

HOT TIME **In The** **HOCKING** **HILLS**

Bruce Coppola, Editor

Hiking amid dramatic sandstone gorges and cliffs. Paddling a lazy river. Swinging bridges and ziplines over and through the woods. Gossamer waterfalls. A one night potluck that lasted two. All this and more in temperatures more like mid-August than Memorial Day. Words can hardly describe it so we'll let the pictures we took do most of the talking. Parental discretion advised due to explicit images of amorous insects!

Continued on next 4 pages



Photo: Stan Rarick

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WELCOME TO THESE NEW SOLAR MEMBERS!

Daniel Carey • Frank Cookson •
Bonnie Sauers

UPGRADED TO LIFETIME:

None this month. Add your name here
next month!

HOT TIME IN THE HOCKING HILLS



Old Man's Cave



Photos: Linda Ringlein (five hikers, Devil's Bathtub, shower),
Bruce Coppola (others)



Shimmering reflections,
Old Man's Cave Gorge

The Devil's Bathtub



Great place for
a cool shower!

HOT TIME IN THE HOCKING HILLS *continued from previous page*

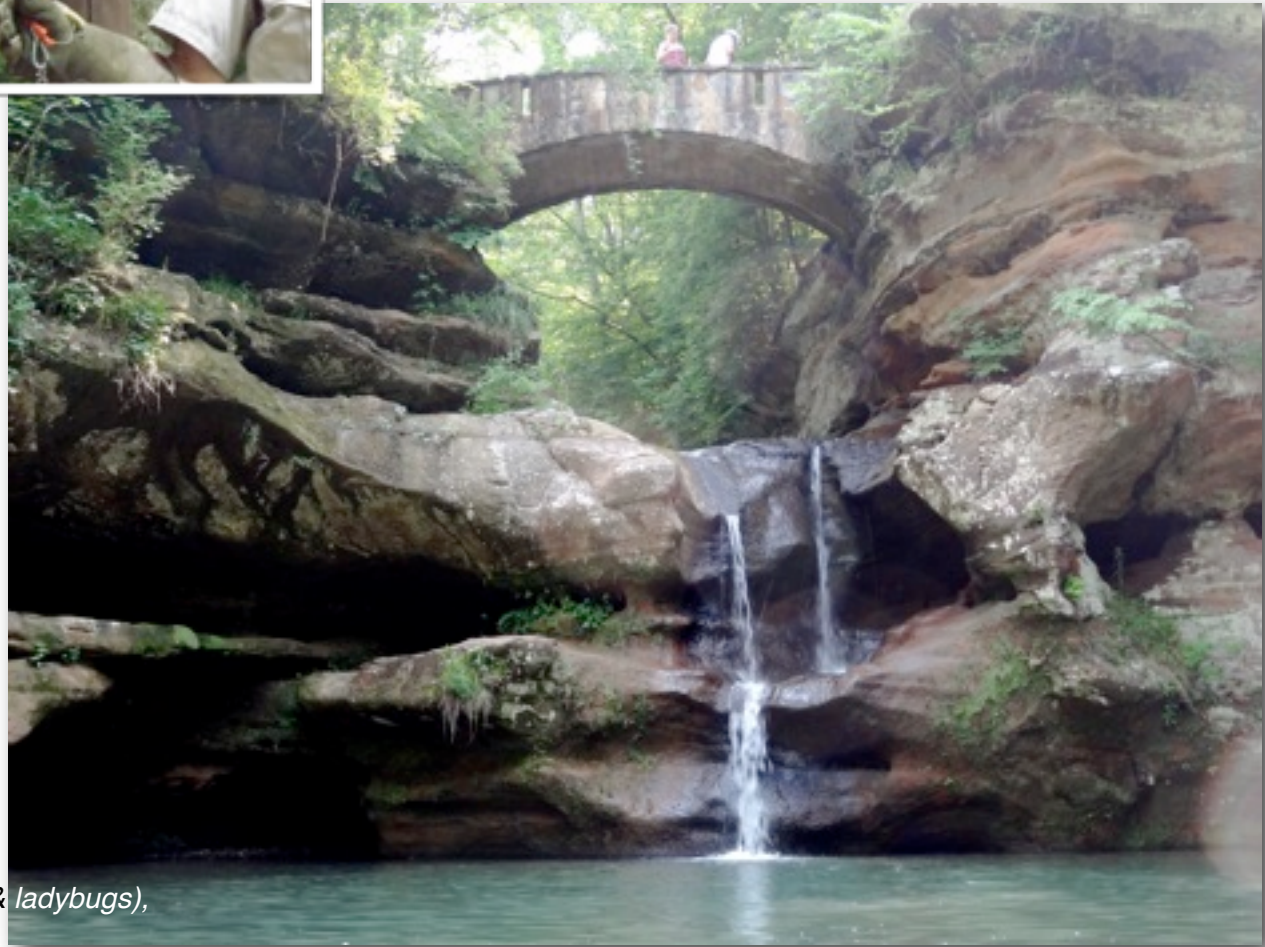


Rose and I went to the Naturalist presentation on raptors...There are several critters that have been injured and are being taken care of by the naturalist...There was a really irritated tufted titmouse that was screaming at the owl from a tree just above us. The ranger said it was not unusual to be dive-bombed by nearby nesting birds because they don't like having predators nearby.

-Margaret Martin



Overheard:
"I wonder if
there's a market
for **bug porn?**"



Photos: Stan Rarick (Vera and Linda on ledge, butterfly & ladybugs), Rose Attilio (owl), Bruce Coppola (falls and weird flies)

HOT TIME IN THE HOCKING HILLS *continued from previous page*

Down a lazy river...



Boat? Who needs a boat?



Photos (clockwise from upper left): Linda Ringlein, Stan Rarick, Bruce Coppola (3 and background)

HOT TIME IN THE HOCKING HILLS *continued from previous page*

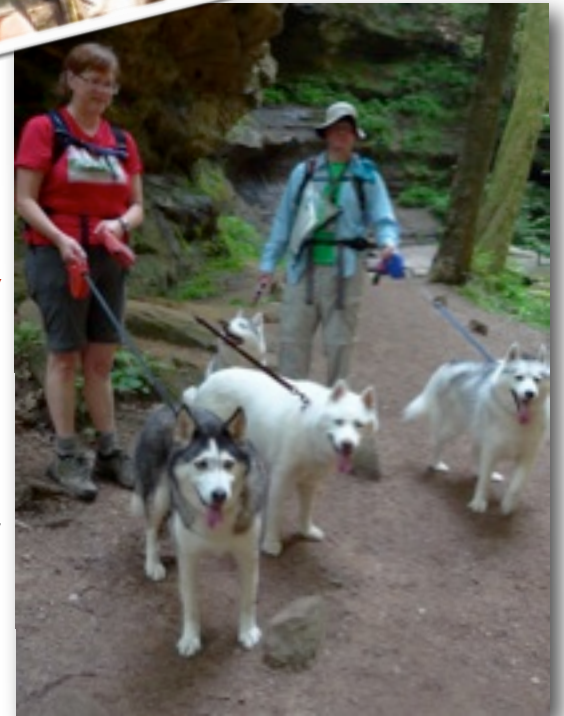


Biking
the trails



“It was
insanely
hot
but we had
fun!”

-The Braun Family



Photos: Linda Ringlein (bicycling, Karen and Judy); Stan Rarick (Vera, Heidi, and Linda Ringlein); Bruce Coppola (Meg and Eric Braun with “family”)



Backcountry Cuisine

Napa Salad

Maureen and Dave DeFrance

When we go backpacking, we always miss the crunch in our foods that we miss when we dehydrate. Well, this recipe for Napa Salad is wonderful. You can start to rehydrate it in the morning right after breakfast by putting it in your Fair Share mug, adding cold water to your baggie of napa until it covers the cabbage. Then while you are walking along, it sloshes and rehydrates the cabbage nicely. By the time you stop for lunch, simply add the other ingredients to your rehydrated cabbage. Cool, creamy (the mayonnaise), and crunchy! A great way to get a vegetable into your menu too.

Napa Salad

Shred 1 head of napa cabbage

Optional: 3-4 carrots/2 stalks of celery/ 1/4 sweet onion

Mix with 2 tbs soy sauce, 2 tbs teriyaki sauce, 1/2 tsp powdered garlic

Let it sit for about 2 hours.

Dehydrate

Other ingredients (prepare while salad is dehydrating):

combine 1/8 cup sugar, 2 tbs Cremora, 1 crunched packet of ramen noodles, 2 tbs toasted sesame seeds in a baggie.

Reserve 3 packets of mayo for final trail prep.

On the trail, rehydrate for 2 hours with cold water and then add the contents of baggie and 3 packets of mayo and 1 tbs olive oil.

Serves 3-4

My Favorite Gear: The Machete!

Bruce "The Hacker" Coppola



You can keep your fancy Leatherman tool and your cute little girly Swiss army knife. When the going gets tough what you need, son, is a real tool. I'm talkin' a big honkin' machete! Whether it's hackin' through the underbrush, fightin' off a bear, or even showin' some respect you meet in the woods. You ain't one of those people who is what your belt buckle is made of mine with and me, them people but ned st

Whoa! OK, a machete isn't exactly in line with the Leave No Trace ethos we practice in SOLAR. But if you have a favorite piece of gear or indispensable gadget that's more, um, appropriate, share your enthusiasm with your SOLAR peeps. Hey, we all loves us some good gear to make life on the trail or in camp a bit easier. But don't just tell us that your Fuelblaster 1000 is the bestest stove ever - tell us **why!** Give specifics. Make it a concise paragraph or two - enough to fit in a half page at most. Even The Hacker might say "thanks for the tip, dude!"

Beginning Backpacking

August 16 - October 7, 2012

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

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

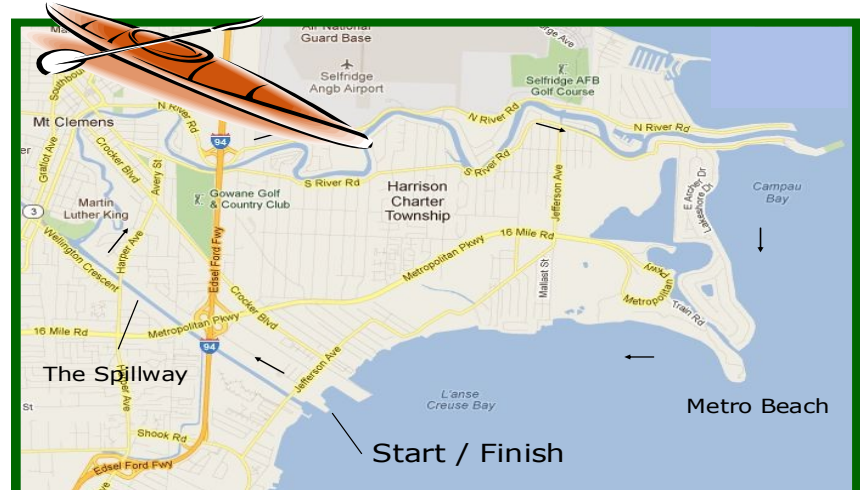
This class is for those of you that a) have never backpacked and have always wanted to try it, b) are new members that need the class as a prerequisite for other advanced classes or just to meet people, or c) are members who just want a refresher or need an excuse to backpack.

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 Community 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, new friends, or both! With the exception of hiking shoes or boots, you don't need to have your own gear – you will be able to sign out SOLAR gear 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. Please bring cash or a check payable to "SOLAR" when you sign up for the class, or if you are already a current member, you can sign up on the SOLAR Meetup site. Fees need to be paid by the August general meeting to guarantee your spot in the class.



East Side Mid-Summer Kayak Tour July 1, 2012

Organized by Mike Hobig, mhobig@ford.com
8:00 AM meet, 8:30 AM launch

A circle tour of the east metro area! Our route will take us up the Clinton River Cut Off (locally known as the Spillway) to the Clinton River, down the river through Mount Clemens out to Lake Saint Clair, past Metropolitan Beach Metropark and back.

Distance is estimated at 18 miles, which should take a good part of the day, and includes food and rest stops in Mt. Clemens, Metro Beach, local parks, and possibly a private home.

Experience necessary, as there's an open water portion on Lake St. Clair but most of the route is calm. Shorter route or shuttle options are possible.

You'll need to provide your own 14'+ kayak, either sit-upon or with front & back bulkheads or float bags. Everybody wears PFD's while on the water.

Plans will be discussed and made in advance so don't wait until the last minute to sign up. Ramp fees or Michigan Recreation Passport needed to launch.



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 July 7 8:00 meet

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

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. If you can lead a hike, let Margaret know!



Metamora-Hadley Fall Camping Trip

September 28–30, 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!



Don't get lost.

Advanced Land Navigation
October 4, 6, 11, 13-14, 2012
\$40.00

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

Stand-Up Paddleboard Class

Island Lake State Recreation Area
Monday, July 23, 2012, 6:30-8:30 pm

Class fee: \$43

Organizer: Linda Ringlein, linda.ringlein@yahoo.com

Get your feet wet in the sport of Stand-Up Paddle Boarding. This class is offered in conjunction with Heavner Canoe Rentals. The class fee includes instruction and equipment rental.

Meet at the Heavner Rental hut. The class is limited to 10 people. In case of inclement weather the class will be rescheduled. Dress to be in the water. Water shoes are recommended.

If we have more than 6 people sign up, a rebate will be given. Cars require a state park Recreation Passport.



Adirondack Adventure

September 22-28, 2012

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 JULY 2012 CALENDAR

www.SolarOutdoors.org

Winner of the June Activity Organizer Drawing: Nancy Prall, Memorial Day Camping in the Hocking Hills

Click to
get the details
on
Meetup.com!

Click names to
send email!

SOLAR MEETINGS AND PROGRAMS

7/3	Tues	Monthly Meeting, 7:30 pm	Colony Hall	Chuck Smith SolarPresident@SolarOutdoors.org
		Program: Potluck Picnic and Gear Swap	Colony Hall	Michael Seng SolarPrograms@SolarOutdoors.org
7/31	Tues	Steering Committee Meeting, 7:30	TBD	Chuck Smith
8/7	Tues	Monthly Meeting, 7:30 pm	Colony Hall	Chuck Smith
		Program: Fall and Winter Classes	Colony Hall	Michael Seng
8/28	Tues	Steering Committee Meeting, 7:30	TBD	Chuck Smith
9/4	Tues	Monthly Meeting, 7:30 pm	Colony Hall	Chuck Smith
		Program: TBA		Michael Seng
9/25	Tues	Steering Committee Meeting, 7:30	TBD	Chuck Smith
SOLAR RAY DEADLINES				
7/20	Fri	August SOLAR Ray Deadline		Bruce Coppola SolarRayEditor@SolarOutdoors.org
8/17	Fri	September SOLAR Ray Deadline		
9/14	Fri	October SOLAR Ray Deadline		

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.



ACTIVITIES

7/1	Sun	East Side Mid-Summer Kayak Tour	Harrison Twp, MI	Mike Hobig mhobig@ford.com
7/7	Sat	Sunset Paddle and Pre-Paddle Hike	Proud Lake, Milford, MI	Margaret Martin impluscat@yahoo.com
8/4, 8/31, 9/29, 10/27	Var	More Sunset Paddles and Pre-Paddle Hikes	Proud Lake, Milford, MI	Margaret Martin
8/28-9/8	Multi	100-Mile Wilderness Backpacking Trip	Monson, ME	Bill Lynch blynch@mayne-mckennedy.com
9/22-28	Multi	Adirondack Adventure	Lake Placid, NY	Janet Schester j40makayla@gmail.com
9/28-30	Wknd	Metamora-Hadley Fall Camping Weekend	Metamora, MI	Margaret Martin

CLASSES

7/23	Mon	Stand-Up Paddleboarding	Island Lake Rec Area	Linda Ringlein linda.ringlein@yahoo.com
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
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

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 Friday 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.

From the Editor

This month's Solar Ray has a new look - or, rather, renews an old look. The horizontal format, revived from a couple of years past, is ideal for viewing on monitors and mobile devices. The sans-serif article typeface was chosen for both on-screen and print legibility. Multi-page stories will continue on sequential pages for less scrolling and skipping around. And I'm rather pleased with myself over the new masthead design, if I may say so!

I'm hoping to introduce or revive more features. You know what's coming next: none of this will happen without you! If you've done a trip or activity or taken a class, tell us about it! Have a favorite recipe or tip to make life on the trail easier? Share it. Read a great book or discovered a terrific piece of gear or gadget? Let everyone know. How about a favorite poem (or one of your own)? Some great pictures? Add brief descriptive captions. Send them all to SolarRayEditor@SolarOutdoors.org. Our (so far underutilized) editorial staff is ready to polish your prose for all to admire. (We leave verse alone.) The deadline for the August issue is Friday, July 20.

The "photo feature" on the Hocking Hills in this issue isn't necessarily the wave of the future. But with so many people doing so many things on that outing it seemed to be the best way to tell a multi-faceted story. Hope you enjoy it. Thanks to all who contributed pictures and quotes. There were many more I wanted to use but the result would have been a Sunday New York Times-sized Ray.



SOLAR

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Visit our website at www.solaroutdoors.org