

FSU Gymnasts, Gymkana, and Friends Newsletter September 2005 (Fifth Edition) 10/23/05
(Before Hurricane Wilma strikes)

(10/08) From Bill & Carole Beavers

“Another great newsletter! I'm glad someone I know is so organized. Since I have ADD I seldom complete tasks in an organized timely manner (like sending you my life after FSU). Folks like you have what I call AED or attention excess disorder. {No, Bill it is attention **escape** disorder. jmm} At any rate, Carol & I want to enter the marriage longevity contest. We have only been married 37 years, but last anniversary Carol said, "Another anniversary? Another year gone by? It seems like two" Therefore we have the record at 74 years. Bill"..... {Yes Bill, However, Carole tells me you got double the pleasure – therefore request denied... jmm}

(10/11) From Bruce & Rita Davis

“Dear Jack, The following articles have appeared in *Your Neighborhood* magazine which circulates in the Southern end of Hillsborough County. A True Olympian--Vincent D'Autorio (Nov. 04), Florida's First NCAA Championship (Feb. 05), National Gymnastic Clinic Revisited (June 05), Legacy Walk at FSU (July 2005), What is the Champion Doing Now--Jack Miles (Aug. 05), Bill Roetzheim--A Local Treasure (Sept. 05), Dick Gutting--Florida State's First Seminole Mascot (Oct. 05).

All of these articles will reappear on www.letstalkgymnastics.com in complete form with support photographs in the near future. Dick Gutting is now up as the inaugural article for the site”.

(10/10) From Nancy Heisinger & Bob Trautman (54-56)

“Good Morning”...”I'm off to Tallahassee tomorrow to see Mama and to attend an "Old Timers Class Reunion" (High School). Should be fun to see some of the people that were ahead of me. 1940's & 1950's. Earlier, if some are still with us. Last year my class had our 45th. I had not seen some of the classmates since graduation and was really shocked. Can I really look that old? Time marches on! Better than the alternative, right? Have to run for now. I have lots to do before I leave tomorrow. Until then, Love”

{Nancy was in FSU University High School when most of us were in FSU. jmm} {Hey! Nancy, Dr. Bob Christian and others were asking if there were any pictures included with your last email from the Islands..... Remember “skinny dipping”?...jmm}

(09/28) From Oscar Brock (58-61)

“44 years later...Very pleased to hear from you. I read your 1966 Boys Life feature on Wayne Thompson. But I lost track of the entire Tully Gym crowd after my 1961 graduation from FSU (Anthropology). Well, I saw Broadus Baker in Hamilton, Ohio in 1969. {Oscar gave me Derek Lawler's address, jmm}...Briefly my post FSU activities follow: '61-'63 M.A. University of Alabama, '63 Assistant Curator, Mound State Monument, Alabama, '64-'65 U.S. Army (drafted) – Took leave to Sweden and visited Lennart Malmlin and his wife. (He did a handstand on their 10th floor apartment rail) '66-'68 Assistant Curator, Mound State Monument, '69-'71 Married Eleanor Huebner, my ex-professor's ex-wife. We lived in Oxford, Ohio where she taught Sociology. I was a Social Worker, and later Adult Service Supervisor at the Welfare Dept. in Hamilton, Ohio. '71-'74 Titusville, Fla. Social Worker, '75-'77 Livingston/Mobile, Alabama, Social Worker, '78-'79 Columbus, Ga. Antique Dealer, '80-'82 Project Archaeologist, Russell Dam, '83-'85 Savannah, Ga. Contracts Branch, Corps of Engineers, '86-'97 Quincy, Fla. Park Ranger Lake Seminole (Retired Feb. '98). '98 to present Lake Helen, Florida on Lake Cottage and retired (Ellie died lung cancer 2003). I am a volunteer, doing environmental work, and am Secretary of Lake Helen Historic Board. Also I am Curator, Lake Helen/Cassadaga Museum. – This is probably more information than you asked for. I appreciate your effort to reunite us old gymnasts. Faithfully, Oscar Brock. P.S. I was still doing smart rows of flip flops well into my late 40's -Desk jobs took their toll, tho.” {All the times that I passed Quincy, Florida and I could have visited Oscar had I known. Darn...In a recent press release I saw where Lake Helen has some humongous gators – one with a full grown deer in its mouth... jmm}

(10/12) From Jon & Boots Culbertson (64-66)

Ron Galimore's new title is Vice-President for Events of USAG. He has moved up, so-to-speak, and Dennis McIntyre has taken over as the Men's Program Director. Just got back from Brazil and the PAN Am Championships. Both men and women's teams won the competition which was a PAN AM Games warmup and qualifier for 2007.

(10/13) From Jimmy Hanks

“I think I sent this to myself???? Man am I getting old...Thanks Jack. I got them (Newsletters that is. jmm) ok. I'm reading and recognizing a few names. How neat to remember. I recognize Jim Tanaka's name very quickly. We roomed together in Rochester New York while competing in the National AAU Championships. Tell him hi for me. I doubt Don Holder will remember me but I sure remember him. I really admired you guys. What champions! I was just a nothing rope climber, but what a great bunch of guys to be associated with. I still have a picture or two of the group but names escape me that fit the faces...Jim.....Jim adds, “

“I just received a call from a woman who works for the state of Florida. It caused me to pause a bit when she told me the name of her agency. I asked her to repeat the agency name again and she replied. "It's the Governor's Office for **Elderly Affairs**" .I paused again in silence and told her, "For gosh sakes lady, sign me up, I didn't do too well when I was young." TEE HEE!!!!...Jim

{Yeh, Jim I have to do something about names & faces when working on a website in the near future jmm}(We also have to do something about that laugh of yours....jmm}

(10/14) From Rafael and Diana Lecuona..... e Los Lecuonas Sensationals

“Lecuona The greatest” No...not me...but my uncle, Ernesto Lecuona, of course. Hey Jack! Thanks for sending me a copy of the Tampa Tribune write up about the concerts honoring my uncle presented in Tampa and Fort Lauderdale last week. {Actually the Tampa Tribune article came to me from Bob Hicks who lives in the Tampa area and I sent it on to Rafles. Jmm} The concerts were fabulous, with the music played by a symphonic orchestra and the best interpreter of my uncle's music, Thomas Tirino, as a piano concertist and soloist...The orchestra first played "Cuban Overture" (Gershwin's) and "Suite 2 of L'Arlesienne (Bizet's, composer of "Carmen)...then, with Tirino at the piano, "Argentine Rhapsody" and "Black Rhapsody" both of Lecuona...the public in both concerts went hysterical, with shouts of "bravo" over and over as well with demanding "encores"...so Tirino had to play "Malagueña," "The Breeze and I," "Noche Azul," (the latest a beautiful waltz-song) and others all Lecuona's masterpieces, naturally...Our "family," (Miguel, my son; Fernando, my brother; Paul and Laura; my nephew and nieces and their respective spouses) was "introduced" publicly by Titino and we all had a wonderful time and enjoyed the whole affair very much. Anyway, Jack'o, keep up the wonderful work you're doing for all of us, former FSU gymnasts and friends of yours, first of all....Chau" {De Nada, Chico... jmm}

(10/14) From Jim & Marlene Jackson

” We appreciate your emails and want you to know..... Jim does not touch the computer which was a gift to him from his "kids" one Christmas. I am thrilled he gave it to me so it is in my room with a printer. I do a lot of typing and printing for him for his s.s. class which he is pleased about and other things he wants printed.”.....” Jim is 77 today and teaches gymnastics every day but Sunday and Monday. He loves to go to work. Gymnastics and being a Bible scholar are what he really enjoys. He is so tired when he comes home he sits at table to eat and in a few minutes he is drooped over his food sound asleep. He gets plenty of sleep now as he can sleep late most nights so that keeps him going. Love to you and your family. Marlene....Jim too!” {Marlene, don’t wake him up but I believe you told me about Jim’s eating and sleeping habits back in FSU. As you recall, you told me don’t feed him or he’ll fall right asleep on you. ...jmm}

(09/27) From Stu Goldberg (58-62)

{At my request, Stu sent me a wealth of information and with your permission I will glean excerpts for the material received with my added comments. I will be glad to send a copy of a more complete letter at your request...jmm}

“Stu is the owner of STU’S TILE PLUS, Complete Design and Remodeling Company in Sacramento, Cal. He grew up in Philadelphia. While in High School he met two young men, now life long friends, who had a slow motion hand balancing act in a school assembly program. After school the balancers taught Stu how to kick up to the ‘Handstand’. Today a half century later still does “my nightly handstands”. He quit High School and became a “topmouter” with the Five Erikson’s, just short of his 17th birthday, in the *Shrine Circus*. Then on to the *Clyde Beatty Circus*. In the middle of the season he left them and went on a school Assembly Tour as a trampoline performer and representative. for George Nissen and Dr. Keeler. Two years later he had a trampoline show with *Holiday on Ice*. “before they picked up my option at Holiday on Ice I was drafted into the Army. Had a terrible disease called, Gonna Korea”. Spent two years in Chunchon , up on the DMZ, then in Seoul the last few months. Met some Korean Circus people.” “Coming out in ’55, I was a lost soul.” “Ended up without a dime in Miami.” After several jobs, Stu says, “So I went to Miami Edison a couple of months to get the high school diploma in order top apply to FSU. Soon’s I passed that and the initial entrance requirements, that’s how I started out at FSU.” “After FSU I went to San Francisco”....”Luckily for me I wasn’t into booze, never did drink, or smoke” ...”trying to learn a little guitar, folk music, and through a series of circumstances managed to start a little guitar shop on Union Street”. In a large empty room a small showcase, 6 Mexican guitars, and help of a girlfriend at the time, “a bloody miracle and that for the first time in the history of music, guitars outsold pianos”. He pioneered importing and built the little nothing place into a wonderful and revered acoustic instrument store. It took him all over the world for 11 years, even wrote a book on how to play the guitar. From the music store he took in some partners and open Pub #1, an Irish coffee bar, and other pioneering businesses, plus “Agatha’s Seafood Gallery but had to let it go eventually because if you’re in the Seafood restaurant biz, you had better be a cook or really know food.” He then bought a high class nightclub and named it “Dance Your Ass Off, inc. He worked his off and it became the in place for the party crowd in San Francisco. He met many many famous and wonderful talented entertainers and musicians throughout the years..... Drove Porsche’s, had “a wad of thousands of dollars in my pocket because it felt good.” Sadly, a fire destroyed the building in ’79. He “ended up in Sacramento, bought and sold a lot of houses when there wasn’t any appreciation whatsoever, now it’s just happening however.” What are Stu’s plans for the future, “make enough to get out of town and move to L.A. area among friends who still up-end and turn over, maybe teach some movie wannabe’s at {Stunt legend, jmm} Bot Yerkes’ backyard in Northridge, where they all come to practice, and Muscle Beach at Santa Monica Pier on Sundays where they all juggle and workout.” {And do his nightly handstands} {Stu not using email wonderfully sent me a brand new FAX machine complete with all the bells and whistles so that I can FAX his Newsletter to him and other Fax users who don’t “do” email...jmm} {He has an encyclopedic memory of people and places and a real pleasure to talk to about the acrobatic world... jmm}

(09/22) From Mike & Fran Mann (57-67)

{Mike sent some very valuable information about Bladder Cancer, which saved his life. At first I thought that it is too long for the Newsletter, but decided it was much too valuable not to pass on. So you can find his message added to the last page... jmm}

Note: Bill Roetzheim was looking in the mirror to admire how well he looked for his age, startled he was forced to ask loudly, "Dad, what are you doing here?"

Speaking of one liners and inspired by Benny Wallace's bit about the gymnasts pinning clothespins on Dr. Price's overcoat I'm starting another new category for the Newsletter called:

I WILL NEVER FORGET (Gymkana, TTT, and Gymnastics related)

{I'll begin jmm} **I'll never forget** that in a dual meet in the middle 50's I saw an Eastern European Block girl competitor jump to the uneven bars. Startled at first I thought she had smuggled two hamsters into the country hidden under her arm pits but then I realized at that time that they didn't shave under there. I was mesmerized. I couldn't tell you now what her routine was because my eyes were so glued to those hamsters clinging on for dear life. Now it's your turn

(10/09) From Chick and Jennie Cicio (54-59)

I'll never forget {Referring to an email with pictures that Mike Mann, a former Life Guard there, sent us, jmm} "Yes, it is good that we had the opportunity to see the great Wakulla Springs. ...So many great memories. .. What was it 102 feet to the bottom and so clear? Guess everything has to change....look at us, beautiful gymnastic bodies basking in the sun. I seems as though EVERYTHING was pretty firmTHEN.... Take care & ciao" {FYI...185 ft. to the bottom just inside the mouth of the cave... jmm}

(10/19) From Jeanne(Genevieve) Blechner Driscoll (55-59) Gymkana and TTT

"So glad to hear from you after all these years - I think it was 1959. When I received the empty envelope, I said to my husband, "The only Jack Miles I know was a gymnast from FSU. {I sent out a search letter and the contents came out, she contacted me by the return address on the envelope – smart girl, jmm}I don't know why your name popped into my head; there are days when I barely remember my own name. I was not a gymnast then and certainly not athletic since, although I have remained in relatively good shape and in good health, so far. At FSU I became affiliated with Gymkana in 1955 representing Jenny Murphey Dorm as someone (I think it was Miss Brazil.) I later worked with the Tumbling Tots and went on some kind of tour once to Pensacola and the central part of the State. I would like to receive the newsletter for at least a few issues to hear what some of the people I do remember are doing. I appreciate being contacted." {I makes me Really happy whenever we find a "young" friend for our mailing list. Welcome aboard Jeanne, jmm}

(10/21) From Derek and Nancy Carolyn Lawler (57-62)

"Hi Jack, I was never a "core" member of Gymkana, not having reached a level of competency as did other members. I met Oscar Brock in the gym and have been a lifelong friend of his since. We were corresponding by email until he decided to get rid of his computer. He told me you had contacted him and he gave you my name and address. In NYC I had joined the Turner Club (Turnverein) when in high school, as I had developed an interest in gymnastics during that time. I recall Chick Cicio also belonged to the Turner Club and I would see him periodically. I knew another member at FSU from New York but can't recall his name; it might have been Tom McDonald. Cheers, Derek Lawler" {Tom McDonald, Bob Murray, and I crossed paths in NYC when we were all auditioning for a TV Commercial. Tom had been in Show business for several years while I was just testing the water. I haven't seen Tom since. He always looked like Dustin Hoffman to me. (Maybe he is.....Naw, jmm) {We found Derek thru Oscar Brock... jmm}

(10/18) From Alma Claire Essig Traynor

{I sent a few e-mails (pictures) out myself to some of the oldies {and youngees jmm} who where there. {at the past reunion, jmm} Some have responded already. My son set up a web page. He's out of town now, so I'll probably use my e-mail address as you suggest"....".Isn't all of this fun? How did we ever get along without computers and the internet???" (Claire has several snap shots of the past reunion if you would like to see/get them. I suggested that you might contact her directly at <Clairefsu@aol.com>...jmm}

PRESENT HOBBIES & ACTIVITIES New category (Join in with your interest – let me know)

- Barbara Withers competes in regional women's tennis tournaments
- Bill Beavers, competes in Kayak Racing nationally
- Chick Cicio is an actor in South Florida theater productions
- Dick Gutting collects Western Native American pottery
- Dr. Charlie Christians raises show worthy Flowers and Plants
- Dr. Jon Culbertson is an avid windsurfer
- Jack Miles, does Stained Glass, woodcarving and has 50 birds, mostly exotic finches
- Leigh Heisinger is an avid competitive baseball player
- Rick Miller collects, sells, trades "Toledo" knives
- Oscar Brock is a curator for the Lake Helen/Cassadaga Museum
- Benny & Carolyn Wallace travel the world extensively
- Jim Jackson still coaches gymnastics
- Don Holder skin dives and collects sea life in the Dry Tortugas
- Derek Lawler has taken up tennis

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 & Marleen Jackson	50 years, 51 in July, 06
Jay & Ellie Schwarzman	48 years this past September 1st
Beverley & Bill Beaton	45 years
Bill & Carole Beavers	37 years (for good behavior)

(10/13) From Jay Schwarzman to Barbara Withers

"Thanks for your letter regarding the next reunion. Again, you did a wonderful job last year in hosting the reunion. As I said last time though, it is not fair for you to stand all of the expense as you so graciously did. All of those attending should be asked to assume a portion of the cost. I can think of no one who would come next year who would not be willing to do their part. You requested suggestions of a date for 2006. I vote for the Memorial Day weekend again. When ever you decide, I would suggest that if you can again arrange another good room rate at the Doubletree or another hotel in Tallahassee, I would appreciate it very much. Last May was great. Next time, I will try to get the St. Marks and find that old seafood restaurant on the pier. Thank you for all you do for this group. Best wishes, Jay Schwarzman" {The restaurant owners have the challenge of getting the landmark favorite restaurant rebuilt back again for business. I agree with jay about contributing.....more to follow.....see last page of this Newsletter... Jmm

(10/18) From Dr. Charlie Christian (55-57)

{To our Newsletter readers...jmm} **"Please don't expose(show) all multiple email addresses**When you receive an email you like and want to send it on. Click forward and **immediately after** you've clicked on **FORWARD**, please review the body of the email and **DELETE** all previous addresses listed **as well as** all the previous **FW:s** in the subject line **BEFORE** you click on **SEND**. If you send a group email, please use the **Bcc:** address line for group addresses or you are subjecting your friends to the possibility of email address theft. The Bcc: address line will send the email to all the addresses but it will not display the recipients." {I have been hit twice now in the past month by the terrible Trojan virus and fortunately and with much difficulty have successfully removed it with the help of our friend Mike Mann. It creates a ton of stress. It has been coming to me unknowingly from my friends. Advice, "Don't open any email addressed to you which shows lists of group or individual email addresses save it to a disk first. One of those names might harbor a computer virus and/or cause problems for whom you are sending the email to... jmm }

Note #1: I took a plastic bag of brussel sprouts, I was cooking, from a boiling pan of water. I looked at the left over boiling water and mused (wanted to use that word too) Why waste the hot water?...so I put a tea bag in it. Result? The tea tasted great, but it burped like brussel sprouts. {Lovingly repeated from an old Florida Gymnastics Newsletter I sent out 20 years ago. If you remembered the joke...your mind is still working pretty good for an old Jmm }

(09/22) From Mike & Fran Mann (Bladder Cancer) September 2005

"I have just completed and we have published a new page for the Bladder Cancer (world wide) support group's web site. This to allow us to visualize faces for all those names on the ListServ's e-mails. This has just started and we'll be adding more photos as people become aware that it is possible.

Take a look at (<http://blcwebcafe.org/faces/>). This was begun many years ago by Lea Malek on her own web site, Lea's Bladder Cancer Journal, Lea has since passed away an that web site is no longer available. Some list members had saved that particular page, however, and we are also republishing it and it can be viewed at (<http://blcwebcafe.org/faces/leaspage.htm>).

OBTW, the web server is located in Amsterdam, I do the work here and just upload to it.

Blood in the urine: Do not let some doctor tell you it is a Urinary Tract Infection and send you away with some antibiotics or other pills. It most surely is not, UTIs almost never cause blood in the urine and it is most likely something else, possibly more dangerous. The real danger is that the blood may stop and you think you are "cured" of your UTI only to find out much later that it was something else. Numerous people on the Bladder Cancer WebCafé support group have experienced this scenario only to be diagnosed with bladder cancer a year or two later. Maybe dangerously advanced by that time. It may not be cancer, there are other things that it could be, like a Kidney stone, but it most surely is not likely to be a UTI. If you do have to have a cancer, bladder is probably second only to skin in being able to survive it, IF it is detected early enough. Get thee to a good Urologist and find out what is going on. Everyone cringes at the thought of a cystoscopy but I assure you it is not anywhere near what you have imagined and I have had a good twenty or more by now. Almost 100% of those that have them will tell you that it is much preferred to death."