

LAKE SUNAPEE ROWING CLUB

Fall 2010

Ready all...ROW!

Issue 1

New! E-Newsletter for the Rowing Club

Welcome to the first edition of *Ready all...Row!* This new venture was begun this fall under the leadership of Brenda Balenger, Happy Callaway and Barbara Faughnan. But that's not to say that this "editorial staff" is the final word. We're looking for other club members who might like to join us with skills in writing, photography and/or publishing. Or if you're just interested in suggesting topics to cover, that would be great. Our email addresses are included in the box on page one. Let us hear from you. Our present plans are for two issues a year, fall and spring. But of course, this could change.

Sara Hall to Speak at the Annual Meeting

Sara Hall, author of the book "Drawn to the Rhythm," will be our guest speaker at the annual meeting. Her personal history is a fascinating story of someone who found that the benefits of rowing go way beyond just physical fitness.

"Sara Hall's life seemed perfect: a wealthy husband, a big house in an affluent suburb, three healthy children. But the surface of Hall's life hid a marriage filled with sorrow and pain. One day, at age forty-two, Hall sees a lone figure rowing in the harbor and that image becomes her holy grail.

In this richly layered memoir, the author tells how her determination to master rowing a single shell gave her the courage to free herself from the dark forces of abuse in her childhood and the failure of her marriage. In lyrical prose, Hall describes the rigors of rowing, the elation of winning, the joy and total engagement in a passionate enterprise, and the triumph of breaking free." (from the book jacket)

Sara is also founder of the group New Philanthropy Advisors. Finding projects for woman interested in using their wealth to help others is their mission.



Sara Hall is author of the book, "Drawn to the Rhythm" and our guest speaker for the Annual Meeting.

Annual Meeting, December 5, 2010

This year our Annual Meeting includes a potluck supper, and Sara Hall's talk. We will meet at the Wilmot Community Association's building, called *the Barn*. The Barn is located just off Rte. 11 in Wilmot. If you are traveling west on Rte. 11 toward Andover, turn left on Church Place and after a few hundred feet, you will be at the Post Office. The Barn is located to the left and behind the PO. There is limited parking in front and behind the building, but you can use the grassy area to the right of the Women's Trust building. (which is directly behind the PO) Our festivities will begin at 4:30 PM. and end about 7 or 7:30 PM. Hopefully, our friends who winter in Connecticut and Massachusetts will be able to join us.

Trina Hill, after the triumph of the end-of-season party, has agreed to coordinate the food. As a start, last names beginning with... bring...

A-C	Nibbles, hors d'oeuvres
D-G	Salads
H-S	Entrées
T-Z	Desserts

If this assignment doesn't work for you, talk to Trina about what you would like to bring. Make sure you RSVP so we know how many to plan for. Trina can be reached at rbhillco@comcast.net or 603.724.3925. We will be asking for a \$10 donation to help defray the costs of renting the building and providing other items for the dinner. You are welcome to bring wine or beer for the evening.

Ready All... Row is issued twice a year.
Comments and articles may be sent to the following:

Brenda Balenger	bbalenger@gmail.com
Happy Callaway	happycallaway@gmail.com
Barbara Faughnan	barbfaughnan@comcast.net

A Brief History of LSRC by Happy Callaway

The two founders of the Lake Sunapee Rowing Club, Marylee Verdi and Brenda Balenger, began talking about starting a rowing club in the New London area in the Fall of 2007. Neither of them had extensive rowing experience, but they were passionate about the sport, and believed that others in the New London area would be interested in joining a local club.

Marylee was introduced to rowing while in high school in Arlington VA and says that the experience was life changing. In her senior year she was a member of the school's women's eight that placed second in the 1983 National Junior Championships. Unfortunately she didn't have another opportunity to row until the summer of 2006 when she joined the Upper Valley Rowing Foundation in Hanover NH. At the end of the season she rowed at the Canadian Henley with the UVRF master's women's eight. This second experience with rowing convinced Marylee that she wanted to start a rowing program closer to her home in New London. The first challenge was to find others who were also passionate about the sport. Marylee knew other people in the community rowed; she had seen singles on the tops of cars, and occasionally saw rowers on one of the nearby lakes.

Brenda Balenger had never been in a sweep boat or a sculling shell until the summer of 2003 when she took a three-day sculling class with the Upper Valley Rowing Foundation. This experience encouraged her to sign up for a beginners sweep class that UVRF offered. She continued to row with UVRF for the next four summers, although she didn't enjoy leaving her home in Sunapee at 5:30 am and driving thirty miles to Hanover for the 6:15 practices. At the annual picnic at the end of the 2007 season a mutual friend suggested to Brenda that she talk with Marylee since they both lived in the New London area.

The two realized that they shared the same vision and began talking about starting a club that would row on Lake Sunapee. In November 2007 they held an information meeting at Tracy Library in New London. Thirty-five people came and signed up to be a part of the fledgling club. Encouraged by the amount of community interest Brenda and Marylee began planning in earnest, hoping to be rowing by the summer of 2008. The Live Free or Die Rowing Club, as it was then called, had no money and no equipment. In order to be on the water in seven months they had to find boats and oars, a boat trailer, a place to store the boats, a coach, a coach's launch, a launch site, and, of course, people willing to pay money to join the club.

"We succeeded in spite of ourselves and with a lot of help from our friends," said Marylee. "We didn't limit ourselves because of a problem," added Brenda. "We moved ahead with our plans, finding ways to get around an obstacle or another way of doing something."

The two women worked many hours and even loaned the club money to purchase needed equipment. People in the local rowing communities stepped forward to help. Michael Hirschfeld of St. Paul's School in Concord NH loaned the club two Pocock four's and sixteen tulip blades for the summer. Paul Austin, a friend of Marylee, loaned them a coach's launch. The coaches used megaphones made of cardboard. Nancy Vespoli and Martha Beattie coached the rowers that first year. Both Nancy and Martha had rowed at Dartmouth and Nancy was on the 1980 women's Olympic team. Martha started Martha's Moms Rowing Club in Seattle, (the rowers were "of an age") and initiated the Hanover High School boys rowing program in 2000.



Brenda Balenger and Marylee Verdi

The club did get on the water the summer of 2008. There were two sessions, each two weeks long, and we "wet launched" from the Sunapee State Park Beach. The club, now called Lake Sunapee Rowing Club, had twenty-eight active members. That fall Brenda and Marty Mundy coached two boats of high school students who were novice rowers. Marty coached the girls' eight and Brenda coached the boys' eight. The rowers had to wear headlamps because they were on the water before sunrise. One morning the boys' boat outran Brenda's launch even though she had the four horse power motor wide open. "I knew they were getting good when that happened!" she said. Marylee and Brenda's dream had become reality.

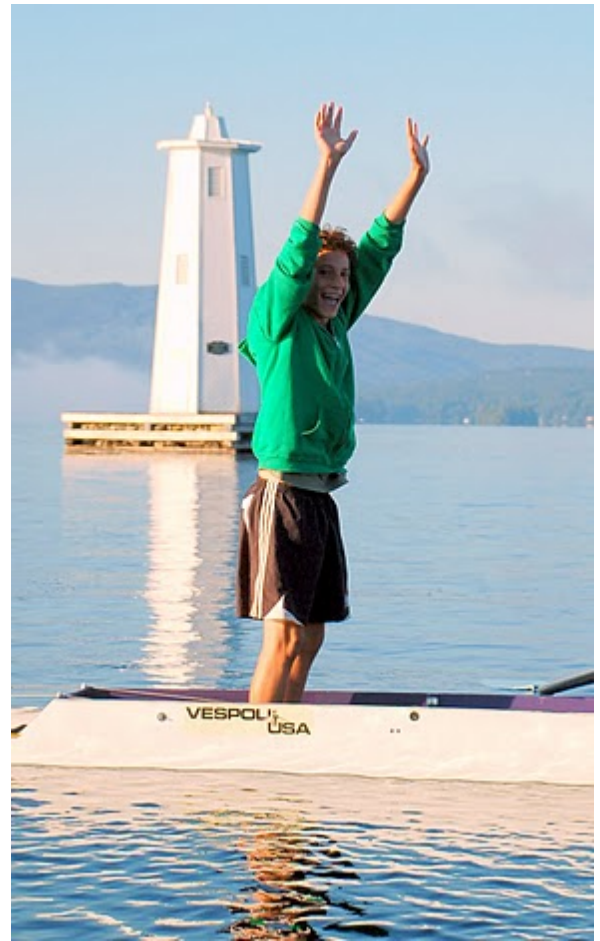
That first season also included an adaptive rowing program. Tom Kersey, the Executive Director of the New England Handicapped Sports Association, was instrumental in getting the program started. A rowing club in Philadelphia generously donated adaptive gear that they no longer used.

In the 2009 season the LSRC welcomed a new coach, David Pook, who coached at St. Paul's School. The club now owned a proper coach's launch and another sweep boat donated by UVRF. The Fells on Lake Sunapee generously allowed us to use a launch site on its shoreline. Forty people rowed that summer in three different sessions. Brenda and Marylee also organized short learn-to-row sessions on Saturday mornings to increase community interest. Thirty people attended these Row-D-O classes (all wearing cowboy hats), and some have continued to row with the club.

In August the club entered a float in the New London Hospital Days parade to advertise LSRC. The float carried coach David Pook rowing an erg! Later in the summer Tracy Bragdon, a club member, held a fund-raiser at her store, Brick Farm Ice Cream in Unity. The club also held a yard sale.

The 2010 season brought another change in launch site. The Town of Sunapee gave the club permission to row out of the beach in Georges Mills and the two sweep boats were stored at Sargent's Marina. David Pook again coached three sweep sessions. Often there were men and women ranging in age from fourteen to seventy rowing in the same boat. In June, Mark Klinker coached sculling on Fridays. Again this year the club provided several learn-to-row opportunities to increase interest and membership.

Lake Sunapee Rowing Club is looking for a permanent home with a boathouse and a dock from which to row. Each season LSRC has gained new members who are excited that they can row close to where they live or work. Lake Sunapee Rowing Club will continue to grow because of the vision, creativity and hard work of Brenda and Marylee, and the efforts of many volunteers who are passionate about rowing. The rowing community has supported the club without question from the beginning. Its generosity has been amazing and the LSRC is very grateful.



We love our coxswains! Hunter Moskowitz assumed this position after a bit of encouragement from Coach Pook. Reed Macey and Noah Bonder-Major also put in lots of time in that itty bitty seat. Many thanks to all the other rowers who gave up their rowing time to take on this very important task!

Items for Sale

There are still hats, t-shirts, seat pads, and bumper stickers available. (see photo) This year's big purchase was rugby shirts in the club's colors. Most were preordered but some are still available. We will have these items available at the December meeting or you may contact Brenda or Marylee to purchase one.



What the Lake Residents See (and think)

This photo was taken by Wendy Kingsley, daughter of Poppy Fletcher whose home overlooks the lake. Wendy took this photo early one summer morning. The expression, "harmony in motion," was Poppy's assessment of our efforts.



How to keep your edge during the winter months...

1. Sign up for the erg workshop with David Pook at the Hogan Center at Colby Sawyer College. See our web site for details at a later date. www.lakesunapeerowing.com.
2. Read a book about rowing. Below is a sampling that was suggested by our editors. The numbers in red indicate how many copies are in the NH interlibrary loan catalog. You can request these at your local NH library.

Boyne, Daniel J., "Red Rose Crew: A True Story of Women, Winning, and the Water" **5**

Hall, Sara, "Drawn to the Rhythm: A Passionate Life Reclaimed" **11**

Lambert, Craig, "Mind Over Water: Lessons on the Life from the Art of Rowing" **6**

Lewis, Brad Alan, "Assault on Lake Casitas"

Rinehart, Rick, "Men of Kent: Ten Boys, a Fast Boat and the Coach Who Made Them Champions"

Savage, Roz, "Rowing the Atlantic: Lessons Learned on the Open Ocean" **12**

Straus, Barry, "Rowing Against the Current: Learning to Scull at Forty"

LSRC Supports Adaptive Rowing

The Board of Directors plans to continue our commitment to growing the Adaptive Rowing programming. If you would like to row with adaptive athletes next season, there are opportunities for training through NEHSA at Mount Sunapee this winter. We would also like to apply for grants to increase the scope of our programming and update equipment. If you would like to help with grant writing, please contact Brenda Balenger.



Tina Greco and Don Hayes (coach) rowing an adapted double.



2010 team photo. Top row: Melissa Thompson, Kathy Muller, Clare Menzel, Ann Donnery, Brenda Balenger, David Pook (coach), Happy Callaway, Chris Dorman, Tracy Bragdon, Michael Todd; Front row: Barbara Faughnan, Kelly Garrity, Suzi Garrity, Liz Brunst, Mackenzie Garrity, and Trina Hill.

*Lake
Sunapee
Rowing
Club
⌘
2010
Season*



Contributions Gratefully Accepted!
Rowing and membership fees alone do not cover all the costs associated with club activities. All donations are tax deductible.
Contributions may be sent to
LSRC
PO Box 287
New London, NH 03257