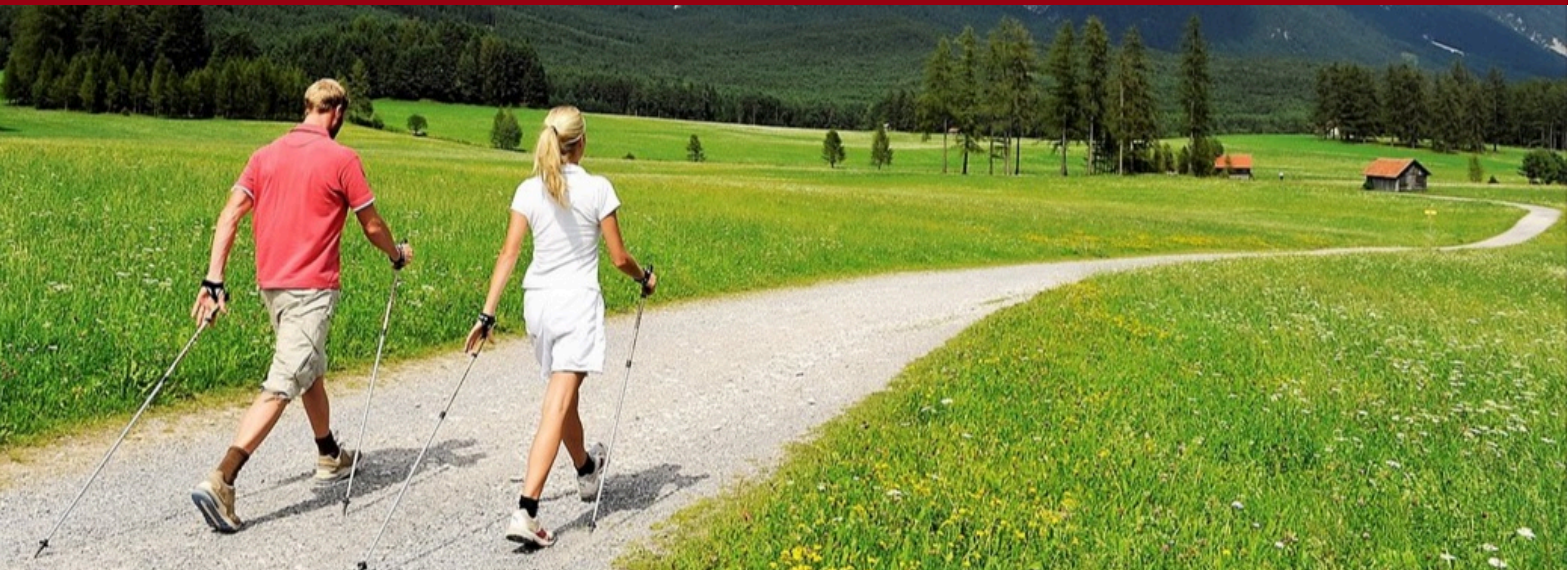




# Swain & Jackson County Agent Newsletter

Conditioning, Community Development, Conservation, & Cattle

Spring 2019



## Conditioning

### Smokies Spring Ski Walking School ~ Jackson County

**March 25 - May 20** (Every Monday)

**5:30 PM - 7:00 PM**

**Jackson County Cooperative Extension Center**  
876 Skyland Drive ♦ Sylva, NC

Nordic walking was originally developed in Finland as a method of summer training for top athletes in the early 1930s. It has grown swiftly in popularity since it's first introduction all across the world.

Ski Walking Poles and a Nutritional Snack provided as well as exercise nutrition education by Family Consumer Science Agent.

Please call the Jackson County Extension Office at 586-4009 to register and for specifics of class.

#### WHAT ARE THE BENEFITS OF SKI WALKING?

- The level of fitness you desire – go at your own pace.
- Walk with friends and participate in a social event – almost at any time.
- The easiest, lowest exertion and pleasurable activity there is!
- Growing stamina and muscular endurance.
- Increased vitality and energy.
- Decreased stress levels.
- Delight in your improved health!

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# Community Development

## Customer Service & Code of the West Training

Please join other local businesses in this regionally tailored customer service training by:

- Enhancing communication skills with more effective communication
- Guest and co-worker relationships
- Local knowledge and community pride while becoming civically active.



Practicing hospitality increases profit and people relations. This training will cover:

- "Code of the West – Cowboy Ethics"
- "The Frontier Nursing Service"

**March 26, 2019**

**9:00 AM - 12:00 PM**

**Swain County  
Heritage Museum**

*255 Main Street  
Bryson City*

~ ~

***Lunch will be served***

## Conservation

### Leopold Education Project (LEP) and Arbor Day Celebration

#### LEOPOLD EDUCATION PROJECT

Leopold Education Project is a Conservation Education training for anyone that wants to expand their conservation practices and teach others. This 6 hour workshop teaches you how to observe, reflect and appreciate the land and use curriculum to "Read the Landscape." It is based on Aldo Leopold's "A Sand County Almanac" book.



#### Land Ethics Leaders - Doing What Leopold Did

**April 30, 2019**

**6:00 PM - 8:00 PM**

**Swain County Cooperative Extension**

*60 Almond School Road, Bryson City*

**Cost is FREE**

**Register by April 26**



*Grant Wood, 1932*

#### ARBOR DAY CELEBRATION

Arbor Day is an annual observance that celebrates the role of trees in our lives and promotes tree planting and care. As a formal holiday, it was first observed in 1872, in Nebraska, but tree planting festivals are as old as civilization. The tree has appeared throughout history and literature as the symbol of life. Join us on April 26 for a Norway Spruce planting demonstration and Elderberry Seedling Give-Away!

#### FREE Elderberry Seedling Give-Away

**April 26, 2019**

**10:30 AM – 11:30 AM**

**Jackson County**

**Administration Building**

*(Lawn area near lower parking lot)*

**April 26, 2019**

**4:00 PM – 5:00 PM**

**Swain County**

**Cooperative Extension**

*(Front Lawn at SCC Gazebo)*

# Cattle

## Upcoming Area Livestock Programs

### 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) Cattlemen's Association Meetings

March 12, 2019

7:00 PM

Macon County Fairgrounds

April 9, 2019

7:00 PM

Jackson County Extension Office

Regular Meetings begin  
again in September

Call 524-5590 or 524-3978  
for more information

### Legalities of Renting Pasture and Hay Land Workshop

March 18, 2019

5:30 PM

Jackson County

### WNC Small Ruminant Workshop

March 30, 2019

WNC Regional Livestock Center, Canton, NC



### 4-H Livestock Club Meetings

Youth interested in raising an animal, learning how to care for it, show it at the fair, and more are invited to attend. All animals including backyard livestock, can be involved.

**SWAIN:** Meeting times and locations may vary.  
Contact Kendra Norton or Jennifer Hill at 488-3848.

**JACKSON:** Meeting times and locations may vary.  
Contact Heather Gordon or Kendra Norton at 586-4009.

## NC Ag Awareness Day is March 20th



NC AG AWARENESS

**STRONGER FARMS  
Stronger Communities**

**Who:** NC Farmers, Agribusinesses, Commodities, Universities and Ag students

**What:** NC Ag Awareness Day

**Where:** NC State Capital, Bicentennial Mall and Legislative Complex

**When:** Wednesday, March 20, 2019

**Why:** Educating NC Legislators and lawmakers of the importance of NC Agriculture and how we can grow stronger together

### BE INFORMED, BE INVOLVED & BE HEARD

Agriculture's Contribution to the North Carolina Economy

- \$87 billion industry, 17% of NC's \$522 billion gross state product
- 730,000 jobs, 17% of NC's workforce

### Growing Together and Growing Stronger

- Preserving Farmland and Farm Families
- Protecting our Natural Resources
- Education and Outreach
- Research and Technology Advancements
- Feeding the World for Generations to Come

[ncagr.gov/ncagday](http://ncagr.gov/ncagday)

NC Agriculture...

is food, fiber and forestry.  
is farms and communities.  
feeds the world.  
is NC's #1 industry.



**Swain County Center**

P.O. Box 2329

Bryson City, North Carolina 28713

**"It's important just to be in the here and now. That we as**

**a family go out that day on  
the marsh and take it all in  
with our eyes, not the mobile.**

**Being out more and making  
the most of the moments;  
that's what's important."**

**~ Markus Torgeby**



Nordic Walking originated in Finland in the 1930s for nordic skiers to stay fit in the off-season. Get outside and walk with your nordic poles.

**4-C 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.

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