

## Jenna Kay

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**From:** Monica Zazueta <zazuetamonica0813@gmail.com>  
**Sent:** Sunday, January 19, 2025 8:06 AM  
**To:** Jenna Kay; Amy Koski; sylvia@mosaicresolutions.com; Dana Hellman; Ben Duncan; Nicole Metildi; tlunsford@parametrix.com; Harrison Husting  
**Subject:** Being regenerative and distributive by design

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Bioregioning 101 | Reality Roundtable #14

<https://youtu.be/e08dWgk-TRo?si=4Z266NuDVq43zhBT>

"There's no need to wait for further collapse . There's no need to wait for someone to come and give you permission. Bioregionalism and bioregioning is available to all of us right now. You can do it in the place where you live. It's about a different way of seeing and being in that place and reclaiming our agency but also responsibility to be good citizens. Be good stewards to our Mother Earth.

Here is a concise summary of the key points from the video:

The discussion explores the concept of bioregionalism and the practice of "bioregening" - living in harmony with the natural systems and landscapes of a specific geographic region or "bioregion".

Key points:

- Bioregionalism is a movement to organize human settlements, economies, and governance around ecological boundaries rather than political borders. It draws on indigenous wisdom about living in place.
- Bioregening involves recognizing one's interdependence with the local environment and taking responsibility for stewarding that place. It's about reclaiming agency and citizenship at the local level.
- Bioregional approaches can increase community resilience and ability to adapt to social, economic, and environmental disruptions. They offer an alternative to centralized, extractive systems.
- Implementing bioregionalism requires devolving power and decision-making to the local level, as well as developing new regional financial and governance structures.
- Individuals can start by getting involved in local climate adaptation efforts, connecting with others in their bioregion, and envisioning a future of ecological adulthood and sacred reciprocity with the land.

The discussion highlights bioregionalism as a promising framework for reorganizing human societies to be more aligned with natural systems and better equipped to navigate the challenges ahead.

(My Signature 😊)

~You must always be willing to truly consider evidence that contradicts your beliefs, and admit the possibility you may be wrong. Intelligence isn't knowing everything, it's the ability to challenge everything you know. Let's all give up our fear as a justification for not to take action because we are the creators of our reality.

Sending healing vibes

Monica Zazueta

Concerned Mum



360-723-7707

Sharing energy,

1.

Doughnut Economics 7 Ways to Think Like a 21st Century Economist  
by Kate Raworth

Free digital copy of the book,

<https://fenix.tecnico.ulisboa.pt/downloadFile/845043405579281/Raworth%20%282017%29%20Doughnut%20Economics.pdf>

2.

29 minute video explaining Doughnut Economics

"How radical ideas can turn into transformative practice. Stockholm impact week 2023"

<https://youtu.be/qwyzsAWRMcw?si=Hut8czYBLqAjOBpb>

3.

Nate Hagens: "Episode 100 - The Great Simplification"

<https://youtu.be/GocuMZX3hIs?si=impadsCjN-aGZzk0>