Willis Tucker Park hosts Health & Fitness Day, Saturday, Sept. 24

Snohomish County Parks and Recreation will be hosting activities Saturday for the 15th Annual Family Health & Fitness Day.

Family Health & Fitness Day USA is the largest national health and fitness event for families with the purpose of promoting family involvement in physical activity.

At Snohomish County, we know efforts to increase good health can be a benefit to the entire community. That is why many of our Parks programs are geared toward health and fitness and why we continue to build parks with athletic fields, trails and more.

From 3 to 6 p.m. at Willis Tucker Community Park, families and individuals can learn more about the benefits of walking, running and biking on Snohomish County’s extensive trail system; participate in exercise demonstrations; take guided walks with Park Rangers as they discuss native flora and fauna; and visit with staff from the Mill Creek Y about fitness programs there.

In the morning at the Snohomish County Campus Plaza, more than 300 volunteers will deliver produce grown for the Everett Food Bank by the Red Barn Community Farm.

This local project is showing that agriculture is alive and well in Snohomish County and can be effective in helping those in need get fresh fruit and vegetables.

From 11 a.m. to 2 p.m., there will be live music, arts and crafts, a farmers’ market and more.

The weather forecasters say tomorrow should be nice day, so come out with your families and enjoy a day at the park or join others in delivering food to those in need.
How are we doing?

Did you know that you can track how well the County is meeting its performance goals?

The SnoStat system tracks how well the County is delivering services, the costs of those services, and the efficiency and effectiveness of service delivery.

Simply visit our SnoStat Web site.

Contact me:

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Send me an email.

Sincerely,
Field is the first non-Department of Defense airport staging area in Washington to have been given this validation.”

Part of the mission of the NDMS is to provide supplemental medical services and assistance to victims who have been evacuated or experienced a large-scale disaster.

Agency partners include: Snohomish County Department of Emergency Management, Snohomish Health District, Snohomish County Chapter American Red Cross, Rural/Metro Ambulance, Everett Transit, Snohomish County Sheriff’s Office, Paine Field Fire, Castle & Cooke Aviation, Airlift Northwest, Providence Regional Medical Center, Swedish/Edmonds Hospital, Harborview Medical Center, Washington State Department of Health, Washington State Emergency Management Division and FEMA Region-X.

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**Creek restoration project enhances salmon habitat**

Snohomish County’s [Surface Water Management](#) Division recently completed a grant-funded creek restoration along North Creek at 196th and Bothell-Everett Highway in Mill Creek.

The project spans The Clearwater School and Clearwater Commons properties and encompasses 1,500 linear feet of creek and 4 acres of property. Side channels were created, log jams were built, and floodplains were lowered to allow floodwaters to disperse.

These enhancements were designed to create and enhance habitat for salmon. In addition, about 9,000 native trees and shrubs will be planted this fall and winter on the properties.

The project was made possible by grants from the [Salmon Recovery Funding Board](#), Puget Sound Acquisition and Restoration, and the [National Fish and Wildlife Federation](#). Volunteer hours and some native plant donations came from the School and Commons, and matching funds made by Snohomish County Surface Water Management.

From 10 a.m. to 4 p.m. Oct. 1, visitors to The Clearwater School, located at 1510 SE 196th St., Mill Creek, can take a self-guided tour to view the creek restoration as well as efforts the school has made to install solar panels that are providing power to the school.

The Clearwater Commons property is the first low-impact development housing project in Snohomish County and utilizes many green building features.
Snohomish County’s Paine Field successfully completed a federally-required disaster exercise Thursday in which more than 40 air passengers needed to be rescued and treated for injuries. Under Thursday’s scenario, the Paine Field Fire Department was required to respond to a collision between two aircraft on the airport’s Alpha Taxiway that resulted in a fire. About two dozen emergency and law enforcement agencies assisted in the drill. Ongoing training is an essential part of Paine Field’s regimen, and preparation requires strong ties with other agencies to provide support. Large-scale drills such as Thursday’s are required once every three years by the Federal Aviation Administration (FAA). Table top drills are used in the off years to build up to the actual hands on exercise.

Thank you very much for taking the time to read my electronic newsletter.

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