



# METROSCOPE

WINTER 2010

VOLUME 27

NUMBER 2

## HAPPY HOLIDAYS

### PRESIDENT'S MESSAGE

Holiday time has come around again. For some this is a joyous time filled with family gatherings and reconnecting with friends and loved ones. For others it's a stressful time of dealing with crowds and the aggravation of shopping. Of course the reality is that most of us probably experience a mix of these two things at this time of year.

When I think of the holidays I find that no matter how stressed or aggravated I feel, watching favorite holiday movies calms me down and puts me in a much jollier frame of mind. Such classics as the original *Miracle on 34<sup>th</sup> Street* (how can you not believe in Santa Claus after watching this movie?), the various incarnations of *A Christmas Carol*, *A Christmas Story* and of course that perennial stalwart *It's a Wonderful Life* are full of hope and love triumphing over everything. Who among us hasn't felt like George Bailey as he considers jumping into the rushing river? Maybe we wouldn't go that far but that sense of despair and hopelessness is one with which many of us are familiar right now. The current economic climate would put even the most

cheerful person in a pensive state of mind.

These holiday classics offer us a glimpse at the redeeming and transformative quality of love and hope. These movies remind us that it's never too late to appreciate the joy of the holidays and the love of family - whether it is biological family or one that we've created for ourselves. They also remind us that as dark as things may seem, there is always hope to keep us going forward. As the saying goes, the only constant in life is change. So yes, things might seem rather dark and gloomy right now but if we believe in the magic of the holidays and in the human spirit, things will get better. They might not be exactly what they were before but maybe they'll be even better. So I hope all of you and your families have a wonderful and joyous holiday season regardless of what traditions you honor.

*Debbie Lake*



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## UPCOMING EVENTS

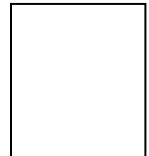
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**Wednesday, January 26, 2011**  
**ANNUAL GENERAL MEMBERSHIP MEETING**  
(see inside for information)

**Thursday, April 28, 2011**  
**METRO FULL DAY CONFERENCE**  
**@ DC37**  
**Brochure to follow**

The Metropolitan NY Recreation & Park Society, Inc.  
Post Office Box 632  
Madison Square Station  
New York, NY10159-0632

POSTMASTER FIRST CLASS  
Time Perishable NEWSLETTER  
Please Deliver IMMEDIATELY



The Metropolitan NY Recreation & Park Society, Inc.  
<http://www.metro-recreation.com>

## 2010 METRO BOARD

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**Gail Levine, Ph.D.**

**Galina Podluzskaya**

**Brenda Torres**

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**TBA**

"Healing the Wounded Heart:  
Inspirational Reflections and  
Insights" \*



Created and presented by

**Dr. Gail R. Levine**

*CTRS, Assoc. Professor*

*Kingsborough Community College*

In times of conflict and distrust  
between groups; times of war;  
economic downturn; personal hardship;  
uncertainty and loss,  
HEALING RITUALS are a needed  
balm and tonic for reviving and renewing  
the Human Spirit.

For the New Year, METRO has invited  
Dr. Gail Levine to present  
her beautiful and inspiring session  
presented for us in 2002:

Dr. Levine will guide us through a  
gentle experiential process which  
will integrate meditation; visualization;  
guided interaction and sound vibration  
from a Tibetan Crystal Bowl  
("the Heart Bowl").

Come prepared to open up to a  
deeply moving and memorable  
experience!"

\*For Time & Place See Metro Annual  
Membership Meeting Information

# METRO ANNUAL MEMBERSHIP MEETING



**JANUARY 26, 2011**

AT

**TRS PROFESSIONAL SUITE  
44 East 32nd Street, NYC  
(Between Madison & Park)  
11<sup>th</sup> Floor**

**6:00 pm - 8:00 pm**

*FEATURING*

**"HEALING THE  
WOUNDED HEART"**

*Presented By*

**DR. GAIL LEVINE**

**Kingsborough Community College**

**JOIN US TO ENJOY**

*NETWORKING*

*DELICIOUS FOOD*

*FASCINATING PRESENTATION*

*& CEU's (.1)*

**FREE TO ALL METRO MEMBERS**

**Guests - \$10**

**CEU's \$4**

# SAVE THE DATE



The Metropolitan New York  
Recreation and Park Society

## FULL DAY CONFERENCE APRIL 28, 2011

### *Call for Abstracts!!*

We are seeking exciting,  
enthusiastic and dynamic  
presenters.

If you have a topic you think  
would appeal to METRO  
members please consider  
facilitating a workshop at the  
conference.

Contact Debbie Lake: at  
[drlake66@gmail.com](mailto:drlake66@gmail.com) if you are  
interested or have any questions.

## THE DOWNSTATE CONFERENCE

By Francine Gilstein

After many months of planning meetings the six agencies that make up the Downstate Area (METRO, LILSA, WRAPS, NYSTRA, HVLSA and NYSRPS) presented their 16<sup>th</sup> Annual Recreation Conference on Wednesday, November 17, 2010, at the Westchester Center.

After registration and a continental breakfast everyone proceeded to their first session of the day. There were three or four sessions during each of the five time slots throughout the day. The diverse session topics included Tobacco Free Parks, Using Your Own Body Weight as Resistance, Zumba, Bliss Therapy, Summer Camps, Time Management, Sound Therapy and many others.

Joining the professionals were 20 enthusiastic and energetic students from Kingsborough Community College who were brought to their first conference by Dr. Gail Levine and Professor Michele Bracco.

During and after the morning sessions the vendors were in the main room. There were a variety of 20 exhibitors with catalogs, samples, displays and knowledgeable representatives.

After a sumptuous lunch and a raffle of vendor gifts, the participants attended their afternoon sessions. All the sessions were very well attended.

The verbal feedback as people handed in their evaluations was glowing. All in all a positive experience was had by all.

**THERAPEUTIC RECREATION LICENSURE  
IN NEW YORK STATE  
Update October 2010**

Hello Everyone,

I know it has been some time since I have given you an update on the Therapeutic Recreation Licensure Bill. Well, I have some bad news and some good news.

Let me start with the bad news first. Unfortunately the bill was not voted on this past legislative session. The bill never moved out of the Higher Education Committee for their review. The bill only has a two year time line to get passed. Therefore the bill will have to be re-introduced.

The good news is that both our sponsors of the bill, Senator Lanza and Assembly member Lancman have agreed to re-introduce the bill. As you are probably aware of, one of the most difficult tasks in this process is to obtain sponsorship from our legislators. We are very fortunate that both Senator Lanza and Assembly member Lancman will sponsor the bill again.

Recently the Therapeutic Recreation Licensure Committee met and put together a work plan to aggressively move forward and get the bill passed before the two year limit is up. Some of the tasks the committee members are working on are as follows:

- After Election Day, contact members of the Higher Education Committee and ask for their support of the bill.
- Send an email blast to the NYSTRA membership about contacting their legislator about the bill
- Post the status of the bill on the NYSTRA and METRO websites.

- Write an article about the status of the bill in the NYSTRA and METRO Newsletters.
- Post the status of the bill on Face Book. Set-up internet access and email access for the delegates at the Downstate conference to contact the legislator in their district about supporting the bill.

We continue to ask for your patience and support as we continue to move forward. Committee members will be contacting you in the near future and asking you for your help. We are literally a few steps away from getting the bill passed and strengthening the integrity of the therapeutic recreation profession in New York State.

In the meantime we encourage you to contact your Senator and Assembly member and ask for their support of the bill. The following is a sample that you can send by email or phone: Hello, my name is \_\_\_\_\_. I would like to request that you sign on and support Assembly Bill # A-8073-A or Senate Bill # S-6252.

**(Insert the A # bill for an assembly member and the S # bill for a senator).** It is a bill to license Therapeutic Recreation specialists to ensure that Recreation Therapy/Therapeutic Recreation is performed by trained professionals and it establishes standards for recreational therapy to preserve the quality of patient care. I strongly urge you to sign on and support this bill. Thank you,

We invite you to also speak to your colleagues about the importance of licensure and to contact us at regarding any comments or questions. Excelsior!

Yours truly,

*Vincent Bonadies, MS, CTRS*

*vbonadies@optonline.net*

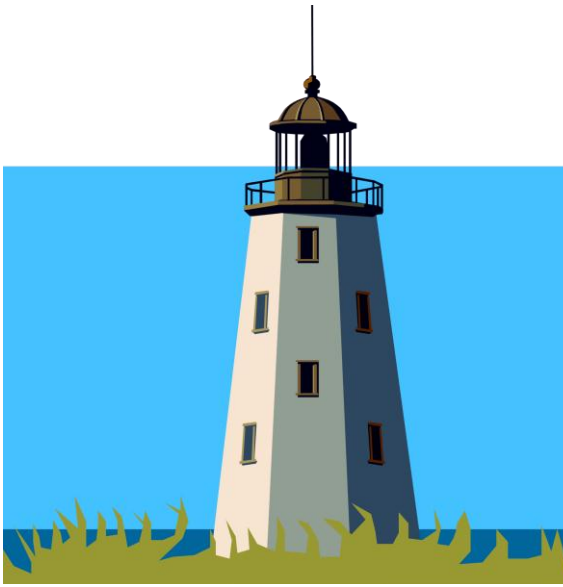
*and*

*Linda Dianto, MS, CTRS*

*lcdctrs@aol.com*

*NYS TR Licensure Committee Co-Chairs*

## THE NATIONAL LIGHTHOUSE MUSEUM



A coalition of leading lighthouse preservation and membership organizations from Maine to California unanimously selected the original US Lighthouse Service Depot on Staten Island, NY in 1998 as the location for the National Lighthouse Museum.

What was once the national center of operation for US lighthouse services, this museum and its beautiful location overlooking New York Harbor will become a destination for the world's lighthouse enthusiasts and preservationists, and an exciting attraction for the millions of visitors who yearly take the Staten Island Ferry because the ten-acre site is directly adjacent to the Staten Island Ferry Terminal in St. George, Staten Island. More than a dozen lighthouses, including one of the most famous the world, are less than an hour's boat ride from the museum pier.

When the museum opens there will be exhibits and interactive displays both for children and adults featuring lighthouses

from around the nation. There will be outdoor exhibits that will include fog signals and buoys.

The historic 19<sup>th</sup> and early 20<sup>th</sup> century structures on the property provide an ideal setting for exhibits, research and program related to the history of the United States Lighthouse Service. A growing collection already includes lenses, photos, books, maps and models with more artifacts awaiting the day when the museum officially open to the public.

Even before the buildings are opened, a series of cultural events, tours and concerts will be planned. A renovated pier and waterfront plaza wind through the site offering beautiful views of the harbor and the old historic buildings.

Visitors are welcome to visit the site today, enjoy the view and get a sense of its history and its future as home to the National Lighthouse Museum.

Initially, several buildings at the site have been stabilized and infrastructure improved through the generosity of State and Local Governments, Foundations, Corporations and dedicated donors. They hope to move forward in getting the museum opened as soon as possible.

Congratulations to our own Board Member Linda Dianto who is the president of this exciting venture. Thanks to her efforts this project is moving forward and has just been featured on Cablevision's NY 1.



LETTERS FROM KINGSBOROUGH COLLEGE STUDENTS  
WHO ATTEND THE DOWNSTATE CONFERENCE

Dear Metro,

I attended the 16th Annual Downstate Recreation Conference. It was definitely a learning experience for me as a Recreation Major.

The sessions I attended were "Sound Therapy for Multi-Cultural Populations and Their Caregivers", by Nina Priya Ma David and "The Times, They Are A' Changing :A Forum for Sharing Perspectives" by Dr. Gail Levine, Associate Professor, CTRS. Kingsborough Community College, Brooklyn, New York.

The session on sound therapy allowed me to take an in depth look at how simple things can seem, but yet be so effective. Sounds that are taken for granted can help heal people. It's said that all matter vibrates at specific frequencies. Sound Therapy uses the energy of sound to promote wellness by helping vibrate the human system into a healthy state. In order to heal you need to be whole, in order to heal you need to give. Sound can be chanting and the repetitiveness of sound can be very positive. Sound is used in Yoga for balance (yinyan). Another benefit of sound therapy is to help balance negative emotions.

The use of Sanskrit, the perfect language, has also incorporated the language of yoga. These sounds help with memory. Tomastic Rojastic is what you need to unite the tactile with the vocal. Namaste, is the divine in me salutes the divine in you. It was an excellent session that I really enjoyed.

"The Times, They Are A' Changing" was another session that stood out for me. I was trying to see what changes are currently taking place in the profession, so I will be able to adapt and be ready for whatever comes my way. This session was very informative and took you back in time, so I was able to compare and contrast present day to the not too distant past.

I would like to thank METRO for providing the Scholarships to me and the other students. Events like these continue to enable us to grow and become better leaders in the field of Recreation, Once again thank you and it was a great conference.

Thank You,  
Brendon Bain



Dear METRO

The Downstate Recreation Conference was definitely an experience that was well worth the time. I learned about risk management in therapeutic recreation when attending the Eyes Wide Open class. The highlight of the conference was participating in a Zumba class and learning its origins. Thanks to attending this conference, I now understood more about how recreational activities are held and what incidents can be avoided. The conference was well structured. I would like to thank METRO for providing a partial scholarship to attend the conference.

Thanks,  
Brian Magurno

**METROPOLITAN NEW YORK RECREATION AND PARKS SOCIETY, INC**  
**SCHOLARSHIP PROGRAM**

**Purpose:**

To enable students who have demonstrated exceptional ability and superior performance in their academic program in Recreation And Leisure Studies and who have demonstrated a strong commitment to developing a career as a recreation/leisure services professional to continue pursuing an undergraduate or graduate degree in Recreation/Leisure Services.

**Eligibility:**

1. Must be a member of METRO by at least March 1st of the year in which the award is given.
2. Must be a part-time or full-time student in a degree granting accredited program in Recreation and Leisure Studies in the New York City metropolitan area.  
Part-time students shall have completed at least half of the Recreation courses required for their program (degree). The faculty member who is recommending the student/s will make the determination that the student has already made significant progress towards attaining the degree in the program.
3. Applicants must have a minimum G.P.A. of 3.0 in Recreation course work on standard 4.0 scale.
4. Must be available to attend METRO's Annual Awards Banquet in the spring to accept the scholarship.
5. Must submit a complete application with supporting documents by the deadline date specified for the year in which you are applying.
6. Prior METRO Scholarship recipients are not eligible.

**Selection Criteria:**

Qualified applicants will be selected based on the following:

1. Professional goals and interests
2. Participation in Recreation and Leisure Studies Clubs; Conferences; and/or Community Service Work or Civic Work - voluntary or paid
3. Financial need

**Evaluation of the above, criteria will be based upon the following required documents:**

- ☐ Complete application, including comprehensive essay
- ☐ Official College transcript showing current semester course work and course work completed to date; bursar's receipt for the current semester, and
- ☐ Three (3) written recommendations - at least one of which shall be from the Director of Recreation/Leisure Services Program at the college or university in which the student is currently enrolled.

If you are interested in applying, please see or call one of the following:

- ☐ Prof. Michele Bracco (718) 368-5197/5831 Kingsborough Community College
- ☐ Dr. Robin Kunstler (718) 960-8589 Lehman College
- ☐ Dr. Gail Lamberta (631) 447-3200 St. Joseph's College, Patchogue, NY  
(718) 636-6868 Brooklyn Campus
- ☐ Prof. Charles Alston (718) 289-5100 x 5147 Bronx Community College

Applications may be submitted anytime between February 1st and March 15th for the year in which you are applying. There are three METRO Student Scholarships available. The presentation of these monetary awards will take place at the Annual METRO Awards Dinner to be held in May of the year you apply.

**METROPOLITAN NEW YORK RECREATION AND PARKS SOCIETY, INC. (METRO)  
ANNUAL SCHOLARSHIP APPLICATION**

**SECTION I**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: (Daytime) \_\_\_\_\_ (Evening) \_\_\_\_\_  
College Currently Attending: \_\_\_\_\_  
Degree to be attained: A.A.S. \_\_\_\_\_ M.S. or M.A. \_\_\_\_\_ B.S. or B.A. \_\_\_\_\_ Ph.D. or Ed.D. \_\_\_\_\_  
Major: \_\_\_\_\_  
Minor (if any): \_\_\_\_\_  
Anticipated Graduation Date: \_\_\_\_\_  
Current G.P.A.: \_\_\_\_\_

**SECTION II**

**Please respond to the following questions in a brief and concise manner.**

1. Please list past and present work experiences in the field of Recreation/Leisure Studies. Please indicate number of hours per week, paid or volunteer and length of experience. Field work internships done as part of the required course work for your degree can be included.
2. Please discuss any extra-curricular activity/ies you feel have contributed to your academic and professional development and why/how (i.e. Day Camp Counselor; Scouting; etc.)
3. On a separate sheet of paper, please write a brief essay describing your philosophy of Recreation or Therapeutic Recreation and your career goals and objectives. (Please do not exceed more than one typewritten page.)
4. Print and sign you full name and date the completed application.
5. Return the completed application with a transcript and recommendations no later than March 15th of the year you are applying.

Send to:

Prof. Michele Bracco  
Physical Education, Recreation & Recreation Therapy  
Kingsborough Community College  
2001 Oriental Boulevard, Room E - 115  
Brooklyn, New York 11235

For more information or questions call Prof. Bracco at 718-368-5831

Applicants will be notified in the event that an application is received incomplete. Applicant/s will have five days to submit any omitted portion/s, otherwise they will be disqualified.

**Deadline** for receipt of all supporting documents (i.e. transcripts and letters of recommendation) is **March 15th** in the year for which you are applying.

# *Call for Nominations*

*The Board of the  
Metropolitan New York Recreation and Park Society, Inc.  
(METRO)*

*will have several vacancies effective June 2011.*

*The positions are:*

*President*

*Vice President*

*Treasurer*

*Secretary*

*Members-at-Large (5 positions).*

*We are also seeking a Student Representative.*

*The term of office is two years and meetings are held monthly  
(except July and August).*

*If you or someone you know who is a member of METRO  
And would like to run for one of these openings, please contact  
Debbie Lake via email at [drlake66@gmail.com](mailto:drlake66@gmail.com)*

*All nominations should be submitted by March 20, 2011*

