



FLEET BEAT

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THE FLEET LANDING RESIDENTS' NEWSPAPER

July 2023

June MOAA Meeting: Vietnam War Presentation

By Chet Davis



Jeannie Blaylock and Dick Beltson

Purple Parade

By Enith Vardaman

Photos by Jennifer Arsenault, Ed Hollender,
and April Morin



Coleman Center gathering

Fleet Landing residents and staff turned out for the Alzheimer's Association Jax Purple Parade on June 24, using a variety of conveyances: golf carts, bikes, a car, and—for one hardy participant—roller skates. The event was described as “a joyous way to bring together the Beaches community for awareness and fundraising to fight Alzheimer’s Disease.” The group from Fleet Landing gathered in front of the Coleman Center. Wearing purple t-shirts with the Fleet Landing logo, they set out together—with their conveyances also decked out in purple—for the parade start site, the Atlantic Beach Police Station. The 1.9-mile parade route wound its way through Atlantic Beach streets, ending at the ABBQ restaurant.



*LtoR: Dick Beltson, Klaus Maurer, “Big Al” Hayes,
and “Kombat.”*

The Historic Mayport Chapter of the Military Officers Association of America (MOAA) hosted First Coast News anchor and reporter Jeannie Blaylock at its June 27 meeting that featured a multifaceted retrospective on the Vietnam War.

The program began with recognition of three returned POWs (RPOWs) and their wives: Pete and Jane Schoeffel and Fleet Landing residents Dick and Alice Stratton and Giles and Eileen Norrington. All were in the audience.

Blaylock introduced the panel of Vietnam veterans who, together with Schoeffel, would speak later in the program: Fleet Landing resident Dick Beltson; Klaus Maurer, a German immigrant; “Big Al” Hayes, an Army infantry “grunt” (Dick Stratton had stressed the need to have a grunt represented); and a

(continued on page 12)

Setting Out From Fleet Landing



(continued on page 13)

June Residents' Council Meeting

By Howard Burdick

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

Management perspective. Executive Director Josh Ashby reported on the status of a number of campus projects, including delays in the Coleman Center renovation. He noted that takeout buffet service from Currents would be reexamined because of the quantity of food taken. Non-structural cracks in the 8000 Building plaza area would be repaired before potted plants were placed around the grounds.

Council Reports.

Vice President Bob Peterson reviewed ambitious plans for our Independence Day activities.

Treasurer Charles Winton reviewed continuing good financial news. Details are available in our library. He also explained the meaning of the "financial alphabet soup" of acronyms for accounting principles as well as for agencies that monitor Fleet Landing.

Human Resources and Marketing. Ernie Bio introduced the new Assistant Director of Nursing, Bianca Wohleking; Resident Attendant in Leeward Freda Edmonds, Staff Member of the Month; and Resident Support Coordinator Patty Chicoine, Leader of the Quarter. Special acclaim was accorded to Driver Rob Friedman, Fleet Landing's longest serving staff member, for his 32 years of service. He achieved that milestone in May. Lobster Tales in May numbered 300, a new record! Fleet Landing is staffed at 95 percent. May orientation classes for new employees covered our community's culture, goals, and mission. Training by supervisors followed. Residents would soon get information about volunteering for the annual packing of bags of school supplies for children of staff. Marketing sales to date total \$4.7 million, and several events have been conducted or scheduled for prospective residents.

Safety and Security. Peterson reviewed activities of our dedicated 15-member Safety and Security team. He also described how to check home alarm systems to ensure batteries are working and what to do if they are not.

Wellness and Transportation. Nancy Russell encouraged exercising at the coolest time of the day during Florida's hot summer and emphasized the need to stay hydrated. The bus drivers now have large umbrellas for use in escorting residents to and from entrances in inclement weather. She reminded residents that the dinner shuttle runs continuously from 4:30 pm to 7 pm, circling the campus approximately every 15 minutes. Residents should not call for service during that time. From 7 pm to 9 pm, the shuttle service is on demand, and residents should call (904) 234-8205.

Dining and Housekeeping. Lynette Beitz said that a new date for the closing of LakeView had not yet been determined. [A memo was issued subsequent to the

meeting.] Breakfast is available at Currents, Monday to Friday, with daily specials. The menu is available on Fleet Link. The new biodegradable/compostable bamboo containers will be phased in and the supply of styrofoam containers used up. She reviewed the services provided during Housekeeping's weekly and annual cleanings. She gave a photo tour of our laundry, which has performed near miracles for all (as noted in prior reports).

Healthcare. Ann Bell reported on a recent meeting of the North Point Residents' Council. Solutions to concerns have either been given or are planned. The new AEDs (automated external defibrillators) have arrived and will be located as follows: the Windward Commons lobby and gym, the Coleman Center lobby, in each of the health services locations, and in Safety and Security. Key staff are to be trained in their use, and the units will be checked monthly. She suggested that residents consider asking a friend to be an advocate who could help with such things as making medical appointments and driving them to appointments.

Facilities. Ken Hollinga reviewed the zone inspection schedule through July 6. He cited an impressive list of completed, ongoing, and upcoming projects. He also noted that the results of the apartment building fire drills were being analyzed.

Resident Suggestions. Secretary Judy Poppell reviewed responses to eight suggestions, which are too detailed to cover here. They can be reviewed in the council minutes on bulletin boards around campus, in the library, and on Fleet Link under "Residents' Council."

Responses to resident questions and comments included the following:

(continued on next page)

FLEET BEAT STAFF	
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Maureen Miller	Kristin Perry
Isobel Spink	Carol Smith
Nancy Lundgren	Sally Nielsen
Patricia Payne	Bo Smith
Chet Davis (Roving Reporter)	
All the news that fits...	
Contributions to FLEET BEAT are welcome. Please place copy or any comments you may have in box 1107 at the Coleman Center. Neither letters to the editor nor anonymous submissions are published but we are, of course, mindful of your comments. Issues of FLEET BEAT can be found at www.fleetlanding.com . 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.	

June Residents' Council Meeting

(continued from preceding page)

- The soil where a palm tree was removed at the 1000 Building is being tested to determine whether another palm or a different replacement would be appropriate.

- The stop sign between Leeward Manor and where the buses are parked will be removed.

- The question of whether the committee to choose the Saturday movies still exists will be looked into.

- Senior Director of Food and Beverage Perry Brown will find out whether the new bamboo takeout containers are microwaveable.

- Thick lake algae, which had been treated, will gradually decompose and sink.

The next meeting is scheduled for July 18 in Johnson Hall at 2 pm.

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

June Board of Directors Meeting

By Enith Vardaman

The Board of Directors June 21 meeting was held in closed session, with Chair Helen Atter presiding. The information below was supplied to FLEET BEAT by Executive Director Josh Ashby.

The Board of Directors reviewed the new director recruiting process and discussed the ideal candidate profile in preparation for recruiting two new directors for terms starting at the beginning of 2024.

The Governance Committee discussed with the directors the format and process of the board effectiveness survey.

The directors reviewed the annual conflict of interest and code of ethics statements.

The Finance Committee presented the audited financial statement and reviewed year-to-date financial reports.

Ashby's update on Nocatee included the design development process to be used to obtain a more accurate cost estimate.

The board received an update on key performance indicators: resident satisfaction scores, the employee satisfaction index, and financial performance.

Fleet Landing in the News

By Enith Vardaman

Wellness Services Manager Mary Faria contributed to the "Letters to the Editor" column in the June 8 edition of *The Beaches Leader*.

Residents should mark their calendars for the monthly Military Officers of America Association (MOAA) meeting on August 29, when the topic will be the recently published book, *Unwavering: The Wives Who Fought To Ensure No Man Is Left Behind*, by Taylor

Baldwin Kiland and Judy Silverstein Gray. Resident Alice Stratton is featured in the book.

Astralis Chamber Ensemble

By Carol Smith



The Astralis Chamber Ensemble, always a favorite with Fleet Landing residents, returned for a concert in Johnson Hall on June 13. Founding member Angela Massey recalled that just a year before, she had appeared, along with pianist Chee-Hang See, while expecting her first child. This year, she proudly introduced her daughter, who was in the audience.

Joining Massey for this performance was pianist Caroline Owen, who recently received her Doctorate of Music degree in piano performance from Florida State University.

Entitled "The Elements," the program depicted images of nature through the elements of earth, water, wind, and fire. That is also the title of Massey's debut album, which has sold over 1,000 copies. Owen performed "La cathédrale engloutie" (The Sunken Cathedral) by Claude Debussy as a piano solo. Three contemporary composers were featured in the program. Trading her flute for the piccolo, Massey performed "On Wings of Song" by Eric Ewazen. Works by Yuki Uebayashi and Ian Clarke were also beautifully presented by the duo.

The program concluded with "La flûte de Pan" by Jules Mouquet which, in three movements, brought to life the Greek god Pan cavorting with shepherds, birds, and nymphs. The performers responded to a standing ovation by treating the audience to an encore, the beloved "Clair de lune."

Meet Starr Boyd, Senior Living Counselor

By Chet Davis

Starr Boyd, who recently joined the Sales and Marketing Department as a Senior Living Counselor, was born and raised in Dale City in Northern Virginia and resided in Germantown, MD, for many years.



Before her move to the Jacksonville area, Boyd was the Director of Sales for Sunrise Senior Living in Silver Spring, MD, and Montgomery Village, MD. She also has real estate licenses in Virginia and Maryland and is a licensed title insurance producer as well as a notary.

After Boyd's husband was transferred to Jacksonville, she became aware of the opportunity at Fleet Landing. Boyd's motivation to offer services to seniors is evident when you talk with her.

She lives with her husband and ten-year-old son in Orange Park, very close to the Buckman Bridge.

Boyd has found Fleet Landing staff and residents exceptionally welcoming and warm. The friendly atmosphere makes it a pleasant place to work. Stop by the Sales and Marketing Department and meet Starr Boyd. You will be glad you did!

Archaeological Dig Tour

Text and photos by Dita Domonkos



Keith Ashley (top left) and scenes from the dig

Dr. Keith Ashley, Associate Professor of Anthropology at the University of North Florida (UNF), was in the middle of a six-week active archaeological dig on Big

Talbot Island when we visited on June 2. Successive classes of students, taking his summer field course, have been working on this site for four consecutive summers.

In 1998 and 1999, shovel tests every 25 yards indicated that a large indigenous community of Timucua lived in this area 1,000 years ago, centered on a grand shell ring. Nearby, another community dating from AD 1500, thought to be Sarabay, a Mocama Timucua village, is the site of the current dig.

At the end of a dirt trail, we found 20 students busy at work. The earlier shovel tests showed an unusual structure, which turned out to be remains of a house and wall trench with a post in it. Early French and Spanish documents stated that Timucua communities centered around a large community building, or council house. The chief would live nearby.

Ashley thinks the current dig is uncovering remains of posts that defined the perimeter of a council house. Stains in the ground every 2½ meters suggest that posts were placed in light yellow sand. When decomposed, a darker area in the shape of a post was left. The stains make an arc that defines an area 60 feet in diameter. The goal this summer is to find all the stains of posts that circumscribed the community center.

The archeological process dismantles an area systematically. Students work in one-by-two-meter units. Grids are established over the areas and a finding is defined by its unique grid coordinate and depth. The goal is to dig to the depth of the yellow subsoil and look for stains, which can represent rotted posts or be background noise such as decayed root systems. These dark areas are mapped. All findings, including pottery and tools, are bagged and taken to the UNF lab for analysis. During fall and spring lab classes, analysis is ongoing so that it is completed by the start of the next summer's dig.

Concluding our visit, we walked through a thickly vegetated trail to the site of the grand shell ring from AD 1000. Shell rings were common between 2200-1500 BC and then disappeared. It is unclear why over two thousand years later we again find a shell ring. The explanation is that it was built to commemorate the past and serve the community as a center for rituals and burials. A raised burial mound, built on top of the ring, is evident. In the future, this area will be open to the public with a raised platform around the outside of the ring.

It was great to have Wellness Services Manager Mary Faria back, leading this engaging tour.

In Memoriam

Alice Crabtree
1934-2023
Lee Markley
1923-2023

Dick Footh
1933-2023
Brad Trowbridge
1949-2023

Mallets and Wickets

By John Neyhart; photos by Nancy Russell



The top four competitors (l to r): Scotty Willis, Evelyn Gripenberg, Ernie Bio, and Chris Leclaire



Evelyn Gripenberg and Tom Bramble playing the golf croquet course



Door prize drawing: Vickie Rose (l) and Carolyn Johnson

The Fleet Landing Croquet Club celebrated National Croquet Day on Saturday evening, June 3, in Johnson Hall. Vickie Rose and Suzi Miller chaired the event, which was a great success. Forty-six of seventy-eight members participated. There was a beautiful buffet with all kinds of finger foods and beverages available for dinner.

Half the room was set up with tables for dinner, and the other half had a four-hole layout of a golf croquet course. The course was creative and included water holes (Styrofoam noodles designated water hazards) and chairs, which blocked easy shots. There was a full page of instructions, which was fun to read and follow. Members circulated between dinner and participating in the contest course.

There was a competitive spirit as members competed for prizes. The top four competitors were Scotty Willis, Evelyn Gripenberg, Ernie Bio, and Chris Leclaire. Bio was the overall winner scoring one less shot than the other three. There was also a hole-in-one contest, which no one won. To top off the evening, five names were drawn out of a hat for door prizes, which were handmade beaded pieces and note cards.

All attendees enjoyed the food, games, and camaraderie of the evening.

Lessons for new, or interested, residents will resume in the fall. Please visit our website (<https://fleetlandingcroquet.square.site>) for information about our club.

Bridge News

By CeCe Lichtenstein

Fleet Landing's Bridge Club is sanctioned by the American Contract Bridge League (ACBL). This means that those who join can acquire masterpoints when they play in our games. Membership is *not* free, but with it you receive a monthly *Bridge Bulletin* with lots of information. However, not all of it would be of interest to everyone. Additionally, as one acquires masterpoints, there are "steps" that indicate having done well in the game. There also is a quarterly district publication, *Sunshine Bridge News* (SBN), published only in digital format, with information strictly for the Florida bridge population. Occasionally, folks from our club get recognized in that publication.

Now that I have given that introduction, I want to recognize a few folks whose names appeared in this quarter's SBN: John and Marilyn Carlson achieved a phenomenal 70 percent game. That doesn't happen very often, but does show terrific skill. Dory and Richard Beltson were recognized as having achieved a new step in masterpoints acquisition. Masterpoints generally are awarded in denominations of fractional points, so playing well enough to climb the ranks is exciting for new players. Congratulations to the Carlsons and Beltsons.

As usual, if I have overlooked anyone, please forgive me.

Splash Into Summer

By Howard Burdick and Enith Vardaman;

Photos by AnnBell, Susan Hubbard, Mary Faria, Paul Mocko, Sue Myers, and Enith Vardaman



The deck, ready for the start of the event

The recently replaced part of the deck running from the pool to the 4000 Building was buzzing with activity on June 9. “Splash Into Summer” was a showcase for the Fleet Landing Yacht Club, which is comprised of three fleets: kayaks and paddle boards, radio-controlled model sailboats, and crewed sailboats.

During the first hour of the event, residents gathered at the new kayak and paddle board launch facility for instruction on their use. After donning lifejackets, which are obligatory for anyone going out on the lake, a number of residents were soon enjoying kayaking and paddle boarding. During the next hour, the rest of the Yacht Club also offered demos and lessons, with the sailboats taking some passengers for short excursions and orientation. The hour was capped off with all three fleets taking a leisurely sail around the lake. During the final hour, our first Blessing of the Fleet was performed by our own resident clergy, Monica Coté, Deacon of the Fleet Landing Inter-denominational Chapel, and the Rev. Christopher Martin. The fleet passed in review in succession: radio controlled sailboats, kayaks and paddle boards, and finally the crewed sailboats. This was the brainstorm of Yacht Club Immediate Past Commodore Carol Silcox and her husband, Jack, who sparked the acquisition of the new crewed sailboats. (Originally, Fleet Landing Yacht Club was the name only for the fleet of crewed sailboats, but now it also applies to the three fleets as a group.)

The event also featured aqua aerobics. The Rip Currents, one of Fleet Landing’s favorite groups, provided live music. And, of course, it would not be a Fleet Landing party without food. Breakfast treats were available during the early part of the event, followed by lunch fare as morning wore on toward early afternoon. While the weather was on the warm side, the forecast rain held off until later in the day, well after the end of the party.



The instructor demonstrates getting in and out of a kayak and launching.



*Kayakers out on the lake
(continued on next page)*

Splash Into Summer (continued from preceding page)



Paddle boarders joined the kayakers on the lake.



Left: Christopher Martin and Monica Coté prepare for the Blessing of the Fleet.

Right: The Blessing of the Fleet underway.



Radio-controlled sailboats



Continuation of the Blessing of the Fleet



Crewed sailboats



Big and small sailboats out on the lake together.



*Aqua aerobics
(continued on next page)*

Splash Into Summer *(continued from preceding page)*



The Rip Currents



Breakfast treats

Chess Club News

By Richard Wong

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



It's white to move. Find the winning moves.

Investment Club News

By Howard Burdick

After a year or so of presiding over a rather red portfolio, we have finally broken into the black. A few recently purchased stocks helped—Caterpillar and Quanta, but not quite so Southwest Air. Improved performance of most longstanding stocks helped just as

much. These are Advanced Micro Devices, Google, Amazon, Apple, Ford, GM, and Microsoft. We are still a small hardcore group of six who use time-tested metrics of stock selection (and an occasional dartboard). An early standard set by our club 30 years ago was to have our portfolio appreciate by 15 percent a year! That has been an unattainable goal for too long, but hope springs eternal.

We welcome any observers to our monthly meetings, now held in the Annex on the second Wednesday of each month at 7 pm. If you want to attend, let me know in advance, and I'll provide you a copy of our Treasurer's Report.

Learning About the St. Johns River

Photos by Mary Faria

On June 14, a group of Fleet Landing residents traveled to Walter Jones Park in the Mandarin section of Jacksonville to learn more about the St. Johns River. Their guide, a staff member of St. Johns Riverkeeper, provided information about the history, geology, and issues facing the river. A highlight of the trip was the opportunity for participants to conduct salinity tests of the river.



Labyrinth Walk

By Victoria Freeman; photos by Cynthia Graham

The Labyrinth Walk for the Solstice took place on June 21. Lovely handpan and crystal bowl music was provided by Streams of Sound, a not-for-profit group that supplies healing music for hospitals, yoga retreats, and hospice. Resident Cynthia Graham opened the walk with a poem by Emily Dickinson.

Walkers were encouraged to donate food items which Graham, the creator of the event, delivered to the Beaches Emergency Assistance Ministry (BEAM).



Flag Day and US Army Birthday Celebration

The flag raising ceremony at the Flag Plaza on June 14 commemorated two significant events in American history that occurred on that date: a Second Continental Congress 1775 resolution establishing “the American continental army,” and a 1777 resolution, also by the Second Continental Congress, adopting the United States flag.



Windward Commons Art Exhibit

The number of Fleet Landing artists just keeps growing, as shown by the exhibit recently hung in Windward Commons. The exhibit features 26 artists, a probable record. The subject matter and media vary widely, and some contributors are displaying more than one work. *FLEET BEAT* photographer Ed Hollender had the challenge of photographing all 47 items and their accompanying labels. Below is one work by each artist.



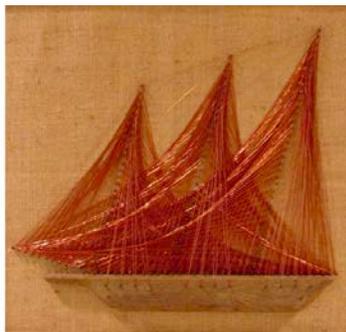
Left: Patricia Payne's "Cosmic Journey."
Right: Gayle Banks's "Goddess Athena."



Left: Stella Bratcher's "Autumn Glory."
Top right: Susan Hubbard's photograph "Summer Bouquet."
Bottom right: Carol Bowser's "Geraniums and Lilacs."



Left: Peggy Holz's "Drummond Point."
Right: Jackie Stack's "Japanese Tea Garden: San Francisco."



Left: John Hen's "Widgeon."
Right: Buzz Hassler's wire art "Copper Schooner."



Left: Richard Lundgren's "Soaring."
Right: Glenn Perry's "Dock Side."



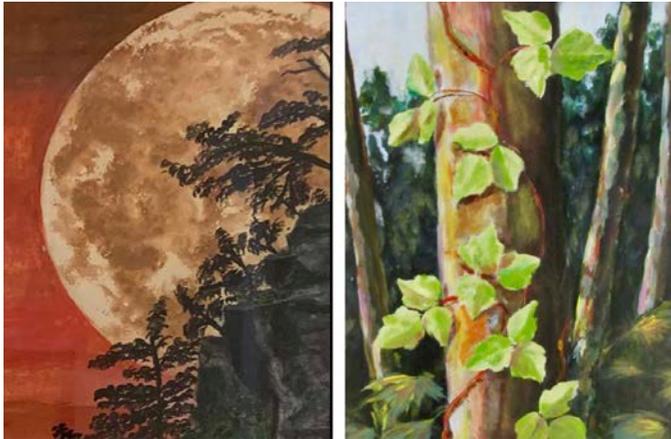
Left: Ann Brodt's "Angel."
Right: Judy L. Barton's mosaic "Treasured Tresses."



Left: Sally Pitard's "Cat'titude."
Right: Julia Pet-Armacost's "Spring Has Sprung."
(continued on next page)

Windward Commons Art Exhibit

(continued from preceding page)



*Left: Monica Coté's "The Supermoon."
Right: Bo Smith's "Noli me tangere."*



*Left: Craig Miller's "Sweltering Day in Brazil."
Right: Frances Jones's "Hanna Park Sunrise."*



*Left: Imogene Coleman's "Yellow Roses."
Right: Tom Dames's "Rhode Island Red."*



*Left: Sarah Lamont's wool and cotton "Peachy Sunrise."
Top right: Lynn Blakemore's "Key Lime."
Bottom right: Betty J. Thompson's "Fire."*



*Left: Barbara Milon's "Paper Flowers."
Right: Paula O'Bannon's "Sandcastle Cubism Style."*

**Summer Concert Series:
Dean Winter and The Heat**

By Chet Davis



The second performance of the summer concert series kicked off at 4 pm on June 16. To say that Dean Winter and The Heat filled Johnson Hall with sound would be an understatement.

Dean Winter is a singer-songwriter and guitarist who has worked with the drummer and two guitarists of The Heat for a number of years. The group's mission is to blend classic country stylings with Americana. At this concert, they performed original music, along with a variety of numbers that were made famous by such luminaries as Vince Gill, George Strait, Alan Jackson, and Brooks & Dunn.

There were couples dancing to the music, and the whole audience showed its appreciation for these talented musicians. It was a lively afternoon of entertainment.

June MOAA Meeting: Vietnam War Presentation

(continued from page 1)



“Big Al” Hayes (l) and “Kombat.”

person identified only as “Kombat.”

The first of three videos shown reflected Dick Stratton’s wish to have Alice honored. Her efforts as a POW wife were extraordinary, and she subsequently conducted over 200 interviews for the Library of Congress Veterans History Project. At the close of the video, attendees readily complied with Blaylock’s suggestion that they stand in honor of Alice.

The second video focused on Maurer, who, upon his return to the US, needed to conceal the fact that he was a Vietnam veteran because of the hostile reception those veterans received.

The principal and longest video was titled: *Voices of Bravery: Honoring the Veterans of Vietnam*. Blaylock said that the goal of this First Coast News documentary was to give veterans the respect they should have had 50 years ago. She commended Beltson for his help with preparation of the documentary. The video showed many facets of the war along with events that were taking place in the US at the time, including the anti-war demonstrations.

Following the documentary, members of the panel shared personal experiences. Hayes described the hardships he endured, stating that his year of service in the jungle in Vietnam was the worst experience of his life. The most poignant recollection was that of “Kombat.” He was met at the airport by a large number of protestors, and his own father turned his back on him, abandoning him amidst those protestors. In a rare happier homecoming story, Schoeffel recounted his welcome home to Naples, FL, with a parade.

Beltson, who has done extensive research on the war, shared some of his analysis about the tragic way the war was managed straight from the White House in a manner that guaranteed it could not be won. He also took issue with a statement in the video that the US lost the war. The US did not lose the war, but because of politics and strong anti-war influence by the mainstream media, the United States just did not have the will to fight on. He clarified the fact that the

US (not South Vietnam) actually signed a peace treaty with the enemy because of the decision not to continue the war. (Thanks to resident Pat Kluever, President of the Historic Mayport Chapter of MOAA, for this summary.)

Blaylock and the veterans have shared the video and their experiences at 13 Duval County high schools, and will do the same in Clay County during the next school year. The goal is to teach youth about the war and its aftereffects. A lack of knowledge about the Vietnam War was clearly demonstrated in Blaylock’s newsroom when a college graduate asked *who* was My Lai—clearly ignorant that this was an infamous massacre of civilians, not a person.

Members of the near-capacity Johnson Hall audience had the opportunity to contribute personal recollections. The event was moving and brought back many thoughts and memories.

Dining Services provided refreshments and Wellness Services Manager Mary Faria arranged setup for the event and provided technical support.

A Tour for Coffee Lovers

Photos by Sandy Bousquet and Mary Faria

On June 29, a group of Fleet Landing coffee enthusiasts paid a visit to the Bold Bean Roastery. They learned about coffee from sourcing to roasting. They found out that the Bold Bean is dedicated to economic and environmental sustainability and believes that coffee can enhance one’s quality of life. After sampling eight coffees during the tour, each member of the group happily received a bag of coffee to bring home.



Purple Parade (continued from page 1)

On the Parade Route



Happy Participants

Editor's note: To see all the purple, go to FLEET BEAT on Fleet Link under "Publications."

Elevator Maintenance and Inspection

The annual inspection of the elevators in all Fleet Landing buildings, plus some mandated upgrades, took place in June. Below are photos of the project underway in the 4000 Building.



Welcome Aboard

4215 Susan and Rone Hubbard (March '22)



Both Hubbards grew up in the military, so they have both lived in many places. They continued this nomadic lifestyle when they retired and became dedicated RVers.

Rone, after graduating from Yale with a degree in math and philosophy, worked in the technical and managerial areas of the computer world with smaller start-up companies. As a young man, he was a member of the National Speleological Society and helped map and explore deep caves in the US and Mexico. Susan received a Ph.D. from Columbia University in English literature and taught at various colleges in New York and Pennsylvania.

Their first RV trip after retirement was to British Columbia, Canada, for Rone to go fly fishing for salmon on Vancouver Island. For 18 years they spent their winters at the Great Outdoors RV Resort in Titusville, FL, and their summers in the Finger Lakes in upstate New York. They owned a home on 35 acres on Cayuga Lake, where they reaped a summer bounty of berries, fruit, and fresh vegetables.

The Hubbards were familiar with Fleet Landing because Rone's parents, Ron and Alma Hubbard, lived here. Rone was a good bridge player and is thinking about playing again. Susan is completing her third revision of a novel. She is an active photographer and brings her camera on birding trips. She also enjoys mindfulness activities, exercise classes, and a book group. Both love to read, spend time on their computer, and enjoy their new printer that can print Susan's large photographs.

—Kristin Perry

5707 Pat and Chuck Bentley (July '22)



The Bentleys spent most of their lives in the suburbs of Chicago, IL. Pat attended Marquette University in Milwaukee, WI, for a B.A. and then received an M.S. in speech-language pathology from National Lewis University. She worked for 28 years as a speech-language pathologist. Chuck attended Lawrence College in Wisconsin. After graduating, he joined the Army National Guard, and

served in the National Guard and Reserves for 6 years. He worked for various companies in medical equipment and supplies sales. He then became an independent manufacturer

representative with his own group until 2021.

Sailing was the Bentleys' great love and pastime. They bought their first sailboat in 1979, and sailed on Lake Geneva, WI, for 28 years. Their two children grew up enjoying this outdoor life. They also chartered a bareboat 50-foot sailboat five times to explore the British Virgin Islands.

They moved to Punta Gorda, FL, in 2000 to escape Chicago winters and to sail in the Gulf. They sold their 25-foot O'Day sailboat and bought a 32-foot Freedom sailboat. They sailed their boat on Charlotte Harbor, on the Intracoastal Waterway, where there are great anchorages and marinas. Their favorite destinations were Cayo Costa State Park and South Seas Resort. While living in Punta Gorda, they were active in the Platinum Point Yacht Club, and were part of a sailing group that anchored out together. They also organized a trip on the *Royal Clipper* in the Mediterranean. They are now exploring Florida's East Coast, and loving Fleet Landing.

—Kristin Perry

1101 Jini Vaupel (September '22)



Jini Vaupel grew up in Queens, NY, in the area under the Whitestone Bridge. She attended 14 years of Roman Catholic schools, then Katherine Gibbs and St. John's University. She married her high school sweetheart, Dave.

After their wedding, the two "Moon River Huckleberry friends" went from their church to Guam and then 41 years of adventure. While Dave was flying around in US Navy jets, Jini was teaching school in Guam, Turkey, and, finally, at Atlantic Beach Elementary.

The family lived for 20 years in the Florida Keys. Then they moved to Selva Marina Drive and watched the Fleet Landing community develop. There are three children, five grandchildren, and one great grandchild. After 19 years on the waiting list, Jini is now on campus, resting and enjoying her new life at Fleet Landing.

—Victoria Freeman

5706 Gay Flynn (July '22)

Because she had lived in Atlantic Beach for over 20 years, Gay had friends who lived at Fleet Landing before she moved in, and now that she has lived here for a year, she has more friends from the area who are planning to move here. Gay is originally from Pelham, NY, which is on the train line to New York City. Her father commuted to the city. She went to Marietta College in Ohio and married her high school sweetheart right after graduation. He was transferred to Houston, TX, where their two daughters were born, then

(continued on next page)

Welcome Aboard

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to Landenberg, PA, and then to Avon, CT.



Gay worked as an executive secretary for several years, and when the family moved again, to Delaware and Connecticut, she became very active in the public schools her daughters attended. She volunteered to tutor reading; assisted in coaching several sports, including soccer; volunteered in the library; and spent many hours driving the kids to their activities and events.

In 2002, the family moved to Florida, living on 5th Street in Atlantic Beach. She was active in Newcomers of the Beaches club. She also volunteered for 18 years at the food pantry of Beaches Emergency Assistance Ministry (BEAM), where she helped with many food distribution and nutrition programs.

Now Gay is settling in to her new friendly, local community on Vega Circle.

—Kristin Perry

3116 Jackie and Dave Smith (August '22)

Jackie, originally from Chicago, IL, and Dave, from Miami, FL, met while students at Florida State University and have been married for 59 years.



Dave entered the US Air Force upon graduation, serving for ten years in a career that included flying Phantom jets on 100 missions in North Vietnam. He instructed at both Fighter Weapons

School and Top Gun while at Nellis Air Force Base in Nevada. His career after his military service included joining GE as a lobbyist, becoming a partner with Stanford C Bernstein, and joining the Carlyle Group. He has an M.A. and an MBA from Georgetown University.

Jackie has also had a fascinating career, starting with teaching in Las Vegas, NV; Tampa, FL; and Alexandria, VA. She worked on President Bush 41's campaign and continued in his administration. She helped Ander Crenshaw in his bid to become Florida's governor, and then ran his local district office for 16 years while he was in the US Congress. Jackie then worked for John Rutherford, a former Duval County sheriff, who succeeded Crenshaw. He gave her the title of Director of Special Operations, which she loved. Always very active, Jackie was on the USO board, and is a member of Rotary, the Chamber of Commerce, and MOAA.

The couple has two children and one grandchild. The Smith's apartment is filled with fascinating art as well as colorful animals made from flip-flops, the products of Ocean

Sole, their daughter Erin's non-profit based in Kenya. (See *FLEET BEAT*, March 2023, page 4 for information about this organization.)

We welcome them both.

—Isobel Spink

St. Johns Botanical Garden

By Enith Vardaman; photos by Sandy Bousquet



Dr. Rossi (center) instructing the group

Fleet Landing residents had a unique experience on June 28. They became the first group to tour the St. Johns Botanical Garden and Nature Preserve (SJBGNP) before its grand opening, which is scheduled for October 1. It is located in Hastings, some 18 miles southwest of St Augustine. According to the SJBGNP website (stjohnsbotanicalgarden.org), the purpose is "conservation of rare and endangered species of plants from around the world as well as natural resources and native plants and animals." The website offers views of an abundance of natural beauty.

Dr. John Rossi, founder and resident biologist, proved to be an excellent tour guide. A veterinarian with over 30 years of experience, he operates the Riverside Animal Hospital. An expert in herpetology and reptile medicine, he has published over 100 articles in that subject area. He has also published books on the care of animals of all kinds.

**Civic Orchestra of Jacksonville:
String Quartet**
By Carol Smith



Residents were treated to a delightful afternoon of chamber music performed by a string quartet from the Civic Orchestra of Jacksonville on June 21 in Johnson Hall. Even as they celebrated the longest daylight hours of the year on the summer solstice, members of the audience enjoyed the beloved “Eine kleine Nacht-musik” (A Little Night Music) by Wolfgang Amadeus Mozart.

The second half of the program offered the musicians an opportunity to display their prodigious talents performing Antonín Dvořák’s String Quartet No. 12 (the American Quartet). One of the most popular chamber music pieces, the American Quartet was composed by Dvořák in 1893 while he was vacationing with his family in Spillville, IA.

The Civic Orchestra of Jacksonville is made up of professional and amateur musicians from all over the First Coast. In addition to the free concerts they present, there is an educational outreach program that has introduced hundreds of children to music and visual art.

Many in the audience expressed their appreciation of the concert and their desire to hear more from the talented musicians in this organization.

Chips & Putts
By Isobel Spink

On the beautiful, warm, windy day of June 8, FLAG (Fleet Landing Association of Golfers) members played Jax Beach Golf Club’s course, which was in superb condition. Seven teams competed, with five ladies, and we met for a reckoning later that afternoon. Bob Neal discussed a few rules. This was the most important: With a team of three, when you’re hitting a ball for an absent player, you announce your ball first, then the “ghost” ball, which will not qualify for individual accomplishments, e.g., longest drive, or closest to the pin.

We also discussed guests or visitors playing in future tournaments. It was decided that to be fair to residents, tournaments would be open only to residents and Atlantic Club members. Guests and visitors can play in the Tuesday/Thursday games and Ladies Golf if

space is available.

In third place, Team 2, with Miles Nogelo, Captain, Maura Kelly, Jerry Bowles, and Rick Rochelle, shot a 70 with an eagle! Coming in second was Team 1, Bunky Johnson, Captain, Nancy Sander, and Bob Neal, with a 66 with eight birdies. The winning team, Jim Wayrynen, Captain, with Isobel Spink, Paul Mocko, and Dick Beltson, had a 66 with five birdies, beating Team 1 in a playoff.

There was a three-way tie for fourth place between Price Schwenck’s team of Sharon Jenkins, Robert Ezell, and John Rienveld (Atlantic Club member); Bobbie Fost’s team of Bob Hunter, Mike Moorhead, and Bob Ellis; and Bob Peterson’s team of Larry Sander, Lindsay Norman, and Syd Jenkins. The two-man team of Bob Springer and John Coman was able to compete with the teams of four and had only one bogey.

The Ladies Longest Drive was won by Sander, and Jenkins took the Ladies Closest to the Pin award. For the men, the Longest Drive was taken by Hunter, and Closest to the Pin by Johnson. The Birdie trophy was awarded to Nancy Sander, and the Sandbagger trophy, changing hands a few times, ended up with Mocko.

The captains all mentioned what a fun day it was. Neal said the July and August tournaments would be only nine holes at Windy Harbor, and he would also inquire about having lunch and meeting at Bogey’s following those events.

Classical Rhythms
By Nancy Lundgren



On June 1, our resident Fleet Classics ensemble played a beautiful mix of compositions that seemed to share a classical dance rhythm. Musicians for this concert were Julia Pet-Armacost (flute, piccolo, classical guitar), Bunky Johnson (clarinet), Charles Winton (French horn), Karen Sturtevant (piano), Ivy Suter (violin), and Bob Armacost (12-string guitar).

They began the concert with the traditional graduation season favorite, “Pomp and Circumstance,” bringing to mind the image of long lines of “cap & gowned” graduates. Then the ensemble moved on to a

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Classical Rhythms

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series of four minuets by four different composers. Each one was distinctive, but keeping the traditional minuet rhythm, popular in the 18th century and often depicted as a slow, stately ballroom dance for two in triple time.

Continuing the dance theme, the ensemble played three waltzes: “Waltz in A Minor,” “Merry Widow Waltz,” and “Over the Waves.” It was a full program that often showcased impressive solos by each talented musician. The finale, Verdi’s “Grand March,” left the audience smiling, soothed, and satisfied.

This was the last Fleet *Classics* concert of 2023. (Fleet Follies preparation will require their services in the coming months.) They will return to Johnson Hall in January 2024.

June WELLInspired Learning Series



Left: Maria E. Vander Meulen.

Right: Sue Dukes (l) and Jennifer Joy.

The speaker at the June 7 “WELLInspired Learning Series” talk was Maria E. Vander Meulen, a University of North Florida (UNF) graduate student who serves as Recruitment and Retention Coordinator for the UNF PACT Study. Sue Dukes of the Nutrition and Education Group and Wellness Services Director Jennifer Joy spoke at the June 21 session. The talks were held in Johnson Hall.

Brain Games and Healthy Aging: A Conversation for Everyone and the UNF PACT Study

By Enith Vardaman

Maria E. Vander Meulen said that PACT was an acronym for Preventing Alzheimer’s with Cognitive Training. She cited dramatic statistics. Currently 6 million Americans are living with Alzheimer’s, but by 2050, that number is projected to rise to nearly 13 million. Between 2000 and 2019, deaths from heart disease decreased by 7.3 percent while deaths from Alzheimer’s increased by 145 percent.

Vander Muelen cited “10 ways to love your brain”: reading, no smoking, taking care of your heart, exercising, proper nutrition, social activities, proper sleep, protecting your head, taking care of mental health, and stumping yourself, i.e., giving your brain new challenges.

Vander Muelen said that the purpose of PACT was to find out if computerized brain training exercises reduce the risk of such forms of dementia as Alzheimer’s. The PACT study is a nationwide study funded by the

National Institute on Aging, a division of the U.S. National Institutes of Health. The University of Florida (UF) is also a participant in the study. Participation in the study will involve an initial phone screening, followed by visits to either the UNF or UF sites in Jacksonville for instruction on how to utilize computerized training exercises, and use of the computerized training exercises in the participant’s home. For more information about the PACT study, go to pactstudy.com or call (904) 244-4695.

Expected benefits of participation include protection against dementia, enhancement of mental quickness and visual attention, more efficient performance of everyday tasks, improvement of gait speed and balance, and improvement of driving safety.

The serious part of Vander Meulen’s presentation was followed by some fun. Those present eagerly embraced the opportunity to play a trivia game with questions in four categories: historical events, music, celebrity, and general knowledge.

Brain Fit: How Fleet Landing’s Programs Support Cognitive Health

By Victoria Freeman

Jennifer Joy and Sue Dukes began their presentation with interesting information about the brain. For example, the brain consumes the most energy of any of the organs.

Cognitive decline can arise from any poorly controlled chronic disease of the brain or the body’s organs. To document, and possibly discourage decline, individuals can take advantage of assessments offered at Fleet Landing. The American Academy of Sports Medicine Functional Movement Assessment can provide an important baseline for physical status, which also impacts cognitive health. The Montreal Cognitive Assessment is also available.

In discussing controllable brain health factors, Joy and Dukes discussed the brain fit diagram. They focused on physical activity, asserting that it was the most powerful and efficacious intervention strategy. Thirty minutes a day of load-bearing and cardiovascular exercise was recommended. They also emphasized diet, with the Mediterranean and DASH diets preferred. Both diets emphasize vegetables, berries, nuts, fish, and very little alcohol. Also mentioned were choline and lutein, less familiar nutrients beneficial to brain health. The best sources for choline include eggs, fish, organ meats, and shiitake mushrooms. Lutein sources include raw kale, cooked spinach, bell peppers, romaine lettuce, parsley, pistachios, and eggs.

The other five controllable brain health factors in the brain fit diagram are sleep quality, dealing with comorbid conditions, cognitive stimulation, stress management, and social support. At Fleet Landing, there are many opportunities for support of all seven factors of the brain fit diagram.

Impressive Milestone

Rob Friedman is Fleet Landing's longest serving staff member. May marked 32 years since he began ferrying residents around campus, to medical appointments, and to a multitude of other destinations—always efficiently and with his trademark good humor.



Cello Concert

By Nancy Lundgren



Born in Brazil and educated at Yale University, Dr. Claudio Jaffe made his orchestral debut as a cellist at age 11, and, at the age of 18, made his first appearance as a soloist with a major symphony orchestra. He has since performed with orchestras worldwide, winning the most prestigious competitions and hailed by *The New York Times* as “an elegant and accomplished artist of taste, technique, musicianship, and a contagious youthful enthusiasm.”

Jaffe performed a solo recital for Fleet Landing residents on June 30 in Johnson Hall. He described this beautiful instrument, saying that he “really loved the cello” and would tell us more, throughout the recital, about its history and the composers who wrote

specifically for the cello.

The compositions took us on a journey of discovery that revealed the surprising versatility of the cello. Jaffe played a variety of compositions from the 18th to the 20th centuries, featuring music by Bach, Piatti, Villa-Lobos, Casado, and Fritzsche. He introduced each piece with a timeline and a description of what the composer wanted to convey to the audience. Then Jaffe performed the music beautifully.

Jaffe's professional career has given him many opportunities to showcase and share his talent. For the past 19 years he has led the Florida Youth Orchestra. He is also the cellist of the Delray String Quartet and principal cellist of the Florida Grand Opera and Palm Beach Symphony.

Marineland Tour

A group of Fleet Landing residents had the good fortune to visit Marineland Dolphin Adventure in St Augustine on June 7. A dolphin conservation center, it is also home to other marine creatures. The visitors heard lectures about sea turtles and sharks, but best of all, they saw the famed dolphins interacting with their trainers.



The happy tour group (photo by Mary Faria)



Bob Neal captured this spectacular midair photo of a dolphin.