



How to Write Your Member of Parliament:

Help Protect Orcas, Nature, and Your Community

Why Write a Letter?

A handwritten or mailed letter takes more time to write, which is exactly why it stands out. MPs and their staff pay attention to personal letters from constituents because they show a deeper level of commitment.

The federal government is expected to introduce legislation this fall that could weaken Canada's environmental laws to fast-track major projects such as pipelines.

The proposed changes could:

- Allow Cabinet to approve industrial projects without assessing their impacts.
- Remove protections for endangered species like the Southern Resident Orca.
- Reduce opportunities for public participation.
- Undermine meaningful consultation with Indigenous communities.

Your letter can help show your MP that Canadians want responsible development, not weaker environmental protections.

Before you write

- Introduce yourself and mention that you are a constituent.
- Explain why this issue matters to you personally.
- Share one or two examples or a personal story.
- Clearly ask your MP to take action.
- Include your full name and mailing address or postal code.
- Request a response back from them.

Remember: You don't need to be an expert. A sincere, personal letter is often more impactful than one filled with facts and statistics.

You can find your MP's constituency office at ourcommons.ca/members.



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Writing your Letter

1. **Ask your MP to** oppose any legislation that weakens Canada's environmental laws to fast-track major projects like pipelines, LNG terminals, and major port expansions.

You can also ask them to:

- Protect the Species at Risk Act.
 - Maintain strong federal environmental assessment laws.
 - Respect Indigenous rights and meaningful consultation.
 - Support responsible clean energy projects without weakening environmental protections.
2. **Make Your Letter Personal:** The most effective letters explain why this issue matters to you. You might write about:
 - a. Wanting future generations to experience wildlife like the Southern Resident Orca Whale.
 - b. The importance of protecting clean water, forests, or nature in your community.
 - c. Your belief that Canada can build responsibly while maintaining strong environmental protections.
 - d. Your concern that endangered species should not be put at greater risk.
 - e. Your hope that Canada invests in clean energy instead of expanding fossil fuel infrastructure.

Use your own words. Personal stories are memorable and help MPs understand how these decisions affect the people they represent.

3. **Mail or deliver your letter to your MP's office.** You can mail it to their constituency office using standard postage, drop it off in person, or send it to their Parliament Hill office in Ottawa. Mailing a letter to Parliament Hill is free, making it a good option if your MP's local office is too far away or difficult to access.
 - a. If you don't receive a response within three weeks, follow up with a phone call or email.



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4. **Get others to join you.** Encourage friends and family to write a letter too. When MPs receive many letters from constituents, they know the issue matters to their community.
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Sample Letter

Dear MP [Last Name],

I am writing to express my concern about the federal government's proposed changes to how major projects get approved, and the impacts the changes will have on endangered species, our waterways and Indigenous rights.

I am especially concerned that these proposals could allow major projects to move ahead without proper environmental review and weaken protections for endangered species like the Southern Resident Killer Whale.

I urge you to oppose any legislation that weakens Canada's environmental laws to fast-track projects like pipelines, LNG terminals, and major port expansions. Instead, I expect you to fight for strong protections under the Species at Risk Act, federal environmental assessment laws, and meaningful consultation with Indigenous communities.

This issue is important to me because **[add one or two personal sentences about why you care]**.

I would appreciate hearing your position on these proposed changes. If possible, please respond within the next three weeks.

Thank you for your time and for representing our community.

Sincerely,

[Your Name]

[Street Address or Postal Code]

[Email Address]