

Cascadia: Is There Hope?

by elona trogub

The Cascadian flag attached to my bicycle looks like a big blue, white, and green jib as I join about one hundred others in the kick-off to Pedalpalooza on June 7 in Portland. I fly the Cascadian flag from my bicycle because it gives me hope.

Instead of telling people that I live in the Pacific Northwest, accepting that we are just part of a bigger nation on a crash course to mass suffering, I hold out hope that we are exceptional. That if enough Cascadians all agree that private cars, massive highways, far flung suburbs, and constant, thoughtless consumption are unsustainable, then there may be a chance we can save ourselves from the coming hard times.

There are so many people living in Cascadia who despise government policies created by corporate interest. So many who would rather see their tax dollars taking care of their neighbors rather than providing access to cheap gas through never-ending wars.

In a country of helplessness, I hold onto hope that we can indeed gain sovereignty over our land, our water, our economy and our bodies. As we ride, fellow cyclists are curious about the flag, and I take every opportunity to engage in conversations about Cascadia. The question I hear most often is, "What is that flag?" or, "Is that the Lebanese flag?"

My typical response comes out as, "This is the flag of our bioregion, Cascadia. It stretches from Southern Alaska to Northern California, from the Rockies to the Pacific. We are creating a new culture here, one where people believe in equality, community, in respecting nature,



"I hold out hope that we Cascadians can provide an example of ecological and social sanity in an insane world before it's too late."

natural boundaries, and acknowledging our place in the ecosystem."

I say this to myself, because I so badly want to believe it. The small circles I run in allow me to pretend that all of Cascadia is awash with people who share my values. The reality is that Cascadia is filled with plenty of ignorant people as well. People who were raised to hate people of a different skin color. Raised to work two or three jobs a day without considering their enslavement. Raised to think they live in the greatest God-blessed nation on earth, while making sure to acquire the luxuries that commercials expect of them.

Thankfully, ignorance has a cure: Understanding. Gaining an understanding that we cannot continue to live in ignorance of our relationships to those around us and the earth. That our actions have deadly consequences. Gaining that understanding is our only chance for survival. Another cyclist pulls up to me to inquire about the flag. After I go through my spiel, he tells me that he has just returned from Europe where he was fired from his Climate Change research job. "It's too late," he says. "The damage we've done is irreversible." He throws some data at me about how by 2025 half of the land on earth will have been changed by humans. How famines will wipe out millions in the coming years. Usually, I'm able to deflect this type of news with a hard shell of, "Here in Cascadia, we're doing something!" But this time I let the sadness attach itself to me. As I read this week's stories on studies coming from UN scientists and papers published in NATURE, I have a hard

time feeling hopeful. They warn of apocalypse and offer no sound solution other than "change our habits."

Changing the habits of 300 million Americans is a daunting endeavor and I wish those willing to undertake it all the luck. Changing the habits of 15 million, many of whom already have begun to shift their consumption feels more possible. I hold out hope that we Cascadians can provide an example of ecological and social sanity in an insane world before it's too late.

To me, the flag is a symbol of this sanity - a move from anthropocentrism to biocentrism.

Some Habits for a New Cascadian Culture

- Not manufacturing or purchasing single-use items (ie: plastic bottles, fast food)
- Cycling or taking public transit when possible
- Participating in exciting activities that leave no room for watching TV
- Openly discussing community matters and engaging in community problem solving
- Talking to your neighbors
- Asking where your food comes from
- Knowing that garbage can't be thrown "away", that there is no "away"
- Taking only what you need
- Giving freely and generously, knowing it will come back to you in another form
- Loving and respecting our bodies and the bodies of others
- Learning healthy communication patterns and acknowledging our egos.

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What is Cascadia?

Cascadia is the name for bioregion formed primarily by British Columbia, Washington and Oregon.

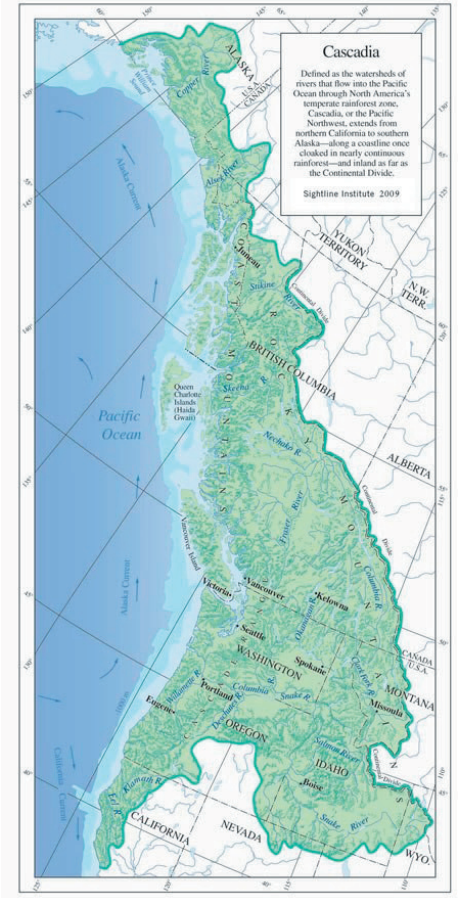
Definitions of the region's boundaries vary, but usually include the area between the Cascade Range and the Pacific Ocean, and some part of the Coast Mountains. Other definitions follow the boundaries of existing subnational entities, and usually include the territory of British Columbia, Washington, and Oregon, while others also include parts of California, Idaho, Alaska and Yukon.

In general, the area in and around the Cascadia region is more commonly referred to as the Pacific Northwest. The area's biomes and ecoregions are distinct from surrounding areas. The resource-rich Salish Sea (or Georgia Basin) is shared between British Columbia and Washington, and the Pacific temperate rain forests, comprising the world's largest temperate rain forest zone, stretch along the coast from Alaska to California. As this vast area has common economic concerns in the primary sector of industry, it is a matter of debate whether the arid rain shadowed areas further

east (such as Eastern Washington) should be included. Long united by similar indigenous cultures, Cascadia was once briefly a single political unit: the Oregon Territory - shared by several nations.

The region has since been divided into different political jurisdictions, but Cascadia still retains a sense of self identity. In his book, *Nine Nations of North America*, author Joel Garreau claimed that the Pacific Rim region he called Ecotopia had a different culture from that of what he called The Empty Quarter to the east, and was necessarily different economically as well as ecologically. It must be noted that the concept of "Ecotopia," which is specific in its boundaries, does not identically match that of "Cascadia," which varies in its definition.

The Northwest is home to more than 15 million people, along with diminished but still impressive numbers of salmon, eagles, grizzly bears, killer whales, and wolves. It boasts an economy that generates more than \$650 billion worth of goods and services each year, which would place Cascadia in the top 20 economies of the world.



Map drawn by Cynthia Thomas on the basis of forest data in Conservation International, Ecotrust, and Pacific GIS, "Coastal Temperate Rain Forests of North America," Portland, 1995. See also David D McCloskey "Cascadia," Cascadia Institute, Seattle, 1988

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Cascadia Monthly is a publication put out by the Seattle Cascadia Project. Everyone is encouraged to submit articles, letters to the editors, photography, cartoons, and pretty much anything of and relating to Cascadia. Please send submission to CascadianEpoch@gmail.com

Editorial Policy:

Cascadia Monthly reserves the right to edit any text submitted. Stories, articles, graphics, comics and such published by this newspaper may not reflect the opinions of the editorial staff.

Our Mission Statement:

The goal of the Seattle Chapter of the Cascadian Independence Project is to raise awareness of the idea of Cascadia, to increase bioregional independence within our communities socially, politically, economically and environmentally, to further democratic governing principles, civil liberties, digital privacy, human rights and regional sustainability in a respectful and peaceful manner, as well as to network and coordinate with groups with similar goals within the framework of the Cascadian Independence Project.



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The Cascadian Review: A New Voice for the Bioregion

FAQ – by Dana Guthrie, curator and editor of the Cascadia Review

(The Cascadia Review is a new journal of poetry published in, and for members of, the Cascadian bioregion. The following is excerpted from the Review's FAQ, which is hosted on the Review's website, <http://cascadiareview.org/>)

Why Cascadia and not a more conventional way of defining place?

Good question. My reasons are twofold: First, this is the place I want the publication to serve. Second, looking at place organically as opposed to conventionally opens up exciting possibilities for readers and contributors alike.

I wanted Cascadia Review to be steeped in a region, its character defined by the poetic voices showcased. I initially intended to focus on eastern Washington, but there were voices spilling over state lines that I did not want to exclude – and that I sensed shared a great deal with the voices in eastern Washington.

I actually had the Cascadia bioregion in mind when I founded the publication. I appreciated the name “Cascadia” because it anchored the publication in a strong natural feature and could be scaled to accommodate various takes on place. The more I looked at the Cascadia bioregion's boundaries, especially as they overlaid the area coined by Joel Garreau in 1981 as the “Empty Quarter,” the more I sensed this was the region I needed to serve.

Cascadia is not the entire Empty Quarter (which in terms of land is vast) and is not entirely empty (since cities such as Seattle, Portland and Vancouver are included – and since no place is ever truly empty). What Cascadia offers, in terms of contributors to Cascadia Review, is both unity and diversity – shared and distinct voices – with poets from urban and rural areas, including many rural areas that tend to be overlooked.

The lines Cascadia draws offer an opportunity for deeper engagement with the land, the past and present culture, and one another.

Isn't Cascadia just a made-up place?

Cascadia is as valid a definition of place as any. The logic behind Cascadia's boundaries is informed by the land, culture and people inhabiting the area. This makes the “place” Cascadia defines both intuitive and sensible: Its



borders are not arbitrary; they follow natural and cultural lines.

All definitions of place offer a means for understanding that place, embodying that place and experiencing that place. Different definitions can lead to different behaviors, attitudes and outcomes, particularly outcomes that affect the environment and human life. The lines Cascadia draws offer an opportunity for deeper engagement with the land, the past and present culture, and one another.

I recently looked at maps that draw alternative lines of demarcation within North and South America using various lenses. These included:

- Equalizing population between regions (which means these “places” would continually shift with population changes)
- Using local ecology and culture as the basis for creating points of division between regions
- Creating regions based on food traditions (otherwise known as “food nations”)
- Defining regions by way of ecoregions, which have several levels and were initially developed to improve ecological management programs
- Defining regions in terms of bioregions, which blend geographical terrain with a terrain of consciousness and include ecology, culture, indigenous peoples and beliefs, food, and other markers of place

These poets emphasize deep ecology and respect for the land, inclusion of indigenous wisdom, and a unique expression of the region, among other characteristics.

This list, which only includes some of the ways people are thinking about place and the partitioning of North and South America, is exciting because it illustrates how many lenses and ways into place there are. We can, if we so desire, look beyond borders that are largely arbitrary (e.g., a straight state line drawn

through a watershed) and largely political (e.g., drawing a state line or country border in such a way that confers financial advantages on one side of the line or the other) and instead choose to define place in terms that make more sense or at least challenge us to inhabit our spaces and our lives in different – and more thoughtful – ways.

What makes “more sense”? Perhaps adding to our repertoire a definition of place that encourages deeper and broader engagement in the place or places we call “place,” that allows us to be invested in the whole of a system as opposed to only part of it (e.g., an entire river, not just the part that falls in this or that state, country or province), and that challenges the artificial boundaries which keep us disconnected in favor of boundaries that promote connection – including creative and cultural connection.

Do I have to be a ‘bioregional poet’ to submit?

Not at all. Bioregional poetry is a wonderful body of work that expresses the core ideals of the bioregional movement. These poets emphasize deep ecology and respect for the land, inclusion of indigenous wisdom, and a unique expression of the region, among other characteristics.

As editor of Cascadia Review, I love bioregional work and encourage its submission. This work is important because it gives expression to the deeper underlying concepts that flow from a place designed around, and hoping to live in harmony with, nature.

At the same time, because the bioregion is both a natural place - which is evolving and changing - and a consciousness - which is also necessarily evolving and changing - it seems that every poetic voice in the region - regardless of approach, subject matter or style - is not only Cascadian but also important to the ongoing understanding of an at once unified and polyvocal suite of Cascadian identities. We need voices from the bioregion as much as we need voices of the bioregion.

We need voices from the bioregion as much as we need voices of the bioregion.

Schadenfreude and Legends: The Zombie Sonics and the Cascadia Cup

by Nate Jensen

I won't lie to you: right now, it is hard for me to write about soccer.

I actually was thinking about writing about a different sport, like how Seattle and Vancouver are better off without the NBA, or maybe a small blip about how a guy that played for the Everett Silvertips got drafted 2nd overall in the NHL draft.

I even thought about compiling a Cascadian baseball team. In fact, I even made a lineup complete with a pitching rotation and depth chart.

In the end, I couldn't do any of those things without feeling like I was avoiding a topic. By all rights I would be avoiding the most relevant topic pertaining to Cascadian sports currently: the Seattle-Portland derby.

I don't really believe in Karma, but I do believe that the people's actions have a tendency to lead towards humbling moments. Usually we only notice those moments when they are most poignant. They reach out and they slap you hard right across the face. This weekend was one of those times.

All week Seattle had been celebrating. Not celebrating a victory. Celebrating a defeat. The defeat of the Oklahoma City Thunder. That's right, I said the name. I called them the "Zombie Sonics" for a long time.

I have to admit that, despite not really caring about the NBA, I had that schadenfreude itch scratched when the Thunder lost to Miami. That sort of satisfaction was quickly taken away on Sunday the 24th of June, 2012.

I was in my living room happily watching ESPN getting ready to broadcast the Portland-

Seattle match. England and Italy were dueling away on my screen and not getting much done to be honest.

I wanted them to wrap it up. Get a goal! The Sounders and Timbers are on next! I found myself getting irritated. Irritated that England and Italy had the audacity to run over time with no resolution. When I had to switch to ESPN2, I sighed. Fortunately the game was not scheduled to start for a few minutes. A couple of very serious looking billiards players finished up their round.

"Build up. It isn't worth it to wait for another team to lose. It isn't worth it to point and laugh at someone when they are down. It isn't enough to wait around for someone else to fail."

And then it was time. ESPN had a few commercials and then they showed the crowd in Portland. I could feel the electric atmosphere through my screen. Something big was going to happen. And something big did happen. The Timbers Army put up an amazing display. ESPN did not show it live and didn't show it long, so I raced to my computer to look up the full picture.

The Portland flag merged seamlessly with the Doug. In the middle, an image of Portland. A simple message: "Legends are born when the previous are surpassed." And a picture of a previous Portland legend, Clive Charles.

This was all juxtaposed with the adidas Commercial in which the Doug waves prominently. The first phrase in that commercial is, "Revolutions are born from simple ideas."

It was breath-taking. A slap in the face. An awakening moment. Clarity. A legend being born does not mean a previous legend has died. It adds to the history. It builds up. Too often in sports, we are excited to see the other team lose. We are excited by the failures of others. The joy of winning is also about the joy of seeing the other team have that win taken from them. Schadenfreude.

The message that was seared into my brain was pretty simple. Build up. It isn't worth it to wait for another team to lose. It isn't worth it to point and laugh at someone when they are down. It isn't enough to wait around for someone else to fail. A legend is born. A legend isn't an accident.

The only thing we have if we cheer for another team to lose is a negation. Being born is an addition to the world, and so is supporting a team for a win

Portland had the better team on Sunday. They won 2-1, and now lead the Cascadia Cup race with 4 points. I'm still not happy that the Sounders lost and are currently slumping. But I won't begrudge the Timbers their victory.

The whole time after the match was over I kept thinking. Cascadia is new. Cascadia is awakening. Cascadia is being born. Let's all make sure it becomes a legend.



The Portland flag merged seamlessly with the Doug. In the middle, an image of Portland. A simple message: "Legends are born when the previous are surpassed."

OUTDOORS

Cascadians Converge, Caravan, Celebrate Bioregionalism and Interdependence

by Mike Hodges

On the weekend of June 29 through July 1, Cascadian enthusiasts converged in Portland, in Seattle, and at the Peace Arch for celebrations of and conversations about bioregionalism and interdependence.

Cascadians from both sides of the artificial border took full advantage of the park's symbolic and practical value, sharing food and flags in the shadow of the stone monument.

The weekend began on June 29 in Portland, where several dozen Cascadians assembled around a fire to share beer and discourse. The evening began with organized discussions about personal histories of Cascadian self-consciousness and bioregional hope. Later, as the sun set, the beer cans began to pile up in the recycle bin, and rain began to hiss into the fire, the chatting became less structured and more free-flowing.

Posters and stickers were distributed, new friends were made, and arrangements were put



together to caravan to Seattle the next day for the meeting there.

Multiple vehicles packed tight as salmon in a tin with well-caffeinated and well-fed lovers of Cascadia made their way up I-5 on June 30, eventually landing at Seattle's Golden Gardens Park. While some scheduling difficulties led to the gathering happening in two distinct segments – the first comprised primarily of Seattle Cascadia Project members, the second composed primarily of Portlanders – the day was, overall, a great success.

Seattle Cascadians brought and grilled burgers and hot dogs, and people shared homemade strawberry mead while talking about Cascadian and American politics and the continually evolving social and cultural dynamics of the Cascadian movement around a roaring bonfire on a beach facing out towards the Olympic Peninsula.

Those who stayed through the afternoon eventually retired back to Seattle's Sodo district to watch documentaries and continue the discussions they'd begun earlier in the day and the weekend.

The next morning, July 1, folks emerged re-energized and, with several new members added to their ranks, moved up I-5 again, this time to the Peace Arch State and Provincial Park.

The Peace Arch – a U.S./Canadian border crossing between Blaine, Washington and Surrey, British Columbia – offers the only place in the bioregion where citizens of both states can come together and mingle without having to pass through border controls.

The Peace Arch thus is at the same time a tremendously useful meeting place and a

symbolically rich site. The engraving on the northern side of the arch declares that people from throughout Cascadia are "Brethren Dwelling Together in Unity," while the monument's south side declares that those from north and south of the border are "Children of a Common Mother."

Cascadians from both sides of the artificial border took full advantage of the park's symbolic and practical value, sharing food and flags in the shadow of the stone monument.

Motorists waiting to cross from Canada into the United States smiled, waved, and offered thumbs-up, and engaged the Cascadian supporters in conversation. The Cascadians were only too happy to respond, handing out stickers, flags, and pamphlets to interested and curious passers-by.

At one point during the day, a group of Cuban anti-blockade protesters marched through the park, chanting and waving flags as they attempted to bring a truckload of aid supplies through the border in preparation for a caravan of their own. Several Doug-waving Cascadians joined them, and were met with smiles and good cheer.

It was that kind of good cheer that was the continual marker and the ultimate outcome of the weekend. As Cascadians from throughout the bioregion went back to their respective localities, one group, many of whom had been at all three convergences, took time to gather back in Seattle and reflect on the experience.

"It was wonderful to put faces to names," one of those gathered said, "and the conversations that we've had all weekend long were really amazing."

AROUND CASCADIA

Spokane Chapter

Spokane began and continued their Cascadia meetings throughout the month of June. The meetings thus far have been pretty informal and are mostly geared towards getting acquainted with those interested in the idea, as well as working out organizational foundations. For those interested, they meet every other Friday at the Riverside Park by the Post Street Bridge.

More information and directions can be found on our Calendar events page or contact Patrick Adams directly at patsamorionadams@gmail.com.

Portland, PSU and PCC Chapters

Growth in the idea of Cascadia continues to grow throughout the greater Portland area and we're excited to announce new student coordinators at both Portland State University and Portland Community College.

Those interested should contact:

PCC contact Benjamin Bricker:

Benjamin.Bricker@pcc.edu

PSU contact Ellona:

cascadianmycelium@gmail.com

or our general Portland coordinator Lumen:

lumen@riseup.net

If you'd be interested in becoming a regional coordinator for CascadiaNow! or starting your own chapter, feel free to email cascadianow@gmail.com or our visit our <http://cascadianow.org/get-involved> page.

O'Cascadia New Student Documentary on YouTube:

A CascadiaNow member from Seattle University has released a great 5 minute documentary that provides a nice introduction of the Cascadia movement.

The short educational film by Kelton Sears is about the Cascadian movement, its origins, its ideas, and its presence today. The video features three interviews with members of the Seattle CascadiaNow! chapter from their May 19th meeting.

The video can be viewed at:

<http://youtu.be/nB7v5TmAYp8>

If you would like to get involved with the Seattle chapter, they meet biweekly on every second Saturday, and you can find more information on our calendar page here: http://www.cascadianow.org/ai1ec_event/seattle-cascadianow-meetup/?instance_id=2638

or directly from their website at:

seattlecascadiaproject.org

CascadiaNow! Poster, Sticker and Agitprop Campaign

Beginning in Seattle and Portland and spreading wherever people are interested, CascadiaNow! has started an agitprop campaign. 11x17 black and white posters have been spreading through different neighborhoods in Seattle, while stickers, banners and color origami pamphlets have been appearing in various areas around PDX.

Since the campaign has begun, the <http://reddit.com/r/cascadia> group has been adding about 100-200 members per week, and pictures continue to filter across Twitter and Facebook of folks randomly stumbling across the idea.

It will be our goal to create a public agitprop and art gallery hosted through our website, where everyone will have access to original PDF's and PSD files, alter, upload and add pictures of the final product in an open gallery. We'll be working on this in the months to come.

2012 Cascadia Rainbow Celebration

From June 14th through June 20th the 2012 Cascadia Rainbow Celebration took place in central Oregon as an alternative for those who could not make it to the Katuah national gathering, as well as a stopping point for those interested in forming caravans to events elsewhere.

The gathering was conceived through an open consensus process that included dozens of rainbow family members as well as occupy and organizers from a variety of movements. The event brought hundreds of individuals to the Old Cascades Crest Trails and Lava lakes national forest.

Participants gathered to enjoy some beautiful Pacific Northwest scenery, music, and beer, and took the opportunity to help build bridges between people from across the bioregion to come together and share their ideas for Cascadian organizing in the future.

Throughout the event, a Cascadia info tent was set up where people could get informational literature and merchandise.

CASCADIAN BIOREGIONAL CONGRESS

**June 16th (Saturday)
& June 17th (Sunday)**

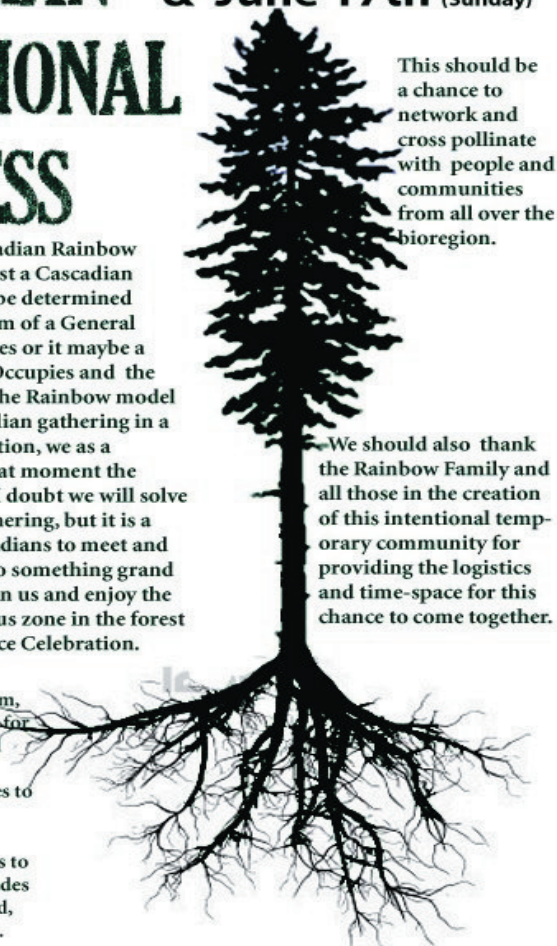
The Cascadia Camp within the Cascadian Rainbow Solstice Celebration is offering to host a Cascadian Bioregional Congress. Its form will be determined during the event. It may take the form of a General Assembly (GA) used by most Occupies or it maybe a SpokeCouncil model used by some Occupies and the Zapatista Movement or we may use the Rainbow model of a feather circle. As this is a Cascadian gathering in a Cascadian Rainbow Solstice Celebration, we as a bioregional identity will decide at that moment the system and structure of our dialog. I doubt we will solve all the issues of the world in this gathering, but it is a great chance for self identified Cascadians to meet and exchange ideas as well as give birth to something grand for our beloved bioregion. Please join us and enjoy the festivities of a temporary autonomous zone in the forest that is the Cascadian Rainbow Solstice Celebration.

DIRECTIONS:

From Portland: go South on I-5 to Salem, go East on Hwy 22 for 79 miles and look for a road sign on your right that reads: Old Cascades Crest Trails and Lava Lake Meadow Road, and turn right. Go 2 miles to parking area. **From Eugene:** go East on Hwy 126 to Hwy 20. Turn right and go 3 miles to Hwy 22 and turn left. Go 4 miles to a road on your left that reads: Old Cascades Crest Trails and Lava Lake Meadow Road, and turn left. Go 2 miles to parking area.

This should be a chance to network and cross pollinate with people and communities from all over the bioregion.

We should also thank the Rainbow Family and all those in the creation of this intentional temporary community for providing the logistics and time-space for this chance to come together.



AROUND CASCADIA

2nd Cascadian Bioregionalism Un-Conference held in Eugene, Oregon

On Saturday June 30th the group Unifying Cascadia hosted their second conference in Eugene, Oregon about Pacific Northwest bioregionalism.

The "Let's Talk" series presented their second unconference on Regional Resiliency, a day of powerful conversations about strengthening community organization and independence in the face of a continually destabilized world.

Those who attended the first Unconference on Cascadian bioregional resiliency, held on March 30, were amazed at the creative, participatory, self-empowered atmosphere that the unique Open Space hosting format provides.

The second gathering explored topics of economics, sustainability, and resiliency, as well as Cascadian bioregionalism. The Open Space hosting format ensured that everyone in a group has the opportunity to engage with the subject matter and the agenda, schedule, and workshops are all created by the participants.



Largest Tifo Banner in MLS history raised in Portland/Seattle Cascadia Cup Match

June 24th saw a thunderous 2-1 victory for the Portland timbers over the Seattle Sounders but the most impressive sight may have come before the game had even started.

In the rear end of the stadium a banner was raised, stretching more than 280'x80', the 1500lb, 20,000+ square ft raised by 66 individuals on 22 rigging lines - the largest display of its kind in MLS history.

The banner, raised by the Timber Army showed the Portland Skyline above a picture of the legendary Clive Charles, flanked by a massive city flag and, of course, the Cascadian Doug flag.



Cascadia Earth First! Locks Down, Climbs Flagpoles in State Capitol

After a bioregional, weekend long Cascadia Earthfirst! Rendezvous, activists occupied the Oregon State Capitol in Salem to protest widespread clear cutting in state forests. EarthFirsters locked down in the offices of Secretary of State Kate Brown and treasurer Ted Wheelers, while others hung banners from outside flag poles, and still others joined arms under the capitol dome, laying a Cascadian Doug Flag emblazone with the words "Cascadia EarthFirst!" in the center of the floor.

The protest was in response to the State Land Board, which is responsible for the management of the common school fund, generated from taxes on certain lands operated by the board and tying in key tax payer funds and revenue with funding for public education - and often leads towards privatization and exploitation of publicly owned resources.

"The elected officials of the State Land Board are allowing large extraction-based industries to make a quick profit at the expense of Oregon's future," says Emmalyn Garrett of Bandon, OR. "We won't let narrow industry interests dirty the air and water, destroy biodiversity, and decrease Oregon's quality of life."

New Cascadia flags are in!

The Doug flag is the symbol of Cascadia and a new batch of Cascadia Flags have arrived.

Those interested should send \$23.50 to cascadianmycelium@gmail.com using either Paypal or Wepay.

The flags are 5'x3' nylon and will be shipped out as soon as possible, except for between the dates of June 19th to 25th. A portion goes to supporting Cascadia Chapters.

Designed in 1994 by Portland native and professor Alexander Baretich, it can increasingly be found in cities throughout the Pacific Northwest and is becoming a common sight at soccer games, occupy protests and of course, on locally made microbrews (among our favorite,

the Secession IPA or Cascadian Dark Ale).

The blue of the flag represents the moisture rich sky above and Pacific ocean along with the Salish Sea, lakes and other inland waters. Our home is of continuous cascading waters flowing from our sky and mountains back to the Pacific. Cascadia is a land of falling water from the Pacific to the western slopes of the Rockies and Cascades where water cycles as vapor and then rain and snow to run through creek and river back to the Pacific. The white represents snow and clouds and the green to represent the evergreen forests and fields of the Pacific Northwest. The lone standing Douglas Fir symbolizes endurance, defiance and resilience, named for explorer David Douglas,

the first written account of the bioregion as a land of cascading waters and from where our primary mountain range takes its name. All these symbols of color and icon come together to symbolize what being Cascadian is all about.



Blackberry Season Swiftly Approaching!

By Vickie Phelps

www.SeattleCanCan.Blogspot.Com

Blackberry season is nearly here! The last week of July and the first week of August are prime time for blackberries and the bushes around Cascadia are loaded with free abundant fruit. Blackberries may not be Cascadian natives but we love them all the same.



Start looking around your area for the best place to pick: find an out of the way place that hasn't been maintained, is at least 2 blocks from the nearest roadway, has lush green blackberry bushes that show no signs of chemical spray like leaf curling or browning.

Get your equipment lined up: a 1-gallon milk jug makes a great bucket. Simply cut a wide hole in the top and add a wide comfy shoulder strap to the jug handle. This will allow you to pick berries with both hands. Find or make some shallow cardboard boxes--no more than 4 inches deep and stackable. Pick into your milk jug and then pour the berries into the shallow boxes. The shallow boxes minimize crushing and the dry boxes will help to remove extra dampness.

Check your patch daily and start picking as soon as berries begin to turn black. Revisit the same area every 2-3 days to maximize the harvest. By visiting the same bushes and not allowing overripe berries to accumulate, you are helping the bush avoid getting moldy--all the better to get more berries!

When you get your blackberries home, wash them in small batches and spread them out on a towel to dry for (very) short-term storage in the refrigerator.

For longer term storage, spread the berries out in a single layer on a cookie sheet and freeze them. When they are solid, transfer them to an airtight container in the freezer. Use frozen berries to add a taste of summer to yogurt and smoothies.

Cascadian Drinking Song

Lyrics by Josh Mahar

From the Emerald City to Bridgetown down South
An Ode to Cascadia I sing from my mouth.

With its mountains so mighty and its trees oh so tall,
We drink to Cascadia, 'cause it's got it all.

Cheers! to Cascadia with all of its green,
Where we all like it dirty and the waters are clean.

Cheers! to Cascadia, let the rain fall outside,
We'll dance in the puddles while the foreigners hide.

We've got breweries a-plenty, the best pot around,
and Autumn brings magical fruit from the ground.

In winter the snow piles high on the peaks,
and long summer nights let us stay out and drink!

Cheers! to Cascadia with all of its green,
Where we all like it dirty and the waters are clean.

Cheers! to Cascadia, let the rain fall outside,
We'll dance in the puddles while the foreigners hide.

We pour,
One for the Salmon whose homes all got dammed,
by greedy capitalists here in this land.

But now we have wisdom, we've learned from the past,
We must work with nature to make this land last.

Cheers! to Cascadia with all of its green,
Where we all like it dirty and the waters are clean.

Cheers! to Cascadia, let the rain fall outside,
We'll dance in the puddles while the foreigners hide.

Blackberry Jelly

Crush blackberries and add half as much sugar as you have blackberries--2 cups of berries needs 1 cup of sugar.

Allow berries to sit for 4-24 hours until very juicy. Strain out the seeds and put the juice in a sauce pan. Add 1 Tablespoon Low/No Sugar® Ball® Pectin for each 16 ounces of juice. Bring to a full rolling boil for 2+ minutes. Check the "set" by placing a dribble of juice on a cold plate. Turn the plate sideways--when the juice stays mostly in place, the jelly is done. Pour jelly into small jars and store in the refrigerator for up to 6 months (*like that is going to happen!*) or pour into sterile canning jars and process in a Boiling Water Bath for 5 minutes for storage in the pantry.

Blackberry Pancake Syrup

Crush blackberries and add as much brown sugar as you have blackberries--2 cups of berries needs 2 cup of brown sugar.

Allow berries to sit for 4-24 hours until very juicy. Strain out the seeds and put the juice in a sauce pan. Bring to a boil. Stir in 1/4 cup butter, 1 teaspoon vanilla extract, and a dash of cinnamon. Bottle and store in the refrigerator for up to a month. Re-heat just before serving with pancakes, waffles or oatmeal.

*Recipes from, The Productive Kitchen, by Vickie Phelps
still in progress!*

*More information on Home Canning and Food Production:
<http://seattlecancan.blogspot.com/>*

New Cascadian Beer hits the Shelves!

Phillips Brewing Company out of Vancouver BC has released a tasty new Cascadian beverage.

Going by the name of Rifflandia Brau Pilsner! The beer features a sovietesque citizenry proudly waving a Cascadian Flag, proudly declaring "Rifflandia: A Pilsner for the People!"

The beer was created as a contender for a local beer contest, and will of course be winning dozens of awards worldwide.



CASCADIA IN THE MEDIA



July 4th 2012 - BBC The day in images:

An image of a Portland Timbers fan made it all the way to the BBC website for their photo journalism documenting the day in pictures. The fan, waving a flag amid green smoke from a flare was celebrating a second half goal during the football game against the San Jose Earthquake in Portland, Oregon. Despite the fact that it was July 4th, American flags were notably absent from the photo array.

<http://www.bbc.co.uk/news/in-pictures-18702797>

Cascadia Cup Tifo Makes the Rounds

The Portland tifo at the Timber Army Sounders match made headlines around Cascadia and the world beyond, being picked up in a series of articles by MLS writers, as well as several European football observers.

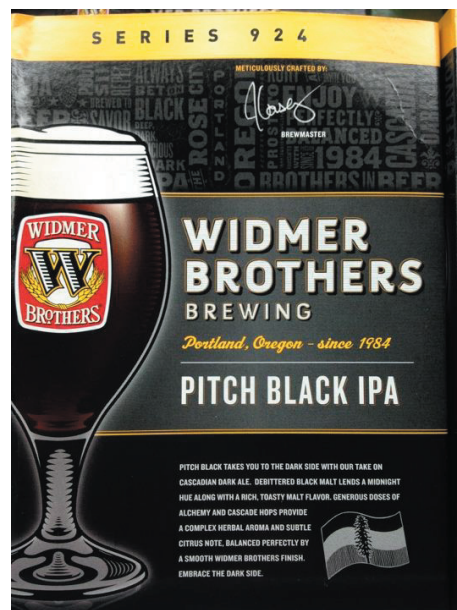
From the Guardian in the UK which documented the Cascadian rivalry between Portland and Seattle in "Portland Timbers' giant tifo throws down gauntlet to Seattle Sounders" with a giant image in their sports blog (<http://www.guardian.co.uk/football/blog/2012/jun/28/portland-timbers-seattle-sounders-tifo-display>) to the article by MLS reserves "Cascadia: United Under a Symbol" (<http://www.mlreserves.com/2012/06/cascadia-united-under-symbol.html>) which explored the history and meaning of the Cascadian Doug Flag in the regional rivalry, and for the fans themselves, noting that: "It's called the Doug Flag because of the Douglas fir on its front, and it's become an almost mandatory feature of any Cascadia Cup match. Fans in Portland, Seattle and Vancouver all fly its blue, white and green stripes as a symbol of the Pacific Northwest," coverage was unanimously impressed and positive.

The Citizen's Guide to Seattle Beer: The Republic Of Cascadia

Local beer and soccer aficionado Abram Goldman-Armstrong made headlines in the Seattle Metropolitan magazine in their documentation of the ongoing movement to coin and spread the beautifully dark and tasty Cascadian Dark Ale.

The article provides a wonderful introduction to Cascadia, a sovereign nation whose signature beer, the Cascadian Dark Ale or black IPA, is an emerging style rising with the growing movement to encapsulate a new and dynamic idea. Follow the link below to read more about the fight to protect our regional beer:

<http://www.seattlemet.com/eat-and-drink/articles/cascadia-ipa-beer-may-2011/>



Cascadia Gets an Honorary Mention - 10 Movements to Secede from the United States

While once upon a time July 1st (Canada Day) and July 4th (US Independence Day) may have inspired us to unite around our commonalities and throw fireworks at each other in peace, nowadays, it's usually synonymous with a deluge of wonderful articles documenting different features of spreading secessionist ideologies from around the United States and Canada.

In these articles Cascadia has received an honorary mention, noting that while we have produced no declarations or articles of independence, CascadiaNow! seeks a gradual transition self-regulation for the Pacific Northwest, asserting that the region is better equipped to govern itself than distant governments in distant governments in Ottawa and Washington, DC.

Read more about other movements building for outright separation at: <http://io9.com/5923080/10-movements-to-secede-from-the-united-states/>

Cascadia Rising - Article in Portland Monthly

Portlandian arts and culture magazine the Portland Monthly put out a tremendously positive full-length feature piece on Cascadia and the Cascadian Movement in their most recent issue. Beginning with a discussion of the same adidas ad that is featured in Nate Jensen's article in this newsletter, the article then moves into a discussion of the Doug Flag and the Cascadian movement more broadly.

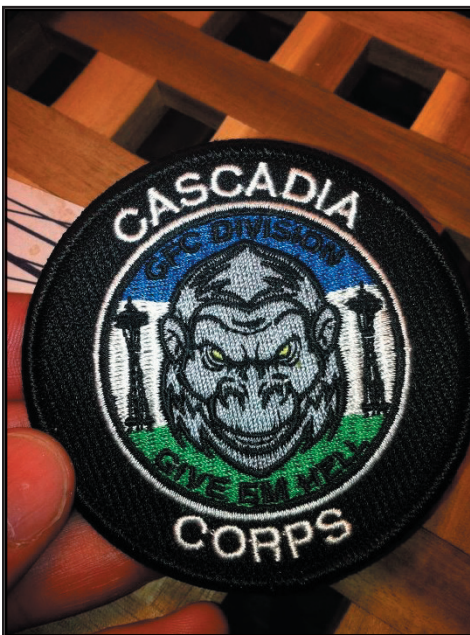
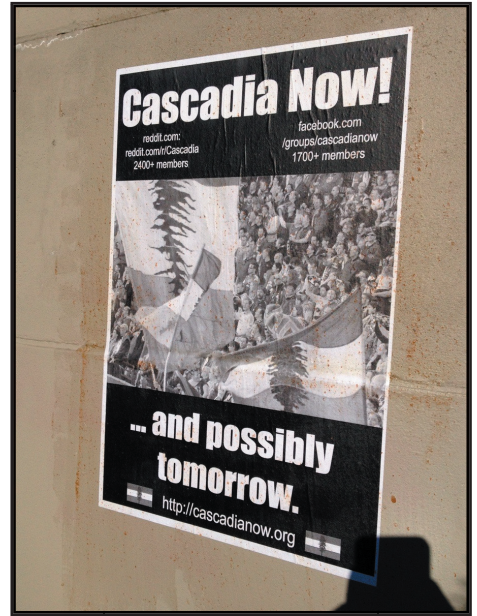
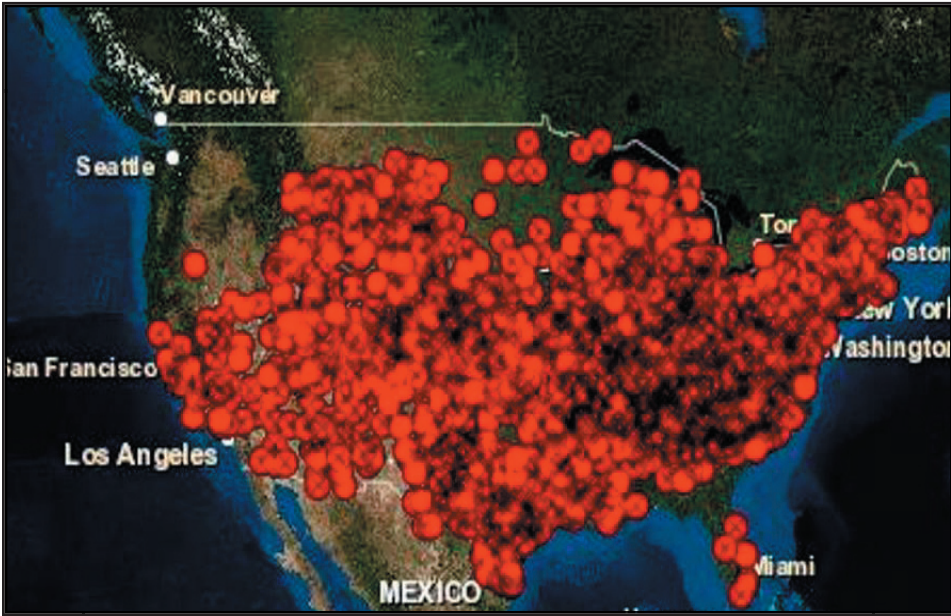
The article's author, Martin Patail, draws on a wide variety of sources in his piece, which contains nods to both the whimsical and serious sides of Cascadia as it has been portrayed on the internet and elsewhere - references range from the satirical Republic of Cascadia website from the mid-2000s to Ernest Callenbach's Ecotopia and David McCloskey's creation of the term to the current CascadiaNow! social movement and the Cascadian presence in popular culture.

To see the full article, visit the Portland Monthly's website at www.portlandmonthlymag.com/issues/archives/articles/cascadia-rising-july-2012/



Illustration: Kate Madden

June in Pictures



This Month In Cascadian History

By Alex DeVeiteo

July 1, 1908 - The Oregon National Forest is created by merging the Bull Run Forest Reserve and part of the Cascade National Forest. Sixteen years later, it will be renamed the Mount Hood National Forest.

July 2, 1968 - Work on the Roberts Bank Superport begins when two dredges drop their buckets into the muddy waters of the Georgia Strait in Tsawwassen, British Columbia.

July 3, 1906 - Chief Capilano of the Squamish First Nation travels to London to meet King Edward VII and Queen Alexandra. Capilano, accompanied by Cowichan and Secwepemc chiefs, presents a petition to the King concerning aboriginal land rights.

July 4, 1935 - Angus L. Bowmer arranges the first performances of what will become the Oregon Shakespeare Festival in Ashland, Oregon. The festival grows steadily during the 20th century, and becomes an award-winning and internationally-known regional theater company.

July 5, 1843 - The "committee of nine" meets in Oregon City and ratifies a pseudo-constitution known as the Organic Laws of Oregon. This document creates a civil government and authorizes a provisional legislature in Oregon Country, as well as committees on land claims, appropriations, military, the judiciary, and districting.

July 6, 1927 - Comedian and satirist Patrick Layton "Pat" Paulsen is born in South Bend, Washington. Paulsen will become notable for his roles in several of the Smothers Brothers TV shows, and for his several (primarily comedic) campaigns for President of the United States from the 1960s through 1990s.

July 7, 1970 - The exhibition "Japanese American Pride and Shame" opens in Seattle, Washington at MOHAI (Museum of History and Industry). The exhibit includes photographs and artifacts that tell a compressed history of Japanese-Americans in the Pacific Northwest. Viewed by more than 34,000 people, it marks the beginning of a shift in consciousness in the Japanese community and in other communities, toward pride in Japanese heritage and toward the idea of redress for the unjust imprisonment of Japanese-Americans during World War II.

July 8, 1879 - The sailing ship USS Jeannette (formally the HMS Pandora) departs San Francisco carrying an ill-fated expedition to the North Pole through the Bering Strait. The ship is caught in the polar ice pack and crushed; some crew members manage to hike across the ice to Siberia.



July 9, 1811 - During his voyage down the entire length of the Columbia River, North West Company explorer David Thompson camps at the junction with the Snake River, erecting a pole and a notice claiming the country for the United Kingdom and stating the intention of the North West Company to build a trading post at the site.

July 10, 1905 - Construction starts on the first buildings at Colony Farm, the agricultural arm of the Coquitlam Mental Hospital (now Riverview Hospital) which will become renowned for the quality of its produce and livestock.

July 11, 1963 - Actress and television host Lisa Deanna Rinna is born in Medford, Oregon. She will become known for her roles as Billie Reed on "Days of our Lives", Taylor McBride on "Melrose Place", and later as the host of SoapNet's "Soap Talk".

July 13, 2002 - The Biscuit Fire, one of the largest forest fires in Oregon history, is started when a series of lightning strikes ignite several fires in the Kalmiopsis Wilderness. Within a month, the fires coalesce into a single huge fire which ultimately burns nearly a half-million acres. Over 7000 fire fighters are called in to battle the conflagration, which is finally declared extinguished six months later

July 14, 1873 - The Northern Pacific Railway announces that they will choose the then-village of Tacoma over Seattle as the Western terminus of their transcontinental railroad, gambling that they can gain an advantage by being able to buy up the land around their terminus cheaply instead of bringing the railroad into a more established Pacific port town.

July 15, 1774 - Spanish explorer Juan Jose Perez Hernandez, the first European to sight, examine, name, and record the islands near present-day British Columbia, sights the Haida Gwaii archipelago.

July 16, 2009 - The 12 cyclists who set off from Santa Rosa, California on a 1000-mile bike ride to Seattle, Washington to support those with the disease Histiocytosis end their trip at the Drumheller Fountain, in the center of Frosh Pond on the campus of the University of Washington.

July 17, 1897 - The steamer S.S. Portland arrives at Schwabacher's Wharf in Seattle, Washington loaded with gold. The Seattle Post-Intelligencer scoops all other U.S. newspapers with the story that a "ton of gold" had arrived from Alaska, igniting the Klondike Gold Rush. A publicity campaign engineered largely by journalist and art museum curator Erastus Brainerd convinces the world that Seattle is the place to outfit oneself for the journey to Alaska; in 24 hours, Seattle becomes a household name. Business generated by supplying prospectors brings great gains in wealth and population to the city.

July 18, 1913 - Race riots break out in Vancouver, B.C., as some locals react against increasing Sikh immigration.

July 19, 1997 - The last annual sand castle competition is held in Parksville, Vancouver Island. What begins as drunken revelry soon turns into a mass riot, ultimately costing the town its peaceful image and the community its annual festival.

July 20, 1990 - Seattle hosts the second Goodwill Games, an alternative international multi-sport event to the Summer Olympics, which media mogul Ted

Turner thinks has fallen hostage to politics. The Seattle Goodwill Games open with 2,300 athletes from 54 countries competing in 21 sports. During the Games, a large purpose-built gold medal is hung around the structure of the Space Needle.

July 21, 1793 - Explorer Alexander Mackenzie arrives at the head of Dean Channel on the Pacific after descending the Bella Coola River in British Columbia.

July 22, 1931 - The Vancouver Airport and Seaplane Harbour opens, drawing a crowd of 55,000 people for the four-day opening ceremonies.

July 23, 1914 - The Canadian government, on behalf of the Conservative party, forces the Japanese freighter Komagata Maru to leave the harbor of Vancouver, B.C. with its cargo of 376 passengers, mostly Sikhs, refusing their immigration.

July 24, 1899 - Geswanouth Slahoot (better known as Chief Dan George) is born in North Vancouver, B.C. to the Tsleil-Waututh Nation, a Coast Salish band located on Burrard Inlet. In addition to his role as chief, Slahoot is also an author, an Academy Award-nominated actor, and poet. One of his poems, "My Heart Soars" will be read during the opening ceremonies of the 2010 Winter Olympics in Vancouver.

July 25, 1850 - Gold is discovered on the Rogue River in Oregon.

July 26, 1928 - Boeing Field opens near Seattle, Washington. Until Seattle-Tacoma International Airport begins operations in 1947, Boeing Field will be Seattle's main passenger airport

July 27, 1991 - Shortly after a concert by rap star MC Hammer, 20 teenagers begin throwing rocks at a traffic cop. The confrontation gradually turns into a 2,000 person riot which smashes and loots downtown stores and wrecks tourist establishments along the beach of the resort community of Penticton, B.C. The riot ended later that night with 90 jailed, 60 treated for injuries.

July 28, 1996 - While attending hydroplane races on the Columbia River near Kennewick, Washington, spectators Will Thomas and David Deacy accidentally discover the skeletal remains of a prehistoric man. Dubbed "Kennewick Man", the remains, a nearly complete 5600-plus-year-old skeleton with a fully intact cranium, are among the most complete ancient remains ever found.

July 29, 1938 - Ivar Haglund opens a fish-and-chips stand at Pier 54 on the Seattle waterfront. The stand will expand into Ivar's Acres of Clams and create an empire of seafood eateries throughout Cascadia.

July 30, 1967 - A wacky scheme by mayor Frank Ney of Nanaimo, Vancouver Island conceived to showcase the city to the world culminates in the first "Nanaimo to Vancouver Great International World Championship Bathtub Race", with 212 powered bathtub boats entered in the race from Nanaimo to Vancouver's Kitsilano Beach.



Cascadian Contacts



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<http://cascadianow.org>
[http://en.wikipedia.org/wiki/Cascadia_\(independence_movement\)](http://en.wikipedia.org/wiki/Cascadia_(independence_movement))

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