

**COWS
& FISH**

CARING FOR THE GREEN ZONE

Image by Riparian Specialist
Maddy Skinner

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MORE THAN SUNSHINE: WHAT HELPS GOOD THINGS GROW?

A message from our Executive Director, Norine Ambrose

DEAR READER,

As I write this, I am awaiting warm weather and sunny skies, as it seems an unusually cool spring (apart from one weird day of 30° in May), with nighttime temperatures still regularly in the single digits.

Having nurtured my tomatoes from seeds and put them out as they started to get gangly, I think they have been shrinking from the cold. The wait for warmer weather feels like a fitting metaphor for where we find ourselves as an organization: waiting for the news we've been hoping for—confirmation of funding which gives us the clarity we need to move forward with confidence.

Like most years, our plans rely on a wide mix of collaborations, grants, and invitations. Our current plans for 2026 and 2027 are in flux as we wait for word on grant applications, or hear back from partners who want us to deliver workshops or training sessions for them. There is no shortage of requests for presentations, management advice, and support with on-the-ground projects. The greatest source of uncertainty in our plans is not demand for our work—it is the lack of funding. We have always relied on a diversity of grants and cost-sharing work each year, so waiting on the outcome of our requests is nothing new. What is new however, is that this year is the first year in over twenty years that we have received no core funding from the government of Alberta.

Core funding enabled us to deliver presentations, offer riparian grazing advice to ranchers, provide lakeshore management suggestions, send requested factsheets to schools, and even produce this newsletter. Because it was not tied to a specific geographic area or project, it also served as seed funding that strengthened many of our other grant applications. Most importantly, our core funding gave us the flexibility to say "yes" to the many requests we receive for outreach and technical advice, while supporting local, regional, and provincial riparian



strategies, watershed planning, and other collaborative initiatives. Without it, we are drawing on reserves that have been carefully cultivated over many years—but like any well-tended garden, they need to be replenished if they are to continue bearing fruit.

Along with several federal and non-government grants, we are fortunate to have one provincial grant, the Watershed Resiliency and Restoration Program, to support work around lakes and their watersheds in the greater Edmonton area. Unfortunately, we were unsuccessful with other provincial grants and some programs have been cut.

The work we were doing to encourage more ecosystem services in agricultural landscapes was cut short by two years after a program review deemed the work was no longer needed. We recognize these losses to supporting stewardship, healthy landscapes, and learning are shared by many other organizations, in agriculture, conservation, and other sectors, as governments need to stay on budget and requests have always outstripped available dollars.

As a non-profit, we know what it means to be frugal, and we have always prided ourselves in doing a lot, without a lot. At the same time, we have been committed to ensuring our work makes a measurable difference. That is why we have invested in independent evaluations by social scientists, who have confirmed that our programs increase knowledge, improve management practices, and inspire people to take action sooner—and differently—because they worked with us.

HERE'S A SNEAK PEAK AT JUST A FEW OF THE HIGHLIGHTS SUMMARIZED IN OUR ANNUAL REPORT

IN THE PAST YEAR:

- We talked to 4,357 people, at 165 extension activities, bringing our long-term total since 1992 to 120,921 people and 4,676 extension activities.

IN 2025:

- We completed 126 riparian health inventories, bringing our long-term total of sites examined to 4,673, including revisits to sites.
- Of the 777 riparian sites we have revisited over the years, we are seeing improvement in many: initially, *unhealthy* sites made up 32% of those sites, but based on the most recent revisit data, only 20% remain *unhealthy*, with *healthy* sites increasing - 28% of the most recent visits rated *healthy*, compared to only 21% when initially done.

Behind every number is a healthier landscape! Those accomplishments mean more thriving riparian areas, with plants that filter and clean water, provide fish habitat and food for wildlife and livestock, and the creation of beautiful places for people to enjoy. These changes are voluntary and reflect the commitment to stewardship that landowners and land managers have to care for the streams, rivers, lakes, and wetlands, that sustain clean water, productive farms and ranches, abundant wildlife, and beautiful resilient communities.

While our advice, practical support, and in some cases, cost-sharing helped make impactful projects possible, we didn't do it ourselves. We know it all relies upon keen and committed landowners and willing partners, who we are so fortunate to work with. Their willingness to invest in stewardship is what turns good ideas into lasting change, and we are grateful to work alongside them—and the many funders whose support helps make this work possible. Some of those people that help make an impact are you!

We are fortunate to have readers, friends, and supporters like you who care about healthy productive landscapes, clean water, and resilient communities. You understand that healthy land and healthy water are inseparable, and that lasting stewardship depends on sharing knowledge, building relationships, and

supporting the landowners and volunteers who make positive change happen. That is why we remain committed to providing practical, science-based management expertise in a friendly, non-judgemental way, to anyone that asks.

But imagine if there was no one to call for riparian advice. No trusted source for practical, science-based information. No field days to help people recognize what a healthy riparian area looks like. No educational videos or social media posts. No freely shared factsheets, photos, or illustrations that other organizations rely on to educate and inspire stewardship.

This isn't a desperate plea—it is a request to help us keep growing. Like those tomato plants waiting for warmer days, our work needs the right conditions to thrive. We have weathered challenges before, supported by committed people, strong partnerships, and carefully built reserves. But even the healthiest plants need water, sunlight, and care to keep producing.

If you value what you read here, appreciate the work we do, or have benefited from our advice, resources, or programs, please consider how you can help us continue nurturing healthier landscapes, cleaner water, and stronger communities across Alberta and beyond.

Together our actions make a difference

WAYS TO KEEP US GROWING

- **Donate** - we would be happy to receive your support and send you a tax receipt. [Click here](#) to visit our donate page.
- **Sign up** to volunteer and help us with various activities like planting at restoration events around Alberta
- **Put us in touch with your networks** who you might champion our work with. Visit our [contact us page](#).

Ever passionate about riparian and our collective potential,

Norine Ambrose



VALUING LAKES AND WETLANDS

Written by Alex Harland, Riparian Specialist

Alberta's lakes and wetlands are places where people connect, unwind, work, and make memories. These landscapes are more than beautiful places to visit—they are working ecosystems that sustain both people and nature.

WHAT ARE LAKES AND WETLANDS?

There are many different kinds of lakes and wetlands in Alberta: from clear blue mountain lakes to the willow-lined potholes of central Alberta. They all have one thing in common: the water tends to stay relatively still—although anyone who has tried to keep a canoe straight in the wind knows 'still' is a relative term! Despite the stillness of the water, over time there is a turnover or replacement of the water volume. Lakes are generally larger bodies of water than ponds, wetlands or sloughs, and they contain water year-round.

THE LAND-WATER CONNECTION

The shores of lakes and wetlands, where the water meets the land, provide ample opportunity for plant growth. The lush area lining the edge of a lake, slough, or river is known as the riparian zone. Even though the water in lakes and wetlands appears still, land and water are constantly interacting along the shoreline.

The energy created by waves pushes at the shore, eroding the rock or soil over time, transferring nutrients into the water in the process. In colder months, ice can

A lakeshore with healthy riparian vegetation including cattails, rushes, and woody plants on shore. Credit: Alberta Conservation Association

be driven up onto the shoreline, increasing the risk of erosion. In contrast, drought can cause water levels to decrease, leaving more shoreline exposed to the elements. Heavy rains may increase water levels, which causes flooding and brings a rush of sediment and nutrients to the water.

WHY ARE HEALTHY RIPARIAN HABITATS IMPORTANT TO LAKES AND WETLANDS?

Stability: The deep-binding roots of healthy shoreline vegetation act like "nature's rebar," effectively holding the shore together and reducing erosion. Riparian vegetation slows water down, reducing its ability to carry sediment and erode the shoreline. As a bonus, these plants also trap sediment from which shorelines are built.

Biodiversity: Fish, mammals, birds, amphibians, and many invertebrates rely on shoreline vegetation as a place to forage, hide, and raise their young. Almost two-thirds of Canada's rare and endangered wildlife rely on riparian zones for all or part of their life cycle. Lakeshores are fabulous areas for birdwatching as they are home to many different bird species. Emergent lakeshore vegetation is vital to the fish that use it for reproduction, protection, and feeding. Not only is biodiversity important for wildlife, it's also an important tool that people use to measure whether an ecosystem is healthy and stable. The healthier an ecosystem is, the more resilient it is for those who depend on it, such as livestock producers, anglers, and recreational users.

Valuing Lakes and Wetlands cont...

Water Quality: Shoreline vegetation helps reduce nutrients and sediment in a lake, resulting in better water quality and clarity. Shoreline plants physically trap sediment (and the nutrients it carries) before it enters the lake or wetland. Aquatic plants absorb nutrients from the water and soil and store them in their leaves and stems. This makes it more pleasant for swimming, reduces water treatment costs, and maintains fish habitat and spawning grounds. If the shoreline vegetation goes missing, nutrients suddenly become available for more invasive forms of vegetation, like algae. Algae blooms can discourage us from swimming, tangle our fishing lines, make it difficult to get our boats out, and create unpleasant smells.



This exposed lakeshore is lacking riparian vegetation and has little to protect it from ice and erosion. Credit: Alberta Conservation Association

Water Storage and Weather: Healthy shorelines and the watersheds behind them, act like a sponge by storing water and recharging groundwater supplies. Healthy, well-vegetated shorelines are resilient to drought and help to ensure adequate water supplies for people, wildlife, and agriculture. Lakes and wetlands that lack shoreline vegetation are more vulnerable to the effects of drought. These water bodies also have an influence on local weather! Water vapour is transpired (or “exhaled”) by riparian plants as water evaporates from the surface of lakes and wetlands. This moisture then condenses in the atmosphere where it creates rain-producing clouds.

WHAT CAN YOU DO FOR LAKES AND WETLANDS?

There is something special about being near the water—it’s a place to relax, explore, make memories, live, and even make a living. They are places for recreation and gathering, and they provide drinking water and essential sources of fresh water for agriculture and industry.

However, some activities and practices may cause damage to lakes and wetlands. The most widespread and often most significant type of damage is the removal of vegetation from shorelines and wetlands. Another common source of damage is the alteration of lake shores by filling with rock, sand, or soil to increase shoreline area. While these changes might seem small, the effects can ripple. Removing shoreline plants, the natural filter and stabilizer, often adds excess nutrients to the water, encourages algae growth, reduces water clarity, and damages important habitat for fish and wildlife.

[Looking after the shoreline vegetation](#) is the single most important thing that stewards of lakeshores can do. By maintaining a ‘no-mow’ zone with a healthy growth of native grasses, shrubs, trees, and bulrushes, lakeside property owners will be protecting their shoreline from erosion and contributing to cleaner water and healthy populations of fish and wildlife. Equal benefits will result by employing a rotational grazing system for livestock that minimizes vegetation removal from shorelines.

Leaving shorelines in their natural state—or restoring them with native vegetation—is the most effective way to build a healthy, resilient riparian zone. It is also the simplest and most cost-effective way to support cleaner water, thriving plant communities, and abundant wildlife. Unaltered shorelines are beautiful in their wildness and in the ecosystem goods and services they provide. Learning to see native riparian vegetation as an asset, rather than something to remove or manage, helps us appreciate the natural benefits they provide lakes, lake users, and the landscape we share. Protecting natural shorelines helps keep our lakes healthy—not just for today’s enjoyment, but for generations to come.



Waterton Lake National Park. Credit: Lorne Fitch

Cows & Fish

New Infographic

Keep the “Lake” in Lakefront

“No mow” Zone

Leave some of the plants uncut along the water’s edge; restore with deep rooting native plants

Keep it Native

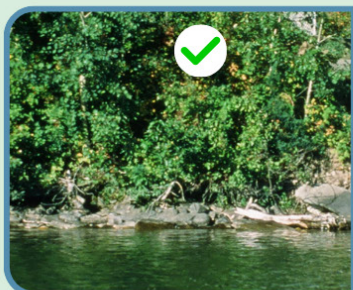
Native plants are best adapted to your lake and yard. They are low maintenance, reduce erosion, and absorb runoff



Leave it in Place

Native vegetation and natural debris, such as fallen trees and washed up logs, create homes for fish, birds, and other wildlife

Most shores have fine soils like sand or silt. Leaving shorelines as they are can decrease sediment in the water and save money

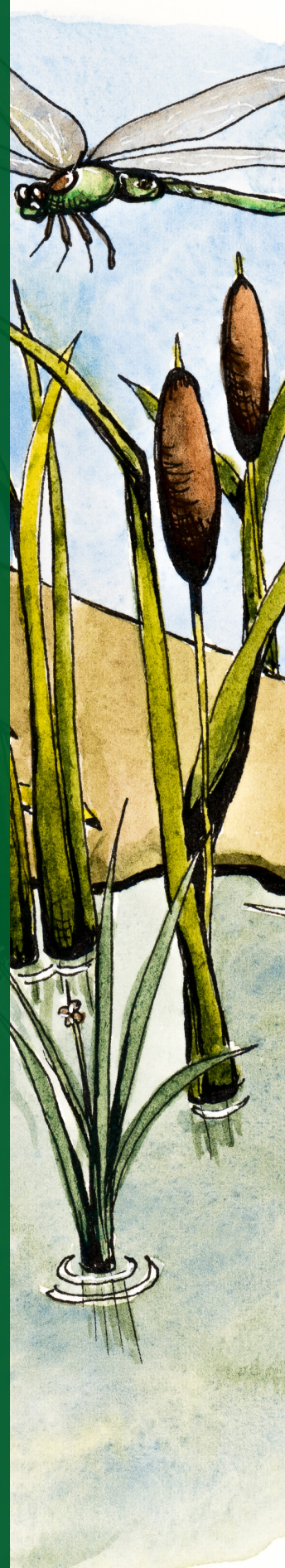


Try it high and dry

Create a “dry land” beach above the high water mark to avoid filling the lakeshore with sand or rock, and to protect native vegetation



Respecting the value of healthy riparian areas is one of the ways that you can protect your lake



DOWNSTREAM MATTERS

How management changes are improving water quality in Lake Winnipeg

Written by Norine Ambrose, Executive Director and Kelsey Spicer-Rowe, Riparian Specialist

Despite being two provinces away, the Rosebud River watershed and many other Alberta streams have an impact on Lake Winnipeg. Every drop of water flowing eastward—and everything it carries—eventually reaches the lake, making healthy watersheds upstream essential to improving water quality downstream.

Through a federally funded initiative to help improve Lake Winnipeg, we partnered with local landowners and organizations from fall 2024 through March 2026 to make a lasting difference. Together, we identified riparian health concerns and implemented practical, on-the-ground management improvements in the Acme, Rosebud, and Strathmore areas. These collaborative efforts are strengthening riparian health, improving water quality, and contributing to the long-term health of one of Canada's most important freshwater lakes.

Working alongside partners and private landowners, primarily agricultural producers, we implemented grazing management changes along four streams: Lone Pine Creek, Ten Mile Creek, Carstairs Creek, and Crowfoot Creek. In addition to these changes, we supported restoration planting at two sites: one along Serviceberry Creek and one adjacent to the Rosebud River. Together, these projects included the planting of approximately 1,700 rooted trees and shrubs, as well as 1,100 live stakes, helping to stabilize streambanks,



Community members and volunteers at Ten Mile Creek for a riparian restoration event using live willow stakes

enhance wildlife habitat, and improve long-term watershed health. Landowners involved were crucial to success, contributing their ideas, time, equipment, and cash to make on-the-ground change happen.

To assess current riparian health and guide management improvements that improve water quality, forage production, and fish habitat, we completed four riparian health inventories on four different streams, covering 5.2 hectares of riparian area. The riparian sites were assessed using the [Alberta Lotic Inventory Form](#), which is summarized in the [Riparian Health Assessment for Streams and Small Rivers](#). Overall, the sites are well covered by plants providing shelter and valuable forage for livestock and wildlife, with good tree and shrub regeneration to ensure continued woody coverage, earning a *Healthy* rating for these indicators. However, invasive and disturbance plants, and physical impacts to



A new bridge to cross the stream is in place at Crowfoot Creek. In addition, a solar powered livestock watering system provides water away from the streambanks, as part of their larger management project started in 2021.



Bank alterations (pugs and hummocks) due to livestock impacts. 1.4 km of Carstairs Creek will be protected with new fencing, allowing these impacts to heal.

the banks from livestock were common concerns with an *Unhealthy* rating. Like many streams in human-settled landscapes, these streams have cut downward, limiting their ability to access the floodplain in high flows, also contributing to an *Unhealthy* condition. Together, the sites averaged *Healthy but with Problems*, indicating that while they are still functioning, there is room for improvement. Recognizing the opportunity, participating landowners chose to implement management changes to improve riparian health and the resilience of the streams.

Management improvements included installing alternative livestock watering systems, elevated stream crossings, and riparian exclusion fencing. These practices encourage livestock to spend less time in and around streams by providing reliable off-stream water sources and designated crossing points, reducing bare ground, trampling, trailing, and streambank erosion. Exclusion fencing protects sensitive riparian areas by limiting livestock access, allowing streambanks and vegetation to recover. Elevated crossings provide safe,

durable access without disturbing stream channels or banks. Together, these management changes strengthen riparian vegetation, increase deep-rooted plant cover that stabilizes streambanks, reduce erosion, and improve water quality for downstream ecosystems—including Lake Winnipeg.

This project had a real impact! Working with our partners, we provided expertise and management strategies, ensuring projects fit individual landowner needs. 2,875 meters of streambank and 7.24 hectares of riparian area benefited from changing how 90 cattle were managed. In addition to on-the-ground changes, we increased riparian knowledge by working one-on-one with landowners, providing four individual riparian health reports and offering five outreach events at the community level, reaching over 150 people. We look forward to seeing how these new management approaches result in healthier riparian areas in the future. Every healthier streambank helps keep more soil and nutrients on the land and out of the water, benefiting not only local waterways but also the downstream rivers and, ultimately, Lake Winnipeg.



2021

A compacted, bare livestock trail along the banks of Crowfoot Creek. Taken in 2021 to watch for changes resulting from a new alternative livestock waterer and some partial exclusion fencing. This demonstrates the long-term commitment of this landowner to make continued changes to riparian management and monitor success.



2025

Since the 2021, the livestock trail has revegetated. In addition to earlier management changes (livestock exclusion fencing and alternative watering), a new elevated bridge crossing allows cattle to access pastures on both sides of the creek, preventing channel and bank impacts.

Key to the success of this project were the local project partners who helped find, develop, and financially support the work: Wheatland County, Mountain View County, Legacy Land Trust Society, Red Deer River Watershed Alliance, and County of Vermilion River. We focused on identifying and supporting changes that would benefit water quality, including erosion and therefore phosphorus reduction, to benefit areas downstream, including Lake Winnipeg.

This project was undertaken with the financial support of
Ce projet a été réalisé avec l'appui financier de



Canada
Water Agency

Agence de l'eau
du Canada



**SAMUEL HANEN SOCIETY FOR
RESOURCE CONSERVATION**



**PARTICIPATING
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**CONNECTING
LAND AND WATER**

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Cows and Fish founders Lorne Fitch (left) and Barry Adams (right)

THE LIFE AND (HARD) TIMES OF RIPARIAN STEWARDSHIP FOR COWS AND FISH

Written by Lorne Fitch, P. Biol.

If you've watched an initiative like Cows and Fish evolve for over three decades as I have, some troubling aspects emerge. Remarkably, it isn't about sustained progress on improving riparian health, the uptake of beneficial management on the part of hundreds of agricultural producers, remarkable strides in awareness of the pivotal role of riparian areas in biodiversity and water quality protection, the linkage between riparian areas and the greater watersheds they are part of, and the overwhelming efforts of so many in essential and often voluntary stewardship work.

No, instead there is a failure on the part of some funders to acknowledge who brought them to this place of stewardship of shared resources and what it takes to allow this to continue.

Without flash and glitter, Cows and Fish has gone about providing the building blocks of stewardship which have over and again demonstrated economic, environmental, and social benefits to Albertans. Alberta's public lands have benefited in similar ways, as have fish and wildlife populations.

This has been done quietly, without legislation, regulatory enforcement, or coercion. Much has been through

the voluntary efforts on the part of landowners who have seen a different path forward for their operations.

In an era of fast food, disposable everything, fads, trends, and initiatives that don't persist, the longevity of Cows and Fish is astonishing. But that ability to survive is now threatened. The economic security of the organization has been based on soft money—short-term, sometimes annual grants from government agencies, funding from a number of conservation initiatives, cost-recovery from urban and rural municipalities, and nickels and dimes from donations.

I've watched a turnstile-like assemblage of funders initially fall in love with Cows and Fish and then turn away to their next shiny thing. That created nimbleness in funding requests. However, the potential pool of funders has shrunk at about the same time the requests for funding have increased. Most concerning is the pool of grants from government agencies has all but dried up. The loss of one essential grant from the Alberta government now puts Cows and Fish at risk.

An axiom of investment is it takes money to make money. It's no different for Cows and Fish. The government grants—although never enough to keep all the lights on—were essential to attract other funds from other sources that demand their dollars be leveraged. For every dollar from a government grant, Cows and Fish has leveraged another two to four dollars from other funding sources.

Cows and Fish has expanded stewardship delivery through sharing of expertise, programs, tools, and communication techniques with provincial staff, agriculture groups, watershed councils, local watershed groups, conservation organizations, consultants, and local government staff. This has also included assisting others across Canada with their own riparian initiatives. ►

The Life and (Hard) Times of Riparian Stewardship for Cows and Fish cont....

Cows and Fish isn't finished these essential stewardship tasks. If anything, the demand has escalated beyond the current capacity. Much of this comes from government of Alberta (GOA) staff encouraging people to engage with Cows and Fish. What may not be evident and is perplexing is that it takes resources to accomplish this engagement.

In the face of climate change, the work of Cows and Fish has even more relevance. Creating more watershed resiliency to drought and flood, often facilitated by beavers, assisting in recovery of species at risk, and protecting source water are all essential outcomes of riparian management. Albertans of all stripes are exceptionally well-served with this unique, non-government initiative.

The organization has weathered many storms, figuratively and literally, rising always above these setbacks. At this point, the organization is at a pivotal crossroads without government support. In advancing stewardship of riparian areas and watersheds, Cows and Fish stands alone as a leader. If Albertans want to continue to lead in stewardship, to continue a pathway to landscape (and watershed) integrity, with high water quality, and the full expression of biodiversity, Cows and Fish needs gas in their tank.

In my experience, the two ingredients of success in stewardship are continuity and persistence. Over three decades of work by Cows and Fish represents a lot of both. However, with the ending of government grants, this creates risk for the future of Cows and Fish and the loss of an incredible legacy of stewardship.

Many voices are required to raise an alarm and restore some of the essential funding if this unique stewardship initiative is to survive.

DONATE TO COWS AND FISH

If you're looking to support positive change in Alberta's environment, donating to Cows and Fish is a great choice. You can now donate online directly from our website and we will issue you a tax receipt.

[CLICK HERE TO DONATE](#)

Cows & Fish Riparian Fun Fact



NATURE'S AIR CONDITIONER

Written by Amy Berlando, Provincial Riparian Specialist

Healthy riparian habitats are nature's air conditioners. Trees and shrubs lining streambanks provide shade over both the land and the water, creating comfortable microclimates and protecting streams from overheating. During hot summer months, this natural canopy blocks direct sunlight, lowering water temperatures by 1°C to 3°C. The combination of overhead shade, cooler water, and higher humidity also creates an air temperature buffer, keeping riparian areas 1°C to 4°C cooler than open or sparsely treed landscapes. That small temperature drop can make a big difference, helping cold-water fish and other aquatic life thrive when temperatures soar.

Healthy riparian forests also act as important carbon sinks. By capturing and storing carbon that would otherwise remain in the atmosphere, riparian habitats help buffer the effects of climate change while providing cooling benefits.

And when you don't have air conditioning, a shady riparian tree is hard to beat—just ask the cows, the wildlife, or anyone who's ever lingered under its cool canopy on a scorching summer day!

Cows & Fish

Special Features



Plains rough fescue (*Festuca hallii*), is a hearty grass native to Alberta

ALBERTA NATIVE PLANT RESCUE FOUNDATION



Think of all the time you'd save by never mowing your lawn again! Did you know that you can rescue native plants for your garden when you volunteer with the Alberta Native Plant Rescue Foundation? Replace that Kentucky bluegrass with low maintenance plants that are native to Alberta. The bees will thank you! [Visit their website](#) and join their volunteer list today.

[Read our article](#) featuring the native plant rescue from the Fall 2025 edition of our Caring for the Green Zone newsletter.

FOLLOWING THE BEAVERS' LEAD STORYMAP

Our partners at the [Miistakis Institute](#) created this storymap featuring our beaver coexistence projects in the province.

Explore our new StoryMap to learn how this work is helping create the conditions for beavers to return.

THE STORYMAP

[Click here to view the StoryMap](#)

RIPARIAN HEALTH ASSESSMENT APP



Our newly relaunched Riparian Health Assessment app is officially ready for your next riparian site! The app is designed for environmental professionals, landowners, and conservation groups, to simplify the riparian monitoring process while supporting stewardship of freshwater ecosystems. This new tool makes it easy to record field observations, capture photos, site locations, and generate reports right on your mobile device.

The app is available for download on both iPhone and Android.

APPLE STORE

[Click here to download](#)

GOOGLE PLAY STORE

[Click here to download](#)

LOW-TECH PROCESS BASED RESTORATION

We're excited to co-host two events on Induced Meandering and Low-Tech Process Based Restoration (LTPBR) with the Nature Conservancy of Canada in southeastern Alberta. Our goal is to raise awareness and build capacity and confidence within landowners and various conservation organizations about these erosion control/stream restoration methods, so we can encourage their use across Alberta.

Our upcoming workshops are invite-only, however, if you think your organization would benefit from learning more about these techniques, please contact a [Riparian Specialist](#) in your area.

Curious to learn more? [Click here](#) to read an article about some of our LTPBR projects, and [click here](#) to visit Mighty Peace Watershed Alliance's website to read about Streambank Stabilization and Extension in the Peace region.

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 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

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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

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This newsletter was done completely by real, live humans, without generative AI. Enjoy!