

Sit back, relax enjoy free time

By SHELLEY EICHENHORN

If you enjoy just looking at the clouds for two hours when you have the time, that's okay. In fact, according to Betty White, the whole idea of having time to yourself is a good thing.

"People are uncomfortable with leisure because of the whole work ethic," said Ms. White, a project coordinator with the Oakland University Continuum Center.

"Lots of people think free time is a 'not okay' thing. This results in problems for people when they find themselves with time on their hands."

"People get laid off or are forced into retirement and don't know how to use their new leisure," said Ms. White. "They end up wasting the leisure they have."

FURTHER, IF you're hung up on the idea of "wasting time," leisure can be useful. "If you're dissatisfied with your career, you could use your spare time to carve out a new profession," said Ms. White. Developing hobbies now can also pave the way for meaningful use of retirement years.

How to use leisure is something only the individual can decide said Ms. White. "I can't give suggestions

to others. They have to take a look at their own lives."

To begin, Ms. White recommends asking yourself, "What are the things I've always wanted to do?" Fantasizing is a good start, she added.

But the important thing is getting in touch with yourself. "I hope that 15 people will have 15 different ideas on what they'd really like to do. Being unique is OK," said Ms. White.

TO HELP people explore all leisure options, Ms. White and Jane Goodman will lead a workshop from 10 a.m. to 4 p.m., Saturday, Feb. 15 at Oakland University.

"First we plan to give people time to just think about choices that are productive for them," said Ms. White.

Then workshop participants will make a time pie or wheel showing how they spend a typical weekend.

"Next, we'll ask them to make an ideal time wheel," said Ms. White.

Before lunch there will be a brainstorming session on how to use the time left in their lunch hour.

After lunch, people will work in pairs to think about what they would do if they had the time and money.

"ELEMENTS OF the ideal will be looked at and we'll encourage people

to incorporate them into their lives right now," Ms. White explained.

Setting a goal is essential, said Ms. White, adding "How to put what participants learn about themselves into practice is the most difficult part."

Changes in a lifestyle should be broken down into small steps, making little changes gradually. "The first

step is to tell someone what you plan to do. This is a commitment," said Ms. White.

Step two is planning to do something. If your goal is to read more, decide to go to the library. Then set a time.

"Most important, set a date for completing your goal," said Ms. White.

Garden clubs set meeting

The Michigan Division of the Woman's National Farm and Garden Association (WNFGA) will hold the annual winter council meeting at 9 a.m. Wednesday, Feb. 19, at the Troy Hilton.

The 140-member Birmingham branch will host the event along with the 43 members of the North Woods branch. President of the Birmingham branch is Mrs. Russell L. Gilpin; president of North Woods is Mrs. N. W. Berry.

Mrs. Harry J. Miller of Dearborn will preside over the meeting.

The Michigan branches plan to celebrate the coming bicentennial year with flower shows, displays and plantings. They will join in the national project of tree plantings on the cap-

ital grounds of each of the 13 original states.

Highlighting the meeting's luncheon in the Hilton's ballroom will be an array of floral arrangements giving members ideas for unique table settings.

Jenny Lind Club to meet Tuesday

The Jenny Lind Club of Detroit will hold its February meeting Tuesday at the home of Mrs. Neill Peters of Grosse Pointe Woods. A luncheon will be served and a program presented by children from the Detroit Community Music School.

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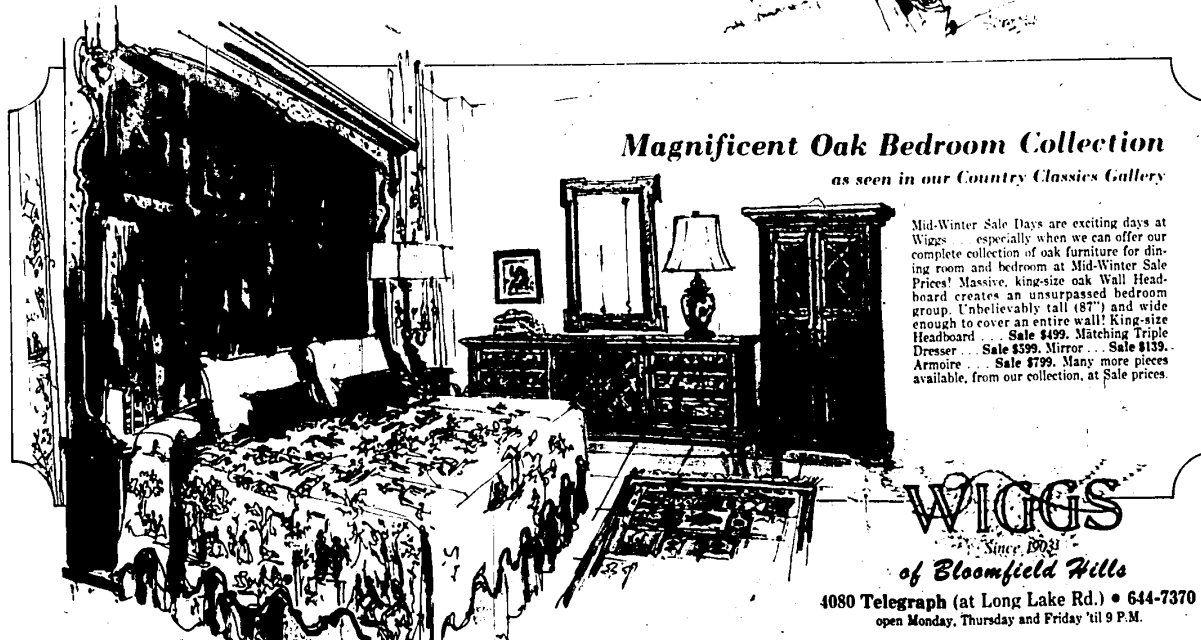


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as seen in our Country Classics Gallery

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