

Work relaxes this volunteer

By JUDY ANN JACOBS

Long before dawn, in all kinds of weather, Celia Belkin is out warming up her car to get on the road and be at Sinai Hospital before the doctors arrive.

By 7:30 a.m. she's got hot coffee perking and she's ready to serve breakfast and luncheon in the surgeon's snack bar.

Mrs. Belkin is 81 years young. She volunteers her services three days each week for many hours each day at the hospital.

"I've been doing volunteer work for 19 years. I like to work around doctors. It's fun. If it's busy, I love it. If it's boring because no one's there, I work on my needlepoint."

In the surgeon's snack bar, Mrs. Belkin makes sandwiches, serves food, cleans tables, and handles the finances. Of her duties she said, "It's like therapy for me. I get out of the house."

Supposedly, two volunteers run the surgeon's snack bar at any given time, but often Mrs. Belkin is the only one.

Her efforts don't go unnoticed. The doctors appreciate what the octogenarian does for them.

"Mrs. Belkin and the other volunteers create a home-like atmosphere for us," said Dr. Gaylord Alexander. "Besides, it's a tremendous convenience. Otherwise we would have to go to the cafeteria which would take considerably more time."

Dr. Eli Brown said Mrs. Belkin really takes an interest in the physicians "like they're her own children."

"SHE'S VERY conscientious and she's an exceptionally good business woman. All proceeds from the snack bar go towards medical research."

A year ago, Mrs. Belkin moved to Gulfport, Fla. with her daughters, Madeline and Vivian Belkin, who are retired school teachers. Eight months later, she came back to Michigan and now maintains her own apartment in Southfield.

"I felt like an outsider," she said. "When you're at my age it's hard to make new friends. You have to be a really good mixer. Besides, I didn't know my way around in Florida."

Mrs. Belkin has moved around before. With her parents, three brothers and three sisters, she came to America from Odessa, Russia in 1909. She was eleven years old.

The family first settled in Dayton, Ohio where they had relatives. In 1916, she and a sister visited a cousin in Detroit and liked it so well they stayed.

In 1918, she married Samuel Belkin and went to Macon, Ga. with him when he served in the army during World War I. The Belkins raised four children, Bernice, Madeline, Vivian and Jack.

Thirteen years ago, Bernice passed away. Jack lives in Southfield and Mrs. Belkin tries not to miss her two daughters who stayed in the south.

Without assistance, Mrs. Belkin does all her own housework.

"I plan my schedule so that each day a specific chore is done and I don't get overly tired," she said. "It gives me something to do."

WEEKLY, she gets together with

friends for a friendly game of kalooki. "I like a card game that I can relax at," she confides.

"Until her husband passed away seven years ago, they traveled frequently to many places such as Europe, Israel, Acapulco, Florida and San Francisco."

"I love to travel, but I won't fly," she confided.

Last winter, she took a Caribbean cruise with her daughters. This winter

she's plans another vacation trip with them.

Mrs. Belkin is an active member of the Sinai Hospital Women's Guild, Hadassah, the Jewish War Veteran's Auxiliary and Congregation B'nai David.

But her greatest pleasure comes on those early mornings, when she leaves her Southfield apartment, warms up the car and heads for the hospital where she is the head honcho of the surgeon's snack bar.

Cross-country skiing dates, times, set

Cross country skiers now have specific times and dates they can hit the trails at San Marino Golf Course, announced the Farmington Hills Parks and Recreation Department.

The golf course is located on Halstead, between Eleven and Twelve Mile.

The course will be open for skiers on Tuesday and Thursday from 1-4:30 p.m. and Saturday and Sunday from 9 a.m. to 5 p.m.

Ski instructions begin Tuesday and Thursday at 1 p.m. and on Saturday and Sunday at 10 a.m. and 1 p.m.

Group rates (for parties of 10 or more) are available through the parks and recreation department. Fee for the use of facilities for residents with their own equipment is \$2 for adults and \$1 for children. Non residents will be charged \$3 for adults and \$2 for children.

A season pass is available for \$12, good for both San Marino and Glen Oaks Golf Course.

Ski rental includes boots, poles, skis and use of the facility. Charge for those who are residents is \$4.50 for three hours for adults and \$3.50 for children. Non-resident adults will be charged \$5.50 and children \$4.50.

Persons who rent equipment must have one piece of identification, and will be charged a \$10 security deposit.

San Marino Golf Course and the parks and recreation department will hold periodic special events for skiers through the season.

Next one on the agenda is a Moonlight Ski Tour, complete with bonfire, from 7-10 p.m. Saturday, Feb. 10. Regular rental rates will be in effect.

Skiers are invited to call 476-5910 for ski conditions. Questions will be taken by the parks and recreation department, 474-6115.

Dicksteins wed 50 years

The children of Mr. and Mrs. Herman Dickstein hosted a reception in honor of the couple who were celebrating their 50th wedding anniversary. The Farmington Hills residents were married Jan. 20, 1929, in Flint, and have lived in the Detroit area for 46 years.

The Dicksteins have owned and operated the Bobette Shop, in Pontiac, for 46 years.

He is past president of Temple Beth Jacob and she is a past president of the temple's sisterhood. He belongs to the Pontiac Optimists and Elks, and she is a member of Zonta.

The couple's three children are Kenneth Dickstein, of West Bloomfield; Sidney Dickstein of Huntington Woods; and Judy Winkelman of Birmingham.

The reception was held following services in Temple Beth Jacob on Friday, Jan. 19.



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Celia Belkin has been a mainstay at the surgeon's snack bar at Sinai Hospital for many years. The 81-year-old Southfield woman

contends that volunteering keeps her young.

Consumer handbook available

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CHIROPRACTORS SEEK RESEARCH VOLUNTEERS

The International Pain Control Institute is presently engaged in what is the most extensive research program undertaken by the chiropractic profession. This research is directed toward determining the relationship between health problems and spinal misalignments and utilizes a screening process called Contour Analysis.

Volunteers are being sought for screening. Contour Analysis enables taking a three-dimensional picture (called Mographography) of the topography of the surface of the spine to detect spinal stress deviations. This analysis will be correlated with leg deficiency, patient symptomatology, and x-rays of spinal vertebrae. An analysis of this type can reveal such things as normal and abnormal stress patterns, spinal curvature, muscle spasms, muscle imbalance, spinal distortions, and scoliosis.

This is a public service program for participating volunteers. The doctors are contributing their time, service, and facilities for the program.

Anyone wishing to be a volunteer may telephone participating doctors directly for information or an appointment.

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