

Now she'll head volunteer group

Dear Joe:
I will be coordinating the volunteer program at our local hospital. I have worked as a volunteer for years, so I am very familiar with our program. Heading it up is going to be quite a challenge. Some advice — please!

Mrs. E.K. Ontario Senior
Dear Mrs. K.:
Making the transition from follower to leader is not only challenging it can be extremely intimidating. You may want to send for the booklet "Recruiting, Training and Motivating Volunteers" by Arthur R. Fell, published by Pilot Books. Written to help maximize benefits from volunteer workers, the booklet pays appropriate attention to volunteer training and motivation. The author, a college educator and recognized personnel expert, guides the volunteer leaders in the best methods for selection and utilization of this valuable source of working power. Other subjects covered include, orienting new volunteers, and setting up training programs that can be adapted to small low-budget organizations. It suggests techniques for motivating and supervising volunteers with the goal of keeping enthusiasm high and turnover low. "Recruiting, Training and Motivating Volunteers" is available solely from the publisher, Pilot Books, 103 Cooper Street, Babylon, N.Y. 11702 at \$4.95 per copy, postpaid.
Dear Joe:
Do you recommend cross-country skiing for senior citizens?
Mr. G.B. Northern Reader
Dear Mr. B.:
Cross-country skiing is an excellent way to exercise during the winter months for persons of any age — particularly for those living in the north. If the older person is a beginner, I strongly recommend formal lessons because there definitely is a right and a dangerously wrong way of approaching the sport. Also, a word of caution for the senior who doesn't exercise regularly: Seek medical advice first, before taking it up.
Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ontario L4B 2P8.

Panel topic: media victims

A free symposium called "Victims of the Media" will be held April 11 in Varner Recital Hall at Oakland University April 11 with law enforcement officials and journalists. Featured will be Kurt Luedtke, McGregor professor of humanities and arts at OU, with special guests Neil Shine, senior managing editor at the Detroit Free Press; L. Brooks Patterson, former Oakland County prosecutor; and Frank Blount, chief of security, Detroit Public Schools. The program is sponsored by the honors college and journalism program of OU. The panel discussion on "Victims of the Media" will be held following a 6:30 p.m. screening of Luedtke's first film, "Absence of Malice." Because of limited seating, reservations should be made in advance through the honors college at 370-4450.

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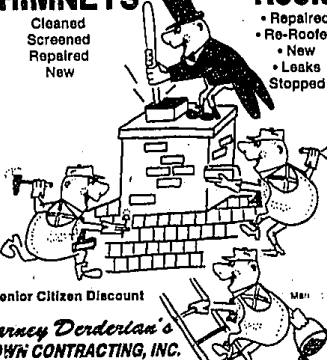
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A. Jolayne Farrell



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