

## The Probies

Volunteers go on probation before making their commitment



By Loraine McClish  
staff writer

**J**UNIOR GROUP of Goodwill Industries welcomed 16 new members this month during a tea at which they were introduced to fellow volunteers. Members come from throughout the Detroit metro area to fulfill their motto of "Helping the Handicapped Help Themselves."

The newcomers are probationary members, known as "probies," and will keep that status for a year. "It's a time for them to get to know us and the work we do," said Mary Jane Watson, a Farmington Hills resident who is president of the 350-member group. "It's a time for them to learn what Goodwill Industries is all about, visit our committees, visit the Goodwill buildings and homes and training centers and discover if they want to commit themselves."

"I'm well aware that this is different from the way other volunteer groups recruit their members, but whatever we are doing we are doing it right. Volunteers come and go for any number of reasons, but we hold a steady roster of all-active and all-committed volunteers, something a lot of groups can't say they have," she said.

Junior Group of Goodwill Industries

also holds a steady record of netting in the neighborhood of \$100,000 a year to subsidize the Goodwill's training programs, which in turn put anywhere from 100 to 500 people back into the workforce every year.

WHATEVER the 16 probies choose to do to commit themselves during their probationary year, they will all have some part in working toward the "Goodwill Antiques Show & Sale" set this year for Nov. 29 in Michigan State Fairgrounds.

Sally Foster of Detroit and Ann Marie Peacock of Birmingham are co-chairs of the 39th annual show, the group's biggest money-maker. This event is worked on from one November when the show closes to the next November when the show opens with a wine and preview party.

"Our probies are the ones who turned that bare barn in the fairgrounds into a beautiful showplace last year," Peacock said. "We had a couple of new members who had some background in interior decorating — we always utilize whatever talent we have available — who glued and sewed and painted for three days before we opened to make a really startling transformation."

"Whatever talent we have coming in this year we'll tap. We put our probies to work immediately. Whatever they bring to us we can use," she said.

The probies have a large range to choose from all the many facets of the show and sale.

Space in the large fairgrounds structure is divided up for select antique dealers booths; the Goodwill Booth, which is the best of the collectibles and items of quality that go on sale; "The State Fair," which offers snacks, lunches and dinners; and "The Country Store."

"MOST OF US do double duty," said Donna Anderson of Bingham Farms. "Whether it's selling tickets or working on the security committee or publicity, or interviewing antique dealers, most of us work all year and if not that, at least all summer on something for The Country Store."

The Country Store is stocked with handmade gift items, candies, homemade jams, jellies, pickles, salad dressings and baked goods. The gift items range from smoking to soft sculpture, from wreaths of natural materials to woodcraft, with heavy accent on accessories for country decor.

"It's a matter of keeping up to

date. Country is popular now," said Jerry Wendt, a Farmington Hills resident who handles publicity for the show. "That, and because we have members who can make the baskets and the boxes and show others how to do it in our summer workshops."

While the volunteers keep up to date with the items they make to stock their country store, so do they keep up to date with Goodwill Industries' focus.

"The focus is all on training new, moving our clients into self-supporting jobs, knowing where they can be employed and training them for those jobs," Watson said.

SHIRLEY DENISE of Grosse Pointe was hostess for the group that welcomed probies Shirley Duncan, Casey Griffin, Carol Kirkpatrick, Margaret Ann Lynch, Emily Murphy and Mary Valpey, all from Birmingham.

Probie Joan Baer and Joan Farrar are Bloomfield residents and Gloria Stritar is from West Bloomfield.

Laura Kennedy, Cherie Pine and Mona Wolter are from Grosse Pointe.

Carolyn Doyle is from Troy, Joan Flora from Novi, Joy Schermer from Detroit and Kathryn Schimmel from Union Lake.



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photos by C.D. STOFFER

Kathy White is Michigan's representative to International Dance-Exercise Association (IDEA) who headed up the group's first major meeting in the state.

## Toning down aerobics

High energy bounce dancing is replaced with an accent on low-impact stretching

By Jill Arquette  
special writer

**B**OUNCING to the beat of fast-paced, hit tunes like Janet Jackson's "Nasty Boys" may give aerobics buffs a quick burst of energy.

But pounding the pavement isn't good for your health in the long run, say aerobics experts. Susan Calhoun, owner-director of an aerobics training camp in San Diego, Calif., contends that high-energy dances, kicks and jumps are "out" because they result in injuries to the shin, foot, calves and knees.

Low-impact stretches involving controlled muscle movements are "in."

Calhoun advises exercise fanatics to cut down their aerobics regimen to "three or four times a week" and try other sports such as swimming.

She spoke these words of wisdom to more than 250 aerobics instructors last week at Oakland University's Health Institute in Rochester Hills.

They were gathered under the umbrella of the sport's only professional organization, the International Dance-Exercise Association (IDEA). It was the group's first major meeting in Michigan.

DRESSED in leotards and tights, they were sprawled out on the floor, listening intently to

speeches on injuries, exercise fallacies and calisthenics-safety. They tried a few stretch and relaxation exercises. And they received instruction on instructor certification.

"Until recently, all aerobic instructors had to go on was the copy-cat method," noted Kathy White, IDEA's Michigan representative. "They would watch videos and television."

"Later we found out that these workouts were really not very good. Now, the aerobics industry is finally getting in sync with the latest developments."

According to White, the best way to avoid injuries is to find out what type of exercises the instructor will be teaching before signing up for the class. She also suggested asking the instructor whether he or she is certified.

"People have to realize that they have a genetic gift and their bodies can only handle so much exercise," the expert noted.

"Many people think they can do high-impact aerobics everyday, and that's what is causing a lot of the injuries."

Workshop speakers advocated smoother, slower transitions in workouts and stretches rather than fast-paced movements.

"You can still raise your heart rate with low-impact exercises but you just have to involve the

upper half of the body," White said. "It also helps to use hand weights."

"DOTTIE Georges, an aerobics instructor from Troy who attended the workshop, said conferences like the one at Oakland University are important to instructors who are unable to attend international aerobics conventions."

"It's such a changing field and it's important to keep learning," Georges said.

IDEA was formed to provide a network for aerobics instructors and to promote safe exercise. The group has more than 9,000 members in all 50 states and 32 countries.

Coordinating the development of nationally-recognized standards for instructor certification with top leaders in the field has been one of its principal goals.

"We want the instructors to see that the value of becoming certified is acquiring the knowledge," said Julie Andersen, director of special projects for the organization.

Although certification is not required, many instructors are taking the 3½-hour exam, White noted.

IDEA's state representative believes the organization will lend credibility to the sport.

"Aerobics has withstood the test of time and is no longer a fad," White said.

## Comics relief

Cartoonists collaborate on poster which will aid children

By Lerry O'Connor  
staff writer

**W**HILE CARTOONS make most people laugh, they have Redford's Paul Burke just rolling.

Except Burke, a cartoon syndicate representative for such notables as Charles "Peanuts" Schulz and Mort "Beetle Bailey" Walker, wasn't doing turns on the floor in laughter.

Instead he was spinning his wheels on the roads of the United States, having cartoonists sign "Voice for Children" which has been issued as a poster. Sales of the 18-1/4-inch-by-24-1/4-inch poster are being used to benefit the Child Welfare League of America and Redford Assisting Local Youth.

The original work is a collaborative project, in which 69 artists have drawn the character their best known characters.

Burke is traveling around the country having the artists sign litho-

graphs of the original poster. The lithographs will be sold for \$3,000 each to also benefit league.

At first, the project was given about as much chance to fly as an elephant with ankle weights.

WHEN BURKE approached the first three artists, Walker, Johnny Hart and B.K. Taylor, they agreed to create an original artwork with 15 contributors.

"And the mutual agreement was that it could never be completed," said Burke, who got involved with the project after the league's Russell Myers contacted him to design a poster against child abuse.

Some 170,768 miles later and 66 artists' contributions, the piece was finished in 11 months, proving the doomsayers wrong.

Some 172 cartoon characters appear on the original. But for every character, there was an average of eight phone calls made and 1,000 miles traveled.

Burke sent the original artwork to

each artist via Federal Express, which donated its services for the project. It didn't take long for it to become an all-star piece of work.

Along with Walker, Schulz, Hart and Taylor, three Pulitzer Prize winners contributed to the artwork (Jeff MacNelly, Bill Mauldin and Mike Peters). It also marked the first time the directors of Mickey Mouse Cartoons, Bill Justice, and Walter Lantz, creator of Woody Woodpecker, and Chilly Willy, appeared on the same licensed product.

THE BIG thrill for Burke was working with Lantz.

"He told me he was sending me a book with a drawing in it," Burke said. "I told him I hoped it's my favorite cartoon, Chilly Willy, but he'd already sent the book out" with Woody Woodpecker inside.

For his collection, Burke has Lantz's book, a biography, with an original drawing of Woody Woodpecker in it. And it sets next to an

identical copy of the book with a caricature of Burke's favorite penguin, Chilly Willy that Lantz sent following their conversation.

Burke wasn't the only one involved with the project who was in awe. Some artists working on the project became nervous, afraid that they were going to mess up someone else's work.

Justice, who draws Mickey Mouse, was especially jittery around the piece.

"He was so afraid, he wouldn't open up the ink in the same room," Burke said. "He'd dip his pen in another room and come back in and draw."

TOWARDS ITS completion, 8-by-10-inch transparencies were shot of the work in case it was damaged. It could not be insured.

Some artists, though, didn't have to worry about such things. For non-artistic reasons, they didn't contribute to the project. Warner Brothers, creators of Bugs Bunny and Roadrunner, was one.

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— Paul Burke

Burke didn't fret. He was just glad to get it completed.

"On Feb. 15, I received it in the mail and I rolled it out on the table," Burke said. "I said to myself, 'Damn, it's finished.'"

His work, though, isn't finished. Burke is publicizing the finished project, which he said has been more difficult than anticipated.

"I think everyone is Live-Aided out," he said. "In a way we are soliciting donations, but people are receiving a product in return for their money."

Burke, originally a music publish-

er, came into the cartoon business unknowingly. He was contacted by Walker three years ago to print some cartoon Christmas cards and it's taken off from there.

The poster is available from \$3 from RALY, 1221 Hemingway, Redford, 48239. For more information, call 937-8118.

The poster is available from Stabur Graphics at \$3.95 a copy to benefit CWLA. Write to Stabur Graphics, 23301 Meadow Park, Detroit, 48239. Include \$2.50 for shipping and handling. The donation is tax deductible.