



FLEET BEAT

VOL. 34 No. 2

THE FLEET LANDING RESIDENTS' NEWSPAPER

March 2024

The Lawson Ensemble

By Chet Davis



LtoR: Yukino Miyake, Nick Curry, Cynthia and Walter Graham, Aurica Duca, Clinton Dewing



Fleet Landing residents were treated to another vibrant performance by the Lawson Ensemble on February 26. The ensemble, made up of violinist Aurica Duca, cellist Nick Curry, and violist Clinton Dewing, is now in its tenth season and is in residence at the University of North Florida. For this Johnson Hall concert, the group was joined by award-winning pianist Dr. Yukino Miyake. Residents Cynthia and Walter Graham sponsored the concert.

Curry introduced the two works on the program, compositions by Mozart and Mendelssohn. Mozart was commissioned by a publisher to compose three quartets for amateurs, something he was not good at. His Piano Quartet No. 1 in G minor was so difficult that the publisher relieved him of his obligation to complete the set. At the first performance of Mendelssohn's Piano Trio

(continued on page 16)

February MOAA Meeting

By Bo Smith



LtoR: Pat Kluever, Jerry Holland, Curtis Ford

Jerry Holland, Duval County Supervisor of Elections, addressed the Historic Mayport Chapter of the Military Officers Association of America (MOAA) monthly meeting on February 27 in Johnson Hall. Chapter President Pat Kluever presided over the meeting. Holland, a Beaches resident with bachelor's and master's degrees from the University of North Florida, is a longtime public servant. He was Supervisor of Elections from 2005 to 2015 and then Property Appraiser from 2015 to 2023. He was recently reelected to the post of Supervisor of Elections. He has gained nationwide and international recognition for his efforts to register voters and build confidence in our elections.

Holland's main message was trust in the election system is essential, and trust is built on layers of safeguards: physical security of the ballots, careful background checks of employees, proven voting equipment, and transparency throughout. He addressed many of the common concerns of voters, including paper ballots, hand counting, ballot harvesting, over votes, voter identification, and vote by mail. He even recounted the "hanging chads" incident in the 2000 election. Holland's overall message was that we should have high confidence in Florida's election process and procedures.

After Holland's talk, Atlantic Beach Mayor Curtis Ford spoke briefly, noting the city's purchase of a building for a citizen's center for the underserved west side of Mayport Road.

MOAA monthly meetings are open to all residents and often include topics of general interest. Recent speakers have been our representatives before local, state, and national government bodies: Donna Deegan, Mayor of Jacksonville; State Senator Clay Yarborough; and Congressman John Rutherford. Naval Station Mayport Commanding Officer Captain Brian Binder will address the next meeting at Johnson Hall at 2 pm on March 18.

February Residents' Council Meeting

By Enith Vardaman

Residents' Council President Eileen Theis convened the February 20 meeting in Johnson Hall.

Dale Clifford, Chair of the Endowment Resident Advisory Committee, spoke of ways residents could encourage staff to apply for scholarships, which had a March 1 deadline. The scholarship awards ceremony will take place on April 4 at 3 pm in Johnson Hall.

Management Perspective. Reporting for Chief Operating Officer Brian Weiss, April Morin, Sales and Marketing Senior Director, cited a lengthy list of completed, in-progress, and planned projects. Of special interest: Social mailbox nameplates, described as clear, legible, and aesthetically pleasing, have been chosen. The vendor will soon begin production.

Vice President's Report. Bob Peterson reviewed dates and procedures for the upcoming Residents' Council elections.

Safety and Security. Peterson emphasized responsible behavior for dog owners, including cleaning up if a dog has had an accident and not allowing a barking dog to disturb neighbors.

Treasurer's Report. Charles Winton reported overall positive financial results for 2023. Financial details may be reviewed in the Dinda Library.

Human Resources and Marketing. Ernie Bio reported that Vivian LaRose, Accounting Business Office Specialist, was the January Staff Member of the Month. Sasha Churchill of Campus Exterior Services was Leader of the Quarter. Fleet Landing has 491 employees, with overall staffing at 94 percent. The January turnover rate was 2 percent. Lobster Tales submissions in January numbered 130. All levels of care are essentially at full capacity. The Atlantic Club now has 585 members. Resident Ambassadors will receive an email from the Sales and Marketing Department in March. They will have an opportunity to renew their membership based on anticipated modifications and new marketing initiatives.

Wellness/Transportation/Clubs. Nancy Russell reminded residents of the meaning of the color of the flags on the buses. Blue is for the campus shuttle, red is for the medical shuttle, and yellow is for an off-campus shuttle. She also reviewed campus shuttle hours and procedures. The campus shuttle will go to Walgreens, but not after 4 pm. She noted several upcoming events offered by the Wellness Department.

Dining Services. Lynette Beitz highlighted the creative efforts of Pastry Chef Belle Camacho and her assistant, Isabelle Mercado. Among their accomplishments: baking at least 200 cookies daily in their new location behind Studio B in Windward Commons. The new Currents menu introduced on February 15 has more WELLInspired and no salt added items. Additional options include multigrain bread for sandwiches.

Healthcare. Ann Bell reminded residents that heart disease was the leading cause of death in this country. She suggested strategies for improving heart health, including discussing risks with your doctor, being more active, eating a healthy diet, and managing stress.

Facilities. Ken Hollinga displayed photos of campus projects, including crosswalk striping, the makeover of the garden shed and its surroundings, the reconstitution of the Dinda Library, and the new surface around the Main Street area. Photos also showed bluebirds checking out the new bluebird boxes.

Suggestions. Reporting for Judy Poppell, Peterson reported six suggestions and responses, which are too detailed to cover here. They may be read in the council minutes posted throughout the campus and on Fleet Link under "Residents' Council."

The next council meeting will be on March 19 at 2 pm.

Editor's note: FLEET BEAT seeks to avoid repetition of information found elsewhere in this issue.

League of Women Voters News

By Bernadette Miron

In January, the League of Women Voters (LWV) at Fleet Landing viewed the video of a lecture on the National Popular Vote Interstate Compact (NPVIC). The presenter was Daniel Lishansky of the nonpartisan Floridians for National Popular Vote (Floridians for NPV).

As Lishansky explained, the NPVIC is an agreement among a group of states and the District of Columbia (DC) to award all their electoral votes to whichever presidential ticket wins the overall popular
(continued on next page)

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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 at www.fleetlanding.com. Sign into the resident portal and click on "Menu" and then "Publications." Issues can also be found under "Publications" on Fleet Link.

League of Women Voters News

(continued from preceding page)

vote in the 50 states and DC. The compact is designed to ensure that the candidate who receives the most votes nationwide is elected president. The NPVIC is a constitutionally conservative, state-based approach. It preserves the Electoral College and the power of the states to control how the president is elected.

Our current system pushes presidential candidates into campaigning only in swing states. In 2020, all of the 212 general election campaign events were held in just 17 states, and 38 of these were held in Pennsylvania and Florida. The other 33 states and DC were ignored.

For more information, Lishansky recommended that we go to floridiansfornpv.com.

Sustainability tip: Bring your own reusable container when dining out at Fleet Landing to carry home any leftovers.

Fleet Hearts Celebrate Valentine's Day

Photos by Janet Silvester and Jackie Smith

The Fleet Hearts brightened Valentines Day for residents of The Nancy House, Leeward Manor, North Point, and the Derfer Healthcare Pavilion. They purchased flowers, vases, and other items to make 37 flower arrangements for the dining room of each of these venues. They also made a Valentine's card for each resident—a total of 135. On February 13, they gathered at the Annex to assemble the flower arrangements. Joined by members of the Kazoo Band on February 14, they divided into four teams to deliver the flowers and cards.



Assembling the flower arrangements

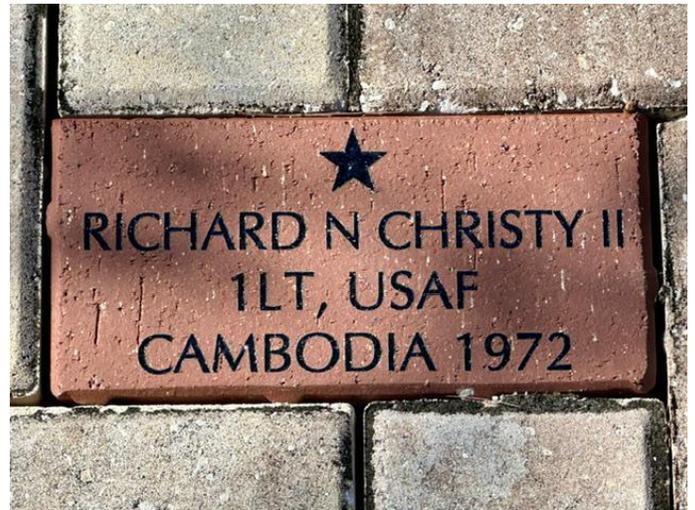


Completed arrangements

National POW/MIA Memorial & Museum

Photos by Janet Silvester

Fleet Landing residents had a guided tour of the National POW/MIA Memorial & Museum on February 1. The facility, located at the former Naval Air Station Cecil Field Master Jet Base (now known as Cecil Commerce Center), is a work in progress. Already much has been accomplished, including dedication of the Gold Star Families Memorial, the beginning of the memorial brick plaza, and display of two of the four planned aircraft. The website powmiamemorial.org has extensive information about this facility.



Brick in the Gold Star Families Memorial for the brother of resident Janet Silvester. He served in Vietnam and was killed in Cambodia.



Memorial bricks for Fleet Landing returned POWs Dick Stratton and Giles Norrington



Staff Updates

By Chet Davis

Abby Hazel, Chef de Cuisine at 30 North

Abby Hazel was recently promoted to Chef de Cuisine at 30 North after the departure of Ricky Boyd, who had held that position. Hazel is from the island of Saint Martin, where her grandfather was in the hotel business, and her father owned a bakery.



This early introduction to the food business seems to have set her on her career path. After moving to Miami, FL, Hazel worked as a prep

cook and then became a trainer. In Jacksonville, Hazel worked at Buca di Beppo Italian restaurant and became their trainer for all stations in the kitchen. This was followed by a lead cook position with Ponte Vedra's Sawgrass Marriott, where she became the chef for the American Gator Club at TPC Sawgrass's infamous 17th green. Hazel met Boyd at Hob Nob, where she was the sous chef and was in charge of specials. With the advent of COVID-19, she worked wherever work was available, including with Medure Brothers and for the PGA tour.

Hazel views her new position as one that will be a learning experience and an opportunity to be creative while focusing on the dietary needs of residents.

Hazel has family in the area. Her mother is a teacher in the Duval County school system.

Jason McLaughlin, Restaurant Manager, Main Street Dining

Jason McLaughlin has joined our Fleet Landing staff as the Restaurant Manager at Main Street Dining. McLaughlin is a Jacksonville native. His great-great-grandfather came here from Scotland. A graduate of Appalachian State University in Boone, NC, McLaughlin majored in creative writing, poetry, and philosophy. While in college, he found that he earned more as a bartender than in



the teaching profession for which he was preparing. Thus started a long career in bartending and hotel management. He spent many years in the Blowing Rock, NC, and Fort Lauderdale, FL, areas, with increasing management responsibility.

Upon returning to this area in December 2023, he learned of the opening here at Fleet Landing. He liked the mission statement, which is closely aligned with his view. McLaughlin has been impressed by the quality of staff and the friendliness of residents. His focus will be on the quality of food served at Main Street Dining. At present, he is focusing on one venue at a time to build his knowledge.

McLaughlin lives in Orange Park with his wife and the couple's pets, a dog and a cat.

Michael Litzel, Executive Chef, Main Street Dining

Michael Litzel, a Buffalo, NY, native, finally saw the error of his ways and moved south! He now lives in Fernandina Beach.



Litzel started as a dishwasher in Buffalo, working his way up and getting to know all positions in a kitchen. From there, he worked at the Ritz-Carlton in New Orleans, LA, up until Hurricane Katrina. Subsequently, he worked for the Ritz-Carlton in Sarasota,

FL, where he was assigned to a task force that traveled the world helping out distressed restaurants within the chain. He spent considerable time in Seoul, South Korea; Berlin, Germany; Naples, Italy; and Vale, CO. He then joined a start-up, CinéBistro, which provides fine dining in theaters. After the success of the initial venue, Litzel traveled to various areas to set up more of them. As with many others, when COVID-19 hit, he went wherever there were openings. He recently was the Banquet Chef at the Omni Amelia Island.

Litzel plans to be an advocate for residents and hopes to enhance the quality of Main Street Dining offerings with an emphasis on ingredients as fresh as possible. He is appreciative of the opportunities offered at Fleet Landing.

Save the Date—FLiCRA Annual Meeting

By Bob Armacost

The Fleet Landing Chapter of the Florida Life Care Residents Association (FLiCRA) will hold its Annual Meeting on Friday, May 10, at 11 am in Johnson Hall.

The following nominees, selected by a nominating committee and approved by the current board, will be up for election to the board by the FLiCRA members present: Janet Kuchler, Mike Shannon, and Judy Solano for a three-year term; Karen Farrell for a two-year term.

Bennett Napier, Executive Director of FLiCRA, will be the featured speaker. His talk will focus on this year's legislation affecting life care residents and other issues of concern to Fleet Landing.

Please join us. All are welcome.

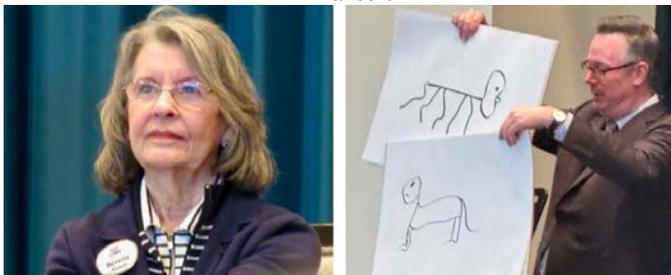
Magic, Mentalism, and Mischief with Brad Barton: Reality Thief

By Maureen Miller

Photos by Ed Hollender and Craig Miller



John Coman (l) and John Hedge on stage with Brad Barton



Beverly Norman, her drawing of what she imagined (lower drawing), and Brad Barton's drawing

On the bright, winter day of February 6, Brad Barton stepped onto the Johnson Hall stage and proceeded to bewitch, bewilder, and baffle the “sold out” crowd.

This was Barton’s second visit to Fleet Landing. During his short introduction, he confessed to being the son of resident Judy Barton and a student of magic since the age of 12.

The next hour whizzed by as Barton cracked jokes and bent our perception of reality. His sleight of hand magic tricks, like the lock in the wine glass and grasping a clear marble out of the many bubbles he blew, were well done. Throughout the show, Barton amazed us with his humor, laid back style, and mental magic, including his ability to correctly “guess” who had which playing card, held since much earlier in the performance.

But it was his intimate audience interaction, as he finagled a number of residents into assisting him, that

kept us mesmerized. Examples: After obtaining Jackie Smith’s phone number, he promptly sent her a text and immediately had her put her phone in an envelope, keeping her from reading it until the very last piece of wizardry he performed; he fed off John Coman’s wry humor while working his major card tricks; he read John Hedge’s mind to draw a cartoon of what Hedge considered would be his dream job—a Red Sox radio announcer at age 30; and he sketched what Beverly Norman was imagining and then had her draw it. Incredibly, both drawings were almost exactly the same, but mirror images.

As many of us are still wondering, “How the heck did he do that?” we hope Barton is invited back once more to give us another chance to maybe figure it out.

Deck the Chairs Team

The annual Deck the Chairs event in Jacksonville Beach, held during the holidays, features an exhibit of decorated lifeguard chairs. Fleet Landing’s entry was a team effort that resulted in an honorable mention. It took several photos to show the whole team because getting everyone together at once for a photo proved to be impossible.



Love from the Fleet Notes

By Chet Davis; photos by Ann Bell, Ed Hollender, and Janet Silvester

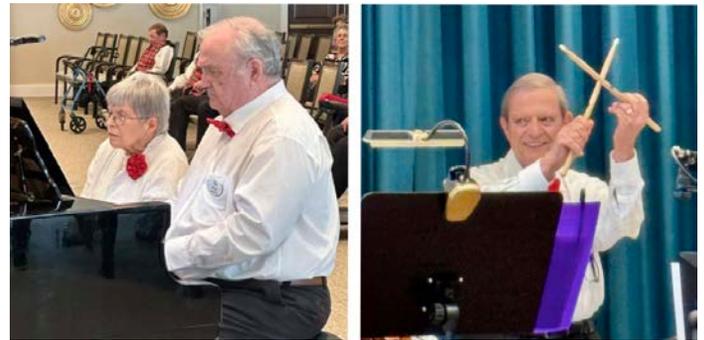
Valentine's Day was celebrated in style as our Fleet Notes musicians presented a concert of love tunes from various decades. As emcee, Beryl Hubbard presided over a program that featured a total of 24 instrumental and vocal numbers. He introduced each song with a bit of its history. The 12-piece orchestra (ukulele, brass, woodwinds, drums, piano, and guitars)

performed instrumental pieces, including piano duets, and accompanied the ten singers. The singers performed solos and in groups. The Johnson Hall audience got to join in during a sing-along.

The performance was most enjoyable and touched many a heart with memories of the past and hope for the future.



Fleet Harmonizers



*Left: Karen Sturtevant and Pete Sheridan.
Right: Jim Katsikas.*



Beryl Hubbard (l) and Walt Trevaskis

Valentine's Day Decor

Fleet Landing residents like to decorate for special days. These are some of the decorations Ann Bell spotted as she walked Jumping Jack Bell around campus.



Richard Wong and Ivy Suter



*Left: Julie McLaughlin, De An Winton, and Julia Pet-Armacost.
Right: Dan Barry.*



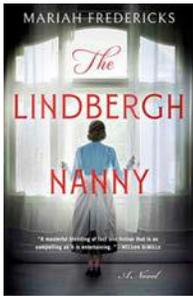
A New Type of Book Club Is Forming at Fleet Landing

By Sue Myers and Fran Sheridan

Come join Book Talk! This is an opportunity to share interesting books with fellow readers. The books are ones that have been read and enjoyed by members of the community, and now we want to share the best of these finds with you.

The book titles will be announced about six weeks prior to the presentations, giving you time to read the books, available from the public library, bookstores, and Amazon. At the meetings, Sue Myers will lead you through a visual display of items related to the book. These may include maps, photos, artifacts, and the like displayed on the large screen of the Windward Commons classroom. Following the visual portion, there will be an opportunity to discuss the book with your questions or those proposed by Fran Sheridan.

The first selection for Book Talk will be *The Lindbergh Nanny* by Mariah Fredericks. The famous Lindbergh kidnapping comes to life in this historical fiction through the retelling by the nanny. We are left with questions about the perpetrators, motivations, and family dynamics of the Lindberghs. A most fascinating read!



The inaugural meeting of Book Talk will be on Wednesday, April 17, at 2-3 pm in the Windward Commons second floor classroom. Email Sheridan at fransheridan81@yahoo.com or sign up on Calendar Central.

We look forward to seeing you there!

Lightning!

By Carol Smith

It's safe to say that everyone who attended the presentation by Hugh Christian on February 8 left Johnson Hall knowing a lot more about lightning than they ever thought possible.



Christian, who holds a Ph.D. in space physics and astronomy, led residents on a journey that began with how a thunderstorm is initiated. After explaining that water fuels thunderstorms, he continued with a thorough discussion of lightning. Especially interesting

were his videos of lightning strikes, which he explained in detail.

With over 50 years studying lightning, it is understandable that Christian helped pioneer lightning observations from space. Following in the footsteps of his father, who worked on the world's first

weather satellite, Christian joined NASA's Marshall Space Flight Center in 1980. His slides of satellite images of lightning strikes on planet Earth were especially fascinating. The top hotspot was found to be at Lake Maracaibo in Venezuela where 297 nights of lightning strikes were recorded. In his retirement, Christian teamed with Lockheed Martin to design the Geostationary Lightning Mapper.

Marcus Parsley Plays Miles Davis

By Nancy Lundgren



Jazz musician Marcus Parsley, a Jacksonville native, arrived in New York City in 2002 to find his musical niche in the Big Apple. He spent his early years there playing trumpet, with both jazz and rhythm and blues groups. Since then, Parsley has done several international tours with celebrated artists, including Ian Hendrickson-Smith, Charles Bradley, and Sharon Jones.

The February 23 concert in Johnson Hall was a tribute to Miles Davis during his 1965-1968 years with Columbia Records. Parsley brought in four local musicians (saxophonist, bassist, drummer, and pianist) to help him recreate an authentic Miles Davis Quintet sound. The quintet brought all the jazz enthusiasts in the audience back to the '60s with its renditions of pieces like "Freddie the Freeloader," "Love for Sale," and "I Fall in Love Too Easily."

Polaris Court Gathering

Photo by Isobel Spink



Residents of Polaris Court are enjoying their new fire pit.

2024 Skidoo Revue

By Carol Smith; Photos by Ann Bell, Ed Hollender, and Janet Silvester

The Fleet Landing Kazoo Band kicked off the 2024 Skidoo Revue on January 31 by following “Pied Piper” Mike Burns into Johnson Hall as they played “You’re a Grand Old Flag.” Produced by Burns and Randy Gilliam and assisted by Julie Rochelle, the show featured resident performers plus talent from outside Fleet Landing. Burns (vocals and guitar), Mason Ferris (jokes), Linda Shilby (flute), and David Shilby (guitar and vocals) made up the latter group.

Comedy skits are a staple for Gilliam, as he demonstrated in his opening remarks. John Johnson and Julie Rochelle got the audience clapping along when they sang “When the Red Red Robin.” Jokes by Joe Ruthenberg and Ferris were interspersed among the musical numbers and had everyone laughing throughout the program. Some Fleet Landing favorite vocalists performed old-time tunes such as “Don’t Be

Cruel,” sung by Elvis, aka Bob Chrisman, and “Don’t Fence Me In,” sung by Gary Reichow. Julie McLaughlin, Ed Fahy, Sandy Roth, Sandi Smith, Beryl Hubbard (who also served as master of ceremonies), and Bob Huhta shared their vocal talents to the delight of the audience. Johnson returned to the microphone to sing “Sioux City Sue” and demonstrated his yodeling ability. Pete Sheridan was on hand to provide keyboard accompaniment.

Hubbard closed by recognizing the cast as well the crew who put the show together: John Coman, sound manager; Toni Reichow, stage manager; and ushers Jerry and Donna Marxhausen and Rick Rochelle. Following a final tribute to Randy Gilliam, who has been a favorite entertainer for many years at Fleet Landing, the Kazoo Band re-entered Johnson Hall, ending the program with “Show Me the Way To Go Home.”



Mike Burns and the Kazoo Band



Julie McLaughlin and John Johnson and Julie Rochelle



Randy Gilliam and Mike Burns



Pete Sheridan and Bob Huhta



Beryl Hubbard and Bob Chrisman



*Linda and David Shilby
(continued on next page)*

2024 Skidoo Revue

(continued from preceding page)



Gary Reichow and Sandy Roth



Joe Ruthenberg and Mason Ferris



Ed Fahy and Sandi Smith

Bridge News

By CeCe Lichtenstein

We are in a new year, and so far, 2024 has provided some of our players with good results. The American Contract Bridge League (ACBL) keeps track of each member's winnings, and at the end of the year, gives a list to each district/unit. Florida is a very large district that also includes the Virgin Islands and has about 20,000 members, several whom are high-level professionals.

The ACBL divides the total number of master points into small groups—0-499, 500-1,000, and so on—topping out at greater than 10,000. (These are just examples, not the actual groups.) Carol Neville was listed in one of the groups. Congratulations to Carol.

Early in February, Lorie Holmes went to Hilton Head, SC, to play in a larger, regional tournament. She

is very close to completing the Life Master point requirements. She did very well, but is still not quite at her goal.

Lastly, there was a sectional tournament the weekend of February 16-19 in which silver points were awarded. A number of Fleet Landing residents played at the Jacksonville School of Bridge (JSOB) for these points. The following people played, though not everyone was able to come home with silver: Susan Rogers, Vicki Coward, Dottie Mann, Dale Clifford, Ruth Spackman, and Gloria Sevilla.

If I have overlooked anyone who should have been included, I apologize.

Nordic Trek Walking Workshop

Photos by Janet Silvester

Fleet Landing residents had an opportunity to learn about Nordic Trek walking at a workshop on February 7. They learned how to use the Nordic walking poles and the benefits of using them. Classes in using the poles followed on February 21 and 28 and March 6.



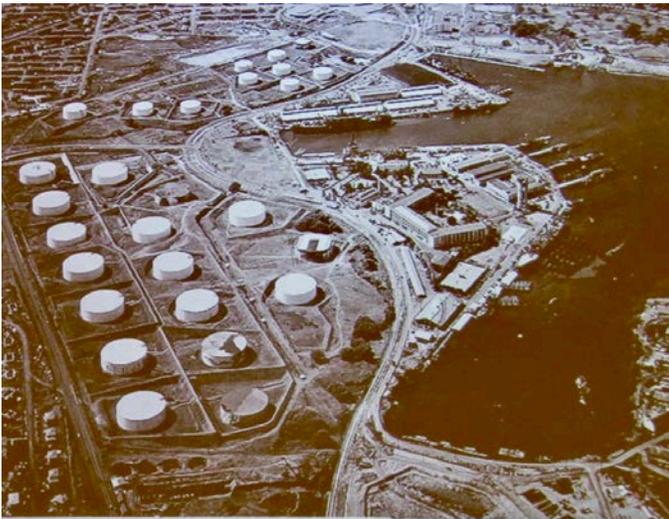
FLEET BEAT News

By Enith Vardaman

With this issue, we welcome Mary Durkin to the *FLEET BEAT* staff. You can find her article about the tour of Jacksonville's historic churches on page 12. Look for more of her interesting articles in future issues.

Pearl Harbor Revisited

By Victoria Freeman



October 13, 1941: Pearl Harbor tank farm and submarine base.

On February 16, Dr. Alan Bliss, CEO of the Jacksonville Historical Society and a former University of North Florida professor, mesmerized a Johnson Hall audience with his tales of Pearl Harbor. He exhibited maps of the incoming Japanese planes, and he profiled individuals who were involved in the attack. He also highlighted critical failures by the Japanese, including not attacking the fuel storage tank farm. In addition, he connected tensions in Europe and the Far East at the time of the historic attack with the situation today: the rise of authoritarian regimes in Europe and tensions with China. Hence the title of his talk: "Pearl Harbor at 82: A 21st Century Perspective."



Bliss disputed the popular conspiracy theory that President Roosevelt knew of the impending attack. He said, "There is not a shred of evidence that Roosevelt knew the attack was coming."

Bliss exhibited pictures of modern Chinese aircraft carriers and said the Chinese are now watching America's resolve in Ukraine. He said that the US military is a threat to China, and the US must decide

how serious it is about supporting areas far from home. China is watching the US's every move.

Bliss's presentation was interesting and unnerving at the same time.

Coleman Center Gutter Installation

FLEET BEAT photographer Ann Bell is often in the right place at the right time. In this case she captured scenes from the February Coleman Center gutter installation. As the photo on the left shows, this project was not for the faint of heart.



Library Notes

By Enith Vardaman

The Library Committee thanks our recent donors: Lynn Blakemore, Susie Canon, Don Husmann, Lorie Holmes, Bernadette and David Miron, Sally Pitard, estate of Jay Ransom, Andy Wyrick, and Retha and Ken Zearfoss.

Resident Terry Silvester has donated his book, entitled *Thirteen Missions: Lt. John P. Silvester's Part in the Greatest Generation*. It is a tribute to his father's service in WWII. You can find the book on the Fleet Landing Authors shelf.

The Library Committee is grateful to Kathy Keller and Dave Russell of the Woodworkers. A wooden book truck was anonymously donated while the library was in temporary quarters in the Annex. After refurbishment and replacement of the casters, the book truck is serving its new role as the place to put returned books and donations. It is located between the library office and the library.

Kennedy Space Center Overnight Trip Article Deferred

This event occurred too close to our publishing deadline to include in this issue. Look for an article in the next issue of *FLEET BEAT*.

100 Club Fitness Awards

By Carol Smith



*Left: Alisa Blanchard (r) presenting the female Super Star trophy to Janet Silvester.
Right: Dan Barry with his male Super Star trophy.*



The annual 100 Club Fitness Awards celebration took place in Johnson Hall on February 1. Exercise Physiologist Alisa Blanchard welcomed a large crowd who took their seats while enjoying a delicious array of appetizers and beverages. Celebrating her fifth year at Fleet Landing, Blanchard shared interesting statistics of participation in the community's fitness activities. Way above the national average, over 50 percent of indepen-

dent living residents at Fleet Landing participate in the fitness programs.

Because there were too many residents to name, slides were shown with the list of achievers in various categories. The names of 77 residents with over 100 indoor points were led by Susan Mathew with 605 points. There were 75 names on the list of outdoor points over 100, with Ken DeVries leading the group with 5,170 points.

The fitness team selected special categories to recognize, such as the "Heavy Lifter" man award, which went to Bob Peterson, and the female award in the same category, to Linda Gottlick. The award for "Heavy Lifter" male over the age of 90 was given to Florian Sprinkle, and the female over 80 went to Karen Sturtevant.

Two certificates for Power Couple Attendance in the Fitness Center were awarded to Bob and Marily Peterson and Terry and Nancy Sullivan. Recognition for most improved went to Janet Silvester and Bruce Osborne. The Super Stars of 2023 were Dan Barry and Janet Silvester.

Blanchard closed the program by proudly announcing that four Fleet Landing Wii bowling teams made the national finals last year, and with fourteen teams now participating, we are hoping for more in 2024. Many residents and staff then took to the dance floor as Blanchard led them in spirited line dancing.

Chips & Putts

By Isobel Spink

It was another lovely day at Windy Harbor for the February 8 FLAG (Fleet Landing Association of Golfers) tournament with 24 players. First prize went to Bunky Johnson's team with Julie Rochelle, Dave Smith, and Robert Ezell. They had a 73 with 3 birdies and won all the trophies of the day, including the Birdie trophy, awarded to Johnson, and the Sandbagger trophy, to Smith. With a 73 also, but only one birdie, John Rietveld's team came in second with Jim Wayrynen, Bob Mills, and Tom Gonwa on his team. Third place went to Team 3 with Keith Riechmann Captain, Bruce Osborne, Stephen Dick, and Dick Beltson. They had a 74 with 2 birdies, but complained that they were harassed by the team behind them.

Harry Sweeney won closest to the pin, although he was 34 inches away. Yet again, no ladies were on the green, so the money continues to mount up. Maura Kelly got the Ladies Long Drive prize, and apparently passed the Men's Long Drive, which was won by Wayrynen.

Teams 1, 4, and 5 didn't take home any money, but we all had a good time, as always. We had two new Fleet Landing players, Charlie Steele and Mike Purinton, who we hope will come again. The tournament on March 14 will be at Windy Harbor. The entire group expressed gratitude for Bob Neal's excellent leadership.

Historic Church Tour in Downtown and Riverside

By Mary Durkin

Photos by Mary Durkin and Mary Faria



Left: Stained glass windows in the Basilica of the Immaculate Conception.

Right: Rose Window in St. John's Cathedral.



A few of the organ pipes at Riverside Church at Park and King

Fourteen residents set out on a Fleet Landing bus for downtown Jacksonville on the bright, sunny day of February 12. Their purpose: To tour historic churches that have been a part of the city's history, some since before the Civil War. The historic reference was apparent as we parked in front of the Basilica of the Immaculate Conception and noted the street banners said Cathedral Hill, with St. John's Cathedral one block down the street. Both churches were destroyed during the Civil War and rebuilt, only to both become victims of The Great Jacksonville Fire of 1901 that destroyed much of downtown.

The parishioners of Immaculate Conception believe that a miracle took place during the fire. While much of the church was consumed by fire, a large statue of the Virgin Mary that sat on top of the façade of the church was left standing, and is still incorporated in the current outside façade of the present church.

The current Immaculate Conception church was rebuilt into its current design in 1910, with limestone from Kentucky and 53 stained glass windows from a German company named Mayer Glass. The beauty of the stained glass windows still attracts visitors and worshippers, as it is estimated that as many as 50 from nearby office buildings and businesses come to partake in noon weekday Mass.

St. John's Cathedral was rebuilt on Billy Goat Hill, the highest point in Jacksonville. The turret over the entrance is festooned with the lion's head shield—symbolic of St. John—and multiple gargoyles. Inside, the wood ceiling represents the hull of a ship, a symbol of strength to the Episcopal Church. Many stained glass windows are in a series that depict the Life of Christ, and there is a Rose Window with Madonna and Child that is copied after the Rose Window in Notre-Dame in Paris.

The Riverside Church at Park and King (formerly Riverside Baptist Church) was designed by noted architect Addison Mizner in 1925. After turning down several offers from the church, he finally agreed under the condition that the church accept his design unconditionally. As a result, the final design is a mix of Romanesque, Byzantine, and Spanish elements with touches of whimsy thrown in. Heavy cypress doors were carved with Greek crosses. Interior stucco walls were raked with buttermilk to look like limestone. Cypress ceilings were painted with Renaissance designs. Exterior carvings on the north and south bays depict a laughing nun and winking monk—Mizner's comment to naysaying parishioners.

The most notable feature, however, is the 4,554 organ pipes visible throughout the interior. Church organist Roderick Jungbauer gave us a short concert that made use of all of them, including the long trumpet-like pipes in the balcony area. He took us backstage for a further demonstration, including an

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Historic Church Tour in Downtown and Riverside

(continued from preceding page)

explanation of special organist's shoes made with felt soles to get a better feel of the pedals, and higher than normal heels for better reach.

After the tour, leader Gary Sass asked for a show of hands for the favorite church. Many hands went up for each church. The resulting favorite: all of them.

Avian Visitors

FLEET BEAT photographer Ann Bell captured shots of recent visits from our feathered friends.



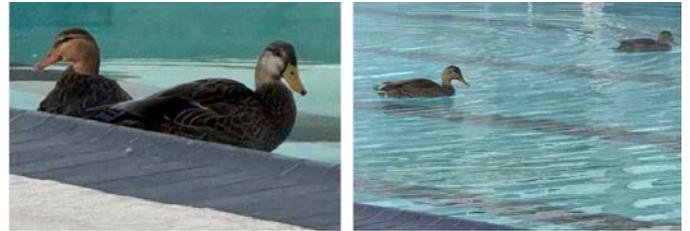
Great egret (l) and mottled duck



Great blue heron and wood stork



Muscovy ducks



Some mallards found the outdoor pool tempting.

February WELLInspired Learning Series

By Victoria Freeman

On February 20, Dr. Ruple Galani, cardiologist with Baptist Health, presented "Matters of the Heart" in an engaging and enthusiastic manner. He presented a summary of heart valves and the types of disease they might have. He referred to mitral valve prolapse, degeneration, and heart failure, as these are common occurrences in elders.



Galani demonstrated the method he uses for determining the nature of the problem with a patient's heart. Interestingly, he listens around the chest, under the armpit and on the back in order to get a clear picture. If he

decides there is a problem, he uses echocardiograms and other tests to clarify the situation.

Galani discussed the two treatment options for failing valves. Transcatheter aortic valve implantation (TAVI) involves placing a new valve in the heart through a small tube (a catheter), typically in the leg. Surgical aortic valve replacement (SAVR) is open-heart surgery, where a new valve is placed in the heart directly, replacing the old valve. Attendees received a colorful brochure detailing the risks and benefits of the two procedures.

The good news: Galani said this was a great time to be alive because of the availability of effective life-prolonging treatments.

After the presentation, the Johnson Hall audience could enjoy heart-healthy fruit. Forms to evaluate the presentation and to suggest possible future topics were available.

In Memoriam

Mary Lou Boyer
1929-2024

Bob Hunter
1926-2024

Doris Stevens
1924-2024

Judy Fuller
1944-2024

Marilee Johnson
1935-2024

Fleet's Got Talent

By Carol Smith; photos by Ann Bell, Ed Hollender, and Janet Silvester

Talented residents and staff took to the stage in Johnson Hall on February 10 for the first "Fleet's Got Talent" of 2024. Produced by Bob Armacost and Julia Pet-Armacost, the show opened with the Fleet Harmonizers looking dapper in their plaid vests. Not only did they look good, but they sounded great as they harmonized to three tunes under the direction of Pet-Armacost and accompanied by Karen Sturtevant on the piano.

Always a favorite entertainer, Driver Rob Friedman treated the audience to "All My Exes Live in Texas." Carolyn Johnson received a standing ovation for her beautiful rendition of "Little Things Mean a Lot." Pam Robbins followed with her latest contribution of stories that demonstrate the "Brighter Side of Dementia."

John Rogerson delighted everyone with his energetic "Chantilly Lace." Next up was Driver Marie-Claire Allen, clad in a lab coat, who sang "She Blinded Me with Science," complete with props. Howard Burdick had folks laughing so hard they had tears flowing when he presented his report to OSHA following the injuries he received during his bricklaying

job. He recounted in detail how the accident even had him imprisoned in a barrel at one point. He was convinced that OSHA would agree with his conclusion, "It was not my fault."

Guy Van Syckle took to the stage with his guitar, enticed the audience to join him in "Mr. Bojangles," and then treated everyone to his performance of "Stand By Me." Josh's Bugle Advisor, Charles Winton, shared tips from his latest book, *Bugle Calls for Dummies*. Demonstrating the bugle calls preferred by various staff members, Winton concluded that "To The Colors" will be used by Josh from now on.

Bob Armacost sang the Tom T. Hall tune "Old Dogs, Children, and Watermelon Wine." Pet-Armacost's lovely performance of "When I Fall in Love" followed.

Dan Cooper, Walter Kraslawsky, and Sue Myers made up the support crew, which is always essential to the success of a production.

Not yet ready for the evening to end, the audience joined in a sing-along with the entertainers, who returned to the stage to lead the tunes.



Bob Armacost and Julia Pet-Armacost



Howard Burdick and Guy Van Syckle



Karen Sturtevant and the Fleet Harmonizers



Carolyn Johnson and Rob Friedman



Marie-Claire Allen (l) and Pam Robbins



John Rogerson and Charles Winton

New Resident Mix and Mingle

By Carolyn Stoner

Photos by Ed Hollender and Carolyn Stoner



A blustery wind ushered in the first New Resident Mix and Mingle of 2024 on Leap Day, February 29, as 14 new residents were introduced in Johnson Hall. Even though no one admitted to a “Sadie Hawkins” proposal, the dip in temperature did not dampen the warm greetings and conversation among the new and existing residents. Dining Services staff displayed a fabulous array of finger foods accompanied by drinks of your choice, with nostalgic music setting the mood.



Sue Dukes (l) and Kathy DeSiena

New residents introduced were Cynthia and Bruce Fulton, Estelle Davis and John Rietveld, Judy Blocker, Joan and Mikel Foster, Linda Pauloo, Louise Moore, Shann

and Michael Purinton, Marian Green, and Donna and Robert Forsyth.

Wellness Services Director Sue Dukes and Charitable Gift Planning Director Kathy DeSiena presided over the awarding of door prizes. The lucky winners were Nancy Russell, Ernie Bio, and Bob Armacost.

Joshua Bowlus Trio Jazz Concert

By Isobel Spink; photo by Janet Silvester



On February 9, Fleet Landing residents were introduced to yet another outstanding musical group, the Joshua Bowlus Trio. Although it is a jazz ensemble, its namesake leader began piano lessons at age five and was classically trained with private lessons at Stetson University. It was in high school that he was introduced to jazz. He is a graduate of the University of North Florida, having studied jazz there.

The Johnson Hall audience was awed by the talent of this trio, with Bowlus on piano, Stephan Klein on drums, and Stan Piper on bass. In the first number, “Fried Pies,” Bowlus’s rapid fingers were almost a blur on the keyboard. The second piece, a rumba, featured intricate solos from both bass and drums.

My favorite was Ahmad Jamal’s “Moonlight in Vermont”—slow, soft, and smooth—with the drummer using mostly brushes. This was followed by a blues number, “Sugar Ray,” and then a samba arrangement. Piper had wonderful body language as he played.

As the trio was on the floor rather than on stage, it was a little difficult to see them, but hearing was the more important sense. The eighth offering was a mixture of Spanish and classical, moving from fast to slow. The drummer’s curls were bobbing the whole time, and Bowlus called this piece “the challenge.”

“Little Darlin’” was smooth and soothing, and never ended when we expected it to. The final piece, “Poinciana,” had Bowlus once again start with tapping his fingers on the wood of the piano, with the drums and bass picking up from there.

This was an exciting and exhilarating afternoon of jazz, and we hope Wellness Services Manager Mary Faria will bring them back again.

The Lawson Ensemble

(continued from page 1)

in D minor, the violinist and cellist had the music, but there was none for Mendelssohn, who would be at the piano. He told the page turner to get a book and turn pages whenever he wished, as the music was all in his head.

One of the beauties of chamber music, particularly that played in smaller venues such as Johnson Hall, is that it gives the audience the ability to experience the immediacy, intimacy, and beauty of the best chamber works. The musicians' expressive playing provided an excellent afternoon of music.

Welcome Aboard

8429 Shann and Mike Purinton (December '23)

In the early 1900's, Mike's grandmother came from New York by train to Jacksonville, traveled by steamboat to



Palatka, took the train to Tampa, and then went to Bradenton by oxcart. There is a photo of her in the oxcart. Shann, who moved to Palatka as a child, explained that the town was rich in Florida history, having been a

major commercial river port and home to Florida's first governor.

The couple met at the University of South Carolina and were married in St. Augustine in 1971. Both earned graduate degrees from Florida State University. Shann has a Ph.D. in educational administration, and Mike has a Ph.D. in counseling psychology. They spent four years in Canada, where Mike worked for the Provincial Department of Education in Manitoba and then at Queen's University in Kingston, Ontario. Their son and daughter were born in Canada. They have five grandchildren. In 1977, after several hard winters, they moved to Palatka.

Shann taught at private schools and then was Vice President of Student Affairs at St. Johns River State College (SJRSC) for 16 years before retiring in 2002. As Director of Instruction of the Northeast Florida Education Consortium, Mike trained teachers and principals to meet state requirements. In 1993, Mike was hired at SJRSC and retired in 2008 as Vice President for Workforce Development.

Both Mike and Shann have been active in Rotary. Shann was the first female member of the Rotary Club of Palatka in 1990. She held many offices and became the first female Governor of District 6970, which included all the Rotary Clubs in Northeast Florida. Mike was a member of the Rotary Club of Palatka Sunrise and served as president and managed service projects such as Rotary Heart and Sole to provide children with shoes and socks, Senior Santa to provide health care for seniors, and a Hurricane Katrina relief effort.

For many years Shann was instrumental in coordinating

volunteers to maintain the 138-year-old Palatka Water Works (now the Water Works Environmental Education Center). Mike has been an avid golfer since his retirement.

They both enjoy traveling and have been to all seven continents. After 46+ years in Palatka, they were delighted to move here and appreciate the helpfulness of Fleet Landing staff and the friendliness of the residents. Now they just want to slow down and enjoy the lifestyle here.

—Kristin Perry

2210 Carol and Eric Ross (May '23)

Carol is from Reading, PA. She graduated from Thomas



Jefferson University in Philadelphia, PA, with a master's degree in microbiology. Eric is from the Bronx, NY, and lived there through high school. The couple met while volunteering at the Mayo Clinic here

in Jacksonville. Now married, they are waiting for a larger apartment.

Carol has worked as a supervisor at Washington University Children's Hospital in St. Louis, MO, in her speciality of microbiology and serology (the study of antibodies in serum). In 1995, she moved to the Jacksonville area and worked in Laboratory Medicine at Mayo Clinic for 25 years.

Eric joined the US Navy and spent seven years on board a supply ship and as an instructor at the Great Lakes, IL, training center before working for the training department of Motorola in Chicago, IL, and then Fort Lauderdale, FL. After retiring from Motorola, Eric moved to Jacksonville to be near his son and his family. He worked for Logistical Services International, Inc. for 10 years, providing training on P-3 Orion anti-submarine aircraft.

Carol's daughter and two granddaughters live in Pennsylvania. Eric has a son and grandson living in Fort Lauderdale. In the past, Eric has owned an African grey parrot and a cockatoo along with two cats. Now the couple has one cat, Misty.

—Kristin Perry

4207 Linda Pauloo (November '23)

Linda's family's home is in Baxley, GA, but Linda left



Georgia after high school, and in 1966, she moved to California, where she lived for 56 years. She lived in South Pasadena and raised three children as a single mother. She worked as an accountant in law firms for 35 years and became supervisor of an accounting department.

After Linda left California, she moved back to Baxley for 1½ years while she was on the waiting list for Fleet

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Welcome Aboard

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Landing. One daughter lives in Georgia, and two children live on the West Coast.

Linda has done extensive volunteer work at a library and senior center. She has travelled to China twice as part of a mission project for Evangelize China Fellowship, and she served as an accountant for that organization. She remains in touch with people from that mission project. She is looking for a local Baptist church to join.

—Kristin Perry

1312 Donna and Bob Forsyth (December '23)

When he was a young man working in Nigeria for a contractor to NASA, Bob communicated with John Glenn orbiting Earth in his Friendship 7 Mercury spacecraft. It is still Bob's voice speaking on the recording of that exchange at the National Air and Space Museum in Washington, DC.



After graduating from high school at the Baltimore Polytechnic Institute, Bob joined the US Marine Corps for four years and then began a career in computers with several information systems companies. He was president of various divisions within Computer Sciences Corporation, moved to Texas to become President of Synercon Technologies and then, as a recruitment target for turnaround companies, made some career moves before he became

involved with the Wallenberg family. He met and began working for Peder Wallenberg, the brother of Raoul Wallenberg (the famous Swedish diplomat and humanitarian) and became a mentor for Fredrik, Peder's son.

Bob and Donna met in Connecticut, where Donna had owned a residential construction company and then a yacht brokerage firm. She met Bob when she sold him a boat. They were married and began their life together of moving from one place to another—New York City, California, Texas, and Maryland—plus many trips to Sweden with the Wallenberg connection. They moved here to be near their daughter, who attended the US Naval Academy and is now Logistics Officer for the 4th Fleet at Naval Station Mayport. They have a grandson who is five years old.

After retiring, the Forsyths lived on Longboat Key, FL, and in 2011, they moved to Lakewood Ranch, FL. In their 12 years there, Donna was president of the homeowners association and president of the Lakewood Ranch Golf and Country Club Women's Golf Association. Donna plays mah-jongg and has been in two book clubs. Bob likes to fish and prefers wade fishing.

—Kristin Perry

Fleet Landing in the News

By Enith Vardaman

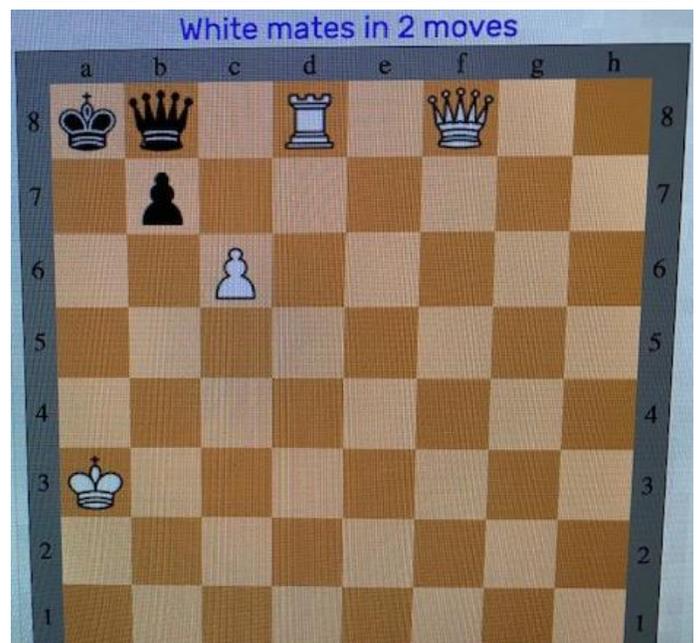
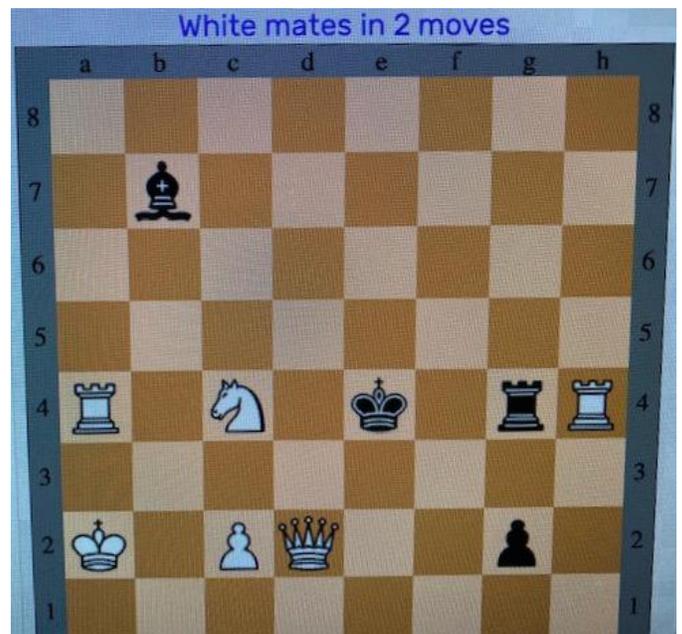
Residents Fran and Pete Sheridan have a good track record in successfully submitting items for the "Letters to the Editor" column in *The Florida Times-Union*. Their most recent effort appeared in the February 4 edition.

Chess Club News

By Richard Wong

The Chess Club meets on Tuesdays at 1-3 pm in the Windward Commons lobby. Test your patience and chess skills. For solutions, come to the club. Good luck.

Chess tips: Move 1-2 pawns in the opening, followed by knights, and bishop, and castle as soon as possible.

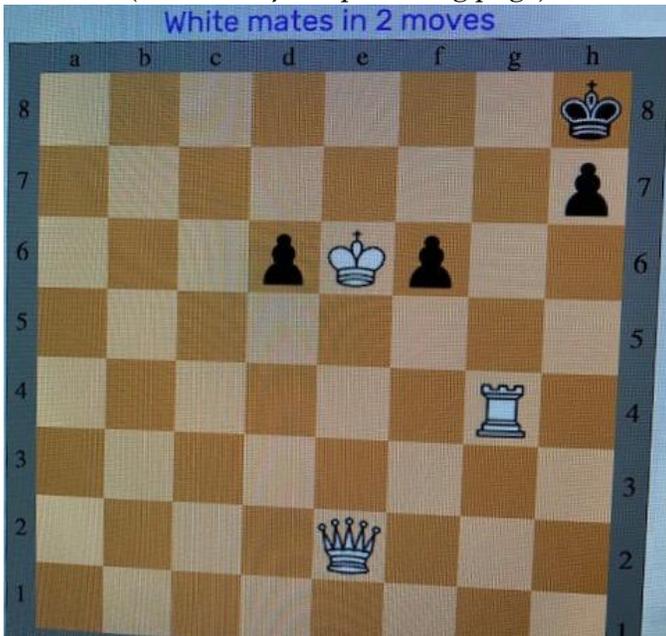


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Chess Club News

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White mates in 2 moves



US-China Relations

By Bo Smith

Robert Daly was the speaker at the February 13 World Affairs Council “Global Issues Evening” hosted in partnership with the University of North Florida (UNF) “Distinguished Voices Lecture Series.” Daly’s talk was simulcast to a group of about 200 in Johnson Hall. He is the director of the Kissinger Institute on China and The United States, which is part of the Woodrow Wilson International Center for Scholars located in Washington, DC. He has had extensive and varied experience as a US Foreign Service officer in Beijing, actor, professor, interpreter, advisor to Congress and presidents, and all around “old China hand.”

Daly started by saying the Chinese people see themselves as the oldest and most consequential nation. Fully one-fifth of humankind, they believe that their earned place in history was eclipsed by a century of humiliation that began in the 1840’s with the Opium Wars and continued with colonization and defeat at the hands of Great Britain and then Japan. It is a matter of national commitment that such humiliation will not reoccur.

Today the Chinese consider the United States to be the only other great world power that could match them. Daly’s presentation centered on how China and the United States will deal with the reality that pride, economics, and power define their futures. He was frank in his assessment of where we stand: We are very near or in another cold war. But unlike the previous cold war, this is one is based on economic competition between countries

that are truly competitive. The threat of mutually assured destruction remains. This cold war will be long and dangerous, and military danger will increase greatly if either country feels it is falling far behind. China’s weakness is demographics and economics, ours is political polarization. The US is faced with the problem of dealing respectfully with a government we see as a bad actor. Together the countries need to somehow achieve a workable balance and a coherent set of policies. Daly was optimistic, but realistic, and did not predict success or failure.

Fleet Landing is a sponsor of the World Affairs Council of Jacksonville and this allows us to attend these lectures in person at UNF or by simulcast in Johnson Hall. If you decide to go to UNF you can sign up for the bus on Calendar Central.

Fleet Classics

By Chet Davis



The Fleet Landing musicians that comprise the Fleet Classics group provided an entertaining afternoon of classical selections on February 22 in Johnson Hall. The pieces were excerpts from the compositions of 15 classical composers, ranging from Bach and Beethoven to Elgar. The majority of the selections were from familiar works and had many a foot tapping or head nodding. A highlight of the program was Karen Sturtevant’s performance of the Bach Toccata in D minor for organ. She played the work on an electric keyboard with buttons that allow the performer to select various instruments, including the organ, piano, and harpsichord.

Each selection was preceded by a description of the piece and interesting new information about the composers. Sturtevant, De An and Charles Winton, Julia Pet-Armacost, Bob Armacost, and Bunky Johnson, are to be thanked for sharing their talent with us.