

# Veteran Fencers

## QUARTERLY

Vol. 1, No. 2

The Voice for the Active Veteran Fencer

September 1996

### The Inside Cut

#### Profile: Eva Davis

by LINDA VAN CLEVE  
Contributing Writer

Imagine yourself as a 12 year old girl rummaging through an attic and finding a foil, sabre and mask. You take lessons, become the German Youth Champion and have the newspapers dub you "the little redheaded atom bomb." Then you help your fencing master (who helped you become that champion) learn to fence again because he has lost an eye and part of his hearing due to a war injury. After a year of working hard with you, he beats



Eva Davis

you in a bout for the first time since his injuries. Only days later you lose him in an air raid, and soon, all your family's possessions and your very freedom to the invasion of Communism. The girl you have just imagined yourself as is Eva M. Bialla-Davis.

Eva was born and grew up in Dresden, Germany. It was her father's fencing equipment that she discovered in the family attic and Fencing Master Hans Thueringer who coached her to the Championship. When the Russians took over her homeland and freedoms (such as not being able to fence), she decided it was time to

See Inside Cut, page 8

## U.S. Veterans squad now heading for German clash

by BRUCE DARLING  
Editor in Chief

After the Cincinnati Nationals, 27 top qualifying vets plan the trek to Kassel, Germany, for the October 4th clash. Unlike previous years in Florida and England, this year's German hosts allowed an event with only the American team.

Last year's German team proved to be a formidable opponent for the U.S. squad. Although winning the overall award for team wins, the Germans were trounced in Men's Foil by the skilled Americans. Overall, the U.S. team finished a strong

second, only two points behind Deutschland's best.

This year's team event may allow better concentration on the Americans' part since a multi-country strategy won't be needed. Of course, the caliber of the current German veteran team is unknown, although many of its previous members should be back.

Next year, with the fourth annual International Veterans Team Fencing Championships being held back on the North American continent,

the event again will extend invitations to any and all countries wishing to field a competitive team or teams.

See Germany, page 3

### The 1995 first and second finishers go at it again in 1996.

## USFA divides up Nat'ls

by BRUCE DARLING  
Editor in Chief

In a decision made by the USFA Board of Directors, the long-established U.S. Nationals and Convention will now be restructured in an effort to simplify and provide convenience for competitors and officers.

Starting next year (1997), April will be the month for the Division I and Open Team National Championships. Events held are to be split between two weekends of competition. Moving the event

from June to April will free up many competitors' scheduling conflicts between the competition and their school's final exams. Also, by moving the event from week-long to over two weekends avoids the Monday-through-Friday schedule conflict for officials, fencers and their support groups. Another benefit is that the National Team will be established much earlier, providing more time for World Championship training.

In July, the USFA National

See Split, page 19

### IN THIS ISSUE:

- 1996 Nationals Veterans results, page 10
- Upcoming Events, page 17



# Veterans chair message

by MAC GARRET

The 1996 Veterans National Tournament held in Cincinnati, Ohio, has come to a close with 124 participants, some of whom doubled or tripled in the six events — thus totaling 189 entries.

For the most part, the contestants were pleased with the scheduling of the events, with the officiating, and with the organization of the pools for the first round and the direct elimination arrangement.

However, there were several who were dismayed that the pools were not in accordance with the ten-year blocks (40-49, 50-59, 60-69, and 70+) as in previous Veteran programs. To respond to this criticism, all Veterans must recognize the following:

- To have the Nationals termed a "Championship" instead of a "Demonstration" event for the Veterans, the tournament must conform to all other USFA Championship programs.

- To provide for Veterans to improve their rating/classification, this Champion-

ship must conform to USFA regulations.

- To select a USFA Veterans Team for International Championship events, the format used in the 1996 Nationals is the only fair process by which to do so.

In discussing with Mark Stasinos, USFA tournament chair, the complaints registered above by several Veterans, Stasinos indicated that with the approval of the Tournament Committee, there may be a possibility of hosting age group competitions as well as the Veteran Opens at the Nationals.

We hope that all who enter the Veterans National Tournament in the future will enjoy the opportunity for reunions with former colleagues as well as developing new friendships. ■

**JUST IN** — Ten-year age bracketing returns in 1997 for veteran fencers, according to Mark Stasinos, USFA Tournament Chairman.

## Free issue

Because of the importance of this issue (Nationals, Executive Board rulings, and upcoming events), we decided that as many veterans as possible should be informed. You'll notice more pages and much more content in this second free issue.

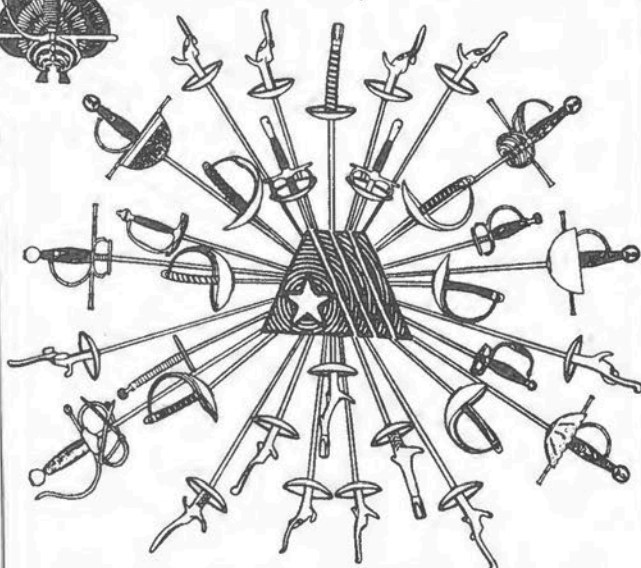
Now we don't want to spoil those of you who have yet to sign up. But this gives you one more chance to subscribe to the Veteran Fencers Quarterly for the bargain price of \$8.00. A paltry sum, but it really helps to cover printing and mailing costs, and it helps to promote what we are all here for — veteran fencing and affairs.

Meanwhile, our heartfelt thanks to all of you who have already subscribed. Please pass around your copy to other non-vets and non-USFA recreational fencers, and get them to subscribe as well.

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## Veteran Fencers QUARTERLY

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*Our purpose is to keep the veteran age fencer up to date on the issues that affect you.*

*Feel free to send us any articles of interest to veteran fencers, including local newspaper clippings, photos or even your own stories and comments. We reserve the right to edit for length and clarity.*

*Also, we would like to have a representative from each section act as a contact to keep us informed of what is happening in your area.*

### Veteran Fencers Quarterly

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## Germany

Continued from page 1

Currently, this is the makeup of the 1996 U.S. Vets team. Openings are still available as of this writing.

### 1996 U.S. Int'l Veterans Team Members

Ruth Anderson	Diane Kallus
Donald Benge	Howard LaBow
Phillippe Bennett	Karen McGregor
Gladys Berardi	Veronica Morrison
Dr. Robert Block	Wes Morrow
Marianne Bosco	Susan Moss
Dr. Karen Brynildsen	D.D. Nicolau
Kazimieras Campe	John J. Norton
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Howard Goodman	Dr. Ray Sexton
Dean Halstead	Gregory Spahr
Karen Johnson	Dr. Herb Spector
Lela Whisnant	

### Accompanying Support Staff

Maxwell Garret - Chef de Mission  
Diana R. Garret - Manager  
Robert Scranton - Volunteer Coach

## Germany event open to USFA individuals

Two tournaments in Germany are declared open to National Veterans for individual competition. In spite of the German organizer's insistence on only a U.S.-Germany team event on October 4, an international open event the following two days in Kassel gives U.S. fencers an opportunity for competition with multiple European country involvement. The following weekend (Oct. 12 & 13) hosts an additional competition in Ludwigsburg. Both are multinational, individual, all-weapon veterans events. Any USFA veteran who competed at the 1996 Nationals is automatically qualified and invited to the German events.

Special travel packages have been set up for veterans through Travel Network (see ad below). There is a deadline for reserving seat space, so if you're thinking of going, call Howard or Gail Goodman at Travel Network ASAP. ■

## Late Breaking News ...

### Kassel, Germany to have age brackets

The upcoming Individual Veteran Tournament in Kassel is to be formatted in ten-year age bracketing. This tournament is open to any Veteran who attended this year's Cincinnati Nationals. ■



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## Travel Arrangements For Germany International Veterans Tournament

We have arranged for an Air and Land package, providing group transportation and accommodations for fencers, their families and friends who will be going to Germany. The package includes round trip airfare from Newark to Frankfurt, 5 nights in a first class hotel in Kassel, including a continental breakfast daily, as well as transfers to and from the hotel via motor coach. The group departs October 1st and returns October 7th. The cost of the package is \$1,165 per person based upon double occupancy.

In addition to the flight between New York and Frankfurt, Travel Network can make your flight arrangements from your home town to Newark and return. We will provide a 5% discount on all air transportation booked through our agency.

If enough fencers indicate that they want to extend their trip to fence in the foil or epee event the following week in Ludwigsburg, we will be able to provide group rates for this itinerary as well. If a group rate can not be obtained, we will be able to book your travel individually at a 5% discount off the lowest available fare.

To make your reservations or answer your questions, call (201) 533-0300 or (800) 699-4988 toll free from outside of New Jersey.



## LETTERS FROM OUR READERS

Dear VFQ -

Along with my subscription fee, I want to say that I enjoyed your first issue. Here are a few things about the Nationals I want to bring up:

No pooling by age; it's upsetting quite a few older fencers.

Where's the Gatorade from previous years?

The senior fencers paid between \$6,000 and \$9,000 in total entry fees. They deserve more than being an afterthought.

Keep in mind we seniors are interested in more than old fart matters. Most of us active fencers are concerned with USFA's political positioning and manipulation of the governing rules in their favor. Good luck. Keep the rascals on their toes.

**Ed Eggleston**

Dear Ed,

Looks like you don't need an answer here. If you want to hear similar sentiments, turn to Lance Dangerpoint's column. You'll love it.

Dear VFQ -

In the last issue, I didn't see any mention of the next international invitational. Any news on that? Should the Quarterly run a list of Veteran competitions in other countries?

**Cynthia Carter**

Dear Cynthia,

The last issue did note the international Vets event in the listing of the '96 fencing schedule (p.14). We do take blame for the lack of clarity, in which an article about the event could have helped. Please note this issue's article on the event.

To VFQ -

Thanks for the free issue. Enclosed are 2 subscriptions plus extra [\$25] for help in establishing the Quarterly. Each of us has over half a century of fencing — never compete now (no electrical equipment or politically correct costumes). Our tiny group attracts only old gaffers. No Olympic-statured fencers are welcome. Good luck.

**Alden Presler & Bill Clarke**

Dear Alden & Bill,

It's guys like you who make us work harder. Thanks so much for the subscriptions and the donation. Regardless

*of any organization's rules or political pressure, it's good to know that there are people like yourselves who will always have fencing in your hearts, and whose hearts will always be in fencing. Good luck to you!*

Dear VFQ -

Good for you and your publication. You address a shortcoming in the current USFA scheme of things.

On my 50th birthday (in '91), I wanted a new challenge. I wanted something in which I could grow for many years. Thus I began to learn to fence. It has been, and is, what I hoped it would be.

**Allen Langston**

Dear Allen,

We're proud of you, sir, for taking on, as a vet, that whole new challenge. And as we suspect you already know, the USFA is proud of you too — for sending in that annual membership fee.

Dear VFQ -

With reference to the article on Paul van Camp, you mention that once a week he "works out with a specialized weight-training program geared toward fencing." I would be interested in learning what he considers to be an appropriate weight-training program for us old timers. (Somehow "Veteran" doesn't seem quite appropriate either, as it produces visions in my head of oldsters marching in parades with uniforms that no longer fit around the middle.)

**Michael H. Klapper**

Dear Michael,

Good visual, but the biggest problem with a name is this damn English language and its multiple definitions.

After all, tell a dozen people (non-stabbers) that you've got a fencer coming over to your house, and half of them will be waiting for a truck to pull up loaded with boards, posts and shovels.

As for Paul van Camp's weight-training program, we contacted him, and he suggested high-aerobic repetitions with low weight, such as ankle or wrist weights. Don't overexert yourself to the point where too much rest is needed between reps. Endurance is the key.

Dear VFQ -

I loved the Quarterly; here is my subscription — please keep it up!!

Mac Garret was the coach of my coach, former NCAA National Champion Craig Bell, at the University of Illinois during the 1960's. Coach Bell went on to have a major impact on fencing, the college, and my life at Brooklyn College in New York City.

Please send Maestro Garret my warmest regards; I've never forgotten the Illinois Invitational our team attended the winter of '68-'69 in Champaign-Urbana, and I am looking forward to seeing soon to-be-Director Garret at a Veteran's event. Of course he has my vote!!

**Martin Wolf**

Dear Martin,

That's what it's all about — making lifetime friends. We were happy to pass along your letter to Mac.

Dear VFQ -

I found the current issue to be interesting and informative. Future articles by Dr. Beke should prove helpful. Some comments on a couple of items:

First, on the matter of the name change (p.12). I agree that "veteran" sounds better than "senior age," especially with respect to the 40-50 year olds, of whom should still be able to qualify for Division I (or II) events, but it may be inappropriate in that it conflicts with the definition of veteran as given in the USFA Operations Manual. Moreover, any person just recently introduced to the sport and having little experience, although over 40, could hardly be called a veteran. On the other hand, the term "veterans tournament," while not exact proper, is infinitely better than that pretentious designation "Senior Olympics" of past years. Incidentally, the classification "Senior" was not always so looked down upon. Until about the mid-1950s it was the highest category designated in the AFLA (forerunner of USFA) in classifying fencers according to competition experience and achievement.

Second, regarding recruitment (p. 3) into the 40-plus ranks, I would just like to add that we should also try to encourage ALL the Division I competitors who are 40 and over to participate in the veteran (40-plus) tournaments, so that the team representing the U.S. in international meets will then be the strongest possible.

**Alexander D. Rine**

Dear Alexander,

Great thoughts. Thanks. ■



# USFA needs to brush chip off shoulder

**L**ittle things don't bother me for long. Oh, yeah, they're annoying at first, but the thought of the inconvenience or embarrassment or disrespect of that moment soon fades away.

So when I finally got to meet Executive Director Michael Massik face to face after talking with him a number of times on the phone, I expected a smile (which I got) and some conversation (which I got very little of). What came as a surprise to me after I started off with a handshake and the oh-so-controversial line, "Hi, I'm Bruce Darling," was hearing his return, "So you're the one who wrote that article!" My smiling reply was "Which one are you talking about? There are a few of 'em in there." Apparently never without words, Massik, throwing my hand back down toward my side, proceeded to verbally disembowel VFQ's editor with the

never-to-be-forgotten words "It's nice to know we now have the '(National) Enquirer' of the fencing world!"

I checked for wounds as his hard-soled Italians clicked off into the distance. Discovering that my left hand had been holding an issue of VFQ in front of my vitals, I was grateful that the copy had taken the brunt of the blow. Lucky for me the press at times *can* provide protection. The pain of the meeting left as rapidly as Massik, and would have been dismissed as just a petulant statement at an awkward moment, had I not since discovered evidence of a larger agenda.

In doing research for the new Internet column that VFQ now offers for those readers who have no computer access, we've discovered (and provided excerpts from) an on-line newsgroup that is a source for some enlightening fencing discussions from a wide assort-

ment of people. A good number of those contributors involved are either from the National Office or are at least in total alignment with their point of view. Those people as a whole have indeed supplied readers with good information through questions answered or confused issues clarified. The sad thing, though, is that a few of them seem to take delight in throwing out verbal barbs, from laughable personal zingers to full-fledged slanderous comments. Whenever VFQ is mentioned by a contributor (not by us), it seems that someone from the national office has a "humorous" reference to throw back.

USFA Secretary (and multi-committee member) Ann McBain Ezzell is one who downplays any reference to VFQ. In fact, Ms. Ezzell has taken it upon herself to become the catalyst that serves to remind us of Massik's original statement to me, by referring to us as

See *Attitude*, page 19

**Bruce Darling**  
Editor in Chief

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# Electronic fencing: Keeping you posted

If you watch TV, listen to the radio, or pick up a magazine, it's unlikely that you've missed the chance to hear about the amazing world that's waiting for you on the Internet. There are also quite a few fencing related sites that you might find interesting and worth checking into, or maybe not, depending on your tastes.

**Keith Biggs**  
Contributing Writer

Probably the area of the internet that attracts the most attention is the World Wide Web. This is probably due to the fact that it is the easiest to use. There are a number of fencing sites on the Web that contain useful, and not so useful information about clubs, individual fencers, and upcoming events. The USFA also has a website where you can get info on tournaments, results, rules etc. You can find their page at <http://www.usfa.org>.

Despite its popularity, one of the drawbacks from a fencing standpoint is that the Web is in many ways very static. Someone puts up a webpage, and you go there to get information (or just waste your time). There is little interaction with other fencers and, for the most part, you're just an observer.

The alternative to the Web is USENET, also known as newsgroups. In my opinion, despite being one of the oldest areas of the Internet, it is still probably the best way to interact with people who share your interests. There are over 17,000 different groups with widely varied topics and content. For fencers, the place to be is **rec.sport.fencing**. It's not as visually exciting (strictly text), but it does function as a bulletin board, where one can read or post comments regarding existing posts or new topics. The result is usually discussion or argument that can continue for weeks as different people voice their opinions and reply to other users.

In the past two months a couple of topics stand out. One is the issue of USFA elections. I believe this issue was spawned by the disqualification of Dr. Hurme's election bid, as was mentioned in the last issue of VFQ. After the particulars of why his petition for nomina-

tion were dispensed with, the discussion evolved into an interpretation of the election process, particularly as it relates to the USFA. The two main schools of thought are as follows: Eric Dew ([edew@netcom.com](mailto:edew@netcom.com)) feels that "the model the USFA should follow is not the USA, but a corporation. ...Any battle for leadership only hurts, and never helps.

*The way to work this right is to have the nominating committee do their jobs properly, ask those people picked if they want to run and rubber-stamp them through. We're not a state with a government, we're an organization with members. The goal of the organization is to run things smoothly for the membership".* Bill McVey ([Rapier@TCNetlink.com](mailto:Rapier@TCNetlink.com)) replies, "This is not a valid comparison. No one pays General Motors for the privilege of working there. What's next? Board selection by Devine [sic] right? The USFA does not need sabotage I agree, BUT nor does it need to become a Good Ole' Boy network dictating to its membership from on high."

The issue of the USFA's priorities also came into question. Specifically with regards to the treatment of the rank and file versus the elite. Eric Anderson ([grizzly@iastate.edu](mailto:grizzly@iastate.edu)) states "It seems to me that the USFA's main purpose is promoting fencing on a National level, and that as such its focus, rightly, is and has been on national competition, national fencers and international competition."

Much of the anger seems to stem from the separation of the sectional qualifying path to Div I and its replacement with Div I-A. Roger Books ([books@rtssec1.dms.state.fl.us](mailto:books@rtssec1.dms.state.fl.us)) asks "Has the membership in the USFA grown to the point that we need 4 (!!) divisions? From the turnouts I saw at the last nationals I was at it really looked difficult to justify 2 divisions. ... It really looks like Div I-A is a bone thrown to the sectionals to keep the 'average' fencer from complaining." Ann McBain Ezzell ([amcbain@aol.com](mailto:amcbain@aol.com)), former USFA National Secretary, offers her interpretation of what happened and why. "The

coaches (i.e., the top national coaches) want more high level bouts for our top fencers. That is one of the great advantages that Europeans have over us ... NACs and the current Div I Nationals, there is usually at least one 'cannon fodder' fencer in the first round pool-sometimes more. An Ann Marsh gets no benefit from trouncing this poor unfortunate 5-0, and the cannon fodder gets little to no benefit from the trouncing. Something clearly needed to be done about making at least one of our national level competitions really tough."

As you've heard before, the goal behind this approach is obviously to increase our international results, thereby increasing funding from the USOC.

Michael Mergens ([Michael.Mergens@spmail.jsc.nasa.gov](mailto:Michael.Mergens@spmail.jsc.nasa.gov)) wrote: "On a previous post, I advocated the creation of a separate organization to serve the truly recreational fencer. The theory behind this was to let the USFA concentrate on the 'elite' level of fencers (Div I ??) and the other (AFLA, part II?) concentrate on expanding and marketing the sport, in order to provide continuous 'feed stock' to the elite program."

His sentiments are echoed by Jose A. Sierra, Jr. ([jasierra2ix.netcom.com](mailto:jasierra2ix.netcom.com)), "As someone else wrote, the USFA has gone totally elitist. First they give the excuse that elections should be held to save \$5000 and now they send us poor 2nd class fencers to the bush league where we can play without taking up the time of the Top Level Fencers. I may not be an Olympian but I sure pay my membership on time and fence and compete as much as I can. So now I don't have a chance to play with the big boys but, mind you, this is being done for my own good. Just don't get in the way and keep on supporting 'your' USFA. I am sorry if I sound sarcastic/bitter, but this whole thing stinks. I know the USOC has the money and USFA is dancing their tune but I don't have to like it. Maybe the AFLA is not a bad idea and the Olympians should go and play by themselves and take the USFA with them."

Bill McVey says, "If there was not



## Impotent rule neutered

A little-known rule located in the USFA Operations Manual has been superseded by a vote at the Board meeting at Nationals in June. The majority vote approved the change in the definition of a Veteran fencer — that being, simply put, any fencer age 40 years old or over.

The rule neutralized Part B, Section 3 (Ranking Fencers, Veterans) of Chapter 1, General Rules, which states:

"Veterans are all fencers who (1) have attained the age of 50 years, or (2) have attained the age of 40 years and, in addition, have retired from all competitions except the Veterans individual events or team events in which they participate as part of a team made up exclusively of Veterans."

Although this rule has been in place, rarely, if ever, was it enforced. The original goal of this rule apparently was to stop the Division I or II competitors who were 40 to 49 from stepping into the Vets ranks and, with their 'honed skills' from the experience gained in the open ranks, 'clean house,' so to speak. Although the concept would make easier competition for some of our older members, it still was unfair for someone of that age group to have to remove him- or herself from open events by joining the Vet ranks, just as it would be shameful for our members above 49 not to have had the experience of competing with the 40's who decided to stay out.

Judging by the number of 40's entered in both the Div. I or II and the Vets events at Nationals, few competitors knew of the existing rule, nor did the USFA enforce it. The 40's Vets who did abide by it in the past can now enter both categories and hone their skills.

As for the older members of our ranks, concerned about the influx of younger Vets, a movement is now underway to establish good, solid age bracketing in all major Vet tournaments, to ensure fair play. Details are to be worked out in the coming months. ■

## Knights of Siena tourneys

Those interested in Veterans fencing opportunities might want to note that the Knights of Siena (Hudson-Berkshire Division), near Albany, New York will be sponsoring Veteran events in all three weapons fenced electric on the following Sundays during the 1996-97 season: September 29, November 24, January 12, March 9, May 11, and July 27.

Lodging can probably be arranged by hosts or at the salle in dorms available at the facility. The venue is approximately 2-1/2 hours north of NYC. Pickup at the bus, train station, or airport in Albany can be arranged.

Cost is \$10 per weapon with advance registration. As dates get closer, we will probably be arranging some social activities the night before the events.

Please call the salle at (518) 664-7845 to confirm event dates, or e-mail [kathwardle@aol.com](mailto:kathwardle@aol.com). Come and support Veterans fencing! ■

The difference between being involved and being committed can be summed up by the creation of ham and eggs. The chicken is involved; the pig is committed.

— Red Green

## THE MEAT CLEAVER

by Lance L. Dangerpoint

First of all, here's some real exciting news. I've been promoted! That's right, the VFQ staff has decided that I am now the Editor At Large of our new division — The Enquirer of the Fencing World! It must've been my outstanding journalistic skills they noticed at the Nationals that launched me into fame.

Speaking of the Nat'l's, it was tough to get my assignments done, with all the Vets complaining about this and that. Now don't get me wrong — they were justified. And how! Every once in a while, I looked up from my notepad and saw it for myself.

You know, if any other group of people paid over \$4,000 in fees for basically a three-day event, they'd expect to get something for their money. The way the Nat'l Committee treated the Vets, I'm surprised they didn't have our bouts in the parking garage next door. No, that wouldn't happen — the 'directors in training' were sweating so much from blowing calls, there wouldn't have been any left to sweat in the heat of the city.

I even overheard a real director (from Penn State) say that 'they had to get their experience somewhere.' That's just dandy, let them experiment on the Vets, we won't bitch much

See Dangerpoint, page 20

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in veterans fencing.

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# Spinella: No plans to stop

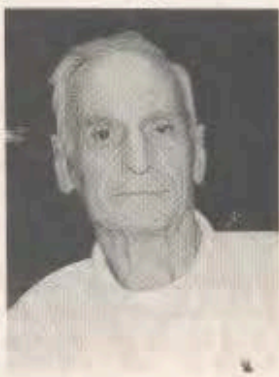
by **BRUCE DARLING**  
Editor in Chief

I had met Ralph at a competition a year ago and after just an hour of his colorful dialogue, couldn't deny his truism — 'Italians are born knowing sign language'. Later when a TV reporter asked for my suggestion for a good interviewee, in classic Spinella style, I shoved him in front of the lights. As on the strip, he was magnificent; to the point, humorous and serving as one of the best spokespersons we have out there.

It was 43 years ago at the age of 30 that Ralph entered the local YMCA and stood awkwardly on guard. Two weeks later he entered a tournament 'because it was there' and promptly 'got killed.' With his self driven nature, he pushed on, and hasn't stopped pushing himself since.

Back in 1906 his father started a bakery in Waterbury, Conn. which was passed on to Ralph, who later gave over control to the current owner, his son. Not that Ralph retired from the business. Currently you'll find his 7 day schedule as follows: 5:30 leave the house to start out in his bread truck. After his delivery route ends around noon, Ralph at home takes his daily 'recharge session' by napping until 2 pm. 'I unplug the phone so nobody disturbs me — not the president, not even the pope.'

Errands and house chores keep him occupied until he leaves after dinner to head out to one of four fencing groups. Although he teams up with different clubs four nights a week, with determined pride he remains independent and to this day still competes as unattached.



Ralph Spinella

Don't think of it as a selfish independence though. Ralph's fenced on quite a number of teams over the years and just as he pushes himself for the group cause he expects you to do so as well. 'I used to make sure my teammates wouldn't stay out all night or drink to much before the competition. We needed to stay strong as a team'.

Strength is Spinella's master, and drive is his companion. — the kind of drive that got his A Epee ranking in the 1960 Nat'l championships in New York, followed by his Foil 'A' in the Olympic trials in '64. Although the '60 championships took him to the Olympics in Rome that year, the '64 encounter was a heart breaker. He missed making the Tokyo Olympic squad by losing the last touch in the last round robin bout. It must still hurt, he knows every detail of that last phrase — his opponent, the director, his line of attack and especially that unexpected riposte.

His drive never left him, and three years later the '67 PanAm games in Winnipeg saw Ralph Spinella as a team member. One year later in the '68 Olympic trials, Ralph encountered something that hadn't occurred since his early days, he failed to make the preliminary round in Epee. Always the fighter, he's since carried on, competing whenever possible, averaging 1/2 dozen tournaments a year in and out of the country.

**So many have gone by,  
not by death, just by  
lack of interest.**

"I've made a lot of friends in this sport that I love," says Spinella, "beautiful people, people I enjoy being around. So many have gone by, not by death, just by lack of interest. I myself have no plans to retire, no plans to give up fencing, and no plans to stop until the day I die."

Pausing for a moment, Spinella laughingly reflects back to the '68 let-down again, "That told me something, I was great in '60, I was fairish in '64 and I was done in '68."

Gosh, Ralph, done? If you're done, then what are these stinging defeats you still seem to be handing out to most of us, huh? ■

## Inside Cut

Continued from page 1

leave East Germany without permission from the new Communist government. The determination that helped her escape East Germany has helped her achieve many of the goals she has set for herself.

Along with fencing, Eva has mastered painting, swimming, and shooting. She has many gold awards for her achievements in all. She also has published many articles, sings in her church choir, does some gardening, and makes homemade sourdough bread. With all that she does, Eva still keeps Monday evenings open so she can teach fencing at the La Louisiane Recreation Center, for which she does not receive monetary compensation. Why does she volunteer her time? She states, "It is in my teacher's honor that I keep fencing and, as a volunteer, share with others what he taught me."

What makes Eva tick? She states her passion for our sport as, "For my 24 years as a volunteer coach, the awards in giving and taking are great. The bonds which grow amongst fencers are often everlasting and in my case spanning the globe."

"Without my students I would not have been able to keep in shape and win the Open Invitational in Dallas, 1971. And that I still can participate at the Nationals for the Veterans, the second time this year, has been a

See Inside Cut, page 15

## Eva Davis' Accomplishments

- 1941 — German youth champion
- 1942 — Champion of Saxony
- 1953-56 — Champion of Bavaria
- 1967 — Champion of Rhine-Hessen

- Competed: Vienna ('53), Linz ('54), Rome ('55), Dallas ('71)
- Won over 100 Senior Olympic medals in swimming, shooting

**Awards:** Commander's Award for Public Service, Honorary State Senator of Louisiana, Inducted into the Senior Olympic Hall of Fame



# Building your program for endurance

Well, being an eternal optimist, I'm sure everyone has done a good realistic assessment of their current physical and mental strengths and weaknesses. This next adapted journal article will appear in two parts and outlines what I feel is the basic building block of fencing:

Endurance-aerobic training.

The veteran fencer who possesses a wealth of technical skill must be

especially mindful of maintaining and improving upon an aerobic base to sustain long eliminations with younger opponents. Exercise training is, ironically, a form of stress, as one is voluntarily subjecting the body to a physical stimulus-stressor. Hopefully the following articles will give you an insight into the various components of aerobic training with which to evaluate your current program.

**• Specificity** — It appears that the body responds very specifically and rapidly to exercise training stimulation. The exercised muscles are the muscles that respond histologically and biochemically to training. This has been documented in scores of scientific studies comparing responses of swimmers vs. runners to either upper or lower body exercise challenges: runners do poorly in upper extremity endurance tests, and the reverse for the swimmers. Triathletes are another case, since they train both muscle groups; however even in this group, they score lower in both arm and leg aerobic fitness tests than specialists in those respective sports.

Notwithstanding, there are substantial generalized training adaptations which do occur across all endurance activities, which is mainly why the cross training effect is observed in multi-sport athletes. These effects include increased red cell mass and volume, increased cardiac performance, modified endocrine function, enhanced lactate clearance, and heat-tolerance adaptations. However, the most important adaptations which explain endurance and strength fitness reside in the muscles, and are specific not only to the type of exercise, but within the type, volume, intensity, and duration of that exercise. Just because one trains by running five days/week, six miles each time, does not necessarily mean they can complete a 50 km cross-country ski race successfully. These are two very differ-

ent endurance activities, with their own subset of motor skills, muscle recruitment patterns, fuel requirement, and biochemical adaptations. It is imperative that the fencer must concentrate on building a strong aerobic-endurance base, primary emphasis on lower body strength

training, and secondary emphasis on upper body strength training without overcompensation to finite movement muscle groups.

## Dr. Stephen Beke, Jr. Keeping It Together

**• Individual Variation** — Genetics determines (a) how rapidly we adapt to exercise training, allowing us to move to more challenging intensities/durations at a faster pace, and (b) the upper ceiling of our capabilities. Most people can tolerate about a 5-10% rate of progression of total training volume per week. Some inherently talented people can reach excellent fitness levels and tolerate enormous stress easily, while others may nudge the red-line only once in a while, otherwise they self-destruct. Aging negatively impacts upon this aspect, as does biomechanical genetic endowment, especially with weight-bearing activities. As far as ultimate fitness levels, this is entirely a mix of the above; hard work, motivation, and genetic predisposition. A maximum oxygen uptake ( $VO_{2max}$ ) of 85 ml/kg/min is part hard work, part opportunity, and part genetics. Thus, individual variations must form the basis for the exercise program.

**• Starting Fitness Level** — The law of diminishing returns applies in fitness training. People with initially low fitness, although requiring a low level of exercise intensity to spur adaptations to occur, will improve rapidly. Many changes will be noticeable within 10-14 days after training is commenced. In these people  $VO_{2max}$  can improve anywhere from 25-50%. In contrast, individuals who have been active for years might only be able to realize an improvement of 2-10% in fitness, and probably no change in  $VO_{2max}$ . In these individuals, improvements in fitness are a result of better thermoregulation and lactate metabolism, enabling one to exercise at higher percentages of  $VO_{2max}$  without excessive lactate accumulation.

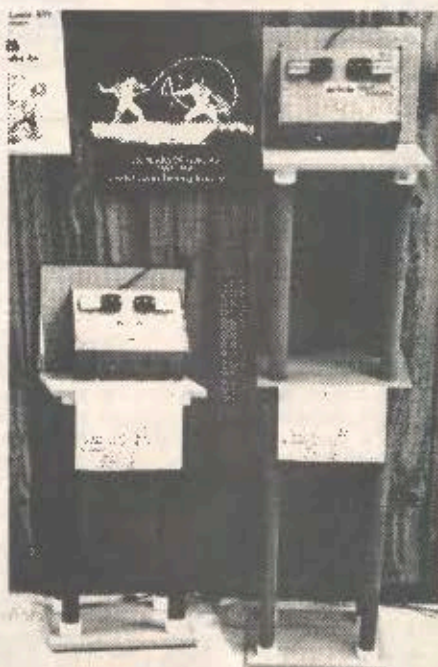
The beginner usually needs exercise intensities within the critical 60-70% of maximum threshold, and might require

an interval based approach until improving fitness levels allow 20-40 minutes of continuous activity without rests, as ability to clear lactate improves. This concept is especially important for veterans wishing to resume training.

Finally, from a common sense perspective, first consult your physician or trainer to review your overall goal and specific training program.

In the next issue, I will cover exercise intensity, duration, frequency, type and structure. ■

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**Men's Foil**  
40-49

- 1 Dean Halstead (1)
- 2 James Flint (2)
- 3 Howard LaBow (3T)
- 4 David Pitt (5)
- 5 Robert Dillon (6)

- 6 Gregory Spahr (8)
- 7 Ed Wright (9)
- 8 Frank Mustilli (11)
- 9 Paul Clark (12)
- 10 Brant Nleman (15)

- 11 Yuri Chitourakov (19)
- 12 Dan Stahl (20)
- 13 Jeffrey Rosen (21)
- 14 Duane Chan (26)
- 15 Josh Kaplan (27)

- 16 Glenn Newland (28)
- 17 Walter Clappett (29)
- 18 Tom Bronzo (30)
- 19 Ron McCormick (34)
- 20 Fred Meyer (36)

- 21 Gregory Kouritsky (37)
- 22 Doug Bliss (38)
- 23 Greg Slatter (43)
- 24 Charles Recorr (44)

**Men's Foil**  
50-59

- 1 Ray Sexton (3T)
- 2 Elio Scotto (7)
- 3 Robert Block (16)
- 4 Michael Klaper (17)
- 5 Gerard Poujardieu (18)

- 6 Wayne Bowman (24)
- 7 Kaz Campe (33)
- 8 John Hornung (45)

**Men's Foil**  
60-69

- 1 Alexander Rivera (14)
- 2 Don Bengt (23)
- 3 Leonard Rubin (35)
- 4 Lewis Linzell (39)
- 5 Ed Eggleston (40)

**Men's Foil**  
70 +

- 1 Ralph Spinella (10)
- 2 Gene Fiducia (13)
- 3 Daniel Marmer (22)
- 4 Alphonse Sully (25)
- 5 Richard Johnson (31)

- 6 Nasuo Hashiguchi (32)
- 7 Joseph Odom (41)
- 8 Robert Berg (42)
- 9 Herb Spector (46)
- 10 Emil Hrst (47)
- 11 Eugene Arnold (48)

**RESULTS FROM  
VETERANS EVENTS****1996 Nationals**  
Cincinnati, Ohio**Wm's Foil**  
40-49

- 1 A. Herbert-Hodges (1)
- 2 Karen Johnson (3T)
- 3 Marianne Bosco (3T)
- 4 Gladys Berardi (5)
- 5 Loy Hopkins (6)

- 6 Susan Moss (11)
- 7 Linda Pietz (12)
- 8 Elizabeth Millis (14)
- 9 Terry McDaniel (15)
- 10 Jan Claverie (16)

**Wm's Foil**  
50-59

- 1 Veronica Morrison (2)
- 2 Cynthia Carter (7)
- 3 Louise Felty (8)
- 4 Barbara Hoefler (13)

**Wm's Foil**  
70 +

- 1 Ruth Anderson (10)
- 1 Eva Davis (9)

**Men's Epee**  
40-49

- 1 Dean Halstead (1)
- 2 Fred Hunker (3T)
- 3 Yuri Chitourakov (5)
- 4 Robert Chidel (6)
- 5 Bob Cochran (7)

- 6 Fred Henry (8)
- 7 Brent Nleman (10)
- 8 William Reith (11)
- 9 Peter Appel (13)
- 10 Frank Mustilli (14)

- 11 Josh Kaplan (16)
- 12 William Wilcock (17)
- 13 James Flint (18)
- 14 Jeffrey Rosen (20)
- 15 Paul Clark (25)

- 16 Theo Wells (26)
- 17 William Nicoletti (29)
- 18 Davis Berezov (30)
- 19 Tom Bronzo (31)
- 20 Gregory Spahr (32)

- 21 Doug Bliss (36)
- 22 Greg Slatter (36)
- 23 Walter Clappett (40)
- 24 Randy Rungron (41)
- 25 Dan Stahl (45)
- 26 Ron McCormick (49)

**Men's Epee**  
50-59

- 1 Pat Muir (2)
- 2 Kaz Campe (3T)
- 3 Alexander Zakov (8)
- 4 Ray Sexton (15)
- 5 Gerard Poujardieu (19)
- 6 John Norton

- 7 Seichi Sugano (33)
- 8 Peter Calderon (19)
- 9 Wayne Bowman (39)
- 10 Hugh Cunningham (43)
- 11 Robert Block (44)
- 12 James laFollette (48)

**Men's Epee**  
60-69

- 1 Leonard Rubin (12)
- 2 Don Bengt (23)
- 3 Wallace Friedberg (24)
- 4 William Hall (42)
- 5 Ed Eggleston (50)

**Men's Epee**  
70 +

- 1 Ralph Spinella (21)
- 2 Herb Spector (27)
- 3 Bob Hensely (28)
- 4 George Franz (34)
- 5 Earl Robinson (38)
- 6 Richard Johnson (46)
- 7 Joseph Odom (47)

**Wm's Epee**  
40-49

- 1 Marianne Bosco (1)
- 2 Diane Kallus (2)
- 3 Lela Whisnant (3T)
- 4 Karen Johnson (3T)
- 5 Leslie Taft (6)

- 6 Cindy Runyon (7)
- 7 Gladys Berardi (8)
- 8 Karen McGregor (10)
- 9 Loy Hopkins (11)
- 10 Valerie Solomon (12)

- 11 Janice Semanek (13)
- 12 Jan Claverie (14)
- 13 Karen Brynildsen (15)
- 14 DD Nicolau (16)
- 15 Deborah Castillo (17)

- 16 Kathy Wardie (19)
- 17 Linda Pietz (21)
- 18 Carol Sakowitz (22)

**Wm's Foil**  
60-69

- 1 Veronica Morrison (5)
- 2 Cynthia Carter (9)
- 3 Martha Moll (18)
- 1 Ruth Anderson (20)

**Men's Sabre**  
40-49

- 1 Ed Wright (3T)
- 2 Wang Yung (5)
- 3 James Flint (7)
- 4 Frank Mustilli (8)
- 5 Robert Chidel (9)

- 6 Richard Pappalardo (10)
- 7 Mike Szathmary (11)
- 8 Jeffrey Rosen (12)
- 9 Bruce Darling (15)
- 10 Anthony Tome (18)

**Men's Sabre**  
50-59

- 1 Wes Morrow (1)
- 2 Ray Sexton (2)
- 3 Larry Pinkus (3T)
- 4 Martin Kramer (13)
- 5 Joe Higday (14)

- 6 Howard Goodman (17)
- 7 Lee Zindell (18)
- 8 Wayne Bowman (19)
- 9 Tony Panzarino (21)
- 10 James laFollette (22)

**Men's Sabre**  
60-69

- 1 William Hall (20)
- 2 Marvin Fine (23)
- 3 Ed Eggleston (26)
- 4 Dean Alexander (DQ)

**Men's Sabre**  
70 +

- 1 Herb Spector (6)
- 2 Richard Johnson (24)
- 3 Leroy Jones (25)

**Wm's Sabre**  
40-49

- 1 DD Nicolau (1)
- 2 Gladys Berardi (2)
- 3 Leslie Taft (3)
- 4 Diane Kallus (4)
- 5 Kathy Wardie (5)

- 6 Connie Whitmer (6)
- 7 Janice Semanek (7)
- 8 Carol Sakowitz (9)
- 9 Deborah Castillo (10)
- 10 Karen Brynildsen (11)

**Wm's Sabre**  
50-59

- 1 Louise Felty (8)

How fencers are listed:

3 Chris Smith (14)

First number indicates  
place in age class. Numbers  
parentheses indicates place  
overall.



## Age groups ignored at Nat's

In what appears to be not only a timesaver for the Nationals Committee, but also a cost-saving (albeit minute) move, the USFA decided this year to disregard any veteran age classification by treating the total over 40's group as an open tournament. In doing so, the USFA offered to the veteran ranks awards for only the top four places in each weapon, unlike the previous year's event in Louisville, where age classes in 5-year increments were presented along with overall finishers in all weapons.

Vets chair Mac Garret, feeling that this was being unfair to especially the older age class fencers, has, through result analysis, determined the finishing order of all the competitors by ten-year age increments. Garret has acquired medals and has sent one out by mail to each one of the top three finishers in each age group. The costs incurred are hoped to come from the Senior age group donation pool now held by the national office and slated for veterans involvement use. This fund initially was set up by Garret and contributed to by a number of our fellow vets over the past two years. As of this writing, no funds are forthcoming. ■

## Without fencer's rights, what's left?

This is a story about three wrongs and a fencer's right. There will be no names mentioned, and to keep the issue clear, details are included only as necessary. This is not meant to present a legal discussion or to challenge USFA tournament rules; it's simply an expose on an incident occurring at this year's Nationals.

**Subject One:** A Veteran fencer, 43 years into the sport.

**Subject Two:** A young, upcoming director, currently in training.

**The Meeting:** A 15-point, direct elimination bout at a national event.

See Rights, page 15



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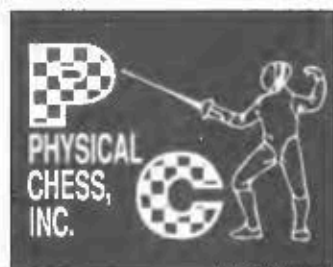
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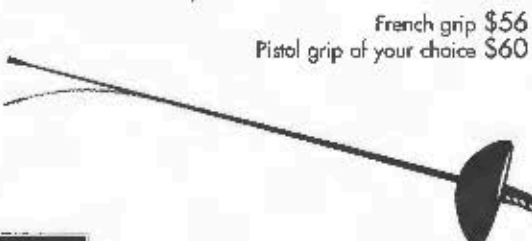


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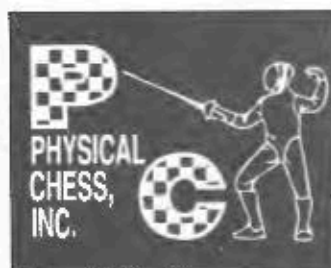
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## Veterans circuit forthcoming?

Now that an established international veterans event is in its third year (currently Germany), the annual determination of the U.S. team has caused the veterans division some problems with the way the USAFSA treats us at Nationals.

This year in Cincinnati, the USAFSA Nationals committee determined that, as before, the vets ranks in each weapon would be fought within direct elimination rounds. This format does indeed select the top four (or eight) in each weapon to determine the team(s).

As vets Chairman Mac Garret states, "In an effort to pick a team, we can't eliminate the older competitor's Nationals involvement and fencing enjoyment." General opinion from this year's competitors reflects just that, and a large number would like to reestablish the round robin pool format for elimination right up to the final round. Another idea being brought up, is to make vets competition at Nationals level, age bracket only, in ten-year increments. The problem with this is that, unless the Nationals committee adds additional competition outside the age brackets, fair selection of a U.S. team would not be possible. But through an alternate team qualification, the Nationals would no longer be used as the sole determinant.

After lengthy discussions between attendees, officials and VFQ, one of the options that may better select our U.S. team would be to develop a qualifying circuit with accumulative points standings. This wouldn't necessarily create more headaches with what we have planned already. The current goal of the veterans division is to achieve greater numbers and involvement through more regional U.S. tournaments, providing both competitive and social interaction. This means we at VFQ, along with involved people across the country, plan to create and nurture major vet tournaments both time-wise and geographically convenient. If we can develop between 5-6 major annual events (currently we have the Jim Wright Mem. in New Orleans in December, St. Pete Beach's Duel on the Beach in Oct. and the Nationals — used as a circuit event — in July) we can create a points system similar to the North American circuit. Talks are now proceeding with people in the northeast, west coast and mid-America divisions. Rules of participation could be set up similar to that of the North American circuit.

Another advantage of the circuit points system is that it benefits the serious veteran competitors, in that having a "off" day at a single qualifying event (as the Nationals do now), wouldn't have nearly as great a negative impact as if it occurred once in a series of events. The circuit would truly give us our strongest International team made up of our best performing fencers from that year's events. To keep it fair, the major tournaments would still maintain age bracketing competition separate from the unbracketed circuit competition. ■

## What you don't know can hurt you

by EDWIN B. BAILEY  
Managing Editor

There are those who believe the fencing truism, "Youth and speed are no match for age and treachery." Surely the readers of this publication are among its adherents. As I proceed staunchly into my thirties, I do find "Veteran" fencers to be full of surprises, doubtless bred from a long lifetime of deception and guile. Sometimes I wonder why that nameless dread creeps over me when I face some smiling retiree at the other end of the strip. Despite the fact that I jog, play basketball, eat right and get out of bed without complaining about my knees, I worry. Older fencers will assume that grandfatherly air ("Now don't be too hard on the old man"), then *appel-extend-disengage-lunge-POW!*

Is it my imagination, or do these fencers have something more than experience? Something darker and far more sinister than simple deceit?

Pick a sport, any sport. Once you've hit thirty, you're ready for the glue factory. In fencing, though, you just get better. That's because in fencing, when you get old enough, you learn *The Secret Move*.

I learned about *The Secret Move* from my fencing coach, a veteran fencer whom I won't name. Let's just call him Les Bleamaster of San Antonio, Texas. Mind you, I didn't *learn* *The Secret Move*, I just learned that it exists. Bleamaster would always chide his students for trying all those contorted maneuvers in an attempt to get the elusive touch. He'd drill that "parry-riposte, parry-riposte" at us all day, expecting us to become better fencers as a result of "learning the fundamentals."

One day during class, I started describing and demonstrating a move I saw at a tournament the previous weekend. I couldn't quite get it, but I told him — while I was twisting myself into unbelievable knots trying to show it to him — that it worked for this older fellow who did exceptionally well against people a third of his age. I gave up trying to demonstrate the move.

"It looks like *The Secret Move*," Coach said. He started laughing, but I could tell it was a slip of the tongue, and I knew that he would be reprimanded at his next Veteran Fencer's Secret Society meeting for telling one of the Uninitiated about *The Move*.

Ever since then, I've asked many veteran fencers what *The Secret Move* is, but I always get the evasive, "Why, there's no such thing." And, as if that weren't bad enough, they always smile indulgently and say, "Just learn the fundamentals: parry-riposte, parry-riposte."

But I'm on to them. ■

**"Victorious warriors win first, and then go to war. Defeated warriors go to war first, and then seek to win."**

— Sun-tzu



# Bring women's sabre out of the Dark Ages

For the past many years in the USA, and even today in Europe, the sabre is considered either too dangerous or too macho for women to handle. This, despite the fact that modern sabre fencing is the most delicate, the most complex, the most beautiful, the most advanced and the safest of all sports. When properly taught and properly executed, it is the fastest and yet the most gentle of the modern (or ancient) fencing activities.

In the mid-1940's, at Ralph Faulkner's Salle d'Armes ("Falcons") in Hollywood, California, the US Championship Women's Foil Team, consisting of the late and great Maxine Mitchell, Polly Kraus and the many-times Olympian Janice-Lee Romary(-York) were all expert sabre fencers. Unfortunately, due to archaic and irrational rules and prejudices, their skills were exhibited only in the salle.

Diminutive Polly often trounced the best male sabre fencers in the club. Maxine, finding no women's sabre in the

early "Senior Olympics" held on the West Coast, persuaded the organizers to allow her into the men's pool. After she beat all of the male sabre fencers in her age category, a few of them were heard to grouse loudly that it was unfair to have a woman in their pool.

At the last International Veterans Team event, in St. Pete Beach, Florida, I sponsored the first International Women's

Sabre Championship. Fenced with electric equipment and officiated by three of our best sabre directors, the competition was entered and thoroughly enjoyed by women from three countries. All contestants were given "gold" fencing medals, and the first six placers were awarded medals. The event was won by "D.D." Nicolau of the Salle d'Armes d'Ivy Trace of Birmingham, Alabama, who demonstrated that it was no fluke by also taking first place in the Women's Veteran Sabre event at this year's National Championships in Cincinnati.

In sending an award to one of the medalists who was on the German team in St. Pete Beach, I suggested that she organize the second women's international sabre competition, to be held in conjunction with the forthcoming team events in October '96 in Germany.

Unfortunately, I have not yet received a reply.

It is hoped that competitions of this kind will generate enough enthusiasm among both women and men of all ages to:

- Gain long-overdue recognition for women sabre fencers in the USA and internationally;

- Establish more tournaments at all levels, with artistic, memorable awards (not tin or plastic medals) in the old European fencing tradition;

- Generate public interest in this most complex and most beautiful of all sports and

- Convince our relatively few great sabre teachers to devote a fair share of their efforts to our aspiring female sabre stars. ■

## Herb Spector Guest Writer

## Women's sabre newsletter available

Diane Dominguez, USFA Women's Sabre Committee Chair, has found a miracle worker by the name of Jessie A. Micales. Micales, of Madison, Wisconsin, has laid out an outstanding newsletter not only specializing in world-wide women's sabre, but also providing good, solid information that covers many aspects of fencing.

Don't let the title "Sabres and Roses" scare any non-sabre, non-female fencers away. This multiple-page publication is packed with articles ranging from National Office decisions to reflective fencing sagas. In between, Micales shows her computer skills and knowledge by creating a listing and discussion entitled "Fencing Resources on the Internet." Truly a fine glossary, especially for the "keyboard impaired."

If any of our Veteran readership would like to receive a copy of Sabres and Roses, please contact:

Jessie A. Micales

voice: (608)231-9215

fax: (608)231-9592

e-mail: jmicales@facstaff.wisc.edu



National Women's Sabre Top Finishers (see results, page 10)

Hammerterz Verlag is a quarterly journal dedicated to articles about historical fencing. It has many interesting articles concerning dueling, the development of swords and fencing, and historic personalities. Out-of-print books and historic weapons are also offered for sale. A yearly membership is \$35. You can subscribe by writing to:

Hammerterz Verlag, Dept. BBS, P.O. Box 13448, Baltimore, MD 21202



## Inside Cut

Continued from page 8

dream come true. As much as we all try to win and experience this joy and elation, it is not everything. I feel that the greatest triumph belongs to the fencers who seldom — or sometimes never — win, but come back again and never give up. They are the true heroes in sports and deserve our everlasting respect and admiration. It is this attitude that binds all of us lovers of fencing, in whatever they are involved with.

"They are the fencers on the strips, the directors, administrators, the volunteers or the score keepers. It is this mutual love for the art of fencing which grows the bonds, and in the long run makes all of us lasting friends and comrades in arms!" ■

**We are what we  
repeatedly do.  
Excellence, then, is  
not an act, but a habit.  
— Aristotle**

## Rights

Continued from page 11

**The Incident:** After a frustratingly close loss, the Vet, following the unhooking of the reel (as witnessed), has words — containing profanity — with the director.

**The Result:** The Vet is black-carded.

**The Wrongs:** The Vet's use of profanity toward the director; the National's Committee decision to use the Vets ranks as a training ground for "green" directors; and not notifying the Vet that he was black-carded until the next day instead of on the strip at the time of the incident.

**Observations:**

• Vets complained about the directing. It was generally thought that utilizing the directors in training during the seeding pools was tolerable, but in direct elimination rounds, bad decisions could have meant life or death to a competitor.

• It was noted that an unusually high count of simultaneous attacks were called for a lot of bouts, and, in fact, the sabre bout in question had 42 double attacks noted, certainly a sign of an inexperienced director.

• We are all under the impression that the "flashing of cards" is to take place at the time of the incident, not without notice a day later. This black card was given with an official report by the director — who appeared to have been coached on its content — in which some statements directly contradicted many witnesses to the bout and its aftermath.

• Would the Vet have been black-carded had he been a higher-ranked Div. I or European competitor?

• Was the late response to his outburst more of a retaliation for the director's embarrassment of that moment and possibly the poor presiding?

**Conclusions:**

• Did the Vet have the right to disrespect the director? No, not even one with questionable ability.

• Did the rules committee have the right to punish the Vet? Yes, but in a timely and respectful manner.

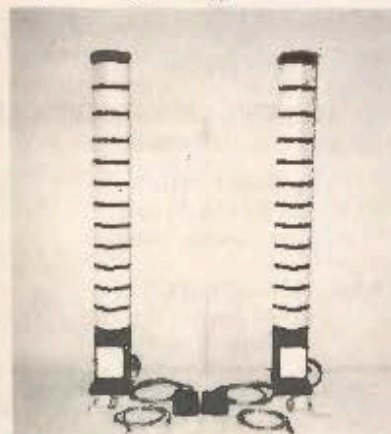
• Lastly, did the Vet have the right to be judged by a proven and decisive director, just as all of the Nationals participants would expect for themselves? Of course, and therein lies the point. ■

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# A Volunteer's Reflections

## Behind the scenes at the '96 Atlanta games

by **DIANA GARRET**  
Guest Writer

Following our stint at the USFA Nationals in Cincinnati, Mac and I drove to the home of our son, Roger, and his family in Marietta, Georgia. He informed us that he had been asked to become the Producer for the Olympic fencing event. With only three weeks before rehearsals, and with very little groundwork in place, he brought together his crew of volunteers and his Assistant Producer, Gil Ashley, with whom he launched an exceedingly fine presentation.

As producer, Roger's role involved ensuring that the competitive schedule coordinated with the television time-clock, educating the audience on the rules of the sport and hand signals used by referees, providing musical entertainment for spectators between bouts, and utilizing the video wall screens for presentation of fencing action including instant replay and slow motion.

There were over 150 volunteers assigned to the fencing venue, who performed a variety of functions including assisting athletes and referees, scoring, timekeeping and tabulating results, assisting in crowd control as well as administrative duties. A wonderful spirit of cooperation pervaded the behind-the-scenes area — commonly known as "back of the house." During the weeks of preparation, we came to know each other and to appreciate each other's talents and abilities. It was wonderful to renew acquaintances with some of our international friends of long standing as well as nurturing new friendships among the volunteers, whether they came from around Atlanta or across the country.

Although we worked long, hard hours (usually up at 4:00 a.m.), we were pleased to be a part of it all and to be appreciated for our efforts. The great disappointment for the fencing public was that NBC did not see fit to air any of the fencing competitions to the U.S. viewing audience, but, thanks to the foreign television crews, fencing was televised abroad. ■

# '96 Atlanta Games fencing results

## FOIL INDIVIDUAL (45 entries)

Alessandro Puccini, Italy  
Lionel Plumenail, France  
Franck Boidin, France

USA: C. Bayer (34)  
P. Devine (37)  
N. Bravin (39)

## FOIL TEAM

(11 entries—France did not qualify)

Russia  
Poland  
Cuba  
Austria  
Hungary  
Germany  
Korea  
Italy  
China  
USA  
Venezuela

## SABRE INDIVIDUAL (43 entries)

Stanislav Pozdnyakov, Russia  
Sergei Sharikov, Russia  
Damien Touya, France

USA: Peter Cox (28)  
Thomas Strzalkowski (34)  
Peter Westbrook (37)

## SABRE TEAM (11 entries)

Russia  
Hungary  
Italy  
Poland  
France  
Spain  
Romania  
Germany  
USA  
Canada  
Korea

## EPEE INDIVIDUAL (45 entries)

Alexander Beketov, Russia  
Ivan Trevejo Perez, Cuba  
Geza Imre, Hungary

USA: J. Carpenter (25)  
M. Marx (28)  
T. Bloom (31)

## EPEE TEAM (11 entries)

Italy  
Russia  
France  
Germany  
Estonia  
Hungary  
Spain  
USA  
Canada  
Korea  
Romania

## WOMEN'S FOIL INDIVIDUAL (40 entries)

Laura Badea, Romania  
Valentina Vezzali, Italy  
Giovanna Trillini, Italy

USA: Ann Marsh (7)  
Felicia Zimmerman (21)  
Margaret Paxton (33)

## WOMEN'S FOIL TEAM (11 entries)

Italy  
Romania  
Germany  
Hungary  
France  
Russia  
China  
Poland  
Israel  
USA  
Argentina

## WOMEN'S EPEE INDIVIDUAL (48 entries)

Laura Flessel, France  
Valerie Barlois, France  
Gyöngyi Szalay, Hungary

USA: Leslie Marx (16)  
Nhi lan Li (37)  
Elaine Cheris (39)

## WOMEN'S EPEE TEAM (11 entries)

France  
Italy  
Russia  
Hungary  
Estonia  
Cuba  
Germany  
USA  
Switzerland  
Korea  
Japan



## Upcoming Veterans Events 96-97

**September 29** - Knights of Siena - Mechanicsville, NY. All weapons, mixed. All electric. Limited on-site lodging.  
Contact: Kathy Wardle, (518) 664-7845 or  
Email: kathywardle@aol.com

**October 4** - Veterans Team Championships  
Kassel, Germany. U.S. Vets Team only.  
Contact: Mac Garret, 130 NE 26th Ave. #101, Boynton Beach, FL 33435, (407) 737-5595

**October 5 & 6** - International Open - Kassel, Germany.  
Nationals Veteran participants only.  
Contact: Mac Garret (see above)

**October 12 & 13** - Individual Open - Ludwigsburg, Germany. Open to all Vets. No sabre.  
Contact: Mac Garret (see above)

**October 27-November 2** - Duel On the Beach - St. Pete Beach, FL. International, all Vets, all weapons. Contacts: Jim Campoli, 313 E. Shore Dr., Oldsmar, FL 34677, (813) 855-3112, or Bruce Darling (813) 535-3404

**November 24** - Knights of Siena - Mechanicsville, NY. All weapons, mixed. All electric. Limited on-site lodging. Contact: Kathy Wardle (see above)

**November 7** - Maxwell Wright Memorial - New Orleans, LA. All mixed weapons.  
Contact: Earl Robinson, (800) 262-6410, or fax: (504) 488-6239

**January 12** - Knights of Siena - Mechanicsville, NY. All weapons, mixed. All electric. Limited on-site lodging. Contact: Kathy Wardle (see above)

**March 9** - Knights of Siena - Mechanicsville, NY. All weapons, mixed. All electric. Limited on-site lodging. Contact: Kathy Wardle (see above)

**March 15** - Veterans Tournament - Sarasota, FL.  
All weapons, mixed, 40+.  
Contact: Arthur Jaros, (941) 923-5999

**March 29** - Knights of Siena - Mechanicsville, NY. All weapons, mixed. All electric. Limited on-site lodging. Contact: Kathy Wardle (see above)

**April 11** - Knights of Siena - Mechanicsville, NY. All weapons, mixed. All electric. Limited on-site lodging. Contact: Kathy Wardle (see above)

**April 27** - Knights of Siena - Mechanicsville, NY. All weapons, mixed. All electric. Limited on-site lodging. Contact: Kathy Wardle (see above)

**Anyone wishing to post calendar items or who would like a feature on their tournament, contact us at the address listed on page 2.**

## Max Wright tourney

**B**ecause of greatly increased attendance at the second annual Maxwell Wright Memorial tournament, Chairman Earl Robinson has relocated his '96 veterans contest to the larger banquet room at the Radisson Hotel in downtown New Orleans. The popular one day event, held on Saturday, December 7 this year, will now be fenced on five strips, under the bout direction of Olympic gold medalist Dr. Eugene Hamori and an assembled staff.

Along with the bouting competition, competitors from around the U.S. will also get to enjoy Robinson's cocktail and dinner banquet. After the day's tourney, this sit-down affair includes presentation of awards with the escort of a bagpiper in full Scottish regalia. This, along with the tournament, is in honor of Max Wright, who, in addition to being a dedicated fencer, was active in a local bagpipe and drum corps. You won't want to miss this event, so be sure to enter early. ■

## Maxwell Wright Memorial



### SATURDAY, DECEMBER 7TH

Mixed competition in Foil, Epee and Sabre followed by cocktails and dinner. Non-fencing guests are invited to attend.

Because of space limitations, entries will be limited to 24 fencers in each weapon. Please enter early to ensure a spot! Age group awards and overall awards given in each weapon. Dr. Eugene Hamori, Olympic gold medalist, will officiate.

**Fees:** \$35.00 includes registration for one weapon and dinner. Additional weapons, \$9.00 (if space is available). Dinner only for non-fencers — \$25.00.

For your convenience, we will accept Visa or MasterCard. Phone toll free to 1-800-262-6410, or fax to 504-488-6239.

### SCHEDULE OF EVENTS

Epee check-in	8:30 a.m.
Epee competition begins	9:00 a.m.
Sabre check-in	11:30 a.m.
Sabre competition begins	12:00 noon
Foil check-in	2:30 p.m.
Foil competition begins	3:00 p.m.
Cocktails (cash bar)	6:30 p.m.
Awards dinner	7:30 p.m.



# Duel 2: More than just a tournament

Does the thought of participating in a fencing tournament bring to mind picnicking under palm trees overlooking a beautiful bay? Or perhaps late nights at an Italian bistro, downing shots of schnapps while learning German drinking songs with new-found European friends? Maybe you recall polishing off a few pints of ale and dancing the night away at a British pub. Or does the idea evoke the distinctly uncomfortable, perhaps even nauseous memory of a cold windy night on rolling seas? (We really hope this last memory is completely overshadowed by the other ones!) If you're asking yourself "What the hell does all that have to do with fencing?", then you weren't at last year's Duel on the Beach.

Combining five days of fencing in the second annual International Veterans Team Fencing Championships with lots of opportunities for social interaction, this event was hailed by all as an innovative and exciting way to hold a fencing tournament. Not to mention a great deal of fun!

If you weren't one of the lucky few who made the U.S. team last year to qualify for the first Duel on the Beach, then you'll want to be sure to come to this year's bigger and better follow-up. Unlike last year's tournament, there's no qualifying; all USFA and international veterans 40 years and over are invited. In addition, this year's seven-day event will include individual as well as team competition, so here's your chance to strut your personal stuff, while still stepping up to be a team player.

And we've expanded on the extra-curricular activity as well. Not only will there be golf and tennis tournaments, we'll also have fun beach relays and the soon-to-be-almost-famous "Sunrise Triathlon". No, we won't subject you to real triathlon events; that's way too much hard work! Ours will include more fun, easy, everyone-can-partici-



The Veteran National Team at Duel on the Beach 1995

pate activities like water volleyball, billiards and — yes, it is Florida — shuffleboard! There will also be a midweek free day when you will have the option of a trip to either Sea World or Busch Gardens. And every evening will see a "dry land" awards banquet (the moaning and whimpering are still fresh in our ears too) at one of various restaurants in the area.

## '95 Int'l Veterans Team Fencing Championships Results

Event	1st	2nd
MF	USA	Germany
WF	Germany	USA
ME	Italy	Belgium
WE	Germany	USA
MS	Germany	USA

able). Space is limited, so give them a call now to reserve. The toll-free number is 1-800-488-5454.

We're looking forward to seeing lots of last year's participants again at Duel on the Beach 2, as well as those who just heard what a great time we all had last year. If you weren't able to make it then, you can't afford to miss it this year. Why let everyone else have all the fun? ■

Duel on the Beach 2 will again be hosted by the beautiful Sunrise Resort on St. Pete Beach, providing luxurious accommodations in lush tropical surroundings. Sunrise Resort is offering tournament participants special discounted rates on three-night and longer stays (two-night rates also avail-

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## YOUR OPINIONS

We've been swamped with your letters and e-mail, but believe it or not, we do read them all. We've also gotten some great articles and ideas for articles. Keep 'em coming! You can reach us at:

Veteran Fencers Quarterly  
3075 Overlook Place  
Clearwater, FL 34620  
e-mail [zippydav@aol.com](mailto:zippydav@aol.com)



## Attitude

Continued from page 15

the "Veterans Enquirer." Now, actually, we find this funny. You may have noticed that we've even incorporated it into our masthead. And VFQ doesn't mind Ezzell's parroting of Massik, as it gets our name out even more. But just as Ezzell likes to use the public access as a tool for making clear her way (USFA's way), it's now time for VFQ to clear up one of her inaccuracies about us.

One person Ezzell takes delight in the vilification of is former president Michel Mamlouk. The things said about him are not the concern of VFQ at this particular writing. Rather, we want to debunk some misconceptions she seems to have regarding his connection (or the lack thereof) to this publication. On June 28, Ezzell makes clear that the "Veterans Enquirer" is not an official publication of the USFA. True enough. We never claimed to be. Then, responding to a writer's quote from VFQ, she states, "You should also bear in mind that Mr. Mamlouk has donated a considerable amount of money to the senior age committee. He has clearly found a receptive audience."

The problem with this statement is two-fold. Number one: as far as our research has found, the only money donated by Mamlouk for any veterans' use was the \$1000 he contributed toward prize money that went directly to the winning epee teams at last year's International Veterans Team Championships. Secondly, her statement implies that Mamlouk has control over VFQ because of financial involvement. I have personally met Mamlouk but once, and have spoken to him twice via phone. The meeting was at the 95 Nationals, where we agreed to each personally fund the prize money, and the phone calls were interviews for last issue's election story. At no time has there been any financial tie between Mamlouk and VFQ, and I certainly would not call a single meeting and a couple of phone calls the whole of a close friendship.

The undertaking of VFQ is mine, and without the assistance of a completely volunteer staff, the hole in my checkbook would be too big to continue. I offer as proof to anyone wishing to check, complete access to VFQ's financial records.

I guess what it boils down to is this:

I've been a member of USFA off and on for about the last 20 years. I'm a member because I like to fence, and this is the only route to do it competitively. Although I can't say I've had undying loyalty to the organization, with pride I've worn over the years USFA and AFLA emblazoned pins, patches and shirts. But there's something recently coming out of the National Office that's upsetting me, along with a lot of other people, and that is . . . an ATTITUDE.

The National Office seems to envision a lot of threats from a lot of sources. And, as seen on the Internet, any statement that hints of nonconformity is quickly attacked. Perhaps the Veterans movement this past year has concerned the USFA. After all, we en masse are approximately 1/4 of their membership, and expecting good treatment and respect, we'll give it to ourselves if nothing comes from them.

I guess with all this and the questioning of their business-as-usual policies by many members, it's no wonder that Michael Massik snapped at me.

After all, the article in question, "USFA Election..." was praised by some people in his office as well as a few past Executive Board members, and, in my humble opinion, was extremely kind to the way the USFA elections committee handled the situation.

To Mr. Massik or anyone else in the National Office who was upset by the last issue's lead story: Before you tackle this issue, I respectfully suggest that perhaps you should first take some Valium, or maybe just change your attitude. ■

## Split

Continued from page 1

Convention will be held as before, with the following changes:

Division 1 will be missing (as stated earlier) and Under-15, -13, and -11 competition will be shifted from the Junior Olympics to this July convention. (In February, Junior Olympics will host only U-20 and U-17.) Additionally planned are USFA-sponsored lessons and seminars.

Under this shift of events, all weapons and categories are represented, just at different times.

Currently, Fencing Officials Chair George Kolombatovich and his staff are establishing qualifying paths through each event and will announce them later. ■

## Story Delayed

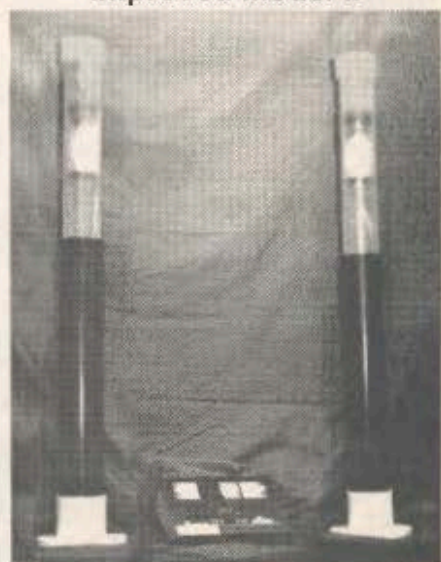
For those of you who've noticed that this issue doesn't contain the write-up on professionalizing fencing that we promised you last issue, we commend your cognizance.

We apologize folks. The VFQ staff has put so much time into the content of this issue that we felt we couldn't at this time give the professionalism story the depth it deserves. Also, there are a number of people out there who wish to add their ideas to the discussion, and we want to explore as many different concepts as possible.

So we still plan the story, but now it will be featured in the December issue. If you have any ideas on this subject (or on any other), please send them to our address on page 2. After all, this is your magazine, and we'd love to have your input. ■

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## Internet

Continued from page 6

*grass roots membership that VASTLY outnumbers the top tier [sic] fencers then the USFA would NOT have ANY monies to fund competitions. And having no program to speak of would NOT draw Olympic funding PERIOD. If the USFA exists ONLY to support top tier fencing as has been stated several times here then the policy is self defeating. If local fencing is not supported then it does NOT grow. Instead, the low- or non-rated fencer is discouraged and quits, . . . tired of being seen only as a check once a year and not a valued member starts a cascade of diminishing returns and if the base crumbles the top falls as well. Most people would not be interested in being a MEMBER of organization whose idea of MEMBERSHIP is if you're not an International contender you should just be quiet, read your little magazine, and don't forget to renew your MEMBERSHIP so we can*

## Dangerpoint

Continued from page 7

— not until now. You all wouldn't believe the letters and e-mail we've gotten in regard to the treatment dished out by the Nat'l's organization.

And that \$4,000-plus apparently couldn't cover age group medals. They were missing, along with any age categories. Also missing, it seemed, were any USFA officials for scheduled meetings with Vets Chair Mac Garret. It's not that they were busy, they just weren't around. Could be they were lapping up luxury in their hotel suites.

I say suites because, if they had rooms like the competitors had (plain vanilla for almost a C-note a night with fees & taxes), they wouldn't be hanging around the room — unless, of course, it was to guard their valuables! That's right folks, as if we all didn't have enough to worry about with non-fencers milling around our gear at the

ignore you for another year."

It's hard to judge the impact that **rec.sport.fencing** has on the national office, since there are few official posts, with the exception of the former National Secretary, but it does appear that it has some influence. In a rare delurking, Michael Massik (**usfencing@aol.com**) posts, "The Fall issue of American Fencing is scheduled to contain a long article that details the finances of the USFA. The article also includes the organizational structure and philosophy of the USFA. . . . Just wait until you see the charts and graphs!"

These topics mirror many of the concerns and complaints voiced in the newsgroup, so it's at least better than just bitchin' to your buddies at the club. You may find out that you're not alone in your views or, even more important, that indeed you are!

I wouldn't buy a computer just to talk about fencing, but the bottom line is that if you already have one, you can't go wrong by checking it out. ■

competition hall, you had no idea of what was being rummaged through back at your room. Reportedly, some wallets and valuables were missing when fencers arrived back at night.

I didn't have that problem, mind you. With the budget VFQ gives me, the nearest motel in my price range was 20 miles into Kentucky. It was distant,

sure, and pretty basic, but it was clean and my stuff was safe. And, for the pleasure of VFQ's budget manager, it was less than half the price of USFA's host hotel. You know, I hear the allowance for USFA officers is so high, I think I might try to get on their staff for

next year. Boy, just imagine the high life — five-star dining, big rental cars, classy rooms.

Of course, I'd chance having my stuff stolen, but hey, my stuff's getting old anyway. And besides, I'm sure they've got expense accounts that make up for any losses. ■

## Vets logo needed

... And we want your help!

Announcing VFQ's CONTEST for the best logo chosen from our readers' ideas. We're looking for something that denotes the following about Veteran fencers:

- Experience
- Tradition
- Camaraderie
- Loyalty
- Social Involvement

If you've got an idea, send it to us in art form, with or without a slogan, and we'll determine the winning entry.

Under the approval of Vets Chair Mac Garret, the winning logo will be incorporated into a line of apparel comprising hats, shirts, jackets and patches. These will be offered for sale at Vets events and by mail order. A portion of the proceeds from each item sold will be placed in a Veterans Affairs fund set up for use in promoting and maintaining Veterans events and affairs. All fund moneys will be accountable and financially stated in each upcoming VFQ issue. In the near future, we'll set up by vote a Veterans board to determine the application of this Veterans Affairs Fund. Hopefully, awards medals with the new Vets logo will become standard issue at many Veterans events or categories.

First place prize for the winning logo will be a Veterans Logo warm-up jacket (with your logo, of course). We figure there'll be other good ideas, so for 2nd and 3rd place, the prizes will be Veteran caps.

This contest is open to all fencers 40+. Please send your ideas and artwork by mail only to:

**Veteran Fencers Quarterly**  
3075 Overlook Place  
Clearwater, FL 34620

Announcement of winners will be published in an upcoming VFQ issue. Good luck to all our frustrated artists out there! ■

**It's not that they  
were busy, they just  
weren't around.  
Could be they were  
lapping up luxury in  
their hotel suites.**



## Better fencing through Tai Chi

Many people know Tai Chi is a type of meditation and relaxing exercise, but few realize it is also a martial art. You might wonder how moving so slowly could ever help you deal with a fast-moving opponent. Just as a baby learns to hold up its head to become strong enough to crawl, then crawls to become strong enough to walk, taking time to move slowly teaches you how to move quickly.

When you move in a slow, relaxed way, it makes you aware of how you really move, how your body wants to move, and how to maintain control over it as you move. This refined sense of balance lets you know exactly where you are and teaches you how to move where you need to when you need to, changing directions at will. Control is as important as speed. Running into your opponent's weapon is not high-level fencing, even if it can score you a point sometimes.

This refined sense of balance can be used to move without telegraphing inten-

tions. When your body is in the right position, it can move wherever you want without going through weight changes that alert the opponent to your intentions. Tai Chi teaches using the joints in the lower part of the body to move you without having to lean, virtually instantly.

Speed doesn't necessarily equal velocity. You can move quickly but still miss your target for many reasons.

Telegraphing is one cause, distance to travel is another. Subtle Chinese arts suggest that cutting out unnecessary motion is more important to speed than velocity.

Awareness of balance, both yours and your opponent's, is an integral part of Tai Chi training. Moving slowly allows you to study and notice things you might have missed if you were always worried about going faster. You seem like a turtle, but at unexpected moments you become the hare. Fighting is less about technique and much more about psychology.

Understanding your opponent and what his balance means gives you a decided edge. ■

**Will Snedden, AP**  
Guest Writer

## Portland-bound, U.S. Vets gain home field advantage

With the power of the Nike Corp. and their generous financial backing, the city of Portland, Ore., successfully outbid Durban, South Africa, to land the '98 World Masters Games.

Coming together will be 25,000 mature men and women from over 100 countries participating in 25 sports. Invitations are extended to any and all U.S. Veteran fencers (age 40+). About half of the fencers will come from outside the United States.

The games, scheduled Aug. 7-22, 1998, in and around the Portland area, are expected to draw more than 100,000 visitors, including competitors, officials, sports dignitaries and support groups. ■

## A Year of VFQ

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# DUEL ON THE BEACH 2

<b>Sun., Oct. 27</b>	9 am — Mens Foil	8 pm — Awards dinner
<b>Mon., Oct. 28</b>	9 am — Mens Epeeé	5 pm — Tennis tournament * 8 pm — Awards dinner
<b>Tue., Oct. 29</b>	9 am — Womens Epeeé 8 am — Open golf tournament	1 pm — Womens Sabre 8 pm — Awards dinner
<b>Wed., Oct. 30</b>	8 am — Open golf tournament	Busch Gardens excursions Sea World excursions
<b>Thu., Oct. 31</b>	9 am — Mixed Ironman team *	5 pm — Beach run and relay * 8 pm — Awards dinner
<b>Fri., Nov. 1</b>	9 am — Womens Foil	5 pm — Sunrise triathlon * 8 pm — Awards dinner
<b>Sat., Nov. 2</b>	9 am — Mens Sabre	6 pm — Awards dinner

Detach below and return with entry fees

\* Free events — no pre-registration necessary

Name: \_\_\_\_\_ USFA #: \_\_\_\_\_

List USFA Rankings: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Phone #: \_\_\_\_\_

**QUESTIONS? CALL BRUCE DARLING AT (813) 535-3404.**

Please check all the events you plan to participate in:

**Weapons****\$25 each**

Mens Foil \_\_\_\_\_

Mens Epeeé \_\_\_\_\_

Mens Sabre \_\_\_\_\_

Womens Foil \_\_\_\_\_

Womens Epeeé \_\_\_\_\_

Womens Sabre \_\_\_\_\_

Team Ironman (free) \_\_\_\_\_

**Send entries to:**

**Jim Campoli**  
**313 E. Shore Drive**  
**Oldsmar, FL 34677**

**Entries MUST be**  
**postmarked by**  
**September 30**

**Awards Dinners****\$10 per person each night**

\_\_\_\_\_ Sunday

\_\_\_\_\_ Monday

\_\_\_\_\_ Tuesday

\_\_\_\_\_ Thursday

\_\_\_\_\_ Friday

\_\_\_\_\_ Saturday

**(Write in number of people)****Other events:****Golf tournament**

Tuesday, 8 am (\$40) \_\_\_\_\_

**Golf tournament**

Wednesday, 8 am (\$40) \_\_\_\_\_

**Sea World**

Wednesday, 7 am (\$68) \_\_\_\_\_

**Busch Gardens**

Wednesday, 7 am (\$45) \_\_\_\_\_

All fencing fees \_\_\_\_\_

All dinner fees \_\_\_\_\_

All golf fees \_\_\_\_\_

Sea World package \_\_\_\_\_

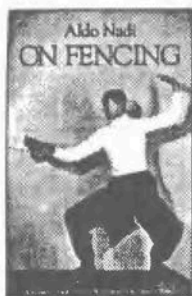
Busch Gardens package \_\_\_\_\_

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