RECREATION INSIDER

DEPARTMENT OF RECREATION, PARKS & TOURISM ADMINISTRATION

RPTA at Sacramento State is proud to introduce you to our newest tenure-track faculty, Assistant Professor, Dr. Jamie Hoffman. During the 2012-2013 academic year, the university granted only a handful of new faculty searches, and Recreation Therapy was chosen as one of the target programs primed for growth. Our request for a new position was granted ahead of many other larger departments on campus and after a nation-wide search of very talented candidates, we selected Dr. Hoffman. We were thrilled that she accepted the offer to begin with us in fall 2013. MEET...DR. JAMIE HOFFMAN!

The life of a new faculty member: wow! “Thank you” to each student who has come by and introduced themselves. I appreciate all the warm welcomes and look forward to supporting each of you through your educational process.

I would guess a majority of you have chosen the field of recreation as a means to support yourselves and have fun in the process. I too had this desire. One thing I learned a long time ago that I will pass on to you, is that “when I grew up” I didn’t want to wear panty hose or high heels daily to work. Always remember the things that are important to you, as silly as they may be. I am honored to be a member of the faculty here at Sac State and look forward to our paths crossing!

I come to Sac State by means of Southern California where I worked at the Long Beach VA Blind Rehab Center as well as UCLA. I had the opportunity to serve individuals and families and look at what people could do instead of focusing on what they could not. I got to play and have fun for many years in the outdoors and rehab settings, increasing the quality of life of individuals with disabilities. For this I am proud and honored. I hope that through my new adventure at Sac State I can assist in your journey in finding a passion for working with people and creating opportunities and memories that will forever change you as well as your participants!

Thank you!
Dr. Hoffman
Each semester the RPTA department is grateful to have dedicated part-time faculty working with us. As some of the top recreation professionals in the greater Sacramento region, these lecturers bring a wealth of knowledge to the classroom that often cannot be duplicated by full-time faculty.

Dedication to RPTA: It’s a delicate position these lecturers have. With the current economy, the department’s ability to hire part-time lecturers is determined semester by semester, often not until days before the semester begins. These lecturers not only have to wait until the last minute to know their class assignment, but also must make major adjustments to their day job schedules that can mean lecturing for RPTA during their lunch hour. These are special people that sacrifice quite a bit just for the opportunity to teach the next generation of recreation professionals.

Practical Expertise: The part-time lecturer brings a practical experience based on their day-to-day connection to the recreation industry. Students learn much of the theory behind the recreation industry from their full-time faculty, but learn the practical application of theory from skilled recreation professionals.

Smart students also realize that this is a golden opportunity for networking. The Directory of Peak Adventures, for example, may be teaching your class and you want to operate a campus ropes course? Makes sense to get to know Jael Young and make sure she remembers your name from RPTA 34.

With the passing of Proposition 30, the RPTA department is lucky to have thirteen part-time faculty working with us this term—far more than in any recent year. We’re happy for that, and in this issue of the Recreation Insider, we’d like to highlight five semester part-time lecturers that have been with the department most consistently for the past several years—people all of our majors should know. In addition to general education courses, each of these lecturers also teaches within the major, offering RPTA students insights into various professional settings. Please meet: Jael Young, Terri Webster Schrandt, André Pichly, Hunter Merritt, and Cat Bening Stadler.

Cat Bening Stadler

Occupation: “Professional Part-Timer,” teaching recreation courses at Sierra College, San Francisco State and Sacramento State.

Educational Background: BS in Recreation and Leisure Studies with a minor in Business, SJSU; MS in Public Administration, Notre Dame De Namur University; EdD in Sports Management (expected 2015).

Course: RPTA 32: Leadership and Group Development

Cat and her husband are expecting their first child at the end of October, so she’s taking a few weeks off work for that event. =) They already have a black lab that they hope to certify as a therapy dog. When Cat gets out to recreate, she loves adventure sports like motocross racing, rock climbing, snow sports and competing in triathlons.

Hunter Merritt


Educational Background: BA in English Literature, Hampden-Sydney College; MS in Recreation Administration, CSU Sacramento.

Course: RPTA 32: Leadership and Group Development

Hunter and his wife Lori have two children, ages seven and five. A passion for education runs in the family, and his wife Lori works for both the Sacramento County School District and the San Diego Zoo as a Zoo Camp Educator. The family loves camping, and Hunter is also into kayaking, skiing and music (his band, Hunter Merritt & the Schwamigos, plays frequently around Sacramento). Hunter says, “I love teaching and learning as much as I enjoy any other leisure activity. I celebrate novelty in every form; don’t ever be afraid to risk your image and try something new. Fail Forward!”
The Department of RPTA would also like to acknowledge the additional part-time lecturers working with the department for fall 2013: Sal Arrigo (RPTA 100), Brian Dulgar (RPTA 122), Cindi Dulgar (RPTA 122), Alex Gallardo (RPTA 115), Cara Hoyt (RPTA 122), Tad Mackey (RPTA 122), Becca Niles (RPTA 100) and Janice Kelley (RPTA 122).

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Terri Webster Schrandt

Occupation: Recreation Supervisor, City of Sacramento Park & Recreation
Educational Background: BS in Recreation Administration; MS in Recreation Administration, both from CSU, Sacramento.
Course: RPTA 154: Recreation Facility Administration

Terri recently married Hans Schrandt (see Quick Bits), and loves windsurfing, travel and stand up paddling. Terri says, “I love educating people about leisure and promoting a healthy, balanced lifestyle.”

Jael Young

Occupation: Director of ASI Peak Adventures at Sacramento State.
Educational Background: BS in Anthropology; MS in Recreation Administration, both from CSU, Sacramento.
Course: RPTA 34: The Outdoor Recreation Experience

Jael and her husband of eleven years have two children, a dog and a cat. It’s no secret that Jael loves the outdoors, and she says, “I love to be in the mountains where the air is fresh and the energy of nature purifies the spirit.”
The Sea Kayaks Are Here!

Last year it was a fleet of canoes. This year, the department welcomed its first set of sea kayaks. They’re red, sleek and ready for outdoor adventures on the high seas. Sign up for one of Dr. Rolloff’s or Dr. Pinch’s courses now and experience the joy of sea kayaking.

The Delicate Dance: You may have noticed that the boats are being stored on the pool deck behind Yosemite Hall. As you can see from the photos, it’s no easy task to get the kayaks in and out of the secured area, and as you might imagine, there’s a back story. For years the department has wanted a place to store outdoor recreation equipment such as this. However, there hasn’t been space on campus for an RPTA equipment yard. Once the money was given to purchase the canoes, a space had to be found, and Dr. Joan Neide, chair for Kinesiology and Health Science (KHS), generously allowed RPTA to store the watercraft on the pool deck. We’re hoping this isn’t a permanent location and that the university will find a more appropriate home for the boats in the near future. Until then, we’re very grateful to KHS and their willingness to share the space—even though it takes quite a bit of skill to maneuver the vessels into place.

Dr. Rolloff is all grins after several minutes of aligning the new kayaks into place alongside the canoes.
Who is this ranger? This photo of Dr. Rolloff was taken in his days as a ranger with the US Forest Service on the Wallowa-Whitman National Forest in northeast Oregon “when the hair was bigger and the shorts were shorter.” Work as a wilderness ranger in the Eagle Cap Wilderness was isolating and rough, “but it was the happiest time of my life” says Professor Rolloff, who did long ‘hitches’ in the 368,000 acre wilderness area, sometimes not seeing people for days on end. One day while stepping off the trail, David found what was then a record sized big horn sheep skull for Oregon. “I loved this job and mean to go back when I retire. We called it “camping for dollars.”

The 1st Annual Sactoberfest takes place on October 19th in West Sacramento. For tickets and information, please visit the website: http://sactoberfest.com/

RPTA students won’t be involved with the beer but will assist with and manage many other important aspects of the event, including the games areas of the event. Outside the tent, attendees will participate in keg races, a keg toss and wurst toss, while inside the tent, contests will include yodeling, stein holding, best dirndl and best lederhosen. In addition to events, RPTA students are also overseeing and managing the vendor area, ticketing and point of sale. Students will take from their experience a first hand appreciation for all that goes into the production of a large scale private sector event.

—Rich Clakeley
On Thursday, August 15, 2013, a group of nine Peak Adventures’ staff, consisting of two senior trip leaders and seven new staff, piled into the Peak Adventures’ van excited to begin their five day Outdoor Trip Leader Training. Their destination was Crabtree Trailhead in Emigrant Wilderness.

Emigrant Wilderness is part of the Stanislaus National Forest in the Sierra Nevada mountains of California. If you look at a California map, it is south of Sacramento and northwest of Yosemite National Forest.

The landscape is beautiful. It is famous for its breath-taking views and jewel-like lakes. However, after the snow season the air becomes dry, which leads to an ever-present potential for wildfires. That means that campfires are illegal during these times. Therefore, when backpacking it is common practice to use a backpacking stove in place of a typical campfire.

This five-day training was designed to give each pair of leaders a day to lead their peers as they would their participants, while also providing a physical challenge of carrying a 40-50 pound pack across 30 miles of wilderness ranging from 6,000 to almost 10,000 feet in elevation, coupled with the emotional challenges of leading a group for the first time.

It took the group just over three hours from the trailhead (the start of the trail) to reach their first camp at Bear Lake. When they reached their intended camp there was another group already camping there. Out of respect, the leaders moved to another less-obtrusive campsite. Along the way, the group passed many fire rings (a circle of stones with ash inside). When they found a suitable place to make camp, it had a fire ring as well...and it was smoking.

The group took off their packs to take a closer look. It was obvious this was still a fire. Everyone tore into their packs to pull out any container that would hold water and got to work. Just like the fire lines that firefighters make, they formed a line from the lake to the ashes. The ashes were so hot that when the water hit the ground, the water immediately started to boil. It quickly became clear that the fire was not contained in the ring.

There was a tree about six feet away from the ring with a direct connection back to the source. Between the tree and the ring, smoke was coming from the ground. It very quickly became clear what had happened. In dry environments (like Emigrant Wilderness, Lassen National forest, Tahoe, and Yosemite) tree roots tend to reach out like fingers from the bottom of the tree, but are closer to the surface rather than deep within the ground. There are many reasons for this: one is that the tree can get water more easily, and another is simply that there is granite or some other rock below the surface that physically prevents the roots from growing down. In this case, the roots had stretched out underneath the fire ring. The sap in the roots provided additional fuel for the fire and it was able to travel from the fire ring to the tree. When the previous campers extinguished their illegal fire, they likely did not realize that it was still smoldering below the surface.

It took just over an hour of constant drenching to get the ground to finally be cool to the touch. The group decided that the fire was contained for the time, but needed to continue to be monitored to be sure that it really was out. The leaders made camp and started dinner, attempting to keep perspective on the whole situation. By the morning, the ground was cold and the fire was out. The incident was reported to a ranger the next day. He informed the group that there was another fire that had started in that same way a week ago. It had burned 100,000 acres and had been extinguished a few days before the training began.

Thankfully this situation never became dangerous. Nonetheless, it was a fantastic group training opportunity and a great way to introduce the new staff to what it means to be an Outdoor Trip Leader for Peak Adventures.

The new “Peak Adventures Volunteer Wildfire Crew” is composed of Meredith Budlong, Jessica Tietjen, Nick Daher, Clint Vannasing, Ryan Armstrong, Mario Giovannoni, Jen Cavagnaro, Bundi Wilde, and David Pelz. If you see them walking around campus or you happen to be on one of their trips, be sure to give them a big smile and a high-five.

—Joel Young
As a family, our latest recreation activity is my [Arlene Krause] daughter’s “Little Free Library.” Mae, who is eleven and in 6th grade, has loved reading since she was a baby - one of her first words was “book.” This summer we read an article in the Sacramento Bee about Little Free Libraries and she decided she wanted her own. She built her bookshelf (with some help from Dad), complete with an old stained glass window that had been in our kitchen.

She’s filled it with a range of books – from baby board books, to early reader chapter books, and a selection for teens and adults. Just recently someone left a book on Deaf Culture, which I’ve added to my class library for one of my courses at Sac State.

And it’s working. It was a bit slow at first, as neighbors slowly discover it on their walks, but it now has a steady stream of participants and a changing inventory. We’ve lived on our street for nine years, but because of the Little Library we’ve met new neighbors who stop by and look through the books. Some even sit for a while in the Adirondack chair under a big redwood in the yard. One neighbor comes by before plane trips to get something new for his travels. Just this weekend a woman from a few blocks away brought a book she had written herself that she thought Mae would enjoy.

The Little Free Library Association estimates there are up to 12,000 little libraries, with more being built all the time. Read more about Little Libraries at http://littlefreelibrary.org/

—Arlene Krause

WHAT IS CPRP? WHAT IS CPRP? WHAT IS CPRP?

All of you know of the Certified Therapeutic Recreation Specialist (CTRS) title that is carried by all practicing Recreation Therapists. The National Council for Therapeutic Recreation Certification (NCTRC) is responsible for creating the standards that guide the professional certification.

You may not know, however, that the National Recreation and Park Association (NRPA) also has a certification for recreation, park and tourism professionals called Certified Park and Recreation Professional (CPRP). Recreation Superintendent for the City of West Sacramento, and RPTA part time faculty, André Pichly, is a CPRP and a great resource if you’re interested in certification. Also helpful is that your RPTA 105 text book is actually designed to lead you through the NRPA’s CPRP certification objectives. It’s a great resource for you.

Find out more by talking to André Pichly, or by visiting the NRPA CPRP website: http://www.nrpa.org/cprp/
Wedding Bells in RPTA!

Lecturer Terri Matal is now Terri Webster Schrundt, marrying Hans Schrundt on August 22nd. The two have known each other since high school! The happy couple honeymooned in San Diego.

Dr. Lisa Jorgensen is now Dr. Lisa Jorgensen-Easterla, marrying Todd Easterla (whom she’s known for twenty-four years) in a pleasant ceremony on August 8th. RPTA’s own Geraldine Nicholson sang at the wedding!

The Sacramento Film and Music Festival, co-founded by Dr. Tony Sheppard, had its biggest opening night ever on September 11th. Great night for the movies!

The new Recreation Therapy Lab/Classroom is taking shape in Solano Hall 3003. This is the first designated space for Recreation Therapy at CSU, Sacramento, and we’re excited! Things are just starting to happen, but look for an update in the spring/summer newsletter on the progress.

The brand new RPTA department video is finally (almost) ready. Filmed by RPTA major Kody Fernandez, and edited by Abel Perez Jr., students were presented with one of the first three edits of the video during the RPTA Convocation in September. Final editing is happening now and we’ll have a link to it soon on the department website. We’re very excited about this student-made video that will teach prospective students about RPTA!

RPTA Lecturer, Brian Duglar, was just named the California Boating Educator of the Year! Congrats to Brian!

RPTA alumnus James Molina, just announced a promotion—he’ll be at the Westin Verasa Hotel in Napa, CA. Congratulations, James!

RPTA undergrad, Sara Schlussler just received the Elk Grove 2013 Mayor’s Volunteer Award in Sports and Recreation for her RPTA 136 project! Mayor Gary Davis will present Sara with the award.

As always, our part time lecturers add so much valuable content and support to RPTA. This term we’ve had the pleasure of working with returning part time lecturers, Sal Arrigo, Cat Bening, Cindi Duglar, Alex Gallardo, Tad Mackey, Hunter Merritt, Andre Pichly, Terri Webster Schrundt and Jael Young. Brian Duglar, Cara Hoyt, Janice Kelly and Becca Niles joined us for the first time this semester. Thanks for all you do!

The Department would like to welcome new Advisory Committee member, Elizabeth Anderson, Operations Manager for the City of Sacramento Department of Parks and Recreation. Welcome Elizabeth!

RPTA Advisory Committee members:

Jane Adams
Exec. Dir., CA Park & Recreation Society

Ken Bailey
Retired, City of Roseville Dept of Parks & Recreation

Andre Pichly
Recreation Superintendent, City of West Sacramento

Judy Quattrin
Retired, CSUS RPTA Faculty

Paul Romero
Retired, CA State Parks

LeeAnn Solerno
Director of Program for Girl Scouts of Central California

Debby Walker
Administrator, Mission Oaks Rec & Park District

Jael Young
Director, Peak Adventures, CSUS

If you are interested in serving on the RPTA Advisory Committee, please contact Geraldine Nicholson
geraldine.nicholson@csus.edu

Department Website: http://www.csus.edu/HHS/rpta/