

The New Hampshire Celebrates Wellness

Livable, Walkable Communities

Community Resource
Guide

The LWC Community Resource Guide is a tool for linking communities with agencies and organizations able to provide funding, technical, informational and other services to support communities as they work toward action plan implementation.

Agencies and organizations included in this Resource Guide support the work of NHCW's Livable, Walkable Communities and the Program's goal of increasing rates of physical activity among individuals throughout New Hampshire. We are grateful for their support.

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Guidelines for Finding the Right Resources for Your LWC Project

Local, Regional and State Planning Resources

Community planning and transportation decisions are made in New Hampshire at the local and state levels. The first step towards successful completion of LWC projects involves getting to know who makes planning and transportation decisions in your town. Decisions about changes in the local transportation system (roads, highways, trails, railroads) are made by people elected or appointed to make such decisions.

To find out how your area's transportation decisions are made, call your town or regional planning entity. Most towns have websites, many listing local government entities, such as Board of Selectman, planning boards, or planning departments. If there are formal rules for transportation planning in your community, ask for a copy. If not, ask how things "generally" work. Then start by getting copies of the minutes and agendas for local transportation meetings. Attend some of the meetings to get to know the players and how things work.

New Hampshire also has nine Regional Planning Commissions that provide planning support for communities. To find your region's planning commission, you can either log onto the NH Association of Regional Planning Commissions at www.nharpc.org or refer to page 20 of this resource guide for contact information for each of New Hampshire's Regional Planning Commissions.

As a rule of thumb, bigger decisions, especially those involving state-controlled routes, tend to be handled by the state, in "consultation" with local government and the Regional Planning Commissions. Many New Hampshire towns have main streets or other major roads that are state highways. In this case, the state will have a great amount of say over what happens on it. So, for instance, if you want to get bike lanes striped there, you will probably have to convince the state's decision-makers. This can be more difficult than convincing local officials to do the striping. The New Hampshire Department of Transportation (NHDOT) is involved with transportation planning and decisions at the state level. Page 17 of this resource guide has contact information for the NHDOT. Contact information for New Hampshire's state bike-ped coordinator can be found on the NHDOT website.

Referencing Your Community's Master Plan and Other Documents

Your community's official policies, programs, and plans may already have LWC kinds of references. With a little research, such as reviewing your community's Master Plan and other public documents, you may find information that will help convince local officials to get on board with your LWC projects. Many of these documents can be found with a few phone calls, but it's probably better to plan a trip to the town hall beginning with the Planning Department. Some of the documents may also be available on your town's website.

Your town's *Comprehensive Plans*, *Transportation Plan*, *Transportation Improvement Program*, and *Subdivision Regulations* will provide specific information that may assist with implementing LWC projects. A *Comprehensive Plan* addresses your town's vision and specific directions for your community's future, including sections on land use, parks, neighborhoods and transportation. You may find goals within the comprehensive plan like reducing traffic in neighborhoods. If one of your LWC projects is to encourage biking and walking, you could tie it to this goal.

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Towns must have a *Transportation Plan* to secure federal funds for transportation projects. It gives direction for street and highway projects that will happen in the future. Bicycle and pedestrian plans are required within the transportation plan by federal law.

You can look to the *Transportation Improvement Plan* for a list of approved projects that will, most likely, get funded and built. Reviewing your community's list will give you an idea of what is coming in the next few years. It may be possible to get bike and pedestrian features added to some of the projects on the list, especially if they are in the early stages of development.

Check your town's *Subdivision Regulations* to see if your town's code requires sidewalks along all new residential streets. If not, you should work to change the regulations, possibly by seeking the assistance of your local, regional or state bike-ped coordinator.

Once you have the documents, you will want to identify any statements that support walking or biking or could do harm to walking or biking. Each of these important documents can help you insert yourself in the process of change within your community, justify your LWC projects and find funding opportunities.

Selling Your Projects to the "Powers That Be"

Here is a brief list of things you can do to get buy-in from community officials for your LWC projects:

- Praise public officials for LWC style efforts that are already underway.
- It always helps to show town officials and others that what you're asking is reasonable and popular in many other communities. The Networking area of the Active Living by Design website at www.activeliving.org/index.php/Home/1 and the links to the Active Living Stories, a collection of success stories from around the nation will provide you with many examples of success stories that you can use to convince leaders in your community that your project deserves consideration.
- An advantage of having an LWC community coalition that has many citizens and stakeholders is that you will have a better chance of finding the right people to get the attention of key public officials when you most need their assistance. The *Active Living by Design* website provides the following example. In one statewide effort to improve bicycling laws, there was one last legislative opponent who kept the bill from passing. By checking around among those who supported the change, proponents came upon the lawmaker's personal lawyer, who happened to be an ardent bicyclist. This person made the key phone call that led to the bill's passage.
- Partner with your community's conservation, trails or recreation board or committee. These boards and committees already have knowledge of how to advocate for and push through public policy initiatives similar to your LWC projects.

Getting LWC Projects Implemented

Developing an LWC Work Plan can be challenging, but the real work begins when the plan is in place and it is time to implement projects. The following information was taken directly from the *Active Living Resources* website to assist community coalitions with implementing the LWC work plan.

Implementing Short-Term Solutions

Short-term solutions are important for a variety of reasons. They can, for instance, solve an immediate -- and critical -- problem. Or they can make a bad situation tolerable while you work on a long-term solution.

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For instance, one neighborhood group was working to create a pedestrian/bicycle railroad crossing in the heart of town. The current crossing was a dank, dark, and spooky underpass. As the group and the city worked on long-term (and potentially expensive) solutions, they also worked to make the existing crossing as pleasant as they could.

The Parks Department increased their efforts on cleaning the underpass and plowing snow at the entrances during winter. Public Works provided vandal-resistant lighting. Neighborhood volunteers helped by picking up litter and contacting the city when problems arose.

While none of these solutions completely eliminated the problem, they showed commitment to creating better conditions. What the short-term solutions also did was to create partnerships among agencies and citizens. These kinds of projects help to build trusting relationships between the city staff and neighborhood members. Those relationships can be indispensable when it comes to getting long-term projects implemented.

For example, when an agency builds a trail network in cooperation with local neighborhood groups, those groups may contribute to maintenance and improvements over the course of years. As a result, even the long-term solutions are enhanced by continuing incremental small-scale, short-term improvements.

Implementing Long-Term Solutions

Long-term solutions aren't for everyone, for one obvious reason: they take a long time to make happen. And many people lack what it takes to stay involved for years, sometimes decades. However, long-term solutions have an important advantage over short-term solutions. They can make really major changes in how a community looks or works. In addition, such projects make a serious statement on how committed a community is to supporting things like bicycling and walking and pave the way for additional long-term (and short-term) projects.

Having long-term goals and working towards long-term solutions are important for several reasons. First, some problems can't be solved by anything but long-term solutions. If, for example, a neighborhood is isolated from the rest of the community by freeways and expressways, there's no simple, cheap solution.

Second, communities are continuously changing and long-term thinking is necessary to create good communities 20 or 30 years down the line. An area that is now a field may become a neighborhood or a shopping center. If such areas aren't developed in a bicycle- and pedestrian-friendly manner, everyone will lose. There may be no ways for bicyclists or pedestrians to get from home to a nearby shop and only dangerous high-speed routes to travel. The result: more short-distance trips using automobiles, when a quick (and healthful) walk might have accomplished the same errand.

You can get a lot accomplished by having the proper ordinances and zoning in place. Even though you might not have a lot of money available for making wholesale changes that encourage bicycling and walking, with the right ordinances in place, you can "sit back" and watch your community evolve into something better.

In the isolated neighborhood example given above, had the community been planning long-term for bicycling and walking, they would not have allowed the neighborhood to become isolated.

Long-term errors make for expensive and often unsatisfactory long-term solutions. As has often been said, it's cheaper to do things right in the first place than it is to fix things later.

Fortunately, most communities are doing some long-term projects already and, as a result, can provide the institutional tools (e.g., bond financing and access to federal funding) that can make big pedestrian and bicycle projects happen. If, for instance, you want to see a community-wide trail network, there's almost no way to make this happen without such tools.

Finally, there's no way to assure that you'll get those long-term projects done without being around. Simply

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having a major bicycle project included in a plan will not make it happen. Having a city council on-board won't make it happen. What can make it happen is creating a long-term presence to keep things on track.

Model Ordinances

Model ordinances spell out a community's vision of itself and the policies that will enable the vision to take root. Ordinances, however, are the implementation tool – they regulate and specify what is and what is not legal.

For instance, many communities have ordinances that specify:

- the bulk and density of buildings (typically provided in a building code)
- travel speed
- parking regulations
- street design
- sidewalk design
- land use

Some communities are very prescriptive with their ordinances. Others are less so, and may choose to provide non-binding guidelines with incentives for conformance.

A community that wants to define itself as a pedestrian- or bicycle-friendly community can do so by adopting ordinances (or guidelines) that insure the realization of these goals. For instance, a community can by ordinance specify that every street include a sidewalk on both sides of the street, no less than 5 feet wide. They may even specify that the sidewalk width be greater in commercial areas, say 10 to 12 feet. Another example: a community may require all arterial streets to include a 4- to 6-foot travel lane for bikes.

The good news: you don't have to become an expert on these features or the ordinances that control them. What many communities do is find the community that they want to be like, and then adapt or adopt those policies and ordinances. In this way the outcomes are guaranteed. Even the professional planners, engineers and architects do this, by finding something that works and then duplicating or modifying it for their clients' needs.

The following are examples of some very specific ordinances that encourage and protect pedestrians and to some extent cyclists.

Ordinances that reduce travel speed when school children are present make it safer and more likely that children will walk to school. Some communities such as Plano, Texas, have instituted a system of flashing yellow lights on special speed limit signs that light-up at the beginning and end of the school day. This ordinance is strictly enforced.

Ordinances requiring motorists to stop for pedestrians anywhere in the crosswalk or waiting to cross. This makes it safer for people of all ages and abilities to get across the street. Example: In 2003, New York state changed its crosswalk law to protect the pedestrian in the entire crosswalk rather than half of it, as is the standard in many states. This law came about in large part because of the pressure exerted by pedestrian advocates in New York City.

A building code (set of ordinances) that establishes design standards for residential and non-residential buildings. This can go a long way toward creating a walkable community.

Resources

In early 2005 the Thunderhead Alliance (www.thunderheadalliance.org), a bicycle advocacy organization, published the *Complete Streets Report, Analysis of a Survey of Complete Street Laws, Policies and Plans in the United States*. You'll find this resource listed below as a downloadable .pdf file.

Also check out the *Neighborhood Scale Planning Fact Sheet* from the Local Government Commission. It's linked in the resource box below.

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Communities and community groups can turn to specific organizations that serve as a reservoir for ordinances and best practices that will assure more walkable and bicycle-friendly communities:

The National Highway Traffic Safety Association (NHTSA) (www.nhtsa.dot.gov) has a *Resource Guide on Laws Related to Pedestrians and Bicycle Safety* available on-line. It includes model laws and ordinances, based on crash research, designed to have a positive effect on pedestrian or bicycle safety. (At the NHTSA site, type "Resource Guide" in the "Search NHTSA" box, and follow directions to download.)

The *American Planning Association*, www.planning.org, is another place to turn to for municipal codes and statutes. APA has chapters in every state.

Two groups that serve as a virtual reservoir for information on pedestrian friendly compact development are:

The Smart Growth Network, www.smartgrowth.org: See their *Getting to Smart Growth II* document. This includes policies for implementation, and includes information on compact building design, zoning ordinances, performance measures, form based coding and more on creating walkable communities and providing a variety of transportation options. The *Congress for New Urbanism*, www.cnu.org, is another resource.

Guidelines for Finding Funding Sources for Your LWC Project

The following recommendations for addressing LWC funding initiatives were taken from the *Active Living Resources* website.

Eventually someone will ask, "How are we going to pay for it?" Funds for pedestrian, bicycle and other LWC projects generally come from the following sources:

- State or local transportation funds, usually as part of a larger road project;
- Federal transportation funds (generally known as TEA-21 funds) administered by state or local agencies (check with the NHDOT and your Regional Planning Commission);
- Local revenue sources;
- Private donations;
- A combination of all of the above.

The key to getting a project funded is to develop a strategy. One way to fund local projects is to know what new construction or street improvements are scheduled over the next several years.

Some projects can be done as routine maintenance activities. For instance if your project is a series of bicycle lanes that can be implemented over time, encourage the road department to budget for the installation of the lane markings, as roads are being repaved.

This same strategy can be applied to filling in gaps in a sidewalk network or installing crosswalks. If you are working toward a series of planned improvements (for example sidewalks and bicycle lanes), make a list grouped by streets and rank them by priority. Go the next step and show how each project will eliminate a hazard or solve a problem.

Piggybacking small bicycle and pedestrian improvements onto larger projects – such as street widening or building an overpass – can help lower costs. An orderly strategy and a commitment to getting these projects done will make them happen.

You should know that having the "small" projects in place can help you acquire funding from other sources more readily. Why? Because quite often regional, state, federal or even private funders want to see a local commitment to pedestrians or bicyclists. They want to be assured that their limited funds will yield the best results.

Larger projects – say the construction of an all new sidewalk system or a bicycle trail – will typically require

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more money than is likely to come through the maintenance budget or as incidental features of roadway projects. Bigger projects tend to also require formal review and approval. But, they can also be the inspiring projects that gain community and agency support. Again, bringing the project to life will require having a vision, commitment, and strategy.

The vision, commitment and strategy will be inherent in your community's LWC Work Plan. Your community's work plan will include details of all desired LWC projects by area (e.g. improving pedestrian and bicycle accessibility and safety, conserving open space, etc.). The plan will also stipulate which community members will be responsible for carrying out specific projects. Your LWC Work Plan should be presented to your community's public officials and prospective funders to assist them in providing you the necessary support you will need to complete your projects.

Organizations Listed Alphabetically by Category

Community Health

American Heart Association

Address: 2 Wall Street
Manchester, NH 03101

Phone: (603) 669-5833

Fax: (603) 669-6745

Website: www.americanheart.org, then select local organization (Manchester) from home page

Mission: Our mission is to reduce disability and death from cardiovascular disease and stroke.

Community Services: Serve as advocates for communities to develop an environment which enables residents to live a heart healthy lifestyle. Also provide CPR and Automated External Defibrillator training.

Resources: Cardiovascular Disease Health Information available on AHA website and through their Toll Free # 1-888-907-6933.

American Lung Association of NH

Address: 9 Cedarwood Drive, Unit 12
Bedford, NH 03110-6801

Phone: (603) 669-2411

Fax: (603) 645-6220

Email: unfo@nhlung.org

Website: www.nhlung.org

Mission: To improve lung health in New Hampshire

Community Services: Smoking prevention and cessation services for kids and adults, smoke free dining guide, asthma education, COPD education and advocacy as well as a Lung Health Call Center (1-800-548-8252).

Resources: Lung health educational materials

Anthem Blue Cross and Blue Shield

Address: 3000 Goffs Falls Road
Manchester, NH 03111

Phone: (603) 695-7000

Fax: (603) 695-7992

Website: www.anthem.com

Mission: To improve the health of the people we serve.

Resources: The website includes Preventative Health Guidelines. Go to www.anthem.com and click on health information and myhealth@anthem.com.

Catholic Medical Center – Community Education and Wellness

Address: 195 McGregor Street, 3rd Floor
Manchester, NH 03102

Phone: (603) 626-2626

Fax: (603) 668-8250

Website: www.catholicmedicalcenter.org/communitysvc/education.php

Mission: The heart of Catholic Medical Center is to provide health, healing and hope to all. We offer innovative quality health care in a compassionate environment built on trust and respect.

Community Services: Motivated by compassion and respect we provide education, service and support to enhance the well-being of body, mind and spirit of the people in our Community. Community health services include: *Community Education and Wellness* - Community Education and Wellness endorses and sponsors a full curriculum of community based health and wellness programs directed toward improving the overall health and quality of life for our community.

Resources: Call ASK-A-NURSE for information and literature about any of Catholic Medical Centers or services. ASK-A-NURSE is a health based resource, information and referral service for the Greater Manchester area.

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Center for Physical Therapy and Exercise (CPTe Health Group)

Address: PO Box 6249

Nashua, NH 03063-6249

Phone: (603) 880-0448

Fax: (603) 881-5280

Email: cpthg@aol.com

Website: www.cpte.net

Mission: Center for Physical Therapy and Exercise's mission is to serve our customers by providing innovative and effective rehabilitation and exercise services of the highest quality. We will strengthen our success and long range growth through proactive, cost effective treatment and exercise strategies.

Community Services: Physical activity programs, disease management care through exercise therapy, and fitness/wellness education.

Resources: Education materials on the benefits of physical activity and health.

Children's Alliance of NH

Address: 2 Greenwood Avenue

Concord, NH 03301

Phone: (603) 225-2264

Fax: (603) 225-8264

Email: info@childrennh.org

Website: www.ChildrenNH.org

Mission: We believe New Hampshire can be one of the best places anywhere for a child to grow up, a place where every child has value and no child is left behind. The mission of the Children's Alliance is to be a catalyst in making that vision a reality by serving as an independent voice for New Hampshire children in identifying unmet needs and promoting their well-being by advancing creative solutions and building alliances on their behalf.

Community Services: Provides organizations and individuals with the data, information and training they need to be effective children's advocates. Works with news media to promote responsible, accurate reporting on children's issues. Addresses multiple social issues that impact children and families, including health, education, economic security and child safety. Works for the enactment of child-friendly policies and budgets from legislature, administrative offices, state agencies, schools, and other NH policy-makers.

Resources: National and state Kids Count data books and special reports provide objective data on children's health and well-being. Annual Children's Agenda created by the New Hampshire Child Advocacy Network prioritizes budget and policy needs of children and families. Annual state Legislative Report Card reflects votes on key children's issues in the NH Senate and House. E-mail Alerts (when immediate advocacy is needed) and Updates (containing news, links to reports available on the Web, events and legislative calendar).

Community Health Institute

Address: 501 South Street

2nd Floor

Bow, NH 03304

Phone: (603) 573-3300

Fax: (603) 573-3301

Email: Access the website below and select "Contact Us"

Website: www.nhchi.org

Mission: The Community Health Institute (CHI) is committed to improving the health and well-being of people and communities in Northern New England. We strive to assure optimal conditions to support people in their pursuit of healthier lives. We work with public and private sector clients to build capacity to carry out health and improvement initiatives designed to meet community needs. We are successful when our work has a sustainable impact on individual and community ability to achieve desired health outcomes.

Community Services: Strengthening the public health infrastructure, evaluating program effectiveness and promoting best practices, identify community health concerns, increase access to health care services, develop informed public policy, improve the quality and efficiency of health services delivery, promote health behaviors.

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Foundation for Healthy Communities

Address: 125 Airport Road
Concord, NH 03301

Phone: (603) 225-0900

Fax: (603) 225-4346

Email: info@healthnh.com

Website: www.healthnh.com

Mission: We are a statewide organization that works to improve health and health care delivery through partnerships among hospitals, health plans, physicians, home care agencies, public policy makers, and others concerned with health in New Hampshire. We collect and analyze data, conduct applied research, and sponsor education and training for the improvement of health and creation of healthy communities.

Community Services: NH Prevention Guidelines, Community Prevention and Treatment Initiatives focused on cardiovascular disease, environmental health effort to reduce volume and toxicity of hospital waste.

Granite State Independent Living

Address: 21 Chenell Drive
Concord, NH 03302-7268

Contact Person: Erica Marden, Information and Referral

Phone: (603) 228-9680 or (800) 826-3700 V/TTY

Fax: (603) 225-3304

Email: Access the website below and select "Contact Us"

Website: www.gsil.org

Mission: *"Promoting life with independence for people with disabilities."*

GSIL is a private, non-profit organization committed to equality of opportunity for all people with disabilities. In 1980, we began with a small group of disabled people who wanted to control their own destinies and make their own life choices. Since then, GSIL has grown into a statewide information, advocacy, and direct services organization run by and for people with disabilities.

As New Hampshire's only community-based, cross disability, and consumer-controlled independent living center, GSIL is dedicated to directly providing, or assisting consumers find the services and supports they need to maximize their chance to live independently.

Community Services: Information and Referral, Advocacy, Peer Support, Independent Living Skills Training, etc.

Resources: Information Packet which includes a brochure, current newsletter, & membership form

Injury Prevention Center - Dartmouth Hitchcock Medical Center

Address: Coburn Hill Building
444 Mount Support Road, Suite 103
Lebanon, NH 03766

Phone: (877) 783-0432 or (603) 653-1135

Mission: To serve as a provider of and a resource for injury prevention programs and services throughout the state of New Hampshire.

Community Services: Administer the Child Passenger Safety Program for the state of New Hampshire, manage the New Hampshire SAFE KIDS Coalition, and manage the Buckle Up New Hampshire Coalition.

Resources: Injury prevention resources including specialty kits on topics such as Helmet Fitting, Bike Rodeos, Summer Safety, Firearms Safety, and others. Information on car seats, car seat fitting stations, training, and more.

NH Association of Health, Physical Education, Recreation, & Dance

Address: PO Box 123
Bath, NH 03740-0123

Phone: (603) 747-3508

Fax: (603) 747-2408

Website: www.nhahperd.org

Mission: To promote professional standards, quality programs, professional development, legislative support & regional/national affiliation. We encourage healthy lifestyles through health, physical education, recreation and dance programming and by communicating this information to professionals, students and the public.

Community Services: Support for local community/school organizational events, programs and curriculum.

Resources: Pamphlets, conferences, newsletters, grants, national affiliation.

NH Dept. of Health & Human Services – Bureau of Prevention Services

Bureau of Nutrition and Health Promotion

Address: 29 Hazen Drive
Concord, NH 03301

Phone: (603) 271-4546

Fax: (603) 271-4779

Website: www.dhhs.state.nh.us/DHHS/NHP

Mission: Nutrition and dietary factors play important roles in health promotion and chronic disease prevention. It is increasingly evident that preventive health measures emphasizing the role of healthier food choices and physical activity are needed to increase health and well-being. Health promotion empowers communities, families, and individuals to develop and maintain maximum health.

Community Services: Nutrition & Health Promotion administers nutrition and health programs under two primary organizational units: Women, Infants and Children Nutrition Services and Health Promotion. These two units provide nutrition and health promotion through both direct service efforts and education and training activities.

Resources: Resource materials for communities, schools, and parent groups to encourage safe walking and bicycling to school, including: Physical Activity Promotion, Kid Power!, Healthy New Hampshire 2010, Distance Learning Services, and Lending Library for Community Health Professionals.

NH Developmental Disabilities Council

Address: 21 South Fruit Street, Room 290
Concord, NH 03301

Phone: (603) 271-3236

Fax: (603) 271-1156

Email: can be accessed from the website

Website: www.dhhs.nh.gov/DHHS/DDCOUNCIL

Mission: In order to empower people with Developmental Disabilities and their families to make choices and decisions affecting their lives, the New Hampshire Developmental Disabilities Council will:

- Assist individuals and families to advocate for appropriate policies, programs and supports;
- Initiate activities and events that create positive, long-term change for how citizens with disabilities participate in aspects of community life; and,
- Support community initiatives that promote the full citizenship and inclusion of people with disabilities.

Resources: Newsletter and Council Brochure, see website for additional information resources/links.

NH Medical Society

Address: 7 N. State Street
Concord, NH 03301

Phone: (603) 224-1909

Fax: (603) 226-2432

Email: NHMED@aol.com

Website: <http://www.nhms.org>

Mission: To promote the art and science of medicine and the betterment of public health.

Northern New Hampshire Area Health Education Center

North Country Health Consortium

Address: 646 Union Street, Suite 400
Littleton, NH 03561

Phone: (603) 444-4461

Fax: (603) 444-4460

Website: www.nnhahec.org, www.nchin.org

Mission: *Northern New Hampshire AHEC* works in partnerships with community health and human service professionals to provide training, continuing education, and access to information resources for health and human service professionals working with underserved populations in Belknap, Coos, Carroll, and Grafton counties. Northern NH AHEC is a program of the *North Country Health Consortium* (NCHC), a not-for-profit agency providing a vehicle for collaboration among health and human service providers in Northern NH.

Community Services: Continuing professional education and training for health professionals.

Resources: *The Wellness Walking Routes of Littleton, NH*

Southern NH Area Health Education Center

Address: 128 State Route 27
Raymond, NH 03077

Phone: 603-895-1514

Fax: 603-895-1312

Website: www.snhahec.org

Mission: The Southern NH AHEC develops, promotes and coordinates community and academic multidisciplinary partnerships for health professions education. It has a focus on underserved communities and provides education and training opportunities for students, practicing health professionals and members of southern New Hampshire communities.

Community Services: SNHAHEC will provide job shadowing opportunities for youth interested in health careers.

Resources: The NH Health Careers Catalog outlines where people can go to school in New Hampshire to prepare for a career in the health care field.

Community Planning

Concord 20/20

Address: 72 North Main Street
Concord, NH 03301

Phone: (603) 228-0220

Email: info@concord2020.org

Website: www.concord2020.org

Mission: Concord 20/20's mission is to convene the community to consciously, carefully envision the future of Concord by balancing the 5 Vision Principles adopted by City Council:

- A vibrant, livable Downtown
- Neighborhoods served by walkable villages
- Preservation & access to the natural environment
- Economic vitality
- Transportation that serves the community

Community Services: Provide a forum via which the community can address concerns and desires for the future, at the neighborhood, village, whole-city, or regional level. Provide challenge funding for projects that are consistent with and will advance the 5 vision principles.

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Governor's Commission on Disabilities

Address: 57 Regional Drive
Concord, NH 03301

Phone: 1-800-852-3405, x4177; 271-4177

Fax: (603) 271-2837

Web site: www.nh.gov/disability

Mission: The Governor's Commission on Disability is dedicated to improving the quality of life for persons with disabilities. Its goal of removing architectural and attitudinal barriers preventing persons with disabilities from participating in the mainstream of society is achieved through legislative advocacy and technical assistance programs.

Community Services: Workshops/seminars on compliance with accessibility guidelines (the ADA, IBC, ANSI and UFAS codes), ADA workshops, Mini-Seminars on various disability-related topics, and Disability Awareness presentations for all ages and interests: businesses, community organizations, schools and places of worship, etc.

Resources: A resource library on the Americans With Disabilities Act and other accessibility laws is available at the office of the Architectural Barrier-Free Design Committee of the Governor's Commission on Disability, the promulgator of the Architectural Barrier-Free Design Code for NH. In addition to the ADA Accessibility Guidelines, the architectural references include Fair Housing Amendment Accessibility Guidelines and Uniform Federal Accessibility Standards. Fact sheets on compliance with the various titles of the ADA are available, including Title I - Employment, Title II - State and Local Government, and Title III - Public Accommodations. The library also has information on how to file a complaint and what agencies enforce the ADA. There are publications specific to various types of business, hotels, restaurants, recreation, retail stores, etc. There are publications to help make design decisions in places of worship and private residences.

Ground Work Concord

Address: 1 Thompson Street, #708
Concord, NH 03301

Phone: (603) 224-3710

Fax: (603) 224-5168

Website: www.groundworkconcord.org

Mission: The mission of Groundwork Concord is to improve the physical environment of Concord. By being a catalyst, collaborator, and "doer," we strive to bring visions of a livable, sustainable community to reality by organizing, training, and leading citizens and communities to:

*Construct, reclaim, and maintain appropriate physical improvements to enhance Concord's developed and natural environments

*Reconnect the city center with the Merrimack River and develop a recreational network of parks, trails, greenways, and open spaces along the river

*Improve, create, and link together neighborhood parks, open spaces and common areas.

Community Services: Master Planning, Landscape Design, Project Management.

Resources: Trails Design Materials, Master Plans for Parks.

Jordan Institute/NH Minimum Impact Development Partnership

Address: 18 Low Avenue, 2nd Floor
Concord, NH 03301

Phone: (603) 226-1009

Fax: (603) 226-0042

Email: info@thejordaninstitute.org

Website: www.thejordaninstitute.org

Mission: Partnering for healthy people in a healthy environment.

Community Services: Assistance in developing practices for good development that is pedestrian and bicycle friendly using the Minimum Impact Development voluntary practices and other models.

Resources: See website

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Littleton, Town of

Address: 125 Main Street, Suite 200
Littleton, NH 03561

Phone: (603) 444-3996

Fax: (603) 444-1703

Website: www.townoflittleton.org

Community Services: Case studies and examples of successful livable, walkable projects

Local Government Center

Address: PO Box 617
25 Triangle Park Drive
Concord, NH 03301

Phone: (603)-224-7447

Fax: (603) 224-5406

Email: info@nhlgc.org

Website: www.nhmunicipal.org

Mission: The Local Government Center's mission is to provide programs and services that strengthen the quality of its member governments and the ability of their officials and employees to serve the public by being a catalyst for dialogue and action, an advocate on issues, an advisor on problems, a provider of benefits and risk-management services, an educator/trainer in skills, and a resource for information.

Community Services: LGC provides legal advice to member municipalities on a broad range of municipal issues. Municipal officials who are involved in the consideration of LWC initiatives can access NHMA attorneys for assistance in working through related legal questions.

Resources: Various publications, monthly Town & City magazine, website (www.nhmunicipal.org), ongoing training and educational programs, including annual conference and Fall Municipal Law Lecture Series.

Nashua, City of (Community Development Division)

Address: PO Box 2019
229 Main Street
Nashua, NH 03060

Phone: (603) 589-3075

Fax: (603)-589-3119

Website: www.gonashua.com

Mission: The City of Nashua Community Development Division's mission is to guide the City of Nashua and its citizens in its pursuit of a clear vision for its future and to provide the framework and mechanisms for the city and the private sector to implement that vision. The City recently completed its 2000 Master Plan and is in the process of updating its land use code to be consistent with the goals of the Master Plan.

Community Services: Neighborhood and area master planning; site and subdivision plan review; collaboration with Nashua School District on Safe Routes to Schools; Citybus transit system.

NH Association of Realtors

Address: 115A Airport Road
PO Box 550
Concord, NH 03302-0550

Phone: (603) 225-5549

Fax: (603) 228-0385

Website: www.nhar.com

Resources: The REALTORS produce a quarterly publication on smart growth covering: planning, affordability, transportation, preservation and open spaces.

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NH Business & Industry Association

Address: 122 North Main Street
Concord, NH 03301

Phone: (603) 224-5388

Email: mail@nhbia.org

Website: www.nhbia.org

Mission: To promote and preserve the economic well-being of New Hampshire.

NH Community Development Finance Authority

Address: 14 Dixon Avenue, Suite 102
Concord, NH 03301

Phone: (603) 226-2170

Fax: (603) 226-2816

Email: webmaster@nhcdfa.org

Website: www.nhcdfa.org

Mission: Created in 1983, the Community Development Finance Authority (CDFA) supports affordable housing and economic development activities that benefit low and moderate income citizens in New Hampshire.

Community Services: Using a combination of state tax credits and Community Development Block Grant funding, CDFA provides project funding, technical assistance, and financial support to nonprofit community development organizations, counties, municipalities, cooperatives, and other volunteer citizens groups. These organizations, in partnership with CDFA, create affordable housing, support the formation of new jobs and help retain existing employment for low and moderate income New Hampshire residents.

Resources: Access the CDFA website above and select “Resources”.

NH Dept. of Environmental Services

Address: PO Box 95
29 Hazen Drive
Concord, NH 03302-0095

Phone: (603) 271-3503

Fax: (603) 271-2867

Email: pip@des.state.nh.us

Website: www.des.state.nh.us

Mission: The mission of the Department of Environmental Services is to help sustain a high quality of life for all citizens by protecting and restoring the environment and public health in New Hampshire.

Community Services: Presentation on the environmental benefits of LWC design. Additionally, DES may be able to provide technical assistance or staff to attend community planning and design charetts, though such assistance is contingent upon staff availability.

Resources: Information available on environmental benefits of becoming a livable, walkable community, specifically regarding air and water quality. Information also available on programs that support village development.

NH Dept. of Transportation – NHDOT Public Interest Center

Address: John O. Morton Building
7 Hazen Drive
Concord, NH 03302

Phone: (603) 271-3734

Fax: (603) 271-3914

Email: webmaster@dot.state.nh.us

Website: www.nh.gov/dot/public

Mission: To plan, construct and maintain the best possible transportation and state facilities in the most efficient, environmentally sensitive and economic manner, utilizing quality management techniques consistent with available resources and mandated controls.

Community Services & Resources: Provides transportation planning documents, funding resources, community technical assistance and informational documents on this website through “Transportation Links”. Of special interest

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to LWC communities are: *Pedestrian/Bicycle Information Center*, *NH Rideshare Program*, and *Transportation Enhancement (TE) Program*. Under the “Reports & Studies” link are the following informational documents and resources:

- Having Your Say in Transportation Projects that Shape Your Community
- Planning the Future of NH Transportation
- Project Management: Making Transportation Projects a Reality
- Transportation Enhancement Program – federally funded alternative transportation program
- Congestion Management & Mitigation Program – federally funded program focused on air quality improvements
- The Transportation/Land Use Relationship

NH Division of Historical Resources

Address: NH Division of Historical Resources
Department of Cultural Resources
19 Pillsbury Street
PO Box 2043
Concord NH 03301

Phone: (603) 271-3483 or 271-3558

Fax: (603) 271-3433

Email: preservation@nhdhr.state.nh.us

Website: www.state.nh.us/nhdhr

Mission: The Division of Historical Resources is the state agency which is responsible for protecting historical and archaeological resources, and managing the state and federal historic preservation programs and services in New Hampshire. Its activities emphasize the interdependence between historic preservation, conservation of scenic and working landscapes, heritage tourism, smart growth, sustainable development, affordable housing, accessible services, civic engagement, and livable, walkable communities.

Community Services: State and federal historic preservation programs, including the State and National Registers of Historic Places, federal preservation tax incentives, Certified Local Government certification and grants, barn preservation program, state historical markers, historic preservation review and assistance for state and federal projects, technical guidance for state and local planning and preservation initiatives, SCRAP program to train and certify avocational archaeologists.

Resources: Quarterly newsletter, *The Old Stone Wall*; e-mail network to share information and resources; publications and fact sheets; shared programs and workshops with key partners, including the NH Preservation Alliance and the National Trust for Historic Preservation; state historic plan and reference materials; state cultural resources inventory data.

NH Housing Finance Authority

Address: PO Box 5087
32 Constitution Drives
Bedford, NH 03108

Phone: (603) 472-8623 or 1-800-640-7239

TDD: (603) 472-2089

Fax: (603) 472-8729

Email: llippitt@nhhfa.org

Website: www.nhhfa.org

Mission: NHHFA is a non-profit public benefit corporation established by the state legislature. The Authority’s mission is: The Authority operates a broad range of programs designed to assist low and moderate income persons and families under its mission to promote, finance and support safe, affordable and needed housing and related services for New Hampshire families, individuals and communities.

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NH Main Street Center

Address: 14 Dixon Ave., Suite 102
Concord, NH 03301

Phone: (603) 223-9942

Fax: (603) 226-2816

Email: nhmainst@aol.com

Website: www.nhcdfa.org/mainstreet.html

Mission: The New Hampshire Main Street Center, a delegate agency of the NH Community Development Finance Authority, is a statewide effort dedicated to empowering each community within the state to maintain, strengthen, and revitalize the unique physical, economic, historical, and cultural characteristics of its own urban Downtown or Village Center.

Community Services: \$50,000 worth of technical assistance and training to communities selected through a competitive process for the NH Main Street Program. Services are spread out over a five-year period and include; marketing, market analysis, fundraising, historic preservation, parking, business retention and recruitment, volunteer development, non-profit management, special events and festivals, retail events, building renovations, streetscape improvements, etc.

Resources: All NH communities can contact the NHMSC for more information about applying for the program or using the Center's resource library. Publications such as: "A Guide to Great American Public Places", "City Comforts: How to Build an Urban Village", "Participation Tools for Better Land Use Planning", "Preserving and Promoting Community Character" and over 100 other titles are available to borrow at no cost.

NH Office of Energy & Planning

Address: 57 Regional Drive, Suite 3
Concord, NH 03301

Phone: (603) 271-2155

Fax: (603) 271-2615

Email: OEPinfo@nh.gov

Website: www.nh.gov/oep

Mission: The Office of Energy and Planning (OEP) is part of the Executive Department within the Office of the Governor.

Community Services: Among the areas that OEP is responsible is: 1) promoting the principles of smart growth at the state, regional and local levels through the municipal and regional planning assistance program; 2) offering community services such as heating fuel aid, refugee relocation assistance, floodplain management assistance, statewide population data information, and the availability of a statewide computerized geographic information system; 3) promoting land use efficiency through a state comprehensive outdoor recreation plan and the monitoring of the state's investment in conservation land; 4) supporting programs that focus on protecting and managing the natural resources of heavily populated areas of the state such as the coastal watersheds; and, 5) coordinating with the Office of Information Technology to create an online grants portal that will inform interested parties of current statewide grant opportunities.

Resources: Programs - Information and links to all of OEP's current programs and responsibilities, as well as links to many other energy and planning programs in New Hampshire (that are not part of OEP) can be found at OEP's website. Programs include: Conservation Land Stewardship Program, Council on Resources and Development, Geographic Information System (GIS), Municipal and Regional Planning Assistance, New Hampshire Outdoor Recreation Program, Scenic and Cultural Byways Program, State Data Center, and State Development Plan.

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NH Regional Planning Commissions

Mission: Contact each respective Regional Planning Commission.

Community Services: Each RPC offers a broad range of services and resources to its member local governments as well as the public at large. RPCs also serve as a collective voice for their constituent cities and towns in their dealings with state and federal agencies by representing and protecting their interests. Their many accomplishments and significant contributions strengthen the capacity and performance of local governments throughout the state. New Hampshire's regional planning commissions are efficient and effective locally based agencies serving the planning and economic development needs of the state's diverse regions.

Resources: Contact each respective Regional Planning Commission.

Central NH

Address: 28 Commercial St
Concord, NH 03301
Phone: (603) 226-6020
Fax: (603) 226-6023
Website: www.cnhrpc.org

Lakes Region

Address: 103 Main Street, Suite 3
Meredith, NH 03253
Phone: (603) 279-8171
Fax: (603) 279-0200
Email: lrpc@lakesrpc.org
Website: www.lakesrpc.org

Nashua Regional

Address: 115 Main Street
PO Box 847
Nashua, NH 03061
Phone: (603) 883-0366
Fax: (603) 883 6572
Website: www.nashuarpc.org

North Country Council, Inc.

Address: 107 Glessner Road
Bethlehem, NH 03574
Phone: (603) 444-6303
Fax: (603) 444-7588
Email: nccinc@ncia.net
Website: www.nccouncil.org

Rockingham

Address: Rockingham Planning Commission
156 Water Street
Exeter, NH 03833
Phone: (603) 778-0885
Fax: (603) 778-9183
Email: email@rpc-nh.org
Website: www.rpc-nh.org

Southern NH

Address: 438 Dubuque Street
Manchester, NH 03102
Phone: (603) 669-4664
Fax: (603) 669-4350
Email: email@snhpc.org
Website: www.snhpc.org

Southwest Region

Address: 20 Central Square, 2nd Floor
Keene, NH 03431
Phone: (603) 357-0557
Fax: (603) 357-7440
Email: admin@swrpc.org
Website: www.swrpc.org

Strafford

Address: 2 Ridge Street, Suite 4
Dover, New Hampshire 03820-2505
Phone: (603) 742-2523
Fax: (603) 742-7986
Email: srpc@strafford.org
Website: www.strafford.org

Upper Valley Lake Sunapee

Address: 30 Bank Street
Lebanon, NH 03766
Phone: (603) 448-1680
Fax: (603) 448-0170
Email: info@uvlsrpc.org
Website: www.uvlsrpc.org

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NH Rural Development Council, Inc.

Address: 2 1/2 Beacon Street
Concord, NH 03301

Phone: (603) 229-0261

Fax: (603) 228-4827

Email: nhrdc@mcttelecom.com

Website: www.ruralnh.org

Mission: Our mission is to provide a voice for rural New Hampshire through dialogue, research and action that serves to maintain and enhance the economic, social, cultural and environmental assets of our rural communities and regions throughout the state.

Community Services: Identification of state and federal resources to serve rural community and regional needs. Builds collaborations between local, regional, state, and federal interests to support sustainable rural development.

Resources:

1. *Community Leadership and Civic Participation Training Programs Serving New Hampshire's Small Communities: An Assessment of Existing Programs and Current Needs*, December 2000
2. *Assessment of the Communications Infrastructure between Community Development Practitioners in New Hampshire*, May 2001
3. *Balancing Nature and Commerce in Gateways Communities of the Northern Forest Workshop Notebook*, October 2002
4. *Community Development Collaborative Web Site:* http://buzgate.org/nh_cdc.html
5. *The Rural Lens*, a quarterly newsletter of the NH Rural Development Council
6. The National Rural Development Partnership: www.rurdev.usda.gov/nrdp

Plan NH

Address: PO Box 479
Center Harbor, NH 03226

Phone: (800) 721-7526 out-of-state (603) 253-8182

Fax: (603) 253-8656

Email: execdirect@plannh.mv.com

Website: www.PlanNH.org

Mission: Plan NH is "The Foundation for Shaping the Built Environment." Plan NH is dedicated to Supporting and Preserving Our Quality of Life and Strives to Create a Forum to Improve the New Hampshire Community through Excellence in Planning, Design, and development. It is a multi-disciplinary organization with a diverse membership that brings a variety of views and perspectives to the forefront for discussion about development in the State of NH.

Community Services: Community Design Charrettes (sponsors three per year); presents programs and forums on topics of both professional and lay interest within the field of development; administers the Granger Fellowship through New Hampshire Charitable Foundation for students studying design and engineering disciplines; created the Plan NH Scholarship Fund; and, sponsors an Annual Merit Award program recognizing planning, design and construction projects of exemplary quality.

Resources: Community Design Charrette Information, Annual Membership Guide, and Fellowship and Scholarship Information.

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Public Service of NH - Community Development Funding

Address: PSNH Community Relations Manager
PO Box 330
Manchester, NH 03105

Phone: (800) 662-7764

Website: www.psnh.com/community/support/applyfor_funding.asp

Philosophy: PSNH supports initiatives throughout the state that benefit the company's business environment while improving the quality of life for New Hampshire residents. PSNH considers initiatives that are consistent with the company's values of being environmentally and socially responsible, committing to a diverse workforce, providing a stimulating workplace, and making New Hampshire a good place to live.

Priorities: Ideally, initiatives should benefit the communities where our customers or employees are located and qualify under one or more of the company's priorities for giving which are:

- Economic Opportunity
- Environmental Stewardship
- Social Responsibility

UNH Cooperative Extension – Community Development Programs

Address: 56 College Road
James Hall
Durham, NH 03824

Contact Person: Charlie French

Phone: (603) 862-0316

Fax: (603) 862-0208

Email: charlie.french@unh.edu

Website: <http://ceinfo.unh.edu/>

Mission: Provide education, training, and assistance to communities to enhance their ability to improve their economic, environmental, civic, and physical well-being.

Community Services: Community Profiles

Resources: See following website for publications: <http://ceinfo.unh.edu/pubs.htm>

UNH Office of Sustainability Programs

Address: 131 Main Street
Nesmith Hall
Durham, NH 03824

Contact Person: Julie Newman

Phone: (603) 862-4088

Fax: (603) 862-0785

Email: jwilhelm@cisunix.unh.edu

Website: www.sustainableunh.unh.edu

Mission: The Office of Sustainability Programs (OSP) was established in 1997 to develop University-wide education program that links the principles of sustainability to community life. OSP initiatives integrate sustainability practices into all facets of our land grant mission including teaching, research, operations, campus culture and public service. All initiatives involve collaboration with faculty, staff and students as well as local, regional and international partners. From a transportation demand management policy for the campus and a general education course on global environmental change to a graduate curriculum in Public Health Ecology, an exhibit on solar energy at the UNH Memorial Union Building (MUB) and a research project linking climate, air quality and health in northern New England, OSP collaborates with partners that share the common goal of improving community life.

Community Services: OSP programming is organized around four educational initiatives – climate education, food and safety, biodiversity education, and culture and sustainability.

Resource Materials: Available resources and information about each of the above community services can be found by accessing the OSP web site.

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Vital Communities

Address: 104 Railroad Row
White River Junction, VT 05001

Phone: (802) 291-9100

Fax: (802) 291-9107

Email: info@vitalcommunities.org

Website: www.vitalcommunities.org

Mission: Works to engage citizens in community life and to foster the long-term balance of cultural, economic, environmental and social well-being in our region.

Community Services: Coordinator for the Upper Valley Housing Coalition. Coordinator for Upper Valley Transportation Management Association. Coordinator for Local Food Web (building relationships between farmers and consumers). Coordinator for Valley Quest (sense-of-place education program to connect youth of all ages to the land). Coordinator for Community Profiles ('SWOT' analysis for individual town).

Resources: Housing Endorsement Guidelines, Valley Quest Map Book, plus much more (see web site).

Trails Planning

Appalachian Mountain Club (NH)

Address: 54 Portsmouth Street
Concord, NH 03301

Phone: (603) 223-6734

Fax: (603) 223-6831

Email: amcnhadv@shore.net

Website: www.outdoors.org

Mission: AMC encourages the protection, enjoyment, and wise use of the mountains, forests, and trails of the Northeastern USA.

Community Services: AMC has expertise in trail-building, trail maintenance, outdoor recreation and safety, open space conservation, GIS mapping abilities, natural resource identification and analysis, community resource analysis, outdoor education of all sorts, and more.

Resources: AMC publishes AMC Outdoors 10 times annually, which has a distribution of approx. 50,000 copies; AMC has lobbying and advocacy abilities; AMC carries out workshops in a multitude of outdoor and recreation subjects, and more. Please contact us for more information.

NH Trails Bureau

A Division of the NH Department of Resources & Economic Development

Address: 172 Pembroke Road
PO BOX 1856
Concord N.H. 03302-1856

Phone: (603) 271-3556

Website: www.nhtrails.org

Email: nhtrails@dred.state.nh.us

Community Services: The NH Division of Parks and Recreation's Bureau of Trails administers multiple-use trails on state, federal, and private lands. The Bureau of Trails assists organizations, municipalities, and trail clubs with the development of trails on both public and private lands. Included in the Bureau's management are 250 miles of wheeled off-highway recreational vehicle trails, over 300 miles of state-owned rail-trails, and 6,830 miles of snowmobile trails.

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Ted's Trails

Address: 86 Mountain Road
Greenfield, NH 03047

Contact Person: Ted Bonner

Phone: (603) 547-3914

Fax: none available

Email: tbonner@attglobal.net

Community Services: Presentations to communities on trail design and construction.

Resources: *Building Foot Trails: A Guide for Towns and Landowners*; Examples of completed trails and trail brochures/maps in NH communities.

Upper Valley Trails Alliance

Address: PO Box 1215
Norwich, VT 05055

Phone: (802) 649-9075

Fax: (802) 649-3079

Email: trails@valley.net

Website: www.uvtrails.org

Mission: The mission of the Upper Valley Trails Alliance is to convene Upper Valley landowners, trail, land protection and civic groups to support all trails and to create a cohesive trail network in the Upper Valley. The Alliance brings people interested in trails together to explore developing new trails and linking existing ones, work on use issues, and form new bonds between conservationists, landowners, recreationalists and economic interests in the Upper Valley. We aim to promote the region as a place with a superb quality of life, open space and abundant opportunities to enjoy the environment.

Community Services: The Upper Valley Trails Alliance provides technical assistance and training for trail groups, organizes the annual Upper Valley Trails Day, hosts bi-monthly Trails Council meetings to encourage communication and collaboration among trail groups, sponsors bike safety clinics for kids, provides a lending toolshed for trail building and maintenance, and is working on an Upper Valley Loop Trail connecting four towns and two states for pedestrians and bicyclists.

Resources: UVTA directory of trail-related organizations, grantmaking database, Trail Tales newsletter.

Conservation

Audubon Society of NH

Address: 3 Silk Farm Road
Concord, NH 03301

Phone: (603) 224-9909

Fax: (603) 226-0902

Email: asn@nhaudubon.org

Website: www.nhaudubon.org

Mission: The mission of the Audubon Society of New Hampshire is to protect and enhance New Hampshire's natural environment for wildlife and for people.

Community Services: A partner of the Minimum Impact Development Three Infrastructures Approach to development in New Hampshire, with emphasis on Green Infrastructure; provide limited assistance with conservation easements and land protection; have worked with communities on a contract basis to assist with integrating wildlife issues into planning initiatives.

Resources: Information regarding local birds, reptiles, amphibians, and other wildlife species available for some communities.

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Center for Land Conservation Assistance

Address: 54 Portsmouth Street
Concord NH 03301

Phone: (603) 717-7045

Fax: (603) 228-0423

Email: Access the website below and select "How to Apply for Assistance"

Website: www.ceinfo.unh.edu/CommDev/CCAP.htm

Mission: CLCA provides support and assistance to those working to protect open space and other natural resource values in New Hampshire communities. Primary audience for support is the growing number of land trusts, but we also provide services and referrals to conservation commissions, other municipal groups and to land owners

Community Services: Annual New Hampshire Land Conservation Conference (spring); meeting of NH Land Conservation Coalition (usually in fall), referrals to land trusts and others with expertise in land protection; slide show *The Dollars and Sense of Open Space*, documenting the economic value to communities of retaining some land in open space.

Resources: List and map of land trusts operating in NH, many handouts about various land conservation issues, *Open Space for New Hampshire*; *A Toolbook of Techniques for the New Millennium* (from New Hampshire Wildlife Federation); soon to publish *Saving Special Places: Community Funding for Land Conservation* and coming spring of 2003, *A Land Owners Guide to Land Protection Options*.

National Park Service, Rivers, Trails, and Conservation Assistance Program

Address: 18 Low Avenue
Concord, NH 03301

Contact Person: Margaret Watkins

Phone: (603) 226-3240

Fax: (603) 224-0091

Email: margaret_watkins@nps.gov

Website: www.nps.gov/ncrc/programs/rtca

Mission: To help community groups and local and state governments achieve on-the-ground conservation successes conserving or restoring rivers, preserving open space, and developing trails and greenways by providing short-term technical assistance.

Community Services: Technical assistance to help communities initiate and/or implement land conservation, river protection, and trail/greenway development projects. Assistance may take the form of a brief consultation or a 1-to-3 year project. Assistance may also be requested to help new or re-emerging organizations build capacity.

Resource: Examples from projects in New Hampshire and around New England.

Natural Resources Conservation Service (USDA)

Address: 2 Madbury Road
Durham, NH 03824
Other locations in various counties across NH

Contact Person: Tessa Chadwick, State Conservationist

Phone: (603) 862-7581, ext. 125

Fax: (603) 868-5301

Email: tessa.chadwick@nh.usda.gov

Web: www.nh.nrcs.usda.gov

Mission: To provide leadership in a partnership effort to help people conserve, maintain, and improve our natural resources and environment.

Community Services: NRCS is a non-regulatory agency within the United States Department of Agriculture that provides technical and financial assistance for voluntary conservation on private lands. Working through the county conservation districts, NRCS provides assistance on issues such as erosion control, water quality and water conservation, wildlife habitat and wetlands enhancement/restoration, invasive species control, pasture health, conservation buffers, nutrient management, farmland protection, and many others. This can include the design and installation of conservation practices under various cost-sharing programs.

Resources: County Soil Surveys, farmland protection funding, conservation cost-sharing programs, technical assistance on conservation projects.

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Nature Conservancy

Address: 22 Bridge Street, 4th Floor
Concord, NH 03301

Phone: (603) 224-5853

Fax: (603) 228-2459

Website: www.nature.org/newhampshire

Mission: To preserve the plants, animals and natural communities that represent the diversity of life on Earth by protecting the lands and waters they need to survive. The Conservancy is the world's largest conservation organization and has protected more than 98 million acres in the United States and other countries. The Conservancy uses a science-based, non-confrontational approach to protect exemplary natural communities by working with conservation partners and willing sellers.

Community Services: Working with its conservation partners, the New Hampshire chapter of The Nature Conservancy has protected more than 119,000 acres in the Granite State since 1987, from Great Bay to the Great North Woods. In New Hampshire, the Conservancy has 26 preserves that protect significant forest blocks or natural communities, several of which have trail systems that allow the public to better understand these ecosystems. Throughout the year, the Conservancy and its volunteers sponsor guided hikes through its preserves.

Resources: The Nature Conservancy publishes a quarterly magazine for its 1 million members. In addition the New Hampshire chapter publishes a newsletter, "Great Places in the Granite State," three times a year and issues a monthly electronic newsletter (subscribe by visiting the chapter's website, www.nature.org/newhampshire).

NH Association of Conservation Commissions

Address: 54 Portsmouth Street
Concord, NH 03301

Phone: (603)-224-7867

Fax: (603)-228-0423

Email: info@nhacc.org

Website: www.nhacc.org

Mission: The NH Association of Conservation Commissions (NHACC), founded in 1970, is a private, non-profit association of municipal conservation commissions. Its purpose is to foster conservation and appropriate use of NH's natural resources by providing assistance to conservation commissions, facilitating communication and cooperation among commissions, and helping to create a climate in which commissions can be successful.

Community Services: Provide assistance to municipal conservation commissions

Resources: Handbook for Conservation Commissions in NH; Conservation Commission News, published quarterly.

NH Dept. of Resources & Economic Development - Forest & Lands Division

Address: PO Box 1856
172 Pembroke Road
Concord, NH 03302-1856

Phone: (603) 271-2214

Fax: (603) 271-6488

Website: www.dred.state.nh.us/divisions/forestandlands

Mission: As stewards of New Hampshire's forests and related resources, the Division of Forests and Lands protects and promotes the values provided by trees and forests. Our mission is accomplished through responsible management of the State's forested resources; by providing forest resource information and education to the public; and the protection of these resources for the continuing benefit of the State's citizens, visitors, and forest industry. (See web site (www.nhdfl.org) for additional program descriptions.)

Community Services: (1) Sponsors the National TREE CITY USA Awards Program in New Hampshire and assists New Hampshire communities in filing the TREE CITY USA Award Application yearly. The TREE CITY USA Award designation is a national award program, sponsored by the National Arbor Day Foundation, recognizing community commitment to an outstanding, comprehensive urban forestry program. (2) Assists New Hampshire communities and design professionals statewide, e.g., arborists, landscape architects, planners, engineers, and other

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professionals, with planning, selection, planting, and after-care of trees and other woody vegetation in community landscapes.

Resources: Publications: “Planting Trees In Designed And Built Community Landscapes: Checklists For Success” [Reynolds & Ossenbruggen, 1998]; “Selecting Trees For Urban Landscape Ecosystems: Hardy Species For Northern New England Communities” [Reynolds & Boivin, 1994].

Society for Protection of NH Forests (SPNHF)

Address: 54 Portsmouth Street
Concord, NH 03301

Phone: (603) 224-9945

Fax: (603) 228-0423

Email: info@forestsociety.org
cwells@spnhf.org

Website: www.spnhf.org

Mission: Founded in 1901, the Society for the Protection of NH Forests is the state's oldest and largest non-profit conservation organization. Supported by more than 10,000 members, the Society's mission is perpetuate the forests of New Hampshire by establishing permanent conservation areas and promoting the wise stewardship of public and private lands. The Society's New Hampshire Everlasting initiative, launched in 2001, challenges New Hampshire's public and private conservation community to protect one million additional acres throughout the state over the next 25 years.

Community Services: (1) Land Protection: working with private landowners, the Society completes permanent agreements protecting an average of 4,000 acres of forest land, farmland, natural areas and shorefront every year. (2) Forest Management: The Society owns over 135 forest reservations covering over 35,000 acres throughout the state. These permanent conservation lands are open for public recreation and are used to demonstrate model forestry and wildlife management. (3) Education and Research: the Society researches emerging trends and policy alternatives in forestry, land use, water supply protection and other issues. SPNHF also maintains an extensive educational outreach program that includes workshops, seminars and field trips. (4) Advocacy: the Society actively works to shape and influence public policy at the state and federal level, especially in forest and land conservation issues.

Resources: SPNHF offers a wide variety of materials on land protection, stewardship, research, education, and advocacy. Many of these can be accessed via the SPNHF website.

UNH Cooperative Extension – Community Conservation Assistance Program

Address: UNH Cooperative Extension
36 County Drives
Laconia, NH 03240

Contact Person: Amanda Stone

Phone: (603) 364-5324

Fax: (603) 862-2456

Email: amanda.stone@unh.edu

Website: <http://ceinfo.unh.edu/CommDev/CCAP.htm>

Mission: The Community Conservation Assistance Program supports community conservation projects through education and assistance.

Community Services: Education about and assistance with organizational development, natural resource inventories, conservation planning and conducting conservation projects.

Resources: A variety of publications, presentations, workshops and courses as well as staff with expertise in land conservation, water resource protection, forestry, wildlife and related natural resource fields.

UNH Cooperative Extension - Community Forestry and Natural Resources
- NH Community Tree Steward Program

Address: 131 Main Street
Nesmith Hall
Durham, NH 03824

Contact Person: Wendy Scribner

Phone: (603) 862-2512

Fax: (603) 862-0107

Email: wendy.scribner@unh.edu

Website: ceinfo@unh.edu

Mission: To strengthen communities, promote social change, and enhance urban ecosystems through the practice of urban forestry and natural resource care in NH communities. Programs provide support, training, and continuing education for volunteers and others involved in community forestry and natural resources programs.

Community Services: Work with communities to support and enhance healthy natural resources for improved quality of life. Also provide education and information on natural resources and community involvement.

Resources: Brochures, fact sheets, presentations (limited), and programs based on natural resources and their care.

Public Policy

Bicycle Coalition of NH

Email: info@bikenewhampshire.org

Website: www.bikenewhampshire.org

Mission: BCNH is a statewide voice for bicycle riders and pedestrians, working for friendly transportation systems in our communities.

Resources: BCNH has number of resources accessible from its web site including: the BCNH news, calendar of bicycling events, links to national, state and local bicycling organizations, biking routes, a bicycle buying guide for kids, and links to NH legislators to express your interests about biking issues and policy.

NH Center for Public Policy Studies

Address: 1 Eagle Square, Suite 510
Concord, NH 03301

Phone: (603) 226-2500

Fax: (603) 226-3676

Website: www.nhpolicy.org

Mission: The NH Center for Public Policy Studies is an independent, nonpartisan organization that pursues data-based research on public policy matters, develops options, informs policy makers, and advises them about choices for action. Established in 1996, the Center's mission is to raise new ideas and improve policy debates through quality information and analysis on issues facing New Hampshire's future.

NH Public Interest Research Group

Address: 30 South Main Street
Concord, NH 03301

Phone: (603) 229-3222

Fax: (603) 229-3221

Email: info@nhpirg.org

Website: www.nhpirg.org

Mission: NHPIRG is a non-partisan, non-profit community advocacy group. We primarily focus on protecting the environment and the consumer.

Community Services: NHPIRG can help communities to become more livable and walkable by providing information on, and opportunities to become involved with, the issues of air pollution and sprawl.

National Resources

Active Living By Design

A national program of the Robert Wood Johnson Foundation

Address: 400 Market Street, Suite 205
Chapel Hill, NC 27516

Phone: (919) 843-2523

Fax: (919) 843-3083

Email: info@activelivingbydesign.org

Website: www.activelivingbydesign.org

Mission: Active Living by Design's mission is to create environments that promote physical activity. This often takes more than just building a sidewalk or greenway. In order to change sedentary behavior, we will need to adopt a holistic approach that connects with policy, programs, promotions, preparation and physical projects. Our program encompasses many fields and disciplines in order to support active living environments. These include land use planning, transportation, parks, trails and greenways, communications, public health, design, community development and many others.

Community Services: The Robert Wood Johnson Foundation has created an entire suite of programs to address the problem of physical inactivity in the U.S. and the resulting health outcomes. Active living is a way of life that integrates physical activity into daily routines.

Resources: Active Living by Design Resources have been created for government leaders and policy makers, citizens and professionals in such areas as planning and health care. Specific resources include *Active Living Leadership*, *Active Living Network*, *Active Living Research*, *Active Living Resource Center*, and *Active Living Blueprint* all accessible from the website.

American Planning Association

Address: 122 S. Michigan Ave., Suite 1600
Chicago, IL 60603

Phone: (312) 431-9100

Fax: (312) 431-9985

Email: customerservice@planning.org

Website: www.planning.org

Mission: APA is a nonprofit public interest and research organization committed to urban, suburban, regional, and rural planning. APA and its professional institute, the American Institute of Certified Planners, advance the art and science of planning to meet the needs of people and society.

Community Services: The APA has many services available to communities, professional planners and others interested in community planning issues. Their services and resources are included in the areas of your community, research, publications, knowledge exchange, news, conferences and workshops, and membership.

Resources: The Your Community section of the APA website explores urban areas, suburbs, towns, villages, rural places, and ways for you to get involved in your own community. This part of the website features the following resources: *Kids and Community*, *Neighborhood Collaborative Planning*, *Smart Growth and Other Resources*, *World Town Planning Day*, *Green Communities Initiative* and *Plans of American Cities*.

National Center for Bicycling and Walking

Address: 8120 Woodmont Ave, Suite 650
Bethesda, MD 20814

Phone: (301) 656-4220

Fax: (301) 656-4225

Email: info@bikewalk.org

Website: www.bikewalk.org

Mission: Our mission is to create bicycle-friendly and walkable communities.

Community Services: Ongoing NCBW activities include: 1) providing specialized consulting services in the areas of long-range planning, policy development, public involvement, route selection, planning and design for bicycle and pedestrian facilities; 2) training programs for public health and transportation agencies; 3) economic

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development and tourism planning and analysis; and, 4) organizing and managing workshops and conferences, including the biennial Pro Walk / Pro Bike conference.

Resources: Along with numerous resources that can be accessed at the NCBW website, NCBW is linked to the Active Living Resource Center at www.activelivingresources.org, which provides additional resources for making communities more livable and walkable.

Partners for Livable Communities

Address: 1429 21st Street NW
Washington, DC 20036

Phone: (202) 887-5990

Fax: (202) 466-4845

Website: www.livable.com

Mission: Partners for Livable Communities is a non-profit leadership organization working to improve the livability of communities by promoting quality of life, economic development, and social equity. Partners has helped communities set a common vision for the future, discover and use new resources for community and economic development and build public/private coalitions to further their goals.

Community Services: Partners helps communities identify possibilities; stimulate ideas and suggest alternatives; create solutions; and mobilize support. They do this through advocacy on specific issues, hands-on technical assistance, and sharing of information.

Resources: Specific resources include: community technical assistance program, information sharing with other communities where change is taking place, and access to America's Most Livable Communities website (www.mostlivable.org).

Sierra Club – Stopping Sprawl

Address: 85 Second Street, 2nd Floor
San Francisco, CA 94105

Phone: (415) 977-5500

Fax: (415) 977-5799

Email: information@sierraclub.org

Website: www.sierraclub.org/sprawl

Mission: The Challenge to Sprawl Campaign works to fight poorly planned runaway development and promotes smart growth communities that increase transportation choices, reduce air and water pollution, and protect our natural places.

Community Services: The Sierra Club provides information and resources on how poorly planned development can threaten our environment, our health, and our quality of life in numerous ways.

Resources: Specific resources include: reports and fact sheets on sprawl, research and articles, information on livable communities, and such featured resource documents as *Building Better: A Guide to America's Best New Developments*, *Healthy Growth Calculator*, and *Community Transformations* all accessible from the website.

Smart Growth Online

Address: Sustainable Communities Network, c/o CONCERN
PO Box 21301
Washington, DC 20009

Email: info@smartgrowth.org

Website: www.smartgrowth.org

Overview: Spurring the smart growth movement are demographic shifts, a strong environmental ethic, increased fiscal concerns, and more nuanced views of growth. The result is both a new demand and a new opportunity for smart growth.

Community Services: The Smart Growth Online website offers all kinds of information and resources on smart growth.

Resources: Specific resources include: *Smart Growth Resource Library*, *Smart Growth Network*, and *Calendar of Events*.