

THE RAY

THE SCHOOL FOR OUTDOOR LEADERSHIP, ADVENTURE AND RECREATION

Review

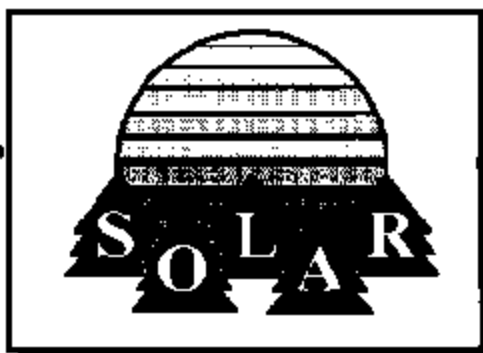
Wilderness First Aid Course

By Dan Martin

If you are looking for a practical experience, this course is for you. The course revolves around the National Outdoor Leadership School's book NOLS Wilderness First Aid. The book is very well organized and approaches the human body, first aid, and medicine in a way that most everyone can understand. Reading the book was a prerequisite for taking the class. I'm sure glad I did! The first thing we did in the class led by EMT Doug Brown was take a quiz. The discussion portion was informal and was conducted in a cabin at Waterloo Recreation Area near Chelsea MI. The lunch break was excellent; good food and a chance to rest our brains.

Because the course was taught in just two days we had to cram all the information in as fast as possible. I think we as humans learn better when the material is covered more rapidly. My only concern was, "Will someone be offended if I take a trip to the outhouse?" It wasn't the fact that I was leaving that was concerned about. It was the that "stink" on my clothes and hair when I returned that had me concerned.

The course consisted of open discussion and practical exercises.



The exercises were "hands-on" and lifelike. During one of my exercises the patient had been attacked and bitten by a spider and had a broken leg and collar bone. To make matters worse, I thought the patient might drown because of my profuse perspiration. Mike Felix was the patient so you can imagine the razzing I took when the experience was over. All the students were required to go through three of these exercises and we all passed.

Please express your interest to someone on the steering committee (their names and phone numbers are on the back of *The Ray*) if you want to learn these valuable skills yourself. There may be a class taught next year as well.

Upcoming Event

Indiana Adventure

On October 14-16, join Jim Gilfix and friends for the three hour drive south to the Chain-O-Lakes State Park, located northwest of Fort Wayne, Indiana.

This park is a beautiful series of nine connecting kettle lakes nestled among steep wooded hill sides. We will camp in their modern campground both

nights and rent canoes for 4-8 hours a day. This should be near the peak of the color season for the area and the canals are gentle enough to risk your "good" camera to get photos. Last year we saw Great Blue Herons and many other species of woodland and upland song birds. There's a chance we might see many other animals such as deer, fox, mink, beaver and racoons.

We can also hike and picnic and, yes, we'll have the famous SOLAR Saturday pot-luck dinner. If you have time on Friday you can visit the flea market / Amish town of Shipshawanna before coming to the park. Friday, not Sunday, is their big day.

This is a non-SOLAR trip so the cost is up to you. The campground charge is \$12 for two nights camping per sight, pay when you get there. Canoeing requires a \$20 deposit and a fee of \$2.50 per hour. All costs are to the park, at the park.

We will canoe similar to what was done last year as everyone who went was very impressed. You will be, too. This trip is for beginners, kids, cats, and people who want to relax on a picturesque waterway. Contact Jim Gilfix at (310) 851-5289 or get a flyer at the September or October SOLAR meetings.

The SOLAR Ray

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Technical interviews with experts on seasonal topics

In Profile: Michael Gardner
Personal interviews with featured members of the SOLAR Club

The Gas Lab: Teresa Savarino
Recipes from SOLAR Club members and other sources

Trip Reviews by SOLAR Club members

People

Ann DeBella has a moved to Kentwood, MI. Her new Address is:

Annamarie DeBella
3332 Pine Meadow Drive SE
Apartment 303
Kentwood, MI 49512

(616) 954-2907

SOLAR Equipment Inventory

One of the many benefits of being a SOLAR member, in addition to being a great place to meet new friends and travel to interesting places, is being able to borrow the equipment the club owns.

The club is currently in the process

of updating its guidelines for borrowing the equipment as well as updating the inventory of what is available.

If you have any outstanding SOLAR equipment, please contact Julie Stoligrosz at (810) 471-7444 or any one else on the steering committee so that we may list those items with the updated inventory. If you can't make it to a meeting to return the equipment, you may also mail it to Julie at work. Ship it to her care of Broder Brothers, 45555 Port Street, Plymouth MI, 48170.

But you don't have to wait until the inventory is updated to borrow the equipment. You can call Julie now if you are interested in borrowing one of the mountain bikes or sail boards or any of the camping equipment that is available now.

Upcoming Program

Hey SOLARites!

Don't forget the Photo Contest at the November 1 meeting. Here are some special things to remember:

1. Your entry must be at least 8" by 10" and must be mounted on mat board, or in a frame so it can stand up.
2. Your entry must have been taken in the last year (so pictures from the first Rattlesnake Cook-off aren't eligible).
3. Your entry must fit one of the categories: Scenic, Animal, People, or Comic.
4. Don't be late to the meeting or your entry will not be eligible for judging!

Here's how the whole thing works: Everyone brings their entries ON TIME and each entry gets a number. During the first half hour of the meeting, everyone will vote on the best one in each category. Then at the end of the meeting, there will be an awards ceremony. After the

meeting, everyone must take their picture home with them. So, now its fall with all the great colors! Get your brownies or SLR's or anything in between and shoot something!



Class

Enjoy Michigan Winters ...

... Without Leaving the State!

So, you think backpacking is fun and you're looking for some adventure this winter. Join fellow SOLAR members for the *Enjoy Michigan Winters Class*.

You can enhance your skills to take on winter journeys and expand 3 season backpacking into year round activity. Such techniques as keeping warm and dry in cold temperatures, cross-country skiing with a backpack, and building snow shelters will be taught.

You must have taken the backpacking class through SOLAR or have comparable experience to be eligible for this class. It is NOT a beginning level class. The dates for the class are Wednesday evenings through November with practicals in December and January.

If you can't beat the Michigan Winter, learn how to enjoy it!!! For further information call Jim Young at (810) 726-8253.

Upcoming Event

Phazerland

Interested in something different? On October 21 at 10:45 PM we will be meeting at Phazerland in Farmington.

This is a new concept in "space-age" fun. Using high tech equipment, two teams play "tag" with gun shaped flashlights in a black light room. It is designed to produce a fantasy experience with all the excitement of an outer space movie. It comes really close. We will play two twenty minute games. Score is kept as you hit the other teams players with your light, locking up their gun until they recharge it at the scoring station.

We will be done at midnight. Contact Jim Gilfix at (810) 851-5289 for more information. You must prepay \$10 per person for this event with a limit of 20 people. Sign up at the October General Membership Meeting.

ACTIVITIES CALENDAR

October

- 4 Tuesday General Membership Meeting Colony Hall, Southfield, 7:30 PM; Cindy Harrison 722-3994
- 5 Wednesdays Backpacking Class, Benchmark Outfitters Carol McOrrie, 229-5232
- 7-9 Weekend Backpacking Practical II, Location TBD Carol McOrrie 229-5232
- 14-16 Weekend * Camping / Canoeing, Chain-o-Lakes State Park, Indiana; Jim Gilfix (810) 851-5289
- 21 Friday * PhazerTag, Phazerland, Farmington Hills Jim Gilfix (810) 851-5289
- 28-30 Weekend 3rd Annual Haunted Halloween, Bald Mtn State Park Leslie Cohen (810) 547-5626

November

- 1 Tuesday General Membership Meeting, Colony Hall Southfield; Cindy Harrison-Felix (313) 722-3994
- 4-6 Weekend * Camping / Day Hikes Nordhouse Dunes Steve Gardner (810) 547-4988
- 9 Wednesday Winter Camping Class, Location TBA Dave Jones
- 12 Saturday Trip Planning Seminar I Mike and Cindy's Cindy Harrison-Felix (313) 722-3994
- 16 Wednesday Winter Camping Class, Location TBA Dave Jones

December

- 6 Tuesday General Membership Meeting, and annual Holiday Party, Colony Hall Southfield Cindy Harrison-Felix (313) 722-3994
- 7 Wednesday Winter Camping Class, Location TBA Dave Jones
- 10-11 Weekend Winter Camping Practical I, Island Lake State Park, Dave Jones
- 13 Wednesday Winter Camping Class, Location TBA Dave Jones

* Denotes Non SOLAR Activity (SOLAR will not be held accountable for this activity; On calendar for informational purposes only.)

Wallyball every Monday, Contact Margaret Martin, (313) 721-2821.

If you would like to help plan and/or lead a SOLAR trip or activity, contact Leslie Cohen at 547-5626.

"Stand-By" Chicken

By Steve Gardner

"Stand-By" Chicken is a marinated grilled chicken recipe that tied for first place in the entree category at the 1994 Annual SOLAR Club Cook-off.

All amounts are approximate. Ingredients are as follows:

2 1/2 cups	Red wine (the cheap stuff)
3 tbl sp	Tabasco sauce (the good stuff)
2 tbl sp	crushed garlic
3 tbl sp	Grey Poupon Dijon mustard
several	Hot Pepper rings (the kind they use on Italian sandwiches)
1/3 cup	and some of the liquid from the jar
several more	"Stand-By" peppers
2 tsp.	Curry Powder
4 tsp	Black and Red pepper blend (powdered)

Combine all that stuff except the hot pepper rings in a bowl, mix thoroughly.

Place 4 boneless / skinless chicken breasts in a shallow pan and pour the marinade over all. Place several of the hot pepper rings on each piece of chicken. Let stand in the fridge or cooler for 8 to 10 hours. Grill on high heat in a skillet with enough of the marinade to keep the chicken from sticking. Make sure the hot pepper rings and the "Stand-By" peppers go with the chicken. The final result should have a reddish glaze appearance. Your skillet will probably be quite a mess, too.

"Stand-By" peppers are the deep red, dried chili peppers that are about 1 1/2" long and are VERY hot. They're the only thing in the recipe that's crunchy. If you take a bite of chicken and it goes crunch, "Stand-By"!



Upcoming Event

November at Nordhouse

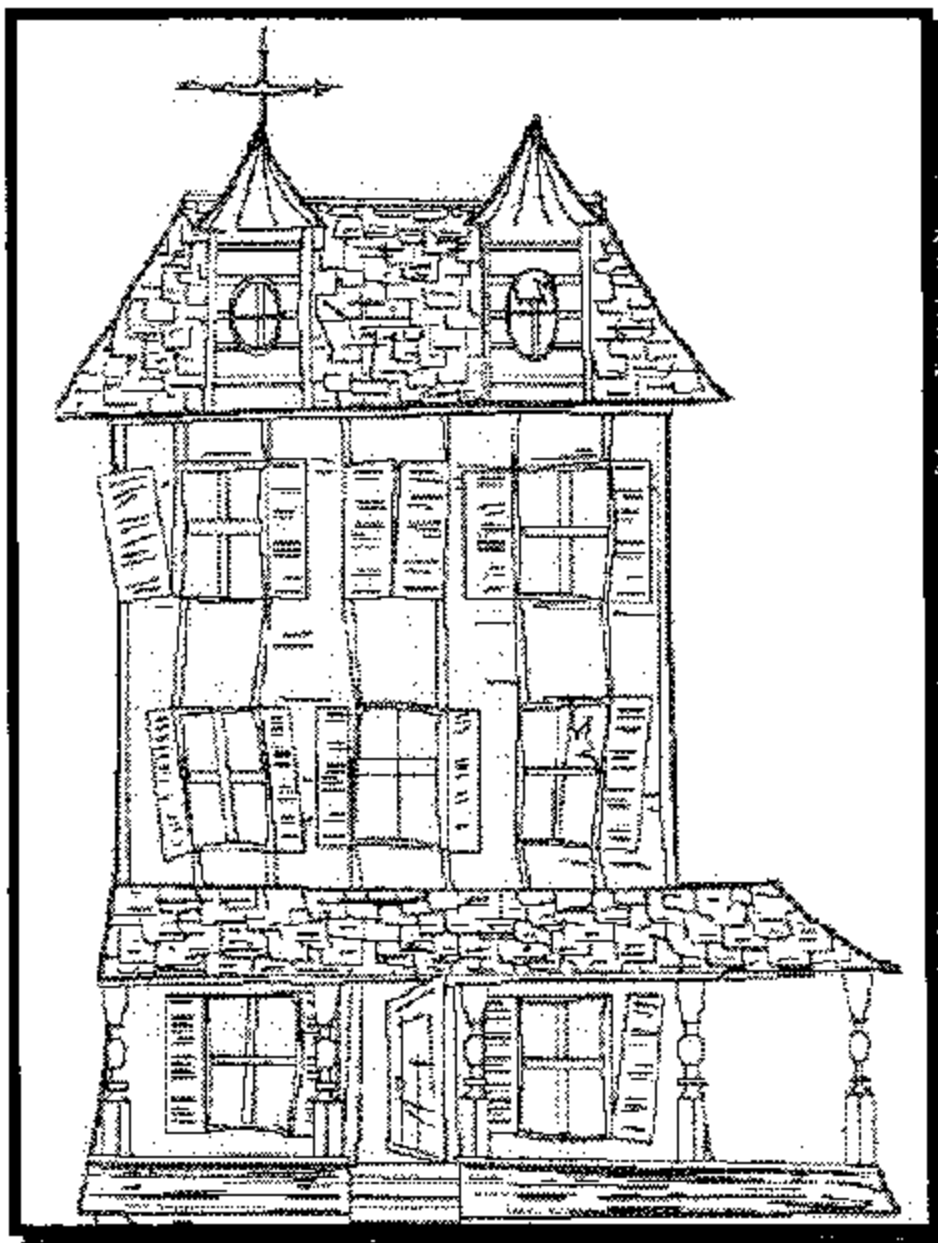
Steve Gardner is going camping at Nordhouse Dunes National Wilderness Area on November 4-6. If you want to do some day hikes in one of the few unspoiled wilderness areas in southern Michigan, you're welcome to join him.

If the success of an event is to be rated by the number of people that show up, this event was a flop last year. It was just me and one other. If you rate an event by how much the people who went enjoyed the trip, it was a rousing success. But then, I happen to like sitting on a Lake Michigan sand dune, playing my recorder as the sun sets.

My plan is to set up a campsite in the wilderness area within sight of Lake Michigan, but if you prefer, the rustic camping is about \$9 per night. This is car camping at an established campground, but if you plan to day hike much or camp in the wilderness area, back packing experience would be required. There are a lot of regulations for the wilderness camping here, so be sure to check with the rangers before starting out.

Call Steve Gardner at (810) 547-4998 or pick up a flyer at the SOLAR meeting for more information.

The Sleeping Bear Dunes and many picturesque lighthouses, including the Point Betsie Light (left) are all within an easy drive of the Lake Michigan campground at Nordhouse Dunes National Wilderness Area.



Upcoming Event

Halloween Horrors

It's back by popular demand. The third annual Haunted Halloween weekend will be held at the Bald Mountain Recreation Area in Cabin #1 (no, not Jack K's infamous cabin, that's the next cabin down) between October 28-30. The cabin space for this trip is sold out, but we want you to come for the party anyway on Saturday night even if you don't stay in the cabin.

To highlight the activities you can expect on this fateful frolic: Autumn color hike, mountain biking availability, visit to meet The Great Pumpkin, pumpkin carving contest, traditional SOLAR style (too much) Pot-Luck, costume contest, ghost stories, and other games.

Other notable features are that you can expect a water pump, outhouse, cot with 2" mattress, and wood burning stove. Do not expect to find electricity, cook stoves, showers, and other such amenities that as true SOLARites you wouldn't dream of.

If you are interested in this weekend, call Leslie Cohen at (810) 547-5626.

Review

Oceana Grill

By Jim Gilfix

On August 15 SOLAR went to the Oceana Grill in Warren to be treated to a marvelous feast that stimulated the pallet, tantalized our tongues and satisfied our cravings for sweet juices of all flavors and textures: a truly sensual and gourmet meal. Too bad for those of you who missed it!

About the Ray

The Ray is a monthly publication of the SOLAR Club and is provided free of charge to the current dues paid members. For those members who move outside of a 200 mile radius of the Detroit Area and would like to continue receiving The Ray, a \$5.00 annual subscription fee will be charged to cover mailing costs.

DEADLINE for The Ray is the second Wednesday after the general meeting for the following month's edition. Contributions in the form of comments, trip reports, recipes, photos or original articles are welcome. Send all contributions to: Steve Gardner, RAY Editor, 10024 Borgman, Huntington Woods, MI 48070 or call Steve at (810)547-4998 or call: Julia Gordon RAY Co-Editor at (313)475-7265, (no calls after 9:00 PM please.)

Meeting Location

The purpose of the SOLAR Club is to promote and advance interest in the outdoors through information and participation. Meetings are held on the first Tuesday of the month at the Colony Hall, located at 21780 Evergreen Rd. in Southfield, between 8 & 9 Mile Roads at 7:30 PM SHARP. Membership dues are \$20.00 per individual and \$35.00 per family.

STEERING COMMITTEE

President	Cindy Harrison-Felix / (313)722-3994
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Secretary	Laura Martin / 937-2913
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		Bob Westbrook / (810)356-3627
		Mo DeFrance / 226-8283
		Bill Halvargis / 668-1911
		Jess Harding / (810)375-5268

*Not elected but serving on the sub-committee indicated
If you would like to assist with any of the above positions, call the appropriate committee chairperson.



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