



FLEET BEAT

VOL. 34 No. 3

THE FLEET LANDING RESIDENTS' NEWSPAPER

April 2024

A Double Dinda Celebration

By Nancy Lundgren



Bob Dinda (left) and Brian Weiss

The scene was lovely, with champagne glasses filled, balloons afloat, and the library aglow, when Bob Dinda entered Breakers to celebrate his 100th birthday and the reopening of the Margit Dinda Library on March 15. Amid the cheers, he and many well-wishers enjoyed the celebration.

Chief Operating Officer Brian Weiss opened with best wishes for Dinda on his 100th birthday, and congratulations to Enith Vardaman, head of the Library Committee, and her volunteer "army," who had organized the library in its new location. On display was a collage, created by Executive Assistant Jennifer Arsenault, showing everyone who participated in the effort. Adding to the festivities, the nattily-dressed members of Fleet Harmony entertained the crowd with their music under the direction of Julia Pet-Armacost.

Resident Jackie Smith, longtime friend of Dinda, provided some historical highlights about the Dinda family, beginning with Bob, a WWII paratrooper, jumping from his plane, getting tangled in a tree, rescued, and rehabilitated. After recovering from his injuries, he was stationed in a small village in the Ruhr Valley, where he met a lovely 17-year-old German girl named Margit who, four years later, would come to the US to become his wife.

Margit was surprised to learn how common it was

for American libraries to be free and open to the public. She used libraries during her studies to become a teacher. Later, she and Bob taught their children to love libraries as well. Margit and Bob were married for 62 years.

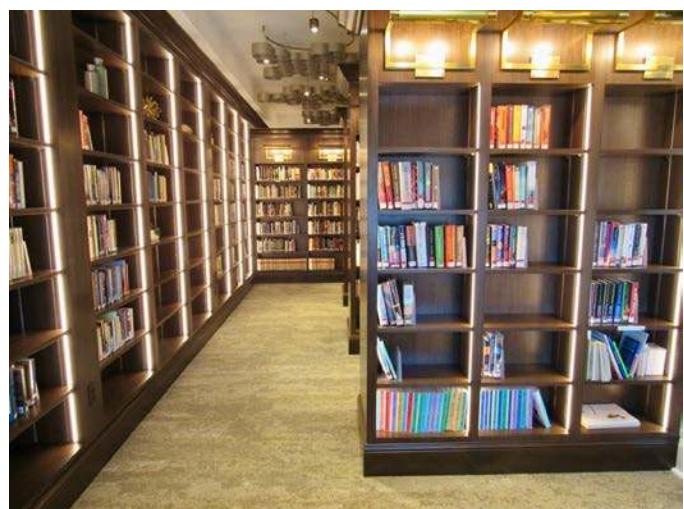
Fleet Landing's library was named the Margit Dinda Library in 2015 in honor of a very generous gift by Bob Dinda and his family to honor Margit and her love of libraries. How fitting that in March 2024 the re-dedication celebrated both Margit and Bob Dinda.



*Left: Jackie Smith.
Right: Guests enjoying the celebration.*



Fleet Harmony



Partial view of the new library

March Residents' Council Meeting

By Howard Burdick

Residents' Council President Eileen Theis convened the March 19 meeting in Johnson Hall. She thanked resident Janet Sylvester for providing the beautiful photo loop of local birds shown before the meeting. Theis then reviewed recently proposed changes to the Residents' Council charter and bylaws regarding council election voting and resident membership on Fleet Landing's Board of Directors. As required, the changes were approved by over two-thirds of the residents present.

Management Review. Chief Operating Officer Brian Weiss noted the recent celebration of the reopening of the Dinda Library, which was reconstituted under the stewardship of resident Enith Vardaman and volunteers. (See article on page 1.) He also reported the hiring of Marc Cantu as Campus Operations Senior Director. (See article on page 3.) Most of his report covered in considerable detail the status and plans of the Coleman Center renovation, including a total closing on April 1-9, and completion of the second floor/LakeView by late summer. He also covered the status of repairs and upgrades in all of the apartment buildings and Annex.

Council Reports.

Vice President Bob Peterson reviewed the procedures for the upcoming election of four new council members. Nancy Russell then recognized the Nominating Committee made up of co-chairs Theis and Russell and members Joe Ruthenberg, Nancy Sander, and Katherine Harlan. She announced the nominees: Jim Condon, Stephen Dick, Julia Pet-Armacost, Jon Saunders, Carol Smith, and Judy Solano. Council members completing their terms are Theis, Russell, Charles Winton, and Judy Poppell. (Details about the election and candidate bios can be found on pages 4 and 5.)

Safety and Security. Peterson also reported that the Safety and Security team was fully staffed. All members of the team attend regular training sessions.

Treasurer's Report. Treasurer Winton reviewed continuing good news through January, noting all categories above, to well above, requirements, while operating income was above budget and expenses below budget. The numbers may be reviewed in the library, and in the February edition of *Scuttlebutt*. Winton also reviewed our accreditation process, and the jargon used in this process.

Human Resources and Marketing. Ernie Bio introduced Chef Dee Waiters as Campus Leader for March. He has an impressive educational background. The Staff Member of the Month was Mary Wiggins, a cook with Culinary Services, who has been at Fleet Landing for 32 years. Staff member Ahmed Soubai recently participated as a student representative in the Jonathan T. Howe (former Chair of Fleet Landing's Board of Directors) Academic World Quest. There were

17 new hires in February, bringing staff to 484 and 93 percent of the goal. Lobster Tales in February totaled 129. Marketing reported January receipts of \$1.4 million, with three closed sales. All levels of care remain at essentially full occupancy.

Wellness/Transportation/Clubs. Russell reported that the coach was getting its wrap. She reviewed the process for recording indoor and outdoor fitness activities. She also reminded residents exercising through Channel 267 to report their classes.

Housekeeping and Dining. Lynette Beitz reviewed laundry service procedures, and noted the procurement of new cordless vacuum cleaners for the housekeeping staff. She also reported several improvements in dining services, including the addition of a weekly *WELLInspired* entrée. The new bamboo takeout containers are biodegradable. They should be placed in the trash, not the recycle bins.

Healthcare. Ann Bell noted campus-wide satisfaction with healthcare service has exceeded goals, and our skilled nursing rehab team was recently noted as one of the best in the nation by *U.S. News and World Report*. Our healthcare leaders conduct a quarterly forum—similar to “Casual Connections With Josh”—in various locations. New larger red envelopes to update and record emergency information are available from Resident Support Coordinator Patty Chicoine.

Facilities. Ken Hollinga reviewed completed and scheduled zone inspections, and a list of projects completed in the past few months.

Resident Suggestions. For the first time in memory, there were none.

The next Residents' Council meeting will be on April 16 in Johnson Hall.

Editor's Note: Minutes of this meeting can be found in the library and on Fleet Link under “Residents' Council.”

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All the news that fits...

Contributions to *FLEET BEAT* are welcome. Please place copy or any comments you may have in box 1107 at the Coleman Center. Neither letters to the editor nor anonymous submissions are published but we are, of course, mindful of your comments. 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.

Meet Our New Staff

By Chet Davis Patty Rex, Senior Living Counselor

Fleet Landing's Sales and Marketing Department has welcomed Patty Rex to its staff. Rex, a Yuba City, CA, native recently relocated to the Jacksonville area to be near her husband's parents. She and her husband, who retired from a 40-year career in a construction quality control job, live in Jacksonville's Northside. They have two children, one who lives in California and the other in Texas.

Rex spent her career in sales for a variety of businesses. Before relocating to Jacksonville, she was in a marketing position for assisted living and memory care facilities. She is also associated with the Neptune Society.

When asked about her first impressions of Fleet Landing, Rex stated that she wanted to move in.

She has found both staff and residents to be most welcoming and friendly.

We welcome Patty Rex to Fleet Landing. Stop by to say hello.

Marc Cantu, Campus Operations Senior Director

Marc Cantu, who recently retired as the Commanding Officer of Naval Air Station (NAS) Jacksonville, has joined our Fleet Landing staff as Campus Operations Senior Director. A Houston, TX, native, Cantu attended Texas A&M as a member of the Corps of Cadets on an NROTC Scholarship. Upon graduation, he pursued a career in naval aviation, flying helicopters on both coasts and deploying. During his career, Cantu spent nearly ten years with helicopter squadrons based at Naval Station

Mayport. After postings to the Naval War College, the Pentagon, STRATCOM (Strategic Command) in Omaha, NE, and the Navy staff, Cantu assumed command at NAS Jacksonville.

When asked why he chose Fleet Landing for his next job, Cantu stated that this position matched his skill set of managing people and facilities. While thinking about his retirement plans, he contacted Chief Operating Officer Brian Weiss, who introduced him to Fleet Landing.

Cantu and his wife, Leza, and their three daughters, ages 8, 13, and 15, live in the new Seven Pines develop-

ment. Naturally, they are busy shuttling among schools and activities. Leza volunteers at the Navy-Marine Corps Relief Society at NAS Jacksonville.

Cantu expressed appreciation for the way staff support one another and their relations with residents. He is excited to be here and feels that this is the right place and right fit.

Say "Hi" when you see Cantu about the campus.
Welcome aboard, Marc!

Decorating for Easter

Decorations for Easter included lots of rabbits, some wannabe rabbits (aka pigs), and a giraffe.



Voter's Guide for the 2024 Residents' Council Election

By the Residents' Council

The election of four new members of the Residents' Council will officially start Friday, April 19, and end at 10 am on Wednesday, April 24. The terms of Eileen Theis, Nancy Russell, Charles Winton, and Judy Poppell are expiring. Theis and Russell served as co-chairs of the Nominating Committee. They and the other members, Katherine Harlan, Nancy Sander, and Joe Ruthenberg, assembled a slate of six candidates who provided the biographical information below.

The following procedures will be used for the elections. A live "Meet the Candidates" presentation will take place in Johnson Hall at 3:30 pm on Wednesday, April 17, when the candidates will do their presentations. On Thursday, April 18, a video of the presentations will be posted on Fleet Link. Assisted living and health care residents who are also Life Care residents will view the video on April 19 in the Leeward and North Point Activities Rooms and vote immediately after the end of the program. Additional time will be given to those unable to attend. Independent living residents will have their ballots delivered to their residences on April 19 by a current Residents' Council member.

Residents may vote for up to four candidates. Completed ballots must be signed. (Signatures will be cut off before the ballots are counted.) Ballot boxes will be available at the concierge desk in the Coleman Center, in Windward Commons near the main entrance, and on the first floor of each apartment building from late afternoon Friday, April 19, until 10 am on Wednesday, April 24. The ballots will be counted by eight residents who are not candidates or members of the Residents' Council. The results will be announced on Fleet Link after counting is complete, and the candidates have been notified. The candidate with the most votes will serve a three year term. The next three candidates will serve two year terms.

Absentee voting was available at the concierge desk from April 1-10. Due to the closure of the Coleman Center, the concierge desk was located at Windward Commons from April 1-9.

If you have questions, please contact Bob Peterson, Residents' Council Vice President.

The Candidates



LtoR: Judy Solano, Stephen Dick, Carol Smith, Julia Pet-Armacost, Jon Saunders, Jim Condon

Judy Solano

Hi! I am Judy Solano, best known for my dog Nikka, a yellow Labrador retriever. We moved here in March 2022 and live on Sirius Court and at the Dog Park.

An Army brat, I was born in the Panama Canal Zone, but grew up in Arlington, VA. However, my father did do a tour in Germany, where we lived amongst WWII remnants and saw the Berlin wall go up. I completed my undergraduate studies at Penn State and my graduate work at Florida State. During football season, a Nittany Lion, a Seminole, and a Jaguar flag hang in my yard.

For approximately 30 years of my career, I was on the faculty and an academic administrator in the School of Computing at the University of North Florida. I was known for my commitment to a collegial system of shared academic governance, serving three terms as President of the UNF Faculty Association, as a member of the UNF Board of Trustees, and a member of the Florida System Board of Governors. My experience in these roles as the spokesperson for the

faculty uniquely qualifies me to give voice to and advocate for issues of importance to Fleet Residents.

Stephen Dick

I moved from South Carolina to Fleet Landing December 2022. I graduated from Drexel University in Philadelphia, was married to a fabulous wife for 52½ years before her passing, and have two daughters and two grandchildren. In the military, I served as an infantry officer in Vietnam. I then worked 30 years for INA/CIGNA as Business Analysis and Product Manager responsible for product development, pricing and profitability of residential insurance products throughout the US and Canada. After "early" retirement, I continued as an independent contractor, helping to start automobile and homeowner insurance companies in South Carolina and Florida.

Thanks to company transfers, I had the opportunity to serve a total of 24 years on three homeowners association boards in Georgia, Pennsylvania, and

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The Candidates

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South Carolina. They were rewarding experiences where I found those who choose to serve do so for three reasons: 1) to find out and be part of what's going on, 2) to protect their investment, and 3) to maintain and whenever possible enhance the quality of the life of their community.

For those reasons, I would be more than pleased to serve on the Resident's Council for our own Fleet Landing community.

Carol Smith

Living at Fleet Landing is a lot like the story of Goldilocks and the Three Bears—it feels “just right.” I grew up in the Midwest, and graduated from law school in Indiana before going to Washington, DC, to work on Capitol Hill. In 1981, I married and moved to Anchorage, AK, for 15 years. While I really didn't mind ice and snow in Alaska and later in Colorado, I decided that it was time for warmer weather.

I believe that I'm taking a lot of pressure off my children by living here. Plus, I really enjoy all the residents and staff that I now call friends. From the variety of musical performances, to Wii bowling, there is something for everyone. I try to contribute and give back to our community in some small ways. Covering events for *FLEET BEAT* is challenging, but I enjoy it. As a Zone Rep, I've learned a lot about our infrastructure. I am an enthusiastic Ambassador who enjoys meeting prospective residents and sponsoring those who move here.

The role of the Residents' Council, I believe, is to be a sounding board for residents and to be able to address their issues. If elected, I will listen to you and represent your interests to the best of my ability.

Julia Pet-Armacost

I was born in The Netherlands and grew up in Battle Creek, MI, after our family immigrated in 1956. I was valedictorian of my high school class and went to Western Michigan (bachelor's), Michigan State (master's), and Case Western Reserve University (Ph.D.). My doctorate was in Systems Engineering, and I served on the faculties at Lansing Community College, University of Virginia, and University of Central Florida in the Industrial Engineering Department (1993), where I met Bob (who was on the faculty). Bob and I taught and did research together, sang and played instruments in church, and eventually married in 1999. We both moved into administrative positions, and I retired in 2013 as an Associate Dean Emerita of the Medical school that I helped to start. We moved from Flagler Beach to Fleet Landing in 2019.

I love Fleet Landing, the quality of services, and the many opportunities to get involved. I am a member

of the Wine Committee, Art Club Display Committee, Spinnaker Society, Ambassador, Inter-denominational Chapel Choir, and initiate/lead/participate in many music groups (Follies/FleetLanders/FleetClassics/FleetNotes/NoteAbles). I like to help others. As a council member, I will listen to your concerns and work toward making things even better.

Jon Saunders

I've been a disc jockey, a newspaper reporter, a public relations guy, an NCO and officer in two states' Air National Guard, a husband, a father, and a grandfather. And an ad man. If you've read a newspaper or a magazine or watched television over the past 40-odd years, chances are you've seen an ad I wrote. Maybe it changed your mind about something. Or maybe it just made you change channels.

I started out as a junior copywriter and somehow ended up as Worldwide Creative Director on the Merrill Lynch business. In between, I was lucky enough to work on some other great brands like Chrysler, DuPont, IBM, Jaguar, Pan Am, Volvo, and the United States Army.

Being an ad man taught me one very important thing: To listen. To listen more than talk. To listen to your customers -- to your potential customers ... and to people who swear they'll never be. To listen and to hear what people really want.

I believe what I've learned will help me, as your representative, help make Fleet Landing a better place for all of us. To be all that it can be. (Sorry, once an ad man, always an ad man.)

Jim (aka Coach) Condon

Born and raised on Long Island, I graduated with a B.S. from Johns Hopkins University and from the University of Chicago with an MBA. After graduation, I started my career at Exxon Corporation. While at Exxon, I reconnected with my high school sweetheart, Nancy Carter. We've been married 42 years and have 2 sons and 1.75 daughters-in-law. I have worked at a number of companies in executive roles, including Marriott, Legent, and as CEO at CyberCash.

In 2021, we looked at eighteen CCRCs in four states before choosing Fleet Landing. And we chose Fleet because of the people. We've had the benefit of meeting and enjoying fantastic people and have made some great friends. We moved here 2+ years ago. Nancy and I are Ambassadors and members of the Wine Club.

I have coached men's lacrosse at a number of high schools, and I currently coach at a local high school.

My business and coaching experience has taught me how to listen and help others. If elected to the Residents' Council, I will employ those skills for the benefit of my fellow Fleet Landers and make sure their ideas, issues, and concerns are heard by Fleet management.

Kennedy Space Center and Brevard Zoo

By Dita Domonkos; photos by Dita Domonkos, Brandon Levy, and Paula O'Bannon

Upon arriving at Kennedy Space Center on February 27, the first day of our overnight trip, we made our way through the Rocket Garden with historic rockets from NASA's early space programs, such as Mercury, Gemini, and Apollo. Before our afternoon bus tour of NASA, there was time to go the IMAX theater to see *Deep Sky*, a documentary with awe-inspiring images of cosmic landscapes in unprecedented detail, thanks to the James Webb Space Telescope (JWST).

The film showed the monumental engineering feat that was involved in constructing the JWST. Orbiting one million miles from Earth, it is a time machine, seeing deep into intergalactic space to galaxies four billion light years away. Images from JWST showed the universe with a trillion galaxies, but the film also brought the scope to the personal. A spokesperson in the film reminded us that we are made of atoms, which are immortal and make up matter in space. Thus, he concludes, we are recycled space matter, or stardust.

The advent of commercial partnerships with NASA has meant that many companies are working on numerous projects, and more launches are going off now than in the previous ten years. We saw much activity on our behind-the-scenes bus tour, led by Patrick Ellis, including the Delta IV heavy rocket at the United Launch Alliance Area, which is being assembled for its upcoming final flight, and the test vehicle of Blue Origin's New Glenn on the pad at Launch Complex 36.

One of our photo stops was close to Launch Complex 39A, the site from which every person who walked on

the moon took off. It is now under contract to SpaceX, and we saw the SpaceX rocket that was scheduled to launch March 1 on the mission to swap out a crew at the International Space Station. Adjacent to it, on Launch Complex 39B, we saw a gantry tower and mobile launch platform in place for a test fit that will be modified to send astronauts to Mars sometime in the future.

We stopped outside the Vehicle Assembly Building, the largest single-story building, with four areas in which rockets are built. Each high bay has its own door, so tall that the upright Statue of Liberty could fit through. The painted American flag on the side of the building is also massive, each star 6 feet across. It is from this building that a NASA rocket, stabilized by the tower from which it will launch, moves to a launch complex on a crawler, carrying a load of 20 million pounds. Our final stop was the Apollo/Saturn V Center where Saturn V, the largest rocket ever flown, is housed.

After dinner at Pier 220, we had the delightful opportunity to celebrate Fleet Landing residents David and Bernadette Miron's 59th wedding anniversary with champagne and carrot cake. We spent the night at the Hyatt Place Titusville, and the next morning, we headed for the Brevard Zoo with its hundreds of animals in open-air habitats. It was a beautiful day, which made visits to the animals a delight.

This excursion was a great success, thanks to the care that Wellness Services Manager Mary Faria and Transportation Services Manager Brandon Levy gave to make it fun and effortless for us.



Left: Entering the facility.

Right: Guide Patrick Ellis.



SpaceX rocket

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Kennedy Space Center and Brevard Zoo

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Rocket Garden



Saturn V



Bernadette and David Miron's 59th anniversary celebration



Vehicle Assembly Building



Brevard Zoo



Image from Deep Sky

Windward Commons Art Exhibit

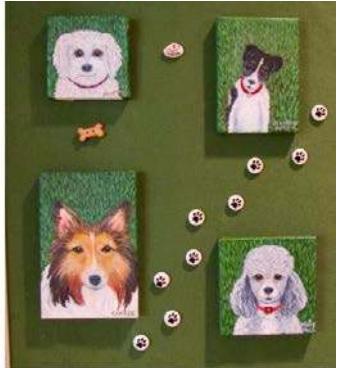
Fleet Landing artists—26 in all—have been busy. The Windward Commons exhibit, which will be up until the end of May or the first week of June, features paintings in various mediums as well as photographs. Some contributors are displaying more than one work. *FLEET BEAT* photographer Ed Hollender had the challenge of photographing all 43 items and their accompanying labels. Below is a photo of one work by each artist



Left: Craig Miller's "Faux Window - Tuscan."
Right: Julia Pet-Armacost's "Sumi-e Bonsai."



Left: Eileen Norrington's photograph "Anhinga With Lunch."



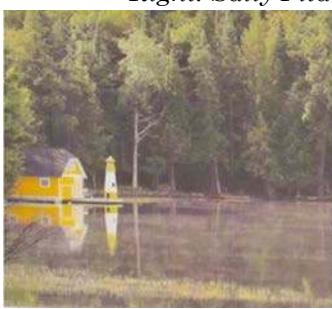
Right: Paula O'Bannon's "Fleet Landing Dog Park."



Left: Carol Bowser's "Beach Scene."
Right: Sally Pitard's "Serendipity."



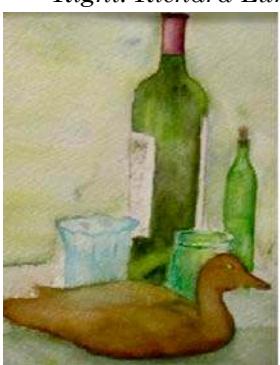
Right: Glenn Perry's "Late Afternoon in the Grove."
Right: Bo Smith's "They Grow Up Fast."



Left: Susan Hubbard's photograph "Safe Harbor."
Right: Richard Lundgren's "Roseate Spoonbill."



Left: Jackie Stack's "Board of Directors."
Right: Frances Jones's "Bouquet."



Left: Patricia Payne's "Pablo's Class Still Life."
Right: Barbara Milon's "Yellow Bouquet."

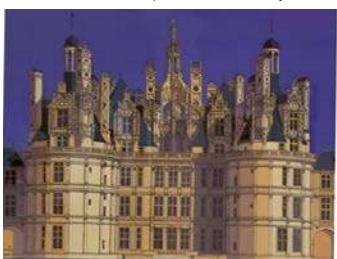


Left: Peggy Holz's "Oystering."
Right: Imogene Coleman's "At Peace."
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Windward Commons Art Exhibit

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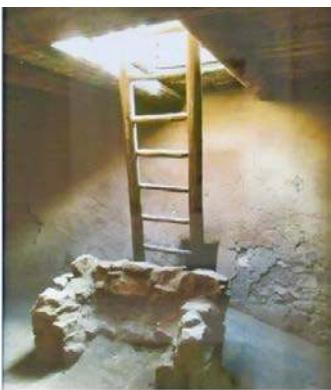
Left: Lynn Blakemore's "Santa's Dilemma (Chambord Castle)."



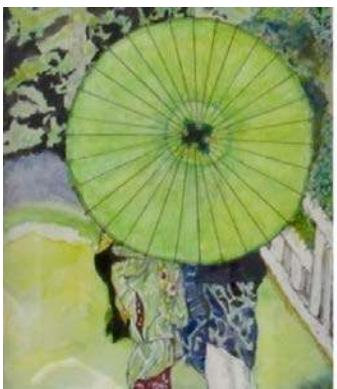
Right: Tom Dames's "Early Daffs."



Left: Ann Bell's photograph "Eyes on You."



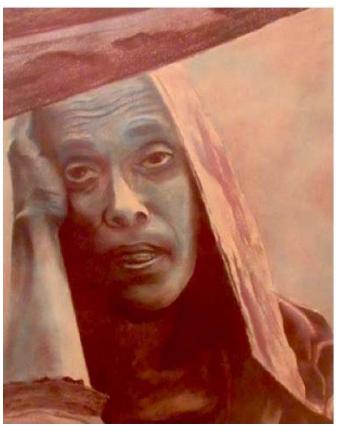
Right: Sarah Lamont's photograph "Sunlit Kiva."



Left: John Hen's "Avoiding the Sun."



Right: Kristin Perry's "Birches at Twilight."



Left: Carl Tungli-Giese's "Blue."



Right: Ann Brodt's "St. George and the Dragon."



Left: Jim Holz's "Calligraphy Elephant."
Right: Gayle Banks's "Casey, Our Beloved Cockapoo."



The Dog Whisperer

Photo by Anne Leyden



Laurie Page, who is dispensing treats, has the undivided attention of dog park regulars (l to r) Molly, Nika, and Paws

League of Women Voters News

By Bernadette Miron

Angela DeMonbreun, CEO for Solar United Neighbors and former President of the League of Women Voters (LWV), Jacksonville First Coast spoke to the Fleet Landing LWV unit on the danger plastics pose to our environment.

She explained that 14 to 15 million tons of plastics flow into the world's oceans every year. That has resulted in five great ocean garbage patches. The patch in the North Pacific is the size of Texas. There is a fear that if no changes are made by 2050, there may be more plastics in the oceans than fish.

The group also discussed local recycling efforts and how best to assist in that effort.

On April 27 at noon in the Windward Commons second floor classroom, the LWV unit will host Ellen Siler, recently retired CEO of Hubbard House, a domestic violence shelter in Duval County. All are welcome to attend the meeting. Some bring their lunch.

Sustainability suggestion: Avoid using plastic straws. The US alone consumes 500 million straws each day. Most end up in the ocean. They are mistaken for food, and once swallowed by marine life, cause injury and death.

Walking With a Purpose

By Nancy Lundgren; photos by Janet Silvester



LtoR: David Miron, Paul Mocko, Jeannie Sullivan

Dateline: Saturday, March 30. For the third consecutive year, Fleet Landing residents participated in Hubbard House's annual domestic violence awareness walk, "Stand Up & Stride." Forty-eight Fleet Landing striders, thirteen virtual striders, Wellness Services Manager Mary Faria, and Transportation Services Manager Brandon Levy joined 1,500 walkers at the old courthouse site on Bay Street in downtown Jacksonville, where the festivities were in full swing.

Fleet Landing walkers had a number of leaders:

David Miron was Team Lead and fundraiser extraordinaire, while Sandy Bousquet and Bettina Bennewitz provided logistical support. Strider Leads were Maddy "run-with-the wind" Mocko, leading the runners/joggers; Paul "everything-in-moderation" Mocko, leading the fast walkers; David "take-it-nice 'n-easy" Miron, leading the walk and chat folks; and Bernadette "Nordic-trekking-is-fun" Miron, leading the striders with sticks.

The awards ceremony celebrated the top fundraiser teams, and once again, the First Coast Returned Peace Corps Volunteers/Fleet Landing Residents team won a second-place award, raising \$7,550 this year. Bank of America (BoA) came in first with \$10,430, and the representative told David Miron that it was Fleet Landing's fundraising amounts that motivated the increase in BoA donations.

The 3-mile walk began with a bagpipe ensemble piping the walkers through the starting gate, and then ended with a "welcome back" bagpipe celebration as the walkers returned. En route, there were groups of cheerleaders to encourage and entertain the walkers. Paul Mocko added to the fun as he showed one cheer group his special pom-pom dance. Then Jeannie Sullivan impressed us all when she detoured for a remarkable Double Dutch demonstration with a jump-roping group. A bonus bit of data came from Ken Hollinga, our birder-in-residence, who observed 15 different bird species while walking.

Bottom line for the day: Big win for Hubbard House and a fun-filled event for 48 energetic Fleet Landing residents.

Editor's note: A copy of the first group photo above and the second-place medals won in 2022, 2023, and 2024, are now on display in the trophy case in Windward Commons.

Fleet Landing Supports Kiwanis

By Karl Price



The Fleet Hearts service club, created by Fleet Landing residents, recently received a Certificate of Appreciation for their support of the Beaches Kiwanis Club Charity Concert. The Fleet Hearts provide service and support to the local community as well as meeting needs at Fleet Landing. They provided financial support to Kiwanis and also helped gain two new Beaches Kiwanis members. Karl Price of the Beaches Kiwanis presented the award to Jackie Smith, Acting President of Fleet Hearts.

The Dynamic Duo Returns

By Nancy Lundgren



When Dr. Catherine Lan and her husband, Tao Lin, walked into Johnson Hall on March 13 for a return performance at Fleet Landing, the audience knew they were in for a spectacular concert. The Duo Beaux Arts pianists ensemble, formed in 2008, has performed across North America, Europe, and Asia to critical acclaim. The

pianists are known for the dynamic style in their programs, and this was no exception.

The couple began with a four-hands duet, a beautiful cantata by J.S. Bach, "Sheep May Safely Graze." Lin then moved to an electronic keyboard as the duo performed Prokofiev's Concerto No. 3 in C major with its intense variations from section to section. Three technically challenging solos followed: *Étude en forme de valse* by Saint-Saëns, *Nocturne* in C minor by Chopin, and *Scherzo* No. 2 in B minor by Chopin.

But it was their final selection, combining their iconic style with Greg Anderson's "updated account" of *The Blue Danube* by Strauss that brought the audience to its feet. "The Blue Danube Fantasy" takes the elegance of the Viennese waltz as a point of departure and plunges headlong into the passions that undulate beneath the dance's restrained façade.

This concert fantasy for one piano, four hands, attempts to illustrate the striking parallels between four feet traversing a dance floor and four hands navigating a piano keyboard. *The Southampton Press* of Southampton, NY, described their daring four-hand piano technique: "Their hand movements and the intertwining of arms, and it seemed at times of fingers, was elaborately and brilliantly choreographed. There were times when their hands seemed magically to occupy the same space, though they were playing different notes. The entire process was a small ballet of the hands, as wonderful to watch as to hear."

It was another amazing concert by the Duo Beaux Arts for Fleet Landing residents.

The Donnellys Abroad



A snapshot from Frank and Rae Donnelly's recent trip to India

St. Patrick's Day Celebration Tea

By Patricia Payne



The annual Irish Tea offers residents a taste of Irish culture as well as a tasty high tea. This year, more than 100 attendees were treated to traditional Irish music and dances as they enjoyed sandwiches, cookies, and scones with clotted cream.

The tender, raisin-studded scones were prepared by Chef Belle Camacho, and they really pleased the crowd! There were enough cucumber, chicken salad, and smoked salmon sandwiches to satisfy all appetites. Wellness Services Manager Mary Faria's pimento cheese on raisin bread sandwiches added a welcome Southern twist to the table. Each place setting had tiny jars of Dickinson's orange marmalade and strawberry preserves.

Ladies from the Wellness, Sales and Marketing, and Charitable Giving departments kept teacups filled throughout the event. Irish Breakfast Tea was available both with and without caffeine. Those who didn't want such robust tea were served Constant Comment herbal tea.

Local musician Sue Tice provided a delightful mix of traditional sentimental and lively dance tunes with her violin and harp. A group of residents danced to several of the Irish jigs. Watchers kept time to the music with clapping hands. So much fun!

Vietnam Veterans Day Flag Raising

Photos by Isobel Spink

March 29 saw some 90 Fleet Landing residents gather at the Flag Plaza for the annual Vietnam Veterans Day flag raising. As is now the custom, the Kazoo Band was on hand for the observance.



Reminder

Did you know that you can see the pictures in *FLEET BEAT* in color? Just go to "*FLEET BEAT*" under "Publications" on Fleet Link. To see larger print as well, scroll to the end of the issue and select "Click here to view and/or download the entire document."

March MOAA Meeting

By Chet Davis

Commander Pat Kluever presided over the March 18 meeting of the Historic Mayport Chapter of the Military Officers of America Association (MOAA). He installed Commander Randy McDonald as an At-Large Director of the chapter's board. Naval Station Mayport Commanding Officer Captain Brian Binder was the guest speaker at the meeting.

Binder's wide-ranging presentation proved to be very interesting. He discussed the current base loading of ships and aircraft and what to expect in the near term. The outlook is positive, with one guided missile destroyer expected this year and four to follow in the coming years. This is in addition to planning for the new frigates that will arrive by 2030. Currently, the base is upgrading the electrical infrastructure and water supply to accommodate the new arrivals.

The base is expecting an increase from the 84 tenant commands currently supported, as up to 11 organizations have requested to be homeported at Mayport. There is a plan to increase the base utilization for Navy and Department of Defense conferences with the opening of new hotel facilities.

Of particular note in this briefing was the concern that Binder has for the young sailors who are assigned to either the base or to ships/aircraft squadrons based here. This includes being aware of food insecurity issues and proper housing both on base and in town. Florida is one of the states that participate in the Purple Star school program designed to accommodate military families that frequently move. Binder regularly visits 11 such schools in the Duval/Nassau counties area, and he said that his "red line" was never to let a child go hungry.

Binder noted upcoming events to which personnel are invited. These include the USS *Stark* memorial service on May 17 and the Freedom Fest on June 28, which will be for all three bases in the area.

During the lively question and answer session, Binder addressed base cybersecurity awareness and various pharmacy, commissary, and exchange issues. He noted that gas prices at the Navy Exchange gas station were regularly below outside prices. The Morale, Welfare, and Recreation (MWR) pass delays have been resolved, and all MWR facilities have positive cashflow. Addressing future construction, he noted that the only way to build new is to demolish old, given the footprint of the base. It might be of interest that the base includes 972 homes under his supervision.

The briefing was well received by the over 100 chapter members and Fleet Landing residents in Johnson Hall.



Savannah Bananas

Text and photos by Mary Durkin



On March 1, twenty-two Fleet Landers boarded the bus and headed to the downtown baseball field to see the Savannah Bananas, who were on a ten-city tour with a three-day sold-out stop in Jacksonville. When the bus approached the field, hordes of rabid fans of all ages were already surrounding the park, dressed in every version of yellow—tees, hats, shirts, socks—and being entertained by an emcee while waiting for the gates to open.

An event staffer mistook us for someone important because we were escorted past the horde and led to the VIP entrance, and from there taken up to the loge level to have our pick of any seats before the gates opened. Having seen the weather forecast, we chose not to sit down in the front row, but rather farther back in seats covered by an overhanging roof. Sure enough, the rains came about 5:30 pm, and those that did sit in the front rows went running for the lobby to get out of the rain. Many came back to the seats wearing plastic rain gear, probably purchased from an entrepreneurial booth in the lobby.

The usual pre-game high jinks were tossed due to the continuing rain, and the event emcee, dressed in a glittering gold jacket, had to improvise. The plan now was to use music and gimmicks to keep the crowd entertained and involved, which they were throughout the rain delay. Players discarded their wet shirts and held dance contests on the tarp—resulting in a lot of friendly catcalls. Seeing which player could slide the farthest on the wet tarp also got a very loud response from the boisterous crowd. Many players came up into the stands to sign autographs for all the kids and teenage girls hovering around them. A brass band walked up and down the aisles playing lively music. The crowd cheered for all the shenanigans, loudly and long, because the rain did not stop until 8 pm.

The tarp was rolled up. The teams, dressed in dry uniforms, came out to warm up, and play was about to begin for the patient fans. Only our Fleet Landing bus turned into a pumpkin and took us away from the ball. Hours of watching the revamped prelims only to miss the main event. We will have to come back the next time the Bananas are in town to catch the whole entertaining show, weather permitting, of course.

Mallets and Wickets

By Ernie Bio; photos by Janet Sylvester and Jeff Doherty

After months of waiting for the contractor to fix his error, the needed repair of the turf renovation of the croquet courts was completed in November 2023. The Fleet Landing Croquet Club deeply appreciates the efforts of Executive Director Josh Ashby and Chief Operating Officer Brian Weiss to make the contractor fix the turf issues. The new playing surface is working well. Several club members braved cold and wet conditions these past three months to test the new turf for playability, and all were satisfied.

The 2024 Golf Croquet Tournament began on February 18 and ended on St. Patrick's Day with the consolation and championship matches. Eight club

members qualified for the quarter-final matches and four for the semi-final matches. The top four finishers were Cindy Tomlin, in fourth place; Ernie Bio, in third; Miles Nogelo, tournament director, in second; and John Neyhart, in first. Congratulations to all the finalists and especially to Neyhart, the 2024 Champion.

The first social mixer of the year, held on March 23, saw 16 members play 30-minute matches and then change partners to play more matches. This round robin provided additional socialization and camaraderie.

Additional tournaments, including the June 1 Play Croquet Day and the doubles tournament, will occur later this year.



2024 Championship Tournament players



Left: Consolation match: Ernie Bio (l) and Cindy Tomlin.
Right: John Neyhart and Miles Nogelo.



“Family feud” quarter-final match: Anna and Ernie Bio, with Anna on the left in both photos



Participants in the March 23 mixer



Final match spectators

Chips & Putts

By Bob Neal

Twenty-two residents and one Atlantic Club member enjoyed beautiful weather while competing in our March 14 Fleet Landing Golf Tournament at Windy Harbor Golf Course.

First place honors, with a score of 69 and 4 birdies, went to Team One with Charlie Steele, Captain, and Paul Donohue, Maura Kelly, and Bob Neal. In second place, with a score of 72 and 2 birdies was Team 3, led by Dave Smith and including Bob Springer and Bobbie Fost. Third place was taken by Team 6 with Mike Marchetti, Captain, and including Serge Ourusoff, Bob

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Chips & Putts

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Hunter, and Ray Dymond (Atlantic Club), with a score of 73 and 1 eagle. Congratulations went to Ourusoff for making the eagle shot from the fairway on hole 8.

Long Drive honors for the ladies went to Fost, and for the men, to Steele. Closest to the Pin on Hole 7 for the men went to Donohue, whose shot was 1'1" from the hole. Unfortunately, for the second month in a row, no ladies hit the green.

The Birdie Trophy went to Donohue, who was responsible for three of the four team birdies. The Sandbagger Trophy went to Steele for his consistently well-placed long drives.

Our April 11 tournament will be at Blue Sky Golf Course, and in May we will be back at Fleet Landing golfers' favorite, Jacksonville Beach.

Songs from the Road Band

By Chet Davis



Fleet Landing residents were treated to a bluegrass concert by Songs From the Road Band on March 22. The band was on tour with performances in Jacksonville, making possible their appearance in Johnson Hall. If a nearly full house is any indication, many residents enjoy

bluegrass.

The five band members play traditional bluegrass instruments: bass guitar, mandolin, banjo, guitar, and fiddle. Based in Asheville, NC, the band has travelled the world, receiving accolades for their bluegrass, Americana, and jazz renditions. The bass player, Charles Humphrey III, is a Grammy award winner.

It was obvious that the band members enjoyed playing their music, which included vocals and instrumental solos. The performance of each number brought a hearty round of applause. The band also accepted requests from the audience.

To say that it was a lively concert would be an understatement. Residents can hope for a return visit.

March WELLInspired Learning Series

By Victoria Freeman



Sue Dukes and Lucas Wagner

On March 20, Sue Dukes, Wellness Services Director, and Lucas Wagner, Health Services Dining Manager, teamed up for an interesting presentation titled "Navigating Nutrition at Fleet Landing and Beyond." A very youthful looking Wagner began by stating that he had worked at Fleet Landing for seven years and had over 10,000 hours of dietary experience.

Wagner and Dukes began with the basics of dietary excellence. Serving size is everything. Almost anything can be eaten in the appropriate size. When eating out, have a plan in place. Online menus help make this possible. Diversify for gut health. Preparation is important. Choose options such as steamed, grilled, or roasted over fried. Fill the plate with vegetables and fruit. Limit sauces to reduce sodium. Drink lots of water.

Nutrition terms were clarified. Low calorie means 40 calories or less. Low cholesterol is 20 grams with 2 grams or less of saturated fat. Fat free or sugar free means less than $\frac{1}{2}$ gram of fat or sugar. Low sodium is 140 milligrams or less of sodium.

Fleet Landing Wing-Dings icons on menus are an aid in making meal choices. There are icons that mean WELLInspired (the healthiest options), vegetarian, gluten-free, and no salt added.

A "Dining Services Dietary Restriction Form" is available on Fleet Link under "Fleet Landing Forms" and then "Dining." Residents can record food allergies

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March WELLInspired Learning Series

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and preferences, such as no salt, on this form. Each time a resident places an order in any of the Fleet Landing food venues, the culinary staff will be able to view this information as part of the order ticket.

Dukes encouraged diners to ask questions when ordering food. The servers regularly have taste panels so they can answer questions and discuss menu items. In general, choose food with little added sugar, sodium, and saturated fat.

Wagner cited healthy options for various dietary concerns. A heart-healthy diet includes fruit and vegetables, fish, lean poultry, and whole grains, such as brown rice. For kidney issues, avoid highly acidic foods and red meat, reduce caffeine, and eat fatty fish and fruits and berries. If sodium is a problem, avoid soups, and bacon, and watch seasoning blends. Fresh fruits and vegetables, dairy products, and foods that are good sources of calcium are recommended.

Finally, both Dukes and Wagner said to ease into any new diet. Be aware also that aging changes dietary habits.

FleetLanders Concert

By Mary Durkin

Photos by Ed Hollender and Mary Durkin



The FleetLanders



Left; John Rogerson. Right: Fleet Harmony.

Fleet Landing residents are familiar with the abundance of local talent because of the many performances in Johnson Hall by their campus neighbors. On March 21, the concert was by The FleetLanders, a group made up of musicians and singers Bob Armacost, Julia Pet-Armacost, Guy Van Syckle, Karen Sturtevant, De An Winton, Bunky Johnson, and Jim Katsikas.

Armacost, as the director, introduced each song with a slide and a bit of its backstory, including composer, singer, and what made it historic and musically notable. Songs ranged from Americana and pop to folk and country. Van Syckle sang a solo of the Eagles hit "Take It Easy," and "Will You Love Me Tomorrow" was a duet by Pet-Armacost and Winton, who was making her singing debut. Included as a request from resident Bob Ellis and sung by Armacost, was Toby Keith's "Don't Let the Old Man In," inspired by what actor/director Clint Eastwood responded when Keith asked his secret to longevity. The crowd gave a big cheer in agreement with that story.

In a nod to St. Patrick's Day, some Irish tunes were included. There was a group sing-along of "When Irish Eyes are Smiling," and Armacost and Pet-Armacost duets of "Galway Bay" and "Home From the Sea." The Fleet Harmony, a choral men's group of nine, sang "My Wild Irish Rose" and "Irish Blessing." John Rogerson gave an endearing solo of "Danny Boy." All were greatly appreciated by the audience.

In total, the FleetLanders and The Fleet Harmony sang 18 songs and went well past the allotted time for an extra half hour at the audience's urging. They have so many songs they want to sing and play that they have already scheduled their next concert for May 16. If you want to sing your heart out along with your musically talented neighbors, mark it on your calendar.

Bold City Classics

By Isobel Spink



There wasn't an empty seat in Johnson Hall on March 15, and we were drinking (the white wine was gone), singing, clapping, dancing, and sweating for 90 minutes. The Bold City Classics came dressed in black, except for the lone female singer, who had on a terrific dress, and the 12 musicians kept us all moving.

The concert was billed as "Motown Through the Ages," and the lead singers, one with a hat and the other with serious hair, were both top-dog Motown artists.

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Bold City Classics

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Together with the female singer, they produced awesome harmonies to songs from the Supremes, the Vandellas, Ray Charles, Aretha Franklin, and others, and many of us remembered all the words. I think the band had as much fun as we did.

The second song got dozens on the dance floor, and then "My Girl" had 16 couples for some easier moves. There were dozens of ladies up with every song, and they even started a brief conga line.

With the concert starting at 6:30 pm, residents could eat early, then come and party. Wellness Services Manager Mary Faria has promised the Bold City Classics will come again in a few months, and she certainly earned yet another gold star for all the wonderful music she brings to Fleet Landing.

March World Affairs Council Events

Fleet Landing residents had two opportunities to hear timely World Affairs Council talks in March. On March 3, Spinnaker Society members and World Affairs Council of Jacksonville Premier Members enjoyed a variety of delicious hors d'oeuvres in Johnson Hall before hearing an in-person talk by Matthew Rojansky. On March 4, they heard Rojansky speak via simulcast from the University of North Florida (UNF). He is President and CEO of the U.S. Russia Foundation for Economic Advancement and Rule of Law, a non-profit based in Washington, DC, that seeks to foster private enterprise and democracy in Russia. A descendant of immigrants from Eastern Europe, Rojansky also serves as the U.S. Executive Secretary for the Dartmouth Conference, a conflict resolution initiative begun in 1960. He is widely recognized as an expert on Russia and Ukraine and has published extensively about the area.

Will Russia Ever Be a Democracy?

By Carol Smith



Matthew Rojansky (center) with residents Terry Silvester (left) and Rick Rochelle

After welcoming everyone to the March 3 event in Johnson Hall, Fleet Landing Executive Director Josh Ashby introduced the Board Chair of the World Affairs

Council of Jacksonville, Amy Margerum Berg. She expressed her appreciation of Fleet Landing's Platinum Sponsorship and its hospitality for the evening.

In his opening remarks, Rojansky recalled his walk on the beach over the weekend while listening to Vladimir Putin's two-and-a-half-hour speech. Commenting on the recent funeral of Russian dissident Alexei Navalny, he went on to name others who have challenged Putin's autocratic regime. With pictures of each, he reminded the audience that it was important to say their names and remember their courage. Describing the difference between a totalitarian and autocratic government, he pointed out that in an autocracy, people are allowed to leave. In fact, over one million Russians have left their country since the invasion of Ukraine.

At the conclusion of his remarks, Rojansky graciously addressed questions from the audience.

Many residents appreciate the opportunity to view the simulcast of World Affairs Council presentations in Johnson Hall, but they especially enjoyed having the guest speaker live and in person on this occasion.

Russia, Ukraine, and US National Security

By Bo Smith

In his March 4 talk, Rojansky discussed the Ukraine/Russia war and its implications for former Soviet states and Europe; Russia's developing relationships with China, Iran, and North Korea; and the enigma of Vladimir Putin. He acknowledged the unknowns and didn't offer pat answers, but stressed that we must be prepared for a variety of eventualities. He interpreted the present situation as a continuation of the collapse of the USSR. Putin's motivation is to reestablish Russia's place in the world, and part of that includes territorial acquisition using political and military incursion. A thinly veiled nuclear threat is always present. Putin is deepening relationships with China and Iran and growing closer to Belarus. Kazakhstan may also be in play. He warned us not to eagerly anticipate Putin's passing, as there are more dangerous possible replacements.

I felt Rojansky's most important message was that the West must continue to pay close attention. Russian territorial intentions have world-changing implications, and we must be prepared to respond as needed.

Because Fleet Landing is a Platinum Sponsor of the World Affairs Council of Jacksonville, residents can attend these Global Issues Evenings, held in partnership with the UNF's Distinguished Voices Lecture Series, in person at UNF or by simulcast in Johnson Hall.

In Memoriam

Marion Mills 1933-2024

St. Augustine Dolphin Bay Eco BoatTour

By Mary Durkin; photos by Janet Silvester

The St. Augustine Inlet boat tour is a frequently scheduled excursion for Fleet Landers, and why not, when the sky is sunny, the weather warm, and the dolphins abundant? On March 12, twenty-nine residents boarded Captain Jimmy's excursion boat at Vilano Pier. As we headed into the inlet, it was not long before we spotted numerous pods of dolphins and followed a few around carefully while they fed and played within their pods. Captain Jimmy estimates that there are about 40 pods of the Atlantic bottlenose dolphin species within the inlet. He explained that this multitude of pods and other natural habitat are what attracted more sharks here than anywhere else. Many birds were sighted as well. An osprey with a bird in its mouth flew right over us.

We next headed toward the St. Augustine marina, with the spires of Flagler College standing out over the skyline. They are atop a building that is now the centerpiece of the college. It was originally the Hotel Ponce de Leon, built by Henry Flagler in the 1880's, and it attracted many visitors to see the first commercial use of the Edison electric light bulb.

As we slowly motored through the marina, we got close waterside views of the *Nao Trinidad* tall ship, a replica of Magellan's flagship that will be anchored there for visitors through April; the *Black Raven* pirate ship; an American Cruise Lines ship; and many luxury yachts moored in the marina.

Motoring onward past the Castillo de San Marcos, Captain Jimmy recounted historical facts about the fort. The 18-foot-thick walls made of coquina resisted cannonball attacks through many battles. We then moved on to The Great Cross, made of stainless steel and rising 208 feet over the marshes. The cross is on the site of the Shrine of Our Lady of La Leche, which is next door to the Fountain of Youth Archeological Park. Ponce de León was searching for the Fountain of Youth and thought he had found it in St. Augustine. The Timucua Native American people of the area were over 6 feet tall, towering over the short Spaniards, and thus making Ponce de León think they had the natural advantage he was looking for.

It was a pleasant change of scene to get the historical perspective from the water side, and Captain Jimmy gave a very entertaining version of it. After all, European presence in Florida happened in 1565, over half a century before the Pilgrims landed at Plymouth Rock.

Our tour wound up for lunch at Beaches of Vilano, on the outdoor patio under umbrellas, where we all recounted how much we enjoyed the day and being with each other in such a pleasant environment. It's no wonder this tour is offered so often.



Dolphin pods



Bird sightings



Left: Nao Trinidad. Right: Great Cross.

Annex Re-roofing



As *FLEET BEAT* photographer Ann Bell's photo shows, sure-footedness is a prerequisite for roof work.

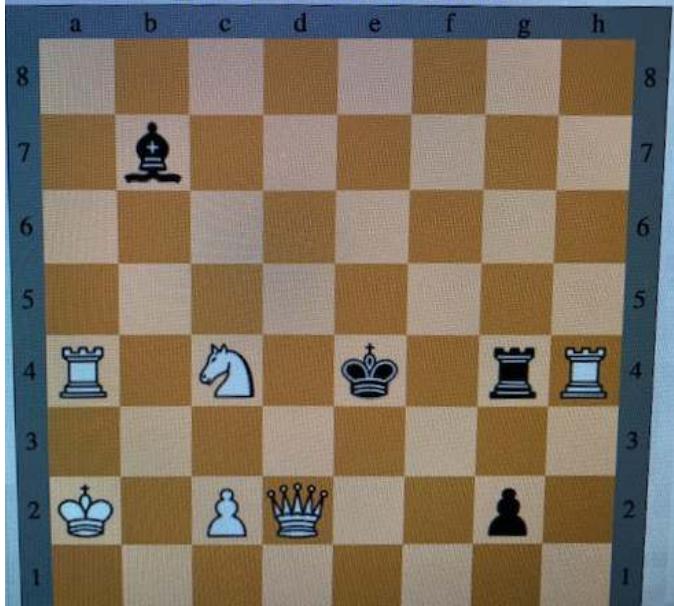
Chess Club News

By Richard Wong

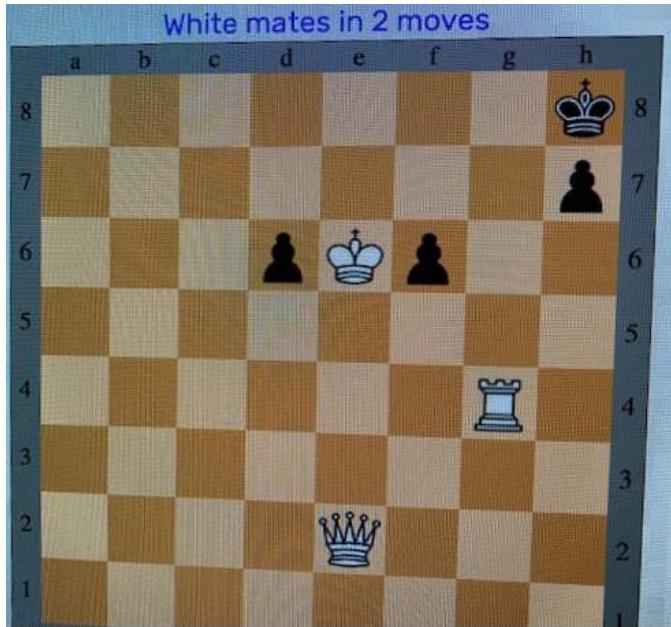
Here are three puzzles: White pawns are moving up, and black pawns are moving down. All three are white to move and mates in two moves.

For solutions, come to the Chess Club Tuesdays from 1-3 pm in the Windward Commons lobby.

White mates in 2 moves



White mates in 2 moves



Algae Treatment

Resident Howard Burdick captured this photo of Lake Constellation being treated for algae on April 2. Maintenance Manager (Exterior) Jay Jernigan explained that Fleet Landing's lakes were treated for algae while the vendor was onsite to review concerns. Multiple treatments will be required, and algae present a continuing challenge in the warmer months.



Campus Wildlife Sightings



Resident Lynn Blakemore's interesting photo of a wood stork, and one of several places around campus where *FLEET BEAT* photographer Ann Bell spotted an armadillo.

St. Patrick's Day Parade

Photos by Ed Hollender, Ann Bell, and Janet Silvester

This year's St. Patrick's parade had it all: smiling staff and residents, lots of bicycles and golf carts, vintage vehicles, dogs, a bagpiper, spectators along the parade route, and green everywhere.

