



School for Outdoor Leadership, Adventure, and Recreation [www.solaroutdoors.org](http://www.solaroutdoors.org)

## West Coast Trail

In the last issue you heard from the first group of SOLARites to do the West Coast Trail this summer. The second SOLAR group did the same trail, only in the opposite direction, from July 6, 2004 to July 19, 2004. The following reflects their experiences.



*Beach Hikers (All Photos by Tom Olaf)*



*Lynn and Roots*

### **My Favorite Things** *With apologies to Rogers and Hammerstein (lyrics reworked by Bob Rozelle)*

Starfish and sea lions, otters and eagles  
Ruby red sunsets and Chez Monique beagies  
Grey whales that glide through the ocean and sing  
These are a few of my favorite things

When the rung breaks, when the rock slips  
When the tide draws near, I simply remember my favorite things  
And then I will feel no fear

Roots to climb over and sand in my backpack  
Boardwalks and bridges and sight of a bear track  
Cougars that walk the coast trail in the spring  
These are a few of my favorite things

When the poles snap, when my strength saps  
When feet smell bad, I simply remember my favorite things  
And then I don't feel so sad

Friends to sing songs with and hike down the trail path  
A joke that is old but still is a big laugh  
Sleeping bags hung in a row on a string  
These are a few of my favorite things

When the car stalls, when the phone rings  
When my boss is mad, I simply remember my favorite things  
And then I don't feel so bad

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## Getting to the West Coast Trail

By Joan Tobin

By now you've read or heard about the many challenges you'll be faced with hiking the West Coast Trail. If you are thinking about going there, a challenge you will face that almost surpasses the hike itself is the logistical obstacle of getting to the trailhead - whichever end you choose to start from!

If you have unlimited resources of wealth and time, it's a piece of cake. Fly direct to Victoria and hire a cab to drive you to the trailhead. Or, like our counterparts who hiked the trail earlier this July, simply spend a few extra weeks and drive out west, park your car for \$20 in Port Renfrew and set out for the hike of a lifetime.

For those of us with constraints on our financial and vacation resources, we had to get creative with what seemed to be a logistical nightmare.

Fly to Seattle, Vancouver or Victoria? Shuttle to and from the airport? Ferry from Seattle or Vancouver to Victoria? Drive a rental car or take a bus to the trailhead? The options seemed endless and every choice had a schedule associated with it. We quickly realized that our eight day hike required two more days on each end for travel time. In order to get to our destination by our July 23 permit date, we decided to work backwards. Who was willing to take us to the trailhead and at what cost?

Little by little we discarded alternatives. The first decision came in early March when the Ranger from BC Parks told me by phone that most rental car agencies wouldn't give you insurance for the drive to Bamfield. She very politely explained that since you are traveling on logging roads, the logging trucks have the right of way, and she wouldn't advise the novice driver to take on that challenge as we may never make it to the trailhead. We needed no further convincing and crossed the rental car idea off of our list.

Our decision was confirmed by our traveling Ray editor, Pete Lamb, when he returned from the WCT: "The ride to Bamfield is a trip, 3 hours of the worst roads this side of Nepal and if it's not wet, there's dust you can't see through and huge I mean really huge logging trucks doing 60mph with 100,000 lbs of logs piled on them."

We moved on to buses and shuttles. Although there were countless choices, the West Coast Trail Express Bus appeared to be the best option since their whole business is getting you to the trailheads at Port Renfrew or Bamfield. The bus left from Victoria each morning at 6:40 a.m. We made a reservation for Thursday, July 22, the day before our permit start date.

Now the challenge became how to get to Victoria in time to get the West Coast Express by 6:40 a.m. on July 22. Airfare direct from Detroit to Victoria was exorbitant so most of our group settled on flying into Seattle. We bridged the gap between Seattle and Victoria with a reservation on a high speed ferry, the Victoria Clipper. Our travel plans were in place, and we were ready to go.

After we all gathered in Seattle (although two of our party headed first to Vancouver) the Victoria Clipper provided a delightful ride to Victoria, complete with the added travel



Joan and Totem Pole



Cindy and Roots

## Getting to the West Coast Trail (cont'd)

bonus of \$1.50 Kokanee beer special, a rousing game of Euchre and shopping at the duty free on board. What more could you ask for?

Following a night in Victoria, the entire group of nine gathered at the bus station, excited to get to the West Coast trailhead. Its name a bit deceiving, the West Coast Trail Express turned out to be a school bus from the 1960's. You may remember it from your grade school days, the bus with the uncomfortable seats and the windows that don't readily open or close, even when a billowing dust cloud is engulfing you on the logging roads. While it was an exciting ride that rivaled many amusement park roller coasters, it also brought a mix of flashbacks from the 3<sup>rd</sup> grade. I had a compelling desire to hang on to my lunch money during the entire 6 hour ride. Although lunch was not at a school cafeteria, we did have a short stop at a 7-11 in Port Alberni. For every drink purchased you got a free bag of potato chips! A treat near and dear to our hearts, knowing we would soon be eating mashed potatoes and oatmeal for the next week.

With great readiness we arrived at the WCT! It took planes, shuttles, ferries, cabs, and buses to get us there, but we made it.

And you know the rest of the story.....

## Reflections from the Tidal Pools

*by Michael Banks*



*Arch*

I have you ever noticed how some trips lose the chronological order to events and places very quickly? The details of what we saw, heard, smelled and what we felt do not lessen. The experience retains its strength in our memories.

We remember what is vital. We drop the filler. This was obvious as we West Coast Wunderkinder recounted the day some of us heard a cougar while some of us saw it. We were split into 3 or 4 groups as we went around a point. Each of us could remember the beach, the scastack, what we saw and what we heard. We just didn't seem to have days or place names in common. Were the omissions important? If you were a ranger taking notes, the answer would be yes. Most of us will be happy to have known we were being watched or to have caught the glimpse of that long tail

or to share the stare into those hypnotic eyes. We don't need to know if it was on a Saturday. This is how our minds work. At least ... this is how my mind works.

I remember ...

- Joan on top of a cliff staring into the brightness that was cutting through the morning fog and singing "Here Comes The Sun" while out of a passing group of fast-hiking Japanese seniors came the retort "Doo Da Doo Doo" ... and I say, It's alright.
- Tom singing Laura Albin's praises as his climbing instructor.
- The look in Roxanne's face as she waited for her morning song.
- Cindy's spontaneous 'Ride Sally Ride' retort to the 'Book of Sally.'
- Bob spending 3 days perverting a song the nuns had taught me.
- Knowing our theme song was unquestionably 'Slip-sliding Away.'
- Judy's epiphany that she spent 8 days living in a musical.
- Watching a dozen sea otters playing in the flooded shell and surge channels under the bright yellow moon.

## Reflections from the Tidal Pools (cont'd)

- The eternal smile that Lynn used to reassure the world.
- The look on a young woman's face as Judy told her "We had an eagle for lunch yesterday." Of course, she misspoke. It was breakfast.
- The feeding frenzy at Nitinat Narrows as crabmeat, crabshell and crabjuice flew across the table at crab-allergic Bob.
- Hearing the echo of a seal's bark in a sea-cave.
- Seeing our friends on a rock as a whale spout shot behind them.
- Hubbard's flying-crane yoga position ... on an upended log ... as the wave came in ...
- A dozen seal heads staring at you as they bob in the waves.
- The red that so often decorated our shins
- The orange salmon flesh being devoured by a green sea anemone.
- The gold of an elephant seal as it swam below our cliff-top perch.
- The first squish of mud in the morning.
- The joy of the pulsating back massage from Tsusiat Falls.
- Being sick of hearing my own voice talk about 1) Albertans, 2) the OTHER park whose name shall not be spoken, and 3) Germans.
- The thrill of being six again and playing on a 47-mile long jungle gym.
- The satisfaction of playing euchre with questionable characters and more questionable partners. (You know it couldn't have been me!)
- The PRIDE I felt as 9 SOLARites grabbed their gear and responded to an emergency call while others did nothing.

These are a few of my favorite things. I, of course, remember the roots, rocks and mud. They were the filler.

### WORK WANTED

THE FOLLOWING INDIVIDUALS ARE SEEKING EMPLOYMENT IN PACIFIC RIM NATIONAL PARK ON THE WEST COAST TRAIL.

THEY ARE IMMEDIATELY AVAILABLE AND WILL WORK FOR TRAILFOOD.

Joan Tobin, Bob Rozelle, Lynn Dubay, Mike Hubbard, Roxanne Bitner, Tom O'offo, Judy Petrella, Cindy Taylor and Michael Banks



*Lynn and Ladders*



*Waterfall*

## Colorado Summits 2004 Trip Report *by Jason VanderJag*



### Friday July 30th & Saturday 31<sup>st</sup>

Leaving from Grey Ivanov's office in Farmington at 12:30pm put us east of Chicago during the start of rush hour. Later, the four hour interval driving shifts were starting to break down, and we both had to sleep at a rest area in Nebraska for about four hours. Feeling rejuvenated, at 5 am we were on the road again. Driving through Nebraska was nice. It was all flat, straight, and the speed limit most all the way though was 75mph. At this rate we made good time and arrived in Colorado Springs at about 3:00pm to meet my friend Jackie at a 7-11. After going over to her house for a nice salmon dinner, we discussed plans for the evening. The plan for Pike's Peak was to ascend from Manitou Springs and make a two day hike to the summit of Pike's Peak. Jackie needed to return to work Monday, so we decided to leave Saturday evening to hike to Barr Camp. We got everything together and headed out at about 6:00 pm. The parking lot for Barr Trail was nearly full. After hiking up to the 10,200 foot elevation of Barr Camp under a full moon we were all tired and ready for sleep.

### Sunday August 1<sup>st</sup>

Route: East Slopes III, class 1

Summit: Pike's Peak

Trailhead: Manitou Springs (Barr Trail)

Elevation: 14,110'

Distances: 12.8 miles (one way), 7,400'

Waking up at 4:30am to summit Pike's Peak from Barr Camp, we hit the trail at about 6:00 am. At timberline is a shelter logically referred to as A-Frame, and it offered a stunning view. We took an extended break and some photos. As we were heading back to the trail we noticed a lot of people. They were trail runners who drove to the top of Pike's Peak (there's actually a highway that goes to the top of Pike's Peak) and ran down and then back up. As we continued hiking above timberline, the number of these runners increased dramatically. It was a bit much considering we were carrying full gear, were not acclimated, and needed to share the trail with many others. We later found out that the Pike's Peak marathon was in a couple of weeks and all of these people were training for it. When we finally arrived at the summit at about 12:00 pm there were people everywhere. I knew there was a gift shop at the top, but I didn't think it was going to be so big and crowded. The Cog was parked at the top along with about a hundred cars. After a good, hot meal from the restaurant, Jackie hitched us a ride down with a couple staying in Manitou Springs right next to our trailhead. I tried to be entertaining as I felt a small debt to the couple; they probably paid \$20.00 to drive up the highway. When we returned to Jackie's, we did some laundry, showered, and went out for Mexican. This is when the car trouble started. I noticed a strange noise coming from the engine of my car and later in the evening the battery was dead. There was a plastic pulley sitting on top of the engine. After a new battery and a temporary fix of the pulley we were set for the next day.

### Monday August 2<sup>nd</sup>

Getting up at about 4:30am we were off to Quandary Peak to summit, but we didn't get far. After driving about 15 miles my engine compartment started making strange noises again, and soon after I lost all power except to the engine itself. Forcing my car off the road I noticed my engine compartment smoking. Lifting the hood we saw a smoking, melted serpentine belt. Luckily Grey is very good with engine repair and had his tools with him. Getting a ride to the auto parts store from a local police officer, he had to wait an hour or two for them to open, buy all of



the parts, and then hitch a ride back. After getting everything replaced we later had more problems; the engine was quitting on me while I was driving. Somehow we had lost most all of our engine coolant. My 98' Malibu has 130,000 miles on it and has needed very little repair. It was running great before we left. What a time to break down. All of the repairs took us about nine hours, making a summit bid on Quandary out of the question. We drove there anyway and hiked around the area. I am glad we did because it was beautiful country. We arrived at our next trailhead very late.

**Tuesday August 3<sup>rd</sup>**

**Summit: Mt. Lincoln, Mt. Democrat, Mt. Bross**  
**Elevation: 14,286', 14,148', 14,172' (respectively)**

**Route: Lincoln Amphitheatre, class 2+**

**Trailhead: Montgomery Reservoir Trailhead**

**Distances: 10.5 miles, 3,370' (Mt. Lincoln)**

Getting on the trail at 6:00am for Mt. Lincoln, we were greeted by a huge headwall that was a bit difficult to navigate. The class 2+ second section of this route was the Lincoln Amphitheatre which was nothing but boulders and scree. The third section was a steep grassy hill. At this point I was having a lot of trouble breathing. I could only take three or four steps before having to stop for air. Finally, I made it to the top of the grassy slope where Grey was waiting for me. Skipping our acclimation day was really starting to show, but the exposure I was getting helped me acclimate for upcoming summit bids. After summiting Mt. Lincoln we were off to Mt. Cameron (an unofficial fourteener). Cameron's summit is very broad, and we could soon see our next summit, Mt. Democrat. The view of Democrat from Cameron shows a few broken trails, but once we were on Democrat they were difficult to find. We climbed the steep slope of sharp broken boulders to the top where a long break was warranted. Returning to Cameron and then to Bross we had reached our final summit for the day. A family there had taken a Chevy Silverado to the top. Mt. Bross is covered with four wheel drive trails and it is common to see trucks sitting on the mountain somewhere. Nearly twelve hours later we descended the Lincoln Amphitheatre and returned to the car. It was off to Mt. Sherman. The road to the trailhead of Sherman was washed out and impassable in our two wheel drive car, so we tried the easier, Fourmile Creek trailhead. It was over ten miles of the most miserable dirt road I have ever been on. It felt like my car was going to shake apart. When we finally got there, it looked bad and we decided for an easy summit of Quandary the next day and a little rest afterward. We drove to Quandary Peak and set up camp. I was so tired at this point that I barely made it out of the car and into the tent.

**Wednesday August 4<sup>th</sup>**

**Summit: Quandary Peak**  
**Elevation: 14,265'**

**Route: East Slopes II, class 1**

**Trailhead: Monte Cristo**

**Distances: 5.4 miles, 3,370'**

Waking up at a late 9:00am, I opened the tent door to be greeted by a car bumper. When we arrived at the gravel parking lot the night before there was only one car and we set up camp. When we awoke the next morning, the lot was full. Getting dressed and heading up the trail, I noticed that this was a very popular destination. As brutal as the previous day was it did help me to adapt to the altitude. My breathing was greatly improved. This was a much easier hike. Feeling acclimated and ambitious, we opted for an unplanned summit of Long's Peak. Arriving at the nearly full \$30 per night campground at Long's we were very impressed by all the information at the ranger station. A three dimensional model of the class three mountain made me feel that we were getting into something of a different breed than before. We were told that crampons and an ice axe were highly recommended for this climb due to unusually late snow on a couloir at about 13,700'. After some discussion and noting that others seemed to be able to get around the snow, we decided to go and see for ourselves if it was passable. It was official... we were going up.



**Thursday August 5<sup>th</sup>**  
**Summit: Long's Peak**  
**Elevation: 14,255'**

**Route: Keyhole II, class 3**  
**Trailhead: Long's Peak**  
**Distances: 15 miles, 5000'**

Waking up at 2:00am and hitting the trailhead at 5:00am we saw that we were not alone. A group of 30 or so kids was heading up to hike somewhere around the area. We signed the trail register and started on our way up. After hiking up well maintained switchbacks for most of the morning we entered the boulder field at about 12,750' and were surprised to see pit toilets and overnight campers. Keyhole was now in sight. After passing through Keyhole, we hiked along a steep ledge to the couloir where the supposed snow hampered our navigation. We decided to hike around the snow and up to the summit. After getting up the couloir we needed to get across another ledge along the face of the mountain called The Narrows and then up to the Homestretch. This is a long steep slab of rock that took us up to the summit. Finally reaching the summit at a little after 10:00am, it was time for some food and rest as we were greeted by a hungry marmot. I have seen this marmot in pictures of other trip reports and am thinking that there is only one marmot up here. I think he or she deserves a name... how about Marmy? We headed back down the long trail and drove south-west out to Mt. Massive and Mt. Elbert for the next two days' hikes. Having summited five fourteeners without a shower was becoming very unpleasant. We absolutely had to do something. Grey, being very creative, made a shower out of an old detergent container, our rainflys, rope, and some boiling water. It had some openings that people might have been able to see through, and as soon as I got in it, a group of people passed down the road by our site. It was a little uncomfortable, but the feeling after I dried off was like no other.

**Friday August 6<sup>th</sup>**  
**Summit: Mt. Massive**  
**Elevation: 14,421'**

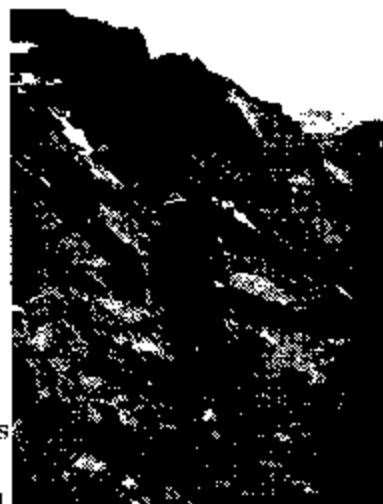
**Route: East Slopes, East Ridge II, class 2**  
**Trailhead: Mt. Massive Trailhead**  
**Distances: 12.5 miles, 5,820'**

Leaving our camp, we were off to summit Mt. Massive. We had planned on taking a less popular ridge route up. Under the darkness of early morning this seemed unwise, so we took the standard route up. This route has a well maintained trail all the way to the top where we hiked up into the clouds. The clouds were a bit dark and a little discomfoting due to the thunderstorms up here. We summited and headed down quickly. The clouds seemed to lighten a bit, so we opted to take the ridge route down. The trail for this route was completely over grown (mosses etc.) as if we were hiking through untouched wilderness. We were still well above timberline and the views were unbeatable. I took a nap on a 12,000 foot peak where I could have slept all day. We finally hiked down to timberline and bushwhacked back to the main trail. For the first time all week we had some time to relax at about 3:00 pm. Our camp was waiting for us, and my bed was calling my name. After dinner I went to bed where I got 12 hours of some of the best sleep ever.

**Saturday August 7<sup>th</sup>**  
**Summit: Mt. Elbert**  
**Elevation: 14,433'**

**Route: Northeast Ridge II, class 1**  
**Trailhead: North Mt. Elbert**  
**Distances: 9 miles, 4,400'**

Feeling sore and a little beat up we were off to our final mountain. Mt Elbert is the highest peak in Colorado. It is also the second highest in the lower United States after Mt. Whitney in California. Because of this, it is also a popular peak, and like Mt. Massive there is a well maintained trail all the way to the summit. I thought I would be more excited when getting to the top, but, like all of the other summits, I was too tired and just felt like resting. Returning to the parking lot, I felt the elation of fulfilling our goals. I had a strong desire to check my email and return to civilization. All in all it was a fantastic trip that gave me the experience that I have been craving all year.



## **SOLAR Program Schedule** **From the SOLAR Program Director**

*Linda Rudrick*

### **SEPTEMBER PROGRAM**

The Michigan Technical Rescue Operations Team (MTROT)  
(See details below)

### **UPCOMING PROGRAMS**

**October:** An award winning program featuring bats of the world  
By: The Organization for Bat Conservation

**November:** SOLAR mountaineering & winter classes presentations

**December:** Annual Holiday Bash

**Please Note:** All programs will take place at Colony Hall immediately following the SOLAR Business meeting.

### **More about the "Michigan Technical Rescue Operations Team "(MTROT)"**

This is a volunteer search and rescue team that provides support to Michigan. They are skilled, well trained and utilize state of the art equipment. In natural disasters or emergency situations such as a collapsed building, a wilderness and lost person search, water and ice recovery, rope rescue. They will aid local first responders. To learn more, visit their web site: [www.mtrot.org](http://www.mtrot.org).

#### **Types of Incidents to Which MTROT Responds:**

Structural Collapse  
Cave-ins and Trench Rescue  
Confined Space Rescue  
Water and Ice Recovery  
Wilderness and Lost Person Search  
Aviation Incident  
Mass Transportation  
Rope Rescue



### **Canoeing for the Fall**

by Margaret Martin

**Get Lunar Party** (Lunar Eclipse Night) Be whisked through the waters in a canoe or kayak to watch the moon rise over the lake. Return for pizza, smores, hot chocolate, soda, and see the lunar eclipse beginning at 8:45 p.m.

**Date:** Thursday October 28th

**Price:** \$25 (includes dinner and rental)

**Time:** Arrive at 6:00 p.m. 6:30-8:00 p.m. Paddle . Dinner from 8:00-9:00 p.m. Eclipse at 8:45 p.m. & Bonfire (at two locations)

You need to pre-register by contacting Rose Marie at Heavner Canoe Rental Huron River, Proud Lake State Recreation Area 2775 Garden Road, Milford, Michigan 48381 Phone: (248) 685-2379 Fax: (248) 684-7939 Email: [AlanHeavner@heavnercanoe.com](mailto:AlanHeavner@heavnercanoe.com) Web Site: <http://www.heavnercanoe.com/>

For more information, call Margaret Martin at 734-721-2821 or e-mail at [MLMPLUSCAT1@cs.com](mailto:MLMPLUSCAT1@cs.com)



**SOLAR SEPTEMBER 2004 CALENDAR**  
School for Outdoor Leadership, Adventure & Recreation

**SEPTEMBER ACTIVITIES**

7	TUE	<b>GENERAL MEETING</b>	<b>COLONY HALL</b>	Tom Hayes Linda Rodrick	thomashayes@wideopenwest.com lindamra@aol.com
3-5	WKND	Program: Search & Rescue BICYCLING, WINE TASTING THEATER	Niagara on the Lake	Tim Klepaczyk	htjester@yahoo.com
10-12	WKND	WORLD WIDE COASTAL CLEAN-UP**	Nordhouse Dunes	Vida Ruggero	rageti@hotmail.com
10-12	WKND	DeFRANCE ANNUAL CANOE OUTING**	Hale, MI	M & D DeFrance	defranceomr:ex@comcast.net
21-26	MULTI	BACKPACKING-FULL	Gila Wild, NM	Dick Ebenhoe	rjebenhoe@yahoo.com
24-26	WKND	BIKING- MACKINAC	Wilderness St. Pk	Heggie Hayes	thomashayes@wideopenwest.com
25	SAT	WHITE WATER RAFTING / GAULEY FEST**	West Virginia	Linda Hill	riverwoman@comcast.net

**SEPTEMBER CLASSES**

8,15,22,29	WED	BASIC BACKPACKING CLASS	Southfield	Carol McCririe	cmccririe@sbcglobal.net
18-19	WKND	BASIC BACKPACKING CLASS PRACTICAL #1	Pinckney Rec	Carol McCririe	cmccririe@sbcglobal.net

**Articles are due September 8 for the October RAY issue to Pete Lamb at Petekandu@yahoo.com**  
(Please Note- date earlier than usual due to vacation)

**OCTOBER ACTIVITIES**

5	TUE	<b>GENERAL MEETING</b>	<b>COLONY HALL</b>	Tom Hayes Linda Rodrick	thomashayes@wideopenwest.com lindamra@aol.com
15-17	WKND	Program: Bats WALKERS COLOR TOUR	Jordan River	Don Wold	dwold12972@aol.com
28	THUR	MOONLIGHT CANOEING**	Proud Lake	Heavner Canoe	248-685-2379
29-30	FR/SA	SOLAR HAUNTED HALLOWEEN <b>KIDS EVENT</b>	Bald Mt. Cabins	<b>NEED VOLUNTEER TO LEAD</b>	
30-31	SA/SU	SOLAR HAUNTED HALLOWEEN <b>ADULTS EVENT</b>	Bald Mt. Cabins	Tom Oloffo	mcmountainman@yahoo.com

**OCTOBER CLASSES**

1-3	WKND	BASIC BACKPACKING CLASS PRACTICAL #2	Pictured Rocks	Carol McCririe	cmccririe@sbcglobal.net
6	WED	ADVANCED LAND NAVIGATION- Class	EMS	Karl Overheul	cybernomad@backpacker.com
7,14,21	THUR	SEARCH & RESCUE- Class	E. Pointe HS	Tom Hayes	thomashayes@wideopenwest.com
9-10	WKND	ADVANCED LAND NAVIGATION- Practical	Waterloo	Karl Overheul	cybernomad@backpacker.com
20	WED	BASIC LAND NAVIGATION- Class	EMS	Karl Overheul	cybernomad@backpacker.com
22-24	MULTI	SEARCH & RESCUE- Practical	Island Lake	Tom Hayes	thomashayes@wideopenwest.com
23-24	MULTI	BASIC LAND NAVIGATION- Practical	Waterloo	Karl Overheul	cybernomad@backpacker.com

**UPCOMING ACTIVITIES**

Jan. 29-Feb. 10	Cross Country Skiing**	Austria	Leslie Cordova	lesliegene@aol.com
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FOR INFORMATION ON JOINING THE SOLAR CLUB, CONTACT PENNI LOPEZ (248) 477-7547 OR VISIT [WWW.SOLAROUTDOORS.ORG](http://WWW.SOLAROUTDOORS.ORG)

IF YOU WOULD LIKE TO HELP PLAN AND/OR LEAD A SOLAR ACTIVITY, CONTACT  
PAM RIEHL SZAKAL AT (248) 695-0387 OR SEND EMAIL TO [solaractivities@netscape.net](mailto:solaractivities@netscape.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)

# Women's Backpacking Workshop

September 10-12 Class & 24-26 Practical

**From the Beginning Outdoors Women to the Advanced Outdoors Women, You Will Gain More Knowledge from This Class Than You Can Imagine**

## Twenty Three Topic Sections

- |    |                            |    |                                       |
|----|----------------------------|----|---------------------------------------|
| 1  | Dealing with Stress        | 13 | Common Injuries & Preventing Injuries |
| 2  | Yoga                       | 14 | Minimizing the Load                   |
| 3  | Building Self Confidence   | 15 | Gear & Clothing for Women             |
| 4  | Setting Goals              | 16 | Equipment Repair                      |
| 5  | Medical Needs              | 17 | Solo Hiking & Traveling               |
| 6  | Hygiene Products for Women | 18 | Self Defense                          |
| 7  | Periods                    | 19 | Knots                                 |
| 8  | Pregnancy & Children       | 20 | Primitive Skills                      |
| 9  | Menopause                  | 21 | Orienteering                          |
| 10 | Bladder & Yeast Infections | 22 | Trip Planning                         |
| 11 | Cold Extremities           | 23 | Women's Educational Groups            |
| 12 | Tricks & Tips              |    |                                       |



## Twenty Three Reasons from past students why you should take this class

- 1 I really appreciated the hands-on and interactive format of the workshop.
- 2 I learned so much more from this format as opposed to a strictly lecture format.
- 3 The workshop was much more personal and enjoyable.
- 4 Most of the topics covered were not included in the Basic Backpacking, so the information in the workshop was new and very relevant to women.
- 5 It was a very safe and open environment where everyone was able to learn and have a lot of fun at the same time.
- 6 Everyone's questions were taken seriously and answered thoroughly.
- 7 I would recommend this workshop to others because all of the information was new, relative to women, and very different than Basic Backpacking.
- 8 It was also very enjoyable and we all had a great time and came away with much more confidence and knowledge.
- 9 I definitely would recommend this class-I found it very rewarding and fun!
- 10 I loved the practical!
- 11 The workshop gave us gals time to talk openly about feminine topics or topics that guys sometimes make fun of us doing.
- 12 It was a good confidence builder.
- 13 All instructors were a tremendous help in answering questions without making the student feel dumb.
- 14 I liked the fact that each of you were able to share different opinions.
- 15 I like the fact that you continued to ask each of us how we were doing, and to be honest about it.
- 16 This is a great class for people to gain skills for being a leader.
- 17 I really appreciated your patience with each one of us.
- 18 You allow an environment for "on the trail" learning with-in keeping a good attitude.
- 19 I'm learning if I want to know something to speak up.
- 20 Because its almost impossible to assist everyone individually in the beginning backpacking class, this class helps people like me and gave me the needed time to learn things.
- 21 Gave me the chance to physically "do" stuff that I didn't get the chance to before.
- 22 What I really liked about the class were the outside speakers you brought in, the Yoga person, the Self-Defense people, Primitive Skills people, etc.
- 23 I would recommend this class to any women!

**Weekend class retreat will be at Bald Mountain Recreation Area, September 10-12. The practical will be the weekend of September 24-26. Cost will be \$80 per student, covering basic materials, cabins, permits, parking, and miscellaneous items.**

**For more information contact Peggy Medved at (248) 390-3969 or [HiYa@voyager.net](mailto:HiYa@voyager.net).**

## Cross Country Skiing In Austria-January 28-February 7, 2005

By Leslie Cordova

### Seefeld, Austria



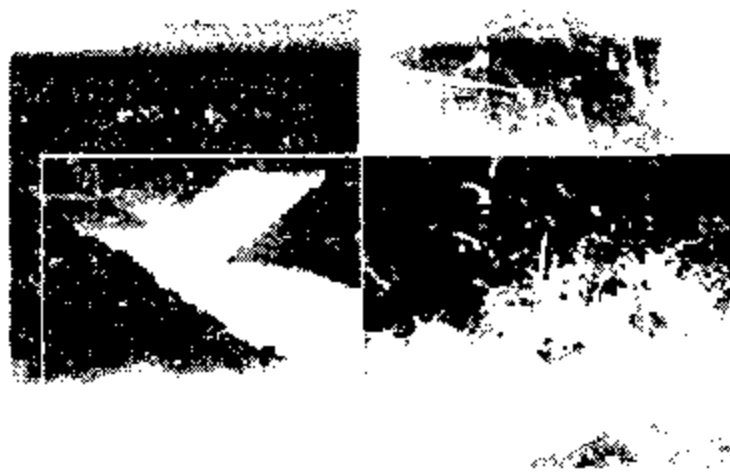
**Trip Description.** This non-SOLAR trip is one of those trips of a lifetime. The dates are January 28 - February 7, 2005. The plan is to ski in the Seefeld Austria area, with over 100 miles of superbly tracked cross country ski trails. These trails connect to numerous villages where you can get something to eat or drink. Seefeld is a quaint Austrian alpine village and served as the cross country ski venue when the Winter Olympics were held twice in Innsbruck. You can also take the train into Innsbruck (16 miles) or to various cities in Germany. There is winter hiking too, as Seefeld maintains an extensive trail system. Or you can relax and take a sleigh ride, ice skate or downhill ski.

**Trip Summary** This trip includes round trip air from Chicago to Munich, private bus transport from Munich to Seefeld, 9 nights lodging, 9 breakfasts, 9 dinners, trail passes

for cross country skiing or hiking and entry to the Seefeld Pool Complex. The cost is \$1,800 per person for double occupancy, \$1,950 per person for single occupancy.

A deposit of \$200 is needed by September 10, 2004. Sound like something interesting?? Contact Leslie Cordova for more information. (248) 547-5626 or [lesliegene@aol.com](mailto:lesliegene@aol.com).

### The Gauley River



### WHITEWATER RAFTING and the GAULEY FESTIVAL

On the Class 5 Gauley River in West Virginia

Saturday, September 25<sup>th</sup>, 2004

- 5 - 7 hour raft trip
- Upper, Class III - V+ rapids
- Gourmet riverside lunch

For trip details, see the August SOLAR Ray.

To sign up, see below:

1. See the outfitter's web site at [www.narr.com](http://www.narr.com).
2. Then call NARR at 1-800-950-2585
3. Tell them you want to be on the 9:00 Upper Gauley trip, Reservation #13792.
4. Provide your credit card number (Total cost with taxes, 2 nights camping, one breakfast and one dinner is \$209.05, or \$191.50 without meals).
5. Write to me that you are going at [hilll@panasonic.com](mailto:hilll@panasonic.com) or [riverwoman@comcast.net](mailto:riverwoman@comcast.net).
6. Get ready to have an awesome time!

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 MEETINGS**

Are held the first Tuesday of every month in Southfield at the Colony Mall, 21780 Evergreen (between 8 & 9 Mile Roads ) at 7:30 p.m. Visitors can come in for free

#### **Solar Steering Committee**

<b>President</b>	Tom Hayes	<b>Equipment</b>	Carol McCririe
<b>Vice President</b>	Lou Szakal	<b>Historian</b>	Charles Haisey
<b>Secretary</b>	Cindy Taylor	<b>Membership</b>	Penni Lopez
<b>Treasurer</b>	Reggie Hayes	<b>Programs</b>	Linda Rodrick
<b>Activities</b>	Pam Riehl Szakal	<b>Pub. Relations</b>	Mary Price
<b>By-Laws</b>	Gloria Fontaine	<b>Solar Ray</b>	Pete Lamb
<b>Education</b>	Gene Cordova	<b>Webmaster</b>	Karl Overheu
<b>At Large:</b>	Mike Banks • Mae DeFrance • Al Fylak • Steve Gardner • Bill Halvingie • Cindy Harrison-Felix • Doug Lanyk • Larry Martin • Joan Hettinger • Leslie Cordova • Joan & Bob Westbrook • Tom Olofto		

**SOLAR Steering Committee Meetings** –The Steering Committee meets on the last Tuesday of every month at 7:30 p.m. These meetings are usually open to the general membership. Anyone who is interested in learning what topics are discussed, the decisions being made, or contemplating running for a position on the Steering Committee, is welcome to attend. If you are interested in attending the Steering Committee Meeting, contact Tom Hayes at (586) 778-3589 or thomashayes@wideopenwest.com.

**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 chairperson, Penni Lopez at [kayekrawler@yahoo.com](mailto:kayekrawler@yahoo.com)

#### **Submission Guidelines:**

(Submissions are due on the Friday two weeks prior to the monthly Steering Committee Meeting (September 8 for October issue). Electronic files accessible to Word are required.) Pete Lamb, 409 E. Southlawn, Birmingham, MI 48039 Or call 248-644-5851 E-mail: [Petekandlu@yahoo.com](mailto:Petekandlu@yahoo.com)

VISIT OUR WEBSITE: [WWW.SOLAROUTDOORS.ORG](http://WWW.SOLAROUTDOORS.ORG)

GENE & LESLIE CORDOVA  
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OAK PARK, MI 48237

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

