

# ORANGE OAR

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SYRACUSE ALUMNI ROWING ASSOCIATION, INC.



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# ISSUE

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# DEAR SU ROWING ALUMS



As we plan for 2016 and beyond, it is time to re-evaluate SARA's role, priorities, and initiatives over the past few years and consider where we should be spending our time and resources going forward.

There's a great video on youtube featuring Australian Olympian Drew Ginn entitled "Will it make the boat go faster?"  
[https://www.youtube.com/watch?v=1n\\_G91HGegQ](https://www.youtube.com/watch?v=1n_G91HGegQ)

This serves as a useful touchstone when thinking about what we do and where we spend our time. Without getting too deep into the video and the history thereof, Ginn rather bluntly calls out international coaching for "the lack of understanding about how you create boat speed and how you maintain boat speed."

I'd suggest that is precisely what we need to do; SARA has been around for 50 years, and in that time rowing has changed dramatically. A couple data points.

In the IRA grand finals, typically half of the athletes were from other countries. And half of the athletes had worn their native country's colors in international competition. The NCAA finals are much the same – if not even more stocked with international level athletes. National Champion Ohio State has 13 foreign athletes; 5 rowed in this summer's U 23 worlds (plus one American). Runner up California has 7 internationals while third place Virginia had a half dozen women at the U 23s.

The competitive world has changed dramatically over the last two decades. Top crews at the men's finals row sub 5:30. Women are sub 6:30. You cannot – I repeat cannot – meet that standard without several international level athletes in your top eight.

To ensure we are focused and effective, we've boiled down our priorities to this:

**a. Ensure men's and women's rowing programs continue to exist at Syracuse University for the foreseeable future; and**

**b. Do whatever we can, within the limits we have, to help the coaches make their boats go faster.**

We also must remember that Board members and volunteers have many demands on their time, and it is vitally important to ensure time spent on



## PRESIDENTS LETTER CONTINUED

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SARA tasks is as productive as possible. And, we must work closely with the University wherever we can. I've come to understand that SU and the Athletic Department have been hugely helpful to both programs, and are willing and able to work with us.

One last point. Making the boats go faster means we have to identify those key drivers that make fast boats. The key factor is recruiting.

We have excellent coaches, great water, solid facilities, and great equipment. We have amazing (and I mean that) support from Syracuse University (more on that later). As I am sure you have noted from the coach's communications, what we don't have is enough top athletes. As a life member of the Third Varsity, I fully understand that no matter how tough, committed, hard working and dedicated an athlete is, if that athlete doesn't have the right genetics, motor, size (it kills me to say that!), power, and mindset, a podium finish is not going to happen.

We do not YET know how SARA can help. I do know that NO ONE should ever contact or talk with or email or text or communicate with a potential recruit or their family or coach. This is a direct violation of NCAA regulations. I also know that there are a lot of smart, creative, passionate alums out there who want nothing more than to see the Orange cross the line in front.

Thanks to the dedication and hard work of the coaches and generosity of several alums, we can expect more internationals wearing Orange in the very near future. We've made a start, but there's a long way to go.

It's about making the boats go faster. That's what Syracuse Rowing is all about. And SARA's going to do everything we can to make very sure that happens.

**Bleed Orange!**  
**Joe Paduda, '80**  
**SARA President**

# HOW DO WE HELP MAKE THE BOATS GO FASTER?

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**New SARA President Joe Paduda '80 began a transition process in September, soliciting feedback from SARA members, particularly members of the board. That feedback has shaped the strategy outlined below.**

That's the central theme for SARA for this year and next, a goal each of us worked towards every day when we were student-athletes. Today, that's the focus of our efforts as alums and supporters.

This requires a bit of reorganization to ensure we get the most out of all our effort.

Before we dive into the detail, a couple other priorities need mentioning. First, we need younger blood and more women actively participating in SARA. Their talent, smarts, and fresh thinking will ensure the crews get the support they need in the future.

Second, we need to respect and acknowledge that everyone's time is both precious and limited. While we want to get a lot of stuff done and foster and grow a sense of community and shared commitment – also known as teamwork – we have to balance that against the real time constraints we all have.

We've centralized responsibility for our two most important functions, with fund raising under Adlai Hurt and communications under Rebecca Soja '14. Mark Vyzas is handling parent liaison, Colin Goodale has agreed to assume the responsibilities of racing communications director. Gillian Carlucci will coordinate racing for SARA's women and Josh Stratton is handling the men's side. Ken Hutton and Justin Burgess remain at the helm of the Evening at Ten Eyck.

Adlai will work with the coaches to coordinate efforts to raise money for the coaches' funds; the women need about \$45,000 annually for equipment and the men spend about the same for a variety of purposes, including equipment. Adlai will also be working with Joe Kieffer on the Men's Endowment annual fund raising effort, scheduled to launch shortly.

Rebecca's communications team includes Josh Stratton, Jay Rhodes, Tiffany Macon, Lena Wang, Ryan Patton, Ryan Armstrong, and Jason Premo. These media geniuses will be greatly expanding our presence in social media, supporting fund raising efforts, coordinating outreach for the Evening at Ten Eyck and building the brand of Syracuse Rowing and SARA worldwide.

Mark, Gillian, and Josh's efforts are intended to make SARA more visible and meaningful to young alums and new graduates, thereby building our organization's base for the future.

The "directors" (Rebecca, Adlai, Mark, Gillian, Josh) have the responsibility for planning coordinating, and overseeing these functions, while project leads are responsible for accomplishing specific tasks on schedule.

**It's March, the lake is free of ice, the crews are on the water, and SARA is preparing for a great season. We are always looking for assistance; feel free to get in touch and let us know where you'd like to help out.**



# *THE RACE TO GET BACK*

**Joan Rubinger has two goals. The second—to watch her 10 year old son ski—is inherently reliant on the accomplishment of the first: to walk again.**

Having graduated from Syracuse University in '99, Joan has been an accomplished athlete her entire life. Coming from an elite gymnastics background, she was recruited onto the women's rowing team and quickly adapted to the sport, climbing the ranks into the varsity 8 as a sophomore while also serving Syracuse athletics in track and field as a pole vaulter. When it came to sports, Joan was a quick study, a jack-of-all-trades, if you will.

However, this sense of ease did not translate to the bike, a piece of equipment she had always failed to feel comfortable on, and thus avoided. It is perhaps painfully ironic then that on one fateful day on August 4th last year, after begrudgingly agreeing to a mountain bike ride, Joan suffered a fall so severe that her identity as an athlete was swallowed whole.



"I broke about 18 bones, 13 ribs and 5 vertebrae. One of the vertebrae was so shattered that they had to take it completely out and replace it with a wire cage," says Joan in a voice that is irrevocably coated in resilience and determination. These qualities allowed Joan to survive such gruesome injuries, even after an entire staff in Stanford Hospital's emergency room started whispering phrases like "next of kin" and "beneficiaries" while staring at a scan that showed a fragment of shattered vertebrae balanced a fatal millimeter away from Joan's descending aorta. But let me be clear, this is not a story of sadness or loss. Rather it is a reflection of Joan's journey—one that is punctuated with a variety of emotions, support and aspiration.



If you go to Joan's blog, [jojomojo.org](http://jojomojo.org), you will find a multitude of photos. Many are what you would expect—shots of her athletic accomplishments, moments of her in hospital beds and windows to her world of physical therapy. Others are unexpected. As I scroll down the page, I see Dwayne Wade grinning beside Joan, both showing off wristbands that read JOJOMOJO (the nickname that has become synonymous with her journey), another with Chicago Bulls player Joakim Noah doing much the same and yet another shot of her hanging out in the owner's suite at a Sacramento Kings game.

As an individual, Joan lives and breathes the world of sports, so turning this passion into a career was a natural move. Serving as the Director of Clinical Sports Medicine and Nutrition at ATTACK Athletics and now

her startup, All Pro Sports Medicine, Joan has been at the forefront of developing treatments for metabolic deficit correction, chronic inflammatory conditions and decreased recovery times. Her work has attracted the interest of some of the world's best athletes, a fact that immediately explains the Dwayne Wades, Joakim Noahs and Kobe Byrants sprinkled throughout her blog, and it is this work of which she speaks so passionately.

"When I was in the hospital, and just feeling absolutely devastated, one of my biggest fears was losing my clients—so it was this race to get back," says Joan. "I really didn't ever think they would wait for me but my goal was to be able to fly and work by the start of the NBA season and I did it. There are not a lot of people that can say they were on a plane three months out of a paralyzing injury. It was record time."

After Joan was discharged home from the spine center unit on October 8th, the change in setting made her restless. Whereas in the center she was undergoing physical therapy six days a week, that reduced down to three sessions at home. She was hungry for more. "I just started chomping at the bit," laughs Joan with all the competitive angst that an elite athlete possesses.

"So if I didn't have PT one day, I would strap on my iTunes and roll up and down my driveway, which is at a 20 percent incline, for an hour. It was almost like training like Rocky."



her pain. The increased mobility of her upper body means that she is pulling on the vertebrae and ribs that have sat almost dormant since the accident. Her relentless desire to walk again is both a testament of strength and, at times a liability. "They've been telling me I have to rest because it's just as important in the recovery process," says Joan. "I have to be patient, which I think everyone knows I'm not. I swear this whole thing has been a true test in patience, and resilience and fortitude, courage and just, you know, taking me completely out of my comfort zone."



What is obvious from Joan's blog, however is that even in life 2.0, as she calls it, she still finds comfort in the things we all celebrate. Her Facebook page screams Orange as both the men and women's basketball teams waded deep into the NCAA tournament, she loves to eat ice cream and she proudly wears the kind of "impossible is nothing" regalia we would all love to sport at work each day. An injury changed her life but not the fact that she is a mother, an athlete, a medical professional and a friend. That is why Jojo unquestionably has the mojo.

If you would like to support the jojomojo cause by purchasing a wristband, you can do so [here](#).

By Holly Johnston '15



## HOW TO HELP?

Imagine an inability to perform all the menial tasks we do daily. For Joan, simple jobs like cooking, cleaning dishes, doing laundry and reaching for something on a shelf are suddenly near impossible.

While her recovery is littered with positive steps, a relatively new form of technology called exoskeleton legs would drive her therapy forward.

Acting like a bionic suit, exoskeleton legs enable individuals with lower body weakness or paralysis to stand, apply weight to their bones and ultimately walk. This is achieved as the users weight shifts, which activates sensors in the device initiating steps. Battery-powered motors drive the legs, replacing deficient neuromuscular function, so if a user wants to walk, he or she simply leans forward; to stop, the user would return to an upright position. A harness and the wearer's waist and shoulders keeps the suit in place, and a backpack holds the computer and rechargeable battery with crutches being used for stability.

While the benefits are most obviously physical, the accomplishment of lower body movement is said to have a dramatically positive affect on the users physiological and psychological health and well-being.

If you can help Joan with this important aspect of her recovery, please email her at:

[jr@allprosportsmedicine.com](mailto:jr@allprosportsmedicine.com)

Joan has received great in-kind support from Jamie Panzarella '97. "She generously built my blog web site so that I would have a place to share my journey," Joan said. You can find that site at: <http://jojomojo.org/>



# 2016 RACING SCHEDULE

## MEN'S ROWING

**SAT APR 9, 2016** VS WISCONSIN | CHICAGO, IL.

**SAT APR 16, 2016** AT GOES TROPHY (CORNELL, NAVY) | ANNAPOLIS, MD.

**SAT APR 23, 2016** AT CONLAN CUP (BOSTON UNIVERSITY, COLUMBIA) | LEONIA, N.J.

**SUN APR 24, 2016** AT DARTMOUTH (PACKARD CUP) | HANOVER, N.H.

**SUN MAY 15, 2016** VS EARC MEN'S SPRINTS | WORCESTER, MASS.

**FRI JUN 3, 2016 SUN JUN 5, 2016** VS IRA CHAMPIONSHIP REGATTA  
| WEST WINDSOR, N.J.

## WOMEN'S ROWING

**SAT MAR 26, 2016** SCRIMMAGE WITH CORNELL | ITHACA, NY.

**SUN APR 3, 2016** THE "DOC" HOSEA INVITE (ORANGE CHALLENGE CUP, KITTLE CUP AND OTHER CREWS) | SARATOGA SPRINGS, NY.

**SAT APR 16, 2016 - SUN APR 17, 2016** CLEMSON INVITE | CLEMSON, SC.

**SAT APR 23, 2016** OHIO STATE, MICHIGAN STATE | COLUMBUS, OHIO

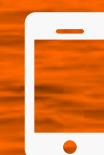
**FRI MAY 13, 2016 - SAT MAY 14, 2016** ACC CHAMPIONSHIPS  
| CLEMSON, SC.

**MAY 27-29** NCAA CHAMPIONSHIPS

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# SHELLS TO LAUNCHES

*IT HAS NOT BEEN UNCOMMON FOR SYRACUSE ROWERS TO WONDER WHAT WOULD HAPPEN IF THEY BECAME COACHES AFTER GRADUATION. THE NUMBER OF FOLKS WHO HAVE PICKED UP A MEGAPHONE IS IMPRESSIVE.*

*HERE IS THE ORANGE OAR'S ADMITTEDLY IMPERFECT LIST OF ALUMS WHO ARE COACHING ROWING. IF YOU HAVE NAMES TO ADD, PLEASE EMAIL [ORANGEOAR1870@GMAIL.COM](mailto:ORANGEOAR1870@GMAIL.COM)*

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**JIM BEHR '13, LA SALLE COLLEGE HIGH SCHOOL, WYNDMOOR, PA.**

**VINCE BERRY '12, DAYTON BOAT CLUB, MORAINÉ, OHIO**

**ANDY BERSTER '02, SARASOTA CREW**

**KEVIN BOYLE '04, LOUDOUN COUNTY HIGH SCHOOL, LEESBURG, VA.**

**ADAM CONRAD '06, ENDICOTT COLLEGE, BEVERLY, MASS.**

**KYLE DAUGHERTY '12, PINE CREST SCHOOL, FORT LAUDERDALE**

**CARMEN FAILLA '12, BEDFORD MODERN SCHOOL, BEDFORD, ENGLAND**

**JOSHUA GAUTREAU '06, UNIVERSITY OF VIRGINIA**

**MIKE GENNARO '12, PRINCETON NATIONAL ROWING ASSOCIATION, WEST WINDSOR, NJ**

**STEVE GLADSTONE '64, YALE UNIVERSITY**

**MARGARET GORDON '85, RADNOR GIRLS CREW, CONSHOHOCKEN, PA.**

**JAY GREYTOK '87, CONSHOHOCKEN ROWING CENTER, CONSHOHOCKEN, PA.**

**CRAIG HOFFMAN '77, MALVERN PREPARATORY SCHOOL, MALVERN, PA.**

**KIMBERLY (GARVEY) HOLMES '05, BALDWINVILLE HIGH SCHOOL**

**MASON LEASURE '13, SARASOTA CREW**

**CHRIS LUDDEN '91, BALDWINVILLE HIGH SCHOOL**

**TIFFANY MACON '12, COMMUNITY ROWING, INC., BOSTON**

**BRENDAN MURPHY '13, CHRISTIAN BROTHERS ACADEMY, LINCROFT, NJ**

**TYLER PAGE '06, STONINGTON HIGH SCHOOL, PAWTUCKET, CONN.**

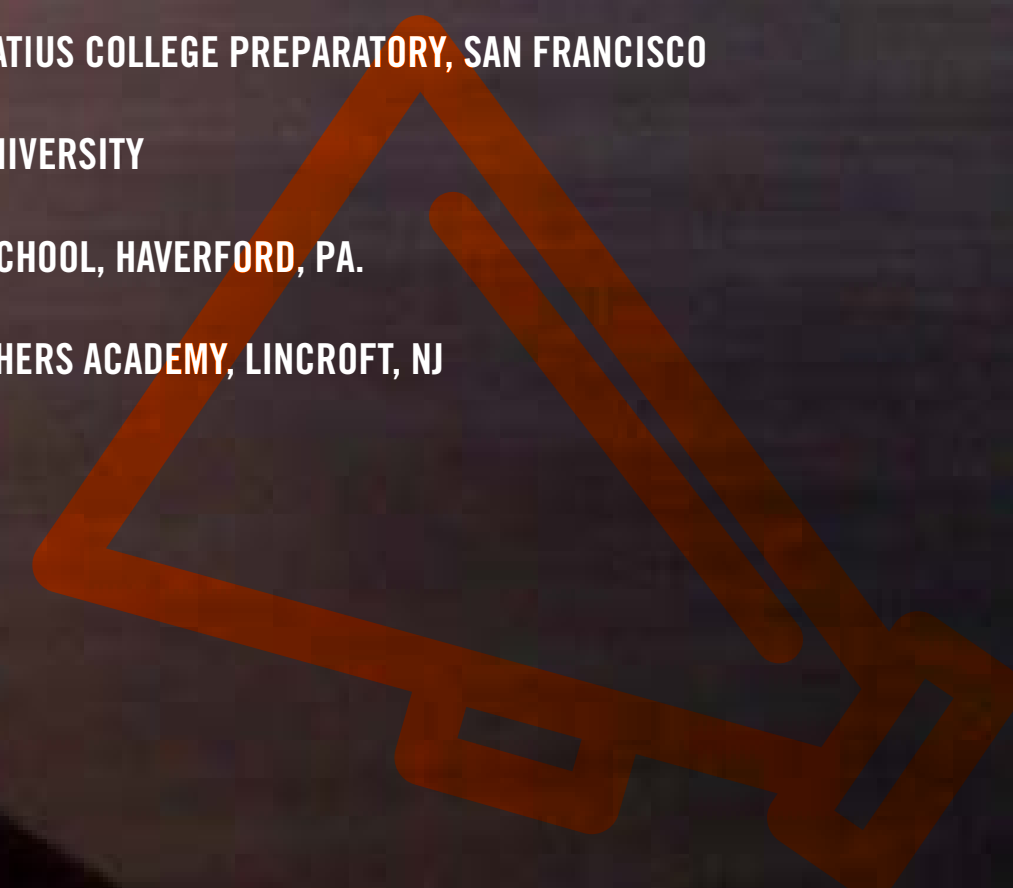
**KYNAN REELICK '12, LITCHFIELD HILLS ROWING CLUB, LITCHFIELD, CT**

**ASHTON RICHARDS '82, SAINT IGNATIUS COLLEGE PREPARATORY, SAN FRANCISCO**

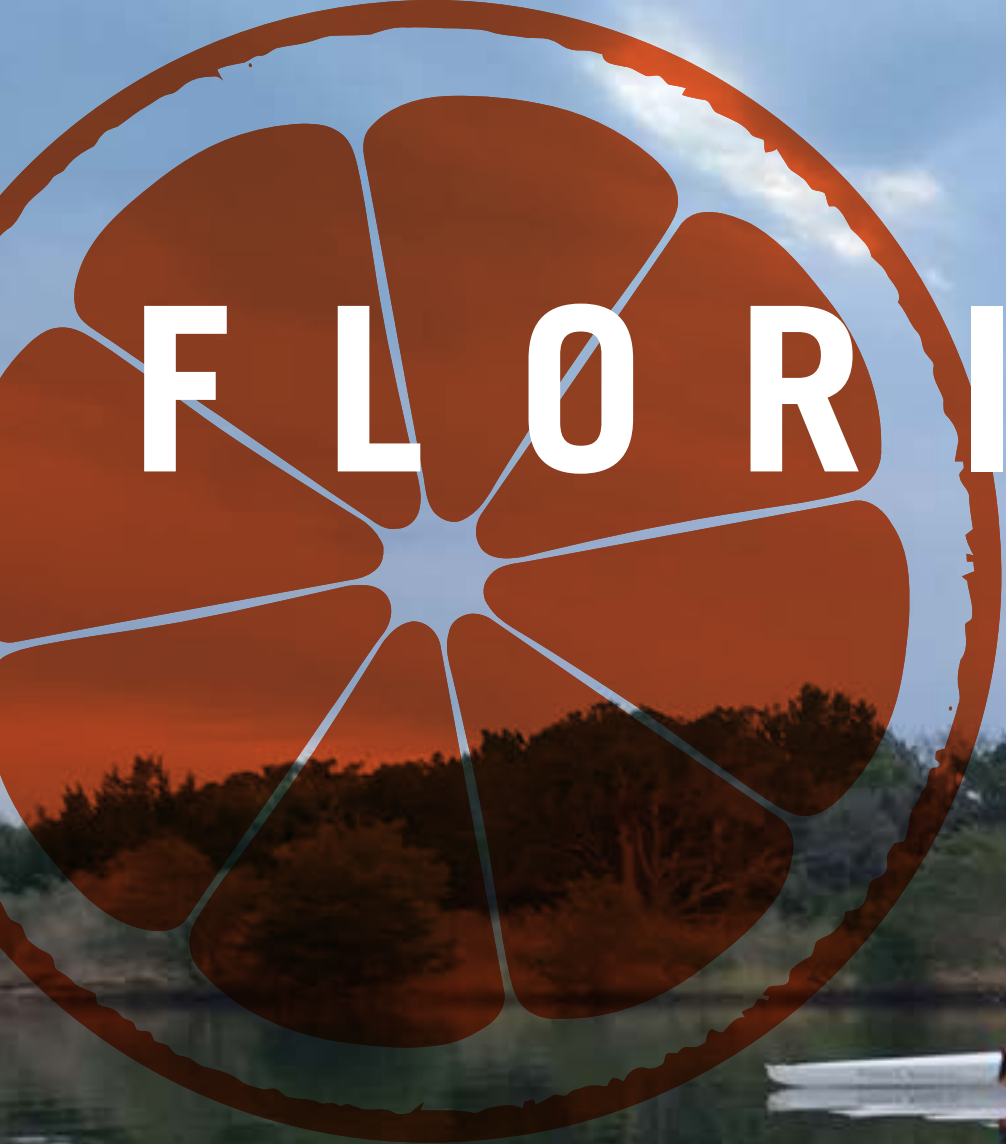
**JUSTIN STANGEL '07, SYRACUSE UNIVERSITY**

**JON STEPHANIK '01, HAVERFORD SCHOOL, HAVERFORD, PA.**

**MIKE TOBIN '15, CHRISTIAN BROTHERS ACADEMY, LINCROFT, NJ**







# FLORIDA ORANGES



*PHOTOS FROM MEN'S AND WOMEN'S  
PORTION OF THE JANUARY FLORIDA TRIP.*







# QUESTIONS — AND — ANSWERS

*WITH COACH MOORE*





Here is the Orange Oar's conversation with Syracuse women's rowing head coach Justin Moore about the team's preparation over the winter and into the spring, news about a change in venue for the April 3 race and how the competition stacks up.

**OO: You came out of the fall noting the team's accomplishments and saying the team had to get faster. For example, you'd like the 2V's times to be closer to the 1V's. What did you see in the off the water training that might be a predictor of how much faster the team has gotten?**

**JM:** We have been very pleased with the progress the "middle of the squad" has made this winter. The first-years, in particular, seem to be finding their way relative to being willing to train for and compete for important seats in the program. The coaching staff has discussed how "messy" selection has become, especially between the 2V8+ and the V4+. Physiologically, I believe we will hit our performance targets as a team provided our health continues to be good.

**OO: What did you see on the water in Florida that might be a predictor?**

**JM:** We focused 100% on mixed boats in Florida. This sometimes has the potential to limit the top athletes from achieving their fullest potential, but we made the calculated decision to prioritize the advancement of the collective in mixed boats, over the advancement of the top. At first, this was a little frustrating. However, at the end of the training trip, the coaches were commenting that the "quality of work" being executed by the entire Florida training group was better than it had been in any year.

**OO: Speaking about the wintertraining trip to Florida more broadly, how did/does the team look compared to last year at this time?**

**JM:** Thanks to the women who came before them, this year's group is doing the best job of "getting

it" understanding the required mental and physical intensity required in each training session. In Florida this year, we took ONE afternoon off, in a seven-day period. Past groups would have required more rest. When I checked in with athletes this year, they responded by saying, "I'm tired and I am 'good sore,' but I feel like I am mentally ready to go."

I should note, we define "Good Sore" as soreness that resides in the belly of the muscles, responds positively to therapy and rest, and diminishes in 2-3 days. "Bad Sore" is soreness that resides in joints and connective tissue, tends not to respond to therapy and lingers for extended periods of time.

In terms of physical preparedness and rowing, this year's group has slightly less power than last year's. Losing Frawley, Hamilton, Ludovici and Vanderhoven from the 1V took out a lot of the high-end power that allowed us to get off the line tremendously well last year. This year's group looks to be leaner, more efficient and capable of sustaining a rhythm for a longer period of time. I expect that, while last year, the first and last 300 meters were a particular strength for us, this year, the middle of the race will be a place where we can "do work."

**OO: Do you have specific goals in terms of training and selection for your Clemson trip?**

**JM:** The goal of Clemson will be to complete "initial selection". This year's team will be roughly in the same place last year's team was (somewhere between #14 #19 nationally). We are going to be in CLOSE races with teams who are fighting for their NCAA lives. Through the selection process, we want to work on becoming a team that will finish on the "right side" of a 0.3 1.0 second margin. Learning to become "great competitors" with the physical and technical capabilities we have is essential to this. The team is being constantly reminded that "had we beaten Radcliffe or Notre Dame last year," we would have been invited to NAAs. (We finished within a length of those teams.) We expect to be engaging in intrasquad competition all season long.

**OO: Do you have specific goals in terms of training and selection for your Clemson trip?**

**JM:** The Cornell scrimmage is a great place for us to lineup with good competition, multiple times, and work on executing various portions of our race plan. Cornell will be just beginning their spring training week, so the work will likely involve switches within boats as well.

The Cooper River just informed us...and the rest of the teams racing at their venue, that they will only have 1,500 meters to race on this spring. Whoops! So the coaches of Syracuse, Northeastern and Penn are holding the "Doc" Hosea Invite in Saratoga N.Y. with Syracuse, Northeastern, Penn, Dartmouth, Cornell, Minnesota, Boston University, Navy, UMass and U.R.I. Embedded within these races are the Orange Challenge Cup (UPenn and Northeastern) and the Kittle Cup (B.U.) We are doing our best to continue to keep the traditions of SU rowing alive and well while adapting to the new requirements of a conference based NCAA selection.

The Clemson Invite will, once again, be an extremely competitive event and an outstanding experience for the women. This race, with 21 crews attending has a tremendously high level of competition for a mid april event. We love attending it, and we love racing crews that are ranked in the top 5, top 10 and top 15 in the country.

**OO: The April 23 race against Ohio State and Michigan State looks to be a final opportunity to beat ranked non-conference opponents and impress NCAA selectors before the ACC Championships. Is that an accurate way of looking at it?**

**JM:** It is. Last year Michigan State did not provide the level of competition required to "bump us up the rankings", but they have shown that speed before. I believe they will be an improved crew. As for Ohio State, racing the three-time defending champs after

doing three x 2K the week before and traveling more than 2,000 miles is a BIG ask. At the end of the day, I don't want any selector to say that Syracuse, avoided tough competition or was unwilling to "go on the road" to show the nation what we are capable of as a team. Those two weeks are as tough as they come.

**OO: Who are the ACC teams to beat to win the conference and get the automatic NCAA bid?**

**JM:** Until someone knocks UVA off, it will be the Cavaliers. Kevin and his staff have done a great job down there, and their fall results and recent recruiting announcement point toward continued speed. After that, we expect Notre Dame, Louisville, Clemson and Duke (with their new head coach) to be contending for top spots at the ACC Championships. Louisville's 2V and 3V were quite good last year, indicating that they have the potential to build a strong program all the way through the 1V. Notre Dame did not produce great results this fall, but Coach Stone always seems to be able to put together a crew that can go 6:28 or faster, which is the required speed for NCAA qualification. Clemson will be under second year coach Steve Frazier Wong and will begin to show their trajectory under his leadership. And the Duke program, now under the leadership of Megan Cooke Carcagno (formerly of Wisconsin) showed some good 1V speed at the end of the fall. The grand finals of the ACC Championships should be outstanding races this year.

 [COACH REISCHMAN Q&A UP NEXT](#)



# QUESTIONS — AND — ANSWERS

*WITH COACH REISCHMAN*

SYRACUSE  
S



**Here is the Orange Oar's conversation with Syracuse men's rowing head coach Dave Reischman about winter training, the Florida trip, the freshmen rowing with upper classmen, the dualrace competition and the speed in the Grand Final of the IRA.**

## **OO: What did you see in the off the water training that might be a predictor of how much faster the team has gotten since the fall?**

**DR:** I think the key with this group is that a large majority of them have been amazingly consistent with their work ethic through the fall, winter break and through to where we are right now. As a group they have been focused on avoiding any pitfalls that can cause a reset in their fitness—injuries, winter vacation, etc. The key to getting fit is consistently good training over time. We have really tried to focus on avoiding the highs and lows and just develop a we are going to be consistently-good everyday type of attitude. These guys have really embraced it. Our coaching staff always picks a hard workout that we do in the two weeks prior to winter break that we use a fitness marker for when the guys get back to campus in January. This year's group showed some decent improvements when we redid the workout. That speaks to a highly motivated group that put in some serious miles on their own over the holidays.

## **OO: What did you see on the water in Florida that might be a predictor?**

**DR:** Florida is a difficult camp to use as a predictor of actual speed. There is always tidal flow and you can't really get any accurate boat speed data. We had three real goals with our trip: (1) have the guys show up fit so we could really get in some quality miles and not worry about injury, (2) use the week to really make some progress on individual technical skills, and (3) do some individual boat moving assessments code for seat racing! to give the athletes and coaches a better understanding of exactly where everyone stands as we headed into the eight weeks that are at the heart of our winter training. We didn't want anyone having any illusions about where they stood on the team and we wanted to give them hard data to back it up. Nothing motivates athletes like seat racing results!

## **OO: Speaking about the wintertraining trip to Florida more broadly, how did/does the team look compared to last year at this time?**

**DR:** I have always tried to avoid comparisons to previous years because I think it is easy to fool yourself in a positive or negative direction. We really just try to look at the group as a whole and make sure we are moving forward. Just make sure we are all making progress from the start of camp to the end of camp. Having said that, I can say in a very general sense that the group seems more competitive as a whole. We put a lot of responsibility on our athletes to “make yourself relevant” when it is time to start sorting out lineups. We are definitely younger than last year. If you take erg scores from most of our winter workouts, there will usually be six sophomores/frosh in our top eight scores. We row in a tough league for young rowers, and I believe our resilience will be tested. But if we keep working hard and making the necessary changes, I think we can take a step in a positive direction this spring.

## **OO: In recent years, you have evaluated the freshmen to decide whether you would create a freshman boat or mix the first-year athletes with the older ones. What have you decided this year?**

**DR:** Over the last year, it has become apparent that the freshman eight is disappearing. There was only one final at the Sprints last year, and early indications are that there will be fewer entries this year. The IRA is considering dropping the frosh event from the points tally for the Ten Eyck Overall Points Trophy. Our frosh will be fighting for seats in our varsity boats, and it is conceivable that we could have anywhere from 1-3 frosh in our varsity eight. We believe the best way to develop our freshmen this year is to slot them into the boat that best matches their ability level.

## **OO: Wisconsin, Cornell, Navy, BU, Columbia and Dartmouth are the dual race opponents. What can alums**

## **expect from those teams in terms of who graduated a lot of seniors, who has a lot of juniors and seniors back and, of course, who's fast?**

**DR:** To be honest, we expect them all to be fast. In our league you make assumptions on the speed of other crews at your own peril. We graduated a bunch of really talented seniors in 2011. Nobody had a right to expect anything from us in 2012, and that turned out alright. Judging from fall results, I think BU and Cornell showed they have more talent than the others. Wisconsin has a lot of pride, and I suspect they are not very happy with their results of the past two seasons—beware of wounded Badgers. Navy always come at you hard. They graduated some very good athletes, but Coach Friedrich always has his guys ready to fight. That is great as far as I am concerned, because you never want the guys defending our country to be pushovers. You can never tell with Dartmouth, because their junior class always studies off campus in the fall. They made a huge step forward last year, and I expect them to do the same this year. Any way you slice it, Columbia has been better than us the last two years. Both years they looked vulnerable early, but Coach Alwyn had them up to speed by Sprints and the IRA. In our league, I expect Yale and Princeton to be the crews to beat. Yale has everyone back from their Sprints/Henley winning crew from last year, and Princeton is very, very deep, with talented athletes.

## **OO: In recent years, you've talked about the razor thin margin between the grand final and the third level final at the Eastern Sprints and IRA. Will it be the same way this year? How does SU stack up in that context?**

**DR:** Five years ago, it seemed like there were always three or four top crews in the country and then 1012 crews fighting to fill out the next eight spots to fill out the Grand and the Petite Finals. More crews have made the jump toward the top over the past few years, so we are seeing seven or eight crews a year that I would put

in that top group. It does seem like the petite final is more spread out than it used to be. It used to be one of the most tightly bunched finals, but it seems like it has stretched out over the past few years. I think there is more separation between the crews finishing in 5th or 6th place in the Grand and those in the top of the 3rd level than I can ever remember. This is definitely not because 3rd final crews are getting slower. As scholarships have increased across our sport, more and more schools are recruiting internationally, and the quality of those top seven or eight crews has improved dramatically. The level to make the Grand Final has increased significantly over the past five years.



# CAPTAINS

**By Carolina Ratcliff '18**

*Now that spring racing is nearly here, it was time to sit down with the leaders of the Women's Rowing team and find out what is next. The senior captains of this years team, **Julie Bengis, Kelsey Adams** and **Kari Tomeny**, gave some great insight. Every question proved that all three captains hope to lead an internally focused, shoe filling, hard working team.*



## OO: Coming into this year, what are the team's goals?

**Kelsey Adams:** I think we all know we want to make NCAAs, but we also want to have a good year for ourselves.

**Julie Bengis:** Yeah, just expanding off that, I think we know what the big goals are like making NCAAs and doing well at Clemson Invite and ACCs, but intrinsically that's what I think should be a major goal.

**Kari Tomeny:** I agree, if at the end of the day we have worked harder than before, and improved more than we hoped, then we have won. It has to be about internal drive. We need to push each other and ourselves if we want to have a chance at pushing past other teams for the NCAA bid.

## OO: What word would you use to describe how you feel about this upcoming year?

**Julie Bengis:** That's tough to pick just one, but I'd say *ready*. I think everyone wants and has worked to get geared up for this year.

**Kelsey Adams:** *Anticipating*, is the word I'd go with. I'm not sure what's going to happen, I'm just excited to be working and to moving towards our goals.

**Kari Tomeny:** I would say *excited* is my word. We lost a good bit of our squad last year and we have figured out a new dynamic. It's been really just exciting and scary too, but that risk, I think, is what could push us closer to some of our goals.

## OO: What changes do you hope to make to improve from last year's finish?

**Kari Tomeny:** There is no way to deny that last year's seniors were strong, and it was tough missing out on NCAAs with such a strong squad. That loss is hard, but we have a lot of girls who have risen from last year's lower boats and filled their shoes. Also there are some really strong freshmen. People leave and people come and the team flows with it. We still want the same big

goals; it has just been a matter of figuring out what to do to achieve them.

**Julie Bengis:** I would totally agree with that. There are people, like walk ons and otherwise who have figured out their role. We have simply had to put the work in.

**Kelsey Adams:** I think every year you're on the team, you learn a bit more about yourself and improve, so this year is just another step in that direction of improvement.

## OO: As captains, what role do you play in achieving this year's goals?

**Kelsey Adams:** I think we are the gap between Justin and the team. If we need to communicate something from the team to him or vice versa, we are that source. It sounds cliché but we can lead by example. We can push ourselves and in doing so show what we expect from ourselves, we expect from everyone else.

**Julie Bengis:** Yeah, I think we take over the role of the middleman. We translate the messages that Justin has and make them accessible from a teammate instead of authority. I guess we make the goals Justin has into goals the team has because we are a little less intimidating than the coaches and can deliver messages that will reach people.

**Kari Tomeny:** We also establish an environment where people can feel at home and can feel like they have an impact on their own and the team's goals.

## OO: How would you describe the dynamic of the team right now?

**Kelsey Adams:** We love each other. That sounds dumb, but it's true. I also think we are just ready to leave it on the water because we've been pushing for NCAAs for so long. I think it's possible. We just have to leave it *all* on the water.

**Julie Bengis:** I'd say that sums up my answer.

**Kelsey Adams:** Mine too.

## OO: Lastly, how has the alumni community impacted this team?

**Julie Bengis:** We do not take for granted the donations that alumni give because they are literally what puts some boats on the water.

**Kari Tomeny:** Yeah, equipment is expensive and Justin always says that we don't have one thing that we don't need. It is valuable and helps us work towards getting better.

**Kelsey Adams:** Alumni are really great to talk to at events like the Evening at Ten Eyck, and their contributions are appreciated. It can sometimes be overlooked, but at the end of the day, we are only here because of who came before us.

*Contrasting with the Women's teams three person leadership, the Men's team has one captain, James Schiera. Talking with Schiera, his ability to lead became evident.*

## OO: What is the goal for this year's team?

**Scheira:** You know, I think saying we want to do well at IRAs isn't the goal we have. We want to do well, sure, but Coach Reischman is really focusing us internally this year. If we can work hard and really focus on how we each can improved singularly and then together, I think we will have achieved what we wanted.

## OO: What word would you use to describe what you think the year?

**Schiera:** Transformative, I think that's the word. We have the hope as a team to change the direction we are going. I mean we have a lot of young guys with potential, and I think we are making changes. This year will hopefully be transformative.

## OO: What changes are being made from last year?

**Schiera:** We are doing a lot of work, I don't know if that's a lot different, but we are doing 18 to 20k a day. We are just putting down work at practice and outside of it, too. Guys are coming in and doing extra. The feeling, you know, is just excited. We are getting excited about the work we are doing. You can see guys really getting in top shape so we can get better.

## OO: As the team's only captain, what role do you play?

**Schiera:** I guess the connection between the team. I don't think it's about how many leaders there are. It's more about how we lead ourselves. Captain's Council helps a lot too. We just think of ways to make secondaries more appealing. We also do things outside of practice to, you know, to create a dynamic.

## OO: Lastly, the alumni community has given a lot to the men's program, how would you say it's impacted the team?

**Schiera:** That's a good question because a lot of the guys were really grateful to have seen Don Smith talk at the Evening at Ten Eyck. I mean, he's a legend and it was just really awesome to hear him and the other inductees speak. But also, we get a lot of our boats from the alumni contributions. Especially after the Evening at Ten Eyck, you know, we see the names of a lot of people who come to that event on our boats. It just brings everything into perspective. They have a huge impact in our ability to train and, in the long run, succeed.



# INTER- NATIONAL WATERS



RECRUITED FROM GREAT BRITAIN, AND AUSTRALIA, JUNIORS HATTIE TAYLOR AND EMILY CAREY HAVE SPENT THE LAST THREE YEARS COMPETING FOR THE ORANGE. COMING INTO A DIVISION I COLLEGE PROGRAM IS HARD ENOUGH. COMING FROM A DIFFERENT COUNTRY IS A WHOLE NEW BALLPARK. DESPITE THE DIFFICULTIES POSED TO THEM, BOTH CAREY AND TAYLOR HAVE FLOURISHED IN THE PROGRAM, REPRESENTING THE TEAM IN THE VARSITY EIGHT AT SYRACUSE.



TAYLOR



CAREY

“The training and culture [in the U.S.] is much more intense than at home. I think that coming here gave me the ability to really get invested in rowing and be competitive,” says Taylor. “At home, we want to win, but it’s not as necessary. You know, here it’s like we win or nothing. It sort of just means a lot more to lose here than it does at home.”

This competitive culture has not only been an asset to the united improvement of the team, but also to Taylor and Carey’s personal athletic goals. In the last two years, both athletes have made it onto their respective U23 National Teams; Carey raced in the Australian eight in 2014 to a fourth place finish. While Taylor raced in Great Britain’s eight to a bronze this past summer.



Carey, whose rowing history has predominantly been sculling in small boats, agrees that the Syracuse program is more intense than her home program. "Being here has changed the way I see crew boats," she says. "It's much less about the individual here than it is at home. We are in it together here. The team matters more than individual gain. It's more intense, and yet it still matters more to be a teammate."

Though both say the athletic intensity in the U.S. continues to outpace that of their own countries, their trial processes and national teamwork has been the most rigorous and draining process both mentally and physically that either have experienced.

"The trial process was mentally terrible. You never knew what the coaches were thinking, but once I made the team, it was just me and the girls that made the team," says Carey. "We trained three times a day. It was always hard. It didn't matter that it was hard, though, because we knew we were working towards a goal."

Taylor's experience reflected similar challenges. "The trial process was emotionally so draining. I didn't know if I'd make it. Until I went under seven [minutes] last year on my 2k, I didn't even expect to be at national team trials, and even in the trials process, I sort of just thought I would try my best and prepare so I could make it the next year."

Carey herself also expressed uncertainty in her trials process. "I just remember going across boats to seat race a girl with a 15 second faster 2k, and just thinking, 'Well I tried.'" Pausing to laugh, she went on, "But it didn't end up that way in the end."

Taylor, who competed in Bulgaria, said the racing wasn't what she expected. In the women's eight race, Russia made an unexpected drive for a medal and took silver behind the U.S. Taylor's Great Britain boat took bronze.

"That wasn't a good race for us," said Taylor. "We didn't have a good start and we didn't get together till the third 500. We were behind Germany. Then our coxswain started just chanting the national anthem. After that, we just went through Germany. If we had a

hundred more meters, we could've taken Russia, but that's racing. You don't get another hundred."

In Carey's case, the Australian eight was going for third until Germany took them in the last 250 meters. Carey, who remembers that fateful moment vividly, still struggles with the memory: "We were ahead; we were going with the U.S. off the line. The fact that they got through us will probably always bother me," said Carey.

Reflecting on her summer experience, Taylor said: "The experience left me on a high, and I'd say it lasted all through this past fall. The whole racing and working that hard toward one goal, it just made me love rowing more than I ever have. I guess it's a love-hate relationship, but something about that level we were at it just makes you excited to train."

Wrapping up her experience, Carey said, "Coming back from that, I just knew more than I ever have that being fast is hard, and I wanted to bring that back to Syracuse. If you're going to get faster, you're going to have to experience pain. That's how you know you're getting faster."

Carey and Taylor are planning to trial for their U23 teams next summer. In closing, both said that, as they near their senior years, they are going to miss their Syracuse Women's Rowing family.

"I mean we are in our own little world here. I live with my best friends. It's going to be really hard to go back to England, and leave this place that has become a home," said Taylor.

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**By Carolina Ratcliff '18**

# THE EMPACHER CHALLENGE

As part of normal fleet replacement program funded through the various smaller donations over the past several years, Syracuse has ordered a **new Empacher eight racing shell**. It is currently being manufactured in Germany and will be delivered in the late Fall of 2016.

Empacher has proven to be a premier racing shell over the past 20 years at the collegiate division I and national team levels. The cost of this shell is \$55,000.

As a challenge to our dedicated alumni and friends of Syracuse rowing, Coach Reischman is offering **naming rights** to the new premier racing shell for a **individual leadership gift of \$50,000** to the SARA Men's Crew Endowment. In addition to the naming right to the shell, your leadership gift to the SARA Endowment will return \$2,500 annually to the men's program. This will buy 2 1/2 Concept II ergs or a set of eight oars for the team each year and every year forever. All donations the SARA Endowment are tax deductible.

If you are interested in **giving back to the program** that has given you so much and stepping up to the challenge, please contact Joe Kieffer, ([jkieffer@email.com](mailto:jkieffer@email.com) / 267-228-1341) or Coach Dave Reischman ([dreischm@syr.edu](mailto:dreichm@syr.edu))





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# ROWERS GARNER INTERNSHIP. AFFIRMATION OF HARD WORK.

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Three of the past five years, a member of the Syracuse University men's rowing team has been selected to participate in the Dubai Contracting Company Syracuse University Lebanese American University Internship Program (DSLIP). These three men's rowers have been able to maintain the balance between academics and athletics, showing the true meaning of the term, student-athlete.

"I don't know what it is," head coach Dave Reischman said. "We tend to attract a lot of engineers. I think it's the nature of the sport. You have to be a pretty serious person. You have to be willing to work really hard. I think that fits handinhand with the engineering academic programs we have. It is fantastic."

James Olson was selected to participate in the program during the spring semester of his junior year in 2011.



Andrew Festa participated in the DSLIP three years later and James Schiera, this year's team captain, went to the United Arab Emirates in the spring of 2015. "I was pretty happy when I was selected," commented Festa. "It was cool that Mr. Yabroudi interviews everyone himself. He wasn't able to do it this year, but every other year, he comes up and interviews everyone himself. I knew it would be a great opportunity. I knew a senior who went on the trip when I was a freshman and he never stopped talking about it."

"When selected for the DSLIP program, I was obviously ecstatic," added Schiera. "I felt that being accepted to the program was an affirmation that my hard work in the classroom was well worth my while and it was incredibly rewarding. I take a lot of pride in my schoolwork and really felt like being accepted to this program was a recognition of all my effort."

The program runs six weeks in Dubai in the United Arab Emirates near the end of the spring semester. Syracuse junior civil engineering students are selected to gain firsthand experience, along with students from Lebanese American University, with the Dubai Construction Company.

Typically, seven Syracuse junior civil engineering students have been selected per year to participate in the program since its inception in 2009.

"I think that some of the characteristics application reviewers think of when looking at a successful student-athlete are discipline, drive, and, above all, good time-management skills," stated Schiera. "I believe that even if they aren't directly involved or familiar with our sport or college athletics, any employer knows that we as student-athletes make a tremendous time commitment to our sport. Therefore, our academic excellence shows them that we can manage time well and put in the tough hours to study when we are tired after having two practices in a day."

The experience shaped Festa's career aspirations after graduation. "When I first went over there I thought I wanted to be a design engineer," added Festa. "After I came home, I knew I wanted to be a construction engineer. Meeting a lot of their project managers, I thought they were the coolest guys ever. They were

the guys who actually ran the jobs. I wanted to go into construction and be like one of them one day. It completely changed my experience there."

"As part of Mr. Yabroudi's commitment to making this internship a once in a life time experience, we were also brought on a number of cultural and entertainment activities," commented Schiera. "Trips to the Burj Khalifa [the world's tallest building], Ferrari World [amusement park], and a desert safari are just a few of the amazing entertainment experiences I had during my time there. We studied alongside with students from Lebanese American University and I learned so much from them both in engineering and culturally."

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**By Anthony Prisco**  
*Assistant Director of Athletic Communications*

SAVE THE DATE

9.17.16

4TH ANNUAL EVENING AT TEN EYCK

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EVENING AT TEN EYCK  
SATURDAY, SEPTEMBER 17, 2016

---

Racing under the lights!  
Get back in the boat with your old teammates!  
Dinner afterward to bring back all the memories!  
240 people attended last year. Don't get left out!





# ONLY 3 MONTHS REMAIN IN THE 2015-16 ORANGE TEAM CHALLENGE!

While the Orange tackle another year of fierce competition under the leadership of new Director of Athletics Mark Coyle, it is our time to show who we are as former Syracuse University student-athletes and what we stand for. The Orange Club is challenging you, as a former student-athlete, to join in the **Orange Team Challenge**, a contest to support your team! Just give a minimum of \$44 before June 30, 2016 to your former program's head coach's fund. The team with the highest overall participation percentage of former student-athletes will be awarded \$5,000! Make your gift online at [cuse.com/giving](http://cuse.com/giving) or call the Orange Club at **315-443-1419**.

Today, men's cross country remains the frontrunner with a strong lead! Women's basketball continues to hold strong in 2nd place, while men's lacrosse just edged out men's crew for 3rd place by a narrow margin! Women's Rowing is in 9th place

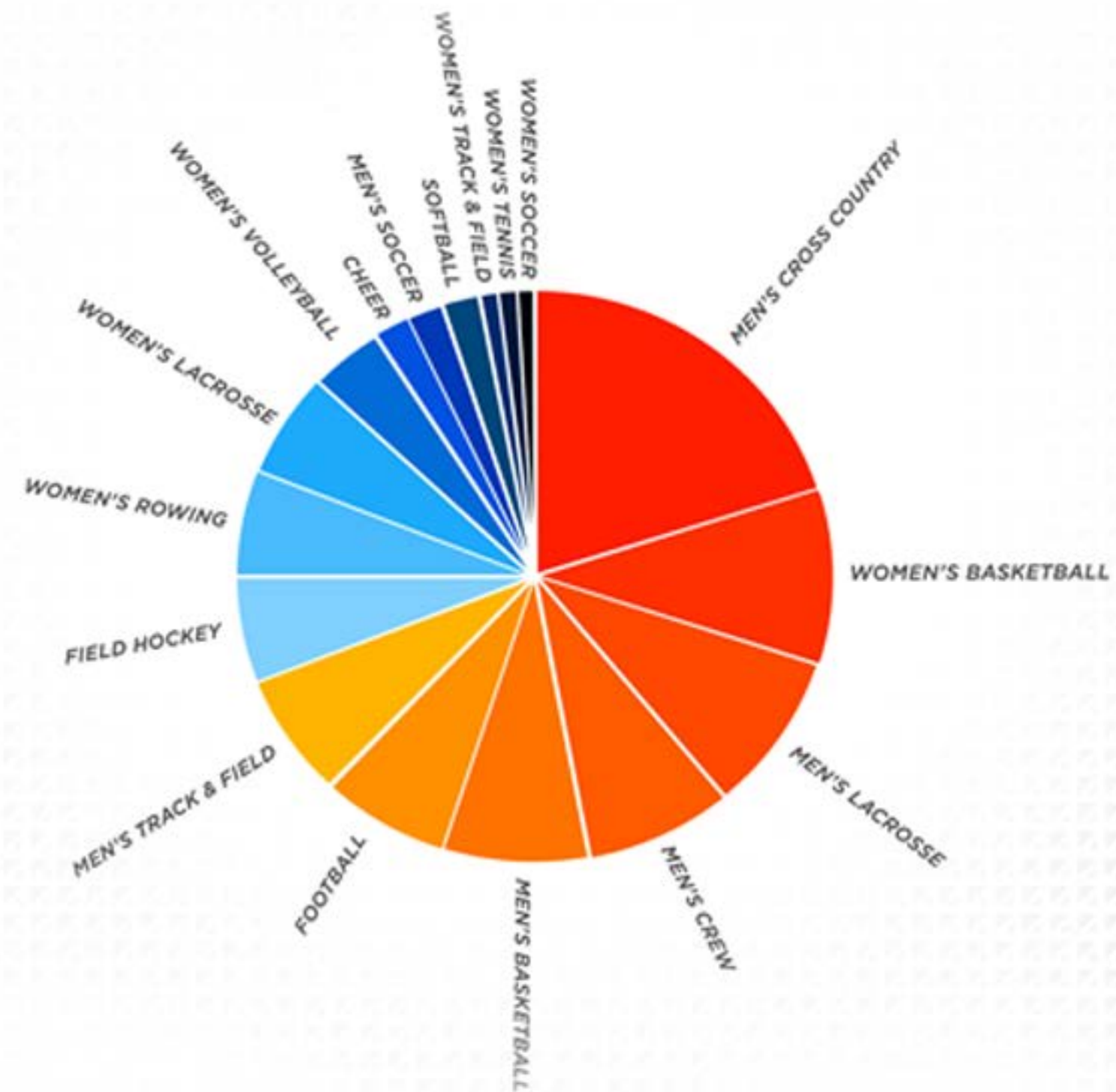
There's still time! Help your team win the Orange Team Challenge by making your gift of \$44 or more today!

"My four years at Syracuse University gave me a great education, life skills and wonderful friendships," says Martha Mogish Rowe '82 Women's Rowing. "It's time to give back to the program and its deserving athletes. Alumni are the foundation of the future."

"This has been a remarkable fall season for SU Athletics; two NCAA national championships – the field hockey and men's cross country teams both brought home the top trophy. The men's soccer squad made the final four and finished the season ranked fourth nationally, while the women's basketball team has been in the top 25 for most of the season. These great results bode well for the Orange and are deserving of your support," says Joe Paduda '80 Men's Crew.

Don't forget gifts made as part of the Orange Team Challenge count for both your 2016-17 Orange Club benefits of membership, and your Varsity Club membership!

## PERCENTAGE OF STUDENT ATHLETES BY SPORT WHO HAVE DONATED





# 2016 SARA MEN'S CREW ENDOWMENT CAMPAIGN

The 2016 racing season will start this year in Chicago against the pesky badgers of Wisconsin. Our annual fundraising season for alumni, parents and friends of Syracuse rowing starts on April 1. Similar to past years, the SARA Men's Crew Endowment campaign will last 2,000 hours with class years pitted against each other. This year's 83 day campaign will 'cross the line' on June 23 at 8am. Last year's campaign raised over \$56,000 with 202 participants from 48 class years. The average donation was over \$280, with several large leadership gifts received.

We have some ambitious goals for this year's campaign of \$100,000 raised with 200 participants from 50 class years. Periodic 'racing' updates will be provided through email and the SARA blog. As the endowment fund grows over time, it will be able to provide an annual cash flow to the rowing program to fund a range of needs including

coaching positions, equipment, away regattas (e.g. Henley or San Diego Crew Classic), and facilities. The SARA Men's Crew Endowment has grown to over \$360,000. Along with Coach Reischman, the SARA board decided at our January Board meeting not to take its allowed annual distribution at this time, but to reinvest to fuel future growth of the Endowment. We have targeted a lofty goal of \$1 million in the next few years. Your continued support will allow us to achieve this goal. The endowment will help solidify the long term strength of the SU Men's crew. The cost of the campaign will be funded by private donations and the SARA operating budget. Expenses for the fund raising campaign will not be from the SARA endowment.

The format of this fundraising campaign will get the competitive juices flowing. Class groups will be pitted against each other with SU racing shirts at stake.

- Racing shirts will be awarded to those class groups' contributors in two categories - those having the greatest number of participants and those generating the most money.
- Any donation that has increase by \$75 or more from last year will receive an SU racing shirt.
- Any donation of \$5,000 or more receives a full size SU oar or mounted SU blade.
- Any one contributing for five or more consecutive years to the Endowment will be inducted into the Onondaga Lake Society and receive an SU racing shirt.

This is a great opportunity to give back to the program that provided some of your best life experiences. We have appointed class year captains, expect to hear from your class captain who can answer any questions. If there are specific questions about the endowment or corporate donor matching, please contact **Joe Kieffer '88** ([jkieffer@email.com](mailto:jkieffer@email.com) / +1 267 228 1341).

# THANK YOU

Thank you for your contribution to the Men's Crew Endowment. The Men's Endowment was established over in the Summer 2010 and has grown to over \$360,000 with over 360 alumni and friends contributing. Thank you again for all of support of Syracuse Men's Rowing and keeping them fast.

Jayon Abbott '01  
Liz Abraham '14\*  
Cecil B. Adams '77  
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Nick Alexander '04\*  
David Altman '99#\*  
Robert Angelucci '57\*  
Stephen Anthony '80#\*  
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Scott Baltazar '89#\*  
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Tom Evancie '78#\*

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 Ken Marfilus '11\*  
 Neita Markee Menke  
 Douglas Markel '98#\*  
 Matt Marsh '97#\*  
 Jennifer Martens P'14  
 Jacob Martens '14  
 Carl Mather '86  
 Andrew Maude '95\*  
 Ruth McArdle  
 William McCusker '67\*  
 Timothy McDermott '85  
 John McGhee '84  
 Michael McHarris '08

James McKay '82\*  
 Richard McNamara '88#\*  
 Jeff Meiselman '84 #  
 Skye Michiels '98 #\*  
 Don Miller '86\*  
 Linda Miller \*  
 Charles Mills '60  
 Robert Miron '59#  
 Arthur H. Mittelstaedt '58  
 Andrew Mogish '78\*  
 Ed Montesi '60  
 Alan More '69#\*  
 Morgan Stanley Dean Witter  
 Foundation#\*  
 Matt Morrow '07\*  
 Brendan Murphy '13\*  
 Charles Murphy '52  
 John Muttly '10\*  
 Patrick Nalbone '67\*  
 John Nicholson '68\*  
 John Ninos  
 Margaret Ninos  
 Michael O'Hara '96  
 James Olson '12\*  
 Richard Olson P'12\*  
 Matt O'Neill '03\*  
 Brian Oppenheimer '74  
 Kirk Ornstein '89  
 Dan O'Shaughnessy '06#\*  
 Brendan O'Sullivan P'15\*  
 Joe Paduda '80#\*  
 Taylor Page '06\*  
 Andrew Papp '78  
 Carl Parlato '65#  
 Lynne Pascale '81\*  
 Ryan Patton '10\*  
 Eugene Perry '50\*  
 Jeff Pesot '90#\*  
 Joey Peter '69#\*  
 Thomas Petnuch '97#\*  
 Whitney Philbrick '89  
 Nick Pickard '13  
 Don Plath '68#\*  
 Andrew Powers '96\*

Jason Premo '98#\*  
 Bob Price '88#\*  
 Tom Prindville '65\*  
 Proctor & Gamble\*  
 Bill Purdy '79#\*  
 Bill Reid '78#  
 James Reilly '85#  
 Dave Reischman#\*  
 Jay Rhodes '89\*  
 Ashton Richards '82 \*  
 Henry Ridgely '71\*  
 IHO Sean Ring  
 Charlie Roberts '61#\*  
 Kyle Rogers '14  
 Steve Rogers '69\*  
 Peter Romano '03\*  
 William Rosbrook  
 Andrew Ross '07\*  
 Thomas M. Rouen '60  
 IMO Thomas M Rouen '60  
 Will Russo '03\*  
 Paul Sanford\*  
 Bill Sanford '63\*  
 IHO Bill Sanford '63  
 Rich Sangillo '98\*  
 IHO of all past SARA Presidents  
 Ken Schmidt '74  
 Bill Schofield '88\*  
 IMO Loren Schoel  
 Phyllis H Schwartz  
 Evan Scott '99#\*  
 Rachael Seabrook  
 James Segaloff '59\*  
 John Sekas '84\*  
 Vince Sera '99\*  
 John Shamlian '79\*#  
 Dr. Peter Sheerin '83\*  
 Edward Shepard '53 #\*  
 IMO Edward Shepard '53  
 Art Sibley '80#\*  
 Matt Sisk \*  
 Richard Skomra '83\*  
 Don Smith '90#\*  
 Kenneth Soltesz '85\*

Michael Sparta '14  
 Tom Sparta P'14\*  
 Mark Sprague '68#\*  
 Justin Stangel '07\*  
 Rob Steen '88  
 Susan Steinberg '90  
 Johnathan Stephanik '01\*  
 Harvey Stratton  
 Josh Stratton '01\*  
 Oswald Street '80#\*  
 Dirk Stribrny '90#\*  
 Dave Swenton '87 #\*  
 Syracuse Alumni Rowing Asso-  
 ciation  
 IHO The 1874 Stewards  
 IMO Bartosz Szczyrba '07\*  
 Jeremy H Tate '99  
 John Thomas '67  
 Richard J Thome '01  
 Julian Thomka-Gazdik '90  
 Tyler Toporowski '13  
 Rick Tremblay '78\*  
 Tremont Street Foundation#\*  
 Danial Turner '11  
 Turner Investment Foundation#  
 Vista Fuels LLC#  
 Mark Vyzas '10\*  
 Kristin Walker Bidwell '90  
 Lt Col Charles Wardwell '40  
 Andrew Washburn '75  
 John Watson  
 Thomas Weigartz '80  
 Barry Weiss '83#\*  
 Ray Went '99\*  
 Clai White '10\*  
 Robert White  
 Robert Whyte '66\*  
 Lawrence Wiener '59#  
 Terence Wilkin '06\*  
 Todd Wilkinson '96\*  
 Bill Willson '70\*  
 Bruce Wilson '66\*  
 Jerry Winkelstein '61#\*  
 Michael Wodchris '84

Continued on Next Page

# has contributed \$1,000 or more to the Sara Endowment \* has contributed more than once

# has contributed \$1,000 or more to the Sara Endowment \* has contributed more than once



Andrew Wright '04  
 Dick Yochum '68\*  
 Pat Young '90\*  
 Jason Zajdel '14  
 Mr. Conrad Zink and  
 Mrs. Lynda del Castillo P '14\*  
 Dennis Zutant '66\*

As of February 29, 2016

## Charitable IRA Rollovers

On December 18, 2015, Congress passed the Protecting Americans From Tax Hikes Act. Included in the bill is a permanent extension of the “Charitable IRA Rollover” gift option. As before, a taxpayer older than 70½ may now make a qualified charitable distribution (QCD) of as much as \$100,000 to charity in 2016 and in future years. Use of the option permits QCDs to be excluded from a taxpayer’s gross income by arranging to pay the QCD directly to charity.

The same restrictions apply as in previous years. The gift must be outright—it cannot be used to fund any life income gift plan or fund or add to a Donor Advised Fund (DAF). While the gift will be free from income tax, it will not generate a charitable income tax deduction. The gift must come from an IRA—no other retirement plans (401k, 403b, or SEP accounts). You have the freedom to support any charitable organization of your choice through this special giving opportunity.

SARA encourages you to consider a Charitable IRA Rollover to benefit SU men’s or women’s rowing, either directly through Syracuse University or the SARA Men’s Crew Endowment within the Central New York Community Foundation. No matter the organization you choose to support, the check from the IRA custodian must be made out to the charitable organization of choice.

Should you have any questions or interest, please contact your advisor and coordinate directly with either the SU Orange Club (April Maw, Assistant Director of Annual Giving and Volunteer Groups, 315443 6194 or aamaw@syr.edu) or the Central New York Community Foundation (Thomas Griffith CAP®, ChFC®, Director of Gift Planning, 3154229538 or tgriffith@cnycf.org).



## 2016 MEN’S CREW ENDOWMENT CAMPAIGN

*April 1, 2016 – June 23, 2016*

*2,000 hours – 83 Days*

As an added incentive to contribute to this year’s Men’s Crew Endowment campaign, we are offering a selection of Syracuse Crew shirts for the winning class year in two categories 1) number of participants and 2) total dollar raised. Also, anyone contributing for 5 or more consecutive years (Onondaga Lake Society) gets a shirt or if you increased your donation by \$75 from the previous year.



# has contributed \$1,000 or more to the Sara Endowment \* has contributed more than once



# WELCOME TO THE ONONDAGA LAKE SOCIETY

The Onondaga Lake Society recognizes your generous philanthropic contributions for 5 consecutive years to the SARA Men's Crew Endowment. Your annual support drives the growth of a strategic, longterm resource to benefit rowing at Syracuse. Thank you for promoting the pursuit of excellence through your giving!

DAVID ALTMAN	CHARLES W. GIBSON	PATRICK J J. NALBONE
STEPHEN C. ANTHONY	NATHAN GRAFF	JOHN NICHOLSON
SCOTT BALTAZAR	DANIEL T. HANAVAN	DANIEL G. O'SHAUGHNESSY
MICHAEL W. BECK	JEFFREY W. HARRIMAN	JOSEPH PADUDA
JAMES BETTINI	JOEL HARRISON	RYAN PATTON
JAMES V. BREUER	ROBERT HEINSTEIN	JOSEPH E. PETER
TYSON BRY	PETER HENRIQUES	THOMAS PETNUCH
JOSEPH J. BUFANO	GERARD S. HENWOOD	DONALD E. PLATH
MICHAEL CELLUCCI	ANDREW G. HOBBS	JASON PREMO
GRAFTON "CHIP" CHASE	ADLAI A. HURT	DAVID REISCHMAN
JOHN COMBS	KENNETH R. HUTTON	CHARLES B. ROBERTS
ROBERT M. CURRAN	EDWARD F. KAKAS	VINCENT J. SERA
JOHN J. CURTIN	JOSH G. KAPLAN	ARTHUR SIBLEY
THOMAS W. DARLING	JOSEPH KIEFFER	RICHARD C. TREMBLAY
PARIS DASKALAKIS	RICHARD T. KORTRIGHT	MARK J. VYZAS
PATRICK DAUGHTON	MATTHEW D. KOSBOTH	BARRY S. WEISS
PAUL DUDZICK	PETER C. KRUSE	RICHARD C. YOCHUM
HUGH DUFFY	GARY P. MACLACHLAN	
DALE L. ELLIS	ALAN C. MORE	



## SARA EXCLUSIVE SYRACUSE ROWING BLANKET

Our heirloom-quality blankets are of exceptional quality and weight, proudly manufactured in the United States with Soft Natural Cotton. We then add up to five additional colors to reproduce the design. Our blanket is a substantial 50x60 inches with a self-border (no bulky edges) and they are Machine Washable.

Having seen and touched this blanket, it is a REALLY nice blanket - well worth the investment. A must for anyone who pulled an oar or steered a boat. This blanket will be offered once or twice per year, depending upon demand. Order now for graduation or the holiday seasons. Proceeds help support SARA.



PRICE \$135 + shipping

**On-line store open until Monday, April 11**

**Click here to Place Order -->**

[www.custommadecomfort.com/syracuse-rowing/syracuse-rowing-blanket](http://www.custommadecomfort.com/syracuse-rowing/syracuse-rowing-blanket)



OUT TO MAKE SYRACUSE A BIG NAME

# DOWN UNDER



The December issue of the Orange Oar ([https://issuu.com/sararowing/docs/oo\\_volume\\_xvi\\_no\\_3\\_december\\_2015](https://issuu.com/sararowing/docs/oo_volume_xvi_no_3_december_2015)) highlighted the international recruiting efforts of the men's and women's rowing teams. At the time, men's assistant coach Justin Stangel '07 said, "I left with one kid very interested in coming to Syracuse."

Well, faster than you can say, international dateline, Alex Douglas' paperwork cleared, and he flew in from Australia to meet the team in Palm Coast, Florida for the annual training trip. And there Stangel was able to welcome the first arrival from a literal recruiting drive of over 300 miles in Australia and almost 280 miles in New Zealand to meet with coaches and prospective athletes.

"He was a kid who had the drive and determination to go out and achieve his goals," Stangel said. "Those are two qualities that we are always looking for in recruits."

Listed as a 6' 6" freshman, Douglas spent one year at an Australian university before deciding to come to the U.S.

"I had considered coming to America in high school,

but then I decided not to," Douglas said. "When I was at uni in Australia, I knew I had passed up a huge opportunity, so I decided to email some of the coaches I had spoken to in high school and see what I could do."

The conversation with Stangel proved to be unique. "I spoke to a lot of schools, but talking to Justin, I felt like they really cared about me and what I could do for the team," Douglas said. "The other coaches all said I could come, but I would just be another cog in the machine."

Douglas has brought a resumé and a desire to have more of an impact. Having rowed for Mercantile Rowing Club on Boathouse Drive in Melbourne, his achievements included a gold medal at the 2013 Australian National Championships in the U19 men's 8+ and a second place finish at the 2014 event in the U19 men's 4+.

He wants to add another name to the list of American universities that folks at his club know off the top of their head.

"I knew about all those big names like Cal and UW, but I thought, what if I could be a part of something that



## HOW CAN YOU DONATE FREQUENT FLYER MILES?

To donate frequent flyer miles to Syracuse rowing to help the coaches find athletes who are difference makers, please follow these simple instructions:

### MEN:

1. Email SARA President Joe Paduda at: [jpaduda@healthstrategyassoc.com](mailto:jpaduda@healthstrategyassoc.com)
2. Indicate the number of miles and airline(s) you have available.
3. When the coaches need to make a trip, the coach calls Joe, who identifies the donor from his list and the coach contacts the donor. The donor will book the trip.

### WOMEN:

1. Email Coach Justin Moore at [jmoore06@syr.edu](mailto:jmoore06@syr.edu) to start a similar process.

not everyone knows of and make it something everyone knows of? I want kids at home to think of men's rowing and think, Cal, UW and Syracuse."

"I want to go back home and hear Syracuse as a big American rowing team and know I was a part of that."

Coming to Syracuse, Douglas has upped his land training in these past few months, and his erg numbers are changing with the increase in land hours.

"Yeah, we are always on the erg, which is so different than home. I mean, we get on the erg there. But we can be on the water more, so we are. Just spending time with that machine has increased my fitness,"

Talking about a recent fast 2k erg piece preceded by two 3ks, Douglas said: "I want it to be normal to pull those paces. I'm just working hard here at Syracuse and it's paying off in the numbers I'm pulling."

Douglas has felt the intensity of the team mentality at Syracuse. "I've realized that I can go far in this sport in the past year, and working with these guys, who immediately accepted me, it's given me a fire," he said. "I mean, if you're in a room pulling the last few meters of a test in Flanagan, you know-you know-you're a part of something bigger."

Stangel has noticed Douglas' smooth transition onto the team. "He fits in well with the guys and has shown hard work so far this winter," Stangel said. "We are excited

to see how he fits in now that we are going to be back on the water full time."

Douglas is not the only international first year oarsman on the men's team. Freshman Nick Tavares represented Canada in two World Rowing Junior Championships before coming to row on Onondaga Lake.

And Stangel is hopeful there are more internationals like Douglas and Tavares ready to come to Central New York. "Having gone down to Melbourne to meet Alex and his coach, it just opens another connection that we can recruit through on top of what we have already built," Stangel said. "It is work that is definitely worth the reward as we find talented and driven student-athletes."

Stangel is planning a return trip Down Under soon. His last trip was made possible by the donation of frequent flyer miles by Nate Graff '96, Peter Henriques '80, Jamie Hubbell '09, Andrew Cooley '05 and Duane Hickling '70 have also stepped forward to donate miles.

The more miles that are donated, the more chances Stangel has to meet athletes like Douglas and Tavares face-to-face and let them know they will be more than just cogs in the machine.

By Jay Rhodes '89 and Carolina Ratcliff '18

# NEWS OF OUR ALUMNI BACKSPASH



## Charlie Mills '60

Just got back from visiting Dave, Justin and the men's and women's crews at their winter training facility at Palm Coast, FL. I just moved to Venice, FL and it was only a 3 hr. drive over to the east coast. Having just retired and now having time, I wanted to lend my support to the team by watching the PM practice which was beautiful but cold.

Had a great dinner with the crews and then dessert with the coaches at the local watering hole. Cherry coke (on the rocks) seemed to be the drink of choice for a couple the participants. We then

watched the Alabama/Clemson game but nobody could make it to, let alone past, halftime.

I spent the night at a nearby Marriott and arose ready to hit the water with Dave (in the launch) but my wussiness kicked in and I opted out since it was barely 40 degrees and my winter clothes haven't come down from VA yet.

I had a great time meeting "the troops", as Coach Schoel would say, and watching their practice where Coach Dave was stressing technique. The Varsity boat I watched had two freshman in it.

It really took me back and I wanted to try my hand at it again but kept that thought to myself. I do erg 3x week, however.

Just passed the US Safe Boating course so I will be able to drive the launches at the Nathan Benderson rowing facility here in Sarasota. Olympic trials here in April. Supposed to be very busy for the next two mos. with all kinds of regattas and meets.

Have applied to US Rowing to start the renewal process for my Referees License.

I hope I will be able to start this summer.

In case anyone is in the area or is coming down, my number is 703-439-7087. Email: cmills4687@aol.com. Please let me know as I am getting to know the golf courses and always looking for an excuse to play.



## Jennifer Sacheck Ward '94 Chris Ward '92

Jennifer Sacheck Ward '94 and Chris Ward '92 of Concord, MA, just welcomed their third child, Brayden Christopher Ward, on February 3, 2016.



## Kristin Hammill '02

Attached is a photo from my wedding with former rowers Lena Wang '99 (left), me, Kristin Hammill '02, and Odette Edbrooke '02 (right).

I married Joshua Page (Colgate, '03, not a rower) on November 14, 2015 at Sky Armory in Syracuse! We live in Bronx, NY ( I work in Manhattan and he works in CT)



## Isaac Budmen '12

To say Isaac Budmen '12 is knowledgeable about 3D printing would be an understatement. According to a Syracuse New Times feature, Budmen and SU professor of digital culture Anthony Rotolo, wrote and published The Book on 3D Printing in August 2013. Then he

"scanned the Holden Observatory at SU, with the help of friend Arland Whitfield, by using a camera attached to a drone." He calls the resulting process Dronography. What's a Bustie? "A timeless 3D version of yourself that you can hold in the palm of your hand. Made from a high resolution 3D scan of your head and shoulders and 3D printed in beautiful plastic."

Read about Dronography, Busties and more at <http://teambudmen.com>



## Drew & Lee Harrison '68

Here is a picture of Drew and Lee Harrison '68 visiting Gordon Hull '83 at the Heidrun Meadery in Point Reyes Station CA, where Gordon is the owner and mead maker. Gordon was an excellent rower and now he is an excellent mead maker. Missing from the picture is Dick Yochum '68 and his partner Mary Ann who were part of our ice cream and wine tasting tour around the Sonoma and Napa valleys.

## Larry Laszlo

I will become a grandfather in April. Judy is expecting a girl. Our 1st grandchild.

## Talia Horner '14

Talia Horner '14 reports: I just started working for BioLite, a company that designs and creates cooking stoves, lights, and energy products for use while camping and/or doing other outdoor activities. All of BioLite's products run on sustainable, clean energy sources such as solar and thermoelectric. They also provide cooking stoves for homes rural India and Africa that eliminate the production of hazardous smog while cooking. I am working as part of their marketing team as a visual designer, and so far it has been really incredible working for such an innovative, adventurous company!



## Ryan Armstrong '08

Ryan Armstrong '08 and Laura Armstrong '08 of Princeton, NJ, welcomed the arrival of their second child, Olivia Marie Armstrong, on January 8, 2016

**SEND US YOUR NEWS!  
WE WOULD LOVE TO HEAR FROM YOU.**



# “SO VERY EFFECTIVE, WITHOUT DISRUPTING ANYTHING OR ANYONE AROUND HER.”



## LAST 10

BY JAY RHODES '89

In preparation for January's SARA annual meeting, SARA president Joe Paduda '80 shared the list of accomplishments of his predecessor, Lynne Pascale '81, G '11, and I realized the list reflected the influence of her chosen professions. And the fact that Joe was really the one to bring them into sharper focus for me spoke to Lynne's personality.

“Lynne is like a wakeless launch,” said SARA Director Jason Premo '98. “So very effective, without disrupting anything or anyone around her.”

It was a smooth transition from Joe Kieffer '88 to Lynne,

and Joe Paduda highlighted the fact the path stretched back even further.

“As the second woman to lead SARA, Lynne has built on the legacy started by Tracy Brown,” Paduda said. “Lynne's dedication to Syracuse rowing spans four decades, and it's been great to work with her to make sure the Syracuse rowing program is getting the support it deserves.”

Lynne was on the first intercollegiate women's rowing team at Syracuse, and as she told the Orange Oar at the start of her term, the memories were still fresh. “It had been a club sport up until that time. It was Mark Lyvers' first year coaching, and there were no scholarship athletes; everyone was a walkon. The varsity boat was a fiberglass sectional called the Orange Crush, and everyone else rowed in wooden boats.”

So it is appropriate that women's involvement and young-alumni involvement in SARA increased during Lynne's tenure. Four of the key positions in the new board structure of SARA are held by women, primarily young women.

By day, Lynne is the Director of Development of the Onondaga Historical Association, so it should be no surprise that she is passionate about the history of Onondaga Lake and Syracuse Crew's role in that history. Nor should it be a mystery that fundraising took major steps forward, including a concerted effort to enhance SARA's reach in terms of making contact with alumni who might have lost touch with the program.

Growth in fundraising efforts has meant that, in the new SARA structure, Director Adlai Hurt '04 will be offering guidance and assistance to the Endowment and coaches' funds. Lynne prioritized social media, and they have grown to the point that 10 people comprise Director Rebecca Soja '14's communications team.

Leading sometimes involves simply steering people's passion and then stepping out of the way. With the Syracuse Rowing Hall of Fame, Lynne supported Jason Premo as he created a program that inducts honorees annually at the Evening at Ten Eyck, including the aforementioned rower and coach, Mark Lyvers '75. Speaking of the Evening at Ten Eyck, when I arrived at the 2015 event, Lynne was one of the first people I met; she was out front making sure the finishing touches were all in place and greeting alumni.

It is through my personal dealings with Lynne that I have seen her traits as a former teacher. She noticed not just that the Orange Oar staff has grown, but the way it has grown.

Technology means that it is easier than ever before to be the editor of a publication about Syracuse University from the San Francisco Bay Area. Still, there is no substitute for feet on the ground, so we were pleased when Holly Johnston '15 became our undergraduate correspondent. We were even more pleased when Holly groomed Carolina Ratcliff '18 to take her place, and we were thrilled when Holly agreed to become deputy editor after graduating and becoming Head of Digital at the Worth Group in New York City.

Lynne noticed the progression right away and summed it up with one word that describes what she sees as SARA's role for young alumni: a place where more experienced alumni mentor younger ones.

Lynne, I know I speak for all the members of SARA when I say, thank you for what you have done for Syracuse rowing.

# IN MEMORIAM

Stuart A. Treat '84, passed away at age 54 in Acton, Mass. ObitforLife.com reported that he passed away in the arms of his family on Feb. 4, 2016 a year after being diagnosed with kidney cancer. He was the devoted husband to, and beloved husband of Christine Brey Treat for 25 years. He leaves his cherished sons Douglas and Richard Treat both of Acton as well as his best friend Pepper.

## STUART A. TREAT '84

Graduate of Buckingham Browne & Nichols School Class of '80 and Syracuse University class of '84. Long time sales Exec for the Shipping Logistics Industry. Donations may be made to the Wounded Warrior Project, P.O. Box 758517, Topeka, KS 66675. Memorial page [www.actonfuneralhome.com](http://www.actonfuneralhome.com)

Tony Johnson '62 and Gary Gardner '62 report: Our friend Frank Benson passed away Feb 8. This was the end of a long struggle for Frank who was diagnosed with amyloidosis two and a half years ago. Frank's wife Joni and their two children Mark and Holly were with him when he passed.

## FRANK BENSON '62

**His memorial service will be held at the Potomac Boat Club on April 9 to be close to the Potomac River that was so much a part of Frank's life.** A shell dedication was held at Georgetown University Feb 20 for two new pairs, one named for Tony and one for Frank. Joni and the children were thrilled.

**SYRACUSE ALUMNI ROWING ASSOCIATION, INC.**  
P.O. BOX 7202  
SYRACUSE, NY 13261  
RETURN SERVICE REQUESTED

# ORANGE OAR



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Syracuse Alumni/ae  
Rowing Association



Syracuse Row-O-Rama

### SARA MEN'S ROWING ENDOWMENT

Donation can be sent to:  
Central New York Community Foundation  
Memo line: SARA Endowment  
431 East Fayette Street, Suite 100  
Syracuse, NY 13202

Or donate via credit card or PayPal to: [www.cnycf.org/sara](http://www.cnycf.org/sara)  
All donations to the SARA Endowment are tax deductible

Checks for other men's team donations should be made payable to "Syracuse University." In the "memo" line of your check, please indicate: **Men's Crew Head Coach's Fund.**

### WOMEN'S ROWING HEAD COACH'S FUND

Donation can be sent to:  
Donations to the women's team, including the Kris Sanford Equipment fund, should be made payable to "**Syracuse University.**" In the "memo" line of your check, please indicate: **Women's Crew Head Coach's Fund.**