



### The Real Wabos (Wah-boo-s) Loppet

by *Vida Ruggero*

Plenty of snow in mid-March, Canadian beer, a scenic train ride through the Canadian wilderness, and a chance to ski a challenging trail with lots of other adventurous people. If you've heard of the Loppet or done it yourself you know the story. Each SOLAR trip brings together a unique mix of people and experiences that can be difficult to retell with the same humor or perspective as they occurred. But this is my goal.



*Algoma Snow Train*

The highlights of this trip will be my focus. Starting with the border crossing. I have to admit, I had some reservations about embarking on my first international SOLAR trip with an international car pool. I'm sure you can guess where this is going. Yes, Pete Lamb was Charlotte's and my driver. I offered to drive us over the bridge in an attempt to distract the border patrol with my feminine charm from the infamous Pete Lamb. It worked on the way there. On the way back Pete felt confident about a successful crossing, but that would not have made a trip highlight if it happened that way, now would it? I think Pete got a whole two words out of his mouth before the border patrol gave us the orange "pull over there" slip. After much discussion with three officials about his expired resident alien card, we were finally able to continue on home after the third official commented about, and even seemed impressed, by Pete's much younger female companions.

Wolf tracks – saw them on the nice trail behind the cabins and on a trail at Stokley.

Bonus – all bars and restaurants in the Canadian Soo are non-smoking! Giovanni's Italian restaurant was great! So was the wine and the company!

Advice – never do the Loppet without a hot tub at your disposal! Great feature of the cabins! Just

don't think about what happened to your Loppet's companion's scab that she received from a face plant in the snow-ice during the Loppet and was missing when you got out of the hot tub.

Interesting conversations – the aphrodisiac qualities of ginger, world politics, religion, Christian dating, the 5 love languages. Your trip companions' "love language" is an important quality to consider, especially if you will share a small cabin with them! Perhaps it should be added to the trip sign-up sheets

What happens if you can't finish the Loppet? I am sorry to report that I know this first hand. You miss the beer, the band and the BBQ! But our fearless leader, Michael Banks, didn't forget me, the last person to return from the Canadian wilderness, and saved me a beer. And Kathryn, was kind enough to save me some

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## The Real Wabos (Wah-boo-s) Loppet (cont'd)

food! Why do you ask, did I miss all the fun and almost miss the bus? This is the behind the scenes story of what happens while the early finishers are enjoying the 3 b's!

The trip is hard. And you really needed metal edged skis as it was icy since there had not been much new snow there. I trained for months and skied many advanced trails in Michigan, and I was still not prepared for the challenges of the trail. It was the ice that finally got me. But I will get to that in a minute. After I fell 4 times in 5 minutes down a hill that reminded me of something I skied on a downhill run at Boyne, I lost my confidence. I got it back by walking up some of the steep climbs (I swear, one was like a mile long!) and down some of the twisty hills. I made it to the first checkpoint, and I didn't end up in the river. I did use the most interesting porta-potty – a bucket with a seat behind a tarp with the TP roll hung on a branch! Pretty fancy compared to backpacking!

I was almost to the 2<sup>nd</sup> checkpoint (Norm's cabin) and just getting my confidence back when I fell on some ice on a snowmobile track (this added some interesting texture to the ice) going down a twisty hill. My skis slipped out from under me and I was actually airborne for a scary moment. Then the side of my right foot and leg smacked that ice hard. I said something foul, got up slowly, and made it another half mile to Norm's cabin. This was worth the trip in itself. Picture the Sanford and Son lakefront cabin of the Canadian backwoods. As I walked in, I was amazed at the eclectic collection of items hanging on the walls and from the ceiling. I was happy again. If you go on this amazing trip some day, bring something with the SOLAR name on it to hang in this place. Here I arranged a ride back to Stokley. So did Kathryn. Maybe I should have ridden with her in the groomer.

I put on all my extra layers and prepared to get a fun snowmobile ride back. I was thinking cool. I got to go skiing and snowmobiling at no extra charge! However, my fun ride was short-lived. Less than ten minutes after zipping through the trails on my way to joining in on some of the fun, my driver gets a call

from his ski control parents that he is needed because some of the skiers took a wrong turn taking a shortcut across the lake. They were not sure how many skiers had gone astray, and they were very concerned since it was already 4 p.m. So, duty called, and I was left, along with the trailer he was towing in the middle of 2 lakes in the Canadian wilderness, while he went off on the rescue mission. I was dressed to do cardiovascular exercise in the woods, not to stand still, and I was quickly getting cold. Several skiers were found and redirected within 10 or 15 minutes. Ski patrol showed up with some of them and hung out with me until my ride could return.

Meanwhile, back at the last bus scheduled to leave at 4:30, sat all of the SOLAR participants except for Paul and Steve, who not only had time for the festivities, but also took one of the first buses back and then drove back to Stokley in their car! And Michael and Mary, who dutifully were awaiting my arrival at the check-in point. Ski patrol was well aware of the bus schedule and quickly sent out a small fleet of snowmobiles to pick up the last of the Loppeters. And I hear it got pretty crowded in the groomer machine! So I finally got to finish my snowmobile ride, but this time with several people in tow in the trailer (I already had first dibs on the seat behind the driver!) Since it was getting so close to the last bus's departure, all skiers were taken directly to the bus. I was wondering where everyone would be, how I would find them, and how they would know I made it back. But when I saw Roxanne's colorful hat from outside the bus, I knew I had not been left behind! Someone went to get Michael and Mary, and I began to tell my story, which now you all know.

I hope I have not discouraged your future participation in the Loppet. It really was fun, beautiful and demanding (in a good way). Every SOLAR trip has its own unique characteristics. Over the weekend we talked about how being in SOLAR changes you. You learn new things about yourself and get to know some great new people. You have opportunities to challenge yourself and do things most people think are crazy.

## Cruisin' Baja

by Winnie Chrzanowski .Photos by Al & Winnie Chrzanowski

The motor coach rolled north on Baja's Transpeninsular Highway taking us two SOLARites to Loreto, a mid-sized town located midway on the Baja peninsula, where we'd meet up with our Sea Kayak Adventures group (and another SOLAR member, Tina Maunder) for the weeklong sea kayak trip on the Sea of Cortez.

At 8 a.m. sharp the next day, 13 eager paddlers and Clever Claire, one of our guides, crowded into a van with a myriad of multi-colored dry bags strapped on top. As we headed south to Puerto Escondido, Baja's largest natural harbor that lies at the foot of the Sierra de la Giganta, the Sea of Cortez twinkled and glittered in the bright morning sun. There we spent about an hour and a half playing the name game and getting to know each other a bit better; hearing the "rules of the road" from the guides, Ginni, Claire, and Heidi; and loading up our two-seater kayaks, affectionately known as "divorce" boats



*Divorce Boat*

Even though we'd all paddled before, the guides provided additional instructions and outlined contingency plans in case of emergency or bad weather. If I was anxious at all about this trip, any trepidation I might have had disappeared – especially since the median age of this group was late

50s.

As we paddled through the channel to the open sea, groups of pelicans studiously ignored us from the rocky shoreline as we checked them out. A Princess line cruise ship loomed in the distance, her passengers no doubt looking out to sea hoping for a whale sighting. They'd probably be heading for the next port later in the day. The morning was just right for cruising or, in our case, paddling the open sea. Not much wind, not too hot, beautiful calm water, and a week of great fun and adventure stretching before us. As we paddled the three-mile crossing toward Isla Danzante, which lies southeast of Puerto Escondido, eared grebes dove for food and frigate birds glided overhead. Pelicans skimmed and dipped over the water hoping for a quick meal.



*Pelicans*

Our double kayaks, when fully loaded with paddlers and gear, weighed in at around 600 pounds and proved decidedly stable. They carried all our personal gear, a mobile kitchen with enough food and water for the entire trip, plus a Dutch oven used to bake a cake each night, camping equipment, and the ever popular Oscar – a portable potty with its own special boat. Our cruise ships were just as self-contained as the Princess sitting off in the

distance.

Upon reaching Danzante, we stopped for a sumptuous and welcome lunch of local tomatoes, avocados, cheeses, the ever present and very popular peanut butter and jelly, and other assorted savories and beverages. With our bellies filled and our bodies dehydrated, we energetically paddled on to our first campsite.



*Lunch*

Isla Danzante, a multi-coved island with jagged peaks that look like a dinosaur's back, is a beachcomber's treasure trove. After moving the boats out of the intertidal zone, hauling out all the gear, and setting up our campsite, several of us headed off in search of beach treasure and photo opportunities. What finds! Sea urchins everywhere, the dried out cartilage of a shark, Sally Lightfoot crabs, fiddler crab shells, anemones undulating in tidal pools, and puffer fish galore. The gulls poked playfully at the puffer fish finally popping them to get at the soft innards. American oystercatchers zipped up and down the beach in search of dinner. They weren't lucky like us. All we had to do to find dinner was to make our way back to camp, have a nosh and a cocktail, and compare notes from the days paddling with our

## Cruisin' Baja (Cont'd)

fellow paddlers as we hung around the kitchen waiting for the food to be ready.

The Sea of Cortez, made famous by John Steinbeck's book of the same name, is not only a sport fisherman's paradise but a kayaker's paradise as well. One of Mexico's many marine parks, the Sea of Cortez abounds in fish and marine life. Heidi, our marine biologist guide, provided plenty of facts on the different types of sea life inhabiting the tide pools. Surprisingly, though, we came across only one other group of kayakers in the week we were paddling, and only two deep-sea fishing boats. For a marine park, it was wonderfully uninhabited.

Baja's landscape startles the eye with its desolate yet scenic mountains, deserts, and beaches. The volcanic cliffs of Danzante rise up abruptly, and the landscape is arid and rugged. Green cardone cactus, rooted in the stubborn grayish-brown earth, stretch spiny arms toward an azure sky whose sun can be relentless. Aside from our tents and our wide-brimmed hats, we found no shade on Danzante or Carmen. The palo verdes, though trees, are thorny rather than leafy and offer no relief from the sun. Nevertheless, the moderate temperatures

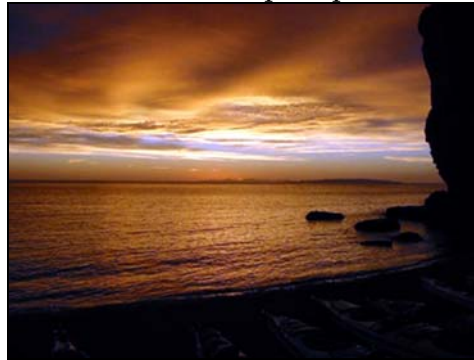


*Just Beachin*

provided the perfect conditions for us to paddle, snorkel, hike, or just lounge on the endless beach.

Night comes quickly in the desert, and Baja is no exception. By early evening, the sky brought out her best gems to tempt the weary visitor into staying awake – at least until Baja midnight – to see what treasures would be revealed. We were never disappointed. Orion's belt and scabbard, Betelgeuse, Mars, the Pleiades, and Saturn, the second largest planet in the solar system, with its rings thrilled us all. Fireflies (really bioluminescence) floated along the shoreline as a counter point to the glittery sky above.

Early morning brought not only Ginni, girl guide extraordinaire, waking us up to the sound of her flute but Venus, dolphin pods



*Baja Sunrise*

playing in front of our camp site, gray whales spouting in the distance, and spectacular sunrises as well.

Two days on Isla Carmen, an island full of fossilized shell, allowed us to do some snorkeling, improve our kayaking skills, and for me, finally, learn to do a wet exit. It was quite difficult tipping over that divorce boat, but it was even harder getting back in. We hiked, examined the native flora and fauna, and put on

hermit crab races when they came out in the evening. We had fun. Our last campsite, on Danzante, and our last al fresco meal together proved to be hilarious. Thanks to one of our fellow kayakers, we dolled ourselves up, finished off the makings of the cocktails, played some games, and enjoyed the entertainment of our resident juggler and storyteller, Dave.

From my travel journal: I'm sitting in a niche in a rock writing and looking out at the Sea of Cortez. It's windy tonight and the water's choppy. I can see the lights from the cars on Highway 1 across the water. The week's over. It's been a good week, a lot of fun. Some days the paddling was difficult for me because of the wind and chop. However, paddling in the wind and the chop have given me more experience and more confidence. My ab muscles are sore and so are the muscles in my back between my shoulder blades. But, it's a good feeling to ache from physical exertion that's fun. A hermit crab slowly drags its borrowed shell by my left foot and painstakingly inches toward the water. As I watch, another one crawls by my right foot.

Are these two left over from the crab races earlier in the night? I don't know, but whoever they are, they're amazing creatures from an amazing place called Baja California Sur – a place best experienced from water level under a layer of sunscreen, a wide brimmed hat and with paddle in hand.

Next month – Whale Watching in Magdalena Bay.

# SOLAR MAY 2006 CALENDAR

## School for Outdoor Leadership, Adventure and Recreation

### MAY ACTIVITIES

2	TUE	<b>GENERAL MEETING</b>	<b>COLONY HALL</b>	Tom Hayes	thomashayes@wideopenwest.com
2	TUE	<b>Program: Elections and Photography Contest</b>		Linda Rodrick	lindamra@aol.com
6	SAT	Wildflower Walk**	Maybury State Park	Margaret Martin	mpluscat@hotmail.com
7	SUN	Downriver Cycling Club's Metro Grand Spring Tour**	Willow Metropark	Dick Ebenhoe	rjebenhoe@yahoo.com
12		<b>SOLAR Ray Articles due.</b> Send to petekandu@yahoo.com			
13	SAT	Mother Nature's full moon canoe paddle**	Heavner's, Proud Lake	Margaret Martin/ Alan Heavner	mpluscat@hotmail.com AlanHeavner@heavnercanoe.com
20	SAT	Detroit Tigers baseball game**	Comerica Park	Moe DeFrance	defranceomnex@comcast.net
21	SUN	Shiawassee River race and paddle**	Holly, MI	Willi Gutmann	Willi_H2O@yahoo.com
21	SUN	Huron River paddling trip**	Heavner's, Proud Lake	Carla Danley	danleycd@yahoo.com
26-29	WKND	Backpacking trip (FULL)	South Manitou Island	Leslie Cordova	lesliegene@aol.com
26-29	WKND	Backpacking trip (FULL)	North Manitou Island	Pam and Lou Szakal	parieh1@netscape.net

### MAY CLASS

May 20-21, Jun 24-25	WKNDs	Scuba diving	Advanced Aquatics/TBA	Tom Hayes	thomashayes@wideopenwest.com
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### JUNE ACTIVITIES

2-4	WKND	SOLAR 30 <sup>th</sup> Anniversary celebration	Brighton State Rec Area	Dick Ebenhoe	rjebenhoe@yahoo.com
6	TUE	<b>GENERAL MEETING</b>	<b>COLONY HALL</b>	Tom Hayes	thomashayes@wideopenwest.com
6	TUE	<b>Program: A Drummunity Circle</b>		Linda Rodrick	lindamra@aol.com
9-11	WKND	Camping/loon watching**	Wakeley Lake	E. J. Brooks	ejphoto@aol.com
23-25	WKND	Hike and Float	Manistee River	Jim Coe	Jimc36@comcast.net
Jun 30-Jul 4	WKND	Hiking and biking	Cuyahoga Valley National Park	Leslie Cordova	lesliegene@aol.com

### JUNE CLASS

20, 24-25	TUE/ WKND	Basic Land Navigation	TBA/Waterloo State Rec Area	Karl Overheul	cybernomad@backpacker.com
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### JULY ACTIVITIES

13-16	WKND	Greak Lakes Sea Kayak Symposium**	Grand Marais, MI	Steve Hoffman	SHoffman@cranbrook.edu
July 13-Aug 13	MULTI	Extended backpacking trip (FULL)	John Muir Trail	Dave DeFrance	defranceomnex@comcast.net
July 29- Aug 15	MULTI	Backpacking trip (FULL)	Kings Canyon/ Sequoia NP	Don Wold	dwold12972@aol.com
29-30	WKND	Avita Water Black Bear bicycle tour**	Grayling, MI	E. J. Brooks	ejphoto@aol.com
July 30-Aug 6	MULTI	Camping/hiking in the Rockies	Rocky Mountain National Park	Mary Bogush	notdev@yahoo.com

### JULY CLASS

Jul 28-30; Aug 11-13, Aug 25-27, Sept 8-10, Sept 29-Oct 9, Nov 3-5	MULTI	Advanced Backpacking and Leadership	TBA	Mike Banks	michaelbolar@yahoo.com
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### UPCOMING ACTIVITIES

Aug 18-20	WKND	Irishfest**	Milwaukee	Pam and Lou Szakal	Everest2008@comcast.net 248-756-7006
Aug 26-Sept 4	MULTI	Wilderness paddling trip	Algonquin Provincial Park	Phil Crookshank/ Sharon Smelterwanderphil3@netzero.net	
Sept 9	SAT	Harvest full moon canoe paddle**	Heavner's, Proud Lake	Margaret Martin/ Alan Heavner	mpluscat@hotmail.com AlanHeavner@heavnercanoe.com
Oct 8	SUN	Pumpkin party and full moon canoe paddle**	Heavner's, Proud Lake	Margaret Martin/ Alan Heavner	mpluscat@hotmail.com AlanHeavner@heavnercanoe.com

### UPCOMING CLASSES

Oct 4, 7-8	WED/ WKND	Advanced Land Navigation	TBA/Waterloo State Rec Area	Karl Overheul	cybernomad@backpacker.com
Oct 17, 21-22	TUE/WKND	Basic Land Navigation	TBA/Waterloo State Rec Area	Karl Overheul	cybernomad@backpacker.com

**FOR INFORMATION ON JOINING THE SOLAR CLUB, CONTACT PENNI LOPEZ (248) 259-3732,**

**[kavekrawler@yahoo.com](mailto:kavekrawler@yahoo.com) OR VISIT [WWW.SOLAROUTDOORS.ORG](http://WWW.SOLAROUTDOORS.ORG)**

IF YOU WOULD LIKE TO HELP PLAN AND/OR LEAD A SOLAR ACTIVITY, CONTACT

KEVIN COTTER (248) 544-9637 OR SEND EMAIL TO [solar@wowway.com](mailto:solar@wowway.com)

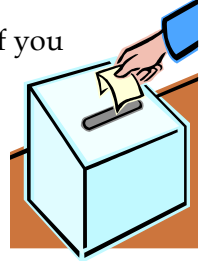
SOLAR HAS A NO-REFUND POLICY. IF YOU ARE UNABLE TO ATTEND AN ACTIVITY YOU MAY "SELL YOUR SPOT" TO ANOTHER CLUB MEMBER

\*\* DENOTES NON-SOLAR ACTIVITY (SOLAR will not be held responsible for these activities)

**SOLAR Program Schedule**  
**From the SOLAR Program Director**  
**Linda Rodrick**

**May Program: Annual SOLAR Steering Committee Elections  
and Photography Contest**

Please plan to attend and make a difference by running for a position or by casting your vote. If you have not yet submitted your name and position of interest, you can still be a write-in candidate. Before elections take place during the May 2<sup>nd</sup> meeting, all candidates will have an opportunity to introduce themselves. The list of positions and candidates running for office is as follows:



**The Steering Committee is comprised of the following positions:**

- President (Officer)**-Oversees monthly meetings and fields member questions and concerns
- Vice President (Officer)**-Assists president and steps in for the president when necessary
- Secretary (Officer)**-Takes minutes at Steering Committee meetings and distributes them
- Treasure (Officer)**-Manages club finances, bank account, and reimburses members
- Education (Committee)**-Oversees all classes and provides direction to lead instructors
- Membership (Committee)**-Manages membership lists, collects dues, and oversees liability release forms
- Activities (Committee)**-Collects, posts, and announces monthly activities
- Programs (Committee)**-Organizes all monthly programs held at membership meetings
- Public Relations (Committee)**-Promotes club at local events, in media and organizes members for participation in grassroots event (i.e. National Trails Days)
- SOLAR Ray Editor (Committee)**-Collects articles, organizes, formats, edits, lays out, and prints newsletter
- Equipment (Committee)**-Stores, organizes, distributes and collects SOLAR rental equipment
- Historian (Committee)**-Collects and stores information about the club
- By-Laws (Committee)**-Oversees club by-laws and changes
- Web Master (Committee)**-Manages, maintains, updates, and hosts club website

**Steering Committee Candidates (You will cast one vote for each position)**

- |  |  |
|--|--|
| <b>President</b> ___ Lou Szakal        | <b>Vice President</b> ___ Maureen DeFrance |
| <b>Secretary</b> ___ Heather Hall      | <b>Treasurer</b> ___ Carol McCrie          |
| <b>Activities</b> ___ Kevin Cotter     | <b>Programs</b> ___ Open                   |
| <b>Public Relations</b> ___ Pam Szakal | <b>Historian</b> ___ Dick Ebenhoe          |
| <b>By-Laws</b> ___ Cindy Taylor        | <b>Education</b> ___ Mike Banks            |
| <b>Membership</b> ___ Mary Price       | <b>Webmaster</b> ___ Karl Overheul         |
| <b>Equipment</b> ___ Dave DeFrance     | <b>Solar Ray Editor</b> ___ Pete Lamb      |

All positions are considered open until voting concludes on May 2<sup>nd</sup>, 2006



**2006 ANNUAL PHOTO CONTEST**

It's that time of year again when all of you amateur photographers can brag about your trips and show off your stuff. So dig out those photos from year 2005 and enter them into this year's photo contest.



## Categories

- |             |                            |                 |                           |
|-------------|----------------------------|-----------------|---------------------------|
| ➤ Scenery   | Digitally Enhanced Scenery | ➤ Humor         | Non-SOLAR Plants/ Animals |
| ➤ Animals   | Digitally Enhanced Other   | ➤ People        | Non-SOLAR Humor           |
| ➤ Plants    | Non-SOLAR Scenery          | ➤ Black & White | Best Overall              |
| ➤ Photo-Pro |                            |                 |                           |

## Category Explanations

**Digitally enhanced:** If you alter your photo in any way on your computer or splice several photos together, you can only enter them in the “digitally enhanced” category. Cropping is the only exception. Digitally enhanced photos may be entered in the “scenery” or “other” category

**Photo-Pro:** Photos in this category won’t be eligible for the “Grant Prize.” This category is meant to encourage full creativity for the more advanced photographers, while not having others compete with them.

## Official Rules

- You must be a SOLAR member to enter the photo contest.
- Photos must have been taken between January 1, 2005 and December 31, 2005.
- Standard photos must be no larger than 8x10 & panoramic no larger than 8x18.
- Photos must be matted with matt size no larger than 11x14 on standard photos and 11x21 on panoramic photos.
- Photos must have been taken by the person entering it.
- Photos must be taken at a SOLAR event unless entered in the non-SOLAR category.
- Only one photo entry per person per category and only ten entries per person overall are allowed.
- Prizes will be awarded to the first place winner in each category and to the overall Grand Prize winner.
- Photos will be voted on by SOLAR members who attend the May meeting and winners will be announced that evening.

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## UPCOMING SOLAR PROGRAMS

### **JUNE: Drummunity Circle...a SOLAR celebration!**

By: Lori Fithian (facilitator and founder of “Drummunity”)

Lori’s unique drum circle program is an exciting, hands-on experience with a message of community-building, peace, diversity and wellness – as well as just plain rhythmic fun!

Lori has trained with numerous well known drum circle teachers. Her training includes Health Rhythms which is a specific protocol developed for wellness. She has been influenced by many drumming traditions - West African, Brazilian, Japanese, Afro-Cuban, Middle Eastern and more. Lori will bring a collection of hand drums and percussion toys to accommodate all in attendance. Feel free to visit the drummunity website for more information about this exciting program [www.drummunity.com](http://www.drummunity.com)

### **JULY: Annual SOLAR Gear Swap and Summer Barbeque**

This is always a great opportunity to sell unwanted gear or buy gear at a good price.

So start going through those closets gathering up items to sell. The barbeque is also a wonderful chance to socialize and enjoy some great SOLAR dishes.

*Please note: All programs take place at Colony Hall immediately following the SOLAR business meeting.*

# Leading an Activity

*by Kevin Cotter*

You know who you are. Your calendar is filled with SOLAR events: weekly hikes, camping, the Crawlathon, moonlight paddling, whirlyball, the Hoedown, dog sledding, nature walks, backpacking, and bicycling. You've had lots of fun and met great people who share your interests in a club that offers so much.

These activities are offered because someone has put in the time and energy to lead them. I invite you to be one of those people. If you've been waiting for someone to lead a trip to a favorite destination, or if you want to introduce the club to something new (geocaching, anyone?), this is your opportunity!

The first step is to decide if the activity you want to lead is going to be SOLAR or non-SOLAR. SOLAR activities are limited to SOLAR members, and all finances are run through the club. All participant payments are made to SOLAR, and SOLAR pays all expenses. Non-SOLAR activities do not involve SOLAR, except to publicize the activity. You take in all participant payments and are responsible for all expenses. Non-SOLAR activities are open to non-members.

## Leading a non-SOLAR activity

To lead a non-SOLAR activity, contact the Activities Chair at [activities@solaroutdoors.org](mailto:activities@solaroutdoors.org). Make sure you include the date(s) and location of the activity, a brief description, cost, and any contact information. Your event will be put on the calendar and you can make a brief announcement at the monthly general meeting. Make sure you get a signup sheet from the Activities Chair. You are responsible for all finances and trip plans. Participants make payments directly to you, not to SOLAR.

## Leading a SOLAR activity

To lead a SOLAR activity, you must first get approval from the Steering Committee. The Steering Committee meets on the last Tuesday of each month (except December). To request approval, contact the Activities Chair and request an Activity Information Form. Fill out the form completely, especially all information about expenses, the cost of the activity, sales tax when applicable and return it to the Activities Chair. You may also send an email to the Activities Chair with the information on the form. The Steering Committee will approve activities that are likely to break even or make a profit for the club. As a general rule, the leader does not pay. Calculate the cost per person, divide the cost by the number of participants, less the leader. You should turn in the form no later than the Steering Committee meeting that is at least one month before the activity. For example, if you are proposing an activity that takes place after the general meeting in July, you should make your proposal no later than the Steering Committee meeting at the end of May.

You will be notified by the Activities Chair whether or not your activity has been approved. If it is approved, you may announce it at the next SOLAR meeting. The activity will then be put on the calendar. You should also write an announcement for the SOLAR Ray, and email it directly to the SOLAR Ray editor. If your activity is not approved, the Activities Chair will tell you if it may be announced as a non-SOLAR event.

## Signups and money for SOLAR activities

Make sure you get a signup sheet from the Activities Chair and an Expense/ Reimbursement Form from the Treasurer. Keep track of all expenses, including receipts, for reimbursement. Inform the Treasurer of any expenses (such as deposits) that are to be paid directly by SOLAR.

Payment for SOLAR activities may be made by cash or check (made payable to SOLAR). Turn in all payments to the Treasurer after each meeting. **NO REFUNDS WILL BE MADE AT ANY TIME.** If a paid participant cannot attend the activity, they may "sell their spot" to another member.

Following the conclusion of the activity, turn in the completed Expense/Reimbursement Form, attach any outstanding receipts and submit to the Treasurer within 30 days after the activity is completed. Turn in the signup sheet and any handouts or flyers to the Activities Chair. You are also encouraged to give a report at the next general meeting, and have a report for the Solar Ray, written by either you or another trip participant.

**If you have further questions or want some help or ideas...**I am waiting for your call or email!

## Cuyahoga Valley National Park

Come join us for the 4<sup>th</sup> of July weekend. We are going to Cuyahoga Valley National Park for some hiking, biking, touring, and exploring. The park is located just South of Cleveland, so it's only about a 3-hour drive.

There are over 125 miles of hiking and biking trails. The main bike trail, Ohio & Erie Canal Towpath, runs through the Cuyahoga River Valley and is a 19.5 mile linear crushed stone trail. Other trails include the Bike and Hike Trail, which is a 16 mile linear asphalt trail. If you get tired from biking, you can bike one way and return by train. Or perhaps you would rather hike to see some waterfalls, gorges, or historic homesteads.

We will be staying at the Stanford Hostel, a restored 1830's farmhouse, within the National Park. The hostel is equipped with 30 beds in 8 rooms, 3 bathrooms, a fully equipped kitchen, dining room, living room, outdoor picnic tables and fire pit.

Cost of all this fun is \$90 for 4 nights lodging. Can't get the Monday off work to make it a 4-day weekend? No problem, cost for 2 nights is \$45. Depending on how many people sign up, we may have the Hostel to ourselves.

Sound like something interesting? Contact Leslie Cordova to sign up. [lesliegene@aol.com](mailto:lesliegene@aol.com) or (248) 547-5626



### June 30–July 4, 2006 Biking and Hiking—Kid Friendly, No Dogs *by Leslie Cordova*

## Car Break-Ins and Kayak Losses

*By Pete Lamb*

In the last issue you were notified of a series of break-ins of cars left in parks around the metro area which have been occurring recently. This month are some guidelines to follow to protect your property. The following guidelines come from Phil Crookshank.:

Of course we all love the outdoors, and want to spend time hiking in our great park systems. It's awful that some folks are using the parks parking areas for their thievery – just remember of the rules for parking anywhere:

- Park where your vehicle will be most visible from a road or entryway, even if it means starting your hike from an awkward spot.
- Do not leave anything in sight that would interest a thief. Leave things in the trunk, behind rear seats, under rugs, etc. This type of thief would break your window out for even an audio tape.
- Review the contents of your glovebox and console. Don't leave things that you can't do without.
- Notice any odd activity when you park. Jot down license numbers of cars with folks just sitting or cruising. Have a park map with office contact phone number. Use your cell phone to report suspicious cars to park staff. Plan well, be well.

## **Algonquin Provincial Park, Wilderness Canoe Trip.** (Northern Ontario)

**Saturday August 26 – Sunday September 3** (or Labor Day Monday) Limit to 8 people.

**Leaders:** Sharon Smelter and Phil Crookshank

**Description:** 9 days total, 7 days of rugged wilderness paddling, 5–6 hours each day, canoeing many lakes that are connected by rivers and portage trails. Portaging most days (some short and some long), this trip is designed for intermediate level participants, with basic paddling skills and backcountry camping experience.

Enjoy the Canadian wilderness, sightings of moose, wolf, and bear are possible; ducks by the thousands, backcountry camping; sometimes on islands, surrounded by the call of the loons, howling wolves, splendid sunsets, and paddling on diamond sparkling waters. Plenty of time at day's end for a leisurely swim, supper and campfires. You will supply your breakfasts and lunches. Evening group meals will be provided by participants. (Everyone takes a day)



### **Requirements:**

- Ability to carry 48 pound canoes (or a partner that can) and backpacks over rugged terrain, paddling endurance for 5 hour daily paddles and portaging, and an ability to adapt to the elements.
- All camping and backpacking gear for wilderness travel, and a waterproof pack for carrying all.
- One day paddling shakedown and gear packing instructions at a TBD location.

**Recommended:** Beginning Backpacking, previous canoe or kayak instruction, good swimming ability, Wilderness First Aid training.

**Total** = \$300.00 each. + Ride share approx. \$80. + individual camping meals = 8 Breakfasts, 8 Lunches, 1 Group Dinner for 8.

\$50 deposit by May 2; \$100 by June 6; last \$150 by July 11.

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### **The Itinerary:**

**Sat: August 26** – travel to Algonquin – meet at Algonquin Outfitters, Oxtongue Lake, to rent and haul canoes, camp at Canisbay Campground overnight, organize gear for morning takeoff on Canoe Lake.

**Sunday, August 27** – paddle 12 km across Canoe Lake – 4 portages.

**Monday, Aug 28** – paddle 8 km – across Burnt Island Lake – 1 portage.

**Tuesday, Aug 29** – paddle 7km – across Little Otterslide Lake – 4 portages.

**Wednesday, Aug 30** – paddle 7 km – across Big Trout Lake – 1 long portage.

**Thursday, Aug 31** – paddle 6 km across Merchant Lake – 1 portage.

**Friday, Sept. 1** – paddle 5km – across Happy Isle Lake to North Opeongo Lake – 1 long portage.

**Saturday, Sept 2** – paddle 9 km across Opeongo Lake to access/exit point. Unload all gear, shuttle vehicles, take canoes back to outfitters, camp at Kearney Campground, showers, short hikes, group meal.

**Sunday, Sept. 3** – Group breakfast, break camp, visit park museum, drive home.

**Monday, Sept. 4** – This will be the safety day – in case of awful weather that pins us down for a day.

## Solar Club's Introduction to Kayaking Class

by Matt Dalton

It's time to get out on the water !!! Kayaking is one of the best ways to explore all the wonderful lakes and streams Michigan has to offer. It's also a great form of exercise and relaxation.

If you've never been in a kayak or if you've rented one a couple of times but have never had formal lessons, then this is the class for you. Introduction to kayaking is a 4 hour class taught at Heavner's in Milford, MI., on the quiet and safe Huron River.

You'll be introduced to the basic kayak design which will assist you in choosing a kayak for rental or purchase in the future. You'll learn about required and optional equipment, clothing and the kayaker's 10 essentials. You'll learn the fundamentals of safe paddling, how to paddle fast and efficiently, how to stay in your kayak and how to maneuver it through the most challenging areas. You'll even learn how to .... whatever you're interested in and you don't have to get wet. No Eskimo rolling in this class.

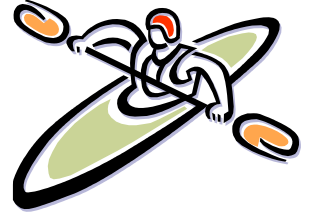
**Class:** Saturday, May 13, 2006

**Time:** 1:00 PM to 5:00 PM

**Cost:** \$60.00 everything included, or \$40.00 with your own boat.

Depending on demand, we may have another class in June and an advanced kayaking class, Wilderness Sea Kayaking Class, in July. Interest signups are now being taken.

**Contact Matt Dalton, 248-360-0031, [mdalton@ameritech.net](mailto:mdalton@ameritech.net) to sign up.**



## SOLAR Club Hiking Schedule for May 2006

Make New Friends, Hike with the SOLAR Club members, non-members, children,

**Hikes start at 9:30 AM,** unless stated.

Hike Coordinator: Matt Dalton, 248-360-0031 Phone: [mdalton@ameritech.net](mailto:mdalton@ameritech.net)

Contact Matt and/or post a message on the SOLAR Club Yahoo site, after you decide to join one of the hikes: discuss car pooling/ride sharing, obtain a list of other hikers, and obtain additional details or directions for the hike. Make plans for an after hike restaurant stop.

### Hike Schedule:

**May 6, 2006, Saturday,** 9:30 AM SOLAR Club and BS Hikers, Maybury State Park, Northville, MI. meet at 8 Mile Rd entrance and parking lot by concessions area.

**May 7, 2006 Sunday,** 10:00 AM, Paint Creek Trail 10 mile moderate to brisk paced hike led by Mike Scanlon of the Sierra Club, 313-884-2214 for trail head and restaurant stop information.

**May 14, 2006, Sunday,** 9:30 AM, Maybury Mother's Day Wildflower Walk, slow paced 4 mile walk to usher in Spring and honor Mother Earth & Earthly Mothers! Bring camera, magnifiers, field guides. Meet at concessions building, 8 Mile entrance. Guided walk led by SOLAR Club and Sierra Club hike leader, Phil Crookshank, 313-562-1873.

**May 20, 2006, Saturday,** 9:30 AM, Highland State Park, northeast of Milford, MI. M-59, east of Duck Lake Rd. Haven Hill parking lot .

**May 21, 2006 Sunday,** 11:00 AM Sierra Club, Bald Mountain Hike, 5-6 miles moderate pace, rain or shine moderate, rolling terrain. Meet at Bloomfield Costco Parking lot, Telegraph Rd. for car pooling. Bring water and lunch. Gary Simon 248-561-9066.

**May 27, 2006 Saturday,** 9:30 AM, Pontiac Lake State Park: North of M-59 Highland Rd. and west of Williams Lake Rd. Meet in the NW corner of the Gale Rd. parking lot.

**May 28, 2006 Sunday,** 12:00 PM, Noon, Metro Beach Metro Park Hike, Sierra Club, 5 Mile hike through Metro Park Nature Center. Jo Ellen Lane, 586-773-3104.



<p>SOLAR is a <i>non-profit Club with 400-plus members dedicated to the intelligent enjoyment of nature and outdoor pursuits.</i></p> <p><i>Membership is only \$40 a year per person (\$55 per family) and includes discounts to a number of retail outfitters, access to club-owned equipment, a monthly newsletter, and a chance to meet hundreds of other like-minded adventurers drawn together by a common love of pristine lakes, breathtaking vistas, virgin forests and scenic shorelines, and the experiences to be found there.</i></p>	<p style="text-align: center;"><b>SOLAR Steering Committee</b></p> <table border="0"> <tr> <td><b>President</b></td> <td>Tom Hayes</td> <td><b>Equipment</b></td> <td>Dave DeFrance</td> </tr> <tr> <td><b>Vice President</b></td> <td>Lou Szakal</td> <td><b>Historian</b></td> <td>Dick Ebenhoe</td> </tr> <tr> <td><b>Secretary</b></td> <td>Debbie Zuchlewski</td> <td><b>Membership</b></td> <td>Penni Lopez</td> </tr> <tr> <td><b>Treasurer</b></td> <td>Carol McCririe</td> <td><b>Programs</b></td> <td>Linda Rodrick</td> </tr> <tr> <td><b>Activities</b></td> <td>Kevin Cotter</td> <td><b>Pub. Relations</b></td> <td>Mary Price</td> </tr> <tr> <td><b>By-Laws</b></td> <td>Cindy Taylor</td> <td><b>SOLAR RAY</b></td> <td>Pete Lamb</td> </tr> <tr> <td><b>Education</b></td> <td>Mike Banks</td> <td><b>Webmaster</b></td> <td>Karl OverheuI</td> </tr> <tr> <td><b>At Large:</b></td> <td colspan="3">Mike Banks • Moe DeFrance • Al Fylak • Steve Gardner • Bill Halvingis • Cindy Harrison-Felix • Doug Lanyk • Larry Martin • Joan Hettinger • Leslie Cordova • Joan &amp; Bob Westbrook • Tom Oloffo</td> </tr> </table> <p><b>SOLAR Steering Committee Meetings</b> –The Steering Committee meets on the last Tuesday of every month at 7:30 p.m. These meetings are usually open to the general membership. Anyone who is interested in learning what topics are discussed, the decisions being made, or contemplating running for a position on the Steering Committee, is welcome to attend. If you are interested in attending the Steering Committee Meeting, contact Tom Hayes at (586) 778-3589 or <a href="mailto:thomashayes@wideopenwest.com">thomashayes@wideopenwest.com</a>.</p>	<b>President</b>	Tom Hayes	<b>Equipment</b>	Dave DeFrance	<b>Vice President</b>	Lou Szakal	<b>Historian</b>	Dick Ebenhoe	<b>Secretary</b>	Debbie Zuchlewski	<b>Membership</b>	Penni Lopez	<b>Treasurer</b>	Carol McCririe	<b>Programs</b>	Linda Rodrick	<b>Activities</b>	Kevin Cotter	<b>Pub. Relations</b>	Mary Price	<b>By-Laws</b>	Cindy Taylor	<b>SOLAR RAY</b>	Pete Lamb	<b>Education</b>	Mike Banks	<b>Webmaster</b>	Karl OverheuI	<b>At Large:</b>	Mike Banks • Moe DeFrance • Al Fylak • Steve Gardner • Bill Halvingis • Cindy Harrison-Felix • Doug Lanyk • Larry Martin • Joan Hettinger • Leslie Cordova • Joan & Bob Westbrook • Tom Oloffo		
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<p><b>SOLAR MEETINGS</b></p> <p>Are held the first Tuesday of every month in Southfield at the Colony Hall, 21780 Evergreen (between 8 &amp; 9 Mile Roads ) at 7:30 p.m. <i>Visitors can come in for free.</i></p>	<p><i>SOLAR RAY</i> is a monthly publication of SOLAR and is available online at the SOLAR home website. For a copy to be mailed to you, contact the membership chairperson, Penni Lopez at <a href="mailto:kavekrawler@yahoo.com">kavekrawler@yahoo.com</a></p> <p style="text-align: center;"><b>Submission Guidelines:</b>  <b>(Submissions are due on the Friday two weeks prior to the monthly Steering Committee Meeting (May 12 for the June issue). Electronic files accessible to Word are required.)</b> Call Pete Lamb at 248-703-9927 E-mail: <a href="mailto:Petekandu@yahoo.com">Petekandu@yahoo.com</a></p>																																

**VISIT OUR WEBSITE: WWW.SOLAROUTDOORS.ORG**



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