

**FSU Gymnasts, Gymkana, and Friends Newsletter January 2006 (Twelfth Edition) 03/05/06**

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Within reason the Newsletter follows this word content per single entry (Times New Roman, 10 font sizes)

New entry: Resumes/history since FSU = Twenty-two (22) words per line, Twenty two (22) lines

Second, third etc. entry..... = Twenty-two (22) words per line, Eleven (11

**NOTICE:** This is the twelfth Edition if you have missed any of the editions please advise and I will email mail them to you.

**Barbara Sheehan Withers | 54-62 | 2006 REUNION SCHEDULED FOR TALLAHASSEE & ALIGATOR POINT**

“The dates we selected were **May 26-29, the same Memorial Day Weekend (Friday to Monday) as last year.**”

**Harmer Weichel | 48-53/59-61 | Re: My email “Tickled to death that we found you”**

“I’m happy to be found! Right now I’m in Daytona Beach caring for my 96 year old mom. She is OK again and living independently in her home. She has a few relatives and good neighbors and friends to look in on her. I’ve been here since Mid Nov. Except for 2 wks. I’m going back to my wife and home in Cherokee, NC. Next Sun. If all goes well. I will return in Mid March with Maggie, my wife, to continue care. It was good to talk to Beavers. At present I’m 76 and successfully fighting the “old man” syndrome. My health is at this point very good. You can tell you’re getting old when people greet you with, “How are you feeling today?” Keep in touch!! Harmer”

{**I’ll never forget.** Harmer is an avid arrowhead collector. Harmer and I were on a car trip from Tally to Star City, Arkansas. Late into the trip we agreed to stop on an empty road and take a pee pee by the side of the road. Just as we finished Harmer exclaimed, “There’s an arrowhead – a small bird point” He bent over and picked it up from the freshly plowed field. He explained that there was once a thriving Indian population in the area. A month later we were strolling through a grassy area in downtown Tallahassee. Low and behold, again, he pointed and said, “There’s an arrowhead.” He picked it up an examined it. I was flabbergasted. I asked, “How to Hell do you spot all these arrowheads?” He replied, “I guess I’m just tuned into arrowheads.”

I have used this story many times in motivational talks to explain that Harmer, had his field tilled, nourished, and watered for arrowheads. He was ready. In other words he had set all the prerequisites in place and primed for the results. You all can carry the analogy from there.....Thanks for the memories Harmer....You lived in my speeches.....jmm }

**Larry Bestmann | 55-58 | Re. Trial Email I sent to find Larry at address supplied by Karsthin & Lennart Mamlin**

”I thank you profusely for the newsletters. I do believe you have peaked in your career in editing this splendid tome, possibly equal to or greater than your making the '56 Olympic Team. It is really a tremendous experience reading your newsletters, Jack. You have a flair for writing/editing that I wasn't aware of. Reading the various blurbs from our ole team mates brings tears to my eyes. I even like reading about the gymnasts that came after me or before. Jimmy Hanks was called “The Human Hemp” by Ronnie Amster, lest you forgot. Let me know if you would like a short bio of my career after F.S.U. I can email an abridged version of 7-8 pages, or a full version in book form, with pictures of course. Best regards, Larry Bestmann”

**Received 02/16** {At my request Larry, our now 78<sup>th</sup> recipient, submitted this info for this Newsletter from another article...jmm }

“Introducing Dr. Lawrence Bestmann.....FUNASTICS Coach, Dr. “B”..... B.S., Physical Education, Florida State University, M.S., Recreation, Florida State University Ph.D. Health: Physical Education, University of Utah

FUNASTICS -- This term, coined by Dr. Bestmann, means his original fun program of activities designed to develop coordination, agility, flexibility, strength, and self-esteem. It is based upon his wide background in teaching and coaching gymnastics.

Teaching: All levels from preschool through the doctoral level

Full professor, United States Sports Academy. Semi-retired, teaching on-line courses and periodic residential courses on the masters and doctoral levels. He is also a prize-winning photographer, shooting weddings, family reunions, and portraits of pets and people, past Photo Editor of Daphne’s Jubilee Breeze magazine and official photographer for the USSA. His two main passions in life are teaching FUNASTICS and photography.

Competitive gymnastics: High School, U. of Illinois, Chicago--Captain and voted most valuable. Florida State--member of the National Championship Team, won individual titles in Illinois, Georgia, and Florida....

.Coaching: Developed the first gymnastics team in Puerto Rico--The University of Puerto Rico. Organized, coached, & won the first gymnastics meet in the history of Puerto Rico Hialeah High School, Florida--Team won the Dade County Gymnastics Championship, 9-1 team record. Bahrain, Arabian Gulf--Developed the first gymnastics teams in that nation. Saudi Arabia-Director of Athletics for King Faisal School--Developed the first gymnastics program for Saudi schools. Anaheim High School, California-- Science Department Chair & Gymnastics Coach. Directed the California Interscholastic Gymnastics Preliminary and Championship Meets, qualified several gymnasts.....Taught gymnastics: Puerto Rico, Bahrain, Saudi Arabia, Indonesia, Malaysia, Florida, California, and Illinois. Kidnastics of Rockford, Illinois, Owner and Director. Enrollment 100+

2003, Inducted into the World Acrobatics Society Gallery of Honor, “For Outstanding Lifetime Achievements and Contributions in the Discipline of Gymnastics”.”

**Received 02/28** {From his photo talents...jmm } Cut & past this URL to see my images:

[http://www.photoshoper.com/napmem/gallery/view\\_img.php?id=2612](http://www.photoshoper.com/napmem/gallery/view_img.php?id=2612)

{**I’ll never forget.** Larry has a great sense of humor and he would do anything for a laugh. He would come into the gym. Walk over to some unsuspecting gymnast whose hands were usually in the chalk box and while tweaking and wiggling the poor suckers facial cheeks he would say in a high voice, “Weenee, Weenee, Weenee” and run away to the apparatus he was going to practice on. As utterly stupid as it sounds it always brought a smile/smirk as the gymnasts exclaimed that Larry was a real loveable nut case....jmm }

Larry’s response to my email, “I’m pleased that your memory is intact and you remember my tweaking your cheeks.”

**Jack Miles** | 50-58 | You don't think they are watching & listening.

I asked Chad if he could burn a copy of one of my most favorite songs on a DVD. It was the opening song of the Movie, "Benny & June" featuring Johnny Depp titled "I Would Walk Five-Hundred Miles." After a while working at the computer he handed me a disk and asked for me to play it in my car when I took him on the half hour ride to school in the morning. The next morning I pushed it into the player and was absolutely blown away. He had burned not one but twelve songs on to the DVD. And all twelve were my all time favorite songs which he had collected from different artists..... Understand, I never told him that they were my favorites..... Never saying a word, he had been listening and watching me for all of his thirteen years and had collected in his mind all the songs his Dad loves to hear. Being sentimental, Irish and with a lot of emotional Italian and Latino friends, as hard as I tried to hide it, my eyes were welling with tears from the magnitude of his gesture. I'm listening to the DVD now as I work on this Newsletter with a heart full of good feelings {By the way Gutting, Jackson, Taylor, C. Regna this is a 13 year old on the computer without a wife to do his typing }

**Mike Mann & Fran Millian** | 57-67 | Re: Reunion and hotel as mentioned 11<sup>th</sup> Newsletter by Barbara Withers

"I don't believe I have mentioned this before but we have a new hotel in the county that might be useful for those planning to come for the reunion. It is the Inn at Wildwood ( <http://www.theinnatwildwood.com/> ). It is located on US 98 a few miles before it merges with US 319 ( [http://www.innatwildwood.com/maps\\_and\\_directions.php](http://www.innatwildwood.com/maps_and_directions.php) ) to go on down to Alligator Point. If anyone recalls the golf course that was on US 98 it is right next door to it. In fact, the hotel owners have since bought the country club/golf course. This is a brand new hotel that has just recently opened. I checked the room rates earlier for some expected visitors and the rooms were about \$75 per night. This could be a great deal if there are in golfers in the group."

**Don & Connie Holder** | 51-57 | Copy of Email from Don to Bruce and Rita Davis

"Hi Rita & Bruce, Your package arrived a few days ago. I would like to express my sincere thanks for all your efforts in publishing the article concerning this old man. It was very well written and well received. On behalf of all us FSU Alumni, your work is well appreciated. If you ever need a subject for the magazine, the destroying of the FSU Gymnastic program back in the late 50's and 60's is one you might think about. All the National Trophies, along with State awards were dumped in the trash. It was a concerted effort to eliminate the sport. Even books published concerning the complete history of Athletics at FSU has no mention of Gymnastics ever have been there. Jack, Dick and others have much info. Thanks again, Don"

"Jack, I mailed this to Bruce a few days ago. Thought you might like to think about this touchy subject. Not that anything could or would change, but it might irritate some external anal sphincters"

{ I have an idea how to attack this – more later..... Later: I thought why not we for a full page in the Florida State Times Alumni Periodical since they haven't printed our Reunion article. I contacted them and then I found out a full page costs \$2,588...so not such a good idea after all...unless there is an Angel out there.....jmm }

**Bill & Carole Beavers** | 57-58/60-61 | Letter to Barbara Withers from the Beavers

"Barbara, Will try to get down to see you & Mirek the week of Mar 5th. At this point I could come most any time. Let me know if any "formal" gathering develops. I will try to e- mail Mirek in the meantime to see what his schedule looks like. He is one of my favorite people I met at FSU. Actually I met him while still in high school in 1955 at the Sarasota Clinic. He taught me the straddle "L" and the "hi V" positions which I used in competition forever. He also was a great host to Carol my boys and I during a Europe trip in the late '80's. He gave us a great tour of Vienna, the wine cellars, the Sacher Hotel and their great coffee which we still enjoy today as an extravagant import!"

**Lennart & Karsthin Malmelin** | 51-55 | From the Swede's in Spain

"Hi Jack: At last I can sit down and write a few lines. Must tell you how happy we are, both Lennart (Larry)

And myself for your wonderful newsletters. They are marvelous! A BIG thank you, and that includes even all you other people writing now and then.

We are sorry that Wilma caught you so bad, at least some of you. Hope you, and Chick are well now! And that your business can go on, Don & Connie! It was nice to meet you all a few years back, when we were in Miami!

We have been in contact with Larry Bestmann a few times. Tried to phone him when Wilma was going on, but couldn't reach him. But then we got an e-mail from him and know that he is well. He was visiting us in Sweden a few years back as well.

By the way ; his e-mail address is <[lpbestmann@yahoo.com](mailto:lpbestmann@yahoo.com)>

Now a few words about ourselves;

In September 2000 Larry got a new hip in-operated. After two weeks he got a stroke! Very bad! He couldn't talk, was sitting in a wheelchair and was like a piece of luggage. His hip was OK but that he couldn't feel, as he was paralyzed in his left side. Talk about a double handicap! Anyway, after a while I realized we couldn't have it like that, so I took off from work and we moved down to Spain, where we now live 8-9 months every year and then we are in Sweden during the summertime. That's very good for us - a lot to do here. Larry is better and can now walk, talks a little bit more but still he has dysphasia. Remembering all old things like all your names from Tallahassee, the Tumbling Tot classes and so on.....His English is still very good but over that last years we have been speaking German, French, and he was VERY good in Spanish – but that has almost vanished totally. But he still can read English books and so on. They say; the last learned goes first, so therefore his English still is going on – thank God!

Here we are playing Bridge at least 2-3 times a week, and we are also playing boule (in Spanish:petanca). But now Larry also has a bad back – a memory for all the stupid things he did as a gymnast. He got the other hip exchanged in September 2005 and it all went well. But the back they can't do anything about.

So, life is still going on and quite nicely as well. We have a big social life here (mostly Swedish people but even a lot of English people). Our children, Fabiola 35 this year, and Bobby 33, come and visit us now and the. And even the Grand-children, Emelie 11 years and Nikita 8 years. Life is quite good to us and the climate here is so much better than in Sweden. But the summer there we won't miss! By the way; the 12<sup>th</sup> of May 2006 we have been married for 44 years! That will put us on the list, won't it? Lots of regards to all of you and we are still looking forward to more news from you all!

Spanish greetings from Lennart "Larry" and Karsthin (in Spanish Cristina) Malmelin. Phone; 0034-667-304-552 (if anybody wants to come and visit us – WELCOME!) E-mail: [bananhuset@hotmail.com](mailto:bananhuset@hotmail.com)

{I'll never forget. You could always spot Lennart "scooting" all around Tallahassee on his Vespa and one day Lennart let me borrow his Vespa scooter for a ride around the outskirts of Tallahassee. To this day I still plan to buy one in the future. Who could forget Lennart greeting you by thumping you on the chest with three extended stiff fingers? It hurt, but you didn't dare try to wrestle that bull down...jmm}

**Jack Miles** | 50-58 | You don't think they are watching & listening.--Continued

I just listened to Louie Armstrong sing "What a Wonderful World, "Georgia" by Ray Charles, "You Raise Me Up" by Josh Brogan, "The Way" by Clay Akins, "Perhaps Love" by Placido Domingo, and "Andante, Andante" by ABBA, et al.

**Don & Patsy Rapp** | 55? | The Rapps move.....slowly

"Patsy and I have moved across town to Westminster Oaks, a retirement village for old people our age. Our address now is, 4156 Covenant Lane Tallahassee, FL 32308. We live on the corner of Covenant Lane and Carefree Drive. But we are far from carefree till we sell the other house. The more I look around here, the younger I feel. But then reality sets in and I try to act my age. We have no lake, thus, we are not wo-be-gone. The more we unpack the more it feels like home."

**Chick & Jennie Cicio** | 54-59 | Chick "Caruso" Cicio our American Idol

"Hi Jack....nice talking to you....on the phone that is. This e-mailing sometimes loses a lot. The PERSONAL touch is missing and the spontaneity is not there. Well, what have I been doing? Still working on "WILMA" (leak in my computer room), trimmed a couple of trees that were cut in half....actually they both look better smaller. Still doing my favorite things.....MUSIC. I'm singing with a "BARBERSHOP" group. There are about 40 of us; we break up into quartets and do gigs anywhere around Florida. Valentine was very busy. We have two gigs coming up \$4,100.00 Not bad. I haven't gone with them and haven't got a foursome yet as I'm new to the group. With my PPTOPA group (Pembroke Pines Theater of the Musical Arts). we are in performance now. I'm not in this one as I did it before (Fiddler on the Roof) I played "Avrum" the book seller. I didn't want to do the same part so I'm working back stage. Auditioned last week for our next show. "Annie Get Your Gun" I think I got the part as Foster Wilson....hotel owner. Got lines, acting and a few lines of song and will be singing with the ensemble in all the songs. Good stuff....

Sorry to hear about Lennart. We are getting up there and the gymnastic injuries begin to arise. My back "KILLS" me sometimes. Had an MRI....would you believe the Doc told me my back was pretty bad....I went to him and told him that....SO, he read the x-rays and told me again my back was bad.... Jennie says now you have to pay him for something you already knew. Oh Well!! Had a big fight with Jennie (the wife...Calabria Italiano the hard heads of Italy) don't tell her I said this, the last big fight we had she said, as I prepared for bed...."DON'T CLOSE YOUR EYES" I slept all night with one eye open. Stata bene, ciao & God bless...Chick ....PS: Hi to Chad" {Knowing Jennie, she can sure give you that look that says. "Don't go there buddy"...jmm}

**Raphael & Diana Lecuona** | 52-56 | Stay away from Raphael when he is near windows.

"And that's the way it (was)... Hi Jack! Hmmm, now I realize that salutation could be mistaken as a demand to take me to Cuba: "hijack?")...not interested, of course. But I am writing about how to break through glass panels and/or doors...as mentioned by our good old and always loved (as a friend, of course, no misunderstandings here, ok?) Benny Wallace....It is true that I did walk right through one of the very large glass panels (you probably know the area of such structures) acting as walls alongside the Gym's entrance...well, I was taking a class that afternoon...the only physical ed class I ever took at FSU (I was a business major) and walked out with a few other students after the class was over...we all were walking toward the door --also structured alongside and within all of these glass panels...while talking and looking at someone walking close by, I did not realize that I was heading toward one of these panels to the left of the main entrance....by the time my friend began to all my attention that I was going to hit the glass "wall" I already was going right through it! Of course, I found myself totally confused and bewildered lying on the floor, surrounded by hundreds of pieces of glass all around and over me...miraculously, I had only a very small cut on my forehead...and looking back at the busted panel, I could not believe I had gone through it without being killed...Everyone around came running to help me...but also to ask me: "what happened? How did that glass panel could brake down without cutting you in half?"

My explanation was ...and still is....that I bumped the middle of the glass wall with my knee first, and apparently, the impact made the large glass vibrate and explode....at the same time that I had continued to walk forward...in other words, the glass exploded 1/2 a second after I hit it and "fell" forward....I could not have hit it with anything for I had no items to carry to that class except probably a notebook, which I (probably also) carried alongside my left arm...

The second time I walked through a glass door was a year or so later...it was raining very hard and I came out of the bus that would drop us right in front of the post office...the one at the cafeteria and student-center building...the bus door opened and I ran into the door leading to the mail boxes areas...the door (actually two doors that when closed formed a larger door...which I thought would or should be opened...well, I just went through one of the two (the one at left) and, again, found myself on the other side, this time still standing up, while all the door busted pieces of glass were scattered all around me....and, again, luckily, I suffered nothing but embarrassment....And that's the way it was.

{Change of stories from Raphael....jmm}

I thank Benny for bringing such wonderful memories back to me....I also hold beautiful memories of his nice company --and that of his, at the time girl-friend, Carole--with whom I hardly could communicate except by signs and the Spanish interest efforts of Benny himself...I think he was the first gymnast I met at FSU, back on Sept. '53...just a few days after I had arrived to Tally, via Travelway or something like that --not the Greyhound bus, Travel something-- when the bus dropped me off the "African-American" section where the bus station was located...and for me were waiting Doc Price and Jimmy Carr, Dean of students, I think, at the time...with Doc concerned about the amount of money I carried..."five dollars" very proudly I told him...he laughed nervously...and somehow with Dr. Carr's help I was informed then and there that a "loan" would be secured for me....to be repaid as soon as my scholarship money would come due a month later!....Ah, those were the days, were they not? Keep up the good work Jack...you are doing a great job for all of us....whose life-time clock seems to run too fast to keep track of its minutes...much less of its seconds to go...Love, Rafles”  
{Raphael, What a great story. Thanks for shaking the cobwebs out of my memories and shedding the light He’s the gatos meow isn’t he folks?...By the way that was the “Trailways”. They gave a free set of dishes to Latinos you bought a ticket inside the bus.....jmm

**Mike Mann & Fran Millian | 57-67 | Life is going to the dogs**

”Fran has been dog sitting three dogs this week, the neighbor Terri's two miniature Dachshund's while she visits her daughter in California and a dying friend's Schnauzer. Sheila, Fran's dog (Siberian Husky),{who lives with them...jmm} had no problems when neighbor Terri only had one dog and often played with Max, getting down low so Max could attack her. Two dogs are a little too much, and three is just too damn many. - Especially when they are small enough that any one and sometimes all three can be in Fran's lap while she watches TV or something similar. Sheila, the home dog, is never aggressive and does not bark or growl at the visitors. However, if Fran is in the "Office" Sheila loves to wait until all the other dogs are in some other part of the house and then just lay down in the doorway so that they can not get by to get to Fran. Alternatively, Sheila, a good size Husky, will sometimes lie on one side or the other of the "doggy door" so that the smaller dogs can not get by to go pee or check out an intriguing outside noise or if they are already out, be able to get back in. Just goes to show that even some dogs know that you don't have to get nasty to get your own way.”

**Years (Continuously) Married Contest (Recorded as of this date)**

Chick & Jennie Cicio	55 years, 56 in April, 06
Don & Connie Holder	55 years, 56 in August, 06
Benny & Carolyn Wallace	52 years, 53 in May, 06
Carmine & Daneen Regna	51 years,
Jim & Marlene Jackson	50 years, 51 in July, 06
Don & Patsy Rapp	50 years, 51 in November 06
Sam & Tosi Bailie	49 years, 50 in June 06
Jon & Boots Culbertson	48 years, 49 in June, 06
Jay & Ellie Schwarzman	48 years, 49 in September
Jack & Almira Sharp	47 years
Beverley & Bill Beaton	45 years
Claire & Dick Traynor	44 years, 45 in February 07
<b>Lennart &amp; Karsthin Malmlin</b>	<b>43 years, 44 in May, 06</b>
Bill & Carole Beavers	37 years (for good behavior)
Dick & Susie Gutting	37 years, 38 in June, 06
Derek & Nancy Lawler	35 years
Harmer & Magdalena Weichel	34 years
Jimmy & Janie Hanks	27 years
Fernando & Linda Lecuona	18 years

**Oscar Brock | 58-61 | Response to my lighthearted request for his history**

“Same old Jack with the ready wit. Sooo good to hear from you. According to my TALLY HO's (I have all issues: 1948 thru the final 1971 issue), Eleanor McDaniel came to FSU in 1960. Rick Miller in '59. They are last pictured as Mr. & Mrs. Miller in Gymnastica in the 1965 issue. Gymnastica & Gymkana last appear in the 1970 issue. You were there participating and I assume directing in '70. The 1971 "Hippie" issue was the last TALLY HO, a sad little paperback affair with no mention of either organization. Are we to assume 1970 was the final year for those organizations? [I haven't have a clue...jmm]

I graduated from Pensacola High School in '56, moved to Orlando with my YMCA parents, attended Orlando Jr. College a year and transferred to FSU in '57. My 13 feet was too low to pole vault on the track team so I started hanging around Tully Gym. I couldn't even do a handstand but eventually was a fair gymnast doing rows of smart handsprings and showing good form according to Doc and Chick. Stage fright was my block in those years so I mostly worked out after hours and on Sundays. After graduation, anthropology, in '61, I got an archaeology assistantship at U of Alabama. I was assistant curator at Mound State Monument near Tuscaloosa until 1968 when I married Eleanor Huebner, one of my professor's ex wife. We were married for 34 years until her death to cancer in 2003. I retired from the Corps of Engineers in 2008. I will leave it there so as to not overburden the Newsletter and your patience.

PS: Remember George Gomez, a fellow Cuban & friend of Raphael and Fernando Lecuona? He is still in Tampa, I think”  
PSS: Does anyone know the specifics of Jack Ryder’s death?” (page 4 of 5)

**Jack Miles** | **50-58** | He's growing, I'm shrinking

OOPS! And OOW! My son, Chad, and I were wrestling, kind of clowning around self defense style. We usually wrestle near the coach, or bed, so that whoever gets "thrown" lands on something soft. I usually win when I unfairly use "Tickle Kung-Fu" He is very ticklish and when I strike a martial arts stance wiggling my fingers he starts to laugh and then we go at it with him screaming with laughter..... WELL, we got into it at the Tennis courts after a match. I was about to throw him when I realized we were over concrete and not grass. I relaxed and he dumped me right on one of my "old gymnastics" shoulders. A lightening flash of pain, a cracked bone, and two weeks later I still can't raise my left arm completely without pain and a loud decrepitating sound from deep within. During the week I refinish three separate rich ladies homes and was doing some cornice ceiling trim. So like a one-armed violinist I left my left arm dangle and worked with one arm. The only problem was trying to untangle my wee wee from my underwear in a senior citizen hurry.....jmm }

**Jack Miles** | **50-58** | The **BBB** club

This new exclusive club has been formed and its member are former FSU gymnasts,

Don Holder was the first member, Jimmy Hanks was next, followed by, Lennart Malmelin and now Chick Cicio.

Oh yes, I forgot to tell you that the **BBB** stands for the **Bad Back Boys**.....

Bob Murray and I are members of the other club. The **BS Club**. No, Barbara and Beverley, **BS** does not stand for the Bull Shitters.

It's for members with bad shoulders . The other **B-ASS** club is the largest group: Ashmore, Lecuona, Hanks, Wallace, Bestmann, and Gutting and they accepting new members all the time..

**Jack Miles** | **50-58** | You don't think they are watching & listening. - continued

The last song on the DVD was the song I had once told Chad I wanted played at my funeral which is guaranteed to make you survivors' smile.... It goes.....

"Hit the Road Jack...and don't you back no more, no more, no more...Hit the Road Jack, and don't you come back no more.....What you say?.".....jmm

"NOTE: I am still following my policy of not forwarding any email "stuff". The buck stops here. I receive an average of sixty plus hits a day. Please, **DO NOT** send anything political or religious - Inspirational/motivational is good. Moaning and groaning about old age, and woe is us about the way it was in the good old days is depressing - Yuk. Your health and condition are of great interest to us. Humor and uplifting stories are great. It has always been my goal to make the Newsletter fun to read." Love you wrinkling butts, jmm.