

THE RAY

THE SCHOOL FOR OUTDOOR LEADERSHIP, ADVENTURE AND RECREATION



ALERT!

Attention: All cross-country skiers and lovers of hot chocolate and good times -

The 1994 VASA in Traverse City is just around winter's corner, along with all of that great snow we're going to get this year (Teresa's Almaniac, 1994). So pull those skis out of the closet, dust 'em off and wax 'em up - it's time to make some plans for a fun weekend February 10th - 12th.

Anyone can come: skiers, people who want to help out skiers at the start/finish, or those who want to watch or do their own thing during the race and just go out with the group post-race and Sunday.

Here's the plan:

Friday, Feb. 10th: Carpool up to Traverse City, go to Grand Traverse Resort to pick up race packets and then to dinner or hotel. Lodging is reserved for Fri. and Sat. at Day's Inn. (Suites which accommodate 6 persons each, pool, jacuzzi, nearby restaurant for breakfast. Suites have full kitchen, although we didn't use them last year.)

Saturday, Feb. 11th:

Race day! 45K begins at 9:00 a.m., 27K at 9:30 a.m. and 12K at 9:45

a.m.

Post race: Hot chocolate, jacuzzi, swim, jacuzzi, etc.

Evening: back to the Grand Traverse for race results, and out to dinner/dancing/cards back at the room, etc.

Sunday, Feb. 12th: Breakfast ensemble or as you wish, ski on the way home at numerous great cross-country ski areas.

Here's the catch:

Cheapest registration for 47K or 27K skiers must be postmarked by November 30th.

The cost for 47K or 27K is as follows: \$35 through Nov. 30, \$40 through Dec. 31, \$45 through Feb. 10, \$50 on Feb. 11.

The cost for the 12K is \$15 through Feb. 10.

The 5K Powerbar Family Fun Ski (the only VASA course to be run on Sunday, the 12th) is \$3.

The cost for the hotel for 2 nights is expected to be \$35 per person.

Your contacts for the VASA weekend are: Jim Young (810) 726-8253 H, and Teresa Savarino (810) 740-2136 H, (810) 546-0233 W. Call Teresa to get a pre-registration form.

Class

SOLAR Survival Skills Seminar

Imagine you and your SOLAR pals are out for a day or two of cross-country skiing or day hiking. If all goes according to plan, you pack out Sunday morning and stop at Tony's on the way home to put back on all those calories you just burned off.

But what if things don't go as planned. You may just be inconvenienced a bit by a broken pack strap, but what if it's a broken leg that stops you out in the woods. You may have a few days or more on your own before any rescue party shows up, what then? Well, with a bit of preparedness, you took the SOLAR Survival Class, and the rescue party finds you alive.

The class will be taught by Bob Westbrook and others and will cover the above and other scenarios to keep you alive until help can get to you. Pre-requisites for the class are the SOLAR Backpacking and Winter Backpacking classes. For more information on class dates and costs, you can call Bob at (313) 356-3627.

The SOLAR Ray

Staff:

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Steve Gardner (810) 547-4998

Co Editor:

Julia Gordon (313) 475-7265

Mail Man: Tim Stangl

Contributing Columnists:

Tech Tips: Kathleen Spring

Technical interviews with experts on seasonal topics

In Profile: See "Still Looking"

The Gas Lab: Teresa Savarino

Recipes from SOLAR Club

members and other sources

Trip Reviews by SOLAR Club members

Upcoming Event

Skiing at Mount Brighton

If you're the sort that doesn't let superstition get in your way, you may want to go skiing on Friday the 13th of January. Mo and Dave DeFrance sponsor this annual event which includes a pot-luck at their home near Mount Brighton.

Skiing is from 8 to 10 PM or if you're hardy enough, you can start at 3 for a small additional fee. Afterwards show up at Mo and Dave's and you'll probably be fed, too much, if past SOLAR pot-lucks are any indication. You can get more information from the hand-out at the meetings in December and January or by calling the DeFrances at (810) 229-8283.

Still Looking: *The Ray* is still looking to find someone to do the "In Profile" column, interviewing members and writing them up for *The Ray*. If you're an outgoing sort and would be interested in this position, call Steve Gardner at (810) 547-4998.

The Gastric Laboratory

By Teresa Savarino

What do horsetrainers and campers have in common? Certainly not their choice of companions. But how about that grub? The following is a recipe that Marjorie Mann and Paula Wentworth gleaned from an old cow pokes' recipe book and which they turned into a winning dish that tied for first place for Entree category in the great Rattlesnake Cook-Off 1994.

One Pot Spaghetti from the laboratory of Marjorie Mann and Paula Wentworth

2 tbs. olive oil
1 clove garlic and 1 medium onion,
both chopped
1 to 1 1/2 lbs. ground beef
1 (1 lb.) can tomatoes
1/4 lb. salami, chopped
1 (8 oz.) pkg. spaghetti in small
pieces
1 c. chicken stock or bouillon
1 c. tomato sauce
1 tbs. chopped parsley
1 tsp. salt
1/4 tsp. pepper
1/2 tsp. oregano
1/2 to 1 c. grated cheddar cheese

Heat oil in Dutch oven over moderate heat (*please remove gold fish first if you're cooking at my house, T.S.*). Add onion and garlic and saute until onion is tender but not brown. Add beef and brown. Add tomatoes and salami; mix, cover and simmer 5 minutes. Add all else except cheese. Cover when steaming, reduce heat and simmer gently 35 minutes, stirring up from bottom every 10 minutes or so. Stir up final time, sprinkle cheese over, re-cover and simmer 10 minutes. *Use less salt if bouillon used.* Serves 6. Much better the second day!

Upcoming Event

Cabin Fever, SOLAR Style

You've all had it. You know, that ache you get when you've had enough of winter and all you want to do is rip pages off the calendar to try and remember what spring looks like. You're sick of staying inside and want to get back out but the weather won't let you.

But this is SOLAR. Snow isn't an excuse for staying *inside*. It's an excuse for taking the weekend off and going *outside*. This winter, SOLAR has planned a total of three cabin weekends at State Parks throughout Michigan.

On January 5-8, then again on February 24-26, we'll be at the cabins at Wilderness State Park. There are several loop trails there including the Red Pine Trail that winds through a mature grove of these majestic trees. There will be space for you inside the cabins if you sign up early enough, or, if you have the skills, you can camp. There typically is a SOLAR style (too much food) pot-luck on Saturday night. For more information on these weekends contact Joan Westbrook at (313) 356-3627.

For the adventurous, SOLAR has planned a weekend at Hartwick Pines State Park. The catch here is that the cabin isn't big enough for a crowd so we'll be sleeping outside in quinzies or tents or whatever and using the cabin for warming and eating and such. The ski trails at Hartwick adjoin Forebush Corners, some of the finest skiing available in the Lower Peninsula. This park is home to the oldest stand of White Pine in the state. For more information on this trip call Cindy Harrison-Felix at (313) 722-3994.

Tech-Tips

By Kathleen Spring

Does your canoe seem to have a mind of it's own when you're trying to steer it down the river?

One of the biggest mistakes canoers make is when they are trying to go straight and the canoe starts to wander to the right or left, and they over-steer the canoe to straighten it out.

"They make too many correcting strokes," explained Keith Germain, who put together the SOLAR River Canoe Class. "They take one steering stroke, then another, and another, and turn too far. They should wait for the canoe to respond."

Just like in a car, you would never spin the wheel dramatically to the right or left to straighten it out.

Keith recommends that canoers take preventive measures to keep from getting in a situation where you may over react. "Timing is really important. Don't wait until it's too late."

Canoers should maintain a steady course, and start making adjustments when they are only slightly off course. One stroke can usually take care of it.

The canoers up front who are often huffing and puffing have probably wondered why the person in back seems to be so laid back and just doing one stroke here and there, but perhaps now they can understand the reasoning for this.

"I pick a landmark," added Keith. "Then I can see if I'm slightly off."

ACTIVITIES CALENDAR

December

6	Tuesday	General Membership Meeting, and annual Holiday Party, Colony Hall Southfield; Cindy Harrison-Felix (313) 722-3994
TBA		Trip planning seminar II, Mike and Cindy's Cindy Harrison-Felix (313) 722-3994
7	Wednesday	Winter Camping Class, Mike and Cindy's Dave Jones (313) 722-8178
10-11	Weekend	Winter Camping Practical I, Island Lake State Park, Dave Jones (313) 722-8178
13	Wednesday	Winter Camping Class, Mike and Cindy's Dave Jones (313) 722-8178

January

3	Tuesday	General Membership Meeting, Colony Hall Southfield; Cindy Harrison-Felix (313) 722-3994
6-8	Weekend	Cabin/X-Country Ski weekend Wilderness State Park, Joan Westbrook (810) 356-3627
11, 18	Wednesday	Winter Camping Class, Mike and Cindy's Dave Jones (313) 722-8178
13	Friday	Skiing at Mount Brighton, Mo and Dave DeFrance (810) 229-8283
20-22	Weekend	Winter Camping Practical II, Location TBA Dave Jones (313) 722-8178
21	Saturday	Cross-Country Skiing, Hudson Mills Metropark Margaret Martin (313) 721-2821
25	Wednesday	Survival Class, Location to be determined Bob Westbrook (810) 356-3627
27-29	Weekend	Cabin/X-Country Ski weekend, Hartwick Pines State Park Cindy Harrison-Felix (313) 722-3994

February

1, 8, 15	Wednesdays	Survival Class Location to be determined Bob Westbrook (810) 356-3627
7	Tuesday	General Membership Meeting, Colony Hall Southfield; Cindy Harrison-Felix (313) 722-3994
10-12	Weekend	Vasa X-Country ski race, Traverse City Teresa Savanno (810) 546-0233
17-19	Weekend	Blue Mountain Skiing, Collingwood, Ontario Jeff Zabel (810) 816-8029
24-26	Weekend	Cabin/X-Country Ski weekend Wilderness State Park, Joan Westbrook (810) 356-3627
TBA		Survival Practical, Location to be determined Bob Westbrook (810) 356-3627

Roll at the Dome Rollerblading at the Pontiac Silverdome.
Contact Doug Lanyk (810) 634-4551.
Wallyball every Monday Contact Margaret Martin, (313) 721-2821.

If you would like to help plan and/or lead a SOLAR trip or activity, contact Leslie Cohen at (810) 547-5626.

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 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, 10624 Bergman, Huntington Woods, MI 48070 or call Steve at (313)547-4998 or call: Julia Gordon, RAY Co-Editor at (313)475-7265, (no calls after 10:30 PM please.)

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 / (313)722-3994
Vice-President	Dan Martin / 937-2913
Secretary	Laura Martin / 937-2913
Treasurer	Karen Fox / (810)380-8257
Activities	Leslie Cohen / (810)547-5626
Membership	Sharon Stanek / 565-3060
	* June Legarski / 386-3788
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SOLAR Ray	Steve Gardner / (810)547-4998
	* Julia Gordon / (313)475-7265
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	Joan Westbrook / (810) 356-3627
	Larry Martin / 591-3856
	Al Fylak / 852-7514
	Bob Westbrook / (810)356-3627
	Mo DeFrance / 229-8283
	Bill Halvanger / 669-1911
	Jess Harding / (810)375-5268

*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.



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