

The SOLAR RAY

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



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May 2012

SOLAR gets a little Stoned

I arrived at the Detroit Curling Club in Ferndale a bit early, so I observed the play on the ice before the other 21 SOLAR members signed up for this activity arrived. I watched extremely nimble people get into a runner's crouch and slide forward as they sent a big stone shaped like a squashed ball skimming down the ice to a target at the far end of the rink. Other agile people ran beside the moving rock vigorously rubbing a pad on a stick against the ice ahead of it. It looked athletic. It looked like it took finesse. It looked hard.

My heart sank.

I have never been much of an athlete and after half a century of experience, numerous sprains and broken bones, and an often bruised ego, I've learned to avoid pursuits that require agility, coordination, speed, or a competitive spirit. One foot in front of the other on a trail, the constant push of pedals on a bicycle, paddling on a gentle river or lake—if all it takes is determination and stamina, I'm there.

I'd seen curling on television and though my recollection of it was hazy, it seemed like something I could do. Colin Firth curled in one of his lesser-known films! When Kurt LaFrance posted a curling activity for SOLAR, I signed up. But now, standing in the Detroit Curling Club watching people slide on ice while simultaneously aiming and releasing a heavy rock with *just* the right amount of force? I realized I'd be *terrible* at it. Doing it on a team where other people would be counting on me to perform? The stuff of nightmares.

Once everyone arrived, we took black rubber grippers from the bins and put them on over our shoes to keep us from slipping on the ice. DCC member (and former SOLARite) Michelle did a fabulous job of explaining the game to us. Curling dates back at least to 16th century

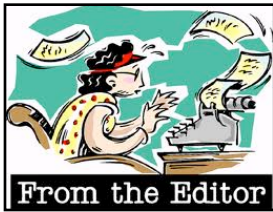
by Heidi Tietjen



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This is my last edition as SOLAR Ray editor. It's been a great year and I've been happy to serve the club that means so much to me, but ultimately this is not my real job, and that real job has to come first. I've changed some things about the Ray this year, for better or for worse and I hope my stint as editor leaves a lasting legacy, but ultimately that is up to the next editor, who has yet to be elected. I wish that person all the best and will do everything I can to smooth the transition.

I do want to apologize for the lateness (near absence altogether) of the April 2012 Ray; like so many of you, I have trouble admitting defeat. I should have asked for help sooner from those in a position to help. In the end, it is thanks to **Jennifer Tislerics**, former Ray editor and current Membership Chair, that there was an April edition at all. I don't apologize because I think members are owed a Ray each month, or because I was unable to complete the task; I apologize only because several of you sent me great articles and I couldn't get them published in a timely manner. Some of those made it into the late edition, and others were reserved for this current edition, but I hope none of the authors were discouraged from sending in future articles.

While I'm thanking people, I would like to thank all of my assistant editors for their work this year; I'll be rejoining your ranks soon and I hope to help the next editor as you have helped me.

Lastly, I want to give a special thanks to **Heidi Tietjen**, current Activities Chair. Heidi took over the task this year of formatting, and in many cases creating, those beautiful advertisements of classes and activities that you see in the back pages of the Ray each month. This greatly simplified matters for me as editor and without her help, I would probably have failed sooner.

A handwritten signature in black ink that reads "Sheila".



SOLAR WELCOMES THE
FOLLOWING NEW
MEMBER:

Beth Winger

WORDS TO WANDER BY

*Volunteers aren't paid, not
because they are worthless,
but because they are
priceless. - Anonymous*

STONED

cont. from p1

H. Tietjen

Scotland; the Detroit Curling Club, now located in Ferndale, was founded in 1885 and played on the Detroit River. Michigan's first curling club was founded in Orchard Lake in 1831, just three years after Michigan became a state.



The stones used in the sport, sometimes called "rocks," are forty-two pounds of polished granite quarried from an island off the coast of Scotland. They cost \$1000 each and by my count DCC has at least 64 of them. The club just replaced its original stones, which were donated to schools and smaller community clubs. (The Orchard Lake club played with "stones" carved from hickory trunks, one of which is on display at DCC.) Brooms with bristles have been replaced by smooth, synthetic pads.

Curling has a lot of sport-specific terminology. The 146 foot long field on which the game is played is called a "sheet" and there are four side-by-side at the DCC. The concentric circles with the bulls eye in the middle are

called the "house" and the "button." The team captain, who was in our case anyone who had even the slightest experience with the game, is called the "skip." The line before which you need to release the stone or to get it past on the other end of the sheet is the "hog line." Curling itself means "the rotating movement of a stone caused by turning the handle" according to one on-line glossary.

Curling's rules and scoring system are pretty easy. Both four-person teams play in the same direction, aiming towards the same house. Teams alternate players, with each player delivering twice before the next two players are up. Players slide the stone toward the house at the opposite end of the sheet, releasing before the hog line. The skip stands at the house in play, reading the ice and directing his or her teammates which way to curl the rock and telling the sweepers what to do. Sweepers run ahead and to the side of their team's stone as it slides down the sheet, quickly rubbing the broom in front of the stone to smooth and heat the ice to make it go farther or in a slightly different direction. The faster you sweep, the slicker the ice. Stones in the house are potential scorers, but only the stones closest to the button without an

intervening rock from the opposing team count and only one team can score per "end," which is the curling term for an inning. As in shuffleboard, bocci, or croquet, you are encouraged to knock the other team's stone out of a scoring position, especially if it lets your stone score. This is called a "hit and roll."

After Michelle's explanation of the game, she had us get onto the ice and divide into teams. As players drifted towards other sheets it felt like fourth grade gym class redux. Logically, I knew we all had to spread out but I wanted to bolt. I was teamed with **Erin Camargo, Bill Matthews, and Margaret Martin** (our skip) and we had the red-handled rocks. Our opposing yellow team was **Karen Haroutunian, Frank Forest, Michela Forest, and Kurt LaFrance**.



Michelle demonstrated how to deliver the rock, first placing your dominant foot on the hack (a rubber starting block embedded in the ice) and the other foot on a Teflon-coated slider. The order of doing this,

STONED

(continued from p3)

H. Tietjen

she emphasized, is very important because the slider is named that for a reason! You hold the curved handle of the rock in your dominant hand, thumb towards the stem that attaches to the rock, get your bottom up into the air, and push off with your foot on the hack, sliding towards hog line 21 feet in front of you. In one easy, sweeping motion pull forward on the rock and release it—not too hard, not too soft—much as in bowling (another sport I avoid). Good form has the player ending the delivery with one knee bent at 90 degrees and the other leg out behind. As an aid to not toppling over and easily getting upright again, you can hold onto a brace made of PVC pipe that you hold in your non-delivering hand and slide along next to you.

Demonstrating this, Michelle was graceful. When we newbies got out there, well, not so much. I watched one sheetmate after another fall as they slid forward to deliver a stone. On my first try I ended up flat on my stomach and had to quickly get up so as not to melt the ice with my body heat. My next attempts had me coming down hard on my right knee. Kurt, I noticed, perfected a slide and roll technique so he went down a bit more comfortably on his

backside. Michela fell, Erin fell, Karen fell, Margaret fell... and I have to admit, it made me feel better. Of all the players on our sheet, Bill fared the best, giving a smooth and fluid delivery, with his back leg stretched elegantly behind him. He must practice yoga...or ballroom dancing!

After witnessing our less-than-lovely attempts at sliding to deliver the stone, Michelle showed us a stick with a little plastic widget on the end that can be used to grasp the rock's handle and deliver it from an upright position. I then alternated my deliveries between sliding and pushing with the stick. In the former position my stones were "light" and the rock stopped short of the opposite hog line and was removed from the sheet. With the stick, my stones were usually "heavy," sliding well past the goal. Despite this, I did manage to place a couple of my stones in the house, a feat that absolutely stunned me. Both, however, were subsequently knocked out by the opposing team. Darn them!

When not delivering the stone, we non-skip members of the team engaged in two activities: sweeping and talking. Sweeping isn't as easy as it looks as those stones move rather fast.

Scuttling along crabwise



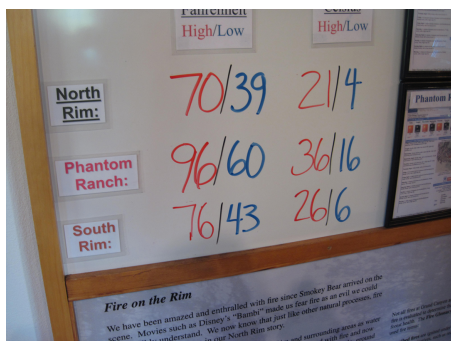
trying to stay ahead of the stone with your furiously-moving broom while not knocking the other sweeper's broom or the stone takes a lot of coordination. Erin and I quickly learned to decide in advance who would sweep nearer the rock and who farther ahead. Fortunately for us, most of our team members tended to throw heavy so we didn't actually need to sweep but could just trot alongside the rock. A couple of times we found ourselves looking up from our conversation at the sound of Margaret's frantic calls of "sweep, sweep" only to see Bill's stone halfway down the sheet and had to run fast to catch up with it.

I can't remember if we played four or five ends of the game (out of a total of eight) before our time was up. I do know that my team's score was zero. I think the yellow team scored three but maybe it was five. In the end, it didn't matter. It's only a game and I had a great time.

Hiking into Town for Lunch

By Ken Lemieux

“The first thing I’m doing when I get home is buying a more powerful headlamp.” That was the thought that kept replaying in my mind as Glenn Schultz and I were hiking up the North Kaibab trail of the Grand Canyon through complete and utter darkness. I never realized my headlamp, purchased in my pre-backpacking/SOLAR days, would prove to be so inadequate. I had used it plenty of times in camp and on night hikes at home, but this was a whole new ballgame.



The day before, September 26th, we hiked from Bright Angel Campground / Phantom Ranch at the bottom of the Grand Canyon to the Cottonwood campground seven miles and half way up toward the north rim. The temperature that day was 95+ °F in the shade, well above the seasonal average we’d planned/hoped for. (Cottonwood is the campground between the bottom of the Grand Canyon and the North Rim and is a natural place to begin a hike to

the North Rim using the popular hiking “corridor”). Getting an early start was going to be key to our success.

When we got up at 4:00 AM to begin our day, the temperature was still above 70 degrees. By 4:45 AM we were on the trail with Glenn and his more powerful headlamp leading the way. Hiking in the dark in the Big Ditch was weird. The swift Bright Angel Creek runs, for the most part, parallel to the North Kaibab Trail. As we rounded corners, the roar of the creek would suddenly be replaced by complete silence, and vice versa. Yet because of the darkness, we had no way to know when these abrupt changes would occur.

Slowly the sky began to lighten and by 5:50 AM we were able to shut off our headlamps and start taking in the beauty that surrounded us. Our planned route for the day included 8,322 feet of elevation change, about 14 miles of trail and a multitude of switchbacks up the steep walled canyon. Knowing this was our main goal for the trip, Glenn and I both brought a 10 ounce REI Flash 18 pack, leaving our tent, packs, sleeping bags, and non-essentials behind at the campground. The plan was to hike light and fast.



By 7:45 AM we had reached the Supai Tunnel, which includes a drinking fountain and restrooms. The thermometer there read 55°F; it was noticeably cooler when we stopped moving. It was a good spot for a brief rest and to chat with other hikers, all of who were hiking down or had made this their

destination for a day hike. It was here that I started telling people we were “hiking into town for lunch.” Most people looked at us like we were crazy when I used this line.

As we continued our ascent, the ecology was rapidly changing and we could tell we were close to the top. A little after 0900 and about 20 yards out, Glenn took off in a sprint, yelling gleefully; he would not be denied his summit! Getting to the top was a little anticlimactic, actually. No marching band, no cheerleaders, no one from the press waiting for us. Just a trail sign and the satisfaction of knowing we’d achieved our goal.

Now that we had made the top, our next goal was to get to the Grand Canyon Lodge. As this would have added another 3 miles or so to our daily hiking mileage, we decided to try our hand at hitchhiking. Much to our delight, Mike and Mike from New Jersey happened to be the first vehicle along and willingly gave us a ride to the Lodge. We were very grateful.

The Grand Canyon Lodge dining room was very beautiful, but we decided the Deli in the Pines next door was more our style. The pizza hit the spot and we loaded up on it and other items. Overall, it was one of the most satisfying lunches I’ve ever had, however I still can’t figure out why none of the other patrons sat near us.

After lunch we explored the North Rim area and were regular tourists for a couple of hours before hitchhiking back to the trailhead and heading back down to camp. It was interesting to see the view from the opposite direction as well as the things we’d missed earlier hiking in the dark.

Some of the people I won’t soon forget from this day:

- The people running the Canyon. Rim to rim is no longer tough enough. The new extreme is running rim-to-rim-to-rim, 42 miles total. Especially memorable were the runners who clearly were not going to make it. I wonder what happened to them.
- The out of shape/unprepared couple from Mississippi who “won the lottery for a campsite at Bright Angel” for the night and were planning to hike the 14 miles from the North Rim to the bottom with clearly no concept of what they were in for (they had reservations for Phantom Ranch the next night). They didn’t use sleeping pads at the North Rim, their reasoning being the Grand Canyon was hot and sandy and they wouldn’t need insulation between themselves and





the ground, not realizing the temp at the North Rim would hit 35 degrees at night (i.e. they were doing a big hike on little rest with heavy backpacks). Not only that, they decided to get a late start and hike in the heat of the day. We ran into them the next morning sleeping on benches at the Phantom Ranch Canteen; it had taken them 19 hours to get to the bottom. They arrived at Phantom Ranch only an hour before we did the next day; they never made their lottery campsite, and never unpacked their tent. They had tried taking catnaps on bridges during their hike, their thought being that would keep them safe from animals, bugs, and snakes. They looked like hell.

- The friendly folks from Alaska we had met and talked to a few times previously (they had shown us scorpions using a black light the night prior). We passed them on our way back down as they were heading up and out. I wish I had got their email addresses or names.

We arrived back at camp at 3:30 PM and promptly soaked ourselves in the Bright Angel Creek. It was a heck of a day, but one that went as planned and in the end was very worth the months of preparation and training we put into it. They say hiking from the bottom of the Grand Canyon to the top is the equivalent of hiking from Mexico to Alaska, ecologically speaking. It seems like we experienced the vast diversity of the Grand Canyon all wrapped up into one epic day.

Note: The temperature at the bottom of the Canyon is typically 20 degrees warmer than the South Rim and 30 degrees more than the North Rim. Hiking the inner Canyon during the summer is not advisable.

WORDS TO WANDER BY:

"Somewhere between the bottom of the climb and the summit is the answer to the mystery why we climb."

-- **Greg Child**

"Stair climbing! Insanity!"

That is how a friend reacted when I mentioned my participation in the American Lung Association's "Fight for Air Climb" on March 4, 2012. It would involve climbing 70 floors (1,035 stairs) to the top of Detroit's Renaissance Center. What would inspire me to do such a thing? And what about the rest of the 38-member SOLAR Stair Stars/ Henry Ford Health System team? The desires to challenge ourselves and raise money to fight lung diseases were prime motives. Some had a personal interest as their loved ones have suffered from such illnesses. Several team members will share their thoughts as I tell our team's story.

An event like this merits training -- lots of it. We began in October at Bloomer Park. As winter settled in, our training moved indoors, to the Henry Ford Hospital and other venues. It wasn't easy but we met regularly and encouraged each other. We trained under the watchful eye of our team captain, Mary Donahue.

"The training with Mary was awesome. Her knowledge and support and everyone's caring and sense of humor made all the difference."

"For me the social aspect of the training keeps me going. I

don't like to train alone and after the initial strain of starting out and getting into shape, the people keep me doing it over and over again."

"Mary consistently laid out the framework of our practices and got us through the climb. Without the practice I don't think I would have been able to do it."

"I think the training is much more gruesome (than the climb) - fun but grueling!"

Finally the big day came. We met inside the Ren Cen, wearing our team shirts designed by Mark Carson. We warmed up, awaited our team's turn to climb, and were still rooting for each other. ("Mike and Mary really engaged me when they were shouting: GO SOLAR!") We took the escalator (yes really!) up one level to where we would begin our ascent.

The event organizers signaled each of us when it was our turn. Several seconds elapsed between each person's start, so there was not a mob of people on the stairs. Water breaks were set up every ten floors. Now it's my turn to start. Up I go ... feeling good ... at the 10th floor ... doing fine so keep going ... at

by Jeff Enterkin



the 20th floor gotta stop for water. Signs in the stairwell encourage me, as well as the volunteers at the breaks. Keep going ... at the 30th floor ... take a pause and keep moving ... now at the 40th floor. I see a few other climbers along the way, who I pass or who pass me. It's me against the stairs. And it's getting hard. At the 50th floor ... take a swig of water ... and another ... and a third. Sweat is rolling off me but I'm going to make it. Now at the 60th floor ... keep going up ... this is why we trained getting close there's my teammate, let's finish this thing ... one more floor to go DONE! ("Whoo Hoo!!")

Some climbers ascended the stairs quickly; others took longer; all made it to the top and should be proud of their accomplishment. Big kudos go to our three fastest female and male climbers. Our elite

athletes and their times:

Female

Esther Graves 10:31

Lily Vainberg 11:00

Alison Martell 12:33

Male

Ed Shivers 9:58

Chris Myers 10:35

Travis Wheeler 11:01

A huge shout-out to many of you because THANKS TO YOU, for the second straight year, our team captured the Highest Fundraising Team award! Three team members (Jeff Enterkin, Cheryl Szymanski, Mary D) each raised over \$1,000. The team raised over \$11,500 for a cause that is heartfelt by many of us.

"I realized at the climb how many people are affected with lung diseases and how it impacts their health."

"I am in reasonably good shape and the way that my lungs burned near the top, I cannot imagine the pain of lung cancer".

"I know personally that my father smoked since the age of 9. Before he passed away, the doctors realized that he had a spot on his lung, but he was too weak for a biopsy. I believe that my Dad had lung cancer but it was never diagnosed. I guess the best

way to describe my experience is: I climb because I can and in honor of those who can't."

"I believe no one should have to struggle to breathe."

"The Climb is over but the quest for cures remains."

And though the climb is over, we retain the satisfaction of having experienced it.

"When one is doing something that helps others, there is always a good feeling that one is doing something meaningful."

"I didn't know what to expect. It was more challenging than I thought but honestly, the harder the challenge, the greater level of achievement I feel afterward. Had a great time."

"This was my first year - I was 'intimidated' by the whole thing the first few years I heard about it. But that is all behind me now!!"

"It was an awesome time for me. All of the training paid off."

Many of us had done this before and were pleased to again be part of the "fellowship of the stairs." And we made some new friends.

"The event climb is just the apex of a good season of training and spending time with friends."

"SOLAR Stair Stars have great spirit, especially that tall teammate with the new short hair cut. Styl'n."

"Everyone was supportive and friendly - great group to work with."

"We would just like to mention that as our first big venture with SOLAR, we found it a great introduction to the club and its wonderfully enthusiastic, life-loving people." (Welcome, Artemae and Jerry!)

"I enjoyed the training with the SOLAR group. You are all a WONDERFUL group of Angels and you made me feel so welcome. Thank you, God Bless you all." (So glad you joined us, Maria!)

And the final comment that has been echoed by numerous teammates: "I will be back next year."



The Noise of Silence

by Glenn Schultz

The first time that I heard it I was extended mile day hiking in Glacier National Park. We were in the mountains near a pass whose name I could recall if I dug deep into my memory. But I do not have to dig far to remember what I heard.

Or in this case, what I did not hear. There were no sounds of cars, or trucks or airplanes, no people talking, no crunching of leaves under foot, and no wind rustling through the trees. There were no birds or crickets. Nothing.

At first it was unsettling as one's senses picked up that something was missing, In our lives we hear the drone of vehicles, the banter of kids, the telephone, the TV, the kick-on of one's house furnace or air conditioner, you name it. Out there was nothing to hear but the beautiful noise of silence.

In the backcountry our senses clear and we really begin to hear. With the sound camera of our mind, we hear the white cloud wisp slowly overhead, a bird take flight, a leaf glide to the ground, a butterfly flutter its wings, a star twinkle at night, or a moon beam reflect off of water.

We hear a tree groan, a stream gurgle, a trout rise, a chipmunk scamper, and pine needles bristle. All are the sounds that follow the interlude of the noise of silence. Listen...can you hear it?



Upcoming SOLAR Programs

May SOLAR Program: Annual SOLAR Steering Committee Elections

On Tuesday, May 1, 2011, SOLAR will be holding its annual Steering Committee elections. By running for one of the Steering Committee positions, or just by participating in the voting process, you can have a say in the direction SOLAR is moving. All currently paid members are eligible to run and vote. No experience is necessary – just a willingness to work collaboratively with others to make SOLAR the best outdoor club it can be.

June SOLAR Program: One Mountain, Three Parks, Five Tourists: A Tanzanian Adventure

In 2011, five SOLARites headed off to Tanzania to climb Africa's fabled Mt. Kilimanjaro. While they were at it, they travelled through three of the countries equally famous national parks. Come and share the adventure through stories and photos with Mary Donahue, Don Wold, Chris Meyers, and Mike and Marie Martinko.

July SOLAR Program: Annual Picnic and Gear Swap

Do you have outdoor gear that you no longer use? Have several of the same items you have acquired over the years? Here is your chance to sell or barter your unused/unwanted gear and help other SOLAR members at the same time. Bring your outdoor gear to the July general meeting and be ready to sell it to other people. After the meeting we will hold our annual SOLAR picnic on the Colony Hall lawn. SOLAR will provide the main dish. Members are asked to bring a side dish or dessert to pass.

Please Note: All SOLAR Programs take place at Colony Hall immediately following the monthly SOLAR business meeting.

**SOLAR takes no responsibility for warranty, guarantee, quality, price or satisfaction on outdoor gear purchased or bartered at the gear swap.*

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! An east side adventure! Our route will take us up the Clinton River Cut Off (locally know the Spillway) to the Clinton River, down the river through Mount Clemens out to Lake Saint Clair, past Metropolitan Beach Metro Park and back to the launch.

Distance is estimated at 18 miles, which should take a good part of the day, which will include 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. Claire but most of the route is calm. Shorter route and 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. Ramp fees or Michigan Recreation Passport needed to launch.

Pete Seeger Sing-A-Long

May 3, 2012

The Ark, Ann Arbor, MI

7:30 opening, 8:00 show time

Organized by Chuck Smith
cbryansmit@gmail.com

Where Have All the Flowers Gone. Kisses Sweeter than Wine. Turn! Turn! Turn! To Everything There is a Season. Wimoweh.

Are these songs familiar?

All were written in whole or part by Pete Seeger. He's written or familiarized hundreds of songs and ballads.

To celebrate Pete's 93rd birthday and pay tribute to this icon of American folk music, The Ark is holding a sing-a-long of Pete Seeger songs. Songs will be led NO singing skill is needed—just a lot of joy.

Ticket price at the Ark is \$10.00 or are available in advance (see below). If you prefer to pay via Meetup, the price is \$13.00.

We'll plan to meet for dinner before the show. Time and place to be announced.

For info, see <http://theark.org/3011.html>

Metamora/Hadley Fall Camping Trip

September 28–30, 2012

Organized by Margaret Martin
mpluscat@yahoo.com

Don't put the camping gear away, yet! Come to the Metamora/Hadley State Park Harvest Weekend. Activities include decorating your campsite for Halloween, trick or treating, visiting a haunted house, and dressing in costumes.

Other activities include hiking, enjoying cider mills, and visiting the 7 Ponds Nature Center. This trip is kid-friendly, dog-friendly, and RV-friendly.

Cost: \$25 per adult, \$15per child. Includes camping fees, a pancake breakfast, and Friday and Saturday campfires with s'mores.

Hocking Hills State Park Camping Trip

Memorial Day Weekend 2012
Friday, May 25 - Monday, May 28

Family Friendly! Dog Friendly!

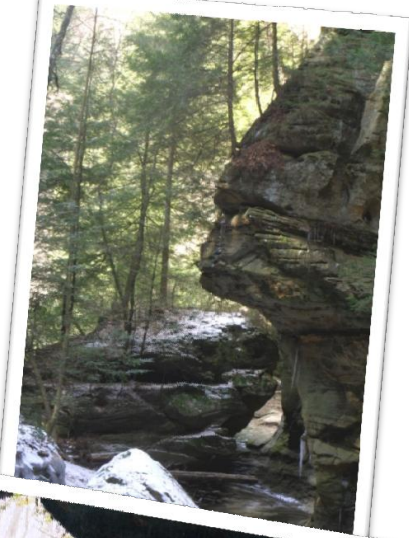
Perhaps no other area in the state of Ohio is as wild, romantic and picturesque as Hocking Hills State Park. Massive sandstone outcroppings, deep cool gorges, towering hemlocks and glistening waterfalls characterize the Hocking region...

Location: Hocking Hills State Park is located in Logan, OH, 58 miles southeast of Columbus, OH. It is 275 miles from Warren, MI, about a 5 hour drive.

Campsites: SOLAR has 2 group campsites reserved at Old Man's Cave Campground for Friday, Saturday and Sunday nights. The sites are non-electric and have pit toilets. It is a short walk to the facilities with flush toilets and showers. Campsites are pet friendly.

Things to do: *Hiking!* Numerous scenic hiking trails in and near Hocking Hills State Park, featuring geological formations, streams and waterfalls. *Horseback Riding!* 1-2 hour rides to include interesting geological features. *Paddling!* River trips of varying lengths down the Hocking River. Some take you near a natural arch. Night paddles, too. *Ziplines and Canopy Tours!* Over a beautiful valley, waterfalls, and a natural cave. There's also a quarter mile SuperZip. *Rail Trail and Road Biking!* 18 beautiful, twisting miles on the Hocking Adena Bikeway or ride the scenic roads. *Mountain Biking!* Lots of trails in the area, including Ohio's top-rated trail at nearby Zaleski State Park. *Rock climbing and Rappelling!* Equipment rental available. *The Columbus Zoo!* A nice stop when driving to/from the Hocking Hills. Zoo features a manatee exhibit and polar exhibit.

Cost: Adults/couples \$20 per person. Families (with children under 18 staying in one tent) \$50. Space is limited so sign up early. No refunds for cancelations but you can sell your spot.



Cape Hatteras Wind and Water Trip

October 20-27, 2012

Organized by Chuck Smith,
cbryansmit@gmail.com

Cape Hatteras and the Outer Banks of North Carolina has miles and miles of public beaches, ocean waves coming in from the Atlantic, calm waist deep water in Pamlico Sound, and some of the best windsurfing, kiteboarding and SCUBA diving in North America. Oh yeah, there is at least one big hang gliding school, too. And flat water kayaking in the sound, rough water and surf kayaking in the Atlantic.

It should be about 70 during the day and about 50 at night. Winds are typically 15-20 mph.

It's an excellent place to learn or practice wind sports. There are lots of shops to rent gear and find quality instruction. Did I mention it's the best place I know in North America to learn wind sports?

I want to rent a place on the sound with a launch suitable for windsurfing and kiteboarding most winds. I'm at the early stages of planning, and not quite sure where. The cape is a big place. I'll be talking with people that have been there more recently than I and asking for recommendations.

It looks like it should be in the range of about \$275/person for the week for a beach house. There is a wide variety of places for rent, from one bedroom to HUGE. I think this can work with as few as me + 3 more, or we can take as many as want to come. If we get more people, the price should come down a bit.

Luxury livin', too. Most rentals have a full kitchen, hot tub, big outdoor decks, wifi, big screen TV's...

If there is interest I'll do some more planning and firming up of both location and cost. I'd like to have plans finalized by May.

Shenandoah National Park Backpacking Trip May 20-25, 2012

Organized by Heidi Tietjen,
h_tietjen@yahoo.com

Shenandoah National Park includes 300 square miles of the Blue Ridge Mountains in the southern Appalachians. The park rises above the Virginia Piedmont to its east and the Shenandoah Valley to its west.

We'll be doing a loop hike near the southern end of the park, covering about 34 miles in 5 days of hiking, which includes one day without packs on. We'll visit waterfalls, mountain streams, and scenic vistas on this challenging trip.

May 20 will be a driving day (about 10.5 hours from Southfield) for most people and we will begin our hike on Monday, May 21. We'll finish hiking on May 25 so those interested can drive to meet up with the SOLAR group camping in the Hocking Hills (about 6 hours drive) and finish out the week there.

Permit costs will be shared by participants but should be very reasonable. Backpacking experience a must.

Basic Land Navigation Don't Get Lost

Spring, 2012

www.solaroutdoors.com/flyers/bln.pdf

Nordhouse Dunes Beach Clean Up June 22-24, 2012

Organized by Vera Morris, vem4@yahoo.com

We're going back to Nordhouse Dunes Lake Michigan Recreation Area! It's a favorite spot for car campers and backpackers alike.

The plan is to head up on Friday afternoon or evening and set up camp. We will spend a couple of hours Saturday morning cleaning the beach of any garbage and bits of plastic (you'd be amazed how much plastic washes up). After that, we'll hang out and enjoy the beach, the beautiful trails and each other's company.

There is a pot luck on Saturday night. We typically hit the beach or hike on Sunday morning and start heading home Sunday afternoon.

This is a kid-friendly trip.

The cost of this trip is \$20 per person.

Nordhouse Wilderness Dunes is about a 4 hour drive from Southfield, it's near Ludington. They have new flush toilets, but no showers.

For information on the campground and directions (as well as GPS info.), please see the website: <http://tinyurl.com/6h9xcu>



Sunset Paddles at Proud Lake

Organized by Margaret Martin, mpluscat@yahoo.com

Reserve directly with Heavner's Canoe & Kayak Rental: 2775 Garden Road, Milford. Phone: (248) 685-2379

Sat May 5 7:45 meet Season Inaugural paddle

Sat June 2 8:00 meet

Sat. Jun 23 8:00 meet Solstice paddle.
Dessert provided at the dam

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 Close paddle

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

Free Pre-Paddle Kayak Lesson

May 5, 5:45 pm; June 2, 6:00 pm

Instructor: Matt Dalton, mdalton@ameritech.net

Limited to 20 people

Get a FREE 2-hour kayaking lesson before the Sunset Paddle. Children age 10-17 get the lesson *and* paddle for free as part of the No Child Left Inside program. Pre-registration is necessary. Sign up on Meetup.com.

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!



Click to get
the details on
Meetup.com!

SOLAR MAY 2012 CALENDAR

www.SolarOutdoors.org

Winner of the April Activity Organizer Drawing: Kurt LaFrance, Curling

SOLAR MEETINGS AND PROGRAMS

5/1	Tues	Monthly Meeting, 7:30 pm	Colony Hall	Chuck Smith	SolarPresident@SolarOutdoors.org
		Program: Steering Committee Elections	Colony Hall		SolarPrograms@SolarOutdoors.org
5/29	Tues	Steering Committee Meeting, 7:30	TBD	TBD	SolarPresident@SolarOutdoors.org
6/5	Tues	Monthly Meeting, 7:30 pm	Colony Hall	TBD	SolarPresident@SolarOutdoors.org
		Program: Mt Kilimanjaro and Tanzanian Adventure	Colony Hall		SolarPrograms@SolarOutdoors.org
6/26	Tues	Steering Committee Meeting, 7:30	TBD	TBD	SolarPresident@SolarOutdoors.org
7/1	Tues	Monthly Meeting, 7:30 pm	Colony Hall	TBD	SolarPresident@SolarOutdoors.org
		Program: Potluck Picnic and Gear Swap	Colony Hall		SolarPrograms@SolarOutdoors.org

SOLAR RAY DEADLINES

5/18	Fri	June SOLAR Ray Deadline		Sheila Smith	SolarRayEditor@SolarOutdoors.org
6/15	Fri	July SOLAR Ray Deadline		TBD	SolarRayEditor@SolarOutdoors.org
7/20	Fri	August SOLAR Ray Deadline		TBD	SolarRayEditor@SolarOutdoors.org

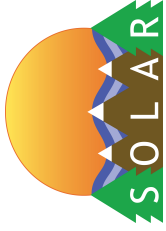
ACTIVITIES

5/3	Thur	Pete Seeger Tribute Sing-A-Long	Ann Arbor, MI	Chuck Smith	cbryansmit@gmail.com
5/5	Sat	Season Inaugural Sunset Paddle and Pre-Paddle Hike	Proud Lake, Milford, MI	Margaret Martin	mpluscat@yahoo.com
5/12	Sat	Bicycle Tour of Detroit's Near East Side	Detroit, MI	Jerry and Artemae Anderson	artemaemarie@gmail.com
5/19	Sat	Spring Hike on the Potawatomi Trail	Silver Lake, Pinckney State Recreation Area	Laura Buhl	buhl@yahoo.com
5/21-25	Multi	Shenandoah Backpacking Trip	Shenandoah NP, VA	Heidi Tietjen	h_tietjen@yahoo.com
5/25-28	Wknd	Hocking Hills Memorial Day Weekend	Logan, OH	Nancy Prall	pralln@yahoo.com
6/2	Sat	Sunset Paddle and Pre-Paddle Hike	Proud Lake, Milford, MI	Margaret Martin	mpluscat@yahoo.com
6/22	Fri	Paddle to the Symphony	Kensington Metro Park	Michael Dwyer	travelandadventure@yahoo.com
6/23	Sat	Summer Solstice Sunset Paddle and Pre-Paddle Hike	Proud Lake, Milford, MI	Margaret Martin	mpluscat@yahoo.com
6/22-24	Wknd	Nordhouse Dunes Beach Cleanup	Free Soil, MI	Vera Morris	vem4@yahoo.com
7/1	Sun	East Side Mid-Summer Kayak Tour	Harrison Twp, MI	Mike Hobig	mhobig@ford.com
7/7, 8/4, 8/31, 9/29, 10/27	Var	More Sunset Paddles	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
9/28-30	Wknd	Metamora-Hadley Fall Camping Weekend	Metamora, MI	Margaret Martin	mpluscat@yahoo.com
10/20-27	Multi	Cape Hatteras Wind and Water Trip	Cape Hatteras, NC	Chuck Smith	cbryansmit@gmail.com

CLASSES

5/5	Sat	Pre-Paddle Kayak Lesson	Proud Lake, Milford, MI	Matt Dalton	mdalton@ameritech.net
5/23, 5/30, 6/6, 6/9-10	Wed, Multi	Basic Land Navigation	Berkley Community Center, Waterloo Rec Area	Jeff McWilliams	jeff.mcwilliams@gmail.com
6/2	Sat	Pre-Paddle Kayak Lesson	Proud Lake, Milford, MI	Matt Dalton	mdalton@ameritech.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

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 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 Sheila Smith at SOLARrayeditor@solaroutdoors.org.

STEERING COMMITTEE

OFFICERS

President: Chuck Smith
Vice President: Laura Buhl
Secretary: Ati Tislerics
Treasurer: Paul Williford

Activities: Heidi Tietjen

Bylaws: Tim Davis
Education: Kevin Cotter
Public Relations: (vacant)
Ray Editor: Sheila Smith

Historian: Chip Kleinbrook

Membership: Jennifer Tislerics
Programs: Christine Pawyl
Equipment: Glenn Newa
Webmaster: Bob Innes

PRESIDENTS AT LARGE

Michael Banks | Leslie Cordova | Allen Duncan | Al Fylak | Steve Gardner | Bill Halvings
Cindy Harrison-Felix | Tom Hayes | Joan Hettinger | Doug Lanyk | Larry Martin | Tom Oloff | Lou Szakal | Cindy Taylor | Joan & Bob Westbrook

STEERING COMMITTEE MEETINGS

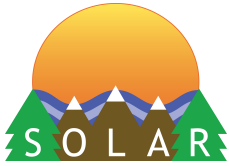
The Steering Committee meets on the last Tuesday of every month at 7:30 pm. These meetings are usually open to the general membership. Anyone who is interested in learning about the decisions being made or contemplating running for a position on the Steering Committee is welcome to attend. If you are 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

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Farmington Hills, MI 48334

Visit our website at www.solaroutdoors.org

