



Seniors for Climate
October 1 Day of Action – Later is Too Late
Waterloo Region

Why: All available climate science shows that very significant changes to the world’s climate, oceans and forests are upon us. We need to act NOW to ensure a livable world for our children and grandchildren.

Who: Seniors for Climate www.seniorsforclimate.org is a collaboration of several seniors groups across Canada that have come together to inspire and organize a day of action on Seniors Day, October 1, 2024

What’s happening: Individuals and groups all across Canada are choosing to hold events and inspire actions within the “Seniors” demographic (and younger people too!)

In Waterloo Region: A steering committee has formed to educate, and inspire actions that will contribute to the change we need to see throughout our society, economy and political systems.

Where and When: We are asking individual retirement communities to include a session in their activities on October 1st, to lead a conversation and promote any or all of the ideas listed below. We will hold a training session on Tuesday Sept 24th (3pm and 7pm) to assist anyone with preparing for a session in your center/community. We will also be hosting a public gathering at Kitchener Public Library October 1st to assist individuals to understand what they can do to help make climate action happen.

What individuals can do:

- Shift your money and/or investments away from companies that enable the new construction of fossil fuel infrastructure
 - Write a letter to your pension fund administrator asking them to divest from all fossil fuel companies, as well as banks that fund, and insurance companies that insure their projects. (see sample in the resources)
 - Contact your investment manager, bank and/or insurance company and ask them to move your investments out of fossil fuel companies, as well as banks that fund and insurance companies that insure their projects, and/or mutual funds that hold them. See <https://www.eldersclimateaction.org/sendaletter/letterstobanks-2/> for info and samples
- Reduce your own meat, fish, eggs and dairy intake and move towards a more plant-based diet. Reducing the consumption of animal products is the single greatest action an individual can take to reduce greenhouse gas emissions. (See this [chart of the Top 20 actions from Project Drawdown](#).) The chart shows that plant-rich diets have 9 times the benefits of either recycling, car-pooling or using an electric car. Reducing food waste is a close second to plant-rich diets.
 - If you live in a retirement home or other communal setting, meet with the administrator or head chef to request more plant-based options be offered.
 - If you cook for yourself, borrow a new plant-based cookbook from the library or from a friend to try some new recipes. Or you can watch YouTube videos on plant-based cooking for recipes. Ask for help if you need it.
- Write or request a meeting with your MP and your MPP (see resources). Tell them you are very concerned about the costs of NOT acting more deliberately on reducing greenhouse gas emissions. Suggest, for example,
 - A halt to all oil and gas subsidies
 - Support for workers in the oil and gas and automotive industries to retrain and shift to careers in renewable energy
 - Funding for heat pumps with no restrictions on what dwellings/current furnace type are eligible, exempting only high-income households
 - Support for the Ontario Energy Board ruling on Enbridge, and repeal of Ford's Bill 165 Keeping Energy Costs Down Act, which does the opposite
 - Support for public transit expansion
 - Let them know you support the carbon price and rebate because it is proven to be the most effective way to get industry to shift to reducing carbon emissions, while supporting low- and middle-income earners.
 - Educating Canadians on the new Canada Food Guide, which emphasizes eating plant-based foods more often.
- Educate Yourself:

- Read a book or join/start a book club that is reading one of several recent, highly acclaimed books that explain the Climate crisis. (see resources)
- Watch a TEDTALK or other video that explains climate change, solutions or actions (see resources)
- Ask your program manager, or a social group that you are a member of, to organize a presentation of EnRoads. It is an interactive climate modeling system that helps to explain what solutions are most effective in reducing emissions world wide. (Suitable for anyone 14 and up, with any level of knowledge) www.climateinteractive.org (Local presenter Kim Charlesworth – kimch.nelson@gmail.com)
- Ask your program manager, or a social group to [sign up for a Taking on Climate Change workshop hosted](#) by ClimateActionWR. This workshop will help participants measure their footprint and then make a plan for taking action within their home, their community and beyond.
- Volunteer: Check out the Waterloo Region Climate Collaborative for information on groups in the Waterloo Region that are active in some way that helps reduce carbon emissions. www.wrclimatecollaborative.ca Contact one that interests you.
- At the next election, ask about specific policies that will help business, industry and people reduce emissions.

Resources:

General Books:

- *Saving Us* by Katharine Hayhoe (A Canadian Climate Scientist).
- *A Future we can Love* by Stephanie Higgs and Susan Bauer Wu (based on a conversation between Greta Thunberg and the Dalai Lama)
- *Generation Dread* by Britt Wray
- *Fire Weather: the Making of a Beast* by John Vaillant
- *Food is Climate* by Glen Merzer
- *A Good War* by Seth Klein

Educational Videos/Ted Talks:

Tipping points: <https://youtu.be/VI6VhCAeEfQ?si=ncP-P4XPnSaezKwY>

Agriculture and Food:

https://www.ted.com/talks/jonathan_foley_the_problem_with_food_and_climate_and_how_to_fix_it?subtitle=en

Dalai Lama and Greta Thunberg: <https://www.youtube.com/watch?v=HrdW2gPRW3k&t=226s>

History of climate change denial: <https://www.youtube.com/watch?v=8ONGuJClkpQ>

Sample letter to pension fund administrator

Dear:

As a saver in your fund, I know the power of my money. That's why I want it invested for people and planet, as well as profit.

The pensions industry has a key role to play in supporting the journey towards net zero, and as such I would like you to outline the short-term steps you are taking to deliver necessary climate action, including:

- Ending support for fossil fuel expansion
- Tackling deforestation in your portfolio
- Investing in more climate solutions

2023 made it starker than ever that we are living through a climate crisis. It was the hottest year on record, we saw environmental disasters across the globe and faced extreme weather here in Canada. There is no time to waste, but we still have a chance if we act now.

Please consider these asks. I look forward to hearing from you on what action you are taking on these key areas. After all, what's the point in saving for retirement in a world on fire?

Plant Based Resources

Why go Plant-Based:

https://www.ted.com/talks/jonathan_foley_the_problem_with_food_and_climate_and_how_to_fix_it?subtitle=en

Plant-based Cooking sites that focus on whole foods for health:

- www.WellYourWorld.com
- Physicians Committee for Responsible Medicine Recipes <https://www.pcrm.org/>
- Whole Food Plant Based Cooking Show: www.plantbasedcookingshow.com
- www.ChewOnVegan.com

Popular Plant-based Cooking Websites:

- Avant-Garde Vegan
- Buddhist Chef
- Cheap Lazy Vegan
- Ela Vegan
- Hot For Food

Local MP's and MPP's

Federal

Kitch Center

Mike Morrice

Waterloo	Bardish Chagger
Kitch Conestoga	Tim Louis
Kitch South Hespeler	Valerie Bradford
Cambridge	Bryan May

Provincial

Kitch Center	Aislinn Clancy
Waterloo	Catherine Fife
Kitch Conestoga	Mike Harris Jr
Kitch S Hespeler	Jess Dixon
Cambridge	Brian Riddell