



SOLAR RAY

2002
OCTOBER



Wind River, Wyoming

Above Photo: Motley Crue
meeting at the middle of the trail
on 9/11 (at 11,000!)



Above Photo (Right to Left):

Karl Overheul, Scott
Elliot, Pete
Lamb, Lester Mok,
Dick Ebenhoe, Charles
Hailey, Andrea Tucker,
Craig Kosmowski,
Roger & Laura
James.

Bottom Photo:
Lester Mok and the moose



SOLAR BRIEFS



SMAC 24 Hour Adventure Race - Metro Detroit, Michigan

October 4-6

Who: 4 Co-ed teams; Limit 50 teams total

Cost: \$500.00 per team for SMAC members; \$600.00 for non-members

Disciplines: Orienteering/Navigation, Trekking, Mtn. Biking, Canoeing, Fixed Ropes, and Special Mystery Events

Gear: See www.smacworld.com/Flag/RaceMandatoryGear.htm

About the Race: 24-Hour Adventure Race will be an adventure through some of the great parks and recreation areas we have right here in southeast Michigan. The race will involve the standard disciplines of adventure racing and some special mystery events that will involve teamwork and be both mentally and physically challenging. You will be required to provide at least one support crew person and a vehicle that can transport all four team members' bikes. This race was designed with the intermediate racer in mind. It will be ideal race for the team that had done some adventure sprints and some resources on the web. More details about this race will be available on the website, www.smacworld.com and e-mail out to SMAC club members.

Questions about this race or have problems with registrations online please contact:

Lucas Osborn - lucas.osborn@nomatron.com (734) 234-2067 (day) (810) 239-0165 (evening) www.smacworld.com

WOMEN'S BACKPACKING WORKSHOP

Workshop: October 11-12 Practical: October 25-27 or October 24-27

Prerequisite: SMAC Basic Backpacking Class

(This workshop is NOT intended to replace any of solar classes, but to enhance skills learned from the basic backpacking class)

These answers can be resolved with a NEW COURSE being offered to solar members. It is a workshop that offers hands-on experiences. It is intended to give women the confidence to realize the strengths and skills that they already have. The workshop covers gender specific information on equipment, hygiene, common injuries, safety, stress, building self-confidence, plus much more. It gives individuals a chance to practice their backpacking skills. In addition there will be guest speakers that will address topics geared towards women. This workshop will be offered at this time for women only, and it will be taught by women. The class setting will hold a maximum of 18 students, to ensure more individual attention.

The course will be a two-part workshop. The first part taking place at a local recreation cabin. There hands on and class interaction with instructors will take place. The second part of the workshop is a two or three day practical. The practical will focus on small group dynamics. Being part of both the workshop and the practical will be required to pass the class.

Cost will be \$70 per student including basic materials, cables, permits, parking, and misc.

Additional individual students cost for themselves include food, and any expenses needed for the practical, such as gas, lodging, food, etc.

To pre-register call or e-mail me by July 8, 2002. Since the workshop is limited first pay rate will be in effect.

Please call or e-mail me if you have any questions: Peggy Medved - Madamsn@wyabtel.net or (248) 390-3969

Land Navigation Class - Chelsea, Michigan

October 21-22

Class #3 - Burns Cabin #1, Waterloo Recreation Area, Chelsea, Michigan

Trip shown on Saturday and Sunday, but students are encouraged to join us (after 3:00 pm) on Friday evening so we're ready to go in the morning.

Classes will begin on 8:30 am Saturday, and end around 3:00 pm on Sunday. I will have maps and maps at the SOLAR meeting.

~ Karl Overhaul - cyberNomad@backpacker.com

THIRD ANNUAL SOLAR RESORT WEEKEND - November 1-3

Location: in Berkley, Michigan, 3 hours west of Detroit. Halloween Theme. Weekend Friday-Sunday, November 1-3 2002

Arrive by 7:00 p.m. on Friday, check out by 1:00 PM on Sunday, but stay till 4:00 PM

\$261 PER PERSON - INCLUSIONS:

- Two nights in simple camp/bunk style rooms at the Adult Exclusive Barch with private bath
- Horseback riding for every level Saturday & Sunday (if needed, I'll have 11 wrangle him, so he's prepared to be sore)
- Haunted barn, corn roast and hayride Friday night, B.L.D. Saturday, brunch on Sunday
- Multiple activities throughout day & evening (archery, shooting, mechanical bull riding, line dance instruction, DJ dancing, Halloween cabin decorations, trick or treating, party at night)
- All taxes & gratuities

Packing list, driving directions, and all details mailed upon registration. Pre-trip meeting sat. Oct. 5 to go over carpooling, costumes decorations and treats! Payment Schedule & Cancellation Policy: - \$50 pp deposit due by June 4, 2002 - Balance due October 5 2002 - All payments are non-refundable unless you find a replacement.

~ Contact Lisa Boose, (w) 248-358-5330, lisa@cadillactravel.com



Check our Website out
WWW.SOLAROUTDOORS.ORG

Last DAY to Help on Pontiac Lake trails...

The trail segregation project at Pontiac Lake Recreation Area started several years ago is moving ahead, albeit slowly. Recent developments in the DNR staffing have greatly increased the need to finish the segregation of the horse and mountain bike trail systems. The situation today is that we MUST finish separating the trails by the end of this year. Unfortunately, the amount of work ahead of us is much greater than the number of volunteer's we've been able to get out at the trail days. Unless we can increase the number of volunteer's, the only way we can finish the segregation is to NOT build the miles of trail that would replace the sections lost to the overall project.

The bottom line is, without more people helping at trail days, the trail system at Pontiac Lake will be 6 to 7 miles of uninspiring trail by the end of the year - not the 10 to 11 miles envisioned under the proposed plan. To regain the lost sections of trail might be very, very difficult. The quality of the trail at PLRA is completely dependant on the number of volunteers who show up to help with this project - it is completely in our hands, the riders.

What we need to do: There are 4 more workdays scheduled for 2002 - the next upcoming is Sunday, October 13th. The work is hard, but the reward is great. I'm asking everyone to do they're best to come out to help. Whether you can make it only this Saturday, all the days left this year, or only half of one day, please come and lend a hand. The day will start at 9:00 am, lunch is provided at about noon, and the day finishes at about 3:00 or 4:00 pm. Come at 9 or come at 1, just please come. One time or 4 times, whatever you can do will help.

The remaining workdays at Pontiac Lake this year are:

Sunday, October 13

Meet at the Organizational Campground parking lot off Teggerdine Rd on the West side of the park. Take M-59 to Teggerdine north. Go about 2 or 3 miles and turn right (east) into the park entrance. The parking lot is on your left about 1/4 mile in.

Don't forget, the time you log at a maintenance day is credited toward your total in the Ed Berta First Across the Finish Line awards. If you log 10 hours trail work for 2002, you will get a gift as a reward for your efforts. Last year's recipients got a custom, stainless steel coffee mug.

Thanks, Robin Scurr,
MMBA Membership

Weekly Open Hikes For Everyone



October 6, 2002 - 9:30 am
Island Lake Recreation Area
Hike Leader: Laura James

Directions: Take I-96 West to exit 151 (Kensington Road) and go South a half of a mile to the park entrance. Park at the River Bend Picnic Area.

October 13, 2002 - 9:30 am
Ortonville Recreation Area
Hike Leader: Need a Volunteer!

Directions: Take M-15 North from I-75 exit 91, 10 miles to Oakwood Road. Go East on Oakwood for 3.5 miles to Hadley Road. Turn North on Hadley Road, go approximately 1.25 miles to Big Fish Lake and another 1/4 mile to Park Headquarters. 1.5 mile cross-country skiing trail and a 2.75 mile hiking and mountain bike trail are located at the Bloomer #3 Unit.

October 20, 2002 - 9:30 am
Bald Mountain Recreation Area
Hike Leader: Jeff Ganley

Directions: The park is located eight miles north of Pontiac, just off of M-24 (Lapeer Road). The park is accessible from I-75 using exit #81. From I-75, take M-24 North for 2.5 miles and follow road signs to the park.

October 27, 2002 - 9:30 am
Pontiac Lake Recreation Area
Hike Leader: Need a Volunteer!

Directions: Take I-75 to M-59. M-59 West, through Pontiac, and into Waterford. Airport will be on the right, just past the airport is Williams Lake Road. Turn right (North) on Williams Lake Road then turn left on Lake Road. Park entrance is on left, park in the most rightward (facing lake) parking lot closest to lake.



Peru: Sacsayhuaman



Menistee River
Grayling, Michigan

The Did you know... Corner

You can make a great fire starter for wet weather, and the best news is it already may be in your home or pack. Try a squin of "waterless" antibacterial cleanser. Many are more than 60% ethyl alcohol and highly flammable. A bottle usually costs less than a \$1.00 and starts a dozen fires. It sticks to almost any surface and burns like crazy. Be careful of the invisible flames.

— Backpacker Magazine

STALKING THE WILD PLANTAIN

Twelve SOLARITES benefitted from the broad knowledge base of George Hedgepeth as they accompanied him on a wild edible plant walk on Sunday, Sept. 8. A special "Thank You" to Jo Ann Kwasnik who invited the group to comb a portion of her 225-acre historic family farm in China (Michigan!). George, an alternative education teacher, heads up the Great Lakes Primitives organization, which focuses on primitive technologies (check out their website). He is expert with fire making, primitive shelters, trapping, running a week long survival course, and editing a primitive skills publication.



In his entertaining delivery style, George covered a variety of 40-50 edible plants.

Did you know that plantain, a common lawn weed, is a most effective remedy for poison ivy? Also covered were tree identification, nutritional values of insects, reptiles and small mammals, cordage and recommended plant field guides. We learned how to avoid toxic plants, such as water hemlock and jimson weed. As a bonus, we found out how to raise ginseng root and morels for fun and profit.

For those who missed this class, stay tuned to the SOLAR Ray and website. More half-day workshops on primitive skills are in the planning stage.

You can also contact Glen or Catherine Krueger (586) 774-9697 or cqkrueger@comcast.net



The Benchmark USED GEAR SALE! October Saturday, 26th & Sunday, 27th

Bring in your previously used
BACKPACKS, BOOKS, CANOES,
CLOTHES, FOOTWEAR, KAYAKS,
PADDLES, PFD'S, SKIS, SLEEPING
BAGS, SNOWBOARDS, STOVES,
SNOWSHOES, TENTS, WET SUITS,
and etc.

October 21st - 25th

It will be sold on consignment with the
money being distributed as follows:
You can keep 100% as Benchmark gear
credit Or you can receive 80% of the
sale as cash.

The Benchmark is located at
32715 Grand River in the
city of Farmington, Michigan
We can be reached at
248 477-8116.

Peru from Top to Bottom or How We Spent our Summer Vacation

Second Installment



Salt Mines of Maras

Our first mountain top city of Machu Picchu. Thank you to waiting bus took us to our first-class lodgings. The Hotel Don Carlos,

on Cusco's

granted good health for the rest of our journey. Our guide then took us to a weaving factory where many fine products, made from alpaca, were available for purchase. The quality and workmanship were very fine.

On Tuesday, May 21, we were off on our Sacred Valley tour. Our first stop was a local school, where we visited and dropped off many school supplies. The children sang for us and we "tried" to sing Old MacDonald to them. Oh my God! Poor kids! Karen and Ann delighted the kids by snapping Polaroids of them. The next stop had us visiting the Salt Mines of Maras, which were cut into a mountain side. They consisted of hundreds of shallow pools formed from the mud of the mountain. These were complete with individual canals which provided the salt water that filled the pools. The water was allowed to evaporate and was a salt. These mines were in service even before the Inca.

After a hot hike down from the mines, we crossed a suspension bridge over the Urubamba River, in the Urubamba Valley (Valley of the Spiders), and met up with our bus. We journeyed to the Ollantaytambo fortress, the site of the only battle where the Spanish were soundly defeated by an army of the Inca. This well preserved and finely constructed site, and town, retain much of their original character and are also the launching point for the Inca Trail. After lunching in the town of Urubamba, we participated in our Inca "trail shakedown hike, trekking down from the mountain top archaeological site of Pisac. This site is actually much larger than Machu Picchu, but not as popular as it is very spread out. The views are spectacular and the architecture incredible! Pisac boasts a very extensive temple complex.

Wednesday, May 22, and we heard our bus to begin hiking The Inca Trail. After a brief stop at Ollantaytambo fortress, we proceeded to kilometer 88. Here, we met up with our porters and cook (we had 22 porters, cooks and assistants) and began the scheduled 4 day hike to Machu Picchu. This first day was supposed to be the easiest and should have lasted for only 5 hours. We crossed the suspension bridge, over the Urubamba River, and headed toward our first campsite of Huayllabamba. Don't you just love these names?

The trail runs for 39.6 km (24.6 mi.), reaching its highest point at 13,776 ft. It twists and turns over mountain passes and down valleys, passing many ruins along the way. If this is the easiest day, I am in trouble. It took me much longer than 5 hours to get to camp and I was very tired, having suffered from some mystery ailment the entire day. Upon my arrival, I found the camp completely set up. Our North Face 4-season, 4-person tents, the dining tent and the restroom tent were all waiting for us. We discovered that we had the nicest camp site, the best equipment, the most porters and were served better food than any of the other tour groups! This was to be the pattern for the balance of the hike. Please join us again next month as we continue our journey to the magical

By Gene Conjova



Peru: Locals at Pisac

major thoroughfare Avenida del Sol (The Avenue of the Sun). We were greeted, at the hotel, with our first cup of coca tea. This herbal brew is very much like green tea, and has the reputation of being able to keep altitude sickness at bay. We drank a lot of this tea while in the Andes.

That afternoon we walked to the Plaza de Armas, or the main square to watch a parade put on by the military, police, municipal authorities and several schools. There were also native dancers in full costume that were interesting to watch. We began our walking tour in the afternoon, touring a nice array of plazas, cathedrals, temples and the San Blas Artist District. Our walking tour culminated with the most sacred of the Incan temple complexes, Qoricancha (Cory con' dia'). The Qoricancha Complex includes several temples that were once sheathed in either pure gold, or silver, and could be seen for miles around, glittering spectacularly in the sun. The site is now dominated by the Church of Santa Domingo, which is built on the ruins of the Temples of the Sun, Rainbow, Star and Lightning.

We begin our driving tour of the Cusco area archaeological sites on the morning of Monday, May 20. Our first stop was Tambomachay, commonly referred to as the Water Temple. It was so named because of the stonework forming 5 natural cascades, whose source is a natural spring. These showers fed a bath which was used by the Great Inca himself. Our next stop was Puka Pucara, or "Red Fort". This is a large, circular, multi-level, stone walled structure that defends the surrounding plain from attack. Qenko was the next destination. Qenko means zigzag, or labyrinth, in the Inca tongue, and was so named for the maze-like structure that used to stand here. This was a vast arrangement (the largest ever discovered), with many finely carved stone walls that wound their way to what is believed to be a sacrificial altar stone.

The most impressive site was our last of the day, Sacsayhuaman. Roughly pronounced "sexy woman" and translates to "Satisfied Falcon". This was a huge Inca palace, once thought to be a fortress, comprised of massive stones, some weighing in excess of 400 tons. These stones formed the finely carved, Herculean walls of the 3 levels of the palace. Sacsayhuaman is always featured in any documentary on Peru, with the happy tourists always posed in front of the giant stones. We were then treated to a ceremony conducted by an Andean priest. He blessed us and asked his ancient gods that we be

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OCTOBER ACTIVITIES

1	TUES	GENERAL MEETING**	COLONY HALL	Tom Oloffo	mcmountainman@yahoo.com
5-6	SAT/SLN	24 HOUR ADVENTURE RACE**	Metro Detroit	Lucas Osborn	lucas.osborn@nematron.com
6	SUN	HIKING**	Island Lake Rec. Area	Laura James	Laura4991@prodigy.net
13	SUN	HIKING**	Orionville Rec. Area	Need a Volunteer	See Newsletter for Directions
18-20	WKND	KIDS HALF WFFN WEEKEND	Bald Mountain	Jim Hoffer	JimHoffer@compuserve.com
20	SUN	HIKING**	Bald MT. Rec. Area	Jeff Ganey	See Newsletter for Directions
27	SUN	HIKING**	Pontiac Lake Rec. Area	Need a volunteer	See Newsletter for Directions
2	WED	BASIC B.P. CLASS # 5	Benchmark	Carol McGinle	cam@ismi.net
4-6	WKND	BASIC B.P. PRACTICAL # 2	Pictured Rocks	Carol McGinle	cam@ismi.net
11-13	WKND	WOMEN'S B.P. WORKSHOP (part 1)	Bald Mountain Rec.	Peggy Medved	meddsn@voyager.net
18-20	WKND	SEARCH AND RESCUE	T.B.D.	Tom Hayes	Halfaday@prodigy.net
25-27	WKND	WOMEN'S B.P. WORKSHOP (part 2)	T.B.D.	Peggy Medved	meddsn@voyager.net
26-27	SAT/SUN	LAND NAVIGATION CLASS # 3	Burns Cabin, Pickney	Karl Overhol	cybermad@backpacker.com
5	TUES	GENERAL MEETING**	Colony Hall	Tom Oloffo	mcmountainman@yahoo.com
??	WKND	YOUR TRIP HERE	T.B.D.	Solar Member	Lead-A-Trip@Yes-U-Can

FOR INFORMATION ON JOINING THE SOLAR CLUB, CONTACT MARY PRICE (248) 477-7547 or VISIT WWW.SOLAROUTDOORS.ORG
 IF YOU WOULD LIKE TO HELP PLAN AND/OR LEAD A SOLAR ACTIVITY, CONTACT
 PEGGY MEDVED AT (248) 390-3969 OR WWW.MEDDSN@VOYAGER.NET
 SOLAR HAS A NO-REFUND POLICY. IF YOU ARE UNABLE TO ATTEND AN ACTIVITY YOU MAY
 "SELL YOUR SPOT" TO ANOTHER CLUB MEMBER.
 **Denotes Non-Solar Activity (Solar will not be held responsible for these activities).

HELP THE EDITOR: Looking for your assistance SOLARites!

If you are in a SOLAR class or any activity that you signed up for, TAKE A CAMERA AND TAKE SOME PICTURES, OR WRITE AN ARTICLE. We need to put more photos in the Newsletter and I need your help. When sending me your photos please put a caption with it and what class you were in. It doesn't matter if the photo was yesterday or even 1 year ago. Send them in. Thank You
 STACIE "EDITOR" KITCHEN skitchen@wideopenwest.com

Women's Backpacking Workshop

From the experience hiker, to the beginning hiker, here is the opportunity to find out all those questions that you always want to know. It has taken women years to find out the secrets of the trail. Answers to the questions that constantly keep popping up from time to time. This is a great way of finding out all of those questions, plus much more!

You maybe thinking, well I'm an experienced hiker who has been there and done that. Well I guarantee that you will learn something new. You will be able to experience new ideas and building blocks. This is a first time you will be able to experience it thru Solar. There will be a variety of guest speakers along with our experienced leaders. You will have the ability to have hands on experiences as well as being interactive with the speakers and the leaders. I have personally talked to professionals in the outdoors field, who have raved and cheered that this workshop has taken shape. Now is your time to be able to experience this great women's workshop for yourself. All of the speakers and leaders are women. They will be there for you a small group of a maximum of 16 female students. With a ratio of less than 2 students per instructor. The workshop will be taking place from October 11 - 13 at Bald Mountain recreation Area. The second part of the workshop will be a practical that will enhance the hiking experience of going solo and also sharing a special small group hiking experience with just women. The practical will be taking place on October 25-27. Final Sign up's will be taking place at the October meeting. You can also contact me via e-mail, to make sure that you will be able to experience this new and exciting workshop. The only requirements for this class is that you must have had beginning backpacking thru solar, and a female. I look forward to seeing you at the workshop!!

Peggy Medved • meddsn@voyager.net • 248-390-3969



Peru: We begin the Inca Trail



S.O.L.A.R. Membership Application



Name: _____ Birthdate (optional) ____/____/____
Address: _____ 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 landlord 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

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 McCririe
<i>Vice President</i>	Tom Hayes	<i>Historian</i>	Denise Kordie
<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 • Moe 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, 2780 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 e-mailing (original Photo/Art, Microsoft Word, PDF, JPEG, TIFF, EPS, and or IMAGE files) to:

Stacie Kitchen, 239 E. 12 Mile Road, Royal Oak, MI 48073 or call (580) 212-2335
email: skitchen@wideopenwest.com or rayeditor@solaroutdoors.org

NEXT ISSUE DEADLINE: SUNDAY, OCTOBER 20th

NO submissions will be accepted after that date

OAK PARK, MI 48237
14520 BORGMAN
JOHN & LESLIE CORDOVA

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S.O.L.A.R.