

# 3-C Newsletter

Conditioning, Customer Service, & Conservation



## SPRING SMOKIES SKI WALKING SCHOOL

March 22-May 24 • Monday Evenings • 5:00-6:30 PM  
Monteith Park, Dillsboro

### WHAT'S INSIDE THE SPRING ISSUE:

Walkie Talkies • p2

Arbor Day  
Celebration • p2

Qualla-T Customer  
Service • p3

Leopold Education  
Project • p3

2021 4-H Plant Sale • p4

### 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!

Register at: [swainskiwalkingschool.eventbrite.com](https://swainskiwalkingschool.eventbrite.com)



*White in bloom. Branching out a tree trunk.  
Life moving forward.*



## **WALKIE TALKIES**

**February 3, 10, & 24**  
**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.



## **ARBOR DAY CELEBRATION**

**April 23, 2021**  
**10:00 am - Noon**  
**Bryson City Veteran's Monument**  
*(in front of Old Courthouse Museum)*

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

Arbor Day is an annual observance that celebrates the role of trees in our lives and promotes tree planting and care.

As a formal holiday, it was first observed in 1872, in Nebraska, but tree planting festivals are as old as civilization. The tree has appeared throughout history and literature as the symbol of life.

Join us on April 23 for our **FREE Elderberry Seedling Give-Away!**



## QUALLA-T CUSTOMER SERVICE

**March 19, 2021**

**10:00 am - Noon**

**via Zoom (link emailed upon registration)**

Refine your customer service and hospitality skills that you use every day. Learn how to build and maintain a positive visitor friendly business atmosphere and community.

QUALLA-T CUSTOMER SERVICE integrates Cherokee and mountain values and attitudes into your workplace as a basis for providing excellent customer service.

**Register at:**  
**[swainqualla-t.eventbrite.com](https://swainqualla-t.eventbrite.com)**



## L.E.P. LEADERS WORKSHOP

**April 24, 2021**

**9:00 am - Noon**

**Smokey Mountain Elementary School  
Picnic Pavilion**

The Leopold Education Project (LEP) is a Conservation Education training for anyone that wants to expand their conservation practices and teach others. This 3 hour workshop teaches you how to observe, reflect and appreciate the land and use curriculum to "Read the Landscape." It is based on Aldo Leopold's "A Sand County Almanac" book.

By bringing students into direct contact with the land and posing questions that employ critical thinking skills, LEP gives citizens the background to reach decisions based on a land ethic.

**Register at:**  
**[swainlepworkshop.eventbrite.com](https://swainlepworkshop.eventbrite.com)**







## 2021 4-H PLANT SALE

Order by February 19, 2021

The Swain County Cooperative Extension is now taking orders for 3-4 foot tall apple, pear, plum and cherry trees along with 3 year old blueberry and 2 year old grape varieties. Additional options include, blackberry and raspberry transplants, flowering trees and shrubs and fruiting and flowering crabapples varieties. Prices range from \$6 to \$24. All plant material will arrive bare-rooted. The 4-H Plant Sale will run through Friday, February 19, 2021. All proceeds go to support 4-H programming in Swain County.

Call 488-3848 for more information. Orders and checks must be in our office by February 19, 2021 at 5:00 p.m. See link below for detailed ordering information.

[swain.ces.ncsu.edu/2021/01/2021-4hplantsale](http://swain.ces.ncsu.edu/2021/01/2021-4hplantsale)

**Robert J. Hawk, Extension Director**  
**Swain & Jackson Counties**  
[robert\\_hawk@ncsu.edu](mailto:robert_hawk@ncsu.edu)

Swain County  
Cooperative Extension  
60 Almond School Road  
Bryson City, NC 28713  
(828) 488-3848  
[swain.ces.ncsu.edu](http://swain.ces.ncsu.edu)

Jackson County  
Cooperative Extension  
876 Skyland Drive  
Sylva, NC 28779  
(828) 586-4009  
[jackson.ces.ncsu.edu](http://jackson.ces.ncsu.edu)

3-C 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.



NC State University and N.C. A&T State University commit themselves to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and marital status, gender identity, genetic information, national origin, political beliefs, race, religion, sex (including pregnancy), sexual orientation and veteran status. NC State, N.C. A&T, U.S. Department of Agriculture, and local governments cooperating.