

CRD Newsletter

Extension Community and Rural Development Events



FALL SMOKIES SKI WALKING SCHOOL

Sept. 13–Nov. 1 • Monday Evenings • 5:00–6:30 PM
Fire Mountain Trail System, Cherokee
(parking lot above Oconaluftee Indian Village)

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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!



*Autumn leaves . . . red, gold and brown
Falling, swirling, drifting down.*



WALKIE TALKIES

**September 8, 15, 22 and 29
October 6, 13 and 20
Wednesdays @ 9:00 am
Meet at Deep Creek Picnic Area
Bryson City, NC**

Walking is a great and simple exercise that's good for nearly everyone.

Walking is easy to do. Moving your body and getting fresh air can help you stay happy and healthy.

Dress in layers and wear comfortable shoes. Weather permitting.



IN HONOR OF VETERAN'S DAY

FREE Tree Seedling Give-Away!

**November 11
10:00 am - Noon
Bryson City Veteran's Monument
(in front of Old Courthouse/Heritage Museum)**

**2:00 pm - 4:00 pm
Mark Watson Park (Constitution Square)
Sylva, NC**

This Veteran's Day, plant a tree as a memorial to a veteran!

Be sure to stop by one of the above locations and pick-up your **FREE Elderberry Seedling** on November 11.

The American Elderberry is a large, spreading shrub that flowers in clumps of small berries which are edible once autumn arrives. The ripened berries are great for making pie, wine and jam. This shrub is perfect for naturalizing wide open areas such as a farm field and provides excellent cover for wildlife.





A Boot Stomping Good Time at Swain Ag Fair

Smoky Mountain Times
August 26, 2021

Hannah Styles – hstyles@thesmokymountaintimes.com

After being canceled in 2020, this year's Swain Agricultural Fair was back this past Saturday, with over 20 local vendors, live music from Seth Taylor and Friends, with Dixie Darling, Jay Creek, and Tangled Feet Cloggers and 4-H livestock shows.

It was so fun, visiting booths with homemade soap, adorable painted country signs, and enjoying fresh squeezed lemonade and snow cones. Watching a group of young children attempting to coax a show sheep toward the stage was also entertaining!

There were youth livestock shows and 4-H crafts, country fair judging for fruits and vegetables, handmade quilts, local jams and jellies.

According to Dee Decker, Extension Agent, Family and Consumer Sciences of Swain County, there were over 1,500 attendees to Saturday's event.

"We had a great turnout and appreciate everyone's support and hard work and we are thankful for the volunteers. We will make it even bigger in 2022," Decker said.

It was only \$1 donation to enter the event and Decker said they are still calculating how much money was raised.

The event is organized by Swain County Cooperative Extension, Swain High School Future Farmers of America, Swain Soil and Water Conservation District, and community volunteers.

Each group had an educational booth where people could learn more about each organization. Be sure not to miss next year's agricultural fair!

2021 SWAIN COUNTY AGRICULTURAL FAIR IN PICTURES



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

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