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Twenty-five cents

Canoeist comes close to conquering a river

By MARY GNIEWEK

"If you can't do it, you can't do it, but you gotta try."

That's what Mike Barnard said last week just before he and a friend set out to paddle 300 miles down the Manistee River in a canoe.

They didn't do it, but they came close.

Barnard, 22, was relaxing in his parents' Farmington Hills home this week, his 230-mile river adventure behind him.

"We had 70 miles more to go," he said. "It's very frustrating."

Ice jams caused Barnard and his Central Michigan University roommate John Fairbairn to call it quits near the town of Mesick, on M-115 northwest of Cadillac last Saturday.

The desire for a new challenge was the motive for the winter adventurers' trip, which included sleeping in a tent pitched atop three inches of snow.

"As far as we know, no one had ever canoed this river in winter before," Barnard said.

He attributes the idea to his roommate, a 20-year-old rugged outdoorsman from Alanson, near Petoskey.

"John is familiar with the river. He's done things like this before."

"Last year at Central, he took a winter survival course and slept outdoors when it was 30 degrees below zero."

LAST TUESDAY the two left from Mancelona, where the Manistee River



MIKE BARNARD

begins in swamp land and winds southwesterly to Lake Michigan. They averaged 45 miles a day, paddling from 10 a.m. until sundown, with just an hour break for lunch.

"The beginning of the trip was the most difficult because the river was very narrow. We only traveled 25 miles the first day because we had to spend so much time moving logs."

The following days the two were able to enjoy the scenery and make better time partly due to unseasonably mild temperatures.

"It was so quiet," Barnard said. "You

see things that haven't been destroyed: tall ridges with pine trees, sand dunes, deer. The landscape is so varied."

They kept a daily journal and took slides that will be shown to CMU recreation classes. They'll also make a presentation to students at Mt. Pleasant High School.

You might call the two canoeists river veterans. Last spring Barnard and Fairbairn set out in Crooked River near Petoskey and paddled 140 miles in three days.

They traveled through small inland lakes and rivers to Lake Huron, north to the Mackinac Bridge, then south to Lake Michigan. Again, weather conditions cut the intended length of the trip, that time by some 25 miles.

"We had a deadline," Barnard recalls. "We had to get back in time for John's brother's graduation from Michigan Tech."

THIS TIME, the two wanted to get back home before Christmas Eve.

"We knew if we waited until Monday, we'd have a hard time getting a ride back."

As it turned out, when the two pulled up stakes near Mesick, they carried their 18-foot canoe to the highway and made connections home. But when they returned to the river for a final look, warm temperatures had melted the ice that had earlier blocked the final leg of the journey.

Barnard recalled that final day on

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'Twas a wet and gloomy Christmas in Farmington

"I'm dreaming of a wet Christmas" may never soar to the top of the record charts the way Bing Crosby's "White Christmas" did, but it aptly describes this Yuletide season.

Christmas eve brought out shoppers in Farmington — minus mittens, scarves or other winter apparel. Instead they were bedecked in plastic rain bonnets, rain coats and carried umbrellas.

Pedestrians wore boots to keep their feet dry over streams of puddles which formed in every crack in the concrete.

Rain and fog was more reminiscent of early spring than the first week of winter.

More than one shopper and store keeper were overheard muttering about the unseasonable weather — wishing for a mild or snowy winter, depending on their inclination for staying indoors or skiing.

Temperatures Monday reached 50 degrees with 96 percent humidity and 10 mile per hour winds — a far cry from the weather conditions of some Christmases past.



Martha MacRitchie (left) and her sister Lynn strolled down Grand River on a rainy Christmas eve, leisurely taking in the sights and sounds of the busy community.

Coming up: ski tours

Hardy, winter-loving types will enjoy the lineup of special ski events offered by the Farmington Hills Parks and Recreation Department this season.

From moonlight ski tours, to races and ski parties, it's a lineup sure to please any snow enthusiast. Here's a quick look at the ski situation.

If you're looking for something new and different, cross country ski Glen Oaks Golf Course, Thirteen Mile and Orchard Lake Road, by moonlight.

No extra fee will be charged for this special event. Ski rental and snack bar will be available. Friday, Jan. 4 or Feb. 1 from 7 p.m. to 10 p.m.

A ski tour and canoe trip is planned Saturday, Jan. 5 at 2 p.m. at the Proulx Lake Recreation Area. Participants will cross country ski into the heart of the recreation area, then paddle back to the original starting point in a canoe on the Huron River.

Fee is \$7 per person with ski and canoe rental, and \$4 a person with canoe rental only. Pre-registration is required because of limited space. Minimum age required is 16.

Cross country skiing at Glen Oaks Golf Course will be offered through winter provided there are skiable conditions. Hours of operation are Tuesday and Thursday from 1 p.m. to 5 p.m. and Saturday and Sunday from 9 a.m. to 5 p.m. Rates are \$4 for children 12 and under, \$5 for adults. Rental is based on three hours.

GROUP RATES are available for groups of 15 or more at \$4 per adult and \$3 a child. This rate includes skis, boots and poles. Group rates are available weekdays only, or after 3 p.m. on weekends. Reservations must be made in advance with the Parks and Recreation Department.

Special arrangements may be made to open the ski touring center in the evening for your group or organization of 20 persons or more. Group rental rates will be in effect.

Ski instruction, beginning and intermediate lessons, will be offered through February. Tuesday sessions

will run Jan. 1 through Feb. 5 at 1 p.m. Thursday sessions will run Jan. 3 through Feb. 7.

Weekend lessons will be offered, too. Saturday sessions begin Dec. 29 and wrap up Jan. 26; at 10 a.m. and 1 p.m. Sunday classes will be offered at 10 a.m. and 1 p.m. Dec. 30 through Jan. 27.

The Bill Koch Ski League is directed toward boys and girls 13 years and younger. The league offers cross country skiing on Saturday mornings, along with lessons, games, races and a festival at the end of February.

Session I is Saturday, Jan. 5, 12, and 19 from 10 a.m. to noon. Session II is Saturday, Feb. 2, 9 and 16 from 10 a.m. to noon. Fee is \$5 with your own equipment, and \$14 without it.

A cross country ski seminar will introduce you to the winter world of cross country skiing. A session on where to ski, what type of equipment to purchase, clothing, waxing technique and a movie will be featured. The seminar

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This gentleman, seemingly oblivious to the traffic surrounding him, dodges raindrops instead of customary December snowflakes as he crosses Grand River. (Staff Photos by Randy Borst)

Here's women's answer to Old Boy Network

By PAT BORDMAN

Two Farmington women are attempting to change the "Old Boy Network" which binds only men together in the work field. They've formed a group to combat the situation.

The organization, New Sources, resembles several women's support

groups around the country including Women Can in California and Women's Success Teams Inc. in New York.

Whatever the name, the groups have one basic purpose — helping women to help each other.

"This is so new to women, men have been doing it for ages. Women have to learn how to do it," explained Joyce

Sachs, co-founder of New Sources. Ms. Sachs is working on her master's degree in guidance and counseling at Oakland University.

Shirley Aune, guidance counselor at Oakland University's Continuum Center and the other co-founder of the organization, believes it provides a starting point for women who are inexperienced in helping each other.

"Men do it much more casually over the phone, at lunch, during golf. What we're providing here is a vehicle to get to know each other. It's a network of women meeting to share ideas and problems on a much more structured basis than men do," Ms. Aune said.

New Sources wants to provide contacts and information sources, and hopes to do more, too.

"We're encouraging them to enter into a process of development of self," Ms. Sachs reported. "There are a lot of new avenues for women, opportunities for women and changes in their traditional roles. Women need to have help in attacking all the different roles," she added.

MS. AUNE stressed the need for women to feel good about themselves and to build themselves up. "We try to give women all the options and all the information so they can explore all the options," she said.

New Sources will host two days of intensive seminars focusing on the individual women. During that time participants will set personal goals and develop a plan of action. The founders believe women need assistance in goal setting.

"We don't want them to set their expectations too high or make a list of too many things. We want them to be realistic, otherwise they get defeated," Ms. Aune stated.

Women attending the seminar will also discuss their plans and in this way clarify their goals.

"Often the reason that goals are not accomplished is that they are not clear.

The group helps them clarify things," Ms. Aune said.

This process of goal setting is especially important for women, the founders maintain. "Studies have shown that those women who have engaged in life-planning have a higher self-esteem than those women who have done no planning," Ms. Sachs pointed out.

Ms. Aune further explained: "More and more, women have lost their identity and are not prepared when the kids leave, the husband dies, or there is a divorce and the trauma is tremendous. If a woman has done some preparation and planning she feels better about herself."

AFTER ESTABLISHING goals, the women join a support group. Each group meets weekly for six weeks and thereafter, as desired.

Cost for the two-day seminar and the follow-up meetings is \$200.

At the weekly meetings the women are given 15 minutes each to discuss the previous week's progress or whatever they feel in need of discussing regarding their goals.

New Sources' next open house will be held Jan. 7 at the Unitarian Church, on the corner of Lone Pine and Woodward in Birmingham. For more information contact Shirley Aune or Joyce Sachs at 851-3150.



Shirley Anne (left) and Joyce Sachs prepare to open to New Sources, a women's support group in Farmington Hills. (Photo by Pat Bordman)

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