



Each colored bead on your bracelet represents a part of the life and journey of our majestic Pacific Northwest Salmon!

**Light blue** – Salmon need **fresh clean water**. We all do!

**Clear** – Salmon also need **icy cold water**. Cold water has more oxygen.

**Gray** – Females lay their eggs in **gravel**, not sandy bottoms. Gravel protects their eggs.

**Orange** – A group of **salmon eggs** is called a *redd*. One female can lay about 3000-4000 eggs!

**Jingle bell** – Eggs hatch into an **Alevin** with a yolk sac attached to its belly to provide food.

**Green sparkle** – Alevin grow into **Fry** and develop parr marks. These marks help them hide among stream plants to avoid becoming someone's food.

**Light green** – Fry mainly eat **invertebrates**, so they need a healthy variety of insects in the stream.

**Purple** – **Great Blue Herons** may eat lots of Fry while they live in the stream.

**Silver** – Fry grow into **Smolts**, the stage when they are ready to start transforming from freshwater fish to saltwater fish.

**Turquoise** – While preparing for the ocean, Smolts spend time in an **estuary**. This is an area where freshwater and saltwater meet and mix together.

**Dark blue** – Smolts grow into **adult salmon** in the Pacific Ocean. They may stay there up to 6 years and can travel very far.

**Pink** – Adult salmon eat lots of **shrimp** and other vitamin and nutrient-rich food in the ocean.

**Black** – **Orcas** are one of the many predators of salmon living in the ocean. Our Southern Resident Orca especially like Chinook salmon.

**Multi-color** – **Humans** enjoy fishing for and eating salmon, too!

**Red sparkle** – **Spawning salmon** migrate to the same stream they were born in to lay eggs. Spawning salmon change their color and their

shape, and only 2 – 4 fish from each redd make it back home to spawn!

**Gold** – **Bears** enjoy catching tasty salmon as they swim against the current and up waterfalls!

**White** – **Bald eagles** eat salmon on their way to spawn, or after the salmon spawn and die.

**Green** – Healthy **trees and shrubs** use the nutrients and vitamins released from the salmon's body.

**Yellow** – Energy from the **sun** nourishes streamside trees and shrubs, which shade the water and help keep it clean and icy cold.

**And the cycle continues over and over!**

**Special charm** – Add a special charm to your bracelet as a **promise to help keep our streams healthy for salmon**. How can you help? It's easy! Encourage your family and friends to do simple things that keep pollution out of our storm drains and local streams.

- **Cut back on pesticides and other lawn chemicals.**
- **Use a commercial car wash instead of washing in the driveway and letting suds run into the street.**
- **Check for vehicle leaks and fix them quickly.**
- **Scoop your dog's poop and put it in the trash.**
- **Let your city know right away if you see pollutants going into a storm drain or stream. Bothell's 24/7 Spill Hotline is 425-806-6750.**

## The Salmon Life Cycle

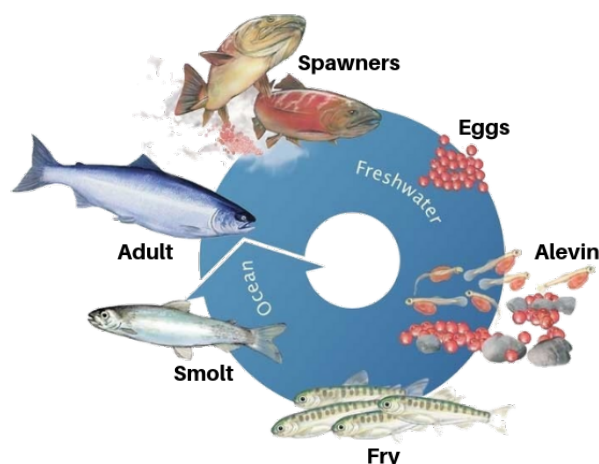


Image: Meg Anderson, Alaska State Parks