

## Sit ready...Ready all...

- Moore Era Begins for SU Women's Team
- Men Look to Build on Success at the IRA
- Big Weekend Coming up in Early November
- Ryan Patton Finds Another Meaning for Crew

Editor: John Nicholson, '68  
 Distribution Chief: Colin Goodale, '90  
 Webmaster—Jon Flynn '07  
 Contributors: Joe Paduda '80, Joe Kieffer '88,  
 Tracy Smith '90, Ryan Patton '10

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## COACH JUSTIN MOORE—BIG EXPECTATIONS

### Change came in a hurry

this summer for the SU Women's Rowing Team. Kris Sanford announced she was leaving her position as head coach and would pursue a career in nursing. Her successor, it turned out is a man with quite a pedigree in women's rowing. After a summer that included international level coaching, Justin Moore arrived, kept Alicea Korchis as assistant coach and added a second assistant – Andrea Buch.

He's been on the job just a few weeks, but expectations, including his, are high for the SU women. Moore brings to Division I at SU the coaching talent that led his teams to six NCAA championships at DIII Williams College. SU Athletics Director Daryl Gross is quoted at [suathletics.com](http://www.suathletics.com) as saying "There could not have been a more perfect fit." *Coach Moore's bio here:* <http://www.suathletics.com/coaches.aspx?rc=394&path=rowing>

At the end of the first week of classes on Friday, September 3, Coach Moore sat down in his office with *Orange Oar* Editor John Nicholson for Five Questions.

**OO – Now you've been here a few weeks. What do you see so far?**

**JM –** "I see great facilities. I see a coaching staff that is hard working, serious and deeply engaged in the success of the team. I see a group of people in the community that care about rowing. I've been stopped twice in the outside community - people recognizing me saying 'you're one of the new coaches. That's great. I've read about you.' That's unheard of in Williamstown. And I've seen a group of athletes who are truly excited to tackle the challenge of changing



the team's standards in the Eastern League (EAWRC) and the Big East but also frightened of what that means - the consequences or the responsibilities that accompany that. Right now it's a very exciting time to be on this team because the women want to make this change but they're not sure whether or not they have the stuff to do it and we're just going to go one step at a time. We've already begun training I've already been introducing them to new concepts and new training methods and so far it's been a lot of fun."

**OO – When Dave Reischman came in as men's coach - and he's now in his ninth year - there had to be a change in culture and there was. The saying tends to be "There's a new sheriff in town." The idea is not that you scare people necessarily, but you do let people know, "Here's how I want you to do (See Coach Moore—Page 3)**

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# Letter from the President



Dear Fellow Alums-

School is back in session and to say that things are buzzing right now at the boathouse and with SARA would be a gross understatement. We've got three new coaches calling SU home and a slew of events and opportunities to reconnect with teammates and watch the SU teams in action this fall so hold on tight!

Full details about the new SU coaches and SARA initiatives are in other portions of the Orange Oar, but I want to use this letter to encourage everyone to clear your calendars and make the pilgrimage back to SU the weekend of November 5-7 for a very special series of activities down at the Boathouse and on campus.

Saturday, November 6 will be the key day of activities and we'll start early at the boathouse with a men's boat dedication for the Class of 1988. This ceremony will be immediately followed by the induction of Dr. Bruce Chamberlain into the Syracuse Rowing Hall of Fame. Dr. Chamberlain, one of the founders of SARA, has been a steadfast presence at the boathouse for decades and we are so thrilled to be able to honor him on this weekend.

The SU men and women will all be racing at home on Saturday at the Syracuse Invitational Regatta and this will be a fantastic opportunity to see the crews in action. Immediately following the regatta, is the SU/Louisville football game in the Dome. SARA has secured a block of tickets so that alums can sit together and continue the energy from the morning.

Do you remember the Navy Ball? Of course you do! Well, after a hiatus, it's back and promises to be a fantastic, fun and classy night of dining and dancing at the SU Sheraton. Tickets for football and the Navy Ball are all available through the SARA blog- <http://syracusealumnirowing.blogspot.com/>. We've worked hard to keep costs down for this event so that as many people can come as possible. Contact your classmates and come back for a reunion!

We'd also like to draw your attention to Syracuse Crew "store" which will be open through Boathouse Sports until September 27. A variety of products, all emblazoned with the Syracuse Rowing logo are perfect for sporting at fall races and for holiday presents.

Thanks to everyone for all their support in 2010. We've got a lot of new initiatives and opportunities to get involved coming in 2011. Stay tuned!

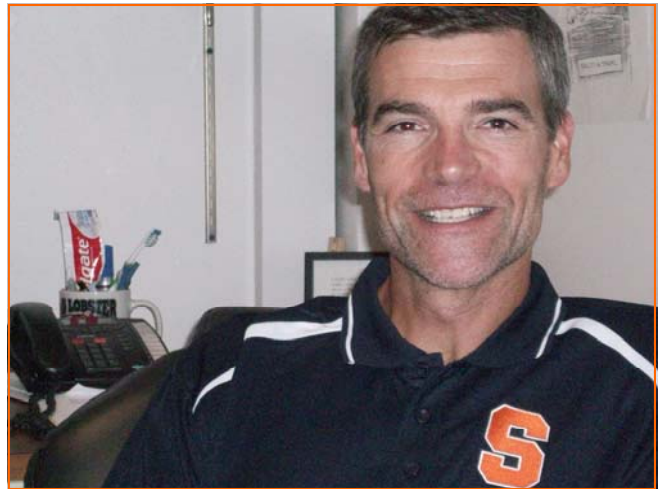
All the best,  
Tracy

## ***Coach Moore (from Page One)***

**things. I want you to be part of it, but...” What’s going to be different with you as head coach?**

**JM** –“I’ll steal one of Mike Teti’s (Cal men’s head coach and former U.S. Team head coach) quotes: ‘I don’t know what’s good for you but I know what’s good,’ and that’s an aspect that I want to incorporate. I told the women that one of the things I was going to be is extremely honest with them, even if sometimes that honesty can be a little bit painful for them to hear. And so the women now know what I think is good in terms of speed in the varsity eight, in terms of speed on the ergometer, in terms of raw outputs on the maximum minute test, in terms of performance in the weight room, in terms of the mile-and-a-half run. They now know what I think is outstanding, what I think is good, what I think is average, and what I think is below average. And a lot of them look at that and quite frankly, what’s good for them is not good.

“I hope they can hear that from me knowing that I actually care about what’s good for them. And this is something that, as a coach, I want to continue to include. I consider sports essential to growth, especially in a collegiate setting. It’s such a unique classroom and a place where people can learn – everyone, regardless of whether they have tremendous genetic talent or not. So if there’s a young woman who comes in and she has very little genetic talent but every year she is outperforming her best from the previous year, then even though it’s not good, if she’s making progress and it’s what’s good for her, I care about that as well because ultimately in the great scheme of things, whether or not we sit on our bums and go backwards faster than everyone else in the country is not the most important thing. Whether the women come out of here knowing what it means to be disciplined, knowing what it means to set goals and strive for those goals, knowing what it means to rely on others - to be agents of collective achievement; those are the things that are important to me and I think if you then bring in the right amount of genetic talent and the right kind of people those same behaviors are going to result in championships.”



**OO** – **That said, we have been stuck behind Notre Dame and Louisville in the Big East the last few years. We have not been to the NAAs in a few years. Long term and short term, in terms of wins, in terms of performance on the water, what are your goals?**

**JM** – “When we assess on September 11 we are going to know a lot more about where we are. I think it’s possible to move a girl, young woman who performs at an average level in September, I think you can make her good in a number of months. A girl who performs at a good level can become outstanding in a number of months with a good training program. A girl who is below average, we can move her to an average level. So very curious to see how this squad shakes out, where we break up in terms of outstanding, good, average and below average. I think it’s possible with the group of women that we have right here if we train really well and are able to stay healthy, to compete and possibly win the Big East championship this year. That’s a ten second change in boat speed which is huge. I think it’s a possibility if we do a great job. Now, like a lot of great achievements, that’s going to take some luck and a heck of a lot of hard work.”

***(Coach Moore sent this email as an update after the testing on September 11-***

*“From a numbers standpoint the assessment was entirely pedestrian. I don’t think any of us - coaches or athletes - were surprised by this result. We knew the conditioning was not where it needed to be. This was confirmed. So now we have the starting point.*

*“What was pleasing to see was the women’s willingness to compete in a positive manner, and support one another throughout the process. In other words, we have the spirit of a championship squad. There were no excuses for poor performances, and several women displayed some serious courage in what I term ‘outstanding failures.’ We also had several women display good “athletic maturity” in the pacing and toughness.”)*

“Long term what I’m excited about is - we’ve only been here a couple of weeks and what we knew as soon as I arrived, Alicea indicated, ‘by gosh we’re behind in recruiting, but the mantra “It’s an exciting time to be a Syracuse oarsperson” is really catching on.’ We are generating a lot of interest out there in the high school population. There are women coming for visits and we’re lining up against Stanford, against Virginia, against Princeton, against Yale. Those are the kind of schools that we need to compete with for the talent that is out there. And then there’s a whole group of women that know that Syracuse is the right fit. At the end of this week I’m going to Canada to visit some of our kids. Being three hours away from the Canadian border can be a tremendous advantage for us and helping women stay in touch with the Canadian National Team system while getting all the benefits of an outstanding university education in the United States.”



**Alicea Kochis** - <http://www.suathletics.com/coaches.aspx?rc=301&path=rowing> (right) stays on as assistant coach and is joined by **Andrea Buch** <http://www.suathletics.com/coaches.aspx?rc=395&path=rowing> (below)

**OO – How much does it help and how does it help that you now have a full complement of assistant coaches - two full-time assistant coaches?**



**JM –** “We could not be doing what we are doing right now without the full complement. With Andrea Buch on board, she alone is handling 50 student-participants. That means Alicea and I are splitting and working with perhaps 24 to 30. At the varsity level there’s a lot of attention that needs to be paid. I believe that when a coach coaches more than two eights worth of women, or men for that matter I believe there’s a certain point where the student-teacher ratio turns you into a practice manager and prevents you from being a teacher. And I think that 16 athletes and two coxswains is an ideal complement for a coach to teach. I think when you go beyond that you compromise some of your teaching and you spend a lot of time simply managing the practices; making sure that the boats are getting off together, making sure you have the right work-to-rest ratio, managing how we’re going to do turns on the Seneca River – all of this.

So having the full complement - and we’re working on bringing on a volunteer assistant coach out of the law school who rowed very successfully at Bucknell - having that group of people is making it possible for us to be the kind of teachers, of talent developers that you want to be.”

**OO – What would you like to have SARA do as we go along?**

**JM –** “I don’t put in team rules I put in guiding principles I’d like to share with SARA (three) of our guiding principles If we’re going to be a great team there has to be tremendous trust and respect between the coaches and the athletes, and the athletes and the coaches, but also the athletes themselves and I’d like to extend that to everyone in the SARA organization. I would love to create an environment where we trust and respect one another to the greatest degree because that’s when the team, the family can be at its best.

“The second guiding principle I follow the “Bring Pride” principle. I’ve told every athlete on the team that her objective is to conduct herself in a manner that will bring pride to her as an individual, to our rowing team or any boat that you’re in, to the athletic department, the university, her family and the extended Syracuse rowing family. We summarize this long principle by saying “Bring Pride”.

“The final principle is “Attitude over Aptitude”. We coaches work to help the athletes understand that the value of sport is not necessarily found in becoming the best person in the country at sitting on your bum and going backwards faster than everyone, but rather in all of the behaviors required to become the best at this activity. Development of commitment, discipline, work-ethic, the ability to accept and utilize criticism/coaching are all skills/characteristics that will help Syracuse Rowers become leaders in their fields in whatever activity they decide to undertake after their rowing careers, be that rowing at the national team level, working in another field or raising a family. When I talk about this, people often ask, ‘So winning is not that important to you?’ I believe that winning follows the development of these characteristics. If we coaches develop and utilize these characteristics, the program should have the necessary genetic talent to win the Big East (and perhaps even NCAAs). If we have the genetic talent, and we can work with the athletes to develop these characteristics, the winning will follow naturally. What is great is that the ‘winning’ will then continue after college, in careers and family life.”

## MEN'S TEAM ADDS PRINCETON, GEORGETOWN TO SPRING SCHEDULE THAT INCLUDES TWO HOME RACES

**The Orange Men are set to open the 2011 spring schedule at Princeton, taking on the Tigers and Georgetown on April 2. The Goes Cup against Cornell and Navy follows in Ithaca on April 16. After rowing the 2010 season away from home, the calendar gives the Orange two cup races in Syracuse: the Conlan Cup against BU and Columbia on April 23, and the Packard Cup against Dartmouth on May 22. The Eastern Sprints are on May 15 in Worcester, and the IRA wraps up the season in Camden, June 2-4. But first—the fall season.**



Coming off SU's first appearance in the IRA Grand Final in 20 years, the Orange returns six of the oarsmen and the cox from both the varsity and JV eights. Ryan Patton, Tyson Bry, Clai White and Peter Kruse will be missed but Coach Dave Reischman has a solid, experienced group coming back. On paper it's at least the best since the Class of 2007 were seniors, and looking to be the best in the Reischman Era, now beginning its ninth year. He says nobody is taking anything for granted.

The coach is the process of recovering from an elbow-shattering bike accident while coaching the US U23 team in Belarus over the summer. With the team back on campus, on Friday, September 4, he answered Five Questions for *Orange Oar* Editor John Nicholson.

**OO – Starting the ninth year, how does it look to you?**

**DR** – “We’ve already talked a lot in a couple of initial meetings about dealing with the weight of expectations. We graduated two from the varsity, two from the JV and when you have a season that ended up OK but there were some frustrations along the way, there are in every season, you can pat yourself on the back and think, ‘Well we made the finals,’ a task increasingly harder to do. But I think you can have one of two responses to that: you can get satisfied and have the ‘we have arrived syndrome’ and think because you’ve got so many oarsmen coming back that it will be easy to do the same thing. And the answer is our league is really, really tough as the racing at the IRA showed out. I mean we got to by point zero two to the final and everybody at the time I think was like, “Oh that must have been the easier semi.” And then BU goes and wins the petite so clearly it was a pretty tough semi.’ I think these guys have done a great job of....I told them when they left at the IRA, I said ‘I’ll know the first time I see you in the fall how you’re going to approach this year.’ And the guys have come back fit. We have a few guys who have some weight control issues and they’ve already got the weight under control and they’re in fighting shape that way, so we’ll see.

“To have a successful year you need a lot of things to go your way. You need to be injury free. You need to catch some luck along the way and I think that we’ve got some challenges. The challenges this year are going to be greater. Maybe people think they owe you one or two from last year. But again the goal is the Sprints and the IRA. We haven’t cracked the Sprints, not yet. That’s a major focus of what we’re trying to do and then to go back to the IRA and see if we can’t have another good regatta from heat to finals.”

**OO - What’s your approach to fall training for these guys? What are you shooting for and how are you going to go after it?**

**DR** – “When you have a group that’s pretty excited you’ve got to keep reminding them that the goal is to be fast at the end of the year. And I think to do that, you sort of have to take a deep breath this time of year and focus on the development stuff.

*(See Reischman—next page)*

## ***Reischman (from Page 5)***

Our goal for fall rowing is first and foremost to make the technical changes - while we're at lower cadences and in volume mode - is to make the technical changes that will set us up for the spring.

"The first goal is to get off the water in the fall rowing technically how we want to row. So in the fall we focus on individual technique a little more. We get to spring and sort of blend in the parts together. The other thing we do in the fall is just build volume; build our base. It's easy to get excited and get caught up in the fall racing that's coming up and start doing tons of pieces that would maybe help you do a little better in the fall but you kind of have to resist that temptation and you've got to stick to low intensity volume; maybe build in a little bit of max power and make the technical changes and my message to the guys was its great to have all these aspirations and dreams but those aren't the goals of the year. The goals are what we have to focus on in any given part of the year to obtain those aspirations. So the goals this fall are to really concentrate in on making some of these technical changes and getting as much good quality mileage into our bodies as we can."



***Coach Shawn Bagnall Looking Pleased to be Here***

**OO - You've got a new assistant coach (Shawn Bagnall).**

<http://www.suathletics.com/coaches.aspx?rc=396&path=crew>

**You sound pretty excited about him. This is a guy obviously you've know for a bit and you've got a lot of faith in. Tell us about him.**

**DR** - "Coach Bagnall - (was) probably more an acquaintance personally before I hired him but I've admired his work. As a head coach you always have in the back of your mind somewhere a list - if I'm looking for an assistant coach I'm going to look at these guys. Shawn first caught my eye when he was working with the club program at Washington State. You know the level you're used to seeing out of that program and when he was in charge, first with the freshmen and then with the varsity, there was a distinct improvement in the quality of rowing and the race results.

"And certainly when he moved on to Gonzaga, I noticed he got a couple of recruits away from us; a couple of kids that we were pretty high on and that the quality of their freshman program went up as well. So it didn't take me long when I knew I was looking for an assistant coach he was the first and only guy I called. It was obvious from the beginning when we talked on the phone this was the person I was looking for. This is a person that has a similar ethic as I do. This is a person that has a passion for recruiting, which we need. It's about having athletes. So it was pretty obvious choice in my mind."

**OO - All us involved in the crew program know you got banged up pretty badly over in Belarus this summer. I know you don't want to make a big deal about it. What can you tell us about how you're feeling and what the prognosis is?**

**DR** - "I think the prognosis is good. It's going to be a long recovery process; a lot longer than I would probably like but I think I've been good in my life in accepting what life throws at you and getting on with it. As I jokingly tell people, 'Nobody likes a miserable invalid.' And I think as head of the program, the guys come into an important year and they know their coach is banged up and they want to know if you're OK. So I think you adopt an attitude that 'this isn't going to slow me down one bit. You'd better keep up.' It's sort of my approach to things anyway, I like a challenge and this is going to be a challenge so what the heck; whatever is thrown at you. Physical therapy is a challenge right now so I guess I'm going to be the most determined, the most committed guy in physical therapy, sometimes much to the dismay of my therapist."

**OO - We've talked about making the grand finals in the IRA. We've talked about becoming more competitive seemingly each year since you've been head coach. What do you hear, what do you get these days from fellow coaches, from other folks involved in the rowing community about how this SU men's program is perceived? How do people see it?**

**DR** - "I think regardless of the Grand Final finish, I think people have a lot of respect for our program. We've been knocking at the door for a couple of years and it was interesting at the IRAs because as a coach, sometimes you get close a couple of times and you start thinking, 'Man, this is never going to happen.' And I remember riding back from the far side of the IRA race course when it was a photo finish, thinking, 'Man, I am so tired of giving that "We were this close" speech and one of



*Coach Dave Reischman watches IRA races with SARA President Tracy Smith last June*

these needs to go our way sooner or later.’ And then coaches come up to you and congratulate you and you make a comment about ‘I was beginning to think it would never happen’ and they’re like, ‘No doubt in our minds.’

“I think we’re respected as a group of guys. I think people admire how we race and that’s a credit to the guys in the program. People comment a lot about, ‘Man, your guys, you can just tell watching them. They’re always gunning from start to finish.’ We did a lot of work at the IRA; a lot of good racing in the second half of races and that didn’t go unnoticed with people. I think we’re respected not only for our on the water, but I think the type of characters we have in our program. Coaches make a lot of comment about the kids and how they conduct themselves and the class act they are. Other athletes let me know sometimes when they’re racing our guys it’s sort of hard to build up that ‘I hate these guys - I want to crush them’ attitude because we have good quality kids in our program.

“I think we’re in a good place. I think moving forward recruiting is a going to continue to be a challenge for us. It’s something we work on every day. It’s competitive out there in the recruiting business. I think that’s the biggest challenge moving forward is how to continue to get the quality type rowers that we have in our senior and junior classes. I think that’s the challenge.”

## BIG WEEKEND COMING

**The Orange women and men will be racing on the Seneca, alums will be back in force, the co-founder of SARA inducted into our Rowing Hall of Fame and the Navy Ball returns. Maybe even an SU football victory at home is on the agenda.**

**It all happens the weekend of November 5-7. See Tracy Smith’s Letter from the President on page 2 for more on the events.**

**Members of the men’s crew Class of 1970 will be back for a 40<sup>th</sup> reunion and are inviting other classes from that late 1960s and early ‘70s to join in – maybe even get on the water for a little friendly competition. (Backsplash – page 13)**

**It’s another opportunity to reconnect with SU crew and rowing – teammates from “back then” and folks you don’t know yet but will find you share something special with. It’s also a chance to meet the members and coaches of the current team and show your support as SU Women’s Rowing and Men’s Crew continue the climb back to top competitive status.**

**Check the SARA Blog <http://syracusealumnirowing.blogspot.com/> for more information and updates.**

## HOW YOU CAN HELP WRITE THE NEXT CHAPTERS IN SU ROWING HISTORY

Modern times mean modern methods and SARA's very modern secretary and published author Joe Paduda has set up a wiki to gather stories and information for the sequel to *Mark of the Oarsmen* written by Malcom Alama and published by SARA in 1963. The working title is *Mark II*.

Here's Joe's on line introduction to getting involved:

*Mark II* continues the story of Syracuse rowing and will cover the period from the early 1960s, just after the Syracuse eight won the Pan Am Games, and continue until today. A collaborative effort of the Syracuse Alumni Rowing Association, *Mark II* will be written by John Nicholson and Joe Paduda and published in 2012, with the final draft completed in 2011.

While John and Joe are nominally responsible for seeing *Mark II* through to publication, this won't be possible without the contributions and efforts of many. There's a lot of history to be recounted, history that in many cases is stored nowhere but in the memories of those who were there.

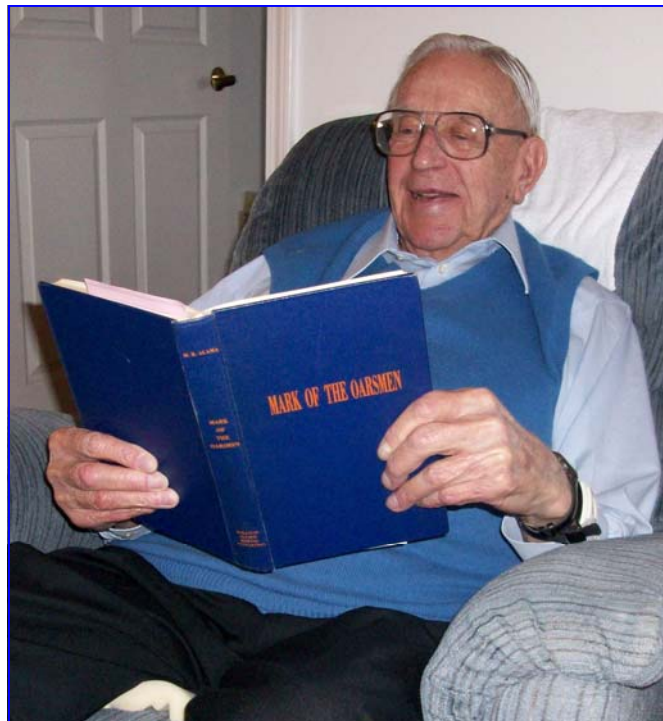
There are two ways to get at that history. Most obviously, we'll be interviewing members of the team, coaches, staff, and others involved in the program over the last 50 years, looking for contemporary articles and news stories, and digging through coaches' records. But there's no way the two of us will be able to capture all the stories, the whats, whens, hows, and whos. So, a major part of this effort will be a wiki.

For those unfamiliar with the term, a useful way to think of a 'wiki' is an open-source document that anyone can contribute to. We'll be setting up folders on the web at <https://saramark2.basecampHQ.com> where contributors can, well, contribute by writing down their memories, thoughts, opinions, and observations. There will be different folders for different years, and the documents within those folders will be continuously updated. The system (basecamp) keeps a record of all the changes including the authors of those changes. That way we'll be able to know who to talk with if something needs clarification.

You can also upload digital photos onto the site – make sure to include a description – who's in the picture, date, and what was happening at the time of the photo (e.g. Goes Cup, Henley trip).

To get started, email Joe for an invite. [jpaduda@healthstrategyassoc.com](mailto:jpaduda@healthstrategyassoc.com) The site is very easy to use; Joe will send a url that will give those who want it a quick tour. Then, get on the site, check out the timeline document (provides dates for significant events in SU rowing history since 1960), and poke around a bit. Let us know your thoughts and give feedback – we don't know exactly how, or for that matter if, this will work, so we're relying on you to tell us how it's going.

Finally, we're well aware that there's a lot of strong-minded people, with strongly-held convictions, who've worn the orange. Lets remember we're all on the same team, respect each others' opinions, and stay open-minded and positive. Anyone who violates the 'don't be a jerk' rule will be tossed into Onondaga from the Solvay Processing piers.



*SARA Co-founder Dr. Bruce Chamberlain reads the original*



The following Syracuse rowing alumni have paid dues to SARA in between July 2009 and September 2010. Thank you!  
To pay your dues please visit, <http://www.saracrew.org/dues.html> or send a check to:

Syracuse Alumni Rowing Association, Inc.  
P.O. Box 7202  
Syracuse, N.Y. 13261

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\* An additional donation has been made to SARA



## Donate to SARA Men's Crew Endowment

*Ensuring the Long Term Strength of Men's Rowing*

**Please make payable and mail your contributions to:**

Central New York Community Foundation  
500 S. Salina Street, Suite 428  
Syracuse, NY 13202

Or donate via credit card or PayPal to: [www.cnycf.org/sara](http://www.cnycf.org/sara)

**All donation to the SARA Endowment are tax deductible**

Questions – Contact Joe Kieffer, SARA Treasurer,  
at [jkieffer@email.com](mailto:jkieffer@email.com) or 267-228-1341



## SARA Lifetime Members

We thank SARA lifetime members for their generosity and support of SU Crew and Rowing.

Robert Angelucci '57  
James Bader '07  
David Beckett '80  
Jeffrey Braun '80  
Jim Breuer '72  
Thomas Brown '77  
Paul Buff '70  
Ken Buhrmaster '37  
Louis Buhrmaster '61  
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Roy Clark '72  
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Hamilton Dixon '55  
Bob Donabella '81  
Paul Dudzick '68  
Bill Duffield '86  
Carl Fabend '59  
Gary Gardner '62  
Charles "Chip" Gibson '04  
John Gilbert '85  
Robert Giromini '75  
Fred Gliesing '78  
Colin Goodale '90  
Barton Green '56  
Daniel Hanavan '80  
Scott Hansen '88  
Jeffrey Harriman '70  
Andrew Harrison '68  
Lawrence Hawkins '59  
Rob Heinstein '89  
John Hession '72  
Andrew Hobbs '83  
Rick Horn '90  
Dick Horstmann '57  
Gordon Hull '83  
Ken Hutton '69  
Linn Hyde '64  
Paul Irving '54

Scott Kempton '86  
Ned Kerr '67  
Joe Kieffer '88  
William McCusker '67  
Michael Minor '73  
Robert Miron '59  
Andrew Mogish '78  
Edward Montesi '60  
Charles Murphy '52  
Dineda Nyepan  
Lance Osadchey '59  
Joe Paduda '80  
Andrew Papp '78  
Jonathan Parella '91  
Jeff Pesot '90  
Joe Peter '69  
Nils Peterson '70  
Bob Price '88  
Bill Purdy '79  
Tracy Reed '95  
Henry Ridgely '70  
Jay Rhodes '89  
Ashton Richards '82  
Charlie Roberts '61  
Thomas Rouen '60  
Syl Rowe '92  
Kevin Rung '80  
Bill Sanford '63  
Howard Sashin '81  
Paul Schmidt '88  
George Scott '72  
John Shamlan '79  
Ed Shephard '53  
Art Sibley '80  
Richard Skomra '83  
Mark Sprague '68  
Dirk Stribrny '90  
Elliot Sussin '77  
Robert Totten '92  
Christopher Ward '93  
Peter Washburn '72  
Rogers Waugh '41  
Barry Weiss '83

## Ted Kakas—Recognition for a Man of Distinction



His motto is “Row hard.” Ted Kakas '64 signs off his correspondence with those two words and they define his life in and out of a shell. He rowed with distinction at SU and he's never stopped. Now his alma mater is recognizing his achievements and contributions by naming him a Letter Winner of Distinction. Not only has Kakas been chosen as a member of the Class of 2010 he's been chosen to give the address in behalf of all the winners at the ceremony September 24 at the Turning Stone Event Center.

The Letter Winners announcement and Ted's profile are here:

[http://www.suathletics.com/news/2010/8/28/FB\\_0828105327.aspx](http://www.suathletics.com/news/2010/8/28/FB_0828105327.aspx)

Kakas has been a strong supporter of Syracuse's men's and women's programs, stepping up to become a member of the SARA Board of Directors and getting involved. His passion has been Masters Rowing and he has chaired the USRowing Masters Committee, and has been a regular member of the SU Alumni Eight that has won multiple titles at the IRA Regatta.

SARA members are set to be at the event in force to honor a man who continues to be an inspiration to everybody involved in rowing.

### STAY IN TOUCH WITH THE ORANGE

For regular updates on SARA activities and events and the Women's and Men's teams check the SARA blog: <http://syracusealumnirowing.blogspot.com/>

SARA is on Twitter: <http://twitter.com/syracuserowing>

To send a message to the email lists contact the coaches:

Men: Dave Reischman - [dreischm@syr.edu](mailto:dreichm@syr.edu)

Women: Justin Moore: [jmoore06@syr.edu](mailto:jmoore06@syr.edu)

## RYAN PATTON'S ADVENTURE—A DIFFERENT KIND OF CREW

After rowing in the first SU Varsity eight to make the IRA Grand Final in 20 years, Ryan Patton '10 had another boating adventure this summer. Here's his account:



When I heard from Tom Darling ('81) about an opportunity to work on a sailboat this summer, I was immediately interested. The thought of allowing the wind to move a boat instead of my quads proved too tempting. Having never sailed before, I knew very little about what I was getting myself into. I was given the name and phone number of the captain, and four weeks later I showed up on Nantucket island.

The boat was a 72' Herreshoff NY 50 named Spartan. Now if you're more of a rower than a sailor like myself, you have no idea what that means. Back in 1912, nine identical classic wooden boats were built for the purpose of forming a racing fleet. Spartan is #6 out of the nine which can be seen printed on the sail. Currently Spartan is the only boat out of the original nine that is still around today. It has been undergoing restoration for the past four years and was just put back on the water this spring for the first time in 30 years.

There were around 12 or 13 crew members who worked on the boat this summer, which varied slightly from week to week.

Since I had little sailing experience, I was brought on to do the pulling and lifting. Being a mere 6'4", 190 lbs, I thought it seemed strange that I was hired to do the heavy lifting as there are many larger men out there. However when I showed up, I was surprised to find that I was the biggest person on the boat by a good amount. There was a lot to learn in a very short amount of time. I paid close attention to what everyone was doing for the first few weeks so I could pull my own weight. By the end of the second week I felt comfortable doing most all of the jobs on the boat. When we eventually had established our positions, I was in charge of all the halyards (raising and dousing the sails) and trimming the main sheet (more or less controlling the main sail). Similar to rowing, it was very important that everyone worked together on the tasks and maneuvers. There were a lot of things that had to happen at the right time.

The only race we participated in this summer was the Opera House Cup there in Nantucket. The event was pretty exciting. It was incredible to see hundreds of sailboats, many of them very large, all out on the water at once. The race lasted for about 3 and a half hours...slightly different than a 6 minute sprint. We finished 2nd in the Classic Wooden Boat class which I believe had ten entrants. They plan on taking the crew to the Mediterranean in 2012 to race, because there are a lot more classic wooden boats like Spartan over there than in the States.



Although I wish I were back in Syracuse rowing the pairs right now, I was happy to be able to get out on the water this summer and learn a different type of boat racing.

## BACKSPLASH—NEWS OF OUR ALUMNI

### 1950s

**Bob Curran '54** Captain – Is retired from the telecommunications industry. He is a Naples, FL resident with summers on Canadagua Lake NY.

### 1960s

**Ted Kakas '64** – is never one to let an injury get him down. An Achilles tendon injury kept him from competing in the Masters Nationals, FISA Worlds and the upcoming HOCA but not from showing up as usual. After surgery he is working on rowing hard, as always and looking forward with his usual humility to be being added to the list of SU Letter Winners of Distinction. “They’ve clearly lowered their standards,” Ted opined in an email to your editor. Not hardly, Ted!

### 1970s

**Paul Buff '70** – reports, “We’ve been getting organized for the Navy Ball weekend Nov 5-7. So far, we definitely have '70 class oarsmen **Bill Wilson, Nils Peterson, Chuck Harris, Jeff Harriman, Duane Hickling**, and myself booked in for all the SARA events that weekend. **Al More '69** said he’s psyched and will definitely be joining us.”

He says **Lew Brindis** and **Bruce Shelly** are maybes, and while **Gary McKinney** said he cannot make it back from California it’s been good to get back in touch.

“We’re trying to get as many other class members from our era '68-'72 to come too, and Jeff and Chuck have contacted many like **Gordi Scott** and **Tony Valdini**.

This is a 40-year reunion for the Class of '70 and Paul says he wants “to inspire as many of our fellow oarsmen from '68 to '72 to return Nov 5-7. Maybe with the help of Coach Dave, the class of '70 can challenge others from '68 – '72 to a 100 M race?”

### 1980s

**Joe Paduda '80** (right) – sent this list of SU Crew alumni sightings:

“**Joey Peter '69, Paul Dudzick '67, Dick Yochum '68, Jeff Schafer '82, Bob Price '88, Rich Lewis '83, Jason Premo '98, Andy Hobbs '83** at Master's Nationals. Lots of success for the Orange, including Andy winning the D hwt 1x, Rich was third less than 2 seconds back. SARA was well represented, with their only entry winning the D Ltwt 1x (Paduda).” Joe P. also reports he “had the pleasure of racing - and winning - with Joey Peter in the Ltwt D 4+.”



**Joe Kieffer '88** – is a Vice President for Capgemini and residing in now Ambler, PA. Joe’s daughter Lawren, now a junior, stroked Brown University third varsity to an undefeated season and an Eastern Sprints victory this past spring. She also competed in the NCAA Championship in Brown’s Varsity Four, placing 5th in the grand finals. Harrison, now a senior at St. Joseph Prep, bow seat in the Varsity Lightweight Double, placed 5<sup>th</sup> in the grand finals at the Stotesbury Cup Regatta this past Spring. Gwynedd, now sophomore at Mount St. Joseph Academy, stroke the Novice Eight her freshman year.

## BACKSPLASH—NEWS OF OUR ALUMNI

### 1990s

**Austin Curwen '91** - Reports that he has “traded in the relentless sun of Southern California for a far more varied climes of Oxfordshire in the UK. Alison and I have packed up our three kids and relocated to England where we will both be working at the Kingham Hill School.”

**Mike Love - '92** – (This from SARA President Tracy Smith) - Our thoughts and prayers continue to be with Mike and his family as Mike’s daughter Taylor (age 5) continues her fight with Neuroblastoma. Taylor is home from the hospital and continues to make headway fighting this disease. SARA members wishing to follow Taylor’s progress can sign in to her Care Pages updates. [www.carepages.com](http://www.carepages.com). When prompted for the “carepages website”, enter “Taylorgram”.

SARA members also can visit her webpage at [www.taylorlove.org](http://www.taylorlove.org) for more information. There is more on Neuroblastoma and ways to help on her website while Carepages is the way to track our updates.

**Tija Salzman O'Brien '96** – “I live in Chicago, IL with my husband, Mike and 2 daughters Quinn and Liliya (ages 4 and 2 weeks old). I work as a Project Manager for a company in the Loop.”

**Nina Rayfield Tate '98** – “I just had my second set of twins, Morgan and Ryan who join their big sisters, Emma and Robin (born in 2008). We are looking forward to having a quad one they are old enough to get out on the water!”

**Scott Christian '99** - “On April 27th my wife and I welcomed our second child Grant Christian in to this world. He was born 6 lbs 14 oz and 19.5 inches long. He’s doing great. Our eldest, Merritt is delighted to be a big brother. Merritt’s first word was “row” and phrase was “row, row, row” from the song “Row, Row, Row Your Boat.” He still likes to sing the first three words and make us finish the song. I was pushing for Daddy, but “row” was a cool surprise for us (My wife was a Cox at UConn).

### 2000s

**Jonathan Stephanik '01** – is the new freshman crew coach at Rutgers. Coach **Bill Sanford '63**, sends along this from Jon -

“It is a little different and we are trying to get our varsity status back, but it has a little bit of that Syracuse feel to it. I am really excited and hope with the help of Coach Wagner to put Rutgers back on the map.”

**Odette Edbrooke (Mitchell-Servilio) '02** – got married to Todd Edbrooke on August 28th. The ceremony was at the Minskoff Theater in New York City, home of Broadway’s “The Lion King.” One of her bridesmaids was **Andrea Buch**, the new assistant coach for the women’s team. Also in attendance were fellow alum **Heather VanZandt (DiLoreto)** and **Kristin Hammill**, both members of the Class of 2002. The newlyweds currently live in Boulder, Colorado.



*Odette’s Wedding on the Big Stage*



*Andrea, Heather, Odette, Kristin.*

## BACKSPLASH—NEWS OF OUR ALUMNI



**Matt Morrow '07** (4th from left—with the guys t the IRA) – sends this update on himself and his '07 classmates:

**Joel Harrison** graduated Villanova Law this spring and will be moves to New York, New York in September to work for Cozen O'Connor law firm.

**Jimmy Bader** graduated from University of Maryland with a master's in engineering this spring and continues to live and work in the Maryland area.

**Justin Stangel** has been training out of the Oklahoma City training center with **Martin Etem '09**. Justin had a great 3rd place finish at the National Selection Regatta on Lake Mercer in August which earned him an opportunity to remain in Princeton to participate in selection camp for 2010 Worlds in New Zealand.

**Jon Flynn** continues to work for Lockheed Martin and has been accepted into their ELDP (Engineering Leadership Development Program) where in the next three years he'll go on rotations throughout the country, while working on his master's degree from John Hopkins.

**Mike Beck** completed his first Ironman Triathlon this July in Lake Placid. This November he will also be racing the New York Marathon which he qualified for with his time from the Philadelphia Distance Run last September. Also, Mike will be leaving the Philadelphia area this fall to transfer to a different office branch in Boca Raton, FL.

As for himself, **Matt** writes, "I float around all over the place and have all the fun keeping tabs on these guys while they're working hard."

**Ruth Frantz '07** - "I am just starting up my second (and last!!) year at USC where I will be receiving a master's in Online Journalism this May. I am loving every second of living in SoCal. I am also coaching juniors at Marina Aquatic Center and it's fabulous. I was so happy I was able to be in Seattle this past May to see both the men's and women's teams race in Opening Day! The picture was taken at the top of Table Mountain, Cape Town, South Africa, where I visited friends this summer. Couldn't ask for much more!"



Syracuse Alumni Rowing Association, Inc.  
Syracuse University  
P.O. Box 7202  
Syracuse, NY 13261

RETURN SERVICE REQUESTED

### **Women's Fall Racing Schedule**

Sat. Oct. 16	Head of the Genesee	Rochester, NY
Sun. Oct 31	Princeton Chase	Princeton, NJ
Sat. Nov. 6	Syracuse Invitational	Syracuse, NY
Sat. Nov. 13	Foot of the Charles	Boston, MA

### **Men's Fall Racing Schedule**

Sun. Oct. 24	Head of the Charles	Boston, MA
Sun. Oct. 31	Princeton Chase	Princeton, NJ
Sat. Nov. 6	Syracuse Invitational	Syracuse, NY