



Hagen Gottfried sets about greasing a pizza pan. The Southfield teenager is one of 16 who attend the Monday evening classes.



Monday, April 11, 1977

Farmington Observer Suburban Life

(F11B)

New cooking class goes into operation

By LORRAINE McCLISH

Fifteen youngsters are now enrolled in a cooking class that is designed specifically for those who attend special

education classes.

"This is something that I've wanted for 20 years," said Betty Holbert, a Farmington resident who works with the budding chefs every Monday night in Southfield's Levy Junior High School with Mike Stroup.

Mrs. Holbert runs on a budget of \$10 a week, allotted by the Special Education Association of Southfield. Yet, so far, she has been able to schedule a menu which will allow the students to eat the dinner they've prepared for that evening.

On one occasion, she was given a gift of three pounds of hamburger. She supplemented the gift with more of the same to turn out meat loaf entree that evening, but eggs, catsup and the ice cream came from her own larder.

Along with the food, her car might very well be filled with egg beaters, or mixing bowls, or any other equipment she thinks might not be accessible in the school kitchen.

HER CLASSES are open to any youngster who attends special education classes in the surrounding communities. Parents are responsible for providing transportation. There is no charge to the participants.

Mrs. Holbert teamed up with Stroup for the sessions through their mutual employment in Livonia's Ardmore Hospital. When she observed Stroup, the hospital's recreational therapist, mixing up a batch of fudge or making a pizza for the residents, I knew he was the man I needed," she said.

When she told him of the cooking classes she envisioned, he responded by saying, "I've got the degree and you've got the know-how. Let's go."

Helene Gottfried of the Special Education Association of Southfield put the plan in motion.

Mrs. Holbert has been associated with handicapped children since her oldest daughter, Diane, suffered an accident while still a toddler. Diane, now 21, attends the Oakland County Training Center in Farmington, and, meanwhile, has spurred three younger sisters, as well as her mother, into volunteer services for the handicapped.

Diane's 15-year-old sister, Debbie, a student at Powers Junior High, is an assistant in the cooking classes and is a regular Saturday assistant in classes for the mentally and physically handicapped in a Southfield program.

Debbie and her mother serve as volunteer drivers to the Saturday program; another night of the week, they pick up handicapped children for bowling sessions; and still another night of the week they serve as drivers to an arts and crafts class for the handicapped in Royal Oak.

"THERE ARE classes for all kinds of things, and not too far away for these children," Mrs. Holbert says, "but not for cooking. I don't remember that I've ever known of any offered for cooking. Yet, what could be more practical? And if you took a survey, you wouldn't find too many of them who can cook. Maybe their parents are afraid of them being too close to a stove."

Diane doesn't care too much for cooking, "but then, a lot of us don't. She wouldn't starve if she were left alone for a meal, though," her mother said. Three hours are allotted for every Monday session, beginning at 5:45 p.m. Menus are arranged so that every one in the class gets a preparation chore, and time is arranged so that every one gets a clean-up chore.

This is followed by a recreation session. Maybe it will be a ball game in the school gym. Last week, the class learned a new card game.

Mrs. Gottfried, one of the founders of the Special Education Association of Southfield, said the name of the group came from the fact that it was founded in Southfield. Residency, however, is not a requisite for any program the group offers.

Mrs. Gottfried will take inquiries about the cooking classes, the association, or any of its programs, or donations to aid the cooking classes, by calling her at 358-1875.

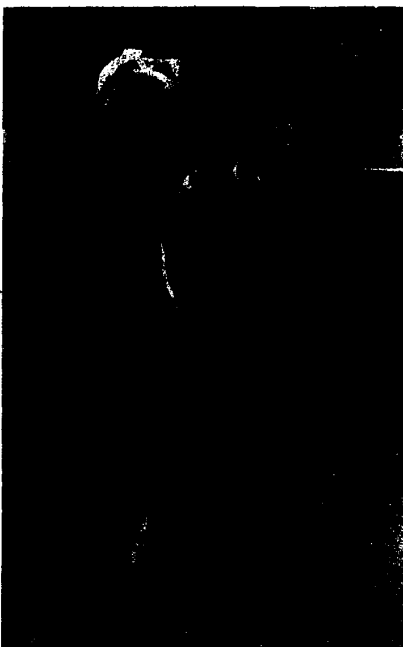
Mrs. Holbert requests either money, or food, to carry on her classes. She lives at 22880 Tulane, Farmington Hills, and can be reached by calling 478-2791.



David Durbin handles a dough-mixing chore while others are busily preparing a graham cracker dessert for the evening meal.



Michael Stroup and Betty Holbert stress nutrition when planning meals for the class, which is as important as the preparation of food.



Aerobic exercises

Aerobics exercise classes are new at the Farmington Community Center this spring. Ruth Baker already has started her class there, but students can still join in the program on Thursday mornings. Inquiries will be taken by calling the center at 477-4404.

the entertainers

come view all that's new... and exciting... in patio fashions

Tuesday, April 12

10:00 A.M. to 5:00 P.M.

Shifts and sundresses, rompers and loungers... from the elegantly easy, to the romantic, to the casually active... will be informally modeled for you. Brights, whites and pastels for leisurely living or entertaining in 8 to 18 sizes.



Jacobson's

BIRMINGHAM
FREE PARKING JUST A STEP AWAY—WE'LL VALIDATE YOUR TICKET