



LARIMER COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

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Extension Advisory Committee Meeting Minutes

November 1, 2023
8:00 a.m. - 10:00 a.m. virtually via Zoom

Advisory Board members attending: Kara Rudnick, Matt Holloran, Kelly Pollard, Xochil Arellano, K-Lynn Cameron

Commissioners' Office: Commissioner Kristin Stephens

Extension staff attending: Cary Weiner, Andy Weakland, Alison O'Connor, Analecia Vasquez, Cari Brown, Christa Timmerman, Lisa Auer, Jess Callen, Diana Castro Gonzalez, Amber Webb, Rachel Wildman

CALL TO ORDER: at 8:02 a.m. by Kara Rudnick.

PUBLIC COMMENT: No public comment.

AGENDA REVIEW: Agenda is approved.

APPROVAL OF LAST MEETING MINUTES: Minutes approved with no changes.

BOARD FEEDBACK: Trends and issues in the community? Other items?

Kara: Let's start with introductions since we have so many people here.

Xochil: We have a new library being built in the community. This will not just be a library, but a community center and creative space located near Fossil Ridge High School. We are very excited.

Kara: It would be great to hold 4-H workshops and events there as well. When will the project be built?

Xochil: The city would like to break ground in 2024.

COUNTY COMMISSIONER LIAISON REPORT/COMMENTS:

Commissioner Stephens: We will be having a budget meeting on Monday, November 6, 2023. We have had a few budget engagement series with the community. Proposition HH will decrease our budget. We have two budgets prepared in case HH passes. If HH fails, we are looking at a property tax credit. If HH passes, there will be a few things we cannot add back into our budget. We asked all departments to submit negative proposals so we can be prepared. We won't be adding any new full-time employees next year. We are working as lean as we can. Costs at the jail have gone up as well as a few other expenses.

We have done a water series to educate the community about water issues in the county, be it drought conditions, or agriculture and municipalities sharing water. The last meeting will be on November 16, 2023. We are working on a water plan to make sure we are prepared for future drought or other issues that might arise.

INFORMATION ITEMS: (10 minutes, highlights)

4-H: (Rachel, Bailey, Pam, Diane and Diana)

- The 4-H Open House was a success! Approximately 60 families with 99 potential new members attended. Diana brought STEM activities and received positive feedback with requests to come to some of the kid's schools.
- 4-H online enrollment is open for the 2023-2024 year.
- Achievement Night will be on November 3, 2023, at The Ranch.
- Colorado Leadership Camp is on November 10-12, 2023, in Glenwood Springs. We have three members and one chaperone attending.
- The Jingle Bell Jackpot (youth livestock show) is on December 3, 2023.
- 4-H hosted a carcass seminar at CSU on October 12, 2023. Over 50 people attended.
- The beef projects orientation was on October 13, 2023.
- The second cohort of Juntos launched on October 19, 2023, at Poudre High School. Next year Diana plans to include a monthly family night.
- Diana attended Innovation Night at Windsor Charter Academy. There were more than 300 people in attendance.
- Diana is working with Rachel to see how Juntos families can participate in the Larimer County Fair.
- STEM is now at the Wellington Boys and Girls Club weekly.
- 2022-2023 4-H numbers: 769 youth (ages 8 through 18) with a 87% completion rate, 86 Cloverbuds (ages 5 through 7) with a 90% completion rate, and 269 adult volunteers.

Ag & Natural Resources (Jess):

- As Jess is getting settled into her new position, she has been meeting with various possible collaborators and stakeholders. These include the Larimer Conservation District and Natural Resources Conservation Service (NRCS). Additionally, she has been appointed as a leader for the soil health goal within the Larimer County Climate Change and Future Ready program.
- Jess is creating a database of various commodities producers and intends to meet with them in December to discuss current issues they may be facing and possible solutions.

- Since August Jess has completed six small acreage visits with three upcoming.
- Bailey and Jess completed a site visit and his expertise in livestock health and management was very helpful.
- Working with a new farmer in Larimer County that is starting a permaculture farm in Loveland. Also, assisting the Weld County Agriculture Specialist to advise another farmer that is starting a CSA in Carr, Colorado. Both farmers are completing their new farmer intake forms. Once those are done a determination can be made about how best Extension can help them to be successful.

Community Development (Lisa):

- The Spanish Aging Mastery program is underway with 11 participants, including one that attends virtually from Mexico. Cheryl Noble will be giving an Advanced Care Planning presentation to the class today.
- The Aging Mastery program in Spanish language will be held this fall on Tuesday afternoons beginning on September 5, 2023.
- FLTI facilitator training was held in Denver on September 25-28, 2023. We sent two facilitators in collaboration with La Familia to be trained. We are waiting to hear back from the evaluators if they will receive certification.
- FLI Larimer County continues to facilitate and co-coordinate the Nueva Vida Mobile Home Park community meetings.
- Lisa is working with a team to make the field at Nueva Vida safe for the kids by gathering donations for fences and soccer goals.
- Lisa attended the Community Empowerment event at the Fort Collins Senior Center providing resources and asking for feedback from community members about Extension programming.
- Working with La Familia to fund our next ten sessions. Phase one in the fall and phase two in the spring. Looking at doing the program during the day instead of at night. Both phases will be in both English and Spanish and open to the entire community.

Farmers' Market (TBD):

- The 2023 season wrapped up on October 28, 2023, with our 4-H Fall Festival.
- It was our most successful season to date for many reasons: a record number of vendors who applied and sold with us; the most SNAP and Double Up Food Bucks redeemed; we were selected as a WIC market; we had our largest gross sales in market history; and we had a wonderful intern who helped us plan monthly special events.
- Alison: We had record numbers for the market this year. We just heard that double up food bucks will be extended for the next two years. We will continue with WIC. Market Days was extremely successful. We are looking at hiring a new coordinator in the next few weeks.
- K-Lynn: We participated in the market this year. The growing season is so busy that We are still looking at how successful this year was. We will know more once we can gather all our information. I will say Fort Collins is one of the best markets in the state. The program this year to partner with the Larimer County Food Bank to purchase excess produce was a huge success.

Food Safety & Nutrition (Amber and Analecia): Please see Presentation section.

Health & Well-Being (Christa and Cheryl):

- Cheryl: The Market Days! year-end report will be finalized soon. We served 260 at-risk, older adults. We offered vouchers in September and October to encourage participants to come to the market. This was the program's original model before Covid, and we plan to go back to this procedure for 2024. CSU's Department of Human Development and Family Studies (HDFS) is finalizing a survey they did on the impact of Market Days! and health. Nearly 100 participants did the survey. In addition to the HDFS interns, we also had interns from the Nutrition Department. We are researching grant opportunities for next year.
- Cheryl: We had three outreach booths in September and October for Senior Access Points (SAP). One was at UHealth's Fall Prevention event and two at our market. We are exploring options with the Veterans Office to get SAP resources to older adult veterans in need.
- Cheryl did an Advanced Care Planning presentation to Lisa's Spanish Aging Mastery class. Our bi-lingual Market Days intern translated our materials to Spanish and Lisa arranged for an interpreter.
- Cheryl presented at Chilson Senior Center and will be in their events guide for two more presentations in the spring. Upcoming presentations include Good Samaritan and Mirasol Housing in Loveland, and VOA's Cadence and Sanctuary communities in Fort Collins.
- Christa: We received a \$5,0000 radon grant from the Colorado Department of Public Health and Environment to develop and implement a radon education campaign. We will partner with Larimer County Health Department and the City of Fort Collins to run a social media campaign that aims to increase knowledge and risk perception of radon in homes and provide free test kits. We are hoping to reach rural, low-income, and Spanish speaking communities in the County with our messaging.
- Christa is partnering with faculty at CSU's Human Dimensions of Natural Resources to explore nature-based approaches to reduce mental health and stress related issues. We helped the faculty apply for a grant through Larimer County Natural Resources to provide community education about nature and health and conduct community engagement to prioritize future projects/programs. Christa has also been attending local conferences and meetings related to mental health to assess where CSU Extension can be most beneficial with future programming. Lastly, we are partnering with Behavioral Sciences faculty to help recruit teens to participate in Learning to Breathe, a mindfulness curriculum and research study. Christa will observe the program and assess its fit with Extension as a future programming option.

Horticulture (Alison)

- Green School starts the week of October 30, 2023. There are 15 Apprentices who will be training as Master Gardeners for 2024 (45 applied; 27 were interviewed; 15 were selected).
- The Master Gardener sweet pepper trials were harvested on October 10 and the data will be compiled and published this fall/early winter. Over 800 pounds of peppers were donated to the Larimer County Food Banks in Fort Collins and Loveland.

- With Deryn Davidson, I taught a three-week series of classes for OLLI and we have been asked to do another series this spring!
- The Rocky Mountain Regional Turfgrass Conference will be December 5-7, 2023, at the Ranch in Loveland. With Eric Hammond, we'll be doing a workshop on tree identification and tree diagnostics.
- The Master Gardener recognition event will be held on Saturday, December 16, 2023, at Front Range Community College starting at 9:00 a.m.

General/Other (Cary)

- Save the date for Extension Showcase: January 31, 2024, 8:30 a.m. to 10:00 a.m., 200 W. Oak St., Fort Collins. Looking for Chair and other participation at the event and for video narration. We will need volunteers to help with the invitation list, proofreading the script, gift bag stuffing, event setup and interactive display stations.
- Advisory Committee members interested in serving beyond a second term can apply when applications are accepted, with preference given to new qualified applicants covering areas of topic expertise.
- Cari: We could use Advisory assistance with invitations and to go through the list if there is someone you would like to invite, please add them to the list. I will add the list to Google Drive so you can go through it. The main thing I would like to get settled on today is a choice for a narrator. Kara has been the narrator in the past.
- Kelly: I am happy to do the narration.
- Kara: I will do gift bag stuffing.
- Andy: I will send out an invitation for gift bag stuffing as well as put the invitation list on Google Drive.
- Matt: What is the rule around taking a gap year and then reapplying to be an Advisory Committee member?
- Kristin: Take a gap year after your second term and then re-applying is acceptable.
- Cary: Lastly, Pam Heeney will be retiring on May 31, 2024. She has been with Extension 43 years. Our goal is to have someone to come on before Pam leaves to do some shadowing in order to pass on some of the institutional knowledge she has.

PRESENTATION: Retail Food Safety/Family Consumer Science – Amber and Analecia (Refer to PowerPoint slides for presentation).

Retail Food Safety: Retail Food Safety Training program, Business Advisory Committee, NEHA, program impact and continued growth.

Family Consumer Sciences: MFSA volunteers recertification training, Larimer County Farmers' Market, consumer questions, seasonal food preservation classes, partnership with retirement community, Nourishing Yourself Well series, and AARP partnership.

- A. Lisa: I would just like to emphasize that making this available for the Spanish speaking community is tremendous.
- B. Alison: Do you have to do all the dorms at CSU? How does that work?
- C. Analecia: Yes, they should be certified, but I believe they work through ServSafe.

DISCUSSION: Draft Community Aims and Extension Indicators

Cary: I believe all this information was sent out by Andy last week. I have been working on this for a while now to identify and how to articulate what Extension is doing in the community and what the impact is. This is a rough draft. We thought it would be a good opportunity to gather and have the Advisory Committee members review this document and provide feedback.

Xochil: One question I have is with the budget. Are we going to be impacted by the changes to the county budget?

Cary: No, we will not be affected by any cuts to the county budget that may be proposed.

Xochil: I'd also like to get feedback from the staff. How is everyone doing? These are a lot of things that you are doing as a team.

Matt: One thing that jumps out a little bit is to consider how the activities of Extension can be used in synergy with other activities throughout the county to compliment those. For example, I am involved with the county's climate initiative. Components of what Extension does can be linked in with the efforts to lower emissions, invasive annuals, etc.

Cary: Matt, I think that is a great point and a fairly reasonable lift for us to do.

MEETING ADJOURNED: 9:23 a.m.

NEXT MEETING SCHEDULED: January 3, 2024, at 8:00 a.m.

Respectfully submitted,
Andy Weakland
November 1, 2023

Per the Americans with Disabilities Act (ADA), Larimer County will provide reasonable accommodation to qualified individuals with a disability who need assistance. Services can be arranged with at least seven (7) business days' notice. Please email us at aweakland@larimer.org or call (970) 619-6002 or Relay Colorado 711. "Walk-in" requests for auxiliary aids and services will be honored to the extent possible but may be unavailable if advance notice is not provided.