

CRD Newsletter

Extension Community and Rural Development Events



FALL SMOKIES SKI WALKING SCHOOL

September 12 - October 31

Monday Evenings • 5:00-6:00 PM

Western Carolina University (*Intramural Fields*)

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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*Autumn leaves are falling down. To the ground. All around!
Red, yellow, orange, brown. Autumn leaves are falling down!*



WALKIE TALKIES

September 7, 14, 21, and 28
Wednesdays @ 9:00 am

October 12, 19 and 26
November 2, 9, 16, 23, and 30
Wednesdays @ 11:00 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 Norway Spruce Seedling** on November 11.

Norway Spruce, the fastest growing of the spruces, develops strong graceful branches that are covered with dark green needles. Ideal windbreaker and supports a variety of wildlife. They are important as winter cover for deer and small game. Song birds and fur bearers also frequent these forest types.





Swain Agricultural Fair: A Rootin' Tootin' Good Time

Hannah Styles – hstyles@thesmokymountaintimes.com

On Saturday, Swain County Cooperative Extension and 4-H held the annual Swain County Agricultural Fair at Great Smoky Mountains Event Park on Hyatt Creek.

The event featured music, livestock shows, fun and games for the whole family, and plenty of local vendors. A fan favorite with the kids seemed to be the giant wave water slide and the inflatable obstacle course. There were plenty of animals all around, including rabbits, chickens, goats, cows and my personal favorite, horses, including a Rocky Mountain gaited horse with a flowing blonde mane.

Walking around to vendor booths, there was a wide array for homemade

products, including hand sewn aprons, one really cool one, featuring the Golden Girls. There was also locally made jams and jellies, handmade quilts, and don't forget the Floatin' Goat Shaved Ice!

The event also held vegetable, flowers, and egg judging, 4-H youth livestock shows, and arts and crafts, as well as agricultural education booths and clogging. There was even a cattle, lamb, and goat costume show! The youth of Swain County and visitors were able to experience and learn about the importance of agriculture and we look forward to this incredible event returning next year!

2022 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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