

# The Featherfin Flyer

Frostbit Fins publication

# The Salmon Edition



**"Just keep swimming. Just keep swimming."**

**-Dory in Finding Nemo**





# a Message from the Mermaid and the FrostbitFins Pod

**HAPPY**  
**4th of July**

...and Progress Days, too!

We'll be at both celebrations, of course, and can't wait to see all of you! You are the best part of our day!

Birthday Club Members! Please let us know if you have changed your address so that we can make sure that your card gets to you on time! We've had a couple come back, and want to make sure all our wishes get to their intended members!

Be sure to stop by our booth this month - locations are below. We've got some new items, along with our tried and true favorite Munchies! Be sure to check out our online apparel shop too.

We hope you are having an eventful summer, and can't wait to hear all about it. Here's hoping for more SUN!

Sea you soon!

AnneMeridia  
& the FbF Pod



**Upcoming Shows and Appearances:**

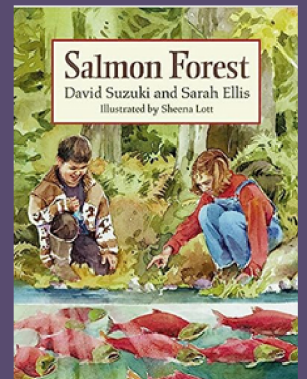
- Curiosities Festival
- Kenai Green Strip Festivities
- Soldotna Progress Days
- Kenai Peninsula State Fair
- Fall Fungi Festival

- July 1-2
- July 4
- July 21-23
- August 11-13
- September 2-3



## Salmon Forest by David Suzuki and Sarah Ellis

One fall day, Kate goes with her father, a fish biologist, to the river where he works -- a river in the Pacific rain forest -- the "salmon forest," as he calls it. Together they watch the sockeye salmon returning to the river to spawn, and witness a bear scooping up a salmon. Next, Kate and her dad run into a Native boy named Brett and his family fishing at a pool in the river. From her adventures, Kate discovers how the forest and the salmon need each other and why the forest is called the salmon forest. David Suzuki and Sarah Ellis's charming and informative text and Sheena Lott's watercolors magically evoke the spirit and mystery of the West Coast rain forest.



**LET'S READ!**

Want to learn more about Salmon? ~ Visit your local library today!





## JULY FIN FACTS WITH

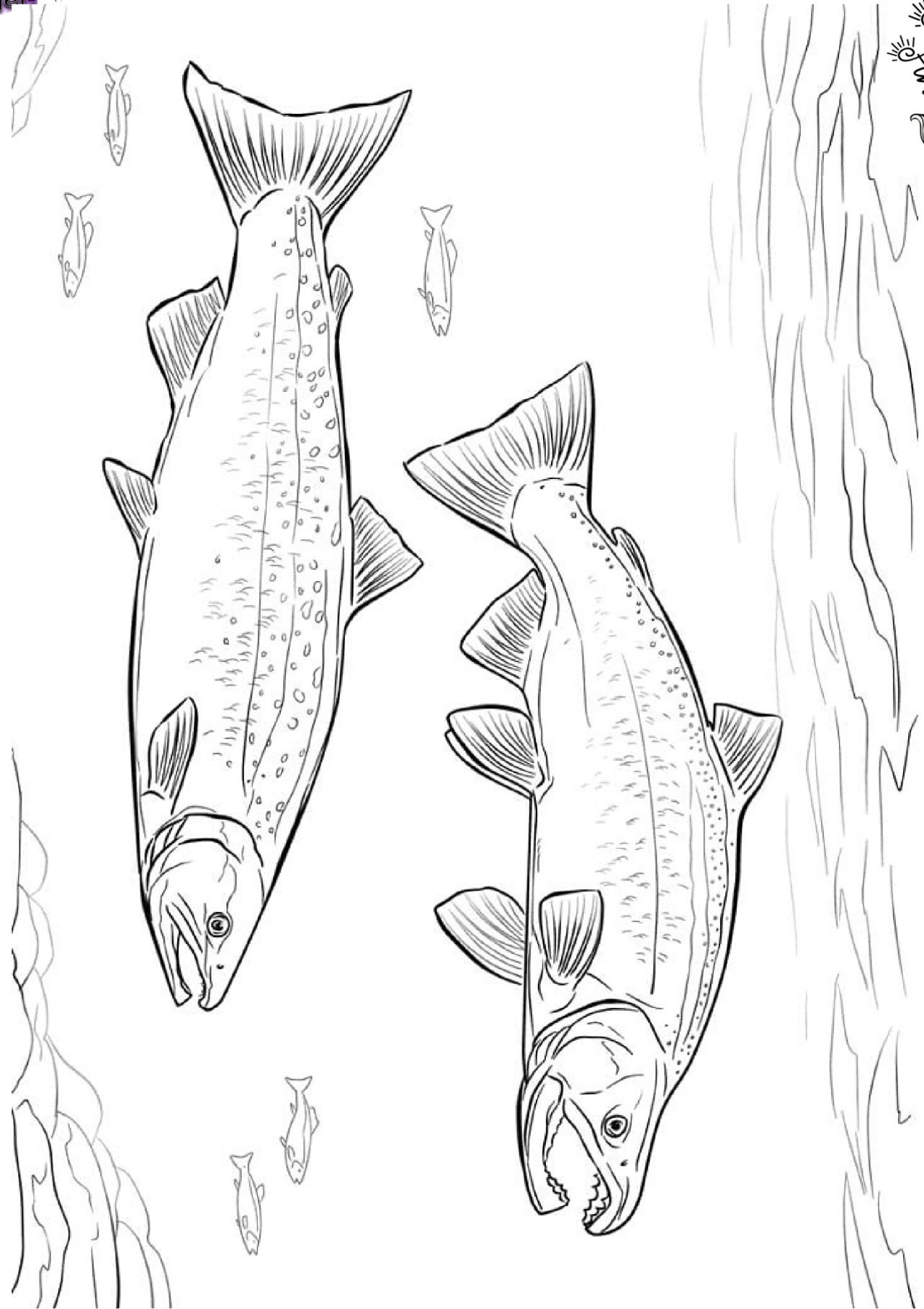


# SALMON!



- While there is only one species of Atlantic salmon there are six species of Pacific salmon: coho/silver, chum/dog, Chinook/king, sockeye/red, humpy/ pink, and Masu/ cherry.
- Both Atlantic and Pacific salmon live and breed in northern waters. Atlantic salmon live in the North Atlantic Ocean and breed in the rivers of North America's east coast and Europe. Five species of Pacific salmon live in the North Pacific Ocean and breed in the rivers of America's northwest. The Masu salmon breed in areas along the Asian coast.
- Salmon belong to the scientific family Salmonidae, which also includes trout.
- Salmon can vary in size. An adult pink salmon can weigh as little as 3 pounds, while Atlantic salmon average around 12 pounds. King salmon can get a lot larger.
- The largest salmon on record was caught on the Kenai River in 1985. Les Anderson of Soldotna landed the 97 pound 4 ounce king that measured over 5 feet long!
- Salmon are anadromous, meaning they live their lives in both freshwater and saltwater. They are born in freshwater rivers, then migrate to live their lives in the ocean. They return to the waters where they were hatched when it is time for them to spawn.
- The majority of Pacific salmon die off after spawning, unlike many Atlantic salmon who return to the sea until it is time to spawn again.
- The earliest record of salmon in North America is of the "Saber-Tooth-Salmon" in fossils dating up to 7 million years ago. It measured up to nearly 10 feet long!
- The life cycle of a Pacific salmon comes in 7 stages: egg, alevin, fry, parr, smolt, adult, and spawning adult. The Atlantic salmon has an additional stage, kelt, that happens when the salmon return to the ocean after spawning.









FACEBOOK & Instagram

Did you make the Guppy Goodies? Are you all finished with the coloring page(s)? Have mom and dad put them on social media and tag us @frostbitfins on Facebook and Instagram for a chance to be featured on our page and in next month's FeatherFinFlyer!





# HOW MANY WORDS CAN YOU MAKE?

How many words can you make using the following letters? Find us on Facebook or Instagram (With your parents help and permission!) to let us know!

## CHINOOK SALMON

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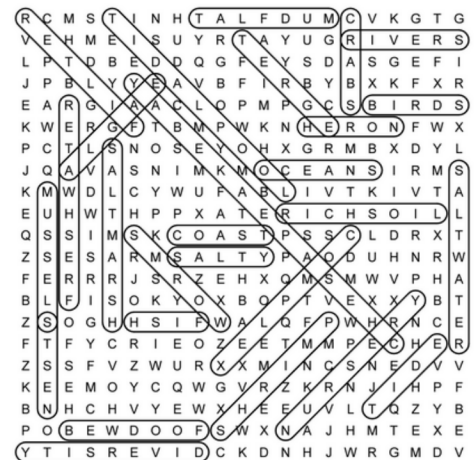
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LAST MONTH'S  
Answers!





# JULY Special Dates!



## Birthday Club!

Wishing a FIN-tastic Birthday to:

- |                   |                   |
|-------------------|-------------------|
| 07/01 Addison Z   | 07/16 Charlotte O |
| 07/01 Ethan       | 07/16 Tova R      |
| 07/02 Marren G    | 07/19 Maisie M    |
| 07/06 Annarose S  | 07/19 Suzy        |
| 07/07 Cassidy S   | 07/22 Marisa N    |
| 07/08 Aaron B     | 07/22 Eliana C    |
| 07/08 Asena S     | 07/24 June        |
| 07/09 Tristen H   | 07/24 Sophia      |
| 07/09 Lillian B   | 07/25 Cara E      |
| 07/10 Alexander Q | 07/26 Seeley Z    |
| 07/11 Lydia S     | 07/26 Brooklyn C  |
| 07/12 Mac B       | 07/26 Olivia C    |
| 07/14 Aven S      | 07/28 Delilah M   |
| 07/15 Ava H       | 07/30 Ellie A     |
| 07/15 Nick D      | 07/31 Ingrid P    |
| 07/15 Rose W      |                   |

## Dates of Interest

- 07/01 International Joke Day
- 07/02 National I Forgot Day
- 07/04 Independence Day
- 07/08 National Blueberry Day
- 07/10 Teddy Bear Picnic Day
- 07/12 Etch A Sketch Day
- 07/14 Shark Awareness Day
- 07/15 National Gummi Worm Day
- 07/17 Wrong Way Day
- 07/24 Tell an Old Joke Day
- 07/30 International Day of Friendship

# Happy Birthday!



Join the Frostbit Fins Birthday Club on our website at [FrostbitFins.com](http://FrostbitFins.com)





# Fin Funnies!

Why was the salmon's report card wet?

**It was below C level!**

What do you call a salmon wearing a suit and tie?

**So-FISH-ticated!**

Where does a salmon go to deposit a check?

**The riverbank!**

# Guppy Goodies

## Salmon Fish Fingers

### Ingredients

- 2 Tbs oil
- 1 large egg, beaten
- ¼ c breadcrumbs
- ½ tsp smoked paprika
- 1-2 salmon filets, cut into strips



### Directions

- You will need an adult for cutting and baking
- Heat oven to 400F
- Beat egg in a shallow bowl
- Mix breadcrumbs and paprika on a plate
- Brush a non-stick baking sheet with oil
- Dip the fish strips into the egg and then coat them in the breadcrumb mixture
- Place the strips on the baking sheet
- Bake for 20-25 minutes until golden
- Serve with your favorite dip and side dish

# Fintastic Deals!

## Frostbit Fins Merch

Marvelous Mermaid Munchies, Stationary, Stickers and more - all at our online store - with free local pickup!  
<https://frostbit-fins.square.site/>



## Our New Apparel Shop!

Have you checked it out yet? T-shirts, Hoodies, and more! We even have tote bags and water bottles, all sporting our new mermaid mascot! Check it out here:  
<https://frostbit-fins.printify.me/>



**VISIT MERMAIDSTRAW.COM AND USE THE CODE FROSTBITFINS FOR 15% OFF YOUR PURCHASE! HELP RID THE OCEANS OF PLASTIC, ONE SIP AT A TIME!**

