

Thursday, January 28, 1982

# Decisions, decisions

## Most can't make them without setting goals

By Jeanne Whittaker  
staff writer

One day in 1978, Mike Wickett sat in the Washing Well laundromat contemplating his future. If I could find a need and fill it, he thought, then I'd have a life purpose.

"I set a goal to find a purpose," he said.

At the same time, Charly Heavenrich, who shared a farmhouse with Wickett on the Fruehauf estate in West Bloomfield, was contemplating his purposeless existence. "We had both had dramatic changes in our lives," Heavenrich said. At the time Heavenrich was a pension consultant, Wickett was a salesman.

TODAY, WICKETT is president and Heavenrich vice-president of "Growth through Goals," a self-help program which will open its tenth series with two free guest nights in the LaReserve Room of Somerset Inn, Troy on Jan. 28 and Feb. 9.

Once he had set a goal to find a purpose for himself, Wickett said, a thought struck him. He recalled reading in a Time magazine report that 97 percent of the American population have no goals.

"I got very excited about that

thought," he said, "so I spent two hours writing notes on it. It was the first time I had had a creative thought in my life. The next day Charly and I got together and Growth through Goals was born. I had found a life purpose."

Heavenrich said he was ready for Wickett's proposal. He said that although he had a master's degree in international finance he had never set specific goals. Until he set a definite goal to improve his health, he drifted for 37 years in work and activity that he didn't enjoy.

HEAVENRICH SAID once he established his goal, he signed up at a Vic Tanny club which introduced him to aerobics, and that led to another goal.

"I wanted to become an aerobics instructor, which I did as a parttime instructor at Vic Tanny in the fall of 1980. A Channel 7 producer liked my work and he invited me to cohost the 'No-Nonsense Exercise' show that began last May. Now I have another goal. I want to be the most effective and dynamic aerobic teacher in TV."

When they decided to form the partnership, they enlisted 30 friends, Wickett said. They incorporated it at The Community House, and conduct-

ed their first series with 16 people in February 1980. "Then we moved to the Village Motor Inn, and it took off. We didn't advertise, but by word of mouth, people kept coming. It was all by referral."

THEIR MOST recent program, Wickett said, was one for 1,108 people at the Unity Church of Warren. "In our program," he explained, "people learn how to set their own goals. They learn how to go out and achieve those goals. We have homemakers, company presidents, even five doctors who came to our last program."

Wickett contends that without goals, most people tend to wander and drift, hanging onto jobs or lifestyles they don't really enjoy, becoming unhappy and unfulfilled.

Much of what they have put into their program, said Wickett, is based on personal experience. He said he grew up in a low self-esteem situation due to a critical, unhappy childhood environment. Heavenrich said "I waited for almost 33 years before I did anything that I really wanted to do."

"IT'S THE first time in my life that I have really been charged up about a job," he said of "No-Nonsense Exercise."

Using those concepts, Wickett said, "We teach that people are not bound by the past, or even by others' opinions."

"They can change their lives," he contends. "They're not stuck with what has gone on before."

Goals, he said, are the key to escape from chains that bind most people to hopelessness and helplessness. The three hour evening programs are held weekly for five sessions, and are open to individuals, families, and even teens, Wickett explained.

"Next summer," he said, "we will devote an entire series to teenagers. How many people have you known who feel good about themselves? Teachers, parents, peers, all have served to mold you. You become a part of what you are around."

"YOU'LL NEVER see kids on drugs who have self-esteem," he contended.

Wickett, who is 38, wrote and developed the program with help from Heavenrich, 39, who handles the finances and speaks at each session. His forte, said Heavenrich, is helping participants develop a healthier attitude toward themselves.

"We think about the whole, balanced life," he said. "There are seven important factors: financial, career, spiritual, social, self-improvement, family and health. There is a triad of factors, including exercise, nutrition and attitude. When you feel better about yourself, you will want to put only good things inside you."

"There is no substitute for feeling good about yourself," Wickett said. He said that goals give a person a purpose for getting up in the morning.

"AS PEOPLE a balanced goal program, their lives improve. We even do a session on giving up criticism and negative emotions. The results are long term. Of the 300 who have already taken the series, we have some coming back and bringing family and friends with them. We have one woman who is sending her baby sitter. Another couple brought their 15-year-old son with them."

Claiming that there is no specific philosophy behind Growth through Goals, Heavenrich explained that "We don't want people to get hooked on us. They see immediate results because they work with their own need to change."

Their tools, he said, are a workbook, feedback, and a great deal of humor. An unexpected dividend, he added, was discovering that people who had never met before were forming their own support groups to continue progress once the series ended.

"WE TEACH people how to fish

**'I wanted to become an aerobics instructor, which I did as a parttime instructor at Vic Tanny in the fall, 1980. A Channel 7 producer liked my work and he invited me to co-host the show that began in May. Now I have another goal. I want to be the most effective and dynamic aerobic teacher on TV.'**

— Charly Heavenrich,

for themselves," Wickett interjected. "You know that old saying about teaching them to fish so they'll never go hungry."

"The idea is to get them to do things for themselves. We tell them that only three percent of all Americans have a clearly written set of goals. When we tell them that, right away they want to be part of that three percent. It gets them going."

"What prevents change for most people," Heavenrich said, "is the thought that they are alone in their environment. Working with others drops that barrier."

The charge of \$150 for the series, Wickett contends, is not as hefty as it sounds once the program content is studied.

"THERE IS no homework. Don't quote me, but people are lazy or very involved, they won't do it on their own. We get them to fill out the workbook right there in class and we have the workbooks waiting for them when they come to each class. We use a

classroom style environment. They are given the material for that session as they enter."

When the series is completed each one gets to take his workbook home for study and added incentive.

"Goals change," said Wickett. "As they reach a goal others emerge. The strongest ones always surface. People choose their own goals."

"We teach them how to test them, and how to take responsibility for their own lives. It's a proven fact that the majority of adults can't make a decision. When they know how to set goals, they start making decisions."

STRESSING that Growth through Goals does not use coercive tactics, Heavenrich said "We can only change ourselves. They aren't going to do anything with it unless they want to."

"We have people set goals that are very high," Wickett said. "We strike the word realistic. You can't tell anyone to be realistic because they would never strive for anything."

"Just think, if all those people had been realistic, Henry Ford might not have built his car. His own lofty goals are many, Wickett said. "I want to speak and train all over the world. I want to contribute to my community."

"I want our own building, with our worldwide headquarters in the heart of Birmingham. I want it to be the most complete training center in the Midwest."

HEAVENRICH'S GOALS, in addition to his television aspirations, include, "I want to live as effective a life as I can. If I can help others then I have achieved a goal. And, I want the goals class to become an international phenomenon on a world-wide basis."

For information about guest nights, call Wickett or Heavenrich, both of whom are Birmingham residents, at 644-4944.



STEPHEN CANTRELL/staff photographer

Charly Heavenrich (left) and Mike Wickett credit their decision to organize 'Growth through Goals' with changing their lives. Heavenrich is now co-host of 'No-Nonsense Exercise,' a successful early morning television program. Wickett overcame a lifelong fear of matrimony and is now happily married.



Jan Salisbury (standing at left) and Bill Moore surprise Del Howison and Judi Charters in a scene from "Chapter Two," the Neil Simon comedy now playing at Kodomo Players Dinner Theatre in Allen Park. Mrs. Salisbury and her husband Bill, long-time members of Farmington Community Players, opened the dinner theatre last fall.

## 'Chapter Two' is next for Komedy Players

The comedy hit, "Chapter Two," by Neil Simon, has been selected as the next attraction by Komedy Players Dinner Theatre of Allen Park. "Chapter Two" opens Jan. 29, with performances on Friday and Saturday evenings through April 3. Dinner precedes the show.

Neil Simon's plays and movies include "Barefoot in the Park," "The Odd Couple," "Plaza Suite," "The Goodbye Girl" and "Only When I Laugh."

In "Chapter Two" he brings together George, a recent widower, and Jennie, a divorcee, through the matchmaking of his brother Leo and Faye, Jennie's bizarre friend.

The parts of Jennie and George will

be played by Jan Salisbury and Bill Moore, who are returning to the dinner theater stage after appearing in "My Heart Reminds Me," the Komedy Players opening show this season. Judi Charters has been cast as Faye and Del Howison as Leo. The show is under the direction of William Salisbury.

The new dinner theater is produced by Premiere Productions in cooperation with Bambi's Welcome Mat at their location on Allen Road, one block off Southfield Road in Allen Park.

Tickets for the salad bar, buffet dinner and show are \$12.95 on Fridays and \$14.95 on Saturdays.

Reservations may be made by calling the box office, 661-1383.

## Community bands join for festival



Dr. William D. Revelli, called a "legend in his own time" and a leader in the history of the American band movement, will be the guest conductor of the Festival of Community Bands on Sunday, which will be hosted by the Farmington Community Band.

The Farmington Community Band will host the second Festival of Community Bands, Sunday Jan. 31, in Twelve Oaks Mall Center Court.

The concerts will begin at 12:30 p.m. with the Northville Community Band, under the direction of Bob Williams and Ray Geise. It will continue at 1:30 p.m. with the Plymouth Community Band, directed by Carl Battistelli.

At 2:30 p.m. the bands will combine to form an ensemble of 225 musicians under the baton of Dr. William D. Revelli, conductor emeritus of the University of Michigan.

Individual concerts will resume at 3:30 p.m. with the Birmingham Band, conducted by Grant Hoemke. They will conclude at 4:30 p.m. with the Farmington Community Band, directed by R. Paul Barber. Revelli also will guest conduct the band.

Often labeled a "legend in his own time," Revelli is a leader in the history of the American band movement. He began his career with the Hobart High School Concert Band, where the bands earned six consecutive years of national championships.

"This outstanding accomplishment led U-M to select Revelli as conductor of bands and chairman of the Wind Instrument Department in 1935."

MANY "FIRSTS" were developed under his direction. The marching band was first in performing a halftime show from original manuscript score, in using the public-address system for shows, to appear in the Rose Bowl, to use the "eight to five" step, to perform post-game shows, to play works of master composers, to make professional recordings, and first in presenting Band Day, Bandorama, and Varsity Night.

Revelli also pioneered standards for the symphonic band, developing repertoire and uncompromising performance models.

Under his direction the U-M symphonic band toured America and was brought to the attention of the world when the ensemble presented 88 concerts in a 16-week tour of the Soviet Union, Egypt, Jordan, Lebanon, Turkey, Greece, Cyprus, Romania and Poland.

The numerous honors bestowed upon Revelli include honorary doctorate degrees from Chicago Musical College, Oklahoma City University, and Eastern Michigan University.

He holds the U-M Faculty Award for Distinguished Achievement and won the School of Music Alumni Society Citation in 1979.

He is founder and honorary life president of the College Band Directors National Association, past president of the American Bandmasters' Association, and the first conductor to be elected to the Academy of Wind and Percussion Arts.

He is the editor of the Michigan Band Series, a member of Phi Mu Alpha, M. I. Chigagans, Detroit Bohemians, Alpha Kappa Lambda, "M" Club, Ann Arbor Rotary, and honorary life grand president of Kappa Psi.

He also was president of the National Band Association; musical director of the International Band Festival, Vienna, Austria; guest conductor-lecturer of the Israel Band and Wind Ensemble Federation; and guest conductor of the National High School Honor Band.

Selections to be performed under Revelli's baton will include the "Washington Post March" by John Philip Sousa, "Sleigh Ride" by Leroy Anderson, and "On the Mall," by Edwin Franko Goldman.