



FLEET BEAT

VOL. 32 No. 8

THE FLEET LANDING RESIDENTS' NEWSPAPER

Sept. /Oct. 2022

The Commons Course Grand Opening

By Enith Vardaman



LtoR: Josh Ashby, Monica and Jim Coté

On the morning of August 19, some 100 golfing and non-golfing residents accepted the invitation to the Grand Opening of the new putting green.

The ceremony began with remarks from Executive Director Josh Ashby, who welcomed everyone to Fleet Landing's "amazing new amenity." He announced—to enthusiastic applause—that the putting green was being named The Commons Course thanks to the generosity of residents Monica and Jim Coté. He noted—to further applause—the Cotés' generosity with their time by filling leadership roles in spiritual and many other programs in our community.

Monica spoke next, saying that she and Jim had been playing golf together for 22 years. Her golfing began with a one-week course upon her retirement in 2000. She and Jim see golf as good for mind, body, and soul. She said that the couple was pleased to use their Monica & James Family Foundation to fund the putting green naming sponsorship through the Fleet Landing Spinnaker Society, and that they were dedicating the course to the past, present, and future golfers of Fleet Landing. The Cotés chose Fleet Landing after investigating about a dozen continuing care retirement communities (CCRCs). Monica paid tribute to our community for its good management and health consciousness, adding that we have the best food and friendliest people anywhere. Their oldest son, Rob, and his wife, Denise, are new members of the Atlantic Club. She closed by recounting a golf quote from Bobby Jones: "Golf is the closest game to the game

(continued on page 12)

Hurricane Ian Town Hall

By Enith Vardaman



A very full Johnson Hall



Josh Ashby (l) and Travis Schryer

Johnson Hall is the site of many well attended events, but rarely has it been at near capacity since being enlarged during the renovation of Windward Commons. The September 28 Hurricane Ian Town Hall was one of those rare occasions. Residents came out in force to hear Executive Director Josh Ashby and Chief Operating Officer Travis Schryer review procedures and preparations for the possibility of an unwelcome visitor.

Those in attendance heard encouraging words: Although the situation could change, there were no plans to evacuate the campus—an announcement that elicited a round of applause. Preparations for an evacuation had been made in case it became necessary. Residents were reminded that if there was an evacuation order, leaving the campus was mandatory for all residents. Each residence would be checked to assure compliance. Other topics covered included means of communication, preparing the campus for the storm, and guidelines for personal preparations.

Operational impacts, which residents had been informed of via memos available on Fleet Link and in

(continued on page 13)

September Residents' Council Meeting

By Howard Burdick

Residents' Council President Eileen Theis convened the September 20 meeting in Johnson Hall.

Management Review. Chief Operating Officer Travis Schryer reported declining COVID-19 cases in Duval County, but an uptick in cases in Fleet Landing healthcare facilities, with accompanying changes in operations. [The situation subsequently improved.] Cookouts (lunch and dinner) would be offered on October 6-8 while the Coleman Center was closed and would continue on Wednesdays (dinner) through the month. He cautioned residents not to display political signs in advance of the upcoming elections.

Council Reports.

Vice President's Report. Nancy Russell reviewed plans for the Veterans Day program. She solicited photographs of residents in uniform and short stories reflecting residents' military service.

Finance. Treasurer Bob Armacost reported revenue under budget and expenses over budget, with the resulting operating income under budget by about \$1.2 million—mainly due to higher healthcare expenses (especially outsourced labor), a lower healthcare facility census, and an accounting error in contract settlement fees. Other benchmarks continued to be well within regulatory limits. Armacost officially kicked off the annual Residents' Gift Fund campaign for employees, setting a goal of \$650,000 this year. Last year residents contributed \$605,113.32 to apportion among 401 eligible employees based on their number of hours worked. The council's contribution recommendation this year is \$1,250 to \$2,500 per resident. Last year's contributions ranged from \$10 to \$15,000. The council recognizes that residents have different financial circumstances and welcomes contributions at any level. This is a means for residents to show appreciation to our hard-working staff. Checks should be made out to "Residents' Gift Fund" and placed in boxes at the concierge desk in the Coleman Center, Windward Commons, and North Point and in the Coleman Center mail room.

Human Resources. Russell announced that the Staff Member of the Month for July was Clarissa Lopez of Housekeeping and for August, Simmeon Price of Culinary Services. Lobster Tales numbered 270 in July and 259 in August. Keep 'em coming! The year-to-date staff turnover rate was 13.7 percent. There were 484 employees at the end of August.

Marketing and Safety and Security. Theis, reporting for Charles Winton, said that as of September 18, there had been 18 closings for \$6,448,810. There are 482 units (apartment and homes) housing 702 independent living residents. The 15 vacant units are all claimed. Our average age is close to 81. We have 281 men and 420 women. The average age on entering Fleet Landing is approximately 76, which is below the national average of

80. Atlantic Club membership is now over 500 households, with 60 percent waiting for homes. Safety and Security continues patrols, checking dwellings of residents who are away for the summer, and responding to resident incidents or complaints. Theis reminded everyone of hurricane preparedness measures for the remainder of the season.

Wellness, Transportation, and Clubs. Jackie Mears announced two additions to the transportation fleet: a new van for on-campus transportation (see article on page 4) and a 38-passenger coach. She introduced Lacy Griffin, the new Transportation Dispatcher. (See article on page 4.)

Housekeeping and Dining. Ray Bratcher reported that Dining Services and Housekeeping were having staffing problems, and management was working diligently to recruit staff. He reminded residents of the difference between the single-use take-out containers and the returnable take-out containers, which ideally should be returned within three days.

Healthcare. Janice Flock spoke of fall prevention and ways to cope with dizziness. (For more on fall prevention, see page 22.) Flock also reminded residents of FAST, the acronym for signs of a stroke and what to do: **F**ace drooping, **A**rm weakness, **S**peech difficulty, and **T**ime to call for help.

Facilities. Lory Doolittle reviewed recent zone inspections and said that new guidelines for Zone Reps were being formulated.

Resident Suggestions. Reporting for Secretary Judy Poppell, Russell reported on over 30 suggestions. They are too detailed to enumerate here, but can be reviewed
(continued on next page)

FLEET BEAT STAFF

Production

Editor.....Enith Vardaman
Copy EditorFran Patterson
Copy EditorBarbara Trevaskis
Photographer.....Ed Hollender
Photographer.....Ann Bell
Photographer and ReporterDita Domonkos

Reporters

Victoria Freeman	Gerry Nogelo
Daniel Barry	Howard Burdick
Joan Carver	Jean Ludlow
Helen Craig	Kristin Perry
Isobel Spink	Carol Smith
Nancy Lundgren	Sally Nielsen
Patricia Payne	Bo Smith

Maureen Miller

Chet Davis (Roving Reporter)

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. Issues of FLEET BEAT can be found at www.fleetlanding.com. Sign into the resident portal and click on "Menu" and then "Publications." Issues can also be found under "Publications" on Fleet Link. A complete run of back issues can be found in the Dinda Library.

September Residents' Council Meeting

(continued from preceding page)

in the minutes of this meeting posted on bulletin boards around the campus and in the library.

Resident Questions. This was the response to the question of why there would be no Military Ball this year: "Your resident committee has canceled this year's Military Ball because of significantly increased vendor support costs over last year. The ball is an important reminder of the founding heritage of Fleet Landing, and of the service of so many resident veterans and widows of veterans. The committee will work with management to develop a suitable solution so that the ball remains an affordable and inclusive event for all residents."

Editor's note: FLEET BEAT seeks to avoid repetition of information found elsewhere in this issue.

September Board of Directors Meeting

By Josh Ashby

The Board of Directors met virtually on September 28, 2022 (under a tropical storm warning and hurricane watch). An update was provided on the expected impact of Hurricane Ian on Fleet Landing. Minutes from the previous meeting on June 22, 2022, were approved.

Executive Director Josh Ashby and Controller Cynthia Hack presented the proposed operating budget for year 2023. The operating budget was prepared on a consolidated basis with Beacon Pointe and the existing campus operations merged. A key assumption included in the budget is that the North Point skilled nursing facility will not be opened in 2023, and that the Derfer Healthcare Pavilion will no longer provide post-acute services to non-Fleet Landing residents. In preparation for the 2023 budget cycle, staff prepared a financial analysis of non-resident utilization of skilled nursing and determined that it was no longer profitable to provide post-acute services to non-Fleet Landing residents. Staff will prepare recommendations for the future use of skilled nursing beds in North Point in 2023. It was also reported that this decision will allow staff to focus on improving the resident experience for long-term residents of Fleet Landing living in the Derfer Pavilion.

In order to meet the board's long-term financial goals, which are necessary to ensure the financial viability of Fleet Landing in perpetuity, a monthly service fee increase of 8.5 percent was adopted.

The board also reviewed the results from a request for proposal that was issued to five banks in order to obtain a loan to fund pre-development expenses associated with the cost of exploring a new campus development in Nocatee. The board authorized Ashby to proceed with obtaining a loan for Nocatee pre-development expenses.

Editor's note: Usually, Ashby provides the information

so that your editor can write an article about each board meeting. However, the Hurricane Ian tropical storm warning and hurricane watch necessitated a different approach this time.

Amelia Island Tour

By Carol Smith; photos by Mary Faria



At the museum



Williams House, once a station on the Underground Railroad

An enthusiastic group of residents boarded the St. Johns River Ferry on August 11 and headed to the Amelia Island Museum of History. Curious about the eight flags legend, they learned details of each nation or person who laid claim to the island. Among the Europeans who came to the island was James Oglethorpe who is credited with naming it Amelia in honor of King George II's second daughter.

Leaving the museum, the group was treated to an entertaining bus tour of Amelia Island's historic Fernandina Beach. Tour guide Joe Anderson pointed out the Palace Saloon, Florida's oldest continuously operating bar, and told about the ghost of Uncle Charlie, who never wanted to leave his job as bartender there. He shared stories about many of the houses, including one that operated as a station on the Underground Railroad.

Lunch on the outdoor patio of the Sandollar Restaurant on Heckscher Drive in Jacksonville came to an abrupt halt as an afternoon thunderstorm blew in, sending everyone scurrying to the bus in time to catch the next ferry home.

Who Is on the Line When You Call? Meet Lacy Griffin

By Chet Davis

Fleet Landing welcomes Lacy Griffin as our new Transportation Dispatcher. An Atlanta, GA, native, Griffin, her husband, eight-year-old son, and a “fur baby” recently moved to the Jacksonville area to be near the beach yet close to family still residing in the Atlanta area.



Prior to moving here, Griffin worked in the transportation field, serving as a dispatcher for public transportation companies in both Texas and Georgia. Griffin said that dispatching three drivers versus one hundred fifty has given her time to catch her breath.

Griffin also possesses a commercial driver's license, which may be useful in her new position. Her husband is a Navy veteran who currently is a kitchen manager for Gate Petroleum Company.

Griffin said that working at Fleet Landing feels like “coming home” given the friendliness of staff and residents. She is very happy to be here.

New Shuttle Van

Photos by Brandon Levy



Left: The new van. Right: Norma Rayo.

Fleet Landing took delivery of a new shuttle van on August 23. It replaces the oldest minibus known as “Bus 3.” Brandon Levy, Manager of Transportation Services, says that he is already excited about the better fuel mileage. This van is a 2022 version of the same make and model as our 2019 vehicle that has been commonly referred to as the “Dinner Shuttle van.”

The vehicle was brought into service early because of supply chain issues (for parts) and longer repair times (fewer techs) in maintenance shops. It will eventually be wrapped with the same Fleet Landing logo as its older sibling.

Norma Rayo was the first Transportation Department driver to use the new van. Rayo, who has previously worked the weeknight Dinner Shuttle, has returned to us from vacation in an “as needed basis.”

This van was a scheduled replacement as part of our long-term plan, and should not be confused with

Chief Operating Officer Travis Schryer's promise of a larger coach.

Editor's note: The information in this article was supplied by Levy.

Downton Abbey Revisited

By Carol Smith



The Kinne Trio, named in honor of former Jacksonville University president and former Fleet Landing resident, the late Frances Kinne, brought its amazing talent to Johnson Hall on September 9. Performing “Downton Abbey in Concert” were Jacksonville University professors Shannon Lockwood on cello, Marguerite Richardson playing violin, and Scott Watkins on the piano. The concert was part of the “2022 Chamber Music Series” sponsored by Cynthia and Walter Graham.

The concert began poignantly, as the ensemble played “God Save the King” in commemoration of the September 8 death of Queen Elizabeth II and the ascension of King Charles III to the throne.

Fans of the TV series and the two movies about Downton Abbey were able to visualize many of the scenes that the music evoked. The “Main Title” theme by composer John Lunn was immediately familiar to Downton Abbey followers. Lunn's compositions were interspersed with waltzes and a polka by Johann Strauss Jr., which led many in the audience to reminisce about the beautiful dancing scenes with ladies in flowing gowns and the men in their white tie and tails.

The program concluded with Lunn's “100 Years of Downton,” which brought to mind the closing comments of the butler, Mr. Carson, in the first movie, “...a hundred years from now, there will still be Downton Abbey.”

Many thanks to the Grahams and the Wellness Department for another delightful afternoon of music.

Reminder

To see photos in color, go to *FLEET BEAT* under “Publications” on Fleet Link. Clicking on “Click here to print, view, or download this document” will allow you to see an enlarged version of the text and photos.

August Tea With Travis

By Chet Davis



LtoR: Travis Schryer, Jennifer Joy, Nicki Norman

The August 2 edition of Tea with Travis took place in Johnson Hall with plentiful cookies and tea. After the customary report on his children, Chief Operating Officer Travis Schryer provided a COVID-19 case update: 20 staff, plus 8 residents in independent living, 2 in Derfer, and 4 in The Nancy House. Fortunately, everyone was experiencing mild symptoms. Because of the increase in cases in Duval County, publication of Fleet Landing's "Weekly COVID-19 Report" would resume.

Schryer's first guest was Jennifer Joy, Director, Wellness Services, who highlighted the *WELLInspired* paradigm that Fleet Landing introduced in 2013. It encompasses social, occupational, spiritual/emotional, physical, and intellectual aspects of residents' lives. This paradigm, combined with Fleet Landing's mission statement that focuses on enriching the lives of older adults and supporting successful aging, guides Joy and Mary Faria, Manager, Wellness Services, in planning travel destinations, concerts, and other activities. Joy's citing of resources—including an atlas—used in developing programs created a moment of levity: Schryer suggested that she explain what an atlas was for the benefit of any younger members of the audience. Although she was not present, Faria received a round of applause for her efforts on behalf of residents. Joy emphasized the need for residents to join the waitlist for activities when the attendee limit had been reached because this was a clear indication of resident interest and could result in scheduling the repeat of an activity. There are plans to acquire a larger bus for when a venue can accommodate more visitors on a single visit.

The second guest was Nicki Norman, Home Health Liaison. Norman has had experience as a therapist on an "as needed basis" in Derfer since 2018. In her new role, she will see that housebound residents get any medical services covered by Medicare when approved by a physician. Home health services include all phases of rehabilitation and in-home assistance.

Miscellaneous topics included replacement of the Selva gate (then underway), the coming ADA-accessible kayak/paddleboard launch facility, the installation of davits for the sailboats (awaiting railing installation), expanded Coffee Shop hours (now open until 1:30 pm), and resurfacing of apartment building exterior staircases. Availability of breakfast at Currents

was closer, but still delayed by staffing issues. Residents and staff were requested not to park in areas designated for loading at Mainstreet or near the construction trailers. Residents were also asked to return the LakeView reusable takeout containers (rinsed) and blue bag within three days to assure sufficient inventory.

September Tea With Travis

By Chet Davis



Brian Weiss (l) and Travis Schryer

The September edition of "Tea with Travis", held in Johnson Hall on September 6, opened with Chief Operating Officer Travis Schryer's photos of his three children entering school for the new year. The children—and their parents—are glad for the start of the school year.

COVID-19 is still at a high transmission level in Duval County. In the past week, four staff, six residents in independent living, one resident in North Point, and three residents in Derfer had tested positive. All were doing well.

The guest of the day was Brian Weiss, Senior Director, Campus Services, who has been in his position for ten months. "Busy" was the word he used to describe his tenure so far, given the number of projects finished, underway, or planned. His enumeration of projects began with the early completion of the putting green, now named The Commons Course (see article on page 1), and the longer than anticipated time needed for the now installed new Selva gate. The Selva gatehouse has been repainted, but some further work is yet to be done on it. The deck replacement is complete, but problems encountered in refurbishment of the railings has slowed down that aspect of the project. Replacement of The Nancy House HVAC system, scheduled to begin in mid-September, will take place in three phases. Components for the first two phases are arriving, but rooftop components for the third phase, scheduled for November installation, are currently in the long process of being built to specification. The goal of the concrete and asphalt repair/replacement project, scheduled for October 10-14, is to repair or replace areas that are either a safety hazard or unsightly. An overhead map, which showed the astonishing number of areas needing attention, was cause for Weiss to have reservations about

(continued on next page)

September Tea With Travis

(continued from preceding page)

the one-week timeframe for completion. The company that did the paving project will work on this project as well. Any problems with that earlier project will also be addressed. [Subsequent adjustments to the project have been made.] Weiss reported that the replacement for the 3000 Building common area HVAC system, now in the final stages of price negotiation, would take 20 weeks to manufacture. Other upcoming projects included new campus signage, landscaping of the 5300 mailbox area, fire drills, North Point window cleaning, and the upgrade of the Christmas tree. Throughout his report, Weiss thanked residents for their patience.

After a round of applause for Weiss's efforts, the meeting continued with a dining update, all of which had been detailed in a memorandum available on Fleet Link and in print form.

Schryer reported that Phase 3 of the Coleman Center renovation project was expected to start in the first quarter of 2023. At that time, the bar, library, staircase, and social mailboxes will be in their new locations. While LakeView is being remodeled, meals will be served in the spaces formerly known as the Atlantic Room and Compass Grill. While somewhat smaller than LakeView, it is expected that everyone will be accommodated.

Turning to miscellaneous items, Schryer displayed a picture of the new 38-passenger Fleet Landing motor coach to enthusiastic applause. He once again emphasized the need to return the reusable takeout containers within three days to assure adequate inventory. These containers are environmentally friendly, and they are more cost effective than continuing to purchase disposable containers.

Answers to questions included the following: Securing delivery of the second copy of the newspapers continues to be unsuccessful, but is still being worked on. Fleet Landing is exploring the possibility of using a call center to deal with the problem of the timely return of calls from residents to managers, whose responsibilities often take them away from their desk. Invitations to political figures come from resident groups, and Fleet Landing is only supplying the space. Fleet Landing's policy is that existing office holders representing our residents are welcome to discuss issues, but if they are candidates, all persons seeking that office must be included.

Pickleball at Fleet Landing

By Chet Davis

About ten years ago, an intrepid group of Fleet Landing residents was introduced to pickleball, the fastest growing sport in the US. Initial instruction was provided by a group that regularly plays at Jarboe Park in Neptune Beach. As many are aware, the game was created by a former congressman from Washington

state looking for a way to get his grandkids involved in something. With ping-pong paddles and a whiffle ball, the game was born. Rumor has it that the game got its name from the family dog, Pickles, who would retrieve the whiffle balls.

Fleet Landing originally had two courts superimposed on one of our tennis courts. The current arrangement, four single-use pickleball courts, was decided upon with input from residents.

Judging by the sounds emanating from the courts each morning, it is obvious that they are well used.

Fleet Landing's First Annual Pickleball Smash Tournament has been scheduled for October 14 and 15.

Addendum: As a further indication of the popularity of the sport, pickleball now has a pro league, Major League Pickleball, founded in 2021, and basketball great LeBron James recently became the joint owner of a pickleball team.

Chess News

By Richard Wong



A new puzzle: White mates in 2, give it a try.

Some hints that may help: Imagine if it was black's move, or if white can do two moves in a row.

An interesting article said playing pickleball can help one's chess game, or chess can help your pickleball game. Let's see if our pickleball players can solve this puzzle.

In Memoriam

Esther Coley 1928-2022	John Donahue 1933-2022
Norma Downing 1933-2022	Fred Gentile 1920-2022
George Ginsburg 1931-2022	Dick Hoffman 1927-2022
Sue Jarecki 1943-2022	Mary Alice Lucier 1930-2022

Atlantic Beach Mayoral Debate

By Sally Nielsen



LtoR: Curtis Ford, Sean Keane, Brittany Norris



Fleet Landing residents who made the debate run smoothly

The election for mayor of Atlantic Beach will be held on November 8, the general election day for the nation. Television advertising for Florida's governor and senator is making those candidates well known; but Fleet Landing residents were able to meet and question the three Atlantic Beach mayoral candidates, Curtis Ford, Sean Keane, and Brittany Norris, in person at Johnson Hall on September 27. The event, which was well attended, was organized by our campus-based Historic Mayport Chapter of the Military Officers of America Association under the direction of chapter president Pat Kluever.

Besides making opening and closing statements, the candidates were asked questions chosen from those submitted prior to the forum and those written by attendees during the event. The candidates had seen the questions submitted before the event. They had two minutes to answer each question, and they answered first, second, or third on a rotating basis.

The candidates responded to questions concerning their qualifications, their individual platform, parking for Atlantic Beach residents at Town Center and the beach, Mayport Road improvements, preservation of Atlantic Beach's natural environment such as the tree canopy, the Atlantic Beach/Jacksonville boundary running through Fleet Landing, crime, current economic problems, the homeless, and protection from flooding because of sea level rise.

After the formal debate, the candidates met and mingled with members of the audience.

More information about each of the candidates can be found on their websites:

Brittany Norris: choosenorris.com

Curtis Ford: votecurtisford.com

Sean Keane: seanformayor.org

Fleet Landing residents Ivy Suter, Bruce Osborne, John and Louise Lones, Meg and Dante Capurro, and Mary Kluever fulfilled various roles ranging from moderator to timekeeper to make the event run smoothly.

A Return Engagement: Noel Freidline and Friends

By Chet Davis



A year has passed since Noel Freidline and his dynamic musicians played Johnson Hall. A show of hands indicated that nearly 50 percent of the audience had attended last year's performance. Freidline, vocalist and keyboardist, was accompanied by a drummer, a saxophonist, and bassist as well as singer and movie and TV star Maria Howell.

The August 5 concert was a tribute to Ray Charles, composer, piano player, and one of the premier interpreters of the Great American Songbook. Among the selections Freidline and company performed were "Hard Hearted Hannah," "Hit the Road Jack" (with lively audience participation), and Charles's interpretation of "America the Beautiful."

Freidline provided insight into Ray Charles, his music, and the influences on it. One interesting fact was that, against the wishes of his managers, Charles wanted to produce a country and western album. Although they did not expect the album to be a success, they okayed the project. The album, and a single from it, "I Can't Stop Loving You," both went on to win a Grammy! Howell, backed up by the band, wowed the audience with her performance of the single.

No Ray Charles tribute would be complete without "Georgia on My Mind," and that classic concluded the concert.

It was truly a delightful afternoon.

Pastor Howard McMinn, Fleet Landing's New Chaplain

By Chet Davis



Dawn and Howard McMinn

Pastor Howard McMinn became Fleet Landing's chaplain at an Installation and Commissioning Service held on August 28 in Johnson Hall. Replacing Pastor John Hugus, who has retired, he will lead the Sunday ecumenical service. Residents had an opportunity to welcome him at a reception following the ceremony. (See next article.)

McMinn was born and raised in Jacksonville Beach. A graduate of Fletcher High, he is married to "the girl next door." (Actually, she lived across the street and several houses down.) He and his wife, Dawn, have been married for 41 years. They consider themselves to be small-town people, having lived at The Beaches all their lives.

McMinn has been in ministry for over 30 years. In 1992 he was ordained as children's pastor at Beaches Chapel in Neptune Beach. He served as associate pastor, and then, for eight years, as senior pastor at that church. He holds a master's degree in Christian counseling. He describes his preaching style as being factual, spiritual, and practical.

McMinn is the chaplain for the Neptune Beach Police Department and serves as the technology program director for Seniors on a Mission, teaching senior adults how to use their cell phones and tablets. During the pandemic, he decided it might be time to retire, but inactivity was not in his vocabulary. He now plays dinner music at several restaurants in the area, music he likes to call "feel-good music from the '40s to the '70s." He still surfs and writes music. And now, he has taken on the mantle of being our pastor.

Pastor Howard McMinn: Installation and Commissioning Service

By Monica Coté



LtoR: Howard McMinn, Sue Stewart, Julia Pet-Armacost, Bob Armacost

August 28 was a sunny Sunday morning. All the planning came together at 10 am to welcome the Fleet Landing community's new pastor, the Reverend Howard McMinn, to the Fleet Landing Inter-Denominational Chapel in Johnson Hall.

The special hour-long Installation and Commissioning Service was filled with familiar hymns, prayers of thanksgiving, renewal of our baptismal promises, confession of sins, Communion with bread and wine, and our congregational commitment to support Pastor McMinn's ministry with us. Inspirational instrumental and vocal music was provided by the Chapel Trio, made up of Bob Armacost (guitar and vocals), Julia Pet-Armacost (guitar, flute, and vocals), and Sue Stewart (piano). JoAnn Tetrick provided beautiful red roses, and we were blessed with the fragrant white blossoms from resident Howard Burdick and his family.

We were introduced to McMinn's wife, Dawn, and heard from Dr. Dale Whitaker, a friend and member of Beaches Chapel and School, where McMinn was senior Pastor for 28 years. Whitaker recounted McMinn's humility, and special relationship with the church's members and his parents. We also heard words of praise from Joanne Hickox, Director at Seniors on a Mission, and clergy partner at Beaches Chapel and School. The McMinn's left their mark on the hearts there.

The 70 residents and guests ended the morning with a fellowship reception of coffee, juice, pastry, and muffins provided by our Dining Services catering team.

McMinn and his family were provided a meaningful start to his ministry, and he looks forward to meeting with residents in the assisted living and Nancy House communities soon.

Editor's note: We thank Inter-Denominational Chapel Resident Deacon Monica Coté for writing this article when the *FLEET BEAT* reporter scheduled to cover this event fell ill.

Brad Barton, Reality Thief

By Bo Smith

Photos by Ann Bell, Ed Hollender, and Bo Smith



Many years ago, my very young grandson and I sat

entranced by a magician's act on TV. "Wow, how did he do that?" I asked. My exaggerated question was met with a look that said "duh" and the response, "That's easy, Grampa. It's magic." Maybe that should be our take on Brad Barton, the Reality Thief who entranced a nearly full house in Johnson Hall on August 15. We have

plenty of reality around us, so let's just sit back and embrace the wonder. Early in the show, I realized that I'd never figure out how he did any of what he was doing, so I just enjoyed the marvelous escape.

Barton is a mentalist and magician from California, and rather than using bunnies, white doves, and shapely assistants, he amazes with his ability to remember people, read situations, and embrace and involve an audience. He won us over with his laid-back and engaging personality. Most magicians adopt an aloof, "Watch how amazing I am," air. Barton's approach is, "This will be fun; let's enjoy it together." It made for a great afternoon.

There was another important component of the show, one many of us were unaware of: Barton's mom, Judy Barton, is one of us. In case you didn't spot her, she was the glowingly proud, tall, blond lady in the first row.

So, what's left to say? The enjoyment of the show by the large audience was evident, and I hope we have the Reality Thief back. And remember, in the immortal words of my grandson, "It's magic!"

Summer Concert Series Finale

By Enith Vardaman



Residents gathered in Johnson Hall on September 23 for the final concert in this year's Summer Concert Series. It took very little prompting from Jennifer Joy, Director, Wellness Services, to elicit enthusiastic applause for Mary Faria, Manager, Wellness Services, who brought so much musical talent to Fleet Landing this summer.

The Marcus Parsley Quintet (trumpet, saxophone, electric guitar, bass, and drums) closed out the concert series. The theme of the concert was jazz from the '30s through the '50s. Trumpeter Parsley introduced each song with a bit of background. The concert featured songs such as "Let's Fall in Love" and "You'd Be So Nice To Come Home To" as well as compositions by such jazz greats as Duke Ellington and Miles Davis. As is characteristic of jazz, each member of the quintet had opportunities throughout the program to display virtuosity, which was always rewarded with applause from the audience.

Plans for the 2023 Summer Concert Series are already underway—good news indeed.



Brad and Judy Barton

Climate Change and Northeast Florida

By Enith Vardaman

On August 10, Dr. Todd L. Sack delivered a multifaceted talk on the topic “Northeast Florida Resiliency Planning for a Changing Climate.” Sack is a gastroenterologist at Jacksonville’s We Care Borland-Groover Clinic, which serves the



uninsured. He is a leader in local, national, and international medical associations. He has led local and state groups dealing with climate change issues. In the summer, he and his wife, Dr. Barbara Sharp, work in a small rural Tanzanian hospital. Sack told his Johnson Hall audience that he was speaking on behalf of Physicians for Social Responsibility, a Nobel Prize-winning organization that addresses threats to mankind from nuclear war and climate change. Because

the talk was far too detailed for thorough coverage, what follows is a summary of points made by Sack.

Climate science. Sack cited a number of statistics showing a warming climate. The impact on Florida of rising ocean temperatures is seen as hotter days, greater storms, flooding, and hardship.

Climate change health effects. Sack cited the health impacts of such extreme weather events as intense heat, hurricanes and tornadoes, flooding, droughts, and fires. For example, drought increases the risk of wildfires and their concomitant effects such as severe air pollution, asthma, and population displacement. Higher temperatures also increase the survival of ticks, mosquitoes, and rodents, carriers of illnesses such as Lyme disease, Zika virus, and malaria.

How do health professionals talk with patients about climate change’s health risks?

After acknowledging the constraints on fitting this into the traditional 15-minute medical appointment, Sacks outlined the current status of this issue: Health professional societies have begun to sound the alarm concerning climate change and its health risks. In surveys, most nurses and doctors report a that they feel a responsibility to teach patients about this topic, but they do not feel adequately informed. Very few broach the subject with patients, and there is no data on how best to do this. One approach has been the Waiting Room Brochures initiative from my greendoctor.org. “Your Healthy Home” brochures are available at mygreendoctor.org/resources/waiting-room-brochures/. Topics include wise energy use, healthy foods, climate change and health, extreme heat, chemicals, and more.

Jacksonville Resiliency Planning. Since 2015, Jacksonville has had a series of five committees focusing on flooding. Recent recommendations have

included expanding wetlands buffer zones for new buildings, having less hardscape for more drainage through the soil, improving maintenance and inspection of drainage systems, updating the Master Stormwater Plan for a 2-foot sea rise, and raising bulkheads and first floors for at-risk buildings. A notable development was the appointment of Anne Coglianese to the newly created of the position of Chief Resilience Officer.

Closing comments. Sack focused on the need for a long-term strategy and renewable energy, pointing out that renewable costs are falling. He asserted that worried Floridians were aware of the need for resiliency planning, and that Florida had fallen behind the US and the world. Solutions would offer both economic and health benefits. The time for adaptation and mitigation climate change planning was now.

Coast Guard Flag Raising

Fleet Landing observed the 232nd birthday of the US Coast Guard with a flag raising ceremony at the Flag Plaza on August 4.



Left: Rear Admiral Rick Cueroni, USCG (Ret.), and Lieutenant General Buster Hagenbeck, USA (Ret.), with the Coast Guard flag.

Right. The Coast Guard flag replaced Fleet Landing’s flag for the day.

Memorable Dessert

Ann Bell snapped these photos of the Caramel Apple dessert ordered by her sister, Patricia Payne, at 30 North. According to Payne, the filling of the “apple” was mousse with tiny bits of apple and “other little surprises.”



Summer Championship Pool

Text and photo by Tom Hilton

Ken Hollinga and Dan Barry were all smiles on September 1, and justifiably so, for they have been competing against 14 other players in our summer-long Pool Championship, and now the winner would be the new reigning Fleet Landing Pool Champion. When the tournament began earlier in the summer, Hollinga quickly won two games and got to stay on the winners side, while the rest of us who lost their first game battled each other. Barry, on



the other hand, after losing his first game, got hot and won five games in a row, finding himself the winner of the losers side and finally facing Hollinga.

Both men are impressive players who prepared themselves well and respected the other's skills. They gained the respect of everyone at the September 1 finals with their quality of play, but someone had to win. Hollinga is to be congratulated for winning two out of three games and now is the 2022 Summer Fleet Landing Pool Champion.

You are invited to join 15 other Fleet Landing friends in our next Pool Tournament by keeping an eye on the Coleman Center bulletin board for the next pool sign-up sheet and adding your name.

Avian News Dick Fuller Photos



Geese, at least 22 in number, descended on the lake on August 24. Fortunately, it was a brief visit, making a call to Goose Masters unnecessary.



These scenes, captured on September 8, show a great egret dining on its catch from the lake.

Dottie Mann Photos

These photos are from September 28, a more turbulent day, when our campus was under a tropical storm warning and hurricane watch because of Hurricane Ian.



Gulls gathered on the deck in front of the Coleman Center.



Left: Great egret on a railing near the 1000 Building. Right: Ibises perched on a railing at the gazebo by the 1000 Building. Egrets and ibises are more often seen on the banks of the lake.

The Commons Course Grand Opening

(continued from page 1)



Jennifer Joy prepares the mimosas



Left: Bob Mills

Center and right: First putts by Monica and Jim Coté. we call life. You get bad breaks from good shots; you get good breaks from bad shots, but you have to play the ball as it lies.”

Jim said the word “course” had been chosen rather than “green” as part of the name of this new amenity because of the opportunity to provide more to golfers than a “practice green” would. He had previous experience in designing an artificial turf putting green, and he was involved in the design of this course, which is flexible enough to accommodate a variety of nine-hole course layouts. After laying out tee markers, he and Monica had tried out the red and the blue courses and found them to be quite different. The flexibility will also allow a variety of different tournaments, such as double elimination match play, nine-shot, and more. Jim noted another benefit: Putting may make a return

to golfing possible for those for whom health problems prevent the variety of shots required on a golf course.

The final speaker was Bob Mills, who chairs the Fleet Landing Golf Tournament. After thanking the Cotés for sponsoring the putting green, he reported that Jim’s layouts of the course were great. He advised golfers to stay tuned for upcoming tournament announcements. Mills has also noted that a nine-hole putting green was unusual and for sure unique in CCRCs.

After the tee markers were laid out, Monica made the first putt, which she sank with one stroke for a birdie. It set a high standard for future play. Attendees at the August 21 Fleet Landing chapel service were treated to a recap by Mills of the dedication and this memorable putt under the title “The Deacon Did It.” As many residents know, Monica serves as deacon for this service. It took Jim two strokes to sink his putt. After that, all the golfers eagerly accepted the invitation to try out the course.

It would not be a Fleet Landing celebration without refreshments. Attendees enjoyed muffins, pastries, mimosas, and coffee.

Addendum: Brian, the Cotés’ 54-year-old son and a standout golfer, will add to this Coté family legacy with a personal donation of \$500 to supply putters for The Commons Course.

Polaris Court Street Party

Photo by Ed Kennedy

The blue skies and pleasant temperature made September 25 a perfect day for the Polaris Court street party. Isobel Spink reports that about 28 guests enjoyed lots of wonderful food.



Please Note

Fleet Landing and the Library Committee have tried to keep the library (currently at the Annex) functioning as much as possible during the Coleman Center renovation, but we need residents to do their part. Please observe the following:

1. **No donations.** The Library Committee cannot process new acquisitions while the library is in its temporary location.
2. **Do not re-shelve returned books.** Library Committee members are finding far too many incorrectly shelved books.

Hurricane Ian Town Hall

(continued from page 1)

print form, were reiterated. These included dining services, housekeeping, trash pickup, the salon, and fitness classes. Exercise Physiologist Alisa Blanchard, always an advocate of the benefits of exercise, had the foresight to develop an alternative to the canceled fitness classes: She had prepared a sheet of exercises residents could do while at home during the storm. The schools were closed, resulting in the reopening of the Travis Schryer Institute of Higher Learning for employees' school-age children needing daycare. It was most recently in operation when the schools were closed because of COVID-19.

Fortunately, the campus weathered the storm well, with only a few leaks, some minor fence damage, and tree debris.

Once again, Fleet Landing staff went above and beyond in the interest of keeping our community safe.

MOCA Tour

By Enith Vardaman



Fleet Landing visitors surrounded by Maud Cotter's installation "without stilling"



Left: A docent discusses works of Kara Walker.

Right: Artwork by Champneys Taylor.

Three notable exhibitions awaited Fleet Landing residents at their August 24 tour of Jacksonville's Museum of Contemporary Art. Installations by Irish artist Maud Cotter were on display in the museum's atrium. "Kara Walker: Cut to the Quick" featured her works in several genres, including her black and white silhouettes. Walker explores such themes as racism, imperialism, and colonialism. "Fifty: An Alumni Exhibition" featured the work of 50 artists who are graduates of the University of North Florida's Department of Art and have careers as professional

practicing artists. Resident Dita Domonkos, who took the pictures for this article, called attention to one that was a highlight for the visitors: a work by Champneys Taylor, the son of residents John and Julia Taylor.

Gabriel Martins Cello Concert

By Carol Smith

Who can resist an afternoon of Bach performed by a world-famous cellist? Certainly not the music lovers at Fleet Landing. Gabriel Martins filled Johnson Hall with warm, rich sound on September 15 with his flawless performance of Bach Suites 1, 3, and 5. His impeccable technique was evident in this ambitious program. Fortunate to snag a spot in Martins' busy schedule, the audience was treated to the same program he will perform in October at the



London School of Economics as part of his UK tour.

Deck Replacement Progress

Photos by Ann Bell and Enith Vardaman



The photos on the top and on the bottom left show that refurbishment and installation of the railings around the lake is now mostly complete. The photo on the bottom right shows the pavers placed around one of the oak trees at the end of the lake in front of the 2000 Building. The tree on the other side of that end of the lake also is surrounded by pavers.

MOAA-Sponsored Town Halls

The Military Officers of America Association (MOAA) Historic Mayport Chapter, under the leadership of its president, Pat Kluever, sponsored a series of town halls with elected officials. All the Johnson Hall meetings were well attended.



Pat Kluever and Ellen Glasser



John Rutherford (l) and Nick Howland

Town Hall Meeting With Ellen Glasser

By Chet Davis

Atlantic Beach Mayor Ellen Glasser spoke on August 9.

Glasser, whose five years as mayor is ending because of term limits, reflected on her time in office. She noted that we had all been through a “war” together as we battled the COVID-19 pandemic. At the beginning of her tenure, she instituted a civility pledge. She said that with everything having become so politicized, the pledge had had a beneficial impact on all aspects of city government. Atlantic Beach has put partisanship aside, choosing instead small-town relationships.

Glasser stated that there is a strong team working for Atlantic Beach. Current priorities include efforts to update aging infrastructure, preserve the tree canopy, rehabilitate beach walkovers, address climate vulnerabilities, increase compensation for public safety personnel, and make the city more bikeable and pedestrian friendly.

Glasser said that she loved the job, but that it was a heavy burden. Non-partisanship had served her well, and it was a gift to be able to serve.

The mayor provided detailed answers to the numerous issues raised in the question and answer session. That fact that parts of Fleet Landing (the 8000 Building, the 5800 Court, and North Point) are in Jacksonville prompted considerable comment. Efforts to annex those areas into Atlantic Beach have not been

successful. Residents in those areas have the same ZIP Code as the rest of Fleet Landing, but they vote in a different precinct. Glasser pointed out that the entire Fleet Landing campus gets all city services, including first responders, from Atlantic Beach. Fleet Landing gets the most calls for first responders in the city, with an average two-minute response time. Glasser also stated that had our Jacksonville property been in Atlantic Beach, the 8000 building could not have been built because of the city’s 35-foot height restriction. A question about the issue of homelessness elicited the response that the city has very few homeless, and that city law allows police to ask the homeless to move on. The city tries to keep known areas for the homeless cleaned up. Other issues included the resurfacing of Selva Marina Drive (under study), affordable housing (affected by lack of land for development), and the city’s crime rate (extremely low).

Glasser thanked Fleet Landing for the several opportunities she had to address residents.

Town Hall Meeting With John Rutherford

By Enith Vardaman



David Miron presents the Peace Corps legislation letter to John Rutherford. Also pictured: Tom Bliss and his wife, Flo (on left), and Fleet Landing resident Buster Hagenbeck.



John Rutherford with long-term acquaintances Alice and Dick Stratton and their son, Patrick.

US Congressman John Rutherford spoke on August 30.

One item of particular interest occurred before the meeting. As many residents know, Bernadette and David
(continued on next page)

MOAA-Sponsored Town Halls

(continued from preceding page)

Miron are founding members of the First Coast Returned Peace Corps Volunteers (FCRPCV). They have been in contact with Rutherford asking him to once again cosponsor the bipartisan Peace Corps Reauthorization Act. Provisions in the act include improvements to ensure better health and safety for volunteers. David, joined by returned volunteer Tom Bliss and his wife, Flo, presented Rutherford with a letter, approved by FCRPCV board members, in support of the legislation and requesting Rutherford's cosponsorship of the legislation and affirmative vote.

Rutherford began his remarks with biographical information. Having grown up with a father in the Navy, he has an appreciation for the role the family plays in that service. He had a 41-year career in law enforcement with the Jacksonville Sheriff's Office, and served as sheriff from 2003-2015. He then discussed his bipartisan efforts since being elected to the House of Representatives. A notable example was the Veterans Armed for Success Act, which authorizes grants to organizations working to assist the transition of veterans and their spouses from the military to employment in civilian life. Rutherford also noted potential issues to be addressed in the 2023 session of Congress.

After concluding his prepared remarks, Rutherford opened the floor for questions. Topics addressed included Social Security, student loans, mental health issues, labor shortages, and digital currency.

Rutherford was accompanied by his Jacksonville District Office Manager, Colonel Chris Miller, USA (Ret.). Also present at the event was Jackie Smith, a new Fleet Landing resident who previously had that responsibility.

Members of the Stratton family (pictured on previous page) were special attendees. Alice and Dick Stratton were the first residents to introduce then Sheriff Rutherford to the Fleet Landing community when he decided to run to fill the vacancy in Florida's Fourth Congressional District. Patrick Stratton, USNA '87 and USMC Gulf War veteran, is part of Rutherford's Jacksonville office candidate selection team that interviews potential appointees for the congressman to sponsor at one of the military academies. His daughter, Amanda Alvarez-Stratton, served as a Student Intern in Rutherford's Washington office while a senior at Catholic University.

Town Hall Meeting with Nick Howland

By Chet Davis

Nick Howland, an At-Large member of the Jacksonville City Council, spoke on September 8. Howland was elected to fill out the term of the late Tommy Hazouri and will seek to be elected to a full four-year term in the spring 2023 council elections. Howland provided an overview of Jacksonville in terms of residents,

finances, the local economy, and upcoming issues.

Jacksonville is Florida's most populous city. It has a \$1.5 billion annual budget. The city is financially strong, and unlike many Florida cities, it does not rely on tourism. The economic base is provided by the Navy as well as the healthcare and financial services industries. Jacksonville's diverse revenue sources—half from property taxes and half based on a variety of sales and usage revenues—is considered a plus with regard to financial planning and ratings. Howland cited factors in the growing local economy: low unemployment, improving wages, a strong real estate market, higher sales tax receipts, and heavy permitting activity.

Upcoming issues for the Jacksonville City Council include passing the next budget, addressing affordable housing and the homeless problem, downtown development, and the elections.

Audience questions concerned a new cruise terminal, increased shipping capacity, the Laurel Street Trio (three endangered historic buildings in downtown Jacksonville slated for restoration), the Fire Watch veteran suicide prevention program, and homeless shelters.

USAF Flag Raising

Fleet Landing celebrated the 75th birthday of the US Air Force on September 18 with a flag-raising ceremony at the Flag Plaza.



Archaeological Research in Northeast Florida

By Carol Smith

Dr. Keith Ashley, a professor in the Department of Sociology, Anthropology, and Social Work at the University of North Florida (UNF), spoke in Johnson Hall on September 13. His topic: the four-year field project (2020-2023) that he leads each year. Having identified the location of the Timucua Indian village of Sarabay on Big Talbot Island, the UNF Archaeology Lab is excavating the site. Relying on French and Spanish accounts, the project conducts archeological excavations each summer in search of activity areas, houses, and other buildings.



Ashley said that the Timucua spoke several dialects, and the one spoken in our area was Mocama. It was these Mocama-speaking Timucua who were among the first indigenous people encountered by European explorers in the 1560's. Sharing photos of the excavation site, Ashley explained techniques such as survey shovel testing, mapping, carbon dating, and recordkeeping.

Ashley also informed those present about the upcoming celebration of International Archaeology Day on October 15 at the Beaches Museum. For more information contact either Fleet Landing resident Melva Price, or go to aiajax.org.

The audience clearly enjoyed the energetic presentation and had several questions for the professor at the conclusion of his talk.

August WELLInspired Learning Series

By Victoria Freeman

UNF Research Study: Microbiome in Aging Gut and Brain



The August 3 "WELLInspired Learning Series" talk in Johnson Hall was led by University of North Florida (UNF) professor Dr. Corinne Labyak, Co-principal Investigator of the UNF site for the research study, "Microbiome in Aging Gut and Brain" (MiaGB). The other two co-principal investigators are UNF professors Dr. Cynthia Williams, who was present, and Dr. Andrea Arikawa, who was not able to attend. Two research assistants for the study participated in the presentation:

UNF undergraduates Paige Courtier and Kate Overby.

Attendees learned that the microbiome is defined as the community of microorganisms such as bacteria that live inside and on the human body.

MiaGB seeks to determine how abnormalities in these microorganisms affect aging in both gut and brain. The study will attempt to determine whether the composition of bacteria is different in individuals with cognitive impairment compared to those without. The association between diet and cognitive health will also be a focus. Three other Florida universities (University of South Florida, University of Central Florida, and Florida Atlantic University) plus Miami Jewish Health are also sites for this research.

Participants in the study must be 60 years or older. Those without cognitive impairment are eligible, and individuals with dementia and Alzheimer's disease may be eligible. Requirements include providing stool and saliva samples and filling out questionnaires which will take one to two hours to complete. A visit to UNF will be necessary, but parking passes will be available. Compensation will be a \$25 gift card.

Conditions that would disqualify participation include the following: gut or brain surgery in the past five years, epilepsy, Parkinson's, ALS, a history of cancer, any antibiotic use in past month, inflammatory bowel disease, a body mass index below 18 or above 45, or recent weight loss of more than 10 pounds.

Participants will not receive their individual study results, but site-specific results will be provided when the study is complete.

For more information, go to miagb.domains.unf.edu, or call (904) 620 5282.

Bladder Matters for Men and Women



Jennifer Joy (l) and Sue Dukes

The speakers for the August 17 "WELLInspired Learning Series" talk in Johnson Hall were Jennifer Joy, Director, Wellness Services, and local nutrition consultant Sue Dukes.

Urinary tract infections (UTIs) were cited as one of the most frequent and hidden infections in the elderly. Signs and symptoms of a UTI can often mimic more serious conditions such as dementia. A natural decline in organ/muscle function and urine that remains in the bladder too long all contribute to an increase in UTI risk.

(continued on next page)

August WELLInspired Learning Series

(continued from preceding page)

Changes in kidneys and the bladder occur with age. Non-medical strategies to keep the bladder healthy were cited. Mainly, drink lots of fluids. Water is best. Other options are low-fat or fat-free milk, seltzer water, club soda, and fruit juice. Drinking 8 ounces of fluid first thing in the morning and frequenting Fleet Landing's hydration stations are good habits. To keep from interrupting sleep, drinking water throughout the day, rather than consuming it all at night is recommended.

Residents can check their hydration levels on the Tanita scale, which is available in Windward Commons.

A chart of the fluid content of common foods was displayed, and hydration robbers such as alcohol and coffee were discussed. Other helpful actions were cited: quit smoking, use bathroom often and when needed, empty bladder fully, relax when urinating, urinate after sex, wear cotton underwear and loose fitting clothes, keep a healthy weight, and avoid constipation. The presentation included a quiz about fiber-rich foods because adequate fiber is a way to prevent constipation.

The talk concluded with a demonstration of Kegels, a pelvic floor exercise that can prevent or control incontinence. It is helpful for both men and women. Audience participation was encouraged.

Princess Place Preserve

By Enith Vardaman

Photos by Mary Faria and Nancy Russell

Princess Place Preserve in Palm Coast, FL (between St. Augustine and Daytona Beach), was the destination for a Fleet Landing tour group on September 14. The 1,500-acre preserve is a place of both historic interest and natural beauty. A lodge, built in 1886-1888 and originally called "Cherokee Grove," came to be known as "Princess Place" after the builder's widow married an exiled Russian prince. The lodge is Flagler County's oldest intact structure. The natural beauty includes a waterfront location, an oak tree believed to be over 1,000 years old, and nature trails.



China's Influence in the Asia-Pacific

By Enith Vardaman

Malcolm Turnbull, Prime Minister of Australia from 2015-2018, was the speaker at the September 15 World Affairs Council "Global Issues Evening" talk. The event, held at the University of North Florida was simulcast to Johnson Hall.

Turnbull began his talk with the historical context of Chinese Communist Party (CCP) General Secretary Xi Jinping's outlook. He said that after thousands of years of China being the strongest nation in the world in every respect, the beginning of the 1800's saw it fall into decline and suffer national humiliation, especially at the hands of the British. Xi sees as his mission the

(continued on next page)



China's Influence in the Asia-Pacific

(continued from preceding page)

rejuvenation of China in order to restore the natural order of things. In addition, the CCP is determined to maintain its dictatorship.

Turnbull cited a mistaken belief on the part of many, himself included: It was thought that as China opened up to foreign trade and investment and became more prosperous with an emerging middle class, liberty and expectations of democracy would follow in due course. Instead, under Xi, China has become more authoritarian, and the domination of the CCP more intense. Technologies such as the Internet and smartphones have resulted in mass surveillance, not freedom.

Turnbull asserted that since China will not change, we have to make sure China does not change us. He stressed the importance of understanding that when one says "China," that should be understood as the CCP, not Chinese culture or the Chinese people.

Turnbull said that China wants to replace the United States as the dominant power in the Asia-Pacific. That is seen as its natural right, but the other countries in the region want to maintain their sovereign autonomy. They do not want might to make right. The reason that has not happened is because of the US security umbrella over the region. Maintaining relative peace and harmony as China grows stronger will require not giving in to bullies. As an example, Turnbull cited Australia's efforts to thwart China's massive espionage and foreign influence operations. One example: Australia chose the Swedish wireless firm Ericsson (the Chinese firm Huawei was banned) to implement the 5G cellular network. There was no fear that Sweden would one day use a network critical to every aspect of the economy and society for evil purposes. The message to China was not that Australia was telling the Chinese government how to run China. Rather, it was asserting the sovereign autonomy of Australia and protecting its national security.

Turnbull said that China did not want to overthrow governments (the Soviet model), but they did want compliant, non-aligned countries in the region. Those countries want the United States to stay engaged as a balance to China.

If China attempts to expand its influence by ostensibly peaceful means, other countries have to offer something better. His example was the Chinese offer to build a fiber optic cable to link the Solomon Islands and Papua New Guinea to the Internet. Instead, Australia built it for them, covering 80 percent of the cost and protecting their security by providing a cable system not run by a foreign power.

Turnbull also addressed the issue of Taiwan and the calculations of all the concerned parties. He concluded that the tension would continue and that there was no solution other than continuing to deter China from going to war. Strength and resolve are essential.

He concluded his talk with comments on the implications of the January 6 attack on the US Capitol, noting that dictators were happy about it. Repair and maintenance of democracies everywhere in the world are essential. If democracies are divided and dysfunctional, dictators can claim to offer a better model.

Catherine Lan Chamber Trio

By Isobel Spink



What a soothing and relaxing way to spend the afternoon before the big thunderstorm on August 31. Dr. Catherine Lan on the piano, Huifang Chen on the violin, and Claudio Jaffé on the cello serenaded us in Johnson Hall with three beautiful piano trios. Lan has performed in 16 countries and now serves on the faculty of Broward College. Chen is currently the Concertmaster of the South Florida Symphony Orchestra and has appeared with many orchestras around the globe. Jaffé has also performed around the world and was hailed by the New York Times as "an elegant and accomplished artist ... with a contagious youthful enthusiasm."

Jaffé, who provided commentary on each piece and its composer, called Joseph Haydn the "papa" of the piano trio. Fittingly, the first piece performed was Haydn's Piano Trio No. 39 in G major. Nicknamed the "Gypsy" trio, it was clearly focused on the folk music of the gypsies of various countries, especially in the first movement.

Moving from the 18th to the 20th century, the musicians performed Piano Trio No. 2 in B Minor by Spanish composer Joaquín Turina. I felt the first movement would make a perfect soundtrack for a movie—maybe one day.

The final composition was Felix Mendelssohn's Piano Trio No. 2 in C minor. This precocious 19th century German composer, who wrote five operas in his boyhood, died at 38, but his music lives on. We heard some of his music for Shakespeare's *A Midsummer's Night's Dream* in this piece, and the stormy first movement was particularly moving.

The audience definitely benefited from the enthusiasm of the Catherine Lan Chamber Trio and Jaffé's knowledge.

Welcome Aboard

The opening of the 8000 Building resulted in an exceptional number of new residents moving in during a relatively short period. Preparing timely “Welcome Aboard” articles for so many new residents has been a challenge, but *FLEET BEAT* reporters are making good progress as they work their way through interviewing our new neighbors, usually in order of their arrival.

New residents can help expedite this process. When contacted by a *FLEET BEAT* reporter, please respond promptly. You may wish to schedule a time for an interview, postpone the interview for such reasons as health issues or travel, or you may not wish to be interviewed. When there is no response, the reporter must make repeated efforts to determine wishes, thus slowing down the process of interviewing new residents.

The *FLEET BEAT* staff hopes new residents will take advantage of the benefits of an interview for a “Welcome Aboard” article. One of our reporters notes that these interviews facilitate a sense of community. A recent arrival commented that there was no downside to an interview. The article, once written, is returned to the interviewee(s) for review before publication, allowing for any corrections or changes. Sometimes people discover a new neighbor with whom they have something in common.

If you arrived before November 2021 and would like to be interviewed, but have not been contacted, please let Enith Vardaman, *FLEET BEAT* Editor, know. The lists we have been working from may have had some omissions.

8222 Pam and Bruce Robbins (October '21)



Bruce is a farm boy from Mississippi, but he moved to Jacksonville at age 21. Pam, who grew up in Atlanta, GA, attended Jacksonville University and then never left this city. The two met at the Beaches Chapel, where Pam was speaking. They were married nine months later in 2014.

Bruce graduated from Mississippi State with a degree in landscape architecture. Having always loved trees and the outdoors, he spent 29 years planning parks, airports, roadways, and other outdoor spaces. Bruce's first wife, Sherry, died of cancer 11 years ago.

Pam holds a B.S. in health and physical education and a master's degree in teaching from Jacksonville University. She earned a Ph.D. from Logos University in counseling. She taught middle and high school for 50 years. Her marriage of 43 years ended in divorce. She then sold all her belongings and spent two years on a houseboat. She has written a book, *What's So Funny About Dementia*, and 30 years ago she started a company called Project SOS, teaching critical life skills to thousands of teens. Her company joined with the Boys & Girls Clubs of Northeast Florida in 2016. Pam now also offers counseling to caregivers through her business, Dementia Caregivers' Solutions.

Bruce and Pam teach at Beaches Mission and Recovery House and hold Bible study groups at their apartment. They are an active and terrific addition to Fleet Landing.

—Isobel Spink

8133 Blanca and Hugh Christian (November '21)



Blanca, who was born in Mexico City, earned a dentistry degree at the Universidad Nacional Autonoma de Mexico. After moving to the US, she earned a Doctor of Medicine in Dentistry (DMD) at the University of Alabama in Birmingham. She practiced dentistry in Huntsville, AL, for 30 years. She wants to take art classes and learn to paint.

Hugh was born in St. Louis, MO. He earned a B.S. in physics from the University of Alaska in Fairbanks, and M.S. and Ph.D. degrees in space physics and astronomy from Rice University in Houston, TX, where he specialized in atmospheric physics (lightning and thunderstorms). He had a 25-year career at NASA's Marshall Space Flight Center in Huntsville. After retiring from NASA, he worked as a research professor for the University of Alabama in Huntsville, where he is still a part-time employee. He was on active duty in the US Navy for three years and stayed in the US Navy Reserve for a total of 20 years. Hugh's most significant accomplishment was that he pioneered putting lightning sensing instruments in space. Three are in geostationary orbit, and one is on the space station.

The Christians became familiar with Fleet Landing because Hugh's mother, Helene Christian, lived here for 15 years. They have two sons and two grandchildren. Their hobbies are sailing, reading, and fine dining and wine. They travelled to Israel in June and to Australia in September, where Hugh consulted on a lightning sensor.

—Kristin Perry

POW/MIA Recognition Day

By Isobel Spink



Flag raising



LtoR: Joe Ruthenberg, Eileen Theis, Mickey Miefert, Beryl Hubbard, Pat Kluever, Randy McDonald



Top left: Marty Kosieck. Bottom left: Giles Norrington. Right: Color guard.

Fleet Landing's September 16 observance of POW/MIA Recognition Day began with a gathering of about 35 residents for the 8 am flag raising. They sang the National Anthem to the accompaniment of a recording by the US Marine Band. Commander Pat Kluever, USN (Ret.), said the flags would be raised to full height, then lowered again to half-staff the next day. (They had been flying at half-staff in honor of Queen Elizabeth.) As

always, this is a solemn occasion for so many.

A larger crowd was at Johnson Hall for the 10:30 am POW/MIA Recognition Day program. As of 1986, the day is celebrated on the third Friday of September. Since 1989, there have been seven POWs who were residents and/or members of the Board of Directors at Fleet Landing, and currently retired Navy captains Giles Norrington and Dick Stratton remain.

Kluever introduced Captain Marty Kosieck, USN (Ret.), who informed us about a new museum to be called Wings of Gold. It will display a remarkable collection of artifacts from the Hanoi Hilton, including a deconstructed prison cell and concrete slabs with shackles. A brick from a cell wall can be found in the Florida Governor's Mansion. The Hanoi Hilton site is now a high-rise, with lots of propaganda attached to the few old walls of the prison that remain.

A photo of an R-5C Vigilante supersonic reconnaissance jet aircraft was displayed on the big screens. It was once flown by three of those present at the ceremony: speaker Captain Mickey Miefert, USN (Ret.), emcee Lieutenant Commander Randy McDonald, USN (Ret.), and Norrington.

The invocation by Beryl Hubbard, USAF (Ret.), was followed by a color guard presentation by students from the Jean Ribault Marine Corps Junior ROTC—with the shiniest shoes you ever saw. Then all assembled sang the National Anthem and recited the Pledge of Allegiance.

McDonald spoke about the POW/MIA flag proposed by Mary Hoff, wife of a POW. The black and white flag's design was devised by a WWII pilot and has the image of his son with the words "You Are Not Forgotten" below. It is now flown on many occasions and is the only flag flown directly below the US flag in various locations in the US Capitol and around the world.

Lieutenant Colonel Joe Ruthenberg, USMC (Ret.), in full regalia, read the POW/MIA Recognition Day proclamation by President Biden, who reminded all that "Freedom is never free."

Miefert spoke of the affiliates of Fleet Landing who were POWs in Vietnam: USAF Colonel Carl Crumpler, USMC Colonel John Dunn, USN Rear Admiral By Fuller, USAF Colonel George McKnight, Norrington, and Stratton. Also named was US Army Second Lieutenant Les Foppiano, who was a POW in Austria during WWII. The efforts of Stratton's wife, Alice, on behalf of POWs were also recognized. Stratton was unable to attend, but the audience rose in recognition of Norrington. With the audience standing again, the name of each of the seven POWs was read, and a bell was rung for each deceased POW.

Residents' Council President Eileen Theis provided closing remarks. The audience then viewed a video focusing on a particular POW, but also referencing Stratton. The event closed with a benediction by Hubbard and the singing of "God Bless America."

Astralis Chamber Ensemble

By Chet Davis



“Love and Tragedy: A Tale of the Schumanns, Brahms, and Mendelssohn” was the theme of the Astralis Chamber Ensemble’s performance in Johnson Hall on August 16. These composers all knew each other, with Mendelssohn having provided support to Robert Schumann early in his career. Clara Schumann, before she became Robert’s wife suffered through her parent’s refusal to allow her to marry Robert. After Robert’s death at the age of 46, Brahms provided support to Clara and then fell in love with her, but he did not marry her out of respect for Robert. A very intriguing set of relationships!

This was the background to the pieces played by Angela Massey (flute), Megan Chartier (cello), and Caroline Owen (piano), especially Robert’s Romance No. 1 and No. 2. No. 1 was a deep, angry work reflecting his wrath over being denied his wish to marry Clara. No. 2 reflected his joy at finally being able to marry Clara. Owen clearly reflected the mood of each piece during her solo performance. It was intriguing to watch her emotions as she played. In a similar vein, many residents noted Chartier’s facial expressions when she was performing. Massey, who is Artistic Director and founder of the Astralis Chamber Ensemble, has appeared at Fleet Landing before. Her mastery of the flute was evident, particularly in the Mendelssohn work, Andante and Rondo Capriccioso, Op. 14. This work had been transcribed by James Galway, one of Massey’s teachers.

A chamber concert in Johnson Hall is about as close as one gets to the performers and provides a wonderful opportunity to watch as they really put themselves into the music they are playing. One never sees that emotion on a concert stage. It was an inspiring afternoon of great music.

At the conclusion of the concert, many residents availed themselves of the opportunity to meet and talk with the charming ladies who had entertained us.

August Chips & Putts

By Carol Smith

Did you know that a recent study found the average golfer walks about 900 miles a year? Another study revealed that a golfer drinks an average of 22 gallons of alcohol a year. This means that, on average, golfers get about 41 miles to the gallon.

Debating the veracity of the above, Fleet Landing golfers gathered for lunch following their August 11 tournament at Hidden Hills Golf Club. Claiming first place, at 2 under par, was the team led by Captain Bobbie Fost, along with Bob Peterson, Syd Jenkins, and Price Schwenck. Coming in second place were Nancy Sander (captain), John Hedge, John Neyhart, and Rick Rochelle with a score of 34 for the nine holes.

“Closest to the Pin” awards went to Harry Sweeney for the men and Fost for the ladies. “Longest Drive” of the day was that of Bunky Johnson. No ladies qualified. The “Sandbagger Trophy” was presented to Peterson by Fost. Sander awarded the “Birdie Trophy” to Neyhart, who made two birdie putts for his team.

Hedge, as usual, enlightened the golfers with his trivia question, asking where the final FedEx tournament is played. Answer: East Lake Golf Club in Atlanta, GA, where the winner gets \$18 million.

Reflecting on the miles per gallon scenario, Fleet Landing golfers concluded that they are as “fuel efficient” as any hybrid on the road.

September Chips & Putts

By Bob Neal

On September 15, sixteen Fleet Landing golfers teed off at Windsor Parke Golf Club for an 18-hole tournament. Despite braving the heat, wind, and a few sprinkles, everyone enjoyed the event.

In fourth place with two birdies and a score of 80 was Team 4 Captain Isobel Spink with Dick Beltson, John Taylor, and Ed Ferguson. Third place with no birdies and a score of 79 went to Team 2 Captain Lindsay Norman with Larry Sander, John Hedge, and Maura Kelly. In second place with no birdies and a score of 76 was Team 3 Captain Bunky Johnson with Bobbie Fost, Bob Peterson, and Bob Neal. First place with two birdies and a score of 74 went to Team 1 Captain Price Schwenck with Mike Moorhead, Larry Magner, and Bob Ellis.

After no competitors remained on the green on Hole 11, we moved to Hole 3. “Closest to the Pin” for women was Spink and for the men was Hedge. The “Longest Drive” awards went to Kelly for the women and Moorhead for the men. Our “Sandbagger Trophy” was accepted by Schwenck for Team 1’s exceptional play, and the “Birdie Trophy” was kept by Spink because she made a birdie without the help of the team.

Our October tournament will be at Hidden Hills Golf Club.

September WELLInspired Learning Series



Deborah Gordon (l) and Alisa Blanchard

The speaker at the September 7 “WELLInspired Learning Series” talk was Dr. Deborah Gordon, Director of Rehab. Exercise Physiologist Alisa Blanchard spoke at the September 21 session. The talks were held in Johnson Hall.

Fall Prevention

By Victoria Freeman

Dr. Deborah Gordon began her presentation by noting that National Fall Prevention Awareness Day would take place on September 22.

A sample of the statistics Gordon cited shows why fall awareness is necessary: Over one-third of adults 65 and over fall annually. Of those who fall, 20-30 percent suffer death or major injuries, such as broken bones and head injuries. The CDC states that each year \$50 billion is spent on medical costs for nonfatal fall injuries. Over 40 percent of nursing home admissions are a direct result of falls.

Below are some of Gordon’s suggestions to counteract five significant fall risks:

Impaired vision. Have a comprehensive eye exam annually.

Home hazards. Use bright lights and nightlights. Wear supportive nonslip footwear indoors and outside. Keep your home clutter free.

Chronic conditions. Careful management of conditions such as diabetes, arthritis, chronic pain, sleep disorders, and COPD can limit fall risk.

Medical interactions. Review all medications, including prescriptions, supplements, and over-the-counter medications with your doctor. Be aware of side effects of prescribed medications. Be careful with alcohol, which affects medication.

Decrease in physical strength and balance. Physical activity is a powerful, effective intervention strategy for overall health and fall risk. The recommendation is for 150 minutes of moderate intensity aerobic activity every week, and muscle strengthening activities two or more days per week.

Falls are not an inevitable part of aging. Fleet Landing has a number of resources for a proactive approach to reducing the risk of falls, including group exercise classes, physical therapy (fall risk assessment and help with physical activity, balance, strength,

and moving safely), occupational therapy (home safety assessment and medication review), and speech-language services (evaluation of cognitive level and any impairments increasing the risk of falls).

Exercise Programs and Exercises Designed To Prevent Falls

By Enith Vardaman

Alisa Blanchard cited strength, posture, balance, and flexibility as the four fundamentals of reducing the risk for falls. She cited exercises (upper and lower body, core, range of motion, and upper and lower body stretches) that would enhance each fundamental. She then described specific exercises within these categories. The good news: These beneficial exercises are an integral part of fitness classes offered at Fleet Landing. Use of the exercise equipment is also helpful.

Blanchard displayed slides with illustrations of recommended daily stretches and exercises.

Having said that group fitness classes offer the “best bang for your buck,” Blanchard listed benefits of participation, including the following: Participants are 65 percent more likely to adhere to an exercise program. Exercise classes are somewhat like having a personal trainer, and participants can be sure they are doing an exercise correctly. The classes are a social event, and they get results. Balance, Flexx 1, Tai Chi, and Rise & Shine were recommended for providing the four fundamentals of reducing the risk of fall prevention.

Blanchard ended her talk with these admonitions: “Stand up straight, chin up, and squeeze your glutes.”

A Tribute to Linda Ronstadt

By Nancy Lundgren



Debra Rider and her band returned to Johnson Hall on Friday, August 26, for a repeat performance, ready to once again rock the house. She brought her band of local musicians and backup singers to present “Get Closer! A Tribute to Linda Ronstadt.”

Rider is a 2010 graduate of the University of North Florida’s prestigious jazz studies program. Her career has taken her from award-winning jingles singer and character voice actor to backing vocalist for Lynyrd Skynyrd (1989-1992) and merit-award winning songwriter for Unisong International. It continues with

(continued on next page)

A Tribute to Linda Ronstadt

(continued from preceding page)

ever-changing musical creativity.

This tribute offered the unmistakable Ronstadt rock and country sound. Her songs included "Blue Bayou," "Tracks of My Tears," "You're No Good," "Desperado," "Love is a Rose," "Heat Wave," and "Silver Threads and Golden Needles." The audience was absolutely in sync with the music as they sang the lyrics along with Rider, and captured by the familiar music, often got up and danced as they surrounded the audience (front, back, and sides of the hall) with high energy moves and laughter. At mid-point in the concert, Rider, accompanied by just the piano, also sang some Nelson Riddle songs like "I've Got a Crush on You" and "You Took Advantage of Me."

Thanks to Mary Faria, Manager, Wellness Services, who brought us another great concert that entertained one and all.

First Hole-In-One Tournament

By Carol Smith

Photos by Ann Bell and Ed Hollender



Despite the weather forecast for September 3 that called for thunderstorms throughout the morning, 48 golfers arrived at The Commons Course at their appointed times for the inaugural Hole-In-One Putting Tournament. Anxious to show their prowess, 14 putters stepped onto the beautiful new course at 8 am. Three of them went an extra 12 holes in the tie breaker, which Bruce Osborne won over Peggy Steck and Mike Moorhead. In the 9 am group, the high score of the day was claimed by Monica Coté, who displayed her putting skills with six holes-in-one. The 10 am group brought 22

folks onto the course. Mary Steinke had the high score in that round with four holes-in-one.

Grateful that the forecasted rain never showed up, all the participants had a great time and are already looking forward to more events on the lovely putting green. Many thanks to Jim and Monica Coté for their generous contribution that brought this welcome addition to the Fleet Landing campus.

Yappy Hour Pool Party

Text and photos by Isobel Spink



Willie Magner, the smallest dog there, was the first to arrive at the dog park on September 26, followed by Chloe Beitz. There was a good turnout, although only the big dogs, Ida Mae Brown, Troy Ballow, and Maggie Mae Maroon, really enjoyed the two pools. Maggie Spink and Chloe got their feet wet (having been put in a pool) and promptly retired to dry land. Troy spent some time bottom fishing for pieces of sandwich, and Ida Mae lay down in the pool for a nap.

Mary Faria, Manager, Wellness Services, and Jennifer Joy, Director, Wellness Services, ran the show, and the pet parents all enjoyed the Southern Tea and delicious sandwiches.

Besides the dogs mentioned above, the following canines were in attendance: Lambo, Mindy (expecting 8 puppies), Jack, Lucy, Cooper, Riley, Tucker, Taco, and Fergus, plus one belonging to the son of a resident. My apologies if I have forgotten some. Other than Maggie Mae chasing her ball through the park, all was quiet and very civil until Casey Query arrived. For some strange reason, all the dogs started barking, and there was a revolution for a few minutes before the park slipped back into calm.

Another great Yappy Hour, with thanks to Faria and Joy.

“Playing Together Nicely” With the Key Notes

By Nancy Lundgren



LtoR: Sue Stewart, Tom Dames, Ann Milligan, Karen Sturtevant, Pete Sheridan



Remember your first piano duet? Bet it was “Heart and Soul,” the go-to duet for beginners back in the day. That paradigm shifted on August 4, when the Key Notes ensemble (Ann Milligan, Karen Sturtevant, Sue Stewart, and Pete Sheridan) introduced us to their version of piano duets that included show tunes, hymns, and classical and pop music. They even squeezed in a comic routine about a “Chopsticks” duet with Sheridan, Stewart, and Sturtevant.

Four hands on the keyboard reach all 88 keys easily, producing music with amazing breadth and depth. Straight duets such as “I Love a Piano,” “Summertime,” and “Walking Cool” gave way to a counterpoint melody duet with “A Foggy Day in London Town” and “You Can’t Take That Away From

Me” played together. Even old familiar hymns (“How Great Thou Art” and “What a Friend We Have in Jesus”) took on a different sound when played as duets.

Tom Dames, dressed to impress in his classy suit and red bow tie, provided background information about the performers, the composers, the music, and some of the history for each piece. Returning the favor, Milligan acknowledged his ongoing diligence in preparing for his moderator responsibilities.

It all came together beautifully. Thank you, Key Notes, for a lovely afternoon of music.

Birds of Latin America

By Chet Davis



A small selection of Jim Stephenson’s photos.

On September 19, resident Jim Stephenson once again spoke to a Johnson Hall audience, treating them to a slideshow of his beautiful photos of birds. His previous presentations were about birds of Florida and hummingbirds. The topic this time: “Birds of Latin America.” Jim and his wife, Carmenza, a native of Colombia, have traveled extensively in Colombia, Costa Rica, and the Galapagos. During those trips, they have been able to photograph an exceptional number of birds. Before seeing Stephenson’s photos from the Galapagos, the audience had seen pictures of at least 40 birds with magnificent plumage. When queried about bird calls, Stephenson noted that with the great abundance of birds in the area, it is almost impossible to distinguish one call from another.

Stephenson displayed photos of eight birds seen on the Galapagos. He noted that the same bird species, having developed independently on the various islands of the Galapagos, had markedly different coloring and sometimes habitat and even size.

Stephenson will be back on November 7 at 2 pm with an illustrated lecture, “Wildlife Around the World.”

Arlington History Boat Tour

Text and photos by Dita Domonkos



The downtown Jacksonville boarding site for the River City Taxi, chartered by Old Arlington Inc, the organizer of our Arlington History Boat Tour, was adjacent to the USS *Orleck*, a destroyer now functioning as a naval museum. It was a beautiful day, and as we traveled north along the St. Johns River, dolphins often swam alongside. Our guides gave a very complete history of Arlington, also known as the Eastern Shore of the St. Johns River. Only a few highlights are included here.

From 1565-1821, Florida was colonized by the Spanish, then the British, followed by a second Spanish period. It was the difference between Spanish and English attitudes and laws about race and slavery that allowed for the unique community that developed in old Arlington. For the Spanish, slavery was considered an unnatural condition. Slaves had rights enforced in courts, the right to marriage, and the right to self-purchase freedom. After 1821, when Florida became a territory of the United States, Spanish attitudes and laws regarding slavery were replaced with the repressive English system that enslaved Blacks. However, in old Arlington, a white, free Black, and mixed-race community thrived. Many were descendants of Zephaniah Kingsley, a white plantation owner, and his African-born wife, Anna.

After Thomas Edison invented the movie camera in 1908, the movie industry was centered in New York. However, during a harsh winter that year, movie production companies relocated to Jacksonville. Old Arlington was the site where jungle movies, Civil War movies, and westerns were produced. Between 1908-1916, Jacksonville was known as the winter film capital of the world, housing more than 30 production companies. The young Oliver Hardy had his start here. Because of political pressure from those who found the industry scandalous, Jacksonville rolled up the welcome mat, and the industry moved to Hollywood.

Meanwhile, in the Springfield neighborhood of Jacksonville, the Norman brothers created Eagle Film Studios. The studio produced and distributed silent films for Black audiences. In the early 1920's, Richard Norman moved the renamed Norman Studios to Arlington. The city of Jacksonville now owns this site and wants to create a film history museum on it. In 2016, the property was declared a national historic landmark.

Before the Mathews Bridge opened in 1953, Arlington was made up of small rural communities, accessible mainly by ferry and boat. After 1953, it grew rapidly and attracted innovative architects such as William Morgan, Robert Broward, and Taylor Hardwick. Morgan was a Fleet Landing healthcare resident, and his wife, Bunny, an independent living resident, recently died. These architects are now recognized as leaders of mid 20th century modern architecture and iconic architects.

(continued on next page)

Arlington History Boat Tour

(continued from preceding page)

Today Arlington has the largest and best collection of homes, offices, and churches in the mid-century style in Jacksonville.

Learning about this neighborhood from the vantage of the river made for a delightful outing on September 24, arranged by our resourceful Mary Faria, Manager, Wellness Services.

Brewery Tour and Tasting

By Carol Smith; photo by Sandy Bousquet



LtoR: Carol Smith, Jeannie Sullivan, Sandi Smith

No, Carol, an IPA is not an *Indiana* Pale Ale, it's *India* Pale Ale.

An outing to Veterans United Craft Brewery proved to be educational, entertaining, and quite tasty for the 20 residents who embarked on this adventure on August 15.

Founded eight years ago by Ron Gamble, a former Naval Flight Officer, the brewery's mission is to "sate healthy appetites with flavorful beer through the use of fresh quality ingredients" The owner and staff also have a commitment to the local community and engage in many social and charitable activities in the Jacksonville area.

Gamble led the tour, which began with an opportunity to learn about the basic ingredients. From there, he explained the process as everyone checked out the shiny stainless steel equipment that is used in the brewing operation.

Following the tour, everyone had an opportunity to taste three of the twenty-two flavors that are on tap in the bar area. CosmicKat Belgian-style Golden Strong Ale appeared to be the number 1 favorite, while the Fish Camp Pils was a close second.

Anyone who would like to meet Gamble and the enthusiastic staff of Veterans United is welcome to join in one of the four tours that are offered every Saturday. To sample one of their products closer to home, all one has to do is come to Mainstreet dining and enjoy Fish Camp Pils, Scout Dog, and Raging Blonde.

And, to satisfy your curiosity, feel free to ask any of the participants in the tour about what makes an IPA unique. For more information about this thriving business staffed mostly with military veterans, and to see a list of the 22 flavors currently produced at the brewery, visit www.vubrew.com.

Cummer Exhibit Tour

By Victoria Freeman; photos by Dita Domonkos

On August 12, twenty one Fleet Landing residents traveled Jacksonville's Cummer Museum of Art & Gardens to view "Buddha, and Shiva, Lotus and Dragon: Masterworks from the Mr. and Mrs. John D. Rockefeller 3rd collection at Asia Society."



Lory Doolittle

The docent for the thought-provoking tour of the exhibit was Fleet Landing resident Lory Doolittle, who enthusiastically pointed out key elements on ceramics and statues. She noted symbolic hand gestures, serpent motifs, and colors, particularly blue. She introduced the term provenance, which is the history of the piece, and pointed out that dragons are a sign of royal connection. She emphasized the way artists from China, Japan, Thailand, and Vietnam borrowed concepts from one another.

After Doolittle finished her talk, she encouraged the group to wander inside the museum or outside in the three formal gardens. Then everyone went to the private dining room, ate a delicious lunch and shared experiences.



QuiltFest 2022

By Anne Leyden

Photos by Anne Leyden and Nancy Russell



These aren't your grandmother's quilts anymore! On September 15, QuiltFest at the Prime Osborne Center astonished Fleet Landing's group with the variety of styles and techniques now used to make quilts. There were traditional patterns, but far more pushed the creative envelope.

Each quilt had a comment card from its maker, and many of them indicated their quilt was a COVID-19 project. The previous QuiltFest was pre-pandemic, in 2019, and quilters had been busy since then.

Pieced quilts abounded but they were different from the pieced quilts of memory. There were optical illusions and explosions of color. The appliqué technique was barely represented.

Some quilts were three-dimensional, and others pictorial. Fabrics were selected to enhance the reality of an image, such as the mottled gray fabric used for an elephant's hide in an animal quilt, or the wavy blue fabric in a water scene.

Few quilts used hand quilting to join the quilt top, batting, and backing to finish the quilt. Final quilting was usually done by a professional quilting service using a computer-driven quilting machine. Hand quilting could never achieve the complexity of the machine stitching.

We all left admiring the workmanship and originality. It was more than QuiltFest—it was an art feast, but art made of fabric.

Bridge News

By CeCe Lichtenstein

The Florida district of the American Contract Bridge League (ACBL) periodically holds special tournaments solely for the district. The Florida district includes the Virgin Islands, making it one of the largest ACBL member areas. Typically, club bridge games award black master points. Master points come in different "pigments." In my article in the August 2022 issue of *FLEET BEAT* (page 22), I mentioned platinum points that are only awarded at national events. In order for an individual to become a Life Master, a set number of variously pigmented points are required. However, many folks choose not to attend events where some of those other pigments may be awarded.

The Royal STaC (Sectional Tournament at Clubs) is a way for those folks to acquire some of the other pigmented points. September 12 to 19 was a Royal STaC week in our district. The Fleet Landing Bridge Club participated. Our club is considered "invitational," with only residents here permitted to play, and no outsiders. As such, when a statewide event occurs, our players may not necessarily be ranked with clubs that permit anyone to attend.

Below are lists of Fleet Landing residents who received master points during the Royal STaC week. If I have overlooked someone who did well, I apologize. In no particular order, here is the list from our club: Ken and Retha Zearfoss, John and Marilyn Carlson, Carl Wasserman, Jerry and Rona Brenner, Carolyn Johnson, Mary Kay Ormsby, Peggy Schiffrers, Dale Clifford, Dick and Dory Beltson, and Nancy Stein. Not everyone in the list is an ACBL member, but they played and got recognition. These are the Fleet Landing residents who played at the Jacksonville School of Bridge and also received Royal STaC points: Susan Rogers, Lorie Holmes, and Carl Wasserman. They played on days other than our regular Monday game.

Birdwatching at the Theodore Roosevelt Area

By Victoria Freeman

Photos by Victoria Freeman and Jim Stephenson



Left: Observation tower. Right: Little blue heron.

The 18 Fleet Landing birdwatchers marching down a trail to the hum of cicadas—binoculars at the ready—were on a September 12 adventure in the 600-acre Theodore Roosevelt Area of the Timucuan Ecological and Historic Preserve. Those 600 acres were bequeathed by their last private owner, Willie Browne.

Guided by Fleet Landing's knowledgeable birders, Jon and Frances Edwards, Paul Mocko, Tom King, and Jim Stephenson, some newly fledged birdwatchers were able to see herons, egrets, kingfishers, pileated woodpeckers, and one small, but impressive, alligator.

An observation tower at midpoint on the hike offered a contrasting view of salt marsh and construction cranes. A variety of herons provided Blue Angel-style flyovers for folks on the tower. One kingfisher put in a cameo appearance.

When returning to the bus, the group walked by the Browne family cemetery, and reflected on the altruism of Willie Browne, who said, "People have to work in the cities; they can't live in the woods anymore. But they ought to have a place in the woods they can go to." His gift has provided that "place in the woods" for lots of Floridians.

Coleman Center Renovation Progress

Photos by Ann Bell and Enith Vardaman



In August, the floors had largely turned to dirt.



During September, solid flooring came back.