



# FLEET BEAT

VOL. 30 No. 3

THE FLEET LANDING RESIDENTS' NEWSPAPER

April 2020

Because of uncertainties concerning the printing and distribution of *FLEET BEAT*, no paper copies of this issue were ordered. The issue can be viewed under “Publications” on the My Fleet Landing app, at [myfleetlanding.com](http://myfleetlanding.com), and on the resident portal (FlipSide) of Fleet Landing’s website ([fleetlanding.com](http://fleetlanding.com)).

## A New Challenge: COVID-19

By Enith Vardaman



*LakeView transformed: box upon box of takeout containers*

Hurricanes Matthew (2016), Irma (2017), and Dorian (2019) showed that Fleet Landing can handle the challenge of a mandatory evacuation expertly and with great concern for the well-being of residents. COVID-19 has presented an entirely new kind of challenge. It is not over in a matter of days. Instead, it has an indeterminate length, and it has required an evolving series of responses as the situation worsened. Once again, an emergency is being handled ably and with concern for everyone affected.

Fleet Landing operational practices have evolved in accordance with guidance from federal, state, and local officials. Changes have been communicated in a series of memos available in paper copies in apartment buildings and at bus stops as well as on the Fleet Landing app, at [myfleetlanding.com](http://myfleetlanding.com), and on the resident portal (FlipSide) of Fleet Landing’s website ([www.fleetlanding.com](http://www.fleetlanding.com))—in all three cases under “Publications.” A summary of the memos appears on in-house channel 267. Residents are informed of new guidance via the emergency alert system. As of this writing, a total of ten memos have been issued. The first one, dated March 6, announced screening procedures for visitors and vendors entering the healthcare facilities. More stringent measures were announced in subsequent memos. These measures included the closing of healthcare facilities to all visitors,



*Assembling the meals for delivery*

with few exceptions. Ultimately, the campus was closed to all visitors. Exceptions for extenuating circumstances must be approved in advance. Caregivers and delivery persons are not considered visitors and are exempt. As authorities increased the restrictions on the number of people at gatherings, and as social distancing guidelines were announced, on- and off-campus activities were canceled with the exception of the medical and grocery shuttles. The schedule for the latter changed to accommodate senior shopping hours at grocery stores. Staff are screened daily as they enter the campus at the Welcome Center. Exercise classes broadcast over channel 267 replaced in-person classes. Procedures to be implemented in the event of a COVID-19 case on campus were announced. This is only a summary of measures taken. Please see the memos for specifics of these measures and for additional details.

The closing of Coleman Center dining facilities necessitated by the restriction of gatherings to no more than 50 persons deserves special comment. On March 16, Dining Services staff had to turn on a dime in order to provide dinner only a scant four hours after the new guidance was issued. Amazingly, 500 meals were delivered that very evening. The rapid regrouping continued. LakeView and the kitchen were transformed to accommodate packaging the meals (which even still

*(continued on page 7)*

### March Residents' Council Meeting

By Howard Burdick

The March 17 Residents' Council meeting was convened in the Coleman Auditorium by President Carolyn Evans before a mere handful of attendees. Because of COVID-19 restrictions on gatherings exceeding 50 people, the meeting was broadcast on in-house channel 267, and questions were submitted electronically or by phone. Evans reviewed the dress code for the new dining venues. It acknowledges the trend toward business casual fine dining. It will be distributed to all residents. Proposed amendments to council by-laws requiring approval by two-thirds of the residents present at a meeting were postponed until the May council meeting.

Council member Elena Rigg introduced the Staff Member of the Month, Ben Johnson of Remodeling Services.

#### Management Review.

Executive Director Josh Ashby reiterated management's intent to follow all directives and guidelines from government officials in order to maintain the highest level of safety for residents and staff during the COVID-19 pandemic. Chief Operating Officer Travis Schryer also spoke about measures Fleet Landing is taking during this crisis. (See article on page 1 for details.)

See page 4 for Residents' Council election procedures and candidate bios.

Vice President Pat Kluever reported for Eileen Theis, who could not be present. Net operating income was over budget. A full financial report is available in the Dinda Library. As of January 31, there were 503 independent living residents and four vacant units. In Leeward Manor, 52 of 56 units were occupied, and in The Nancy House, 22 of 24 units were occupied. Unoccupied units in these three levels of care were reserved. There were 366 households in the Atlantic Club and 42 households on the Beacon Pointe wait list.

Wellness, Transportation, and Clubs. Tom Hilton reminded residents of the exercise classes being broadcast on channel 267.

Human Resources and Dining. Rigg reported that 184 Lobster Tales had been submitted in February. Total staff now number 411.

Healthcare. Janice Flock reviewed the symptoms of COVID-19 and precautions that should be taken. She also cited what can be done to avoid falls.

Facilities. Kluever is filling in for the months of March and April for Don Dinwiddie, who had resigned for personal reasons. He thanked Dinwiddie for his service. He reviewed regular, emergency, and after-hours and weekend maintenance request procedures. Tree trimming, a project that goes on throughout the year, is proceeding around Fleet Landing Boulevard.

Security and Housekeeping. Imogene Coleman said that management and fellow officers had established

recognition for Officers of the Month. Honorees were Dustin Detzler for January and Ronda Mamizuka for February. Residents are asked to inform the Welcome Center of how many vehicles they own and supply the license plate numbers. Parking in unauthorized spaces has become a problem in the 4000 Building circle. Resident use of the Visitor Pass System is improving. Coleman reviewed procedures in the event of a fire in an apartment buildings. Each building has a stair chair that can be used to evacuate mobility-challenged residents. Because of renewed concern about germs and contamination, Housekeeping staff is having a training session on hand washing with Elizabeth Sholar, Skilled Nursing Administrator. Both Security and Housekeeping staff like the new colors of their uniforms.

Communications and Suggestions. Secretary Bob Burkart reviewed the status of the new Fleet Landing app, which is not yet ready for general use because of features that have not been installed. Although delayed by COVID-19, there will be sessions with personnel from the developer of the app to provide hands-on orientation for its use on residents' personal devices. Once formally adopted, the new app will overlap with the old My Fleet Landing app for a short period before the latter is eliminated.

#### Suggestions and responses include the following:

- Establish a number of flea markets in buildings to redistribute useful items no longer needed. The new app will include an electronic bulletin board to accomplish this.
- More handicap parking is needed in apartment parking lots for visitors. The lots are in compliance with the Americans with Disabilities Act, but planning is underway to provide more visitor parking.

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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. Find the most recent 12 issues of FLEET BEAT at [www.fleetlanding.com](http://www.fleetlanding.com). Sign into the resident portal and click under "Publications." Issues can also be found under "Publications" at [myfleetlanding.com](http://myfleetlanding.com) and in the MyFleetLanding app. A complete run of back issues can be found in the Dinda Library.*

## March Residents' Council Meeting

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- Invest in a large supply of flashlights for common buildings to prepare for power outages. Most staff and many residents have flashlights on their smartphones. Also, storage and fresh batteries would be a concern.
- Better shock absorbers are needed on our buses. Our large bus has been restored to factory specs, and others will be adjusted during periodic maintenance.
- Buy a new fryer for the food truck. The fryer has been repaired.
- Use paper cups rather than plastic cups at hydration stations. A survey of all disposable items is ongoing.
- Install automatic no-touch door openers in our common buildings. This is a future possibility, but the cost is unknown. COVID-19 concerns can be managed by activating pressure plate openers with the elbow.

Responses to resident questions included the following:

- Efforts will be made to enhance the visibility of the Coleman Auditorium screen during the expected longer term need to televise events.
- Swimming pools are not considered a means for transmitting COVID-19, but social distancing should be maintained.
- Residents do not need to be concerned about housekeepers entering their homes because personnel are screened daily. Service can be deferred if desired.
- There are no plans for layoffs or reduced hours. The entire dining team will be needed for preparation and delivery of meals. In addition, closing the dining rooms presents an opportunity to accomplish a number of maintenance and cleaning tasks that would otherwise have to be postponed to a later time.
- Residents who have recently returned from abroad have been identified and asked to self-isolate. The absence form now indicates proposed destination.
- The Selva gate is open for exit, but not entry. The pedestrian gate is available.
- The clinic is open. If you are experiencing possible COVID-19 symptoms, please call ahead.

*Editor's note:* Council minutes and full member reports are available in the Dinda Library.

## What Is the Function of Our Director, Food and Beverage?

By Chet Davis

The March issue of *FLEET BEAT* introduced residents to our new Director, Food And Beverage, James Puchel. Because many residents have been accustomed to the routine presence of past directors in both Compass Grill and LakeView, it might be worthwhile to consider the impact of the expanded responsibilities of the job now that there will be added venues and increased oversight.

Puchel is responsible for oversight of dining services

for the full continuum of care at Fleet Landing. The opening of the new restaurant building will add three new venues to his responsibilities. Besides these new restaurants, he will supervise LakeView, Compass Grill, the Coffee Shop, and the Anchor food truck as well as dining services in Leeward Manor, the Derfer Pavilion, and The Nancy House.

The time commitment required to meet Puchel's special responsibility for the venue expansion and for the enhancement of the healthcare dining experience limits his ability to be as visible to residents taking their meals in the Coleman Center. However, he is concerned with meeting their needs, and he has attended a Peruvian night in the Compass Grill, a Sunday brunch, and a wine pick. Puchel believes that Fleet Landing is blessed to already have a professional and attentive dining service leadership team in place to oversee Coleman Center dining. As time permits, he will continue to find ways to develop a rapport with residents, and his visibility will increase over time. Of course, those goals must be put on hold as he and his team work to meet the unexpected challenge of providing food service during the COVID-19 pandemic.

## Taking COVID-19 Precautions

Text and photo by Enith Vardaman

Residents know that Virginia Byrd's pigs get dressed up for holidays. They are also doing their part to deal with COVID-19 by donning masks. This will not jeopardize the limited supply of masks for healthcare workers because of some clever improvising. The mother pig's mask, for example, is the plastic lid of a paper coffee cup.

Ambler Slabe, who came up with the idea, also created the masks.



## Voter's Guide for the 2020 Residents' Council Election

By the Residents' Council

**The usual election schedule is subject to change because of COVID-19 impacts.**

The election of the five new members to the Residents' Council is scheduled to take place on Wednesday, April 29. The terms of Carolyn Evans, Janice Flock, Pat Kluever, and Elena Rigg are expiring. Because of the resignation of current member Don Dinwiddie, a fifth candidate will be elected to fill his remaining one-year term. Elena Rigg served as chair of the Nominating Committee. She and the other committee members, Jean Cashin, Tom Dames, Andrea Davis, Frances Jones, and Jackie Mears, have assembled a slate of eight candidates, who provided the biographical information below. "Meet the Candidates" presentations will take place in the Coleman Auditorium, 10-11 am, on Tuesday, April 21 (**likely to be live streamed**). There will be candidate presentations for residents of Leeward Manor in their

Activities Room, 1-2 pm, on Tuesday, April 28 (**likely to be live streamed from the Coleman Auditorium**). Residents of Leeward Manor will vote immediately after those presentations. General voting for independent living residents will take place Wednesday, April 29, from 9 am-4:30 pm in the Coleman Center Conference Room. **It is likely that ballots will be distributed and collected outside the Coleman Center Conference Room** to avoid congestion, or **will be placed in residents' social mailboxes ahead of voting day to accommodate early voting starting April 22**. Proxies, proxy ballots, absentee ballots, and early voting ballots should be placed in the ballot box at the concierge's desk by April 29. Current council members will monitor the voting. Dante and Meg Capurro will tally the votes. Results will be announced at a brief special council meeting in the Coleman Auditorium at 7 pm on April 29 (**likely to be live streamed**).

### The Candidates



*LtoR: Kerstin Chelius, Jess Stewart, Harriet Berson, Larry Bell*



*LtoR: Kathy Keller, Janice Flock, Nancy Russell, Jim Coté*

### Kerstin Chelius

Kerstin was born in Stockholm, Sweden. However, she spent her junior high school years in Ethiopia. While studying in Lausanne, Switzerland, she met her husband, Richard Chelius. They were married in Stockholm and moved to New York City. In 1966, Kerstin, with Richard's support, purchased an import/wholesale company. In 1970, they moved to Jacksonville, FL, taking the business with them. Kerstin continued to run the business for 50 years until retiring in 2017. In 1981, together with a small group of women, she founded Women Business Owners of North Florida (W.B.O.), a service organization to support women who own their own businesses. In 2017, she was honored to receive a W.B.O. "Lifetime Achievement Award." She is a member of the Rotary Club of North Jacksonville and has served as president

and is currently serving as treasurer. For many years she served on the board and as President of Deerwood Point 1, Condominium Association, one of several sub-entities in the Deerwood Country Club community in Jacksonville. Kerstin has enthusiastically served her church in many leadership capacities. Kerstin and Richard moved to Fleet Landing in November 2018. Kerstin would be glad to serve this wonderful community.

### Jess Stewart

Jess and Sue Stewart moved from Alexandria/Mount Vernon, VA. My interest in serving on the Residents' Council is to help continue Fleet Landing as a home that keeps up with our changing society and the challenges to communities such as ours. As a council member, I would assist Fleet Landing leadership in maintaining and improving both independent and assisted living, ranging from wellness to services and infrastructure. Nearer term is the integration of Beacon Pointe.

I grew up in Kentucky and attended Vanderbilt University before the US Naval Academy. My career in the Navy included carrier-based flying, as well as a test pilot tour prior to a master's in financial management. I then led several teams in aircraft/missile program management and production, e.g., Sidewinder missiles for the Navy, Air Force, and multiple foreign countries. I finished my career in the Washington area at the Defense Acquisition University, teaching military acquisition management.

In Alexandria's Trinity United Methodist Church, I served on the Board of Trustees for 20 years, principally as treasurer, including oversight of the church's capital development program. Sue and I enjoy travel and relaxing on North Carolina's Outer Banks.

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## The Candidates

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### Harriet Berson

I retired to Sarasota with my husband of 60 years after enjoying over three decades in real estate, living in Connecticut, and raising my children.

Life brought me to Fleet Landing—actually my daughter did. She toured Fleet Landing and called me up, excited to tell me where I was going to be living when I moved to Jacksonville. It has been a joy ever since I arrived here nearly two years ago. I jumped in with both feet and haven't looked back.

I was flattered to be asked to sponsor a new arrival after being here six months. I serve on the Dining Committee, participate in the Investment Club, and take advantage of the social activities Fleet Landing offers. I enjoy the opera, theater, play bridge and mah-jongg. As a former swimming instructor, I participate in all of the community's water activities and look forward to the opening of the new pool.

My background includes finance and business, with my free time spent volunteering for local civic organizations, plus serving on numerous boards and committees.

I respect change and will take every consideration to work towards keeping Fleet Landing the outstanding community it is today.

### Larry Bell

Ann and I moved here after 50 years in Northern Virginia, where I worked for corporations, and federal, state, and local governments. I supported our children's education by serving on school committees such as Principal Advisory Councils, Instructional Materials, and serving as PTSA president. I also served as Mid-County Soccer organizer, coach, referee, registrar, and president so our children would have organized local athletic activities.

Although my graduate education is in clinical psychology, and I worked in clinics for several years, I also worked in various capacities and leadership positions in corporations, state, local, and federal governments in communications and information technology. I was a member of the Federal Senior Executive Service and the DoD Acquisition Corps. I retired as Office of Science and Technology Deputy Assistant Director in the Alcohol, Tobacco, Firearms and Explosives Bureau.

We have been visiting Fleet Landing since 1990 and have seen many changes. As a resident, I have become involved in Think Tank, Investment Club, wellness activities, and the Transportation Committee.

Given the opportunity, I would like to use my previous experience to address upcoming issues with residents and administration and finding beneficial solutions for all participants via the Residents' Council.

### Kathy Keller

My husband and I jumped to Fleet Landing from the greater Cincinnati, OH, area in 2015. I was a high school teacher and, mostly, an attorney. I had an exceptionally broad portfolio of legal experience. I also had 20+ jobs ranging from cleaning dog cages to bartender to managing a credit union branch. Most were in customer service. I was founder and CEO of a nonprofit and have served on boards and in every officer capacity for a wide range of organizations: academic, community, and professional.

Since arriving, I sometimes participate in exercise classes, but am fonder of using walking sticks, or riding my trike. I sew, craft, play mah-jongg, and am a woodworker. I love theater and reading. My husband, Doug Custis, and I enjoy a broad variety of cuisines across the Jacksonville area. As a result, I'm a long-standing Weight Watchers member. I became certified as a teacher of English as a Second Language, taught for the Jacksonville Public library, and tutored an individual for a year.

I am known for direct communication, an independent spirit, and a loud laugh. I am happy to serve our community if elected and promise not to pout if not.

### Janice Flock

My name is Janice Flock, I've lived at Fleet Landing for 15½ years, and I am a retired nurse. I ran a primary care and emergency office with four to six doctors besides volunteering on the local ambulance service in the foothills outside Denver, CO, for 12 years. After that, I did critical care nursing in hospitals in Denver. At times I would be sent to a small hospital in Kansas to run that hospital until they could find a permanent nurse. After moving to Georgia, I volunteered on Fire Rescue for ten years before moving to Fleet Landing. I serve on the Residents' Council now, covering health care, and I would like to continue doing that. This is something I think every resident should do when given the chance. You get to be front and center on the changes going on and get to know the people making the decisions and the why's. Thank you.

### Nancy Russell

I grew up in Winchester, MA, and received my BA from Middlebury College and MSEd from Elmira College. I taught GIs while in Germany and later moved into human resources. Work experience included the premier HR professional association for 5+ years and HR manager/director for small consulting firms and community banks.

We moved to South Carolina when my late husband retired from the US Army (colonel). I had been there over 20 years before moving to Fleet Landing in 2018. My children are in Neptune Beach and Leesburg, VA.

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## The Candidates

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I have tried to impact the many communities where I lived through a variety of volunteer positions, many involving leadership responsibilities. I have been active in the United Methodist Church at the local, district, and conference levels. Here, I volunteer at Beaches Museum and Christ UMC. On campus, I am an Ambassador and active in fitness and wellness activities, MOAA, bridge, and book club.

I feel the Residents' Council will be an important part of the successful integration of Beacon Pointe residents into the community, and I'd love to be a part of ensuring they feel as welcomed as we did while maintaining the Fleet Landing atmosphere we all love.

### Jim Coté

All of us living here at Fleet Landing are going to experience tremendous changes over the next few months! This would be an exciting time to be part of our Residents' Council.

I was born and raised in Michigan, and experienced most of my career there. After receiving an electrical engineering degree in 1962, I joined the automotive industry, and earned an MBA in 1973. My career involved a great deal of international experience, and engaged me in managing groups ranging in size from a dozen to several hundred people. Since retirement, I have served on several local volunteer organizations, including a couple of church boards. I also served three years on a homeowners association board in Arizona. Most recently I headed up a five-man board of alumni from a national engineering fraternity, and raised \$1.5 million to build a new chapter house.

My activities here at Fleet Landing have included sailing (both full-sized and radio-controlled models), golf, the Woodworkers Club, serving on the Dining Committee (cooking is my passion!), and attending the Fleet Landing church service. And, with five children and eight grandsons scattered across the country, travel is always somewhere on the agenda!

## Colorful Visitors



*Mike Marchetti took these photos of a male (l) and female painted bunting at a neighbor's feeder, which they have been visiting all winter.*

## Pocket Billiards Club News: 8-Ball Tournament Champions

By John Pawek; photo by Jim Kolster



*Tom Hilton (l) and Joe Oestreich*

In the recent 8-Ball Tournament, Tom Hilton and Joe Oestreich, both champions, played each other to determine the Overall Champion of the tournament.

There are 16 players in a tournament. Besides Oestreich and Hilton, the competitors were Paul Wrenn, Mary Steinke, Jim Kolster, Lory Doolittle, Glenn Perry, Ray Rigney, Bill Somora, John Pawek, Dan Barry, John Coman, Frances Jones, Steve Hammer, Connie Kolster, and Terry Philcox.

To get to the overall championship game in the winner's position, Hilton had to win each game he played against the winner of previous games. Oestreich, who had lost one game against the opponents he played, ending up as the winner of players who had lost a game.

The two champions met on March 6. Fellow pool players watched with interest as they faced off with giant pool cue sticks in hand. The winning player had to win two out of three games. Since Hilton had not lost any games, he was allowed to lose one at this final championship game, which would make both players evenly matched with one loss each. That meant neither player could lose another game in the tournament. Oestreich won two of the games to become the Overall Champion of the tournament.

Good-natured Hilton lent his congratulations to Oestreich, promising to continue to be a fearsome competitor in future games. Oestreich, a gracious winner, promised to enjoy playing with Hilton again.

The next tournament will be another 8-ball elimination contest, and the field of players has already signed up. Playing has been postponed because of the current social distancing requirements, but will resume when the pandemic restrictions end.

### A New Challenge: COVID-19

*(continued from page 1)*



*Meal delivery in the 2000 Building (photos by Dick Schlaff)* include the cookie of the day) for delivery. Paper copies of daily menu choices (starter, entrée, and dessert) were delivered to apartment buildings and bus stops. A short time later, it became possible to submit menu choices by email. The variety of offerings, especially for the entrée, has been impressive. Even more impressive is the fact that some 1,000 meals are being prepared and delivered daily. This includes meals in the healthcare facilities, as those dining rooms are also closed.

Other measures have been taken that show concern for our entire community. Marketing staff call residents every few days to find out how they are doing and whether they need anything. Because residents are discouraged from going off-campus, assistance is being provided for those unfamiliar with online ordering. The schools are closed, and not all staff members have alternate means of caring for their children while they are at work. Daycare is being provided for staff members facing this dilemma.

A highlight of the current situation has been the 1 pm weekday Josh and Travis show, broadcast on FNN (Fleet Network News) and available exclusively on channel 267. What the show lacks in production values it more than makes up for in informational and entertainment value. The format includes answers to questions submitted by residents, a guest of the day from management staff, banter between Josh and Travis, a daily joke, a trivia question, and much more. The scavenger hunt was especially popular, with numerous creative submissions from residents for each one.

In short, while responding to a rapidly changing situation, Fleet Landing is doing all it can to keep everyone safe and to make a stressful situation more bearable. Just as with the hurricanes, the staff has swiftly and cheerfully met the challenge, thus lessening the impact of the crisis on residents. We are fortunate indeed to live in this community.

#### In Memoriam

**Paul Andes**  
1930-2020

**Phil Eckert**  
1926-2020

**Beverly Bondy**  
1929-2020

**Mary Ellen Huhta**  
1943-2020

### Socializing During a Pandemic

#### Rigel Court's Answer to COVID-19



*Rigel Court residents practiced social distancing during a get-together. Photo by Bob Burkart.*

#### Ditto for Polaris Court



*Polaris Court residents are having regular gatherings for a happy hour, while observing social distancing. This one took place on Rae Donnelly's birthday. That explains why Frank, wearing tails, is carrying a bottle of French sparkling wine and a tray of glasses.*

## COVID-19: General Background and Discussion

By Kristin Perry

Mark Messinese, MD, Medical Director of Fleet Landing, spoke on March 4 in the Coleman Auditorium about the general background, symptoms, and treatment of the coronavirus, COVID-19. His talk preempted the scheduled "Learning Series" presentations.



Messinese explained that the name comes from the word "corona," meaning "crown," because the club-shaped projections that radiate outward from the virus are reminiscent of a solar corona. The virus works by attaching to and hijacking our cells to reproduce itself. COVID-19 is one of several coronaviruses, but it is dangerous because it has mutated enough that our immune system does not recognize or respond to it.

Symptoms of the virus include fever, cough, and shortness of breath. It bypasses the nasal passages and goes directly to the lungs, where it can turn into acute respiratory distress with a significant mortality rate. In addition, the virulence of COVID-19 is much greater than the flu.

Some basic preventive measures include avoiding touching your face plus washing your hands frequently for at least 20 seconds. (If you use a hand sanitizer, it should be at least 60 percent alcohol.)

There was a discussion following the talk about future availability of testing kits, the course of testing and treatment, local hospital bed availability, and quarantine procedures.

Messinese's talk was presented in the very early stages of the spread of this virus in the US. As the situation became more serious, Fleet Landing implemented appropriate policies that were announced in a series of memos.

## Wild Birds

By Joan Carver

On February 27 in the Coleman Auditorium, Brian Bidwell, owner of two Wild Birds Unlimited local franchises, gave a slide presentation about the many winter and spring birds that can be seen locally. The slides of the lovely birds, along with the bits of information about them and ways to attract them to a yard, clearly held the attention of the audience. It was clear that Bidwell's vocation is also his passion.



Bidwell explained that some of the birds that one sees locally are here year round, and others are just stopping by on their migration flight to another destination. The colors of some of the birds, such as the bright red of the male cardinal or the multicolors of the painted bunting, are amazing. Among the birds viewed on the slides were the pileated woodpecker with its striking red, black, and white coloring, the lovely indigo bunting, the Baltimore oriole, and the monogamous Carolina wren, which pairs for life.

The presentation included slides of Bidwell's lush backyard with its variety of types of bird feeders. He pointed out that the various designs of feeders and types of food attract different types of birds. The pileated woodpecker is attracted by live mealworms, for example. (Among the useful but unusual information garnered was that the worms could be kept alive for several weeks in your refrigerator.) Bidwell recommends high protein foods like suet and nuts as winter food for birds. Other foods birds like include millet, black oil sunflower seeds, and peanuts. A birdbath will also attract birds since they need fresh water.

On a more troubling note, Bidwell pointed out that an estimated 2.5 billion migratory birds had been lost since 1970. These birds migrate between the Northern and Southern hemispheres, and there has been major habitat loss in both hemispheres. Bidwell cited the statistic that two in five Baltimore orioles are gone as an example of the loss of migratory birds.

For those who want to dig deeper into bird life and even to contribute to the database about birds, Bidwell suggested the website eBird. This site provides global tools for birders. You can keep track of the birds you see, and share your sightings with the bird community. The Cornell Lab of Ornithology and the Audubon Society launched this online database project jointly in 2002.

## Clouds



*Resident Ann Milligan captured this photo of a dramatic cloud formation at noon on March 3 while walking toward the Coleman Center.*

### Hootenanny Leap Day Party

By Isobel Spink; photos by Ed Hollender and Isobel Spink



*The clock before and after the unveiling*



*Left: The buffet offered an exceptional array of foods appropriate to theme of the occasion.*

*Right: It was an evening for western attire.*

A Google search yields this information: “The word hootenanny originated in the Appalachian area of the United States, a region heavily settled by Scottish immigrants. Hootenanny is a Scottish word for party or celebration. Originally, Americans used the word hootenanny as a placeholder name, in the same manner one would use the words doohickey or thingamajig.” It has come to mean “a social gathering or informal concert featuring folk singing and, sometimes, dancing.”

How could the evening of February 29 not start well when there was champagne to celebrate the unveiling of a gorgeous new clock? Manager, Wellness Services, Jennifer Joy, addressed the attendees, noting that there would be a formal dedication of the clock at a later date. She also credited James Hall, Manager, Remodeling Services, for installing the elegant structure. Server Marshall Coaxum presided over the table with the champagne, which was then distributed by several attending staff members. The actual unveiling, made more difficult by the rather windy conditions, was successfully executed by Transportation Supervisor Brandon Levy. The small crowd present for the unveiling (already in their western gear) then moved into the Coleman Center for the major event of this leap year.

Attendees spilled into the Atrium, drawn by the excellent bluegrass band, which also encouraged staff and residents to display their dance moves. The banjo player was a virtuoso, and the music had everyone revved up for a good time. There was an abundance of Western shirts, hats, and cowboy boots, and the special photo booth was a hit with the crowd.



*The bluegrass band drew dancers to the Atrium dance floor.*

Bourbon-logged tee shirts were stacked by the very  
*(continued on next page)*

## Hootenanny Leap Day Party

*(continued from preceding page)*

busy bourbon tasting table. The tasting continued as lines formed for the mouthwatering buffets in the Coleman Auditorium, Compass Grill, and LakeView. Having been weaned on Brunswick stew, I found that particular dish took a blue ribbon in my humble opinion. The baby back ribs were another favorite, as was the maple bourbon popcorn. If you weren't a bourbon lover beforehand, you probably were by the end of the evening.

Dining Services and Wellness Department staff produced a ripsnorting event, while other staff took advantage of the occasion to mingle with residents. Kudos to them. All in all, the evening was a hoot.

## Remembering Phil Eckert

By Enith Vardaman

The *FLEET BEAT* staff notes with sadness the death of Phil Eckert. An article she submitted for the August 2009 issue was so well written that we immediately asked her to join us. Fortunately, she agreed, and over the next several years, she contributed articles on a variety of subjects. Sadly, poor health eventually forced her to cease her reporting activities and leave the staff. In 2017, she rejoined us as a copy editor, and her efforts to keep those pesky errors out of our publication were much appreciated.

## Mallets and Wickets

By Gerry Nogelo



*Participants in the March 7 mixer*

President Duane St. John called the Fleet Landing Croquet Club monthly meeting to order on Monday, March 9, in the Atlantic Room.

Susie Canon, the treasurer of the Woodworkers Club, thanked the Croquet Club for its \$50 donation. The Woodworkers Club repaired two ball carriers, and it stabilized a shelf and raised the floor in the croquet storage closet so that mallets would not get wet when it rains. The Woodworkers Club helps the Croquet Club when repairs are needed.

A committee consisting of Jim Kolster, Marilyn Heberling, Lee Markley, and St. John was charged with the task of recommending how the Fleet Landing

Croquet Club could best honor Terry Philcox, who passed away on February 2. Philcox made substantial contributions to the club, had a great love of the game, and had a strong interest in the growth of the sport via teaching and competition. After much consideration, the committee arrived at a unanimous conclusion: It recommended that contributions from club members in memory of Philcox be forwarded to the nonprofit Croquet Foundation of America in support of the CFA in its teaching and sponsorship of croquet outreach activities in Florida and in the USA. Club members voted to support this recommendation.

On March 7, Jean Cashin, Janice Flock, Kolster, and Mary Steinke traveled to Hammock Dunes to play in a mixer. The very windy but sunny day involved three sets of golf croquet on excellent grass courts. One court was full size, and three more were modified size like our two courts. The 1.5-hour drive down A1A was easy and pleasant.

There will be no more mixer dates for the 2019/2020 season.

Now for the the six-wicket tournament results that you have been waiting for! On March 1, the semifinals were played on a very hot day. Heberling played against Peggy Steck, with Helen Craig and Markley being the board keepers. Steck won the match with a score of 15 to 9. In the other semifinal match, Carla Philcox played against Cashin, and Cashin won that match 22 to 18. Heberling set up the final match on March 15 between Cashin and Steck, with Philcox and Markley as board keepers. Cashin won the match with a score of 24 to 18. Congratulations to her.

The two weekly croquet clinics are canceled until further notice, but club members can use the courts to practice or play games as long as they observe the social distancing rules.

## Osprey Update



*One of the ospreys can now be seen consistently in this position, suggesting that there are eggs in the nest. (screenshot from the Osprey Cam at fleetlanding.com)*

## Visiting the Home of Marjorie Kinnan Rawlings

By Helen Craig; photos by Alisa Blanchard and Helen Craig



*Tour group*



*The farmhouse*



*Left: Outhouse with a screen door. If the flag at the lower right was up, the outhouse was occupied. Down meant it was available.*

*Right: Celebration of indoor plumbing.*



*Rawlings's writing table*



*Left: Wood-burning stove.*

*Right: Blues singer Willie Green.*

What fun we all had as we visited the Marjorie Kinnan Rawlings Historic State Park, learned about the life of this Pulitzer Prize-winning author, toured her cracker-style farmhouse, and enjoyed the outdoor surroundings that so inspired her writing. Fourteen residents, led by Exercise Physiologist Alisa Blanchard and driven by Dan Thill, left Fleet Landing on February 28 about 8:45 am and arrived at the historic homestead a bit more than two hours later. Hiking into the farmyard via a citrus grove, we were greeted by a very engaging guide, Rick Mulligan, who brought the author and her Cross Creek surroundings vividly to life.

Mulligan said that Marjorie Kinnan had met and married a fellow aspiring writer, Charles Rawlings, in 1919. The couple purchased an orange grove with a farmhouse and barn at Cross Creek, and they “planned to live off the [sale of] oranges and to write full time.” An alluring idea! She, especially, was enchanted by the subtropical beauty and by the local populace of “Florida Crackers,” and she wove them both into numerous short stories and novels. Meanwhile, her husband’s writing career foundered, and in 1933, so did their marriage. She stayed on at Cross Creek, continued writing feverishly, and produced highly successful literary gems.

In 1938, Rawlings’s novel, *The Yearling*, which is set in this area, sold 500,000 copies in its first year, won the Pulitzer Prize for Fiction, and earned her MGM movie rights for the film version in 1946. Among her other best-known works were: *South Moon Under* (1933), *Cross Creek* (1942) (an autobiographical book), and *Cross Creek Cookery* (1942) (with many recipes featuring the rich heavy cream from her favorite Jersey cow). She was a fantastic and elegant cook, loved to entertain, and greatly enjoyed both her bourbon and her Lucky Strike cigarettes. Among her good friends were Ernest Hemingway and Eleanor Roosevelt, but she especially appreciated and was inspired to write about her Cross Creek neighbors. In 1941, she married Ocala hotelier Norton Baskin, who encouraged her inde-

*(continued on next page)*

## Visiting the Home of Marjorie Kinnan Rawlings

(continued from preceding page)

pendence, and who assured that both her farmhouse and its unique furnishings would be preserved after her rather early death at age 57.

As we roamed through this historic board-and-batten home, we were delighted with the many relics which confirmed and illustrated the fascinating life and accomplishments of this author. Especially interesting was the large screened-in front porch where Rawlings wrote many of her books and stories—writing all day long, but taking occasional naps on a handy couch. She would sit at a handmade circular table with a palm log base, typing on a Remington manual typewriter, while also being inspired by the view and the birds just beyond the porch. Other pieces of interest inside the house included a wood-burning stove on which Rawlings created her gourmet meals, and the dining room with varnished heart pine floors and a table set with the Wedgwood china on which she served these meals. Outside, there was a unique outhouse, with a screen door to facilitate ventilation. When Rawlings earned money from an early story, she installed the first indoor plumbing in Cross Creek and invited her neighbors to a gala social event with red roses inside the commode.

One more delight awaited us. Following our tour of the house and surrounding area, we all enjoyed a special lunch at The Yearling, a nearby restaurant decorated to match its inspiration. The menu included fried green tomatoes, frog legs, free-range venison, conch fritters, gator-cracker house-fried pickles, a Yearling Sampler, and a delicious sour orange pie. As a special surprise, Blanchard arranged for us to be entertained throughout the meal by a very talented guitar-strumming blues singer, Willie Green, who was a true joy—a perfect finale for our Cross Creek tour.

## Welcome Aboard

**3212 Sarah Lamont** (November)

Sarah Lamont's personal GPS has always been focused on beauty. She seeks it; she appreciates it; she creates it. Since the '70s, she has found beauty both geographically and vocationally in a variety of venues.



Geographically, she grew up in North Carolina and attended Peace College in Raleigh. After Raleigh, she married and pursued an advanced degree. After some time in Texas, she

and Ray, her husband of 49 years (now deceased), moved to New Mexico.

Her professional résumé includes positions as an elementary school physical education instructor, a med-

ical administrator, an assistant to the director of the Mary Duke Biddle Gallery for the Blind, and a hot air balloon repair person and pilot.

In the balloon cosmos, she has some interesting tales. She stresses the fact that she learned to pilot incrementally. "First, I hugged the ground; then I learned to hop a fence. Later, I went over power lines. Because I lived near Kirtland Air Force Base [in New Mexico], I had some excellent retired military crew members. They watched my progress carefully."

A former distance runner and painter of vivid abstract art, Lamont also started her own weaving business. Some of the tapestries in her Fleet Landing apartment are woven from hand-dyed yarn and depict New Mexico mountain scenes.

Entering her sunny apartment full of orchids, paintings, and art objects, one feels as if a bit of the Southwest has been transported to Atlantic Beach. Asked what encouraged her to return to the Southeast and select Fleet Landing, she replied, "I wanted a CCRC and investigated several of them in the Southwest, but Fleet Landing had the best wellness emphasis. Everyone was friendly. Also, the first time I sat in a chair and took in a sunset, I knew I had made the right choice. It was so very beautiful."

—Victoria Freeman

## Unusual Science – The Virus Itself

By Richard Conway

The medical folks are advising us as to how to combat the coronavirus. This article is about the virus itself.

Unlike bacteria, viruses are not living organisms that enter a host and multiply by dividing the DNA-containing nucleus of the target cells. A coronavirus enters your body through your eyes, nose, or mouth. It uses crown-like spikes on the surface to attach to human cells such as in our lungs. It then injects its RNA (replication material) into the nucleus of living cells, replicating the virus. (*The Wall Street Journal* 03/27/20)

There are seven strains of coronavirus known to cause respiratory illnesses in humans. Four of them result in common colds. Two others are SARS (severe acute respiratory syndrome) and MERS (Middle East respiratory syndrome). The seventh is COVID-19 (19 stands for 2019, the year it appeared), which is causing our present pandemic.

## Fleet Landing in the News

By Enith Vardaman

The March 21 issue of the "Shorelines" section of *The Florida Times-Union* had an article about the partnership of Fleet Landing and the Beaches Museum to present the museum's 2020 Boardwalk Talks. Executive Director Josh Ashby was quoted in the article.

## Dining News

By Enith Vardaman



*Left: Travis Schryer. Right: James Puchel.*



*Left: Chris Gotschall. Right: Schelley Hollyday.*

Residents gathered in the Coleman Auditorium on March 10, eager to learn about the new restaurant building's dining venues and the new MyChoice meal plan. They had already received a lengthy memo about the latter. The Coleman Auditorium was packed for both the morning and afternoon sessions of the briefing, and other residents watched on channel 267. A team made up of Chief Operating Officer Travis Schryer; Director, Food and Beverage, James Puchel; Executive Chef Chris Gotschall; and senior living hospitality consultant Schelley Hollyday of the Hollyday Group gave a detailed presentation and answered residents' numerous questions. Appropriately, for a meeting about food, snacks were available.

### New Dining Venues

The new restaurant building will house four dining venues, each offering a different kind of dining experience, and each with its own chef. The description of each venue was accompanied by slides showing the kind of fare to be served there and a rendering of its interior.

**Currents Marketplace** will serve a wide variety of food for breakfast, lunch, and dinner, 7:30 am to 7 pm, seven days a week. Diners can watch their food being prepared. This venue will be open to residents, employees, visitors, and vendors. Its grand opening is anticipated to take place in the summer of 2020.

**The Meridian Lounge** will serve dinner, Monday through Saturday, 4 pm to 8 pm, and will also be available for special occasions. It will feature pub fare

and small plates as well as craft cocktails and special wines. Its grand opening will take place in late summer of 2020.

**30 North**, which will be decidedly upscale, will serve dinner, Tuesday through Saturday, from 5 pm to 9 pm. Its grand opening will take place in the fall of 2020.

**The Retreat at 30 North** will be used only for special occasions, such as private gatherings, a chef's table, and tastings.

The staggered opening dates of the new venues has two purposes: It allows current residents to experience most of them before the influx of new residents, and it assures that each one will be fully operational before the next one opens.

**The Waves Boutique**, which will offer apparel and such items as mugs, all bearing the Fleet Landing logo, will also be housed in the restaurant building.

Adding these new venues to the present four venues, some of which will undergo modifications, will create a breadth of dining options. The Coffee Shop will be unchanged. The Anchor may be used for pop-up events on campus or out in the community. Breakfast will be moved from LakeView to Currents Marketplace. Once the new venues are open, Compass Grill and LakeView can be reassessed with an eye to making them even better.

### MyChoice Meal Plan

The MyChoice meal plan was described as offering residents more freedom in their dining options. It is popular in retirement communities, with some 55 percent having such a plan. At Fleet Landing, instead of 20 or 30 complete meals per month, residents would have a monthly allowance of flexible points that could, for example, be used for multiple smaller meals on the same day or throughout the month. The plan is optional. Residents do not need to switch if they do not wish to, and they can also try out the plan and switch back if they find that they prefer the meal plan that will now be called Traditional. The points can be used at any of the dining venues, and point values will be listed on the menu. The two levels of points, 360 or 540 per month, correspond in value to the 20-and 30-meal plans respectively.

MyChoice was due to be available on April 1. Attendees who had already decided to try it out filled out the signup cards provided at the briefing. To participate in the kickoff of the plan, there was also an option of enrolling with the assistance of the concierge as long as it was done before March 25. However, the kickoff was postponed because implementation of COVID-19 social distancing measures required a change to meals provided by delivery only, beginning with dinner on March 16. The signup deadline no longer applies. Once this crisis is over, residents will be given a refresher on the information presented at the two March 10 sessions.

## Brush & Palette

By Helen Craig

What a dynamic and delightful splash of color greeted residents on March 3, as the new Fleet Landing Photography Show was hung in the Coleman Center second floor atrium. Many of the photos also relate fascinating stories, which add interest to the beauty.

Monica Coté, a new contributor to the photography exhibit, provides six stunning photos of Upper Antelope Canyon in Page, AZ, along with an explanation of this phenomenal natural wonder. This slot canyon (a very narrow canyon, usually of sandstone or limestone, that has a depth considerably greater than its width) was formed “by the erosion of Navajo Sandstone due to flash flooding and other sub-aerial [weathering] processes.” First discovered in 1931 by a young Navajo girl herding sheep in the area, the canyon’s spectacular views are created by shafts of direct sunlight radiating down from openings at the top.

Carolyn Evans then tells a quite different photo story, focusing on brightly colored hot air balloons. Several people who are “Getting Ready,” are soon to be “Inside,” launching these balloons. “There They Go”—“Up, Up, and Away!” Many children watch from the road. “Is It Going To Land?” They are “Right Above Us.” And finally they land. “The End.” Indeed a unique and jolly tale.

Dick Schlaff manages to click on the precise and exciting action as the “Blue Angels Fly Over the Former Navy Jax Yacht Club.” His four “Sailing” photos show sailboats on the St. Johns River—some at a perilous tilt, and some with bright spinnakers catching the breeze. And then, as he notes, “There is the “Mini Sail Club at Fleet Landing,” with one of those small boats maneuvering around Lake Constellation. What a contrast and what fun!

Pat Payne uses her camera to capture “Subarctic Beauty” with four photographs taken in southeastern Alaska. In one photo, taken in Skagway, she captures the beauty of glowing golden clouds as they settle upon a series of rugged, dark, and barren mountain tops. Another focuses on an icy Stikine River, flowing amid multiple rocks and sparse evergreen plants, all surviving beneath the very frigid-looking mountains. A fellow trip participant, in a distinctive red jacket, is contemplating the stark but enticing view. Another close-up shows a few hardy but half-bald evergreens amidst the rocks. Solitude amidst the beauty. Last, there is a more deeply forested lakeside view. It is highlighted by the lake’s brilliant color, which is caused by the sediment that glaciers deposited as they migrated across the land.

Dick Fuller also focuses on “Nature’s Beauty,” but his photos all concentrate on the beauty of unique butterflies as they extract the nectar from also beautiful and colorful flowers. These are photos of live

butterflies that Dick, and his wife, Judy, observed in the Cox Butterfly and Orchid Pavilion, a part of the Tucson Botanical Gardens in Arizona. This pavilion is home to over one hundred tropical butterflies from five continents. Fuller, who likes to photograph everything close-up, provides us with crystal-clear photos of the precise markings and coloring of six different species. One butterfly with bright circular markings decided to land on Judy’s arm, and, of course, Dick photographed that one too.

Bob Gossen’s photos all have a distinctly autumn theme, and each offers remarkable clarity and detail. “Autumn Rushing Waters” captures the force of powerful river waters, crashing over huge boulders and creating an exciting, tumultuous scene. “Autumn Mohawk Trail,” with shallower waters, presents a more subdued picture, with waters gurgling through smaller ridges. “Autumn Reflections” also shows large boulders in fascinating shapes, but with calmer pooling from the surrounding water. Three of the photographs are centered on forest views. “Autumn Forest Floor” focuses on large, fallen tree trunks, embedding themselves among dead brown leaves on the ground and nearby plants that are still green. “Autumn the Lonely Road” pictures a curving two-lane road, weaving through a dense forest, with leaves just changing color and not a soul in sight. “Autumn Walden Pond” shows a leaf-covered pathway leading into the dense forest beyond, with slender birch trees bending into the trail. Did Thoreau write and contemplate here?

Dave Boyer has cleverly arranged a series of worldwide photographs entitled “Water and the Inhabitants Thereof.” First we see a dinghy tied up to a Veracruz, Mexico, dock in a brilliant, cobalt blue Gulf of Mexico. Next in line is a combination of “Goldfish and Lilies, Brooklyn’s Botanic Garden in New York, NY,” also with blue accents. Next is a dense growth of “Marsh Reeds, Beaufort, SC,” again showcasing the very blue water. Then come “Seals, Galapagos Islands,” and “Seal at Home, Taronga Zoo, Sydney, Australia.” Finally, back in the US, we see a uniquely shaped “Marsh Stump, Beaufort, SC.” A fascinating display.

Helen Craig presents scenes from France and Switzerland. Two of the photos were taken on a trip to Monet’s Garden in Giverny, France. The garden’s waterlilies and surrounding foliage were a long-time obsession for Claude Monet, both in their design and in his painting, where he captured the beauty and nuances with his unique Impressionist skills. Four other photos were taken on Lake Retaud, a lovely pond, nestled in the Diablerets, a part of the Swiss Alps. Her family greatly enjoyed rowing a small boat on this lake, beneath the magnificent snow-capped peaks.

**Brush and Palette: The Photos**



*Monica Coté's "Upper Antelope Canyon #5"*



*Bob Gossen's "Autumn Walden Pond"*



*Carolyn Evans's "Right Above Us"*



*Dick Schlaff's photo of a sailboat on the St. Johns River*



*Dick Fuller's photo of a butterfly on the arm of his wife, Judy  
(continued on next page)*

### Brush and Palette: The Photos

*(continued from preceding page)*



*One of Pat Payne’s “Subarctic Beauty” photos*



*Dave Boyer’s “Marsh Stump, Beaufort, SC”*



*Helen Craig’s photo of Lake Retaud, Switzerland*

### Effective Stretching

By Victoria Freeman

Anyone passing the Coleman Auditorium on March 5 might have thought several residents were being tortured. The residents, all volunteers, were lying on a blue padded table with legs in the air. Two muscled individuals were pressing mightily on the legs of the residents, who were being reminded to push back and breathe. What was going on here?

Exercise Physiologist Alisa Blanchard and new Wellness Department hire Michael Gloss, a Certified Personal Trainer, were presenting Proprio Neuro-muscular Facilitation (PNF). PNF is an advanced form of flexibility training which involves both the stretching and contracting of a targeted muscle group.

According to Blanchard, PNF is one of the most effective forms of stretching to improve flexibility and range of motion. A muscle group is positioned so that the muscles are stretched and under tension, then relaxed.

PNF requires the aid of a trainer. Both Blanchard and Gloss are available to provide PNF for Fleet Landing residents. There is an introductory offer of three 30-minute visits for \$99.

Blanchard and Gloss also provided information on three additional types of stretching: ballistic, dynamic, and static. These types of stretching can be done by the individual without a trainer’s aid, but it is important to first learn how to do them properly.

### St. Patrick’s Day

Text and photo by Enith Vardaman

As usual, Fleet Landing had several events scheduled on St. Patrick’s Day, but they were all canceled because of COVID-19. Fortunately, we still had Virginia Byrd’s pigs for a cheerful reminder of the celebration.

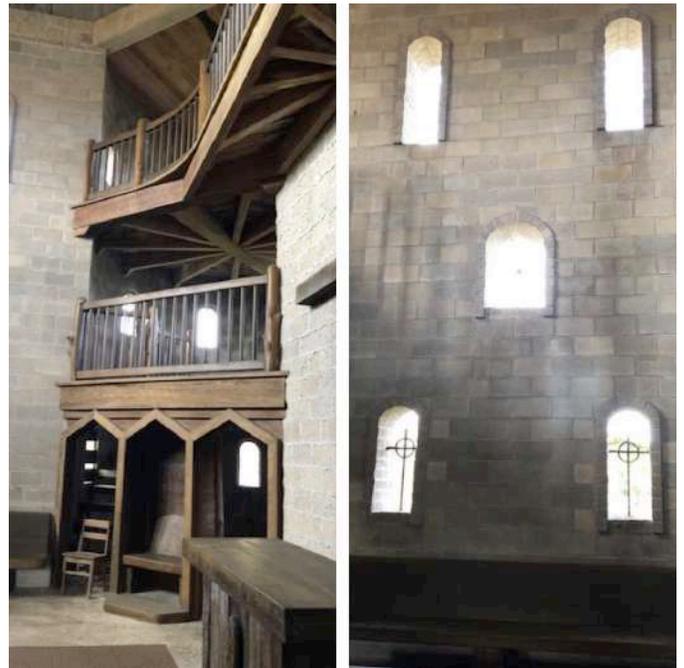


## Visit to to a Florida Castle

By Lory Doolittle; photos by Mary Faria and Mike Marchetti



*Castle entrance*



*Interior views*



*Rusty addresses the tour group.*

Twenty curious Fleet Landing residents headed south on A1A on the sunny, cool morning of March 6. Mary Faria, Manager, Wellness Services, was our leader as we eagerly anticipated our tour of Castle Ottis, which many of us had often viewed during trips south to St. Augustine. Shielded by dense Florida vegetation, only the tops of two turrets are visible from the highway.

As we descended from the bus, we were greeted at the metal entrance gate by Rusty (he apparently prefers to go by just his first name), sporting long hair and a full beard. A Vietnam veteran, he acquired the 2½ acre plot in the 1980's. A brief walk led us down to a courtyard with two towers on the west side and a high cement block wall across the courtyard.

Rusty explained that he and several others had begun the building project on May 1, 1984, and finished in 1988. The project, based on Irish castles of 1,000 years ago, had one purpose: the glorification of Jesus Christ. During the one-hour-plus visit, Rusty explained

that symbolism abounds in the compound.

Rusty, who was born in Bermuda, is a reggae musician. He, along with several others, built the compound and turrets from 40-pound cement blocks. Two masons were involved, along with one woodworker. Later in the project, a blacksmith created metal accessories for some of the windows. There are 88 windows (as there are 88 keys on a piano) in the two cylindrical towers. Rusty pointed out that the structure is at the same latitude as the Egyptian pyramids.

Rusty named the castle after Ottis Sadler, one of the masons, who was also skilled at other important aspects of the project. Rusty added an additional “t” to Ottis for the Trinity, another piece of his symbolism. At the end of the courtyard wall is a bell tower with a Celtic cross on top, which can be seen from the second floor of the tower, framed through a window.

In preparation for the creation of what he intended to be a “landscape sculpture,” Rusty excavated 12 feet and found a solid layer of coquina, so he reckoned that his castle would be stable on such a foundation. The walls are reinforced with steel.

Inside, we climbed the cypress stairs which curve to the second floor and entered the area which evokes an Irish abbey. Creative and intricate woodwork provides a solid, restful, and pleasing atmosphere, particularly in the ceilings. The windows are open to the elements. That dictated the selection of cypress wood, which is impervious to water damage.

The altar and pulpit are across from each other, in balance, and made from southern heart pine saved from

*(continued on next page)*

## Visit to a Florida Castle

*(continued from preceding page)*

a 1907 St. Augustine store. Periodic religious services occur at Ottis Castle along with small (50 people only) weddings and events.

Rusty displayed personal pride in his vision (it came from a dream) and the realization of his project. It was impressive to see what he and his creative, hard-working team had produced: a solid A1A landmark, just back far enough from the ocean to likely survive several feet of ocean rise.

After the castle tour, we boarded the bus for the short ride to Aunt Kate's, a tidy restaurant on the Intracoastal just south of the castle. The restaurant was ready for us with two long tables set, and servers eager to take our orders. We were pleased with our meals and would like to return on a warm day to sit outside to enjoy the water views.

Faria and Dan Thill, our driver, got us home just in time for our afternoon nap.

## Castillo de San Marcos

Text and photos by Gerry Nogelo

A group of Fleet Landing residents left campus on Friday, March 13, and traveled for 45 minutes down A1A to visit the Castillo de San Marcos National Monument. The fort is located on the western shore of Matanzas Bay in the city of St. Augustine. (After this outing, COVID-19 caused the cancellation of all but a tiny fraction of on-and off-campus activities scheduled for March.)

Castillo de San Marcos is the oldest masonry fort and the best-preserved example of Spanish colonial fortification in the continental United States. Construction began in 1672 and was completed in 1695. Over the centuries, many alterations and renovations were made. It is built with a sedimentary rock called coquina (Spanish for "small shells"). The walls are very thick, and when the fort was attacked by cannon, the coquina was very effective at absorbing the impact of the shells. The coquina was soft but very strong.

We entered the fort over a wooden drawbridge into the Plaza de Armas. This is a large grassy area with a well and rooms surrounding it. We saw a storage room, a chapel, a bunk room for the soldiers, the British Room and more. There were guides dressed in colonial uniforms throughout the fort to answer questions and provide information about the history and workings of the fort.

A long flight of stone steps leads to the upper level of the fort. From this vantage point, you could see how ships would enter the bay and fire artillery at the fort. There are large guns around the perimeter and a lookout tower. From this position, a garrison of Spanish troops could safeguard St. Augustine during the turbulent colonial era. Later, English and then American troops stood watch over the land Ponce de

de Leon named "La Florida."

There is a moat around the fort, which the Spanish kept dry and used as a pen for domestic animals, but during sieges the moat could be filled with water by opening floodgates on the seawall.

Usually the fort was occupied by soldiers. Residents of St. Augustine lived outside and west of the fort and were protected by soldiers in the fort. A guide told us a story about one of the many battles that occurred. The English laid siege to St. Augustine in November 1702, and about 1,500 town residents and soldiers were crammed into the fort for two months. Can you imagine living in those circumstances for that amount of time?

When we left the fort, we walked four blocks and had a delicious lunch in the A1A Ale Works Restaurant.

Our visit to Castillo de San Marcos was very interesting. It was a learning opportunity for us, and it would be a great place to bring guests who might be visiting. Beautiful weather and our leader, Manager, Wellness Services, Mary Faria, made the trip a rousing success.



*Plaza de Armas*



*Cannon on the upper level of the fort*

## Herbs and Health

By Gerry Nogelo



A group of about 20 Fleet Landing residents gathered in the Coleman Auditorium on March 12 to learn about herbs and how they are used to restore physical and emotional health. Fleet Landing resident Constance Miller gave an engaging presentation.



Miller retired in 2011 from her practice as a clinical herbalist, helping people regain their health or to fend off developing health issues.

Miller provided hand-outs listing 11 “Herbs that Pack a Punch” that she would be talking about, a list of reference books for the curious, a

pencil to take notes, and a photocopy of the formula she is currently taking to boost her immune response. At the front of the room were reference books, bottles of herbal formulas, and freshly cut herbs.

Did you know that 70 percent of the world’s population still depends on plant medicine for its health? It is little known that America had an upsurge in herbal medicine from 1880-1920, and then again in 1980. There are excellent schools and colleges all over the US training practitioners of herbal medicine. To find a qualified professional herbalist, go to [americanherbalistsguild.com](http://americanherbalistsguild.com), the website of the professional organization.

Using the 11 herbs as examples, Miller told us of some of her cases: ginger root for a college girl who had never menstruated and had a “cold womb,” comfrey leaf poultices for healing athletic injuries and small broken bones, burdock seed for psoriasis, and burdock root for her fibrocystic breast disease. Each of these herbs was not used alone (except comfrey), but was just a part of an herbal mixture, or formula.

The plants (herbs), themselves were intriguing, because Miller chose some for which the flowers, the leaves, the seeds, and roots could all have different

healing actions. And the timing of gathering the herbs at their peak was important, too. Pick flowers when in flower or bud, and seed when dry (oat was the exception). Dig roots in the fall when they have pulled all the nutrients into themselves to get through the winter.

Miller’s presentation offered fascinating information, and it just whet our appetite to learn more.

## Bridge News

### Tournament Play

By CeCe Lichtenstein

During the week of March 9 to 14, there was a regional bridge tournament at the World Golf Village. Typically, lots of people come for such events. However, as you can imagine, the COVID-19 pandemic made the folks cautious about being in crowds, with everyone touching cards and bidding boxes. I know it was a much smaller turnout than they planned for, but I can appreciate that folks kept their distance. I was initially scheduled to participate, but decided to avoid the crowd. However, at least one Fleet Landing resident did attend. Carol Neville not only attended, but came away with some nice master points. Congratulations, Carol!

I may have missed some other Fleet Landing participants. Checking the results did not necessarily indicate all players. I apologize if I missed someone.

There are a couple of sectional tournaments scheduled in the next month or so, and hopefully the air will be cleared of virus particles so more folks can attend.

## Bridge Partnerships

By Dottie Mann

Many of the articles I have written about bridge emphasize partnership agreement. But what about the partnership itself?

If you are playing duplicate bridge with any regularity, you probably already have at least one regular partner, and perhaps several. The partnership agreement may be different for each pair. There may be conventions played with one of your regular partners, but not with all of them.

Suppose that a partnership has run into problems. How do you go about dealing with this? I would recommend discussing the problem openly and honestly but **not** during a game. Try to meet somewhere more private for the discussion. If you have had an amicable partnership previously, you may agree to just chalk the problem up to a difference of opinion. If the problems recur, you may decide together to break up the partnership.

Further discussions on finding a partner for the first time or changing partners after a breakup will be discussed in a future article.

## Irish Tea

By Enith Vardaman

Photos by Bob Gossen and Enith Vardaman



*Table set for guests*



*LtoR: The step dancers Nancy Russell, Stefani Gossen, Martha Marchetti, Alisa Blanchard, Nancy Patterson, Anice Froberg*



*As these two pictures show, this event always elicits lots of smiles.*

The Irish Tea is now a firmly established tradition and an eagerly awaited event. This year's tea, held in the Coleman Auditorium on March 11, had a new twist: a delightful step dance performance by Exercise Physiologist Alisa Blanchard and five residents: Anice Froberg, Stefani Gossen, Martha Marchetti, Nancy Patterson, and Nancy Russell. They are participants in Blanchard's line dancing class (all levels welcome).

Tasty treats awaited guests at the attractively set tables: scones, clotted cream, jam, marmalade, tea sandwiches (egg salad, chicken salad, salmon, and cucumber), cookies, and cream puffs. Guests could choose from three different kinds of tea served from lovely teapots. One lucky person at each table won the plant that served as the centerpiece for the table.

Many thanks to the staff, who worked to make this year's Irish Tea a memorable celebration: Executive Chef Chris Gotschall; Director, Wellness Services, Jennifer Joy; Manager, Wellness Services, Mary Faria; Transportation Supervisor Brandon Levy; Driver Chris Wellington; Server Michele West Stevens; Executive Assistant Megan Clemensen; and Blanchard.

## Chips & Putts

By Helen Craig

The sun beamed brightly on the seven teams who showed up at Windy Harbor Golf Course for the Fleet Landing Monthly Golf Tournament on March 12. Except for COVID-19 lurking in Duval County, it was a beautiful day for the twenty-one men and six ladies who participated. Skies were blue, birds were abundant, and so were birdies. We did make one concession to the virus and to our over-60 age range, which was to avoid the usual post-tournament dinner meeting, the frivolity, the reports by each team's captain, and the close proximity in the Atlantic Room. Instead, Tournament Chairman Bob Mills emailed the results and distributed the winnings in our social boxes.

The day's results were as follows: Coming in first was the team of Helen Craig (captain), Rick Rochelle (Atlantic Club), Bob Linn, and Bill Copley, whose winning score of 68 included five birdies and one bogie. The second-place team, of Miles Nogelo (captain), Joan Moorhead, Mills, and John Neyhart, also had five birdies, but two bogies, for a score of 69. Close behind in third place, with a score of 70 (four birdies and three bogies), was the team of Andy Wyrick (captain), Isobel Spink, Mike Moorhead, and Father Raphael Lavilla (pastor at the nearby St. John the Baptist Catholic Church). They were followed closely by the team of Mike Marchetti (captain), Julie Rochelle (Atlantic Club), Tom Gonwa, and Nick Malie, whose score of 71 included four birdies and four bogies. In fifth place was the only threesome in the tournament, the team of Monica Coté (captain), Jim Wayrynen (Atlantic Club), and Lindsay Norman, scoring a 72, with four birdies and

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### Chips & Putts

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five bogies. In sixth place was the team of Lin Smith (captain), Sally Sharer, Frank Rodo (Fleet Landing friend), and Ray Rigney, whose score of 75 included no birdies but four bogies. Then in seventh place was the team of Jim Coté (captain), John Hedge, Larry Magner, and John Coman, whose score of 79 also included zero birdies.

Special prizes were awarded for “Longest Drive” on the par-5 hole #12 (Spink for the ladies and Gonwa for the men) and “Closest to the Pin” on the par-3 hole #14 (Craig—while avoiding an alligator—for the ladies and Marchetti for the men). The “Sandbagger” award, which goes to the member contributing most significantly to the winning team, went to Rochelle, with thanks for his outstandingly lengthy drives. Following a scorecard playoff to determine which team with five birdies would win the traveling birdie trophy (the “Wounded Duck”), this prize was awarded to Nogelo’s team.

Because of the COVID-19 emergency, no monthly tournaments nor any other golf activities for the Fleet Golf Tournament Club will be scheduled until further notice, according to Chairman Bob Mills. Fleet Landing also has postponed the May 4 Golf Classic, which benefits the Endowment Fund.

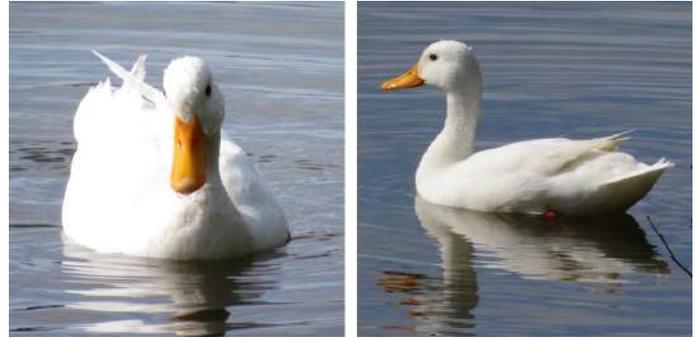
### Duck News



*Resident Bob Burkart, who took this picture on Rigel Court, wrote, “Someone didn’t get the word about social distancing, but with 12 little ones, that ain’t easy!”*



*A few days later, resident Dick Fuller captured this lake photo of what is probably the same family. The social distancing was only marginally better.*



*Good news: The white duck paid us another visit. Fortunately, Fuller was ready with his camera.*

### Library Notes

By Enith Vardaman

We thank our recent donors: Chris and Ken DeVries, Millie Hatch, Lorie Holmes, Frances Jones, Susan Payne (former concierge), and the estate of Susie Wilson.

The Library Committee notes that residents are finding the need to stay home so much of the time an opportunity to catch up on their reading. Our shelves for new acquisitions in fiction are looking a bit bare.

### Village Project

Photo by Bob Gossen



*Aerial view of the Coleman Center*

### No May Issue of FLEET BEAT?

Because the usual abundance of in-person activities, both on- and off-campus, is not possible right now, there is little for FLEET BEAT staff to report on. This means we may do a combined May/June issue covering events that take place in April and May.

## Beacon Pointe Progress

### **Aerial Views**

Photos by Bob Gossen



*Overall view with the restaurant building in the middle and the apartment building in the background*



*Restaurant building*



*Apartment building viewed from the front*



*Rooftop view of apartment building*



*Healthcare building*

### **Ground-Level View**

Photo by Charlene Kurth



*Apartment building with some of the windows installed*