

# The SOLAR Ray

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

May 2010

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Phil Crookshank cutting the rough draft.



Pete, the fearless leader, working with cedar.

## Inuit Paddle Making Experience

By Lynn Dubay

Several SOLARites met at Pete and Sharon Lamb's house to make Inuit Greenland kayak paddles. Pete opened his fabulous workshop loaded with tools, and gave us the opportunity to learn how clumsy we are with pencils, long pointy things, sharp shaving things, and cast iron gizmos. He oversaw the entire process, calmly helping us interpret the instructions, and showing us how to use spoke shaves, planes, clamps, and rasps. We started with a 2x4 cedar plank and whittled it into an awesome Greenland kayak paddle. Best of all, the paddles were all built with no casualties - we all still have our fingers!! Next steps: complete the finishing work and then get the paddle wet and see how it works!



Janet Schester and Paul Williford planing their paddles.



Mike Hubbard made a laminated paddle, which required several flat pieces of different kinds of wood glued together.

More photos on page 2!



Check out our online calendar:

Meetup.com/SOLAR-Outdoors





*Everyone working together in close quarters, with a view of Bullard Lake.*



*Lynn Dubay and Donald Jones making paddles.*

### Words to Wander By

In every walk with nature one receives far more than he seeks.  
~ John Muir

*Thanks to Pam Esper for submitting this quotation!*



*Guess who this masked person in red is!*

- A) Don Jones
- B) Debbie Zuchlewski
- C) Phil Crookshank
- D) Pete Lamb



*Mary Winkler, hard at work.*



*Answer:*

*Debbie Zuchlewski!*



Q: How do trees get on the internet?

A: They "log" in

Q: How can you tell the ocean is friendly?

A: It waves

Q: What sound do porcupines make when they kiss?

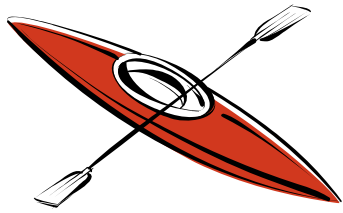
A: Ouch!

Q: Why do birds fly south in the winter?

A: Because it's too far to walk

Q: What is a rabbit's favorite dance style?

A: Hip Hop



## Introduction to Kayaking Class & Dinner Enjoying Michigan's Waterways *Sponsored by Heavner's Canoe & Kayak Rental No Child Left Inside Program*

When: Sunday, May 16th, or Sunday, June 6th, 2010, from 2:00 PM to 6:00 PM.

Kayaking is one of the best ways to explore Michigan's waterways, relax and get some much needed exercise. It's also a great way to spend time with your children and friends.

Introduction to Kayaking is a complete 4-hour class geared toward the person who has never kayaked, and the person who has kayaked many times but has never had a formal lesson. The class is taught by Matt Dalton, long time SOLAR club member and former AKC Kayak Instructor. The class is taught at Heavner's Canoe & Kayak Rental in Milford, on the beautiful and safe Huron River, inside Proud Lake State Park.

You will be introduced to the correct way to paddle a kayak efficiently and fast, with the focus on safety and fun. Basic paddling skills will be taught and students will be introduced to a variety of kayaking equipment, clothing, boats and places to paddle. Students will learn skills that will allow them to paddle quickly, along with safety skills for staying inside your kayak and not getting wet.



Class size is limited to ensure personal attention for each student. After class and a nice relaxing paddle down the Huron River, dinner will be provided. If you're thinking about trying kayaking this year or possibly purchasing a kayak someday, this is the class for you.

Heavner's Canoe & Kayak Rental is committed to promoting No Child Left Inside. Heavner's has a special offer for SOLAR club members who sign up for this class. Each student is encouraged to bring one child (ages 10-17). The child's class and dinner are absolutely FREE!!! Alan Heavner wants kids outside enjoying the outdoors.

You will learn more about Michigan's and Heavner's No Child Left Inside movement before the class. So please bring a child, even if you have to borrow one. Your son, daughter, niece, nephew or neighbor is welcome to join you. The child is FREE.



Cost for the class and dinner is \$45.00 for adults. Sign up for either the May 16th or the June 6th class (the same class will be offered twice). Class size is limited to 10 adults with 1 child each. Child friendly assistants are needed. Past class graduates should also contact Matt.

Sign up early — contact Matt Dalton at 248-360-0031 or [mdalton@ameritech.net](mailto:mdalton@ameritech.net).

*I look forward to seeing you out on the water!*



# Backcountry Gourmet



## Mac-n-Cheap by Ken Lemieux

I'm always thinking of food I can take on the trail that is already sitting around the house, does not require a trip to Moosejaw or REI, is quick to cook, and if it's cheap, that's a bonus. A Mountain House Macaroni and Cheese meal costs \$6.40 at REI; the Kraft brand in my cupboard is under \$1. This can be cooked by just bringing the water to a boil, no need to sustain it for 7-8 minutes as the box states.

### Ingredients:

- One 7.25 oz box of Kraft Macaroni & Cheese
- ¾ tablespoon instant milk or creamer
- ½ tablespoon Butter Buds



### Directions:

1. Bring about 2 ½ cups of water to a boil.
2. Pour the water into a Fairshare mug, along with the noodles. To avoid losing heat, stir them quickly. Put the top on the mug, leaving it not completely sealed (so as to not to damage the seal or lid if the pressure becomes too great). Let it sit for 9 minutes.
3. Take the top off and carefully drain most of the water. In my test I left a bit too much and it was kind of soupy, but that might not be so bad on a cold day.
4. Stir in cheese sauce mix, instant milk, and Butter Buds. Stir well and enjoy.

**Note:** Because you can't stir the noodles while they're cooking, they lump together and break down a little bit. But overall, it is a cheap and easy meal.

	Kraft	Mountain House
Price	\$0.76	\$6.40
Total Calories	650*	940
Weight in Ounces	7.25	6.8
* without milk or Butter Buds		

## May Program:

### Annual SOLAR Steering Committee Elections

*By Debbie Zuchlewski, SOLAR Programs Chair*

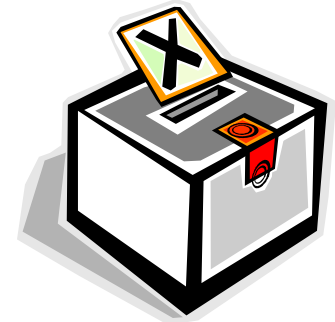


Please plan to attend the May SOLAR meeting, and make a difference by running for a Steering Committee position or by casting your vote. If you have not yet submitted your name and position of interest, you can still be a write-in candidate. Before elections take place during the May 4<sup>th</sup> meeting, all candidates will have an opportunity to introduce themselves. For a more detailed description of each SC position please see the [March 2010 edition](#) of the SOLAR Ray. You can also review SOLAR's [By-laws](#) on our website. The list of positions and candidates running for office is as follows:

### SOLAR Steering Committee Positions/Candidates

*(You will cast one vote for each position)*

President	Allen Duncan Pam Riehl Szakal
Vice President	Heather Hall Harry Price
Secretary	Glenn Schultz
Treasurer	Mary Donahue
Activities	Jennifer McWilliams
By-Laws	Ati Tislerics
Education	Chuck Smith
Equipment	Marcia Murphy
Historian	Samantha Schafer
Membership	Mary Price Jim Stange
Programs	Debbie Zuchlewski
Public Relations	Samantha Mozdierz
SOLAR Ray Editor	Jennifer Tislerics
Web Master	Jeff McWilliams



*All positions are considered open until voting concludes on May 4, 2010.*



## SPOTLIGHT ON...



*Rebecca Sweeton,*  
SOLAR Member

*How long have you been a member of SOLAR?*

Since 2005.

*What are some outdoorsy activities you enjoy?*

I enjoy car camping, backpacking, kayaking, riding my bike (not mountain biking, though!), walking, hiking.

*What has been your favorite trip/activity so far?*

My favorite international trip was our honeymoon to New Zealand, besides all the cool stuff we got to do (Zorbing, paragliding, cave tubing, jet boating) we also went tramping (New Zealand for backpacking) along the Abel Tasman track. It was beautiful! My favorite USA trip was our 3 day/ 2 night backpacking trip in the Porcupine Mountains last September. Great campsites!

*What would your ideal trip be like?*

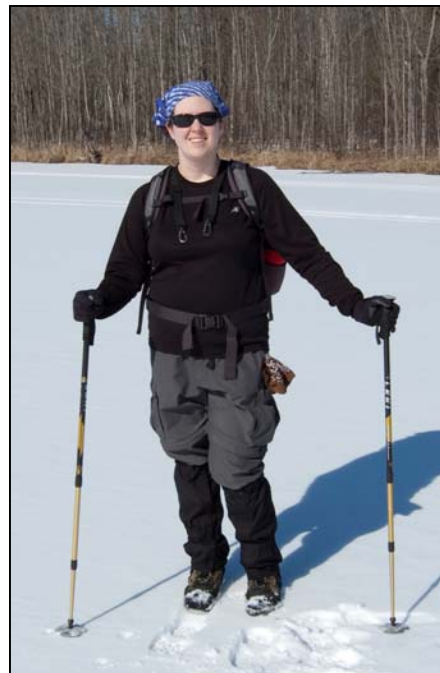
My ideal trip would be to go back to New Zealand for way longer than 2 weeks. I would like to go forever, if I could just convince my family and friends to come along, too!

*Which SOLAR classes have you taken? What class(es) do you wish were offered that are not currently?*

I've taken Beginning Backpacking, Wilderness First Aid, Beginning Kayaking, Basic Land Navigation, and Car Camping. I can't think of anything else I'd like to take.

*Tell us something about you that would surprise us!*

I got my bachelor's degree in anthropology-zoology because I thought I wanted to be a forensic anthropologist. I changed my mind about my career choice my last semester of senior year. I became a web designer instead, because I thought it would be fun and something that I would be good at.



*Do you have any pets? Kids? Significant Other?*

One pet, Zoe, our faithful Border Terrier. No kids of our own, but we do have nibblings (a niece and a nephew). And some of you may know my husband, Dave. ;-)

*What would you like to see changed in SOLAR in the next year?*

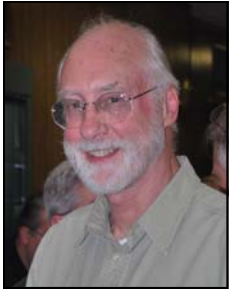
I would like to see the meetings continue to become more streamlined.

### WANTED:

SOLARites to spotlight in future issues of the Ray. Both long-time members and new members are welcome! Nominate a friend (or yourself) by emailing [SOLARRayEditor@SOLAROutdoors.org](mailto:SOLARRayEditor@SOLAROutdoors.org).

We asked SOLAR club members...

*what's the craziest thing you've ever done with SOLAR?*



*Bill Ahlstrom*

The most harrowing experience I have had on a SOLAR trip was listening to Marie Harrington and Sharon (Smelter) Lamb singing Girl Scout songs while paddling through the lakes in Algonquin Provincial Park.



*Heather Hall*

The Carter Caves Crawl-a-thon, and Tom Oloffo's canoe trip (*no further elaboration provided or necessary*).



*Leslie Cordova*

I joined SOLAR in 1992, already in love with the outdoors and looking for others to share my adventures and enlighten me on new ones. Since then my most daring adventure was dating a SOLAR member, Gene Cordova. Being up for the adventure of a lifetime, I married Gene in 1995.



*Vera Morris*

On a diving trip in the Caribbean, we dived to 50' and fed the sharks, which helped me get over my fear of sharks.



*Tom Black*

I've done a lot of crazy things in life, but everything with SOLAR has seemed pretty sane. It's all pretty normal to me.



We are pleased to welcome the following new members to SOLAR:

- Fred Austin & Debi Chrysler
- Steve and Carol Babcock
- Ellis Breskman
- Karen DeCoster
- Sherrill Kerby
- Erasmia Koukouvaas
- Carol & Harvey Light
- James Light
- Linda Russell
- Robert Seaton

We are excited to announce that

Rob Schwenke

has become a

**Lifetime member of SOLAR!**

## April SOLAR Program Photos:

Mary Donahue discussed "Conditioning to Minimize Injuries and What To Do If You Get One."

(Assistance provided by Don Wold and Glenn Schultz)



## Caesar Creek State Park Little Miami State Park and River

July 2 - 5, 2010

Come join us as we celebrate the July 4th holiday. This kid- and dog-friendly outing will be close to home; only about a 4 hour drive, just south of Dayton, Ohio.

Caesar Creek State Park is highlighted by clear blue waters, scattered woodlands, meadows and steep ravines. The park offers some of the finest outdoor recreation in southwest Ohio, including boating, hiking, camping and fishing. There are 43 miles of hiking trails, 8.5 miles of mountain biking trails, a lake with a 1,300 foot beach, and fossil hunting. Nearby is the Little Miami paved bike trail system with over 150 miles of trails. There is also a bike rental shop, ice cream store and winery nearby. We are going to canoe or kayak the Little Miami River on Monday and have a traditional potluck dinner on Saturday night.

We will be camping at the Wellman Group Camp within the park. We will have the entire camp to ourselves. There are flush toilets, a picnic shelter and showers nearby (8 miles) at the main campground. There is also a huge lawn for playing croquet or bocce ball. Weather permitting, there will be a nightly campfire. There may be ice cream included if we have enough money.

### Cost:

Camp and canoe \$40; camp and kayak \$45; camp only \$20

If you are interested please contact Leslie Cordova at (248) 547-5626 or [lesliegene@aol.com](mailto:lesliegene@aol.com).



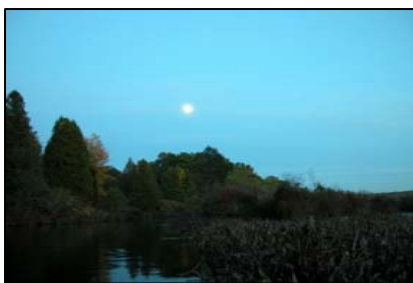
## SOLAR/Proud Lake Moonlight Canoeing

This popular event is great for the experienced paddler as well as the novice. Come to Proud Lake State Recreation Area and paddle a canoe or kayak into the setting sun, then return by paddling back into the moonrise. When you return to the canoe rental, a bonfire will be awaiting you. Each evening will include pizza dinner. No partner necessary, all skill levels are welcome. Dress for the weather, including headlamps and water bottles.

Who: All are welcome. Child and dog friendly.

Where: Heavner's Canoe Livery, 2775 Garden Road, Milford, Michigan 48381

Cost: Canoe or kayak \$30 per person. Includes pizza dinner, boat rental (canoe or kayak), bonfire. Boat rental only (no dinner) \$25 per person. Dinner only (bring your own boat) \$15 per person. Bonfire only (no dinner, bring your own boat) \$5 per person.



When: Five moonlight canoeing/kayaking trips will be offered this year; to see a [full schedule](#) visit the Files section of the Yahoo! Group, the [Meetup.com calendar](#) or click on the link in the Ray's calendar to view the flyer.



The first moonlight paddling trip of the year will be on Saturday, June 26, 2010. Dinner will be at 8:00, paddling at 8:45. Sunset will be at 9:13 pm and moonrise at 9:36 pm.

Preregister by calling Heavner Canoe Livery at (248) 685-2379. Please call in your reservation AT LEAST 24 hours before the event. Dinner will not be available for those who do not preregister. For more information call Margaret at 734-721-2821 or email her at [mpluscat@yahoo.com](mailto:mpluscat@yahoo.com).

## Shiawassee River Paddle

*June 6, 2010*

This is one of the larger paddling get-togethers of the summer in Southern Michigan, which has drawn well over 100 local canoeists and kayakers for the past 5 years.

There is both a leisure paddle (open to all paddlers with proper lifevest) and a race (for those who wish to compete).

Put-in: WaterWorks Park— 602 South Broad St, Holly, MI 48442-1674

Take-out: Strom Park— 299 South East Street, Fenton, MI (near the East Street Bridge)

Distance: 7 scenic miles of numerous twists and turns

Schedule:

10:00 am : On-site registration at WaterWorks Park

11:30 am : Introductory Ceremony

11:45 am : Experienced Canoeists Start

12:15 pm : Novice/Youth Canoeists Start

12:45 pm : Kayak/ Single person canoeists Start

1:15 pm : Leisure/fun paddle Start

6:00 pm : Final river sweep completed

Canoes are available for rental through Heavner's Canoe Livery.

Shuttle transportation will be available all day long until 6 pm.

## Grand River Expedition

*July 14 - 26, 2010*

Join hundreds of passionate, like-minded people in traveling from Jackson to Grand Haven in the style of the 1700s. Paddle Michigan's longest river, the 260 mile Grand River. Last held in 1990, the Grand River Expedition is unlikely to be held again until 2020! If you choose to do the whole 12 day expedition, you will help the river's health, paddle 225 miles and make 14 portages. The special memories and friendships you make during GRE2010 will last long after the boat is clean and dry.

For more information, contact Don Jones at [jonesdlus2@yahoo.com](mailto:jonesdlus2@yahoo.com) or visit [http://michigan.sierraclub.org/pdfs/GRE2010\\_Goals\\_Objectives\\_July2009\\_final.pdf](http://michigan.sierraclub.org/pdfs/GRE2010_Goals_Objectives_July2009_final.pdf)



## A Glimpse at the (Spring) Basic Backpacking Field Day

*Photos courtesy of Jeff McWilliams*



*Justin Gorski staking out a tent.*



*Carol Watkins-Babcock and Lou Szakal testing a backpacking stove.*



*Marcia Murphy, Carol and Eddi Koukouvaos filtering their water.*



*Shelly Riddell and Judy Bennett setting up a tent.*



*Don Jones priming the stove.*



*Jeff McWilliams and Glenn Schultz taking a respite from all the hard work.*



*Robert Shell checking out a stove.*

# SOLAR MAY 2010 CALENDAR

[www.SolarOutdoors.org](http://www.SolarOutdoors.org)

## SOLAR MEETING AND PROGRAM DATES

5/4	Tues	Monthly Meeting 7:30pm	Colony Hall	Cindy Taylor	SolarPresident@SolarOutdoors.org
		<a href="#">Program - SOLAR Steering Committee Elections</a>	Colony Hall	Debbie Zuchlewski	SolarPrograms@SolarOutdoors.org
6/1	Tues	Monthly Meeting 7:30pm	Colony Hall	TBD	SolarPresident@SolarOutdoors.org
		Program - TBA	Colony Hall	TBD	SolarPrograms@SolarOutdoors.org
7/6	Tues	Monthly Meeting 7:30pm	Colony Hall	TBD	SolarPresident@SolarOutdoors.org
		Program -TBA	Colony Hall	TBD	SolarPrograms@SolarOutdoors.org

## SOLAR ACTIVITIES

5/6	Thurs	Sing-A-Long at the Ark	Ann Arbor, MI	Chuck Smith	cbryansmit@gmail.com
5/7-9	Wknd	Mother's Day Weekend Escape	North Manitou Island, MI	Michael Banks	slywolfe52@yahoo.com
5/21-23	Wknd	Hocking Hills Camping Weekend	Hocking Hills, OH	Darrell Ahlberg	dahlberg7@comcast.net
5/21-23	Wknd	Beach Clean Up	Nordhouse Dunes	Vida Ruggero	rageti@hotmail.com
5/21-23	Wknd	Bay City State Park Camping Weekend	Bay City, MI	Margaret Martin	mpluscat@yahoo.com
5/28-31	Wknd	<a href="#">Memorial Day Weekend Camping</a>	Indiana Dunes State Park	Leslie Cordova	lesliegene@aol.com
5/29	Sat	<a href="#">Moonlight Canoe Paddle</a>	Proud Lake State Park	Margaret Martin	mpluscat@yahoo.com
6/4-6	Wknd	Trails Day Camping Weekend	Brighton Recreation Area	Carol McCrie	cmccrie@sbcglobal.net
6/6	Sun	<a href="#">Shiawassee River Paddle Event</a>	Holly, MI	Willi Gutmann	Willi_H2O@yahoo.com
6/26	Sat	<a href="#">Moonlight Canoe Paddle</a>	Proud Lake State Park	Margaret Martin	mpluscat@yahoo.com
6/26	Sat	Dutch Oven Cook-off	Island Lake Rec. Area	Jim Coe	jimc27K@gmail.com
7/2-5	Wknd	<a href="#">Fourth of July Weekend Camping</a>	Caesar Creek State Park	Leslie Cordova	lesliegene@aol.com
7/14-26	Multi	<a href="#">Grand River Expedition 2010</a>	Lower Michigan	Don Jones	jonesdlus2@yahoo.com
7/24	Sat	<a href="#">Moonlight Canoe Paddle</a>	Proud Lake State Park	Margaret Martin	mpluscat@yahoo.com
7/24-25	Wknd	MS Canadian Bike Ride	Grand Bend to London, Ontario	Samantha Mozdzierz	backpacker0617@yahoo.com
8/2010	Multi	Backpack Trip	Glacier National Park	Bill Lynch	blynch@mayne-mckenney.com
8/28	Sat	<a href="#">Moonlight Canoe Paddle</a>	Proud Lake State Park	Margaret Martin	mpluscat@yahoo.com
8/28	Sat	Crim 10 miler, Team Challenge	Flint, MI	Allen Duncan	aduncan85@gmail.com

## SOLAR CLASSES

3/10, 24 4/3, 7, 18 5/8, 23	Various	<a href="#">Introduction to Adventure Racing</a>	Royal Oak/Troy, MI	Pam Riehl Szakal	pariehl@gmail.com
3/25 4/8, 10, 22, 24 - 25 5/6, 14 -16	Thurs, Sat, Wknds	<a href="#">Spring Basic Backpacking</a>	Birmingham, MI	Michael Banks	slywolfe52@yahoo.com
4/29	Thurs	<a href="#">Intermediate Backpacking</a>	Royal Oak, MI	Leslie Cordova	lesliegene@aol.com
5/16	Sun	<a href="#">Intro to Kayaking</a>	Proud Lake State Park	Matt Dalton	mdalton@ameritech.net
5/26, 6/2 6/5-6	Weds, Wknd	<a href="#">Basic Land Navigation</a>	Berkley Comm. Center, Waterloo Rec. Area	Brian Andrews	briangandrews@comcast.net
6/6	Sun	<a href="#">Intro to Kayaking</a>	Proud Lake State Park	Matt Dalton	mdalton@ameritech.net
11/4, 6-7	Thurs, Wknd	Wilderness First Aid	TBD	Mary Price	mathildet@sbcglobal.net

If you would like to plan/lead a SOLAR activity, contact our Activities Chairperson, Samantha Schafer, at [SolarActivities@SolarOutdoors.org](mailto:SolarActivities@SolarOutdoors.org).

If you would like to teach or suggest a SOLAR class, contact our Education Chairperson, Marie Martinko, at [SolarEducation@SolarOutdoors.org](mailto:SolarEducation@SolarOutdoors.org).

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





**WHAT IS SOLAR?**

SOLAR is a non-profit, volunteer-based organization with 400-plus members who enjoy the outdoors. Members share their knowledge and experience with each other by leading classes and coordinating activities/trips.

**MEMBERSHIP**

Membership is only \$40 a year per person (\$55 per family) and includes free access to most club-owned equipment, a monthly newsletter, and a chance to meet hundreds of other like-minded adventurers drawn together by a common love of pristine lakes, breathtaking vistas, deep forests, scenic shorelines, and the experiences to be found there. Lifetime memberships are available for \$175 (single) and \$250 (family).

**MEETINGS**

Our monthly meetings are held the first Tuesday of every month in Southfield at Colony Hall, 21780 Evergreen (between 8 Mile & 9 Mile Roads) at 7:30 pm. Everyone is welcome to attend.

**SOLAR RAY NEWSLETTER**

The *SOLAR Ray* is a monthly publication of SOLAR and is available online at [www.solaroutdoors.org](http://www.solaroutdoors.org). To receive a copy in the mail, please contact Mary Price at [SOLARmembership@solaroutdoors.org](mailto:SOLARmembership@solaroutdoors.org).

**SUBMISSION GUIDELINES**

Submissions for the *SOLAR Ray* are due on the Thursday three weeks prior to the monthly Membership meeting. Articles, poems, recipes, etc. should be submitted in electronic format, preferably in Microsoft Word. Please attach images separately. If you have any questions, please contact Jennifer Tislerics at [SOLARrayeditor@solaroutdoors.org](mailto:SOLARrayeditor@solaroutdoors.org).

**STEERING COMMITTEE**

President: Cindy Taylor	Activities: Samantha Schafer	Bylaws: Allen Duncan
Vice President: Carol McCririe	Education: Marie Martinko	Equipment: Laura Buhl
Secretary: Samantha Mozdziejcz	Historian: Chuck Smith	Membership: Mary Price
Treasurer: Mary Donahue	Programs: Debbie Zuchlewski	Public Relations: Gloria Fontaine
	Ray Editor: Jennifer Tislerics	Webmaster: Jeff McWilliams

**PRESIDENTS AT LARGE**

Mike Banks | Leslie Cordova | Al Fylak | Steve Gardner | Bill Halvingis | Cindy Harrison-Felix  
Tom Hayes | Joan Hettinger | Doug Lanyk | Larry Martin | Tom Oloffo | Lou Szakal  
Joan & Bob Westbrook

**STEERING COMMITTEE MEETINGS**

The Steering Committee meets on the last Tuesday of every month at 7:30 pm. These meetings are usually open to the general membership. Anyone who is interested in learning what topics are discussed, the decisions being made or contemplating running for a position on the Steering Committee is welcome to attend. If you are interested in attending the Steering Committee meeting, please contact Cindy Taylor at [SOLARpresident@solaroutdoors.org](mailto:SOLARpresident@solaroutdoors.org).

**SPECIAL THANKS TO THE SOLAR RAY ASSISTANT EDITORS**

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

**MORE INFORMATION**

Please visit our website at [www.solaroutdoors.org](http://www.solaroutdoors.org) or attend one of our monthly meetings.



**SOLAR**

33228 W. 12 Mile Road

P.O. Box 220

Farmington Hills, MI 48334

Visit our website: [www.solaroutdoors.org](http://www.solaroutdoors.org)