

The

# SOLAR Ray



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

February 2011

Visit us at www.solaroutdoors.org

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SOLAR members are encouraged to use



the online calendar at <a href="https://www.meetup.com/">www.meetup.com/</a>
<a href="https://www.meetup.com/">SOLAR-Outdoors</a> for convenient class and trip sign-ups.

# **Adventure Racing Class**

by Gary Read

Do you like a variety of outdoor sports? Are you interested in a way to combine several sports into a single challenging event? If yes, then read on to find out more about the training for adventure racing (AR) available through SOLAR.

The SOLAR AR course is a spring series of classes and clinics to

provide the fundamental knowledge and experience necessary to begin entering adventure races. Pam Riehl and her posse of assistant instructors (Eric Braun, Jeff McWilliams, Jennifer McWilliams, Jackie Ostrosky, Sue Segel, Lou Szakal, and Don Wold) provided an excellent

value in education. The lead instructor, Pam, brings credibility to the course with her experience enduring the 10 days of Primal Quest 2009 in a range of terrain across South Dakota.

I remain amused at my



own previous misconceptions about adventure racing. I knew there was running, biking, and paddling involved and so assumed ARs were like triathlons with a boat substituting for the swimming. Without the AR class to clear up my misconceptions I would have been very confused and

frustrated at my first AR. Although I'm an experienced cyclist, have completed several trail ultramarathons, and have extensive experience with aircraft navigation, there was still a lot to learn before jumping in to an adventure race.



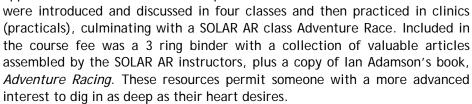
Adventure racing is more like an orienteering event with multiple modes of travel than a triathlon. In a triathlon you are required to follow a specific route, in adventure racing you're on your own to figure out the most efficient route for your <u>team</u>. Also, unlike most other forms of "racing" it's not about finishing in the shortest time. Instead, adventure racing is about finishing with the

(Continued on page 2)

(Continued from page 1)

most points without being disqualified for being over the time limit; points are earned for each Control Point found. In adventure racing any event under 24 hours is considered a sprint, but some ARs last several days to more than a week.

The SOLAR instructors did an excellent job of taking each topic and breaking down the fundamentals so that students of any previous knowledge level could grasp how this knowledge applies in an AR situation. Topics



For people who are stretching themselves into activities that they've never tried before, the AR course offered through SOLAR provides excellent introductory tutelage in mountain biking, canoeing/kayaking, and orienteering. The mountain biking clinics included hands-on practice with changing an inner tube, removing chain links, and riding over obstacles. The paddling clinic included terrific insights from SOLAR members who are experts in kayaking and canoeing. But no matter the level of athletic ability or technical know-how, adventure racers succeed or fail by their ability to interpret topographic maps and use a compass (no GPS allowed). Both beginners and experienced outdoorspeople emerge from this course substantially more skilled in the art and science of orienteering than when they started.

It is not necessary to be a honed athlete to enjoy adventure racing, but you do need to have the stamina to go at your own pace for six to ten hours of biking, hiking, and paddling. Adventure Racing can provide as much



challenge as you choose. If you are extremely athletic you can attempt to place in your category but this requires a maximum level of physical output while maintaining mental clarity for minimal errors in decision-making. The classroom phase of the AR course provided info on physical conditioning, but workouts were not included; however, the AR class was a social network ripe with potential training partners. Also, some of the assistant instructors hosted additional outings such as Jennifer McWilliams' backpack hikes or Jeff McWilliams' trail runs. These were nice social opportunities to improve physical conditioning.

Earlier in the article I underlined "team". For me this was the biggest surprise and *kewlest* thing about adventure racing - it is a team sport. Most sprint events are for teams of two competing in divisions of male/male, female/female, and co-ed. Longer events can require teams of four or five. The team element is such a significant aspect of adventure racing that most of the first night of SOLAR AR class is devoted to the

topic. Because fatigue and stress can put tension, even explosive tension, in a relationship it is critical to have highly developed relationship and team skills to have a successful AR experience. Adventure racing can be a very rewarding bonding experience for teammates. Some of my classmates signed up for the class with their sons, daughters, significant others, best friends, even professional colleagues. The course and subsequent entrance in ARs provided all of them with great memories from the shared challenges. I had the good fortune of getting picked up as a teammate by SOLAR AR instructors Pam Reihl and Jeff McWilliams.

A component of the 2010 SOLAR AR course worth mentioning was a trip to Base Camp Challenge to play on the ropes course, organized by classmate Rachael Abler. This was valuable to the AR curriculum not only for the team

building exercises, but because many ARs include rappelling or traversing zip lines.

The Adventure Racing class will be offered through SOLAR again this spring. I highly recommend the course for the range of topics and activities and as a gateway to a very challenging and fun sport.



### **SOLAR Photo Contest 2011**

This year's photo contest included 57 entries! This may be a new record for SOLAR. Thank you to everyone who participated, it was a great competition! The winners of each category are listed below, and most photos are included on pages 3 and 4 for your viewing pleasure.

Action category winner was Mike Hubbard
Animals category winner was Jana Schultz
Black & White category winner was Jackie Ostrosky
Digitally Enhanced Other category winner was Chuck Smith
Digitally Enhanced Scenery category winner was Jessica Monroe
Humor category winner was Ken Lemieux
People category winner was Pablo Balan
Plants/Flowers category winner was Mike Hobig
Photo-Pro category winner was Karl Overheul
Scenery category winner was Ken Lemieux
BEST OVERALL winner was Ken Lemieux for his scenery photo



Plants/Flowers—Mike Hobig



Digitally Enhanced Scenery— Jessica Monroe



Digitally Enhanced Other—Chuck Smith



Animals—Jana Schultz

# Photo Contest Winners, cont'd



People—Pablo Balan



Black & White—Jackie Ostrosky





Scenery and Best Overall—Ken Lemieux



Humor-Ken Lemieux

# How to Create a Panoramic Print in a Digital World

## by Ken Lemieux

I've always been impressed with the number of excellent pictures entered in the annual SOLAR photo contest, especially in the scenery category. The rules of the photo contest allow for a maximum size of 8x10 or an 8x18 panoramic print. Although I'm not the SOLAR Historian, my guess is the inclusion of the 8x18 size in the contest is a remnant from the days in which you could purchase a disposable film camera that shot in panoramic mode and after a quick drop-off at the local developer, voila, you had a panoramic print.

The scenery photo I wanted to use for this year's contest had too much sky in it and the bottom 15% seemed extraneous. However, I *really* liked the middle portion. My dilemma was how to turn this into a panoramic print in a digital age?

Photoshop, or for that matter almost any other photo editing software, has a tool that allows a picture to be cropped to almost any size. However, my problem was once I got the image down to the correct size, where would I get it printed? With all the different printing options on the internet I was

surprised when I couldn't find anyone who could make an 8x18 print. Cropping the photo wasn't going to be the answer.

After a little brainstorming and measuring, I decided I could get a 16x20 print at Sam's Club for under \$6 and pare it down from there (note that before getting an image printed this large you may need to bump up the DPI so as to reduce the chances of it looking pixelated). I found a frame of the appropriate size on Amazon (via Adorama Camera) that came to about \$18, including shipping.

When I was ready to trim down the print, I took the glass out of the frame and positioned it where it would look best and, after taking a deep breath, traced the outline with a marker. Using the glass enabled me to see exactly what the end result would look like - no estimating required. After trimming the print I cleaned the glass and put it all together. It was exactly what I envisioned and ended up being the only panoramic print in the contest.



As Lena (who was new to Michigan) was getting off work one day in the middle of winter, it was snowing heavily. Visibility was near zero. Lena finally found her car, but wondered how she

was ever going to get home. She started the car to warm it up and tried to think of what to do. Then she remembered her husband, Olaf's, advice. He had told her that if she were ever caught in a snow storm, she should wait for a snow plow to come by and follow it. That way she'd never get stuck in a snow drift.

So she waited and sure enough, a little while later a snow plow went by. Smiling, she began to follow it. Feeling a little smug, she couldn't wait to

tell Olaf how she had followed his advice and got home without getting stuck.

After following the snow plow for quite a while, the plow stopped and the driver got out. He walked back to Lena's car and asked if she was all right? He was concerned because she had been following him for a long time.

"Sure," said Lena and she explained how Olaf had told her that if she ever got caught in a blizzard, she should follow a snow plow.

A little confused, the driver said, "OK you can follow me if you want to. But I'm finished with the Kmart parking lot and I'm headed for WalMart next."



# **Snowkiting Class**

### Organized by Chuck Smith

Want to ski or snowboard uphill? Or with no hill? How about on a frozen lake? I've always wanted to try this, so

I arranged a class with MAC Kiteboarding in Grand Haven to show us the basics. Professional instruction is pretty much necessary to play with big kites to have some semblance of safety. It will be a 1/2 day class on Saturday, February 5, 2011, the exact time has yet to be determined. This class is VERY weather dependent, so we might have to reschedule the date, too.

What is snowkiting? Here is a YouTube clip to show you: <a href="http://www.youtube.com/watch?v=48NrikofSFU&feature=related">http://www.youtube.com/watch?v=48NrikofSFU&feature=related</a>

The cost will be \$210 for about 4 hours of instruction and equipment use. We need a minimum of three students (including me :-), with a maximum of five. Students will need to bring downhill skis or a snowboard, helmet, knee & elbow pads, and dress to be playing outside in February. Previous practice with a training kite is STRONGLY recommended. SOLAR recently purchased a trainer kite and DVD, which are available to borrow by paid students of the class.



Snowkiting is also an excellent starting point for learning to Kiteboard. Here is another YouTube clip worth watching: <a href="http://www.youtube.com/watch?v=N7bUsNPEySq&feature=related">http://www.youtube.com/watch?v=N7bUsNPEySq&feature=related</a>

As always, payment reserves a spot

. (Your payment is refundable if we change the date to something that does not work for you.)

Let's have some fun in the snow!

Additional information from MAC Kiteboarding's website (<a href="http://www.mackiteboarding.com">http://www.mackiteboarding.com</a>) follows:

<u>What's Included:</u> Lessons and camps include all necessary kites and harnesses; you must bring your own protective gear (a helmet is mandatory) and skis or snowboard. We operate our school with a maximum



of 2 students per instructor to maximize your learning potential and enjoyment.



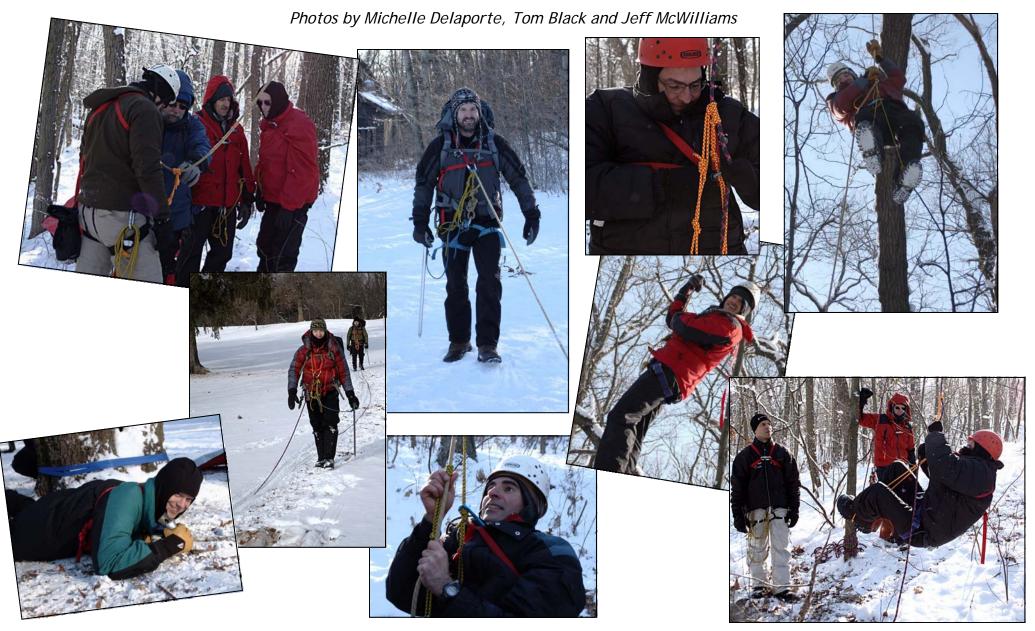
<u>What is covered:</u> We will strive to pair students of similar experience levels, so that each group's needs are met. If you are a total newbie, we will start with trainer kites and kite theory to build your experience from scratch. Don't fear however, we find that even complete beginners are generally riding significant distances by the end of Day 1. More experienced kite fliers are often holding their ground, or even riding upwind by the end of that

first day. This is why we love to teach on snow, your progress is double or triple what it is in the water.

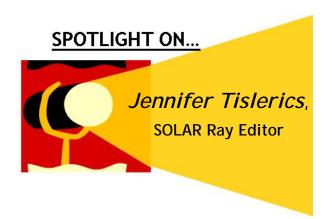
<u>What to expect:</u> Dress warm in layers. Imagine you are going to start out dressed as if you were downhill skiing and riding a long chair lift in between runs (meaning short periods of activity). As the day progresses, your activity level will increase nearly to the extent of cross-country skiing. You may need to remove a layer, so plan ahead.

<u>Protective gear list:</u> A ski/snowboard helmet (mandatory), knee and elbow pads (recommended), and butt/hip pads (optional).

# Basic Mountaineering & Safety Skills Class—First Practical



Additional Mountaineering class photos can be viewed at http://bit.ly/hhISNF



How long have you been a member of SOLAR? My husband, Ati, and I joined the club 6 years ago.

How did you first learn about SOLAR? I met Mary (Hall) Price through work, and she shared a brochure with me. We attended our first meeting soon after, and joined SOLAR that very night.

What are some outdoorsy activities you enjoy? My primary interests are hiking and backpacking, but I also enjoy canoeing/kayaking, caving, snorkeling and SCUBA diving.

What has been your favorite trip/activity so far? I can't pick just one! Each trip has been interesting and unique. Some of my favorites include 2 weeks on the John Muir Trail, 8 days in the Superstition Wilderness near Phoenix, and 10 days exploring the wonders of Belize. Taking the train to join friends for a week in Glacier National Park was pretty cool, too.

What's the most challenging thing you've done through SOLAR? I'm tempted to say editing the Ray! LOL! Actually, preparing for and participating in the 2 week backpacking trip along the John Muir Trail in California was quite challenging, both physically and mentally. Planning our food and toiletry needs long before the trip, making sure our supplies would fit into the bear vaults and shipping them to our resupply spots was a new experience. We went on a lot of conditioning hikes with heavy packs, but there is no good way to prepare for altitude challenges in

Michigan. I got stronger each day of the trip, and acclimated to the altitude after a few days. The longest day on the JMT turned out to be my best day.

What would your ideal trip be like? It would last several months, involve a rotating cast of friends and family joining me for segments of it, include visits to the warm ocean and tall mountains, be based in foreign countries with interesting local people and great food, and all the pre-trip preparations will have been arranged by someone else.

Which classes have you taken through SOLAR? What class(es) do you wish were offered that are not currently? I started with Enjoy a Winter Day, and have since taken Basic Backpacking, Introduction to Kayaking, Knot Tying, Lightweight Backpacking, Enjoying Michigan Winters, Basic Land Navigation, Wilderness First Aid, Outdoor Cooking & Nutrition, Tree Identification and probably some others I've forgotten. I would love to take a "Basic Mountain Biking for People Who Are Afraid of Going Down Hills and Falling Off Their Bikes" class.

Have you had any misadventures in the outdoors? Plenty! What's an adventure without a



misadventure? One noteworthy misadventure was my first SCUBA diving experience in Puerto Rico. Ati and I were basically dropped into the ocean wearing the SCUBA gear, intending to swim to shore with our instructor to learn how to use it on the beach. The instructor was searching (underwater) for the channel through the coral reef to the shore. In the meantime, I was pushed by the waves onto the coral. I ended up stuck on the coral, on my back like a turtle, unable to right myself or swim away. The instructor had to tow me out! I was too flustered to finish the lesson, so we snorkeled that day instead. After that, Ati and I splurged on real SCUBA lessons with a local dive shop so we could have some underwater fun in Belize.

Tell us something about you that would surprise us! Neither my husband nor I remember meeting each other. We have a good guess where we met, but we don't really know. In case you're wondering, no, alcohol was not involved!

Do you have any pets? Kids? Significant Other? At is a very significant other. We have no kids, but we do have one full-time feline dependent. We also foster cats/kittens for a local rescue group; we're currently hosting one adult cat who has proven challenging to rehome.

What would you like to see changed in SOLAR in the next year? I'd like to see a lot of people run for Steering Committee positions this May, and for more club members to sit in on Steering Committee meetings and volunteer for various projects. The more engaged we all are, the more we get out of the club and the better the club reflects members' interests.

# Words to Wander By

"Until I learn a place with my feet, I never really feel like I know it."

~Daisann McLane, National Geographic Traveler

Thank you to Glenn Schultz for submitting this quote.



### Homemade Weather Vane

Contributed by Glenn Schultz

Here is an easy project that you can do on your own to determine what the weather is. Perhaps you have seen the instructions somewhere before. Nail a small rope 9 inches long to a 12 inch flat board and hang it outside. Whenever you want to see what the weather is, check the rope using the following scale:

<u>ROPE</u>	<u>WEATHER</u>
Bright	Sunny
Hard to See	Night Time
Wet	Raining
Burnt	Lightning
Under Water	Flood
White	Snowing

Stiff Below Freezing
Flickering Slight Wind
Heavy Waving Strong Wind

Missing Hurricane or Tornado

# Backcountry Gourmet



# Meatless Mediterranean Curry Couscous

### Ingredients:

- 1/2 box Near East Mediterranean Curry couscous
- 1/2 seasoning packet from couscous box
- 1/4 oz. olive oil
- 19g toasted pine nuts
- 10g dried peas
- 5g dried carrots
- <1 tsp dried green onions
- 4g dried mushrooms
- 23g plain couscous (whole wheat preferred)

<u>At home:</u> Mix all ingredients EXCEPT OLIVE OIL into a quart size freezer bag. It's important to use a new freezer bag; never a storage bag.

<u>In camp:</u> Add olive oil and a bit less than 1 cup of boiling water to the bag. Let it sit for 10-15 minutes, insulating the bag with a freezer bag cozie or your fleece jacket (the latter is not recommended in bear country). Gently squeeze the bag periodically, to ensure even distribution of the moisture.

Makes one serving, with approximately 600 calories.

This brand of couscous can be purchased at Meijer. Dried veggies and small olive oil packets are available through wildernessdining.com.

### We asked SOLAR club members...

What have you learned in a class taken through SOLAR that you still use?



Charlotte Zinkus
I learned some paddling
techniques from Chuck
Smith's kayaking class that I

still use and practice.



Carlo Ruggero

In the Beginning Backpacking class I learned the importance of having my 5 essentials: light, fire starter, water, map and compass.



Maureen DeFrance

Backpacking is immeasurably more enjoyable when you're not killing yourself with weight. Dave Sweeton and Dick Ebenhoe's seminar on "lightweight backpacking" taught me how to enjoy "a few good things," while leaving the rest behind. TARPS are tops!!!



Jessica Monroe

From the Beginning
Backpacking class I learned
knot tying (which I am using in
the EMW class), and how to
bear-bag without a carabiner.
With what I learned in the
spring backpacking class I was
able to backpack in
Tahquamenon Falls and
Pictured Rocks, helping others
on the trip figure out what
they needed to pack.

Have a question to suggest? Contact the Ray Editor at SOLARrayeditor@solaroutdoors.org.



# SOLAR welcomes the following new members to the club:

Vanessa Clinton

Donna Coller

**Nuala Crotty** 

Glenn and Christine Newa & family

Vernon and Karen Shadd

Katie Stone

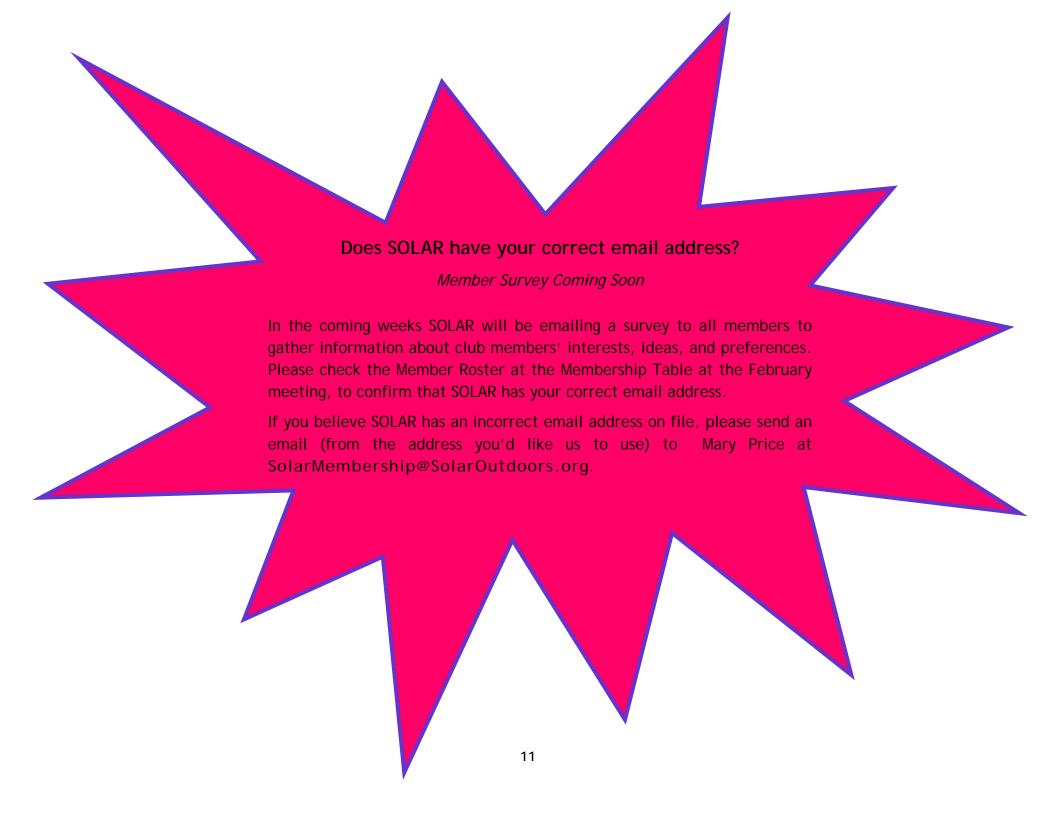
# SOLAR is pleased to welcome our newest Lifetime Members:

William Dukas

Shelly Riddell

Sheila Smith

Ken and Julie Swartz





# Square Dancing with SOLAR

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 a 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.

When: Saturday, March 12, 2011

Time: Dinner 6-7:30, dancing 7:30-10:00 p.m.

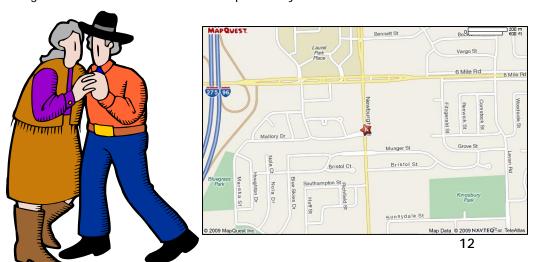
Who: All are welcome. Family-friendly. Babysitting available for an additional fee. (Please indicate that you will need babysitting at least 5 days in advance of the event.)

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

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

Cost: \$10 per adult, \$5 per child (4-18 years old).

Please pre-register by March 1, 2011. For more information please contact Margaret Martin at 734-721-2821 or mpluscat@yahoo.com.



# A Message from the Membership Chairperson:

If you have not already renewed your annual SOLAR membership, now is the time! Annual memberships expired December 31, 2010, except for new memberships paid between October and December 2010 (which will roll over through December 31, 2011). All Lifetime members are now being asked to complete a membership form *every* year. It is every SOLAR member's responsibility to review the liability waiver on the membership form and sign the form.

Membership forms can be downloaded at the SOLAR website (www.solaroutdoors.org), under the Membership tab. The link to the membership application can be found at the bottom of the webpage. I will have plenty of forms available at the upcoming general membership meetings, and there is one on the following page of the Ray.

The good news is that the membership prices remain the same:

- \$40 for a single annual membership
- \$55 for a family annual membership
- \$175 for a single lifetime membership
- \$250 for a family lifetime membership

I can be reached at 248-477-7547 or SolarMembership@SolarOutdoors.org with any questions or concerns.

Mary Price, Membership Chairperson

# **SOLAR Membership Application** Full Name: Birthdate (optional): Check one: New Membership Renewal Address: Type of Membership (check one): City: ☐ Single Annual Membership (\$40) State: Zip Code: ☐ Single Lifetime Membership (\$175) ☐ Family Annual Membership (\$55) Email: ☐ Family Lifetime Membership (\$250) Telephone #: Payment Type: ☐ Cash ☐ Check #\_ Alternate Telephone #: Please attach a list of additional names and ages for Family Memberships. Make checks payable to SOLAR SOLAR has permission to publish on its roster my: $\square$ Telephone # $\square$ Alternate Telephone # $\square$ Email Address The SOLAR Ray newsletter is available online, would you like to recieve a it by mail? Yes No How did you hear about SOLAR? \_\_\_\_\_ **SOLAR LIABILITY WAIVER** \_\_\_\_\_, understand that SOLAR provides a forum for the exchange of ideas, information, skills, and equipment as well as the planning and conducting of outdoor activities and classes by and with people who share similar interests. SOLAR does not directly provide activities or classes, and the individuals who lead and participate in such events as members of SOLAR are not professional guides or outfitters. SOLAR is a volunteer organization made up of members like yourself who enjoy outdoor recreation and are interested in sharing this enjoyment with others. I understand that there are inherent risks associated with participating in outdoor activities. These risks include, but are not limited to: falls, burns, dehydration, exposure to the elements, insect and animal bites, human errors, equipment failure, and falling debris that may result in serious injury or even death. I understand these risks and agree to assume them. I hereby release from any and all liability, for myself and my heirs, any and all members, participants, instructors, or leaders of SOLAR events, including SOLAR steering committee members, as well as the SOLAR organization itself, for any harm or injury that I suffer as a result of my participation. This release is to include any risk or harm listed above, as well as any and all risks, known or unknown, which I may encounter through my participation in the activities in which I may choose to engage. This would include risks associated with the transportation to and from such activities; except as allowed by Michigan Law for Negligence of a driver of an individual automobile (not owned by SOLAR) who may be at fault in a personal injury accident. I understand that SOLAR does not provide insurance for such risks and any automobile insurance is solely the responsibility of the owner of the automobile. Date: (member's signature) Date:\_\_\_\_\_\_Signed:\_\_\_\_\_ (spouse's signature) Signed:

(parent's signature)

## Tour de Cure: Benefitting the American Diabetes Association

by Carol Rogers



The Tour de Cure bike ride will be on Saturday, June 11, 2011, starting at Brighton High School. A kickoff meeting will be held Wednesday, March 2 from 6:00—8:00 p.m. at Fifth Avenue Bar in downtown Royal Oak.

Spring is only 2 months away and we will be getting the cobwebs off our bikes, tires pumped, chains checked and oiled... all in time to train and ride with the *Pirating for a Cure* team!

What type of rides? Pick your passion:

- Mountain Trails at Brighton Recreation Area 6-14 miles
- Road Riding from 10 to 100 miles on routes departing and returning to Brighton High School.

After riding, enjoy the festivities at the high school. Lunch will be provided by Carrabas Restaurant, there will be music, a silent auction and more!

Register by going to the Tour site (http://main.diabetes.org/goto/PiratingForACure) and click on 'Join A Team'. The registration fee is only \$15 until April 1. More details are available on the Tour website.

Have more questions? Attend the kick-off meeting to register in person and get more details at Fifth Avenue in Royal Oak (www.fifthavenueroyaloak.com). The

Parents START Tour Cure

entire second level is reserved for the kick-off party; they will have finger-foods and drink specials.

# "Taking Aim"

by Glenn Schultz



February is the month of love, and love makes me think of Cupid, and Cupid makes me think of arrows,

and arrows makes me think of archery, and I love archery!

As we sighted in this New Year, let's review the targets that we aimed for this past year. Perhaps on some we nailed the bulls-eye! We may have been off on a few while, we on others we may have missed completely. And there were some targets that we may have decided not to take aim at at all, and to save our arrows for another time.

Our quivers are loaded with plans. We have short and long range goals. Think about what targets you are aiming at this year, month, week, and today. With only one month past, have we already made adjustments and tweaked our sights?



On some targets we should score with accuracy while on others we may have to collaborate for assistance or get training.

There is a quote that says, "You miss 100% of the shots that you don't take."

Be brave, take aim and go for it.

# **SOLAR FEBRUARY 2011 CALENDAR**

www.SolarOutdoors.org

www.Meetup.com/Solar-Outdoors www.Facebook.com/SOLAROutdoors http://groups.yahoo.com/group/Solaroutdoors/

SOLAR MEETING AND PROGRAM DATES						
2/1	Tues	Monthly Meeting 7:30 p.m.	Colony Hall	Allen Duncan	SolarPresident@SolarOutdoors.org	
		Program - Longs Peak Summit via the Keyhole Route	Colony Hall	Debbie Zuchlewski	SolarPrograms@SolarOutdoors.org	
3/1	Tues	Monthly Meeting 7:30 p.m.	Colony Hall	Allen Duncan	SolarPresident@SolarOutdoors.org	
		Program - TBA	Colony Hall	Debbie Zuchlewski	SolarPrograms@SolarOutdoors.org	
SOLAR RAY DEADLINES						
2/10	Thurs	March SOLAR Ray Deadline		Jennifer Tislerics	SolarRayEditor@SolarOutdoors.org	
3/17	Thurs	April SOLAR Ray Deadline		Jennifer Tislerics	SolarRayEditor@SolarOutdoors.org	
4/14	Thurs	May SOLAR Ray Deadline		Jennifer Tislerics	SolarRayEditor@SolarOutdoors.org	
ACTIVITIES						
2/4-6	Multi	Immersion in Ice Climbing	Pictured Rocks National Lakeshore	Don Jones	jonesdlus2@yahoo.com	
3/6	Sun	Fight for Air - Climb Detroit	Renaissance Center	Mary Donahue	mldonahue824@gmail.com	
3/12	Sat	Square Dance	Livonia, MI	Margaret Martin	mpluscat@yahoo.com	
4/2-9	Multi	St. John Escape	St. John, VI	Jim Gessner	gessnerj@comcast.net	
4/16-23	Multi	Pinhoti Trail Bikepacking Expedition	Northern Georgia	Robert Schwenke	robert.schwenke@yahoo.com	
6/11	Sat	Tour de Cure	Brighton, MI	Carol Rogers	cjrjune30@yahoo.com	
7/2-8	Multi	Alaskan Expedition Cruise	Alaska	Robert Schwenke	robert.schwenke@yahoo.com	
CLASSES						
12/1,8,15, 1/5,15- 16,19,26, 2/2,11-13	Weds, Wknds	Enjoying Michigan Winters	Schoolcraft College Waterloo State Rec Area Pigeon River State Forest	Allen Duncan George Zapp	allenduncan@aggienetwork.com gzapp@comcast.net	
12/9,16, 18,1/6- 9,13,20, 27, 28-30	Thurs, Sat, Wknds	Basic Mountaineering and Safety Skills	Berkley Community Center Nordhouse Dunes	Lou Szakal	everest2008@comcast.net	
2/5	Sat	Snowkiting	Grand Haven, MI	Chuck Smith	cbryansmit@gmail.com	
2/19	Sat	SOLAR X/C Ski Day	Roscommon, MI	Larry Mergentime	larry.mergentime@yahoo.com	
2/23, 3/9,23,4/6, 16,30,5/7, 22	Multi	Adventure Racing	TBA	Pam Riehl	pariehl@gmail.com	

If you would like to plan/lead an activity with SOLAR, contact our Activities Chairperson, Jennifer McWilliams, at <a href="mailto:SolarActivities@SolarOutdoors.org">SolarActivities@SolarOutdoors.org</a>. If you would like to suggest or teach a class with SOLAR, contact our Education Chairperson, Chuck Smith, at <a href="mailto:SolarOutdoors.org">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.

# SOLAR

#### 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).

### **MEETINGS**

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 as JPG files. If you have any questions, please contact Jennifer Tislerics at SOLARrayeditor@solaroutdoors.org.

### STEERING COMMITTEE

President: Allen Duncan Vice President: Heather Hall Treasurer: Mary Donahue Secretary: Glenn Schultz

Activities: Jennifer McWilliams Bylaws: Ati Tislerics Education: Chuck Smith Equipment: Marcia Murphy Historian: Pam Riehl Szakal

Membership: Mary Price Programs: Debbie Zuchlewski PR: Samantha Mozdzierz Ray Editor: Jennifer Tislerics 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 Cindy Taylor | 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 about 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 Allen Duncan at SOLARpresident@solaroutdoors.org.

### SPECIAL THANKS TO THE SOLAR RAY ASSISTANT EDITORS

Winnie Chrzanowski, Jennifer Hill, Ken Lemieux, Helen Peters, Janet Schester, Pamela Schmelzer-Anzicek, Elizabeth Shaw, Sheila Smith, Rebecca Sweeton and Ati Tislerics.

### MORE INFORMATION

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

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

Visit our website: www.solaroutdoors.org