

10/10

Wow!

well done!

I'd like to post this on the course as a good example -

website

if that's ok, please email it to me!

Rec 3330
14 September 2005
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Close your eyes and imagine traveling by foot on a clear, autumn morning on a forest trail in Minnesota. There you will find your gold in the abundantly beautiful leaves gently falling through the air just for you. Ah, nature's redeeming influences fills your soul and lifts you above the realities of life.

For my resource-orientated activity at Bagley I did just that, I walked through the woods and took in the beauties of fall. I hiked with an old friend for a while just enjoying each other's presence and philosophizing about life. For the remainder of my time in Bagley I took notes of the changing penology of the trees, flowers, plants, fungi, and the fall air. It was such a beautiful morning and enjoyable time in the woods.

Of the six classes of resources I placed Bagley into class three. I did so because Bagley's facilities are few and simple, no man made structures other than bridges. The users of the nature area enjoy it "as is" in its natural state. There are trails that are maintained and groomed but not much else goes into maintaining the area. The primary uses of Bagley are hiking, dog waking, running, in the winter cross-country skiing, and an outdoor class room. There are a few fun runs held on the grounds but nothing large or more formal. Class three is said to contain the largest acreage, and Bagley doesn't fit that criteria but I still thought it best in category three. It might be a close second to category two and general outdoor recreation areas.

From my experience out at Bagley I gained a peace of mind for the day. The activity helped set the tone for the rest of my daily activities. I was able to clear my head for that class period of all the confusion and deadlines and walk away with a smile on my

face and a bounce in my step. I was able to share and socialize with a friend, I received a physical workout, and I connected with the changes in the season on a personal level. It seemed like such a simple assignment with a simple outcome but for me, in the woods as in life, it is instructive at times simply to stop and absorb the profound, unblinking reality of the world around us.

Some of the factors that influenced what I gained from my time at Bagley were the weather, the company as well as the quietness, the physical exercise, the season, and the natural surroundings. Other things that could have influenced what I gained in my experience are: whether I was alone or in a group the entire time, if there was someone facilitating my time there, if there was some structured activity I was partaking in, and if there was a specific goal or purpose for the time.

The readings covered all of the main and “scientific” benefits to recreation such as: physiological, psycho physiological, psychological, sociological, economic, and environmental just to name a few. They used a lot of big words and words in general combined with research to back up and define each benefit which is all dandy and fine. However, I think that Michael C. Hurley puts it best when he tells it a bit differently—“when you listen to a cut of Oscar Peterson taking off of the stratosphere at the Blue Note, you know he’s playing it the way he feels it—the way that no one, including Oscar himself, has ever played that piece before. That’s a gift. You can’t deconstruct it, you can’t teach it, and you can’t recreate it from a page of sheet music. You’ve got to feel it. “Feeling it” is all that you can really learn from the master. No one ever painted a Renoir by the numbers, and the art of outdoor recreation is not what you do or how well you

good points

travel, but why. It is the freedom of every man to write his own opus across the tattered pages of the woods and play it as far and as long as his imagination will carry him.

What benefits me you ask? Well, in a nutshell for me it is the psychological benefits that I receive from recreation that are most important. I am thinking and feeling person. I like to find meaning in all that I do. I often equate recreation to the wilderness and the wilderness a teacher of life and meaning. For I see that wilderness respects no title, fears no enemy, and grants no special privilege. To the unwary or unprepared it is unflinching and unforgiving. It offers no remedy or relief beyond what the laws of nature will allow. But to anyone who will apply themselves to learn its precepts, great rewards await. You can loose your life in the woods if you are careless, but you can find life's meaning there too.