

# Garden trips to go with vacation plans

Thursday, February 7, 1985 G&E

(F5B)

This time of year is a good time to dream and perhaps plan a trip. For instance, if you have occasion to be in Washington D.C. after spring break, you would enjoy visiting the National Arboretum where priceless examples are available to enjoy of all categories of plants.

As an illustration, National Farm and Garden Clubs throughout the United States have installed an immense collection of flowering crab apples. You stroll down a long path, surrounded by specimens of flowering crabs with a stroll terminating in a view of a beautiful memorial fountain given by the organization.

The Missouri Botanical Gardens in



down to earth  
**Alice Burlingame**

St. Louis are well established and their original garden, the latest acquisition, is a leader in the United States.

If you are in Florida the Cypress Gardens, half way between Orlando and Tampa off I-4, offers a chance to see tropical plants at their best as well as a water show.

ANOTHER SOUTHERN garden to visit is the Bellingrath Gardens in Theodore, Ala. I have visited them many times but remember the first time especially when I chatted with Mr. and Mrs. Bellingrath.

It all began many years ago when he wanted to go fishing with the boys and at their recreational site with leisure on their hands. Mrs. Bellingrath conceived and executed the beautiful gardens through many years of dedication.

The Middletown Gardens of Charleston, S.C., have a history of more than 200 years in one family with historical buildings, formal gardens and beautiful acreage of choice trees and flowers in bloom.

The Denver Botanic Gardens have acres of formal gardens with many new ideas for the display of plants and areas where visitors can rest and relax in the gardens. The garden program

with its many ancient locations provides the visitor with endless beauty when strolling through the many planned, individual gardens.

Those in the horticultural profession are all proud of the original demonstration of plant material as displayed in their large conservatory as well as grounds because a Michiganander, Merle Moore, is director.

THOSE WHO travel to the northwest must be sure to plan to visit the gardens in British Columbia, known as the Buehart Gardens. Their topography, glorified forests, as well as formal gardens, leave the visitor with a memory not to be forgotten.

I wish that some of these garden lovers who visit some of these beautiful spots in our own country would realize what could be accomplished with beautiful plantings at our own Detroit Zoo or Belle Isle. We surely lack a concerted effort to beautify our industrial city.

In Oakland County we have a series of beautiful parks for recreation, family gatherings, golf and swimming, many of these were established many years ago as gifts for the pleasure of our residents.

Some beautiful spring day when you want a treat of beauty, pack a lunch and make a visit to one of our county parks supported by our taxes.

## Mask expert invited to West Germany

A local dancer, Laurie Margot Ross, has been invited to participate at the Mask Symposium (Masken Eln Symposium) in West Berlin and Hannover, West Germany in February and March.

The West Berlin symposium, Feb. 15, 16, 17, will cover the use of masks in plays, performance, art and political usage.

The Hannover Symposium, March 15, 16, 17, will cover the use of masks in religion, therapy, ethnology and meditation.

Ross will lecture on West Javanese Mask Theatre (Topeng Babak) and on her training and study in West Java, 1971-78. She will also speak on mask usage in contemporary performance.

She will perform her own solo mask pieces as well as Topeng Babak and will lead workshops in Mask Improvisation. She studied mask and movement with Leonard Pitt; East Bay Music Center, Berkeley; New York University; and with Bl. Dasth of West Java, Indonesia.

Ross has performed throughout the United States as well as in Australia, Canada and Indonesia.

In this area she has performed at Detroit Institute of Arts, Toledo Museum of Art, Detroit Community Music School and Detroit Focus Gallery.



### Busybody

Lorelei Christy (center) plays the part of Mrs. Marshall in Stage 1 Productions' "Busybody" that continues Friday, Saturday and Sunday in Novi Community Building, 1-96 and Novi Road. The Farmington Hills resident is flanked by Mary Ellen Ward (left) and Judy Wright (right). Curtain is at 8 p.m. Friday and Saturday, and 7 p.m. Sunday. Tickets are \$4, at the door.

## Moonlight ski hike set

A specially guided moonlight ski hike is scheduled by the West Bloomfield Parks and Recreation Department at 8 p.m. Saturday, Feb. 9, at Snow Gulch, the township's own winter recreation site.

Snow Gulch is on the West Bloomfield Civic Center Site, Walnut Lake Road west of Orchard Lake Road. Hot chocolate and a bonfire will follow the guided hike. The cost is \$3 per person.

Call West Bloomfield Parks and Recreation office at 334-5660 for reservations.

Skiers, tobogganers, strollers and skaters can use the areas of Snow Gulch during daylight hours when snow conditions permit. There is no charge for its use.

Newly erected signs mark the trails for the cross-country skier. The area

has trails for the beginning and the advanced skier.

The ski trails parallel the Meadow Haven Nature Trail, a nature preserve on the civic center site dedicated in 1979.

Signs will be posted to indicate the safety of the ice on the skating pond. When the ice is less than four-inches thick the pond will be marked closed and will be considered not safe to use, according to the department.

A map of Snow Gulch and guidelines for its use are printed in the West Bloomfield Parks and Recreation Winter Brochure mailed to all residents or upon request of a non-resident. Copies of the brochure are also available at the Parks and Recreation office, 3325 Middlebelt, West Bloomfield.

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## Program combines diet with smoking cessation

Sue Weingarten, director of New Dimensions Diet, which combines losing weight with a method for stopping smoking, has been named a consultant for "Healthy Living," which airs at 9:30 a.m. every Thursday on WGR-TV-62.

The Birmingham resident has implemented and developed motivational hypnosis to go along with the diet program that is offered in Farmington Hills, Bloomfield Hills and most recently, Madison Heights.

The entire treatment consists of spe-

cialized diet plans, activity and exercise, positive reinforcement and educational training in all aspects of weight control and smoking.

The aim is for overweight persons to develop new eating habits that will help them achieve and maintain their desired weight while developing new activity levels, goals and life patterns. For smokers, the aim is to become non-smokers without physical withdrawal symptoms or feelings of deprivation.

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