

**FSU Gymnasts, Gymkana, Tallahassee Tumbling Tots, and Friends Newsletter, July 2010**  
**(Fifty-Fifth Edition) jackmmiles@bellsouth.net**

**“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**

**ANNIVERSARIES**

Chick & Jennie Cicio	60 years, 61 in April, 11	Terri & Cheri Morris	44 years, in 2010
Don & Connie Holder	59 years, 60 in August 10	Bill & Carol Beavers	43 years, 44 in July, 11
Benny & Carolyn Wallace	57 years, 58 in May 11	Dick & Susie Gutting	43 years, 44 in June, 11
Ed & Jean Fernald	58 years, 59 in June 11	Wayne & Heather Thompson	40 years, 41 in January 11
Don & Patsy Rapp	56 years, 57 in May 11	Derek & Nancy Lawler	37 years, 38 in 2010
Carmine & Dancien Regna	55 years, 56 in August 10	Gail & Bill Whitney	37 years, 39 in August 10
Jim & Marlene Jackson	55 years, 56 in July, 11	Harmer & Magdalena Weichel	37 years, 38 in December 10
Sam & Topsy Bailie	54 years, 55 in June 11	Andy Anderson & Curtiss Long	35 years, 36 in December 10
Jon & Boots Culbertson	53 years, 54 in June 11	Joe & Dottie Taylor	32 years, 33 in September 10
Roger & Tamara Tucker Webb	52 years, 53 in November 10	Jimmy & Janie Hanks	31 years, 32 in November 10
Beverley & Bill Beaton	49 years, 50 in Sept. 10	Thom & Linda O'Conner	31 Years, 32 in May 11
Yoshi & Haruyo Hatano	45 Years, 46 in Oct. 10	Carrie Englert & Curtis Zimmermann	30 Years, 31 in 2011
Nancy Lamb & Bob Durocher	45 years, 45 in Dec. 10		
Jay (& Ellie) Schwarzman	Were married 50 years	Karsthin (& Lennart) Malmlin	Were married 47 years
Almira (& Jack) Sharp	Were married 48 years	Claire Essig ( & Dick) Traynor	Were married 43 years

**Jack Miles | 50-58 | 2010 May Reunion Review**

(We had a terrific reunion at Barbara's beachfront homes. Barbara kept us all full with great meals for the four days and she is almost too good to be true.

Mike Mann also brought with him several of his favorite dishes to be enjoyed by all. The weather stayed absolutely perfect, bright sunny days, sandy beaches and cool Gulf breezes. There were many conversations on the decks and around the eating tables. Dick Gutting asked me, "How can I help Barbara?"...I cautioned, "Just stay out of her kitchen area", she has many years of expertise in restaurant ownership and has her own system.

. My son and my daughter with her love, G.A.Mays, drove down from Tallahassee. So I got tons of hugs & kisses – their mother, Bess, lives but a few Miles away in Panacea.

It's a small world after all.... Claire Traynor, looking radiant from love (although limping from a slight leg injury), showed up with her new love, Harold Childs from Crawfordville. Harold & Claire had met on the internet and just returned from a lovely Island Cruise in the Atlantic. Harold a great guy, to our delight, brought along his son Joe, and Joe's girlfriend. When Joe entered the house there were immediate shouts of surprise and wonder when it was discovered that Joe had been trained, several years back in Gymnastics by Bruce Davis who was there to greet him. We were all delighted for now Bruce had someone new to tell all his stories to. {Couldn't resist it Bruce....jmm}.

It turns out that Joe's girlfriend, JoLynn, is a facial products representative and it ended up that all the women created a little "Hen Party" upstairs, getting and giving facials and laughing for four to five hours. My daughter, Sandy, became so excited about the facials that she signed up also to become a Representative. So at the next reunion, we can get Sandy to conduct another fun time for the gals. When trying to create activities for the group it never occurred to us men that the women might enjoy something for them other than listening to the guys brag about their former prowess, --{Guilty as charged..jmm}.

Joe Gusic and Merik Ciska went fishing off the beach and then off of Barbara's long pier out into the Bay. Joe caught a few good sized fish and then Joe returned, from all that strenuous exercise, back to his favorite stuffed chair in front of the TV. At first he was joined by Canadian Beverley Cude Beaton while they watched the Canadians play an Ice Hockey Game. Game over Bev went into the kitchen to help Barbara. Joe stayed and continued to enjoy his TV Marathon...Ice Hockey to Baseball to Basketball to Football to the sports news. Merik was reading in another lounge chair and I thought to join them.

While watching, Joe said something. Then he said something again. He wasn't looking at me so I assumed that he was taking to Merik, Then Joe said something, again, then again. I turned to look at Merrick and realized he was still reading and not talking to Joe at all. So I called over, "Joe who to hell are you taking to?" He responded, "It's those stupid referees and announcers." .....I said, That's OK Joe you can talk to the TV, but if they start answering back to you, please let me know...OK?

Geez...There we were three old guys in soft lounge chairs. One reading a book. One watching the TV. The other talking to the TV All we needed was a guy in white clothes shaking us once in a while to see if we are OK.....You're scaring me Joe....jmm

## Reunion Attendees

ALPHABETICAL	With Guests
Barbara Sheehan Withers	Jack Sisson, and her Son-Daniel Withers & Grandson-Jeff Withers
Beverly Cude Beaton	
Bruce & Rita Davis	
Claire Essig Traynor	Harold Childs and his son Joe Childs with JoLynn Winterley
Dick Gutting	
Don & Patsy Rapp	
Jack Miles	Son-Mike Miles, Daughter-Sandy Hennessy with G.A. Mays
Jane Baesman	
Joe Gusic	
Larry Bestmann	Dorie Miller
Mike Mann & Fran Millians	Terri Johnson
Miroslav Ceska	

**Don & Connie Holder 51-57 Pat Signorelli** To All our friends: At 9:00 PM June 30, our dear friend for over sixty six years passed away. Cancer had taken its toll. Pat Signorelli has been with us from High School, Weddings, College and life. Pat was 82. I plan to write more later. Say a prayer.  
**Don & Connie**

### A Tribute to a Lifelong Friend,

“ The year was 1944, summer had passed and it was time to return to High School (Dickinson) for my Junior year. Remembering well, I sat in the middle isle of the class, several seats back. Mrs. Thompson was the teacher, Civics was her specialty and in my estimation, she had been teaching far too long. As most instructors would do, instructions were given to fulfill a seating card which was 2"X3". After passing the cards to the front, Mrs. Thompson called on to the person to my immediate right, Mr. Signorelli; I want you to print your entire name, Pasquale F. Signorelli on the seating card, which in reality would not fit. Some how, Pat accomplished the request. At that point I scrutinized the chiseled arms of my neighbor, wondering how his biceps could be that much larger in size than my skinny appendages. After class I approached Pat and inquired how he developed such arms. Gymnastics was the word, what in God's name is that I replied? Thus my introduction to our sport and to a sixty six union with a dear friend.

Gymnastics at the high school included the Regna's, Joe & Carmine. We competed with the other County Schools along with Annapolis Navel Academy freshman and West Point Military Academy. There was no doubt who would take the prized first place on all the events, it was Pat all the way, and the rest of us would vie for the second place. Pat was that far ahead.

About that time I met Connie and after graduation we strayed away from Gymnastics and into figure skating and I into boxing. In 1948 I received a phone call from Pat asking me to think about returning to Gymnastics, a pivotal point to say the least. So Pat introduced me to the Swiss Gymnastics Society, a club that encompassed many great Olympians. Also about that time Pat was entering the Air Force. Connie and I were thrilled to be in the company of so many great Gymnasts and learned much.

Two years passed, Connie and I decided to put rings on our fingers and at the wedding who shows up but our dear friend Pat just discharged from the service. He indicated that he was college bound for FSU. A year passed and factory work was becoming non productive and boring. Again Pat interceded and prompted me to think about College with the aid of a small scholarship. Pat took leave from a summer job to drive with Connie and me to FSU to contemplate the move.

College was great with Pat leading the way. We were Co-Captains and many trips were made all over the country. Pat married Iris and began work in Tallahassee teaching. Pat's daughter Elaine was born and soon I practiced diaper changing in preparation for our own children when they arrive.

I graduated and served in the Army. Upon discharge, once again Pat was there to prompt me to think about teaching in Miami. Pat was so well liked in Miami that by his word alone I received a teaching position at Miami Jackson High School. We both coached Gymnastics and many times competed against one another. Our three sons attended Pat's school (Killian) and competed for him along with his daughters Elaine and Janis. At times our sons competed against their father. No coincidence that our third son was named after Pat.

After retiring, Pat and Mallory move to Colorado. Siblings Gerry and Tara became accomplished Gymnasts. We shared weekly phone calls up until the last.

As you might have noticed, there were so many crossroads that we approached only to have our dear friend guide us in the correct direction. If I achieved any type of success in life, it was due to Pat's guidance. To think that most of our friends are due in part to Pat is a tribute to a great friend. We love Pat and he will be missed. Don & Connie Holder”

(I know this is an unbelievably tremendous loss for you and Connie as it is for all of us. We all have lost a wonderful human being. I shouted, "Oh No". when I received your email. I can never forget that, like no other, Pat steered the course of your very life..... God Bless him and all who loved him. My tears and prayers go with him.....Jack)

"Greetings, Jack, You told me that you like some of my "stories", so I thought that I'd pass this one on.

Yesterday held a shock, literally, for Canadians in southern Ontario and Quebec. Also affected were some Americans in parts of the northeastern United States. While it made the news up this way, you may not have heard about it at all. However, we had an earthquake at 1:42 PM. It had a magnitude of 5.0 here, and 5.5 around its epicenter just northeast of Ottawa, making it not very far from Montreal. For Californians and others west of the Rockies, this wouldn't even be worth reporting, I'm sure. It did make for some excitement around here, though.

I was sitting right where I am now, working at the computer. Somewhere behind me my feline buddy, Bazoo, was keeping me company. I heard a rattle and a thump, turned my head in time to see a four legged orange flash leave me behind just as my wheeled chair slowly rolled to the right. Quickly I stood up, only to find that my balance was off...no wonder, since the whole apartment building had begun to gently sway back and forth. I took off for the living room where Bill, who had been watching one of the current soccer matches, responded to my pronouncement that we were having an earthquake by saying that the couch was jiggling. At the window, my hanging plants were swinging around, a tall potted plant teetered to and fro to the accompaniment of rattling dishes in the china cabinet and cupboards. Some pictures on the walls went askew. I frankly admit to being somewhat frightened....we are, after all, on the 6th floor and I kept wondering when this movement would stop. It finally did subside, gradually. At this point, the only weird thing was that the swinging plants were still at it. It took them about another minute to settle down. In total, we figure about 5 minutes had passed.

Strangely, as reports began to come in, we learned that sensations were felt elsewhere for as little as 30 seconds to a minute, or even not at all depending on where the person was. In this very apartment complex, the manager had been in the basement. He found out that we were experiencing an earthquake only because his wife, in a panic, reached him on his cell phone to tell him the building was shaking. She was alone with their baby and was terrified.

I learned only today from my daughter Heather, who was at work not far from here, that she and others had not felt a thing. Granddaughter Jane, out walking with a friend, didn't either. That friend had merely wondered aloud if a storm was coming because the houses seemed to be shaking. In spite of that, tremors were reported as far away as Vermont, New York state, Maine, Ohio and other states as well.

Anyway there was, thankfully, no damage and no casualties. End of story,....Hope all is well with you and family, Bev  
{ You are right Bev. I love your stories beautifully descriptive....felt like I was there.....jmm }

("Don & Jim, I welcomed an offer from

my son's girlfriends father, Chuck, to go out with another father, Jim, on Fathers day fishing in the ocean on their co-owned 22' boat with Jim's son and my son---It was to be a "Mans' day out".

It was a beautiful day with only one rain/electrical storm in the far distant - which I estimated to be just over Don's house down in the west Miami area. We were about ten miles out and the blue seas were rolling with about 3-4 foot waves. (Strange as it seems I had only been out, without my canoe, in the ocean that far two times before.)

So I sat on a thinly, padded vinyl seat just in front of Chuck who was at the wheel and was steering us straight into the waves at, I guessed to be about fifty or sixty miles an hour. We were flying....and were slamming along the tops of the waves. Bam, Boom, Bam, Bam, Boom. I was bouncing all over the seat thinking, "This is no freaking fun, for Gods sake why doesn't he slow down. I gave up that Macho crap years ago. This hurts. No fish is worth this."

Then **BAAMM**, I went airborne in a sitting position about two feet. We had hit a huge wave. And as I was coming down **BAAM** another smasher came up and batted my butt full force. It wasn't like I was hit. It was more like I exploded in a blinding flash. When I landed I couldn't breath and faded in and out as I collapsed bouncing to my right side in agonizing pain. Chad and Chuck, had jumped to my side shouting, "Are you OK? Are you OK?" At that moment I was thinking I had just broken my back but the excruciating pain wasn't shoulder level it was at my lower back area. More than that I couldn't breathe and was pointing in my mouth hoping that Chad would somehow blow some air into me.

Gasping, I slowly got enough air to say over and over, "I can't breathe.....I can't breathe" The boat had been stopped and was rolling over the waves. Chuck and Jim asked if I wanted to go back to shore and even though I knew I was hurt but I didn't want to ruin their day. So I assured them I would ride it out and I was OK.

I was in real pain all day... and later grateful to get back to shore. The next morning, thinking I would have been better I finally gave up and went to the Doctors. Sleep has been a bitch and walking not much better. The Doctors gave me some pills that didn't help at all relieving pain. Right now I am waiting for them to call for my X-ray and MRI appointments.

Now, you know for sure I thought of you two guys over and over. I wasn't shot out of a copter and I have only been in pain for four days but boy, God said, "Do you want to know what they have gone through. I think I'll give you a sample". "No thanks", I should have said.

One of my favorite responses when asked, "How Are you doing?" I would say, "Well, some parts are younger than others" then after a pregnant pause add, "My heart as an example".....The real fact is that I am running out of young parts.....Damn, I...am...so...freaking... sore.....You above all else can identify.....Jack...

....P.S. Chuck has called several times to hear how I was doing. He commented that he was glad I was feeling OK because the identical thing happened a year or so ago to his wife which resulted in a "broken back" ....Gad Zooks! Now he tells me.jmm}

**Jack Miles & Nancy Dye | 50-58 | In Memory of Tim Rand**

("Tim Rand, former owner of American Twisters and the Bumble Bees in Coconut Creek, Florida passed away on August 20, 2007

of cardiac arrest.....{When I came to Ft. Lauderdale in the late 60's. There was no gymnastics at all. I started gymnastics at many school and Recreation Department sites with my ex-wife, Pam. who later branched off and opened her own gym with a former High School Boy friend named Al Adaschik. They called themselves, "The Bumble Bees", and hired a young energetic young man, Tim Rand, to help them with their program. Pam and Al eventually left the business. And Tim, a savvy young businessman opened a huge gym program which he called, "The American Twisters and Bumble Bees". He created a nationally recognized successful Gym which produced many nationally ranked gymnasts and today the gym continues on as the top gymnastics gym in the South Florida area. Tim was a very likeable young man who always held himself to the highest standards, personally and in business. Sadly, he died young and is loved and missed by all who knew him.....jmm.}

**Jack Miles | 50-58 | St. Thomas Aquinas**

{Chad's, St. Thomas Aquinas High School had 518 classmates in their graduation ceremony with 23 Laude's - Cum. One boy graduated Magna Cum Laude, the top score in SAT's, a classical violinist and is only 15 years old. He had over 3.5 million dollars in scholarships offered to him...One Black-American football player going to Harvard with two others from St. Thomas....plus 5 football players now have signed contracts in the NFL. Their Football Team is National High School Football Champions, 100% of graduating class is college bound. etc. etc.....it just blows my aged mind. (Have I have mentioned in the past that the Catholic School monthly tuition alone was \$1,200.....jmm)

**Bill & Carol Beavers | 57-61/69-70 | Words to live by from our great sage**

"PS, I had what I perceived to be an original philosophical thought tonight after two glasses of

wine (honest); Being an atheist AND retired, I have few if any holidays to look forward to anymore! However, life is still good! Bill" {How about April Fools Day?.....jmm}

**Charlie Christian | 55-57 | Re: To my email about Chad's Graduation**

"Can you believe I missed my High School graduation day ceremony at GMA due to having the Flu and couldn't get out of bed? My then girl friend went to receive my Diploma and Weight-Lifting and Body Building trophies {I am sure your GMA classmates preferred seeing her up there getting the awards other than you. "Charlie never looked so good", I heard that one said....P.S. I missed my FSU graduation...Couldn't afford the cap and gown..To this day I regret not having gone jmm}

**Mike Mann & Fran Millians | 57-67 | Gymkana Show Program Collection Completed**

"Many of you may be aware that up until the 2009 reunion we had thought our collection of Gymkana show programs was complete with all of them up until 1971 about the time of Doctor Price's retirement. Fortunately or unfortunately Bill Beavers made an extra effort in 2009 and got many of his 1960s team members to join us at the reunion. Either Steve or Vince Treacy showed up with the 1973 Gymkana show program "Kaleidoscope" which they allowed me to scan for posting on the web site. This created a dilemma for us since it meant that we were missing the program for 1972. However, we were able to come up with the title of the show "Gymnastics with Extravagance."

It has taken over a year to track down the missing program which we were able to do with the assistance of Eddie Woodward at the FSU Heritage Protocol project ( <http://heritage.fsu.edu/> ). Eddie found the missing program in the Strozier library "Special collections," scanned it, forwarded it to me this afternoon and it was now been posted to the web site and now our Gymkana show programs collection is complete. You may view the new program at (<http://fsugymnastics.org/Gymkana/1972%20Gymnastics%20with%20Extravagance.pdf>) Mike"

**Claire Essig Traynor | 59-62 | Tribute to Mike**

"Thanks, Mike (and Jack) for all you do for us! Harold {Her Sweetie} is very interested and fascinated by all of this. He told me you sent some photos of me.

This brings back old memories even though I was 31 years young and married 8 years at this time. I was in a lot of the old Gymkana Shows and would like to pull up some of the old programs. Thanks again. Don't know how we would have ever had this website and reunions without all of Jack's and your expertise....Incredible..... and well done. Hats off to you both!.....Claire"

{Thought you readers would get a kick out of these similar emails received: from Almira Sharp, Jack Sharp's widow. (Jack & she were married 48 Years) "Hi Jack, Life is going along very, very well for me and my new love, Bob "

from Claire Essig Traynor, Dick Traynor's widow (Dick & she were married 43 years)

"Hi Jack, I am having many fun days...especially with my Harold....I have not been this happy in a long, long time."

{The "Oscar" goes to God for writing the script...This kind of news will give so many of you wives out there a smile and keep us men on our toes..... jmm}

**Jack Miles** | **50-58** | **Historical fact** | {"I Started first grade when the USA started Soc. Security...Like many of you I was born during the "Depression", but we were breast fed and didn't notice".....jmm}

**Mike Mann & Fran Millians** | **57-67** | **Re: Effort to get Judge Jim Jonas to attend 2010 Reunion** | " Jim - Please don't let Bob (Perone's) absence stop you from coming. I believe that you already know Barbara and if another person you have at least communicated with will help I will be getting there around noon on Friday and Saturday.

Two of the former "Sammy Seminole" will be there Dick Gutting the first, Thursday evening through Sunday, and Joe Green the third on Saturday. Mike"

**Judge Jim Jonas** | **57-67** | **Re: To above** | "Darn. Would have especially enjoyed seeing Dick Gutting. I have a great memory of watching him perform at halftime of the FSU vs. Boston College game in Boston in the Fall of 1957. I was in the Air Force and stationed near there so got to attend that game. Have not seen a trampoline exhibition at a football game since then.

Sorry that I cannot make it as Bob has told me how much fun he had when he went. If things change, I will drop by as our beach house is only about a mile away and I do need to get down there and make some repairs. Judge Jim Jonas"

--Later email--{Referring to material Mike sent for a Newspaper story Jim was writing about FSU Gymnastics....jmm}

"Thanks, Mike. I now have much more than I can use for the small space that I get to fill. However, that is a good problem to have. I especially enjoyed watching the movie short as it was obviously filmed while I was at FSU. It was great seeing those guys perform again and seeing Landis Green again as it looked then. Sorry that I cannot make it to the reunion. Had hoped to make it for a short while but unless some things change in my schedule will not be able to get there. Hope that you all have a great time. Jim"

**{I had just missed meeting Judge Jonas by minutes when I visited the showing day of the newly proposed FSU Athletic Museum at the stadium. The Museum was designed by an artistically creative students' class as an assignment. I introduced myself to all and was pleased to meet the staff and students and the one student who had designed a large rendering of 5' tall gymnasts doing handstands in a row. There were trophies, uniforms, awards, signed footballs and memorabilia, plus records from all sports. We were not left out. This Museum opens up a lot of opportunity for us to incorporate our FSU legacy.... We could donate some National, Olympic, and International Medals and Emblems, etc. Let's hear your thoughts....jmm}**

**Ron & Loree Galimore** | **TTT** | **Fathers Day email** | Dear Jack, "Happy Fathers Day and thanks for the positive influence you have been in my life. I hope you had a great day! Ron"

{Ron: God bless you, and thanks for the tear filled eyed smile you just gave me. Love to you both...I am so proud of you.....jmm}

**Jack Miles** | **50-58** | **Chad's visit to FSU** | On Chad's first day, The new students all wore name tags. One athletically looking boy had "Miles" written on his name tag and was wearing a Sportsfishing" tee shirt. A conversation began and instant friendship ensued. The boys talked of their history and common interest in fishing and athletics. Our Chad having his last name Miles, and the other boys first name Miles. Our **Chad** had his history in "The International Fishing Hall of Fame as the youngest tour guide ever and Grand Slam win plus his casting demonstrations at the Bass Pro Shop and Boat Shows' **Miles**, having his own boat and his long history in many ocean fishing tournaments. **Chad** his history with two individual State Championships plus a State Team win in Tennis. **Miles** his history as a National Champion in Track and holding the National and World record in High Hurdles. Both the same height and demeanor. They hung out together the five days of Orientation and Miles said he likes hanging out with Chad because he is a, "Chick Magnet". Nancy & I met and spent some time with Miles' parents. They were down to earth and very nice. We learned their last name is Sparks and from another sources learned that Miles' father is the world famous author Nicholas Sparks. Nicholas Sparks wrote; *Message in a bottle, The Notebook, A Walk to Remember, Night in Rodanthe, The Last Song, Dear John*, and many others. Several had been made into movies.

**Mike Mann & Fran Millians** | **57-67** | **Meaning of Karati Belt** | "We have Fran's grand daughter (by adoption), Ellen, visiting for a few days along with a friend from her Karate class. Ellen has a brown strip on her Karate belt, not sure what that means, except that she could probably beat the crap out of me if she wanted to....Mike"

{Mike sent me some pictures of "Tim" a teen-ager doing gymnastics – side horse and a handstand contest hence this email."

"Mike, tell me about Tim. What is his relationship to you? The pictures took me far back in time to my high school years. Great stuff. I love it that a handstand competition would warrant caring pictures taken by his family.

Mike replied, "Jack -Tim is my grand son, ""my oldest daughter's youngest" So the legacy carries on.... Mike has a gymnastics grandson. Good genes....jmm}

**Stu Goldberg | 58-62 | Good News from Stu's email to his friend Chuck Johnson.**

“Last hard luck was” I had a heart attack. Here's a guy who gave up steaks and red

meat forty years ago, no sodas, no fried foods, don't smoke or drink, work out at the gym nightly, eat lots of fish and veggies, then has a heart attack.

It was right after a great birthday party that a pal from the gym threw for me. He managed to find people from Florida and all over California by tracing my emails. There were about 32 people there and it was something else. Will have to send you a Video. Five days later I had the heart attack.

Got out of the hospital at 128 lbs, now about 140, but pretty weak. Will not be able to bounce and try out my new {trampoline} bed, that's a heartbreaker. Just now trying to get back into the workforce (one has to eat). Hoping real estate prices will eventually come back so I can sell and relocate.

Good news yesterday from the cancer doc in San Francisco, my scans from two weeks ago show the spots on my liver etc., are almost all gone. I had been on this experimental drug ipilimumab for many months in '09 after I was diagnosed. Had the first tumor removed from my chest back then, with a short hospital stay. The operation up here for my blocked arteries kept me in the brig for many weeks. They put in a stent. The doc said if I hadn't been an athlete, I never would have made it. Lots of excitement.”

“Am I a lucky guy or what ? Nothing cheers one so much and so quickly as knowing that you are remembered well. I'm sure you well know that I have always appreciated that. I'll stay in touch and as soon as I am closer to 98% or so, will come to visit your enterprise. Stu”

The three of us just love you guys & gals and are forever grateful.....Jack, Nancy & Chad

**Laird & Florence Ashby Anderson | 54-58 | Info from Barbara Withers**

“Wanted to give you Laird Anderson's address. 109 S. Van Buren, Rockville, MD 20850-2802

Don't know when they permanently will be in Tallahassee, but their address will be: 1811 Atlantis Court., TLH, 32303”

**Karl Bishop | 69-71 | Re. email to Mike**

“Mike – I have not been on my home e-mail for a while (obviously). When I finished competing in 1972, the trophies were still in the gym. Not sure where they went from there. It is interesting that you show Hank Taylor's picture in the e0mail doing the double off rings. In the show, someone made an executive decision to “spotlight” Hank's dismount off of rings – literally. The only problem was that Hank had never practiced doing his dismount in the dark with only a spotlight on him. He faced the double and broke his jaw in the show! OK, I'm bad – it's kinda funny now. Not at the time. We did laugh when Bob White did a perfect front 1-1/2 off of the front swing on the flying rings. He almost died and was one stiff guy for a couple of weeks. I always used our experiences in Tully as a guideline for gym behavior when I owned my school. If we thought it was cool and fun in the gym, I knew I should never allow it in my school. Karl Bishop”

**Don & Connie Holder | 51-57 | Whales**

{I Forwarded a news release about a whale sighting of the beaches of New Jersey to several of you who were from that area. Don Holder's response was:}

“Jack, speaking of whales, about fifteen years ago, my sons and I along with one of my former Gymnasts were Dolphin fishing and diving. Son Terry (great eyes) spotted what we perceived was a whale We raced toward the spot only to realize that what ever it was had sounded. We waited for several minutes, then the right whale surfaced with its baby. Davy Yoham the Gymnast decided to jump in to investigate. Immediately the mother charged at Davy who made a flying leap into safety. The smell from the blow hole would make you gag. That so far would become our first and last encounter with whales. Don”

**Larry Bestmann | 55-58 | Added to Web Page by Mike**

“This link is to Larry's personal photo gallery for the reunion. The photos on our web site are low resolution so that the web pages will

load faster. A result of the Low Res is that they are not suitable for printing.

Larry's gallery the photos are both larger and higher resolution and suitable for printing. So if you would like to print copies of any of his photos then you should go to his gallery.

[http://fsugymnastics.org/Photos/Reunion%202010/FSU\\_Reunion%202010.htm](http://fsugymnastics.org/Photos/Reunion%202010/FSU_Reunion%202010.htm) ) and

( [http://fsugymnastics.org/FSU\\_Photos.htm](http://fsugymnastics.org/FSU_Photos.htm) )

**Derek & Nancy Lawler | 57-62**

“Jack, I had thought you had stopped with the newsletter and retired. I wasn't sure your email address was still in working order so I sent the post anyway. Good to hear from you and you can send me anything you want. I love animals and have two pitbulls that are good company. Now that Pompano has a dog park I have taken Angel over and she was a good guest. I am not so sure about King, the 60 pound red nose. He might be aggressive to other dogs. Nancy loves them too. Have a great day. Regards, Derek” {Hi Derek...check <[fsugymnastics.org](http://fsugymnastics.org)> to see if you missed any past Newsletters. I had computer problems in the past. Have a fun day.....Jack }

**Mike Mann & Fran Millians** | 57-67 | **SKYPE**

“Better go get you a webcam/microphone combo and learn to use it. Otherwise you are going to have one hell of a phone bill when Chad get's to Tallahassee and Nancy is going to want to talk to him almost daily. You can make some practice calls to me if you like.”

“Jack -Did you tell me that Chad's laptop already has the web cam & microphone built in? If so, then all he needs to do is download and install Skype and he is ready for free calls home after he gets up here.

“I know you and he have Sandy and Michael here but do tell him to be sure and call us if there is anything we might be able to do for him. Mike”

“Also, Fran's son David has spent the part of last two summers in China the last one with about fifteen kids. He got a Skype account before his first trip. He is able to make calls home via his laptop for just pennies and not have the Chinese authorities looking over his shoulder or listening in.

{SPKE”S is amazing. Long distance calls between Skype’s members are FREE. If your computer does not have the camera/mike included you can buy an attachment for about \$40,00. I have been talking several times a week with my brother in Jersey and Mike Mann . And Chad has been talking/seeing his girl Megan in Mississippi every day.-and it is all free. Check it out. Thanks, Mike for enlightening me....jmm }

**Bill & Carol Beavers** | 57-61/69-70 | **Email to Mike re. Skype**

“Had dinner with Terry and Sheri Morris and others last evening. Everyone who has used skype thinks it is terrific. Cheap and the

reception on laptops is better than cell phones. Bill”

**Jack Miles** | 50-58 | **You have to laugh**

“Hernia operation turned out great - except for resultant high pitched voice – possible misdirected snip

Body Surfing Crash & Hypothermia - ribs & back muscles still sore when I sneeze, snicker or laugh

Fishing boat spinal injury - feeling much much better - from X-rays Dr. suspects herniated disk, scheduled MRI

Hard to get up from lying position - was 6' tall now 5'5"...

Varicose veins operation yesterday on left leg - excuse slurred typing – Like that Valium, baby

Got unstuck from pants zipper - red & sore & still useable – Zipper worn from overuse....age.... not sport

Gluteal Fold now a Gluteal Drape – gravity wins again

Body all aching and racked with pain..... Pain let's me know I'm still alive

It's great to be alive - It's a beautiful day - and I love you all - Valium again”

#### **Comments received on the above medical report**

Don Holder: “Welcome to the Rusty - Gold years”

Bill Beavers: “Wow! You need a break (no pun intended) from all your injuries”

Benny Wallace: “Didn't anyone ever tell you that you were the reason the zipper was invented ?”

**Almira (Mrs. Jack) Sharp** | 51-53/60-62 | **Great Grand Children**

“Hi Jack, Life is going along very, very well for me and my new love, Bob. I leave tomorrow to head to Wichita for the

wedding of grandson, Adam. I'll be picking up great grandchildren numbers 4 and 5. Stuart and his family will be coming in from Germany, so it will be a blast.

Unfortunately, I still live in the age of dialup computer, and the utube does not work on it, so can't appreciate the “Nature” features you are sending. Love, peace and joy, Almira”

7/7

**In Closing.....Thank you so much** for all your emails and stories. Remember; please hold off on all hate, anger, political, combined, and religious material. (I am being barraged by such “ehate mail”) **Love, Kindness, Friendship welcomed**

Best Line of the month referring to nature pictures sent:

“WONDERFUL!!! GREAT TO SEE SOMETHING THAT IS NOT OIL, WAR, CRIME, ASS HOLE POLITICIANS---ETC.”

Quote: Harmer Weichel

Follow-up Best Lines of the year:

Instead of this offensive, innuendo crap, {“re: ehate mail”} I would like to suggest that you folks change your approach.

Go on the record with your support of a constitutional amendment making it illegal for "Any 'Nigger' or 'Spic' to be President of the United States" regardless of education and/or qualifications.

The job is reserved for pure whites only, regardless of how uneducated and stupid (aka, G. W. Bush), a Nazi idea if I ever heard one. Why don't we follow the German example and gas up the ovens!

That is the obviously the only thing that is going to make you folks happy. Quote: Mike Mann