

## "MY PHILOSOPHY OF RECREATION"

Words, baffling words to express recreation, how does one describe a way of living, a sensation of well being, that alive quality that brings deep satisfaction to the individual and all with whom he associates. Recreation is always a personal thing, dependent upon sensitivity, sentiment, and sincerity.

It is this quality of sensitivity that allows for variation, flexibility, and glamour. It gives a creative approach to all orthodox methods and the tools of recreation, such as drama, music, arts, and crafts. Likewise, it allows for the inter-play between the sports and the so-called expressive arts.

Without sentiment, which in ordinary words is the ability to love and express this feeling, there can be no true satisfaction. It is the dedication of the individual participating that assures him of personal growth. This self-expression cannot be satisfied until he in turn shares this with others.

Outward society may hold as taboo the verbal expression of our relationships with others, but certainly society cannot withhold from the individual through the use of his hands, body, or mind, the tangible expression of sentiment.

Coupled with sensitivity and sentimentality must be sincerity. Without this quality there is an awareness of superficiality. Recreation is a social art and not a pure art. It depends upon the necessities of the people to determine its form. Within the various types of forms that are required to give satisfaction to the individual needs of the people, there is opportunity for specialization.

Specialization is the pattern of the time forced by the scientific age. The impact of specialization could cause disintegration in giving a hodge-podge program rather than an integrated one. It is this struggle to preserve an integration or a balance within the recreation offerings of a community that make it play such an important role in the lives of the people. The balance of programming depends on leaders who are thoughtful social planners, aware of opposing forces both constructive and destructive.

It is the individual and not the masses that is the barometer of the community's response to the ever-changing form of recreation. With an atmosphere of individual choice and self-expression, harmonious leaders blend the community and the program. Each community is a creative unit in itself.

The joy of living, the anticipation of each day is the vibrant essence of recreation. It is this that brings participation in the social art, recreation.



# NATIONAL RECREATION ASSOCIATION

A Service Organization Supported by Voluntary Contributions

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JOSEPH PRENDERGAST, Executive Director

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PUBLIC RECREATIONS

No. ....

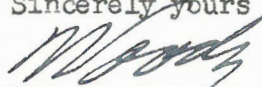
Miss Dorothea Lensch  
Supt of Recreation  
City Hall - Room 115  
Portland, Oregon

Dear Dorothea

I have been away from the office a good deal recently and I must leave again for an extensive field trip into the Midwest. However, your editorial in the March issue of RECREATION did not escape my attention. It is excellent and I wanted you to know how much it meant to me.

Our recreation leadership must go deeper before it can go much further. I believe that your editorial strikes at the heart of our business and I wanted you to know that I was very much impressed.

Sincerely yours

  
W. C. Sutherland  
Recreation Personnel Service

WCS:pta

## My Philosophy of Recreation



Dorothea Lensch

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It is this quality of sensitivity that allows for variation, flexibility, and color or "glamour." It gives a creative approach to all orthodox methods and the tools of recreation such as drama, music, arts, and crafts. Likewise, it allows for the inter-play between the sports and the so-called expressive arts.

Without sentiment, which in ordinary words is the ability to love and to express this feeling, there can be no true satisfaction. It is the dedication of the individual participating, which assures him of personal growth. This self-expression cannot be satisfied until he in turn shares this with others.

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Specialization is the pattern of modern time, forced by the scientific age. The impact of specialization can cause disintegration through giving a hodge-podge program rather than an integrated one. It is this struggle to preserve an integration or a balance within the recreation offerings of a community that makes it play such an important role in the lives of the people. The balance of programming depends upon leaders who are thoughtful social planners, aware of opposing forces both constructive and destructive.

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MISS LENSCH, *director of recreation in Portland, Oregon, is a member of the National Advisory Committee on Recruitment, Training and Placement of Recreation Personnel.*