



FLEET BEAT

VOL. 31 No. 8

THE FLEET LANDING RESIDENTS' NEWSPAPER

October 2021

Eleventh Military Ball

By Isobel Spink

After a two-year hiatus because of the renovation of Windward Commons, the Military Ball returned in great style on October 8.

What a joy to see everyone looking so splendid, and to try and figure out what all those medals meant on the magnificent uniforms. (My personal favorite is the Marine Corps uniform with the red cummerbund, but I may be prejudiced.) The pre-seating cocktail area was packed and filled with happy chatter, laughter, and admiration for other's outfits.

The Military Ball Committee consisted of Chairman Captain Howard Burdick, USN (Ret.); Major General Maury Edmonds, USA (Ret.); Colonel Andy Wyrick, USAF (Ret.); Lieutenant Colonel Joe Ruthenberg, USMC (Ret.); and Commander Bob Armacost, USCG (Ret.). The management support team, which did a superb job, included Jennifer Joy, Director, Wellness Services; Mary Faria, Manager, Wellness Services; Executive Chef Chris Gotschall; Dining Services Manager Rachel Carmack; Dining Room Supervisor Merlita Tablada; Transportation Manager Brandon Levy; concierges Cathy Burgess and Katy Blevins; Executive Assistant Megan Clemensen, and MaryAnn Devenny, Billing. Bob Armacost and Julia Pet-Armacost were a huge help managing reservations and seating. The full dining staff was in attendance and did an outstanding job.

Burdick opened the evening with a memorable saying: "We are a

diverse body of uniforms, but I'd like to think of us more as a uniformed body of service." This was followed by a toast to all missing persons, the singing of the National Anthem, an invocation delivered by Burdick, and a second good message from him: "May the tales you tell around your tables bear



Howard Burdick

some reasonable semblance to events which actually occurred!"

Following a delicious multi-course dinner and a
(continued on page 21)

The Follies Return

By Carol Smith



The moment the Fleet Landing Follies cast entered Johnson Hall singing "Another Op'nin' Another Show," the audience knew it was in for a lively and entertaining evening. After a hiatus of over three years during renovations to Windward Commons, Fleet residents warmly welcomed the return of this annual favorite. Directed by Julia Pet-Armacost and Bob Armacost, the cast and crew of some 100 had rehearsed five to six days a week since mid-September to produce a polished and delightful performance on each day of its three-day run of October 25 to 27.

The Fleet Landing Follies Band, directed by Karen Sturtevant, was an essential element moving the show along, playing as the efficient stage crew prepared for each act. The two large screens in Johnson Hall were used to display scenes appropriate to each act. Master of Ceremonies Larry Rose introduced the performers as they came onto the stage in their special costumes to set the scene for their number. When he announced that Elvis was in the house, the ladies began to swoon. Bob Chrisman reminded everyone of their younger days as they recalled slow dancing to "Are You Lonesome Tonight," which he performed in true Elvis fashion.

While many of the acts were show tunes, there were lots of unique Fleet Landing touches throughout the evening. Everyone was reminded of the importance of the monthly "New Resident Social" by Pat Peterson, whose singing of "Getting to Know You" brought the audience to its feet in appreciation of the outstanding performance by this 94-year-old resident.

An addition to this year's Follies was performances by three of the Wellness classes. Exercise Physiologist Alisa Blanchard led the Line Dance class in "Come Dance With Me," and the Ballroom Dancing,
(continued on page 23)

October Residents Council Meeting

By Howard Burdick

The October 19 council meeting was convened in Johnson Hall by Residents' Council President Bob Burkart. He reported that meetings were not being televised live, but would be recorded for later broadcast on channel 267. He also reminded residents of our dress code requiring jackets for men at dinner in LakeView from November through March.

Ruth and Lin Smith, who are chairing this year's Fleet Landing efforts in the Salvation Army Red Kettle Campaign, encouraged their fellow residents to participate. Residents would receive in their social mailboxes a memo with details about volunteering for bell ringing duties at the Neptune Beach Publix.

Management Review. Chief Operating Officer Travis Schryer called attention to recent memos about the appointment of Wayne Willard as Resident Technology Technician, and about grab-n-go items as the only option at Currents during the hours of 2 pm to 4 pm in order to allow staff to better prepare for dinner service. The number of COVID-19 cases per 100,000 residents needed to decline further in order for the campus to open up more. [That goal was achieved, and a subsequent memo issued on October 26 outlined the newest policies.] There are now social mailboxes for all 8000 Building apartments in the mail room.

Council Reports.

Vice President Eileen Theis noted upcoming Veterans Day events. She encouraged veterans to provide photos in uniform by email (etheisjax@aol.com); at her residence, 123 Fleet Landing Boulevard; or in her social mailbox, 123.

Finance. Treasurer Bob Armacost reported that days cash on hand and the debt service coverage ratio were well above minimum requirements. Fleet Landing's net assets were \$22.5 million. Armacost also reviewed procedures for contributing to the Residents' Gift Fund and its current status. The goal this year is \$550,000. He encouraged everyone to participate as a means of showing appreciation to staff for their work in enhancing residents' quality of life.

Marketing. This reported continued excellent occupancy rates.

Wellness, Transportation, and Clubs. This reported for Jackie Mears. She introduced David Williams, the new Transportation Coordinator on the Wellness Team. His primary responsibilities will be dispatch and organizing day-to-day operations. Brandon Levy will concentrate on strategic department initiatives. She reminded residents that Mary Faria, Manager, Wellness Services, was leading a Fleet Link training and refresher class twice monthly.

Human Resources. Ray Bratcher reported that Staff Member of the Month for August was Amelia Preston, Certified Nursing Assistant in Leeward Manor, and, for September, Ashlie DuRoss, Health Information Coordi-

nator, Home Health. There were 102 Lobster Tales in September. Total staff number 486, with a year-to-date turnover rate of 33 percent.

Health. Janice Flock provided several tips for enhancing brain performance: Don't dwell on negativity and don't skip vaccines; avoid sugary beverages and unhealthy sleeping habits; and turn down the volume on headphones. Above all, have a real purpose in life.

Facilities. Lory Doolittle reviewed recent zone inspections, including the first inspection of a part of the 8000 Building. Gutter cleaning, power washing, and rust removal will be provided by vendors. Landscaping is being defined, and notification will be coming to note who is responsible for different aspects. Bikes owned by apartment residents must be parked in designated areas, and Fleet Landing bikes used by all residents must be parked outside and away from covered bike areas. All building/area representatives, including those from the 8000 Building, were named and thanked.

Safety and Security, and Housekeeping. Kerstin Chelius stressed Manager, Safety and Security, Eddie Howard's concern about residents exceeding the 15 mph campus speed limit. Stop signs are also to be observed. Safety and Security should be contacted in the event of weekend maintenance emergencies. Safety and Security staff made over 1,000 home checks in September. Residents were urged to use the visitor pass system. Housekeeping Manager Kevin Towsley is impressed with staff willingness to assist in areas that are not their particular responsibility. Staff are working hard to adapt to the opening of the 8000 Building and North Point.

Communications and Suggestions. Secretary Nancy Russell said that lost and found items are held at the concierge desk and can also be viewed on Fleet Link.

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FLEET BEAT STAFF	
Production	
Editor.....	Enith Vardaman
Copy Editor	Fran Patterson
Copy Editor	Barbara Trevaskis
Photographer.....	Ed Hollender
Photographer.....	Ann Bell
Reporters	
Victoria Freeman	Gerry Nogelo
Daniel Barry	Howard Burdick
Joan Carver	Jean Ludlow
Helen Craig	Kristin Perry
Isobel Spink	Carol Smith
Chet Davis (Roving Reporter)	
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<i>Contributions to FLEET BEAT are welcome. Please place copy or any comments you may have in box 1107 at the Coleman Center. Neither letters to the editor nor anonymous submissions are published but we are, of course, mindful of your comments. Issues of FLEET BEAT can be found at www.fleetlanding.com. Sign into the resident portal and click on "Menu" and then "Publications." Issues can also be found under "Publications" on Fleet Link. A complete run of back issues can be found in the Dinda Library.</i>	

October Residents Council Meeting

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The following suggestions were approved:

- Show status of maintenance requests on Fleet Link.
- Add a phone extension for Currents daily specials.
- Add assorted rolls to the Currents menu.
- Make the curb outside the west side of Currents more visible.
- Add hot dogs to the Currents menu.
- Show Coleman Center mail room board activities also on Fleet Link.

The following are pending:

- Provide regular grocery carts for 8000 Building garage lobbies.
- Require contract workers in contact with residents to show proof of vaccination.
- Make menu options on delivery menus available on take-out menus.
- Add signage to the driveways of the 4000 Building to enhance access for visitors.
- Paint 4000 Building parking space white lines.

The following suggestions were not approved:

- Number tables in Mainstreet dining so residents can tell the order taker where they are sitting. This was not approved because often residents have not selected their table when they place their order, and the current system provides the most flexibility.
- Add basic nutrition information to LakeView and Currents menus. This is not deemed feasible. The menus do include designations such as “Vegetarian,” “WELLInspired,” and “Gluten Free.”

Editor’s note: Council minutes are available in the Dinda Library.

FLEET BEAT seeks to avoid repeating information reported elsewhere in this issue.

Meet Our New Staff

By Chet Davis



Brian Weiss (l) and Nathan Howell

Senior Director, Campus Services

Brian Weiss has joined Fleet Landing’s staff as Senior Director, Campus Services. Recently retired as the Commanding Officer of Naval Air Station Jacksonville, the Titusville, FL, native is looking forward to the challenges posed by his new position. He

was initially drawn to Fleet Landing by its strong sense of community and commitment to enriching lives. So far, Fleet Landing has not disappointed, and he feels lucky to be part of a premier continuing care retirement community (CCRC).

Weiss attended Penn State University on an NROTC scholarship. He graduated with a bachelor’s degree in history. After flight school, Weiss served in a variety of patrol squadrons on both coasts and in Hawaii for ten years. He commanded Patrol Squadron 9, Naval Air Station Whidbey Island in Washington State. The squadron is responsible for surface reconnaissance, anti-submarine warfare, and general maritime surveillance. He also attended the Naval War College.

Weiss’s many years of command have given him the tools needed to manage large, diverse departments with goals of meeting stringent deadlines to accomplish assigned jobs.

Please give Brian Weiss a warm welcome.

Nathan Howell, Home Health Administrator

Nathan Howell has served as Home Health Administrator for over a year. Starting out at Fleet Landing as an on-call occupational therapist in October 2019, he became the Home Health Clinical Manager in July 2020. He assumed the temporary administrator role in October 2020 and dropped the temporary title in March 2021.

Howell, a St. Augustine native, earned a University of Florida bachelor’s degree in health science in 2010 and a master’s in occupational therapy in 2011. Howell and his wife, also an occupational therapist, live within a mile of campus with their 18-month-old son.

Howell’s work with a variety of home health organizations in Jacksonville brought him on campus over the course of several years, giving him familiarity with both staff and residents prior to becoming a Fleet Landing staff member.

Home Health currently provides services on campus and within a ten-mile radius to non-residents. A primary task for Howell will be to grow the business. To that end, he is spending time communicating Fleet Landing’s Home Health capabilities to the public and to the medical professionals in the area. Home Health works closely with our internal Therapy Department and provides support as needed.

Howell commented on the incredible amount of living history at Fleet Landing and the depth of resident knowledge. Howell and his wife once spent four months backpacking in Europe, which helped nourish his deep interest in both history and current events. One reason he loves being here is shared interests with residents.

As you encounter Nathan Howell about the campus, give him a warm welcome.

The 2022 Budget Explained

By Enith Vardaman



Helen Atter and Josh Ashby

Despite downpours on October 28, a large number of residents gathered in Johnson Hall for the “Annual Budget Presentation.” The event was recorded for later broadcast on channel 267.

Helen Atter, president of Fleet Landing’s Board of Directors, provided opening remarks. She described the board’s four committees. The Executive Committee is made up of the board president, the executive director, and representatives of the Strategic, Finance, and Governance committees. The Strategic Committee looks at long-term, mid-term, and short-term issues. The Financial Committee’s concerns include costs, but also such matters as what is going on in the world. The role of the Governance Committee is to make sure Fleet Landing has the right people on the board to do what needs to be done. This community must be run for the long term.

In her long career as a corporate attorney, Atter has worked with many boards. She lauded Fleet Landing’s board for something that is essentially unique in her experience: She has never had to worry about a quorum for either a board or a board committee meeting, meaning that there was never a concern about being able to make a vote that was legal. In early 2020, when COVID-19 changed the world, our community was front of mind for the entire board because of fear of what the virus would do. The quorum reliability continued even though COVID-19 created the new challenge of conducting meetings by Zoom or phone. January of 2020 was the last live board meeting until the September 28 meeting of this year.

Atter alluded to staffing issues compounded by COVID-19, but also noted that the board is committed to maintaining the quality of life that residents are accustomed to and entitled to. As she is planning to be a future Fleet Landing resident, she wants this community to be well run in a fiscally appropriate manner, but also to be a warm, family place to live.

Atter introduced Board of Directors members who could be present: Bill Struck, chair of the Finance Committee; and resident members Bob Burkart, president of the Residents’ Council; Kathleen Long; Lindsay Norman; and Cynthia Graham. Atter commented that Graham, whose term was up at the end

of this year, had served on the Governance, Strategic, and Finance committees. She expressed appreciation for Graham’s gift of her time and for the fact that she asked tough questions.

Atter concluded her remarks on the hopeful note that Fleet Landing will get through these difficult times.

Executive Director Josh Ashby began his presentation by citing two exclusions from the budget. The Beacon Pointe project revenues and expenses are in a separate budget. This is the last year for that exclusion. Pandemic expenses have been identified and are tracked using a separate schedule. These expenses are covered using government funds, not monthly service fees.

Ashby described the budget process, which begins in July with a forecast for the balance of the year and assumptions for the following year. Factors considered include occupancy by level of service, entrance fee receipts and refunds, investment income, quality and menu of services, and inflationary factors like wages, supplies, utilities, and insurance. A first draft of the budget is produced using the assumptions and forecast. A second, more detailed draft, is produced by department managers based on an approved set of assumptions. After two to three reviews of those budgets, a third, consolidated draft budget is separately reviewed by the administration. A final draft budget is formulated and presented to the Finance Committee of the Board of Directors for review. The Finance Committee recommends any adjustment in fees to the full board for consideration. The board makes fee adjustments when necessary to produce financial results in alignment with the financial goals of Fleet Landing.

Ashby said that Fleet Landing was required by Florida Statutes, Chapter 651, to provide residents information regarding expense increases when the monthly service fee increase is more than the Consumer Price Index (CPI) for the Southern Region – Size A. The CPI Southern Region — Size A for the 12 months that ended September 30, 2021, is 5.3 percent. The 2022 monthly service fee increase of 5 percent does not exceed the CPI. However, in keeping with Fleet Landing’s policy of transparency, an explanation of the budget is given even when not required by law.

Ashby described the four financial goals set by the board to ensure the long-term financial health of Fleet Landing:

- To achieve a net operating margin at or above the 75th percentile for accredited continuing care retirement communities (CCRCs). (a profitability measure)
- To maintain a total excess margin at or above the 50th percentile for accredited CCRCs. (a profitability measure)
- To maintain days cash on hand at or above the 50th percentile for accredited CCRCs. (a liquidity measure)

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The 2022 Budget Explained

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- To maintain a debt service coverage ratio at or above the 50th percentile for accredited CCRCs. (a capital structure measure)

The profitability goals are leading indicators that predict future performance, while the other two goals are lagging indicators that measure past performance. Doing well in the two profitability indicators is a predictor of doing well in the two lagging indicators. However, it is problematic for lagging indicators to be doing well if profitability is below goals.

Ashby offered three reasons why the goals were important:

- They ensure that Fleet Landing has adequate resources to provide contractually obligated services and care in the future. The cost of future services to the current resident population is \$164,913,464.

- They build cash reserves to protect Fleet Landing from an uncertain future, such as natural disasters, economic downturns, or, as recent experience has shown, a once in a lifetime global pandemic.

- They allow Fleet Landing to accumulate the required resources to be able to invest in the existing campus both now and in the future. Capital spending over the last ten years, not counting the Beacon Pointe project, totaled \$87,250,000.

Ashby then displayed a series of scary headlines showing the current dual issues of inflation and worker shortages, especially of those in healthcare.

Ashby discussed the 2022 budget in detail, beginning with expenses, which totaled \$41,481,000. A pie chart showed the percentage of the budget allocated to various categories. By far the largest percentage (49 percent) was allocated to the category of wages, payroll taxes, and benefits. A bar graph showed the breakdown by the same categories of the \$2,244,141 increase from the 2021 budget. Wages, payroll taxes, and benefits accounted for 65 percent of that figure.

Ashby provided additional information about wages, payroll taxes, and benefits. Healthcare positions accounted for 57 percent of the wage adjustment dollars. This would be the last year of a three-year plan to increase the starting wage to \$15 per hour for *all* staff. There was a salary increase of 4 percent for salaried and hourly staff whose current wage was greater than the adjusted starting wages. The overall headcount would increase by ten full-time equivalents (FTEs). Five would be revenue generating and would pay for themselves, while the other five would be added to the staff to address service levels and quality issues. Health insurance rates did not change, but participation has decreased. Wage adjustments accounted for over 50 percent of the monthly service fee increase.

Ashby commented on the other budget categories. Technology expenses would increase mainly because the new Wi-Fi network requires increased expenditures to

manage it properly. In the category of taxes and insurance, the former was stable, but property and liability insurance increased by more than 10 percent for the second year in a row. The 2.6 percent budget increase for consumables reflected a 7.3 percent increase in food and beverage costs that was mostly offset by a lower Medicare supply cost per patient and lower operating supplies and equipment costs. The category of Other had three subcategories. For maintenance and utilities, a decrease in the latter partially offset an increase in the former, which included grounds, structures, and equipment. Marketing expenses decreased somewhat, and there was an increase for enhanced resident events and entertainment campus-wide.

A pie chart was also used to show the sources of revenues, which are budgeted to total \$43,152,000. The largest source is independent living (43 percent). Other sources are skilled nursing (16 percent), assisted living (9 percent), memory care (4 percent), home health (5 percent), amortized entrance fees (19 percent), and investment and other (5 percent).

Total persons served and budgeted occupancy percentages in independent living, assisted living, and memory care are relatively unchanged from 2021. Skilled nursing occupancy percentage has been increased slightly. Projected independent living unit sales decreased from 35 in 2021 to 29, reflecting the lack of availability of units to sell.

To generate the needed revenue, independent living monthly service fees for 2022 will rise 5 percent. For the first time, the healthcare resident monthly service fee increase will be different. That fee increase will be 5 percent plus \$2,676 per year. Inflation has been higher in the healthcare environment. This change is an attempt to match higher healthcare inflation with higher healthcare revenue. Ashby noted that the separate Beacon Pointe budget also includes a 5 percent monthly service fee increase, effective April 1 for 8000 Building residents. In subsequent years, fee increases will begin on January 1.

The 2022 budget shows a revenue increase of \$2,287,000 from the 2021 budget. Monthly service fee increases account for 69 percent of that figure. Occupancy changes (higher utilization of skilled nursing) contribute 14 percent, and investment income and other fees, 20 percent.

Ashby displayed a series of bar graphs illustrating the history of monthly service fee increases for various periods of time. The average annual increase for the last 32 years at Fleet Landing was 3.99 percent. The average annual increase from 1991 to 2021 was 4.55 percent. For the last ten years, that increase was 2.75 percent, while for Fleet Landing's national peers among nonprofit CCRCs, that figure was 3.18 percent. Despite higher fee increases in the last three years, the cumulative ten-year increase for Fleet Landing was 4.3 percent less than that of national peers. The monthly service fee was also noted to be 25 percent lower than that of another local CCRC.

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The 2022 Budget Explained

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With a chart and graphs, Ashby showed the need for improvement in achieving the board's financial goals cited above. He then discussed three strategies that would achieve those goals and avoid the tactic of just raising monthly service fees: the growth in occupied units as a result of the Beacon Pointe project, the growth of off-campus revenues through home- and community-based programs like Home Health, and new campus development of the property purchased at thriving Nocatee. Ashby cited signs that this was a good investment: In 2020, Nocatee was named the eighth bestselling master-planned community in the country, and *Newsweek* named it Florida's "Best Place To Live."

Ashby concluded with statistics about direct pandemic expenses. Fleet Landing has received government funds totaling \$8.8 million, with \$1.1 million spent on pandemic expenses in 2020 and \$1.5 million estimated to be spent in 2021 and 2022. The hope is that these government funds will continue to cover pandemic expenses until a "new normal" is reached, and hence pandemic-related monthly service fee increases will be avoided.

Editor's note: The slides from the presentation have been posted on Fleet Link under "Fleet Landing Presentations" and then under "Annual Budget Presentation." The 2022 Budget Summary sheet distributed at the presentation has been posted on Fleet Link under "Publications" and then under "Annual Budget Summary."

Lawson Ensemble Concert

By Carol Smith



The 2021 Chamber Music Series continued on October 19 with a concert by the Lawson Ensemble. University of North Florida Professor of Cello Nick Curry introduced the other musicians—all members of the Jacksonville Symphony. Aurica Duca is principal second violin in the orchestra. Violinist Clinton Dewing and guest artist Ellen Olson on viola completed the ensemble.

The musicians opened with a short piece by Mozart, *Divertimento in F major*. The rest of the concert was devoted to an outstanding performance of Schubert's ambitious *Death and the Maiden*.

Johnson Hall is equipped with the hearing aid "Loop" System, allowing those in the audience with T-coil (telecoil) in their hearing aids to appreciate the crisp, flawless performance of these accomplished musicians.

Residents Cynthia and Walter Graham generously offer this incredible gift to Fleet Landing residents, who will certainly mark their calendars for the next concert on November 23 at 3 pm in Johnson Hall. It will feature the Bella Voce Cabaret singing Broadway, popular, and opera favorites.

Fate of a Fallen Tree

Photos by Dick Fuller

Many residents have known the dead tree next to Barbara Blair's house as a favorite osprey perch. That function came to an end on Friday, November 5, when the tree fell to the ground and partially into the lake in the midst of a nor'easter. The osprey's loss is an anhinga's gain, as that bird has adopted the tree for its new perch. Also, one of the large branches that floated down toward the house of Dick and Judy Fuller was visited by other avian residents.



Anhinga on its new perch



Birds clustering around one of the large branches.

Executive Director's Quarterly Briefing

By Enith Vardaman

The October 14 "Coffee and Conversation With Josh" drew a large number of residents to Johnson Hall. The event was also recorded for later broadcast on channel 267.

Financial Results

Executive Director Josh Ashby began by displaying a chart of the budget, 2021 average, and September 30 occupancy rates in four traditional categories. The independent living occupancy rate remains at essentially 100 percent, with all units either occupied or reserved. Supply chain problems and labor shortages have caused the time required for renovations of units to increase to 90 days from the traditional 60 days. Leeward Manor assisted living is also largely reserved, and memory care remains full. The skilled nursing discrepancy between the budget figure (92.2 percent) versus the September 30 figure (83.4 percent) and the 2021 average (79.5 percent) was attributable to two factors: Long-term skilled nursing is underutilized by Fleet Landing residents (not a bad thing). More importantly, occupancy in short-term rehab, which accepts patients from the whole Jacksonville area, has lagged because the Delta variant surge of COVID-19 caused hospitals to cease procedures requiring short-term rehab.

A second chart showed occupancy figures for the new buildings. Occupancy of the 109 currently available apartments in the 8000 Building is above budget. Filling all 128 units of the building is ahead of schedule. A feasibility study projected 36 months to achieve full occupancy, but it is expected to be realized in less than one year. North Point assisted living occupancy, which is above budget, is expected to be fully occupied by early next year. Given the shortfall in short-term rehab occupancy mentioned above, opening the short-term facility in North Point is on hold. It was used briefly in August to isolate a small number of residents with COVID-19.

Ashby displayed charts showing revenue, expenses, and operating income as of August 31, with and without the impact of the COVID-19 Paycheck Protection Program (PPP) loan forgiveness and the Employee Retention Tax Credit (ERTC). Year-to-date COVID-19 expenses are \$800,000. The revenue of some \$1 million above budget without the PPP is attributable to investment income. Without the ERTC, expenses are above budget by \$80,000. The number of staff vacancies allows saving on wages, but substantial above-budget wage increases were required for a number of staff positions in order to stay competitive in the marketplace. Despite the global pandemic, operating income is right on budget, and Fleet Landing is on stable financial footing.

COVID-19

Ashby displayed a series of graphs tracking COVID-19 in Duval County. Cases were trending downward, but were still quite high. The county's fully vaccinated rate was 53 percent for all ages, 63 percent for ages 12 and up, and 88 percent for ages 65 and up. The county's transmission level of 90 new COVID-19 cases per 100,000 persons in the last seven days showed that precautions were still necessary. The transmission level was nearly as high as that of Alaska (113 per 100,000), the highest in the country at that time. Less than 10 per 100,000 is considered low transmission.

Ashby outlined adjustments that would be made if community transmission moderated as expected in coming weeks. Indoor masking would become optional for residents, and indoor guest dining could resume. Healthcare facility mask requirements would continue to be subject to government rules. After implementation of the vaccine requirement, staff masking requirements may change, but would also be subject to government rules.

Ashby reported that all healthcare residents had received a booster shot earlier in October. Walgreens would administer Pfizer booster shots for independent living residents on October 20 and 21.

Ashby outlined aspects of the staff vaccine requirement:

- All staff will have until November 1, 2021, to receive their first dose of a COVID-19 vaccine. On-campus vaccine clinics would be available in October.
- Staff not in compliance will be suspended and unable to work beginning November 1.
- Fleet Landing is working with employees individually to understand their concerns and make sure they have accurate information about the safety of the vaccine.
- Upon receiving their first dose, staff will be reinstated and allowed to resume work.
- Staff electing not to comply with this vaccine policy will have their employment with Fleet Landing terminated.
- Staff may apply for an exemption to this policy on either religious or medical grounds.
- As of the time of "Coffee and Conversation," 80 percent of the staff have received at least one dose of a COVID-19 vaccine.
- Based on the experience of others, 10 percent of staff are expected to depart.
- New staff are required to be vaccinated, and all newly hired staff have had at least one dose of a COVID-19 vaccine.

Ashby also discussed the current challenging staffing and supply chain situation. Fleet Landing is focused on finding, recruiting, and retaining staff. Unfilled

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Executive Director's Quarterly Briefing

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staff positions number 80, with 20 being new positions to support the Beacon Pointe expansion. Nineteen new staff members are in the hiring process. Contract labor is in use for essential roles, especially medical positions, where necessary. In August, nurse wages were increased by over 20 percent in order to be competitive in the marketplace. Fleet Landing is seeking opportunities to streamline operations. Changes were to be made in the LakeView menu and the Currents ordering process to accelerate service times in those venues. Supply chain disruptions have complicated many previously routine tasks. Fleet Landing's vendors and contractors are experiencing similar problems. It will just take longer to complete some services. Ashby expressed appreciation to residents for their patience and the kindness shown to staff as they continue working hard to serve in difficult circumstances.

Wi-Fi Resident Support

Ashby reported that the new Wi-Fi network would be proactively monitored by StepCG in real time to remotely diagnose and repair outages of internet service. Resident support currently provided by IHS was being phased out. Wayne Willard, in the new role of Resident Technology Technician, will focus on helping residents with such issues as connecting their devices to the Fleet Landing Wi-Fi and setting up streaming services. The service will be complimentary in 2022, but in future years, that could change, depending upon utilization and services requested. A "Frequently Asked Question" ("FAQ") document about the new service would be issued. [It is now available on Fleet Link under "Publications, Memos & FAQs, Administration Memos" as well as in paper form in the Coleman Center mail room.]

Coleman Center Renovation

For the benefit of the many new residents, Ashby reviewed the objectives of the renovation: Create opportunities for more connectedness between the indoors and the pool and Lake Constellation. Replace aging infrastructure (electrical service/emergency power, copper plumbing, chilled-water lines serving the air handler, elevator systems). Add ADA compliant restrooms to the second floor to include a unisex family restroom. Expand kitchen capacity to shorten food preparation times to address resident feedback about the length of meals. Develop a new concept to replace the self-serve buffet (Compass Grill) while addressing acoustical complaints. Replace interior finishes, some of which are now 15+ years old, and would have been replaced by now had it not been for the renovation of Windward Commons.

Ashby also described the logistics of the renovation, adding updated information. Construction will be phased to allow continued operation with some dining capacity for in-person dining in the Coleman Center along with the meal delivery program. The first phase of

construction will be the second-floor existing restrooms and the marketing suite. Construction could last as long as 18 months. Information about construction phasing and the impact to building operations will be shared with residents once finalized. A start date is yet to be determined. No major construction will begin before the end of the year.

Miscellaneous

- A "Meet the Team" event would take place on November 5. The new team members are Nathan Howell, Home Health Administrator; LaRita McCord, Assisted Living Administrator; Sacasha Brown, Skilled Nursing Administrator; Peggy Pylypczuk, Director of Nursing, Skilled Nursing; Brian Weiss, Senior Director, Campus Services; and Tara Moreno, Director of Nursing, Assisted Living.

- The Ninth Annual Spinnaker Society Dinner, which recognizes residents who have made a financial contribution to Fleet Landing to support programs and services, would be held on November 4 at the River Club in downtown Jacksonville. Anyone interested in becoming a member of the Spinnaker Society can contact Director of Charitable Gift Planning Olivia Bush. Ashby then asked Bush to come to the front of the auditorium. His reason for this: It was her birthday (and that of several residents). A singing of "Happy Birthday" followed.

- The "Monthly Mixers" welcoming new residents were continuing, with the next one to occur on October 28.

- Led by its executive chef, the fine dining venue, 30 North, was to open one night a week beginning in November.

- The "Annual Budget Presentation" was to take place on October 28.

- The project involving the croquet court, the putting green, and improvements to the pedestrian connection from North Point was making good progress.

- A new lot with about 90 parking spaces was under construction near North Point.

Residents think the quarterly briefing would not be complete without pictures of the Ashby children, and they were not disappointed.



Left: Vivian and her father.

Top right: Connor.

Bottom right: Cosette.

K9s For Warriors

By Isobel Spink

Photos by Ann Bell and Isobel Spink



View of part of the facility

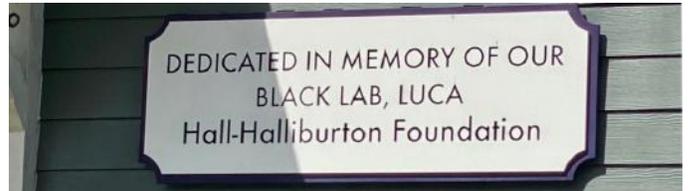


Left: Warrior and dog.

Right: Items used in training to get the dogs used to what they may be seeing in their new lives.



The facility has fitness and recreational equipment.



Plaques at different parts of the facility recognize donors.

On October 11, a full busload of enthusiastic residents, driven by Rob Friedman and accompanied by Mary Faria, Manager, Wellness Services, visited the incredible K9s for Warriors headquarters in Nocatee. I was familiar with the original facility in Ponte Vedra, but was blown away with their huge, multi-use newer facility with rooms for ten warriors at a time to live and train with their dogs. The land was donated by the Davis family, and, with huge donations from both individuals and businesses, the complex opened in 2015. It has continued to expand.

K9s for Warriors was started by Shari Duval in 2011 after her son, Brett, a civilian K9 police bomb dog handler who served in Iraq, came home with PTSD. Today, K9s for Warriors is the nation's largest provider of trained service dogs to military veterans suffering from PTSD, traumatic brain injury, and/or military sexual trauma.

We were given an extensive tour and copious information by Elizabeth Reeger, a Donor Relations Assistant. One of the interesting tidbits we learned was that the freezer section in a supermarket is the most disturbing thing for a dog during its training.

Veterans (who now can wait years to get a dog) are extensively interviewed about their living conditions, *(continued on next page)*

K9s For Warriors

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physical activities, and families before they come. When the warrior arrives, he or she lives at the facility for a 21-day, free, in-house training period with the new dog. There is never any cost to the warrior for life, other than the normal care and feeding of a dog. K9s staff check with their graduates every few months for life to make sure they and their dogs are doing well. A help line is available 24/7.

Ninety percent of the dogs are rescues, with the others coming from owners or breeders. K9s now has a special facility in Texas solely for finding appropriate rescue dogs, which are then shipped to Nocatee for training. Dogs are professionally trained at the facility for three to eight months, depending on the dog, or, if puppies, raised in homes until they are old enough for the training. Dogs who don't qualify for the program are donated to families or to police and fire stations. There are several in Jacksonville stations now.

As of February 2021, K9s For Warriors has paired more than 650 warrior-dog teams and rescued nearly 1,300 dogs. The organization's graduates live in 48 states, Puerto Rico, and Guam. Preliminary construction has started on its Campus for K9 Operations, an additional Ponte Vedra facility which will serve as a "mega kennel" capable of housing more than 150 service dogs in training.

K9s for Warriors is an extraordinary award-winning charity that benefits so many of our veterans, and it has been very instrumental in suicide prevention.

Our group then hungrily went to the Treylor Park restaurant in the Nocatee town center for delicious and varied lunches.

What a wonderful outing.

Halloween Aqua Jam

Photo by Alisa Blanchard



Participants in the October 29 Aqua Jam that featured a hat contest. The winner: Dede Leclair (fourth from left).

Sunset Soiree

By Carol Smith



Left: Unique way of offering flutes of champagne.

Top right: Some of the appetizers.

Bottom right: Bourbon tasting.



Rip Currents



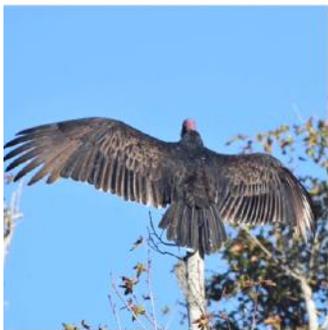
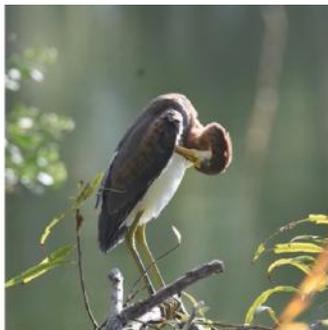
Guests enjoying the event

The clouds gave way to a beautiful sunset on the Sunday afternoon of October 3—just in time for the Sunset Soiree at Johnson Hall. Guests were greeted with flutes of champagne at the door, and two food tables were set up, loaded with tempting appetizers. Bourbon tasting was also available with four different options.

Approximately 200 residents mixed and mingled and enjoyed the music of Rip Currents. At one point, a dozen couples couldn't resist dancing to "Surfer Girl" of Beach Boys fame. This was followed by livelier music and dancing for the rest of the afternoon.

Birdwatching in Hanna Park

By Victoria Freeman; photos by Janet Silvester



Resident Mike Marchetti, assisted by residents Jon and Frances Edwards, took a roving band of Fleet Landing birders to Hanna Park on October 27 at 8:15 am. In the ideal cool and sunny weather, over 30 species of birds were seen or heard. The ever ebullient Marchetti pointed out a variety of egrets and other shore birds. Also included in the amazing sightings were black-crowned night herons, white-eyed vireos, crested cormorants, great blue herons, white ibises, belted kingfishers, ospreys, turkey vultures, boat-tailed and common grackles, anhingas, double-crested cormorants, downy and red-bellied woodpeckers, red-winged black-

birds, blue jays, northern cardinals, Carolina wrens, palm, yellow-rumped, and yellow-throated warblers, beach sanderlings, willets, and brown pelicans.

Marchetti was particularly impressed by the enthusiastic, resident turnout. He noted that there were very experienced birders among the new residents. As a result, a Fleet Landing Birding Club is forming.

New Resident Social: Halloween Edition

By Carol Smith



Costume contest contestants



Left: Camille Rigney.

Top right: Dessert table.

Bottom right: Jennifer Joy and Travis Schryer.

The approaching Halloween holiday was evident at the monthly “New Resident Social” held in Johnson Hall on October 28. Arriving in their best Halloween attire, ten folks entered the contest for best costume. Audience applause awarded Camille Rigney’s Día de los Muertos garb first prize.

Jennifer Joy, Director, Wellness Services, and Chief Operating Officer Travis Schryer presided over the festivities. Steve Chapman, a favorite local entertainer, provided piano music. Delicious appetizers and a mystery drink were enjoyed along with an abundant dessert table featuring ghosts and goblins cupcakes and other special treats. Staff circulated with hors d’oeuvres. New residents were introduced, and all those who braved the rainy day visited with each other and enjoyed a lovely afternoon.

Chess Club News

By Richard Wong



White to move, what is the best move? Why? Send your answer to Richard Wong's email address. Enjoy!

October WELLInspired Learning Series

By Victoria Freeman



LtoR: Sacasha Brown, Deborah Gordon, Nathan Howell



Jennifer Joy (l) and Sue Dukes

The speakers at the October 7 "WELLInspired Learning Series" talks were Sacasha Brown, Administrator, Skilled Nursing; Dr. Deborah Gordon, Therapy Manager; and Nathan Howell, Home Health Administrator. Jennifer Joy, Director, Wellness Services, and Sue Dukes, a nutritional consultant from the Jacksonville

area, spoke at the October 21 presentation. The talks were held in Johnson Hall.

Medicare for You!

Sacasha Brown began her presentation with an explanation of basic Medicare. There are three parts to the program. Part A, hospital insurance, helps cover services like inpatient care in a hospital or skilled nursing facility as well as hospice care. Part B, medical insurance, helps cover services of doctors and other healthcare providers; outpatient care; durable medical equipment, such as wheel chairs, walkers, and hospital beds; and preventive services, such as screenings and vaccines. Part D, prescription drug coverage, helps cover the cost of these drugs. Medicare does not cover all healthcare costs.

Brown stressed the importance of enrolling on time because there is a hefty penalty for late enrollment. To get Medicare, you must be a US citizen or lawfully present in the US. You must reside in this country for five continuous years.

Brown outlined features of Medigap insurance (plans that supplement Medicare, such as retiree insurance from a former employer) and Medicare Advantage insurance (plans that can be chosen instead of Medicare). She also provided a chart with a comparison of features of Medicare and Medicare Advantage plans.

Brown cited coverage that will be new to Medicare in 2022, including services related to COVID-19 and cognitive assessment and care plan services. This information and comprehensive information about Medicare can be found in the official US government Medicare handbook, *Medicare & You 2022*. This annual publication is available in a variety of formats, including paper, digital, and Braille. Another source of information is Medicare's What's Covered app, which is available for download at both Apple's App Store and Google Play. For help, visit [medicare.gov](https://www.medicare.gov) or call 1-800-Medicare.

Therapy Services

Dr. Deborah Gordon and Nathan Howell provided an in-depth rundown of all therapy services.

Physical therapy has been found effective in improving strength, mobility, and balance to help the aging individual build confidence in staying active.

Occupational therapists provide exercises and rehabilitation techniques that make completing daily tasks much easier. They help patients improve fine and basic motor skills, strength, dexterity, and range of motion.

Services are provided when a physician or other qualified medical professional certifies the outpatient therapy plan of care. The plan must meet accepted standards of medical practice, and the patient's clinical conditions must require the skills of a therapist.

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October WELLInspired Learning Series

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Services are stopped if at any point in the treatment of the problem, it is determined that the service will no longer be considered reasonable and necessary.

Therapy services can be provided in long-or short-term rehab, as outpatient care, or through home health.

Medicare covers the cost for skilled services in the home. To qualify, a patient must be receiving services under a plan of care established and periodically reviewed by a physician and must be homebound.

To be considered homebound, a patient must meet at least one of these criteria: Because of illness or injury, the patient needs the aid of supportive devices such as a cane, wheelchair, or walker; or needs the use of special transportation; or needs the assistance of another person to leave the place of residence. If one of these criteria is met, there are two further requirements: There must be a normal inability to leave home, and leaving home must require a considerable and taxing effort. There are some exceptions for infrequent events of short duration.

Real Life Eating & Exercise Strategies: Maintain, Don't Gain

Jennifer Joy and Sue Dukes warned of the consequences of the usual 1-3 pound holiday gain, which can be cumulative. The negative effects compounded as individuals age include higher blood pressure, decreased ability to recover from surgery, loss of mobility, and increased risk of developing Type 2 diabetes.

Joy and Dukes encouraged deciding on personal motivation. Reflect on what drives you to adopt a healthy lifestyle. Don't buy into the idea that you have tried before and failed. Hope is not a strategy.

The speakers had a number of suggestions. Their mantra was to get and stay active. Set a goal to maintain current weight. Use new strategies, such as mindful eating (includes focusing on savoring and appreciating the food) and journaling or tracking food. Know your personal hunger cues. Wait 15 minutes after you eat before you eat more. Those 15 minutes frequently allow the hunger to evaporate

Other ideas: Bring the food you want to eat to parties. Write your motivation on a postcard, and refer to it daily. Share your goal with a trusted source because accountability is power. Celebrate your success. Put your fork down between bites. Get small buffet portions. Move after a meal.

Don't skip a meal to save calories because then you will tend to eat unhealthy replacements. Don't eat emotionally or have electronics at the table. However, there is technology that can help, including smart watches, apps for handheld devices, and behavioral trackers.

Editor's note: Slides of the presentation can be found on Fleet Link under "Fleet Landing Presentations" and then under "WELLInspired Learning Series."

Kayak Adventure

By Chet Davis



Eight hardy Fleet Landing residents had the opportunity to get in and out of rather unstable kayaks and to paddle for over one and a half hours on October 5, a beautiful day. Kayak Amelia provides tours of both the marshes and open water places in the Fort George/Talbot Islands area. Those of us adventurous enough to take up the challenge had boarded the bus and crossed the St. Johns River on the ferry. At our destination, we were met by two very capable guides/instructors.

Setting out, the spread of kayaks attested to our attempts to master a new skill, which was accomplished rather swiftly. The group was bound for an area near Huguenot Memorial Park, where the kayaks were beached for a well deserved respite. All the participants will favorably remember the cookies brought by our guides. While there, the group was fortunate to see dolphins. Returning to the docking area, the kayakers were treated to the sight of a variety of avian species, especially the ospreys that were feeding on the fish that

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Kayak Adventure

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were literally jumping all over the place.

Because everyone had been in the water and sand, the bus on the return trip was a sight to behold. Driver Chris Wellington said not to worry, as he would get it all shipshape before its next run.

There were sore muscles to be tended to, but the entire afternoon on the water was well worth it. Mary Faria, Manager, Wellness Services, lined up a great adventure.

First Fall Cookout

October 6 marked the beginning of the fall series of the always popular cookouts.



Labyrinth Walk

By Victoria Freeman



On October 24, the first group labyrinth walk since the onslaught of COVID-19 drew wheelchair participants and other individuals. To celebrate autumn as a time of harvest, the theme was “Gratitude and Soothing the Soul.” Resident Victoria Freeman, who served as facilitator, asked participants to choose something or someone for which they were grateful. Then she asked volunteers to tell why they had chosen specific individuals. Family and friends were the top choices, and there were some tears.

Resident Cynthia Graham helped direct the walk while Freeman played arpeggios from the hymn “Amazing Grace” on her mountain dulcimer. According to the Mayo Clinic, harp music reduces anxiety and speeds healing. The mountain dulcimer can produce harp-like sounds.

After the walk, individuals gathered for a discussion of their reaction to the combined dulcimer and labyrinth experience. From the enthusiastic feedback, it seemed that both caregivers and Derfer residents were delighted with the experience.

Group labyrinth walks are held on the fourth Sunday of each month at 4 pm, with the next one taking place on November 28. In addition, anyone can come at any time because the labyrinth is open 24 hours a day. The labyrinth is located in the Therapy Garden at the Derfer Pavilion.

Library Notes

By Enith Vardaman

We thank our recent donors: Lorie Holmes, Frances Jones, Ann and Bob Linn, Phil Martin, Sally Pitard, Karen Schlamm, Robert Stockho, and Eathel Weimer.

The Library Committee requests that residents not reshelve library materials they are returning. We are finding a number of misshelved items, which makes them unlikely to be found by other interested users. When returning books, please place them either on the librarians’ workstation or in the box underneath it.

In Memoriam

Pat Bell
1947-2021

Carla Paxton
1936-2021

Navy Birthday Celebrated

By Enith Vardaman



Flag raising ceremony



Andy Granuzzo and Eileen Norrington



Chris Wellington and Ed Fenton



Birthday cake

Fleet Landing celebrated the Navy’s 246th birthday on October 13 with an 8 am flag raising ceremony at the Flag Plaza and a 10:30 am program in Johnson Hall.

Rear Admiral Andy Granuzzo, USN (Ret.), presided over the Johnson Hall program, which began with the singing of the National Anthem, followed by the Pledge of Allegiance. Captain Eileen Norrington, USN Chaplain Corps (Ret.), delivered the invocation.

Granuzzo paid tribute to the Navy’s values and commented on its heritage, beginning with its first real test, the War of 1812. Videos with birthday messages from Carlos del Toro, Secretary of the Navy, and from Chief of Naval Operations, Michael Gilday, and his wife, Linda, were shown.

The bell ringing ceremony followed, with Granuzzo providing the narration. Driver Chris Wellington first rang the bell eight times. Eight rings of a bell, which traditionally signal the end of a watch, represented the end of the birthday year. Wellington then rang the bell once. A single ring of a bell, which signals the start of a new watch, represented the beginning of a new year.

According to tradition, the oldest and the youngest resident Navy veteran make the initial cut of the birthday cake with a ceremonial sword. Rear Admiral Doug Venlet, USN (Ret.), the youngest veteran, could not be present, but Lieutenant Commander Ed Fenton, USNR (Ret.), the oldest veteran, performed this duty admirably.

An enthusiastic singing of “Anchors Aweigh” followed.

The program ended with a benediction delivered by Norrington.

Golf Cart Grin

The October 21 “Golf Cart Grin” featured a sinfully delicious pastry plus orange juice and coffee.



Hammer & Stain Mosaic Class

By Enith Vardaman

Photos by Mary Faria, Ed Hollender, Karen Farrell, Beverly Norman, and Julia Pet-Armacost

Previous Hammer & Stain workshops (paintings and a personalized doormat) gave Fleet Landing residents an outlet for their creativity. The most recent workshop, a mosaic class held on October 4 in the Windward Commons Classroom, provided another artistic opportunity. The participants had chosen in advance their mosaic design from among several sea creatures. Dallas Alvarez from Hammer & Stain explained how to go about creating each mosaic: Participants could choose sea shells as well as stones and tiles in different shapes, sizes, and colors to arrange and glue in place on their particular design. The finished product would have to wait another 24 hours to allow the glue to set before applying grout between the mosaic pieces. The grout and instructions were provided.



Dallas Alvarez



Array of mosaic pieces to choose from



Camille and Bob Hunter and Peggy Holz at work



Left: Pattie Loveland's seahorse before the application of grout.

Right: Barbara Trevaskis's finished turtle.



More finished mosaics:

Top: Starfish by Beverly Norman(l) and Karen Farrell.

Bottom: Julia Pet-Armacost's crab.

Mallets and Wickets

By Gerry Nogelo

The most exciting news is that the croquet court renovation is supposed to be completed sometime in January. It is interesting to check up on its progress. You can see it all from the residents' parking lot next to the back entrance of Johnson Hall. The old surface is still intact, and many Croquet Club members have been playing informal games throughout the construction. There are no official tournaments scheduled until the court renovation is finished.

Club President John Neyhart has been holding monthly meetings to conduct business.

The group voted to resume collecting club dues of \$15 per year to be paid by November 30. Treasurer Janice Flock is collecting the money. As of October 26, dues have been received from 26 members, and Flock predicts that there will be 10 or 15 more.

Members voted to retain the existing officers for another year because of club inactivity caused by COVID-19 and by court construction. The other officers are Gerry Nogelo, vice president, and Ardith LaShell, secretary. Neyhart listed four more positions to be filled. Miles Nogelo has volunteered to be tournament

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Mallets and Wickets

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director, replacing Jim Kolster, who has done this job extraordinarily well for many years. The club would also benefit by having a director of history, an equipment director, and a social director. Richard Titus volunteered to set up a website for the club. The address is <https://fleetlandingcroquet.square.site/>. There are many interesting articles to check out. This is a wonderful addition for our club.

When the club has full use of the courts, instructional sessions will be scheduled and advertised so that everyone curious or interested in learning how to play croquet can be invited to participate.

Jon Stickley Trio

By Carol Smith



On their way to the Suwannee Roots Festival, the Jon Stickley Trio stopped by Fleet Landing to entertain residents on the lovely Thursday afternoon of October 14. Anyone in the Johnson Hall audience expecting traditional bluegrass found their horizons expanded by the unique sound of these talented musicians.

Demonstrating his remarkable style on the acoustic guitar, Stickley blended with drummer Hunter Deacon and Jacksonville native Lyndsay Pruett on the violin. Together, they produced a diversity of sound and creativity. The audience enjoyed several original compositions, including one by Stickley titled "Ashtabula." Though he has never been to that city on Lake Erie, Stickley said he was fascinated by the name as he drove by on the Ohio Turnpike. He learned that it's an Algonquian term for "river of many fish." Pruett's work, "Price of Being Nice," showcased her fiddling skills, which combined beautifully with guitar and percussion. The final number allowed Deacon to demonstrate his amazing classical percussion and drum skills.

Bridge News

By CeCe Lichtenstein

Most likely, by the time this article appears in *FLEET BEAT*, you will have attended the October 29 "Club

Fair." Fleet Landing's growing Bridge Club participated in the fair. The club's duplicate group, which currently meets in the Atlantic Room of the Coleman Center, is the original and primary group. It is a fully sanctioned duplicate bridge club, which means that if you are a member of the American Contract Bridge League (ACBL), you can acquire master points. It meets on Mondays, beginning promptly at 12 noon. We have a new group that is also sanctioned and meets the *first* Saturday of the month, beginning promptly at 12:30 pm in the Atlantic Room. Both these groups require you to have a partner. It is recommended that you come early so we can begin at the appointed time.

From the many new residents, we have discovered bridge is becoming quite popular. Because of limited space, it is recommended that you contact one of the folks listed here to be sure we will have room for you. Dottie Mann is the primary point of contact for the Monday group. She will be on vacation until early December, but Susan and Richard Titus will be able to answer questions while she is away. Rona Brenner is the primary point of contact for the Saturday group.

Staff Pumpkin Decorating Contest

The annual pumpkin decorating contest always brings out staff creativity. This year, it was held in the Therapy Garden on October 27. Residents were invited to stop by and vote for their favorite.



The winning entry: A tribute to the armed forces created by Independent Living Housekeeping.

An Unusual Visitor



An internet search showed Ann Milligan that this odd-looking insect was a type of click beetle, so named because of its ability to make that sound.

Welcome Aboard

8315 **Mary and Jerry Bowles** (June)

Introduced by a mutual friend at an officers' club in Albuquerque, NM, Mary and Jerry began their 24 years of married life in a bank, the courthouse overflow site.



Jerry's journey began on an Alabama family farm with seven brothers and three sisters, five of whom became career military. He went to junior college on a basketball scholarship and then on to the

University of Alabama for an engineering degree. His career was an amalgam of 37 years of civil service and military experience. It included aircraft jet engines and flight instruments, being combat commander of Minuteman III missiles, and nuclear certification of all Air Force nuclear weapons systems.

Mary has lived in Tennessee, Rhode Island, and New Mexico. A graduate of the University of New Mexico, her career included a wide range of experience as a medical assistant, an operating room secretary, and a medical coder.

The couple has enjoyed downhill skiing and traveling. Jerry was on the National Ski Patrol for 18 years. He also has served as a rules official for golf tournaments in New Mexico and West Texas. Travel for the two has included the Caribbean, Alaska, and Bora Bora, which Mary says was her favorite destination. Cruises are a favorite activity.

This energetic duo, who have three grown children from previous marriages, plans to continue their active lifestyle with golf, swimming, and exercise classes. Mary also likes to read and watch television documentaries. Their family includes Crosby and Dixie, adorable black and white cat siblings.

—Victoria Freeman

8409 **Nancy Stein and Don Cochran** (July)

This interesting couple has had enormously varied careers.



Don, originally from Indiana, was a land surveyor and a professional engineer, practiced law, was a developer, and then got into road track racing. His education was in

Indiana, Michigan, and Illinois. Nancy, from Massa-

chusetts, taught physical education at Wheaton College in Norton, MA. She has a Ph.D. in physical education and business. She too turned to racing.

In 1981, Don bought a mobile home park with 172 trailers. He was also involved with a racquet club at the time, and when he met Nancy three months later, he hired her to run the club. They were married in 1984, and Nancy managed the mobile home park until 1995. There was a waiting list for their trailers when they sold the park.

Don bought a Dodge Viper. Nancy bought a Dodge Viper. They went to driving school in Indianapolis and decided they would take up racing in their retirement. When someone would see the cars and ask "What's a car like this worth?" Don always answered, "One kid in college." They traveled to various states in a 75-foot-long race rig (called a toterhome), which held both Vipers, a golf cart, and slept two people. Nancy and Don moved to Jacksonville in 1996 and continued racing until 2008.

Here at Fleet Landing Nancy and Don have a lovely apartment. Nancy is trying her hand at pickleball.

I seriously doubt there are other former race car drivers at Fleet Landing!

—Isobel Spink

8215 **Peggy and Don Cooper** (May)

Don and Peggy Cooper were the first residents of



the 8000 building, arriving May 24 by way of Amelia Island, FL. They had visited Fleet Landing many times over a ten-year period, meeting a number of people and becoming friends even before they moved in. They are pleased to

finally be residents.

Don and Peggy are both from Pittsburgh, PA. They met at U.S. Steel, where they were both employed. Peggy's glamorous career there was in International Administration. She worked in the office of the chairman and traveled extensively in a luxurious way. She earned an MBA while at U.S. Steel.

A second marriage for both, the Coopers have been married for 45 years. They have one son, James D. Cooper, who is a film director in New York. Soon after their marriage, the Coopers moved to Charlottesville, VA, where, coincidentally, they lived exactly where I had lived. Their next move was to Charleston, WV, where Don owned and operated coal mines for over 15

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Welcome Aboard

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years. When he retired from that business, the couple moved to Bucks County, PA. Don continued his career with a mining consultant group based in New York City and traveled extensively on an international basis. Peggy often accompanied him. The next move was to Amelia Island, where Don continued to occasionally work on consulting assignments before moving here.

Welcome, Coopers!

—*Isobel Spink*

8412 Kay and Dennis Craft (August)



Kay and Dennis Craft were born in the Midwest, met in Colorado, and were married in Missouri. After two years in the Army, Dennis had a 40-year career in finance, investments, and banking. The couple often moved to different parts of

the US for Dennis's work. Kay cared for their two daughters, who now each have three children. In 1999, the couple decided to settle in Ponte Vedra, where Dennis worked for ten more years.

After Dennis had three cancer scares, they decided to move into a community with a support system. After four years on the wait list, they are now happily settled into a lovely apartment.

Kay loves Christmas and has a large collection of Christmas ornaments and trees. She knew she had to downsize her collection, so she gave much of it away. However, she showed me pictures of her Christmas tree collection, which is kept in their storage room. Dennis said he barely had room to store his golf clubs.

Both Kay and Dennis are NASCAR fans. Kay is a Ruby Life Master in bridge and plays online and in groups. She enjoys cooking and arts and crafts. Dennis plays pickleball and golf. He has spent thirteen years volunteering and on the board for Catholic Charities, and seven years with the Saint Vincent de Paul Society. He is now an active member of the Knights of Columbus at Saint John the Baptist Parish. He is impressed by, and works for, the food bank there.

—*Gerry Nogelo*

8403 Sharan Merriam and Bob Rowden (May)

Bob, who is originally from Georgia, was in the Coast Guard for seven years. He then joined law enforcement, beginning on a motorcycle and later working as a detective on major crimes. After leaving law enforcement, he worked in forensic engineering with law

firms and insurance companies in Florida and Georgia.



With an MBA from Brenau University, and a Ph.D. in human resource development from Georgia State University, Bob taught in various universities in Georgia and Florida. After retirement, he continued to teach online.

Sharan, who is originally from Connecticut, joined the Peace Corps after college, teaching English as a Second Language in Afghanistan for two years. She has a master's in education and a Ph.D. from Rutgers in adult education and gerontology. Not only did she teach at the University of Georgia for 25 years, but Sharan has also been a guest lecturer/professor in Singapore, South Korea, Malaysia, Botswana, and South Africa. She has written 38 textbooks on adult education and qualitative research methods, the latest one being *Learning in Adulthood*.

Sharan and Bob have been married for 31 years. They are both active in the Osher Lifelong Learning Institute (OLLI). When they left Athens, GA, they moved to Nocatee, then to their condo in Ponce Inlet, FL, waiting to come here. That wait lasted a year and a half, but they are here now, and we welcome them heartily.

—*Isobel Spink*

8405 Linda and Mitchell Pennigar (June)

Mitchell spent five years on active duty in the Navy and four years in the Reserve. He was based in



Albany, GA, as a field utilities officer responsible for maintaining the airfield. After discharge from the Navy following a back injury, he returned to school to earn an MBA.

This led him to a career of over 20 years in the financial services industry working for Electronic Data Systems (EDS).

Linda was born in San Antonio, TX. She graduated from the University of North Texas with a B.S. and a master's degree. She taught for a few years before joining the corporate world, where she worked as a marketing manager for EDS credit union services.

It was at EDS that Linda and Mitchell met. They

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Welcome Aboard

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were married at sunset on the beach in Key West. They owned and operated a scooter rental for a few years before retiring to a Keys life of fun and fishing. After Linda had a medical emergency, they moved to Green Cove Springs, FL, to be near the Mayo Clinic. Upon discovering Fleet Landing, they decided this was the place for the next chapter in their lives. They both love the beauty of the campus, and you might catch them sightseeing on their early morning bike rides, exploring their new home.

—Jean Ludlow

8212 Jan and Neil Walsh (August)

Both Neil and Jan are from the greater Detroit area.



Having entered the Navy as an E-1, Neil retired as a lieutenant commander following 25 years of service. He went to school on the GI Bill and worked at night as a respiratory therapist before getting his Bachelor of Science in Nursing. He worked at Michigan's St. Joseph Mercy Hospital where he met Jan, who was a RN. Jan worked at St. Joseph Mercy Hospital for 42 years.

Neil later worked as a private contractor in the ER and ICU as well as in hospital supervision, at times dealing with a dozen plus different companies. He attended graduate school at the University of Toledo.

Having obtained his pilot's license as a young man, Neil enjoyed flying for many years. He and Jan had two different Beechcraft Bonanzas and enjoyed sailing and waterskiing, which kept them quite busy. Jan is an excellent Wii-bowler (I'm on her team, so I know), does water aerobics, and recently joined the Billiards Club.

The Walshes have two daughters, one here in Jacksonville who is a pediatrician at Wolfson Children's Hospital, and the other in Michigan, a Doctor of Physical Therapy with twins. With a daughter here, and Jan's having spent some time at Mayo, the Walshes chose Fleet Landing, and we're so glad they're here.

—Isobel Spink

8209 Barbara and Peter Lendrum (August)

Barbara and Peter were raised in Watertown, NY, where they met in eighth grade and "have been loving and hating each other" ever since. They will celebrate their 60th wedding anniversary next year. They married after Peter's sophomore year in college. They have two children and two adult grandchildren. Their daughter lives in St. Augustine. Beaux, their dog, is a Bichon/Poodle mix, and everybody knows and loves him.

Peter's career in marketing, sales, and finance included being a corporate officer in a Fortune 500 company. Barbara and Peter moved 15 times to all areas of the United States. Peter retired twice, once in 1996 and the final time in 2007, when they settled in Palm Coast, FL, where they both played golf.



The couple has traveled extensively to Europe, Australia, and New Zealand, and they have also enjoyed cruises. Barbara is particularly interested in military history.

While retired in Palm Coast, they took a Mayo Clinic course that mentioned the advantages of CCRCs. They decided they were ready for that lifestyle, and after investigating many facilities, they settled on Fleet Landing. They were on the wait list for about two years. Now happily settled in their apartment, they are finding fellow residents to be very friendly.

With encouragement from resident Chet Davis, Peter became a stagehand during the Follies. Talk about jumping right in!

They are looking forward to investigating and enjoying the many different activities that Fleet Landing offers.

—Gerry Nogelo

Editor's note: Fleet Landing currently has an unprecedented number of new residents. *FLEET BEAT* staff are working hard to prepare as many "Welcome Aboard" articles for each issue as time and space permit.

Turtle Sightings

Fleet Landing doesn't just have turtles. It has different species of turtles.



Left: This turtle made its way to Rigel Court, where John Hedge snapped its picture.

Right: Enith Vardaman spotted a pair from a different species sunning themselves lakeside.

Club Fair

The Club Fair took place too close to *FLEET BEAT's* publishing deadline. Look for an article in the next issue of *FLEET BEAT*.

Eleventh Military Ball

(continued from page 1)

decadent dessert, Burdick honored the USO, all its present volunteers, and Commander Pat Kluever, USN (Ret.), who initiated the USO effort here and resurrected the local Military Officers of America Association (MOAA) chapter. Head table guests were introduced: Chief Operating Officer Travis Schryer and his wife, Sara, who were attending their first Military Ball, and new residents Lieutenant General Buster Hagenbeck, USA (Ret.), and his wife, Judy. Hagenbeck concluded his career as the 57th Superintendent of the US Military Academy.

The Steve Chapman Trio led the audience in the service songs plus “God Bless America,” all sung with great gusto. Chapman’s musicians added so much pleasure to the evening. The entire house stood and applauded when there was a parade of the dining and wait staff. Then the wild dancing started—songs from the ’20s to the ’60s—the twist, cha-cha, jitterbug, and close-dancing love songs. The floor was jammed, and we all enjoyed a fabulous solo dance by LakeView Server Mariah Payton. By the end of the evening, most of the remaining attendees and staff were dancing, and I would venture to say that by 9 pm everyone was pretty well partied out. A memorable night, to say the least, and kudos to the many people who made it happen.

Eleventh Military Ball in Pictures

Photos by Ann Bell, Ed Hollender, and Eileen Norrington



Carla Armstrong, Buster and Judy Hagenbeck



Travis and Sara Schryer, Julia Pet-Armacost and Bob Armacost



Bob and Debbie Springer, Carolyn and Beryl Hubbard



Mike and Joan Moorhead, Jim and Lois Karr



*Rick Cueroni (center), Belinda and Jon Vrielink
(continued on next page)*



Dining Services staff



Steve Chapman Trio

Eleventh Military Ball

(continued from preceding page)



Dick and Carole Terseck, Chris and Mike Stortz, Ed Hollender (who is rarely seen in front of the camera)



Ivy Suter, Sharyn Roettger, Eileen Norrington, Giles Norrington



Frank and Rae Donnelly, Mary Ellen and Andy Granuzzo



Ann and Larry Bell, Peggy Steck and Dave Rasmussen



Janet Schember and Wayne Lauten, Sandy and John Pawek

Halloween Decor

FLEET BEAT photographer Ann Bell always has her cell phone camera at the ready. Below is a sample of the Halloween decorations (and one person) she saw as she walked her terrier, Jack, around campus.



Left: Jack growled at this monster, which he didn't trust. Right: Jack examines Halloween treats.



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The Follies Return

(continued from page 1)

choreographed by Julie Korsog and Mike Singleton, entertained with “In the Mood.” In their stunning costumes, the Tai Chi Fan class performed a beautiful dance under the direction of instructor Deirdre Dwyer Jones.

A truly unique Fleet Landing act showcased the ladies of the 2000 building who notoriously enjoy parades in the community wearing their bathrobes. Performing “The Bathrobe Song,” they shocked the audience by disrobing and had many laughing until tears came to their eyes.

Several comedy routines also evoked a great deal of laughter, including Randy Gilliam performing his signature “Mississippi Squirrel Revival.”

Beryl Hubbard and John Johnson beautifully sang “Oh, What a Beautiful Morning,” which morphed into “There’s a CCRC called Fleet Landing” by the chorus. Reminding everyone of the many activities offered, such as “exercise, bingo, canasta and more,” they concluded with “Oh, what a beautiful campus—Oh, what a beautiful place.”

Gitti Hardage led the Fleet Landing Wanderers onto the stage singing “The Happy Wanderer” in her native German. The chorus then brought out their Fleet Landing hats and sang about all the delightful places residents have to wander on the campus and at the beach. They concluded their wandering tune with a sentiment held by Fleet Landing residents singing “We found our home at last.”

The concluding musical number, appropriately “So Long, Farewell” from *The Sound of Music*, set the stage for the perfect curtain call. Audiences showed their appreciation for all the performers as well as the band, the stage crew, and all the behind-the-scene residents who contributed their time and talents to the show. Special recognition of Assistant Director Mary Steinke and Sturtevant brought the audience to its feet to show appreciation for them and for the outstanding leadership of the co-directors as well as for Director Emeritus Johnson who had produced the Follies for so many years.

At the pizza party following the final performance, several of the cast and crew were heard to verbally wonder what they are going to do with their time now that the 2021 Follies are history. Others were overheard discussing the amazing talent of Fleet Landing residents that the Follies provides the opportunity for everyone to enjoy. There was unanimous agreement that three years had been too long to wait for this special event, and they are already looking forward to getting the 2022 Follies scheduled on the Fleet Landing calendar.

Editor’s note: Space did not permit describing every single act and all supporting efforts, but *FLEET BEAT* has tried to cover as much as possible in word and/or picture.

The Follies in Pictures



Julia Pet-Armacost and Bob Armacost



Fleet Landing Follies Band



LtoR: Larry Rose, John Johnson, Beryl Hubbard



*Left: Elvis, aka Bob Chrisman.
Right: Mary Steinke (l), Charlie Ford.
(continued on next page)*

The Follies in Pictures
(continued from preceding page)



LtoR: Kristin Perry, Walt Trevaskis, Bob Huhta, Julie McLaughlin



Ladies of "The Bathrobe Song" before and after disrobing



*Left: Kurt Medina, Eileen Norrington.
Right: Pete Sheridan.*



Line dancers



Pat Peterson, Randy Gilliam



Ballroom dancers



*Left: Toni and Gary Reichow.
Right: Gitti Hardage.*



*Tai Chi Fan dancers
(continued on next page)*

The Follies in Pictures
(continued from preceding page)



Dan Barry, Steve Hammer



“Paddles” comedy routine

Show Tunes



“Cabaret”



“There Is Nothing Like a Dame”



“Climb Every Mountain”

Hot Spots and Blind Spot

By Joan Carver

The second World Affairs Council “Global Issues Evenings” program of the 2021-2022 season was billed as “National Security: Global Hot Spots and Blind Spots.” It featured two foreign correspondents, Jennifer Griffin, who is currently national security correspondent for Fox News, and her husband Greg Myre, who focuses on the intelligence community and has reported for the Associated Press, *The New York Times*, and NPR. The chairman of the Jacksonville World Affairs Council, Lieutenant General Franklin L. “Buster” Hagenbeck, USA (Ret.), a Fleet Landing resident, welcomed the audience and introduced the speakers. Griffin and Myre spoke alternately about their experience as foreign correspondents over the last 30 years in some of the hot spots of the world and described the lessons gained from that experience. The program was held at the Adam W. Herbert University Center at the University of North Florida (named for the university’s former president and Fleet Landing resident, Dr. Adam Herbert). It was made available through Zoom to residents of Fleet Landing and Vicar’s Landing.

Griffin opened the presentation by explaining how she and Myre became journalists. They met in South Africa in 1989 when she was a sophomore at Harvard taking a break from school and working for a Black newspaper in Soweto, and he was an Associated Press reporter. She returned to the United States to finish her degree and then returned to Africa to join Myre. He was on assignment in Mogadishu, Somalia, so she followed, using her graduation gift money to negotiate her way into Mogadishu. That was where they got their start. Somalia was a kind of precursor of how they would spend the next 25 years, following terrorists around the world and watching the United States military go into a failed state to try to fix things.

Myre picked up the narrative, pointing out that Afghanistan is a prime example of how blind spots become hot spots. In 1993, there were only a few Westerners in the country. Electricity, running water, television, and newspapers were scarce or nonexistent. There were no restaurants, no bars. Afghanistan was cut off from the world. You could literally feel as though you had gone a thousand years into the past. He and Griffin were living in Islamabad, Pakistan, at that time, and they went back to the United States in 1994 to be married. On their return, they rushed to Afghanistan to cover the civil war raging there.

Griffin pointed out that the two of them had a long relationship with Afghanistan, so Afghanistan was very near and dear to them. However, nation building there did not go well. There is no good example of one country going in and trying to transform another country. In contrast, the Powell Doctrine, laid out by former Secretary of State Colin Powell, held that any time you

(continued on next page)

Hot Spots and Blind Spots

(continued from preceding page)

go into another country with troops, you go in big, and you don't stay. The conditions in Afghanistan were difficult. The people were very poor and uneducated, there was rampant corruption, and the economy was based on drugs.

While no one thought the Afghan venture was a great success, the collapse of the army so quickly this year was a shock. Griffin had a 15-minute interview that aired on Fox with General Mark Milley, Chairman of the Joint Chiefs of Staff, to determine why the military collapse occurred. He suggested one problem was that we tried to build the Afghan military in the United States image. The Afghan military was too dependent on contractors and high-tech weapons, and as soon as they were gone, it collapsed. Afghanistan is the ultimate example of how a blind spot became a hot spot and now is again becoming a blind spot.

Myre raised the question of how we could prevent blind spots that might lead to the United States being dragged into a difficult conflict that could not be easily resolved. While he admitted there was no simple answer, he noted the importance of having an American embassy in country that can keep us up with what is going on, particularly in countries that may end up in chaos or civil war. It is important to have an ambassador who is politically and economically effective and can provide a full picture of what is going on in the country. Today Iran and North Korea are two nations where we don't have embassies. These are blind spots with the potential to tun into hot spots.

Myre said one of the painful lessons we have learned over the past 20 years is to take a middle path in engaging with another country and not try to re-make it. We don't have to spend millions or send in a huge contingent of troops. A relatively small number of troops and a modest economic investment can make a difference. A limited presence may have a more effective outcome.

Griffin pointed out that we maintained lines of communication with Russia even during the darkest days of the Cold War. However, she expressed concern over the recent expulsion of NATO representation by the Russians.

Griffin noted that the "Havana Syndrome," which is some sort of brain trauma experienced by our diplomats in Cuba and elsewhere, could also lead to blind spots if it affects their reporting or causes diplomats to return home. If our spies and diplomats come home, we won't have listening posts to alert us to problems.

Myre pointed out that after 20 years of focusing on counterterrorism, China is going to be the challenge for the West. He suggested three ways for us to think about this large, complicated country: cooperation, competition, and confrontation. As the two largest economies in the world, China and the United States have to cooperate.

They have large trading relationships. There is no way to break this off without creating a global recession, so we need to have a level of cooperation with China. At the same time, there will be ongoing competition, and it is mainly competition that will be focused around high technology. China has dramatically closed the gap with the United States, long the leader in technology. China has a variety of ways to tap into Western technology, from buying companies to sending students to our universities. Confrontation is something to be avoided.

Griffin picked up the dialogue, pointing out that the United States has a tendency to overreact to events. Now that we are pulling out of Afghanistan, we don't want to hear about the Middle East. Rather, there is talk about pivoting to Asia. She finds talk of a land war in Asia particularly alarming, suggesting that we should never get involved in such a war. The potential conflict between China and Taiwan is very worrisome. News of a new Chinese hypersonic weapon is also troubling. This kind of blind spot is another potential hot spot.

In the question session at the end of the presentation, Myre expressed disappointment with the rise of partisanship in foreign affairs. Technology is creating silos where people can choose to hear only what they agree with. Our enemies see our divisions and take advantage of them. Griffin emphasized the importance of context in reporting over the breaking news approach.

Egrets in the Backyard of the 8000 Building

Photos by David Miron



These egrets apparently found something good to eat in the small bit of swampy water outside the patio of Bernadette and David Miron.

Tree Fish



Chet Davis discovered a new fish species in the Selva Marina neighborhood.

Halloween Decor

(continued from page 22)



Left: Life-size witch statue.

Right: Paula O'Bannon as the Witch of the Galaxy.

Chips & Putts

By Helen Craig

Twenty-four people joined in the Fleet Landing Golf Tournament on October 14 at Jax Beach Golf Club, and they found it to be a wonderful day for golf—hot, but a great day! It was especially delightful for the two teams whose scores were well below par.

The first place team, captained by Syd Jenkins and including Julie Rochelle, Jim Wayrynen (Atlantic Club), and Bruce Osborne, had a score of 65, with six birdies—quite an accomplishment! In very close second place was the team of Dennis Craft (captain), Bob Springer, Isobel Spink, and Bob Linn, scoring a 66, with five birdies. In third place was the team of John Coman (captain), Nick Malie, Mike Moorhead, and Sally Pitard, scoring a 71, with three birdies. In fourth place were two teams tied with a score of 72: the team of Jerry Bowles (captain), Miles Nogelo, Sharyn Roettger, and Larry Magner, with three birdies, and the team of Dick Beltson (captain), Tom Gonwa, Nancy Sander, and Bob Mills, with two birdies. In 6th place was the team of Bobbie Fost (captain), Ray Rigney, Lindsay Norman, and Larry Sander, with a score of 73 and no birdies.

As usual, two trophies were designated for individual players who proved to be of special value to their award-winning teams. Jenkins awarded the “Sandbagger Trophy” to Wayrynen. He had just returned from open-heart surgery, but he had so many excellent drives that he could not believe it himself. The

“Birdie Trophy” was awarded to Linn, who sank four of the team’s five birdie putts and helped the team avoid any bogies.

Two other traditional prizes were awarded for specific feats. The “Longest Drive” prizes go to the lady and to the man with the longest drives on a designated par-5 hole. Previously, there was simply recognition and a small cash prize, but this month, something new was added: The Rochelles have donated two nifty art objects as additional prizes—one black and one red, both with yellow beaks and feet and very long necks. Many thanks to the Rochelles—and cheers to the “Longest Drive” winners, Spink for the ladies and Beltson for the men. “Closest to the Pin” prizes on a designated par-3 hole are awarded for drives that land on the green and nearest to the pin. The winner for the ladies was Fost, with Jenkins winning for the men.

Next month’s Fleet Landing Golf Tournament will be held at Hidden Hills Golf Club on Thursday, November 18. That’s a week later than the usual date, as November 11 is Veterans Day. Do come and enjoy the fun!

Remarkable Achievement



Karen Sturtevant scored a perfect score of 300 in Wii bowling.

Achievement of Another Kind

Photo by Alisa Blanchard



Initially, it was a struggle for the ladies in the Barre Class to get their foot on the bar, but now they do it with great aplomb.