



FLEET BEAT

VOL. 32 No. 5

THE FLEET LANDING RESIDENTS' NEWSPAPER

June 2022

Tea With Travis

By Enith Vardaman



Travis Schryer (l) and Brian Weiss

Residents gathered in Johnson Hall on May 3 for the monthly “Tea With Travis.” In the COVID-19 update, which is part of these meetings, Chief Operating Officer Travis Schryer reported two cases on campus: a staff member and an independent living resident.

The featured staff member was Brian Weiss, Senior Director, Campus Services. Weiss reviewed the organizational chart of the areas he oversees: Safety and Security, Remodeling Services, Plant Operations, and Campus Housekeeping Services. In Housekeeping, there were two new highly qualified staff members: Lisa Aldridge, Assistant Manager, Environmental Services, and Dainelys Olivares, Assistant Manager, Housekeeping. Danielle Hesbacker, who has held the latter position, was being promoted to Campus Services Coordinator in Plant Operations. The response to that announcement was a round of applause.

Weiss then turned to capital projects. He reported that the deck replacement project was on schedule, but there were some unexpected problems. The electrical work was found to need replacement, and work was underway to bring it up to code. The lights around the deck will all be replaced because they were rusting and the conduits were failing. The replacements will be marine grade. In addition, the railings, which were also rusting, will be replaced, with new wood to anchor them.

There will also be enhancements to Lake Constellation. Weiss displayed a rendering of a proposed canoe launch, and new davits will provide an attractive, larger structural support for the sailboats.

Other projects discussed by Weiss included the May 18-19 spring yard cleaning, covered parking restoration, and repair of cracked or uneven concrete.

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Fleet Scholars Award Reception

By Chet Davis



Fleet Landing residents have a long history of supporting scholarships to help staff enhance their earning potential. The 2022-2023 awards continued this tradition, as 42 staff—the highest number ever—were granted up to \$2,400 each to pursue degrees, certifications, or continuing education credits.

The well-attended May 19 event began with an introduction by Director of Charitable Gift Planning Olivia Bush, who greeted the assembled staff, their families and friends, and residents. She introduced resident Lory Doolittle, who chairs the Scholarship Committee.

In her remarks, Doolittle expressed appreciation to Bush and Scholarship Committee members Jean Cox, Dave Rigg, Izzy Spence, and Cindy Tomlin; residents and department managers who encouraged staff to apply for scholarships; and residents and community partners who contributed to the scholarship fund. Thanks also went to those who participated in the May 2 golf tournament that raised over \$173,000 and to residents Ray Rigney and Miles Nogelo, who spearheaded the volunteer effort for the tournament. She thanked Dining Services for providing refreshments for the occasion.

Doolittle emphasized that the scholarship fund is another important way for residents to show their gratitude to staff who make their lives at Fleet Landing so enjoyable. Donations, which should be designated as being for scholarships, can be made either directly to the Endowment Fund office or through the monthly bill.

As each scholarship recipient's name was called, there was an enthusiastic response from everyone present. Throughout the program, the name of each scholarship recipient and the chosen field of education

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May Residents' Council Meeting

By Howard Burdick

The May 17 Residents' Council meeting was convened in Johnson Hall by Eileen Theis, the new president. She introduced each of the returning and newly elected council members.

Management Review. Chief Operating Officer Travis Schryer said the new self-service salad bar and soup option was one means of streamlining operations in Currents, which is experiencing more volume than anticipated. Online ordering from LakeView had been implemented.

Council Reports.

Vice President Nancy Russell reviewed plans for the annual Memorial Day activities. She solicited photos of veterans in uniform for the Memorial Day program photo loop, and of any resident as a baby, child, or youth for the 4th of July program loop. The photos can be placed in social mail box 116 or sent to patkluever@verizon.net.

Finance. Treasurer Bob Armacost reviewed our financial status as of March 31, noting operating income in the red, and expenses over budget, mainly because of wage pressure in the healthcare area. The debt service coverage ratio, which measures the ability of an organization to make principal and interest payments on its debt, remained well above requirements, as did days cash on hand. Investment performance mirrored current market conditions.

Human Resources. Russell reported that the Staff Member of the Month was Sydney Rogers, a Therapy Department speech-language pathologist whose patients achieved excellent outcomes. Lobster Tales remained at a high level with 232 submissions. Staff numbered 492 at the end of April.

Marketing and Safety and Security. Charles Winton reported that as of March 31, the 15 vacancies in the 482 independent living units were all spoken for. There were 696 independent living residents. The merger of the Horizon Club wait list into the Atlantic Club list was being finalized. The total number of wait list households was 457, with 60 percent opting for houses over apartments. Marketing has resumed quarterly events for those on the wait list. There is no fee for transfer to assisted living or long-term care. The April 28 "Sip and Stroll" tours of Leeward Manor and North Point attracted 150 residents, and over 75 residents participated in the recent photo shoot for the new commercial. Safety and Security Manager Eddie Howard's team of 15 employees was fully staffed. In April there were 660 house checks and 65 incident/accident reports as well as 15-20 false alarms per day, mostly attributable to pets or grandchildren. Staff would undergo active shooter and disaster preparedness training in May. Safety and Security personnel are not armed. All entry/exit points are monitored with CCTV, and security cameras monitor almost all streets,

with comprehensive coverage expected soon.

Wellness and Transportation. Jackie Mears reminded residents to remove their name from the wait list for an activity if they have made other plans. Residents should also review the details of an event to make sure they have the physical capability to participate.

Dining and Housekeeping. Ray Bratcher said that a search was underway for a chef to replace Dustin Wigglesworth at 30 North. Reusable food containers would soon be used throughout the campus for takeout meals. He displayed organizational charts for the Housekeeping Department.

Healthcare. Janice Flock said that an advanced care planning document and the "Family Survivor's Handbook" can be obtained from Resident Support Coordinator Patty Chicoine. A Health Care Council has been formed by spouses, caregivers, and others to solve problems with care in Leeward Manor, North Point, and Derfer. She emphasized that Fleet Landing cannot take away a resident's driver's license or make a resident move to assisted living. That is a decision for residents and their family.

Facilities. Lory Doolittle reviewed recent zone inspections. She reminded apartment residents to remove hallway clutter. Only a doormat and door decor are permissible. Medical equipment should not be saved for others to use, as it may no longer be acceptable for use or appropriate for the new recipient.

Resident Suggestions. Secretary Judy Poppell reported on 17 suggestions relating to parking, food quality, garden plots, safety, and much more. The list of suggestions and responses can be found in the complete minutes of the meeting in the library.

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All the news that fits...

Contributions to FLEET BEAT are welcome. Please place copy or any comments you may have in box 1107 at the Coleman Center. Neither letters to the editor nor anonymous submissions are published but we are, of course, mindful of your comments. Issues of FLEET BEAT can be found under "Publications" on Fleet Link. Issues can also be found at www.fleetlanding.com. Sign into the resident portal, click on "Menu," and then on "Publications."

Adele Grage Art Exhibit and Reception

By Sally Nielsen



LtoR: Nancy Lundgren, Ellen Glasser, April Morin, Travis Schryer

After a two-year delay because of the pandemic, the Adele Grage Cultural Center in Atlantic Beach showcased Fleet Landing artists for the first time in an exhibit that took place during the entire month of May.

Twenty-four artists participated in the exhibit. Their artwork reflected a variety of subjects in a diversity of mediums. The participants ranged from amateurs to professionals. Many of the participants kept their desire for art in the background of their lives until retirement and the move to Fleet Landing! The result was a very eclectic and interesting exhibit.

The exhibit, sponsored by the Wellness Department, focused on the social value of art as it is created, viewed, and discussed. On May 19, a reception organized by Mary Faria, Manager, Wellness Services, took place at Adele Grage. Dining Services provided wine and refreshments, and the Transportation Department provided shuttle service to and from the site during the entire two-hour reception. The event was attended by Atlantic Beach Mayor Ellen Glasser as well as Fleet Landing's Chief Operating Officer, Travis Schryer; April Morin, Director, Sales and Marketing; and Jennifer Joy, Director, Wellness Services.

Adele Grage docents invited the artists to share their thoughts about their art or reasons for being artists. Their comments were available on printed sheets at the exhibit. Information about Fleet Landing was also available. The information below is drawn from the comments of each artist:

Paula O'Bannon, a retired art teacher, is inspired to paint by her walks.

Frances Jones began to paint and take art classes regularly only after moving to Fleet Landing in 2017. After starting with acrylic, she is now "in love" with watercolors.

Barbara Lee Milon is a collagist and watercolorist, who is fascinated by watching the mediums take control of the creative process.

Dan Barry has been a professional artist his entire adult life. Now retired, he is happy to be able to paint without a deadline. He often combines his painting and woodworking skills in a single artwork.

Judy Barton was entranced with mosaic art after seeing a \$1,200 Queen Ann table 26 years ago. Encouraged by her husband, she became a self-taught

mosaic artist.

Veronika Jenke is a ceramic artist whose first encounter with clay was when she was 9 years old. Now retired, she is able to devote time to both functional and sculptural ceramics.

Patricia Payne, who began painting seriously after moving to Fleet Landing, fell in love with watercolor. She enjoys starting a piece by tossing some tinted water on paper and letting it flow, as she did when painting "One Thing Led To Another." She is currently the Art Club Coordinator.

Craig Miller, an accountant by education, was always an artist at heart. He left his Washington, DC, government position in 1984 and began his career as an artist full-time, working on commission. He now continues to paint for pleasure, using a variety of mediums.

Lynn Blakemore had a successful career in graphic design and illustration. She later returned to painting. She loves architecture and landscape. Light and shadow make her happy. Color makes her delirious.

Sarah Lamont, a weaver and abstract painter, loves the beauty of nature and the heavens. She is inspired by the red, orange, and rust colors of the southwestern landscape and western sunsets as well as by images from the Hubble Telescope. She is now exploring the blues, greens, and flower colors of Florida.

John Hen, a scientist, retired in 2006. He then began to pursue his interest in watercolor painting, and after a slow start, he took lessons. He painted landscapes while consulting in Tuscany, Italy. He now enjoys painting people.

Hanley (Bo) Smith is a retired ecologist who returned to school after retirement to get a BFA. His mediums are charcoal, acrylics, and colored pencils, and his subjects are wildlife, landscape, and figure.

Glenn Perry, a graduate of the Pennsylvania Academy of Fine Arts in Philadelphia, has had three consecutive exhibitions at the Albright Knox Gallery in Buffalo, NY. Perry states his interest in drawing and painting was nourished by the public school system. He paints outdoors, backpacking or canoeing to a spot. He enjoys the gorgeous light in Atlantic Beach.

Pat Murray painted as a child, stopped at 15, and began again at 55. She took art lessons and joined the Amelia Island Art Association. She began entering shows, where she sold some of her pictures. Now she is ready to learn more.

Richard Lundgren worked for 20 years as a professional artist. His pastels have won awards in over 30 national and international competitions. His work has appeared in *American Artist Magazine*, the *Pastel Journal*, and *International Artist*. He was a contributing artist in Maggie Price's 2011 book *Painting Sunlight and Shadow with Pastels*.

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Adele Grage Art Exhibit and Reception

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Sally Pitard didn't think she had the ability to draw or paint, but finally took a watercolor class with friends for fun after retiring in 1995. It was a wonderful experience, and now she finds it has become a very important aspect of her life.

Jackie Stack is an oil painter who started to paint in 2009. She paints landscapes, marsh scenes, and Florida water bird scenes. She has shown paintings at the Cultural Center in Ponte Vedra Beach, the Museum of Contemporary Art, and other local venues.

Julia Pet-Armacost, inspired by her artistic parents, has enjoyed painting from an early age. She began doing pastels after she and her husband purchased a vacation home in New Mexico. Mostly self-taught, she likes lighthouses, landscapes, and flowers as her subjects. She has recently begun using acrylics.

Bunny Morgan taught art to Micronesian students on Guam for two years, later teaching in Cambridge, MA, and in Jacksonville. She has exhibited her work in the Florida National Bank, the Riverside Art Association at the Good Shepherd Episcopal Church, and in several Jacksonville Watercolor Society shows.

Stella Chung-Yi Bratcher, who was born in China and raised in Taiwan, began studying Chinese brush painting at age 11. She was a consistent winner of junior competitions. After earning a B.S., she received a scholarship to study in the US and became a microbiologist after earning an M.S. and a Ph.D. Since coming to Jacksonville with her husband in 2017, she has taken art classes and exhibited several of her works. Her mediums are charcoal sketching, watercolor, and sumi-e watercolor, and her usual subjects are landscape, plants, flowers, and still life.

Monica Coté is an impressionistic painter, spiritual leader, and baker, who calls her light-filled kitchen or sunroom her art home, although she has had many studios over the years. Painting brings her peace and offers her a place to meditate on the beauty of the world and the grace felt while living in it. Her highest goal is to convey peace and grace to the viewer.

Peggy Holz received art training at Georgia State University and Kansas City Art Institute. During her marketing career, she authored and illustrated customer publications and marketing material in the US and Asia. Since relocating to Florida, she has found a treasure trove of subjects, with coast scenes her favorites.

Imogene Coleman is a retired interior designer who enjoys working in different mediums, including watercolors, acrylics, and oils. She developed her artistic skills after retiring to Amelia Island, FL, in 2000. Factors influencing the unintended consequence of her becoming an artist include 27 years of Art Institute of Chicago's educational programs, her degree in interior design, and her husband's decision to become an artist in retirement.

Scenes From the Adele Grage Reception



Monica Coté



Bunny Morgan



*Barbara Milon (l) and Judy Barton
(continued on next page)*

Scenes From the Adele Grage Reception

(continued from preceding page)



Glenn Perry



Stella Bratcher (l) and Pat Murray



Paintings by Craig Miler (l) and Jackie Stack



Paintings by Frances Jones (l) and Hanley (Bo) Smith



Painting by Sally Pitard

Memorial Day Flag Raising

Photos by Dita Domonkos and Janet Silvester

Fleet Landing's May 30 Memorial Day celebration began with a flag raising ceremony at the Flag Plaza. A substantial number of residents turned out to witness the event. Memorial Day is one of six days during the year that the POW/MIA flag should be displayed. Refreshments were available at the end of the ceremony.



Chips & Putts

Text and photo by Carol Smith



LtoR: Syd Jenkins, Mike Moorhead, Isobel Spink and Jim Amerault

Judging from the impressive scores of all eight teams that participated in the golf tournament at Jax Beach Golf Club on May 12, there were a lot of birdies. The most memorable “birdie” was probably the one hit on a long drive by Bob Peterson that struck a poor unsuspecting seagull. Fortunately, the bird was merely stunned for several minutes and was able to fly away in search of other golfers to annoy.

Tied with scores of 69, Team #1 edged out Team #6 for first place in a scorecard playoff on holes 1 thru 9 with a score of 34 to 35. They had five birdies. Captained by Bob Neal, the team included Sharyn Roettger, Dick Beltson, and Lindsay Norman. With four birdies, the second place team consisted of Monica Coté (captain), Jim Wayrynen, John Hedge, and Jerry Marxhausen.

Captained by Bruce Osborne, the third place team that included Rick Rochelle, Larry Magner, and Bunky Johnson scored a 70 with four birdies. Fourth place, decided in a scorecard playoff with a 32 to 35 score on holes 1 thru 9, was won by Ray Rigney’s team of Sergei Ourusoff, Nick Malie, and Jim Coté. In fifth place, as a result of the scorecard playoff, was the team of Julie Rochelle (captain), Price Schwenck, Jerry Maroon, and Bob Peterson.

With scores of 72, sixth place was a tie between the team captained by Syd Jenkins, who was joined by Mike Moorhead, Isobel Spink, and Jim Amerault, and the team of Larry Sander (captain), Bobbie Fost, and Mike Marchetti. John Coman’s team of John Neyhart, Nancy Sander, and Bob Ellis rounded out the results with a score of 73 and three birdies.

The “Longest Drive” awards went to Rochelle for the ladies and to Rigney for the men. “Closest to the Pin” award was claimed by Roettger for the ladies and Sander for the men. The Sandbagger Trophy went to the first place team. Neal awarded the trophy to the team

as a whole saying, “We were all sandbaggers.” The trophy was given to Roettger to care for until next month. The Birdie Trophy was awarded to Jerry Marxhausen, who assisted in three of the four birdies for the team.

The next tournament is scheduled for June 9 at Windsor Parke Golf Club.

Red Kettle Campaign Award

By Enith Vardaman



LtoR: Robert Devers, Lin Smith, Ruth Smith, Josh Ashby

For the third year in a row, Fleet Landing’s participation in the Salvation Army’s Red Kettle Campaign was the most successful in Duval County, raising \$22,354.28. The Fleet Landing 2021 team, which chalked up 160 hours of bell ringing, earned an additional first-place award for largest number of hours served.

On May 27, Robert Devers, a representative of the Salvation Army, came to Fleet Landing with certificates and trophies for each achievement. Residents Ruth and Lin Smith, who co-chaired our 2021 effort, and Executive Director Josh Ashby gathered in the Coleman Center lobby for the presentation of the awards by Devers.

Ruth commented, “Just want the residents to know how thankful we are for their time and donations for such a worthy cause! Hope the generosity continues for this holiday season!”

In Memoriam

- | | |
|---------------------------------------|------------------------------------|
| Bob Bloom
1938-2022 | Dennis Craft
1944-2022 |
| Larry Johnston
1946-2022 | Ruth M. Keller
1919-2022 |
| Ann Marie O’Roark
1933-2022 | |

Square Dancing, Music, Food Trucks, and Spirits: What's Not To Love?

By Nancy Lundgren

The Driftwoods band returned to Johnson Hall on May 21, and the place was rocking. Tommy Bledsoe called the dance instructions as we swung to the music and “do-si-doed” our way around the crowded dance floor. The energy level was great, and the laughter even greater.

Entertainment also included a bourbon-tasting table featuring several types of bourbon, each with an interesting backstory. Beer aficionados, too, had tasting

opportunities, with a varied selection of beers available.

Outside the hall, residents enjoyed selecting dinner items from five different food trucks: Asian, Mexican, Moroccan, American, and, of course, Hyppo Gourmet Pops.

Even the weather cooperated. Mother Nature held off the rain until the Spring Fling was “flung.” There were lots of smiling faces leaving Johnson Hall that day. “Life is better when you’re laughing.”



Fleet Scholars Award Reception

(continued from page 1)

was displayed on the two large screens in Johnson Hall. The recipients were pursuing studies for computer technical design, office administration, electrician, sommelier, various healthcare-related fields, and a host of others—over 24 in all.

Our Fleet Scholars are very important to us, and we wish them all success in pursuing their further education.

Cici and Hyatt Brown Museum of Art

Text and photos by Glenn Perry



On May 4, eleven residents traveled to Daytona Beach to tour the Cici and Hyatt Brown Museum of Art located on the campus of the Museum of Arts and Sciences. Kempton Jackson was our driver.



Dramatic staircase in the museum's central gallery

We were met by museum docent Marion Welton, who guided us through its permanent and rotating exhibitions.

The paintings of Florida native Albert Ernest "Beanie" Backus (1906-1990) are a keystone in the Browns' collection and exemplify its regionalist flavor.

The Browns' collection of 2,600 Florida-themed paintings and prints is the world's largest. The design of the building housing the collection also follows the Florida theme, with its allusions to tobacco-drying barns and to shacks in the cracker style of architecture.

All in all, the tour was very informative—equal parts history, culture, and art of Florida.

R-C Sailing Boats Are Sailing Into the Summer

Text and photos Jim Leipold



If you come lakeside at the Coleman Center on some Saturdays, you'll find our Radio-Controlled Sailing Club in action. We start around 10:30 am and end at around 11:30 am. It's fun to watch. If you want to see how easy it is to sail one of our craft, walk down to the dock and one of our members will explain how the boat works and give you a turn. By the way, we don't take our races very seriously. Because of wind shifts and calm spots, we are all on the same level! The goal is to have fun and relax with a wonderful group of Fleet Landing residents.

To date we have 13 boats that could sail on any given Saturday. We average around six boats at one time. Once the dock is completed, we will get more boats out. Come, listen to the banter, talk to the captains, and enjoy a beautiful event. There are informative leaflets available at the dock. For further information, contact Jim Leipold at (904) 746-3322 or jcthecaptain@gmail.com.

Fleet Landing Celebrates Memorial Day

By Chet Davis

Photos by Dita Domonkos and Janet Silvester



LtoR: Buster Hagenbeck, Eileen Norrington, Chet Davis



Left: Pat Kluever with Naval Station Mayport Color Guard,

Right: Eileen Theis (l) and Nancy Russell.



Note-Ables

The Residents' Council, spearheaded by Vice President Nancy Russell and supported by MOAA (Military Officers of America Association), staged a very significant and moving Memorial Day service on May 30 in Johnson Hall. Red poppies, whose history was described during the program, were given to attendees upon arrival. Chet Davis was Master of Ceremonies for the occasion.

Before the beginning of the event, a photo loop of Fleet Landing service members, past and present, was shown for the entertainment of those assembled. It was hard to recognize us from our somewhat youthful pictures!

After Residents' Council President Eileen Theis opened the ceremony, Captain Eileen Norrington, USN Chaplain Corps, (Ret.), delivered the invocation. Follow-

ing the presentation of the colors by the Naval Station Mayport Color Guard, the Pledge of Allegiance, and singing of the National Anthem, the nearly full house heard remarks by Lieutenant General Buster Hagenbeck, USA (Ret.). He addressed the origins of Memorial Day and then provided some very personal and poignant comments about what the day means to him and his family. Most importantly, he mentioned the funeral of the first female graduate of West Point to be killed in action, and how that event was a catalyst in changing many of the West Point songs to become gender neutral.

Theis and Russell took turns calling out the names of those 42 friends and neighbors who had passed away in the last year. Commander Pat Kluever, USN (Ret.) tolled a bell as each name was read.

A video acquired through the good offices of Rear Admiral Doug Venlet, USN (Ret.) was shown. The video showed numerous cemeteries around the world where US service members are buried. The monuments are under the supervision of the US government and are a testimony to the lives lost in protecting not only ourselves, but many foreign lands as well. Since WWI, over 40 million have served our nation; 1,136,000 were wounded; 668,000 gave their lives; and 94,000 are still missing, on eternal patrol, or buried at sea. The video featured the "Hymn to the Fallen" and "Mansions of the Lord" sung by the West Point choir. A very touching video to say the least.

The Note-Ables, who are now under the direction of Ron and Sue Myers as director and assistant director respectively, sang "America the Beautiful" and led the audience in singing "God Bless America." Karen Sturtevant provided piano accompaniment.

Russell's closing comments were right on point, when she noted that we not only pause to honor those who served but those who waited on the home front and took care of those returning with invisible trauma.

Kudos to all the residents, management, and staff who worked to provide a very meaningful ceremony.

Rare Sight On Our Campus



Resident Janice Flock spotted this roseate spoonbill behind the 8000 Building.

FLEET BEAT Tidbits

By Enith Vardaman

Ed Hollender, *FLEET BEAT*'s long-time photographer, has worked at innumerable on-campus events. In Johnson Hall, he can be seen taking pictures at various vantage points. Most often, his position is in front of the first pillar on the right if one is facing the stage—so much so that the pillar has become unofficially known as the Ed Hollender Memorial Pillar.

Hollender sometimes leans against the pillar. It has been suggested that he is thereby adding to the stability of the building.

St. Augustine Music Festival Ensemble

By Carol Smith



Opening with Mozart's beloved *Eine kleine Nachtmusik*, the St. Augustine Music Festival Ensemble performed brilliantly for an appreciative audience in Johnson Hall on the lovely afternoon of May 27. Following the lilting Nocturne by Alexander Borodin, the quartet was joined on stage by Giovanni Bertoni, principal clarinetist with the Jacksonville Symphony. Many residents had attended the Symphony's Coffee Concert earlier that day and were thrilled to enjoy another Mozart concerto by this gifted musician.

The string quartet concluded the afternoon with *Strum*, a famous piece by 41-year-old Black female composer Jessie Montgomery. This beautiful composition features a strumming pizzicato, which is the rhythmic basis of the melodies that weave through the four instruments. It was clearly a hit with the audience who expressed their enthusiastic appreciation of the ensemble's performance.

Jorge Peña, who performed on the viola, and his wife, cellist Jin Kim-Peña, are Music Directors of the St. Augustine Music Festival. They encouraged Fleet Landing residents to attend performances at the St.

Augustine Cathedral Basilica during this year's festival, which will take place the last two weeks of June. Program information can be found on their website, staugustinemusicfestival.org.

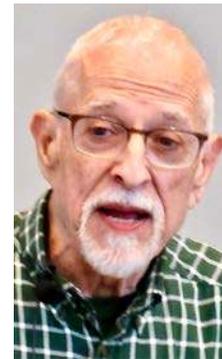
More Than a Bit of Ribbon & a Piece of Metal

By Howard Burdick



Examples of intricately engraved medals

On May 25 in Johnson Hall, Fleet Landing's expert on military history, Dean Veremakis, spoke about US military awards, medals, and decorations as well as the stories behind them. Veremakis, who periodically also presents analyses of famous military encounters, is an



avid collector and researcher of military awards. He reviewed the authorizing statutes and histories of valor awards dating back to the Revolutionary War. He discussed aberrations, confusion, and controversy—especially in awards for heroism. Criteria for these awards have undergone significant changes over the years and vary among the service branches. Veremakis noted that there were more awards, such as campaign and “I was there,” in ribbon form, but he focused on awards in actual medal form, especially those that were engraved and were for significant achievement and heroism in combat. While he complemented his presentation with color photos of several medals in his impressive personal collection, it is beyond the scope of this article to list the details of all of them.

There have been unfortunate instances of false claims to various awards, within and without the service branches, and many have been uncovered, usually to the detriment of those so claiming. There have also been unfortunate variances in the rigor of requirements for many awards. The Medal of Honor is the only medal protected by law from personal and financial profiteering.

Veremakis noted that Napoleon Bonaparte was usually regarded as the father of modern military awards. He was quoted as observing to the captain of the British ship taking him to exile, “A soldier will fight long and hard for a bit of colored ribbon.”

St. Augustine Wine Tasting Cruise

By Carol Smith; photos by Dita Domonkos

Friends, beautiful weather, music, and wine all combined to provide a thoroughly enjoyable evening for residents who traveled to St. Augustine for a sunset cruise on May 25. After passing under the Bridge of Lions to let passengers to appreciate the expanse of the city's shoreline, the skipper reduced the speed to allow everyone to enjoy the setting sun behind the famous cross.



The captain and tour guide



Enjoying the cruise, LtoR: Sandi Smith, Jeannie Sullivan, Carol Smith, Sandy Bosquet



Bridge of Lions

Erected in 1966 to commemorate the 400th anniversary of the city's founding, the cross was beautifully outlined in the sunset. And, yes, the six wines that were offered for tasting were enjoyed throughout the cruise. The selection included two wines from the local San Sebastian Winery. At the conclusion of the cruise everyone agreed that it had been a perfect evening on the water.



The famous cross



Another iconic sight: Castillo de San Marcos, built by the Spanish beginning in 1672



A beautiful vessel on the water at sunset

Tea With Travis

(continued from page 1)

Schryer then turned to the topic of preparedness for hurricane season, which runs from June 1 to November 30. Although the Jacksonville area has been mostly fortunate, the risk must be taken seriously. Preparation for a possible evacuation is essential. Fleet Landing must submit a Comprehensive Emergency Management Plan for evacuation of healthcare residents (Derfer, Leeward Manor, North Point, and The Nancy House) to the Jacksonville Fire and Rescue Department annually for approval. Those residents would be taken by Fleet Landing vehicles or ambulance, if necessary, to two area hotels, where Fleet Landing staff would provide 24-hour care. Supplies, such as food, water, medications, and medical records would be transported by truck. Fleet Landing has made arrangements for emergency power and cooling equipment to be delivered to the hotels.

Fleet Landing encourages independent living residents to self-evacuate if possible. Their preparations should include figuring out a safe place to go and how to get there. Fleet Landing has contracts for hotel accommodations and transportation for independent living residents requiring assistance, but demand could result in as many as three to four residents sharing a room.

Staff prepare the campus ahead of a storm, and Safety and Security personnel would remain on campus 24/7.

It is recommended that independent living residents make two emergency kits (one to take with them, and one for when they come back home) with such items as clothing, medications, and some food. They should also have a written copy of essential phone numbers, because a power outage could make it impossible to charge a cell phone. Residents should also remember to provide for their pets.

Residents choosing to evacuate voluntarily, i.e., before a possible mandatory evacuation, should check out at the Welcome Center. In the event of a mandatory evacuation order by the mayor of Jacksonville, all residents are required to leave the campus.

In the event of a possible storm, Fleet Landing would use its call and text emergency broadcast system to communicate. Anyone who is not yet receiving these messages should contact Executive Assistant Jennifer Arsenault (ext 1105) to be entered into the system. Channel 267 may be used as well. Information would also be available by calling into the emergency hotline, (904) 694-2448.

The form indicating whether independent living residents plan to self-evacuate or need to evacuate with Fleet Landing was to be turned in by May 20.

Schryer provided some dining updates. A wait list

has been added to the 30 North reservation section on Fleet Link. This gives Fleet Landing an idea of demand, and it allows adding diners if there is a cancellation, or if an extra staff member is available on a given evening. 30 North is not yet fully staffed, but when it is, it will be able to serve some 50 residents.

Two announcements received an enthusiastic response: online ordering for takeout at LakeView that was to begin on May 10, and the impending reopening of the Coffee Shop. [The opening did not meet the projected date, but is still on track to happen soon.] The Coffee Shop will have some breakfast items. A full breakfast will be available when Currents is fully staffed.

Big and Little

Fleet Landing has two clubs whose members enjoy the sailing opportunities on Lake Constellation: the Yacht Club for sailboating and the Radio-Controlled Sailing Club. Jim Leipold captured this scene of the two clubs sharing the lake on May 21.



Fleet Landing in the News

By Enith Vardaman

An item about the exhibit at the Adele Grage Cultural Center featuring Fleet Landing artists and the exhibit's May 19 reception (see article on page 3) appeared in the "Leading Off" column in the "Shorelines" section of the May 14 issue of *The Florida Times-Union*. The item was accompanied by a photo of resident Glenn Perry with two of his paintings mounted for the exhibit.

Anice Froberg contributed to the "Letters to the Editor" column in the May 16 edition of *The Florida Times-Union*.

On May 24, News4Jax TV station broadcast a segment focusing on a woman who was in the first group of Black students to desegregate Ribault High School. Resident Judy Poppell, whose career in the Duval County Public Schools included serving as a desegregation coordinator, was interviewed in the segment.

Cedar Point Preserve Guided Hike

Photos by Janet Silvester



The City of Jacksonville JaxParks website describes Cedar Point Preserve as 618 acres of conservation land that supports oak hammocks and pine flatwoods as well as a freshwater marsh system, and is surrounded by an intricate salt marsh ecosystem. It is home to birds and other wildlife. The group of Fleet Landing residents who toured the site on May 11 also saw the ruins of a building that was once part of a plantation there.



New Resident Social

By Carol Smith



With summer heat upon us, new residents received a very warm welcome at the “New Resident Mix and Mingle” on May 26. Introducing the recent arrivals were April Morin, Director of Sales and Marketing, and Chief Operating Officer, Travis Schryer. They shared their memories of favorite summer vacations and activities. Others were invited to share their childhood memories of those lazy days of summer.

Having arrived just over a month ago, Nettie and Don Pond explained that they are settling into their new home in the 8000 building just in time to leave for their summer home on Cape Cod. Ken Peltier, who moved from Charleston, SC, in March said that he chose Fleet Landing because of the people, who are so friendly and welcoming. Judy Solano, who moved to Sirius Court this spring said that her dog, Nika, loves the dog park. Eunice and John Rogerson are enjoying their new home in the 4000 building and are exploring all the activities that Fleet Landing has to offer.

These new resident get-togethers provide not only an opportunity to introduce recent arrivals, but also the chance to mix and mingle among all members of the community.

The FLEET Classics

By Isobel Spink



Bob Armacost and Julia Pet-Armacost



Charles Winton and Bunky Johnson



Gary Reichow and Karen Sturtevant

Members of the FLEET Classics play a rather unusual array of instruments for a classical music ensemble, but nevertheless they did an admirable job in Johnson Hall on May 16. Bob Armacost was on the 12-string guitar, and his wife, Julia Pet-Armacost, played flute and piccolo. Charles Winton had a gorgeous French horn, and he explained that French horn players keep their right hand in the bell to moderate the pitch. I wondered why he did that. Gary Reichow played bass guitar, and Bunky Johnson played clarinet. Karen Sturtevant gave us her excellent piano playing.

The musicians were self-directed as they played the music of a number of composers. Most of the pieces were known to anyone with a smidgen of knowledge of classical music. Beethoven's "Für Elise" started us off, followed by his *Sonata Pathétique*. Gounod's "Funeral March of a Marionette" was very familiar, as it was the opening music for Alfred Hitchcock's television series. Compositions by Chopin, Czerny (an Austrian composer whose first performance was at age nine), Schumann, Tchaikovsky, Handel, Purcell, Haydn, Mozart, and others followed. John Phillip Sousa's "The Stars and Stripes Forever" rounded out the afternoon.

The audience was enthusiastic and appreciative of our residents' talents.

Welcome Aboard

5515 Jackie and Vicente Nadal (October)

The Nadals met when Jackie, as a teen, first traveled to Spain with her mother to meet family. Vicente, who was visiting his own family nearby, met her, and the two became friends. When she returned to the US, they continued their friendship through correspondence.



Jackie attended City College of New York, where she received a B.A. in Spanish literature. After receiving his M.D. from the medical school at Spain's University of Zaragoza, Vicente moved to Madrid to pursue a residency in gastroenterology. Jackie also moved to Madrid, where she worked at the US Air Force Base in Torrejón de Ardoz, running a youth activities program.

After they married and came to the US in 1969, Vicente completed a residency in anatomical and clinical pathology and directed the laboratory/pathology departments of various hospitals in northern New Jersey.

The Nadals started a family while living in Montclair, NJ. Jackie later pursued a career in the human resource field, mainly in the pharmaceutical industry. After retiring, they moved to Palm Coast, FL, where they lived for about 20 years before coming to Fleet Landing. They feel very fortunate to have found a home on Rigel Court, a friendly and welcoming neighborhood.

Jackie reads and makes colorful jewelry with polymer clay. Besides reading and keeping abreast of new developments in his medical specialty, Vicente likes to experiment with computer software, especially Excel, to edit, restore, and organize all his film and digital photos.

—Kristin Perry

El Quatro de Mayo

By Howard Burdick



On many of my frequent walks about the campus, I visit briefly with the denizens of the area around the 5300 block (the northerly “eyebrow”), who started meeting in a driveway during the pandemic, and never realized that they could stop. While they don’t have a license for a peaceful assembly or demonstration, all the neighbors seem to be present, so there’s no one to complain (an “open meeting”). These gatherings happen every Wednesday, and this year one Wednesday fell on May 4, earning it the clever designation as a Quatro de Mayo celebration. The inhabitants of the block began assembling mid-afternoon. The Rev. Pete Wait intoned a proper invocation (en español), and everyone contributed appropriate gringo grog and grub as the afternoon morphed into evening, and some

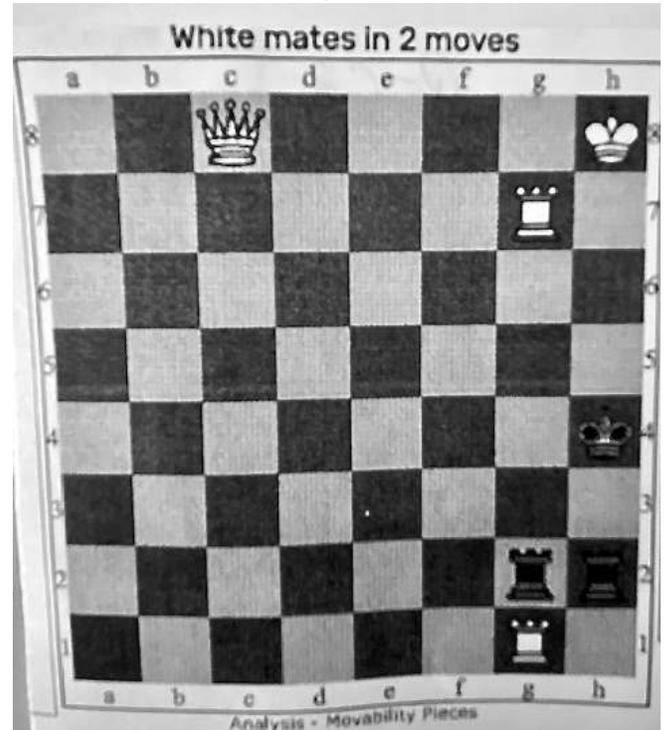
folks came and went.

This activity was prevalent throughout the campus during the pandemic, but almost everyone else has resumed their habits of old. The ladies of Polaris Court still meet in someone’s driveway fairly frequently—and occasionally invite any stray men in the vicinity.

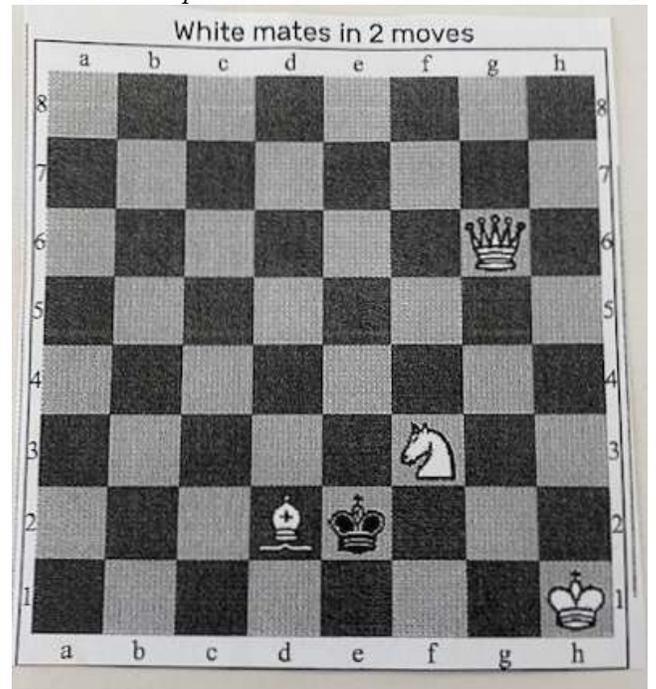
Chess Club News

By Richard Wong

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



This month’s puzzle is white to move and mates in 2.



Last month’s puzzle answer is Bishop to H6. Enjoy.

Memorial Day Parade

Photos by Ann Bell, Dita Domonkos, and Janet Silvester

May 30 provided perfect weather for the Memorial Day Parade, which featured residents and/or staff on bikes (two-wheel and three-wheel), in golf carts, and even on roller-skates as well as a few residents in vintage autos. Members of a newly formed kazoo band rode,

spread out among the golf carts, and, as usual, some of Fleet Landing's canine population was on hand. All were suitably attired in red, white, and blue. Safety and Security staff made sure everyone stayed safe as the parade made its way around the entire campus.



And the Music Continues

By Nancy Lundgren



Thanks to the generosity of residents Walter and Cynthia Graham, Fleet Landing's 2022 Chamber Music Series featured The San Marco Chamber Music Society on May 24 in Johnson Hall. The Jacksonville Symphony musicians who performed for this concert were Ingang Han, violin; Brian Magnus, cello; Ellen Olson, viola; Eric Olson, oboe; and Piotr Szewczyk, violin.

The ensemble performed quartets by Mozart, Vanhal, Bologne Chevalier de Saint-Georges, and a string trio by Schubert. Each composition delighted the audience with its special combinations of rhythms and instrumental interplay. Someone once described chamber music as a "conversation between friends." The conversation metaphor, I think, perfectly described the ambience as we watched and listened to this group of five talented musicians perform.

May WELLInspired Learning Series



LtoR: Marinette Asuncion-Uy, Sue Dukes, Jennifer Joy, Chris Gotschall

The speaker at the May 4 "WELLInspired Learning Series" talk was Licensed Clinical Psychologist Dr. Marinette Asuncion-Uy, Psy.D., a mental wellness speaker who is an expert in anxiety, stress, and compassion. Executive Chef Chris Gotschall; Jennifer Joy,

Director, Wellness Services; and local nutrition consultant Sue Dukes spoke at the May 18 session. The talks were held in Johnson Hall.

Using the Power of Self-compassion To Transform Your Life

By Enith Vardaman

Dr. Mariette Asuncion-Uy, after naming kindness, mindfulness, and common humanity as the three components of self-compassion, said she would concentrate on the second and third component.

Asuncion-Uy noted that meditation was a popular form of mindfulness. While acknowledging that it was a skill requiring practice, she emphasized its benefit to an aging brain.

Asuncion-Uy said that self-compassion involved giving to others, but also to yourself. This was in contrast to self-pity which would focus only on you.

She contrasted common humanity with isolation. Citing the examples of cancer treatments and COVID-19 impacts, she emphasized the importance of understanding that enduring such adversity is part of the human experience and not just confined to you.

Asuncion-Uy described what she called the yin and yang of self-compassion. In yin, self-compassion, we care for and nurture ourselves like a parent soothing a child. She characterized yang self-compassion as fierce, i.e., taking action to deal with our suffering comparable to a mama bear protecting her young.

She said research had shown self-compassion was linked to well-being. It leads to a reduction in conditions such as depression, anxiety, and post-traumatic stress. Positive outcomes include increases in life satisfaction, coping, resilience, and physical health.

Asuncion-Uy ended her presentation by guiding those present in a self-compassion meditation. Her concluding comment was, "Be gentle on yourself because you are all a work in progress."

Eat Smart: Decoding Fleet Landing's Menus To Benefit Your Health Goals

By Victoria Freeman

Chris Gotschall, Jennifer Joy, and Sue Dukes teamed up to discuss current Fleet Landing menus with the idea of eating to benefit health.

The presentation began with a walk down memory lane featuring Jello salads, TV dinners, Hamburger Helper and other popular items from earlier years.

Behavior change was the next topic. Most Americans have tried to change something, but failed. One third of the population is on a diet. When making food choices, ask yourself questions such as what you can leave behind, and whether you will regret this choice later.

The concept of food seasons of life was discussed. What was mealtime like growing up? How did you eat in college? In the military? As an adult, what factors, such

(continued on next page)

May WELLInspired Learning Series

(continued from preceding page)

as cost, ease, and seasonal availability, played into your food choices? The decision paradigm at Fleet Landing is just another season of adjustment.

Fleet Landing's WELLInspired menu is a collaborative effort of Gotschall, Joy, Dukes, and Chief Operating Officer Travis Schryer, with input from the Dining Committee. The menu follows American Heart Association standards, which include less than 6.5 grams of fat per serving and 20 mg or less of cholesterol. Sodium limits range from 140 mg to 480 mg, depending upon the food category.

Fleet Landing menus include helpful codes: W=WELLInspired, V=vegetarian, GF=gluten free, NS=no salt.

Techniques for taking charge of food choices included the following: Plan what you will eat before you go. Keep foods you don't want to eat, such as rolls, off the table. Ask for food adjustments like amounts, substitutions, and sauce on the side.

Resources for healthy eating at Fleet Landing include complimentary 15-minute consults with Dukes, which are offered twice monthly; behavior change strategy consults and accountability offered by Joy; and private consults for specific needs with Gotschall.

The panel also encouraged the use of technology such as My Fitness Pal, smart watches, and Fitbits.

Gotschall added a bonus item to the presentation: He is excited about the enhancements to food preparation that will be possible in the new French kitchen to be created as part of the Coleman Center renovation.

Fleet Six Concert

By Victoria Freeman



Famous love songs of commitment and heartbreak, and even one song devoted to the love of beer, were featured in the Fleet Six "More Love Songs" concert on May 2 in Johnson Hall. Only five of the six residents

belonging to the group were able to be present for this concert: Julia Pet-Armacost (flute, guitar, and cajon, a box-shaped percussion instrument), Bob Armacost and Gary Reichow (guitar), Gene Alvarez (harmonica), and Karen Sturtevant (piano).

"Sleep Walk," an instrumental piece by Santo and Johnny Farina, opened the show. The group performed 16 additional love songs including an 1890's version of "I Can't Give You Anything But Love, Baby" and "Perhaps Love," recorded in 1981 by John Denver and Placido Domingo, as well as "If I Loved You," "I'm in the Mood for Love," "Love Me Tender," and "You Made Me Love You."

There were four audience sing-alongs and a surprise appearance by The Boys From Fleet Notes (Bill Query, Beryl Hubbard, Walt Trevaskis, Larry Rose, Bob Chrisman, Armacost, and Reichow), who sang "My Old Kentucky Home" and "Goodnite, Sweetheart, Goodnite" under the direction of Pet-Armacost. They also serenaded Charlene Kurth, a former Fleet Landing resident present in the audience, with an impromptu "Happy Birthday."

The audience appreciated another delightful performance by this group.

Osprey Flying Lessons



Resident Charlie Steele captured these photos of an osprey parent perched on the weather vane atop the Coleman Center. It looked as though it was teaching its chick to fly.

USS *Stark* Memorial Observance at Naval Station Mayport

By Pat Kluever



View of the damage to USS Stark

A large crowd of Navy officers, local dignitaries, former USS *Stark* crew members, survivors of fallen crew members, and friends gathered at the USS *Stark* Memorial just inside the main gate of Naval Station (NAVSTA) Mayport on May 17. This year's annual observance occurred 35 years from the day USS *Stark* was attacked. Many remarked it was the largest number of attendees at the event in their recollection.

Background

The attack on USS *Stark* (FFG-31), an Oliver Hazard Perry class frigate, occurred in the Persian Gulf during the Iran–Iraq War on May 17, 1987, when an Iraqi jet aircraft fired two Exocet missiles at the American frigate. A total of 37 United States Navy personnel were killed or later died as a result of the attack, and 21 were injured.



This memorial plaque is displayed at Naval Station Mayport. A duplicate was mounted on a bulkhead inside USS Stark.

After the attack, Commanding Officer Captain Brindel ordered the starboard side of *Stark* flooded to keep the hole on the hull's port side above water. USS *Waddell* and USS *Conyngham* arrived to provide damage control and relief to *Stark's* crew. After temporary repairs by the destroyer tender USS *Acadia*, USS *Stark* set a course for Mayport Naval Station, Florida, the ship's home port.

35th Annual Observance

As Master of Ceremony, NAVSTA Mayport Command Master Chief Christopher Fitzgerald welcomed all those attending, noted key participants and attendees, and called for the colors to be paraded. The Navy Region Southeast band performed the National Anthem followed by an invocation.

NAVSTA Commanding Officer Captain Jason Canfield greeted those attending and expressed his appreciation for the hard work by all to plan and carry out the event, and for the significant presence by the community.

The widow and son of Senior Chief Quarter Master Vernon Foster, killed during the attack on USS *Stark*, offered a reading and an inspiring call to work together as a service, a nation, and a people to do what needs to be done.

Former Commanding Officer of USS *Stark*, Captain Peter Wynkoop, (Ret.), introduced former USS *Stark* crew member and Fleet Landing resident Rear Admiral Douglas J. Venlet, (Ret.), as the guest speaker.

Venlet thanked Canfield for keeping his Fleet Landing neighbors up to date on NAVSTA Mayport, and wished him well in his next assignment at NAS Jacksonville.

Venlet quoted a bible verse and reflected on his time onboard USS *Stark* as her Combat Systems Officer in the very spaces of that ship that were so badly damaged. He recalled reading all 37 names on the bronze plaque mounted on the bulkhead in his workspace, and personally vowed to always be ready to defend his ship and crew against any threat.

Venlet recounted that during his time on USS *Stark* the ship returned to the Persian Gulf for the first time after being repaired. On the exact spot where the ship was attacked earlier, the ship lowered a wreath into the water during a solemn service to remember and honor those 37 sailors lost on May 17, 1987.

Venlet closed by reading a letter from General Norman Schwarzkopf to the widow of one of his soldiers killed in a tragic accident, expressing his hope that she would find peace by knowing his service was not in vain. He wished the same for the survivors of USS *Stark*.

Two surviving members of the USS *Stark* attack read the 37 names of their fallen shipmates and tolled a bell after each name was read. All those covered (those wearing hats, caps, or military uniform head coverings) rendered a salute on the first bell and held the salute until the final 37th toll of the bell. A 21-gun salute and "Taps" followed the reading of the names.

A final gesture was a wreath laying at the USS *Stark* Memorial by former NAVSTA Mayport Commanding Officer Captain Matthew Schellhorn, (Ret.), and Commander-General, Naval Order of the United States Captain Robert Whitkop, (Ret.).

Armed Forces Day Flag Raising



Armed Forces Day, May 21, joined Memorial Day as the occasion for May flag raising ceremonies at the Flag Plaza, and as one of six days during the year designated for flying the POW/MIA flag.

Library Notes

By Enith Vardaman

We thank our recent donors: Maureen Linden, Ann Linn, Marion Mills, Sally and Pete Pitard, and Sandy Roth.

Reminder: No donations can be accepted while the library is in its temporary location in the Annex.

The success of the recent book sale would not have been possible without the assistance of staff. The help of Executive Assistant Jennifer Arsenault, who was assisting with a book sale for the very first time, proved to be invaluable. She verified that there were no conflicts with the proposed dates, arranged for the tables to be set up and taken down, made attractive posters advertising the sale and the half-price final day of the sale, advertised the sale with an item in "News & Notes," collected boxes to use in packing up the leftover books, and even helped carry boxes of leftover books into the Dinda Library at the conclusion of the sale. Transportation Supervisor Brandon Levy set up the tables with the attractive blue coverings. The task of taking down the tables fell to Driver Chris Wellington, who also carried boxes of books back to the library. Concierge Katy Blevins also pitched in, toting boxes of books back to the library.

Library Committee members Pattie Loveland, Eva Sprinkle, and Enith Vardaman appreciated the help of these resident volunteers: Ann Bell, Rae Donnelly, Victoria Freeman, Connie Kolster, Ann Linn, Martha Marchetti, Sally Nielsen, Ellie Smith, and Chris Stanley. They helped with setting up the sale by putting the books out on display and/or by packing up the leftovers. Setting up the sale involved the labor-intensive task retrieving books from storage in the library and from a storage closet on the third floor of the 4000 Building.

The Library Committee is also grateful to all the residents and staff who patronized the book sale. The proceeds of about \$350 will be put toward the purchase of large print books and library supplies.

Books left over from the sale were donated to BEAM (Beaches Emergency Assistance Ministry) for use in its thrift stores.

Deck Replacement Progress

Photos by Enith Vardaman



At the time of this writing, replacement of the deck stretching from the pool to the 4000 Building was nearing completion.

Art Club Activities—New Beginnings

By Patricia Payne



To kick off the new art exhibit space and the reopening of the upgraded art studio in Windward Commons, on May 5 Fleet Landing treated attendees with a two-story reception that featured wine as well as trays of savory and sweet goodies.

The exhibit space is located on the first floor, on the blue wall between the reception area and the aquatic center. Using the new hanging system requested by the Art Club, the Exhibit Committee artists and Fleet Landing's Remodeling Services staff managed to display 37 artworks along the 39-foot long wall. The Art Club is providing information about each item in a handout located on the reception counter adjacent to the entrance to the space. The July issue of *FLEET BEAT* will have a description of the artwork.

The art studio, which is on the second floor, underwent a significant facelift over the past several months. Here's what the studio upgrades mean for artists:

- The light, neutral colors don't distract the eye from the work. There is ample space to lean a work in progress against the wall for distance viewing.

- When connected to a user-provided laptop or tablet, the large-scale monitor enables artists to use the studio to participate in online courses and workshops.

- The new blinds control glare from the sun without interfering with the natural light.

- The new bookshelves are being used to organize books and other media so artists can easily locate items of interest.

- The new lighting includes recessed cans in the ceiling, which provide ambient cool light, and hula hoop lights, which provide warm, bright light.

Before the renovation, the Art Club was fortunate to have a local artist, Gordon Meggison, to offer art instruction. Here is some breaking news: The Art Club Education Committee is contacting additional local artists and teachers who might be available to present courses and workshops in the studio. Two of them recently toured the studio and were really enthusiastic about teaching there.

If you know of any potential art teachers—or if you are interested in taking courses—please contact Patricia Payne at p.payne5@icloud.com with specific information. And join the Fleet Link Art Club group for information about using the studio and other Art Club activities.



Golf Classic Returns

By Enith Vardaman



The Golf Classic enjoyed wide support.



The golf carts were ready to go.

After a two-year hiatus caused by COVID-19, Fleet Landing’s Golf Classic, which benefits the scholarship program, returned on May 2 with great success. Chief organizers of the event, which was held at the Atlantic Beach Golf Club, were Director of Charitable Gift Planning Olivia Bush and retired Executive Assistant Betsy Teske. Residents Miles Nogelo and Ray Rigney helped with organizing resident volunteers.

Participants in the golf tournament included residents, community friends, and vendors. Some of the vendors even came from elsewhere in the country. Meredyth Sunter, who is visually impaired, played with the aid of a spotter. She is the daughter of new resident Sherry Lipp.

Participants had a grab-and-go lunch. Later in the day, they enjoyed heavy hors d’oeuvres at a gathering when prizes were announced as well as the winner of a drawing for a very large wine gift basket.

The final tally is not yet complete, but the proceeds already exceed \$173,000. This figure includes support from Fleet Landing residents who were not participants in the tournament.

Think Tank

By Bob Dinda and Bo Smith

Do you avoid talking politics with family? Are you concerned that your opinions might insult your dinner partners? Fleet Landing has a remedy that will let you air your ideas, and no one will be mightily upset. They may argue forcefully, but you will make friends, not lose them. Try Think Tank. We meet each Monday at 1:30 pm in the Meditation Room in Windward Commons (on the first floor near Mary Faria’s office). Before each meeting members receive an editorial or

news article meant to spur discussion. And sometimes we actually stick to the chosen topic. There are only four rules: Don’t dominate the conversation, tell it like you see it; respect the person, if not the opinion; leave as friends. Most members identify as conservative, some strongly so, but we have a few confident liberals to keep the pot stirred. It’s sometimes Fox News versus The New York Times, but you will usually come away with new ideas and insights that you hadn’t considered. A few weeks ago, we polled each member on ten hot-button issues of the day—from abortion to national debt. We found that no matter where we fell on the political spectrum, we shared many values. Please come; express your thoughts; expect some verbal eye-rolling, plus maybe a little heat; and leave as friends.

Architect for Resident Drumming Circle

Text and photo by Cynthia Graham



It all started when residents Bob Armacost and Julia Pet-Armacost convened a gathering of residents interested in participating in music at Fleet Landing. Pam Medina said she wanted to play her buffalo drum. The Wellness Department supported the idea, and Cynthia Graham identified a highly qualified local musician and drumming architect to lead the drumming circle on Sunday afternoon, May 22.

Alisha Ross Ramcharitar, Chief Drumming Architect of Just Add Rhythm, LLC is a graduate of Berklee College of Music in Boston, MA, and has an M.A. in ethnomusicology from Tufts University, which is in the Boston area. She completed her thesis research in Senegal and in Boston. Ramcharitar brought an assortment of drums and percussion for 30 people. Luckily, five residents brought their own drums, so there were enough drums to invite into the circle five people who planned just to watch.

Ramcharitar is dedicated to utilizing the power of music and movement to help others discover their true healthy selves—and to have lots of fun and be a little playful along the way. Certainly the drumming session achieved these objectives, and participants hope the Wellness Department will sponsor future opportunities to drum together.

Blair Crimmins and The Hookers

By Isobel Spink



The large audience in Johnson Hall on May 13 responded enthusiastically to Blair Crimmins and The Hookers’ opening New Orleans ragtime piece. Six musicians, all excellent, serenaded us with vocals, keyboard, bass, drums, banjo, guitar, clarinet, sax, and tenor sax. In her introduction, Mary Faria, Manager, Wellness Services, said that their music was modern, but also rooted in the past. She was so right.

As advertised, this was certainly “supercharged hot ragtime jazz with a touch of rock and roll,” and it was fast and furious. Each of the musicians showed their talent in solos. Crimmins, the leader of the group, was superb on the banjo and even played the guitar like a banjo at times—with his long hair constantly in motion to the beat. He had a southern/country accent, which sometimes made it a bit hard to hear his vocals over the music, but it was all about the music.

The drummer and pianist, were, in my opinion, particularly good, but Fleet Landing residents enjoyed every note, clapping enthusiastically after each piece. I can pretty much guarantee that no one was napping during this concert.

Our Beach: Part 2

By Bo Smith

At night when the wind is still, I think that I can hear the waves at our beach. My wife assures me it’s my imagination. Maybe, but listen closely, do you agree? What makes waves? The quick answer to a complex question is the wind. Wind transfers energy to the surface of the ocean causing ripples. Those ripples converge with other ripples to form waves and they converge with other waves and eventually form swells. The wave is just energy moving through the water, the water doesn’t move forward. Think of sound waves, they move through the air, but the air doesn’t move forward. The energy in the swell moves in a circular manner until the water becomes shallow enough for the wave to become destabilized by the bottom. The bottom of the wave is slowed by friction, the top grows higher and moves ahead and breaks and its energy is transferred to shore. So, watch waves at the beach—you can spot a swell well out, and it may have originated in a storm thousands of miles away. As it gets into shallower water, it begins to slow and become higher and less stable until the top rushes forward and the whole thing crashes. When you watch a wave you

may see it grow as it passes sandbars and re-form as it gets into deeper water again and finally, when the water is too shallow, the top rushes forward and the wave breaks. You hear surfers talk about breaks, those are reefs, submerged cliffs or sandbars that force the wave into shallower water and to break.

Our beach is remodeled with each tidal cycle (twice a day), and it naturally erodes in winter and builds up in summer. It is the nature of a natural beach to come and go, to build up and then erode, and that’s not a problem except when permanent structures are built there, and the shoreline must be stabilized. To maintain our beach and to protect property, sand is periodically pumped onshore from offshore sand sources and spread by bulldozers in a process called “beach nourishment.” The last nourishment of Duval County beaches in 2019 cost \$15 million and another nourishment will be needed in a few years. The critics argue it’s too expensive for a temporary fix, and that the government shouldn’t pay to protect private property. The bottom line is that Florida has decided its beaches are essential to the state’s economic health and beach nourishment is the best option.

So much for waves and sand. Next month we’ll get to the fun stuff: seashells, sharks, birds, and fishing. Sea turtles, definitely “fun stuff,” were discussed in the May issue of *FLEET BEAT* (page 26). We’re in the height of turtle season now.

(The second of four parts about our beach.)

Catty Shack Guided Tour

Photos by Janet Silvester

The website of the Catty Shack Ranch Wildlife Sanctuary declares its mission “is to provide a safe, loving, and forever home to endangered big cats and to educate the public about their plight in the wild and in captivity.” The organization focuses on the rescue of exotic animals from serious situations. Fleet Landing residents enjoyed a tour of the facility on May 16.



(continued on next page)

Catty Shack Guided Tour *(continued from preceding page)*



Grilled lobster tail

30 North Menu in Pictures

FLEET BEAT photographer Ann Bell, who is always on the lookout for photo ops, found one in the elegant presentation of menu choices while dining at 30 North. For the full effect, these photos should be viewed in color, and you can do that by going to “FLEET BEAT” under “Publications” on Fleet Link. To see larger print, scroll to the end of the issue and select “Click here to view and/or download the entire document.”



Swordfish



Left: Jungle Bird cocktail. Right: Seared scallops.



*Left: Yellow tomato gazpacho.
Right: Pastrami cured salmon.*



Blood orange tartlet