

Learn The Womanly Art Of Self Defense



TO FOIL ATTACK -- Marge Abour (left) of Redford Township plays the role of attacker of Betty Chalk, self-defense instructor at the Northwest YWCA.



UP AND OVER -- Using well-practiced holds, Betty throws the molester over her right hip.



HARD LANDING -- The quick maneuver renders the assailant helpless.

(Observer photos by Harry Mauthe)

By MARGARET MILLER
Women's Editor

Northwest YWCA, 25940 Grand River.

"The main thing is to react," said Mrs. Betty Chalk, 9511 Seminole, Redford Township. "Don't just freeze and hope everything will be all right."

A couple of houses you're passing show lights—one in a front room and one in a back room.

Most important, do SOMETHING, say two young women who will begin teaching a class in self-defense for women at 7 p.m. Tuesday, Jan. 20, in the

THE COURSE Mrs. Chalk and Mrs. Masters have been teaching about a year is known as Yusei Gachi. A combination of Judo, Karate and common sense, it's strictly for women.

"The training is about 75% physical and the rest practical tips for self-defense," Mrs. Chalk said.

"And the best reaction in this case," added Mrs. Linda Masters of Detroit, "is to head for the house with the light in the back room. People do go out and leave lights in the living room, but if you see a light in back it's pretty likely they are home."

The two instructors also pointed out that their course is aimed at all age groups from teens to grandmothers, and that size has no bearing on a woman's ability to learn the defense moves and use them.

In a previous course, they had one woman in her studies. "And I've taught my mother a lot of the things I learned," Betty said.

For the five-week session, with classes two hours each, women are asked to wear gym

shoes, slacks and sweatshirts or sweaters. "No blouses, because they are so easy to tear," Linda explained.

They will use protective mats in the YWCA gymnasium.

"We teach a fall to use in practicing the holds," Betty said, "and we've never had anyone hurt. We learn to let go quickly after doing the holds. Of course, with an actual attacker, you wouldn't let go."

will be instructions on how a woman alone in a house could use readily-available objects to defend herself.

"For instance," said Linda, "she could use a properly rolled newspaper, or a high-heeled shoe, or an umbrella tip or broom handle."

"And we give tips on carrying a purse to foil snatchers," Betty added. "Most women walk around like idiots with their purses."

includes a "really blood-curdling scream," and the instructors emphasized that women shouldn't hesitate to use it.

"It's the element of surprise that is important in stopping a would-be molester," Betty pointed out. "That kind of person counts on a woman not wanting to draw attention to herself."

Linda and Betty started studying Yusei Gachi with its developer, former Highland Park police officer Doug Kallish.

At this time it is being taught only in YWCA centers, though Betty and Linda have gone to Marillac Hall, home for unwed mothers in Farmington, under YWCA auspices. More interest has developed recently in suburban areas that used to be considered safe, they said.

The charge for the five-week course is \$15, plus a YWCA membership that costs \$5 for an individual or \$15 for a family. Reservations for the class may be made by calling KE 7-8800.

INCLUDED in the "common-sense" portion of the course

MRS. JUDY WILLS of the YWCA staff said the course

m. m. memos

The alarm clock rang in the dark morning, and Christmas vacation was officially over. Silencing of that darned alarm for 14 glorious mornings was the main evidence of vacation for me, but the girls had been treated to two full weeks of freedom.

And, in spite of lots of sliding and skating and assorted activity, all four agreed they counted days toward the end until it would be time to go back to school.

As one put it: "It's the teachers who wanted two weeks -- not us."

The situation had me thinking a bit on the subject of schools and vacations in general. I've long felt that at least part of the ultimate answer to the rising costs of education is some system of year-around school with shorter breaks between terms.

But after watching one two-week break, I was convinced any change in that direction would need care and planning far beyond the thinking I've been able to give it.

And, no matter how short or long the break from classes, vacations seem destined to end as this one did for our fifth-grader. She had read several of her new Christmas books, but still told me the evening before school resumed:

"Be sure to wake me up early -- I have four more chapters in the book I'm supposed to read."

--Margaret Miller

Witts Discover Farm Life Differs From Farmington

We've made it through our first year...braving the elements, struggling to keep warm...facing the wild beasts. We've managed to overcome most of the obstacles and we'd like to share our adventures with you.

We've faced the wild beasts (muskrat, opossum, pheasant, rabbit and deer) but never in the right season. Bob saw pheasant when he was hunting deer and vice versa. As a result, our smoke house isn't smoking and there isn't much salad down for the winter. Bob, 13, and Eddie, 10, have been busy trapping muskrats (for the pelts). Quite a difference from city life!

During the past year we've learned how to milk cows, pasteurize and separate the milk, make butter, trim animals' nails, pluck chickens, plow fields, bale hay and keep out of the way of our kicking donkey. Since moving to the country

EDITOR'S NOTE: It was just about a year ago that the Witts—Bob, Sally, young Bob, Eddie, David and Michael—packed the family camper and left their home in Farmington's Bel-Aire subdivision for the wilds near Howell.

These city dwellers had the dream of living on a farm and opening a children's farm. They had never lived in the country before moving. This is "The City Farmers' account of their first year.

We have discovered the word "DON'T." We DON'T go to town often since 20 miles round trip is a bit much for a half of bread. We DON'T use the phone often since one of our seven parties is usually talking or the phone is out of order. (We're the only eight-party line that never seems to work -- a good reason for a private business phone.)

We DON'T miss our weekly trip to the dump (Curly pick-up was all right!) We DON'T pour milk from a bottle...it comes in a pail (after we pump the cow's tail). We DON'T have much time to remodel our 85-

year-old farmhouse but with a little bit of luck, some drywall, paneling and 10 years, we may make it! On the other hand, we DO have many happy times!

OLD MAC DONALD'S FARM opened May 1 and the future looks bright. Our farm family now includes three ponies, five goats, seven calves, 11 sheep, two milking cows, a donkey, ten rabbits, two turkeys, two geese, 20 ducks, a peacock, and peahen and many chickens. Three little pigs will join us soon since we just sold Pansy and Petunia, our 380-pound hogs.

One of the most exciting events of our year on the farm was the arrival of Ferdinand, our Jersey bull calf. It was amazing to listen to the mother cow talk her calf to its feet! Bottle feeding the calves is five-year-old David's chore and he loves it! Two-year-old Michael doesn't have a specific chore but he does keep busy!

Bob and Sally each have their own cow. Bob's Jersey likes the milking machine. Sally's Guernsey doesn't! (Guess she just likes the personal touch.)

There are times of sheer exhaustion and then there are times we look about us in wonder at the beauty of the countryside. It's a thrill to pick apples and pears...gather nuts...hike through the woods...smell new-mown hay...watch the ducks swim in the pond...ride in the hay wagon (just like the pioneers!).

The Observer Women

March Of Dimes Campaign Opens

Under the banner of "A Happier New Year" at birth for every child, preparations were completed this week in Wayne County for the January fund-raising campaign of the March of Dimes against birth defects.

Marking the actual kickoff, through mail appeal letters with return envelopes and coin collectors placed throughout stores and vital locations in Wayne County the campaign drive will continue now through Jan. 31.

Mickey Lotch, Detroit Tiger pitching star, now in his second year as chairman for the Wayne County March of Dimes said, "I am happy to be connected with an organization

with a winning record. I'm sure the people in Wayne County will support the same winning team that defeated polio, now that it is fighting birth defects.

During this month numerous appearances will be made throughout Wayne County by 2-12-year-old Kimberly Joyce Krolezyk of Wayne, the 1970 Wayne County March of Dimes Poster Girl.

Kim was born with spina bifida, a major defect commonly called open spine.

Throughout the nation there are 115 Birth Defect Centers, of which four are in Michigan, all of which are supported by the March of Dimes contributions.

China Painters Draw Berries

The Northville Springs Chapter of the State Federation of China Painters will meet at 10 a.m. Thursday, Jan. 8, in the Plymouth Credit Union Building on Harvey St. in Plymouth.

Goldie Latchford is teacher for the session which will work on the second round of the strawberry arties the members started in the member

Rod Carpet

SALE

... plus hundreds of other decorator colors in this gigantic clearance sale!

We must make room for the new Spring lines we've just ordered at the Chicago Carpet Show.

<p>Aldon Mills and Philadelphia Carpet</p> <h3>HEAVY FORTREL SHAGS</h3> <ul style="list-style-type: none"> •103 yds. Tutone Gold \$7.95 sq. yd. •56 yds. Gold •132 yds. Tutone Red A \$12.50 value 	<p>Alexander Smith</p> <h3>KODEL SHAG</h3> <ul style="list-style-type: none"> •83 yds. Gold \$6.50 sq. yd. •113 yds. Avocado A \$9.95 value
<p>Masland "Luxury" ALL WOOL</p> <ul style="list-style-type: none"> •65 yds. Olive \$7.95 sq. yd. •200 yds. Avocado A \$13.50 value 	<p>Masland "North Hills" ALL WOOL</p> <ul style="list-style-type: none"> •48 yds. Gold \$8.95 sq. yd. •100 yds. Avocado A \$14.95 value
<p>Masland "Shalimar" 501 NYLON SHAG</p> <ul style="list-style-type: none"> •35 yds. Avocado \$6.95 sq. yd. •135 yds. Gold A \$11.95 value 	<p>Alexander Smith "Kodaire" KODEL</p> <ul style="list-style-type: none"> •48 yds. Gold \$7.50 sq. yd. •51 yds. Olive •31 yds. Avocado A \$11.95 value
<p>Masland "Accents West" KODEL</p> <ul style="list-style-type: none"> •51 yds. Gold \$7.50 sq. yd. •51 yds. Olive Gold •86 yds. Avocado •75 yds. Persimmon A \$12.50 value 	<p>Barwick "High Regard" Acrilan</p> <ul style="list-style-type: none"> •69 yds. Avocado \$7.75 sq. yd. •123 yds. Gold A \$12.50 value
<p>St. Clair CARPET of Livonia, Est. 1955 28040 JOY ROAD between Inlander and Middlebelt</p>	<p>Hollytex "Westwind" FORTREL SHAG</p> <ul style="list-style-type: none"> •112 yds. Spanish Gold \$6.50 sq. yd. •150 yds. Antique Gold A \$9.95 value

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