



FLEET BEAT

VOL. 33 No. 8

THE FLEET LANDING RESIDENTS' NEWSPAPER

Sept./Oct. 2024

Joseph Coleman Portrait Unveiled

By Enith Vardaman



Pat Kluever and Mae Jean Gregg

The unveiling of a portrait of Rear Admiral Joseph Coleman, after whom the Coleman Center is named, took place on the afternoon of October 1. Commander Pat Kluever, USN (Ret.), president of the Historic Mayport Chapter (HMC) of the Military Officers of America Association (MOAA), presided over the gathering that was attended by chapter leaders, Residents' Council members, staff members, and invited guests. Coleman was a Fleet Landing founder and headed its Board of Directors for many years. He died in 2014.

Kluever outlined the history of the portrait. Executive Director Josh Ashby approved the portrait project in early 2021 when the Coleman Center renovation was getting underway. The HMC signed the contract with Mae Jean Gregg, the artist chosen to do the portrait, in June 2021. She is classically trained and studied two years in Florence, Italy. She and her husband, O.C. Gregg, both of whom were present, live at the nearby Sevilla Condominiums. Fleet Landing resident Fred Gregg is O. C.'s brother.

Working from a photo of Coleman presented challenges, such as rendering the intricacies of his medals. Gregg completed the portrait in March 2022. Framing followed, and then the unveiling of the portrait awaited the final step in the renovation of the Coleman Center, the reopening of Lake View.

Kluever thanked Campus Operations Senior Director Marc Cantu for arranging for the hanging of the portrait and Executive Assistant Jennifer Arsenault and Charitable Gift Planning Director Kathy DeSiena for their help in setting up the unveiling.

Kluever offered three toasts: The first was to Gregg
(continued on page 14)

Annual Adele Grage Exhibit

By Patricia Payne



Some of the exhibit artists:

*Top left: Glenn Perry. Top right: Craig Miller.
Bottom left: Richard Lundgren. Bottom right: John Hen.*

The Art Club's annual exhibit at the Adele Grage Cultural Center in Atlantic Beach took place in September. Nineteen artists contributed thirty-four artworks to create an impressive display of Fleet Landing's resident talent. The pieces included paintings, photographs, and ceramics.

As it does for each exhibit at Adele Grage, Fleet Landing hosted an artists' reception, complete with wine and enough hors d'oeuvres to satisfy the hungriest attendees! For two hours on September 19, a shuttle bus ferried residents to the exhibit and back to campus. Artists and art appreciators mingled joyfully, with new residents learning more about our exhibits, classes, and just making art in the Windward Commons artists' studio.

For 2025 through 2027, our Adele Grage exhibits will take place during December, with the artists' reception taking place on the third Thursday of that month.

Thanks to the Wellness, Transportation, and Dining Services departments, as well as the city of Atlantic Beach, for enabling and supporting this annual event!

September Residents' Council Meeting

By Howard Burdick

Residents' Council President Bob Peterson convened the September 17 meeting in Johnson Hall. He urged residents to have a picture of themselves in the directory.

Management Review. Chief Operating Officer Brian Weiss reviewed a lengthy list of campus projects. By the time you are reading this, Lake View will have reopened, and installation of the new campus signage should have started.

Council Reports.

Vice President Carol Smith reminded veterans to send photos of themselves in uniform to Pat Kluever for inclusion in the photo loop to be shown at the Veterans Day program. She also reminded veterans and their spouses of the opportunity to add their stories to Fleet Landing's *Voices of Our Veterans* project. Contact Smith, Joy Miller, or Kluever for more information.

Treasurer Lynette Beitz reported continued positive financial performance. She announced the kickoff of the annual Residents' Gift Fund with a goal of \$825,000.

Human Resources. Ernie Bio gave special council recognition to concierges Cathy Burgess and Katy Blevins for their dedicated service. The Leader of the Quarter was Renee Chiarello, Leeward Manor Manager, who is as attentive to her staff as to her patients. July Staff Member of the Month was Rachel Caldera of Housekeeping, who is efficient at getting things done. August Staff Member of the Month was perennially friendly Juan Hernandez of the Coleman Center kitchen, who always has a smile for residents and staff. The Lobster Tales program has added a "Catch of the Month" category, highlighting a staff member "caught making a difference." The annual Benefits Fair, held this year on July 24 and 25, is an important part of Fleet Landing's employee retention program. Employees can choose their healthcare provider and 401k manager, donate blood if they wish, pick up a back to-school bag for their children, and participate in fun activities.

Wellness and Transportation. Ken Hollinga reviewed a number of September activities covered elsewhere in this issue and previewed some October events. He also noted a variety of Fitness activities. The 9 am Tuesday and Thursday grocery shuttles have been eliminated because of a lack of participation.

Health Services/Safety and Security. Judy Solano reported national reviews of resident and employee satisfaction with our health services, which are above national benchmarks and still climbing. Special national and local honors have been bestowed on our home health services, Derfer Pavilion short-term rehab, and assisted living facilities. Safety & Security activities include a new hire and certification/training programs.

Facilities. Stephen Dick reviewed recent and upcoming inspections. Rick Rochelle and Mary Durkin are the new Building 2000 representatives.

Communications/Suggestions. Secretary Julia Pet-

armacost plugged our annual Fleet Landing Follies, which she and her husband, Bob Armacost, have produced for the past several years. This year promises to be a delight! She then reviewed 13 suggestions, which are too detailed to cover here. The full text of the suggestions and management responses can be found on Fleet Link under "Residents' Council" and then "Residents' Council Presentations."

Dining Services. Ann Bell bequeathed her time to Director of Food and Beverage, Perry Brown, who delivered a tour de force description of what's new in food and beverage. This included standards, training, policies and practices, tracking resident concerns, and an increased focus on healthy eating. He also showed us a view of the new kitchen, which will be an open-kitchen concept ("French Brigade"), giving you the opportunity to view your own asparagus being grilled. There will also be an enhanced takeout and delivery program. Brown noted two recent excellent culinary hires.

Balancing Act

Photo by Jackie Smith



Olympic gymnasts have nothing on the balance skill of this American white ibis, who walked on the thin rail while making its way from post to post.

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All the news that fits...

Contributions to FLEET BEAT are welcome. Please place copy or any comments you may have in box 1107 at the Coleman Center. Neither letters to the editor nor anonymous submissions are published but we are, of course, mindful of your comments. Issues of FLEET BEAT can be found at www.fleetlanding.com. Sign into the resident portal and click on "Menu" and then "Publications." Issues can also be found under "Publications" on Fleet Link. A complete run of back issues can be found in the Dinda Library.

Residents' Gift Fund Drive Underway

By Lynette Beitz

The Residents' Council kicked off this year's Residents' Gift Fund drive at its September 17 meeting with a goal of \$825,000. The purpose of the fund is to provide a year-end gift to our deserving hourly employees in appreciation for all that they do to support our lifestyle at Fleet Landing.

Gift amounts are based on actual hours worked, excluding overtime. Last year, we were able to distribute \$877,000 due to a large bequest from a long-time resident. The Residents' Council distributes the checks at the Staff Holiday Party in December. The suggested contribution amount this year is \$1,325 to \$2,650 per resident, or \$2,650 to \$5,300 per couple. Recent resident arrivals may want to prorate their amount. Contributing to the fund is voluntary, but the council encourages all residents to participate within their financial means.

A small portion of the Fleet Landing community contributes monthly throughout the year, but the big push is now through November 22. Collection boxes have been placed at the concierge/reception stations in the Coleman Center, Windward Commons, Leeward Manor, Derfer, and North Point. In her report at the September council meeting, Treasurer Lynette Beitz noted that if you ate outside Fleet five nights a week you might be spending \$100 per month or more for server tips alone. Here, servers make up less than 10 percent of the hourly staff who address resident needs daily. Fleet Landing staff that meet criteria come from all departments. So, please consider that in deciding your contribution level for this year!

Meet Mike Sullivan, Project Manager Engineer

By Chet Davis



Michael Sullivan, who joined Fleet Landing early this summer as Project Manager Engineer, is fully immersed in Fleet Landing engineering plans, including wayfinding and other projects on campus. Additionally, he is the project engineer for the Nocatee project.

A St. Louis, MO, native, Sullivan has a mechanical engineering degree from the University of Missouri, which he attended on an NROTC scholarship. He served in Norfolk, VA; Naval Air Station

Jacksonville; and Marine Corps Air Station Beaufort, SC. After six-plus years in the Navy as a member of the Seabees, he began his civilian engineering career, which included construction of Ascension St. Vincent's hospital in St. Johns County.

Sullivan has several professional certifications, in-

cluding Professional Engineer (PE), Certified Healthcare Constructor (CHC), and Certified Healthcare Facility Manager (CHFM).

Currently residing in Middleburg, Sullivan is married to a pharmacist and they have a two-year-old and a one-year-old.

History of the PGA Tour and Players Championship

By Isobel Spink



Left: Laury Livesy.

Right: One of the key chains and pins Livesy brought for the attendees.

Laury Livesy, the PGA Tour's first historian, educated and entertained the September 25 Johnson Hall audience with a history of the PGA Tour and the Players Championship.

In 1968, champion golfers Jack Nicklaus, Arnold Palmer, and Billy Casper popularized golf, but were making revenue for the PGA of America—not for the golf pros. Those three, along with others, created the American Professional Golfers (APG). Headed by Joe Dey, it was based in New York. When it morphed into the PGA Tour, Dey became the first Commissioner, retiring in 1974.

The Tournament Players Championship, now called The Players Championship, is an annual tournament on the PGA Tour. It was first played at The Atlanta Country Club in 1974 and is now touted as one of the top five major golf tournaments in the world.

Looking for better year-round weather, The PGA Tour moved to Ponte Vedra, FL, in 1978. Because of real estate developer Paul Fletcher's financial problems, Deane Beman, the second PGA Commissioner, was able to purchase over 400 acres from the Fletcher family for \$1. Pete Dye, who built the TPC Sawgrass golf course for Beman in 1980, tiered it for better spectator viewing. It became the site of The Players Championship. Although the players initially hated the course, it is now world renowned.

Livesy showed us one of Sam Snead's famous Panama hats. It is to be a trophy for Tiger Woods when he has his 83rd tournament win to beat Snead's record. Currently, he is tied with Snead at 82 wins.

We thank Laury for his excellent talk and for the lovely key rings and pins he brought for the attendees.

Recycling Workshop

By Mary Durkin



LtoR: Bunky Johnson, Bernadette Miron, Shann Purinton



Over the last six months, residents of the 8000 Building have been testing a pilot program called Resident Recycling Reminders (R3) to improve recycling efforts on their five floors. Bunky Johnson, Bernadette Miron, and Shann Purinton, members of the R3 committee, provided an extensive presentation on their learnings to fellow Fleet Landing residents in Johnson Hall on August 20.

The audience saw a slideshow displaying many of the dangers of plastic pollution to the environment and wildlife as well as humans. Important slides were those detailing what can be recycled at Fleet Landing. Clean items with a recycling triangle and the numbers 1, 2, 5 and 7 can be recycled. Another useful slide was one showing numerous common items and the audience giving a yes/no verbal vote for each. They then learned the correct answer.

A photo showed why plastic bags should not go into recycling bins: They jam the recycling machinery. Plastic bags can be taken to recycling bins at Publix, Target, Lowe's, or Walmart.

One important piece of advice: "When in doubt, throw it out."

Tables of items placed in front of the stage provided a good visualization, with trash materials on one and recycle samples on the other. A few hazardous waste items were displayed on a third table.

The 8000 Building is continuing this pilot program and will work with Fleet Landing management to determine if it is expandable throughout the campus.

Farmer's Market

The Farmer's Market made Johnson Hall a popular destination on August 14. As always, there were offerings such as smoothies, cheeses, and breads. There were less common choices as well, including cape gooseberries, Mexican guava, pluots (a cross between plums and apricots), and Matsumoto nectarines. Vendors from outside Fleet Landing had wares ranging from wine and honey to jewelry and dog biscuits.



Left: Cape gooseberries. Right: Mexican guava.



Left: Pluots. Right: Matsumoto nectarines.



Some of the vendors from outside Fleet Landing

Fleet's Got Talent

By Carole Watson; photos by Ed Hollender and Bob Armacost



John Johnson, Lynn Seay, and Sydney

A puppet talked. Musicians played. Singers sang and even danced. It was all part of this year's final Fleet's Got Talent (FGT) production, on August 24. The evening was especially memorable as the farewell performance of resident John Johnson (Johnson Hall is named in recognition of a generous gift from John and his late wife, Beverly) after 76 years of performing. He retired his puppet, Sydney, as well, and, after an impressive demonstration of the art of ventriloquism, offered him for auction, with proceeds to benefit the Fleet Follies. Resident Lynn Seay, who made the winning bid of \$250, plans to give Sydney to her 9-year-old granddaughter.

Directors-producers Bob Armacost and Julia Pet-Armacost, with able assistance from Sue Myers and a cast of 30, joined forces to present an evening of entertainment for fellow Fleet Landing residents. Bob and Julia, emcees, introduced Fleet Harmony, an 11-member male chorus directed by Pet-Armacost and accompanied on the piano by Karen Sturtevant. They got things off to a rousing start with "In the Good Old Summertime," followed by a medley of patriotic songs. They concluded with strong harmony on "Goodbye, My Coney Island Baby."

Pam Mullarkey Robbins treated the audience to a couple of humorous stories drawn from her studies of dementia, known as "The Brighter Side of Dementia - Stories From Families With a Loved One With Dementia," proving again that humor can be found even in dark circumstances.

John Rietveld sang the lovely "Forever's As Far As I'll Go," followed by Fleet Landing staffer Marie-Claire Allen in her sixth appearance—and newly blonde—singing the Blondie band's song, "One Way or Another."

In a definite change of pace, Ivy Suter, violinist, and Sturtevant combined their impressive talents to perform Bach's Sinfonia from Cantata No. 56, much to the pleasure of classical music lovers in the audience.

John Rogerson invited the audience to "Come Fly With Me," a signature Sinatra song. He was followed by Allen and Rob Friedman, also a repeat staff performer, acting out George Strait's "The Chair," with Friedman singing the lyrics.

The women's harmony group, the Serendipity Singers, led by Pet-Armacost and accompanied by Sturtevant, took the stage to sing "Love Changes Everything" from the musical *Aspects of Love* by Lloyd Weber. That was followed by the comical "We Had a Chicken," from the folk songs of the '60s. Their performance concluded with the classic, "I Believe."

Armacost played the guitar and sang the touching Alan Jackson song, "The Older I Get," with which the audience totally could identify! Richard Wong, who we learned had his own band in high school, delighted jazz fans with his rendition on the electric guitar of Carlos Santana's "Oye Como Va."

Bob Huhta's deep bass voice lent resonance to "Daddy's Home," originally sung by Shep and the Limelites. Rogerson and Pet-Armacost brought the evening's performances to a close, appropriately singing the Nat King Cole and Natalie Cole classic duet, "Unforgettable."



Fleet Harmony



Pam Mullarkey Robbins and John Rietveld



*Karen Sturtevant and Ivy Suter
(continued on next page)*

Fleet's Got Talent (continued from preceding page)



LtoR: Marie-Claire Allen, Rob Friedman, Bob Huhta



Serendipity Singers



Bob Armacost and Richard Wong



John Rogerson and Julia Pet-Armacost

Our Unwelcome Visitor

Fleet Landing was visited by the fringe of Hurricane Helene Thursday night, September 26, into Friday, September 27. Fortunately, with only tropical storm effects, we were spared the devastation experienced elsewhere.

Fallen Trees

By Karl Price

It was a dark and stormy night. There was a crashing sound at midnight. Two huge trees fell between the homes of Karl and Melva Price and Ken

and Chris DeVries! As usual the DeVrieses were gone, this time in Botswana. We Prices were in bed, trying to get back to sleep. In a small miracle, there was no damage to either home. All is well.



Helene Aftermath

When FLEET BEAT photographer Ann Bell walked Jumping Jack on the morning of September 27, he had new sights to investigate: tree debris, some large broken tree limbs, and the exterior maintenance team already at work on cleanup.



The Unexpected



Resident Dick Fuller snapped this photo of the strangest effect of Helene. He found a former denizen of Lake Constellation outside his house. How this happened remains a mystery.

Jaguars Training Camp Text and photos by Dita Domonkos



As we sought refuge from the hot late-morning sun on August 12, the shaded viewing stand at the Miller Electric Center proved a welcome oasis. This state-of-the-art facility, built last year for the Jacksonville Jaguars, includes two full-sized grass practice fields, one indoor field, concession areas, and team store, along with medical and staff facilities.

We witnessed the Jaguars' intense training camp on one of the grass practice fields, a crucial prep session before their September 8 season opener against the Atlanta Falcons. On the lush practice field, players honed their skills in position-specific drills, the offensives in teal uniforms, the defensive in white.

Our vantage point offered a view to the defensive unit's dynamic displays, including the formidable outside linebacker, Josh Hines-Allen in jersey number 41, whose average annual salary is an impressive \$28 million. Meanwhile, the quarterbacks, donning red jerseys, fine-tuned their throws on the opposite side of the field.

The ten-session training regimen was structured with the initial four focusing on general drills. Starting with the fifth session, plays were executed and cameras put away. Approximately 90 players showed their talent, but only 54 will make the final roster.

Concessions offered a convenient lunch break, fueling our enthusiasm to stay until the session's conclusion. However, impending rain forced an early wrap-up. Witnessing these athletic giants execute intricate maneuvers, showcasing lightning-fast reflexes and brute strength, gave us an exciting glimpse into the Jaguars' season prep.

Double Rainbow

Photo by Wendy Bunch



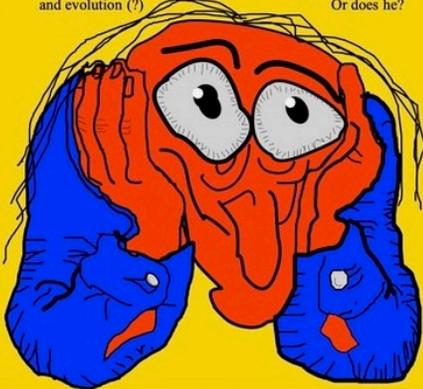
Diners at 30 North on August 7 were briefly treated to the sight of a double rainbow. The paler rainbow was gone within three minutes and the other lasted about seven minutes.

A New York World Premiere

By Enith Vardaman

Theater for the New City
Crystal Field,
Executive Artistic Director
and
EGO ACTUS
present
Meltdown
by Toby Armour
directed by Joan Kane
October 10 to 27
Thurs/Fri/Sat at 8:00pm
Sat Oct 12 at 3:00pm
Sundays Oct 20 & 27
at 3:00pm
155 First Av, NYC 10003
(212) 254-1109
TheaterForTheNewCity.net

Current TV news is making Alfie so crazy, he hallucinates the future. He sees coming times of environmental disaster, destruction, and evolution (?) Or does he?



In Toby Armour’s “Welcome Aboard” article (April 2023, page 15), readers learned about her extensive theatrical experience, beginning with stagehand and continuing through dancer, choreographer, dance company director, theater director, and playwright. She has now notched another accomplishment in that last category. Her new play, *Meltdown*, will have its world premiere run at New York City’s Theater for the New City from October 12 to October 27. The subject is timely: The meltdown of the title refers to the distress that current TV



news is causing Alfie, the main character.

Singers by the Sea Concert

By Carol Smith



Singers by the Sea returned to Fleet Landing on September 5 and entertained residents with their Fall Season opening concert in Johnson Hall. The chorus has been entertaining folks in the Beaches area for over 30 years. Well-known spirituals such as “Rocka My Soul” and “I Saw the Light” enticed members of the audience to join in the singing. Three Fleet Landing residents, Julia Pet-Armacost, John Rogerson, and Jackie Mears, are members of the choir. Pet-Armacost accompanied the singers on her flute for several numbers. The voices blended beautifully on “It is Well With My Soul” and concluded the performance with a rousing “Old Time Religion Medley.”

Sean McCarthy Band

By Isobel Spink



When Wellness Services Manager Mary Faria heard the Sean McCarthy Band, she couldn’t wait to share their music with Fleet Landing. Residents who gathered in Johnson Hall on August 16 were so glad she did.

Both feet and the guitar of Sean McCarthy are firmly rooted in Fernandina Beach. He grew up there, and his motto is “On a boat, on the beach, and in the water.” Joined by Olin “Hotshot” Carter on the unusual pedal steel guitar, and Ernie Ealum on a stand-up bass, they rocked! McCarthy, who is often compared to Jimmy Buffett and James Taylor, played several Buffett songs, including “Tin Cup for a Chalice,” “Come Monday,” and “Son of a Son of a Sailor.”

The two singers, McCarthy and Ealum, had great harmony, and McCarthy could hold a final note for an amazing amount of time. He wrote his first song at age 13, and his first recording came out in 1995. Most of the band’s songs had very similar tempos, and one of my favorites was “Drop Dead” about McCarthy’s daughter when she appeared with make-up on at age 11. Another piece was “Forget About It,” and he explained that it was written by two men in two different cars, driving on a highway headed south.

McCarthy’s songs all had memorable lyrics, and when he played “Wasting Away in Margaritaville,” the entire audience enthusiastically joined in. We’ll look forward to the band’s next visit with us.

Unexpected Visitor

Photo by Paul Mocko



This green tree frog was a visitor visible at a window of Maddy and Paul Mocko’s fifth floor apartment in the 8000 Building.

POW/MIA Recognition Day Program

By Carol Smith

Fleet Landing residents came together on September 20 for the POW/MIA Recognition Day Program in Johnson Hall. The third Friday of September is designated as a day to remember and stand behind those who served, and to do everything possible to account for those who have not returned.

Captain Skip McAlexander, USN (Ret.), served as master of ceremony for the program. Colonel Beryl Hubbard, Chaplain, USAF (Ret.), delivered the invocation. The Color Guard from the Navy Junior ROTC of Terry Parker High School presented the colors as the audience stood for the National Anthem and Pledge of Allegiance.

The NoteAbles, led by Ron Myers and accompanied by Karen Sturtevant on the piano, provided music throughout the program. Colonel John Rogerson, USAF (Ret.), and Julia Pet-Armacost, members of the chorus, performed “Bring Him Home” from *Les Misérables* as a duet.

Residents’ Council President, Colonel Bob Peterson, USAF (Ret.), read the Presidential Proclamation for POW/MIA Recognition Day 2024 and introduced the guest speaker, Commander Fred Berley, USN (Ret.). Berley shared memories of his father, Dr. Ferdinand Berley, who spent 3½ years in Japanese prison camps. For his heroic actions as a Navy medical officer, he was awarded four Bronze Star medals, along with Purple Heart and Prisoner of War medals. He finished his Navy career in Jacksonville as Chief of Surgery at the Naval Hospital.

The second guest speaker was Fleet Landing resident Libby McDonald. She shared the story of her father, John Isaac Howton, who was captured on Corregidor as a Boatswain Mate Second Class in 1942. He spent 40 months in POW camps in the Philippines and in Japan. McDonald explained her father’s lifelong love of SPAM, which began in August 1945 when American planes dropped supplies that included cans of SPAM. Using red parachute silk, white canvas, and blue dungarees, he sewed an American flag that the POWs immediately raised on the camp flagpole. Libby was joined by her husband, Commander Randy McDonald, USN (Ret.), and her brother, John Howton. The two held up that flag for the audience to view.

Following the presentations, McAlexander invited the audience to stand to honor Fleet Landing returned POWs (RPOWs) and their families as their names were read. While four of the RPOWs have passed away, Fleet Landing is proud to have Captain Dick (The Beak) Stratton, USN (Ret.), and Captain Giles Norrington, USN (Ret.), who remain with us as neighbors and friends.

Commander Pat Kluever, USN (Ret.), delivered closing remarks.



LtoR: Skip McAlexander, Fred Berley, Libby McDonald



John Howton (l) and Randy McDonald display the flag made by John Isaac Howton.



Beryl Hubbard, Bob Peterson, Pat Kluever



Left: Terry Parker High School Color Guard. Right: John Rogerson and Julia Pet-Armacost.



The NoteAbles

Duval County Federal Shore Protection Project

By Chet Davis; photos by Jackie Smith



LtoR: Resident Bo Smith, Kevin Bodge, Jason Harrah. Smith was an ecologist with the Army Corps of Engineers for 32 years.



North Point resident Max Dickinson and Kevin Bodge. Born here at the Beaches, Dickinson and his wife, Edna, have given Bodge photos of the beach of years ago.

Resident Jackie Smith introduced the two speakers at the August 22 Johnson Hall talk on the Duval County Federal Shore Protection Project. Jason Harrah, the Senior Project Manager, Jacksonville District, US Army Corps of Engineers, specializes in coastal risk management. Dr. Kevin Bodge, President, Olsen Associates, is a coastal engineering consultant to the City of Jacksonville. The two presented a fascinating review of the beach renourishment project, due to be complete at the end of September, following damage from Hurricanes Ian and Nicole.

The reason for doing beach renourishment, knowing that the sand can wash away, was explained. The most important factor is that the beach provides protection against storm surge and sea level rise, shielding assets much more costly to replace, including homes, businesses, and roads.

The facts and figures about the effort, such as 1,300,000 cubic yards of fill sand and the planting of 506,000 dune plants like sea oats were impressive. However, a particularly interesting fact was that the project was essentially federally funded. Florida contributed \$800,000, and Jacksonville, \$400,000, with

the federal government providing \$34 million!

Examples of the results of not meeting requirements for federal funding were cited. Only three locations in St. Johns County (one on Anastasia Island and two in the Vilano Beach area) are publicly accessible with parking spaces for beachgoers and thus eligible for federal funding. Driving on the sand effectively renders the beach unusable for shore birds and turtles. Because Daytona Beach regards beach driving as more important than protecting wildlife, it gets no federal support for its beach.

Sand for the restoration effort is coming from a borrow pit seven miles offshore. The sand is filtered both at the dredge and by machinery ashore. This removes seashells and other debris found on the ocean bottom, including spent practice ammunition from military exercises. Ashore, full-time endangered species experts cooperate with the turtle patrol to safeguard turtle nests.

The reason the project was being done during the summer beach season was explained. There are many such projects underway elsewhere, and this was when the equipment was available, and all the other necessary elements of the project were in place.

Another project is scheduled for October. At that time, the Naval Station Mayport beach will be replenished with sand from the shipping channel at the jetties located at the mouth of the St. Johns River where it empties into the Atlantic Ocean.

The closing slide in the presentation was probably the most striking. A graph showed the yearly mean sea level at Virginia Key, Biscayne Bay, FL, from 1994 to 2023. From 1994 until 2012 the sea level rise was 1.1 foot per century. Since 2012, it has increased to 3.6 feet per century.

Overachievers Among Us

By Howard Burdick

George Pappas is a centenarian resident of The Nancy House who developed processes earning patents



for extracting shale oil. Among other accomplishments, he was also project manager for the first natural gas pipeline across Europe, tapping into the North Sea fields. Following WWII sea duty as a ship engineer officer in the Pacific, he had earned advanced degrees in chemical engineering from

Cornell. He worked for ESSO, and then EXXON, and later Charter Oil on a variety of projects in Japan, Europe, the Middle East, and South America. He and his late wife, Ella, raised five children, all of whom earned advanced degrees in various fields. At age 85, he bought his first motorcycle, which he rode well into his 90s. One of our many overachievers here.

Lawson Ensemble Concert

By Carol Smith



Leaving Johnson Hall on the afternoon of August 26, residents could hardly put into words the incredible musical performance they had just experienced. The Lawson Ensemble, always a favorite at Fleet Landing, brought the audience to its feet with a spectacular concert.

The concert was part of the 10th Anniversary Concert Series of the Lawson Ensemble, which was founded in 2015 by Dr. Nick Curry, Professor of Cello and Assistant Director of the School of Music at the University of North Florida (UNF), along with Jacksonville Symphony members Aurica Duca (violin) and Clinton Dewing (viola). UNF is the only public university in Florida with a professional resident string chamber music ensemble.

The program opened with Sonatine, a Ravel piano piece arranged for flute and string quartet by Polish pianist and composer Adam Manijak. The piece featured special guest Alice Dade on flute, along with Duca and guest artists Scott Yoo (violin), Caitlin Lynch (viola), and Sterling Elliott (cello). Dade is a frequent guest star on the PBS series *Now Hear This*, which is hosted by Yoo, her husband.

In addition to hosting *Now Hear This*, Yoo is the Chief Conductor and Artistic Director of the Mexico City Philharmonic. His guest appearance with the Lawson Ensemble was greatly appreciated by the audience when he conducted a music appreciation tutorial after the first number. He explained how the St. Petersburg Conservatory was key to the success of Piotr Ilyich Tchaikovsky who, as a huge fan of Mozart and other Austrian and German composers, added Russian melody to their European



style.

Yoo introduced Tchaikovsky’s “Souvenir de Florence,” noting that it was one of the composer’s lesser known works. He also demonstrated, along with the rest of the ensemble, how much different a sound was produced by a string sextet rather than a quartet. He, Elliott, and Lynch, then joined Curry, Dewing, and Duca for a spectacular performance of “Souvenir de Florence.”

Thanks are due residents Walter and Cynthia Graham for once again underwriting a concert bringing exceptional musical talent to Fleet Landing.

After the Deluge

The photos below show how the heavy rains on August 23-24 raised the level of Lake Constellation.



The water was over the dock. (photo by Howard Burdick)



The dinghy and sailboat sterns were in the lake. (photo by Pat Patterson)

Not your Grandmother's Quilt

By Bo Smith; photos by Ann Bell



Left: Example of an album quilt.
Right: Carolyn Mazloomi's "Strange Fruit."



Susan Hoffman's "Coastline"



Mary Fifeild's "Child's Blanket"

A group of our residents went to the Cummer Museum of Art and Gardens on September 13 for lunch and to view a temporary exhibition entitled "Fabric of a Nation: American Quilt Stories from the Museum of Fine Arts, Boston." (The exhibit ended on September 29.)

Quilts have been popular since colonial times, when they were appreciated as warm and colorful bed covers. By the mid-19th century, they were widely made at home for personal use, and in cottage industries to be sold at local fairs. The art form has retained its homestyle nature, and at the same time has evolved with new materials, dyes, uses, and subjects. Textile artists have expanded traditional themes to include abstraction and historical documentation and to address sensitive or controversial parts of our history.

The album quilt became popular in Baltimore in the 1840's, was adopted as a style throughout the country, and is commonly made today. In these works, several separate blocks are produced and then sewn together. The blocks were often made at home by woman-run factories and frequently honored family or community events. Early Baltimore quilts were usually made of high-quality materials and were made for wealthier patrons.

"Strange Fruit," a silkscreened and machine quilted piece, was made in 2020 by Carolyn Mazloomi. It incorporates a reference to Billie Holiday's protest song of that title and graphically depicts one of our country's most shameful periods. It combines artistry, bitter remembrance, and modern technology. The use of a quilt in this work provides a harsh contrast between comfort and reality.

Abstraction is not uncommon in modern quilting. "Coastline" is hand sewn and was made of a wide variety of cloth materials by Susan Hoffman in 1975. This 20-foot-wide three-piece artwork is meant to be hung on a wall, not draped on a bed. Hoffman makes it clear in her "Artist Statement" that the expressive power of textile artists is not adequately appreciated as art, stating that "Laying out pieces of fabric are my brushstrokes."

"Child's Blanket" is the simplest work exhibited and the one that made the greatest impression on me. It was made by 7-year-old Mary Fifeild and her mother in about 1701—I can imagine them working on it together. Mary's mother died the following year. Mary married the famous Boston brewer Samuel Adams, and their son was a signer of the Declaration of Independence. In my mind, family quilts, passed through generations, tell the richest stories.

An art exhibition is usually designed to combine an aesthetic and educational experience with an overlying theme. I entered this exhibit expecting to see beautiful quilts sewn by women in rural settings from scraps of available material, and handed down through generations—proud American art. I thought I would enjoy myself but not learn much. I even made an unwelcome comment that I expected that I would be the only man there because cloth handiworks are more of a woman's thing. You can imagine how that went over! My presumptions were wrong, it was much more than I expected, and there was another man there.

Floating Sea Aquatics

By Mary Durkin; photos by Sandy Bousquet



Glow in the dark fish



Moray eel

When I signed up for the Floating Sea Aquatics (FSA) tour, I was not sure what to expect, as it was a newcomer on the Fleet Landing calendar. When our bus turned into a nondescript shopping mall off Baymeadows Road, all of us looked at each other with puzzlement. But there in the middle of the strip, with big neon signage, sat Floating Sea Aquatics. Upon entering, the storefront opened to a large expanse of aquariums, pools, and enclosures that hold fish, underwater animals, and reptiles, as well as a retail section selling equipment and supplies.

The founder, Azi Raza, greeted us and explained that FSA offered rescue and hospital services to owners who no longer want their amphibious pets, education to prospective owners, and school programs and field trips. We were turned over to Laura Lang, a most enthusiastic and knowledgeable aquarist, who took us past dozens of those aquariums, pools, and enclosures, providing details and histories of the inhabitants.

A sampling of what we saw included a 24-year-old

green moray eel curled around a rock; diamond back turtles, which are a protected species; and an albino Burmese python rescued from a South Florida purse factory after a hurricane destroyed the plant. Some species can be used for medical research, such as the Axolotl salamander (Mexican walking fish) because it can regrow organs; the dragon moray eel, which has a second jaw for extra food processing; fish that can glow in the dark; and even sea turtles to determine why mostly males are being reproduced. The shop also has a popular café offering a variety of dishes, as well as a sweet confection called taiyaki, a pastry in the shape of a fish with fillings. We were offered samples fresh out of the oven as we were leaving.

Everything about this aquarium/retail shop/conservation center is unusual, not the least being that it is also free to visitors. It is worth an afternoon of fun and learning, especially for youngsters, from the friendly and helpful staff.

Tallinn Piano Trio Concert

By Isobel Spink



Fleet Landing residents were treated to a concert by a trio of virtuoso musicians: Dr. Catherine Lan, from Taiwan, on piano; Aare Tammesalu, from Estonia, on cello; and violinist Karen Lord-Powell, a tenured member of the Chautauqua Symphony Orchestra in New York State.

The first piece, 19th century Russian composer Anton Arensky's Piano Trio No. 1 in D minor was beautifully melodic to start, then gathered momentum to a challenging piano interlude, and then softened. The last movement was forceful for the entire trio, and the Russian melody was maintained throughout.

Mendelssohn, who was once called "the Mozart of his generation," composed his Piano Trio No. 1 in D minor in 1839, and it was a firework of a piano piece. Lan's fingers were flying, as were those of the cellist. The work began on the darker side. The second movement was bubbly. In the final movement, there was a shift to D major—a radical change.

This concert was a challenge for three superb artists, and a joy for the audience in Johnson Hall on August 28. Lan has visited us before, and we look forward to her return as well as that of her fellow musicians.

Joseph Coleman Portrait Unveiled

(continued from page 1)

for her talent and artistry. The second was to Coleman for his vision that has given us a wonderful home. The third was to Fleet Landing staff for their continuous, unwavering support of MOAA events and programs. Appropriately, HMC Board member Joy Miller offered an impromptu toast to Kluever, who had been instrumental in bringing the portrait project to fruition.

Fleet Hearts Go Back to School

By Judy Poppell; photos by Jackie Smith



Preparing Survival Kits



Serving the "Welcome Back" breakfast

Fleet Hearts had a busy July and August focusing on back-to-school volunteer opportunities. In July, 20 Fleet Hearts members assisted with the annual "stuff the backpacks" event that is sponsored by the Human Resources Department at Fleet Landing. Fleet Hearts members joined other residents to fill backpacks with school supplies for the school-age children of Fleet Landing staff members.

In August, Fleet Hearts served the students, faculty, and staff at the nearby Anchor Academy Elementary School, one of the Duval County Public Schools. Faculty and staff were served a "Welcome Back" breakfast at their opening faculty meeting and were presented with a back-to-school Survival Kit (notepad, markers, rubber bands, paper clips, Band-Aids,

and assorted candies) to get the school year off to a good start. Fleet Hearts members also had an opportunity to meet and interact with teachers and discuss opportunities for them to volunteer in classrooms and other areas of the school.

For the second year, Fleet Hearts collected donations to purchase school uniforms for children who might otherwise not have them. Thanks to the generosity of our residents, \$1,935 was donated to the school to purchase the uniforms. If you wish to donate (there is always a need), put your check, made out to Anchor Academy, in Karen Habell's social mailbox, 5202. Any amount is welcome. Habell is also the Fleet Hearts contact with the school, and she would be happy to talk with you regarding volunteer opportunities there.

Fleet Hearts meets on the first Thursday of each month at 12 noon in The Retreat. We welcome everyone to participate in service activities at Fleet Landing and in the greater community.

Jazzing it Up in Johnson Hall

By Nancy Lundgren



On September 27, six talented musicians from Jacksonville Jazz Collective shared their updated versions of jazz classics by Duke Ellington, Billy Strayhorn, and Jerome Kern. Familiar compositions took on layers of improvised riffs from each of the musicians that began and ended randomly. I was reminded of jazz musician Nat Wolff's description of modern jazz: "Jazz flows like water. Jazz never seems to begin or end. Jazz isn't methodical, but jazz isn't messy either. Jazz is a conversation, a give and take. Jazz is the connection and communication between musicians."

The six musicians who played for the Johnson Hall audience were keyboardist Joshua Bowlus, drummer John Lumpkin, bassist Stan Piper, trumpeter Ray Callender, tenor saxophonist Juan Carlos Rollan, and alto saxophonist Mike Emmert. They have played together since 2012.

According to their website, the goal of these musicians is to play jazz music in a different and modern way while remaining respectful to tradition. Fleet Landing residents' response to the concert affirmed that the Jacksonville Jazz Collective reached their goal that day.

September Flag Raisings

September was a busy month for observances on the Flag Plaza. Fleet Landing staff offered significant support to all three ceremonies. Michele West Stevens set out the refreshments provided by Dining Services; Jay Jernigan, Maintenance Manager (Exterior), and his staff made sure seating was available; and Mac McQuiller and his team from Safety and Security managed traffic on Fleet Landing Boulevard to keep everyone safe.

September 11

Rain and wind did not stop this ceremony.



Randy McDonald and Joy Miller with the 9/11 flag



US Air Force Birthday

The United States Air Force celebrated its 77th birthday on September 18.



Fleet Landing US Air Force veterans



Pat Kluever (l) and Bob Neal with the Air Force flag



(continued on next page)

September Flag Raisings

(continued from preceding page)

POW/MIA Recognition Day

There were special participants in the September 20 POW/MIA Recognition Day ceremony. Resident Dick Stratton, a Vietnam War returned POW, attended. Residents Randy and Libby McDonald and Libby's brother John Howton raised the US and POW/MIA flags. John Isaac Howton, father of Libby and John, was a POW during WWII in the Philippines and Japan.



Dick Stratton



John Howton and Libby McDonald



Flotilla on Lake Constellation

Photos by Jackie Smith

This was the scene on Lake Constellation on Saturday, August 31. Paddleboarders Vickie Rose and Paul Mocko, plus kayakers Shann Purinton, Dante Capurro, Randy McDonald, and Glenn Perry had gathered at the launch facility at 8 am. Rose and Perry were using their own equipment, while the others were using Fleet Landing watercraft. Rose, who organized the event, is planning to make this a regular Saturday morning happening, weather permitting.

Rose was pleased to have so many on the water, and she was expecting to have another paddleboarder join the group for the next event. Noting that the views of Fleet Landing from the lake were very different, she said that at 8 am the water was calm and our community was very quiet, making for a magical experience.



Editor's note: McDonald supplied some of the information for this article.

In Memoriam

- | | |
|--------------------------------------|---------------------------------------|
| Jean Cashin 1927-2024 | Joanna Catrette 1927-2024 |
| Marilyn Cooney 1930-2024 | Gwen Cordes 1948-2024 |
| Ann Crossley 1939-2024 | Connie Dunaway 1931-2024 |
| Patsy Fittipaldi 1937-2024 | Carole Houle 1942-2024 |
| Ginnie Kavanagh 1927-2024 | Barbara Lendrum 1942-2024 |
| Charlotte Reamy 1940-2024 | Elizabeth Trainor 1935-2024 |
| Duane Van Liere 1932-2024 | |

Golf Croquet Under the Lights

By Ernie Bio



LtoR: Eunice Rogerson, John Rogerson, Vickie Rose, Maureen Linden, Ed Berg, Anna Bio, Ernie Bio, and Jerry Upson



Left: Carolyn Johnson, Betty Renzi, Ernie Bio, and Jerry Upson.

Right: Vickie Rose, Karl Price, and Anna Bio.



John Rogerson, Ernie Bio, Bob Palfy, and Anna Bio

This year's night croquet, organized and managed by Maureen Linden, the Fleet Landing Croquet Club's social director, began on June 4 and concluded on September 26. About 18 club members played regularly. Players were asked to sign up the Sunday before play so that teams could be organized and the schedule set up for the following week. Some played at least one game, and some played three games every scheduled evening. Often, both courts were in use and at times with multiple teams on the same court, sharing, negotiating and managing croquet ball traffic going in opposite directions. This situation motivated fun socialization with a cooperative spirit of friendly,

fair, and competitive play. Matches were scheduled for Tuesdays, Thursdays, and Saturdays, beginning at 6:45 pm as the sun began to set and was often engulfed by the red Florida summer sky! The players enjoyed the natural beauty and warm socialization of these evenings, along with the cooler temperature—all while playing their favorite sport in bright whites and exhibiting their improved skills on the smooth professional-like astro-turf courts under the lights. They were also encouraged to pay special attention to continue to follow national croquet standing and established club rules for fair play as well as to continue to improve their game skills for future competitive matches and tournament play. Only seven of over forty scheduled play nights were rained out. In some cases players endured the gentle rain drops, continuing to play until finishing the game or being overwhelmed by the unceasing rain!

In anticipation of cooler weather, monthly fall mixers with round-robin type play began on September 28, at 3:30 pm. Maureen Linden, who is also managing the fall mixer matches, has moved play to the second Saturday of each month at 3:30 pm to attempt to accommodate players' preferences.

Fall/winter day play began on October 1 and continues, until spring, every Tuesday and Thursday at 9 am and Saturday at 10:30 am. These matches are in whites, and club member players are encouraged to self-manage by organizing skill-balanced teams and rotating teams and individual players within the traditional two-courts framework.

Residents who are interested in learning to play golf croquet with the intent of becoming club members may inquire and request one introductory lesson before deciding to join. These demo lessons are by appointment only and are typically offered on Sunday afternoons/evenings by Ernie and Anna Bio.

Wii Summer Bowling

By Janice Flock

Twelve teams took up the challenge to see who could come out on top. The Lucky Strikers walked away with 31 wins and a high game score of 2,267, while Fleet Feet were close behind with 29 wins. We can't forget that Karen Sturtevant started us out with a perfect game of 300, so the chase was on. By the time we finished, we had enough players to start a 300 club. Buzz Hassler, Janice Flock (both using their non-dominant hand), Jim Joyner, and Karen LeBlanc didn't have just one 300 game, but several. We had one "oops" that I know about: Anna Bio had a 299. That last pin just wouldn't fall down.

We have started our winter season, which is national, meaning we play against other teams across the country. Fleet Landing is sponsoring 17 teams this season, so we are really growing, and this is a game you won't get hurt playing.

Northeast Florida Military History Lesson

Text and photos by Jackie Smith



The tour group inside the St. Francis Barracks



St. Augustine National Cemetery, adjacent to the Barracks



Billie McNaughton (first from right) at Fort Mose

Eleven Fleet Landing residents traveled to St. Augustine on September 24 to learn a little about the military history of that area.

Alison Simpson, Historian for the Florida National Guard, met us at the St. Francis Barracks and Monastery. The building, which was built in the early 1700's as a Franciscan monastery, was used as a barracks by the British in 1763. The Spanish military took it in 1784 despite the Franciscans' claim on the property. When Florida became a territory in 1822, the United States military moved into the Barracks.

The building is not only old and historic, but quite beautiful. The walls are covered with coquina shells similar to the Castillo de San Marcos. Besides the museum rooms and Florida National Guard offices, the Barracks has an Officers' Club that is still in use today.

Simpson has gathered an interesting array of paintings and artifacts that highlight not only commanders but also battles that were waged. Dade County is named for Francis Longhorns Dade, a major in the Florida military who was killed in a battle with the Seminole Indians. The Seminoles are the only Indian tribe that never signed a surrender treaty.

The Florida Air National Guard first occupied the area that is now Naval Air Station Jacksonville. When the Navy claimed that base, the Guard moved its operations to what is now called Camp Blanding, named for Albert Hazen Blanding, who was a general during WWI and was later made chief of the National Guard Bureau by President Franklin Roosevelt. He is considered a founder of the Florida National Guard.

We spent some time in the St. Augustine National Cemetery, adjacent to the Barracks. There are three pyramids on the property that contain the remains of soldiers who died during the Second Seminole War, 1835-1842. The remains were brought there from their original burial sites. The search for more information on those buried there continues.

The Fleet Landing group then traveled a few miles north to Fort Mose Historic State Park. We were met by Billie McNaughton, who is dedicated to teaching about this unique and relatively unknown piece of our Florida history.

In 1738, the Spanish Governor offered people in slavery an opportunity to be free if they pledged to join the militia and fight the British, and if they became a Catholic. It became the first legally sanctioned free Black settlement in the United States. The Underground Railroad began by bringing escaped slaves south from the Carolinas to St. Augustine and Fort Mose. By 1738, more than 100 runaways had reached this community. The museum space is interesting and interactive. A model of the original fort lookout post, which was very small, is being built on the property.

It was an enjoyable day and we learned a great deal about our local Florida military history.

Chess Club News

By Richard Wong

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

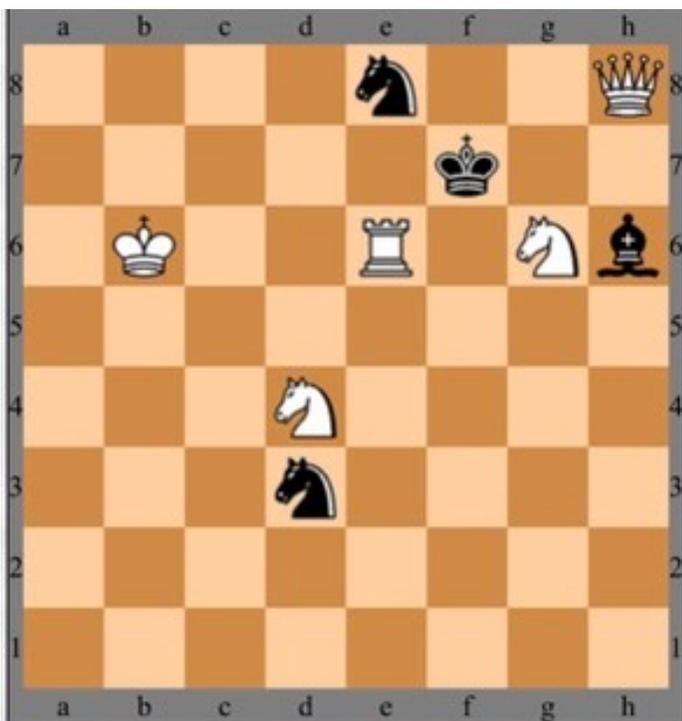
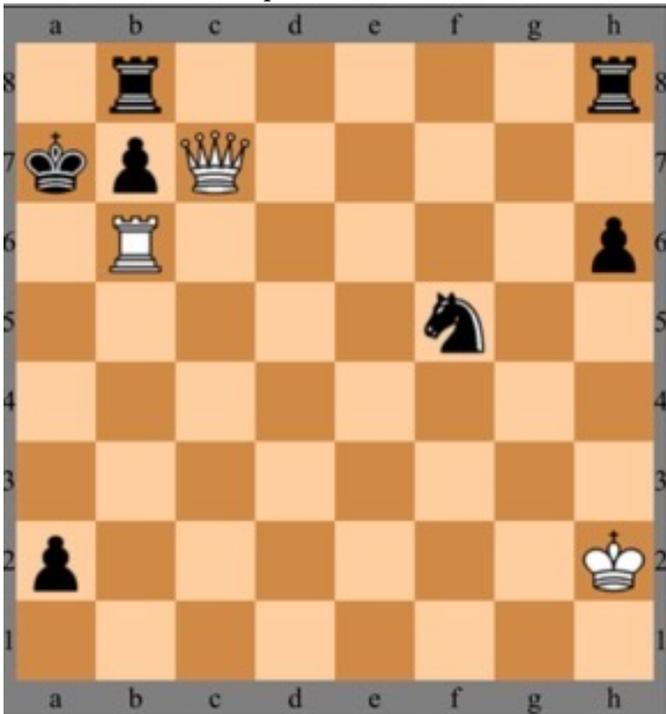
Chess opening tips:

Develop your pieces, knights then bishop.

Control the center.

Move pieces once.

Castle as soon as possible.



Both problems are white to mate in two moves.

The Changing Media Landscape

By Chet Davis

David McGowan, President and CEO of Jacksonville PBS station WJCT, spoke in Johnson Hall on September 19. His timely topic was “The Changing Media Landscape and Crisis in Local Journalism.”



McGowan spoke about the sharp nationwide decline in local newspaper readership and its consequences. This declining readership has led to a staggering loss of the advertising revenue crucial to funding news operations. The resulting decrease in newsroom staff has been dramatic. He cited *The Florida Times-Union* as a specific example: In the period from 2015 to 2023, staffing declined from 85 to 22.

Although the most popular method of news consumption is now on digital devices, digital publishers have not achieved the level of advertising revenue previously enjoyed by newspapers. Instead, ad revenue overwhelmingly goes to Google and Meta as well as other large internet companies.

McGowan noted that democracy suffers when there is less local reporting. The inherent danger is the lack of information for voters to decide on candidates, no reporting on local government and relevant issues, and a subsequent lack of cross-ticket voting in elections. There are studies that show that without local news, there is more corruption, less voting, and a profound lack of information.

On a more hopeful note, McGowan described the nationwide development of nonprofit, nonpartisan, community-supported journalism. Membership in the Institute for Nonprofit News has grown from fewer than 50 to over 425 in the last decade. Having decided that it was well positioned to create a nonpartisan news organization to meet local news needs, WJCT created *Jacksonville Today* (also called *Jax Today*), a nonprofit local journalism service with a website and a free weekday and Saturday email newsletter. It is funded by contributions from various foundations, donations, and limited advertising. This WJCT model has been copied in many cities elsewhere in the country. Although a small effort at present, an increased reporting capacity, expansion of audiences, addressing community feedback, and developing diversified revenue streams are in the publication’s future. (For more information and to sign up for *Jacksonville Today*, go to jaxtoday.org.)

The event concluded with a lively question and answer session.

Jeffrey Broussard and the Creole Cowboys

By Isobel Spink



Photos by Ed Hollender and Jackie Smith

What a great finale to our summer concert season! Jeffrey Broussard and the Creole Cowboys treated us to dynamic traditional Louisiana zydeco music with his three accordions, his fiddle, and his accomplished partners. One theory about the origin of the term “zydeco” is that it derives from the Louisiana French pronunciation of “Les haricots sont pas salés” (“the beans are not salty”), a popular Cajun dance tune. Wikipedia describes Zydeco this way: “Zydeco is a music genre that was created in rural Southwest Louisiana by Afro-Americans of Creole heritage. It blends blues and rhythm and blues with music indigenous to the Louisiana Creoles.”



The drummer, Colby, is Broussard’s nephew. Broussard’s older brother, bass guitarist John, never changed his expression for the entire 90 minutes. The guitarist was Ronnie Dunes. Tony McCoy played the Creole washboard, called a frittoir or rubboard, putting a small hole in it with his vigorous strumming. Zydeco music offers a range of tempos, mostly fast, but some members of the audience took advantage of the slower songs and even some of the fast ones to cut the proverbial rug.

Broussard has a tremendous voice range and wowed us with his singing, accordion playing, and fiddling, even with a toothpick in his mouth! I learned that it takes real physical strength to operate a large accordion. Dressed in jeans, a cowboy hat, beautiful belt and shoes, and a silver cross around his neck, Broussard led us through electric jazz, mournful blues, and zydeco pieces.

The band members live in Opelousas, LA, the capital of zydeco, and the Creole Cowboys do a memorable job of promoting the very special music of this area. Those in the large Johnson Hall audience unfamiliar with this traditional music heard and learned a wonderful lesson the afternoon of September 6.

Jacksonville Airport Art Gallery Visit

Text and photo by Chet Davis



Amongst the eateries and shopping opportunities at Jacksonville’s airport, there is an art gallery. For the last three months, the gallery has featured the work of Atlantic Beach artist Scotie Cousin.

A group of Fleet landing residents ventured out to the airport on August 20 to see the exhibit and to have the opportunity to interact with Cousin. He provided a history of his artistic journey that commenced in a creek near his home in Texas. There, using clay from the creek bed, he made a sculpture. When asked about his artistic training, Cousin responded that he had only two high school classes, and then he ventured out on his own.

Twenty-three artworks were mounted on the walls, and many other of Cousin’s creations were on tables and hanging from the ceiling. His artwork is whimsical, intriguing, and easy on the eye. Cousins also tries to achieve a sense of motion within many of his works.

Those who walk about our campus will find several of Cousin’s critters climbing trees or wandering near bushes. Keep your eyes open! (Hint: Check out the palm tree between 5801 and 5802.)

After more than an hour of conversation and perusing, the group retired to the Green Papaya for a delicious Thai lunch. On the way back to Fleet Landing, the bus detoured to Cousin’s house, where the artist gave a tour of the house and his famous garage, which is full of his art.

It was a very pleasant outing for everyone.

Welcome Aboard

8238 Alison Blake and Art MacCord (June)



Alison Blake and Art MacCord are recent globe-trotters who have joined the Fleet Landing family. They had just returned from a three-month cruise when they got word that an apartment in the 8000 Building was available. They put their home in Greensboro, NC, up for sale. It sold in 36 hours!

Then, they began the downsizing process, which almost everyone here has experienced. They chose to keep items that represented their families and were most precious to them personally, which included a treasure trove of paintings by Alison’s and Art’s mothers. They admitted to helping keep Atlantic Storage in business, having a storage unit filled with “pending” placement items.

Art says he was an Army brat and lived all over, but ultimately got his undergraduate degree from the University of Virginia, followed by a law degree from George Washington University. He practiced patent and trademark law in DC. Had he and Alison not met there, the chances of their paths crossing would have been slim, since Alison is a true downeaster, having been born in Maine and having lived in several northeast states before getting her degree at Penn State. She was working at the Federal Energy Regulatory Commission when Art whisked her away to North Carolina, where he practiced intellectual property law for over 40 years.

They share their home now with Emma, their 14-year-old cat. She is the last of the many “barn cats” which Alison sheltered. With Art’s acquiescence, the third bay of their garage became a retirement home for their feline friends, complete with a tunnel to an outside protected “catio”! However, even Miss Emma seems to be enjoying her new Florida home.

—Carole Watson

1105 Judy Bartlett (June)



Conversations with Judy Bartlett are as crisp and nourishing as a well tossed salad. Her father was a captain in the US Navy and, as a result, she was exposed to a life filled with a broad range of experiences. She graduated from high school in Naples, Italy, where her teachers encouraged students to take a deep dive into the humanities. Another high point of being in Italy was the bonding that occurred with her siblings as they traveled, lived, and learned to

love being together.

Having been bitten by the travel bug, Judy vowed to return to Europe when her family moved back to the States. After graduating from with a B.Sc in special education for the emotionally disturbed and a B.A. in psychology, she headed to London, where she lived and worked for a decade.

Returning to the US in 1980, she moved to New York City and worked for the Department of Education (District 75, Special Education) for 32 years. She was assigned to P162M, a junior high for emotionally disturbed students, where she was a teacher and co-ordinator. She states, “It was as if the job was created for me.”

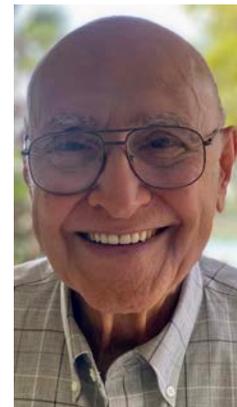
Behavior modification became her passion. She did post-graduate work at Columbia University in the evenings.

Upon retiring, she moved to Amelia Island, FL, and there discovered Fleet Landing. Here, she loves the climate and the array of activities: dancing, swimming, reading, sightseeing. She has an emerald green thumb, and her patio is full of lush potted plants. Her apartment abounds with “treasures” from her travels.

—Victoria Freeman

8323 Fran Calverase (June)

Fran moved here from Babcock Ranch, FL, which is near Cape Coral. He lived there for nine years with his wife, Judy, who, sadly, passed away last year.



Born in New York, Fran attended the US Military Academy. He served 21 years in the Army, and was stationed in Germany, Vietnam, and Korea. Upon his return from Germany in 1964, Fran taught English at the academy. Following his Army service, he directed the Junior ROTC at the Scotland School for Veterans’ Children in Chambersburg, PA, eventually becoming the school superintendent. Following that retirement, Fran did home inspections and sales at Lowe’s, as he had been in construction in the Army.

Fran is a huge geode enthusiast, and his apartment is filled with gorgeous, colorful stones from all over the world. His other joys are his two Shih Tzus, Trouble and Sprite, age ten and eleven. The Calverases raised and showed Shih Tzus for years.

Fran and Judy had four children—three of their own and Marianne, a Vietnamese-Swedish girl adopted in the ’60s. Fran started visiting Marianne at her orphanage when she was 18 months old and finalized the adoption when he returned from Vietnam. Fran picked up Marianne, now two, in San Francisco, CA, bathed her in the men’s room sink, and took her home to meet her new mother, Judy. Marianne, a very talented artist, was in the Air Force and now lives in Georgia. Fran also has three grandchildren, one

(continued on next page)

Welcome Aboard

(continued from preceding page)

in Chicago and two in Portugal.

He loves music, dogs, woodworking, and carpentry, and he has already joined the Woodworkers.

Welcome, Fran. You'll be a great addition to Fleet Landing.

—Isobel Spink

MOSH Planetarium: Black Hole Basics

By Mary Durkin

Photos by Mary Durkin and Ann Bell



Left: Crab Nebula.

Right: Sagittarius A.

It was time for another Fleet Landing visit to the Museum of Science and History (MOSH) on September 18, when 19 residents set out on a finally-sunny day for downtown Jacksonville. Getting there at the opening hour, we were able to roam the museum at leisure to enjoy new and ongoing exhibits until the Bryan-Gooding Planetarium program was to start at 10 am. One of the exhibits that was very moving and notable was A Holocaust Family History, told by a second-generation Holocaust survivor about her family's survival and loss. At 10 am, we were all lined up and ready at the Planetarium, scurrying to the best seats in the back and settling in to listen to the dulcet tones of

Eddie Whisler, Director of the Planetarium.

Whisler started out by showing us the sky view of the Taurus constellation. It was in this constellation in 1054, that a Chinese astronomer made note of a very bright explosion that could be seen in daylight, now called a supernova. Such an explosion occurs when a very large star dies and leaves a black hole and remnants of dust and clouds called a nebula—later named the Crab Nebula in this case. Because of the brightness, this occurrence in 1054 became among the most studied objects in astronomy over the centuries and to this day, leading to ongoing new discoveries.

A black hole is a region of space where gravity is so strong that nothing can escape. Supermassive black holes may form by absorbing other stars and merging with other black holes. There is consensus that supermassive black holes exist in the centers of most galaxies. Our Milky Way's largest black hole is called Sagittarius A, four million times more massive than our sun and 27,000 light years away from Earth.

Trying to absorb all this information leaves us scratching our heads. And rightly so, as Whisler points out. Every time scientists determine a fact about the universe, it results in more questions. Therefore, we will never stop learning about the universe. That is why there is always another MOSH visit planned on the Fleet Landing calendar.

August WELLInspired Learning Series

By Enith Vardaman



The two speakers at the August WELLInspired Learning Series talk on the topic "Bladder Matters" were Chris Lester and Dr. Deborah Gordon. Lester is a Wellness Coach and Integrative Movement Specialist as well as a Pilates and barre instructor at Fleet Landing. Gordon is Fleet Landing's Home Health Administrator and Director of Rehabilitation.

Lester, who discussed the importance of strengthening pelvic floor muscles, pointed out that men also have pelvic floor muscles. Not strengthening these muscles can cause increased urinary incontinence. She cited a number of consequences, including urinary tract infections, the risk of falls from rushing to the bathroom, a decrease in quality of life, and the financial impact of the cost of supplies. She encouraged staying well hydrated

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August WELLInspired Learning Series

(continued from preceding page)

and doing Kegel exercises (pelvic floor exercises).

Gordon discussed factors that contribute to incontinence, including age, surgery, disease, and strenuous activities without proper body mechanics. Her suggestions for avoiding the fall risk associated with incontinence included non-slip mats and nightlights to make trips to the bathroom safer, pelvic floor exercises, medication review for those that can affect balance or cause dizziness, and shoes or slippers with a good grip. She said that someone experiencing incontinence should talk to a doctor about physical therapy for the pelvic floor. She noted that Fleet Landing has trained staff to help gain improved control of pelvic muscles.

September WELLInspired Learning Series

By Victoria Freeman

Casey Harlow, a Doctor of Physical Therapy with Fleet Landing's rehabilitation services, was the speaker at the September 18 WELLInspired Learning Series talk. His presentation, "Fall Prevention Is Always in Season," revealed that he is also an accomplished stand-up comic. While being very serious about the subject matter, he entertained the Johnson Hall audience with occasional dad jokes. The puns evoked groans and



laughter.

Harlow cited fall risks in the home, such as loose wires and carpets as well as pets who weave in and out of an owner's legs. He also noted chronic conditions that contribute to fall risk, including diabetes, Parkinson's, stroke, arthritis, COPD, pain, depression, and sleep disorders. Other fall risk hazards include medication interactions, a decrease in strength and balance, and dehydration.

Harlow also enumerated a number of things that can be done to reduce fall risk, including a clutter-free home; bright lighting and nightlights; supportive, non-slip footwear; and physical activity, such as going to the gym or participating in Fleet Landing's exercise classes. A pharmacist or doctor can help by reviewing medications for fall risk side effects. An occupational therapist can do a home assessment and make recommendations to make the home safer, and a physical therapist can help with physical activity, balance, strength, and moving safely.

Harlow's solid information was appreciated, and the dad jokes left his audience smiling.

Editor's note: The slides from these talks are available on Fleet Link. Go to "Fleet Landing Presentations" and then "WELLInspired Learning Series."

String Quartet Showcase

By Nancy Lundgren



What a delightful change for Fleet Landing residents to have a Saturday morning chamber music concert. Four members of the Florida Chamber Music Project (FCMP), which is celebrating its 12th season, played two high-energy compositions that delighted the Johnson Hall audience on September 7. The four musicians were Susan Pardue (Artistic Director and violist), Ingang Han (violinist), Laurie Davis Casseday (cellist), and Victoria Stjerna (violinist).

Pardue introduced the first composition, Joseph Haydn's String Quartet Op. 76, No. 2, with some interesting background notes about Haydn's life at the time. She also pointed out some specific elements to listen for within the piece. Op. 76 has been described by musicologists as Haydn's greatest work in this genre. It showcases the best of quartet music with its "introductory flair, bold quasi-orchestral textures, more amplified drama, and the true arrival of the furious, muscular scherzo" (Kai Christiansen, founder of earsense, a chamber music exploratorium).

The second composition, String Quartet No. 1 by Béla Bartók, took a storytelling approach in its musical format. It is an exciting pause-free, three-movement form that makes the work feel like a long narrative of increasing energy, culminating in a final movement full of spirit and meaning.

The FCMP's official season began on September 8 with a concert at the Beaches Museum Chapel. For information about the group's 2024-25 performance schedule, please see the website flchambermusic.org.

One Outing, Two Activities

By Carol Smith

On the morning of August 3, a dozen residents traveled with Wellness Services Manager Mary Faria to the Saturday Riverside Arts Market in Jacksonville. Because it is located next to the Cummer Museum, folks were able to take advantage of the free admission day to explore the exhibits there in addition to checking out the variety of merchandise at the market. Offering an assortment of international foods as well as arts and crafts along with entertainment, the market is a favorite weekly attraction in Jacksonville. Some vendors accepted the invitation to display their wares at Fleet Landing's Farmer's Market on August 14.

Library Notes

By Enith Vardaman

The Library Committee thanks its recent donors: Judy Crist, Don Husmann, Ardith Lashell, Ann Linn, Shirley Putnam, Mike Purinton, Nancy Russell, Roma Stephens, JoAn Tetrick, and Bea Waltermann.

Thanks to the generosity of resident GG Cassels, the library has two copies of *Pioneer Family: Life on Florida's Twentieth Century Frontier* by Michel Oesterreicher. She was the aunt of Fleet Landing Medical Director Dr. Mark Messinese, whose June 28 Johnson Hall talk about the book (see *FLEET BEAT* July 2024, page 1) left many eager to read it. When the library first tried to order the book, it was sold out at Amazon, necessitating the wait for a new shipment to arrive. One copy of the book can be found on the Fleet Landing Authors shelf. (Books whose authors have an affiliation with someone at Fleet Landing may be placed there.) The other copy can be found under History in the Florida classification.

Resident Nancy Sander has generously donated a copy of *All Is Not Lost: General Ennis Whitehead's Turnaround Leadership, Ingenuity, and Resilience in MacArthur's Air War* by S. B. Whitehead, Sander's sister-in-law. General Whitehead was Sander's grandfather. The book can be found on the Fleet Landing Authors shelf.

Reminders: Returns and donations should be placed on the wooden cart located between the Library Office and the library. No more than five books a week should be donated. Do not donate oversize books, and do not re-shelve books yourself. The Library Committee appreciates that most residents are respectfully observing these guidelines. This is why it was disheartening to find a donation of two boxes with a total of about 25 books, and the boxes were left at the end of the library nearest the lake, not where donations are supposed to be left.

National Security Issues

By Bo Smith

Jane Harman spoke to the World Affairs Council (WAC) at the University of North Florida (UNF) on September 30, and her presentation was simulcast to a large audience at Johnson Hall. Her topic was "Confronting Complex National Security Issues." Harman served nine terms in the US Congress and was the ranking member of the House Intelligence Committee. Upon retirement from the House, she served as president of the Wilson Center and chair of the Senate Commission on the National Defense Strategy. She is presently a trustee of the Trilateral Commission.

Harman's message was that after the US won the Cold War, we let our guard down. We de-emphasized military preparedness and intelligence gathering. We smugly felt we had silenced the Soviet threat and squelched terrorism, but then came September 11, 2001.

That was a wake-up call, but we barely woke up. Harman believes we now face a massive and imminent threat from what she calls the Axis of Grievance, the countries China, Russia, North Korea, and Iran, whose strategic goal is to change the world order established by the US and its NATO allies. She believes that the next conflict will be cyber warfare and that we are dangerously unprepared. Our success depends on a much larger investment in technology, defense, and intelligence. This includes strengthening NATO, rebuilding alliances in the Indo-Pacific, and more effectively coordinating security interests within our own agencies and with our allies.

The next WAC presentation, "China and Its Place in the World" by David Rennie, will have taken place by the time you are reading this. On Monday, November 4, General David Petraeus will speak on "The Future of Warfare." Residents can attend in person at UNF or by simulcast in Johnson Hall.

September MOAA Meeting

By Chet Davis



LtoR: Jackie Smith, Rory Diamond, Pat Kluever

Pat Kluever, president of the Historic Mayport Chapter of the Military Officers of America Association (MOAA), presided over the September 23 meeting in Johnson Hall. Fleet Landing resident Jackie Smith introduced the guest speaker, Jacksonville City Councilman Rory Diamond, who represents the Beaches. Diamond, currently the Managing Principal of Overbrook Ventures LLC, has also been the CEO of K9s for Warriors, a program that has grown in national scope and is being copied worldwide.

Diamond, who has been at Fleet Landing several times, updated the audience on various city budget issues and some near-term plans for the Beaches, the most impactful of which is the upgrade of Penman Road. He cited the upcoming Jacksonville City Council meeting to pass the budget. He explained at length why he had opposed various budget items, to no avail. He cited the increasing deficit, the use of rainy day funds, and the unsustainability of the budget in the coming years. Diamond feels strongly that there are better areas

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September MOAA Meeting

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where the budget could benefit Duval County as a whole.

Diamond also discussed his recent experience as a Judge Advocate General (JAG) Officer with the Florida National Guard and the US Army and his recent deployment in the Middle East. His task was to serve as Chief of Military Justice, but it changed dramatically with the October 7, 2023, invasion of Israel by Hamas. He quickly began assisting in the departure of American citizens from the region.

During the question and answer period, Diamond addressed the future of the Anchor Academy (an elementary school that abuts Naval Station Mayport), the interlocal agreement between Jacksonville and the Beaches, as well as the new stadium and 30-year Jaguar commitment.

Introduction to the St. Johns River Management District

By Chet Davis

On September 30, resident Jackie Smith introduced Doug Conkey, Intergovernmental Coordinator for the St. Johns River Water Management District. He presented an overview of the District's four mission areas: water supply, water quality, flood protection, and natural systems.



Much of the presentation focused on water supply and the importance of husbanding our water resources. The population within the District, which covers over 12,000 square miles and includes all or part of 18 counties, is expected to grow by one million residents by

2040. Water is a finite resource, and Conkey pointed out various ways that water resources can be increased, such as conservation, reclaiming, and protecting existing sources from overuse.

Water quality is constantly monitored and based on sound science, with over 16 million samples taken yearly. Artesian wells can adversely impact the quality and quantity of water. Capping unused artesian wells has returned over 800 million gallons of water to the aquifer. Flood protection includes levies and dams. The District's stewardship of natural systems includes lands owned by the District and natural lands and waters within its boundaries. They are wild and scenic places that are usually open to the public year-round for activities such as bicycling, primitive camping, fishing, hiking, and horseback riding. They also help protect threatened and endangered plants and animals.

This Johnson Hall lecture was a wake-up call for some and a valuable insight into a government entity with a mission of benefit to all.

Free Mushrooms for Currents!

This is what occurred to resident Jackie Smith when she took this picture of mushrooms conveniently growing just outside Currents.



Condolences

FLEET BEAT photographer Ann Bell took this photo of Mac McQuiller of Safety and Security on September 24, the day after the devastating 47-10 defeat of the Jaguars at the hands of the Buffalo Bills. McQuiller is a fan of the Bills (the Bills Mafia tag he is wearing is one sign of true team fandom), but he sent his condolences to fans of the Jaguars.



November Issue Preview

FLEET BEAT reporters are going to have a particularly busy October because of an exceptional number of major events to report on: a new art exhibit in Windward Commons, the Fleet Landing Follies, Coffee and Conversation With Josh, and the Military Ball.

Lake View Has Reopened!

With the reopening of Lake View, the final piece of the Coleman Center renovation is in place. The formal reopening on October 1 was preceded by a soft opening. Smiles abounded.



LtoR: Perry Brown, Merlita Tablada, Chris Gotschall, Rachel Carmack



Staff in the new kitchen

