



EIPCCP

ENGAGEMENT
INDIGENOUS PEOPLES
IN CLIMATE CHANGE POLICY

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Newsletter

ENVIRONMENT, CLIMATE CHANGE, CONSERVATION, AND BIODIVERSITY NEWSLETTER

HEAT *Rising*

Temperatures & Community Resilience

In the face of an exceptionally hot summer, conservation efforts are crucial to protect our wildlife, lands, and ecosystems. We must adapt and address the impacts of extreme heat.

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GOOD NEWS for Indigenous-led conservation in Canada

Last month, the Government of Canada launched the largest conservation campaign in the country's history. The Minister of Environment and Climate Change, Steven Guilbeault, announced \$89.1 million for 10 greenhouse gas emissions reduction plans, funded through the **Nature Smart Climate Solutions Fund**.

One of the projects being funded is an indigenous-led conservation project for Nuxalk Nation in British Columbia. The Nuxalk Nation conservation initiative implements natural climate solutions, focusing on land acquisition that will protect key species in the Great Bear Rainforest, such as the Marbled Murrelet, the Northern Goshawk, and the Grizzly Bear.

From the same fund, another \$5.1 million will be invested into a conservation project for Fisher River Cree Nation in Manitoba. The project will help conserve carbon-rich peatlands, helping with connectivity across migratory bird routes.

Q'umk'uts Village, located at the mouth of the Bella Coola River. The Nuxalk Nation's main community is in Bella Coola on BC's Central Coast. Photo courtesy of The Bill Reid Centre at SFU Northwest Coast Village Project.





Did You Know?

Peatlands, also known as bogs, marsh, or swamps, store twice as much carbon than all the world's forests combined! This makes them incredibly important in combating climate change, as they preserve biodiversity, minimize flood risk, and absorb carbon tons of dioxide from the atmosphere.

READ MORE about the importance of peatlands [here](#).



INDIGENOUS CLIMATE LEADERSHIP

The Government of Canada has set the ambitious goal to protect 30% of land and water by 2030. To achieve its environmental goals, the Government of Canada must increasingly embrace Indigenous climate leadership and environmental stewardship, recognizing that their deep-rooted knowledge and practices are essential for sustainable progress.

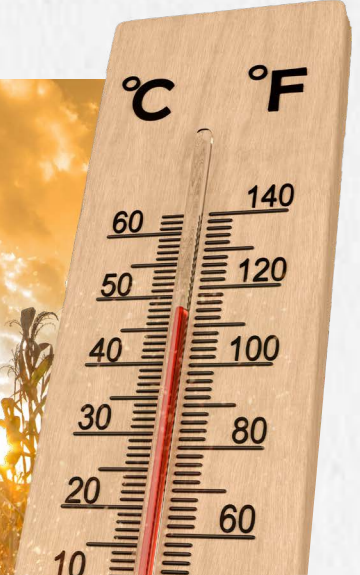




Record-Breaking HEAT



July 21st, 2024 marked the hottest day globally on record. That record was broken **the very next day** on July 22nd. The main heat-trapping gas, CO₂, has risen exponentially in our atmosphere, bringing up the Earth's global temperature with it.

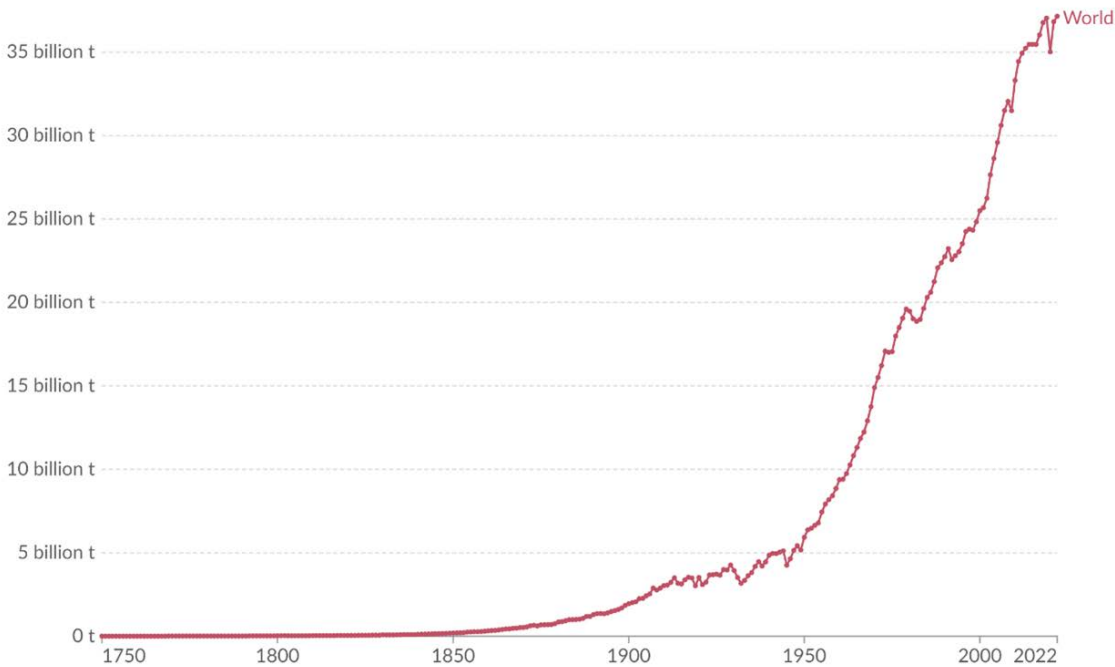


Hannah Ritchie and Max Roser (2020) - "CO₂ emissions" Published online at OurWorldInData.org. Retrieved from: [CO₂ emissions Our World in Data](#)

Annual CO₂ emissions

Our World in Data

Carbon dioxide (CO₂) emissions from fossil fuels and industry¹. Land-use change is not included.



Data source: Global Carbon Budget (2023)

OurWorldInData.org/co2-and-greenhouse-gas-emissions | CC BY

1. Fossil emissions: Fossil emissions measure the quantity of carbon dioxide (CO₂) emitted from the burning of fossil fuels, and directly from industrial processes such as cement and steel production. Fossil CO₂ includes emissions from coal, oil, gas, flaring, cement, steel, and other industrial processes. Fossil emissions do not include land use change, deforestation, soils, or vegetation.



THE RISK OF A HOT SUMMER

Hotter global temperatures can induce more extreme weather events, and this year could become the warmest year ever, beating the record set by 2023.

From heat waves, heat domes, drought, and forests fires, our health and livelihoods are at serious risk if preventable action is not taken.



In the hot summer months, those who have access to cooling amenities generally face fewer risks. However, those who are more vulnerable to extreme weather and lack access to these resources must exercise greater caution and require improved support to ensure their safety and well-being.





Those at greater risk of extreme heat:

- Children
- Older adults
- Pregnant persons
- Those without a home
- Caretakers
- Immuno-compromised people
- Outdoor workers
- Frontline emergency responders



Indigenous peoples are **particularly vulnerable to extreme heat** due to socioeconomic disparities, particularly for those living in remote communities with limited access to cooling resources and emergency services, along with poorer housing conditions. This poses problems not only in the summer months, but in the colder months as well.

Many communities across Canada and Turtle Island

rely on frozen lakes which act as winter roads, often described as *lifelines*. These pathways ensure the transportation of food, supplies, and communication, and provide a much cheaper option than flying. Indigenous women and gender diverse peoples also have systemic barriers that can limit their access to resources related to climate emergencies.





WHAT IS THE SOLUTION?

Tips to keep yourself cool, without air-conditioning:

- A cold shower: Even running your hands and feet beneath cold water can significantly reduce the chances of heat exhaustion
- A cold wet cloth on your neck
- Put a bucket of ice in front of a fan to create a cool breeze
- Use black-out curtains to keep the house cool during the day
- Use cooling herbs to lower inflammation and heat from within the body

Cooling herbs

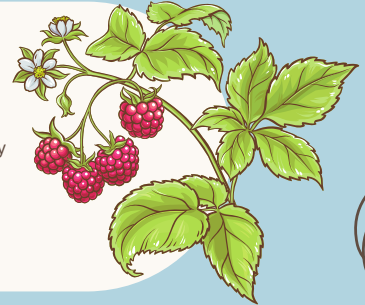
Cooling herbs can be diaphoretic, which open up our pores and allow heat to escape. They can also be demulcent or astringent, which allow our tissues to hold onto moisture, making us feel cooler.

Here are a few herbs you can mix & match into a tea. Just add a few teaspoons, boiling water, ice, and sweeten to taste!

Try these herbal drinks to cool down the heat

Raspberry

Raspberry leaves help cool and dry the body, which offset heat and humidity



Mint

Mint releases menthol which engages neuron receptors in our brain and activates a 'cooling sensation'

Elderflower

elderflowers are diaphoretics that stimulate sweating, which helps release heat from the body



Chamomile

Due to its volatile oils, chamomile has a net cooling effect on the body, which also make it a great anti-inflammatory

Lemon balm

Similar to the effects of chamomile, lemon balm has a cooling effect on the body from its bitter/sour leaves.





A quick solution to prevent heat exhaustion is the use of an air conditioner. As of data collected in 2021, 36% of Canadians do not own an air conditioner.

However, this is not a one-size-fits-all solution, as not everyone can afford the purchase price and maintenance costs of an air conditioner or have the proper infrastructure. The solution lies in more *creative and inclusive frameworks* that require collaboration between communities, governments, and the private sector. Investment in resilient infrastructure, enhanced access to resources, and implementation of policies that address the specific needs of Indigenous communities in climate resilience planning can help *reduce the impact* of extreme heat on those who are most vulnerable.

Indigenous-led climate action is increasingly becoming recognized, not only in Canada, but globally, as an effective conservation mechanism. Indigenous Protected and Conserved Areas (IPCAs) are a manifestation of this resurgence, and yield additional benefits to communities; cultural preservation, sustainable management, community-wellbeing, economic opportunities, etc. Overall, IPCAs combine ecological preservation with cultural and community values, weaving together western and traditional ecological sciences to offer a more holistic approach to conservation.



An investment into Indigenous peoples is an investment into our future.

There are many initiatives **currently in place** to reverse the effects of climate change and global rising temperatures, and many that are being led by our **neighbouring Indigenous communities**. We have the collective power to remain steadfast in our fight towards climate stability and environmental sustainability. Despite the challenges, our continued efforts and resilience are essential for ensuring a stable future for the next 7 generations.

For more information on Indigenous-led conservation initiatives and the work Canada is doing for a healthier future, click here:



[Canada's Climate Actions for a Healthy Environment and a Healthy Economy - Canada.ca](#)



[List of 27 Indigenous-Led Natural Climate Solutions projects 2023–2024 - Canada.ca](#)

