

5-7 DECEMBER 2023 – AUCKLAND, NEW ZEALAND

ANZALS 30TH ANNIVERSARY CONFERENCE

'LEISURE FOR LIFE'



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‘LEISURE FOR LIFE’

Proceedings of the Australian and New Zealand Association for Leisure Studies (ANZALS) 30th Anniversary Conference

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Leisure for Life.

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Poiesis or perish: Killing time, navigating serious leisure guilt syndrome whilst making sporting memories.

Richard Wright (Auckland University of Technology)

Poiesis (the Greek notion of making or creating) is central to the creation of all forms of poetry. Poetry is an embodied form of expressive and emotive writing that can transform, translate, and traverse the lived experiences of both self and society. Tom Barone argues ‘the power of art to challenge and disrupt prevailing regimes of truth by raising new questions without obvious answers... [Poems] ‘proffer a vision that is an alternative to the conventional, at odds with the commonplace, the usual lens through which we view the world’ (2010, p. 331). Poets are empathic storytellers who do more than just show and tell. Within the seven couplets of ‘Leisure,’ first published in 1911, William Henry Davies uses personification, irony, alliteration, metaphor, repetition, and regular rhyme scheme to capture the imagination of the reader and to present his vision around the importance of simplicity, spirituality and living life surrounded by nature. Poetry creates a memory (a moment in time) shared by both the creator and the consumer. Poetic expression has unsurprisingly established itself as a valued and valuable method of academic inquiry and means of sharing new knowledge in health care, social work, and education. Arts-based research can also offer an alternative way of (re)presenting knowledge gathered from the everyday creation and consumption of serious leisure. Within my presentation, I wish to showcase and celebrate the power of poiesis within both the active ageing arena and the ongoing evolution of something that I refer to as serious leisure guilt syndrome. More so, through sharing four recently crafted works of art, I seek to inspire others interested in joining this subjective exploration into the value, validity, and viability of de/re-constructing contemporary notions of leisure time. I will offer you a piece of my creative articulation of knowledgeable ethnography (CAKE).

Keywords: *arts-based research; poiesis/poetry; serious leisure; sporting memories*