

## Vicki B. Stocking

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**From:** Cowan Community Center <mail@networkforgood.com>  
**Sent:** Wednesday, November 6, 2024 5:14 PM  
**To:** Vicki B. Stocking  
**Subject:** Cowan Creek Post: November 2024. Greetings from the fall colors of Pine Mountain!



**Cowan Community Action Group**  
Growing Community Since 1964

*A monthly letter from Cowan*



## November 2024

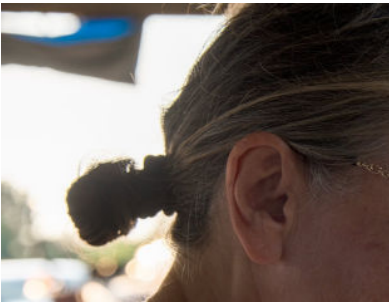


Photo credit: Debbie Tussey

### Nell Greeting

by Nell Fields

Dear friends of Cowan Community Center, the little center that loves being able to foster beloved community connections and services extending from here on 931 South in Lettuce, to all our eastern region and across our state and many other states and beyond. To all our best wishes for the month of November to be as uplifting and joyous as possible.

It is the most beautiful time here in our mountains as the weather is as near to being perfect as we can hope for at the end of October. The leaves are shedding their glorious colors but still soaking in the fall sunshine.

I hope that you were able to attend the November Election. Voting is so vital to our democracy.

The month of November is the month of Thanksgiving. It is a very busy time for our community families, with school, sporting events, preparing for the holidays and seeing the end of the year can bring its own frantic task. It is the very season of, "there is so much to do", so I hope that if you reading this gets a chance to be good to yourselves and seek the joy in the little things, to make the big things more meaningful and your struggles in life less painful.

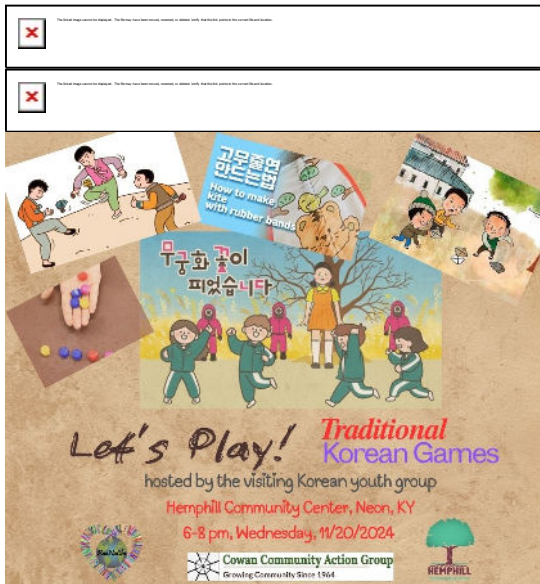
The upcoming month is always a very busy month on Cowan Creek. The Community Center is full of people and we are excited to have you in on upcoming events. I hope everyone that can will come out and support our community. We will challenge you to bring someone with you that has never been to Cowan Center.

As I am composing this message it is on my heart just how much our Cowan, past and present, and volunteers invest of themselves in our work to have a stronger healthier community. I would like to do that in this newsletter. Thank you to my dear friend Carol is urging me to tell all of you that your work is so very important and makes a difference in the lives of our people and you have my deepest appreciation and love.

Sincerely,

Nell Fields

## News from the Creek



### Reuniting with Korean Friends! Doll Making, Kimchi Workshop and more...

by Jeonghyun An, BaeNaChi (Lexington, KY)

Sunchang was our favorite place during the BaeNaChi Korea trip 2023. The memories spent at a small rural village in Sunchang remain the most precious memories. A year later, our Sunchang friends are coming to Kentucky in an exchange program. We are excited about their visit!

This is a multi-talented, cross-generational group of family and friends who are coming from various parts of Korea and other regions in Korea. They are coming to KY as the goodwill ambassadors to share their traditional food culture and art tradition as well as friendship.

Mr. Jae Eun Kim is a 72-year-old farmer with over 50 years of experience growing soybeans, and rice. He represents Korean farmers on this visit. Ms. Cho is a master chef of traditional Korean food who won many prestigious awards during her career as a chef. Mr. Hyung Ju Park is a farmer, talented crafter, and entrepreneur who dreams of creating his global fermented food business. Ms. Keum Suk Park is a renowned Korean paper craft artist with over 30 years of experience. She is one of the top-notch Korean experts on "Hanji" (traditional Korean paper craft).

We have a group of teens (ages 12-16) participating in this visit. Si Woo is a high school freshman who enjoys tap dancing. Seong Hyeon is an 8th grader who likes playing the guitar. He is a 7th grader and a talented musician and plays old time banjo through the program provided by Cowan Community Action Group Inc. last year. Seung Ho and Seung Ho are 6th graders. They are twins and want to show off their Taekwondo skills to their friends.

As the chaperons of these students, three adults will accompany them. Sr. Kim is the director of a multicultural youth center in Sunchang. She also represents the education coalition in Sunchang, the group our KY team met during the Suncheon visit in October and discussed global collaboration possibilities with. Mr. Dong Jim

of the twin boys in this group. He is a mechanical engineer who enjoys spare time. Ms. Ha Young Ryu is the younger sister of our master chef and speaks English and works as a free-lance global food event coordinator.

We are grateful for the partnership with Cowan Community Action Group for the wonderful trip we had in 2023 but for four days, hosting the guests, homestay, multiple events to share and exchange both cultures in traditional culinary arts in Whitesburg. Please come and welcome our Korean friends hosted by the Cowan Community Action Group!

## Kentucky KimJang Festival Dolls, Dumplings & Square Dancing

*Schedule subject to change. Please check on Facebook for any updates!*

### November 18th

at CANE Kitchen

1-4PM Kimchi Prep Workshop: *Let's prepare to make kimchi with 100 cabbages!*

### November 18th

at Cowan Community Center

5-6PM Korean Traditional Paper Doll Workshop

6-8PM Dumplings & Square Dancing: *Come have Chicken and Dumplings and square dance with our friends from Korea!*

### November 19th

at CANE Kitchen

1-4 PM Kimchi Canning Workshop

6-8 PM Kimchi & Chow Chow Supper and Kimchi Storytelling

### November 20th

at Hemphill Community Center

6-8PM Korean Games and Pizza Making Party

## Kentucky Rural Urban Exchange Cowan Proudly Represented at "The Golden Thread"

by Jenny Williams

On Saturday morning, October 19, I climbed into a car with Valerie Ison Horn and a crew from Cowan (including Val's delightful granddaughter, Eliza) and headed out of the mountains toward the city for The Golden Thread—a celebration of ten years of the Kentucky Rural Urban Exchange. The whole day was an adventure, and I was reminded at every turn how fortunate I am to live in Eastern Kentucky and to know Val and all the Cowan folks. RUX was born in 2014 as a partnership between Art of the Rural and Appalshop. I was lucky enough to be in that very first cohort, and it changed my life.

The mountains were blazing with color that morning, and I was grateful to Val for driving so I could sit back and drink in the fall splendor. We talked about everything under the sun—our current work, projects at Cowan and beyond, Eliza's soccer team, how our loved ones



were faring. Our conversation wandered all over the place, but it all seemed to come down to three things : feeding people, healing people, and celebrating people. This is what Cowan does, and it's what KY RUX does, too.

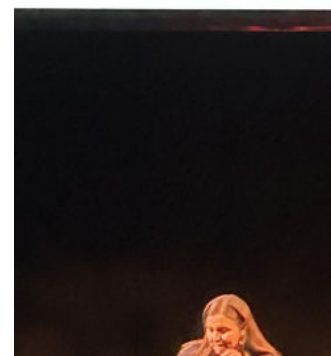
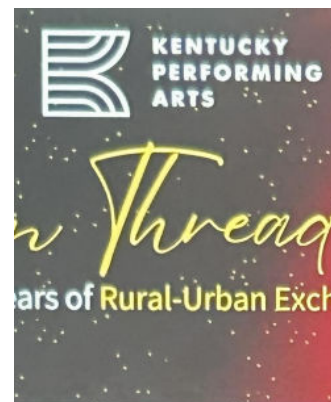
At the Kentucky Center for Performing Arts, we unloaded a collection of plein air paintings from the summer's Levitt Amp concert series, arranging them on easels throughout the reception space. Created by local artists, each painting captured a moment during the concerts—people dancing, music flowing, friends gathering. These pieces tell our mountain story far better than words ever could, capturing the energy and beauty of both the Levitt Amp series and Whitesburg itself. I felt a little bit of borrowed pride just being associated with the collection, even if my only contribution was helping carry it in. The paintings were created by Richard Kirk Banks, Angie Debord, T.C. Flowers, Kings Art, Pam Meade, Deborah Slone, Kellene Turner and a quilt sewn by Mitch Whitaker.

Since 2014, RUX has brought together 300 Kentuckians from 65 counties. Cohort members have participated in Community Intensive Weekends with 16 hosts. From Paducah to Harlan and many places between, RUX members have explored the programs, policies, and people that make each community unique. Along the way, we've discovered common ground and shared values that bind us together as Kentuckians, whether we call Bowling Green, Lexington, or Whitesburg home. The Golden Thread Celebration was a time to reflect on RUX's journey and future while reconnecting with old friends and forging new connections. Chef James Google crafted a Kentucky Proud menu featuring, among other delights, lamb meatballs with gremolata so good they made me tap my feet—though that might have been the music from Appalatin, a group that bridges Latin and American folk traditions. (Then again, it could have been those delicious bourbon cocktails—hard to say for certain.)

Once we were all fed and hugged up, we filed into the beautiful Bomhard Theater for the main event. After some welcoming remarks, Randy Wilson and Carla Gover took the stage. Randy and Carla are firmly rooted in traditional Appalachian music and dance culture, and use it as a platform to explore other traditions and folkways. Carla clogged and Randy played the banjo and told stories. At one point, the audience joined in to use sign language to “sing” a traditional song. Carla and Randy have a long history of shared friendship and performances, and it is always to treat to see them, together or separately.

The heart of The Golden Thread is the Long Conversation, a relay of brief, unmoderated discussions connected by themes of commonality and shared future. Our own Valerie Ison Horn interviewed Crystal Fox, Director of Mayfield Minority Enrichment Center, a non-profit dedicated to bridging gaps in the low-income, BIPOC, elderly, and underserved communities of Western Kentucky. Val was then interviewed by Victor Caldero from Kentucky Refugee Ministries Louisville. Val's words were powerful and moving, and I wasn't alone in wiping away tears as she described the work she and others pursue in Eastern Kentucky—feeding, healing, celebrating.

It's all too easy to become siloed in our work and communities—to get so caught up in daily details that we lose sight of our work's broader impact. KY RUX offers Kentuckians a chance to step outside these silos and connect across geographic, economic, and cultural divides. As the evening drew to a close, we passed a group of young women dressed in sequins and heels, ready for a night out. Eliza, Val's 12-year-old granddaughter (who outshone us all in the fashion department), hollered out in her sweet voice, "You all look so good!" The women laughed, clearly delighted by the compliment, thanked Eliza, and returned the praise. For me, this moment perfectly embodied the spirit of the Golden Thread—an encounter between two very different groups, living very different lives in very



different communities, connected by one open-hearted little girl who simply wanted to share a moment of joy. I hope all of us will be as free to share good thoughts as Eliza as we travel across our beautiful state, rural, urban, and everywhere in between.

Find out more about Kentucky Rural Urban Exchange ([RUX](#)) [here!](#)

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## Farms & Friends

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Mark your calendars for the Growing On Us Recognition Dinner & Gathering  
December 10th  
Dinner 6-8PM &  
Music by the *Mountain Laurels* @ 8PM

Come celebrate the end of a season for the City of Whitesburg Farmer's Market. We will be honoring wonderful farmers, the vendors and the community. This year will be a special one celebrating Louise Murtaugh, while her season closes serving as the special manager for the past 7 years.

Please mark your calendar and share the time of celebration with us!

## Cowan Tree Walk What trees do you know?

by Sheldon Tolliver, Cowan Community Center Intern

Earlier this October, our friends from the Urban Forest Initiative at the University of Kentucky invited the folks here at the Cowan Community Center to honor Kentucky Tree Week by providing a mapping of all of the trees and information about the ecological impact of the different types of trees across the property. They put all sorts of fun facts like how many bath tubs worth of water each tree consumes annually on the info pamphlets my mom (Abby Maggard) and I spent an evening placing in the display cases along the walking trail.

On October 17th, 2024, shortly before the music school began, we took a peaceful walk along the trail guided by my mom who told us how to differentiate White Oak trees from Red Oak Trees among other things. As we were on our guided tour, participants from the Cowan Creek Mountain Music School provided some lovely music as we took in the scenery. It made for an incredibly relaxing evening. At the end of the walk, we gathered together and were able to share what we found most interesting or liked the most about what we saw and learned.



All in all, the nature walk was a lovely way to honor Kentucky Tree Week, and it couldn't have been in better company.



Come to the Community Center and much we can learn about the trees th

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## Music from the Mountains

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### Winter Cowan January 6th ~ February 28th, 2025 Registration Coming Soon!

by Grace Rogers  
Cowan Community Action Group Cultural Arts Coordinator  
Cowan Creek Mountain Music School Artistic Director

We are pleased to announce that the Cowan Online Winter School will be available for the next year. There will be 8-weeks of virtual courses available in a variety of subjects including singing, fiddle, and banjo in January and February.

We will be welcoming back past music faculty John Harrod (Int./Adv. Fiddle), Sarah Howard (Int. Adv. Eastern Kentucky Banjo), and Sarah Howard (Int. Fiddle), and a new instructor Shohei Tsutsui (Kentucky Songs), as well as a first time Cowan instructor Shohei Tsutsui (Guitar - from Osaka, Japan!). These classes can make the perfect holiday gift through winter doldrums with something exciting to look forward to each week.

Whether you live near or far, this is a great opportunity to connect with the community and we would love to see your faces brighten the darkest days of the year. Check our website in full detail later this month on our website. Registration opens November 1st, so quick so mark your calendars!



## "Pickin' Party": Where You Can Join the Party from ANYWHERE!

December 7th, 2024  
US EST 10AM ~ 12PM

Featuring the Winter Cowan faculty, we will host our annual virtual Pickin' December 6th! Stay tuned for more details to come and save this date on for a sampling the faculty presentation of old time music!

Register here to receive a link to the live jam!

## Got Spooked and Masquerade Danced, Carrot Tops & Fodder Shocks!

by Mandy Flemming

Ghosts and ghouls, cowboys and critters do-si-do'd and promenaded as daylight turned to dark at the community center Friday, October 25th. All the fun of a community square dance was amplified by creative costumes at the annual Masquerade Square Dance. The center was decorated for Halloween and purple lighting helped set the mood.

The Cowan Creek House Band (Levi Caudill, Logan Dollarhide, Beverly May, Matthew Reazola, Gavin Proffitt) provided the tunes and renown caller Randy Wilson led dancers, newcomers and veterans alike, in the intricate patterns that mountain square dancers have danced for generations. Some costumes allowed for a little extra skirt twirl here and there.

The cake walk was a big highlight. Winners took home prizes baked by neighbor Helen Roberts. A toe-tapping good time was had by all, the laughter and fun were infectious. If you weren't there, you sure missed out on a good time, but don't fret, there will be more square dances to come. See you at the next one on November 18th, 6PM at Cowan Community Center for the *Dolls, Dumplings & Square Dancing!*

Ghosts and ghouls, cowboys and critters also were amongst us as we participated in the Trunk or Treat at Cowan Elementary School. We had a lot of fun handing out superhero capes, masks, coloring books, and a schedule of what's coming up at the community center. The Tree or Treat event was at Cowan Community Center where the community walked on our tree trail and received treats from various stations.

We look forward to next year's spooky time!





## Jamdango with Corn Bread & Tortillas and Letcher County youth!

by Carla Gover

Cornbread & Tortillas event "EL PUEBLO UNIDO: UNITED WE STAND" over this past weekend brought together a mix of East Kentucky and Central Kentucky youth, sharing Appalachian and Mexican traditions, and a whole bunch of good vibes!

Arlo Barnette us off with a story-sharing circle, and we progressed to Mariachi Rascon Jr., Mexican Ballet Folklórico with Paulina Vazquez, an Appalachian jam session of flatfooting & clogging with yours truly, Carla Gover.

After sharing some snacks (including a pastel de tres leches from Panadería La Estrella) we learned about embroidery traditions from Mexico with Mercedes Hernández and shared traditions that Seth Gover learned from his Mamaw Florene Smith.

Banjoey Webb and Jimmy Webb enlivened our farewell jam session from E

Although she wasn't present in person, I'm grateful for my friend Valerie Ison who called with an idea for a project like this, and she says "YES" and works behind the scenes to make sure everyone has the support they need to make it happen.

I left with a heart full of gratitude for all the wonderful artists, community organizations like the Kentucky Rural-Urban Exchange who sponsored this event, the organizations donating the space to hold it, and the Cowan Community Center who were instrumental in making it all happen!



## Cowan Musician Feature

by Melanie Turner

After retiring from a 27-year career as an elementary teacher in the public school system, I've stayed connected with young people through teaching music. I began working with the Pick and Bow Program in 2018, focusing on banjo and guitar, and it's been incredibly rewarding to watch students blossom into musicians. Beyond Pick and Bow, I've taught with the Cowan Community Center Kids on the Creek program and the Cowan Creek Mountain Music School.

I've often heard it said—and I must agree—that the musical presence in these programs is truly awe-inspiring. Music and creativity flow beautifully through them all, and I'm honored to play a small part.

Although I retired as a public school teacher, I'm still in the classroom, now teaching Appalachian and Bluegrass music as an Appalachian teaching artist for Partners for Rural Impact, Arts for All Kentucky, and the Kentucky Arts Council.

In addition to these activities, I continue to play in the all female bluegrass band, Coaltown Dixie. As one of the founding members, we have performed for over 15 years.

My hope is to keep spreading the joy of Appalachian music and inspiring others to connect with its rich heritage.



Check out Coal Town Dixie!  
[www.coaltowndixie.com](http://www.coaltowndixie.com)

Listen to Melanie play!  
[Coaltown Dixie | Jubilee | KET](#)  
[Shady Grove](#) - Coaltown Dixie, Senora May; Spoon Lady

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## A Note from Our Partner

### One Year Anniversary with FoodChain A Relationship That Feels Much Longer

by Leandra Forman, Co-Executive Director, FoodChain (Lexington)

FoodChain is a nonprofit in Lexington with a mission to forge links between fresh food through education and demonstration of sustainable food systems. Located in a repurposed historical bread factory in the heart of downtown- transformed into an aquaponics farm, as well as a teaching and processing kitchen that distributes food in need. We work to bring together the bounty of Kentucky farmers with educators for underserved communities.

FoodChain and Cowan Community Center coexist in the same state, however, traveling 7,000 miles around the world to visit South Korea together. Despite coming from the same commonwealth, FoodChain and Cowan can seem worlds apart: one urban, one bluegrass and one Appalachian. Horse country versus city, together, we embarked on a global voyage, sharing new experiences in culture, technology, and food, brought together by BaeNaChi last October.



On the one year anniversary of our trip, we reflect on that incredible experience to welcome a cohort of Korean visitors in November to Kentucky, soon getting to share our culture, food, music, and homes just as they did for us. They will be leading us back to Cowan with Kentucky grown Napa cabbage and a kimbap class at FoodChain. This program highlights the benefits of “glocal”- a global experience featuring local products.

In the past year, FoodChain has also had the opportunity to deepen our connections with the Cowan Community, building bridges across the state as nonprofits connect to resources, education, youth development, and inspiration. Over the year we made FoodChain on the Creek a reality: installing a 55 gallon vertical aquaponics system, the high school interns at Cowan, hosting a mini aquaponics workshop for local students, and cooking a delicious meal at CANE kitchen during the Levitt Music Series in Whitesburg.

Our shared work continues to bring new opportunities to our community and strengthen connections between the mountains of Kentucky and the central bluegrass region.

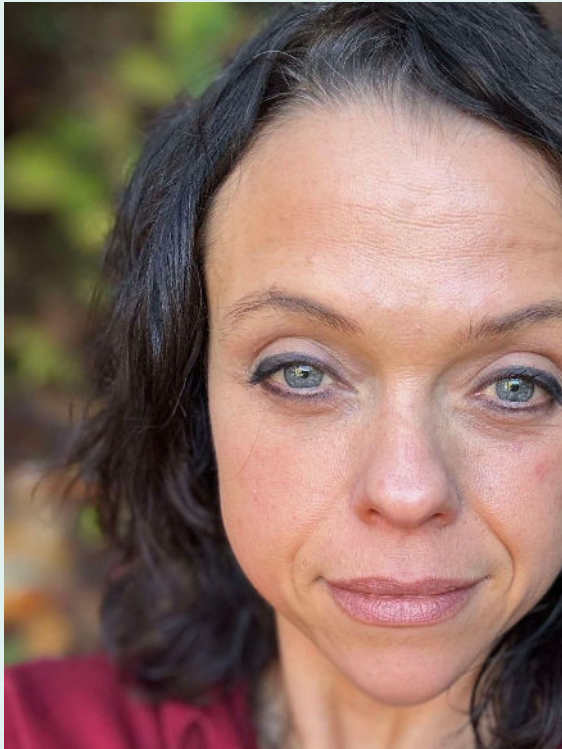
In the future we hope to host tours of our aquaponics farm and kitchen and share our experiences well as keep partnering with educational programming and bring some of the knowledge back to Lexington to share about their home and traditions. This work inspires us to become unified global citizens- celebrating what makes our homes unique and special and being open to learning and celebrating what is special about other communities and their neighbors here in Kentucky and new friends from the other side of the world.

We hope you will all come participate and share in these experiences- try something you've never tried before, and come together in a spirit of togetherness and learning while exploring new ways to build commUNITY! And if you're ever in Lexington, visit [FoodChain](#)- we host public tours of our aquaponics farm every Saturday from 10am-12pm.

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## Monthly Goodness from Cowan

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## Kelli's Mindful Moments A Monthly Wellness Message to Our Readers

So, what is mindfulness? The basic dictionary definition is: the quality of being conscious or aware of something. Through Mindful Moments and our Mindful Mondays at Cowan Community Center, we are concerned with mindfulness as a practice. In making it a practice, we can define it as a mental state achieved by focusing one's awareness on the present moment while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations without judgment.

If we think of mindfulness in terms of our mental and emotional wellbeing, living in the past is depression. Living in the future is anxiety. Living in the present is mindfulness. When we look at mindfulness in relation to our physical body, it is our awareness of the way our body is communicating with us through its language so that we can better understand and support our own physical wellbeing.

In this month's Mindful Moment, we are practicing a five minute shamatha meditation. It is very simple, and something you can do any time on your own. There is no such thing as being good at meditating. It is always just practicing.

Please consider joining us at Cowan Community Center on Monday mornings for Mindful Mondays. It is a gentle chair yoga, tension relief, and breathing practice open to the public, local and visiting.

Video Link: <https://youtu.be/FSgzwdRthk4>

Monthly Video for Mindfulness: Click [Here!](#)

**Kelli's in-person class at Cowan Community Center is on Monday mornings at 10:30am. No experience necessary. Just show up!**



## My Experience with Kelli's Yoga Class at the Cowan Community Center

by Tilda Fields

I was invited to a new yoga class at Cowan Community Center on Monday mornings. The class was to be taught by Kelli Hansel Haywood. I was interested and attended the first class.

My first impression was "I'm the oldest person here. I will probably fall off my mat." Everyone was very nice and encouraging.

After introductions we were asked what we needed from the class. My goals were to improve my mobility, strength, flexibility and to decrease stress due to injuries and chronic pain.

I'm improving with all my goals but have to keep on persevering. Our class is fun. Everyone works to their own ability and encouraged to do our best. Kelli's instruction and demonstration are so helpful and guides us with each step, taking away our fears.

We appreciate Kelli and her good instructions.

So come and bring a friend!



Need other recipes? Click [here](#)!

## Cowan Community Center "Our Favorite Recipes" ~ From Friends and Families

This new monthly segment will feature new and staple recipes from the cookbook, "Our Favorite Recipes from Our Friends and Families".

To honor the South Korean friends visiting this month, this recipe is a new one from Jeonghyun An, founder of BaeNaChi (Lexington, KY) a savory Korean pancake. It is easy and quick to make and is a perfect quick meal, afternoon snack or a part of your Thanksgiving meal.

...

Hello Cowan friends!

The herbs I used can be substituted with scallions or cilantros. Or any kinds you can find. You can also use a variety of different veggies and other ingredients for the buchimgae.

Korean folks typically use store-bought buchimgae mix and frying mix for buchim to get you that perfectly crisp buchimgae texture. When there is no Korean grocery store, you can mix regular flour and potato starch as a substitute. 1:1 ratio. Add the egg to the powder.

To minimize carb consumption, use just enough batter to coat the veggies.

For the dipping sauce, mix soy sauce and vinegar (any kind) (1:1 ratio). I also add some finely chopped jalapeno pepper and onion to the sauce.

Love, An

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Find more Cowan Recipes [here](#).

Have a family recipe you would like us to feature and put in our collection? Email [info@cowancommunitycenter](mailto:info@cowancommunitycenter) and send us the recipe!

## November Events Calendar



### Kentucky KimJang Festival Dolls, Dumplings & Dancing Free Events!

*Schedule subject to change. Please check on Facebook for any updates!*

**November 18th**

at CANE Kitchen

1-4PM Kimchi Prep Workshop: *Let's prepare to make kimchi with 100 r*



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**November 20th**

at Hemphill Community Center

6-8PM Korean Games and Pizza Making Party

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## Cowan Monthly Calendar

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Photo by Deladis Haywood

### Mindful Monday Yoga with Kelli Mondays, 10:30 AM

Healthy Fall! New hours starting this month!  
at Cowan Community Center

No experience necessary!

**Letcher County Pick & Bow**

**Cowan Community Action Group**  
Growing Community Since 1964

**Appalachia Proud!**

**FREE after school traditional music classes!**  
Instruments and snacks provided!  
Learn to play fiddle, banjo, guitar, c...

**Mon 3:00-4:30 | Martha Jane Potter**  
**Tues 3:00-4:30 | Burdine Elem**  
**Wed 3:00-4:30 | Cowan Elem**

### Letcher County Pick & Bow FREE After School Traditional Music Classes for Kids

Appalachia Proud! Have youth engage in traditional music from the mountains! Snacks are provided for after school, community meal provided for classes!

Grades 4+ welcome!

- Mon. 3:-4:30: Martha Jane Potter Elementary
- Tues. 3-4:30: Burdine Elementary
- Wed. 3-4:30: Cowan Elementary
- Wed: 6-7:30: Carcassonne Community Center
- Thurs. 6-7:30: Cowan Community Center
- Fri. 6-7:30: Hemphill Community Center

Register [here!](#)



**Cowan Creek Pick & Bowl  
Weekly FREE music lessons at Cowan Community C  
Thursdays, 6-7:30 PM**

Have you always wanted to learn how to play an instrument? Guitar, fiddle

Free traditional music classes for all ages at the Cowan Community Cent  
Every Thursday from 6-7:30 for all ages. No experience necessary!

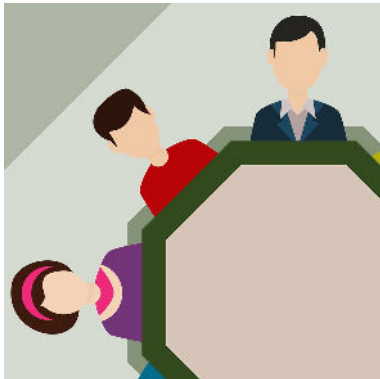
We invite you to join us for learning new skills, making new friends and en  
bowl of soup!

Register [here!](#)



**Whitesburg Old Time Jam  
Old Post Office, Whitesburg  
Every First Saturday, 1PM-4PM  
FREE**

Play your favorites or learn some *new* old time tunes! Rekindle with you  
friends, make new ones and have a great time! All levels from beginners to  
are welcome to attend! Bring a chair for yourself and snacks to share if yo



**Meeting at the Community Center  
November 12, 2024 at 6PM**

Open to all! Come and share your vision with us! The meeting is bi-monthl  
Community Center.



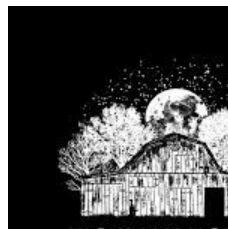
**Homemakers  
November 12th this month!  
Every Second Tuesday, at 11AM**

Free to all. Variety of lessons come from the Letcher County Extension Office. Don't miss your chance to pass the hot dish to pass! See you there!

Donate



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