

Creating Places for Connecting People

Building and Enhancing Places that
Advance Community Resilience



GrowSmart Maine
SUMMIT 2023 ▶ WATERVILLE
THURSDAY, OCTOBER 19, 2023

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THE BINGHAM PROGRAM

FROM THE BOARD CHAIR



Welcome and thank you for being here!

With GrowSmart Maine celebrating 20 years, we are reminded to look back, while we look forward. This Summit is about making connections—and I ask that we connect the best of what made great communities in the past, to the conditions and context of the present . . . and envision our future as healthier, happier and more resilient people and lands of Maine.

Maine's past is where the fabric of communities was built over time and evolved to meet various demands. There is some great evidence of this in Maine's history (think downtowns, farm networks, fishing villages, indigenous communities etc). There are also some unfortunate examples of place-making (or taking) which are finally being acknowledged so we can begin to be corrected.

What we, across the state of Maine, have the opportunity to do today, in this moment in history—especially with the growth pressures on our communities—is to remember and allow for those positive historic patterns of growth while being mindful to avoid those patterns that hurt people, the land, or the environment. Like with so many things across the U.S.—Maine is on the tail end of manifesting trends. When it comes to land use development, that is a blessing – it means we still have time to course correct and get it right!

This year our Summit focuses on the importance of human connection. Connecting for community—finding fellowship based on our shared home and the characteristics of the places that surround us.

The theme needn't stop there, as connections are key to so much; Connecting to nature is proven to boost our health and reduce stress, while in return we can do our part to care for the environment. Connecting housing to jobs, schools and activities with transportation options enables more desirable and affordable places. Connecting digitally removes barriers to healthcare, education and employment opportunities wherever you call home. Connecting to food is a Maine superpower that serves us all well, supporting agricultural efforts across Maine, reaping the benefits of healthy local foods and the luxury of world-class restaurants.

Connect with each other today. Look for ways to hear and understand perspectives that vary from your own. Each of us has the capacity to get more engaged, or to put your insights to action in your community, we invite and encourage you to do so.

Sincerely, Becca Casey, Board Chair



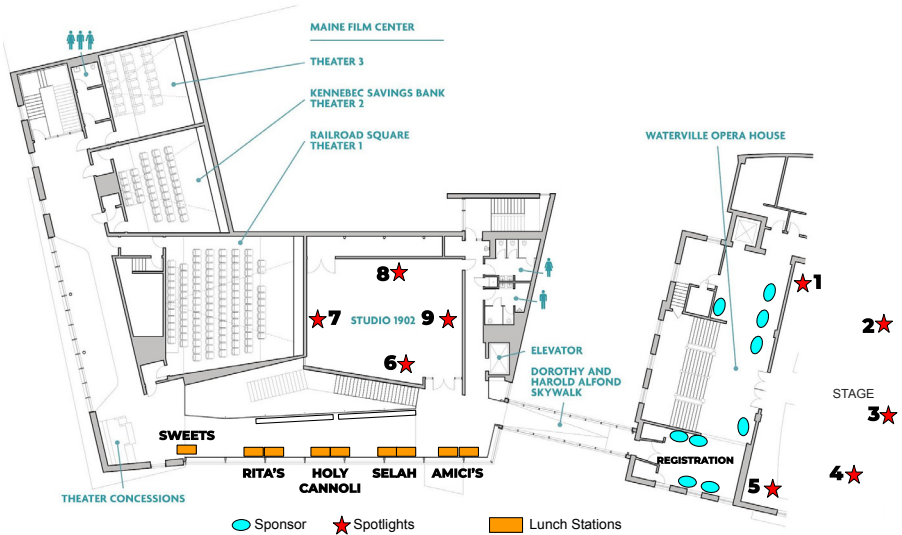
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2023 GROWSMART MAINE
ANNUAL REPORT

A handwritten signature in black ink, appearing to read 'Becca Casey'.

2023 GrowSmart Maine Summit Program	TIME	LOCATION	WHAT TO EXPECT
Registration, Networking Coffee and light breakfast	8:15–9:00	PJSAC 2nd floor foyer	Registration / Networking Coffee and light breakfast
Summit Kickoff:	9:00–9:30	Opera House	Board Chair Becca Casey, Land Acknowledgement, and Local Welcomes Dr. Jeremy Nobel
Keynote Presentations & Discussion	9:30–11:00	Opera House	Jane Lafleur Keynote Conversation
Break	11:00–11:15		BREAK
Community Spotlights	11:15–12:15	Opera House + Studio 1902	Ten communities will present their smart growth projects.
Lunch	12:15–1:00	PSJAC 2nd floor foyer	Taste of Waterville, a choice of fare from various restaurants.
Maine Smart Growth Awards and GrowSmart Annual Meeting	1:00–1:45	Opera House	MSGA Video & Award Presentation and GSM Annual Meeting: <ul style="list-style-type: none"> • CEO report • Election of board members • Election of officers • Recognition of outgoing board members
City Experience Walking Tours	1:45–3:00	Depart from PJSAC Foyer	Choose from walking tours throughout downtown Waterville
Reception!	3:00–4:30	The Proper Pig	Join fellow Summit-goers for more networking, nosh, and drink to end the day. Community Spotlight Drawing!

PAUL J. SCHUPF ARTS CENTER

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OUR KEYNOTES

Jeremy Nobel, MD, MPH Founder of the Foundation of Art & Healing

JEREMY NOBEL, MD, MPH

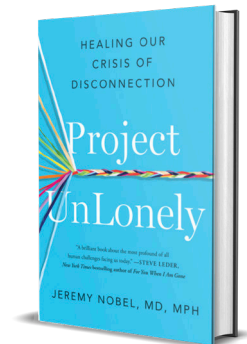
Dr. Nobel is a primary care physician, a public health practitioner, an author, a published poet, and the founder and President of The Foundation for Art & Healing (www.ArtandHealing.org) which addresses urgent public health issues using the power of creativity and the arts.

The Foundation's signature initiative, Project UnLonely (www.UnLonelyProject.org), has gained national and international visibility. The initiative raises awareness around the physical and mental health impacts of loneliness, reduces the stigma surrounding it, and offers arts-based programming that fosters a sense of connection and belonging. Project UnLonely's innovative program solutions are delivered through partnerships with health-care organizations, colleges and universities, large employers, and community-based organizations.

Dr. Nobel is on the faculty of Harvard Medical School and the Harvard T. H. Chan School of Public Health. He is Board Certified in both Internal Medicine and Preventive Medicine, with dual Master's Degrees in Public Health and Epidemiology from the Harvard T. H. Chan School of Public Health. He graduated magna cum laude from Princeton University.

Dr. Nobel's book, *Project UnLonely: Healing Our Crisis of Disconnection*, published by Penguin Random House, has a release date of October 3, 2023. The book is currently available for pre-order through Amazon, Barnes and Noble, and Google Play.

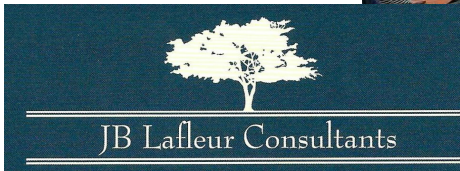
Dr. Nobel has received several awards for his poetry including the Bain-Swiggett Prize from Princeton University, and the American Academy of Poets Prize from the University of Pennsylvania.



artandhealing.org/

Jane Lafleur Principal, Jane Lafleur Consultants

Jane Lafleur is principal of Jane Lafleur Consultants, the founder of The Community Institute, and a Community Heart & Soul coach working with small cities and towns across the US. Jane Lafleur Consultants provides community development, planning, citizen engagement and civic leadership training and educational programs throughout Maine and the US. Her work includes community facilitation, town planning, walkability and place-making training and audits and other community assessments, as well as coaching Community Heart & Soul teams through the two-year community development process. Before retiring in the beginning of 2023, she was the Senior Director of Market Development at Community Heart & Soul, a resident-driven process that engages the entire population of a town in identifying what they love most about their community, what future they want for it, and how to achieve it. Previously, she served for 13 years as the Executive Director of Friends of Midcoast Maine, a regional smart growth organization. Lafleur was named Professional Planner of the Year by the Maine Association of Planners and the Northern New England Chapter of APA. She graduated from the University of Maine and holds a master's degree in City and Regional Planning from Harvard University.



CITY EXPERIENCES WALKING TOURS

RIVERWALK TOUR led by Peter Garrett, Founder, Kennebec Messalonskee Trail System and local Rotarian. This tour will feature open and green spaces that are meant to connect people to Waterville's natural resources and will include the Head of Falls, 2-Cent bridge, Scott Park.

DOWNTOWN TOUR led by Garvan Donegan, Director of Planning, Innovation, & Economic Development: This tour will highlight new spaces and describe plans for future development in downtown Waterville that encourage people to gather and connect.

ART & CULTURAL TOUR led by Shannon Haines, Executive Director, Waterville Creates: This tour will highlight downtown Waterville and Colby College's investment in designing creative and cultural spaces for people to gather and will feature Downtown Waterville Art's Walk and the Paul J. Schupf Art Center

COMMUNITY AND STUDENT SPACES TOUR led by Tammy Rabideau, Executive Director, Waterville Library: Public libraries are critical spaces for convening and frequently stand alone in many communities as a gathering place. College dormitories allow for social exchange in a casual setting. Visit the Waterville Library and the Alford Commons student dormitory for Colby College to see how the spaces are designed and used to connect the community and students.

LUNCH STATIONS & SWEETS

Lunch will consist of a variety of options from various Waterville restaurants as complete Grab-N-Go packages. Please review the listings below, refer to the map above to decide what lunch you'd like and proceed to that table which will be clearly marked. This is first-come, first-serve.

RITA'S CATERING: Half of a ham or turkey wrap with garden salad, and fruit salad

SELAH TEA HOUSE: Half curry chicken wrap (all-natural chicken, apples, dried cranberries, grapes, mayo, and seasoning), Cape Cod chips, tortellini tossed in house-made maple pesto.

AMICI'S: Homemade meatball sub or chicken parm, Frips, sweet & spicy mixed nuts made in-house

HOLY CANNOLI: Grinder half with gluten free option, chips, and pasta salad.

SWEET STATION: Grab a Bixby Bar from Bixby Chocolates from our Sweets Station.

THE RECEPTION

Reception will be held at The Proper Pig at 14 Common Street across from the Paul J. Schupf Art Center.



COMMUNITY SPOTLIGHTS

Summit attendees may visit nine Community Spotlights to learn directly from community organizations how design and programming in small towns and cities create places for connecting people.

Make it fun! For each Community Spotlight presentation you visit, pick up a ticket to be entered into a raffle to win door prizes at the closing reception. Must be present to win!

STATION 1–BANGOR: The City of Bangor will share strategies to make their downtown more inviting.

STATION 2–MT. VERNON: Broadband connects people, but knowing how to use it is equally important. Through the local Digital Literacy Program in Mount Vernon a Program Coordinator brings together community members at Dr. Shaw Memorial Library to answer questions about devices or ACP enrollment.

STATION 3–SKOWHEGAN: “Run of River” in Skowhegan connects people through outdoor recreation. The river park will not only bolster the regional economy by attracting visitors and businesses, but also benefit community members through improved river access and free recreation opportunities.

STATION 4–BOWDOINHAM: Learn more about how Bowdoinham’s residents have created a farm-friendly community connecting people and their land—with a thriving farmers market, it’s own farmland inventory to facilitate access to land, and a local Neighbors Investing Neighbors program that provides low interest loans.

STATION 5–RUMFORD: Envision Rumford shares their springtime Rumford Falls Fair with fifty vendors and farmers on Main Street.

STATION 6–PORTLAND: In Portland, Congress Square Park is a great example of an urban pocket park designed for cultural events that bring people together.

STATION 7–EASTPORT: The Eastport Arts Fests is a collaboration brings the arts to indoor and outdoor spaces along Water Street several times a year.

STATION 8–PRESQUE ISLE: Presque Isle is working on its Village Partnership initiative with Maine DOT to connect residential neighborhoods to downtown and recreational facilities to increase health and wellness and connecting a sense of community between various socio-economic groups.

STATION 9–NORWAY: From community-based climate action and renovating the historic Norway Opera House, to a new space to connect artists to community, and developing a community ski touring center, hear about the many exiting initiatives that are creating a thriving local economy in Norway.

GrowSmart Maine's 2023 Summit is also supported by



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