

“Once teammates, always teammates” by Charlie Christian.

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

FSU Gymnastics Records (<http://www.nolefan.org/summary/index.html>) Robert Perrone, Webmaster

2009 REUNION MAY 28-30, Alligator Point
(Thursday, Friday, & Saturday after Memorial Day)

ANNIVERSARIES

Chick & Jennie Cicio	60 years, 61 in April, 2010	Claire <i>Essig</i> (& Dick) Traynor	43 years of marriage
Don & Connie Holder	59 years, 60 in August, 09	Yoshi & Haruyo Hatano	44 years, 45 in Oct. 09
Benny & Carolyn Wallace	56 years, 57 in May, 2010	Nancy <i>Lamb</i> & Bob Durocher	44 years, 45 in Dec. 09
Carmine & Daneen Regna	54 years, 54 in August 09	Dick & Susie Gutting	41 years, 42 in June, 09
Jim & Marlene Jackson	53 years, 54 in July, 09	Bill & Carol Beavers	41 years, 42 in July, 09
Don & Patsy Rapp	55 years, 56 in May 2010	Terri & Cheri Morris	39 years, 40 in 09
Sam & Topsy Bailie	52 years, 53 in June 09	Wayne & Heather Thompson	39 years, 40 in January 2010
Jon & Boots Culbertson	51 years, 52 in June 09	Derek & Nancy Lawler	36 years
Jay (& Ellie) Schwarzman	50 years of marriage	Gail & Bill Whitney	37 years, 38 in August 09
Roger & Tamara <i>Tucker</i> Webb	51 years, 52 in November 09	Harmer & Magdalena Weichel	37 years, 38 in December
Almira (& Jack) Sharp	48 years of marriage, October	Andy <i>Anderson</i> & Curtiss Long	35 years, 36 in December
Karsthin (& Lennart) Malmlin	47 years of marriage	Jimmy & Janie Hanks	30 years, 31 in November 09
Beverley & Bill Beaton	48 years, 49 in Sept. 09	Thom & Linda O'Conner	30 Years, 31 in May 2010

2009 Reunion - Response to 2008 Questionnaire (YES they will attend in 2009)

Barbara Withers	Claire Traynor	Jamile Ashmore	Larry Bestmann
Beverley Beaton	Dave & Judy Carmolli	Jay Swarzman	Mike Mann
Bill & Carole Beavers	Don & Connie Holder	Jim & Arlene Fadigan	Oscar Brock
Bob Christians (Maybe)	Ed & Christine Jonas	Joe & Carol Regna (Maybe)	Roger & Tamara Webb
Carmine & Daneen Regna	Frank Dennard	Joe & Dottie Taylor	Ron & Loree Galimore
Chick Cicio	Jack Miles & Nancy Dye	Jon & Boots Culbertson	Terry & Chin Morris
	FSU Girl Gymnasts	Joe Gusic	

Mike Mann & Fran Millians 57-67 Registration for the Reunion

“We have the registration form on the web site as Word document, it can be printed, filled out and mailed in, or saved as Word document, taken into Word, filled out with Word and then attached to an e-mail to Barbara. We also have a map and info on food and accommodations at Barbara's or otherwise. (<http://fsugymnastics.org/2009%20Reunion%20Info.htm>)

Barbara Sheehan Withers 54-62 Re: 2009 Reunion –email to Mike

“Mike, do you think instead of a banquet at Angelo's or Posey's, Friday nite we should just plan on a cookout at the beach? In view of the economy it might fit everyone's pocketbook better, and I am great at cooking burgers, hotdogs, etc. inside - also we could have salad, slaw, etc. to go with it, as well as boiled shrimp etc. That way, the FSU gals could come and we would not have to pay anyone's way, and those who can't afford to eat out can come at no cost to them. I think we can keep the cost at \$25 max for the registration fee, which would cover food and drinks for Thurs., Fri. & Sat., the 28, 29 and 30th of May. I'm a pretty good shopper and with Bev's help, I know we can stick to a budget. As far as hotels, etc., I think it is good to mention those 2 new ones - Best Western and Wildwood Inn. Insofar as the Landing -both motel and restaurant - are closed and will be indefinitely until someone buys them. Bill Beavers has rented the Mc Cloy house, the lovely 5 bedroom house we had year before last - and some of the 60's people will be staying there with he and Carol. So far I know that Beverly will be staying with me, and also Jack Miles. Haven't heard from anyone else yet. It is my preference not to charge anyone who wants to stay with me either at Withers Heights or at ShipWatch Cottage, I have blocked both houses out May 27-30 and it is my pleasure for people to stay with me as my guests, NO CHARGE! We are limited to the number of beds and sofas we have, but we can sleep a pile of people. First come, first served! Let me know your thoughts. Barbara”

Bill & Carol Beavers 57-61/69-70 Corinne has arrived

“Jack, I have just become one of the oldest grandfathers on record! At age 70 and Carol (much younger) we just had our first granddaughter (Corinne) who is, of course, the most beautiful child ever born! Continuing the Beavers' gene may set back Darwin's work a few thousand years, but what the Hell!!! love, Bill {[CONGRATULATIONS](#) Bill:

You thought no love could be greater when you married Carole. Then you two had children and you both saw a even greater love when they were born, Now you have a granddaughter.....be prepared to bust. Corinne made a perfect choice when they picked your family. Tons of love to you all, especially Corinne.....You have been blessed.....Jack, Nancy, David, Michael, Sandy, and Chad}

Jack Miles & Nancy Dye | 50-58 | Two times State Tennis Champion

{My wife and I are very proud to announce that our son, Chad , has won another State of Florida High School

Singles State Title for the second year in a row. He still has one more year of High School to go and trains daily for his senior year of competition. His singles win added to his teammates wins gave his School, St. Thomas Aquinas win. As Assistant coach of the team I have to tell you it was a real "Nail-bitter" The Saint Thomas Aquinas High School boy's tennis team won the **Gold** in their first State Championship in over a decade, in Altamonte Springs, tying Wharton High School.for the first place title. The team is celebrating the win after 10 years of being the Runner Up" team. For years the boys team had to sit back and watch the STA girl team take title after title. This year the rolls were reversed. Nonetheless, another state title has been won by St. Thomas Tennis teams.

At home one of mothers of one of Chad's temmates, called Carol the Woman's Team Coach, who was at the tournament, to ask how her son was doing in the State Team Doubles? Carol replied, "Listen to this." Then she thrust her cell phone high over her head to capture the thunderous applause, cheers and expressions of exuberance that the STA Tennis team was shouting as Anthony, her son served the last ball that clinched the win in the deciding match. The two boys had won over the greatest of challenges. The whole team was celebrating the overwhelming joy of the win that they shouted so much that later the boys complained of being hoarse from so much shouting. The whole team had experienced a moment that will last in their memories for the rest of their lives as they learned a golden truth that.....winning is fun. When Dana, the mother called another boy's English Grandmother who raised the boy, to tell her the results the Grandmother confessed that she had almost worn a path through the rug as she paced in anticipation of the phone call that would give her the final results.

That first place winning doubles match played by their two boys in the team trials insured that STA had just won team gold and a tie for first place in the State Championships.

Jack Miles & Nancy Dye | 50-58 | The Dirt Princess

My wife, Nancy, attended Oldfields, an exceptional {and exclusive}all girls boarding & Day School in Maryland. {Kissingers, Rockafeller's,

Kennedy's, Bob Hope's neice etc.etc.}In her first year she met a new teacher, Taylor Smith and his wife whom she loved. Well over three decades have passed and last month there was a High School reunion celebrating the news that her teacher, no longer young, had been promoted to the honored position as Headmaster of Oldfields.

One of her classmates who lives in an exclusive area of West Palm Beach held a reunion/gathering to meet the New Headmaster in her home. Nancy went with Chad and had a wonderful time seeing her old friends, especially Taylor and his wife. She was so moved by their meeting after so many years that when she got home she immediately sat down and wrote a thank you letter for seeing and enjoying there company so much.

Well, she starting writing, and writing, and writing, into the night and for days and didn't stop until she had written a book about her life and about how the headmaster and the school had changed the entire course of a young girls life. About a month later she sent him her first copy. His response was "It is Awesome and Incredible". Since that recent date she has rewritten and changed, and rewritten again the story making it into a potential book/TV series style. The book has been an unbelievable catharsis for Nancy helping her through the extreme down times of the latest economy especially in Real Estate sales, her business. . She called the book "The Dirt Princess" an analogy to the lotus that grows and blooms out of the poorest of water conditions. I never realized how great a writer she is.....Jack

Don & Patsy Rapp | 53-55/58-60 | Honored

"Don Rapp (M.S. 1955) was recently named to the Florida Governor's Council on Physical Fitness and is also a certified personal trainer by the American College of

Sports Medicine. After his retirement in 1995, Don became uninterested in the enhancement of physical balance for the elderly individuals with Parkinson's Disease and those with brain injuries among others. He teaches classes at the Tallahassee Premier Health Center and has authored the book, *On Balance: Mastery of Physical Balance for Life*" .This news from a FSU publication.

Jimmy & Peggy Tanaka | 51-56 | Re: 46th Edition Newsletter

"Jack, Congratulations on another (WOW, 46th Edition) current and most informative Gymnastics Newsletter. You keep out

doing yourself with each edition. It has said that there are only two things of importance in life: HEALTH & FAMILY! You have been responsible for bringing unity to the FSU gymnastics family scattered throughout the world with your mighty pen. Keep up the outstanding work you do for the gymnastics community.

Thanks to you and Mike Mann's dedication, perseverance, fortitude and patience in the compilation of "old" gymnastics records, I am one of the former FSU gymnasts that was pleasantly surprised to learn (after 58 years) that my name was on the list that had achieved NCAA All American status on the rings.

The only correction I would like to address is that I placed 4th in Indian Clubs at the NAAU Gymnastics Championships on May 1-2 1953 at Chicago, IL.. Just prior to the Championships, I dislocated and broke my right middle finger doing a hand stand back some to hand stand on the parallel bars. Don Holder immediately came to my aide and straightend the finger. Since I would no longer be able to compete all-around, Dr. Price suggested that if I learned to swing the Indian Clubs he would still take me to

Chicago. My folks at the time were living in the windy city. Gene Rabbit and Don Holder, in particular, and other gymnasts taught me the art of swinging the Indian Clubs. With a metal splint still on my finger, I was still able to compete and place at the National. I was elated since, despite my injury, I was able to contribute points towards the NAAU National Team Championship title. Please see extract from Webmaster, Robert Perrone. Records indicate that Al Ruda placed 3rd in Indian Clubs as well as a tie for 4th place. How is this possible?

On May 25th Peggy and I will be departing for Kiev, Ukraine, Moscow, Russia, Helsinki (as you are aware, the site of the 1952 Olympics), Finland, etc. We therefore will not be attending the annual gymnastics reunion. Last summer we were in Israel, Cairo, Egypt and Jordan, sailing down the Nile River, etc. During the Christmas holidays we went through the Panama Canal, visited Panama City, Jamaica, etc.

I am still actively instructing and coaching Judo and Self Defense at the College. On weekends I instruct sailing on San Francisco Bay at Spinnaker Sailing-next door to the AT & T Baseball Park (home of the SF Giants). Just completed my FAA Certified Flight Instructor Refresher Clinic at Sacramento. Current for another two years as a CFI Pilot. Renewed my Real Estate Broker's license-good for four more years, etc.

Warmest regards to all. Jimmy Please use my gmail address: jtanaka75@gmail.com

Jack Miles & Nancy Dye	50-58	"The voice of Reason January 1974" from Carrie Englert Zimmerman	{I had received a package in the mail with a beautiful letter inside which read, "Dearest Jack- As promised it is not much :) This is a CD of the audio cassette you sent to me more than 35 years ago. You are the Voice of Reason in my sea of complete confusion. I easily listened to this tape 100's of times out in Oregon. Your guidance was engaging, grounded and warm--as well as quite intuitive. No surprise. This will play on your computer and 'maybe' in your car. Enjoy....Love, Carrie"
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{Dear Carrie. Re. the CD: I was fearful as I listened to my own words from 35 years ago. It was like being in a time warp. I prayed that I said nothing that would have hurt Andy's or your feelings, even accidentally. You both were/are very dear to me and that would have been tragic. Carrie, "You have taken a chunk of my heart and preserved it and I am grateful and so glad it helped during your time of trial."}

{Carrie was at a teenage time in her life where she had to go from a coach, Andy, whom she loved, to higher levels of coaching and a collegiate team out of Tallahassee. I responded by recording my thoughts to her as I drove up the Interstate on a long trip.....jmm}

Jack Miles & Nancy Dye	50-58	Email to Andy Anderson Long. Re' above	"Yes, Carrie is an amazing miracle worker...she must have gotten it from you. I laughed when Curtiss corrected my listing of your anniversaries incorrectly. "we will have been married 35 years this December, if it lasts that long." .In other words "Long lasts long." Tid Bit of useless knowledge. I was born Christmas Eve, My #2 son and Grandfather were born on Christmas Day...I determined that the Miles family mates but once a year.....April 1st....Can't you just see my family members shouting..."April fool".....Love, friendship, and laughter to you both.....Jack"
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Andy Anderson & Curtiss Long	TTT & FSU Coach	The Voice of Reason	"Dear Jack, Thanks for the quick reply. Carrie did indeed send me a copy of the CD for my listening pleasure. Two of my daughters have spent time at her agency. They are keenly aware of the high expectations she has for her employees, but nothing less than what she expects of herself. We laughed at the Miles annual mating ritual on April Fool's Day. Curtiss was born on November 1. For years he thought his parents were celebrating New Year's Eve until I informed him it was really Ground Hog's Day. If we couldn't find something to smile about every day, I'm not sure life would be worth living. Here's to many more smiles in the years ahead, Andy
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A couple of years ago, Carrie shared a letter I had written her the summer of 1972. The handwriting, return address, and 6 cent postage stamp looked very familiar. It was the response of a 19 year old to a 14 year old and her family's request to continue a coaching relationship. What were they thinking?? At the time I didn't realize the lifetime relationship I would share with the Englert family. What a blessing!

I really appreciate the hard work you do on the newsletter, but my husband, Curtiss, would like me inform you that we will have been married 35 years this December, if it lasts that long. I wish you continued good health so you can keep the gymnastics community together. Andy Long"

Benny & Carolyn Wallace	51-55	Re' Pictures of Landis Hall in the 50's sent to all from Charlie Christian	"Jack, Don't think that I mentioned that Landis Hall was where Carolyn and I met. Bob Martin was dating her roommate, Charlene, and he used to sneak around to their ground floor window and talk to her after hours. One night I was with him and met Carolyn through the window. Bob and Charlene arranged a double date which has lasted for 56 years (on 8 May)! So, the photo is a treasure for us. Thanks, BCW+I" {I am grateful that so many of you have shared the treasures of our yesteryear memories.....jmm}
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Derek & Nancy Lawler	57-62	Pole "dancing"	{Re. a video he sent showing pole dancing as physical fitness classes....jmm} "Maybe with two poles 6' apart they could come up with a new gymnastic event. Derek"
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Ed & Christine Jonas 69-71 Email to Mike Mann re. Landis Green Fountain

“Mike, Sorry that it has taken me so long to respond but I just flew in from New York City and Wash. D.C. I had to attend an unveiling of my portrait of Walter Cronkite for The Players Hall of Fame. The Players Club was established in 1888 by actor Edwin Booth on Gramercy Park and membership is for film and stage actors, writers, etc. Tuesday through Sunday we were conducting our Potrait Society Conference in D.C. where after our banquet on Saturday evening I left for the Club event. Christine and I just got in this afternoon so I'm trying to catch-up with my messages.

As to the fountain, no Dr. Hoffman was not the model for any of the figures, though she would have been great. The sitting figure is based upon my wife and her mother, who could provide hairstyles from the '30's. and the other pieces were based upon models that I found who seemed to fit.

I'm doing T.K.'s official portrait for the university so we had a conversation as to the matching funds issue and the monument. The matching state fund deal is not at this time being continued so our approach to the funding of the monument has changed. I think that in time it will be reestablished but as to when, no one knows. Ed Jonas”

Mike Mann & Fran Millians 57-67 Mike’s response to the above

“Ed - We were on campus for an appointment near Landis green Friday. We went by to look at the fountain and sculptures and were quite impressed. We had seen many photos before but it is even more impressive being there. Fran had the distinct impression that one of them looked like a much younger Kitty Hoffman who is an occasional neighbor of ours. Is it possible that, at least a photograph of, Kitty served as one of the models? Mike {Ed. Responded that it was not “Kitty”.....jmm}

Bill & Carol Beavers 57-61/69-70 Monument funding update:

“Jack, the contribution of Jan Eberley Anastasado is a breath of fresh air for the project. It helps counter the poor economy and prospects for State matching funds which unfortunately have been eliminated. Perhaps her reasoning for contributing will inspire others. (Please see her comments in the 46th newsletter) I and others agree that it is time to do the mail out to Gymkana past participants in an effort to find more Jan Eberley’s out there. Ed and I also agree that a scaling back of the project is in order to better match the realistic contributions of our group. We will be discussing this and other related issues with all who are at the reunion. In the meantime, keep twittering. Bill”

Merik & Anna Ceska 55-60 Trip to Greece

“Dear Jack. In your recent FSU Newsletter (46th Edition) I noticed that Jan Anastasado is inviting few of us to meet her in September in Greece. I am not sure if we will be able to make it. However if you and your wife will travel to Greece, then we would like to invite you to come to Vienna. We could pick you up from the airport. You could stay in our house and we would love to show you Vienna and possibly also Svratka (Czech Republic). I hope very much that you will come! At the same time I also invited to Vienna Jan Anastasado. I am sure that we all will have great time in Vienna and possibly also in Czech Republic. Last year Barbara and Claire visited us here for a week and we all had a great time.

I will not be able to come in May to our Re-union. I regret it very much. Will miss you all ! However I almost certainly will see you all in the next year. Love Mirek”

Charlie Christian 55-57 An article written by Charlie and sent out over the internet

“A personal observation of the shocking present day American

obesity. To begin, let's take a look at the amazing [attached](#) picture of eight... 80 years young champion gymnasts still in great shape!!! {A photo of our 80in 08 gathering was included...jmm} Many of us will not remain slim and trim forever and our bodies will begin to talk to us when.....Our chest(bust), waist and hip measurements are equal. It begins to talk to us more when the size of our waist and/or hips exceeds that of our chest. When have you stepped on weight scales lately?

One day when you sit down and notice your stomach is beginning to touch your thighs, it's finally time to begin listening to your body. It's crying for **HELP!**

It's time now to begin examining the nutritional value and volume of your daily food intake. Note: Dieting is unless without regular exercise and **PLEASE** don't be taken in by the TV instant weight loss diet pill scams!!!

Your body is **SCREAMING** when your stomach finally touches your thighs (when you are standing up). You are now a candidate for major weight counseling. I haven't even mentioned the extremely obese people I witness having trouble waddling and puffing into a grocery to finally reach a motorized riding cart in order to shop for the fattening food items on which they thrive!

Daily I see adults, as well as teenagers, on the streets and in stores whose measurements must be at least **36-65-60** plus. That's far from **36-30-34** of their younger days and they can't blame the increase on heredity! **Some major medical conditions –**

YES! They're probably ignoring the frightening nutritional value of McDonald's, Burger King, etc. fast food menus. **Yikes....**a double patty double cheeseburger is **770** Calories! That doesn't take into consideration the addition of a large order of fries, **570** calories, and a milk shake, **382** calories!!!”

Of course, I consider myself partially Lutheran.... as I continue to rationalize just a tad, in moderation, now and then when no one is looking can hurt.....can it??? Naw..... **Really??????** For a longer and healthier life style, choose healthier foods and a sensible diet coupled with a good bit of **regular strenuous exercise.** I have to admit I'm a bit lax in this regard!

Before you hit delete, do yourself a favor and take a few minutes to read these:

<http://ezinearticles.com/?A-List-Of-High-Fat-Foods-That-Are-Bad-For-You&id=740783>

<http://health.msn.com/nutrition/articlepage.aspx?cp-documentid=100216490>

Charlie Christian- age 73 Another former FSU gymnast!!!!” {A photo of the healthy, smiling Charlie Christian inserted here.....jmm}

Jack Miles & Nancy Dye | 50-58 | For the cooks, Bev Beaton & Charie Christions

{ What are they teaching the kids nowadays? I was shaking salt into a pot of water on the stove and Chad asked, "Why was I doing that?" I told him that water boils faster if I add salt. He said, "In Chemistry we learned that was not true, just an old wives tale. "Shucks, now even my storehouse of knowledge is crumbling.....jmm]

Bill & Carol Beavers | 57-61/69-70 | Marathon Team Trials Part I

{ This was the news from Bill that I sent out to you all...jmm } "If you find yourself awake and doing nothing tomorrow morning, www.lckc.org will have a live camera feed at the start -finish line and at the portage. I am in the race that follows the candidates racing for a spot on the team. My start time is 8:10 AM,EST. The main race starts at 8AM. I should be in the second group at the start line. The fat one hunched over in a white boat trying frantically to stay upright in the waves and wash of the mass start. Results will be posted by noon I imagine. Fortunately, (I hope) my group does not do the portage. We only go 22k. All,

Bill & Carol Beavers | 57-61/69-70 | Marathon Team Trials Part II

"Sorry I may have wasted your time. The video feed was poor and without explanation or commentary. The race was long and difficult because of winds and waves. It didn't bother the pro's, but the amateurs had a difficult time on the course. Was fun to compete with some of the best marathon paddlers in the country. This was the first race (other than a few 500 meter sprint races) where I finished last! This race was about 14 miles for the Masters, and around 26 for the Marathon Team Trials. Although I won the over 64 division, I was the only one over that age and one of three over 50 I believe. This was a race of relative youth, but I did it anyway. I thought the Masters division (over 30) not have to do portages, which I knew the Marathon Team candidates had to do. Each of 5 -7 laps of the course consisted of about a 75 yd. deep sand and GA. clay composit beach where you had to run (or walk fast in my case) and re-launch your boat. On top of not being in shape to do this, I miscounted my laps. I lost about 8 minutes when I crossed the finsih line, almost loaded my boat on the car when the race director ran out of the finish tower to inform me I had one more lap to go! That was a grueling lap! I am going to take up shuffleboard and learn to count! (Not really, looking forward to the next race! Bill"

Bill & Carol Beavers | 57-61/69-70 | Marathon Team Trials Part III

"Looking over the results again, I wasn't last! I beat some guy in the 50-54 age group. To hell with shuffleboard BB" {It really is amazing that we are in an age where we were able to punch in some keys and see live coverage of some area far away area and the event. In general. Yes, they have a long way to go in production, but I enjoyed the visual trip to the area and was pleasantly surprise at the amount of entries and the following of the sport. . Bill said to look for the white kayak. I found myself saying. There he is, no there his is again, No, there's a white boat, there are a pot full of white boats...that was a big hint, Bill. I really did enjoy the flavor of the event. I learned a lot. I learned that I am proud of our buddy Bill for really involving himself in this wonderful healthy sport. Oh, to be 60 again. ..The way to win the race is to outlive the bastards.....jmm }

See you at the reunion.....Jack