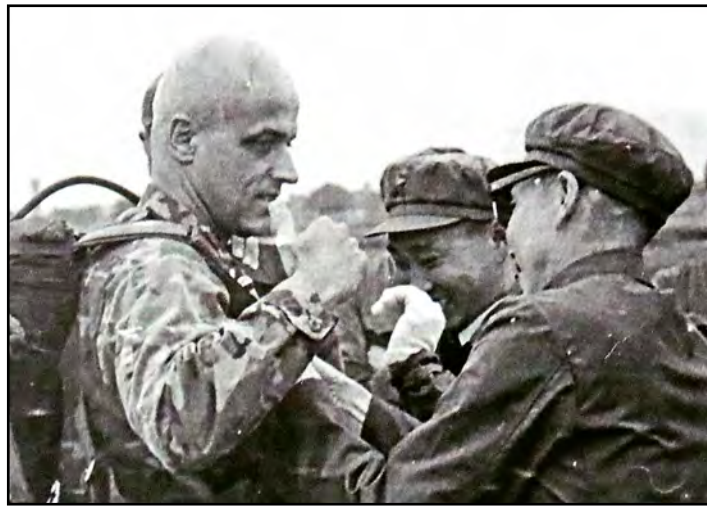
The TV video crew also wanted to show the life of an American General who was a friend of China. I showed them many of the photographs and videos of my time in the military and particularly of my time as the ranking U.S. general in China. In my interviews, I offered many stories and anecdotes.

## My Time In China

They were surprised to learn that as an Army officer, I would often get into a ring to wrestle with much younger soldiers. I told them of the time that, as lieutenant colonels, Colin Powell and I had walked the Great Wall. I related the story of the first International Marathon held in China, and how my more senior entourage was given a “head start” in the competition.

I explained that I admired China’s Zhu De who was one of the founders of the People’s Liberation Army (PLA). He led his soldiers by personal example. One of his actions was to carry two buckets of water on a pole while running up a mountain. He would challenge his soldiers to beat him. In this manner, he would help bring water to the troops and at the same time show the general doing what he was asking his soldiers to do. I often used Zhu De as an example of good leadership.

Leading by example is a lesson I learned during my military service. Whether as a diplomat or military officer, effective and cohesive leadership involves communication and understanding. It is my hope that



*Burn Loeffke parachuting with Chinese military in 1980. Burn Loeffke photo.*



*“Peace General” Burn Loeffke meets with “Peace General” Zhi Yong Wang and children in China in 2019. Burn Loeffke photo.*

through understanding of all the goals and principles that we all share in common, will lessen the differences we have among us.

Coexistence in peace and harmony is the goal. In my own life, I follow the lyrics of the song written by Jill Jackson-Miller and Sy Miller in 1955, “Let there be peace on earth and let it begin with me.”

*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.*

# Chinese TV Crew Films Documentary

*Production Focuses On JKV Resident; First U.S. Army General In China*



*Seated: JKV resident Burn Loeffke, with (standing l to r) Ms. Fei Liu, wife of Dr. Yu; Cameraman Duan Tishuai; Producer Meng Yu; Production Director Zeng Yinyin; and Dr. Jim Yu, local resident and facilitator of the documentary production.*

**Marty Lee**  
Gazette Contributor

Earlier this summer, a Chinese Television Crew from Chengdu Radio and TV, visited John Knox Village to film a documentary on JKV resident Burn Loeffke, who was the first U.S. Army General to serve as Defense Attaché in Beijing, China during the early 1980s.

The documentary was initiated by Dr. Jim Yu, Chairperson, World Languages Department at Miami Dade College - Wolfson Campus. Dr. Yu told the *Gazette*, that the production developed from a meeting at an international language conference.

“I first connected with the Head Director of Chengdu Radio and TV during an international conference on Chinese language education a year ago,” Dr. Yu said. “During our conversation, I shared the remarkable story of General Burn Loeffke—his lifelong dedication to promoting U.S.- China cultural exchange and his inspiring efforts to learn the Chinese language.

“Intrigued by General Loeffke’s legacy, the Chengdu team began reviewing Burn’s writings as well as coverage of his work in Chinese media. After thorough consideration, Chengdu Radio and TV decided to produce an educational documentary about Burn. They officially dispatched a three-person film crew to South Florida to conduct interviews and gather footage.”

## Coordinating International Cooperation

Dr. Yu served as the liaison between the film crew and Gen. Loeffke, helping coordinate schedules, interview logistics, and necessary approvals for the U.S. side. While formal permission was granted by Chengdu Radio and TV through their

internal channels, the project’s progress also relied on mutual trust, informal communication, and a commitment to telling a meaningful story that bridges cultures.

Chengdu Radio and TV operates a regional television station. Chengdu, the capital of Sichuan Province in southwest China with over 21 million residents, serves as a key economic, cultural, and transport center in southwest China and is renowned for its history, cuisine, and panda breeding base.

Chengdu Radio and TV airs programs on international cultural exchange, and believes the General’s story interests its local audience and beyond.

The station operates an international and cultural channel, covering China-related events and celebrity interviews. Recent documentaries have included work in Germany, Spain and Mexico.

“This documentary centers on General Loeffke’s life, especially his relationship with China,” Dr. Yu said. “It highlights his efforts to foster understanding and maintain peaceful, friendly ties with China and its people.”

“General Loeffke is known in China for his diplomatic service in Beijing during the 1980s; his involvement in facilitating exchanges between the U.S. and China; and his participation in activities supporting Chinese language and cultural education.

“The TV crew drafted a shooting plan, got approval from the U.S. Embassy in China, secured visas, and traveled to South Florida to interview General Loeffke and others related to him.”

## Focus On Gen. Loeffke

During the video interviews, the crew focused on Burn, his diplomatic career and humanitarian work, as well as his relationships with different elements of Chinese culture, including the language, medicine and cuisine. Also interviewed were fellow JKV residents, members of South Florida’s Chinese-American community, traditional Chinese Medicine professionals, and others from humanitarian organizations.

The film is expected to be completed at the end of the year. The filmmaker will submit it to international festivals and make it accessible through educational programs like the Florida Chinese Language Teachers Association conferences, as well as on *YouTube* and similar platforms.

## Back To Chengdu, China

Dr. Yu has kept in touch with the TV crew since they left South Florida. “They were genuinely delighted and touched by the warmth and hospitality they received throughout their visit,” Dr. Yu said.

“They expressed deep gratitude to the staff and residents at John Knox Village for their generous assistance in making the interviews possible. The three-person Chinese production crew admitted that some of their preconceived notions were quickly replaced by a deeper appreciation for the diversity, openness and kindness of the local community. The visit left a lasting impression and reinforced the importance of people-to-people exchanges.”

# Q&A With CEO: Meet Robert Dahl From Imperial Point Hospital

**Rob Seitz**  
Gazette Editor

A new chapter began for Broward Health Imperial Point Hospital with the 2024 appointment of Robert Dahl as CEO.

With over 28 years of experience in health care leadership, Mr. Dahl leads the overall administration and related regional activities for the 52-year-old medical institution. He comes to Ft. Lauderdale from Chicago, where he oversaw two community-based teaching hospitals.

The *Gazette* had an opportunity recently for a question-and-answer session with the CEO.

## What Does Your Average Day Look Like?

Although every day is somewhat unique, at Broward Health Imperial Point, I try to find a balance in managing the hospital's day-to-day operations, while leading strategic development and growth initiatives required for the hospital's long-term success.

My days start early and may be busy, but I always make time to spend with patients, physicians and our care teams. Rounding daily ensures that I hear, see and feel the needs of our patients and our staff.

As a hospital CEO, some of my responsibilities include:

- *Delivering the safest and highest quality care for our patients*
- *Hiring and retaining qualified staff*
- *Implementing evidence-based clinical procedures and policies*
- *Developing a relationship within the community and outside organizations*
- *Delivering strong financial performance*

## What Brought You To The JKV Campus?

When I arrived at Broward Health Imperial Point, I took notice of who utilizes our hospital and noticed several patients are from John Knox Village (JKV) and wanted to learn more how we could partner and support the residents of JKV. I was thoroughly impressed with JKV's leadership team and their true desire to provide the best for their residents. JKV's reputation, campus, services and well-thought-out life-plan community are to be commended.

## What inspired You To Go Into Health Care?

As an undergrad, I made an intentional decision to focus on two industries that I thought would best support a long career: Computer/software and health care. I initially focused on the computer industry but quickly learned that I was more of a people-person and had a higher calling to serve. I quickly pivoted to health

care and have maintained a servant leadership mindset throughout my 28-year career. I have been blessed in many ways and try to give back by mentoring staff and fostering a learning environment. I've also been fortunate to have had success in building strong teams that provide meaningful value to the communities and patients served.



*Robert Dahl, CEO of Broward Health Imperial Point*

## What Are Your Professional And Educational Backgrounds?

I received my Master of Business Administration from the Kellogg School of Business at Northwestern University and my undergraduate degree from Northern Illinois University. From large quaternary, tertiary medical centers to critical access hospitals, I have worked with deans, chancellors, presidents and staff to improve operations and develop governance and strategic plans. My experiences serve me well in my role at Broward Health Imperial Point to assist in continuously improving the services and care provided at our hospital and within the Broward Health system.

## What Motivates You In Your Work?

I am passionate about patient care and improving operations. An operator at heart, I enjoy the end result of interventions designed to improve outcomes, reduce costs and improve patient and staff engagement/satisfaction. The joy I receive is from knowing that I left a positive impact on an organization that is measurable—and when it is time—leaving it better than when I first started.

## What Is A Common Misperception Of The Health Care Industry?

A common misperception is that all hospitals are the same and patients don't know why health care costs so much. Individual hospitals can vary in many ways, such as services offered, quality and cost. As a leader,

it's my job to ensure Broward Health Imperial Point always provides the most needed services and best outcomes for our community in a cost-effective manner. But we must recognize that hospitals are impacted by inflation and the rise in the cost of goods. The downward pressure on reimbursement and increases in expenses have reduced all hospital margins considerably over the years. Broward Health does an exceptional job at holding down costs, as evidenced by our exceptional ratings from S&P, Fitch and other rating systems.

## What's Your Best Business Advice?

There are so many pearls of wisdom that I have received or have notated over the years, from "don't confuse activity with accomplishment" to "every day above ground is a good day."

But the best advice that I ever received was from my father, who said, "Do something that you love and are passionate about, and you'll be satisfied in the heart, mind and soul."

## What Are Your Hobbies?

I enjoy spending time with family and friends. I always enjoy fresh and saltwater fishing, golfing, reading, traveling, and consistently growing and learning professionally. I do mentor internal and external professionals to help them achieve their desired career aspirations.

## What Was Your Childhood Dream Job?

I always thought that I would be either a professional athlete or an architect. I projected myself to be a strong and contributing professional while being a husband, father, then a grandfather and eventually retiring to the islands somewhere.

---

*Robert Dahl is a senior executive with over 28 years of experience in health care, hospital operations, and leadership. He has extensive experience in community-based and safety net hospitals with consulting experience with large complex medical, tertiary and quaternary academic medical centers. Robert possesses a clear understanding of service-line growth and creating a sustainable competitive advantage. Currently serving as CEO at Broward Health Imperial Point, he leads in the overall administration and related regional operations. He currently serves on the board of Broward Behavioral Health Coalition and the Broward County Climate Change Task Force representing the Hospital District. Robert is a high-impact transformational leader with a strategic mindset and proven history of rapid, long-horizon results across large, multi-site hospital and teaching/academic environments.*

---

# Bringing Culinary Inspiration From Istanbul To JKV

**Kim Morgan Vagnolo**  
Gazette Contributor

One of the many things that sets John Knox Village apart from other senior communities is the level of experience and dedication found among team members.

Here is an example of one of the Village's experts.

Meet Ulas Gungor, Food and Beverage Director, Level II Certified Sommelier, and soon-to-be Florida State University Certified Dietitian Manager.

Since he was hired last year, Mr. Gungor's enthusiasm and dedication to service and fresh cuisine have made him extremely popular and appreciated by residents, their families, guests and staff.

Under his direction, two additional dining destinations at JKV have opened with great success. Westlake, JKV's newest luxury apartment towers, has an amenities-filled first floor for all residents, featuring BV's French Press Coffee and Wine Bar and the Westlake Eatery, an open-air fast-casual restaurant with multiple stations serving made-from-scratch breakfasts, lunches and dinners.

The native of Istanbul, Turkey can often be seen working and supporting his team at both new restaurants and the other six dining locations.

Notably, when Mr. Gungor was learning about the higher care residences at JKV (Gardens West assisted living, as well as The Woodlands, and Seaside Cove skilled nursing centers), he observed how the food was being prepared and immediately became motivated to enhance its quality.

With encouragement from JKV's Chief Dietitian



*Ulas Gungor, JKV's Food and Beverage Director, and Level II Certified Sommelier*

Beth Iserson, the Pompano Beach resident enrolled in classes at Florida State University to become a Certified Dietitian Manager.

"I was inspired by how the food was being prepared in health care and I know how important nutrition is for our most vulnerable residents," Mr. Gungor told the *Gazette*. "I'm excited to bring elevated ideas in dining to the health care settings, as well as to all the

dining establishments at JKV."

Mr. Gungor taps into his sommelier and dining experiences to host special tasting events for JKV residents, which always sell out quickly. Recent sold-out events include a French-inspired Wine and Steak Dinner, Spirits Tasting and Food Pairing, and a Mediterranean Dinner and Wine Pairing.

Ulas states, "My passion is to care for residents and give them unforgettable moments for many years to come [such as] through wine pairings, special dinners, TED talks and so much more."

At the age of 12, he began helping his mother cook. By 16, he went to Cordon Bleu Istanbul and received his Sous Chef certificate. After moving to the U.S., he had an opportunity to work at Virginia Tech as a catering and dining room manager, while serendipitously receiving a free education in hotel and restaurant management.

He then traveled throughout the U.S. working in a variety of restaurants as a cook and server. It was then that he fell in love with wine. He proceeded to earn his Level II Sommelier Certificate from Northern Virginia Community College.

When prospective residents visit the campus to learn more, the quality and nutritional value of the food served are near the top of their list.

Thanks to the dedication of Mr. Gungor and his dining team, residents, family members, guests and staff alike can enjoy innovative, nutritious and delicious dishes, without having to leave campus.

*Gazette* readers are invited to call 954-871-2655 to schedule a visit and get a taste of John Knox Village.



**Read What  
Our Residents  
Have To Say  
About JKV.**

**"JKV gave  
me my  
laugh  
back!"**  
JKV Resident, Mary



**"JKV  
takes  
the  
cake."**  
JKV Resident, Mona



**Lunch A Little, Learn A Lot**  
Thursday, August 14th from 11:30 a.m. – 12:30 p.m.

Dine like our residents do! Sample one of our delicious daily lunches and learn how you too can benefit from a supportive Life-Plan and vibrant lifestyle at John Knox Village.

**RSVP: 954-871-2655**

Meet at the Welcome and Innovation Center  
Main Entrance: 400 SW 3rd Street,  
Pompano Beach, FL 33060



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



web [JohnKnoxVillage.com](http://JohnKnoxVillage.com)  
JohnKnoxVillage





**JOHN KNOX**  
**VILLAGE**  
POMPANO BEACH FLORIDA



# Your Future Your Life Your Way

This is your opportunity to sample the lifestyle, meet new friends, enjoy 5-Star amenities, seven dining venues, internationally award-winning Life Enrichment programming, and so much more!

John Knox Village, South Florida's premier Life-Plan Retirement Community, invites you to enjoy an extended stay and experience all the benefits of John Knox Village living.



Enjoy the Aquatic Complex with both a resort pool and a lap pool.

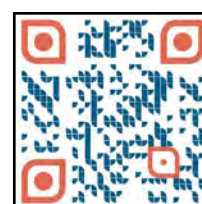
For a Limited Time Only! Choose from Select One-Bedroom Apartment and Villa Homes.



Join with your friends for an energetic game of Pickleball on our courts.

CALL TODAY TO SCHEDULE YOUR VISIT  
**954-904-0006**

Scan the QR code with your camera phone to contact us or visit [bit.ly/jkvcontact](https://bit.ly/jkvcontact)



SCAN ME



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

web [JohnKnoxVillage.com](https://JohnKnoxVillage.com)  
JohnKnoxVillage



# Third Time's A Charm

## Dan Hobby Looks At The History Of Pompano Beach

**Daniel Hobby**  
Pompano Beach Historian



Daniel Hobby

During its first decade as an incorporated municipality, the Town of Pompano had the rare distinction of being located within three separate counties.

The town didn't move; rather, the state legislature, responding to the clamor of political and economic interests in the newly opened lands of southeastern Florida, began to tinker with county boundaries.

When Pompano was incorporated in 1908, it was part of Dade County, which had been created in February 1836 by Florida's territorial government. The new county was named for Major Francis Dade, who only a few weeks earlier had died along with his troops when ambushed by Seminole Indians near today's Bushnell, FL.

### 1870 Dade Co. Population: 85 Residents

According to the 1840 census, the new county's population stood at just 446. The Seminole Wars depressed the population so that by 1870, there were only 85 residents within Dade County.

In the 1890s, when Henry Flagler brought his Florida East Coast Railway into Palm Beach and Miami, Dade was a huge county, stretching from the tip of Florida's mainland north to the St. Lucie Inlet. As the area's population grew, however, tension occurred between the northern and southern parts of the county. Residents of the West Palm Beach area felt like the deprived stepchild of Miami (the county seat), with their tax money subsidizing Miami's development.

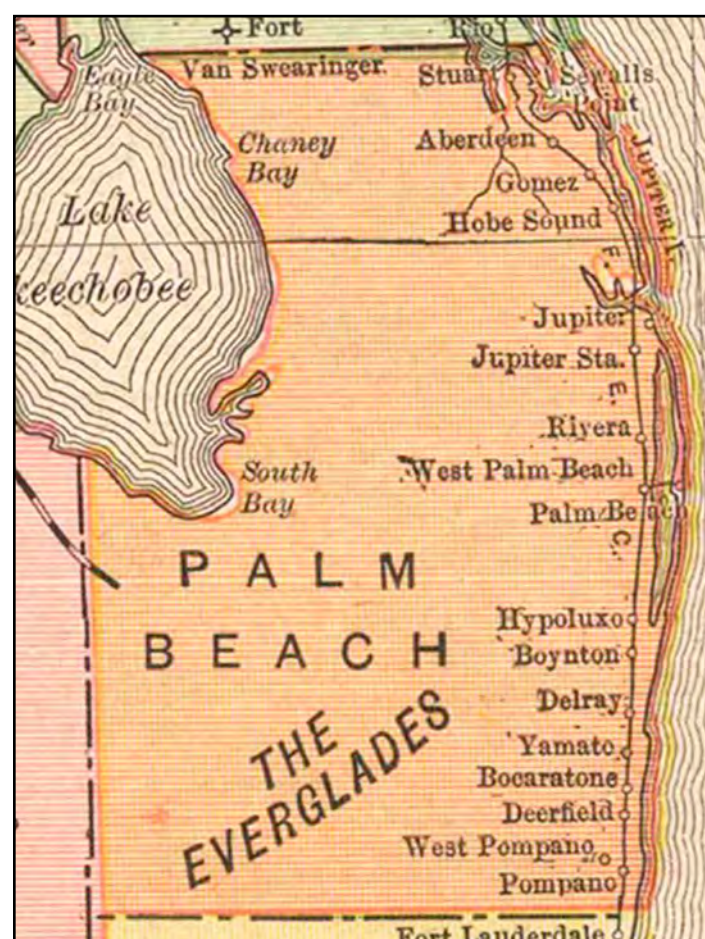
Continuous lobbying by northern county civic leaders led to the creation of Palm Beach County in 1909. Taking its name from its first settled area and site of Flagler's luxury resorts, Palm Beach, the new county was created out of the northern portion of Dade County. Following some debate and negotiations, the southern boundary of Palm Beach County was set at (approximately) the Cypress Creek, making Pompano the county's southernmost town.

However, almost as soon as Palm Beach County was established, there began serious talk about the creation of a new county out of portions of Dade and Palm Beach. It seemed to be a given that the Hillsboro canal would form the northern border of the new county, which would remove Pompano from Palm Beach. In anticipation, Pompano residents began to resist any initiatives, such as a new Palm Beach County Courthouse, for which they might be taxed but would not be able to use. Editorials in the West Palm Beach newspaper viewed this argument as ill-founded and obstructionist.

### Broward Co. Becomes Reality In 1915

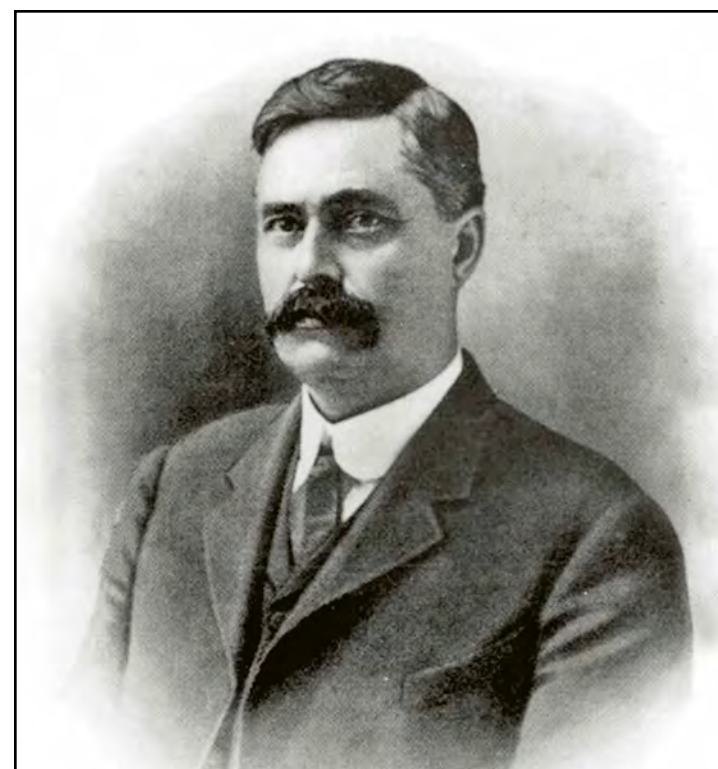
Despite initial rejection in Tallahassee, local efforts were eventually successful, and Broward County became Florida's 51st county on Oct. 1, 1915. Pompano was, for the third time, in a new county.

Originally, local residents wanted to name their new county Everglades but decided instead to honor the



A segment of a 1910 map of Florida shows Palm Beach County soon after its creation. The town of Pompano is the southernmost town in the county.

Image source: Daniel Hobby.



Napoleon Bonaparte Broward (1857-1910) led an adventurous life on both sides of the law before being elected governor of Florida in 1904. A major issue in his campaign was "drain the Everglades" which led to the construction of canals throughout southeast Florida.

Image source: Daniel Hobby.

individual who had sought to drain the "River of Grass:" Napoleon Bonaparte Broward. The charismatic Broward was a hero to much of southern Florida's residents for his efforts to create additional agricultural lands by draining the Everglades. Elected governor in 1904, Broward fought railroad and other business interests that wanted to acquire the vast Everglades acreage.

In 1906, he began the Everglades drainage project with the digging of the New River Canal from Fort Lauderdale to Lake Okeechobee.

Pompano residents, along with others from throughout the new county, celebrated the day Broward became a County with festivities in the new county seat, Fort Lauderdale. The day included picnic lunches, a parade, concert and speeches from newly elected County Commissioners who envisioned Broward County as "potentially the richest county in Florida."

One hundred and ten years later, maybe those speeches were not as far-fetched as they seemed back then.

**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.

# Summer Digital Fun

**Jason Cook**  
Gazette Contributor



Jason Cook, JKV's Technology Engagement Coordinator

For many, summer provides a season of enjoyment. Carry that mindset forward and ensure we make the most of our summer days.

This time of year in South Florida, the midday heat can be intense, making it often preferable to stay indoors. Those sweltering hours are perfect for retreating into a cool, air-conditioned space and engaging in some digital entertainment.

This month at John

Knox Village, we're combining fun and mental fitness with a *GeoGuessr* competition for our residents.

In *GeoGuessr*, players find themselves dropped into a random location on Google Maps. Using context clues and their worldly knowledge, they must guess their location by placing a pin on the map. The closer the guess is to the actual site, the more points earned.

While it's a great game to play individually, it becomes even more enjoyable with friends, sparking conversations and reminiscing about past travels around the globe.

By visiting [www.geoguessr.com](http://www.geoguessr.com) or searching for *GeoGuessr* in your device's app store, you'll discover an engaging and addictive geography game.

I firmly believe in the importance of mental exercise, and games like *GeoGuessr* provide excellent brain workouts, potentially helping to stave off cognitive decline.

Another fantastic resource is *The New York Times*

games collection. Visit [www.nytimes.com/games](http://www.nytimes.com/games) to explore various free games, or download the *NYT Games* app. While some features require a subscription, there's still a wealth of content available at no cost.

Other popular options include *Wordle*, *Connections*, *Sudoku*, and, of course, the classic *Crossword Puzzle*. Let's make the most of our summer days while keeping our minds sharp.

So, on the next scorching summer day, find some shade, grab your device, and get some sunscreen for your screen time that's both fun and good for your brain.

## Residents Getting Tech-Savvy

Understanding that technology is not only here to stay but is also becoming more deeply woven into our daily lives, John Knox Village made a proactive choice to invest in a full-time technology support team member dedicated to resident needs.

Notably, JKV is among the very few Life-Plan Continuing Care Retirement Communities across the nation to provide its residents with a dedicated employee focused solely on resolving their technology questions, challenges and concerns.

Jason Cook, JKV's experienced Technology Engagement Coordinator, offers tailored assistance and engaging classroom-style training. Residents have warmly welcomed Jason as their trusted "IT Guy."

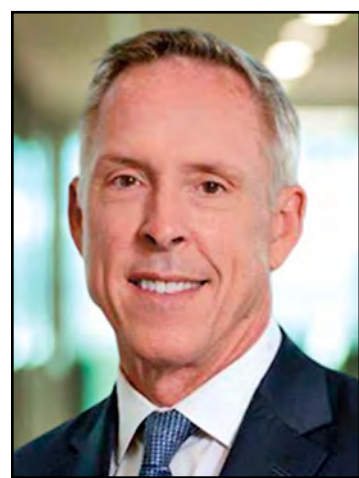
For example, in July, Jason offered nearly two dozen "Quick Questions with Jason" sessions, "Apple" and "Windows" computer classes, an "A.I. & You" class covering Artificial Intelligence and numerous private tech-sessions with residents.



In this *GeoGuessr* screengrab, players find themselves dropped into a random location on Google Maps.

# Protect Yourself, Family Members From Elder Financial Abuse

**Scott Montgomery**  
Gazette Contributor



*Scott Montgomery, CLU, ChFC*

According to the U.S. Department of the Treasury’s Financial Crimes Enforcement Network (FinCEN), financial abuse of Americans aged 60 and older continues to grow at an alarming rate, with total losses exceeding \$28 billion.

While it is common for the perpetrators of these scams and thefts to be unknown to the victims, they are too often the people older adults know and trust, including their ap-

pointed caregivers, fiduciaries and even their family members. Recognizing the risks and signs of financial abuse are the first steps you need to take to protect yourself and your loved ones from these frauds.

## Types Of Financial Abuse

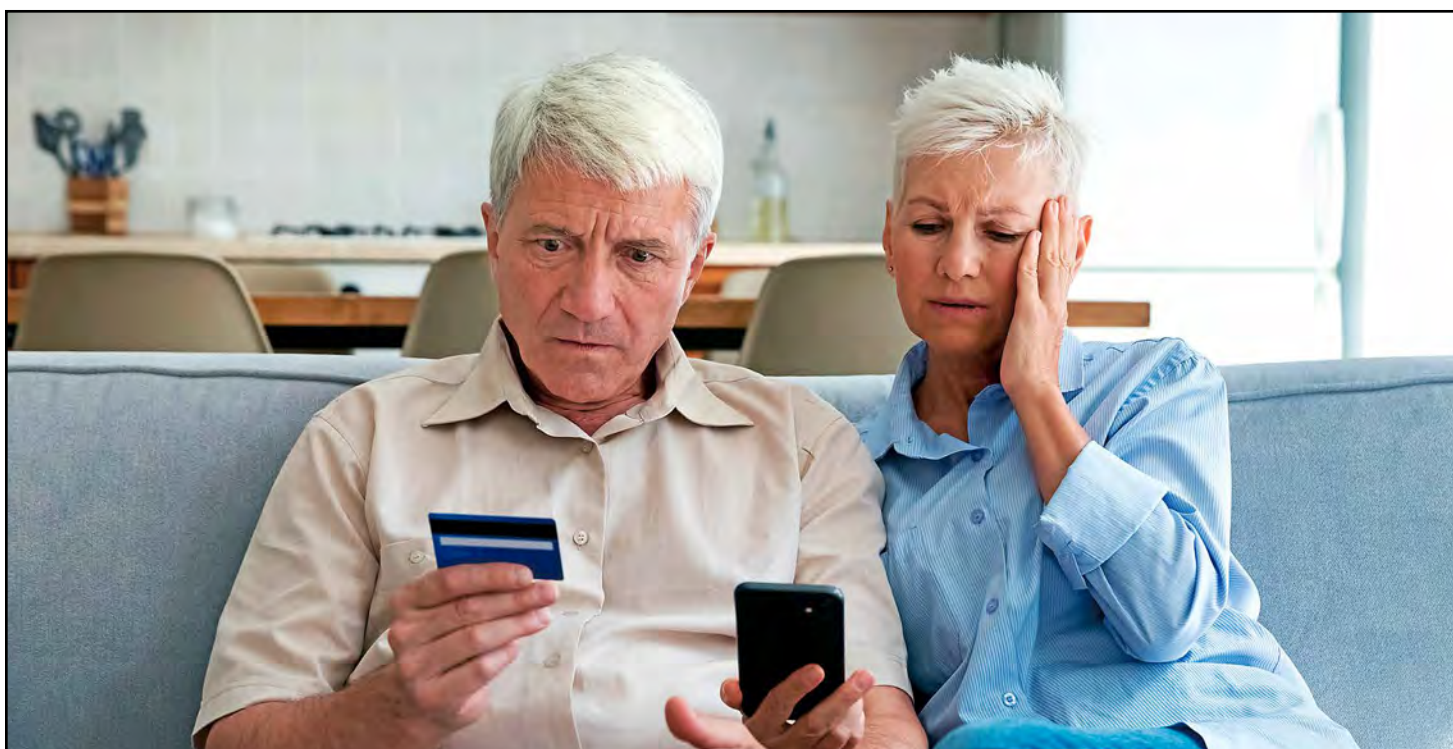
Financial crimes committed against the elderly are often divided into elder scams, which involve the transfer of money to a stranger or imposter for a promised benefit the victim does not receive, and elder thefts, in which the victim’s assets or income are stolen by someone they know and trust. Common schemes involve identity theft, computer account takeovers, and criminals posing as government agencies, charities and even victims’ grandchildren.

## What Is A Fiduciary’s Role?

The people you name to manage your money or property are considered fiduciaries whom you entrust to make decisions in your best interest. They should be trustworthy and capable of managing your affairs and maintaining meticulous records. To help ensure fiduciaries carry out their obligations to you, share their names and contact information with all your trusted advisors, including lawyers, accountants, financial advisors and family members.

## Be Cautious When Assigning POA

The number one rule when selecting anyone to have legal authority over your financial and health decisions is to make sure they know and have knowledge of your specific wishes and needs. Naming a hired or paid caregiver as your agent under a Power of Attorney (POA) should be avoided at all costs. No matter who you select, share their names and contact information with your trusted circle of friends, family members and advisors. When you draw up a POA in advance of a specific need, you can implement controls to protect your interest, such as requiring a lawyer or financial advisor to authorize checks or withdrawals over a certain amount.



*Think before you act on financial matters. When in doubt consult with your financial advisor. Image source: Bigstock.*

## Minimize Risk through Education

Anyone can fall prey to financial crime, but the elderly are typically more at risk, especially when they are not technologically proficient, unfamiliar with managing finances or physically or cognitively impaired and dependent on others. The best form of protection against these crimes is education.

- **Do not respond to unsolicited phone calls, emails or texts asking for your private information.**
- **Shred documents that contain your personal information, including your Social Security number, and consider locking up your checkbook and financial statements when someone you do not know is in your home for an extended period.**
- **Be safe using the internet and email by employing virus protection software and learning the telltale signs of a scam.**
- **Never click on links or attachments in emails and text messages unless you are sure of the sender.**
- **Consider adding a trusted contact person to all your brokerage and bank accounts. This allows the financial institution to have a trusted resource to contact if they see unusual activity.**
- **Check references when hiring advisors and caregivers.**
- **Never rush to make financial decisions.**
- **Don’t fall for high-pressure sales tactics.**
- **Always request a written explanation of any investment opportunities.**
- **Document conversations and communications with others.**
- **Make payments with check or credit cards, rather than cash, to create a money trail.**
- **Make checks payable to financial institutions or companies and never to individuals you do not know.**

- **Act quickly if you sense an issue or if a problem occurs. The sooner you get help, the more likely you will resolve the issue with minimal impact.**

**About the Author: Scott Montgomery, CLU, ChFC,** is a director and financial planner with Provenance Wealth Advisors (PWA), an Independent Registered Investment Advisor affiliated with Berkowitz Pollack Brant Advisors + CPAs and a registered representative with PWA Securities, LLC. He can be reached at the firm’s Ft. Lauderdale, FL office at 954-712-8888 or [info@provwealth.com](mailto:info@provwealth.com). Provenance Wealth Advisors (PWA), 200 E. Las Olas Blvd., 19th Floor, Ft. Lauderdale, FL, 33301, 954-712-8888. Scott Montgomery, CLU, ChFC, is a registered representative of and offers securities through PWA Securities, LLC, Member FINRA/SIPC.

*This material is being provided for information purposes only and is not a complete description or a recommendation. The information has been obtained from sources considered to be reliable, but we do not guarantee that the foregoing material is accurate or complete. There is no guarantee that these statements, opinions or forecasts provided herein will prove correct.*

*Any opinions are those of the advisors of PWA and not necessarily those of PWA Securities, LLC. While we are familiar with the tax provisions of the issues presented herein, as Financial Advisors of PWAS, we are not qualified to render advice on tax or legal matters. You should discuss any tax or legal matters with the appropriate professional. Prior to making any investment decision, please consult your financial advisor about your individual situation.*

# Meet JKV’s New Executive Chef



*JKV’s new Executive Chef Peter Murphy*

**Rob Seitz**  
Gazette Editor

John Knox Village is delighted to announce the hiring of Peter Murphy as its Campus Executive Chef.

The Mystic, CT native grew up immersed in family culinary tradition. From a young age, Chef Pete developed a deep respect for quality ingredients and

a love for cooking. He was often found helping in the kitchen and eventually working in restaurants by age nine. His passion and dedication propelled him through the ranks, becoming Executive Chef at age 21 at Café Zelda in Newport, RI.

## Extensive Culinary Experience

Pete comes to JKV with a wealth of culinary leadership positions, including in prestigious kitchens such as the Fairmont Orchid Hotel in Hawaii, the Jordan Grand Hotel at Sunday River in Newry, ME, as well as the Biltmore Estate in Asheville, NC.

Chef Pete has also led culinary operations for Compass Rose Group in Maine and taught Culinary Arts at A-B Tech in North Carolina. The West Boca Raton resident also served as Executive Chef at a private yacht club in Key Largo and as an Executive Chef at other upscale Senior Living Communities in South Florida.

The proud father of two sons developed his skills through formal training at Johnson & Wales University in Providence, RI, where he taught and assisted instructors with classes as a Teacher’s Assistant. This was followed by a nine-month culinary experience in the South of France.

## Eager To Expand His Culinary Art

Chef Pete plans to elevate the culinary experience at JKV even further for residents, their families and their friends.

To learn more about Chef Pete and experience his culinary wizardry, join other Gazette readers at JKV’s next “Lunch A Little, Learn A Lot” brunch, Thursday, Aug. 14 starting at 11:30 a.m. RSVP at 954-871-2655. To learn more about John Knox Village visit the website at [www.johnknoxvillage.com](http://www.johnknoxvillage.com)

## Sudoku

*Answers On Page 13.*

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

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

# What Is 'Buying The Listing?'

**Rob Seitz**  
Gazette Editor

"Buying the Listing" is a common strategy used by real estate agents where they deliberately overestimate the value of a home to win a listing agreement. Knowing that homeowners are emotionally and financially invested in their properties, these agents appeal to their desire for a high sale price.

There is a saying in real estate: "10 percent of agents sell 90 percent of the homes."

The first three weeks of a home's listing generate the most attention and showings. An overpriced home will get fewer showings and not capitalize on this key initial listing window.

Long days on the market or multiple price reductions signal to buyers that something may be wrong with the home and new buyers searching for a home won't schedule a visit. This can lead to lower offers than the home is truly worth, ultimately reducing the seller's net proceeds.

Overpriced homes sit on the market longer, leading to unnecessary stress and delays in your next move. A house that lingers unsold can reduce your ability to move when you want or need to.

## Why This Matters

Buying the listing may seem harmless at first, but it ultimately leads to stress, worse financial outcomes and delays. By educating yourself on actual market data, key considerations and best practices for home marketing, you can ensure a smoother transition into a senior living community, like John Knox Village.

Utilizing a senior relocation company such as John Knox Village's partner, Moving Station, can ease some of that stress. Moving Station assigns a Personal Relocation Manager (PRM) to the seller.

## Moving Made Easy Program

With the company's Moving Made Easy program PRMs consult with at least two local, top real estate agents and conduct a Comparative Market Analysis (CMA).

After connecting with at least two agents, the PRM has them complete a 90-question CMA. The PRM will review market analyses, confirm its validity and pull out key information to review with the senior seller.



*Moving Station can take the stress out of selling your home and moving to a Life-Plan community like John Knox Village. Image source: Thinkstock.*

Reviewing the home marketing strategy to the senior seller prior to the listing going live is key to a successful home sale.

The PRM will discuss various strategies to get the most eyeballs on the home as soon as it is listed and will review the importance of the first three weeks a house is on the market.

Moving Station's role as a trusted advisor is critical to equipping sellers with the right knowledge, leading to better outcomes for them.

To learn more about John Knox Village and its partnership with Moving Station, call 954-871-2655 or visit the website at: [www.johnknoxvillage.com](http://www.johnknoxvillage.com)

# Scooter Hayes: Paralympian Champion Lives Life Large At JKV

**Kim Morgan Vagnuolo**  
Gazette Contributor

Even though Paralympic athlete, fencing champion, and U.S. Army veteran

Terry "Scooter" Hayes has a progressive brain disease, she continues to live life large in every way imaginable.

Scooter served as a heavy equipment operator in the Army from 1977 through 1979. After leaving the Army, she shifted gears and became a special education teacher. In 2011, her life took a sharp turn when she was diagnosed with primary cerebellar degeneration—an incurable and untreatable neurological disease that causes nerve cells in the cerebellum, the area of the brain that controls coordination and balance, to deteriorate and die. Today, she is paralyzed from the waist down.

Scooter and her wife, Freda Routt, 73, moved to John Knox Village (JKV) in November 2024, leaving behind their home at the Carefree Resort in North Fort Myers, FL.

For them, JKV is a place where life is not only manageable—it's vibrant.

## Parafencing Caught Scooter's Attention

At 58, while searching the internet to find a wheelchair sport in which she could participate, she came across wheelchair fencing, now known as Parafencing. She watched videos and loved what she saw. She began lessons soon thereafter.

The Veterans Administration provided her with a fencing wheelchair, and that gift opened doors she never imagined. "The fencing wheelchair the VA provided has opened the whole world to me," she told the *Gazette*. She was immediately drawn to the sport's blend of physicality and strategy.



*Freda Routt and Terry "Scooter" Hayes attended the Kentucky Derby Day party at JKV, where Scooter took third place in the Derby Hat competition.*



*Parafencing World Games in the United Arab Emirates, February 2019. France vs USA. Photo by Freda Routt.*

"Fencing is a combat sport, a cat-and-mouse game where you must anticipate your opponent's next move and keep your brain sharp," she said.

Parafencing was developed for athletes with physical impairments, including those affecting their lower limbs. Athletes compete in fixed wheelchairs, using their upper body strength, agility and reflexes to score hits on their opponents with a sword. Three weapons are involved in fencing competitions: Foil, Sabre and Epee. The sport features individual and team events, both in which Scooter has competed, using the same three weapons that able-bodied fencers use.

## Intense Training And Competition

Scooter, who ended up training six hours a day, competed in her first international Parafencing tournament in Canada in 2018. Just one year later, she was selected for The U.S. World Championship Team. In 2020, at the age of 63, Scooter represented Team USA at the Tokyo Paralympic Games—an extraordinary milestone in a remarkable journey.

Throughout her fencing career, Scooter has been able to travel the world along with her wife Freda, always by her side, and always her biggest cheerleader. They've trained in Colorado Springs, CO, and have competed all over the U.S. and internationally at World Cups in Sao Paolo, Brazil; Warsaw, Poland; Cheongju, South Korea; Eger, Hungary; Amsterdam World Cup; and Sharjah, UAE.

At the Tokyo 2020 Paralympics, she was the oldest team member to compete at age 63.

There is a lower age limit for the sport of at least 14 years old; in fact, one of her teammates started at 14.

## Scooter And Freda Meet

One of three daughters to her father, who served in the Army, and mother, Scooter was born in Nebraska but grew up traveling military bases in Germany and around the country. She and Freda met 26 years ago at church in Norfolk, VA. Freda served in the Air Force, and then was an inventory manager before retirement.

Today, Scooter and Freda have found their forever home at JKV.



*"Scooter" Hayes at the Paralympic Games before the Opening Ceremonies in Tokyo, Japan, August 2021. Photo by Freda Routt.*

# The Season's Entertainment 'Hits'

## The JKV Cultural Arts Center Hosts Unforgettable Performances

**Marty Lee**  
Gazette Contributor

Since its opening in 2023, the John Knox Village Cultural Arts Center (CAC) has made a prominent name for itself as a "go-to" venue for a variety of entertainment.

From classics to folk, rock to jazz, opera to Broadway show tunes, the CAC presents the popular music of yesterday and today.

As the summer continues, check the CAC entertainment features listed on page 4 of this issue of the Gazette and plan your entertainment calendar. Below are just two of the highlights of recent concerts at JKV.

### Duo Beaux Arts

Four hands on one piano is a very apt description of Duo Beaux Arts, the husband-and-wife team of Tao Lin and Dr. Catherine Lan. Each is a virtuoso pianist, yet when sharing the same piano, a magic transforms their four hands and 20 fingers into a complex mechanism that seamlessly performs music specifically written for four hands, such as the infrequently played "Fantasy in F minor for Piano Four Hands, Op. 940" by Franz Schubert.

During their JKV concert, the couple corroborated on one piano on "España" by Emmanuel Chabrier, the "Petite Suite" by Claude Debussy, and the aforementioned "Fantasy in F minor."

Each pianist also did solo performances: Tao Lin graced the audience with "Claire de Lune" by Claude Debussy and "Bourrée Fantasque," by Chabrier. Then it was Dr. Lan's time in the Steinway spotlight with her rendition of the "Intermezzo Op. 118" by Johannes Brahms.



The husband-and-wife team known as Duo Beaux Arts (left) specializes in playing "Four Hands on One Piano." Right photo: Lourdes Valentin showcased her vocal talent with the Miami Big Sound Orchestra.

The duo closed the concert by sharing the keyboard in a very energetic, and cardio-racing presentation of the "Blue Danube Fantasy" by Johann Strauss, Jr. The "Fantasy," arranged by Greg Anderson for four hands, illustrated the striking parallels between four feet traversing a dance floor and four hands navigating a piano keyboard: A great concert by Duo Beaux Arts.

### Miami Big Sound Orchestra

If you thought the sounds of the Big Band Era with vocalists like Frank Sinatra of the Harry James Orchestra; Doris Day and the Les Brown Orchestra; Peggy Lee with Benny Goodman and his Orchestra were long gone, think again.

The Miami Big Sound Orchestra recently brought their "South Florida" Big Band sound, to the CAC.



The Orchestra is a tower of power featuring 18 musicians on trumpets, trombones, saxophones, flute, piano and percussion; directed by trumpeter Pete Francis. In their CAC performance, the Orchestra featured jazz instrumentals including: "La Cuna," "Blue in Green," "Afro Blue" and "Springtime."

The Orchestra was joined on stage by two incredible singers, Lourdes Valentin and LeNard Rutledge. Lourdes mesmerized the audience with vocalizations of "It Might as Well Be Spring," "I Remember You," "Gracias a la Vida," and "I Only Have Eyes."

Lourdes was followed by the extraordinary LeNard Rutledge. He's compared to the legendary Lou Rawls, yet it was his soulful renditions of the Bill Withers' hits "Use Me," and "Just the Two of Us," that got the JKV audience movin' and a groovin'.

# JKV Senior Prom: Under The Sea

## 50, 60 And Even 70-Year Flashbacks To High School Senior Prom



Arthur Knighton (left) and Christopher Carnrick dressed in their lame' jackets.



Rhonda Wardlaw (left) and Helen Calvit were the Pink Ladies.



Barbara and Steven Waldschmidt reprise their prom photo.

**Marty Lee**  
Gazette Contributor

Remember your high school years—particularly your senior year when the excitement of graduation, college decisions and summer vacation, were put on hold for the social event of the year: The Senior Prom?

The "Seniors" at JKV know how to have a great time, and the Life Enrichment Department knows how to throw a great Senior Prom. The theme for this year's Senior Prom was "Under the Sea." The entire Cultural Arts Center (CAC) was transformed into an underwater fantasy of coral, seashells and marine life. Life Enrichment's Heather Marks and her team of resident volunteer decorators were working on the finishing touches, just minutes before the doors opened to the sea fantasia.

### Dressed For The Occasion

The Senior Prommers were dressed to the nines. Several of the ladies were dressed in poodle skirts, a style that was popular in the '50s, others in prom gowns, and yet others in satin "Pink Lady" jackets – inspired by the musical and movie "Grease."

The gentlemen were not to be outdone, with many dressed in tuxedos, others in metallic gold, black or multi-colored lamé dinner jackets, and a precious few clad in what looked like the same prom formals they might have worn decades ago.

The couples made their way for their formal prom photos in front of the colorful coral seashell backdrop – so fitting for the seaside theme. With corsages and boutonnieres supplied by the Life Enrichment Team, the look was reminiscent of the time 45, 60 or even

70 years ago, that JKV residents enjoyed their high school prom.

### Dancing To Their Favorite Songs

Once the music started, the live band focused on the music of the '50s, '60s and '70s. From Elvis Presley's hits like "Blue Suede Shoes," to the Beatles' "Twist and Shout," on up to the '70s with "Dancing Queen" by Abba, the music took the revelers back to their high school prom.

The dance floor soon was full during every tune. Even those sitting out a song, were brought back to the floor as resident Barbara Waldschmidt led a conga line throughout the entire CAC. All prommers agreed, it was definitely a rockin' good trip back in time.

### Answers to Crossword Puzzle on Page 4 and Sudoku on Page 11.

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

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

# Taking The Road Less Traveled

*JKV Residents Janet Anding And Liz Lycke Visit The Three Guyanas*

**Janet Anding**  
Gazette Contributor

## Three Guyanas

Known collectively as the three Guyanas/Guianas, all of them have been difficult for me to visit. I tried for over five years to get on the only tour I could find and they were always fully sold out from Adventures Abroad in Vancouver, BC.

Over the past few years, they only planned one trip a year and now this particular tour is their top choice worldwide with at least four more trips planned in 2025.

What and where are the Guyanas? I played geography trivia with some friends and most felt they must be part of Indonesia. Not at all, they are as short a trip as a three-hour nonstop flight away from Miami.

Located in the northeast corner of South America along the Caribbean Sea are two countries, Guyana, formerly British Guyana, and Suriname, formerly Dutch Guiana. The third Guyana/Guiana, previously a French colony from 1604, became an Overseas National Territory also known in French as a "Department" of France since 1946. Its name is now French Guiana.

The name Guyana came from the indigenous Arawak tribe meaning "land of many waters." All three have their southern borders along the northeast Amazon River Delta and each are about the size of Indiana. They have been shuffled around over the years by European countries who owned them as colonial territories, yet they are very Caribbean in their cultures.

## Guyana

The former British Guyana was originally part of Dutch Guiana until it was declared a colony of Britain in 1831. Guyana then had to fight for its independence from Britain in 1966. Now it is known only as Guyana.

Regretfully, many only know about one thing that happened in Guyana, the tragedy of American Jim Jones' People's Temple cult ending sadly in 1978.

More than 900 Americans, of which 300 were children, drank a flavored suicide cyanide drink and died. There is nothing left of the colony's structures as the remote ever-growing jungle has overtaken the area. Guyana does not discuss this sorrowful subject as it was in the past.

What Guyana does have to offer is a magnificent rain forest with three major tributaries from the Amazon. The nature is beautiful with birds, animals and flora. We expected and survived 90°F heat and 90+ percent humidity.

My fellow JKV resident and friend Liz Lycke, an intrepid world traveler, joined me on this journey. We came in a day early on the nonstop flight from Miami to the capital of Georgetown, and stayed in the historic Cara Lodge Hotel built in 1840. It was originally an elaborate home with a large second building for the servants.

We were very pleased with this property. In our early spare time, we walked what felt like every street in all of Georgetown. We had fun exploring but I do recall Liz saying, "remember one of us decided we should not carry phones or jewelry for security reasons, but most important, Janet, where are the phones when we need them and where the heck is our map?" My thinking was that we certainly did not want to look like tourists, and eventually we found our way back to the hotel, definitely awaiting a cold beer.

When our group arrived, our Canadian Tour Leader, Amanda – with immense knowledge of the Guyanas – took us on a fantastic and thorough



*The group explores Suriname in the Kabalebo Jungle River dugouts. Janet Anding photo.*

tour. The ethnicity of the population is a mixture of Amerindian, East Indian, African, British and other nationalities resulting in a heritage of a very mixed population. There were many places of worship for Christians, Hindus and Muslims, plus others throughout the city. We understood the communities are very tolerant and welcoming of all religions. This also made food fun with so many cuisines.

Everyone was nicely hospitable, polite and always helpful. They were very curious of us and liked to talk about almost anything.

Tourism is becoming a new and booming industry for their economy. The cultures seem to meld well together. Oil has been found offshore so an additional economic boom is beginning for them.



*A mama and baby tapir arrive for a feeding at the resort in Suriname. Janet Anding photo.*

The best site in the country is Kaieteur Falls. That was our first and most important stop on the tour. It is about 150 air miles southwest of Georgetown and the only way there is a one-hour air flight on a twin turboprop Britten Norman. Regretfully, after waiting for our chartered flight to the falls, they had to cancel that portion due to storms and foggy weather. The flight had been cancelled for the past four days already with no indication the weather would clear. We were to fly around the falls, which at 741 feet, are the highest single drop waterfalls in the world. Then we were to hike

the falls and walk down into a gorge for a better view. Instead, we diverted landing onto a dirt air strip for our overnight hotel located on an island in the river.

It was Valentine's weekend with lots of newlyweds there and dressed to the nines to celebrate. Our group looked a little rugged as we were here to hike, kayak and paddle around in dugout canoes. We were allowed one small bag under 15 lbs. on the flight for overnight.

The lodge was fine; food was OK and the beer cold. We returned to Georgetown via our own fast and bumpy boat. Along the way we stopped at Sloth Island to hike and look for cute little sloths that look about the same as big bird's nests up in the trees. They, however, did not come down to greet us.

Then we went to Ft. Zeelandia, built in 1740, to see the oldest structure in Guyana. We overnighted back at the Cara Resort Lodge.

## Suriname

We flew into Paramaribo, capital of the former Dutch Guiana, renamed Suriname when it became independent from The Netherlands in 1975. There, we connected to another smaller plane, a Cessna Grand Caravan, single-engine turboprop with 12 seats for a one-hour flight to Kabalebo Jungle, about 150 miles west into the frontier.

With the scarcity of roads, Liz and I really loved all of our low flying in small aircraft with exquisite rain forest views the whole way. Suriname has the highest percentage of forests of any country on Earth. We were tickled with the grass landing strip running parallel along the river and a stone's throw from our Jungle Resort. The thatched roofed simple buildings and cabins, all on stilts, had full facilities. All supplies seemed to be offloaded from our inbound flight. The meals were very tasty, and they kept us in beer, wine, drinks, snacks, ice cream and lots of fun stories.

While hiking was enjoyed, the river dugout boats were the main event, while looking for any kind of animal or reptile. All wanted to see an anaconda and hoped maybe a 25-foot-long female would show up, but we weren't that lucky. Or maybe actually we were.

My favorite wild animal was the tapir. An 18th century European naturalist described the tapir of North and South America as "an elephant of the New World yet the size of a mule." They are up to four feet tall and can weigh up to 500 pounds. They look like a pig or boar with an anteater or elephant-like snout, but are actually in the horse and rhinoceros' family. For more than 100 years, tapirs have been endangered and were thought to be extinct due to deforestation and poaching. Recently many have been rediscovered in north-east South America.

Often, we had a very gentle mama visiting with her adorable baby. She seemed to be one of the mascots of the resort. Birds rode free on mama's back.

Many parrots and macaws hung around like pets. They would show up like clockwork every morning and evening for their oatmeal, hand fed by one of the hotel staff or even one of us. Then they would fly off, and we did not see them again until the next feeding.

## French Guiana

French Guiana is an Overseas Department of France. French Guianans speak French, use Euros only, are French citizens and are part of the European Union. The early inhabitants were all indigenous peoples until the French showed up in 1503, establishing a colony by the early-1600s. Initially enslaved laborers were brought from Africa for farming. This was abolished in 1794. French Guiana established a penal colony in 1804. Île du Diable, aka Devil's Island, was operated

*See "Road Less Traveled" on page 15*



*Fellow travelers line up to get on the dugouts as they prepare to cross the borders from Suriname to French Guiana. Janet Anding photo.*

# The Scarcity Of Roads, Meant Much Travel Was Via Small Aircraft



Due to the lack of roads through the jungles, (l to r) Janet Anding and Liz Lycke flew on small planes during their recent trip to the Guyanas. Janet Anding photo.

From “Road Less Traveled” on page 14

until 1953. You may have seen the movie “Papillon” with Dustin Hoffman and Steve McQueen.

The only way from Suriname to French Guiana was another exciting dugout boat for a bumpy 30-minute ride across the river borders. To add to it we were dragging all our baggage and crossing in a thunderstorm.

After border control, we had a three-hour bus ride to Kourou, northeast of Cayenne, the capital.

We were scheduled to tour the Guiana Space Center aka European (Union) Spaceport: An important complex due to the position near the equator which gives a “slingshot” propulsion effort from the Earth’s rotations. I was looking forward to seeing that and how it compares to Cape Canaveral. The other tours would include Cayenne and a rugged and choppy boat ride for 10 miles each way into the Atlantic Ocean from Kourou for touring on Devil’s Island.

Regretfully, just five minutes inside my room in our lovely 5-star hotel, I must have been dancing to the wrong tune. I got caught on a corner of the bed sheet

and one would have thought I was a whirling dervish across the tile floor.

My leg was broken in a hard landing. Fortunately, Liz was next door and even more lucky we were just minutes by ambulance to the Space Center’s hospital.

Liz was such a trouper and dear friend for caring for me and stopping her trip almost a week short. I did have top-of-the-line physicians performing major surgery on my leg with an extended vacation of two weeks in that very superior South America hospital. I was then medevacked to Miami and admitted to Holy Cross Hospital in Ft. Lauderdale for another two weeks.

Liz and I need to come back to see all we missed. That is if Liz will ever travel with me again. Hope so.

I did get to visit my last two countries in the entire Western Hemisphere for my world map. This was my third visit to French Guiana. Via cruise ship, I had previously visited Devil’s Island twice. I still had four remaining territories to visit in the Western Hemisphere then I will have visited all countries and territories in half the world.

## Despite A Broken Leg Janet Travels On

Since I had booked and paid a long while back for a seven-week cruise from Barcelona around Europe, Greenland, Canada and home to Ft. Lauderdale, I knew I would go – broken femur or not. The cruise was one month after my second hospital discharge, and if I promised the doctors I would do physical therapy daily on the ship, they agreed I could go.

Wonderful staff, wheelchairs and a cute pink walker got me through everything. The secret to wanting this cruise was that one of those remaining four territories was calling my name. Another Overseas National Department, again belonging to France, was asking for a visit. The hard part was its location between Newfoundland and Nova Scotia – hard to even find on a map.

The archipelago of eight islands is named St. Pierre and Miquelon and is a vestige of the once-vast territory of New France.

Previously one would have to fly from the USA via Paris to Saint Pierre and Miquelon, but Air France has stopped flying there.

The population of the territory is 5,819. While it looks like it, Saint Pierre and Miquelon definitely are not in Canada but are officially part of France and Europe. Known as “SPM,” they are very good neighbors with Canada and vice versa. Google it to see how they kept the USA in booze and wine during the Prohibition. Out of my seven weeks of cruising, I spent four hours in Saint Pierre and Miquelon which was enough time to see this appealing little archipelago with extremely warm people and wonderful croissants.

Now I am down to three territories in the entire Western Hemisphere left to visit. Life is good.

---

**JKV Village Westlake resident, Janet Anding** enjoyed a 23-year career with Trans World Airlines and traveled the world. Janet has now visited 164 of the 193 countries in the United Nations and 237 of the 330 countries and territories in the “Traveller’s Century Club.” She has crossed the equator 58 times in her life. She married her late husband Jim, a U.S. Embassy official in 1990 and was based in several countries in Europe and Africa. She has visited all seven continents numerous times and has lived in North America, Asia, Europe and Africa.

---

# Characteristics Of High-Level People

## High-Level People Have Emotional Control

**Dr. Roberta Gilbert**  
Gazette Contributor



Dr. Roberta Gilbert

The problem with emotions is that they are so strong, so sudden (automatic) and so demanding. And too, our present society, since the time of Freud, has advocated letting emotions, instead of the thinking part of the brain take over. When we do that, we make bad decisions, bad relationships and bad deals.

No one is perfect, but we can all have as goals, to let the thinking, rational part of the brain be in control, not allowing emotions to take over. This may require at least some of the following:

1. Take time – maybe overnight, to see how a decision plays out in the thinking brain.
2. Follow one’s own carefully-worked-out guiding principles. These are the ones we discussed in my previous columns. Those deeply embedded guidelines on how one directs his or her life.

3. Get counseling when needed.
4. See what I myself think. Not necessarily what others around me do.
5. Ask if the emotion is simply an old pattern. Perhaps one to be discarded over time.
6. Ask if the reaction is appropriate to the situation.
7. With any given emotional reaction, is it useful or an escalation?
8. In a relationship, am I trying to over- or under-participate? Am I triangling? Am I distancing? Am I too angry to take part at the present? Do I need cooling-off time? This can be explained to others who will usually give one time.
9. Prioritize. Decide what is important, and what is trivial. Avoid wasting time on the trivial.
10. Biofeedback training can be extremely useful in trying to learn to control feelings. A short version of what is taught is to relax the body, letting loose of all tension. Sit comfortably and focus on relaxing the arms and legs. This focus on relaxation can happen in an instant and save personal disasters.

Feelings are important. They can keep us from danger and otherwise guard us. But when they become the guideposts of life lived, we can end up with an insignificant life.

If we take time to ask, “Is this what I really want to say?” or “How do I really

want to behave?” or “Do I really need to be fearful here?” can be most useful in most emotionally driven situations. Sometimes answering questions like these can save the day.

Even high-level people sometimes go off on emotional tangents, but we can all work on doing better at it. Looking at the high-functioning people of the world, we’ll see at least some of these characteristics.

Until the next *Gazette*, Let’s keep working on improving reactivity and being more thoughtful in the way we approach life.



Develop your principles, and rather than bending to emotions, let the rational part of your brain take control in decision making. Image source: Bigstock.

---

**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, and is a resident of John Knox Village.

---

# Splash & Grab: \$50,000 Off!



**Make Waves Saving \$50,000\***  
*on one of our popular Nautilus apartments in Cassels Tower at John Knox Village, South Florida's premier life-plan retirement community.*

- ✓ **The stunning 2-bedroom, 2-bath home spans a generous 1,258 square feet, but you need to act fast. This Splash & Grab offer ends Aug. 31, 2025, with move-in required by Dec. 31, 2025.**
- ✓ **Along with maintenance-free, resort-style living, you will also enjoy the peace of mind knowing you will have health care throughout your life's next chapter.**
- ✓ **With 50,000 reasons to make a move this summer, the time is now! Call John Knox Village at 954-871-2655 or take a virtual tour of our Nautilus apartment on [www.johnknoxvillage.com/about/nautilus](http://www.johnknoxvillage.com/about/nautilus)**

## The Nautilus Apartment Home

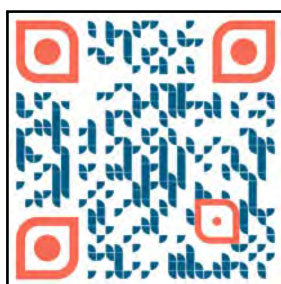
**2 Bedroom / 2 Bath:  
 1,258 Sq. Ft.**



For the ultimate in convenience and spacious living, while guaranteeing your Life-Plan health care, tour this month's featured two-bedroom/two-bath Nautilus Apartment Home located in the high-rise Cassels Tower. Plus save \$50,000\* if you commit by Aug. 31 and make your move by year's end.

As a JKV resident, you will enjoy comprehensive long-term care, daily use of the Aquatic Complex with two pools, Glades Grill, Bayer's Poolside Pub, Pickleball and bocce ball courts, Fitness Studio, and much more. **Call the Sales Department at 954-871-2655 to schedule a visit.**

Scan the QR code with your camera phone to visit the web for the Nautilus Splash & Grab details:



web [JohnKnoxVillage.com](http://JohnKnoxVillage.com)



651 SW 6th Street, Pompano Beach, FL 33060  
 954-871-2655

**\*\$50,000 savings is reflected in the current one-time-only entrance fee.**



*The bright and airy master bedroom in the Nautilus Apartment Home.*



*The convenient Nautilus kitchen.*



*Relax and enjoy the two pools in the JKV Aquatic Complex.*