

THE RAY

THE SCHOOL FOR OUTDOOR LEADERSHIP, ADVENTURE AND RECREATION

Review

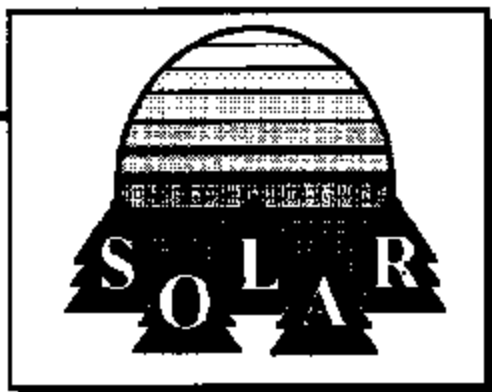
Thirteen SOLAR Members Ski in the VASA

By: Cindy Harrison

Saturday, February 12th was the date for this years VASA Cross-Country Ski Race in Traverse City. The VASA is part of the "Great American Ski Chase" which is a series of races featuring marathon and shorter distances. Skiers from all over the country participate in these races, including members of the U.S. Cross-Country Ski Team who travel the country competing in races to work toward World Cup and Olympic recognition. The VASA, now in it's 18th year offers competitions for distances of 45 or 27 kilometers, classic (diagonal stride) or free style (skating) skiing, or a 12 kilometer fun race (both classic and freestyle).

The weekend of February 11 - 13, John Gulas and I lead a trip to the 1994 VASA. Sixteen SOLARites met Friday night at the Days Inn in Traverse City. We had a great turnout for the race; thirteen SOLAR members skied in the race this year compared to five last year. SOLAR paid the entry fee for the nine first-time skiers in the 12k race. The results are in a chart on page 4.

The ski conditions were much better than last year, with lots of snow on the course and a tolerable temperature. Everyone enjoyed



the race, especially some of our first-time racers who really got pumped up with the excitement of the competition. A special pat-on-the-back goes to Marco for completing his first 45k ski race and accomplishing a personal challenge goal he had set for himself.

The Days Inn hot tub was a popular gathering spot after the race. The SOLAR skiers also enjoyed going to the Grand Traverse Resort to get the printed race results and find their

names in print, as well as purchase copies of pictures taken of them on the race course. Dinner on Saturday night was split between the "pizza at the Days Inn" group and those who went to Dill's for dinner and entertainment which included fried pickles and Karaoke. Can you picture nine SOLARites on stage and singing New York, New York? Neither could we, but we did it anyway!

At the March SOLAR general membership meeting, trophies were awarded to the thirteen members of the "1994 SOLAR SKI TEAM" in recognition of their participation in the VASA.

Next year, I'm really going to ski the 27K! How about you?



Upcoming Event

Hocking Hills Wildflower Hike

On April 15, SOLAR will be heading for the hills again. We'll be going to Hocking Hills State Park near Logan, Ohio (southeast of Columbus) for a weekend of day hikes, wildflowers, pictures and everything else that SOLAR does so much of.

Some of us will be staying in the park's cabins, recently upgraded with TVs and micro-waves. The cabin space is limited to 30 in five cabins and is already filled, but you can

camp in the park's campground if you like, or call Steve Gardner (547-4998) to get on the waiting list for cabins.

The plan is to drive down Friday the 15th (afternoon or evening is fine, plan for about five to six hours driving). Saturday morning we'll be hiking the Grandma Gatewood trail to Old Man's Cave, Ash Cave, and Cedar Falls. It's an easy walk on well maintained trails with lots of side trips and interesting sights along the way.

Sunday morning's breakfast is included in the \$25 trip fee if you'll

be staying in a cabin, and afterwards we can check out of the cabins and stop by the Rock House and Conkies Hollow trails before heading home. All the sights are breathtakingly beautiful natural rock formations and we should be treated to wildflowers for our efforts as well.

Directions and maps will be available at the April general membership meeting for anyone interested and we can discuss car-pools at that time. Hope to see you there!

ACTIVITIES CALENDAR

April

- | | | |
|-------|---------|---|
| 5 | Tuesday | General Membership Meeting
Colony Hall, Southfield; Joan Govan 356-3627 |
| 10 | Sunday | Camp Cooking Class
Joan Govan 356-3627 |
| 15-17 | Weekend | Hocking Hills Hiking Trip
Hocking Hills State Park Near Logan Ohio
Steve Gardner 547-4998 |

May

- | | | |
|-------|---------|--|
| 3 | Tuesday | General Membership Meeting
Colony Hall, Southfield; Joan Govan 356-3627 |
| 27-30 | Weekend | White Water Rafting Trip
New River, West Virginia, John Gulas 574-0243 |

Upcoming Events:

- | | |
|--------------------|--|
| July 29 - August 7 | Colorado Rocky Mountain Trip
Back-packing, climbing, etc.
Lori Love 480-2175 |
|--------------------|--|

Wallyball has moved to Wednesdays at Baily Rec Center. Call Margaret Martin 721-2821

XC Skiing on Sundays. Call Bob Westbrook 356-3627

Downhill Skiing at Mt. Brighton. Call Carol McCrie 229-5232

If you would like to help plan and/or lead a SOLAR activities, call Julie Stobigrosz at 471-7444.

Letters

The following letter was received from the Westland Therapeutic Recreation/Leisure program.

Thank You!!

March 4, 1994

To all those who volunteered for the Westland Therapeutic Program Cross-Country ski trip - Thank you for your great intentions! It's too bad that mother nature didn't cooperate with us. Certainly there will be many opportunities in the future to share your special talents and interest in the outdoors with the Westland Therapeutic Program people. All the members of the program will look forward to that day. Thanks Again!

Sincerely,
Margaret Martin, Supervisor
Recreation/Therapeutic Programs

Class

Rock Climbing Class is Back!

Once again its that time of year for the SOLAR club rock climbing class to be hitting the ropes. Sign ups for the class will be taken at the April General Membership Meeting. Cost for the class is \$30 and you should be prepared to pay at sign up.

Upcoming Event

So You Want to Go Rafting ...

Well, if you have nothing better to do on Memorial Day weekend, and you want to try something a little different, then join your fellow SOLARites on the water as we go white-water rafting in West Virginia. Actually if the New River's running like last year, then you might be joining many of your fellow SOLARites in the water.

This traditional trip will have the usual camping for three nights, a play day on Saturday, and the traditional SOLAR pot luck dinner that night. There are many opportunities for recreational activities for Saturday, such as horseback riding, rock climbing, hiking, mountain biking or even exploring some nearby caves or towns. Sunday, we'll get up early and eat breakfast supplied by the outfitter, maybe rent wet suits (if it's really cold) then we'll be bussed to the river and spend the next six or seven hours rafting. For lunch (supplied by the outfitter), we'll take a break along the river and in the afternoon we'll finish our trip (hopefully with as many as we started!!!) Sunday night's activities include a chicken dinner (again by the outfitter), looking at the video, and our pictures as well as whatever mischief or trouble you may want to get into. Finally, Monday morning wake up and depart for home.

The cost of the trip is \$120 and you do not have to have experience to raft. Any questions give John Gulas a call at (810)-574-0243. We'll be showing last years video during the May program so you can have an idea of what to expect. Also, I will not be at the April meeting, but deposits and sign ups will still be taken.

In Profile

Name: Leslie Cohen

Address: Oak Park

Personal: I'm 32 years old, I've never been married, and I am living with an 11 year old boy named Shadow.

LC: Yes, I'm still dating Teresa. We are still a threesome. Well, Teresa and I were surgically separated after the Halloween party.

MG: Good, I didn't have to ask. It can be such a delicate subject.

MG: You're an accountant, right?

LC: I'm a financial analyst, not an accountant.

MG: Excuse me, what's the difference?

LC: An accountant does more of the preparing of the books-preparing balance sheets and statements. A financial analyst does more of an analysis of expenses and of the budgets.

MG: Where did you go to school?

LC: I got my BA from Oakland University in Management Information Systems and my MBA in Finance from the University of Detroit.

MG: Impressive. So you were originally one of those programmer nerds. I think we have a few of them in SOLAR. So, where do you work?

LC: I work for the League Insurance Company.

MG: Never heard of them.

LC: Cuna Mutual is the parent company.

MG: Sorry.

LC: They sell auto & home insurance, but only to members of credit unions.

MG: That explains it. How long have you been there?

LC: A long time. About seven years. I don't necessarily love it, but I get lots of holidays and vacation time. Jeff Zabel also works there.

MG: How long have you been in SOLAR?

LC: About 2 years. Like most people, I heard about SOLAR from a friend.

MG: What SOLAR events have you been on?

LC: I've taken the rock climbing, winter camping and kayaking classes. I've also gone downhill skiing, cross country skiing canoeing, wallyball and to the IMAX theater and ethnic dinners. I led the Halloween weekend at Bald Mountain for 2 years and led 3 SOLAR caving trips to Carter cave in Kentucky.

MG: I know you get really excited about the caving. What do you like so much about crawl-a-thons?

LC: I like the physical challenge of being in tight formations. I love getting dirty when no one will care, and looking at the formations is wonderful.

MG: What do you like most about SOLAR?

(See *In Profile*, Page 7)

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MG: What do you like most about SOLAR?

(See *In Profile*, Page 7)

Upcoming Event Go West

By: Lori Lee Love

Between Friday, July 29th through Sunday, August 7th, join SOLAR for some backpacking and/or rock climbing in Colorado at the Rocky Mountain National Park northwest of Denver.

You need to have taken the SOLAR backpacking course to do any portion of the trip. You must have had our climbing class in order to do the rock climbing. These are the prerequisites!

Flight arrangements to get out there are still being worked on. We'll try to get the best rates and pass the info on to you.

Essentially, this is what's in store:

Friday 29... arrive sometime
depending upon flight

Saturday 30... get acclimated

Sunday 31... head out for
backpacking and climbing
in two teams

Monday 1... get to sites (two: one
climbing and one in a
highland meadow for
exploration)

Tuesday 2-

Thursday 4... climbing &/or
backpacking

Friday 5... exit out

Saturday 6... extra day if needed for
exit

Sunday 7... depart for home
sometime depending upon
flight

Expect to put \$75 down at the April meeting to declare your intent. The remainder will be due sometime in the upcoming months. For obvious reasons, this trip is limited to 12 MEMBERS.

The total estimated cost for the trip is \$150 and covers backpacking and camping fees and the rental van(s) once we get to Colorado. It does not cover air transportation, rock climbing, or food.

First paid, first served on this one. No advance phone or mail reservations - just be at the meeting when we take sign-ups! Look in the next issue of *The Ray* for additional details or call Lori at (313) 420-2175.

If you don't get everything you want, think of all the things you don't get that you don't want.

People

Joan Hettinger has a pair of Salomon SR911 Skating boots for sale. They fit size 5 and are for Profile bindings. They are in Excellent condition and have never been worn. Retail price on the boots is \$198 so make your best offer. Call Joan at 377-2377.

1994 Officer Nominations

Okay, I was going to publish list of all the people that have been nominated for the various positions, but was still getting changes as the deadline was approaching, so instead, I'm publishing a list of the duties of each office as described in the club's bylaws. A complete list of nominees will be printed in the May issue of *The Ray*.

President: It shall be the duty of the president to preside at meetings of the Club and Steering Committee and to perform such other duties as ordinarily pertain to his/her office and such others as stated in the Bylaws.

Vice President: It shall be the duty of the vice president to preside at the meetings of the Club and Steering Committee in the absence of the president and to perform such other duties as ordinarily pertain to the office.

Secretary: It shall be the duty of the secretary to inform membership of meetings of the Club and Steering Committee, record the minutes of Steering Committee meetings, make required reports, carry on necessary correspondence, and perform such other duties as usually pertain to the office.

SOLAR Members in the 1994 VASA

Name	Distance	Style	Time	Finish
Dave Bombard	45K	F	3:46:48	201st of 238 Men
Marco Scarpetta	45K	F	4:14:56	233rd of 238 Men
Bill Stanley	45K	F		On course at results of printing.
Jim Lumley	12K	C	1:24:49	50th of 89 Men
Mark Torres	12K	C	1:35:17	60th of 89 Men
Dan Martin	12K	C	1:35:29	61st of 89 Men
Gene Cordova	12K	F	1:42:17	67th of 89 Men
Cindy Harrison	12K	C	1:42:37	24th of 50 Women
Karen Fox	12K	C	1:43:22	25th of 50 Women
Teresa Savarino	12K	C	1:44:02	26th of 50 Women
Laura Martin	12K	C	1:44:04	27th of 50 Women
John Gulas	12K	C	1:57:10	84th of 89 Men
Leslie Cohen	12K	C	1:57:57	35th of 50 Women

C=Classic, F=Freestyle

Treasurer: It shall be the duty of the treasurer to have custody of all funds; accounting for the same at the Steering Committee regular meetings in a written report, (including assets and liabilities, and current month's income and expenditures), and any other time demanded by the Steering Committee; to maintain an inventory record and to perform such other duties as pertinent to the office; and serve as chairperson of the Budget and Finance Committee.

Activities Chairperson: To develop programs and activities and assist in carrying out the programs approved by the Steering Committee in keeping with the purpose of the Club, to establish and maintain guidelines and to make subsequent determinations on "Steering Committee approved" activities developed by members of the Club.

Education Chairperson: To develop and coordinate the educational program of the Club, to approve or select the qualified people to instruct these programs and to explore new areas that may be of interest to members of the Club.

Membership Co-Chair: To strengthen and expand the membership in the Club, to maintain accurate and updated membership records, to maintain and update mailing lists and mailing labels, to provide new members with information and appropriate materials pertaining to the Club. (two positions, one vote)

Communication Co-Chair (SOLAR Ray): To be responsible for the organization and publication of the monthly newsletter, The SOLAR Ray, to work with other committees and groups to promote the club and its activities, and to organize and publish other materials as deemed necessary for the good of the club. (two positions, one vote)

Equipment: To establish and maintain guidelines for the procurement and use of all physical properties of the Club, to maintain inventories, to monitor the condition of, and to regulate the use and storage of such properties.

Bylaws: To review periodically the Bylaws to determine what, if any, changes should be made to meet the changes in time. A member of this committee shall be chosen by the committee chairman to act as parliamentarian.

Historian: To compile and maintain a record of club functions and activities utilizing all necessary documentation methods to extol the fulfillment of the stated purpose of the Club

Programs: No nominations received. Position currently handled by "at large" committee members.

The election of officers for the 1994-95 term will be held at the May General Membership meeting. The above nominees have agreed to run for the offices indicated. The nomination list will be published in the May issue of *The Ray*

Notice!

Okay. We tried nice, we tried silly, and we tried subtle. Here it is one last time in really big letters. If you haven't paid your 1994 SOLAR Club dues you are about to be dropped from the roster and mailing list. 'Nuff said.

Review

A Blue Mountain Weekend

By: Jeff Label

Three condos worth of avid SOLAR skiers hit the slopes of Blue Mountain in Collingwood, Ontario. The trip started on a beautiful Thursday afternoon. Eight people met that night at a restaurant across from the condos for a scrumptious if not quiet evening meal. It seems that the kitchen exhaust fans were malfunctioning and the fire alarm was going off every few minutes. After that rather relaxing meal we hit the hot tub and pool and retired to an evening of quiet discussion and contemplation of tomorrow's skiing.

The next morning we got off to an early start and skied from morning to dusk. By the time we got back to the condos, the two others had started to fill up and the small group of independents had arrived. After a brief dinner (a sandwich) we then again hit the hot tub. This time we had a little competition from the Skiwees. Soon they left, however, and we had the hot tub to ourselves again.

The next morning we hit the slopes again. This time there was alot more waiting in the lift lines. When the hydro went out on the south side of the mountain, the lines on the north side became unbearable and a few of us called it a day. Saturday at 7:30 the pizza arrived and we ate to our hearts content. After the meal a few of us went dancing at the main lodge while the majority of the group decided to watch figure skating or the movie Demolition Man.

On Sunday we decided to hit the road early. Four car loads of us stopped at Collingwood to look for souvenirs and dinner.

Review

A Mammoth Work Project

By: Joan Govan

Periodically, the SOLAR Club gets involved in work projects to benefit a park system. We have planted trees, cleaned up trails, built docks and so on. Well, this past January Bob and I were conspicuous by our absence at Wilderness because we got an unusual opportunity to do a work project in Mammoth Cave.

For those of you who have not been there, they are very strict about where you can go and explore. Since we went with the Michigan Interlakes Grotto, THE cavers' group in Michigan, we were given a free rein to explore. (The project was sponsored by the National Speleological Society.)

There were groups from several other states as well. We had opportunity to meet with the movers and shakers in the caving world. These contacts will help us for future caving trips.

As I said, this was a work project. We went down into the caves to find any garbage, old piping and anything else that didn't belong there. We worked fairly hard on Saturday, hauling PVC pipe and such out but on Sunday, they basically turned us loose. We got to explore side tunnels and crawls. I got to be up close and personal with the creeping critters in the cave.

The best part was being with and talking with experienced cavers from all over the country. I can see future opportunities at our fingertips resulting from this project.

The Gastric Laboratory

By: Teresa Savarino

News Alert! Big find at the Boundary Waters in Minnesota. What a stash - trail pucks, granola you could build your shelter and sustain yourself with, and, of course, GORP (think beyond Good Ole' Raisins and Peanuts). The four recipes which follow appeared in Boundary Waters Journal (winter 1983) in an article by

Beth and Dave Buckley. Thank you to Lisa Smith for leading me to this cache of ideas for outdoor trekkers on the prowl for real energy boosters.

Each of these bars / mixtures can be frozen when made and thawed by leaving the baggie open to let moisture escape.

If any one would like information for subscribing to the Boundary Waters Journal, please contact me.

Industrial Strength Granola Bars

(Approx. 250 calories, 13g fat per bar)

4 cups Quick Oatmeal	1 1/4 cup chopped almonds
2 cups raisins	1/2 cup sesame seeds
1/2 cup toasted wheat germ	1/2 cup dry milk
1/2 cup coconut (optional)	1 cup light corn syrup
2/3 cup canola or other oil	1/2 cup brown sugar
1 1/2 tsp cinnamon	1 tsp nutmeg
1 tsp vanilla	12 oz. pkg. chocolate chips

Preheat oven to 350 degrees. Mix all together thoroughly. Line a 15" x 10" jelly roll pan with foil. Spray foil with Pam or other oil spray. Spread mixture out on the foil. Place waxed paper over the mixture and roll firmly to compact. Discard waxed paper. Bake 20 to 25 min, until lightly browned. DON'T OVERBAKE or these will pave your driveway! Cool two hours or overnight. Cut into 32 bars. Wrap individually or in pairs. Store in the refrigerator or freezer until you pack them.

Joanne's Trail Pucks

(Approx. 175 calories, 2.8g fat per puck)

Combine in a large bowl:	
5 cups whole wheat flour	2 cups unbleached flour
4 tsp salt	4 tsp sugar
* 4 tsp baking powder	

Heat the following until just dissolved:

3 cups skim milk	4 Tbsp margarine
* 2/3 cup honey	

Combine wet and dry ingredients. Place dough on a lightly floured surface and knead until it forms a smooth ball. Then roll out on a floured surface about 1/2 inch thick. Cut with a 3 inch diameter biscuit cutter. Bake on an ungreased cookie sheet at 425 degrees for 10 to 15 minutes. Pack in gallon sized zip lock bags and freeze until needed.

* Beth's variation: Substitute 1/3 cup molasses for half the honey, use 2 tsp baking soda and 2 tsp baking powder and add 1 cup raisins. This variation may not stay fresh as long due to higher moisture content.



Upcoming Elections

By: Joan Govan, President

As many of you know, we are going to be having elections in May for the steering committee. The steering committee is open to any member of the SOLAR Club who wishes to participate. In fact, anyone can come to the meetings. They are held at Bob Westbrook and Joan Govan's apartment in the 10 Mile / Telegraph area at 7:30 p.m. on the last Tuesday of each month. *(Ed. Note: Call a steering committee member for directions. Their names and numbers are on the back of The Ray.)*

The steering committee is a group that governs by consensus. It develops policies by which the club is run. We are looking for leader types who want to contribute back something to the club. You need no special professional background since we are all volunteers. We are looking for people who share a love for the outdoors, who want to grow in personal skills, develop leadership skills, and especially people who realize that they have gotten much from the club and it would be nice to give back something.

We do have some positions open but even if there are more than one or two people interested in doing a job, you can become part of the sub-committee. I would welcome anyone, no matter how new to the club. Feel free to call me to find out how to become nominated, or just to become more involved. Joan Govan, SOLAR Club President. (810) 356-3627.

Keep Smiling!

It makes people wonder what
it is you're up to!

(In Profile, continued from page 3)

LC: I'd have to say meeting other people with common interests.

MG: What so you do other than SOLAR?

LC: Besides dating Teresa and Gene? I've been on a bowling league for 7 years and I've been the secretary for 2 years.

MG: Anything else?

LC: I take annual trips with my brother Alan almost every year. We fly to different National Parks and go camping and do day hikes.

MG: What National Parks have you been to?

LC: All of them? Glacier (Montana), Rocky Mountain (Colorado), Big Bend (Texas), Yellowstone (Wyoming), Olympic, Mt. St. Helen and Mt. Rainier (Washington), and Zion and Arches (Utah).

MG: Wow, that's a lot. What else have you done?

LC: I backpacked extensively out west when I was younger. I backpacked the Grand Canyon rim to rim, and, oh yeah, I've backpacked Pictured Rocks and Isle Royale. Is that enough?

MG: I'd say so, but you're still young.

About the Ray

The Ray is a monthly publication of the SOLAR 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: Steve Gardner, RAY Editor, 10024 Borgman, Huntington Woods, MI 48070 or call Steve at 547-4998 or write Lori Love, RAY Editor, 42257 Old Pond Circle, Plymouth, MI 48170 or call Lori at 420-2175.

Meeting Location

The purpose of the SOLAR 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 21780 Evergreen Rd. in Southfield, between 8 & 9 Mile Roads at 7:30 PM SHARP. Membership dues are \$20.00 per individual and \$35.00 per family.

STEERING COMMITTEE

President	Joan Gowan / 358-3677
Vice-President	Dave Jones / 722-8178
Secretary	Laura Martin / 837-2913
Treasurer	Tim Stangl / 474-3242
Activities	Julie Stoklosa / 471-7444
Membership	Maria Picano / 420-3423
	Sharon Stanek / 565-3080
Equipment	Carrie Hajjar / 477-8605
Bylaws	Bill Stanley / 263-1973
Education	Cindy Harrison / 441-9513
SOLAR Ray	Lori Lee Love / 420-2175
	Steve Gardner / 547-4998
Historian	Pam Maxey / 887-4553
Programs	Al Fylek / 852-7514
	Jess Harding / 375-5286
	Bob Westbrook / 358-9827
At Large	Joan Hettiger / 377-2377
	Moe DeFrance / 229-0203
	Jerry Martin / 591-3856
	Bill Hlavangla / 660-1011
	Peg Campbell / 344-1260
	Debby Campbell / 628-5303



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