

Holiday workshop for seniors

Taking the responsibility for your own happiness

By Lorraine McClish
staff writer

A holiday workshop for seniors aimed at understanding and beating the holiday blues is scheduled for the morning of Dec. 14 in Farmington Community Center.

"Participants will learn their own expectations of how happy they think they should be, how happy they think everyone else is and who should have the responsibility of how happy they are going to be," said Barbara Majeros.

The gerontologist has put the workshop together with Margaret Cotter and Pauline LaDuka as an outreach from their work in Farmington Hills Counseling Services.

"This is not a holiday party. It is a

workshop," Majeros said. "But that doesn't mean we can't have fun at a workshop. All of the material presented will be both enjoyable and healing."

The whole idea is to teach how to take responsibility for your own happiness and it's as easy as ABC to learn on his/her own turf in the family setting.

The counselors work with the home-bound of any age whose incapacity spills off to affect all those who are members of the household.

"It is the holistic approach," Cotter said, "getting the entire family to realize how destructive thinking and acting and feeling is contributing to the whole deteriorating cycle."

They have enlisted LaDuka, a psychologist who uses arts and crafts as therapy, to round out their three-hour, three-segment workshop.

THE ESSENCE of the Home Environment Therapy Program is that the counselor gets a better insight into his client's problems by viewing the client on his/her own turf in the family setting.

"It all adds up to you being in control of your own happiness, taking the responsibility for making yourself happy," Cotter said.

"And it takes a lot of pressure away from the middle-aged child who is caring for an elderly parent. It might be a good idea for some of those people to give the workshop as a gift to their parents, especially at this time of the year when mood-swing generally swing downward."

From its inception the home program has pledged to give supportive, educational, emotional and psychological help to both the shut-in and their families.

All of those factors will be included in the workshop that is the first in a series of workshops and seminars

planned in the program's community outreach.

MAJEROS leads off the workshop with a fantasy trip.

"Fantasy acts as a stimulant for feelings," she said. "We will dust off the past and perhaps put it in order. We might find out that yesterday may not have been as perfect as we think it was."

Cotter heads up the second segment of the workshop with a session on understanding how feelings are used to prove one's self-worth.

"This gives some insights, some awareness of how you control what you think and consequently how you feel," she said.

LaDuka closes the session with the

introduction of a new craft.

"This is not an arts-crafts session," Majeros said.

"We're using the craft only as a gift our participants can give to themselves. It's a wonderful expression of you being able to create things to do that make you happy, while learning that no one else is expected to be responsible for your happiness."

The fee for the workshop is \$10, with special rates offered to groups of 10. Close off date for registration is Friday, and registration is limited.

Registration by phone can be made by calling Farmington Hills Counseling Services Inc., 661-1854.

Farmington Community Center is located on Farmington Road, north of 10 Mile.

Farmington Observer

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The ol' boys' club

Male-dominated Washington is a tough nut to crack

By Ellen E. Mason
Special Writer

GETTING A job in Washington is like going through a pregnancy, Victoria Toensing told a meeting of the Women's Bar Association of Oakland County.

It takes nine months to get an interview, and if it's to be, it takes only five minutes to clinch the job, she explained. Toensing is chief counsel for the Senate Select Committee on Intelligence (SCI).

"More lawyers have come up to me and said, 'If I had one fantasy job your would be it,'" Toensing said.

A graduate of University of Detroit Law School, Toensing was appointed by Sen. Barry Goldwater, R-Arizona, to advise him as his first-ever chief legal counsel to the SCI.

In her capacity, Toensing has top-secret code-word clearance, which is the highest security clearance classification in the United States government.

On a day-to-day basis, she said, she is responsible for advising the country's top policy makers on the legality of intelligence-gathering activities.

There are two ways to gather information, Toensing said. One is through the human person, which involves spying, or just having persons reading newspapers. The other is through the interception of communications.

THE UNITED STATES' use of intelligence gathering has varied widely, she said. In 1939 then-Secretary of State Henry Stimson said "Gentlemen do not read each other's mail" when he

'I was interviewed by Alexander Haig for the job I was really trying to get in drug enforcement. That was a very interesting experience. I didn't get it.'

— Victoria Toensing

closed the U.S. code-breaking operation. However, as secretary of war in 1940, Stimson supervised reopened SCI code-breaking operations.

The SCI's responsibility is to see that the country's intelligence gathering agencies, both foreign and domestic, comply with the laws and constitution, she said.

"On the other hand, they must work effectively."

Toensing's job is both frustrating and fascinating, she said. The best way to find a job in Washington is to move there, she said.

"I started out in November 1980, right after the election, sending resumes from Detroit," said Toensing, a life-long Republican. "It was July 1981 before I got a job."

"I was interviewed by Alexander Haig for the job I was really trying to get in drug enforcement. That was a very interesting experience. I didn't get it."

TOENSING'S LONG-DISTANCE job-hunt was in vain until she was able to personally hand her resume around and be at interviews on short notice, she said.

She interviewed for it, she had the job in five minutes.

Elizabeth Dole, wife of the former vice president, started a commission last month to seek out and hire women for high-level, high-impact jobs in the Reagan Administration and in the Republican party, Toensing said.

"People come to me and ask me how to get a job in Washington. And I ask them what they've done for their party, Democratic or Republican. If they say 'Nothing,' there's not much I can do."

"HOPEFULLY, we should reward people for being in a particular party."

Toensing poured tea at party functions at the age of 12 and registered voters when she was 16, she said.

She had always wanted to be involved in politics but became disillusioned when she was in her 20s and saw women still pouring tea and men running for office.

"I thought women should be discussing issues. Joining the League of Women Voters was a wonderful experience and kept me in politics."

Finland and recommending really talented, qualified people for different positions is one of the real satisfactions of staying in politics and having her job," Toensing said.

"I think that's a real plus for me."

Every senator in Washington has a staff of 100 people headed by an administrative assistant (AA), Toensing said.

"A lot of people think the Democrats are the ones who support women's rights. But it's really the Republicans who have women in key positions.

MADD stages candlelight vigil Dec. 12

The Oakland County Chapter of MADD (Mothers Against Drunk Driving) join sister chapters across the nation in staging a Candlelight Vigil in observance of "National Drunk and Drugged Driving Awareness Week" (Dec. 12-18).

The vigil here begins at 8 p.m., Dec. 12 in the Oakland County Courthouse complex, 1200 Telegraph, Pontiac. The event will be organized by Concerned Citizens of Oakland County.

The ceremony is held in memory of those who were killed or crippled by drunk drivers. The names will be read of those who died because of intoxicated drivers during 1982. A candle will be lit for each of these persons.

valued that stuff, and I see it being sold as junk. Wouldn't it be nice for that collector to know his collection was on a file and would be shown to people who appreciated it?"

He believes the clearinghouse has unlimited potential. It might offer a service that would pass around collections for show or for trade. It might offer a service where an order could be filled for the sale of a collection to be sold by the company at one's door.

"People collect some unusual things, and I'm sure some of them have no idea of their value. One of the best ways to find that value would be to have it on file to give it a market-place," he said.

Speaking of estate sales he's attended, Murray said, "So much stuff is hidden away in bedrooms. Someone once

Murray can be reached by calling him at 332-5140.

There are far more female AAs for Republican senators than for Democratic senators."

Barry Goldwater, who appointed Toensing, also was responsible for recommending Sandra Day O'Connor for her position on the Supreme Court, said Franklin attorney Harriet Roettier.

"He is a prime example of a conservative who realizes that you can't slice off women," Roettier said. "There is a new realization from all philosophical bent of the need for women in government."

AS MORE WOMEN get into higher positions in Washington, they will pull more women into the pool, and there will be an ever-expanding, geometrically progressive number from which to draw in the future, Toensing said.

Roettier suggested that women who wish to get into politics consider working on committees that meet locally or regionally and only require commuting to Washington once in a while.

"I have found that the process for getting appointments is not that different on a state or federal level," Roettier said.

That process, Toensing said, involves being at the right place when a job opens up and having someone recommend you for it.

In Toensing's case, she knew Fred Thompson, who had been minority counsel to the Watergate Committee

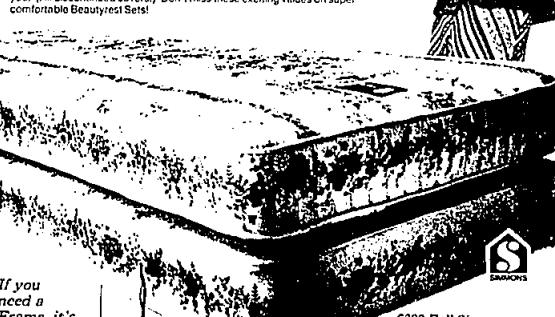
And where did Toensing meet her husband? At the Republican Women for ERA march, which took place in Detroit during the Republican National Convention in 1980.



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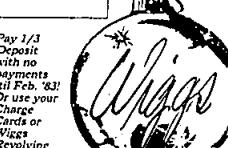
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