



Search and Rescue Training

By Debbie Zuchlewski

A group of backpackers are stranded after a rock slide, a hunter is missing, a woman with Alzheimers wanders away from home, 2 boy scouts get separated from their pack and are lost. Search and rescue volunteers are immediately assembled. The ability to save a life often depends upon how quickly the person can be found. The SOLAR Search and Rescue class trains volunteers for helping in a formal search and rescue operation.

Tom Hayes, lead instructor, along with his team of instructors, guided 12 students through the basics of Search and Rescue, including an overview of SAR systems, the Incident Command System, SAR philosophy, predicting lost person behavior, land navigation and orienteering, helicopter operations, clue consciousness, search tactics, search operations, tracking, safety in SAR environments, ready pack considerations, SAR resources and technology, basic rescue equipment and operations, and communications.

After 3 weeks of classroom instruction the class participated in a weekend practical at Brighton Recreation Area. Fifteen of us spent the weekend in a luxurious cabin complete with 3 level bunk beds, propane lanterns, an outhouse, pump, and a newly installed propane heater. (For most SOLARites the cabin would be considered indulgent accommodations). The weather was perfect, and the fall colors were at their peak.

The weekend involved progressively more complex SAR simulations. The class's first task was to use their new clue consciousness skills to find 54 mardi gras necklaces strategically placed throughout the woods. Dave Sweeton personally found almost half of the necklaces. (Some still think Dave had necklaces stashed in his back pocket before the exercise began). As coincidence would have it, Debbie Dufus happened by not once but twice, hysterically looking for a lost relative. Our team of newly trained SAR volunteers jumped into action and found our missing person. By Sunday the team was ready for their final test—yet another missing hiker. The team once again jumped



Students learning to transport a patient on a litter

into action, organized incident command, broke up into two search teams, and found our lost hiker in a record 2 ¼ hours. Unfortunately, our hiker was injured, but the team was well prepared to assess her condition, apply appropriate first aid, move the hiker onto a gurney, and carry her to safety. Yeay. Success.

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SAR (cont'd)

To keep our SAR skills current, we are planning a weekend practical for all SAR graduates next spring. The search and rescue simulation will allow us to keep our skills fresh, get out for a weekend adventure, and spend time with new and old friends.



Tara Boise, Incident Commander and Tim Davis, Operations Chief, at the command post directing the teams out in the field



The Graduating SAR class from top left Tom Black, Samantha Schaefer, Tara Boise, Dave Sweeton, Victim Carol McCrie, Chuck Smith, and Andrew Stoik. On bottom are (left) Kathryn Drewyore, Tim Davis, and Chrissy Spafford

Homemade Equipment & Tips

by Debbie Zuchlewski

- Make an oven by lining a stout cardboard box with aluminum foil and pushing coat hangers through both sides about half way up the box to form your grill. Put coals in a pan and put the pan on three stones on the bottom of the box. Close the doors (lid) and bake away.
- Canning rings can be used to cook your eggs for egg sandwiches. (Works well for English Muffins or Hamburger buns).
- Use a large zip lock plastic bag, filled with air, as a pillow
- If for health reasons you must sleep on a cot in cold weather, insulate yourself from the cold air under the cot with several layers of newspaper.
- Old shower curtains make great ground cloths.
- Waterproof matches by dipping them in melted paraffin.
- Make fire starters by filling paper condiment cups with sawdust and pouring melted paraffin into the cup.
- Use a cookie tin as a Dutch oven. Prescription bottles make good match safes.
- Placing a plastic garbage bag over logs in a triangle will create a wash basin.
- Cutting slivers off scrap lumber and heating in the oven to dry out the wood will produce some very dry tinder. Remember to store them in plastic bags for your next trip.
- Save candle stubs for fire starters or to use as paraffin to make other fire starters.
- To help shed burrs easily, rub the laces of your hiking boots with paraffin wax before hitting the trail.
- Waxed milk cartons are an excellent source of emergency kindling. Cut cartons into slivers, and wrap a bundle of them in plastic and carry them along in your pack.
- When handling evergreens or pine cones, you can remove the sticky sap from their hands easily if you use baking soda or turpentine instead of soap to wash.
- Kitchen foil can add extra warmth to your boots. Trace each foot on a piece of foil and add a 5 cm border. Place the foil inside your boots, shiny side up so you benefit from radiant heat.

Rattlesnake Point Climbing and Hiking Trip

*written by Jason Vanderjagt, Winnie Chrzanowski, and
Pete Lamb*

Many of you are familiar with Conservation Halton and more specifically Rattlesnake Point. This area is part of the Niagara Escarpment which is a limestone outcrop that runs from western New York State, forms Niagara Falls and runs into Ontario, Canada, through the Bruce Peninsula, up into the Upper Peninsula of Michigan, and on through to the Door Peninsula in Wisconsin. Rattlesnake Point is a small section of the escarpment and allows for great rock climbing and hiking. Taking advantage of this beautiful area was the goal of our trip on September 30th. SOLAR's return to this scenic area after an absence of several years is long overdue and should be a welcome addition to the Ray's calendar of events. This area is only a three hour drive from the Detroit area and is rich in things to do. SOLAR has run several archeological trips there. Mountain biking is an option, as well as hiking along the Bruce trail and caving.

Fifteen SOLARites (Jim and Allison Martell— with rock climbing child), Joann Sarrasin, Joann Gadbaw, Pete Lamb and his son Shannon and Shannon's friend Anca Marinescu, Winnie and Al Chrzanowski, Mike Strawn, Jeff Enterkin, Janet Schester, and Jason) were able to make it over the weekend. Most came late Friday night with a few more arriving Saturday. Rick Waller, Mike Hubbard and a very good climber from Eastern Europe joined us for some rock climbing but stayed in another area of the park. We split up into two groups with one hiking and another climbing. The



Jason learning cordalefts and cams



Jason on the climb

cliffs are about thirty to eighty feet high and are great for top roping and getting beginning climbers started. The climbers set off to the cliffs to pick up a few routes while the hikers hit the trails. Normally on these climbing trips we set up top rope systems, but Shannon was able to lead all the climbs up to 5.11. We all climbed as seconds on his rope. This saved a lot of time and gave us the opportunity to familiarize ourselves with the use of cams, cordalefts and hanging belays.

Hiking at Rattlesnake Point, on the Niagara Escarpment and the Bruce Trail, may not be as exciting as climbing, but it's challenging in its own way. While Jason, Pete and the rest of the climbers hung around Rattlesnake on Saturday, some of us hoofed it via the 7.2 km Nassagaweya Canyon Trail to Crawford Lake. The natural earthen trail, not a loop so it's 14.4 km round trip, crosses Nassagaweya Canyon and leads to the Crawford Lake Conservation Area.

The beautiful, pristine waters of Crawford Lake

Rattlesnake Point Climbing and Hiking Trip (cont'd)

have drawn people to its shores for hundreds of years. An elevated boardwalk with interpretive lookouts surrounds this rare meromictic lake. A meromictic lake has layers of water, which do not intermix. The deepest layer of water in such a lake does not contain any dissolved oxygen. The layers of sediment at the bottom of a meromictic lake remain relatively undisturbed because there are no living organisms to stir them up. Consequently, the lake holds secrets from the Iroquoian Village that used to exist on the shores of the lake. Archaeologists have drilled core samples of pollen dating back hundreds of years to learn about the agricultural history of the native Iroquois Indians.

The 15th century replica of this village can be visited, but we chose to skip that part of the conservation area. Since the day was so gorgeous, we opted to take the boardwalk



Hikers Joann G., Joann S., Winnie C., Jeff E., Janet S.

around the lake—as if we weren't going to get in enough hiking by day's end. (Pictures of the unfaltering hikers can be found on the Yahoo! Group site.)

At hike's end, the two Joanne's and Winnie made a wine run into lovely downtown Milton and, of course, had to visit the local supermarket for just a few more snacks to assuage our hunger pangs.

As the sun began to sink lower in the West and dinners were finished and utensils put away, the makings for sticky s'mores and a welcoming campfire were brought out. To complement the traditional campfire dessert, everyone added stories of what they did that day and what they hoped to do on Sunday.

Sunday we mostly all stuck together for a trip to Mt. Nemo. Mt. Nemo is another section of the escarpment that offers longer more advanced climbs. People started heading home throughout the morning and early afternoon. The weather was great all weekend, and some good climbs were done.

SOI AR used to have monthly trips to Rattlesnake, and at the end of the season had a grand finale which included a bike race up the escarpment, rock climbing, and hiking—as well as the famous cooking contest. The dish had to be done on a backpack stove and be relatively practical on the trail. It would be nice to bring these practices back to the group next year. It was nice to see that Pete and the Canadians had kissed and made up.



5.11 move on lead

SOLAR DECEMBER 2005 CALENDAR

School for Outdoor Leadership, Adventure and Recreation— www.solaroutdoors.org

DECEMBER ACTIVITIES

5	TUE	GENERAL MEETING	COLONY HALL	Tom Hayes	thomashayes@wideopenwest.com
5	TUE	Program: Holiday Party		Linda Rodrick	lindamra@aol.com
9	FRI	SOLAR RAY articles DUE (Send to petekandu@yahoo.com)			
9-11	WKND	Camping Trip	Wakely Lake	Doug Lanyk	dslanyk@earthlink.net
18	SUN	DSO Outing**	Orchestra Hall, Detroit	Elizabeth Schwab	ges1339@yahoo.com

DECEMBER CLASSES

Dec 7, 14, Jan 4, 8-9, 11, 18, 25, 27-29	WED/ WKND	Enjoying Michigan Winters	TBA	Tom Olcfo	mcmountainman@yahoo.com
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JANUARY ACTIVITIES

3	TUE	GENERAL MEETING	COLONY HALL	Tom Hayes	thomashayes@wideopenwest.com
3	TUE	Program: Erik Weißenmayer Documentary		Linda Rodrick	lindamra@aol.com
6-8	WKND	Rafting/Snowshoeing	Jordan River	Vida Ruggero	rageti@hotmail.com
27-29	WKND	Carter Caves Crawlathon	Carter Caves State Park, Kentucky	Leslie Cordova	lesliegene@aol.com

JANUARY CLASSES

14	SAT	Beginner Cross-Country Ski Class	Cross Country Ski Headquarters, Roscommon	Larry Mergentime	larrymergentime@yahoo.com
21	SAT	Intermediate/Advanced Cross-Country Ski Class	Cross Country Ski Headquarters, Roscommon	Larry Mergentime	larrymergentime@yahoo.com

FEBRUARY ACTIVITIES

3-5	WKND	Cross country ski weekend	Lake Ann, Michigan	Jim Cce	jimc36@comcast.net
7	TUE	GENERAL MEETING	COLONY HALL	Tom Hayes	thomashayes@wideopenwest.com
10-12	WKND	Dogsledding	Algonquin Provincial Park	Karen Bates	lady_musher@yahoo.com
17-19	WKND	Outhouse Race	Caseville, Michigan	Penni Lopez	kavekrawler@yahoo.com
18-25	MULTI	Baja Sea Kayak Trip	Baja, Mexico	Winnie Chrzanowski	wcinro@yahoo.com
19-23	MULTI	Yellowstone Cross Country Ski Trip (FULL)**	Yellowstone National Park	Pete Lamb	petekandu@yahoo.com

FEBRUARY CLASSES

Feb 2, 9, 16, 19, 23, Mar 4, 5-7	MULTI	Winter Survival	TBA	Doug Lanyk	dslanyk@earthlink.net
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UPCOMING ACTIVITIES

April 13-20	MULTI	Caribbean Trip (FULL)**	St. John, Virgin Islands	Jim Gessner	gessnerj@prodigy.net
July 15-Aug 15	MULTI	Extended backpacking trip	John Muir Trail	Dave DeFrance	defranceomn@comcast.net

FOR INFORMATION ON JOINING THE SOLAR CLUB, CONTACT PENNI LOPEZ (248) 259-3732, kavekrawler@yahoo.com OR VISIT WWW.SOLAROUTDOORS.ORG

IF YOU WOULD LIKE TO HELP PLAN AND/OR LEAD A SOLAR ACTIVITY, CONTACT

KEVIN COTTER (248) 524-9637 OR SEND EMAIL TO solar@wowway.com

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)



SOLAR Program Schedule
From the SOLAR Program Director
Linda Rodrick



**DECEMBER PROGRAM: SOLAR's Annual
"Holiday's Around the World" Party!**

What: A GREAT time celebrating the holidays and Solar's own ethnic diversity!

When: Tuesday, December 6th after our general meeting concludes

Where: Colony Hall (our usual meeting location)

Please bring: a favorite side dish or dessert to pass.

(Consider making it an ethnic favorite!)

You are also welcome to bring an adult beverage.

Solar will provide soft drinks, sandwiches and paper products.



Please join us in this evening of fun and celebration of
SOLAR's diversity.

Feel free to wear your ethnic (or holiday) clothing. Just
remember your dancing shoes as we'll have a DJ
with great music and dancing! Children are
welcome!



UPCOMING SOLAR PROGRAMS

JANUARY: "Farther than the Eye can See": A DVD documentary of the first blind
climber to summit Mt. Everest

By: Erik Weißenmayer

Three records were set by a group of climbers on Everest in 2002. Erik Weißenmayer was the first
blind climber to summit the world's tallest mountain! Join us in viewing the documentary of this
memorable adventure and discover the other two records set by this group. Perhaps we can all
experience the power of not letting others define who we are and what we can accomplish!

Other upcoming programs...

- Massage Therapy: a hands-on presentation
- North Central Trails presentation

Please note: All programs take place at Colony Hall immediately following the SOLAR business.

Note: Contact Tom Olofo at mcmountainman@yahoo.com for access to the SOLARoutdoors website to
communicate quickly with other SOLAR members and receive the SOLAR Ray online.

Solar Ray Hiking Postings for December 2005

Matt Dalton, 248 360 0031 Phone

If you know in advance that you will participate with a specific hike, email, post a message at the Solar Yahoo group site or call Matt Dalton. We will coordinate hikers, car pooling, etc. and let others know who's participating.

Getting exercise, having fun, seeing new places and meeting Solar Club members – this is what the weekly hikes are all about.

Hike Schedule:

Saturday December 3, Lyon Oaks County Park, Entrance on Pontiac Trail, just East of Old Plank Rd., South of I-96, North of Pontiac Trail. Cross Country skiing possible. Hiking Difficulty: Easy to moderate, *(Leader Needed)*

Sunday, December 11, Proud Lake State Rec. Area. I-96 to Wixom Rd. Exit 159, north 6 miles to park. Meet in 1st parking lot past Park Headquarters, Wixom Rd./Garden Rd right before Heavner's Canoe Rental. Hiking difficulty: Easy to moderate. *(Leader Needed)*

Saturday, December 17, Pinckney State Rec. Area. US-23, West on N. Territorial Rd, Meet Silver Lake Beach parking lot. Hiking Trail difficulty: Easy to moderate. *(Leader Needed)*

Sunday, December 25th, Merry Christmas: NO Hike Planned. Suggestion... take a family member out for a fun walk after dinner. If you really want to hike, post something on the SOLAR Yahoo site and see who responds.

Contact: Matt Dalton at: 248 360 0031 or mdalton@ameritech.net if you're planning to attend any of the hikes or if you'd like to lead one of these hikes.



Fun Run & Fitness Walk

A Fitness Walk and Fun Run will be held on Belle Isle on December 31st at 3:00pm to raise funds for the Special Olympics. This is an especially kid friendly event with prizes, T-shirts and food for all.

Cost is \$20 for prior registration or \$25 on the day of the run.

If interested, contact Matt Dalton at mdalton@ameritech.net or call him at 248 360 0031.



Calling All Winter Adventurers!

Want to try a winter rafting trip? Snowshoeing? Skiing? Join the winter fun week-end trip Jan 5 – 8 to raft the Jordan River with a snowshoe hike, too. Stay in Boyne City to enjoy more winter fun, like cross country skiing, downhill skiing, ice skating, sledding, and great restaurants and entertainment. Lodging will be in a rented house so we can enjoy all the comforts of home. Cost for lodging, rafting and snowshoe hike is \$100. Just rafting and snow shoe hike is \$45

Please plan to bring all appropriate winter attire and any additional snow sport gear you will need for the winter fun of your choice.

No group meals included or planned – to allow people the flexibility to come and go as their heart's desire. But you know how we SOLARites like to bring enough to share. Trip is open to SOLAR members and families, but sorry, no pets. Contact Vida Ruggero at rageti@hotmail.com or at (810)923-3839 with questions.

**ALL LEVELS, NO EXPERIENCE
NECESSARY!!!!**

**KID FRIENDLY (MUST BE 6 TO
CAVE)—NO PETS
January 27-29, 2006**

CAVING AND OR HIKING IN KENTUCKY

It's that time of year again time for the 25th 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. It is a great way for people to get acquainted with caving as a wide variety of cave tours are offered, 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 \$60 per person, payable to SOLAR. Since this trip will fill up, only payments in full will be accepted to hold your spot. This year we are staying in the cottages, complete with 2 bedrooms, 2 beds each, 2 bathrooms, full kitchen and living room. Some cottages have fireplaces.

You will need to download the crawl-a-thon entry and release forms yourself from www.crawlathon.com, or call the park at: (606) 286-4411. Generally the forms are not available until mid December. You will then



© Dave Burnell

need to send in both forms yourself with a check for \$30 per adult, 15 per child 6 - 12 (last year's fee, the current fee could be higher) to Carter Caves. Your \$15-\$30 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 (limited) and headlamps (limited) 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. To be fair, those who have not been on SOLAR caving trips previously will get first dibs on pads and headlamps.

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

Wakely Lake Camping

by Doug Lanyk

I'm planning a weekend trip December 9-11th at Wakely Lake. The activities will be weather dependent and could range from hiking, backpacking, XC skiing, to canoeing or kayaking. This will be tent camping, at least 1/4 mile from the parking lot, possibly a lot further. The official campground is on Wakely Lake itself and has picnic tables and water available. However, camping is allowed anywhere that's 300 ft from water.

Wakely Lake is 8 miles East of Grayling. It's a wildlife restoration area specializing in loons and bald eagles. It is also 3 miles from the Mason Tract. Between the two there will be at least enough hiking to fill 3 days. When I skied there last winter, there were animal tracks everywhere. It is also on the Au Sable River, so boating from Grayling is a possibility. If a river run is decided upon by the group, you will need to supply your own boat, as I doubt the liveries are open in December.

Cost should be minimal, say \$10 a person for the camping permits. The weather could range from 60 and sunny to a blizzard. I'm guessing 25 degrees and rain, so be prepared for anything! I will be taking sign-ups at the December meeting. Also trail maps and a list of people for carpooling and tent sharing will be available. If you have any questions or want to come aboard without going to the meeting, you can contact me at 248-634-4551 or dslanyk@earthlink.net

Cruise Mexico's Sea of Cortez without Polluting the Environment

by Winnie Chrzanowski

I'm planning a sea kayak trip to the Sea of Cortez Islands in Baja (Loreto), Mexico February 18-25, 2006. The trip is through an outfitter—Sea Kayak Adventures (SKA), www.seakayadventures.com. Check out their website.

Cost: \$1200 per person, \$200 non-refundable deposit required ASAP as February 18-25 is peak whale watching season and it's the only week available with 13 openings. Airfare is NOT included; you can either fly into Loreto Mexico airport or fly into Cabo San Lucas and take the bus to Loreto—an 8-hour ride for about 30 USD per person—can't remember if that's one way or round trip. The bus is comfortable, has AC and TV—in Spanish, of course.

If you want to go, contact the outfitter directly to pay your \$200 deposit and be sure to mention my name (Winnie Chrzanowski) and that you're with the SOLAR group.

Skill level: No experience required. We have 11 openings for this trip.

Cost includes two nights (first and last—two per room) in top-notch hotel with pool and restaurant and within walking distance to downtown Loreto, ground service at Loreto Airport, all gear (two person sea kayaks, PFDs, camping equipment, dry bags, etc.) except personal stuff, experienced guides, cocktail hour and all meals while kayaking (meals before and after kayak trip are on your own).

Add a one-day Magdalena Bay Whale Watching excursion aboard 22-ft skiffs (pangas) for \$120 each plus \$65 hotel cost for the extra night (2 people per room).

Al and I took a similar trip through with SKA a couple of years ago and it ranks on my top 10 list of vacation spots. The guides are superb, the food is excellent, and the equipment in great condition.

For more info, you can visit SKA's website, e-mail me (wcinro@yahoo.com) or call me 248-797-9967.

Will you survive?

by Doug Lanyk

You're out for a light-backpacking trip at Nordhouse. You take a day hike to the lighthouse with the weather starting clear but degenerating into a 30-degree rain. You discover the trail map you have has blown away in the gale force winds, and the trail is getting icy as the temperature plummets. O@#% your companion just fell and broke his leg. It's getting dark. Now what? Similar events have happened to SOLAR members, but with good foresight they had acquired the skills to deal with the unforeseen. If you wish to be able to face those extra challenging days that we all could run into, take SOLAR's Winter Survival Class.

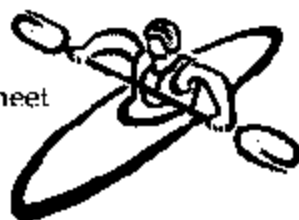
Class will be on all the Thursdays in February and the first one in March. The practicals will be February 19 and March 3-5. The cost will be \$90 and the payoff possibly lifesaving. I need 12 students to run the class and have an upper limit of 20, so get in line and sign up early. I would like deposits to be paid at the December meeting and full payment in January. Books need to be ordered soon.

Prerequisites

- Enjoying Michigan Winters without Leaving the State.
- Wilderness First Aid (Strongly Suggested)
- Search and Rescue (Strongly Suggested)
- Land Navigation (Strongly Suggested)
- Top Rope Class (Suggested)
- Advanced Backpacking (Suggested)
- Primitive Skills Workshop (Suggested)
- Edible Plants Course (Suggested)
- Leadership (Suggested)

SOLAR Kayakers

SOLAR members interested in setting up a kayak schedule for next year are invited to meet at Nancy McMahon's house at 6:30, December 16 for planning and a holiday get together, b.o.b. We're looking for ideas for day paddles and weekend trips. (243-203-9660, funoutside@aol.com)



Enjoy Michigan Winters BACKPACKING!

by Tom Oloffo

Winter backpacking skill is not just for the winter, it is 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 does go HORRIBLY WRONG on that simple 3 hr. ski trip. You can also use these skills in the summer on glaciers and snowy 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 12-7 & 12-14. All other classes and practicals will be held in January at locations to be announced. 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, or E mail me.

This course is open to the graduates of the S.O.L.A.R.'s Basic Backpacking course. This course is also the prerequisite for the Mountaineering & Winter Survival courses. For safety reasons, the Wilderness First Aid course is highly recommended for all of these classes.

Come Play in the Winter in Roscommon—January 13 and 14

by Mary Dunn

Opportunities abound for cross country skiing and snowshoeing in the Grayling area. Hartwick Pines State Park and Forbush Corners provide rustic to well groomed trails for both sports. The Mason Tract along the Au Sable River is a more natural setting, and Hanson Hills just outside Grayling has trails for the novice and most experienced skier. Many will be taking ski lessons Saturday, January 14 in Roscommon. Join SOLAR members in two cabins with furnished kitchens in Grayling's Woodland Motel. The cost is a total of \$50, including lodging for both Friday and Saturday January 13 and 14. Contact Mary Dunn for more information mjd70b@msn.com or 248-585-9954. Signup will be taken at the December meeting.



Winter Camp

So get off that couch and cut down on heating bills by being outdoors—it's a great place to be—even in Winter !!

To sign up or if you have any questions contact — TOM OLOFFO. mcmountainman@yahoo.com (313) 477-0221.

THINK SNOW

Tropical Trail Salad

From *Lip Smackin' Backpackin'*
contributed by Pete Lamb

Two and a half cups cooked brown rice soaked in ½ cup lemon juice and ½ cup coconut milk. Let it soak for ½ hour.

Add 1 grated carrot and apple and 1 cup shredded cabbage, 2 stalks celery thinly sliced, 1 cup chopped dried apricots, ½ cup chopped dates, ¼ cup toasted almonds, dried parsley, 1 ½ teaspoon salt and ¼ cup honey. Mix all together. Place 2 ½ cups per tray and dehydrate. Each tray is a serving. Package each serving in a resealable plastic bag.

Add 1 cup water to a bag of rice mix in the morning before hitting the trail. Be sure it is sealed well. By lunchtime you will have a delicious tropical salad waiting for you. (This is one of my favorite lunches — Pete.)

ABL - #2
Pam Riehl Szakal
ABL Graduate, 1998

Pukaskwa National Park is a trail you hike backwards. A boat drops you at the official end of the trail and you spend 7 days hiking back to the start. After 5 days on the trail we were like cattle smelling the barn door open and anxious for a bed, a good meal and some adult beverages. This particular day had been longer than we anticipated. Although we averaged 6-7 miles per day, the terrain and trail maintenance (or lack of it) made it seem more like 10.

As we got close to our campsite, we noticed "bear alert" signs posted along the trail. We had seen a lot of scat along the trail and footprints in our campsites, but our only bear sighting was one high in the tree, and we scared him as much as he scared us. We also had not seen one other person the entire 5 days. We approached our site tentatively and kept our eyes open for bear, as it was already dusk. Although our site had no bear signs, the outhouse had large amounts of trash dumped around it so we decided to be cautious. This was unusual for the trail, as all other sites were pristine and well maintained.

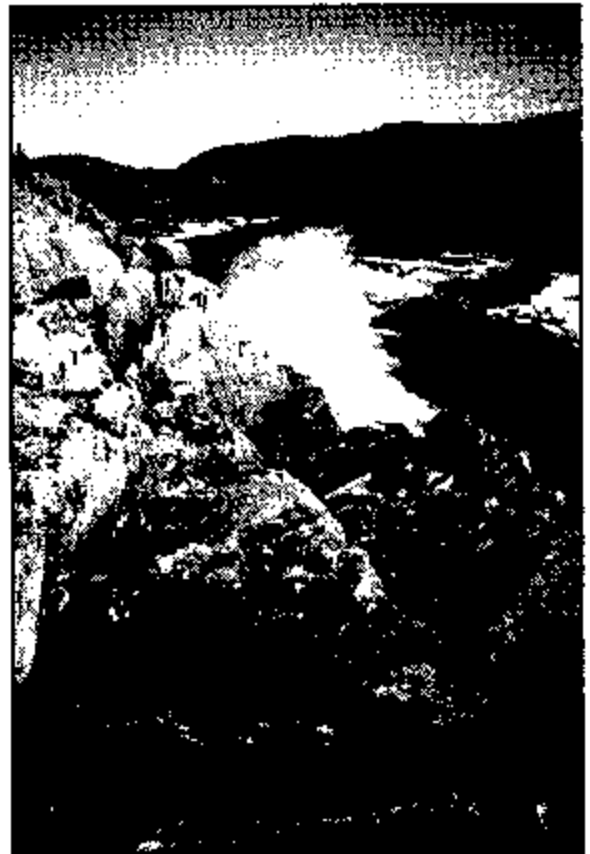
After preparing dinner in the dark, we hit the hay early, as we were to hike out to the trailhead the next day. At 3am I went to the bathroom and noticed a beautiful display of the northern lights. After watching for 1/2 hour we went back to sleep. When we woke in the morning we were greeted to our first day of rain. Our tents were soaked and our packs seemed to gain all the weight we had lost along the trail.

As we were about to depart, Lester and Mike told us to put our packs down as they had an activity we had to perform. What we thought was another one of Lester's famous "lessons" turned out to be an eye opener for all of us. In the morning light Lester noticed a backpack, sleeping bag and some clothing along with the trash around the men's outhouse. We spread out and walked in a line looking for signs of an animal attack or other articles left behind. We walked slowly, tentatively and with some butterflies in our stomach. We documented and photographed all items.

Luckily we found no signs of a bear attack. Upon exiting the park we reported the incident to the ranger station. Luckily no one was missing, no reports of an attack had occurred, and we were happy to know our efforts had a good ending.

This one incident changed a lot for all of us in the first-ever SOLAR Advanced Backpacking and Leadership Class. That day we realized how serious this all was and what the expectations were of us as leaders. If it had been me on the trail leading a group of people, I am not sure I would have had us participate in the same activity before taking this class. But after completing the class and going through this real life scenario, I am more confident in my skills as a leader, being able to make the tough decisions and putting myself into uncomfortable situations.

Advanced Backpacking and Leadership hones your physical and mental skills. It also opens doors to who you are and what potential you have. It brings the skills you learn in all the other SOLAR classes together and takes it one step further. If you have any desire to lead a wilderness trip, advance yourself as a leader or challenge yourself in the outdoors, then this class is for you. As Lou said, the worst that can happen is that you get in shape, gain new skills, and make great friends—sounds worthwhile to me!



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 Hall, 21780 Evergreen (between 8 & 9 Mile Roads) at 7:30 p.m. Visitors can come in for free.

SOLAR Steering Committee

President	Tom Hayes	Equipment	Dave DeFrance
Vice President	Lou Szakal	Historian	Dick Ebenhoe
Secretary	Debbie Zuchlewski	Membership	Penn Lopez
Treasurer	Carol McCririe	Programs	Linda Rodrick
Activities	Kevin Cotter	Pub. Relations	Mary Price
By-Laws	Cindy Taylor	SOLAR RAY	Pete Lamb
Education	Mike Banks	Webmaster	Karl Overhaul
At Large:	Mike Banks • Moe DeFrance • Al Fylak • Steve Gardner • Bill Halvingis • Cindy Harrison-Felix • Doug Lanyk • Larry Martin • Joan Hettinger • Leslie Cordova • Joan & Bob Westbrook • Tom Obloff		

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@wileopenwest.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, Penn Lopez at kavekgraylo@yahoo.com

Submission Guidelines:

(Submissions are due on the Friday two weeks prior to the monthly Steering Committee Meeting (Dec. 9 for the January issue). Electronic files accessible to Word are required.) Pete Lamb, 409 E. Southlawn, Birmingham, MI 48009 Or call 248-644-5831 E-mail: PeteLamb@aol.com

VISIT OUR WEBSITE: WWW.SOLAROUTDOORS.ORG

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