

Seniors for Climate Manitoba

Seniors Climate ACTION

We Can Make a Difference!

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The climate crisis is climate reality. The floods, heat domes, fires are just a few of the dramatic manifestations of a turbulent climate. Many Canadians are taking on climate action. Many others want to do something but don't know what's more important. And some are suffering 'climate anxiety'.

There are many ways we can address the climate crisis. Individuals, families, companies, organizations, communities can do a lot to affect the climate. The more we exhibit concern, the more our collective efforts – protests, petitions, lobbying – will get governments to act. Here are some suggestions;

Live a 4R's Lifestyle – do what you believe for the environment

Treat Yourself – eat local, be healthy, reduce transport fuel costs

Phase Out Plastics – from bags to bottles to building materials

Thank Mother Nature – Green gifts show affection and more

Reduce Energy Waste – renovate and reduce cost of living

Support City of Winnipeg Action – to reduce carbon emissions

Green Banking and Savings - your money has a conscience

VOTE Sustainable - especially in the federal election next year

Green Burials – have a lasting impact

Join the WAVE - support local and national organizations

There are many useful online resources to help guide your climate actions.

Green Action Centre <https://greenactioncentre.ca/>

Climate Reality Project <https://www.climatereality.ca/get-involved>

Consider Climate <https://www.considerclimatemb.ca/>

CBC Podcasts <https://www.cbc.ca/listen/cbc-podcasts/1395-10-minutes-to-save-the-planet>

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Live a 4R Lifestyle – do what you believe



The 4Rs provide simple and practical guidelines for being environmentally conscious. These are basic activities with a positive benefit for the environment. Living the 4R Lifestyle can also save you money.

REDUCE Don't use as much. Do you really need so many clothes? Cut out junk food or high cost foods like red meat. Driving slower is one way to reduce gasoline use and cost. Turning down the heat in your home is another way – put on a sweater and let your body get use to the temperature change.

REUSE Many things we use can be reused. Plastic containers for yoghurt can be used repeatedly for storing food and other items. We are often encouraged to buy convenience things and expect to discard them after one use. Buy items that can be resealed or reused. YouTube has numerous ideas for how to repurpose things.

RECYCLE Many materials we use every day can be reprocessed into new products. We don't yet have the technical or financial ability to turn everything into new useful products. But, the more we recycle the more there will be new ways to reprocess paper, glass, plastic and metal. Today, for example, millions of us are composting and glass is being reused in road construction . <https://simplyrecycle.ca/>

RESTORE There are ways to build back our natural resources. We can plant trees or plant flowers and vegetables to replenish the soil. We can donate to projects preserving forests and prairie land. Estate planning can offer ways to help create parks.



The point is to be conscious of the environmental impact of what we buy, use and consume. Everything we need depends in some way on energy sources and production. How we use natural resources can be environmentally constructive or destructive.

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Treat Yourself – eat local, be healthy



Food production, distribution and consumption is a major energy consumer globally. What and how we meet our dietary needs has a significant demand on our environment. Here are some things we can do to reduce the climate impact in what we eat.

- 1. Eat more plants** Farming animals for meat and dairy requires space and huge amounts of water and feed. We need to rebalance our diets by prioritising plants and moderating our intake of animal products.
- 2. Eat more variety** Greater diversity in our diets is essential as the lack of variety in agriculture is both bad for nature and a threat to food security.
- 3. Make responsible seafood choices** When responsibly produced, seafood can benefit people, nature and climate. Try a diversity of species from well managed sources, eat lower in the food chain and opt for lower carbon emission seafood.
- 4. Cut the waste** Western countries waste a great deal of food, with serious repercussions for the environment. Reducing waste in your household is simple and smart.
- 5. Grow your own food** What's better than fresh, home-grown produce straight from the garden? As well as being healthy and delicious, it is free from the carbon footprint of shop-bought food.
- 6. Use certified palm oil products** Palm oil production is responsible for large-scale deforestation, putting wildlife under threat, as well as contributing to greenhouse gas emissions. When you're shopping look for products containing certified sustainable palm oil.
- 7. Refuse plastic** Plastic has infiltrated our natural world and even our diets. Bring a reusable-bag when you shop, opt for packaging-free fruit and vegetables, and ask retailers to use alternatives to plastic.
- 8. Eat what's local** As much as possible, include seasonal produce from your local shops or farmer's markets in your diet. As well as improving your diet, you save on transport energy consumption and you support local producers and economy.

World Wildlife Fund <https://www.wwf.org.uk/>

Down to Earth <https://www.youtube.com/watch?v=tnOhCKBHZD8>

Seniors for Climate Manitoba – <https://www.considerclimatemb.ca/events/>

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Phase Out Plastics – there are alternatives



Canadians discard over three million tonnes of plastic every year. Only 9% is recycled. The rest ends up in landfills. Synthetic fibres from clothing pollute our water systems. Waste plastic has created gargantuan pressures on nature.



We must change the way we produce, use and discard plastics. Working in coalitions we can get consumers, government, industry and business to promote a zero plastic waste future. Join a plastic waste reduction campaign such as [#BePlasticWise](#).

As individuals and families we can:

- Use reusable products like cups, food containers and packaging
- Refuse cutlery, straws and individual packets from take-out food
- Only buy plastic products that can be reused, recycled or repurposed
- Carry a cloth shopping bag with you everywhere to avoid store bags
- Support businesses that are reducing their plastic footprint
- Learn what can be recycled or composted in your municipality
- Wash and reuse plastic containers and reseal bags
- Learn if synthetics are in your clothes, building materials, etc.
- Check out and support the Great Canadian Shoreline Cleanup, and
- Recycle, recycle, recycle!

On line resources:

10,000 Changes

<https://10000changes.ca/en/>

Environment Canada

<https://www.canada.ca/en/environment-climate-change/services/managing-reducing-waste/reduce-plastic-waste.html>

Circular Economy

<https://circularinnovation.ca/plastic-bag-grab-challenge/>

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Thank Mother Nature – Give Green Gifts



An essential part of thinking and acting Green is respecting nature and giving back to Mother Nature. Ultimately a lot of what we do affects the soil, air and water around us

It may sound a little odd, but we can Thank Mother Nature in the gifts we give.

Gifts are how we express love, appreciation and friendship. Gifts that do not add to the climate crisis have a built in value. Gifts we make, come from local artisans, respect the land and build relationships are far more meaningful than what can be bought or mass produced.

Judy, who had a big family, would knit mittens for the girls in her family and sew boxer shorts for the men at Christmas. These were the most prized gifts as they were personal.



One family took their child to Aurora Farm, south of Winnipeg, for his birthday. They had a fun day with the animals, learning about organic gardening and they left with locally made goat milk soap.

Fred, was frustrated with his grandson who played video games. Then Fred discovered simulation games, particularly those with an energy or environmental aspect. Now he plays with his grandson.

A teenage granddaughter said she was tired of getting 'stuff' she didn't want or need. And no, she didn't want money because that was just a step away from more things she said. Instead she preferred going to concerts or exhibitions, visiting unique places or socialising with friends or family.

[Nature Conservancy Canada](#) has novel gift ideas.... check them out.

**Consider the environment when you buy or think of giving gifts.
Alternatives are more personal, cost less and are appreciated more.**

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Reduce Energy Waste - save money



How we weather proof our homes and buildings can make a big difference in energy use and waste. How we prepare our buildings for changes in the weather also affects our comfort and living expenses. Fossil fuels are the main source of heat, but they emit serious green house gases.



A review of how well insulated our buildings are can be shocking. Older homes often have inadequate insulation. Windows and doors can affect interior temperatures a lot.

Think about heat pumps, geothermal and solar as energy alternatives.
<https://heatpumpsforall.ca/stories/>

There are numerous resources for us to improve how our homes and businesses are heated. Local experts can advise us on what can and should be done. There are subsidies for those living on low income. Best of all, measures to climate proof our homes can save us money!

Energy Reduction Information sources

Green Action Centre <https://greenactioncentre.ca/policy/read-our-policy-papers/>

Climate Reality Project <https://www.climatereality.ca/get-involved/>

Manitoba Hydro <https://efficiencymb.ca/my-home/home-energy-retrofit-program/>

Efficiency Manitoba <https://efficiencymb.ca/find-a-supplier/>

Natural Resources Can. <https://natural-resources.canada.ca/energy-efficiency/10832>

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Support City of Winnipeg Action



The City of Winnipeg has made a commitment to reduce GreenHouse Gases (GHG) produced by urban life and development.

Winnipeg's *Climate Action Plan: Planning for Climate Change. Acting for People* focuses on long-term goals achieved through short-term actions. The Plan addresses global climate change challenges and opportunities, offers new targets for emissions reductions, and provides recommendations for new and enhanced policies, programs and actions. Now it's necessary to implement!

<https://www.winnipeg.ca/services-programs/trees-environment/climate-action>

“Over 82% of Canada’s GHG emissions are from energy producing and consuming processes. To achieve net-zero emissions by 2050, **transformational changes are required to the way Canadians produce and consume energy.**”

Canada Energy Regulator

And therefore changing “... global energy markets, technology, and consumer behaviour and preferences – will also influence future Canadian energy and emission trends.”

<https://www.cer-rec.gc.ca/en/data-analysis/canada-energy-future/2021/towards-net-zero.html/>

We can do a lot to support City politicians and officials in reducing pollution.

- ❖ As voters and citizens, encourage our City Councillors to set effective climate policies and create the means to implement them,
- ❖ As residents, reduce energy waste – ride the bus, conserve water, recycle everything, support the addition of compost collection, and
- ❖ As consumers, adopt the 4Rs lifestyle, buy energy positive products, and challenge local businesses to act Green.

People create Pollution. People can stop Pollution!

Seniors for Climate Manitoba – <https://www.considerclimatemb.ca/events/>

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Green Banking and Savings – money talks



**Canadians who have wealth, have power!
Even our day to day banking and pensions can make a difference.
Let's use our banking and savings to support climate action!**

Green\$\$AUDITS are a way to look into our banking, investments, pensions and other savings, to know our indirect impact on the environment. Money talks and how we use our money is affecting how we influence the changes needed for a sustainable Canada.

Our pension funds (CCP, RRSPs, RRIFs, MHCEPP, MEBP, etc) and other financial services are used to help companies do business. It's how they do business that we need to know and influence. Many businesses and corporations are either considering how they address environmental issues or are making genuine efforts to 'green' their business practices.

We have some ability to direct where our savings go. We can voice our desire to see more investments (mutual funds, ETFs, stocks), more businesses, act to address the climate crisis.

First, find out where your savings are going, that's a Green\$\$AUDIT. Talk to your bank officials, financial advisors and fund managers. Have them list companies going Green, acting ethically or not. Divesting from regressive companies is the first step, then reinvest. Identify companies moving to environmental sustainability, then investment in them.

There are organizations now actively promoting divestment. Seniors for Climate Action Now for example. <https://seniorsforclimateactionnow.org/divestment-campaign/>

A recent study by SHIFT (Action for Pension Wealth and Planet Health), 2023 *Canadian Pension Climate Report Card* (page 6), "Pension contributors and beneficiaries need to know if their pension fund is just feeding them green washed talking points, or if it has actually grasped that a safe climate is in its members' best interests and that the ability to pay pensions depends on a stable climate."

**How we use our savings and pensions has climate implications.
Asking how our money affects the environment, our future, will impact
choices fund managers and bankers make. Let's conduct Green\$\$AUDITS.**

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VOTE Sustainable, federal election 2025!



Collectively we have influence and power, but we need to collaborate with others to have an impact.

Corporations have a huge impact on air and water quality. Mining companies all over the world are notorious for pollution. Industries are being forced to clean up their production processes and put their waste into carbon credits or sinks. The mainstream Banks are aiding and abetting polluting corporations.

That is why divestment in our banking, savings and pensions is so important.

Our governments - local, provincial and federal - have the power to change the course of energy use and climate mitigation. What is done politically will have a significant and immediate effect on future environmental conditions.

Every time we vote for our political representatives, we are voicing our values. Every vote is potentially a choice for a sustainable future. Therefore it is crucial we know what our political parties and their candidates are prepared to do about the climate crisis. It's up to us to be informed, know what is being promised and to tell them we want corrective climate action now.

As Mitchell Beer wrote (*Energy Mix Weekender*, Jan.21, 2024), "... to get climate change under control, we need our democracy to work, and this is a moment when it needs our help. It isn't the only thing we have to get done this year, but no climate to-do list is complete without it."

In 2025 the federal election is going to be so important for Canada's environmental policies and commitments.

Get involved, Speak out, VOTE for CLIMATE ACTION !

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Green Burials – end with a lasting impact



Green burials look very much like any other funeral method except care is made to be sure the burial will not have a negative impact on the environment.

There are five principles of green burials according to Green Burial Canada;

No embalming

Direct earth burial – the remains are shrouded and then either buried directly or placed in a fully biodegradable casket.

Ecological restoration and conservation – after some time, the surface of the grave is planted with indigenous plants such as groundcover, shrubs or trees.

Communal Memorials – the use of individual memorials and headstones are discouraged.

Optimize land use – green burial cemeteries minimize large areas of land and infrastructure. Graves can also be accommodated if well-managed.

For Manitobans, there are no specially designated green burial cemeteries available at present. When people request green burial options, it is possible to be interred in existing cemetery sections. You can expect more options for Green interment will become available, as we make this choice.

Contacts:	Green Burial Canada	https://greenburialcanada.ca/
	Return to the Earth	https://www.returntotheearth.ca/
	Cremation Association of NA	https://www.cremationassociation.org/
	Natural Burial Association	https://naturalburialassociation.ca/

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Join the WAVE - support each other



A variety of organizations are contributing to a green and healthy future. Some conduct research into the climate crisis. Others raise awareness through documentation, public presentations and outreach to schools. Some mobilize collective action to change government policies and corporate practice that waste energy.

Here are a few organizations that deserve our support – financial, voluntary and political. Contact them and offer what you can.

Manitoban:

Climate Reality Project

<https://www.climatereality.ca/>

Consider Climate

<https://www.considerclimate.ca/>

Climate Change Connection

<https://www.climatechangeconnection.org>

Climate Action Team

<https://www.climateactionmb.ca>

Climate Reality

<https://www.climatereality.ca>

Green Action Centre

<https://greenactioncentre.ca/>

Manitoba Eco-Network

<https://www.mbeconetwork.org>

Mb Energy Justice Coalition

<https://www.mbenergyjustice.org/>

Canadian:

Climate Legacy

<https://www.climatelegacy.ca/>

Climate Action for Lifelong Learners

<https://www.climatelearners.ca/>

Citizen Climate Lobby

<https://www.citizensclimatelobby.org>

For our Grandchildren

<https://forourgrandchildren.ca/>

Grandmother's Act to Save the Planet

<https://www.gasp4change.org/>

Interfaith Summit on Climate

<https://www.interfaithclimate.org/>

Seniors for Climate Action Now

<https://seniorsforclimateactionnow.org/>

SHIFT - Action for Pension Wealth

<https://www.shiftaction.ca/>

Suzuki Elders

<https://suzukielders.org/>