



# FLEET BEAT

VOL. 33 No. 8

THE FLEET LANDING RESIDENTS' NEWSPAPER

Sept./Oct. 2023

## City of Atlantic Beach Spotlights Fleet Landing Artists

By Nancy Lundgren



*Art Club Coordinator Pat Payne with her paintings*

For its September 2023 Art Exhibition, Adele Grage Cultural Center featured 19 Fleet Landing artists. The exhibit filled the building with a diversity of two- and three-dimensional pieces that invited viewers to stop and enjoy the mood, texture, and subject of each one.

Bird lovers could marvel at Jackie Stack's "Roseate Spoonbill Preening," Barbara Milon's "Flamingo," Paula O'Bannon's "2 & 2" blue and pink frolicking birds, and Pat Payne's White Heron in "Another Lake View." For the gardeners, Gayle Banks exhibited a "Chinese Hibiscus," Sally Pitard did "Irises By the Pond," Carol Bowser painted a "Green Vase With Flowers," and Richard Lundgren set an autumn mood with his "November Trees."

Veronika Jenke had two "Folded" ceramic pieces that caught the light from several angles. For moon watchers, Monica Côté had a series of "Super Moons" that captured the color and mood of different landscapes. Imogene Coleman's abstract painting in blues evoked the power of "Intuition."

Travel destinations included Craig Miller's "Istanbul Produce Market" and Lynn Blakemore's "Giverny Front Door" and "Oink and Grin" Paris patisserie display. Glenn Perry's massive "Above the Songnefjord in Norway" captured the grandeur of the Scandinavian fjords. Pat Payne's "Sanctuary" suggested the peaceful calm of the mountain forests in Reunion Island.

Landscapes rural and watery, of course, featured prominently in the exhibit. Julia Pet-Armacost's "Sunset Ridge at Windridge Farm," Bo Smith's "Pete's Barn," and Frances Jones's "Swamp" were some examples.

Paintings of people were also on display with Judy Barton's "Lady With the Mask" and John Hen's "Piano Man on NY Square."

These and many more beautiful works of art delighted the guests from Fleet Landing and the Beaches community who attended the reception on September 21.

*(For more exhibition works, see page 16.)*

## Fleet's Got Talent

By Chet Davis



*Julia Pet-Armacost and Bob Armacost*

August 26 saw a large Johnson Hall audience enjoying the fourth "Fleet's Got Talent" (FGT) with Julia Pet-Armacost and Bob Armacost as coordinators. Twenty-eight residents and three Fleet Landing staff members participated in the 16 acts featuring the spoken word as well as vocalists and instrumentalists in solos, duets, and groups.

The musical groups were The Boys from Fleet Notes, led by Pet-Armacost and accompanied by Karen Sturtevant on the piano, and the Dulcimer Doers, whose performance included an audience sing-along. Instrumental soloists included Bunky Johnson on the clarinet (with Sturtevant's accompaniment); Eunice Rogerson, who played such a lively tune on the saxophone that some residents got up and danced; Pete Sheridan on the piano; and Pet-Armacost on the flute (accompanied by Sheridan). Vocal soloists were Julie McLaughlin (accompanied by the Armacosts on guitar); Sandi Smith, accompanying herself on the piano; and drivers Rob Friedman and Marie-Claire Allen (with Richard Wong providing guitar accompaniment for both of them).

Pam Robbins, in one of her amusing tales of dealing with her mother's dementia, advocated laughter as the best medicine. This show provided lots of laughs: There were renditions of "Ain't She Sweet" with Gary Reichow and Mary Steinke (accompanied by Armacost), and "Anything You Can Do, I Can Do Better" with Joyce Ezell and Walt Trevaskis (accompanied by Barbara Trevaskis at the piano). John Rogerson sang about why a rather frumpy Eunice Rogerson was "My Kind of Girl." John Johnson's recitation of "The Cremation of Sam McGee" got a standing ovation. The "Fleet Landing News" skit that closed the program had the audience laughing throughout. Paula O'Bannon was anchor for a newscast that featured Wong reporting from Hong Kong

*(continued on page 18)*

## September Residents' Council Meeting

By Howard Burdick

Residents' Council President Eileen Theis convened the September 19 council meeting in Johnson Hall. She informed those present of the casual dress code for newly opened Breakers.

Dick Beltson, Vice President of our Historic Mayport Chapter of the Military Officers of America Association (MOAA), presented the interim results of an ongoing survey, begun in November 2022, to identify residents with a military affiliation. Two-thirds of our residents may be eligible for service-related benefits. Encouraging membership in the chapter, he described the many resources it offers for accessing benefits.

Management Review. Chief Operating Officer Brian Weiss reviewed the status of numerous projects, including the Coleman Center renovation, a new crosswalk, refurbishment of the gazebos, inspections of fire alarms and safety equipment, installation of new croquet and lawn bowls matting, refresh of public spaces in the 2000 and 3000 buildings, and repairing of terrace cracks in the 8000 building.

### Council Reports.

Vice President Bob Peterson reminded residents to silence their cell phones at public events.

Treasurer Charles Winton reported continuing positive financial results. Details may be reviewed in our library. He also announced the official beginning of the Residents' Gift Fund drive. In 2022, \$770,000 was distributed to hourly employees to show appreciation for the quality of life they help provide residents throughout the year. This year's goal is \$775,000. Checks may be deposited in boxes in several locations around campus.

Human Resources and Marketing. Ernie Bio introduced our new Wellness Services Director, Sue Dukes. The Leader of the Quarter was Brandon Levy, Transportation Services Manager. The Staff Member of the Month for August was Rachel Leslie, Human Resources Assistant and editor of the staff news bulletin. With 28 new hires in July and August, our staff is now at 94 percent strength. The turnover rate is a comparatively low 25 percent. All occupancy levels are well over 90 percent. Lobster Tales numbered 274 in July, and 206 in August. Marketing events include ongoing First Look information sessions and Floor Plan Showcases.

Safety and Security. Peterson reviewed the operation of our motion detectors, noting a recent change from a 10 am to 10 am fixed monitoring period to a rolling 24-hour period of no movement detected. Many unnecessary home checks by Security staff result from residents not filing absentee forms.

Wellness. Nancy Russell, sporting a T-shirt emblazoned with "Stand up straight, squeeze your g....s!" explained how residents can amass the required time/points to acquire same and/or a blue Fleet Landing tote bag through various means of exercise.

Dining and Housekeeping. Lynette Beitz reviewed the history of Lobster Tales and reported that an outdated machine in the laundry facility was gone, and a new table for sorting laundry was on order.

Healthcare. Ann Bell reviewed recent personnel changes, noting the departure of Physician Assistant Doug Fowler and welcoming Nurse Practitioner Meredith Broner. New procedures in The Nancy House have reduced the number of resident falls significantly. A recent inspection of skilled nursing by Florida's Agency for Health Care Administration resulted in a five-star rating.

Facilities. Ken Hollinga commended the staff for their work before and after the arrival of Hurricane Idalia as a tropical storm. He also reviewed zone inspections completed and scheduled for the remainder of the year as well as numerous impressive campus projects completed, ongoing, and scheduled.

Secretary Judy Poppell reviewed numerous suggestions, which are too detailed to cover here. They may be reviewed in council minutes.

Resident questions/comments included the following:

- How to identify last names of employees on Lobster Tale submissions? If the department in which the employee works is clearly noted, the supervisor will know. Otherwise, send a query to Communications Manager Megan Clemensen or Weiss.
- A discussion on staff turnover rates revealed that our scholarship awards have contributed to our comparatively lower rate.

*Editor's note:* Additional details from council reports can be viewed on the slides on Fleet Link under "Residents' Council" and then "Residents' Council Presentations."

### **FLEET BEAT STAFF**

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Photographer and Reporter.....Dita Domonkos

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Kristin Perry  
Carol Smith  
Sally Nielsen  
Bo Smith

Chet Davis (Roving Reporter)

#### **All the news that fits...**

*Contributions to FLEET BEAT are welcome. Please place copy or any comments you may have in box 1107 at the Coleman Center. Neither letters to the editor nor anonymous submissions are published but we are, of course, mindful of your comments. Issues of FLEET BEAT can be found at [www.fleetlanding.com](http://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.*



## Fleet Landing Golf Classic

By Isobel Spink

Photos by Fleet Landing staff and Isobel Spink



*Some of the volunteers*



*Some of the Fleet Landing golfers*



*Enjoying the luncheon*

Inclement weather caused the Fleet Landing Endowment Fund Golf Classic to be canceled on its original planned date in May. September 25 was quite the opposite—a gorgeous day. Moreover, the Atlantic Beach Country Club course was in superb condition, and the greens were like lightning. The tournament raised approximately \$100,000, enough to fund at least 35 scholarships for our staff.

Seventeen residents played golf, and at least that many volunteered to help with the tournament and sell tickets for the drawing. The rest of the golfers were from vendors that do business with Fleet Landing. Resident Lory Doolittle was the generous title sponsor, twelve other residents sponsored individual holes, and many others made donations to this wonderful cause.

Each player received a box of breakfast goodies and snacks plus six golf balls, and following play, they had a delicious buffet luncheon and open bar.

Father Rafael from St. John the Baptist Catholic Church was on my team. He kept us laughing for five hours and also made a 35-yard putt for an eagle. Sharyn Jenkins was the Fleet Landing prize winner for being closest to the center line on one hole. The tournament winners, who were from the vendors, were 16 under par. They were seated at my table for the luncheon, which was a treat.

Congratulations for this successful event are due Fleet Landing, the vendors, and especially Charitable Gift Planning Director Kathy DeSiena for her excellent job in pulling it all together. It was well worth the wait to wear the beautiful purple shirts given to participants.

## Lawson Ensemble and Special Guests

By Enith Vardaman



Fleet Landing residents are well acquainted with the musical excellence of the Lawson Ensemble. Jacksonville Symphony members Aurica Duca (violin) and Clinton Dewing (viola) as well as University of North Florida associate professor Nick Curry (cello) have performed here often. Their talent was augmented on August 28 by guests Scott Yoo (violin), Alice Dade (flute), and Jessica Oudin (viola). All three have had extensive performing experience in prestigious venues.

The concert featured two Mozart works, Flute Quartet in D major, and Quintet in D. The former was unusual in that it was made up of only two movements. Curry provided the commentary on that piece. Yoo provided commentary before each movement of the quintet. Each movement was a showcase for the skill of these musicians, but in the final movement, extraordinary virtuosity was on display.

The Johnson Hall audience was especially appreciative of this superb concert.



## Coleman Center Renovation Progress

Photos by Ann Bell, Dita Domonkos, and Ed Hollender

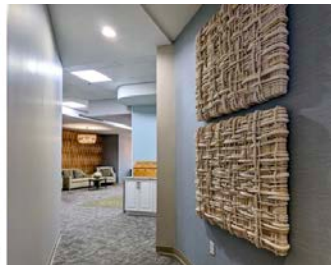
With the recent opening of the concierge desk, administration area, lounge area opposite the elevators, social mailroom (now called Communication Center), Charitable Giving Office, restrooms, and Breakers, major progress in the renovation of the first floor of the Coleman Center is now visible. While adjustments and finishing touches are still in the offing, these areas have become functional again.



*Left: Cathy Burgess at the concierge desk.  
Right: Partial view of the administration area.*



*The new library, which is still under construction, will be at one end of Breakers.*



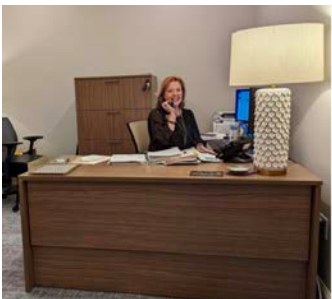
*Left: Lounge area opposite the elevators.  
Right: Hallway leading to other renovated areas.*

*Left: Some of the new library shelving is visible.*

*Right: Most of the library shelves will be behind the decorative wall, with entrances on either side.*



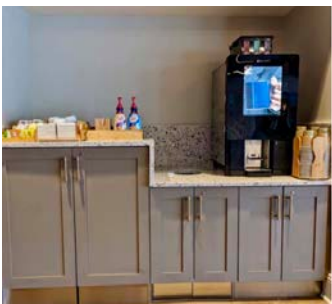
*View from the other end of Breakers, looking back toward the library*



*Left: Kathy DeSiena in the Charitable Giving Office.  
Right: Partial view of the social mailroom, now called Communication Center.*



*Breakers offers a variety of seating arrangements.*



*Left: Coffee station.  
Right: Library office.*



## Breakers Grand Opening

Breakers had its grand opening on September 14, and *FLEET BEAT* photographer Ed Hollender was on hand for the festivities.



## Chenny Gan Returns

By Enith Vardaman



What do John Lennon and Paul McCartney have in common with Vivaldi and Stravinsky? They created works that fit in with Chenny Gan's September 8 "Piano Goes Nature" concert. The four sections of the concert, "Plants," "The Seasons," "Animals," and "The Elements," were each made up of four compositions on those themes. Besides works by the composers mentioned above, compositions included a Chinese folk song, a popular song ("Autumn Leaves"), and pieces by other classical composers—both contemporary and from earlier centuries.

Gan is Associate Professor of Music at Wesleyan College and Director of the Graduate Program in Music in Macon, GA. Her performing career has taken her to over a dozen countries on three continents. This was the third time Fleet Landing residents were privileged to hear her perform. (See *FLEET BEAT*, Nov./Dec. 2021, page 13, and November 2022, page 10, for articles about her two previous appearances.) In the program notes, she was described as being celebrated for her virtuosity and adventurous playing, and the Johnson Hall audience would certainly agree with that characterization. They gave her a standing ovation, and she graciously responded with an encore.



## Kazoo Band Tour

By Carol Smith



*Kazoo band on tour*



*LtoR: Libby and Randy McDonald and Carol Smith with kazoo's shaped like a French horn, a trombone, and a trumpet.*

The Fleet Landing Kazoo Band went on tour in August with performances in the four healthcare locations. Formed last year to provide live music in the holiday parades, the band began with around a dozen players and now has over 40 musicians. Before getting into the decorated golf carts to play throughout the parade route, the kazoo's provide patriotic music at the flag raising.

The August tour began in Leeward Manor, where residents sang along to many old-time favorites. Following John Johnson's enthusiastic lead, residents joined the kazoo's in beautiful harmony. At The Nancy House, residents enjoyed the United States Armed Forces songs and laughed along with the band as its members tried to play requested tunes they didn't know well. At the Derfer Pavilion, a resident requested "Take Me Out to the Ballgame," which the band did know, and the staff declared it a home run. The final appearance of the month was at North Point, where the band enticed residents to join them in the lounge area for happy hour.

Residents Randy and Libby McDonald donated several metal kazoo's, which they purchased at the Kazoo Capital of the World in Eden, NY. Established in 1916, the Original American Kazoo Company is now the only original metal kazoo factory in the world. As seen in the photo, three of the kazoo's donated by the

McDonalds are in the shape of a trumpet, a trombone and a French horn,

## FleetHearts

By Judy Poppell



*Jackie Smith presents FleetHeart's donation for school uniforms to Jennifer Beale-Collier, Principal of Anchor Academy.*

Fleet Landing's new community service club is off and running! The name of the new club is FleetHearts, and members are coming up with a list of potential projects that will serve Fleet Landing and the greater Beaches community. The club meets monthly, on the second Thursday of each month, at 12 noon in The Retreat. New members are welcome. There is no cost to join.

The club has adopted Anchor Academy, a Duval County elementary school in close proximity to Fleet Landing. This K-5 school is located just outside the entrance to Hanna Park. Over 95 percent of the enrolled students are children of active military personnel, and there is considerable student turnover at the school as a result. Just like their parents, the students wear uniforms. FleetHearts members have made a generous donation to the school to purchase uniforms for those students whose parents are struggling to afford them. Members will also be volunteering at the school by reading to and with K-3 students as well as assisting in other school activities.

FleetHearts members are collecting Currents takeout bags and donating them to Beaches Emergency Assistance Ministry (BEAM) for use in filling groceries for their food bank clients. Don't discard the bags; donate them instead. BEAM has two food bank locations, with one nearby on Mayport Road (1447 Mayport Rd #6c). BEAM also welcomes our Fleet Landing volunteers to assist at their food banks and thrift stores.

If you wish to join the FleetHearts and/or have questions regarding volunteer opportunities, contact Judy Poppell or Jackie Smith for more information. The next meeting of FleetHearts will be on November 9.



## Play Music on the Porch Day 2023

By Nancy Lundgren



*Kazoo Band*

It started as an idea: “What if everything stopped ... and we all just listened to the music?” In 2014, Brian Mallman, a Los Angeles-based artist, and some friends decided to share this idea with the world. It went viral. By 2018, musicians from more than 70 countries and thousands of cities were playing, and the movement continues to grow. Regardless of their differences, musicians understand that music is powerful and universal.

Thanks to resident Victoria Freeman, Fleet Landing can now be counted as a contributing member to this worldwide movement. Making their official debut on August 26, a group of Fleet Landing musicians played music that delighted the audience gathered on the Annex porch. With local artist Jim Draper’s painting featuring the St. Johns River as a backdrop, the porch became a stage for the performers.

Members of the Fleet Landing Dulcimer Doers (Kristin Perry, Carol Smith, Carol Bowser, and Freeman)

opened the program with several selections, some perfect for a sing-along. Next up was the Fleet Landing Kazoo Band that had everyone singing with that very special kazoo genre of music.

Ivy Suter on violin began with a couple of patriotic songs, then transitioned to some lively Scottish tunes, and ended with Alberto Pestalozza’s merry Piedmontese ballad, “Ciribiribin.” Last, and certainly not least, came Richard Wong on electric guitar, Linda Gottlick on acoustic guitar, and Jean Sullivan on ukulele, with staff member Marie-Claire Allen on vocals. The tempo changed, and the porch was rocking with their rendition of “Sweet Caroline” and “The Operator.”

Freeman read several beautiful quotations about music between acts. One quote from George Eliot seemed to sum up the afternoon: “Music infuses strength into my limbs and ideas into my brain. Life seems to go without effort when I am filled with music.”



*Dulcimer Doers*



*Left: Ivy Suter.  
Right: Linda Gottlick and Jean Sullivan.*



*Left: Richard Wong. Right: Marie-Claire Allen.*



*The audience included Ken and Chris DeVries, who were tending their raised garden by the Annex.*



## Rethreaded Visit

By Carol Smith; photos by Ann Bell



*A portion of the artwork*



*Enticing items from the gift shop*

Fourteen Fleet Landing residents had the opportunity to learn about a dynamic and successful nonprofit organization in the Jacksonville community on August 17. Rethreaded was founded by Kristin Keen in 2012. As described in its mission statement, Rethreaded “exists to restore choice, eliminate vulnerabilities to exploitation, and break the cycle of generational trauma for survivors of human trafficking by providing employment, career development, and support services.”

Using the power of business, Rethreaded produces and sells goods such as its signature scarves and bracelets made from donated T-shirts. A donation of airplane seats inspired the creation of leather products. One of its most popular items is the homemade toffee, which comes in nine flavors. Individuals in the program take on a variety of tasks in the business. The production studio offers six different departments where the various products are created. Business administration and sales jobs provide a safe workplace, fair wages, and opportunities for growth. In addition to employment opportunities, Rethreaded offers a comprehensive program of support, which includes

individual and group therapy and career development. All of its efforts are designed to foster a sense of community and security.

The Rethreaded campus also features artwork, created by a muralist and two mosaic artists, representing the journey to healing for the survivors of human trafficking.

Inspired by the Rethreaded mission, Fleet Landing residents took advantage of the opportunity to purchase some of the popular products in the lovely gift shop. Learning that 30 percent of Rethreaded’s income comes from sales, everyone decided to contribute to the effort and enjoy a shopping spree.

## Wildlife Sightings



*Left: A turtle ventured out of the lake for a visit to the home of Walter and Cynthia Graham. (Photo by Cynthia Graham)*

*Right: Resident Patricia Payne titled this photo of a cormorant “Après-swim.”*

## Fleet Classics Bonus Program

By Chet Davis



The musicians of Fleet Classics managed to squeeze in one more concert this year despite the demands of preparing for two other showcases of resident skills, Fleet’s Got Talent at the end of August and the Follies in October.

These gifted residents presented themes from familiar classical works by Chopin, Mozart, Handel, Bach, Schubert, Brahms, and more. Julia Pet-Armacost provided commentary before each piece.

The audience in Johnson Hall on August 22 was rewarded with a pleasant afternoon of music. They appreciated the talent displayed by Pet-Armacost (flute and piccolo), Bob Armacost (12-string guitar), Bunky Johnson (clarinet), Charles Winton (French horn), Karen Sturtevant (piano and harpsichord function of an electronic keyboard), Ivy Suter (violin), and Eunice Rogerson (soprano and tenor saxophone).



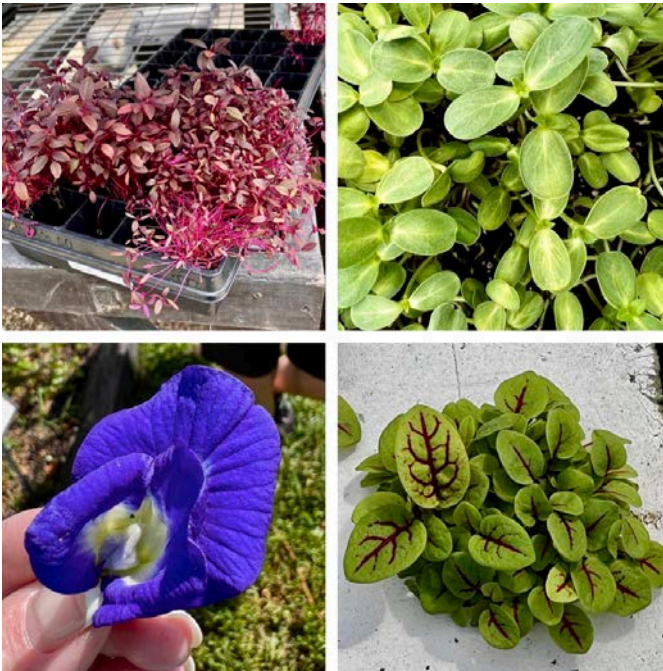
## GYO GREENS Farm Tour

By Dita Domonkos

Photos by Dita Domonkos and Ann Bell



*Reed Hepperly, the tour guide*



*Close-ups of some of the produce*



*LtoR: Dita Domonkos (FLEET BEAT reporter on assignment), Bettina Bennewitz, and Driver Rob Friedman sample the produce.*

Ponte Vedra Beach is home to GYO GREENS, an organic, sustainable, aquaponics farm that provides specialty produce, such as microgreens, petite vegetables, and edible flowers to gourmet restaurants in the First Coast area. GYO GREENS, which we toured on September 5, was named after the Japanese word for fish. The farm was created by Helga Tan-Fellows, who spent some time in Tokyo. She admired traditional Japanese gardens linking fish, water, and plants, and was inspired to create a holistic farm.

GYO GREENS uses aquaponics, combining aquaculture, which raises aquatic animals such as fish, with hydroponics, which grows plants in water, as its primary sustainable farming method. Its logo, showing a fish morph into a plant, illustrates this relationship. Our guide, Reed Hepperly, explained that water containing organic waste from koi fish living in tanks provides the organic fertilizer used for raising many of the plants. This water is treated with beneficial bacteria to create nutrients for the plants, and then circulates to large growing beds on which rafts of growing microgreens float. These rafts are plastic trays with holes, in which seeded peat plugs are placed, allowing the growing roots to feed and metabolize the waste, thus filtering the water that recirculates back to the fish tanks, a holistic farming method of symbiotic coexistence.

Since the water circulates from fish tanks to growing beds back to fish tanks again, this way of farming requires 80 percent less water than used in traditional farming methods. Since the roots grow in water, they use less space than if grown in soil, and more plants can be produced in a given space than could be cultivated in soil. The produce is raised without pesticides, which would harm the fish. Instead, the farm uses companion planting and beneficial insects.

The main crops of GYO GREENS include red veined sorrel, bronze fennel, Swiss chard, pea shoots, mustard greens, and edible flowers such as nasturtiums. These produce products are delivered to top restaurants in the plastic beds in which they are grown. The beds are picked up during the next delivery to be cleaned, sterilized, and reused as growing beds, thus eliminating waste from growing and transporting the produce.

In addition to its produce business, this “boutique” farm provides educational tours to schools and internships to university students. Unfortunately, the Palm Valley Farmers Market across the street from the farm was closed on the day of our visit, but nevertheless, walking through the two greenhouses and outside beds of GYO GREENS with our guide was instructive and delightful. We had the added benefit of walking along the outside boxes of herbs and edible flowers with our guide’s father, Paul, who entertained us with stories about growing ginger in India and invited us to taste and eat the edible flowers.



## Coast Guard Birthday Celebration

Photos by Dita Domonkos and Julia Pet-Armacost

Fleet Landing celebrated the 233rd birthday of the US Coast Guard on August 4 with a traditional flag raising ceremony at the Flag Plaza.



## Jacksonville's Seaport and Maritime History

By Chet Davis

On August 1, Dr. Alan Bliss, CEO of the Jacksonville Historical Society and a former professor at the University of North Florida, gave a comprehensive presentation covering several centuries of Jacksonville's maritime history.



In his Johnson Hall talk, Bliss expounded on several themes. These included that Jacksonville exists where it does because it is both a river port and a seaport; river and harbor dredging has been going on for over 155 years; and the Naval presence came about during the Depression and the New Deal.

Bliss's illuminating lecture was filled with facts relating to Jacksonville's development over time. The jetties, which extend about one mile into the Atlantic Ocean at the mouth of the St. Johns River, are a key element in making the river navigable. They were installed in the late 1800's. The original port was located in downtown Jacksonville, and some of the piers are still in existence. Break-bulk shipping (cargo transported in units such as bags, boxes, crates, drums, and barrels) gave way to containers, and with that,

a transition to the Talleyrand and Blount Island container terminals. The Navy and the shipping industry account for about one-third of the economy of Jacksonville. A key to the economic success of the shipping industry has been the close proximity of railroads and highways, permitting rapid transfer of goods and containers.

Residents came away with new insights into our area's history.

## September MOAA Meeting

By Pat Kluever



*LtoR: David Podia, Jackie Smith, Pat Kluever, Clay Yarborough, Dick Beltson*

On September 26, about 70 residents and members of the Historic Mayport Chapter of the Military Officers of America Association (MOAA) gathered in Johnson Hall for a town hall with Clay Yarborough, our Florida State Senator. Chapter President Pat Kluever presided over the meeting.

Yarborough served eight years on the Jacksonville City Council and, in his final year, he was president of that 19-member body. He then went on to serve six years in the Florida House of Representatives before being elected to the Florida Senate. As a Florida legislator, Yarborough can vote to approve changes to Florida Statutes, Chapter 651, the law that specifies requirements for the operation, control, and reporting of continuing care retirement communities in Florida.

Resident Jackie Smith introduced Yarborough. Attendees then heard Yarborough's top issues and plans, and they asked multiple relevant questions relating to Florida education and insurance issues and the perception that localities were losing local control to state-level mandates. Yarborough was very appreciative of the questions and said he could relate to the concerns expressed. His responses to all of the questions were thoughtful and common sense.

At a lunch preceding the program, a small group of Fleet Landing residents and staff had a chance to explain how Fleet Landing operated and was organized to care for our 800+ residents. The senator appreciated having the information about Fleet Landing before the program.

Both Yarborough and David Podia, his aide, were impressed by Fleet Landing and expressed a desire to return for a more detailed tour. The two remained in Johnson Hall for one-on-one discussions with residents for about 30 minutes.



## Cummer Guided “Highlights” Tour

By Victoria Freeman; photos by Ann Bell



*Left: Portrait of Ninah Cummer.*

*Right: Lory Doolittle discusses Cornelis van der Voort's "Portrait of a Lady."*



*Partial view of the gardens*

Resident Lory Doolittle's love for art in general, and the Cummer Museum of Art and Gardens in particular, was obvious during her “Highlights” tour on August 15. Brimming with enthusiasm, she met the Fleet Landing bus and escorted folks to the Tudor Room, a replica of Ninah and Arthur Cummer's original living room. There she spoke briefly about the founding of the museum. When Ninah died in 1958 (Arthur predeceased her), she left the Cummers' home and 60 pieces of art to the community. The home, which was not suitable for a museum, was taken down and the current museum building constructed. It houses a collection of over 5,000 pieces.

Doolittle's opening questions to the gathering were intriguing. “What do the objects in the paintings tell you about the original owners of the painting? Are global influences obvious?” As the group made its way through the galleries, Doolittle selected various paintings and objects to be examined in light of her initial questions. This approach encouraged audience participation.

Next, she led the group into the Cummer Gardens, which are on the National Register of Historic Places. Spread in front of a mammoth oak tree and in front of

a bronze statue of Diana, the three gardens have been returned to their splendor after being decimated by recent hurricanes. Doolittle said the gardens now have a curator, and he is attempting to make the gardens more sustainable, particularly in the area of water usage. She thinks Ninah would approve of this stance, since she was instrumental in starting Florida's garden clubs.

Finally, the group enjoyed a catered lunch and an optional museum store visit. Doolittle thanked folks for spending their time with her and encouraged Cummer membership. Her energy, expertise, and love for the museum created a delightful experience for all.

## Music, Music, Music with Noel Catura

By Nancy Lundgren



The Fleet Landing calendar announcement read: “Get ready for an afternoon of jazz, blues, and funky soul!” And on a very rainy August 4 afternoon, the Noel Catura Band delivered 90 minutes of pure entertainment that gave new meaning to the advertised genres.

Award-winning saxophonist Noel Catura has been a professional musician, composer, arranger, and educator in the San Francisco Bay Area for over 40 years. His band included three talented jazz musicians who brought their own magic to the music as they played piano, bass or guitar, and drums to accompany Catura on the saxophone.

Catura introduced each piece with a bit of “who-when-where” history that made the transitions between genres easy. Some of the well-known pieces like “Hold It Right There,” “Mercy, Mercy, Mercy,” “There Will Never Be Another You,” and “Early in the Morning” brought smiles as well as toe-tapping throughout Johnson Hall. Adding to the fun, Catura invited us to join him (with coaching) as he sang, and we did.

After hearing an original composition (“Blues Avenue for Karen”) that Catura had composed in memory of his mother-in-law, one resident remarked, “Based on that music, Noel Catura must have had one very sexy mother-in-law!” The music, the songs, and the upbeat tempo certainly lifted any feelings of “rainy day” blues in Johnson Hall. Let's hope the Noel Catura Band returns to Fleet Landing soon.



## Summer Pool Champion

By Tom Hilton; photo by Mary Steinke

In spite of the fact that many of our 25 Pocket Billiards Club players were traveling during the summer, the 16 who did sign up finally found time to conclude one of our longest lasting tournaments. It began on May 23 and ended three months later on August 24, with John Coman winning all three consecutive games from Tom Hilton. Congratulations, John, for being the 2023 Summer Fleet Landing Pool Champion.



*John Coman (l) and Tom Hilton*

## St. Augustine Distillery Bourbon Tasting

By Isobel Spink; photos by Isobel Spink and Ann Bell



*A vat and barrels*

The St. Augustine Distillery was established in 2014, when 20 families restored a 1907 ice plant built by Henry Flagler.

The name "bourbon" derives from the French Bourbon dynasty, but it is not clear how the name came to be applied to this whiskey. Bourbon Street in New Orleans and Kentucky's Bourbon County, both named after the dynasty, have been suggested as the source of the name. Who invented bourbon is also unclear. Elijah Craig is among those given credit. A minister, he sold bourbon as "medicine" to parishioners, greatly enlarging

his church. As bourbon was medicine, men also opened "pharmacies" for its sale until 1920 and the start of Prohibition.

In 1964, Congress established three standards for bourbon: 1. It could only be distilled in the US. 2. The barrels must be new, white oak, and charred (100 percent of bourbon's color comes from the charred barrels), and 3. Bourbon must be at least 50 percent corn.

During our September 20 tour, our group was seated in a room with tiered tables, with each table seating two. At the seats were four small shots of bourbon with a list of their attributes and proof. We first smelled each sample from a special Glencairn tasting glass before sipping it. Each shot was progressively stronger and smoother. Along the way, we learned all bourbon is a combination of corn, wheat, and barley; the history of bourbon; and lots of fun information from a certified bourbon "steward."

After seeing the huge vats and learning the full process, we went to the wonderful gift shop. An option was to "fill your own bottle" with your choice of bourbon, make a special, personal label, and have it sealed. We wobbled back to the bus and decided to head home, rather than stop for a very late lunch.

A fun, happy, and informative tour, aided by Transportation Services Manager Brandon Levy at the wheel of the big bus, and new driver Braydon West, who is in training.

## Special Reunion

Photo by Melva Price



*LtoR: Christian Meighan, Karl Price, James Finocchiaro*

Colonel Karl Price, USAF (Ret.), taught Air Force Junior ROTC after retirement. Two of his students, Christian Meighan and James Finocchiaro, graduated from West Point in 1999. They were the first two cadets to graduate at the same time from the same school in Lake Worth, FL, and Price attended their graduation. Then, on July 6, 2023, they reunited with him for dinner here at Fleet Landing. Great evening of memories with two young leaders!

*Editor's note:* The information for this article was provided by Karl Price.



## POW/MIA Recognition Day

By Carol Smith



*Flag Raising*



*Dave Russell (l) and Dick Beltson*



*LtoR: Christopher Martin, Eileen Theis, Pat Kluever*



*NoteAbles*



*Table of Remembrance*

Fleet Landing began its annual observance of POW/MIA Recognition Day on September 15 with a ceremonial raising of the POW/MIA flag at 8 am at the Flag Plaza.

The POW/MIA Recognition Day program in Johnson Hall commenced with the NoteAbles singing "You'll Never Walk Alone." The Rev. Christopher Martin delivered the invocation. Master of Ceremony, Captain Dave Russell, USN (Ret.), then welcomed residents and special guests. Appropriately for the occasion, Fleet Landing's former POWs Captain Dick Stratton, USN (Ret.) and Captain Giles Norrington, USN (Ret.), were recognized. Their wives, Alice Stratton and Eileen Norrington, were also recognized, as was Suzanne McKnight, the widow of returned POW Colonel George McKnight, who had also been a Fleet Landing resident.

After the NoteAbles sang the National Anthem, and all present recited the Pledge of Allegiance, Residents' Council President Eileen Theis shared the historic background of POW/MIA Recognition Day, which is observed on the third Wednesday of September every year. She noted that Fleet Landing proudly joined the ranks of those who never forget. The NoteAbles emphasized that point by singing "Bring Him Home" from *Les Miserables*.

After reading the Presidential Proclamation on POW/MIA Recognition Day, 2023, Russell introduced the guest speaker, Major General Dick Beltson, USA (Ret.). Beltson,

*(continued on next page)*



## POW/MIA Recognition Day

(continued from preceding page)

who has done extensive research on the Vietnam War, shared his knowledge of the treatment of POWs in both South and North Vietnam. While those held in the South were moved constantly from camp to camp, the North had prisons, including the infamous Hanoi Hilton and Alcatraz, in various locations.

In closing, Beltson reminded the audience that while impetus for special recognition of POW/MIAs came about as a result of the Vietnam experience, the US has been honoring those lost in wars since 1921. The Tomb of the Unknown Soldier in Arlington National Cemetery, which is guarded 24/7 by the 3rd US Infantry Regiment, is a living symbol for a country that vows to never forget the sacrifices of those who serve.

Following the singing of "Tie a Yellow Ribbon" by the NoteAbles, Pat Kluever, USN (Ret.), President of the Military Officers Association of America (MOAA) Historic Mayport Chapter, explained the significance of the items displayed on the "Table of Remembrance." Veterans of each branch of the military service then stood as a representative of that branch placed the appropriate hat on the table. Russell's naming of deceased returned POWs who had been Fleet Landing residents, accompanied by the ringing of a bell by Kluever, followed. Kluever noted that Executive Director Josh Ashby requested that MOAA initiate the POW-MIA recognition day in 2020 and, in collaboration with the Residents' Council, it has done so ever since. Kluever closed his remarks by inviting the audience to sing along as the NoteAbles offered their rendition of "What a Wonderful World." Here, and throughout the program, Karen Sturtevant provided piano accompaniment.

Russell concluded the program by thanking those present for attending.

## Meet Sue Dukes, Wellness Services Director

By Chet Davis

Sue Dukes has had previous experience at Fleet Landing, including as a speaker in the *WELLInspired* Learning Series talks. Now, just shortly after assuming her position as Wellness Services Director, she has already settled in and has been involved in a variety of Wellness Department activities.



Originally from Newburyport, MA, Dukes has also lived in New Hampshire. With warmer weather among her top priorities when she went to college, she chose the University of Florida, where she received a degree in political science and marketing. Subsequently, she received a degree in nutrition from the University of New Hampshire. Some of her classes were taken at the University of North Florida. Her

earliest job was in event planning at the Boston Expo Center. Her boss, who understood her interest in nutrition, permitted her to attend many nutrition conferences. In Florida, Dukes served as Clinical Nutritionist at Mayo and as Director of Healthy Living at the YMCA, with a focus on healthy nutrition. In addition to her degrees, Dukes has a national certification as a nutrition and dietetics technician, registered.

Dukes lives in East Arlington with her two children. Her seven-year-old daughter is very active in gymnastics, while her eight-year-old son is on the national champion 8U (8 years old or younger) baseball team. Needless to say, there is a lot of driving to practices, games, and competitions.

Recognizing that Fleet Landing has many active residents, Dukes is looking to see if there might be areas where she could either add activities or enhance current offerings.

Dukes has found both staff and residents to be welcoming. Stop by to greet her as a new member of our Fleet Landing family.

## Super Blue Moon

A super blue moon (also called a blue supermoon) occurs when there is a supermoon (the Moon is closest to Earth) at the same time as a blue moon (a second full moon in a month). Resident Karl Price captured this August 30 shot of the blue super moon just after Hurricane Idalia's visit as a tropical storm.



## In Memoriam

Rone Hubbard  
1946-2023  
Rosemarie Shannon  
1947-2023

Chuck Martin  
1927-2023  
Tom Steinke  
1940-2023



## Fleet Landing in the News

By Enith Vardaman

Fran and Pete Sheridan contributed to the “Letters to the Editor” column in the September 3 edition of *The Florida Times-Union*.

The September 7 edition of *The Beaches Leader* had an article about Fleet Landing Art Club members as the featured artists in the September exhibit at the Adele Grage Cultural Center in Atlantic Beach. (See article on page 1.) Art Club Coordinator Pat Payne was quoted in the article.

Resident Karl Price, president of the Kiwanis Club of the Jacksonville Beaches, appeared in a group photo accompanying an article in the September 21 edition of *The Beaches Leader*. The article was about the Atlantic Beach Acoustic and Songwriters Nights. Charity concerts by these musicians have raised money for the Kiwanis Club and its projects supporting children in the area.

## World Affairs Council Reception and Presentation

By Bo and Ellie Smith



*Buster and Judy Hagenbeck*

Fleet Landing residents Buster and Judy Hagenbeck hosted a wine and dessert reception at Johnson Hall on September 19 to kick off the fall season of the World Affairs Council of Jacksonville. Lieutenant General Buster Hagenbeck, USA (Ret.), is chair of the organization’s Advisory Council.

The speaker for the evening was Chris Miller, an associate professor of international history at the Fletcher School at Tufts University, and author of the highly regarded book, *The Chip War: The Fight for the World’s Most Critical Technology*. He documented how computer chips, the tiny pieces of silicon etched with circuitry that are essential to all modern technology, have become critical elements of the international struggle between China and America for control of this technology. Computer chips were developed by Texas Instruments in 1959 and first used in Minuteman Missiles. Now, one cannot get through the day without

using many things that operate with a chip—from electric toothbrushes to washing machines. Our cars have between 1,500 and 3,000 chips that control everything from the engine to the power windows. The present demand isn’t being met, and only a few companies control chip production. Perhaps strategically the most important factor is that Taiwan is the key player in providing chips to the world.

Fleet Landing is a Platinum Sponsor of the World Affairs Council of Jacksonville, and this allows us to attend its Distinguished Voices Lecture Series in person at the University of North Florida (UNF) or by simulcast in Johnson Hall. If you want to go to UNF, you can sign up for the bus on Calendar Central. The next speaker is Walter Isaacson on Monday, October 23. His topic is his new book entitled *Elon Musk*.

## Special Consensus: Summer Concert Series Finale

By Carol Smith



Award winning bluegrass music came to Johnson Hall on the afternoon of September 22. Special Consensus, a group of four talented vocalists and instrumentalists, produces a solid bluegrass sound—along with contemporary touches—that offers a unique musical experience.

The audience was entertained with “Chicago Barn Dance.” It celebrates the 45th anniversary of the band and pays tribute to the connection of bluegrass music to Chicago, hometown of Special Consensus founder, Greg Cahill. Playing the banjo, Cahill was joined by Dan Eubanks on bass, Greg Blake on guitar, and Michael Prewitt on mandolin. It came as no surprise that “Chicago Barn Dance” was named 2020 Song of the Year by the International Bluegrass Music Association (IBMA).

The musicians performed several numbers from their 2023 album, “Great Blue North,” which features music written by Canadian songwriters. The Gordon Lightfoot song “Alberta Bound” received an IBMA nomination for the 2023 Collaborative Recording of the Year.

The performance was a proper finale to the Summer Concert Series brought to campus by the Wellness Department. Residents expressed their thanks to Mary Faria, Wellness Services Manager, for arranging a wonderful series this year.

## Adele Grage Exhibition: Fleet Landing Artists and Works

Photos by Ann Bell



Left: Painting by Gayle Banks.  
Right: Glenn Perry with one of his paintings.



Left: Craig Miller with one of his paintings.  
Right: Painting by Julia Pet-Armacost.



Left: Lynn Blakemore with one of her paintings.  
Right: Painting by Sally Pitard.



Left: Painting by Frances Jones.  
Right: Richard Lundgren with one of his paintings.



Left: Painting by Bo Smith.  
Right: Painting by John Hen.



Imogene Coleman with her painting.



Left: Barbara Milon (l) and Jackie Stack with their paintings.  
Right: Painting by Judy Barton.



Left: Ceramics by Veronika Jenke.  
Right: Paula O'Bannon with her painting.  
(continued on next page)



## Adele Grage Exhibition: Fleet Landing Artists and Works

(continued from preceding page)



Left: Painting by Carol Bowser.  
Right: Monica Coté and her paintings.

## LWV News

By Bernadette Miron



LtoR: Frances Jones, Kinyan Michael, Sandy Martin,  
Bernadette Miron

Richard Birdsall, a professor at the University of North Florida and Florida State College at Jacksonville, spoke to the Fleet Landing League of Women Voters (LWV) unit at its September 23 meeting in the Windward Commons second floor classroom. His topic was charter schools and vouchers and their lack of transparency and accountability.

The League of Women Voters unit did not have meetings during the summer, but remained active. Members collected two carloads of school supplies for local schools, attended a Duval County School Board committee meeting, and met with April Carney, representative for District 2 of the school board. Three members met on September 28 with Kiyann Michael, who represents our area in the Florida House of Representatives. They discussed the erosion of local

control. Six members participated in Birdsall's four-week Osher Lifelong Learning Institute (OLLI) Zoom course on charter schools.

The topic at the October 28 meeting will be resiliency and sustainability at Fleet Landing. It will be held in the Windward Commons classroom at 12 noon. Guests are welcome.

## Chess Club News

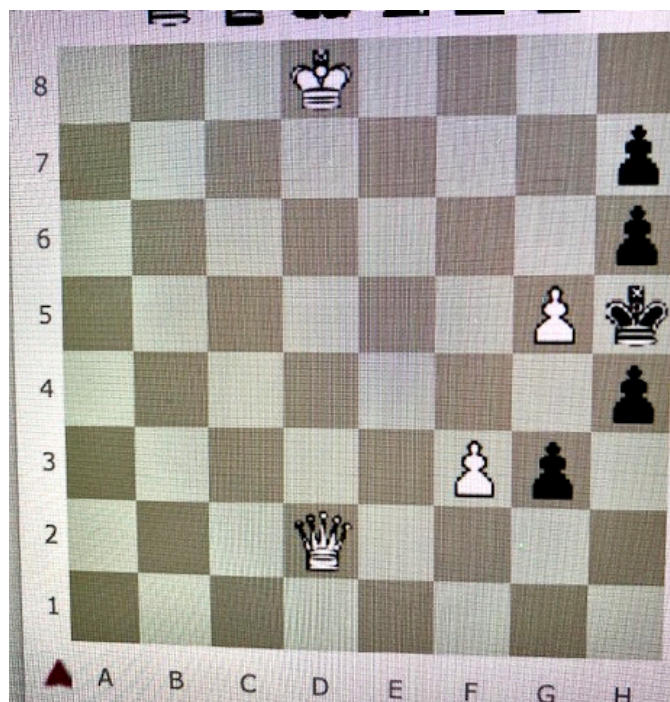
By Richard Wong

The Chess Club meets every Tuesday at 1-3 pm in the Windward Commons lobby.

Chess puzzles:



Black to mate in 4



White to mate in 3



## Fleet's Got Talent

*(continued from page 1)*

and quoting Confucius; Director of Charitable Gift Planning Kathy DeSiena making a cameo appearance; and Ivy Suter doing a Weather Channel-style report from the beach during a storm with her husband, "Hurricane Tom," using a leaf blower to create the "wind," and Wong wielding a second one to generate an even stronger "wind."

Once again, Don Cooper, Walter Kraslawsky, and Sue Myers admirably performed the role of support crew.

The latest FGT provided a thoroughly delightful evening of entertainment. The good news is that, thanks to the Armacosts and the talent they assemble, there will be many more such occasions: the Follies in October and four more FGT shows in 2024, with the first scheduled for February 10. In addition, Sheridan will do a ragtime show on March 7.



*Eunice Rogerson's saxophone solo brought her husband, John, and Barb Condon to the dance floor.*



*Left: Gary Reichow and Mary Steinke.  
Right: John Johnson.*



*Bunky Johnson and Karen Sturtevant*



*LtoR: Marie-Claire Allen, Rob Friedman, Richard Wong.*



*Pam Robbins (l) and Julie McLaughlin*



*LtoR: Barbara and Walt Trevaskis, Joyce Ezell*



*Pete Sheridan and Sandi Smith  
(continued on next page)*



## Fleet's Got Talent

(continued from preceding page)



Left: Fleet Landing News (FLN) anchor Paula O'Bannon.

Right: FLN reporter Ivy Suter at the beach covering a storm with her husband, "Hurricane Tom," wielding a leaf blower to provide the "wind."

Editor's note: FLEET BEAT photographers Ed Hollender and Ann Bell had a busy evening capturing shots of such a lively program.

## US Coast Guard HITRON Tour

Text and photos by Isobel Spink



Left: Lieutenant Commander Jack Sauve.

Right: MH65E helicopter

The Helicopter Interdiction Tactical Squadron (HITRON) is an armed United States Coast Guard helicopter squadron specializing in Airborne Use of Force (AUF) and drug-interdiction missions.

On September 19, eighteen of us rode the "big bus" with its footrests and reclining seats to Cecil Field, which is leased for HITRON from the Jacksonville Aviation Authority. There we enjoyed a fascinating talk, slide show, and tour by Lieutenant Commander Jack Sauve.

Coast Guard units normally do search and rescue

missions, and the HITRON unit is the only one in law enforcement. This unit has 271 people, including 53 officers, 44 pilots, and 20 precision marksmen.

When intelligence indicates where to seek boats smuggling narcotics (usually pure cocaine in solid bricks, worth up to \$30 million per boat), a Coast Guard cutter, perhaps with a drone, heads out with an MH65E helicopter and its crew of three—two pilots and a sniper—on board.

These operations are done at night, as the smugglers only move then to avoid detection. First, a warning blue light is sent down with a command for the boat to stop. If it does not, a warning machine-gun shot is fired, and finally, if the boat won't stop, the sniper shoots, disabling the boat's engine. The smugglers are arrested and taken to the base, although many of them are poor fishermen desperate for the money. The boats are sunk, and recovered drugs are sent to the US to be disposed of by the Drug Enforcement Administration. The smuggling organizations, usually from the East Pacific and Caribbean areas, have unlimited funds and are making bigger and better boats—even submarines. Despite that, close to 50 boats were stopped this year, and drugs with an estimated street price of \$2.5 billion were recovered.

We moved on to the hangar to see the bright red helicopters with two pilots' seats up front and the sniper seat in back—very impressive machines. A female Coast Guard pilot with the unit gave us her awe-inspiring background. She also said that one-piece flight suits were soon to be retired.

Driver Marie Claire Allen and Transportation Services Manager Brandon Levy then took us to Sal Taylor Creek Preserve for a delicious Panera picnic lunch.

## Air Force Birthday Celebration

Residents and staff gathered at the Flag Plaza on the morning of September 18 to celebrate the 76th birthday of the US Air Force.





## St. Augustine Adventure

Text and photos by Dita Domonkos



*The tour group*



*St. Augustine waterfront with the towers of Flagler College in the background*



*Bridge of Lions*

We boarded the 40-foot pontoon, run by Adventure Boat Tours, to see dolphins and travel along St. Augustine's waterfront on September 12. The sun was out, the waters were calm, and cool breezes kept us comfortable.

Setting out, we immediately encountered a pod of dolphins, which our captain, Jimmy Hill, identified as a local inshore pod that lives in the bay. We had come upon a productive fishing spot for the dolphins. One came out of the water as it aggressively chased its catch. Another threw a fish up in the air to stun and slow it so that its calf could catch it. We were among three pods of family groups of four to seven dolphins each. Hill estimates that there are 40 inshore dolphins between Matanzas and Palm Valley.

Telling us about the history of the area, Hill pointed to a lighthouse. He said that its site was where the Spanish, in the 1500's, erected the first aid to navigation in North America, a wood tower with a flame on top. The profile of Flagler College was striking. Formerly a luxurious hotel built by Henry Flagler, it was the first commercial building to have electric lights, which were

installed by Thomas Edison. As we proceeded under the Bridge of Lions, originally built in 1920, we learned that it was taken down and completely rebuilt to its original specifications in 2006, thus making it the most expensive bridge in Florida twice.

Hill reminded us that St. Augustine is the oldest, continuously occupied settlement in the United States and its Castillo de San Marcos the oldest masonry fort in North America. It was built of coquina, and cannon balls fired at the walls were absorbed into the spongelike softness of the stone. Pointing out the largest cannon of the fort, Hill stated that in February, on one of his tours, he found a similar cannon in the bay that had been buried for hundreds of years. He believes it was uncovered because of an unusually low tide that day, and the area had been recently dredged. It will be removed in the future by an archeological society.

Passing a shore lined with oyster shells, we were informed that when Ponce de Leon landed in this area in 1513, the average height of his crew was 5 feet 4 inches. By contrast, the average height of the local Timucuan was 6 feet 5 inches. Hill attributed their extraordinary height to their diet of oysters, which he said had an enzyme that triggers the growth hormone.

After this enjoyable tour, we walked a few steps to Beaches restaurant for lunch. It was delightful to have Sue Dukes, Fleet Landing's new Wellness Services Director, with us for this tour.

## Return of Singers By the Sea

By Chet Davis



Singers by the Sea, long-standing favorites of Fleet Landing residents, provided an entertaining concert in Johnson Hall on September 14. This chorus has been performing in the Jacksonville area for over 30 years under the direction of Becky Schumann. She was joined in 2019 by Co Director Teresa Mowbray. The excellent vocal talent of the chorus members is enhanced by many hours of practice before its spring, fall, and Christmas concert seasons.

Over the years, many Fleet Landing residents have sung with Singers by the Sea, and three of our current residents sing with the group. Only John Rogerson was able to be present at this concert.

The program included popular pieces, show tunes, folk songs, gospel music, and a Jewish religious song. The performance of each song was greeted with enthusiastic applause.



## Welcome Aboard

### 3212 Deb and Jay Seward (September '22)



Deb and Jay both consider themselves longtime Atlanta, GA, residents. Their careers were there, and they met there before retiring and moving to Big Canoe in the North Georgia mountains, where they lived for six years before coming to Fleet Landing.

Jay grew up in Harrison, NY, attended the US Naval Academy, and spent seven years in the Navy flying a P-3 Orion anti-submarine and surveillance aircraft. He attended Emory University, earned an MBA, worked as a management consultant for eight years, and then worked at the Lockheed Martin Corporation until his retirement in 2012.

Deb grew up in suburban Chicago and attended the University of Wisconsin where she received a B.S. in biology education. She taught science in middle school in Naples, FL, for two years before returning to the University of Wisconsin to earn an M.S. in higher education administration. She progressed through the ranks of college administration, working at several universities and finishing her career as a dean of students.

Jay and Deb have been married for five years. They have four children and four grandchildren who live across the country. They love to travel and took a world cruise last year. They have just returned from a tour of the British Isles and will leave soon for a Great Lakes cruise. They like to play pickleball and they enjoy walking their dog, Carrie, a 10-year-old Sheltie. They know people locally and had friends at Fleet Landing before moving here. When they are here, they feel like they are still on a cruise ship.

—Kristin Perry

### 8122 Karen Keegan and Guy Van Syckle (May '23)

Luckily, two weeks after selling their Great Falls, VA, house, Karen and Guy were offered a new home in the 8000



Building. Fleet Landing is like coming full circle for Karen and Guy, who met while Guy was playing guitar at their alma mater, Dartmouth College in Hanover, NH, another campus with wonderful people and wonderful music.

After college, Karen attended law school at the University of Texas (UT) at Austin, followed by a clerkship with a federal appellate judge in Austin. Guy taught elementary school in New Hampshire before attending UT Austin, where he earned a Ph.D. in educational psychology.

After marrying in 1977, Karen and Guy moved to the Washington, DC, area, where Karen had a fellowship with the Georgetown Women's Law & Public Policy Fellowship Program and helped draft an early version of the Family and Medical Leave Act. Later, while at the law firm of Arnold & Porter, Karen assisted in the firm's representation of the League of Women Voters and the Red Cross. For the remainder of her career, Karen worked for the Government Accountability Office (GAO), where she served as the Assistant General Counsel for Natural Resources and Environment. Guy worked for the City of Alexandria as a school psychologist for four years and then worked as a licensed clinical psychologist in private practice with children and families for about 35 years.

Guy looks forward to performing with The Follies, the FleetLanders, and at Fleet Landing's healthcare facilities. Karen is excited about the Travel Club, a book club, the League of Women Voters, volunteering, swimming, potentially writing a novel, and riding her bike to the beach with Guy.

Karen and Guy have a son, a daughter, two grandchildren, and a rescued Miniature Schnauzer named Beau.

—Kristin Perry

### 3113 Gael and Susan Wager (June '23)

Sisters Gael and Susan were born and raised in New Jersey. Influenced by their OB-GYN father, both sisters entered the medical field.

Gael attended Marquette University and then St. Louis Medical School, with residency at Northwestern in Chicago, IL, and the University of Washington in Seattle, WA. She specialized in fetal maternal medicine. Drawn to rural medicine, her neonatology subspecialty took her to Flagstaff, AZ, where she was the only high-risk obstetrician treating the surrounding Native American communities. She was, at that time, the only doctor in Northern Arizona qualified in the care of pregnant women and undelivered fetuses with genetic physical malformations. She later taught at the University of New Mexico and established its outreach program, as she had done in her solo practice. She has published extensively and served on committees at the national, state, and local levels.



Susan (l) and Gael Wager and Mikey

Susan graduated from St. Francis School of Nursing in Trenton, NJ, as an RN and began her career at Newton Memorial in New Jersey. She specialized in ER, ICU and the cardiac care unit. She became a nursing supervisor. She

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## Welcome Aboard

(continued from preceding page)

later followed her sister to Flagstaff, where she received her B.S. from Northern Arizona University. Susan holds many specialty certifications in the field of emergency medicine; critical care nursing; advanced trauma and advanced cardiac support. Susan is a licensed pilot and certified as a legal nurse for potential litigation.

Susan moved from Flagstaff to Sarasota, FL, before retiring in 2020. She arrived at Fleet Landing first, followed by Gael with her rat terrier, Mikey.

The Wagers love the beautiful campus, the friendly residents, the social activities and being close to family—a brother in Neptune Beach and family member, Rose Marie Edson, in the 2000 Building.

—Carolyn Stoner

## 5618 Terry Voynik (June '23)



Terry was born outside of Pittsburgh, PA. She attended Sewickley School of Nursing in Sewickley, PA, and married there. In 1973, she and her husband, Edward, moved to Plantation in South Florida. They raised their three children there. Edward worked as a high school teacher, and Terry worked part-time as a registered nurse. Her ten years as a trauma nurse took her on Learjet flights in the US—plus to places that included Cuba, Colombia, and other locations in

South America—to transport medical emergency patients to hospitals. While working at the Cleveland Clinic Florida, Terry was present at hockey games, Super Bowls, and concerts to attend to emergencies. She was active in her children's sports, band, and social activities, and she helped with food programs for her church.

After Edward passed away in 2000, Terry continued to live in Plantation until her move to Fleet Landing because she loved the neighborhood and friends.

Terry has traveled with a friend to Europe and South America. Terry says her family of three children and six grandchildren are her pride and joy. Her hobby is raising orchids and she is studying the prospects for continuing this hobby on her covered patio. She has enjoyed the aquatics classes since moving here.

—Kristin Perry

## Chips & Putts

By Isobel Spink

### August Tournament

Another hot day at Windy Harbor, but 20 golfers who braved it on August 10 for nine holes were grateful for the 10-mph wind. It was a very unusual tournament

in that there were three teams tied at even, and a scorecard playoff failed to break the tie. It was decided to split the prize money three ways. As there were three teams with one birdie each, and all were made on the same hole, the Birdie Trophy will carry forward to next month. Also, with all the ties, no Sandbagger Trophy was awarded. And for the second month in a row, neither man nor lady won Closest to the Pin—so, big prize money next month!

The three winning teams were Team 2, Dick Beltson, Bob Neal, Stephen Dick, and Bobbie Fost; Team 3, with Paul Mocko, Paul Donohue, and Isobel Spink; and Team 5, with Larry Sander, Syd Jenkins, and Ray Dymond (Atlantic Club). Team 6, with Sharon Jenkins, Price Schwenck, Bob Peterson, and Bruce Osborne took fourth place with one birdie. Unfortunately, all four of those players went in the water on Hole 2.

Nancy Sander won the Ladies' Longest Drive prize, and Peterson edged out Donohue for the Men's Longest Drive award. Neal will check the temperature next month to decide how many holes we'll play. As usual, it was a fun day of sport, camaraderie, and just plain fun.

## September Tournament

Five teams started early on September 14 at Windy Harbor for the monthly scramble. It was still plenty hot, with little breeze until the back nine.

Prizes were awarded in Windward Commons, with only a small turnout because of the opening of Breakers. Once again, there was no lady Closest to the Pin on #7, so there are big bucks for that winner next month. John Coman won Closest to the Pin for the men. Jim Wayrynen took Longest Drive for the men, and Isobel Spink for the ladies. The Birdie trophy went to Bob Peterson and the Sandbagger trophy to Bob Neal.

### Overall Results:

First Place: Team 3, Wayrynen, Captain, with Peterson, Mike Foster (Atlantic Club), and Neal, scoring 73 with three birdies. Second Place: Team 2, Stephen Dick, Captain, with Spink, Dave Smith, and Miles Nogelo. They scored 74 and one birdie. Third Place: Team 1, captained by Coman, with Price Schwenck, Bobbie Fost, and Dick Beltson. They had a 75 and one birdie. Fourth Place: Team 5 finished with a 79 and no birdies, but they became a threesome because of one player's back problems. Lindsay Norman was captain, with Larry Sander, Bob Hunter, and John Rietveld (Atlantic Club).

Team 4, with Nancy Sander, Paul Donohue and Mike Moorhead, started one person down and withdrew after nine holes because of the heat.

Neal, as usual, did a masterful job of keeping it all organized and running the show so well. Next month's tournament will be at Jax Beach Golf Club.



## September WELLInspired Learning Series

By Victoria Freeman



*Left: Francie Paspalaris. Right: Sue Dukes.*

The speaker at the September 6 WELLInspired Learning Series talk was Francie Paspalaris, the Community Relations Representative from Community Hospice & Palliative Care for an area that includes Fleet Landing. Wellness Services Director Sue Dukes spoke at the September 20 session. The talks were held in Johnson Hall.

### Hospice

Francie Paspalaris calls herself a cheerleader for hospice and palliative care. She began by asserting that no one ever is turned away from Community Hospice & Palliative Care, where dying is seen as a natural part of life.

Paspalaris said there are inpatient hospice care sites, but hospice care can also be provided in homes and assisted living and long-term care facilities. Brittany Keenom, Education and Programs Manager in Fleet Landing's Health Services Administration, was present at the talk. She said that residents could choose any hospice provider, and that Community Hospice representatives were at Fleet Landing essentially on a daily basis.

Hospice care is appropriate when life expectancy is twelve months or less. It is a misconception that hospice care is only for a terminal cancer diagnosis. It is for all life-limiting illnesses. The focus becomes comfort, not cure, and the entire family is included in the care plan.

Community Hospice works with Medicare (when life expectancy is six months or less), Medicaid, and private insurers. She emphasized again that no one is turned away if those options are not adequate to pay for coverage.

Paspalaris was very clear on the distinction between for-profit and not-for-profit hospice providers. Community Hospice is a mission-driven, not-for-profit entity. It was the first hospice in Duval County and has served over 200,000 patients. It provides care for many veterans. It also has a grief support outreach at Camp Marywood for children who have lost a loved one.

Paspalaris encouraged individuals to execute "Honoring Choices" documents. These are free, advance care planning documents that provide specific guidelines

for care if an individual is unable to express his or her wishes. There are several individuals at Fleet Landing who are trained to help residents complete these documents.

More information about hospice can be found at [communityhospice.com](http://communityhospice.com).

### Diabetes Education

Sue Dukes opened her presentation with the disturbing statement that type 2 diabetes was no longer referred to as adult-onset diabetes because it is now occurring at a younger age.

Dukes explained the relationship of insulin and glucose (blood sugar): Food is broken down into glucose. This stimulates the pancreas to secrete insulin, which allows the body to absorb glucose to be used for energy. In type 2 diabetes, the body either does not produce enough insulin, or the cells ignore the insulin. Without insulin, or adequate insulin, glucose circulates in the blood stream. This elevated blood sugar causes harm to the eyes, heart, kidney, and nerves.

Dukes cited a disturbing statistic: From 1999 to 2019, the number of Americans with diabetes increased by over 114 percent.

Symptoms of diabetes include extreme thirst, hunger, and fatigue; blurred vision; slow healing of wounds and bruises; tingling or numbness in the extremities; and recurring skin or bladder infections.

The risk factors for diabetes include being overweight, high blood pressure, low HDL cholesterol, family history, and age.

Dukes also discussed prediabetes. This affects about two in five Americans, most of whom do not know it. Glucose levels are elevated, but not yet in the diabetic range. The risk for developing diabetes is significant, but can be avoided with healthy lifestyle changes. Prevention is important because once one has diabetes, it is for life.

A healthy diet is one key to preventing diabetes. This does not mean a low carb diet. Carbs should be balanced with protein and fat. Dukes cited American Heart Association recommendations on limiting the amount of added sugars in one's diet. This means no more than 100 calories per day for women (about 6 teaspoons or 25 grams) and no more than 150 calories per day for men (9 teaspoons or 36 grams). Sugar can be limited by buying fewer packaged and highly processed foods, using puréed fruits to sweeten things like baked goods and oatmeal, and drinking seltzer water instead of soda.

Fleet Landing has resources for diabetes education and support. There are plans to offer a diabetes prevention program in 2024. Dukes is available for 15-minute one-on-one counseling sessions. If more time is required, a resident could be referred to Fleet Landing's Registered Dietician Samantha Young. Fleet

*(continued on next page)*



## September WELLInspired Learning Series

(continued from preceding page)

Landing Home Health, which is headed by Deborah Gordon, Director of Home Health and Rehab, can offer assistance with diabetes medications.

Online resources include the Center for Disease Control and Prevention ([cdc.gov/diabetes](https://www.cdc.gov/diabetes)), the American Diabetes Association ([diabetes.org](https://www.diabetes.org)), and the Academy of Nutrition and Dietetics ([eatright.org](https://www.eatright.org)).

*Editor's note:* Slides from this talk can be found on Fleet Link under "Fleet Landing Presentations" and then "WELLInspired Learning Series."

### Beyond King Tut Exhibit

By Isobel Spink; photos by Ann Bell

National Geographic's extraordinary exhibit, "Beyond King Tut: The Immersive Experience," brought us a story 3,300 years in the making and one of the greatest architectural discoveries of all time. On August 2, we traveled through nine dark chambers, each one full of information, images, and color.

Tutankhamun, or King Tut, was only 9 when he became King of Egypt during the 18th Dynasty. He died of unknown causes when he was around 19, but in his few years, he united the two parts of Egypt and made Memphis the new capital of the country. The last pharaoh of royal birth in the Egyptian dynasties, he was succeeded by an official of the royal court.

His tomb was first discovered in 1905 and was opened in 1922, an undertaking that took eight years. Nearly 5,400 items were removed from the tomb and sent to museums all over the world, but Egypt had everything sent home in 2021 to a huge new museum.

In preparation for the burial of Tut, a long list of ceremonies was performed, including the weighing of his heart and the removal of his lungs, intestines, stomach, and liver, which were placed in individual small containers. Egyptians believed that one first traveled to the Underworld and then to the Afterlife, a life even more perfect than in Egypt. Tut's tomb, with a mask of his face made of gold and lapis lazuli on the mummy, and a wall of solid gold reaching almost to the ceiling, contained everything he might need, including 413 shabtis (servants) to serve him in the idyllic Afterlife. As gold was the skin of the gods, priests placed gold coverings on Tut's fingers and toes for his transformation from a king to an immortal god. One hundred and fifty amulets, pieces of jewelry, and other items were placed inside the wrappings on Tut's mummy, all imbued with magic. The *Book of the Dead* dictated the location of everything. The tomb also contained food, board games to entertain him, and daggers and other weapons for Tut to hunt with. The mummy was protected in a gold coffin within a series of coffins of increasing size. There were many images of goddesses for protection against evil spirits.

Our final chamber had walls rising and projecting fabulous images of gods and goddesses and items from the tomb. As to the future of King Tut's tomb, CT scans, DNA, GPR (ground-penetrating radar), Lidar (light detection and radar) and other new technologies are being used by today's scientists to shed more light on Tut, his family, and the world of ancient Egypt.





## Duo Beaux Arts Concert

By Nancy Lundgren



Duo Beaux Arts, the internationally acclaimed concert pianists Dr. Catherine Lan and Tao Lin, performed for Fleet Landing residents on September 28 in Johnson Hall.

This husband and wife dynamic duo are known for their adrenalized performances, and this one was no exception. They began with a three-part piece composed for four hands by Fanny Mendelssohn Hensel (Felix Mendelssohn's older sister). Each part was played in a slightly different, but always lively, tempo. Watching the two pianists sitting side by side with all four hands moving across the keyboard was fascinating, and the music was beautiful.

Lan performed solo for the second selection, Ferruccio Busoni's piano transcription of Johann Sebastian Bach's Chaconne in D Minor. The chord progressions, distinct in the beginning, blending midway, and returning as a final theme resulted in an extraordinary listening experience.

To complete the program, the duo performed Concerto No. 5 in F major by Camille Saint-Saëns with Lin at the piano and Lan at a keyboard. Lin introduced the piece with the backstory of why this concerto is known as "Egyptian" Opus 103. Knowing the history before hearing the music gave the audience an opportunity to listen for the three distinct moods expressed in the music.

The pianists graciously stayed after the program to chat with residents about themselves and their music. Judging by the applause and the number of people wanting to speak with the couple, there will be return performances of Duo Beaux Arts at Fleet Landing.

## Jacksonville Children's Chorus

By Carol Smith



*Touring Choir*



*Voices of Jacksonville*

Fleet Landing residents were treated to an hour of uplifting music on August 9 in Johnson Hall. The Jacksonville Children's Chorus (JCC), under the direction of Darren Dailey, presented a concert by two of its groups: the Touring Choir, which had recently returned from a tour of the United Kingdom; and the Voices of Jacksonville, an adult professional ensemble. (Yes, the JCC does include this adult group.)

The 11 female voices of the Touring Choir opened the program with "Seminole Wind," a tribute to the prominent indigenous people of what is now northern Florida. They followed up with our official state anthem, "Florida, Where the Sawgrass Meets the Sky."

The tour of Florida history continued as the Voices of Jacksonville took the stage. Acknowledging the importance of the railroad in the development of the State's tourism industry, they sang "Orange Blossom Special" with audience participation in the form of making the sound of a train whistle at appropriate moments.

The two groups joined their voices in a spirited rendition of "Lift Every Voice and Sing" by Jacksonville's own James Weldon Johnson and John Rosamond Johnson.

Following the final number of the program, "When You Wish Upon a Star," members of the choirs mingled with the audience and shared their experiences with JCC. Some began their singing journey in the Primary Choir at the age of 5. The Jacksonville Children's Chorus, including the Voices of Jacksonville, will travel to New York City in December to sing at St. Patrick's Cathedral. Closer to home, their annual holiday concert will be presented at Hendricks Avenue Baptist Church on December 16.

Newer arrivals to our community may not know that a Fleet Landing resident, the late Dr. Frances Bartlett Kinne, was instrumental in founding the chorus when she was president of Jacksonville University.



## A Visit to the Cummer Museum of Art and Gardens

Text and photo by Bo Smith



Thomas Hill, 1891. "Fishing the Merced River." Many American artists focused on the beauty of our landscapes.

A group from Fleet Landing visited the Cummer Museum of Art and Gardens on September 7 to enjoy a special exhibition titled "American Made: Paintings and Sculpture from the DeMell Jacobsen Collection." This impressive show captures the huge sweep of American art from the Colonial Period to the middle of the 20th century. In a nutshell: In colonial days our important artists captured the flavor of early America, but a lack of art schools and a small market forced many to go to Europe to study, and most stayed there. That trend continued in the 19th century, but as the nation grew, many local artists worked to show the glory of our new country, and important artists from Europe were attracted to our landscapes. Americans didn't show much interest in modern art until a show in New York City in 1913 aroused controversy and discussion about the avant-garde. That was followed by an influx of artists escaping the disillusionment of post WWI Europe and the growing dangers of fascism. New York City became the art capital of the Western world in the 1930's and remains so today.

The show at the Cummer is now closed, but I carried away a lesson I wanted to share. Lory Doolittle, one of our residents, led our tour and gave us a wonderful demonstration on how to visit an art gallery. When most people enter an art gallery, they don't know where to begin. They find themselves in a room full of pictures, and not being able to find a context, they glance around and go to the next room. Don't do it that way. Open yourself to the experience—there is almost always a specific work that catches your eye. Go to that piece and look at it closely. What do you see? What's going on? Why do you think the artist painted it? How does it make you feel? Can you associate it with anything in your life? Would you hang it in your home? Doolittle gave us a chance to glance around each room of this large show and then directed us to the pieces that had caught her eye. She was generally attracted to

art that suggested a story, and she often made a personal connection with those works. In that way, the art became alive for us, and many of us formed our own connections. Try her procedure the next time you're at an art museum, and you'll find you will have a more satisfying experience.

## August WELLInspired Learning Series

By Victoria Freeman



The August 16 WELLInspired Learning Series session featured Chris Lester, a National Board Certified Health and Wellness Coach and a Fleet Landing Pilates Instructor, and Alisa Blanchard, Exercise Physiologist. The topic of the talk, held in Johnson Hall, was "Pelvic Strength and Endurance."

Lester began with a quiz to ascertain her audience's concern about the topic. The "That's Me!" quiz had individuals raise their hand if they agreed with such statements as, "I leak when I laugh."

Lester cited consequences of failure to strengthen pelvic muscles when it is necessary to do so. Chief among the costs of this inaction: Urinary incontinence is a key reason for transfer to a long-term care facility.

She suggested techniques for pelvic muscle building: Avoid frequent bathroom breaks. When you do use the facilities, sit comfortably, allow the bladder to relax, and eliminate completely. Visualize flowing water. Take an extra minute or two to completely finish.

Short-term strategies are useful when you need to get to the bathroom in a hurry: Visualize a desert, splay your toes and fingers, rapidly contract and release sphincter muscles.

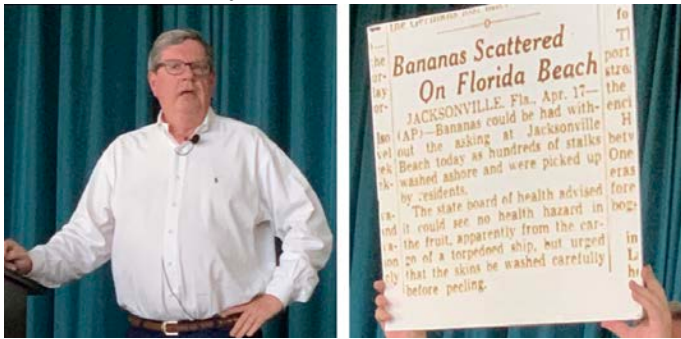
Lester recommended exercises beyond Kegels (the well-known pelvic floor strengthening exercises) for building pelvic strength and endurance. She enlisted Blanchard's help to demonstrate the exercises.

Lester distributed tiny paper cups with a grape and a raisin before her talk. This was a visual aid to her message about the role of hydration at the conclusion of her talk: Keep your cells and their muscle fibers plump and juicy like the grape, not dry and shriveled like the raisin. Good hydration allows cells to wash away toxins. She suggested drinking water from the moment one awakes and continuing to drink an ounce every 8-10 minutes for proper hydration.

A "Pelvic Strengthen & Endurance" workshop was held on August 23 as a follow-up to this presentation.

## Sinking SS *Gulfamerica*: Nazi U-Boats Nearshore

By Howard Burdick



On August 10, we were enthralled by Scott Grant's account of German U-boat (submarine) activity along our section of the East Coast during WWII. He is a raconteur who backs up his tales with extensive research. His presentation centered on the skill of Kapitänleutnant Reinhard Hardegen and crew in *U-123* during two cruises in the first half of 1942. The principal event was the sinking of *Gulfamerica* on the night of April 10 in full view of revelers at the fully lit Jacksonville Beach hotels, restaurants, and Ferris wheel. *Gulfamerica* was on its maiden voyage from Texas to New York with a full cargo of heating oil and a crew of 54. (Modern tank ships of several times the capacity sail with crews of less than 20.) Northbound *Gulfamerica* was about 5 miles seaward of Jacksonville Beach, and *U-123* was even further seaward. This required a converging firing solution set up from abaft the beam of *Gulfamerica*—a challenge compared to a more desirable midships shot. With its next to last torpedo, *U-123* fired for an intercept on the starboard quarter of *Gulfamerica*. Following a run of over 4 minutes, the torpedo hit one of *Gulfamerica*'s tanks with a tremendous explosion heard and seen for miles. *U-123* then maneuvered to a position inshore of *Gulfamerica* and, silhouetted against the burning ship, fired on it with deck and machine guns to prevent a distress message being sent. *Gulfamerica* crew abandoned ship except for 18 who were killed. Another died later from burns. Daughters of the American Revolution subsequently erected a memorial to them, located in Oceanfront Park at Jacksonville Beach. Earlier in this same cruise, *U-123* had sunk a refrigerator ship loaded with bananas in the same vicinity. Resident Virginia Byrd remembers walking on the beach with her mother shortly afterward and skipping over banana skins. Blackout conditions were instituted along the coast immediately after these sinkings.

Other items of interest:

- U-boat operations along the East Coast were the first offensive actions taken by Germany after declaring war. During the earlier cruise of *U-123*, the crew had sunk more ships than any other U-boat, so that when they returned to their base in Lorient, France, there was a heroes' welcome, and Hardegen

was awarded the Iron Cross. During their second cruise described above, they sank even more than during the first, and were doubly honored on their return.

- German Navy nautical chart coverage of our East Coast was sorely lacking, so that piloting was "seat of the pants," as we sailors call it. The U-boats used local radio stations, lighthouses, and other prominent marks. During the first cruise of *U-123*, they used a nine-year old tourist map to reconnoiter the approaches to New York Harbor.

- While U-boat operations were very effective in the early years of WWII, by the end of the war, close to 90 percent of U-boat crews had perished.

Scott Grant was born in Scotland, graduated from Cornell University and Rutgers Law School, and is a fiduciary/owner of Standfast Asset Management, located in Jacksonville Beach. Grant has written *Jax Pop History*, a book covering local events going back to the 1565 massacre of French Huguenots by the Spanish at the Matanzas Inlet near St. Augustine. He is a prodigious story teller in high demand—and now we know why.

## Idalia's Visit

Photos by Ann Bell, Rae Donnelly, and Jackie Smith

Fortunately, Hurricane Idalia was at a tropical storm strength when it reached our area on August 30.



Left: Resident Jackie Smith, who captured this photo, commended Fleet Landing's team for its work during the storm as they lowered this tilting light pole to the ground rather than allow it to fall.

Top right: The fountains were turned off during the storm. Rae Donnelly spotted these turtles, who apparently found sitting on a fountain preferable to staying in the lake.

Bottom right: Jack Bell, initially frightened by the storm, took refuge in the shower.

(continued on next page)



## A Contemporary Feast

By Maureen Miller

Photos by Maureen Miller and Glenn Perry



*Gabrielle Dean-Rector (l) and resident Lory Doolittle with Hiromi Moneyhun's "Yūrei" in the background*



*Dean-Rector with the tour group*

On August 18, ten Fleet Landing residents found the best way to escape the extreme Florida heat via a trip to the cool (figuratively and literally) Museum of Contemporary Art (MOCA) in downtown Jacksonville.

A short bus ride down Atlantic Boulevard brought us to the corner of W Duval and N Laura streets, where we disembarked and were led by Wellness Services Manager Mary Faria into the museum foyer. There we were welcomed by our guides, Director of Development Gabrielle Dean-Rector and Alarie Gibbs, Wayne & Delores Barr Weaver Educator for Family and Children's Programs.

Our tour began in the atrium of this historic building, constructed in 1931. We were dwarfed by the incredible, over four-story high, paper cut sculpture entitled "Yūrei"

("Ghosts") by Jacksonville Beach artist Hiromi Moneyhun. In addition to demystifying the theme of this awesome work and its artist's creative process, our guides easily answered our many questions.

On the third floor, Gibbs guided us through the "Bo Bartlett: Earthly Matters" exhibit. This impressive exhibit presents a selection of Bartlett's large-scale recent oils and sketches that explore the human impact on—and interaction with—the natural world. Each luminous painting begs the observer to spend time with it, studying the subject(s) as well as small nuances hidden within.

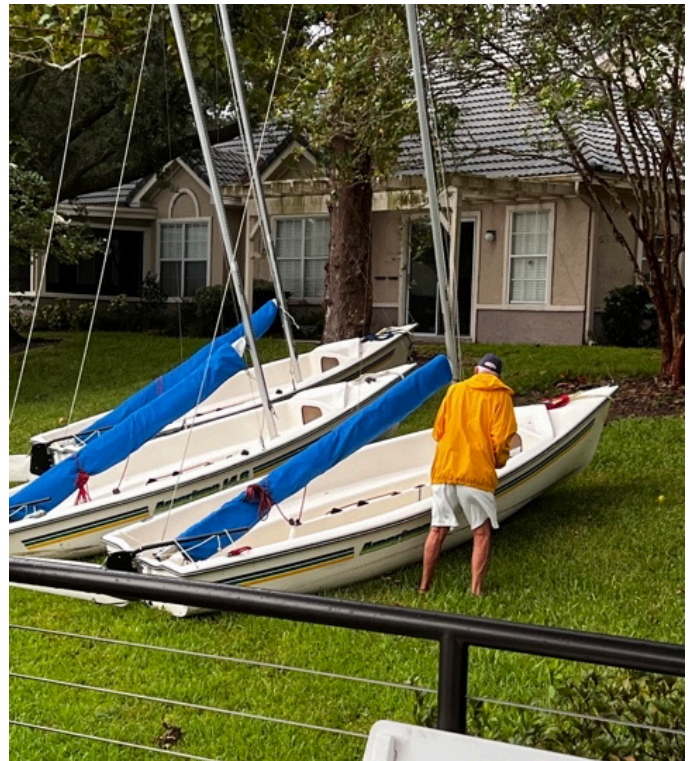
(Fun fact: fellow Fleet Landing tour participant and artist Glenn Perry went to school with Bartlett.)

After time on our own to further explore the museum, we were off to lunch at the bellwether (spelled with a lower case "b"), advertised as a casual restaurant serving timeless American fare with a modern turn. We were immediately seated at a long table where discussion centered around our MOCA tour, the unique menu, and the farm animal photos and video surrounding us. But this was quickly silenced as our meals, highlighting the exceptional flavors and the culinary creativity of the chef, were served.

Please, Mary, arrange more trips to MOCA, especially in 2024 for its 100th birthday celebration!

## Idalia's Visit

*(continued from preceding page)*



*Fleet Landing Yacht Club Commodore Howard Burdick saw to it that the sailboats were pulled out of the lake in advance of the storm.*