

## Leisure Notes

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### *Greetings from the Chair!*

It's official - I survived my first year as Chair of the Recreation, Parks and Leisure Studies Department... and I'm still smiling! Most would agree it was not a typical first year for a new chair. As a department, we adjusted to several changes and thrived on the challenges. Through it all, we kept our focus on the most important thing: our students. Let me fill you in on the highlights...



**Dr. Sharon Todd**

I managed to move my cluttered office not once, but twice last year. Those of you who know how I work in piles (or maybe "paper mountains" is a better description?) must be astonished. The first move took a month and involved sending barrelfuls to recycling and at least a dozen boxes to shredding as I moved across the hall in Park Center.

The second move occurred at the end of fall semester. The RPLS Department packed its belongings during finals week to prepare for a January move to its new home in the beautifully renovated Professional Studies Building. The bright, high-ceilinged interior space includes office, classroom, laboratory, research, and innovative storage space in the new wing. See page 4 for more details on the move from Darleen Lieber, our ever-faithful department secretary, and please come visit us!

By the way, I would be remiss if I didn't include Darleen as a highlight of my year. She was a "rock" through the transition of a new chair. Apparently I kept her laughing more than anyone else she has ever worked with - is that a good thing? She certainly helped keep my sanity as she witnessed my excited outbursts, happy dances, and even occasional tears.

Midyear also marked unexpected turnover in terms of recreation management faculty. Dr. Wayne Stormann submitted his decision to take advantage of New York State's early retirement incentive, effective December 31, 2010, and a few weeks later, Dr. Eddie Hill disclosed that he was returning to Old Dominion University to be closer to family in Virginia (see page 5 for related articles). These changes gave us heavy hearts, but we were at least given permission to search for a replacement for Eddie's position. Wayne's position, however, has been frozen due to the economy.

Our spring semester thus focused on running a successful recreation management faculty search, chaired by Dr. Anderson Young. We were subsequently pleased to offer a position to Brooke Burk, who accepted our invitation to join our department after successfully defending her dissertation at the University of Illinois in June. Please take the opportunity to meet her on page 4.

My year concluded by once again directing the Outdoor Education Practicum, aided by Dr. Amy Shellman as assistant director. Even though this was my 18th year with OEP, 11th year directing the program, it still continues to be the high point of my year.... I simply can't imagine not sharing that annual experience with students and staff! Please see pages 6-8 for related stories.

On page 2, I've briefly summarized other department highlights. Please take the time to fill out the alumni profile form on page 17 and fill me in on the highlights of your year so I can share your stories next year. I look forward to hearing from you!

### We are green!

*This issue of the Alumni Newsletter will not be sent as a print version. We have strived to create a format that is dynamic, accessible, and usable for all our readers while reducing our environmental impact. If you do need a print copy, please contact the RPLS Office ([rpls@cortland.edu](mailto:rpls@cortland.edu)) to request one.*



## Greetings from the Chair (cont.):

### Re-accreditation becomes official



At its meeting on October 25, 2010, in Minneapolis, Minnesota, the Council on Accreditation of Parks, Recreation, Tourism, and Related Professions (COAPRT) approved continuing accreditation of the RPLS Department until 2015. The Council also noted the following commendations:

- Achievement of campus-wide respect and leadership
- Exceptional service learning and experiential learning programs
- Faculty engagement in the assessment process
- Overall commitment to excellence as evidenced by 20 years of accreditation
- Extraordinary commitment to student development through excellence in instruction and curriculum development.

### CPRP Certification student initiative


SUNY Cortland is currently serving as a pilot school for the National Recreation and Park Association's Certified Park and Recreation Professional (CPRP) certification program. Aided by an internal assessment grant, the RPLS Department selected one Spring 2011 class, *Administration of Recreation*, to use as a pilot for preparing students for the CPRP exam. Twenty students will be sitting for the exam either during or immediately following their internship semester. See page 71 of June 2011 *Parks and Recreation Magazine* for an article by Eddie Hill, Lynn Anderson, and Sharon Todd.



### Faculty and students collaborate on research studies

At both the undergraduate and graduate level, students in the RPLS Department were heavily involved in research this past year. Besides class projects associated with core research classes (see page 12), students were involved in other research with faculty and in their own Master's projects and theses. Undergraduate students were involved in 3 presentations this year, while graduate students accounted for an additional 15 presentations/publications. In total, 21 graduate students were involved in Master's projects and theses.

### NYS IRRC continues to impact inclusive recreation across the state

 The NYS Developmental Disabilities Council provided \$99,000 in further funding to the statewide Inclusive Recreation Resource Center at SUNY Cortland due to its high-quality work. See page 16 for more details.

### Costa Rica expeditionary learning special topics course offered

In collaboration with Outward Bound, Dr. Amy Shellman offered a highly successful 3-credit shared resources course over winter break in Costa Rica, which involved a 15-day expeditionary learning experience (see page 15).

### League 56 theory-based after school program

Under the leadership of graduate assistant Emily Cosnett, Dr. Eddie Hill, and Dr. Sharon Todd, students in REC 280 Programming and REC 380 Leadership continued to develop and implement a resiliency based afterschool program for children in 5<sup>th</sup> and 6<sup>th</sup> grades.

### RPLS continues to provide leadership in the Community Bike Project

The Community Bike Project continued to be implemented by students, faculty, and staff at SUNY Cortland who care about the environment, sustainable transportation, health and wellness, and a shared spirit of community on our college campus. Under the guidance of Jennifer Miller and Dr. Eddie Hill, students in REC 445, Administration of Recreation, oversaw the project as part of their learning laboratory.



### Public-private partnerships

The RPLS Department collaborated with Orvis and Cortland Line to offer a 1-credit fly fishing activity course this spring. A second partnership was orchestrated with Greek Peak Mountain Resort to offer a new graduate assistant position for 2011-2012, which will focus on running a commercial recreation enterprise. Both partnerships created exciting new learning opportunities for students.

For more detailed departmental information on these and other areas, see our **RPLS Annual Report** (<http://www.cortland.edu/rec/essentials/annual-report-page.htm>).

## Mission

Through learning, teaching, scholarship, and service, we promote the value of play, leisure, recreation, and parks for individuals, society, and the environment, enabling and inspiring students to become engaged citizens and effective professionals.



## Values

- FREEDOM and self-determination, striving for balance and quality of life
- POSITIVE HUMANISM, celebrating diversity and equity for all people
- RESPECT for the field of recreation, parks and leisure studies
- GROWTH, quality and excellence in our work; this is a calling
- Love of and appreciation for LEARNING
- GLOBAL perspective
- CARING for each other and the environment; social and environmental responsibility
- INTEGRITY and authenticity
- We are, and we educate students to be, AGENTS OF CHANGE

## Vision

We make a difference in the world. Our alumni continue to be outstanding leaders in the field of parks, recreation and leisure services. We have bright, passionate, and diverse students who think critically and are motivated to join our alumni ranks and contribute to the field and to their communities. We are a model at the national, state, and local level for excellence in teaching, research, and service in the recreation, parks and leisure studies field, and we are leaders in effecting positive social change and sustainable living. We are essential to the future of the profession and the mission of the college.



# The 61st Annual Cortland Recreation Conference: “Recreation Nation”

*By Jennifer Fitzgerald, Junior, B.S. in Recreation*

That's right - it's that time of year for the 61<sup>st</sup> Annual Cortland Recreation Conference! This upcoming conference is proving to be one of the most interesting ones to date. We are recruiting speakers from all across this great state of New York and beyond who will address a wide array of topics throughout our field, from therapeutic recreation to recreation management. Come join us in this fun-filled learning experience November 3 and 4, 2011.

This year we are exploring how recreation builds a stable nation; hence the theme “Recreation Nation.” We feel that in the state of our economy, real fun is closer to home than we think. No need to spend money on expensive vacations! As future recreation professionals, we feel it is vital to educate the youth of our nation on living healthy lifestyles and being active. Come help us brainstorm how to better our nation.



Our Metcalf Endowed Keynote Speaker for this year is Dr. Nina Roberts. As the Director of the Pacific Leadership Institute in California, Dr. Roberts has a passion for natural resources and cultural diversity. She has been able to relate her studies to the various aspects of recreation, including outdoor recreation, parks, natural resources and youth development. A Fulbright Scholar, Dr. Roberts is nationally known for her commitment to diversity and social justice, with a desire to break down barriers of inequality, especially relating to park access and recreation opportunities on public lands. Her work provides leaders and managers with ideas and resources needed to respond more effectively to changing demographics as well as cultural shifts and trends across the U.S. An Associate Professor in the Department of Recreation, Parks, and Tourism at San Francisco State University, Dr. Roberts is also on the Board for the Yosemite Institute and serves on the Advisory Board for Girl Ventures and the Center for Diversity and the Environment. In the past, she was an Education and Outreach Specialist with the National Park Service as well as Assistant Director of the Student Conservation Association's National Urban and Diversity Programs. We are excited to have Dr. Roberts join us at our 61<sup>st</sup> Recreation Conference!



Continuing with the past few years' sustainability theme, our conference committee has worked with the faculty and our on-campus technology services to develop a functional website, [www.cortland.edu/reconf/](http://www.cortland.edu/reconf/), where the brochure, schedules, printable registration forms, and other important information can be accessed. We are also on Facebook, “Annual Cortland Recreation Conference,” [www.facebook.com/group.php?gid=162500251951](http://www.facebook.com/group.php?gid=162500251951).

Come join us for this great networking and professional development opportunity!

61<sup>st</sup> Annual Cortland Recreation Conference  
“Recreation Nation”  
November 3 and 4, 2011

Phone: (607) 753-4904

Email: [reconf@cortland.edu](mailto:reconf@cortland.edu)

Website Link: [www.cortland.edu/reconf/](http://www.cortland.edu/reconf/)



## New Home for the RPLS Department *Professional Studies Building Occupied January 2011*

*By Darleen Lieber, Secretary I*



In January 2011, the Department of Recreation, Parks and Leisure Studies officially moved our location from the Park Center to the newly-designed Professional Studies Building (formerly Studio West). We are now in the same building as the Dean of Professional Studies, Sport Management, Kinesiology, and Communication Disorders and Sciences.

Having worked for this department for almost three decades, I was a bit saddened to leave the office I called home, but I was also somewhat excited. As many of you may remember, my office was more like the size of a large closet!

In preparation for this huge endeavor, I purged many files (some back from the '60s!). I really have come to the conclusion I am somewhat of a "hoarder." As painstaking and tiring as it was, I got through it: 125+ boxes filled, taped, and labeled. Then came the fun part – unpacking and setting up my new office! It took a few weeks, but with the enormous help of Vicki Wilkins, all files and supplies have been put in their appropriate places (I hope!). With the help of a "decorating committee," pictures and awards have been hung on the walls.

In hindsight, it was a very long and painstaking process, but in the end, it was well-worth the effort. Although I miss my colleagues in the Park Center, I have become aware that there is life outside the Park Center. I have met new professors and secretaries from different departments, my new office is fantastic (with two large windows!), and I finally feel settled!

Our new offices are now housed on the second floor of the new addition of the Professional Studies Building, Room 2213. Our building is the first you see after entering from Tompkins Street. We share a floor with the Communications Disorders and Sciences Department. All classrooms are on the first floor, which include our large outdoor education classroom and our play lab. We also have a large, drive-through garage, which stores our canoes, skis, and other large equipment. Off the garage is our "Fort Knox" area, which is where the rest of our equipment is stored. This area also has state-of-art rolling storage racks and a computer for inventory.

I am so happy in my new "digs." I've heard nothing but praise from visitors and students. I'm hoping this will be our final move (not sure I could handle another one). I think this is the perfect place for us.

Please feel free to make a visit to Cortland to check us out! We would love to see you!



## Meet Our New Faculty Member...



My name is **Brooke Burk**, and I recently graduated with my doctorate in Leisure Behavior from the University of Illinois at Champaign-Urbana. I received my bachelor's degree from the University of Iowa in psychology and my masters from the University of Northern Iowa. As you can read, I am a Midwesterner at heart, but there is something special about the rolling hills of Central New York that have my husband and I very excited to be here!

As a member of the RPLS Department, I will be teaching recreation management courses, which is something that I am passionate about. I have had the opportunity to work in various levels of management in many recreation and leisure services. Thus, I have filled water jugs, dealt with "water clarity" at the public pool, created programs for seniors and toddlers, written a budget, hired staff, assisted with grants, and presented customer evaluations to the board of directors. These experiences have given me opportunities that I readily use in the classroom. In addition to this work in the field, I have also had the opportunity to serve on various committees with national, state, and regional recreation organizations and provide training at their conferences. Lastly, I am interested in research that examines the health and well-being of underserved youth through community recreation and leisure. Recreation and leisure programming has a special role in providing health and stability to communities.

On a more personal note, I feel very fortunate to join the SUNY Cortland family in the RPLS Department, and I look forward to exploring all that Central New York has to offer as well as getting to know the faculty, students, and staff.

## ... and Say Goodbye to Others

### ***Dr. Eddie Hill Resigns to Return to Old Dominion University***



Even prior to my arrival at SUNY Cortland in the summer of 2008, I was welcomed with open arms...and so was my family. The RPLS Department sent a care package for my son Aiden, who is now three, with Cortland Red Dragon paraphernalia. We knew we were in good hands!

I have learned and enjoyed much about SUNY Cortland over the last three years, all of which has made be a better educator, researcher, and faculty member. I have also had the chance to be involved with some exceptional programs/projects along the way: the Community Bike Project, League 56 Academy, Outdoor Education Practicum or OEP (at Raquette Lake), and of course, the Annual Cortland Recreation Conference.

The Community Bike Project (CBP) at SUNY Cortland is an amazing program that has been used as a model for schools around the country. The CBP, spear-headed by Lynn and Dale Anderson in 2004, has grown to be a staple part of our faculty, students, and staff. This was attractive to me early during my campus interview in January of 2008, mostly because of my passion as a cyclist and the shared value of sustainable practices, the foundation of the CBP. I have had the chance to work closely with undergraduate and graduate students who manage the CBP. I have also have the opportunity to help with research and use that information to make significant changes that enhanced the CBP.



My wonderful colleague Dr. Amy Shellman, and former graduate student, Lindsey Brown, and I had the opportunity to work with Barry Elementary School to help to create a school-based recreation program. This program, now known as the League 56 Academy, is an 8-week long, resiliency-based, afterschool model that is designed and led by RPLS students in the REC 280 Leadership and REC 380 Programming classes. The program has been through an evolution and is now one of the most sustainable theory-based afterschool models in New York. In fact, Central New York Recreation and Park Society, a branch of the New York State Recreation and Park Society, recognized the League 56 Academy program with the Humanities Award in 2009. Watching the experiential education that occurs between our RPLS students and the youth of Barry Elementary has been amazing to see.



It is not surprising to learn that when speaking with SUNY Cortland RPLS Alumni, their OEP experience (Raquette Lake) was the one of their fondest memories of Cortland. I was able to spend two consecutive summers working with Dr. Sharon Todd and her entourage of committed OEP staff. Some OEP staff have been working with students for nearly 30 years. For those who have experienced OEP, no further explanation is needed. It is life-changing for many students, faculty, and staff. In my 17 years of being an outdoor leader, I can honestly say that this is one of the experiences that help make better students, classmates, and citizens.

The annual Cortland Recreation Conference is the longest student-run conference in the country, and maybe the world! 2011 marks the 61<sup>st</sup> Conference. I had the amazing experience of being the faculty advisor for the 59<sup>th</sup> and 60<sup>th</sup>. These two, one year-long experiences gave me the opportunity to work closely with some of our finest students and to see them blossom into young professionals. Although I will be moving to Norfolk, VA, to become a faculty member at Old Dominion University, I still hope to return for the annual Cortland Recreation Conference....and stay connected with our amazing students, faculty, and staff.



### ***Dr. Wayne Stormann Retires***



At the end of the Fall 2010 semester, Dr. Wayne Stormann submitted his decision to take advantage of New York State's early retirement incentive. This marked his 25th year of service to SUNY Cortland in the RPLS Department.

Dr. Stormann arrived at Cortland in 1986, shortly after earning a post-doctoral degree from the Vermont Law School: a Master of Study in Law, specializing in environmental law and public policy. Prior to that, he had spent five years as an assistant professor at Ithaca College.

At SUNY Cortland, Dr. Stormann taught courses ranging from recreation administration to modern western thought, legal aspects, human resource management, commercial recreation, community recreation, natural resource recreation policy and management, and special event planning. Last August, his article "Cultural recreations and hierarchy: An historical interplay" was published in the journal *Leisure/Loisir*.

While his future plans involve spending much time in his home state of Maine, Dr. Stormann has agreed to teach a class or two for us "on the side." We wish him well in retirement, are grateful to him for continuing to share his expertise in the classroom, and appreciate his many contributions to SUNY Cortland over the last 25 years. Best wishes, Wayne!

## Center for Environmental and Outdoor Education's New Director Brings 30 Years of Expertise and Experience

**Robert L. Rubendall (Rob)**, who had spent 30 years overseeing environmental and experiential education at highly respected institutions in New England and Wisconsin, recently completed his first year as the director of outdoor education at SUNY Cortland. The Rindge, NH, resident most recently served as director of the Boston University Sargent Center in Peterborough, NH, from 1995 until 2009.

Reporting to Provost and Vice President for Academic Affairs Mark Prus, Rob oversees the operation of the Center for Environmental and Outdoor Education. Created in 1991, the center promotes campus-wide awareness and a commitment to environmental outdoor education while also managing the College's outdoor/environmental facilities.

Early in his career, he was an independent contractor and consultant in adventure-based and experiential education. He served as an instructor for the National Outdoor Leadership School and as program director for a community youth center. An adjunct faculty member for two accredited colleges, Rob was a team member of a start-up adaptive Outward Bound program for a high school counseling project.

From 1977-80, Rob co-founded and managed Treeline, Inc., an adventure education consulting business in Middleton, MA, which provided programs, training, ropes course construction and equipment to New England educators, schools, and camps.

He subsequently served two years as director of experiential education at the Institute for Family/Life Learning in Danvers, MA. Rob developed and delivered a therapeutic, experiential education curriculum for a residential home for emotionally challenged adolescents. During this time, he also received a Master of Education in Leisure Studies and Recreation from Boston University in 1983.

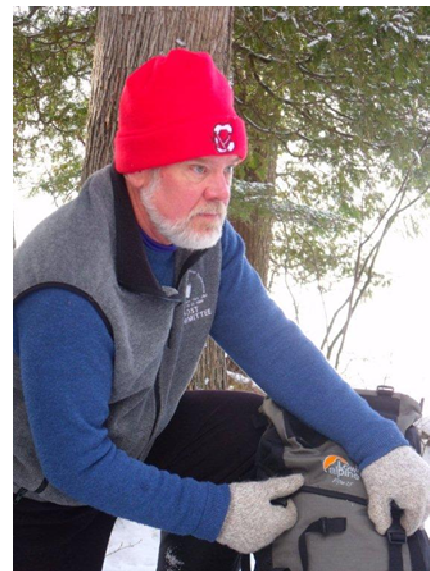
That year he joined George Williams College's Lake Geneva Campus in Williams Bay, WI, as assistant program director for one year and as director of program services for the following nine years. As director, he managed three educational and recreational programs for a large educational field campus, brought a successful Elderhostel program onto campus, and generated significant new revenue.

He became associate director for special programs at Elderhostel, Inc., in Boston, MA, where for the ensuing year he created and implemented a risk management assessment and program evaluation system. He also provided training and tools for use by 40 state coordinators.

As director of the Boston University Sargent Center, Rob oversaw the operation of a \$2 million resident outdoor education center with more than 10,000 annual guests. He managed a staff of 30 full-time staff members and oversaw four separate programs, food service, facilities, and planning.

Arriving on site at Camp Huntington on Raquette Lake over Memorial Day Weekend, 2010, Rob joined physical education's Outdoor Adventure Education for Teachers practicum already in session and quickly learned the role of coordinating the site logistics. Since then, he has been involved with scheduling all future programs at the Raquette Lake and Brauer facilities, leading a staff of six and managing the Center budgets, chairing a Task Force on Outdoor Education, overseeing building renovations, and advocating for the postponement of the sale of Antlers. He also presented at the 2010 Cortland Recreation Conference, offering a workshop on pre-orientation programs for incoming Boston University students incorporating GPS technology, history, and team building.

"Meeting and working with the talented students and faculty at SUNY Cortland has been a tremendous opportunity this past year," says Rob. "There is an extensive and storied tradition in the recreation and physical education departments here that I am proud to be part of, including a long line of Camp Huntington Directors from Harlan Metcalf to Jack Sheltnire. I look forward to making my own impact as we work to bring SUNY Cortland and the Center for Environmental and Outdoor Education into the national spotlight it deserves."



"I look forward to making my own impact as we work to bring SUNY Cortland and the Center for Environmental and Outdoor Education into the national spotlight it deserves."

**Editor's Note:** *I was given the opportunity to serve on the search committee that brought Rob to campus and continued to work with him and an expanded group of dedicated folks on the Task Force on Outdoor Education last year. What an honor! It was quite evident we all share a deep love for and commitment to SUNY Cortland's environmental and outdoor programs and facilities. Read on for more information on how you can be involved in preserving Antlers!*

- Sharon Todd



## HELP SAVE ANTLERS !

Antlers is an integral part of the SUNY Cortland's Outdoor Education Center at Raquette Lake as well as an historical jewel. In January, 2010, SUNY Cortland and the ASC seriously considered selling the Antlers property to a private developer. Alumni phone calls, emails, and letters encouraged the college to pursue a further examination of the viability of the Antlers property, and a moratorium was placed on any potential sale. SUNY Cortland then created a Task Force which evaluated the utilization/programming at all outdoor education facilities run by the college.

The SUNY Cortland Alumni Association also created a Committee on Antlers to address alumni concerns. Committee goals included:

- Receiving a written commitment from the college and ASC that Antlers will not be sold to a 3<sup>rd</sup> party;
- Huntington/ Antlers properties be combined into ONE "Raquette Lake Outdoor Education Center;"
- Fundraising for the newly created Raquette Lake Outdoor Education Center (Antlers and Huntington) to create an endowment for programming and long-term maintenance of the Center;

According to President Bitterbaum, the college is actively seeking the transfer of Antler's ownership from ASC to the Cortland College Foundation. That transfer would be tied to the creation of a substantial and permanent endowment to support a single environmental and outdoor education complex composed of both Antlers and Camp Huntington. He stated that they envision a long-term lease agreement between the College and The Foundation in which the College would take full responsibility for improving and maintaining Antlers. The Foundation would be responsible for raising and providing matching funds as capital improvements are made and programs are developed to increase outdoor education.

During a meeting with the College Provost, Foundation Representatives, and the Director of the College Outdoor Education Centers on July 8<sup>th</sup>, the following issues were discussed:

- The college is supporting ASC gifting Antlers to the College Foundation.
- There is support for the Foundation entering into a long-term lease agreement with the college.
- Huntington and Antlers will become ONE "Outdoor Education Center."
- A business plan, outlining specifics, will need to be developed before fundraising will begin.
- Increased programming is a vital component to the plan.
- The next meetings of the Foundation Board and ASC Board will be in September.

If you would like to join the effort to preserve Antlers as a part of SUNY Cortland's Outdoor Education Facility or just want to stay informed, please send your email address to:

[helpsaveantlers@gmail.com](mailto:helpsaveantlers@gmail.com)

and/or

"friend" the Save Antlers page on Facebook.

We welcome your questions, thoughts, and ideas! Thank you in advance for your support!

*SUNY Cortland Alumni Association's Committee on Antlers*

7/8/2011

## My 2010 Outdoor Education Practicum (OEP) Experience

By Kurtis Madden, Senior, B.S. in Therapeutic Recreation

### Alumni Advisory Committee

#### Raul 'Rocci' Aguirre '95

Graduate Student, Antioch University, NH, and Project Manager, Monadnock Conservancy

#### Celeste Bernardo-Dunn '85

Superintendent, New Bedford Whaling National Historical Park, National Park Service

#### Karen Caccese '99

Special Events Planner, Manhattan, NY

#### Jessica Hatfield Daily '01

Activities Director, Walden Place

#### Ike Kuzio '00

Recreation Specialist, Westchester County Department of Parks

#### Gary Lopez '96

Recreation Supervisor, Onondaga County Parks

#### Timothy O'Connell '90

Associate Professor, Dept. of Recreation and Leisure Studies, Brock University

#### Ellen Lupia O'Sullivan '70

Professor Emeritus, Southern State Connecticut University

#### Lauren Penney McGee '99

Coordinator, NYS Inclusive Recreation Resource Center

#### David Peppel '97

Director of Operations, Mohawk Valley and Hutchings Psychiatric Centers

#### John Silsby '69 (Chair)

Recently retired Director of Parks and Recreation, Groton, CT, Parks and Recreation Department

#### Wendy Richards '11

President, SUNY Cortland Recreation Association

#### Carol Zimmerman '95

St. Lawrence County Health Initiative, Adventure Education Specialist

#### William Zimmerman '76

Recreation Director, City of New Rochelle Recreation

#### Emeritus Members:

#### Dr. Tom Goodale '61

#### Dr. Geoffrey Godbey '64

The OEP course was a total of 12 days in June. We were all very fortunate in the fact that there were no black flies in the Adirondacks, which is a rare sight for summer. We spent the first six days in Camp Huntington, doing large group activities and getting to know one another during the first couple days. We were then told who would be our instructors for the trip and other members of our group. During the rest of the time at Camp Huntington, we worked to prepare our group for the six-day camping trip on the designated route picked by the instructors for the OEP trip.

This is a time when I started to learn a lot about the outdoors, such as how to navigate by "setting the map," which helps you to gauge where you are for a more accurate reading when using a compass. We were tested as a group using these skills on an orienteering course, navigating through the woods to reach checkpoints. This was a timed test and really helped me grasp how difficult navigating can be. However, it was great practice for our group and helped us work together to reach a common goal.

We also practiced skills like effectively starting a travel stove and tying knots. Learning how to tie knots was definitely a very essential tool on the canoe expedition in order to secure bags on the canoes. We also had to hang bear bags every night in order to keep the critters away from our camp site. I think that learning how to effectively hang bear bags will be useful if I ever go camping around bear country again.

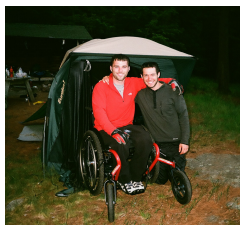
I really enjoyed working on my canoeing skills during the trip. I have canoed a lot in my life but learning how to make different strokes with the paddle made it much easier to efficiently canoe without overworking my body. I really enjoyed the opportunity to get to know my tripmates better. It seemed like after everyone got the notion that we were up there, like it or not, for twelve days, we all opened up and connected with each other.

At this point it became evident how passionate all the instructors were about the lessons they were teaching. One of the main lessons that I will carry with me everywhere I go is how we all must respect nature. We must be unselfish in the outdoors and always clean up after ourselves and leave no trace. In doing so, other people can visit the outdoors and enjoy the tranquility of a clean place to visit.

I must admit I was extremely happy to jump back in my vehicle, grab my cell phone, and get back into the social scene at the end of the course, but looking back I am proud of myself for going out of my comfort zone and learning that I can do nearly anything I put my mind to. It is good to step back from things like computers, radio, and television and just enjoy life as it comes.

I can honestly say that the trip has opened my eyes to appreciate the finer things in life and helped everyone bond as a group. I know that I will never forget those twelve days we all spent in the Adirondacks! I really appreciate the fact that Cortland has such a beautiful learning center and the instructors take the time to teach us these valuable lessons about life.

Thank you very much to the alumni, instructors, and everyone that works so hard to keep the OEP trip an ongoing experience for the SUNY Cortland students to enjoy.



#### Editor's Note:

The Cortland Fund interviewed and selected Kurt to write this year's annual appeal letter sent to friends of Raquette Lake. Kurt wrote: "As an active kid, I learned early on that participating in sports and outdoor activities develops a person and teaches them about life — winning and losing, team building, increasing confidence, and getting along with others. After a car accident at the age of sixteen, I became reliant on a wheelchair as a paraplegic, and I thought all those lessons would no longer be useful. However, thanks to those lessons I learned as a child, I realized I could increase my independence and build up my self-esteem by becoming involved in activities like the ones covered in the Outdoor Education Practicum at Raquette Lake, which I participated in last summer. While not easy for me, ... I am proud for going beyond my comfort zone and learning that I can do anything I put my mind to."

- Sharon Todd



## The Cortland Community: A Transfer Student's Perspective

By Brian Skeats, Junior, B.S. in Recreation Management

SUNY Cortland isn't like the majority of schools I have been to. In fact, it's almost completely different. Cortland offers something that I would bet each and every alumni reading this remembers fondly: community.

I've been to more schools than I care to mention, all with outstanding programs and good people. Each boasted about the special events for students. From the first moment I came in contact with Cortland, I began to understand just what Cortland is.

Orientation didn't work out for me, so I never really had a chance to officially tour the campus. I never met with anyone in the RPLS Department until I signed up for classes. On move-in day, I had the pleasure of enrolling with the help of the Department Chair, Sharon Todd. I was greeted with a smile and a kind welcome to the major. I had no idea she was the department chair and I wasn't treated like a walking paycheck. This warmth I sincerely hoped would stay constant with the rest of the department.



I was warmly welcomed to my first class with a game of group juggle with Amy Shellman. The class focused on getting to know each other. I started to believe that the college was trying to create a sense of community among the students. The entire class was open and ready to talk, which seemed vastly out of the ordinary from all the other schools I have attended.

It wasn't till Eddie Hill's leadership class that my entire view of the college was completely turned on its side. One of the first things we did was fill out questionnaires about ourselves. It was then that I realized that the sense of community at Cortland wasn't just with the students. This community is one of the things I had heard of about the college when applying.

This sense of community led me to SCRA, the recreation majors club. This club welcomed me with open arms, especially after I started helping them out with what I could. I find that the most impressive part of this club is that it really ties the whole community in the RPLS Department together. It is run by students with faculty advisors, and it only took one meeting for me to see that it was a strong collaborative effort between the officers and the faculty to provide the best opportunities for members.

Thus, from the perspective of a transfer student, Cortland stands out for one reason period: community. This college links students with the faculty and offers a strong place to grow into a profession, with people who have been professionals. It creates a place that not only offers fun, but also serious academic benefits. The developed Cortland Community is something that should be patented, sold, and reproduced at every college. Cortland really stands the test of making a long-term professional transfer student find a place to graduate.



## Learning-filled Sabbatical

By Dr. Vicki Wilkins, Professor

This, my third sabbatical (yes, I have been around that long!), started out exactly like the first two. I read, I read, and then I read some more! For awhile there, I was the most interesting person I knew! I used this sabbatical to complete a couple of professional goals and to get some others started.

With the expert assistance of Laurie Klotz, I now have the beginnings of a "play across cultures" database. The plan is to add an additional 200 activities and then decide exactly how the database will be used and what it might turn into. The possibilities are pretty exciting. With each activity in the database, readers will find more information than any text is currently providing, including important cultural links. In the classroom (REC 150 – Play Across Culture) we call it the "So What?": when we use the activities that we have played to gain insight into what is valued, what the realities of life are, what skills are needed to grow up and thrive in a particular country. We do this believing that play is one of the ways culture is learned and perpetuated. REC 150 is a great class and generates tons of information that, quite simply, needs to be shared with a wider audience. In another year or two, I will figure out exactly how that will be done.

I was able to attend REACH training in Seattle, which I had wanted to attend for more than a decade. My purpose was two-fold. First, I wanted to be the student for a change, and I had heard wonderful things about the REACH trainers. This absolutely happened! I spent a week with 12 others whose passion and commitment to inclusion and matters of diversity were at the very least as strong as my own. I learned so much and am anxious to work what I have learned into REC 293 – the department's prejudice and discrimination course. Second, the training was actually for folks who wish to become REACH trainers, so I will be using the experience to help the NYS Inclusive Recreation Resource Center re-shape the Train the Trainers manual and session – an important step in the continuation of the work of the Center. The REACH Center, now housed at Western Washington University, recently expanded its training to include those in higher education. I loved Seattle, made some great connections with folks, and hope to complete the follow-up steps so that I will become a trainer at SUNY Cortland.

As promised in my sabbatical plan, I now know more Spanish than I did! With the guidance of a former student, I discovered some delightful resources that made the learning fun for both my 10-year-old and me! I have decided, and announced as one of my goals while at REACH, to become bilingual. I have a friend on campus who has invited me into her classroom. I look forward to when that will be a real possibility.

With the help of my trail assessing buddy – Steve Meyer – data have been collected on about half of the Jim Schug Dryden Lake Park Trail. I now need to assess a half mile of a different trail in order to complete my UTAP Coordinators certification. Becoming a certified coordinator will allow me to supervise groups of folks in the UTAP data collection process. A secondary outcome of the trail work is to come up with an easier way to collect and share similar information. The process and the tool will become one of the IRRC's specialty tools. I will end the summer with a draft of a tool and then plan to involve our students in testing it out.

There were other smaller projects, personal and professional, that were completed; but these were the highlights. Sabbaticals are important and I want to thank my colleagues for allowing my sabbatical to happen. I know there are others waiting their turn; I promise to do my part to make them happen.



## 2010-2011 Award and Scholarship Winners in the RPLS Department

### Rho Phi Lambda Inducts New Members

On May 6, 2011, twenty-six students were inducted into Rho Phi Lambda, the national honor society for parks, recreation and leisure services. To become a member as an undergraduate, students must have an overall GPA of 3.20 and substantial evidence of outstanding leadership and service. Graduate students must have a GPA of 3.50 and the same criteria for leadership and service. The following students were inducted:

#### Undergraduate Students:

Ben Banker  
Amber Busby-Luettger  
Melanie Canna  
Maria Hart  
Sarah Heil  
Jenna Holden  
Cameron Johnson  
Devon Keir  
Mitch Lemery  
Deanna Moore  
Charles Rhode  
Wendy Richards  
Ashley Sherlock  
Chelsea Smith  
Amanda Speziale  
Jennifer Stark  
Elizabeth Vehring

#### Graduate Students:

Whitney Battin  
Angelique Bovee  
Emily Cosnett  
Josh Fonner  
Jennifer Miller  
Jason Page  
Jennifer Page  
Veronica Ripp  
Brigitta Roser



**The Alumni OEP Award**, established by a generous alumna of 2001, is used to support the fee for the Outdoor Education Practicum at Raquette Lake. Preference is given to non-traditional students with financial need. This year's recipient is **Jacqueline Thomson** from Porter Corners, NY.

**The Marcia Carlson Award**, in honor of professor emeritus Dr. Marcia Carlson, longtime faculty member at SUNY Cortland, recognizes a student who has made a significant contribution to the areas of outdoor education. This year's recipient is **Ashley Sherlock** from Monroe, NY.

**The NYS Federation of Home Bureaus Phyllis Doe Scholarship** is awarded to a student in therapeutic recreation for high academic achievement and leadership. This year's recipient is **Sharon Spencer** from Cortland, NY.

**The Robert Ditton OEP Award**, established in honor of Distinguished Alumnus Dr. Bob Ditton, is given to a student with high academic achievement and promise in the field to help offset costs of attending OEP at Raquette Lake. This year's recipient is **Erin Carrino** from Baldwinsville, NY.

**The Joyce A. Gaus '60 Scholarship** is given to an admitted freshman who demonstrates high academic achievement and leadership ability. **Clara Pittleman** from Derwood, MD, joins returning recipient **Maria Hart** from Binghamton, NY, as this year's awardees.

**The Thomas L. Goodale '61 Community Service Scholarship**, established by Distinguished Alumnus Tom Goodale, is awarded to a recreation student who has demonstrated a strong record of community or school service activities and high academic achievement. This year's recipient is **Melanie Canna** from Farmington, NY.

**The John B. Knox Memorial Scholarship** is awarded to a Hamilton County resident with an interest in outdoor education who demonstrates high academic achievement and leadership qualities outside the classroom. This year's recipient is **Ty Abel** from Frankfort, NY.

**The Ralph S. Mauro Award** honors Ralph Mauro, who was a student in the RPLS Department in the 1970s. Ralph demonstrated a high degree of enthusiasm and dedication to helping others with disabilities and was an individual with a physical disability himself. When he died in 1978, Ralph was actively involved in several community organizations that support individuals with disabilities. This year's recipient is **Deanna Moore** from Auburn, NY.

**The Harlan "Gold" Metcalf Award** honors the founder of the RPLS Department, Harlan "Gold" Metcalf, and recognizes a student who exemplifies Dr. Metcalf's qualities of good scholarship, interest in many activities, high moral and ethical character, and dedication to serving people. This year's recipient is **Amber Busby-Luettger** from Cortland, NY.

**The John MacPhee Scholarship** is given each year to a recreation major who shows academic achievement, professional promise, and clear educational goals. It honors John A. MacPhee, one of the founding faculty members of the RPLS Department. This year's recipients are **Amber Busby-Luettger** from Cortland, NY, and **Matthew Porebski** from Williamsville, NY.

**The John "Jack" MacPhee Award** is given each year to a recreation major who shows academic achievement and is a scholar/athlete. This year's recipient is **John Cooney** from Fort Edward, NY.

**The Jay '66 and Bettie Lee Yerka Award for Excellence in Recreation and Leisure Studies** recognizes a student who is majoring in recreation, demonstrates outstanding academic achievement and leadership, and has high moral and ethical character. In addition, the award is preferably given to a non-traditional student in therapeutic recreation. This year's recipient is **Devon Keir** from Delmar, NY.

**The Outstanding Senior Recreation Major Award** was given to **Cameron Johnson** from Bemus Point, NY, who was selected by his peers.

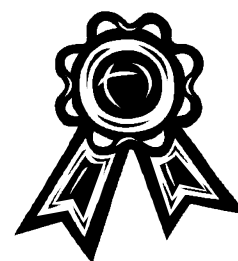


## Other Awards ...

### The Marcia Spaeth McDermott Professional Study Abroad Scholarship

was created in 2009 by the late Professor Emerita Marcia Spaeth McDermott, former acting dean of the School of Professional Studies and former chair of the RPLS Department, who passed away March 30, 2010, in Brevard, North Carolina. Dr. Spaeth McDermott established the scholarship to support the overseas studies of a SUNY Cortland student majoring in a School of Professional Studies program. The recipient for the Fall of 2011 is **Vanessa Gibson**, a senior outdoor recreation major from Auburn, N.Y., for an internship in Belize.

**Alpha Delta Junior Scholarships** are awarded to a select number of SUNY Cortland students who exhibit leadership, professional promise, participation in community, and responsibility. Only those students in the top 10% of the whole junior class can apply. This year, **Devon Keir** from Delmar, NY, was a recipient of this prestigious award.



### The Central New York Recreation and Parks Society "Fran Tokar" Scholarship

honors one of the founders of CNYRPS, Francis Tokar. This region-wide award recognizes a recreation student who has excelled in leadership, volunteerism, or participation in his/her community/school or intern assignment. **Ashley Sherlock**, senior in outdoor recreation from Monroe, NY, was this year's recipient.

# Wish List

## Recreation, Parks and Leisure Studies Department



The RPLS Department continues to be in dire need of a passenger van to meet the needs of our outdoor recreation courses. If you or a group of alumni would like to work to procure a large van for the department, we would be extremely grateful!

We are also in need of many other items. If you would like to make a donation to the department, please contact Dr. Sharon Todd, Department Chair, to make arrangements. Your generosity would be greatly appreciated and would make an immediate impact on the students and their learning.

- ☑ Passenger van (2008 or newer)
- ☑ GPS units
- ☑ Kayaks, canoes, and windsurfers in good condition
- ☑ Adaptive recreation equipment and sport wheelchairs
- ☑ Items from countries around the world related to play, recreation, leisure, or culture (toys, games, visuals, etc.)
- ☑ Bicycles for the Community Bike Project
- ☑ Outdoor education supplies like binoculars, spotting scopes, telescopes, etc.

## Research Benefits the Campus and Community

*By Dr. Lynn Anderson, Professor*

What is the best way to learn something? We have all heard the proverb, "Tell me and I'll forget; show me and I may remember; involve me and I'll understand." Experiential education is often associated with courses in our curriculum like the outdoor education practicum, service learning courses, and of course, the internship experience. But in the Recreation, Parks and Leisure Studies Department, research and evaluation are also experiential learning courses. Students get heavily involved in real-life research problems, and their level of understanding is significant. In two courses, one at the undergraduate level (REC 407: Evaluation and Research) and one at the graduate level (REC 601/602: Research and Evaluation I & II), students have conducted much needed research this past year.

In the undergraduate course, the students worked with me as a large research team and completed a community needs assessment for the Lime Hollow Center for Environment and Culture. The study provided Lime Hollow with information it needed to shape its strategic plan and future directions. Mitch Lemery, one student in the course, shares his learning experience (see sidebar). The executive director of Lime Hollow, Glenn Reisweber, had this to say about the study: "Our Board is psyched about your results. Really psyched! This is a dynamite product!!! Lime Hollow would never be able to afford hiring a professional survey organization to do what your class did. My congratulations to the entire team for a job well done!"

In the graduate course, the students also worked as a research team, and collaboratively we designed a year-long study that focused on understanding the level of well-being of our campus community. The study results will help the campus benchmark its status as we strive toward our strategic priority to be nationally known for well-being. As well, the results will help the campus complete its self-study for reaccreditation with Middle States, answering the question, "What is the level of well-being on our campus?" Below, Brigitta Roser, a graduate student in the course, describes her experience as part of the research team.

Learning research by doing research, and serving community and campus needs in the process, is a satisfying experience for everyone involved. As the professor in the courses, I assessed students' knowledge of research and attitudes toward research, using a pre- and post-assessment, and found a significant increase in both areas. Next year, we look forward to new questions, new studies, and more benefits for everyone!



### My Research Experience

*By Mitch Lemery  
Senior, B.S. in Recreation*

For research and evaluation class, we conducted a study using surveys to gain the perceptions of the residents of the greater Cortland area on Lime Hollow Center for Environment and Culture (LHCEC). Throughout the class, we slowly worked on our study to learn the research process. First we reviewed the 2002 study of LHCEC and some background research literature which gave us a direction to take our study. Then each student was assigned an area that we thought LHCEC wanted input on, based on the 2002 study and interviews with the board of directors. We came up with questions that addressed these topics. For my section, I had to come up with questions about program interests, such as what programs LHCEC already offers that the community is interested in and what new programs would they like to see at LHCEC. After we finalized the surveys, which were online, we sent out the member survey link in an e-mail. We conducted the public survey outside a new regional store, using iPads to collect data from a systematic random sample. We had a final sample of 473 people. After this, we took the results, analyzed them, and presented our findings to the LHCEC Board and public. This whole research experience has given me much needed skills that I will use in our profession of recreation - researching and evaluating programs or agencies to help improve them or keep them the same depending on the findings. Also, this experience helped better my skills using technology such as Microsoft Excel and iPads. Overall, this research study will help me in my future professional life.

### Researching Well-Being at SUNY Cortland

*By Brigitta Roser, M.S. in Recreation with a concentration in Management of Leisure Services*

My experience as part of the research team of REC 601/602 has been an extremely rewarding experience. Although there were many trials and tribulations, I believe the end result was completely worth it. There is a great sense of satisfaction upon completing an extensive project such as this. There was camaraderie and support throughout the two semesters from Lynn and our fellow classmates. In the beginning, it was frustrating because our topic was so broad and it was hard to see where we were going with it. However, with every class meeting and assignment, we came one step closer to understanding. We began with doing some outside reading on the general topic of well-being. This sparked our interest in the subject. Further research on specific areas of well-being was done and comprised our initial literature review. During this time, we also worked on our own individual literature review that could be used, should we decide to do a research project or thesis as our culminating experience. We developed our survey using already established instruments and then piloted it. In the second semester of the class we worked in small teams on survey development, sampling procedures, IRB approval, editing, focus groups, etc. Eventually, we got to actually go out and sample around campus using iPads. After collecting our data, we learned how to analyze it using SPSS and then how to accurately display our findings in Excel graphs and other formats. We collaborated to put together a PowerPoint and present our preliminary findings to several stakeholders of the SUNY Cortland campus. There was a finished result that actually meant something. It was not some silly, boring, wasteful project that had little relevance to us later in life. I think more graduate classes should take note from this class and incorporate more experiential learning outside of the classroom; after all, most future employers are looking for experience.

## SUNY CORTLAND RECREATION ASSOCIATION 2010-2011

*By Wendy Richards  
Senior, B.S. in Recreation with a concentration in  
Leisure/Recreation Program Delivery*

## Recreation at its Peak



This year, the SUNY Cortland Recreation Association (SCRA) was very active in helping local community members and organizations, participating in recreation events, enhancing professional development, and helping with environmental service projects.

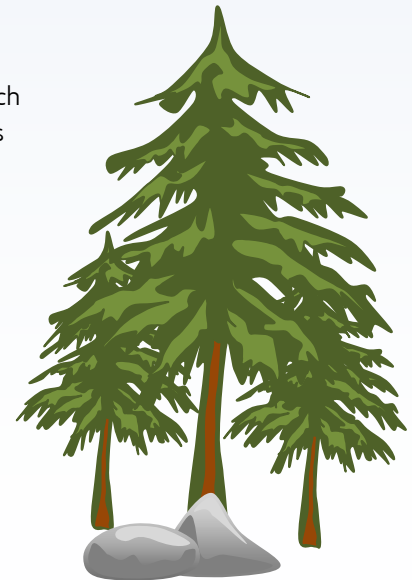
Being very active in the community, many club members helped support local organizations and take part in environmental service projects. Many SCRA members participated in the river clean-up of Otter Creek. Other projects included trail maintenance along SCRA's portion of the Finger Lake Trail and at Lime Hollow Nature Center.

Lime Hollow has a strong partnership with SCRA, allowing club members to frequently volunteer and support the nature center at different events. The Lime Hollow Christmas Tree Sale and the "Creatures of the Night" children's environmental program were two events in which students contributed. During Cortland's "Chil-A-Bration, SCRA members were able to provide an interactive snowshoeing station for the youth of Cortland with the help of Lime Hollow's equipment.

On the professional level, SCRA has provided many opportunities to support networking and professional development for students as they look for internships as well as ways to further their careers. Over the past two years, SCRA has financially supported over 60 students to attend the New York State Recreation and Parks Society (NYSRPS) Annual Conference. SCRA also supported the SUNY Cortland Recreation Conference, which was a great success this year with over 260 people attending. In addition to conferences, professionals from the field guest speak at club meetings where students can engage in valuable question and answer sessions. This year, we had the privilege of learning about entering the field from Mr. Jim Rauli, the Park and Recreation Director for the Town of Sullivan.

This year, we have focused on supporting and providing a means for SCRA members and students of the RPLS Department to make their ideas a reality. Events such as the Halloween bike ride, which was organized by John Cooney and Deanna Moore as well as many other Community Bike Project staff members, was funded and supported by SCRA. Having a NY State rock and ice climbing guiding license and much enthusiasm for the activity, SCRA's Vice President, Roger Ennis, with the assistance of Program Director, Cam Johnson, made an ice climbing excursion a reality. This experience was shared by 14 other students and gave the opportunity to others who perhaps would not have another chance to do so.

Overall, it was a very productive year. Being such an influential club allows students to incorporate academics, develop knowledge, build friendships, and share interests and goals. We thank you for all your support, interest, and contribution. SCRA looks forward to networking with many alumni in the future. Your knowledge and experience is very valuable to our club members as we enter the field as young professionals.



Spotlight on

# Study Abroad

## Nature is the Best Classroom

By Melanie Canna

*Sophomore, B.S. in Outdoor Recreation  
with a concentration in Outdoor Leadership*

I earned 12 credits last semester without stepping foot in a building, and I couldn't have learned more. I enjoy school and I enjoy learning, but there is only so much you can take from a classroom. After completing my first year of school, I knew I wanted to do something different. I enrolled in NOLS Patagonia for my first semester of my sophomore year.

NOLS is the National Outdoor Leadership School. It is a not-for-profit educational institution that takes people of all ages in the most remote places around the world to learn about outdoor skills, leadership, and environmental ethics. The course that struck me as the most appealing was NOLS Patagonia. We had two large sections of mountaineering and sea kayaking and then an independent student travel for ten days.

In the mountains we traveled almost daily, moving from base camp to base camp in snowshoes and in rope teams traversing across steep mountainsides. We attempted peaks, crafted and created in our fancy snow kitchens, built epic snow-slides, and slept better every night than we did the night before. Whether we were walking through valleys or scrambling across rock, we were constantly learning about ourselves, each other, and the environment.



Not long after that, we were thrown into a completely new environment: the ocean. Our lives were based around the changing of the tides. We paddled for sometimes as long as 20 miles a day through canals in the rainforest, learning about how to read the weather and identifying different marine species along the way. I remember being scared learning that it may rain for 8 days straight, but on the course when I thought of that, it made me happy to know that the 9th day we would see sunshine. One morning we woke up to bright sunshine and baby sea lions playing right by the shore. The appreciation we all had for that day was like no other. We saw penguins and porpoises daily and had the time of our lives. One of my fondest memories was on this section when we decided to build and decorate a Thanksgiving table out of washed-up garbage that the ocean gave us. We all sat down together on stumps, rocks, and pieces of unidentifiable garbage and talked about the things we were thankful for.

The last ten days was the small independent group travel. I traveled with three other students in the region of Cerro Castillo in Patagonia. We reflected on our course, our lives, and thought a lot about the future.

The whole trip for me was extremely inspiring. I hope that more people will take the chance to do a trip like this. I am an Outdoor Recreation major, but even for those who do

not have a recreation major, it would be extremely beneficial because of what you learn about yourself. One thing that I really took out of this was to look for opportunities and to never feel like you are looking too far. They say opportunity knocks on your door, but the best ones are hiding around the corner.





## On the Edge of Costa Rica: An Epic Adventure

*By Jennifer Miller and Amanda Lengauer, both M.S. in Recreation with a concentration in Environmental and Outdoor Education*

What an adventure! Before the spring 2011 semester began, five SUNY Cortland students (four graduates and one undergraduate) traveled overseas to participate in a 9-day Costa Rica Rainforest Outward Bound School (CRROBS) experiential learning expedition organized by Dr. Amy Shellman, who also happens to be an Outward Bound instructor in the USA. We traveled to Costa Rica as individuals enrolled in a special topics course and we returned as one united team, bound to one another as “moon frogs.”

On the first night of the course, the moon frogs were introduced to us as a symbol of our potential for growth and transformation. The carved stone frogs were tied together onto a necklace and presented to the “Cacique” or leader of the day marking the beginning of the course and our journey. We were told by Orlando Zamora Fallas and Mauren Granados, our CRROBS instructors, that the necklace could easily break, but when carried by each team member, the bonds would strengthen and the connection between the six moon frogs would grow stronger and stronger every day.

Most of us knew one another from campus, but through experiences that challenged our personal boundaries and the bonds that grew from the support we gave to one another, we developed long-lasting relationships.

As the moon frog story goes, we came to Costa Rica as individuals, and we left as one. We are moon frogs!



The six of us earned our moon frog after we immersed ourselves in the Costa Rican culture. We backpacked 25 miles through steep terrain in the rain-forest (also known as “tico flats”), traversed challenging trails, learned about edible plants and local fauna, experienced life and worked on a service project at a sustainable ranch in the mountains of the rainforest, communicated through laughter and play with a Costa Rican family, learned to surf the Pacific waves of Manuel Antonio, and whitewater rafted the rapids of Rio Pejibaye, where we also became members of the Pejibaye swim team when our raft unexpectedly flipped. Our nightly meetings were full of reflection, rejoicing, and plenty of laughter.



We were challenged physically, mentally, and spiritually. We gained respect for one another, tested our strengths, as well as our weaknesses, and developed an understanding for the way of life in Costa Rica. We were immersed by the culture. When Orlando told the story of the moon frogs, he said that each of us would change in our minds and in our hearts. He was right. We changed both as individuals and as a group.

Already, we are planning our return trip. Some places are just that magical. The memories from this adventure are etched deeply in our souls.

*Pictured left to right: Dr. Amy Shellman, Matt Oakes, Aimee Ris, Jennifer Miller, Josh Fonner, and Amanda Lengauer*



## The New York State Inclusive Recreation Resource Center Continues to Impact Practice

By Laureen Penney McGee '99, IRRC Coordinator

Under the leadership of Dr. Lynn Anderson, Dr. Vicki Wilkins, and Laurie Penney McGee '99, with assistance from graduate student Amanda Lengauer, the New York State Inclusive Recreation Resource Center (NYS IRRC) continued to grow throughout the past academic year as a state-wide resource for people of all abilities. Due to the high quality work of the Center, the NYS Developmental Disabilities Council provided \$99,000 of further funding for the coming year.

To date, the Center's on-line database provides accurate and descriptive data for over 400 recreation sites, enabling individuals with disabilities and their family members to have the detailed information they need to plan their recreation.

The Center is also a renowned training resource for people with disabilities, recreation and outdoor education providers, tourism professionals, and students who want to learn how to achieve inclusion and accessibility at their sites and facilities. As a result, over 1,200 people have attended the Center's full-day Inclusion U training, with people traveling from across the country and around the world to learn how to ensure that people of all abilities can recreate and play wherever they choose. Included in those numbers are all undergraduate majors and approximately 10% of the graduate students in the RPLS Department who completed the training and then assessed a recreation park, facility, or program for its accessibility and inclusivity. Other 2010-2011 highlights:

- Many people traveled from out of state to attend Inclusion U training, including individuals from Alabama, Pennsylvania, Missouri, Illinois, and Connecticut. In March, Mandigoh Vambe, Coach and Recruiter for "Zimbabwe Wheelchair Racing," traveled from Africa to attend Inclusion U.
- The NYS IRRC website has been visited over 15,000 times from people all over the world.
- In March, the NYS IRRC was contracted by the Rockford Illinois Park District to provide Inclusion U training to their park administrators. Thirty-one people attended, and they are now using the IRRC's Inclusivity Assessment Tool to assess all of their recreation facilities.
- The NYS IRRC will be presenting an educational session entitled, "Let the Mainstream be a Wide-stream: Helping ALL People Play," at the 2011 National Recreation and Park Association's Congress to be held in Atlanta, Georgia, later this year. Inclusion U will also be provided as a pre-institute of the World Waterpark Association's annual conference in November.
- In February, the NYS IRRC celebrated its 1,000<sup>th</sup> trained Inclusivity Assessor, Anna Williams, who is a graduate student at Lehman College in the Bronx.



To learn more about the work of the NYS IRRC, visit [www.nysirrc.org](http://www.nysirrc.org) or email [InclusiveRec@cortland.edu](mailto:InclusiveRec@cortland.edu).



### Recognize This Person?

You guessed it! That's Dr. Susan Wilson, and no, she didn't lose a dare... she volunteered to shave her head in exchange for donations supporting pediatric cancer research! On April 3, she joined 120 other volunteers who "lost their locks" at the Fourth Annual Ithaca St. Baldrick's Foundation Fundraiser. This event was founded by Christine Brouwer, whose daughter Mira died unexpectedly from complications from treatment for brain cancer six weeks after the first fundraiser. Together, these 121 individuals raised nearly \$58,000 for the Foundation. Susan alone raised \$4,150.

Visit Susan's webpage (<http://www.stbaldricks.org/participants/mypage/participantid/439119>) for more details, including before and after pictures!



# SUNY Cortland Recreation, Parks & Leisure Studies Alumni Profile

Please take a minute to complete the "Alumni Profile" form. Mail or email it back to us with a photo (if possible). We love hearing from you!

<b>Name:</b>			<b>Year Graduated:</b>	
<b>Degree:</b>	<input type="checkbox"/> B.S.	<input type="checkbox"/> B.S. Ed.	<input type="checkbox"/> M.S.	<input type="checkbox"/> M.S. Ed.
<b>Other Degrees Earned:</b>				
Date:	Degree:	Field:	Institution:	
<b>Certifications:</b> (check all that apply)	<input type="checkbox"/> CPRP	<input type="checkbox"/> CTRS	Others:	
<b>Present/Most Recent Position (job title):</b>				
<input type="checkbox"/> Full-time <input type="checkbox"/> Part-time				
Brief description of duties:				
Agency and Location:				
<b>First position after graduating from Cortland:</b>				
Title:	Agency:	Location:		
<b>Other Positions:</b>				
Title:	Agency:	Location:		

<b>Fondest memory of Cortland:</b>
<b>What the Cortland degree did for me:</b>
<b>A word of advice to current Cortland Recreation majors:</b>
<b>Topics on which you would be willing to be contacted by students:</b>

Note: The department assumes that, by completing this form, you are authorizing this information to be shared with current and prospective students and with others interested in our department and programs.

If you are also willing to have your name in a database of alumni, which present students may contact, please provide as much of the following additional information you are willing to share.

Phone: (Work) (    ) \_\_\_\_\_ (Home) (    ) \_\_\_\_\_

Fax: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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

\_\_\_\_\_

Preferred means for students to contact you: \_\_\_\_\_

Your responses and contributions to this newsletter are welcome. If you have news you'd like included in next year's newsletter, please include a hard copy of the information you'd like to share with this Profile.

Please return to: *(with a photo, if possible) (or email the form and photo to [rpls@cortland.edu](mailto:rpls@cortland.edu))*

**Department of Recreation, Parks and Leisure Studies**  
**SUNY Cortland, P.O. Box 2000, Cortland, NY 13045.**  
**Fax: 607/753-5982; Voice: 607/753-4941. Thank you!**