

Leisure Notes

Department of Recreation, Parks and Leisure Studies
Alumni Newsletter

A Year in Review - Report from the Chair

By Dr. Lynn Anderson

The 2007-2008 academic year was another solid and rewarding one for the department. This newsletter is full of updates that we hope will keep you connected to what we do. We continue to strive to live up to our department's mission and vision.

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Our vision:

Recreation and leisure are critical to healthy, happy people and stable communities. We will make a difference by educating students to become competent and caring citizens and professionals. We believe in freedom and self-determination expressed through leisure and its impact on quality of life and happiness. We will be agents of change. The stakes are high!

Our mission:

Through excellence in teaching, scholarship, and service to our students, university, community, and profession, the Department of Recreation, Parks and Leisure Studies seeks to promote understanding of the value of leisure, recreation, and parks to individuals, society, and the environment, and to inspire and enable our students to become active citizens and competent professionals.

What you may have noticed in our mission statement is our department's new name! After several years of tossing around name changes, we moved this year to become the Recreation, PARKS and Leisure Studies Department. We now have four separate degree programs at the undergraduate level, and the new name is more inclusive of all we do. The new name reflects the direction in which the department is headed and better defines who we are to outside entities. "Parks" is a major part of our field, and the department has developed initiatives, courses, and majors that address parks. For example, the outdoor recreation major has a concentration in natural resources recreation management, and a new course was taught this year for the first time that focused solely on outdoor recreation policy and management. The faculty has been involved in the state park managers workshops and annual state conference, and the Metcalf Keynote speaker this coming fall is Commissioner Carol Ash of the Office of Parks, Recreation, and Historic Preservation. It is with excitement that we move forward with a name that better describes who we are and what we do!

Here are other interesting highlights in the Department and SUNY Cortland this year:

- Dr. Roy Olsson, CTRS, Dean of our School of Professional Studies and a tenured faculty member in our department, has accepted a position as a dean at Grand Valley State University, in Michigan. Roy has helped our department remain one of the best in our field in the nation. His vision, energy, support, and ability to accomplish



“A Year In Review” continued from page 1

significant outcomes are appreciated. He has been instrumental in helping our School move forward on important goals, and has advocated for the resource to do that. On behalf of the faculty in RPLS, we wish Dr. Olsson the very best in his new position.

- SUNY Cortland RPLS students continue to shine across the state and nation. This year, Whitney Mayer and Kara Carrino received the New York State Recreation and Park Society Friends Scholarships. Danielle Perry received the New York State Outdoor Education Association Student of the Year Award. And Kara Carrino received the Central New York Recreation and Park Society “Fran Tokar” Scholarship. Josh Bochniak was chosen as one of four NRPA/SPRE “Future Scholars.” Josh attended the NRPA Annual Congress and was mentored by academics from universities with Ph.D. programs. Congratulations and well deserved!
- Funded research has continued strong in the department. In this newsletter, you can learn more about the New York State Inclusive Recreation Resource Center and its activities, funded by the NYS Developmental Disabilities Planning Council. You can also learn about interesting research on the feasibility of a tourism train in central New York, funded by Senate appropriations.
- A milestone was achieved this year when the Metcalf Endowment exceeded its goal to grow the endowment fund to over \$100,000! The RPLS Department continues to be so appreciative of the support of alumni who help us carry on the traditions and good work of Dr. Harlan “Gold” Metcalf.
- Our internship program continues to grow and improve. We have well over 300 affiliated internship sites, and every semester students are placed around the state, the nation, and the world learning how to integrate the theory and practice of our field.
- As a faculty, we continue to grow and change. This year, we wished Dale Anderson the very best as he retired in August. Under Dale’s leadership, the outdoor recreation offerings at SUNY Cortland have blossomed, from one-credit activity courses, to noncredit outdoor opportunities, to advanced outdoor leadership classes. Dale has increased the outdoor recreation equipment holdings for the department through fees, grants, partnerships, and donations. We now have the equipment to provide most all outdoor adventures. Congratulations to Dale! We will miss him greatly, but wish him the very best in his retirement. May he have happy carefree adventures and time to enjoy the sunsets!
- We are also welcoming two new faculty in the Fall of 2008 – Dr. Eddie Hill, who joins us from Old Dominion University, and Dr. Amy Shellman, from Indiana University. Read more about them in this newsletter!
- We were enthralled with exceptional speakers this year! Cathy O’Keefe, from University of South Alabama, and a part of the grassroots “Take Back Your Time” movement, brought audiences to laughter and tears in her Metcalf Endowed keynote in November. And Dr. Tom Goodale ’61, received a standing ovation at his commencement address this May. Read more about Dr. Goodale later in this newsletter. And we are very excited that our Metcalf Endowed keynote speaker for November 2008 will be Commissioner Carol Ash of the New York State Office of Parks, Recreation, and Historic Preservation.
- We continue to solidify our relationship with the National Outdoor Leadership School, with students taking our new course REC or SAB (Study Abroad): Wilderness Leadership Education. We have a student doing a semester in India this spring, and another student will do a semester in Patagonia next spring.
- We continued to work with the community and the campus in providing a high amount of service learning for our students. Whether managing a community bike project or working with youth in an after school program at Onondaga Nation School, our students and faculty are out there, applying and “trying out” what they are learning in classes, and truly making a positive difference in the world.

These are just some of the highlights from another good year at SUNY Cortland. We feel that we are working toward our vision and I leave you with the oft quoted words that sum up our department :

“Stay consistently in the presence of the best, in the sphere in which you seek attainment, and make an honest response.”

Faculty Update: Current, New, and Retiring



The Department of Recreation, Parks and Leisure Studies enters the Fall 2008 semester with eight full-time faculty members, eight adjunct faculty members, one full-time project coordinator, one secretary, and six graduate assistants. Below are profiles for our two new full-time faculty members, Dr. Amy Shellman and Dr. Eddie Hill.

Photo of full-time faculty and staff (from left-to-right): Sharon Todd, Lynn Anderson, Darleen Lieber (staff), Vicki Wilkins, Anderson Young, Wayne Stormann, Dale Anderson, Dr. Susan Wilson. Not pictured: Laurie Penney McGee. Pictured below: Amy Shellman and Eddie Hill.



Dr. Amy Shellman completed her Ph.D. in Leisure Behavior (emphasis in outdoor adventure education) in the Department of Recreation, Park, and Tourism Studies at Indiana University where she also received her M.S. in Outdoor Recreation. Her bachelor's degree in biology was completed at SUNY Binghamton. She served for three years as the Program Coordinator for the semester-long outdoor leadership program at IU (CORE Program), and has worked as an instructor for Outward Bound for the past five summers, in addition to other university and school outdoor adventure programs. Her research interests include the training/development of outdoor leaders, adventure education program outcomes (particularly with regard to empowerment), and cognitive and social-psychological dimensions of outdoor/adventure education and recreation.



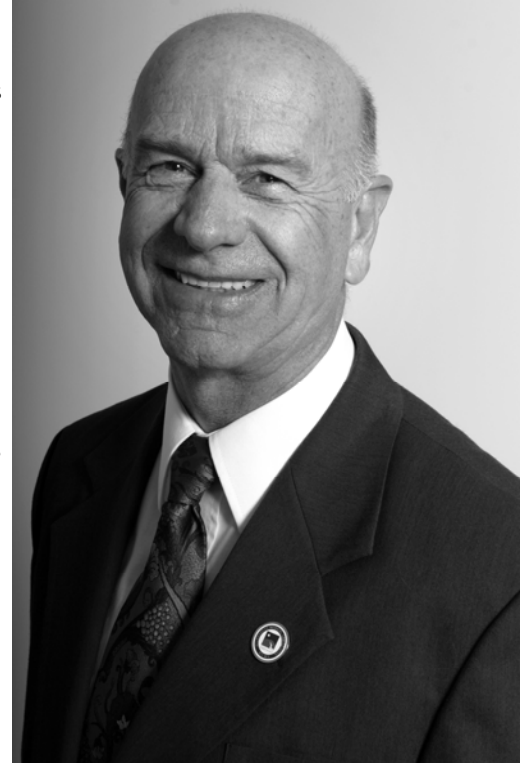
Dr. Eddie Hill has spent the last three years as an assistant professor in Recreation and Tourism Studies at Old Dominion University. He earned his Ph.D. from the University of Utah (2004). His dissertation addressed the motivation for diabetes management among adolescents in a summer camp setting. Eddie earned his B.S. (1995) and M.S.Ed. (1998) both from Old Dominion University. His focus was on teaching students with learning and behavior disorders. Eddie taught in Norfolk Public Schools (NPS) for four years before moving to Utah to pursue his doctoral studies. In the Norfolk school system, he incorporated adventure education as a technique to address some of the current needs of students in special education. His research interests include: youth development, motivation for diabetes management, therapeutic recreation, resiliency-based after school programming, and outdoor education. Eddie has 12 years experience as a ropes course facilitator, Outward Bound field staff, and educator. He also worked in the commercial recreation sector from 1994-2005. Eddie is the co-founder of ResiliencyWorks Inc., co-creator of Resiliency Bingo for Adolescents/Adults, and has presented internationally on the topic of theory-based programming.

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Dale Anderson - Retiring from the Department

Dale Anderson will retire after ten years as a lecturer at SUNY Cortland and 28 years as an assistant professor at the University of North Dakota. Dale completed his Bachelor's degree at Minnesota State University-Mankato in Physical Education and Biology. He was a high school physical education and science teacher before being drafted into the Army during the Vietnam War. Dale completed his Master's degree in Physical Education and Biology at the University of North Dakota. He was the head men's and women's gymnastics coach for many years, as well as a faculty member in physical education. He then began his doctoral studies in Outdoor Recreation and Park Management at the University of Oregon, and later, the University of Minnesota. Dale has taught nearly every course in the recreation core curriculum and every outdoor course. His love of outdoor experiences and outdoor adventure is evident in the passion and enthusiasm he brings to every course, from the one-credit windsurfing class, to the graduate outdoor leadership theory class. His teaching evaluations are always among the highest in the department. In his retirement, Dale plans to teach a class or two for the department, pursue his pilot's license, and play outside!



Some quotes shared by students and colleagues:

- “I'm so happy you were my professor. Your smile makes me relaxed. I wish I could take more of your classes. Thanks for everything.”
- “You set the bar pretty high, Dale. Thanks for all you have done for the department. Your skills, your energy, and your manner will be hard to replace... Enjoy life”
- “The Recreation Department will definitely miss you (even though you will probably never truly leave). Thanks for everything.”
- “Your teaching, your spirit and energy is clearly a positive contribution to the whole department. Everybody who knows you speaks highly of you and the department won't be the same in your absence. Thanks for everything - you're an inspiration and motivation for all young outdoor adventurers.”
- “I'll always remember to 'paddle with a purpose!'. Thank you.”
- “Thanks for making our (students) experience at Cortland the best ever! You are one of a kind and I'm so glad to have had classes with you!”
- “Thanks for all your support and leadership - it was confidence inspiring and made a difference for me!”

Darleen Lieber, RPLS Secretary, honored for 25 years of service

Darleen Lieber was honored for 25 years of service at the 38th Annual Service Recognition Ceremony on December 7, 2007. Darleen Lieber is the most valuable asset the RPLS Department has to foster service and student-centeredness. Darleen's dedication to the department, the faculty, and the students goes beyond what is expected. Darleen assists us all on a daily basis in tasks large and small, and without her, our department could not function as well as it does. Her role in helping the students plan the CCRA Awards Banquet, planning birthday treats and surprises, helping confused students, helping confused faculty.... the list of ways she helps the department is endless. She is truly an amazing person and professional. On behalf of all in the department, we hope that we can honor you for 25 more years of service!! Please feel free to drop Darleen an email and congratulate her! She loves to hear from alumni, and we would love for you to tell her how much she helped you when you were a student at SUNY Cortland. Darleen's email is lieberd@cortland.edu.



Out & About 2007/2008: Outdoor Highlights from the Past Year

By Dale Anderson, Lecturer IV (Retiring August 31, 2008)

Yes, I am retiring! And, yes, I am old enough! Everyone has been asking "What are you going to do?" Well, play outdoors, of course! I plan to resume flying lessons which I started in 1971, and have wanted to continue ever since. I also plan to windsurf a lot more. I plan to teach a few activity courses as an adjunct instructor (windsurfing, kayaking, and snowboarding in particular) as the department needs me.

Record numbers and new developments in snow activity courses

The enrollment in the alpine ski and snowboard classes was the largest we have had since the courses were started a few years ago (52 snowboarders and 14 skiers). Snowboarding tends to be the most popular of the courses, probably because of the perception that it is more challenging and you need lessons to get started in the sport. Students enroll in the course for one credit, which is graded as satisfactory or unsatisfactory, rather than letter grades. That encourages the true beginners to take the course rather than those looking for a course which is an "easy A." Greek Peak has provided great snow conditions, excellent instructors, and a very reasonable package deal including rental equipment if needed. We expect the classes to continue to grow in number.

The Adapted Snowsports class began a few years ago as a limited opportunity for a few students to learn to work as a facilitator with the Adapted Snowsports Program at Greek Peak. The six students enrolled this spring were extraordinary in their accomplishments. That opportunity will continue to grow, for sure!

This coming year, we are teaching a new course with the assistance of Greek Peak's Ski and Ride School and in conjunction with the same course at Tompkins/Cortland Community College – A Ski and Ride Instructor Training Course which prepares students for PSIA/

AASI certification. Students can prepare for a job at Greek Peak as a ski or snowboard instructor by taking a one credit course the last half of fall semester. The course will be finishing up as the snow season begins, so students can be prepared to work as an instructor during the semester break, or part-time as desired. Greek Peak has become a "snow lab" for Cortland students and we would like to expand on that.

NOLS to teach the Wilderness First Responder course for RPLS, January 09

The famous National Outdoor Leadership School of Lander Wyoming has been contracted to provide the instructors for our Wilderness First Responder (WFR) course. WFR has become the standard for first aid training specific to outdoor trip leaders and camp personnel who tend to work in remote settings, where emergency medical care is difficult to obtain in a timely fashion. The Wilderness Medical Institute of NOLS has specially trained instructors who teach the course by contracting with schools and agencies. The course will be held at Camp Huntington on Raquette Lake, which is a spectacular place to learn backcountry medicine.

New faculty bring new support for outdoor opportunities: Amy Shellman and Eddie Hill

It's exciting to think of the outdoor potential that our two new faculty will bring to the department next year. Both are highly energetic and have a multitude of outdoor expertise and experiences. Both have led Outward Bound trips. Amy will teach in the outdoor recreation area and Eddie will teach primarily in the management area, but has many outdoor interests and camp experience as well. It will be fun to see what develops. Stay tuned!



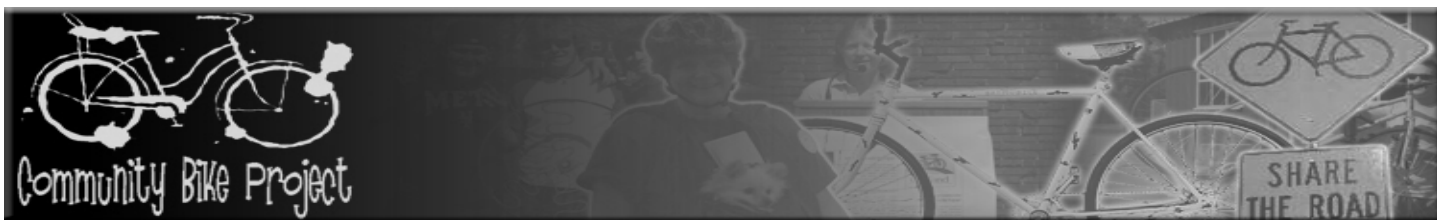
Cortland Outdoor Opportunities Program (Co-op)

It felt like a "ho-hum" year because we didn't do many new things, but we had plenty of windsurfing, kayaking, backpacking, and rock climbing experiences. Caving was put on hold because of the bat disease problems and the lack of snow scuttled our usual snowshoe and cross-country workshops and trips. Next year we hope to include more faculty-focused opportunities.

Outdoor Education Practicum

What was OEP like last summer at Raquette Lake? I forget! Seriously, I missed the six day canoe trip because I had a concussion just before the groups were about to leave on their trips. What a bummer! My trip group kept a journal of their trip for me. They had several different leaders to get them through the intended route. I don't remember a thing about what happened. Of course, I was told what happened several times, many different versions, by different people. I remember waking-up in the MRI machine in the hospital in Utica as Lynn arrived to take me home. Wow! How did I get there? My concussion turned-out to be not that serious, but I had doctor's orders to rest and relax for a week. What a letdown after gearing-up, packing-up, ready to rock and roll, and then BLANK. What's this all about? I now have a deeper appreciation for why we encourage WFR training for staff and students traveling in remote locations like camp in the Adirondacks.

OEP this year is at Antlers in two camps with Sharon Todd directing the first camp and Snapper Petta directing the second. Snapper has been a part of the Raquette Lake experience for RPLS students for a very long time. Thanks for stepping in again Snapper.



Community Bike Project Wraps Up Its Fourth Year!

Two thousand and eight marks the fourth year the Community Bike Project has been supplying free-use bikes to the campus community. In response to the “Greening of the Campus Initiative,” community bikes have become integrated into the fabric of our campus, and anticipation of seeing the yellow bikes grows every fall and spring. After spending just a few minutes on campus, you will notice yellow bike riders cruising down Neubig Road toward the Park Center, then continuing to the Route 281 parking lot. Each time someone hops on a bike, we decrease the amount of traffic on campus and promote healthy living.

This year, the Community Bike Project launched its “Your Name Here” initiative. Campus clubs, organizations, and academic departments donated \$50 to sponsor a community bike. By contributing to the initiative, a donor may build, design, name, and paint a new community bike. Sponsorships have increased the size of the bike fleet to better serve the campus.

Along with building bikes for sponsors, hard working volunteers have built twenty new community bikes to replace several of the aging bikes that have seen too much wear and tear over the past four years. Though some of the original bikes have been replaced, the new bikes will be in better condition and safer for riders. The new bikes will be released in the fall of 2008.



Next time you walk by the Butler Building, take notice of the new bike shop signs. These signs, donated by the Wright family and Flexume Sign Corporation, are located above the building’s two entrances, making the bike shop more visible to the campus community and serving as a constant source of promotion.

Thank you to all the volunteers who worked hard this year to support and promote the Community Bike Project. Without you, the Community Bike Project would not be as successful as it is. Thank you also to the campus community for supporting the bike project and for taking a personal investment in the care and maintenance of the bikes.

Enjoy the new school year, bike a lot, and keep an eye out for those wandering yellow bikes!

Wish List for the Recreation, Parks and Leisure Studies Department

The RPLS Department is in need of the following items. If you would like to make a donation to the department, please contact Dr. Lynn Anderson, 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 (2003 or newer) - *This is our biggest need!*
- GPS units
- Kayaks or canoes in good condition
- Adaptive recreation equipment and sport wheelchairs
- Cross-country skis or snowshoes in good condition
- Bicycles for the Community Bike Project (or money if you want to sponsor a bike)
- Outdoor education supplies like binoculars, spotting scopes, telescopes, etc.
- Items from countries around the world related to play, recreation, leisure, or culture (toys, games, visuals, etc.)



RPLS Department Award and Scholarship Winners for 2007-2008

The Marcia K. Carlson Award: This 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 Joshua Paulson from Mount Vision, NY.

The Ralph S. Mauro Award: This award honors Ralph Mauro, who was a student in the RPLS Department in the 1970's. Ralph demonstrated a high degree of enthusiasm and dedication to helping others with disabilities and was an individual with a physical disability himself. Ralph was actively involved in several community organizations that support individuals with disabilities when he died in 1978. This year's recipients are Marcie Forsythe from Horseheads, NY, and Breelan Ward from Ithaca, NY.

The Harlan "Gold" Metcalf Award: This award honors the founder of the RPLS Department, Harlan "Gold" Metcalf, and recognizes a student who exemplifies Dr. Metcalf's quali-

ties of good scholarship, interest in many activities, high moral and ethical character, and dedication to serving people. This year's recipient is Orion Roeder from Tully, New York.

The John A. MacPhee Scholarship: This award 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 were Lauren Gehen from Newark Valley, New York, and Kara Carrino from Baldwinsville, New York.

The Jay '66 and Bettie Lee Yerka Award: 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

student in therapeutic recreation and a non-traditional student. This year's recipient is Orion Roeder.

The John B. Knox Memorial Scholarship, which recognizes students from the Adirondack Park region with an interest in recreation studies and outdoor education, and demonstrate high academic achievement and leadership qualities, was again awarded to Tim Rodriguez from Poland, New York. A new transfer student, Adam Prue, from Peru, NY, is the second recipient of the Knox Scholarship.

Continuing scholarship recipients include Kara Carrino from Baldwinsville, New York, and Maria Hart from Binghamton, recipients of the **Joyce A. Gaus '60 Scholarship**. Nick Olson, from Dansville, New York, continues as the **Thomas Goodale '61 Scholarship** recipient.

Outstanding Senior, selected by his peers, was Orion Roeder.

Rho Phi Lambda Inducts New Members



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

Tim Rodriguez, Poland, NY
Orion Roeder, Tully, NY
Katie Sutliff, Lafayette, NY

Graduate

Michael Anderson, Ithaca, NY
Jacqueline Johnston, Liverpool, NY
Richard Ben Rowell, Cortland, NY
Lin Zhang, Dryden, NY

Graduate Students Conduct Cortland-Binghamton Tourist Train Study

By Dr. Sharon Todd

This year the graduate students enrolled in REC 601 & REC 602: *Recreation Research & Evaluation I & II* were asked by SUNY Cortland President Erik Bitterbaum to embark on a year-long journey applying the research process to a specific real world situation. Lynn Anderson and Sharon Todd agreed to accept a \$50,000 grant offered by NYS Senator Tom Libous through the NYS Department of Economic Development Aid to Localities Fund to develop a study about uses of passenger rail for tourism between Binghamton and Cortland, as well as to provide operational aid for a tourism train on the NY Susquehanna & Western Rail Line. However, Lynn and Sharon's only stipulation in accepting the grant was that the department could involve its graduate students in the project, using it as a hands-on learning experience to bring the research process to life via REC 601/602. It turned out to be a win-win situation.

Guided by Sharon Todd and adjunct instructor Joshua Bochniak, nineteen students spent the fall semester cooperatively narrowing the topics for the train study, reviewing related literature, and then identifying and developing all parts of the project plan (problem statement, research questions, study design, project timeline, target population and sampling methods, measurement instruments, and human subjects application). In the spring, the students finalized their survey instruments and then collected, analyzed, and reported the data through various presentations (including a Scholars' Day session).

Two methods of data collection were used. First, in order to gather data from *potential* train users, students conducted 393 phone interviews of a systematic random sample of residents living in the six counties closest to or bordering the rail line. Second, to tap *current* excursion train users and potential users associated with a tourism event, students administered 385 surveys in conjunction with the Central New York Maple Festival in Marathon, NY: 194 on the Maple Fest Train, and 191 at the Festival itself. The sample for the study thus totaled 778 respondents. The survey included questions about excursion train use patterns, willingness to pay, potential benefits, potential barriers, marketing and communication, and demographics.

Results from the study indicated broad support for a tourist train in this area. When asked how interested they would be in taking an excursion train ride between Binghamton and Cortland, more than 75% indicated "slightly interested" or "very interested." Furthermore, respondents tended to be more attracted to *the journey* than *the destination*, that is, they voiced higher levels of interest in themed excursions (e.g., fall foliage/scenic, holiday, themed or theater, wine and cheese excursions) than for using the train to get to a specific event (e.g., Marathon's Maple Fest, Binghamton's Spiedie Fest, Broome County Veterans Memorial Arena, Cortland Wine and Arts Festival and Pumpkin Festival). A majority noted they would ride the train "a few times a year" for 2 or 3 hours at a time; about half would be willing to pay \$11-20 a ticket; most would be willing to pay extra for snacks, meals, onboard entertainment, and first class accommodations; more than 90% would purchase tickets in advance, primarily via the Internet; and hearing about train excursion opportunities by word-of-mouth, newspaper, radio and television would likely result in these respondents actually participating.

Respondents rated all twelve listed potential benefits of an excursion train highly (greater than 3.00 on a 4.00 scale), characterizing train excursions as fun, unique, family-friendly leisure opportunities for all ages. Constraints were not highly evident with lack of time, information, and income occurring "occasionally," on average. Bottom line, only 6% of respondents said they would not be supportive of an excursion train in their area, with nearly 60% indicating that they would be "very supportive." Not surprisingly, Maple Festival attendees who were actually exposed to a tourist train tended to be more interested and supportive of excursion trains than phone respondents from the general population, but nonetheless support was still high across the board.

The RPLS department recently learned that Senator Libous has extended the grant for another year, allowing next year's REC 601/602 class to replicate and extend the study. Tentative plans include administering a survey at a different event (e.g., the Cortland Pumpkin Festival) for potential users' input, plus conducting an economic impact analysis of the Maple Fest.



It's the Law! - Person First Language

Dr. Vicki Wilkins

I have been advocating for the use of person first language for over 20 years, most of those while living and working in New York. And, in all those years, I never once described person first language as politically correct. I described it as accurate, positive, and sensitive; as a technique for communicating humanness; but never as politically correct. But now it is the law!

Previously approved by the New York State Assembly and Senate, but vetoed by former Governor Pataki; the "person first" bill was reintroduced by Assemblyperson Harvey Weisenberg (D-Long Beach) in February and signed into law on August 1, 2007 by Governor Spitzer. The bill requires the use of person first language when describing individuals in legal documents, publications, and state and local legislation. The text of the bill reads:

"On or after the effective date of this section (immediately), all new and revised statutes, local laws, ordinances, charters or regulations promulgated or any publication published by the state or any political subdivision that refer to persons with disabilities shall seek to:

1. avoid language that
 - A. implies that a person as a whole is disabled (e.g., the mentally ill or the learning disabled),
 - B. equates persons with their condition (e.g., epileptics, autistics or quadriplegics),
 - C. has negative overtones (e.g., afflicted with cerebral palsy, suffering from multiple sclerosis, confined to a wheelchair or wheelchair bound) or
 - D. is regarded as derogatory or demeaning (e.g., handicapped or mentally deficient)
2. replace non-respectful language by referring to persons with disabilities as persons first (e.g., individuals with disabilities, individuals with developmental disabilities, individuals with mental illness, individuals with autism or individuals with mental retardation)."

So there you have it: accurate, positive, and sensitive; a technique for communicating humanness; and now, in New York, the law! The Recreation, Parks and Leisure Studies Department at SUNY Cortland has for some time now had a commitment to the use of person first language. Students will find a statement to that effect in every course syllabus. Additionally the NYS Inclusive Recreation Resource Center, now in its second year, and also located in the RPLS Department at SUNY Cortland is working to educate the folks across the state about person first language as part of "Inclusion U," a full day training designed to prepare individuals to gather descriptive and detailed information about recreation programs, areas, and facilities so that potential users may make better plans for enjoyable inclusive recreation. Dr. Lynn Anderson, Dr. Janet Duncan and I presented a sandwich seminar to a very small, but attentive group on campus and then held a session on Scholars' Day as well. We are awaiting our date with the President's Cabinet and have written a piece that has been added to the campus Style Manual.

If you have been way ahead of the legislation, congratulations! If not, perhaps it is indeed time to get on board.

Recreation, Parks and Leisure Studies Department Guideline for Person First Language

Knowing how to communicate effectively with all members of a community is a crucial skill for those in recreation, parks and leisure studies. The use of certain words or phrases can express gender, ethnic, or racial bias, either intentionally or unintentionally. The same is true of language referring to persons with disabilities, which in many instances can perpetuate negative stereotypes and disparaging attitudes. The Department of Recreation, Parks and Leisure Studies' commitment to cultural competence supports the removal of bias in language against persons on the basis of gender, sexual identity, racial or ethnic group, disability, or age within written classroom assignments, presentations, lectures, and everyday interactions. The Department of Recreation, Parks and Leisure Studies chooses to convey respect through language that is accurate, positive, and inclusive. This practice is consistent with the American Psychological Association Publication Manual's guidelines for reducing bias in language (p. 61-76).

Studio West to Become Home to the new School of Professional Studies

Over the past year, Drs. Lynn Anderson and Vicki Wilkins have been heavily involved in the planning and design of a new and renovated building that will house four of the six departments in the School of Professional Studies. In the Spring of 2010, Recreation, Parks and Leisure Studies will move into a new space, along with Speech Pathology and Audiology. The renovated section of the building will house Kinesiology and Sport Management. The new space is very exciting for our department. We will have a beautifully designed outdoor education suite, with a technology classroom, a gear area, and a garage-like workshop/repair/trip staging area. The space will include a therapeutic recreation lab, and access to an outdoor therapy area. We will have access to the new clinic that will be primarily used by Speech Pathology and Audiology, and many new joint initiatives between the two departments can take place. The architectural firm from Princeton, NJ, and Philadelphia, PA, KSS Architects, has been the lead agency in the project. You can view other projects they have completed at <http://www.kssarchitects.com>. We hope you can visit campus in 2010 and tour our new "digs!"

Update on Undergraduate Internships

By Dr. Susan M. Wilson

After many years and an amazing job of supervising, overhauling, and negotiating the evolving process and procedures of the internship aspect of our undergraduate's degree program, Dr. Vicki Wilkins stepped down as internship coordinator. We thank Vicki for her dedication to the task and a job well done! I took over the position in the spring of 2008. The REC 470 students and I learned the ins and outs of the process together and in the end students have committed to some incredible new and previously visited sites. Here is a listing of where our students will be in the summer and the fall semesters.

For the summer:

Backus, Tucker- Syracuse University Campus Recreation office, NY
Brown, Shane -NYS Inclusive Recreation Resource Center, NY
Komar, Eric - NYS Inclusive Recreation Resource Center, NY
Burnett, Tanya- Syracuse VA Medical Center, NY
Dunphy, Shawn - MCCS at Camp Legeune, CA
Forsythe, Marcie - VA Medical Center: Bath, NY
Garno, Christopher - St. Lawrence Psychiatric Center, NY
Gould, Douglas - Cornell Team and Leadership Center, NY
Richer, Jason - Lime Hollow Center for Environment & Culture, NY
Roeder, Orion - Hutchings Psychiatric Center, NY
Wallace, Arsenio - Hutchings Psychiatric Center, NY
Santos, Wanie - City of Safety Harbor, FL

In the fall:

Barrett, James - Cortland YWCA, NY
Carrino, Kara - MWR Liberty Program Charleston, SC
Finley, Diane - South Oaks Hospital, NY
Paulson, Joshua - Cornell Outdoor Education, NY
Ryals, Joelle - Syracuse VA Medical Center, NY
VanSluis, Mona - Five Points Correctional Facility, NY
Ward, Brelan - Kendal at Ithaca, NY
Kohrmann, Tracy - Wake Forest University's Baptist Medical Center, NC
Schmidt, Matt - Boojum Institute for Experiential Education, CA

Alumni Advisory Committee

Raul 'Rocci' Aguirre '99

Executive Director, Finger Lakes Land Trust

Celeste Bernardo '85

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

Jessica Daily '01

Activities Director, Walden Place

Robert Ditton '64

Professor Emeritus of Fisheries and Wildlife Sciences, Texas A & M University

Geoffrey Godbey '64/'68

President, Next Consulting

Carolyn Kelly '02

Special events planner

Emily Kisbaugh '09

President, Cortland College Recreation Association

"Ike" Alfred Kuzio '00

Recreation Specialist, Westchester County Department of Parks

Gary Lopez '95

Recreation Specialist, Onondaga County Parks

Tim O'Connell '90

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

Elaine O'Mara-Hulbert '84

Recreation Therapist, Maple Leaf Day Habilitation Program

Laurie Penney McGee '99

Coordinator, NYS Inclusive Recreation Resource Center

John Silsby '69 (Chair)

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

Carol Zimmerman '95

St. Lawrence County Health Initiative, Adventure Education Specialist

William Zimmerman '76

Recreation Director, City of New Rochelle
Recreation

Thomas Goodale: Doctor of Humane Letters

By Dr. Anderson Young

One of our own, Tom Goodale '61, received an honorary doctor of humane letters degree at the 2008 graduation. We're thrilled when we heard the news. Not only would a Cortland recreation alumnus be getting this most distinguished honor, but we would also have an extraordinary address at commencement. Many of you reading this have heard Tom speak at state, national, or international conferences and know what I mean.

As it turned out, we heard not one, but two extraordinary addresses. Cortland has two undergraduate graduation ceremonies. Tom, being Tom, wrote a different speech for each, the first, "Waste, Work and Dreams," the second, "Three Challenges." I watched the first from the balcony of Alumni Arena. Never have I seen such an attentive audience at graduation. Tom chooses every word with care, and the audience did not want to miss a single one. During the second ceremony, I was "on the floor," seated with the faculty. Faculty are a tough audience. They rose in unison to give him a standing ovation when he finished.

To give you a glimpse of what that day was like, please read two excerpts. The first is the citation, read by President Bitterbaum, and found in the side bar **[at right]**. The second has Tom Goodale's closing words to class. Good words and wishes for all of us.

As you head off in pursuit of your work and your dreams, recognize that to travel far, you must travel light. Therefore, live below your means, say, "No" often, don't just do something—sit there. Sit there until the direction is clear. As you head off in pursuit of your work and your dreams, may you be joined by good health, good books, good friends, good laughs and good memories. In the somber times, they will lift your spirit, lighten your burden and lengthen your stride, that you may travel far. So go. Head for the confluence. Keep your soul aloft. Strike a blow for humanity.

Note: You can access pdf files of Dr. Goodale's addresses at www.cortland.edu/commencement/undergraduate/

Alumni News

- Dr. Thomas Goodale '61 received the honorary doctorate of humane letters from SUNY Cortland, the highest honor bestowed by the campus. See related story in this newsletter.
- Lucinda Hurley '80, received the "Gold Award" from the New York State Outdoor Education Association
- Benjamin Jones '05, received the Young Professionals Award from Tompkins County for his work in the field of recreation and community quality of life.
- Mr. Patrick Mercer '03, (and adjunct faculty in RPLS) received the Adjunct Faculty of the Year Award from Tompkins Cortland Community College
- Jessica Daily '01, Laurie Penney McGee '99, Raul "Rocci" Aguirre '99, and Molly Riley '79 were part of the SUNY Cortland Alumni Speaker Series for 2007-2008.
- Vern Fonda '02, an environmental conservation officer with the NYS Department of Environmental Conservation, was cited in the "Conservationist" for saving a woman's life. The woman was struck by lightning near a lake, and ECO Fonda resuscitated her.

THOMAS GOODALE CITATION

*Read by President Erik Bitterbaum
at Commencement 2008*

Dr. Thomas Goodale, you have had a profound impact on how North America views its parks and its recreational opportunities in the 21st century because, for more than three decades now, you have been one of the leading thinkers in the field.

Your peers have called you "the conscience of the parks and recreation profession" and "a scholar's scholar." You articulately apply the teachings of Plato and Aristotle as easily as those of your SUNY Cortland mentor Harlan "Gold" Metcalf in helping us all understand the role and the importance of recreation in our everyday lives.

A Fellow and Past President of the Academy of Leisure Studies, you have influenced recreation and parks and leisure studies practitioners and educators as editor-in-chief of *Leisure Sciences* and the author of numerous books and articles. Your work on the environmental impact of recreation and the sustainability of leisure earned you the 1990 National Literary Award from the National Recreation and Park Association.

You have been a tenacious advocate for social justice. You have been a leader and a champion whose brilliant arguments for what you believe to be right have not always been the most popular. You have constantly reminded us, as a nation, to view parks and recreation management in the context of larger issues such as the environment, the gap between rich and poor, and the decline of community. In doing so, you have inspired a generation of parks and recreation professionals.

A native son of Cortland, New York, you earned your bachelor's degree here at SUNY Cortland, where legendary professor Rozanne Brooks called you "erudite, witty, wise and one of the most literate graduates in her 42 years of teaching."

You earned your master's and doctoral degrees at the University of Illinois studying with parks and recreation icon, Dr. Charles K. Brightbill.

During your career, you shared your knowledge and ideas with students in the United States and Canada as president of the Society of Parks and Recreation Educators. You served on the faculties of SUNY Cortland, the University of Wisconsin-Green Bay, the University of Ottawa and George Mason University in Virginia.

At every step, you have been recognized for your achievements and contributions. SUNY Cortland presented you with its highest accolade, the Distinguished Alumnus Award. The University of Illinois gave you its Outstanding Alumni Award. The University of Waterloo in Ontario awarded you an honorary degree.

State University of New York now adds its name to the list of prestigious colleges and universities acknowledging your many contributions to the parks and recreation profession. As a SUNY graduate yourself, you are an inspiration and a role model for the graduates of the Class of 2008. So, it is with the greatest respect that we award you with the honorary degree of Doctor of Humane Letters.

Third Annual Metcalf Retreat - A Resounding Success!

By John Silsby '69

The 3rd Annual Metcalf Retreat held at Cortland's Outdoor Education Center on Raquette Lake from September 7th through 10th 2007, proved to be the most successful gathering of alumni and students to date.

In 2005, the Metcalf Endowment Board initiated the Metcalf Retreat as an opportunity for alumni to revisit Raquette Lake and re-experience the stories and legends of Harlan "Gold" Metcalf. Cortland's Foundation Office also participated and provided an opportunity for Metcalf Alumni to consider long term giving opportunities to the Metcalf Endowment. At the first retreat, one student joined the alumni group. Once she learned of the traditions of the Metcalf era, she encouraged the leadership of the retreat to invite students to future weekend gatherings.

Since the first retreat, six students from the Recreation, Parks and Leisure Studies Department have been invited to participate in the event every year. Each successive year, the number of alumni has grown. Some alumni have returned for a second and even a third time. Some of the alumni of the '50s and '60s haven't visited Raquette Lake since the day they completed their outdoor recreation class work decades ago.

At the third retreat, we had 27 participants. Some were alumni, some were students, and we had a faculty member there too. We had alumni from 6 states including Washington State, Florida, South Carolina, Connecticut, Vermont and New York. Since the inception of the program, alumni from some of the first graduating classes in the early '50s to the mid-'70s have attended. These early alumni have

brought to life the stories and traditions of early years of the Cortland program.

The initial retreat was three days. The third retreat was expanded to four days. During the retreat, the alumni and students recreate and socialize together. They share stories around the campfire and play games in the casino. Some canoe, some hike and some visit area museums and other attractions. They dine together too! The highlight is the annual sunset cruise on Raquette Lake.



The retreat stays at the Antlers Lodge but has a chance to tour Pine Knot Camp and gain the historic perspective of the camp from Jack Sheltmire and Rhonda Jacobs, the director and assistant director of the camp. Through Rhonda's ingenuity, an exciting four-day itinerary is planned for all.

The 4th Metcalf Retreat is planned for September 12th through 15th, 2008. Invitation letters have been mailed already. If you didn't receive one, please call me at 860-536-5686. I'm John Silsby, class of '69 and attendee at all three Metcalf Retreats. I also chair the Metcalf Endowment Board. At the 2007 Annual Cortland Recreation Conference, I had the honor of announcing to students, alumni and faculty that the Metcalf Endowment has reached the \$100,000 milestone! In the years ahead, we'll be seeking new directions for the endowment. Faculty and alumni will guide our future directions as Gold Metcalf guided us through our college years at Cortland! See you at the Metcalf Retreat in September!

Emeritus Faculty Update – Marcia K. Carlson

Marcia still lives in her Troll House on Virgil Knob. She has her 10th English Springer Spaniel, named Puffin, who not only guards the premises but sings up a storm. Marcia's days and some evenings are filled with community service committees, i.e. Cortland County Planning Board, Virgil Assessment Review Committee, and Hope Lake Committee. Additionally, she goes fishing and still maintains many of her outdoor activities.

Her recent trips included visiting the Hoover Dam in Nevada and a beautiful cruise to the Panama Canal.

Marcia attends many of the sports events at the SUNY Cortland and maintains contact with many of her former colleagues.

The NYS Inclusive Recreation Resource Center at SUNY Cortland

By Laurie Penny McGee, Project Coordinator

The New York State Inclusive Recreation Resource Center was established through a grant by Dr. Lynn Anderson, funded by the NYS Developmental Disabilities Planning Council. The mission of the NYS Inclusive Recreation Resource Center (NYS IRRC), is to promote inclusive recreation opportunities so that people of all abilities can recreate and play wherever they choose. Among its many projects, the NYS IRRC is currently developing a state-wide database that provides descriptive information about recreation programs, sites, and facilities throughout New York so that people can better plan their recreation. Much of the Center's work this past year has focused on the development the Inclusivity Assessment Tool, an assessment tool that details both the physical and social inclusion at a recreation site. Inclusion U, our Inclusivity Assessment Training, is in great demand! The one-day class teaches the foundations of inclusion and accessibility while preparing participants to assess recreation spaces and places. People who attend Inclusion U are then able to provide their assessment data to the IRRC for entry into the state-wide database. Since September 2007, over 200 volunteers and students have participated in training. We hope to have an on-line version of Inclusion U available later this year.

The NYS IRRC also provides training and technical assistance to recreation providers so that all services can be as inclusive as possible. Individualized resources are available as well through the Recreation Referral Service. For more information, contact Project Coordinator Laurie Penney McGee at penneymcgeel@cortland.edu or Project Director Lynn Anderson at andersonl@cortland.edu.

We are very excited about the launch of the Center's website! To learn more about the NYS IRRC and discover how you can be involved, visit the www.cortland.edu/nysirrc



Emeritus Faculty Update – Charles Yaple

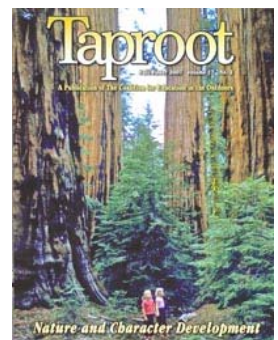
The “plan” in 1996 was to retire from being a full-time professor in the Department of Recreation, Parks and Leisure Studies, teach part-time, and run our neglected family tree farm. Someone wise once said something about the “best-laid plans of mice and men going awry” (Robert Burns). Anyway, the retirement lasted about nine months - just in time for the birth of another career as director of the Lime Hollow Nature Center in Cortland, NY.

Lime Hollow, now called the Lime Hollow Center for Environment and Culture (see www.limehollow.org) was supposed to be a two to three year interim position. Funny how years turn into decades as it took until 2007 before retirement from Lime Hollow became possible. That experience, however, made me a better teacher of environmental and outdoor education (yep, still teaching in the department). Classroom discussions about program and administration are now based on real world experience as well as theory gained from the printed word.

In addition to maintaining part-time teaching responsibilities at SUNY Cortland, my duties also have included continuing as director of the Coalition for Education in the Outdoors (www.outdooredcoalition.org). Working with Dr. Young and graduate assistants (this year, Michael Anderson), we produce two important outdoor education publications – *Research in Outdoor Education* based on the Coalition's biennial outdoor education research symposium and *Taproot* a biannual journal of outdoor education.

Richard Louv's 2005 best selling book, *Last Child in the Woods: Saving Our Children from Nature Deficit Disorder*, and thirty –two years of teaching EDU 568 (Environmental and Outdoor Education) recently compelled me to get involved with the unfolding Children and Nature movement. So from time to time it is necessary to leave the solitude of Hermit Hill Tree Farm and journey to Washington, DC as an advisor to the National Forum on Children and Nature.

So much for retirement! Actually it (retirement) is not all it is “cracked up to be.” Watching some of my friends retire, move south to play golf or walk the seashore only to become bored after a few months, leaves me thinking it's best to be like the old horse in the harness that just keeps pulling (maybe not so fast as a yearling). Guess I'll just keep swimming, trying to keep the mind active, and disrupting the plans of those mice living near my trees.



Department of Recreation, Parks and Leisure Studies Alumni Newsletter

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The 58th Annual Cortland Recreation Conference “Reaches For Recreation”

The 58th Annual Cortland Recreation Conference will be held on November 6th and 7th, on the SUNY Cortland campus at Corey Union. The longest student-run conference in the nation is rich in tradition and gathers 300-500 students and professionals for the purpose of exchanging up-to-date information in the field. This year's theme is “Reach for Recreation.”

The Metcalf Endowment Keynote Speaker is Ms. Carol Ash, who is the Commissioner of the New York State Office of Parks, Recreation and Historic Preservation. Ms. Ash has been the recipient of very notable honors such as the annual Advocates Award by the Environmental Advocates of New York, and has served as board member to many environmentally active organizations which promote stewardship of our parks, greenways, and precious natural resources.

If you believe you can contribute to the diverse theme of the conference, and are interested in presenting, please contact the Cortland Conference Office at (607) 753-4939. We are also looking for people interested in donating items to our silent auction, the proceeds of which will be donated to the Metcalf Endowment.

Enclosed with this newsletter is the conference brochure. Please look it over and feel free to call with any questions or suggestions that you may have in order to make this a great conference for all attending! We look forward to seeing you on campus November 6-7, 2008. Don't miss the 58th!

