

The bioregion of Cascadia

encompasses the US states of Washington, Oregon, Idaho, parts of Montana, Wyoming, Nevada, California, Alaska, and the western edge of the Canadian province, British Columbia.



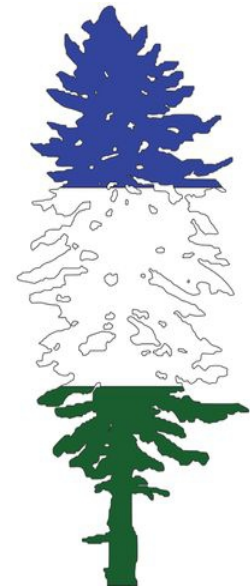
Living bioregionally: *Making choices daily that focus on local ecology, economy, and culture;*

- Buy local, eat local.
- Seek out products made locally
- Bank with local banks and credit unions that invest in the community.
- Get to know the life, animals, plants, geology, and weather patterns of the area.
- Understand that human cultures have occupied this place in the past and we must respect their ways of life.
- Get to know your neighbors and "look out for each other."
- Seek out local artists and entertainment.
- Watch less TV and spending more time with loved ones or neighbors.
- Know where your garbage goes and reduce your waste.
- Know where your drinking water comes from and use it conservatively.
- Know how and where your electricity is generated and utilize sustainable energy sources, such as solar power, whenever possible.
- Get involved in local political decision-making.
- Be directly involved in your children's education, whether they are in school or are home-schooled.

The Cascadian movement is made up of a diversity of people, of all colors, orientations, identities, and cultures, who have all come to call Cascadia home and demand to see this land protected.

It is important to remember that there were, and still are, people that called this land home long before the settlements that exist today. These original inhabitants are still struggling for their rights and their voices.

We, in the Cascadian movement, are working with the first people towards reparations, including decolonization, and rehabilitation of the natural environments, and ecosystems of the Cascadia bioregion.



What is Bioregionalism?

Bioregionalism means you are aware of the ecology, economy, and culture of the place where you live, and are committed to making choices that enhance them.

A bioregionalist is one that advocates for the awakening in consciousness and the protection of the water-life cycle. Bioregionalism is a paradigm shift away from resource extraction, and the anthropocentric worldview that promotes domination and control over another, consumerism, division, and even patriarchy.

Bioregionalism is focused on communities (sociological and ecological), interconnectedness and interdependence. Bioregionalism is a combination of biocentric (life centered), ecocentric (ecosystem centered), kincentric (relationship centered) and/or Gaia-centric (Earth centered) views.

A bioregion is;

- An area that shares similar topography, plant and animal life, and human culture, organized around watersheds, and can be nested within each other.
- Boundaries are natural as opposed to politically imposed borders around counties, states, provinces, and nations.
- Have the ability to be largely self-sufficient in terms of food, products and services.

A statement from the Cascadia Coalition against hate and hate filled ideologies, and the Cascadia Emissaries.

“[We] do not promote, permit, or condone any behaviors or actions of a sexist, racist, derogatory, or discriminatory nature...”

We do not tolerate hate-filled ideology, supremacy, oppression or hatred in any form for any reason.”

We are here to spread the Idea of bioregionalism.

Sources cited:

<http://lebendig.org/bioregion.htm>
<http://freecascadia.org/what-is-bioregionalism/>

For more info about the very diverse Cascadia movement:

<https://www.facebook.com/groups/FreeCascadia2012/>
<http://freecascadia.org/>
<https://www.cascadianow.org/>
<http://cascadiansagainsthate.com/>

Free Cascadia!

We belong to this land.

Cascadia is the bioregion commonly known as the “pacific northwest”. It is marked by the Cascading waters and watersheds from the western slopes of the Rocky mountains west to the Pacific ocean. It is made up of valleys and ecosystems that are all intricately connected therein. Even Cascadia, as a bioregion, is connected with all other regions and ecosystems of the planet.



Cascadian Flag, designed by Alexandre Baretich, 1994-1995

The blue is the moisture filled sky above. The white is the snow capped mountains, and cascading rivers.

The green is the lush, vibrant, and abundant valleys, forests and fields below.

The lone standing conifer represents the resilience of the ecosystems, and the people that call this place home.