





## SustainableLivingFair.org

SEPTEMBER 20-21 | LEGACY PARK | FORT COLLINS

Imagine if everyone knew your story and believed in you as much as you do. What could you accomplish then?





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# **Weekends With More!**

- More Music on Saturday with American Routes at noon, The Colorado Sound at 2 PM, Live@ at 8 PM, and KUNC Music overnight.
- More Storytelling on Sunday, with This American Life at 10 AM, The Moth at 11 AM and Snap Judgement at noon.
- Introducing Latino USA, State of the Re:Union, America's Test Kitchen, and On The Media to go along with Wait Wait Don't Tell Me, Car Talk, A Prairie Home Companion, and other weekend favorites.

# **Uniquely Northern Colorado**

915

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## Welcome to the 15th Annual Sustainable Living Fair!

The Sustainable Living Association is both proud and honored to be celebrating 15 years of environmental stewardship and community collaboration, and all planning efforts for this years' fair have been with that sentiment. Bringing a broad range of experience, longevity and organizational professionalism to the sustainable lifestyle movement, we're confident that we will be continuing to celebrate the achievements in sustainability of the Rocky Mountain region for the next 15 years, and beyond. Thank you for celebrating with us!

Kimberly Stein

Kimberly Stein, Program Director

## FAIR HOURS & ADMISSION

Saturday 10 am - 8 pm Exhibits open until 6 pm

Sunday 10 am -7 pm Exhibits open until 5 pm

\$10/day, \$15 for both, \$5 Students Kids under 12 FREE \$50 VIP All Access, \$10 Iron Horse Bluegrass (Best of Pickin' On Series) Concert Tickets SLA Members receive FREE admission – JOIN at the Main Entrance!

Powered By Nature<sup>™</sup>

The 15th Annual Fair is powered 100% by renewable sources.

## 970-224-FAIR www.SustainableLivingFair.org

The SLA does not endorse any specific products or services. Opinions expressed by presenters and exhibitors are their own, and do not necessarily reflect the opinions of the SLA or its Board of Directors. All schedules are subject to change.



## 15th Sustainable Living Fair Steering Committee

Amanda Broz, Signage Amy Alcorn, Operations Andy Kumar, Speaker Liason Angela Mitchell, Family Planet AnnMarie Kelnhofer, Green Living Aubrey Hake, Green Building BJ Kinney, Family Planet Stage Brandi Blanks, Family Planet Caitlin Philp, Silent Auction Chris Gugelman, Creator of Arts Dan Topolski, Entertainment Darren Hein, Parking & Perimeter Elliot Cooper, Operations & Energy Heather Hein, Family Planet Jacob Kimiecik, CSU Liason Jake Van Vonderen, Yoga Tent James Mitchell, Exhibitor Support John Long, Ambassador Julia Breul, Volunteers Justin Wagner, Bike Valet Kellie Falbo, Executive Director Kimberly Stein, Program Director Lauren Gleason, Family Planet Leslie Kulbeck, Main Entrance Linda Gonzales, Volunteers Lucas Erickson, Zero Waste Matt Mahern - Emcee Matt Price, Web Master Melissa Gugelman, Marketing Michael Friedman, Singnage Michelle Pietrafitta, Extended Workshops Mike McDonnell, Beer Garden Molly Fiechtl, Real Food Market Peter Eberle, Renewable Energy Rachel Bradley, Silent Auction Rachel Rambo, Decor Ray Sanchez, Set-Up & Take-Down Sheila Cox, VIP & Green Room Steve Yochum, Support Tony Falbo, Beer Garden Trinity Bigford, Workshops

## SUSTAINABILITY .....

to systemically, creatively and thoughtfully utilize environmental, human and economic resources to meet our present needs and those of future generations without compromising the ecosystems upon which we depend.

....come see us at the Fair.



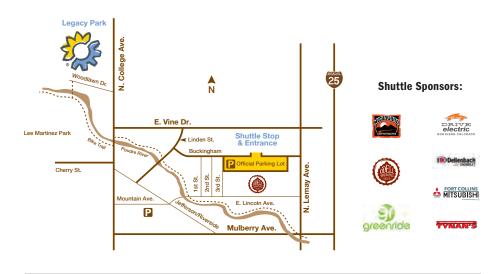
fcgov.com

## **Ride the Bio-Bus**

NEW PARKING LOT for 2014! We have a 12-acre lot just north of Odell Brewing that will be available to ALL fair-goers this year. A FREE shuttle bus will run every 15 minutes to-and-from the Fair both days, compliments of the Mishawaka Event Bus, and Green Ride Colorado. We encourage EVERYONE to park here all day both days. Handicapped parking available at the fair venue.

## **Drive an Electric Car**

Another option is to ride to the fair in the cleanest and greenest of transportation – An Electric Car! Through a partnership with **Drive Electric Northern Colorado, Tynan's Nissan, Fort Collins Mitsubishi** and **Dellenbach Chevrolet** - if you park in the official Fair parking lot behind Odell Brewing, you can ride or drive to the Fair in an electric vehicle.





## **Ride Your Bike**

Situated on the Poudre River Bike Trail, on the banks of the River, our Fair grounds are a biker's dream. With ample bike valet parking, easy access from nearly anywhere in Fort Collins, and bike techs available to help with any problems, biking to the Fair makes the most sense. Your superb services are offered by Social Cycles, Bike Valet Services.

If you're traveling into Fort Collins for the Fair contact the Fort Collins Bike Library **www.fcbikelibrary.org to** reserve a bike for the weekend of the Fair. This is an easy to use service that makes a big difference.



**Live Music** 

WEDNESDAYS 4 - 6PM

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EVERYDAY

## **Keynote Speakers**

## Saturday, Sept. 20, 12:30 pm

Greg Michaud The Old Feed Store



Greg Michaud instructs the Backyard Chicken series and Bio-intensive Gardening Course for the Sustainable Living Association's year round workshop series. Greg is a long-time holistic

gardener turned sustainable eco-farmer/healthfoodie with training in organic certification inspection. He & his wife Patty run "The Old Feed Store" and "The Old Farm Stand: A Clean Food Alliance," in Laporte, Colorado, hosting local growers and food producers in farmers market and farm-direct sales support.

## Saturday, Sept. 20, 2 pm

Melanie Warner Author & Freelance Journalist



Melanie Warner is a freelance journalist who writes about the food industry. Her book on processed food, Pandora's Lunchbox: How Processed Food Took Over the American

Meal, was published by Scribner in February 2013. Pandora's Lunchbox tells the story of what happens to processed foods before they reach our plates and exposes the industries that create much of what we eat today and that are partly to blame for our nation's health crisis. She has worked as a reporter for the New York Times, a senior writer at Fortune magazine, a freelance writer for Men's Journal and Fast Company, and a blogger for CBSNews.com. Melanie lives in Boulder, Colorado with her husband and their two boys.

## Sunday, Sept. 21, 12 pm

Larry Korn Author & Educator



Larry Korn is an educator, consultant, editor and author in the fields of permaculture, natural farming, sustainable landscaping and local food production. He spent several years working on

the Japanese island of Skikoku as a student of Masanobu Fukuoka, farmer, philosopher, and a leader in the worldwide sustainable agriculture movement. Korn helped translate and edit the English language versions of Fukuoka's books, bestseller The One-Straw Revolution and Sowing Seeds in the Desert. Korn studied Chinese history, soil science, and plant nutrition at the University of California, Berkeley and has written articles for such publications as Mother Earth News, Rodale's Organic Gardening, and Tilth.

## Sunday, Sept. 21, 2 pm

Kim Jordan New Belgium Brewing

Kim Jordan is CEO and Co-Founder of New



Belgium Brewing Company in Fort Collins, Colorado. As a classic basement startup, New Belgium's beginnings were entrepreneurial; it's now the third largest craft brewery and the first brewery in the United

States to specialize in Belgian style beers. New Belgium is known for its commitment to environmental stewardship, and under Kim's leadership, they have developed a set of interwoven practices that include employee ownership, high involvement culture, advocacy and of course drinking beer together.

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FOR MORE INFORMATION ABOUT THE PLANET BLUEGRASS COMMITMENT TO SUSTAINABILITY:



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## Main Stage Entertainment Schedule

## Saturday, September 20th

More Than Physics 9:30-10:30 (drumming - opening ceremony)

Finnders & Youngberg Bluegrass 11 – 12 pm

Greg Michaud, Keynote Speaker 12:30 – 1:30 pm

Kurt Humann Acoustic Solo 1:30 – 2 pm

Melanie Warner, Keynote Speaker 2 – 3 pm

Matt Mahern & Constitution 3:30 – 4:30 pm

The Holler! 5 – 6 pm

Iron Horse Bluegrass (Best of Pickin' On Series) 6:30 – 8 pm

## Sunday, September 21st

Blackbird 10:30 - 11:30 am

Larry Korn, Keynote Speaker 12- 1 pm

Michael Kirkpatrick Solo 1 – 1:45 pm

Kim Jordan, Keynote Speaker 2 – 3 pm

Sumatra Belly Dancers 3:30 – 4 pm

Blue Grama Bluegrass 4:30 – 5:30 pm

The Mason Howlings with Jason Downing 6 – 7:30 pm

**Beer Garden Stage** 

Special thanks to Kurt Humann, for his musical performance on the Beer Garden stage throughout the weekend and Matt Mahern, for his EMCEE duties on the Main Stage.





# Saturday Schedule

	Yoga Tent	Family Planet Stage	Family Planet Workshops	Eat Local Tent
10:00 AM	Invigorating Vinyasa Yoga w/Nicole			
10:30 AM		Morning Yoga for Kids		
11:00 AM			Raw.Phyto.Joy. The Wunder of Juicing, Andrea Ridder, Wunder	Investing in your Local Foodshed, Gailmarie Kimmel, Local Food
11:30 AM	Therapeutic Yoga: Upper Body w/Barb	Kidz Band!	Juice	Shift
12:00 PM				
12:30 PM		Geneva's Acting Improv		
01:00 PM	Up Your Energy! w/Marianne		Build your Own Renewable Energy Robot, John Howe	Animal Welfare: Humanely Providing Sustainable Meat,
1:30 PM		Music Dance Party		David Ruedlinger, Whole Foods Market
2:00 PM		Fair Scavenger Hunt, Ben Mayer	The Magic of Coconut Oil, Mariposa Blvd	
2:30 PM	Partner Massage Techniques for Everyone w/Dana			
3:00 PM			Recycled Art	A Truly Sustainable Diet for the 21st Century, Nancy Eason, Fort
3:30 PM				Collins Chapter Weston A. Price Foundation
4:00 PM 4:30 PM	Forward & Backward Bends for Spinal Bliss! w/Andrea	Soul Kitchen Dance	River Watch, Ben Mayer	Meet and Join Northern Colorado Food Cluster
4:30 PM 5:00 PM				

6:30-8 PM Main Stage Entertainment with Iron Horse Bluegrass "Best of Pickin' on Series"

# Saturday Schedule

Grow Local Tent	Green Living Tent	Green Building Tent	Renewable Energy Tent
Greenhouse Design 101 - Marc Plinke, Ceres Greenhouse Solutions	Creating & Keeping a Healthy Home-Mary Pat Aardrup, City of Fort Collins & Deborah Young, College of Argicultural Sciences CSU	Passive House and Zero Energy Homes, Brian Fuentes, Fuentesdesign LLC	Fort Collins Home Energy & Renewable Energy Program Update, John Phelan, Fort Collins Utilities
Making the Most from your Edible Landscape & Garden - Robyn Dolgin, Wild Iris Living	Community Funded: The Future of Fundraising-Blue Hovatter, Community Funded	Graywater Reuse in Colorado-Status and Regulations - Larry Roesner and Sybil Sharvelle, Colorado State University	Home Energy Efficiency: Where do I Begin? - Jeff Von Breitenfeld, Habitation Solutions
	Herbalism: The How & The Why, Sarah Josey, Golden Poppy Herbal Apothecary	Residential Energy Audits- Jeff Von Breitenfeld, Habitation Solutions	
Increasing the Quality of the Food Supply - Shawna Lyons, Bio nutrient Food Association	Renewablue- A Fort Collins Original-James W. Mitchell, Renewablue	AIA: Why Sustainable Design starts with the Architecture, American Institute of Architects	Addressing Energy Poverty w/ Innovative Efficiency & Renewable Energy Solutions-Sebastian Africano, Trees Water People
Cut your Water Bills & Save Colorado- Jim Tolstrup, High Plains Environmental Center	Fire your Banker - Mark Squibb		

## **Sunday Schedule**

	Yoga Tent	Family Planet Stage	Family Planet Workshops	Eat Local Tent
10:00 AM	Fluid Power Flow Yoga w/Kate			
10:30 AM		Morning Yoga for Kids		
11:00 AM			Benefits of Home- schooling - Andie Brunson Williams	Traditional Veg- etable Fermentation & Preservation - Marni
11:30 AM	Therapeutic Yoga: Lower Body w/Jean			Wahlquist, Vitalcul- tured Food
12:00 PM		Geneva's Pretty Good Joke Show		
12:30 PM				
1:00 PM	Yoga for Climbers w/ Erik		River Watch, Ben Mayer	Growing Microgreens- Kathy Hatfield, Rasp- berry Hill Farm
1:30 PM				
2:00 PM			What does A Holistic Doula Do? - Heather Hein, The Center for	
2:30 PM	Stretch & Relax w/ Whitney		Light and Balance	
3:00 PM			Build your Own Renew- able Energy Robot - John Howe - Preston	Chicken Care 101-Greg Michaud, The Old Feed Store
3:30 PM			Middle School	
4:00 PM	Partner Yoga! w/ Andrea & Nicole	Soul Kitchen Dance	Fun with Food, Nicole Eckman, Enlightenment Nutrition	Advanced Chicken Care-Greg Michaud, The Old Feed Store
4:30 PM				
5:00 PM				

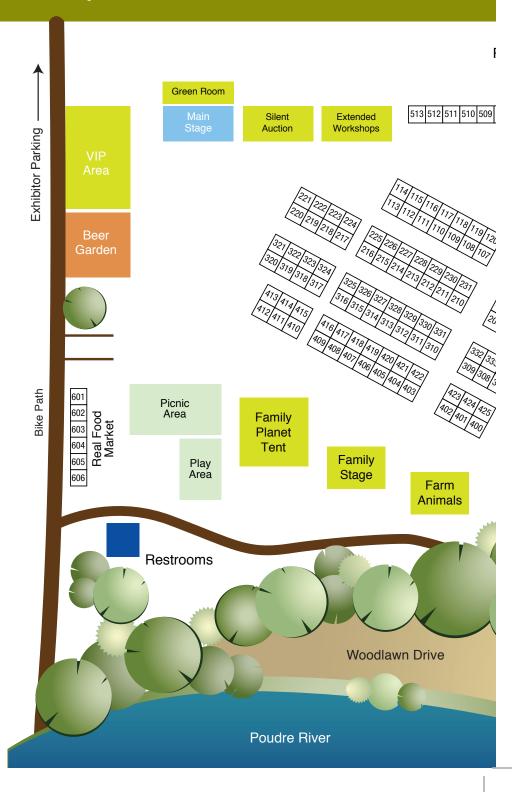
6-7:30 PM Main Stage Entertainment with The Mason Howlings with Jason Downing

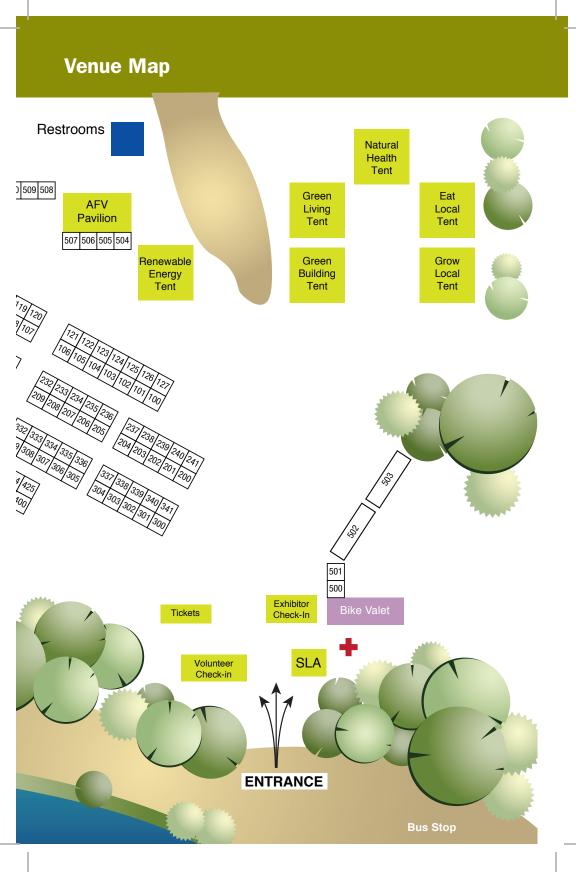
# Sunday Schedule

Grow Local Tent	Green Living Tent	Green Building Tent	Renewable Energy Tent
Aquaponic Gardening- Sylvia Bernstein, The Aquaponic Source	Electric Vehicles: Save Money with Sustainable Driving- Annie Freschlag, Drive Electric Northern Colorado	Green Building Basics and LEED 101 - Michael Chalona, US Green Building Council Colorado Northern Branch	Community-Owned Solar: The New Model for Solar Ownership, Clean Energy Collective
Intro to Backyard Bees- Greg Michaud, The Old Feed Store	Creating a Natural Medicine Cabinet & First Aid Kit w/ Essential Oils-Lauri Pointer, Energy Healing & Wellness	Agriburbia: Building the Infrastructure for the Next Generation of Farming-Quint Redmond, AgrinNETx LLC	Residential Solar Photo- voltaic-ls it Right for Me? - Benny Mosiman, Solar Consultant
Masanobu Fukuoka's One Straw Revolution, Larry Korn	Extended Workshop: Building an Electric Vehicle - Mark Laken, EV Advocate	LEED Green Remodeling - Ellen Dibble, Twinsprings Technologies	Off-Grid Solar Energy Systems - Dan Fink & Dan Bartman, Other- power.com

Rea	assive House within leach - Eric Harrington, larrington Construction	Homebrew Wind Power: Got Wind? - Dan Bartman & Dan Fink, Otherpower. com

## Venue Map





# WE ARE YOUR LOCAL MARKET PRACTICING AND ADVANCING ENVIRONMENTAL STEWARDSHIP.

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## Join the Sustainable Living Association!

Members make it possible. From sustainable building practices to backyard food production, all of the Sustainable Living Association educational initiatives start with the dedication and support of members like you.

Stop by the SLA booth at the Main Entrance or visit our website to become a member today! www.SustainableLivingAssociation.org

### **Individual Members Receive:**

- Resources on how to live more sustainable through articles, newsletter and events
- · Free admission to Sustainable Living Fair
- · 10% discounts on year-round workshops, plus select workshop that are free to members
- Free admission to Green Drinks networking events

### Student/Senior Member (55 or older) \$25

#### **Individual Member \$50**

#### Family Member (2 tickets to the Fair) \$75

**Giving Levels With Additional Benefits** (Benefits build on each other at higher levels)

#### Supporting Member \$150

Recognition on our website and an organic cotton Sustainable living Fair t-shirt

Sustaining Member \$250 Four VIP, all-access passes to the Fair

Visionary Member \$500 Free workshops for an individual for a year

Empowered Member \$1,000 Special invitation to fundraising parties and events



#### **Business Members Receive:**

- "Promise to the Planet" Partnership Seal for your website and marketing materials, plus a window decal
- · Business name with link on our website
- · 20% discount on all exhibitor booth fees
- $\cdot$  Free admission to the Fair for two
- · 10% discounts on year-round workshops, plus select workshop that are free to members
- Free admission to Green Drinks networking events

### **Business Member \$150**

## Non-Profit Member \$100

**Business Levels with Additional Benefits** (Benefits build on each other at higher levels)

#### Sustaining Business Member \$250

Your logo and tag line on our website member page, plus four VIP, all-access passes to the annual Fair

### Visionary Business Member \$500

Free workshops for one employee for a year

#### Empowered Business Member \$1,000

Special invitation to fundraising parties and networking events, plus a 2" x 2" advertising space on our website Advanced Energy inverters installed at the Colorado State University Foothills campus

Founded in 1981, Advanced Energy of Fort Collins is a global leader in power-conversion solutions used in thin-film plasma manufacturing and solar energy generation. We are a proud global manufacturer and a local sponsor of the Sustainable Living Fair to support a more sustainable future.

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WHY SUSTAINABILITY STARTS WITH THE ARCHITECTURE

A discussion on the practice of architecture in designing a sustainable future

Justin Larson, Principal Architect, AIA, NCARB





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302	Animal House Rescue & Grooming 970 224 3647 www.animalhousehelp.org	107
	Aspen Grove Marketing 970 559 1108 www.aspengrovemarketing.com	106
	BackHome Magazine 828 696 3838 www.backhomemagazine.com	400/
336	Backyard Poultry Magazine 970 392 5628 www.backyardpoultrymag.com	422
	Bath Garden Center 970 4845 022 www.bathgardencenter.com	200-2
605	Bear's Backyard Grill www.bearsbackyard.co	239-2
Family Planet	<b>BeginAgain</b> 925 209 7609 www.beginagaintoys.com	203
603	Ben& Jerry's Scoop Shop 970 407 0899 www.benjerry.com/fortcollins	233
501	<b>Big Shot Bikes</b> 970 775 1233 www.bigshotbikes.com	101
	<b>Bohemian Foundation</b> 970 221 2636 www.bohemianfoundation.org	204

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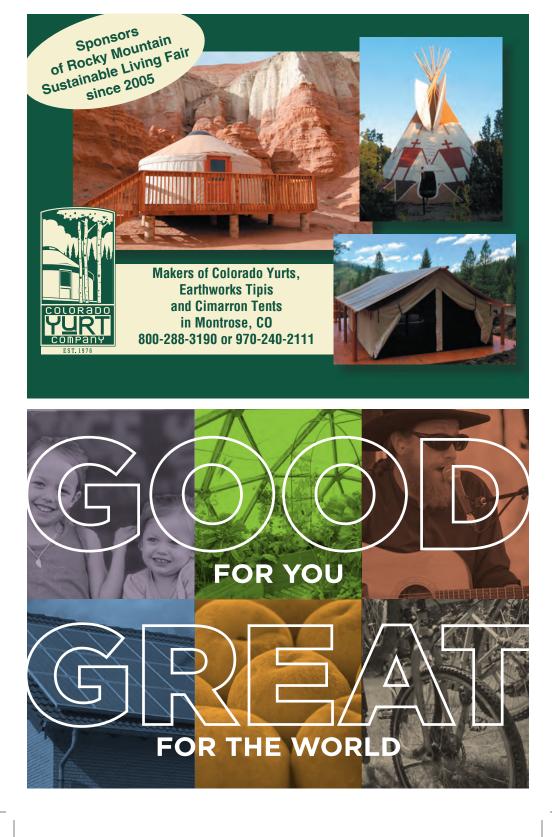


## A Zero Waste Event!

From the very beginning the Sustainable Living Fair has worked to reduce the amount of waste produced over the course of the weekend. Times have changed significantly since our first event in 2000. We now have access to better compostable materials, methods of recycling, and a broader awareness of the reality that when we "throw something away" it never, really goes "away".

Essential partners have made our goals possible. Our Real Food Market vendors and our Exhibitors commit to a sustainability plan and Zero Hero works with us to gather and sort Fair waste properly. Volunteers will be on-site to help.

Please use the green waste diversion tents provided by Zero Hero that you will find placed around the fairgrounds. Bring your own water bottle, your own utensils for eating in our Real Food Market, and purchase your beverages in our Beer Garden – you keep the reusable pint glass. Thank you for doing your part!



# Do you know a business you'd like to nominate for the Sustainability Contribution Award?

We're looking for businesses and non-profit organizations that are making exemplary contributions to sustainability in the Northern Colorado region. We are looking for those who have made significant efforts towards implementing sustainable practices, reduced environmental impacts through their work, and/or developed innovative concepts to support our regional economy. Tell us about a business that has inspired you and why you think they should be selected as the 2014 winner!

**"Honoring those making a significant and positive impact towards the conservation and preservation of our planet."** Nominations are due by September 22th, five finalists will be selected in each category and winners will be announced at the Annual Awards Dinner on November 7th from 6-10pm at the Agave Room, above the Rio Grande Restaurant.

## Nominee Information (select only one)

Outstanding Non-Profit	Stand Out Business
Name	(required)
Email	(valid email required)
Address	
City, State, Zip	
Phone	

Tell us why you think this business should be selected:

## What Inspires You About this Business?

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\* Outstanding Non-Profit of 2013 – Trees, Water and People

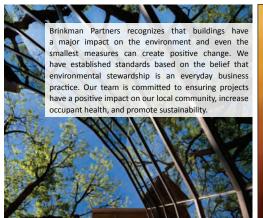
\* Stand Out Business of 2013 - Brendle Group

Drop this form off at the Main Entrance on your way home from the Fair or mail it to: Sustainable Living Association, 9860 Poudre Canyon Road, Bellvue, Colorado 80512



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## Workshops - Eat Local

## Eat Local **Workshops**

## Saturday, September 20th

## **Investing in your Local Foodshed** 11-12pm

Gailmarie Kimmel, Local Food Shift

Enjoy directly supporting farm/food enterprises? What's after Farmers' Markets and CSAs? Learn about local efforts, including Living Soil Investments (Slow Money group in Northern Colorado) and advocacy for affordable farmland.

#### Animal Welfare: Humanely Providing Sustainable Meat 1-2pm

David Ruedlinger, Whole Food Market

Whole Foods Market's David Ruedlinger, meat coordinator, Rocky Mtn. Region will explore key topics/trends related to animal welfare as it applies to providing sustainable meat. Key areas will include: Whole Foods Market standards and what this entails; including an overview of the revolutionary 5-Step<sup>™</sup> Animal Welfare Rating Standards and the company's work with nonprofit organization, Global Animal Partnership, Retailer Lens: The process of meeting with Rocky Mountain farms and ranches to ensure they meet the Whole Foods Market standards, Benefits of practicing animal welfare.

### A Truly Sustainable Diet for the 21st Century 3-4pm

Nancy Eason, Fort Collins Chapter Weston A. Price Foundation

A truly sustainable diet will provide for optimal human health AND long-lasting environmental health. Learn how to eat for the well-being of you and your family and the earth!

## Meet and Join Your Northern Colorado **Food Cluster**

4-5pm

Are you interested in creating a healthy community through a resilient, local food system? Come learn about what the new NoCo Food Cluster can do for your community, including: Eating fresh local food, creation of new jobs, share projects and learn from others, and health for everyone.

## Sunday September 21st

## **Traditional Vegetable Fermentation** & Preservation

11am-12pm Marni Wahlquist, Vitalcultured Food

Have you ever wanted to ferment your own vegetables but were afraid to try? Come learn vegetable fermentation basics. The health benefits are vast and the process is simple. We'll ferment a batch of vegetables together and get you comfortable transforming the seasonal bounty into naturally preserved goodness.

### **Growing Microgreens**

1-2pm Kathy Hatfield, Raspberry Hill Farm

This workshop will give you tips and tricks to help you get started growing microgreens to add extra nutrients, color, and flavor to your meals.

## Chicken Care 101

3-4pm

Greg Michaud, The Old Feed Store in LaPorte

Want chickens? Learn the basics to convince you that you too can become a backyard flockster! We will discuss the fundamental requirements for happy chicken ownership. Topics include feed/water needs and equipment options; shelter and predator protection requirements including coop design elements; breed selection; startup and maintenance costs, and more.

## Advanced Chicken Care

#### 4-5 pm

Greg Michaud, The Old Feed Store in Laporte

Got chickens? This workshop will discuss advanced poultry topics such as brooding home-grown chicks, providing local/natural food





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sources, disease and pest problems, raising poultry for meat, use of chicken tractors and egg mobiles, culling non-producing hens, winter management issues, and other areas of interest to experienced flocksters.

## **Grow Local Workshops**

## Saturday, September 20th

Greenhouse Design 101 11am-12pm Marc Plinke, Ceres Greenhouse Solutions

What do you want to grow this winter? Which greenhouse is right for you? This 'big-picture' presentation will give participants an overview of different greenhouse types and styles on the market, presenting their major advantages and disadvantages. Participants will learn key strategies for making any greenhouse more energy-efficient and versatile. A special focus will be given to greenhouses specifically tailored for the Colorado growing region (cold-weather, high-altitude, intense sun, intense snow environments). With greenhouses, local food can happen year-round.

## Making the Most from Your Edible Landscape and Garden

1-2pm Robyn Dolgin, Wild Iris Living

Learn how to establish a highly productive edible landscape to complement your raised bed garden area. Find out which fruiting trees, shrubs, vines, small fruits, veggies and herbs to include in your plant selection. Take home cultural requirements along with useful design concepts for a successful transition in making your property an edible oasis. Tips for extending the harvest season in the vegetable garden will also be included.

## Increasing the quality of the food supply 3-4pm

Shawna Lyons, Bionutrient Food Association

Introduction to the importance of soil health in regards to nutrient levels in foods and ultimately to your health.

## Cut Your Water Bills And Save Colorado 4-5pm

Jim Tolstrup, High Plains Environmental Center

Northern Colorado consumes billions of gallons of water annually at enormous environmental and economic cost. Participants will learn to transform thirsty turf grass into beautiful, sustainable, and affordable native grass.

## Sunday September 21st

#### Aquaponic Gardening 11am-12pm

Sylvia Bernstein, The Aquaponic Source

Aquaponics is a revolutionary system for growing plants by fertilizing them with the waste water from fish in a sustainable closed system. A combination of aquaculture and hydroponics, aquaponic gardening is an amazingly productive way to grow organic vegetables, greens, herbs, and fruits, while providing the added benefits of fresh fish as a safe, healthy source of protein. On a backyard scale aquaponic systems can be built from reclaimed materials and thrive on fish feed you can grow yourself. On a larger scale, it is a key solution to mitigating food insecurity, climate change, groundwater pollution, and the impacts of overfishing on our oceans.

## Intro to Backyard Bees

#### 1-2pm

Greg Michaud, The Old Feed Store in LaPorte

Learn the basics of back yard beekeeping, how to get started, what equipment you will need, setting up a hive and how to maintain it for long term success.

## Masanobu Fukuoka's One-Straw Revolution 3-4pm

Larry Korn

Masanobu Fukuoka was a Japanese farmer who developed a revolutionary way of growing crops according to his unique way of seeing the world. This workshop will discuss his life's work.

# Have you hugged your chicken today?

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## **Green Living Workshops**

## Saturday, September 20th

## Creating and Keeping a Healthy Home 11-11:50 am

Mary Pat Aardrup, City of Fort Collins & Deborah Young, College of Agricultural Sciences at CSU.

Learn about healthy cleaning recipes and effective techniques to deal with unwanted pests.

### Community Funded: The Future of Fundraising 1-1:50 pm

Blue Hovatter, Community Funded

The future of fundraising: We will demonstrate how Community Funded provides a new, innovative way to fundraise, raise awareness about the things you love, and connect with your community.

#### Herbalism: The How & the Why 2-2:50 pm

Sarah Josey, Golden Poppy Herbal Apothecary

Join Clinical Herbalist, Sarah Josey, owner of the Golden Poppy Herbal Apothecary, for this fun and informative workshop on basic home herbalism geared for all levels. Herbs are not only a great way to help keep your family feeling healthy year round, but they are also relatively inexpensive compared to conventional medicine. In this workshop, you'll learn about some of the most common herbs that are easy to use at home, as well as how and when to use them. Having a basic understanding of herbalism is an excellent and sustainable skill to posses.

## **Renewablue - a Fort Collins Original**

#### 3-3:50 pm

James W. Mitchell, Renewablue CEO

Please join Renewablue CEO, James W Mitchell, to learn the new real estate process that builds resource efficiency into any home purchase or sale, and the financing. We'll discuss how to eliminate the up-front costs of going green by leveraging the rebates and incentives to greater impact what can be done to you home, and your carbon footprint.

## Fire your Banker

4-4:50 pm Mark Squibb

A Redneck's strategy for fancy living on an extreme budget. Basic techniques to maximize living space quality, at minimum cost using simple tricks, local-harvest materials, and shrewd shopping. Our final projected completion cost for our 4200 sq ft premium living space is about \$30 sq/ft.

## Sunday, September 21st

## Electric Vehicles: Save Money with Sustainable Driving

11-11:50 am Annie Freschlag, Drive Electric Northern Colorado

Curious about whether an electric vehicle is right for you? We will discuss why electric vehicles are not only a friend to your wallet, but also a clean and safe alternative to gas-powered vehicles. Learn about purchase prices, federal and state tax rebates, and low operating and maintenance cost of EVs. Also learn about why Northern Colorado is one of the best places to drive electric!

## Creating a Natural Medicine Cabinet & First Aid Kit With Essential Oils

1-1:50 pm

Lauri Pointer, Energy Health & Wellness

Come learn some basic information about the use of essential oils, figure out what essential oils to use for common first aid and personal health issues, and explore how to economically build your own essential oil medicine cabinet. We will learn about how these gentle, non-toxic essential oils are anti-inflammatory, analgesic, anti-bacterial, and anti-viral and possibly the most profound health support we may see and experience in our lifetime. You will learn how to create a basic first aid kit and how to stock your medicine cabinet with essential oils to remedy headaches, treat cuts and bruises, disinfect,



## **Workshops - Renewable Energy**

and decrease nausea, morning sickness, motion sickness, jet lag, indigestion, muscle soreness, insomnia, stress, etc. We will also explore the effectiveness of essential oils in clearing the emotional trauma associated with various injuries and illnesses.

### Electric Vehicle Extended Workshop 3-4:50 pm

#### Mark Laken, EV Advocate

Gain the knowledge to consider performing your own electronic vehicle conversion in this two part hands-on workshop. Starting with a classroom session, attendees will learn basic principles of EV conversions, EV component selection, cost and safety considerations and online resources. Then, we will do an in-depth hands-on review of a 1969 VW Beetle that has been converted to electric power.

## Renewable Energy Workshop Tent



### Saturday, September 20th

## Fort Collins Home Efficiency & Renewable Energy Program Update

11am – 12 pm John Phelan, Fort Collins Utilities

Want to know what's new with Fort Collins Utilities' energy efficiency and renewable energy programs? Fort Collins Energy Services Manager, John Phelan will update attendees on the current and up-coming energy programs for residential and business customers including the residential solar rebate program, energy efficiency rebates, the solar feed-in-tariff program for businesses, demand response and the community solar garden initiative.

#### Home Energy Efficiency: Where Do I Begin? 1 – 2 pm

Jeff von Breitenfeld, Habitation Solutions

Considering making your home more energy efficient and comfortable? It all begins with a Residential Energy Audit that will establish your roadmap to greater efficiency and energy independence. Jeff von Breitenfeld of Habitation Solutions will cover the benefits of energy audits, pitfalls of making bad energy efficiency retrofit choices, audit rebate programs, and the components of an energy audit.

### Addressing Energy Poverty with Innovative Efficiency and Renewable Energy Solutions 3 - 4 pm

Sebastian Africano, Trees Water & People

Join Trees, Water & People's International Director Sebastian Africano as he provides an overview of TWP's 16 years combating energy poverty in Central America, Haiti, and on US Tribal Lands. TWP Program Director, Sebastian Africano will discuss energy solutions that help alleviate poverty abroad and at home on Native American Reservations.

## Sunday, September 21st

## Community-Owned Solar: The New Model for Solar Ownership

11am – 12 pm Clean Energy Collective

Have a shaded roof? Have a limited budget? Do you rent? These are all typical barriers for consumers to directly participate in renewable energy, specifically residential Solar PV. The Community-Owned Solar model (aka Solar Gardens, Solar Farms) is one of the newest solutions to make solar more obtainable to the whole community.

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# Workshops - Renewable Energy

#### Residential Solar Photovoltaic – Is It Right for Me? 1 – 2 pm

Benny Mosiman, Solar Consultant

How do you determine if your house is right for solar PV? What are the considerations you should take relative to sizing, orientation, etc.? What are your financing options? Benny Mosiman, a solar consultant, will cover evaluating your house's potential, design considerations, rebates, and various financing and ownership considerations. Benny Mosiman is currently a solar consultant with Solar City and previously with Pure Logic Clean Energy Systems.

#### **Off-Grid Solar Energy Systems**

3 – 4 pm

Dan Fink & Dan Bartman, Otherpower.com

Dream of living off the grid? Living off the grid presents many challenges and many rewards. This workshop covers the basics of how to generate and store electricity to power an off-grid home or cabin, and how to design and install a system that makes off-grid living fun and easy.

#### Homebrew Wind Power: Got Wind? 4 – 5 pm

Dan Bartman & Dan Fink, Otherpower.com

Colorado and west are blessed with ample wind resources and wind power is an excellent off-grid companion to solar. Dan Bartman and Dan Fink, authors of Homebrew Wind Power, will cover how to build your own small-wind turbine system. They will also address evaluating if wind is right for you and other siting and sizing considerations.

## **Green Building Workshops**



#### Saturday, September 20th

#### **Passive House and Zero Energy Homes**

**11am – 12 pm** Brian Fuentes, Fuentesdesign LLC

After 15 years of experience designing and building net zero energy, straw bale and passive house type homes in Boulder and around Colorado, Architect and Builder Brian Fuentes AIA will share case studies of real green building projects and the lessons learned on what works, what doesn't and where the best place to put your money for truly ecologically-minded, healthy, resilient homes.

# Graywater Reuse in Colorado - Status and Regulations

1 -2 pm

Larry Roesner and Sybil Sharvelle, Colorado State University

In May of 2013 the Colorado Legislature passed HB1044 allowing graywater reuse in Colorado. This presentation describes the provisions of the bill, the status of Rulemaking at CDPHE, and what you can do to help get graywater reuse moving in Colorado.

#### **Residential Energy Audits**

## 2-3 pm

Jeff Von Breitenfeld, Habitation Solutions

This session covers the benefits of energy audits, pitfalls of making bad energy efficiency retrofit choices, audit rebate programs, and the components of an energy audit.



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# Workshops - Green Building

#### AIA: Why Sustainable Design Starts With the Architecture

3 - 4:30 pm American Institute of Architects

Panel discussion with four leading architectural firms in sustainable design.

#### Sunday, September 21st

#### Green Building Basics and LEED 101

11am - 12 pm Michael Chalona, U.S. Green Building Council Colorado Northern Branch

This session is designed for those less familiar with green building terminology and concepts. It includes an overview of the core components that go into the industry's most widely used green building codes, rating systems, and programs. After this session attendees will be able to: describe the impacts buildings have on the environment; identify the key principles of a green building program; locate a LEED certified project in their community.

#### Agriburbia: Building the Infrastructure for the Next Generation of Farming

1 - 2 pm Quint Redmond, AgrinNETx LLC

How will local food really work? How and where will infrastructure be placed to capture 50, 60 or even 80% of the food requirements within any given "local" area? Even more pressing is the workforce and the skill that will be required and how we will develop 30 million farmers in the coming years.

#### **LEED Green Remodeling**

**3-4 pm** Ellen Dibble, Twinsprings Technologies

Want to start a LEED gut remodel? Learn about LEED documentation for a passive solar earth sheltered home remodel, including solutions for Colorado's expansive soils and radon mitigation.

#### **Passive House Within Reach**

4-5 pm Eric Harrington, Harrington Construction Passive House is the most rigorous building energy standard in the world and is doable for many. Learn how we design and build them using low cost and environmentally friendly materials.

# YOGA and Natural Health Workshops

Old Town Yoga is offering a full weekend of yoga with all of your favorite Old Town Yoga teachers whe will be teaching emotion



who will be teaching special classes in their areas of expertise.

#### Saturday, September 20th

Invigorating Vinyasa Yoga 10 - 11 am, with Nicole

Vinyasa is an athletic form of yoga where participants are led through a sequence of yoga postures is a flowing fashion. Prepare to be challenged, to have fun and to relax deeply at the end!

#### Therapeutic Yoga: Upper Body 11:30 - 12:30 pm, with Barb

We all experience joint pain at some point in our lives. This is a great gentle class for anyone currently experiencing mild to moderate pain in the upper body as well as those who wish to take preventative action.

#### UP Your Energy! 1 - 2 pm, with Marianne

Come experience some unique movements and breathing practices to charge your energy, awaken your chakras and get your blood moving!

#### Partner Massage Techniques for Everyone! 2:30 - 3:30 pm, with Dana

Come learn beautifully simple and amazingly effective massage techniques that you can share with friends and family anytime, anywhere! Bring a partner or we will assign you one! Amy Alcorn 970-599-1108 Amy@AspenGroveMarketing.com

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## Forward & Backward Bends for Spinal Bliss!

4 – 5 pm, with Andrea

Backbends are strengthening, forward bends are releasing and a yoga practice combining both can be liberating and exhilarating! You're only as old as your spine so come take years off with this important class!

#### Sunday, September 21st

#### **Fluid Power Flow Yoga**

10 - 11 am, with Kate

Step into this dynamic and challenging vinyasa yoga practice and tap into your inner power through mindful movement, postures and deep breathing!

#### Therapeutic Yoga: Lower Body 11:30 - 12:30 pm, with Jean

We all experience joint pain at some point in our lives. This is a great class for anyone currently experiencing mild to moderate pain in the lower body as well as those who wish to take preventative action!

#### **Yoga for Climbers**

#### 1 – 2 pm, with Erik

This class will focus on climber-specific stretches and yoga poses and on building core strength, balance, and flexibility. This class will also help prevent injuries with counter moves to climbing. All levels and non-climbers are welcome!

#### Stretch & Relax

#### 2:30 - 3:30 pm, with Whitney

Come experience some blissful stretching of many of the common areas of tightness in the human body and at the end you'll be able to relax like never before! These stretches are so good that you'll want to do them everyday!

#### **Partner Yoga!**

#### 4 - 5 pm, with Andrea & Nicole

Partner Yoga provides an opportunity to fully embrace the meaning of yoga: union, by bringing people together through movement, play, and breath. In this class, partners will rely on each other's support to keep optimal body alignment, balance and focus while moving through a variety of postures!

# **Family Planet Workshops**

#### Saturday, September 20th

#### Raw.Phyto.Joy - The Wunder of Juicing 11 – 12am

Andrea Ridder, co-owner of Wunder Juice, will share juicing strategies and recipes to help you feel more vital and fabulous. Join us for an informative and hands on hour to talk about the healing effects of raw, fresh juice for your family and how to get fresh produce into your diet.

# Build Your Own Renewable Energy Robot

Join John Howe and choose from a wide variety of Award Winning Robots to build while learning the science and math from local educators and CSU Engineering students. With alternative energy playing such a pivotal role, there is no better time than now to start our youth on the path of learning basic concepts behind these technologies. Ages 7-17

#### The Magic of Coconut Oil with Mariposa Blvd. 2 - 3 pm

Whether you are already a lover of coconut oil or just curious why it seems to be everywhere these days, you'll learn something new here! Eat it, wear it, and more. Join us to talk coconuts, coconut oil and learn some DIY skin care too!

#### **Recycled Art**

3 – 4 pm

Come play with Recycled items and create works of art with local artist and art teacher from Poudre High School. Learn about the value of things we throw out every day while we explore ways in which these items can be used in creative and artistic ways.



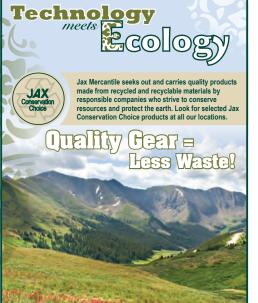
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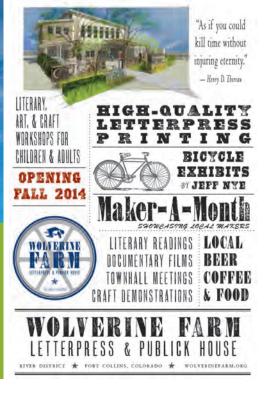
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# **Workshops - Family Planet**

#### **River Watch**

4 – 5 pm

We all live downstream. With that in mind, Colorado River Watch is charged with the important task of keeping an eye on the condition of Colorado's water. Among our volunteer stewards are middle and high school students who are in charge of collecting, analyzing, and reporting this information, which is then used in the Clean Water Act decisionmaking process.

#### Sunday, September 21st

#### Homeschooling

#### 11am – 12 pm

Andie Brunson Williams, Homeschooling Extraordinaire will discuss the benefits of homeschooling, resources for parents and teachers, and how to get started with your little ones on their homeschooling journey.

#### **River Watch**

1 – 2 pm

We all live downstream. With that in mind, Colorado River Watch is charged with the important task of keeping an eye on the condition of Colorado's water. Among our volunteer stewards are middle and high school students who are in charge of collecting, analyzing, and reporting this information, which is then used in the Clean Water Act decisionmaking process.

#### What Does a Holistic Doula Do? 2 - 3 pm

Come and learn how a doula can work with your provider to create a positive birth experience using different modalities of health and wellness. Emotional, Physical, Mental, and Spiritual health are huge contributors to prenatal, labor, and post-partum care, and Heather from The Center for Light and Balance will show you how to integrate them into your journey to parenthood.

#### Build Your Own Renewable Energy Robot 3 - 4 pm

Join John Howe and choose from a wide variety of Award Winning Robots to build while learning the science and math from local educators and CSU Engineering students. With alternative energy playing such a pivotal role, there is no better time than now to start our youth on the path of learning basic concepts behind these technologies. Ages 7-17

#### Fun With Food 4 – 5 pm

Join Nicole Eckman, Integrative Nutritionist from Enlightenment Nutrition consulting, to learn about the benefits of eating REAL, fresh, local foods. We will have an interactive presentation discussing REAL foods, where they come from, and the benefits they provide to our bodies. This will be an experiential learning program geared toward children, ages 8 and under.

This workshop is to teach kids how to have fun with fruits and veggies as they make art on a plate. Children will learn what each of the produce does to help their bodies stay strong and healthy, while making fun and easy designs. Kids can eat their art when they are done.

### Family Planet Stage Saturday, September 20th



Morning yoga for kids 10:30 - 11:30 am

Kidz Band! 11:30 - 12:30 pm

Come and play the musical instruments to create a cacophony of beautiful sound together! No music experience necessary, but bring an instrument if you've got it! Locally owned Mawson Lumber & Hardware has been serving the northern Colorado area since 1927.

Open Monday – Friday 7am – 5pm

www.MawsonLumber.com



lardware

Drive Electric Northern Colorado is a first-of-its-kind, community-wide initiative designed to achieve widespread deployment of plug-in electric vehicles in the Northern Colorado region.

Let's Charge Our Community

-acebook.com/driveelectricnoco

info@driveelectricnoco.org

www.driveelectricnoco.org

#### **Test Drive an Electric Car TODAY!**

Park at Odell Brewing Company or stop by the DENC booth at the Sustainable Living Fair to test-drive some of the latest EV models for FREE. For convenient parking and personal shuttles there will be vehicles to drive to and from Odell Brewing Company during fair hours

Participate Saturday and Sunday during fair hours.



# Workshops - Family Planet / Extended

#### **Geneva's Acting Improv**

12:30 - 1:30 pm

Come join local teen actor Geneva Hein in an exploration of acting, using The Lorax as a springboard to understanding the value of sustainability practices through acting. A part for everyone!

#### **Music-Dance Partv**

1:30 - 2 pm

Fair Scavenger Hunt with Ben Mayer 2 – 3 pm

Soul Kitchen Dance 4-5 pm

Get up and move with Soul Kitchen and shake it with this fun and interactive dance activity.

#### Sunday, September 21st

Morning yoga for kids 10:30 - 11:30 am

**Geneva's Pretty Good Joke Show** 12 – 1 pm

Come join the crew of the main stage and bring some good jokes to share. If you don't have a good one, come up and pick from a prepared array of jokes that you can tell in the spotlight!

#### Soul Kitchen Dance 4:30 - 5:30 pm

Get up and move with Soul Kitchen and shake it with this fun and interactive dance activity.

#### **Ongoing Activities**

Meet the Farm Animals with Cresset Farms, Wild Earth Studios Earth Art for Kids, Outdoor Games, Seed Planting, Hay Bale Forts, Arts & Crafts, Giant Bubbles, "Brick" Building and more.

# **Extended Workshops**

#### Saturday, September 20th

#### Get Your Hands on Solar

Curtis Scheib, Eco Depot USA Saturday, 11 am – 3 pm

In this hands-on workshop we will cover the basics of solar electricity and solar thermal systems. We will build a portable solar buggy while discussing all of the components used. Extended workshops are free! However, you must register in advance for all extended workshops. Check in at the main entrance to the fair or visit our website in advance.

#### **Chicken Coop Construction**

Andy Metton from Homegrown, LLC Saturday, 11 am – 3 pm

Learn how to build a chicken coop in this hands-on building workshop. We will discuss various coop styles, how to choose your design, materials needed and how to source them economically. We will then focus on two coop styles and construct them together. One coop will be economically built with mostly salvaged materials; the other coop will be designed for durability and aesthetics.

#### Sunday, September 21st

#### Greenhouse Dome Construction

Joel Gustafson of Rocky Mountain Roots **Cooperative Farms** Sunday, 11 am – 2 pm

Learn to build a geodesic dome in this hands-on building workshop. Geo-domes are affordable, simple and make for strong weather resistant greenhouses. We will cover planning, site preparation, picking a size and style that fits your needs, finalizing measurements and sourcing materials. Attendees will learn two different dome styles and will be asked to work all the tools used in the fabrication of the poles to gain comfort and confidence in taking on the project at home.

# **Responsible Electronics Recycling**



As of July 1, 2013 electronics were banned from Colorado landfills. Choose I.T. Refresh, a responsible recycler, to manage your electronics.

- I.T. Refresh is locally owned and processes all electronics at their facility in Fort Collins.
- I.T. Refresh does not export whole, untested units overseas.
- All data is destroyed properly with data indemnification assurance.

the REAL recycler."





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