

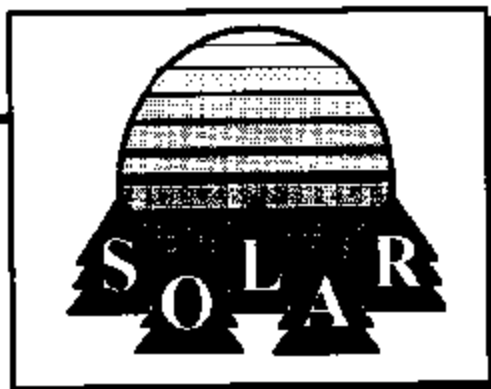
THE RAY

THE SCHOOL FOR OUTDOOR LEADERSHIP, ADVENTURE AND RECREATION

Hocking Hills Revisited

By: Steve Gardner

For those of you who have been there, you know why I keep going back to the Hocking Hills State Park near Logan, Ohio. For those of you who haven't, well, you'll just have to go and find out for yourself what all the excitement is about.



The trip this time around was put together with the goal of getting a look at some of the spring wildflowers in the area. We certainly didn't miss out at all in that respect. SOLAR

photographers had a chance to do their stuff with everything from Spring Beauty and Dutchman Bitches to Adder's Tongue and Trillium and a whole variety in between. My objective is to capture every wildflower I encounter on film, then use the pictures to identify the ones I don't already know.

Saturday's hike was planned around the Grandma Gatewood trail which passes by Old Man's Cave, Cedar Falls and Ash Cave. The trail itself was in rather distressed condition to say the least. During the winter and early spring run-off a couple of the foot bridges had been washed away. But this is SOLAR. We went anyway knowing full well that wet feet would probably be part of the game. Actually it wasn't that bad. We took our shoes and socks off (except for Tom Dunn, who didn't seem to care) and jumped in to water up to our knees and just waded across. Problem Solved.

Just a wee bit down the trail we came to Old Man's Cave. If you've never seen it, you wouldn't believe my pictures when I told you it was Ohio. It's a 50 foot cliff / gorge that has been hollowed out by the river to make a huge overhang. It's stunning. If you stand in the right spot you can see the profile of the "Old Man" in question. (As I'm typing this it occurs to me that I didn't get a picture of that. Oh well, good excuse to go back.) (See Hills, page 4)



If you're wondering what everyone is doing sitting on the ground laughing, it's because no one expected to have to remove shoes and socks to wade across the river. The water was quite high and several bridges along the Grandma Gatewood trail had been washed out during the winter and spring thaws.

Class

SOLAR River Canoe Class

Want to learn proper canoeing techniques on one of Michigan's swifter rivers? Then sign up for the SOLAR River Canoe Class. Classroom instruction will be held on Wednesday, July 20th, at Great River Outfitters in Pontiac from 7-10 p.m.

The first practical will be on Saturday, July 23rd at Proud Lake Recreation Area. The final practical will be the weekend of July 30th -

Aug 1 on the Sturgeon River near Indian River, Michigan with rustic camping at Haakwood State Forest Campground.

The class will involve instruction on equipment, proper paddling techniques and maneuvering on swifter water rivers. The text for the class will be "The Basic Essentials of Canoeing".

The cost of the class is \$55 which includes instruction, text, camping fee, vehicle permits, breakfasts and lunches for the Sturgeon River trip. Students must pay their own canoe rentals which are \$7.50 per person

for Proud Lake and \$26.00 per person for the Sturgeon River weekend. In order to reserve canoes in advance for the class, a deposit of \$60 is due by the end of the June SOLAR meeting.

For further information contact Keith Germain at 685-1211.

Class

Wilderness First-Aid Class

What do you do when someone on your backcountry trip becomes sick or injured and 911 is not available? Shoot them and split their gear? No, take 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.

A 20-person cabin has been reserved at Waterloo for student lodging. The class will involve 16 hours of instruction and hands-on practical experience in wilderness first aid techniques. CPR is not required and is not included in this class. A written and practical exam will be 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 with designated chapters in the text read. Books will be available by the July SOLAR meeting. 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 (See First-Aid, Page 3)

ACTIVITIES CALENDAR

June		
2	Thursday	Orienteering Class Bob Westbrook 356-3627
5	Sunday	Orienteering Meet, Prospect Park Bob Westbrook, 356-3627
7	Tuesday	General Membership Meeting, Colony Hall Southfield, 7:30 PM; Cindy Harrison 722-3994
10-12	Weekend	Rattlesnake Provincial Park, Milton Ont. Rock Climbing, etc.; Jim Young 726-8253
10-12	Weekend	John Bryan State Park, Dayton OH Camping, Day Hikes; Jim Gilfix 851-5289
24	Friday	Outdoor Photography Seminar Lori Love, 420-2175
25	Saturday	Canoeing on the Huron; Jim Gilfix 851-5289
26	Sunday	Outdoor Photography Practical 1 Lori Love, 420-2175
July		
5	Tuesday	General Membership Meeting, Colony Hall Southfield, 7:30 PM; Cindy Harrison 722-3994
8-10	Weekend	Rattlesnake Provincial Park, Milton Ont. Rock Climbing, etc.; Jim Young 726-8253
20	Wednesday	River Canoe Class, Schledels, Pontiac Keith Germain 681-1211
23	Saturday	River Canoe Practical 1, Proud Lake Keith Germain 681-1211
26	Sunday	Outdoor Photography Practical 2 Lori Love, 420-2175
30-1	Weekend	River Canoe Practical 2, Haakwood St. Forest Sturgeon River; Keith Germain 681-1211
29-7 AUG	Weeklong	Colorado Rocky Mountain Trip, Lori Love, 420-2175
If you would like to help plan and/or lead a SOLAR trip or activity, contact Leslie Cohen at 547-5626.		

(First-Aid, cont'd from page 2)
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.

We need at least 10 students to hold the class. If we get more than 10 students the club will also reimburse for park vehicle permits. If we get more than 20 students, some will have to camp at Waterloo.

If you are interested in taking this class, please contact Cindy Harrison at (313) 722-3994. \$40 toward the cost of the class must be paid by the end of the June SOLAR meeting.

Class

SOLAR Orienteering Class

Learn how to find your way out of the woods (or into it for that matter) by taking the SOLAR Orienteering Class. Classroom instruction is on Thursday, June 2nd at Bob Westbrook's house from 6:30 to 9:30 p.m.

The orienteering meet is on Sunday, June 5th at 11:30 a.m. at Prospect Hill. The cost of the class is \$25 if you do not have a compass and \$15 if you have your own compass.

For further information and to sign up for the class, call Bob Westbrook at 356-3527.

In Profile

Name: Cindy Harrison
Address: Inkster
Personal: Still single, with several roommates - Meatie and Peatie of the feline persuasion and Mike Felix of the male persuasion (no relationship to Felix the Cat)

MG: First of all, congratulations on your recent election as SOLAR President.

CH: Thank-you.

MG: It's been a big year of changes for you.

CH: Yes, recently I moved from Inkster from my place down in Detroit, I was elected SOLAR President and I'm getting married.

MG: Tell our readers, who might not have the full scoop, all about your upcoming nuptials.

CH: Well, I'm getting married to Mike Felix on June 10 in Hawaii. Julie Stoligrosz will be my maid of honor and Leslie Cohen and Gene Cordova are also part of the ceremony. Then we are all taking a 2 week honeymoon where we will be backpacking, site-seeing, horseback riding and other fun stuff. The ceremony is being performed by Reverend Howie Welfel, who is also a maritime Captain with the U.S. Coast Guard and raises exotic tropical birds on the side. So, it should be very interesting.

MG: How long have you been involved in SOLAR and how did you learn about the club?

CH: In August, it will be 4 years. My first activity was the August Rattlesnake, but I really got involved once I took the backpacking class. That was where I met Mike and Julie, who are my best buds in the club. I found out about SOLAR through a co-worker who had a SOLAR calendar posted in her office.

MG: Was that anyone we know?

CH: Probably not, her name is Claudine Mason and she has since moved to San Francisco.

MG: What do you do for a living?

CH: Officially, I'm a Research Manager for the Rehabilitation Institute of Michigan. Basically, I'm an injury epidemiologist, who is a person that studies epidemics of such catastrophic events as head and spinal injuries.

MG: So, you study these medical occurrences at the macro level or the population as a whole, not as individual cases.

CH: That's right. We look at trends, potential causes and possible solutions.

MG: Interesting. How does one train for that, if one were so inclined?

CH: Well, I got my Bachelor of Science degree in Psychology at Wayne State University and then I got my Masters in Community Medicine

MG: You really have been involved in a lot of activities in SOLAR in a few short years. Want to tell us about it?

(See *In Profile*, Page 7)

(Hills, cont'd from page 1)

After all the OOHing and AAHing and picture taking we continued down the trail. We're starting to spread out a bit more and the rest of the group gets quite a bit ahead of me because I'm taking entirely too many pictures.

Cedar Falls was the preferred spot for lunch. I arrived just in time to find Andrea Soukhanian and Ron Quinn finishing up and everyone else moving on already. After a bit

of an ordeal trying to find the continuation of the trail, we set off for Ash Cave.

Although there's nothing negative about the rest of the trip, Ash Cave is probably one of my favorite spots on the planet. It's one of those places that really speaks to my soul with a sense of eternity and majesty. To describe a fifty foot waterfall cascading off a sheer sandstone cliff into a pool surrounded by spruce and hemlock gives you an appreciation

for the physical beauty of the place. To say that it's acoustically perfect for recorder playing gives you an idea of the dynamics of the place but you can't feel the spirit of the place unless you've been there. But that same spirit will go with you as you leave, calling you back with a voice that sounds like the wind in the hemlock or the call of a waterfall.

There were some "Living History" artists along the trail from Ash Cave to the place we spotted the cars and we learned about mills, Indians, Sassafras Tea and the Old Man that claimed the cave was named for him as well as the subtle differences between Dutchman Britches and Squirrel Corn (and a dose of Fire and Brimstone) from the preacher.

The evenings entertainment consisted of the requisite SOLAR pot-luck, Trivial Pursuit and other such things.

Morning brought with it clear skies and a scramble to get out of the cabins. Everything went well enough and we set out on a few more hikes. Conkle's Hollow is a ravine featuring more cliffs, waterfalls, and wildflowers. There SOLARoids had a choice of the low trail which goes straight in with a few side attractions, or the rim trail which takes you up and around the whole hollow providing spectacular views. The Rock House is the closest thing to an enclosed cave that we saw, complete with bay windows and running water. And Cantwell Cliffs? Just more of the same spectacular cliffs that we'd been enjoying all weekend.

All in all, the trip went quite well, even from a planners standpoint. We had five cabins plus one, and several campers. Already I'm looking forward to a chance to go back. Perhaps in the winter time again. That should be something to see.



Doug Graham was one of the few prepared with shorts for the river crossings. This bridge across the Whirlpool survived the onslaught of Winter.

Upcoming Event

Huron River
Canoeing

Saturday June 25, we will canoe the Huron River, from Dexter to Ann Arbor (about 4 hours). This is a lazy stretch of the river and we should see lots of birds, turtles and herons. We'll eat lunch on the river (you bring it). For supper, we'll eat in Ann Arbor, wait for dark, then participate in the 1994 Ann Arbor Summer Festival Top of the Park, at the Power Center in Ann Arbor.

Cost will be about \$10 for canoeing and a Vernors. Contact Jim Gilfix at 851-5289 for more information.

Editor's Note: If you would like to have your very own page in *The Ray*, just do what Jim did and sponsor four trips and submit write ups for them all in the same month. Thanks, Jim. Keep up the good work.

Upcoming Event

4th Annual Fossil
Hunting
Hike/Picnic

Join us Sunday July 17 for this unique outing for your family or yourself. See beautiful woods, exciting waterfalls, walk down a fossil stream and swim in the Huron River in Arkona, Ontario (about 2 hours from Royal Oak). I've sponsored this trip the past three years and everyone always has tons of fun; it's a day to remember! We will tour their museum, share a pot-luck lunch (about 1:30) then go for a hike which begins under their 35 foot waterfall, down the stream to the fossil fields. This is a FREE trip and open to all. Contact Jim Gilfix at 851-5289 for more information. (Bring your own Vernors.)

Upcoming Event

Bryan State Park
Day Hikes

Did you enjoy Hocking Hills? Do you like waterfalls, gorges, limestone cliffs and hiking amidst fields of wild flowers, forests and streams? If so, then this trip is for you. Join us on Friday, June 10 when we'll drive the 3.5 hours to the John Bryan State Park, just north of Dayton, Ohio where they have over 10 miles of trails.

On Saturday, we'll hike along the Little Miami River, down the Clifton gorge across ravines with numerous waterfalls and wildflowers and climb to the spectacular Amphitheater Falls, then back to camp, where we can play games and have the traditional SOLAR pot-luck dinner.

Sunday, we can drive to Antioch University's Glen Helen Nature Preserve and hike past waterfalls, beautiful limestone cliffs, a scenic river and through their butterfly preserve on 26 miles of foot trails.

Charleston Falls Preserve is also on the way back and features a 37 foot waterfall and Cedar Pond.

Cost for the trip is \$10 and includes maps and directions for hiking, Saturday breakfast and smores. Be prepared to pay \$7 per campsite for camping at the State Park. Sign up at the June General Membership meeting. For more details contact Jim Gilfix at 851-5289.

*Those who dance are
thought to be mad by
those who don't hear
the Music.*

Upcoming Event / Class

Identify
Butterflies Class

Could there be a more mystical way to spend a gentle summer's afternoon that lolling on a bed of grassy carpet amidst a jungle of wildflowers and watching wispy wings of bright color flit above us? On September 11 we will hold our first ever Butterfly Class.

We will meet at the Nature Center at Point Pelee, Canada just in time for the fall migration. Its said there are billions of *Danaus plexippus*, the Monarch, this time of year.

For those of you who like to camp, canoe, hike, fly kites see the surf, watch the birds, enjoy the sunset, have a fire and roast marshmallows, we will also be camping there on September 9 in the group camping spot. The camping is about \$10, the class is another \$15, which include handouts, a book, the class and a Vernors.

Sign up in July and August SOLAR meetings. Contact Jim Gilfix for more information.

*There should be a nice
picture of a butterfly here,
but it just didn't scan in
very well and the original
wasn't a whole lot better.
Sorry, you'll just have to
use your imagination or go
find one yourself. They're
common enough.*

The Cabbage White probably the most common butterfly species in North America was introduced from Europe into Quebec in 1860.

President's Notes

Aloha from your
New President

By Cindy Harrison

After a year of planning, the time has finally arrived to take off for our Hawaiian wedding and adventure.

Ourselves and our SOLAR wedding party (Julie Storigosz, Leslie Cohen and Gene Cordova) will be leaving on June 9th for 19 days in Hawaii. The wedding is on June 10th on Oahu followed by backpacking, horseback riding, Zodiac boating, hiking, snorkeling, etc. on Kauai, Maui and Hawaii.

We had originally planned on celebrating with our friends and family by having a Luau party after our return home in July. However, with some recent family illness and other circumstances beyond our control, we have decided to postpone the reception planning until after we return home.

So, you can think about us basking in the Hawaiian sun and look forward to joining us for a celebration hopefully later in the summer. Aloha.

Cindy Harrison and Mike Felix

Class

SOLAR Outdoor
Photography
Clinic

If you are interested in improving your outdoor photography techniques, then sign up for the SOLAR Outdoor Photography Seminar.

The seminar sessions will be held on Friday, June 24th and Friday, July

15th from 6:30 - 9:30 p.m. at Lori Love's house. The Practical session is on Sunday, June 26th at Hidden Lake Gardens in Tipton, Michigan starting at 8:00 a.m. and ending no earlier than the afternoon, but you can stay to shoot pictures until dusk. The focus of the seminar is on how to photograph nature outdoors with a 35 mm SLR camera. The first seminar session will entail instruction on topics such as types of lenses, film (print/slide, black & white/color), photo composition, etc. The Practical session will entail a hands-on photo shoot at Hidden Lake Gardens in the morning followed by an afternoon of: 1) questions and debriefing, 2) a bring-your-own picnic lunch, 3) additional instruction on filters, other photography equipment, lighting, film processing and printing, special effects, etc. Following the practical students will be encouraged to shoot more pictures on their own. The

second seminar session will entail a presentation and critique of students photos from the practical and independent shoots. A photo contest will be held for students' best photos with prizes and a photography show at the September SOLAR meeting.

The cost of the seminar is \$25 per person which includes instruction, a coursepack with information on topics discussed, and entrance into Hidden Lake Gardens. Students are expected to cover the cost of their own film and developing. Students must have their own camera, at least a 35 mm point and shoot, however, a 35 mm single lens reflex (SLR) model is preferred. Students must already know the basics of how their camera works and how to load the film. For further information on the seminar, contact Lori Love at 420-2175. Full payment is due by the end of the June SOLAR meeting.



Our new SOLAR Club President, Cindy Harrison takes in the scenery on the Laurel Highlands trail in Pennsylvania. For a complete listing of the results of the annual election, see the back of *The Ray* for the new steering committee.

Upcoming Event

Its Rattlesnake Time Again

Its that time of year again, when SOLAR goes to Milton Ontario's Rattlesnake Provincial Park to climb on the cliffs, hike and bike the trails, swim in the Kelso Lake and eat too much. You have to have taken the SOLAR rock climbing class to participate in that portion of the weekend.

Normally, the weekend trips will be planned for the first weekend after the General Membership meeting. That would be June 10-12, July 8-10 and the season finale on August 5-7 featuring the bicycle hill climb and camp cook-off. Contact Jim Young at 726-8253 for more information.

Weekly Events

Don't Just Do It

Over Do It! That's a phrase that got kicked around the club a while back. While we don't condone injuring yourself, there are some regular activities that tend to push the envelope.

Two such activities are practiced by the club on a weekly basis: Wallyball on Wednesday's and Mountain Biking on various nights depending on the group that gets together. For more information on Wallyball, contact Margaret Martin at 721-2821. For More information on Mountain Biking, call Joan Govan at 355-3626.



Mike Jr., Cindy and Mike take time out on the trail to get a group picture.

(In Profile, Continued from Page 3)

CH: I guess I really jumped in head first with the club. I've taken lots of classes, including the backpacking class, the winter camping class twice (flunked the first time) and the orienteering class. I've also been white water rafting, horseback riding, canoeing, cross-country skiing and of course backpacking. I prefer those non-thrill seeking type of activities that the club has to offer.

MG: You've also been quite a leader in the club.

CH: I guess you could say that.

MG: I just did.

CH: In addition to participating, I've led trips to Pointe Pelee and the Pinery, organized participation in the VASA cross-country race and put together a softball picnic for the club. I've held positions as Activities Chairperson and Education Chairperson prior to becoming President.

MG: Whew!

CH: SOLAR came at a good time in my life. It's been a good life experience - I've met a lot of friends, been allowed to practice some leadership skills and it's challenged me physically. Oh yeah, and I met a husband.

MG: I bet that's been a real challenge.

CH: It has, it has, but I love it.

MG: Sounds like Ms. Solar. What else do you do?

CH: I play softball with a team from work and I actively participate in several professional organizations.

MG: What happened to the commandment "Thou shalt have no other friends before SOLAR?"

CH: Oo, well.

MG: What do you like most about SOLAR?

CH: Mike Felix.

MG: That covers it. And what is your personal philosophy on life?

CH: Live, love and be happy.

MG: In that order?

CH: Yeah!

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: Lori Love, RAY Editor, 42257 Old Pond Circle, Plymouth, MI 48170 or call Lori at 420-2175 or write Steve Gardner, RAY co-Editor, 10024 Borgman, Farmington Woods, MI 48070 or call Steve at 547-4998.

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 / 441-9613
Vice-President	Deni Martin / 937-2913
Secretary	Laura Martin / 937-2913
Treasurer	Karen Fox / 380-9257
Activities	Leslie Cohen / 547-5626
Membership	Sharon Stanek / 565-3080
	* June Legarski / 386-8788
Equipment	Julie Staligroaz / 471-7444
Bylaws	Mike Felix / 441-9613
Education	Jim Young / 726-8263
SOLAR Ray	Lori Lee Love / 420-2175
	* Steve Gardner / 547-4998
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	Bob Westbrook / 356-3627
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Joan Gowan / 366-3627	Bill Halvargis / 689-1911
Larry Martin / 591-3856	Jess Harding / 375-5266
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.



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