

LEISURE NOTES

DEPARTMENT OF RECREATION AND LEISURE STUDIES ALUMNI NEWSLETTER

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A YEAR IN REVIEW

PART I: FROM DR. LYNN ANDERSON ...



It is with great gratitude that I write this "Report from the Chair - Part II!" Because of the generosity of my colleagues, especially Dr. Sharon Todd, Acting Chair, I have been able to spend Spring Semester 2005 on a sabbatical leave. Fall Semester 2004 went by in a whirl for us at SUNY Cortland and the following list shows why!

- We "graduated" our first class of 50+ students from the National Alliance of Youth Sports coaching program. We were the first of only three universities nation-wide to embed this important training program in our curriculum. Thanks go to Dr. Wayne Stormann, but especially Patrick Mercer, adjunct faculty member, for taking a leadership role in making this initiative happen in the RLS Department (*see p. 12 for related story*).
- We completed our self-study for our 5-year reaccreditation with NRPA/AALR Council on Accreditation. Though exhausting, the self-study always leads to positive outcomes. Thanks go to Dr. Susan Wilson for leading the reaccreditation effort. Our accreditation visit is in April, and our hearing is in October at the NRPA Annual Congress in San Antonio.
- We completed a very successful first season of the SUNY Cortland Community Bike Program. Under the leadership of our department, brightly painted yellow bikes were available around campus for all to use on a shared basis. We brought the bikes in around the first snowfall, and though the bikes were unlocked and shared the whole fall season, only one bike went missing the entire season. This is an amazing accomplishment, compared to other such programs around the country. Thanks to Dale Anderson, Elizabeth Coveney (grad assistant) and Mark Mullert (grad assistant) for fine leadership in this innovative and inspiring program, and to many students and faculty who

"Report from the Chairs" continues on page 2

SUNY CORTLAND ALUMNI ADVISORY COMMITTEE

Richard Brown, Class of '74

Manager of Activity Therapies
Commonwealth Place; Syracuse, NY

Robert Ditton, Class of '64

Professor of Fisheries and Wildlife Sciences
Texas A & M University; College Station, TX

Geoffrey Godbey, Class of '64/'68

Professor of Leisure Studies
Penn State University; University Park, PA

Kristin Greene, Class of '00

Recreation Therapist
Developmental Disability Services; Las Vegas, NV

Carolyn Kelly, Class of '03

Long Island, NY

Rachel LaMarre, current student

President of CCRA
SUNY Cortland; Cortland, NY

Gary Lopez, Class of '95

Senior Recreation Leader
Onondaga County Parks; Syracuse, NY

Tim O'Connell, Class of '90

Associate Professor of Outdoor Rec., Parks & Tourism
Lakehead University; Thunder Bay, Ontario, Canada

Elaine O'Mara-Hulbert, Class of '84

Recreation Therapist
Broome Developmental Services; Margaretville, NY

John Silsby, Class of '69 (Chair)

Director of Parks & Recreation
Groton Parks and Recreation Dept.; Groton, CT

Gordon Wilson, Class of '77

National Park Service Park Superintendent
St. Augustine, FL

Bill Zimmerman, Class of '76

Recreation Director
New Rochelle Parks & Recreation; New Rochelle, NY

Carol Zimmerman, Class of '95

Private Consultant
Skaneateles, NY

REPORT FROM THE CHAIRS — A YEAR IN REVIEW

“Report from the Chairs” continued from page 1

helped make the first season such a success (*see p. 5 for related story*).

- We held the 54th Annual Cortland Recreation Conference, “Creating Connections,” with record attendance and a fine Metcalf Endowed keynote speaker, Dr. John Dattilo, from Penn State University.
- We implemented our newly revised undergraduate curriculum, with important changes to the core courses and several concentrations. As a result of our changes, we feel the curriculum is stronger, and can now accredit our fourth option, Natural Resources Recreation Management. If we are successful, all four of our concentrations will be accredited, showing the breadth and depth of the degree program at SUNY Cortland. A special thanks to Dr. Andy Young and Dr. Sharon Todd in making this happen.
- We completed a new strategic plan for 2004-2008 – with input from many of you. Students, alumni, faculty, and many others helped complete the environmental scan needed to set goals and strategies that will help guide us over the next few years. Our goals for our new strategic plan are straightforward:
 1. To foster excellence in teaching and learning;
 2. To stimulate and support excellence in scholarship and research;
 3. To provide service that is relevant and meaningful;
 4. To foster the health of the department and the profession in order to attain other goals.
- We continued to build the outdoor recreation/education offerings at SUNY Cortland. The first ever ACA (American Canoe Association) Kayak Instructor certification course was offered. Our third class of Wilderness First Responders graduated. And there is more to come! On a personal note, I was able to take the WFR course this year, and can attest to the quality and rigor of the course – our students leave that course with skills and knowledge that will literally save lives in the backcountry. Hats off to Dale Anderson for his leadership role in all these initiatives (*see p. 4 for related story*).
- We offered three Living and Learning Communities for incoming freshmen. In a Living and Learning Community (LLC), freshmen take a block of classes together, take their freshmen experience class (called COR 101) together, and live in the same residence hall. Dr. Susan

“Report from the Chairs” continues on page 3

REPORT FROM THE CHAIRS — A YEAR IN REVIEW

“Report from the Chairs” continued from page 2

Wilson led the Adventure LLC, Dr. Vicki Wilkins the International LLC (*see p. 13 for related story*), and Dr. Ray Franco, the Leadership LLC. All these freshmen went to Raquette Lake as a part of the LLC. Thanks to all three of these RLS Faculty for such fine leadership in making the freshmen experience positive and enriched at SUNY Cortland.

- We offered several new and innovative courses. Dr. Wilkin’s REC 150, Play Across Cultures, is a huge hit as a general education class. Dale and Lynn Anderson taught Adaptive Skiing and Snowboarding, working with the Greek Peak Adaptive Program, and this summer, students can take International Wheelchair Sports, and become immersed in running the World Games being held in Connecticut, working alongside alumna Janet Connolly, CTRS and myself.
- We led the Take Back Your Time movement on campus (*see p. 6 for related story*) and more. Dr. Sharon Todd, acting chair, will bring you up to date with more RLS news!

I want to close my comments with another thank you to my colleagues in the RLS Department for supporting my sabbatical leave. During the sabbatical, I am working with Dr. Linda Heyne, from Ithaca College on a book for Venture Publishing called, “Community-Based Practice in Therapeutic Recreation.” The ability to focus solely on this writing activity is a gift that I truly cherish. What a great place to be a faculty member!

PART II: FROM DR. SHARON TODD ...

Needless to say, spring semester flew by incredibly fast. Being acting chair was actually rather fun, which can only be said when you work with a cooperative, hard-working, fun-loving bunch of faculty members like we have!

At the beginning of the semester, one of our primary tasks was finishing our reaccreditation self-study report, followed by preparation for the onsite visit with



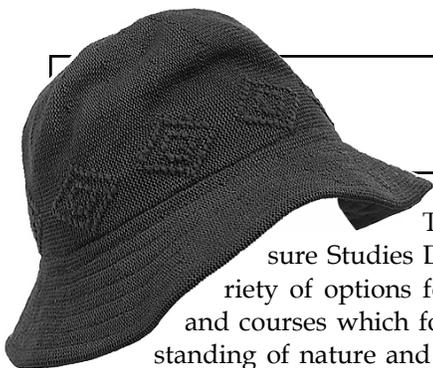
Dr. Peter Cunningham in April. In his exit interview, Peter was very complimentary of our program, but alerted us to the necessity of filling the vacancy created by Dr. Margie Arnold’s departure two years ago in the management program. We’re keeping our fingers crossed that the positive signs from the College’s administration (as a result of Peter’s comments, and a promising budget from the state) will indeed become reality, resulting in a search for the position next year.

We also submitted several curricular changes, creating 10 shared resources courses (400-level) for existing 500-level counterparts. Although these are essentially not new courses, the new course numbering will enable us to make a smooth transition when moving three of our concentrations to majors in the near future.

The faculty also revamped procedures for determining department student awards, resulting in a more streamlined process of nominations and applications. Faculty meetings also included the initiation of dialogue regarding changing the department’s name. That interesting topic will be revisited this fall, and may or may not result in change!

Spring semester always brings opportunities to celebrate outstanding people and their accomplishments. Each spring, the Provost hosts a special luncheon to honor various staff, faculty, and professionals. This year, as I sat looking at my five colleagues receiving recognition, I couldn’t help but burst with pride: Susan, for receiving tenure; Lynn, for receiving a grant for the Community Bike Program; Dale, for being promoted to Lecturer III; Vicki, for receiving the Award for Incorporation of Diversity and/or Multicultural Perspectives in Teaching; and Andy, for becoming a Distinguished Teaching Professor. We do indeed have a fine group a faculty who care tremendously about preparing caring and competent future professionals.

I’m ending this at Raquette Lake as I await students’ return from their 6-day canoe trips. Although the stories change from year to year, the laughter, looks of self-confidence, and incredible bonding experiences remain constant. I’ll echo Lynn’s closing remark: What a great place to be a faculty member!



IN THE OUTDOORS AT SUNY CORTLAND

BY DALE ANDERSON

The Recreation & Leisure Studies Department offers a variety of options for outdoor experiences and courses which focus on a better understanding of nature and outdoor activities. The RLS Department has an extensive outdoor concentration in the recreation major with four different emphasis options.

The Cortland Outdoor Opportunities Program (Co-op) provides non-credit experiences available to the campus community as well as the general public. The Co-op is a joint effort by volunteers from RLS, Recreational Sports, and other department faculty and students. The Co-op provides hundreds of hours of trips, practice sessions, paddling, seminars, videos, camps, and outfitting at minimal cost to the participants.

Recently a principal focus of the Co-op and RLS Department was to develop specific ways of qualifying students for hard skills leadership positions as part of their education in the outdoor concentrations. For example, we have created a 3-credit Wilderness First Responder course which has been offered for three years now. We also hosted an American Canoe Association certification course for Introduction to Kayaking Instructors last fall and we intend to offer several different ACA canoe and kayak instructor courses in the near future. The department has an outstanding history of providing this kind of instruction, and we're moving toward being "certified" by a respected professional organization because the American Canoe Association is interested in developing an affiliation with colleges to provide quality paddling instruction programs. We would like to be one of those colleges that offer ACA instruction and instructor courses regularly. If chosen to be an affiliate program, ACA courses would be offered year-round!

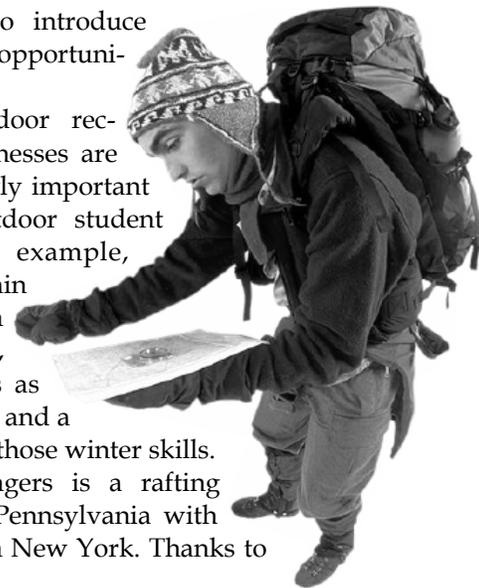
The Department of Environmental Conservation guide licensing program is also a program that many Cortland RLS students may choose to follow. A few students have pursued that option on their own. Many more will be encouraged to become state licensed as they develop skills in mountaineering, rafting, backpacking, climbing, or other options. We can help students to train and prepare for several of the licensing options. A State Guide License requires specific training for each of the areas and an exam.

Several new outdoor activity courses were offered this year. A bike maintenance class was started by Mark Mullert, prompted by the "explosion" of the Community Bike Program on campus. A winter camping class was taught by Dale in January and February; and an adapted ski and snowboard course was initiated in conjunction with the Greek Peak Sports for the Disabled program. That course was taught by Lynn and Dale Anderson along with all the adapted snow-sports staff.

A barrier to increasing the quality and quantity of outdoor program options is that we have stretched our physical resources as well as our human resources to the "max." Classrooms and work spaces are crowded. We also need more people who can pick up the challenge of volunteering their time to facilitate an outdoor opportunity or to teach one more course. We have been trying to shift some of those responsibilities to capable graduate and undergraduate students. That, however, demands additional supervision from a limited number of faculty. We are still one faculty short in the department and that continues to squeeze everyone.

The most popular outdoor areas used for outdoor programs continue to be Antlers and Huntington Camps at Raquette Lake, Hoxie Gorge, state forest lands near campus, Lansing Park on Cayuga Lake, Cortland City Parks, and Lime Hollow Center for Environment and Culture. Outdoor courses often travel to a variety of places to introduce students to diverse opportunities.

Commercial outdoor recreation related businesses are becoming increasingly important connections for outdoor student experiences. For example, Greek Peak Mountain Resort is a classroom for snowboard, ski, and adapted classes as well as an intern site and a great place to apply those winter skills. Whitewater Challengers is a rafting company based in Pennsylvania with outposts on rivers in New York. Thanks to



"In the Outdoors" continues on page 9

COMMUNITY BIKE PROGRAM UPDATE

By AARON CANTOR

After several months of hard work, the efforts put into the SUNY Cortland Community Bike Program paid off as President Bitterbaum rode *El Presidente* last September at the program's Grand Opening on the steps of Corey Union. The bike program was the brainchild of several members of the Recreation and Leisure Studies department who hoped to promote a more sustainable means of transportation while also encouraging different types of exercise and outdoor recreation. As a result, during the daylight hours of the warmer months (April - October), the bikes are available for anyone on campus to ride.

Because of its grassroots nature, little would be done without the help of a few integral people and a lot of volunteers. Recreation graduate assistant Elizabeth Coveney is the volunteer coordinator, providing a welcome face and lots of odd jobs to community folks and students.

Mark Mullert, also a Recreation graduate assistant, and Andrew Drago have continued to enthusiastically manage - and do much of - the maintenance and restoration efforts

required. Believe it or not, the current fleet of bright yellow bikes is close to 50, and they all have names and very unique designs!

Finally, what would we do without folks at the college and the broader Cortland community? Students have built research projects around the bike program and one student - Aaron Cantor - has committed an independent study to the program's success this spring. By holding bike drives and soliciting help in various ways, people have stepped out of the woodwork to donate used bikes and new, which make great prizes or thank you gifts for deserving volunteers, and provide services like Cortland Ford has, where we take all the bikes for their John Deere Yellow makeover. Currently underway is a major partnership between the Community Bike Program and the Elks We'll see what exciting things come of that relationship spurred on by an enthusiastic alumnus.

Spring's flowers mean a change in the weather here in Upstate New York and also the reintroduction of the bike fleet's tires to the pavement. This season we're hoping to increase awareness of the program across the college community by targeting students who live on campus and by taking an active role in this year's Earth Day festival. We hope to continue the program through generous

donations of dollars, tools and other needed items through grants, and through the enthusiasm of our riders and other members of the community.

So far, the Community Bike Program has introduced innovation and sustainability to the Cortland campus and has allowed many folks to feel a strong sense of ownership and involvement in something that can plainly be described as "very good." The Community Bike Program stands as one of the greater initiatives embarked upon by the Recreation and Leisure Department!



If you would like to learn more about SUNY Cortland's Community Bike Program or if you would like to donate a bike or much needed tool, please contact us by emailing communitybikeproject@cortland.edu. Also please visit our brand new website at <http://web.cortland.edu/communitybikeproject/>. Keep riding!

Photo left: Old Blue, our first bike!
Photo above: Flame



TAKE BACK YOUR TIME BY DR. LYNN ANDERSON

DID YOU KNOW.....

- Americans have less free time than anyone else in the industrialized world?
- Americans work more and longer hours than medieval peasants did?
- Working Americans average about two weeks of vacation per year, while Europeans average five to six weeks? Many of us (including 37% of women earning less than \$40,000 per year) get no paid vacation at all?
- On average, we work nearly nine full weeks (350 hours) **LONGER per year than our peers in Western Europe do?**



This lack of balance in the lives of Americans is what led to the formation of national movement, "Take Back Your Time." On October 24th each year, a date that symbolizes the fact that we Americans now work nine full weeks more each year than our European peers (deGraaf, 2003), Take Back Your Time Day is cele-

brated. And who better to lead this movement than those of us in the parks, recreation and leisure services profession?

This past year, the Recreation and Leisure Studies Department took a leadership role at SUNY Cortland to raise awareness of the time poverty issue in American lives. First, we facilitated book chats about the book, *Take Back Your Time: Fighting Overwork and Time Poverty in America*. The book, edited by John de Graaf, with contributions by Juliet Schor, Benjamin Hunnicutt, and other prominent scholars and social activists, is the official handbook of the Take Back Your Time movement. Several faculty, staff and students from the RLS Department and around campus took part in the book chats.

Next, we organized a "sit-in" on Take Back Your Time Day! We brought lawn chairs, books, board games, and whatever else we could think of, and spent the day in the Park Center

lobby, making a statement about taking back our time and putting balance back in our lives! The Park Center lobby is a busy place, and many flyers (see above and bottom left for examples) were distributed and discussions held! Our goal was to raise awareness, and we believe we did, complete with local reporters sharing the story in our newspapers.

At the heart of the Take Back Your Time Movement is the need to step back and re-evaluate how we lead our lives. It is an initiative to promote and honor simple, just, and sustainable ways of life for all. It is a chance to reflect on our own lives, and be sure we are leading lives worth living. And play, recreation, and leisure are at the heart of a life worth living! This movement is important, and our profession needs to help lead it! Take a moment to check out the web site, www.timeday.org, read the book, *Take Back Your Time*, (available on the website), and see how you and/or your agency can participate! We would love to hear how you recognize October 24th this coming year!



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**METCALF ENDOWMENT SETS
\$100,000 GOAL**
BY JOHN SILSBY

The Metcalf Endowment Board is seeking to reach a \$100,000 goal within the next two academic years. By attaining this goal, they will be able to provide at least \$5,000 in annual grants to the Department of Recreation & Leisure Studies.

The Endowment Fund currently provides grants to underwrite the Metcalf Lecture conducted at the Annual Recreation Conference, supports students' attendance at a number of professional conferences and enables students to return to Raquette Lake as student assistants.

The Fund now stands at \$75,000.

To attain the \$100,000 goal, the Endowment Board has developed a more assertive fund raising strategy. Beginning at the 2004 Recreation Conference, the Metcalf Endowment received a higher level of recognition in the conference program and through a display. In addition, a silent auction raised more than \$700.

Since the conference, a special alumni retreat to Raquette Lake from September 25-28 has been organized to promote long term giving to the endowment.

In May, the annual donor letter was mailed to almost 400 alumni of the Recreation and Leisure Studies curriculum. Finally in June, Endowment members will be making follow-up phone calls to many of these alumni.

For alumni of the program who would like to give to the Metcalf Endowment or learn more about its programs, please call John P. Silsby, Chair, Endowment Board at 860-536-5686 or email him at jsilsby@town.n.ct.us.



**ANDY YOUNG NAMED SUNY
DISTINGUISHED TEACHING PROFESSOR**
BY DR. SHARON TODD

The SUNY Board of Trustees awarded Dr. Anderson B. Young the title of distinguished teaching professor at their April 12 meeting in Albany. A rank above full professor, distinguished teaching professor is bestowed upon those who have consistently demonstrated outstanding teaching mastery at the graduate, undergraduate or professional levels over multiple years.



A member of the RLS Department for the past 24 years, Andy is the 28th Cortland faculty member to receive this honor from the time of the award's inception in 1973. Since arriving at SUNY Cortland in 1981 as an assistant professor, he has served the department in many capacities, including department chair for 13 years, Outdoor Education Practicum director for 18 years, and graduate coordinator since 2003.

Andy has also received many professional honors, including the Julian Smith Award from the Council on Outdoor Education, the Reynold Carlson Distinguished Scholar Award from Indiana University, Leadership Award from New York State Outdoor Education Association, and Professional Service Recognition from New York State Recreation & Park Society.

When asked to describe his teaching philosophy, Andy responded, "I teach with the belief that our profession makes a difference, so I must prepare students to carry forward that promise. I teach with the belief in the transformational power of education – that somewhere inside every student there is a desire for a good mind and a good heart, a will to understand and to be understood, a hope of making a difference in the world around us, and an ability to do just that. The task of educators is to draw that out of students."

As many of you can attest, he does "just that." Congratulations, Andy, for making a difference in all of us!

NEW DEAN FOR SCHOOL OF PROFESSIONAL STUDIES COMES WITH RECREATION BACKGROUND

Roy H. Olsson was hired June 2004 as the dean of the School of Professional Studies, replacing Christopher Malone. The RLS Department was pleased to welcome a recreation colleague to this position, which oversees five academic departments: physical education, exercise science and sport studies, health, recreation and leisure studies, and speech pathology and audiology.

Olsson came to SUNY Cortland from the University of Toledo, where he served as chair of the Department of Public Health and Rehabilitation Services since 2001. In that position, he directed four divisions: public health, speech language pathology, recreation and recreational therapy, and healthcare administration.

Olsson, a certified therapeutic recreation specialist, earned both his bachelor's and master's degrees from Kansas State College of Pittsburg in social work and recreational therapy, respectively. He then received his Ph.D. from the University of Oregon in leisure studies and service with an emphasis on therapeutic recreation.

He launched his professional career in 1975 as the director of recreational therapy at the Nevada (Mo.) State Hospital. Since then, he has served in various administrative and educational capacities, from director of adjunctive therapies at Mid-Continent Psychiatric Hospital in Olathe, Kansas, to director of rehabilitation services at Lakeside Hospital in Memphis, Tennessee, to teaching or administrative positions at Uni-

versity of Wisconsin-Lacrosse, Villa Maria College in Erie, Pa., University of Oregon, University of South Alabama, and finally University of Toledo.

From 1996 to 2004, Olsson logged more than 3,000 hours as a clinical administrative consultant in rehabilitation therapy at Northwest Psychiatric Hospital in Toledo. As the project leader for the redesign of the rehabilitation program, he developed a strategic plan and performance benchmarks for the hospital to meet state and federal accreditation guidelines in recreational therapy.

Since 1988, Olsson served as a member of the Northwest Ohio Senior Olympics Board, the Northwest Ohio Development Center Board, and the State Licensure Committee for Private Psychiatric Regulations. He has also served as president of the Ohio Recreational Therapy Registration Board, the Ohio Therapeutic Recreation Society, and national president of the American Therapeutic Recreation Association (1988-89).

A prolific researcher and writer, Olsson's work includes more than 92 articles published or accepted for publication and 75 scholarly presentations. He has written or co-authored 10 books, assessment tools and on-line guides to published articles, and has participated in more than 60 state, national, and international education symposiums.

We welcome Dean Olsson to SUNY Cortland, hope his first year here was rewarding and challenging, and look forward to continuing to work with him!

CLASS OF 1954 RECREATION MAJORS REUNITE

In July 2004, eight members of the second class of recreation majors (Class of 1954) attended their 50th Reunion. The class was initially composed of approximately 20 students, but 4 or 5 dropped out, and at least 2 have passed away since graduation. All six living women were present at the reunion – quite a record! As noted by Peg Collins Katims, “Most of us worked in recreation and/or education for most of our careers.” Hats off to the Class of 1954!

Pictured top row, left to right: Marie Knox Miller, Jean Fox Neil, Dorothy Major Follman, Peg Collins Katims, Virginia “Sandy” Foster Gagnon. Bottom row, left to right: Barbara Clark McKee, Bernie Sadowski, and Stanley Silver.



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IN THE OUTDOORS BY DALE ANDERSON

"In the Outdoors" continued from page 4

WC, we have had several rafting trips and some raft guide training experiences for students and faculty. Outdoor retail stores like EMS, Action Sports, Nordic Sports, Mountainman, and others not only provide a great deal of needed gear and equipment, but also support a variety of job opportunities, internships, instruction and consulting about gear. Many thanks to all those "gear geeks" out there for your help and camaraderie.

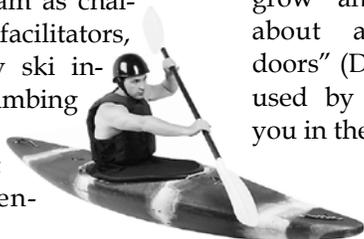
Clubs on campus have their ups and downs like student organizations elsewhere. CCRA (Cortland College Recreation Association) has been enthusiastic, but small this year. They recently completed a wonderful trip to Raquette Lake for a winter weekend. The OAC (Outdoor Adventure Club) has blossomed in spurts this year with rappelling, mountain climbing, paint-ball, and some great get-togethers (like the Ski & Snowboard Club) between suspensions for not attending the Sports Club Board Meetings, as they should. Oh, well!

Other schools in the area provide opportunities for outdoor connections. Many Cortland students work part-time for the Cornell Outdoor Education program as challenge course facilitators, cross-country ski instructors, climbing instructors, equipment room atten-

dants, or other positions. A group of Cortland students and faculty provided a kayaking workshop at the pool for Recreation students at Ithaca College last year. The Outdoor Program at Colgate has hosted interns and some climbing experiences for Cortland students. Equipment is often borrowed across school boundaries to make trips happen. William & Mary students mix and mingle with Cortland students for spring break at Raquette Lake during the Wilderness First Responder course.

All that said, we have a problem ... we don't have enough space for equipment storage! Our tiny storage and activity spaces are "bulging at the seams" with kayaks, windsurfers, backpacks, sleeping bags, tents, bicycles, and so on. Oh sure, we could stop providing practical, healthy, outdoor living skills, but let's be realistic! Please lend your support to the concept of a Student Recreation/Student Life Center on campus which could provide much better options. Space, we need space!!!

All things considered, I guess our troubles indicate that we have grown considerably. That's a good thing! We pledge ourselves to continue to grow and learn more "in, about and for the outdoors" (Donaldson quote often used by Charlie & me). See you in the outdoors!



DR. WILKINS HONORED WITH TEACHING AWARD

Some professors may be content to "rest on their laurels" after receiving a national Society of Park and Recreation Educators Excellence in Teaching Award (2000) on top of a SUNY Chancellor's Award for Excellence in Teaching (1996), but not so for Dr. Vicki Wilkins. In spite of her many successes in the classroom while teaching primarily in the therapeutic recreation concentration, Vicki has recently changed gears and poured herself into new areas of expertise, coordinating our internship program and developing two General Education Courses. "Diversity and Inclusive Recreation Services" and "Play across Cultures" are courses highly sought not only by recreation majors, but by all students across campus. It thus comes as no surprise that her latest teaching honor, bestowed by the Faculty Development Committee in May, is named the *Award for the Incorporation of Diversity and/or Multicultural Perspectives in Teaching*.



The committee notes: "...with a determination, dynamism, and a spirit of inclusion for which she is highly respected by students and colleagues, she has now dramatically transformed her recreation courses and offers significant new models for enhancing the curriculum of her department. In addition to her ongoing concern for people with disabilities, Vicki Wilkins' expanded purview confronts issues of racism, sexism, heterosexism, and classism in recreation studies. She is deeply committed to giving students ever widening perspectives on diversity and play in contrasting cultures. Student response demonstrates how profoundly they are affected both by the content of these courses as well as Vicki's engaging methods of teaching."

Congratulations, Vicki, for such well-deserved recognition!

LIME HOLLOW SALUTES RLS FACULTY & STUDENTS

BY DR. CHARLES YAPLE

The Lime Hollow Center for Environment and Culture (LHCEC) in Cortland, NY recently celebrated its 10th anniversary. Begun as a community outreach project of the SUNY Cortland Center for Environmental and Outdoor Education, LHCEC is now a private not-for-profit (501 C 3) corporation employing seven full- and part-time staff members. Occupying nearly 400 acres of very diverse natural ecosystems just three miles from the college campus, LHCEC offers 7.5 miles of interpretive/hiking trails for public use. It also provides environmental and outdoor education programs for approximately 4000 school children, highly popular day camps, and scores of nature-based public events each year.

Since its inception, LHCEC has enjoyed a continuous flow of faculty and student volunteers from the Department of Recreation and Leisure Studies (RLS). Faculty have been heavily involved with the design, development, and maintenance of LHCEC's extensive trail system. They have given of their wisdom, work, and wealth by serving on Lime Hollow's board of directors, conducting community assessments, working at numerous public events, and financially supporting LHCEC.

While the contributions of RLS faculty are laudable, students are the life-blood of the Lime Hollow Center for Environment and Culture. LHCEC has had the good fortune to receive a continuous supply of volunteer graduate and undergraduate students from RLS. They serve in many aspects of Lime Hollow's broad scope of operations ranging from trail and facility maintenance workers, program instructors, camp counselors, public event staff, newsletter writers, and office support. Without their support LHCEC's operating budget would be severely stressed.

Equally important with student volunteers, the Department of Recreation and Leisure Studies has produced an ongoing supply of graduates that become LHCEC staff members. A mutually beneficial relationship has evolved whereby students work as interns at LHCEC while completing studies at SUNY Cortland. The student interns receive housing and a stipend from LHCEC, serve as part-time instructors and workers, and gain real world experience to coincide with their college classroom endeavors. LHCEC gains appropriately educated staff members, at modest salaries, and the luxury of hiring seasoned and known staff members.

In recognition of the outstanding support received from SUNY Cortland/RLS students over the years, LHCEC will dedicate a new trail head kiosk on April 22nd (Earth Day) 2005. The kiosk will salute the hundreds of SUNY Cortland students who gave of their time, and themselves, to help create a place where people can wander, wonder, and learn - a place for future generations to enjoy and remember them as ancestors who cared enough to leave a natural heritage.

Continuing in their commitment to LHCEC, RLS faculty and students are currently conducting fund raising events to cover the costs (\$700) of the new trailhead kiosk. Those interested in contributing may contact Darleen Lieber in the Recreation and Leisure Studies office at 607-753-4941.



Dr. Yapple is a 30-year RLS faculty member, co-founder and current executive director of LHCEC.

**JESSICA KRUEGER
AWARDED
CNY SCHOLARSHIP**

The Central New York Recreation & Park Society established the Fran Tokar Scholarship to recognize a student who has excelled in leadership, volunteerism, or participation in her/his community/school or intern assignment. This year's 2004 recipient honored SUNY Cortland's Jessica Krueger.



Jess has certainly excelled as a leader among her peers, in the department, and across the campus community. Academically, she entered our department as a freshman on an extremely competitive Presidential Scholarship, which she has maintained throughout her career. Among her many roles in campus life, Jess has served as a COR 101 assistant, a teaching assistant for Play Across Cultures, and an assistant with the International Living and Learning Community. A familiar face on our department's webpage, Jess has been instrumental in helping with recruitment efforts as she answers prospective students' e-mail inquiries. She is also very well-known to those who attended the 54th Annual Cortland Recreation Conference, where she was one of four students who planned and implemented the entire conference.

"Her ability to work with professionals and students alike to coordinate the educational sessions at the conference was phenomenal. What impresses me so much about Jessica is her willingness to go outside her comfort zone and do more than you would ever expect. For example, at the conference this fall, one speaker did not show up to present. Instead of canceling the session, Jessica took it on herself to facilitate the session herself! Not only did that take great courage, but she also did a remarkable job," recalled Lynn Anderson.

Jessica was honored at CNYRPS's awards luncheon, held at their annual conference in February. Congratulations, Jess!

**2005 RECREATION
CONFERENCE
BY DR. SHARON TODD**

The 55th Annual Recreation Conference is being planned by an energetic group of nine recreation majors enrolled in the Special Events Planning class. Conference co-coordinators Jessica Anderson and Patrick Attoma are joined by program coordinator Nikki Welch and additional class members Tom Bourgal, Jessica Felice, Stephanie Loscalzo, Jessica Nohle, Philip Rogers, and Sara Strong in delivering this exciting upcoming educational event on November 3 & 4th in Fay Corey Union.

This past spring, the class had great fun designing its "catchy" logo: *Leisure Fever - Catch It at the 55th Annual Cortland Recreation Conference!* The enclosed brochure is just one product of their hard work. They have already secured nearly 25 presentations for the conference, providing balanced program offerings for therapeutic, outdoor, public, commercial, and private non-profit settings. They will continue to secure additional speakers in early fall, so if you would like to submit a proposal, don't hesitate to contact us at reconf@cortland.edu!

We are also honored to have Dr. Deb Bialeschki as our keynote speaker this year. She recently left University of North Carolina-Chapel Hill to become a senior researcher for the American Camping Association. Those of you who know Deb will agree that she's a perfect choice to "infect leisure fever" in others with her enthusiasm for the field. She has been extremely influential in bringing research and practice together in a number of areas, making a difference wherever she goes. Don't miss her keynote address on Friday, November 4!

The class will again be holding a live auction at the conference to raise funds for the Harlan "Gold" Metcalf Endowment Fund. Please contact us (reconf@cortland.edu) if you or your agency/business would like to donate an item to this worthy cause (*see related article on p. 7*).

Finally, the class worked hard to secure the renowned a capella group "Sons of Pitches" to energize the conference social on Thursday. This award-winning group will perform a half-hour teaser at the conference, followed by an evening concert on campus. We particularly thank the Student Activities Board for working out co-sponsorship of this event.

Mark your calendars now: November 3 & 4. Better yet, fill out the registration form in the enclosed brochure and send it in. We're looking forward to seeing you at the 55th Annual Cortland Recreation Conference!



GRADUATE STUDENT UPDATE

By DR. ANDERSON YOUNG, GRADUATE COORDINATOR

Although the majority of *Leisure Notes* readers received their undergraduate degree at SUNY Cortland, a substantial number of recreation and leisure studies alumni were graduate students here. For most of the department's history, the graduate program has added to the vitality of the department and provided our field with excellent professionals. Looking at the graduate program in 2005, it's clear we're keeping up the good work.

This year, the department has 59 graduate students taking classes. About half are taking the concentration in outdoor and environmental education; the rest are evenly divided between our concentrations in therapeutic recreation and management of leisure services. Approximately one-third study on a full-time basis.

In recent years, a growing number of graduate students have opted to culminate their studies not with a comprehensive examination, but by completing a thesis or special project. A thesis seeks to extend the body of knowledge or to develop or test theory by collecting and analyzing data. Special projects seek to apply the body of knowledge, based on previous research and best practices. Both are rigorous and scholarly in nature.

Here is a sampling of recently completed thesis topics and authors:

- Rob Andrejewski - Transformative effects of wilderness experience
- Penny James - Effects of adventure experience processing models with women

- Tinelle Bustam - Relationship of outdoor recreation experiences as youth and environmental attitudes and behavior as adults
- Pat Catterfeld - Interrelationship of perceived parental involvement and self-esteem with the leisure participation of children in Grades 3-11
- Thomas Stern - A case study of senior citizen advocacy efforts to restore senior programs

Recent examples of special projects include:

- Walt Anderson - Development of detailed maps for the Lime Hollow Center for Environment and Culture
- Teresa Tucker - Inclusion: A training module for camp staff
- Jason Schrage - Integration of environmental and outdoor education into the social studies curriculum at the 8th grade level
- Kristy Sullivan - An environmental education curriculum that interprets the Tug Hill Region of New York State

As this is being written, we have students working on theses and projects related to leadership, inclusion, therapeutic recreation interventions for prison inmates, adventure experience processing, and others.

If these sound interesting, stop by the office or library next time you are on campus. We have a large collection of completed theses and projects for you to review.

NATIONAL ALLIANCE FOR YOUTH SPORTS

By WAYNE STORMANN

The National Alliance for Youth Sports (NAYS) is America's leading advocate for positive and safe sports and activities for children. Last semester, we had several NAYS representatives present a "train the trainer" workshop for the students in REC 280: Program-

ming for Parks, Recreation and Leisure Services. SUNY Cortland is second in New York to adopt the NAYS fundamentals and offer this training.

Approximately 42 people (faculty and students combined) passed the training and are now certified to offer the NAYS curriculum to commu-

nities around the nation. This training pushes us with a great leap forward to providing quality positive youth sport programs for communities. For more information about NAYS, visit www.nays.org.

PLAY ACROSS CULTURES

BY DR. VICKI WILKINS

There's a new course on campus! It's a Cortland GE 3 (Contrasting Cultures), a SUNY GE 6 (World Cultures), a REC elective, and it's fun! REC 150, Play Across Cultures, is based on the premise that people who know and understand each other in a positive way will not hate, prejudice, or discriminate. It intends to increase our awareness of how young people's play and celebrations are both different and alike around the world. It is designed to foster an appreciation of and interest in contrasting cultures, and respect for cultural differences; and is designed to do this, quite literally, in a rather playful way. When people play, culture is learned, culture is perpetuated; and so what better way, then, to be introduced to cultures different from one's own than by looking at the similarities and differences in young people's play and celebrations around the world.

Well, I thought, perhaps a Play Across Cultures Living and Learning Community (LLC) would be the way to go! This past fall we added a second LLC offering through the department. First year students in LLCs live together and take COR 101, College Success, and one other course together. The Play Across Cultures LLC students were in COR 101 and REC 150 together. Most of the students also lived together in Whittaker Hall with other, predominately international, students. Highlights of our time together as a LLC included a weekend at Raquette Lake with several of the international students, a campus-wide Play Across Cultures program for International Week, a Play Across Cultures study break in Whittaker Hall during final exam study days, as well as a deliberate and on-going focus on diversity in the COR 101 class.

I teach REC 150 and, with the assistance of Jess Krueger, an undergraduate recreation major and alumnus of Dr. Wilson's Outdoor Adventure LLC, taught COR 101. I must admit that teaching first year students was quite an experience for me and I can only imagine what it would have been like without Jess. It was good to get back in touch with students who are in the midst of the adjustment to college life. Being able to assist in some way with that adjustment is something that I think I would like to get better and better at. Their only complaint: Class met at 8:30 a.m.!

WORLD LEISURE CONFERENCE

BY DR. SUSAN WILSON

We could insert a line here from the song "Down Under" by Men at Work but, we will spare you! The Eighth World Leisure Congress was held this year in Brisbane, Australia. From September 12th-17th approximately 500 people from all over the world gathered to discuss "Does Leisure Matter?" Each day this theme was explored using the follow-up questions How does leisure matter? Why does leisure matter? How can leisure be made to matter? and Will leisure matter? Colleagues from Japan, Europe, Korea, Canada, China, Australia, the United States, and many other places discussed the social, cultural and economic impact of leisure for individuals, communities and nations.

Vicki Wilkins and I were lucky enough to be part of this amazing experience. We arrived in the "Land Down Under" just before the congress began, so we were able to spend the first day exploring the wonderful city of Brisbane. We decided to take a boat ride to the Lone Pine Koala Sanctuary. This was one of the biggest highlights. The ride winds along the river by the historical buildings of Brisbane and outlying suburbs and provides wonderful commentary about the history and environmental aspects of the river. We also were able to see Indooroopilly Island, one of Australia's largest bat colonies, which can only be seen by boat. Once there, we were able to see a large variety of Australian wildlife. The highlight was cuddling a koala! Australia is one of the last places on earth that you can do this activity and it was incredible, as was the opportunity to feed and pet kangaroos close up. An amazing place that, if you get the chance, go and see!



The conference began that night with entertainment from the Brisbane region: a wonderful blend of traditional folk and pop music. Wandering around the exhibition center we engaged in conversa-

"World Leisure" continues on page 14

DEPARTMENT OF RECREATION & LEISURE STUDIES

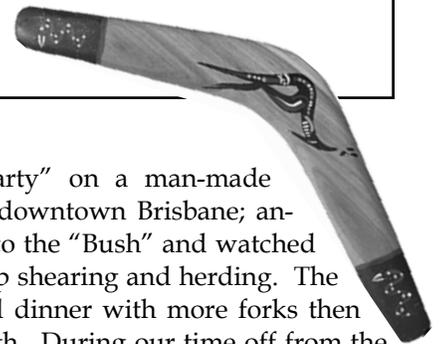
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WORLD LEISURE CONFERENCE BY DR. SUSAN WILSON
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“World Leisure” continued from page 13

tions and games with people from all over the world. It was an amazing sight to see. The next morning at the official welcoming ceremony, we were treated to an Aboriginal Elder playing the didgeridoo, a singing trio performing traditional folk, and a high school drum group from Brisbane. The rest of the day we explored the themes of the congress in various presentations and workshops. Vicki and I both presented during the conference. Vicki highlighted the Play Across Cultures class that she developed, while I presented on the trends and issues within the field, impacting curriculum within universities. Vicki made contact with professionals from around the world for internships and international study. I made plans to return to Australia during my sabbatical to do a workshop at Victoria University.

Each day was filled with wonderful presentations and interesting dialogue and the nights each focused on a different aspect of Australian culture. One night we were

treated to a “Beach Party” on a man-made beach in the middle of downtown Brisbane; another evening we went to the “Bush” and watched a demonstration of sheep shearing and herding. The final night was a formal dinner with more forks than we knew what to do with. During our time off from the congress we both explored different aspects of Brisbane and the surrounding area. Vicki took a trip to a beach on a small island just outside of Brisbane while I stayed more local and checked out the Botanical Gardens and parks in the city. Both of us drank in the local culture, ate wonderful food and exercised on the amazing trails in the city. All in all a wonderful trip both personally and professionally for both of us. We are both making plans to be in Hangzhou China for the first ever World Leisure Expo and 9th World Leisure Congress in September of 2006 and we hope to see you there. And I know you’re wondering ... yes, we did try vegemite and we both thought it was horrible!