



LARIMER COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

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Extension Advisory Committee Meeting Minutes

July 3, 2024

8:00 a.m. - 10:00 a.m. virtually via Zoom

Advisory Board members attending: Kara Rudnick, Margaret Long, Dick Christensen, JoAnn Herkenhoff, Scott Hapner, K-Lynn Cameron, Kelly Pollard

Commissioners' Office: Commissioner Kristin Stephens

Extension staff attending: Cary Weiner, Andy Weakland, Alison O'Connor, Cari Brown, Rachel Wildman, Bailey Schilling, Diana Castro Gonzalez, Maggie Switzer, Christa Timmerman, Lisa Auer, Britney Filter, Jessica Callen

CALL TO ORDER: at 8:01 a.m. by Kara Rudnick.

AGENDA REVIEW: Adding a topic to the Larimer County Fair section regarding sign ups.

APPROVAL OF LAST MEETING MINUTES: March 6 and May 1, 2024 meeting minutes were approved.

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

Kelly: Advisory members bringing topics to the meetings. What can we do to bring information to the community about the pepper trials? Are there different ways we can reach out to the community?

- Alison and Cari shared what marketing activities were done to get information out to the community, as well as some further information on the pepper trials.

JoAnn: We really need to be more intentional in driving engagement concerning isolation and loneliness in older adults within our community.

- Cary shared that our Extension Specialists Christa Timmerman and Amber Webb would help drive outreach for this.

COUNTY COMMISSIONER LIAISON REPORT/COMMENTS:

Commissioner Stephens:

- Social isolation is part of our Strategic Plan in Larimer County.
- There will be a listening session and mock meeting of our Admin Matters on July 24, 2024.
- Property tax Propositions 50 and 108 will be on the ballot and could possibly cut into Larimer County services.
- Participating in community meetings around the county in order to highlight Extension and create awareness in the community.

INFORMATION ITEMS: (10 minutes, highlights)

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

- We welcome Britney Filter to the 4-H team!
- Junior Jam was held on June 14, 2024, and we had great feedback from the participants.
- The 4-H State Conference was held June 17-21, 2024. Results: First and fifth place for Individual in Family Consumer Science Skillathon, second place for the Skillathon Team, first place for Family Consumer Science Quiz Bowl Team, Ghana Elhemri is the District Two President and Tyler Kesterson is the State Vice President.
- Citizen Washington Focus was held June 20-June 27, 2024. Thank you Kara for chaperoning the trip!
- Winner's Choice Sheep and Goat Camp was held June 5-6, 2024, with 28 attending.
- Winner's Choice Hog Camp was held June 7-8, 2024, with 15 attending.
- Market Livestock numbers: 85 market beef, 120 market goats, 127 market lambs, 244 market hogs.

Ag & Natural Resources: (Jess)

- Thirty-five attended the Soil Health Demo Day for producers and ag specialists.
- Attended Climate Smart Future Ready Soil Health Action Committee second quarter meeting (intern working on actions).
- Working through converting Ag Producer Survey results into a report.
- Creating a farm tour with Colorado fruit and vegetable growers associations. The tour will consist of four farms in Larimer and Weld Counties. The tour is scheduled for August 17, 2024 and registration opened on June 28, 2024. The tour will be limited to 45 people and the cost is \$35.00. We will charter a CSU bus for the tour.
- Presented at Livermore community town hall meeting about agriculture heritage and resources and events that CSU Extension provides to farmers and ranchers.
- Presented at Weed Symposium with Estes Park Land Trust.
- Conducted five site visits during May and June.
- The Native Plant Master program is off to a great start this year.

Community Development: (Lisa) PRESENTATION

- FLTI is working in collaboration with La Familia regarding a 2025 FLTI Civic Learning Lab. The sessions are planned for the Spring.
- The Aging Mastery alumni group is meeting monthly. Last month the group received a presentation about brain health from a grad student at CSU.

- Lisa is working alongside Jordan Dunn with the support of Commissioner Stephens to host a Mock Admin Matters Day in July with language access in English and Spanish.
- Funding has been secured from the city of Fort Collins to support language access to residents of Fort Collins through Extension programming.
- Lisa is working alongside other community partners to host a neighborhood party for the inauguration of the Nueva Vida Soccer field on July 14, 2024.

Farmers' Market: (Maggie)

- 2024 weekly sales to date*: May 18: \$72,837 (increase of 3.47% from 2023), May 25: \$72,708 (increase of 1.92% from 2023) June 1: \$72,054 (increase of 41.76% from 2023), June 8: \$64,327 (increase of 0.19% from 2023, theory is there was a storm during the market and the Taste of Fort Collins event was going on at the same time), June 15: \$66,976 (decrease of 0.35% from 2023, theory is there were only 80 vendors present), June 22: \$68,614 (increase of 9.13% from 2023). *Sales include nutrition programs: SNAP, DUFB, Market Days, etc. *Sales are underreported; as some vendors still owe checkout form data (sales data) for various market dates.
- Average number of customers/visitors (to date): 3,292 individuals (not children).
- Recent special events: May 18: Opening Day celebration with all three Larimer County Commissioners present to ring bells and “open” the market, June 1: Market Days for Older Adults program, Food Bank outreach team present (more about Food Bank Bucks below), June 8: Front Range Ballet performances at market, June 15: Pride celebration at market, June 22: Commissioner Shadduck-McNally provided storytime to children.
- Upcoming special events: July 6: Market Days for Older Adults + Food Bank outreach team, July 13: fun-in-the-sun summer picnic celebration, August 10: National Farmers Market week.
- LCFM is partnering with the Food Bank of Larimer County to provide Food Bank Bucks that are good for fruits, vegetables, mushrooms, and herbs (produce). The Food Bank outreach team is at the market on the first Saturday of each month to give tours of the market and provide healthy cooking demonstrations as part of the Cooking Matters program. To receive Food Bank Bucks, people must participate in the tour and the cooking demonstration. \$285 in Food Bank Bucks were distributed on June 1, 2024 and \$175 have been redeemed by vendors thus far.
- This year we have 78 first time SNAP customers.
- LCFM is also in partnership with the Food Bank of Larimer County and the NoCo Foodshed Project in the “Veg Out” program, where the Food Bank purchases unsold produce at discounted rates after each market from vendors. Watch recent news about this [here](#).
- LCFM has partnered with Compost Queen to provide composting service for market vendors during market hours.
- Beginning August 3, 2024, Colorado “Produce Bonus” pilot program (eHIP) is transitioning SNAP doubling to a purely electronic system and no physical vouchers will be distributed. Produce vendors will accept SNAP/EBT directly and SNAP doubling will occur automatically on EBT cards.
- The city will begin construction on their Oak St. stormwater renovation project on July 8, 2024. The market team is preparing a vendor arrival plan as well as a communications plan for market customers.

Food Safety & Nutrition (Amber and Analecia)**Family and Consumer Science:**

- Amber received a CSU Front Range Regional Award for Outstanding Educator/Communicator.
- Master Food Safety Advisor Volunteers have started their shifts at the Larimer County Farmers' Market to reach consumers about food safety and preservation information. This is their largest outreach effort of the year.
- Amber is mentoring for the Extension summer internship program. She is hosting a CSU nutrition student to learn more about Extension programming.
- Amber, Christa and Lisa are partnering with a CSU faculty member that received a \$60,000 grant from CSU's Colorado Agricultural Experiment Station to fund a program called Health Without Barriers/Salud Sin Barreras in Northern Colorado. The six week mental health, nutrition and lifestyle intervention program is designed for underserved families and will be targeted in Larimer and Weld Counties.

Retail Food Safety:

- Analecia has added to her credentials by becoming a ServSafe instructor and proctor. She is also an Always Food Safe proctor, which includes a Spanish language exam option that has a higher success rate than other programs. The goal of multiple proctoring companies is to tailor to the needs of each participant or company/industry. With the added credentials the goal is to also reach larger corporate groups.
- Current totals: Certified Food Protection Management (CFPM): 72 total participants, 53 full class training participants, 83% passing rate. Food Safety Works (FSW): 47 total participants.
- Mishawaka (first year request) and Cheley Camps (second year request) have requested onsite FSW training. Mishawaka has requested training for their sister companies and a new location as well.
- Working with Poudre School District to certify all kitchen managers. This will be a large training with 50 or more participants.
- Collaborating with the Northern Colorado Hospitality Career Advancement Program and partnering with the Online Restaurant Academy to offer leadership training. This comprehensive digital program is specifically designed to equip participants with the skills, knowledge, and experience needed to excel in the local hospitality industry. The course was created by local industry leaders and focuses on leadership expectations for career advancement in retail, restaurants and hotel job opportunities here in Northern Colorado.

Health and Well-Being: (Christa and Cheryl)

- Healthy aging (Cheryl): Market Days for Older Adults started on June 1, 2024, to distribute vouchers for food-insecure participants to purchase fresh produce from our farmers' market. We have 157 participants this year. Vouchers are worth \$40. We continue to get referrals for advance care planning presentations and to provide assistance in completing the Medical Durable Power of Attorney and Living Will forms. From January-June, there were 60 people who completed their forms and 155 people attending presentations. Outreach for Senior Access Points (larimerseniors.org) is tied to

the advance care planning presentations along with unique opportunities with community partners. Meals on Wheels has allowed us to insert 400 SAP magnets into their lunch meal deliveries. Cheryl won the 2024 Extending Excellence Front Range Region Award for Community /Partner Engager at the Front Range Regional Conference in late May (yay!).

- Climate Smart Future Ready (Christa)- Christa is the co-lead for the Health Impacts Focus Team who is working on education and resources for Extreme Heat in the County. She has an intern who is helping to create infographic and social media materials for the county and partners to use. In addition, she was able to secure funding for 500 “Cooling Kits” that will be distributed throughout the summer targeting the most vulnerable populations to heat (older adults, infants/young children, people outside for long periods of time, and people with chronic medical conditions.). She will also be recording a podcast on June 24, 2024, to highlight the work with KRFC Community and Work.
- Nature and Health (Christa)- In partnership with CSU Human Dimensions of Natural Resources and the City of Fort Collins Natural Resources, we are hosting a free community event, Healthy by Nature, on July 27, 2024, from 11:00 a.m. to 2:00 p.m. at Lee Martinez Park. The event is an opportunity for families to learn about the many ways nature can improve our health and wellbeing. We will have a variety of hands-on learning activities, resources, and food. Christa is supervising a MPH intern, Vidusha, to evaluate the event and conduct informational interviews with stakeholder organizations on the topic of nature and health to learn about future program needs.
- Social Media and Technology and Youth Mental Health (Christa): Cari and Christa tried out a social media campaign directed at parents to provide education and online resources related to digital/internet influences on adolescent development and mental health. The campaign reached a total of 11,104 with a small budget of \$75. Christa hopes to expand and offer in-person education on this topic in the future with local partners.

Horticulture: (Alison)

- On June 28, Alison taught a class with Master Gardeners and faculty in the Department of Horticulture and Landscape Architecture for the Ram Scholars program, which supports special needs adults in learning life skills and obtaining a certificate in agriculture.
- In June, two classes were taught at the Chilson Recreation Center in Loveland. One was on gardening “hacks” and the other was on heat-loving perennials.
- In August, Alison will teach a class for AARP Colorado on garden herbs and we’ll make herb butters. The class will be at the Extension office.
- The Twilight Garden Series is held June 27, July 25, and August 29, 2024, rotating between the Gardens on Spring Creek and the CSU Trial Gardens. Extension is a supporting partner and Master Gardeners help with class coordination. Topics include irrigation, pollinators, and plants for bloom. The cost for each class is \$10.
- The Master Gardeners are averaging 25-35 calls/emails each week and Alison is handling about the same amount through Ask Extension and direct contacts, which is an increase from last year. Common questions include plant and weed identification, tree diagnostics, turf issues, and lawn conversions.

- Alison will be attending the National Extension Master Gardener Coordinator Conference in Santa Fe, NM at the end of August and has submitted a presentation to talk about the partnership with the Grow and Give program and the additional support Larimer County CMGs have provided with weekly updates/information and drop-off locations to make produce donations easier. To join Grow and Give, register [here](#). To donate produce, log your donations through [Fresh Food Connect](#).

General/Other (Cary)

- There are now eight Extension Advisory Committee members total, with three new members that are beginning new terms and one member that is finishing a vacant term.
- The roles of Advisory Committee: please use the opportunity during the agenda portion of the meetings to express your thoughts, needs, wants and anything else that you would like to share.
- 2025 Showcase is scheduled for February 27, 2025. Committee member support is needed from 8:00 to 9:30 a.m. Andy will send out a calendar invitation to Committee members.
- Cari has prepared a Larimer County Fair sign up in Google Drive for Committee members to assist with fair activities if they are available to do so. Andy will send out a link to the sign up sheet.

PRESENTATION: FLTI - Lisa

(Please refer to the PowerPoint presentation for further information).

- Community development and engagement
- Family Leadership Training Institute of Larimer County and the 2024 graduates
- Day at the state capital
- Aging Mastery program
- Nueva Vida community meeting
- Language access
- Questions/follow up. Scott asked for an explanation about the Juntos program from Diana

DISCUSSION: Approval of bylaws (passed).

FUTURE AGENDA ITEMS: Email Andy between meetings if there is something you would like to add to the upcoming meeting agenda.

MEETING ADJOURNED: 9:46 a.m.

Respectfully submitted,
Andy Weakland
July 3, 2024