

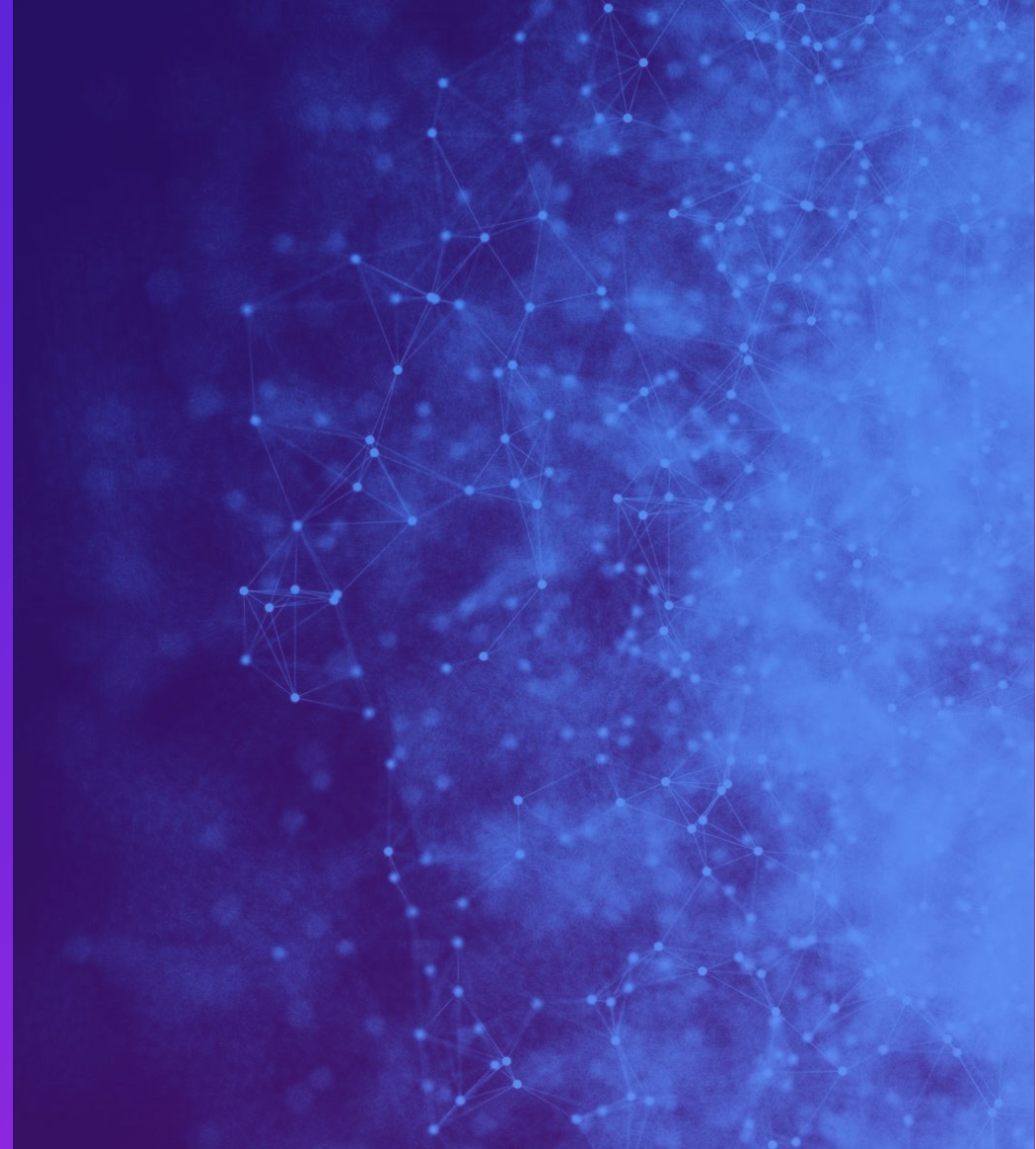
2022 Water and Sustainability Conference

Judy East - Director

Bureau of Resource Information and Land Use Planning

Department of Agriculture, Conservation and Forestry

Us & Them
... or not



The times we live
in.....

***if seatbelt laws were
introduced in 2021***

"70% car crash
survival rate but hey
live in fear sheep"

"If god wanted us to
wear seatbelts he
would have made us
seatbelts"

"This sets a bad
precedent, they
mandate seatbelts
today but next year
they'll make us
wear helmets"

"Car
companies
can't make
me wear a
seat belt
it's
unconstitu-
tional"



"I have a medical
exemption, I have a
sore chest"

"You do know the
National highway
safety administration
hasn't fully proved
they work right?"

"Some study from
Antarctica said
seatbelts restrict
breathing since it
goes over your lungs"

"You know they don't
protect you from ALL
crashes right?"

My labels over the years

- Switchboard operator
- Freshwater Ecologist/Economist
- Planner – Regional/Natural Resources/Group Dynamics
- Listener – lifelong learner
especially of history & psychology



<https://www.nationalww2museum.org/>

Us/Them in my career path

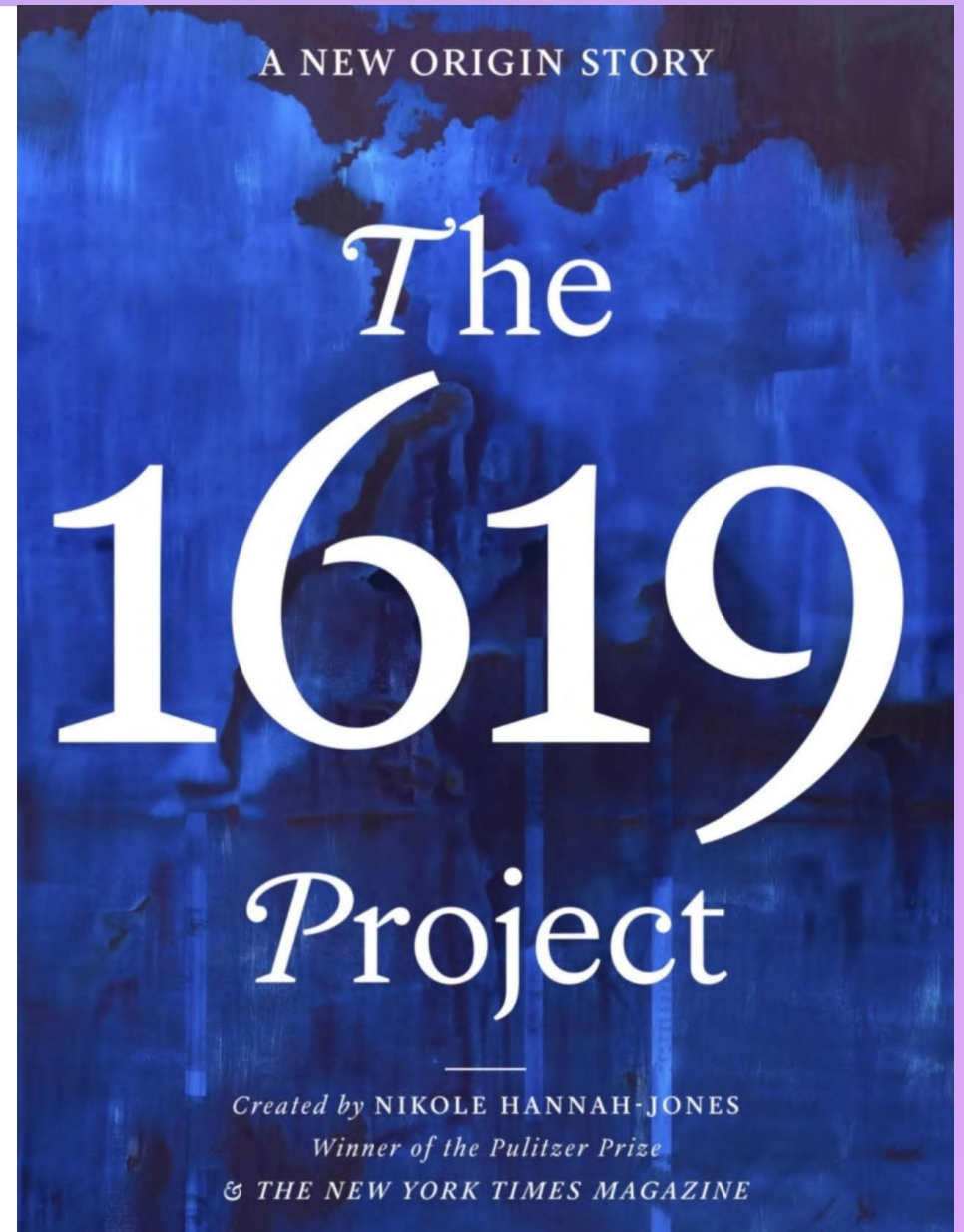
- Eastern Long Island, NY
 - “Up-Island” or “the City”
- Vermont
 - “Flatlander”
- Prince Edward Island
 - “Come From Away” or just “CFA”
- Maine
 - “From Away” or “local”
- Alberta
 - “Eastern Creeps and Bums”



<https://comefromaway.com/>

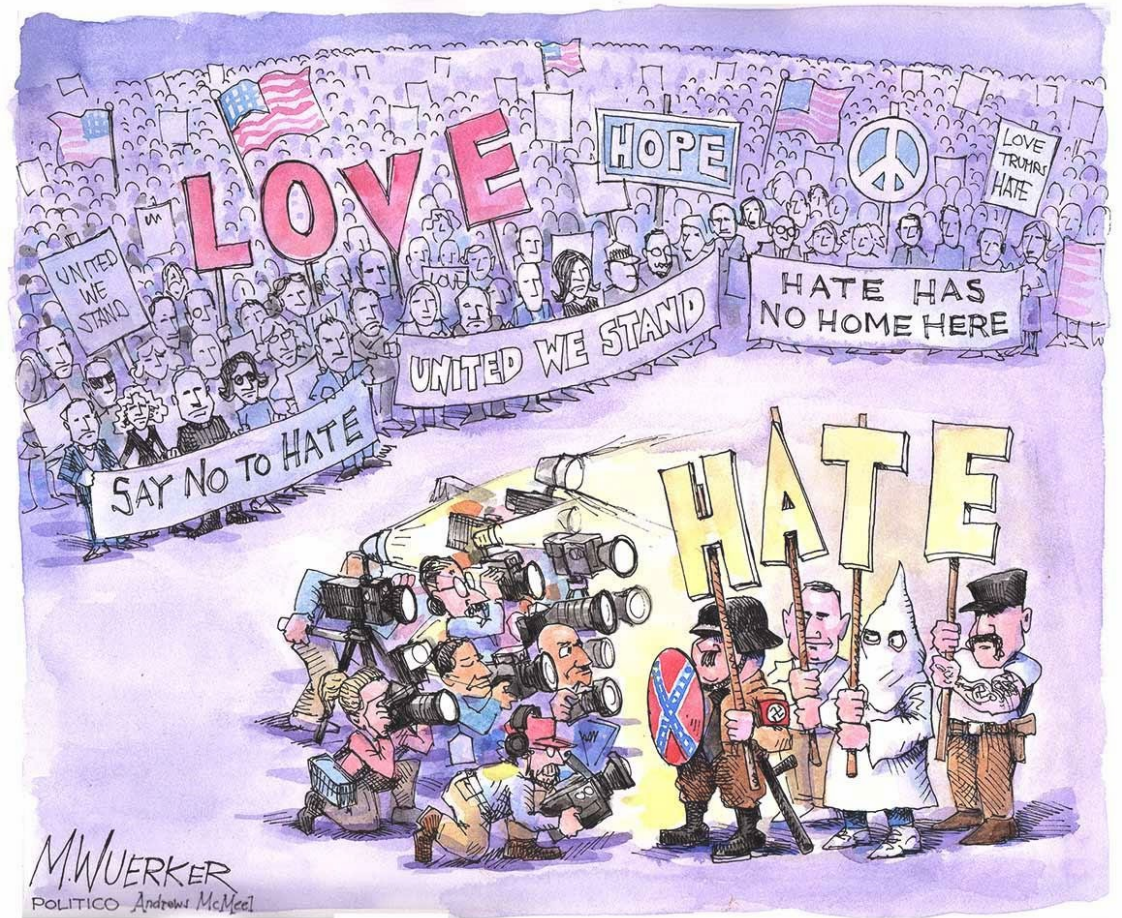
Us/Them in fiction, history, culture, society

- Outlander / Sassenach
- Immigrants / citizens
- Straight / LGBTQ+
- Impoverished / wealthy
- Descendants of those whose land was taken / descendants of those who took it
- Descendants of those who were enslaved / descendants of those who enslaved them



Us/Them appeal: Powerful

- Conflict “sells”
- Inflamed rhetoric
- Fundamentalism
- Survival “lizard brain”
- Focus on the (often minority) extreme vs. the norm



Us/Them at its
worst:

Fear, Blame,
Xenophobia

- Zero sum game - if you win, I lose
 - The pie is only so big, it can't grow
- “Go back where you came from, we're full”
- Demonizes – a common technique of propaganda
- Dehumanizes “they are animals”

Us/Them roots: Trauma

- Vincent Felitti, MD - ACEs
- Trauma is the gateway drug
- Protective yet destructive

Cannabis isn't a gateway drug.
Alcohol isn't a gateway drug.
Nicotine isn't a gateway drug.
Caffeine isn't a gateway drug.

Trauma is the gateway. **Childhood abuse** is the gateway. **Molestation** is the gateway. **Neglect** is the gateway.

Drug abuse, violent behavior, hyper sexuality and self harm are often **symptoms** (not the cause) of much bigger **issues**. And it almost always stems from a **childhood** filled with **trauma**, absent parents, and an abusive family.

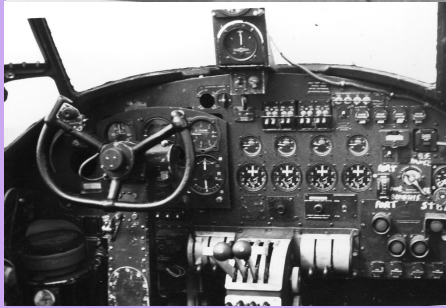
But most people are too busy laughing at the **homeless** and **drug addicts** to realize your own **children** could be in their shoes in **15 years**.

Communicate. Empathize. Rehabilitate.

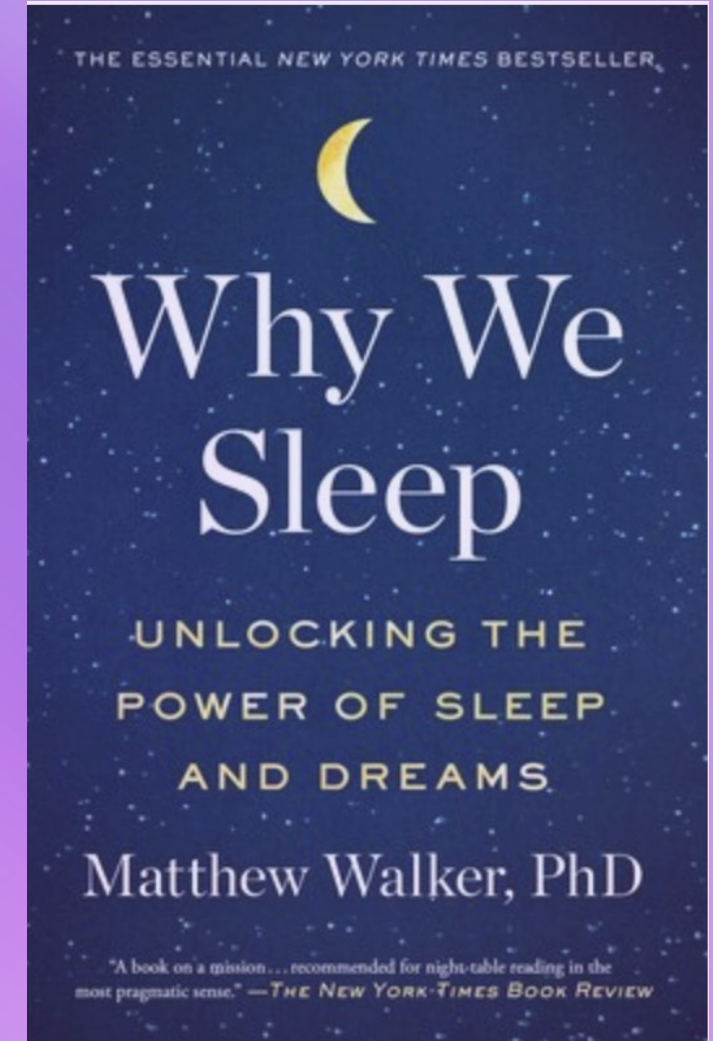
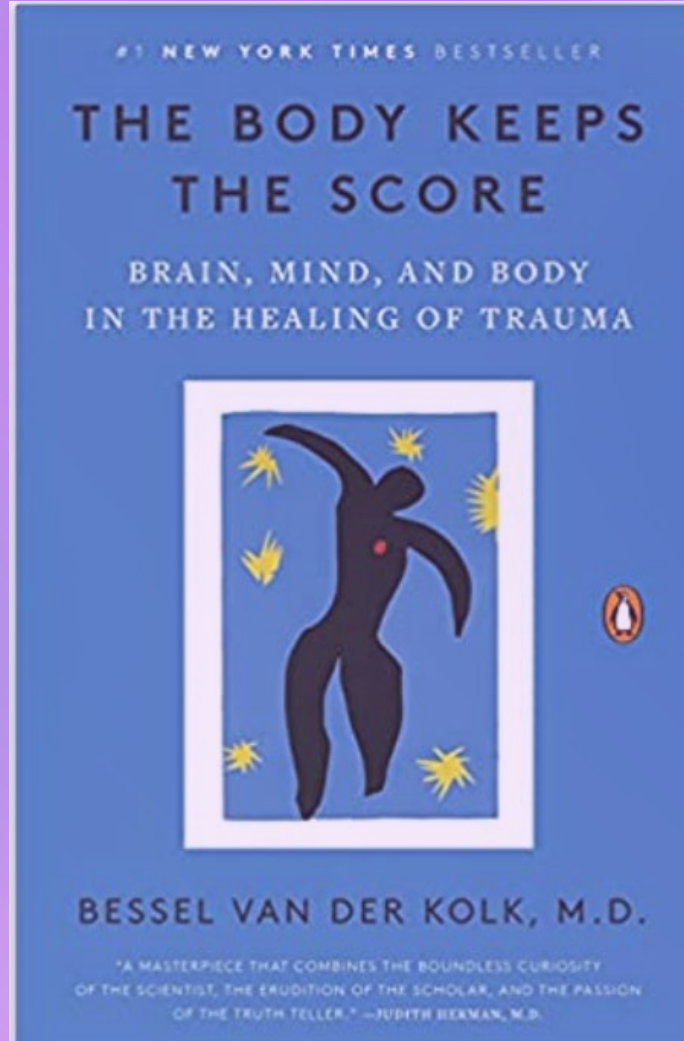


<https://www.cmhnetwork.org/news/trauma-is-the-gateway-drug-an-aces-informed-approach-to-substance-abuse-treatment/#:~:>





EMDR therapy
REM sleep



Us/Them is Simple

Polarization

- Black or white
- This or that
- Up or down
- Yes or no
- Life or death
- Right or wrong

yet

We face Complexity

Connect / repair

- Shades of gray / full rainbow
- All that is in between
- Sideways / circular
- Maybe / depending
- Birth, Child, Adult, Elder
- Nuance

Tools: Ladder of Inference



from Peter Senge - *Building a Learning Organization*

Strange Bedfellows – Lessons of Paradox

Paradox challenges us to straddle the tension of 2 conflicting elements and recognize that they can both be true

Latin - *Paradoxum* “seemingly absurd but really true”

Land conservation - Property rights

Engaging with paradox

“Tyranny of the OR” choices

“Genius of the AND” solutions

Creativity AND Discipline

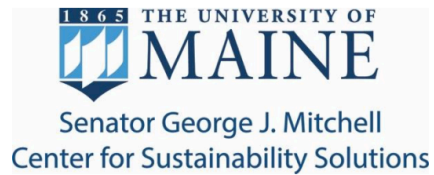
Innovation AND Execution

Humility AND Audacity

Freedom AND Responsibility

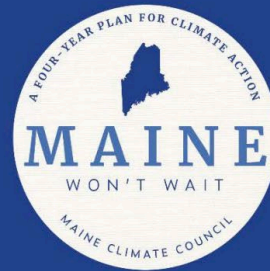


Tools: cross disciplinary integration



**Assessing the Potential Equity Outcomes of
Maine's Climate Action Plan: Framework,
Analysis and Recommendations**

September, 2020



**Initial
Recommendations
of the Equity
Subcommittee**

February 2022

Maine Leadership – inter(national)

Senator Margaret Chase Smith

- Denounced McCarthyism at a time when others feared speaking out
- She was also a telephone operator!



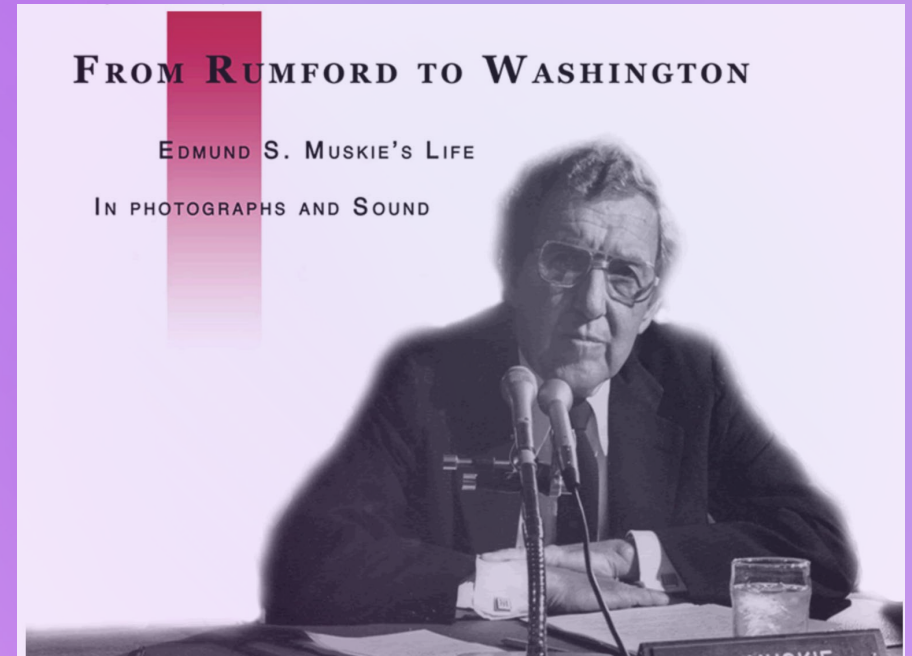
Image Courtesy of the U.S. Senate Historical Office

<https://history.house.gov/People/Detail/21866>

Maine Leadership – inter(national)

Senator Edmund S. Muskie

- Supported Clean Air Act of 1970 and Clean Water Act of 1972
- Supported Civil Rights Act of 1964 and creation of MLK Jr. Day
- Derailed Presidential primary bid by the “Canuck Letter”



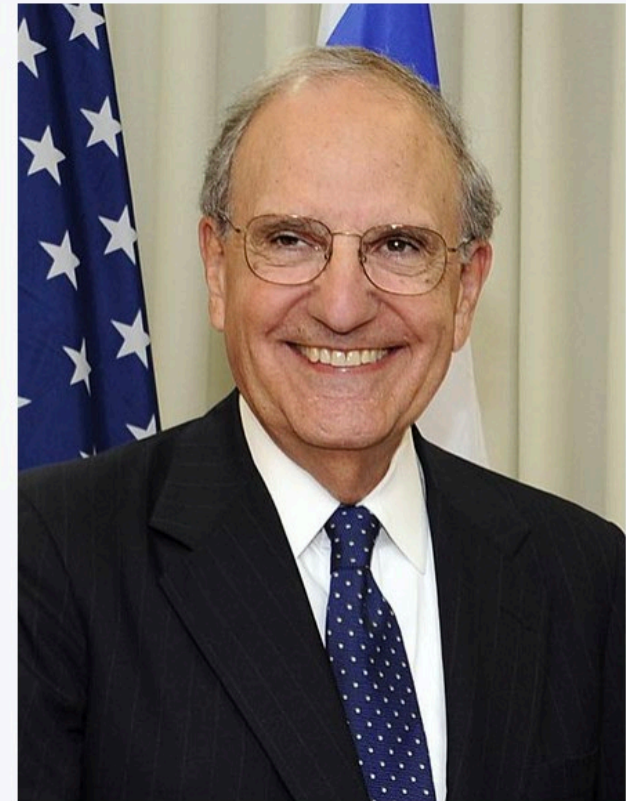
<https://www.bates.edu/archives/edmund-s-muskie-and-his-legacy/biography/>

Maine Leadership – inter(national)

Senator George J. Mitchell

- Played a leading role in negotiations for peace in Northern Ireland and the Middle East.
- Public service and interdisciplinary collaboration and communication

George Mitchell



Mitchell in 2009

**United States Special Envoy for Middle East
Peace**

Maine Leadership – inter(national)

Senator William Cohen

- First Republican Secretary of Defense to serve a Democratic President
- "a career-long maverick with a reputation for fashioning compromise out of discord" – Dana Dewey, Washington Post

William Cohen



Official portrait, 1997

20th United States Secretary of Defense

https://en.wikipedia.org/wiki/William_Cohen

Maine Leadership – inter(national)

Senator Olympia Snowe

- Cited hyper-partisanship as reason for retirement
- Senior Fellow: Bipartisan Policy Center



OLYMPIA SNOWE
WOMEN'S LEADERSHIP INSTITUTE
VALUES • VOICE • VISION

Olympia Snowe



Snowe in 2010

**United States Senator
from Maine**

https://en.wikipedia.org/wiki/Olympia_Snowe

Maine Leadership – research/collaboration

Tora Johnson


- GIS Goddess
- Social Scientist
- Dignity
- Decision support




Maine Leadership – research/collaboration


Vanessa Levesque

- Interdisciplinary knowledge
- Collaborative development of locally tailored policy
- Zooplankton!



Vanessa Levesque · 2nd
Assistant Professor at University of Southern Maine
Portland, Maine, United States · [Contact info](#)

 University of Southern Maine

 University of Maine

Maine Leadership – research/collaboration

Eileen Sylvan Johnson

- Roux Center for the Environment at Bowdoin College
- Community resilience and collaborative resource management
- Decision support tools



Maine Leadership – research/collaboration

Bridie McGreavy

- Faculty Fellow in the Senator George J. Mitchell Center for Sustainability Solutions
- How communication shapes sustainability
- Transdisciplinary



Maine Leadership – facilitation

Maine Sea Grant – Cooperative Extension

Sea Grant
Maine



Maine Leadership facilitation

Deb Burwell

Carol Carriuolo

~ Paddling the Rapids ~



Deb Burwell and Carol Carriuolo



Maine Leadership facilitation

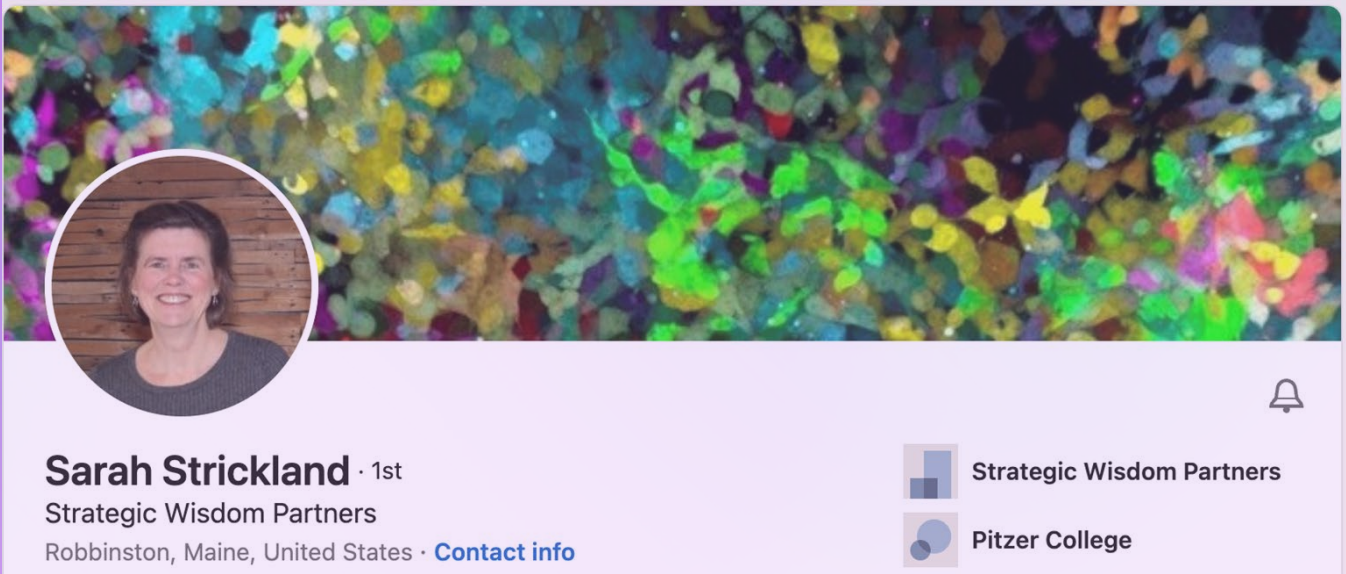
Carole Martin Consulting

- Navigating complexity



Maine Leadership facilitation

Sarah Strickland
Strategic Wisdom Partners



Sarah Strickland · 1st
Strategic Wisdom Partners
Robbinston, Maine, United States · [Contact info](#)

Strategic Wisdom Partners
Pitzer College

Maine Leadership facilitation

Craig Freshley

Good Group Decisions



Good Group Decisions

Brunswick, Maine, USA

Meeting facilitation, dynamic talks
and collaboration expertise
to help your group be more productive.



Maine Leadership facilitation

Nancy Smith

GrowSmart Maine



STRATEGIC PLAN
2020-2025

THE STATE OF MAINE
Mainers Will Appreciate and Practice Smart Growth

ENGAGEMENT
Making Headway in Your Community
& Energy Efficiency Toolkit

PARTNERSHIPS
Maine Alliance for Smart Growth
& Maine's State Rural Development Council

EVENTS
Smart Growth Workshops
& Annual Summit

ADVOCACY
Local, State,
& Federal level

Partnerships that work and sustain me

- Regional Planning Commissions and Economic Development Districts
- Maine Municipal Association and many towns & cities
- Office of Community Development at DECD
- USEPA and DEP Brownfields Programs
- Consulting community – engineers, geologists, architects, surveyors
- State Government – IFW, BwH, MDOT, SPO, DEP, BRILUP/DACF, GOPIF
- Friends and colleagues
- Family and the young friends of my daughter, a UMaine Alum

The late great Maya Angelou

“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”



https://www.goodreads.com/photo/author/3503.Maya_Angelou



Thank you