



FLEET BEAT

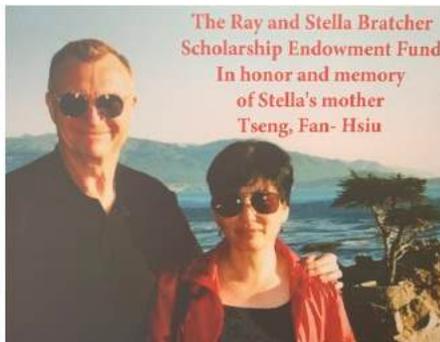
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THE FLEET LANDING RESIDENTS' NEWSPAPER

Nov./Dec. 2021

Spinnaker Society Dinner

By Enith Vardaman



After a year's hiatus caused by COVID-19, the Spinnaker Society was once again able to gather for its annual dinner, the ninth since its founding. Their November 4 trip to downtown Jacksonville at rush hour expedited by a police escort, the members disembarked from the buses at the Wells Fargo Building. Their ultimate destination was the River Club, which occupies the two top floors (the 34th and 35th). Elevators took them to the 35th floor for a pre-dinner reception. A University of North Florida quartet provided background music as the guests mingled and enjoyed drinks and hors d'oeuvres. A card

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FLiCRA Holds Annual Conference

By Enith Vardaman

For the second year, COVID-19 caused the Florida Life Care Residents Association (FLiCRA) annual conference to be held via Zoom instead of at one of the state's continuing care retirement communities (CCRCs). The plus side to this was that 50 of Florida's 71 CCRCs were represented—far more than at in-person conferences. State President Diane Dalsimer of John Knox Village in Pompano Beach presided over the November 3 meeting. FLiCRA's state board elected her to another one-year term at the conference.

FLiCRA Executive Director Bennett Napier provided a preview of the 2022 Florida legislative session, which will run from January 11 through March 11. No legislation affecting Chapter 651, the law governing CCRCs, is anticipated, but legislation concerning COVID-19 liability protections for businesses, including skilled nursing and assisted living facilities, is expected. There will likely be an effort to reduce mandatory staffing hours in skilled nursing facilities because of workforce shortages.

The twelve-member FLiCRA state board is made up of four at-large directors and eight regional directors. The regional directors are elected by the chapter presidents of their region, and the at-large directors are elected by delegates to the annual conference. There was one at-large director position open this year. Pat Kluever, Fleet Landing chapter president, was the person designated to vote on behalf of our chapter. Michael League, a resident of the Estates at Carpenters in Lakeland was elected to the at-large position. His commitment to FLiCRA was evident from his service in the Estates chapter in the positions of secretary, treasurer, and president.

There was a panel discussion on the topic of Florida trends in CCRCs and best practices. FLiCRA was represented by two members of the panel, Ramsey Geyer and Ray Neff. Many Fleet Landing residents know Geyer, FLiCRA's Region 2 (our region) director, from his talks at our chapter's annual meetings. Neff is the Region 7 director. Both also serve on the Governors Continuing Care Advisory Council. LeadingAge Florida, the organization representing owner/operators of non-profit senior living communities, also had two members on the panel. Gary Hennis is chair-elect of LeadingAge Florida and the Chief Operating Officer, Westminster Communities of Florida, which has ten CCRCs in the state. Joel Anderson, President/CEO of

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November Residents' Council Meeting

By Howard Burdick

The November 16 Residents' Council meeting was convened in Johnson Hall by President Bob Burkart, who enjoined all to think about reducing utility costs by such means as turning off ceiling fans in otherwise empty rooms and lights when not in actual use. He also noted an unfortunate instance of a resident berating an employee in a common area, audible to all. All were reminded that we are a Fleet Landing family—residents and staff alike.

Ruth Smith reviewed preparations for our participation in the annual Salvation Army Red Kettle Campaign. She was joined by Pat Kluever as Santa Claus and Major Elf Lin Smith in reviewing other holiday activities.

Management Review. Chief Operating Officer Travis Schryer reported on the upcoming three-tiered pricing, instead of the current two-tiered pricing, for the LakeView buffet to give residents on the My Choice plan more flexibility. A pool table has been installed on the second floor of Windward Commons. COVID-19 status reports have been discontinued, over 95 percent of staff have been vaccinated, and non-healthcare staff will soon be allowed to go without masks.

Council Reports.

Vice President Eileen Theis reviewed qualifications and procedures for residents to volunteer to run for the Residents' Council. She said that a nominating committee would be formed in January.

Finance. Treasurer Bob Armacost reported continuing positive financial results, with an adjusted operating income of \$1,234,049 as of September 30. Days cash on hand remained well over requirements. Detailed reports are available in the Dinda Library. With one week to go, the Residents' Gift Fund was shy of its \$550,000 goal. [The goal was subsequently met.]

Marketing. Eileen Theis reported that only two of seventeen vacant independent living units were not reserved. Units sold year to date number 22, generating revenue of \$8,123,890. By the end of November, 98 of the 128 units in the 8000 Building will be occupied. In Leeward Manor, 46 of 56 units were occupied, while for North Point the figure was 28 of 38 units. The Nancy House was nearly full.

Wellness/Transportation/Clubs. Jackie Mears thanked everyone who participated in the Fleet Follies. Those present gave Bob Armacost and Julia Pet-Armacost an enthusiastic ovation for leading the highly successful revival of this event, which was covered extensively in the October issue of *FLEET BEAT*. Mears also noted that the Club Fair had been highly successful. She gave kudos to the Wellness Department for all their programming for residents.

Human Resources and Dining. Ray Bratcher reported our Staff Member of the Month as Dana Liggio, of Currents, who treats everyone patronizing

Currents as family (and some more so, as your scribe hereby attests). There were 106 Lobster Tales submitted in October. Revised dining schedules in all facilities were reviewed. Online ordering is coming to Currents soon. The trial of the new reusable food delivery containers is now underway in the 4000 Building (but don't use them for baking).

Healthcare. Janice Flock reviewed costs and procedures for residents moving to skilled nursing, assisted living, or memory care facilities as well as for using home health care. She also discussed Medicare requirements for coverage of short-term rehab in Derfer as well as the extent of that coverage.

Facilities. Lory Doolittle reviewed the October 20 quarterly meeting with management and resident representatives. She also reported recent zone inspections of the apartment buildings, with special emphasis on gutter and roof cleaning and power washing of buildings and sidewalks. Dryer vents in the four original apartment buildings are being cleaned. We have a new vendor for the fountains, and the fountain at the north end of the 5800 Court will be replaced.

Safety, Security, and Housekeeping. Kerstin Chelius reported that Safety and Security had performed 506 house checks and responded to 137 in-home calls in October. There were two openings in that department. Residents are again urged to stay on sidewalks and obey our 15 mph speed limit. She enumerated the duties Housekeeping staff perform on a weekly basis, including cleaning all independent living homes, performing six to eight yearly home deep cleanings, cleaning common areas in the five apartment buildings, and conducting a constant battle
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All the news that fits...	
<i>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.</i>	

November Residents' Council Meeting

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against cobwebs and bugs on the patio/pool areas of the Coleman Center. Environmental Services staff clean Leeward Manor, North Point, Derfer and The Nancy House in accord with strict local, state, and federal government rules and standards.

Suggestions. Secretary Nancy Russell requested that residents submit a separate form for each suggestion. She reported responses to the following suggestions:

- Purchase regular grocery carts for garage lobbies of the 8000 Building. Residents will be polled for best solution.
 - Make delivery menu options also available for take out menu. Not approved.
 - Add helpful signage on Building 4000 driveways. Approved.
 - Paint Building 4000 parking space white lines. Approved after campus repaving in the first quarter of 2022.
 - Bring your own food containers. Approved. Management will work with Residents' Council to promote the idea.
 - More options for low caffeine drink choices. Not approved. Hot decaf tea is available everywhere.
 - Add more raised garden beds near the Annex. Approved. Plans are underway.
 - Show the most current work request at the top of Fleet Link listings or allow user to select sort order. The suggestion will be referred to Caremerge because this is a programming issue likely affecting all its clients.
 - Notify all residents of off-campus events simultaneously because of the limitation in the number of participants. In addition to the current policy of adding extra outings for popular events, creative ways are being sought to enhance the possibility that as many residents as possible are able to enjoy off-campus activities.
 - Install ceiling fans in the outdoor seating areas at Mainstreet. Approved.
 - Add a sink/disposal in the second floor common area of the 8000 Building. Approved.
 - Relocate microphone plug-in portals on Johnson Hall stage. Approved.
 - Change Currents Grab & Go sandwich menu. Under consideration.
 - Move gift shop to the Coleman Center. Not approved.
 - Add propane/electric heaters for Mainstreet outdoor space. Approved.
- Responses to these suggestions are pending:
- Add emergency lighting information to Resident Handbook.
 - Add broad white stripe at each stop sign.
 - Post maximum occupancy signs in common areas.
- There will be no Council meeting in December. The

next meeting will be on January 18, 2022.

Editor's note: For more detailed information, see the Residents' Council minutes in the Dinda Library.

Evergreen Cemetery

By Victoria Freeman; photo by Mary Faria



Garry Sass at the grave marker for Cora E. Crane

On the cool morning of November 12, beneath the moss-draped live oaks of Evergreen Cemetery, 21 Fleet Landing residents were enraptured by a master storyteller. Gary Sass of Ad Lib Tours selected 24 individuals from the 70,000 buried at Evergreen. He told their tales while standing by the graves of each individual. There were tales of political leaders including John E. Mathews, who was the Chief Justice of the 1955 Florida Supreme Court. There were tales of business leaders, chief among them Wellington Cummer, the lumber magnate. His daughter-in-law, Ninah Cummer, bequeathed to Jacksonville her beautiful gardens, her art collection, and her home, which stood on the site of what is now the Cummer Museum of Art and Gardens. There were also graves of several women who ran their own businesses.

There were sad stories. Among the saddest was that of Henry J. Klutho, who was one of Jacksonville's premier architects following the Great Fire of 1901. Klutho, influenced by the Prairie School architectural style after meeting Frank Lloyd Wright, created many of the notable buildings in the city. He then invested his money in silent films, just as the talkies burst on the scene, obliterating his investment. His grave is marked by a small brass plaque.

A large marble marker inscribed with the name Cora E. Crane is at the grave of the woman who ran Jacksonville's best known bordello. She and the author Stephen Crane were lovers. Although they were never married, she adopted his last name.

As usual, Manager, Wellness Services, Mary Faria, the ultimate travel enhancer, had thought of everything to make the trip an enjoyable one. She provided water and snack bags with petite Moon Pies.

Living and Working in Space

By Isobel Spink

A Life Scout, US Naval Academy graduate, Marine, and Space Shuttle astronaut, Bob Springer has just about done it all. He was both a jet and helicopter pilot with over 500 missions and two postings in Southeast Asia. On November 19, Springer fascinated a large Johnson Hall audience with his stories of the space program, his space flights, and what actually takes place before and during a space flight. He participated in two missions, the second of which, a night launch in November 1990, was classified.



Springer emphasized that infrastructure, training, people, and leadership are all common elements, whether building businesses or rockets. Rapidly changing situations require creativity and adaptation. All are key attributes for astronaut selection. More than a shared vision, it is a shared destiny. Another critical aspect is communication, and Springer spoke of how this could be problematic for the armed services.

There are thousands of applicants for the program, but very few are chosen. Springer described an interview that was “like an inquisition,” and how you answered questions seemed more important than what you answered. But he was in, and part of the training included being submerged in the Neutral Buoyancy Lab wearing a 300-pound training suit.

The Space Shuttle program shut down for three years following the 1986 Challenger disaster. In a display of total dedication, the entire Space Shuttle workforce sought to get the program back on track.

“Chix in Space,” designed by a high school student and sponsored by Kentucky Fried Chicken, was one of several experiments conducted during his first mission. Using chicken embryos fertilized at three days and nine days, it examined what happened to the developmental cycle of eggs.

In a subsequent chat, Springer commented, “Obviously, a space vehicle is incredibly complex and flies in an extremely hostile environment. It is almost impossible to comprehend that complex machine flying around the earth at over 17,500 miles per hour, or five miles per second.”

What is it like to be in space? There is no gravity; you are in sleep restraints at night (although Springer preferred to float around the cabin); re-hydratable food is used (they even made tacos); Velcro is used frequently to hold things in place; and bathroom habits could be a challenge. You are around toxic fuels, and your eyesight could deteriorate. Springer also cited the case of identical twin astronauts, Mark and Scott Kelly. After spending almost a year in space, Mark’s DNA had

shifted to a 20 percent difference from that of Scott. DNA-wise, they were no longer identical twins.

The next step in the space program will be traveling beyond low-earth orbit with the Space Launch System rocket and Orion spacecraft. In answer to a question from the audience, Springer said there was no current solution to debris in space. He also later told me, “As one orbits our home planet, you see a sunrise and sunset every orbit—a 90-minute trip. Earth is beautiful when seen from the vantage point of earth orbit, but you can also see the effect of climate change as humans’ influence negatively affects the planet.”

Springer’s entire presentation was riveting, and I’m sure will not be forgotten by any who attended.

Bringing Home the Gold

Photos by Alisa Blanchard



Peggy Steck and Don Husmann



Ken and Chris DeVries and Miles Nogelo

Exercise Physiologist Alisa Blanchard reported impressive results on the part of Fleet Landing residents participating in this year’s “Forever Fit 50 & Beyond: Jacksonville Senior Games,” which ran from September 24 to October 2:

- Peggy Steck won gold medals in the 5K and 10K cycling events.

- Don Husmann won gold medals in table tennis singles and doubles and in racquetball singles and doubles.

- Both Chris and Ken DeVries won gold medals in the 800 and 1500 meter runs.

- Miles Nogelo won gold medals in the track and field long jump and high jump and in the basketball free throw and 3-point throw, plus bronze medals in the discus and shot put.

Meet Our New Staff

By Chet Davis

David Williams, Transportation Coordinator

David Williams has joined Fleet Landing as Transportation Coordinator. Williams will be responsible for all resident reservations, dispatching driver assignments, and supporting Transportation Services in every aspect to ensure resident needs are met.



A central Florida native, Williams grew up in Sanford on the banks of the St. Johns River. He joined the National Guard, serving nine years before joining the US Army for ten and a half years. His military service took him to Afghanistan in 2010-2011, where he received the Bronze Star. For the last six years, Williams ran the artillery and

air defense school at Fort Sill, OK.

Williams has one daughter in Central Florida, and his parents live in Tennessee. While currently residing in Orange Park, he expects to move to Southside in the near future.

Tara Moreno, Director of Nursing, Assisted Living

Tara Moreno is a Dunkirk, NY, native. She has resided in Florida since 1979, when her family deemed the Buffalo area "just too cold." As a Navy junior, she traveled the world of Florida naval air stations, never leaving the state!



Moreno received a licensed practical nurse degree from the Florida State College in Jack-

sonville in 2003. She earned a bachelor's degree in healthcare administration with a concentration in long-term care from the University of Phoenix in 2020, graduating with honors. Prior to coming to Fleet Landing, Moreno was a full-time mom and a full-time student while also working full-time. In 2018, Moreno joined Fleet Landing's staff, coming from Cypress Village, where she was first a night nurse, and then was promoted to director of nursing. At Fleet Landing, Moreno worked in the Nancy House as a night nurse until April of 2020. After a temporary absence, she returned in September 2021 in her current role.

Given her relationships with both staff and residents, Moreno feels that she came back home to Fleet Landing. She believes our community is unique with its homelike atmosphere for her patients—unlike even smaller facilities. Since returning, her clinical challenges have included developing procedures for dealing with the COVID-19 pandemic and the associated learning process.

Moreno lives near the airport with her husband and two adult sons, and she is expecting her first grandchild in the near future.

Moreno is available to discuss any facet of the clinical services available in assisted living.

LaRita McCord, Assisted Living Administrator

While many will not have met LaRita McCord, she



has been at Fleet Landing since 2014 in varied roles. As our first intern from the University of North Florida (UNF), she was an activity assistant. She subsequently filled a succession of three roles in Human Resources: assistant, recruiter, and manager. She has now

assumed the role of Assisted Living Administrator, with responsibility for Leeward Manor, North Point, and The Nancy House.

McCord is a Jacksonville native who grew up in Ocala, FL. She graduated from UNF with a healthcare administration degree followed by a master's from Ohio University. In her current position, she is state licensed and has continuing education requirements.

McCord appreciates the culture of Fleet Landing, both on the part of residents and of staff, who see their mission as serving residents first. Another plus is the relationships established among long-term staff. Having been a recruiter, McCord also values the incentives offered to staff.

McCord is available anytime to discuss with residents all phases of assisted living.

Peggy Pylypczuk, Director of Nursing, Skilled Nursing

After 21 years in New Hampshire, Peggy Pylypczuk had decided to become a traveling nurse with duties in warmer climes. This brought her to Fleet Landing first on a temporary basis and now in a permanent position.

A native of South Jersey, she has one son, two daughters, and seven grandchildren. She lives in Neptune Beach and delights in sitting on her front porch,

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Meet Our New Staff

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listening to waves, drinking her morning coffee, and commiserating with her New Hampshire daughter's weather commentary.

Pylypczuk has been in healthcare since she was 16.



Her first "patient" was her grandmother at a time when hospice was unknown. She later obtained licensed nursing assistant and then licensed practical nurse certification. When her last child went to college, Pylypczuk took an intensive two-year nursing

program at the Lakes Region Community College in Laconia, NH, and became a registered nurse.

Asked her initial thoughts about Fleet Landing, she responded that she had never been at such a place, given her warm welcome, the great relations between residents and staff, and the overall campus.

Meghan Simpson, Marketplace Dining Room Supervisor

Meghan Simpson has recently joined Fleet Landing's staff. She can be seen in Marketplace Tuesday through Saturday.

A Florida native, Simpson was raised in Hollywood, FL, and then the family moved to Ocala, FL. Prior to relocating to the Jacksonville area in the recent past, she was the dining room supervisor at Freedom Pointe, a continuing care retirement community in The Villages. Prior experience was all in the restaurant business, from coffee houses to a full-service restaurant, where she was the manager.

After attending the University of North Florida for two years, Simpson graduated from Santa Fe State College in Gainesville, FL, with a degree in health care administration. However, her interest lies in the hospitality industry.

She and her husband live on the Southside, where they are "parents" to three dogs, four cats (one a Hemingway), one bird, and, in Ocala, her horse. Simpson's husband is also a Fleet Landing staffer, serving as Dining Room Manager for Leeward Manor and North Point. Take the opportunity to welcome Meghan when you dine at Marketplace.

Editor's note: FLEET BEAT was not able to get a picture of Simpson in time for publication in this issue.

Fleet Landing in the News

By Enith Vardaman

Fleet Landing residents have been busy in November writing letters to the local press for the

editorial section. These residents contributed a letter to *The Florida Times-Union*: Charles Winton (November 8), Pete Sheridan (November 9), and Joe Fittipaldi (November 28).

Frances Jones contributed to both *The Beaches Leader* (November 4) and *The Florida Times-Union* (November 11). She even got a favorable response from another reader in the editorial section of the November 27 edition of the *Times-Union*.

Radio-Controlled Sailing Club

By Jim Leipold; photos by Janet Silvester



It is a joy to announce that cooler temperatures have not cut down on the enthusiasm everyone has for radio-controlled sailing (Saturdays at 10:30 am at the Coleman Center dock). We're getting a lot of visitors, and they are always welcome to try sailing one of our boats on the lake.

Several new members will be getting boats soon and we're excited for the future "clash of the Titans" out on the water. We have up to 12 boats in our fleet. Our race chairman is also our rule person. He starts races around 10:43 am, and we get as many races in as we can before closing at 11:30 am.

Many members are willing to mentor newcomers, and no experience is needed. These boats won't tip over and are easy to sail as they have only two parts to control: sail and rudder. Women, please come aboard. We have four female captains and a lot of couples, with each spouse sailing his or her own boat. However, we do not provide marriage counseling or a ref for everyone else. So come on down and enjoy a morning sail.

For more information, contact Captain Jim Leipold at jcthecaptain@gmail.com

FLEET BEAT News

By Enith Vardaman

In this issue, we welcome two new residents to the staff. Nancy Lundgren will be a reporter, and she contributed the article on the November 16 “Global Issues Evenings” World Affairs Council presentation (page 21). Dita Domonkos will be a photographer and reporter. She reported on the November 15 talk by Sharyl Attkisson (page 11), and she has contributed photos to several articles in this issue. Both have been at work on items for the next issue of *FLEET BEAT*.

You can read more about Lundgren and Domonkos in their “Welcome Aboard” articles (page 15).

Veterans Day Parade

Participants in this year’s parade turned out in cars and golf carts and on bikes, including a growing number of recumbents. All were decked out in red, white, and blue.



Meet the Team

By Gerry Nogelo



Left: LaRita McCord (l) and Tara Moreno. Right: Brian Weiss.



Carl Helmers (l) chats with residents Don Husmann and Rae Donnelly.

The November 12 “Meet the Team” event drew about 75 residents to Johnson Hall. Once there, they first mixed informally with management staff new to Fleet Landing or in new positions. Chief Operating Officer Travis Schryer then took the microphone and asked residents to be seated while he called each staff member to come forward to tell a little about their job and themselves, including fun facts.

Editor’s note: Read more about new staff on page 5.

Bird Watching Club News

By Frances Edwards; photo by Ed Hollender

Everyone interested in birds is welcome to join the new Bird Watching Club. On Fleet Link, go to “Groups,” then scroll to “Bird Watching Club.” After you read about the club, click on the heading to find interesting information and then click the “JOIN” button. Joining will enable you to receive timely information and to post your bird-related topics.



See you at the December 29 Hanna Park bird walk with resident Mike Marchetti and on January 13, when Brian Bidwell from Wild Birds Unlimited will give a presentation on “Birds of Winter Preparing for Spring”!

Fleet Landing Club Fair

By Isobel Spink



FLEET BEAT reporter Isobel Spink (r) at the Dog Lover's Group table with Gayle Bue.

What an affair on October 29! First of all, there are over 30 clubs at Fleet Landing: Dog Lovers, Sunday Ecumenical Chapel, Military Officers of America Association (MOAA), Golf (mixed and women), Yacht (sailboats), Radio-Controlled Sailing, FLiCRA, Bridge, Mah-jongg, Investment, Table Tennis, Bible, Resident Ambassadors, Military Wives, Tennis, Bird Watching, Think Tank, Wine Tasting, Chess, Croquet, Woodworkers, Lawn Bowls, Canasta, Art, Billiards, Bingo, Knitwits, *FLEET BEAT*, AppleJax (Apple products in general), iPad Users, Pickleball, Trivia, and Mindfulness Matters. I believe there is a Poker Club, but I didn't see a table.

There was quite a crowd at the 10 am opening, with people signing up for activities and getting both verbal and written information. Many newcomers were astounded by the variety and number of offerings that keep us all young and vibrant. By 12:30 pm the crowd had thinned, with some headed out for lunch.

A few items of note: Most of the tables had candy or other treats on offer. The Dog Lovers table had a bowl of small dog biscuits, and two gentlemen (who shall remain anonymous) each took one and ate it. The Ambassador table had (a reminder our childhood) pink or blue cotton candy! And it really was like cotton.

The Radio-Controlled Sailing Club had a raffle. Rick Rochelle, who bought the last ticket, won a gorgeous boat with a red sail. Because Rick isn't a radio-controlled boat expert, and because he's a good Samaritan, he gave his boat to Bob Burkart, who was really hoping to win it. A gold star on Rochelle's chart!

Enith Vardaman had a wonderful sign at the *FLEET BEAT* table that read, "NOW HIRING! Salary Competitive with Other Fleet Landing Volunteer Organizations." Carol Smith and I said we wanted a 10 percent raise.

Thanks to Fleet Landing staff, there were tables of blueberry muffins and fruit, coffee, water, and juice, all of which were attacked by the crowd like a swarm of locusts. By the time I left, about all was gone. It was a terrific event, but in my humble opinion, three hours instead of four would be plenty of time to hold it in the future.

Fleet Landing Club Fair in Pictures



Mah-jongg



Tennis



Resident Ambassadors



Military Wives Club



Sunday Ecumenical Chapel
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Club Fair in Pictures
(continued from preceding page)



Croquet Club



Investment Club



*Left: Radio-Controlled Sailing Club.
Right: Wine Club.*

No FLEET BEAT in January

It is time for our traditional holiday publishing break. The January/February issue, which will come out in early February, will cover events in December and January. We are already at work taking pictures and writing articles for that issue.

We hope you enjoy the holidays, and we wish you health and happiness in 2022.

Square Dance Party

By Victoria Freeman and Isobel Spink



Over 100 folks participated in Fleet Landing’s November 14 “Square Dance Party,” either to dance or to spectate.

Caller Tommy Bledsoe broke the ice with Zudio, which was originally a play party song from the Georgia islands. It required hand shaking, partner circling, and elbow swinging as well as some hopping forward and backward—not easy for all.

Warmed up, the group danced some more elaborate movements, including those of the Basket, Bird in a Cage, and the Flying Scotsman. And, of course, there was the Virginia Reel with long lines of ladies and gents facing one another.

Peals of laughter reverberated throughout Johnson Hall as the Driftwoods played the music, while Bledsoe instructed the dancers. Tasty collard and cheese snacks made the event even more delightful, as did a choice of beverages.

Once more, Mary Faria, Manager, Wellness Services, organized a grand evening for the residents, and this one was a real hootenanny. Nancy Lundgren, an 8000 building resident, said, “It was a wonderful way to meet and mix with individuals. I sure hope we do it again.”

Spinnaker Society Dinner

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on each table noted that music for the dinner had been underwritten by the estate of the late resident, Howard Parks.

Guests moved to the dining room, where Director of Charitable Gift Planning Olivia Bush delivered welcoming remarks. After resident Jackie Mears gave the invocation, everyone enjoyed a delicious dinner, expertly served.

Speaking after dinner, Executive Director Josh Ashby expressed his appreciation to the 287 members of the Spinnaker Society for their generous financial support, which has allowed physical enhancements to Fleet Landing and improvements to its programs.

Ashby then announced two major gifts. The first was a legacy supporting a physical enhancement for the benefit of all residents. Bill and LaVonne LaHatte, who lived at Fleet Landing for over 25 years, left a generous gift to show their gratitude for the quality of life they enjoyed here. Both were avid croquet players, and the croquet court, formerly known as The Greens, will now be known as the Bill and LaVonne LaHatte Croquet Court.

Ashby described the second gift, an improvement to Fleet Landing’s programs, as a great example of the impact of philanthropy. He noted our community’s long history of supporting the educational endeavors of staff members through Endowment Fund scholarships and the Henry and Jewel Baker scholarship program for staff pursuing careers in medical specialties. He then announced a new scholarship endowed by Ray and Stella Bratcher in honor and memory of Stella’s mother, Tseng, Fan-Hsiu. Stella had told Ashby that she had made a commitment to herself and a promise to Ray that one day she would achieve a level of success that would enable her to honor her mother. Ashby related some of her mother’s remarkable story. Born in China, she came from a family of 12. She had formal training in accounting in the 1920’s, and served in a profession previously unavailable to women. With the rise of communism, Stella’s family was persecuted. Her mother became a schoolteacher, with Stella as a prize pupil. After completing studies in Taiwan, Stella came to the US to pursue a Ph.D. Here she met and married Ray. Believing in the transformative power of education, as did Stella’s mother, Ray and Stella have endowed the scholarship fund in her honor and memory with a gift of \$500,000 that will ensure the scholarship exists in perpetuity. Staff members and their children are eligible, and recipients can receive up to \$25,000. In closing, Ashby thanked Stella and Ray. Those present showed their appreciation with enthusiastic applause.

Spinnaker Society Dinner in Pictures



Andrea Davis (l) and Bea Walterman



Lto R: Jan and Tom Hilton, Nancy Russell



Julia Pet-Armacost, Ambler Slabe, Peggy Holz



Sandy and John Pawek, Carla Philcox, Meg Capurro



Left: Card commemorating gift of Howard Parks. Right: Rae Donnelly and Stephanie Kuhling.



Bella Voce Cabaret

By Isobel Spink



Thanks to the generosity of Cynthia and Walter Graham, who continue to underwrite the “Chamber Music Series,” Fleet Landing residents enjoyed a delightful hour of Broadway, opera, and popular songs presented by the Bella Voce Cabaret. Pablo Pomales-Ojeda, tenor; Jim Goodell, baritone; Erin Barnes, soprano; and Gina Torres, mezzo-soprano, gave us their all on November 23. Michael Dell, the accompanist, provided skillful and melodious support to all the voices.

Goodell, a vocalist and voice and dramatic actor, has a weekly two-hour radio show in St. Augustine, and he is the telephone voice for several local businesses. Barnes is well known in the area as a singer, pianist, actor, director, and educator. She teaches musical theater at Camp Theatre Jacksonville and maintains a busy private studio for piano and voice students. Pomales-Ojeda, a native of Puerto Rico, has performed with the Puerto Rico Symphony, Opera de Puerto Rico, Jacksonville Symphony, and Shreveport Opera. Torres, a Jacksonville native, is a graduate of the prestigious Indiana University Jacobs School of Music. A virtuoso talent, she is at home in opera, musical theater, and jazz, and has a private voice studio in Jacksonville.

After Bacharach’s “Raindrops Keep Falling on My Head” sung by Goodell, we were serenaded with works by Mozart, Puccini, and Lehár. Brief synopses of the songs were provided beforehand. However, the solos and duets so strongly conveyed the feelings of the music, it did not matter that most of the audience did not understand the Italian and German lyrics.

The performance then moved into modern tunes, and Goodell performed a wonderful “Some Enchanted

Evening.” Pomales-Ojeda’s velvet tenor gave us “Maria,” and Torres’s “Could I Have This Dance” was terrific and unlike any pop version. Erin Barnes’s “Rhode Island Is Famous for You” was sung to our new resident, Wendy Bunch, the only audience member from Rhode Island.

A duet from *West Side Story* focused on the talents of the soprano and tenor together. Goodell’s “Ol’ Man River” captivated the audience, and I heard the second verse for the first time. Torres’s “Climb Every Mountain” ended with what I suspect was a high C note, and “The Prayer” soprano/tenor duet was incredibly moving. The ensemble ended the program with “New York, New York” and then thanked the standing, enthusiastically applauding, Johnson Hall audience for attending.

Sharyl Attkisson Discusses the News

By Dita Domonkos

On November 15, Sharyl Attkisson, daughter of Fleet Landing resident Judith Crist, spoke to an overflowing crowd in Johnson Hall on the topic, “What Happened to the News?” Manager, Wellness Services, Mary Faria, introduced her as an Emmy Award winner, best-selling author, former host on PBS, and journalist at CBS for over 20 years. Currently, she anchors a weekly Sunday news TV program, *Full Measure*. In addition, she is a 5th Degree Black Belt Master in Tae Kwon Do.



Attkisson presented her views about how the news has changed so that today most of our news is manufactured. She thinks that we may be the last generation which has had access to many sources of information and viewpoints. In the past, we could make up our own minds based on the facts reported. The news didn’t tell us what to conclude. Her opinion is that, beginning in 2010, certain views weren’t allowed in the news. Government and big business began to be the arbiters of our information. Powerful interests began to influence what the news did and didn’t report and how it was done. They also began to control information on the Internet.

In her view, the news no longer reports facts and reflects what is happening. It selectively reports and withholds information to influence what people do or think. It tells us what to believe, shapes what we read, and censors what the controlling interests want to withhold.

Every media outlet is controlled by special interests, even op-ed pages. The government funded the
(continued on next page)

Sharyl Attkisson Discusses the News

(continued from preceding page)

creation of “Persona Management Software” to create an army of fake social media profiles so that one person could pretend to be many different people online, making it seem as if many people are posting unique content.

Attkisson read an excerpt from her second book, *The Smear*, in which she interviewed smear artists who influence things behind the scenes, conjuring an “astroturf” reality. Astroturf, the strategy of big money, is a vehicle that allows the smear industry to conduct its influential work completely disguised. It influences social media, the news, late night talk shows, comments on the Federal Register, Wikipedia, book reviews, and other sources of information without allowing the public to know who is behind a particular effort to sway public opinion. In this way, big money presents its campaigns as genuine grassroots movements. These campaigns operate under the radar, but influence the images and ideas that we are all exposed to.

As a result of these astroturf incursions into the news, Attkisson avers, journalists are no longer reporters of fact. Instead, the news media have become arbiters of controversy, shapers, and censors. When the goal is furthering a specific narrative to sway the public into a particular belief, then facts are no longer important.

To conclude, Attkisson suggested that we use our critical thinking skills to see what is really going on, consult original sources such as C SPAN, and ask who wants us to believe this and why. The presentation ended with questions from the audience.

Think Tank

By Bob Dinda

At the Think Tank meeting on November 8, the subject was “All Politics Is Local.” We welcomed two guest speakers: Jackie Smith, who recently retired from heading the Jacksonville office of US Congressman John Rutherford, and Candace Kelly, a member of the Atlantic Beach City Commission.

Smith and Kelly gave us keen insight into how things really get done in government. They impressed us with the sensitivity that elected officers can have to the opinions and desires of their constituents. Most of us pay great attention to national and international politics. Congress sets up committees to monitor and control national and international politics. However, all their activities are conducted with an eye on how they are seen by the folks back home.

Atlantic Beach has a population of some 14,000. It behooves voters to pay attention to how the funds in the city’s substantial budget (over \$54 million for FY2022) are spent.

All in all, it was a wonderful lesson in modern civics

by people have been there and done that.

If you are interested in in-depth discussions of modern problems, you are welcome to join us. We meet every Monday at 1:30 pm on the Coleman Center dock.

November New Resident Mix and Mingle

By Carol Smith



The November 18 “New Resident Mix and Mingle” was hosted by the Marketing and Dining Services teams, who served beverages and hors d’oeuvres to a large gathering in Johnson Hall. Thirteen individuals and couples were introduced by Chief Operating Officer Travis Schryer and Director, Wellness Services, Jennifer Joy. Many new arrivals are from the Atlantic Beach area, although one couple, Kay and David Gideon, made the trek all the way from Maine.

With Thanksgiving just around the corner, everyone was asked to share a favorite holiday dish. While most agreed that turkey was an essential part of the meal, others spoke fondly of crab imperial, ribs, shrimp, and turducken. Nobody argued with Chris DeVries, who shared her family’s traditional favorite, cranberry jelly removed from the can in one piece, served on a tray with the can ridges showing.

Schryer highlighted upcoming Thanksgiving and Christmas events that will have taken place by the time you read this.

FLiCRA Holds Annual Conference

(continued from page 1)

LifeStar Living, is the immediate past chair of LeadingAge Florida. Co-moderators of the panel were Napier for FLiCRA, and, for LeadingAge Florida, Mary Ellen Early, who has had long experience with continuing care. She stressed the collaborative relationship between the two organizations.

The three topics related to trends and best practices were resident engagement in budget and finance matters, overcoming or mitigating supply chain and workforce challenges, and CCRC expansion. The panelists were also asked to offer their “crystal ball” view of what the future held. The panelists then replied to questions submitted electronically by participants. The panelists’ formal presentation and their responses to questions were far too detailed to provide here. In addition, there was not enough time to respond to all the questions submitted. However, a video of the entire conference and a document with the responses to the questions not answered at the conference can be found on FLiCRA’s website (flicra.com). Look under “FLiCRA 2021 Annual Conference & Delegates Meeting Wrap-up.”

Homage to the Blues

By Chet Davis



New Zealand-born violinist Geneva Lewis gave a brilliant performance for Fleet Landing residents during an afternoon concert in Johnson Hall on November 3. She was accompanied by pianist Cheny Gan, Associate Professor of Music at Wesleyan College in Macon, GA. Gan has known and taught Lewis since she was a child.

Lewis performed a variety of works reflecting the influence of blues music: works by French composers Claude Debussy, and Maurice Ravel, and American composers David N. Baker, William G. Still, and George Gershwin. The Debussy Sonata introduced new

sounds heard by the composer at the 1899 World’s Fair. The Ravel Violin Sonata in G Major celebrated both the violin and piano in what was described as almost two separate pieces played at the same time. As its title suggests, Baker’s “Blues (Deliver My Soul)” combines elements of blues and gospel. “The Blues,” a selection from Still’s composition, *Lennox Avenue*, reflected the sounds of that famous district in Harlem. The suite from Gershwin’s *Porgy and Bess* was arranged by violinist Jascha Heifetz.

It was both a pleasure and instructive to watch Lewis’s facial expressions as she played and became at one with the music.

The performance with greeted with enthusiastic, loud applause. A standing ovation after the last piece brought forth a short, excellent encore. All in all, it was a delightful afternoon of music enjoyed by a large audience.

Turkey Trot

By Enith Vardaman

Fleet Landing had several participants in the Turkey Trot, appropriately named, because it took place on Thanksgiving (November 25). Resident Susie Canon and her family did the 1-mile run beginning at Atlantic Beach’s Town Center, as did Director, Wellness Services, Jennifer Joy and her son, August. Proceeds from the Turkey Trot will support brain injury care at UF Health Jacksonville.



In Memoriam

Jeanne Bracken

1927-2021

Bill Daniel

1924-2021

Betty Fairchild

1922-2021

Dick Chelius

1929-2021

Kathy Edmonds

1938-2021

Joan Mattmuller

1933-2021

Veterans Day Program

By Howard Burdick



Bruce Osborne (l) and Chris Fitzgerald



Bob Burkart (l) and Christopher Martin



Pat Kluever and Eileen Theis



The Note-Ables

Our 2021 Veterans Day ceremony was held in Johnson Hall. A photo loop of resident veterans in uniform was shown before and after the actual program. The ceremony began with a moving video, "Old Glory," a tribute to the what, where, how, and by whom our flag has carried us through the years. Residents' Council President, Lieutenant Colonel Bob Burkart, USAF (Ret.), welcomed all to our fourth and final patriotic ceremony of the year. He introduced new resident, Lieutenant Colonel Bruce Osborne, USA (Ret.), as Master of Ceremony. The colors were paraded

by the Naval Station Mayport Color Guard. Our resident choral group, the Note-Ables, directed by Joan Craddock and accompanied by Karen Sturtevant on the piano, led those present in the singing of the National Anthem. This was followed by the Pledge of Allegiance. The Rev. Christopher Martin, a new resident, pronounced an invocation honoring all who have served our country. The audience then joined the Note-Ables in singing "This is my Country."

Fleet Landing Resident, Commander Pat Kluever, USN (Ret.), President of the Historic Mayport Chapter of the Military Officers of America Association, introduced the guest speaker, Mayport Naval Station Command Master Chief Chris Fitzgerald. He has had an impressive and inspirational career at sea and ashore. In his very articulate remarks, Fitzgerald paid great homage to Navy spouses and to his own family with its rich heritage of military service. He emphasized particularly the values of service as well as the benefits that can accrue, especially funding for education. While there are generational differences among those serving now and veterans, they are mainly technological in nature. The basics of commitment and cultural heritage remain. He noted a principal mission of chief petty officers (CPOs) in the Navy as gatekeepers of tradition. (Your scribe is indebted to the many CPOs who took him under their wing and kept him safe from rocks and shoals.) In closing, Fitzgerald noted that our Navy is ready, tough, and resilient.

Osborne reviewed the historic antecedents of Armistice/Veterans Day. At 11 minutes after 11 am, he paused for a minute of silence in commemoration of when the guns went silent on the Western Front at the 11th hour of the 11th day of the 11th month of 1918.

The Note-Ables rendered a moving "Thank you Soldiers," and led the audience in the song of each service. In closing remarks, Residents' Council Vice President Eileen Theis said that service members are guarantors of freedom as instruments of national policy. She noted how much Fleet Landing has owed to the service and experience of the many veterans in residence over the years.

Bridge News

By CeCe Lichtenstein

The Fleet Landing Bridge Club is really thriving, thanks in large part to the many new residents. The American Contract Bridge League (ACBL) is also quite happy, since a few of our new bridge players are joining. And, as an interesting point, four players have scored exceptionally well. Both ACBL and the local district of the ACBL publish the names of high-scoring players. Nancy Stein, Kay Craft, and Marilyn and John Carlson are the high scorers. Stein and Craft are new to Fleet Landing, while the Carlsons are longer term residents.

Welcome Aboard

8410 Sarah and Bob Chrisman (June)

Sarah and Bob joined us from Princeville, Kauai, HI. Both are native Californians, and each lost a 30-year marriage at about the same time. They subsequently met on a blind date and took their time to fully understand the promise of having love in their life again, dating for eight years before buying a home and moving to Kauai.



Between them, they have four children and nine grandchildren in California, Texas, and Atlantic Beach. For now, they will split their time between Florida and Princeville.

Sarah graduated from the University of California during the tumultuous '60s and became an RN, working in neonatal intensive care until retirement. Bob grew up on the water, went to Long Beach State University, and was a beach lifeguard during college summers. He worked in residential and commercial real estate in Southern California.

The couple's interests include Hawaiian culture (Sarah dances with a hula group), Bikram yoga, fitness, traveling, and music. Sarah climbed Mount Everest. Bob competed in the Kona Ironman Triathlon. He still competes in long-distance, open-ocean swim races, but after back surgery in September, he is trying to recover by swimming in our outdoor pool daily. He also plays golf. Both have been very involved in their little church in Hawaii.

Bob performed as a great Elvis in the Follies and sang in several other numbers.

Sarah and Bob are very happy, enjoying life in Fleet Landing and looking forward each day to meeting new friends.

—Gerry Nogelo

8338 Nancy and Richard Lundgren (August)

Richard and Nancy are both creative people who were able to follow their true passions after retiring from successful careers in the business world. They grew up in the Chicago suburbs and met while working at CNA Insurance in Chicago. (If you want to hear a great story, ask Nancy how they met.) They married and moved to Jacksonville in 1966. They have four children and six grandchildren.



Richard earned a B.A. in art education at Bowling Green State University. After training new recruits for the Peace Corps in Puerto Rico, he began a career in management training for several companies, retiring from CSX Railroad in 2000. He volunteered at HabiJax for 18 years. Richard became a full-time artist in 2000, working primarily in pastels. He has earned a Master Pastelist credential from the Pastel Society of America and has become a Master Circle Artist in the International Association of Pastel Societies. He enters his work in many of the St. Augustine Art Association shows. Art lovers should check out his website, www.richardlundgren.com.

Nancy earned a B.A. in English and journalism from Boston College and an MBA from the University of North Florida (UNF). She finished her career working with the FAA, specializing in labor relations. After retiring, she volunteered as a Guardian ad Litem, advocating for foster children in Jacksonville. She also volunteered in the Osher Lifelong Learning Institute (OLLI) program at UNF.

At Fleet Landing, Richard and Nancy enjoy attending lectures, concerts, dances, and fitness classes. Nancy has become a *FLEET BEAT* reporter, and Richard is active in the Art Club.

—Patricia Payne

8214 Dita Domonkos (August)

Born and raised in Manhattan, Dita has lived and studied in Massachusetts and California. She also got a graduate degree at the University of Hawaii.

Dita worked for ten years as the Director of the Social Rehabilitation Clinic at the Postgraduate Center for Mental Health in New York City. Creating videos to help her schizophrenic and manic depressive clients got her interested in film making.

Dita studied film production at the Tisch School of the Arts at New York University. She spent over 20 years creating, directing, and producing documentaries and films, including the series *Renaissance* for CBS and films on medical topics such as Alzheimer's disease and heart transplantation for PBS.

Dita subsequently graduated from the New York School of Interior Design and became a residential and commercial interior designer. Shortly after graduating, she moved to Florida to get away from the cold winters, ultimately relocating to Jacksonville. She worked in interior design for about nine years.

Dita has traveled extensively, visiting Japan, Ireland,
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Welcome Aboard

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Morocco, China, South America, Switzerland, and many more countries.

Dita is on the board of Jacksonville's Museum of Contemporary Art, and she collects art. Dita's other interests include watching films, investing, and working out in the gym. Since moving to Fleet Landing, she is learning to play mah-jongg and has joined a book club. She has also become a reporter and photographer for *FLEET BEAT*.

Dita is settling in and is delighted to meet the friendly and interesting residents at Fleet Landing.

—Gerry Nogelo

8436 Nancy and Larry Sander (September)

Although Nancy and Larry Sander lived in Pawleys Island, SC, for 19 years before moving to Fleet Landing, their lives previous to that were spent moving around, mostly for career reasons.



Both grew up in military families and, as an example of frequent moving, Larry attended three high schools. They met while Nancy was in high school and Larry was in college. Larry graduated with a B.S. from Southeastern University in Washington, DC, and from Frostburg University in Maryland with a Master of Science in Management. His concentration was in business administration. Nancy graduated with a B.S. from Virginia Commonwealth University and an M.A. from the University of Kentucky. Her field of study was education.

The couple moved 14 times before Larry's 2002 retirement from US Department of Veterans Affairs. They lived for several years in Virginia and then in Kentucky, where Larry was Director of the Louisville Veterans Affairs Medical Center. He was also a Medical Service Corps Officer in the Air Force Reserves for 20 years. Nancy taught school and did teacher training. She worked for the Department of Education for the State of Kentucky in the Center for Research on Learning, focusing on learning and traumatic brain disabilities and attention deficit and hyperactivity disorders.

At Fleet Landing, Nancy and Larry keep busy with a full schedule of dinners with friends and by attending fitness classes and playing golf twice a week. They have taken many cruises as well as longer trips to China, Africa, New Zealand, Dubai, Vietnam, Cambodia, and South America.

—Kristin Perry

8124 Sally Nielsen (September)

Sally Nielsen is naturally a woman of words. She was born in the Mark Twain country of Quincy, IL. She was raised on a farm whose land had been in her family for four generations. She received a master's degree in English at the University of Illinois in Chicago and subsequently worked as a journalist, both full-time and freelance, in that area.



She and her former husband traveled widely throughout Germany and into Switzerland, France, and Italy. Germany was of particular interest to Nielsen because of her German heritage. Her great-great-grandfather narrowly avoided becoming a horse trainer for Napoleon.

On her own, Nielsen has been to Athens, Greece; Peru; and Nepal. She could not go to Tibet because it was closed during the time she was supposed to be a college chaperone there. She has also done mission work in Haiti and is currently planning a trip to Africa.

During the '90s, Nielsen worked as an English professor at the South Campus of the Florida State College at Jacksonville. Currently, she is involved in meditation, both solitary and at the World Community for Christian Meditation center in Neptune Beach. She belongs to Bella, a book club that has eclectic tastes and usually includes a meal with meetings.

Fleet Landing attracted her because of its location and its friendly people. As an abstract artist in both pastels and acrylics, she is pleased that Fleet Landing offers opportunities to connect with a variety of art folks and instructional possibilities.

—Victoria Freeman

5207 Vickie and Larry Rose (May)

Larry and Vickie met in calculus class at Michigan State University and married while in college.



Vickie grew up in Michigan. She took some of the first classes offered in computer science and began as a computer consultant in her sophomore year, along with filling in for instructors in graduate classes. She went on to teach math and science in high school, middle

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Welcome Aboard

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school, and community college.

Larry enlisted in the US Army Officer Candidate School. Graduating first in his class allowed him to select the military intelligence branch for three years. After his stint in the military, he worked at Post Cereal as a process and packaging engineer, eventually moving into facility management for Post for 34 years.

Larry, who grew up in Cherry Valley, NY, was determined to never shovel snow again. The couple moved to Jacksonville in 1994, where Larry ran the Maxwell House plant. After retiring from that position, he worked for a New Orleans company that supplied green coffee to Maxwell House, officially retiring in 2008.

The couple's son lives in Texas with their two grandchildren, and their daughter lives in Jacksonville.

Larry was the Master of Ceremonies of the Fleet Landing Follies. His professional demeanor was honed by many years of participation in community theater. He wants to start a euchre group at Fleet Landing, and he hopes he will hear from other enthusiasts. His other interests include playing guitar, piano, and trumpet. Vickie likes to paddle board and wind surf.

—Kristin Perry

Letters From Home

By Gerry Nogelo



A high energy performance indeed



Props and changes of costume were part of the show.



Greeting veterans in the audience

A high energy, very talented, and exciting duo took over the stage in Johnson Hall on November 17, performing to a packed house. The goal of the show, *Letters From Home*, is to unite the nation through music, honor veterans, and celebrate people.

Erinn Dearth, who is from North Carolina, is the creator and founder, and Minnesota native Dan Beckmann is her partner. Both have powerful, Broadway-quality voices. They sang, tap danced, told jokes (puns that evoked groans), and interacted with the audience for a solid hour. They brought back the style of the USO when performers entertained the troops. *Letters From Home*, which is a little over ten years old, has been performed more than 900 times all over the world. Dearth and Beckmann performed at Omaha Beach in Normandy, France, on the 75th anniversary of D-Day on June 6, 2019. A 50-states tour will run from January 27 through May 28, 2023.

The performance started with “Sentimental Journey,” a song from the end of WWII, and moved onto “The Ballad of the Green Berets.” Then everyone in the hall sang the songs of the branches of the US Armed Forces, with the audience members standing when the song of their service came up. During this segment, Dearth and Beckmann came out into the audience to shake hands with veterans. Next came songs popular during the Vietnam War, like “Born To Be Wild.” The performers reminded us that during this period, the Department of Transportation was created and that the price of a gallon of gas was 28 cents.

These well traveled entertainers said that negativity abounds now. The media does not often report on the good news, only the bad and controversial. From their travels, they saw that the diversity of this country is so

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Letters From Home

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beautiful. They said that politics and patriotism are very different things. They encouraged us to embrace diverse opinions.

The show concluded with “God Bless the U.S.A.”

Often the program evoked tears, bringing up memories and emotions. I felt not only entertained but reminded of how much I love this country and how precious our freedom is.

The audience, which gave *Letters from Home* a standing ovation, had the opportunity to speak with the duo after the performance.

November Learning Series



Gigi Walos and Chris Fearon



Jennifer Joy (l) and Sue Dukes

The speakers at the November 4 “WELLInspired Learning Series” talks were Gigi Walos, Home Health Director of Nursing, and Chris Fearon, Physical Therapist in the Fleet Landing Therapy Department. Jennifer Joy, Director, Wellness Services, and Sue Dukes, a nutritional consultant from the Jacksonville area, spoke at the November 11 presentation. The talks were held in Johnson Hall.

Managing Diabetes in the Real World

By Victoria Freeman

Gigi Walos began by talking about the ABC’ of Diabetes:

A. An A1C test shows average glucose levels over the past three months. The goal for diabetics is less than 7 percent.

B. Blood pressure for the diabetic should be below 140/90.

C. Cholesterol should be monitored. It comes in two

forms. LDL is bad. HDL is good. Good cholesterol helps remove bad cholesterol from the blood vessels.

Several diabetes management actions were suggested:

- **Quitting smoking.** Both smoking and diabetes narrow blood vessels. Quitting smoking improves cholesterol, blood pressure, and blood circulation, and it lowers the risk for heart attack, stroke, amputation, and nerve, kidney, or eye disease. It makes it easier to participate in physical activity.

- **Diet.** Foods to eat include fruits, vegetables, beans, whole grains, skinless chicken and turkey, fish, lean meat, non-fat or low-fat milk, and cheese. Foods to avoid include sugar sweetened drinks, high calorie foods, trans fat foods, sugar, and salt.

- **Physical Activity.** Thirty minutes a day is the goal. Walking and swimming are great ways to be more active. Fleet Landing’s Wellness Department offers multiple ways to become more active.

- **Medication.** Some are taken orally and others by injection. If you are taking insulin, it is very important to check your blood sugar levels regularly and to know your level prior to injecting the insulin. The target before meals is 80-130 mg/dL, and two hours after eating, less than 180/dL.

Two terms that are used frequently are hyperglycemia and hypoglycemia. For hyperglycemia (high blood sugar), anything over 400 mg/dL is worrisome. Symptoms include feeling thirsty, tired, or weak, urinating often, and having blurred vision. Diabetic ketoacidosis can be life threatening, so the doctor may want to check your urine for ketones.

Usually anything below 70 mg/dL is considered hypoglycemia (low blood sugar). Feeling lightheaded, dizzy, or tired can be a sign. Causes include not eating/drinking enough, fasting, and too much alcohol. If your blood sugar drops, take a glucose tablet or tube of glucose gel, drink 1/2 cup of fruit juice, 1/2 can of soda, or 1 tablespoon of sugar, honey, or corn syrup. Wait 15 minutes and recheck. If still low, repeat and recheck every 15 minutes until it is up to normal. If unconscious, an ambulance needs to be called.

Finally, it is important to work with a health care team. The list of specialists that may be needed include endocrinologist, dietitian, pharmacist, dentist, eye doctor, podiatrist, and social worker.

Save Your Foot! Diabetic Foot Care

By Enith Vardaman

Chris Fearon began by discussing the connection between falls, fractures, and diabetes. The nerve damage from diabetic neuropathy can have an adverse impact on sensation of one’s feet when walking. To avoid problems, it is imperative that a person with diabetes follow his or her diet and medication regimen. If a problem does develop, therapy can show a patient how to compensate for the difficulty walking.

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November Learning Series

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Fearon cited other foot problems of people with diabetes, including foot infection, lower extremity infection, and narrowing of the blood vessels. Without proper care, foot problems can lead to amputations.

Signs and symptoms of problems include burning and painful feet, swelling of the foot or leg, loss of sensation to cold or touch, and red spots, blisters and ulcers.

Preventive measures also include wearing properly fitting shoes and education of the patient, family and healthcare providers.

Suggested foot care habits for persons with diabetes include regular, thorough examination of the feet so that any abnormality is found and dealt with promptly; washing feet daily with warm (not hot) water and mild soap; and moisturizing (but not between the toes). Avoid walking barefoot and never use a heating pad or electric blanket.

In summarizing, Fearon noted that diabetic foot is considered a common complication of diabetes. Careful foot care can prevent some complications. Daily attention ensures that problems will be detected before they become serious. Time and effort may be required to build good foot care habits.

Preventing Diabetes at Fleet Landing

By Victoria Freeman

Jennifer Joy and Sue Dukes spoke of the reason for concern. 34.2 million Americans (just over one in ten) have diabetes, 88 million Americans (approximately one in three) have pre-diabetes, and heart disease death rates and stroke risk are two to four times higher with diabetes.

What is diabetes? It is a whole body disease. The food we eat is broken down into glucose, a simple form of sugar. The pancreas is stimulated to secrete insulin to allow the body to absorb glucose for energy. Without insulin the glucose circulates too freely in the blood. In type 2 diabetes, the body does not produce enough insulin or the cells ignore the insulin. Elevated glucose levels harm eyes, heart, kidney, and nerves.

Complication of diabetes, in addition to the risk of heart disease and stroke, include kidney failure, blindness, amputations, and a decreased quality of life. On average, diabetics lose 10-15 years of life.

Pre-diabetes means an individual has significant risk for developing type 2 diabetes within 10 years. Blood sugar levels are above normal, but not in the diabetic range. With intervention, however, diabetes is not inevitable, and healthy lifestyle changes can significantly reduce risk.

Diabetes can be prevented, but once you have it you will have it forever. It is important to know your family history. Blood values should be checked regularly. You can take action through nutrition, exercise, and lifestyle changes.

The CDC's Diabetes Prevention Program (DPP) is now being proposed for Fleet Landing. It includes 12 weeks of weekly classes, followed by monthly maintenance classes. The goal is to achieve a 7 percent weight loss and to increase physical activity. A DPP study has shown that losing 5 to 7 percent of body weight reduces the risk of developing type 2 diabetes by 58 percent for those at high risk for the disease. Contact Joy if you are interested in participating in this excellent program.

Chips & Putts

By Helen Craig

November 18 was a beautiful day for golfing, and 24 Fleet Landing Golf Tournament members gathered happily at Hidden Hills Golf Club to enjoy this opportunity together. Included were 19 men and 5 ladies in a total of 6 teams.

The first place team, captained by Dan Barry and including Nick Malie, Dick Beltson, and Kandi Osborn had a score of 73, with four birdies. Barry noted that they "had a wonderful unity going from the very start." Malie had two clutch putts at the beginning, Osborn's drives outdistanced everyone's on several occasions, and Barry was only too glad to be head cheerleader whenever one of his teammates came through.

In second place, with a score of 74 and three birdies, was the team captained by Mike Moorhead and including Syd Jenkins, Carol Smith, and John Hedge. Singling out one player, the captain felt compelled to acknowledge the strong drives and effective knee-knocker putting of Hedge. Jenkins hit the "shot of the day" on the par-3 twelfth hole, Smith saved the team from disaster more than once, and Moorhead's major contributions were instructions to the team, i.e., "Hit it straight and let it just fall off to the left." The third-place team, captained by Mike Marchetti and including Tom Gonwa, Larry Magner, and Sally Pitard, also scored a 74, with three birdies.

Fourth place went to the team of Miles Nogelo (captain), Dennis Craft, Lindsay Norman, and Pat Patterson, who scored a 77 with four birdies. Fifth place went to the team of Ray Rigney (captain), John Coman, Isobel Spink, and Bob Linn, who scored a 77 with one birdie.

Because there were two sets of tie scores (74 for second or third place, and 77 for fourth or fifth place), the "USGA Recommendation for Settling Ties in Stroke Play" was used. It matches scorecards on the last nine holes to determine the winners of the contested places.

In sixth place, with a score of 81 and one birdie, was the team of Julie Rochelle (captain), Jerry Bowles, Bill Copley, and Bob Ellis.

The "longest drive" awards went to Pitard for the ladies, and to Moorhead for the men. "Closest to the Pin"
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Chips & Putts

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awards for the ladies and the men went to Pitard and to Nogelo. The “Sandbagger Trophy” went to the first place team. Barry awarded the trophy to Beltson, who “carried us through the first hole and gave us a sense that we could do it—and who also had wonderful shots for the rest of the round.” The “Birdie Trophy” was awarded by Nogelo to Pat Patterson, who “did some great putting” and sank three of the team’s four birdie putts.

The December tournament will be held on Thursday, December 9, at Windy Harbor Golf Club. Looking forward to a delightful fall day!

Veterans Day Flag Raising



The flag raising ceremony, now part of all campus patriotic observances, marked the start of Veterans Day activities.

Chess Club News

By Richard Wong



Solution to the October chess puzzle (pictured above), white to move, what is the best move? Answer: White’s rook takes rook check, black takes back with his

rook, and white’s rook takes rook check, black’s queen takes rook, and then white’s queen takes pawn check and wins a piece.



The new chess puzzle is white to play wins. Can you find the 1st move and after black responds, what’s white’s next move? Email your answer to Richard Wong (rwong2453@gmail.com) with “Chess Puzzle” in the subject line.

The FIDE (International Chess Federation) Chess World Championship took place from November 26 to December 15, 2021, in Dubai. World Champion Magnus Carlsen successfully defended his title against the challenger, Grand Master Ian Nepomniachtchi.

World Affairs Council Talks NATO’s Role

By Joan Carver

General Curtis M. Scaparrotti, USA (Ret.) spoke on “The Role of NATO: From European to Global Security” at a “Special Engagement” for Spinnaker Society Members and sponsors and Ambassador’s Circle and Benefactor members of the World Affairs Council. The event was held in Windward Commons on November 15. Josh Ashby, Executive Director of Fleet Landing, welcomed the audience and expressed support for the World Affairs Council programs. Fleet Landing is a Platinum Sponsor of the World Affairs Council.

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World Affairs Council Talks

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tenant General F.L. “Buster” Hagenbeck, USA (Ret.), Board Chairman of the Jacksonville World Affairs Council and a recent Fleet Landing resident, introduced Scaparrotti. Having served as the Commander, US European Command, and Supreme Allied Commander, Europe, NATO, prior to his retirement in 2019, Scaparrotti knows this topic well. As the NATO commander, he worked to preserve and strengthen the security and stability of the alliance. Scaparrotti served in key leadership positions at the tactical, operational, and strategic level of the United States military over a distinguished 41-year career.

The central theme of Scaparrotti’s talk was the importance of the NATO alliance to American security, not only in the past, but also now and in the future. NATO was established in 1949 in the wake of WWII with twelve members. It now has 30 members and is as viable today as when it was established, according to Scaparrotti. Over the years there have been differences about a variety of issues—its role and burden-sharing, for example, and these have been difficult. The treaty establishing the alliance remains relevant today. Its purpose is to maintain the peace and security of the North Atlantic region. NATO was how we were able to win the Cold War with Russia.

A key provision of the treaty establishing NATO is Article Five, saying an attack on one is an attack on all. When the United States was attacked on 9/11, this provision was invoked for the first and only time. Our NATO allies supported the counterterrorism efforts of the United States. When asked to cover more of the costs of their military, they did so. They also supported our Afghanistan efforts.

Scaparrotti believes we are in the most challenging security environment that he has seen, making the NATO alliance even more vital. The character of war is changing. There are emergent technologies we don’t fully understand. We are modernizing our forces, and so too are our two main adversaries, China and Russia. Russia has made it clear that they intend to have a role in events in the former Russian territories. Their recent activities include cyber attacks and involvement in proxy wars. China is a strong socialist nation that is investing heavily in ports and communications infrastructure in nations abroad.

Looking forward, NATO must continue to adapt to changing circumstances. The United States must continue to play a role in NATO. The alliance must update and modernize its structure to meet new challenges. There have been six modernizations of NATO in the past. Not only has NATO modernized, but so also have the member states, increasing their readiness. He believes NATO needs a method to discipline members when that is necessary, citing authoritarian trends in Turkey.

Scaparrotti concluded his presentation by emphasizing the critical role NATO plays in global security. He noted that the United States cannot deter Russia or China without its allies. NATO also provides a structure for nations to come together and discuss and cooperate. The combined influence of NATO and the United States is great. He believes that today NATO not only is a defender of the North Atlantic, but also of global order.

Following Scaparrotti’s formal presentation, there was a brief question and answer session. The guests enjoyed a buffet of delicious appetizers and wine before the talk.

The US, China, and the Asia-Pacific

By Nancy Lundgren

The “Global Issues Evenings” lecture sponsored by the World Affairs Council featured General Curtis M. Scaparrotti, USA (Ret.), speaking on the topic “The Asia-Pacific Arena: Is the U.S. Bluffing?” It was held at the University of North Florida and broadcast to Fleet Landing. A US Military Academy graduate, Scaparrotti completed his distinguished 41-year career in the US Army as the Commander, US European Command, and Supreme Allied Commander Europe, NATO. He also held leadership positions with the military in South Korea, Afghanistan, Iraq, Zaire/Rwanda, Bosnia-Herzegovina, and Liberia.

Scaparrotti used a poker game metaphor to describe the US and the People’s Republic of China (PRC) strategies in the Asia-Pacific arena. Each player, he said, has powerful cards. The challenge for both countries is knowing how best to play them to attain their goals.

China’s “cards” include a growing economy, the world’s largest military force and second-largest defense budget, nuclear weapons, and ongoing pressure tactics in the Asia-Pacific region.

The US remains strong in its role as a world leader with financial, military, and technology advantages that China has yet to achieve. The stakes, however, are becoming more apparent with China’s leader, Xi Jinping’s increasingly pugnacious tone. He recently threatened that “any foreign force attempting to bully China will hit a wall of steel, resulting in split heads.”

The US, Scaparrotti said, strengthens its hand by means of these measures:

1) Building relationships in the Asia-Pacific region. (The Quadrilateral Security Dialogue summit recently brought the US, India, Japan, and Australia together in a shared objective: “to ensure and sustain an open, free, and prosperous Indo-Pacific region.”)

2) Maintaining and enhancing relationships in Europe.

3) Continuing the current tariff policy on trade with China.

4) Using our “soft power” to influence other countries.

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World Affairs Council Talks

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Soft power, for example, can focus on human rights issues and governing practices.

Bluffing becomes especially difficult with issues like Taiwan’s independence from China. Scaparrotti detailed many of the challenges found in that particular situation. The US holds a firm but slightly ambiguous position in its support of Taiwan. It is willing to help Taiwan improve its ability to defend itself, but does not publicly promise to go to war on Taiwan’s behalf. The US understands the importance of Taiwan’s independence in order to keep all trade routes free and open in the South China Sea region.

Scaparrotti ended his prepared comments with a return to the poker game metaphor. Peaceful coexistence and maintaining the status quo with China are goals for the US, but Xi Jinping’s growing impatience with Taiwan and other countries in the Asia-Pacific region may result in calling the US’s bluff.

Questions from the audience focused mainly on the possibility of Taiwan becoming a tipping point for a military conflict, and options the US has available to resolve the issues without going to war.

Glamping Dinner Party

By Carol Smith



All the Fleet Landing glampers

Webster defines glamping as outdoor camping with amenities and comforts (such as beds, electricity, and access to indoor plumbing) not usually used when camping. With that in mind, 20 residents boarded a Fleet Landing bus on November 18 for a glamping adventure at the Cummer Museum of Art and Gardens. Upon arrival, everyone was greeted with popcorn, champagne, and a flashlight, all of which provided a glimpse of what the evening held in store.

Even with a full moon and cloudless sky, the flashlights came in handy for exploring the gardens and guiding everyone to the bars and tables offering glamorous glamping cuisine such as “haute” dogs (both beef and vegan). Most found their way to the fried chicken and mini baked potatoes, and everyone had to have at least one s’more.

Paints and brushes were supplied in the Italian Garden for those who wanted to pursue their artistic

talents. Entertainment was provided in the English Garden by several groups including the Good Pluck Trio.

The Cummer Museum of Art and Gardens opened in 1961 on the site of the riverfront home of Ninah and Arthur Cummer. Ninah, a widow when she died in 1958, bequeathed her home, gardens, and art collection for the creation of an art museum. The home was not suitable for a museum and was replaced by a new building. The 60th anniversary celebration was kicked off during Veterans Day weekend. Special programming will be offered throughout the year in honor of the museum’s 60 years of creating meaningful experiences for the community.

More Scenes From the Glamping Dinner Party

Photos by Dita Domonkos and Patricia Payne



*Left: Driver Chris Wellington.
Right: Dante and Meg Capurro.*



*Left: Bernadette and David Miron.
Right: Carol Shiel and Jackie Mears.*



FLEET BEAT staff on assignment: Dita Domonkos, photographer (l), and Carol Smith, reporter (continued on next page)

More Scenes From the Glamping Dinner Party

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Menu Signs



Glamping at its finest

Birthday Celebration Marine Corps Flag Raising Ceremony



The Flag Plaza on November 10

Marine Corps Birthday Party



November Scenes

Fleet Landing residents really do like to decorate for seasons and holidays. Below are some of the Thanksgiving-and fall-themed decorations *FLEET BEAT* photographer Ann Bell spotted as she walked her terrier, Jack, around campus.



MOAA Meetings

By Chet Davis

State of Naval Station Mayport



LtoR: Jason Canfield, Pat Kluever, Chris Fitzgerald

The October Military Officers of America Association (MOAA) Historic Mayport Chapter meeting was rescheduled for November 2 because of a speaker conflict. Naval Station Mayport Commanding Officer Captain Jason Canfield, USN, presented a comprehensive status review of the base. When one considers the numbers, that base is an amazing place. There are 84 tenant commands, 11,000 personnel on base on a daily basis, 972 family housing units and 7 buildings housing single sailors (and more needed), and 21 ships. There are also 4 helicopter squadrons, and there will soon be an MQ-4C Triton drone squadron. Additionally, support for the Royal Saudi Navy includes helicopter training and the future Multi-Mission Surface Combatant (MMSC) ships.

Over the last few years, there has been significant construction on the base: three buildings and a parking garage (the only Navy parking garage outside of Washington, DC) to support the littoral combat ship (LCS) community as well as ammunition bunkers to support modern weaponry.

With construction of the base dating from 1943, there is a lot of aging infrastructure. Upgrading electrical service to piers to support modern ship requirements is an urgent need. Other issues are the antiquated telecommunications system, resiliency problems (flooding at high tide), and power supply sustainability.

Canfield addressed the many issues that he faced as a result of COVID-19, such as lockdowns and masking policies (currently, none required), for which there was no textbook. Command Master Chief Chris Fitzgerald commented that Canfield had made great strides in keeping the troops active by opening the beach during the lockdown (it is federal, not state) in order to encourage physical activity for both single sailors and families.

There was a good-sized crowd in Johnson Hall and plenty of questions. Replies included that the base would not get a carrier, and that non-affiliated persons could use certain Morale, Welfare, and Recreation (MWR) facilities.

MOAA Annual Meeting

The Military Officers Association of America (MOAA) Historic Mayport Chapter (FL51) held its annual meeting in Johnson Hall on November 30. This MOAA chapter was brought to Fleet Landing by current president Pat Kluever, who discovered in 2018 that the former chapter had been dissolved. Seeing an opportunity for service, he undertook to reestablish a MOAA presence to serve our local military community.

There are currently 114 members of the group, including retired military, industry representatives, and auxiliary members who reside both on campus and in the community. In keeping with serving the local military community, the chapter has provided \$16,500 of MOAA Foundation funds for food support through the USO, and it has supplied the necessary helping hands for food distribution events. In addition to serving a vulnerable segment of the military community, the chapter is active in support of high school and college service ROTC units and of various events at Fleet Landing, including recognition of Fleet Landing's military heritage. Speakers at MOAA events, made available to all residents and not just MOAA members, have included local political and military leaders addressing a wide variety of issues.

The purpose of the annual meeting is to advise the membership of the status of the organization, propose budget and budget reconciliation, elect officers, update the by-laws as required, and set the annual dues. This meeting saw the election of the following: Commander Pat Kluever, USN (Ret.), president; Major General Dick Beltson, USA (Ret.), vice president; Mary Kluever, secretary; First Lieutenant Dave Lynch, USA, treasurer; Captain Dave Rasmussen, USN (Ret.), director at large; Lieutenant Colonel Bruce Osborne, USA (Ret.), director-membership; Colonel Beryl Hubbard, USAF Chaplain Corps (Ret.), director-personal affairs/council lead; Lieutenant Colonel Joe Ruthenberg, USMC (Ret.), director-ROTC/JROTC programs; Colonel Wes Weiner, USA (Ret.), director-legislative liaison.

After the swearing-in of officers, the chapter had the pleasure of hearing Captain Frank Michael, USN (Ret.), Program Director, Council and Chapter Affairs from



MOAA national headquarters. Michael addressed some of MOAA's objectives for the coming year, his efforts to meet with a large number of chapters after COVID-19 lapses, and he provided some insight into how other chapters have worked to address common issues. His remarks concluded with kudos to chapters for what they do in support of the MOAA mission of Membership, Advocacy and Engagement.