



School for Outdoor Leadership, Adventure & Recreation

www.solaroutdoors.org

D2
EO
C2



**SOLARites
showing**

**off the
flag**



**and
their
SOLAR
spirit**

What would you do if...

You were on a light backpacking trip, and something went way wrong? Now you're stuck in the wilderness, off the trail, in bad weather, and injured, do you know what to do? How would you handle this situation? Do you have enough gear to survive? Will your skills see you through this challenge safely? Starting in February SOLAR will be putting on a winter survival class. By the end of the class you will be prepared to take on a weekend outing with minimal gear. More importantly you will know how to be prepared for unforeseen events. You will be better able to avoid or minimize any survival situation that may come your way.

Class will start immediately following the Enjoying Michigan Winters class in February. It will run 5 consecutive weeks on Thursdays after work. We will have one Saturday or Sunday practical, and a final weekend practical. The class will be \$100. Signups will be at the December and January meetings. But wait there's more. The prerequisites are: passing winter backpacking, CPR certification, and I strongly suggest wilderness first aid. Class minimum size 16, maximum 24. Tell your friends.

Class Dates: Feb. 6, 13, 20, 27, Mar. 6

Practical Dates: Feb 22, Mar 7-9

Come have fun with me.



Douglas Lanyk,
248-634-4551 or
dslanyk@earthlink.net.

Enjoy Michigan Winters BACKPACKING

Winter backpacking skill is not just for the winter, it's a useful back-up for the unexpected cold days in early spring and late fall. In this class we'll teach you how to keep warm & your energy level up when skiing or snow shoeing in the winter & how to build a snow shelter just in case something goes HORRIBLY WRONG on that simple 3 hr. ski trip. You can also use these skills in the summer on glaciers and snow peaks in the Rockies, the Cascades, Alaska, or Kilimanjaro.

This class will teach you the "ins and outs" of winter camping in Michigan. The first classes will be held on 12-11 & 12-18 and all other classes and practicals will be held in January & the beginning of February. The cost is \$100.00 for new students and reduced fee for past graduates who want to retake the course. Pick up details at the monthly meeting.

This course is open to the graduates of the Backpacking Course, graduates of non-SOLAR backpacking courses may be admitted by special permission only. This course is the prerequisite for the Winter Survival Course. For safety reasons, the Wilderness First Aid Course is highly recommended for both of these courses. With the recent warm winters keep your fingers crossed & pray for snow.

To sign up or if you have any questions contact --- TOM O'OFFO
(313)-386-0057 or mcmountainman@yahoo.com

COME LUGE

At the most publicly accessible luge track in North America. You can go up to 30 MPH! Muskegon State Park Inter Sports Complex offers many activities, but the most exciting is definitely the LUGE run. You can work your way up to going 30 mph on the first day and possibly 40 mph on the second day. If speed isn't your thing they also have X-C Skiing and Ice Skating. If the mini cabins are available we will stay there in the park Friday and Saturday nights. If the cabins aren't available we will stay in town at an inexpensive hotel. The cost is as follows: \$30/day for Luge, \$8/day for X-C Skiing, \$2/day for Ice Skating; \$4 State Park daily pass or \$20 Annual; \$40 Super Daily Pass (includes ski and skate rental); \$10/Night for cabins; \$10-20/night for hotel. The dates are Feb. 28th to Mar 2nd.

I will take sign ups at the December meeting. You can also contact me (David Foerster) at 586-497-9800 or e-mail me at dfoerster@earthlink.net



The Southern Michigan Adventure Club would like to invite you to the SMAC December Chill being held at the Genesee County Parks known as "The Hogbacks" on December 7th.

The fifth and final race of the 2002 Benchmark Outfitters Adventure Race Series, the 8 hour December Chill promises to be a perfect mix for testing both beginner and intermediate racers. This late season race will offer different weather challenges that may not be faced during those typical hot summer races. The Chill will draw up to 150 racers for the 8 hour event. Teams of two will Orienteer, Trek, Mountain Bike, Canoe and negotiate a fixed ropes course over the beautiful Genesee County Area.

The Southern Michigan Adventure Racing Club is a nonprofit internet based organization developed for the advancement of adventure racing. Currently the club has over 1200 members, making it one of the largest Adventure Racing clubs in the nation.

SMAC is committed to promoting environmentally responsible Adventure Racing opportunities, designing our races and training events to employ a minimum impact on the environment. We strive to achieve a balance between the enjoyment of racing and the protection of the natural resources that provide that enjoyment. We feel that adventure racing helps lead to greater environmental appreciation and awareness translating into a smaller or lighter environmental footprint.

Please join us at our race and see what the Southern Michigan Adventure Club is all about... Once again the race will be on Saturday, December 7th from 9:00 AM - 5:00 PM at the Genesee County Parks known as "The Hogbacks." If you should have any questions please feel free to contact me or visit www.smacworld.com for more information.

Sincerely, Zac Chisholm, Race Director SMAC December Chill zac@zaser.net or (810) 631-6751

SMAC Sponsors:

Benchmark Outfitters: www.benchmarkoutfitters.com; Michigan DNR: www.michigandnr.com/parksandtrails/parklist.asp

Genesee County Parks: www.geneseecountyparks.org/genesee_county_parks.htm

Adventure Racing Magazine: www.armag.com; Adventure Racing Resources: www.arresources.com

Planet Rock Climbing Gym: www.planet-rock.com; Meet-Outdoors info: www.Meet-Outdoors.info

Heavner Canoe Rental: www.heavnercanoe.com; Southern Michigan Orienteering Club: www.angelfire.com/mi/SMOC/index.html

Antoons Cycle: Sterling Heights, MI (586) 247-9240

SOLAR Cross Country Ski Class

SOLAR will be pulling on its Cross Country Ski Class, on Saturday, January 11, 2003. Are you tired of being cooped up in the house from December through March? Would you like to get out and see the beautiful, snow covered landscape, and learn to enjoy the Michigan Winter? Have you always wanted to try cross country skiing, but just haven't had the opportunity to learn? Were you afraid because you were not sure how safe, or good, the trails and the instruction were going to be? Maybe you are already a "skidder" and just want to improve your technique.

If any of these scenarios describe your situation, come out and join us at one of the premiere cross country skiing venues in the Lower Peninsula Cross Country Ski Headquarters, in Roscommon, MI. Gene Cordova, along with our Cross Country Ski Headquarters hosts, Bob and Lynne Trye, welcome all to come out and have a great day on the beautifully groomed trails. Although any skill level could probably benefit from these lessons, we are targeting those in the "beginner" to "intermediate" categories.

Jim Bradley, a well known XC ski instructor from Mount Pleasant, along with Fran Hyden and Lynne Trye will be giving the personalized instruction, depending on class size. After you master your new skills, we will be going out on the trails to convert all of our new found knowledge into FUN! Six if you still cannot get enough instruction, Gene will provide "on trail" coaching and answer any questions you may have. XC Ski Headquarters offers several loop trails that are tailored to the beginning and intermediate skier. I hope some of you more advanced skiers will meet us out on the trails. **SEE YOU THERE! THANKS VERY!**

Trip Limits: 6 student minimum and 20 student maximum (3 instructors)

Costs: 1 1/2 hour lesson, with skiing afterwards (for 6 to 20 students, the cost is \$15.00 per student)

Equipment Rental: There is a \$10.00 rental fee for skis, boots and poles (3 hours), which includes a trail pass. There is a full day rental which is \$14.00, and includes everything in the 3 hour rental. If you provide your own skis, boots and poles the trail pass is \$4.00. Skis, boots or poles can be rented, individually, if you only need one or 2 of the items.

CAVING AND/OR HIKING IN KENTUCKY ALL LEVELS, NO EXPERIENCE NECESSARY!!!!

**KID FRIENDLY, NO PETS
January 24 - 26, 2003**

It's that time of year again - time for the 22nd annual Carter Caves Crawl-a-thon. What is a crawl-a-thon you might ask - this is an annual event put on by Carter Caves State Park in Olive Hill, Kentucky. This a great way for people to get acquainted with caving as they offer a wide variety of cave tours, ranging from walking tours, a little bit of crawling, a lot of crawling and vertical caving. They even have trips for kids and seniors!! If you do not like the underground, join us anyway, as there is some great hiking in the area.

The basic plan is to drive down to the park on Friday (about a 7-hour drive) and stay right at the Carter Caves Lodge. I have a limited number of rooms reserved, once they are filled; the nearest lodging is 10 - 15 miles away. The cost for 2 nights lodging is \$45 per adult and \$25 per child 16 and under, payable to SOLAR. Since this trip will fill up, only payments in full will be accepted to hold your spot.

You will need to download a Crawl-a-thon entry from yourself from www.crawlathon.com, or call the park at (606) 286-4411. Generally the form is not available until mid December. You will need to send in the entry form yourself along with a check for \$20 to Carter Caves. Your \$20 includes 2 days of guided caving and a T-shirt from the event. Please do not delay as the trips fill up quickly.

See me at the meeting for a listing of equipment you may need. SOLAR has helmets, knee and elbow pads and a few headlamps that you may borrow. A refundable deposit is required. I do not have enough equipment for everyone, so you will need to reserve in advance.

Need more info contact Leslie Cordova at (248) 547-5626 or LeslieGene@aol.com.

It was a dark and stormy night.....not really Search and Rescue -exciting words! It was

an exciting weekend. The class actually started with a lecture on Tuesday evening by Lead instructor Tom Hayes. He spoke about Incident Command, what it is and how it works. A key role in Search and rescue. He had everyone prepped and ready for the weekend. Friday afternoon found instructors Tom and Reggie Hayes and Lester Mok canvassing the area to make the exercise on Sunday as real as possible. Students arrived throughout Friday evening battling traffic and weather to get to D-A Scout Ranch in Metamora. It was windy, cold and damp (our less advanced students received a crash course on cold weather camping) but that didn't deter anyone.

Lectures on Saturday were scattered amongst "games". Some of these diversions were People Knots, "Marco Polo" and the Mardi Gras Hunt. These games are designed to assist the students in developing their team work, listening, communication and observation skills. One of the practical skills was learning how to use a walkie-talkie radio and how to deal with the problems that arise when they don't work. Communication in the field is vital. Erin Hill and Leslie Cordova really trusted their peers. They were carried about the campsite on a stretcher and litter. Leslie found it a little like being on a boat. Lester Mok's knowledge of orienteering and its instruction was invaluable to the students (I highly recommend using the Southeast Michigan Orienteering Club/SMOC meets for honing your navigational skills before SAR class).

Saturday night we sent the students out into the dark forest to search for a lost little boy. I'm happy to say they found him. It's an experience "Little Tommy Dufus" will always remember.

Sunday! It was time to bring it all together. Our Incident Command crew was Commander Gene Cordova, Operations Officer Doug Lanyk, Deputy Karl Overhaul and Interviewer Tom Olotto. They went into action when Mary reported her "sister" an avid hiker was overdue to meet her. Mary Price played the role of the frantic relative with great creativity. Tom O. can attest to this.

Incident Commander Cordova assembled his teams and dispersed them into the field. To begin each team had an area to search for clues. Ops. Officer Lanyk's job was to track their movements. In the meantime Deputy Overhaul received the clues as they were reported in and kept notes for the commander. Tom O. as interviewer continued to obtain details or clues from Mary. (Lookout Tom there she goes!) As events escalated it was Incident Commander Cordova's responsibility to prioritize those clues and direct the search teams. The Incident Commander is ultimately responsible for every aspect of the SAR event.

The search team is the "worker bee" of SAR. Their job is in essence repetitive and extremely vital. They are the clue finders. The teams are "beating the bushes" to find clues which determines the direction of the search. If they miss a clue it could result in devastating consequences. Finding no clue is just as important. It rules out areas, again determining the direction the search takes.

The coordinated efforts of the IC and the search teams allowed them to find Mary's "sister" Joanie (Joan Tobin). She was disoriented, argumentative and had pain in her right leg. Roger James, Gloria Fontaine and Mike Banks with the assistance from other students utilized their Wilderness first aid skills to stabilize the victim. Afterwards they placed her in the litter. Six person teams then carried their victim out of the woods, across the meadow, up the hill down the trail and out to safety. Once she was safe she became a survivor. Which is the ideal outcome of a SAR operation. The students then demobilized and critiqued their efforts. This will allow them to do an even better job the next time they use these skills. (Instructors too, as this was the first time the class was given)

We would like to thank Harry Price for all his work in assisting with the exercise and arranging the location.

By, Tom and Reg Hayes



Congratulations!

Pam Riehl and Lou Szakal
on their recent engagement.

The couple plan to be used in the fall
of 2003.

The Did you know... Corner

BETTER COFFEE...

For you early birds that just have to have their caffeine in the morning.

Here's a great idea if you like flavor in your coffee. Add gourmet flavor to your coffee instantly by adding a few drops of vanilla or almond extract to the water as the coffee brews. Hint: You can buy small bottles or large bottles at your local grocery store. Enjoy!

Weekly Open Hikes For Everyone

**December Hikes -
SEE CALENDAR in this
months newsletter issue.**





Birthdate (optional) / /

Home Phone #: ()

City: _____ State: _____ Zip: _____ Work #: ()

Email Address:

S.O.L.A.R. has permission to publish the following information on its roster: Home # Work # Email

S.O.L.A.R. has permission to publish on SOLAR website my: name () phone () email address ()

Payment Type: Cash _____ Check (#) _____ How did you find out about Solar? _____

Type of Membership applied for: New Member Renewal

Single Annual Membership: \$40.00 () Family Annual Member: \$55.00 ()

Single Lifetime Membership: \$175.00 () Family Lifetime Membership: \$250.00 ()

The following information is required for family memberships:

Spouses name: _____ Age: _____ (optional)

Other family members (under the age of 18) If more than 2 additional members list on back of application.

Name: Relationship: Age:

Name: _____ Relationship: _____ Age: _____

1. All memberships shall expire at the end of the current calendar year unless otherwise stated on your membership card
2. **IMPORTANT: THIS MEMBERSHIP WILL NOT BE ACCEPTED UNLESS THE LIABILITY RELEASE IS READ AND SIGNED**

School for Outdoor Leadership, Adventure & Recreation ABSOLUTE LIABILITY RELEASE

Many outdoor activities are inherently dangerous and can cause injury or even death. By joining SOLAR, I agree to assume all of these risks. I agree that SOLAR will not be responsible if I am harmed while I am traveling to, attending, or participating in club meetings, classes or trips, or while using club equipment. In exchange for membership, I agree to release and discharge (waive my rights to bring any personal injury suit against):

1. SOLAR;
2. Its leaders, instructors, steering committee, and all individual members;
3. Its land lord at Colony Hall; and
4. The retail stores that let SOLAR use space for classes.

Exceptions: While SOLAR will have no responsibility for any injury to a member (even if SOLAR is grossly negligent), I understand that individual SOLAR members, including me, remain fully responsible and liable for any injury or damage caused either by their pets or by their negligent driving of a vehicle.

I have read, understood and agree to this Assumption of Risk Agreement and Liability Release this _____ day of _____, 200__.

Mail application to: Mary Price, 22801 Tulane, Farmington Hills, MI 48336

Member's Signature: _____

Spouse's Signature (REQUIRED on married people's family memberships):

Parent's Signature, if under 18: _____

Make checks payable to SOLAR

Blackbeards Bahamian Dive trip 2003

Fellow SOLARites. Roger James here. This spring, I'll be hosting a live-aboard dive trip to the Bahamas. Me and 21 other adventurers will be staying aboard a 65ft schooner (that's a sail boat for you land lovers) for 5 days from April 12 - 18th in Miami, Florida and sail across to the Bahamian islands. There, we will spend about 95 percent of our time exploring the vast and varied dive sites the islands have to offer.

Both divers and non-divers are welcome but you will need to be certified to dive. If you are a non-diver, you may elect to take a resort course while on the boat which will entitle you to two dives during the trip. As usual, snorkeling is available to all.

Your stay on the boat is all-inclusive. In other words, your meals, beverages, sleeping arrangements and tanks are included in the price of the trip. However, don't let the term "all-inclusive" fool you. This is very rustic. We will be sleeping in common areas which aren't very private.

I have dove with this outfit two other times and I must tell you that this was some of the best diving I've ever done. What makes it so special is that the crew can take you to dive sites that are out of the typical range of the local resorts so the dive sites will be in better shape and of a greater variety.

The cost of this trip is \$865 (NOT including airfare). The only additional cost is spending money for our night ashore, gear rental if needed, and an optional tip for the crew (between 5 - 10 percent of the cost of the trip), and of course airfare. A \$150 deposit is required to hold your spot and is due no later than December 15th.

This is the kind of trip that you won't soon forget. My trips with this outfitter 10 years ago are still fresh in my mind. I look forward gaining new memories with you!

**Contact Roger James' by cell: 248-765-0030 or by email at
RogerJames@QuantumTraining.com**

FREE THURSDAY NIGHT CLINICS AT

The Benchmark

**All clinics begin at 6:00PM at The Benchmark at 32715 Grand River, Farmington.
Call 248 477-8116 for info.**

December 5th

Introduction to Cold Weather Camping The cold changes more than your outlook on the season. Learn how much life changes for the better as the crowds leave the trails for a few that have learned to live with and appreciate the other half of the year.

December 12th

Cold Weather Clothing Layering is still a method of dealing with the ever changing temperatures, but what about the new materials and designs? Learn about the revolution in clothing design, materials and comfort.

December 19th

Backpacking' in the Snow Learn the wonders of heading down a path of virgin snow. Whether on skis, snowshoes or boots; you can head down the trail with pack or sled, knowing that you have all that you will need to make this 'Winter Wonderland' your home. Learn the basics of snowshoes, sleds, snow-shelters, 4-season tents and much more.

A New Adventure!

The night was slightly cool and the potbelly stove was burning as the students arrived for a new adventure. Neither traffic nor dark was going to stop these determined women. As they made their way to the cabin, they had some time to settle in and get acquainted, with the help of a little get-to-know you bingo. Soon our proud winner was quick to yell "BINGO!" Soon after the excitement we then settled down with Sherry our guest speaker who relaxed everyone with teaching us yoga for a couple of hours. After doing our yoga, we were all relaxed and discussed stressed building self-confidence, before we ended up hitting the hay.

The next morning was a beautiful day. A few of us managed to take a peaceful morning break, by walking down to the lake and viewing the gorgeous colors of the leaves as they were changing for the fall. It made us all take a deep breath and sigh quietly inside. The activities began that morning with topics covering issues such as hygiene, bathroom trick and tips, common injuries and preventing them. Amy then came in and shared her expert knowledge on periods, pregnancy, menopause, bladder and yeast infections. Everyone had lots of questions, and we took our time to make sure that all of them were answered. Soon came lunch and Laura, Meg and Cindy set up about 15 tents 8 stove, 3 water filters plus bear bagging exercises. The students had a great time being able to have hands on experience with all of the equipment. So much so that we ended up running 2 hour behind!

After lunch Gail from BOW (becoming an OutdoorsWomen) and WWOW (Wild Women of Washnaw) came in and discussed different outdoor activities that these clubs have to offer to women. They even have CCW (Concealed Weapons Permit) class for women only. Susan was next up to bat with teaching everyone how to minimize the load and clothing for all different size of women. Women and gear was the next topic when Kerry covered all very informative of how gear is made differently for women. She then covered informative information on how to prevent gear problems (Plus some great tips to boot!). Potluck came just in time, as our self-defense instructors joined on our feast. After dinner everyone was soon kicking and punching there way to learning about how to protect them selves. We were a little concerned, as Bonnie (one of the students) seemed to be really getting into it. Go Bonnie! After a few hour of learning some new self defense moves, we then moved on the picking a trail and solo hiking. Margaret provided some challenging trails in which the students could select from. Another late night and we were all ready to snuggle into our bags.

Sunday morning was more beautiful then the last and we began the day with Joan teaching everyone about those knots. Everyone was sitting there practicing each one over and over till everyone was confident in what they were doing. Primitive skills what that? Most students were asking, as Catherine and Joann logged in a table full of man made primitive items. Everyone soon was inspired with these primitive tools, and they were even more excited when they were able to practice using some of them. Everyone was laughing and having a great time that no one wanted the weekend to end. We then planned our practical, Manistay River was our destination. With plans all set to go we all said bye for now as we either hiked or drove off into a great new full day.

The journey to Manistee River.....to be continued.

By Peggy Meived



Christmas WISH List

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____



Making your list
and
checking it twice...

This is a great way to help your friends
and/or family on what to
get you for Christmas this year.



SOLAR is a non-profit club with 400-plus members dedicated to the intelligent enjoyment of nature and outdoor pursuits.

Membership is only \$40 a year per person (\$55 per family) and includes discounts to a number of retail outfitters, access to club-owned equipment, a monthly newsletter, and a chance to meet hundreds of other like-minded adventurers drawn together by a common love of pristine lakes, breathtaking vistas, virgin forests and scenic shorelines, and the experiences to be found there.



SOLAR Steering Committee

<i>President</i>	Tom Oloffo	<i>Equipment</i>	Carol McCrine
<i>Vice President</i>	Tom Hayes	<i>Historian</i>	Denise Kordic
<i>Secretary</i>	Cindy Taylor	<i>Membership</i>	Mary Price
<i>Treasurer</i>	Reggie Hayes	<i>Programs</i>	Pam Reihl
<i>Activities</i>	Peggy Medved	<i>Pub. Relations</i>	Laura James
<i>By-Laws</i>	Gloria Fontaine	<i>Solar Ray</i>	Stacie Kitchen
<i>Education</i>	Harry Price	<i>Web Master</i>	Roger James

At Large: Mike Banks • Moz DeFrance • Al Fylak • Steve Gardner
Bill Halvingis • Cindy Harrison-Felix • Doug Lanyk • Larry Martin
Joan Ryan • Leslie Cordova • Joan & Bob Westbrook

SOLAR Meetings are generally held the first Tuesday of every month in Southfield at the Colony Hall, 21780 Evergreen (between 8 & 9 Mile Roads) at 7:30 pm. Visitors can come for FREE.

SOLAR RAY is a monthly publication of SOLAR and is sent free to current dues-paid members. If you change your address please tell the membership chairman, Mary Price, mprice@ameritech.net.

Submission Guidelines:

Articles must be 500 words or less or depending on the room available.
SOLAR events have priority over non-club events; events in the next 2 months have priority over other events.
Please submit all articles and photos w/SOLAR RAY in the Subject line if a mailing (original Photo/Art. Microsoft Word, PDF, JPEG, TIFF, EPS, and/or IMAGET files) to:
Stacie Kitchen, 239 E. 12 Mile Rd. Apt 17, Royal Oak, MI 48073 or call (586) 212-2335
[email skitchen@wideopenwest.com](mailto:skitchen@wideopenwest.com) or rayeditor@solaroutdoors.org

NEXT ISSUE DEADLINE: SUNDAY, DECEMBER 22nd
NO submissions will be accepted after that date

|||||

22 0000 10000

GENE & LESLIE CORDOVA
14520 BORGMAN
OAK PARK, MI 48237

S.O.L.A.R.
P.O. Box 2438
Southfield, MI 48037