

The

# SOLAR Ray

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A monthly publication of the School for Outdoor Leadership, Adventure and Recreation (SOLAR)

September 2009

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# **SCUBA Diving Class**

by Yednesh Parnaik

Our SCUBA diving class was coordinated by Tom Hayes and conducted at Advance Aquatics in St. Clair Shores.

Advance Aquatics is owned by Mike Wrubel, a veteran diver, who has instructed SCUBA diving since 1978. We signed up for Open Water dive certification, an entry-level course, which involved knowledge development in a classroom setting, confined water (pool) training dives, and open water dives.

Our class included eight students, half of them SOLARites: Jeff and Jennifer McWilliams, Carl Young, and myself. It was a two day weekend class. The class cost covered the diving essentials like tank, wetsuit, Buoyancy Compensator

(BC), and instructions. We purchased the other personal basic gear like mask, fins, and snorkel. The knowledge development part of the course was based on an Open Water Diver video, which focused on the principles and basic information of SCUBA diving. After each module, Mike would summarize the content and hand us a 10 question quiz. If you paid attention to his briefings, you didn't need to look into the SCUBA manual to pass the quiz. After reviewing the guiz results, we moved on to the next module.

Around noon we drove to a local pool with our diving gear to learn underwater skills. Before getting into the water, Mike and other instructors taught us the right way to read the gauges and assemble the gear to the tank. Getting the mask on (covering the nose) and breathing with your mouth was an odd and unique feeling. After learning a few skills underwater we

went back to the classroom.



Jennifer and Jeff McWilliams during Open Water Certification

the second day, we completed last two classroom modules and tests followed by some more underwater skills, including clearing water out of our masks. how help our dive buddy in an emergency, etc.

The most challenging part of the skills was controlling buoyancy with the BC and a belt of lead weights. After completing the skills we returned to the classroom to complete our final test, which consisted of 50 objective questions. After successfully completing the Knowledge Development and confined water (pool) training dives, we were ready to take on open water!!

(Continued on page 2)

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It is recommended that you complete the open water dive class as soon as the confined water class is over. The open water diving class was held in Portage Quarry outside of Bowling Green, OH. The quarry provides an excellent place to camp and meet new people with a variety of skill levels. It is also equipped to fill empty tanks.



Preparing to dive during the Open Water Certification

The dive test was conducted over the weekend and involved successfully completing the skills learned in the confined water class.

I reached the quarry around 9:00 am in order to dive at 10:00 am. This time I was the only SOLARite among the students for the open water skills certification. The other SOLARites from my confined water class had already completed their open water certification. After putting on the gear we did our first dive. After demonstrating proficiency in skills, I was assigned to a dive instructor to go exploring. Here, under supervision, I was able to explore underwater and

demonstrate that I can comfortably dive in 30 feet of water and can guide and assist my dive buddy, if needed. The quarry had airplanes, boats, etc. at the bottom to explore. The underwater experience was very unique - a little scary at first due to low visibility, but the more dives I did the more comfortable I became and I slowly started to enjoy the experience.



Yednesh Parnaik (on right) and a fellow diver

The next day we did two more supervised dives. The dives ended after we completed all our skills tests. A sense of satisfaction settled in... we were certified Open Water SCUBA Divers!!

### **WILDERNESS FIRST AID**

Fall 2009



Classes:

Thurs. Nov. 12th, 6-10pm

Sat. Nov. 14<sup>th</sup>, 9-5pm

Sun. Nov. 15<sup>th</sup>, 9-4pm

Held at Mike Malon's home: 25228 Maplebrooke Dr. Southfield, MI 48033

Cost: \$120

Includes class, books, lunch on Saturday and

Red Cross Certification for 3 years

Call or email Mike Malon 248-352-4019

mmalon@comcast.net

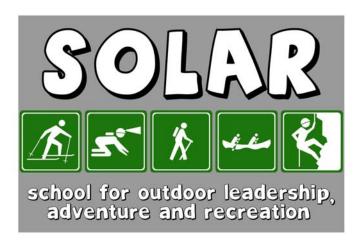
# Get your SOLAR wear!

We are now taking pre-orders for SOLAR shirts to be delivered in November. These shirts will contain Rebecca Sweeton's winning graphic from the SOLAR T-shirt design contest on the front. A small SOLAR logo will be located on the back of the shirt, or in the case of the hooded sweatshirt, on one of the shoulders.

The graphics will be silk screened onto the shirt. These are not vinyl or plastic transfers.

There are four styles of shirt to choose from: short sleeve wicking unisex, short sleeve wicking women's v-neck, long sleeve wicking unisex, and a long sleeve hooded sweatshirt made of 50/50 cotton/polyester. Colors vary for each style.

Prices are \$31.98 - \$39.98 depending on the style. Please contact the S O L A R p u b l i c r e l a t i o n s c h a i r a t SolarPublicRelations@SolarOutdoors.org for exact pricing and color availability. You can also check out samples and place your order at the next SOLAR meeting on Tuesday, September 1<sup>st</sup>.



Rebecca Sweeton's winning t-shirt design

# **Basic Land Navigation**

### When/Where:

Wednesday, October 14, 6:30 PM - 9:00 PM - Berkley Community Center Wednesday, October 21, 6:30 PM - 9:00 PM - Berkley Community Center Saturday, October 24 (9 AM - 7 PM) & Sunday, October 25 (9 AM - 4 PM) - Waterloo Recreation Area

### The class includes:

- Map reading
- Taking & plotting compass bearings
- The 3 norths & Declination
- Navigation strategies
- Primitive navigation
- Terrain recognition exercise
- Cross-country route-finding exercise

This class is a prerequisite for the Advanced Land Navigation class, which focuses on GPS. GPS is not covered in this class.



### Class fee:

\$45. Includes book, maps, handouts, overnight accommodations at Burns Cabin for the practical.

### To sign up, or for more information, contact:

- Brian Andrews, briangandrews@comcast.net, 248-224-1067
- Ati Tislerics, <u>atisleri@umich.edu</u>, 313-794-0164



How long have you been a member of SOLAR? 18 months.

What are some outdoorsy activities you enjoy? Hiking is my passion. I also love camping and biking.

What has been your favorite trip/activity so far? A Pictured Rocks backpacking trip.

What would your ideal trip be like? Hiking in the mountains (I just got back from hiking in Nepal and to Everest Base Camp).

Which SOLAR classes have you taken? What class(es) do you wish were offered that are not currently? I have taken Basic Backpacking and Enjoying Michigan Winters. I find the courses that are offered are great. I just wish I was able to take more. With my other commitments it is difficult to fit them in.

Tell us something about you that would surprise us! I am a transplant to Michigan, came here almost 20 years ago from Connecticut to do my last clinical rotation for PT school at Henry Ford Hospital - Center for Athletic Medicine. I was offered a job after the rotation and am now the supervisor of the department. Also, I am a rookie backpacker and look forward to using my newly acquired skills!

Do you have any pets? Kids? Significant Other? I have a great dog, named Cinnamon. She is a terrier/golden retriever mix, about 8 or 9 years old.

What would you like to see changed in SOLAR in the next year? I would like to see more regular activities arranged by the membership, such as hiking, biking, canoeing...activities which membership is planning and posting on the Yahoo website.

What inspired you to run for a Steering Committee position? I felt I have gained a lot from being a member of the club and being on the steering committee is a way of giving back.



Please send suggestions of SOLARites we should shine the spotlight on to: SOLARrayeditor@solaroutdoors.org.

### Search and Rescue Class

# by Jeff McWilliams

"Help! Help! My little boy has run off and I can't find him! I'm worried that he's become lost!"

Thus could begin one of many different scenarios involving people who have become lost or who are missing. According to the FBI website, more than 800,000 missing person reports were filed with the Crime National Information Center in 2007. The FBI does not indicate



person onto a backboard

how many of these were due to persons lost in the wilderness. However, the Michigan Search and Rescue organization states that they average about twenty searches each year in Michigan.

Search and Rescue is defined as looking for an overdue or lost subject whose location is unknown, and then removing the subject from a hostile environment to a safe environment. The Search and Rescue class taught by Tom Hayes gives an introduction to Search and Rescue, its concepts and applications using the guidelines of the National Association of Search and Rescue (NASAR).

Having taken the class in 2008, I offer this overview for your reference. The class was broken up into two parts. The first was a series

of classroom sessions covering the NASAR manual. We learned the vocabulary and concepts central

> to effective search and rescue. This allowed us to understand the system and properly communicate with each other and other people involved in a search and rescue operation.

> We learned what government and civilian agencies and organizations contribute to search and rescue operations, and how the people in a SAR operation are organized into a management hierarchy.

The class also taught us about land navigation basics, search and rescue resources, clue consciousness, search tactics, search operations, and the basics of predicting lost person behavior.

The second part of the class was a weekend practical where we had the opportunity to apply the knowledge we learned in the lectures.

We practiced land navigation, clue consciousness, and wilderness first aid basics. A big part of the practical was to work through several search and Tom Hayes and several rescue scenarios. assistant instructors did a wonderful job at role playing during these scenarios, which helped us to understand what it feels like to be in the midst of a real search and rescue operation.



assess and administer first aid to the subject in preparation for evacuation

One of the biggest challenges of the class was learning how to work with my fellow classmates as a team, understanding what each person's role and expectations were, and to be able to communicate effectively with each person. As in a real search and rescue scenario, we all came into the class with different backgrounds, different perspectives, and different expectations.

Despite the challenges, we were successful in locating and rescuing our lost persons in each of the scenarios we faced. It was a rewarding and satisfying experience.

The other aspect of the class I found valuable was the insight gained into how a search and rescue

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team goes about locating a lost person in the wilderness. Having this knowledge has helped me when planning my own trips into the wilderness, to be sure I leave behind the appropriate information so that would-be rescuers can find me should I become the person who is overdue or lost.

My wife, Jennifer, and I thoroughly enjoyed the class. We have begun pursuing membership in the Michigan Search and Rescue team. This is an all-volunteer missing persons response team serving Michigan and the Great Lakes region. They specialize in canine search and rescue operations. Jennifer and I don't own a dog. Once we complete the group-specific training, we will be participating as "scouts," accompanying and assisting the canine owners and handlers during SAR operations.

Tom Hayes is once again offering the Search and Rescue class for the 2009 Fall season. I heartily encourage all SOLARites to consider taking this excellent class!



The Search and Rescue class participants successfully rescue lost person Kevin Sullivan at the conclusion of the class

# **SOLAR Workshop**

# Women in the Woods 2009



Ever wonder why your pack doesn't fit right?

Why you can't find good women's backpacking clothes?

Why you still don't know how to light your stove?

Well now you can get answers to these topics and more!

- Women-designed equipment
- Hygiene / Health
- Safety in the woods
- Nutrition
- Exercise / Training for women

- Building self-confidence
- Knots
- Navigation
- Hiking with kids
- And much more!

NOTE that dates are corrected here, original flyer was incorrect!

September 16: Evening classroom session, location TBD (Royal Oak, Troy, Southfield area)

September 26-27: Proud Lake Recreation Area, (approx. 8:00 am Sat thru 12:00 noon Sun)

October 16-18: Hiking practical at Red River Gorge, KY. Please note that we will begin hiking the morning of Oct. 16 so you will need to drive down Thursday night after work.

<u>Class Prerequisite</u>: SOLAR Basic Backpacking Class. Can be taken concurrently with the Fall Basic Backpacking Class.

Class size: 16 students

Cost: \$60.00

For questions or more information contact Pam Riehl Szakal at:

pariehl@gmail.com or 248-756-7002

# Moonlight Canoeing ~ 8/8/2009

By Jeff Enterkin

August's moonlight canoeing trip almost didn't happen. It rained most of the day that Saturday, with thunder and lightning at times. As the substitute event leader, I was getting e-mails and phone calls wondering if the trip was still on. After speaking with Alan Heavner, of Heavner Canoe and Kayak Rental, we decided to go on with the moonlight canoeing, but with a little change.

18 people showed up to paddle, all first time moonlight paddlers.



As it turned out, the skies cleared up and the sun shined brightly. The change to that night's paddling trip involved Milford Memories, a festival being held at our stopping spot at Central Park in Milford. At Alan's suggestion, we paddled to the park and he supplied a pizza dinner to us out there. We paddled into the sunset without a cloud in the sky (okay, maybe

a couple of clouds) and I pulled out my camera and took some pictures of our paddlers and of the sunset.

While waiting for Al at the park, we listened to music and checked out the Civil War Encampment. When Al arrived, he told us that our dinner was being served on the outdoor patio of Papa Romano's. The pizza was good but while we ate the clouds rolled in. Alas, no moon to see. That meant paddling back to Heavner's in the dark and this time with a sprinkle of rain here and there. We did see the moon peek through the clouds for a moment and then the moment was gone.



About two-thirds of the way back the sprinkle was joined by thunder and lightning in the distance. Everyone made it back safely and not dripping wet.

I wish to thank Alan Heavner and his crew at Heavner Canoe Rental for a job well done. For those who missed out on canoeing in the rain there are

three more Moonlight Canoeing events scheduled for September 4, October 3, and November 1. See you there.



# Incident and Feedback Reporting to SOLAR

As SOLAR evolves and grows, we have been designing formalized systems for members to provide feedback. As part of this effort, we have created an incident and feedback reporting system. If you have any suggestions for how we can improve what we do, this is the place to share those suggestions. (We especially appreciate those suggestions that come with offers of assistance!) This reporting system is designed to give members an opportunity to provide feedback (positive or not so positive), and of course, to report incidents that occur during classes and trips coordinated through the club.

The goals of this system are to:

- Provide a tool for communicating issues
- Improve the offerings available to members
- Improve risk management within SOLAR
- Prevent future incidents from occurring

Broadly, an incident is any unplanned occurrence that resulted or could have resulted in injury to people and/or damage to property, equipment or the environment.

The SOLAR Yahoo! Group has a new folder in the files section called "Incident and Feedback" with the appropriate forms. General feedback can be

emailed to the incident/feedback committee at SOLARIncident@SolarOutdoors.org or given to me, in writing, at a meeting. We plan to post everything on our website (www.solaroutdoors.org), too.

The committee will respond within a reasonable time (remember, we are all volunteers, have other commitments and like to travel). We may need more information, clarification, and/or time to research the event. Further action may or may not be recommended by the committee. We will keep the person who submitted the form up to date on what is happening. We are interested in improving SOLAR, not being the "fun police" or "punishing" anyone.

SOLAR is a very diverse group with very diverse interests. SOLAR members climb mountains, hike lonely places, and teach classes some may consider "extreme." We engage in some risky activities and sometimes things happen. Hopefully by knowing what has happened in the past, we can better prepare ourselves for the future.

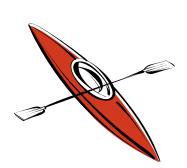
Chuck Smith
Chairperson, Incident/Feedback Committee

# The Life of a SOLAR Activities Chairperson - by Samantha Schafer

Part 4 of a series of articles on Steering Committee positions

The job of the Activities Chairperson involves much more than standing up at each SOLAR meeting and introducing the upcoming activities. The Activities Committee and I have been working on several projects since I took office in June 2008, including some which have been completed.

The Activities Chair has the main responsibility for updating the SOLAR calendar with new



events being offered to club members. Updates are made to the website version of the calendar, as well as the Ray newsletter version and the copy that is distributed during membership meetings at Colony Hall.

One exciting aspect of my job as the Activities Chairperson is being the first person to learn about new activities being offered! Any member of SOLAR can organize an activity. Once the activity has been added to the SOLAR calendar, the organizer can announce details about that activity at the monthly meeting and promote the activity through the SOLAR Ray newsletter. The first step is to let me know what the activity is and when it will take place. The activities offered throughout the year by SOLAR are coordinated by fellow club members who volunteer their time to benefit us all. Club members have taken us to some of the best

spots in Michigan, the US and all around the world.

Deciding to coordinate an activity for SOLAR is not has hard as you may think. The Activities Committee works hard to make coordinating an activity easy for you. One way we have simplified things is by updating the Activities Policy, which was changed last year. We have eliminated the designations of "SOLAR" and "Non-SOLAR" activities. This benefits you as a member in that if you want to introduce your friends to SOLAR, you can bring them along to an activity and show them why SOLAR is the best group of outdoors people around! In addition to updating the Activities Policy, the committee has also updated the guidelines for coordinating and participating in activities. These updated guidelines will help answer some

questions about activities and may also help you to ask the right questions when considering an activity.

Another part of my job is to answer specific questions that you might have about coordinating an activity. I am here to help you think through the details, if needed.

Some questions that I frequently receive are: How much should I charge for the trip? How many people should I allow on the trip? Have you considered coordinating an activity through SOLAR? Have you ever made a hotel or



campground reservation? Have you planned an adventurous trip for yourself and your family? Then you can coordinate an activity with SOLAR. Want to do something fun with some adventurous people? Then you *should* coordinate an activity with SOLAR. Remember, it is club members like you who are coordinating these activities. Please join in on the fun and take us to your favorite places, or maybe somewhere that you have always wanted to go.

The most recent change that the Activities Committee has made is to post the flyers for upcoming activities in the SOLAR Yahoo! Groups file section. This allows you, as a club member, to get more details about an upcoming activity if you miss the monthly meeting. Similarly, the SOLAR Ray now includes hyperlinks to these same flyers in the electronic version of the Ray. We hope that you have found this new feature useful.

The Activities Committee is always open to new ideas and suggestions from SOLAR members. Please feel free to e-mail us to let us know how we might be able to help you. I can be reached at SolarActivities@SolarOutdoors.org.

# BEAR NIGHT (ON THE BEST OF THE JOHN MUIR TRAIL)

By Glenn Schultz © 2008 All rights reserved Artwork Clip Art

I woke with a startle
At the clanging of pots
"Get away!" "Get 'way bear!"
Is what my ear got.

For the Chasers had yelled "A canister it got!" Whose ever it was, Did not wish this for luck

So up from a sound sleep From my snug sleeping bag I reached for my flashlight Its trademark was Mag.

We tenters were jostling Most of us were awake Yet some of the group slept Through this bear escapade.

It was 11 p.m.

Not long in the night

To see a bear's rummage
Is an interesting sight.

The bear had torn open
A Ursack by the seams
And mauled at its contents
Where we camped by the stream\*\*

At Evelyn Lake Junction Second night on our Trail Lyell Fork in the Canyon, With no tele, no mail

The bear had been rooting
Through the sack that he had
With Snickers and lotions,
The scents in the bag

So the bear won't return Dave and Ati made a fire To burn all the damage In a trash funeral pyre

And Sara she moved Near to us, her tent close She was a light sleeper Her "ear sight" the most.

She said she would warn us If the bear came again We heard that, but later When she got up again...

Don and I did not rouse,
I think we hit snooze
Would we have risen?
Had she yelled
"Wild Women & Free Booze"?

That is our inside joke With our group on the Trail But Sara could not wake us With prodding, no avail.

Don and I were refreshed From our slumber that night We fixed ourselves breakfast Checked our canisters tight

We thank Sara kindly We think she's the best And well past this Trail This memory will last.



<sup>\*\*</sup>Footnote: We camped at least 300' from the river and 300' from our canisters.

# **Glacier National Park**

Photos by Kevin Cotter, article coming next month...



Glennis Lake from our backcountry campsite.



Dawson-Pitamakan trail. Yes, the one along the side of the mountain.

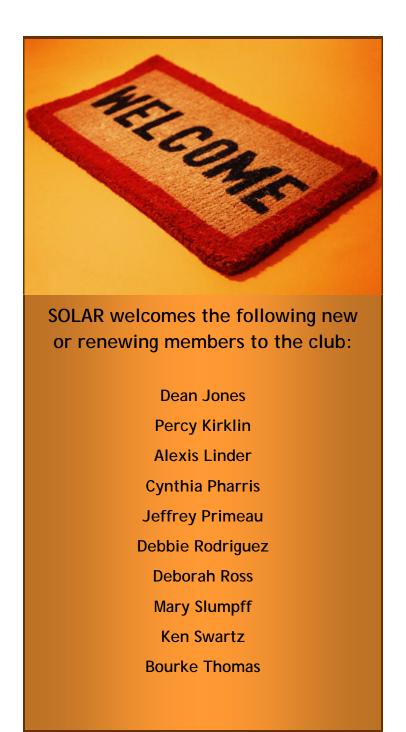


Mountain goats have the right of way on the Highline Trail.

# Top 10 Good Things About 38 Straight Hours of Rain on Isle Royale

By Ken Lemieux

- 10. Get to see fish go for a walk.
- 9. Tent stakes go into the ground real easy.
- 8. Who needs to filter water, just open your mouth.
- 7. Can see whose rain gear actually works.
- 6. Animals are easy to photograph when lined up 2 x 2.
- 5. Who knew racing slugs could be so fun?
- 4. Quoting Marty Feldman saying "Could be worse, could be raining" never seems to get old.
- 3. Even black flies don't come out in this bad of weather.
- 2. Food re-hydrates without much effort.
- 1. Makes the outhouses not such a bad hangout.



# **SOLAR SEPTEMBER 2009 CALENDAR**

www.SolarOutdoors.org

		SEI	PTEMBER ACTIVITES				
9/1	Tues	Monthly Meeting 7:30pm	Colony Hall	Cindy Taylor	SolarPresident@SolarOutdoors.org		
9/1	Tues	Pictures of Nepal	Colony Hall	Debbie Zuchlewski	SolarPrograms@SolarOutdoors.org		
9/4	Fri	Moonlight Paddle	Proud Lake Rec Area	Margaret Martin	mpluscat@yahoo.com		
9/17	Thurs	October SOLAR Ray Deadline		Jennifer Tislerics	SOLARrayeditor@SolarOutdoors.org		
9/18-20	Wknd	Whitewater Rafting	Upper Gauley River, WV	Darrell Ahlberg	dahlberg7@comcast.net		
9/26	Sat	National Trails Day Party (Belated)	Southfield, MI	Mike Malon	mmalon@comcast.net		
		SE	PTEMBER CLASSES				
9/3, 10, 17, 18-20, 24	Thurs/ Wknd	Beginning Backpacking (continues in Oct)	Berkley Comm. Center/ Brighton Rec Area	Carol McCririe	cmccririe@sbcglobal.net		
9/16, 26-27	Multi	Women in the Woods (continues in Oct)	TBD	Pamela Riehl	pariehl@gmail.com		
OCTOBER ACTIVITES							
10/3	Sat	Moonlight Paddle	Proud Lake Rec Area	Margaret Martin	mpluscat@yahoo.com		
10/3	Sat	Canoe in Color	Holly, MI	Willi Gutmann	willi_h2o@yahoo.com		
10/4-10	Multi	Week in the Adirondacks	Lake Placid, NY	Don Wold	dwold12972@aol.com		
10/6	Tues	Monthly Meeting 7:30pm	Colony Hall	Cindy Taylor	SolarPresident@SolarOutdoors.org		
10/6	Tues	Program- TBD	Colony Hall	Debbie Zuchlewski	SolarPrograms@SolarOutdoors.org		
		0	CTOBER CLASSES				
10/2-4	Wknd	Beginning Backpacking (continued)	Pictured Rocks Ntnl Lkshr	Carol McCririe	cmccririe@sbcglobal.net		
10/6, 13, 20, 23-25	Tues, Wknd	Search and Rescue	Eastpointe, MI D-Bar-A Camp	Tom Hayes	sarcaptain@yahoo.com		
10/14, 21, 24-25	Weds, Wknd	Basic Land Navigation	Berkley Comm. Center, Waterloo Recreation Area	Brian Andrews	briangandrews@comcast.net		
10/16-18	Wknd	Women in the Woods (continued)	Red River Gorge, KY	Pamela Riehl	pariehl@gmail.com		
		NO	VEMBER ACTIVITES				
11/1	Sun	Moonlight Paddle	Proud Lake Rec Area	Margaret Martin	mpluscat@yahoo.com		
11/3	Tues	Monthly Meeting 7:30pm	Colony Hall	Cindy Taylor	SolarPresident@SolarOutdoors.org		
11/3	Tues	Program- TBD	Colony Hall	Debbie Zuchlewski	SolarPrograms@SolarOutdoors.org		
		NO	OVEMBER CLASSES				
11/12, 11/14-15	Thurs, Wknd	Wilderness First Aid (Re-certification option – TBD)	TBD	Mike Malon	mmalon@comcast.net		
Fall 2010	Multi	UP Gaelic Adventure	COMING ACTIVITIES Ireland/Scotland	Jim Gessner	gessnerj@comcast.net		
		U	PCOMING CLASSES				
12/2,9,16, 1/6,16- 17,20,27 2/5-7	Weds & Wknd	Enjoying Michigan Winters	TBA	Allen Duncan/ George Zapp	aduncan85@gmail.com gzapp@comcast.net		

If you would like to plan/lead a SOLAR activity, contact our Activities Chairperson, Samantha Schafer, at <a href="SolarActivities@SolarOutdoors.org">SolarActivities@SolarOutdoors.org</a>.

If you would like to teach or suggest a SOLAR class, contact our Education Chairperson, Marie Martinko, at <a href="SolarEducation@SolarOutdoors.org">SolarEducation@SolarOutdoors.org</a>.

SOLAR HAS A NO-REFUND POLICY. IF YOU ARE UNABLE TO ATTEND AN ACTIVITY, YOU MAY "SELL YOUR SPOT" TO ANOTHER CLUB MEMBER.

#### WHAT IS SOLAR?

SOLAR is a non-profit, volunteer-based organization with 400-plus members who enjoy the outdoors. Members share their knowledge and experience with each other by leading classes and coordinating activities/trips.

### MEMBERSHIP

Membership is only \$40 a year per person (\$55 per family) and includes free access to most club-owned equipment, a monthly newsletter, and a chance to meet hundreds of other likeminded adventurers drawn together by a common love of pristine lakes, breathtaking vistas, deep forests, scenic shorelines, and the experiences to be found there.

### **MFFTINGS**

Our monthly meetings are held the first Tuesday of every month in Southfield at Colony Hall, 21780 Evergreen (between 8 Mile & 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 SOLARmembership@solaroutdoors.org.

### SUBMISSION GUIDELINES

Submissions for the SOLAR Ray are due on the Thursday three weeks prior to the monthly Membership meeting. Articles, poems, recipes, etc. should be submitted in electronic format, preferably in Microsoft Word. Please attach images separately. If you have any questions, please contact Jennifer Tislerics at SOLARrayeditor@solaroutdoors.org.

### STEERING COMMITTEE

President: Cindy Taylor Vice President: Carol McCririe Secretary: Samantha Mozdzierz Historian: Chuck Smith Treasurer: Mary Donahue

Activities: Samantha Schafer Education: Marie Martinko Ray Editor: Jennifer Tislerics

Bylaws: Allen Duncan Equipment: Laura Buhl Membership: Mary Price Programs: Debbie Zuchlewski Public Relations: Gloria Fontaine Webmaster: Jeff McWilliams

#### PRESIDENTS AT LARGE

Mike Banks | Leslie Cordova | Al Fylak | Steve Gardner | Bill Halvingis | Cindy Harrison-Felix Tom Hayes | Joan Hettinger | Doug Lanyk | Larry Martin | Tom Oloffo | Lou Szakal 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 Cindy Taylor at SOLARpresident@solaroutdoors.org.

### SPECIAL THANKS TO THE SOLAR RAY ASSISTANT EDITORS

Laura Buhl, Winnie Chrzanowski, Sheila Hardy, Jennifer Hill, Ken Lemieux, Pamela Schmelzer-Anzicek, Elizabeth Schwab, Rebecca Sweeton and Ati Tislerics.

### MORE INFORMATION

Please visit our website at www.solaroutdoors.org.

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Visit our website: www.solaroutdoors.org