

January 2024

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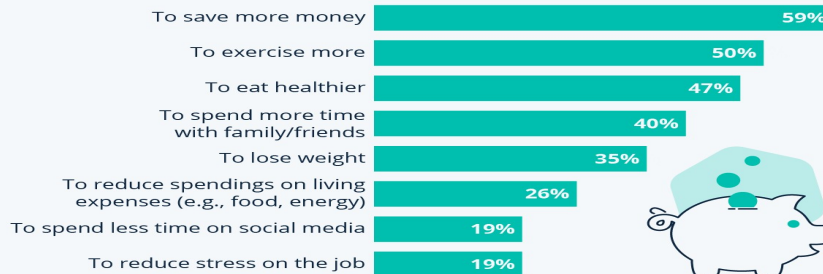
E-mail:
jay.vanbeusekom@adviserfocus.com

New Years Resolutions

The new year gives everyone a chance for a fresh start and maybe try to improve themselves in a certain way. Whether it's to eat healthier, exercise more, or find a new hobby, a new year's resolution is a great way to try and better yourself. The graphic below shows the top resolutions people have for 2024.. If you don't want to have a resolution maybe try something that you have always wanted to do. Whether it's travel somewhere you've always wanted to go or picking up a new hobby. Cheers to a happy and healthy 2024!

America's Top New Year's Resolutions for 2024

Most common New Year's resolutions among U.S. respondents who have made one or several



417 U.S. respondents (18-64 y/o) surveyed Oct. 19-29, 2023
Source: Statista Consumer Insights



statista

Special Reminders:

Do you need a referral for anything? Call us, we would love to help!

If you have any changes to your personal information, please call Sherri at 262-408-5820 and she will be happy to assist you!

Would you like to schedule a progress appointment with Jay? Call Sherri at 262-408-5820 to set up an appointment.



**Wishing all our clients born in January a splendid birthday.
Cheers to another great year!**

FEBRUARY EVENTS TO CHECK OUT

The [Bucks](#) are scheduled to play 5 home games

[Marquette](#) is scheduled to play 4 home games

[UWM](#) is scheduled to play 4 home games

The [Admirals](#) are scheduled to play 5 home games

2/15-19 Disney on Ice-[Fiserv Forum](#)

2/22- Bryan Adams- [Fiserv Forum](#)

2/23- Flat out Friday Motorcycle races- [Fiserv Forum](#)

2/24- Blake Shelton-[Fiserv Forum](#)

The celebs celebrating ...

1/5: Bradley Cooper turns 49

1/9: Kate Middleton turns 42

1/12: Jeff Bezos turns 60

1/13: Patrick Dempsey turns 58

1/15: Pitbull turns 43

1/26: Ellen DeGeneres turns 65

1/29: Oprah Winfrey turns 70

1/31: Justin Timberlake turns 43

Jalapeño Popper Cups

- 12 mini phyllo tart shells
- 4 ounces cream cheese, softened
- ½ cup shredded Cheddar cheese
- 2 jalapeno peppers, seeded and chopped
- 1 tablespoon hot pepper sauce
- bacon bits



Directions

1. Preheat an oven to 350 degrees F (175 degrees C). Place phyllo cups onto a baking sheet.
2. Stir together cream cheese, Cheddar cheese, jalapenos, and hot sauce in a bowl. Spoon mixture into phyllo cups. Sprinkle bacon bits on top. Bake in preheated oven until golden brown, about 15 to 20 minutes. Serve warm.

A Message From Jay

Happy New Year and welcome to January 2024!

I promised to share the second half of our trip to Europe this month. The third stop of our trip was to Berlin, Germany. Our first day in Berlin, we did a walking tour and sampled curry wurst, a somewhat spicy, and a tasty sausage, which was made famous in Berlin. Day 2 had us traveling to a World War II concentration camp in Oranienburg. We spent time at Sachsenhausen Memorial Museum. Obviously, it was very disturbing, but we felt we needed to learn more about this time in history. On our third day in Berlin, we went to the Berlin Cathedral which is beautifully decorated on the outside, as well as the inside of the church. We also visited the famous stretch of the Berlin Wall that is still intact. It's hard to believe that this wall did not come down until November 9, 1989. We also had to try a German doner as well. Originated in Turkey, it's their version of a gyro with different meat choices, very tasty!

The final stop of our trip was to Belgium. We did a walking tour of Brussels, Belgium, which is where we stayed for three days. The Central Square of the city of Brussels is the most beautiful city square I've ever seen in my European travels. On day 2 we did another walking tour and spent time at the European Union headquarters. This is Europe's parliament. It was very interesting. On our last day in Belgium, we traveled to the historical towns of Bruges and Ghent. Bruges was founded in 1128 and has a total population of 118,000. We had a nice narrated canal tour of the city. Ghent was founded in 630 and is the third largest city in Belgium. There are lots of old castles with moats and it is beautiful, historic city. Of course we sampled the Belgium waffles. One version is the lighter version with powdered sugar and the other version is basically a huge dessert covered with chocolate or other sweet flavors. I chose to have mussels and fries every evening for dinner, which I thoroughly enjoyed! All in all, it was a fabulous trip. We got to see a lot of history and enjoy a lot of ethnic food and drink.

Stay warm and be well,
Jay



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Editor: Zach Van Beusekom
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