

**24<sup>th</sup> Annual  
Graduate Association of  
Recreation and Leisure Studies  
(GARLS) Symposium**





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### ***Plot! Neighbourhood Narratives, Maps, Mappings and Leisure Research***

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# *The Twenty-Fourth Annual Graduate Student Leisure Research Symposium*

**Thursday April 28<sup>th</sup>, 2016**

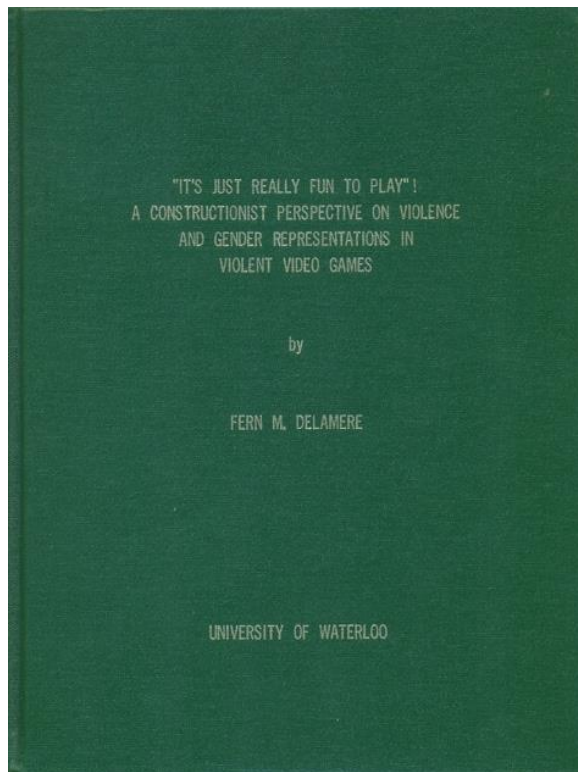
Time	Name	Presentation Title
<b>8:30-9:00am</b>	Registration (Coffee and refreshments available)	
<b>9:00am-9:15am</b>	Conference introduction from Co-Chairs	
<b>9:15am-9:30am</b>	Fern Delamere Memorial Lecture – Introduction	
<b>9:30am</b>	<b>Keynote from Dr. Brett Lashua (Leeds Beckett University)</b> <i>Plot! Neighbourhood Narratives, Maps, Mappings and Leisure Research</i>	
<b>10:30 – 11:00am</b>	<b>BREAK #1 (Refreshments available)</b>	
<b>11:00am</b>	Earl Walker & Chantel Pilon	A Framework for Belonging
<b>11:20am</b>	Corin Latimer	New Management: The changing reality of privatization in our public places
<b>11:40am</b>	Kathryn Wettlaufer	For the long haul? Understanding and challenging activist burnout in the context of an ‘ideological social movement apparatus’
<b>12:00noon-</b>	Pooneh Torabian	Borderless world for whom?: The border crossing experiences of Canadians with dual citizenship
<b>12:20pm</b>	Kim Lopez	Care labour, leisure, and invisibility: Seeing genderacialisation through narrative work
<b>1:00pm – 2:00pm</b>	<b>Poster Presentations and Lunch (Lunch to be provided)</b>	
	Sarah Dolman	Communication of Campus Mental Wellness Services: Assessing Students’ Perspectives and Reviewing Best Practices
	Jessica Brake	The use of meditation as a therapeutic recreation intervention for those with a substance addiction
	Bobbi-lee Churly	Attitudes and Perceptions towards Varsity Athletics at the University of Waterloo
	Jacquelyn Stam	User Experiences of Alzheimer’s Day Programs
	David Guy	Physical Activity and Chronic Disease in Rural Populations: Insights and Suggestions for Future Research
	Georgia Teare	Exploring Knowledge Utilization in Olympic Legacy Management

<b>2:00pm</b>	Kai Jiang	A Theoretical Framework of Destination Brand Love
<b>2:20pm</b>	Jaylyn Leighton	The outdoor classroom and healing from trauma: The use of experiential activity and outdoor adventure therapy
<b>2:40pm</b>	Amanda McGowan	Impact of One-Semester Outdoor Education Programs on Adolescent Perceptions of Self-Authorship
<b>3:00pm</b>	Elizabeth Aguilar	Second homes in Mexico: understanding the social exchanges between second home owners and local residents in the city of Mérida, Yucatán
<b>3:20pm</b>	Sayedali (Ali) Mostolizadeh	The music performance of resistance: Narrative of war, displacement, and resistance in Yarmouk refugee camp
<b>3:40 – 4:00pm</b>	<b>BREAK #2 (Refreshments available)</b>	
<b>4:00pm</b>	Lynne Gulliver	Beyond the Ice: An Exploratory Investigation into Social Responsibility within Junior Hockey
<b>4:20pm</b>	Luc Cousineau	Citizen Now: Using youth sports programs to empower, include, and educate youth in attainable citizenship
<b>4:40pm</b>	Maggie Miller	Sherpas' stories of navigating life and death in mountaineering
<b>5:00pm</b>	Clara-Jane Blye	Who is in Our Parks? Examining the Low Impact Camping Practices of Front-Country and Back-Country Canadian Provincial Park Visitors
<b>5:20pm</b>	Becca Mayers	Whose Lane is it Anyway?
<b>5:40pm</b>	<b>Closing Remarks</b>	
<b>6:00pm</b>	<b>Join us for the evening social at the Grad House!</b>	



# Fern Delamere Memorial Lecture

Beginning in 2015, Keynote lectures at the GARLS symposium have been formally dedicated to friend and colleague Fern Delamere, who passed away December 12<sup>th</sup>, 2013. Earning her PhD from the University of Waterloo in 2004, Fern was an associate professor in the department of Applied Human Sciences at Concordia University. Recalled by friends and colleagues as a “ubiquitous presence” in the department, her doctoral work focused on gendered and homophobic virtual violence, specifically the hyper-violence found in many video games. She is fondly remembered with this lecture.



*“Fern was a ubiquitous presence in our Department; a solid student, a critical thinker, a social convenor, and a true and loyal friend. Her doctoral work focused on gendered and homophobic virtual violence, specifically the hyper-violence found in many video games. Rather dour subject matter to be sure, but Fern wasn’t judgemental by nature. Like her doctoral supervisor, Sue Shaw, part of Fern’s genius lay in seeing and genuinely appreciating multiple perspectives without losing her critical edge”.*

- Mark Havitz (2015)



# 2016 GARLS Keynote Speaker



## Brett Lashua

Brett Lashua is a Senior Lecturer at Leeds Beckett University. His interdisciplinary interests span leisure, popular music, cultural studies, cultural geographies, history, sociology and sport. He studied initially at Kent State University (BA History; MA Recreation) before his doctoral work at the University of Alberta with Prof Karen Fox. He took up postdoctoral research positions in the School of Social Sciences at Cardiff University and then the Institute of Popular Music at the University of Liverpool.

At Leeds Beckett University since 2009, he was course leader for the MA Leisure, Sport and Culture course (2011-2016) and currently teaches across courses including BA Entertainment Management, BA Sport and Social Sciences, and BA Music Performance and Production. He is the coordinator for the Leisure and Cultural Identities stream in the Centre for Diversity, Equity and Inclusion (DEI) within the Research Institute for Sport, Physical Activity and Leisure.

Brett's research crosses boundaries of leisure, youth cultures and cities. He has written on hip-hop, documentary filmmaking, popular music heritage, urban regeneration, pop-up cinema, youth transitions, Young Adult fiction, and zombie cultural geographies. These foci are underscored by interests in arts-based, creative and collaborative ethnographic methods including music-making, cultural mapping, soundwalks and soundscapes, documentary filmmaking, and transmedia storytelling.

His most recent book (co-edited with Karl Spracklen and Stephen Wagg) was *Sounds and the City: Music, Place and Globalization* (2014), and he is working now on the *Palgrave Handbook of Leisure Theory* (with Karl Spracklen, Erin Sharpe, and Spencer Swain). He is an Associate Editor for *Leisure/Loisir* and *Leisure Sciences*. Brett's current research includes an SSHRCC-funded study of youth sport and neighbourhood stigma (with Erin Sharpe and Cathy van Ingen, Brock University), NHS-funded research into youth community dance in Leeds (with Beccy Watson and Pip Trevorror, Leeds Beckett University), and a university research cluster titled "Creativity, Protest and the City" (with Ian Lomand, Lynne Hibberd and Zoe Thompson, Leeds Beckett University). As these projects indicate, above all, he values interdisciplinary collaborative scholarship with critical leisure studies at its heart.

## Presentations and Posters



## Earl Walker

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Earl is a second year PhD student in Recreation and Leisure Studies at the University of Waterloo. Bachelor of Recreation (Honors) degree from Memorial University (2005), Masters in Physical Education (Memorial University, 2013). His current research interests are diverse and include; leisure motivation, identity formation, the meaning of the outdoor experience, deviant leisure, community development, and youth at risk and nature/ experiential education.

## Chantel Pilon

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Chantel completed her undergraduate degree in Honours Recreation and Business (Co-op) at the University of Waterloo. She is currently finishing up her Master's degree in Recreation and Leisure studies also at the University of Waterloo. Her research topics revolve around hiking, hardship and pain, sport, and complex decision making.

## A Framework for Belonging

The desire to belong is a pervasive human need, so pervasive in fact, that in 2007 the United Nations identified belonging as a central tenet of human existence and recognized it as a basic human need and right. However, not all people experience what it means to belong. For some, belonging can be elusive, precipitated by social and spatial constraints such as stigma, health issues, and language barriers among others (Choenarom, Williams, and Hagerty, 2005; Vandemark, 2007; Hall, 2010; Fields, 2011). Yet the essentialist nature of belonging persists, as do the questions: what does it mean to belong? and can belonging be facilitated? These are complex questions that are not easily answered. In this presentation we will examine these questions and in doing so propose a conceptual framework that could be used to increase the likelihood that belonging will be engendered. This framework is based on a review of literature related to the nature of belonging and community and influenced by the work of the New Story Group, a grassroots group based out of Ontario, Canada that is dedicated to building an inclusive community where everyone belongs. The framework consists of three interrelated components: 1) the presence of a common interest or focal point; 2) the emergence of place around which a sense of belonging can occur; and 3) the existence of a catalyst.

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Corin Latimer graduates this year from the University of Guelph with an Honours Bachelor of Landscape Architecture. The work and leadership she demonstrated within the program won her several awards, including a Peer Mentor Scholarship, an ASLA Student Honour Award and the Victor Chanasyk Medal for Professionalism. She has spent the past four years exploring how our landscapes can be improved, both for the environment and those who enjoy them. Of particular interest to her are the interactions of urban spaces and the people who use them, especially considering how the strata of class and privilege influence use. Having recently taken her first of four accreditation exams, she has begun down the path of becoming a fully registered landscape architect. She is keen to enter into and explore the wider world of landscape architecture, on both national and international scales.

## **New Management: The changing reality of privatization in our public places**

More and more people every year are making the shift to urban life, and our cities need to be equipped with the amenities to provide for all city-dwellers. Implementing these changes is costly, and municipalities have neither the resources nor time to build them as quickly as they're needed. Privately-owned public spaces (POPS) have emerged in recent years as an efficient solution for how to create new urban open spaces, though many have strong reservations about them. These spaces raise questions regarding how we perceive public space, what purpose we believe it should serve, and how privatization of that space affects this perception and purpose. The aim of this presentation is to explore the literature regarding this topic, identifying the various challenges and opportunities of POPS. From this investigation, an opinion will be formed about the constructive role these spaces can potentially have in increasing the amount of public space within dense urban areas. Suggestions for ways the policies surrounding the creation of these spaces will also be presented. The presence of POPS in our cities are forcing a shift in our concept of what space is public, and this issue should be discussed and problems in the POPS model remedied before they become more widespread.

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Kathryn is finishing up the first year of her Master's degree in Recreation and Leisure Studies here at the University of Waterloo, where she also earned her Bachelor of Independent Studies degree. Her undergraduate thesis, on which this presentation is based, was supervised by Dr. Lisbeth Berbary, with whom she is now working on a narrative inquiry into bisexual and queer women's experiences of community and identity within the Kitchener-Waterloo area. Her research interests include social and environmental justice movements, radical approaches to mental health, the gender biases of emotional labour, and community-based strategies for anti-capitalist living at a local level. She is also eager to develop a research project that will give her (good) reason to interview members of the Toronto Blue Jays.

## **For the long haul? Understanding and challenging activist burnout in the context of an 'ideological social movement apparatus'**

It is widely accepted by academics and activists alike that burnout jeopardizes the sustainability of social movements (Cox, 2009; Plyler, 2006). Its causality, however, is often disputed: are collective norms or personal choices to blame for such burnout? This thesis takes up Althusser's (1970) theory of the ideological state apparatus to explore potential relationships between the two, in pursuit of answers to more complex questions: What ideologies of social movement participation dominate activist spaces? How do they manifest in subcultural norms and practices? And how do participants themselves negotiate these expectations, in order to "do activism" in ways that are personally (un)sustainable?

These research questions were explored through a methodology of narrative inquiry, incorporating life story interviewing, narrative analysis, and creative analytic practice. Specifically, ten (10) social/environmental justice activists from across Southern Ontario contributed interviews of 2-4 hours each. Narrative analysis enabled the discernment of four distinct yet intersecting "activist ideologies" which shape social movement participation within this region and contribute to a culture of burnout; these include an ironically capitalist ethic of activism as necessarily "productive" and an inaccessible benchmark for demonstrating commitment, which will be the focus of this presentation. The overlapping and rhizomatic data supporting these identified ideologies were unpacked, synthesized, and ultimately represented through the dramatized form of a theatre script, designed for use in social movement spaces. In conclusion back to theory, these findings were linked to Althusser's analysis of the ideological state apparatus to discuss how the overarching and insidious ideologies of systemic oppression continue to work upon even the most vocally progressive minds and communities.

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Pooneh Torabian

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Pooneh Torabian is pursuing a PhD degree in the Department of Recreation and Leisure Studies at the University of Waterloo. She is working under the supervision of Dr. Heather Mair and her research interests are critical mobilities and borders, freedom of movement, citizenship, qualitative Inquiry, and critical theories. Her PhD thesis seeks to explore the border crossing experience of Canadians with multiple citizenship. Part of her aim with this research is to push the boundaries of the existing tourism literature by exploring border crossing experience of individuals who cross international borders with the intersection of race, citizenship, the right to travel, and freedom of movement.

## **Borderless world for whom?**

### **The border crossing experiences of Canadians with dual citizenship**

Tourism and mobilities have become increasingly affected by the global geopolitics in today's world (Bianchi, 2006). 9/11 attacks have highly affected the international travel and tourism practices worldwide. Although it might seem that having multiple citizenships would lead to the ease of access when it comes to international travel, Stasiulis and Ross (2006) challenged this liberal opinion by viewing dual citizenship as a form of hierarchical citizenship through which only some can benefit from it whereas others cannot. Travelling across or even within borders has become an unpleasant experience for members of minority groups as they are constantly at risk of facing with different discriminatory actions in the form of xenophobia, racism, and more recently islamophobia (Stephenson, 2006; Stephenson & Ali, 2010).

Through this presentation, I will share the very preliminary result of my qualitative research and illustrate how an individual's freedom of movement is overshadowed and/or shaped by their race, ethnicity, sexual orientation, religion, nationality, and gender. Therefore, it is crucial to explore the politics of international movement and to understand how these fragments of identity shape the border crossing experience.

This research will contribute to our understanding of tourism and citizenship by unpacking and enhancing our understanding of border crossing experiences for Canadians who hold dual or multiple citizenship. The insights provided by border crossing narratives of Canadian dual citizens will contribute to the existing literature of tourism politics, border studies, citizenship studies, as well as the discourse of racialized identities in travel and tourism.

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Kim Lopez

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Kimberly Lopez is a fourth year PhD candidate in the department of recreation and leisure studies specializing in aging, health, and well-being at the University of Waterloo. Her interests are broad, and largely examine social complexity through a lens of action-oriented methodologies. More specifically, Kim enjoys working collaboratively to explore aging well in long-term care homes; leisure in caring; invisibilities in labours of care; discourse through digital media; and arts-based representations. Learning from women of colour who work in LTC homes and personal stories of care. Kim's dissertation work aims to: (1) interrogate disjunctures occurring between ethics of care and politics of care and (2) make visible social inequities that structure labours of care and leisure. To support stories told from racialised, gendered, and classed perspectives, she borrows from critical race feminism, anti-categorical intersectionality theory, and narrative and antenarrative inquiry to inform her research.

## Care labour, leisure, and invisibility: Seeing genderacialisation through narrative work

My proposed research takes a critical look at the structuring of hidden health care work in Canada, specifically through narratives told by personal support workers (PSWs). This presentation will describe how politics of care – shaped by processes of racialisation, gendering, and classing – maintain invisibility and inequity in leisure and care work for women of colour. Racialised women are overrepresented in front-line caring roles with women comprising >90% of PSWs documented in Canada. Ideologies steeped in the notion that care is, and always has been, “women’s work” places women, especially women of colour, in precarious socio-economic positions through reproductive labour. With the dawning of this cash nexus of care, personal self-care and welfare of women of colour, including opportunities for leisure, will continue to be bound up in stratifications of care work.

This work will use various narrative methodologies (collective narrative/memory work and antenarrative(s), respectively) to both critique and depart from grand narratives that structure care work to illuminate disparities in self-care/leisure. I propose naming processes that subjugate through structuring of work as *genderacialisation*, not only makes visible narratives by women of colour but, simultaneously collapses grand narratives and frees space to redefine and restore personal stories of work, leisure, and self in care. Ultimately, I hope this work will serve to: 1) consciousness raise through stories of invisibility by women of colour within structures of care work and leisure; 2) resist dominant work and leisure narratives; and 3) restore personal meanings of self, care, work, and leisure through tellings of new stories/antenarrative(s).

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Ms. Kai Jiang is currently a Ph.D candidate at the department of Recreation and Leisure Studies in University of Waterloo (UWaterloo), Canada. Before joining UWaterloo, she graduated from the Hong Kong Polytechnic University (PolyU) with the degree of Master of Philosophy (M.Phil) in tourism and hospitality management. She has accumulated extensive empirical research experience in destination branding, tourist motivation and behavior, and mega sports events management. She worked as a project associate in the China Business Center, PolyU, responsible for governmental and industrial consultancy projects on small- and medium- sized enterprises' brand development, brand strategy-making and brand promotion. In 2010, she was designated as a member of Meeting Professionals International (MPI), holding the Global Certificate in Meetings and Business Events.

## A Theoretical Framework of Destination Brand Love

Tourism destinations are increasingly treated as brands that can be consumed by tourists and managed by Destination Management Organizations (DMOs) (Boo, Busser, & Baloglu, 2009). Destination brands encompass a broad range of geographical levels, namely, country, province/state, region, city, tourist attraction, and specific sites. As an increasing number of destinations are becoming branded, brand love, an under-researched marketing conceptualization, has begun to attract tourism researchers' attention (e.g., Bergkvist & Bech-Larsen, 2010; Swanson, Medway, & Warnaby, 2015). Carroll and Ahuvia (2006) used the term for "satisfied consumers' feelings of love for a given brand" (p. 80). Swanson et al.'s (2015) exploration of its methodological and technological approaches marked a very original application of this construct in tourism studies. However, to date, no systematic theoretical framework of destination brand love has been proposed.

This paper defines destination brand love as the degree of passionate emotional attachment a tourist holds for a particular branded destination. The multi-dimensional Destination Brand Love Framework (DBLF) originated from a review of selected branding and destination literature, and includes five key latent constructs that precede destination brand love: self-brand integration, brand image, attitude valence, brand trust, and destination attributes. Destination brand loyalty and brand commitment are two potential outcomes. This framework may help DMOs understand why tourists love certain destinations and how brand love influences their commitment and loyalty, therefore providing insights into destination brand strategy-making and daily management. DBLF can also be used to critique brand love's positive or negative social and environmental impacts on individuals, families, communities, and societies.

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Jaylyn is a fifth year undergraduate student at the University of Waterloo majoring in Therapeutic Recreation with a minor in Psychology. She is currently completing her undergraduate thesis under the supervision of Dr. Susan Arai. Moving forward, Jaylyn will be starting her masters in the fall and continuing her research in the field of Therapeutic Recreation.

## **The outdoor classroom and healing from trauma: The use of experiential activity and outdoor adventure therapy**

By definition, traumatic situations are generally outside of the range of human experiences (Aldwin, 1994; Lazarus, 2006) and negatively affect the flow of an individual's daily life and their ability to successfully complete daily activities (DSM-V, 2013). Experiential learning takes into account essential ingredients to fully engage the positive and holistic nature of learning (Beard & Wilson, 2006). Outdoor adventure programming is used to develop a sense of community through a climate of opportunity, challenge and risk to improve both physical and psychological health (Dattilo & McKenney, 2011; Beard & Wilson, 2006). Absent in the literature are the stories of individuals with PTSD partaking in experiential activity and outdoor adventure type programming and how it aids in recovery processes. This presentation reveals findings from a secondary data analysis of a narrative study that explores participants' experiences in *The Outdoor Classroom*, an experiential program that incorporates outdoor adventure programming techniques for participants from the Program for Trauma and Stress Recovery (PTSR) and Eating Disorders Program (EDP). This presentation will focus on the voices of five participants in the PTSR program. A narrative analysis (Daly, 2007) was done to understand participant's stories and how outdoor experiential experiences enabled them to reconnect with hope, meaning and happiness in the aftershock of trauma. Drawing connections to literature on existential group psychotherapy (Yalom, 2000), and experiential programming (Beard & Wilson, 2006), the audience will be able to understand how the use of experiential learning and outdoor adventure programming aids in the recovery of PTSD.

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After teaching high school and completing her MSc in Experiential Education at Minnesota State University, Amanda McGowan joined the University of Waterloo community in 2015 as the Writing & Multimodal Communication Specialist (STEM) at the Writing Centre. Her thesis, “Outdoor education integrated curriculum program impact on adolescent self-authorship”, investigated one-semester intensive outdoor education programs integrating 3-5 subjects at the secondary school level. Pursuing her PhD Kinesiology with a concentration in Cognitive Motor Neuroscience at Michigan State University this fall will allow her to combine her academic background in kinesiology and education.

## Impact of One-Semester Outdoor Education Programs on Adolescent Perceptions of Self-Authorship

Self-authorship—forming an identity independently from the expectations of external authorities—is essential for coping with the demands of adulthood (Baxter Magolda, Creamer, & Meszaros, 2010). Although self-authorship has been studied in young adults (Baxter Magolda, 1998; Baxter Magolda, 2008), few studies have investigated self-authorship in adolescents (Meszaros & Lane, 2010; Pizzolato, 2003) or as an outcome of outdoor education programs (FERENCEVYCH, 2004; GASS, GARVEY, & SUGARMAN, 2003). To date, qualitative data supports the outcomes of one-semester outdoor education programs in Ontario (Breunig, 2013; Breunig, 2014; Breunig, Murtell, & Russell, 2015; Breunig, Murtell, Russell, & Howard, 2014; Comishin, Dymont, Potter, & Russell, 2004; Sharpe & Breunig, 2009); however, self-report inventories have not been used to quantitatively measure the impact of these programs on psychosocial constructs (e.g., self-authorship). The present study examined one-semester outdoor education program impact on students’ perceived self-authorship using the Self-Authorship Questionnaire. Twenty-six adolescents (20 female;  $16.52 \pm 1.26$  years) from two one-semester outdoor education programs in Ontario participated in this investigation. Paired t-tests showed gains in three of four SAQ dimensions (i.e., situational coping, interpersonal leadership, and self-efficacy) and in overall SAQ scores. Independent t-tests indicated no observable differences in overall SAQ between genders within the grade level or between grade levels. Students perceived the instructor and outdoor experiences (i.e., winter camping, canoeing, solo experiences, and teaching elementary students) influenced their self-authorship development. These findings contribute to research examining the outcomes of one-semester outdoor education programs and have implications for enhancing participants’ self-authorship based on desirable outdoor education programming identified by students.

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Laura Elizabeth Aguilar Mendez is a second year Masters student in Tourism. After concluding her bachelor's degree in Tourism, she has worked for several years in the hotel industry in Mexico and entertainment parks in the United States. Her main research interest is mobility and migration but more specifically the social impact of these. Her research topic is about the phenomenon of second homes including snowbirds and retirees into other countries. She is back from Mexico after doing field work for several weeks. Now she is working on the analysis of the data collected and looking forward to interpreting the findings and sharing the results.

## **Second homes in Mexico: exploring the relationship between second home owners and local residents in the city of Mérida, Yucatán**

Previous studies on second homes have identified numerous economic, environmental, and social impacts associated with the expansion of this phenomenon (Coppock, 1977; Gallent & Twedwr-Jones, 2000; Hall & Müller, 2004). Even though numerous tensions and conflicts between second home owners and local residents were sources of concern in rural areas of Europe (Coppock, 1977; Shucksmith, 1983), more recent studies have turned to examine these impacts including a more positive view associated with the contribution that second home owners may bring to their host community (Huijbens, 2012; Gallent, 2014). Nonetheless, the phenomenon of international second homes and the social effects in cities in Mexico have been understudied. Following a qualitative approach, the proposed research aims to explore the relationship between second home owners and local residents using the city of Merida, Yucatán as the case study.

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Sayedali Mostolizadeh Ali is a PhD student at the Department of Recreation and Leisure Studies at the University of Waterloo. As the main line of inquiry, Ali uses posthuman theory to deterritorialize transformations of creative practices, arts, and leisure in the life of refugees living in the refugee camps. As an amateur film maker and documentarist, he has involved in making some short films representing couple of his academic and non-academic works and he is interested in applying creative arts and visual methodologies in his research. His research interests include: Radical Ontologies, Documentary Methodologies, Post-qualitative research, Refugees, Social Justice, Creative Arts, Performativity, Life and Displacement, Migration.

## **Music machine against war machine: Musical narrative of war, displacement, and siege in Yarmouk refugee camp**

Since establishing in 1957, Yarmouk camp in the southern outskirts of Damascus had been known as the biggest diaspora of Palestinians in Syria with more than 150,000 population (BBC, 2015). However, from the first days of starting civil war in Syria in 2012, Yarmouk became the forefront of battle between different parties involved in the war. The above mentioned conflict led to a humanitarian crisis in the camp in 2014 (UN, 2014), a large number of refugees including infants and children had been trapped and immobilized in the camp without reliable food, water, electricity, heating, and other daily supplies and suffered from malnutrition, and disease. Amid all the circumstances happened to Yarmouk community, Ayham Ahmed a Palestinian-Syrian pianist, composer, and activist made a difference by establishing a music group named "Youth Troupe of Yarmuk" (AFP, 2014). Posting the videos of this troupe in the social media, walking around the ruins of the camp with a portable piano and publicly performing music, attracted a global attention toward Yarmouk's situation and raised awareness about it. Applying qualitative data analysis practice (Schreier, 2012) to documents from different online sources, the purpose of this study is to unpack the ways Syrian civil war has been affected Ayham's songs and performances. This research contextualizes the songs and connects them to the situation of life in Yarmouk refugee camp that at the moment was under the governmental siege and at the forefront of the war. The findings reveal that public arts can become a machine of resistance and transformation within the communities that are under critical conditions such as war or displacement.

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Lynne Gulliver is a second year master's student at the University of Waterloo, in the Department of Recreation and Leisure studies. Her research interests include for-profit, amateur sport and the use of social responsibility, as well as consumer intentions and behaviours within the landscape of for-profit sport. She is currently completing her thesis project, with an anticipated defence date of May 20th.

## **Beyond the Ice: An Exploratory Investigation into Social Responsibility within Junior Hockey**

Corporate social responsibility (CSR) refers to the ethical practices and considerations that have a social issue focus that can be perceived as adding value to the organization's business practices (Carroll, 1999; Porter & Kramer, 2006). Businesses are dedicating substantial time, effort, and resources to implement CSR into their practices (Lacey, Kennett-Hensel, & Manolis, 2015).

The phenomenon of CSR has received considerable attention in professional sport as CSR programs can provide strategic benefits including sponsorships and increased fan support (Walker & Kent, 2009). Yet studies exploring the nature and impact of CSR outside professional sport are needed in order to generate knowledge related to its use and impact (cf. Misener & Babiak, 2015). The present study seeks to further understand the strategic nature of CSR by exploring the nature of CSR integration and perceived impact of CSR on the individuals of the focal organization.

This research project involves semi-structured interviews (N=16) with staff and players of one Junior A hockey franchise in order to explore their perceptions surrounding the integration CSR into the organization's business practices. Interviews have been conducted and analyzed using interpretivist qualitative coding; a three-stage process of initial, axial, and selective coding to give meaning to the interpretations (Charmaz, 2006).

The findings of this basic interpretivist qualitative study are expected to contribute to the growing body of knowledge on CSR in sport, in particular the strategic nature and perceived impact of CSR in the amateur sport context. The study has practical implications for management as they continuously seek ways to integrate CSR to differentiate and better their organization from the competition.

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Luc Cousineau is completing his master's work in the department of Recreation and Leisure Studies at the University of Waterloo, and will begin PhD work in the fall of 2016. His line of inquiry explores issues of community spaces, gender, power, and belonging, working with populations which are in transition phases of life including youth, young adults, and older adults moving into retirement. Currently working with Dr. Katie Misener, and supported by a SSHRC J. Armand Bombardier Canada Graduate Scholarship - Masters Award, his work focuses on the role of volunteering in transition to retirement, and this involvement can affect decisions about work, personal commitments, and use of leisure time.

## **Citizen Now: Using youth sports programs to empower, include, and educate youth in attainable citizenship**

Organized out-of-school recreation spaces, like organized sports, are under-utilized venues for youth citizenship education in Canada. The citizenship education which can occur in sports can promote an attainable view of citizenship which positively impacts youth social development. This paper explores current citizenship and citizenship education in Canada, the role of out-of-school recreation spaces, the specific opportunities in organized youth sport, and the opportunities and implications for recreation practitioners and administrators.

The positive education and developmental impact of out-of-school activities and organized sports is well established (Larson & Eccles, 2005). The internalization of social norms is also significant in these settings (Fowler, Seligman, Csikszentmihalyi, & Larson, 2000). By using existing structures in sport and sports teams to give youth real decision-making power (agency), teach them about individual impact on the group and group impact on the individual (collectivism), and teach them acceptance of different kinds of contribution (understanding), we can leverage what is already occurring in youth sport to make change.

### *Implications for practice*

This is not an argument for changes to the way that youth sports are delivered, but to the intentionality with which some parts of them are presented. Many coaches, teams, and leagues are already taking action and engaging youth in ways which can help develop a model for citizenship which applies to them. As partners in community they are likely to stay engaged, not disconnect as citizens-to-be, and the outcome is stronger communities.

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Maggie Miller is enthusiastic about research and committed to knowledge translation. Her research interests focus on sociocultural dimensions of tourism and sustainable development with a particular emphasis on engaging research to understand and enhance social justice and equity in international tourism contexts. As a doctoral candidate in the Department of Recreation and Leisure studies at the University of Waterloo, Maggie employs qualitative and visual research methodologies to better understand the sociocultural dynamics of Nepal's adventure tourism industry as perceived by Sherpa natives who inhabit and work within the Mt. Everest region. Generating findings in multimedia formats, Maggie believes these methodological approaches consider wider audience engagement in the dissemination of research.

## Sherpas' stories of navigating life and death in mountaineering

Mountaineering is the cornerstone of the adventure tourism industry in Nepal, but is critiqued as a way in which people with "means", regardless of experience, pursue Mt. Everest (cf. CBC, 2012; Payne & Shrestha, 2014). Sherpa climbers commit themselves to securing and saving the lives of their clients, often endangering their own (Davis, 2014; NPR, 2013). This was illuminated on April 18, 2014 when an avalanche on Mt. Everest killed seventeen Sherpa and Nepali climbers; all were reported to have been fixing ropes and carrying loads for commercial mountaineering parties (Prettyman, 2014). The aftermath led to contentious meetings among mountaineering stakeholders, Sherpa-led strikes, and ultimately a mountain "closure" (Krakauer, 2014; Thanh Ha, 2014). Social justice concerns arise around the development of Nepal's adventure tourism industry, as tensions grow between the international demand to climb and the fatalities and risks associated with summit attempts.

Within current mountaineering and tourism literature, narratives of Sherpa guides and porters are limited (Notable exceptions: Ortner, 1999; Bott, 2009). To this end, this critical narrative inquiry explores the complexities of Sherpa climbers' stories in an effort to understand their experiences navigating death on the mountainside. Drawing on innovative methodologies (e.g. sensory-ethnography, narrative inquiry) and multimedia technology (e.g. visual and audio recordings), this work privileges Sherpas' voices and decenters dominant tourism narratives (e.g., foreign climbers, media accounts). Through a short documentary film, the audience will be asked to view, listen to, and embody a collection of recorded audio and visual clips collected during my fieldwork in Spring 2015 (approximately eight minutes). As death is navigated, these sensorial narratives reveal interplay between responsibilities, power, and ethics in Sherpa's experiences of freedom on the mountainside. The inclusion of these narratives in tourism research outputs might lead to reconsideration of industry standards and governmental policies that influence freedoms on Mt. Everest, while also contributing to the body of literature around tourism and social justice.

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CJ Blye is a second year Masters student at the University of Alberta, where she is studying environmental behaviours of park users and visitor management strategies under the supervision of Dr. Elizabeth Halpenny. She is very interested in how environmental psychology theories can help us to understand park visitor and develop better education and programming both within our parks and schools. CJ has a passion for the outdoors and strives to use research as a tool to help keep Canada's parks and protected areas thriving for current and future generations to enjoy.

## Who is in Our Parks? Examining the Low Impact Camping Practices of Front-Country and Back-Country Canadian Provincial Park Visitors

There has been considerable examination of the behaviours of back-country wilderness users, while research surrounding front-country users has been neglected (Poff, Cleinmark, Stenger-Ramsey, Ramsing, & Gibson, 2013; Vagias & Powell, 2010, Taff, 2012). Addressing this gap in research is critical, as the number of front-country visitors is almost eight-times greater than the number of back-country visitors in Canadian provincial parks (Alberta Parks, 2014, Ontario Parks, 2010). This study examined the relationship between front-country and back-country campers within two geographically different but culturally comparable Canadian Provincial Parks. Specifically, the author was interested in how their engagement in low-impact camping methods differed. The difference in low-impact camping education and messaging was also examined as the two parks have distinctly unique methods of delivery. The seven Leave No Trace (LNT) principles were used as a measure of overnight park visitors' engagement in pro-environmental behaviours based on similar studies (Hutson, 2012; Vagias, Powell, Moore, & Wright, 2012; Taff, 2012; Leave No Trace Canada, 2014). Following a controlled comparison case study method the study sample (n=485) consisted of 230 front-country visitors, 230 back-country visitors, and 25 in-depth interviews were conducted with both front-country and back-country users. Results indicated a significant difference between the two parks users in terms of both knowledge of LNT and intention to follow LNT and engage in pro-environmental behaviours. Additionally, a significant difference was found in knowledge and awareness of LNT between the two parks. A better understanding of the environmental behaviours of front-country overnight visitors will allow park managers to improve the efficiency and effectiveness of communication/education strategies targeting this group.

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## Becca Mayers

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Becca Mayers is currently a first year MA candidate at The University of Waterloo. Originally from the suburbs of Toronto, Becca has worked, studied and travelled abroad to broaden her knowledge of other countries and cultures. Through travelling she has developed a passion for cities and how transportation is taken up amongst various cultures. Specifically, her love of cycling as an active form of transportation and leisure have prompted her research city cycling. Her line of inquiry focuses on active modes of transportation as well as critiquing the cultural normalization of car culture within cities.

## Whose Lane is it Anyway?

The purpose of this research is to critique public cycling policy within an urban context, and to expose dominant car discourse through a critical urban lens. Urban cycling in North America has been gaining momentum for decades (Silverberg, 2011). Although there is significant growth in cycling, upgrading infrastructure to accommodate for cyclists has become an issue for urban planners and public officials (Krizek & Johnson, 2006). North American cities were built with the automobile in mind, thereby leaving the bicycle by the wayside (Schafer & Victor, 2000). There is plenty of evidence to suggest bikeable cities are more livable and sustainable (Buehler & Pucher, 2012). Therefore, urban cycling is an appealing alternative to current modes of transportation (Buehler & Pucher, 2012). However, the political agenda and current way in which cycling is planned for in cities still caters to the automobile (Paris, 2013). Cycling master plans strive towards a cycle friendly city, however the dominant car discourse reigns supreme (Furness, 2010).

Typically, urban cycling policy is influenced by quantitative data on the amount of cyclists on roads, yet fails to capture the actual experiences of cyclists who are suppressed by the dominant discourse. In this presentation, I will discuss the development of my thesis proposal where I suggest using qualitative research methods and focusing on narrative inquiry to collect stories from cyclists, thus creating a counter-narrative used to critique the larger car meta-narrative to help influence policy.

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Sarah Dolman is a graduate of the Honours Knowledge Integration program at the University of Waterloo with a minor in Psychology and in Applied Language Studies. During her time at Waterloo, Sarah has pursued a number of projects related to mental health, including a museum exhibit that shared the experiences of individuals with mental illnesses. As well, Sarah completed an honours thesis that investigated the communication of campus mental wellness services to students, titled, “Communication of Campus Mental Wellness Services: Assessing Students’ Perspectives and Reviewing Best Practices.” In addition to her passion for mental health, Sarah enjoys playing the flute and singing in the University of Waterloo A Cappella Ensemble.

## Communication of Campus Mental Wellness Services: Assessing Students’ Perspectives and Reviewing Best Practices

Student mental well-being is a major responsibility in university settings (Hunt & Eisenberg, 2010). When faced with emotional challenges, communication barriers often prevent undergraduate students from obtaining the vital information and guidance they need (Eisenberg, Golberstein, & Gollust, 2007). This study intends to explore these communication barriers from the perspective of undergraduate students at the University of Waterloo. Combined with research surrounding health communication theories, this study aims to develop recommendations for decreasing communication barriers. Participants for this project (N=307; female=66.12%, male=23.78%, non-binary=1.30%) consisted of undergraduate University of Waterloo students mainly from the faculties of Environment (33.88%), Applied Health Sciences (28.01%), and Science (20.52%). Students completed a questionnaire that was primarily quantitative in nature, with opportunities to provide open-ended responses. Preliminary findings indicate that nearly two-thirds of participants were unaware of individual counselling at Counselling Services (60.59%) or how to book an appointment to use this service (60.91%). In addition, participants perceived that information about mental wellness services is communicated more effectively than information about strategies for mental wellness ( $t(303)=5.12, p<.001$ ). Additionally, students also agreed that there should be more ongoing communication of information about both services and strategies regarding mental wellness. These findings are central to addressing the mental health needs of students at the University of Waterloo and will be provided to campus mental wellness services to assist in the design of future communication initiatives.

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Jessica Brake is currently finishing up the first year of her Master's degree in Recreation and Leisure Studies at the University of Waterloo. Previous to this, Jessica earned her Bachelor's of Arts, in Recreation and Sport Business and Therapeutic Recreation, which was also completed at the University of Waterloo. This poster presentation focuses on a project that was undertaken during a therapeutic recreation internship during her undergraduate degree. In addition to an interest in addiction and mental health, her most current research interests focus on interorganizational relationships within the context of sport.

## **The use of meditation as a therapeutic recreation intervention for those with a substance addiction**

Substance addiction, is a brain disease characterized by strong cravings, compulsive use, and lack of control to stop, despite the harm and consequences that it may cause (Young, DeLorenzi, & Cunningham, 2011). Further, it is often described as a chronic, relapsing condition, with relapse rates exceeding 60% (Bowen, et al., 2009). One method that is commonly thought to reduce both levels of craving and rates of relapse is meditation (Bowen, et al., 2009). Therefore, this study addresses the use of meditation as a therapeutic recreation intervention tool within the context of an addiction treatment centre located in Ontario. The purpose of this quantitative study was to design, deliver, and evaluate a meditation program over a ten-week period within the treatment centre. Individuals that participated in the meditation program completed both a pre and a post mediation survey. Findings indicated that the meditation program was able to reduce the participants' level of cravings, and negative emotions, while simultaneously increasing coping skills and positive emotions. Overall, meditation was found to be a useful relapse prevention strategy.

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Bobbi-lee Churly is a Masters Candidate at the University of Waterloo in Recreation and Leisure Studies. She received a BA in Criminology and Justice from UOIT. Her research focuses on Social inclusion, community cohesion, and social justice in sport. She seeks to examine how sport can impact social inclusion, and community cohesion for minority populations and newcomers to Canada. In addition, she is currently working with the Campus Athletic Research Network (CARN) on attitudes and perceptions of students towards University of Waterloo varsity athletics, and lack of school spirit. She has a strong athletic past as a Varsity Athlete alumni herself. This is where her passion for diverse interests in the field of sport research developed.

## **Attitudes and Perceptions towards Varsity Athletics at the University of Waterloo**

Feeling connected to your community, especially within University is an important but often overlooked factor (Misener, 2006). Athletics provides an opportunity for students to engage in the larger student body, while at the same time potentially increasing the enjoyment of the undergraduate student experience. Research indicates that sporting events play a significant role in strengthening the social structure and social inclusion of its' community members (Misener, 2006). However, Nelson & Wechsler (2003) suggest that there is a lack of research in regards to the importance of attending sporting events for University students.

It has been acknowledged that the University of Waterloo is widely known as a strong academic and innovative school (Browne, R., October 30, 2014), with an average reputation for varsity athletics and social inclusion of its' students. Therefore, the purpose of this study will be to investigate the general attitudes and perceptions toward the University of Waterloo's varsity athletics program from the student body perspective. By researching the attitudes of students, we hope to make suggestions to the athletics program to increase social inclusion and school spirit. This study will use grounded theory and a quantitative surveys as the method. This survey will be distributed to approximately 500 first and second year students and will ask questions in regards to varsity athletics and school spirit.

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Jacquelyn Stam is a 2nd year Masters student here at UW studying under Sherry Dupuis. She came into her Masters with much experience in health services for seniors, and has therefore been working on her research proposal about the Experiences of Adult Day Programs. At this symposium she is presenting a poster explaining the proposal of her research project.

## User Experiences of Alzheimer's Day Programs

Canada's population is ageing (Statistics Canada, 2014). Current trends show that by the year 2030, the percentage of persons aged 65 years and over will be 23.6%, compared with the current 15.3% (Statistics Canada, 2014). This rise in the percentage of older Canadians is expected to double the number of Canadians living with some form of dementia (Government of Canada, 2015). Amongst tight budgets, diverse clientele, and growing trends to age in place, the Ontario healthcare sector is struggling to provide effective services for persons with Alzheimer's disease and related dementias (ADRD) to ensure they remain engaged in their communities throughout the lifecourse. Alzheimer's day programs provide activity and socialization for often isolated seniors and respite for stressed care partners. The literature on day programs focuses principally on respite use and increases in physical or cognitive functioning, but there is little exploration on the role day programs play in the lives of individuals who use them daily. The purpose of this phenomenological study is to explore 'the day program' experience from the perspectives of multiple stakeholders involved in the K-W Seniors Day Program in Kitchener, Ontario. The central phenomenon being explored is the common experience that these three stakeholders hold. Data will be collected through observation and semi-structured interviews with day program workers, persons with dementia who attend the day program, and family care partners. The interviews will be transcribed and analyzed for major themes about the meanings and experiences of the day program. It is expected that understanding more about the day program as experienced by these three groups will provide important insights into how adult day programs are being used to promote Ontario's Aging at Home Strategy and build dementia friendly communities.

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Examining the differences in physical activity behaviour among rural and urban populations is of personal interest to Zeke Guy. Growing up in both rural and urban areas of Ontario, a disparity in health behaviour was evident between these populations. Now in the last year of his Kinesiology undergraduate program, Zeke has been able to understand more of the underlying social and ecological factors that help explain this disparity. He is grateful to have the opportunity to present his findings and hopes that they contribute to the body of knowledge that serves to improve health behaviour in rural and urban communities.

## Physical Activity and Chronic Disease in Rural Populations: Insights and Suggestions for Future Research

The following review aims to provide current information on physical activity PA behavior in rural populations, and explain how this behavior differs from urban populations. Issues surrounding current research are addressed and suggestions are made to improve future studies. Finally, avenues to promote PA in rural communities are outlined and compared to suggestions made by previous researchers. To date, reduced participation in leisure and transport-related PA (i.e. an active mode of travel such as walking or cycling) has been associated with reduced moderate-to-vigorous intensity physical activity (MVPA) among rural compared to urban populations (Fan, Wen, & Kowaleski-Jones, 2014). The built environment might provide much explanation for this phenomenon, as reduced recreation and pedestrian infrastructure has been associated with reduced leisure and transport PA (McCormack & Shiell, 2011). Researchers suggest that increasing access to pedestrian and cyclist infrastructure, recreational facilities, and PA programs may improve rates of PA and more importantly MVPA in rural communities (Yousefian & Hartley, 2015). Current issues in methods used to examine PA among rural and urban populations are highlighted and addressed. Most researchers tend to use non-standardized definitions of rural and urban and take a dichotomous approach. This fails to capture the variation in socio-ecological characteristics that exist across the rural-urban continuum (Millward & Spinney, 2011) as well as limit comparability between studies. The author provides examples of standardized approaches to differentiating rural from urban used in previous literature that avoid these pitfalls. Subjective measures of PA may be unsuitable when comparing between rural and urban, as outcomes are generally inflated among rural respondents. As such, future studies should use objective measures of physical activity such as heart rate monitors and/or accelerometers when examining PA among populations of varying urban-rural status.

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## Georgia Teare

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Georgia is a first year master's student in the department of recreation and leisure studies at the University of Waterloo. She completed her undergraduate degree in the same department, earning a bachelor's degree (honours) in recreation and sport business with an option in tourism. Her research interests include mega sport event leveraging and legacy management, specifically sport participation legacies. In particular, Georgia is most interested in researching the extent to which academic findings are used within the legacy management process.

## Exploring Knowledge Utilization in Olympic Legacy Management

The Olympic Games can positively impact host communities (Coalter, 2007). Although researchers have offered considerable insights into ways legacy management can be improved, few scholars have explored the uptake or use of academic research (i.e., knowledge utilization) in the development of legacy strategies and plans. Thus, this study will explore stages of knowledge utilization (KU) among Olympic legacy planning managers. Specifically, the purpose of this study is to explore factors that influence Knott and Wildavsky's (1980) seven stages of knowledge utilization (i.e., reception, cognition, reference, effort, adoption, implementation, and impact). Consistent with Landry, Lamari, and Amara (2003), these factors include: organizational characteristics, organizational culture; and relationships between the researcher and the end user.

National Olympic Committees (NOCs) of selected countries and Olympic legacy planning stakeholders will be contacted and asked to complete a survey questionnaire. In particular, questionnaires will be distributed to individuals who have been involved in the development of an Olympic legacy plan. The questionnaire will be designed to assess stages of KU and each of the aforementioned uptake factors using validated scales from Knott and Wildavsky (1980) and Landry et al. (2003).

This study will benefit academic researchers and legacy management stakeholders. Through understanding the extent to which academic research is being utilized by Olympic planning committees, academic researchers will be able to identify areas where they can improve their research dissemination. Improved research dissemination may lead Olympic legacies to be managed more effectively, which may create more successful legacies that will benefit hosting communities.

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# 2016 GARLS Symposium

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*We would like to take this opportunity to thank all those who contributed their time and energy to making this year's symposium a successful event once again. This event would not be possible without the effort of all those who helped with the planning and implementation.*

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