

CHRISTIANSTED

St. Croix, USVI

June 24 - 29, 2018



Urban Land
Institute

Advisory Services Program



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- ULI is a membership organization with nearly 40,000 members, worldwide representing the spectrum of real estate development, land use planning and financial disciplines, working in private enterprise and public service.
- What the Urban Land Institute does:
 - Conducts Research
 - Provides a forum for sharing of best practices
 - Writes, edits and publishes books and magazines
 - Organizes and conducts meetings
 - Directs outreach programs
 - Conducts Advisory Services Panels



The Advisory Services Program

- Since 1947
- 15 - 20 panels a year on a variety of land use subjects
- Provides independent, objective candid advice on important land use and real estate issues
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 - Receive a sponsor presentation and tour
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 - Consider data, frame issues and write recommendations
 - Make presentation
 - Produce a final report



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Panelists

Carlton Brown, Direct Invest, NY, NY (Chair)

April Anderson Lamoureux, Strategic Advisors LLC, Boston, MA (Vice Chair)

Nick Egelanian- SiteWorks Retail Real Estate, Annapolis, MD

R. David Gibbs- Renewable Energy Consultant, Queens, NY

Robin Hughes- Abode Communities, Los Angeles, CA

Sandra Kulli- Kulli Marketing, Los Angeles, CA

Amie MacPhee- Cultivate Studio, San Francisco, CA

Kim Morque- Spinnaker Real Estate Partners, Norwalk, CT

Mehul Patel, Midwood Investment & Development, NY, NY

Adam Weers, Trammell Crow Company, Washington, DC

ULI Staff

Beth Silverman- Vice President- Advisory Services

Grace Hill- Manager- Meetings and Events

Cali Slep- Associate- Advisory Services



Panel Assignment

▪ **Economic Development**

- What are optimal strategies to help diversify the economy of St. Croix with a specific focus on the Christiansted?
- What industries or economic sectors for the primary focus area are both a good fit for the local economy, resilient and create employment opportunities?
- How should St. Croix begin to develop an equitable economic development vision for the next 5, 10, and 15+ years? What financial tools and incentives should be used to bolster St. Croix's economic development vision?
- What economic investments are needed to align training programs for high school and post-high school programs to prepare a diverse, resilient and sustainable workforce that allows Cruzan households to earn a living wage?
- How can St. Croix leverage its natural assets to create a tourism driver that attracts visitors locally, regionally, nationally and internationally?

▪ **Affordable Housing Development**

- How can St. Croix ensure that moving forward a strategic economic development vision also drives housing affordability goals and innovation?
- There are superblocks of distressed public and assisted housing (both VIHA/VIFHA have large assisted housing in the area)- how should St. Croix determine the housing mix, location, design and scale of family and senior supportive housing?
- How can the design and development of workforce (family) housing be a catalyst for revitalization of the primary focus area?

▪ **Mobility**

- How can pedestrian and transportation linkages be improved for residents and visitors to access neighborhood assets, Christiansted's central business district, the beach/harbor and the boardwalk?

▪ **Placemaking**

- What are resilient strategies to diversify the economy of St. Croix to help strengthen Christiansted and surrounding neighborhoods? Which strategies can be scaled to implement and stimulate investment island-wide?
- What design principles would brand the area of Christiansted as a unique location with a strong sense of place that would draw both Virgin Islanders and travelers to the area?

Study Area



Ubuntu et Primum non nocere.

***I am because you are, and you are because we are,
first we shall do no harm.***



Joined by Our Humanity with each other and the mainland though state players would imply that there is no interconnectedness among us

Harm has been done. Climate disasters have affected and will continue to affect St Croix Limited resilience of poor and working class on St Croix because of nothing they have done

We can do better because of unique assets, talent and the will to change the things that negatively impact our lives

Though the need for immediate action is great, it is important to move forward quickly but deliberately

Make no intervention that leaves existing community stakeholders with fewer financial, physical, environmental, social, cultural and human capital assets than before the intervention was made Hope without clear cut plans is the why:

There are floods in Christiansted during heavy rains; it is why substandard low cost social housing is all concentrated in marginalized communities without access to the amenities that enable residents to be self-actualized; it is why there is barely a middle class in downtown Christiansted; it is why the economy has struggled to reinvent itself since the closure Refinery and the Jones Act ; it is why it costs as much to build housing in St Croix as it cost to build in NYC or Washington DC, it is why electricity and energy cost consume a larger percentage of household income than in any community on the US Mainland. And finally, it is why this ULI Advisory Panel was invited to St Croix.

St. Croix, USVI
June 24-29, 2018





One foot in memory, one foot in prophecy

St. Croix, USVI
June 24-29, 2018





Presentation Overview

- I. Existing Conditions
- II. Equitable Economic Development
- III. Infrastructure
- IV. Planning, Design, and Development Strategies
- V. Conclusion

Key Predicates

THE ISLAND

BUILDING BLOCKS

1. Natural:

- a. Island
- b. Beaches & Mountains
- c. Water Use
- d. Underused Land

2. Man Made:

- a. Historic Buildings
- b. Authentic Places
- c. Boardwalk & Waterfront



CHALLENGES

1. Natural:

- a. Flooding & Global Warming
- b. Environmental Pollution
- c. Drainage Flood Control

2. Man Made:

- a. Lack of Gathering Places and Town Centers
- b. Historic Preservation as Priority and Opportunity

Key Predicates

LEADERSHIP

BUILDING BLOCKS

1. Community Leadership
2. Private Sector
3. Entrepreneurs -- Retailers and Restaurateurs
4. Nonprofits
5. Historic Restoration Funding



CHALLENGES

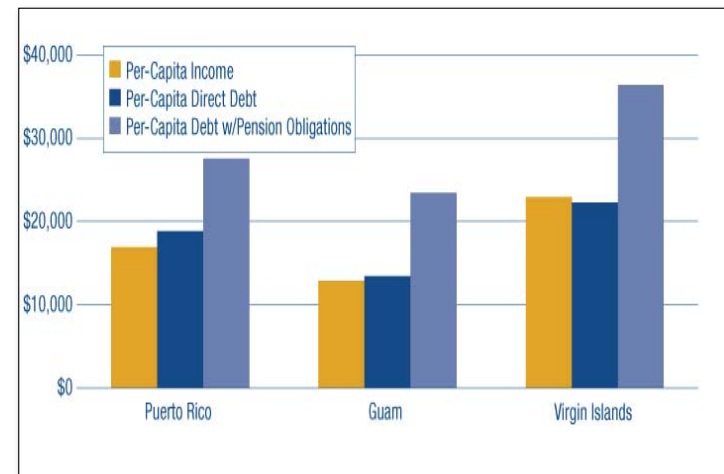
1. Perception that government officials need to more clearly articulate the long-term vision for the future of STX in a manner accessible to all Cruzans
2. Perception that the government needs to engage more fully at the community level to build trust and gain consensus on the future plans for STX
3. Police are not respected and often not trusted

Key Predicates

TERRITORIAL DEBT BURDEN

BUILDING BLOCKS

1. St Croix Foundation
2. Prominent Benefactors
3. Danish Government Foundation
4. FEMA Funding



CHALLENGES

1. \$5.4 Billion of Public Debt And Unfunded Pension Obligations:
2. “Junk Bond” Debt Rating

Key Predicates

JOBS AND ECONOMIC DEVELOPMENT

BUILDING BLOCKS

1. Small Businesses
2. Arts Community
3. New Economy Jobs
4. Dept of Labor Programs



CHALLENGES

1. Jones Act Changes
2. Oil Refinery Dependency
3. Secondary Tourism Industry
4. Few Emerging Businesses
5. Inadequate Work Force Readiness
6. Inadequate Economic Development

Key Predicates

AGING INFRASTRUCTURE

BUILDING BLOCKS

1. WAPA Innovation
2. UVI -- Nursing School
3. FEMA Funds



CHALLENGES

1. Deficient Medical Facilities and Care
2. Aging and Damaged Schools/Lower Educational Attainment
3. Inefficient and Aging Water and Electric Utilities
4. Transportation Challenges
 - a. Damaged and Deficient Roads
 - b. Substandard Airport
 - c. Underused Ports – Dredging

Key Predicates

HOUSING

Building Blocks

1. Tireless Dedicated Staff
2. Private Investment
3. Recent Upgrades
4. FEMA Funding



Challenges

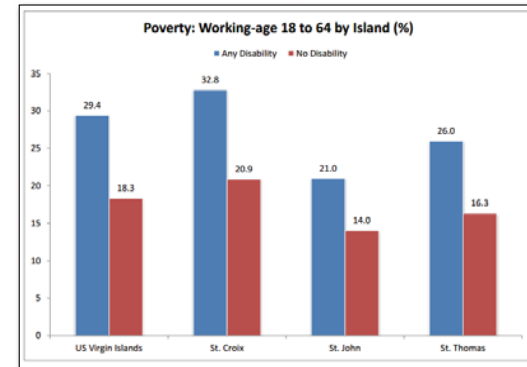
1. Over 45 Public and Private Subsidized Housing Projects
2. Aging And Disconnected Public Housing
3. Few Services & Amenities
4. Operating Deficiencies
5. Low Market Rate Housing Demand
6. Single Family Home Challenges

Key Predicates

PEOPLE

Building Blocks

1. Rich History; Love of Island
2. Love of Home
3. Diverse Mosaic of Cultures
4. Survivors
5. Hard Working Entrepreneurs



Challenges

1. Inter-Island Competition/Secondary Status
2. Social Issues -- Substance Abuse; Crime and Violent Crime
3. Generational Brain Drain
4. Declining and Aging Population
5. Dependent and Under-Educated Population
6. High Poverty Rate
7. Double-Digit Unemployment Rate



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Equitable Economic Development

“Cities have the capability of providing something for everybody, only because, and only when, they are created by everybody”

Jane Jacobs, The Death and Life of Great American Cities

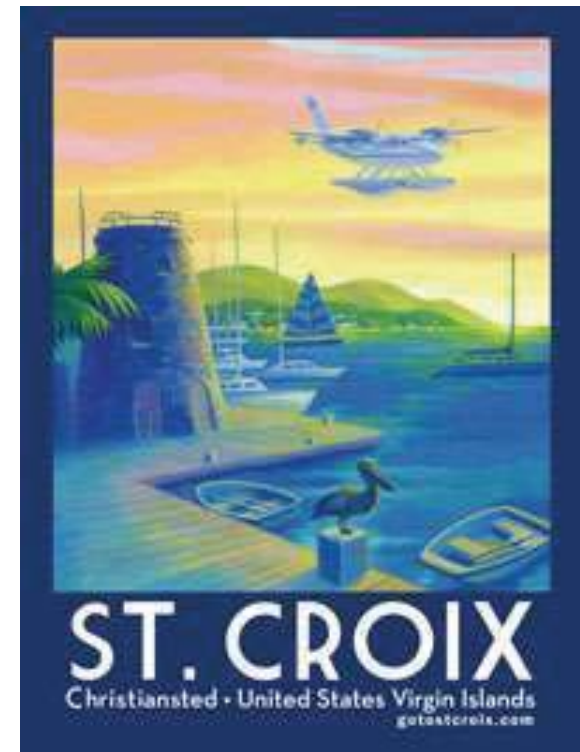


Bigger Is Not Always Better

Incremental Strategies = The Island of Opportunity

- A “build it and they will come” approach will NOT work
- Avoid the temptation of any single “big idea”
- Start with the premise of helping people
- Set realistic goals and priorities
- Implement and measure success

- The key to future economic success is to create opportunities for all Cruzans
 - Pilot microgrants
 - Support creation of co-operatives (agricultural/fishing/artisan)
 - Value community-based leadership
 - Maximize economic development staff resources



Reframe Policy and Priorities

Shift How Policy is Formulated – Engagement is Key

- Meet people where they are **LISTEN**
- Work with community advocates
- Make it worth their time **LISTEN**
- Measure success
- Leverage each opportunity to cultivate champions **LISTEN**
- Communicate using multiple methods
- Send a diverse team **LISTEN**
- Focus on shared decision making
- Less planning and talking, more implementation and action
- Understand that trust takes time



Focus on the Fundamentals

Get the Basics Right

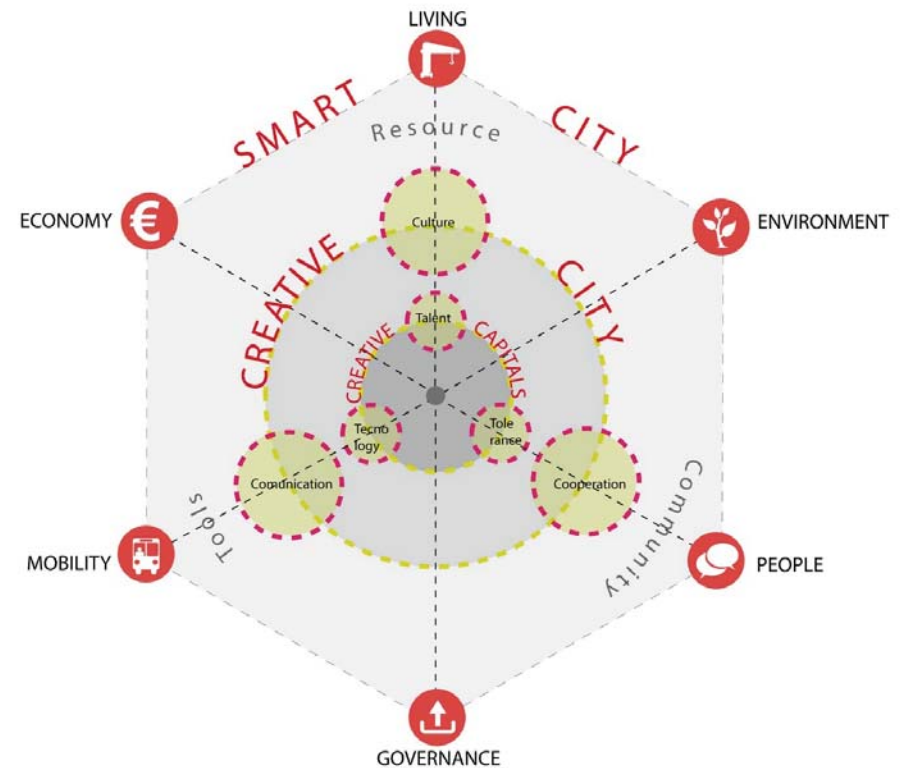
- Celebrate successes not failures
- Fix the things that are broken
 - Repair potholes
 - Keep streets clean
 - Reduce crime
- Reinforce the things that are great
 - Natural environment
 - Community spirit
 - Unique culture & history
- People are the most valuable asset
- Invest in St. Croix's public realm

**I'M NOT DRUNK
JUST AVOIDING POTHOLES**

Small Business/Entrepreneurship

Leverage non-traditional employment opportunities

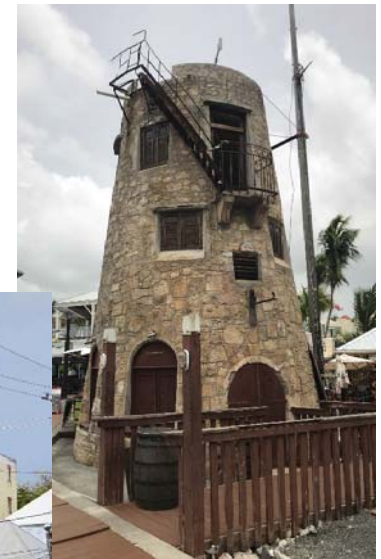
- Co-working space and business incubators
- Creative economy opportunities and Christiansted arts district
- Promote sharing economy
- Expand technology access and improved reliability
 - Export of locally-produced goods
 - Online marketplaces such as Etsy's Craft Entrepreneurship Program or Facebook's Level Up
 - Feasibility of US Virgin Islands online marketplace



Historic and Cultural Tourism

Embrace how St. Croix is unique and different

- Pivot focus from cruise ships & “big ideas” to existing assets
- Christiansted historic and cultural asset mapping
- Specialized and unique cultural and heritage tourist offerings
- Pursue authentic brand
- Models: Charleston, SC; Costa Rica, Savannah, GA; Chattanooga, TN, Louisville, KY



Innovation

Provide connections to the global economy

- Broadband access and reliability
- New and expanded marine research and development partnerships
- Long term: Optimize Christiansted as a Smart City



Foster Agribusiness Sector

Revive an historic sector that provides a sustainable food source

- Establish Agribusiness Initiative within economic development team
- Engage food hub partner to connect the dots
- Landside restoration, ie Green Belt Movement
- Long Term Play: Explore specialty crop production and food exports
- Long Term Play: Explore Christiansted Food Market as worker-owned cooperatives



Economic Development Tools

Leverage and layer full range of available tools

- Tax Incentive Financing
- Public Private Partnerships
- Historic Tax Credits
- Opportunity Zone
- Asset Sale
- New Market Tax Credits
- Worker Owned Cooperatives



People and Workforce

The people of St. Croix are the island's greatest asset

- Basic employment training
- Online access to education and skills development
- Maintain people-focus requirements in the business incentive programs
- Longer Term Play: Native construction techniques and locally sourced materials





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St. Croix Energy Profile

- **The U.S. Virgin Islands' Clean Energy Goals**
 - Reduce fossil fuel-based energy consumption 60% by 2025
 - Generate 30% of peak capacity from renewables by 2025
- **1,000 distributed renewable energy systems** were connected to the WAPA grid. These systems met about 10% of peak demand on St. Croix
- **34MW are under construction or approved** for construction across the territory
- **Solar Hot Water** systems required for all new construction and government buildings until 2020



Impact: Hurricane Maria and Irma

- 90 percent of WAPA's above ground power lines were damaged
- Affected over 20 percent of WAPA's generation capacity
- Power restoration took more than three months across the territory
- **7 new, more efficient 9MW propane generators** to be sited across the island for distributed power production
- **Composite utility poles** able to withstand 200mph winds
- **Underground electrical cable** runs to critical facilities



Diversify Renewable Energy Portfolio

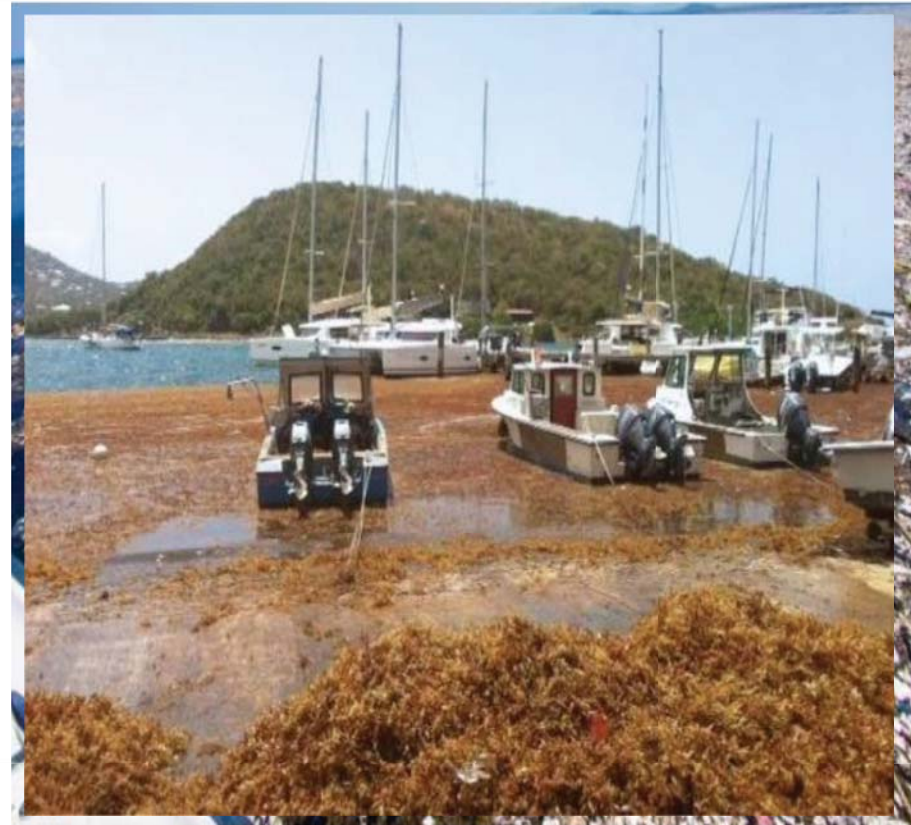


<i>Short - Long Term</i>	<i>Medium - Long Term</i>	<i>Medium - Long Term</i>	<i>Long Term</i>	<i>Long Term</i>
Solar	Wind	Waste-to-Energy	Biomass	Geothermal
Potential: TBD	Potential: 34MW	Potential: 16.5MW	Potential: <10MW	Potential: Very Low
Installed Capacity: >8MW	Installed Capacity: 0	Installed Capacity: 0	Installed Capacity: 0	Installed Capacity: 0

- The localized cost of energy from utility-scale wind projects ranges from **\$0.08/kWh to \$0.14/kWh (generated cost)**. Potential for large scale wind turbines on the south-west coast of St. Croix.
- **Reliable energy** production and delivery
- **Reduce Carbon** emissions
- **Reduction in the cost of water** production (~10% of WAPA energy used for desalination)

Biofuels + Waste to Energy + Biogas

- **Advanced pyrolysis** turns **plastic waste** (polystyrene, polypropylene, polyethylene) into a refined **biodiesel** which can be used in typical diesel engines found in cars, trucks, boats, and generators. Potential to reduce the volume of the municipal dump site by mining the landfill
- **Biomass gasification** processes primarily **organic/food waste** streams, produces biochar (organic fertilizer) in addition to **energy**, and can be sited across the island in 5 -10 MW distributed generation plants. Biomass gasification plant on Martinique sustained minimal damage from Hurricanes Maria and Irma
- **Anaerobic digesters** can be utilized at a variety of scales (residential to utility) for processing **organic waste** into **biogas (methane)**



Resilient Energy Future

- **Mitigate inefficiencies** inherent in centralized power systems
- **Reduced dependency** on extensive transmission lines and ultimately delivery charges
- **Storm resistant** electrical infrastructure
- **Energy storage** integration for demand response and emergency **back-up**
- **Reliable energy** production and delivery
- **Energy efficiency** incentives to reduce demand, and save consumers money
- **Net-metering** program to be reintroduced by WAPA



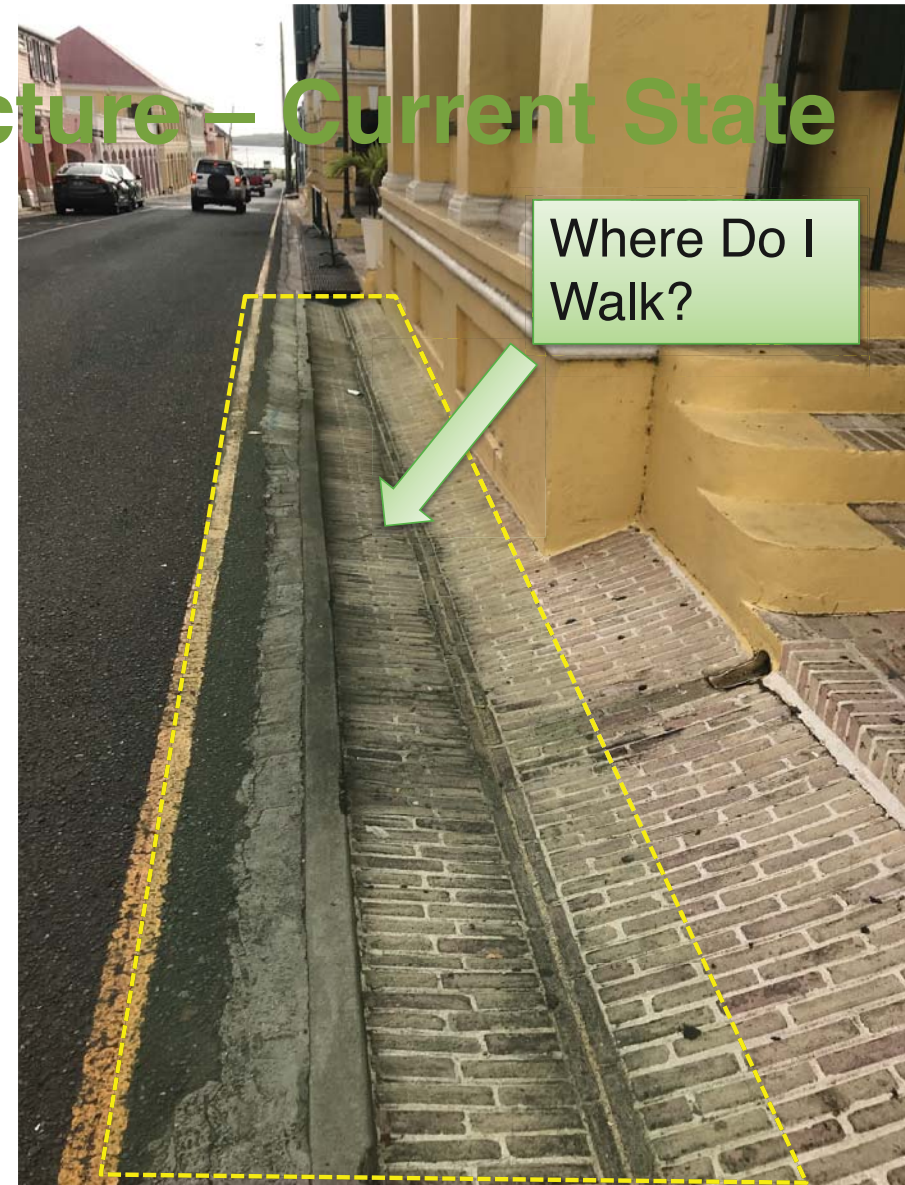
Green Infrastructure

- Employment of **water retention** techniques with the landscape such as retention ponds, swales, and other strategies commonly used in **Permaculture**
- Mitigate runoff and soil erosion and provide **water catchment** for irrigation
- **Lessening** one of the greatest financial **burdens** for farmers
- **Integration** of **softscape** and **hardscape** within the overall planning



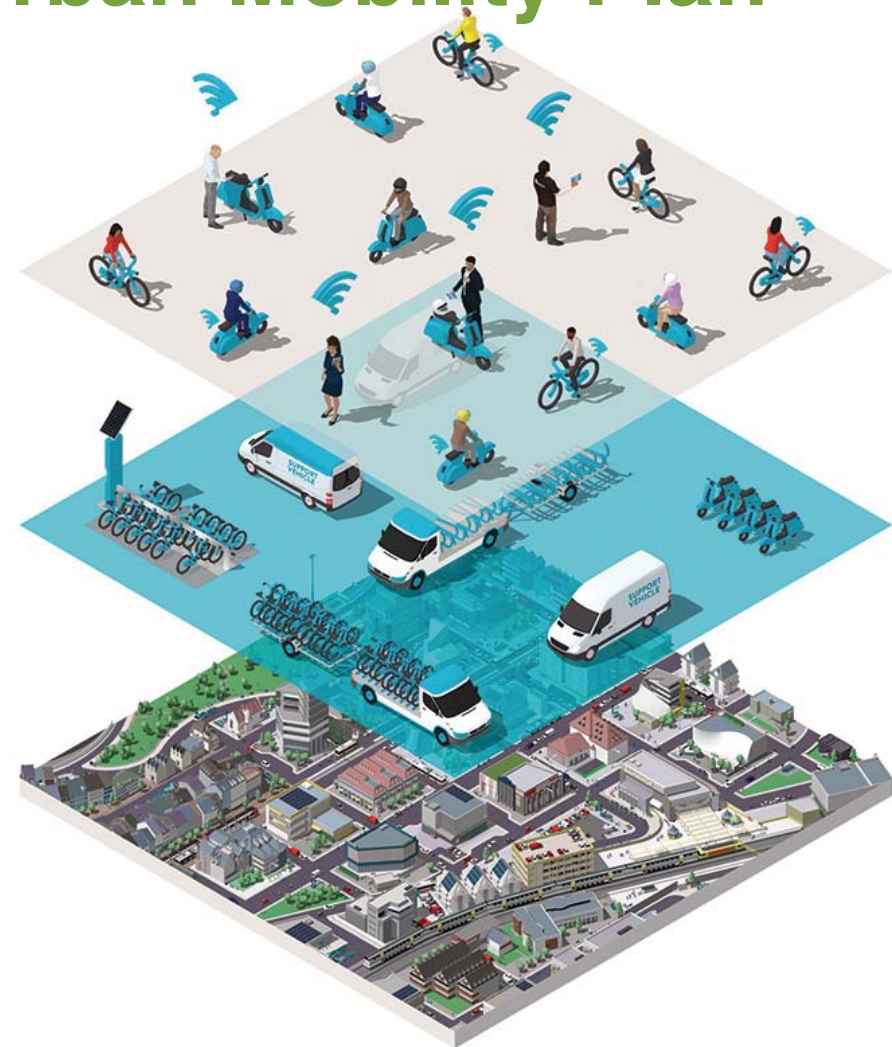
Transportation Infrastructure – Current State

- Current state of the road and transportation infrastructure throughout the island presents a significant challenge
- Underinvestment in the transportation network has created real **BARRIERS TO THE MOBILITY AND MOVEMENT** of residents and visitors
 - Negative impact in quality of life on St. Croix
- Symptoms include
 - Feelings of isolation
 - Disconnect between Christiansted and Fredericksted
 - Restricted access of customers (residents and visitors) to retail and commercial assets
 - Enhanced concerns of displacement from public housing resident regarding redevelopment
- Significant safety concerns (pedestrian and vehicular)
- **LACK** of a reliable **PUBLIC TRANSPORTATION** network presents a missed opportunity



Creating a Sustainable Urban Mobility Plan

- **SERIES OF INVESTMENTS** to improve the transportation and mobility infrastructure within the study area
 - Quick and tangible way to strengthen connections between residents and visitors
 - Enhance and revitalize existing commercial, retail, park, and ocean assets,
 - Lay a firm foundation for mobility that will significantly magnify the impact of new development
- **IMPROVING** people's **ABILITY TO MOVE** benefits retail assets, parks, and cultural districts
- Investing in roads and sidewalks **CONNECTS PEOPLE TO OTHER PEOPLE** as well as
- Low-cost, high-impact method to amplify the sense of community felt in individual pockets of the island
- Framework for a larger transportation and mobility strategy
 - Expand out and tie into an island-wide strategy
 - Can be carried through to a territory-wide strategy



The Plan in 3 Movements

1. The creation of new greenways as foundational elements for the **EFFICIENT MOVEMENT OF PEOPLE** and the connection of key retail, commercial, park and ocean districts
2. The creation of new pedestrian connections to **STRENGTHEN TIES BETWEEN RESIDENTS AND VISITORS** that populate the study area and the key retail, commercial, park and ocean districts
3. Increase the variety of transportation available including bikes, car and scooter sharing, and public transportation to enhance the **ACCESSIBLE, AFFORDABLE MOVEMENT** of residents and visitors throughout the study area

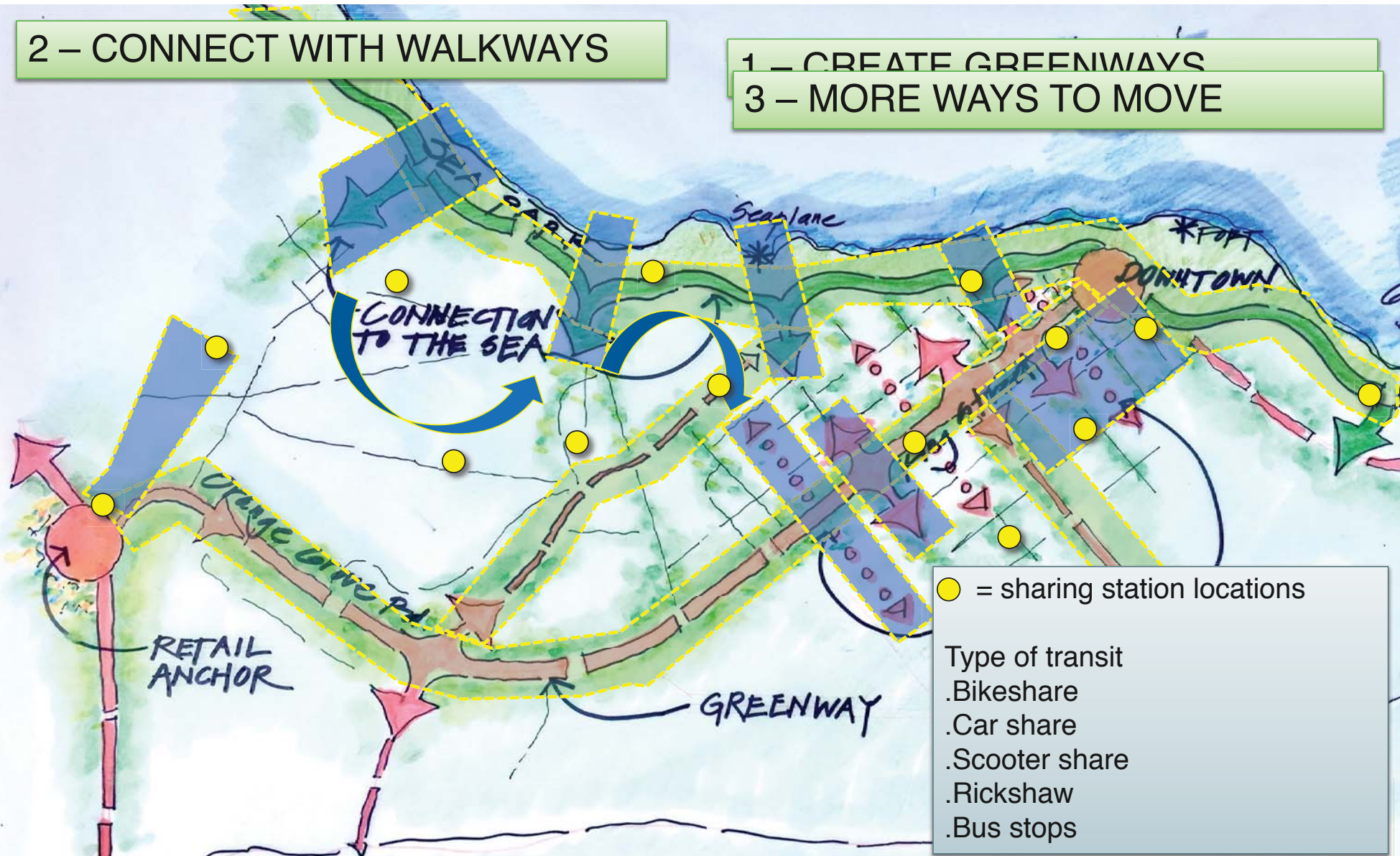
2 – CONNECT WITH WALKWAYS



2 – CONNECT WITH WALKWAYS

1 – CREATE GREENWAYS

3 – MORE WAYS TO MOVE



● = sharing station locations

Type of transit

- .Bikeshare
- .Car share
- .Scooter share
- .Rickshaw
- .Bus stops

Focus on the Fundamentals + Setting the Table





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PLACEKEEPING

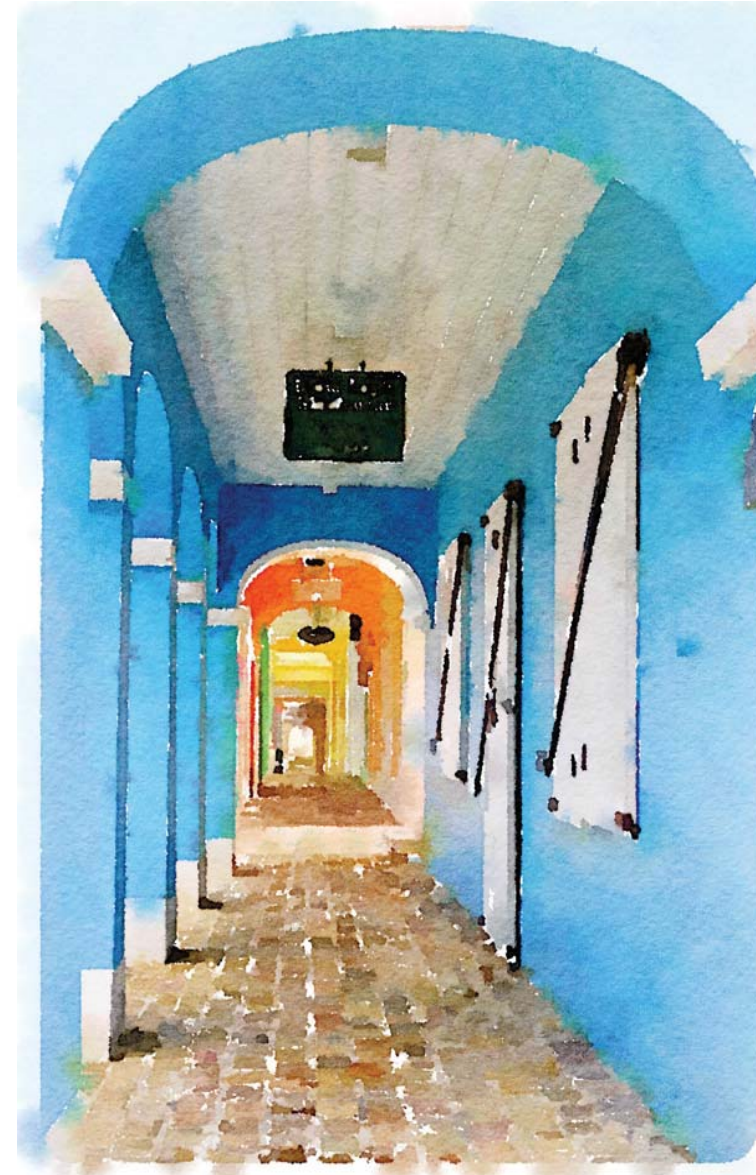
St. Croix, USVI
June 24-29, 2018



Strategy 1: PRESERVE

First, focus on honoring and preserving the unique architectural cultural heritage.

- **Document and map** significant sites.
- **Identify key government-owned lots.** How could they could be used to solve drainage issues, places for new civic spots (parks, markets, shelters, pop up). Host an RFP for Pop Up Insertions into these vacant lots.
- **Go for easy wins on beautifying**, e.g. removing the chain link fence at the boardwalk on government owned lot.



Strategy 1: PRESERVE

First, focus on honoring and preserving the unique architectural cultural heritage.

- **Build on the momentum from the ideas in the Town Plan** created by the community charrette process in 2013.
- **Intensify the work around the “missing teeth/missing owners” initiative.** It’s good!
- **Engage community to partner with the National Park Service** to amplify awareness, education and training around the importance of historic preservation and island legacy.



Strategy 2: CONNECT

Connect Christiansted more wonderfully through social and physical opportunities.

- **Explore ways to move around**, beyond the car.
- **Address unsafe streets**-- both speeding and infrastructure.
- **Address parking challenges** (give tickets to people who park more than 2 hrs.)
- **Engage a bike champion to grow the bike community and facilities.** For example, take Cruzin' Scooters and turn it into a "Bicycle Kitchen" — a place that teaches kids how to repair bikes, helps bike owners learn how to fix their bikes, and grows the bike community. Host a CicLAvia style "open streets" event. Support the efforts in the community for a bike path system.



Strategy 2: CONNECT

Connect Christiansted more wonderfully through social and physical opportunities.

- **Find the best places** for plazas, markets, sports activities in the map of downtown.
- **Make it easy to get to the sea for all** ... and be mindful of the disabled users everywhere.
- **Amplify programs** like the plastic bag/turtle campaign that builds respect for our island and the sea through marine resources/education, expanding with the children and schools.
- **Use the Boardwalk Extension** from Gallows Bay to the Power Station to be multi-use, for locals and for tourists.
- **Get everyone downtown:** Host “Walks with your Senator”, potlucks and conversations with the NPS; “Clean up the Town” Days with the kids. Elders storytelling events.



Strategy 3: DESIGN

Design a comprehensive Open Space system that includes: Parks, Greenways, Sea Park, Flood control retention, and path system.

- The system can **help with flooding**, create places for young and old to play and socialize while **linking up the community** in healthy ways, off the streets.
- **Locate bike/path systems** within Open Space system.
- Make this a **cornerstone for the health** and wellness opportunities in Christiansted.
- **Link the town** to the rest of the Island through a trail system.



Strategy 3: CONNECT



Strategy 4: GATHER

Take what is already working and amplify it. “Placekeeping” not “Placemaking.”

- **Attract more people to Downtown,** more often.
- **Create a place to catalyze agriculture** and expanding food infrastructure. Market Hall.
- **Add a school or satellite spot** for distant schools to host classrooms in town.
- **Include a small grocery/bodega,** get more residents and enforce parking regulations.
- **Recatalyze activities** that were thriving in the 1980s in a new 21st Century Style.



Strategy 4: GATHER

Take what is already working and amplify it. “Placekeeping” not “Placemaking.”

- Gather **high school students** and get their thinking on ideas for things we could add.
- Brainstorm with the **artists**. Talk with the hotel and owners.
- Use **social media as a tool** for building heat in town. The Island. The Territory. The World.
- **Celebrate** the Food & Wine Festival and the smaller gatherings it inspired all year.
- Think richly about how **civic places** might **become community gathering places** beyond traditional uses, like the Library after hours and on Sundays.





Home, Community, Opportunity



State of Housing on St. Croix

St. Croix, USVI
June 24-29, 2018



State of Housing on St. Croix

- High percentage of housing stock is public housing
- Affordable and workforce housing are in great demand
- Housing stock is aging and dilapidated
- High costs of housing for senior and low income population
- Housing severely impacted by hurricanes; 10% -20% considered substandard
- Large stock of historic properties downtown



Issues and Challenges

- **Governmental**
 - Lack of interagency coordination
 - Insufficient capacity of staffing within Housing Authority
 - Inadequate property management and maintenance
- **Private Sector**
 - Lack of capacity and expertise in construction trades
 - Limited competition which creates monopoly in market
 - Limited resources leading to high construction costs
- **Environmental challenges**
 - Climate uncertainty
 - Hurricanes, wind, and persistent moisture issues
- **Infrastructure** – outdated and inadequate, high costs
- **Jobs & Income** - static income levels reduces market rate housing & production

Opportunities

- **Governmental**
 - Funding for Recovery (as much as \$1.9B)
 - VIHA/VIHFA Assets
 - Reimagine Public Housing in Christiansted
- **Environmental**
 - Energy
 - Harness wind and solar
 - Water
 - Maximize capture, treatment and reuse of water
- **Infrastructure** – integrate networked, flexible systems into new buildings
- **Leverage Recovery Funding** for work force and entrepreneurship programs
- **Private Sector**
 - Engage and partner on mixed-income housing
 - Seek new sources for procurement
 - Develop best practices / public-private partnerships / Design Build

Re-imagining Housing

Guiding Principles

- No displacement and ensure residents who currently live in Christiansted remain and benefit from future economic prosperity
- Build diverse, mixed-income, vibrant communities that provide homes for all Cruzans
- Engage existing public housing residents and local stakeholders in creating a collective vision
- Broaden socio-economic demographics of the community to drive economic growth

Re-imagining Housing

Development Strategy

- Community visioning and comprehensive master plan
- Employ best practices for the redevelopment of public housing
 - Range of architecture styles and building types with consideration for local culture and climate
 - Create neighborhood by introducing street grid
 - Ample open space: parks, programmed play areas, active recreation space, community gardens
 - Gathering places, community centers, and multi-purpose space
- Connectivity within neighborhood, along the boardwalk to downtown, and to rest of island
- Seek the best talent by attracting high quality design and real estate professionals and by building local workforce capacity



Re-imagining Housing

Best Practices

- **Enterprise Rose Architectural Fellowship** - Fellowship partners emerging architectural designers with local community development organizations to facilitate an inclusive approach to development that results in green, sustainable, and affordable communities.
- **Enterprise Green Communities** is improving the health and well-being of low-income people by transforming the quality of affordable housing.
- By aligning affordable housing investment strategies with environmentally responsive building practices.....to ensure that people living in affordable housing are healthier, spend less money on utilities, and have more opportunities through their connections to transportation, quality food and healthcare systems.
- Create **Housing Authority Fellowship Exchange Program** to supplement staff capacity within VIHA

Re-imagining Housing

Best Practices – Resources

Ten Principles for Building Healthy Places



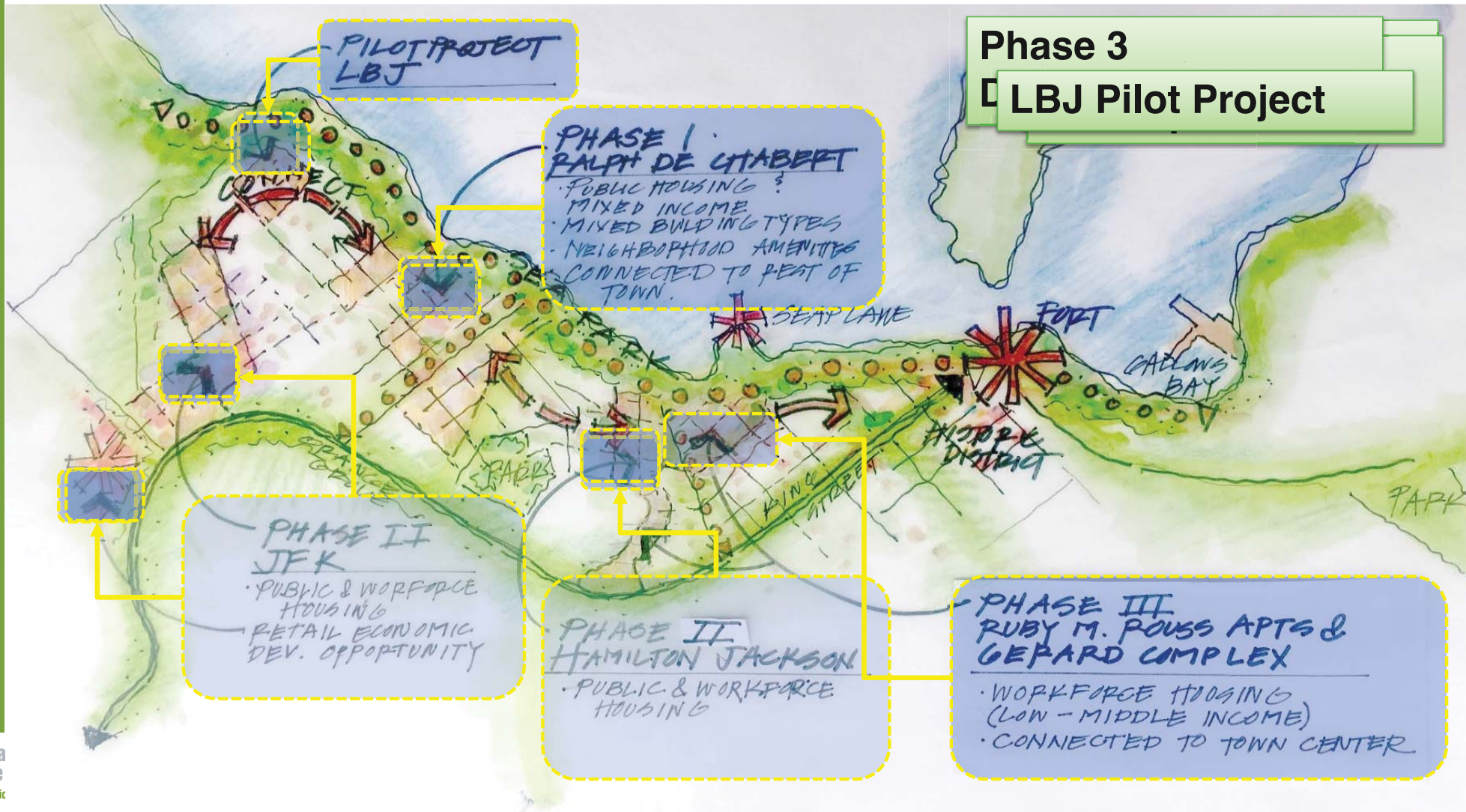
Urban Land Institute Building Healthy Places Initiative



EPA ICMA Sea Grant

Building Homes, Community, and Opportunity

St. Croix, USVI
June 24-29, 2018





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Summary of Recommendations

- **Focus on causing no harm by unintended consequences**
- **Make the Mobility Systems work with incremental investment of recovery funds**
- **Make transportation investments: bike share, motorized scooters, jitney services**
- **Invest in resilient, efficient and renewable electrical generation and distribution systems to reduce energy related barriers to economic development**
- **Consider privatization of utilities to transfer the high capital cost of upgrade to the private sector**
- **If privatized, use the power of the government regulatory system to assure delivery of low cost high value utility services**
- **Consider opportunities to rethink waste as a closed loop system to generate energy and revenues**

Summary of Recommendations

- **Improve water management systems by deploying permaculture methodologies, greenway water management, softscape parks/recreation spaces and water recovery systems**
- **Instead of the “big idea” large-scale investment consider smaller, sustainable equitable investments**
- **Meet people where they are with opportunities scaled to grow human capacity. Consider small, worker owned co-ops and artisan businesses**
- **Develop the Story and market it vigorously. Grow tourism around the island’s undervalued assets: land and sea natural environments; historical architectural fabric; unique cultural character; unique history and emergent cottage industries**
- **Develop parks, waterfront and greenways, public plazas, public outdoor markets and other public spaces to serve all communities and enhance the human experience for residents and visitors**
- **Engage residents in the design of the public realm and public housing**
- **Phasing: engagement for design + development of public park (waterfront); test new construction and development models for senior housing pilot**

St. Croix, USVI
June 24-29, 2018

What Do You Do Monday Morning...

20 THINGS TO START DOING

1. DRINK A LOT OF WATER
\$ GREEN TEA
2. EAT A BIG BREAKFAST, AVERAGE LUNCH & VEGETABLES, NATURAL FOOD
3. EAT FRUITS & VEGETABLES, NATURAL FOOD
4. GO FOR A WALK, SWIM, BIKE RIDE
5. READ A BOOK, OR ... TEN
6. GO TO BED EARLIER
7. STOP THINKING NEGATIVE THOUGHTS ABOUT YOU & OTHERS
8. DON'T DWELL ON THE PAST... turn it into ART
9. ENJOY THE LITTLE THINGS IN LIFE
10. DO NOT JUDGE, OR COMPARE YOURSELF TO OTHERS
11. BEGIN YOGA OR MEDITATION
12. DO NOT PUT THINGS OFF

Questions?