

JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

# Gazette

where possibility *plays!*

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John Knox Village of Florida, Inc.  
651 S.W. Sixth Street  
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## Holiday Greetings From JKV

See Why John Knox Village Might Be The Best Present Ever



JKV residents join in the celebrations of the holiday season. They all have the very real security in knowing their needs will be covered, and that they have got a plan in place for whatever the future holds.

**Kim Ali**  
JKV VP of Sales & Marketing

As Vice President of Sales & Marketing at John Knox Village, it has been my goal through many advertising campaigns to help demystify the different options available for senior living in general, and specifically the benefits of living in a Life-Plan Community.

As we approach the end of 2024, many of us are feeling unsettled about circumstances beyond our control. For many, there's a feeling of uncertainty, which can be especially concerning for people in their senior years.

With changes in the economy and world events that have impacted many, it's probably not an overstatement to say that most of us are watching our finances closer than we have in years.

As we look ahead to 2025 and beyond, putting plans into place to ensure our future financial security is so important, now more than ever.

If you're not familiar with what a Life-Plan Community is—also known as a Continuing Care Retirement Community (CCRC)—I encourage you to do some homework and learn how a CCRC like JKV serves to protect your wealth.

As you approach your senior years, you may wonder:

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



Kim Ali, JKV VP of Sales & Marketing

See "Best Present" on Page 2

## Apollo 8: Message From Moon To Earth

An Emmy-Winning Broadcast From The Heavens On Christmas Eve, 1968

**Nona Cree Smith**  
Gazette Contributor

‘T was the night before Christmas in 1968, when the Apollo 8 astronauts William Anders, Frank Bowman and James Lovell lifted our spirits with a message of goodwill towards all men, after a tumultuous year marked by assassinations, war and a wave of rebellion that swept countries all over the world.

Nearly 250,000 miles away, a small NASA spaceship was orbiting the Moon after safely pulling away from Earth's gravity into space. Inside the cramped cabin of the Apollo 8 craft were three astronauts who had traveled more than 250 times farther from Earth than any humans had before.

### 'Wow, Is That Pretty!'

After three full orbits, as they came from the far side of the Moon, commander Frank Borman turned the spacecraft around. It was then that lunar module pilot Bill Anders caught the spectacular view of Earth rising above the lunar horizon. In his amazement at the extraordinary sight, he said "Here's the Earth coming up. Wow, is that pretty!"

The Earth looked like a breathtaking jewel of dazzling blues, greens and white, set against the darkness of space and the forbidding, pock-marked, dull gray moonscape. Anders took some photos, but because it was black and white film, he knew the photos wouldn't show the captivating beauty of the scene before them. Anders is heard on the on-board recorder asking

See "Apollo 8" on Page 3



Apollo 8 Mission image: Earth rises over the horizon of the Moon in this first ever photograph of Earth as seen from the Moon taken on Dec. 24, 1968. Image source: images-assets.nasa.gov/image

## You're Choosing A Lifestyle, A Community, And A Promise Of Care.

From "Best Present" on Page 1

Living in a Life-Plan Continuing Care Retirement Community (CCRC) alleviates these very valid concerns and provides assurances that regardless of personal and external circumstances, you can have the very real security in knowing your needs will be covered, and you have got a plan in place.

JKV—South Florida's premier CCRC—offers Independent Living, Assisted Living, and higher levels of care if needed, all on one campus.

In the past several years, our incredible resort-style amenities have been enhanced even more with the opening of the Pavilion, with its 350-seat Cultural Arts Center (CAC), along with two dining venues—Seaglass and The Pearl—as well as Barton's Nautilus Bar.

### Concerts And Entertainment In The CAC

With the CAC's opening, our residents have been dazzled with high-caliber performances, and they are looking forward to a robust 2025 performance schedule.

In early 2024, we opened our Westlake project of two new residential towers. We have welcomed more than 180 new residents into The Terrace and The Vue—with their combined 147 new, state-of-the-art designer apartment homes.

### Two New Casual Dining Venues

In addition to these new residential spaces, all JKV residents, their families and friends are enjoying the buzzing hubs that are our Westlake Eatery, which is satisfying breakfast, lunch and dinner appetites, as well as BV's French Press & Wine Bar, known campus-wide for its specialty brewed refreshments, pastries, Charcuterie board small bites and extensive wine list.

### Learning And Educational Centers

More amenities being enjoyed by all include our high-tech projection theater, Art Studio, Music Studio, Fitness Studio, Technology Learning Center, Library and much more.

As much as we are excited about our brick and mortar, more importantly, John Knox Village is in the business of people. We are so excited to warmly welcome all our new residents, each of whom has become a special part of what makes JKV so exceptional. What is also special is how wonderfully our

residents embrace their new neighbors.

If you'd like to learn more about any of our beautiful living options at JKV, contact us for a no-pressure conversation.

We're happy to answer any questions and tell you more about how living at JKV provides you with future financial security and an incredible lifestyle in a community you'll be glad to call your home.

Call us at 954-871-2655 to schedule a visit, or go to [www.johnknoxvillage.com](http://www.johnknoxvillage.com) for more information. Come see why John Knox Village might be the best present ever.

## Beyond Real Estate: What You're Really Buying At JKV

Once you've realized that John Knox Village could be the perfect fit for you or a loved one, the next essential step is to connect with a Life-Plan Consultant.

More often than not, the first question is: "What will this real estate transaction cost?" It's not uncommon for prospective residents to be surprised when they learn that they aren't purchasing an apartment or villa.

"The upfront Entrance Fee you pay secures you an all-inclusive Life-Care contract," Kim Ali, Vice President of Sales & Marketing told *The Gazette*. "This ensures that any future health care needs will be met right here on our 70-acre campus. You're not purchasing real estate; you're investing in your peace of mind."

"If your health changes and you require assistance, it's all included: Assisted living, supportive memory care, skilled nursing—everything's covered. You will have access to all levels of care without having to worry about extensive costs down the line."

Nearly 1,000 residents enjoy the vibrant community life at JKV, from the many and varied activities and friendships, to the support that comes from being surrounded by people who understand the journey of aging.

"It's not just about a home," Ms. Ali said. "You're choosing a lifestyle, a community, and a promise of care."

For more details call 954-871-2655 or visit [www.johnknoxvillage.com](http://www.johnknoxvillage.com)

# Thanks For Asking

## What Are The Holidays Like At John Knox Village?



Miniature Holiday Villages, gifts from resident Tom Keenan, decorate the lobbies of JKV buildings.

**Dave Bayer**  
Gazette Contributor

When Jackie and I moved to John Knox Village eight years ago, we had already transitioned from hosting big family holiday gatherings to joining whichever relative had assumed that role. We usually have Thanksgiving with my kids in North Florida and Christmas with Jackie's family in the Ft. Lauderdale area, which works nicely for all concerned.

In addition to the time we spend with our families, we have also been pleased with the holiday festivities at JKV. They include lots of good music, interesting special events, and a nice variety of social gatherings. It was toned down during COVID, of course, but although the number and type of holiday events may vary from year to year, there have been some constants. Primarily, in December the true spirit of Hanukkah and Christmas is omnipresent.

Regarding holiday events, a prospective resident asked me recently what I liked least about living at JKV. My tongue-in-cheek response was that "there are too many interesting things to do." I should have added, "especially in December."

### Exceptional Schedule Of Events

For example, the following events are scheduled shortly before the holidays comes full-force: The Annual JKV Holiday Parade on Dec. 4; a lecture exploring Germany's Christmas traditions on Dec. 11; an outing and tour of the Stranahan House on Dec. 12; a JKV Broadway Series presentation of "A Christmas Carol" on Dec. 13. Then as part of a campus-wide celebration for December-birthday residents, Music-For America will perform holiday favorites on Dec. 16. We'll take a trip to the Garden of Lights at Flamingo Gardens on Dec. 17. In a much-anticipated

celebration, JKV's resident choral groups will perform their annual Holiday Concert on Dec. 18.

The concert will feature the two JKV resident choral groups. The oldest is our men's group, The Villagers. We also have a mixed group, the Choristers. At the concert they will perform "The Songs of The Season." The joy of song permeates JKV during the holidays, as we also have a group of dedicated residents that sing Christmas Carols with our Assisted Living and Skilled Nursing Elders.

### Lighting Of The Menorah

The lighting of the Menorah and a celebration of the eight nights of Hanukkah is a JKV tradition. This year, Hanukkah will be celebrated each night from the evening of Dec. 25 through Jan. 2, 2025.

Holiday meals here are special, with our Dining Services Team providing great food and service at a reasonable price. The New Year's Eve party is also a special treat for the residents, with excellent food and entertainment. The fact that the ball drops at 8:30 p.m. is the norm for a community like ours. Perhaps the reason that the entertainment is so good is that the entertainers have enough time to perform somewhere else after leaving here, or maybe choose to welcome in the New Year with their families.

Another special aspect about the holiday season at JKV is the festive lighting and decorations throughout our beautiful 70-acre campus. When my kids were small, we would load them in the car and drive around town to find the best holiday lights. Things are easier now, because the JKV Grounds Maintenance Team always seems to arrange for beautiful, attractive, and tasteful lighting and the decorating of our many trees and buildings.

Decorations have been going up since late October, and walking the campus after dark in December is really a treat.

### A Charitable Holiday Tradition

The history of our Village is replete with examples of the generous and caring culture of our residents. One ongoing example is our Employee Holiday Gift Fund, which was established over 40 years ago. The Fund mainly is made up of residents' donations and is distributed to staff, other than senior management, based on hours worked and longevity. JKV has a "no tipping" policy, and donating to this fund provides a vehicle for the residents to show the appreciation they feel toward the employees. In 1990, the total raised was \$85,181; in 2000 it was \$286,299; in 2010 it was \$346,547; and in 2020 it had grown to \$700,566. We have set a goal this year of \$1 million, and as of this



Cassels Tower residents Dave and his wife Jackie Bayer.

writing, donations are robust, and we just may make it. Charitable giving continues to thrive at JKV.

My wife Jackie's family makes a big deal of their Christmas Gift exchange, and last year we hosted the event here. We arranged to do it in conjunction with a luncheon in one of our private JKV dining rooms. Our Catering Team did a wonderful job with the food, decorations, and service. It's nice to know that we have all the resources and opportunities to continue to host family and friends in a friendly and welcoming venue.

Although we live in a community of older residents, the holidays continue to be enjoyable, and we are surrounded with other like-minded friends who will join us as we celebrate the season.



The lighting of the Menorah is observed during the eight nights of Hanukkah at JKV.

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

## 'Look Again At That Dot. That's Here. That's Home. That's Us.' – Carl Sagan

From "Apollo 8" on Page 1

Lovell with some urgency; "Hand me a roll of color quick. Would you? Quick! Quick!" The image he shot became the iconic space photo of the 20th century:

In December 1968, the Apollo 8 astronauts returned from history's first manned voyage to the Moon with this stunning image. During the following weeks, on newspaper front pages, magazine covers, and television broadcasts around the world, the people of Earth suddenly saw ourselves joined together as the inhabitants of a lovely and seemingly tranquil planet afloat in the endless void of space.

### A Broadcast For The Ages

Before they started the return journey home, the astronauts wanted to mark this momentous expedition with a unique and special message. NASA told them to do what they thought was appropriate.

The decision to read from Genesis in the King James Bible was not a government choice, but one the crew members made on their own with Borman's leadership. They produced the most beautiful, uplifting message from the sky.

It was Christmas Eve and most of the mission had been televised to an avid audience on Earth. But on Christmas Eve the crew decided on something special. In what was a technical miracle for its time, the TV camera on board filmed the crater-filled lunar surface while the astronauts read their message to the world from space.

"We are now approaching lunar sunrise, and for all the people back on Earth, the crew of Apollo 8 has a message that we would like to send to you," Frank Borman said.

### Christmas Eve Message From Space

**WILLIAM ANDERS:**

*"In the beginning, God created the heaven and the earth, and the earth was without form, and void, and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters. And God said, let there be light and there was light. And God saw the light, that it was good, and God divided the light from the darkness."*

**JAMES LOVELL:**

*"And God called the light day, and the darkness he called night. And the evening and the morning were the first day. And God said, let there be a firmament in the midst of the waters, and let it divide the waters from the waters."*

*"And God made the firmament and divided the waters which were under the firmament from the waters which were above the firmament, and it was so. And God called the firmament Heaven. And the evening and the morning were the second day."*

**FRANK BORMAN:**

*"And God said, Let the waters under the heaven be gathered together unto one place, and let the dry land appear: and it was so."*

*"And God called the dry land Earth; and the gathering together of the waters called the Seas: and God saw that it was good."*

*"And from the crew of Apollo 8, we close with good night, good luck, a Merry Christmas – and God bless all of you, all of you on the good Earth."*



The Apollo 8 Crew included (L to R) James Lovell, Command Module (CM) pilot; William Anders, Lunar Module (LM) Pilot; and Frank Borman, Commander. The first manned Apollo mission launched aboard the Saturn V and first manned Apollo craft to enter lunar orbit, the SA-503, Apollo 8 mission liftoff occurred on Dec. 21, 1968 and returned safely to Earth on Dec. 27, 1968. Image source: images-assets.nasa.gov

The transmission from Apollo 8 on Christmas Eve was watched by an estimated half a billion people. The broadcast went on to win an Emmy.

### Men Of Courage

Apollo 8's crew were all high-achieving military pilots. Frank Borman was in charge: A no-nonsense, hard-driving man. His first spaceflight was on Gemini 7 in 1965. To him, Apollo was a battle in the Cold War against the Soviet Union in the race to be the first to land a man on the Moon, on a timeline set by President John F. Kennedy. Borman brought a military mindset to his organized preparation and his hard edge was in contrast to the friendly and gregarious Jim Lovell, the command module pilot. As a boy, Lovell had dreamed of spaceflight and never gave up on his dream throughout his military and test pilot career. His role on Apollo 8 was as the ship's navigator, using the stars like ancient celestial mariners to guide the ship through space.

Bill Anders brought an academic science background to the trio. Officially, he was the lunar module pilot, although he had not flown in space before. Instead, he was to monitor the spacecraft's systems and act as the mission photographer. Anders was as gung-ho as Borman; he took the mission's exceptional role in the space program very seriously and did excellent work photographing the mission for history.

The trio became the first humans to travel beyond low-Earth orbit, in a prelude to Apollo 11 landing men on the Moon.

The mission objectives for Apollo 8 included a coordinated performance of the crew, the command and service module, or CSM, and the support facilities. The mission also was to demonstrate translunar injection to escape Earth's gravity, navigation, communications and midcourse corrections. The detailed test objectives were to refine the systems and procedures relating to future lunar operations. The mission was deemed a great success with all objectives met and surpassed.

### 'There Is A Santa Claus'

The crew had launched into orbit on Dec. 21 from Cape Kennedy, FL, and after circling the Moon 10 times on Christmas Eve, it came time to return home.

On Christmas morning, Mission Control waited anxiously for word that Apollo 8's engine burn to escape the lunar orbit had worked. Then precisely on schedule they got confirmation when Lovell radioed, "Roger, please be informed there is a Santa Claus."

Listen to the recording of the Apollo 8 Genesis reading from Dec. 24, 1968, by visiting the web address listed here: <https://www.youtube.com/watch?v=ToHhQUhdyBY&t=3s>

## Forget New Year's Resolutions Instead Ring In A Joyful 2025

**Nona Cree Smith**  
Gazette Contributor

The custom of making New Year resolutions was thought to have begun about 4,000 years ago by the Babylonians. They held celebrations in honor of the new year, although they celebrated it in mid-March, when the harvest for the coming year was planted.

They made promises to the gods that they would pay their debts and return any objects they had borrowed. If the Babylonians kept to their word, their gods would favor them for the coming year. The promises could be considered the forerunners of our New Year's resolutions.

The customs of the Babylonian New Year were adapted by the Romans, who moved the celebration to January on the new Julian calendar at about 46 B.C., which made January first, the start of the new year. The month was named after the two-faced Roman god Janus, who, according to myths, looked forward to a new beginning and backward to reflection and resolution. The Romans celebrated the new year with feasts and sacrifices to Janus and promised good behavior in the coming year.

### Today's Resolution Makers

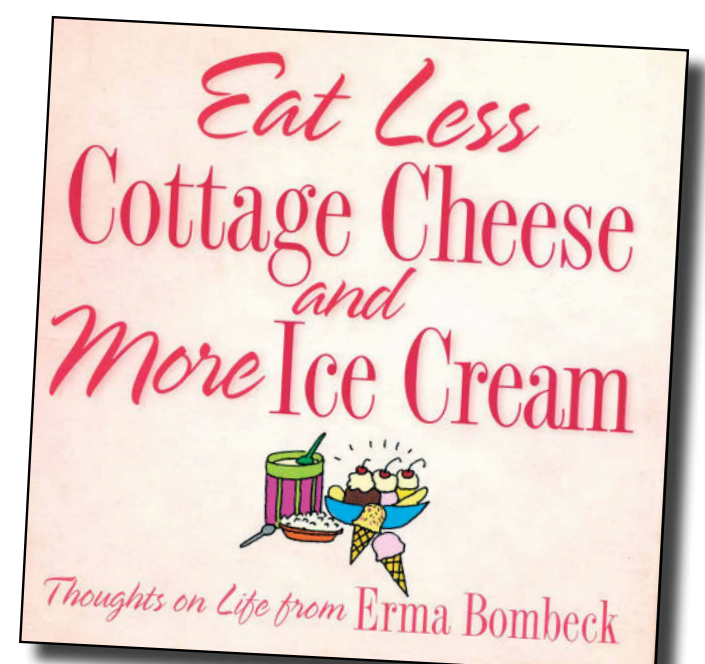
As the calendar days of December draw to a close, and we remember all the wonderful holiday celebrations, including plentiful food, drink, and making merry, we start making our list of New Year's resolutions. These are our promises to ourselves to do better in the new year: To lose the weight gained over the holidays, eat more vegetables, exercise diligently, be tidier, spend more time with family and friends, take our medications on time, and on and on.

But our dedication falters after a few weeks when we admit our gung-ho New Year's resolutions are doomed to failure.

Instead of feeling bad about our lack of self-control, we should forget about it and live by the excellent advice of humorist Erma Bombeck in her book: **"Eat Less Cottage Cheese and More Ice Cream"**

Erma was the syndicated columnist many of us eagerly followed for her charming wit in the late 20th century. By the '70s, her columns were enjoyed semi-weekly by 30 million readers of 900 newspapers in the U.S. and Canada.

Here are some words of humorous wisdom from Erma that still hold true generations later.



Marty Lee photo.

**"My idea of housework is to sweep the room with a glance."**

**"It's not until you become a mother that your judgment turns to compassion and understanding."**

**"The reason I would take up jogging is so I could hear heavy breathing again."**

**"Insanity is hereditary. You catch it from your kids."**

**"Never go to a doctor whose office plants have died."**

So, enjoy your ice cream and have a happy 2025.

# Let JKV Entertain You

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



The JKV Choirs Holiday Concert, "Songs of the Season," is scheduled for the Cultural Arts Center stage on Dec. 18.



Join us at the 38th Annual JKV Holiday Parade.

### Wed., Dec. 4 at 4:30 p.m. 38th Annual JKV Holiday Parade

Since 1983, the John Knox Village Holiday Parade has been one of the most anticipated events of the calendar year. This year's 38th Annual Holiday Parade will step off at 4:30 p.m. along the streets of JKV on Wednesday, Dec. 4.

More than 30 parade units will participate including employee departments, local government officials, the Precision Motorcycle Unit from the Broward County Sheriff's Department, high school bands, antique cars, Pompano Beach Fire Department, and entries from local businesses.

**Free Admission**

### Fri., Dec. 6 at 2 p.m. Jazz History Lecture Series Featuring Chuck Bergeron

"Swinging Through Time: Tracing the Evolution of Jazz" is an enthralling Jazz history lecture series featuring the illustrious Chuck Bergeron. Hailing from the vibrant city of New Orleans, Mr. Bergeron has enjoyed a remarkable four-decade career as a highly sought-after bassist. This lecture will feature: "Sinatra: The Man and His Music."

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

### Fri., Dec. 13 at 7 p.m. JKV Broadway Series: "A Christmas Carol"

The concert is the classic Dickens tale as you've never heard it before, complete with full symphony orchestra, choir and rock/pop rhythm section accompanying a narrator and four soloists. Composer Bob Christianson and lyricist Alisa Hauser have created a glorious new score with musical styles ranging from classical to Broadway to blues to gospel.

**Funded by the John Knox Village Foundation.**

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

### Wed., Dec. 18 at 7 p.m. JKV Choirs Holiday Concert: "Songs Of The Season"

We wish you a very Happy Holiday with the best "Songs of the Season," performed by JKV's choruses: The Villagers and The Choristers. Enjoy beloved classics like "Silver Bells," "Rockin' Around the Christmas Tree," "Maoz Tzur," and "White Christmas," among others. This festive concert is directed by Birgit Djupedal Fioravante, with Carolyn Morgan on piano and Mark Schubert on percussion.

**Funded by the John Knox Village Foundation.**

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

### Fri., Jan. 3 at 2 p.m. Jazz History Lecture Series Featuring Chuck Bergeron

"Swinging Through Time: Tracing the Evolution of Jazz" continues with another installment in the lecture series featuring the New Orleans Jazz bassist Chuck Bergeron. The Jan. 3 lecture features: "Hollywood Swings: A Look at the History of Jazz in Film."

**Tickets**  
JKV Resident **Free**  
JKV Village Arts Circle **Free**  
Non-Resident **\$15**

### Thurs., Jan. 16 at 7 p.m. Florida Grand Opera Studio Artists: "Opera Goes To The Movies"

Join us for "Opera Goes to the Movies," an enchanting concert that links the magic of the opera and the silver screen. Experience iconic arias and thrilling ensembles reimagined through the cinematic lens. This performance will showcase how opera has influenced film music throughout the years. Whether you're an opera aficionado or movie lover, this unique blend promises to delight and inspire. Immerse yourself in a night where the worlds of opera and film collide, celebrating the timeless power of storytelling through song.

**Funded by the John Knox Village Foundation.**

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

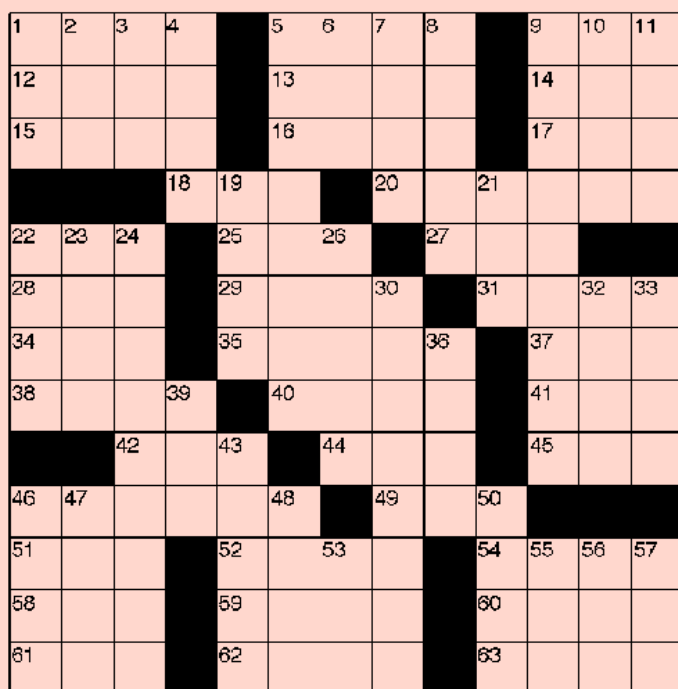
### Tues., Jan. 28 at 7 p.m. "Vegas Meets Vintage: Mia's Musical Extravaganza" With Pianist Mia Vassilev

Get ready for a fabulous night, blending Vegas flair with Pops classics, starring piano virtuoso Mia, who has been celebrated worldwide for her artistry and magnetic stage presence, Mia leads a dynamic ensemble through '40s, '50s and '60s hits, from Boogie-Woogie to Latin to Rock 'n' Roll. With violins, cello, percussion, ballroom dancers, and stunning multimedia, this performance will captivate you.

**Funded by the John Knox Village Foundation.**

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

Please visit [www.johnknoxvillage.com/events/](http://www.johnknoxvillage.com/events/) or contact the John Knox Village Life Enrichment Department at 954-783-4039 for tickets.



## Crossword Puzzle Of The Month

### ACROSS

1. Buttocks
5. Reel
9. Adjective-forming (suf.)
12. Leaf-cutting ant
13. Scientific name (suf.)
14. No (Scot.)
15. Beer
16. Polish border river
17. Poetic contraction
18. Europe (abbr.)
20. Swed. sculptor
22. Spot on cards or dice
25. Flat fish
27. Flood
28. Or best offer (abbr.)
29. Irish exclamation
31. Answer requested (abbr.)
34. 102 (Rom. numeral)

### DOWN

35. Book (Lat.)
37. Indo-Chin. people
38. Thessaly mountain
40. Large intestine beginnings
41. Interstate Commerce Commission (abbr.)
42. Poetic contraction
44. Eye-infesting worm
45. Council for Econ. Advisors (abbr.)
46. Firearm
49. Recommended daily allowance (abbr.)
51. Melody
52. Fine Cuban tobacco
54. Regard
58. Centers for Disease Control (abbr.)
59. Acid (pref.)

60. Hettles of a loom
61. Compass direction
62. Foot (suf.)
63. Forbidden

23. Bird
24. Taro (2 words)
26. Biblical tower
30. Deck
32. Flower holder
33. Geophagy
36. Electric catfish
39. Bronze money
43. Summary
46. Medieval warclub
47. Acquired immune deficiency syndrome (abbr.)
48. Run
50. Accountant (abbr.)
53. Child (pref.)
55. Amer. Automobile Assn. (abbr.)
56. Mortar mixer
57. Flightless bird

Answers On Page 13.

# Pompano Beach Arts & Music

Enjoy The Holidays And Welcome The New Year At These Featured Events

**Kay Renz**  
Special To The Gazette

It may still feel like summer, but Winter Wonderland season is upon us and Pompano Beach has a plethora of ways to celebrate the holidays. And when we are done with our merry moments, we kick off the year with exciting new events and the highly anticipated Jazz Fest Pompano Beach 2025.

## Yuletide On Atlantic

Thursday, Dec. 5 at 6:30 p.m. FREE

Featuring dazzling floats, lively performances, and joyful music, transforming Atlantic Boulevard into a winter wonderland.

## Old Town Untapped: Tree Lighting

Friday, Dec. 6 from 6 to 10 p.m. FREE

Twinkling lights, festive cheer, the upbeat music of Joey Calderaio, and an array of holiday-themed vendors that will have your shopping list checked off in no time.

## 17th Annual Light Up MLK Boulevard

Saturday, Dec. 7 from 5 to 8 p.m. FREE

Sounds of the holidays will ring throughout the neighborhoods, and guests will enjoy local community-based performances, food, beverages, and interactive holiday festivities. At Annie Adderly Gillis Park, 601 Dr. MLK Blvd.

## The Most Wonderful CRIME Of The Year Dinner Show

Saturday, Dec. 7 at 7 p.m. \$60

An interactive murder mystery stand-up show designed for adult audiences. You become the detective, gather clues, and solve the case in an evening of suspense and laughter, and delicious food at the Pompano Beach Cultural Center.

## 62nd Annual CHAOS Pompano Beach/ Lighthouse Point / Deerfield Beach Holiday Boat Parade

Friday, Dec. 13 from 7 to 9:30 p.m. FREE

Showcasing more than 50 boats, decked with more lights and decoration than you can imagine. For information on the boat parade route visit the website: <https://www.pompanobeachfl.gov/events/the-greater-pompano-beach-holiday-boat-parade>.

## Green Market Pompano Beach

Saturday, Dec. 14 & 28 from 9 a.m. to 1 p.m. FREE

For the best fruits and vegetables, local vendors, plants, holiday-themed crafts, art, and culinary products and, of course, a visit from Santa Claus.

## Exit 36 Poetry Slam

Dec. 12 – 14: Festival Pass \$20, One Day pass \$10, Final Stage only \$20



Joshua Redman, Gabrielle Cavassa and their band will be featured at JAZZ FEST Pompano Beach 2025.

Three-day poetry competition featuring spoken word artists and writers from around the country.

## Hot Brass: Earth, Wind & Fire; Chicago Tribute Show

Thursday, Jan. 2 at 7 p.m. \$45

The ultimate fusion of rock and funk, led by the incredible female saxophonist, Debbie Pierce, and featuring four dynamic lead vocalists, a sizzling horn section and a rock-solid rhythm section.

## Old Town Untapped

Friday, Jan. 3 from 6 to 10 p.m. FREE

A thrilling night filled with live music by Mama Fuma with their funky rock and Latin spice, a local DJ, art gallery opening at BaCA, local art vendors and food trucks.

## Tovah Feldshuh Is Leona!

Friday, Jan. 3 at 7:30 p.m. \$75

Tovah Feldshuh, six-time Tony and Emmy nominated star presents a brilliant show featuring highlights from the new Broadway-bound musical “Queen of Mean,” based on the NYT best-selling biography.

## “Jerry’s Girls” By The Pompano Players

Jan. 5 – 19: Fridays 7 p.m., Saturdays 2 & 7 p.m., Sundays 2 p.m. \$45

An exhilarating two-hour musical extravaganza celebrating glamour, optimism, love, melody, and women and featuring the music of Jerry Herman. *The New York Times* raved, calling it “a brilliantly lively and scintillating evening of cabaret.”

## JAZZ FEST Pompano Beach 2025

Fri., Jan. 24 at 1:45 p.m., and Sat., Jan. 25 at 1 p.m. FREE General Admission, or VIP 2-day pass \$200

A fabulous two-day festival filled with smooth tunes and good vibes. A few of the headliners include Judith Hill, Randy Brecker, Joshua Redman & Gabrielle Cavassa, and Jazz Funk Soul.

## Kenny And Dolly Together Again™ Tribute Show

Thursday, Jan. 30 at 7:30 p.m. Standard \$35; Premium \$45; VIP \$55

Kenny and Dolly Together Again™ is a tribute to country music’s favorite duo, featuring Marty Edwards and Wendy T.

## Chinese New Year Celebration

Friday, Jan. 31 at 7:30 p.m. \$20

Tradition meets talent with the Traditional Chinese Performance Group with a fusion of classic Chinese music and dance.

Learn more about the holiday events and locations at: <https://parks.pompanobeachfl.gov/events>

And the cultural events and their venues at: [www.pompanbeacharts.org](http://www.pompanbeacharts.org)



Jazz Funk Soul will be another headliner at JAZZ FEST Pompano Beach 2025.

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

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The John Knox Village Gazette has expanded, in response to increased interest in it. 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 January/February 2025 edition emailing at the end of December. The catch is, we need your permission to email the FREE monthly publication to you. Email your subscription request to [gazette@jkvfl.com](mailto:gazette@jkvfl.com)

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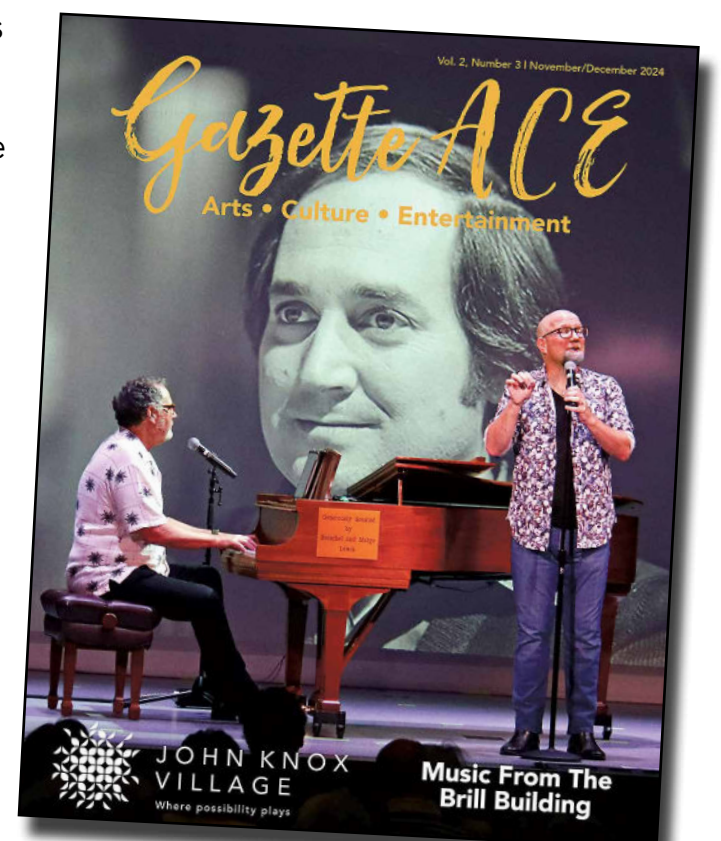
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# Honoring JKV's Gift-Givers During The Holidays

## JKV Thanks Those Who Share Their Talents, Simply Because They Can

**Marty Lee**  
Gazette Contributor

John Knox Village residents are a charitable group, which becomes even more focused during the holidays. You can read about the residents' collective effort through contributing to the Employee Holiday Gift

Fund, with a goal of \$1 million in resident Dave Bayer's column on page 2 of this *Gazette*. More than 50 percent of JKV residents volunteer their time and talents in some way either inside the Village, or outside in the greater community.

*The Gazette* will be highlighting some of these volunteers who share their time and talents in a regular feature column. In this holiday issue, we highlight two of these extraordinary individuals.

### The Piano Guy

This writer has always been enamored with folks who have talent, and choose to share their talent, knowledge and experience with others, not for financial gain but just because they can. Think of your favorite high school teacher, who was always there to share his or her talent whenever you asked for or needed it.

We have a resident, a former teacher, at JKV who shares his love of music daily throughout the Village. Stu Schwartz moved to JKV in January. Without immediate family in the area, Stu understood the importance of health care security over home ownership. During his short time at JKV, residents have come to appreciate the talents of this retired teacher, who is also an accomplished pianist.

"I taught math for 35 years at the high school level in the Wissahickon School District in Ambler, PA (just north of Philadelphia)," Stu said. "In my last 10 years, I taught pretty much all Advanced Placement Calculus and Statistics classes. I loved teaching and was a very enthusiastic teacher. "I was honored to win the Presidential Award for teaching in 2003. This is the highest award given to teachers in the United States."

While math was Stu's career, music has been his passion. "It all started when my family visited my mother's mother when I was about six years old. She had an old upright piano in the basement. I'd say 'hello' and then disappear downstairs to play the piano. My dad always said that I'd have a piano someday. One day, when I was 12 years old, we as a family went down to Center City Philly, and went into a piano store. Next thing I knew, dad bought a piano for me." From then, the piano playing never stopped.



*The Piano Guy Stu Schwartz performs regular concerts throughout the Independent Living, Assisted Living and Skilled Nursing Homes at John Knox Village.*

Upon moving to JKV, Stu saw the opportunity to share his musical talent with residents. "People here want the songs that they are familiar with, the songs they heard growing up. They know them and can sing along with them. And I play with a lot of passion and simplicity."

Stu has found a following at JKV. He performs several days a week during the lunch hour adjacent to BV's French Press & Wine Bar in Westlake. He also does regular concerts and singalongs in Gardens West, Seaside Cove and The Woodlands. On Friday afternoons, you can catch him at Bayer's Poolside Pub. Impressively, Stu performs for all the right reasons, not for money or for recognition. "I do it because I can," he said. "But I also enjoy it and people seem to love it. All good reasons to continue."



*Shahbazim from The Woodlands share a happy moment with Shaun Zahn on the far right.*

### Sharing Her Daily Joy

**Phillip E. Collins**  
Gazette Contributor

One of the most wonder-filled things in life is to bring joy to others through our talents and gifts. One of the best examples of this action is Shaun Zahn, a Sage at John

Knox Village's skilled nursing center The Woodlands. A former ballet student and a past Ice Capades performer and teacher, Shaun emotionally explains her motivation in creating outstanding holiday and birthday events for Elders in The Woodlands. She remembers her own mother's needs.

Later in her career, in one of New York City's largest hotels: The Marriott Marquis on Times Square, Shaun sharpened her event-planning skills. There she produced grand weddings, symposiums, and a multitude of large corporate events for many Fortune 500 companies.

Now retired and a JKV resident herself, Shaun finds fulfillment in sharing her talents. Paying for all the supplies herself, representing thousands of dollars over the three years she has been producing events at The Woodlands, Shaun shares, "That my helping others feeds my heart and soul. Even when the person cannot verbally explain their happiness in what I create, I can see it in their eyes and smiles, and I know it affects their self-esteem."

Many outside The Woodlands have never seen the exciting, beautiful designs Shaun has created for the Elders, and the sheer joy she brings to those around her. "It is a privilege to be a part of The Woodlands, and now to open the curtain upon what I have been doing is fun," Shaun told the *Gazette*.

In addition to the outstanding events Shaun has produced, she has found time to take Elders to Sunday service and individual visitations that may include a wheelchair spin around the campus.

"Sometimes The Woodlands' Elders request a theme or a color choice to be incorporated in what I do and I run with that," she explains. "Occasionally, I have created an event for Team Members, as well."

It has been said, "a picture is worth a thousand words." See just two of the displays Shaun has created below. She simply brings happiness into someone's day and life that otherwise might not be there.

Westlake resident Shaun Zahn is living proof, in a short period of time (three years), we can be a positive force in so many ways for so many.

It is people like Shaun who make JKV the best of what it is.

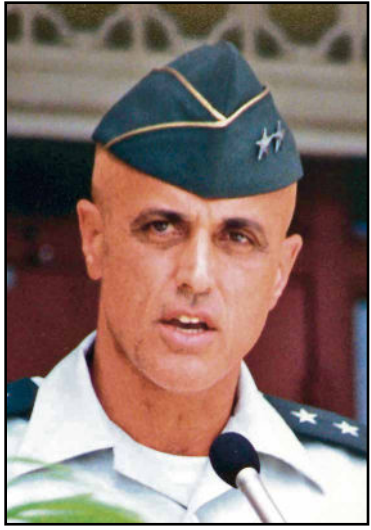
*Editor's Note: Please read the column entitled: "Meeting The Nobody, Who Is Somebody," on page 7 of this Gazette about another selfless gift-giver: JKV resident, Maj. Gen. Burn Loeffke (U.S. Army retired). This is the story about a truly humble man, who rose to a position of leadership as a soldier, a diplomat, a medical missionary and as a humanitarian.*



*Gift-giver Shaun Zahn shares her talents with Elders at John Knox Village by providing decorative displays celebrating birthdays and the holidays.*

# I Am Nobody, Who Are You?

**Burn Loeffke**  
Gazette Contributor



Burn Loeffke

There is a plaque on the site of the U.S. Military Academy in West Point, NY that highlights much of my history.

It starts with Special Forces in Laos in 1959. I was chosen to be on the first team to go into Laos as a special advisor because I was fluent in French and an Airborne Ranger in Special Forces. This was the start of the Vietnam War.

My mission was classified, and my name, rank and serial number were dropped from the official roles. For three years, I literally vanished and my classmates wondered what had happened to me? Under the classified mission, no one knew where I was, or who I was. I did not even exist. I was a nobody.

### I Am Nobody. Who Are You?

The poem of Emily Dickinson "I'm Nobody! Who Are You?" is to me one of the most impactful that I have ever read. It makes me think that I am nobody compared to the great men and women in history. It

also makes me refer to my religious beliefs and to Jesus, who was one of the humblest of all men in history, and one who preached humility and led by example.

*I'm Nobody! Who are you?  
Are you – Nobody – too?  
Then there's a pair of us!  
Don't tell!*

*They'd advertise – you know!  
How dreary – to be – Somebody!  
How public – like a Frog –  
To tell one's name – the livelong June –  
To an admiring Bog!*

Now as we enter December, I want to remember humility. This is the month that we think of others and celebrate the birth of Jesus among other celebrations. It reminds me of the Bible passage **Mark 10:20** that reads: "He who would be first among you must be a slave to all." Many of our leaders need to learn that lesson. That is: To think of others before themselves. We need leaders who want to serve instead of being served by others.

I am often dismayed by those leaders who put themselves first before the needs of those who they should be serving. Humility is freedom from pride or arrogance, the quality or state of being humble. That's something that I really respect in someone who's a leader.

### A Ray Of Sunshine

This morning a ray of sunshine came to visit me in my apartment. It was Col. Lam Tran, a fellow John Knox Village resident who served in the South Vietnamese Army. Col. Tran saluted me and told me that I was the highest-ranking officer of the Vietnam War that is alive today. "It's an honor to be with you," he said. Lam Tran made my day. His words also made me remember a lot of good people who are no longer with us.



The plaque honoring Burn Loeffke at the U.S. Military Academy at West Point.

But then the next day I felt demoralized. Combat injuries destroyed my hearing and at times I have challenges understanding what is being said. My visit yesterday to a doctor made me feel that I was invisible. This healer directed my health questions to my son, as if I were not there. I am at a point in my life where I'm not in control and not sure of how I'm going to spend the years that I have left.

I feel, however, that while I am restricted in my abilities, I can still contribute. Writing a regular column in the *Gazette* for the past 10 years has allowed me the outlet to teach and share my experiences firsthand of lessons learned. Hopefully my writing will encourage others to write their own stories.

The ability to write and continue teaching strengthens my resolve to care for as many people as I can. I think of a song that has a great impact upon me. The song is entitled: "Let There Be Peace On Earth," and I take to heart the lyrics of that beloved song written by Jill Jackson in 1955: "To take each moment. And live each moment. In peace eternally. Let there be peace on earth. And let it begin with me."

*Burnard "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.*

# Meeting The Nobody, Who Is Somebody

**Marty Lee**  
Gazette Contributor

We were just two individuals whose paths crossed in a chance meeting. Some people say everything happens for a reason. Perhaps, but I believe that is only true in retrospect. The fabric of all things past in history, would be altered if just one minor meeting had been different. I prefer to think of things as accidents. We do have free will after all.

Let me relate an accidental meeting: It was the inaugural gathering of a social club we started at John Knox Village. It was called the "Senior Connection." It was an outreach program, whereby seniors from outside the Village would be able to meet, develop friendships, and take part in trips to local restaurants, attractions, concerts, museums and movies. We had more than 100 seniors attending that inaugural brunch.

As the gathering continued, we invited those in attendance to give suggestions as to what they would like to see and do through the "Senior Connection." We passed the microphone and heard many ideas: "I would like to try that new restaurant on Las Olas Boulevard." "Maybe we could get the group to go to Morikami Gardens." "How about discount tickets to see Andrea

Bocelli?" All were great ideas for fun trips and opportunities for social engagement.

As our time began to run short, we took just one more comment. I handed the microphone to a slight man, who obviously was quite accustomed to handling the mic and speaking to audiences. "All of us have special talents," he said. "I would like to see all of us volunteer and share our special talents with those in need."

I was astounded. I expected to hear about more discount opportunities for lunches, events and concerts. To hear someone urge us all to share our time and talents to those in need was nothing I expected to hear at this gathering.

### Who Is This Man?

I had to find out who this man was. He told me his name was Burn Loeffke (pronounced Love Key). He was very understated in giving me his bio. He did mention he was a retired Major General. We exchanged phone numbers and parted ways. Being somewhat of a skeptic, yet totally intrigued with his suggestion, I decided to Google: "Burn Loeffke."

Eureka! When I Googled his name, I saw a photo of Gen. Bernard "Burn" Loeffke with Gen. Colin Powell,

and a CSPAN video of him testifying in 1992 about Soviet involvement with Vietnam POW/MIAs. I realized then that Burn Loeffke was the real deal.

Soon after that chance meeting, Burn and I spoke. I offered him the opportunity to write a regular column in the *John Knox Village Gazette*. That was more than 10 years ago, and during this time, I have befriended a man who is truly authentic, highly principled, and dedicated to peace and justice for all.

Burn related a story to me that changed his life. While in Vietnam, Burn had a soldier, Sgt. Larry Morford, under his command. Larry was a pacifist, yet had volunteered to serve, because as Larry said, "Sir, the job you and I are doing is the job of a beast and the least beastly of us should be doing it."

Larry believed in capturing the enemy, not in killing them. Larry's goal in life after his military service was to become a medical missionary to help those around the world in need.

### The Life-Changing Moment

On Feb. 12, 1970, Burn heard the news that would forever change his life. Just days before he was scheduled to return to the States, Sgt. Morford had been killed in action. Burn said that at the very moment he heard the tragic news, "I instantly transformed from warrior to peacemaker."

As Burn's military career continued – earning Major General status, he was referred to as the "Peace General," in his constant quest to find peaceful negotiated solutions to difficult situations.

When his own military career ended, rather than taking a lucrative position with a defense contractor or as a lobbyist, Burn decided to enter medical school. He wanted to become the medical missionary that Sgt. Larry Morford would never be.

Today at age 90 and a resident of JKV, Burn is still the highly principled individual he was decades ago. I salute my friend, Burn Loeffke, the "Peace General," a true leader who leads by his example.

*"Blessed are the peacemakers, for they will be called children of God." – Matthew 5:9*



Burn Loeffke visits the Mobile Vietnam Memorial Wall in 2023, and remembers the impact Sgt. Larry Morford had upon his life.



JOHN KNOX VILLAGE

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JOHN KNOX VILLAGE

# Happy Holidays

## DISCOVER CULINARY DELIGHTS: RECIPES FROM OUR COMMUNITY

As the holiday season approaches, we at John Knox Village are thrilled to extend warm wishes and invite you to join us in celebrating the joyous festivities that bring our community together. We are delighted to share three wonderful holiday recipes that showcase the diverse talents within our community.

Please post pictures of your dishes on Facebook and tag us @johnknoxvillage. Let's create a virtual feast and spread the joy of the holidays with our extended online community.

**Schedule a visit and create new traditions at JKV today!  
954-871-2655**

### START THE HOLIDAYS OFF RIGHT

**HOLIDAY CHEESE GOUGÈRES**  
by JKV Executive Chef Frederic

- 1/2 cup water
- 1/2 cup milk
- 4 ounces unsalted butter
- pinch of salt
- 1 cup all-purpose flour
- 4 large eggs
- 1 cup shredded Gruyère cheese
- ground black pepper
- a pinch of nutmeg

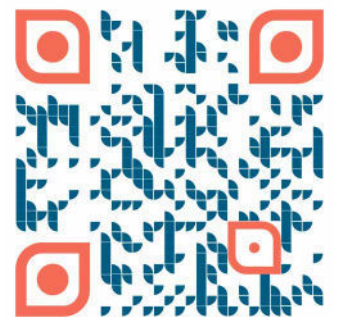


### THE PERFECT SIDE DISH

**MASHED POTATO CASSEROLE**  
by Resident Sharalyn

- 8 Russet, Idaho or Yukon Gold potatoes
- 1 cup sour cream
- 1 8-oz. package of cream cheese
- 2 tbsp. of fresh chives
- garlic salt to taste
- white pepper to taste
- 3 tbsp. melted butter

Scan for  
Instructions



### A SWEET ENDING

**HOT COCOA CUPCAKES**  
by Team Member Yael

- 2 cups sugar
- 1¾ cups all-purpose flour
- ¾ cup unsweetened baking cocoa
- 2 tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. salt
- 2 large eggs
- 1 cup strong black coffee, cooled
- 1 cup buttermilk
- ½ cup vegetable or canola oil
- 1 tsp. vanilla



400 SW 3rd St. (Main Entrance)  
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JohnKnoxVillage

# Staying Active: Sports Medicine For Seniors

**Michael Swartzon, MD**  
Gazette Contributor



**Michael Swartzon, MD,**  
**FAMSSM, FAAFP**

balance and enhanced mental well-being.

As more seniors embrace active lifestyles, they face unique challenges that make sports medicine a critical role in keeping them healthy, mobile and injury-free.

Whether it's Pickleball, swimming, golf or brisk walks in the neighborhood, regular physical activity offers numerous health benefits for seniors, including improved cardiovascular health, stronger muscles, better



*Pickleball is a very popular physical activity at John Knox Village.*

## Sports Medicine Matters For Seniors

Aging affects the body in several ways: Joints become stiffer, muscles weaken and bones may become more fragile due to conditions like osteoporosis. These natural changes increase the risk of injury during physical activity. Common problems such as tendonitis, arthritis, strains and sprains can slow seniors down or even force them to stop their favorite activities. Our job as Sports Medicine physicians is not just about managing existing conditions, but also about preventing injuries. Every person has a different history and different goals.

We take the time to understand each senior's unique situation to develop tailored treatment plans and preventive strategies to allow older adults to maintain their physical activity.

## Preventing Injuries In Senior Athletes

While seniors are encouraged to stay active, injury prevention is vital. Here are some strategies sports medicine professionals often recommend:

**1. Warm-Up and Cool-Down:** As we age, muscles and joints need more time to prepare for physical activity. A proper warm-up increases blood flow to muscles, improving flexibility and reducing injury risk. Cooling down afterward helps the body recover and relieves muscle soreness.

**2. Strength and Flexibility Training:** I cannot stress enough how important it is to incorporate strength training into a senior's exercise routine. It can help prevent injuries by stabilizing joints and decreasing

age-related muscle decline. Flexibility exercises, like yoga or Pilates, are equally important in maintaining joint range of motion and preventing stiffness.

**3. Balance Training:** Balance becomes more important as we age, especially for preventing falls. It's a key aspect of injury prevention. Simple exercises such as standing on one leg, Tai Chi, or balance exercises can improve coordination and reduce the risk of falls during sports or daily activities.

**4. Activity Modification:** We often recommend modifying activities rather than stopping them altogether. For instance, seniors who experience joint pain might benefit from lower-impact activities like swimming, cycling or doubles tennis on clay, rather than running or playing contact sports.

## Common Sports Injuries In Seniors

Despite our best efforts to prevent injury, athletes of any age may still encounter common sports-related issues. Here are some conditions that we frequently see in our clinic:

• **Tendinopathy:** Overuse injuries like tendonitis (inflammation of the tendons) or tendinopathy (degenerative tears to the tendon) are common in aging athletes. These can occur in the shoulder, elbow or knee. Physical therapy, or targeted exercises can help to alleviate pain and improve function.

• **Osteoarthritis:** Degradation of the joints can happen from previous injury or genetics. It bothers people particularly in weight-bearing joints such as the hips

and knees. Managing osteoarthritis with exercise, proper footwear, and possibly medical interventions like corticosteroid or hyaluronic acid injections, and more advanced treatments like platelet-rich plasma (PRP) therapy when needed.

• **Muscle Strains and Ligament Sprains:** Soft tissue injuries are more likely to occur as muscles and ligaments lose elasticity with age. We can help treat these injuries with a combination of relative rest, physical therapy and bracing.

Remaining active as a senior is one of the best ways to maintain health and independence. We support older adults in staying engaged in their favorite activities.

By focusing on prevention, proper treatment and recovery strategies, we hope to help seniors have a better quality of life.

*Michael Swartzon, MD, FAMSSM, FAAFP  
sees patients at the Baptist Health Plantation Wellness  
Facility and the Baptist Health Training Complex*

To scan the QR code go to the camera app on your phone or tablet. Aim the camera at the code and wait for a window to appear that will direct you to the content.



# From Trip Planning To Birthday Ideas, New Possibilities In The AI Age

**Jason Cook**  
Gazette Contributor



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

recently received access to Microsoft's Copilot, a powerful AI chatbot developed by Microsoft for its applications in Word, Excel and Outlook.

## What Does Copilot Do?

With Copilot, I can ask it to summarize lengthy emails into concise bullet points or draft responses while ensuring specific points are covered. This is just one example of how AI is becoming a practical assistant in everyday work.

When I first discussed ChatGPT, it had limitations. It could only access older information and was not as versatile as it is now. Today, ChatGPT offers so much more. A recent example from my own life:

Although I've covered this topic before, the landscape of Artificial Intelligence (AI) has evolved dramatically.

Previously, I focused on AI as a writing tool, but today, AI has become so much more. We are now in what I believe is the true beginning of the AI Age.

In a short time, we have gone from using AI to assist with writing tasks to AI systems that are deeply integrated into our everyday lives.

For example, I

My father's 80th birthday is coming up, and I needed help brainstorming gift ideas. I asked ChatGPT, and it provided several thoughtful suggestions, ranging from a personalized memory book to hobby-related gifts like a fishing pole.

## A Tool For Many Uses

ChatGPT has become an adaptable tool for everything from personal advice to more complex tasks.

Another incredible feature is the ability to use ChatGPT for interactive role-playing. You can practice job interviews by having it simulate the interviewer, or you can use it as a brainstorming partner for creative projects.

One person I know asked ChatGPT to plan a three-day trip to the Florida Keys, specifically focusing on the natural parks. ChatGPT generated a full itinerary, complete with morning, afternoon and evening activities, and tailored the suggestions to different parks' highlights.

## ChatGPT Extends To Everyday Tasks

For example, someone found a recipe for a delicious chicken dish but wanted a healthier version. ChatGPT analyzed the recipe and suggested healthier ingredient swaps, turning it into a nutritious meal without sacrificing flavor.

When you log into OpenAI and access ChatGPT, you'll notice a section called "Explore GPTs," which allows you to discover various AI models designed for different purposes—everything from generating images to enhancing the human-like tone of your writing.

You even have the option to create your own custom GPTs. I have been considering creating a virtual fishing buddy who could offer advice on the best bait

to use in different fishing environments or teach me how to tie specific knots.

## Truly Endless Possibilities

We are taking our first steps into a new age – the AI Age. It is an exciting time, with tools that can assist, inspire and even partner with us in ways we never thought possible.

## JKV One Of Few Communities With An 'IT' Guy

At John Knox Village (JKV), leadership recognized that technology was becoming increasingly integral to daily life. To address residents' needs, they hired Jason Cook as the Technology Engagement Coordinator.

With a wealth of credentials and a passion for all things tech, Jason quickly became JKV's "IT Guy." He provided personalized assistance and organized classroom-style training sessions, empowering residents to tackle everything from email to social media with confidence. Residents have embraced this support, fostering connections with family and friends.

JKV's commitment to a dedicated technology professional distinguishes itself as one of the few Life-Plan Continuing Care Retirement Communities in the country to offer extensive personalized tech assistance, to enhance residents' quality of life.

# Preparing For Sunsetting Tax Provisions

## Take Actions Soon To Reassess Your Estate Plans

**Scott Montgomery**  
Gazette Contributor



*Scott Montgomery, CLU, ChFC*

Many provisions contained in the current tax law are set to expire on Dec. 31, 2025, signaling an immediate need for individuals to reassess their existing estate plans and plan for long-term tax efficiency. Failure to engage in planning now can result in potentially higher taxes on income and long-term capital gains and undue exposure to estate taxes in the future.

The 2017 overhaul of the U.S. tax code ushered in welcome but temporary changes for individuals during tax years 2018 through 2025, including a doubling of the federal estate tax exemption and reduced ordinary income tax rates with expanded tax brackets. While it is unknown whether Congress will preserve these benefits beyond 2025 or enact new legislation, taxpayers should consider alternative strategies to help them protect and preserve their wealth today and for future generations.

### Considering The Possible Changes

For example, individuals at all income levels can expect higher taxes in 2026 when the ordinary income tax brackets are set to rise to a top rate of 39.6 percent from the current rate of 37 percent.

Additionally, the current \$13.610 million exemption from federal estate tax (or \$27.220 million for married couples filing joint tax returns) is scheduled to revert to its 2017 level of approximately \$6 million after accounting for inflation (or \$12 million for married couples filing jointly). This means a person who passes away in 2024 can protect an additional \$7.610 million of their estate from a tax as high as 40 percent than if they were to pass away just two years later.

### Estate-Planning Essentials

The good news is that you can implement a variety of estate planning tools today to take advantage of the current law and minimize your future estate tax liabilities. Depending on your unique circumstances, needs and goals, consideration should be given to various trust instruments and gifting strategies that essentially remove appreciating assets from your taxable estate and, in some cases, allow you to retain some level of control over those funds. Some examples include grantor-retained annuity trusts (GRATs), spousal lifetime asset trusts (SLATs), irrevocable life insurance trusts (ILITs) and charitable remainder trusts (CRTs).

You may also leverage today's generous exemptions by making annual tax-free gifts of up to \$18,000 to an unlimited number of individuals. Alternatively, you may pay up to \$18,000 of another person's expenses directly to a medical provider or educational institution without incurring gift tax. Or, you may gift an unlimited amount tax-free to your spouse provided you are both U.S. citizens.

### Meet With Your Financial Advisors

Because U.S. tax laws are always subject to Congressional action and changing IRS guidance, the best way to keep your estate plan up to date is to meet regularly with your financial advisors.



*Meet with your financial advisor to discuss possible changes in your estate plans.*

*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, Fla. office at (954) 712-8888 or [info@provwealth.com](mailto:info@provwealth.com).*

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# The 38th Annual JKV Holiday Parade

**Marty Lee**  
Gazette Contributor

It's always one of the most anticipated events of the year. Eager residents, with their families and friends, line the streets of John Knox Village in anticipation of the hour-long extravaganza.

This year, the 38th Annual JKV Holiday Parade kicks off on Wednesday, Dec. 4 at 4:30 p.m. There will be seating along the parade route, so you can watch in comfort. The mile-long parade will take approximately one hour from start to finish. Please join us and get your holiday spirits revved into full gear.

More than 30 parade units are expected to join in the festivities. Displays and floats from every JKV Team Member Department will be participating. Enjoy the sounds and precision marching of local high school bands. There will also be appearances by local government officials, the Broward County Sheriff Department, antique cars, Pompano Beach Fire Department, and entries from local businesses.

Join your Village friends and residents and please be our guest. The parade will take you back to your



*JKV's Security & Transportation Departments showed their holiday spirit during the 2023 JKV Parade.*

younger days, when every town and village sponsored its community parade. The nostalgia of a real Holiday Parade will bring back memories as you share in a time-honored John Knox Village tradition.



*Ft. Lauderdale's Dillard High School marching band and their precision drill team participated in last year's JKV Holiday Parade.*

## Sudoku

*Answers On Page 13.*

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

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

# In Good Taste: You Can Roll Year-Round With This Southeast Asian Recipe

## JKV Residents Love To 'Cook, Laugh, Eat,' With Chef Alice

**Rob Seitz**  
Gazette Editor



*Chef Alice Colin*

Area chef and frequent John Knox Village cooking demonstrator, Alice Colin, let residents perform sous chef duties by creating their own hand-rolled Southeast Asian Summer Rolls.

Vietnamese summer rolls, also known as gỏi cuốn, are a refreshing and healthy dish perfect to enjoy year-round in South Florida's sub-tropical climate.

These light, rice paper-wrapped delights are filled with a colorful array of fresh vegetables, herbs, and protein like shrimp or tofu, making them a versatile meal option.

Served with a flavorful dipping sauce, summer rolls are not only visually appealing but also bursting with flavors and textures. Create your own at home for a delicious taste of Southeast Asia, with a super flavorful peanut dipping sauce.

### Summer Rolls: Serves 8

- (2) 1 ounce packages rice vermicelli or bean thread noodles
- 8 soft lettuce leaves, like red or green leaf, discard thick center veins, which can cause the rice paper rounds to tear
- ½ cup of one or more of the following: Mint leaves, cilantro (including thin stems) and basil leaves
- 2 medium carrots, peeled and shredded or packaged shredded carrots

• 8 oz. (31-40 count) peeled and deveined cooked shrimp, halved through center or extra firm tofu, sliced in ¼-inch strips

• 8 (8-inch) rice paper rounds, plus additional in case some tear

### Assemble Rolls:

Fill a large bowl with warm water. Arrange all of the ingredients on a tray in neat piles in the following order: Shrimp, herbs, carrots, noodles and lettuce.

Working with one rice paper round at a time, dunk in water for just two full seconds (use the 1 Mississippi, 2 Mississippi counting method); rice paper will soften more as it sits. Transfer to a work surface.

Working quickly, place lettuce across the bottom third of the rice paper round, leaving 2 inches at the bottom and either side.



*Chef Alice's Vietnamese summer rolls served with a flavorful dipping sauce.*

Place 3 shrimp halves on lettuce. Top with herbs, shredded carrot, noodles and lettuce.

Carefully fold the bottom of the rice paper over the filling, then fold in the ends and roll like a burrito into a tight cylinder. Transfer roll, seam side down, to a platter.

Do not allow rolls to touch, as they will tear. Repeat to make 8 rolls in total.

Do not prepare the rolls more than one hour ahead, as the texture will be tough and rubbery. Cover tightly with plastic wrap and refrigerate. Serve rolls with hoisin peanut sauce.

### Hoisin Peanut Sauce

- 2 teaspoons canola or vegetable oil
- 4 cloves garlic, grated or minced
- ⅓ cup Hoisin sauce
- ¼ cup creamy peanut butter
- ¼ cup water, or more if needed
- 1 tablespoon sugar
- 1 tablespoon rice vinegar or white vinegar
- 1 teaspoon toasted sesame oil
- 1 tablespoon hot sauce, or to taste
- 2 tablespoons peanuts, chopped

### Method Of Preparation:

Heat oil in a small saucepan on medium heat. Add garlic and sauté, stirring for one minute. Whisk in the remaining ingredients.

If needed, adjust the thickness of the sauce, by adding water to desired consistency. Add to a small bowl and top with peanuts.

Questions can be sent to Chef Alice at: [chefalicecooking@mail.com](mailto:chefalicecooking@mail.com) or by calling her at 954-531-2393.

# Cocktail Class Had Residents Buzzing

## Pineapple Martini Captures Tropical Summers In A Glass

**Rob Seitz**  
Gazette Editor

In an engaging community event that buzzed with excitement and camaraderie, John Knox Village residents were treated to an exceptional experience that blended the art of mixology with the joy of gathering.

The mastermind behind this delightful evening was none other than the Village's own Master Mixologist, Ulas Gungor. With a genuine passion for his craft and a willingness to share his expertise, the Istanbul, Türkiye native led residents through a captivating journey of flavors and stories.

The meticulously crafted cocktails Ulas introduced were the evening's highlights.

### Pineapple Martini

First on the list was a pineapple martini, a refreshing concoction that managed to capture the essence of tropical summers in a glass. Its sweet and tangy profile was an instant hit among the attendees, setting a high bar for the night.

However, Ulas was just getting started. Next, he showcased his versatility with Margaritas, a classic favorite. But it wasn't just any Margarita; Ulas delighted the crowd by using both tequila and its smoky cousin, Mezcal.

This artisanal twist added depth to the drink, making it a fascinating topic of conversation among the residents.

### An Old Fashioned

Not to leave the whiskey lovers out, Ulas also prepared a traditional bourbon-based Old Fashioned. This cocktail, steeped in history and beloved for its simplicity and elegance, was another testament to Ulas' skill and respect for the classics.

Each sip was a journey through the rich, amber flavors of bourbon, perfectly balanced with just the right amount of sweetness and bitters. Complementing the exquisite drinks was a carefully curated charcuterie board.



*Ulas Gungor pours Pineapple Martinis during his class at JKV's Westlake Eatery.*

### The Pairings

Laden with an assortment of cheeses, fruits, and some perfectly grilled steak, it was the ideal accompaniment to the evening's libations.

The combination of savory and sweet, alongside the expertly mixed drinks, created a symphony of flavors that danced on the palate.

The event was more than just a showcase of Ulas' mixology skills; it was a celebration of community, shared experiences, and the simple joy of coming together over good food and drink.

As hearty cheers filled the air, it was clear that this was an evening to remember for residents of JKV. One that would be talked about and reminisced over for a long time to come.

### Pineapple Martini Recipe

- Whole pineapple
- 1-liter favorite vodka
- One 6 oz. can pineapple juice
- 2 cups quality orange liqueur
- 2 cups simple syrup
- ½ cup fresh lime juice

### Preparation:

Cut pineapple into cubes. Put in a jar. Fill jar with one liter of vodka and pineapple juice. Marinate for five days. Then add orange liqueur, simple syrup and lime juice. The martini is ready to be shaken, not stirred.

# Unique Opportunities Every Day At JKV

MAAG Features Events, Arts, Music, Fitness, Entertainment, Education And Much More



JKV's resident military veterans were honored during a special ceremony in the Cultural Arts Center on Veterans Day 2024.

**Marty Lee**  
Gazette Contributor

Each month, John Knox Village residents receive a 16-page newsletter named "Month-At-A-Glance," (MAAG) which details every event, activity, class, lecture and concert planned for the month.

Residents refer to the MAAG for information about



Pearl with her pet mom, JKV resident Rae Lynch.

everything "JKV." One of the very important events on the November MAAG calendar was Veterans Day, when the many WWII, Korean War, Vietnam War and Cold War JKV resident veterans were honored for their service.

MAAG is also the source for information about opportunities to enhance your particular lifestyle and interests. If you are into fitness, take advantage of the many classes scheduled in strength and balance, kickboxing, Pilates and meditation. You can even work out on your own schedule using the stationary bicycles, ellipticals, treadmills and free weights.

Take a class in water aerobics or water Pilates in the Aquatic Complex's Logue's Resort Pool, or just swim for fitness in the lap pool.

While you are at the Aquatic Complex, stop by Bayer's Poolside Pub for a snack and refreshing drink. If it's Thursday evening, join in Karaoke Night and sing along to your favorite tunes.

Check into the breakfast, lunch or dinner hours and menu specials at The Glades Grill, The Bistro, The Pearl and Seaglass restaurants, or the new Westlake Eatery. Stop by BV's Coffee Press and Wine Bar or Barton's Nautilus Bar to wet your whistle.

If creativity is on your horizon, take a class in watercolor painting, pencil sketching, stained glass and more in the Westlake Art Studio. If music is your game, take voice lessons and join one of the JKV choruses, learn to play the ukelele, or get the band back

together for practice in the Westlake Music Lab.

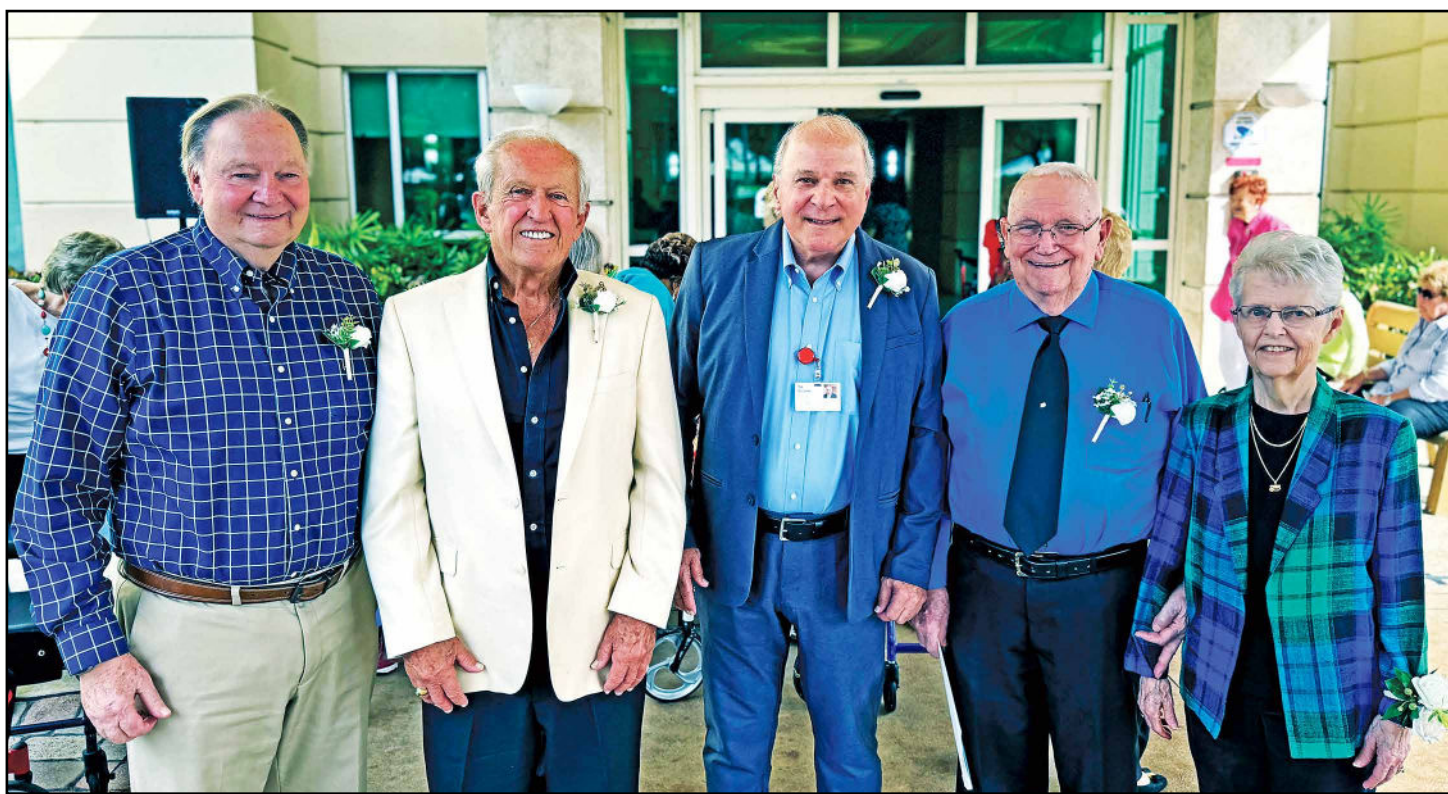
Keep up with technology with regular classes for smartphones, tablets and computers. Learn about the latest apps and programs available, and get connected to the JKV digital world through JKVConnect. JKV's own fulltime "IT" Guy, Jason Cook will guide you along and answer all your tech questions.

Refer to the MAAG for scheduled religious gatherings including Christian Worship, Catholic Mass, Episcopalian Services and Shabbat Services.

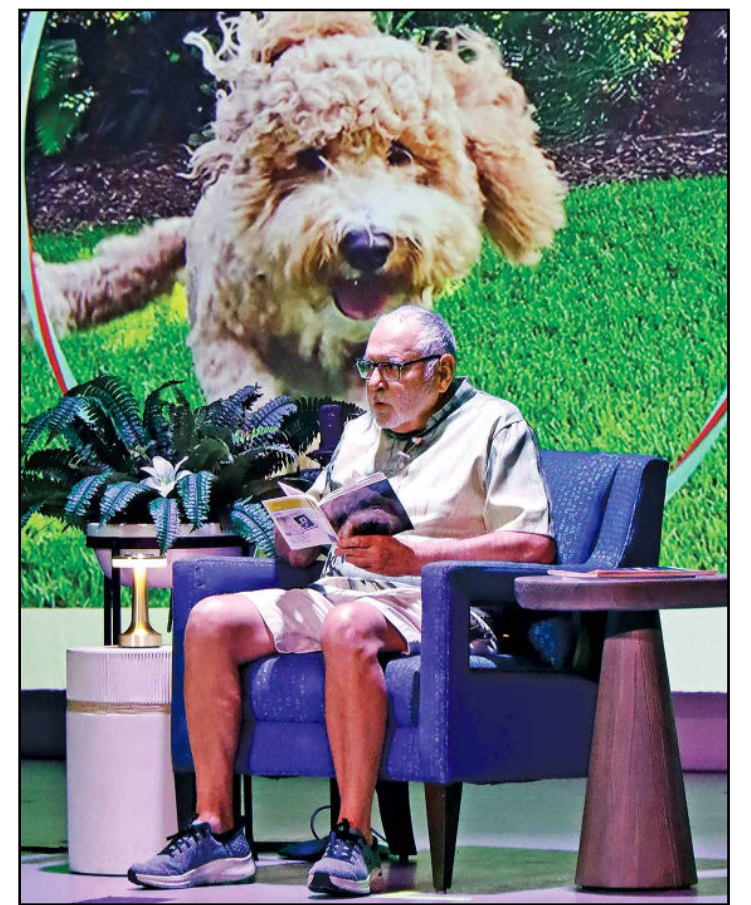
The MAAG is also your guide to all the great events, shows, lectures, happy hours and concerts around campus and in the Cultural Arts Center (CAC).

Recently the CAC hosted the "Writers' Feast," where JKV resident authors read passages from their published books; the South Florida Jazz Orchestra with Chuck Bergeron; the Con Brio String Quartet; a Cabaret performance by chanteuse Glenda Grainger; and a fabulous Halloween Party and Costume Contest that attendees claimed was the best party in recent memory. Pet Portrait photo sessions were a big hit with the Village's four-legged family members.

Pick up a copy of MAAG on your next JKV visit. See all the great opportunities available to residents of South Florida's premier Life-Plan Continuing Care Retirement Community.



JKV celebrated Heritage Tower's 20th Anniversary with some of the residents who were there on day one. Pictured left to right: Residents Tom McDowell and Dr. Paul Loree, JKV CEO Sal Barbera, and residents David and Twylah Haun.



JKV resident Chuck Ross reads from his book: "Stella, A Dog's Thoughts," during the JKV Authors' Feast.



JKV resident Marjorie Poole (center) celebrates her 100th Birthday with Milton Graves (left) and Armando Gutierrez (right).

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

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

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

# Taking The Road Less Traveled

## JKV Resident Janet Anding Indulges Her Wanderlust In Singapore

**Janet Anding**  
Gazette Contributor

In the September/October 2024 *Gazette* issue, I wrote my column entirely about my journey to wonderful Singapore.

My wanderlust had a hankering for a very special airline trip, specifically to indulge my journey, traveling in a Qatar Airways' Airbus "Qsuite." The trip was quite like a cruise, where my comfortable seating was transformed into a private sleeping berth with exceptional service and gourmet meals. I hope you enjoyed part one of my two-part trek. Now on to the destination itself: Singapore

### I Land In Singapore

My flight included plenty of comfortable rest, copious amounts of food and beverages and a sunny arrival, loud with firecrackers on the eve of Singapore's 59th Year of Independence.

Singapore is actually an island country and a city/state 30 miles wide west to east, and 17 miles wide from north to south. The country has reclaimed 25 percent more land in the past 59 years and still has huge ongoing projects. Singapore is situated 1.5° north of the equator, and it often sees temperatures up to 100°F, with 100 percent daily humidity regularly.

Singapore is the second most expensive city in the world in which to live. It is a crowded area of 6 million people with 2 million of them classified as non-resident labor workers.

Many residents are millionaires. In two generations, the country has transformed from mainly farmlands to a most spectacular educational, financial, IT and shipping-oriented economy. Eighty percent of its residents live in government subsidized high-rise housing. There are no slums or homeless people. The country is known to be a city inside a garden with many concrete walls covered in live foliage. Laws are very strict on keeping the country the most beautiful, cleanest and healthiest in the world. Chewing gum, smoking cigarettes, vaping, not flushing a public toilet, eating durians in public places (*more to follow on that*) plus many more laws call for up to a Singapore \$1,000 SGD fine equal to \$770 USD.

### The City/State's Mascot

Singapore's mascot is Merlin, a beautiful fountain statue of a lion's head with a fish body and tail. The national flower is a hybrid orchid, and their most beloved fruit is durian (*yes, more to come*).



The statue fountain "Merlin" is Singapore's mascot. Janet Anding photo.

### The Third Was Charm

Upon landing in Singapore, the few plans I had included spending the first two days on the Big Red Hop-On/Hop-Off Bus for reacclimation, plus an unlimited tourist pass for all metro, buses and light rails. I wanted to revisit Kampong Glam, the Arab-Malay area, Little India and Chinatown. I took many photos of wonderful and diverse Houses of Worship.

Singapore is a food lover's delight. I had read about the many one-star Michelin restaurants in Chinatown. Singapore has 55, most quite pricey Michelin-starred eateries, plus 13,430 food stalls and everything in between with a total of 40,000 restaurants. The "Hawker Food Stalls" are now listed as a UNESCO World Heritage Culture.

Tian Tian Hainanese Chicken Rice was said to be



The ever-developing skyline of Singapore reflects the construction boom in the city/state of six million people living on a total area of 290 square miles. Janet Anding photo.



Janet Anding tries the cuisine at Singapore's Tian Tian Hainanese Chicken Rice. Janet Anding photo.

the favorite one-star with normal wait time up to three hours to take away a plate. I arrived at 10:30 a.m. with 110 people already in line for the opening. I returned at 3:30 p.m. with only 10 in front of me. For just \$4 USD, I got a lot of rice with soya sauce, and (ugly disclosure here) the most anemic chicken I had ever seen. I sat at a public table, enjoyed the rice but couldn't do the chicken. I recalled that a while back, Anthony Bourdain thought it was terrific.

I went twice to another Michelin one-star: The Hawker Chicken Rice stall, but neither time did it have customers; so, it may have closed. The third was the charm: The Osaka Japanese Gyoza Dumpling and Ramen Shop. I enjoyed the best 12 dumplings ever for just \$4 USD.

### And Then There Were The Durians

In Chinatown, I noticed a legally licensed stall to eat durians. **Beware: Another possibly unappetizing**



With a total of 40,000 restaurants, Singaporeans often queue early for the most popular eateries in town. Janet Anding photo.

*vignette: I wondered how many of our well-traveled JKV Residents might have tried this adored fruit in Asia?*

Originally from Indonesia, the size of a round watermelon with prickly points on it, with white pulp and a center that looks like an orange brain. If you get past the appearance and still want to sample its taste, the smell could knock you out. According to Google, the durian aroma is described as: "A combination of sulfur, sewage, fruit, honey, and roasted and rotting onions."

The smell comes with opening it. I tasted it once and the orange fruit center is good, but getting there might not be for you. These fruits sell for up to \$25 USD per pound. You are allowed to eat durians only in a licensed facility, but are illegal to be carried or eaten in public. The fine for eating a durian outside a licensed facility in Singapore is \$400 SGD or \$308 USD.



The durian, a very popular fruit in Singapore, is also highly regulated. Janet Anding photo.

My hotel room had a plaque reading: "No Smoking/ No Durians" or a cleaning fee of \$400 SGD. Yet in spite of the drawbacks and pitfalls to eating durians, just ask an Asian if they love their durians – I have never heard a no.



No Smoking, No Littering, No Eating or Drinking...AND No Durian. Janet Anding photo.

Continued on page 15

## The Population Of Singapore Is Diverse, The Result Of Considerable Immigration



Singapore is a bustling and crowded city/state that features a charming blend of architecture – from the ultra-modern to more traditional Oriental structures. Janet Anding photos.

From “Road Less Traveled” on page 14

### Huge New Construction And Huge Cranes

I spent much of one day taking amazing and very clean public transport through different suburbs. I got off at the end of the lines to observe their style of living. Hospitals, office buildings, shopping, restaurants, entertainment and all other necessities were near the metro lines. A light rail has been added to spread the suburbs farther out with mini-connections to the central system.

I knew cruise ships built staterooms one-by-one in a factory, then lifted the shells of the cabins up to the ships. I noticed this was also happening with 20 to 40-story high cranes lifting these rooms. The average room is about 150 square feet (the same size as a cruise ship room). As on ships, after the rooms are affixed then come the plumbers, electricians et al. to finish the apartment.

### Social Studies And Civic Lessons

While some of the laws in Singapore are almost draconian, it is a well-functioning country. It is a lovely, clean, world city, it houses its people and has become an economic powerhouse.

Singapore joined The United Nations one month after their Independence in 1965. The people are warm, appear to be very happy, always in a hurry yet polite, and well educated. Being kind to others is essential on this amazingly overpopulated

island with 21,580 persons per square mile on livable land compared to Broward County, FL’s 1,647 persons per square mile. Singapore is not perfect but it sure is trying hard. I will be going back.

**Singaporean Proverb:** “Keeping a smile will give you 10 more years of life.”

**Editor’s Note:** Janet missed crossing the Equator (2 more times) by just 85 air miles south, in and out of Singapore’s Changi Airport. Plus, her journey of 23,020 miles missed the equivalent of circumventing the 24,901-mile-long equator around the world by only 1,881 miles.

Janet has been in her new Westlake apartment for almost 10 months. How time flies, and so does Janet. She had been confirmed for her departure on “The Seven Undiscovered Islands of the Pacific Ocean Tour,” (two were cancelled due insufficient hotel space) and is promising to write that story soon.

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John Knox Village Westlake resident, **Janet Anding** enjoyed a 23-year career with Trans World Airlines and traveled the world. Janet has now visited 157 of the 193 countries in the United Nations, and 229 of the 339 countries and territories in the “Travelers’ Century Club” list. She has now crossed the equator for the 54th time 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.

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# Avoid Holiday Trips And Traps

**Dr. Roberta Gilbert**  
Gazette Contributor



**Dr. Roberta Gilbert**

It is hard to believe, but another year is almost gone. That means holiday gatherings with friends and families. In such a determinedly divided and persuaded time as we now live, how can we avoid getting into situations that will spoil the occasions? Here are some that have worked for me and other “systems thinkers” over the years.

### Guiding Principles

First, give it some thought. Get in touch with your guiding principles. Think about how you want to conduct yourself.

Guiding principles are some of the greatest characteristics of emotionally mature people. People higher on the scale of emotional maturity (differentiation) refer more to their principles than they do to what others think or the degree of anxiety present or who is doing/saying what.

Principles are what we really believe in and what have shown themselves to be true and work over time. Perhaps the greatest of these would be: “Treat others the way you wish to be treated.” Another guiding principle that has worked for me is: “Be the calmest one in the room.”

### Why Stay Calm?

Calm tends to spread, just as anxiety does, but perhaps a little slower. Emotional calm is so important because when in gear, it has a tendency to bring in the forebrain – the director of logic and clear thinking. Strong emotion does the opposite. It confuses and has us saying and perhaps doing a lot of things we will later regret.

If you can calm yourself, and stay in touch with the others, the whole gathering will turn out to be happier and more supportive of our relationships. That is the essence of “good will toward all” that the holidays are supposed to represent.



Appreciate the importance of your relationships with family and friends this holiday season.

### Suggestions To Lower Anxiety

Here are some more suggestions for becoming the calmest one in the room. This way, you will be and speak the best you possibly can.

**1. Observe.** Look around the table. Who is speaking, what are they saying, and what do I think about it? Where is the anxiety going? Who picks it up the most? Do I want to respond? Or keep my mouth shut?

**2. Realize the importance of relationships with family and friends.** The people present in your holiday gathering are important to you, or you would not be there. Do not damage those relationships. Rather, strengthen and support them. You are aiming for a delicate balance between what you believe and what others may be displaying. If tensions rise, do more internal work on calm, logic and guiding principles.

**3. Relax.** Relax the arms and legs. Let warmth flow into them. This tends to relax the whole body, including the brain, and its willing tendency to take in anxiety that may be circulating. You can practice relaxing all year round, it can be used anytime, anywhere.

**4. Deep slow breathing.** Take 10 deep slow breaths and exhalations. It can work wonders to keep out of an anxiety-building conversation. Again, practice makes perfect.

**5. Refocus. See the big picture.** Most of what we get agitated about is not worth it. It may be only to win a point, be in charge or dominate. To have a good effect on a group, we try to stay with what is important.

**6. Guiding principles.** If you choose to stop only observing, and get into the conversation, how do you respond? Referring (only in thinking) to the guiding principles you have worked on and putting them in place is calming. Keep your guiding principles in focus, and therefore behave and speak more usefully for the occasion.

**7. Pray.** If you are a believing person, prayer works wonders for an emotional state. When in doubt: Pray. These are some ideas to guide your actions when your conversations during the holidays head into potentially treacherous situations.

**Best wishes for a Happy Holiday Season.**

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

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# Holiday Season In Old Pompano

## Another Amazing Story From Dan Hobby On The History Of Pompano Beach

**Daniel Hobby**  
Pompano Beach Historian



Daniel Hobby

Emma Lou Olson came to Pompano as a young child in 1922 and lived in the city until her death in 2002. She was first elected to the Pompano Beach City Commission in 1976 and, with the exception of a brief interruption in the 1980s, served until 1998.

She was not a shrinking violet, and among her diverse "causes" were bringing the Goodyear blimp

to Pompano Beach and banning bikini-clad hot dog vendors from the area's roadsides.

In addition to her other responsibilities, she would occasionally write about her youthful days in "Old Pompano." In the spirit of the season, what follows is Emma Lou Olson's recollection of the Christmas season in her household.

### Emma Lou Olson's Holiday Memories

"I have nostalgic memories from childhood of old-fashioned long pine needle Christmas trees. Our trees came out of the woods, instead of Christmas tree lots, and selecting the right one was a joint family effort. I recall my father leading the expedition to the woods where we would select a tall, full-shaped tree with a healthy green color which had to be carefully harvested so that it would survive..."

"Dragging it home, it would be balled and burlapped and placed in a tub of moist soil and sawdust. We would add water periodically and mist the foliage each day to maintain high humidity conditions. Immediately after Christmas, we would plant the tree

in a shady spot protected from the wind.

"The fun started when everyone got into the act of decorating the tree. We would embrace the limbs with strings of popcorn and cranberries, red velvet bows, braided roping, colored paper chains and painted pinecones. In early days, there was no electricity, and some people used candles on their trees, but mother was fearful of fire, so we never used them. We made green wreaths fashioned of pine needles we had trimmed from the tree, berries fruits, and other native materials.

"Mother stitched large stockings made of red felt which were hung with care from hooks on the walls as we didn't have a fireplace. They would be filled with fruits and nuts.

### Christmas Morning In Pompano Beach

"On Christmas morning, I'll never forget the excitement of the enchanting presents around the tree. As the wrappings began to tear and bows began to fly, each of us would nervously await the response of our family to the gifts that had been so lovingly selected. Weeks before Christmas, mother would start baking fruit cake, gingerbread men, sugar cookies and other good things. The house was filled with the scent of pine needles and the tantalizing aromas wafting from the kitchen.

"The traditional Christmas dinner of turkey, cornbread dressing and all the trimmings topped off the holiday activities. When my mother put the turkey in the oven, she would sprinkle a little sage on top. It didn't do a thing for the turkey, but it sure made the house smell awfully good. In later years, when my children were growing up, we were fortunate to still have forests of pine trees growing abundantly, so we continued the tradition of the family outing to the woods for our Christmas tree. But as time went on, the decorations became more elaborate and were not relegated to the tree in the living room. Lights were strung from hedges and palm trees in the yard,



Photo of Emma Lou Olson (1922 - 2002).  
Image source: Daniel Hobby.

including Santa in his sleigh pulled by reindeer and a nativity scene. Then there were Yuletide festivities including the city's Community Christmas Tree where Santa would arrive on the city fire truck and hand out bags of goodies to the children."

Holiday Greetings to All.

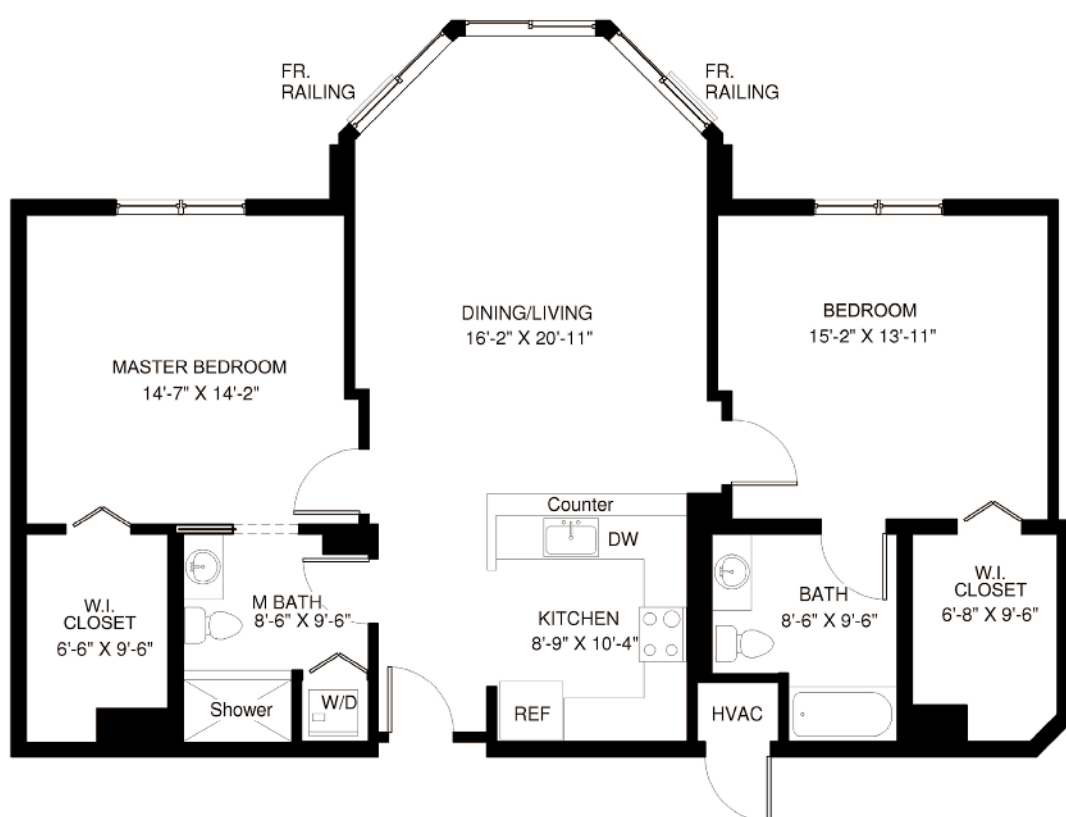
*Daniel T. Hobby, a lifelong Floridian, grew up in St. Petersburg. He moved to South Florida in 1979, and has worked for various historical agencies, most recently the Sample-McDougald House. He is the author of five books on local history, including: "Pompano Beach: A History of Pioneers and Progress."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

# Take Advantage Of End-Of-The-Year Incentives On The Popular Heritage Tower Magnolia Apartment Home

Heritage Tower is enjoying its 20th anniversary and we're featuring our popular two bedroom/two bath split Magnolia apartment home with special incentives, if you can make your entrance fee payment by Dec. 31, 2024. Visit John Knox Village and learn how JKV will take care of your health care needs today, tomorrow and every day in the future. This featured Jasmine apartment home located in Heritage Tower offers you the best in convenient living while providing the active lifestyle that is a hallmark of JKV.

## The Magnolia

### 2 Bedroom / 2 Bath Split: 1,290 Sq. Ft.



The skyline views from the living area of the Heritage Tower Magnolia apartment home.



The impressive Heritage Tower on the 70-acre John Knox Village campus.

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, the Rejuvenate Spa & Salon, Palm Bistro, the Pavilion with Cultural Arts Center, The Pearl and Seaglass restaurants, and Barton's Nautilus Bar. Plus, with the opening of Westlake at JKV, there are many more amenities to enjoy, including BV's Coffee Press and Wine Bar, the Westlake Eatery, Art Studio, Tech Learning Center, Library, Theater and much more.

Call the Sales Department at 954-871-2655 to schedule a visit.

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