

# THE PACKRAT

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JUNE 1995

**ACTIVITIES:** Hiking, Backpacking, Climbing, Skiing, Cycling, Canoeing, Mountain-Biking, Snow Shoeing, Educational and Awareness Programs, Social Functions.

**MEETINGS:** Weekly, Wednesday evenings at 8:00 p.m.  
Rosemont Community Hall, 2807 - 10 Street N.W.

**MAIL:** Rocky Mountain Ramblers Association  
c/o Calgary Area Outdoor Council (CAOC)  
1111 Memorial Dr. N.W.  
Calgary, Alberta  
T2N 3E4

**TRIP INFO:** 282-6308 RMRA Hot-line and at meetings.

## RMRA EXECUTIVE 1994 - 1995

PRESIDENT  
VICE PRESIDENT  
TRIP COORDINATOR  
TREASURER  
SECRETARY  
SOCIAL DIRECTOR  
PROGRAM DIRECTOR  
NEWSLETTER EDITOR

Bob St. John  
Barbara McInnis  
Reg Fryling  
John Schleinich  
Darlene Weger  
Tammy Romano  
Barb Mitchell  
Linda Eastwood

## **PRESIDENT'S MESSAGE**

by Bob St. John

A lot has been accomplished over the past two months. The Safety Committee worked hard to come up with proposals for the membership to vote on. I would like to thank all those who volunteered their time on the committee; you did a great job in the short time required. I would also like to thank all those who let their thoughts be known to the committee, and to all those who spoke out at the two open forums. It takes courage and commitment to get up and to discuss your thoughts in front of your peers. The voting results should be elsewhere in this issue. Some may not be happy with all the results, but I believe the club has spoken democratically, and it is the members themselves who ultimately make this club work. One result of the voting is the creation of a permanent Safety Committee. The pace of this committee should be somewhat more relaxed, but their job will be no less important. If you wish to contribute and perhaps put your stamp on the club please consider submitting your name for a position on the committee. The work our club has done has not gone unnoticed in the outdoor community. A number of clubs have approached the Ramblers to find out how we are handling certain safety issues. To facilitate the communication of ideas, a COAC sponsored workshop on back country safety is being held on May 23. We will present the work we have done, and we look forward to hearing from other clubs on their approach to these issues.

Many people contribute to the club with articles to the Packrat and in presenting Wednesday evening programs. Perhaps at our Annual Awards Dinner and Dance in October we could have some awards for best articles and programs. Think about this and we will in one way or another get your opinions before October.

For all new members to the club, Welcome! I hope you find that the Ramblers provide the type of summer activities you had hoped for. If there are some hikes you would like to see, mention them to our Coordinators Chairman, Reg Fryling or myself and we will see if we can get a coordinator to take them. Now if only all that snow we wanted last winter would now go away!

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# EASTER WEEK AND THE WEST COAST

by Reg Fryling

We scurried away between snow storms in the camper van on the eve of Good Friday shortly after Brieta wrapped it up at school. Complacency I guess clouded our judgement, and we later regretted not going on a pre trip to check things out. A few kinks had to be ironed out enroute including a stint in Golden crawling around underneath in the rain. We managed, however, to pull into a friend's yard in Salmon Arm while lights were still burning in the house.

The weather improved continually as we went west and the walls of the awesome Fraser Canyon sparkled at times with the golden rays of the sun. The Government campground at Harrison Hot Springs was plugged with local tourists but we had better luck at Kilby (General Store and Museum). We got one of the last 38 campsites nestled together on a beach and lake-like back water of the Fraser River. We biked some of the quaint English style country roadways just to get out the travelling kinks before supper. Next day we continued along the north side of the Fraser directly toward Horseshoe Bay, and after the ferry, explored our way to a roosting place at Sprout Lake Campground west of Port Alberni in a wild setting traversed on the west by the mountain chain backbone of the Island. Much of the rest of the highway to Ucluelet is narrow, winding and spectacular, but secondary to the fantastic seashore experience of Pacific Rim National Park -- Long Beach section. We walked and biked the firm sand beaches literally for miles and watched the surf boarders and sea kayakers challenge the huge breakers coming one after the other in a continually changing pattern. With the help of tourist information booths and free B.C. Forrestry Recreation Maps we ferreted out two picturesque if primitive free campgrounds each about 20 minutes drive on gravel logging roads off the main highway near Long Beach.

Two nights were spent at the Government Campground on Denman Island where we dug clams right behind our camping spot. Via a ferry, we biked over to and across Hornby Island where we bought 5 pounds of fresh shrimp from a fisherman/vendor parked outside a little Co-op store near some benches clustered with "flower children" smoking and watching, perhaps with some envy, the Island's land owners departing the store with their bags and packages.

Our homeward journey took us through Manning Park, Keremeos with a stop at an interesting old mill, and along the entire winding west side of Okanagan Lake. We found hundreds of large yellow blossomed Balsam Root on a scenic trail above a camping spot at Bear Creek Campground slightly north and west of Kelowna, and strolled around the surprisingly interesting town of Armstrong before reaching the more familiar #1 and thoughts of home.

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# BUS TRIPS

Sunday, July 16, 1995

Emerald Lake to Tacaka Falls with Various Options

Sunday, August 13, 1995

Moraine Lake to Lake Louise via Sentinel Pass, Annette Lake, Paradise Valley, and Saddleback. Easy to advanced options.

Joint with Foothills Nordic Ski Club.

For more information contact Wally Drew.

*"OK, KEN, THE VIEW & THE FIREPLACE ARE GREAT, BUT----- DO YOU HAVE ANYTHING WITH A FAMILY ROOM AND A GARAGE?"*

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# VOTING RESULTS RE: THE RMRA SAFETY REVIEW COMMITTEE VOTING PACKAGE

by Reg Fryling, Safety Review Committee

1. Permanent Safety Committee: Yes 67 No 13
2. Public Relations Spokesperson: Yes 65 No 8
3. Safety Equipment Rental: Yes 11 No 63
4. Rockfall Safety Equipment: Coordinator's decision 25  
Mandatory on dangerous terrain 28
5. Bicycle Safety Equipment: Coordinator's decision 25  
Mandatory on all RMRA trips 44
6. Avalanche Safety Equipment:  
Coordinator's decision 148  
Shovel and transceivers on dangerous terrain 165  
Shovel and transceiver on all XC ski trips 89

Note that the numbers total more than the number of voters because we assigned a weighting of 3 for your first choice, 2 for your second and 1 for your third.

62% of our members voted. This along with the good turnouts to discuss the proposals, in my mind reflects a healthy club. By the time you read this the Coordinator's Council and Executive will have discussed the results and likely have taken appropriate action to comply with your wishes. Thank you for your interest and input into our club. Your suggestions are always valuable.

## QUOTABLE QUOTE OVERHEARD BY THE PHANTOM HIKER;

"The first 1000 feet vertical are the worst" --- Barb, Mount Baldy, April 1995

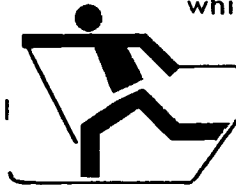
# SUMMARY OF THE SPRING 95 COORDINATORS MEETING

by Reg Fryling

A statistical comparison showed the number of hiking trips slightly higher, and the number of ski trips slightly lower than for the same period (October to mid February) last year.

Congratulations are in order to Deanne Marrow who became an assistant coordinator.

Some complaints, one in the form of a letter, concerning various aspects of our outings were heard and discussed at length. Some of these concerning bringing up the rear will be referred to the new Safety Committee where more time can be spent on them. One point, however, concerns all of us. When someone (sometimes an inexperienced new person) catches up to a group that has been waiting for some time, I think all of us in the group should make an effort to be friendly and courteous, and be ready to offer assistance rather than being negative, or even just neutral. On my first ski trip in the mountains using climbing skins, etc., I remember looking around at all these strangers ready to go while I was still fumbling with various bits strewn all around in the snow. One fellow came over smiling, introduced himself and gave me some pointers. I survive that first trip marked with my manager to on the ski down, and went out skiing with "bathtubs" Russ Bradley for years afterward. Russ, besides having time for rank beginners, was an accomplished back country skier and wrote a book on avalanche safety in the 60's which, I believe was adopted by the Warden Service. Sorry to digress, but I think being friendly is the bottom line of our club.



The importance of trip rating accuracy was discussed as well as the need for special equipment such as a ski pole or runners for creek crossings to be announced on the phone message as well as the meeting.

The results of the recent voting were discussed. Policy concerning avalanche safety equipment will be left until the fall meeting. Meanwhile, a rating system for the degree of avalanche danger was given approval in principle. The Safety Committee may further polish this rating scale throughout the summer. If adopted, it will act as a way of determining if a transceiver and shovel are required by trip members on a specific trip on a specific day.

Coordinator's support the mandatory use of bike helmets on all club bike trips.

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*The tragedy of life doesn't lie in not reaching your goal.  
The tragedy lies in having no goals to reach.*

*Benjamin E. Mays*

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# PACKRAT DISTRIBUTION

by Bob St. John

I have received several inquiries about the distribution of the Packrat. The following is an informal survey of the membership to see how they feel about the following questions. Please fill in and cut out (or duplicate by some means if you do not want to cut up your copy) and give to me at a Wednesday meeting during the next few weeks.

1. Do you feel the Packrat should be made available to the public at a few convenient locations? YES [ ] No [ ]

Reasons For:

- more public awareness of the club
- better circulation for our advertisers

Reasons Against:

- added cost of extra copies
- more work in collating and distribution

- 2a. Do you feel the Packrat should be mailed to all club members? YES [ ] No [ ]

Reasons For:

- all members would be sure to receive a copy

Reasons Against:

- added cost and effort in mailing

- 2b. Do you feel the Packrat should be mailed only to members who wish to pay an extra fee? YES [ ] NO [ ]

Reasons For:

- no increase in costs to the club as a whole

Reasons Against:

- added effort in mailing

NOTE: The Editor of the Packrat has a lot to do already and I would not want the added burden of collating, mailing or distribution to fall on her shoulders. A possible solution would be to have volunteers prepare the Packrat for mailing after a regular Wednesday meeting. The 'extra fee' in questions 2b would cover the cost of stamps and envelopes, plus a small 'donation' to the club for the extra effort involved.

COMMENTS: \_\_\_\_\_

\_\_\_\_\_

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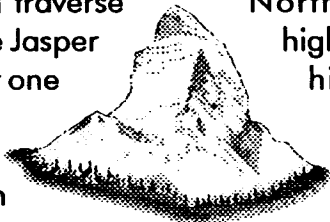


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# THE WAPTA TRAVERSE

by Dave Mulligan

On Sunday 26th March 1995, under the leadership of Alistaire DesMoulins, five of us set out to ski the Wapta Traverse. This is a high level ski mountaineering traverse between Bow Lake on the Jasper Louise Inn on the number one North of Lake Louise highway and the West highway. We had booked 4 hut nights (2 each at Balfour and the Scott-Duncan) but at Peter-Whyte, 1 case the weather wanted or needed an extra day. We had 6 days of glorious sunshine and 5 of excellent snow conditions making the extra day a delightful bonus.



Departing the Bow Lake care park before noon on the Sunday we slogged our way across the lake and up to Bow hut passing several descending parties of skiers from the Alpine Club. A welcome break and we continued upward in the early evening leaving the only Bow hut guests (2 women) chopping wood. We did not meet any other skiers until Thursday night at the Scott Duncan hut 4 days later. We reached the Peter-Whyte hut at about 7:15 p.m. (dusk) and after a quick supper were soon asleep.

Monday morning dawned fine, so we set off around 8:30 a.m. for the easy ascent of Mt. Thompson and possibly Mt. Rhonda (North). In excellent snow we followed tracks to Thompson's summit in time for a leisurely lunch. This was to be the pattern for the next few days with recent ski tracks to follow wherever we wanted to go. However on the summit the only real mishap was discovered. Keith's boot had snapped about 2 cm from the toe leaving the pin holes secured to the rest of the boot by one layer of flapping leather. If this leather was to rip, the trip was effectively finished at least for him as there was no way to properly attach the boot to the ski. So out came the infamous duct

tape which proved to be an effective repair so long as he was cautious. End of plans for Rhonda, but it didn't matter as we lay in the sunshine and soaked up the view. Returning to the Peter-Whyte hut in the afternoon, Vivian, Gail, and I checked out the 3 igloos built at the weekend by an Alpine group at the base of Rhonda South. They were well built and looked comfortable for 6-8 people total, but the hut beckoned.

Back at the hut, we were surprised to find an extra bag of food and some brand new steel pans. It appeared that a helicopter had delivered these as some similar new pans were later found at Balfour hut. Strange! Alistaire attempted to repair the broken boot with some old epoxy glue as bad as ever. So mine having the thereby reducing and applied more of the trip.



but the next morning it was Keith and I swapped skis, added benefit of cables stress on the 3-pin toe piece, duct tape. This held for the rest

We traversed up the Peyto glacier, dropping our heavy packs at the base of Mt. Gordon for the easy ski ascent. The views were magnificent and we even managed some good turns on the way down. Then up and over the Olive-Nicholas col dominated by Mt. St. Nicholas. A long cruising descent brought us to the empty Balfour hut for supper in the daylight.

A prompt 8:00 a.m. start had us roping up for the potentially most serious part of the traverse. The ascent to the Balfour high col is festooned with crevasses and there is also avalanche risk from the slopes of Mt. Balfour itself. But nothing untoward happened as we plodded up the tracks to the col in time for lunch. There we expanded the dugout seat to accommodate 5 out of the cool wind while we contemplated the possible climb of Mt. Balfour. Eventually Alistaire,

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Vivian and myself set out following the description from Chic Scott's book which takes you down and across the SW face to gain the summit ridge high up. Vivian and I soon gave up, intimidated by the sloppy snow on steep scree, leaving Alistaire to follow the tracks to the 10,750 ft summit. This he duly did, returning some time later to report that we had given up at the second most difficult point. Maybe another day. We rejoined Keith and Gail at 5:00 p.m. to be greeted

by hot soup prepared by Gail with the stoves, etc. carried for emergencies. This was no emergency but it was much appreciated. The 5 km descent to the Scott-Duncan hut couldn't have been easier.

There were a few clouds on Thursday morning but nothing serious to prevent an enjoyable extra day. We skied up two nameless knolls and admired the views before an afternoon trip across the Bath glacier to look down the Bath Creek drainage. Back to the Scott-Duncan hut about 6:00 p.m. to find it inhabited by 2 guided parties of three. Eleven in the hut meant being more orderly but it was still comfortable even if a little hot. None of the huts froze inside at night while outside the temperature dropped to -12C.

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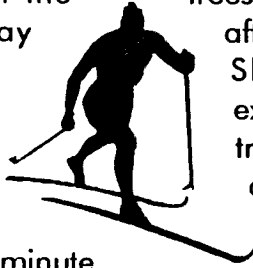
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Curried beef with mashed potato, with soup to start and Jello pudding for desert settled us comfortably for bed by 9:30 p.m.

At 7:45 a.m., we were the first away in the morning for what turned out to be a messy day's skiing out via the Scheisser/Lomas route. Once off the glacier the snow was badly packed having been subjected to several days of melt and refreeze. Eventually we donned skins for the DESCENT through the trees to Sherbrooke Lake early on the hot Friday afternoon. At least it was a safe route avoiding the avalanche cliffs. An exciting slither down 2 km of narrow summer trail brought us to the West Louise Inn, a cool beer and my car. A 1.5 hour shuttle brought us to the photo stop at the lake about 6:00 p.m. A five minute car mall at Lake Louise before the 2 hour drive to Calgary in time to return the rental harnesses and transceivers to the U. of C. Then a late supper at the 19th Street White Spot before I returned home close to midnight tired, smelly, sunburnt but well content.



The above Wapta traverse is well described in several books including Chic Scott's "Summits and Icefields" and Kunelius' "Ski Trails in the Canadian Rockies". In good weather and snow as we had, it is magnificent ski touring with only the usual risks for glacier travel in avalanche terrain. But although we had the best conditions we carried much more equipment including: transceivers, shovels, 2 stoves, 2 pots, ice axes, 160 ft rope, harnesses, carabiners, prussik ropes, ice screw, thermarests, maps, compasses, baskets, ski tips, duct tape, extra day's food, etc., etc. We used all of the above except the ice screw and ski tips.

The trip is 43 km and 5,000 ft elevation up and down. At least one overnight is necessary and 3 would be comfortable (Bow, Balfour, Scott-Duncan huts). All hut bookings are done through the Alpine Club in Canmore (403-678-3201, \$11.00 - \$16.00 nightly). They could also advise on guided traverses (Canadian \$800.00 approx.). For a good intermediate skier or better with some mountaineering experience who is comfortable with a 40 lb pack, it is a must. But even the best must be prepared to abort in poor weather or snow. This was NOT an official RMRA trip.



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For more information contact Erin  
at 238-4243.

References available on request.



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# A TRIBUTE TO RON FOLKINS

by Hanna Cunes (May 1995)

Even after these past months it's difficult to believe that none of us will see Ron again. For the first few weeks after Ron's death, like many of you, I kept expecting him to appear, to walk through the front door or to see him quietly among us along a trail or when we stopped for lunch. Dorothy Ann and I talked about seeing someone who looked like Ron while skiing Deception Pass in March. How strange that was. Maybe it's part of the denial we go through. It's also hard when reality sets in and we try to come to grips with his permanent absence.

I told my sister-in-law that none of us had a chance to say goodbye. When I spoke of the fun trips we had in the last year--camping, backpacking, hiking, our Christmas trip to San Antonio, the last evening we had together watching a movie and dinner, and how we Ramblers laughed together at lunch just before the accident, she said that was our way of saying goodbye.

In January Ron wrote his father a letter, something he rarely did since we made several visits to Wainwright every year, mentioning his work south of Revelstoke, our recent Christmas trip and philosophizing about life. Maybe this was a way of saying goodbye to his father.

My first Rambler meeting was somehow intimidating for me. Those double doors were hard to open but, I was determined to go hiking. It was Bob and Liz (former Ramblers) who were first kind to me, maybe they saw the look of apprehension. Mary Taylor also spoke to me since she recognized me from my office where she had once worked. With much difficulty could any of us find a dearer, kinder or wiser person to share our common interest and friendship.

I remember the day Ron and I met, through Ramblers, in September of 1986. It's still clear in my mind, like it was yesterday, what he looked like, what he was wearing and where he stood at a meeting when I heard him

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speak to announce a trip. I signed up for that trip so I could get to know him and our attraction for each other was mutual. During one of our first ski trips that winter, Ron said something I will always remember. Strangely enough, we were skiing out from Burstall Pass when I passed him, he was patiently waiting for me, and he said something sweet; "you are the mayonnaise of my ham sandwich of life, lettuce stick together." At first I didn't think I heard those words right and then I giggled. It was one of his typical indirect approaches.

We shared many Ramblers trips and they became a special part of our lives. Over the many years that Ron was a member he considered Ramblers a family and his loyalty to them was very strong. I too have, over my 8 years with the club, enjoyed a variety of mostly wonderful and memorable trips. In all sincerity, joining Ramblers has been one of the best things I've done. I have met some of the finest people I know through Ramblers.

I would like to take the opportunity to thank Ramblers for so much help in so many ways. The food you brought to Ron's service, the phone calls, cards/letters and the friendship you offered has touched my heart and will always be remembered. Bob St. John needs to especially be thanked and acknowledged for his devoted time and energy. Ramblers are fortunate to have him as a president. His memorial ski trip was special to me and many others who were able to come. During that trip I came across a perfect snow angel along the trail and stared at it for awhile. I said to someone behind me "maybe Ron made it".

We all knew Ron in so many special and wonderful ways. His Tilley hat, the way he stood with his hands in his pockets, his dilapidated pack which he said could be used "for one more season", his beloved 1964 Corvair that he could always fix, his love for water power projects, will all be fondly remembered by us. We'll all find joy in remembering his special virtues and take comfort in these memories.

My dear mother said recently that every day is a gift.

May Ron's spirit ramble and soar where there are other peaks to conquer.

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# TRIPS

by Doug Campbell

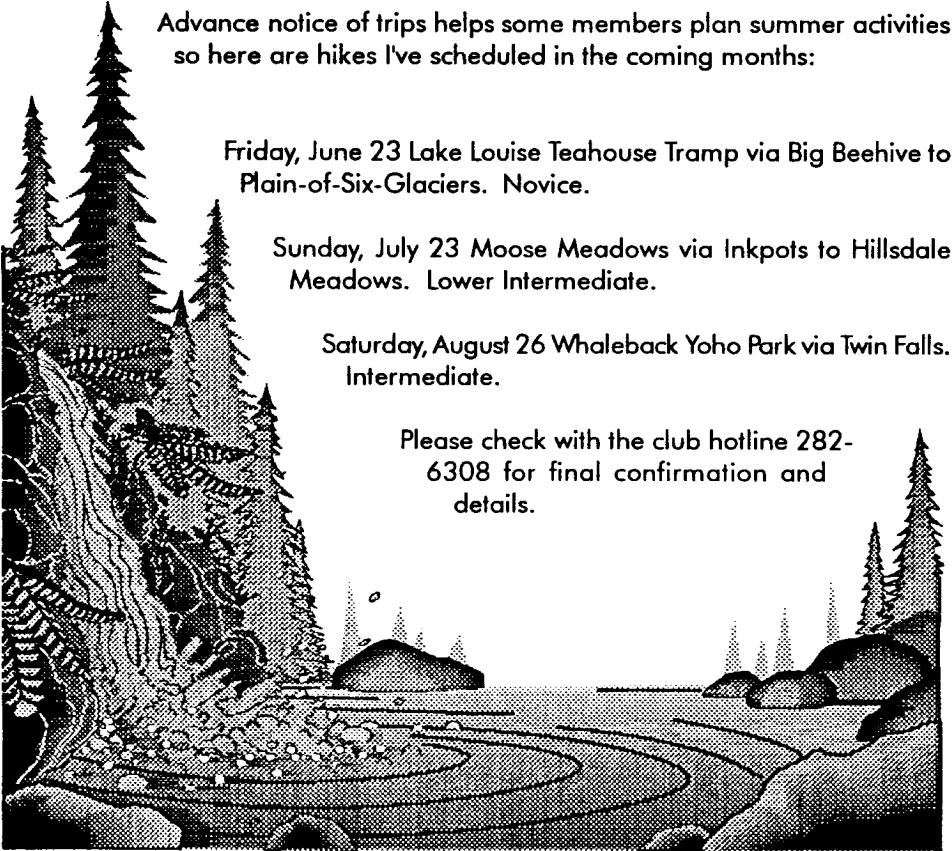
Advance notice of trips helps some members plan summer activities so here are hikes I've scheduled in the coming months:

Friday, June 23 Lake Louise Teahouse Tramp via Big Beehive to Plain-of-Six-Glaciers. Novice.

Sunday, July 23 Moose Meadows via Inkpots to Hillsdale Meadows. Lower Intermediate.

Saturday, August 26 Whaleback Yoho Park via Twin Falls. Intermediate.

Please check with the club hotline 282-6308 for final confirmation and details.



**QUOTABLE QUOTE OVERHEARD BY THE PHANTOM HIKER;**

"You can lead a horse to water but you can't make it buy safety equipment" ---  
John, Safety Forum, April 26, 1995



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## TRAILS DAY

by Doug Campbell

Saturday, June 3, 1995

Ramblers are invited to mark this national event by joining with others in the Bow Valley Corridor to climb Pigeon Mountain, starting from the Pigeon Creek parking lot at 9:00 a.m. (Shouldice Arena 8:00 a.m.). Further details from Bev Bendell 403-678-5940 or Doug Campbell 403-678-5551. Bring friends and introduce them to hiking the high country.



### UPCOMING EVENTS

June 14  
Barbecue

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July 8  
Stampede Breakfast

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September 22-24  
Car Camp  
Highwood Group Camp Ground

# TRIVIA QUESTIONS

Submitted by Wally Drew



1. Which content gets the least precipitation?
2. What fraction of the worlds run off is drained by the Amazon River?
3. What is the worlds most northern settlement?
4. Which is the only continent without any glaciers?
5. Name the worlds largest island?
6. Name the highest mountain in the Rockies?
7. Which was North America's strongest earthquake?
8. Tree line or timber line going up is set by the mean temperature of the warmest month that temperature is about \_\_\_\_\_.
9. Name the mountain that rises highest above its land base in the world?
10. Showers that evaporate before reaching the ground are called \_\_\_\_\_.
11. What percentage of worlds above ground fresh water is locked up in glaciers or ice caps?
12. What percentage of the earths land surface is covered by glaciers or ice caps?

Answers on Page 19

Divorce-Court Judge: "I've reviewed the case, and I've decided to give your wife \$350.00 a week."

Defendant: "That's really generous of you, Your Honour. And every now and then, I'll try to send her a few bucks myself."

**NEXT PACKRAT ISSUE:**

July 26, 1995

**DEADLINE FOR  
ARTICLES:**

July 12, 1995



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## MISSINAIBI ENERGY BARS

4	Eggs	4
1 lb	Brown Sugar	500 g
1/4 tsp	Salt	1 ml
1 tsp	Vanilla	5 ml
2 cups	Flour	500 ml
1 cup	Oats*	250 ml
2 cups	Dried fruits	500 ml
	steamed for 10 minutes	
1-2 Cups	Nuts	250-500 ml

Combine eggs and brown sugar in sauce pan: simmer till sugar is dissolved. Add everything else. Mix thoroughly. Mixture shouldn't be more than 1 inch (3 cm) high to avoid being too thick. Bake at 350 degrees F (180 degrees C) in a pan about 13 X 9 inches (3.5 L) for 30 to 45 minutes. Cooking time varies depending on optional contents. Makes about 15 bars.

\*Option: mix and match sesame seeds, sunflower seeds, wheat germ, coconut, etc.

The cooking times and quantity vary depending on optional ingredients you can include.

## ANSWERS TO TRIVIA QUESTIONS FROM PAGE 18

1. Antarctica 2. 1/6th 3. N.W.T. 4. Australia 5. Greenland 6. Mount Elbert, Colorado: Elevation 14,433 ft/4,399 m 7. South Alaska: Good Friday 1964 8. 10 degrees C or 50 degrees F 9. Mount McKinley/Denali, Alaska 10. Virga 11. 90% 17. 11%

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## ODE TO SPRING

Oh isn't it an awful thing  
That every winter turns to spring

As far as anyone can see  
There isn't any snow to ski

The trails are bare and all the hills  
Are sprouting hay and daffodils

There's squawking birds in all the trees  
And everywhere is bugs and bees

The warm and stuffy breezes blow  
On all our lovely, lovely snow

Has turned to liquid as our tears  
Oh woe Oh woe is all us skiers

