



Swain & Jackson County Agent Newsletter

Conditioning, Community Development, Conservation, & Cattle

Fall 2019



Conditioning

Smokies Fall Ski Walking School ~ Jackson County

September 9 - October 21 (Every Monday)

5:30 PM - 7:00 PM

Smokey Mountain Elementary School (Picnic Pavilion)
884 US-441 ♦ Whittier, 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, Emily McClure.

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!

Inside This Issue:

Code of the West: Customer Service & Hospitality Training
Veteran's Day Tree Seedling Give-Away

Page 2
Page 2

Area Livestock Information
Quote by Markus Torgeby

Page 3
Page 4

Community Development

Code of the West: Customer Service & Hospitality Training

September 18, 2019

11:00 AM - 1:00 PM

Swain County Chamber of Commerce & Fly Fishing Museum

210 Main Street, Bryson City

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.

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

~ Lunch will be provided

Conservation

Veteran's Day Tree Give-Away

IN HONOR OF VETERAN'S DAY

Plant a tree as a memorial to a veteran. Once the tree is big you can decorate with lights to have an outdoor living Christmas Tree! Share the spirit of the season with your neighbors.

FREE Norway Spruce Seedling Give-Away

November 11, 2019

10:00 AM – 12:00 PM

Swain County Heritage Museum

255 Main St. (*Lawn area in front*)

November 11, 2019

1:00 PM – 3:00 PM

Mark Watson Park, Sylva

(*Constitution Square*)



Grant Wood, 1932

Cattle

Area Livestock Information

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

September 10, 2019

October 8, 2019

November 23

Annual Thanksgiving/Christmas Dinner

No meeting in December

Regular Meetings begin again
January 2020 - 2nd Tuesday of each month

Call 524-5590 or 524-3978
for more information

In the News

Tune in to 105.7 WRGC with us on the first Friday of each month to hear updates, upcoming events, and management/production reminders for livestock production.

Also, look for Cooperative Extension's weekly articles in the Smoky Mountain Times covering topics pertaining to livestock production, horticulture, healthy eating, active living, and 4-H Youth Development.

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: Next Meetings: August 5 from 5:30 - 7, August 12 from 4-7. Youth will be sewing tote bags and aprons to sell at the Swain County Fair.

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

A County Fair-style festival, complete with judging of vegetables, eggs, and flowers; agricultural demos; craft vendors; food vendors and live music!!

Want to participate in this years fair? Go to our website to learn more:
<https://swain.ces.ncsu.edu/2019/05/2019-swain-county-agricultural-fair/>

Entry categories and deadlines:

Educational Booths - August 12
Craft Vendor Booths - August 2
Food Vendor Booths - August 2
Farm Product Exhibits (for judging) - bring items morning of the Fair
Honey Exhibits (for judging) - August 16
Youth Art & Craft Exhibits (for judging) - August 14
Youth Open Livestock Shows - August 9
Food Preservation Exhibits (for judging) - August 12
Quilt Exhibits (for judging) - bring the morning of the Fair

For more information call 828-488-3848.



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.

Robert J. Hawk
Extension Director
robert_hawk@ncsu.edu

Swain Cooperative Extension
60 Almond School Road
Bryson City, NC 28713
(828) 488-3848
swain.ces.ncsu.edu

Jackson Cooperative Extension
876 Skyland Drive
Sylva, NC 28779
(828) 586-4009
jackson.ces.ncsu.edu



**Be sure to LIKE Cooperative Extension on Facebook and
SHARE us with your friends!!**

www.facebook.com/SwainCountyCooperativeExtension

www.facebook.com/JacksonCountyCooperativeExtension

