

Visit your Web-Sites <[fsugymnastics.org](http://fsugymnastics.org)><[tallahassee tumblingtots.org](http://tallahassee tumblingtots.org)> **Mike Mann, Webmaster**  
(Which also includes all back copies of the FSU Gymnastics Newsletters?)

**FSU Gymnastics Records** ( [http://www.geocities.com/nolefan\\_fsu/summary/](http://www.geocities.com/nolefan_fsu/summary/) ) **Robert Perrone, Webmaster**

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### ANNIVERSARIES

Chick & Jennie Cicio	58 years, 59 in April, 09	Claire Essig & Dick Traynor	43 years of marriage
Don & Connie Holder	57 years, 58 in August, 08	Yoshi & Haruyo Hatano	44 years, 44 in Oct. 08
Benny & Carolyn Wallace	55 years, 56 in May, 09	Nancy Lamb & Bob Durocher	43 years, 44 in Dec. 08
Carmine & Daneen Regna	53 years, 54 in August 08	Dick & Susie Gutting	39 years, 40 in June, 08
Jim & Marlene Jackson	52 years, 53 in July, 08	Bill & Carol Beavers	40 years, 41 in July, 08
Don & Patsy Rapp	51 years, 52 in November 07	Terri & Cheri Morris	38 years, 39 in 08
Sam & Topsy Bailie	51 years, 52 in June 08	Wayne & Heather Thompson	38 years, 39 in January 09
Jon & Boots Culbertson	50 years, 51 in June 08	Derek & Nancy Lawler	35 years
Jay & Ellie Schwarzman	50 years of marriage	Gail & Bill Whitney	36 years, 37 in August 08
Roger & Tamara TuckerWebb	50 years, 51 in November 08	Harmer & Magdalena Weichel	34 years
Jack & Almira Sharp	47 years of marriage, October	Andy Anderson & Curtiss Long	32 years
Lennart & Karsthin Malmlin	47 years of marriage	Jimmy & Janie Hanks	29 years, 30 in November 08
Beverley & Bill Beaton	47 years, 48 in Sept. 08		

### FSU Gymnastics Reunion

May 23rd – 25th, 2008

***Block out the above dates on your calendar and start preparing. The reunion keeps getting bigger and better each year & we anticipate that this year's will be the best yet. Lot's of interest, enthusiasm and organization***

**Chick & Jennie Cicio | 54-59 | Re: Letter from Billie Price to Beverley Cude Beaton**

"Hi Jack....What a beautiful lady. I can almost see and hear Billie.

Her letter seems to come to life. I'm trying to think back as to what we (Jen & I) experienced upon arriving on campus.

We started out in student housing on campus, then got an apartment, house, sort of a dorm(a foundation with some sort of barrack standing on it etc. in West Campus). The price sure was right \$10.00 a month. Don & Connie pushed us in the right direction to get started. Remember the first great dinner we had...."Raisin bread and Guava jelly" Remember a box of food left for us often, sure it was from Doc.

There is so much to remember, a lot of good stuff and then some not so good. I remember our bathroom in West Campus was painted "Red, White and Blue" our neighbors were Don & Connie, Bob and Bev Murray (then), Al & Agnes Ruda, Now I'm sure the saying is the "Mind goes First"

I'm sure there is a lot more I can't seem to remember; however, this was the beginning of a new life Doc gave me and family. No matter what "ALL" transpired, I myself and family will always be grateful for the opportunity given us....Thanks for the Memories"...The good and also the bad as life seems to work that way. Ciao & God Bless...Chick" {For those who don't know what the "Barracks" were like.... they were the about the size of the portable classrooms that schools use today. They contained four very small apartments for married students at the former Dale Mabry Field (Former Air Force base Medical buildings and dorm quarters for the pilots.) Great memories of when Don Holder had filled with water the remaining above ground basement of one of the buildings whose structure had been removed. Thereby he created a nice spa for us all.

**Jay & Eleanor Schwarzman | 51-55 | Reunion Dates**

"Jack, Thank you. I got Billie's letter to Bev and the newsletter. Billie's letter brought back a flood of memories and I could almost hear her

saying what she wrote to Bev. By the way, I noticed that this years reunion is May 26th - May 28th.. If that is correct, it would be on Monday, Tuesday, Wednesday instead of the one's I was able to attend before which were on Friday, Saturday, Sunday....Jay {Jay, you are the only one so far that was alert enough to catch the dates. You are correct the dates are wrong. It should read Friday Saturday and Sunday. May 23<sup>rd</sup>-May 25<sup>th</sup>... Memorial Day Week-end. Thanks for catching that...I know now at least someone reads the Newsletters. make it a fun day. Jack.....jmm}

**Stu Goldberg | 58-62 | Stu joins our cyberspace**

"Yo Jack: Now have a notebook computer trying to learn how to do it.

Have two (count 'em, TWO !) email addresses at which you can send anything of interest.[Kemo-sabe@att.net](mailto:Kemo-sabe@att.net) and/or [kemosabe32@yahoo.com](mailto:kemosabe32@yahoo.com) {"Thanks Tonto and gettum up Scout"....jmm} And if you ever think about it, try to find out if anyone ever might have taken a film of the old Gymkana Show circa '59, a bloody miracle if anyone did that. I'd pay anything for a copy to see if my one arm act was filmed then. I was even thinking of an ad in the Tallahassee newspaper. But it was eons ago...

I'm still up-ending nightly at the gym, but no place to bounce. Got a wonderful comment by a young Chinese Kid a while back. As he was watching me go through my warmup/stretching routine, he said "Your body moves like water." I loved that one..very oriental. Stay well, love, Stu"

**Mike Mann & Fran Millians** | **57-67** | **Re. Email to Bob Perrone Researching FSU Women Olympians** "Bob -Thanks for the earlier information

on Rawls after seeing it I remembered reading it in the Wakulla magazine we get every month that the judge does those for. According to the article she was not an FSCU student when she competed in the 1936 Olympics but started school a week afterward.

This prompts a second question, do your records indicate that there was another female Olympian before Gail Sontgerath in the 1960 Olympic games? However, I do not believe Gail was on a FSU women's team before 1962. At least not by the team photos on our web site. Mike"

**Bob Perrone** | **FSU Historian** | **Katie Rawls FSU Olympian** Mike, I had known about Katie Rawls through Judge Joanos. Unfortunately my records for FSU women's athletics are pretty spotty before the late 1970s. Women's athletics weren't even part of the FSU athletic budget until the spring of 1973. Several years prior to 1973 the women received a little bit of money from the FSU Student Government, but otherwise the women athletes pretty much paid their own way and their accomplishments are hard to find.

By the way, I did find a small write-up about the women's gymnastics team that you might find interesting:  
" Women from Florida State University formed the first gymnastics team from the south to enter the NAAU competition. Team members, Paula Rowe, Ann Tucker, Connie Holder, Frances Stokes, Dorothy Rich, Barbara Ann Vickers, Barbara Rynski, and Gladys Calvetti competed in a variety of events. With the use of hoops, they performed calisthenics routines "involving precision, judgment, poise, balance and ballet movements" (Florida Flambeau, 1 May 1953). The group won the drill team title, while Rich took fifth place in the balance beam event (Florida Flambeau, 5 May 1953).

A recommendation went out from Dr. Montgomery that the regulations concerning women's participation be enforced. The regulations were interpreted to mean that: "All women now under Dr. Price be forbidden to continue in this group. The Physical Education for Women's faculty will be responsible for reaching, organizing and conducting, coaching and officiating all gymnastics activities at Florida State University. (Montgomery, Letter)" {Of course they did not have our expertise in gymnastics....jmm}

**Jack Miles & Nancy Dye** | **50-58** | **Email to MikeMann about the above** { When I was named Interim Coach of Gymnastics Dr. Miller, Dept. Head of Physical Education & Recreation gave me a list of persons that Doc and he had come up with on gymnastics scholarships to offer for the coming year. He also handed me a letter from a girl from Arkansas named. Lorena "Annie" Eastham with her name and address on it and said., "Take care of this girl also". Very eager to please my new "boss". I thought he was saying to add her name to the list of scholarships because that is what he wanted. I wrote and offered Annie a very small "Scholarship" and she accepted. The list was approved by Dr. Miller and Annie became the first girl on the men's gymnastics scholarship allotment. No one complained and I have never heard beans about it from anyone. Thereby, Annie became a great showgirl in Gymkana, but never competed as a gymnast Jack....He said, Take care of this girl also". I did.....I married her.....such is my style.....jmm}

Mike: Interesting note, Jack Sharp's wife, Almira, was Dr, Millers Secretary and should be a great resource. As you know she is on our mailing list and a very bright woman. Jack

**Claire Essig (Mrs. Dick) Traynor** | **59-62** | **Looking forward to the reunion** "Jack, I do enjoy reading the newsletters. You always make me laugh with all

your comments replying back. Of course, you make my day, so do all the other wonderful gymnast friends I have made. I only wish we could get them ALL to the Reunions, especially Dick Gutting, {I'll bring Dick...jmm} Benny Wallace and Jimmy Tanaka. Would love to see them again. Enjoyed the note from "Aunt Billie" to Bev. She was always long winded! Coach and Aunt Billie wrote me post cards and letters also over the years, but I have thrown them away. I did find, one day, a small old brown autograph book I had in the 1950's with autographs from some of you "old time" gymnasts when I was a "Tumbling Snot" (a nick-name for us which some of you may recall). I have always remembered our Gymkana show trips, especially to Little Rock, Arkansas riding in that old yellow school bus with Don Holder playing the Ukulele. What great memories all these years!

I am enjoying my retirement working out in the Premier Gym with water aerobics, walking a mile around the track and doing a "Juggling" class with Don Rapp. I haven't juggled in 55 years since my "Gymkana" days!!! Don Rapp makes it so much fun again! Take care and I hope to see you at the Reunion again in May. As always, Claire"

**Jack Miles & Nancy Dye** | **50-58** | **Who loves you** "A. Put your spouse and your dog in the trunk of your car and an hour later open the trunk and see which one is happy to see you.

B. I saw a film clip on the internet where this Teter Board troupe (You know where the acrobat stands on this see-saw like board and others jump on to the other end sending the first guy flying) was performing. Well the flyer did SEVEN somersaults in a row and landed to a stand on a crash pad. I played it over and over counting the somersaults. Sweet Jesus

C. Since I started this Newsletter I have sent out 184 pages (Including this page) of news about our group. I was feeling pretty proud of myself until I factored in the days it took for me to complete and put it in print. Then my bubble burst. I determined it took me a week to complete a little over one page.....One page a week ..Yuk! Where is that book you and I have been planning to write...jmm}

<b>Leigh Heisinger</b>	<b>57-61</b>	<b>Quote of the month</b>
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Jack, "God, it is terrible to forget things. I had to go and buy some more memory for my computer the other day. Wish I could do it for myself BEFORE it all

disappears...Leigh"

<b>Almira (Mrs. Jack) Sharp</b>	<b>51-53/60-62</b>	<b>Almira was a blonde too</b>
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I sent out an email video to a select few where this woman typist who was typing on a computer key pad, swept the

computer and monitor to the side and off the desk when it was time to "shift" for the next the next line...like in the "old days" you had to push that lever to the right when it was at the end of the line. Almira's response, "Oh my, I loved that! I remember the first time I used an electric typewriter and had my left hand resting on the end of the carriage, and when it hit the end of the line and automatically shifted it smashed my watch against the side of the desk."

{Almira met Jack in High School and it made me think of one of the things I remember most about my High School years was how hard it was to get my Italian girl friend's lip stick off my face after a night of "Kissy Po". Back in those days they meant that stuff to stay on forever. If you rubbed hard enough to get it off you made your lips all red and raw anyway. There was a whole army of red-lipped smiling boys in my High school.....jmm }

<b>Bette Davis</b>	<b>Movie star's great quote</b>	"Old age is not for sissies"
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<b>Oscar "Bob" Brock</b>	<b>58-61</b>	<b>RE: Email sent "Take me back to the 60's"</b>
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"Thanks Jack for the look back. Something I never mentioned in prior writing to you: I own two houses

completely done in Fifties furnishings and decor. My homestead on beautiful Lake Helen near Deland was built in 1955. The Melbourne, Florida house was built in 1959 and has the original terrazzo floors, cathedral ceiling with exposed support beams and both houses are full of Heywood -Wakefield furniture, space age style lamps, ash trays and do dads. I have turquoise stove, pink refrigerator and eat on Franciscan Starburst dinnerware with Twinstar stainless flatware. My library is full of Beat Generation literature and books on Fifties modern architecture and furniture. My parents lived the Fifties in a traditional ranch with conservative Colonial furniture and voted for Ike. Modern was for me exotic and exciting so I am finally living my dream. I decided to stay in Lake Helen so the Melbourne house is for sale (plug) at a mere \$130,000. Only ten minutes to the beach. Again, thanks for all you do. I love to hear from all the guys and gals from our halcyon FSU days. Oscar Brock

<b>Bill &amp; Carol Beavers</b>	<b>57-61/69-70</b>	<b>RE: Call to Wayne Thompson (Jan.)</b>
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"Jack, just talked to Wayne. He sustained a neck fracture during a fall that went undiagnosed until

fairly recently. His is in a neck brace. He is not able at this time to use the computer efficiently and uses a special speaker phone set up. His number is 804 526-6099. He retires early (7pm), so it may be best to try to reach him some weekend afternoon. He would love to hear from you. If you can't find a good time to call, he can read his e-mails, just can't answer them.... Sounds like he will be in the neck brace for a few more months. Bill"

{Just got off the phone with Wayne. He is finally pain free. In mid-December at the top of a flight of stairs he missed his two handed grab for the stair railing. With only one hand hold he lost his balance and fell over his walker and crashed down the stairs landing head first on concrete. He experienced an explosion of pain and when taken to his regular Doctor who misdiagnosed the injury. Wayne was told was just a bad sprain.....After enduring pain for six weeks throughout the holidays and new year he finally went to another Doctor and this new, young (Cum Laude) Doctor had him examined with all the mechanical scans necessary and new techniques of positioning his body during scans determined that indeed Wayne had broken his neck and was immediately put into a neck cast.....Fast forward to today almost five months later.... his last, very good news examination, showed that he is almost completely healed but still has to be careful.....at least he is now pain free. We almost lost the guy.....one bad move and the fracture could have worsened....Surprise..he no longer goes to the first doctor.....Tid-bit of info. Wayne's father built and owned the famous Morrison's Air Field in West Palm Beach and it was on this field that his father taught him how to drive a car...this after Wayne was told he would never be able to drive a car and surprised his father by riding up unattended to his father on a motorcycle. The father chose the better of two options...teach him to drive a car or permit Wayne to continue to ride the motorcycle.... a deal was struck.

Wayne can receive email but at this time cannot "reply" because his neck brace does not permit him to view the monitor as he types. He thanked Bill and I for calling and hoped that some of you would give him a call sometime. He is in good spirits and he put me in a good mood too.....jmm }

<b>Don &amp; Connie Holder</b>	<b>51-57</b>	<b>"Whose's on first"</b>
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"Jack, our discussion previously must have gotten tangled. To my knowledge, Bill R, made the '48 team (London) while at U of Ill.

In '52 (Helsinki) Bill and I made the team (Penn State). Bill placing 5th with me in 4th place. Does that clear things? Don't forget you and I were the first to make the second Pan Am team in '55. Don" {How could I forget, I got Montezuma's revenge in Mexico City and passed out cold in practice. They dragged me to my bed and my teammate, Don, gave me a back rub to help ease the intense back pain....a debt I can never fully repay. ... If I ever save up enough money to return to Mexico...I am going to Canada to see.. Bev...jmm }

<b>Charlie Christian</b>	<b>55-57</b>	<b>Sedge way into "Teammates"</b>
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"Jack, You may post this one.....Fellow former FSU Gymnastic

Team and Gymkana members. I only attended FSU during '56-'57 but I was privileged to meet and know some of the best there were.

Not being an outstanding gymnast I didn't do too much to enhance the Gymnastic Competition Team who set outstanding records however I had a great time knowing them as well as working and touring with the Gymkana troupe. We own our sincere gratitude to Jack Miles and Mike Mann respectively for what they have accomplished by keeping us informed through their gracious and tireless

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efforts providing us with the outstanding FSU Newsletter and FSU Gymnastics website. Talk about over worked and under paid! Many of those on Jack's email list weren't fortunate to meet during their time at FSU but I feel none the less we feel camaraderie rarely felt by others. After an email I sent to Jack a few years ago I feel honored he choose, with my permission, to incorporate a comment I casually made as a Newsletter lead in which seems to have stuck.

**“Once teammates, always teammates”** by Charlie Christian.

Although we may not meet again you will always in my thoughts, memories and prayers. My best, Charlie, [cbchristian@bellsouth.net](mailto:cbchristian@bellsouth.net)

**Jack Miles & Nancy Dye | 50-58 | It's in the blood**

{Most of you have met our son Chad at a past reunion or gathering and you also know one of the reasons I have so little free time is that as Assistant Tennis Coach at his St. Thomas Aquinas High School I take him to Tennis Practice three hours everyday after school and travel every week-end to tournaments around the state and have for the past six years.. Well last week Chad became a

**“2008 State of Florida High School Champion”**

**“FHSAA Boys Tennis Championships, Class 3A Boys Division 5 Singles State First Place Individual”**

For those of you, like myself, who didn't know.....the matches are played like this...Schools are broken up by Districts, Divisions,(Attendance count/size), and Regionals. Each school team submits five boys. 1<sup>st</sup> position player, 2<sup>nd</sup> position player, 3<sup>rd</sup> 4<sup>th</sup>, to fifth. Chad played in fifth position and as such beat every fifth placed position High School player in the state after winning undefeated in the County School Vs. School, District, Regional, and State Tournaments. ...Do I sound proud????...yeeaaahhh.jmm}

**Mike Mann & Fran Millians | 57-67 | “First State Olympians” Clarification**

“If you want to get technical, Rawls was not an FSU student she was an FSCW student. Joanos in his piece ([http://www.geocities.com/nolefan\\_fsu/garnet/seminole20.html](http://www.geocities.com/nolefan_fsu/garnet/seminole20.html)) pegs her to "Florida State" but FSU did not exist before the late 1940s. I do not think it is correct to attribute any student from FSCW as an FSU student. Also, she was not a FSCW student at the time she participated in the 1936 Olympics but started FSCU some weeks afterward. Same location, many of the same buildings but they were two totally different institutions. Joanos does his column for the Wakulla magazine each month so I don't it is widely circulated although it is available on the web obviously. I know some of the old FSCU students have reports in the Alumni News and there is our neighbor Kitty Hoffman who graduated from FSCW and then was a chemistry professor at FSU.

I would vote to drop the "male" and be prepared to argue that Rawls was not an FSU student if anyone raises the issue. I think we might be able to argue that Gail was the first female Olympian from FSU but I am not that familiar with other sports and their might have been someone else.

I am ccing Jack on this so he has the link and information on Rawls in case you didn't forward Perrone's note to him. I would be curious to hear his take on it and he needs to know about Rawls if he doesn't already anyway.

{I have been doing a little research on the internet as to who deserves the title of “First Team or Olympians” and I determined that there are 55 Colleges and Universities in the State of Florida. In 1950 there were only 19 (36 had not even existed yet). Of those many did or do not have an athletic program. A short query on my part will delete those with those who have or had no athletic program and those that ever won a National Title in any sport before 1950 or Olympian before 1952. That should be easy....will keep you posted.. ...I especially liked the article I read once that said basically that the FSU Gymnastics Team was the first “**non-black**” school to win a national title... We shall prevail.....jmm}

**Gail Sontgerath & Bill Whitney | 62-67 | Re: The reunion**

“Hi Jack: Thank you for the Newsletter-enjoy reading all the news. Wonderful.

Is it Ok to bring my daughter and grandchildren to the re-union? One is 3 and the other 7 months. They love the beach and would enjoy playing in the sand at Barbara's house. They would not participate in all the activities. If there is a dinner out (like before) would it be OK for them to come? It's in the planning stages so I thought I'd ask first. Also, I made a copy of the e-mail address you sent and proceeded to lose it. Please send another attachment with the e-mails. I did send Frank Dennard an e-mail but never heard back from him so he is either away or the address is wrong. I wanted Barbara's e-mail so I could ask her if it was OK with her, also to bring my gang.....Thanks a bunch. Gail” (I sent the requested list....and of course her family is welcomed. Isn't what most of us were all about...helping kids?.....jmm}

**Betsy Hosey | FSU | Varsity Club**

Mr. Miles – Attached is the information that you provided to Ed Fernald. Please review it and let me know if we are missing anyone. Thank you for your attention to this reunion.

**Betsy Hosey FSU Varsity Club P. O. Box 1353 Tallahassee, FL 32302 Direct Line: (850) 644-1123**

**Fax: (850) 222-bhosey@admin.fsu.edu varsityclub@admin.fsu.edu [www.fsuvarsityclub.org](http://www.fsuvarsityclub.org)**

**[www.seminole-boosters.com](http://www.seminole-boosters.com)**

{ The list I submitted was a compilation of all the male gymnastic team members who had ever attended a USA National Championships representing FSU. There is an attempt to honor them in the near future. See attachment, "FSU Nat'l Gymnastics Championship Teams".....jmm} If there is any addition please verify and clarify immediately. Jack

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**Ed Fernald | 50's | Email to Mike Mann – Oral History**

like the Gymkana members need to get on the record with this.

"Hi Mike, Thank you for all your help! A thought occurred to me... Have you all be participating in the oral history program? It seems Do you know of any members participating in this? Just curious. Ed"

**Mike Mann & Fran Millians | 57-67 | Response to above**

guy and gals at one time and place. If there is someone in the Miami area or they are going, there are a number of the old gymnast in that area. Several of them are reaching their 80th birthday in 2008 and are planning a joint celebration. Some in that area but not necessarily part of the 80 in 08 group are Dick Gutting, Don and Connie Holder, Jack Miles, The Regna Twins Carmine and Joe and Pat Signorelli. Joe Taylor who lives in Jefferson county is among that 80 in 08 group but will be having his own party at Dixie Plantation in Jefferson County May 10. I am sure many or all would be happy to participate."

"To my knowledge, no one is participating in that program. I would suggest the reunion as a good place to catch several of the

**Mike Mann & Fran Millians | 57-67 | Re: Email to Eddie Woodward, FSU**

FSU Gymnastics program. It was written by Tom Conkling a former team and Gymkana publicist and private published by Billie Price after Doc's death. It occurred to me that you should try to obtain a copy. It is a 122 page, 8.5 X 11 book and possibly some rare book dealer might have a copy. I just tried to Google it and also searched on Amazon and did not turn up anything. It is a bigger scanning project than I am willing to take on right now but if you have someone that could do it I would be happy to lend my copy for the time needed. Mike"....."

"Eddie - See the attached cover of *The Spirit of Gymnastics* a biography of Hartley Price and the

**Eddie Woodward | FSU | Email to Mike Mann**

will keep my eyes out for it on eBay or Amazon. I am a little overwhelmed at the moment but hope to incorporate one of the videos into the website. Currently, I am talking to someone more with more web skills than myself about overhauling and revamping the site. It is not quite as slick and professional looking as I would like it to be. We shall see. As you may know we are in the preliminary stages of creating a Heritage Protocol Museum. Additionally, we are creating a **Heritage Protocol space (mini-museum)** here at the library. Either way, there may be some exhibit opportunities for Gymkana in one of those locations. Anyway, we just had our first meeting about the museum. The renovations here at Strozier begin on April 28th. I will keep you posted.

"Hi Mike, I wanted to let you know that I received your package! Thanks for the information on this book. I see that Special Collections has two copies. I

PS-It may be worthwhile to consider a small write up for our next newsletter? It maybe that someone might have some leads in the hunt for the trophies? Thanks again!

Hi Mike, Thank you for all your help! A thought occurred to me... Have you all be participating in the oral history program? It seems like the Gymkana members need to get on the record with this. Do you know of any members participating in this? Just curious. Eddie" {Eddie Woodward...FSU Heritage Protocol Archivist...313-D Strozier Library...Florida State University...Tallahassee, Florida 32306-2047...Tel. # (850) 645-7988...ewoodward@fsu.edu.....jmm}

**Charlie Christian | 55-57 | Two gardners Is there a third out there?**

the <http://www.gardening123.com/> website as well as [gafaces@uga.edu](mailto:gafaces@uga.edu) next month. My best, Charlie" {Great reading by one of us...jnmm}

"Jack, Since you are so interested in gardening I thought this might interest you. My **attached** article will be on

**Mike Mann & Fran Millians | 57-67 | Dr. Montgomery's Mortar Board**

might be of interest to some of you, Dr. Katherine Montgomery's doctoral Mortarboard that she to all academic processions until her death and it was then worn by Frances Hall for several years. {What an honor.....jmm}

P.S. I had asked for a copy of the Heritage Protocol Newsletter us to peruse since Eddie had asked if we would write up something on the gym team and or Gymkana for a later issue. I would like to suggest that Jack make the first stab at working something up for them

Re: issue of the Heritage Protocol Newsletter. I noticed in the "Recent donations" section an item that

**Don & Patsy Rapp | 53-55/58-60 | Repeat, For those who do not have email**

I recently taught two classes of juggling to be a part of a Barbara Walters ABC 20-20 special, called Longevity. How much of it will get in to the final program is in question. But the producer told us our group will be represented. Air date: Tuesday, April 1, 2008 at 10:00 pm EST.

For those of you who want to know the whole story, read on.

"Exciting News -- Don Rapp

Two weeks ago, a famous Florida State University psychologist, Anders Ericsson called me. He said that an ABC 20-20 producer called him and wanted to come to Tallahassee with a camera crew for an interview. His field of research is the Acquisition of Skilled

Performance. The producer also asked if he had a way to demonstrate skill learning is a reasonable time frame with a group of 10 year olds to be contrasted with the learning ability of an older group. He said, "Well, I know this older juggler, Don Rapp, who might be willing to do just that." Of course, I jumped at the chance.

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So, two weeks ago I taught the two groups, one hour daily for three days. Three men and six women were in the older group; average age 79, with the oldest 90. Fourteen 10 years olds came after school.

The fourth day, Friday the 14th, Sara, the 20-20 producer, flew down from New York with two cameramen. We worked from 2:00 till 6:00 PM and contrasted the older with the younger jugglers. As you might expect, the younger group progressed much faster than the older group. But everyone in both groups progressed a great deal. I was over joyed. The three older men learned to juggle, while the women progressed much beyond my and their expectations.

Those of you who know me will understand that teaching others to juggle is not my end goal. My underlying goal is to present a motor task and ask any age person to work toward mastery. The neurological challenge provokes the brain and body to produce ever-better control. The person is healthier for the effort. The learning of a new motor skill generates new brain pathways, which in turn makes the whole brain better, i.e., more controlled.

The program will be aired on Barbara Walters special, ABC 20-20 show on Tuesday the first of April at 10:00 PM. The name of the special is Longevity. I can't guarantee that our little portion will get much airtime. But one thing for sure, all involved, even the parents of the children, enjoyed what working toward the mastery of juggling can do for their children. It is no different for the older group.

By the way, when we finished with the filming, I went I went to bed early and slept late.

What a privilege to know that an old dog can benefit from learning new tricks. As the Philosophers have said and here modified, *The journey is worth ever effort . . . to stay healthy and active.* Don Rapp

**Claire Essig (Mrs. Dick) Traynor 59-62 Re: Above....Don Rapp**

"Hi Jack, Thanks for the info on Don. I meant to let you know about all of this. Glad Don let you know. He told me this morning at the gym that you had responded. He also got 30 more e-mails!! I see Don and Patsy several times a week. Patsy and I work out together and Don walks around the track with us. I am now walking a mile a day trying to get in shape for my trip to Germany and Austria in June. Merik was here for three weeks visiting his daughter. I had he and Barbara over for dinner last week. He won't be coming to the Reunion in May. Hope all is well with you! Claire"

**Beverly Cude & Bill Beaton 55-59 Re: Above.... Don Rapp**

"Hi, Mr. Celebrity Don Rapp! And, thanks so much, Jack, for the information. We did watch the Barbara Walters Special which was fascinating....kept me up past my school-night bedtime! Bill has read your book with great interest, Don, from cover to cover and of course was looking forward to your contribution to the program. We were sorry that it was over so quickly, but it was fun seeing you "live". Personally, I think that more of your approach and some dialogue with you would have been much more relevant and realistic than some of the other segments! I'm sure your candidates had a great time, lots of fun and came away with some skills that they never would have dreamed of! Great work, and hi to Patsy. 'Gnight... Bev"

## **Catch benefits of balance .....Juggling keeps Don Rapp on his toes**

*By Mary Leslie*

**DEMOCRAT STAFF WRITER**

Balance expert Don Rapp tossed a small, red bean-bag ball over his shoulder, keeping twoothers suspended in the air, at one of his recent classes at Premier Health and Fitness Center. "This is the cat that killed the rat, that ate the malt, that lay in the house that Jack built," the 80-year-old Rapp said rhythmically while reciting the nursery rhyme, "This is the House that Jack Built." Rapp emphasized each cadence with a catch, toss or rapid juggle, creating a humorous visualization to the familiar children's story. His class applauded and laughed as Rapp added more difficult tricks with every lyric. Rapp, who authored the book "On Balance" and has a doctoral degree in child development, said juggling is great for balance and one's overall health. "Juggling is an indication of what's happening in the brain," he said. "You have to solve body problems. It isn't a crossword puzzle that's just working your brain. It's body and mind at the same time." Rapp was recently featured on Barbara Walters' ABC special on longevity, "Live to 150, Can you do it?" along with FSU psychology professor K. Anders Ericsson and Tallahassee centurion Lillian Cox. He was interviewed by producers who were searching for the secrets to longevity, and Rapp emphasized to them the importance of maintaining balance throughout a lifetime. "If you live long enough, you're going to have trouble with your balance," he said. "Learning a skill, especially a motor skill, is part of longevity." He explained that as we age, we lose neurological acuity, which can lead to falls. Balance recovery, after a trip or stumble, takes longer as you get older, and the loss of vision, due to such common problems as macular degeneration, also plays a role. That's

why it's important to practice balance throughout your lifetime. Rapp said that juggling — and even the process of leaning down to pick up the mistakes — are great balance exercises. Carolyn Allaire, 64, said she saw fliers for Rapp's classes and thought they would help her to improve her reflexes. Tossing two balls into the air, she added a third before they all dropped to the ground. "I only learned how to juggle two balls and a third ball occasionally," she said. Her goal is to juggle three by the end of the year. Claire Trainor is a member of Premier. She took Rapp's month-long juggling class in March to

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see if she could re-teach herself to juggle. Trainor said getting the timing down, or establishing a rhythm to juggle to, is the most difficult part, but she can already do as many as 60 tosses and catches before she drops them. Joe Barkley said he came out when he heard Rapp would be teaching juggling at Premier for a month, saying Rapp is sort of a local celebrity. It turns out that there was more to juggling than what he'd expected. "It was the balance (training) I needed," he said. ‘

**Beverley Cude & Bill Beaton | 55-59 | Re: Story about Boys Life Magazine about Wayne in Web-Site** {She had also request a copy of the story in

Argosy Magazine "Swim into your Grave" about Bill Beavers, Mike Mann, Leigh Heisinger and our experiences in underwater cave SCUBA diving.....jmm}

Well, Jack, now my misconception that you were sending some articles to all kinds of people has been cleared up. No wonder Jim Fadigan is always catching me with some of his tales, telling me I'd make a great "straight lady" and that we could make big bucks on stage!

Your envelope arrived safely and I immediately recalled that at the reunion you had mentioned your writing and that I had requested that you send some on to me. Thank you so much! What a talented writer you are! Your note defining them as "one dark (sad) and one light (motivating)" is right on the money!

You made me (and Bill, too) feel as though we were there, part of both. Your descriptions touch all senses: I was terrified in the murky cave, could feel the desperation, the anxiety, the peril....I ached for the parents of the young boys....was angry at how crass those jerks were making a picnic out of the tragedy....I cried! I wondered too, because you didn't so indicate.....were you and Bill ever given any recognition for your personal risk taking, for your heart-rending accomplishment? {Yes, the parents gave us all watches.}

After that pathos, it was a joy to read how you met Wayne Thompson, saw his potential, his courage and gave of yourself to help him attain the successes he did. I laughed out loud at his sense of humour. And tears welled in my eyes as I read how he "stood proudly 'still' " accepting the championship trophy as part of a team. What a great, great story from all points of view!

It likely isn't the same person, but I remember when I was at FSU, there was a young man with, I think, cerebral palsy. He was a rope climber...and I recall being awed by his strength, desire and ability. Could that have been Wayne?

At any rate, to sum up.....as a teacher of language arts, a strategy I learned was to encourage students to write from personal experience, as did you. When those students did so, they produced wonderful stories. Some were purely factual as were yours, but others allowed fantasy to creep into reality. I was always amazed what even little children could produce. No more of the rambling, disconnected thoughts that got lost, along with the writer, who inevitably closed in desperation with "....it was all a dream"! Ugh!

I'll keep those writings of yours, re-read, share and treasure them. This reminds me that I have scanned Aunt Billie's letter and will get it off to you....maybe a bit later, or tomorrow. Right now, must face the mundane task of stuffing and cooking a chicken, or we won't eat tonight...(well, not at a reasonable hour!) Thank you, Jack, Will be in touch soon, Bev" { Reminded me of when Pam, my ex-wife, complained on how hard it was for her to stuff her first Turkey for Thanksgiving.....until I disclosed to her the stuffing wasn't supposed to be stuffed down the turkey's neck....jmm}

**Jack Miles & Nancy Dye | 50-58 | Re: Mike's email on Ron Galimore** There was a write up on Ron Galimore had an article in the Tallahassee democrat about his experience in

carrying this year Olympic Torch in San Francisco.

<http://tallahassee.com/apps/pbcs.dll/article?AID=/20080411/SPORTS/804110343/1002/SPORTS> )

{Thanks so much Mike, I was surprised as to how much he doesn't look like a teenager any more...of course he is in his middle age and lost his "Fro". It was a heartwarming article - good for the Newsletter as well. Love that man.... jmm}

**Charlie Christian | 55-57 | Healthy as he looks** {Some recent emails from Charlie show that he has made amazing advances and recovery through his chemo-therapy treatments and his prognoses is very good-- - even great.....jmm} .....Fantabulous, Charlie you are the man.....Jack }

**Jack Miles & Nancy Dye | 50-58 | Summary** “There is so much that needs to be said about the new FSU Girls Team. I will elaborate with Mike's help next time. A few of the girls are going to try to attend the Reunion at Alligator Point. Yesterday, I had a long conversation with my wife which turned into me attending a lecture session. I stretched my arms up in relaxation and as my hands slid down I casually turned off my hearing aid and kept smiling and nodding my head. ...Bobblehead Miles....I like to think of it as a modified retirement...thank God for modern technology. P.S. I just had a big scare and rescued our little poodle who was barking in the yard. He had discovered a five foot long Iguana basking on our dock. He was standing straddled over the Iguana's hind legs in a mounting posture. I guess he likes the exotic...Anyway the Iguana slipped out solely forward and dropped into the canal. That Iguana could have batted that dog right into the canal, but he was a confused as I was. Was his barking asking for a ride?..or what? Jmm

P.S. My son, Chad and a hand full of his girl & boy friends from his home courts started <**Kids Serving Kids.com**> a half a year ago. . If you have some spare time why not pull it up on the internet. It is a great cause. They collect used and broken tennis rackets and deliver them to needy young players in Mexico. Rackets cost around \$160.00 and where can a kid from a poor country raise that kind of money? Bring any extra tennis rackets you find to the reunion. I will gladly get them into loving hands. Thanks, Jack