

City of Kenmore



City of Kenmore - 18120 68th Avenue NE Kenmore, WA 98028 Phone: 425-398-8900
Agendas also available at www.kenmorewa.gov E-mail: cityhall@kenmorewa.gov

City Council Special Meeting

January 18, 2022 - 6 p.m.

VIA ZOOM - LINK: <https://us02web.zoom.us/j/88978122581>

US: +12532158782,,88978122581# or +16699009128,,88978122581#

Or Telephone: Dial US: +1 253 215 8782

Webinar ID: 889 7812 2581

I. CALL SPECIAL MEETING TO ORDER - 6 PM

II. ROLL CALL

III. STUDY SESSION AGENDA

- A. Bastyr Community Initiatives with Dr. Devin Byrd, University President, and Dr. Jeanne Galloway, Vice President for Advancement and Enrollment Services
[City of Kenmore & Bastyr University - Community Proposal](#)

IV. ADJOURNMENT

BASTYR UNIVERSITY & CITY OF KENMORE

January 18, 2022

Devin Byrd & Jeanne Galloway

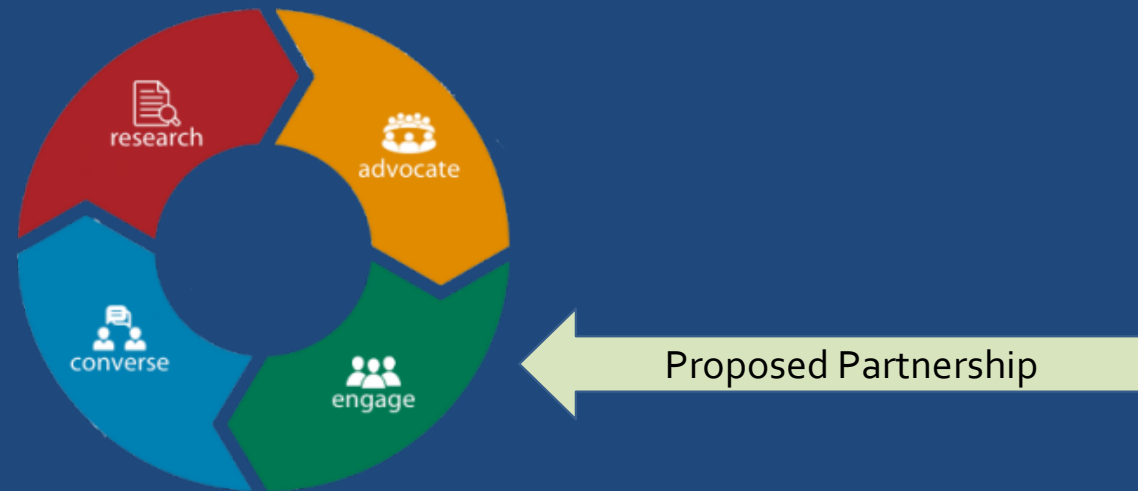
BASTYR UNIVERSITY: VISION

“As the world's leading academic center for advancing and integrating knowledge in the natural health arts and sciences, Bastyr University will transform the health and well-being of the human community.”

BASTYR UNIVERSITY: MISSION

“We educate future leaders in the natural health arts and sciences. Respecting the healing power of nature and recognizing that body, mind and spirit are intrinsically inseparable, we model an integrated approach to education, research and clinical service.”

THE BASTYR COMMUNITY INITIATIVE (BCI)



THE BASTYR COMMUNITY INITIATIVE (BCI): COMMUNITY ENGAGEMENT



BCI:
Community
Engagement



Connect to
Kenmore
(CTKe)

CONNECT TO KENMORE (CTKE)

City of Kenmore & Bastyr partnership promoting a health city
American Rescue Plan Act (ARPA)

City of Kenmore - ARPA High Level Strategy

- Provide immediate relief to residents in need
- Provide immediate relief to businesses in need
- Position the City, community, and businesses to transition into a post-COVID era
- Consider enduring, legacy project(s) that will be bold investments in Kenmore's future

How the Bastyr University Proposal Meets ARPA Funding Criteria

- The City of Kenmore, as a recipient of ARPA funds has broad flexibility to identify and respond to pandemic impacts beyond the uses previously enumerated by the U.S. Department of Treasury. ([Coronavirus State & Local Fiscal Recovery Funds: Overview of the Final Rule](#))
 - Recognition that COVID-19 has impacted families in fundamental ways, not just in the loss of health or life. There is an opportunity to use funds to support public health initiatives, particularly as they related to those individuals or families disproportionately impacted by the events of the last two years.
1. Assist households that experienced food insecurity (page 17 of the U.S. Treasury Ruling)
 2. Support public health ... by addressing impact on public health as well as addressing economic harms to households... (page 6).
 3. Support food assistance (page 18).
 4. Improve the efficacy of public health and economic programs through outreach (pages 28 & 29).

The proposed Bastyr University and City of Kenmore Collaboration is supportive of the strategic outline of the City Council and ARPA funding requirements.

THE BASTYR COMMUNITY INITIATIVE (BCI): COMMUNITY ENGAGEMENT



BCI:
Community
Engagement



Connect to
Kenmore
(CTKe)



Connect 2
Kids (C2K)

DEVELOPING HEALTHY COMMUNITIES BY INVESTING IN THEM

- Population density and rising cost of living have contributed to stress and food insecurity within the Kenmore community.
- We have an opportunity to empower our youth to understand the human impacts of the problem and take action, by teaching them innovative ways to grow and cook whole foods, apply nutrition and herbal medicine, and adopt an active lifestyle. This action will not only raise awareness and build resiliency skills for every kid in the Northshore School District, but will provide fresh food to residents in need.
- Our commitment to public health includes removing barriers to our programs, creating access for all.

CONNECT TO KENMORE (CTKE)

City of Kenmore & Bastyr partnership promoting a health city
American Rescue Plan Act (ARPA)

Connect 2 Kids (C2k)

- Offer more sports and exercise options
- Connect Bastyr's health and wellness expertise/programming with community
- Reduce Food Insecurity for Kenmore Elementary & Kenmore Middle school students
- Innovations for long term impact

Populations

- Kenmore Elementary (48% students qualify for free/reduced lunch)
- Kenmore Middle (40%+ students qualify for free/reduced lunch)
- Inglemoor High School
- All K-12 children and adolescents living in Kenmore

COMMUNITY ENGAGEMENT



BCI: Community
Engagement



Connect to
Kenmore (CTKe)



Connect 2 Kids
(C2K)



Exercise
Science/Nutrition

EXERCISE SCIENCE AND NUTRITION

- Week-long, summer day camps including a sport, a nutrition topic and a mind-body topic (in collaboration with botanical medicine / holistic landscape and psychology). Examples:
 - soccer, cooking a daily meal together, and functional fitness
 - hiking, cooking a daily meal together, organic gardening
 - watersports (kayaking), cooking a daily meal together and yoga
- Week-long day camp focused on joyful movement, nourishment and body positive therapy for children living in larger bodies who experience shame and discrimination.
- Week-long day training camps for fall sports to help athletes maintain conditioning including sports (e.g., soccer), sports nutrition and cooking (different topics daily), and sports psychology.
- Week-long day camps for children who suffer from anxiety and depression focused on spending time in nature, group therapy, cooking and nutrition.
- School program that would allow a small cohort of students to attend a series of activities/classes (monthly), building upon knowledge and skills gathered over a period of time (school year).
- Additional areas of opportunity: **Adult camps** for those who desire to accelerate healthy behavior change or need structure to implement changes. Friday night, Saturday and Sunday retreats focused health topics, cooking, psychology and fitness/movement.

COMMUNITY ENGAGEMENT



NUTRITION

Nutrition/Cooking classes

- 2-week (or multi-day) summer classes
- Kids learn in the Bastyr University nutrition lab
- Capstone experience for students with signature cooking demonstration
- End of camp – students are provided with cooking sets and utensils for their own home and food supplies from Bastyr University for a period of time
- Potential to extend experience beyond the summer

COMMUNITY ENGAGEMENT



FARMING/GARDENING: HYDROPONICS LAB (GREENHOUSE, CONTAINER) & SOIL

Allows for year-round opportunity for research, camps, community engagement

- 1) Kid labs/camps*
- 2) Address food insecurity issues for kids and families in need
- 3) Grow herbs for Bastyr labs, research and other didactic classes
- 4) Serve local food bank programs
- 5) Serve local community via a “Bastyr Garden Market”

* End of camp: Students are provided a soil or a mini hydroponics garden in their home and seedlings from Bastyr University for a period of time.



FARMING/GARDENING

Programming found only at Bastyr: Agroecology, Nutrition Science, and Botanical Medicine

We envision 2-3 week camp experiences for K-12 students with the following modules:

Regenerative Agroecology

- Interdisciplinary hands-on classes covering botany, soil science, permaculture, gardening, composting, climate change, etc.

Farm-to-Fork Nutrition

- Bringing agroecology, nutrition education, and foundational cooking skills together

Nature's Apothecary

- Empowering young people to support their health over a lifetime using accessible culinary and medicinal herbs (teas, salves, first aid, etc.)

Sacred Seeds

- Forest-based classes highlighting Native Coast Salish traditions in land stewardship, wild edible and medicinal plant knowledge, and social-emotional teachings from native trees and plants

COMMUNITY ENGAGEMENT



MOBILE LAB: STEM FOCUS

- Connection between Botanical Medicine and Nutrition
 - Bastyr Mobile Nutrition Lab (BMNL)
 - Use food from hydroponics lab and existing soil garden
 - Connection with Elementary, Middle and High School students – Mobile Nutrition lab
 - Provide a focus on the food supply chain and sustainability (visit Kenmore neighborhoods)
 - Provide food for community events

[SFA mobile food lab](#)



BENEFITS

BENEFIT (STEM): INNOVATION & PROVIDING HANDS-ON EXPERIENCE TO YOUTH ACROSS AGES AND BACKGROUNDS



BENEFIT: SUPPORTING FOOD ACCESS & PUBLIC HEALTH (HEALTHY LIFESTYLES)

- Weekly Farmer's Market accepting SNAP EBT, WIC & Senior FMNP vouchers
- Public Nutrition / Cooking Demos
- Herbal Medicine products and education
- Research initiatives (low-resource controlled agriculture, relationships between soil microbiology and health, integrated pest/disease management, climate adaptations, etc.)
- Adult Continuing Education opportunities
- Raise curiosity and promote healthy eating with exotic crops like tatsoi, mizuna, and radicchio and nutrient dense vegetables.
- Create learning opportunities around crops with nutrition seminars to teach community members and students how produce fits into a healthy and holistic lifestyle.

BENEFIT: KENMORE COMMUNITY ENGAGEMENT

Community observation of a commitment to promoting and exploring innovative technologies.

Encourage **Kenmore residents** to think critically about their food and inspire sustainable solutions at their own homes.

Tours, talks, cooking demonstrations, harvest parties, CSA programs, course integrations, farm-to-table events, outreach to the Kenmore community.

Basic home hydroponic units (bookstore, online) available with Bastyr University /City of Kenmore branding.

BENEFIT: COMMITMENT TO ENVIRONMENTAL SUSTAINABILITY

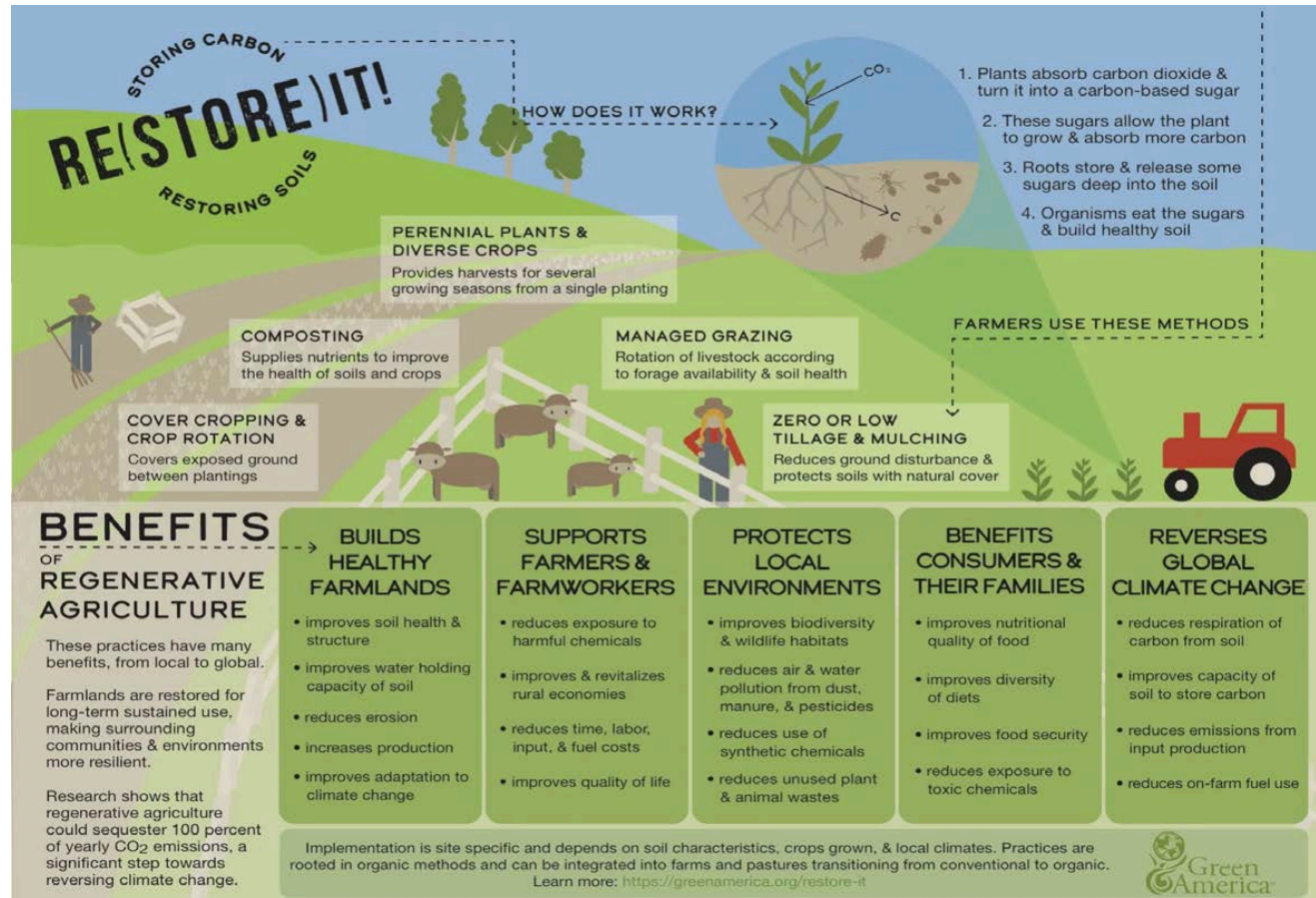
Immediately shortens the food supply chain

Cuts fuel emissions and decreases transportation costs

Eliminates the need for herbicides or pesticides

A closed-loop hydroponic system uses 99% less water than conventional farming methods.

BENEFIT: A COMMITMENT TO REGENERATIVE HEALTH



After the ocean, soil is the second largest water and carbon reservoir on the planet!

Amongst the many, many other benefits regenerative land stewardship bring us:

- Improve and protect water and air quality
- Enhance ecosystem biodiversity
- Produce high-quality, nutrient-dense food and medicine
- Reduce fertilizer and pesticide use
- Support net-zero waste and resource cycling
- Store carbon to help mitigate the effects of climate change
- Fuel local economies and support public health
- Bring STEM, NGSS, and Common Core learning to life

FINANCIAL SUSTAINABILITY

FINANCIAL SUSTAINABILITY: **HYDROPONICS LAB**

GRANTS: related to community endeavor (food insecurity) and organizational partnerships

DONORS: University and donor-specific initiatives

INDUSTRY PARTNERSHIPS:

- Supplies for kids & Physical gardens construction
- Technology and the ability to bring AR/VR to the “Hydrolab” (teaching and demonstrations)

RESEARCH: Focused on medicinal and nutritional impacts, patents



FINANCIAL SUSTAINABILITY (CONT.): **HYDROPONICS LAB**

REVENUE GENERATION: Sales from produce and mushrooms grown in hydroponics lab (local)

GREENHOUSE STEM LAB:

- Nutrition and package dinner experiences for Kenmore and Seattle residents
 - Single and multi-session experiences
- Partnership with **The Lodge** for staycation and out-of-town visitors for lodging and dinner experiences



PROJECTED COSTS: OVERVIEW

Phase 1: Summer 2022 (\$325k)

- Projects:
 - **Farming/Gardening**
 - E, M, S = \$250k (2+ years)
 - P = \$16k (year 1)
 - **Nutrition**
 - E, M = \$42k (3 years)
 - P = \$17k (year 1)

Phase 2: Summer 2023 (\$118k)

- Projects:
 - **Exercise Science**
 - E, M, S = \$12k
 - P = \$11k (year 1)
 - **Mobile Nutrition lab**
 - E, M, S = \$80k
 - P = \$15k (year 1)

P- Personnel / E- Equipment / M – Maintenance / S - Support

SUMMARY:

Key elements:

- 1) Target health and wellness in children
- 2) Address current needs in the community
- 3) Long-term impact
- 4) Legacy project for City of Kenmore
- 5) ARPA funding for initial projects
- 6) Amount requested = \$325k

