



FLEET BEAT

VOL. 33 No. 7

THE FLEET LANDING RESIDENTS' NEWSPAPER

August 2023

Executive Director's Quarterly Briefing

By Enith Vardaman

Despite the rather oppressive heat, a large number of residents gathered in Johnson Hall on July 21 for the third "Coffee and Conversation With Josh" of 2023.

Financial Results

Executive Director Josh Ashby began by displaying a chart of the budget, 2023 average, and June 30, 2023, occupancy rates for independent living, assisted living, memory care, and skilled nursing. Independent living has continued to show stable, full occupancy for nearly a decade—this despite a growth in capacity of about 40 percent. Assisted living is at full occupancy, memory care occupancy is at budget, and skilled nursing is above budget.



Ashby reported revenue, expenses, and operating income figures as of June 30. A seemingly much larger positive revenue variance from the budgeted figure was the result of harvesting unrealized investment gains in order to create more available revenue for the calculation of the debt service coverage ratio. Much of the positive expense variance was attributable to three unexpected, nonrecurring events: a dividend from Fleet Landing's health insurance carrier, the successful outcome of a property tax appeal, and additional Employee Retention Tax Credit funds received. Ninety-eight percent of the remaining expense variance is attributable to the Dining Services and Campus Services departments. The variance largely reflects a timing difference. Some projects, which were postponed until later this year in order to determine if variable expenses continued to inflate at a higher rate than budgeted, can now proceed.

The 2024 budget operating process has begun. From an inflationary standpoint, the situation is better than a year ago, but there are two areas of concern: wages and property insurance. In regard to the latter, Ashby noted Florida's property insurance crisis, with dramatic increases in rates, and insurers leaving the state. Fleet Landing will learn the new rate 30 days before the September 1 renewal date. It may be necessary to leave the private market for Citizens Property Insurance, the state-run company.

Resident Survey Update

Ashby then discussed Fleet Landing's survey process. Three years ago, Fleet Landing partnered with NRC Health, a company that does customer surveys all

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Independence Day Program

By Howard Burdick



LtoR: Curtis Ford, Bob Peterson, David Miron



LtoR: Elena Rigg, Julia Pet-Armacost, Karen Sturtevant, Eileen Theis



The NoteAbles

Our annual Independence Day Program was preceded by a loop of residents' photos taken in their very much younger years. The audience could try to guess a name before it was overlaid on the photo. This clever display was put together by residents Mary and Pat Kluever.

Following a moving rendition of "God Bless America" by our talented choral group, The NoteAbles, Residents' Council Vice President Bob Peterson reflected on what this special day has meant for so many through the years, especially those who have given all to ensure we maintain the proper spirit. He charged us to be the custodians of liberty, responsible for preserving it for all time.

Master of Ceremonies, resident David Miron, introduced resident and clergy member Elena Rigg who

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July Residents' Council Meeting

By Howard Burdick

Residents' Council President Eileen Theis convened the July 18 council meeting in Johnson Hall. She introduced resident David Miron, Membership Director Fleet Landing's chapter of the Florida Life Care Residents Association (FLiCRA). Miron reminded those present about FLiCRA's important work of advocating on their behalf with the Florida legislature, and he encouraged all residents to become members.

Management Review. Controller Cynthia Hack reminded residents of the July 21 "Coffee and Conversation with Josh." (See article beginning on page 1.)

Council Reports.

Vice President Bob Peterson thanked everyone for their enthusiastic Independence Day participation, and he noted upcoming flag raisings, the August 29 MOAA meeting, and the September 15 POW/MIA program.

Treasurer's Report. Peterson, reporting for Treasurer Charles Winton, reviewed continued positive results in all categories, with all metrics well above required minimums. He also reminded everyone that contributions to the Residents' Gift Fund can be made periodically throughout the year. A formal kickoff of this year's campaign will take place in September.

Human Resources and Marketing. Ernie Bio congratulated Brian Weiss, who has been promoted to the position of Chief Operating Officer after three years as Senior Director of Campus Services. He also congratulated Kathy DeSiena, who has been promoted to the position of Director of Charitable Gift Planning, after 11 years on the Wellness and Marketing staffs. He introduced Starr Boyd, who had recently joined the Marketing staff as a Senior Living Counselor. The July Staff Member of the Month was Mary Green, Resident Assistant in Assisted Living, who is very active in providing individual assistance, and is very creative in all she does. Lobster Tales submissions numbered 243. Bio reviewed staff statistics, with photos of recent new staff orientation classes. Year-to-date sales revenue totaled \$5.7 million.

Safety and Security. Peterson reminded everyone of the speed limit and stop signs, complementing his admonitions with colorful and amusing spoofs which were loudly applauded by residents in attendance.

Wellness/Transportation/Clubs. Nancy Russell reviewed upcoming events, noting that Wellness Services Manager Mary Faria was very busy arranging future events for us. Event notices can be reviewed on Fleet Link under "Event Flyers" or on channel 267. A major community art show featuring Fleet Landing artists will be held during September at the Adele Grage Cultural Center in Atlantic Beach. A reception is scheduled for September 21. Fleet Landing will provide shuttle service for residents. Transportation staff have provided auto-washing gear for resident use behind Leeward Manor, by the bus parking.

Dining and Housekeeping. Lynette Beitz noted the opening of the remodeled Atlantic and measures in place to enhance the prompt turnover of tables. She also reviewed Housekeeping and Laundry staffing and duties as well as the goals of Manager John Stoker.

Healthcare. Peterson, reporting for Ann Bell, reminded residents to update their Emergency Medical Information form. The form can be filled out on Fleet Link. Go to "Fleet Landing Forms" and then "Administration & Concierge." Resident Support Coordinator Patty Chicoine can supply a paper copy.

Facilities. Ken Hollinga reviewed past and scheduled zone inspections. He also reported lessons learned from the recent fire drills conducted in the apartment buildings. Plans for future drills include possible participation by Jacksonville Fire and Rescue and the Atlantic Beach Fire Department.

Resident Suggestions. Secretary Judy Poppell reported on five suggestions. They can be reviewed in council minutes available on bulletin boards around campus, in the library, and on Fleet Link under "Residents' Council."

There will be no August council meeting. The next meeting will be on September 19, at 2 pm, in Johnson Hall.

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

In Memoriam	
Drew Brennan 1937-2023	Barbara Meierdierks 1934-2023
Erin Schmidt 1922-2023	Mary Shawler 1930-2023

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All the news that fits...	
<p><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></p>	

Shakespeare in the Park

Text and photo by Maureen Miller



LtoR: Richard and Nancy Lundgren, the “Bard”, Craig Miller

The annual Shakespeare in the Park event, scheduled to be held at Johansen Park on July 21, was moved inside because of the extreme heat forecast (high 90s). This was a change in venue that we 18 residents truly appreciated as Driver Kempton Jackson drove us out the Selva gate in air-conditioned comfort.

Stepping off the bus at the Adele Grage Cultural Center, we were greeted by a very tall Shakespeare double as seen in the photo, handed a free bag of popcorn each, and ushered into the lovely old wood-paneled Gulliford Hall, formerly the commission chambers of the Atlantic Beach Town Hall built in 1932. Our early arrival at this now intimate theater with less than 100 chairs guaranteed us front row seating as well as time to chat.

As the lights dimmed, a young actor dressed in a summer shorts ensemble, jumped onto a black box, and loudly enunciated a Shakespeare treatise. With that we were off on a hilarious adventure into Shakespeare’s *Twelfth Night*, a touching romantic comedy about a shipwreck, unrequited love, duplicity, intrigue, intoxication, and true love.

In a performance interspersed with well-known musical numbers—and a few off-script interludes—the casually dressed cast had no problem keeping our

attention for 90 minutes.

Using strong voices, facial, mime, high jinks, and very few props, this talented group of actors and actresses, from the Apex Theatre Studio in World Golf Village, filled the stage with their spirited interpretation of this most popular Shakespeare play.

Laughter often ensued as the cast interacted directly with us, the audience. While spouting 16th century Elizabethan English that focused on complicated issues of gender, class, and same-sex attraction, they made it relevant to our current cultural moments.

As the cast took their bows, with a rousing chorus of the Monkees’ “I’m a Believer,” it was no surprise that we all were now believers in the fun of Shakespeare.

Back-to-School Project

Text and photos by Chet Davis



Fleet Landing has a tradition of providing back-to-school supplies to employees with children in elementary, middle, and high school. This year was no exception, as over 25 residents joined our Human Resources staff in the Administration Building on July 21 to pack 319 back-to-school kits. Some were in backpacks, some in plastic bags, and many in Fleet Landing bags. All the basic supplies from pencils to markers and notebooks were packed in just over one hour. A well thought-out plan enabled the volunteers to rapidly walk around tables and efficiently gather the supplies. For elementary school students, 144 bags were packed. Supplies for middle and high schoolers were so similar that they were combined, with 175 bags packed for those students. And for volunteers whose energy was sapped by the effort, there were plenty of cookies.

The supplies were distributed to staff on July 26 and 27 at the annual benefits fair.

Fleet's Got Talent

By Chet Davis

The third iteration of Fleet's Got Talent (FGT), once again the result of efforts by Coordinators Julia Pet-Armacost and Bob Armacost, proved to be as entertaining and lively as the first two, especially when you count a total of forty-nine residents and two staff on stage at various times.

The July 1 program in Johnson Hall kicked off with a rousing rendition of "You're a Grand Old Flag" and "America the Beautiful" sung by The Boys From Fleet Notes, who have added three new voices since their appearance in the previous FGT. Their guest conductor was Sue Myers, and Karen Sturtevant provided piano accompaniment. The Dulcimer Doers made a return FGT appearance. The 19-person Fleet Landing Kazoo Band (a fixture at our patriotic events), directed by Carol Smith, performed for the first time at FGT. Guy Van Syckle, who had become a Fleet Landing resident only a few weeks prior to this FGT, sang and accompanied himself on the guitar. Other vocal soloists were Sandy Roth, John Rogerson, Armacost, Pet-Armacost (one of her numbers

was a song she had written in high school), and staff members Marie-Claire Allen, and Rob Friedman. Pam Robbins returned with another dementia tale that was amusing, but also serious and a caution for all. Charles Winton again played his unusual collection of horns. Bunky Johnson's clarinet performance of "Ave Maria" on the clarinet with Sturtevant's piano accompaniment, and Maureen Miller's graceful "Tai Chi 32 Sword Form" rounded out the talent on display. The program ended with the audience on its feet and joining in the singing of "God Bless the USA."

No show can succeed without a support crew, and Don Cooper, Walter Kraslawsky, Myers, and Sandy Pawek admirably fulfilled this role.

To say that the evening was highly entertaining would not do the show justice. It was excellent in all respects, and the audience appreciated the talent that so many shared.

The next FGT, scheduled for August 26, is not to be missed.



Left: Bob Armacost and Julia Pet-Armacost. Right: Eunice and John Rogerson.



Dulcimer Doers



The Boys From Fleet Notes, led by Sue Myers



Left: Dr. Guy Van Syckle. Right: Maureen Miller.



LtoR: Sandy Roth, Bunky Johnson, Pam Robbins



Kazoo band directed by Carol Smith (continued on next page)

Fleet's Got Talent

(continued from preceding page)



LtoR: Rob Friedman, Charles Winton, Marie-Claire Allen

July WELLInspired Learning Series

By Carol Smith



Left: Bernadeth Palompo.

Right: Sue Dukes (l) and Jennifer Joy.

The month of July brought two WELLInspired Learning Series timely presentations. The speaker at the July 5 talk was Director of Nursing Bernadeth Palompo. Sue Dukes of the Nutrition and Education Group and Wellness Services Director Jennifer Joy spoke at the July 19 session. The talks were held in Johnson Hall.

Effect of Ultraviolet Rays

Bernadette Palompo walked the audience through the four major problems linked to overexposure to ultraviolet (UV) radiation. Citing skin cancer, premature aging of the skin, eye damage, and immune system suppression, Palompo offered a variety of precautions to lower chances of those health problems.

Recognizing the beneficial effects of vitamin D, which is produced by UV exposure, the World Health Organization recommends 5 to 15 minutes of sun exposure 2 to 3 times a week. However, to prevent overexposure, clothing and sunscreen with SPF 15 or higher is recommended if one is outside for longer periods of time. In addition, sunglasses should be worn to protect the face and eyes from UV rays.

Heat, Hydration, and Health: It's More Than Just Feeling Thirsty

Jennifer Joy and Sue Dukes pointed out that because the feeling of thirst decreases as we age, many older adults drink an inadequate amount of fluids, which results in dehydration. Symptoms of dehydration

can range from fatigue, dry mouth, and dizziness, to fainting, confusion, and urinary/kidney problems. Water is the main component of most body parts. Its benefits include help in delivering oxygen throughout the body, aid in flushing out waste, and regulation of body temperature.

Staying hydrated while exercising in hot summer weather requires extra diligence. Residents are reminded of Fleet Landing's wonderful indoor workout facilities with hydrating stations strategically placed. While water is best, juice, seltzers and milk can provide fluids throughout the day. Residents are encouraged to take advantage of the infused water available in the lobby of the Coleman Center each day.

Not all fluids provide hydration, so residents are warned of "hydration robbers" such as caffeine and alcohol. Neither can be counted as consumption toward hydration goals and should be limited. In fact, caffeine actually heats the body's processes—the opposite of what we are seeking during the hot summer months.

To help determine how much water should be consumed in a day, one should divide body weight in half, which determines the number of ounces recommended for sufficient hydration. And, drinking steadily throughout the day is encouraged rather than trying to reach the goal late in the day.

The program concluded with Joy and Dukes advising residents one more time to **stay hydrated**.

Editor's note: The slides from these presentations can be found on Fleet Link. Go to "Fleet Landing Presentations" and then "WELLInspired Learning Series."

Waiting for the Mailman?



Probably not—nor does it seem likely that this red-shouldered hawk will need one of Fleet Landing's shared bikes to get around. (Resident Lynette Beitz captured this amusing photo.)

Mission Nombre de Dios Guided Tour

Text and photos by Dita Domonkos



Statues behind the church altar. Saint Kateri, the only Native American saint, is the first statue on the left.



Likeness of the original outdoor rustic altar shows where the first parish mass was held.



Shrine of Nuestra Señora de la Leche



Left: Pedro Menéndez portrait and casket.



Right: Greg, our guide, at the grave of French sisters who came after the Civil War to teach the freed slaves.



Model of first parish mass in 1565

Although the church and the shrine of Nuestra Señora de la Leche were built in the 20th century, they are on the grounds of the Mission Nombre de Dios, which, as we learned on our July 11 visit, is steeped in history. The mission and the town of St. Augustine were founded by Pedro Menéndez on September 8, 1565. Also on that date, the first parish mass and the first feast of thanksgiving were held, 55 years before the Pilgrims landed on Plymouth Rock. Thus, it was here, our guide Greg related, that Spanish explorers founded the first permanent community in the United States and its first mission with the dual mandates of bringing Spanish settlement and the Catholic religion to Florida.

In the church, behind the altar, are statues, one of which is of Saint Kateri, the only Native American saint. The shrine, a small building close to the church, was first built in the early 1600's by Spanish settlers,

(continued on next page)

Mission Nombre de Dios Guided Tour

(continued from preceding page)

and subsequent shrines were razed by war, pirates, and storms. The shrine we see today, erected in 1915, is the fourth building on the original foundation. Greg related that the origin of the name, which translates as Our Lady of the Milk, goes back to the Biblical story of Mary, Jesus, and Joseph, who sought shelter in a cave as they fled from Herod. When a drop of Mary's milk hit the floor, the cave turned white. Today, women who have difficulty conceiving come to the shrine to pray.

The grounds of the mission have historically significant graves holding the remains of sisters who came from France after the Civil War to teach newly freed slaves. There are also graves of Union soldiers, both white and Black. It was unusual for them to be placed together at that time in the Deep South.

A likeness of the original outdoor rustic altar shows where the first parish mass was held, a mass of thanksgiving for the five ships that arrived in St. Augustine of the 19 that sailed from Spain. The native Timucua, one foot taller than the Spanish explorers, observed the mass and shared the thanksgiving meal.

The museum holds a portrait and the casket of Menéndez. Although he wanted to stay in the New World, Philip II recalled him to Spain, and he died shortly thereafter. He was buried in Avilés, his hometown. When a new mausoleum was built for him, his casket was in ruins and a new one was made. The original casket was brought to St. Augustine, restored, and given to the mission.

After this interesting tour, which gave insight into St. Augustine's rich early history, we had lunch at Schooner's Seafood House.

Summer Concert Series: Raisin Cake Orchestra

By Chet Davis



The four musicians of The Raisin Cake Orchestra showed off their virtuosity in Johnson Hall on July 14. Their instruments were bass, guitar, drum, and soprano and alto saxophone. Their music is billed as melodies of the Prohibition and swing eras.

A member of the group prefaced each number with historical notes to provide context. Pieces included "Summertime" from *Porgy and Bess*, Henry Mancini's "Moon River," Ray Henderson's "Birth of the Blues," and a Brazilian samba. Each number, performed so that the tune was recognizable at the beginning and the

end, offered many opportunities in between for solo riffs by each of the musicians.

The audience, which had braved a downpour just before the concert was about to begin, was rewarded with a wonderful afternoon of music. Of note, the bar cart also arrived in spite of the monsoon!

The FleetLanders in Concert

By Chet Davis



The band



Guest vocalists, l to r: John Rogerson, Julie McLaughlin, and Beryl Hubbard

Despite the threat of rain, there was a large audience for the July 28 FleetLanders concert in Johnson Hall. The FleetLanders band for this performance was made up of Julia Pet-Armacost (flute, guitar, melodica, and vocals), Karen Sturtevant (piano), Bob Armacost (acoustic guitar and vocals), Bunky Johnson (clarinet), and Ivy Suter (violin and vocals). Guest vocalists were John Rogerson, Julie McLaughlin, and Beryl Hubbard. The audience participated with enthusiasm in the numerous opportunities to sing along.

The program was made up of pop, jazz, folk, and Tin Pan Alley tunes. Each number was introduced with information about its composer and the musicians who recorded it. One particularly interesting number: Because "Bridge over Troubled Waters" encompasses a wide vocal range, the rendition was divided between Suter (lower range) and Pet-Armacost (higher range).

This enjoyable concert once again demonstrated our wealth of resident talent.

July Wine Tasting

By Carol Smith; photos by Julia Pet-Armacost



The Wine Committee took residents on a wine tasting tour of Europe on July 27 in Johnson Hall. The monthly event featured wines from France, Italy, and the Basque Country.

A Pinot Gris from Alsace and a Chardonnay from Bourgogne were the two French white wines enjoyed along with an elaborate cheese board and accompanying appetizers. A Txakoli wine from a family owned estate winery in Basque Country was a unique rosé full of effervescence.

The first of the red wines was a 100 percent Sangiovese from Tuscany, Italy, aged 24 months in French and Slavonian oak barrels and 12 months in concrete vats. A plate of warm appetizers was served to accompany the hearty red wines. Rounding out the evening were two French wines: Château L'Hospitalet Grand Vin from the south of France and a Thomas Barton Réserve Bordeaux. When asked why the Bordeaux was marketed as vegan friendly, Brian Schieren of Southern Glazer's explained that egg whites, often used in the process, were omitted, making the wine authentically vegan.

Committee members plan to return to the United States for the August wine tasting which will feature wines of the Pacific Northwest.



LakeView Finale



Eathel Weimer took this picture of Karl and Melva Price on July 10 at the last meal served in LakeView before it closed for renovation. Note the wall that will not be there when the dining room reopens.

US Public Health Service Birthday Observance

By Enith Vardaman

Regrettably, *FLEET BEAT* did not have a photographer available for the US Public Health Service birthday flag raising on July 16. Below are photos from last year's observance.

The US Public Health Service, which has gone through reorganizations and name changes, traces its origins to 1798. Currently nine of the twelve operating agencies within the Department of Health and Human Services, including the National Institutes of Health, the Food and Drug Administration, and the Centers for Disease Control and Prevention, are designated as part of the US Public Health Service.



Genealogy: Beginning the Search To Find Your Family History

By Isobel Spink

On July 12, Sherry Saucerman, Honorary Regent of the Jean Ribault Chapter of the Daughters of the



American Revolution (DAR) in Neptune Beach, treated residents to a fascinating look at her genealogy and how to get ours started. The three aims of the DAR are historical preservation, education, and patriotism, and there are 290,000 members in the US. DAR Headquarters are perfectly located at 1776 D Street, in Washington, DC, across from the White House lawn.

Saucerman, who has been following genealogy for 30 years, brought a large, colorful map of her ancestors reaching back to William the Conqueror, Lady Godiva, and Charlemagne. She even shared the fact that one of her ancestors was convicted of heresy and therefore was considered a witch.

Saucerman brought a plethora of books, forms, and other information on how to start one's genealogy quest. There are so many people involved in this quest: Your generations one through seven will total 127 people, not including spouses, children, or cousins—so the key is to stay focused!

We learned that DNA was discovered in 1869, and that 50 percent comes from your mother, and 50 percent from your father. DNA changes over time, and it is now used extensively in crime investigations.

Ancestry.com (fee based) and Family search.org (free), two internet sites, are a great way to get started, but the format and ease of each differ, so try both and see which works best for you. Make sure the person you are researching is the correct one, and not someone else with the same name. On Family Search.org each input person has a unique number, and you can see others' input. Saucerman also noted that your internet tree is private unless you put in death dates, which makes your information accessible to other viewers. She offered a list of free and fee-based websites and mentioned that Fold3.com (for military history) and Newspapers.com (both fee based) are good sites. The Church of Jesus Christ of Latter-day Saints, famous for their ancestry research, has a research center in Jacksonville as well as a website that can be accessed by searching under "Jacksonville Florida East Family-Search Center."

Although there were some in the audience who had done this research, Saucerman's talk was an exciting incentive to get going on this fun and informative task.

Radio-Controlled Sailing Club

By Jim Leipold



Dede and Chris LeClaire and their Force 2

Dear Potential Members,

Here's what to know about jumping into a radio-controlled sailboat. (We still feel like we are out sailing "on" our boats.):

We sail every Saturday at 10 am at the Coleman Center dock.

To explore if this is something you would like to do, come join us. You will find our members ready to show you how you can have fun with a forgiving group of skippers, some of whom have never sailed before.

Do not go cheap and buy for around \$200 what model boat sailors call "toys." Buy a boat for all levels of skill, and we'll teach you how to use it.

We encourage one-meter boats and require front bumpers for all boats. Not that someone might bump a neighbor's boat!

We welcome members who have aged a bit, but have adult children who can bend and move. They are welcomed. A club member must join a daughter or son on deck. Proxy sailing adds to the fun and expands our family.

On a personal note, we give God thanks for the late Dick Footh and his wife, Millie, and their support during many years of sailing. We welcome Chris and Dede LeClaire and our club's newest addition, their Force 2.

We need more race committee members who can remain calm in a rising sea.

If you have any questions, please call Captain Jim Leipold (860) 867-7979 or Co-captain John Stephens (904) 321-6523.

New Club for Volunteers

By Judy Poppell; photo by Janice Flock



Janice Flock's car filled with supplies for First Coast No More Homeless Pets

Interested in volunteering? Community service? There's a new club at Fleet Landing (not currently named) with just such a purpose. Responding to numerous requests for community volunteer opportunities, the new club will provide opportunities for Fleet Landing residents to engage in projects that will benefit Fleet Landing as well as the greater Beaches community. The club meets on the second Thursday of each month at noon in the Mainstreet dining building.

Members have heard from the principal of Anchor Academy, a Duval County elementary school adjacent to Naval Station Mayport, regarding volunteer opportunities at her school. Representatives from Beaches Emergency Assistance Ministry (BEAM) also presented multiple opportunities to volunteer with their organization, including volunteering at the BEAM Food Pantry on Mayport Road. Future meetings will hear from other community nonprofits that welcome volunteers.

The first project for the club involved the campus-wide collection of used blankets, towels, and bedding for First Coast No More Homeless Pets. Janice Flock and Isobel Spink brought the project to the club's attention after hearing of the need on one of Fleet Landing's community visits. (See *FLEET BEAT*, May 2023, page 28.) Our thanks to all the residents who heeded the call for donations and supplied this worthy organization with a carload of much needed items for their pet shelter. (See *FLEET BEAT*, June 2023, page 17.) Club members also participated in the project for packing back-to-school supplies purchased by Fleet Landing for the children of staff. (See article on page 3.)

If you wish to join the club, contact Judy Poppell or Jackie Smith for more information. Also, consider joining the club if you have ideas regarding potential projects or volunteer opportunities.

Crescendo Amelia Patriotic Concert

By Isobel Spink



The band



The dancers take a bow.



Three of the vocalists

With Johnson Hall so full that extra chairs had to be brought in, we all stood and sang the National Anthem with Amelia Crescendo's 16-piece band, also in full voice.

What a wonderful start to this July 2 concert with a dynamic band that included 13 brass instruments, a college student pianist, and other instrumentalists, joined by four top-notch vocalists (one a high school senior) and four excellent dancers. The band's renditions filled the entire hall with patriotism, and I'm sure I wasn't the only one that got chills. Solos by trumpet,



Frank Basile

clarinet, tenor sax, and trombone, along with other instruments, brought constant clapping from all our residents, and Frank Basile, the enthusiastic, wonderful drummer-director, never once stopped smiling.

The band played songs from each of the military services, with audience members standing when they heard theirs. We were treated to many other patriotic

melodies, and then two dancers appeared, doing a fast and fancy jitterbug with flips, tosses, and spins. Two additional dancers came later. The four were joined by four volunteers from the audience: Rich Gottlick, John Rogerson, Anice Froberg, and Ivy Suter. Each pair performed a brief jitterbug solo to enthusiastic applause.

The two of the female vocalists, both in glittering gowns, treated us to several more tunes, and the male vocalist gave a wonderful rendition of "God Bless the USA." "Georgia on My Mind" was an audience favorite, and when the band played "Rocky," a red-white-and-blue-clad boxer came trotting around the room throwing punches willy-nilly.

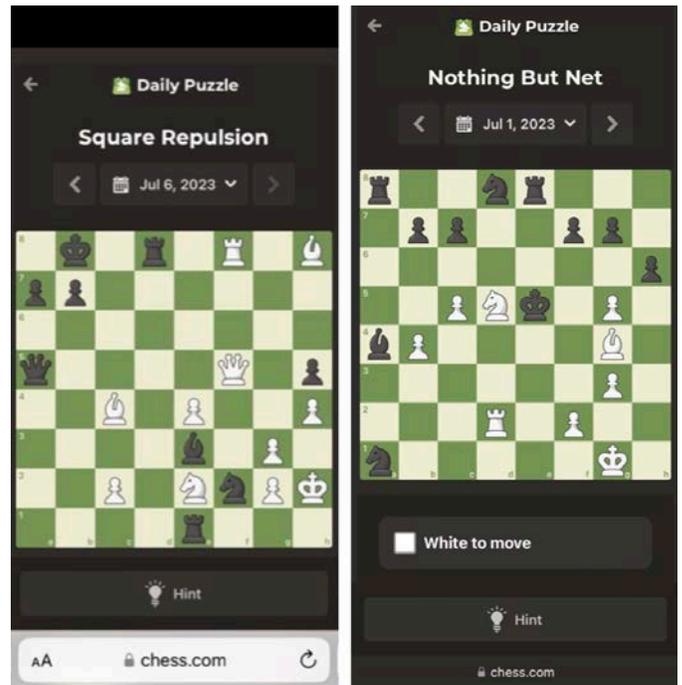
The audience also stood at the end of the concert for a special "big-band" version of "The Star-Spangled Banner."

Crescendo Amelia is very well known in this area, and for good reason. We earnestly hope they will continue to serenade Fleet Landing in the future.

Chess Club News

By Richard Wong

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



Left: White to move. What are the best moves?

Right: White to move. Can you find the winning moves?

No FLEET BEAT in September

FLEET BEAT is taking its annual summer break from publishing, but reporters will still be out covering all the interesting Fleet Landing happenings. Look for the next issue in early October.

Executive Director's Quarterly Briefing

(continued from page 1)

over the world. It is often used by senior living organizations. Ashby reviewed the types of surveys conducted for our community, but the focus of his remarks was on the independent living survey. The most recent method was to survey 50-60 residents weekly, with each resident receiving a survey once a quarter. This method had the benefit of providing a constant stream of feedback. The drawback was that feedback was coming from different sources each week, making it difficult to compare results. As recommended by NRC Health as a best practice, all residents will now be surveyed simultaneously twice a year—in August and March. Benefits will include the ability to see overall resident sentiment and shifts because of operational changes. In addition, feedback gathered at these key times of the year can be used to help with goal planning and budgeting. Residents would receive the first survey on August 1, and the survey would close on August 14. The questions are the same as on previous surveys. Feedback from surveys is used in variety of ways. It is reviewed regularly by senior leaders. Results are used to prioritize management initiatives and for resource allocation decisions. Departmental performance results are incorporated into the performance management process for all organization leaders. Results are reported to the staff, and the Board of Directors receives results semi-annually.

The Coleman Center Renovation

Ashby began his report by displaying photos of LakeView with the wall to the outdoor terrace removed. This will increase the size of the dining room by about 20 percent. There was also a photo of the new feature wall, now visible from the window on the second floor of the Coleman Center. When the project is complete, it will be visible when entering the Coleman Center. The wall is functional as well, housing, for example, the dumbwaiter between the second-floor kitchen and the first-floor bar.

Ashby cited several reasons for the delay in completion of the renovation:

- There has been a shortage of *skilled* labor across multiple trades.
- The contractor's project manager left the company.
- The scope of the project increased with the discovery of unexpected problems in the condition of the building.

Ashby also cited measures taken to accelerate completion. The lines between phase 2 and 3 have been blurred by eliminating distinct starting and stopping points. The contractor has been both reminded of its contractual obligations and offered incentives.

Ashby listed a timetable of upcoming project milestones:

- Access to the Coleman Center lobby through the front doors will be blocked the week of August 14.

Access instead will be through the side door at the right. An awning will be built over the walkway to the door as a shield from rain.

- In the August/September timeframe the new downstairs bar, which will not be fully complete, will open with limited service.

- During the month of August, the emergency generators for the Coleman Center and the 3000 Building will be replaced.

- The first floor lobby and the central staircase are scheduled for completion in November.

- The estimated project completion date is May 2024.

Nocatee FAQ Guide – Edition 2

Ashby reviewed the three questions in the second edition of the Nocatee Frequently Asked Questions (FAQ) guide. Each edition of the Nocatee FAQ can be found on Fleet Link. Go to “Publications” and then “Memos & FAQs.” A paper copy is available from the concierge. Residents can submit questions for inclusion in the next Nocatee FAQ to Executive Assistant Jennifer Arsenault via email (jarsenault@fleetlanding.com). Responses will not be provided immediately. They will be presented at the next “Coffee and Conversation with Josh.” Ashby cautioned that answers are based on the best information available at a given moment and could change.

Miscellaneous

1. Fleet Landing Emergency Broadcast System text messages come from 904-242-1949. Residents were asked to be sure this number was in their phone contacts. Ashby announced that in order to ensure all residents were receiving messages during hurricane season, Fleet Landing would send out a test message from the Emergency Broadcast System on July 26.

2. Fleet Landing has engaged the services of Studio 121 to provide interior design services for the common spaces of the 1000-4000 buildings. Refreshes (furniture, lighting, finishes, signage, and more) for the 1000 and 2000 buildings are scheduled for 2024, with surveys to be distributed to residents in September. Refreshes for the 3000 and 4000 buildings are scheduled for 2025, with surveys to be distributed to residents in 2024. Resident focus groups will be held to finalize design schemes.

3. Ashby announced updates to the 8000 Building. In the next six months, 35 units will have their ceilings replaced because of noise transmission from upstairs neighbors, the result of a subcontractor error. There are other units qualifying for ceiling replacement, but the occupants have opted not to have the work done. Those ceilings will be replaced upon vacancy by the current resident. Because the problem was caused by a subcontractor error, this will not be a financial burden to Fleet Landing. The plaza deck beautification project is pending completion of the project to seal surface cracks, which has been impacted by weather to date. A new rack system to address complaints about rooftop condensing unit noise is expected to be installed and

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Executive Director's Quarterly Briefing

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tested in the next few weeks.

4. Other campus projects included roof washing of the Derfer Pavilion, Leeward Manor, and the Welcome Center (to be completed in July); new crosswalk from the 3000 Building covered parking area to the Derfer Pavilion (to be completed in August); asphalt repairs near the dog park and the 1000/2000 buildings sidewalk area (to be completed by the end of August); installation of new campus-wide signage (completion anticipated in early 2024); and 3000 Building asphalt modifications to address standing water (pending vendor availability).

5. Stating that the key to improving resident satisfaction was restoring staffing levels to pre-pandemic quantity and quality, Ashby displayed a series of charts showing the progress made since June 2022. In July 2023, Fleet Landing was 93 percent staffed (up from 82 percent). Certified nursing assistants were staffed at 96 percent (up from 73 percent) and independent living servers, at 90 percent (up from 75 percent). This is close to normal levels. A focus of the 2024 operating budget will be improving the quality of workers.

6. To enthusiastic applause, Ashby noted the new roles for two staff members. Kathy DeSiena assumed the role of Director of Charitable Gift Planning on July 10, and Brian Weiss was to assume the role of Chief Operating Officer on August 1.

7. The Fleet Landing Golf Classic, which was delayed by weather in May, has been rescheduled for September 25 at the Atlantic Beach Country Club. No more golfers can be accepted. However, residents can contact DeSiena about serving as a volunteer on the day of the event or being a hole sponsor, which benefits the Endowment Fund staff scholarships.



As always, a photo of the Ashby family was a highlight of the event: Stefani and Josh Ashby with twins, Cosette and Connor, and little sister, Vivian.

Editor's note: A video of this meeting is available in "Video Library" on Fleet Link. The slides are available on Fleet Link at "Coffee and Conversation" under "Fleet Landing Presentations."

July MOAA Meeting Congressman Rutherford's Annual Report

By Howard Burdick



LtoR: Dick Beltson, Jackie Smith, John Rutherford

The July 31 meeting of the Historic Mayport Chapter of the Military Officers of America Association (MOAA) was convened in Johnson Hall by Vice President Dick Beltson (in President Pat Kluever's absence). He was assisted by resident Jackie Smith, who had been Director of Special Operations for Congressman John Rutherford. (She also served Congressman Ander Crenshaw before him.) Her introduction of Rutherford included a short film when he was conducting a congressional hearing focusing on immigration challenges.

Rutherford reviewed his 12 years as Jacksonville's sheriff out of 29 years of sheriff staff duty. During 9 of his years as sheriff, he served as Legislative Chair of the Florida Sheriffs Association. This is what started him on the road to running for Congress. He stressed the importance of submitting bills based on both merit and political relationships in order to ensure the likelihood of enactment. He would seek bipartisan primary cosponsorship of bills. (This places the primary cosponsor's name on the bill, unlike the case with simple cosponsors.)

Rutherford is opposed to provisions in legislation and executive orders that would nationalize state and local law enforcement.

Support of veterans and families is high on his priority list. He advocates adequate pay and service support. He also noted the success of the Jacksonville-based organization Operation New Uniform in transitioning veterans to civilian employment, and he lauded federal legislation funding expansion of this service to other communities.

In addressing the state of our economy, Rutherford cited 12 appropriations bills which are submitted annually, noting Republican-proposed percentage of cuts for each except those pertaining to veterans and national defense. He did not specify what the proposed cuts from each bill would entail.

Rutherford discussed various measures to secure the southern border, including more modern means of patrolling the border and an increase in the number of US Border Patrol officers.

Rutherford responded to a number of questions:

He will continue to support US Army Corps of Engi-

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July MOAA Meeting Congressman Rutherford's Annual Report

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neers effort to alleviate beach erosion.

Social Security solvency may be helped mainly by extending eligible retirement age(s), but the changes must apply only to workers young enough to plan adequately.

He will seek reforms in eligibility for Supplemental Security Income (SSI).

Rutherford is a supporter of the littoral combat ships. Five of the nine proposed for retirement have been saved.

He will work to replicate at the national level Jacksonville's Restore Act to rehabilitate criminals.

In conclusion, Rutherford noted a number of constituent services available from his local office.

Welcome Aboard

The opening of the 8000 Building resulted in an exceptional number of new residents moving in during a relatively short period. Preparing timely "Welcome Aboard" articles for so many new residents has been a challenge, and *FLEET BEAT* reporters have met it. We are close to a return to the more traditional scheduling of interviews of new residents within a month or so after their arrival. If you moved in before May 2023 and would like to be interviewed, but have not been contacted, please let Enith Vardaman, *FLEET BEAT* Editor, know. The lists we have been working from may have had some omissions.

3203 Stephen Dick (December '22)

After graduating from Drexel University in Philadelphia, PA, Stephen served in the US Army infantry, attaining the rank of captain with one tour of duty in Vietnam. He worked for INA/CIGNA Corporation for thirty years as home and automobile insurance product manager and business analyst. In addition to his career at INA/CIGNA, Stephen has worked for many insurance companies in several states. He witnessed the cycle of states limiting rate increases followed by insurance company withdrawals from the market. Then, since states have trouble managing automobile or homeowner insurance, insurance companies often reenter the market. Using this knowledge after retirement, he moved to Columbia, SC, to assist a regional company reenter the insurance market after Hurricane Hugo. Later he went on to establish two start-up insurance companies in Florida.

Stephen's late wife, Danielle, who was born in France and was fluent in five languages, was the "angel of his life" for over 52 years. They traveled extensively, enjoying 34 cruises and visiting 70 countries. They have

two daughters. One lives in Chicago, IL, and the other in Jacksonville. His grandson is an attorney in Atlanta, GA, and his granddaughter works for Here Tomorrow, a Jacksonville area suicide prevention organization.

Stephen walks the loop around Fleet Landing every day and enjoys playing golf, day trips, and meeting residents with interesting stories to tell. Stephen has been active in HOAs (homeowners' associations) and is interested in genealogy. He has traced his English and Dutch ancestry back to their migration to America in the early 1600's.

—Kristin Perry

8203 Susan and Jim Dobson (May '23)

Susan and Jim, who were biology and chemistry majors in college, met while she was working, and he was finishing his Ph.D. at the University of Virginia Medical School. They then went to the University of California San Diego Medical School, where Susan worked in a lab with many prominent researchers, and Jim completed his post-doctoral fellowship in cardiovascular pharmacology.

During his career at the University of Massachusetts Medical School, Jim eventually became Chair of the Department of Physiology. He has published over 200 articles and written 12 book chapters and 2 books. He received 2 awards from the National Institutes of Health and has 3 patents on cardiovascular therapy.

Susan has an M.A. in public administration and social policy from Harvard University. She owned a business that helped older clients age gracefully with advice on diet and exercise and offered this advice on ten TV segments in addition to her TV show, "Love, Trust and Miracles," broadcast on a small, public station. She was active in the League of Women Voters and the Junior League and volunteered locally on political campaigns.

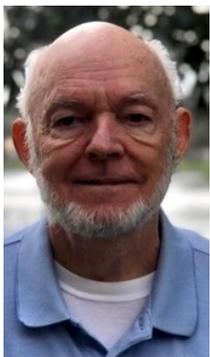
—Kristin Perry

1214 Lavinia Kubiak (February '23)

What an interesting life Lavinia has enjoyed. She grew up in Atlantic Beach and returned to her parents' 1948 home before moving to Fleet Landing. She attended Florida State University (FSU). She earned a master's degree in interior design, later teaching at FSU.

After moving to Kentucky with her two children, she married her second husband, who, like her, was a professor at Eastern Kentucky University (EKU). The couple enjoyed traveling, despite being incarcerated in Cuba on their honeymoon and almost kidnapped in Morocco. While at EKU, she authored a book on architectural history for the Kentucky Heritage Council

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Welcome Aboard

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and Madison County Historical Society.

Lavinia's daughter graduated from the Air Force Academy, and her son was also an Air Force officer.

Upon returning to the Beaches in 1994, she worked with Liberty Furniture as an interior designer. She designed guest rooms at Fleet Landing when her mother, Winnie Harvey, was a resident here. She had many clients who were residents, and her apartment reflects her design talent.



After Lavinia lost her husband in 2007, she continued her design work and traveling. She is about to take a four-month, around-the-world cruise, and she would love a cruise mate to join her on that adventure. Lavinia is an avid dog lover and has offered to look after dogs for free when their owners are away, even for a few hours. She has also kindly offered to help anyone who wants assistance with arranging furniture, hanging art, or other interior challenges. Lavinia is certainly a talented and welcome addition to Fleet Landing.

—Isobel Spink

3102 Georgia Goodling (December '22)

This southern belle was born and raised in Thomasville, GA, with an impressive family genealogy. She is related to President Benjamin Harrison on the paternal side, and her maternal grandfather was lost at sea on the *Lusitania* in 1915.



Georgia attended Wesleyan College and graduated from the University of Florida, where she ran into the "big man on campus," who turned out to be John, the neighborhood boy she met at age

12. Married in 1962, the couple spent three years in the Navy. After completing his doctorate, they lived in Auburn, AL, where John headed the engineering department at Auburn University. Three sons later, Georgia returned to obtain her master's degree and became a resource teacher.

After retirement in 1998, the Goodlings returned to their Atlantic Beach house in 2000, making it their permanent home. Her love of dance found her taking tap dancing classes with a group that ultimately became the Sassy Tappers. John was also a member of this tap dance group for seniors. Living alone for eight years after John's death, she knew that Fleet Landing was in her future. Her many acquaintances in community activities, including Friends of the Library, Red Hat Ladies, and the Women's Club, make her the perfect fit for making new friends.

Georgia has seven grandchildren living in the Southeast.

Fleet Landing's wellness programs have had a positive impact on her well-being and overall physical fitness, and she encourages others to take advantage of the many programs offered to residents.

—Carolyn Stoner

1313 Geri and Tom Bramble (November '22)

Geri, who is originally from New Jersey and Pennsylvania, earned her degree in communications and social work at Rider University. She worked for the District Attorney in Philadelphia and later had her own business as a headhunter for clinical research in pharmaceutical companies.



Tom worked for General Motors for 36 years and was the Bar-

gaining Chairman with the 12,000-member local union, handling rules and benefits. While at GM he became a negotiator with the Autoworkers Union, dealing with contracts and grievances for the first twenty years, then another ten years with health and safety, providing safety programs for autoworkers.

The Brambles, each having lost a spouse, met in Leesburg, FL, in 2008. They discovered their mutual love of travel and have had wonderful trips together during their ten years of marriage. Their first trip was through the Panama Canal, and when Tom's daughter married a South African, they enjoyed six great weeks in Fish Hoek, South Africa. While on a safari the Brambles spent time in a cage with two tigers. Although Geri decided not to pat the tiger on the head, Tom took the challenge and lived to talk about it. They also had a 112-day round-the-world cruise and are in the Travel Club here.

Although the Brambles were set to come here on November 18, it was December 9 before they actually moved in because of construction delays. But they hold no grudge and are very happy and well settled, and both are playing croquet. Tom said, "Management really cares about what it needs to do, and it shows."

—Isobel Spink

Fleet Landing in the News

By Enith Vardaman

Resident Pat Kluever appeared in two group photos in the July issue of the magazine, *Military Officer*. He and these other MOAA members were in Washington, DC, to lobby Congress.

Resident Gary Reichow contributed to the "Letters to the Editor" column in the July 8 edition of *The Florida Times-Union*, and residents Fran and Pete Sheridan contributed to that column in the July 22 edition.

Independence Day Program

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delivered the invocation, asking God to be with us as we celebrate the patriotism, resolve, and courage that bind us together as we go forward. Miron led us all in the Pledge of Allegiance and National Anthem. The NoteAbles, comprising more than 30 members, and conducted by resident Ron Myers, then entertained us with three patriotic selections.

In his introduction of our guest speaker, Atlantic Beach Mayor Curtis Ford, Miron noted some interesting demographic and geographic statistics about our community. Ford is a graduate of the University of Florida, a banker with statewide mortgage responsibility, and a former President and CEO of Beaches Habitat for Humanity. He is a lifelong resident of the Beaches. He has also made a deposit for future residence here with his wife, Leah.

Referring to our audience as future roommates, Ford asked us to remember and reflect on what and how we celebrate. He took us back to 1776, when we were a nation of less than 3 million. He paid special tribute to his wife, whom he credited with his success. He commented on what freedom really means to Americans.

Residents Karen Sturtevant and Julia Pet-Armacost then played a patriotic piano duet. Miron reviewed salient events leading to the the Declaration of Independence, with special attention to the dialogue between John Adams and Thomas Jefferson concerning who should do the actual writing. Following two more selections by The NoteAbles, Council President Eileen Theis enjoined us to preserve the values that made America exceptional. Everyone then joined in singing "America theBeautiful." The program concluded with a video of the National Symphony Orchestra playing the finale of Tchaikovsky's 1812 Overture accompanied by cannons and fireworks.

Later in the day, your scribe hoisted a glass in toast to King George III of Great Britain, without whom we might still be singing "God Save the King" instead of "God Bless America."

Bridge News

By CeCe Lichtenstein

The American Contract Bridge League (ACBL) held a "national" tournament in Chicago, IL, on June 13-23. Bridge enthusiasts from around the world gathered to play. Only one person from Fleet Landing attended, winning master points. Others may have attended but I didn't see their name in the list of more than 3,000 people who won master points. Bobbie Fost and her partner from Amelia Island, FL, were fairly high up on the list. Three thousand people winning points probably means more than ten thousand attended the event. Congratulations to Bobbie!

Jubily

Photos by Pete Wait

"Jubily" was the name Pete Wait gave the latest gathering of the 5300 Mailbox Driveway Group. Some 26 of its members got together in the Annex on July 19. Topping the array of delicious food and drink offerings were seafood and Key lime pie.



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Jubily

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Chips & Putts

By Isobel Spink

Despite the onerous heat on July 13, and holes one and two being cart path only, 18 hardy players turned out at Windy Harbor for the FLAG (Fleet Landing Association of Golfers) scramble tournament, with four ladies joining. The temperature was 91 degrees, and it felt like 106 degrees, so although there were lots of sweaty people who came to Bogey's for lunch and prizes, several decided to head directly for home. The 9-hole tournament was a perfect decision by Bob Neal, and Rick Rochelle thought that six holes would have been enough.

The winner was Team 1, with Bob Hunter, Captain, Nancy Sander, and Jerry Bowles, with a score of 35 and two birdies. Paul Donohue's Team 3, with Sharon Jenkins, Rochelle and Dick Beltson, took second place with a 37 and one birdie. There was a tie for third place, but it went to Team 4, Jerry Maroon Captain, Dave Smith, Bruce Osborne, and Bob Peterson, as they had a birdie and Team 2 did not.

Team 2, Neal, Isobel Spink, and Syd Jenkins, were fourth, and Team 5, Bob Springer, Bunky Johnson, Maura Kelly, and Larry Sander were the final finishers. Smith won the Men's Long Drive prize, and, amazingly, there were no takers for the Ladies' Long Drive or Closest to the Pin prizes, and no men won the Closest to the Pin prize. Hunter kept the Birdie Trophy and awarded the Sandbagger Trophy to Bowles. We all blamed the heat, and as Johnson said, "It was a challenging day."

The extra prize money will go towards those prizes in next month's tournament at Windy Harbor. Neal will try to get earlier tee times to beat the heat and perhaps a shotgun start.

Independence Day Celebrations

FLEET BEAT photographer Dita Domonkos had a busy morning capturing photos of the traditional flag raising and parade.

Flag Raising

Residents, attired in patriotic colors, turned out for the flag raising ceremony, marking the kickoff of Fleet Landing's Independence Day celebration.



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Independence Day Celebrations

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Parade



A Tour for Chocolate Lovers

By Carol Smith

Thirteen Fleet Landing “chocoholics” joined Wellness Services Manager Mary Faria on July 17 for a fascinating tour of a small business in our own backyard. Makenu Chocolate, a “bean to bar” chocolate factory celebrates its third anniversary this year. Owners Jessica Siebel and Tucker Juan led their visitors through the process beginning with the cacao pods they purchase from Central and South America as well as from Africa. Their sources are small family farms and they pay more than Fair Trade prices to the growers.

Following the tour, everyone was invited to sample products made with cacao beans from Guatemala, the Dominican Republic, Belize, Ecuador, Ghana, and Peru. As with wine tasting, everyone found each one different, such as the citrus notes in the Guatemalan sample and cherry notes from the Dominican Republic. A strong coconut flavor was noted in the sample from Ghana.

Siebel and Juan clearly enjoy sharing information about what goes into chocolate, and Fleet Landing residents were eager and enthusiastic students. In addition to the chocolate-making process, Makenu has a café that is open Wednesday through Sunday and features homemade pastries and coffee from Bold Bean Coffee Roasters along with Cultivate Tea and Spice options.

At the conclusion of the visit, everyone was offered a sample of Makenu’s signature toffee made from a secret recipe of Juan’s mother. In addition, each resident was sent home with a chocolate bar to enjoy.

For those who were unable to join this outing, the website (makenuchocolate.com) contains a wealth of information about this local, thriving business. An informative photo gallery of the owners’ trips to Belize, Costa Rica and Uganda offer a glimpse into the “bean to bar” process that is at the heart of Makenu Chocolate.