SHORTLY before the presidential election, at a discussion about Russian-American relations I attended in Cambridge, Mass., speakers from both countries voiced the hope that the election of Barack Obama would signal the renewal of a beautiful friendship.

These hopes were chilled the day after Mr. Obama won. In an address to the Russian Parliament, President Dmitri Medvedev welcomed President-elect Obama with a threat to deploy Russian missiles on the Polish border if the United States put anti-missile systems in Eastern Europe. While some conciliatory signals followed, it seems clear that the Kremlin intends to keep the “new cold war” going.

Just three days before Mr. Medvedev’s speech, the state-subsidized youth movement Nashi staged a Halloween-themed rally in front of the American Embassy in Moscow. Nearly 20,000 young people held pumpkins marked with the names of “America’s victims,” among them the casualties in South Ossetia. In an amateur film shown at the rally, an actor portraying a drunken George W. Bush bragged that the United States had engineered both world wars and the rise of Hitler to expand its power.

Leonid Radzikhovsky, a Russian journalist, has said that “the existential void of our politics has been filled entirely by anti-Americanism,” and that to renounce this rhetoric “would be tantamount to destroying the foundations of the state ideology.” There is a notion, popular in Russia and among some Western analysts, that this anti-Americanism is a response to perceived threats to Russia’s security — above all, NATO expansion and missile defense in Eastern Europe. Yet top military experts like Gen. Vladimir Dvorkin, a former high-level official in the Russian Defense Ministry, are convinced that neither the missile shield nor NATO expansion pose any military threat to Russia.

Russia’s post-cold war humiliation is real. But as the human rights activist Elena Bonner, widow of the great scientist and dissident Andrei Sakharov, told me recently: “Nobody humiliated Russia. Russia humiliated itself.”

In the post-Soviet era, many Russians are angry because their country has neither the stature nor the living standards that they believe it deserves. Polls shows that most Russians actually favor a Western way of life. Nearly two-thirds would rather live in a well-off country than in one that is poorer but more powerful and feared by others. Unfortunately, most also believe their country will not reach Western levels of well-being any time soon, if ever. As frustrations mount, it is often easier to blame an external force than the country’s own failings. It doesn’t help that the 1990s, when pro-Western attitudes were at their peak, are remembered as a time of poverty and insecurity.

The result is an inferiority complex toward the West and, in particular, the United States, as the pre-eminent Western power and cold war rival. This widespread sentiment combines admiration, envy, grievance, resentment, and craving for respect and acceptance as an equal. Most Russians viewed the recent conflict in Georgia as a victory over the Americans — a matter less of strategic self-interest than of psychological self-assertion.
In his Nov. 5 speech, President Medvedev asserted that “we have no inherent anti-Americanism.” True enough, but in recent years, anti-Americanism has been carefully cultivated by official and semi-official propaganda, especially on government-controlled television, which manipulates popular insecurities and easily slides into outright paranoia.

In 2005, Sergey Lisovsky, then the deputy chairman of the Committee on Agricultural and Food Policy of the upper chamber of the Russian Parliament, said that the avian flu was a myth created by the Americans to destroy Russia’s poultry farming industry. This year, Russian television commemorated the anniversary of Sept. 11, 2001, with a prime-time program promoting the conspiracy theory that the attacks were engineered by American imperialists in order to unleash war. A staggering 43 percent of Russians agreed in a poll last year that “one of the goals of the foreign policy of the United States is the total destruction of Russia.”

Today, the government may be especially anxious to ratchet up anti-Americanism in response to the election of Mr. Obama, who is likely to make it more difficult for Russia to exploit animosity toward the United States in Europe and even the Third World.

Mr. Obama and his administration need to respond with both firmness and flexibility. He should indicate that we will help the democracies of Eastern Europe and the former Soviet Union to resist Russian bullying while also making it clear that we do not seek confrontation with Russia for confrontation’s sake.

One of Mr. Obama’s top Russia advisers, Michael McFaul, has suggested offering Russia a path toward membership in NATO. The current Russian leadership would, of course, reject any such offer, because it would entail democratic reforms that Russia is not willing to undertake. But the offer would give Russian reformers a tangible goal, and make it harder to convince ordinary Russians that America will always treat Russia as the enemy.

Mr. Obama should make the offer in person, during a trip to Russia. Ronald Reagan’s visit to the Soviet Union in 1988 went a long way toward dispelling anti-American stereotypes in the minds of many Russians during the twilight of the cold war. Mr. Obama, the object of a great deal of curiosity and fascination, is one American politician who could repeat that feat.

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From Russia With Loathing. By Cathy Young. Nov.Â Russia’s post-cold war humiliation is real. But as the human rights activist Elena Bonner, widow of the great scientist and dissident Andrei Sakharov, told me recently: â€œNobody humiliated Russia. Russia humiliated itself.â€ In the post-Soviet era, many Russians are angry because their country has neither the stature nor the living standards that they believe it deserves. Polls shows that most Russians actually favor a Western way of life. From Russia, With Loathing. Putin's congratulatory telegram certainly shows a happy Kremlin, and Trump owes them a lot of ‘special favors.’ By LeftOfCenter. Image from: Walyou. Can anyone imagine the horrors that we are in store for after his inauguration, based on how blissfully ignorant we were when Bush was appointed President in 2000? Doubtfully, no, and that's probably best for our mental well-being right now. But how insanely short is the American memory?Â Russia behaves much like a rogue state. Their once and future leader is a also a rogue, a tyrant who kills with impunity. He is revered by our POTUS elect. Trump won the election as a Republican, the same party that proudly nominated St. Ronald Reagan. Share All sharing options for: Inglourious Backes 2: From Russia With Loathing. Reddit. Pocket.Â Although it'd be nice to see Mike Smith dramatically fall down for a reason for once. January 16th vs. Los Angeles Kings: Jeff Carter, Drew Doughty. History might not be in favor of it, but here would be an interesting one, especially with the burgeoning Blues-Kings rivalry and the 5-0 thumping LA took last week. Jeff Carter only has two fights in his NHL career, but I can't be the only one thinking he could use a few fists to his coke-vacuum. Same goes for Doughty, who only has one fisticuff on his resume, against Joe Thornton in 2012. January 18th vs. Anaheim Ducks: Ryan Getzlaf, Corey Perry. What's it gonna take to convince you that that Russian cyber threat is real and is really responsible, at least in part, for the Trump presidency? Why is it so difficult to accept that we were played by Putin? If you don't trust any of our US intel agencies or officials, do you trust any of the journalists who have sweat blood to bring us this reporting?