

Coping for the Holidays

Afternoon get-togethers are designed to beat the blues

By Loraine McClish
staff writer

The counselors who turned a lesson in how-to-beat-the-holiday-blues into a holiday party last year, repeat the format this season with three get-togethers called "Coping for the Holidays."

"This is for seniors, widows, the divorced, singles, anyone who for any reason is having trouble facing the holiday season because the Norman Rockwell picture of what Christmas is supposed to be is a long way from their reality," said Margaret Cotter.

She will lead the sessions with Lynda Clark and Penny Conn 1-3 p.m. Wednesday, Dec. 5 in Detroit Baptist

Manor-Drake; 1-3 p.m. Friday, Dec. 7 in Detroit Baptist Manor-13 Mile Road; and 1-3 p.m. Sunday, Dec. 9 in Farmington Hills Counseling Services, in Quakertown Medical Center.

Cotter is a social worker and teacher at Oakland Community College, Orchard Ridge Campus, whose emphasis is on helping persons manage their own stress and take control of their own moods.

Clark is a teacher and educational counselor whose work has been centered mainly on changes in lifestyle that come about through widowhood.

Conn is a social worker and a geriatric counselor who works with seniors and their families in their own home

aiming to make better family relationships all around.

All of the women work out of Farmington Hills Counseling Services.

PARTICIPANTS in "Coping for the Holidays" will learn their own expectations of how happy they think they should be, how happy they think everyone else is and who should have the responsibility of how happy they are going to be.

"Anything you learn will carry over into all areas of your life," Conn said, "If you are lonely at Christmas, you sure can be lonely in January."

"And age doesn't matter. You can be as lonely at 30 as at 80," Clark said. "You can lose your lifestyle, lose a

family at any age and wallow in your misery or work to make it as good as it can be. The techniques we teach are really not that difficult. Just different. We offer a different way to think, and hopefully the reactivation of some old or lost skills."

The agenda for "Coping for the Holidays" is centered around a party with suggestions for how to entertain, buy gifts, plan menus, all with what Conn called "creative budgeting."

"We give techniques for reaching out, broadening interests, making new friends, building a new lifestyle, enjoying yourself at gatherings. This is something every magazine article on the subject tells you to do for yourself,

but I have yet to read one that tells you how to do it," Cotter said.

The key, Cotter said, is how one accepts the change, whatever that change might be, so expectation falls into reality and not the wish.

COTTER ACCENTS the positive in her part of the afternoon sessions sharing information on how to accept the responsibilities for holiday expectations of love, fun and family. And she will share some relaxation techniques.

Clark will share her personal experiences and feelings about the difficulties in dealing with changes in her life that came with widowhood and being a single parent. She will also talk about coping with holiday demands.

Conn's professional expertise is shared, from personal to financial, helping seniors to adjust to a different lifestyle.

"If Plan A isn't working, we have Plan B to fall back on, then Plan C, and all through the alphabet, if need be," Cotter said. "We give a new way to look at an old picture."

"The whole idea is to take the responsibility for your own happiness," Clark said. "Everything moves. Everything changes. You owe it to yourself to keep going."

Fee for the afternoon is \$5. Registration is not necessary. Inquiries will be taken by calling Farmington Hills Counseling Services, 661-1634.

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Farmington Community Cooks

Center's volunteers launch search for recipes to fill new book

By Loraine McClish
staff writer

Home economists, home economics teachers, professional chefs, food editors, culinary arts teachers and students, dietitians, gourmets and just good cooks are being sought to contribute to a cookbook with a twist.

"Anyone who likes to cook would probably say it all," said Geraldine Tobin who is chairing a committee to put together "Farmington Community Cooks."

The book is a fund-raiser for Farmington Community Center, compiled by Tobin and 12 members of the center's volunteer guild, and all hand-picked, according to Tobin, for their expertise in the kitchen.

"It's been four years since the center published its last cook book and we thought it was time for another," Tobin said. "We're hoping for the new and different, the little bit out of the ordinary, and of course a lot of diversity."

The format for the cookbook has already been laid down. There will be no

sections for meat, vegetables, or salads, for example. The sections will be marked for situations, such as: "Situations can be picnics or tail-gating, preparing ahead or entertaining."

AN EASY-TO-FOLLOW form for recipe contributors is available for pick-up in the center at 24705 Farmington Road. The form is designed for the listing of ingredients and preparation of the recipe so nothing can be omitted or mistaken by either the contributor or the reader.

While the committee of readers is picking and choosing those recipes for publication they will also be looking for those that can be incorporated into a menu.

"Each of our situation sections will contain sample menus," Tobin said. "So for the section called 'How to Outwit Time,' for example, we'll be continuously on the lookout for the salad, the dessert, that will dovetail with an entrée for a meal that can wait time."

The committee is meeting twice a

month, and expects that number will increase as recipes start coming in, and the menus are prepared working up to the publishing deadline in the summer of 1985.

"As cookbooks go, that is 18 months away and a very short period of time," Tobin said.

TOBIN STARTED her career in food services as a hospital dietitian doing research at University of Illinois.

Conscientious objectors were used as guinea pigs during World War II in trying to find which nutrients would keep a person the warmest. The findings were that it didn't make any difference what one ate. It was frequent feedings that would keep the warmest," she said of her work with the U.S. Office of Scientific Research and Development.

Marriage and seven children kept Tobin cooking at home in Detroit's suburbs until 1956 when she took a job to run the food services program for Liv-

onia Public Schools, a career that lasted for 21 years.

All members of Tobin's committee have backgrounds in some facet of the culinary arts.

"Marge Perry is a cookbook collector and a researcher of herb recipes," Tobin said. "Anne Audette is a director of the Home Service Department for Michigan Consolidated Gas and gives cooking demonstrations for them. Greta Tierman gives adult education classes in microwave cooking. Betty Bates taught home economics in Southfield for 15 years. Rachel Shuler is an expert at canning."

Her committee is rounded out with Lu Burke, Gail Perrin, Marjorie Sartin, Pat Nagle, Phyllis Welch, Chris Paul, Diane Paul and Dorothy Sauter.

"Right now the important thing is to get the recipes coming in," Tobin said. "If anyone needs a form, just call the center and we'll see that you get one, or two or half-a-dozen, as many as you need."

Tobin will take messages left at the center, 477-8404.

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— Geraldine Tobin



Postal service gives holiday mailing tips

The holiday season will soon be here, and the U.S. Postal Service asks people to mail early in order to assure delivery of every package and card by Dec. 24.

The Postal Service provides customers with the following mailing tips:

- Prepare and mail your Christmas

minimum of 3 1/2 inches high by 5 inches long. A surcharge is made if they exceed 6 1/2 inches high or 11 1/2 inches long.

- Write legibly. Include the ZIP code in the outgoing and return address.
- Include your name and address on a slip on the inside of all parcels.

Habeas Corpus

The doctor's fling is about to be flung out the window in this scene from the Farmington Players production of "Habeas Corpus." Chris Taylor (left), Emily McSweeney and Jim Snideman star in the Alan Bennett comedy that continues through Dec. 9 in the barn theater on 12 Mile Road in Farmington Hills. Ticket information is given by calling the box office, 626-5061.



Few tickets available for farce

"Habeas Corpus" which opens this weekend in Farmington Players Barn, is sold out for most of its run. Tickets for the bawdy farce written by Alan Bennett are available only for the evening performances on Thursday, Friday and Sunday, Dec. 6, 7, and 9. Ticket information for these performances is available by calling the Players box office, 626-5061.

The British comedy is produced by Genevieve Terry and directed by Sharon Douglas.

Cast members are Ann Burton, Helen DeJulio, Linda Flinder, Ray Gallant, Emily McSweeney, Jim Snideman, Bob Stewart and Dolan Sievert.

Program features guest harpist

The Farmington Musicale presents a holiday program of sacred music at 12 Mile Road, Wednesday, Dec. 5 in Farmington Hills Branch Library, 12 Mile, east of Farmington Road.

Compositions to be performed will include "Prayer of St. Francis" by Litz for chorus and harp.

Selections for solo harp include "Air and Variations" by Handel and Concert Variations on "Adeste Fideles," arranged by Salzedo.

Bunin has selected two arias of Handel, accompanied by flutist Kim Doekler and pianist Janice Smith.

As a grand finale, Farmington Musicale Chorus under the direction of Blagelov and accompanist Carollee McDaniel will perform the "Ceremony of Cards" by Benjamin Britten. Grix will accompany the work.

GRIX IS ONE of the most sought after musicians in the Detroit area. She has performed in concert at Symphony Hall in Boston, the Kennedy Center in Washington, D.C., and as a featured soloist with the International Symphony

Orchestra. During the summer of 1983, she was the only harpist invited to Halifax, Nova Scotia, as a Young Artist for the Scotia Festival of Music.

Locally, Grix has performed with the Detroit Symphony Orchestra and Michigan Opera Theatre, and in Pine Knob Theatre and Premiere Center. Because of her musical versatility, she is also well-known as an entertainer in Detroit's finer restaurants. Currently, she plays in Dearborn Inn and the Rhinoceros Restaurant.

Smith Theatre on the Orchard Ridge Campus of Oakland Community College (OCC) presents two holiday music concerts.

Oakland Community College's Community Chorus, under the direction of Paul A. Ferris, will perform an evening of seasonal music of the masters at 8 p.m. Tuesday, Dec. 11.

At 8 p.m. Thursday, Dec. 13, Oakland

Grix studied with Velma Froode at Michigan State University and with Lucille Lawrence at Boston University, where she received her master's degree in music. She is on the music faculties of Mercy High School in Farmington Hills and the Waldorf School in Detroit.

Everyone is welcome. Baby-sitting is available by calling Florence Kaston, 478-0110 for reservation.

The Farmington Musicale is a member of the Michigan and National Federations of Music Clubs.

OCC holiday concerts set

Community College Jazz Ensemble, under the direction of Craig Strain, will feature the big band sounds of festive holiday favorites.

Both concerts will be given in Smith Theatre, which is located at 1-695 and Orchard Lake Road. There is a \$2 admission to each concert. Reservations may be made by phoning the Smith Theatre box office, 471-7700.

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