



FLEET BEAT

VOL. 33 No. 2

THE FLEET LANDING RESIDENTS' NEWSPAPER

March 2023

February Tea with Travis

By Chet Davis



The February 7 “Tea with Travis” began with pictures of Chief Operating Officer Travis Schryer’s young relatives from the Pacific Northwest enjoying the warmer water of our beach with his children. Good news followed: a notable decline in COVID-19 in Duval County as well as only two cases at Fleet Landing, one staff member and one resident of our health care continuum.

Fleet Landing Home Health was the meeting highlight, which showcased the many services available to residents. Recovering at home after a hospital stay can be covered by Medicare. Services include intermittent skilled nursing, physical and occupational therapy, and speech-language pathology. These services are not intended to be of long duration, as Medicare expects a restoration to independent living. Fleet Landing Home Health offers private pay services ranging from one-hour bath or laundry assistance to companion care and registered nurse assistance. It also provides complimentary home health assessments and health screenings. Schryer noted that as more and more residents want in-home care, management is working to enhance this capability.

The newly instituted “Blast From the Past” feature of “Tea With Travis” highlighted a 1997 *FLEET BEAT* article (February 1997, page 1) by its former editor, the late Charlie Styer, about the launch of Fleet Landing’s website on what was then referred to as the World Wide Internet.

Schryer displayed photos of Maddy and Paul Mocko, who were participating in the DONNA Marathon Weekend Half Marathon, and of the Fleet Landing residents cheering them on as they passed the Selva Gate. (See article on page 7.)

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First, but Not Last, Talent Show

By Victoria Freeman

Photos by Ed Hollender and Janet Silvester



It is true that “Fleet’s Got Talent.” The February 25 show, which played to a packed house, opened with the Dulcimer Doers (Robert and Victoria Freeman, Julia Pet-Armacost, Carol Bowser, Imogene Coleman, Sandy Pawek, Carol Smith, and Jackie Stack) encouraging the audience to sing along with “You Are My Sunshine.” The



Bob Armacost and Julia Pet-Armacost

Doers version of “Peace in the Family,” a Ukrainian folk song, was enhanced by the “We Stand With Ukraine” banner held by Julie and Rick Rochelle. Other instrumentalists in the show were Richard Wong (electric guitar), Bob Armacost (guitar), Larry Rose (guitar), Eunice Rogerson (saxophone), Karen Sturtevant (piano), and Ivy Suter (violin).

In a dance number, Anna and Ernie Bio took the Johnson Hall audience “Back to the ’50s” to the instrumental accompaniment of Eunice Rogerson and Wong. Then John Rogerson sang and danced his way through 1961’s “Who Put the Bomp?”

The singers in the show, Julie Rochelle, Steve Hammer, Ron Myers, Gary Reichow, Julie McLaughlin, Julia Pet-Armacost, Rogerson, Rose (who also had some emcee duties), and Driver Rob Friedman, entertained with a variety of tunes.

The program included the spoken word. John Rogerson, in a baseball uniform, was “The Greatest.” Kurt Medina presented a very realistic Mark Twain. The Freemans dedicated their three-minute “Fast Fleet History” to late residents Joann and Bud Abelein who had planted many of the campus camellias *before* they moved on campus.

A comedic *Wizard of Oz* finale brought waves of audience laughter. The skit featured three Dorothys: (Julia Pet-Armacost, Sue Myers, and John Rogerson), with

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February Residents' Council Meeting

By Howard Burdick

Residents' Council President Eileen Theis convened the February 21 council meeting in Johnson Hall.

Management Summary. Chief Operating Officer Travis Schryer reviewed several enhancements to dining facilities and menus, including hot sandwiches at the Coffee Shop and expanded hours and seating capacity at 30 North. The Coleman Center renovation would have some minor temporary impact on placement of tables in Lakeview.

Council Reports.

Vice President Nancy Russell reviewed the preparations and procedures for the annual election of new council members in April. Five members are to be chosen. The names of candidates will be announced at the March council meeting, and residents will have several opportunities to learn more about them in April. Council member Lory Doolittle, who chaired the Nominating Committee, named the other committee members: Katherine Harlan, Gerry Nogelo, Kristin Perry, and Joe Ruthenberg.

Treasurer Bob Armacost reported the unaudited data for 2022, noting that our operating loss attributed to maintenance expenses and to healthcare revenues and expenses put us \$4.7 million below budget. Cash on hand and the debt service coverage ratio were well above requirements.

Human Resources. Russell reported that the Staff Member of the Month for January was Josephine Cutamora of Housekeeping. There were 212 Lobster Tales submitted in January. Fleet Landing is now staffed at 91 percent, with 469 employees.

Marketing and Safety and Security. Charles Winton noted 697 independent living residents in 482 units, with essentially full occupancy. Sales goal for 2023 is 31 units. Assisted living and memory care occupancy is doing well. Winton thoroughly reviewed the operation of the emergency pull cord system, and he cautioned all to be mindful of our 15 mph speed limit and to use designated crosswalks.

Wellness, Transportation, and Clubs. Jackie Mears reviewed several upcoming events. She reminded everyone of the procedures and prohibitions of our bike and trike share program. A majority of our residents are participating actively in sponsored or individual exercise programs and report more energy and zest in their lives.

Dining Services. Ray Bratcher reported that Andre Dawkins, Lakeview's new chef de cuisine, had already made a difference.

Healthcare. Janice Flock emphasized the importance of keeping red envelope information up to date. She urged residents, especially those without family nearby, to have a friend or neighbor as an advocate especially in regard to medical needs. All were reminded that Florida law requires pedestrians to use sidewalks when available. Walk facing traffic when

walking in the street is necessary. Residents' councils for our assisted living facilities are up and running. To avoid blocking entrances to these facilities, one should not park in the middle of the portico when picking up or dropping off residents.

Facilities. Lory Doolittle noted recent zone inspections. She recommended submitting interior maintenance requests on Fleet Link and reminded residents to be patient about a response because emergency issues would take precedence.

Resident Suggestions. Secretary Judy Poppell reviewed two categories of suggestions: those for which there has already been a response, and those with a response pending. They are too numerous to list here, but 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."

The next council meeting will be on March 21 at 2 pm in Johnson Hall.

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

Chips & Putts

By Isobel Spink

Twenty-eight enthusiastic golfers hit the links at Jax Beach on February 9 for our monthly scramble. There were only five ladies, but we hope more will join next month.

In the afternoon, we gathered in the second floor classroom in Windward Commons to hear Bob Neal fill us in on the results. First place went to the team of Jim Wayrynen (captain), Isobel Spink, Mike Moorhead, and *(continued on next page)*

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Maureen Miller	Carolyn Stoner

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.

Chips & Putts

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Dick Beltson, with a score of 64 and 8 birdies. Second place, with 67 and 5 birdies, went to captain Harry Sweeney's team with Maura Kelly (who won both women's longest-drive *and* closest to the pin), Keith Riechmann, and Mike Marchetti. Sharyn Jenkins captained the third-place team with Ray Rigney, Paul Donohue, and Lindsay Norman, scoring 68 with 4 birdies. The day's birdies from the group totaled an excellent 27.

Wayrynen won the men's longest-drive trophy, and Bunky Johnson was closest to the pin for the men. The long-lost Sandbagger Trophy was returned, and Wayrynen presented it to Beltson for his excellent long putts. The Birdie Trophy, which will return home soon, will be awarded at a later time.

Each captain commented on his fine team, and Price Schwenck thanked Bob Neal for his leadership. He noted that the Jax Beach golf course has been here for 70 years and how we all enjoy its short length.

The next tournament will be at Windy Harbor on Thursday, March 9.

Fleet Classics

By Chet Davis



On February 7, Fleet Classics presented a love-themed program of seventeen classical works by ten composers to an appreciative Johnson Hall audience. The ensemble is made up of Julia Pet-Armacost (flute), Gary Reichow (bass guitar), Bunky Johnson (clarinet), Charles Winton (French horn and trumpet), Karen Sturtevant (piano and keyboard organ), Eunice Rogerson (soprano saxophone), Ivy Suter (violin), and Bob Armacost (12-string guitar).

The musicians, who had spent six hours practicing together and many hours of solo practice, were in their best form. With the exception of the guitars, all the instruments were featured in one or more of the numbers. Sturtevant's performance of Bach's Toccata in D minor on a keyboard organ and Winton's of Purcell's Trumpet Tune in C major were notable examples.

Although residents are accustomed to traditional chamber groups or full orchestras playing these works, this unusual grouping of musicians produced enjoyable results.

FLEET BEAT News

By Enith Vardaman

We welcome Carolyn Stoner to the *FLEET BEAT* staff. Her first two articles can be found in the "Welcome Aboard" section of this issue. You can also read about her in Kristin Perry's article in that section.

Putin and Ukraine

By Bo Smith; photo by David Miron



Resident Terry Silvester and Fiona Hill

Fleet Landing residents have two ways of attending the World Affairs Council's (WAC) "Global Issues Evenings": We can attend live at the University of North Florida or watch a simulcast at Johnson Hall. Either way will give you the same insights, but in person adds a level of connection for me—one is right there with someone who has witnessed history.

The WAC February 21 presentation by Dr. Fiona Hill on "Russia, the U.S., and the World" was exceptionally current. She has advised presidents, was a senior director for Russian affairs on the National Security Council during the Trump administration, and is currently with the Brookings Institution. Hill shared the stage with an interviewer who presented questions. The tone for the night was set early, and here I am paraphrasing: "What would you advise President Biden to do in Ukraine?" She posited that there is no obvious answer; we should expect surprises; we should keep up American leadership; and we should buckle-up for a bumpy ride.

Hill has studied Vladimir Putin and been around him on various occasions. That doesn't necessarily make Putin knowable. Don't plan on figuring him out, but you can be sure that he has a carefully designed plan. He takes the long view of history, starting with his mythmaking of Mother Russia in the tenth century, and he views the war with Ukraine as part of that long history. However, because of his KGB background, he is more attuned to covert operations than military strategy—as shown in how the military effort has gone awry.

Hill didn't try to dazzle us with pat answers. Instead, she provided facts and insights and let us ponder our future with Russia.

The next WAC presentation is on March 21 when Graeme Wood discusses our relationship with Saudi Arabia. Meaty stuff!

January MOAA Meeting

By Chet Davis



LtoR: Dave Smith, Erin Smith, Pat Kluever, Jackie Smith



Examples of Ocean Sole artwork

Fleet Landing residents had a special treat at the Military Officers of America Association (MOAA) monthly meeting on January 31. They heard Erin Smith describe the work of Ocean Sole. Smith, the daughter of Fleet Landing residents Dave and Jackie Smith and a resident of Kenya, heads this nonprofit business that recycles flip-flops. This particular lecture was recently given at a university in Saudi Arabia and at the London School of Economics.

Although one might think there would be a limited number of flip-flops to recycle, they are the main footwear in many countries. When flip-flops are deemed worn out, most end up in trash that finds its way to the ocean and then washes ashore. Last year, Ocean Sole collected over 500,000 flip-flops from beaches and waterways and then upcycled them into works of art. A tribe in Kenya that made its living by woodcarving has been transformed into carvers of flip-flops, as sources of wood have disappeared or are in protected zones.

The work done by Ocean Sole is remarkable. Fifty percent of its workforce is women, and benefits are provided to all workers. The artwork ranges from small items representing a variety of animals to life-size

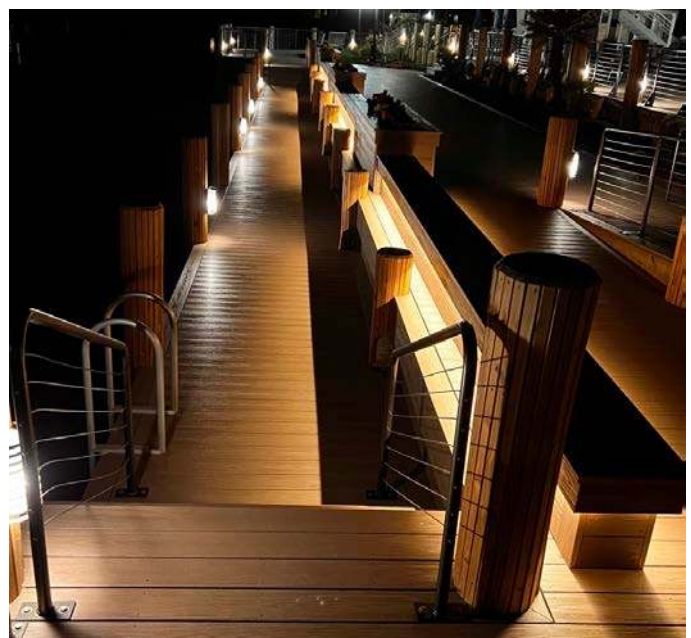
African animals that are displayed in museums, wildlife sanctuaries, gift shops, and zoos. One notable piece of flip-flop art, a full-size Honda, resides at an auto dealership in Alabama. A number of flip-flop creations were on display at the MOAA meeting.

The lecture was informative and gave valuable insight into the issues of preserving marine life, the need to keep beaches clean, and how recycling can achieve those ends. This enterprise educates through tours and advocates for conservation and for safe habitats for turtles and other sea creatures.

Ocean Sole has a website, oceansole.com, and maintains a warehouse in the Ponte Vedra area. Anyone who missed this Johnson Hall lecture should visit the website to find out more about the organization and to marvel at the creative use of discarded flip-flops.

More Deck Replacement Is Complete

Ann Bell and Enith Vardaman have been monitoring deck replacement progress.



Daytime and nighttime views

23 Skidoo Revue

By Isobel Spink; photos by Ed Hollender and Janet Silvester



Left: Randy Gilliam. Right: Mike Burns.



Left: Monica and Jim Coté. Right: Gary Reichow.



Left: Carolyn and Beryl Hubbard. Right: Julie Rochelle and Richard Wong.



Left: Pat Peterson and Mike Burns. Right: Joe Ruthenberg.



Left: Joyce Ezell. Right: Julie McLaughlin.

What a talent show! On January 31, emcee Beryl Hubbard led us through a wealth of talent, history, songs, and skits. Early on, he had us all clapping at the right time to his “Deep in the Heart of Texas,” and later, he and his wife, Carolyn, sang “Getting To Know You.”

Randy Gilliam and his good friend Mike Burns have been producing this show for nine years. Burns kept the music going throughout, with his guitar and voice always at the ready, and his “Jamaica Farewell” was a treat. Randy Gilliam shared two cowboy songs with us and “The Isle of Capri,” all garnering loud applause.

Kudos to Julie Rochelle, who did an amusing skit with Joe Ruthenberg and sang “Cotton Fields” and “Trashy Men” to the accompaniment of Richard Wong’s electric guitar. She had helped encourage talent for the show and spread the enthusiasm campus wide.

Other ladies also gave memorable performances. Joyce Ezell sang a Scottish-accented “Loch Lomond” followed by a rousing “Oklahoma!” Julie McLaughlin did two lovely solos, “I’ll Be Seeing You” and “Today.” Pat Peterson sang “Heart of My Heart” with Mike Burns.

Ruthenberg got applause for his comedic skill in several other skits, and we all cracked up at the George and Gracie episodes featuring Monica and Jim Coté.

Bob Ellis, Rick Rochelle, Bob Huhta, and Jeff Doherty, accompanied by Price Schwenck on guitar, crooned the so-appropriate song “Don’t Let the Old Man In,” whose lyrics will stay with us long after the show. (A comment by 88-year-old Clint Eastwood about dealing with age inspired Toby Keith to write the song.) Gary Reichow gave us a sad Hank Williams song,

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Left: Pete Sheridan. Right: John Johnson.



LtoR: Price Schwenck, Bob Ellis, Jeff Doherty, Bob Huhta, Rick Rochelle

23 Skidoo Revue

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“I’m So Lonesome I Could Cry.” After soloing on “Boot Scootin’ Boogie,” John Johnson put us “Back in the Saddle Again,” harmonizing with Mike Burns on Gene Autry’s famous number.

Pete Sheridan on piano rounded out the roster of instrumentalists, providing pre-show music and accompaniment for Ezell and McLaughlin.

Crew members John Coman (sound manager) and Gary and Toni Reichow (stage managers) kept everything running smoothly.

The show began and ended with a patriotic song, and the Johnson Hall audience eagerly accepted the invitation to join in the singing. They loved every number in the show, and the performers clearly appreciated the rousing support and loud applause.

Randy and Mike, keep it coming!

The KeyNotes in Concert

By Chet Davis



LtoR: Sue Stewart, Karen Sturtevant, Ann Milligan



Left: Ann Milligan and Pete Sheridan.

Right: Tom Dames.

The February 23 KeyNotes “Remember Childhood” concert featured nine works from Bizet’s *Children’s Games*, reflecting his perception of a swing, a merry-go-

round, leapfrog, and more. He captured the rhythms and sounds of the various games as, for example, when one could hear the trumpet and drum and the shuttlecock. Other pieces recalling childhood included “Jesus Loves Me.”

In changing combinations, the four KeyNotes pianists—Karen Sturtevant, Ann Milligan, Pete Sheridan, and Sue Stewart—played mostly four-handed pieces, with one composition played six-handed. Tom Dames’s commentary about each of the works added to the enjoyment of the concert for the Johnson Hall audience.

Kudos to these talented residents for their hard work in putting together an entertaining concert and their creativity in their choice of a theme.

Coleman Center Renovation New LakeView Outer Wall

Photos by Enith Vardaman



Views of the wall from outside the Coleman Center and inside LakeView.

Chamber Music with Love

By Nancy Lundgren



The love between Robert and Clara Schumann is an endearing story that celebrates their music, muse, and marriage. On February 22, the Lawson Ensemble from the University of North Florida, with guests Yukino Miyake (piano) and Ingang Han (second violin), entertained Fleet Landing residents.

The founding members of the ensemble are Nick Curry (cello), Clinton Dewing (viola), and Aurica Duca (violin). Thanks to the generosity of Walter and Cynthia Graham, these musicians have brought their chamber music concerts to Fleet Landing often enough that residents have a growing appreciation for the musicians and the beauty of their music.

The Johnson Hall audience heard two beautiful Schumann compositions, Piano Quintet in E flat major, opus 44 and the Piano Quartet in E flat major, opus 47. Curry, as usual, introduced each piece with historical context, followed by an interesting back-story about the Schumanns.

Robert Schumann allowed his music to speak the depth of love he had for Clara. In their first year of marriage, he wrote more than 130 songs for voice and piano, inspired by his feelings for her during their court-

ship and their new life together. The Lawson Ensemble musicians certainly affirmed the mood of love as they gifted us with an afternoon of beautiful chamber music.

Fleet of Foot and More

By Nancy Lundgren; photos by Janet Silvester



Selva Gate Cheer Squad



LtoR: Paul Mocko, Maddy Mocko, Ken DeVries

The DONNA Marathon Weekend took place February 3-5. The 2023 theme, “Destination DONNA,” reinforces The DONNA Foundation’s destination vision of a future without breast cancer as it celebrates its 20th anniversary year.

Fleet Landing residents Paul and Maddy Mocko ran the Half Marathon on February 5 and made it look easy. Ken DeVries worked as our “Mocko spotter,” running up and down 20th Street, returning in time to give us a heads-up of their arrival.

When Paul and Maddy reached the 7-mile marker located at the Selva Gate, the official Selva Gate Cheer Squad was there to hoot, holler, and whistle their encouragement, which brought big smiles and waves from the Mockos. After completing the race, they said, “The Selva Gate Cheer Squad gave such an emotional boost for us. You helped us reach our time goal.”

What a great day for the DONNA Foundation, the runners, the walkers, and the cheerers!

Jewish History Tour

By Carol Smith

Local historian Gary Sass, boarded the Fleet Landing bus in downtown Jacksonville on February 1 and directed the driver to the location of the oldest public cemetery in the city. Established in 1850, the cemetery contains a Jewish section, making this stop an appropriate way to begin the tour of Jewish history in Jacksonville.

The initial Jewish neighborhood in LaVilla received many Lithuanian immigrants in the early 1900's. The only building still standing from that era is a brick structure that once housed the Young Men's Hebrew Association (YMHA). After the Great Fire of 1901, many moved to Springfield in the 1920's. There, hundred-year-old homes can be seen in various stages of renovation and renewal.

A stop at Evergreen Cemetery gave residents an opportunity to get off the bus and wander through the Jewish section. Established in 1905 and originally called the Temple Cemetery, the section has been annexed into Evergreen. Sass entertained with stories of many community leaders who are buried there.

Completing the tour, the bus drove through the San Jose area, where the second oldest Jewish congregation in Florida is located. Chartered in 1882, Congregation Ahavath Chesed is the center of Reform Judaism in Northeast Florida.

Blount Island Marine Terminal Guided Tour

By Dita Domonkos; photos by Janet Silvester



As we entered the security gate of the Marine Corps Support Facility, Blount Island, on February 14, five marines, dressed in camouflage, boarded our bus. They would accompany us on a very special tour of this facility, which is usually closed to the public. They included Major Melvin Taylor, Company Commander, and Gunnery Sergeant Ryan Young, our guide. The main mission of this facility is to send equipment by ship to different areas throughout the world, including war gear to caves in Norway, close to Russia.

Driving through this massive facility, we saw equipment that comes by train from all over the country to be loaded on vessels at this port. There were lines of tanks with cannons, acres of containers, and huge buildings, such as Big Blue, where equipment that comes off the ships is checked out and refurbished as needed.

The facility serves seven ships, all named after Medal of Honor recipients. Three ships were in port on the day of our visit: the USNS *Bobo* and USNS *Lummus* at 670 feet and the USNS *Pililaau* at 950 feet. Marines onload and offload the ships, but the ships are manned by civilians, usually ex-military. Two groups load and offload vessels, one group using cranes for containers and other equipment, and another crew driving equipment on and off the ships. Equipment with metal tracks is lifted by large cranes onto vessels to avoid metal-to-metal contact. It takes less than a week to offload or load a vessel. Ammunition is not loaded at Blount Island but at a safe area close to Charleston, SC, because the explosive arc at Blount Island reaches civilian housing.

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Blount Island Marine Terminal Guided Tour

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Ships go around the world to places needing humanitarian help or to war zones. Vessels are usually out at strategic locations for three years and then return to Blount Island. When they are offloaded, they go for maintenance. Vessels usually travel in three units, as each ship in the unit carries different equipment and has a different function.

We walked around equipment parked on the grounds. More marines joined us and were available to answer questions or climb on equipment for photographs. It was a beautiful, warm, sunny day, and the marines were having as much fun as we were.

Mary Faria, Manager Wellness Services, brought lunch boxes from Panera Bread, which the Marines carried to a sheltered area for lunch. They ate lunch with us, talking about their tours of duty and work at Blount Island. It was a fascinating and exciting tour.

Telling the Story of Railroads in America

By Nancy Lundgren

“The introduction of so powerful an agent as steam to a carriage on wheels will make a great change in the situation of man.” — Thomas Jefferson, 1802

Neil McGuinness, local historian and author, returned to Fleet Landing on February 8 for an encore presentation of his 2021 talk titled “How the Railroads Transformed America—and the Beaches.” (See *FLEET BEAT*, January 2021, page 7.)



McGuinness moved quickly through America’s early history to the introduction of the steam engine in 1830, when the Baltimore and Ohio Railroad redesigned the British steam engine to better suit our geography. This coincided with the

Westward Expansion, which had influenced the Louisiana Purchase and the Louis and Clark Expedition and, later, the Gold Rush, the Civil War, and the growing need to move supplies between the East and West.

In 1862, President Lincoln tasked the Central Pacific Railroad and the Union Pacific Railroad companies to build a Transcontinental Railroad linking the East to the West. Building railroads brought about several inventions that furthered the transportation industry and the development of our country, such as steel, battery power, the telegraph, gunpowder, and dynamite.

Railroads unified the country, increased availability of goods, transported raw materials to manufacturers, shortened travel time, and dramatically improved cross-country communication. It also drove standardization

of tools and building methods. Cities became urban centers with electric trolleys that enabled people to live and work there without other means of transport. Later on, cities developed subways and elevated rail systems.

McGuinness also spoke briefly about the train system that was built between Jacksonville and the Beaches and its impact on our Beaches area.

By the end of his presentation, McGuinness had certainly made his case for how the railroads transformed America.

Chess Club News

By Richard Wong

The Chess Club meets Tuesdays at 1 pm in the Windward Commons lobby.



It's Black turn to move. What should Black try to do?

League Of Women Voters at Fleet Landing

By Bernadette Miron

Lanelle Phillmon, President of the League of Women voters (LWV) of Jacksonville/First Coast addressed the LWV at Fleet Landing unit on February 18 in the second floor classroom of Windward Commons. She reviewed legislation currently moving through committees and to be presented when the legislature convenes on March 7.

One of the proposed bills would require members of district school boards to be elected in a partisan election.

Another proposed bill would require broader public support for passage of a constitutional amendment. The percentage of votes required to approve an amendment to our state constitution would increase from 60 percent to 66.67 percent.

Concealed carry of weapons without a license is also being proposed.

A proposed bill that would be of interest to our bird-

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League Of Women Voters at Fleet Landing

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watchers is one that would designate the Florida scrub jay as the official state bird.

Phillmon also reviewed a possible constitutional amendment that is in an early stage. Petitions for gathering enough signatures to place it on the ballot are just starting. It would protect clean and healthy waters. This amendment could be used to sue state executive agencies for harm or threatened harm to Florida waters, which include aquatic ecosystems. Petitions were distributed at the meeting.

Our regular meeting has been changed to the fourth Saturday of the month. The next meeting will be March 25, in the Windward Commons second floor classroom at noon. Guests are welcome. The speaker will be Susan Aerkter from LWV of Jacksonville/First Coast.

February MOAA Meeting

By Chet Davis

The featured speaker at the February 28 meeting of the Military Officers of America Association (MOAA) was Commander Fred Berley, USN (Ret.), who is with the Jacksonville Military Affairs and Veterans Department. Berley stated that assistance at this Jacksonville City

Hall office, which opens at 7 am, is first come, first served. Patrons will be assigned to one of six counselors. Aid offered by the department includes guidance and help in submitting claims for all of the services and compensation that is available from the VA for service-connected disabilities. The office can provide eligibility information based on records that the service member or spouse may have documenting the injury or disability. The key is that the causal issue must have occurred during active service. Berley emphasized that if a claim is favorably adjudicated, it may not mean that there will be compensation, but VA services will be available. He also explained Title 38, which governs all VA compensation.



Questions from the Johnson Hall attendees elicited the following responses: Having the DD214 is important, including for verifying eligibility for burial in national cemeteries. Agent Orange exposure for one day is sufficient to receive treatment for specified diseases. He noted that recent legislation eliminated the Survivor Benefit Plan (SBP) offset, i.e., the reduction in the amount received, for surviving spouses who are also receiving Dependency and Indemnity Compensation (DIC) from the VA. There are no presumptive issues for service in Korea. The pension benefit available is based on total income and designed for recipients of low income.

February Tea with Travis

(continued from page 1)



A sight you are unlikely to ever see again: A raccoon checks out the construction work on the first floor of the Coleman Center.

Photos of Fleet Landing wildlife are usually captured outdoors. The Johnson Hall audience at “Tea With Travis” had the rare opportunity to see a wildlife visitor indoors. Executive Chef Chris Gotschall’s video of a raccoon on the first-floor construction area of the Coleman Center elicited much laughter.

Schryer’s Fleet Link “Tip of the Month” focused on use of the Fleet Landing Forms section.

Dining updates included a report on the expansion of 30 North availability, an announcement that drew applause. Breakfast at Currents is getting closer to becoming a reality. There will be nightly drink specials at Meridian, and theme nights will continue, with a Mardi Gras menu featured at all venues. For those so inclined, a self-bussing station has been added at Currents.

Miscellaneous items: Apartment residents will soon be given the opportunity to participate in fire drills, but they will be announced well in advance. Fleet Landing is surveying its AEDs (automated external defibrillators) with an eye to any needed updates. The Lake Constellation deck is finally open, and the new kayak launch facility is awaiting final storage installation. The resident directory should be available by the end of February.

Responses to questions from residents included the following: Self-serve ordering capability for Currents was being researched. Former Fleet Landing staff member Ashley Cordero will replace the departing Sacasha Brown. The status of the first floor of North Point, originally planned for skilled nursing, is under discussion, and no firm plan is expected in the near term.

In Memoriam

Barbara Blair
1929-2023
Bill Pickens
1929-2023

Libra Gysel
1939-2023
Sally Reinhart
1930-2023

Marilyn Wyrick
1939-2023

First, but Not Last, Talent Show

(continued from page 1)

Bob Armacost as a guitar-playing cowardly lion.

No show can go on without support, and Don Cooper, Walter Kraslawsky, Myers, Pawek, and Rose fulfilled this role admirably.

The amazing Armacost, who emceed the program, proved that Fleet Landing staff and residents would share their talent. Another show is in the works and scheduled for April 29.

“Fleet’s Got Talent” in Pictures

Photos by Ed Hollender and Janet Silvester



Left Anna and Ernie Bio. Right: John Rogerson.



Dulcimer Doers



Left: Richard Wong. Right: Eunice Rogerson.



Left: Julie Rochelle. Right: Steve Hammer.



Left: Ivy Suter. Right: Kurt Medina.



Left: Rob Friedman. Right: Julie McLaughlin.



LtoR: Bob Armacost, Julia Pet-Armacost, John Rogerson, Sue Myers



Left: Ron Myers (l) and Gary Reichow. Right: Larry Rose.

Resident Club Fair
April 19, 10 am to Noon
Johnson Hall
 Come learn about Fleet Landing’s amazing array of resident-run activities.

Welcome Aboard

3118 Carolyn Stoner (March '22)



A South Georgia native, Carolyn lived in that state's city of Lakeland. After graduating from high school, she attended business school in Atlanta in the morning, worked in the afternoon, and attended modeling classes at night. Over the years, she has enjoyed modeling for department stores and social organizations.

Carolyn returned to Lakeland before moving to Jacksonville in the mid 1960's. She married in 1966. Carolyn and her late husband, John, joined forces in the real estate business before entering the banking world. Carolyn worked in the financial industry for many years and retired as an officer for a regional bank. One son and granddaughter live in Southern California.

Carolyn moved across the Intracoastal after 32 years in the Marsh Creek community. Volunteering has been a major part of life after retiring. She has volunteered in several organizations where her real estate and financial background came in handy.

She has found Fleet Landing the perfect place for her, and she has integrated well into the community with its many available activities.

—Kristin Perry

8229 Joyce and Robert Ezell (December '21)



The Ezells met at Georgetown College in Georgetown, KY.

They married shortly after graduating and later earned graduate degrees at Eastern Kentucky University. After Robert joined the US Army in 1968, they moved 11 times in 22 years. Their assignments included

living in Germany for four years.

After Robert's last assignment at Fort Riley in Kansas, they settled in Oklahoma for the next 30 years. Robert worked in the private prison industry and ended this part of his career as a prison warden. He worked in various places during this second phase of his career, but Joyce stayed in Oklahoma while he traveled.

During Robert's time in the military, Joyce taught elementary school, and she taught elementary and middle school grades in private parochial schools when

they moved to Oklahoma.

They have a son who lives in Jacksonville and a daughter who lives in Oklahoma with her family. The focus of their interests has been Joyce's participation in choral events. In Oklahoma, she sang in OKCity Chorus which is part of Sweet Adelines, an international women's organization of choruses and quartets who sing barbershop harmony a cappella. Singing with her chorus, Joyce has earned medals at the regional and international levels. Robert has encouraged Joyce's singing. He plays golf. They have played bridge and would like to continue. Joyce appreciates the many music opportunities available at Fleet Landing, and she has participated with the NoteAbles, in the Follies, and, most recently, in the "23 Skidoo Revue." (See article on page 5.)

—Kristin Perry

5807 Mary and Paul Donohue (December '21)

Mary and Paul were married 50 years ago in the Naval Academy Chapel in Annapolis, MD, following Mary's graduation from Mary Washington College. Paul had graduated a year earlier from the Naval Academy. It was a tough sell for Paul, as Mary's father, a general, and both her brothers were West Pointers. A minor wreck driving the general's car into George-



town on their first date didn't exactly help his cause.

Paul was a pilot for 18 of his 20 years in the Marine Corps. Two years were spent at the Naval Postgraduate School in Monterey, CA, where he earned an M.S. in aeronautical engineering. After retirement in 1992, Paul spent the next 23 years as a pilot for Southwest Airlines.

Mary spent almost 30 years as a high school English teacher and counselor. She also worked as a journalist and in university public relations. Mary holds master's degrees in English and college counseling. She retired in 2015 as the Co-Director of College Counseling at Trinity Preparatory School in Winter Park, FL. She continues independent college counseling via Zoom.

Mary and Paul travel frequently to visit their three children and four young grandchildren. Paul is an occasional golfer and avid road cyclist. Mary enjoys gardening, reading, and doting on the grandchildren. They also enjoy a good British crime drama series on TV as well as morning workouts at Windward Commons.

—Kristin Perry and Mary and Paul Donohue
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Welcome Aboard

(continued from preceding page)

8417 Kathy and Walter Kraslawsky (January '22)

Kathy was born and raised in Revere, MA. After raising two sons while working varied volunteer and data processing positions, she earned her B.S. in computer science from Merrimack College and accepted a defense intelligence position in the DC area. She then earned her M.S. in computer science from American University and continued that intelligence career in cyber security until retirement.



Walter was born and raised in the Bronx, NY. After high school he joined IBM as a computer operator, followed by US Air Force enlistment as a computer specialist. He then earned his B.S. and M.S. in computer engineering on the GI Bill and continued his technology career in civil service positions until retirement as a command information officer.

Kathy and Walter found each other across a crowded dance floor one enchanted evening in 1994, soon began sharing their lives and careers together, and made it official with a barefoot beach wedding in 2000. After varied defense department assignments and relocations, they retired to Florida in 2013 and joined Fleet Landing with their dog, Maverick, and cat, Kayla, in 2022.

Kathy excels as a swimmer and has coached swimming for many organizations, receiving a community Volunteer of the Year award. Swimming is still her favorite activity. Kathy and Walter also enjoy dining, games, and other social events, including volunteer activities. Walter often rescues friends and neighbors from printer, smart device, email, and other technology glitches and prefers cherry cordials if offered any reward.

—Carolyn Stoner

8218 Carolyn Paradise and Jim Wayrynen (January '22)

Unlike the flightless penguins she collects, Carolyn is a world traveler in the field of biotechnology.



Born in Cleveland, OH, and raised in New York, she graduated from Hunter College in New York City with a degree in chemistry. Her medical degree is from the Free University of Brussels, Belgium. After her internship and residency in

Internal Medicine at Beth Israel Mt. Sinai in New York City, she completed a Fellowship in Hematology and Oncology at Beth Israel, Boston, MA, where she was appointed an instructor in medicine at Harvard Medical School.

Paradise entered the biotechnology industry in California and led the clinical developmental teams that achieved treatments of metastatic renal cell carcinoma, melanoma, and two rare forms of leukemia.

Jim was born in Rockport, MA, where he met Carolyn while she was in medical practice for a short time. After high school, Jim worked in the family masonry business, followed by a three-and-a-half-year tour in the Coast Guard.

When Carolyn's job took her to the UK, he attended the University of Surrey. Returning to the States, he received his B.A. in anthropology from the University of California, Berkeley. Jim was an active volunteer for the Marine Mammal Center in Sausalito, CA, and PAWS Wildlife Center in Seattle, WA.

Carolyn and Jim love the activities at Fleet Landing. Riding bikes and walking on the beach with their shy rescue dog, Arya, round out their love for the outdoors.

Jim has one daughter and three grandsons who live in California.

—Carolyn Stoner

8429 Ann Louise and Charlie Steele (December '21)

Both Steeles grew up in the Detroit, MI, area, and they both attended Michigan State University. Charlie received a B.S. in mechanical engineering, and Ann Louise got her B.A. in elementary education. They left Michigan after college. Charlie started work with Alcoa, and during his career there,



they lived in many states, including Texas, Indiana, Georgia, Wisconsin, and Alabama. They also lived in Surinam in South America which was previously known as Dutch Guyana. Ann Louise taught in the American Embassy school while they were in Guyana.

After retirement, the Steeles remained in Macon, GA, for another 15 years. They split their time between their home in Macon and their home in Big Canoe, a vacation spot in the mountains of North Georgia. Now they split their time at a third residence, Fleet Landing, but they are starting to think about downsizing. They

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Welcome Aboard

(continued from preceding page)

used to travel a lot on their own “See America” tour and loved the historic hotels in the national parks. New York City and Washington, DC, were also regular travel destinations.

Charlie is a photographer and takes two or three photography trips a year. Ann Louise likes reading, gardening, and swimming. They don't have any pets but their son in Atlanta rescues Bernese Mountain Dogs. Since he picked up a new rescue pup in Florida, he now has three Bernese—so the Steeles get plenty of pet time with his dogs.

—Kristin Perry

8237 Nancy and Gil Wright (December '21)

Gil, who is from Boston, attended Brown and the University of Virginia Law School. He practiced law in Boston. After active duty in the Coast Guard Reserve, he served as a medical defense trial counsel, defending doctors and other medical professionals. He later served as Assistant General Counsel for Dennison Avery in Framingham, MA.



Nancy, who is from Sewickley, PA, attended Sweet Briar College in Virginia. She taught elementary school in Massachusetts at Milton Academy in Milton, and the Dexter School in Brookline. Nancy also had six amazing years working with the lead psychiatrist at Emerson Hospital in Concord, MA, helping disadvantaged, mentally ill adults. The patients would meet with her weekly after their release from treatment, and her notes on their progress were shared with hospital psychiatric staff.

Gil and Nancy met in Boston, where they were both active in community theater. They moved to Queen's Harbour in Jacksonville in 2004. Gil helped found a youth sailing school there, which he still enjoys weekly. He also sails and assists with the Fleet Landing Yacht Club.

In Jacksonville, Gil became a counsel for Blue Cross Blue Shield and the University of Florida Hospital. He later established his own law firm. He retired in 2015. Nancy requested an inner-city teaching position and spent seven years teaching at Jean Ribault High School.

The Wrights have two sons and five grandchildren, with families in Chicago, IL, and Bozeman, MT.

The Wrights are a most welcome addition to our community.

—Isobel Spink

New Resident Mixer

By Isobel Spink



Jennifer Joy and Chris Gotschall



The New Resident Mixer, held on February 9 in Johnson Hall, was great fun, with a bar and delicious hors d'oeuvres.

Slides with information about new residents were displayed, and the newcomers stood and were welcomed with applause.

Jennifer Joy, Director, Wellness Services, and Executive Chef Chris Gotschall divided the room into quadrants of the United States, moving groups around, which encouraged more new introductions. Each quadrant was asked to name a favorite food memory. The Southeast, for example, cited grits, fried chicken, and okra, while the Northeast favored corn chowder, pork rolls, pizza, and cheese. Outside the US, the food memory was pork adobo from the Philippines and butter tart.

Staff also had favorites: Senior Living Counselor B.B. Spiwak mentioned lamb shish kebab. Joy, who is from Maine, remembered anything shot, killed, or trapped, and Gotschall, who is from California, remembered tacos and nachos.

The mixers are a great way to get to know new residents, so keep an eye out for an announcement about the next one.

February WELLInspired Learning Series

By Victoria Freeman



Left: Dr. Ruple Galani. Right: Perry Brown.



Left: Jennifer Joy. Right: Sue Dukes.

The speaker at the February 1 “WELLInspired Learning Series” talk was Dr. Ruple Galani, MD, Cardiologist Specialist in practice with Baptist Heart Specialists. Perry Brown, Director, Food and Beverage; Jennifer Joy, Director, Wellness Services; and Sue Dukes of the Nutrition and Education Group spoke at the February 15 session. The talks were held in Johnson Hall.

Heart Disease

Dr. Ruple Galani filled Johnson Hall for his February talk. Presenting from a colorful handout, he began with blood pressure numbers. The top number is the systolic reading, the force in the arteries when the heart beats. The bottom number is the diastolic reading, the pressure measured between heart beats. Normal blood pressure is 120/80; elevated is 120-129 over 80; high, stage 1, is 130-139 over 80-89; and stage 2, 140/90.

There are seven lifestyle changes that lower blood pressure:

1. Get regular physical activity.
2. Follow the DASH (Dietary Approaches to Stop Hypertension) diet, including potassium-rich vegetables.
3. Cut salt. Aim for 1500 mg or less per day.
4. Limit alcohol—not more than two drinks per day for men and one for women.
5. Lose weight.
6. Don't smoke.
7. De-stress, possibly with meditation.

Correct blood pressure readings are essential. Select a device that is accurate. Don't smoke, drink caf-

feinated beverages, or exercise for 30 minutes before the reading. Rest for at least five minutes. Sit correctly in a firm chair with feet on the floor. Rest arm comfortably at heart level. Place cuff above the bend in the elbow. Take at least two readings, one minute apart, twice daily—one in the morning before taking blood pressure medicine (if any), and the other in the evening before dinner. Record your results.

Cholesterol control is necessary for a healthy heart. Cholesterol is a fat-like substance in the blood. Too much can clog the arteries and make a heart attack or a stroke more likely. LDL is the bad cholesterol. HDL is the good cholesterol.

High cholesterol has a number of causes: being overweight, being inactive, family history, and a poor diet. To combat cholesterol build-up, the individual can lose weight, stop smoking, eat a heart healthy diet, get regular exercise, and take a statin if prescribed.

Food recommendations were divided into HDL raising and LDL lowering. In the former category were olive oil, avocados, and walnuts. LDL lowering suggestions were oatmeal, apples, oranges, salmon, and tofu. Basically, to protect the heart, eat more vegetables, proteins, lean meats, fish, whole grains, fruits, vegetables, and nuts.

For exercise, Galani introduced the concept of METS (metabolic equivalents), which measure the amount of energy needed to do an activity. The higher the MET, the harder the body works. Being able to do at least four METS is the baseline for a healthy individual.

Galani also spoke about heart failure. There are two main types: reduced ejection fraction (the heart can't squeeze enough blood out to the body), and preserved ejection fraction (the heart can't fill with enough blood). Symptoms include extreme tiredness or weakness, rapid weight changes, feeling light-headed, swelling in feet or ankles, rapid or irregular heartbeat, shortness of breath, and trouble breathing when lying down.

Common causes of heart failure are coronary artery disease, heart attack, diabetes, high blood pressure, heart rhythm disorders, heart inflammation, valve problems, congenital heart problems, obesity, and some cancer treatments.

Galani answered individual questions after his formal presentation concluded. He seemed eager to put individuals at ease.

WELLInspired Menus, Wingdings, and Heart Health

The February 15 WELLInspired Learning Series talk was the first opportunity for Perry Brown, the recently hired Director, Food and Beverage, to speak to residents. At Jennifer Joy's invitation, he shared information about his background. A graduate of the Culinary Institute of America, Brown has been a chef and has extensive experience with food and beverage

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February WELLInspired Learning Series

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management in retirement communities. (More information about Brown can be found in the Jan./Feb. 2023 issue of *FLEET BEAT*, page 7.) Brown took questions from the audience, answering clearly and promising to investigate all of the concerns he could not address. Several members of the audience expressed a desire for Brown to return for another in-depth look at Fleet Landing food.

Joy recommended the American Heart Association's website (heart.org) for reliable information about such issues as food and health attitudes and behaviors and blood pressure management. A discussion among Brown, Joy, and Sue Dukes about WELLInspired options on Fleet Landing menus followed. These choices are the result of a collaborative effort among those three plus Executive Chef Chris Gotschall, Fleet Landing's registered dietician Samantha Young, and Chief Operating Officer Travis Schryer. The Dining Committee also plays a role. Choices were guided by the American Heart Association's guidelines for salt, fat, and sugar.

The speakers called attention to wingdings, the menu symbols indicating that an item is vegetarian, gluten free, available with no salt added, or WELLInspired. The last-named item means a menu choice meets American Heart Association guidelines for such factors as fat and sodium as well as beneficial nutrient content.

Editor's note: The slides from this presentation provide more detailed information. They can be found on Fleet Link under "Fleet Landing Presentations" and then "WELLInspired Learning Series."

Evren Ozel in Concert

By Chet Davis



The Evren Ozel piano concert on February 2 was a musical treat. Ozel gave a virtuoso performance of works by Rachmaninoff, Chopin, Bartok, Bach, and Ligeti. Moreover, he played these works—a total of 33—completely from memory over a period of some 90 minutes.

Ozel provided interesting information about much of the music. The Rachmaninoff work was his last for solo piano. The Bartok piece included many sounds of nature that fascinated Bartok. The Beethoven sonata was his final piano sonata and had been criticized by contemporaries as being too jazzy. Ozel advised the audience to listen for the jazzy section, and it was indeed there.

Ozel received prolonged applause after many of the works and a standing ovation at the end of the concert. For Johnson Hall attendees, this was an introduction to an important young pianist.

Hanna Park Birdwatching Bonanza

By Nancy Lundgren



This Hanna Park denizen needs no introduction.



Turkey vulture (l) and common gallinule



Great egret bearing nesting material



*Aninga (l) and little blue heron
(continued on next page)*

Hanna Park Birdwatching Bonanza

(continued from preceding page)



LtoR: Yellow-rumped warbler, Carolina wren, Eastern bluebird

“A picture is worth a thousand words,” and that old adage could easily describe the photos from the February 24 birder excursion to Hanna Park. The pictures in this article were taken by two of our finest birdwatching photographers: Janet Silvester and Susan Hubbard. For the full experience of seeing the photos in color, go to *FLEET BEAT* under “Publications” on Fleet Link.

It was a Chamber-of-Commerce day, and it seemed like the birds agreed, with more than 30 varieties showing up for photo opportunities. Several birds flashed their courting plumage to remind us that spring is on the way. The ospreys got in on the theme as they flew overhead with nest-building materials in their bills. We even noticed a number of resident alligators swimming close by to make themselves available for some “glamour” shots.

As always, the turkey vultures welcomed us to the park, posed for us, and kept us under observance all morning long. One birdwatcher wondered if the vultures were especially interested in us because we are of a “certain age.”

All in all, it was another fun-filled learning experience led by our Fleet Landing bird experts for whom we are grateful.

Bridge News

By CeCe Lichtenstein

Alert!! All residents who are interested in playing bridge: The Wellness Department is holding a “Resident Club Fair” on Wednesday, April 19, from 10 am to noon. The Fleet Landing Bridge Club will have a table for you to get additional information. The club is a friendly American Contract Bridge League (ACBL)-sanctioned game, so you can earn Master Points at our duplicate bridge games, which are played in the Windward Commons second floor classroom. There are two times: every Monday at 12:30 pm, and the first Saturday of the month at 12:30 pm. You should come at least 15 minutes prior to the beginning of these sessions, and you should have a partner. As Fleet Landing’s game is limited, all participants must be residents or members of the Atlantic Club. It is recom-

mended that you notify the organizer in advance. Monday’s contact is Dottie Mann; Saturday’s contact is Rona Brenner. Their phone number or email can be found in the directory on Fleet Link.

Neutral Zone Tour

By Carol Smith; photos by Sandy Bousquet



Left: Paula O'Bannon dressed as Lt. Uhura. Right: In the Transporter.



In the Engineering Control Room

Twenty enthusiastic residents boarded the Fleet Landing bus on February 21 and headed to Kingsland, GA, where they toured the Neutral Zone. There they walked through the 9,600-square-foot full-scale mock-up of the Paramount sound stage where the original *Star Trek* TV series was filmed beginning in 1966. Bringing history to life was resident Paula O'Bannon who donned the vintage costume of Lieutenant Uhura. While Trekkies, who enjoyed memories of the iconic show delighted in the familiar sets, everyone also got a lesson in filmmaking.

Neutral Zone owner and President Ray Tesi led the group through the various rooms and explained how
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Neutral Zone Tour

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the original producers were able to simulate technology of the future. Inviting folks to step into the Transporter, Tesi demonstrated how crew members on the *Enterprise* could be made to “travel” through space. Everyone especially enjoyed the Engineering Control Room and took turns “commanding” the ship from the Captain’s chair. When Tesi announced that nobody was permitted to bring a Tribble aboard, fans of the series chuckled as they recalled a favorite episode that aired in Season 2, when the *Enterprise* was overrun with furry, purring, hungry little creatures.

Previously the home of the web series *Star Trek Continues*, the sets are open to the public for fan film productions and fan appreciation events in addition to guided tours such as the one enjoyed by Fleet Landing residents.

Music at Fleet Landing

By Barbara Trevaskis

When my husband, Walt, and I moved to Fleet Landing in early 2016, there were two groups of singers/instrumentalists on campus. The NoteAbles (originally spelled Note-Ables). were a dozen or so singers who performed at three patriotic holiday programs—Memorial Day, the Fourth of July, and Veterans Day. The other group had the modest name of the Unrehearsed Band. We discovered that the Unrehearsed Band did a mighty service to the healthcare community here. Each month, several instrumentalists and singers, under the leadership of Karen Sturtevant, would perform an entirely new hour-long show for each of the three units—one per week after just two practices. The Unrehearsed Band had been preceded by the Unrehearsed Trio made up of Marion Boyd, Ray Boyd, and Alan Dempsey. As the number of participants in their performances grew, the group’s name changed.

Since Walt had been singing in barbershop groups for a number of years, he contacted Sturtevant to see if he could try to persuade some of the men singers in the Unrehearsed Band to learn to sing in barbershop harmony. This turned out to be a fairly successful endeavor, and six men learned to sing three parts of normally four-part songs. (No one could sing high tenor at that point!) The band finally recognized that they actually did rehearse and renamed themselves the Fleet Notes. For the past three years, the COVID-19 pandemic has severely limited performances in the healthcare units, but the Fleet Notes still exist and perform in Johnson Hall several times a year. The band has expanded, including an increase in the number of singers. The barbershop men have actually found a tenor or even two.

Pre-pandemic, Gary Reichow formed a combo, the

Fleet Trio, with Gene Alvarez and Phil Martin, that enchanted audiences with “easy to listen to music.”

They usually performed every few months before dinner in the Coleman Center. A year or so later, Bob Armacost and Julia Pet-Armacost (making Fleet Five) and Sturtevant (Fleet Six) joined the group. During the pandemic, the group presented a music program every two to three weeks on channel 267—the only musical entertainment at Fleet Landing. Reichow’s Fleet Five/Six has seen two retirements (Alvarez and Martin), added two new musicians (Bunky Johnson and De An Winton), and has a new name, The FleetLanders.

Since they moved to Fleet Landing, the Armacosts have been busy musically. In late 2019, they joined the Fleet Notes and then began playing with the Fleet Five, as mentioned above. Six months into the pandemic, they started the Fleet Classics to offer light classical themes—abbreviated versions of many well-known classical and semi-classical pieces for residents. They have also made major contributions to enhance the audio in Johnson Hall.

The KeyNotes, as their name implies, tickle the keys of the piano. This group began as part of the original Unrehearsed Band. They were known as the Thirty Fingers Trio because they played six-handed piano pieces. The trio was first made up of Sturtevant, Marion Boyd, and the late Phil Eckert, and then of Sturtevant, Ann Milligan, and former resident Charlene Kurth. Now, Sturtevant and Milligan have been joined by Sue Stewart and Pete Sheridan, and they are their own group of four pianists, usually playing four-handed music.

In April 2022, as chance would have it, Walt and I were seated next to Ron and Sue Myers at one of the outdoor cookouts. Somehow we got on the subject of music groups here at Fleet Landing. The result... several days later, the NoteAbles had new leaders, following in the footsteps of Pat Peterson and Joan Craddock. Under the Myerses’ leadership, the group has expanded to a roster of about 50 singers and still performs at Fleet Landing’s patriotic programs. Recently an extracurricular sing-along activity has been added—an evening monthly sing-along for NoteAbles and any residents who just want to enjoy an hour of song.

Currently there are five groups of musicians for our residents to enjoy: Fleet Notes, FleetLanders, Fleet Classics, KeyNotes and the NoteAbles. And Sturtevant has been tirelessly and expertly accompanying all those groups since their inception!

Bravo!

Please visit the “Performance and Music Opportunities” table at the April 19 Resident Club Fair.

30 North Dining

Below are examples of *FLEET BEAT* photographer Ann Bell's food photography skills. These photos merit a reminder that they can be seen in color in *FLEET BEAT* under "Publications" on Fleet Link.

Starters



*Left: Baked Brie.
Right: Roasted beets.*



Tuna tataki

Mains



*Left: Striped bass.
Right: Shrimp over risotto.*



Pork tenderloin

Desserts



*Left: Salted caramel affogato.
Right: Frangipane bread pudding.*



Brownies

Mardi Gras Observance

Photo by Enith Vardaman



Residents walking by Virginia Byrd's apartment at the 2000 Building can always tell the season by the outfits the pigs are wearing. Here they are decked out in their Mardi Gras finery.