

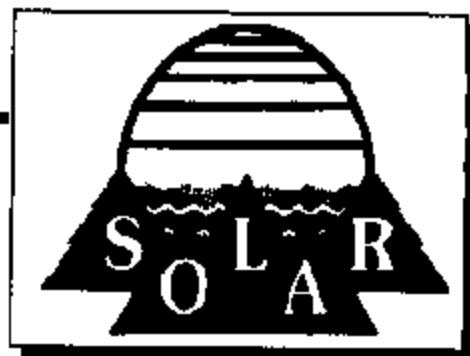
THE RAY

THE SCHOOL FOR OUTDOOR LEADERSHIP, ADVENTURE AND RECREATION

REVIEW

WHAT'S A QUINZEE?

by Cindy Harrison



The instructors for the Michigan Winters Class came up with a fitting reward for the students who survived the first practical to Island Lake Recreation Area in December. Free passes to the movie "ALIVE"? Not! A week on the beach in Florida? Double not! Well how about a no-expense paid trip to Northern Michigan for the unique experience of sleeping in a Quinzee? You got it!

On Saturday January 16th, students, instructors and former graduates of the "Enjoy Michigan Winters Class" (a group numbering over twenty) met at 9 a.m. at Pigeon River State Forest for Practical II.

The conditions at departure time were temperature in the twenties and about ten inches of snow on the ground for skiing. A few disgruntled instructors complained that it was "too warm". (Of course, these hard-core winter campers think anything above minus 30 degrees is "too warm"). I have a hard time understanding the concept of anything in the winter being "too warm"! We donned our backpacks and skis (a few wore snowshoes) and shuffled down the road to hit the trail.

Staying upright when you're a beginner cross-country skier is tricky enough without having the added challenge of carrying a backpack. The amusing part is watching someone who has fallen, struggle like a turtle on it's back to get upright with skis and backpack intact (that is if you're not the one who has fallen). Anyway, even the more "seasoned" skiers found the trail an enjoyable challenge.

The trail was very scenic with snow-covered forests, meandering streams and small bridges. We stopped for lunch along the trail and shared gorp and friendship. With the group still intact (and not too worse for wear), we started back on the trail to our final destination at the campground.

The trail into the campground ended in a steep downhill with a ski jump at the bottom. I heard this was only attempted on skis by one S.O.L.A.R. member (Doug B....I heard it was quite an acrobatic feat!). We arrived at camp around 3 p.m., chose our sites, and immediately began building our accommodations for the night...the infamous quinzeel.

A quinzee is constructed by shoveling snow into a big mound (about 6 feet high and 8 feet in diameter); wait an hour or so to let the snow set; put lots

of foot-long sticks into the mound to mark wall thickness; dig the inside out; light your stove to glaze the inside walls; leave a candle lantern burning inside for warmth, light and that cozy ambience; construct some type of door; grab your gear and move in. A typical quinzee sleeps three and is usually warmer than a tent because it remains at a temperature around 25 degrees.

Once our shelters were completed we turned our attention to changing into warm, dry clothes and began dinner preparation. In keeping with the S.O.L.A.R. tradition, all variations on dinners were great and everyone was stuffed.

The "home builders" tour began after dinner by evaluating and commenting on various quinzee designs. Dave and Mike constructed an alternate snow shelter design which resembled the Ringling Brothers & Barnum Bailey's big top! It was an impressive structure with snow walls and sleeping berches, and a tent top. They definitely took the creative design in snow shelters award! I retired early (as usual) and again missed the "group activities" (I did hear singing in the distance).

Before I knew it, daylight came peeking through the door of our quinzee. Mother nature's call finally forced me out into the cold....

(See Quinzee, page 3)

Upcoming Event

Chill Out and Warm Up

SOLAR will be having their monthly ethnic dinner with a unique event on March 6th. Yes, we are breaking with the traditional Tuesday-after-the-meeting routine for this Saturday, but as you look over this itinerary, I'm sure you'll agree that it's okay.

3:00 pm **Detroit Science Center.**
Spend an hour browsing through

this "hands-on" museum of science
4:00 pm **I-MAX theatre** in the
science center for the movie
"Antarctica" to view this sensation
on their 180 degree wrap around
screen.

6:00 pm **Greek Town** - dinner at the
Laikon Cafe for authentic Greek
foods.

8:00 pm See the sights of
Trappers Alley for shops and
music.

Please RSVP as we are getting a
group rate at the museum and the
restaurant at Greek Town is very

busy and will need to set up the
tables before we get there. Call
Kathleen Spring to reserve your
spot or if you need more
information at 548-8697.

In case you haven't already heard:

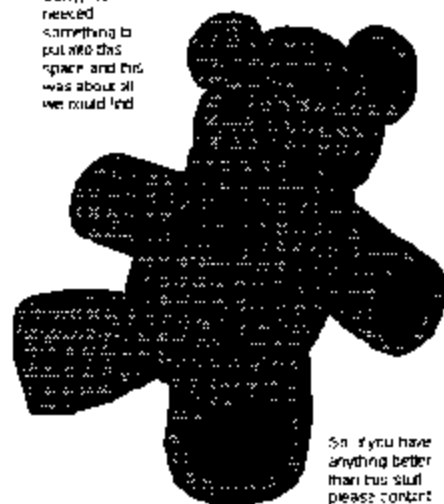
A couple of SOLAR member
weddings are being planned for
June! Congratulations **Laura
Bowman** and **Dan Martin** and
best wishes to **Claire Waldecker**
and **Alex VonderHaar**.

ACTIVITIES CALENDAR

MARCH

2	TUESDAY	GENERAL MEMBERSHIP MEETING Colony Hall, Southfield, 7:30 p.m.
5-7	WEEKEND	WILDERNESS SURVIVAL PRACTICAL (NOT FINAL) Bob Westbrook (356-3627)
6	SATURDAY	ANTARCTICA Detroit Science Center IMAX Movie Kathleen Spring (548-8697)
11	THURSDAY	EASTERN MICHIGAN ASTRONOMY OBSERVATORY Pam Claydon (229-5450)
12-14	WEEKEND	HIKING IN HOCKING HILLS Steve Gardner (547-4998)
13	SATURDAY	MAPLE SYRUP AND ICE CREAM Independence Oaks (625-6473)
20	SATURDAY	RACQUETBALL Joan Govan (356-3627)
26	FRIDAY	MARTIN POOL NIGHT Dan Martin (937-2913)
28	SUNDAY	HOWELL NATURE PRESERVE Pam Claydon (229-5458)
???	TBA	CPR AND EMERGENCY FIRST AID CLASS
???	TBA	CURLING INSTRUCTION Detroit Curling Club

Sorry, we
needed
something to
put into this
space and this
was about all
we could find



So if you have
anything better
than this stuff
please contact
one of your
friendly editors!
Thanks!

SUNDAYS ARE FOR CROSS-COUNTRY SKIING locally or up north (depending on where there's snow), call Bob Westbrook at 356-3627 for further information.

IF YOU WOULD LIKE TO HELP plan and/or lead a SOLAR activity, Please contact Cindy Harrisson at 331-2804.

A Bicycle Bonanza

By Steve Limkemann

Many of you have ridden mountain bikes and some have been on bike camping trips. The type of biking that I have concentrated on is day trips of 20 miles and longer. After buying my first bike, I rode it 12 miles to college during warm, dry weather. On the weekends, I would venture further from home with trips of up to 40 miles. For trips of this length, all you need is a little water, some money for snacks, a pump and a patch kit. Riding alone, I am able to set my own pace and destination. I have found that this is a better way to explore a new area than driving around in a car.

A year or two later, I read about a ride from the Royal Oak library to Cranbrook on Wednesdays that the Wolverine Sports Club ran. This was my first experience riding in a group. While riding alone, I was always aware of traffic and the potential for accidents. Riding with a group however, increases your visibility and can decrease the potential for mishaps with cars. It transformed my attitude of being an unwanted intruder to being an owner of part of the road. Group riding also provides company and a chance to learn from others. This Wednesday evening ride was, and still is, a moderately paced training ride for the club members and anyone else who is interested in a group ride.

After moving to Charleston, West Virginia, a few years later, I joined a local bike club. During the riding season, participated in a wide variety of rides on Sunday afternoons. Most of these rides were 25 to 35 miles in length. I took a stint as the club's ride leader

for a year and was responsible for scheduling the club's rides. One of the objectives was to find rides that would not be too intimidating to the novice rider. Most local clubs also try to encourage novice riders by offering rides of moderate distances. Club riding is a great way to increase your self confidence, improve your riding techniques, gain strength and make new friends.

After a year or two of club riding, I was talked into attempting my first century (100 mile) ride. (While riding with the Wolverines on Wednesdays, I thought I had heard announcements of 100 mile rides, but had dismissed them as aural hallucinations because nobody could actually ride a bike that far in a single day.) We got to the ride a little late, and didn't see many other bikers on the ride. We finished the ride some hours later and stuffed ourselves at a restaurant afterwards to recover. After completing that first century in 1978 and getting the patch for it, I was hooked on longer rides.

But how can mere mortals ride a bike for 100 or more miles? A little training, some simple rules and a little common sense will enable anybody with the desire, to ride a century. The first rule is to drink before you are thirsty. A related rule is to eat before you are hungry. On all rides, you should be sipping water every few minutes. For shorter rides, eating may not be required, but a stop at the turnaround point for a quick snack can do wonders for your attitude. Training rides of up to 25 miles are a good way to build your leg muscles and increase your aerobic capacity. Once you are able to ride for 25 miles at a moderate pace of 10 to 12 MPH and not feel completely exhausted, you have found a pace that can be extended (See Bikes, page 4)

Upcoming Event

Hike in Ohio, Part II

For those of you who may have missed out on the Hocking Hills trip in October, we've put together a second visit for the weekend of March 12-14.

We'll be staying in the cabins at the Hocking Hills State Park, near Logan, Ohio which is about 45 minutes south-east of Columbus. Plan to arrive Friday afternoon or evening when we'll have some cabin-type activities. Bring your favorite game along to share with the group.

Saturday morning we'll start out on the Grandma Gatewood trail to Old Man's Cave, Cedar Falls, and Ash Cave. We'll plan to have lunch on the trail and spot a vehicle at the end to shuttle us back to the cabins. Sunday, we can visit other area sights such as Conkles Hollow and the Rock House.

Cost of the weekend is \$25 and a piece of wood for the campfire Saturday night. Breakfast Saturday morning is included for those staying in the cabins. Modern cabin space is limited to those already signed up but rustic tent camping is available at \$9 per night per campsite if you wish to go on your own.

For those who signed up in February, please be prepared to pay in full at the March meeting. Information and maps will be available at that time. If you have any questions call Steve Gardner at 547-4998.

(Bikes, cont'd from page 3)
for many more miles. The basic trick is not to ride yourself into exhaustion. If you begin to feel yourself tiring, slow down a bit and take it easy. This allows you to recover while you still can and simultaneously make progress toward the end of the ride.

A typical organized century has food stops near the 25, 50 and 75 mile marks and ranges in cost from \$7 to \$12. There are also shorter routes of 25 and 50 miles and sometimes 62 miles (100 kilometers or a metric century) available. Often these shorter routes are cutoffs from the longer routes that allow all of the riders to start together. It also allows you to change your mind about which route you ride based on how you feel after riding a few miles. These rides are for fun, not racing.

The League of American Wheelmen is a national organization of bicyclists founded in 1880. Among other functions, it serves a nationwide network of affiliated bicycling clubs and organizations. The following is a list of the LAW affiliated clubs in the metro area. As far as I know, all of them, with the exception of the Wolverine Sports Club which is a racing club, are recreational clubs and welcome novice and experienced riders. In addition to the listed clubs, there is an AYH council located in Berkley.

Ann Arbor Bicycle Touring Club
c/o Dieter Hohnke
1201 Harbrooke Ave.
Ann Arbor, MI 48103-3722

Bicycle Coordination Council
P.O. Box 801
Flint, MI 48501-0801
695-4113

Clinton River Riders
36568 Moravian Dr.
Mount Clemens, MI 48043-2845
792-4040

Cycling Saddlemen Bike Club
P.O. Box 2449
Dearborn, MI 48123-2449
928-5253

Downriver Cycling Club
c/o Tom Ferstle
23937 Huron River Dr.
Rockwood, MI 48173-9701
379-4781

Ford Cycling Club
c/o Peg Guttman
7215 Belleville
Belleville, MI 48111
899-6925

Monroe County Cycling Club
P.O. Box 172
Monroe, MI 48161-0172
242-0876

Slow Spokes Of Macomb, Inc.
P.O. Box 3015
Centerline, MI 48015-0315
375-2432

Westland Cycling Club
c/o William Smith
P.O. Box 786
Westland, MI 48185-3886

Wolverine Sports Club
P.O. Box 67
Royal Oak, MI 48066-0067

the mighty universe should not be missec.

At the Eastern Michigan University Observatory you can glance into the past by means of their 10" telescope. Remember, "time waits for no man", so don't you wait to call Pam to reserve your seat for this breathtaking movie and your visit through time - 229-5456 ! !

Program for March

Belay On!

The regular monthly membership meeting for the club will hold a program on Rock Climbing, hosted by our own A' Fylak who will be presenting his slides from Yosemite, Mt. Whitney in the Sierra Nevadas, Devil's Tower, Wyoming, and Mt. Olympus in Washington State.

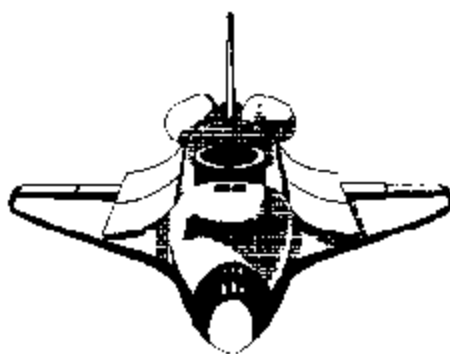
Rock climbing class sign-ups start this month. There will be an introductory climb on Saturday, April 10 at Grand Ledge. Classes will be held on Thursday evenings starting April 22. We will be returning to Grand Ledge for the first practical outing on April 24. The second, will be a sight in Ontario on the weekend of May 8. Final location and additional details about the class will be given at the March meeting



Upcoming Event

"The Dream is Alive"

Yes - on March 11, 7:30 pm, the movie "The Dream is Alive" will be just part of the excitement that Pam Claydon has in store for SOLAR. This space shuttle film classic and the opportunity to see for yourself



(Quinzee cont'd from page 1)
... Ahhh...smell that crisp fresh air...a new day.

The low overnight temperature was reported to be 17 degrees. Breakfast was wonderful a repeat of Julie's famous hot apple-nut-raisin-graham cracker crumb-cinnamon stuff from the first practical; a welcome change from oatmeal. Harry delighted in telling everyone that he discovered the best way to get a good nights sleep in a quinzee is to sleep between two women.

Once all the gear was packed, we performed the ritual S.O.L.A.R. quinzee climb for a team picture. Some quinzee demolition and snow ball fights followed.

Much to our relief, we were given the option to ski out without our packs. Any takers? Dave's truck filled up quickly with tons of gear to lighten the load for the ski out. We completed the six mile loop trail back to our vehicles, a very enjoyable ski.

We caravanned back to Gaylord for a well-earned hot meal at Rusia's (if you like Polish food, this is the place to go!). We bid our fond farewells and talked of plans to have a reunion party to share pictures and see how Bob and Joan had captured it all on video. Thanks to all the instructors, former and current students for making this an enjoyable winter adventure!

Challenge ! ?

Pam Claydon is leading a personal challenge trip on Sunday, March 28. This will be a high/low ropes, wall, etc... course. For directions & details call 229-5456. Plan on \$15.00 +/- cost for a day you'll long remember!



Dave Jones and Mike Felix constructed this luxury condo for their night's shelter on the "Enjoy Michigan Winters" practical. The design is complete with snow walls and sleeping benches. (Photo: Dennis Phillips)

in profile: Jonathan Schechter

Address: Bloomfield Township

Occupation: Consulting Naturalist and Paramedic

Hobbies/Interests: During "free time" I keep very busy as a free-lance writer, going snorping, crabbing, hiking, and discussing International Affairs. I'm also something of a frequent traveler to Israel and Egypt (ask me where!)

How did you hear about S.O.L.A.R.? from a current member at the May 1992 meeting of Michigan Alliance for Outdoor + Environmental Education

What do you like best about S.O.L.A.R.? sharing activities with people who have common interests

About the Ray

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

DEADLINE for the Ray is the Friday after the general meeting for the following month's edition. Contributions in the form of comments, trip reports, recipes, photos or original articles are welcome. Send all contributions to: Lori Love, RAY Editor, 324 Catalpa, Royal Oak, MI 48087 or call Lori @ 386-5774 or Steve Gardner, RAY Editor @ 547-4998

Meeting Location

The purpose of the S.O.L.A.R. Club is to promote and advance interest in the outdoors through information and participation. Meetings are held on the first Tuesday of the month at the Colony Hall, located at 21760 Evergreen Rd. in Southfield, between 8 & 9 Mile Roads at 7:30 PM SHARP. Membership dues are \$20.00 per individual and \$30.00 per family.

STEERING COMMITTEE

President	Al Fylak / 852-7514
Vice-President	Jess Harding / 375-5268
Secretary	Laura Bowman / 960-1516
Treasurer	Joan Govan / 355-3627
Activities	Cindy Harrison / 331-2804
Membership	Maria Picano / 420-3423
Equipment	Sharon Stanek / 565-3080
Bylaws	Bill Stanley / 263-1975
Education	Dave Jones / 722-8178
S.O.L.A.R. Ray	Lori Lee Love / 398-5774
Historian	Steve Gardner / 547-4998
At Large	Pam Maxey / 887-4563
	Joan Hettinger / 377-2377
	Dahby Campbell / 628-5303
	Bob Westbrook / 356-3627
	Moe DeFrance / 229-8293
	Larry Martin / 591-3856
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