



**COWS  
& FISH**

# CARING FOR THE GREEN ZONE

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# Cows & Fish

## MEET ALBERTA WOMEN IN AG

Written by Norine Ambrose, Executive Director

For many people, when they think of a farmer or a rancher, similar images come to mind. One image might be a typical Hollywood cowboy, complete with a cowboy hat and a lasso. Another image might be someone wearing a baseball cap and dusty jeans. When you imagine a farmer or a rancher, is that person a man in your mind's eye?

Despite being a woman myself, and working with many women in agriculture, I too might assume when someone is referring to a farmer or a rancher, that it's a man they're talking about. I grew up in a time, and perhaps setting, where often, the women were the farmer's wife, not the farmer themselves. Even when women were working just as hard, they might not have been or been seen as the main lead on the farm and ranch work.

Certainly, Alberta Beef Producers' RanchHer campaign over a decade ago promoted the importance of women in the beef cattle world, and today, numerous initiatives, like the [women's grazing schools](#), focus on promoting and encouraging women's role in agriculture.

Today, I'm tipping my hat, and encouraging you, dear reader, to have a look and listen to some of the great work told by three amazing women in agriculture. All three are leaders in their communities; committed to learning and sharing, at the farm-gate, and in their stories, with you.

### NANTON, ALBERTA

Working as hands-on as they come, Kelly Hall is a champion of good grass and riparian management. She and her husband Glen have continued to adapt and try out new things—regularly attending workshops, and working with many partner organizations to meet goals. These allies, as Kelly calls them, are key to helping meet their goal of being good stewards, from cost-sharing cattle watering systems, building beaver coexistence devices in a pond, to touring people on various field days. [Check out this Storymap](#) featuring the Halls.

Recently, it was Kelly's prompting that led Cows and Fish and partners to bring back Jay Wilde, to talk about beavers and restoration on his Idaho ranch, because she knew, having seen him a year ago, how valuable his message would be to others in her ranching community. Kelly has her own powerful messages: What does black licorice have to do with stewardship? [Click here](#) to watch Kelly's story, to find out.



Kelly Hall and husband Glen Hall

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# Cows & Fish

## Meet Alberta Women in Ag continued ...

### PINCHER CREEK, ALBERTA

Her love of horses and commitment to learning are clear when you get to know Anne Stevick. Anne, like Kelly, has attended a lot of Southern Alberta Grazing Schools for Women. Having attended for a dozen years, Anne's presence is highly anticipated (should I say, expected?) and of note when she is not there. Shortly after arriving home after attending one of the first women's grazing schools and wielding her new copy of the range health assessment field workbook, Anne set off into her pasture equipped with the knowledge to assess the health of her land. That's when she called me, deciding she wanted another opinion, or maybe input on some plant ID. Since then, she's become quite the expert at the plant quiz at the school. Applying that knowledge is key to she and husband Quentin's operation. Seeing the benefits in her pocketbook as well as on the land helped solidify the decision Anne and Quentin made to keep the cows out of their dugout. Hear more in her 3 minute digital story, [Passion for the Grass](#). You can also read more about Anne's experience in the grazing schools in [Canadian Cowboy Country Magazine](#).



### MAYERTHORPE, ALBERTA

Farming northwest of Edmonton, Lorree Erdell realized changes were needed in order to return some areas to health, and be the kind of stewards she and her husband Ralph wanted to be. I first met Lorree as we walked the riverbanks in a pasture she was considering fencing off. We discussed how we would assess current conditions and identify areas of concern, while highlighting the healthy aspects of the area as well. Along with joining her neighbours to form the Paddle River Group, Lorree spent time investing in more skills through courses, ultimately helping their 3.5 miles of Paddle River heal, with improved rotational grazing and new off-river cattle watering systems, adding to drought resiliency. The team approach Lorree and Ralph have taken, like Anne and Kelly have with their husbands, is also an integral part of their collective successes, but make no mistake, each of these women is a strong contributor and leader in her own right. [Click here](#) to read the article " Learning Launches Stewardship" featuring the Erdells.

**[WATCH: The Erdell's digital story "Ronan Farm R's"](#)**

### INTERESTED IN FUNDING A NEW PROJECT TO SUPPORT STEWARDSHIP ON YOUR FARM OR RANCH?

Check out [Alberta's Farm Water Program](#) and consider getting your application ready for when the [Resilient Agricultural Landscape Program \(RALP\)](#) reopens in 2025.

This article was written with support from the Government of Canada and the Government of Alberta under the Sustainable Canadian Agricultural Partnership, a federal-provincial-territorial initiative



## LITTLE FISH, BIG STEWARDSHIP

Written by Jill Makin, Riparian Stewardship Coordinator,  
Milk River Watershed Council Canada

The Milk River Watershed Council Canada (MRWCC) is working with Cows and Fish and local landowners on the Little Fish, Big Stewardship project. Funding is being provided in part by Fisheries and Oceans Canada (DFO) through the Canada Nature Fund for Aquatic Species at Risk (CNFASAR). This project aims to improve riparian and in-stream habitat for at-risk fish species in the Milk River watershed. This will be accomplished by supporting local landowners to implement Beneficial Management Practices (BMPs).

Riparian areas are the green zones adjacent to water, they are important for water quality, water temperature, water storage, wildlife, and fish habitat, as well as forage, shelter, and water for livestock. BMPs help manage grazing pressure in these areas to support biodiversity of fishes, plants, and wildlife, but are also mutually beneficial for sustainable forage and organic input to aquatic systems.

Portable solar water troughs are an excellent distribution tool to encourage cattle to graze the whole pasture, reducing impact on the riparian area while also providing them safe access and clean water

We work with landowners by listening to their ideas for how these can be implemented on their land. We can also provide information on their implementation and benefits. If you, as a landowner, are interested in the Little Fish, Big Stewardship project, contact MRWCC or Cows and Fish. The project offers cost sharing opportunities to make your ideas for beneficial environmental management changes to riparian and in-stream habitat for at-risk fish species a reality. Some possible tools for stewardship projects are listed below. We are also open to additional ideas that will benefit at-risk fish species.

- Installation of riparian fencing
- Portable electric fencing
- Livestock off-site watering (portable or permanent)
- Expansion of riparian zones
- Erosion Control techniques
  - Planting native vegetation, such as willows
  - Low tech process-based methods, such as rock dams or similar
- Beaver dam analogs

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Early on in the project, we will assess the current health of your riparian area and provide you with a riparian health report and ideas for maintaining or improving the riparian area's health. This will provide you with valuable information for grazing management decisions and provide us with baseline conditions before the BMP is implemented. Ideally, after the BMP implementation, we can compare the “before” and “after” health scores to help quantify the improvement in riparian health.

### **Healthy riparian areas are abundant in native vegetation including grasses, forbs, sedges, shrubs, and trees; the composition and species depend on the ecosystem.**

Healthy riparian areas are abundant in native vegetation including grasses, forbs, sedges, shrubs, and trees; the composition and species depend on the ecosystem. These provide many ecosystem functions: the deep binding roots of plants such as willows and sedges hold the soil together and decrease erosion. Vegetated banks, channel meanders (bends) and wetlands slow down the water and decrease erosion potential. This allows water to seep downward into the water table for storage. Water storage happens predominantly in the spring and is released into the channel in summer and fall. When riparian and upland areas are healthy, it helps to improve baseflow (groundwater entering the river), providing mitigation for the effects of drought.

This groundwater is cooled underground, which helps to stabilize river and stream temperatures and allows the water to hold more dissolved oxygen, both of which are important for fish. By contrast, without vegetation in riparian areas, more water flows over the surface instead of percolating downwards. This results in more erosion on the land and in the river or stream, as well as less water storage and lower water quality. Increasing the riparian buffer zone (the width of the area adjacent to the river that is conserved or managed to imitate the natural ecosystem) will contribute to these positive benefits.

Vegetation in the riparian and uplands are also essential for good water quality. The vegetation captures sediment, bacteria, protozoa, and excess nutrients (nitrogen and phosphorus) in overland runoff, reducing the amount reaching the river or stream and improving water quality. It also decreases the occurrence of algal blooms, which result from an overload of nutrients. Algal blooms lead to lower water quality and dissolved oxygen content, impacting fish, wildlife, and livestock.

Vegetated stream and riverbanks also create fish habitat and provide shade, which moderates the temperature, providing cooler temperatures in the summer and insulation in the winter. This contributes to fish overwintering success. Submergent (underwater plants) and emergent (aquatic plants with shoots above the water surface) are used by fish as areas to rest, vegetation for food, cover, and as sites to spawn and rear their young.

The Milk River is located in the southern Alberta grasslands. Only 2% of southern Alberta is riparian



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Grazing management that imitates the natural ecosystem in the riparian area is essential for this productive, but vulnerable landscape. Tools such as portable electric fencing and permanent riparian fencing can support grazing management strategies that help to more evenly distribute livestock on the land and provide effective rest during the growing season. Rest during the growing season is needed for plants to recharge and establish deep root and shoot systems that encourage resilience to drought. Fencing can also be used to keep livestock out of the riparian areas during specific times of the year when the plants are vulnerable to damage and fish are spawning. This occurs when the ground is saturated with water and susceptible to trampling. It can also be used to manage grazing pressure later in the summer, fall and winter when the shrubs and woody vegetation can be susceptible to overuse. Portable and permanent watering systems provide clean water to livestock. Clean water has been shown to help improve weight gain in cattle, and watering troughs can also be beneficial in decreasing prevalence of foot rot in cattle. Watering units help to redistribute cattle away from surface water, which decreases trampling of the banks and contamination of the water source. Distribution of salt blocks and alternate shelter away from the riparian areas are other effective tools to help improve cattle distribution. By offering water, shelter, and salt blocks in the upland areas, your cattle will make better use of upland grasses. These tools effectively balance grazing on upland and riparian grasses, instead of risking overgrazing grasses in shady, cool areas beside open water. These are some of the practices that help to maintain and allow restoration of riparian areas, thereby also improving habitat for fish.

The two at-risk fish species in the Milk River that we are focusing on are the Western Silvery Minnow and the Rocky Mountain Sculpin. Another fish species that will benefit from the project is the Stonecat, which is a priority candidate for assessment by the Status of Endangered Wildlife in Canada (COSEWIC). We will be working with partners to complete fish and water quality sampling to gain further insight on these species. We will also be installing data loggers at eight sites in the Milk River Watershed to document the change of temperature. All three fish species are at the northern end of their range in Canada. The Western Silvery Minnow is only present in the Milk River in Canada, whereas the Rocky Mountain Sculpin is also present in the St. Mary River Basin (Alberta Environment and Parks, 2023).

## WE ARE EXCITED TO WORK WITH LANDOWNERS ON THIS PROJECT.

## CONTACT US IF YOU WANT TO PLAY A ROLE IN CREATING A LEGACY OF HABITAT CONSERVATION FOR SPECIES AT RISK!

### JILL MAKINS, BIT

Riparian Stewardship Coordinator  
Milk River Watershed Council Canada  
Box 313, 240 Main St. Milk River, AB T0K1M0  
403-647-4310  
jill@mrwcc.ca  
[mrwcc.ca](http://mrwcc.ca)

### MARNEL MÜLLER

Riparian Specialist  
Cows and Fish  
(Riparian Management Society)  
2nd floor, Avial Building, 530 8th Street S  
Lethbridge, AB T1J2J8  
403-382-0927  
mmuller@cowsandfish.org  
[cowsandfish.org](http://cowsandfish.org)

#### References

- Alberta Environment and Parks. (2023). Alberta recovery plan for at-risk fish species in the Milk and St. Mary Rivers. Alberta Species at Risk Recovery Plan No. 45. Edmonton, AB. 45 pp.
- Fitch, L., Adams, B., & O'Shaughnessy, K. (2003). Caring for the green zone: Riparian areas and grazing management – Third Edition. Lethbridge, Alberta: Cows and Fish Program. ISBN No. 0-9688541-2-5



Leafy spurge. Photo credit: Bethe Andreassen

## THE SCOURGE OF THE SPURGE

Written by **Bethe Andreassen**

Recently, while on an afternoon drive in the shadow of the Porcupine Hills, we happened on a flock of sheep moving across the landscape, kept in order by a diligent sheep-dog and its owner. We stopped to enjoy the sight and to visit with the shepherd. I learned about the noxious weed, the leafy spurge, and why this particular flock of sheep were grazing this piece of land.

### WHAT'S THE PROBLEM?

The culprit is a stubborn and noxious perennial weed that was introduced to North America via contaminated seed from eastern Europe. The plant spells trouble, both above and below ground. Above ground, the plant emerges early in spring from either seed or buds from existing plants or creeping roots, then grows up to three feet tall. All parts of the plant contain a milky white sap. Leafy spurge forms seeds in pods, that when mature, explode, sending seeds up to 15 feet from the plant. Below ground, their network of vertical and horizontal root systems can extend between 15 and 30 feet under

the surface and if tilled, the root fragments, as small as  $\frac{3}{4}$  in (2 cm) in length, can produce new shoots.

The physical characteristics of the plant allow it to grow in marginal and undisturbed land, and to spread rapidly in tilled land, choking out other plant life and resisting various control methods. There are, however, other characteristics equally as obnoxious. The milky sap, present in all parts of the plant, can cause digestive upset, blistering of the mouth and digestive tract and even death, in cows and horses. It also causes dermatitis and blistering in humans. Hence, cows and horses avoid the plant, and the carrying capacity of pasture land drops to near zero when there is an 80 percent leafy spurge cover.

### IS THERE A SOLUTION?

The leafy spurge is one of the most difficult invasive weeds to control. It has a well-developed storage system in its roots, and favours habitats that are difficult to access such as wooded areas and sensitive riparian zones. Hence, effective control requires a multi-pronged, integrated approach, diligently carried out over several seasons.

#### CHEMICAL CONTROL:

Chemical treatment can involve herbicides that are registered for containment and management of leafy spurge – talk to a professional pesticide applicator with extensive experience with this plant. These treatments require timely application over a period of years to gain significant control; costs can be a factor and of course, care must be taken in riparian zones to avoid contamination of the adjacent waterways.

#### MECHANICAL OR CULTURAL CONTROL:

Tillage alone, as a control method, while recommended by some technical literature, is likely a poor management option given the rather extreme weather and climate conditions in southwestern Alberta. This option requires good timing and intense tillage. The root fragments, when cut, can propagate new plants so a spurge infested area needs to be cultivated every three weeks throughout the growing season, which puts the soil at risk of erosion and degradation from extensive tillage. There may be forage or other crops that provide competition to the leafy spurge and those are another possible consideration. These methods are all most effective when combined with other controls.

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# Cows & Fish

## Scourge of the Spurge continued...

### BIOLOGICAL CONTROL:

There are several specific types of flea beetle that can be introduced to affected sites. The adults feed on the leaves of the plant, however, the root-boring larvae do the most significant damage to the plant. This is a long-term management strategy, which can take up to five years for the insect populations to become firmly established. But, when combined with other control methods, this is an economical and effective solution. It also provides a control suitable for use on sensitive areas along rivers and streams. The development, testing, and distribution of flea beetles for leafy spurge control can be attributed to the researchers from Agriculture & Agri-Food Canada in Lethbridge, who have partnered for decades with Agricultural Fieldmen and Agricultural Service Boards at the county level. [Click here](#) to learn more. This partnership is now being managed by the Alberta Invasive Species Council. [Click here](#) and scroll down to the 'Leafy Spurge' section to learn more.

### GRAZING CONTROL:

This brings me to the control method that I witnessed during my afternoon drive. Sheep and goats are able to tolerate the plant and will graze the plant without ill effects to themselves, making them the ideal partners in the integrated control of the weed. Grazing prevents seed production, harms the plant enough to deplete its root reserves, and weakens its competitive edge against grass species, thus making it more vulnerable to applied herbicides. Grazing is also an ideal solution in sensitive areas such as riparian zones where herbicides may not be an environmentally wise control method. Rivers can provide a super-highway for the plant's seeds, allowing rapid spread in difficult-to-reach areas. This highlights again the symbiotic nature of the land and waters and emphasizes the need for control of this noxious weed without bank degradation or poison to aquatic life.

Grazing should be introduced to infected areas early in spring to allow for an immediate attack on the new growth, allowing sheep to graze the spurge ahead of the grass. Nonetheless, sheep can be effective all



Photo credit: Brian Delinte

throughout the season in significantly reducing the leafy spurge growth. Experienced herding is necessary to avoid overgrazing, protect the sheep and goats from predators, and [avoid spreading disease](#) to wild bighorn sheep and mountain goat populations.

Everything has a cost, but in the case of leafy spurge, the cost of doing nothing is significant. Leafy spurge infestations decrease the carrying capacity of pasture land, decrease land values, impact the water holding capacities of soil and decrease ecological diversity.

A landowner may choose to apply a number of the controls on this noxious weed in order to regain profitability of pasture lands. Some studies have shown that a multi-species grazing plan can recover over 90 percent of the land's carrying capacity within 5 years, returning the land to a profitable state. Managing this species is challenging and a long-term commitment, so consider consulting a professional who has experience managing leafy spurge.

The summary in this article is meant to bring attention to the complex problems caused by the leafy spurge and to present ideas for its control, inviting the reader to research further into the control and eradication of this scourge.

Cows and Fish thanks Kelly Cooley for editorial review and suggestions included in the final article.

**Everything has a cost, but in the case of leafy spurge, the cost of doing nothing is significant.**



# Cows & Fish

## INTRODUCING OUR TEAM

We're excited to introduce the newest (and not-so-newest!) members of the Cows and Fish team. You may have already seen these friendly faces planting willows at a restoration event, presenting about riparian stewardship at a workshop, or maybe even on your property, assessing a riparian area. Keep reading to learn more about these Cows and Fishers and how they got their start in riparian conservation.

### LORI GOATER

Riparian Specialist



Lori began working as a Riparian Specialist based in Lethbridge in January of 2023. Her focus is on the Eastern Slopes, with projects mainly in the southwestern corner of Alberta. Lori brings a wealth of scientific and local background to the job. She is an accredited Professional Biologist with expertise in river health & ecology. Her research into the effects of regulated streamflow on cottonwood forests has been incorporated into determining environmental flows for aquatic and riparian environ-

ments of the South Saskatchewan River Basin. Lori has also been active in various environment-minded non-profit projects & organizations over the years; notably, she served as wildlife and habitat conservation director on the board of the Oldman Watershed Council for 6 years and continues to serve after 8 years as a director for the Southern Alberta Group for the Environment. When she isn't working on environment and riparian health, Lori can be found on her acreage balancing a myriad of hobbies, surrounded by her family and pets. Lori's favourite native plant are cottonwoods (of all varieties,) but if pressed to choose a favourite, it would be *Populus deltoides*, also known as the plains cottonwood. It's the classic variety seen along the big prairie rivers in southern Alberta. They provided Lori with shade during her favourite canoe-camping trips!

### DANI CASTRO

Riparian Analyst

Dani Castro (they/them) is a recent M.S. Regenerative Sustainability graduate from the University of Saskatchewan. After obtaining their BA in Environmental Studies, they focused their time within visual arts, primarily focusing on textiles and ceramics. During their BA, they played varsity soccer and represented Canada in the FISU Futsal tournament. Dani is deeply passionate about work that uplifts resilient and historically oppressed communities. They have led and collaborated on projects where 100% of the profits were donated to mutual aid and harm reduction groups. Dani is also passionate about climate justice, food and energy sovereignty, accessibility, and design thinking. During their spare time, they like to read, bike, make art, play soccer and spend time with loved ones. Dani's favourite native plants are horsetails because they provide water quality maintenance, stream bank stabilization, and reduce floodwater velocity. Dani started working with Cows and Fish as a Riparian Analyst based in Calgary in May 2024.



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# Cows & Fish

Introducing our Team continued...



## MARNEL MULLER

### Riparian Specialist

Marnel Muller (she/her) completed a Bachelor in Environmental Studies at the University of Waterloo and has previously enjoyed environmental positions in non-profit, government, and academic sectors. From inventorying trees in Ontario, to tracking cheetahs in Namibia, each position brought valuable experiences that she now uses during her role at Cows and Fish. Perhaps most notably, she worked as a summer intern for the Friends of Fish Creek Provincial Park Society, where she first learned about Cows and Fish. And now she's part of the team! Born in South Africa, Marnel's current favourite native flower is called elephant's head (*Pedicularis groenlandica*) – the flowers really do look like elephant heads! She first saw this plant during our annual spring staff training and feels that it beautifully reflects where she came from and where she is now; setting down roots. Marnel joined the Cows and Fish team as a Riparian Specialist based in Lethbridge in December 2023.



## ROWAN RAMPTON

### Riparian Specialist

Rowan Rampton (he/him) started working with Cows and Fish as a riparian specialist based out of Calgary in January 2024. He recently completed an MSc focused on camas (*Camassia quamash*) pollination at the University of Calgary. He grew his knowledge of ecology, plant identification, and data visualization during his MSc and in past positions conducting blueberry pollination research, wireworm monitoring in Delta, BC, and flowering plant and bee surveys in Tweedsmuir Provincial Park. In his spare time, Rowan enjoys photography (mostly of plants and bees of course), hiking, backpacking, gardening, and fixing various things (particularly those with two wheels). Picking a single favourite plant in Alberta is an impossible task, but up there would be Jones' columbine (*Aquilegia jonesii*), closely followed by camas, any Penstemon, Astragalus, Salix, anything native in the aster/sunflower family, plants from the alpine or from coulees, bogs/fens, and too many more to list.



Jones' columbine (*Aquilegia jonesii*)

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# Cows & Fish

Introducing our Team continued...

## JANNA WOWK

### Riparian Specialist

Janna Wowk (she/her) was hired in December 2022 as a Riparian Specialist based out of Central Alberta. She has her MSc in Water and Land Resources from the University of Alberta and is an accredited Professional Biologist. Janna spent several years working as an independent environmental consultant for various for-profit and non-profit organizations, conducting numerous rare plant and vegetation surveys across the western provinces, as well as range and riparian health assessments. For the past two decades, Janna has also been busy cattle ranching in West Central Alberta. Together with her husband, she has applied the principles of range and riparian health management to improve water quality and soil health, as well as increase biodiversity on their ranch. Janna is a member of the Society for Range Management, the Grey Wooded Forage Association, and the Red Deer River Watershed Alliance, and has experience as a 4-H Alberta Project Leader. Being a rancher, Janna's favourite native plant is rough fescue!



## TITUS ZERR

### Riparian Resource Technician

Titus Zerr (he/him) is a summer staff riparian resource technician who started in May 2024. He is an aspiring wetland biologist and an enthusiast for the great outdoors. After attaining his diploma in Renewable Resource Management at Lethbridge College, Titus found the opportunity to work for Cows and Fish, not only as an exciting chance to gain valuable field experience for his future endeavors, but as a chance to understand deeply how riparian health is measured and used for the goal of riparian conservation.

Titus grew up in the small town of Hope, BC where he lived close to picturesque wetlands, streams, and rivers, which fostered a passion for wetland ecology. Being raised so close to these ecosystems, Titus began asking himself questions at a young age like, "What all lives here?" "How can I find it?" "What makes good habitat?" These were all questions he remembers (and still asks!) that helped sequester a curiosity about riparian conservation that he retains to this day.

Titus' favorite plant is the rugged pincushion cactus (*Coryphantha vivipara*). According to Titus, one of the reasons it's his favorite is because the fruit it produces in Fall tastes like kiwi!

# Cows & Fish

## Special Projects & Events

### COMING SOON

Our upcoming Foothills & Montane Classification Guide provides a comprehensive resource for classifying riparian and wetland plant communities of sites in the Lower Foothills, Upper Foothills, and Montane Natural Subregions of Alberta. It will include dichotomous keys to help classify sites, but also descriptions of how each plant community arises or is maintained, plus possible succession pathways for each community. Although we do not yet have a publication date, this guide will be made available in the near future, so keep your eyes peeled for more information!

### FIELD WORK FRIDAY

Curious about what the crew gets up to during field season? Don't miss Riparian Specialist, Maddy Skinner's videos from the field every Friday on social media. These videos are packed with fun facts, riparian management tips, amazing ecological transformations, and more! If you haven't already, be sure to follow us on [Facebook](#), [Instagram](#), [LinkedIn](#) & [X](#) to catch these videos and much more.

### UPCOMING EVENTS!

#### Riparian Health Assessment & Plant ID Training

Near Edmonton

August 8, 2024 from 9am-4pm

Register to spend a day with Cows and Fish staff to improve your understanding of riparian ecology and health

[CLICK HERE TO REGISTER](#)

#### Angling Fair

Pearce Estate Park in Calgary

August 17, 2024 from 10am-3pm

Come join us at Pearce Estate Park for a day filled with all things fishing! Whether you're a seasoned angler or just starting out, this event has something for everyone.

[CLICK HERE TO LEARN MORE](#)

#### Invasive Plants & Beaver Coexistence Workshop

Elk Island National Park

August 20, 2024 from 10am-3pm

Join us for a workshop that is designed to equip people with plant identification knowledge, an opportunity to gain valuable insight into beaver co-existence, and to develop an understanding of healthy ecosystems.

[CLICK HERE TO REGISTER](#)

### ALBERTA BEAVER BENEFICIAL MANAGEMENT PRACTICES

Beaver Beneficial Management Practices (BMPs) are practices that reduce or remove risks of human-beaver conflicts associated with the management of beavers. The purpose of the Alberta Beaver BMPs is to provide information about available beaver management tools with the goal of improving implementation of beaver coexistence tools in Alberta and ultimately maintain beavers on the landscape, supporting watershed and ecological health and the ecosystem services they provide. [Click here](#) to view the new interactive decision tree on [workingwithbeavers.ca](http://workingwithbeavers.ca), which is a website created in partnership with [The Miistakis Institute](#) and Cows and Fish to promote beaver knowledge and coexistence tools in Alberta.

To learn more the benefits of beavers, check out the [Beaver Our Watershed Partner page](#) on our website.

### ALBERTA NATIVE TROUT COLLABORATIVE

Check out the "[Stories from the River](#)" [storymap project](#) highlighting how Albertans are protecting native trout populations and their habitats.

# Cows & Fish

Connecting land & water

## HAVE YOU WORKED WITH COWS AND FISH IN THE PAST?

- Have you wondered how your riparian area scores now?
- Wanted to have an extension event in your local community?
- Have a riparian management story to share?

To increase the broader community's riparian awareness and expertise, we will deliver extension events with local partners, bringing together neighbours and sharing successes. If you are a landowner we worked with in the past, and want to reconnect with us, give us a call or email. Visit our [contact us](#) page for more information.

## WE LOVE HEARING FROM YOU!

Please contact Norine Ambrose: [nambrose@cowsandfish.org](mailto:nambrose@cowsandfish.org) or any Riparian Specialist, to follow up on any items in this newsletter. For full contact information, visit our [contact us](#) page.

### COWS AND FISH

Suite B, Avail Building,  
530-8th Street South,  
Lethbridge, AB, T1J 2J8  
Ph: 403-381-5538



Riparian areas, the areas connecting land and water, help clean our water, create drought and flood resiliency, and provide habitat for fish and wildlife.

Cows and Fish's mission is to promote healthy landscapes by fostering riparian stewardship.

## MEET OUR BOARD OF DIRECTORS

The Cows and Fish Board of Directors and Members include local producer and community representatives.

Cows and Fish members provide the input, support, and guidance needed to achieve Cows and Fish's mission. We also rely on financial and in-kind support from Donors and Funding Sources to accomplish our goals. Visit our [support page](#) to make a donation.

## CONNECT WITH US

Find a riparian specialist in your area or send us a general inquiry

### NORINE AMBROSE, EXECUTIVE DIRECTOR

Suite B, Avail Building  
530 – 8th Street South  
Lethbridge, Alberta,  
Canada T1J 2J8

(403) 381 5538

[nambrose@cowsandfish.org](mailto:nambrose@cowsandfish.org)

### LOGAN PETERS, COMMUNICATIONS COORDINATOR

Fully remote

(403) 606 5134

[lpeters@cowsandfish.org](mailto:lpeters@cowsandfish.org)

### AMY MCLEOD, PROVINCIAL RIPARIAN SPECIALIST

Unit 120, 7777 – 10th St. NE  
Calgary, Alberta, Canada T2E 8K1

(403) 978 5814

[amcleod@cowsandfish.org](mailto:amcleod@cowsandfish.org)

### VISIT OUR CONTACT PAGE

[cowsandfish.org/contact-us/](https://cowsandfish.org/contact-us/)