

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

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)

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

**ANNIVERSARIES**

|                                   |                               |                                      |                             |
|-----------------------------------|-------------------------------|--------------------------------------|-----------------------------|
| Chick & Jennie Cicio              | 58 years, 59 in April, 09     | 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           | 55 years, 56 in May, 09       | 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                  | 54 years, 55 in May 09        | Terri & Cheri Morris                 | 39 years, 40 in 09          |
| Sam & Topsy Bailie                | 52 years, 53 in June 09       | Wayne & Heather Thompson             | 38 years, 39 in January 09  |
| 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    |
| (Jack &) Almira Sharp             | 48 years of marriage, October | Andy <i>Anderson</i> & Curtiss Long  | 33 years in 09              |
| (Lennart & ) Karsthin Malmlin     | 47 years of marriage          | Jimmy & Janie Hanks                  | 30 years, 31 in November 09 |
| Beverly & Bill Beaton             | 48 years, 49 in Sept. 09      |                                      |                             |

**Jamile & Barbara Ashmore** | **55-58** | **Holiday Greetings**

“ Just a Very Merry Christmas to our FSU family and lets look for a Blessed and Happy New Year. Jamile & Barbara Ashmore”

**Jan Eberley Anastasado** | **Holiday Greetings**

“ I was pleased to see that you guys finally got recognized by the school to whom you brought their first athletic recognition! Now, where are the trophies and a pledge to help with the sculpture? And thanks, Mike, for sending that email as well as the 1956 tape on Landis green! Here's wishing all of you a Happy Season and good health in the New Year”

**Jimmy & Sanjuanita Janie Hanks** | **52-56** | **Holiday Greetings**

. “I'm so happy with my life and truly thankful for all my friends who help make it that way. We, Janie and I, are so fortunate and blessed. To each of you We wish you the same Gods Blessings and wish to thank you each for being there in our lives. May you have the merriest of Christmases and a most happy and prosperous New Year.

Here is my dancing Christmas card. Enjoy... Ho Ho Ho <http://www.dancingsantacard.com/?santa=89472>

**OUR LOVE, JIM AND JANIE**

Thanks Jack for all your efforts to keep us renegades together. Superb job! Your work is appreciated I'm sure by all. Let me know if your funds run low....Jim”

**Claire *Essig* (Mrs. Dick) Traynor** | **59-62** | **Holiday Greetings**

“Dear Jack: You can use my same Christmas greeting from last year....My favorite saying at Christmas.....I have always thought it was beautifully written.

Never a Christmas morning,  
Never the old year ends...  
But Someone thinks of someone,  
Old days, old times, old friends.

Have a wonderful Christmas! Fondly, Claire”

**Jay & Eleanor Schwarzman** | **51-55** | **Holiday Greetings**

“Jack, here is my greeting, .I wish each and everyone of our gymnastic/Gymkana friends and your families a happy holiday season and a very healthy and Happy New Year”..... Jay Schwarzman

**Chick & Jennie Cicio** | **54-59** | **Holiday Greetings**

“Hi all....Jack, in our Gymnastic world I have memories upon memories, so many friends and acquaintances, so many trials and tribulations, so many "Goods" and some not so "Goods and so many "Loves" at one time or another. Ah, yes! God is so good all the time to give us all those precious moments to remember. May this Christmas, Hanukkah, etc., all the various season greetings be with you all.

Remember...."Have a cool yule and a frantic first". Chick & Jennie Cicio

**Almira (Mrs. Jack) Sharp | 51-53/60-62 | Holiday Greetings**

“Dear friends, Greetings from Lower Gwynedd, PA. I moved into a great retirement community in July, and am loving all the people (one friend from second grade and one from junior high) and the many activities. We have a great personal trainer, so keep busy with daily exercise, plus she has just started a yoga class, and I am the consultant for that, as I taught yoga for 24 years. I love getting the newsletter and hearing about our FSU friends. Thank you, Jack, so much. Love, peace and joy, Almira (Mrs. Jack) Sharp”

**Charlie Christian | 55-57 | Holiday Greetings**

“Merry Christmas Guys and Gals, Eventually as we grow older, our bodies begin to slowly change however; it is so gradual we many times fail to notice. Eventually our smiles lines become wrinkles, our hair may become thinner and gray or disappear. Our bodies may become thinner or expand and our eyes begin to fade as well as our hearing. Did I mention memory?

We try fooling ourselves into thinking we remain as handsome or beautifully lovely as we once might have been but like it or not, a mirror is always truthful. However, to love ones physical appearance isn't what is important. It is the lasting love inside for each other that counts.

To the ones who have reached a “*ripe old age*” without health problems, you are truly blessed. At times people may come up to us and tell us how good we look but they don't know what our body sometimes really feels. In my case I politely say, “Thank you” and let it go at that. My best to each one of you young at heart beautiful people, Charlie Christian”

**Jack Miles & Nancy Dye | 50-58 | Holiday Greetings**

Happy Holidays!

I am rich...

This morning I searched my wallet.

It was empty.

Then, I checked my pockets

I found a few coins

I then searched my heart and found you.

Then, I realized how rich I really am...

Thanks for being my friends and buddies!

May you be as rich as I

Life isn't about waiting for the storm to pass.

It's about learning to dance in the rain.

**Benny & Carolyn Wallace | 51-55 | Holiday Greetings**

“Friends: We had a nice year: No medical problems and good gains financially, thanks to a withdrawal of all funds from the stock market two years ago when everything was going well.

We continue see more of the USA. This year we spent ten days in Portland, OR and another ten on a leisurely drive through Colorado to watch the leaf show on our way to Mt. Rushmore, The Black Hills and The Badlands. Score so far: 53 countries, 39 states and Washington, DC. Also: 77 and 74 years old, retired 34 years and married for 56 years. Merry Christmas and a Happy New Year to all, Benny and Carolyn”

**Beverley Cude & Bill Beaton | 55-59 | Holiday Greetings**

“Dear Jack, the person who keeps us all together, Pondering my Christmas greeting, I decided to fall back on a book review quote from our Montreal Gazette daily newspaper which I had submitted to one of your original regular newsletters after the 2005 reunion at Barbara's Alligator Point home. I found that quote very powerful then and still do. I thought that perhaps we should all be reminded of the wisdom and sensitivity conveyed.

.... Title: The Friendship Crisis: Finding, Making and Keeping Friends When You're Not a Kid Anymore by M. Paul.

Somewhere between the covers of this book the author states:

"Each old friend holds your history in their hand. They know you in ways that other people will never know you. That history is so rich and valuable. You may change and your lives may veer in different directions, but those friendships are really worth holding onto." Our friendships are precious for me. To each and every one of you I extend my wish for a Merry Christmas, a joyful holiday with those dear to you, and a Happy New Year. Love, Bev

**Carmine & Daneen Regna | 50-55 | Holiday Greetings**

“Carmine and Daneen wish everyone a safe, happy, and healthy Holiday Season! Enjoy yourselves now and in the New Year!”

**Bill & Carol Beavers** | 57-61/69-70 | **Holiday Greetings**

“May there be an extra large lump of coal under your tree to warm the cockles of your heart this holiday season. And, may your handstands

be held longer in the New Year. Bill & Carol”

**Barbara Sheehan Withers** | 54-62 | **Holiday Greetings**

“Hope everyone has a wonderful Christmas and a very Happy New Year. I look forward to seeing each and every one of you in May and just hope those who have not yet been able to attend our beach reunions can attend this year.

Love to all, Barbara Withers”

**Gail Sontgerath & Bill Whitney** | 62-67 | **Holiday Greetings**

“MERRY CHRISTMAS and HAPPY NEW YEAR TO ALL MY GOOD FRIENDS. Another New Year, another New Beginning – how fortunate we all are to live in a free country! God Bless our Veterans, Servicemen and Women and those that have given their lives so we can celebrate and worship this time of year as we wish - no matter what we believe. Love, Gail and Family”

## MERRY CHRISTMAS

From:

*Mike Mann  
and  
Fran Millians*

And hopefully a  
much more

Prosperous New Year!



=====

### “And now the rest of the story.”

**Mike Mann & Fran Millians** | 57-67 | **The Present FSU Girls Gymnastics Club**

“Hey Mike, Haven't heard from you or received a newsletter in awhile so I just

wanted to check up and see how things were doing?! I also wanted to let yourself and all the other Alumni know that we received our leotards and warm-ups that were donated and they are beautiful. We are so grateful to have the support of all of you. Also, a reminder, we have our meet here in Tully Gym on January 18th and so far the meet will include FSU, UF, and University of Michigan and would love for any of you who could to come on out and watch us in your old gym! **The meet will be called in honor of all our Alumni.. "The Florida State Gymkana Classic!"**

Also, we had our shirts made which is great, I have a logo I can send you if you would like. I was going to offer the T-shirt sales to all the Alumni at \$12 a shirt {plus shipping}. I just don't know how we would organize that with everyone living all over the nation, if you have any suggestions for that and think so of the "old gymnasts" would want shirts please share!!

Thanks for everything and I hope to hear from you soon, Jessika Widerman, FSU Gymnastics Club President  
{See the logo's they are considering on the last page of this Newsletter.....jmm}

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

“Jessika - As you should know, I have forwarded your information to Jack for his upcoming newsletter. I would love to have the logo, can scan it and use it on the web site. I would also like to get one of those T-Shirts. If you can do just one then I will put \$12 in the mail to you. If it needs to be done in batches then I will wait to see what possible solutions result from Jack's communication to everyone.

Also, we have just gotten an estimate from Herff-Jones on reproducing the Gymnastica Pin. After the initial die construction cost of about \$600 the pins can be done for between \$85 and \$105 for solid gold (depending on the number ordered) and \$11 to \$14 for gold plate. Barbara is currently on a cruise and we will get our heads together once she returns in a week or so but any comments or opinions from your club would be welcomed. Mike {Their possible new team logo in included here on page 8.....jmm}

**Jack Miles & Nancy Dye** | 50-58 | **Re. FSU Girls Gymnastics Team**

“My God, when I was at FSU competing I remember how unbelievably hard it was to come across a couple of bucks

to live on. There were no angels to help us then. Most of you met these wonderful girls at Barbara's before the FSU Gymnastics recognition event. I learned then that they were struggling trying to raise some money for uniforms and travel expenses. I promised them I would put out the word to you on our mailing list to solicit your financial help. They will be selling these shirts but first they would need to know what size you would order to determine if they have enough interest before they can put in the order.

**Personally, I know they won't make much as they really need on Tee shirts so I am sending them a check donation as a Christmas gift. Please do the same. Support those who love you and are proud to walk in your footsteps. Send them some money.**

**You needed it then, they need it now. Send to their team treasurer, Ashley Howser...1702 West Call Street, Apt. 208, Tallahassee, Florida 32304..If any questions contact Jessica Widerman. [jhw06@fsu.edu](mailto:jhw06@fsu.edu) Barbara Withers plans to attend the "Florida State Gymkana Classic". Let her arrive there and be welcomed with overwhelming gratitude for what we have all sent to help these beautiful girls. ....Our legacy.....jmm}**

**Bill & Carol Beavers | 57-61/69-70 | "Safe" Dive**

"I did my safest dive of all time this past Wednesday. As you may or may not know, Atlanta now has the largest (or certainly one of the largest) salt water aquariums in the World. The main tank has 4 whale sharks some of which are 30+ft long, hammer heads, sawfish, really big grouper and a host of other great specimens. I was able to dive for about a half an hour with these fish. I call my group the AARP Seals. The tank is 30 ft deep and is really beautiful. We had two dive masters with 6' sticks to keep the curious fish from contacting us, but it was still a kick. They gave us a DVD of the dive and the fish all around us. Certainly not as challenging as some of our dives in the 60's, but fun anyway.

If I can get up early enough tomorrow, I will leave at 4AM to drive to Live Oak to do a 12 mile race on the Suwannee and Withlacoochee rivers. Don't think we will be near Blue Springs near Madison, but am hoping to see some spring runs to break the agony and humidity! Bill" To Mike" Thanks for the DVD Mike"

**Bill & Carol Beavers | 57-61/69-70 | Pictures sent with above with this comment**

"LIFE'S LESSON # 307; Don't pee in the woods with sandals and shorts while holding a kayak and standing on a fire ant mound! Shortly after this photo was taken this happened to me!

This was the Suwannee River Marathon last weekend. I had just completed 20 miles and there was a portage around a class three rapids near White Springs. Before I put in to complete the last 6-7 miles I decided it was time pee & was looking across the to the opposite bank to make sure the photographer couldn't see what I was doing. I still have red marks from the bites. I did finish the 27 miles second in my boat class and third overall in 3 hours and 53 minutes". {Contact Bill for the great pictures which were included.....jmm}

**Jack Miles & Nancy Dye | 50-58 | Bill: Mike suggested I tell you of my "insect adventure"**

{It was twilight when I was traveling home to Ft. Lauderdale on the long straight 100 mile stretch of Alligator Alley thru the Everglades when I had a men's "senior" moment. I had to "tinkle" *real* bad. There was one rest/pit stop at the 50 Mile marker and I had just passed it and no "turn around" access roads available. The "Alley" didn't even have a rest stop at the end of the toll road....even if I could hold it.

I was now in a genuine panic mode. I just had to stop (and go) *real* soon. (As you remember, Alligator Alley has only sloping grass on each side of the highway and then canals between the road and the Everglades with a wire fence to keep us drivers out of the canals, and the crawling creatures off the roadway - basically the view is wide open on both sides with no bushes to hide behind.) With Goosebumps riding up and down my arms I resigned my fate to just pulling over and hiding between the doors on the side of the car which did not face the road.

It was now almost dark and the many cars were flying by at about 80 miles and hour. In the gloom I found a soda can...intent on later explaining myself to any inquiring trooper that I was just emptying an unwanted soda. Huddled down between the doors I pulled out my "weapon" as fast as I could and aimed at the small opening in the can as I held it up close. I could hardly see what I was doing as the sun disappeared. Turning my back to the traffic I looked down and there to my horror I saw my "Shillelagh" covered with what looked like a solid black fur coat. Ouch! Damn! Ouch!. It was thousands upon thousands of Everglades mosquitoes that had just come out for their nightly blood feast. Before I could feel their collective sting I felt a more severe pronounced pain. It seems the empty soda can.....was a hangout, and nightly bar, for a colony of Fire Ants....and they were attacking.

GGEEZZZ! I waddled around....pants half open....discreetness gone.... in a wide circle around the car madly flailing away at the funfest going on at my crotch, head and arm level. The passing cars bedamned...this was a blinking crisis This primal dance to the Gods went on for the longest time and fortunately I did escape without getting my shoes too wet.

Can you imagine what the passing families were thinking as they zoomed by seeing this madman beating on his tom-tom like a maniac in the middle of the Everglades?...."George, I think I just saw a Seminole Indian doing a war dance, or fertility dance....he looked possessed"

I rode the next forty of so miles with the windows wide open trying a flush out the Mosquitoes as I beat all parts of my body to smash the Red Ants who wanted that last tasty bite..... The cars were still speeding past.... Now there is a picture that needs another caption. "Oh, my Gawd ,George what's he doing now?.Oh, Sweet Jesus.....That poor sick man?".....Which of course was me, again....not looking forward to the healing process which was long and awkward.....jmm}

**Jane Fortenbery Baesman | 65-69 | Welcome to Jane to our group**

"Jack, Sorry to be so pokey-it's been a zoo up here lately. I was so excited to get a call from Gail.... nice to get back in the loop so to speak. Haven't seen of heard much from anyone since the Tallahassee reunion in the 80's. By the way, my brother Ed also attended FSU in the early 70's- he was the very last Sammy Seminole! (he's at [fernandezl@yahoo.com](mailto:fernandezl@yahoo.com), unless they changed it again on me! anyhow, here's the info you asked for: My address is:

984 Rampart Pl, Stone Mountain, Ga 30088 phone: h) 770-469-7280; w) 404-712-7312 [jbaesman@bellsouth.net](mailto:jbaesman@bellsouth.net), attended FSU 1965-1969 married to Bob Baesman, but now divorced"

{Hi Jane, Really glad to welcome you aboard the Newsletter mailing list. Now everyone knows how to contact you. ....jmm} **3/8**

**Stu Goldberg | 58-62 | Practices Hand Stands everyday**

" Re: newsletter, Almost forgot, have two torn rotator cuffs, so now **4/8**

working on my one arm on the left, will be there soon, for sure... I do this every day at the gym. Stu" {Not bad for a young man in his seventies.....jmm}

**Don & Connie Holder** | **51-57** | **Re. Repeat story of George Nissen** "Thanks Jack for the info concerning George Nissen. He is great man and did much for Gymnastics. Last time I saw him was at his factory for the first professional Gym meet, (1967) in which I took 2nd place on rings while into my 40th year, competing against kids half my age. Made \$350.00 which made me a PRO. Don" {This email was worth repeating that he was able to compete in his late forties.....jmm}

**Dick & Barbara Ireland** | **51-54** | **Re. "Dear Mike Mann** "Thanks so much for the DVD of the FSU Gymnastics Team. I really enjoyed watching and so did the family. Say Hi to the guys really enjoyed seeing everyone again. Dick Ireland" {On hotel stationary from Beijing China Stationary.....jmm} {I was very pleasantly surprised to see Dick with his sons at the FSU tribute.....Dick retired as a Airlines Pilot. We'll get him to write up his life for yah,all.....jmm}

**Jack Miles & Nancy Dye** | **50-58** | **The frigid south** It was 60 degrees yesterday morning when I saw an older woman fast walking with ear muffs on. We South Floridians are sooo spoiled. Jmm

**Charlie Christian** | **55-57** | **Squirrels are such funny creatures.** "I think we are all up to our ears in political emails so I thought I would lighten you day with something cute for a change. Squirrels are well known for finding pecans and burying them, to hopefully find to eat later. However, it is a proven fact they can rarely locate them later and we find pecan seedlings everywhere!!!! It seems squirrels can sense sunflower seeds for miles are and are always robbing our bird feeders.

I purposely have two feeders mounted on separate trees (of course) just outside my computer window, which I keep filled so these cute, but generally a nuisance, fuzzy little creatures will stay away for the feeders for the birds on the deck.

Well.....this morning I watched as a silly squirrel diligently took sunflower seed, **one by one**, from a feeder and buried it in the lawn. Than back for another, etc.....

Little did it realize the seed would never be found but would probably eventually sprout to become a sunflower plant for the birds, it had been stealing from all this time, to enjoy. Cute story, huh? Charlie Christian" {Georgia Gardener squirrels mascots...jmm}

**Claire Essig (Mrs. Dick) Traynor** | **59-62** | **Re. Email to Don & Connie Holder** "Hi Don and Connie, Where are you getting all of those old photos? From Aunt Billie? I remember one day on the screen porch her saying she was sorting out some pictures she found in the garage. I knew Jack had a bunch of photos from her. That first (?) Gymkana Reunion in 1987, I planned that one at the Ramada Inn with some of the Tumbling Tots. I did not know that Barbara and Beverly ran in the Race in honor of Hartley Price, though. I remember making the reservations with the Ramada Inn staff. Aunt Billie was so excited that we were having it.

I can't remember the photo of us sitting at the bar. Was that in Sarasota or Ft. Myers? Maybe that was Ronnie Amster next to me or maybe Larry Bestman? Was Ronnie alive in 1987?

The last time I saw Aunt Billie was in Massachusetts in the Nursing Home before she died. Her nephew had put her there. She had Dementia and didn't remember Dick or me. We took her some Avon body lotion as I knew she loved using it. We were visiting relatives in Hartford, Conn. 20 miles away and we made a special trip just to see her. She wrote me so many letters over the years!

Thanks for sharing all your e-mails and photos. It really brings back old memories. We've had some great times and loads of fun over all these years, haven't we? I still remember babysitting for you all.

I will be 68 years in January. I can't believe we have been friends for 58 years!! Time flies..... or are we just getting old?? Love you both, Claire"

**Jack Miles & Nancy Dye** | **50-58** | **"Doc's" Motel** {"Every school day that I take and pick-up my son from the famous St. Thomas Aquinas High School here in Ft. Lauderdale I pass the Motel that "Doc" Price stayed in whenever we attended the Ft. Lauderdale Christmas Clinics which were held from Xmas to New Years. We gymnasts stayed in motels across the street from the clinic while Doc stayed in a motel six miles away on State Road 7. It will always be a mystery to us gymnasts as to why Doc stayed so far away from the clinic. Anyway, for me the memory is rekindled every school day. You old timers remember when we were young timers.....jmm}

**Jimmy & Peggy Tanaka** | **51-56** | **Inter Communications between Jim Tanaka, Don & Connie Holder and his 8<sup>th</sup> Degree Black Belt Honors and Guy Manville. President of the North American Judo Association**

**Re. Communication to Guy Manville:** "Thank you for the photo that was taken decades ago. I do have the Official USAF photo of the event. I was "sorta" responsible for hosting the **USAF World Wide Judo Championships** at the United States Air Force Academy (USAFA) when I was Head Coach of Judo and Gymnastics. After selecting the best of the best USAF Judokas by competition, I was requested by the Department of Defense to be Officer in Charge (OIC), Head Coach and escort of the USAF Team.

San Jose State University hosted the USA Judo Nationals. Long story short, the USAF Team took the Gold -first and last time. The banner displayed in the photo is from the Kodokan.

I was also responsible for hosting the first **National Collegiate Judo Championships** at the USAF Academy. San Jose State University, who had all Black Belt Judokas, received the Gold, USAFA, all White Belts, Silver.

Once again, thank you for your support in honoring Mel Keuch by your presence on August 27th. He informed me that he has arrived safely at his Chicago destination.

Dr. Tanaka

**Re. Communication to Don & Connie Holder** "How are you doing? I'm sure you and Connie are living life to the fullest.

I want to share something a little out of the ordinary that I experienced recently. I was being considered and was successful in attaining the Judo rank of **Hachidan (8th Degree Black Belt)**. It was quite an honor to be recognized by the Presidents and by the Community at the Governing Board meeting.

The PE/Athletic Division Dean was in attendance and wrote the following:

"October 3, 2008

Jimmy: "Again, congratulation on such an outstanding honor!! If everyone was such a consummate professional like you are, my life would sure be a lot easier! Great job!" Bob

The following is the chronology of events that followed after I was notified by the **United States Judo Association** in **Colorado Springs** that I was promoted to Hachidan that might be of interest. The itemized 29 Special Achievement was attached to my application when I was being considered to the rank of Hachidan. Other than the ten items pertinent to a brief explanation of attaining Hachidan, the President extracted factual items from the Special Achievements listed below. The President informed me today at his farewell party (He is retiring after 38 years of service) that he was so moved by the letter from **Abner Villarreal** that he had to share the **letter in its entirety** to the Governing Board and the Community. Jim" {Contact Jim for more info....jmm}

**Mike Mann & Fran Millians** | 57-67 | **"Gymnastics for Men"**

"I getting together some stuff for Eddie Woodward, the FSU Archivist, on the early days of computing. He is bringing over a

History graduate student next week to interview me and pick up the materials I have. The are going to digitize it and put it on CDs or DVDs much as I have done with our gymnastics stuff.

Anyway, I sent Fran into our attic to search through the boxes books I brought home from my office when was unceremoniously retired. It is too hot for me up there the as heat really exacerbates my breathing problems.

She brought down one that was not on computing but "Gymnastics for Men" by A. Bruce Frederick and published by Wm C. Brown Company Publishers, from Dubuque, Iowa as part of their "Brown Physical Education Activities Series." When I was in my forties and at New Mexico State I took a gymnastics class to help force me to get back into shape and this was probably the text for that class as I don't otherwise remember it.

Does anyone know anything about this book? Is it worthless and I should just toss it in the circular file. Or would someone like to have it?

**Ron & Loree Galimore** | TTT | **Response to Mike Mann sending DVD of FSU Honoring Ceremony at Half-Time"**

"Thanks for sending this. It was a very nice honor. Ron Galimore, Vice President of Events Olympic Relations/Men's Program "

**Mike Mann & Fran Millians** | 57-67 | **Your Web-site**

"I know the point of the letter is to raise money for the statue project but I do hope you can find a few lines to mention our web site, the URL, and

that I am desperately seeking new material for it. Otherwise, the site is pretty much dead as it is, the new "Trophy" addition today is probably the only one in months if you don't count reunion photos.

I in particular want action photos and memorabilia from newly found gymnast. We have almost 300 "Personal Pages" and most without even a photo much less any win/loss information.

Also, I only want to BORROW this stuff and will return it ASAP. If they send me everything they have then I will also make them CDs or DVDs as the volume of data warrants.

The CDs or DVDs could be nice presents for kids or grand kids for a Christmas or birthday. They will be able to copy what I send them, there is no protection on the material. Mike"

**Bill & Carol Beavers** | 57-61/69-70 | **"The FSU Statue"**

{Bill Beavers wrote to Barbara Withers....jmm}"Barbara,

Lets wait a few weeks for Ed to send Mike a photograph of concept models for the cover of the brochure and to meet with the FSU contact recommended by Randy Spetman the AD. When Mike is able to work the photo into the cover page, we then need to decide if it is worthwhile to professionally print the brochure or merely copy and fold. I will pay for the printing if we go that route. What do you think?

Also any suggestions you want to make regarding the letter OR the brochure are welcome. I will also be glad to pay for postage.

AT any rate, I agree the economy isn't going to improve markedly soon, so lets send them out as soon as the above can be done. Bill"

**Mike Mann & Fran Millians** | 57-67 | **"The FSU Gymnasts honors ½ time at the football game**

"Jack - I sent that {DVD}to

everyone that was on the field that day plus a few others like Jessika Wideman that could not make it and Raphael who should have been there. Just hope it doesn't cause more bruised feelings. I understand that the reason Raphael did not come was because he was {upset} over not getting into the Hall of Fame. I have just noticed that on that scroll by on the End Zone video that although some who were not there were listed like Calvetti, Rabbitt, Tanaka and O'Conner neither of the Lecuonas was mentioned. Note, that Bill was on the field and was not in the scroll by although Barbara and Gail were."

**Jack Miles & Nancy Dye | 50-58 | FSU Athletic Hall of Fame**

{ At the above mentioned event I met with several people who held top positions on the Hall of Fame committee. They told me

that the committee had used the criteria as limiting entries to those gymnast who had won a National title in America. That explains why Dick Gutting, who has been pioneering the cause for us, has had such a hard time getting the committee to recognize Carmine and Rafael, et al for induction in the Hall.....jmm }

**Barbara Sheehan Withers | 54-62 | Reflection on the FSU Half Time Honoring Ceremony**

““The applause was great, and to my surprise, several gals from my

tennis team recognized me Saturday while on the field, and congratulated me this morning at our match. I was amazed at the applause we got. I think we were so fortunate to meet both the AD and Joel Padgett at the Varsity Club reception, and I think it will really help. As we were going on the field, Ed Fernald asked me to write him a letter regarding the women’s achievements, which I will do with the help of our web page. Ed, just let me know what I can do to help. Barbara” {I was amazed at the applause.....jmm }

**Oscar “Bob” and Brock & Mary Andrews | 58-61 | Contact numbers**

“Dear Family and Friends,

This letter is to let all of you know, as of October 31, 2008 you will no longer be able to reach Oscar or Mary at this email address. We will be closing out our internet service entirely. However, you will still be able to reach Oscar at 386-848-4783 or Mary 386-774-2825.....Oscar Brock & Mary Andrews”

**Jack Miles & Nancy Dye | 50-58 | One word said it all**

{ Chad, my son, his mother and I visited a “College Bound” program

where sixty or so Colleges and Universities showcased their programs to South Florida students. We headed to the Dartmouth College table while Nancy spoke highly to Chad of this prestigious old Ivy League school that her father attended. As we approached the table Chad talked with the middle aged man who was manning the booth and was dressed in a very proper bow tie, white shirt and black vest. After niceties with the man Chad left the table area and as we walked away, Nancy curiously asked, “So what do you think?” Without turning his head Chad softly replied, “Inbred”. Doesn’t the youth of today make you proud?.....jmm }

**Barbara Sheehan Withers | 54-62 | Gleaned from the “Holiday Greetings” e-mail**

. “I have just returned from a week long

Caribbean cruise with 3 of my sons and my grandson and just got your e-mail.” {Had to share with you readers the enviable and wonderful trip she was able to enjoy with her family .....jmm }

**Quotable One liners of note**

1. “The smell of the ole gym floor never leaves me and brings wonderful memories of Montgomery gym.”
2. “The elections are over and thank God for no more “Republican Rancor””
3. “Women just love to hear her man say those beautiful three little words.....”I was wrong”
4. “Some FSU Football game tickets are in such demand that you must enter a lottery for tickets” Mike Mann tells me that
5. “Did you see at the Olympic Games on TV that the Balance Beam has a spring floor like interior?”
6. {Trying to get rid of some ugly Muscavy ducks, real pests, from my yard and sidewalk. I changed my attitude and started feeding them and strangely they have all disappeared.....Possibly because I’ve been throwing them seeds out onto the highway .....”POOF”..... }
7. Because the applause we received, I’ve been calling the FSU Gymnastics recognition half time at the Football game, “The last Hurrah”. No less sweet none the less..

**NUFF SED.....jmm**

(Hope you enjoy this Christmas gift epistle.)

FLORIDA STATE

#1



GYMNASTICS

FLORIDA STATE



GYMNASTICS

#2