

FSU Gymnasts, Gymkana, and Friends Newsletter March 2006 (Thirteenth Edition) 03/18/06

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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 thirteenth Edition if you have missed any of the editions please advise and I will email or 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.**”

{Well, Biddies and Buddies start making some plans. The time for your salvation is near.....jmm}

Benny & Carolyn Wallace | 51-55 | The Return of the Purple Flame

“I notice that in the 12th edition of the Newsletter I have been placed in the B-ASS Club. If this has anything to do with my omission of the tilde in my infamous Spanish rendition of Happy New Year in my Xmas letter, making it read Happy New Anus, I protest on a technicality. But my main objection is being placed in the company of Gutting; no ass is bad enough to deserve such treatment! As Mark Twain wrote about being tarred and feathered, "If it wasn't for the honor of the thing I'd just as soon decline.”

Larry Bestmann | 55-58 | Re: 12th Edition and getting down on Tatami's

“Another Pulitzer Prize contender! It's a good thing this is all you have to do 'cept for a few rich ole ladies' labor. Stop the martial arts with your son, or pay more attention to defense and note the earth's surface is not a tatami except in the dojo. Thank you for a splendiferous newsletter.” {Larry, I used Spell check to correct your email. The acceptable spelling seems to be, “Pullatyourprize” of which I respectfully submit I am not a contender That distinction goes to other members of our team (with or without a Texas, or Spanish accent).....jmm}

Barbara Sheehan Withers | 54-62 | Copy of email sent to Harmer Weichel from Barbara

“Harmer Weichel! I just received the newsletter and wanted to say hi to you, my very first FSU friend. You may not recall, but I arrived in August 1954 at age 17, having graduated from high school in Boston in June; rode down with Bob Murray and we landed at your house in Daytona Beach - I have such vivid memories of my first day in Florida including driving on the beach which I had never seen before. Then we left Daytona and came to Tallahassee where I expected to see beaches and palm trees, but saw only beautiful big live oak trees. Well, I am still in Tallahassee, now going on 52 years. Hope you can come for the reunion this May, it would be great to see you and to meet your wife. Love, Barbara Withers”

{Opps! Barbara you slipped. We added the two numbers together and learned your age. Do you want to submit a retraction?...jmm}

Barbara Sheehan Withers | 54-62 | Re: Mirek Ceska visits Tallahassee

“Jack, the newsletter was great as usual. I got two cameras, one digital and one regular, to take pictures when Mirek arrives. {Response to a reminder...jmm} I am expecting a phone call from him this afternoon as he is supposed to arrive in Tallahassee this afternoon. I will also let Bill Beavers know as I think he is planning to come down from Atlanta. I haven't heard from anyone else. Speaking of injuries from gymnastics, if I play too much tennis on hard courts, my right knee really starts aching and I know it is because I fell of the balance beam one time too many.” {What's landing on your head got to do with your knee? I don't get it....jmm}

Benny & Carolyn Wallace | 51-55 | Re. Email forwarded to Benny from Don Holder

{Don sent a mesmerizing first hand account by a test pilot, named Weaver, who awoke from unconsciousness, was free falling from high in the sky down to the earth. He was no longer in the jet in which he was traveling with another crew member at supersonic speed in the stratosphere.....This was Benny's response.....jmm}

“Osceola: Just after this happened to Weaver I returned from Vietnam in August of 1966 and began my long stint as an instructor pilot in the F-4. I know all about the ejection seat in the SR-71. It is the same Martin-Baker version used in the F-4. My fastest flights were at 2.5 Mach, the limit of the Phantom; I did it several times. There is no sensation of speed at 35,000 ft., the usual altitude, but you get a sense of it when you watch a mile tick off on your airspeed indicator about as fast as you can snap your fingers; it's close to 2,000 mph. When you pull back the throttles to decelerate your body pushes forward in the straps for several seconds as it continues forward faster than the aircraft! Then you have to zoom to around 70,000 ft. to kill off airspeed to avoid breaking all of the windows in Los Angeles. As you approach the fringe of space the sky turns a very deep blue, almost black. Very awe inspiring and some of my best memories.

One of my students, Jim Sullivan, later went to NASA and flew the SR-71 from New York to London, a distance of almost 3,500 miles, breaking the record at 1 hr. 57 min. on 1 Sept. 1974. He's still in the Guinness Book of Records. After I retired he came to see me. He told me that he could have done it in 1 hr. 40 min. if he hadn't had to slow down to tanker speed, refuel and get back up to speed. Coming back he wasn't going for a record but flew faster than the earth was rotating and arrived at the east coast before he left; by the clock, that is!” Osceola 2”

Larry Bestmann | 55-58 | Road kill

{Larry said the only thing he hates about laying out in the sun on his beach blanket is those big black birds circling overhead.. jmm}

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 & Tpsi 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
Lennart & Karsthin Malmlin	43 years, 44 in May, 06
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

Mike Mann & Fran Millian | 57-67 | Reunion Area Restaurants & Wakulla Springs

FYI Mike Mann lives on the Wakulla River, or at least a short walk away. Mike sent me an awesome CD showing the video history of Wakulla Springs from before us. During our FSU days and its present state. If you would to borrow it let me know and I can send it to you on loan. Mike also put together a great listing and review of the Restaurants in the Wakulla, St. Marks, and Panacea area for whenever you visit or at reunion time. I will included it as an attachment in several Newsletters leading up to the event....jmm

Jimmy & Peggy Tanaka | 51-56 | Coach Dr. Tanaka and Student Luke Kimball

“My student was competing for the **first time**. To show you his dedication, he had to drive close to 300 miles to get to the tournament site in Fresno by himself. My assistant coach and I were unable to attend-he was on his own. He did pretty good for a **"WHITE GUY"** in his first competition.”

Jimmy Wrote to Luke:

“ Wishing you well at your first judo tournament. Make certain that you take the e-mail copy of your **Insurance Form** that was forwarded to by the **United States Judo Association**. Also take a pair of rubber flip flops you can slip on & off during competition. It's for sanitation purposes that most tournaments require slippers of some kind.

After your weigh-in (without clothing- remember registration and weigh-in time is between 10:00-12:00 for Seniors.), ask the Tournament Director for the approximate time before you will be competing. You can then gauge when to eat (try not to eat at least 2-3 hours before you compete) and when to start your warm-up. Keep hydrated. Take some bottled water with you.

Listen for your name. After three calls and no response, they can disqualify you, so be alert. Once on the mat, after bowing, walk up to the white or red mark. The referee will give the command to bow. After the bow, step forward of the mark with the **left foot**. Wait until he/she gives the command to begin (**Hajime!**). When you finish your match, step in front of the mark, wait for the decision. When decision is given, step back with the **right foot** and wait for the command to bow.

Watch out for judokas grabbing your leg/legs immediately after the bow. Try to attack as soon as you get a grip. Don't go 1/2 way on a specific throw and follow through. You will quickly figure out the weakness of your opponent.

Remember to use the **Tani Otoshi** (Valley Drop-if opponent uses any circular throw against you) counter throw I covered on Wednesday. If you feel comfortable, use the **Ushiro Goshi** (reverse hip throw) counter throw also.

Don't be afraid to use the choke holds. Be careful you don't hyper-extend the neck or back of the opponent.

Above all, use your **"HEAD"**. Try combinations-**OSOTO GARI** (back throw) with an immediate **IPPON SEOINAGE** (forward throw) or reverse it with a forward throw then an immediate back throw.

Always remember that your opponent is just as nervous and fearful as you are (or might be). If you go into battle with the idea that your opponent is going to **"WHIP YOU"**, well, most likely he will! With your **Marine** military background, you are more mature and disciplined than the majority of the competitors. Use it to your advantage.

Ability is that you are capable of doing. **Motivation** determines what you do. **ATTITUDE**, determines how well you do it.

I want you to **be SAFE**.....**Do** your very **BEST**.....**Don't** ever **GIVE-UP!**....Have **FUN**.

Have a safe journey. Send me an e-mail with the results when you return. Dr. Tanaka”

Luke wrote back to Dr. Tanaka,” Thank you for your advice and encouragement, they were well received. The instructions you gave me helped out quite a bit as well. I had a little trouble bowing out on a couple of the matches but by the third had it down pretty well. I was fortunate enough to have won all three of my matches and placed first in my pool of competitors. What an experience, it was a blast! Like you said, there was much for me to pick up at the competition. Watching the more experienced black and brown belts compete gave me a better understanding of judo.

My first match ended in about one minute with a double leg take down and rear naked choke for a submission. In the second match my opponent came in for ippon seionage, I countered with the reverse hip throw (ushiro goshi) you taught us in class and received an ippon. The third match ended with kesa gatame for a hold down. My opponent was not very well balanced so I was able to wheel him to the floor when he attempted a knee wheel of his own.

I look forward to the next competition this Sunday. I'll see you in class Wednesday. Respectfully, Luke"

Jimmy emailed Luke

“CONGRATULATIONS on your **GOLD MEDAL** performance!!! I am so happy for you. Even though you competed on your own, I had no doubt that you would do well. Good to learn that you were able to observe the Brown and Black Belt competitors. After several more competitions in the White Belt category, if you're up to it, I'll have you fight in the Brown Belt division for experience. Let's get back to the **"drawing board"** on Wednesday. There is still much to learn. Dr. Tanaka"

Carole Laing Terry | Tallahassee Tumbling Tot | Re: My request to find a photo of Dick Gutting

"Don't have a picture, but I can still see the sheetrock hanging from the ceiling at the American Legion Home in Tallahassee (on Lake Ella), when he bounced too high and knocked a huge hole!!!! Surely he remembers that !!! from Carole Laing Terry (tumbling tot)...now in Texas....p.s. ask him if he still has that nasty temper? Of course, we knew he was just a big "fuzz ball" inside!!!"
{That was a "big fur ball"... He's a real tame pussycat now.....jmm}

Larry Bestmann | 55-58 | Re. email exchange to find a picture for Dick Gutting

Subject: Re: Trampolinist needs a "spotter" "

Response from Larry, "Gutting preceded me. I appeared in 1955.... LPB"

Retort from Jack Miles to Larry, "You appeared? As in a vision? The Latinos will make you a Saint... jmm"

From Lawrence Bestmann to Jack, "Yes. I think I was a vision of loveliness."

Reply from Jack to Larry, "Well that's better than having your face plastered on a Grilled Cheese Sandwich"

{For this that were not aware, a woman sold an old grilled cheese sandwich, on which she said she could see Jesus, for thousands of dollars on e-bay"...Now who was the dumb one in that deal?.....No, it wasn't me.....Do any of you think Larry was "lovely"?.....well, except Lecuona and Marlene Jackson (see her email page 4 to follow) that is.....jmm}

Beverly Cude & Bill Beaton | 55-59 | BB&BB (Bob Bollinger & Beverly Cude Beaton) horsing around

".....one day Bob B. approached me and asked if I'd be interested in going horseback riding.....never having been on a horse, I declined.....but he persuaded me that, given that I did have some sort of innate coordination, and that I could be assigned a mild, gentle beginner's horse, it might be fun.....so off I went.....at the stables met said gentle horse, was helped up and given a few seemingly simple instructions. Methinks Bob chose a more frisky horse, but am not sure about that.....going along a relatively level stretch and at a leisurely pace, things seemed just fine.....until, before my eyes and just ahead, loomed a pasture fence of some sort.....I couldn't divert the horse from its determined straight ahead direction.....Bob, I surmise, recognized my plight and rode up alongside, presumably intending to bring my horse to a halt.....however; said horse didn't stop, and kept heading for that scary fence.....at this point, I threw discretion, velour and dignity to the winds, deciding to bail out as quickly as possible.....leaping off somehow was the only option I could think of, choosing a manner not unlike the way in which one would abandon the balance beam if disaster was imminent.....it was a bumpy landing, but I was fine, and my horse??? Well, it came to a placid stop just before the fence.....
.....now Bob, on the other hand, had a horse that kept going.....and I truly don't know quite what or how it happened, but he somehow became dislodged and ended up with either a sprained or broken right ankle.....uh-oh.....so much for chivalry, however well-intentioned.

.....next problem.....how to get back to Tallahassee to get Bob to hospital.....I did not know how to drive (having grown up in a small mining town a few hundred miles north of Montreal, I had never had any need to drive.....I walked everywhere).....

.....Bob's solution:....right leg damaged, left one still worked....he would sit in the passenger seat and operate the gear shift and clutch with the good leg.....I would manage the gas pedal and steer, doing as well as an out and out beginner could.....highway was OK, but those Tally hills were more than a little nerve wracking.....

.....I am ashamed to say that I don't know what happened to Bob's leg, but hope it healed properly.....somehow I think he left town.... plain don't remember and feel badly about that.....I'm not even sure if I ever saw him again.....

And a PS:.....my best friend and "twin" Barbara mentioned something a while back about the need to have frequent reunions while making a reference to possible "wakes" among us.....then in this last newsletter, Rafael talks of passing years and measures them in minutes and even seconds.....only to have this followed by your choice of song to be played at your funeral {That has been my little quip every since I've been a kid....jmm}.....HEY! Where are you all (y'all, if I remember correctly) going????? It's frightening.....I believe in counting as high as possible.....inspired by a little granddaughter's appraisal at one of my birthday parties when she asked how old was I, anyway? I suggested that she make a guess.....(never do this!!!)....pondering carefully, she came up with, "Oh, about 101....".....So at least I have something to shoot for.....I suggest you all try the same!!! With great memories....Bev"
{Loved your stories Bev. Bollinger was just added to the mailing list this month. Maybe we can get "the rest of the story" from Bob or others.....jmm}

Don & Connie Holder | 51-57 | Re: Gery Signorelli's win

"Pat Signorelli's son Gerry won the All-Around in a duel meet between Ohio and Mich. Pat had lunch with Newt Loken who remembered all of us. A very nice gentleman to say the least. Gerry will be graduating soon."

Stu Goldberg | 58-62 | Re: The story by Leigh Heisinger in the 12th Newsletter

Leaving a message on my telephone answering devise, Stu stated that after leaving FSU Stu in his travels ran into this old man named Clay Becket was also an inventor of mainly kitchen gadgets. The old guy tried to interest Stu into buying one of his inventions which he called the, "Giant Loop Swing" - A huge aluminum structure that stood a good fifty feet high. Stu stepped inside the wheel and it started to move from his body weight and motion. It scared the hell out of him because he started to move upward and Stu said that he is afraid of height and he wanted no part of that wheel. He realized after reading the Leigh Heisinger story in the 12th Newsletter that was the very same wheel that he saw those many years ago. He also said that he knew Nancy very well and that she always said that she sure wanted to get out of Tallahassee, some how... some way. He wondered what ever happened to her. Eureka!.... Stu, Nancy is on our Newsletter recipients' list under Nancy *Harrison* Troutman living in Sebring, Florida with her husband Bob.... they are in the Real Estate Business. Well Stu, Nancy sure got out of Tallahassee. She even traveled all over the world for twenty-five years with Leigh and their daughter, Robin

Jim & Marlene Jackson | 55-58 | Re: My request for some of their history

"I did not attend F.S.U. as a student. I met Jim as a student nurse at the University of Chicago. I was in Chicago for 6 months of my nurses training coming from Rochester, Minnesota. We were newly weds in 1955. Jim said "I am taking you to paradise" (Florida). I went to work at W.T. Edwards first then Tallahassee Memorial as an R.N. Jim needed a career to support the family he planned on having so he chose teaching phys ed as closest to his love gymnastics. He could not teach with his degree from the U of C. Dr. Price was interested in him as he had been in an adagio act professionally and wanted him to be in Gymkana and do his act with a student at F.S.U. So he had gotten him an out of state waiver to attend F.S.U. The first day in the old women's gymnasium he spotted some of the tumbling tots that were there and Dr. Price asked him if he would be an instructor then the next day in the gym asked him if he would be Head Instructor when he again saw him working with the tots. We were in Tallahassee 1955 to 1958 then moved to Miami and Jim was a phys ed teacher and also joined Dick Gutting in his trampoline act. Thanks for the interest. Marlene"

{Second email re. receiving the Newsletter via the computer...jmm}

"Marlene the computer person in this home was so pleasantly surprised this morning when I could read the twelfth edition of newsletter. I printed it to take to Jim to read. I will be anxious to hear his comments. You printed and sent us a number of letters because I had told you I could not retrieve on our computer. That was extra expense and trouble for you so when I still couldn't get any newsletters I asked our 20 year old Scarlet who lives on the computer to please help me. Of course no one has iMac but she sat at my computer and tried to retrieve newsletters and said Grandma I can't do it. So I gave up. I didn't want to tell you. This morning I could read and print, it was great. I don't know many gymnasts but it was "so fun" to read about Larry Bestmann. I have memories of him and wife riding in backseat as Jim drove maybe to Miami like 50 years ago. Larry was so handsome and had such a beautiful wife. Jim will enjoy reading about him. I brought up Larry's photography on internet. No personal information which would have been nice, wife, children, the things we enjoy reading but maybe only for gymnastic news. Thank you so much. Jim is a busy man teaching gymnastics 5 days a week, planning shows etc. He is so passionate about gymnastics. We (family) can't talk him out of it. The "kids" love him. He is always the most popular teacher. I guess the kids know someone who really cares and is interested. His old age 77 and wrinkles etc. don't bother them a bit. He teaches on Miami Beach with Micky (Michelle Rivera), at Miami Shores Recreation, and TAG gymnastics.

You have taken the initiative to start and keep the gymnasts in touch with each other which took great effort on your part Jack and I am sure all appreciate it so much.....Love from Marlene"

Oscar "Bob" Brock | 58-61 | Correction and continued search

"Just me, Jack, Yes, I, mistakenly wrote, Eleanor McDaniels" when in fact I think it is "Ellinor Daniell" A former neighbor of her parents told me she had battled breast cancer. That was about 1990, so I have no idea if she is still in Lawrenceville, Ga. Those adept at such could trace her thru the internet. There was another Tully Gym frequenter: Frances? She was from N.C. and by chance I met her in 1965 in Germany where she was a service club hostess. Then there was a blonde girl, Mary? Where are they now? Will toss out more memories via email soon.Oscar, with my nose to the past...."

Bill & Carole Beavers | 57-58/60-61

"Add me to the BBB Club. I remember how I did it. Lifting a trampoline on to its transporters when I was old, out of shape, and doing it without bending my knees It was exacerbated by spotting 160 lb male gymnasts (we grew 'em big at Ga. Tech) on high bar and ring dismounts. I would suspect Don, Chick and Lennart, helped their backs deteriorate coaching and spotting as well.

On another note: I'll never forget: Lennart crunching beer cans (before aluminum beer cans) REAL steel beer cans on his forehead. Another I'll never forget! (about Lennart) As a high school gymnast in 1955 I traveled with part of the Univ. of Nebraska team to Kansas to see the U.S. tour of the Swedish National Team. (they went to FSU the same year) I was very impressed with the Swedish Men's team doing the 11 man calisthenics drill never imagining I would be doing the same ?similar? drill in the Gymkana show. Lennart drilled Chick, Roger Webb and I over and over until we almost got it right. I was the weak link due to poor standing back handspring. Funny, I have a very selective memory, but could still do that routine in my mind. I know Lennart could!"

"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 your baggy eyes, jmm