

Meeting produces host with the most

As many might remember, nearly two years ago I was appointed by President George Bush to the President's Council on Physical Fitness and Sports. Because of this opportunity, I have been fortunate to experience some wonderful, exciting moments that will make a difference to our country.

Last week, my fellow Council members (20) and I ventured out to California for another important meeting. Arnold Schwarzenegger wanted to be host in his home state rather than our usual Washington 101, was it?

To begin, our private meeting in Arnold's wonderful office truly was a treat. His office is outstanding. Tasteless, impeccable. The office decor was clean, uncluttered and well-designed. Arnold's personal office is a traditional Australian-style room (with a lot of wood detail) for relaxation. It also contains a lot of memorabilia — trophies, awards, fabulous photos, etc. Simply beautiful.

First party was at Schatz's Restaurant in Santa Monica. A great restaurant with excellent food. It is owned by Arnold. We knew it would be a hit.

AT OUR regular public meeting the next day we heard special reports from qualified invitees in specialized fields. These people are helpful sources to the Council.

First report was from Dr. Michael McDonald, head of Preventative Diseases for the Health and



exercising options
Myrna Partrich

Welfare Department. He listed some annual causes of deaths in the U.S.: tobacco, 400,000; diet and physical exercise patterns, 300,000-500,000; and alcohol, 100,000.

The end results are generally heart disease, cancer and stroke. But the true causes are tobacco, diet exercise and alcohol, all indirect contributors behind the three causes of death.

Our Healthy People 2000 goals for the future are to reduce childhood death 50 percent and reduce adult death 25 percent.

Second, we heard from Chuck Corbin from the American Academy of Physical Education. He proposed that a Scientific Advisory Council be established to assist the Council. It would consist of five-member representatives of AASPE, AAPE and ACSM. The term of office being three years to promote the evolution of new and different ideas. A Scientific Advisory Council member would be present at all President Council Meetings.

CORBIN'S COMMENTS: were directed towards children and ex-

ercise.

Next was Bill McMahon, presenting Corporate Fitness Status in Hard Economic Times. He started by stating the challenges — business uncertainty, global competition, short-term outlook, soft investments and internal budgeting.

We heard a detailed report from Arnold on the many accomplishments in the last few months. To highlight some of the important subjects, Arnold's state tours have been very successful. The governing board of educators, physical education teachers have been very receptive to our cause. Many Governors' Council on Physical Fitness have been started because of our visit to these states.

We are beginning to plan our next Great American Workout III, again on the South Lawn of the White House with a public rally at the Capital Building. This year's theme will be Family Fitness. We will use celebrities and their families for the theme.

Our executive director, John Butterfield, delivered an interesting report on further efforts of the Council and its accomplishments.

We had more special reports with more ideas and great accomplishments. My favorite was our President's Council on Physical Fitness exercise prescription pads to be used by all doctors. An exercise prescription for aerobics, muscle strengthening and flexibility.

Overall, it was a very successful meeting.



Myrna Partrich is joined by Arnold Schwarzenegger (left) and Ralph Moeller, for a meeting of the President's Council on Physical Fit-

ness and Sports, included in the discussions were plans for the upcoming Great American Workout III.

To close our trip we were all invited to a casual cocktail party at Arnold's and Maria's lovely home. A delightful experience. I did meet a close friend of Arnold's, Ralph Moeller, who has just started in his first movie "Universal Soldier".

Moeller stands 6-7, 305 pounds and is a two-time Mr. Universe

champion (1986, 1987). Arnold has been helpful in Ralph's career as he is with many of his friends.

I enjoyed sharing Arnold's friends and family in California. He is the host with the most!

(Myrna Partrich, co-owner of The Workout Company Inc. of

Bloomfield Township and a member of the President's Council of Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send your letters to: Sports Department, Myrna Partrich, 585 E. Maple, Birmingham 48009.)

outdoors calendar

IMPORTANT DATES AND EVENTS

- Through Feb. 2 — A special Canada goose season will be held in the southern portion of the Lower Peninsula. Hunting will be permitted on public and private lands south of a line from Fort Huron to Grand Rapids. Call the DNR's Wildlife Division at (517) 373-1263 for information on hunting areas and special regulations.
- Through Feb. 8 — Shiver on the river ice fishing contest will be held on the Saginaw River in Saginaw. Call 517-776-9704 for more information.
- Through March 29 — Mayor's Peach Ice Fishing Contest will be held in Cassville. Call 517-856-4605 for more information.
- Jan. 31-Feb. 2 — Perchville

U.S.A. will be held in Tawas City. Call 800-55-TAWAS for more information.

- Feb. 1 — Application deadline for the spring wild turkey hunt.
- Feb. 4 — Romeo B.A.S.S. Busters will hold its monthly meeting at the Romeo Community Youth and Civic Center, 361 Morton St., beginning at 7 p.m. New members are welcome. Call 286-6469 for more information.
- Feb. 5 — The Livonia-based Four Seasons Fishing Club will hold its monthly meeting at the Maplewood Center in Garden City. New members are welcome. Call Tony Brenner at 477-2816 for more information.
- Feb. 5 — The Ann Arbor Power Squadron will offer a seven-week boating course beginning at 7 p.m. at the Clague Intermediate School. Call

594-2300 to register and 596-9323 for more information.

- Feb. 16 — Jobnet season ends in designated areas of Zone II.
- March 1 — Crew, bobcat and fox seasons statewide.
- March 31 — 1991 Fishing licenses expire.

OAKLAND COUNTY PARKS

- Woodchucker's Holiday, a program in which participants can receive activities from the days of the lumberjack. Children can participate in nail-pounding and seed-spitting contests and learn to build wood crafts, while adults can compete in logging and log-sawing contests. Cost is \$2 per person and \$9 per family. Participants should dress for the outdoors.
- Floral Valentine Brooch, an adult mini-class in which participants will make a floral brooch, begins at 1 p.m. Saturday, Feb. 8, at Independence Oaks.

Oakland County Parks programs require advanced registration and some have a nominal fee. Call the Independence Oaks Nature Center at 625-6473 to register or for more information.

METROPARKS

- Ice Fishing Derby, an event in-

cluding an ice fishing contest, begins at 8 a.m. Saturday, Feb. 1, at the West Blue Launch at Kensington (weather permitting). Prizes will be awarded for the largest (weight) fish and the most fish. Call 685-1561 for more information or to register.

• Kid Stuff, activities and crafts for 6-10-year-olds designed to awaken their wonder of winter, begins at 10 a.m. Saturday at Indian Springs. Participants should dress for the outdoors.

• Groundhog Day Celebration, a slide program, songs and a hike in search of a groundhog, begins at 10 a.m. Sunday at Stony Creek.

• Furry Forecasters, a program in which participants will explore the folklore about using the habits of birds and animals to predict long-range weather conditions, begins at 1 p.m. Sunday at Indian Springs.

• Case of the Missing Groundhog, a walk through the park in search of a groundhog, begins at 2 p.m. Sunday at Kensington.

• "Gateways," a narrated film about the 13 Metroparks, is available to civic groups and other community organizations. A free presentation should be scheduled weeks in advance. Call the Metroparks at 1-800-47-PARKS or 227-2757.

• 1992 Metropark annual motor vehicle permits and annual boating permits are available at Metropark

offices. Motor vehicle permits are \$10 regular, \$5 senior citizen and \$2 daily. Boating permits are \$13 regular, \$5 senior citizen and \$3 daily.

• Most Metropark programs are free, while some require a nominal charge. Pre registration is required. A motor vehicle permit is required. Call 1-800-47-PARKS for registration information.

OUTDOOR SHOWS

• Feb. 1-9 — Detroit Boat and Fishing Show, featuring more than 1,000 boats, including the new 1992 models, and approximately 300 exhibitors, will be held at Cobo Center. Featured speakers include Babe Winkelman, Gary Roach, Mark Romanek, Mike Norris and Ron Levitan. Show hours are noon to 10 p.m. Saturdays and Wednesdays, noon to 8 p.m. Sundays and 3-10 p.m. Monday, Tuesday, Thursday and Friday. Admission is \$7 adult and children under 12 will be admitted free. Seniors will be admitted free on Monday. Call 393-2480 for more information.

• Feb. 8-16 — Detroit RV and Camper Show will be held at Cobo Center. Call 477-3434 for more information.

• Feb. 21-March 1 — 1992 Outdoor Sports and Travel Show will be held at the State Fairgrounds in Detroit. Featured attractions include

the comedy group 'Da Yoopers' and ventriloquist Eddie Jaye. There will also be seminars on field dressing deer, a turkey calling contest, live birds of prey, Big Buck Night (Feb. 29), hundreds of exhibitors and more. Speakers include Dan Gopen, Denny Geurink, George Richey, Jim Clay, Ron Spitzer and Glen Dudderar. Show hours are 9-9 p.m. Feb. 21-3 p.m. weekdays, 11-9 p.m. Saturdays, 11 a.m.-7 p.m. Feb. 23, and 11 a.m.-6 p.m. March 1. Admission is \$5 adult, \$2.50 children under 12 and \$2.50 for citizens 60 and older (before 5 p.m. weekdays only).

• March 5-8 — Sportfishing Expo will be held at the Palace of Auburn Hills. The show features more than 350 exhibitors and more than 50 non-stop seminars. Speakers include Larry Nixon, Penny Berryman, Daryl Christensen, Mike McClelland, Eric Sharp, Tom Huggler, Spencer Petros, Kim Stricker, Mike Theyerl, Joe Thomas and George Richey. Show hours are 4-10 p.m. March 5, 2-10 p.m. March 6, 10 a.m.-9:30 p.m. March 7, and 10 a.m.-7 p.m. March 8. Admission is \$6.50 adult and \$3.50 for children. Children 5 and under will be admitted free. Advance tickets at \$1.50 off regular price are on sale beginning Feb. 1 at Dunham's stores.

• March 20-22 — Ninth annual Wildlife Art Festival will be held at the Southfield Civic Center.

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