

# *From the Heart. . .*

*. . . Life Skills for Today*

*By Sharon L. Benedict MS, ACC*



## **How do you recreate?**

How did the word “recreation” ever get created? According to the Online Etymology Dictionary the French origin of “recreate” means "to create anew," The word, “recreation” goes back to 1390 related to the "refreshment or curing of a person, refreshment by eating," Now, that’s a definition we all can relate to!

From the Merriam-Webster's Collegiate Dictionary, 11th Edition (2003), the noun, recreation, comes from Middle English’s Anglo-French word “recreacion”, or recreation, meaning restoration to health, to “recreate” meaning to create anew, restore, refresh. The 15th century rendering evolved to include “refreshment of strength and spirits after work; also a means of refreshment or diversion.”

The meaning "refresh oneself by some amusement" is first recorded c.1400; abbreviated form “rec “is attested from 1929. The verb recreate "to refresh by physical influence" is attested from c.1560. “Recreational” is from 1656 . . . and so on to today where our marketing/promotion/ad industries thrive on using references to recreational activities and endeavors that help us all have fun and be refreshed, even experience some healing. Whether refreshment in body or mind, as after work, infers some form of play, amusement, or relaxation, we all know to recreate involves any form of play, amusement, or relaxation, such as games, sports, or hobbies.

So, how do you “recreate?” This is surely a very open-ended question that can elicit just about any response. It’s all in the “eyes of the beholder.” Yet, let’s narrow the options down just a bit to help us see how we play—often times on autopilot! One example of autopilot playing is when you decide to start collecting old perfume bottles. It was definitely fun with the first 25 to 50. Yet, somehow, it isn’t so much fun anymore having to dust off every one. You say to yourself, “No more.” But the other day you just happened to walk by an antique/second hand store and saw yet another prize perfume treasure! And now it’s like a habit you can’t break. It just doesn’t have the charm to refresh anymore but you just keep collecting.

Does this sound familiar with your own “recreating” activity? We must all remember that whatever we choose to do to “recreate” to routinely ask “Am I still having fun?” If not, maybe it’s time to shift gears and try something new or rediscover a long-lost interest from your youth. Here are some examples of recreational areas you might consider practicing or appreciating. Keep in mind that there are basically two forms of recreation—passive and active. Both can be done alone and with others. Be sure to do both forms so your mind and body gets some form of whimsical workout; and you can share the fun. And, of course, whatever you do, keep it safe and healthy for all concerned.

Choose two areas (one passive; one active) you would like to check out in your own community. And do a net search by all means to broaden your horizons on the world of fun and recreation that refreshes your life, both body and soul. I’m sure you can add to this list any number of possibilities. So, please feel free to do so. In the next issue, I’ll cover some “rec” spots for the Arts, Animals, & Antiques thriving in our Texas Hill Country that you may want to give a try. Have fun “recreating!”

Adventure Tourism  
Art  
Animal/Bird watching  
Backpacking  
BASE Jumping  
Bungee Jumping  
Canyoning  
Caving  
Computer games  
Crafts  
Cycling  
Dancing  
Drawing  
Eating and drinking  
Gardening  
Going to the beach  
Hang Gliding  
Hiking/walking new trails  
Hobbies  
Humor: jokes, riddles, anecdotes  
Hunting and fishing  
Kayaking/Canoeing  
Kite flying  
Martial arts  
Motor Sport  
Music  
Paintball  
Painting  
Partying (healthy of course!)  
Pet ownership  
Reading a book  
Rock Climbing  
Shopping  
Singing  
Skiing  
Sky Diving  
Sledding  
Snowboarding  
Spending time with friends and loved ones  
Sports and exercise  
Travel and tourism  
Using the internet (healthy of course!)  
Video games  
Visiting an amusement park  
Visiting galleries & museums  
Watching movies  
Writing  
Yoga

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## **Recreation/Entertainment—Arts, Antiques, Animals**

Here we are in the midst of those Fall season hints and the many announcements you are undoubtedly getting in the mail for every kind of event coming your way. Have you marked your calendar yet? Or is life and work garnered all your time and energy? If so, maybe it's time to do some calendar rearranging for some fun and recreation.

Remember the last article where you were given a list of recreation and entertainment areas to consider—two areas, one passive, the other active? For the moment, let's focus on some “rec” spots for the Arts, Animals, & Antiques thriving in our Texas Hill Country that you may want to give a try.

***Let's start with the Arts***, one of my most favorite areas! Whether you paint, sculpt, or dance professionally or as a hobbyist, the Creative Arts encompasses one of the most diverse and engaging worlds, both passively and actively. You can also have loads of fun in the “crafting arts” via needlepoint, weaving, stain glass, you name it. Or you can venture out to those more lofty arenas such as art galleries, museums. You can also visit some hot spots that offer arts & entertainment districts, such as the one in Blanco, Texas ([www.uptownblanco.com](http://www.uptownblanco.com)).

In fact, you can get up close and personal on December 4, 2009, while you learn how the Uptown Blanco Arts & Entertainment District was created. The Hill Country

Council for the Arts ([www.HCCArts.org](http://www.HCCArts.org)) is hosting Renee Benson, guest speaker at the Uptown district. The HCCArts Business & Arts Committees is hosting their next Business & the Arts Speaker Series Luncheon on the premises. Renee and her team were instrumental in transforming an entire downtown block into this arts and entertainment district. Come find out how your community can do the same! Tickets are already on sale at the HCCArts website store.

In the meantime, check out the many galleries and museums in your area. Also, contact the Boerne Professional Artists Association (<http://www.boerneart.com>) to plan to attend their Spring 2010 *Parade of Artists* fantastic opportunity to cruise through area artist studios throughout the Texas Hill Country. For just plain live theatre fun, buy your tickets at the Boerne Community Theatre (<http://www.boeretheatre.org/>), and the Kerrville Performing Arts Society (KPAS) programs ([www.kpas.org](http://www.kpas.org)).

***Now, on to the Antiques!*** First, cruise through your local Chamber of Commerce Directory (i.e. Boerne Chamber, [www.boerne.org](http://www.boerne.org)). Then visit About.com, Texas Travel, <http://gotexas.about.com/od/texasvacations/a/TexasAntiques.htm> for all kinds of possibilities throughout the Hill Country. In addition, get some tips on buy antiques at <http://antiques.about.com/>. And if you are one of those passionate bottle collectors, here's your site to connect with, [http://www.bottlebooks.com/Internet%20Resources/top\\_web\\_sites\\_for\\_antique\\_bottles.htm](http://www.bottlebooks.com/Internet%20Resources/top_web_sites_for_antique_bottles.htm). For the first timers with your treasure hunts, try out the Antiques & Collectibles National Association, <http://www.antiqueandcollectible.com/>. This is just one of many that actually focus on a particular area of antiques—from cars, jewelry, to vintage apparel.

***Next, where in the world can you find animals in the Texas Hill Country,*** besides deer and turkeys? Well, you can first start with the Texas Parks and Wildlife website, <http://www.tpwd.state.tx.us/landwater/land/habitats/hillcountry> to get acquainted with the variety of animals in your territory. The Texas Hill Country is comprised of 25 counties replete with all the fauna and flora you can imagine native to the hillsides. There are also a number of wildlife habitats beginning with the Cibolo Nature Center right in Boerne, Texas. Then you can branch out to those that primarily focus on hunting, such as the Wildlife Ranch, <http://www.thewildliferanch.com/>.

For those who like to view rather than shoot for trophies, by all means visit the Texas Hill Country Nature Photography Alliance (<http://www.hillcountryphoto.org/Home.html>) for links to private ranches that have devoted themselves to the preservation of animal and plant life on their lands. Here are just a few listed and linked—Annandale Ranch, Block Creek Natural Area, Los Madrones, and Stowers Ranch. On any number of these ranches, you can actually rent cabins and other accommodations. You can also visit safari-type ranches, such as the Natural Bridges Wildlife Ranch, <http://wildliferanchtexas.com> that is host to animals from Africa.

This little venture into the Arts, Antiques, and Animals should get you well on your way to a great time having fun. And for anything I've missed here in your local area in the Texas Hill Country, just click on Hill Country Yellow Pages, <http://www.hcyellow.com/>. Next article, the focus will be on sports and outdoors "recreating."

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## **Recreation/Entertainment—Outdoors & Sports**

Last article we ventured into the Arts, Antiques, and Animals for “recreating.” Now it’s time for a little sporting and outdoor fun in the Texas Hill Country. One of the first spots in your own backyard is to check out the Boerne Parks & Recreation for what’s happening at your local city parks (<http://www.ci.boerne.tx.us/parks/ParkHappenings/tabid/592/Default.aspx>). If you like football, be sure to get connected with the 2009 Adult Flag Football season coming your way. Then, if you want to start getting fit, sign up for the Community Fitness in the Parks program Tuesdays & Thursdays, 7pm-8pm, on the Main Plaza. And it’s free!

Soon to come is an enhanced pedestrian trails to enjoy (<http://www.ci.boerne.tx.us/Portals/7/DocsParks/pedtrails.pdf>). Reserve a weekend to visit many of your local parks, such as Boerne City Park, City Lake Park, Main Plaza Park, Northrup Park, Old No. 9 Greenway Trail, Optimist Park, River Road Park, Roeder Park, and Veterans Plaza. At any one of them you can choose to have a leisurely walk, play a fast game of soccer, and all kinds of sports. Boerne has just about any sport handy—Basketball, Flag Football, Golf, Kickball, Softball, Swim Team, Tennis, Track & Field, and Volleyball.

Let’s not forget Kendall County’s new park system in the midst of being developed. James Kiehl River Bend Park is already open for trail walking and bird



watching (<http://www.co.kendall.tx.us/node/304>) in Comfort, Texas. For those who want to do some camping in the great outdoors, you have the Guadalupe River State Park, and the Honey Creek State Natural Area nearby. And for those avid golf enthusiasts, you can choose from at least eight gold courses throughout our part of the Texas Hill Country. Then add another six or so around Austin, and you will be in “tee” heaven!

With all the waterways around us, one cannot neglect a few kayaking adventures along the Guadalupe River, maybe the Frio. Find out what’s running right now at Boerne’s local Texas Kayak store, <http://www.texaskayak.com/>. And if you want to see some happy kayakers, visit Boats and Balls for the Saturday Paddlers’ September 2009 adventure, [http://boatsandballs.blogspot.com/2009\\_09\\_01\\_archive.html](http://boatsandballs.blogspot.com/2009_09_01_archive.html). You may ask why “boats and balls.” Let’s set the record straight. It’s not what you first thought. The site is a blog with a tag line of “Canoe and kayak paddling adventures compete with soccer for recreational time.”

These are just a few possibilities. The myriad of outdoor and sporting adventures are endless and only limited by your imagination, or lack thereof. So, be creative and check out what strikes your fancy. Have fun in this gorgeous weather “recreating.”

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