



RAQUETTE LAKE NEWS

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The College of William and Mary: The Tradition of Excellence Continues

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Students and staff from the College of William and Mary

For the 28th year, students from a variety of academic disciplines elected to spend their spring vacation experiencing winter in the Adirondacks at SUNY Cortland's Camp Huntington. The winter program was developed and delivered by three SUNY Cortland alumni, Sylvia Shirley '73, Randy Drake '77 and Tim Ramsey '73. Sylvia and Randy are College of William and Mary faculty members in the Department of Kinesiology while Tim Ramsey teaches physical education at the University of Northern Colorado. Each of these alumni experienced Raquette Lake as graduate and undergraduate students while attending SUNY Cortland.

Sylvia estimated that since the first group came to Camp Huntington in 1976, more than 850 William and Mary students have participated in this unique offering. It is hard to believe that students would give up Florida, Cancun and the Bahamas for snowshoeing, cross-country skiing and sleeping out in snow shelters. Why has this program been so successful? You can explain it in one word, "leadership." Professionalism, expertise and enthusiasm are the qualities exhibited by these faculty members. The faculty's attention to detail and total involvement makes this a unique and enjoyable event for the students. For many, this is the first time they have experienced a real winter environment and what it has to offer.

This year's excursion began when the group hiked across the one mile ice road to Camp Huntington. Some were concerned about walking on the frozen lake, however, we assured them the 24 inches of ice thickness would not break. Throughout their stay, the students were in classroom and/or laboratory sessions being taught basic cross-country skiing and snowshoeing skills.

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2004 ALUMNI WINTER SESSION: ANOTHER HUGE SUCCESS



Alumni with President Bitterbaum and Vice President Mosser

The second annual alumni winter session was held at Camp Huntington the last week in January. The ice road was in excellent condition with more than 20 inches of ice and the snow conditions for snowshoeing and skiing were outstanding. Alumni attended from all over New York State, Philadelphia, Pa. and Charleston, S.C. The participants came prepared to ski, snowshoe, ice fish, star gaze, sit by the fire in the dining room, sauna and much more. Ange Whisher '48 served as the program director for a variety of the organized activities held in the Knox Classroom. For those

interested in trying cross-country skiing for the first time, introductory lessons were provided.

The alumni enjoyed a day's visit with Erik J. Bitterbaum, SUNY Cortland's new president, and John W. Mosser, vice president for institutional advancement, who drove from Cortland to Raquette Lake to meet with the group. President Bitterbaum provided an overview of where the campus is and its future direction. They both answered a number of questions from the alumni. The group appreciated the time they took from their busy schedules to come and meet with everyone.

ALUMNI SUMMER SESSIONS STILL AVAILABLE

June 29-July 5 at Antlers and Camp Huntington

July 5-11; August 17-21 at Antlers

For more information, please contact the Center for Environmental and Outdoor Education at (607) 753-5488.

VISIT OUR NEWLY UPDATED WEB SITE

The Center for Environmental and Outdoor Education is proud to announce the release of its newly updated Web site: www.cortland.edu/outdoor. Here you can access directions to our facilities, see general information, look at pictures and read about the history of each facility. A big THANK YOU to Tony DeRado and Tracy Rammacher of the Publications and Electronic Media Offices for designing the Web page! Both have spent many hours planning, implementing and teaching us how to update it. Other contributors to our new pages are: Biological Sciences; Childhood/Early Childhood Education; Geology; Physical Education; and Recreation and Leisure Studies Departments and the SUNY Cortland Memorial Library.

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THE COLLEGE OF WILLIAM and MARY

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Other outdoor activities they participated in while at camp included: orienteering; mountain climbing; building quincy huts (snow shelters); sleeping out; sauna and rolling in the snow or jumping into the hole in the ice. They all said that cold water was refreshing after the sauna.

In addition to the College of William and Mary students, three students from the Alternative High School at Point Option, Va., participated in the program. They were led by their teacher, Linda Bumbler. Linda explained there were some real success stories that emerged from this winter program over the years. Successful completion of these challenges helped these high school students increase their self esteem and establish a sense of accomplishment. The faculty and students from The College of William and Mary served as excellent role models for these students and surely had a positive influence on their personal aspirations for the future.

Like so many things that occur at Raquette Lake, it is hard to measure the impact or level of accomplishment until after their trip. It would be interesting to assess how this winter adventure affected hundreds of William and Mary students over the years. I am sure the Raquette Lake experience is something they all cherish. Thank you, Sylvia, Randy, Tim and Linda.

WILDERNESS MEDICAL ASSOCIATION: WILDERNESS FIRST RESPONDER (WFR)

SUNY Cortland's spring break provided the opportunity for 20 recreation majors to participate in a very intense eight-day wilderness medicine course. The course was delivered by Eric Duffy, Wilderness Medical Association (WMA) instructor and Julie Hargrove, a New York State forest ranger. Dale Anderson and Patrick Mercer, faculty in the Recreation and Leisure Studies Department at SUNY Cortland, also assisted with the instruction.

Students participated in approximately 10 to 12 hours of classroom instruction or simulations each day. This was perhaps the most intense course these students have experienced. The course is designed to prepare students to effectively respond to medical emergencies in remote situations. They not only learn how to respond to obvious medical emergencies, but also are instructed in diagnosing signs and symptoms of less obvious conditions.

As more and more people head into the back country, Wilderness First Responder training could be what determines life or death in an emergency situation. This training and ultimate certification is something that will be viewed in a very positive way by potential outdoor or adventure-based employers.

ST. LAWRENCE ENVIRONMENTAL MANAGEMENT COUNCIL

Members of the St. Lawrence Environmental Management Council held their third annual retreat at Camp Huntington in mid-February. The group kept to their agenda, but also found time to ski and snowshoe.

As part of their program, they had their annual competition against the sisters of Theta Phi Sorority. This year's event focused on snow snake racing. Unfortunately, the St. Lawrence team finished a distant second to the sisters of Theta Phi. The current scores for the competition between the groups are: Theta Phi 2; St. Lawrence 0.

A special thank you to Diane Church for getting this group established at Raquette Lake. Over the years Diane has made a number of very special contributions to the Center Library and the Durant Cabin. She is currently working on locating a couple of items identified in the last newsletter. Thanks, Diane, for all you have done. We also would like to thank her grandson, Travis, for shoveling the snow off the roof of the Glass Dining Room.

SUNY CORTLAND'S WRITER'S RETREAT

Victoria Boynton, associate professor of English, returned again this winter with the professional writer's group. These students were part of a new writing major recently established on campus. This mini-retreat had multiple objectives. The most notable perhaps was just the opportunity to come to Camp Huntington and enjoy the pristine environment. For many, it gave a chance to slow down and focus on some issues. For others, it was a return visit from last winter.

Vicki is looking for ways she can better utilize the Raquette Lake facilities in her writing courses. She is planning a poetry course that may, in part, be delivered at Camp Huntington over the 2005 winter semester break. Good luck to Vicki. We are looking forward to seeing her group again next year.

ROME DEVELOPMENTAL CENTER REVISITS

After a four-year hiatus, clients and staff from the Rome Developmental Center returned to Camp Huntington. Nick Stagliano '79 directed the clients' activities. Returning to Raquette Lake was a highlight for some of the clients as many had been here previously when extended trips began in the early 1990s.

The group was quite active while they were here, participating in snowshoeing, cross-country skiing, ice fishing and eating. It made our food service team happy to see such hardy appetites. The fish weren't biting much this year, but perhaps they will have better luck next year.



Ice Fishing



SUNY ONEONTA STUDENTS ATTEND 2004 WINTER SESSION

Snapper Petta '76, long-time director of SUNY Oneonta's outdoor activities program, brought a group of eager students to Camp Huntington to experience Adirondack offerings. This was the laboratory phase of a course taught at the SUNY Oneonta campus during the fall semester.

While at Camp Huntington, the students participated in a number of traditional outdoor recreational activities. The group brought materials necessary to build individual tote sleds to use for carrying their winter camping gear. Unlike a sled drawn by a rope, these have a rigid frame which attaches to the sled and then to a hip belt which goes around the skier's waist. This framework prevents the sled from coasting into the skier when traveling downhill.

Snapper arranged for the group to meet with the head of the Town of Webb Snowmobiling and Grooming Operation to discuss management issues and the importance of winter tourism. The group also arranged for a tour of the Adirondack Museum. All in all, the students from SUNY Oneonta had an excellent winter experience at Camp Huntington. So much so, Snapper has already booked the group for January 2005.

WINTER PHYSICAL EDUCATION CAMP: EXPERIENCES AT 72 DEGREES BELOW ZERO

Generally, the winter of 2003-04 was very similar to last year. One real difference was the extreme cold temperatures. We do mean cold! With the temperature at minus 40 degrees and the wind blowing at 30 miles per hour, you didn't feel like stopping on the lake to look at the stars.

A group of about 40 physical education students participated in the split winter/spring session this year. They will be returning to Camp Huntington in early August for the remainder of their Raquette Lake experience.

As in years past, the students engaged in classroom theory and a variety of outdoor winter activities. For many, this was their first time on snowshoes or cross-country skis. The students embraced this opportunity and took advantage of all that Huntington had to offer. They constructed quincy huts to sleep out in the meadow area. The night they were scheduled to sleep in them the wind chill dropped to 72 degrees below zero. Consequently, they decided to abort the mission and slept out the following night when the temperature dipped to only 30 degrees below zero.



Quincy Hut

I am sure the students are looking forward to returning to Camp Huntington when the temperature is in the 80s. Think about that! The difference in actual temperature will be approximately 120 degrees. Is that possible?

NORTH COUNTRY SCHOOLS ENJOY RAQUETTE LAKE

Thanks to the coordinating efforts of Ted Caldwell, instructional specialist at the Washington-Saratoga-Warren-

Hamilton-Essex BOCES (WSWHE BOCES), a number of area schools were able to take advantage of Pine Knot this winter. The schools included Bolton, Newcomb, Minerva and the Raquette Lake Village School. Ted has brought school groups to the Antlers and Camp Huntington for nearly a decade.

Upon arrival, each of the participating students strap on their skis at Antlers and ski across the frozen lake to Camp Huntington. Ted is accompanied by other teachers and interested parents. The experience is directed to the sixth grade students from each school. For some of the schools coming to Raquette Lake, it has become a tradition. Many of the students have heard about the experience from their older brothers and sisters and look forward to their visit.

In addition to the skiing and snowshoeing, the groups learned about Adirondack architecture and the region's first "Great Camp." They viewed the historical documentaries done by Arts and Entertainment and Home and Garden TV networks.

They toured the buildings on site and skied over to St. William's Church. The students also did some sketching and wrote in their journals. Believe me, they were busy every minute they were here—they were never idle. I think that might be part of Ted's plan.



Homer Junior High and OCM BOCES Students

HOMER JUNIOR HIGH AND OCM BOCES RETURN FOR THE WINTER SESSION

Jim Barry, science teacher at the Homer Junior High School, returned this February with another group of science club students. This was the second time student groups of his have visited Camp Huntington during the winter season. These students enjoyed this winter wonderland.

Their daily schedules were packed with a variety of classroom and outdoor activities. The students also viewed video tapes about the Center and enjoyed a historical walking tour of the Adirondack's first "Great Camp."

Tim Sandstrom, environmental studies instructor for Onondaga-Cortland-Madison BOCES (OCM BOCES), returned with his class for their annual winter odyssey to SUNY Cortland's Camp Huntington. Tim has been bringing groups to Raquette Lake for almost 10 years. The OCM BOCES students also participated in the traditional winter activities. They expanded their adventures to include ice fishing and climbing Mt. Goodnow. Both groups climbed Bald Mountain en route to the Center.



Liminology Class

NEW HARTFORD COMES BACK FOR WINTER STUDIES

Once again, the high school students from New Hartford had an activity-packed session at Huntington for their four-day stay. These seniors are part of an environmental science group at the school. New Hartford's involvement at Raquette Lake dates back to the early 1970s.

Like many of the school groups that come to the Center, their focus is on outdoor recreational activities and curriculum-based lessons. Their program usually starts with some trust activities on the low ropes part of the challenge course. From there the group learns about the Camp's history and goes on a night hike. The next day they participate in a liminology lesson. I cut a hole in the ice so they can take bottom and water samples. They then return to their lab, which is set up in the Knox Classroom, to determine the pH of the water and what life exists on the bottom of a frozen lake. They did some creative writing after a skiing session. The latter part of their stay focused on outdoor activities such as orienteering, snow construction and a ski trip.

It is always a pleasure to have this group at the Center. I enjoy speaking with them about their education beyond high school. They are so excited about going on to college, talking about the schools where they have applied and what their majors will be. I wish them all the very best and look forward to seeing their instructor, Jaime McNair, again in the fall of 2004.

THE RAQUETTE LAKE WINTER OF 2003-04

This past winter was very much like the winter of 2002-03 with plenty of snow. The ice road over the lake was 24 inches thick more or less during the peak weeks in February. During this period, oil trucks were able to drive across the maintained ice road to deliver fuel to Camp Huntington. The "winter truck" from the College was also able to drive across with our years supply of paper goods, automotive items, light bulbs, etc. This winter delivery is a tradition that has gone on for decades.

It seemed this year we had more sustained periods of cold weather. There was a time for about 10 days that the mercury

never went over the zero mark on the thermometer. There were numerous days of 30 and 40 degrees below zero. One day when it was so cold we could not get a vehicle of any type to start, not even a snowmobile. We were fortunate that we did not have a group coming or going that day!

Raquette Lake froze over about Nov. 20, but not enough to walk on it. We then had to hike in and out the back way. By early December, we were walking on the ice and then snowmobiling. Unfortunately, Mother Nature did not help us during the critical period for making ice. It seems every time prior to zero or sub-zero temperatures, the ice became covered with a blanket of snow. Snow is a tremendous insulator. Just an inch or two prevents the cold from penetrating the ice. We spend many hours/days plowing and maintaining the ice road. By early January, we were driving on about 14 inches of ice. Off the ice road, we could only register 10 inches of ice. As of March 18, I was still able to drive across the lake to get the mail.



Bob DeShaw Plowing Ice Road

NEW VISITORS

In addition to the traditional winter groups, 2004 brought some new visitors to Camp Huntington. For a period of about five weeks, we had a red fox (named Freddy by one of the students) who stuck around. As more and more groups came to the Center, Freddy decided it was a little too hectic for him so he moved out. Two nights ago, we noticed fox tracks in the snow. Freddy is back!

We also had a significant flock of evening grosbeaks at the bird feeders. Years ago they were everywhere, but have been absent for sometime. It is nice to see them back. We had the usual winter residents such as deer, otters, eagles and mink. We even had a gray squirrel to complement all the red squirrels at the bird feeders. Three days ago, A coyote ran in front of me as I was plowing snow on the ice road. He was heading for Big Island and wasting no time getting there. Over the years, I have seen plenty of coyote signs, but this was the first one I actually saw at Raquette Lake. I would estimate it weighed approximately 60 pounds! It was a hard winter on the deer, but a good one for the coyotes.

Winter programs are over and we are catching our breath. It is now time for trips to campus, cleaning buildings, cutting firewood, repairing heating lines and oh yes, writing this newsletter. As you all know, there is always something to attend to or a project in the works. Just think, in six weeks we start our summer programs!

NEW FACES IN CAMP HUNTINGTON'S KITCHEN



Dan and Kelli

Last fall, John Pitoniak, the cook at Camp Huntington, decided to leave Raquette Lake, Auxiliary Services Corporation and SUNY Cortland. I am sure you will join me in thanking John for his service to all the visitors at Raquette lake and wish him well.

Dan Kelly and Kelli Ehrensbeck comprise the new food service team at Camp Huntington. Dan worked as the cook at Antler's Center last summer. He brings many years of cooking and management experience to the Huntington position. Kelli also brings a wealth of experience to the Center. She worked in the food service industry for a number of years in the Syracuse and Old Forge areas.

BILL JAMES JOINS CAMP HUNTINGTON STAFF

Bill James '03 became the interim caretaker for Camp Huntington in September 2003. Bill, a recent graduate of the recreation and leisure studies curriculum at SUNY Cortland, was quite familiar with Raquette Lake. He and his wife, Penny, have been to the Center a number of times to lead groups and facilitate participants on the challenge course. Prior to his return to college as a non-traditional student, Bill worked as a building contractor for 15 years. He is a natural for our Raquette Lake facility. We are very pleased to have him as part of the Huntington staff.



Bill and Penny

SPRUCE LODGE INTERIOR RENOVATION COMPLETED: A TEAM APPROACH

As groups came to Camp Huntington this winter, they found a tremendous change in the Spruce Lodge. Previously, this facility consisted of large open bays which afforded little or no privacy to its occupants. A project alteration grant from the Cortland campus and financial support from the Cortland College Foundation Raquette Lake account provided the funding necessary to complete this project.

George Fuge, outdoor education director at Raquette Lake emeritus, inspected the Spruce Lodge construction and indicated that the wall locations were almost identical to what was there more than 40 years ago. The heating upgrade, as well as the bathroom renovations, were contracted to local builders. Camp

Huntington's caretaker, Bill James, built all of the interior walls and installed the paneling. My wife, Patti Sheltmire, made the curtains for the 16 windows. The material used for the curtains came from four different locations in New York State and most notably, from a Jo-Ann Fabrics store in Michigan.

We are sure those who plan to attend sessions at Camp Huntington this coming summer will enjoy the new dorm. It is much better suited for family and alumni groups.

NEW BOAT PURCHASED FOR ANTLERS

Even in the midst of this cold weather, we are planning ahead and looking forward to the warm weather that late spring and summer will bring. The Auxiliary Services Corporation (ASC) has purchased a new boat. The new boat will replace the green-striped boat that has been used since the purchase of the Antlers property in 1965. The new boat is a bit deeper and much safer than the older models. It will have a 10 horsepower outboard motor on it, perfect for fishing! Faculty and alumni who stay at Antlers may use the boat after a short training session. Thank you, ASC, for continually supporting the needs of the Antlers Center.

FACULTY/STAFF SESSION AT ANTLERS

If you are interested in participating in this summer session, June 21-26, please contact the Center for Environmental and Outdoor Education Office at (607) 753-5488.

BECOME A PART OF CAMP HUNTINGTON'S HISTORY

For the first time since SUNY Cortland assumed ownership of the Adirondack's first Great Camp, "Pine Knot," the establishment of a building endowment will begin under the leadership of President Erik J. Bitterbaum. The funds derived from this initiative will be used to create an endowment fund to preserve and maintain Cortland's National Historic Landmark.

This unique opportunity is being extended to SUNY Cortland alumni and friends. If you would like additional information please contact John Mosser, vice president for institutional advancement, at (607) 753-2518 or mosserj@cortland.edu.



Trapper's Cabin