

The SOLAR Ray



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

August 2012

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DIRTY DOINGS! (and good clean fun!)

by Vera M.

Twenty-four SOLARites went to Nordhouse Dunes (Lake Michigan Recreation Area) in June for what has become an annual event: the beach cleanup. I was thrilled to have 23 people join me this time; it was our biggest turnout so far!

We arrived on Friday afternoon and set up camp, greeted new arrivals and made introductions. It was a beautiful warm June

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Standing SUP-right

by Heidi Tietjen

"You paddle like you are pulling yourself through mud," said Ron St. John, as he demonstrated the stroke for Stand Up Paddleboarding (SUP) atop a picnic table bench.

"What the heck does that mean?" I thought to myself, trying to remember a time I had

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Whitewater & Wild Ponies

by Pete Lamb

Eight SOLARites left Detroit on Thursday for a long Memorial Day Weekend in West Virginia for white water rafting, hiking on the AT, and biking. We left at 7am for the 7-hour drive in two vans. All went well until we were less than 10 minutes from our destination...

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Zippering over the hills!

by Judy Petrella

Krisanne Schmidt, Karen Haroutunian (shown here), and I decided to try out the Hocking Hills Canopy tours. We were excited to experience the perfect combination of "nature lover meets thrill seeker"! And it was just that!

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WELCOME TO THESE NEW SOLAR MEMBERS!

Jill Gettle • Diane Goss • Tana Moore • Thomas Simino • Alex Teska

LIFETIME UPGRADE DEAL!

You can use your 2012 membership dues toward the cost of a Lifetime Membership if you upgrade by September 30, 2012



The gang on the beach

evening, We enjoyed the campfire while sharing stories and making new friends.

Saturday morning began with a relaxed breakfast, followed by preparations to clean the beach. It was another beautiful day. We donned rubber gloves, armed ourselves with trash bags, and split into two groups to scour the beach. If you've ever wondered what it's like, or suspected that cleaning the beach is a grueling task, it's not!

We simply walk the beach, somewhat spread out, chatting. Instead of looking for shells or Petoskey stones (okay, maybe we look for Petoskey stones too!); we look for plastic, balloon strings, or anything man made. We found some pretty cool bugs too! We had some competitive folks in our group, so naturally there was a competition to see who could collect the most trash. After some trash talk—sorry, couldn't help myself—the winners were Rose and Jen who found and unearthed (with lots of help) a 10-12 foot piece of a pier!

The day was still young. It was only noon(ish), so we had a snack on the beach followed by some folks planning hikes. Others played cards, sunbathed or swam in Lake Michigan while the sleepy ones (um, me) took naps! I wasn't the only one thinking about a nap, Michael broke out his hammock for "two hours of hammock time: a few minutes to set up and a couple hours to get out of".

We also witnessed a Sundog. If you're like me and are wondering what the heck a Sundog is, it's a 22° halo (rainbow) around the sun. Rose, who had always wanted to see one, was so excited to see it she knocked over a table, sent her book flying, and broke her chair trying to get out of it quickly to see!

As late afternoon approached, about a dozen of us gathered at the beach for yoga. Colleen, a yoga instructor, was kind enough to lead us through an hour long yoga class. It was the perfect environment: fresh air, the sound of the waves in the background, and the soft, warm sand beneath us. I'd love to do it again next year (hint, hint)! Hopefully the fit of giggles from two of the, shall we say, less than flexible participants, won't deter Colleen from coming back (In my defense, it's very challenging not to laugh at your friend who comes out of a pose with a thud and a loud *uuuhhh!*).



We headed back to camp, relaxed and ready to prepare for the evening potluck, play cards, or get in a quick hike. We shared a lovely meal and then headed back down to the beach to enjoy the spectacular sunset over Lake Michigan. Such a treat to witness!

The evening brought everyone together around the campfire with tales of the day's adventures and past adventures, laughter, s'mores, and some rousing games of Euchre, Banana Split, and

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I do like to give back, be part of the solution, helping to clean the beach and be an example to the people using the beach. I like seeing friends and making new ones, too. A win/win. ~Mary W.

The beach was CLEAN!!! ~Amy F.

It was a beautiful extended weekend, with the clear, cool water of Lake Michigan, plenty of hiking trails, and spacious campsites. ~Chris F.

The usual SOLAR fun and low stress get together. ~Michael S.

Rummikub that went on late into the night.

Sunday morning came too soon as it often does on a fun trip. Most were heading back home, so they broke camp and said their goodbyes.

Four of us decided to stay an extra day. We enjoyed a leisurely hike in the morning and shared a nice lunch before saying goodbye to the last of the group who had to be home for work the next day. Our new little group was

fortunate to be able to spend some more time, swimming and just hanging out at the beach, catching another sunset, playing euchre, and enjoying a campfire.

On Monday morning we said goodbye to the beach and reluctantly left.

Thank you all for cleaning the beach and for making the trip so enjoyable! Mark your calendars for next year's trip, July 3-7, we'll be camping in the group site.



I had followed directions from MapQuest. The other driver ad-libbed it. They arrived more than an hour before we did. We took the scenic (?) route, complete with a traffic jam, car crash & no cell coverage to help with navigation.

I soon became a very popular guy around the mostly male river camp since I was traveling with seven women who had food to share and who liked the resident dogs, two legged and four. The next morning we were fitted with life jackets (well, sort of) given the talk and set onto the Lower New River -- five in one raft (Samantha, Amy, Jessica, Sharon & I) and four in the other (Karen, Moe, Dana & Cindy). The initial float was spent doing the usual exercises: paddle right, paddle left, back up, high side, right or left, while the guide figured out what talent he had to drive the raft through the rapids to come. We were a 50/50 mix of people who had done the Gauley or the Beast of the East, or were total newbies.

The Lower New includes level 3, 4 and 4+ rapids, just enough to get you into trouble. The first couple of rapids went well and everyone jumped into the river to do Swimmers Rapid, about a class 2. We negotiated the first drop in the next set of three rapids and the guide explained our strategy for the next drop: "follow the tongue of water on the edge of the big hydraulic, then paddle like hell as we hit the big wave". I have a history of getting washed out of rafts so I wasn't too surprised when the river reared up over my head and I felt myself lifted out of the raft. What however did surprise me was when I eventually surfaced, having been stuck under the raft, was the rest of the crew rapidly vanishing into the distance, all of them IN the river. I was in an eddy and was picked up by our second raft. I saw Sharon with Amy in slack water near the bank so we went to rescue Jessica and Sam, still in white water. After picking up Sharon and Amy we went looking for the guide, whom we found puking up his breakfast. While trying to right the raft, he had taken a bad dunking and had been recycled by the hydraulic several times. Jessica abandoned our ship and went to the other raft and in the next rapid promptly went over the side again but was rescued very handily by the guide's Hand of God. All in all a very good day on the river; however, there are no photos of our escapades as my waterproof

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camera wasn't and Sam surfaced with just the broken strap around her neck.

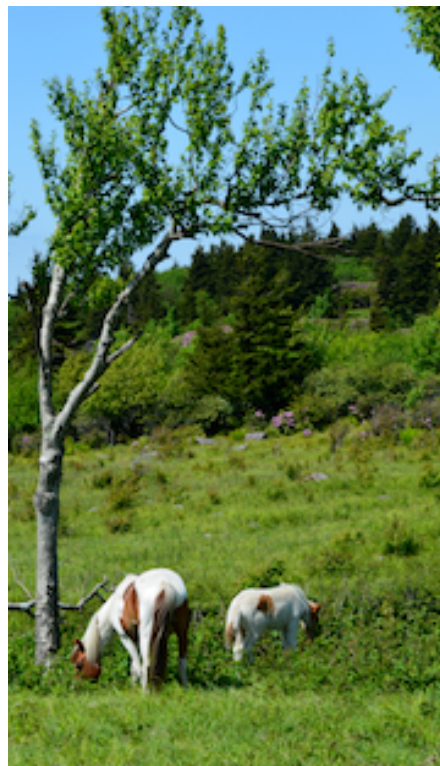
Saturday, reasonably early, found us heading south for a few hours to Mt. Rogers where the Appalachian Trail makes a big U and with a linking trail creates a 12-mile circular hike over the top of the 5500ft Mt. Rogers. We managed to catch the rhododendrons in full flower, which was a beautiful sight. We parked in Graceland Highlands State Park and hiked about 2 miles to the first camp along a rocky trail that led



*Samantha, color-coordinated with the rhododendrons.
All photos: Pete Lamb*

steadily upward and crossed several rocky streams.

The next day was a tough eight miles. Trip organizer Karen Kish told us the terrain was rolling and she was right...about the last 200 yards. Karen said she had forgotten the rest of it. I kid you not—parts of it



Awww...ponies!

were a low-level rock climb. You had to use your hands. There were quite a few people on the trail that weekend due to the flowers and the herds of wild ponies that run loose up there. At the top near camp we stopped for a break and the ponies came up to us and licked the salt off. We had to be careful they didn't nip us. We found a sheltered campsite on top of the mountain with a number of groups camping there but it wasn't crowded. It rained that night and Sharon was sharing my tarp (the first time she had camped that way). I don't think she was that impressed, something about June bugs over her face. It was foggy next morning and just great for some dramatic photos of wind sculpted trees. We did have a bit of excitement

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ZIPPING OVER THE HILLS! *continued from page 1.*

There were 10 zips and several rope bridges anywhere from 50 to 75 feet high to make our way through. We had 2 enthusiastic guides that made sure we had a great take off, were safe, and had a smooth landing for each zip. I never thought Ohio had such a beautiful landscape. It was

amazingly tropical! For the grand finale we did the Superzip where we got to fly Superman style for about 200 feet and over the Hocking river! I would definitely recommend it and may even try it again if I get to go back!



Clockwise from above left: Judy Petrella; Karen, Krisanne and Judy; Krisanne

Wooo hooo!
What a rush!



WHITEWATER & WILD PONIES *continued from previous page*

though. I had wandered off with a trowel and while out I snagged my shins on a hidden branch and arrived back at camp with a rather spectacular lump and a lot of blood running down my shin. I'm taking a rather aggressive blood thinner and bruise very easily. I would have put a hanky over it or probably just let it air dry but there were comments about "bleeding out", and having seven women fussing over you is not a bad thing, so I ended up with some feminine product with wings stuck to my shin which worked very well. After several herds of ponies and walking out of the fog we got back to our vans and drove down the mountain for the final leg of our trip, checking the backs of the vans to make sure Karen and Cindy hadn't stolen a pony or two. Awwww, they are soooo cute!

We drove a few miles to a bike rental and chose bikes to ride the 18 miles down the Virginia Creeper Trail to Damascus. This was a lot of fun since the trail is downhill the whole way and winds through the hills, crossing the same river time after time on old-fashioned trestle bridges. At one station they had a small mountain band playing the traditional music of the area so we stopped until they packed up for the day. A bit farther down we stopped for burgers and chocolate cake. It was a great ride through some beautiful countryside. We camped that night in a state park and drove home on Tuesday. It is a trip well worth repeating, but you do need a long weekend to enjoy the rafting, hiking & biking.



A misty overlook



*Ron St. John and Judy Bennett.
Photo: Jeff Enterkin*

doubt they have much mud there through which to drag themselves but he grew up in Michigan so he probably knows whereof he speaks. After we ten SOLAR students cycled through our tabletop practice, Mary and Ron helped us select a paddleboard and get it out onto the water of Kent Lake in Island Lake State Recreation Area.

ever had to pull myself through mud and, if I had, how I did it. I watched him carefully and then when it was my turn to be up on the bench I tried to follow his instructions. Lower arm held straight to the front with the thumb and fingers forming a sort of loose oarlock. Wrist slightly bent up. Upper hand on the paddle's top T. The bent blade of the paddle counter-intuitively facing up and forward. Pushing forward with the top arm while the bottom arm goes down and out, paddle drawn close along the board. As in kayaking, the stroke involves one's core as much as the arms. Ron held the blade of the paddle to offer resistance and he and his sister Mary Radtkey, our official instructor and proprietor of Stand Up Paddleboarding Education (SUP EDU), critiqued our strokes and offered encouragement.

Ron is an SUP instructor in Maui, which I imagine to be one of the cooler jobs in the universe. I

Eric Braun was first out. He started out standing up on the board and he soon was far out into the lake. Meg Braun, looking relaxed and confident, followed suit. Michela Forest took the intermediate step of paddling from her knees, a technique Mary had demonstrated. That seemed good to me as I prefer to take things slowly and figure stuff out at my own pace. It was slower going but allowed me to concentrate on getting the stroke right.



Steady...

Enterkin disappeared into the distance, too. Judy Bennett, Brenda Pams, and Jackie Ostrosky were out in the middle of the lake. Michela was upright and confidently

Mike Kapusky took to paddleboarding like a duck to water and was soon a speck in the distance, exploring the lake's far shoreline. Class organizer Linda Ringlein and designated photographer Jeff



...a-a-and Michela's up!

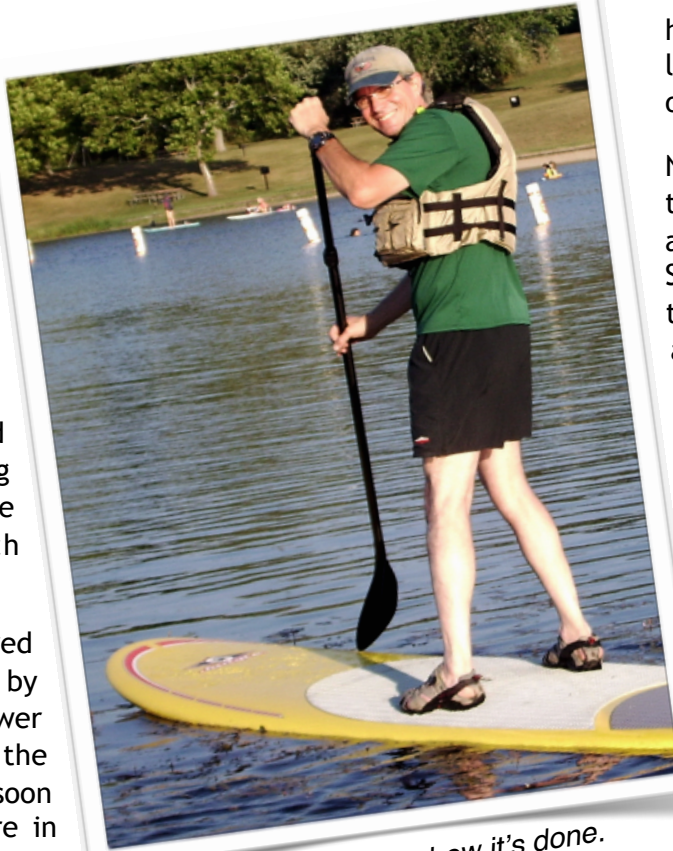
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STANDING SUP-RIGHT *continued from previous page*

waving to her husband Frank and dog Chuy observing from the shore. I looked back and was alarmed to see how far out I was, so I laboriously turned around (not yet having learned the best technique for this) and headed back for shallow water. I didn't want to fight the wind and waves mid-lake while trying to get upright and felt more secure if I could touch bottom.

Once up, I too was moved quickly across the water by paddle and wind. My lower legs were shaking with the effort to stay steady and soon the arches of my feet were in agony. Mary came by to ask how I was doing and I told her I thought my stroke was okay but my feet felt like they were going to break in two. "Ah, monkey feet!" she said and explained that is a common beginner's malady as one instinctively tries to grip the board with one's toes. She told me to wiggle my toes and relax my feet but I decided to sit down instead. Paddling from a seated position wasn't very efficient but it did let me dip my feet into the refreshing water.

After a respite I got back up—easier the second time around—and realized that the first time I had placed my feet too far forward. It was only a few inches but once I had my feet correctly placed on either side of the

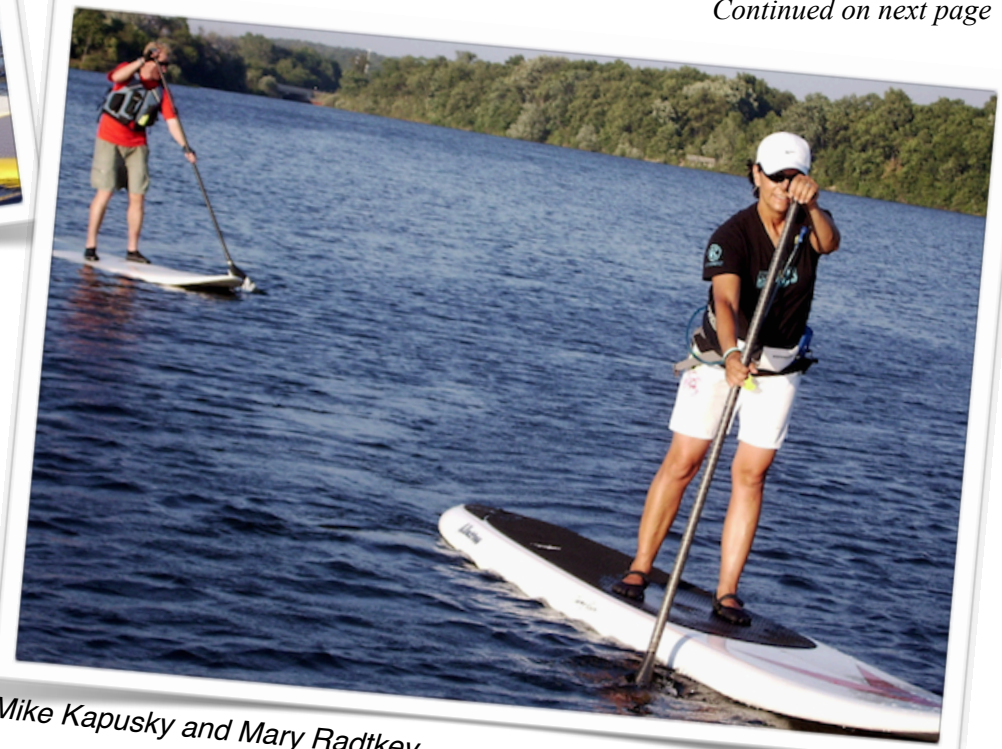


Jeff Enterkin shows how it's done.

handhold indentation I could immediately feel the difference. My legs no longer quaked and my feet were relaxed and comfortable. I again headed out to the middle of the lake to join my fellow students.

Now that I felt steadier, it was fun to circle around talking with others in the group. Linda had done some research on paddleboarding opportunities and events in Michigan and even found one for SUP yoga at Muskegon State Park. (Mary also offers classes in SUP yoga.) Brenda Pams, who was taking a break sitting on her board, did her own version of this, executing a neat backbend and jump maneuver to get upright again. Impressive! Once up, though, she discovered that she was facing the wrong direction. She tried to remedy this by simultaneously jumping and turning but that didn't work out so well and she went into the water for the fourth time that day.

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Mike Kapusky and Mary Radtkey,

STANDING SUP-RIGHT *continued from previous page*

I watched as Ron showed Meg how to do a tight turn by taking a wide stance with one leg far behind the other. This lifted the front of the board out of the water and Meg was able to quickly pivot her board 180 degrees. I tried to copy this move but wobbled badly and ended up only turning about 45 degrees. Still, it was faster and took less energy than the wide, slow turns I made by extending my paddle farther out into the water. I think I'll need more practice on the wide expanse of a lake before I try to navigate a twisting river.



Woman overboard! Mary Radtkey paddles to the rescue of Brenda Pams.



Jackie Ostrosky

With everyone back on shore, Linda broke out the watermelon she had in a cooler. As we munched on the juicy red fruit we watched Ron out on the water giving tips to a young woman who was practicing for an SUP race this coming weekend. Blue sky, green trees and hills, dark water, graceful paddleboarders...beautiful!

A PAGE FROM OUR PAST: AUGUST 1988

BY BILL MORSE, SOLAR HISTORIAN

This is an occasional feature I plan to include in the Ray. Our group has been around since 1975. I will write about some of what has happened before, and the people involved. My sources this time are previous editions of the Ray. I will use them in the future as well as other historic info. I've learned a few things as I've started to comb our archives; for example, there was a very popular event in years past held near Toronto, called the Rattlesnake Weekend.

For some of you this will bring back pleasant memories. Maybe it will provide inspiration for future events. I hope you all enjoy this, and please let me know if you have any comments or suggestions. Here is the first edition:

The August Rattlesnake weekend was a roaring success. So many people were there it was hard to find a parking space! The Bicycle Hillclimb was very exciting. Tom Roche took 1st place amongst the men and Heide Schaefer claimed honors in the women's class. Afterward it was time for the Great Potluck Dinner and Cook-off Contest. Taking 1st place was the team of Tim Turner and Maureen Peters with their Cornish Game Hens and Sauce. 2nd place was taken by Bill Halvangis with his "Pesto". Everyone enjoyed rockclimbing and windsurfing too.

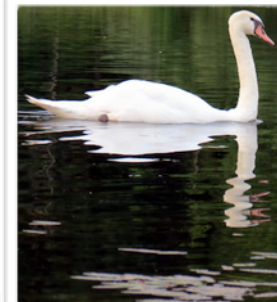
Cathy Suever had a 6 lb, 14 oz, 21" boy, Jay Michael, on August 3rd.

Each Thursday night (unless it's raining) will feature biking from Bentley High School in Livonia at 7:00 PM sharp! Ride distances will vary depending on who shows up. We usually ride about 15 miles.

July events included canoe trips to Algonquin Provincial Park and the Au Sable River. The Algonquin participants were delighted by many animal

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Other SOLAR Sights & Adventures



Transition: Hostelling International and SOLAR

by Al Heavner

Paddle to the Symphony is an annual tradition of paddle sports and music put on by the Michigan Council of Hostelling International. With restructuring at the national level, the Michigan Council will no longer operate as it has for the last 70 years. As a new lifetime member with SOLAR, I plan to keep the event going as an activity for SOLAR members. HI members and the general public will always be welcome to attend. Together with Heavner Canoe, the event can continue, grow, and prosper. I look forward to the future of this fun event.

-Michael Dwyer, President of the Michigan Council of HI-USA

I have been a member of hostelling [American Youth Hostels and then Hostelling International] since I was a kid living in Detroit where my family had a youth hostel. I remember the people coming to stay from all over the world. Mom, Dad and my Aunt Lucile would also take us on SOLAR-type trips with hostellers all over the United States, usually to the mountains. Years after that I started going on my own, finding some of the same places. When I built my house on the Huron River in 1979 it was as a youth hostel. What I am saying is that this has been in my blood my whole life! I am so sad that Hostelling International is now closing the Detroit office. It is heart breaking.

But my energy has now changed and is focused toward SOLAR. I love the people and the activities that SOLAR does. The joy of knowing SOLAR is on the same page as I am is great. I really appreciate SOLAR members' support of the No Child Left Inside program. My commitment to and passion for the No Child Left Inside mission is so deep I can't even express it adequately. I am thrilled to know that all those years of being outdoors is now converted into the No Child Left Inside mission.

The Paddle to the Symphony was the last connection to my life-long passion for Hostelling International (HI). I am so happy to see this

transition in the Heavner family from HI to SOLAR through the Paddle to the Symphony. I have spent a lot of time with Michael Dwyer to make sure that this connection would not only be my personal thing but that so many of those other HI members would be able to find what I have in SOLAR. I hope the Paddle to the Symphony will be a permanent connection from HI to SOLAR.

I did not know how strongly I felt about this until I started writing.



A PAGE FROM OUR PAST

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sightings, great weather and excellent food, especially Larry Martin's Cherries Jubilee packed in dry ice. Also, eighteen people ventured to the Traverse City area to partake of windsurfing, biking and camping.

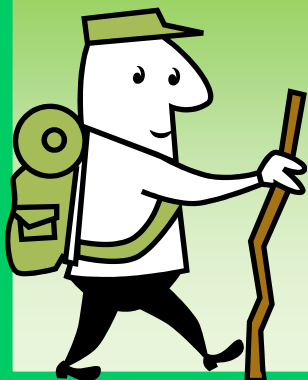
The August meeting featured a slide presentation on Backpacking by Garry Kaluzny.

Steering Committee members include Bob Westbrook (President), Jan

Fleischmann (Vice President), Rich Noelke (Treasurer), and Peg and Ron Campbell (Public Relations).

Pre-Paddle Hikes at Proud Lake

Organized by Margaret Martin
mpluscat@yahoo.com



Hikers meet at the Proud Lake main parking lot 2 hours before the Sunset Paddle start time and will hike about 1.5 hours. Bring a sack dinner or snack to eat before the paddle begins. Non-paddlers welcome!

Metamora-Hadley Fall Camping Trip

September 21–23, 2012

Organized by Margaret Martin, mpluscat@yahoo.com

Kid-friendly! Dog-friendly! RV-friendly!

Don't put the camping gear away, yet! Come to the Metamora/Hadley State Park Harvest Weekend for a weekend of hiking, biking, visiting cider mills, and exploring the Seven Ponds Nature Center.

Other family-oriented activities include decorating your campsite for Halloween, trick or treating, visiting a haunted house, and dressing in costumes.

Cost: \$25 per adult, \$15 per child. Includes camping fees, a pancake breakfast, and Friday and Saturday campfires with s'mores. Space is limited so sign up soon!

Sunset Paddles at Proud Lake

Organized by Margaret Martin,
mpluscat@yahoo.com

Paddlers leave from and return to Heavner's Canoe and Kayak Rental, 2775 Garden Road, Milford. Phone: (248) 685-2379. Arrive a bit early to complete waiver and payment and to select boat.



There will be an ample break in Milford for people to go for ice cream or a meal at their own expense. There will be a bonfire after the paddle. \$25 per adult. Children under 12 with a parent are free, children 12-17 with a parent are half price.

Sat Aug 4 7:45 meet

Fri Aug 31 7:00 meet Labor Day weekend

Sat Sept 29 6:15 meet

Sat Oct 27 5:15 meet Season End paddle

Want More Information about an Activity or a Class?

Become one of the growing number of SOLAR members joining Meetup.com! Visit our Meetup page to learn about and sign up for upcoming classes and activities and to check the calendar for spur-of-the-moment, cultural, or social events. You can even pay online!



Start by visiting www.meetup.com/SOLAR-Outdoors/

If you aren't a member of Meetup in general, you'll need to create an account before you can apply for membership in the SOLAR-Outdoors group. Just follow Meetup's directions. Once you apply for membership in the SOLAR-Outdoors group, Jennifer Tislerics (our Membership Chair) will confirm that you are a paid member of SOLAR and approve your membership in the SOLAR-Outdoors Meetup group. Please be sure to include your first and last name when you apply to the group so she knows exactly who you are.

Beginning Backpacking

August 16 - October 7, 2012

Lead instructor: Carol McCririe, cmccririe@sbcglobal.net
Leslie Cordova, lesliegene@aol.com

This is one of the most popular classes offered to SOLAR members. Learn the basics of trip planning, equipment, food, shelter, and other skills for a successful trip to the back country. It also gives you hands on experience, fun times, and new friends.

This class is for SOLAR members who a) have never backpacked and have always wanted to try it, b) need the class as a prerequisite for other advanced classes; c) just want a refresher or need an excuse to backpack; or d) are new to the club and want to meet people.

Class begins August 16 and runs for six weeks (8/23, 9/6, 9/13, 9/20 and 9/27). The weekend practicals are September 8 (Maybury State Park), September 15 - 16 (Brighton Recreation Area) and October 5-7 (Pictured Rocks). Classes will be held at the Royal Oak Senior Center and class time is from 6 to 9 pm.

You will need to participate on a weekly basis and you should plan on attending all practicals to get the most out of the class. In order to attend the final practical, you must complete the weekend practical at Brighton Recreation Area.

The only prerequisite for the class is that you are a current dues-paid member of SOLAR and that you are interested in new experiences and new friends! With the exception of hiking shoes or boots and clothing, you don't need to have your own gear – you will be able to sign out SOLAR tents, sleeping bags and pads, stoves, and cookware for the class.

The cost of the class is \$110 and includes a textbook, a class handbook, camping fees for both practicals, and dinner at Practical 1. You will need a state Recreation Passport/state park permit. You must sign up and pay on the SOLAR Meetup site by August 10 or at the August 6 monthly meeting.

Basic Land Navigation

October 27, November 10-11, 2012

Lead Instructor: Ati Tislerics,
atisleri@umich.edu

Topics covered:

- ♦ Map reading / Terrain visualization
- ♦ Taking & plotting compass bearings
- ♦ Navigation strategies
- ♦ The "Three Norths" & Declination

You will be participating in a cross-country route-finding exercise.

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

Cost: \$50.00, includes: Book, handouts/maps, over-night lodging at practical. Does **NOT** include: State Park permit, meals

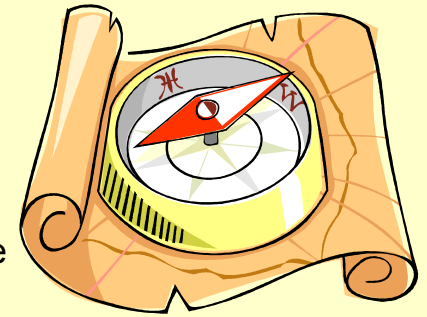
When/Where:

Saturday, October 27, 8:30 AM - 6:00 PM – River Hawk Annex, Proud Lake Recreation Area, Milford, MI

Saturday, November 10 (9 AM - 6 PM) & Sunday, November 11 (9 AM - 4 PM) - Waterloo Recreation Area, Chelsea, MI

Due to the cumulative nature of the material covered, no "excused absences" are possible. Students must attend all three days of class.

Prerequisites: None



Enjoying Michigan Winters

December 5, 12, 19; January 2, 9, 19-20, 23; February 1-3

Lead Instructor: Allen Duncan, aduncan85@gmail.com

Learn how to keep warm and keep your energy level up when outdoors in the winter. Learn how to build a snow shelter and work on many other practical cold weather skills that are a foundation for more adventurous activities such as mountaineering.

Beginning backpacking class or comparable experience required.

Six sessions alternate between the classroom at Schoolcraft College and Kensington Metro Park. There are two camping practicals, one in Waterloo and one in Pigeon River. The second practical includes a play day, where you can snowshoe, ski or just sit by a roaring campfire sipping hot chocolate. \$120.00 includes book and camping fees. Park permits required.

Uh oh.

**Advanced Land Navigation
Includes GPS use and night navigation
October 4, 6, 11, 13-14, 2012
\$40.00**

**Lead Instructor: Jeff McWilliams
jeff.mcwilliams@gmail.com**

Adirondack Adventure

September 22-28, 2012

Organized by Janet Schester, j40mykalya@gmail.com

Hike the gorgeous surrounding mountains or paddle nearby lakes and rivers. Explore the quaint village of Lake Placid. This is always a popular trip.

Make and pay for your own reservations. *September 22* to be spent at High Peaks Hostel in Lake Placid, 518-523-4951. Price is \$40 including breakfast. and will be lowered to \$30 if 6+ SOLAR members stay. No credit cards.

September 23 through Friday, September 27 (departing 9/28 a.m.) to be spent at the Adirondack Loj at Heart Lake, 518-523-3441 (8 a.m.-7 p.m.). Ask for the Mid-Week Special and let them know you are with SOLAR.

Loj accommodations are in the \$400-\$450 range per person including all meals depending on room. Campsites are available for \$40 for 2 people; no meals. Access trailheads right from the Loj!

Space in the Loj is filling up quickly. Staying longer at High Peaks Hostel, about 20 minutes away, for the whole week is an option. The rate will be reduced for multi-day stays; kitchen access to cook your own dinner or lunch.



SOLAR AUGUST 2012 CALENDAR

www.SolarOutdoors.org

Winner of the July Activity Organizer Drawing: Mike Hobig, East Side Mid-Summer Kayak Tour

Click to get the details on Meetup.com!

Click to send email!

SOLAR MEETINGS AND PROGRAMS

7/31	Tues	Steering Committee Meeting, 7:30	TBD	Chuck Smith	SolarPresident@SolarOutdoors.org
8/7	Tues	Monthly Meeting, 7:30 pm	Colony Hall, 21780 Evergreen, Southfield, MI	Chuck Smith	SolarPresident@SolarOutdoors.org
		Program: Fall and Winter Classes		Michael Seng	SolarPrograms@SolarOutdoors.org
8/28	Tues	Steering Committee Meeting, 7:30	TBD	Chuck Smith	SolarPresident@SolarOutdoors.org
9/4	Tues	Monthly Meeting, 7:30 pm	Colony Hall, 21780 Evergreen, Southfield, MI	Chuck Smith	SolarPresident@SolarOutdoors.org
		Program: TBA		Michael Seng	SolarPrograms@SolarOutdoors.org
9/25	Tues	Steering Committee Meeting, 7:30	TBD	Chuck Smith	SolarPresident@SolarOutdoors.org
10/2	Tues	Monthly Meeting, 7:30 pm	Colony Hall, 21780 Evergreen, Southfield, MI	Chuck Smith	SolarPresident@SolarOutdoors.org
		Program: TBA		Michael Seng	SolarPrograms@SolarOutdoors.org

SOLAR RAY DEADLINES

8/16	Thurs	September SOLAR Ray Deadline		Bruce Coppola	SolarRayEditor@SolarOutdoors.org
9/13	Thurs	October SOLAR Ray Deadline		Bruce Coppola	SolarRayEditor@SolarOutdoors.org
10/18	Thurs	November SOLAR Ray Deadline		Bruce Coppola	SolarRayEditor@SolarOutdoors.org

ACTIVITIES

8/4	Sat	Sunset Paddle and Pre-Paddle Hike	Proud Lake, Milford, MI	Margaret Martin	mpluscat@yahoo.com
8/31	Sat	Sunset Paddle and Pre-Paddle Hike	Proud Lake, Milford, MI	Margaret Martin	mpluscat@yahoo.com
9/29, 10/27	Var	More Sunset Paddles & Pre-Paddle Hikes	Proud Lake, Milford, MI	Margaret Martin	mpluscat@yahoo.com
8/28-9/8	Multi	100-Mile Wilderness Backpacking Trip	Monson, ME	Bill Lynch	blynch@mayne-mckenney.com
9/22-28	Multi	Adirondack Adventure	Lake Placid, New York	Janet Schester	j40makayla@gmail.com
9/21-23	Wknd	Metamora-Hadley Fall Camping Weekend	Metamora, MI	Margaret Martin	mpluscat@yahoo.com

CLASSES

8/16, 8/23, 9/6, 9/8, 9/13, 9/20, 9/22-23, 9/27, 10/5-7	Thur, Sat, Wknd, Multi	Fall Beginning Backpacking	Royal Oak Senior Center, Maybury State Park, Brighton State Rec Area, Pictured Rocks National Lakeshore	Carol McCrie	cmccrie@sbcglobal.net
10/4, 10/6, 10/11, 10/13-14	Thur, Sat, Wknd	Advanced Land Navigation	Troy, Ortonville Rec Area, Waterloo Rec Area	Jeff McWilliams	jeff.mcwilliams@gmail.com
10/27, 11/10-11	Sat, Wknd	Basic Land Navigation	Proud Lake Rec Area, Waterloo Rec Area	Ati Tislerics	atisleri@med.umich.edu
12/5, 12/12, 12/19, 1/2, 1/9, 1/19-20, 1/23, 2/1-3	Wed, Wknd	Enjoying Michigan Winters	Schoolcraft College, Kensington Metro Park, Waterloo Rec Area, Pigeon River	Allen Duncan	aduncan85@gmail.com

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

You Can Organize a Class or Activity! If you would like to teach or suggest a class, contact our Education Chairperson, Eric Braun at SolarEducation@SolarOutdoors.org. If you would like to organize or suggest an activity to share with other SOLAR members, contact our Activities Chairperson, Heidi Tietjen at SolarActivities@SolarOutdoors.org.

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 like-minded adventurers drawn together by a common love of pristine lakes, breathtaking vistas, tranquil 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 Jennifer Tislerics 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. Please attach images separately as JPG files. If you have any questions, please contact Bruce Coppola at SOLARrayeditor@solaroutdoors.org.

STEERING COMMITTEE

OFFICERS

President: Chuck Smith
Vice President: Pete Lamb
Secretary: Ati Tislerics
Treasurer: Meg Braun

STEERING COMMITTEE (Continued)

Activities: Heidi Tietjen
Education: Eric Braun
Historian: Bill Morse
Programs: Michael Seng
Ray Editor: Bruce Coppola

Bylaws: Dick Ebenhoe
Equipment: Glenn Newa
Membership: Jennifer Tislerics
Public Relations: Hope Dixon
Webmaster: Jim Kadlubowski

PRESIDENTS AT LARGE

Michael Banks | Leslie Cordova | Allen Duncan | 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 Chuck Smith at SolarPresident@solaroutdoors.org.

SPECIAL THANKS TO THE SOLAR RAY ASSISTANT EDITORS

Karen DeCoster, Heather Hall, Jennifer Hill, Ken Lemieux, Helen Peters, Janet Schester, Pamela Schmelzer-Anzicek, Elizabeth Shaw, Ati Tislerics and Jennifer Tislerics.

MORE INFORMATION

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

SOLAR EQUIPMENT USE

Over the years, SOLAR has purchased a full range of gear to help our members enjoy the many classes, trips and activities available through the club. While outdoor fun can be an expensive thrill at times, SOLAR members have access to a wide variety of gear for many activities at minimal or no cost. With a couple of exceptions (see below), members can also borrow equipment for any activity, not just those offered through the club.

New Gear!

SOLAR has recently purchased three lightweight backpacking tents for member use, and a member has donated two more. Check them out!

How do I reserve a piece of equipment?

Contact the Equipment Chair, Glenn Newa, via email at SolarEquipment@SolarOutdoors.org or by telephone at (734) 277-8555.

Please read the "Equipment Use Rules" below prior to reserving equipment. Download the Equipment Use Agreement at: http://www.solaroutdoors.org/Downloads/Solar_Equipment_Use_Form.pdf

Equipment Use Rules

- Equipment is for use by current dues-paid members only.
- A deposit of \$250 (in the form of a check payable to SOLAR) is required for the first two items borrowed and \$50 for each additional item, unless otherwise agreed upon by the equipment manager.
- The length of time that equipment will be borrowed is determined by the equipment manager and borrowing member. Generally, the equipment is due by the monthly SOLAR meeting immediately following the activity, or returned to the equipment manager within 5 days of member's activity. Failure to return equipment in good condition, in a timely manner, or not at all, could result in loss of some or all of the deposit.
- All equipment that SOLAR owns is available to members, with the exception of rock climbing and caving equipment:
- Rock climbing gear is only available for climbing trips or classes offered through the club.
- Caving equipment is only available for caving trips or classes offered through the club.
- All classes have priority over the equipment while the class is in session, otherwise equipment is available on a first come, first serve basis.

Equipment Use Procedure

1. Read and understand the Equipment Use Rules.
2. Read and understand the Equipment Use Agreement.
3. Submit a request for equipment to the Equipment Manager (via email, phone, etc). Please include the date needed and proposed return date.
4. Equipment Manager will supply a copy of the Equipment Use Form with a list of the equipment to be borrowed and the required deposit.
5. Upon equipment pickup, the Equipment Manager will require that the Equipment Use Form be signed and a deposit made.
6. Enjoy using the equipment!
7. Return the equipment clean, in good condition, on time.

Donating Equipment to SOLAR

If you have some gently-used equipment that you no longer use, please consider donating it to SOLAR for member use. All equipment must be in good condition. Contact the Equipment Chair, Glenn Newa, via email at fessick9@mi.rr.com or by telephone at (734) 277-8555 for more information on donating equipment to the organization.



SOLAR

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P.O. Box 220

Farmington Hills, MI 48334

Visit our website at www.solaroutdoors.org