

## OUTDOORS CALENDAR

## DATES AND EVENTS

## WHEELCHAIR OUTING

Members of the Four Seasons Fishing Club invite anyone confined to a wheelchair to be their guest at a fishing outing scheduled for 7 a.m. to 2 p.m. Saturday, June 19, at Wilcox Lake in Plymouth. Reservation deadline is June 15. 531-5665 or 422-4378.

## SHOOTING CLASS

Western Wayne County Conservation Association will offer a basic shotgun course beginning July 7. The class will be taught by a certified NRA instructor and will be at the WWCWA clubhouse, 6700 Napier, Plymouth, 532-0285.

## FLY FISHING SCHOOL

The Michigan Council of Trout Unlimited will hold its 23rd annual fly fishing school June 11-13 at Ranch Rudolph, southeast of Traverse City on the Boardman River. The school is a non-profit project of the Michigan Council of TU and is open to the public. (517) 348-9064 or (517) 348-7340.

## DATES/DEADLINES

National Safe Boating Week is June 6-12.

Michigan's Free Fishing Weekend is June 12-13.

Deadline to apply for a bear permit is June 16.

A fishing clinic for kids, age six and older accompanied by an adult, will be offered at 10 a.m. Saturday, June 12, at Kensington Metropark.

## FISHING CLUB MEETINGS

The Four Seasons Fishing Club meets 7:30 p.m. the first Wednesday of each month at the Maplewood Center in Garden City, 477-5816.

The Michigan Fly Fishing Club meets at 7 p.m. the first and third Wednesdays of each month at the Livonia Clarenceville Junior High School, 420-2233.

Romeo B.A.S.S. Busters meet 7 p.m. the first Tuesday of each month at the Romeo Community Youth and Civic Center, 286-6469.

## OAKLAND COUNTY PARKS

## SHORELINE SEARCH

A naturalist-led canoe trip along the shoreline of Crooked Lake begins at 10 a.m. Saturday at Independence Oaks.

## WILDLIFE MANAGER FOR A DAY

Students ages 9-13 will be introduced to the real duties and problems of a wildlife management career in this nature program, which begins at 1 p.m. Saturday, June 12, at Independence Oaks.

## COUNTY PARKS

Advanced registration and a motor vehicle permit are required for all Oakland County Parks programs, 625-6473.

## METROPARKS

## FULL MOON WALK

Examine the beauty of an evening along the nature trails during this naturalist-led hike, which begins at 8 p.m. Friday at Kensington. A similar program begins at 8:30 p.m. at Stony Creek.

## KID STUFF

A nature program about birds begins at 10 a.m. Saturday at Indian Springs.

## POND PERSONALITIES

Meet some of the unusual personalities that make a pond their home in this nature program, which begins at 5 p.m. Saturday at Kensington.

## THE TRUTH ABOUT BATS

A nature program that will separate fact from folklore about this strange and fascinating flying mammal begins at 1 p.m. Sunday at Stony Creek.

## FLOWER FOLKLORE

A naturalist-led walk in search of wildflowers, begins at 2 p.m. Sunday at Kensington.

## METROPARK REQUIREMENTS

Most Metropark programs are free, while some require a nominal fee. Advanced registration and a motor vehicle permit are required, 1-800-47-PARKS.

## Hills outdoorsman educates listeners



BILL PARKER

Ever wondered how to live up your fishing worms, where to find more mushrooms, or how to make a blue bird trail? Ever been curious as to how spring turkey hunters locate birds, what the status of the Rouge River really is or what local fishing clubs are all about. If you're still wondering you obviously haven't been tuning in to the new outdoor radio program — Naturally Michigan Affield.

Hosted by Farmington Hills naturalist/outdoor educator Joe Derek, the hour-long Wednesday morning program is entering its seventh week and so far the returns have been promising.

"Everyone I've talked to seems to like the show," said Derek, who has been lecturing and giving seminars on outdoor related topics since 1979. "The station likes it, the sponsors all like it and the people I've talked to who have listened in all said they like it."

So what is Naturally Michigan Affield and what is it about?

"It's about nature, hunting and fishing," Derek said. "I would like to give a little bit of the outdoors to everyone who listens. I like to think of it as an educational program. Today, there are not a lot of opportunities for people to learn about the outdoors."

"But it's not just a hunting and fishing show, either," added Derek. "If a person likes to pick Petoskey stones or mushrooms or is looking for a color tour in the fall I hope they tune in, too."

The show, which features interviews, open phone lines, tips, a

calendar and more, airs at 10 a.m. Wednesdays on WCAR, 1090 AM, Livonia's connection to talk radio.

With a fresh sense of humor and a wealth of knowledge on a variety of topics Derek keeps the show moving right along.

"It's all tied in with hunting, fishing and nature," Derek said. "I tend to bounce around a little, but if I offer a little bit of everything it seems to keep people interested."

If you're a died-in-the-wool frog chaser and enjoy nothing else about the outdoors, you may not like the variety offered in the show. But if you enjoy the outdoors as a whole and are interested in learning more Naturally Michigan Affield makes good campsite conversation.

(Anglers are urged to report their summer success. Questions and



Joe Derek radio host

comments are also encouraged. Send information to: Outdoors, 805 E. Maple, Birmingham, MI 48009, fax information to 644-1314 or call Bill Parker Monday evenings at 644-1101, Ext. 241.)

## Consult doctor before starting exercise

## EXERCISING OPTIONS



MYRNA PARRISH

I have a few fitness questions to ask. I want to start an exercise program. I am a woman of 42 years old and never exercise. Should I see a doctor before starting this program? Should I work out during my period? Is there anything special I should do or avoid at that time of month? How many times a week should I exercise just to feel good?

In answer to your first question — Should you see a doctor before starting an exercise program? — absolutely!

It has been suggested that all people, especially over 35 years of age, should visit their doctor for a routine checkup each year. This is because, from the mid-30s on, physiological problems such as the incidence of hypertension, heart disease and the effects of smoking, begin to take their toll.

I myself believe in this theory. When visiting the doctor yearly, he should check for cardiovascular fitness. A routine EKG test is very helpful in determining your fitness level. Assuming you are healthy, knowing your fitness level before starting an exercise program is very helpful. Ask your doctor to explain about your cardio fitness.

As I mentioned in one recent column, our cardiovascular system's endurance is defined as the capacity of the heart to deliver blood to our working muscles.

The term cardiovascular fitness is a simple measure of our cardio capacity. One of the important elements of total fitness is the measurement of the ability of your heart and blood vessels to carry oxygen to your muscles.

A fit person's lungs, blood vessels and muscles work much more efficiently and easily during exercise than do those of an unfit person.

If you plan to attend an exercise program in a reputable studio or club, make sure to talk to the teacher and know exactly what you are getting into (to what degree is the intensity level of the

class). I highly recommend a good beginner level exercise class. If it is weights you want, be very careful not to work with too heavy a weight. We have a nice, framed sign in our studio that says: "We recommend you visit a doctor before starting an exercise program here."

Your next question — Should you work out during your period? — of course, if you feel all right.

In fact, if you are the type to experience cramps, working out will help the cramps go away. Something about more oxygen intake along with the faster blood flow. I believe you should keep your life as normal as possible during menstruation. We women should not become victims of our monthly cycle.

I hear many women complain of PMS (pre-menstrual syndrome); exercise has been proven to help.

Your last question on how many times a week one should exercise to feel good is common. My

question to you is "What is feeling good?"

Exercising three times a week is passable for a person starting a program. Four times a week is even better for cardiovascular fitness, weight control, burning fat, etc.

Some people have the need to exercise five to six times a week. We people are exercise-aholics. It is like a fix. We get our healthy high and feel good all the time.

Myrna Parrish, co-owner of The Workout Company in Bloomfield Hills and an appointee to the President's Council on Physical Fitness and to the Governor's Council on Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send your questions to: Sports Department, Myrna Parrish, 805 E. Maple, Birmingham 48009.

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