

A lifetime of bragging rights

“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	45 years, in 2011
Don & Connie Holder	60 years, 61 in August 11	Bill & Carol Beavers	42 years, 43 in July, 11
Benny & Carolyn Wallace	58 years, 59 in May 11	Dick & Susie Gutting	43 years, 44 in June, 11
Ed & Jean Fernald	58 years, 59 in June 11	Steven & Adriane Zindell	41 years, 42 in August 11
Don & Patsy Rapp	56 years, 57 in May 11	Wayne & Heather Thompson	41 years, 42 in January 12
Carmine & Daneen Regna	56 years, 57 in August 11	Derek & Nancy Lawler	38 years, 38 in 2011
Jim & Marlene Jackson	55 years, 56 in July, 11	Gail & Bill Whitney	38 years, 39 in August 11
Sam & Topsy Bailie	54 years, 55 in June 11	Harmer & Magdalena Weichel	38 years, 38 in December 11
Roger & Tamara Tucker Webb	53 years, 54 in November 11	Andy Anderson & Curtiss Long	36 years, 37 in December 11
Beverley & Bill Beaton	50 years, 51 in Sept. 11	Joe & Dottie Taylor	34 years, 35 in September 11
Yoshi & Haruyo Hatano	46 Years, 47 in Oct. 11	Jimmy & Janie Hanks	33 years, 39 in November 11
Nancy Lamb & Bob Durocher	46 years, 45 in Dec. 11	Thom & Linda O'Conner	31 Years, 32 in May 11
		Carrie Englert & Curtis Zimmermann	32 Years, 32 in 2011
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
Jon & Boots Culbertson	Were married 53 years		

REUNION DATES SET FOR MAY 19-22, 2010

Jack Miles & Nancy Dye | **50-58** | **This Newsletter**

{The extreme life challenges and progresses made by three of our dear friends, Connie Holder, Benny Wallace, and Mike Mann are

“Front Page News” I’ll do my best to capsulize their stories because so many of you have wanted to know ASAP...Readers, Please forgive me if my words ever appear insensitive or uncaring, because that is not what I feel...their hurt is our collective hurt...jmm}

Don & Connie Holder | **51-57** | **Connie {02/01/11}**

“Connie entered Baptist Hospital ICU at 9:30 pm Tue. evening after having a stroke. Will talk later when I receive more news. Don”

{Oh My God! Nancy & I are shocked, Don & Connie if there is ANYTHING we can do for you please let me know. I pray and wish for the very best outcome. We love Connie & you. She is one of God's living angels.....jmm}

Don & Connie Holder | **51-57** | **Response to above**

“Thanks so much for all your mail and good wishes concerning Connie. We are very grateful to have so many great friends. I wish I had the time to

individually express my thoughts, however, my short time at home to shower and pay bills (Connie always performed this task) leaves me no time. I hope you all understand and hold off on the e-mail. Love to all, Don

P.S. Connie seems to be gaining, however, the advancement is so minimal it's hardly detectable, but still it is something which is better than nothing. ...Out of ICU and beginning therapy. Will talk later, Don”

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

“Thanks much Jack. Connie has been transferred to a rehab center Wed. Her right leg shows some movement while her right arm is pretty much unresponsive... Speech shows a few words.... When visitors arrive Connie seems to recognize most everyone and emits a smile. I'm so grateful for all the love we have received from our Gymnastic community. I don't believe there's another group similar to Gymkana. Thanks to all, Don”

Beverley Cude & Bill Beaton | **55-59** | **Emailing (02-03-11)**

“Hi, dear friends... Thanks so much, Barbara, for sending me Jack's message to Claire. Thanks, Jack, for doing so in the first place.

Both Connie and Don are in my thoughts daily. Our offspring remember them well from the Fort Lauderdale reunion and from the one that followed. Each voiced their concern and join us in hoping for the best. While not hearing anything leaves room for sometimes bleak, but more often hopeful thoughts, it was wonderful to know that Connie is making some strides forward. That she recognizes people and smiles her beautiful smile, lifted my spirits and made me smile too. As we discussed on the phone a few nights ago, Barbara, I did get a card, but am only getting it in the mail today. I'll send it Express or whatever our service can do the fastest.

I also took the liberty of calling Joe {Gusic} to ask if he had heard about Connie. He hadn't, and was shocked by that news. I didn't realize at that time that I'd be writing to you, but I'm sure he won't mind that I pass along his concern and good wishes for Connie's further progress. Seeing as I had told him that I'd keep him informed of anything new, I'll call him tonight about the encouraging words Don had written. I'll call him tonight and I'm sure he'll be encouraged by Connie's positive progress.

Should you be in touch with Don, please extend my love and encouragement to them both. Love 'n hugs to you both, too, Bev”

Jack Miles & Nancy Dye | 50-58 | **Phone Call (02-05-11)**

{ Don and I had a, much appreciated by both, long phone call last night. Don, said that Connie is in daily therapy and any slight gain in mobility is a cherished moment. She is as a person trapped within her body and trying to get free. One therapist had her wiping a table top with a cloth in circular movements and she did somewhat, Ok. And she has been totally assisted as she is helped to regain the ability to walk through the parallel bars in rehab.

Don has been at her side every moment and she smiles in recognition when he and their sons come to visit. On several occasions when he thought she was asleep and he momentarily had his back to her he then turned around to find her staring straight at him wide-eyed for a few several moments, Then she would slowly close her eyes and relax, seemingly comforted by his presence – a huge torch for Don to carry willingly.....Testified by the fact that he has lost fifteen pounds in weight. She can not talk but can make some very slight movements of comprehension which comes as a blessing.

Recently Don was able to go home at night and said that he never realized how wonderful it was to sleep in his own bed after trying to sleep in a chair with all the hospital activity going on all night. His youngest son has been doing a wonderful job of taking care of all the household and yard chores while Don tries to keep up with bills, communications etc.

He wanted me to be sure to let everyone know how much Connie and he appreciate all your love and support and apologized for his inability to find time to respond to over a hundred calls and emails.....jmm}.

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

“Benny has asked me to send this out. I am not very competent with the computer so it is a struggle. Benny has been at Mayo Clinic for four days undergoing many tests. He had terrible pain and the diagnosis is that his right kidney must be removed. He is home at the moment and still in pain. A stress test will be performed on Wednesday. He is almost 80 years old so they must determine if his heart can stand the strain. If so, the operation will be performed as soon as possible at Mayo Clinic in PHX, one of the three Mayo Clinics in the USA.

He will not be able to communicate with you for a long time so please hold all mail because it will go unread and unanswered because I don't know how and things will be hectic here, I'm sure. I will try to put out a message from time to time but can't promise. Thankfully, I do know how to type a message and send it but the computer has always been Benny's territory.

Thanks, Carolyn Wallace”

{Carolyn & Benny: Wow, that was so unexpected. My sincere wishes are for his full and complete recovery. I am letting many of his, and your, FSU friends know of his condition and fight. Although, as you say, he won't be able to respond to emails....we can send them to be shared with you and Benny. Knowing Benny, and my, religious beliefs, I will be asking those who have a better connection to keep him in their prayers.

Benny has always been one of my favorite heroes....a quick intelligent wit, a bright mind, and a superior athlete. Several of our old buddies have been through some scary health moments and have come out with flying colors. Benny will do the same.

Carolyn, you have always been a dream of a life partner. Benny has been blessed. Hang in there... we love you both and are proud to call you our life long friends. Please keep me posted Love, from Jack and family et al}

Benny & Carolyn Wallace | 51-55 | **Benny Continued**

“Jack: Thanks for calling but I am unable to respond and will be for some time. I have to go back to Mayo a couple of times for stress tests and the kidney removal on 1 February. My doctor is well connected at Mayo and we have friends who own a large computer business in PHX so Carolyn has the use of a guest house and cars but probably won't make use of them. As in my recent stay, they will probably set her up in my room, which is a suite actually. It's a corner room with fine views of the mountains to the north and west. The place is first class all the way so I'm all set. I'll send words after the surgery. Benny”

Sam & Tpsi Bailie | 54+ (Iowa) | **Re. Benny**

“Jack thanks for the information about Benny. Please keep us posted. Both Tpsi & I wish him the best. Sam” {You just did Sam.....Readers: Sam Bailie, Charlie Christian, and Benny all graduated from Georgia Military Academy near and around the same time....jmm}

Benny & Carolyn Wallace | 51-55 | **Benny Continued**

“Benny had a pacemaker put in and now awaits right kidney removal on 1 Feb. All for now, Carolyn”

Benny & Carolyn Wallace | 51-55 | **At Home**

“Jack; Arrived home last night after a trying time at Mayo Clinic. There were complications so my stay lasted 10 days. Am now in recovery and rehab. The kidney was cancerous but entirely contained within the kidney. Expect full recovery. Benny and Carolyn” {That is such good news to all of us. Keep up the fantastic progress. A great fighter is back in the “fro”....jmm}

Mike Mann & Fran Millians | 57-67 | **911 to the hospital**

“I have been moved to intermediate care and told to expect to be here for two or three days. Pneumonia may be trying to form in lower left lobe. They are pumping with antibiotics and steroids. I am in a private room, not asked for but love it, Looking forward to as much sleep as they will allow tonight between their poking and checks, been up since 6am Monday. Fran did get few hours today but dog tired too

The day by day scenario

- Keeping me in Intermediate care another day then moving to a regular care floor
- Being moved down the hall/wing to respiratory floor. Get these damn monitor wires off finally
- Still an un-requested private room, probably because I was such and AH moving in yesterday they didn't want anyone to have to put up with me.
- Not as big and/or well equipped but it does have a mini refrig if anyone wants to smuggle in an amber six pack, micro brew preferred. Good boiled peanuts to wash down with it but that is impossible this time of year.
- But probably not the last, it is called a COPD exacerbation, usually set off by something else like a cold or other infection/problem that by itself might have been minor. I have been semi-terrified of catching a cold for a couple of years and doing everything possible to avoid getting one. I have read of many having an exacerbation, being in the hospital for weeks, getting out for a week and going back for another month or more.
- My head cold started last Wednesday/Thursday and I called my pulmonologist for a prescription for an antibiotic. Cold gradually moved to chest, became more congested and difficult to breath. Getting up in the night Sunday for a couple of bathroom calls I barely made it back to the bed and my CPAP/Oxygen. Monday went in to pay credit union loan and pick up a few things at the grocery. Normal trip to walk in to the shopping scooters. Had to stop at a garbage can to rest and catch my breath even with my O2 bottle. More difficult breathing through out the afternoon, evening became impossible resulting in 911 call and ride to TMH ER, possible pneumonia getting started in left lower lobe, lots of antibacterials and steroids. Doing better but fade fast with just a little exertion.
- Pulmonologist came by Tuesday and at one point started to talk about "options." I did a living will several years ago, hospital has it on file but guess I didn't get him a copy when I started seeing him later. I showed him an abbreviated, laminated, version that I have carried in my wallet, behind my drivers license every since I took that three month motorcycle trip in the late 70s. I had Fran print him a copy of the living will from my home computer and gave him a copy when he came yesterday. This morning they came in and put a "DNR" bracelet on my wrist.
- Fran and all my family has copies of this and knows my wishes. I have no desire to sit around in a vegetative state until "God decides to call me home!" I joined the Old Hemlock Society (new one isn't worth a damn) when I was diagnosed with bladder cancer. I had no desire to sit around in extreme pain with docs possibly not giving my anything for because it might be addictive, Addictive hell, I'm dying, let me do it with as little pain as possible. The old HS had instructions for taking yourself out with the least pain and mess. The new HS doesn't do that anymore, they just take your money and talk to congress. A lot of damn good that is going to do. They would probably pass a law that would throw you in jail if you even thought about trying to do something like that.
- Whole bunch of prescriptions, new and/or changed. Home cooked meal under the belt, glass of Chardonnay in the hand.
- Life is still good!
- More tomorrow maybe, still lot's of organizing and work to do.
- (02-06-11) Last evening we watched a movie I like on TV. I had the cannula because I was also sipping a glass of wine. Got up several times to move to the kitchen counter to refill my glass. Only later did I realize I had never turned the concentrator on. I had been watching and moving about a bit with no Oxygen support at all and there had been no problem.
- Maybe things are working their way back to normal. Mike"

{Well the fright filled times are slowly passing and there are some lights at the end of the tunnels.....Valiant fighters all of them. If you feel so inclined send a note or a card until their mail boxes are able to receive your messages..... Remembering the saying that, "No candle light is lessened by lighting another"....jmm}

Don & Connie Holder | 51-57 | Visit from Tanaka

{Received prior to Connie's hospitalization....jmm} New Years week we enjoyed a wonderful visit with our long time friends, Jimmy Tanaka, Peggy and Nephew Drew. The trio toured South to Key West and on the way stopped at our son's (Tim) home in Tavernier Key for view of Tim's new pool. Back in Miami we all had a great meal, gratis of Jimmy and Peggy. Returned to our home for coffee and desert and a few reels of old FSU times. Great laughs concerning the amount of hair and muscles we had. Jimmy remains one of the most unique individuals we have known. Connie & Don" { I received some terrific pictures from Do. And can forward to those that would like to have them...let me know....jmm},

Claire Essig (Mrs. Dick) Traynor | 59-62 | Just a kid

"Sorry, Jack...just realized my e-mail went to you instead of my Harold. He enjoys reading some of the news. I thought he was on your list of addresses. {He is on the mailing list, let me know if there is a missed communication....jmm}

Great newsletter...Enjoy hearing about Chad. Can't believe he is at FSU now. Also that Mirek's grandsons have graduated. Time really is flying by. I will be 70 years in January!! I have known you guys since I was 10 years young!! Been so busy I did not send out Christmas cards this year. Hope you and your family have a wonderful Christmas and much good health in the New Year. Love, Claire" {70? I can't even remember that far back. Where we ever married?.....jmm}

Beverley Cude & Bill Beaton | 55-59 | Ceska's Graduation Video

“Jack, that was wonderful to see the FSU graduation ceremony, and more so to see Mirek's sons receive their well earned diplomas which were recognized with such high honours. He has every right to be proud, as do those two talented young men. They are both destined to embark on remarkable careers. I will send an e-mail to Mirek also.

To you, Nancy and Chad I wish a Merry Christmas with lots of fun, scrumptious food and a **Happy New Year** of much happiness and continued good health.

Just for fun.....You made me grin with your remark of what I'm about to write. While I had never kept track, I believe it's true, eh? "Love and hugs", 😊 (Bev) and 😊 (Barbara)....I'm sure she won't mind that I added her this time.....Cheers, too!. Bev { I pointed out that they both closes their email with “Love & hugs” and possibly they were carrying the sister act too an extreme.....jmm }

Jack Miles & Nancy Dye | 50-58 | SEALS

{“Bill & Mike: Over the holidays Nancy, Chad and I took a trip up to Ft. Pierce to visit the U.S. Navy Seals Museum. It was an impressive exhibition. Made me feel

like we were from the dark ages. Chad has recently developed an interest in the Seals.. Visiting the museum carried me back to many phases of our lives and early under water activity when they were called UDT in the Navy. They also had on exhibit of the, many person capacity, actual life raft, complete with bullet holes, used by the Samoli Pirates who were killed trying to take and hold the Captain of a U.S. Shipping Tanker for millions in ransom. The story was featured on the news in the not so distant past. It was riveting story for days in the media. I know you saw it.....Jack} {Just recently Chad really surprised us with the announcement that he had signed up for Air Force ROTC.and he loves it.....must have been inspired by you fly boys....Mom &Dad are proud of him.... jmm }

Bill & Carol Beavers | 57-61/69-70 | SEALS

“Believe it or not I have a SEAL story. As you may or may not know, Ga Tech's original swim coach developed a survival swimming course called Drownproofing.

It was in response to the many drowning casualties in the Pacific theatre during WW Two. The program became quite famous, was covered by Life Magazine, adopted by all the US Military Academies and many Universities. Bim Stultz's swimming class for PE majors at FSU included a section on drown proofing. I remember taking it because I almost drowned with my gymnastics build at the time.

No one taught drown proofing like GA Tech however. At Tech there were four major tests to pass the course with an A. Test 1 involved using a long length of rope to tie the ankles together while seated at the edge of the pool buda style; running the rope around the back of the waist and tying it again at the belly. You would then roll in; stay afloat face down, for 45 minutes in 12 feet of water only using the arms to move about and support your weight while grabbing a breath. During the 45 minutes, you had to swim

two lengths of the pool. Do a front and back somersault underwater; free dive to the bottom of the pool and retrieve and object from the bottom.

Test two involved the same thing, but you wrists were tied behind the back. (legs were free)

Test Three involved the same items as above, with the wrists tied behind the back and a second rope around the ankles! (your had to retrieve the rubber ring off the bottom with your teeth!)

Test four required swimming two length of the pool underwater with a front somersault underwater after a forward dive in.

The last test involved jumping off the three meter board with pants and long sleeved shirt on, and stay afloat for 1 hour. You had to tow a buddy two lengths of the pool, and then make floatation devices out of your clothing.

When I was hired by GT and eventually became dept head I modified the course somewhat to make it more humane. Fren Lanoe, who developed the course used to step on the students fingers if they tried to cheat, by wiggling out of the ropes and hanging on to the side of the pool. I also taught the course for years and really enjoyed it. The course as taught at Tech was dreaded by most students, and was probably a great recruiting tool for MIT and Cal Tech!

Anyway, I get a call one day from San Diego. The caller said please hold for (whatever Navy rank) The guy identified himself as the training commander for Navy SEALS and wanted to know if we had any new instructional methods for the drown proofing class. I had no idea the SEALS were still using the original GT course and methods! I was awe stuck and honored to talk to this guy! Bill”

Jamile & Barbara Ashmore | 55-58 | Prague Stopover

“HI Jack, We hope you and your family enjoyed a joyous Christmas and best wishes for a happy, healthy New Year. This past November,

Jamile I and were fortunate to be able to spend a few with Mirek and Ann Ceska in Prague on our way home from a FIG Congress in Slovakia. Here are some photos we want to share with everyone. We had a grand time with Mirek and Ann.The odd photo is of the men's urinals in a restaurant where we had dinner!! Oh, and the tall person is Mark Shaw, President of AAI. He attended the Congress too. Barbara” {Under separate email is the great pictures they sent, Barbara is a member of the wife's support group for their spouse mentally challenged older husbands who hate to email. Other members of this prestigious group who are better communicators than their husbands are Susie for Dick Gutting, Marlene for Jim Jackson, Dottie for Joe Taylor, and Daneen for Carmine Regna. You gotta love 'em....jmm} {Jay & Barbara also sent some beautiful pictures that I can easily email to you. Please let me know.....jmm }

Your reunion is scheduled for May 19-22nd The subliminal messages contained here within should inspire you to attend...Love, jmm