

OUTDOORS CALENDAR

FISHING TOURNAMENTS

■ SALMON STAKES
The 17th annual River Crab Salmon Stakes Fishing Tournament will take place Saturday, April 29, at the River Crab Restaurant in St. Clair. Raffle/entry tickets are \$10 each and available locally at Charley's Crab in Troy, Meriwethers in Southfield, Big Fish in Dearborn, and Grandy Dancer in Ann Arbor. Tickets are redeemable for \$10 off dinner for two at any Chuck Muehr Restaurant. Proceeds from the tournament will be used to support programs to help troubled children, adults and families throughout Michigan.

BANQUETS

■ WHITETAILS UNLIMITED
The southeast Michigan chapter of Whittails Unlimited is sponsoring a membership banquet beginning at 6 p.m. Tuesday, April 18, at the Hawthorne Valley Country Club in Westland. This fund-raising event will feature a family-style dinner, an auction, door prizes, sporting equipment, artwork and collectibles. (313) 462-3045 or (810) 588-7384 ext. 127.

■ TU BANQUET
The Paul H. Young Chapter of Trout Unlimited will hold its annual fundraising banquet beginning at 5:30 p.m. Tuesday, April 25, at the Royal House in Warren (8201 E. Old 13 Mile Rd.). Tickets are \$40 per person and \$75 per couple. This banquet is the chapter's major fundraising event of the year. Funds raised at the banquet, through ticket sales, raffles and auctions, are allocated to such programs as river restoration, community education, college scholarships, environmental research and public access construction. Call (810) 788-0301 for tickets or more information.

SEMINARS

■ TURKEY SEMINAR
The Michigan Big Game Hunter's Association will hold a turkey hunting seminar beginning at 7 p.m. Thursday, April 20, at Arrowhead Archery and Pro Shop in Taylor (Van Born Rd. between Beech Dale and Telegraph). (313) 663-0295.

CLASSES

■ PERSONAL PROTECTION
The Wayne County Sportmen's Club will offer a five-week course in personal protection beginning Monday, April 24. The course will cover the latest information available on how to avoid carjackings;

protection of life, home and property, as well as firearms safety and respectability. The course will cover the use of firearms as well as other methods of protection such as landscaping, lights, locks, alarms, dogs, etc., (310) 532-0285.

ARCHERY

■ TOUGH MAN 3D
Detroit Archers will hold a "Tough Man 3D" shoot, 9 a.m. to 4 p.m. Saturday on its walk-through range in West Bloomfield, 661-9610.

■ 3D SHOOT
Royal Oak Archers will hold a 3D shoot beginning at 9 a.m. Sunday on its walk-through range in Lake Orion, 693-1369.

SEASONS/DATES

■ TROUT
A special catch-and-release, fly-only trout season runs through April 28 on the Huron River from Moss Lake to the signs 100 yards below the bridge at Wixom Rd. The regular trout season opens April 29.

■ TURKEY
Spring turkey season begins April 24.

■ STAMP DESIGN CONTESTS
Entry deadline for the 1996 trout/salmon stamp and the 1996 waterfowl stamp design competitions is April 28, (517) 373-1280.

■ BASS
Catch-and-release bass fishing is permitted on Cass, Kent and Pontiac lakes through May 27. The regular bass season opens May 28.

■ WALLEYE, SAUGER, PIKE
Walleye, sauger and pike season opens April 28 on inland waters in the Lower Peninsula, and May 15 on inland waters in the Upper Peninsula. The season is open all year on Great Lakes waters in the Lower Peninsula, Lake St. Clair, the St. Clair River and Lake Erie.

■ SMELT
It is legal to use hand nets for catching smelt statewide through May 31.

■ CAMPING
Weekend camping begins April 28 at Addison Oaks County Park near Rochester (810) 656-2432, and May 5 at Cleveland Oaks near Holly (810) 634-9811. Regular camping begins May 19 at both parks.

METROPARKS

■ METROPARK REQUIREMENTS
Most Metropark programs are free, while some require a nominal fee. Advanced registration and

a motor vehicle permit are required for all programs. Call the respective parks, toll free: Stony Creek, 1-800-477-7766; Indian Springs, 1-800-477-3192; Kensington, 1-800-477-3178.

■ NATURE FOR TOTS
Children ages 3-6 will explore life in a pond during this program, which begins at 10 a.m. Saturday at Indian Springs.

■ COMPASS CLOMP
Families can learn the basics of orienteering by practicing using a map and compass in this program, which begins at 11 a.m. Saturday at Stony Creek.

■ FULL MOON WALK
Celebrate April's "Frog Moon" during this naturalist-led walk under the light of the full moon. The program begins at 7:30 p.m. Saturday at Kensington. A similar program begins at 8 p.m. Saturday at Stony Creek.

■ FAMILY SPRING WALK
A naturalist-led walk in which the whole family can enjoy the sights and sounds of spring begins at 2 p.m. Sunday at Stony Creek. A similar program begins at 2 p.m. at Kensington.

■ FROG FACES
An opportunity for children ages 3-6 to learn about frogs and make a frog face to take home begins at 11 a.m. Monday, April 17, at Stony Creek.

■ NESTING NURSERY
A chance for kids age 8-12 to build a bird house or nesting platform begins at 11 a.m. Tuesday, April 18, at Stony Creek.

■ TRACK UP A T-SHIRT
Kids age eight and older can learn about animal tracks and make an animal track t-shirt in this program, which begins at 11 a.m. Wednesday, April 19, at Stony Creek.

■ MUNCH, NIBBLE, CHEW
Children ages 6-10 will explore plant parts in this program/picnic, which begins at 11 a.m. Thursday, April 20, at Stony Creek.

OAKLAND COUNTY PARKS

■ COUNTY PARK REQUIREMENTS
Advanced registration is required for all nature programs at Oakland County Parks. Call (810) 625-6473 to register or for more information.

■ SUPER NATURAL
Naturalists age seven to 11 can explore frogs, birds, flowers and more in this program, which begins at 1:30 p.m. Saturday at Independence Oaks.

Hunters should find plenty of turkeys during '95 hunt



BILL PARKER

The turkey woods will be filled with a chorus of gobblers, yelps, clucks and cackles over the next month or so as love-lorn gobblers try to impress resident hens and win their favor.

At the same time, spring turkey hunters will be limiting the calls of the hens in an attempt to lure a hot Tom into shooting range.

The 1995 spring turkey season begins April 24 in selected management units across the state and runs through the end of May. Those lucky hunters who received a permit and make the trek to the turkey woods should find good numbers of birds.

"I'm looking for an excellent season," said John Urbain, upland gamebird specialist with the Michigan Department of Natural Resources. "We counted better than 86,000 birds during our winter count, which is the most we've ever counted."

Urbain attributed the high numbers to a mild spring in '94, which resulted in a good reproduction rate. The spring of '93 was much colder and wetter than last year, and the reproduction rate was down considerably,

which resulted in the cancellation of last year's fall turkey hunt. A limited fall hunt will return this fall in Area J (Gaylord area) and a newly created area in Isabella County.

Although there are still some left-over spring permits available for areas in the Upper Peninsula and for private land in Jackson County, Urbain expects the DNR will issue more than 55,000 permits for the spring hunt. Last year, 54,388 permits were issued for the spring hunt. The number of applicants has also risen with 78,300 hunters applying for the 1995 spring hunt compared to 73,800 applying for the 1994 hunt.

"There are more birds out there than in the past, and hunters can expect to find more birds if the weather cooperates," added Urbain. "I'm looking for an excellent season. I think we'll harvest over 13,000 birds this spring, which will be a new record."

The old record of 12,931 was set in 1993. Hunters took 11,429 gobblers last spring.

Tuff-Guy 3D

Bow hunters can test their shooting ability Saturday in West Bloomfield as Detroit Archers holds its second annual "Tuff-Guy 3D" shoot.

"Our initial attempt last year proved to be successful, not because it was the most difficult course in the state, but because it

put the archer in more of a hunting situation as opposed to a regular 3D archery course," said Detroit Archers vice president Gary Overy. "The comments from the people who shot it last year were great."

Detroit Archers has a beautiful, wooded, walk-through course, which will make you forget you're in the midst of an urban area. The "Tuff-Guy" course will feature 40 McKenzie 3D targets and will test archer's ability with shots from varied distances, ground shots and shots from elevated platforms.

Registration times are 8-9:30 a.m. for a 9:15 a.m. shoot and 12-1 p.m. for a 1:15 p.m. shoot.

Detroit Archers is the oldest archery club in the state and was founded in 1924 by archery legends Pope Saxton, Art Young and former club president Fred Bear. The club is located at 6700 Drake Rd., between Maple (15 Mile Rd.) and Walnut Lake (16 Mile Rd.) Call the clubhouse at (810) 661-9610 for more information.

Anglers and hunters are urged to report their success. Questions and comments are also encouraged. Send information to Outdoors, 805 E. Maple, Birmingham, MI, 48009. Fax information to (810) 644-1014 or call Bill Parker evenings at (810) 901-2573.

Here's some tips for fitness instructor

EXERCISING OPTIONS



MYRA PARTRICH

Can you give me some ideas? Motivating tips — I could go

I am a new exercise instructor, both aerobics classes and personal training. I am in good shape, slim and muscular. When I private train, I have a problem motivating people.

on forever — but I will keep it brief.

■ Think about your gut level reactions to people. Try not to assume the individual's fitness level. Just because a client looks out of shape it doesn't mean he actually is, or he doesn't care. Assume that most of your clients want to get in shape. Think about how much money (billions of dollars) is spent in the United States on diets each year.

■ Show you care and offer to help them along. Let them know that you are committed to them.

■ Concentrate on your clients when you are working with them.

■ Realize your own power just by being in good shape. Be kind and caring, realizing that your client would change places with you physically in a minute.

■ Provide that old positive reinforcement by praising your client for trying.

■ Respect your client for wanting self-improvement. That is half the battle.

Working as an exercise instructor can give you a lot of self-satisfaction. Enjoy it.

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