

# Performance training

## Teachers seek scholarships for some Sarah Fisher residents

By Loraine McCallish  
staff writer

**SEVERAL YOUNGSTERS** who live in cottages in the Sarah Fisher complex are going to need some help in order to finish something they've started.

Just before Christmas, instructors in four Wehrli Performance Training Centers gave 10 hours of free help in a "Gifts of Caring" program to young children in the metro area. The children who received the gifts in the Farmington Hills center all came from Sarah Fisher.

All carefully selected by their teacher Mary Lettau, each made a commitment to the after-school assistance study, each of them showed not only a willingness but an anxiousness to learn, and together they've shown an average growth of seven months in their reading level alone in 10 one-hour sessions.

The full program is 30 sessions and we are very eager to continue working with these children," said Marilyn Grable who together with Ellen Kuittila see students coming and going every hour on the hour from 3:30 p.m. Monday through Thursdays.

These children are walking tall, they are feeling better about themselves, they are picking up books to read without being told, they are doing their homework without being told, they are more helpful to their cottage counselors, "we've had a lot of feedback on that one — and all of their grades are up," Kuittila said.

The change in them has been so major, we've gotten donations from some individuals to continue with the next 20 hours of study with all but three of them. And now Mary

**'We are not counselors and we don't deal with emotional problems. We deal with where the individual is at and where he or she wants to be.'**

Mary Lettau

Lettau has let us know she has two more students that will benefit by the training if we can get someone, or some organization, to sponsor them. Some sponsors will certainly get rock-bottom discount rates.

**GRABLE AND KUITTILA** are not tutors and the training center is not a school.

The performance training is designed to increase learning capabilities. It helps to retain more information, helps with a systematic method of following directions, helps develop better listening and auditory skills, increases problem-solving capacity and enhances reading level and comprehension.

The students that come for performance training are of all ages. Grable told of one student who got through college by absorbing everything in a lecture hall and retaining it, but was stopped in her tracks when she was ready to do graduate work. She was reading at a fifth-grade level so any research she had to do was beyond her.

As for other adults who come to the center, many have jobs that demand they grasp an overload of high technology and very quickly. The teachers say performance training can help them do that.

Everyone succeeds. Everyone.



grows. Learning is natural to being human," Kuittila said.

The system works. And it penetrates into all facets of life and learning. We have never had a student that didn't respond. We are not counselors and we don't deal with

emotional problems. We deal with where the individual is at and where they want to be. Grable and Kuittila were once worked with has better comprehension is better organized and is now able to focus on tasks.

**WITH THEIR STUDENTS** from Sarah Fisher, the two women admit they have a special audience that they also want to be there. This is not always the case, as the computers often break down and sometimes the students are not interested.

We don't feel that this is going to be like Kuittila said. Any relief we've had is short-lived because nothing is perfect, like systems and everything they are successful even though we have taken and the teachers are happy what they are doing.

One of the problems the teachers deal with is that of the students

at the outset was transportation but that has since been solved by the Sarah Fisher staff and volunteers who are aware of the benefits these children are receiving.

The Wehrli Performance Training Centers are dedicated to maximizing one's educational output and effectiveness. The Farmington Hills center is at 28423 Orchard Lake Road.

Grable and Kuittila will take calls about the program or the scholarships they hope to receive at 485-3443 after 3 p.m. Monday through Thursdays.

## More than an anniversary

The Bicentennial of the Constitution was more than an anniversary. It was more than a celebration of a single event.

It was a special opportunity for this nation's citizens to learn more about their precious system of government. It included the origins of

their freedom, and to pay tribute to the document that produced a way of life envied the world over. The Bicentennial served as a national history and civics lesson for us all.

This information is supplied by the Quakertown Chapter, Daughters of the American Revolution.

## Self defense class set for women

Violence Prevention and Self Defense is the topic for the day when day Spiro returns to Orchard Ridge Center, Oakland Community College. The day of intensive training for women only will run from 10 a.m. to 4 p.m. Saturday, Feb. 23, in building 1 on the campus. It is sponsored by Womencenter.

Spiro has been coming to the campus for the one-day workshop every year since 1987 and has never failed to hear the participants say they felt empowered when they left the class.

"It's the perfect time frame to absorb the maximum amount of information and get in some practice so some of these things I teach can become automatic for you."

If you take a two-hour course it is

hardly more than an introduction. If you take six hours over a six-week period, you've lost the continuity or you've lost the commitment," Spiro said. "My intensive one-day workshops have the most lasting effect. The participants learn lasting skills."

Participants will learn to be more aware of what's going on around them. They will be able to recognize warning signs of any abusive behavior. They will learn simple, stress-free, realistic fighting and escape techniques. They will learn how to behave assertively. Spiro emphasizes that the class is for all females over the age of 13, regardless of their weight, their stature, their size or their level of fitness.

"You don't have to be an athlete to be a part of this class," she said.

**SPIRO** has been teaching women how to protect themselves from being assaulted since 1976 in community centers and in colleges throughout the tri-county area and in her own karate studio in Detroit.

The black belt instructor says, "When I say this class is for all women I mean that. I have taught women in wheelchairs and women who walked with a cane box to protect themselves. I have used the same techniques for them as others. All I did was adjust those techniques for whatever the disability."

Everyone needs to know a few tricks, some physical, some psychological, some verbal. Women who come to my class rehearse these

techniques until it becomes automatic and I promise you to use it and when you need it," she said.

In addition to feeling empowered, Spiro said the women in my classes enjoy the entire day. It's a fun class.

Class participants are asked to wear loose clothing and bring their own bag lunch.

Fee for the class is \$25 or \$15 for the second member of the same family. Registrations are being taken now by Womencenter 471-7602.

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