

Class offers help for aching backs

The Y's Way to a Healthy Back is a program new to the area, and it will be offered by Farmington Area YMCA Mondays and Thursdays, beginning the week of Sept. 18.

"Misery does love company," said Kay Burns, the Y's physical fitness specialist, "so why not take your aching back to a group session?"

The six week program was developed, in part, by Hans Kraus, an expert in rehabilitative medicine who treated the late John F. Kennedy and Arthur Godfrey.

"Low back pain commonly results

from the under-exercise and over-stress of sedentary living," Ms. Burns said. "Our healthy back program aims at relaxing, stretching and toning back muscles with a series of 18 specially designed exercises."

Potential participants are advised to be checked out by a doctor before entering the class "because they may be one of six back sufferers whose pain stems from a medical problem," she said.

Registrations are being taken now, and class size is limited.

Ms. Burns will answer all inquiries by calling her at the Y, 533-4020.

Israeli diplomat to speak for bonds

Ambassador Amos Gonor, director of personnel in the Israel Ministry for Foreign Affairs, will speak at a leadership reception on behalf of Israel bonds at the Farmington Hills home of Mr. and Mrs. Harry Nosanchuk at 8 p.m. on Tuesday, Sept. 12.

The reception will be held in advance of the annual Congregation Beth Achim-Israel Bond Tribute Dinner, scheduled for 6:30 p.m. on Tuesday, Sept. 26 at the synagogue, 21100 Twelve Mile in Southfield, Mr.

and Mrs. Max Nosanchuk of Southfield will be the dinner honorees.

Gonor, a member of Israel's diplomatic corps, was named Israel's envoy to Liberia in 1972. When Liberia severed relations with Israel later that year, he was appointed a consul of information and cultural affairs in New York.

A career officer in the Israel Ministry for Foreign Affairs since 1957, Gonor began his service abroad the following year and has served in Canada as Chancellor and vice Consul.

Services offered

Torch Drive-supported agencies include 26 organizations which provide

social services to families, children and individuals under stress.

Dinner will launch Bnai Brith campaign

William Korey, director of international policy research for Bnai Brith, will be the keynote speaker at the Bnai Brith Honor Awards Dinner in Congregation Adat Shalom, 2901 Middlebelt, Farmington Hills.

He is a widely recognized authority on Soviet Jewry and international Jewish affairs. He has been American Jewry's official observer at the United Nations.

The dinner will mark the kick-off of

Bnai Brith's annual campaign on behalf of Hillel Foundations on more than 300 campuses, and the Bnai Brith Young Organization which serves 40,000 high school students nationwide.

Cocktails begin at 6 p.m., followed by dinner at 7 p.m. Thursday, Sept. 14. David Handelman, Charles Milan, and Milton Weinstein have been named general chairmen for the affair.

Dinner guests are members of Bnai Brith's special giving clubs: Century, Covenant and President.

The extension of Wayne State University's Hillel Foundation to Oak Park, where it serves students from Oakland University and Oakland Community College, and the purchase of a new facility for Michigan State University Hillel Foundation, are in great part due to the generosity of the club's members.



WILLIAM KOREY

Sisters take ribbons in fair competition

Autumn and Amy Dunbar both won ribbons for their initial try in flower arranging competition at Michigan State Fair this year.

Nine year old Autumn and four year old Amy are the daughters of Mr. and Mrs. Russell Dunbar who live in Woodcreek Farms.

Autumn won a blue ribbon and an honorable mention and Amy took two third place prizes in the two categories they entered: "Oh, Happy Day" and "Football Time."

The girls' parents are both regular entrants into the state fair competitions. She has won baking ribbons in the past and last year, Dunbar's

entry into the art competition took "Best of Show."

The young gardeners assembled their materials and made their arrangements on the site in this year's contest for those 11 and under.

Mrs. Dunbar's comment in watching the young arrangers was "It was absolutely amazing what these kids are capable of doing. Some were pretty silly, but it was all a lot of fun."

Autumn Dunbar is going into the fifth grade at Woodcreek Elementary School this fall and starting piano lessons. Amy plays the violin. Both are swimmers in Livonia's YMCA and both take ballet lessons in Farmington Community Center.

PROCEEDS from the dinner will support one of the largest youth-serving programs in America, encompassing Bnai Brith Hillel Foundations, the Bnai Brith Youth Organization and the Bnai Brith Career and Counseling Service. These agencies are actively serving more than 250,000 high school and college-age young people.

Bnai Brith was founded in 1943 and now has more than 500,000 members; 13,000 in Detroit.

The foundation, headquartered at 21711 Ten Mile, Southfield, will take reservations by calling 354-6100.



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