

### Manager's Report

- P & H Senesac is done with the Lagoon Clean out and are currently demobilizing from the site. Neagley and Chase and their sub-contractors will begin work relining Lagoon #2 on Monday the 19<sup>th</sup>.
- Final paving and some striping have occurred for the downtown paving project. I have been working with the Project Engineer to save as many parking spaces as possible. They will continue working on paving the side streets and driveways as well as repairing areas that currently do not drain properly. I have been assured that those areas, like in front of the Fire Department, will be addressed before the project is complete.
- I met with Gary Nolan Consulting LLC at the Davis Gravel Pit on Monday to dig test holes. Over all, the discovery digging yielded good results. Mr. Nolan will be providing a more detailed report at a future meeting for the board's consideration to move forward with the conversations with Mr. Davis for a potential purchase.
- The instant notification test email was sent out on September 6 at 10:45am. If you signed up for the alert notification and did not receive that test email, please contact the Town Manager's Office so we can fix the issue. We are also encouraging people, other than town water and wastewater users, to sign up in order to receive town wide notifications when we have them.

DWU

09/15/2022

Prepared for: The Hardwick Select Board

By:

**The HCCC - Hardwick Community Collaboration Council**

Jessie Upson, Kristine Burke, (Barb Delzio, in absentia)

We came together to support the movement toward a collaborative community environment where each person is valued.

We will do this by engaging with community members, their families, and organizations to facilitate locating their feel-good place in our community where each can find supportive friends, make a personally meaningful contribution, and grow confident that by doing so, their needs (and more!) will be met.

This requires a shift away from the 'survival of the fittest' dynamics, which keep many people, including young school children, stuck in survival mode (fight-flight-or-freeze).

**When in survival mode:**

- people are unable to trust,
- struggle to think clearly,
- tend to 'overreact,'
- are unpredictable,
- quick to anger,
- act out and/or seek escape,
- and practice high-risk/self-destructive behaviors.

Consequently, their health, relationships, lifestyle, and lifespan are generally poor.

All people have a survival mode. We need our instincts to take over when we are in life-and-death situations where taking the time to think could mean our demise. However, when it comes to interacting with our families and community members, being in survival mode often leads to being ridiculed and rejected. Thus the sense of danger that already controls the unsuspecting person's behavior becomes reinforced and personalized. Thanks to genetic memories, there is little more 'threatening' than thinking you do not belong in your community. For such 'outsiders,' life is something to be endured. And so it is.

**Choosing a different mode — Emotional Intelligence**

Emotional intelligence empowers us to:

- "identify and regulate our own emotions,
- recognize the emotions of other people and feel empathy toward them, and

- to use these abilities to communicate effectively and build healthy, productive relationships with others,” according to Harvard Health Publishing.  
(<https://www.health.harvard.edu/mind-and-mood/emotional-intelligence>)

In short, emotional intelligence is a proven off-switch to survival mode that empowers us to be welcomed back into our community groups. Simply knowing that we are not the behavioral patterns that drive us AND we are not powerless against them is life-changing for many. With a little curiosity\* and the right environment\*, we can learn to choose different patterns quite easily. Granted, it takes practice with ongoing support until mastery is achieved.

### **Why Survival Mode vs. Emotional Intelligence Mode matters to town governments.**

People in Survival Mode often require lifelong public assistance to meet their basic needs. Plus, they tend to use a greater share of police, rescue, medical, and school resources. Meanwhile, their contributions to the local economy and tax base are much lower than they would be if they were able to choose an interest to pursue, think clearly about the next steps, and consistently follow through on their ideas.

Leaving people in survival mode costs our community in terms of dollars, morale, and overall sense of community.

### **So... what do we do? The HCCC Approach:**

- Start with the individuals (and their organizations) who:
  - recognize this situation and are addressing it (Jessie referred to many in her body map);
  - recognize this situation and are willing to address it (same as above);
  - have personally experienced this situation and are recovering from it;
  - are currently experiencing this situation and are seeking help.
- Connect them in *Your Greater Hardwick Community Hub\** (see attached).
- Facilitate online discussions about what we need, what we’re doing, what’s working, and what’s still needed. (The Community Center adjoined to the Police Station will be part of these discussions and the 6-month plan.)
- Outline a 6-Month Plan with a volunteer pilot project group.
- Gather and synthesize what we’ve learned so far in the pilot project.

\*Emotional intelligence mode conditions.

- Outline the next 6-month roll-out plan to expand access to more of the community.
- Share the pilot project results with interested town representatives and groups.

**The 1st Year Funding Need: \$105,000.**

- Software up to 60 (private or public) group spaces, includes text message & email announcement capabilities
- Connector (community builder) — Jessie
- Facilitator — Kris
- Project Manager — Barb

**Notes**

We are requesting to be funded so that we can prioritize this initiative, as indicators suggest many more people are approaching crisis mode. Preliminary meetings with NKHS have indicated that the town will receive 'back' some of the monies allocated to NKHS to serve Hardwick as a result of our community self-serve initiative. A follow-up meeting will take place tomorrow at 2 PM.

We realize the Town may not be in a position to fully fund this initiative. We would appreciate as much financial support as possible. We expect that in subsequent years any funding requests would fall within revenue added or expenses curbed directly by this undertaking.

**Conclusion**

This initiative is intended to increase the economic vitality of our community through increased creativity and ingenuity while decreasing the monies spent on reacting to survival mode-driven behaviors.

Emotional intelligence has been proven to decrease addictions, reduce violence, and increase clear resolution-oriented communication. Therefore we expect fewer police calls, fewer rescue squad calls, and fewer school conflicts.

For more information, please contact Jessie ([upsonjessie@gmail.com](mailto:upsonjessie@gmail.com)) or Kris ([kris.burke@masterfulu.com](mailto:kris.burke@masterfulu.com)).