



FLEET BEAT

VOL. 30 No. 6

THE FLEET LANDING RESIDENTS' NEWSPAPER

Sept./Oct. 2020

No paper copies of this issue of *FLEET BEAT* were ordered because of continuing complications caused by COVID-19. The issue can be viewed on Fleet Link under "Publications."

National POW/MIA Recognition Day

By Chet Davis



Missing man table

First authorized by resolutions of Congress and the president to be observed on July 18, 1979, National POW/MIA Recognition Day is now observed annually on the third Friday in September. It recognizes prisoners of war and the more than 82,000 service personnel missing in action. Fleet Landing's first observance of National POW/MIA Recognition Day, a joint collaboration between the Military Officers of America Association (MOAA) Historic Mayport Chapter and the Residents' Council, took place on September 18.

The day's ceremonies, which began with the POW/MIA flag raising at the Flag Plaza at 8 am, was followed by a 1 pm program broadcast over channel 267. Commander Pat Kluever, USN (Ret.), president of the Historic Mayport Chapter, served as master of ceremonies for the program. Residents' Council President, Lieutenant Colonel Bob Burkart, USAF (Ret.), provided the history of both the day itself and the creation of the POW/MIA flag, the only flag that ever flies directly under the nation's flag. The POW/MIA flag is also flown on Armed Forces Day, Memorial Day, Flag Day, Independence Day, and Veterans Day. Burkart noted that this day of remembrance will henceforth be observed annually at Fleet Landing.

The National Anthem, the Pledge of Allegiance, and an invocation delivered by Colonel Beryl Hubbard, chaplain, USAF (Ret.), followed. Captain Bill Rodriguez, USN (Ret.), read the presidential proclamation for the 2020 National POW/MIA Recognition Day.



POW/MIA flag

Kluever explained the symbolism of the missing man table (pictured in first column) set in tribute to POWs and MIAs:

- The table is round to show our everlasting concern.
- The cloth is white, symbolizing the purity of their motives when answering the call to serve.
- The single red rose reminds us of the lives of these Americans and their loved ones and friends who keep the faith while seeking answers.
- The yellow ribbon symbolizes our continued uncertainty, hope for their return, and determination to account for them.
- A slice of lemon reminds us of their bitter fate, captured or missing in a foreign land.
- A pinch of salt symbolizes the tears of our missing and their families.
- The lighted candle reflects our hope for their return.
- The Bible represents the strength gained through faith to sustain us and those lost from our country, founded as one nation under God.
- The glass is inverted to symbolize their inability to share a toast.
- The chair is empty—they are missing.

A single bell stroke followed recognition of these deceased Fleet Landing residents who were POWs:

- Second Lieutenant Les Foppiano, United States Army Air Corps (WWII)
- Colonel George McKnight, United States Air Force (Vietnam)

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September Residents' Council Meeting

By Howard Burdick

Residents' Council President Bob Burkart convened the September 15 meeting, which was conducted virtually on channel 267. He welcomed residents who have arrived since the July meeting. (There was no August meeting.) He announced that Fleet Landing's first observance of POW/MIA Recognition Day would take place on September 18. (See article on page 1.) The annual Salvation Army Red Kettle Campaign, in which many of our residents have participated over the past few years, is in limbo because of COVID-19 precautions. Residents Dave and Mary Pat Lynch have volunteered as chairpersons of Fleet Landing's participation.

Management Review. Chief Operating Officer Travis Schryer reported that the dates and times for flu shots would be announced soon. He noted several other policies that will also have been implemented by the time you read this: Limits on the number of visitors for independent living residents will have been lifted, but screening will continue. Training will be provided to allow Derfer Pavilion residents to have some visitors. LakeView, which was already serving dinner, will be open for lunch. Both dinner and lunch will have limited seating capacity, and reservations are required. The service bar will open.

Council Reports.

Vice President Eileen Theis reviewed plans for this year's gift fund for hourly employees. The goal is \$425,000, the amount raised last year. The hope is to exceed this goal because Fleet Landing has more than 40 additional full- and part-time employees participating in the gift fund this year. This is the result of the gradual phasing out of reliance on temporary staffing agencies, which were providing staff primarily for our healthcare areas. The suggested donation amount is between \$750-\$2,000 per resident. Reminding residents of how much staff have done for them during the pandemic, she encouraged everyone to give something, even if the suggested donation is not feasible, and to give more than usual, if possible. The deadline for contributions is November 28. Checks should be made out to "Residents' Gift Fund." Collection boxes can be found in the mail room, at the Coleman Center concierge desk, and at the reception desks in the Derfer Pavilion and Leeward Manor.

Finance and Marketing. Kerstin Chelius reported on Fleet Landing's continuing good financial condition. Financial reports are available in the Dinda Library. She also discussed Fleet Landing's charitable funds, the Spinnaker Society and the Fleet Landing Endowment Fund, with its benevolent and scholarship components. Independent living remains at essentially 100 percent occupancy, with the six vacant units already taken. Beacon Pointe has two available units. There are 365 households in the Atlantic Club and 48

in the Beacon Pointe Horizon Club. Already, 18 of the 38 assisted living units in North Point, the new healthcare building, have been reserved.

Wellness. Imogene Coleman reviewed procedures for use of the reopened Fitness Center. She also provided information about lectures offered both in-person and virtually, beach walks, and bike rides. With the opening of LakeView dining, the dinner shuttle is in operation, but reservations are required. Some of our clubs have resumed their activities.

Human Resources and Dining. Jim Coté announced Staff Member of the Month for August as Mary Riggins, Supervisor in Culinary Services, and for September as Physical Therapy Assistant Susan Griffin. The Staff Leader of the Quarter is Kelli Johnson, Administrator, Assisted Living. Health Care Administration was chosen as the Team of the Quarter because of its exceptionally hard work and caring attitude during the pandemic. Lobster Tales for notable employee service numbered 81 in July and 90 in August. The year-to-date employee rate turnover is 24.6 percent, and there are currently 412 employees. Coté also discussed the reopening of LakeView with COVID-19 restrictions, and he noted that a new quarterly menu would be issued soon.

Healthcare. Janice Flock reviewed the three types of skin cancers: basal (the most common and most curable), squamous (also easily curable), and melanoma (the deadliest, which is showing a rapid increase among seniors in recent years). She also spoke about the flu season, which adds to concerns about COVID-19, and she discussed aspects of immunity.

Facilities. Jess Stewart noted that zone inspections would resume, with initial concentration on grounds and campus exteriors. The preferred options for submitting maintenance requests are via Fleet Link or email,

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All the news that fits...

Contributions to FLEET BEAT are welcome. Please place copy or any comments you may have in box 1107 at the Coleman Center. Neither letters to the editor nor anonymous submissions are published but we are, of course, mindful of your comments. Find the most recent 12 issues of FLEET BEAT at www.fleetlanding.com. Sign into the resident portal and click under "Publications." Issues can also be found under "Publications" at myfleetlanding.com and in the MyFleetLanding app. A complete run of back issues can be found in the Dinda Library.

September Residents' Council

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with phone as the third option. He also encouraged residents to get to know their building/home representative.

Safety, Security, and Housekeeping. Larry Bell noted recertification training in CPR and first aid for all Safety and Security staff. All officers have also completed Jacksonville Fire and Rescue Department stair chair training, so that they can safely move residents with mobility issues from buildings in the event of a fire or other emergency. While visitor access has opened up, residents are reminded to notify Safety and Security of arriving guests, using either the email or phone contact information listed on page 1 of the "Resident and Staff Directory." Housekeeping and Transportation staff have cross-trained in vehicular use. He also discussed the S.A.F.E.R. at Fleet Landing program, which was described in detail at the July 15 "Coffee and Conversation With Josh." (See *FLEET BEAT*, August 2020, beginning on page 10.) All common areas will continue to be cleaned and sprayed weekly, and remodeled/new residences will be fully treated before occupancy.

Suggestions. Secretary Nancy Russell reported the following suggestions and responses:

- Replace the aging sailing fleet with three new boats and a rescue dinghy. This has been budgeted for 2021.
- Many recent meals have been very salty. The recently introduced menu includes more low-salt items.
- When remodeling, redo piping from kitchen disposals in manor homes to reduce maintenance effort. Remodeling over the years has resulted in many different kitchen designs and in plumbing that varies. Remodeling and Maintenance departments will assess this suggestion.
- A half-court basketball hoop would enhance balance, eye/hand coordination, and mobility. A portable hoop will be installed at the tennis courts, and usage assessed for permanent installation.
- A trash receptacle is needed between the Coleman Center and the 1000 Building. Done.
- Can adult tricycles be provided? Because of their size, making them available across our entire campus would be challenging.

- Can a crosswalk and yield sign be installed where the sidewalk spur at the end of 5300 homes leads to the mail kiosk? Pending.

Resident Questions.

- Can visitors dine in Lakeview? Not yet.
- When will specifics on estimated construction completion be provided? Further data is needed.

The next meeting will be on October 20, either in-person or virtual.

Editor's note: Council minutes and complete member reports can be found in the Dinda Library.

September Board of Directors Meeting

By Enith Vardaman

The September 29 meeting was held in closed session, Board President Helen Atter presiding. The information below was supplied to FLEET BEAT by Executive Director Josh Ashby.

The board received an update on the Beacon Pointe expected completion date and the ongoing discussion with the contractor about its tardy performance.

Chief Operating Officer Travis Schryer provided a COVID-19 update and an overview of the S.A.F.E.R. at Fleet Landing program. (A description of the program can be found in the August issue of *FLEET BEAT*, beginning on page 10.)

The Finance Committee reviewed the year-to-date financial performance and reported that it is holding up well despite COVID-19.

The proposed 2021 budget was presented and approved. It includes a monthly fee increase of 3.5 percent for life care residents and 5 percent for non-life care residents. Also included was the elimination of all meal delivery fees.

The Governance Committee provided an update on the search for the new resident director on the board. (The new director will replace Rick Cueroni, whose term is expiring at the end of 2020.) The deadline for applying was October 1, and there have been six applicants.

Mallets and Wickets

By Jim Kolster



The Plantation Croquet Club in Ponte Vedra hosted a croquet mixer event on September 26. Fleet Landing Croquet Club members Jean Cashin, Janice Flock, Marilyn Heberling, Connie and Jim Kolster, John Neyhart, Carla Philcox, and Mary Steinke enjoyed golf croquet competition with a team of eight members from the Plantation club.

The photo above depicts careful spacing, which reflects the same considerations observed when on the courts, in keeping with the appropriate and recommended guidelines.

Atlantic Beach Mayoral Debate

By Joan Carver



The candidates (l to r): Terri Lynn Ray, Ricky L. Carper, Ellen Glasser

An informative debate between the three candidates for mayor of Atlantic Beach, Ellen Glasser (incumbent), Ricky L. Carper, and Terri Lynn Ray, was held on October 2 in the Coleman Auditorium and broadcast over channel 267.

The program opened with the candidates briefly describing their backgrounds. Glasser is a retired FBI agent who also holds a doctoral degree and has taught at the University of North Florida. Carper is a professional engineer and the retired head of public works for Atlantic Beach. Ray is an engineer who worked for almost 20 years in the paper and pulp industry and also started a small business. Apparently aware of Fleet Landing's military origins, each candidate cited his or her military ties.

In the course of the debate each of the candidates indicated what special strengths they would bring to the office. Glasser stated that she was able to bring people together to work on solutions to complex problems. Carper cited his experience as an engineer who would understand technical issues coming before the city commission. Ray prefaced several of her responses by saying that she sees things differently because of her experience in the private sector with its emphasis on accountability and thinking outside the box.

The debate covered a wide range of Atlantic Beach issues ranging from parking to budgeting. The moderators, Fleet Landing residents Kurt Medina and Eileen Theis posed the questions to the candidates, who had a strict two-minute time limit on answers. The candidates had one minute to respond to a challenge from another candidate and 30 seconds for clarifying remarks. Manager, Wellness Services, Mary Faria served as timekeeper. Two of the questions centered on the always-controversial topic of parking. The first concerned the lack of parking in the Beaches Town Center and dissatisfaction with the current system of paid parking. Ray was critical of the paid parking system, indicating that it was too complex for



Participants in the program (clockwise from left): Terri Lynn Ray, Ricky L. Carper, Ellen Glasser, Pat Kluever, Eileen Theis, Kurt Medina, Mary Faria

many people to understand, and that merchants told her potential customers were avoiding Town Center. She suggested inserting Atlantic Beach into the Neptune Beach process, since that community was the primary developer of the parking program. Carper agreed that the current system is not working well and recommended returning to the previous policy of free parking, but with a two-hour limit and strict enforcement of the limit. Glasser stated that the parking issue was complex because the bulk of the parking spaces are in Neptune Beach, and it had taken the lead in implementing the current system. Any solution would require cooperation between the two communities. She noted that the current system is a pilot program. She pointed out that the Atlantic Beach City Commission recently passed an ordinance allowing three hours of free parking in the Atlantic Beach portion of Town Center for Atlantic Beach residents. Ray said that it was burdensome to have to register to take advantage of this provision. She argued that any solution should put the residents first, one of her campaign slogans.

The second parking issue centered on parking at 18th and 19th streets that requires backing out of the space. Ray viewed these spaces as potential hazards and suggested finding spaces in other parts of Atlantic Beach. She also suggested it would be fairer to distribute parking throughout the city. Glasser and Carper both cited the requirement of a minimum number of public parking spaces close to the beach to receive beach nourishment funds. Glasser pointed out these parking spaces had been in these locations for a number of years and had not been created under her administration.

The candidates were asked about an issue the voters will face in November: Should the Atlantic Beach Charter be amended to change the term of office for mayor from two years to four years? Currently the mayor can serve a maximum of four two-year terms. Under the proposed change, the mayor would be able to

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Atlantic Beach Mayoral Debate

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serve two four-year terms. Both Ray and Carper oppose the change, holding that the ability to change the makeup of the commission every two years increases accountability. (The Atlantic Beach City Commission is currently composed of the mayor commissioner with a two-year term and four commissioners with four-year staggered terms of office. Thus, every two years, three of the five commissioners are up for election.) Glasser supports the change because it would give a mayor time to implement his or her vision for the city.

As a result of COVID-19, revenues coming to the city are likely to be reduced. The candidates were asked how they would handle city budgeting in the face of less revenue. Carper stated that he would prioritize projects and defer some capital items when possible. He would avoid furloughs or pension holidays. Glasser pointed out that the coming year's budget is balanced with no tax increase. She noted that enterprise funds are available for some capital projects. Ray suggested that she would take account of the anticipated shortfall in revenue in her budgeting. She considers it preferable to present a smaller budget and add funds if they become available.

A question was asked about home rule and its application to Atlantic Beach because of its small population. Although some states require cities to be a minimum size to be eligible for home rule, that is not true in Florida. Glasser noted that it is embedded in the Florida Constitution that matters that can be handled at the local level should be. She stated that she had spent time in Tallahassee fighting battles to allow the city to regulate such things as short-term rentals and tree protection. Ray agrees with home rule if used to protect the integrity of the community. However, she would limit home rule when there are regulations that overreach. Carper believes the government closest to the people governs best.

In response to a question on flooding and sea level rise, both Glasser and Carper indicated that this is being considered in long range plans. Dealing with current flooding problems is priority. Ray suggested that some of the parks might be used as retention ponds, integrating this purpose with their other uses. Glasser expressed doubt about this idea.

A Fleet Landing resident suggested that there was a need for reasons of hygiene for portable restrooms close to the beach. None of the candidates embraced this idea. Glasser noted that residents generally did not want such facilities in their neighborhood. She has been trying to get Jacksonville to encourage its residents to use Hanna Park, which has restrooms, picnic tables, and other amenities. However, the fee to enter the park discourages some people. Glasser noted that she has been working to get a bicycle entrance to the park in Atlantic Beach.

The question of whether there is a crime problem in Atlantic Beach elicited slightly different responses from the candidates. Glasser and Carper stated that crime was not a real problem. Most of the crimes are crimes of opportunity, such as a theft from an unlocked car. Ray, using statistics showing more crime in the Beaches area, held that we needed to consider that larger area. Glasser noted that Atlantic Beach police do cooperate with police in Jacksonville and in the other Beaches cities.

All of the candidates expressed an eagerness to involve Fleet Landing residents in the life of Atlantic Beach. Ray would establish a senior advisory committee to draw on the experience of seniors, and she would have drop boxes for suggestions. Carper also spoke of using Fleet Landing residents in a variety of ways, such as as mentors for youth and teaching classes on Zoom. Glasser said that the City of Atlantic Beach and Fleet Landing had many connections that she would continue, noting she had missed seeing residents during the shutdown.

Fleet Landing residents owe a debt of thanks to resident Pat Kluever, who organized the program and had the role of judge for the event. Thanks are also due the sponsors of the program, Fleet Landing and the Historic Mayport Chapter of the Military Officers Association of America (MOAA). They all helped us be more informed voters.

Proposed Florida Constitutional Amendments

By Enith Vardaman

The 19 September 2020 issue of the "FLiCRA E-Newsletter" offered two guides to the six proposed amendments to Florida's constitution on the November ballot. After reviewing the amendments, the Florida Life Care Residents Association (FLiCRA) state board decided not to take a position on any of them because they do not directly relate to FLiCRA's mission. However, the newsletter provided two guides to help residents make their own independent decisions. Fleet Landing's FLiCRA chapter wanted this information to be available to our residents.

The first guide is an executive summary published in the *Sun Sentinel*. It can be found here:

<https://www.sun-sentinel.com/news/politics/elections/fl-ne-florida-constitutional-amendment-guide-20200918-et6tqqcdcf3rl6bmtrszcbg4q-story.html>

The second guide is more comprehensive. It was published by Florida Taxwatch, a nonpartisan, nonprofit taxpayer research institute. It can be found here:

<https://floridataxwatch.org/research/2020-voter-guide>

The "FLiCRA E-Newsletter" is a source of useful information for residents of continuing care retirement communities. A free subscription is available by going to flicra.com and entering an email address in the "Subscribe to our newsletter today!" box.

Sunday—but Not Sunny—Drives

By Enith Vardaman

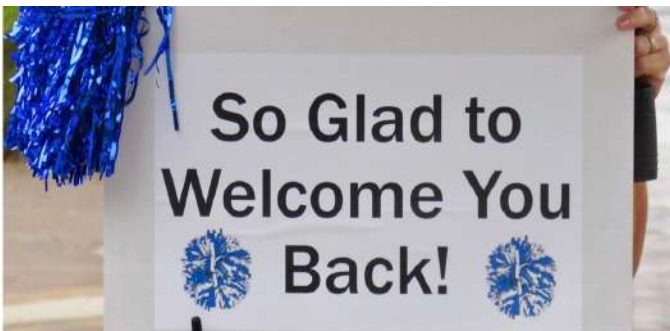
When the going gets tough, ... the Sales and Marketing Department gets creative. Because of COVID-19 restrictions, future Fleet Landing residents generally have not been able to visit our campus. Marketing came up with the idea of a “Sunday Drive” to see construction progress and pick up a chef-prepared picnic to go—a unique means of admitting our future neighbors while maintaining safety precautions.

For their “Sunday Drive,” guests could choose September 27 or October 4, in half-hour time slots, 15 cars at a time, from 3-6 pm. They would drive from the Welcome Center to the Windward Commons parking lot. A viewing area was set up near Beacon Pointe for the visitors to get a good perspective on the building. The picnic meals, packaged in attractive black and white-checked tote bags, were at the The Anchor food truck and in an adjacent tent.

Susan Parsons, Move-In Coordinator, Beacon Pointe

at Fleet Landing, who organized the event, enlisted the Ambassadors to welcome the visitors. The Ambassadors were offered signs of welcome to wave, or they could make their own. Pom-poms and clappers were also available. Chairs would be set out for them along the route. They were asked to wear a blue top of any shade, and they were to bring a mask in case social distancing of 6 feet was not possible.

Mother Nature’s attempt to disrupt proceedings with rain on both dates did not succeed in dampening spirits, despite interfering with use of the Beacon Pointe viewing area. Quite the contrary. The Ambassadors turned out armed with umbrellas and other rain gear. Parsons reported receiving calls from the visitors to express appreciation to the Ambassadors for cheering them on despite the raindrops, and to convey their excitement that they were going to live in a community where residents were so gracious and friendly.



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Sunday—but Not Sunny—Drives

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Meet Our New Staff

By Chet Davis



Dustin Wigglesworth and Sarah Day

Dustin Wigglesworth, Chef de Cuisine

Dustin Wigglesworth, a native of the Mayport area, has joined the Fleet Landing staff with the title of Chef de Cuisine. His prime focus in the new Mainstreet restaurant building will be to operate and execute 30 North, the new fine dining concept. While there will be a kitchen supervisor and a lead bartender for daily manage-

ment of Currents and Meridian Bar respectively, Wigglesworth will also have responsibility to make sure all operations in the Mainstreet building are functioning smoothly.

Wigglesworth is a graduate of the Johnson and Wales University Charlotte, NC, campus. While in college he worked for several chefs in the Charlotte area, including James Beard nominee, Joe Kindred. He has worked at a variety of locations since his graduation in 2013. Prior to coming to Fleet Landing, he worked at Eleven South in Jacksonville Beach. Known for its fresh daily seafood and natural mesquite-fired grill, it is a fine dining venue. Wigglesworth has also assisted in revamping the old Derby on Park in Riverside, and he operated The Candy Apple Café in downtown Jacksonville.

Wigglesworth is a Navy junior, whose father served for 20 years as a culinary specialist. When asked what drew him to Fleet Landing, Wigglesworth noted the quality of life enjoyed by both residents and staff. The opportunities presented by our expansion and the increase in fine dining/destination venues were key to his decision. He noted the warm reception by staff and residents alike, and he can not wait to cook for everyone in the future.

It may be a while before you run across Dustin, but be sure to welcome him if and when you do.

Sarah Day, Campus Services Coordinator

Sarah Day is the incumbent in the newly created Campus Services Coordinator position. While the position description is still a work in progress, Day already has very definite responsibilities. These include developing processes and procedures to better accomplish maintenance tasks as well as developing better communication and follow-through among staff and between staff and residents. Day also will be looking at staff training and cross-training to fill technical needs. Our current work order management system has many capabilities that are underutilized, but with full implementation, they will enhance maintenance response and provide a more effective resource allocation. Day's responsibilities also include work order priority management and quality assurance follow-up with both staff and residents. She is available for resident input regarding the quality of maintenance work and any errors and issues that may arise.

Day hails from upstate New York. Before coming to Jacksonville 13 years ago she lived in Atlanta, GA. She has family in Palm Coast, FL, and Florence, Italy. Prior experience includes commercial development/property management as well as work with a company engaged in damage restoration work for insurance companies.

You may see Day checking on maintenance projects around the campus. Welcome aboard, Sarah.

Fleet Scholars Recognized

By Enith Vardaman



Usually, staff members, their families, and Fleet Landing residents gather to celebrate the annual awarding of scholarships, but in the time of COVID-19, that was not possible. Instead, the recognition of scholarship winners was incorporated into the FNN (Fleet News Network) broadcast of September 10.

Chief Operating Officer Travis Schryer stressed the importance of staff to the resident experience at Fleet Landing and the concomitant importance of providing staff with the opportunity to pursue education and advancement in their career.

Director, Food and Beverage, James Puchel, who arrived at Fleet Landing earlier this year, has become very involved with the scholarship program. Noting the need for more leaders as our campus grows, he spoke about Fleet Landing's participation in a leadership development program created by the University of North Florida. He thanked Michele Holley, Senior Director, Human Resources, and Director of Charitable Gift Planning Olivia Bush for their role in making possible the program, which is customized specifically for Fleet Landing. This 11-week certificate program is for people early on in their career in management and

leadership. Thirteen Fleet Landing staff were scheduled to participate, beginning on September 15. Meetings with a facilitator will take place once a week in the evening. The largest contingent of participants is from Dining Services, but Transportation, Wellness, and Human Resources are also represented.

Resident Lory Doolittle, who chairs the Scholarship Committee, spoke next. She recognized fellow committee members Dave Rigg, Izzy Spence, and Cindy Tomlin and paid tribute to the late Pat Hannan for her efforts on behalf of the committee. She noted that scholarship recipients numbered 51 this year, a record. She described the requirements for applying for a scholarship: An applicant can apply after working here for six months. The scholarships can be for any type of degree or certificate in any field of study. Applications can be obtained from Bush or from the applicant's manager. References from the manager and from someone outside Fleet Landing are required. The application and the tuition bill are turned in to Bush, who pays the bill. Scholarship recipients can be identified by a star either on their collar or their name tag. Doolittle emphasized how much these educational opportunities have meant to the recipients.

Next, a slide show of scholarship recipients, created by Bush, Executive Assistant Megan Clemensen, and retired Executive Assistant Betsy Teske, was shown. Names, a photo, and the field of study were displayed. Medical fields, (nursing, occupational and physical therapy, speech language pathology, radiography, medical administration, and more) predominated. Other fields of study included business journalism, engineering, public relations, hospitality management, communication sciences, and early childhood education.

The Scholarship Fund Committee, which was part of the original resident-run Fleet Landing Endowment Fund, was established to encourage employees to further their education. With the merger of the Endowment Fund and the Office of Charitable Gift Planning to form a new Fleet Landing Endowment Fund, it is now known as the Fleet Scholar Program. The program is supported in part by an annual golf tournament. Regrettably, this year's tournament, which was to be held at the Atlantic Beach Country Club, was canceled because of COVID-19. The other source of support is donations by residents. All three speakers thanked residents for their generous support of the scholarships. Doolittle noted that generosity was especially appropriate this year, when staff have done so much for resident safety and security. Donations should go to Bush, and the check should be made out to "Fleet Landing Endowment Fund." Because the fund also has a benevolent component, donors should notate the "for" or memo line on the check, "Restricted to Scholarships" if they want to restrict the donation in that manner.

August WELLInspired Learning Series

By Victoria Freeman



LtoR: Janine Rainville, Lex Gonzales, Alisa Blanchard

This series consists of three topics each month. The health services and therapy talks are held on the first Wednesday of the month beginning at 2 pm, and the wellness talk takes place on the third Monday of the month at 1 pm. All are broadcast on in-house channel 267.

Healthy Sleeping

Janine Rainville, Home Health Administrator, began her August 5 presentation on healthy sleeping by wondering if she herself was a healthy sleeper. During the talk, she noted some of the areas in which she could improve.

The benefits of good sleep are numerous. They include a mood boost, a healthier heart, an immune system boost, and enhanced weight control. Rainville cautioned that there can be too much of a good thing. More than nine hours might produce calcium buildup in heart arteries, thus rendering them less flexible.

Unhealthy sleep symptoms come in a variety of forms including increased irritability, poor judgement, slower reaction time, and feeling tired.

What are the causes of unhealthy sleep patterns? Some of the usual suspects are what is done too close to bedtime: consumption of caffeine or alcohol, use of electronics, late night eating, and working late. Intense evening exercise is also contraindicated because it will create an endorphin rush that increases both adrenaline and cortisol.

To change unhealthy sleep, it is necessary to identify negative habits and create a solid plan for change. One helpful step is to design a wind-down routine. That routine might include quiet non-electronic reading, low impact stretching, soothing music, and lower lights. Some other sleep-enhancing steps could include a lower room temperature, a good quality pillow and mattress, and consistent sleep schedules.

Back to School: How To Care for Your Back

Therapy Manager Lex Gonzales took his audience back to school on August 5. The emphasis, of course, was not on acquiring new notebooks and textbooks, but on caring for the physical back.

He began with a slide depicting the spine with a red triangle superimposed to represent the pelvis. Another slide showed how the position of the pelvis influences posture. Neutral, no tilt posture is preferred. A tilted pelvis bends the spine forward or backward, which can result in a sway back and painful knees.

Subsequent slides illustrated good and bad posture when standing, sitting, or walking. Examples of posture bad for the spine: reading in a slumped position and tying one's shoes by leaning fully forward. Gonzales suggested using a foot stool that elevates the shoe.

Gonzales also showed the difference head position can make. With every inch of forward head posture, the weight on the spine increases by ten pounds. For example, if the head is two inches forward from the upright position, the weight of the head goes from 12 to 32 pounds. Three inches forward, and the head weighs 42 pounds.

The final part of Gonzales's presentation was devoted to bending and lifting. One of the most negative lifts depicted an individual bending over and picking up a heavy object and rotating his back as he straightened up.

Finally, Gonzales discussed the proper way to get out of bed. Getting up using the abdominal crunch posture was a major negative. Instead, he suggested rolling over toward the bed's edge, dropping legs over the side and easing up.

Pelvic Floor Exercises

Exercise Physiologist Alisa Blanchard began her very detailed August 17 presentation on strengthening the pelvic floor by citing the reason for discussing this topic: A weakened pelvic floor could lead to low back pain and/or incontinence.

Once Blanchard had snared her audience, she discussed the muscles that attach to the pelvic floor. She displayed slides that showed the site of each of those muscles and their method of attachment.

Blanchard described pelvic floor strengthening exercises that can be done seated, standing, and/or lying down. Regular practice of these exercises can reduce the sleep disturbance caused by the necessity to get up frequently to go to the bathroom. These exercises are incorporated into several Fleet Landing exercise classes.

For further information, contact Blanchard at fitness@fleetlanding.com.

Library Notes

By Enith Vardaman

We thank our recent donors: Anne and Richard Conway, Rae and Frank Donnelly, Janice Flock, Kathy and John Hedge, Brandon Levy, estate of Betsy Lewis, Ann Linn, and Shirley Stavridis.

Reminder: The mini book sale is ongoing, with new books added weekly.

Unusual Occupations:

Sarah Lamont

By Barbara Trevaskis



Sarah is flying her balloon in center foreground, Ray's is just above, and their original balloon is above his, piloted by their student.

Did you know that ...

Sarah Lamont and her late husband, Ray, were licensed commercial balloon pilots? Ray had been an Air Force pilot. At the time their ballooning experiences began, they lived in Albuquerque, NM. What better combination than that! But Sarah had a threefold problem: She didn't like heights, was afraid of fire, and didn't like motion of any kind. They agreed that if she didn't like the first lesson, the contract to take lessons and to buy a balloon would be cancelled. As it turned out, not love at first sight, but she grew to love it.

Sarah and Ray trained separately in a cactus-filled open mesa of New Mexico. While Ray was flying high, Sarah was trying diligently to fly her balloon over four-foot-high barbed wire fences. And there was big excitement when she was able to clear utility wires.

Over the next 17 years, Sarah took hundreds of people on balloon rides, during which time she and Ray lived in three different flying environments: Albuquerque; Annapolis, MD; and New Orleans, LA. She thrilled her passengers as two balloons "kissed," and when she made a "splash and dash" (the bottom of the gondola lightly skims over a body of water). The couple often participated in Albuquerque's Balloon Fiesta of

500-1,000 balloons.

On the morning of January 18, 1986, the Lamonts embarked on their most exciting and challenging flight, when they and 14 other balloonists soared to a new group altitude record of over 24,000 feet above mean sea level. This was a big deal, and careful preparations were necessary. Event organizers had to acquire a special waiver from the Albuquerque Air Route Traffic Control Center. Since the balloons were not specifically designed for high altitudes, pilots had to procure their own portable oxygen canisters equipped with long tubes. Sarah half-seriously admits that she inadvertently almost killed her husband during this flight. After donning their oxygen masks at 10,000 feet, they were no longer able to talk to each other. Later, using hand signals, Ray motioned that he was not getting enough oxygen, which can lead to hypoxia. Sarah checked the connections and indicated they were in order. Still a problem. Turns out Sarah was standing on Ray's oxygen tube. So that settled that? No, Ray signaled still a problem. Again checking tubes, Sarah had accidentally pulled his tube out of the oxygen canister when she cleared his tube from under her feet. Death averted, and a safe celebratory landing was made after the 2¼ hour record-breaking flight.

And, if high-flying wasn't enough, down-to-earth, Sarah is an expert weaver and has hundreds of gorgeous silk and wool pieces to her credit. But that's another story ...

Editor's note: This is the first in a series of occasional articles about unusual occupations of our residents.

Investment Club News

By Howard Burdick

Our stock holdings have been on a whirl the past few months, with impressive gains until a correction in early September. Subsequently, a number of our stocks were sold automatically as they hit our preset market stop positions. Current stocks include Fedex (FDX) and Microsoft (MSFT).

For the past six months, we have met virtually via Zoom from our own computers, thanks to our Zoom master Joe Ruthenberg. In addition to our monthly meetings, we have also held several bi-weekly meetings to keep more current in this volatile stock market. In September, we moved to the Atlantic Room, properly masked and distanced.

The club has benefited significantly from the rising market tide. This is especially true for the newer members, whose annual rates of return are impressive.

If you are interested in observing (kicking tires), let me or Secretary Walt Trevaskis know so we can get you on our meeting circuit, wherever or however it may be—usually 7 pm on the second Wednesday of each month, plus any supplemental meetings.

New Clock Named in Memory of "Red" Neville

By Olivia Bush



Dramatic nighttime photo taken by resident Bob Gossen. He has superimposed a photo of the clock's commemorative plaque that reads, "In loving memory of Harold F. Neville, Jr. 'Red' by his beloved wife Carol."

I am sure that by now you have seen the large post clock between the Therapy Garden and Windward Commons on Main Street. The clock brings together the original campus and the new apartment and restaurant buildings.

Carol Neville approached Olivia Bush, Director of Charitable Gift Planning, about a naming opportunity to honor her husband, "Red," who passed away not long after the Nevilles moved to Fleet Landing. The two put their heads together and came up with the idea of naming the clock in his memory. When Neville told her children about this possibility, they all thought it would be the perfect tribute to their father, since "Red" was always a stickler for being punctual.

Neville notified Bush that she wanted to move forward in naming the clock. However, as with a lot of things in this world, COVID-19 interfered with having a naming ceremony because her children could not travel at the time.

So, when you next see Neville, thank her for the lovely clock and the sentiment that goes with it.

If you would like to learn about other naming oppor-

tunities, contact me at 246-9900, ext 1403. or stop by my office in the Coleman Center.

Remembering Betsy Lewis

By Enith Vardaman



Masthead of the first issue of FLEET BEAT. Residents were encouraged to suggest a title for the new publication.



Masthead of the second issue of FLEET BEAT. Residents chose from among these suggested titles for the new publication.

With the death of Betsy Lewis, one of Fleet Landing's earliest residents, *FLEET BEAT* has lost its longest-serving staff member. Her name first appeared in the staff list in the second issue (September 1991) of this publication, which did not yet even have a title. That would come only with the third issue after a naming contest.

Lewis's wide-ranging interests were reflected in several columns she wrote for *FLEET BEAT* at various times: "Library Notes" (an experienced library volunteer before coming to Fleet Landing, she was a founding member of the Library Committee, which she headed for many years), "Mallets and Wickets" (she was a member of the Croquet Club from its formative days), and "Brush and Palette" (she was an artist herself). All but perhaps the newest residents will remember her signature column, "Around and About." Begun with the December 1991 issue, it kept readers up to date on the travels and many other interesting activities of Fleet Landing residents. Besides her contributions as a reporter, she did long-term service as a copy editor, saving the editors from the embarrassment of typos and other errors.

Lewis was also the author of several books, which highlight memories of her life in Cape Coral, FL. They can be found on the Fleet Landing Authors shelf in the Dinda Library.

Reminiscences by *FLEET BEAT* staff members capture characteristics that were hallmarks of Lewis's contributions to this publication: a delightful sense of humor and sharp wit, an intense interest in people, and, just short of her 98th birthday, a still lively eagerness to learn.

Betsy Lewis's death is a loss for our community.

National POW/MIA Recognition Day

(continued from page 1)



Left: Raising the POW/MIA flag.

Right: Retrieving the POW/MIA flag.

- Rear Admiral Robert “By” Fuller, United States Navy, who was also a founding board member of Fleet Landing. (Vietnam)
- Colonel Carl Crumpler, United States Air Force (Vietnam)

No bell stroke followed recognition of current Fleet Landing resident, Captain Dick “The Beak” Stratton, United States Navy (Vietnam).

Guest speakers for the event were retired Naval Aviators Sam K. Houston and Albert “Buddy” Harris. Houston is Chairman of the Board at the National POW/MIA Memorial and Museum located at Cecil Field here in Jacksonville, and Harris serves as the official spokesperson. They spoke of the importance of the memorial as a place for families to go to honor their loved ones. Plans for the current status of the memorial and plans for the construction of a larger facility were illustrated with a slide show. (For more information about the memorial, go to powmiamemorial.org.)

Kluever then officially presented to Chief Operating Officer Travis Schryer a POW/MIA flag to be displayed in the Coleman Auditorium with the military service flags. Schryer put it in the place of honor next to the national flag. A POW/MIA flag will also be displayed at Fleet Landing directly below the national flag on the occasions cited above by Burkart.

Hubbard concluded the ceremony with a benediction and a solo rendition of “God Bless America.”

The day’s activities ended at sundown (7:26 pm) with the ceremonial retrieval of the POW/MIA flag at the Flag Plaza.

Overall, a very sobering and worthwhile observance.

More Scenes From National POW/MIA Recognition Day



LtoR: Sam K. Houston, Pat Kluever, Albert “Buddy” Harris



LtoR: Beryl Hubbard, Bob Burkart, Bill Rodriguez



The POW/MIA flag stands next to the national flag in the Coleman Auditorium.

Some events came too close to the publishing deadline for this issue of *FLEET BEAT*.

Look for coverage of these events in our next issue:

Active Aging Week

A new exhibit by our artists

October WELLInspired Learning Series

October Monthly Golf Tournament

Virtual Happy Hour



Local area entertainer Steve Chapman is a popular visitor to Fleet Landing. As these October 6 photos in the Coleman Auditorium show, he has adjusted to COVID-19 restrictions and become an experienced virtual Happy Hour performer.

September WELLInspired Learning Series



Left: Latwanda Ford. Right: Dorothy Slama.



Lex Gonzales and Alisa Blanchard

Be Aware of Your Medication: Learn How Medication Can Increase Your Risk of Falling

By Isobel Spink

On September 2, Director of Nursing Latwanda Ford and Nancy House Unit Manager Dorothy Slama shared some very useful, if alarming, information with us. Here are some disturbing statistics, which, with a little work, we can help change:

- One in four people 65 and older falls each year. That equates to about 36 million falls.
- The medical costs for these falls are \$29 billion for Medicare, \$12 billion for private/out-of-pocket costs, and

\$9 billion for Medicaid.

- Each year, 3 million older adults are treated for a fall injury, and more than 95 percent of hip fractures are due to older adult falls.
- Every 20 minutes, an older adult dies from a fall in the United States, and by 2030, projections indicate seven fall deaths every hour.

The Centers for Disease Control and Prevention and Johns Hopkins have listed the following types of medication that can affect or even increase your chances of falling:

- Anticonvulsants (used for epilepsy, nerve pain, bipolar disorder, seizure disorders)
- Antidepressants (the medication class with the strongest statistical association to fall risk)
- Anticholinergics (used for COPD, overactive bladder and incontinence, diarrhea, asthma, Parkinson's, dizziness)
- Antihistamines (used for allergic reactions, itching, motion sickness; doubles the risk of a fall with injury)
- Antihypertensives (used for high blood pressure; has at least a 24 percent increase in risk of falling and possible injury)
- Antipsychotics (used for anxiety, depression, bipolar disorder)
- Benzodiazepines (used for anxiety, seizure disorder, insomnia, muscle relaxation; increases the risk of falling by 50 percent)
- Diuretics (used for high blood pressure, heart, kidney, and liver disease; fall risk doubled within one day of a new prescription)
- Laxatives (used for constipation; laxative users twice as likely to fall as non-laxative users)
- Opiates (used for pain control; older adults 4 to 5 times more likely to fall with an injury and more likely to die from fall-related injury)
- Muscle relaxants (used for muscle sprain or strain, multiple sclerosis, traumatic brain injury, stroke; an increase of 2.25 times of ER visits for falls for geriatric patients)
- Sedatives and Hypnotics (used as sleep aid and to induce calm; increases likelihood to have fallen in the past year 1.5 times)

This list is frightening, but with serious discussions with your doctor, you can make intelligent decisions.

Suggestions to avoid falls compiled by Johns Hopkins, the CDC, and the Mayo Clinic include the following:

- Have vision and hearing checked regularly.
- Know the side effects of medicines. *Always* consult your provider before you stop, start, or change the dose of your medications.
- Limit the amount of alcohol you drink.
- Wear sensible, low-heeled shoes, not loose-fitting slippers.

(continued on next page)

September WELLInspired Learning Series

(continued from preceding page)

- Be especially careful on wet or icy sidewalks.
- Keep moving. Exercise regularly to stay flexible and keep your bones strong.
- Light up your living space, and make your home safer by removing clutter or trip hazards.
- Use assistive devices.

Three Critical Strategies To Improve Your Balance

By Isobel Spink

In his talk on September 2, Therapy Manager Lex Gonzales continued the theme of fall prevention. He showed slides illustrating ankle, hip, and step strategies to improve balance and decrease the risk of falling. He provided slides illustrating easy exercises that can be done at home to implement each of the strategies. Ankle strategy exercises stretch calf muscles and increase the range of motion and the muscle strength of the ankles. The hip strategy exercise increases hip strength and range of motion, which is important when reaching for an object farther from you—either in front of you or above you—without necessarily moving your feet. The exercise increases your base of stability so that you can accommodate more challenges to your balance. The step strategy exercise prepares you for when you need to take a quick or larger step (over a puddle, for example), or when someone bumps into you. This exercise also improves reaction time and coordination.

A copy of the pictures of the exercises and the instructions can be obtained by emailing Gonzales at agonzales@fleetlanding.com.

A final note: A lot of Fleet Landing exercise classes are designed to improve balance, and the outpatient therapy clinic can provide a balance assessment.

Rock Steady Boxing

By Victoria Freeman

On September 21, Exercise Physiologist Alisa Blanchard radiated enthusiasm when she talked about Rock Steady Boxing (RSB), a program designed to alleviate some of the effects of Parkinson's Disease (PD).

Blanchard and Contract Assistant Brooke Schudlich have been trained to offer the program created by Scott Newman when he was diagnosed with PD. According to Blanchard, the Fleet Landing program stresses balance, focus, gait, posture, speed of movement, and power.

Participants are carefully assessed to determine class levels. There are appropriate levels of classes for individuals with mobility constraints as well as for those who do not have them. Initially, classes are for 30 minutes twice a week. They begin with a warm-up followed by boxing drills and calisthenics, and they conclude with core and stretching exercises. When Wind-

ward Commons opens, the program will expand. Contact Blanchard for current enrollment procedures.

As Blanchard says, "You're not defined by your disease. We want joy!" RSB provides a safe, social class with coaches who are trained to assess, plan, motivate, teach, and communicate.

Radio Controlled Sailing Club Goes Into Full Swing on October 3!

By Jim Leipold



Captains' dock



Let the fun begin!

Sailing will take place every Saturday at 10:30 am at the dock behind the Coleman Center. At 12 members and growing, we help each other out with finding and rigging our sailboats, joking, teaching, and trying different courses. We have a rescue craft available should a yacht wander as well as an 18-foot rescue retriever when needed.

Thanks to the variable winds on the lake, no one can fear he or she isn't a good enough sailor because no one can tell! So come join the spectators or step up and try your hand at sailing! For any further information call Captain Jim Leipold at 904-746-3322.

Bedroll Project Update

By Enith Vardaman; photos by Beverly Norman



The finished product, rolled up and spread out



Preparing the bedrolls.

Top, l to r: Linda Burkart, Joan Craddock, Carla Paxton.

Bottom: Toni Reichow (l) and Beverly Norman.

In the May/June/July issue of *FLEET BEAT* (page 6), we reported on the bedrolls for the homeless project organized by Camille Rigney. Residents donated meal delivery plastic bags that project participants cut into strips, creating plarn (plastic yarn) to be used to crochet the bedrolls.

Beverly Norman reports that several bedrolls have been completed and delivered to Mission House, a nonprofit that assists the homeless and others in need in the Beaches. That organization was delighted to get them, and reports that the bedrolls are being used and are very much appreciated.

Fur and Feathers



Cynthia Graham took this photo of a mama squirrel moving one of her offspring from one tree to another.



Graham also took this photo of a hawk that frequents the labyrinth area, especially when Graham is practicing tai chi.



Pat Patterson captured this photo of a heron taking flight.

Welcome Aboard

1114 Carol and Max Zurflueh (July)



When asked about their interests, both Max and Carol put visiting with good friends at the top of their list. Because they came to Fleet Landing to be sociable, the Zurfluehs plan on having plenty of opportunities to pursue this interest. They visited 25 continuing care retirement communities (CCRCs) up and down the East Coast on trips between Massachusetts and Florida, and they are pleased with what they have found here so far, as they continue to explore our community and meet new people.

Max was born in Switzerland, but after he got polio, his life took a different path than the move to New Zealand his parents had planned. Instead, his family came to the US and settled in California, where he attended the University of California at Davis and California State University. He then got his Ph.D. in psychology at Arizona State University, where he met Carol, who was getting an M.A. in education there. Carol received her B.A. from Wheelock College, which is now part of Boston University.

The Zurfluehs lived for 45 years in Dartmouth, MA, where Max was a professor of psychology at the University of Massachusetts and the Chief Psychologist with a dual appointment as the training director of graduate student interns. Carol taught special needs middle school and elementary school there for 35 years. They have two children who both live in California.

Carol likes walking, reading, traveling, and Zumba. Max reads professional journals and mystery novels (among other genres), likes quirky British TV shows, and he has been a sailor all of his life. His last boat was a Pearson Renegade.

The couple says that the residents and staff of Fleet Landing are friendly, the food is good, and the landscaping is beautiful.

—Kristin Perry

4216 Yim and Richard Wong (July)

In order to be sure of their decision to move into Fleet Landing, Richard and Yim Wong became Atlantic Club members, attended exercise classes, ate in the dining room many times, and lived in an apartment in Jacksonville for 14 months while they were on the waiting list. As they said, they



came to “wait and acclimate.” Now that they have moved in, they are getting to know residents and how Fleet Landing operates. The Wongs said they did not look further than Fleet Landing because of the excellent health facilities, varied activities, great food, and great service, but, most importantly, because the residents made them feel welcomed like family.

The Wongs came from Brooklyn, NY, and returned there after an interlude of about 40 years in South Brunswick, NJ, where they raised their three children. Their daughter is now in Brooklyn, and their two sons, are in Morristown, NJ, and San Francisco, CA. Richard went from Brooklyn Technical High School to Baruch College (CUNY), earning a Bachelor of Business Administration degree, and Yim attended City College (CUNY), where she was an economics major. Richard worked for Key Span Energy in Brooklyn as a systems analyst for 30 years in the IT division, and after retirement, he worked for 13 years as a middle school substitute teacher. He may have missed his calling as a teacher. Yim worked at Macy’s as a sales manager and buyer, and then she worked as a sportswear buyer for a large buying office before she devoted her time to raising her children. She also taught preschool special education for 15 years before retiring.

They were welcomed to the “Grandparents’ Fraternity” after their daughter, Lauren, gave birth to their first grandson. Four years later she had identical twin boys. A happy surprise for all. They are looking forward to the day the grandkids can come visit.

A friend of the Wongs, who recommended Fleet Landing to them, will be moving to Beacon Pointe. Yim’s older brother is also on the waiting list, and she has a sister in Jacksonville and a younger brother in Fort Lauderdale. They are both learning pickle ball, and they look forward to playing mah-jongg. Yim, who had never ridden a bike before, has a new tricycle. Richard has played many sports, including paddle ball, touch football, ping-pong, softball, and basketball, and he played guitar in a band while in college. He is a chess player, solves chess puzzles, is hoping to meet other chess players, and is thinking about starting a chess club here.

—Kristin Perry

In Memoriam

Mike Balboni
1947-2020

Dick Boyle
1933-2020

JeAnne Burg
1937-2020

Joseph Denaro
1933-2020

Don Dinwiddie
1934-2020

Harriet Linnell
1922-2020

Marjorie Price
1929-2020

Jean Wehrmeister
1930-2020

The Passing of a Torch

By Chet Davis



Left: John Johnson.

Right: Julia Pet-Armacost and Bob Armacost.

When John and Beverly Johnson moved into Fleet Landing in 2008, they brought us instructive and fun line-dancing classes. Sadly, Beverly passed away in 2018. John has also entertained residents with his magic show and his voice. Starting in 2013, he began directing the annual Follies, and he did so for six years. Shows included music from such Broadway classics as *South Pacific* and *The Music Man*, and they highlighted travel, train trips, country hoedowns, and more.

As with most things in life, change comes upon us. John is giving up his directorial responsibilities as a result of physical limitations. However, the torch has been passed! Sometime in the hoped-for near future, Johnson Hall (named in recognition of a generous donation from John and Beverly) will again be available, with Bob Armacost and Julia Pet-Armacost taking on the directorial mantle. They have already lined up the assistance needed for choreography, singing direction, and backstage. Now the task is to see just what the new Johnson Hall will accommodate in terms of dressing rooms, lighting, and the like.

We shall all be waiting for the next Follies, either to participate or to be entertained.

Virtual Wine Tasting

By Chet Davis



Ingredients of the wine tasting



LtoR: Chris Gotschall, James Puchel, Andy Smith, La'Triese Scott



Participants enjoying the wine tasting in their homes

With COVID-19 limiting in-person social gatherings, Dining Room Manager Rachel Carmack, Executive Chef Chris Gotschall, Chef de Cuisine Dustin Wigglesworth, and Lead Bartender La'Triese Scott created a virtual wine tasting that would serve over a hundred residents.

Dining Services staff prepared a flight of four wines plus complementary nibbles (three kinds of cheese, honeycomb, prosciutto, tomato, and crackers) for each resident who had signed up for the event. A bonus bottle of a sparkling rosé rounded out the ingredients, which were delivered to the homes of participants.

Andy Smith, representing Southern Glazer's Wine and Spirits, provided the wine. During the tasting, which was broadcast on channel 267, Smith, Gotschall, Scott, Chief Operating Officer Travis Schryer, and Director, Food and Beverage, James Puchel, provided commentary as they enjoyed the offerings.

Congratulations to the staff for coming up with a creative idea during these interesting times. A sign of the success of this sold-out August 14 virtual tasting: Another tasting, planned for October 1, has almost double the maximum number of participants.

Comet NEOWISE

You can always count on Fleet Landing photographers to be on the job if something unusual is afoot. Resident Bob Gossen captured this photo of Comet NEOWISE over Atlantic Beach at pre-dawn on July 20. The brightest comet since Comet Hale-Bopp in 1997, it was visible to the naked eye in July. It will not visit the inner solar system for another 6,800 years.



Chips & Putts

By Helen Craig

September 10, the second Thursday of the month, had arrived, and thus it was time again for the traditional Fleet Landing Monthly Golf Tournament. Because of COVID-19, our last “monthly” tournament had been in March, but the Windy Harbor Golf Club was now open for business. Ten players (all of them men) decided to participate, with the first tee time at 8:30 am. According to Tournament Chairman Bob Mills, “It was indeed hot and humid—starting at 84 degrees and ending at 88—with a heat index of 102.” Another challenge was the “cart paths only” mandate for all 18 holes. Also, only one player per cart was allowed. Fortunately for the golfers, Mills decided to reduce the tournament’s length to nine holes. Please note that golfers usually aim their balls toward the green—not toward the cart

path, which may be far away. Normally, they could drive directly to the ball, then hit it. However, the COVID-19 mandate greatly increased the distance they had to walk just to reach the ball. Again and again. Quite exhausting on a steamy day! After 2½+ hours, our tournament players trudged into the clubhouse, longing for a cold shower. It was hot indeed!

Two of the teams tied for first place with a score of 37. One team, made up of Tom Gonwa, captain, plus Andy Wyrick and John Coman, finished the nine holes with two birdies, three bogeys, and four pars. The other winning team, with one birdie, two bogeys, and six pars, was captained by Mike Moorhead and included Bob Linn and Larry Magner. The third team, coming in last place with a score of 42, was captained by Lindsay Norman and included Mike Marchetti, Nick Malie, and recently-arrived Fleet Landing resident Steve Sedgwick.

Prizes were awarded to Moorhead for the Longest Drive on hole #4 and to Marchetti for Closest to the Pin (at 41 feet) on the par-3 hole #7. The Birdie trophy went to the Gonwa team for their two birdies, and their captain will award that trophy to the player who contributed the most to making these birdies. When the Sandbagger trophy was awarded to the Moorhead team, the other players on this team said that Moorhead himself, with his very effective long ball hitting, was the most deserving of this honor. As there was no tournament dinner, thanks again to COVID-19, prizes and trophies were distributed to the players’ social boxes in Coleman Center.

There will be another Fleet Landing Monthly Golf Tournament on Thursday, October 8, and Chairman Mills forecasts that it will be cooler then. Do plan to come, both ladies and men. And we will have fun.

Village Project Progress

Photo by Charlene Kurth



The fountain is up and running, and work on replacing the Coleman Center roof continues.

COVID Chronicles

By Enith Vardaman

Treats

Photos by Enith Vardaman



Rob Friedman and Jennifer Joy (behind golf cart) and Brandon Levy were part of the “Golf Cart Happy Hour” team.



The calypso music that accompanied the “Golf Cart Happy Hour” inspired Rob Friedman and Mary Faria to demonstrate their dance moves.



Left, l to r: Mary Faria, Jennifer Joy, Patty Chicoine, Brandon Levy. With Rob Friedman (not pictured), they made up the mini donut delivery team.

Right: Mary Faria offers mini donuts to a resident.

Fleet Landing has found creative ways to keep residents' spirits up during a time when large gatherings

have not been possible. July and early August saw the ice cream truck, aka The Anchor, circle the campus on three different dates as reported in the August issue of *FLEET BEAT* (page 13). Since then, donuts, regular size and minis, have been added to the kinds of treats delivered to residents at their court or apartment building (August 12 and September 30 respectively). A “Golf Cart Happy Hour” (September 16) offered the choice of an alcoholic beverage or iced tea to the accompaniment of calypso music.

Anniversary Surprise for the Pattersons

COVID-19 prevented a family gathering to celebrate Fran and Pat Patterson's 62nd anniversary. Instead, the couple's New England children conspired with James Puchel, Director, Food and Beverage, to pull off a Sunday brunch surprise. Puchel and Sous Chef Kelly Carpenter arrived at the Patterson's apartment at 1 pm on August 16 with an elegantly presented meal consisting of two large Maine lobsters and corn on the cob for two—served piping hot—plus two potato salads, two big slices of blueberry pie, two half pints of vanilla ice cream, and two splits of champagne. A memorable anniversary celebration!

Limited In-person Event Attendance Begins



Mike Marchetti, one of the two resident attendees

The *WELLInspired* Learning Series talks on September 2 were among the earliest events when restrictions on the size of resident gatherings were slightly relaxed. The talks were broadcast on channel 267, with the opportunity for a maximum of 20 residents to sign up to attend in person. The results were amusing: Only two residents signed up, one of whom was Ed Hollender, who was there in his capacity as *FLEET BEAT* photographer. Hollender and resident Mike Marchetti were outnumbered by the three speakers for the event. (See page 13 for an article on the talks.)

(continued on next page)

COVID Chronicles

(continued from preceding page)

Birthday Celebration

Photo by Isobel Spink



Some Polaris Court ladies gathered on August 29 to celebrate the birthdays of Jacquie Crane and Eva Sprinkle. Usually the court's gatherings are held outside, but rain caused the group to move into Isobel Spink's house.

Soft Reopening of LakeView

Photos by Ann Bell and Patricia Payne

A soft reopening of LakeView for an invitation-only dinner (picnic style) took place on September 2. As can be seen in the photos below, the soft reopening was a happy occasion.

The official reopening dinner, also picnic style, was on September 3. A reservation was required, and LakeView was restricted to 25 percent capacity.

Numerous protocols put in place to ensure safety for residents and staff alike continue in effect as the dining room is now also open for lunch.



Roel (l) and Joel Salvado are clearly happy to have LakeView open again.



Left: With tongue in cheek, Patricia Payne, who provided most of the captions for these photos, commented, "Travis Schryer wants us to know that he really does do some work here."

Right: So nice to see Karen Herbert after all this time!



*Left: Chris Wellington had the shuttle on call.
Right: Rachel Carmack was on hand to help out.*



*Carol Silcox stops by the table with the Bells and Harriet Berson.
(continued on next page)*

COVID Chronicles

(continued from preceding page)



La'Triese Scott takes orders for drinks from the Riggs
Lakeview at Lunch

Photos by Ed Hollender

The pictures below, taken on September 22, bear out what Dining Room Manager Rachel Carmack told *FLEET BEAT* photographer Ed Hollender: The lunch crowd is sparse. By contrast, an average of 60 to 65 residents have been at dinner each evening.



Fleet Landing in the News

By Enith Vardaman

"How a Brooks Rehabilitation doctor helped shaped [sic] health care in Jacksonville" was the summary statement at the head of an article published on August 13 on jacksonville.com, the website of *The Florida Times-Union*. The article described the influence of the late Dr. Brooks Brown, who was referred to as a visionary, on Jacksonville's medical com-

munity. Brown and his late wife, Helen, were residents of Fleet Landing.

Resident Dick Sturtevant contributed to the "Letters to the Editor" column of *The Florida Times-Union* on August 23 and September 26.

Resident Pat Kluever figured prominently in the October issue of *Military Officer*, the magazine of the Military Officers of America Association (MOAA). He appeared in a cover collage of photos of MOAA chapter leaders who are working to help military families during this difficult year. An article in the issue described projects by several chapters, including a section about free dinners for active duty military families. These dinners are jointly sponsored by the Mayport USO and the Historic Mayport Chapter, which Kluever heads. Also included were pictures of Fleet Landing chapter members involved in preparing the dinners. Many residents will be familiar with these dinners from *FLEET BEAT* coverage.

An article in the October 1 edition of *The Beaches Leader* described Fleet Landing's S.A.F.E.R. program. Executive Director Josh Ashby described the program in detail at his July 15 "Coffee and Conversation With Josh." (See *FLEET BEAT*, August 2020, beginning on page 10.)

Fran and Pete Sheridan contributed to the "Letters to the Editor" column in the October 6 issue of *The Florida Times-Union*.

Sailing Club News

By Howard Burdick

As we wrestle with hurricane safety for our boats, we're also wrestling with some reorganization and future plans. Carol Silcox has volunteered to be our commodore pro tem, and I will remain vice commodore and secretary. Silcox is also our treasurer until we have a volunteer or an election. We don't plan to put the boats back in their lake slings until after hurricane season and after a thorough cleaning, including sails (all hands available at a time to be announced).

Our Hunter 14 class boats are now 20 years young. Made of plastic, they have required considerable repair work from some of us over the years. It is also increasingly challenging for many of us to board and rig them. In light of this, management has agreed to fund three new boats and a rescue dinghy in the 2021 budget. We have our eyes on American 14 footers, the kind of sailboat Carol and Jack Silcox used to own. We will make a trip to the Charleston, SC, manufacturing site for closer inspection and trials.

In the meantime, after our current boats are back in business, we plan to restart our regular training and sailing programs. Interested residents should please contact Silcox or me. We plan to get our club listed in Fleet Link as soon as possible.

Beacon Pointe Progress

Aerial Views

Photos by Bob Gossen



Healthcare building



Overview: Windward Commons with the pool addition in the foreground, restaurant building in the center, and apartment building in the rear



Closer view of the restaurant building



Closer view of the apartment building

Ground-Level Views

Photos by Charlene Kurth



Restaurant building



Road leading past the restaurant building to Windward Commons



Windward Commons pool addition with the healthcare building in the background



Apartment building