# Diversity and Inclusion in the Recreation Profession

## **Organizational Perspectives**

**3rd Edition** 

Ingrid E. Schneider B. Dana Kivel

Editors



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Sagamore Publishing LLC 1807 N. Federal Dr. Urbana, IL 61801 www.sagamorepub.com Our dedication is two-fold. First, we dedicate this for those of whom we speak. Second, we dedicate this book to our teachers and mentors who provided us guidance and support. Through their legacies we have learned much, taught many, and conducted research that has contributed to the body of knowledge and, perhaps most importantly, sought to speak up and advocate for a diverse and inclusive world. We are most grateful. Thank you.

## Contents

About the Authors	ix
Acknowledgments	xix

### Chapter 1

Introduction: Diversity and Inclusion in Recreation,
Leisure, and Tourism Organizations1
Maria T. Allison, Ingrid E. Schneider, and B. Dana Kivel

## Voices and Cases from the Field I

### **Chapter 2**

Everything Counts
A Case Study of Culturally Appropriate Conservation Education22 David N. Bengston and Michele Schermann
The Latino Institute: An Equitable Recreation Program in the City of Phoenix27 <i>Ariel Rodríguez</i>
Orlando Gay Days: Organizational Responses and Nonresponses
Managing People's Park With All People in Mind
Ensuring Accessibility45 Mary Ann Devine

Chapter 3	51
Acting Our Age: The Relationship Between Age and Leisure <i>Valeria J. Freysinger</i>	
Chapter 4	75
"Just" Recreation: Gender Issues and Recreation, Leisure, and Sports Management <i>Karla A. Henderson</i>	
Chapter 5	101
(De)constructing the "Other": Working Beyond Heteronormative Assumptions of Leisure Identities Stephen T. Lewis, Corey W. Johnson, and B. Dana Kivel	
Chapter 6	123
Leisure and Social Class <i>Jeff Rose</i>	
Voices and Cases from the Field II	
Chapter 7	
Diversity: Learning to Appreciate Its Power Deborah A. Getz	145
Women's LEADherSHIP Workshop Karla A. Henderson and Vonda Martin	150
The Needs of LGBTQ Campers: Camp Ten Treeslore m. dickey	154
An Active Park is a Safe Park: Addressing Crime in Urban Parks <i>Monika Stodolska</i>	158
Going to the Pub: Reflections on Recreation Therapy and Community Reintegration Jamie Hoffman	166

Chapter 8	
Disability as Diversity	
Mary Ann Devine	

#### **Chapter 9 183** Taking Critical Stances on Race and Ethnicity in Recreation and Tourism Management Organizations *Rasul A. Mowatt, Matthew D. Ostermeyer, and Myron F. Floyd*

Spiritual Diversity: Implications for Parks, Recreation, Tourism, and Leisure Services *Paul Heintzman* 

## Voices and Cases from the Field III

### Chapter 11

"Nothing About Me Without Me": Working in Partnership With Youth245 <i>Bina Lefkovitz</i>
Diversity: A Personal and Professional Journey and Commitment
Girls Swim Night Out252 Linda Elmes Napoli and Ayanna Farrell
Inclusive Processes in Commemorating the United States–Dakota War of 1862256 Daniel Spock
Evolving With the Times: Diversity Opportunities and Challenges in Minnesota's Tourism Products and Marketing262 <i>Colleen Tollefson</i>
DuSable Museum

## 

Organizational Learning: An Approach to Enhance Diversity and Inclusion Raintry J. Salk, Kenneth R. Bartlett, and Ingrid E. Schneider

## Voices and Cases from the Field IV

7
0
0
3
2
)
7
3

## About the Authors

### **Editors**

#### **Ingrid E. Schneider**

Ingrid Schneider is a professor in the Department of Forest Resources at the University of Minnesota, where she teaches in the park and protected area concentration. Ingrid received her bachelor's and master's degrees from the University of Minnesota and her PhD from Clemson University. Beyond diversity, Professor Schneider's research interests include visitor behavior, recreation conflict, and sustainable nature-based tourism. She is a fellow of the Academy of Leisure Sciences. Ingrid's professional experience includes the service industry, lodging sector, and as an outdoor recreation planner. Ingrid seeks life balance through family events, yoga, hiking, reading, attending movies, and cooking.

#### **B. Dana Kivel**

B. Dana Kivel taught tennis in a summer parks program, wrote for a daily newspaper in Tyler, Texas, and a national feminist newspaper in Washington, D.C., worked on a Quaker farm/ summer camp in Vermont, and cofounded and directed the Lavender Youth Recreation and Information Center (LYRIC). Celebrating its 28th anniversary in 2016, LYRIC is a non-profit, social/recreational program in San Francisco for young people who self-identify as lesbian/gay/bisexual and transgender. Dana taught at the University of Northern Iowa and the University of North Carolina, and in 2001 received a Leverhulme Research Fellowship to live and work abroad in Leeds, England. Since 2003, Dana has been a professor of recreation, parks and tourism administration at Sacramento State University (CSUS), and in 2015 was named director of the Community Engagement Center at CSUS. In this new role, Dana oversees Service Learning, Community Service, and Civic Engagement.

### Contributors

#### **Maria T. Allison**

Maria Allison is professor emerita at Arizona State University, where she retired from more than 20 years of service as professor, department head, dean, and vice provost for academic excellence. She spent her early professional years teaching and coaching high school in Gallup, New Mexico, working with American Indian, Hispanic, and Anglo youth. The majority of her scholarly work and teaching efforts focus on issues related to ethnicity, diversity, and leisure. She received her bachelor's and master's degrees from the University of New Mexico and her PhD from the University of Illinois, Champaign-Urbana. Dr. Allison is a fellow of the Academy of Leisure Sciences. In her free time, she loves to fish, work in her garden, tend to her beloved dogs, and play golf.

#### **Leslie Aguilar**

Leslie Aguilar is author of the best-selling *Ouch! That Stereotype Hurts* and *Ouch! Your Silence Hurts* video-based training programs. In addition, Leslie has authored or coauthored multiple articles, assessment instruments, classroom and online learning modules, and books, including *Multicultural Customer Service: Providing Outstanding Service Across Cultures* (McGraw Hill/Irwin, 1996). She has facilitated hundreds of workshops on diversity and inclusion, multicultural customer service, and linguistic and cultural competence. Leslie holds a BA degree in foreign language. She was educated at the University of Valencia, Spain; the North American Cultural Institute, Guadalajara, Mexico; the University of Paris IV (Sorbonne), France; and Stetson University, Florida. She also studied at the University of Geneva, Switzerland, as a Rotary International Scholar. Prior to forming her own consulting group in 1992, Leslie worked 15 years with The Disney Company in guest relations, The Disney University, and Disneyland Paris.

#### **Kenneth R. Bartlett**

Kenneth Bartlett is associate dean and professor of Human Resource Development in the Department of Organizational Leadership, Policy, and Development in the College of Education and Human Development at the University of Minnesota. Originally from Christchurch, New Zealand, Bartlett graduated in parks and recreation management from Lincoln University before working in a variety of positions related to recreation management and human resource development in both New Zealand and the United States. He completed his MSc in leisure studies and PhD in human resource education at the University of Illinois at Urbana-Champaign. Professor Bartlett's active research program has focused on the process and outcomes of organizational human resource development with his research published in top-ranked, peer-reviewed journals in human resource development, human resource management education, and international education. He previously served as editor-in-chief for *Advances in Developing Human Resources*.

#### Leandra A. Bedini

Leandra Bedini is a professor in the Department of Community and Therapeutic Recreation at the University of North Carolina at Greensboro, where she teaches in the core as well as the therapeutic concentration. She is currently the Director of Therapeutic Recreation. She is both certified and licensed as a recreation therapist and has practiced in community, school, and hospital settings. Leandra received her BS degree from East Carolina University, her MA degree from Michigan State University, and her PhD from University of Maryland. Her research interests include the relationship of leisure and health of family caregivers, and the leisure of girls with physical disabilities. For her leisure, Leandra enjoys hiking, bicycling, mysteries, and spending time with friends and family.

#### **David N. Bengston**

David N. Bengston is a research social scientist with the Northern Research Station of the USDA Forest Service and an adjunct professor at the University of Minnesota. Dr. Bengston received his bachelor's, master's, and PhD degrees from the University of Minnesota. In recent years, his research has focused on environmental futures and applying the methods of strategic foresight to natural resource policy and planning. Dave enjoys playing jazz piano, building and riding bicycles, and spending as much time as possible with his wife and four children.

#### **Barbara A. Ceconi**

Barbara A. Ceconi is the principal of Ceconi Consulting Group, a universal design consulting firm. With the numbers of people developing age-related functional limitations, she has broadened the scope of her company to include this growing population. Ms. Ceconi includes this population when working with museums and cultural institutions, corporations, educational programs, and hospitals to reach the largest number of people possible in these venues. Ms. Ceconi enjoys theatre performances, long walks with her guide dog, Bo, and is an avid reader. Ms. Ceconi has her BA in psychology from Amherst College and her master's degree in social work from Boston College.

#### **Mary Ann Devine**

Mary Ann Devine is a professor at Kent State University, where she teaches courses in recreation management and disability studies. She received her doctorate degree from the University of Georgia. Devine's research interests comprise the inclusion of people with disabilities in leisure contexts from a social justice perspective and issues related to healthy active living for people with disabilities. Beyond academia, she has experience in community-based therapeutic recreation, best practices in inclusion of people with disabilities in various recreation activities, and teaching downhill skiing to people with disabilities. Mary Ann balances her work and personal life through spending time with her family, playing tennis, downhill and cross-country skiing, hiking, volunteer work, and reading.

#### lore m. dickey

lore m. dickey serves as an assistant professor in the Department of Educational Psychology at Northern Arizona University in Flagstaff, AZ. In addition to teaching graduate courses in the fields of counseling and counseling psychology, he also serves as a research advisor for students and is the Director of Training for the Counseling/School Psychology combined PhD program. He completed his training as a counseling psychologist at the University of North Dakota in 2011. He completed his predoctoral internship year at Duke University in counseling and psychological services. Following graduation, Dr. Dickey completed a 10-month postdoctoral health policy fellowship at the Morehouse School of Medicine in the Satcher Health Leadership Institute. Dr. Dickey's love of advocacy began in childhood, specifically through his involvement with the Girl Scouts. He learned at a young age the importance of ensuring that everyone has a voice at the table. lore's professional career began in the field of recreation and park administration.

#### **Ayanna Farrell**

Ayanna Farrell currently serves as an internal Learning and Development Consultant for Hennepin County Library, responsible for workforce development of all staff within the County's 41 libraries. Previously she served as the coordinator for the Educational Equity Alliance, an integration Collaborative with Mahtomedi and North St. Paul Maplewood Oakdale school districts. Ayanna also works as an adjunct faculty at the University of St. Thomas in the College of Education, Leadership and Counseling and St Mary's University in the Culturally Responsive Teaching Certificate Graduate program. Ayanna has used her skills and experience in many capacities; as a consultant for Patchwork Quilt, an after- school program in the Minneapolis Northside Achievement Zone, alcohol and drug counselor, juvenile probation officer, homeless advocate, director of mental health, and as a community counselor.

#### **Gerald A. Fernandez**

Gerry Fernandez is president of the MultiCultural Foodservice and Hospitality Alliance (MFHA), a nonprofit organization in the foodservice and hospitality industry that promotes the economic benefits of multicultural diversity. He is on loan from his position as National Account Manager, Foodservice Sales with General Mills, Inc. in Minneapolis, Minnesota. He holds a bachelor of science degree in foodservice management from Johnson & Wales University, where he also received a culinary arts degree in 1976. Prior to joining General Mills, he spent 10 years as senior manager opening and operating fine dining restaurants in New England with the Phelps-Grace Company. Gerry is married, has three sons, one granddaughter, and lives with his wife, Debra (Jackson), in Minneapolis, Minnesota.

#### Myron F. Floyd

Myron F. Floyd is chair and professor in the Department of Parks, Recreation, and Tourism Management at North Carolina State University. His research focuses on race and ethnicity issues in leisure and the role of parks in facilitating physical activity in disadvantaged communities. He received his bachelor's and master's degrees from Clemson University and a PhD from Texas A&M University. When not working, he enjoys Civil War novels, jazz, and listening to and singing gospel music.

#### Valeria J. Freysinger

Valeria J. Freysinger is an associate professor in the Department of Kinesiology and Health, and faculty associate in the Scripps Gerontology Center, at Miami University of Ohio. Her teaching and research focus on issues related to leisure, life course development, and social equity. She received her bachelor's degree from York College of Pennsylvania and master's and doctoral degrees from the University of Wisconsin-Madison. Before pursuing a PhD, she worked for a number of years in community services and community recreation. Bicycling, cooking/baking, hiking, and reading are some of her favorite leisure pursuits.

#### **Deborah A. Getz**

Deb Getz is an assistant clinical professor in the Indiana School of Public Health-Bloomington. She received her bachelor's and master's degrees from Ohio University and her doctorate from Indiana University. She began her doctoral work at Oklahoma State University while working as a recreational therapist in an inpatient psychiatric hospital. Deb teaches in youth development and human development and family studies. Deb partners with the Indiana Youth Services Association to develop, deliver, and evaluate educational materials to prevent human trafficking and exploitation among youth in Indiana. She spends her leisure time with her husband, Kevin, and three children, Elizabeth, Thomas, and Katherine. As an active volunteer in the community and on campus, she is continuously seeking opportunities to broaden her understanding of other cultures through her family and professional experiences.

#### Paul Heintzman

Paul Heintzman is an associate professor of leisure studies at the University of Ottawa in Ottawa, Canada. He has extensive work experience in the recreation, environmental, and social service fields across Canada. He received his PhD in recreation and leisure studies from the University of Waterloo with a thesis titled *Leisure and Spiritual Well-Being: A* 

*Social Scientific Exploration.* His research interests include leisure and spirituality, parks, outdoor recreation and education, and the philosophy and ethics of leisure. He is coeditor of *Christianity and Leisure: Issues in a Pluralistic Society* and author of *Leisure and Spirituality: Biblical, Historical and Contemporary Perspectives.* Teaching areas include recreation and the environment and the concepts of leisure. In 2003 he received the Society of Park and Recreation Educators (SPRE) Teaching Innovation Award. He enjoys competitive running, cross-country skiing, reading books on Christian spirituality, as well as a variety of outdoor activities with his family.

#### Karla A. Henderson

Karla Henderson is professor emerita in the Department of Parks, Recreation, and Tourism Management at North Carolina State University. Her research, teaching, and service focus on issues related to gender and leisure, physical activity, youth development, and the social psychology of leisure. Professor Henderson is a fellow of the Academy of Leisure Sciences and the American Academy of Park and Recreation Administrators. She received her bachelor's and master's degrees from Iowa State University, and her doctorate from the University of Minnesota. She spent her early professional years working as a 4-H and youth specialist in the Cooperative Extension Service in a rural county in Iowa. In 2011 she received a doctor of science (*honoris causa*) from the University of Waterloo in Ontario, Canada. In her leisure, she likes to hike, run, read, play her trumpet, and travel.

#### **Jamie Hoffman**

Jamie Hoffman is an assistant professor of recreation therapy at California State University, Sacramento, in the Department of Recreation, Park and Tourism Administration. A Certified Therapeutic Recreation Specialist (CTRS), she has worked in a number of settings with diverse populations. Her areas of expertise include adaptive sports, adaptive outdoor recreation, international training, and education. Her areas of research include international and cultural perspectives of disability and recreation participation as well as play.

#### **Corey W. Johnson**

Corey W. Johnson is a professor in the Department of Recreation and Leisure Studies at the University of Waterloo. He teaches courses on inclusive recreation, social justice, gender and sexuality, qualitative research methods, and the philosophy of science. His theorizing and qualitative inquiry focuses its attention on the power relations between dominant (white, male, heterosexual, etc.) and nondominant populations in the cultural contexts of leisure. This examination provides important insight into both the privileging and discriminatory practices that occur in contemporary leisure settings. He was selected as one of the top ten educators (P-16) in Georgia working for equality by the Georgia LGBT Pride Committee, and in 2012 he received the UGA President's MLK Jr. Achieving the Dream award for his efforts. Attempting to practice what he preaches, his own leisure includes Bikram yoga, horseback riding, backpacking, camping, cooking, and traveling abroad with his husband, Yancey.

#### Tamara Johnson

Tamara Johnson works as a wildlife biologist for the U.S. Fish and Wildlife Service. She received a BS in biology at the Georgia Institute of Technology, and a master's of natural resources at the University of Georgia. She specializes in macroinvertebrate biology and environmental education.

#### **Paul Kivel**

Paul Kivel, social justice educator, activist, and writer, has been an innovative leader in violence prevention for more than 35 years. He is an accomplished trainer and speaker on men's issues, racism, challenges of youth, teen dating and family violence, raising boys to manhood, and the impact of class and power on daily life. His work gives people the understanding to become involved in social justice work and the tools to become more effective allies in community struggles to end oppression and injustice, and to transform organizations and institutions. Kivel is the author of numerous books and curricula, including *Uprooting Racism, Men's Work, Boys Will Be Men*, and *Helping Teens Stop Violence, Build Community and Stand for Justice*. His most recent book is *Living in the Shadow of the Cross*. More information about Kivel's books and additional resources can be found at www. paulkivel.com.

#### **Bina Lefkovitz**

Bina Lefkovitz is part-time faculty at California State University Sacramento who consults with organizations on youth civic engagement strategies. She has worked in various capacities in the youth and community development fields for the past 35 years. Her expertise is in policy, program, and partnership development; community planning; and youth development. From 1999 to 2010, Ms. Lefkovitz founded and codirected a nonprofit, the Youth Development Network (YDN). Prior to 1999, Ms. Lefkovitz served as special projects director to the Sacramento City Manager, and as the community development director for the Sacramento Housing and Redevelopment Agency. Ms. Lefkovitz has a BA degree from Tulane University and a master's degree from the LBJ School of Public Policy.

#### **Stephen Lewis**

Stephen Lewis is a recreational therapy lecturer at Clemson University. He received his bachelor's and master's degrees from Florida State University and his PhD From Indiana University. Professor Lewis's scholarly work typically interrogates stigma and oppression in leisure spaces through a critical and intersectional lens, with special focus on mental health, obesity-stigma, and lesbian, gay, bisexual, and transgender issues. Stephen has been a certified therapeutic recreation specialist (CTRS) since 2000, and most of his time outside of work centers around family recreation with his daughter, son, and two small dogs. He especially enjoys exploring nature trails, waterfalls, and swimming holes in the upstate South Carolina region.

#### **Vonda Martin**

Vonda Martin is the coordinator of the Women's LeadHERship Workshop, an executive board member of the North Carolina Children and Nature Coalition, and employed with the State of North Carolina as a Parks and Recreation Consultant with the Department of Environment and Natural Resources-Division of Parks and Recreation and North Carolina State University-Recreation Resources Service. She received her bachelor's degree in recreation from Catawba College and master's of science in parks, recreation and tourism management at North Carolina State University. Her 26-year parks and recreation career includes two years of local government, eight years in corporate recreation, 10 years nonprofit management, and six years in state government.

#### **Rick Miller**

Rick Miller is the founder and president of Kids at Hope, a national movement to reverse the youth at-risk paradigm and to focus on emotional, moral, and multiple forms of intelligence as having real-world value similar to the importance society places on academics. Kids at Hope also bridges youth development strategy and practice with educational theory and practice. Rick has published three books: From Youth at Risk to Kids at Hope; Kids at Hope: Every Child Can Succeed, No Exceptions; and Youth Development From the Trenches. Rick has received the City of Phoenix, AZ's, Martin Luther King, Jr. "Living the Dream Award"; Arizona State University's "Visionary" award and the "George Washington Education Medal" from the Valley Forge Foundation. Rick received his bachelor's degree in psychology from California State University, Fullerton, and continued his graduate studies at the University of Southern California and George Washington University. Rick spent 30 years as a professional Boys & Girls Club director. Five of those years he was the national government relations director assigned to Washington, D.C. and an additional 15 years as president of the Boys & Girls Clubs of Metropolitan Phoenix. In 1998, Rick was appointed Arizona State University's first practitioner in residence for the school's Center for Nonprofit Leadership in Management.

#### **Rasul A. Mowatt**

Rasul A. Mowatt is the associate chair in the Department of Recreation, Park, and Tourism Studies within the School of Public Health, Bloomington, Indiana University. He also holds an appointment in the Department of American Studies, and affiliate status in the Department of African-American & African Diaspora Studies, Center for Research on Race and Ethnicity in Society, and the Ostrom Workshop. Dr. Mowatt received his Ph.D. in Leisure Studies, M.S. in Park & Natural Resource Management, and B.S. in History all from the University of Illinois. His primary areas of research are social justice, leisure studies, cultural studies, and critical pedagogy. His interests are strongly centered on critiquing society for issues that are most prevalent in impacting quality of life. In his spare time he has enjoyed DJing as an art form, spinning house, hip hop, reggae, and electronic music for more than 25 years. He whole-heartedly reflects, quite often, on a quote from Octavia Butler's *Parable of the Sower*, "All that you touch, you change. All you change, changes you...."

#### Linda Elmes Napoli

Linda Elmes Napoli is coordinator of aquatics and facility use in the Community Education Department at the North St. Paul-Maplewood-Oakdale School District in Minnesota. Linda received her bachelor's degree from Virginia Polytechnic Institute and State University (Virginia Tech). Linda enjoys gardening, photography, music, traveling, reading, and spending time with her family and friends.

#### Matthew D. Ostermeyer

Matt Ostermeyer is an assistant professor of practice in the Teaching, Learning and Sociocultural Studies Department at the University of Arizona. He received his PhD in leisure behavior from the Recreation, Park and Tourism Studies Department at Indiana University. He also earned his bachelor's degree in sociology from IU, so he is a true "Hoosier." His master's degree was awarded from Central Michigan University in recreation administration. Dr. Ostermeyer brings his extensive practitioner experience in municipal and campus recreational sports to the classroom. His research takes a sociological perspective and focuses on what an increasingly diverse population means for the industry; particularly how cultural competence affects service delivery and participant experience, especially for underrepresented populations. Matt believes passionately in the powerful benefits of recreation and tries to "practice what he preaches" by getting on the tennis court, stand-up paddleboard, and hiking trail as often possible.

#### **Terry Palmberg**

Terri Palmberg, CPRP, received her bachelor's degree from the University of Wisconsin-LaCrosse and master's degree from Arizona State University. She spent her early professional years in Wisconsin and Minnesota. Terri served as assistant director over parks and recreation programs and facilities, citywide supervision of aquatics facilities and operations, and the citywide park ranger program. Over her 20-plus years with the City of Mesa Parks and Recreation Division, she held a variety of positions from administrative assistant to managing the city cemetery. She was an involved professional on the state and national level, serving in a number of leadership capacities. Now retired, Terri's leisure pursuits include house restoration, silversmithing, and golf.

#### **Ariel Rodríguez**

Ariel Rodríguez is an associate professor at Springfield College in the Department of Sport Management and Recreation, where he teaches and serves as the program director for Recreation Management. Professor Rodríguez received his master's and doctoral degrees from Michigan State University and his bachelor's degree from the University of Florida. His research interests include community recreation, youth recreation programs, quality of life, and populations of Latin American descent living in the United States. Beyond his academic endeavors, Professor Rodríguez enjoys spending time with his family and experiencing nature.

#### **Jeff Rose**

Jeff Rose is an assistant professor/lecturer in the Department of Parks, Recreation, and Tourism at the University of Utah. His research interests pursue a diverse set of questions that critically examine issues of public space, productions of nature, connection to place, and nonnormative behaviors. As a critical scholar, Jeff engages a justice-focused lens to a variety of settings: homelessness in parks, outdoor education, illegal marijuana production on public lands, and place attachment in protected areas. Most of his research uses qualitative methods to focus on systemic inequities that are displayed through class, race, political economy, and relationships to nature. Outside of academia, Jeff remains active as an instructor for Outward Bound. He also enjoys a variety of backcountry activities, including rock and ice climbing, backpacking, skiing, and canyoneering. More commonly, Jeff enjoys long runs in the hills, small-scale urban farming, and hanging with his family.

#### **Raintry J. Salk**

Raintry Salk is a parks researcher at the Metropolitan Council, located in St. Paul, MN. Her experience also includes research and teaching in academic settings, as well as experience in the park, recreation, and leisure field, including work in municipal, nonprofit, and federal agencies. She received her bachelor's degree from the Evergreen State College in Olympia, Washington, and her master's and PhD degrees from the University of Minnesota. Raintry's most recent research is focused on park use among selected communities of color. She enjoys hiking, camping, and kayaking.

#### **Michele Schermann**

Michele Schermann, a public health nurse researcher and educator, works at the intersection of human health, agricultural safety, and natural resource management with a special focus on working with immigrant and refugee populations. Skilled in multiple qualitative research methods, Michele translates her research findings into innovative, targeted communications for a variety of audiences, ranging from migrant children to natural resource professionals to Hmong farmers to local fresh fruit and vegetable growers. She is a master's graduate of the University of Minnesota's School of Nursing, with undergraduate degrees in nursing and in horticulture. When not working, Michele can often be found in the kitchen, either baking at home or baking at a commercial kitchen where she volunteers to bake tasty breads, cookies, cakes, and pies for people living with cancer, HIV/AIDS, MS, and ALS.

#### Greg B. C. Shaw

Greg B. C. Shaw is an associate professor and department chair of the Department of Recreation, Parks and Tourism Administration at California State University, Sacramento. Shaw holds a bachelor's degree in architecture, a master's degree in recreation administration, and a PhD in geography. Shaw is the wine editor for *Cuisine Noir Magazine*, and has served on the boards for the *Journal of Tourism Insights*, the California Parks and Recreation Society Educators Section, the California Geographical Society, and the California State Fair Cultural Advisory Council. A life-long Disney fan, Professor Shaw teaches coursework that includes the history of amusement and theme parks as a dynamic component of the commercial recreation and tourism industries.

#### **Daniel Spock**

Daniel Spock is the director of the Minnesota History Center Museum, Minnesota Historical Society (MNHS). Dan has worked in the museum field for more than 30 years, starting as a planetarium guide. Over the course of his career, Dan has worked as an exhibit designer and an exhibit developer, including 13 years at the Boston Children's Museum, before moving into the realm of administration and public program leadership at MNHS, where his team has produced dozens of award-winning exhibitions and programs. Spock is an advocate for participatory museum programs, suffused with an ethic of pluralism, and guided by visitor research, that value museum-goers as active learners. Under his leadership, MNHS has explored informal uses of the past as natural avenues for generating public connection and engagement with history. Most recently, Spock led the diversity and inclusiveness priority MNHS strategic plan. He has consulted and lectured at a variety of museum and learning institutions and has published widely on a variety of museum subjects. Spock has a BA in art from Antioch College.

#### Monika Stodolska

Monika Stodolska is a professor in the Department of Recreation, Sport and Tourism at the University of Illinois. She received her PhD in earth and atmospheric sciences from the University of Alberta, Canada. Her research focuses on issues of cultural change, quality of life, and their relationship to leisure behavior of ethnic and racial minorities. She explores subjects such as the adaptation processes among minority groups, recreation behavior of minority populations in natural environments, physical activity among minority groups, as well as constraints on leisure. Professor Stodolska has coedited books on *Race, Ethnicity and Leisure Matters: The State and Future of Leisure Studies*. Her leisure interests include reading, hiking in Montana, and skiing.

#### **Charlsena Stone**

Charlsena Stone is an associate professor in the Department of Community and Therapeutic Recreation at the University of North Carolina at Greensboro where she teaches in the core as well as in the therapeutic recreation concentration. She is currently Director of Therapeutic Recreation. She is both certified and licensed as a recreation therapist and has practiced in clinical and community settings. Charlsena eceived her BS degree from NC A&T State University and her MS and PhD degrees from the University of North Carolina in Chapel Hill. Professor Stone's research interests include the cultural competency of recreation, parks, and tourism professionals and educators, and its impact on leisure service delivery. For her leisure, Charlsena enjoys reading, watching movies, sports, and spending time with family and friends.

#### **Colleen Tollefson**

Colleen Tollefson is the assistant director for Explore Minnesota Tourism. Colleen has more than 30 years of experience with Explore Minnesota Tourism (formerly Minnesota Office of Tourism) and more than 35 years of experience in the tourism industry. She is responsible for industry communications, organizational partnerships, trade market development, tourism education, and the development of tourism public policy. She also works in product development areas, including cultural/heritage tourism, sports marketing, meetings and conventions, biking, and wildlife tourism. Prior to joining Explore Minnesota Tourism, Colleen was the director of special projects for the Minnesota Restaurant, Hotel and Resort Associations. Colleen has a BS in recreation and park administration from the University of Minnesota and has worked in Minnesota State Parks as well as at Sea Pines Plantation on Hilton Head Island.

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Maria T. Allison Ingrid E. Schneider B. Dana Kivel

## Introduction

Diversity and Inclusion in Recreation, Leisure, and Tourism Organizations

We have learned to say that the good must be extended to all of society before it can be held secure by any one person or any one class. But we have not yet learned to add to that statement, that unless all [people] and all classes contribute to a good, we cannot even be sure that it is worth having."

–Jane Addams (1907/1964, p. 220)

Jane Addams, a founder of Hull House and the modern recreation movement, was also the co-winner of the 1931 Nobel Peace Prize for her work with the Women's International League for Peace and Freedom. Addams was a passionate advocate for children, immigrants, people with disabilities, people who were poor and others who, by virtue of some aspect of their identity or the circumstances to which they were born, found themselves on the margins of society. Raised in a wealthy family and well educated, she recognized, early on, the privilege and power that she possessed and used it to create opportunities for people seeking a better life in the United States at the end of the 19<sup>th</sup> and beginning of the 20<sup>th</sup> centuries.

As you pick up this book, you might be saying to yourself, "It's the 21<sup>st</sup> century—voters in the United States elected the first African-American president in 2008; in many U.S. states, the majority of residents are of

Hispanic origin; same-sex marriage is now legal in all 50 U.S. states; across the Western world, women are increasingly in leadership positions... so why do we still need to read and learn about issues of diversity and inclusion?" We need this book because we continue to face and be challenged by racism, sexism, heterosexism and homophobia, ageism, discrimination, and exclusion based on class and disability.

At the heart of all discussions about perspectives on diversity and inclusion are issues of power and privilege. In thinking about recreation, parks, tourism, and leisure-based organizations, there are a variety of power and privilege questions to consider. For example, as you look around the community in which you live and work, whom do you see participating in programs and how does that compare to the organizational employees and leaders who allocate resources and have the power to make critical decisions? Do an agency's mission statement and strategic plan explicitly articulate a desire to actively seek out and serve constituents from underserved and

... to what extent does your agency include "diversity" and "inclusion" as components of its identity? underrepresented populations? Do program goals and objectives reflect values that are steeped in shared ideas of diversity and inclusion? In other words, to what extent does your agency include "diversity" and "inclusion" as components of its identity (Cole & Salimath, 2013)? And, for that matter, does everyone know and agree on what actually constitutes diversity and inclusion?

Clearly, these questions demonstrate that power and privilege are complex as are the ways in which they permeate our work lives. Do you know how much privilege and/or power you have? Typically, if you have privilege, you may not necessarily be thinking about people who do not have it, and this is precisely "why" this book exists and "why" we hope that as you read it, you will begin to think differently about diversity and inclusion.

In addition to power and privilege, legal mandates also influence issues related to diversity and inclusion. In fact, several laws have been passed to prohibit discrimination, most notably the Civil Rights Act of 1964, which includes numerous Title protections: Title VI protects people from discrimination based on race, color, or national origin at institutions that receive federal financial assistance; and Title VII prohibits discrimination by employers on the basis of race, color, religion, sex, or national origin. In addition, Title IX of the Educational Amendments Act of 1972 prohibits sex discrimination in educational institutions; and the Older Americans Act of 1965 protects people from discrimination based on age. In 2015, the 25<sup>th</sup> anniversary of the Americans with Disabilities Act was celebrated, which prohibits discrimination against people with disabilities in employment, transportation, public accommodation, communications, and governmental activities. Despite all of these laws and regulations, people, by virtue of their race, gender, economic status, sexual identity, and so forth, continue to be discriminated against and face intentional and unintentional exclusion. These laws are critically important, but changes in cultural and workplace attitudes cannot be legislated. That type of change is more



challenging to make. Moreover, as Wheeler (2014) asserted, progress in inclusion has been hampered due to its complexity, competing issues, lack of credence, and untapped resources.

The recreation, tourism, and not-for-profit professions, by their very nature, serve individuals from extraordinarily rich and diverse backgrounds. For example, *public* recreation agencies have direct contact with highly diverse communities through a host of programs provided by municipal/ community parks and recreation, city and state offices of tourism, active generation centers, and state and county parks. *Not-for-profit agencies,* such as hospitals, youth agencies (e.g., Boys & Girls Clubs, YMCAs, YWCAs, and Girl and Boy Scouts), outdoor recreation agencies, and other youth and adult programs serve individuals from all communities across the United States and world. Finally, *private/corporate* organizations, such as travel agencies, hotels, resorts, and theme parks, serve millions of national and international constituents annually. Individuals from all walks of life seek out recreation and tourism programs in search of meaningful, enjoyable, and life-enhancing experiences. Yet, they come to those programs with a host of different experiences, backgrounds, and world views.

Despite the laws and regulations prohibiting discrimination and rhetoric about inclusion, our clients face intentional and unintentional exclusion. Cultural and workplace attitudes cannot be legislated but rather require organizational attention. In 2000 and again in 2008, Allison asserted that ensuring diversity in human services agencies was perhaps one of the greatest challenges that we face going into the 21<sup>st</sup> century: this remains the case. Diversity provides the conceptual framework for thinking about how individuals with varying markers of identity interact with one another in organizations and how the dynamic of diversity operates at both micro (organizational) and macro (societal) levels. Inclusion refers to the actual practice of removing barriers and creating opportunities for full participation in an organization. As management and diversity consultant Andrés Tapia reminds us: "Diversity is the mix. Inclusion is making the mix work" (2009, p 11). In the next two sections, we will look at definitions of diversity and inclusion and then strategies for how organizations can approach diversity and inclusion.

### **Key Concepts**

Since the first edition of this book was published, an entire diversity training industry has emerged. According to Roberson (2006), "more than 75% of Fortune 1000 companies... have instituted diversity initiatives [and] the management of diversity has become an important business imperative" (p. 212). Yet, there is a need to acknowledge that differences exist without reinforcing them and, at the same time, shine a light on how aspects of identity are used to categorize us, separate us and create differences rooted in power and privilege.

As a term, *diversity* technically refers to variety, difference, or multiplicity. Loden (1996) notes that workplace diversity "includes those important human characteristics that impact individuals' values, opportunities, and perceptions of self and others at work" (p. 14). Diversity consists of core and secondary dimensions. Core dimensions include age, gender, mental/physical ability, race/ethnicity, sexual identity, and social class. Core dimensions serve as powerful reflections of our identity and have potent consequences for how we are socialized as they influence how we think of ourselves and how others respond to us. Often, though, we are

We have multiple core identities that influence our experience. unaware of how these dimensions influence our assumptions, expectations, and opportunities. For example, from birth our gender has a strong influence on our sense of self and how others treat us. Always present, the influence of gender is sometimes subtle and other times quite obvious.

In addition, we have multiple core identities that influence our experience. Thus, a 30-year-old Hispanic woman, a 20-year-old African-American man with visual impairment, and an 80-year-old Asian-American woman each have multiple core identities (e.g., gender, gender identity, ethnicity, sexual identity) that influence how they are treated by others and how they live out their daily lives. The secondary dimensions of diversity include communication style, religion, geographical location, and work experience. These dimensions interact with one's core dimensions but are more mutable and variable over the life span. Since they can be changed and modified, there is a level of choice and control over these dimensions. For example, college students have a work identity different from the one they will have as seasoned-working professionals.

Core dimensions are critical to understanding diversity. Throughout this book, authors talk about how these core dimensions are markers of identity that intersect and overlap with one another. Thus, when we think about the leisure needs of an individual, we might need to attend to how various markers of identity intersect—gender identity, racial identity, social class, ability, and so forth. Historical and scientific evidence indicates these dimensions are often intertwined with issues of prejudice, power, and discrimination.

Prejudice refers to negative attitudes or emotions that individuals hold toward certain groups (Cox, 1994; Pettigrew & Martin, 1989). Discrimination is the negative or unjust *treatment* of individuals/groups because of their identity; it is the *behavioral* manifestation of prejudice. One of the consequences of prejudice and discrimination is differential access to power; those in the majority often have privileges, opportunities, control, and life chances not available to others. For example, people who are able-bodied generally have more access to recreational and travel opportunities than people with disabilities. Imagine the complexity of trying to travel by plane if you are in a wheelchair or blind. Similarly, people who live in poverty do not have the same range of recreational opportunities as those who live in the middle and upper classes. Some of us never experienced golf, tennis, or downhill skiing until we were much older because these opportunities were not available except in schools and parks programs. Moreover, research continues to indicate that people of color continue to experience ongoing discrimination in housing, jobs, health care, and recreational opportunities.



From the time we were young, we were given many verbal and nonverbal messages, some conflicting, about how to deal with people different from ourselves. These power-difference examples are based on some sense of hierarchy and worth, an idea discussed in Rose's chapter on Class and Leisure. Despite the common notion that "we are all just people and should treat each other the same," the reality is that systematic patterns of inequitable treatment and discrimination continue today, even in well-meaning organizations. Henderson's chapter on gender examines the distinctions between

equity and equality and helps us to better understand how power operates on so many different levels. People of difference have been shown to be excluded, often unknowingly, from opportunities available to the majority of the population. This book explores places where injustice and inequitable treatment exist and offers suggestions and strategies to eradicate such behavior.

Discussions of diversity can be difficult, particularly for non-Millennials. Often, it is uncomfortable to talk about issues of race/ethnicity, gender, sexual identity, social class, age, and physical ability. Many individuals suggest they are "colorblind" or that these factors do not influence behavior toward others, but the reality is that sometimes, even unconsciously, race/ ethnicity, gender, sexual identity, social class, age, and physical ability do influence how we treat others. In discussions about diversity, references to events and actions of the past often make people feel uncomfortable or defensive. Students in diversity classes have said, "Why are we talking about the past, things like slavery or Jim Crow? That happened before I was even born. What's that got to do with me?" Something to remember is that these authors are not "blaming" you individually. Rather, they are commenting on institutions of the past and the legacies of those institutions that have primarily benefited white people while at the same time disadvantaging people of color in this country.

From the time we were young, we were given many verbal and nonverbal messages, some conflicting, about how to deal with people different from ourselves. These messages came from a variety of sources including family, friends, teachers, coaches, clergy, books, movies, and television. Some children received messages that "it is rude to stare," some received cues that one should not talk to "those" people, some were "taught" respect for all, and others were "taught" disdain. These very complex messages often differed across and between groups. For example, when you were an 8-year-old white male, perhaps it was okay to play on a Little League team with African-American kids, but soon after you discovered it was *not* okay to date a young African-American woman. You were very close to your uncle and loved to go out and play ball with him, but you were continually confused when you heard