



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

## Spring Backpacking in New Mexico

by Don Wold with Photos by Pete Lamb

With heightened expectations of spring flowers and warm weather the 7 of us (Grey Ivanov, Pete Lamb, Bonnie Michalak, Don Wold, Mo and Dave Defrance, and Lucky) headed out to Colorado Springs to begin our adventure. We had to break into two groups due to Dave's unfortunate cross country skiing accident 2 weeks before the trip. Dave, Mo and Lucky decided to drive around New Mexico and visit such places as Carlsbad Caverns where they saw a million bats fly from the cave. They also visited the UFO capital of the world, Roswell, New Mexico where unfortunately they did not see anything fly by. Grey, Bonnie, Pete, and I decided to stick with the original plan of hiking in the Sangre de Christi Mountains.

The plan was to park our car and backpack up to the ridge at 10,300 feet. We were then to hike a long the ridge back to the car. The first day went well. We hiked in about 2 miles and set up camp. The temperature at night dropped down into the single digits, but we had a good campsite and trees overhead kept off some of the four inches of snow that fell over night. We all survived the night thanks to the winter camping class we took (Thank you, Tom O.)



Losing a layer



Spring in New Mexico?

The next day we found ourselves over our heads (in snow that is). After post holing 5 hours up to the ridge, we decided to turn back. We had 18 miles to go and we were making less than half a mile per hour and the snow was getting deeper and more powdery. We almost lost Pete Lamb after he fell in the snow. When Pete tried to get up,

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## Spring Backpacking in New Mexico (cont'd)

he first found his trekking pole and then his arm buried in the snow and still he did not find the bottom. We hiked back down to the road and hitchhiked back to the car.

We then drove to the Pecos Wilderness Area in an effort to avoid the deep snow and set up camp. The next day we had an enjoyable 9 hour hike in one of the canyons next to the campground. The scenery was stunning. Bonnie learned some valuable rock climbing skills as we were forced to hike up to the top of the canyon to get around some impassable areas. She also learned to cross the river on ice covered logs and frozen snow bridges—doing things she swore she could not do.

The next day we drove to a higher altitude to hike. We had to park the car 2 miles short of the trailhead. We were prevented from going further because one of the lanes had collapsed into the canyon. After gaining about 500 feet in elevation, we were then again turned back by snow. We hiked back to the car and began to drive back to the campground. We soon found our way blocked. Someone had locked the access gate and blocked the road ahead of us. (It was open just 4 hours earlier.) Fortunately a forest ranger came by to open the gate just in time. The four of us then went looking for a snow free camp site and drove along a very interesting road into the mountains. This road



*Down one side - Up the other*

started with so much promise. It was paved and free of snow. The dropoff on one side was a bit startling at times but that was on the passenger side not mine. After a while the road turned on us. It twisted like an angry rattler and turned to a dirt road. It started to get muddy on the bends so much so we decided to turn back. Now we had to go up hill around those hairpin bends and the only way was to floor it and hang on as the wheels churned through the mud. I think it will be quite a while before Dave washes the last of the New Mexico mud from his vehicle that we were using.

The next 2 days we hiked in the Santa Fe National Forest. We ran into some snow, but it was possible to hike in it. After that the whole group met in Santa Fe for dinner and to plan the next two days. Mo, Dave, and Bonnie decided to drive back to Colorado Springs but were thwarted by a fifteen inch snowfall that closed the freeway. They went south toward Texas. Grey, Pete and I drove to Bandelier National Monument to do a 2 day 19 mile backpack trip. As it turned out, Bandelier was a hidden gem. The 600 foot canyons and plateaus provided us with many stunning photographs. A good time was had by all. We also got to say hello to Laura Albin and Dave Forester. They miss all their friends at SOLAR but they have found a similar group and hope to make new friends out there in Colorado.



*On the Cliff*

## Spring Backpacking in New Mexico (cont'd)



*Spring Climb*



*Spring Hike*



### ICE AXE—THANK YOU!!!!!!!!!! - SOLAR

*by Sharon Sharon*

High points in life come.....some are planned.....some spontaneous. SOLAR has brought many experiences in which to achieve those high points. SOLARites seem to love the outdoor adventure, the crisp clear starry nights, the splash of the canoe or kayak paddles on distant shores, and the camaraderie and laughter around the whisperlite at day's end.

Not all people understand the need to leave the bustle of the city, the rush of the expressway, the intensities of the job, and head for the quietness of the trees, the whistle of the wind, the warmth of the sun.

Many classes offered in SOLAR allow the opportunity to learn and grow with people of like interests. The Mountaineering class was one such class. A High Point: — **Part 1** of the class — Instructors and students meeting every Wednesday night in a backroom storage area of Moosejaw — assigned readings, knots to practice, quizzes to take and stories shared of past mountaineering adventures. Practicals — dressing in layers for warmth, learning the art of roping up, rescuing from ice crevasses and self arrests on icy glaciers. Waking up at midnight with your breath coming like smoke on the cool crisp night air to hike for hours up and down dunes (some pretty steep), covered with a clear starry night and a trail of headlamps before and behind you. A High Point. And now.

**Part 2**..The true high point — up 14,000 feet comes in June.

Receiving the ice axe as a prize in the Mountaineering class was, I believe, a goal (much as the mountain) to be worked for with effort. The class itself was a goal but much like the work it takes to achieve a 14,000 foot climb. There may be many points where some of us find our "highest point" may not be at the 14,000 feet. Succeeding will be in making the best effort and having the ability to recognize when the limits of that best effort will be attained.

As a person grows in giving a best effort from beginning backpacking to winter survival to eskimo rolls and all the skills in-between — success has been achieved.

The points of the ice axe will help achieve the climb to Rainier, but the high points of encouragement, support and friendships from instructors and classmates along the way through many SOLAR outings have far longer lasting effects.

SOLAR has been a wonderful experience. Encourage those around you, tell others of your experiences. Share the wealth and reach for your — HIGHEST POINTS.



## Memorial Weekend—Hiking, Boat Touring, Site Seeing—Tobermory, Canada

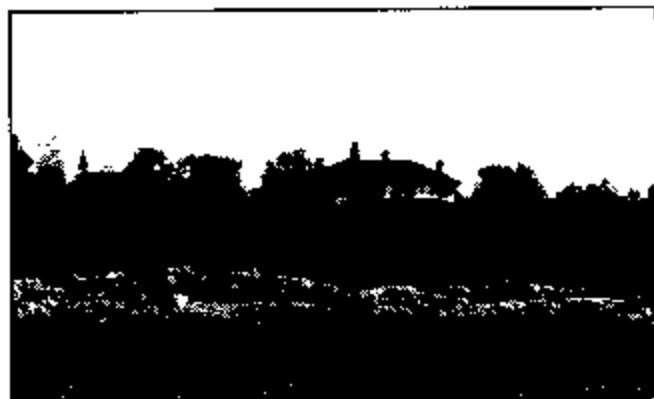
by Leslie Cordova

Come join us as we spend Memorial Weekend, May 27–30, exploring this magnificent area of Canada. Tobermory is considered a paradise by naturalists, hikers and kayakers. It offers a wide variety of outdoor activities and scenery that is absolutely breathtaking. Hike the majestic cliffs of the Niagara Escarpment along the Bruce Trail or the inland trails of the Bruce Peninsula National Park. Numerous boat tours are available. Or bring your kayak and paddle on the (we hope) calm waters. There is a lot to do in the area. Visit the official website, [www.tobermory.org](http://www.tobermory.org).

We will be staying at the Trails End Lodge, <http://members.rogers.com/artamos/home.htm>. The lodge is situated on five acres of waterfront property overlooking the Islands of Fathom Five National Marine Park, just a 15 minute walk to the shops and restaurants in the Village of Tobermory. We have the entire 9 bedroom, 3 bath, 2 kitchen lodge reserved. There is a living room, a verandah and deck. Most kitchen utensils are provided, along with bedding and towels.

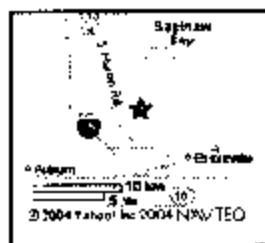
There will be the traditional potluck on Saturday night; the rest of the meals will be on your own.

This kid friendly, no pet weekend can be yours for a mere \$50 USD for 3 nights lodging. Interested? Contact Leslie Cordova at (248) 547-5626 or [lesliegene@aol.com](mailto:lesliegene@aol.com). Hurry as there are only 25 spaces available, and as always, it will be first pay, first go.



## Camping Weekend at Bay City State Park

by Margaret Martin



Are Dutchman's Breeches **a**: clothing worn by Netherlands' mariners, **b**: a constellation, or **c**: a spring wildflower? Is a tufted titmouse **a**: a mushroom **b**: a bird, or **c**: a wildflower? When is a cattail not attached to a feline? Come discover spring at its best on this camping weekend. Bay City State Park hosts a wide variety of flora and fowl, as well as a nature center and great hiking and biking trails. Come have a great time! For those who do not wish to stay the night, we'll be hiking both Saturday and Sunday, so just come for the day!

**Who should come:** Anyone interested in wildflower identification, bird watching, star gazing, or other stuff outside. Kid friendly.

**What:** Wildflower identification, bird watching, stargazing and car camping.

**Where:** Bay City State Park, Bay City, MI

**When:** Friday-Sunday, May 13-15, 2005

**Why:** Just because it's spring and it's a great time to go outside.

**Cost:** \$12 per person, please make checks payable to "SOLAR" Includes camping cost and Sunday morning pancake breakfast.

**Bring:** Car Camping Supplies, wildflower, bird, tree, star, mushroom, butterfly, and any other kind of identification books, bikes, day hiking supplies, etc.

For More Information contact Margaret at 734-721-2821 or e-mail [MPLUSCAT@Hotmail.com](mailto:MPLUSCAT@Hotmail.com)

# SOLAR MAY 2005 CALENDAR

## School for Outdoor Leadership, Adventure & Recreation

**April Activities Leader Winner:**  
Mike Banks – Wobos Loppet

*Articles due May 13 for the June RAY. Please send to Pete Lamb at [petekandu@yahoo.com](mailto:petekandu@yahoo.com)*

### MAY ACTIVITIES

3	TUE	<b>GENERAL MEETING</b>	<b>COLONY FALL</b>	Tom Hayes	<a href="mailto:thomashayes@wifenfenwest.com">thomashayes@wifenfenwest.com</a>
3	TUE	<b>WProgram: SOLAR Elections, Annual Photo Contest, T-shirt</b>		Linda Rodnick	<a href="mailto:lindamra@aol.com">lindamra@aol.com</a>
1	SUN	Weekly Hike	Brighton State Rec	Nd a Hike Ldr	<a href="mailto:thomashayes@ideopenwest.com">thomashayes@ideopenwest.com</a>
7	SAT	Weekly Hike	Kensington Metropark	Nd a Hike Ldr	<a href="mailto:thomashayes@ideopenwest.com">thomashayes@ideopenwest.com</a>
13-15	WKND	Wild Flower Walk/Camping	Bay City State Park	Margaret Martin	<a href="mailto:rmpluscat@hotmail.com">rmpluscat@hotmail.com</a>
15	SUN	Weekly Hike	Seven Lakes State Park	Nd a Hike Ldr	<a href="mailto:thomashayes@ideopenwest.com">thomashayes@ideopenwest.com</a>
18	WED	Intermediate Backpacking Class	TBD	Carol McCririe	<a href="mailto:cmccririe@sbcglobal.net">cmccririe@sbcglobal.net</a>
21	SUN	Weekly Hike	Island Lake State Rec	Nd a Hike Ldr	<a href="mailto:thomashayes@ideopenwest.com">thomashayes@ideopenwest.com</a>
27-30	MULTI	Hiking, site seeing, boat trips, etc- Sign-ups in March	Tobermory, Canada	Leslie Cordova	<a href="mailto:lesliegene@aol.com">lesliegene@aol.com</a>
27-29	WKND	Bring a Kid Backpacking	S. Manitou Island	Vida Ruggiero	<a href="mailto:ragetk@hotmail.com">ragetk@hotmail.com</a>

### MAY CLASSES

4	WED	Rock Climbing Class	Moosejaw, Birmingham	Pete Lamb	<a href="mailto:petekandu@yahoo.com">petekandu@yahoo.com</a>
11 14 15	WED/ WKND	Basic Land Navigation Class	TBD	Karl Overheul	<a href="mailto:cwhernonad@backpacker.com">cwhernonad@backpacker.com</a>
13.14 15	WKND	Rock Climbing Practical	Mad Moose Lodge, Ontario	Pete Lamb	<a href="mailto:petekandu@yahoo.com">petekandu@yahoo.com</a>

### UPCOMING ACTIVITIES /CLASSES

June 3-5	WKND	Bike Trip- Kai-Haven Bike Trail	South Haven	Joni Koslshak	<a href="mailto:jandrust@ic.net">jandrust@ic.net</a>
Jun. 18 - Jul. 2	MULTI	Multi activity: Hiking, Biking, Wine Tasting- 2 spaces left	Tuscany, Italy	Pete Lamb	<a href="mailto:petekandu@yahoo.com">petekandu@yahoo.com</a>

**FOR INFORMATION ON JOINING THE SOLAR CLUB, CONTACT PENNI LOPEZ (248)336-2911,  
[kavekrawler@yahoo.com](mailto:kavekrawler@yahoo.com)**

**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) 685-0367 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)

**SOLAR Program Schedule**  
**From the SOLAR Program Director—Linda Rodrick**

**MAY PROGRAM:**

Annual SOLAR Steering Committee Elections,  
Photography and SOLAR T-Shirt Design Contests!!!

**We need your presence at this meeting!**

**SOLAR Steering Committee Elections:**

Please plan to attend and make a difference by running for a position or by casting your vote. If you have not yet submitted your name and position of interest, you can still be a write-in candidate. Before elections take place during the May 3<sup>rd</sup> meeting, all candidates will have an opportunity to introduce themselves. The list of positions and candidates running for office is as follows:

**The Steering Committee is comprised of the following positions:**

**President (Officer)**—Oversees monthly meetings, fields member questions and concerns

**Vice President (Officer)**—Assists president and steps in for them when necessary

**Secretary (Officer)**—Takes minutes at Steering Committee meetings and distributes

**Treasure (Officer)**—Manages club finances, bank account and reimburses members

**Education (Committee)**—Oversees all classes and provides direction to lead instructors

**Membership (Committee)**—Manages membership lists, collects dues and oversees liability release forms

**Activities (Committee)**—Collects, posts and announces monthly activities

**Programs (Committee)**—Organizes all monthly programs held at membership meetings

**Public Relations (Committee)**—Promotes club at local events, in media and organizes members for participation in grassroots event (i.e. National Trails Days)

**SOLAR Ray Editor (Committee)**—Collects articles, organizes, lays out and prints newsletter

**Equipment (Committee)**—Stores, organizes, distributes and collects SOLAR rental equipment

**Historian (Committee)**—Collects and stores information about the club

**By-Laws (Committee)**—Oversees club by-laws and changes

**Web Master (Committee)**—Manages, maintains, updates, and hosts club website

**Steering Committee Candidates** (You will cast one vote for each position)

**President** \_\_\_\_\_ Tom Hayes  
**Secretary** \_\_\_\_\_ Reggie Hayes

**Activities** \_\_\_\_\_ Kevin Cotter  
**Public Relations** \_\_\_\_\_ Mary Price  
**By-Laws** \_\_\_\_\_ Harry Price

\_\_\_\_\_ Cindy Taylor  
**Membership** \_\_\_\_\_ Fenni Lopez  
**Equipment** \_\_\_\_\_ Open

**Vice President** \_\_\_\_\_ Lou Szakal  
**Treasurer** \_\_\_\_\_ Carol McCririe  
(or feel free to run)  
\_\_\_\_\_ Linda Rodrick  
\_\_\_\_\_ Charles Hailey  
\_\_\_\_\_ Mike Banks

**Programs** \_\_\_\_\_  
**Historian** \_\_\_\_\_  
**Education** \_\_\_\_\_  
**Webmaster** \_\_\_\_\_ Karl Overheul  
**Solar Ray Editor** \_\_\_\_\_ Pete Lamb



## 2005 ANNUAL PHOTO CONTEST



Calling all amateur photographers...don't forget to bring those photos from year 2004 to enter them into this year's photo contest.

### Categories

- |           |                            |                             |                          |
|-----------|----------------------------|-----------------------------|--------------------------|
| ➤ Scenery | Digitally Enhanced Scenery | ➤ Humor                     | Non-SOLAR Plants/Animals |
| ➤ Animals | Digitally Enhanced Other   | ➤ People                    | Non-SOLAR Humor          |
| ➤ Plants  | Non-SOLAR Scenery          | ➤ Black & White             | Best Overall             |
|           |                            | ➤ Photo-Pro (new category!) |                          |

### Category Explanations

**Digitally enhanced:** If you alter your photo in any way on your computer or splice several photos together, you can only enter them in the "digitally enhanced" category. Cropping is the only exception. Digitally enhanced photos may be entered in the "scenery" or "other" category. **Photo-Pro:** Photos in this category won't be eligible for the "Grand Prize". This category is meant to encourage full creativity for the more advanced photographers, while not having others compete with them.

### Official Rules:

- You must be a SOLAR member to enter the contest.
- Photos must have been taken between January 1, 2004 and December 31, 2004.
- Standard photos must be no larger than 8x10 & panoramic no larger than 8x18.
- Photos must be matted with matt size no larger than 11x14 on standard photos and 11x21 on panoramic photos.
- Photos must have been taken by the entering person.
- Photos must be taken at a SOLAR event unless entered in the non-SOLAR category.
- Only one photo entry per person per category and only ten entries per person overall are allowed.
- Prizes will be awarded to the first place winner in each category and to the overall Grand Prize winner. Photos will be voted on by SOLAR members who attend the May meeting and winners will be announced that evening.

### SOLAR T-Shirt Design Contest:

Creative SOLARites...remember to bring your design for our new SOLAR T-shirt.

We will be voting for the best design during our May 3<sup>rd</sup> general meeting.



### UPCOMING SOLAR PROGRAMS

#### **JUNE: Hostelling International Presentation**

By: Mike Willihnganz (Solar member & President of the Michigan Council of Hostelling International)

You will learn about the origins of the international hostelling movement, its growth & development in the United States, future plans, locations, activities and events and much more.

#### **JULY: Annual SOLAR Gear Swap and Summer Barbeque**

Fun time...sell or buy gear at a good price, an opportunity to socialize and enjoy some great dishes!

#### **AUGUST: Michigan and the Ice Age**

By John Zawiskie (Geologist, Cranbrook Institute of Science)

#### **SEPTEMBER: Nature and Wildlife Photography**

By Julia Gordon

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



## Bring a Kid to South Manitou

by Vida Ruggiero

Have you ever seen a shipwreck sticking up out of the water? Been in a virgin cedar forest? Been on a secluded, undeveloped island? Been morel hunting? Have you done any of these things with a child? All of this can be yours on the SOLAR bring a kid to South Manitou Island trip **May 27 -29, 2005.**

Some of the special activities you can share with a child in your life on this trip are: a scenic boat ride from Leland, camping out away from all electronic distractions, climbing a dune, visit a museum to learn what it

was like to live there, frolic on the beach shore, learn about edible plants (but don't eat any), and eat s'mores.

We will meet in Leland on Friday May 27<sup>th</sup> at 9 a.m. at the Manitou Transit office. The boat is scheduled to leave at 10 a.m. Please be advised that the boat schedule can change due to weather and other variables and we may need to be flexible. This also applies to our pick-up so it is important that you bring extra food and warm, dry clothes. A rough idea of what our plan will be is the following: Friday, set up camp at Bay Campground (half mile from dock), hunt for morels and rocks, have dinner, campfire, stories and s'mores, identify stars, play with my light-up frisbee (my favorite backpacking activity!) Saturday morning have breakfast at camp, pack lunches and lots of snacks, then spend the rest of the day hiking and exploring the island. Some highlights are the visitor center, Florence Lake, shipwreck, cedar forest, and sand dune summit. We will return to camp that evening for dinner, stories, etc. Sunday morning break camp and head to the dock to be picked up or stay another day if you want!

### Costs:

**Round trip boat fare** is 25\$ adults and 14\$ for children 12 and under.

**Parking** is 1\$ per day.

**Individual campsites** are 5\$ per night, or if we have a large enough group, 20\$ per night for a **group site** (up to 25 people).

**Food.** Bring food and all your own gear for your party, as no group meals will be planned. Some special prizes and supplies will be provided for the kids for some of the activities.

**Requirements:** Participants must be SOLAR members and adults accompanying children on this trip must have had SOLAR's basic backpacking class.

I will be taking signups at the April meeting. Questions? Contact me at [rageti@hotmail.com](mailto:rageti@hotmail.com) or 810-923-3839.

## NEWS FLASH!

### Fall Backpacking Course Is Half-Filled

That's right! This fall's class is filling up quickly. Why is this class so popular? Is it the knowledge to be gained? Is it the friends to be made? Is it the long weekend to be spent at Pictured Rocks at the height of the fall colors? Who knows? The important thing is that you don't get left behind.

The fall course is scheduled for the Wednesday evenings of August 17<sup>th</sup> & 24<sup>th</sup> and September 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>. The practicals take place the weekends of September 17<sup>th</sup> & 18<sup>th</sup>, and September 30<sup>th</sup> through October 2<sup>nd</sup>. The cost is \$100.

To sign up, contact Carol McCorrie ASAP at [mccorrie@global.net](mailto:mccorrie@global.net).

## SPRING BACKPACKING CLASS REUNION

by Mike Banks

**THIS IS FOR EVERYONE THAT HAS EVER GRADUATED FROM THE SOLAR SPRING BACKPACKING COURSE.** We are having a reunion on North Manitou Island from Friday, May 20<sup>th</sup> through Sunday, May 22<sup>nd</sup>.

Have you ever wondered what happened to what's his name? Did you talk about a weekend out with some of your classmates, but never got around to it? Are you looking for a good excuse to call up old friends and talk awhile? Have you discovered that there aren't as many backpacking partners out there as you originally thought? Do you want to rub our noses in the fact that you spent the last 3 years becoming a thru-hiker on the Trans-Siberian Trail? **OR:** Are you are looking for an excuse to go backpacking on a wilderness island that is 12 miles offshore from the vineyards of the Leland Peninsula?

There are a lot of good reasons to attend a reunion. Seeing old friends is one of the best. The fact that this is a reunion for all the graduates from the last decade gives you the possibility to make new ones as well. Besides, when was the last time you attended a reunion where you could backpack an island with 16 miles of beach, pygmy deer and blooming trillium carpeting the forest floor?

Do you love backpacking but don't love crowds? Well, no one said we were turning federal lands into tent cities. No group can be larger than 10 people and no one says it has to go to the limit. People can camp solo and still be in the vicinity of others. We can have a reunion without hiking as a parade, and we don't have to worry about 'other' people crowding us out either. The boat, at this time of year, only runs once a day on Wednesday, Friday and Sunday. The boat only holds about 40 people.

So what does it take to join our group? A check for \$25.00 will cover the round trip between Leland and North Manitou Island. Be prepared to pay the feds \$5 per permit (4 people per permit) and \$10 per vehicle. (No, the vehicle is not going with you, but they are still charging you.) There is also a \$2 parking fee per day. Obviously, carpooling is advised.

Contact me at [slywolfe52@yahoo.com](mailto:slywolfe52@yahoo.com) to reserve a spot or if you have questions.

### Hiking Schedule: May

Any one wishing to volunteer to be hiking leader, please let me know what week you are available so we can up-date the information. All hikes are at 9:30 a.m. Reggie Hayes [e-mail-thomashayes@wideopenwest.com](mailto:e-mail-thomashayes@wideopenwest.com)

**Sun. May 1<sup>st</sup>. Brighton State Recreation Area.** Hike leader: *Needed.* West from Brighton on Brighton Rd. about 4 miles to Chilson Rd. Then south 1.5 miles to Bishop Lake Rd., then east to Bishop Lake Rd. picnic area parking lot. Trailhead on the south end. Trail difficulty: *Easy to Moderate.*

**Sat. May 7<sup>th</sup>. Kensington Metropark.** Hike leader: *Needed.* Exit I-96 at Kent Rd., exit 151. Meet in the first right hand parking lot past the golf course. Hiking trail difficulty: *Easy to Moderate.*

**Sun. May 15<sup>th</sup>. Seven Lakes State Park.** Hike leader: *Needed*

Exit I-75 at Grange Hall Rd. then go 6 miles west to Fish Lake Rd., then north on Fish Lake Rd. 1 mile to park entrance. Follow signs to the boat launch trailhead. Hiking trail difficulty: *Easy to Moderate.*

**Sat. May 21<sup>st</sup>. Island Lake State Recreation Area.** Hike leader: *Needed.* I-96 to exit 151 at Kensington Rd. Then south to the park entrance. Follow the signs to Riverbend picnic area. Hiking trail difficulty: *Easy to Moderate.*

**Notice:** The Flatwater Canoe Class will be on June 18<sup>th</sup> at my house same as usual. 12:00 Noon till 3:00 PM picnic to follow. Douglas Lanyk, 10541 Tamryn Blvd., Holly, MI 48442, [dlanyk@earthlink.net](mailto:dlanyk@earthlink.net), 248-634-4551

## Kal-Haven Bike Trip

By Jonnie Kostishuk

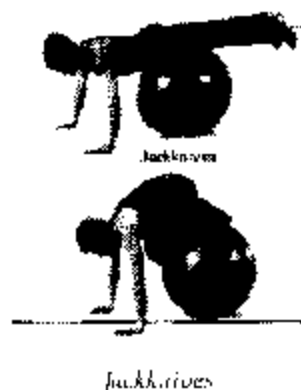
Hey, come on out for the first SOLAR bike trip of the season! It will be June 3-5 where we will be hiking on the Kal-Haven Trail that goes from Kalamazoo to South Haven. The complete trail itself is 34 miles long. A shorter option is available. We will be camping at Van Buren State Park in South Haven. The cost is \$15.00 per person for 2 nights' camping. Don't forget to bring your bike! For more information call or e-mail Jonnie Kostishuk at 734-398-5315 or jkoutdoors100@yahoo.com



**SOLAR Hint. Cut Kayak Straps.** By Chuck Smith. I have had the straps holding my kayak to my car rack cut a couple of times, but recently found a new twist. Someone had **partially** cut the straps, on the inside loop, away from the side of the car. Almost impossible to see, and the strap still had tension on it. Remember to thoroughly check you straps **EVERY TIME** you stop somewhere, and carry spares. This winter I had to repair a friend's kayak that was lost at 70 mph and almost broken in half because he did not notice his straps had been cut.

**SOLAR Exercise Hint: Balance Moves\*** contributed by Winnie Chrzanowski (continued from last issue)  
The target: Core muscles—abs, back, hips, and pelvis. The payoff: Feel more stable while lifting a pack, less back fatigue, and better balance in any trail conditions.

**Jackknives** This move hits the entire core at once. Begin with your stomach on the ball and walk your way out to a push-up position with the ball under your ankles. Maintaining a plank position with your upper body, draw your knee up to your chest like a jackknife, then extend them back out in a controlled move. If this is too difficult, just bring your legs up as far as you can. Add some stress to your obliques (those muscles on the sides of your stomach) by pulling the ball in at a slight angle as if making an X pattern on the floor with the ball. Kick it up a level by resting the ball under your toes rather than under your ankles. Goal: Three sets of 25 reps.



Jackknives

**Supermans.** This is a super-powered, low stress exercise for your lower back. Lie with the ball under your stomach. Keeping the ball stable, raise your right arm up, while simultaneously lifting your left leg up in a straight line. Execute the move by tightening the muscles in your back, and raise both limbs as high as possible without arching your back or raising your chin. Hold for 2 to 5 seconds, then lower and repeat on the other side, always using opposite arms and legs. As you get better at this move, hold the contraction longer. Goal: Three sets of 10 to 15 reps.

\*From *Backpacking Magazine*, May, 2004.



Supermans

## Urban Adventure

by Michael Hobig

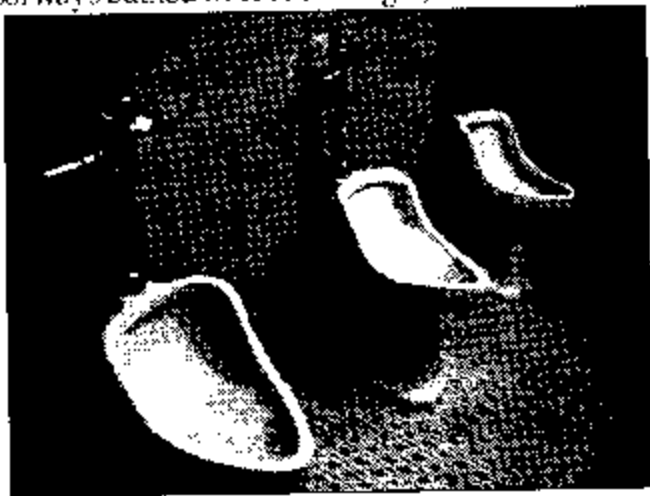
Like hiking in the woods for the adventure, seeing places you haven't explored. Like the hardware store is to some women, foreign, different, new. In that spirit I joined SOLAR to see new things, to go out there. I have heard lore that the best views of the mountain are often from the secluded throne, there are books devoted to taking a dump in the woods, there are entire class days exposing the inexperienced campers to the concept of packing out all your crap, literally. Additionally there are classes dealing with woman's issues and related items specific to their anatomy. No subject is unimportant or taboo when life and getting the most out of our experiences is involved. In the spirit of adventure, unexplored places, bodily functions, we are now able to expose the gals to some place more foreign than that hardware store, the men's lavatory.

Ok, that sounds all high falutin' and altruistic, maybe not, but is it not honorable to give experiences, the freedom, to those who are not allowed or incapable of having them? Not quite as honorable as Amnesty International but this article was born of an international experience, Adventure dining a.k.a. Unique Dining on Thursday nights.

We were in the Blue Nile, Ethiopian restaurant, a place shrouded in mystery and shadow, the atmosphere where strangers became friends, a thoroughly civilized experience. Ethiopia is the cradle of civilization I am told, but after all the drinks one must ask subtly, as civilized as one can, which way to the restrooms. My compatriots point out the doorways bathed in cool blue light, under the five

foot neon sign that reads RESTROOM. I find, 1940s vintage, pristine fixtures, pedestal urinals. Let me explain this is not normal, the typical is wall mounted, this is old school, stuck between the outhouse and the waterless versions of today (no kidding, they are being installed in schools, saves tons of water and money). How could I relate this experience, modern technology to the rescue, camera phones. Unimpressed by the image, we rambled on about other places. The twenty foot enameled white troughs at tiger stadium, the stainless steel custom job in the upper peninsula. Why could she not understand the uniqueness of the experience. DUH, these ladies never had THE EXPERIENCE, none of them had. Talk about frustrating, kind of like talking to us I am told. Enthusiasm hatched suggestions, write an article, perhaps a book, maybe it was the beverages talking, I called them crazy for even thinking that I would embarrass myself with a submission. Then again, Pete Lamb is always asking for filler, tips, articles for the newsletter. Maybe if I couch it as adventure, as education, as art, a motivational angle, why not have some fun with it, send in a note and hope I am not forever known as the man who wrote "that" article or submitted "that" picture.

Who said every day can't be an adventure. Get out see new things or have friends take pictures of them for you and get an almost authentic experience. Remember if you don't go out and do it yourself, you have no control of what others will do for you it might turn out like this.



*This photo was taken by Mike Malon, using his cellular phone, with ambient light.*



*Work of art of later vintage by Marcel Duchamp in 1917, now in the Philadelphia Museum of Art, later than the Nile example at the right*

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 for 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 snowshoes, 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

<b>President</b>	Tom Hayes	<b>Equipment</b>	Carol McCrie
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**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 tel. the membership chairperson, Penni Lopez at [kayckrawler@yahoo.com](mailto:kayckrawler@yahoo.com)

#### Submission Guidelines:

(Submissions are due on the Friday two weeks prior to the monthly Steering Committee Meeting (May 13 for the June issue). Electronic files accessible to Word are required.) Pete Lamb, 409 E. Southlawn, Birmingham, MI 48009 Or call 248-644-5831 Email: [Petekandru@yahoo.com](mailto:Petekandru@yahoo.com)

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