

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

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**WELL HAVE YOU TRIED IT YET? HAVE YOU CLICKED ON THE WEBSITE?**

**fsugymnastics.org**

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**THANKS TO MIKE MANN IT HAS BEGUN. THERE IS MUCH MUCH MORE TO BE ADDED,  
BUT IT IS VERY EXCITING TO SEE IT UNFOLD.....THANK YOU, MIKE  
YOU ARE THE MANN.**

**Karsthin Malmlin | 51-55 | Karsthin's email to Larry Bestmann on Lennart's Passing** “Hallo Larry, Now it's coming up a sad message; sorry I have to tell you that my Lennart, "Kalle", Larry, passed away last Sunday, 9th of July in hospital there he has been for one and a half week. He came in with a lot of pain and he got a lot of morphine. After a week we got the message that he had cancer in his lungs! And that was the moment when he decided that now it was enough! This life wasn't worth to live. He refused all medicaments and didn't want to have anything. But last Saturday he could still speak to me and I told him I was going to see him again next day. But on Sunday morning they phoned from the hospital and they couldn't get any contact with him and so on. This was a little bit to fast! But - such is life! He had decided and he got what he wanted! And he didn't have to suffer from pains. Right now life is quite depressing but I also know that I'll survive. I'm going back to Spain in the end of September and then I'll see how everything works out. I have my little dog as a company and a lot of friends down in Spain and quite a lot to do, so I think it'll be good. Please Larry, tell all other friends over there, I suppose you have all the -mail addresses to them. Hope we can keep the contact even in the future.....This wrote a very sad Kärsthin who lived 47 years together with my Larry”.

**Oscar “Bob” Brock | 58-61 | Re: Lennart & Karsten** “Dear Jack, We all have read sad news of Lennart Malmlin's death, via Larry Bestmann, Lennart's roommate at FSU circa 1959- Information originating from Lennart's lovely wife, Karsthin, of 47 years. I was but a marginal player in the FSU gymnastics/Gymkhana scene, and yet fancy myself as a keen observer of Tully ecology. It seems to me that Lennart Malmlin, the gymnast, presented himself, quite modestly, occasion offering humor (Victor Borge tradition) as well as wisdom and style into extraordinary free exercise routines. Lennart, like Chic Cicio, possessed a bulky body, in contrast to the more "gymnastic" frames of Jack Miles and Joe Taylor. And yet both former gymnasts moved those heavy bodies with extreme grace. Who cannot remember Lennart's graceful back handsprings/layouts or his muscular, gravity-defying planche? Lennart inherited the European tradition of gymnastic presentation while Chic developed his own straightforward individual style. Both inspirational to this, then, sophomore gymnastic “wannabe”. Above I say Lennart's "lovely" wife because I visited Lennart and Karsthin in their Stockholm high rise apartment in 1965. She was lovely. She may remember me as the rather boring Army soldier on leave that brought them a thermos jug gift. Too, she scolded Lennart for his executing a handstand on their eight floor balcony rail. Scary. I share this brief glimpse of Lennart whom I will admire always. We all remember him in our own way, of course. I'm certain others will comment. Oscar Brock “

**Chick & Jennie Cicio | 54-59 | Re: Lennart & Karsten** “ Jack....It is always quite sad losing a team mate. One never thinks that such a specimen of a man like Larry would someday pass on to our Lord. Thinking of Larry, there are so many moments, we now call them memories. Jack, do you remember Larry, you and I went to San Fernando, California to compete, forgot what for Larry and I got into an argument and he hit me in the middle of my chest with his thumb and the next two fingers, I felt the strength he had as he again tapped the center of my chest. YOU, got between us and stopped us from arguing....thank you again it could have been a mess as a hard headed Italian and a hard headed Swede tangle. Eating supper while sitting around our table the talking stopped for a moment or two and Larry would say...."Ah, the angels are passing". and, his feet, wide as they were long, he once said they were good for balance. That strong square jaw, those strong arms he used to hold his planche on floor, that laugh and that strong handshake. Larry will always be remembered when we talk of our great sport where ever we all may be. And the Lord said,"I am the light; he who follows me will never be in the darkness. Shalom....my friend and team mate. Ciao.....Chick”

**Raphael & Diana Lecuona | 52-56 | Re: Lennart & Karsten** Jack, got your sad note on Larry and, as probably as it happened to those who knew him and received your note, felt pretty low about his passing away...on the other hand, could not feel proud of being his friend and confirming his strait-forward-matter-of-fact life attitude which allowed him to follow his own road out of this world...May God allow Malmlin's soul to finally rest in peace...Thanks for keeping us informed. Abrazos, Rafles

**Oscar “Bob” Brock | 58-61 | The Newsletter** “Jack, I hold close your sentiments for the departed and your sharing the pain of lost friends and loves in your own life. But as you point out, we move on. C'est la vie. That's life. This Gymnastics newsletter you got going is so much more than a "who's doing what now." We share all of life's common joys and tragedies. Best Oscar”,

**Jack Miles 50-58 Response to above** You are so right. The Newsletter has grown to fill our deepest need to connect and share. Interestingly, It did start out as, "whatever happened to wazzitsname?" And it took off like a rocket right from the start. The timing was perfect but I never realized how great our need and how wonderful it has been to reconnect. This coming decade will be powerful for all of us. And I am hell bent on making it fun and loving. Well, Oscar, Life is.....Life, Jack

**Beverly Cude & Bill Beaton 55-59 Re: Lennart & Karsten** "I was saddened once more, right on the heels of Claire's loss, to receive the news of Larry Malmelin's passing. While I did not know him well, I do remember his prowess as a gymnast, his fun-loving nature and his friendliness to all, even to me. His wife's letter brought tears to my eyes. Her love for Larry, her pain and her courage all came through so powerfully. From far away, I send my admiration and sympathy to her. So, Jack, that's it for this time. Thanks again for your interest, and for your time ....I know you'll be in touch, and it's always appreciated.....Bev"

Chick & Jennie Cicio	56 years, 57 in April, 07
Don & Connie Holder	55 years, 56 in August, 06
Benny & Carolyn Wallace	53 years, 54 in May, 07
Carmine & Daneen Regna	51 years,
Jim & Marlene Jackson	50 years, 51 in July, 06
Don & Patsy Rapp	50 years, 51 in November 06
Sam & Tpsi Bailie	50 years, 51 in June 07
Jon & Boots Culbertson	49 years, 50 in June 07
Jay & Ellie Schwarzman	48 years, 49 in September
Jack & Almira Sharp	47 years of marriage
Lennart & Karsthin Malmelin	47 years of marriage
Beverley & Bill Beaton	45 years
Claire Essig & Dick Traynor	44 years of marriage
Nancy Lamb & Bob Durocher	42 years, 43 in Dec. 06
Bill & Carole Beavers	38 years, 39 in July, 06
Dick & Susie Gutting	38 years, 39 in June, 07
Wayne & Heather Thompson	36 years, 37 in January 07
Derek & Nancy Lawler	35 years
Harmer & Magdalena Weichel	34 years
Jimmy & Janie Hanks	27 years, 28 in November 06
Fernando & Linda Lecuona	18 years

**Bill & Carole Beavers 57-58/60-61 Can you Canoe or try to Kayak?**

" Am entering a national masters meet if a few weeks & am training in sprint kayaks. They are narrower and shorter than sea kayaks & are very tippy. I may swim rather than race. Bill"

**TID BITS Danny Millman**, former World Trampoline Champion {In the 60's} is well known to many of us and has become a nationally acclaimed author of a motivational, self-help and spiritual book series i.e. "Power of the Human Spirit". These books have been made into a movie and are presently released to theaters nationwide featuring actor Nick McNulty in the lead. {This quote came from The National Public Radio....jmm}

**Mike Mann & Fran Millians 57-67 Comment on Danny Millman - above** "Re. above I forgot to mention, I got the International Gymnast Magazine and they had an article on the Millman book/movie and the "Peaceful Warrior" is the one that the movie is made from and not the one you mentioned. It wasn't clear whether that was just an example of one of his books or if it was the one the movie was made from." (Radio or Magazine you have the idea..jmm)

**Beverly Cude & Bill Beaton 55-59 Barbara Withers & Reunion** "With regard to the last reunion, I regret that I did not send Jack my appreciation of my best friend Barbara's unfailing devotion to her FSU compatriots, including those before and after her own time there. Hosting two reunions in two consecutive years is testimonial to her desire to keep us all together. Not only that, she provided full accommodation to anyone and everyone who chose to stay at her favorite place, her beautiful beach house at Alligator Point. There is no question that she is an unfailingly generous and thoughtful, always cheerful lady. We all thank her wholeheartedly. In my own case, since we rekindled our friendship in 1980 at the Fort Lauderdale reunion, Barbara has regularly asked me to visit her at any opportunity I could. Not only that, but I was to stay as long as possible. My only "freedom" came during my March Break from school, right smack in the middle of her busiest time of year....those dreaded tax deadlines. That made no difference to Barbara or, at least she wouldn't say so. She met me at the airport, installed me at the beach house, left me a car, went to Tally to work, and usually was able to make it back for dinner and the night. Her sons, too, were often around and were great company. When driving her car, people would wave at me, thinking it was Barbara. I waved back. In addition, true to form, Barbara permitted access to the beach to her sons' friends. Invariably, if I was seated on the deck when some of those young people passed by, they'd call out, "Hi, Ms. Withers!" I finally gave up explaining the mix-up, returned their greeting, grinning a bit inside. At other times, when invited to parties, we were always asked if we were sisters. We kept a lot of people guessing! Barbara has also welcomed some of my family members to her home in Tallahassee and to the beach. They are very fond of her too. Remembering them, she even sent each of my 3 children one of those FSU cookbooks that she had at this reunion. I, we all, love you Barbara. Love, Bev "

**Charlie Christian** | 55-57 | **RE: Email to Mike Mann** "I loved the pictures of the reunion as well as the many 'ancient pics' from the 50's I have been sent. Nostalgic memories are so important to most of us and I hope someone will eventually compile all the pics you guys have and make a DVD. As I suggested that annual dues be paid to reimburse you and Mike for the time, effort and expense involved I would be more than happy to pay for the DVD when it is done. I have a feeling Mike is already busy on that project. The FSU Gymnastics website he is working on is spectacular! Does anyone have the pic of my Gymkana tables and chairs act which was in the Tallahassee paper in '56? I'll never forget when I did the act at Eglin AF Base with most of the chairs and found my feet inches from the rafters. That was a careful SLOW come down!!! The real scary one was when we where in Griffin, GA. when I was doing the act on four coke bottles and the one my weight was NOT on was to be removed. Whoever was the regular who normally pulled the correct bottle was not on the trip and the replacement pulled the wrong one. I kept whispering **No, No, No** but the whole set up came tumbling down. Fortunately, I think, I leaned forward, did a flip coming down and rolled out when I hit the floor and the crowd thought it was part of the act. Oh well, the show must go on, HUH? Thanks for the memories.....My best, Charlie"  
Mike, Jimmy Hanks was our No. 1 rope climber when I was there but as you see he was gone after '56. Were you there then?

**Mike Mann & Fran Millians** | 57-67 | **Excerpt from Mike's response** Charlie, Those Web Site trophies of mine are probably 1961 though maybe 1960 or 1962. I did not start at FSU until 1957. At first I lived at home, Monticello, and commuted to school. After a couple of years I took an apartment with a FDIC bank examiner and moved to Tallahassee nearer school. Great deal, he was gone most of the week auditing a bank somewhere in north Florida or South Georgia and I had the place to myself, he was just there on weekends. After less than a year he left to take an MBA at Harvard and I took a room with couple of old maid school teachers in Los Robles. I was working nights at the Tallahassee Motor Hotel on north Monroe and met Jack Miles when he started working across the street at the Lake Shore on edge of Lake Ella. We had a mutual interest in SCUBA and skin diving at the time and eventually took an apartment together for about a year. Through Jack's influence I took a "Tumbling and Gymnastics" class from Dr. Price in late 59 or early 60 and that was the beginning of my gymnastics although I had been a competitive spring board and high diver in high school. I started going to the regular workouts with Jack two or three evenings a week. I met Bill Beavers through Jack and we roomed together for several years after Jack departed. The JCHS Physical Ed program in Monticello was similar to Leon's in Tallahassee and to quote Jack in a report he did on Leon's program, "If you took their balls away from them then they did not have a PE program."

**Mike Mann & Fran Millians** | 57-67 | **Re:Email released to several recipients New Link from home page, New Link from home page**  
"In the process of adding new pages. I have added a new link from the home page "FSU Team Member's Information" which links to a new page of the same name. From this new page are numerous links, one for each team member I could remember, find mention of or just stumble across. These pages are for the "other people," the contributors that just never quite made it to a National or International win. There are also pages for a couple of hangers on like me and Claire Essig (Traynor). I will be in the process of building pages for each of the people. This could take a while and will soon be background work for when other things don't have to be done or I just got some great new material.  
The problem is that I have absolutely nothing on most of them but a name. No knowledge of their special events or wins, no picture, no nothing. Please go to the page and let me know of anyone that I have missed and need to add, I am sure there are many. Also, dig through your boxes or scrap books and see if you can find photos or perhaps old programs that might have win, place and show marked for some of these folks.

**Jack, an appeal of that nature needs to go into the Newsletter to try and get everyone looking for things"  
{It's a done deal.....jmm}**

**Bill & Carole Beavers** | 57-58/60-61 | **Bill's response** Mike & others, As you go through the Gymkana programs I sent you, post-1961 when they cut varsity status, one may want to suggest we stop there. However, Gymkana and the team (club at that point) kept going on until the early 70's. When I stopped coaching the club & moved to GA Tech in the summer of 1970, we (Ga Tech) kept competing against FSU for several years, but I do not know when they stopped fielding a team. Sei Ito was coaching then. I also do not know when Gymkana stopped. It makes the task much harder, but there were many important people that went through the program(s) after I left, and after varsity status was eliminated.  
Don Hervig comes to mind. I coached Don and still keep in touch now and then. As far as I know, he was the last FSU gymnast to qualify for the NCAA's when they went to a regional qualifying system. The meet was held in WA or OR, and Doc didn't have the money to send Don that far. He won the SIGL in vaulting. He was probably the last FSU gymnast to win the SIGL's. On the same team was Karl Bishop, and Terry Morris Terry lives 2 miles from me, and has been quite a success. He is now head of GMAC real estate NATIONALLY! His wife Sherri, was one of Jack's gymnasts in Lauderdale. Also Ed Jonas was on one of the last teams I coached at FSU. I suggest we try to go to the end (post-varsity) & I will try to help Mike reconstruct the people and records of that era. Gail S could also help, as could Rick Miller & Karl Bishop. We probably need to find late team and Gymkana members and involve them in this project. Bill"

**Frank & Francis Dennard** | 64-66 TTT(50's) | **The Spirit of Gymnastics** {Frank tells me that he was talking to Katy Johnston, Director of the Tallahassee Gymnasts and he mentioned he wish he had a copy of Tom Conkling's Biography of Hartley D'Oyley Price, "The Spirit of Gymnastics". Katy said, "Come here", and she showed him a box full of the books. It seems Billie Price was emptying her house in preparation for a move and she donated the copies to the TTT's.....jmm} (I think we should get them and sell them to our members and give the money to the Tallahassee Gymnastics Program. It is an awesome book, especially if you were a former Tot, TTT coach or FSU Gymnast....jmm}

**Mike Mann & Fran Millians** | 57-67 | **(fsugymnastics.org) website**

Bill Beavers sent me eleven years of Gymkana show programs that I have scanned a put onto the web site.

However, we are missing a number of years that we would like to add. If anyone has them in their files, please send the to me, I will take good care of them, scan them and return them to the sender ASAP. ....MikeM@Townbeacon. Com

**The years needed are; 1949 – Gymstravaganza; 1950 - Moonlight Bay; 1951 - Playland U.S.A.; 1952 - Out of This World; 1953 - Seein' is Believin'; 1962 - Pirate Daze; 1964 – Safari; 1965 – Dynaform; 1966 – Caravan; 1971 - Mayo Florida**

**Jack Miles** | 50-58 | **“Google” for gals email to Almira Sharp**

“Hi Almira: You just know when I research materials for the new website I am constantly reminded of you and Jack. I'll even talk to his picture, "Hey Buddy, I miss you man, etc." Saw a picture of Dr. Ken Miller, Head of Physical Education and Recreation and was reminded that you had been his secretary at FSU. Got a lot of old injuries kicking up, but otherwise I'm OK. Funny story. I always wondered what happened to my old High School sweet heart, Barbara Shellenberger who was voted "The Cutest". I took a "Google" search and found her immediately as the wife of a former Major General in the Marines, with medals and honors all the way to the floor - the same guy she left me for after High School. I sent her a really nice letter with pictures, asking how she was, etc. Sent it registered. Saw her signature (Same as when young) accepting the letter ..and nothing.. no response...bummer....another memory shattered,,,actually I'm laughing right now....thus is my history. So I sent a short follow up note, " You're silence speaks volumes. I will respect that....have a wonderful life, etc. Fondly, Jack”

**Almira (Mrs. Jack) Sharp** | 51-53/60-62 | **Response: “Google for gals”**

“Son, Doug, “googled” his 5th grade sweetheart and it looks like marriage is on its way for them sometime next year. I'm off to a gathering of 500 rowdy Quakers at DeSales Univ. in Allentown for the next 6 days. It is always great to be with people, and I do spend a great deal of time alone, and am learning the blessing of solitude as compared to loneliness. Love, peace and joy, Almira” {That’s a balance many of us often ponder. Is it solitude we desire or freedom from loneliness?....Is a puzzlement.....jmm}

**Mike Mann & Fran Millians** | 57-67 | **Re: Mike’s quest to find a photo of Chick in “Sammy Seminole” regalia**

”Jack, You are in contact with Chick aren't you, I mean other than just the Newsletter? I would really love to have a photo of him as "Sammy Seminole." At this point I am not sure where I would use it but it sure seems to be on the site somewhere. With his build he really made a great one and not like the cartoon one that was on the decals at the time. He was more in tune with "Fierce Warrior" image of today. “

**Mike Mann & Fran Millians** | 57-67 | **Re: Mike’s resultant email to Chick Cicio a “I’ll Never Forget” -story**

“OBTW, I have many memories of you starting in high school (I went to JCHS in Monticello, started FSU in 1957) when I saw you at Wakulla Springs, hanging like a flag from the tower. Told my buddy, "Boy, I wish I could do that!" Took me about seven more years but I finally made it, see attached photo. I was also at that FSU - Florida game when you climbed the goal post, broke the French bread Alligator across your knee and ate it. I don't recall if it was that same year or another one, you were standing on the goal line with the Javelin planted as FSU approached. Some Florida student came down out of the stands, snatched the Javelin and ran up the aisle between the FSU and Florida students with you fast on his heels. A whole wave of Florida students peeled out of the stands after you, and a wave of FSU students followed them. I stayed where I was. I didn't want any part of that fight! But I have always wondered how it came out.”

**Bob Murray** | 54-58 | **“Lost & Found**

{ We have Bob Murray has been found again. He wasn't really lost....just in Japan working his son who is the Technical Director of the show, “Blast” in Japan. He has one son who is an actor who is presently in a show on Broadway, the second son is in Japan as technical Director for “blast”. and his youngest son, 14 years old, lives in North Carolina where his dad lives. [Doctor’s raise Doctors, Lawyers raise Lawyers, and Actor’s raise Thespians. Bob pointed out that you never retire from show business, you just play older parts....so he’s in for the long haul. He even plans to donate his skull after death so he can be right there in hand as the Shakespearian actors recites “Alas, poor Euric (Sp.) I knew him well.” He said he was very sorry he missed the last reunion, but he was in Hong Kong performing a one man show. I sent him all the back copies of the Newsletter. ...That’ll blow his mind....We share the pleasure of having 13-14 year old sons....jmm}

**Jack Miles** | 50-58 | **Email to Bob Hicks, Rope climber**

Thanks for the clarification Bob. It has been duly recorded. {He sent me more of his stats...jmm} I have often used the metaphor, "Work is life pulling a rope the harder you pull the more you get. “I wonder how many miles of rope you have actually climbed in your life? Take a guess While you ponder that all my best to you, Jack

**Bob Hicks** | 50-52/57-59 | **His response**

“Jack: Because of my puny training regimen and my layoffs, from 1953 through 56 and 1978 through 2003, I only climbed 104.65 miles ... plus of course the 104.65 miles down! ..Bob”... {That’s 27,628 times up that rope - check it out. Let’s see if the end of the Stratosphere is 31 miles and then the Ionosphere at 34 miles. That means vertically he has climbed into outer space where there is no gravity. Does that mean it gets easier as he continues to climb – which he does?....jmm}

**Mike Mann & Fran Millians** | 57-67 | **(fsugymnastics.org) website**

“I have The men's Gymnastic team page has been updated. I have added images of teams for most years, still missing several. Except for two scanned from old photos that Don sent, and there might have been one or two duplicates on those, all were cut-and-pasted from the old Gymkana show program. They run the gamut from not too bad to horrible so if anyone has any old team group photos please send them. They could improve somewhat when Larry Bestmann get the time to tweak them a bit but don't expect major changes. He can improve things a bit. He is not a miracle worker. Mike” {One of his ex’s said he was, unfortunately he can’t remember which one....jmm}

**Larry Bestmann** | 55-58 | Submitted to Mike Mann for Website

**2006 inductees to the USA Gymnastics Hall of Fame**

Robert F. Bollinger turned an interest in acrobatics into a life-long passion, becoming one of trampoline's innovators. The Central AAU trampoline champion during the 1950s, he performed a mini-tramp act on The Ed Sullivan Show; joined George Nissen's trampoline act; started the first outdoor trampoline jump center in Sycamore, Ill.; and founded Trampoline Town USA. He earned a Master's degree (Thesis in Physical Education) from Northern University and fully developed the Axial Rotation System for trampoline. Bollinger won the Nissen Research Award and C. H. McCoy Research Award for his preliminary work on Axial Rotation Systems. In 1970 he invented the double-mini tramp and designed rules for competition. Along with Ted Blake and George Nissen, he is credited with creating the World Age Group competition, which was first held in 1973

**Jack Miles** | 50-58 | Under one roof

{Just into the hurricane season, three days ago my roofing was replaced after being destroyed by Hurricane Wilma, 11 months ago. Thanks to all of you who expressed concern, especially Bill Beavers, who offered to drive all the way from Atlanta to help me re-roof the house. Unfortunately I could not take him up on his offer, The Insurance Company requires that I use a licensed Roofing Contractor to install the roof or I would lose the House Insurance. Now I am in the process of repairing the ceilings in all the rooms. Then I'll put up all the fencing that was blown down. To have a roof over your head is a blessing...believe me. Jmm}.

**Dick & Susie Gutting** | 50-55 | The first "Sammy Seminole" blows your mind

Over lunch yesterday, Dick and I were discussing, among other items, "**Bob Bollinger**, "Coach/Contributor and former FSU Gymnast will be inducted into the USA Gymnastics Hall of Fame 8/18/06" {Tumbler, Trampolinist, originally from Chicago, Bob is a colorful character. Dick pointed out some of his great achievements. Especially his creation of a judging system which is still being used today. We are proud that he is being so honored.....remember Bev Cude Beaton's infamous riding horse story with Bob in the 13<sup>th</sup> Newsletter...jmm}

**Now for the mind blower.** We as former gymnasts always thought that you made "The All-American Team" if you won first place in that event in Nationals, AAU or NCAA. Dick pointed out that in Diving and Swimming, as an example, placing up to tenth place in each event makes you an "All-American"... If your team wins the Nationals, all the members of the team qualify as "All-Americans". With that thought in mind he contacted Hal Frey, an AAU official. Hal said that even though Dick didn't win first place in a particular competition he did place high enough in that competition to qualify as "All-American" Resultantly, Hal Frey sent Dick, his All-America emblem, and certificate. Another interesting point was that the certificate was also signed by Doc Price many years ago. If this rule applies, and had applied, when we were competing then there is a heck of a lot more "All-Americans" in our group. At least all the members of the Gold Medal Teams we fielded, I would think. We are going to contact Hal Frey for some clarification. Very Interesting my Dear Watson..... Circa Sherlock Holmes for you youngsters....jmm.