



# The SOLAR Ray

A Monthly Publication of the School for Outdoor Leadership, Adventure, and Recreation (SOLAR)

September 2007

## HIKING, LAUGHTER AND SHENANIGANS AT THE OAK OPENINGS WEEKEND!

by Charity Loring

Lisa Fredrick and Norwood Catron put on a wonderful trip in Ohio near the Oak Openings State Park the weekend of August 10 - 12th!

Oak Openings State Park is located about 1 ½ hours south from the Metro Detroit area in Ohio. We all met up and stayed at Lisa and Norwood's place for hiking, horse shoes, bonfires, swimming, dancing and all sorts of shenanigans!

We all met at the trail head of Oak Openings State Park at 11 a.m. for a day of hiking. Our adventurers consisted of Lisa, Norwood, myself (Charity), Grey, Tom Oloffo, Suzy and Mark Speece, Heidi, Heidi's 3 babies (dogs) and Kerry. There were so many trails to choose from we had a hard time figuring out which ones to take! We decided on the Fern/ Pine Trail as well as the Dunes Trail.

refreshing beverages we decided to play horse shoes, Lisa talked me into playing for the first time. Of course I was horrible, but my team mate Tommy and the opposing team cheered me on! Lots of fun to be sure. Needless to say Lisa and Kerry kicked our butts.

Once horseshoes were over we hung out around the fire pit for more interesting conversation and shenanigans. We spent most of our time laughing and telling SOLAR stories (go figure). The quote for the evening: "Unfortunately there is no padding to protect from lack of common sense." Nicely done Kerry.

To end the evening, we went dancing at the local dance pavilion down the road! We did the hustle, the electric slide, made up our own square dance moves (spin, dip, doe si doe), slow danced, fast danced and did every dance in between. Who knew that Tom and Kerry could tear up the dance floor like that?! Those two put us to shame.



We had quite an adventure! We went frog catching, fungus among us hunting, dune skipping, kissing on every bridge romancing (ok, so it was just Lisa and Norwood, but it was awful cute) and wildflower foraging. We even watched a 5 year old girl catch a fish that was bigger than she was! Norwood stepped in and helped save the day by grabbing the fish with both hands and bringin it onto shore. I think all of us were more excited than the little girl, she wouldn't go near the fish. Heh.

After a lovely day of hiking adventures, we all went back to Lisa and Norwood's place for a cookout and bonfire. We all enjoyed each others company, ate, drank and were merry! At one point Lisa and Tom cooled off by taking a dip in the local lake just steps away from the trailer. After several



Sunday morning we all recuperated around the fire pit while Lisa and Norwood made us a delicious, homemade breakfast in a Dutch oven. All I can say is...YUM!

We all had a wonderful time, shared many laughs and adventures. We were all eternally grateful to our gracious hosts, Lisa and Norwood, for such an action packed weekend. They're doing it again next year, so make sure you don't miss out! Yeehaa!

# WILDERNESS SKILLS: TOOLS FOR ROAD TRIPS GONE BAD

by Michael A. Neiger

Sooner or later, if you drive a rugged, back road in Michigan or Canada, your vehicle will end up stuck in a mud hole or hung up on a rock. Naturally, your cell phone will be out of range too.

Since help will likely be miles away, it's wise to plan ahead and stow some essential bush tools in your vehicle before your next road trip. In addition, always let a responsible person know where you're going and when you plan to return.

## SHARP SHOVEL

A spade or round-point shovel will allow you to do some serious digging as well as fill in ruts and holes. Sharpen the blade with a file so it will be easy to dig with as well as chop roots with. A shovel with a long, sturdy handle is the best since it affords better leverage when prying. It can also reach further under a vehicle.

## BOW SAW

Carry a large, 36-inch bow saw for removing trees that block your route. A saw can also help you improvise a corduroy road in swampy areas. To prevent accidents when not in use, always use a scabbard (cardboard and duct tape) to protect an exposed saw blade.

## SINGLE-BIT AXE

For chopping, splitting, and de-limbing trees, carry a good-quality axe with a 3.5-pound head. The hammerhead on a single-bit-style axe is useful for heavy-duty pounding. Many wilderness travelers favor the Hudson Bay axe with its lighter, single-bit head. Like the saw, protect the business end of the axe with an edge guard or leather sheath. A light coating of oil will prevent it from rusting.

## PORTABLE, HAND-OPERATED WINCH

A portable, hand-operated, steel- or cast-iron-framed winch can snatch a vehicle from a mud hole with surprising ease. One of the best come-a-long units on the market is the two-ton-capacity "More Power Puller" manufactured by the Wyeth-Scott Company ([www.wyeth-scott.com](http://www.wyeth-scott.com)). Their best model for wilderness use comes with 35 feet of flexible wire rope and a pulley block. The one I bought 30 years ago is still pulling strong and it's paid for itself many times over.

High-tension winching can be dangerous, so be careful. Always wear gloves and safety glasses, and make sure every component of the winch setup, from the anchor points at both ends, to the cables, chains, straps, and connectors in-between, are adequately rated. If a tree is used as an anchor point, always use a nylon strap around it. Don't wrap a cable or chain around a tree as it will injure or kill it.

## HEAVY-DUTY TRUCK JACK

Sold under a variety of names including "Hi-Lift" ([www.hi-lift.com](http://www.hi-lift.com)), "Handyman," and "Jack-All," these long, stout jacks are essential for lifting a vehicle that's hung up on a rock or stump, or that's broken through the plank decking of an aging logging bridge. The most useful models can lift a 7,000-pound load over four feet. A thick, flat block of wood makes a good base in muddy areas. Most of these heavy-duty jacks are designed to double as strong, in-line winches too (these are the original jaws of life). I never stray very far from a paved road without mine.

## TOW STRAP OR CHAIN

For maximum flexibility, carry an assortment of 10- to 20-foot-long, heavy-duty cables, chains, and tow straps. The more the better since, in certain situations, your vehicle may be located a good distance from a suitable anchor point.

## SURVIVAL KIT IN DAY PACK

Keep a well-stocked, oversize day pack in your vehicle in case you are forced to spend the night or have to walk out. Your day pack should contain a sturdy knife, matches, fire starters, candle, flashlight with spare batteries and bulbs, basic first-aid kit, compass, map, whistle, warm clothing, rain gear, water bottle, small cook pot, long-lasting snacks, small PVC tarp, and 100 feet of tarp-rigging rope. In cold weather, stow a sleeping bag in your vehicle too.

## SPARE TIRE

Check to make sure your vehicle has a full-size spare tire, which is properly inflated, and an appropriately-sized, lug-nut wrench. Carrying a tire inflation device is a good idea.

## BATTERY JUMPER CABLES

Include a set of long, jumper cables for your battery. Carrying a portable, jump-starter battery pack is a good idea (many of these units inflate tires, have a built-in light, and can even power low-amperage, 110-volt devices).

## TOOLBOX

Last, but not least, stock a small toolbox with an assortment of common tools and parts, including duct tape, bailing wire, etc.

## EQUIPMENT RESOURCES

If your local auto parts dealer, hardware store, or sporting goods outlet don't have what you're looking for, check with one of the following vendors: Ben Meadows Company (1-800-241-6401, [www.benmeadows.com](http://www.benmeadows.com)), Forestry Suppliers,

Inc. (1-800-647-5368, [www.forestry-suppliers.com](http://www.forestry-suppliers.com)), J.C. Whitney (1-800-529-4486, [www.jcwhitney.com](http://www.jcwhitney.com)), Cabela's (1-800-237-4444, [www.cabelas.com](http://www.cabelas.com)), and Campmor (1-800-226-7667, [www.campmor.com](http://www.campmor.com)).

With a little forethought and planning before your next wilderness road trip, you can prevent an adventure from becoming a survival situation. See you in the bush.

**Editor's Note:** *Michael Neiger is a wilderness trip organizer who resides along the south shore of Lake Superior in Marquette, Michigan. He has recently rejoined the SOLAR club, having been active in the club during the late '80s and early '90s, contributing to the SOLAR Ray, instructing, and organizing trips. His free, SOLAR-friendly, Michigan Bush Rats' trips and expeditions will be listed in the club calendar from time to time. His Web site is <http://therucksack.tripod.com> and he welcomes your comments and opinions at [mneiger@hotmail.com](mailto:mneiger@hotmail.com).*



## SPOTLIGHT ON SARAH KIRKISH

by Rebecca Sweeton



### HOW LONG HAVE YOU BEEN A MEMBER OF SOLAR?

Since June 2006

### HOW DID YOU GET INVOLVED WITH SOLAR?

Rob Schwenke got myself and Matt Rutledge involved, so it's Rob's fault. He's used to us saying that though. Still once we went to our first meeting we knew that there were lots of classes we wanted to sign up for and haven't stopped taking them since. I liked the education emphasis with SOLAR because once you stop learning, it's all over. I also liked the fun aspect of SOLAR because our first trip was Tom Oloffo's annual canoe outing. It was splendid how easily people welcomed us

### HOW DID YOU START BACKPACKING?

I did some backpacking in the Adirondacks' in the late 1990's, and while we tried to be conscientious, we really didn't know what we were doing. Our bear bagging skills alone were tempting fate. At least I got a good Nalgene bottle out of one of those trips that I found in a tree. It definitely got me to appreciate that you have to prioritize what you bring because there's only so much you can carry.

### WHAT HAS YOUR FAVORITE TRIP BEEN SO FAR?

Fall beginning backpacking at Pictured Rocks. It was peak fall colors for the trees, zero rain, limited bugs, full moon hikes and perfect weather. That plus all my classmates were great and we didn't need the bone saw once.

### WHAT WOULD YOUR DREAM TRIP BE?

Hiking in Ireland or the Swiss Alps for two weeks.

### WHAT CLASSES WOULD YOU LIKE TO ADD TO SOLAR'S CURRICULUM?

As the SOLAR Education Chair that's a loaded question, but revisiting some of the classes we haven't offered in a while such as rock climbing as well as looking into new biking and equipment workshops would be towards the top of the list.

### WHAT HAS BEEN YOUR MOST REWARDING EXPERIENCE IN SOLAR?

The big round of applause I got my first time as Education Chair at the June 2007 SOLAR meeting. That plus finally understanding topo maps in Land Nav.

### HOW HAS SOLAR CHANGED DURING THE YEARS YOU HAVE BEEN A MEMBER?

I can't really say, but I do appreciate being in a group that's been around 30+ years. Things have to change and evolve. I plan to be a part of the next 30 years!

# THE RECUMBENT VOYAGER

by Winnie Chrzanowski



## Dealing With People You Can't Stand

By Dr. Rick Brinkman & Dr. Rick Kirschner

McGraw Hill Inc., 226 pages

\$12.95

If a tank rumbled into my personal territory and opened fire, my normal reaction would be to run for cover. Similarly, if a grenade with the pin pulled were dropped into my lap, I'd ditch it and run. Snipers are a bit harder to identify than a tank or a grenade, but they're just as dangerous. Is this book review about warfare? In a sense, yes, it is, but it's not the warfare hyped on the nightly news though sometimes it can get just as bloody. This war targets difficult types of people we encounter all too often. The types identified in the previous lines are just three of the ten types of difficult people with whom we come into contact whether we're at work, at home, out hiking, or surfing in Cyberia. It helped me learn new and creative ways to handle them. It may do the same for you.

The Ricks (as they chummily identify themselves) have done a good job of organizing their updated version of the book. First published in 1994, *Dealing With People You Can't Stand* became an international best seller with over 500,000 copies sold. The Ricks are doctors of naturopathic medicine and professional speakers. With the digital age upon us (cell phones, text messaging, etc.), they updated the book to make it easier for us to deal with these people who can ruin your day.

*Dealing With People You Can't Stand* is categorized as a self-help/communications type book. Surprisingly well written, clearly organized, and helpful, this lively guidebook offers strategies on how to identify and get along with these ten behavior types and explores their psychological roots. If you're a reader who skips the introduction, don't. It directs your attention to "the five key areas for solving your people problems."

*Dealing With People You Can't Stand* is structured in four parts: Getting to Know the People You Can't Stand, Surviving Through Skillful Communication, Bringing Out the Best in People at Their Worst, and Communication in a Digital Age. While the book identifies the ten most common types of awful behavior patterns, I realized quickly that I would have to change the way I approach these types of people in order to manage them successfully. The authors provide a variety of communication skills that we can develop and continue to work on to turn conflict into cooperation. The Ricks' illustrations on how to use these skills with each of the ten problem behaviors are helpful if not always quite realistic. How often does a type present itself in textbook fashion? Never. *Dealing With People You Can't Stand* offers a variety of communication tools that you can stash in your toolbox and use accordingly. It contains an Afterword that describes how to apply the little steps you learned and an Appendix showing you how to change your attitude.

All in all, I found *Dealing With People You Can't Stand* quite helpful. The authors have several websites you can visit if you're interested in learning more about their books and their speaking programs. They can be found in the back of the book.

(Thanks to Cindy Taylor for recommending this book.)



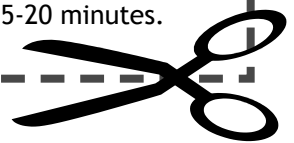
## HOW TO MAKE BLUE CORN BREAD OR HOW TO WIN FREINDS AND INFLUENCE PEOPLE

by Jim Coe

- 2 tbsp oil
- 1 small onion (use a little more)
- 1 1/2 cups blue corn meal
- 1/2 cup whole wheat flour
- 1 tbsp baking powder
- 1 tsp salt
- 1 tsp dried sage
- 1 tsp dried thyme
- 2 eggs beaten
- 2 tbsp honey (use a little more)
- 1 cup milk
- 1 8oz. package of cream cheese (I added this)

Preheat oven to 475 degrees. Place an ungreased 9-inch iron skillet in the oven to heat up. Heat oil in another pan, sauté onion and set aside. Combine dry ingredients, including herbs, in a bowl. Combine eggs, milk and honey and cream cheese in another bowl and whisk together. Add to dry ingredients and fold in the onions. Carefully remove heated skillet from the oven. Pour in batter, return to oven and bake for 20 minutes or until top springs back when pressed.

My method for camping: use a 12" Dutch oven (cured). Double ingredients above and use 6-7 charcoal briquettes on top and 8-9 below or whatever you use to reach 475 degrees. Bake for 15-20 minutes.



### SHOP FOR SOLAR MERCHANDISE ONLINE!

by Heather Hall

SOLAR has partnered with two great companies to offer a wide range of merchandise to members. The online stores are set up to provide many choices at low prices and easy step by step ordering instructions.

SOLAR members can order a variety of great wicking wear, from shirts to shorts to pants. A color logo or black/white logo can be imprinted on the clothing. Michelle Delaporte has volunteered to deliver ordered items to the monthly SOLAR meetings so choose "store pick up" if you'd like this option. Otherwise items can be shipped directly to your home for an additional fee. Visit [www.mkroy.com](http://www.mkroy.com) to start shopping!

Cotton *can* be a great option at times too! SOLAR offers great choices on cotton clothing and other merchandise at [www.cafepress.com](http://www.cafepress.com). Choose from hats, mugs, shirts and more. Direct shipping is only available with this website (no special delivery to membership meetings).

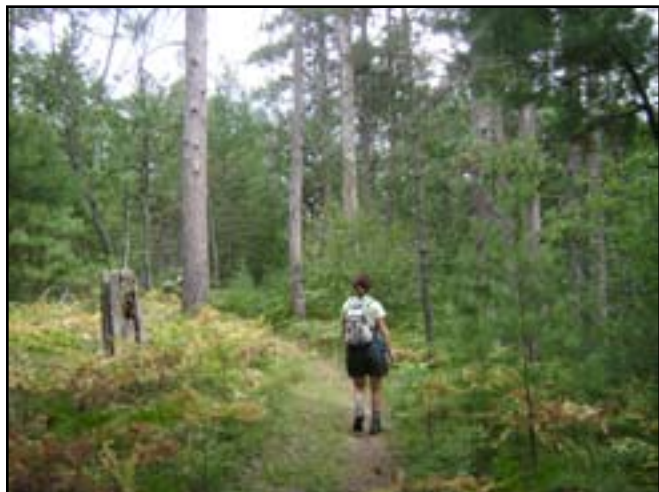
Visit [www.solaroutdoors.org](http://www.solaroutdoors.org) and click on "Shop" to find quick links to the merchandise websites. Please contact [publicrelations@solaroutdoors.org](mailto:publicrelations@solaroutdoors.org) with any questions regarding these websites.



# MASON TRACT HIKE / FLOAT TRIP

by Jim Coe

The weekend finally arrived to head for the Mason Tract on Friday, August 10. I had already been in the woods on the North Country Trail and kayaking on the Jordan River for a week so I had relaxed from “psycho worker” to peaceful woods wanderer. Being the first to arrive I had a chance to score the group campsite at Canoe Harbor Campground just off M72, east of Grayling. It was right on the South Branch of the Au Sable river which runs south through the beautiful Mason Tract Wilderness.



A few people had already canceled so I was not sure how many would show up for the trip. People started arriving around 6:00 PM and we ended up with a small group of about 8 Solarites including Mary Costello, Jeff Ganley, Caroline Kudwa, Conchita Snuverink, Joanne Sarrasin, Sue Segel and Chris Free. This as it turns out was a nice relaxing group of people. I think we were all in the sack by 11:00 Friday night.

The sun rose up and people were surprised to see that I was eating a large breakfast with a full pot of fresh brewed coffee on the camp stove. As it turns out this was just a small preview of food yet to come later that day. After winding our way through a “short cut,” we made it to the trail head parking area near Chase Bridge.

Right away we were treated with thick forest of Balsam Fir, Spruce, Scrub Oaks, Red and White pine; some of the trees were over 150 years old as best I could tell, along with mixed hardwoods and Aspen.

It was a hot, muggy day, but there was a breeze and it was noticeably cooler in the shade of the woods. The trail followed the river and had a few gently rolling hills that made for a delightful walk of about 11 miles if you walk from trail head to trailhead. We were to cut it short to about 8 or 9 miles since we would walk to the camp site then shuttle back to the trail head to retrieve vehicles left behind.

That evening the cooking and feasting was to begin. I had stopped at a farmers market in Kalkaska on my way from Traverse City and picked up some zucchini, eggplant, mushrooms, cherry tomatoes, red and green peppers and sweet corn which had just been off loaded from the fields. My good friends had started up my small barbeque grill by the time I got back so: I cut up some fresh pork tenderloin and skewered it, coated them with oil, spread cheese, tomatoes, basil on them and then they were ready for the grill. While they were cooking someone severed up some hot dogs, then Mary surprised us with crab cakes on toasted English muffins, getting hungry yet?

Well needless to say it was quite a feast and some stayed up to chat, but we did not start a fire due to the extremely dry conditions, which was soon to change. We were supposed to meet up with the Waters Edge Canoe Livery at 9:30 in Roscommon, but the sky opened up and let loose a barrage of thunder, lightning and heavy rain until I finally decided it was time to roll out of the tent and break camp in the rain. We all looked like wet rats. Speak for yourself I heard someone say. So we decided to head for Grayling for breakfast and to see how the weather would turn out.

It did not look good and no one wanted to start later so I called the canoe livery to cancel and they were wonderful. They said we would not have to pay at all and would get even our deposit back that was on my credit card. Folks you should try to use these guys in the future, I was impressed with the way I was treated.

It was a disappointment not being able to paddle, but I was ready to get home, sort out my wet gear and take a shower after being in the woods for 10 days. We had a lot of fun with a great group of people and maybe we'll do it again next year. Thanks to all that helped cook and eat.



## MOUNTAIN BIKING CLASS

by Nancy McMahon

“Mountain biking is about adventure and the rediscovery of your childhood freedom. It removes you from the daily grind and puts you in an environment with endless possibilities-wildlife, epic views, a personal epiphany about what really matters, and tasting your own endorphines after a long, hard climb. The reward is looking back at obstacles, that are now behind you, and feeling anything’s possible.”- Gary Klein

Take SOLAR Mountain Biking Class 101 and discover the adventure! The Enjoying Michigan Winters/Winter Camping class is not required!

For more information, please contact: Nancy McMahon at funoutside1@aol.com.

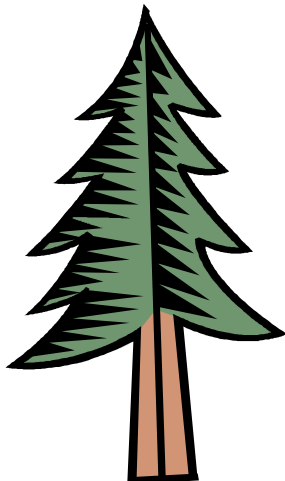
- October 16th Class  
Cycle and Fitness @ 6:00 PM -9:00 PM
- October 19th Skill Session  
Bloomer Park @ 6:00 PM
- October 20th Trail Practical  
Stoney CreekTrail @ 4:00 PM
- October 21st Trail Practical  
Addison Oaks @ 1:00 PM

## SOLAR PROGRAM SCHEDULE

by Allen Duncan

### September Program: Michigan Trails and Greenways Alliance with Nancy Krupiarz, Executive Director

Nancy Krupiarz, Executive Director of Michigan Trails and Greenways Alliance, will present on the latest Michigan trailways progress. The presentation will include highlights from the Connecting Michigan: A State Trails Planning Partnership, a year-long project which identified the crucial issues that impede progress towards a statewide trailway system and developed goals and recommendations to address those issues. Five state departments/agencies and over 100 stakeholders at the regional and local levels collaborated to put together the “Connecting Michigan: A State Trailways Vision and Action Plan” which lays the groundwork for the next stage of implementation.



### Upcoming Programs:

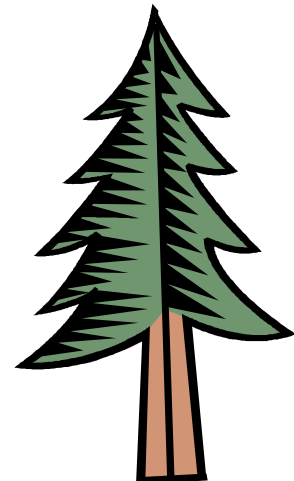
October: Lyme Disease Education  
with the Michigan Lyme Disease Association

November: SOLAR Mountaineering Trips  
with Lou Szakal

December: Holiday Party

January: SOLAR Photo Contest

February: The Massasauga Rattler  
with Yu Man Lee, MSU Extension Scientist



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

## HAVE FUN IN HOCKING HILLS, OH!

by Charity Loring

Hocking Hills, OH is a 4 hour drive from the Metro Detroit area, but it feels as if you are visiting a small scale Grand Canyon just in Southern Ohio! October 12th - 14th is Hocking Hills Fall peak color season. This is a non-SOLAR trip.

What you can expect on the trip:

- Beautiful hiking trails (easy to moderate terrain) in Old Man's Cave, Ash Cave, Conkles Hollow, Rock House and much, much more!
- Picturesque Waterfalls. You can even run under them and splash around! (You know you want to.)
- Lodging in a beautiful log cabin with a fireplace, 6 person Jacuzzi, outside fire pit, wrap around deck, kitchen, 2 bathrooms and sleeps 10 (all linens included)! Only \$50 per person for the entire weekend.
- Friendship and camaraderie of 10 SOLARites to enjoy the cabin and trip with.
- A party Saturday night (heh, I'm treating myself to Hocking Hills for my b-day this year)
- Kevin Cotter's famous cornbread. It's yummalicious.
- All sorts o' fun and shenanigans to be had!



\*\* Must sign up and pay by the October general meeting, October 2. Only 4 spots left!

For more information please contact Charity Loring at [charitymarie@yahoo.com](mailto:charitymarie@yahoo.com).



## FROM THE SOLAR HISTORIAN...

by Pam Schmelzer

You may or may not have noticed that we have a SOLAR photo website courtesy of the friendly folks at Flickr. The SOLAR homepage has a direct link to the Flickr site. I would like to put some more pictures on it- to show the world what it is that we do in the club.

So, I invite you to submit pictures of SOLAR events and SOLAR trips to me, and I can post them on the Flickr site.

Here are the details:

- I will only accept photos that are on a CD.
- Please print the name and date(s) of the trip/event on the CD.
- Give the CD to me at the next general meeting, or if you really can't wait, email me at [pamelaksch@aol.com](mailto:pamelaksch@aol.com) and I will give you my home mailing address
- As an added bonus, your CD will be stored indefinitely along with the rest of the SOLAR archives.

Looking forward to all of your fabulous photos!



## WILDERNESS FIRST AID BASICS REMINDER

by Mary Eagan Price

SOLAR will once again offer this American Red Cross class in September. It's vital that anyone who ventures into the woods, rivers or mountains has basic knowledge and prior planning to cope with the possibility of illness or injury out there.

The WFAB class touches on common illnesses, bleeding, wounds, head injuries, fractures and other bone and joint injuries as well as bites and stings and various afflictions associated with heat and cold. We set up situations where someone has an "injury" then you and your team get the chance to try out your skills.

For more information regarding this fall's class, contact Mike Malon at [Mmalon130390@comcast.net](mailto:Mmalon130390@comcast.net).

## SOLAR HIKE SCHEDULE

by Matt Dalton



Hike with the SOLAR! Lead a SOLAR hike or post your own hike! It's all about getting out, exercising and enjoying the Great Outdoors. Everyone is welcome: members, non-members & children. Hikes start at 9:30 AM. Hike Coordinator: Matt Dalton, 248-360-0031, mdalton@ameritech.net

Post a message on the SOLAR Yahoo site: 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.

September 2, 2007, Labor Day Weekend, Sunday - 9:30 AM, Maybury State Park, Northville, MI. Meet at 8 Mile Rd entrance and parking lot by concessions area. Hike for about 2 hours and cover about 5 miles with stops for rest and water.

September 8, 2007, Saturday - 9:30 AM, Brighton State Recreation Area, Brighton, MI. Meet at the Bishop Lake parking lot. Several hike options. Volunteer hike leader familiar with trails requested.

September 16, 2007, Sunday 9:30 AM- Maybury State Park, Northville, MI  
Meet at 8 Mile Rd entrance and parking lot by concessions area. Hike for about 2 hours and cover about 5 miles with stops for rest and water. Lunch stop after hike. (25-35 friendly hikers).

FYI: (Small game hunting season open on September 15th for most of the State Parks. There is NO hunting at Maybury State Park or Metro Parks.

September 22, 2007 Saturday - 9:30 AM, Highland State Recreation Area, White Lake, MI. east of Milford, MI. enter the park from the M-59 Highland Rd. meet at the Haverhill Parking Lot. Volunteer hike leader requested.

FYI: Small game hunting is allowed in parts of Highland State Recreation Area. September 23rd is the First Day of Autumn.

September 30, 2007 Sunday - 9:30 AM, Metropolitan Beach Metro Park, on beautiful Lake St. Clair. Something for the Solar Club's eastside members. Take I-94 to Metro Beach Parkway, (16 Mile Road). Meet at the park office building, choose your hiking route and don't miss walking on the pier that goes out to Lake St. Clair. Hike leader familiar with trails and a great lunch spot requested.

## WHAT'S MISSING?

Your article!

Your pictures!

Your trip recommendation!

Email YOUR contributions to  
the SOLAR Ray at:  
rayeditor@solaroutdoors.org

# SOLAR 2007 CALENDAR

SEPTEMBER ACTIVITIES					
9/4	TUE	GENERAL MEETING	Colony Hall	Lou Szakal	Everest2008@comcast.net
9/4	TUE	PROGRAM: Connecting Michigan Project	Colony Hall	Allen Duncan	allenduncan@aggienetwork.com
9/8	SAT	Therapeutic Canoe Paddle**	Heavner Canoe Rental, Proud Lake	Margaret Martin	mpluscat@hotmail.com
9/8-9/9	WKND	Beach Cleanup**	Nordhouse Dunes	Vida Ruggero	rageti@hotmail.com
9/19	WED	Play Hooky from Work Day**	Potawatomi Trail	Ati Tislerics	atisleri@med.umich.edu
9/28	FRI	Full Moon Canoe Paddle**	Heavner Canoe Rental, Proud Lake	Margaret Martin	mpluscat@hotmail.com
SEPTEMBER CLASSES					
9/6, 9/13, 9/20, 9/22-9/23, 9/27, 10/5-10/7	MULTI	Beginning Backpacking Class (Continued)	Southfield/ Pinckney/ Pictured Rocks	Carol McCririe	cmccririe@sbcglobal.net
9/12,9/14-9/15	WED/ WKND	Wilderness First Aid	TBA	Mike Malon	Mmalon130390@comcast.net
9/26,9/29-9/30	WED/ WKND	Basic Land Navigation	TBA	Karl Overheul	cyber.nomad@comcast.net
9/29, 10/11-10/14	SAT/ MULTI	Women's Backpacing Workshop	TBA	Pam Riehl Szakal	pariehl@gmail.com
OCTOBER ACTIVITIES					
10/2	TUE	GENERAL MEETING	Colony Hall	Lou Szakal	Everest2008@comcast.net
10/2	TUE	PROGRAM: Lyme Disease Education	Colony Hall	Allen Duncan	allenduncan@aggienetwork.com
10/5-10/8	MULTI	Off-trail Backpacking and Caving**	Pictured Rocks National Lakeshore	Michael Neiger	mneiger@hotmail.com <a href="http://tinyurl.com/22t4x">http://tinyurl.com/22t4x</a>
10/12-10/14	WKND	Have Fun in Hocking Hills!**	Hocking Hills State Park, Ohio	Charity Loring	charitymarie@yahoo.com
10/13	SAT	Octoberfest**	Howell, MI	Carol McCririe	cmccririe@sbcglobal.net
10/21	SUN	Detroit Free Press Marathon**	Detroit/Windsor	Maureen DeFrance	moedefrance@comcast.net
10/25-11/2	MULTI	Fall Color Adventure**	Beech Mountain, North Carolina	Dave DeFrance	defranceomnx@comcast.net
OCTOBER CLASSES					
10/3, 10/10, 10/17.10/19-10/21	WED/ WKND	Search and Rescue	Eastpointe	Tom Hayes	thomashayes@wideopenwest.com
10/16, 10/19-10/21	TUE/ MULTI	Mountain Biking	TBA	Nancy McMahon	funoutside1@aol.com
UPCOMING ACTIVITIES					
11/2-11/5	MULTI	Off-trail Winter Backpacking**	Mackinac Wilderness Tract	Michael Neiger	mneiger@hotmail.com <a href="http://tinyurl.com/39k66e">http://tinyurl.com/39k66e</a>
12/7-12/10	MULTI	Off-trail Winter Backpacking Trip**	Mackinac State Forest: Onaway	Michael Neiger	mneiger@hotmail.com <a href="http://tinyurl.com/2vz5p9">http://tinyurl.com/2vz5p9</a>
1/18-1/22	MULTI	Off-trail Snowshoe & Sledge Trip**	Delirium Wilderness Tract	Michael Neiger	mneiger@hotmail.com <a href="http://tinyurl.com/3bn6js">http://tinyurl.com/3bn6js</a>
1/25-1/27	WKND	Crawlathon	Carter Caves State Park, Kentucky	Leslie Cordova	lesliegene@aol.com
2/9-2/17	MULTI	21st Annual Canadian Snowshoeing Expedition**	Lake Superior Provincial Park, Ontario	Michael Neiger	mneiger@hotmail.com <a href="http://therucksack.tripod.com">http://therucksack.tripod.com</a>
2/14-2/29	MULTI	Costa Rica Adventure**	Costa Rica	Jim Gessner	Gessnerj@comcast.net

All classes and activities are limited to SOLAR members except for non-SOLAR events marked with \*\*. If you would like to help plan and/or lead a SOLAR activity, please contact Kevin Cotter at (248) 544-9637 or [activities@solaroutdoors.org](mailto:activities@solaroutdoors.org). If you would like to help plan and/or teach a SOLAR class, please contact Sarah Kirkish at [education@solaroutdoors.org](mailto:education@solaroutdoors.org). 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 or non-SOLAR class (SOLAR will not be held responsible for these activities/classes).

**WHAT IS SOLAR?**

SOLAR is a non-profit club with 400-plus members dedicated to the intelligent enjoyment of nature and outdoor pursuits.

**MEMBERSHIP**

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, scenic shorelines, and the experiences to be found there.

**MEETINGS**

Our monthly meetings are held the first Tuesday of every month in Southfield at the Colony Hall, 21780 Evergreen (between 8 & 9 Mile Roads) at 7:30 pm. Everyone is welcome to attend.

**SOLAR RAY NEWSLETTER**

The SOLAR RAY is a monthly publication of SOLAR and is available online at [www.solaroutdoors.org](http://www.solaroutdoors.org). To receive a copy in the mail, please contact Mary Price at [membership@solaroutdoors.org](mailto:membership@solaroutdoors.org).

**SUBMISSION GUIDELINES**

Submissions for the SOLAR Ray are due on the Friday two weeks prior to the monthly Steering Committee Meeting (September 14 for the October issue). Electronic documents only. If you have any questions, please contact Rebecca Sweeton at [rayeditor@solaroutdoors.org](mailto:rayeditor@solaroutdoors.org).

**STEERING COMMITTEE**

President: Lou Szakal	Vice President: Cindy Taylor
Secretary: Michelle Delaporte	Treasurer: Carol McCrie
Activities: Kevin Cotter	By-Laws: Chuck Smith
Education: Sarah Kirkish	Equipment: Rob Schwenke
Historian: Pam Schmelzer	Membership: Mary Price
Programs: Allen Duncan	Public Relations: Heather Hall
Ray Editor: Rebecca Sweeton	Webmaster: Dave Sweeton

**PRESIDENTS AT LARGE**

Mike Banks | Leslie Cordova | Moe DeFrance | Al Fylak  
Steve Gardner | Bill Halvingis | Cindy Harrison-Felix | Tom Hayes  
Doug Lanyk | Larry Martin | Joan Hettinger | Tom Oloffo  
Joan & Bob Westbrook

**STEERING COMMITTEE MEETINGS**

The Steering Committee meets on the last Tuesday of every month at 7:30 pm. 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, please contact Lou Szakal at [president@solaroutdoors.org](mailto:president@solaroutdoors.org).

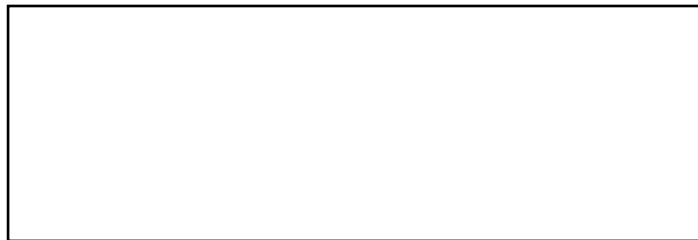
**FOR MORE INFORMATION**

Visit our website at: [www.solaroutdoors.org](http://www.solaroutdoors.org).

**SPECIAL THANKS TO THE SOLAR RAY ASSISTANT EDITORS**

Winnie Chrzanowski, Kathy Drewyore, Sheila Hardy, Pam Schmelzer, Carol McCrie, Elizabeth Schwab, and Ati Tislerics

Visit our website: [www.solaroutdoors.org](http://www.solaroutdoors.org)



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