



# The Seal Edition



**“Be kind whenever possible. It is always possible.”**

- The Dalai Lama



# a Message from the Mermaid and the FrostbitFins Pod

**What a FIN-tastic July!**

We were able to see so many of you all over the Kenai Peninsula last month - At the Curioddities Fete, 4th of July, our Reading hour with North Pen Rec, AND Progress Days! Thank you to everyone, all our FeatherFins of every age who stopped by and said hello, shopped our booth, and shared part of their day with us.

Up next is the Kenai Peninsula State Fair in Ninilchik! We're busily getting everything ready, including our Dip-a-Duck treasure chest and Fishing Booth! It'll be a SPLASH!

Enjoy this month's newsletter - all about Seals! My favorite movie from when I was a kid is *The Secret of Roan Inish*. It is based off of the lore of Irish Mermaids, called Selkies - Seal Women- who would transform into human women by shedding their tails! Sound familiar? (Why yes, I am Irish! ;))

I hope you all are enjoying the sunshine - and hope to Sea you at the Fair!

**AnneMeridia  
& the FbF Pod**



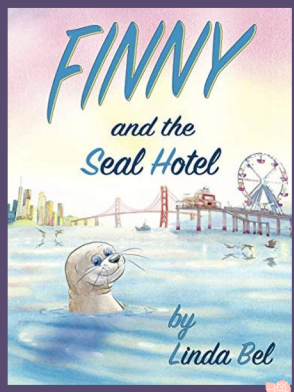
**Upcoming Shows and Appearances:**

**Kenai Peninsula State Fair  
Fall Fungi Festival**

**August 11-13  
September 2-3**

**Finny and the Seal Hotel  
by Linda Bel**

Finny the harbor seal, dreams of eating a delicious seafood dish from the nearby pier. When Finny swims into trouble while searching for tasty treats, his quest for an appetizing supper leads him to a place far from home, where fish fall from the sky.



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

## AUGUST FIN FACTS WITH



# SEALS!



- Seals range in size from 3 feet long and 100 pounds for the earless Baikal seal, up to 16 feet long and 7,100 pounds for the elephant seal.
- Some species of seals can hold their breath for nearly 2 hours underwater by slowing their heartbeat and conserving oxygen.
- There are around 33 species of seals.
- Seals have a layer of fat under their skin called blubber, which keeps them warm in cold water. They also have a slick fur coat that is streamlined for gliding through water.
- Seal whiskers are very sensitive. They can detect vibrations in the water, helping them to hunt in the dark and murky sea.
- Seals are big eaters. They grey seal can eat up to 10 pounds of food in a single day!
- Baby seals, called pups, are unable to start hunting until they are about a month old, when their fur develops enough for them to glide through the water. They still stick close to their mothers until they are fully grown at eight years old.
- Seals prefer cold sea waters, primarily in the Arctic and Antarctic regions.
- In Antarctica, where colonies of elephant seals aggregate, their poop enriches the soil and supports communities of lichens.
- There are seven species of seals found in Alaska: Bearded, Ringed, Spotted, Ribbon, Harbor, Northern Elephant and Northern Fur.



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Frostbit Fins



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!



# SEAL SCRAMBLE!

Can you unscramble the names of the 7 species of Seals found in Alaska?  
(here's a hint - they can be found in the Flyer!)

ERTORNHN UFR

ROBHRA

OTTDSPE

GRIDNE

HNROERTN TNEELHAP

BIORBN

ARDBEDE



LAST MONTH'S  
Answers!

How many words did you find in last month's puzzle "Chinook Salmon"?  
Google tells me there are 658 possible  
- whew!



# AUGUST Special Dates!

## Birthday Club!

Wishing a FIN-tastic Birthday to:

08/01 Egypt E.  
08/01 Aubree C.  
08/04 Aurora K.  
08/07 Sophia M.  
08/08 Samantha T.  
08/10 Eon Z.  
08/11 Braeolyn L.  
08/11 Alean S.  
08/11 Zoey  
08/12 Lyla S.  
08/12 Rebecca A.  
08/13 Joseph S.  
08/15 Orion  
08/15 Finnley G.  
08/16 Sarah B.  
08/18 Shanija W.  
08/20 Danielle C.  
08/21 Matt  
08/28 Ella S.  
08/28 Brynn J.  
08/30 Pax C.  
08/31 Shyla K.

## Dates of Interest

08/02 National Ice Cream Sandwich Day  
08/04 National Water Balloon Day  
08/07 National Sea Serpent Day  
08/12 World Elephant Day  
08/14 National Creamsicle Day  
08/16 National Tell a Joke Day  
08/19 National World Honey Bee Day  
08/22 National Tooth Fairy Day  
08/24 National Waffle Day  
08/25 National Banana Split Day  
08/29 National Sports Day  
08/30 National Beach Day

# Happy Birthday!

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





# Guppy Goodies



Seal Snacks

## Ingredients

- 1 green apple
- A few black grapes
- 6 slivered almonds
- (Parental Supervision required for slicing!)

## Directions

1. Using your knife, slice 1 round piece off your apple and place it on a plate. Slice off 1 more round piece and slice that piece into quarters. You will use 2 of these quarters for the seal's flippers.
2. Slice 1 black grape in half and place each half on the seal for the eyes. Slice another black grape in half and place on the seal for the nose. Next, slice 2 very thin slices off your remaining grape and place on the seal for the mouth.
3. Finally, take 6 slivered almonds and place 3 on each side for the seal's whiskers.



# Fin Funnies!

What do astronomer seals study?

**Seal-lestial Bodies!**

What do Seals do when they need medical attention?

**Sea Kelp!**

Why don't penguins hang out with walruses?

**They're to Seal-y!**

# 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!**