

# SOLAR RAY

November 2000

NO  
turkeys  
Here

Here's something you'll GOBBLE UP!

November's program is presented by Adam (AJ) Pastula. Five SOLAR members and four others take on a triple mountain summit expedition in Washington state. Wilderness first aid is just the beginning! See why after the meeting!



FELLOW SOLARITES - OUR NEW WEBSITE IS UP AND RUNNING!! CHECK IT OUT!!.....

The S.O.L.A.R. Steering Committee would like to extend their heartfelt THANKS to ROGER JAMES, the first Web Master for the S.O.L.A.R. website. There has been a website for the club for some years now, but Roger has taken it 'under wing' so to speak and TRANSFORMED it to a really 'AWESOME' website. Thank you Roger for the really great work - and we really appreciate all the hard work you've put into it. The S.O.L.A.R. website now has current news on upcoming activities, classes available, and much, much more. Check it out for yourself at - [SolarOutdoors.org](http://SolarOutdoors.org)



## NOTIFICATION!!!

### A PROPOSAL FOR THE AMENDMENT OF THE BYLAWS IS AS FOLLOWS.

The steering committee will be voting on this proposal on Tuesday, November 28, 2000. The location of this meeting is yet to be determined. If you would like more information on this proposal, feel free to contact our Bylaws Chairperson - Laura Albin at [albinlau@msu.edu](mailto:albinlau@msu.edu) <<mailto:albinlau@msu.edu>>), or our President - Leslie Cordova at [LeslieGene@aol.com](mailto:LeslieGene@aol.com) <<mailto:LeslieGene@aol.com>>.

An addition to Section 4.1 Standing Committees:  
Web Committee

An addition to Section 4.4 Duties:

1) Web Committee: The Web Committee will be responsible for the creation and maintenance of the S.O.L.A.R. Club website, ensuring that the website contains current information with regards to upcoming classes, and activities. The Web Committee will be headed by the Web Master, who will, with the Steering Committee's approval, have final authority over the content and function of the S.O.L.A.R. website.



# UPCOMING SOLAR CLUB ACTIVITIES

October 26 - EMS Sale for Solarites  
MUST have membership card to  
receive 20% off your purchases

Nov. 7 - Solar General Membership Mtng  
Program - Mt. Rainier/Mt. Baker  
Slide show

Nov. 10-12 - Nordhouse Dunes/Backpack  
Nordhouse Dunes, MI  
Dave Foerster 734-453-0692

Nov. 18 - Travel Writing Workshop  
Quantum Learning Center:  
Troy, MI  
Kim Osborne 810-558-5769

Nov. 28 - Steering Committee Vote  
Bylaws Amendment - Web Master  
and Duties  
Location to be Announced  
Laura Albin 517-324-0564

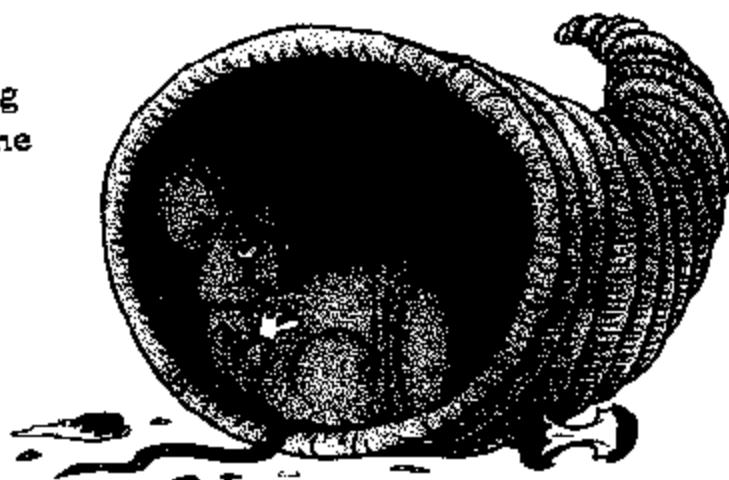
Dec 5 - Solar General Membership Mtng  
Program - Holiday Party - come rock the  
night with a Hot DJ, and great food!

December 9 - Winter Outdoor Safety  
Westland  
Glenn Pace 734-458-9353

Dec 10 - Christmas Caroling/Potluck  
Farmington, MI.  
Margaret Martin - 734-721-2821

Dec 13, Jan 3, 10, 17, 24, 31  
Enjoy Michigan Winters  
Backpacking Class  
Benchmark in Farmington  
Tom Olaffe - 313-386-0057

Jan 26-28, 2001  
Caving and/or Hiking  
Carter Caves - Kentucky  
Leslie Cordova, 248-547-5626



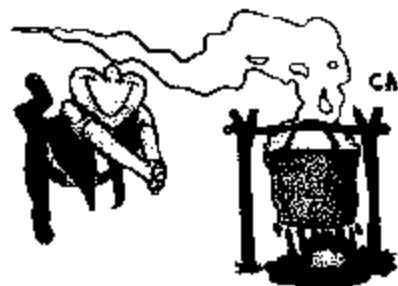
# NORDHOUSE DUNES WILDERNESS CAMPING

NOVEMBER 10-12, 2000



THIS TRIP TO NORDHOUSE DUNES WILDERNESS HAS BEEN A TRADITION WITH SOLAR FOR ABOUT 7 YEARS NOW. WE CONSIDER THIS THE LAST OPPORTUNITY TO GO BACKPACKING IN MICHIGAN FOR THE YEAR, BECAUSE IT'S THE LAST WEEKEND BEFORE FIREARM DEER SEASON, AND AND HUNTERS OUTNUMBER EVERYTHING IN THE WOODS. THE NORDHOUSE DUNES WILDERNESS AREA IS A VERY UNIQUE ECOSYSTEM THAT NOT ONLY HAS DUNES, BUT ALSO IS MIXED WITH JUNIPER, JACK PINE, HEMLOCK, A RIVER, MARSHES, AND A LAKE. SOME OF THE DUNES STAND ABOUT 140 FT. ABOVE LAKE MICHIGAN, AND ARE OVER 3500 YRS. OLD. THERE IS A CAR CAMPING AREA JUST NORTH OF THE WILDERNESS AREA CALLED LAKE MICHIGAN RECREATION AREA, THAT HAS TRAILS LEADING INTO NORDHOUSE DUNES. TYPICALLY, MOST PEOPLE CAR CAMP, AND A SMALL GROUP WILL BACKPACK. MOST LIKELY PATHS WILL CROSS SOMETIME DURING THE WEEKEND. NO NEED TO SIGN UP FOR THIS TRIP. THE COST IS FREE TO BACKPACKERS, AND MOST LIKELY FREE FOR CAR CAMPERS. JUST PICK UP A MAP FROM DAVID FOERSTER AT THE MEETING, OR CALL ( 734-453-0692 OR, 734-306-7887 ) OR, E-MAIL

DBFOERSTER@JUNO.COM



## It's Time To Run With The Dogs!

It's time to start thinking snow and dog sledding. Once again, Solar is heading to South River, Canada, just west of Algonquin Provincial Park, to hit the trails on dog sleds. Mark your calendars for February 23-25, 2001 for a weekend, two day, dog sled trip.

This is a luxury trip as far as dog sled trip go. Cost of the sledding trip is \$325 (Canadian dollars) - remember,

the exchange rate is in our favor. Included in this great howling of a deal is.....

- Friday nights motel
- your team of dogs
- sled gear
- all meals during the weekend, and NO HO HO HO!!!!
- A HEATED TENT IN CAMP!

Each team is made up of two people and six dogs. You will be expected to care for your own dog team, and help with camp chores at night.

This trip is something every winter enthusiast should try once. The memories will last a lifetime!

For more details see Karen Bates at the next meeting, or call her at 810-323-1346, or e-mail her at lady\_musker@yahoo.com

See Ya on the trail!



# 20th Annual Carter Caves Crawl-a-thon - January 26-28, 2001

Well, you asked for more caving and you got it! The 20th annual Carter Caves Crawl-a-thon is scheduled for January 26-28, 2001.

The plan is to drive down to Olive Hill, Kentucky - Friday (7 hr. drive), and stay at the Carter Caves State Park Lodge. I have reserved 12 rooms under my name. The cost will be \$45 per adult, and \$25 per child 16 and under. Checks are payable to S.O.L.A.R., for 2 nights lodging, and it's first pay, first go.

Carter Caves Park will be mailing your entry form for the crawl-a-thon sometime in December. If you do not receive it by early January, call me at (606) 286-4411. You can sign up for as many caving tours as you would like to participate in for the two days (Sat and/or Sun).

The cost is \$20 per person for caving (as many tours as you wish); PLUS you'll receive a FREE T-shirt (with your forms) in along with the \$20 per person, child or adult, yourself. **DO NOT DELAY**, as the trips fill up quickly.

Note: I have no control over whether or not you get the trips you want, however, from past experience, the faster you send the form in with your payment, the more likelihood you'll get the trips you want.

This is an annual event put on by the State Park, and it's a great way for people to get acquainted with caving, as they offer a wide variety of tours ranging from walking tours, a little bit of crawling, ALOT of crawling, and vertical caving. They even have special trips for kids and seniors!! Some of the caves involve prolonged crawling through small constricted passages, and some of which contain water. The rewards are a great physical challenge, and you will probably see many bats, cave crickets, and some very interesting formations. You must be in good physical condition to participate in level 3 or 4 caving tours, but they are well worth it!

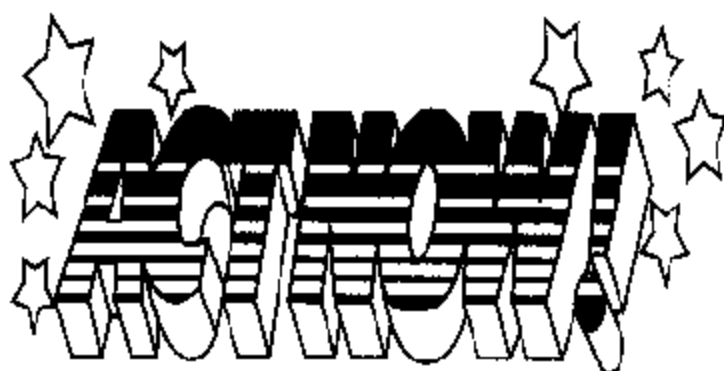
Equipment needed: old coveralls, or any type of loose fitting clothing (no sweatpants/sweatshirts), knee and elbow pads, gloves, boots that cover the ankle, a hard hat with a chin strap (S.O.L.A.R. can provide), 3 sources of light, one must be mounted on your hard hat (duct tape works well), and extra batteries

If you need to borrow a S.O.L.A.R. hard hat - I will have them available at the January meeting. A 25\$ refundable deposit is required. Also, S.O.L.A.R. has a few sets of knee and elbow pads available.

Need more information? Contact me - Leslie Cordova - at (248) 547-5626, or [LeslieGene@aol.com](mailto:LeslieGene@aol.com)

## SEE YOU 3 FEET UNDER!

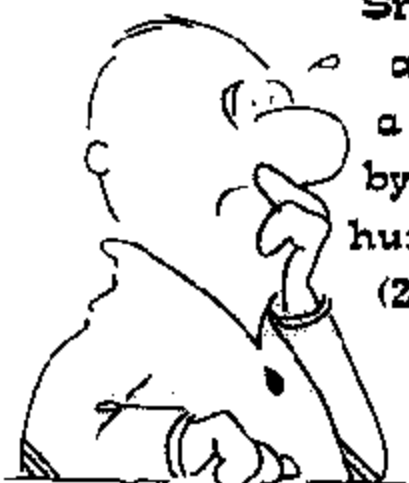
Co-editors note: I have found it extremely helpful to have knee pads for crawling, which I found in the military surplus stores. Also, by duct taping the pads to undergarments, keeping the pads in their place. For caving boots, it's best to have a good lug underneath, as this will help with climbing and some slippery areas. A good place to find a pair of old coveralls 'cheap' is at flea markets. We got ours in Pontiac at the Dixieland Flea Market. Also, check out Army surplus stores. If anyone knows of other places to shop for our fine attire, let us know!



**Heads up Solarites!**  
EMS has set aside Oct. 26th  
for a sale just for **SOLAR**  
members! Remember your  
membership card and you'll  
receive 20% off your outdoor  
purchases. See you there!

## **Worried about what to do this winter???**

How about leading a **SOLAR** trip or activity? It's easy, **FUN**, and the leader goes **FREE!** How about a downhill skiing trip? Snow-tubing, tobogganing, snow shoeing, hiking, or how about renting a cabin and day hiking? What about a weekend in a **Bed and Breakfast** followed by a night at the theater or maybe antique hunting? Just call Amy Fedyk at (248)543-9875 for information on leading an activity!



Winter Nights Cold? ..... Try this recipe (sent in by a fellow Solarite) to warm your belly up!

*Thanks goes out to fellow Solarite Jacob Sams for this sinfully delicious dessert!*

## Apple Bread Pudding With Maple Cream

3 apples  
2 tbsp butter  
1/4 cup brandy  
1 1/2 tsp cinnamon

1/4 tsp each of allspice, ginger, nutmeg, ground clove  
1/4 pound bread  
1 tbsp sugar

Slice apples thinly. Melt butter over medium heat. Add all of above except bread and sugar. Cook apples until tender. Slice bread 1/4 inch thick and 1 inch square. Butter an eight inch deep casserole dish and sprinkle with the 1 tbsp sugar. Alternate layers of cooked apples and bread.

3 egg yolks  
2 whole eggs  
1-1/4 cup whole milk (or cream)

3/4 cup sugar  
1-1/2 tsp vanilla

Mix all of the above together and then pour over top of bread and apples.

1/2 cup flour  
1/4 cup softened butter

3 tbsp sugar  
1 tsp cinnamon

Mix all of above using a fork and then crumble by hand over top of pudding.

Preheat oven to 350 degrees. Place casserole dish in a shallow roasting pan filled with one inch of hot water. Place the whole shebang in oven for 1-1/4 hours.

1-1/2 cups maple syrup  
1/4 cup brandy

1 cup warmed heavy cream

Over medium light heat, cook the syrup and brandy uncovered until it starts to darken. Then whisk in the warmed cream. DO NOT BOIL. Pour maple cream over pudding and enjoy this guilt free dessert!

from Jacob Sams (ITYS!)



From the editors of the Solar Ray, we would like to extend our warmest wishes to all our SOLAR friends. It's a pleasure to contribute to our outdoor club in the way we do. Thanks to all who have contributed with articles in the past, and those who will in the future.

Happy Thanksgiving to everyone, have fun, eat well, and just for the smile it will bring, go ahead.....GIVE THANKS.

Our best to you, Tom and Penni

## Enjoy Michigan Winters BACKPACKING

Winter backpacking skill is not just for winters, it is also a useful back-up for the unexpected cold days in early spring and late fall.

This course will teach you the "ins-and-outs" of cold weather backpacking. We'll teach you how to stay warm, how to keep your energy level up when skiing, or snow shoeing. We'll also teach you how to build a snow shelter, just in case something does go horribly wrong on that easy "3-hour ski trip".

You can also use these skills while camping glaciers, or snowy peaks at the Rockies.

The first class will be on December 13th, and the remaining classes held on all five Wednesdays in January(2001). The practicals will be on the weekends of Jan. 20th, and Feb. 3, 2001. The cost is \$75.00. All indoor classes will be held at Benchmark in Farmington.

The course is open to the graduates of the Backpacking Course. The course is the prerequisite for the Winter Survival class, usually held in February. Although a first Aid certification is not required, it is recommended for outings. Any questions, or to receive more info please contact Tom olaffo at 313-386-0057, or email him at [mcmountainman@yahoo.com](mailto:mcmountainman@yahoo.com)



### Winter Outdoor Safety Course



This 1 day, indoor course will prepare novice XC skiers, snow-shoers, dog mushers, and hikers for their winter day trip.

Tentative topics include winter hazards, trip planning, clothing, hydration, nutrition, basic trail navigation, hypothermia and frostbite, survival preparation, leadership, and emergency management.

Location of the course will be in Westland, on December 9th, and the fee is \$15. Please sign up at the monthly meeting

The course will not fulfill the prerequisite for the SOLAR Winter Survival class.

Experienced winter backpackers who want to review their safety skills are welcome as instructors. Please call Glenn Pace at 734-456-9353, for more information.



## STEERING COMMITTEE

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The SOLAR RAY is a monthly publication of the SOLAR Club. It is provided free of charge to current dues paid members. All contributions in the form of trip reports, upcoming events, recipes, photos and original articles must be received no later than 12 days after the monthly SOLAR meeting. Send your contributions by email to [SOLAR\\_RAY@excite.com](mailto:SOLAR_RAY@excite.com) (underscore, not dash), or by FAX to (888) 392-4832 extension 500-555-1212. Follow the instructions. You can also leave a 90 second voice mail at the same number and extension. Paper mail can be addressed to: Thomas Poster - Editor  
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SOLAR Hotline  
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or  
[www.SolarOutdoors.org](http://www.SolarOutdoors.org)

## AT LARGE

Mike Banks  
Mo Deface  
Al Flak  
Steve Gardner  
Bill Halving Is

Cindy Harrison-Felix  
Douglas Lank  
Larry Martin  
Joan Ryan  
Joan & Bob Westboro

**Meeting Location:** Join us on the first Tuesday of each month at the Colony Hall, located at 21780 Evergreen Rd., between 8 and 9 Mile R.S., in Southfield at 7:30 PM. **Visitors can attend the meetings for FREE.** Membership dues are:  
Individuals- \$30 annually or \$150 lifetime.  
Family- \$45 annually, or \$225 lifetime.



The SOLAR Club is a non-profit organization of people interested in promoting appreciation of outdoor activities through education and practical experience. The club offers educational programs and various activities, which are listed inside.

We sponsor trips as well as informal gatherings to provide an exchange of expertise, experiences, and information. All of these contribute to fellowship among its members.

The SOLAR club activities will enhance and further the skills and information taught in the basic and more advanced classes through active participation.

## SCHOOL OF OUTDOOR LEADERSHIP, ADVENTURE, AND RECREATION

**Solar Club**  
**P.O. Box 2438**  
**Southfield, MI 48307**

**GENE & LESLIE CORDOVA**  
**14510 BORGMAN**  
**OAK PARK, MI 48237**

