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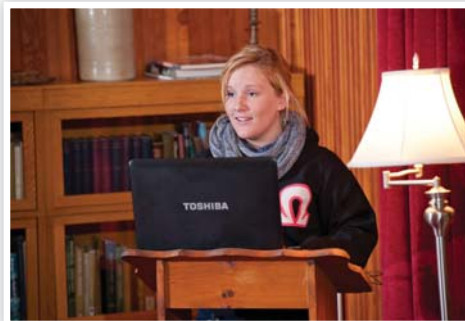
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Wilderness is Inspiration for Writers

Lorraine Berry, project director of *NeoVox* (neovox.cortland.edu), SUNY Cortland's on-line magazine that provides an international audience for budding professional writers, finds Raquette Lake the ideal place to stimulate creative writing. Since 2004 the Cortland Writers' Association has sponsored a weekend retreat to Camp Huntington that attracts from ten to twenty student writers and faculty. In addition, an academic course titled Advanced Writing Seminar has been added to the summer schedule in the past two years.

One of the popular traditions that has evolved in the spring semester is the polar bear plunge through the ice on Raquette Lake after a relaxing sauna. In the fall, a sunrise paddle before breakfast begins the day for many. In a professional video filmed on location at Raquette Lake, Berry reflects, "I love the fact that we can balance play with work. We can have a really good session of getting some hard work done and giving our brains a good workout. Then we can say, you know what, who wants to go for a hike or paddle?" David Franke, professor, English and professional writing, adds, "I get to see student writers working together as a group on various writing projects, supporting one another, cooperating, and I find that absolutely delightful."



Jackie Carlson presents some of her original writing.

What this natural environment and the outdoor activities provide are stimulation for the students' creating writing, to which they devote most of their time in camp. There are a few workshops provided by the faculty on the specific topic of the retreat (this winter's subject was silence), but there is plenty of time set aside for the individual creative process. Everyone is working toward the Saturday evening reading session, where they get to share what they have worked on during the retreat. For some, it's a bit intimidating at first, to share their unpolished early drafts in front of peers and professors, but those who have been coming for years find it stimulating. After some outdoor time and packing Sunday morning, the group gathers one more time in the Carlson Classroom to give each other feedback on their performance from the night before.

We are sad to see many of the participants in the Cortland Writers' Association graduating this year, but we wish them well in their professional writing journeys. We are hopeful that a few precious weekends in the wilderness of Raquette Lake will spark their creative process for years to come.



Cheryl Ringer '12 (left) and Allison Best (right) writing while enjoying the ice road ambiance.



Vicki Boynton and Korrie Olszewski '12 work on a writing assignment.

From the Director's Desk

I'm beginning to sound like a broken record, but once again, the fabled Adirondack winter seemed to pass us by. We have had just over 100 inches of snowfall to date, far short of the 200-inch average we used to expect. For the first time since I've been here, the ice road failed to form until late January and opened up again in early February, forcing us to postpone two and cancel two other groups.



Photo courtesy of Rob Biemer

Once the road did stabilize, we had very good skiing conditions for most of February into early March. Our groups were very pleased with the trail grooming this year, as well as the addition of enough new skis to equip everyone with modern New Nordic Norn (NNN) skis, boots and bindings.

Progress is being made in the complex arrangement that will result in the transfer of the Antlers property to the Cortland College Foundation. This includes the signing of a 30-year lease between the foundation and College to operate the Raquette Lake Outdoor Education Center under one organization. The lease agreement is now in the Attorney General's Office and will go next to the Office of the State Comptroller for approval. The Center for Environmental and Outdoor Education, which has oversight responsibility over this and two other centers owned by the College, is once again governed by an Advisory Council that has met each semester since last spring. Many new ideas for programs and ways to support student activity here have been generated by this interdisciplinary body.

Fundraising continues on a path to reach \$1.5 million for the Raquette Lake Program and Access Endowment. The foundation is nearing the end of the large gift phase and hopes to launch a broad-based outreach to all alumni soon.

Part of the campaign is a new video that was filmed at Raquette Lake and on the SUNY Cortland campus over the past year. There were actually three separate videos produced – one to be used by the Admissions Office, one for recruiting new students and faculty use at Raquette Lake, and one for use in fundraising by the foundation. The Admissions Office video can be viewed using cortland.edu/future-students Web address. We are very pleased with the work done by White Knight Productions and hope you will be, too.

Finally, we are excited to announce the launch of Adirondack Trail Blazers, a program open to all incoming freshmen that will be held at Raquette Lake in late August. Please enjoy the article on this and other news, and let us hear from you. If you know of other alumni or friends who would like to receive a link to the Raquette Lake News, please email us their contact information today.

Alumni Camp Moved to February

For the first time ever, Winter Alumni Camp was moved to February, due to warm weather in January. Unfortunately, many who had signed up for the camp could not make the new dates, but eighteen did attend for what many called the best ski conditions ever.

Most of the attendees were veterans, but we did have one new alumna, Carol Baderadt MacBride '83 and her daughter, Colleen. Having not been back to Raquette Lake since her SUNY Cortland days, Carol was thrilled with the opportunity and met some great new friends along the way. I'm pretty sure even high school-aged Colleen enjoyed her stay with us.

Lewis Cowan '73 and his two canoeing buddies led a snowshoe trek to Tioga Point, where they have camped every year for the past 30. It sure looks different in the winter. Lew and his friend, Jonathan, are great photographers, and some of their photos can be seen on the center's Facebook page.

As I mentioned, the ski conditions were very good with Richard setting fresh tracks each day with our new track setter. The polar bear plunge into the ice hole at the sauna was a highlight as usual. This year's guest speaker was Gary Lee, a retired DEC forest ranger from Inlet, who brought along a great slide show of loons in the Adirondacks.

In addition to moving back to the regular January slot next year, there appears to be interest in extending the camp one more day through Friday morning. It seems once the group gets here and reconnects with friends old and new, no one wants to go home. I guess it's another example of that Raquette Lake magic. If you are a regular, keep your eye out for an email survey to see if you would favor the extended stay option.

Raquette Lake Champion Kate Becker Hovey '03, M'05

For the past six years, Kate Becker Hovey has coordinated the long-standing physical education course, PED 308 – Adventure Education for Teachers. Started back in the 1930s as a way to incorporate a comprehensive outdoor education practicum into the physical education degree, the course was a major factor in the College acquiring Camp Huntington (formerly Camp Pine Knot) in 1948. With four sessions of students attending the two-week course each summer, it is quite a task for the coordinator to make sure everything is in place for the students to take full advantage of their Adirondack experience.

Kate graduated with a B.S. in physical education from SUNY Cortland in 2003. Her first experience at Camp Huntington was as a member of the swim team,

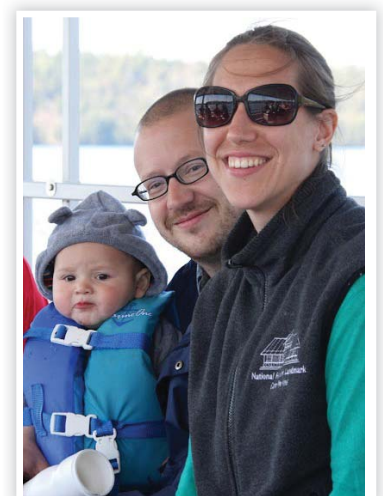


Photo courtesy Harry Dross

but after completing PED 308, she was hooked on the educational and transformational powers of outdoor education. The summer following her senior year, she was encouraged by Steve Patrick '97, the course coordinator at the time, to come back as a teaching assistant in the program and then became a regular staff instructor the following summer. For the next three years she instructed as many as three sessions each summer before becoming the course coordinator.

As an undergraduate, Kate was influenced heavily by two of her physical education professors, Tim Davis and Mike Kniffen. Tim was her advisor and encouraged her to pursue a master's degree in adaptive physical education. Blending outdoor education with therapy and accessible activities has been a hallmark of Kate's professional career. I had the pleasure of watching her facilitate on the low ropes course with a group of adults who happen to have mental disabilities in Diane Kraft's Introduction to Inclusive Outdoor Education class the first fall I was here. Kate had actually been a teaching assistant for Tim Davis in the same class a few years before. She has a naturally patient and compassionate facilitation style that works well with this type of learner in this setting.

In 2009, Kate married Chad Hovey, lecturer in art and art history, whom she met on a backpacking trip to Sawteeth Mountain with mutual friends. They now have a little boy, Levi, who has already spent a number of days at Raquette Lake. Asked how being a new mom has affected her teaching and outlook on life, she replied, "I'm a lot more efficient with my time than I used to be. I also have a new appreciation for my students and can see them through the eyes of a parent. It makes me more conscious of the risks we ask them to take."

What are some of her fondest memories of instructing and coordinating PED 308? Hiking to the top of Long Pond Mountain with a group in time for sunset, then camping out and watching the sunrise is one of them. Supervising the ropes course and seeing students work through the numerous challenges is another.

Kate told me PED 308 changed her life and put her on the path she's on today, including working towards her Ed.D. in educational theory and practice. Asked what she hears from students she had in the class, she reported, "Some are now considering outdoor education themselves as a career. Others say they had never hiked, camped or canoed before, but probably will now for the rest of their lives." She occasionally hears from graduates as far away as Australia, asking her for program ideas to use with their own students.

We are lucky to have someone with Kate's talent and passion for the outdoors leading this important course in the lives of so many Cortland students. She fills the rather large shoes of so many great coordinators before her well, while adding her own style and sense of fun to the curriculum.

College Launches Adirondack Trail Blazers

For the first time in SUNY Cortland's history, some of our fall 2013 incoming first-year students will have an opportunity to begin their academic career with a fun-filled, action-packed week in the Adirondacks. The program is modeled after a number of

successful programs run by colleges across the United States to help facilitate the transition from high school to college life.

With more than 80 years of experience teaching in the outdoors, Cortland is well prepared to provide an experience the Trail Blazers will remember for the rest of their lives. The name is a play on Cortland's mascot, Blaze, and is designed to help the new students feel a part of the campus culture before they even set foot in their first classroom. Adirondack Trail Blazers will build on the new student orientation program coordinated by Advisement and Transition. It will be led by Amy Shellman, assistant professor in recreation, parks and leisure studies, and a cadre of experienced outdoor instructors. There will also be a representative upper-class student on each small group trip to help answer questions about what it's like to be at Cortland.

The participants will arrive early to campus on Aug. 18, drop off their belongings in their residence hall room, and gather for an opening session of ice breakers and overview of the program. Then, they will board vans for the ride to Raquette Lake and Camp Huntington. When they awake the next morning, they'll take on the challenges of the low and high ropes course before packing up and heading out by canoe and on foot to explore the Adirondack wilderness.

For the next three days and nights, the students will travel in groups of nine and be responsible for route finding, camping, cooking and problem solving under the watchful eye of their leaders. Along the way, they'll be making new friends, building self-confidence and decision-making skills, and sharing their stories with peers. They can also ask questions about college life that might be uncomfortable in a larger, more formal setting.

On Thursday afternoon, the groups will return to Camp Huntington for a final banquet and celebration. Before heading back to campus on Friday, the students will have an opportunity to enjoy some solo time to reflect on where they've been and where they are headed. They'll also complete a short service project to help establish their connection with Raquette Lake, which we hope they'll visit often during their Cortland years.

The goal of Adirondack Trail Blazers is to introduce the participating students to a network of friends and mentors when they begin the fall semester. Our hope is they will become connected more quickly with peers and faculty through their experience on the trip. If the program is successful, these students will be more likely to achieve their full potential while at Cortland and encourage others to do so as well.



Twenty Years of Project Adventure with Broadalbin-Perth

Back in 1993, SUNY Cortland classmates Colleen Buchanan '91, now a lecturer in physical education, and physical education teacher Stephen Tomlinson '91, collaborated on a program idea to bring the eighth graders from Broadalbin-Perth Middle School, in Amsterdam, N.Y., to Camp Huntington. The trip was a capstone for the school's Project Adventure curriculum. Twenty years later, the program has changed a bit, and Steve is now the school's superintendent, but the original goal of challenging the students in the outdoors and having them reflect on their experiences remains the same.

The Project Adventure Club outing moved from spring to winter in 1995, and this year's trip took place Feb. 8-10. With snow falling and the Broadalbin-School closed, we were happy to learn the intrepid students and teachers were on their way. As they entered the Town of Indian Lake, their school bus broke



down, and they had to abandon it. Thanks to the quick thinking of their principal and teachers, they walked the short distance to the Indian Lake School,

where the principal offered them the use of one of their buses. Fifteen minutes later, the luggage and students were transferred, and they were on their way.

Colleen is still with the program after 20 years and facilitates all the activities for the students while they are at Camp Huntington. These include team-building exercises, cross-country skiing, a solo walk at night, historical tour, stargazing, and a final snowshoe hike to Kirby Camp and back. Just before the club hikes back over the ice road, they gather in Carlson Classroom to write reflections about their weekend. Their lead teacher, Michele Nasner, then combines the reflections with pictures of the students and their accomplishments into a newsletter for the parents.

Programs like this allow our Cortland graduates and current faculty to continue making a positive impact on the lives of countless young people in our public schools. It takes a great deal of planning and commitment from those involved, but the smiles on the faces of the students and their sense of accomplishment make it all worthwhile.



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Ice Road Key to Winter Season



Once the ice melts on Raquette Lake in the spring, the normal mode of transportation for students, luggage and supplies to Camp Huntington is by boat from Antlers. The camp maintains a fleet of different size boats for assorted cargo and passengers. In the three years I've been here, there has never been an occasion where we couldn't cross the one-mile passage on schedule.

The winter, however, is a different story. By Thanksgiving, there is usually too much ice on the lake or the weather is too cold to operate our boats. We don't have the camp open at that time, but those of us who live and work here park our vehicles at Golden Beach State Park and walk in the back way. If the lake level is low, we can walk across the sand at Silver Beach and even leave our four-wheel drive vehicles or a snowmobile at the entrance to our trail system. If the lake level is high, we're forced to wade through the bog behind the beach. This is both time consuming and limiting to what we can carry in. Needless to say, we look forward to the ice forming on the lake sufficiently to allow us to cross from Antlers.

Over the past three winters, the ice has been later and later in forming. This year, we had ice in mid-December that was covered with a three-foot blanket of snow, perfect for insulating it and preventing further freezing. We had to bring the Wilderness First Responder course in through Golden Beach and feed them initially on food that was already in storage at the camp. By the third day, we were able to get a food order in via snowmobile the back way. By the end of the ten-day course, we still had enough snow on the trail to transport the luggage out, while the students walked to their cars. But the continued cold weather and snow pack prevented the ice on the lake from increasing.

The same day, we brought the PED 308 "Split Session" group (they do a week in the summer and one in the winter) in the back way. Kate Becker Hovey '03, M'05, the course instructor, is notorious for bringing warm weather with her in the winter, and she didn't let us down. The rain and warm temperatures melted the snow off the lake, and the ice road began to thicken, but not quickly enough. With no snow on the back trail for our snowmobiles and insufficient ice on the lake, we had to cancel the Athletic Leadership weekend and postpone Winter Alumni Camp from January to February (see related article).

Finally, by the following weekend, Jan. 25, we were on the ice road and running food across. But not for long. Another warm spell and two inches of rain fell while Bolton Landing's sixth

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graders were in camp. On Thursday morning, mechanic, Bob DeShaw, arrived for work from Antlers and announced there was open water on the lake near the ice road. We were back to the Golden Beach route, but without sufficient snow to get all the way out with snowmobiles. The students skied to Silver Beach on the last morning, where we transferred their gear from the trailers to plastic tote sleds, which they slogged across the slush at Silver Beach and Cunningham Point to their waiting buses. Again, we had to cancel one group scheduled to arrive the next day and postpone another, while the ice road recovered.

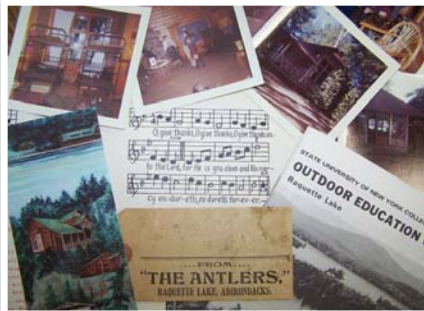
In the three years I've been here, we've always managed to get people and supplies in for the winter season, using either the ice road or the back trail. With winters apparently warming and the lake freezing later, we may need to reconsider how we access Camp Huntington to continue offering a full winter season. Stay tuned for further updates.

Those Were the Days! Raquette Lake

by Ronnie Sternin Silver '67

Memories of SUNY Cortland are part of who we are, and the experiences at Raquette Lake – Antlers and Camp Huntington – are unique. The SUNY Cortland Alumni Association is now making those memories part of the Lynne Parks '68 SUNY Cortland Alumni House with The Pub Project.

Parks Alumni House Committee of the Alumni Association is currently gathering memorabilia to create a revolving display of historical items in the Jean Dunlavey '64 Pub. Items collected will be tagged with the donor's name, categorized and sorted. Selected pieces will be displayed on shelves or arranged in shadowbox frames and hung on the walls in the pub.



The first displays consisted of the sororities and fraternities honored at Reunion, the Theater Arts Department and Cortaca Jug. The next focus will be a themed Raquette Lake shadow box. If you have keepsakes, photos, hats, T-shirts or any pertinent memorabilia from your visits to Raquette Lake, we ask you to donate these treasures to The Pub Project. Please list your name, class year, contact information and the significance of the item when sending your contribution to: Parks SUNY Alumni House, 29 Tompkins St., Cortland, NY 13045.

Items become the property of the Alumni Association and will not be returned. The Alumni Association reserves the right to choose items to be displayed both at the Parks Alumni House and on campus.

Please send your Raquette Lake memorabilia before October 1, as our target completion date is early 2014. For additional information, contact alumni.house@cortland.edu.



Spotlight on History: Terrace Cottages

Construction of The Antlers began in the warm weather of 1887 and opened in 1888 under the ownership of Charles H. Bennett. The colonization plan of the buildings allowed for a variety of accommodations from canvas platform tents and lean-tos to cabins and cottages.

The Terrace Cottages were built as a two room cabin with a shared porch. The cottages were sided with sheets of overlapping bark and roofed with cedar shakes. A majority of the cottages also sported a fabric awning style porch cover. In 1895 Seneca Ray Stoddard wrote about the cottages in his book *The Adirondacks*, "It gives the temporary proprietor of each [cottage] a sense of independence and ownership that is very pleasant, resulting in each structure taking upon itself a degree of individuality according to the taste and disposition of its occupants, interesting to observe."

Using postcards and dated pictures, we surmise that around 1910 the cottage bark siding was replaced with cedar shake. A short time later, bathrooms and closets were added extending out of the rear of the cottages. The bathrooms consisted of a corner sink, toilet and claw foot tub; in fact, three cottages still have these tubs to this day.

The cottages were furnished on the interior with tongue and groove wood laid horizontally from the floor to the chair rail. Homasote, a fiber wall board, completed the upper walls and ceiling with strapping to cover the seams. The walls were also painted.

The interior of the cottages were small and plain since the rooms were merely for resting or sleeping between your Adirondack adventures. The rooms were furnished with a bed or two, dresser, night stand and chair. The porches were complete with rocking chairs to toil the day away.

Alumni Camp Opportunities

<u>Antlers</u>	June 30-July 5 Aug. 23-25	July 6-12, Aug. 26-30
<u>Camp Huntington</u>	June 30-July 3	June 30-July 5

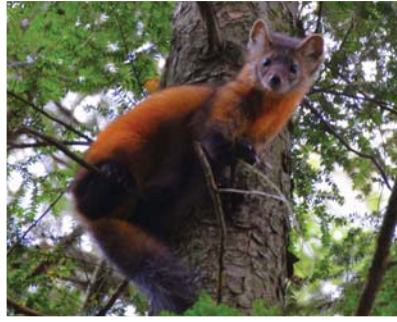


Photo courtesy of Diane Houghtaling

Nature Nook

Over the past fall and winter, an elusive critter has been spotted a few times in the wooded areas of Long Point. This critter is the American marten or *Martes americana*, also known as a pine marten, and belongs to the weasel or Mustelidae family.

An average adult marten is about 2 feet long and weighs between 1.5-3 pounds. Their fur can range in color from pale yellow to orange to dark brown. The Long Point marten has a thick orange brown fur with a dark brown tail and furry feet. The triangle-shaped head sports large rounded ears and those distinctive small black weasel eyes. Males tend to be larger than females in both length and weight while sharing a similar appearance.

American martens can be found from Alaska east across Canada and south to northern New Mexico in their preferred mountainous habitat. In the Adirondacks, martens can be seen in coniferous to mixed deciduous forests. Dens are constructed in hollow logs or trees, woody debris piles and red squirrel nests. The dens are lined with moss grass and leaves.

Martens feed on a variety of small mammals, vegetation and fish depending on location. Their diet is largely made up of mice, reds squirrels, shrews, an occasional snowshoe hare and voles. Berries and insects make up the rest of their food intake.

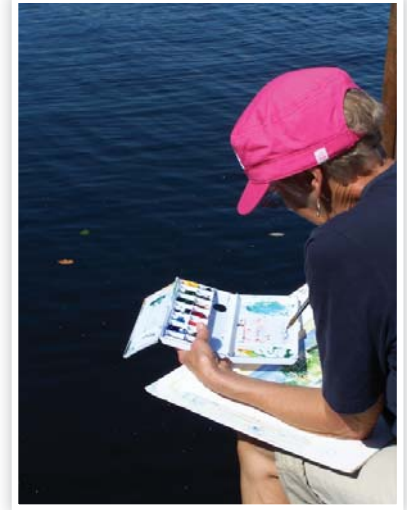
Martens tend to be diurnal and nocturnal with increased activity in the summer months. They tend to be solitary and can have home ranges from 1-5 square miles with boundaries marked by scent. Male territories do not overlap; male and female areas occasionally do. Breeding season is an exception.

Martens are polygamous and have roughly a 15 day courtship. The mammals mate in August; however, active gestation does not begin until late winter. The incubation lasts about one month before delivering one to five kits in late March or April. At 42 days the kits are weaned, and a few days later emerge from the den. Martens can reach adult weight in as quickly as three months but are not sexually mature until one or two years old. Juveniles will leave the nest between August and October, depending on location.

Workshop Offered

Two watercolor workshops will be offered this September at Antlers. The workshops are open to SUNY Cortland alumni, their families/guests, and faculty/staff and their families/guests. Three options are available throughout the week. A beginner workshop will start the week off running from Saturday, Sept. 14, through Tuesday, Sept. 17, followed by an experienced class starting Tuesday, Sept. 17, through Friday, Sept. 20. Participants may also choose to partake in both sessions staying the entire week.

The workshops will be led by Barbara Schooley '72. Barbara has extensive experience as a watercolor painter and teacher. Her work can be found in private collections throughout the country. She also has an impressive knowledge of the artwork and history of Camp Huntington and Antlers.



Participants may bring a guest/spouse to enjoy the beautiful colors of autumn in the Adirondacks. Guests will have the choice to participate in the course or to relax and enjoy the amenities Antlers has to offer. We

have a sand beach, canoes, kayaks, Adirondack chairs, among amazing vistas and much more. Participants may also choose to stay the entire week and only participate in one of the workshops.

Additional information and registration forms can be found on our upcoming events page on our Web site. the sunrise over Raquette Lake, spectacular!

To hear more about alumni camps or to reserve your spot, contact us either by phone 607.753.5488 or email outdoor.edinfo@cortland.edu.



Upcoming events

- Yoga Retreat July 12
- Arethusa/Sig Rho July 21
- Class of '59 Sept. 3
- Watercolor Class Sept. 14
- Hearts of Gold Sept. 20
- Theta Phi Oct. 11



Alumni Camp

Alumni camps are offered a few times throughout the summer months at both Antlers and Camp Huntington. The lengths of the sessions vary; however, the activities remain relatively the same. Both sites offer canoes, kayaks, a sail boat, a fire pit, library among other things for campers use. The only planned activities are meals; otherwise you decide your daily activities.



We offer three fresh and healthfully prepared meals daily with an option to pack your lunch for longer excursions. Meals are served family style in each dining hall. We can accommodate most dietary needs with advanced planning. Everyone pitches in to help with KP, which

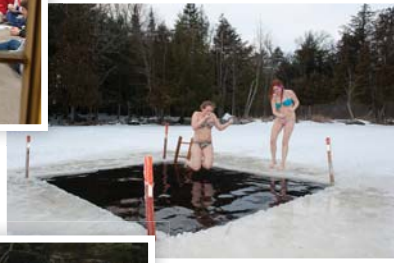
refers to kitchen patrol or kitchen police depending on where you grew up and what camps you may have attended. KP's arrive a few minutes early prior to the meal to bring food and condiments to the tables. At the end of the meal, KP's clean up the dining room, the dishes and reset the tables for the next meal. It goes very quickly when everyone pitches in.

Rooms have twin-sized beds and some are bunk beds. Each bed has a pillow and wool blanket; campers will need to bring their own linens or sleeping bag. Each camp has indoor bathrooms complete with showers. Families are assigned rooms based on the size of their group. Both Antlers and Camp Huntington offer indoor spaces for people to gather for playing games, putting puzzles together or just relaxing.

Raquette Lake is centrally located for a variety of local attractions whether golfing, hiking, paddling, or shopping is your idea of a vacation. We also offer many quiet places to read or take in the magnificent beauty of the Adirondacks. Imagine you and your family enjoying your morning coffee while watching



We look forward to seeing you this summer!



Alumni Camp Photo courtesy of Lewis Cowan '73