

SRC NEWSLETTER

SKAGWAY RECREATION CENTER (SRC)

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Why eat organic?

by Katherine Nelson

From the way the food is produced to improvements in overall health, the benefits of eating organic cannot be denied. Organic farming relies on natural methods in place of synthetic fertilizers, pesticide, and weed killers to maintain the nutrition of the soil and eliminates the use of harmful chemicals that add toxins to our food, environment, and ground water. In addition, organic foods are not genetically engineered to keep insects away. GMO Corn for example was combined with bacteria in order to produce its own insecticide, called Bt-toxin. Bt-toxin kills insects by destroying the lining of their digestive tracts. The poison is not specific to insects and also pokes holes in human cells, damaging the intestines and causing leaky gut. The growing body of evidence that GMOs are dangerous prompted the American Academy of Environmental Medicine (AAEM) to publicly warn that "it is biologically plausible for Genetically Modified Foods to cause adverse health effects in humans." And finally, foods grown organically have been proven to contain more nutrition than conventional foods, taste better, and reduce toxins in the body.

ORGANIC VS CONVENTIONAL

Vegetables Type of Soil Management	Minerals (in milliequivalents)						
	Calcium	Magnesium	Potassium	Sodium	Manganese	Iron	Copper
Snap Beans							
Organic	40.5	60.0	99.7	8.6	60.0	227.0	69.0
Conventional	15.5	14.8	29.1	0.0	2.0	10.0	3.0
Cabbage							
Organic	60.0	43.6	146.3	20.4	13.0	94.0	46.0
Conventional	17.5	15.6	53.7	0.8	2.0	20.0	0.4
Lettuce							
Organic	71.0	49.3	176.5	12.2	169.0	516.0	60.0
Conventional	16.0	13.1	53.7	0.0	1.0	1.0	3.0
Tomatoes							
Organic	23.0	99.2	146.3	6.5	66.0	1938.0	53.0
Conventional	4.5	4.5	58.6	0.0	1.0	1.0	0.0
Spinach							
Organic	96.0	233.9	257.0	69.5	117.0	1584.0	0.0
Conventional	47.5	46.9	84.0	0.8	1.0	19.0	0.5

Research conducted by Firman E. Bear at Rutgers University in the Natural Gardener's Catalog (1995)

Eating organic in Skagway can be challenging. Organic foods are more expensive and have a shorter shelf life than conventionally grown items causing prices to rise even higher-especially in Alaska. If you are unable to afford an all organic diet, but want to make the transition toward eating healthier, try following the Environment Working Group (EWG) findings regarding foods that contain very few amounts of toxins that are relatively ok to buy conventionally and a list of food to definitely spend the extra money on by purchasing organic.

Clean Fifteen™ for 2017

EWG's Clean Fifteen list of produce least likely to contain pesticide residues included **sweet corn, avocados, pineapples, cabbage, onions, frozen sweet peas, papayas, asparagus, mangoes, eggplant, honeydew melon, kiwis, cantaloupe, cauliflower and grapefruit.** Relatively few pesticides were detected on these foods, and tests found low total concentrations of pesticide residues on them.

Key findings:

- Avocados and sweet corn were the cleanest: only 1 percent of samples showed any detectable pesticides.
- More than 80 percent of pineapples, papayas, asparagus, onions and cabbage had no pesticide residues.
- No single fruit sample from the Clean Fifteen tested positive for more than four types of pesticides.
- Multiple pesticide residues are extremely rare on Clean Fifteen vegetables. Only 5 percent of Clean Fifteen vegetable samples had two or more pesticides.

Dirty Dozen™ for 2017

For the Dirty Dozen list, EWG singled out produce with the highest loads of pesticide residues. This year the list includes, in order, **strawberries, spinach, nectarines, apples, peaches, celery, grapes, pears, cherries, tomatoes, sweet bell peppers and potatoes.** Each of these foods tested positive for a number of different pesticide residues and contained higher concentrations of pesticides than other produce. Pears and potatoes were new additions to the Dirty Dozen, displacing cherry tomatoes and cucumbers from last year's list.

Key findings:

- More than 98 percent of samples of strawberries, spinach, peaches, nectarines, cherries and apples tested positive for residue of at least one pesticide.
- A single sample of strawberries showed 20 different pesticides.
- Spinach samples had, on average, twice as much pesticide residue by weight than any other crop.

Sea Kayaking 101-

*An Introductory Course
with Alaska Mountain Guides*

Whether you own a Kayak, are interested in buying one or just want to be able use the ones at the Skagway Recreation Center this course is a must. This full one-day training program emphasizes safety, enjoyment and skill acquisition for entry level paddlers as well as those needing a refresher lesson. It's designed to make you comfortable on the water and provides you with all the skills you need to continue practicing on your own toward becoming a competent paddler. You will learn the basics needed to enjoy this great sport and acquire superior techniques for touring, turning and more!

Topics to be covered include:

*Kayak design and terms
Paddling gear and terms
Proper grip & control of your paddle
Strokes and maneuvers
Water comfort and confidence
Controlled capsizes / wet exit
Swim the boat to shore (short distance)
Deep water exit / re-entry
Rescues*



Date: Sunday, June 11

Time: 9 am – 5 pm

Cost: \$125US

Location: Skagway Recreation Center/Long Bay

Registration: Call 907-983-2679 or stop by the Skagway Recreation Center and sign up in person. Space is limited so please register early! Payment is due at registration. Please understand that classes may be cancelled due to a lack of timely registrations or weather.

Prerequisites: Must be age 16 or over. Anyone who can swim well enough to be comfortable putting their head under water and able to swim the crawl stroke or breast stroke without a buoyancy aid can take this class. PFD's (life jackets) will be used while on the water but you still need basic swimming skills.

ALL PROCEEDS GO TO SKAGWAY SPECIAL PROGRAM FUNDS FOR CHILDREN



**VOLUNTEERS ARE
NEEDED TO HELP
WITH THE
COMMUNITY SALE**

Please sign up at the front desk
inside the Rec Center.

Community Sale

Saturday, MAY 6: 10am-5pm

Sunday, MAY 7: 1pm-4pm

- Donations for the community sale will be accepted beginning Monday, May 1– Friday, May 5.. We will stop taking donations at NOON on Friday, May 5.
- All donations must be checked in by staff. Do not leave items outside the front door.
- All donations must be in good– excellent condition. Staff has the right to refuse any item that is deemed otherwise.
- Refused items need to be disposed of properly off of Rec Center property. **NO ILLEGAL DUMPING** in the SRC dumpster.

THE FOLLOWING LISTS PROVIDE A GENERAL IDEA OF WHAT WE ARE TAKING

UNACCEPTABLE ITEMS: ACCEPTABLE ITEMS

OLD/WORN\ SHOES	DAMAGED CLOTHING	SMELLY CLOTHES	DIRTY LINENS	BROKEN ITEMS
THINGS WITH MISSING PARTS	METAL HANGERS	METAL DISPLAY UNITS FROM STORES	OLD COMPUTERS AND TELEVISION	OLD PHONE SYSTEMS

Clothing is \$5-\$30 to fill a bag.

SHOES IN GOOD CONDITION	CLOTHING IN GOOD CONDITION	LINENS, TOWELS, DRAPEES, ETC.	HOME DÉCOR FURNITURE	DVDS, CDS BOOKS
TOYS	CAMPING EQUIPMENT	FASHION ACCESSORIES	SMALL APPLIANCES	DISHES & UTENSILS

All other items will be priced separately.

The Skagway Recreation Center

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907.983.2679

www.skagwayrecreation.org

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