



# Swain & Jackson County Agent Newsletter

Cattle, Community Development, Conservation, & Conditioning

Fall 2016

## Cattle

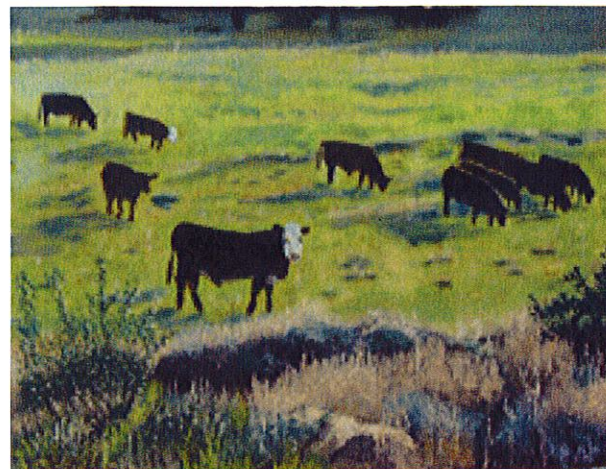
### Amazing Grazing and JMS Cattlemen's Association

#### AMAZING GRAZING (Pasture Management)

The 3 major themes of the Amazing Grazing Program are:

- Improved Profitability
- Improved Animal Health and Well Being
- Improved Environmental Sustainability

Pasture-based production systems that achieve these three themes are good for farmers, good for their neighbors, and good for our non-farming population. Dr. Matt Poore watches as participants race to see who can reel in their line of electric fencing the fastest.



#### JACKSON, MACON & SWAIN (JMS) CATTLEMEN'S ASSOCIATION

JMS Mission is dedicated to the Cattle Industry. If you have one head, 100 head or just an interest in cattle this is the Association for you! Join the cattle community in better herd and pasture management.

#### (JMS) Cattlemens Association Meetings

##### Amazing Grazing Field Day

Date TBA (between Aug & Nov)

Call 586-4009 for more information

September 13

Macon County Fairgrounds

7:00 PM - 9:00 PM

October 11

Jackson County Extension Center

7:00 PM - 9:00 PM

November 8

Macon County Fairgrounds

7:00 PM - 9:00 PM



*Electric fencing demonstrations are a major component of the Amazing Grazing workshops. ~ Photo by Sarah Lyons*



*Waiting patiently for her next grass allotment, this Angus cow has been trained to respect the portable electric fencing separating her from her next meal. ~ Photo by Sarah Lyons*

#### Inside This Issue:

Qualla-T Customer Service and Hospitality  
LEP & Conservation Christmas Tree

Page 2  
Page 2

Smokies Ski Walking & Stone Workout with Smart Eating  
My Daily Food Plan

Page 3  
Page 4



# Community Development

## Qualla-T Customer Service and Hospitality

Want to learn how to build and maintain a more visitor friendly business atmosphere and community? All participants will be Qualla-T certified upon completion of the session.

This training reinforces the "soft skills" that are absolutely essential in an employee and business owner. Training will cover listening and communication, understanding body language, enhanced professionalism both with customers and coworkers, stress management, and teamwork building.



# Conservation

## Leopold Education Project (LEP) and Conservation Christmas Tree

*Conservation Stewardship starts with you. Plant a tree and teach others how to develop a Land Ethic.*



### LEOPOLD EDUCATION PROJECT

The Leopold Education Project is great training for school teachers, camp counselors, extension agents, environmental educators and anyone who wants to educate the next generation about conservation stewardship and land ethics.

#### Leopold Education Project (LEP) Educators Workshop

Learn how to teach youth about a "Land Ethic" and "Conservation" by being in the outdoors.

**August 10, 2016**

**9:00 AM - 3:00 PM**

**Oconaluftee Farmstead, Cherokee, NC**

### CONSERVATION CHRISTMAS TREE

Receive FREE Norway Spruce tree seedlings to plant at your home for beautification and conservation purposes. Once the tree is big you can decorate with lights to have an outdoor living Christmas Tree so you can share the season spirit with your neighbors. Learn to plant and maintain the tree correctly with instruction from the County Agent.

#### Free Norway Spruce Seedlings Give Away with Tree Planting Demonstration

**October 28, 2016**

**9:00 AM - Noon**

**Swain County Farmers Market**

**October 29, 2016**

**9:00 AM - Noon**

**Jackson County Farmers Market**



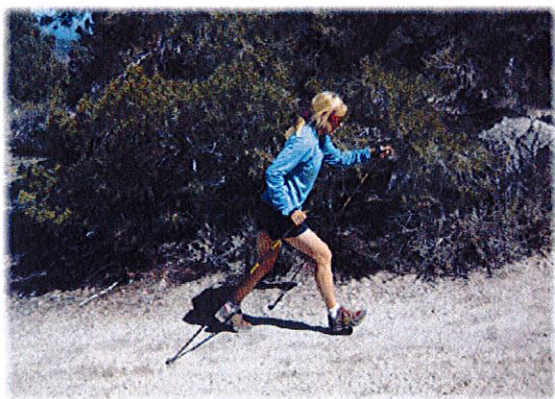
# Conditioning

## Smokies Ski Walking & Stone Workout with Smart Eating

*Learn how to economize your exercise.*

**WHAT IS SKI WALKING?** Ski Walking as a training tool has been around for decades, used by competitive cross-country skiers to maintain upper body strength and endurance in the off season. The active use of the upper body that makes Ski Walking a necessity for cross-country athletes also makes it perfect for anyone looking to improve their fitness or maintain a high level of fitness. Ski Walking for fitness is more a concept than a specific activity; the idea being that if you include the upper body through use of Nordic Walking poles you will get a better workout. Ski Walking can be: hiking up your favorite mountain, walking on the beach, exploring ski trails in the summer, taking a Nordic fitness class, or walking through your local park. The key to Ski Walking is the specially designed pole that allows for the active use of the upper body.

**WHY SKI WALKING?** Cross-Country skiing is one of the most demanding activities for both recreational and competitive skiers alike. Nordic athletes have shown greater physiological capacities than athletes in any other endurance sport. Why? Cross-country skiing, unlike running, walking, cycling or hiking requires extensive use of upper as well as lower body muscles. Ski Walking therefore also sees its greater physiological benefits through a more active use of the upper body.



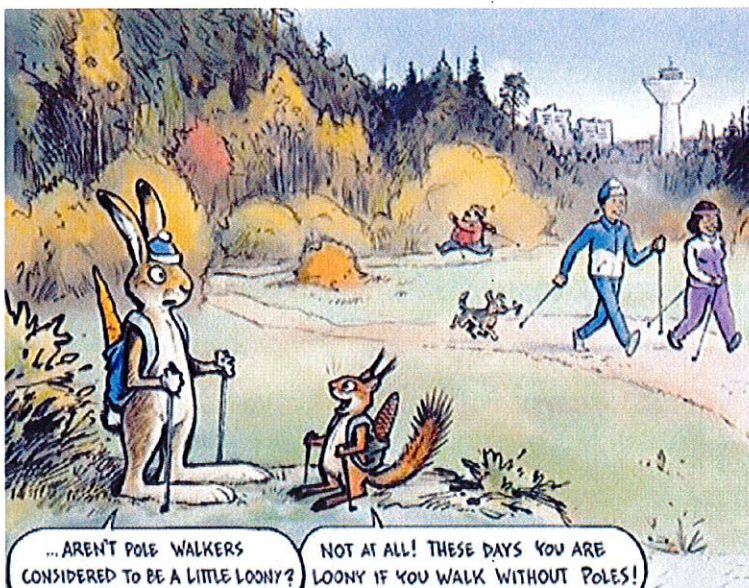
### The benefits of Ski Walking include:

- Increased circulation
- Increased upper body strength and endurance
- Increased heart and lung capacity
- Increased Heart Rate without increased perceived exertion
- 20% higher metabolic rate which equals 400kcal/hour versus 280kcal/hour for walking
- 30% decreased stress on weight bearing joints
- Better support and balance on slippery surfaces and rough terrain

Whether you are beginning an exercise program, looking to drop a few pounds and improve your health, or you are a high level athlete seeking a new cross-training activity; Ski Walking offers benefits that few other activities can match!

**STONE WORKOUT:** The stone workout allows you to do strength training with no-cost equipment, while enjoying nature.

**SMART EATING:** To get conditioned for a healthy lifestyle you must not only exercise, but you must couple exercise with smart eating. See the "My Daily Food Plan" on back page to get started on healthy smart eating.



### SKI WALKING, STONE & EATING SMART SCHOOL

Deep Creek Pavilion, Swain County  
September 8 – November 10, 2016  
Every Thursday  
5:30 PM - 7:00 PM

Please call Swain Extension for registration and specifics of class 488-3848.



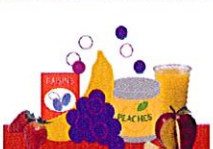


Ski Walking Demonstration  
Jackson County Extension Center  
September 6, 2016  
6:00 PM - 8:00 PM



Swain County Center  
P.O. Box 2329  
Bryson City, North Carolina 28713

# My Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.

 <p><b>GRAINS</b> 6 ounces</p>	 <p><b>VEGETABLES</b> 2 1/2 cups</p>	 <p><b>FRUITS</b> 2 cups</p>	 <p><b>DAIRY</b> 3 cups</p>	 <p><b>PROTEIN FOODS</b> 5 1/2 ounces</p>
<p><b>Make half your grains whole</b> Aim for at least <b>3 ounces</b> of whole grains a day</p>	<p><b>Vary your veggies</b> Aim for these amounts <b>each week:</b> <b>Dark green veggies</b> = 1 1/2 cups <b>Red &amp; orange veggies</b> = 5 1/2 cups <b>Beans &amp; peas</b> = 1 1/2 cups <b>Starchy veggies</b> = 5 cups <b>Other veggies</b> = 4 cups</p>	<p><b>Focus on fruits</b> Eat a variety of fruit Choose whole or cut up fruits more often than fruit juice</p>	<p><b>Get your calcium-rich foods</b> Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products</p>	<p><b>Go lean with protein</b> Twice a week, make seafood the protein on your plate Vary your protein routine—choose beans, peas, nuts, and seeds more often Keep meat and poultry portions small and lean</p>

## Find your balance between food and physical activity

Be physically active for at least **150 minutes** each week.

## Know your limits on fats, sugars, and sodium

Your allowance for oils is **6 teaspoons** a day.  
Limit Calories from solid fats and added sugars to **260 Calories** a day.  
Reduce sodium intake to less than **2300 mg** a day.

**CCCC Newsletter** is published to inform the public about programs that enhance the community with livestock agriculture, community and economic development such as customer service, conservation stewardship and a more healthy lifestyle with personal conditioning.

**Robert J. Hawk**  
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