

## Review

### Ohio Hiking and Camping

By: Jim Gilfix

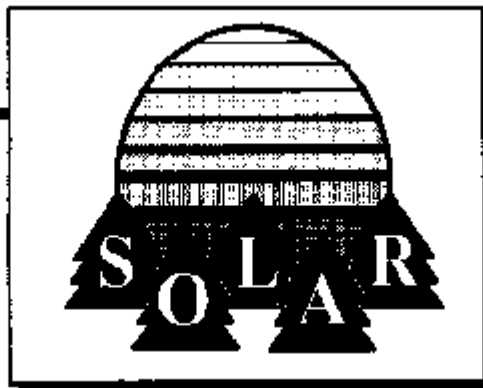
Kathleen, Kui Mei and myself arrived at the John Bryan State Park in Ohio around 4 pm. We set up camp, plotted the sites or our "town" then waited for the rest of the SOLARites to arrive. We started the grill; after a gourmet meal of grilled Silver Salmon stir-fry veggies and grog we wondered, "Where's Doug?"

At dusk, Cindy and Allison, Mark and Tony arrived, set up, then joined us for a great camp fire and smores. Lynn arrived later and we went to bed wondering "Where's Doug?"

Saturday the weather would be 85, low humidity, and sunny. We hiked in the woods and by the river, always under the trees, and wondered "Where's Doug?"

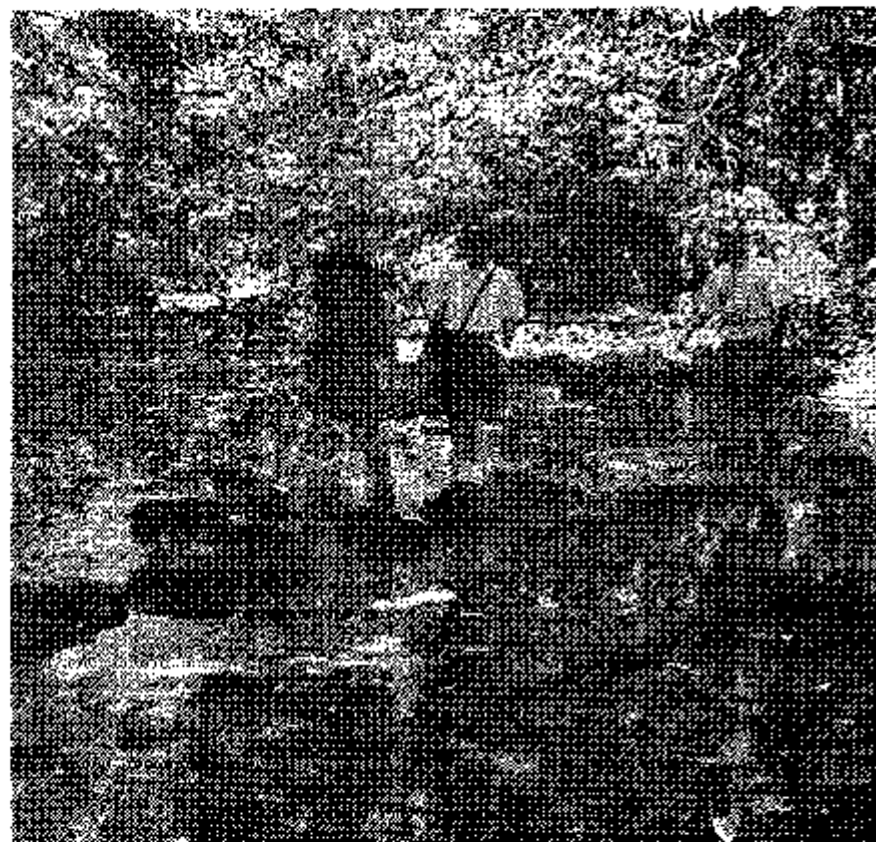
With the light filtering through the trees, the babbling of the brook, the huge snake Tony almost sat on, the turtles, frogs the size of infants and birds the size of ... well, birds, we hiked on past waterfalls, exploring caves, valleys, rock cliffs and enjoying the total absence of bugs, mosquitoes and the like. At the town of Clifton, we had lunch, marveled at their gorge and wondered, "Where's Doug?"

We took a swim in The Blue Hole,



a famous spot in days gone by and all I know was that it was pretty, cold and refreshing. More caves, more waterfalls, more beauty, then we were back in camp and the 12 mile-ish hike was done. A rest, a pot-luck, outdoor games and another fire, again wondering, "Where's Doug?"

Sunday we discovered Antioch's Glen Helen Nature Preserve needed more time. Their many waterfalls, caves, trails, swinging bridges over their river were spectacular. This time Tony almost stepped on a snake as we hiked the trails. Lions and tigers and bears ... Oh MY! ... Oops, wrong story. The covered bridge was nice as was the jaunt to Charleston Falls, with more caves, more trails, more beauty. Soon the trip was over and again we lamented, "Where's Doug?"



## The SOLAR Ray

### Staff:

#### Editor:

Steve Gardner (810) 547-4998

#### Co-Editor:

Julia Gordon (313) 475-7265

#### Co-Editor:

Lori Lee Love (313) 420-2175

Mail Man: Tim Stargl

### Contributing Columnists:

Tech Tips: Kathleen Spring

*Technical interviews with experts on seasonal topics*

In Profile: Michael Gardner

*Personal interviews with featured members of the SOLAR Club*

The Gas Lab: Teresa Savarino

*Recipes from SOLAR Club members and other sources*

Trip Reviews by SOLAR Club members

### Upcoming Event

## Underwater Scavenger Hunt

On August 20 SOLAR will meet at the Green Lake campground in Waterloo State Park to begin the scavenger hunt. While there will be many "natural" items to find (nothing alive) there will also be items planted; some in the lake and some on the land. You won't need a boat, but it wouldn't hurt either. The cost will be \$3 per person for the hunt. We will also have games available for those of you not snorkeling or scuba diving. There is limited space for the camping.

Sign ups will be take at the August SOLAR meeting for camping and the Hunt, or just show up for the hunt.

Come on out for a great weekend or just the day. Contact Jim Giltix at (313) 851-5289 for more information.

### Class

## Wilderness First-Aid Class

It's been a common joke that gets kicked around backpacking groups that when someone gets hurt you should just shoot them and devide up their stuff. Not any more. SOLAR is offering a Wilderness First Aid Class.

In conjunction with Doug Brown, Paramedic and Owner/Operator of Michigan Search and Rescue, SOLAR is sponsoring a wilderness first aid class. The class will be held the weekend of August 12-14 at Waterloo Recreation Area near Chelsea, Michigan.

The class will involve 16 hours of instruction and hands-on practical experience in wilderness first aid techniques. A written and practical exam will be held at the end of the class. The text for the class will be the NOLS Wilderness First Aid text. Students will be expected to begin class having read the designated chapters in the text. The times for the class will be Sat. 9 a.m. to 7 or 8 p.m. and Sun. 9 a.m. to 3 p.m. Students can arrive anytime after 3 p.m. on Friday to claim their spot in the cabin and have a free evening if they wish, or arrive Saturday morning but must be on time.

The cost of the class is \$80 per person which includes the text, instruction insurance fee, and cabin fee. Students must purchase their own vehicle permits for \$4 per cabin night. Students must bring their own food and camping supplies for the weekend. The cabin is rustic with bunk beds, wood burning stove, no electricity, and an outhouse.

If you are interested in taking this class, please contact Cindy Harrison-Felix at (313) 722-3994.

## Tech Tips

By: Kathleen Spring

An important consideration, often overlooked by mountain bikers, is the length of the chainstay on their bike.

Most off the shelf ATBs have 19 inch chainstays which are too long. The shorter you are, the more important this is. You will have a very difficult time even getting traction while standing, and will find yourself climbing all hills in a sitting position.

"There's a lot of up sides to having a shorter chainstay," said Frank Marchetti of D & D Bicycles. "It will keep your weight over your rear wheel. It makes your rear end faster so you can clear things. And, if you can't poer up it, you can creep up it."

Serious trail riders who do extremely steep climbs often have to have their ATBs custom designed with chainstays at their ideal length of around 16.5 inches. There are a few ATBs on the market at 18 inches, which is good for high-speed descending or for touring with panniers.

Bikers can call up the manufacturers and speak to the technical support people. cont only for recommendations, but to see what new things are coming on the market.

There's another reason why a shorter chainstay is desirable. "The shorter your rear end, the less fatibue and flex," said Marchetti.

*(The Ray would like to appologize to Kathleen for inadvertently leaving off her byline on last month's Tech Tips on Rock Climbing shoes.)*

## Upcoming Event

**RATTLESNAKE!**

Its August and that means its time for SOLAR's annual bash at the Rattlesnake Provincial Park near Milton, Ontario.

Wow! Just look at the line up of things. Start with the bicycle hill climb with all those prizes waiting, then there's volleyball and Bocci Ball, the Buffalo Run, the Tackiest Campsite contest, campfires, stories and singing, swimming at Lake Kelso and, of course, the annual SOLAR Cook-Off.

Now, about that cook-off. There's a couple of rules you have to follow. You can bring anything you want to cook, but all the cooking has to be done at Rattlesnake. Categories include Appetizer, Main Dish, Dessert, and Best Overall.

AND to top it all off, if you've been through the SOLAR rock climbing class, you'll be able to ply your skills on some of the best rock faces within a 4 hour drive of home.

For more information on trip fees and directions, call Jim Young at (810) 726-8253.

## Upcoming Event

**Ethnic Dinner**

On Monday, August 15 at 8 p.m. we will meet at the Oceana Grand Buffet Restaurant for their "over 100 dish buffet." It's said to be the first and the best Chinese buffet in Michigan. This wonderful feast will cost \$12 which includes all-you-can-eat for dinner and the tip. PLEASE come with the correct amount; drinks are extra. Look for the handout at the August meeting or just show up. It's at 12 and a half mile on Van Dyke, on the east side of the street. Contact Jim Gilfix at (313) 851-5289 for more info.

**ACTIVITIES CALENDAR**

<b>August</b>		
2	Tuesday	General Membership Meeting Colony Hall, Southfield, 7:30 PM; Cindy Harrison 722-3894
5-7	Weekend	Rattlesnake Provincial Park Milton, Ont. Jim Young 726-8253
12-14	Weekend	Wilderness First Aid Class Waterloo Recreation Area, Cindy Harrison 722-3894
19-21	Weekend	Underwater Scavenger Hunt Jim Gilfix 851-5289
<b>September</b>		
2-5	Weekend	Wilderness State Park, Hiking, Biking and Bridge Walk, Joan Govan, 356-3627
2-11	Extended	Backpack Pukaskwa Nat'l Park Ontario, CANADA Mike Banks 425-4169
6	Tuesday	General Membership Meeting Colony Hall, Southfield, 7:30 PM; Cindy Harrison 722-3894
All Wednesdays		Backpacking Class, Benchmark Outfitters Carol McCririe, 229-5232
9-11	Weekend	Rattlesnake Provincial Park Milton, Ont. Jim Young 726-8253
10-11	Weekend	Camping, Point Pelee Provincial Park; Jim Gilfix, 851-5289
11	Sunday	Butterfly Identification Point Pelee Provincial Park, Jim Gilfix, 851-5289 (note camping above)
24-25	Weekend	Backpacking Practical I, Island Lake State Park, Carol McCririe 229-5232
<b>October</b>		
4	Tuesday	General Membership Meeting Colony Hall, Southfield, 7:30 PM; Cindy Harrison 722-3894
5	Wednesdays	Backpacking Class, Benchmark Outfitters Carol McCririe, 229-5232
7-9	Weekend	Backpacking Practical II, Location TBD Carol McCririe 229-5232
Walleyball every Monday, Contact Margaret Martin, 721-2821 If you would like to help plan and/or lead a SOLAR trip or activity, contact Leslie Cohen at 547-5626.		

## Upcoming Event

**Camping at Point Pelee**

You've asked for it and now it's being done, CAMPING at Point Pelee, Canada. We'll be there from 11 a.m. Saturday, Sept. 10 and spend that night, departing Sunday, Sept. 11. The cost is \$10. On Sat. your options include: canoeing, a stroll on the boardwalk through the

marsh, hiking through the woods, biking the many trails and roadways, a walk to the point; the southern most tip of Canada, sit on the beach, see the nature center, look at the cactus (prickly pears), stare at our bonfire, and participate in our wonderful Saturday pot-luck dinner. You can also participate in the butterfly class on Sunday, but you will need to register ahead of time. Contact Jim Gilfix and sign up at the August or Sept. meeting, there is a limit of 18 people for the camping.

## Editorial

## New Members

By Tom Dunn

I was asked to write an article for *The Ray* from the perspective of a new member. Since I joined the club in January, I qualify.

I had heard about the club from my cousin Mary Dunn who has been a member for many years.

I attended my first meeting on January 4. This time of year is the height of the skiing season. My main outdoor activities are motorcycle touring, backpacking, camping and canoeing. Hardly standard for a typical Michigan January.

My first club meeting was interesting, listening to people talk about the upcoming activities, but also I found it a bit confusing. Where do I start? It was just impossible to identify people who share similar interests to mine. I still don't know if there are any other motorcycle campers out there.

I did go to the Crawl-a-thon in Kentucky. This was my first experience at spelunking. Definitely not for the claustrophobic!

The club members I have met seem to be very friendly. Their enthusiasm for their activities is contagious. However the current informal method of meeting experienced members who share one's main interest is an area of concern for me. I wish there was some way as a new member to identify a group or groups within the club who share my interests. I have raised this issue at the last few steering committee meetings.

I feel that it would be in the best interest of the club to assimilate new members as quickly as possible. I have run into several people who were interested in the club, attended several meetings, but did not continue because they felt confused. Bad

## timing?

What I have proposed to the Steering Committee is a packet of information to be given to each new member. This information would include such things as a copy of the equipment usage policy and availability, a survey to find out where a new member's interests lie and a list of several experienced SOLAR members with their interests and phone numbers listed.

Look for more thoughts in future editions of *The Ray* concerning some sort of new member orientation. If you have any suggestions please feel free to contact a member of the membership committee (names and numbers are on the back of *The Ray*) or myself, Tom Dunn at (313) 543-1376.

## Program

## Photo Contest

Calling all Shutter-Bugs! Take a good look at your best shots from the last year and pick out your favorite picture in each one of the following categories:

1. Scenic, 2. Humorous, 3. People, and 4. Animal. Next make an 8" x 10" print of each picture by the November meeting. Each photo should be mounted in some way so that it can stand up.

At the meeting, everyone will vote on their favorite pictures in each category and a plaque will be awarded. Please remember to only bring one entry per category, 4 total. Also please bring in pictures that were taken within the past year. (Since November 1993)

For more information contact Margaret Martin at home, (313) 721-2821 or at work, (313) 722-7620.

## Programs

## Upcoming Programs

Be sure to stick around after the business portion of the SOLAR Club's General Membership Meeting. You wouldn't want to miss out on these upcoming programs:

August: Whet your appetite for the Fall Backpacking Class with slides and a presentation by Carol McCrie, who will be the key instructor for the class.

September: Just what is Lyme's Disease, and how can you protect yourself? Start with this presentation by Tim Stangl, another Backpacking instructor.

October: Things are looking up for a presentation on Astronomy.

November: Look for an article on the rebirth of the Annual SOLAR Photography contest, elsewhere in this issue of *The Ray*.

December: The ever popular SOLAR Holiday Party and Dance.

## People

Julia Gordon has a new address and phone number

Julia Gordon  
67 West Cedar Lake Drive  
Chelsea, Michigan 48118

(313) 475-7265, please don't call after 9 p.m. ....

## Upcoming Event / Class

## Identify Butterflies Class

More than 1000 species of butterflies and moths can be found in North America, north of the U.S. - Mexico border. Some are so rare and occupy so limited a range that a great deal of time, effort and travel would be necessary for most of us to view them. But there are many butterflies that are common and widespread that we can find them almost year round. Because of their daytime presence, butterflies are generally spotted more frequently than other moth species, but moths can be found in the same areas. Come learn more about butterflies on September 11, when SOLAR will hold our first Butterfly Class at Pt. Pelee Provincial Park. We'll meet at the nature center just in time for their Monarch migration. It's said there are millions of Monarchs this time of year. For those who like to camp, canoe, hike, fly kites, see the surf, watch birds, enjoy sunsets, have a fire and roast marshmallows some SOLAR members will be camping on Sept. 10 in the group camping spot. Camping is \$10.00, class is another \$15.00 for the handouts, a butterfly book and a Vennors. Sign up in July and August SOLAR meetings. Contact Jim Gilfix for more information. (313) 851-5289.

## Upcoming Event

## Chain-of-Lakes-State-Park

On October 14-16, just in time for the full moon, we will once again go to Indiana to the Chain of Lakes State Park. You can look forward to a weekend of canoeing, camping on the river and playing in the mist. This is a trip we did last year and we were astonished at the beauty, the

tranquility and the nearness of this park. It is about a 3.5 hour drive from Royal Oak. We will canoe several of their lakes, waterways and canals. More information will be provided at the September meeting. Contact Jim Gilfix for

## Trip Review

## Huron River Canoe Trip

By Jim Gilfix

"Siddhartha once asked, 'have you learned the secret of the river?' He was told ... the river is everywhere at the same time, at the source and at the mouth, at the waterfalls, at the ferry, at the current, in the ocean and in the mountains, everywhere and that the present only exists for it, not the shadow of the past nor the shadow of the future. Siddhartha looked into the river and saw many pictures in the flowing water. The river's voice was sorrowful. It sang with yearning and sadness. Siddhartha listened and the river flowed on towards its goal."

"ssssssssss" the rain falls gently. There is a mist over the river muffling all sound, except the crow the frog, a fish jumping ... food. I stand majestically by the water's edge. I am the most grand on this Huron River. I am the Great Blue Heron. I hear sounds, Human Chatter, voices, I spread my wings I soar, I head to the trees and look up into the rain.

And the River flowed on ...

I look up into the rain. We have been canoeing for hours. The canoe glides through the water. have canoed this river many times. This time is the best. There is a mist over the water and a gentle, oh so gentle, rain falling, muffling all sounds. No thunder or lightning, no downpour, just a warm drizzle

Every now and then we see Her, The Great Blue Heron. We catch up to her and it seems like she just opens her wings and she is in flight. She soars upstream, daring us to follow, and we do.

And the River flowed on ...

This trip was composed of 12 sturdy SOLARites. We saw no other canoeists, few fisherpeople. I was pleased with this group, no complainers, just people who can appreciate the wild and forget the city, the cars, the reality and just glide in the rain. It lets up enough to allow us to remove our hoods/hats, but it's still there. We know it, the Heron knows it.

And the River flowed on ...

After a lunch break, a sharing of food, smiles, knowing looks, we move on. The rain lets up. Soon the canoeing is over. We are mostly dry, and head to the park and the sweet, cold, delicious watermelon, and of course, the Vennors.

We visited Kerrytown, saw the sights of Ann Arbor, ate outside at Zingermann's since the weather is now perfect for the city, sunny and 75. We go to the Ann Arbor Summer Festival in time to get choice seats. The two who call themselves Mustard's Retreat use spoons, guitars, and help from the audience to play. They were very good ... a very good way to end a very good SOLAR Day.

And the River flowed on ...

\*Excerpts from Siddhartha by Herman Hesse, Copyright 1951, Bantam Books

You too can have your own page if you write enough to fill it.....just like the Jim Gilfix page!

## 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 \$6.00 annual subscription fee will be charged to cover mailing costs.

DEADLINE for The Ray is the second Wednesday 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 (810)547-4998 or call: Julia Gordon RAY Co-Editor at (313)475-7265

## 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	.....	Cindy Harrison-Felix / 772-3994
Vice-President	.....	Don Martin / 937-2913
Secretary	.....	Laura Martin / 937-2913
Treasurer	.....	Karen Fox / 380-9257
Activities	.....	Leslie Cohen / 547-5626
Membership	.....	Garon Starek / 565-3080
		* June Legarski / 386-8788
Equipment	.....	Julie Etolignaz / 471-7444
Bylaws	.....	Mike Felix / 772-3994
Education	.....	Jim Young / 726-8253
SOLAR Ray	.....	Steve Gardner / 547-4998
		* Julia Gordon / 482-1769
Historian	.....	John Gulas / 574-0243
Programs	.....	Margaret Martin / 721-2821
At Large	.....	Joan Hettlinger / 377-2377
		Bob Westbrook / 356-3627
		Mo DeFrance / 229-8283
		Bill Halvargis / 666-1911
		Jess Harding / 375-5268
		Deboy Campbell / 626-5303
		Joan Govan / 356-3627
		Larry Martin / 581-3866
		Al Fylak / 852-7514

\*Not elected but serving on the sub-committee indicated

If you would like to assist with any of the above positions, call the appropriate committee chairperson.



**SOLAR CLUB**  
P O BOX 2438  
SOUTHFIELD MI 48037

FIRST CLASS  
U S POSTAGE  
PAID  
SOUTHFIELD, MI  
PERMIT NO 188



The Ray is printed on 50%  
recycled paper stock.

# SOLAR

m e m b e r

LESLIE COHEN  
14520 BORGMAN  
OAK PARK

MI 48237