



FLEET BEAT

VOL. 31 No. 2

THE FLEET LANDING RESIDENTS' NEWSPAPER

February/March 2021

No paper copies of this issue of *FLEET BEAT* were ordered because of continuing complications caused by COVID-19. The issue can be viewed on Fleet Link under "Publications."

Beacon Pointe Project Tours

By Enith Vardaman

The first photos showing the progress of the Beacon Pointe project appeared in the October 2018 issue of *FLEET BEAT*. Beginning with the May 2019 issue, photos covering the period from the cleared land through the new buildings and building additions taking shape appeared in almost every issue and almost always on the last page. Now that more and more of the project is nearing completion, and residents have been invited to view the results, the photos are migrating to the front page and beyond.

Windward Commons tours were offered to Spinnaker Society members on February 24 and to all residents on February 25. Tours for all residents of the new restaurant building and North Point followed on March 11 and 26 respectively. Below is a small sample of views of those facilities.

Windward Commons

Photos by Ann Bell, Ed Hollender, and Charlene Kurth



The entrance to Windward Commons has a new look.



Staff were ready to provide information and to act as guides for residents.



*Views of Johnson Hall
(continued on page 16)*

February Residents' Council Meeting

By Howard Burdick

Residents' Council President Bob Burkart convened the February 16 meeting virtually over channel 267. He welcomed newcomers and enjoined all residents to wear their name tags as the campus begins to open up. He also announced with sadness the passing of previous Residents' Council President Carolyn Evans, who set a high bar for all council members. Updates to council by-laws will be presented for a vote at the March 16 council meeting. Residents were to be provided access to the proposed changes before the meeting. The changes will include documenting that the councils for skilled nursing and assisted living residents are subordinate to the Fleet Landing Residents' Council, and adding a treasurer as a fourth council officer to handle the Residents' Gift Fund.

Management Review. Chief Operating Officer Travis Schryer reported that there would be an additional vaccination clinic for staff and residents. Because interest in the guided tours of Windward Commons, Main Street Dining, and North Point had been substantial, new time slots had been added.

Council Election. Nominating Committee Chair Imogene Coleman reported positive results in seeking candidates for the upcoming Residents' Council election. The slate of candidates will be announced in mid-March. Vice President Eileen Theis described the logistics and timeline of the election. To assure safety, last year's procedures, necessitated by COVID-19, will be followed again. Brief biographies of the candidates will appear on Fleet Link and in *FLEET BEAT* in early April.

Council Reports.

Finance and Marketing. Kerstin Chelius reported continuing positive financial results. Days cash on hand is well above state requirements and CARF-CCAC standards. Complete financial details are available in the Dinda Library. Marketing has provided virtual updates and other events for depositors. Fleet Landing remains at essentially full occupancy, with substantial wait lists for Atlantic and Horizon (8000 Building) clubs. When current construction is completed, Fleet Landing will have 292 apartments and 190 houses in independent living, plus 84 assisted living units. Fleet Landing will air a 30-second cable TV ad in March.

Wellness. Coleman reported on the wide variety of activities and events available to residents, even before the reopening of Windward Commons in March.

Human Resources and Dining. Jim Coté reported that the January Staff Member of the Month was Eliana Bass-Tuckett, Lead Dietary Aide in Nutritional Services. There were 63 Lobster Tales submissions in January. Our staff number 434. The January turnover rate was 4.14 percent. There were several special meals

in February, and LakeView is expected to reopen with limited seating in March. Currents Marketplace will open in mid-March, and Meridian and 30 North, the other two dining venues in the new restaurant building, are scheduled for a mid-year opening.

Health Care. Janice Flock reviewed personal/estate planning directives, which everyone should review periodically, especially because family or financial situations change.

Facilities. Jess Stewart indicated that zone inspections, which had been suspended because of COVID-19, may recommence in the spring. He also reported plans for tree trimming and power washing. Residents can contact their building or neighborhood representative about unresolved maintenance issues.

Safety and Security and Housekeeping. Larry Bell reported that Safety and Security Manager Eddie Howard had been providing his staff with training updates based on the latest research and best practices in categories such as security awareness, conflict resolution, patrol techniques (foot and mounted), COVID-19 issues, and medical emergencies. He is also working on best practices for the new construction. Housekeeping is focused on daily operations and planning for the opening of Windward Commons, the 8000 Building, and North Point. Housekeeping services in the new buildings will mirror the services now provided in existing buildings. Bell reminded residents of the 15 mph campus speed limit.

Suggestions. Secretary Nancy Russell reported the following suggestion and response:

Can we alphabetize the sidebar on Fleet Link? The sequence of sidebar categories is driven by usage, with the more frequently used categories driven to higher listing.

FLEET BEAT STAFF	
Production	
Editor.....	Enith Vardaman
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Joan Carver	Jean Ludlow
Helen Craig	Kristin Perry
Isobel Spink	
Chet Davis (Roving Reporter)	
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>	

March Residents' Council Meetings

By Howard Burdick

Meetings plural, because there were two on March 16. A morning meeting in Johnson Hall was chaired by Residents' Council Vice-President Eileen Theis. It satisfied the requirement for eligible voters to be physically present to vote for proposed changes to council by-laws. Council President Bob Burkart and Executive director Josh Ashby were not able to be at this meeting because of a concurrent Board of Directors meeting. The morning session could not be broadcast over channel 267 from newly opened Johnson Hall, so an afternoon meeting was scheduled in the Coleman Auditorium. Burkart and Ashby could be present, and the meeting could be broadcast over channel 267. We will report on the afternoon meeting and refer back to the morning vote. (Anyone still confused?)

Burkart opened the afternoon meeting by reporting unanimous approval of two changes to the by-laws at the morning meeting: It was established that the assisted living and skilled nursing residents' councils were subordinate to the Fleet Landing Residents' Council. A treasurer became the fourth Residents' Council officer. This change was needed because proper oversight and management of the Residents' Gift Fund, which exceeded half a million dollars in 2020, has become such a major, time-consuming responsibility.

Management Report. Ashby reviewed briefly the status of various campus projects: Currents Marketplace, the 8000 Building, North Point (awaiting Florida Agency for Health Care Administration approval), Windward Commons (final items), the Coleman Center parking lot (awaiting pavement inspector approval), and the upgrade of the Wi-Fi system. The status of these projects will have changed by the time you read this, and some of them will have been completed.

Residents' Council elections. (See article on page 4.) Imogene Coleman, chair of the Nominating Committee for the April elections, thanked the committee, and presented the slate of candidates. Theis provided other election-related information.

Council Reports.

Finance and Marketing. Kerstin Chelius reported continuing very positive financial results, which may be reviewed in the Dinda Library. A Fleet Landing commercial is airing on local cable channels. Marketing is conducting events for new neighbors and potential residents and recruiting resident Ambassadors. Independent living is at full occupancy, and healthcare facilities, except skilled nursing, are at full or near full occupancy. There are 350 households on the Atlantic Club wait list and 49 on the Horizon Club list. The 8000 Building has only one vacancy.

Wellness and Transportation. Coleman cited a comment by Jennifer Joy, Director, Wellness Services, about the reopened Windward Commons: "Who knew fitness could look so pretty?" She also noted that re-

modeling of the Windward Commons salon was underway, with a planned reopening in April. It is not currently possible to broadcast over channel 267 from Windward Commons, but that functionality is coming. She reminded residents to be "cleansiderate" when using Windward Commons spaces. With the reopening of LakeView, dinner shuttle service has resumed with masks required.

Human Resources and Dining. Jim Coté began by recognizing Juvy Arellano, a hostess in Coleman Center Dining Services, as March Staff Member of the Month. He reported an increase in Lobster Tales submissions, which numbered 101 in February. There has been increased hiring for new construction staffing, with total staff now at 441. The year-to-date turnover rate is 7.59 percent. The "My Choice" meal plan is scheduled to begin on May 1, with orientation sessions to be held beforehand.

Health Care. Janice Flock reviewed the causes, effects, and treatments for dry eye, cataracts, macular degeneration, diabetic retinopathy, and glaucoma, especially as they affect senior citizens.

Facilities. Jess Stewart noted zone inspection resumption, tree trimming three days a month, and the beginning of the biannual power washing cycle.

Safety, Security, and Housekeeping. Secretary Nancy Russell reported for Larry Bell. Safety and Security has established a security certification or a military security background as a new hiring requirement. Professional development classes are being held with the Atlantic Beach Police Department and the Jacksonville Sheriff's Office. Security plans have been developed for the new construction and will begin immediately when new and renovated buildings are turned over from the contractors. Housekeeping staff are taking on new assignments to balance and train new staff, and some reassignments are taking place. Updated hand sanitizers have been installed in all public areas, and there are new electrostatic sprayers in new and renovated buildings.

Resident Suggestions. Russell reported the following suggestions and responses:

- Will there be a community table in the revised Coleman plans, or any other venues? There is a temporary table in LakeView, and options are being explored for establishing a community table in other dining venues.
- Please have security tell all visitors to Fleet Landing residents that they are required to wear a mask while not in the residence of the people they're visiting. Residents are responsible to ensure their guests wear masks. A visitor seen not wearing a mask should be reported to Security or a member of the management team.
- Golf cart parking is needed near Windward Commons. Response is pending.

Voter's Guide for the 2021 Residents' Council Election

By the Residents' Council

The election of five new members to the Residents' Council will officially occur on Wednesday, April 28. The terms of Larry Bell, Imogene Coleman, Jim Coté, and Eileen Theis are expiring, and Jesse Stewart will be resigning because of other conflicts, with one year remaining for his term. Coleman served as chair of the Nominating Committee. She and the other committee members, Harriett Berson, Andrea Davis, Frances Jones, John Hedge, and Peggy Steck, have assembled a slate of nine candidates who provided the biographical information below. Since the decision on how to run the election needed to be made in January, in an abundance of caution, the procedures implemented last year will be used. A "Meet the Candidates" presentation will be broadcast on Channel 267 at 2 pm on Friday, April 23, when the candidates will do their presentations. Leeward Manor and Derfer residents will view the Channel 267 broadcast in the Leeward Activities Room and vote immediately after the end of the program. Independent living residents will have their ballots delivered to their residences on April 23 by a current Residents' Council member. The ballot should be completed and signed by voting for up to five candidates. Ballot boxes will be available at the concierge desk in the Coleman Center and on the first floor of each apartment building by the elevators from late afternoon Friday, April 23, until noon on Wednesday, April 28. Meg and Dante Capurro and Mary Pat and Dave Lynch will count the ballots. The results will be announced on Fleet Link on Thursday, April 29.

The Candidates



LtoR: Lory Doolittle, Jackie Mears, Judy Poppell, Bob Armacost, Jackie Stack, Eileen Theis, Isobel Spink, Ray Bratcher, Ardith LaShell

Lory Doolittle

Growing up in Cleveland, OH, I met Pete Doolittle in the fourth grade. Our relationship through school resulted in our marriage after college. Thus began a whirlwind life adventure which included 20 moves across the US and many countries via Pete's career path.

During our moves, we raised two sons, and I enjoyed volunteer opportunities with schools, garden groups, and historic preservation; pursued hobbies of reading, sewing, decorating, tennis, skiing, and biking; and served on local, state, and national boards as education chair, treasurer, and president.

In 1987, I received my master's degree in English as a Second Language (ESL) and writing and gained a position as an ESL teacher in the Greenwich, CT, Public Schools. I later became the district ESL administrator, a position which led to enhanced leadership experience.

The support that friends and staff at Fleet Landing have shown me during my husband's illness and death has made me aware of what a fine facility Fleet Landing is. I currently serve on the Endowment Committee as chair of the Fleet Scholar Program and on the Financial Committee. I am enthusiastically running for Residents' Council and would be pleased to represent you as a council member.

Jackie Mears

My husband, Gary, and I moved to Fleet Landing in 2015. It didn't take long for us to conclude that we had made an excellent decision. We were welcomed with open arms and settled into the community quickly. When Gary passed away in 2018, the decision to be here was even more deeply reinforced. Being a part of the Residents' Council would provide me a path to "pay it forward" by helping our new residents to be welcomed and feel comfortable in our community.

I met Gary at the University of Iowa, and we married shortly after. Following graduation, we were off to Air Force pilot training. Many moves followed, with us living on military installations most of the time. I volunteered with Family Services and the Red Cross. Within the church setting, I was a Lay Leader and Stephen Minister/Leader. I also served as an Air Force Arlington Lady, attending funerals at Arlington National Cemetery.

Living at Fleet Landing is a lot like living on a military installation—surrounded by a close-knit community and many opportunities to serve. If elected to the Residents' Council, I would be eager to work diligently on behalf of all our members.

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The Candidates

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Judy Poppell

Judy and Ron Poppell are long-term residents of the Beaches community and moved to Fleet Landing in 2015. Both of us attended local schools and met as students at Jacksonville University. When deciding on retirement living, we looked no further than Fleet Landing and have made wonderful new friendships here. I hope to contribute to meeting the challenge of integrating new residents into our Fleet Landing community and making them feel welcome.

My primary career was as a teacher and administrator in the Duval County Public Schools. Upon retiring from the school district, I continued at the University of North Florida in the College of Education and the Florida Institute of Education. I am currently working part-time as a Grants Specialist for Beaches Habitat for Humanity.

I have been active and held leadership positions in numerous local religious and community organizations. Among them are Leadership Jacksonville and Communities in Schools. I currently serve as the Vice Chair of the Board of The Greenwood School.

Change presents wonderful new opportunities for us all. My mantra: "Some men see things as they are and ask, why. I dream things that never were and say, why not."

Bob Armacost

Julia and I moved to Fleet Landing in 2019 from Flagler Beach, FL. I was raised in Baltimore, MD, and Cocoa, FL, and graduated from US Coast Guard Academy, retiring as a commander in 1984. Assignments included three cutters, CG Headquarters, and command of two major units. My second career was in academia—seven years at Marquette University and 22 years at University of Central Florida (UCF) as faculty and senior administrator. Julia and I met at UCF as faculty in the Industrial Engineering Department. I have three children from my first marriage, five granddaughters and four great-grandchildren. Experience includes operations, program management, fundraising, strategic planning, analytics, assessment, accreditation, and service in community, religious, and nonprofit organizations including boards of directors.

At Fleet Landing, I am part of the leadership team for the Ecumenical Chapel and Chapel Trio. I am a member of Fleet Notes, Fleet Six, and Fleet Classics music groups and with Julia, will be directing the Fleet Landing Follies.

I would be honored to serve on the Residents' Council, being a voice and advocate for all residents in council discussions, while honoring the contributions of many residents and military traditions that have built the character and ambiance of Fleet Landing.

Jackie Stack

Jackie Stack and her husband, Alton Coulter, moved to Atlantic Beach in 2008 from New Mexico, where both had worked at Los Alamos National Laboratory (LANL). They have been residents of Fleet Landing since July 2015.

Jackie's educational background includes degrees in music performance, chemistry, and library science, and she has worked at several public and university libraries and at two national laboratory libraries. As Associate Director of the LANL library she directed its program to convert LANL's extensive collection of hard-copy technical reports to electronic form—a very early effort of its kind. Part of this task required coordinating with laboratory management, security, and human resources and with library management and users to resolve problems.

At Fleet Landing, Jackie has been active in several physical fitness programs, the iPad group, the Note-Ables, and the Artists' Club. She currently serves on the Wellness Committee, which has given her some insights into the workings of Fleet Landing's management.

Jackie appreciates the important role the Residents' Council plays in facilitating communication between Fleet Landing's residents and management, and believes that this role will be even more important as we emerge from COVID-19, and as we welcome many new residents.

Eileen Theis

I have lived in the Jacksonville area for 66 years, growing up in Atlantic Beach. I moved to Fleet Landing in June 2017.

Working over 30 years for Prudential Insurance Company, I was Marketing Director for 19 states, supervising a large staff prior to early retirement. I then formed my own firm as a consultant for the life insurance and financial services industries. In 2010, I joined Pinnacle Insurance and Financial Services as Vice President, Sales and Advanced Marketing, retiring in 2015.

Since moving here, I have participated in a variety of exercise programs, canasta, bingo, Bell Ringers, and other activities. The need for a knee replacement allowed me to experience our wonderful rehabilitation unit and the outstanding physical therapy staff.

My husband of 45 years, Tom, died in 2014, spending the last 10 months in an Alzheimer's memory care facility. Thus, I can also appreciate the memory care facilities and costs here.

I have been a member of the Residents' Council for two years. My roles have included Finance, Marketing, and Vice President.

If elected, I would gladly serve in whatever capacity was needed.

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The Candidates

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Isobel Spink

Born in Richmond, VA, Isobel moved to Charlottesville, VA, as a teen. She attended Hollins College and Katherine Gibbs. In 1963, she married Shepard Spink, a graduate of Trinity College, a Marine helicopter pilot, and a Citibank employee for 20 years. The Spinks lived in eight countries, and where she was allowed to work, she was with an art gallery, marine insurance company, and a law firm.

Isobel studied Mandarin in Taipei and speaks halting French and Spanish. While living in Winnetka, IL, from 1980 to 1987, she worked for First Boston before relocating to Hong Kong. She has two children and six grandchildren; her daughter's family is in New Hampshire and son's, in London.

After moving to Ponte Vedra in 1989, Isobel worked for the PGA TOUR for 11 years. She was on the boards of the Marsh Landing Advisory Committee, Homeowners I, Golf Association, Ponte Vedra Friends of the Library, and edited the Marsh Landing newsletter. She moved to Fleet Landing in January, 2020, and enjoys golf, mahjongg, music, Wii bowling, line dancing, writing for *FLEET BEAT*, and meeting new friends. Maggie, her cockapoo, introduces her to walkers and helped her make the 2021 Fleet Landing Furries calendar.

Ray Bratcher

Raised in Missouri, I received my Ph.D. from the University of Texas Medical School at Galveston, as did my wife, Stella. After graduation, we did our postdoctoral work at the University of Illinois Medical School in Chicago. Upon completion, I accepted a position at Syracuse University in the Department of Biology, and Stella accepted a position at SUNY whose campus bordered SU's. At Syracuse, I taught various courses in immunology and microbiology. My personal research specialized in genetic control of immune responsiveness as well as the production of monoclonal antibodies. During my tenure, I served on various departmental committees and also served on the boards of Syracuse Model Neighborhoods and Syracuse Housing Services.

After retiring from SU, Stella and I moved to Jacksonville, where I served in various capacities for our HOA board, including treasurer. When we decided to move to a CCRC, we joined Fleet Landing's Atlantic Club and investigated several other regional CCRCs. We chose Fleet Landing because of the residents' diverse backgrounds as well as the professional and friendly staff. In this current pandemic, my background in immunology may prove to be an asset to our residents as well as my experience in property management.

Ardith LaShell

I am an Ohio native and graduated from Heidelberg College with a degree in education.

After teaching for 4 years, I spent the next ten years at home being a wife and mother—the BEST job I ever had! I returned to teaching to build a college fund for our boys. The plan was to teach a few years until the goal was accomplished.

Sadly, in 1991, when the boys were in college, my husband died suddenly. I found myself now responsible for earning my own living. Fortunately, I LOVED my job teaching kindergarten. I retired in 2005.

In 2006, I moved to Yulee, FL. When attending an orchestra concert in Jacksonville, I saw an ad for Fleet Landing in the program. I came to investigate, and, like all of you, decided that this was the place I wanted to spend the rest of my life!

When I was asked to run for Residents' Council, I was humbled and honored. I do not have the experiences and expertise of so many of my fellow residents, but I love this awesome community and would like to give back in any way I am able.

Celebrating Easter



Virginia Byrd's pigs and Beverly Zellmer's flamingo demonstrated their fashion consciousness for Easter.

Village Project Complete



View of the Coleman Center with the new porte cochère and the parking lot open

Dedication of the Robert C. Preble, Jr. Aquatic Center

By Isobel Spink



Bob Preble and his sister, Patty

On March 26, Executive Director Josh Ashby welcomed residents to the dedication of the Robert C. Preble, Jr. Aquatic Center, the new Windward Commons facility that houses an indoor swimming pool

and a spa. There was a gigantic flower arrangement in the center of the pool, bands of fabric “waves” along the ceiling, and floor-to-ceiling windows to bring in the sunshine, but because of the number of attendees, the ceremony was held in Johnson Hall.

Ashby welcomed Bob Preble and his sister, Patty, as well as a member of Bob’s Chi Psi fraternity from Amherst College and other friends and guests. He also recognized Bob and his late wife, Lidia, for their fervent wish to ensure resources for Fleet Landing for generations to come.

Bob began swimming when he was two, continued through high school, and won a Hollywood, CA, city-wide championship in backstroke and freestyle. Winner of 22 swim meets in a row, he was at one point ranked number two in the world in the freestyle and backstroke in his age group. He continued swimming into his 80s.

A table in Johnson Hall was overflowing with his swimming medals and citations.

The celebration included sweets and a champagne toast.

The very generous gift of the Prebles will ensure hours of splashing fun and fitness for our residents.



Art the Way You Need It To Be

By Patricia Payne

“There are no wrong notes.” That’s what jazz pioneer Thelonius Monk said about making music and, according to Gary Monroe, that is the approach taken to making art by the painters discussed in his talk “Florida’s Renegade Artists.” Monroe is author of *Extraordinary Interpretations: Florida’s Self-Taught Artists*. On March 10, he appeared on channel 267 to introduce some of them to Fleet Landing residents.



The artists comprised a demographically diverse group. Some wanted to create beauty or express themselves, while others made art as therapy. A few sold their works, but most pretty much either gave

them away or simply kept them. What they had in common, other than living as artists in Florida, was the strong desire to make art that met their spiritual needs.

After learning about these artists, Monroe worked with their families to preserve their works. Some of the families did not value the creations and destroyed them. Others were grateful for Monroe’s assistance and helped save many works of folk art that otherwise would have been lost.

For those who want to learn more about these artists, Monroe recommended www.floridafolkart.net.

Below is a small sample of paintings by the artists discussed by Monroe, together with some biographical information about each of them.



Left: Eddy Mumma had a strong urge to paint. He took an art class, but was told he would never be an artist. He went home and painted on his own, using a brush or a sponge.

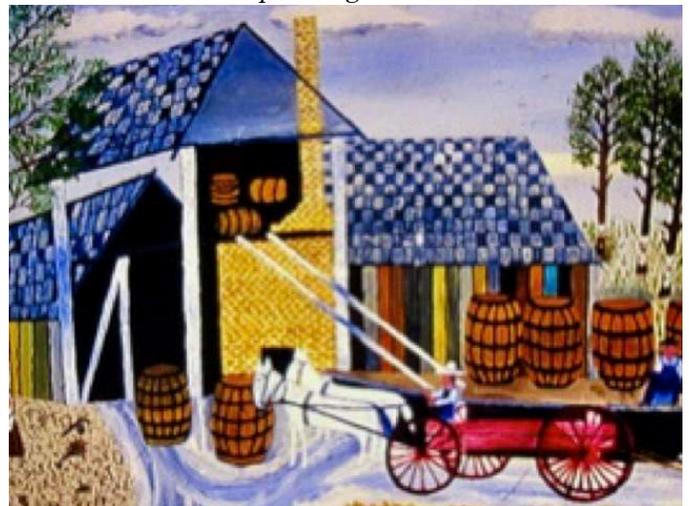
Right: Robyn Beverland suffered from a rare genetic disorder, passing away at 41. His father introduced him to making art as a form of therapy. He liked to paint dogs and cats, often giving them human characteristics.



Sybil Gibson was inspired by gift wrap. She developed the urge to paint at the age of 50.



Al Black was one of the 26 African-American artists known as the Highwaymen, so named because they sold their paintings from cars parked along the highway in South Florida. Art galleries refused to show their paintings. Black was also known as the prison painter. During 12 years in prison, he painted murals throughout the state penitentiary system. After observing the calming effect his murals had on both guards and inmates, wardens from other prisons requested his services. Black loved painting the murals.



Francis Moore’s wife signed him up for an art class, but still life painting wasn’t for him. He quit, and on his own, painted scenes of rural Hawthorne. For 20 years, until declining health forced him to stop, Moore built an archive of storybook interpretations of his hometown’s past.

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Art the Way You Need It To Be

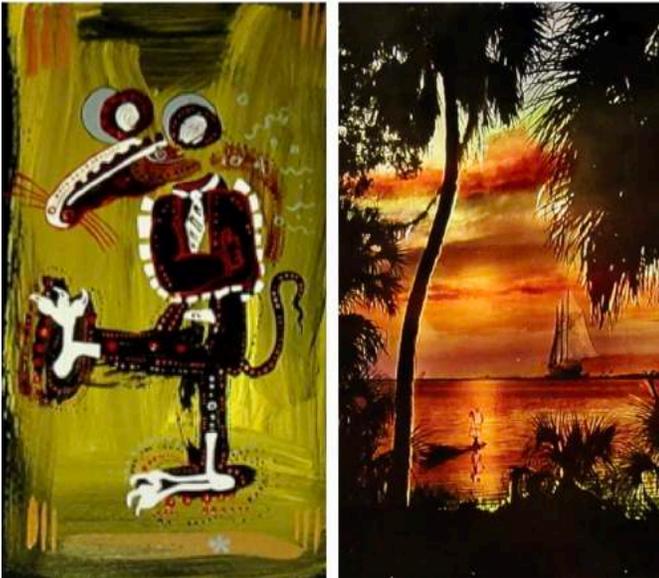
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Purvis Young turned to art while in prison for breaking and entering. Following his release, he produced many small drawings, which he pasted into found books and magazines. He also painted on walls or pieces of found wood. He did not care what happened to his artwork.



Frank Ritchie suffered from schizophrenia and was obsessed with nature. He used dots to construct gorgeous images of leaves and trees in snow.



Left: Morgan Steele was a flamboyant eccentric who reinterpreted existing paintings and sold them for \$3 to \$5 each. His lifestyle was enabled by inherited money. As an Orlando resident, he was a great fan of Disney and rodents.

Right: E. G. Barnhill was an accomplished photographer who set up shop in St. Petersburg in the early 1900's. By using matte instead of glossy paper, he was able to apply watercolor to the black-and-white prints, thereby creating art that appealed to tourists. He also experimented with toning and dyes to create more rich and intense colors.



Eurela Johnson used magic markers to make marvelous compositions. She gave stacks of her drawings to visitors, showing a complete lack of hubris.



Reva Freedman was influenced by her background in music. She turned to painting in her 40s after retiring from a career as a symphony musician.

FLEET BEAT News

By Enith Vardaman

With this issue, we welcome Ann Bell to the *FLEET BEAT* staff as photographer. She joins Ed Hollender, our overworked photographer, in this role. We first became aware of Bell's photographic skills from seeing her photos during FNN broadcasts. When we needed extra help with taking pictures of the Staff Holiday Party, she pitched in. Upon formally joining our staff, Bell went right to work. Her photos can be found throughout this issue—sometimes from joint assignments with Hollender, including Residents' Council candidates' pictures and the Windward Commons, restaurant building, and North Point tours, and sometimes from solo assignments, including the Amelia Cruizers car show, the K9s for Warriors visit, Yappy Hour (her dog, Jack, was a participant), and the dedication of the Robert C. Preble, Jr. Aquatic Center.

Bell is the third member of her family to serve on the *FLEET BEAT* staff. Her late mother, Ruth Payne, and her sister, Patricia Payne, were both reporters. Patricia occasionally still contributes, as with her article about Gary Monroe's presentation, "Florida's Renegade Artists." (See page 8.)

Unusual Occupations: Betty Burnham—Gotta Dance!

By Barbara Trevaskis



Left: Betty (r) with a fellow member of the movie cast of *Four Jills in a Jeep*.

Right: Betty at Fleet Landing.

Imagine sitting in class with Judy Garland and Mickey Rooney. Or having a costume made just for you by the renowned Hollywood costume designer Edith Head. All in a day's work for long-time Fleet Landing resident Betty Burnham.

Young Betty loved—and lived—to dance. She was five years old when her family moved from New Mexico to Hollywood, CA. Her father had a new position as an auto mechanic in a shop just outside of Paramount Studios, and famous names like Grant, Cooper, Stewart, and Gable were just car owners. Betty's mother enrolled her at the Belcher Dance Studio where

she took lessons along with Belcher's daughter, Marge, and Marge's future husband, Gower Champion. With the help of those car owners, Betty got her Screen Actors Guild card, and her father got his union card. Throughout her career, she was never starstruck, since she virtually grew up with stars as friends.

By age eight, Betty and members of her dance class were appearing in movies—always dancing, not singing. The dance group, which included Donald O'Connor, was known as "Meglin Kiddies." Her first movie, *Star Maker*, starring Bing Crosby, featured that group.

Interestingly, after arriving at the studio for an audition, Betty was told that it had been cancelled, but if she could swim, there were auditions for an Esther Williams movie in the next sound stage. Off Betty went, and won a part in the first of the two Williams movies in which she swam. An anecdote here: During filming, the girls were issued one towel each for a day of wet work. As they sat in their skimpy towels, costar Van Johnson walked by, noticed them shivering, asked the problem, and in a few minutes, returned with a load of fluffy dry towels.

Betty estimates that she was in dance groups of 30-40 movies, always with a dance group credit, not a personal one. This was the heyday of the movie musicals, so she danced with such stars as Fred Astaire, Gene Kelly, and Judy Garland. The Edith Head costume mentioned above was for *Paint Your Wagon*. Some of these movies were filmed in the summer, when the young dancers were not in school. However, during her junior and senior years of high school, she attended the studio school with classmates Judy Garland, Mickey Rooney, and Gloria DeHaven.

Betty's ambition since childhood was to dance with the Ballet Russe de Monte Carlo, a company that had left the Soviet Union and performed all over the United States. Betty danced and toured with the Ballet Russe for three years. Not the best of times, since the American dancers were treated with scorn by their Russian counterparts.

Betty's Broadway stage career began in 1943 and lasted about two years. This was the time when stage shows had a singing chorus and a separate dancing chorus. Agnes DeMille asked her to join the dancing chorus of *Away We Go*. Evidently the title wasn't deemed catchy enough, so during city tryouts, its name was changed to *Oklahoma!* And if that hit wasn't enough, she also performed on Broadway in *Carousel*. The third musical was a Broadway flop, so the New York producers sold it to a London production company. Betty was asked to go to London to re-stage the show, which had a good run.

After the London stint, Betty returned to California and married. After retiring from the stage and screen at the ripe young age of 24, she taught dance for years. She and her husband moved to Fleet Landing in 1992, and she again got involved in dance. She produced and

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Unusual Occupations: Betty Burnham— Gotta Dance!

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directed the Fleet Landing Follies of 1995. She led Gotta Dance!, a group of about 12 residents who danced at Fleet Landing and the surrounding area. The group competed in an Orlando 1998 senior talent contest and won in their category.

Betty is proof that dreams not only can start in childhood, but their reality can last a lifetime. And what a delight she was in telling her tale to me!

Editor's note: This is part of an occasional series of articles about unusual occupations of our residents.

Jacksonville's Native American History

By Victoria Freeman

In his February 24 talk titled "Jacksonville's Contribution to Florida's Archeology," University of North Florida (UNF) professor Keith Ashley wove an elaborate net of facts about Native Americans. At the center of the fact net, which went back several thousand years, was Jacksonville's ongoing contributions to knowledge about Native Americans in this area through archeological research.



The earliest archeological evidence of ephemeral occupation of Northeast Florida by Native Americans occurred 10,000 to 6,000 years ago. Evidence of full-time residents dates from some 5,000 years ago after formation of salt marshes and estuaries in this area provided abundant food resources, such as shellfish as well as a variety of kinds of fish and other aquatic animals.

Ashley discussed shell rings, which were intentionally created from garbage (shells, fish and animal bones, and pottery), and measured 10 to 15 yards wide and up to 6 feet high. They can be found along the Atlantic Coast from South Carolina to South Florida. Both the oldest ring and the largest ring are located in the Jacksonville area. The function of the rings is a subject of debate, but some think they had a ceremonial purpose. Ashley added that the oldest pottery in North America, dating back some 4,000 years, is found in Northeast Florida and Southeast Georgia.

Fast forwarding to about 1,000 years ago, Ashley displayed a map of what archeologists call the Mississippian World. It encompassed what is now the Midwestern, Southeastern, and part of the Eastern US, but did not include Northeast Florida. Agriculture had come to the Mississippian World, while Native Americans in Northeast Florida remained hunters-fishers-gatherers. However, there was constant interaction

between the groups in Northeast Florida and those distant farming communities. Two sites on the St. Johns River provide evidence that materials such as copper, mica, and quartz were imported from the Mississippian World. One of the sites, the Mill Cove Complex, is located in the Jacksonville area near the mouth of the St. Johns. The site is a focus of the efforts of the UNF Archeology Lab. Excavations there have produced sharks' teeth, incised bones, and other artifacts.

The final period Ashley covered began with the coming of Europeans to Florida's shores. On May 1, 1562, Frenchman Jean Ribault and his men were the first to arrive in the Jacksonville area. Ashley said that at the time, the Native American Timucua were spread over a large area of North Florida and Southeast Georgia. They did not form a single political unit, and there were at least 11 dialects of their language. Mocama, a Timucua word meaning "sea" or "ocean," was the dialect spoken in the Jacksonville area. Ashley noted three characteristics of the Timucua: They had hereditary leaders, ranked clans, and social inequality; they lived in villages; and they had added corn gardening to their traditional fishing, hunting, and gathering. In 1587, the Spanish began missionization of the various Timucua groups, including the Mocama speakers. During this period, the English began raiding Native American settlements for slaves. By 1702 all of the missions had been destroyed. The last Native American community in the Jacksonville area, established about 1705, was located in what is now the Queen's Harbour Yacht & Country Club.

Ashley was clearly enthusiastic about sharing his extensive knowledge of the rich Native American history of this area. The UNF Archeology Lab continues its vital efforts to uncover more of this history.

Bridge News

By CeCe Lichtenstein

We at Fleet Landing are grateful that we were able to get our vaccine shots. With that taken care of, bridge has begun again. We started again on March 1 in the Atlantic Room, on the second floor of the Coleman Center. We have been having five full tables and welcomed a new person to the group, and we welcomed back one who has had a death to deal with.

Dottie Mann and I met with Executive Director Josh Ashby recently to discuss where to play bridge since Windward Commons does not have an appropriate space. It was decided that we will continue to play in the Atlantic Room for the foreseeable future. If and when there will be a change, we will announce it at the game.

Remember, the game starts *promptly* at 12 noon on Mondays, and please bring the \$1 with you as well as your mask. Though we have had our vaccinations, we still want to maintain safety. Also, if you feel unwell, please do not come to the game.

American Presidents in Wartime

By Chet Davis

	Popular support achieved before the war?	Popular support maintained during the war?	Wartime policy objectives formulated?	Effective wartime coalitions built/ managed?	Rationale for war hold up?	Civil-military relations? (policy over strategy)	Wartime policy objectives achieved?	War termination result in lasting peace?	War benefit nation strategically, economically, internally, or in terms of its standing in the world?	Improved an inherited situation? (Applied only to Nixon)
Madison	O	X	Y	N/A	X	X	Y	Y	O	
FDR	O	Y	Y	Y	Y	Y	O	O	Y	
Nixon	X	X	Y	O	X	O	O	Y	O	Y
G.H.W. Bush	Y	Y	Y	Y	Y	O	O	X	X	

Summary of Ransom's scorecards for his selected wartime presidents:

Y= Objective Achieved, O= Debatable, X=Objective Not Achieved, N/A= Not Applicable

Captain Jim Ransom, USN (Ret.), Adjunct Professor, Strategy and War, College of Distance Education at the US Naval War College, Newport, RI, delivered the Presidents' Day talk on the subject of wartime presidents. Ransom, who is the son of Fleet Landing residents Dale and Jay Ransom, has spoken here previously



about D-Day and about Pearl Harbor. His February 15 talk, sponsored by the Historic Mayport Chapter of the Military Officers of America Association (MOAA), was available to residents on in-house channel 267.

The question Ransom addressed was what makes a good wartime president. He had established several criteria, which he matched to four presidents: James Madison, FDR, Richard Nixon, and G.H.W. Bush. Of

note, 20 presidents have been involved with some sort of conflict during their presidency.

The criteria by which the four presidents were evaluated are shown in the table above. Ransom emphasized that the evaluations reflected his opinion.

In Madison's case, the conflict was the War of 1812, caused by the British impressment of American seamen to serve in the Royal Navy. FDR, of course, had WWII on his hands, while Nixon inherited Vietnam. Ransom added one more criterion to Nixon's scorecard. The question of whether the inherited situation was improved was answered in the affirmative. Bush was faced with Desert Storm, removing Iraq from Kuwait. Ransom went into detail about each of these wartime situations, providing insight into each one of the factors.

As an aside, Ransom noted David Gerrold's witticism that the only winner of the War of 1812 was Tchaikovsky.

The presentation was very effective and provided an insight into factors that must be understood in all conflicts and how they would play out in future years.

Mallets and Wickets

By Gerry Nogelo

Under the leadership of John Neyhart, president of the Fleet Landing Croquet Club (FLCC), the activity level on the courts is continuing to increase.

On Fridays at 2:30 pm, a clinic on how to play golf croquet is led by Miles Nogelo, with members of the club assisting. During the month of March, 19 new players attended. As a result, eight residents of Fleet Landing have become new members of the FLCC. The clinics will continue on Fridays during the month of April.

Jim Kolster, our First Coast Croquet League intra-club liaison and our event planner, arranged round-robin competitions in which 12 to 16 players competed

against each other. In addition, Kolster has just started the 2021 FLCC Championship Tournament with seven-point games. Every participant plays each of the other players in the first round—a total of 136 matches. Further rounds will take place after the results in this first round generate the ranking of players. The next step is the bracketing of single-elimination playoff games ending in the quarter finals, semifinals and then the championship/consolation round to determine first, second, and third place.

FLCC's secretary, Ardith LaShell, has been running mixers on the second Saturday of the month at 1 pm. Usually 12 to 16 players attend and play games with three different groups of participants during the two hours

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Mallets and Wickets

(continued from preceding page)

of informal competition.

Besides all of the on-court activity, Neyhart and Kolster have been meeting with Fleet Landing management regarding court renovations. COVID-19 restrictions and contract negotiations with construction firms have not yielded a committed contractor. We hope the renovations can be completed by the start of the croquet season in September.

If you have any interest in playing croquet, come to a Friday clinic. This is an easy way to find out if you would enjoy the game. Equipment is provided.

**Fleet Landing Yacht Club:
Radio Controlled Sailboat Fleet News**

By Jim Leipold



Photo from 1872

Did you know model sailboat racing began in the 1800's, but didn't become organized into the American Model Yachting Association (AMYA) until July 4, 1872, with a mass rally in New York City's Prospect Park. Wireless rudder control wasn't developed until the 1930's. Today our boats have wireless controls for sails and rudders.

Our fleet here began in 2018 with a 914 from Connecticut, a Compass small boat, and two Seawinds. It has expanded to 12 boats with more to come. We have several couples where each has his or her own boat, and all have still remained married! One member has built the boat from a kit and added a GoPro for videos! Being an open club, we welcome all types of radio-controlled boats except submarines.

Our fleet has now expanded to a potential of 14 boats. "Potential" means everything is working right with boat and owner so we can play. At a recent Saturday 10:30 am sail festival, someone suggested we petition Fleet Landing's Board of Directors for a larger lake.

Join us some Saturday and enjoy.

**Avian News
Birdwatching With Mike Marchetti**



Resident Mike Marchetti's encore of his January 5 birdwatching presentation (see *FLEET BEAT*, January 2021, page 4) on February 18 drew just as enthusiastic a group of residents. They came prepared with binoculars, and they were eager to learn more about the surprising number of birds that can be seen at Fleet Landing.



An Unwelcome Visitor From an Osprey's Point of View



Resident Barbara Trevaskis reported that one of the nesting ospreys did not appreciate this February 13 visit by a brown pelican (lower left). To show its displeasure, the osprey constantly dive-bombed the pelican.

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Avian News

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Regular Visitors

Although some birds are a common sight at Fleet Landing, it is not always possible to get a good picture of them. Resident Chet Davis succeeded at this recently.



Left: An osprey enjoying a meal, probably a fish caught in Lake Constellation.

Right: An elegant great egret

A Sign of Spring

Resident Dick Fuller has reported the first sighting of ducklings this spring, and he, as always, had his camera at the ready.



There are four ducklings, but they are so small that even not very high grass makes it hard to see all of them.



Proud mama duck with some of her brood visible in the grass.

Yappy Hour

The latest special Yappy Hour, held on March 19, was once again a fun event for both the dogs and their owners.



Left: Treats for the dog owners included berries, crackers and bone-shaped cheese.

Center and right: Dog biscuits and pup pops baked by Mary Faria.



Left: Mary Faria greets Ida Mae.

Right: Megan Clemensen was present to lend a hand.



The prospect of a treat gets the dogs' attention.



Running as well as chasing and retrieving a tennis ball is part of the fun for the dogs.

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Yappy Hour

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More pictures of the canine attendees

February WELLInspired Learning Series

By Victoria Freeman

Jennifer Joy, Director, Wellness Services, provided the third talk in the February WELLInspired Learning Series on February 17. It was broadcast over channel 267. The first two talks in the series were covered in the previous issue of *FLEET BEAT* (page 11). Her presentation, entitled “The Heart of the Matter,” included content from Sue Dukes, who spoke in January’s four “Mindful Eating” talks, also covered in the previous issue of *FLEET BEAT* (page 12).



The presentation drew heavily from the American Heart Association’s “Healthy for Life” seven-step program, which attempts to change food and health attitudes and behaviors. It focuses on blood pressure management with seven recommendations:

1. Understand blood pressure readings. Pressure is typically recorded in two numbers. The top number is systolic which measures the pressure in the arteries when the heart muscle contracts. The bottom number is the diastolic which measures the pressure in the arteries when the heart is resting between heart beats.

Normal blood pressure is systolic less than 120 and diastolic less than 80. Elevated is 120-129 systolic and diastolic less than 80. Hypertension stage 1 is 130-139 systolic or 80-89 diastolic. Hypertension stage 2 is systolic 140 or diastolic 90 or higher. Hypertension crisis is systolic 180 and/or diastolic 120 or higher.

2. Check, change, control in relation to blood pressure. Health care providers can help.

3. Eat smart. The DASH (Dietary Approaches to Stop Hypertension) was developed to lower blood pressure without medication. It emphasizes fruit, vegetables, low-fat dairy, whole grains, fish, poultry, and nuts. Processed foods should be limited as well as red meat, sweets, fats, sodium, and alcohol. Incorporating more plant-based food and even replacing some meat-based meals is recommended. Avoid processed vegan foods as they are high in sodium. A gradual and consistent change is advised.

4. Move more. CDC recommends 150 minutes a week of continuous, large muscle group movement at a light to moderate intensity to reduce the risk of developing heart problems and diabetes. Physical activity for older adults should include balance training and aerobic activities. Muscle-strengthening activities of moderate or greater intensity and involving all major muscle groups on two or more days a week provide additional health benefits.

5. Manage weight. If you are overweight, even a slight reduction can impact your risk. Weight loss is often overwhelming; think in terms of increments.

6. Don’t smoke. Every time you smoke, vape, or use tobacco, the nicotine can cause a temporary increase in blood pressure.

7. Sleep well. Short sleep (less than six hours) and poor quality sleep are associated with high blood pressure.

This entire, evidence-based, heart health program is encouraged at Fleet Landing.

Library Notes

By Enith Vardaman

We thank our recent donors: Bob Burkart, Susie Canon, Anne and Richard Conway, Frank and Rae Donnelly, Jan Hilton, Anne and Don Husmann, Lillian and Bunky Johnson (future 8000 Building residents), Ann Linn, Carol Neville, Gerry Nogelo, Sally Pitard, Betty Spielman, Chris Stanley, and Dean Veremakis.

Patty Sharer has donated 12 volumes published by the Franklin Library (a division of The Franklin Mint) in its series, “100 Greatest Books of All Time.” Works by American, English, French, Irish, and Italian authors are included. These beautifully bound books are being kept together as a set on a bottom shelf in the Literature section.

James Weart, son of resident Nuchi Weart, has donated a copy of his book *Common Sense: A Real Party Movement*. It can be found on the Fleet Landing Authors shelf.

Dr. Peggy Macdonald, who spoke at Fleet Landing on March 24 on the topic “Florida’s Female Pioneers” (see article on page 23), donated a copy of her book *Marjorie Harris Carr: Defender of Florida’s Environment*. The book can be found in the Florida collection.

Beacon Pointe Project Tours

(continued from page 1)

Restaurant Building

Photos by Ann Bell, Ed Hollender, and Charlene Kurth



Great Room



Restaurant building viewed from different angles



Locker room



8000 Building viewed from the restaurant building



Fitness equipment



Waves Boutique
(continued on next page)



Ready for ping-pong

Beacon Pointe Project Tours

(continued from preceding page)



Currents Marketplace



Part of the Currents Marketplace menu



Meridian



30 North

North Point

Photos by Ann Bell and Ed Hollender



Entrance to North Point



Dining room



Bar



Theatre
(continued on next page)

Beacon Pointe Project Tours (continued from preceding page)



Attractive gathering area



Beauty salon



Apartment views



Therapy gym views

In Memoriam	
Pete Edmonds 1939-2021	Pat Lambertson 1935-2021

Nostalgic Car Show

By Enith Vardaman

The Amelia Cruizers Car Club of Fernadina Beach, FL, held one of its cruise-ins at Fleet Landing on February 20. Besides vintage cars, the event, organized by Manager, Wellness Services, Mary Faria, featured a food truck and charge bar cart. Each vehicle was impressive in its own way and clearly the pride and joy of its owner. Those knowledgeable about cars could check out the engines, as many hoods were up. The show brought back memories even for those who do not know a lot about cars because they recognized models from their younger days.



Residents and car owners chatted.



A treat for those who like to look under the hood. This was the oldest car in the show, a 1932 Ford.



The second oldest car in the show, a 1937 Ford



Vintage cars of a more recent era

St. Patrick's Day



The St. Patrick's Day Golf Cart Grin featured loaded potatoes and Smithwick's Red Ale, which, according to Wikipedia, is the most consumed ale in Ireland.

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St. Patrick's Day

(continued from preceding page)



Left: Bagpiper Jim Sloan entertained outside The Nancy House.
 Right: Virginia Byrd's pigs are ready to celebrate every special occasion.



These LakeView diners were in the spirit of the day.

Fleet Landing in the News

By Enith Vardaman

Resident Cynthia Graham contributed to the "Letters to the Editor" column of the March 19 edition of *The Florida Times-Union*.

The February 23 K9s for Warriors visit to Fleet Landing (see article on page 25) was featured in an article on the front page of the "Metro" section of the February 24 edition of *The Florida Times-Union*. A large color photo of the dogs and their trainers parading past residents on the tennis courts accompanied the article.

The First Quarter 2021 issue of FLiCRA's newsletter, *The Resident Connection*, had an article about the 2020 "Best in Wellness" ICAA (International Council on Active Aging) NuStep Beacon Award. Fleet Landing was one of three Florida continuing care retire-

ment communities among the 25 United States and Canadian senior living communities honored. Information about this achievement also appeared in the February 2021 issue of *Scuttlebutt*.

The Spring issue of *The Lone Sailor: Official Newsletter of the United States Navy Memorial* devoted a full-page article to Fleet Landing resident, Captain Dick Stratton, USN (Ret.), and his wife, Alice. The article focused on his courage during more than six years as a prisoner of war in Vietnam and his steadfast support of the Navy Memorial.

National Vietnam War Veterans Day



Fleet Landing observed National Vietnam War Veterans Day on March 29 with a ceremonial raising and retrieval of flags.

Golf Cart Grin

The Golf Cart Grin of March 31 was held in honor of National Oreo Cookie Day. Oreos were not on the menu, but the treats paid homage to the brown and white of those popular cookies, with miniature chocolate and vanilla cupcakes and chocolate milk as one of the accompanying milk choices.



LtoR: Jennifer Joy, Valerie Rubin, Chris Wellington

Welcome Aboard

4114 Lynn Blakemore and Wellford Reed (December)

Wellford, from Richmond, VA, and Lynn from Avon Lake, OH, came to Fleet Landing after 11 years in Eagle Harbor, Fleming Island, FL. Wellford graduated from the University of Virginia and received a Master of Commerce degree from the Uni-



versity of Richmond. Lynn received a full scholarship to the Cleveland Institute of Art.

Wellford served 4½ years in the Navy. After Officer Candidate School, he returned to Newport, RI, for two weeks of communications school followed by six weeks at the Navy's Fleet Sonar School in Key West, FL. Orders to Bermuda for three years prompted his marriage. Initially Wellford was ostensibly assigned to an "oceanographic research facility" as a watch officer. His work was classified, but while he was there, spies told the Russians about the Sound Surveillance System (SOSUS) underwater sub detection network, which was where Wellford actually worked.

After the Navy, Wellford became interested in advertising. New York's Madison Avenue agencies offered entry-level jobs and the opportunity to learn. So did New York University's Graduate Business School and the GI Bill. Wellford, his wife, and his first-born son moved to New York.

Expecting a second child after two years in busy New York, the young family returned to Richmond. There, Wellford continued gaining experience in advertising and pursuing a graduate degree in business.

In 1982, Reed was ready to own an ad agency. Reed Advertising & Marketing was born. Wellford had met Lynn when she worked for his prior agency as a freelance illustrator. They were married in 1980. Lynn decided to keep her maiden name because she was developing a following and gallery representation in Richmond and Cape May, NJ.

Lynn launched her career in the advertising department at Higbee's, a leading department store in Cleveland, OH. She has a son who is a professional photographer and a daughter who is a graphic designer. Her painting subjects are from travels around the world. They are mostly architectural, accurate in detail, and reflective of her training in the graphic arts. She is quite prolific. At Fleet Landing the couple's second bedroom is her meticulously organized studio.

Wellford learned how to produce oral histories in 2008 at the Virginia Historical Society. The experiences of three WWII veterans were video recorded in Richmond in 2009 and 2010. Then, after a move to Florida, he discovered the Veterans History Project at

the Library of Congress (www.LOC.gov/vets). Six of Wellford's productions are archived there for future historians. Two have been digitized for viewing online. He looks forward to interviewing and video recording service stories by military veterans at Fleet Landing.

Welcome, Wellford and Lynn—with all your talents—to Fleet Landing.

—*Isobel Spink, Lynn Blakemore, and Wellford Reed*

2305 Ann Brodt and George Burridge (October 2019)

Ann Brodt and George Burridge have 110 years of



marriage between them, obviously not to each other. Both of them were married to beloved spouses who passed away. In their 2000 Building living room, there is a picture of the foursome smiling in front of the

Burridge sailboat. George and his late wife lived in the Bahamas on the boat for nine years.

Born in Camp Hill, PA, George was the oldest of five boys. He graduated with a B.S. in management from George Washington University and served in the Navy for 28 years—14 active duty and 14 in the reserve. He had two deployments to the Mediterranean and two to Vietnam. After leaving the Navy as a captain, George flew with a number of airlines including TWA, Piedmont, and US Airways. He retired from American Airlines.

Ann was born and raised in Chicago, IL, and earned a B.S. from the University of Illinois. She was a dedicated Navy wife. She is a well-known iconographer and quilter. She was living in the Jacksonville neighborhood known as The Woods when her first husband, Roger, passed away suddenly. She has three children: Gretchen and Kristin, who live in the area, and Roger, who resides in North Carolina.

George and his first wife also had three children. Patti Jo lives in Los Angeles, CA, and Ken, a former FedEx pilot, resides permanently in Australia. The third child is deceased. Before his marriage to Ann in 2016, George spent much of his time in Green Valley, AZ, where he was joined by several family friends from his previous home at Virginia Beach, VA, the area in which he raised his family.

Currently, George and Ann spend several months in Arizona each year. He volunteers with the Pima County Sheriff's Auxiliary. Ann volunteers at the White Elephant, an amazing thrift shop. Open three hours a day, it has 300 volunteers and four paid workers, and it returned \$1.75 million to the community in 2019.

"I didn't want the kids to worry about me," says Ann
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Welcome Aboard

(continued from preceding page)

when asked why she moved to Fleet Landing. “And, I was tired of managing rental units, which I had done for some time. Lifted too many lawnmowers. Now my daughter manages them.” When George is asked why he moved to Fleet Landing, he smiles and says, “Ann.”

Prior to the pandemic, the couple took several cruises. Ann remembers a delightful one to New Zealand, which is a land she loved.

Now, when on campus, Ann and George might be spotted with Arbi, their caramel-colored, bedroom slipper-sized dog. They are relatively old hands at Fleet Landing, having come aboard in October of 2019, but they still appreciate a smile and a wave.

—Victoria Freeman

5412 Sue and Fred Gregg (June)

Fred and Sue Gregg celebrated their 52nd anniversary in June 2020. They have three married children: Christopher (Austin, TX), Holly (Jacksonville, FL), and Chad (Orange, CA), and seven grandchildren. They met in Pensacola, FL, while Fred was in Naval Flight Officer training, and Sue was a student at Huntingdon College in Montgomery, AL.



Fred is a 1966 US Naval Academy graduate. He studied systems engineering and majored in Italian. He served in airborne anti-submarine warfare squadrons both in the Atlantic and Pacific theaters. He also did tours at the Naval Academy and in the ship's company aboard an aircraft carrier based at Naval Station Mayport. He retired as a captain, United States Naval Reserve. His civilian career included being practice administrator/executive director for several private radiology groups in Georgia and Florida, past national president of his professional association, past president of his Rotary Club, and chief compliance officer for a national radiology benefits management company in New Jersey. Sue studied physical education and taught school in California. However, her favorite job was working on the staff of Hospice of South Georgia in Valdosta, where the couple lived for 17 years.

After selling their North Georgia mountain lake cabin in the woods in 2018, they circumnavigated the United States in their car, visiting friends and family before returning to Atlantic Beach to await their Fleet Landing opening in June 2020. They both enjoy serving their church, traveling the world, their children, hiking, sailing (having cruised Florida and The Abacos), and kayaking in quiet waters.

—Kristin Perry and Sue and Fred Gregg

March WELLInspired Learning Series

By Victoria Freeman



LtoR: Corina Santos, Sydney Rogers, Alisa Blanchard

Two talks in the March WELLInspired Learning Series were presented on March 3 by Interim Therapy Manager Corina Santos and by Speech Therapist Sydney Rogers. The third talk was presented by Exercise Physiologist Alisa Blanchard on March 17. All three talks were broadcast over channel 267.

Keeping Fit Through Nutrition and Exercise

Corina Santos opened her talk with healthy eating tips. Because older people lose a sense of thirst, it is important for them to drink often. They should limit unhealthy drink options. Further tips included planning healthy meals (myplate.gov was a recommended resource), observing portion control, and eating a variety of different colored vegetables. Santos recommended reading nutrition labels and avoiding too much salt. Pay special attention to food safety: Throw out expired food, keep perishables at proper temperatures, and make certain to cook food thoroughly.

Healthy exercise habits are guided by American Heart Association recommendations. They include 150 minutes a week of moderate or vigorous aerobic exercise. Examples of moderate exercise are brisk walking, water aerobics, tennis, and bicycling. Examples of vigorous exercise are swimming laps and running. Moderate to high intensity strength training should be done at least twice each week. Stretching and balance exercises are beneficial when done at least two or three times each week.

Santos encouraged her audience to remember that every little bit of exercise counts. Start slow and work up to daily and weekly recommendations. Make it fun. Social is good. The website heart.org/movemore offers more ideas.

Final suggestions included avoiding weight gain by making certain you are not taking in more calories than you are burning. Listen to your body and pace yourself. You can consult the Wellness team and/or the Therapy Department to help start an exercise program suited to your needs.

Modified Diets and IDDSI

Sydney Rogers spoke on dysphagia, a term that means difficulty swallowing. She began by stating that the difficulty can be a symptom of an underlying problem.

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March WELLInspired Learning Series

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Neurogenic problems include stroke or dementia.

Mechanical problems can be caused by intubation or throat cancer. A fear of swallowing is a psychogenic problem.

Some signs and symptoms of dysphagia are loss of food/liquid from the mouth, leftover food in cheeks, runny nose/watery eyes, throat clearing behavior, wet/gurgly vocal quality, coughing during or after eating, and aspiration or “food going down the wrong way.”

Treatment for dysphagia comes in a variety of forms: safe swallowing strategies, therapeutic exercises, postural changes, neuromuscular electrical stimulation (NMES), and diet modifications.

The International Dysphagia Diet Standardization Initiative (IDDSI) is followed at Fleet Landing. It attempts to adhere to a global standardization through common terminology and common testing methods. All individuals are eligible for the initiative despite age, care setting, and cultures. Standardization improves patient safety and clinical efficiency, and it allows for clinical evidence and research. Foods are rated from regular to liquidized and drinks from thin to extremely thick.

For additional information, email the speech therapy department at STherapy@FleetLanding.com or call ext 1117.

Enhancing Fitness: The Nutrition Connection— Celebrating National Nutrition Month

Alisa Blanchard addressed “the big three”: diabetes prevention, arthritis management, and blood pressure management.

Statistics show that one out of three US adults has prediabetes, and only 10 percent know they have it. The leading cause of disability in the US is arthritis, which has over 100 types. Elevated blood pressure is an indicator something “is happening in the arteries.” All three maladies are positively influenced by lifestyle changes.

Exercise and nutrition are aids in diabetes prevention. Prediabetes does not always mean diabetes will follow. The recommendation of 150 minutes per week of large muscle exercise is now familiar to residents. Keeping a food log to help identify where food changes are needed can help with weight loss. Other helpful factors include stress management and no smoking.

Exercise and nutrition also help with arthritis management. Activity keeps joints strong and flexible. It also keeps pain from starting and helps to flush inflammation. Nutrition recommendations include anti-inflammatory foods such as fruits, vegetables, fish, and nuts, as well as a diet low in packaged and processed foods and saturated fats. Supplements, which should be approved by a physician, include tumeric, fish oil, and ginger.

Exercise and nutrition also help with blood pressure management. The 150 minutes of exercise per week applies here too. Dietary recommendations include fruit, vegetables, low-fat dairy, whole grains, fish, poultry, and nuts. Processed foods should be limited as well as red meat, sweets, fats, sodium, and alcohol.

Blanchard said that the WELLInspired programs at Fleet Landing are intentionally designed around evidence-based recommendations to alleviate present problems and avoid potential problems.

Female Pioneers of Florida

By Joan Carver

Dr. Peggy Macdonald’s talk, “Florida’s Female Pioneers,” was broadcast on channel 267 on March 24. Macdonald has focused her work as a historian on



women in Florida, a topic often ignored by historians. In this presentation, she briefly described the contributions of ten women in diverse fields from the era of the Civil War through the 20th century. Some of these women spent their entire careers in Florida; others were here for less time.

All are a part of Florida’s heritage. Their histories shed light on the customs and issues of their time. The talk was accompanied by slides of the people and places discussed.

The first women Macdonald introduced were two medical doctors in the Civil War era: Dr. Sarah Lucretia Robb and Dr. Esther Hill Hawks. Both women were first nurses who enrolled in medical school after marrying doctors. Robb was known as a horse-and-buggy doctor because she traveled by that means of transportation to treat her patients in North Central Florida. Hawks, who grew up in New Hampshire, was committed to women’s rights and abolition. In 1861, she applied for a position as a physician or nurse with the Union Army, but was refused initially because she was too young and attractive. She eventually worked along with her husband in Florida and South Carolina as a physician and teacher for freedmen throughout the war. After the Civil War, she, her husband, and others established a colony for freedmen in Port Orange, FL, with a biracial school. Integrated schools weren’t popular and the one in Port Orange was torched. Hawks then returned to New Hampshire, only wintering in Florida. (Hawks’s book, *A Woman Doctor’s Civil War*, which is based on her diaries, is available on Amazon.)

Harriet Beecher Stowe, another woman pioneer in the Civil War era, is best known for writing *Uncle Tom’s Cabin*, a book that helped provoke the Civil War. She also wrote *Palmetto Leaves*, which promoted tourism with its lush descriptions of the state’s foliage. Macdonald said that snowbirds came in great numbers

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Female Pioneers of Florida

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because of Stowe's writing. Macdonald illustrated this point with a slides of a steamboat on the Ocklawaha River crowded with well-dressed tourists.

Macdonald singled out three Marjories in the 20th century as pioneers in Florida history. The first of these was Marjorie Kinnan Rawlings, who wrote about beautiful, natural Florida. She came with her husband to Cross Creek, FL, in 1928, full of optimism and with the assumption that their orange grove would support them, leaving them time to write. However Florida was in a depression and times were difficult. Rawlings embraced the cracker lifestyle and crossed the boundary between observing that culture and becoming part of it. She won the Pulitzer Prize in 1938 for her book *The Yearling*. Macdonald noted that Rawlings's book, *Cross Creek*, brought a lawsuit for invasion of privacy. Although Rawlings lost the suit, the fine was just one dollar. Nonetheless, the trial took a toll on her life, and she never wanted to write about Florida again.

The second Marjorie important to Florida was Marjorie Harris Carr. She is best known for her work in preserving Florida's land. When she moved to Northwest Florida in 1928 as a young girl, Florida was a very different state than now, with fewer than a million residents. She deeply appreciated natural Florida. She was not admitted to graduate school at Cornell, despite a strong undergraduate record, because she was a woman. However, she was hired by the federal government as a wildlife technician. During this period, she met the two great loves in her life, the Ocklawaha River and Archie Carr, an expert on sea turtles. Working with the Gainesville Garden Club and other groups, she helped ensure that Paynes Prairie, written about by William Bartram in the late 18th century, would be preserved. She also worked to preserve Lake Alice on the University of Florida campus. In addition, she opposed the Cross Florida Barge Canal and the Rodman Dam that blocked her beloved Ocklawaha River.

The third Marjory of note was Marjory Stoneman Douglas, whose environmental contribution centered on the Everglades. Her father owned what became the *Miami Herald*, and she had her own column. Most people viewed the Everglades as a wasteland that should be drained. However, her book, *The Everglades: River of Grass*, published in 1947, argued that the Everglades was a treasure—a vast unprotected area. She helped forestall a plan in the 1960's to build the world's largest airport in the Everglades, and she helped form Friends of the Everglades, an organization to protect it. She continued until her death to work for its protection.

May Mann Jennings was known as the most powerful woman in Florida in her day, the first years of the 20th century. Her husband was the governor of Florida from 1901 to 1905, but her power came not from her husband, but from her position as the president of the most powerful group of women in the

state, the Florida Federation of Women's Clubs. She worked for women's suffrage and was active in the formation of the League of Women Voters.

The last three women Macdonald discussed demonstrated the contribution of minority women. Mary McLeod Bethune, an African American leader in education and civil rights in Florida in the first half of the 20th century, will soon have her statue in the rotunda of the United States Capitol, replacing a Confederate general. Bethune was the first of her siblings born into freedom and the first to attend college. She went to school with the intention of being a missionary in Africa, but when she was told Black girls could not be missionaries, she replaced that goal with one of establishing a school for Black girls. The school was established in Daytona Beach. It is now coeducational and named Bethune-Cookman University. The prominence Bethune gained as a leader was reflected in a slide picturing her with Eleanor Roosevelt.

Betty Mae Tiger Jumper was the daughter of a Seminole mother and a French trapper. She was a storyteller, and when it became necessary for financial reasons, an alligator wrestler. She was the first Seminole woman to be elected as a chief.

Macdonald concluded her presentation with a brief mention of Carolyn Beatrice Parker, who was the first Black woman to receive a graduate degree in physics. She worked on the Manhattan project, but she died early of leukemia.

Although it was not the theme of Macdonald's talk, it was apparent that these early pioneers had to adjust their goals and dreams to the reality of their times, an era that often limited opportunities for women.

Chips & Putts

By Helen Craig
February

February 18 was tournament day for the Fleet Landing Tournament group, and 16 players showed up at Windy Harbor Golf Club at 9 am, dressed for cold and rain. Surprise! The weather turned warm and sunny—a beautiful day. Making it even better, the Assistant Pro, Kim, had the golf carts all lined up and ready to go, with only a twosome in front of the first group. No waiting, and the teams all finished in just under four hours. A true joy!

The final results came in with a fairly wide range of scores. In first place was the team of Bob Huhta (captain), Sally Pitard, John Coman, and Mike Moorhead, with two birdies and a score of 72. In close second place, with three birdies and a score of 73, was the team of Bill Copley (captain), Bob Mills, Miles Nogelo, and Lin Smith (a last-minute substitute in this foursome). In third place, with one birdie and a score of 75, was the team of Isobel Spink (captain), Richard Titus, Ray Rigney, and Nick Malie. In fourth place, with a score of 78, including one birdie, was the team

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Chips & Putts

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captained by Julie Rochelle and including Tom Gonwa, John Hedge, and John Neyhart.

As usual, there were also prizes for excellence in driving performance and in recognition of special skills. The prize for “Longest Drive” on the par-5 hole #12 went to Spink for the ladies and to Smith for the men. The Sandbagger Trophy went to the first-place team. Huhta awarded this trophy to Pitard for her outstanding contributions, and especially for winning hole #7 all by herself. Then, Copley awarded the Birdie Trophy to Mills, both for his golfing skills, as shown by his birdie chip-in on hole #5, and for his managing of this tournament with such wonderful weather.

March

The Fleet Landing Golf Tournament on Thursday, March 18, was held at Hidden Hills Golf Club, one week later than usual, because The Players Championship at TPC Sawgrass in Ponte Vedra Beach was opening on our regular date of March 11. Although our tournament was clearly not as challenging as The Players, Bob Mills, our tournament chairman, noted that it “did offer a stern test.” Our six teams, with twenty-two players, were finished before the rain and thunderstorm warnings materialized, but the winds picked up throughout the morning. Also, Hidden Hills is the longest, by 200+ yards, of the four courses we use for our tournaments, with especially challenging approach shots required on the par 4 holes. Only two birdies were made on the par 4’s, compared with five birdies on the par 5’s.

Chairman Mills also remarked that it was a stern test to determine the actual winner of “Closest to the Pin” for men on hole #16. One ball on the green was paced at 11½ yards but was marked as 11’ 6”. Two others were marked as a 12’ tie. According to one player, “This reinforces why we are at Fleet Landing. When you confuse yards for feet, it’s time!” However, Mills noted, “It was fun, and funny, to work it all out.”

Coming in first place for this tournament was the team captained by Rick Rochelle and including John Hedge and Lin Smith. They scored a 70, with three birdies. In second place, scoring a 74, with two birdies, was the team of Mike Moorhead (captain), Bill Copley, JoAnn Tetrick, and Dan Barry. In third place was the team of Richard Titus (captain), Andy Wyrick, Gerry Nogelo, and Jim Wayrynen (Atlantic Club), whose score of 75 included two birdies. Then, in fourth place, with a score of 79 and one birdie, was the team of John Neyhart (captain), Larry Magner, Pat Patterson, and John Coman. In fifth place was the team of Ray Rigney (captain), Bob Huhta, Charlie Ford, and Miles Nogelo, with a score of 80 and no birdies. In sixth place was the team of Lindsay Norman (captain), Nick Malie, and Mike Marchetti, with a score of 81 and no birdies.

Special prizes were awarded for the “Longest Drive” on the par-5 hole #15, with Tetrick winning this prize for the ladies and Rochelle for the men. The prize for the drive “Closest to the Pin” was won by Malie for the men. No ladies achieved this goal.

Rochelle awarded the Sandbagger Trophy to Hedge, whose winning feat was chipping-in for a birdie from 30 yards off the green. The Birdie Trophy was awarded to Wayrynen because he contributed both of the birdies, and his drives all day were long and straight. Congratulations to all.

The Fleet Landing Golf Tournament for April will be back to the second Thursday of the month, April 8, at Jacksonville Beach Golf Club. It’s a great time for good weather, so hope to see you there.

K9s for Warriors Visit

By Isobel Spink



Trainers lead the dogs around the Derfer Pavilion, Leeward Manor, and The Nancy House.



These dogs seem to be happy about their special purpose in life.

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K9s for Warriors Visit

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Left: Greg Wells puts a dog through its paces.
Right: Residents find out more about the dogs.



Service dog in training (l) and a fully trained dog



The K9s for Warriors van shows the organization's goals.

The mission of K9s For Warriors as stated on the organization's website: "K9s For Warriors is ending veteran suicide and returning our Warriors to a life of dignity and independence. We rescue and train shelter dogs to be paired as Service Dogs for Warriors with service-connected Post-Traumatic Stress, Traumatic Brain Injury and/or Military Sexual Trauma."

Founded in 2011 by Shari Duval, the organization has achieved five-star ratings and now has a second training facility near Gainesville, FL, named the Gold Family Campus. The current Nocatee facility was donated by the Winn-Dixie Davis family, who has committed to a "mega kennel" in the future. Sadly, Shari Duval died from multiple cancers in February, but her son, Brett, carries on her dream.

Rory Diamond, CEO of K9s for Warriors and a member of the Jacksonville City Council, accompanied the group who visited us on February 23. Fourteen wonderful dogs with volunteer handlers disembarked near the Derfer Pavilion to the great joy of all the Fleet Landing bystanders. The dogs were all shapes and sizes, from a mastiff mix to a 3-month-old golden doodle, Sandy, who just wanted to rest, and all were accompanied by volunteers.

The dogs and their handlers walked around the Derfer Pavilion, The Nancy House, and Leeward Manor. The dogs often jumped up at a window to greet someone waiting to see them. The joy of the residents inside was only too apparent when they saw the dogs. Many residents followed the dogs on their walk, and although they were not allowed to pet the dogs, they praised and loved them from afar.

Following the walk, the dogs and their handlers assembled on the tennis courts, where Greg Wells, the head "dog man," gave a talk on how handlers voice and hand train dogs without the leash in their hand if they need to carry something. The leash is around the handler's shoulder, and Wells explained that each dog has its own way of alerting the owner if something is happening—with a tail wag, a lean, or a jump up. The dog will react even if its owner is focused in another direction.

Puppies donated by breeders to K9s for Warriors are placed at homes with volunteers until they are 8 or 9 months old. They are socialized at these homes and learn basic obedience, but they also come to be trained on campus every few weeks. Once the puppies are old enough, they come to the campus to have professional training for four to eight months. Dogs from shelters or who have been donated by their owners (95 percent) come directly to the campus for evaluation and training.

The dogs are then paired with a warrior after extensive interviews concerning type of life, living arrangements, children, activity, and the like. The warrior lives at the facility for three weeks of training with his/her service dog to mitigate the symptoms of their disabilities.

A few important things to know about K9s for Warriors: There is a substantial waiting list of applicants and rigid qualifications. There is no cost to post-9/11 veterans. The cost to train and place a service dog is approximately \$27,000.

In December 2020, the Neptune Beach, Atlantic Beach and Jacksonville Beach police departments each received a dog donated by the K9s for Warriors.

The organization has paired more than 650 warrior-dog teams and rescued nearly 1,300 dogs (as of February 2021). They have graduates in 48 states, plus Puerto Rico and Guam.

Editor's note: The author of this article donated the profits from her 2021 Fleet Landing Furrries calendar to K9s for Warriors.