



## *Bread Making Class*

Hello!

I hope this letter finds you in good health and good courage. And if not, then may God encourage your heart and may your faith be strengthened to endure the trial.

As we move deeper into the cold months of the year here in Alaska, we're learning about the ins and outs of Alaskan winter living. The climate during the wintertime varies widely depending on where you live in Alaska. In southeastern Alaska, the weather can be relatively mild during the winter months. Still, the more you move north and especially inland, the weather gets more and more frigid. One of the most significant factors that determines the climate is proximity to a large body of water. We live in the Bristol Bay area, so the environment is warmer than it would be in the interior. Don't get me wrong, though, it still gets cold here. The locals like it to get below freezing and for there to be enough snow to ride their "snow machines," or

as we call them elsewhere, snowmobiles. When the tundra freezes, people can ride their snowmobiles to other local villages to visit or obtain supplies in a larger village.

The cold can make things like getting a plane running a little tougher, though, as we found out the other day. We had a flight to a nearby village to conduct a demonstration on whole-wheat bread-making at the local public school. I went to the airport the day before the flight, and the plane was iced up; the battery didn't have enough power to turn the engine over. We're learning on the job about how to live as well as serve here in Alaska. Either way, I had a backup plan, which was to fly with a local air service. It's a little more money, and we couldn't take anyone besides Yosi and me, but it was better than missing an appointment.

We wanted to share how to make bread using freshly milled grains, which offer both health benefits and economic advantages. Whole grains have been used as a primary food

source since ancient times. Their shelf life in their un-milled condition is measured in years, as long as they're stored in a cool, dry environment, making them a perfect addition to an Alaskan's pantry. Despite the negative press grains have received from some people in recent years, the majority of the world obtains most of its calories from grains and has done so since the dawn of time. The key to success in this line of eating is to prepare them in their whole form and in a way that makes them easily digestible. We believe that having and knowing how to operate a mill is also key, so Yosi and I purchased a mill to donate to the community, along with a 50-pound bag of wheat berries. If you want more information about milling your own grains to ensure that you have the complete grain in your flour and that you're not losing any nutritional value over time through oxidation, then feel free to contact us. You'll be glad you did.

Back to our story! We were excited to see how locals get to their own villages here in Alaska. We fly into Dillingham from Anchorage with Alaska Airlines, as Dillingham has a slightly larger airport with a paved runway. But on that day, we climbed aboard a Cessna Caravan from Grant Aviation. It looks like the Cessna I fly, but a lot bigger and with a turbine engine. We took off and flew to another village called Manokotak first to drop off packages and pick up a passenger. Upon landing, Yosi and I hopped out, and I helped offload boxes into a waiting van. Once we finished, we got back into the plane and flew to Clark's Point, our destination. We were met by the school principal and teacher in a pickup truck. The principal was flying to Dillingham on the plane we arrived on for a chiropractor appointment, so after salutations, we got in the truck with the teacher and rode the 2-minute ride up to the school.

The kids in these little villages lead a simple life and are usually very pleasant, but with a lot of energy. They came right over and got their hands dirty, kneading bread, learning a little about how to make bread, and some of the health benefits of whole grains. They have a lot of curiosity and are mainly excited to see a new face and a possible new playmate. A particular girl became very interested and seemed to have a talent for making bread. The kids thoroughly enjoy it when you join in their games as well. The school is small, and the gym doubles as a cafeteria, so since we used that space, we were able to let the kids play in the gym while the bread rose. The teacher also played a video showing how bread was made 200 years ago in England, which was an interesting presentation. We left them with information to take to their parents.

By the time we left, it was dark and had started to snow. It made for a neat flight back to Dillingham. We praise God for the opportunity to bless others with the blessings we

have been blessed with, and we pray that we can become more effective tools in His hands as time passes.

We pray that you have a blessed rest of your year and that the peace of God dwells in your hearts. See you in the next report!

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are your AWA Missionaries serving  
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