



T H E

# FORT LIFE

2023 / 2024

## EDITORIAL

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EDITORIAL

## FALLING FORWARD:

How to strategically look at your past to best prepare for your personal and professional future.

**“The Magic you are looking for is in the work you are avoiding”.**

-Dipen Parmar

When I heard this quote on the Chris Williamson Podcast, I was literally paralyzed in complete reflection as I sat in my driveway after navigating the ever-present concrete snake by the name of 195. 2023 like any other year in our history has presented us with a blend of different dishes and spices, some with a more powerful punch and fire than others to challenge our palette, but ultimately if you are reading this, it's due to your own resilience and determination to not succumb to the daily struggles of life. All wins, whether big or small, must be accounted for and celebrated.



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As I look back at the steps taken to usher me into this stage of life, I've come to the conclusion that there are 5 genres of hardships you'll continuously face in your path towards a fulfilled life: Economic, Spiritual, Familial, Physical, and Emotional. At any given point and based on choice and circumstance one will present itself to you, and if not addressed and put under control in its infancy, it will rapidly introduce you to its siblings and their own set of challenges, and you'll soon find yourself in the eye of a category 5 storm forcing you into a pit of despair so deep just to cope, many too often struggle to climb out of, as they did not self-reflect, heed advice, or sought council to develop the tools required to overcome.

At some given point we all struggle with these dreaded five, but if you take the time to really go through the process of accepting and taking adequate responsibility for your role in their development, you'll begin to lay the foundation necessary to receive the knowledge the world around you is trying to provide you, not only to best deal with future challenges, but also propel you forward beyond your wildest imagination, armed with the wisdom necessary to navigate through said future challenges with minimal damage.

Obstacles are usually the same in principle, they are just packaged differently and often with different faces, so just be conscious and aware of the learning opportunity behind every trial, so when faced with recurring problems your future responses are better than your past.

Being intentional with developing steps to future problem solving allows you the opportunity to "fall Forward". If you are able to recognize an arising issue early, you can put buffers in place to minimize their impact and perhaps even turn a negative into a positive. I am sharing with you my process, one which has yielded me great results and I consider it extremely simple and feasible to do.



- 1)** Assess the situation with a clear and calm demeanor. This can only happen once the shock value has passed. Step back for a broader view and come back to the issue after you have taken some time to accept the situation and its appropriate magnitude. It usually isn't always that bad, and you'll soon realize you have been here before.
- 2)** Look for someone with experience in the matter to give you some additional insight. Although as stated, all problems are different, they often share similar principles and foundations. Understand the foundation and you'll have a better success rate at correcting the issue.
- 3)** Indecision is a virus that will cripple any forward progress. You won't become an achiever of anything if you dedicate yourself to being a thinker of everything. Sometimes you just have to go, and if your forward step turns out to be a risky one, simply backtrack and try a different approach.

In a past edition, I referenced how our lives are very much aligned with cinematic works in which we play the main protagonist, one who is supposed to triumph over a number of setbacks, impact and assist others along the way, and ultimately ride into the sunset. Every day the story line changes, as we are not privy to the full details of the script, yet the principle remains the same... Hardship, triumph over such, and recovery until we again ride into that eternal dusk.

So why is it that many of us tussle with similar problems over and over again? Why do some live a constant nightmare of hardship and plight? Hardship does come with the gift of experience and a token of familiarity. Use it to learn and prepare and don't allow weeds of resentment to grow in your heart. Those who do usually lack accountability and never progress, and sadly remain in a state of constant complain. Happiness after all is a choice.

From our team to yours I thank you for following our journey and truly hope you are excited about 2024. I wish you to be mentally, physically, and emotionally ready for the challenges (growth opportunities) and triumphs you will have, but more important the lessons that you will learn which will lead you into the greatness you have inside, and a truly purpose driven life.




# Pandemics & Wars: What's next for 2024?

As 2023 draws to a close, reflecting on the tumultuous year prompts a mix of emotions—gratitude for resilience amid tragedy yet a profound ache for the collective pain shrouding the world. Pandemics and wars have left indelible marks on nations, communities, and individual lives. Amidst this complex landscape, thoughts inevitably drift towards what lies ahead in 2024.

The year behind us has been an unsettling juxtaposition of sorrow and resilience. The global community has faced the harsh realities of pandemics and conflicts, often struggling to find solace amid the turmoil. The toll of these crises has been immeasurable, leaving scars on communities far and wide. As we look forward, the specter of uncertainty looms large. The pressing question persists: what does the future hold in the wake of such profound challenges?

My heart weighs heavy as I contemplate the plight of my brothers and sisters in all nations embroiled in conflicts, grappling with human suffering, displacement, and unimaginable hardships.





**“The year behind us has been an unsettling juxtaposition of sorrow and resilience.”**

Their struggles are a stark reminder of the urgency to advocate for peace, justice, and humanitarian aid. The resilience exhibited by these communities in the face of adversity is both humbling and inspiring, yet the lingering question remains—what can we do, collectively and individually, to alleviate their suffering and pave the way for a more hopeful future?

As the world braces for the uncertainties of 2024, it becomes increasingly evident that the challenges ahead demand global solidarity,

compassionate leadership, and concerted efforts towards healing and rebuilding. While the road ahead may seem daunting, it also presents an opportunity for unity, empathy, and meaningful action. As individuals, we hold the power to contribute, advocate, and support initiatives that foster peace, mitigate the impact of pandemics, and alleviate the suffering caused by conflicts. It is through collective determination and unwavering empathy that we can strive to create a more equitable and compassionate world in the face of adversity.

# Work Life Balance

Thanksgiving, a cherished holiday in many cultures, transcends mere feasting and gatherings; it embodies the essence of gratitude and celebration. At its core, Thanksgiving is a time to reflect on life's blessings and express heartfelt appreciation for the abundance that surrounds us. It's a moment to pause, gather with loved ones, and share in the joy of being grateful for all that life offers.

The beauty of Thanksgiving lies not just in the sumptuous meals but in the warmth of togetherness. Families and friends come together, creating an atmosphere brimming with laughter,

stories, and shared memories. It's a time when the table becomes a centerpiece for not just food but for the communion of souls, fostering a sense of belonging and kinship. Through the act of coming together, Thanksgiving knits the fabric of community tighter, reinforcing the bonds that tie us to one another.

Gratitude takes center stage during Thanksgiving, illuminating the joy found in acknowledging the simplest of blessings. From the roof over our heads to the food on our plates, it's a moment to recognize the abundance in our lives. This celebration of gratitude extends beyond material possessions; it encompasses the richness of relationships, the strength of resilience, and the beauty of shared experiences. In expressing gratitude, we amplify the joy of the present and cultivate hope for the future, fostering a spirit of generosity and appreciation that reverberates throughout the community.



# Gym time (Mental, spiritual, physical and professional):

**Workouts for the modern professional.  
Lessen your gym time for more  
productive Workouts (why/how 30  
mins a day can change your life)**

In the whirlwind of modern professional life, the concept of carving out time for physical exercise often takes a back seat amidst tight schedules and mounting responsibilities. However, the paradigm is shifting towards a holistic approach where gym time transcends mere physical fitness—it becomes a conduit for mental, spiritual, and professional growth. Contrary to the conventional belief that longer gym sessions equate to better results, the trend now leans towards shorter, more focused workouts that amplify productivity and well-being.

The modern professional landscape demands efficiency without compromising well-being. In this context, dedicating a focused 30 minutes to daily workouts emerges as a transformative practice.





This condensed time frame is a testament to the efficacy of high-intensity workouts, tailored to maximize benefits in a short span. Such workouts, strategically designed to optimize time, offer physical gains while unlocking mental clarity and boosting energy levels. These sessions become a sanctuary, a mental reset that fortifies individuals to navigate the challenges of their professional spheres with enhanced focus and resilience.

The amalgamation of physical, mental, and spiritual dimensions within these concise workout routines is profound. Beyond sculpting muscles or shedding calories, these sessions foster a deeper connection between mind and body, nurturing a sense of balance and well-roundedness. The endorphin rush from these brief but intense workouts not only invigorates the body but also rejuvenates the mind, promoting mental clarity, creativity, and improved cognitive function. It's a holistic approach that amplifies professional performance by cultivating mental acuity and emotional stability.



Ultimately, the shift towards condensed yet impactful workouts for modern professionals underscores the transformative potential of efficient time management. Embracing 30 minutes of daily exercise not only augments physical fitness but catalyzes a ripple effect, enhancing mental sharpness, spiritual alignment, and professional efficacy. It's a paradigm shift that champions the integration of wellness into the fabric of professional success, affirming that optimizing gym time doesn't just reshape bodies—it transforms lives.

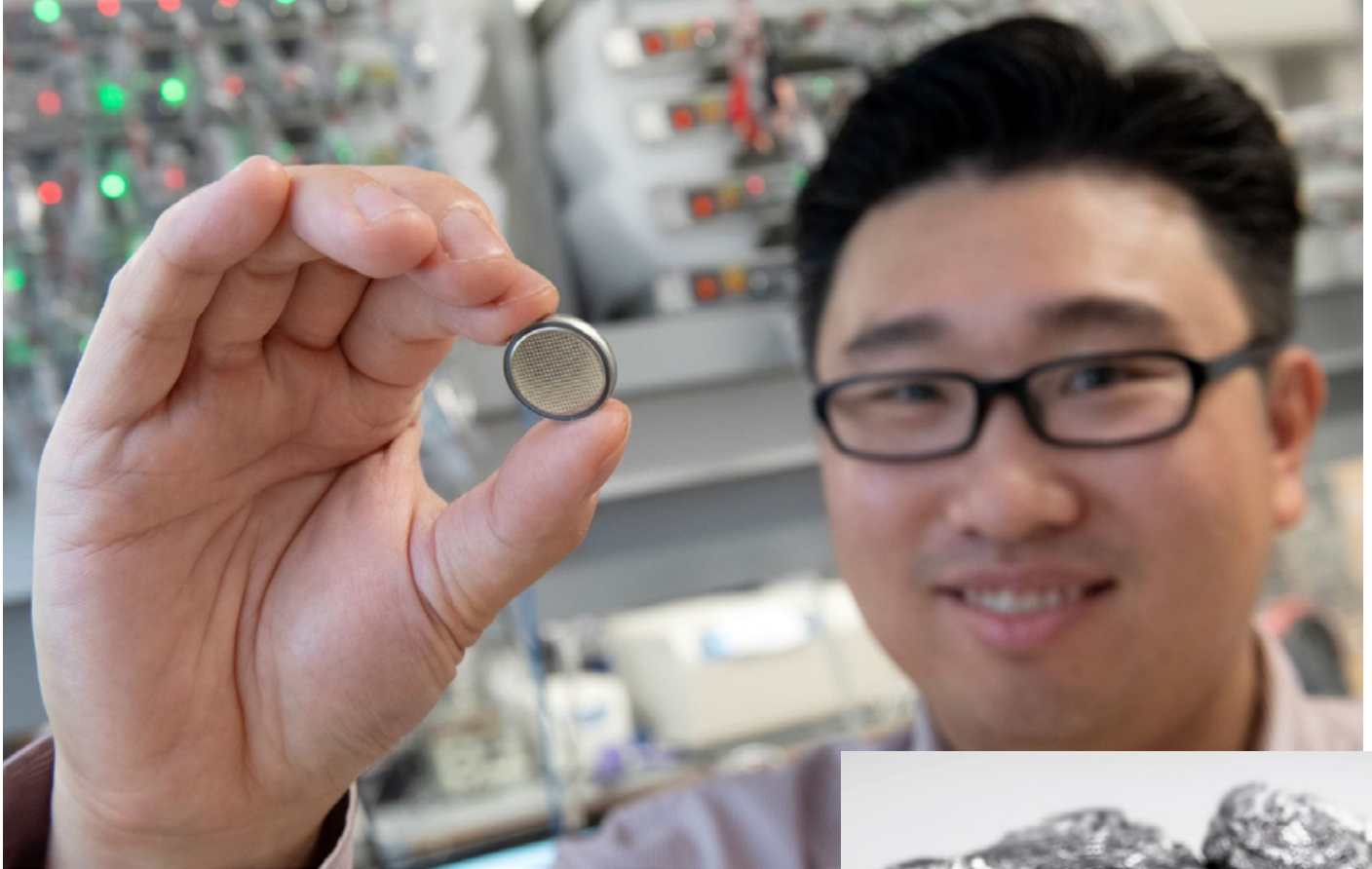
# What's in your smartphone?

## Cobalt Mining

The smartphone in our hands, a symbol of connectivity and convenience, holds within it a darker reality often overlooked—the silent suffering of the Congolese people linked to the cobalt mining industry. The Congo, rich in cobalt, finds itself entangled in a complex web where the constant demand for new electronic devices and rechargeable batteries fuels a cycle of exploitation and human rights abuses. This valuable mineral, an essential component of lithium-ion batteries powering our smartphones, comes at a high human cost.

Behind the sleek screens and powerful processors lie the harsh truths of the cobalt supply chain. The Congolese people, particularly those in mining communities, endure unimaginable hardships—dangerous working conditions, child labor, and abysmal wages—while bearing the brunt of environmental degradation. This silent genocide, fueled by the insatiable appetite for consumer electronics, threatens lives, livelihoods, and the very fabric of communities in the Congo.





It's crucial to pause and reflect on the ethical implications of our consumer choices, especially when purchasing new phones or electronic devices. The next time one contemplates an upgrade, it becomes imperative to ask: "Am I complicit in supporting these exploitative practices?" This introspection marks the beginning of conscientious consumerism, urging individuals to demand transparency and ethical sourcing in the products they purchase. It's a call to action, a recognition that our choices hold the power to drive change and advocate for fair labor practices and environmental sustainability in the tech industry. Each decision to prioritize ethical sourcing contributes to a collective movement advocating for justice and dignity for the people of the Congo and beyond.

In embracing a more conscientious approach to technology consumption, we also open avenues for positive change. Engaging in



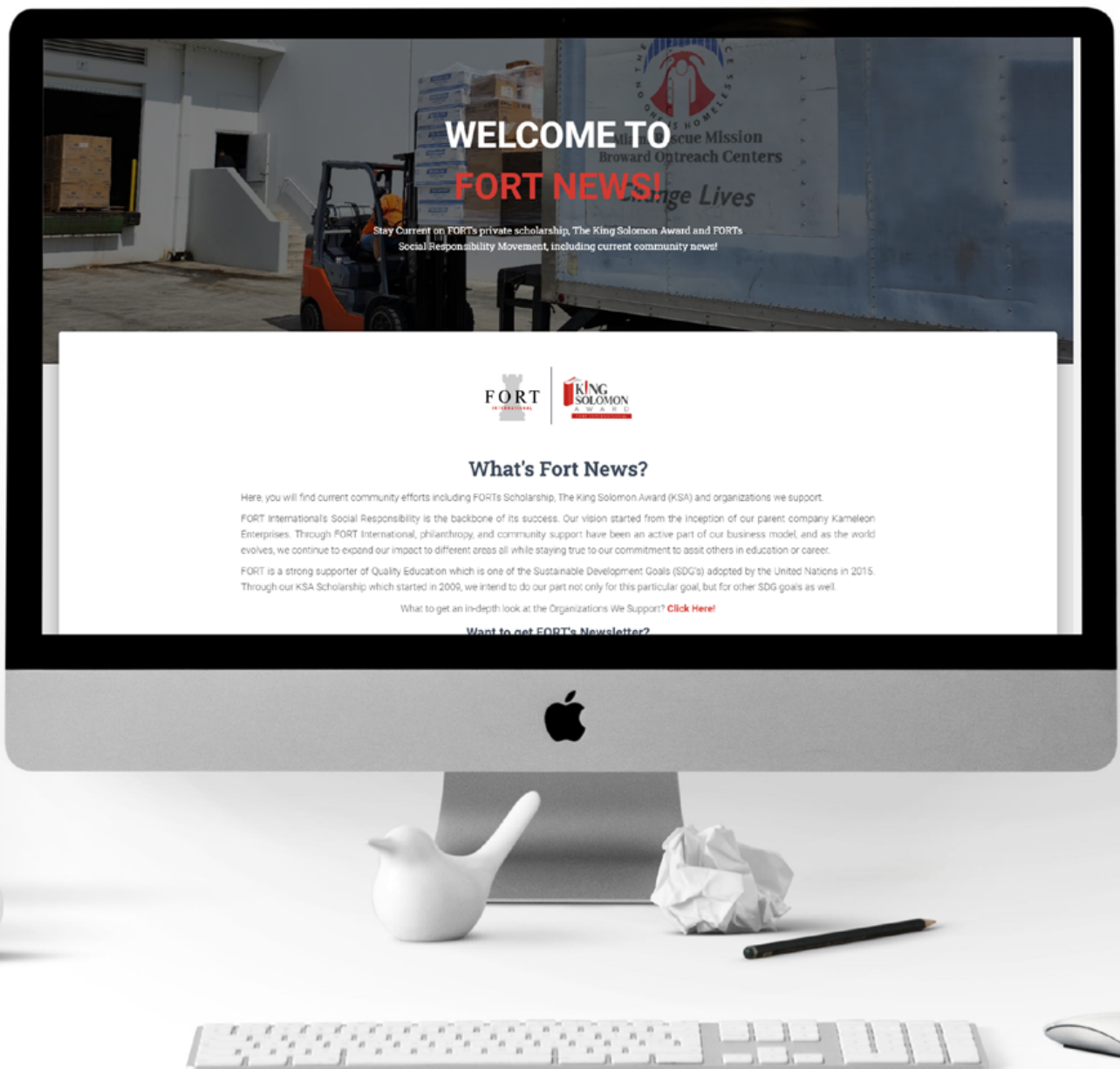
dialogue, supporting initiatives promoting ethical sourcing, and holding corporations accountable for their supply chains are pivotal steps toward a more equitable and humane future. By amplifying awareness about the human toll behind our gadgets, we foster a culture that values not just innovation and connectivity but also the dignity and rights of those involved in their creation. It's a chance to wield consumer influence for a cause greater than our individual needs—an opportunity to stand in solidarity with the Congolese people and advocate for a world where progress isn't achieved at the expense of human suffering.



# King Solomon Award Scholarship

The KSA Scholarship, known as the **King Solomon Award Scholarship**, stands as a beacon of educational empowerment and opportunity. This prestigious scholarship, detailed on the Fort International News platform, embodies a commitment to fostering academic excellence and nurturing the

leaders of tomorrow. With a mission rooted in supporting exceptional students globally, the KSA Scholarship aims to alleviate financial barriers to education and enable deserving individuals to pursue their educational aspirations.





What sets the KSA Scholarship apart is its profound impact on individuals and communities. By providing financial assistance and support, this initiative not only transforms the lives of scholars but also uplifts entire communities through the ripple effect of education. Through the platform's insights, it becomes evident that the scholarship goes beyond financial aid; it's a catalyst for societal progress, empowering scholars to reach their full potential and contribute meaningfully to their respective fields and communities.

Moreover, the KSA Scholarship, as depicted in the article, showcases a commitment to holistic development. Beyond financial assistance, it offers mentorship, networking opportunities, and access to a supportive community. This multifaceted approach ensures that scholars not only excel academically but also grow

personally and professionally, equipping them with the tools and support needed to thrive in their chosen paths.

The impact of the King Solomon Award Scholarship reverberates far beyond the individual recipients. It's a testament to the transformative power of education and philanthropy, illustrating how targeted support can pave the way for a brighter, more inclusive future. Aspiring scholars worldwide are encouraged to explore this opportunity, recognizing the potential for personal growth and societal impact that the KSA Scholarship embodies.

**The scholarship application is officially open & accepting applications!**

**APPLY HERE!**

# Linen & Terry

## Introducing Fort Internationals Linen & Terry!

Where luxury meets compassion. Our collection of premium linen and terry products isn't just about quality and comfort; it's about making a meaningful impact. With every purchase from Fort International, you're not just indulging in the finest linens and towels; you're becoming part of a noble cause. Through our Give Back program, we pledge to donate both used and unused linen and terry items to the Miami Rescue Mission organization.

At Fort International, we believe in the power of giving back. Our partnership with the Miami Rescue Mission allows us to extend warmth and comfort to those who need it most. Every piece donated through our program aids homeless individuals and those facing challenging circumstances, providing them with resources and a glimmer of hope. Your support of Fort International goes beyond acquiring exquisite linens; it becomes a catalyst for change, fostering a community where luxury intersects with compassion.

Join us in making a difference with Fort International. Elevate your lifestyle while enriching the lives of others. With our commitment to quality, elegance, and philanthropy, your purchase becomes a symbol of comfort and kindness, resonating far beyond the confines of your home. Together, let's embrace the power of giving through Fort International's exquisite linens and towels.

At Fort International, we're dedicated to more than just providing exceptional products; we're devoted to creating a positive ripple effect in the world. Our dedication to sustainability extends beyond crafting luxurious linens; it encompasses a commitment to social responsibility. Through our partnership with the Miami Rescue Mission, we not only offer premium goods but also contribute to a cycle of care and empowerment. With your support, we're weaving a tapestry of change, one that brings comfort not only to your life but also to those in need, fostering a world where every purchase is a step towards a brighter, more compassionate future."

**Customized  
Innovative Solutions**

E. Sales@fortinternational.com



# Word Search

Entertain yourself for a while and solve this word search as quickly as possible. If you prefer you can click on the link below and solve the challenge from your cell phone or computer.

## Holidays

S	A	N	G	E	L	S	S	E	I	K	O	O	C
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BELIEVE  
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 PRESENTS  
 KWANZAA  
 ANGELS  
 HANUKKAH  
 NORTHPOLE  
 LOSPOSADAS  
 CAROLING  
 PEACE  
 NICE  
 REINDEER  
 NEWYEAR  
 SANTA  
 DIWALI  
 JOY  
 EGGNOG  
 COOKIES  
 ELVES  
 SNOW

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## TEAM FORT



Damian



Ely



Danny



Sebas



Goretty



Keith



Helina

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