



Library Link Up: Outdoor Programs & Events

Stephen Bowling, Breathitt County PL
Nan Campbell, Hardin County PL
Sarah McGowan, McCracken County PL
Jennifer Beach, Kenton County PL



Breathitt County
PUBLIC LIBRARY

**1024 College Avenue
Jackson, Kentucky 41339
(606) 666-5541
Stephen D. Bowling, Director**

Identify
the Need

Breathitt County, Kentucky

2012-2016

- Lead state in pre-mature deaths
- Top 5 in Total Mortality
- 36% in less than good health
- Diabetes
- Hypertension
- Cancer
- Heart Attack/Stroke

Hiking Club

A scenic view of a waterfall cascading over rocks in a forest. The water is white and frothy as it falls over several large, grey rocks. The surrounding forest is lush with green trees and foliage. The overall scene is peaceful and natural.

Hiking Club

July 29, 2018
1:00p.m.

Meet at the Breathitt County Public Library













How Hiking Could Help Change the Fate of Rural Appalachia

By: Lyndsey Gilpin
Outside Magazine, July 13, 2017

One Sunday every month, always after church, the Breathitt County Hiking Club meets outside the public library in Jackson, Kentucky to caravan to a trailhead. On an afternoon in early June, Stephen Bowling, the library's executive director, eagerly waited inside the glass doors for the group to arrive for their trip to Copperas Creek Trail in Red River Gorge, about 40 minutes away.



As people trickled in, Bowling happily fielded questions about the hike. "How long is it again?" asked Phyllis Light, a 74-year-old wearing clean white Skechers. Her friend Doris Newton, an outspoken middle-aged woman who works at the local hardware store, hopped out of the car with her dog. "What's the difficulty level?" Newton asked as her husband took a drag of his cigarette and laughed about how he wore swim shoes instead of hiking boots.

Bowling, a 45-year-old father with a toothy grin, has been hosting these monthly field trips since the beginning of the year. An avid backpacker, he has hiked hundreds of miles on the Appalachian Trail and elsewhere in the Southeast, an experience he's determined to share with others. Bowling's new hiking club, sponsored by the Breathitt County Public Library, is his latest effort to get people in this rural town out into nature. The trips usually attract around 20 people. "A little bit here, a little bit there. We'll get them moving," he says. Most of Bowling's patrons lack any experience in the outdoors and don't fancy themselves hikers, bikers, or fitness enthusiasts. But Bowling doesn't judge; he's just happy they've showed up.

Rural Appalachia is the unhealthiest place in the country by almost any metric. Stephen Bowling, a 45-year-old library director in Kentucky, has a simple remedy: nature walks.

That's because rural Appalachia is the unhealthiest place in the country by almost any metric: lowest life

<https://www.outsideonline.com/2195101/one-mans-fight-change-fate-rural-appalachia>

Walking Program

Stride Into The Holidays Walking Challenge

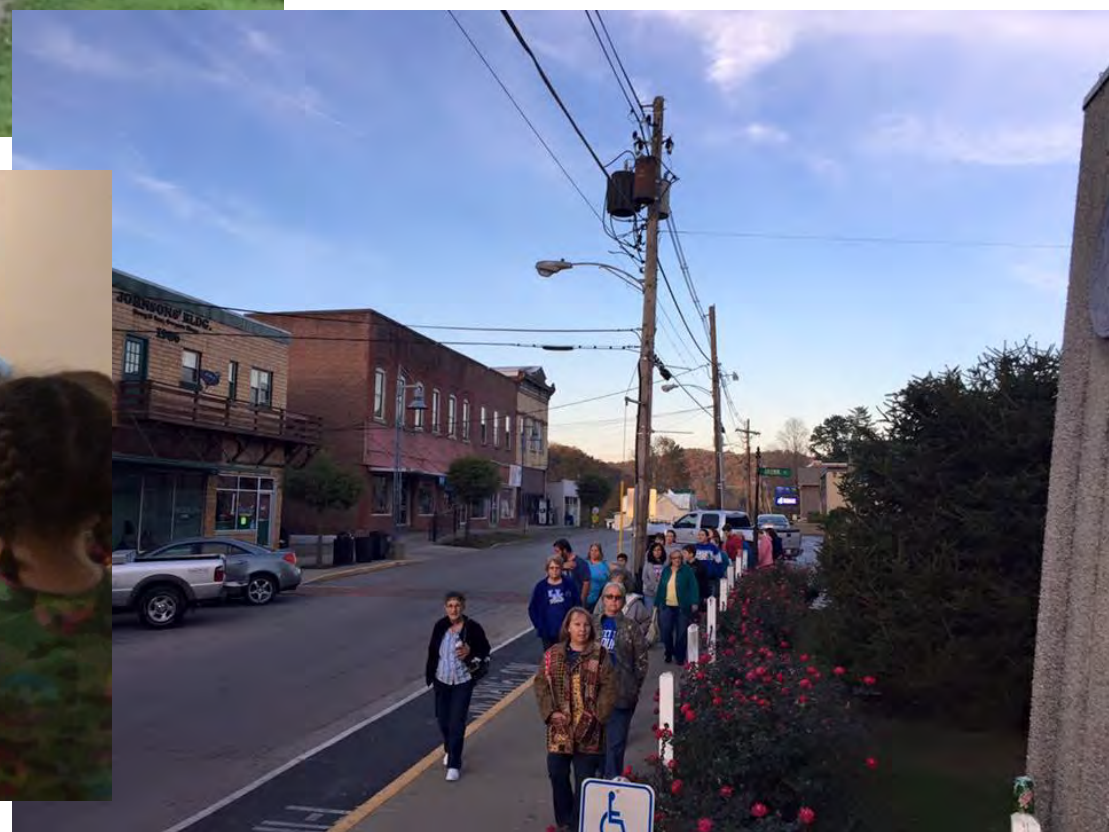
October - November
Walking Logs
Due Each Monday



Education



Activity

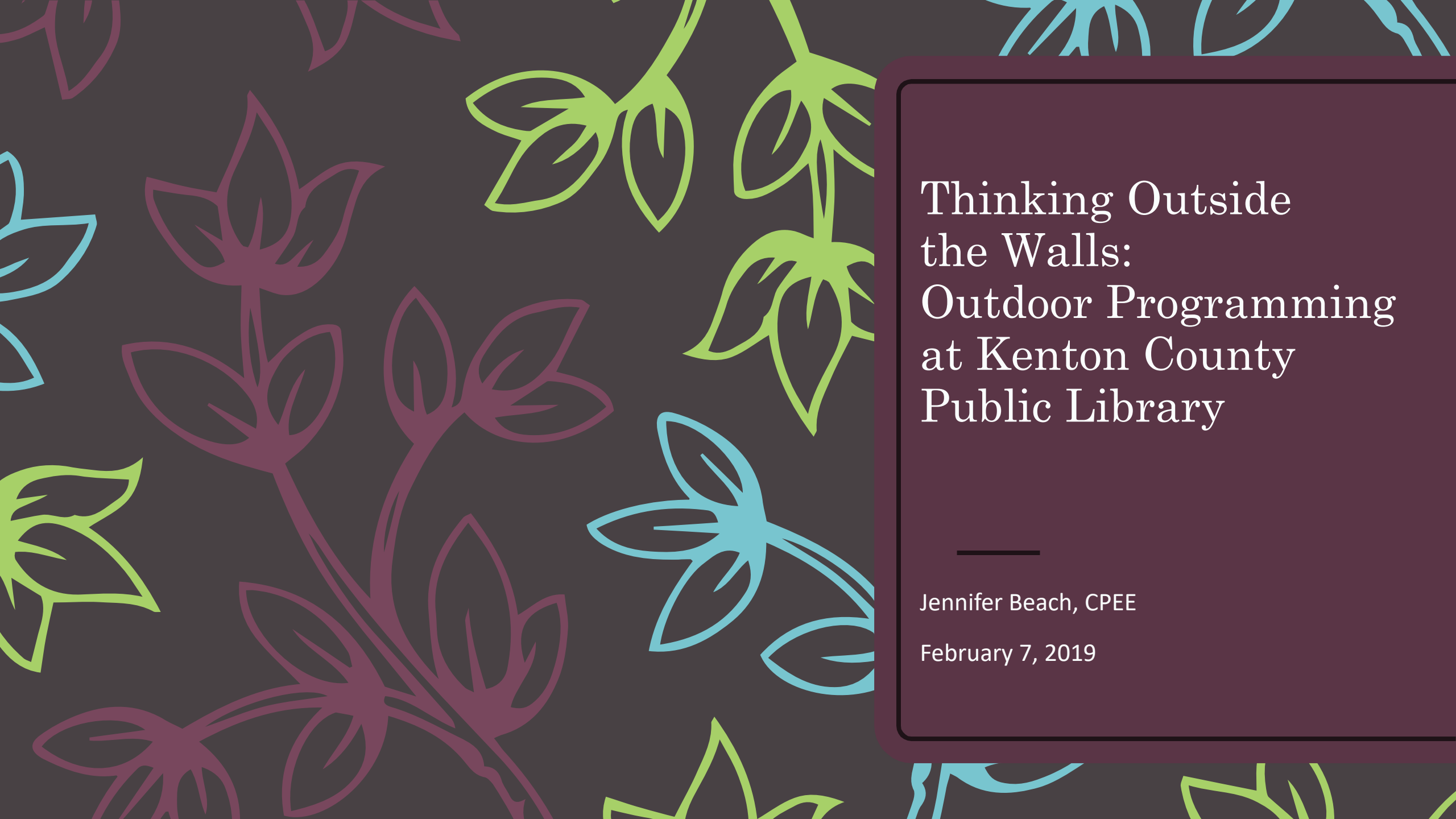


Recognition



**How do you
measure success?**

We do it in smiles.



Thinking Outside the Walls: Outdoor Programming at Kenton County Public Library

Jennifer Beach, CPEE

February 7, 2019



About me...

- ✓ Children's Programmer/Family programmer
- ✓ 18+ years programming experience
- ✓ CPEE- Certified Professional Environmental Educator
- ✓ KY Early Care and Education Training (KY ECET) Credentialed trainer (EE Specialty)
- ✓ Kentucky Association for Environmental Education (Board of Directors)
- ✓ Former long-term volunteer with the Girl Scouts
- ✓ Yard at home is a Certified Backyard Wildlife Habitat



About my partnerships...

- City of Erlanger
- City of Covington Parks and Recreation
- Kenton County Parks and Recreation
- Girl Scouts of Kentucky's Wilderness Road
- Northern Kentucky University Center for Environmental Education
- Kentucky Association for Environmental Education
- Erlanger/Elsmere School District

Outdoor Programs

“It’s opener out there, in the wide open air.” – Dr. Seuss



City of Erlanger Collaborations

- Depot Days
 - Held at local city park (Erlanger Railroad Depot)
 - SRC programs, June and July
 - Currently year 4
 - First year – once per week for the month of June
 - Second year- twice per week for June and July
 - Average attendance per program 85-100
 - Shared costs
 - *Lunch provided at each program by KY Summer Food Service Program, staffed by Erlanger/Elsmere School District staff*



Erlanger collaborations

-
- Camp Cosmos
 - Outdoor space/science camp
 - Held twice, in two different City parks
 - *First year collaboration with City*
 - Shared costs
 - *Organizational collaboration: Newton's Attic*
 - *Second year, library provided program*
 - Minimal costs, but City allowed free use of the only reservable park within the City
 - *additional collaboration: volunteer with The Aviation Museum of KY*





Kenton County Parks and Recreation Collaborations

- Third Tuesday Nature Series
 - Held at county park, not in immediate neighborhood of Erlanger library branch
 - First and second year: May, June, July, August
 - June and July only for 2019
 - First year did all programs ourselves (library and parks staff)
 - Second and third years: Community partners
 - *Sanitation District #1*
 - *Kenton County Conservation District*
 - *Banklick Watershed Council*
 - *Newport Aquarium WAVE on WHEELS*
 - *Kenton County Cooperative Extension Office*
 - Shared costs





Multi-agency Collaborations

- Hikes at Doe Run Lake
 - City of Erlanger
 - Kenton County Parks and Recreation
 - First hike (in November) cancelled by weather, had 60+ registered
 - Second hike (in May) happened in the rain- 35 attended
 - Third hike (in November) took place on paved/gravel service road due to September flooding; 25 attended in questionable weather
 - Hikes scheduled for May and September 2019
 - Shared costs





Multi-agency Collaborations

- BioBlitz
 - City of Erlanger
 - Northern KY University Center for Environmental Education
 - Girl Scouts of KY's Wilderness Road Council
 - Mostly grant-funded with some shared costs
 - *City installed WIFI at park*





City of Covington Collaborations

- City training program with high school youth
 - City-sponsored event
 - Indoor training
 - Outdoor EE/Sustainability tour through City of Covington
- Boys and Girls Club presentation/program
 - City-sponsored event
 - Indoor training/programming
 - Outdoor clean-up on Boys and Girls Club property



Take-aways?

- Outdoor programming does not require one to be an ‘outdoorsy’ person, but it helps
- Make use of relevant personal and business relationships!
- Outdoor programming can work in multiple types of places with many types of programs
- Starting with community partners can ease the transition if you have never programmed outdoors before
- If you program, they will come!

A scenic landscape featuring a river with many rocks in the foreground, a dense forest of evergreen trees in the middle ground, and mountains in the background under a soft, hazy sky. The scene is framed by a white border on a dark purple background with a palm leaf pattern.

**Just living is not enough... one
must have sunshine, freedom,
and a little flower.**

Hans Christian Andersen



THE WORLD IS BIG,
AND I WANT TO HAVE A GOOD LOOK AT IT
BEFORE IT GETS DARK

~JOHN MUIR



Questions?

See you
outside!

Jennifer.beach@kentonlibrary.org

www.kentonlibrary.org

NATURE BASED PROGRAMMING

NAN HILDESHEIM
HARDIN COUNTY PUBLIC LIBRARY



\$100 SOLUTION PROGRAM



- Early College and Career Center
- \$100 project for local student
- Garden beds

GARDEN CLUB OF ELIZABETHTOWN

- Approached by GC
- Collaborate with children/schools in the county
- Budget
- A year's worth of programs



PLANTING THE GARDEN

- Vegetable Garden
- Pizza Garden
- Pollination Station
- Donated Plants



LADY BUG RELEASE



- Smithsonian inspiration
- 4000 – 8000 ladybugs
- Front page of local newspaper
- 10 years of ladybugs

BUG SAFARI



FLOWER SHOW



PUTTING THE GARDEN TO BED



PUMPKIN PAINTING



NATURE ORNAMENTS





POLLINATION STATION





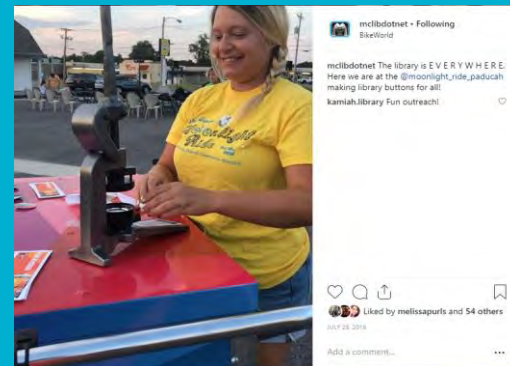
POLLINATION STATION



Get Outside!



Outdoor public library programming for adults



**Presented by Sarah McGowan,
Adult Services Manager
McCracken County Public Library**



Why outside?

- Being outdoors provides extensive physical and mental health benefits
- More festive atmosphere for programs
- More space
- More flexibility--expand types of events



Walking Book Discussions

- *“You’ll be surprised at how fresh air drives fresh thinking.”* –business innovator Nilofer Merchant in her TED talk on walking meetings
- Low key, small group discussion is easier to prepare for than traditional book club
- Pick titles available in multiple formats from your library including downloadable audio or Playaways
- Map accessible (wheelchair- and stroller-friendly) route beforehand

 **McCracken County Public Library** ●
October 11, 2018 · 🌐

👤 + 📖 = 100

What a perfect day for a stroll! Our first Fit Lit Walking Book Club racked up some steps and had a lively discussion about Bobbie Ann Mason's *In Country*.

#walkingbookclub #partakeinpaducah #librariestransform #affordablefitness #mymclub

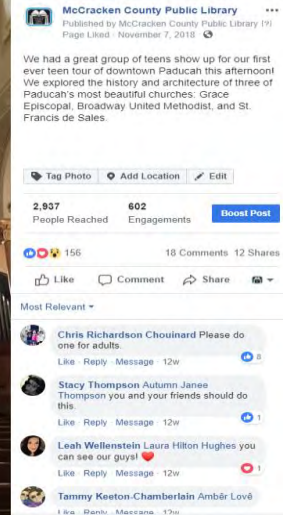


1,245 People Reached 145 Engagements [Boost Post](#)

👍👍 Angela C. Elder, Andrea Ewing and 47 others 4 Comments

Historical Walking Tours

- Great way to combine fresh air, accessible exercise and local history
- Sign up suggested, to limit group size



Bike Rides

- Partner with local biking group if possible
- Release of liability for participants
- “No rider left behind”
- Consider distance, route, how to handle intersections and staying together for bigger groups



mclibdotnet • Following
Oak Grove Cemetery

mclibdotnet Pedal in Paducah took us on a sunset ride to beautiful, historic Oak Grove Cemetery tonight 🌅
#affordablefitness #bikeride #fitness #librariesrock #libriestransform #librarylife #mymclib #paducah #paducahlife #partakeinpaducah #pedalinpaducah #localhistory
letsmoveinlibraries Way to move!!! I love this!

Liked by cybraaron and 48 others

AUGUST 28, 2018



mclibdotnet • Following
Paducah Riverwalk

mclibdotnet It was a picture perfect evening to Pedal in Paducah 🌅
#affordablefitness #bikeride #fitness #librariesrock #libriestransform #librarylife #mymclib #paducah #paducahlife #partakeinpaducah #pedalinpaducah
letsmoveinlibraries I look forward to learning more about this program. Pic looks amazing! Great job!

Liked by cougarlibrarian and 88 others

JULY 24, 2018

Add a comment...

Outdoor concerts and festivals

- Local band, a DJ, karaoke, bouncy house, bubbles, craft stations, face painting
- Outside means you can get messy!



Taking your regular programs outside

- Traditional lecture-type programming on outdoor topics (gardening, rock climbing, biking) can be done outdoors in nice weather
- Yoga or other exercise programs are great outdoors
- Increased visibility and easier to join in



Outdoor Outreach



mclibdotnet • Following
Paducah, Kentucky

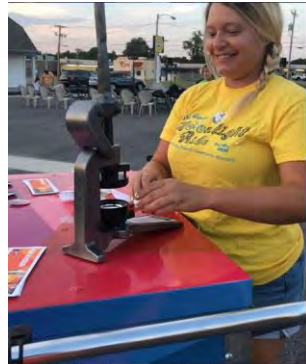
mclibdotnet The Christmas parade was especially lit this year! Merry Christmas from the Library! 🎄

#brarybikes #christmasparade #librarylife #mymclib #paducahlife #partakeinpaducah donna.hadfield How fun!! You all look amazing! bright!!
cougarlibrarian Little Rosie! 🐾

👍👍👍 Liked by mcgoochin and 92 others

DECEMBER 1, 2018

Add a comment...



mclibdotnet • Following
BikeWorld

mclibdotnet The library is EVERYWHERE. Here we are at the @moonlight_ride_paducah making library buttons for all! kamiah.library Fun outreach!

👍👍👍 Liked by mellissapurts and 54 others

JULY 28, 2018

Add a comment...



mclibdotnet • Following
Paducah, Kentucky

mclibdotnet We gave out several copies of Walter Dean Myers' 'HOOPS' as well as numerous other chapter and early books today while following the @paducahpublicschools food service around the city! Remember to bring those finished summer reading challenges back to the library and get your Brary Bear backpack before school starts! #mymclib #summerreading #bluegrassbookbuddies #kyb3

👍👍👍 Liked by cougarlibrarian and 51 others

JULY 7, 2017

Add a comment...



mclibdotnet • Following

mclibdotnet The summer slide is no match for a teacher AND a librarian! Ms. Zella joined our book donation crew yesterday morning. She said it was hot, but worth it seeing the smile on the kids' faces when they received their book. She even got to say hello to some of her students from McNabb Elementary! #books #librariarock #librariestransform #mymclib #paducah #paducahlife #partakeinpaducah #read #summerlearning #summerreading #summerstride #teacherlife

👍👍👍 Liked by cougarlibrarian and 46 others

JULY 17, 2018

Add a comment...

Future Plans

- Pop-Up putt-putt
- Star Walk (Summer Reading 2019 “A Universe of Stories” tie in)
- Gardening club

Connect with us!



@mclib



@mclibdotnet



@mclibdotnet



**Thank you to the
Institute of Museum and Library Services (IMLS)
for sponsorship of this webinar.**

Follow KDLA on Social Media!

@KDLALibDev



KDLALibDev



SAVE THE DATE

Register on the [KDLA CE Events Calendar](#)

35 Arts Programs in 60 Minutes

Wednesday, February 20, 1-2 pm ET (12-1 pm CT)

Lettuce Meets Lard: Cookbooks and Diet RA

Thursday, February 21, 10-11 am ET (9-10 am CT)

Newspaper Source & AltPress Watch

Wednesday, February 27, 10-11 am ET (9-10 am CT)

Read BeTWEEN the Lines: How to Reach & Serve the Tweens in Your Library

Wednesday, February 27, 2-3 pm ET (1-2 pm CT)

More webinars are available on our **Archived Webinars** page:

<https://kdla.ky.gov/librarians/staffdevelopment/kdlaarchivedwebinars/Pages/default.aspx>

Thank you for attending!

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