

LAKES REGION PLANNING COMMISSION

103 Main Street, Suite #3
 Meredith, NH 03253
 Tel (603) 279-8171
 Fax (603) 279-0200
 www.lakesrpc.org



MINUTES
LRPC COMMISSION MEETING

Gilman Museum
 Alton, NH

January 23, 2012

PRESIDING: Stanley Bean, Jr., Chairman

CALL TO ORDER: 6:00 p.m.

QUORUM: No

COMMUNITIES PRESENT:

MEMBERS PRESENT:

OTHERS:

Janet Towse (Alexandria)	Paul Branscombe
Theresa Swanick (Effingham)	Raja Sample
Jean Marshall (Freedom)	Kathy Holt
Scott Dunn (Gilford)	Jeffrey St. Cyr
Dick Waite (Gilford)	Barbara Howard
Stanley Bean, Jr., Chair (Gilmanton)	Mark Northridge
Todd Elgin (Holderness)	Lynda Goossens
Robert Snelling (Holderness)	Mike Phelps
Warren Hutchins, Vice Chair (Laconia)	Stacie Pope
Herbert Vadney (Meredith)	Dr. Malcolm Smith
Wayne Crowley (Northfield)	
Douglas Read (Northfield)	Other interested parties
Boone Porter (Sandwich)	LRPC STAFF:
Stephen Wingate (Tuftonboro)	Kimon Koulet
Roger Murray, III (Wolfeboro)	Marie Gelinis

1. Welcome and Introduction

Chairman Stan Bean called the meeting to order at approximately 6:00 p.m. A motion to declare a quorum for the purpose of conducting business was made and unanimously approved. *M/S/P Waite/Hutchins.*

S. Bean welcomed those in attendance and introductions were made.

2. Motion for Approval of November 21, 2011 Commission meeting minutes.

S. Bean called for a motion to approve the November 21, 2011 Commission meeting minutes, as presented. A motion to approve the minutes of the November 21, 2011 Commission meeting was made and unanimously approved. *M/S/P Crowley/Waite.*

3. Surviving Angry People

Chairman Stan Bean introduced Dr. Malcolm Smith, Extension Specialist, Family Education & Policy Extension Associate Professor, from the Department of Family Studies at the University of New Hampshire. He said two major events occurred that changed his life forever. First being

bullied in high school, second his best friend being shot to death on her first day as a teacher by a ninth grade student. These occurrences led him to become a psychologist to deal with anger issues.

Malcolm said anger is a contagious emotion and spreads quickly if it enters the room. Research shows today's society is raising the angriest and meanest group of young adults. These young adults have less ability to control their emotions and to treat each other with empathy, dignity, and kindness than any other generation. They also lack the ability to read physical and verbal cues.

Dr. Smith said that professionals who work with angry people are at a higher risk of heart disease, stress related illness, addictions, and highest sick leave utilization than the general population. Anger is taking a toll in our society. School and workplace victimization will be at the forefront of anger and referenced Columbine and Virginia Tech University

When you become a public official, young eyes are watching and taking cues from you. Dr. Smith pointed out modeling, random positive reinforcement and reward, and observation are how we learn to be angry. The fastest way to teach a new behavior is modeling which is true over the long term.

Dr. Smith said there are 4,000 physical responses and 178 chemical noticeable changes going on in the brain. Some of the chemicals interfere with the function of the brain. He said that fear leads to anger and anger leads to violence. There are three types of anger: expressive, passive, and implosive anger. He explained the various points for each type of anger and the warning signs that someone's anger may be out of control.

Many issues the planning commissions deal with are at the heart of where people live and they can become fearful. The way to reduce the fear is: by being clear in your explanation; don't sensationalize your work; prepare people for what's coming; when you have to give bad news, give it in a non-judgmental tone.

An audience member asked if anger is always obvious or can it be hidden. Dr. Smith responded that it can be hidden. It becomes most dangerous when a person is between passive and implosive anger. He explained three things that cause someone to be implosive: trauma, extreme loss, and physical or sexual abuse. He said to diffuse the anger, be clear and concise on the rules, know your bottom line for behavior you will not tolerate, and last who has your back that is ready to call for help.

4. 2012 Legislative Update

Chairman Stan Bean introduced Boone Porter, LRPC Commissioner and representative to the NHARPC, who provided a quick overview highlighting a few of the more notable bills identified by the NH Association of Regional Planning Commissions (NHARPC) for monitoring and action. He focused on HB 1222 regarding protected shoreland permitting fees; HB 1282 is relative to workforce housing and the definition of community; HB 1525 which is "An act repealing the wetlands and shorelands review fund; HB1512 is "An act relative to the authority of conservation commissions; and HB1540 is "An act relative to conservation easements on public land. He also pointed out that HB 1561 is a bill that proposes to discontinue regional planning commissions in New Hampshire. He encouraged attendees to write to their legislators in opposition of the bill. K. Koulet said that the NHARPC chairman will testify on behalf of all RPCs as will at least two speakers from each of the regions. He suggested that people contact legislators who are members of the Municipal and County Government Committee. The bill will be heard on February 9 at 10:30 a.m.

K. Koulet said that 30 out of 30 communities in the Lakes Region are members of the LRPC and 91% of all communities in New Hampshire are members of a regional planning commission. The LRPC serves as a resource to support and enhance local planning, provides a forum for communities, and offers a clear voice for the region at the state and federal levels. He encouraged

attendees to oppose HB 1561 to allow communities to continue to work together in the spirit of cooperation.

Mr. Koulet informed attendees the next Commission meeting is scheduled for Monday, March 26 in Tamworth, which will focus on the Transportation Choices Plan for the Lakes Region.

5. Adjourn

S. Bean declared the meeting adjourned at approximately 7:30 p.m.