



FLEET BEAT

VOL. 32 No. 10

THE FLEET LANDING RESIDENTS' NEWSPAPER

December 2022

Spinnaker Society Celebrates Tenth Anniversary

By Enith Vardaman; photos by Ed Hollender



Scenes from the pre-dinner reception



Guests enjoying dinner

On November 28, two charter buses and a Fleet Landing sedan transported members of the Spinnaker Society to downtown Jacksonville for a celebration of the society's tenth anniversary. A police escort (two police cars and a motorcycle) assured a nonstop, trouble-free trip during rush hour. Upon arriving at the Wells Fargo Center, guests took elevators to the 34th floor—one of two floors occupied by the River Club—for a pre-dinner reception. As music played in the background, they mingled while enjoying drinks and hors d'oeuvres. The large windows afforded impressive views of Jacksonville as the sun was setting.

(continued on page 8)

FLiCRA Holds Statewide Annual Meeting

By Enith Vardaman

John Knox Village, a continuing care retirement community (CCRC) in Pompano Beach, was the gracious host for the annual meeting of the Florida Life Care Residents Association (FLiCRA). Your reporter represented Fleet Landing's FLiCRA chapter at the meeting.

Diane Dalsimer, a John Knox Village resident, presided over the meeting. She has been active in FLiCRA for a long time, having served a number of years as president of her chapter, which is the largest in the state. For the last four years, she has led FLiCRA as state president. Because of term limits (two three-year terms), this was the end of her service on the state board. Her husband, John, has been both a FLiCRA regional director and state president.

Dalsimer began her report to attendees by announcing that FLiCRA, working in close cooperation with LeadingAge Florida, the provider organization, had developed a bill amending sections of Chapter 651 of the Florida Statutes. This law governs CCRCs. The bill will be introduced in the 2023 Florida legislative session, which will run from March 7 to May 5. Chapter 651 has a section dealing with resident representation on boards of directors, but the proposed amendments to that section do not include a mandate for such representation. A small number of Florida CCRCs [including Fleet Landing] do have residents on their board, and FLiCRA is still working toward increasing this number. Dalsimer emphasized that although FLiCRA represented all CCRC residents, whether or not they were members, the effectiveness of the organization was enhanced with more members. In connection with this, she announced the formation of new chapters at CCRCs in Boca Raton and Orlando. This year, Dalsimer joined a bimonthly conversation with other CCRCs nationwide. The group's purpose is to help each other by sharing challenges and successes. Upon concluding her remarks, she received enthusiastic applause for her outstanding service to FLiCRA.

The featured speaker at the meeting was Katherine Pearson, Professor of Law at Dickinson Law, Pennsylvania State University. Her specialty is laws and policies connected to aging. An advocate of the importance of CCRC resident voices, she noted FLiCRA's effectiveness in this regard.

Pearson addressed five topics:

Enforcement ability. Pearson stressed the need

(continued on page 10)

November Residents' Council Meeting

By Howard Burdick

Residents' Council President Eileen Theis convened the November 15 council meeting in Johnson Hall. She introduced resident Kathy Kraslawsky, co-chair of our annual Salvation Army Red Kettle Campaign, who provided an update on volunteers committed and needed through the campaign period.

Management Review. Chief Operating Officer Travis Schryer provided updates on dining services modifications, including more frequent menu changes and plans to expand menu choices in the Coffee Shop. [These changes were spelled out in memos of November 11 and 21, distributed in the mail room and published on Fleet Link under "Publications" and then "Memos & FAQs."]

Council Reports.

Vice President Nancy Russell spoke about the stories by Fleet Landing veterans presented at the Veterans Day ceremony. Veterans' stories submitted by November 18 would be compiled and placed in Fleet Landing libraries and published on Fleet Link. [At this writing, the compilation was available on Fleet Link under "Publications" and then "Fleet Landing History."] Russell also reviewed eligibility requirements for the Residents' Council election to be held next spring. Anyone interested in running should contact Theis.

Finance. Treasurer Bob Armacost reported that contributing factors to the nearly \$3 million negative variance from budget included a low census in skilled nursing and Leeward Manor as well as outsourced healthcare labor costs. Days cash on hand and the debt service coverage ratio remained well above requirements. Investment results reflected recent market conditions. (See article on page 3 for Armacost's report on the highly successful Residents' Gift Fund.)

Human Resources. Russell announced that the October Staff Member of the Month was Juvy Arellano, of Dining Services, who has been with Fleet Landing for 23 years! Her positive attitude, service to residents, and willingness to help are known and appreciated by all. Lobster Tales for October numbered 259. At the end of October, there were 476 employees.

Marketing and Safety and Security. Charles Winton reported 702 independent living residents occupied 482 units, and that all vacancies were claimed. Twenty-five year-to-date closings generated \$8,502,550. He reviewed the adjusted list of benefits accorded Atlantic Club members, and he cited statistics about their wishes for particular models of apartments and homes. Winton noted recent fire training sessions and staff changes in Safety and Security. He also described maintenance procedures for campus safety devices, including pull cords, motion detectors, and smoke alarms.

Wellness, Transportation, and Clubs. Jackie Mears reviewed upcoming holiday activities. Fleet Landing is again participating in the annual "Deck the Chairs" competition in Jacksonville Beach, which runs through

January 1, 2023. Residents were encouraged to view this display of decorated lifeguard chairs and vote for Fleet Landing's entry.

Housekeeping and Dining. Ray Bratcher reported that housekeeping management gleaned several enhancements at a trade show, and that we were four housekeepers short. Residents were reminded of the proper way to handle any instances of performance shortcomings on the part of staff.

Healthcare. Janice Flock described a free smart-phone app that checks drug interactions, suggests alternatives, and may identify a lower cost.

Facilities. Lory Doolittle reported on recent zone inspections as well as the upcoming collection of yard and patio items residents no longer want, and campus enhancements, including completion of two of the four planned refurbishments of the exterior staircases of the original apartment buildings.

Suggestions. Secretary Judy Poppell reported on suggestions and responses. They may be reviewed in the minutes of this meeting posted on bulletin boards around the campus, in the library, and on Fleet Link under "Residents' Council."

No FLEET BEAT in January

As usual, we will not publish a January issue of FLEET BEAT. We will be back in February to report on what is sure to have been a wonderful holiday season and a January full of interesting events.

We wish our readers joyous holidays and a happy and healthy New Year.

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

Appreciation and Generosity

By Bob Armacost; photo by Janet Silvester



A banner reading "Thank You Residents!" and signed by staff was on display in the Mainstreet dining building near the entrance.

The residents of Fleet Landing have done it again. It was another record year for the Residents' Gift Fund. A total of \$766,847.61 was donated by 618 Fleet Landing residents through the end of November. The Residents' Council earlier decided to distribute \$775,000 to the 413 eligible employees at the Staff Holiday Party on December 1. The average employee gift was a little more than \$1,875 per person. Individual employee gifts depended on the number of regular hours worked.

These holiday gifts are an opportunity for residents to show our appreciation to the Fleet Landing employees who make life at Fleet Landing a great experience for all of us. All of the employees are very appreciative of this timely gift and thank all of the residents who were very generous this year. Congratulations to all!

November Tea with Travis

By Chet Davis



Sacasha Brown and Travis Schryer

With Hurricane Nicole heading toward Florida, a large number of Fleet Landing residents thought it wise to attend the November 8 "Tea with Travis" in Johnson Hall. Residents were asked to be patient as the staff secured the campus for the possible arrival of Nicole. [Fortunately, Nicole delivered only a glancing blow.]

The audience enjoyed two photos: the Schryer family

Halloween photo with the three children costumed as monsters, and the photo of the subsequent sorting of the kinds of candy acquired during trick or treating.

Schryer reported a week-old staff case of COVID-19, and none in the independent living community.

Schryer reviewed the new skilled nursing strategy of serving only Fleet Landing residents and eliminating service to the general public. (See "Executive Director's Quarterly Briefing" on page 1 of the November 2022 issue of *FLEET BEAT* for a detailed explanation.)

Health Services Administrator Sacasha Brown was the guest of the month. Brown came to Fleet Landing as the administrator for skilled nursing, but her responsibilities recently expanded to include assisted living (Leeward Manor, North Point, and The Nancy House). Her impressive educational background includes a degree in finance from Georgetown University, a Harvard MBA, and a master's in health care administration from Florida Atlantic University. Her career in finance always had a healthcare aspect. She described her governing principle as being "what a loving daughter would want in healthcare." Her focus in Derfer is continuing communication. Her goal with her new assisted living responsibilities is to come up with a plan that gives a voice to all concerned.

Schryer then turned to the recent resident survey, noting that 69 percent of independent living residents responded—90 percent online and 10 percent by paper. He focused on the dining portion of the survey. The top themes in survey feedback were the need for more frequent menu changes, LakeView reservation availability, food consistency, and takeout competing with dining in. Schryer previewed a memo outlining policies to address these issues, including adjusted takeout hours, more frequent menu changes at all venues, and acceptance of walk-in patrons at LakeView (there may be a 20-to-30-minute wait). Residents can help by canceling reservations they cannot keep. He also said staff are scheduled in LakeView until 9 pm, so residents who are eating late need not worry about delaying the staff from going home. Staff will be given additional training so that closing procedures such as vacuuming do not impact the resident experience. The kitchen staff will be encouraged, once again, to use the standard recipes to achieve consistency over time. Requests for meal delivery will be shifting to Fleet Link online ordering. [The memo was issued on November 11 and can be found on Fleet Link under "Publications" and then "Memos & FAQs."] Schryer provided some additional information. A self-bus area is coming to Currents, which should help staff. He also announced that robots were coming! These devices will bring food from the kitchen, which the server will then place on the table, and they will return used dishes to the kitchen. Expect test devices in the near future.

The question and answer portion elicited the following
(continued on next page)

November Tea with Travis

(continued from preceding page)

responses:

The use for the first floor of North Point, which will not be used for its original purpose of skilled nursing, will be decided in 2023. Additional food items are coming to the Coffee Shop. The basketball hoop location is being studied. The reusable containers issue has not been resolved. Returns are not being done in a timely manner.

Chess Club News

By Richard Wong



White to move and mates in two. Black pieces started at the top, and the black pawn can capture the white bishop.

Come to the Chess Club Tuesdays at 1 pm for the solution.

End of a Concert Series

By Chet Davis

The "2022 Chamber Music Series" closed out its season with a piano concert on November 9 in Johnson Hall by University of North Florida (UNF) Professor of Music Gary Smart. Also featured was Eunice Paliy-Bainger, a graduate student at UNF, who has studied with Smart for the past five years. This event was also the final concert in a ten-year series sponsored by residents Cynthia and Walter Graham. The series has been invaluable in bringing exceptional local talent to our campus. While the



series will be missed, many of the groups will return in concerts sponsored by the Wellness Department.

The music chosen by Smart included classics by Chopin, Schumann, Liszt, Gershwin, and Smart himself. The music ranged from the classics to modern American and was performed with verve. Gershwin's *Three Preludes*, arranged for four hands, was particularly impressive.

Editor's note: Regrettably, no *FLEET BEAT* photographer was available for this concert. A file photo of Smart from a previous visit has been used.

Ducks Seize the Moment

Photo by Rae Donnelly



Ducks enjoying the fountain between the 1000 Building and Polaris Court as a great perch when the fountain was turned off in anticipation of the possible arrival of Hurricane Nicole.

Coleman Center Renovation Progress

Photo by Enith Vardaman



This photo shows insulation installed in the wall dividing the front and rear half of the Coleman Center's first floor, and framing added to the second floor above that wall. Progress behind the wall is no longer viewable.

Veterans Day Observances

By Carol Smith; photos by Dita Domonkos, Ed Hollender, and Janet Silvester

Home to many military veterans, Fleet Landing celebrates Veterans Day in a big way every year. Originally called Armistice Day in honor of the end of World War I, Veterans Day is now a national holiday that still pays tribute to the “War To End All Wars” on November 11 each year. In addition, the day is set aside to honor and celebrate all those living and dead who have served our country along with those currently in the military.

The possible arrival of Hurricane Nicole impacted Fleet Landing’s observance this year. Two of the traditional parts of Fleet Landing’s observance, the Flag Raising and the Veterans Day Program, went on essentially as planned, although the refreshments after the Flag Raising moved into the Coleman Center lobby. Because of uncertainty about the weather, the annual parade was canceled. Fortunately, November 11 proved to be mostly overcast and only a bit breezy.

The bonus this year was a return performance of “Letters From Home,” this time actually on Veterans Day.



The kazoo band was on hand.



Gathering in the Coleman Center lobby

Flag Raising



Veterans Day Program



LtoR: Eileen Theis, Frank Donnelly, Bill Weimer



LtoR: David Russell, Nancy Patterson, Bruce Osborne



The NoteAbles
(continued on next page)

Veterans Day Observances

(continued from preceding page)



Color Guard



Left: Nancy Russell.

Right: Karen Sturtevant and Pete Sheridan.

The Residents' Council put together a worthy tribute this year. A photo loop of many veterans greeted residents as they assembled for the annual Veterans Day Program. Council President Eileen Theis welcomed residents. Colonel Frank Donnelly, USMC (Ret.), who served as master of ceremonies, provided a history of the day. Captain Bill Weimer, USN (Ret.), gave the invocation. The Pledge of Allegiance and the National Anthem followed. Even though the Space Force is too young to find any veterans living at Fleet Landing, the NoteAbles, under the direction of Ron Myers, introduced their song to the audience.

Many Fleet Landing veterans responded to the call to submit stories of their time in service. Several of their accounts were read by Captain David Russell, USN (Ret.); Lieutenant Colonel Bruce Osborne, USA (Ret.); and Nancy Patterson (surviving spouse). All of the stories that were offered have been collected in notebooks and will be placed in Fleet Landing libraries, where everyone can read about the many experiences of our friends and neighbors who have served the nation in the military. [These stories have been posted on Fleet Link under "Publications" and then "Fleet Landing History."] A beautiful piano duet of "America the Beautiful" was performed by the Key Notes (Karen Sturtevant and Pete Sheridan), followed by a moment of silence at 11 am. As the NoteAbles sang each of the service songs, residents of the respective branches stood

and were recognized and warmly applauded by the audience.

Special thanks for the program goes to Nancy Russell, who planned and carried out the event and to Naval Station Mayport for providing the Color Guard. Many members of Fleet Landing's management team and staff also contributed to the success of the event.

Letters From Home



The "jeep":

Front row (l to r): Gitti Hardage, Joe Ruthenberg, Gil Wright.

Back row: Dan Beckmann, John Butler, Erinn Dearth.

Everyone who saw the performance of "Letters From Home" a year ago eagerly anticipated another entertaining performance by Erinn Dearth and Dan Beckmann. Like a couple of Energizer Bunnies, the duo sang and danced their way into our hearts once again at their Veterans Day show in Johnson Hall.

In their mission to honor veterans, Dearth and Beckmann roamed through the audience while singing songs of each branch of the service and embraced or

(continued on next page)

Veterans Day Observances

(continued from preceding page)

shook the hand of each one who stood while his or her song was performed.

Engaging the audience even further, Gitti Hardage, Joe Ruthenberg, John Butler, and Gil Wright were called to the stage to drive the “jeep” as Dearth and Beckmann sang and danced. Joyce Ezell even managed to get a shoulder massage from Beckmann, who wandered into the audience during one of their numbers.

Many parts of the country will be able to enjoy this engaging couple, who, by the way, are indeed engaged to be married, when they embark on their 50-state tour in January 2023.

Their itinerary can be found on their website, lettersfromhomesingers.com. Everyone in the audience agrees that they are welcome back to Fleet Landing any time.

November WELLInspired Learning Series

By Victoria Freeman



Sue Dukes (l) and Jennifer Joy

The speaker at the November 2 “WELLInspired Learning Series” talk was Sue Dukes of The Nutrition and Education Group. She and Jennifer Joy, Director, Wellness Services, spoke at the November 16 session. The talks were held in Johnson Hall.

Diabetes Education

Sue Dukes began her talk by describing type 2 diabetes, which is no longer known as adult-onset diabetes because it can also occur in younger people. The food we eat is broken down into glucose, the simplest form of sugar. The pancreas is then stimulated to secrete insulin. Insulin allows the body to absorb glucose for energy. Without adequate insulin, glucose circulates in the blood stream. Type 2 diabetes occurs when the body does not produce enough insulin or the cells ignore the insulin. Elevated insulin levels cause harm to eyes, heart, kidneys, and nerves. Diabetes is not a “sugar” disease. It is a whole body disease.

Symptoms of diabetes are hunger, fatigue, extreme thirst, frequent infections, blurred vision, slow healing, tingling and numbness in extremities, and recurring skin, gum, or bladder infections. If two or more symp-

toms exist, consult a doctor.

Diabetes is silent and progressive. Heart disease death rates and stroke risk are two to four times higher with diabetes. Other possible effects include kidney failure, blindness, amputations, and a shortened lifespan.

The cost of the disease is immense (\$327 billion in the US in 2017, for example). Risk factors include age, being overweight, high blood pressure, low HDL cholesterol, family history, and inactivity.

Diabetes is not treated with a low carb diet. A healthy and consistent amount of carbs should be eaten at every meal to prevent spikes and drops in blood sugar. Carbs should be balanced with protein and fat. Total carbs should be less than or equal to the sum of fat, fiber, and protein.

The American Heart Association recommends limiting the amount of added sugars in your diet. This means no more than 100 calories per day for women (approximately six teaspoons), and 150 per day for men (approximately 9 teaspoons).

Ways to reduce sugar consumption include avoiding highly processed food, using puréed fruit to sweeten oatmeal and baked goods, and drinking seltzer water instead of soda.

Approximately one in three Americans have prediabetes. In prediabetes, glucose levels are elevated, but not yet in the diabetic range. Without intervention, type 2 diabetes is likely to develop within 10 years, but healthy lifestyle changes can significantly reduce risk.

In closing, Dukes made several points: In many cases diabetes can be prevented. Once you have diabetes, you will have it forever. You should know your family history with the disease, have your blood values checked regularly, and take action through nutrition, exercise, and lifestyle changes.

Preventing Diabetes at Fleet Landing

Sue Dukes and Jennifer Joy began their November 16 presentation by citing the consequences of a “little” weight gain—a timely reminder because the holiday season is a time known for putting on pounds. They focused on one of the consequences of such weight gain, the risk of developing type 2 diabetes. Much of their talk was a review of information presented in the November 2 “WELLInspired Learning Series” talk as reported above.

Joy and Dukes will again teach the Lifestyle Change Program, which was offered for the first time this year. It is based on the CDC’s Diabetes Prevention Program. From January 10 to March 28, there will be 12 weekly one-hour meetings focused on healthy, balanced eating and physical activity. Monthly maintenance classes will follow the conclusion of the weekly classes for the remainder of the year. The cost is \$150. To enroll, contact Jennifer Joy at jjoy@fleetlanding.com. In addition, Dukes will begin a diabetes support group that will meet monthly and feature outside speakers. There will be no charge to participate in this group.

Spinnaker Society Celebrates Tenth Anniversary

(continued from page 1)



Left: View from the second bus with a police car in the lead.

Right: Motorcycle policeman stops traffic to allow the buses to go through an intersection. (Photo by David Miron)

Guests then went to the dining room on the top (35th) floor for dinner. After Fleet Landing resident, the Rev. Pete Wait, delivered the invocation, Olivia Bush, Director of Charitable Gift Planning, spoke briefly. She commented on the outstanding success of the Spinnaker Society. An expertly served dinner followed. Executive Director Josh Ashby delivered remarks during the dessert course. He noted that the gathering was a celebration of the generosity of donors to the Spinnaker Society, which had been formed to recognize the financial contributions of individual residents for the support and improvement of Fleet Landing's facilities and programs. In its ten-year history, the society has had the support of over 260 individuals, and gifts had exceeded \$18.5 million. He recognized two persons seated at his table: resident Howard Burdick, a founding member of the society, and Steve Jarecki, chair of the Board of Directors when the society was formed. Jarecki and his late wife, Sue, were early members of the society, and he is now a Fleet Landing resident. Ashby announced that a donor-recognition art installation had been commissioned. It will be placed in the Atrium across from the new mailroom. Society members will have a chance to meet the artists at a reception early in 2023. In closing, Ashby recognized Bush for her efforts throughout the ten years of the society's existence.

Did You Know?

By Nancy Lundgren

- Dutton Island is the site of a prehistoric settlement dating back to 3570 B.C.
- The "Pablo" designation for the Beaches communities comes from the San Pablo Mission established in 1597 on the San Pablo River.
- Three railroad lines ran to the Beaches in the late 1800's to transport tourists to grand oceanfront hotels there.

• Neptune Beach was originally supposed to be called Florida City.

Neil McGuinness, local author and historian, presented these bits of history and so much more in his "History of the Beaches" presentation on November 3 in Johnson Hall. In 2010, he wrote



The Beaches: A History and Tour about the 37-mile-long unnamed island that runs from Mayport through Atlantic Beach, Neptune Beach, Jacksonville Beach, Ponte Vedra, Palm Valley, the Guana Preserve, and ends in Vilano Beach.

McGuinness spoke about many of the people who influenced what and where our Beaches neighborhoods, roads, and bridges were built. He told stories about various founding families, including the McQueens, Stocktons, Fletchers, Oesterreichers, and McCormicks, who helped make The Beaches communities what they are today. The 45-minute presentation covered 5,700 years and 37 miles of The Beaches history and left us wanting more. McGuinness's book is available at The BookMark in Neptune Beach and at the Beaches Museum in Jacksonville Beach.

November MOAA Meeting

By Carol Smith



LtoR: Ed Fahy, Len and Suzie Loving, Ed Ardis, Pat Kluever, Jackie Smith

The Historic Mayport Chapter of the Military Officers of America Association (MOAA) held its annual meeting on November 29 in Johnson Hall. Chapter President Pat Kluever opened the meeting with the Pledge of Allegiance. A short business meeting was conducted, and Kluever announced that there was a vacancy on the nine-member board. He nominated Jackie Mears to fill that position, and she was unanimously elected. Mears is also assuming the role of Chapter Surviving Spouse Liaison, replacing Peggy Steck, who was thanked for her four years of service. Another consequence of the vacancy is that Kluever has assumed the additional role of Legislative Liaison.

Colonel Len Loving, USMC (Ret.), was introduced to present a program on the Five Star Veterans Center in Jacksonville. Founders of the Center, Loving and his wife, Suzie, serve as chief executive officer and chief

(continued on next page)

November MOAA Meeting

(continued from preceding page)

administrative officer, respectively, of this nonprofit organization. Ed Ardis, who was also present, is its Statistics and Reporting Analyst. The Center provides valuable assistance to area veterans. Established in 2012, its mission is “To provide displaced military veterans the safe housing and the supportive services they need to successfully transition to living independently in a place they call home.”

To achieve the goals of its mission, the Center offers a program called Passport to Independence, which provides veterans on-site services that restore their mental and physical health and provide education, job, and life readiness preparation. It also offers post-residential support programs to ensure a successful transition to civilian life. In its 10 years of operation, the program has graduated over 400 veterans.

Fleet Landing residents were thrilled to hear about a young man who worked in Dining Services here while in the Passport to Independence program. Loving shared that Randy Wolffis successfully completed the program and is now a chef at Topgolf Jacksonville.

The 5-Star Veterans Center is funded through government and corporate grants and individual donations. To assist in this valuable effort on behalf of veterans, Kluever presented a \$500 check from the Historic Mayport Chapter.

Len Loving has ties to Fleet Landing. He is a former member of our Board of Directors. He is also friends with several residents who are MOAA members, including Ed Fahy and Jackie Smith.

Chips & Putts

By Bob Neal

The Fleet Landing Golf Committee monthly tournament, delayed a week by Hurricane Nicole’s tropical storm-force winds and rain, was held on November 17. Twenty hearty and determined golfers played in challenging conditions with temperatures in the 40s and winds from the north at 15 mph. Needless to say, many errant shots were blamed on the weather.

Team 3 took first-place honors with a score of 73 and 2 birdies. Captain Miles Nogelo said his team didn’t notice any wind or cold as they sank 114 feet of putts. Other members of the team were Rick Rochelle, Joan Moorhead, and Bob Peterson. In second place was Team 4, made up of Jerry Bowles (captain), Mike Moorhead, Sally Pitard, and Bob Hunter, with a score of 77 and 2 birdies. Team 4 took the Birdie Trophy, which was awarded to Hunter. Team 5, with Maura Kelly (captain), Price Schwenck, Dick Beltson, and Bob Ellis, had a score of 78 and 1 birdie. Team 1, captained by Julie Rochelle, with Keith Riechmann, Bill Spicer, and Bunky Johnson, scored a 79 and no birdies. In last place was Team 2, made up of Bob Springer (captain), Gail Sharp, Mike Marchetti, and Bob Neal, with a score

of 80 and 1 birdie.

“Longest Drive” honors went to Moorhead for the women and Johnson for the men. “Closest to the Pin” for the men went to Johnson. There was no winner for the women.

The next tournament will be December 8 at Windy Harbor followed by a social meeting for all members at Johnson Hall to discuss organizational changes.

New Coach News

Photos by Janet Silvester and Isobel Spink

One of the amenities of the new motor coach is a wheelchair lift. It was put to use for the first time on November 30, when Joyce Ezell and 17 other residents headed to Alhambra Theatre & Dining to see Irving Berlin’s *White Christmas*.



Chris Wellington prepares to use the wheelchair lift for a smiling Joyce Ezell as her husband, Robert (standing), looks on. Brandon Levy was on hand to explain to the passengers how it all works.



Left: Underway! Right: Almost on board!

FLiCRA Holds Statewide Annual Meeting

(continued from page 1)

for enforceability, She cited as an example a nursing home bill of rights, including provisions such as freedom from physical and chemical restraints, that was part of federal legislation in the '80s. However, the statute lacked a mechanism for enforcement. Leaving that up to the states has proven to be problematic.

Connections between regulators and legislators. With FLiCRA as an example, Pearson emphasized the effectiveness of state CCRC organizations in establishing these connections. Members can share concerns and present a plan to address them, often in cooperation with provider organizations.

Goals. Pearson is an advocate for residents on boards of directors. She reported that New Jersey, urged by residents, was the leader in making this mandatory. Florida has taken a different approach, creating a pathway for effective communication between residents' councils and the leadership on the provider side.

Contracts. Pearson encourages state CCRC organizations to collect contracts and compare them. She said it was wise to look out for a provision giving the provider a unilateral right to change contract terms in the future without a new contract. This should not happen.

Role of nonprofits. Pearson discussed aspects of the level of charitable activity required for nonprofit CCRCs to maintain the state and federal level tax advantages of being classified as a charitable organization.

The annual meeting concluded with the installation of the new FLiCRA state board. In keeping with the tradition of family service to FLiCRA, board members elected Patricia Burdsall of Indian River Estates, West in Vero Beach, as president—a position once held by her late husband, Milt.



The UNF Percussion Ensemble program featured music ranging from Bach to Latin sounds. The ensemble is directed by University of North Florida Associate Professor Dr. Andrea Venet. The 12 students performing in Johnson Hall on November 18 were extremely talented freshmen and sophomores, whose majors ran the gamut from music to criminology.



Andrea Venet

Opening with a snare drum solo, the program then went on to highlight the marimba. Several of the students played this instrument, impressing the audience with their versatility. The ensemble showcased ten different percussion instruments. Members of the audience held many of them in one rousing number that incorporated all ten. Three freshmen played one intriguing piece, using pans, china, and other household pieces. The purpose of the exercise was to acquaint students with a variety of sounds.

All in all, a very entertaining and interesting concert that gave insight into the talent that comes to UNF for its renowned music programs.

UNF Percussion Ensemble

By Chet Davis



Perspectives on the US Economy

By Enith Vardaman

The speaker at the World Affairs Council "Global Issues Evening" lecture was Austan Goolsbee, the Robert B. Gwinn Professor of Economics at the University of Chicago's Booth School of Business. He is considered one of the world's leading experts on business, government, and the economy. He proved to be an animated speaker on the topic "America in the World Economy: What Is the New 'Normal'?" The lecture was held at the University of North Florida and simulcast at Johnson Hall.

Goolsbee asserted that the COVID-19 economic downturn was not a recession. Purchases of large durable goods are what decline during a recession, but people bought more cars, TVs, and housing because they could not spend money on anything else. It was the

(continued on next page)

Perspectives on the US Economy

(continued from preceding page)

service sector that suffered—no trips to the barber or dentist, for example. Never have services driven a recession.

Goolsbee then turned to the topic of inflation and the two schools of thought about how it came about. Some argue that it was caused by an increase in demand because of stimulus funds from the Cares Act and the American Rescue Plan Act. Others blame supply chain issues and the war in Ukraine. He favors the latter argument, noting that all countries in the world are experiencing inflation, and US inflation is not as bad as in other countries.

Goolsbee offered his thoughts about the possibility of a recession, while admitting that economists are awful about predicting them. He cited three causes of recessions: burst bubbles in the housing market or stock market, high oil prices, and especially the Fed raising interest rates faster than the economy can handle it. He said all three were “blinking yellow” right now. He sees a high danger of the US and the rest of the world going into recession.

His final topic was long-term trends. In particular, he saw the reversal of two current trends: moving out of metropolitan areas and dealing with supply chain issues by making things domestically at a much higher cost than manufacturing them abroad.

Goolsbee ended on an upbeat note. Taking 1900 as his starting point, he enumerated some of what the US and the rest of the world had endured, including world wars, a flu pandemic, runs on banks, and hyper inflation. With its innovative capacity, the US had overcome all of that while raising the standard of living. He said, “It’s going to be fine. It’s just going to be a bumpy path right now.”

An Early Christmas Present

Text and photo by Tom Hilton

An early November Christmas present arrived for Mary Steinke, when she and John Pawek again found themselves to be the final two pool players in our month-long tournament. The last time this happened, they declared themselves to be co-champions and chose not to play each other. This time they decided to play, and Steinke won. Congratulations to the **first woman** to ever win the Fleet Landing Pool Championship in the 32 years of Fleet Landing’s existence. Never mind the fact that the Pool Club has only been in existence for eight years.



Winning a pool match was really no surprise to Mary, for her father was an excellent player and taught her much that she now knows.

Moreover, her husband, Tom, is a very good player, as is her father-in-law, who, when she first met him, was actually playing pool. Mary also admits that this was one of the ways she “earned her way” through college. In addition to all this, she has also been quite successful playing croquet on campus. She did not comment on the connection between the two, but I wonder ...

Want to join the fun? A new signup sheet will be on the Coleman Center bulletin board where all “used-to-be’s” or “want-to-be’s” may sign up for a new 8-Ball Tournament.

Wildlife Around the World in 40 Minutes

By Nancy Lundgren; photos by Jim Stephenson



(continued on next page)

Wildlife Around the World in 40 Minutes

(continued from preceding page)



On November 7, resident Jim Stephenson took us on a whirlwind trip around the world with his beautiful photos that became even more interesting as he (with help, of course, from his wife, Carmenza), shared personal stories about the photos.

The tour began in China with the story of Mao Zedong ordering the elimination of sparrows in 1958, which had the unexpected consequences of famine, loss of lives, and reduction of wildlife. Just a few photos of birds, a goat, and a koi pond reflected this history. The terracotta soldiers, however, were front and center as Stephenson described the accidental unearthing of the soldiers and the resulting tourist boom to see the originals and replicas.

On to London, with the Queen's Guard on parade and a quirky statue of a man balancing an elephant by its trunk above his head. The salt mines in Spain were both fascinating and a little eerie. Gibraltar was fun with the photo of Carmenza and her Barbary macaque monkey friend.

Newfoundland's puffins, penguins, and whales wowed us next. An audience favorite bird, the green jay, hails from Texas. Latin and South American birds brought lots of color to the screen. We saw an albatross mating ritual and tortoises from the Galapagos Islands.

African photos featured the big five game animals: the lion, leopard, black rhino, bush elephant, and buffalo. Giraffes, tigers, hippos, ostriches, wildebeests, and zebras made guest appearances as well.

One "posed" photo of Jim and Carmenza up close and personal with a group of Masai warriors dressed in beautiful blue tribal wear was really impressive.

It was a great travel experience, as always, with the Stephensons, and, yes, there's another presentation coming soon to Johnson Hall. Stay tuned.

Marine Corps Birthday Observances Flag Raising

Photos by Isobel Spink

While Fleet Landing was spared the full wrath of Hurricane Nicole, November 10, the 247th birthday of the Marine Corps, was a windy and rainy day. Because of the inclement weather, residents first gathered in the lobby of the Coleman Center, where they enjoyed treats. A break in the rain—but not in the wind—allowed for a

successful, if difficult, raising of the US and Marine Corps flags. The celebration then resumed indoors. Subsequent increasingly windy conditions resulted in the retrieving of the flags to prevent damage to them.



Birthday Cake

Photo by Michele West

Later on November 10, twenty-nine people gathered in The Annex for the traditional celebration of the birthday of the Marine Corps with birthday cake.



Duane St. John, the oldest Marine present, cuts the birthday cake, assisted by Frank Donnelly. To their left is Ernie Young, the youngest Marine present. He is the son of residents Teddi and Ernie Young. As is the custom, the oldest and youngest Marine received the first two pieces of cake.

Artists of Fleet Landing

The current exhibit in Windward Commons features 22 artists, some of whom are displaying more than one painting. The subject matter and medium vary widely. Below is one work by each artist.



Left: Imogene Coleman's "Autumn Trees."
Right: Carol Bowser's "Dappled Light."



Left: Jelena Gill's "Will We Make It on Time: Hope."
Right: Julia Pet-Armacost's "Sanibel Light: The Wrath of Hurricane Ian."



Left: Craig Miller's "Tuscany."
Right: Peggy Holz's "Laughing Gulls."



Left: Helen Craig's "Swallowtail on Lantana."
Right: Glenn Perry's "Van Ness, Marion Hill."



Left: Hanley (Bo) Smith's "Bald Eagle."
Right: Frances Jones's "Swamp."



Sarah Lamont's "Sunlight Sparkles"

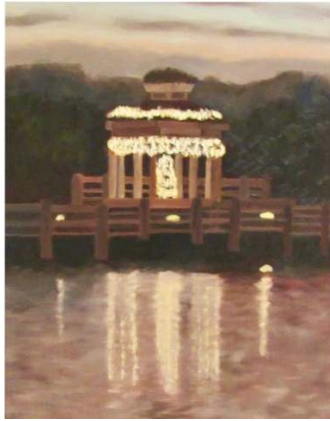


Left: Sally Pitard's "Meow!"
Right: Tom Dames's "BackWhen."



Left: Barbara Milon's "Giraffe."
Right: Richard Lundgren's "Snowy Creek Bed."
(continued on next page)

Artists of Fleet Landing
(continued from preceding page)



*Left: Ann Brodt's "The Nativity."
Right: Jackie Stack's "Holiday Evening at the Lake."*



Buzz Hassler's "Safe Landing"



*Left: Stella Bratcher's "Vase of Tulips."
Right: Lynn Blakemore's "The Edison and the Chevy."*



*Left: Paula O'Bannon's "A Fleet Landing Fuffe."
Right: John Hen's "Bunch of Mangos."*

Octoberfest Celebration

Text and photos by Pete Wait

The 5300 Mailbox Group party was held at The Annex on November 2. The German Octoberfest theme was complete with appropriate beer, wine, and wonderful food, including fabulous desserts overseen by Chef Mike Stortz. The 19 attendees also enjoyed wonderful fellowship.



Mike Stortz, the chef



In Memoriam

Doris Bechtel
1923-2022
Emma Park
1927-2022

Ed Fenton
1924-2022
Ron Poppell
1938-2022

Welcome Aboard

8131 Betty Renzi (November '21)

Betty lived in Maryland for most of her life. She attended the University of Maryland and graduated from Annapolis Business College. She worked for attorneys there and then was hired by IBM in Gaithersburg, where she retired after a successful career. Betty studied her genealogy and wrote *High Tea*, a story of her paternal side, Fleet, and maternal side, Maxwell. Both sides were in the seafaring and shipping business. Captain Henry Fleet(e) was a liaison with the Indians in 1600's and directed one of the Lords Baltimore's ships to the Maryland shore, where the first capital of colonial Maryland, St. Mary's City, was established.



John Renzi, Betty's husband of 55 years, served as principal oboist in The US Marine Band Orchestra at the White House from President Kennedy's through President Ford's terms of office. John was the son of Paolo Renzi, principal oboist with Arturo Toscanini and the grandson of Remigio Renzi, organist at the Vatican for over 50 years. His brother, Paul, was a brilliant flutist with San Francisco Symphony.

Betty and John had four children, one of whom is deceased. She moved to Fleet Landing from the Florida Keys, where she and John lived for over 20 years—hurricanes and all. Her "claim to fame" came some years ago when she tap danced with her group at the Marathon Theater and Tennessee Williams Theater in the Keys. Now her activities include croquet and playing handbells at church.

—Kristin Perry

8220 Dana and Bob Neal (October '21)

Bob and Dana were born and grew up in small towns in different areas of the Southeast. While attending college in Hattiesburg, MS, a fortunate blind date arranged by friends, brought them together to share a life filled with many adventures, joys, and friendships.



Following graduation and marriage, Dana became an elementary school teacher, and Bob joined the US Air Force.

After pilot training in Texas, where their first daughter was born, Bob went to Vietnam. That year Dana had the challenges of being a waiting wife and new mother while teaching school. Dana continued to be a dutiful military

wife through assignments that took them to Illinois, where their second daughter was born; Washington, DC, and Texas. In Charleston, SC, Bob flew worldwide airlift missions in the C-141B aircraft. This was also where they met their friends Marily and Bob Peterson, who became Fleet Landing residents the day before the Neals. Following a tour as a squadron commander, the Neals went to the U.K., where Bob was the US Air Force representative in the Royal Air Force College of Air Warfare. After an assignment to NATO in Naples, Italy, they returned to the US, where Bob served as Commander of the 63rd Airlift Wing during Desert Storm. Flying took him around the world while landing in places like Antarctica.

Following retirement from the Air Force, the Neals settled on the Mississippi Gulf Coast where Bob was a financial advisor and Dana taught school.

—Kristin Perry

8432 Libby and Randy McDonald (November '21)

The McDonalds both grew up in US Navy families.



Libby was born in Newport, RI, and moved every year until high school. She holds a B.S. in nursing. Randy, who was born in Fort Worth, TX, graduated from the University of Texas at Austin in the ROTC program. He then trained as a Naval

Flight Officer in flight school.

Libby and Randy married in 1980. Randy, who served in the Navy for 21 years, flew tactical carrier aircraft. He was also in charge of unmanned aerial vehicle units during and after the Gulf War. Libby specialized as an operating room nurse for the last 22 years of her 34-year nursing career. Every time they moved, she worked in a new hospital.

Randy owned a Catalina 27 sailboat and taught Libby sailing. They sailed for years, and after retiring in 2001, they moved to Key West—Cudjoe Key—and built their dream house on a canal with a deck boat out back. They lived for 21 years in the Keys and enjoyed lobstering, stone crabbing, swimming, snorkeling, and sailing. They still own a condo in Key West in order to return to the Keys periodically.

As a member of the Fleet Landing Yacht Club, Randy now enjoys sailing via remote control on Lake Constellation, and he enjoys the Woodworkers. Libby

(continued on next page)

Welcome Aboard

(continued from preceding page)

plays handbells in church. Both attend exercise classes, go on Fleet Landing excursions, and are members of MOAA and the Travel Club. Libby and Randy enjoy meeting so many interesting people here at Fleet Landing.

—*Kristin Perry*

8323 Ken Swartzendruber (November '21)

As a Chief Electrician's Mate in the US Navy, Ken did electrical drawings for ship alterations and worked on minesweepers, aircraft carriers, and frigates for 19 years. He was born in Wellman, IA, but after retiring from the Navy in 1977, he settled in Jacksonville Beach and lived there until his move to Fleet Landing.



During his time in the Navy, he and his wife, Melva, and children lived in Japan for two years. After retirement, Ken worked as the systems programmer for Devtronics, a company that manufactured computer boards to interact with railroad machinery and made the hardware for detecting overheated ball bearings and put them under computer control. He was also the field engineer to detect problems with railroad hardware and software. General Electric bought Devtronics and set him up with his own company, WesTek, that upgraded legacy field installations and solved software problems. He worked with major railroads including CSX and Canadian National Railroad.

Ken got his license to be a commercial pilot and became a flight instructor, flying a Cessna Cherokee. He has four children (two sons and two daughters), nine grandchildren, and thirteen great-grandchildren. Some of his family live in the Jacksonville area, and others live in Georgia and Washington DC. He visited many retirement communities, but decided to come to Fleet Landing because of the "nice presentation." His daughter comes to visit him now twice a week to sit and talk.

—*Kristin Perry*

Santa Pig and the Pig Helpers

Photo by Enith Vardaman



Virginia Byrd's pigs never fail to bring smile.

Thanksgiving Treat

Photos by Rae Donnelly

The annual Thanksgiving morning bash at Pete's Bar in Neptune Beach had something extra this year: a visit from the Budweiser Clydesdales.



Who could resist an opportunity to see the Clydesdales? Certainly not these Fleet Landing residents. LtoR: John Lones, Mary Kluever, Louise Lones, Frank Donnelly, Rae Donnelly, Pat Kluever.

Retention Pond Visitors

Fortunately, resident Janet Silvester never goes anywhere without her camera. On a recent walk around campus, she found all of these feathered visitors hanging out together at the retention pond near North Point.



Left: Little blue heron. Right: Close-up of little blue heron. (continued on next page)

Retention Pond Visitors

(continued from preceding page)



Left: Hooded merganser. Right: Mottled ducks.



Little blue heron and white ibises

Birds of a Feather ...

By Nancy Lundgren; photos by Janet Silvester



... Gathered together at Sheffield Regional Park for Fleet Landing birdwatchers on November 14. Masses of yellow-rumped warblers darted in, out of, and above the trees. Later, as we walked around the ball field, at least ten bluebirds lined up on a fence dressed in their blue, rust, and white colors.

The trees seemed especially welcoming to the more than 30 different types of birds we spotted and heard that day. There were red-winged blackbirds, crows, pied-billed grebes, woodpeckers, eastern phoebes, ruby-crowned kinglets, house wrens, Carolina wrens, swamp sparrows, blue jays, cardinals, and so many others. One serendipitous “photo op” occurred when a yellow-bellied sapsucker posed on a nearby tree for us.

Looking skyward, we saw the usual patrollers (turkey vultures, bald eagles, and red-shouldered hawks) swooping overhead. In and around the lakes there were common gallinules, anhingas, double-crested cormorants, little blue heron, ibis, and a great egret who pulled a fish out of the water, walked to the shore, and swallowed it head first in one movement. Amazing.

Then, of course, the ever-present Canada goose gangs maintained their surveillance tours around the park, checking on all activities. One old-looking Muscovy duck sat next to the lake eyeing us suspiciously, but out on the water, a pair of mallard ducks and an American coot serenely swam by.

Fleet Landing birders definitely won the bird lottery that day with bird sightings, perfect weather, and the education from our very own Fleet Landing experts-in-residence.

See you in December, when we head over to Hanna Park in search of more “feathered friends” there.

J.P. Soars and Anne Harris

By Enith Vardaman



The “J.P. Soars Gypsy Revue” raised the roof in Johnson Hall on November 4. Soars provided vocals and played familiar instruments (guitar and banjo) as well as others that were not so familiar (Merlin stick dulcimer and cigar box guitar). He was joined by another guitarist and a drummer. All were excellent musicians who got to shine individually at various points during the concert. The special treat was violinist Anne Harris’s spirited and virtuoso playing.

Some tunes were unfamiliar, some were by familiar composers such as Muddy Waters and Duke Ellington, and Soars and Harris each performed one of their own compositions. Tempos ranged from slow to breakneck speed. The next-to-last piece featured a central portion with all of the musicians performing on percussion instruments. The group’s last number had the audience clapping along—a fitting close to a concert where performers and audience alike seemed to enjoy themselves throughout.