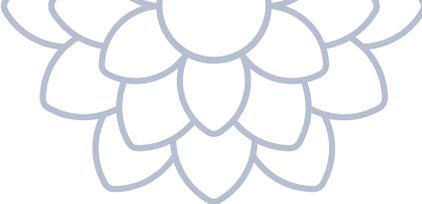


CRD Newsletter

Extension Community and Rural Development Events



SPRING SMOKIES SKI WALKING SCHOOL

April 8 - 29 • Monday Evenings • 5:30 - 6:30 PM
Monteith Museum & Park, Dillsboro

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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!

**SKI WALKING
COMPETITION**
May 6 - June 3

"The earth laughs in flowers!"
~ Ralph Waldo Emerson



April
26

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

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

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 26 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.

LEOPOLD EDUCATION PROJECT (LEP)

Available Upon Request

The Leopold Education Project (LEP) is a Conservation Education training for anyone (youth & adults) that wants to expand their conservation practices. This 5 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.

LEP gives citizens the background to reach decisions based on a land ethic.



QUALLA-T CUSTOMER SERVICE & HOSPITALITY

Available Upon Request

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.

FOR MORE DETAILS
on any of these program, contact:

Robert Hawk
CED Swain/Jackson County
robert_hawk@ncsu.edu
(828) 736-6919



WALKIE TALKIES

March 6, 13, 20, and 27

April 3, 10, 17 and 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.





2024 ANNUAL 4-H PLANT SALE

Order by February 22, 2024

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. Prices range from \$10 to \$36. All plant material will arrive bare-rooted. The 4-H Plant Sale will run through Thursday, February 22, 2024. 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 Thursday, February 22, 2024 at 5:00 p.m. See link below for detailed ordering information. Order Form enclosed and more details on page 5.

swain.ces.ncsu.edu/2024/01/2024-4hplantsale



Robert J. Hawk, Extension Director
Swain & Jackson Counties
robert_hawk@ncsu.edu

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

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

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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