



SOLAR RAY

MARCH 2003

HIKING (or walking) DOES A BODY GOOD!

Adding more hiking (or walking) to your daily routine could help you lose up to a pound of fat a week. At this rate, you could be at least 35 lbs lighter a year from now - without "dieting."

Activity	Distance/Time	Days per week	Calories burned per week
Walking to an activity	1 mile round trip	5	375
Parking Car 1 mile from office and walk to work	2 miles round trip	5	750
Using the stairs instead of elevator	4 floors	5	250
Walking to a restaurant	1/2 mile round trip	3	115
Walking to grocery store	1 mile round trip	2	150
Walking the dog	1/2 mile round trip	7	265
HIKE THE WEEKENDS	2 HOURS	1	500
Total calories burned per week			2405



Note: These values reflect the approximate number of calories burned for a person who weighs 130 lbs. If you weigh less, you'll burn fewer calories; if you weigh more, you'll burn more calories. You have to burn about 3,500 calories (over and above what you take in) to lose 1 lb. of fat. - Source: Hope Heart Institute, Seattle

Wabos Loppet XC Ski Weekend- March 21-23

Ride the Algoma Central's Snow Train to a 26 km wilderness XC ski, stop at Norm's Cabin for cookies and cider, enjoy a finish BBQ at Stokely Creek, and receive transportation back to the train station in downtown Sault Ste. Marie.

- Friday, March 21- Drive to Sault Ste. Marie, Canada
- Stay at Glenview Vacation Cottages just north of Sault Ste. Marie
Rooms run about \$25 per night per person depending on number of people in cabin (max is 6)
- Saturday, March 22- Meet at: Agawa Canyon Snow Train operated by the Algoma Central Rail. Station and departure is located in downtown Sault Ste. Marie (exact locations will be provided with trip info for those participating)
- Pack a lunch and plan on being outside all day
- Outhouses along the way
- Stop at Norm's Cabin for a rest and snacks
- Finish with Stokely Creek Lodge for a barbecue
- Bus will transport you back to downtown Sault Ste. Marie to your car at the train station
- Saturday night either pizza party, potluck or dinner in Sault Ste. Marie depending on number of people.
- Sunday, March 23- Either go skiing or head home

To register for the Wabos Loppet please fill out the attached form and mail it to the address listed. I will collect money separately for the cabins.

Coordinator- Pam Riehl - Mtnclmbrpar@netscape.net or 248-709-6773 (cell)

North Manitou Island Backpack Memorial Weekend

North Manitou Island is part of Sleeping Bear Sand Dunes National Lakeshore. The island has a wide variety of natural beauty as well as an interesting human history, as evidenced by the interesting place names and ruins returning to nature, scattered across the island. There are 15,000 acres to explore and hike around. The topography varies considerably from low, sandy, open dunes to rugged bluffs.

There is a variety of wildlife on the island, including deer, raccoons that will steal your food, given the chance, and the piping plover, a shore-bird which is on the endangered species list, BUT NO BEARS!!! Fishing is permitted on Lake Manitou, with a valid fishing license.

Be prepared for a backpacking experience, as you will need to carry your own drinking water, and bring a cook stove. Campfires are not permitted in the wilderness area. Oh and by the way, there are no outhouses.

Cost of the trip is \$25 for adults and \$15 for kids 12 and under, which will cover the ferry ride over to the island. The park service charges \$5 per night per site for camping as well as a \$7 vehicle fee. You will be responsible for this cost, as it is NOT included in the \$25 for the ferry. The park ranger will collect this money from you on the island. You may choose to take the ferry over either Friday or Saturday at 10:00 AM SHARP, returning Monday at 11:10 AM SHARP!!! Ferry times are subject to change, please double check the times, as the ferry will leave without you.

Since this island is very popular, I will be making the ferry reservations in April, thus I need everyone to pay by the April meeting. After this time, if you still want to go, you will need to make your own ferry reservations.

At the May meeting I will have a list of people who are going on both the Friday and Saturday ferry. Please take a copy and try to carpool as much as possible. Also, since there will be a lot of people going on this trip, we need to practice minimal impact camping, so try to set up small (less than 8 people) hiking groups. Remember that your group will be responsible for their own food and gear (stoves, water filters, tents, first aid, bear bag etc.) PLEASE COME PREPARED!!

If you need additional information, please contact Leslie Cordeva at lesliegene@aol.com or (248) 547-5626. Please don't delay, as the ferry will fill up.

A reminder from your Membership Chairman

As of April the Ray will only be mailed out to 2003 members. March will be the last Ray unless you pay your 2003 dues (except Lifetime members who signed the application form in 2002-03). Forms are available in this edition of the Ray, the SOLAR website (www.solaroutdoors.org), or at the membership meeting. If you are unable to make the membership meeting just mail the application to me at the address on the bottom of the application along with your check or money order. Trip leaders and head instructors will be verifying your membership status for all SOLAR classes and SOLAR sponsored activities.

Mary Price, Membership Chairman

Rafting on the New River of West Virginia: 'ICE BREAKER'

This is a short article to let everyone know that I will be leading a white water rafting trip during the weekend of April 4th, 5th and 6th. This weekend is entitled 'ICE BREAKER' by the rafting outfitters for good reason. The water is cold, it maybe snowing and it is the official beginning of the 2003 rafting season. QUESTION: Why would any sane person want to raft this early in the year? ANSWER: No reason, because of course no sane person* would want to go on this rafting trip. This

message is not for the sane rafter*. This trip is meant for anyone who wants to raft on this planet's second oldest river during flood stage with people whose frozen smiles hide the inner warmth of adrenaline that has more mass than any grey matter you may find inside them. This trip is not meant for anyone that puts personal comfort ahead of team effort. This trip is not meant for anyone that doesn't embrace the cold. This trip is not meant for anyone doesn't respect the ways of

a wild river. This trip is not meant for anyone that doesn't want the ride of their life!

The cost of this trip will be \$100 or less. It will include rafting, taxes, tips, 2 nights camping, a barbeque and "open keg" on Saturday night. Wet suits are advised and may be rented from the outfitter.

Did I mention that this trip is not kid-friendly? Contact Mike Banks at slwolf52@yahoo.com or see me at the February and March meetings. The first paid will be

guaranteed a spot QUESTION: How many people really want to go on such a trip?

ANSWER: How many people of questionable sanity do we have in SOLAR?



SOLAR Backpacking Course - Spring 2003

You joined SOLAR to begin a lifetime of wilderness adventure. Right? However, you have to admit you don't know everything there is to know about wilderness travel. Who does? Where do you start on the path to enlightenment? One answer is the SOLAR Beginning Backpacking course.

Beginning Backpacking is designed for you to learn how to travel through the woods with the confidence that you have the basic knowledge and skills to do it safely. Will it teach you everything you will ever need to know? Heck no! It will however, give you the foundation to build ever-increasing skills and knowledge if you should so choose. It may also teach you that life in the woods is not for you, but at least you'll be richer for the experience of having tried it**.

Who is Beginning Backpacking for?

1. Anyone that hopes to take many of the other courses in SOLAR e.g. Wilderness Canoeing, Enjoying Michigan Winters, Advanced Backpacking & Leadership, etcetera.
2. Anyone who wants to increase his or her 'comfort zone' in the outdoors.
3. Anyone who wants to take a short cut to meeting many other SOLAR members, both new and old.
4. Anyone who wants to learn new techniques, gear and philosophy*** for traveling through the wilderness.
5. Anyone who needs one more excuse to spend more time talking about backpacking and more weekends doing it****.

What can you get out of this course?

1. Equipment needs, selection and use.
2. Basic land navigation skills.
3. Trip planning skills.
4. Environmental sensitivity.
5. Snaring sensitivity.
6. Critter avoidance.
7. Good times.

LONDON TRIP

I am organizing a trip to England the last two weeks of June. We will be staying three days in London then spending some time going to Stonehenge, Avebury Circle, Bath, and Bristol.

Planning a walk in the Cotswolds or the Brecon Beacons. Probably a hike called the three castle walk. We will be staying in youth hostels for the first part of the trip and the rest will be in a cottage that I can rent from the London Mountaineering Club.

This is not a back packing trip just day packs required. There is plenty to do around the cottage, mountain walking and rock climbing right outside the door. There are several castles in the neighborhood and the North Atlantic beach is not far away. I could be the Irish sea come to think about it.

There is a lot of biking around and bikes can be rented. If anyone is interested there are climbing classes up to what ever level you aspire to, also white water and sea kayaking classes guaranteed to get you rolling. Equipment for all can be rented.

I took peoples names and email at the meeting and sent out invitations to join the Ffrwyddar website as of now only one person has replied. This is how I am going to put this trip together so if you plan on going you really should reply. I have already sent out some messages. This trip will be limited to 12 people because of the cottage sleeping capacity. I estimate the cost at \$1550 including air fare but not food.

Contact me Peter Lamb at petekandu@yahoo.com

8. Friends.
9. A better understanding of yourself.
10. Something that I haven't written down here.

When does this course take place?

The class meets for 5 Thursday evenings in a row. The dates are March 27th and April 3rd, 10th, 17th, and 24th. The weekend practicals are April 12th & 13th and May 2nd, 3rd and 4th. The first weekend is compulsory!

Where does the course take place?

Thursday night classes take place at The Benchmark in the city of Farmington. Practical #1 will be in Pinckney State Recreation Area. Practical #2 is scheduled for the Moist Lakes area of the Huron National Forest.

WARNING: All students must be current members of SOLAR.

WARNING: Space is limited.

WARNING: All students must be registered in advance.

WARNING: Registration is available at the February and March meetings.

WARNING: The cost of this course is \$100 U.S. Make your checks payable to 'SOLAR'.

QUESTIONS? Contact Michael Banks at slyvntfa52@yahoo.com.

* Politically corrected for a 'G' rating.

** Politically corrected for overly sensitive wimps. Not that there is anything wrong with being overly sensitive or wimpish.

*** No knowledge of ancient Greeks wearing togas, ancient Indians wearing togas, ancient Chinese wearing togas or Harvard professors wearing togas is essential to this course. However, seeing 'Animal House' several times will help you better relate to your instructors.

**** What did you think was motivating your instructors?

Happy
St.
Patrick's
Day!



Upcoming Programs

At the end of each SOLAR business meeting there is a program for approximately 45 min to an hour. Programs vary from slide shows of members' trips to guest speakers on outdoor topics to special club events. 2003 programs are already filling up fast. Upcoming programs for the next several months are listed below. If you are interested in hosting a program or have an idea for a program, please contact Pam Rienl at pariehl@nbsc1pe.net. For the open months we are currently looking into guest speakers on SOLAR History, Weather, Archeology and Stars.

March- Wind River Trip- Karl Overheul

April- Mount Rainier- Jen Crawford

May- Club Elections

June- Open

SCHOOL FOR OUTDOOR LEADERSHIP, ADVENTURE & RECREATION

MARCH 2003

2nd	Sun.	Day Hiking	Bald Mountain Rec. Area	Need a Volunteer to Lead this Hike!	
4TH	TUES.	GENERAL MEETING - COLONY HALL / SOUTHFIELD	TOM OLOFFO	mcmountainman@yahoo.com	
6th	Thurs.	Rock Climbing	Planet Rock / Pontiac	Michelle Delaporte	tazspaz2@hotmail.com
8th	Sat.	Day Hiking	Proud Lake Rec. Area	Need a Volunteer to Lead this Hike!	
13th	Thurs.	Rock Climbing	Planet Rock / Pontiac	Michelle Delaporte	tazspaz2@hotmail.com
15th	Sat.	Kids Solar Roll at the Dome	Pontiac Silverdome	Meg Braun	megann34@ivillage.com
16th	Sun.	Day Hiking	Brighton Rec. Area	Need a Volunteer to Lead this Hike!	
20th	Thurs.	Rock Climbing	Planet Rock / Pontiac	Michelle Delaporte	tazspaz2@hotmail.com
22nd	Sat.	Day Hiking	Maybury State Park	Need a Volunteer to Lead this Hike!	
27th	Thurs.	Rock Climbing	Planet Rock / Pontiac	Michelle Delaporte	tazspaz2@hotmail.com
30th	Sun.	Day Hiking	Island Lake Rec. Area	Need a Volunteer to Lead this Hike!	

MARCH CLASSES

27th	Thurs.	Spring Backpacking Class	Benchmark	Mike Banks	slywolf52@yahoo.com
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APRIL 2003

1ST	TUES.	GENERAL MEETING - COLONY HALL / SOUTHFIELD	TOM OLOFFO	mcmountainman@yahoo.com	
3rd	Thurs.	Rock Climbing	Planet Rock / Pontiac	Michelle Delaporte	tazspaz2@hotmail.com
4-6th	Wknc.	White Water Rafting	New River	Mike Banks	slywolf52@yahoo.com
10th	Thurs.	Rock Climbing	Planet Rock / Pontiac	Michelle Delaporte	tazspaz2@hotmail.com
12-18th	Week	Live-a-Board Dive Trip	Bahamas	Roger James	
17th	Thurs.	Rock Climbing	Planet Rock / Pontiac	Michelle Delaporte	tazspaz2@hotmail.com
13th	Sun.	Kids Solar Ice Skating	John Lindell Ice Arena	Meg Braun	megann34@ivillage.com
24th	Thurs.	Rock Climbing	Planet Rock / Pontiac	Michelle Delaporte	tazspaz2@hotmail.com

APRIL CLASSES

3rd	Thurs.	Spring Backpacking Class	Benchmark	Mike Banks	slywolf52@yahoo.com
10th	Thurs.	Spring Backpacking Class	Benchmark	Mike Banks	slywolf52@yahoo.com
12-13th	Thurs.-Fri.	Spring Backpacking Class	Benchmark	Mike Banks	slywolf52@yahoo.com
17th	Thurs.	Spring Backpacking Class	Benchmark	Mike Banks	slywolf52@yahoo.com
24th	Thurs.	Spring Backpacking Class	Benchmark	Mike Banks	slywolf52@yahoo.com

MAY 2003

1st	Thurs.	Rock Climbing	Planet Rock / Pontiac	Michelle Delaporte	tazspaz2@hotmail.com
6TH	TUES.	GENERAL MEETING - COLONY HALL / SOUTHFIELD	TOM OLOFFO	mcmountainman@yahoo.com	
8th	Thurs.	Rock Climbing	Planet Rock / Pontiac	Michelle Delaporte	tazspaz2@hotmail.com
15th	Thurs.	Rock Climbing	Planet Rock / Pontiac	Michelle Delaporte	tazspaz2@hotmail.com
22nd	Thurs.	Rock Climbing	Planet Rock / Pontiac	Michelle Delaporte	tazspaz2@hotmail.com
23-26th	Wknc.	Backpacking	North Manitou Island	Leslie Cordova	lesliegene@aol.com
29th	Thurs.	Rock Climbing	Planet Rock / Pontiac	Michelle Delaporte	tazspaz2@hotmail.com
30-June 1	Wknc.	Camping	Point Pelee	Hope Ponsart	missshopes@aol.com

MAY CLASSES

2-4th	Wknc.	Spring Backpacking Trip		Mike Banks	slywolf52@yahoo.com
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FOR INFORMATION ON JOINING THE SOLAR CLUB, CONTACT MARY PRICE (248) 477-7547 or VISIT WWW.SOLAROUTDOORS.ORG

IF YOU WOULD LIKE TO PLAN / LEAD A SOLAR ACTIVITY,
CALL PEBBY MEDVED AT (248) 390-3969 OR MEDVED@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).**

Don't forget to check out
our website
www.solaroutdoors.com

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

