

The

SOLAR Ray

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

February 2010

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SOLAR Annual Photo Contest Winners

Congratulations to this year's SOLAR Photo Contest winners. First place winners in each category received a blue ribbon and a \$25 gift certificate to REI. The Overall Best Photo winner received a \$50 REI gift certificate. Congratulations to all members who entered photographs; they were all excellent. The first place winners in each category are:

Category

Scenery - Glenn Schultz Animals - Janet Schester Plants - Janet Schester People - Kevin Cotter Digitally Enhanced Scenery - Jeff Enterkin Digitally Enhanced "Other" - Jeff Enterkin Non-SOLAR Scenery - Linda Rodrick Non-SOLAR Plants/Animals - Leslie Cordova Non-SOLAR People/Humor - Rick Waller

The winner of the Best Overall photo was Linda Rodrick for her scenery photo taken at Yellowstone National Park.



Best Overall - Linda Rodrick



Non-SOLAR Plants/ Animals - Leslie Cordova



People evin Cotter

Photo Contest Winners, continued...



Digitally Enhanced Other -Jeff Enterkin



Non-SOLAR People/Humor - Rick Waller



Landscape - Glenn Schultz



Animals- Janet Schester



Digitally Enhanced Scenery -Jeff Enterkin



Plants- Janet Schester



Backpacking Class Prepares Members for the Great Outdoors

Do you think jeans are a fashionable clothing option for the trail? Tired of nibbling on cold food at camp because you don't have a clue how to use a camp stove? Are you

perplexed at how to get your backpack to weigh less? Do you know many outdoor skills but want to learn new ones and meet some fellow SOLAR members?

Whatever your reason and motivation, the Basic Backpacking class offers opportunities to learn skills in a variety of outdoor topics ranging from stoves/cookware to clothing to shelters to backpacks. The field day and weekend practicals provide hands-on experience and opportunities to enjoy miles of beautiful Michigan trails.

No matter your backpacking experience, this class is a great opportunity to meet people in the club and learn new skills. Space is limited so reserve your spot today!

Class dates: March 25, April 8, April 22, May 6; 6:00—9:00 p.m.

Location: Baldwin Library, Birmingham. May 6 class will be held at Birmingham Community House.

Field Day: April 10, 8:30 a.m.--5:00 p.m. at Maybury State Park

Practicals: April 24-25; May 14-16

Space is reserved with \$100 payment (make checks payable to SOLAR).* Please contact Michael Banks at slywolfe52@yahoo.com or Heather Hall at hmh912@gmail.com with any questions or additional information.

*All participants must be current SOLAR members. Additional costs may be incurred for students needing personal items such as boots, clothing, toiletries and food.

Words to Wander By

I think the environment should be put in the category of our national security. Defense of our resources is just as important as defense abroad. Otherwise what is there to defend?

~ Robert Redford

Thanks to Pam Esper for the inspirational quote!



A pair of chickens walked into library and said, 'Buuk' Buuk BUUK.' The librarian decided that the chickens wanted three books. She gave them the books and they walked out.

Later, the chickens came back and said angrily,' Buuk BukkOOK!' The librarian gave them three more books, and the chickens left.

The two chickens returned in the early afternoon looking annoyed and said, 'Buuk Buuk Buuk Buuk Bukkooook!' The librarian gave them five books and decided to follow them.

She followed them out to a park where she saw the two chickens throwing the books at a frog in the pond, to which the frog was saying, "Rred-it, Rred-it, Rred-it."





SOLAR is pleased to welcome the following new members to the club:

Shirley Ann Case
Elaine Danas
Darren and Bett Hanna
Darryl and Laurie Newman
Cheryl Rassette
Jan Wheelock
Shelly Riddell

We are excited to welcome the following people as Lifetime Members of SOLAR:

Elaine Danas Mary Donahue Gloria Fontaine Linda Ringlein Heidi Tietjen Robin Vargyas Mary Winkler

SOLAR Square Damoe

Join us for a fun night of traditional square dances, mixers, and finish the night off with the Virginia Reel. We'll start the night with the traditional SOLAR potluck dinner, then we'll dance the night away. If weather permits, there will be a bonfire on the patio with all the makings for s'mores. This is a family friendly event.



Date: Saturday, March 13, 2010

Time: Dinner 6:00–7:30, dance 7:30–10:00 p.m.

Who: All are welcome. Family friendly. Babysitting available for an additional fee (please indicate that you will need babysitting at least 5 days in advance of the event).

Where: St. Timothy's Presbyterian Church, 16700 Newburgh Rd., Livonia, MI

Directions: From I-275: Take the 6 Mile Road exit. Go east to Newburgh Road (one block). Turn right (south) onto Newburgh. St. Timothy's Church will be the third driveway on the left (east side of the street).

Cost: \$10 per adult, \$5 per child over 3 years old.

Please pre-register by the March SOLAR meeting. For more information please contact Margaret at 734-721-2821 or mpluscat@yahoo.com.

Note: Due to this being a family friendly event, please do not bring alcoholic beverages.

Intermediate Backpacking Class

Thursday, April 29, 2010

Have you taken the basic backpacking class? Are you looking to put your new-found skills to the test, but need a little more guidance? Are you ready for your next big adventure in backpacking? Then this class is for you!

Class will be held on Thursday, April 29th from 7:00—9:00 p.m. at the:

Royal Oak Senior Community Center 3500 Marais Royal Oak, MI 48073

The Community Center is located just north of 13 Mile Road between Crooks Road and Main Street.

You and your fellow students will plan your own backpacking trip, from start to finish. Class will start out with a 2-hour lecture on trip planning. After that, where, when and how often we meet is up to you. The cost is a mere \$10 to cover materials and handouts. This class will be limited to 12 students.

The only rule is that the trip must be within a 12-hour drive of the Detroit area. Learn to pick the area to backpack, when to go, who to go with, how to obtain permits, local regulations, climate, trail conditions, crowds, trail difficulty, hiking speeds, take training/conditioning hikes, etc. The final practical can be a weekend, long weekend or a week; it is all up to you.

If interested, contact Leslie Cordova at (248) 547-5626 or lesliegene@aol.com.



2010 Introduction to Adventure Racing Class

Adventure Racing (AR) takes many of the activities you may already participate in and combines them into a single race, lasting anywhere from 2 hours to 10 days. Most adventure races include the basics: trail running/trekking, canoeing/kayaking, orienteering, mountain

biking, and fixed ropes. More advanced races will also add other activities.

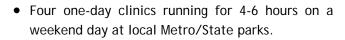
This class is designed to introduce you to the skills, training, teamwork, and equipment needed to complete a successful Sprint Adventure Race (6-8 hours). The class will consist of formal classroom sessions, outside seminars, and training sessions, with the end goal being to participate in and complete an adventure race in June or July.

Topics to be covered:

- How to get started
- Basic Navigation for AR
- Training
- Teamwork
- Nutrition
- Equipment
- Disciplines (mountain biking, canoeing, trail running)
- Tricks & tips

Class Dates:

• Four Wednesday evening classroom sessions, 6:00—9:00 p.m., on February 24, March 10, March 24, April 7. Location in Royal Oak/Troy area.





- ♦ April 18 Mountain Biking
- ♦ May 8 Canoeing
- ♦ May 23 Mini 3-hr Adventure Race
- March thru June Optional training sessions on weeknights/ weekends run by instructors
- June or July Beginner Adventure Race (race TBD)

Class Cost:

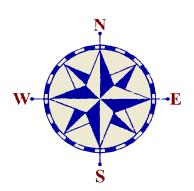
- \$75 for SOLAR members (includes all clinics, canoe/PFD rentals, books, & class materials). Students must supply their own bicycle and other personal equipment.
- \$115 for non-SOLAR members (includes SOLAR membership, all clinics, canoe/PFD rentals, books, & class materials). Students must supply their own bicycle and other personal equipment.

Not included: June or July Adventure Race fees, 1-2 nights hotel for race weekend, transportation, food, personal equipment, etc.

Prerequisites: Sense of adventure, fun spirit, and commitment to train. Experience with map and compass are helpful but not required.

Class Size: Limited to 24 people.

To register or for more information contact Pam Riehl Szakal at 248-756-7002, pariehl@gmail.com or Lou Szakal at 248-756-7001, everest2008@comcast.net.



We asked SOLAR members...

about their strangest experience on an outdoor adventure.



Laurie Newman

My husband and I were hiking and got lost in the woods. Seeing the big pile of bear scat, we were scared. We were out for six hours, with no food and one bottle of water. We refilled it once, and then saw the water had leeches in it. The strangest thing about it - we didn't fight once!



Hiking on Mt. Rainer, picking up your own

scat on the glacier.



Rex Mathewson

Kayaking solo on the Au Sable River. [Editor's note: Rex is holding photos of his adventure.]



Dave Sweeton

Seeing an entire living room set of Flintstone-like furniture (foot rests, table, recliner, etc.) made of flat stone in the Porcupine Mountains on the shore of Lake Superior.

Want to conduct a micro-interview for the next newsletter? Volunteers needed! Contact the Ray Editor at SOLARrayeditor@solaroutdoors.org

Backcountry Gourmet



Easy Applesauce

Submitted by Clayton Lucey

- 1. Core and slice several varieties of apples, then dehydrate.
- 2. Once dehydrated, put in a blender and chop very finely.
- 3. Store in small quantities, for it will clump.
- 4. Just add water on the trail.

Quickie Apple Yum Yums

Submitted by Willi Gutmann

<u>Ingredients:</u>

2 1/4 cups Original Bisquick

2/3 cup milk (powdered milk can be substituted, just add water once on site) 1/3 cup butter

1/4 tsp baking soda

2 packages powdered apple cider drink mix extra cinnamon and/or brown sugar to taste add crushed nuts, raisins, dried fruit if desired

Directions:

Mix all ingredients (except liquid) into a zipper-style bag. Add liquid on site and mix well. Squeeze dough into buttered/oiled cast iron skillet and place on low glowing charcoal (or set oven to 450 F). Bake for 10 minutes.

Pay careful attention to time/temps when using outside firepits. A simple wood fire can hit 1,000 F - 1,500 F so be very aware.

Use of a large stick or oven mitt to lift the handle is highly recommended - melting your gloves just for some apple biscuits isn't a good idea.

How to Construct a White Gas Fuel Bottle Cozy

by Jeff McWilliams

Step 1.

Start with an empty white gas fuel canister, as shown at right.



Introduction

The instructors for the Enjoying Michigan Winters class suggested making some sort of insulated cover for our white gas fuel canisters that are to be used on our practicals. Because the canisters are made of metal, gripping such an object with bare hands in subfreezing temperatures rapidly transfers heat away from the person's hands. This can quickly lead to numbness and frostbite.

Additionally, as the compressed air and gas mixture inside the canister is released into the stove during cooking, the canister will cool even further. This will worsen the effects above.

Note: Some online research regarding whether or not to insulate the propane, butane, isobutane cylinders used in canister stoves, such as the JetBoil PCS, JetBoil Helios, or the MSR Reactor yielded mixed results. I have no opinion for or against insulating gas cylinders for these types of stoves. Results may vary depending on the gas mixture used in the tank, the stove being used, and the environmental conditions.

What you'll need:

- Scissors
- Duct Tape
- Aluminum cooking foil
- 1 roll of Pipe Wrap Insulating Tape (self adhesive foil and foam tape sold in 15' rolls at most hardware and home improvement stores)



Step 2.

Neatly wrap the fuel canister with aluminum foil. The insulating tape is self adhesive; therefore, wrapping the tank in aluminum foil will make it easier to slide off the entire insulating cozy when you are done using it.

Step 3.

Unroll at least 13" of the insulating tape, but do not cut. Measure the circumference of the cylinder, and transfer this measurement to the insulating tape. Cut a triangle out of the tape that is as long as the measured circumference. You should end up with a pointy end to the insulating tape as shown.





Step 4.

Begin wrapping the tape around the cylinder, starting at the bottom. As you wrap, the triangle you cut out should allow you to wrap the insulating tape in a continuous spiral around the cylinder, from bottom to top.

Step 5.

When you reach the top, continue wrapping until the bottom edge of the tape reaches the neck of the fuel bottle.



Step 6.

Cut the tape, and then use scissors to trim all the way around so that it's even.

Step 7.

Cut four "V" shapes into the insulating tape. This will allow you to fold the tape down around the tapered neck of the bottle without an excessive amount of wrinkling or folding.

Step 8.



Unroll a length of the duct tape without cutting it. Measure the circumference of the fuel bottle again, and cut a similar triangle out of the duct tape.

Step 9.

Wrap the duct tape around the bottle just as you did the insulating foam tape.

Step 10.

Cut three pieces of duct tape approximately 3.5 - 4" in length. Use them to cover the foil on the bottom of the cylinder to complete the package.



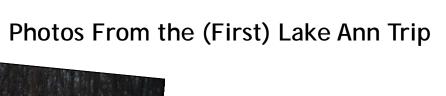
Removal

To remove the insulating cozy, you'll have to fully open up the tapered top. The fuel bottle should then slide out of the sleeve. If you tightly wrapped the fuel canister, the snug fit may make it slightly difficult to remove. I suggest you leave the insulating material on the fuel canister until you are ready to return it, empty, to SOLAR.

No guarantees as to the functionality or usability of this item are either expressed or implied. Caveat emptor. Live long and prosper. And so on!

Have a DIY project you'd like to share with fellow SOLARites? Submit it to the SOLAR Ray! Email instructions (and photos, if possible) to SOLARrayeditor@solaroutdoors.org.







Thanks to Sara Cockrell and Jennifer Hill for submitting these photos!





The Mt. Marcy Mambo

By Glenn Schultz

One could say it was like a tango
One could declare it less like a waltz
One might call it a two step fox trot
I would proclaim it a Mambo Ball

To hike is at times like dancing
Good partners, important to find
To be in sync and in rhythm
To have one's footsteps aligned

This trail was not all a party
Like the Moomba Melbourne affair
That Australian water festival
That's held in the spring down there

And the entire trail was not treacherous
Though much was like mamba the snake
Although this trail was a long one
Let's get the spelling straight

This trail, it took some footing

Quick thinking, turns on a dime

With starts and stops and twists and turns

As we made the uphill climb

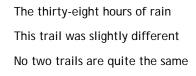
For some steps, they were hurried And some steps, they were long On some steps, we took tumbles Embarrassed, but not for long

We climbed this high crescendo
As we ascended to the top
It seemed to last forever
But we never thought we'd drop

For I had a very good partner
We coaxed each other along
Through this checker boarded dance floor
Of mud and rocks and slog

We plodded through the muck
We labored through the grind
We trudged on through the water
Swung on to trees at times

Mist fell from up above
And water pooled below
And runoff poured on down the trail
All over water flowed



We toiled a mile an hour

Not at a four / four time

The clouds that rolled in through the day

Made summit viewing blind

We returned the way we came
Took the Bushnell Falls trail loop
Made shelter before sunset
Us two in a six man coop

In backcountry Adirondacks

We were very bear aware

Even while we did the Mambo

On the Mt. Marcy Great Range stai



SOLAR FEBRUARY 2010 CALENDAR

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		FE	BRUARY ACTIVITIES		
2/2	Tues	Monthly Meeting 7:30pm	Colony Hall	Cindy Taylor	SolarPresident@SolarOutdoors.org
2/2	Tues	Program- TBA	Colony Hall	Debbie Zuchlewski	SolarPrograms@SolarOutdoors.org
2/11	Thurs	March SOLAR Ray Deadline		Jennifer Tislerics	SOLARrayeditor@SolarOutdoors.org
2/11	Thurs	Chinese New Year Dinner	Garden City, MI	Leslie Cordova	lesliegene@aol.com
2/19 - 21	Wknd	Cross Country Ski and Snowshoe	Lake Ann, MI	Darrell Ahlberg	dahlberg7@comcast.net
2/28	Sun	American Lung Association Climb Detroit	Detroit, MI	Mary Donahue	mldonahue824@gmail.com
		FI	BRUARY CLASSES		
2/5 - 7	Wknd	Enjoying Michigan Winters (cont'd)	Pigeon River State Forest, Vanderbilt, MI	Allen Duncan/ George Zapp	aduncan85@gmail.com gzapp@comcast.net
2/24	Wed	Introduction to Adventure Racing	Royal Oak/Troy, MI	Pam Riehl Szakal	pariehl@gmail.com
			MARCH ACTIVITIES		
3/2	Tues	Monthly Meeting 7:30pm	Colony Hall	Cindy Taylor	SolarPresident@SolarOutdoors.org
3/2	Tues	Program- TBA	Colony Hall	Debbie Zuchlewski	SolarPrograms@SolarOutdoors.org
3/5 - 8	Multi	Grand Island Ski Tour	Munising, MI	Michael Neiger	http://tinyurl.com/030510 mneiger@hotmail.com
3/13	Sat	SOLAR Square Dance	Livonia, MI	Margaret Martin	mpluscat@yahoo.com
3/18	Thurs	April SOLAR Ray Deadline		Jennifer Tislerics	SOLARrayeditor@SolarOutdoors.org
			MARCH CLASSES		
3/10, 24	Weds	Introduction to Adventure Racing (cont'd)	Royal Oak/Troy, MI	Pam Riehl Szakal	pariehl@gmail.com
3/25	Thurs	Spring Basic Backpacking	Birmingham, MI	Michael Banks	slywolfe52@yahoo.com
			APRIL ACTIVITIES		
4/6	Tues	Monthly Meeting 7:30pm	Colony Hall	Cindy Taylor	SolarPresident@SolarOutdoors.org
4/6	Tues	Program- TBA	Colony Hall	Debbie Zuchlewski	SolarPrograms@SolarOutdoors.org
4/15	Thurs	May SOLAR Ray Deadline		Jennifer Tislerics	SOLARrayeditor@SolarOutdoors.org
			APRIL CLASSES		
4/3, 7, 18	Various	Introduction to Adventure Racing (cont'd)	Royal Oak/Troy, MI	Pam Riehl Szakal	pariehl@gmail.com
4/8,10, 22, 24 - 25	Various	Spring Basic Backpacking (cont'd)	Birmingham, MI	Michael Banks	slywolfe52@yahoo.com
		UP	COMING ACTIVITIES		
5/7-9	Wknd	Mother's Day Weekend Escape	North Manitou Island, MI	Michael Banks	slywolfe52@yahoo.com
5/21-23	Wknd	Hocking Hills Camping Weekend	Hocking Hills, OH	Darrell Ahlberg	dahlberg7@comcast.net
5/28-31	Wknd	Memorial Day Weekend Camping	Indiana Dunes State Park	Leslie Cordova	lesliegene@aol.com
7/2-5	Wknd	Fourth of July Weekend Camping	Caesar Creek State Park	Leslie Cordova	lesliegene@aol.com
9/9 - 10/7	Multi	Gaelic Adventure	Ireland/Scotland	Jim Gessner	gessnerj@comcast.net
9/11	Sat	Dances With Dirt 100k Relay Run	Hell, MI	Allen Duncan/ Jeff McWilliams	aduncan85@gmail.com jeff.mcwilliams@gmail.com
5/8, 23	Various	Introduction to Adventure Racing (cont'd)	PCOMING CLASSES Royal Oak/Troy, MI	Pam Riehl Szakal	pariehl@gmail.com
5/6, 14 -16	Various	Spring Basic Backpacking (cont'd)	Birmingham, MI	Michael Banks	slywolfe52@yahoo.com
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If you would like to plan/lead a SOLAR activity, contact our Activities Chairperson, Samantha Schafer, at SolarActivities@SolarOutdoors.org.

If you would like to teach or suggest a SOLAR class, contact our Education Chairperson, Marie Martinko, at SolarEducation@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.

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. Lifetime memberships are available for \$175 (single) and \$250 (family).

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

Ray Editor: Jennifer Tislerics Webmaster: Jeff McWilliams

Activities: Samantha Schafer

Education: Marie Martinko

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

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

Winnie Chrzanowski, Jennifer Hill, Ken Lemieux, Pamela Schmelzer-Anzicek, Elizabeth Shaw, Rebecca Sweeton and Ati Tislerics.

MORE INFORMATION

Please visit our website at www.solaroutdoors.org or attend one of our monthly meetings.

armington Hills, MI 48334 12 Mile Road P.O. Box 220 33228 W.

Visit our website: www.solaroutdoors.org