



The SOLAR Ray

A Monthly Publication of the School for Outdoor Leadership, Adventure, and Recreation (SOLAR)

August 2006

MANISTEE RIVER HIKE AND FLOAT TRIP

by Jim Coe

We had a smaller group than originally planed since we had a few people who could not make the trip but we ended up with a total of 14 people who drove up to camp at Seaton creek National Forest campground. The plan was to drive down to Red Bridge and park are cars then hike up the east side of the Manistee river along the Manistee river trail. We parked our cars and got on the trail around 10:00 Saturday morning. What a glorious day

It turned out to be about 70-75 degrees and a light breeze you couldn't have asked for better weather. The hike was going to be about 10-11 miles to our already set up camp at Seaton Creek and we made good progress along one of the most scenic trails in the Lower Peninsula. I would have to rate it among the best. We were treated with lots of wild flowers along the route due to recent rains and they were out in force. The trail passes through quite a mixture of tress and vegetation while following the river almost the whole way sometimes from high bluffs you can look out over the river and see the ridge on the other side where the North Country trail follows to complete a loop. We crossed over a few creeks with some impressive footbridges and stop for lunch and shouted hello to folks in canoes traveling along the river below.

The bugs were not bad and we broke out into a few groups of different speed and made it into the camp safely 4:30 I think. Most of us kicked back and relaxed while preparing dinner and then we had a great campfire with all joining for some great SOLAR comradely. The conversation around the fire turned to jokes and they seemed to flow like a comedy night. Some of the jokes would have made a trucker blush. But we had a great time of it turning in a bit earlier this night.

The next morning we broke camp and carried our gear down to the river to meet Pine River Paddelsports Center near the wonderful suspension footbridge that crosses the river just bellow Hadenpile dam. I would recommend this company to anyone they were very accomodating to us. I joked about them not wanting to do another aismers group since it took us a while to figure out how many canoes we actually needed since we had a few stragglers and Scott had his own canoe. We were soon off along the river without a hitch and even Toby the Brittany spaniel was wearing a life

vest. This day was not as gorgeous as the last cay since we had a bit of a drizzle but what the heck we are in canoes and you are going to a little wet anyway.

Well everyone performed marvelously with a paddle and we stopped for lunch along the river. This section does not seem to get the drunken rowdy a bunch and we said hello to some nice folks who passed by. The rest of the canoe trip seemed to go way to quickly to me but it was about 3 1/2 hours including lunch. We pulled out at Red Bridge where we left our cars drove paddles and vests back to the livery (by the way they have a campground and even a climbing wall) to end another fantastic SOLAR trip if I do say so myself. Thanks to all who came and look for an annual trip next year. Also you may want to sign up for the backpack trip some folks have planed on the trail at the end of this September.



Everyone enjoys a nice break on the banks of the Manistee River

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BACKCOUNTRY KITCHEN

by Pam Ruhl Szakal

CALLING ALL BACKCOUNTRY CHEFS!

The SOLAR Ray will begin hosting a new column focusing on recipes and tips for cooking in the wilderness. The rules for submitting recipes are as follows:

1. You must be able to cook this dish on the trail on a backpacking stove (single burner, portable fuel, i.e. MSR Dragonfly, Whisperlite).
2. Meal must be prepared in a maximum of two pots (one preferable).
3. Cooking time must be 20 minutes or less.

NOTE: If you have a unique item or an ingredient that is hard to get, please be sure to mention where to buy it in the ingredients section.

To the right is the first recipe showing the categories of information we are requesting. Please follow this format for all recipes and submit to backcountrykitchen@gmail.com. One recipe will be selected each month for publication. Our hope is to receive enough recipes over the next 6-8 months to create a SOLAR Backcountry Cookbook.

Cooking Tip of the Month

Be sure to look at packages for cooking times. "Quick" cooking items do not always mean instant or 10 minutes. For example, we looked at the Rice A Roni version of Asian rice and it takes 15-20 minutes to cook.

PORCUPINE MOUNTAINS BACKPACKING

by Elizabeth Schwab

Join us Aug. 28- Sept. 2 in the western U.F. We'll be doing a loop covering a good portion of the park. Camping/cabin fees \$35-45 depending on the number of participants, with a 6 person limit. Payment of \$45 to me, (checks made out to SOLAR) puts you on the list.

REQUIREMENTS: Good physical condition for the trails (you have 2 months to prepare.)

Participation in one w/e shakedown, date tbd, in late July.

Good group attitude, re: w/e to carry, sharing chores and gear.

PREFERRED: SOLAR Beginning Backpacking. (We'll need to gab about your background/experience/standards if you haven't taken it to make sure we're on the same page for the enjoyment of everyone!)

P.S. 8/28 is a Monday. The w/e before is the 2nd annual Porkies Music Fest which I will be attending. You could join me or take your time driving up. (10-11 hrs.)

Questions? Elizabeth at: qes133@yahoo.com.



PRINT FOR LATER USE

Name of Meal: Kung Pao Chicken	Submitted by: Lou Szakal
Feeds: 2 People	Meal: Dinner
Prep & Cook Time: 10-15 Minutes	Price: \$6-\$7

Ingredients (All can be purchased at Kroger):

- (1) package chicken fried rice (Lipton Asian Sides)
- (1) 7 oz. foil package of chicken
- (1) package Kroger Hot & Spicy Kung Pao Chicken Seasoning Mix
- $\frac{1}{2}$ cup peanuts, almonds or cashews
- 1 tbsp sugar (2 restaurant packs)
- 1 tbsp soy sauce (1 restaurant pack)
- 2 tbsp oil
- $\frac{3}{4}$ cups water

Pre-Cooked Weight of All Ingredients: Approximately 14 oz.

Home Preparation: Empty all dry ingredients into one Ziploc bag and discard original packaging.

In Camp Preparation: Bring water to a boil. Add all dry ingredients, then add chicken, soy sauce, and oil.

Simmer 7-10 minutes or until sauce thickens.

Alternate Method or Additions:

- * Add dry vegetables
- * Prepare with a different sauce (Szechwan, Stir Fry, Mongolian) if you prefer less spiciness
- * Skip chicken and add tofu or soy substitute



SPOTLIGHT ON CHRISSY SPAFFORD



HOW DID YOU GET INVOLVED WITH SOLAR?

I got involved with SOLAR in January of 2005. One of my cousins, Kathryn Drewyore, was a member and would baby sit for her kids when she on fabulous SOLAR trips. I finally decided to join as a New Years Resolution in 2005. It was my way to get outdoors and do the things I truly love. Poor Kathryn really has a babysitting issue when she and I go on trips together.

HOW DID YOU START HIKING AND BACKPACKING?

The first time I bought a pair of hiking boots was when I took the backpacking class. Before the class I car camped for the 20 years prior with family and friends and wanted to be able to see undisturbed sites "off the beaten path" and experience the beauty of nature that most people rarely experience.

WHAT HAS YOUR FAVORITE TRIP BEEN SO FAR?

Currently my favorite past trip would either be dog sledding in Algonquin Provincial Park or caving at Carter Caves. Both were fabulous first time events.

HOW DID YOU ENJOY BEING AN ASSISTANT INSTRUCTOR THIS YEAR? WHAT WERE THE CHALLENGES?

Being an assistant instructor was great. It was nice to see a variety of new people and help them experience nature just as preceding instructors helped me to experience the same. A struggle for me seemed to be keeping the walkie-talkie clipped on to myself as opposed to it sitting at Post 12!

WHAT CLASSES WOULD YOU ADD TO SOLAR'S CURRICULUM?

If I were to add a class of my choice to the SOLAR curriculum, I would add a class to identify wild-edibles. Also, a class to identify the different trees and plants in the wilderness or perhaps an astronomy class would be a good asset to the club.

WHAT WOULD YOUR DREAM TRIP BE?

My dream trip would be hiking in the Alps and all around Europe for a couple months during the summer.

KAYAKING AND CAR CAMPING AT SAGINAW BAY, STANDISH, MI

by Matt Dalton

When: September 15, 16, 17, 2006

Where: Great Lakes Shores Marina, Standish MI • North 43, 57.10; West 83, 52.50 for GPS people

Arrive Friday afternoon, or at your convenience, stay over Saturday and Sunday. Bring kayaks, canoes, bikes, books it will be a fun, relaxing event. We will be camping next to the water and have full access to bathrooms and showers. Continental Breakfast on Saturday AM, provided. Kayak lessons and practice of different skills included in the trip.

Optional: Sunday we will go into Standish and have a great all you can eat homerrade, home-style breakfast.

Cost: \$35.00 per person, (\$40.00 for couples and people with children)

Contact Matt Dalton if interested at 248 360 0031 or mdalton@ameritech.net

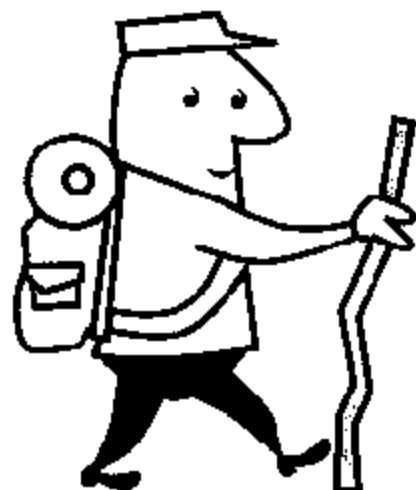
SOLAR HIKING & SWIMMING SCHEDULE FOR JUNE 2006

Meet new friends, see old faces! SOLAR members and non-members welcome. Some hikes are more child-friendly than others, please check the difficulty of the hike.

Hikes start at 9:30 AM, unless otherwise stated.

Hike Coordinator: Matt Dalton at 248-360-0631 or mdalton@ameritech.net.

Contact Matt and/or post a message on the SOLAR Yahoo site after you decide to join one of the hikes to discuss carpooling, obtain a list of other hikers, ask directions or find out additional details for the hike.



August 6, 2006, Sunday - 9:30 AM Solar Club and BS Hikers. Maybury State Park, Northville, MI. Meet at 8 Mile Rd entrance and parking lot by concessions area. Brunch afterward for many hikers. (No Swim planned.)

August 12, 2006, Saturday - 9:30 AM, Pontiac Lake State Park: North of M-59 Highland Rd. and west of Williams Lake Rd. Meet in the NW corner of the Gale Rd. parking lot. (Swim after at Pontiac Lake Beach.)

August 20, 2006 Sunday - 9:30 AM, Kensington Metro Park, Meet at the Nature Center, North of Kensington Rd entrance, past the golf course. (Swim after at Maple Beach)

August 26, 2006, Saturday - 9:30 AM, Proud Lake State Recreation Area. Meet in parking lot down from the Park Rangers Office, Wixom & Garden Road. (Swim after in the Huron River or beach across the street.)

September, 3 2006, Sunday - 9:30 AM, Metro Beach Metro Park on Metropolitan Pkwy (16 Mile Rd) east of Jefferson Ave. Meet in front of the Nature Center on west edge of parking lot. (Swim in Lake St. Clair after hike)

WOMEN IN THE WOODS

by Pam Riehl Szakal

SOLAR will conduct a workshop focusing on women's topics related to the outdoors. Items to be discussed include women-designed equipment, hygiene, safety, nutrition, hiking with kids, training for women and much more. In addition, activities for building self-confidence, self reliance, dealing with stress and teamwork will also be addressed.

The workshop will have a one-day classroom session, Saturday, Nov. 8 and a 3-day hiking practical with on-trail class work. The practical will be held in a warmer climate Nov. 9-12. Prerequisite: SOLAR Basic Backpacking class. Class size: 16 students. Cost: Approx. \$40.

Workshop flyer will be available at the August SOLAR meeting. For questions or more information contact Pam Riehl Szakal at pariehl@gmail.com.



PADDLE TO THE SYMPHONY

by Matt Dalton

On Friday July 7th a good number of Solar Club members attended the Detroit Symphony Orchestra event at Kensington. Some members drove over and watched from the rolling hills and most of us paddled over in canoes or kayaks. It was a great event, the weather was perfect, the music was relaxing and the sunset was great.

Special thanks to the skilled Solar Club members who assisted with getting the canoes back and forth safely from Martindale beach to Maple Beach. Gloria, Fontaine, Pete Lamb, Charlotte Zinkus, Vera Morris, Maureen and Dave DeFrance, Patty Pape and several kayak instructors from SKLakes paddled over and assisted with the canoes.

Special thanks to Allan Heavner of Heavner's Canoe who donated all the canoes. The Hostelling International fund raiser was put together by Mike and Wendy Willihnganz. It was a great event and with any luck we will all do it again next year.

GOT GEAR?

by Jim Coe

If you need gear during the month of August, please contact Jim Coe at 810-499-5001 or jimc36@comcast.net

CORRECTION

by Jennifer Tislerics

The previous SOLAR Ray issue included an article about the Wilderness First Aid Basics class. The author regretfully omitted the name of one of the teachers when expressing the students' gratitude. Many thanks to Mike Banks for his assistance during the class!

SOLAR BACKPACKING COURSE - FALL 2006

by Carol McErnie

Coming in August is one of SOLAR's most popular classes, the beginning Backpacking Class. Beginning Backpacking teaches basics about trip planning, equipment, food, and other backpacking issues. It also gives you hands on experience at practicals, fun times, and new friends.

This class is for those of you that a) never backpacked and have always wanted to try it, b) new members that need the class as a pre-requisite for other advanced classes or just to meet people, or c) members who just want a refresher or need an excuse to backpack.

Class begins August 16 and runs for six weeks with a break for Labor Day week (8/23, 9/7, 9/14, 9/21 and 9/28). The weekend practicals are September 23-24 and October 5-8. Class time is from 6 to 9 pm.

In order to get a certificate for the class, you need to participate on a weekly basis and complete the entire 1st practical in September. The certificate for the class qualifies you for the Intermediate and Advanced Backpacking Classes, Wilderness Canoeing, and Enjoying Michigan Winters.

Locations for the classes and practicals are to be announced, however, we traditionally do our final practical at Pictured Rocks National Lakeshore. Stay tuned for final information at the July SOLAR meeting.

The only prerequisite for the class is that you are a current paid member of SOLAR and that you are interested in new experiences, new friends, or both!

Space is limited so sign up and pay early. The cost of the class is \$100 and includes a textbook, a class handbook, and most fees related to Practical 1. Please bring cash or a check payable to "SOLAR" when you sign up (Sorry, no credit cards.) This will guarantee your spot in the class.

Any questions regarding the class should be directed to Carol McErnie at cmcerrie@sbcbglobal.net or Leslie Cerdova at lesliegene@aol.com.

SOLAR 2006 CALENDAR

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

AUGUST ACTIVITIES

8/1	TUE	GENERAL MEETING	Colony Hall	Lou Szakal	Everest2008@comcast.net
8/1	TUE	PROGRAM: Eddie Plants	Colony Hall	Karl Overheul	cybernomad@backpacker.com
8/10-13	WKND	Great Lakes Primitives Gathering**	Bois Blanc Island, Michigan	E.J. Brooks	ejphoto@aol.com
8/18-8/20	WKND	Irishfest**	Milwaukee	Lou & Pam Szakal	Everest2008@comcast.net
8/26-9/4	MULTI	Wilderness Paddling Trip	Agoujatin Provincial Park	Phil Crookshank / Sharon Smelter	wanderpnl3@netzero.net
8/28-9/1	MULTI	Backpacking Trip	Porcupine Mountains SP	Elizabeth Schwab	qps1339@yahoo.com

AUGUST CLASSES

8/16, 8/23, 9/7, 9/14, 9/21, 9/23-24, 9/28, 10/6-8	MULTI	Beginning Backpacking	Rainbow Center / Pinkbury/Purpled Rocks	Carol McCririe	cmccririe@sbcglobal.net
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SEPTEMBER ACTIVITIES

9/5	TUE	GENERAL MEETING	Colony Hall	Lou Szakal	Everest2008@comcast.net
9/5-9/10	WKND	Wheelland Music Festival	Remus, MI	Jessie Kirsch	jesskirt@hotmail.com
9/9	SAT	Therapeutic Canoe Paddle**	Heavner's, Pound Lake	Margaret Martin	mpiuscat@hotmail.com
9/9	SAT	Harvest Full Moon Canoe Paddle**	Heavner's, Pound Lake	Margaret Martin / Alan Heavner	mpiuscat@hotmail.com AlanHeavner@heavnercanoe.com
9/9	SAT	School Bus Figure 8 Races**	Fiat Rock Speedway	Samantha Schafer	samantha2win@yahoo.com
9/15-17	WKND	Kid-mandatory Backpacking Trip	Nordhouse Dunes	Kevin Cotter	solar@worldway.com
9/29-10/1	WKND	Backpacking Trip	Manistee River Trail	Samantha Schafer	samantha2win@yahoo.com

OCTOBER ACTIVITIES

10/3	TUE	GENERAL MEETING	Colony Hall	Lou Szakal	Everest2008@comcast.net
10/8	SUN	Pumpkin Party and Full Moon Canoe Paddle**	Heavner's, Pound Lake	Margaret Martin / Alan Heavner	mpiuscat@hotmail.com AlanHeavner@heavnercanoe.com
10/14	SAT	Outcropfest**	Howell, MI	Carol McCririe	cmccririe@sbcglobal.net

OCTOBER CLASSES

10/4, 7-8	WED, WKND	Advanced Land Navigation	TBA / Waterloo State Rec Area	Karl Overheul	cybernomad@backpacker.com
10/17, 10/21-10/22	TUE / WKND	Basic Land Navigation	TBA / Waterloo State Rec Area	Karl Overheul	cybernomad@backpacker.com

UPCOMING ACTIVITIES

11/4, 11/9-11/12	SAT / WKND	Women in the Woods	TBA	Pam Riehl Szakal	pariehl1@netscape.net
11/8, 11/17-11/19	WED / WKND	Outdoor Cooking and Nutrition	TBA	Pam Riehl Szakal	pariehl1@netscape.net
11/18	SAT	Hoedown**	Milford, MI	Dave and Moe DeFrance	defranceomnec@comcast.net

If you would like to help plan and/or lead a SOLAR activity, please contact Kevin Cotter at (248) 544-9657 or activities@solaroutdoors.org.

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)

WHAT IS SOLAR?

SOLAR is a non-profit club with 400-plus members dedicated to the intelligent enjoyment of nature and outdoor pursuits.

MEMBERSHIP

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, scenic shorelines, and the experiences to be found there.

MEETINGS

Our monthly 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 pm. Everyone is welcome to attend.

SOLAR RAY NEWSLETTER

The SOLAR RAY is a monthly publication of SOLAR and is available online at www.solaroutdoors.org. To receive a copy in the mail, please contact Mary Price at hmprice@ameritech.net.

SUBMISSION GUIDELINES

Submissions for the SOLAR Ray are due on the Friday two weeks prior to the monthly Steering Committee Meeting (August 11 for September issue). Electronic documents only. If you have any questions, please contact Rebecca Yoo at rayeditor@solaroutdoors.org.

STEERING COMMITTEE

President: Lou Szakal
Secretary: Heather Hall
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Education: Mike Banks
Historian: Dick Ebenhoe
Programs: Karl Overheul
Ray Editor: Rebecca Yoo

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Equipment: Dave DeFrance
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Steve Gardner • Bill Halvingis • Cindy Harrison-Felix • Tom Hayes
Doug Lanyk • Larry Martin • Joan Hettinger • Tom Oloff
Joan & Bob Westbrook

STEERING COMMITTEE MEETINGS

The Steering Committee meets on the last Tuesday of every month at 7:30 pm. 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, please contact Lou Szakal at president@solaroutdoors.org.

FOR MORE INFORMATION

Visit our website at www.solaroutdoors.org.

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