

# Weak skills make strong lessons

don't consider myself a strong skier. I enjoy the green hills and "manage" some of the blue hills, but forget a black diamond or the moguls.



LISA HEALY

My 6- and 8-year-old are already way beyond my skill level, and my toddler is waiting in the wings. But I no longer think I'm a terrible skier nor do I steer the kids toward a

different activity when skiing is an option.

I've conquered my lack of confidence on the ski hill because I've come to the realization that it's acceptable to make mistakes - to occasionally fall down when I go beyond what my mind believes are limitations - in front of my children.

My children care about being together on the hills (even if it means I only see them at the bottom of the hill where the blue and the green marked hills cross paths), whether it's with Mom or Dad. Each time they traverse a hill, they know we are sharing in their victories, no matter how big or

small. Our chats on the chair lift are memorable whether we talk about what we can do better on the hill or share everyday experiences.

I love to play tennis. Each time I'm on the court, I'm learning something new. I gain more confidence. It's a sport my husband and I enjoy playing together. My two older children are just starting to like the sport. When one of them has an "off" day on the court, he might not jump at the chance to go to the next week's lesson. But I encourage him to get out there and try again.

When we're not good at something, we lack confidence and self-esteem. We shy away from

it, and gravitate to our comfort zones. When we do that, we miss out on a slice of life we may never get the chance to experience to the fullest extent.

The key is to try something more than once. If the first experience left an unfavorable impression, try it again. Maybe the surrounding circumstances contributed to the lack of success. We might retreat when a mentor or peer infers we need more work on something. Perhaps we blame our lack of interest on age -- the older we get, the more often we gravitate to what we're good at and refrain from what we're not.

Teacher falls under a parent's "job description." My chil-

dren and I talk about how there is nothing wrong with making a mistake because you just got right back up and keep trying. I'm not concerned about how well they think I can ski. I think it's good for everyone in my family to see each other learn new skills.

Some of my family may be better at one thing, while the rest of us are good at another. I'm more interested in helping my children learn something they have a passion for as an early age. The last thing I want to do is hold them back because I'm not good at something and don't want them to see me make a mistake.

There is no such thing as

being embarrassed on the ski hill or elsewhere. Weak skills make strong lessons about working harder next time to focus on what went wrong and how to correct it. Practice, hard work and experience breed success.

Most of my family isn't quite so adventurous about water skiing yet... maybe that's something my husband will teach us to try again this summer!

To leave Lisa Luckow-Healy a message from a touch-tone phone about how you celebrate family, call (734) 953-2047; or e-mail your suggestions for future family topics to [Lilitaly@mediaone.net](mailto:Lilitaly@mediaone.net).

## GARDEN CALENDAR

### ROCHESTER WNFGA

Tickets are on sale for a summer garden walk sponsored by the Rochester Hills Museum and Rochester Branch of the Woman's National Farm and Garden Association. The walk will be held 10 a.m. to 4 p.m. Thursday, June 20.

Featured gardens will be located in private yards in downtown Rochester, Rochester Hills and Oakland Township. The tour will offer secluded views of Winkler Mill Pond, as well as the opportunity to experience innovative gardens and waterfalls. Master gardeners will also be available to answer questions. Refreshments will also be available at

each of the six featured sites. A plant sale featuring selected species from each garden is planned for the museum grounds. A map to each garden will be provided with tickets. Tickets are \$10 in advance, \$12 the day of the event and are available at the Rochester Hills Museum 1-4 p.m. Wednesdays through Saturdays. The Victorian Rose tramcar of Rochester will enter lunch at the downtown American Legion Hall 11 a.m. to 2 p.m. the day of the event. Lunch is \$12 and must be paid for in advance. The museum accepts major credit cards.

The museum is located at 1005 Van Hoesen Road, off Thienken Road, one mile east of Rochester Road. To order by phone, or for more information, call the museum at (248) 656-1663.

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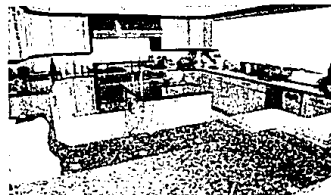
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