



Sit ready...Ready all...

- Women Race Ranked Opponents, Look to Move Up
- Men Battle Top Crews In San Diego and at Home
- SARA Goes Worldwide with Live Race Coverage
- Bob D Makes History and gets recognition at last

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The Orange Oar

The Stars Align: Men and Women Race at Home, Alumni Gather to Honor SU's Gold Medal Winner



V8 Rower Rachael Ogundiran gets advice and an autographed poster from Anna

The sun was out and the temperature was in the 50s, but the wind was kicking up on Onondaga Lake as Syracuse, Dartmouth and Radcliffe lined up on the stake boats for the first of eleven races, the women's Varsity Eights. The SU men, Cornell and Navy varsity eights were warming up for their turn next.

1,500 meters or so ahead, several hundred alums, friends, family and rowing fans waited on the biggest day at the SU boathouse this season. When it was over, the SU crews has won some and lost some on the water. But everyone agreed, the sport of rowing at SU wound up a big winner all around.

The stories of the men's and women's races are on this page and page 3. Here is the story of the gathering to support the teams and to honor Anna Goodale '05, as an Olympic Gold Medal Winner and the first inductee into the Syracuse Rowing Hall of Fame, as told by three-time Olympian Tom Darling '81.

SARA supplied a suite at the Sheraton University for Anna with the help of Lisa Moore at the SU Development Office. Anna shared the suite (See *Stars Align*—Page 9)

Goes Cup: SU Men Strong; Big Red Stronger

The story is that not long before Cornell headed up the road to Syracuse, the big Red Third Varsity took it to the first boat in practice one day. There was no meeting of the V8; nothing formal was said. But everybody in the first boat heard the alarm clock ring. And when Cornell, Syracuse and Navy took off on Saturday morning April 18, the results were evident.

The Big Red bolted out to the lead off the start with the Orange in pursuit, and Navy trailing. "We were aggressive," bowman and Cornell Commodore Jason Malumed said later. "We felt we had it going." The ninth-ranked Big Red held off the tenth-ranked Orange by a length, to break SU's three-year hold on the Goes Cup and bring it back to Ithaca for the first time since 2002. "We were aware of not having won it in awhile," Malumed said. "That was extra incentive for us."

SU Coach Dave Reischman had warned before the season that Cornell would be fast and he repeated that warning in the week leading up to the race. He said it once again when it was over. "They nailed it off the start rowing only about 41 strokes per minute but had good length and surge."

(See *SU Men*—Page 7)

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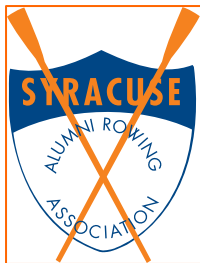
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LETTER FROM THE PRESIDENT



Dear Friends,

I am writing this letter on the heels of a very special weekend for our programs. In the midst of an exciting weekend of racing, we celebrated Anna Goodale for her accomplishments in Beijing and her contributions to Syracuse rowing. I got to hold an Olympic Gold Medal - and its thanks to one of our very own! To be able to hold the culmination of someone's dream in your hand - how do you describe that?? I won't try, but it was pretty cool.



I know full well that a good portion of this edition will be an Anna Goodale love-fest, so excuse me while I pile on. Its important for us alumni to stop and reflect on what has happened here and what it means. This is one of US reaching the pinnacle of our sport. What she did - it started here. We all know what it takes to do well in our sport.

We've all sacrificed, we've all struggled to some degree. Now imagine what it takes to be the BEST. Anna did that. I want to thank her for all that she means to the program, and for being a glowing reminder to all of us of the potential and greatness in our programs.

I don't have much else to say this time around. We are in the heart of racing season, so surely there's nothing I can do to further pique your interests. I will simply, as always, encourage you to take that extra step to support our programs. Listen in on our racing broadcasts, come out when a race is in your town (do you hear me, Boston?), find little ways to make a difference for our programs and rowers. In so doing, we can each take a little bit of ownership in their successes.

Go Orange!!!
Jason

jpremo@hotmail.com

Orange Women—Battling the Best, Building Strength and Depth

The Orange women have made it a habit to take on top crews this season with the thought being that you have to row against the best to get to their level. It has resulted in some losses but SU has never looked as if it didn't belong.

SU stayed in contact with 15th ranked (US Rowing) Radcliffe and Number 21 Dartmouth for much of the Varsity Eight race for the O'Leary Cup, April 18, before falling off. The 2V also gave the Black and White and the Big Green a fight.



V8 Battles Past Boathouse vs. Dartmouth, Radcliffe

Head Coach Kris Sanford was not satisfied. "I think the varsity was off of their mark," she told The Orange Oar after practice the following Tuesday. "They settled high and never quite found their rhythm. The boat never had any opportunity to do any of the work for them because it was so frantic out of bow. I know we are faster than the results of that race but the bottom line is you have to be able to put it together on race day. This week, we are emphasizing the settle and finding that great, powerful rhythm that we all know we have."

SU's freshman class made a statement that Saturday morning. Coach Sanford moved what had been the stern four in the Novice Eight up to become the Varsity Four and they proceeded to knock off what had been a 4th-seeded (EAWRC) Radcliffe Crew and 8th-seeded Dartmouth.

You might think that would have seriously weakened the Novice Eight. If so, you'd be mistaken. The 5th-seeded SU women rowed past Number four Radcliffe and Number six Dartmouth to victory. "That's quite a job of coaching," a reporter suggested to Assistant Coach Alicea Kochis. "They're quite a group of athletes," Coach Kochis demurred.

"We have a very strong freshmen class and that looks great for the future." Sanford said. "There are no superstars – they all are just very solid, work REALLY hard, and love to race. As we begin to bring some of them into the upper varsity boats, I believe it will give us an additional spark that may allow us to move to the next level."

(See Women—Page 8)



Varsity Four passes Radcliffe with 500m to Go

SU WOMEN'S ROWING CALENDAR 2009

Sunday, April 26	Big East Championships	Camden, NJ
Sunday, May 17	Eastern Sprints	Camden, NJ
Friday, May 29	NCAA Championship	TBD

Five Questions for Senior Leaders

The SU Women's team does not have captains for this season. Head Coach Kris Sanford says "the senior class has unofficially taken on that role." Jess Tacinelli, of St. Catherine's, Ontario, is one of those seniors. She worked her way up to the varsity eight as a junior and has been rowing in the bow of the V8 this season. She answered our questions after the win over Penn and Northeastern, April 11.



OA: What are the team's expectations this season and what is the basis of those expectations?

JT: I'm proud to say that this team has set its expectations high. Our ultimate goal has been to get ourselves to the NCAA's and every week is a stepping stone towards that. Kris always says we have to race the best to be the best and that is ultimately what our racing schedule sets us up for. We race tough crews every week and every week it's never enough to just sit on the improvements of the week before. Getting to NCAA's is a huge task, and everyone on our team knows this. We need to do very well at Big East and Eastern Sprints and that is what we are working towards.

OA: How tough is this sport?

JT: I do not even think words can begin to describe how tough this sport is. It is very physically draining but it is also extremely mentally/emotionally draining. Every week our team pushes itself to the limits in all aspects. Our workouts are very tough and usually getting into the first 20 minutes of practice you begin to think "... how am I going to get through this?" but you do and you get better. We know that everything we do is for a reason and that it is going to make us faster. We do six water practices a week, two weight training sessions, two runs, and then I know the girls do all kinds of other extra workouts on top of that; it's a full time job for sure. I know that a lot of us spend a lot of time just thinking about rowing and what we need to be doing to be successful; it even goes so far as to studying the row2k website and analyzing results. We psych ourselves up by saying, "this crew beat this crew, so therefore, we will be this close to them" and making a win seem attainable on paper.

Once you get to the line though, it's all up to who has the biggest heart and the most guts on that day. There is no other feeling quite like racing.

OA: What does it mean to you to represent SU?

JT: I'm very proud to represent SU. We are a team that has to work extremely hard for our successes; with us, every win is something we put every single thing we have in to and I'm proud to be a part of that.

OA: Coach Sanford says this is the deepest team in years. What does that mean in terms of potential success?

JT: I completely agree that this is by far the deepest in talent that this team has been since I've been here. Everyone really has risen to the challenge of going to NCAA's and has worked their hardest all year long to get there. To get to the NCAA's this year we don't just need one 8 of extremely fast rowers, we need two 8's and a 4, and honestly, everyone on this team is in contention for those top boats. There's no real drop off and that is what is so great about our team, everyone is pushing each other to get faster so that someone else doesn't take their seat. During practices it's not like it's always a given that the varsity 8 is going to beat the JV 8 all the time every day. The JV 8 has done its fair share of beating up on the varsity but I think it's great; it keeps people honest and doesn't allow for complacency.

All in all, I am very excited about the potential that we have this year. We had a solid winter training and saw very good numbers on the erg. We've made leaps and bounds this spring season so far since our spring training trip, and I can only see us continuing that trend.

OA: How have you seen the squad progress in your time here?

JT: Well..... This team has definitely been a work in progress since the first year I got here. I could talk logistics about boats and times and wins and losses, but ultimately the progress that we have made, most notably this past year, is in the cohesiveness of our team. For my first three years here at Syracuse there has been a bit of a disconnect between people; between boats, between classes, between fastest and slowest etc... People just generally had very different views for everything and that makes it very difficult to be successful. This year everyone kind of just said, "let's all work hard, we're going to do this together, and it will all fall in to place" and that's exactly what has happened. People have been focusing on themselves and what they can do to make the team better and that's ultimately what has lead to our depth. I'm extremely happy to be on this team this year, all of the girls are amazing; I love them and respect them completely. No matter what happens at the end of this season, I will be extremely happy with the effort we have all put in to this year..... but let's go out and win it :)

Head Coach Dave Reischman has said that Senior Captain Martin Etem "is driving the bus" for this year's SU men's crew. Etem is a Californian who has been a key member of the varsity eight since he was a sophomore. He answered our questions just as the season was getting underway.



OA: What are the team's expectations this season and what is the basis of those expectations?

ME: My expectations are simply to compete with every opponent and with ourselves. I believe having this competition and hard work as a team will produce great attitudes amongst the oarsmen but it will also produce fast boats. So in that regard, my expectations are for our team to continuously be the fastest that we can be and compete and beat any crew who joins us at that starting line. We can't be satisfied, we must always get faster/better.

OA: How tough is this sport?

ME: This sport is mentally and physically tough, maybe the hardest I've ever participated in. The combination of both strains the body and mind. Always! But it can be a beautiful thing when the power and rhythm is in sync.

OA. What does it mean to you to represent SU?

ME: I take great pride in being a Syracuse oarsman. There is a great tradition here. Dave has given me the blessing of having a great college education and to compete for Syracuse University. And I have come to realize how important and valuable my time at Syracuse has been. It is very special to me.

OA: You've described this as a "season of belief." What do you mean?

ME: I learned that you have to believe in yourself and your boats'/teams' abilities to succeed and to compete/beat the great crews around the country. I have learned you have to come to that line confident in your team's abilities and fitness to win. You can't count yourself out against anyone. If you don't believe in that you won't win. And I believe in this team.

OA: Coach Reischman jump-started the men's program with his Class of '07. You have been a key man, a leader and top oarsman in the next wave, which the coach says needs to involve members of every class. Where do you think we stand now in having continuity and consistency of excellence and competitiveness?

ME: I think we are in a great place and we are in a position to do some very special things over the course of this season. We have been training hard, every day with a new energy, I really wanted to have lively practices. I want people to yell, be energetic, and have that create better practices and better splits. We have talented oarsmen on every class, I want them to realize that with their abilities, with a hard work ethic, and with believing that they are as good as top crews we can continue to have a team of excellence and competitiveness.

SARA COVERAGE OF ORANGE RACING GOES LIVE AND GLOBAL

Joe Kieffer '88 had an idea and **Colin Goodale '90** had a few cell phones and some duct tape and the next thing you knew, SU rowing reports were being heard live around the world. It started April 11 as the women took on Penn and Northeastern in the Orange Challenge Cup race. For a decade or so, a reporter (most often **Coach Bill Sanford '63**) out on the course has been describing the action over a cell phone to veteran broadcaster **John Nicholson '68** at the boathouse. Nicholson in turn has repeated and embellished the reports over the public address system so the waiting crowd could follow the races before the crew came into view. But you still had to be there.

This spring, Kieffer heard about a service where you can phonecast/webcast audio and anybody who wants to can call in or log on and listen – free of charge. The original thought was just to call in with results after each race but Goodale and Nicholson had bigger ambitions and soon low tech met high tech, as Goodale strapped a cell phone onto the PA microphone with duct tape – turned it on – and, voila! All six races (four won by SU) were out there live. Bill Sanford called in the conditions, positions, stroke rates and more. Nicholson added the lineups for all crews with the help of SU Athletics' Josh Waldman. There were even live interviews with Head Coach Kris Sanford and V8 stroke Liz Henwood.

With only a day's notice, Kieffer reported that about 120 people listened in at one time or another and plans were made quickly to expand things for the Goes Cup and O'Leary Cup races the following Saturday at home, with the coaches from Cornell, Navy, Radcliffe and Dartmouth invited to have their supporters get aboard by phone or computer.//

An unofficial count shows 225 dialed in or logged on that next Saturday, as Bill Sanford relayed the men's races to Nicholson at the boathouse, and alumna coxswain **Erin Cunningham '07** handled the reporting for the women's races. Goodale stood by at the finish line for some live reporting, and while there were still kinks to be worked out it was deemed a good start.

Live coverage included interviews with SU freshman Naomi Carlson from the winning V4, whose dad, Reed told us he had calls from home in Alaska where people were listening. Olympian **Anna Goodale**, SU alum and Cambridge Oarsman **Justin Stangel '07** also came to the microphone/cell phone for interviews, as did Cornell's Commodore Jason Malumed and winning Radcliffe Coach Liz O'Leary.

SARA will do it again on Sunday, May 17 – as the men compete for the Packard Cup against Dartmouth. To listen in:

Via Phone / Conference Line :

(309) 946-5300 195587# - you can bypass announcing your name by pressing #

Via Internet: http://secure.stretchinternet.com/demo/games.php?user=syracuse&o=cal_stamp&sd=today



Liz Henwood talks with John Nicholson '68, after win over Penn and Northeastern

SU Men (From Page One)

“Syracuse is a very good crew,” Cornell’s Malumed said. He said he expects to see SU again at the Eastern Sprints and the IRA. “And we expect another tough fight.”

“You hate to give up a trophy to anyone but these Cornell guys are a class crew, Reischman said. “I am sure we will see them again.”

Syracuse’s JV eight had the best Orange men’s showing of the day, winning its race over Cornell and Navy.

Cornell’s frosh took what looks to be a strong SU freshman boat, competing for real for the first time this season. The Big Red crossed the finish line about a length ahead with Navy trailing.



Varsity Eight fighting after the Big Red

And the Big Red Third Varsity showed why it had awakened the V8, beating SU and Navy by so much open water it would have been called “easily” at Henley. SU, dealing with some illness and last-minute substitutions in the 3V still managed to take second over the Midshipmen.



Cornell leads Syracuse (right lane) and Navy (center) under Longbranch Bridge

San Diego Classic

Syracuse’s varsity eight battled with “the big boys” again in San Diego and again wound up as winners of the petite finals. SU drew the less-than-speedy lane four in the opening heat, but as the on-line announcer said, “never went away.” Washington won the Saturday heat, as SU kept in contact with Harvard and Brown to the end, but finished short of the third and final spot in the grand final.

SU won the petites on Sunday by about a length over Yale. Cal edged Washington and Harvard in the grand final. “The guys were crushed to be in the petite final but I think being a length off the likely #2 and #3 ranked teams in our league isn’t a bad place to start the season all things considered,” Reischman said in an email after the weekend.

Tough Tests Ahead

SU travels to Boston next to race sixth-ranked Columbia and Number 12 Boston University, April 25. Then it’s the Eastern Sprints May 10 before coming home to face rapidly improving Number 18 Dartmouth May 17.

Women (from page three)

Earlier competition –

SU looked strong the previous Saturday, with the Varsity Eight winning the Orange Challenge Cup at home over Penn and Northeastern, and the Novice Eight and Four also coming across the line first.

SU had opened the season at home against top-ranked Yale and while the Eli won by a couple of lengths of open water in the V8, SU in turn led Cornell across the line by a length or so open. Yale won all five races it was in.

The Big East would be next with SU trying to break Notre Dame's recent hold on the title.

SU's V8 held at the seven-seed in the EAWRC poll April 21. The V4 jumped from 11 to four and the novice eight from five to four.



V8 Leads Penn, Northeastern in Home Victory April 11

SAVING THE BELL - A TEAM DAD RESTORES A BIT OF SU HISTORY

The bell hasn't tolled yet but it certainly has been spiffed up and is back on display at the SU boathouse thanks to Mike Lynch, the father of SU rower Katie Lynch.



Lynch Hard at Work

Origins of the bell are a bit unclear but Coach Bill Sanford says his predecessor, Loren Schoel told him it was part of the building and dedication of the boathouse in 1937. It never was used while "The Bear" was coach. During the Sanford Era, "the rowers, I think, cleaned it up and painted it silver with the platform being blue and orange," Sanford told *the Orange Oar*. "Some years the bell was used more than others."

Its most notorious use was in the late '80s during a Goes Cup race. Navy, it seems had taken to blowing whistles to distract the Syracuse and Cornell crews the year before. Sanford says the SU managers carried the bell down under the Thruway bridge and waited. "When the bell was rung, it propelled Syracuse forward as they knew it was coming. Navy didn't know it was coming and they were propelled upwards, (they jumped) and it broke their swing."

Later that year, Navy's coach asked that the bell be banished. Instead the coaches banned whistle blowing, but the bell has not been used as a distraction since.

Which brings us back to Mike Lynch. After the bell was found once again in disrepair, he volunteered to take his tools to it. He cleaned it up and painted it an orange block S on a background of blue. It was on display in front of the boathouse during the April 18 races.

Mike's daughter Katie is back rowing after an injury redshirt last season and has moved into the V8 with another year to go. It would seem only fitting that the bell might be rung to celebrate a victory by her crew.



Bill Purdy, Art Sibley, Mike Lynch, Gerry Henwood

Stars Align (From Page One)

with her mother Martha Derbyshire, Anna's classmate **Chrissy Chamberlain '05** (who flew in from San Francisco), and **Maikiko Muraoka '05** who drove up from NYC. **Lynne Pascale '81**, SARA membership co-chair made sure that there was a welcoming basket in the suite for Anna and her mom when they arrived Friday afternoon.

Anna's speech on Friday night at the Schine Center to a packed crowd of the men's and women's rowing team, coaches and alums was flawless. The room was filled to capacity and Anna proceeded to take us through her athletic and rowing career starting as a high school soccer player, walk-on rower at SU to the gold medal podium in Beijing. She was charming, engaging and humble as she blended her funny stories as a dedicated athlete earning money part time babysitting, to learning training tips after meeting Kobe Bryant in Beijing on the importance of going to your "happy place" when competing.

She then thanked her coaches at SU Kris and Craig and spoke of the importance of her teammates and family to keeping a positive attitude even through the down times in training which there will be, she assured the SU men's and women's team. Anna ended with an inspirational video called "Amazing Awaits" which she watched when training to inspire herself. She then autographed posters for the women's and men's teams. The posters show the Olympic women's eight celebrating on the awards dock after winning their Gold medals.



Goodale shares with Ildika Toth '10

After her speech **Bill Purdy '79**, 1980 Olympian SARA VP, **Tracy Smith '90**, 1992 Olympian and SARA VP, Bob Donabella and I took Anna and her mother out to dinner at Pascales (Lynne Pascale's) restaurant in the city. We had a great time meeting Lynne and her husband Chuck at the restaurant and Anna was the favorite celebrity having her picture taken with Thom Filicia, cast member on "Queer Eye for the Straight Guy" and a local Syracuse news anchor Carrie Lazarus who had just competed in a local "Dancing with the Stars" fundraising event with Lynne and Chuck. They all wanted their picture taken with Anna and the gold medal.



Anna & friends: Kim Garvey '05, Makiko Muraoka '05, Shannon Mercurio '04, Shawna O'Brien '05, Chrissy Chamberlain '05.

Saturday was race day and after the races Anna was presented with a plaque from SARA President **Jason Premo '98**, followed by a Dinosaur BBQ picnic organized by Tracy Smith for alums and the SU teams and followed by a presentation by Chrissy Chamberlain who showed an eight minute video of her experiences traveling to Beijing.

During the video Chrissy spoke about her experience bartering for tickets to the events, cheering with the professional Chinese cheering sections and staying in a hostel with people from all over the worlds and just enjoying the festival atmosphere of being at the Olympics and watching her friend and classmate Anna win her gold medal.

Chrissy's story is written up in the November Orange Oar. I believe her story added another perspective to Anna's experience for us alums. Chrissy, Tori and Carolyn traveled all the way to China to watch their classmate race. This says a lot about Anna's character, the character of her friends, the SU program, our coaches and the Athletic Department. It was a great video and Chrissy agreed to post it on www.saracrew.org for all the alums to **(See Stars Align—next page)**

Stars Align (from previous page)

watch. Anna then showed the DVD of her race again and spoke to some additional alums and rowers who had missed the Friday night event and signed a few more posters.



There were lots of alums in attendance almost too many to name; **Fred Gliesing '78** and **Duane Hickling '70** to cite two. Duane wants to get his classmates together next year for a 40 year reunion row!

*Don Plath '68, Duane Hickling, 70,
Rich Kortright '69, Paul Dudzick '67*

Several members of the 1978 Varsity Eight were there to with Coach Bill Sanford to christen the new Empacher men's eight to be called " '78 IRA Champions"



*Shamlian, Sanford, Sibley Chris
ten " '78 IRA Champions"*

Gerry Henwood '80 whose daughter Liz strokes the SU women's eight, was lamenting the fact that after his daughter graduates his days watching a Henwood family member rowing are numbered.

Art Sibley '80 and daughter Amanda who rows at UConn for Jennifer Sanford, were on hand along with **Bill Purdy '79**, **John Shamlian '79** and **Tom Evancie '78**, soon to be SARA board member and West Coast representative, and his family.

All in all a great weekend, the weather cooperated, the spectators showed up and the rowers raced hard.

- Tom Darling '81 is Membership Chair and former President of SARA.

COMMENTS FROM THE COACHES

It was great seeing Anna this weekend. I am so proud of what she has accomplished. All of the events that SARA organized were a huge success – the men and women's teams were able to hear her very inspirational story and had some one on one time with her that I think is priceless. There is so much energy right now around Syracuse Rowing. Both the men and women's teams are working really hard to reach the top in the nation and the alum's are rallying around them and giving all of the support they can. It is wonderful to see both the men and women's alums working together as one organization – working together will only bring more success to both programs. There is nothing like rowing a close race down the channel and hearing everyone screaming for you – the support from this past weekend and that we have seen this year has been amazing.

-Kris Sanford

I have to pass on a big thank you to the SARA Board for all their work making this a great weekend for alums and parents. Dedicating the boat in honor of the '78 crew was a lot of fun and Anna Goodale's presentation was awesome and the teams seem to really enjoy it—I know I did! The Dinosaur Barbecue was as good as ever. Job well done to the SARA Board!

-Dave Reischman

MORE ON A BIG WEEKEND FOR SARA, SU ROWING

After meeting Anna Goodale on Friday and hearing her speak, I was overcome with gratitude and pride that this remarkable woman represents our country as well as our University. Her humility, warmth as well as her quiet grace and strength are rare qualities in this age of ego and bravado, especially with athletes of her caliber. Anna's play-by-play, as we watched her gold medal race during her presentation to the SU teams, gave me goose bumps! We were so lucky to have her come to campus during a rare break in her busy training schedule to share her story and motivate our athletes. Thank you Anna!

While there were so many memorable moments from this great weekend including listening to Anna's unbelievable and inspiring story of her journey from SU crew walk-on to Olympic Champion, the dedication of the beautiful new Empacher 8+, named in honor of the 1978 IRA Champions, to the size of the crowd of SU supporters who came from all over the country to cheer on the men's and women's teams in a rare dual home regatta, the thing that I will take away and that made the biggest impression on me is the realization that we really are all connected through our involvement at one time or another rowing for Syracuse University.

SARA is working to connect and RE-CONNECT the brotherhood/sisterhood of SU rowers that have had the common experience of taking a big and important part of their collegiate lives to give to a sport that will forever define a piece of who they are. Slowly, but steadily, we are starting to see alums resurface – even those that have been uninvolved in any alumni activities for decades. It is fantastic.

-Tracy Smith '90 SARA First Vice President

The weekend was an inspirational bit of teamwork and the results were memorable, to say the least. I tip my newly purchased orange cap to all of you for your creativity and dedication to building the Syracuse rowing community.

I deeply appreciated the opportunity to get together with people I knew thirty years ago. We laughed about the old days, compared life notes and enjoyed a morning of cheering on the men's and women's crews. I thoroughly enjoyed meeting rowers, their parents, younger alums, Anna, and her mother Martha.

To drop some names, I saw Bonnie Hagemeister Nault '78 for the first time in thirty-one years since she graduated from the architecture school and joined the Navy. She retired from the Navy and now lives and works as a real estate agent in Ithaca, NY. We reminisced about how during winter training in Florida, some of us on the women's team had tied together the sneakers of the men's team into impossible little knots. Boy, were they mad!

This was a weekend to remember. Thanks so much for making such a wonderful event possible.

-Lynne Pascale '81 SARA Board Member

Being in a room with four Olympians, all from Syracuse (Anna Goodale, Tracy Smith, Tom Darling, Bill Purdy), was remarkable - because our teams produced these great athletes, and because it was so natural, just being with fellow athletes who I'd spent so many hours training with.

-Joseph Paduda '80 SARA Secretary



***Lynne (Della Pelle) Pascale '81,
Susan (Church) Andersson '84,
Sheila Roock '85***

HOW ANNA GOT HER WHEELS (OR— COXSWAINS HELP IN SO MANY WAYS)

SARA had set up the accommodations and Anna Goodale was eager to come to Syracuse but there was just one problem. She doesn't own a car. To the rescue came **Tom Darling '81, Bob Donabella '81** and teammate **Gregg Weinglass '81**.

It turns out Weinglass is sales manager at Warnock Lexus in Whippany, New Jersey, not far from where Goodale is training at Princeton. Donabella and Darling called Weinglass. Weinglass got in touch with Goodale and the deal was done – the use of a gold Lexus for the weekend to go with her gold medal. “We'll make sure an Olympic Gold Medalist travels in style!” Weinglass said in an email to Goodale.

SU's latest Olympian got wheels. Weinglass got a photo op and added these thoughts - “I coxed the varsity at SU from 79-81 and it was a blast. Congrats on your accomplishments in Beijing. Way to go! Saw the race, it was awesome. “

“Like a good former SU coxswain Gregg understands the sacrifices and dedication rowers go through day in and day out,” Darling told *The Orange Oar*. “Gregg was an excellent varsity boat coxswain at SU so he came through in the last 500 meters much like Mary Whipple did in Beijing ! Next time we see Gregg we should all toss him in Onondaga like the good old days.” We think he was kidding about that.



Anna, Gregg and the Gold Lexus

BOB DONABELLA: HISTORY MAKER—WHO'D HAVE THUNK IT?



Bob (right) with Joe Paduda '80 and Tracy Smith '90 at the Boathouse

Who knew? Bob Donabella '81 made the big time (sort of) with a feature article in the NK (Nielsen Kellerman) April Rowing and Paddling Newsletter as the first coxswain to use a “cox box” rather than shouting through an old-fashioned megaphone.

Special Portrait April 2009
Robert Donabella, Syracuse University '81

Robert came to Syracuse in 1977 and was the coxswain of the Freshman eight that won the IRA's in 1978. Following his success, he became the Varsity coxswain from 1979 to 1981 as he inherited the seat from “Ozzy” Street – yes inherited, as Robert puts it “Ozzy was much better but he literally grew out of the seat.”

The exciting part for NK in Robert's story, however, is the following: Robert used the very first CoxBox, serial number 1, aside from earlier prototypes that was the “one”, and it still works – which doesn't surprise us all that much. According to Robert, using the CoxBox was quite a change in the game, “As a coxswain, I think it was the greatest invention ever for the sport. I'll never forget using a CoxBox for the first time.” He continues that “Coxswains today don't

realize what it meant to have a cone (megaphone) attached to your mouth screaming at the top of your lungs to the crew. Now everybody has a CoxBox.”

Still involved in the sport today as a referee, Robert Donabella still counts on NK – this time around his neck in form of an NK Interval watch. As Robert states “I've grown out of my seat, too”. I am sure he's not the only one!

We're not sure when the last time was the somebody called him Robert, but the newsletter, unearthed by Bob's buddy Tom Darling '81, led to a flurry of emails and some discussion as to whether Bob still has the original. He says it's in NK's "historical products" display.

Some of the email ribbing came from Bob's teammate in the '78 IRA champion freshman eight, **Charlie Feuer**, who said, "You were the Best in '78. I never had a problem hearing you up in the 2 seat. You could probably make a fortune if you developed a radar or sonar based docking system for directionally challenged coxswains."

Oddly enough, the article doesn't seem to offer a photo of CoxBox Serial Number 1, so we'll have to settle for one of NK's "new and improved" version.



For the NK newsletter click here: http://www.nkhome.com/rowing/newsletter/newsletter_apr09.html

SU ALUMS SPLIT COIN TOSS, RACE IN BATTLE OF BLUES

It turns out that Dan O'Shaughnessy '06 did get a win against his former SU teammate Justin Stangel '07 in the Reserve Crew race between Oxford and Cambridge. The two Yanks were selected for the coin toss to determine lanes and O'Shaughnessy won it for Oxford's Goldie Boat.



Back at the SU boathouse for a gathering with his Class of 2007 teammates during the April 18 races, Stangel said he didn't feel that badly about having lost the toss once the race was over. "I got him back later," he said.

With Stangel at six, Cambridge's Isis boat beat the favored Oxford crew by four lengths over the four mile course. O'Shaughnessy was in the two seat for Goldie.

Stangel was sporting his Henley blazer during his visit back at the boathouse.

Stangel and O'Shaughnessy at the coin toss

As he chatted with Colin Goodale '90, who came from England to row for SU, there was some speculation that Stangel's going to Cambridge made him the "player to be named later."

(Actually there was no such speculation but your editor couldn't resist a ridiculous joke since there's a photo to go with it.)



*Justin Stangel '07, Colin Goodale '90
British Exchange?*

A Weekend to Remember



Gerry Henwood, Tom Evancie, Bill Purdy



Syracuse Leads the Way



Varsity Four With...Five Frosh



*Coaches Kris Sanford & Dave Reischman
SARA President Premo, Referee Bruce Soden*



*Liz and dad Gerry Henwood, Chuck and Lynne
Pascale, Art and daughter Amanda Sibley*

BACKSPLASH—NEWS OF OUR ALUMNI



Paul & Ned—Stroke, Seven

Paul Dudzick '67 - “Lenore and I visited **Ned Kerr '67** and Vivian Kerr '67 at their home in West Palm Beach, Florida. We all spent some quality time with two of their grandson's (one is an 8-year old Lacrosse face-off specialist who wants to suit-up for SU someday). On Sunday watched the Orange knock off Arizona State to make the "Sweet 16" in Men's Basketball. Ned really enjoys receiving the latest Orange rowing news via the Orange Oar.”

Glenn H Heyer, P.E., LEED '00 - got married to Tessa Jenkins on 3/21/2009. The ceremony took place in Freeport, Grand Bahama.



Heyer and Bride

HONORING THE MEMORY OF RICK HORN—A SYRACUSE CEREMONY



Teammates, friends and family will raise a glass in Syracuse to the memory of Rick Horn '90, on the weekend of SU's last home races in 2009. Rick died at 40 last October after suffering a massive heart attack on Labor Day. He'd beaten Hodgkins Lymphoma as a senior at SU and went on to a successful career on Wall Street.

Saturday evening, May 16 there will be a dinner at Pascale's in downtown Syracuse to honor Rick and on Sunday morning after the Packard Cup races, an oar he would have used at SU will be presented to his parents in a ceremony at the boathouse.

“We hope that several of Rick's classmates and their significant others will be at the event,” his coach, Bill Sanford said. “Of course, ALL of the SARA family is encouraged to participate in this event. I believe this event and expression of sympathy will help bring closure to some through their grieving process.”

For more information contact Colin Goodale. -

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RETURN SERVICE REQUESTED

SYRACUSE UNIVERSITY MEN'S CREW CALENDAR 2009

Saturday April 25	BU, Columbia (Conlan Cup)	Boston
Sunday May 10	Eastern Sprints	Worcester, MA
Sunday, May 17	Dartmouth (Packard Cup)	Syracuse
Thursday June 4	IRA Regatta	Sacramento, CA
Friday June 5	IRA Regatta	Sacramento, CA
Saturday June 6	IRA Regatta	Sacramento, CA