



Activate Shasta!

[Quick Links](#)

[Healthy Shasta](#)

[Action Heroes](#)

[Farmhand 5k Fun Run](#)

[Return of the Salmon Festival](#)

[Whiskeytown Harvest Festival](#)

In This Issue

2011 Healthy Shasta Action Heroes

Friends of the Coleman Fish Hatchery

Hawes 1st Annual Farmhand 5k Fun Run

Whiskeytown Harvest Festival

Introducing the 2011 Healthy Shasta Action Heroes!

On Saturday, October 1st, Healthy Shasta announced the three Action Heroes selected for 2011 at Healthy Shasta's annual Walk This Way at Turtle Bay event. Each Action Hero is being honored for their efforts in making healthy eating and physical activity choices easier for others. The 2011 Action Heroes are:

Friends of the Coleman Fish Hatchery

Debbie Lungi

Wendell "Dub" Sanders

Each Action Hero will be featured in this and upcoming issues of 'Activate Shasta.' Learn more about the Action Heroes and their tips for making a difference at www.healthyshasta.org. Banners featuring the Action Heroes are available for display at public locations and community events by calling 229-8243.



Meet the Friends of the Coleman Fish Hatchery

The Friends of the Coleman Fish Hatchery is a volunteer organization that developed a new 2-mile nature trail along Battle Creek that allows people of all ages to get outdoors and enjoy nature while being active. Once the trail was completed in Fall 2010, the Friends added a nature hike to the school tours of the Coleman Fish Hatchery that they lead.

The trail has proven so popular that the Friends group has added an additional day of guided tours for students to learn about the Fish Hatchery and get out into nature. On any given day they may lead tours for up to 120 local students, from kindergarten to college age, as well as for community groups. Each fall, thousands of school children visit the fish hatchery to watch the fall Chinook salmon return. To learn more about this amazing group of volunteers, see their profile at www.healthyshasta.org.

Don't miss the *Return of the Salmon Festival* this Saturday, 10/15, 9

am - 4 pm, at the Fish Hatchery. Visitors to the festival are treated to viewing large numbers of fall Chinook salmon returning to Battle Creek and the hatchery, and are welcome to observe all aspects of day-to-day hatchery operations such as spawning, egg incubation, and juvenile rearing. Event flier and more information available at the [Coleman Fish Hatchery website](http://www.colemanfishhatchery.com).



Take your family to explore Battle Creek Salmon Trail (tips from the Friends):

- You'll see more critters if you walk quietly and visit in the early morning. Look for the eagle's nest, wood ducks, beaver, raccoons and birds. In the fall you may see salmon in the creek.
- Bring water, lunch, cameras, binoculars...maybe even a bird or plant identification book.
- On the weekend park at the [Battle Creek Wildlife Area](http://www.battlecreekwildlifearea.com) end of the trail (the gate between the Hatchery and trail is closed on weekends).
- Look for educational signs created by the Friends, which offer intriguing questions and provide facts along the route.
- If you carry it in, carry it out (trash bins and rest rooms are located on either end of the trail).

Hawes Farm 1st Annual Farmhand 5k Fun Run - Saturday, Oct 15th

This weekend! Don't miss this unique cross country run through farm fields, orchards, and wild California terrain on Saturday, October 15th. Runners may encounter farm obstacles such as hay bales, wooden planks, ditches, water holes, logs and more - adding to the challenge and fun!

Pre-registered race participants receive a t-shirt, unlimited access to farm activities, and post race refreshments. Entry fee is \$15. Spectator passes are \$5 (or \$12.50 for spectators who want to access farm activities after the race).

Visit www.historichawesfarms.com to register and for additional details.



Location: Hawes Farm, 21923 Dersch Road, Anderson, CA

Date: Saturday, October 15th

Same day registration: 7:30 am

Race check in: 8 am

Kids run (0.5k): 8:30 am

5k race start: 9 am

Whiskeytown Harvest Festival - Saturday, October 22nd

Visitors are invited to the 1st Annual Harvest Festival on October 22, 2011 from 10 am to 3 pm at the Whiskeytown Tower House Historic District.

This fun and family-friendly event will feature apple tasting, a harvest-themed bake-off contest, games for all ages, tours of the historic Camden House and orchards, and light refreshments. The apples available for tasting are heirloom cultivars, many of which were planted in the mid and late 19th century by Charles Camden and Levi Tower.

Visitors are encouraged to bring their own basket and take apples home. Harvest festival participants should park in the Tower House Historic District parking lot and follow the footpath to the Camden House where festivities will be held. A day-use fee or other valid park pass must be displayed on all vehicles. For more information, visit the [Whiskeytown website](#) or contact Danica Willis at 242-3438.



Healthy Shasta: Making the healthy choice the easy choice in Shasta County!

