

CRD Newsletter

Extension Community and Rural Development Events



SPRING SMOKIES SKI WALKING SCHOOL

April 4-May 23 • Monday Evenings • 5:30-6:30 PM
Smoky Mountain Elementary School Picnic Pavilion

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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!



Spring is nature's way of saying, 'Let's party!'.



ARBOR DAY CELEBRATION *FREE Tree Seedling Give-Away!*

April 22
10:00 am - Noon
Bryson City Veteran's Monument
(in front of Old Courthouse/Heritage Museum)

April 22
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 22 for our FREE Elderberry Seedling Give-Away!

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.





CUSTOMER SERVICE AND HOSPITALITY TRAINING

March 25
9:00 AM - 11:00 AM
Jackson County Extension Center

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.



WALKIE TALKIES

March 2, 9, 16, 23 and 30
April 6, 13, 20 and 27
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.





2022 ANNUAL 4-H PLANT SALE

Order by February 24, 2022

The Swain County Cooperative Extension is now taking orders for 3-4 foot tall apple, pear, and plum trees along with 3 year old blueberry varieties. Additional options include, blackberry transplants, flowering trees and shrubs and fruiting and flowering crabapples varieties. Prices range from \$6 to \$26. All plant material will arrive bare-rooted. The 4-H Plant Sale will run through Thursday, February 24, 2022. 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 24, 2022 at 5:00 p.m. See link below for detailed ordering information.

swain.ces.ncsu.edu/2022/01/2022-4hplantsale



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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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