



2023
Winter
Newsletter



LICA
ENVIRONMENTAL STEWARDS

Education & Outreach

Community Garden

With the snow and cold, you may not be thinking about gardening. However, with spring right around the corner, LICA is getting ready for another great season at the Community Garden! LICA is planning to host more exciting workshops leading up to the start of the spring, so keep an eye on our Facebook page for announcements.

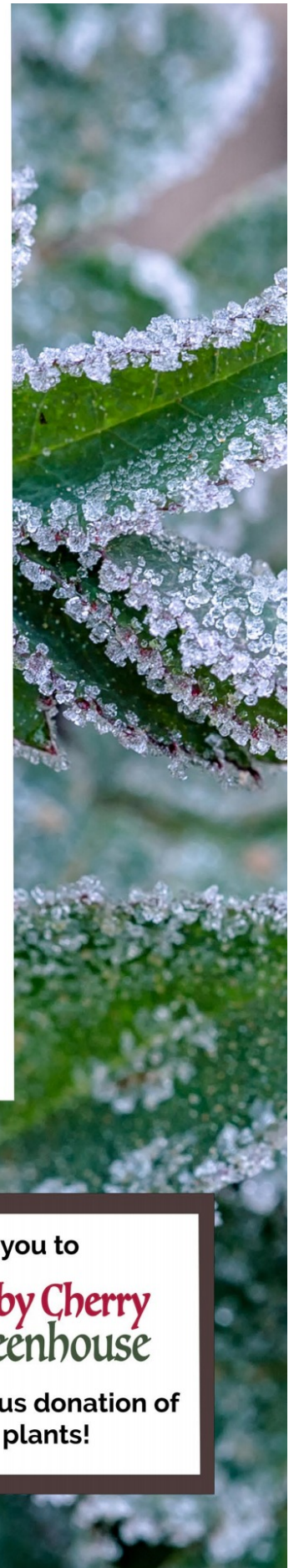
For those who want to get an early start on planning your plots, West Coast Seeds kindly sent us a supply of gardening guides/catalogues – swing by the LICA office if you would like a copy.

This past season we had 12 garden members who rented plots, with seven plots set aside for the local food bank. We are pleased that 31 lbs of fresh vegetables were donated to our local food bank for those in need.

At the end of last season, you may have noticed some new additions to the garden: a gazebo, fruit trees and shrubs! Benches will be installed this upcoming season!

If you are interested in becoming a LICA Community Garden Member, head over to the LICA website or stop by the office to fill out a membership form.

If you have any questions or inquiries, please contact our Education and Outreach Coordinator (outreach@lica.ca, 780-812-2182).



Thank you to



Baby Cherry
Greenhouse

**for the generous donation of
garden plants!**

LICA Community Garden Cookbook

We are compiling a book of our member's favourite recipes to encourage readers to enjoy their harvest in new and exciting ways.

If you would like to share your favourite recipe, we are still accepting submissions! Send your recipe to outreach@lica.ca.

Butternut Squash Soup

Submitted by Cindy Connolly

Ingredients

- 1 - large onion, chopped
- 2 tbsp - extra virgin olive oil
- 1/2 tsp - sea salt
- 1 - butternut squash (~1.5kg), peeled, seeded, and cubed
- 3 - garlic cloves, chopped
- 1 tsp - fresh ginger, grated (or 1/4 tsp dried)
- 1 tbsp - fresh sage, chopped (1 tsp dried)
- 1/2 tbsp - fresh rosemary, minced (1/2 tsp dried)
- 4 cups - vegetable broth
- Freshly ground black pepper
- To Garnish: Parsley, toasted pepitass, and crusty bread

Instructions

- 1 - Heat oil in a large pot over medium heat. Add the onion, salt and fresh pepper and sauté until soft (5-8 minutes).
- 2 - Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.
- 3 - Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, then add 3 cups of broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20-30 minutes.
- 4 - Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add more broth and blend.
- 5 - Season to taste and garnish to serve.

Education & Outreach

New Year, Same Great Programs!

Now booking presentations for all grades!

Classroom Presentations

LICA offers in-class presentations for Kindergarten through Grade 8. LICA teaches students about our airshed and watershed, and the organisms that rely on them for healthy, sustainable communities. We explain the science and land-based knowledge that defines the natural world and discuss the diverse concerns stakeholders have about the environment and resource development.

Each hour-long program is aligned with the Alberta curriculum and designed to provide hands-on learning while developing a life-long stewardship perspective in youth.

If you have an additional environmental topic you want to introduce to your students, call us! We would be happy to work with you to develop activities that suit the interests of your students!

Stream of Dreams

Stream of Dreams is a school-wide eco-education program focusing on water, watersheds, and streams. The whole school works together in creating a lasting legacy to beautify and inspire the whole community. Over the course of one week, each class enjoys an eco-educational presentation about water and fish in our region, followed by an art session where each student paints a wooden fish. At the conclusion of the program, LICA staff and volunteers attach all the fish in a beautiful mural on a fence outside the school.

Keep an eye out for our 2023-2024 Applications available in June.

X-Stream Science

X-Stream Science is an educational water quality program that gives students a hands-on learning experience in their watershed. Students practice real field work while contributing to data collection of local watershed conditions. Best suited to students in Grades 9-12.

Sessions running either 9 a.m. to 12:30 p.m. or 12 p.m. to 3:30 p.m. The program involves a 1-hour presentation and safety briefing, followed by a field trip to a local stream for water monitoring. Post-field activities are available upon request.

Available Dates for Spring:

May: 11th, 12th (am only), 18th (am only), 19th and June 1st, 2nd, 8th, 9th

Contact Stephanie at outreach@lica.ca to book

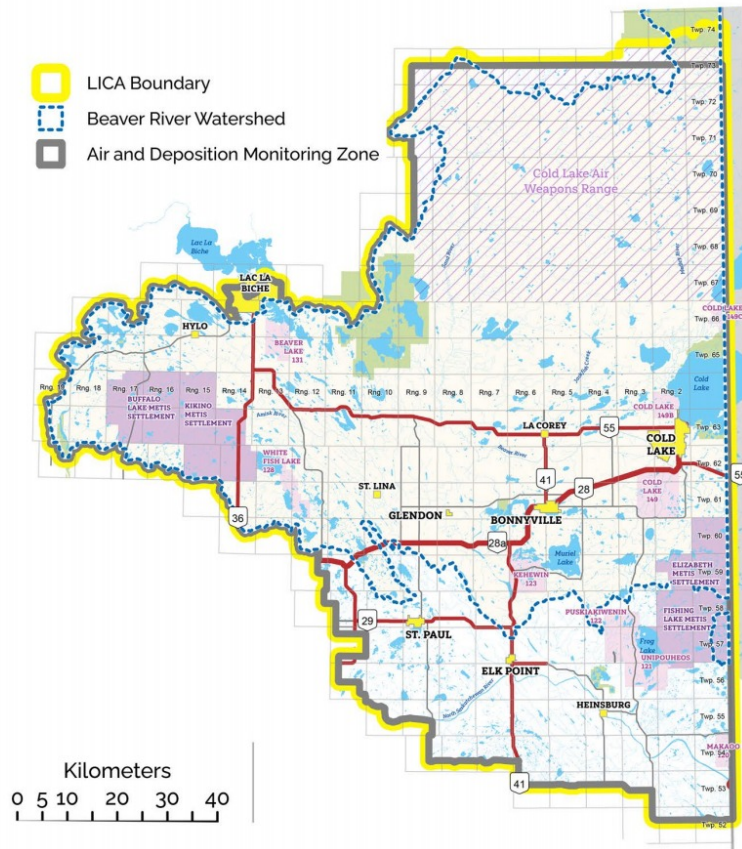
'A Healthy Beaver River Watershed for the Future'

Kayla Hellum

LICA is proud to announce the completion of the Beaver River Integrated Watershed Management Plan (IWMP). An IWMP is a guidance document and planning tool for decision-makers and community members. As a non-legally binding document, it receives authority through collective action taken to implement recommendations.

The Beaver River Integrated Watershed Management Plan:

- Identifies goals for maintaining and/or improving watershed health
- Provides recommendations on how to reach those goals
- Outlines a strategy to support effective implementation



The LICA IWMP Committee identified five implementation priorities for the recommendations. The priorities listed below have multiple benefits for all stakeholders, First Nations, and the Métis:

1. Develop and implement a long-term surface water quality monitoring program in collaboration with all stakeholders to leverage resources and achieve mutual goals.
2. Collaborate to implement best management practices and land use strategies to protect water quality and riparian health, particularly where riparian intactness scores are below the target and threshold and water quality is a concern.
3. Seek opportunities to support riparian restoration where assessments indicated health condition does not achieve targets and/or thresholds.
4. Collaborate with stakeholders to prioritize and develop a fishery monitoring program, including key habitat. Update fisheries management objectives prior to tourism and recreation planning (proposed in the Cold Lake Sub-Regional Plan).
5. Prioritize the completion of floodplain maps for watercourses and high-water marks for lakes to support implementation and enforcement of urban development setbacks through policy and planning.



Going Forward

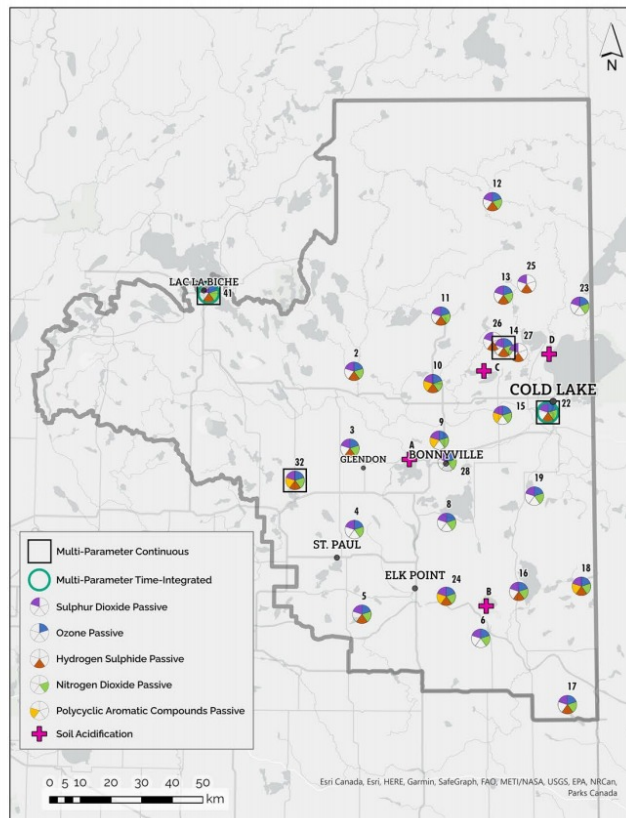
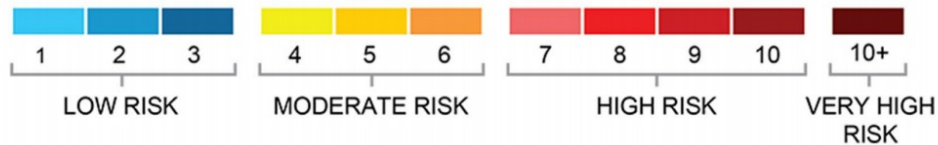
LICA will track the progress of the Beaver River IWMP implementation and report on actions regularly. A more comprehensive review of the plan will take place every five years.

We are looking forward to working with Stakeholders and Rightsholders to implement the recommendations. All IWMP documents are housed on the LICA website including the complete IWMP, and the IWMP Summary Document.

Portable Air Monitoring System and AQHI Lantern in Lac La Biche County

Michael Bisaga

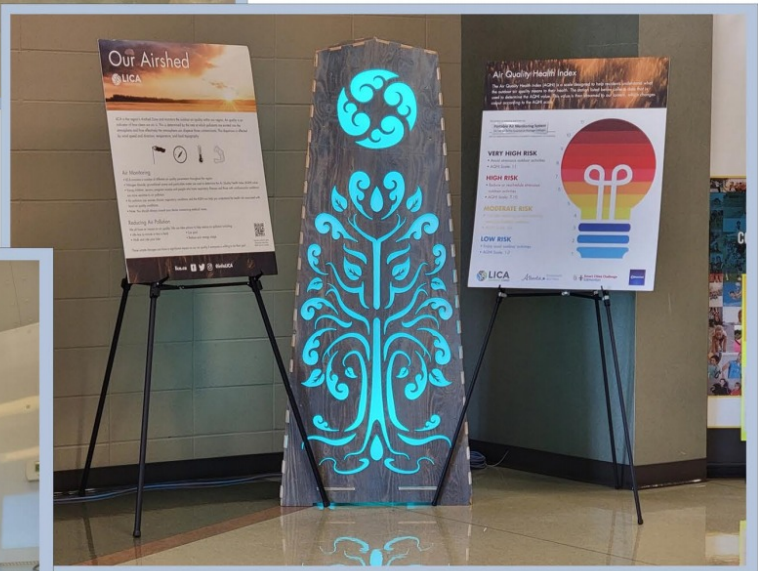
In 2022, LICA deployed its Portable Air Monitoring System (PAMS) and Air Quality Health Index (AQHI) lantern in the hamlet of Lac La Biche. The PAMS is located at the Portage College campus while the lantern is in the Bold Center, Lac La Biche County's multiplex. The AQHI lantern provides an indicator of outdoor air quality by responding to data collected at the PAMS. The lantern changes colour to represent the current AQHI rating for the area. Each colour corresponds to a number between 1 and 10+ and ranges from blue, which indicates a low health risk, to red, which indicates a very high health risk, particularly for people with certain health conditions. LICA expects to monitor air quality in Lac La Biche for about two years before the PAMS and AQHI lantern are relocated to another community in our region.



For more information about the AQHI and what the different risk ratings mean to your health, please visit: <https://www.alberta.ca/air-quality-health-index.aspx>.



AQHI Lantern at the Bold Center (Top, Middle); Air Monitoring Instruments at LICA's Portable Air Monitoring System, currently located at Portage College (Bottom).



LICA would like to extend a big thank you to the staff at Portage College and Lac La Biche County for helping us find a suitable site for the PAMS and for providing a prominent, highly visible location for the AQHI Lantern.



**PORTAGE
COLLEGE**

LICA also has AQHI lanterns at the Cold Lake Energy Centre and the Bonnyville Municipal Library.



Lac La Biche County
welcoming by nature.

Environmental Monitoring

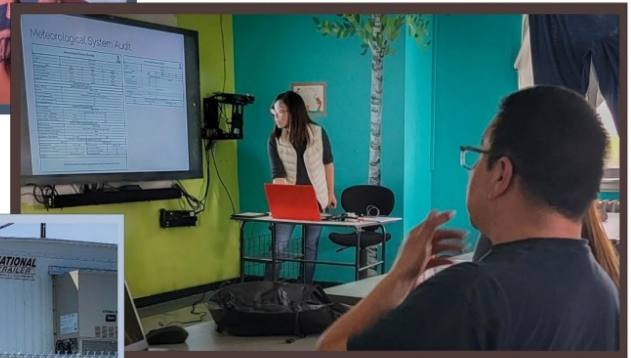
Partnership with University nuxet'hot'ine thaa?ehots'j nistameyimâkanak Blue Quills

Michael Bisaga

At University Blue Quills in St. Paul, LICA staff provided instruction for the Air Monitoring component of the Community-Based Environmental Monitoring Training (CEMT). The CEMT is an accredited technical environmental monitoring training program with an emphasis on Indigenous knowledge and worldviews; it provides students with multi-media monitoring skills and knowledge including air, wildlife, water, habitat, and vegetation. Indigenous ecological and cultural/spiritual knowledge is also central to the program. LICA's Monitoring Programs Manager, Michael Bisaga, and Data and Reporting Specialist, Lily Lin, delivered approximately 35 hours (over 5 days) of in-class, field, and computer lab training to CEMT students; there was a particular focus on air quality monitoring data collected in Alberta and the LICA region. A PurpleAir particulate matter sensor was permanently set up on campus as a legacy of LICA's involvement and will be a source of data for future students. LICA is excited about the prospect of an ongoing involvement in the CEMT program.



UNIVERSITY
nuxet'hot'ine thaa?ehots'j
nistameyimâkanak
BLUE QUILLS



Michael Bisaga and Lily Lin of LICA visited Blue Quills University to instruct students in Air Monitoring for their Community-Based Environmental Monitoring Training.

New Faces of LICA



Kayla Hellum
Environmental Coordinator

Vicky Krawchuk
Executive Director



Stephanie Sitkowski
Education & Outreach Coordinator

Lori Jodoin
Administrative Professional



Upcoming Events

January - February

January 3rd, 2023

LICA Office Opens for
the New Year

February 8th, 2023

FREE Vermicomposting Workshop
Bonnyville Municipal Library
6:30pm-7:30pm

February 15th, 2023

FREE Vermicomposting Workshop
Lac La Biche, Location TBD
5:00pm-6:00pm

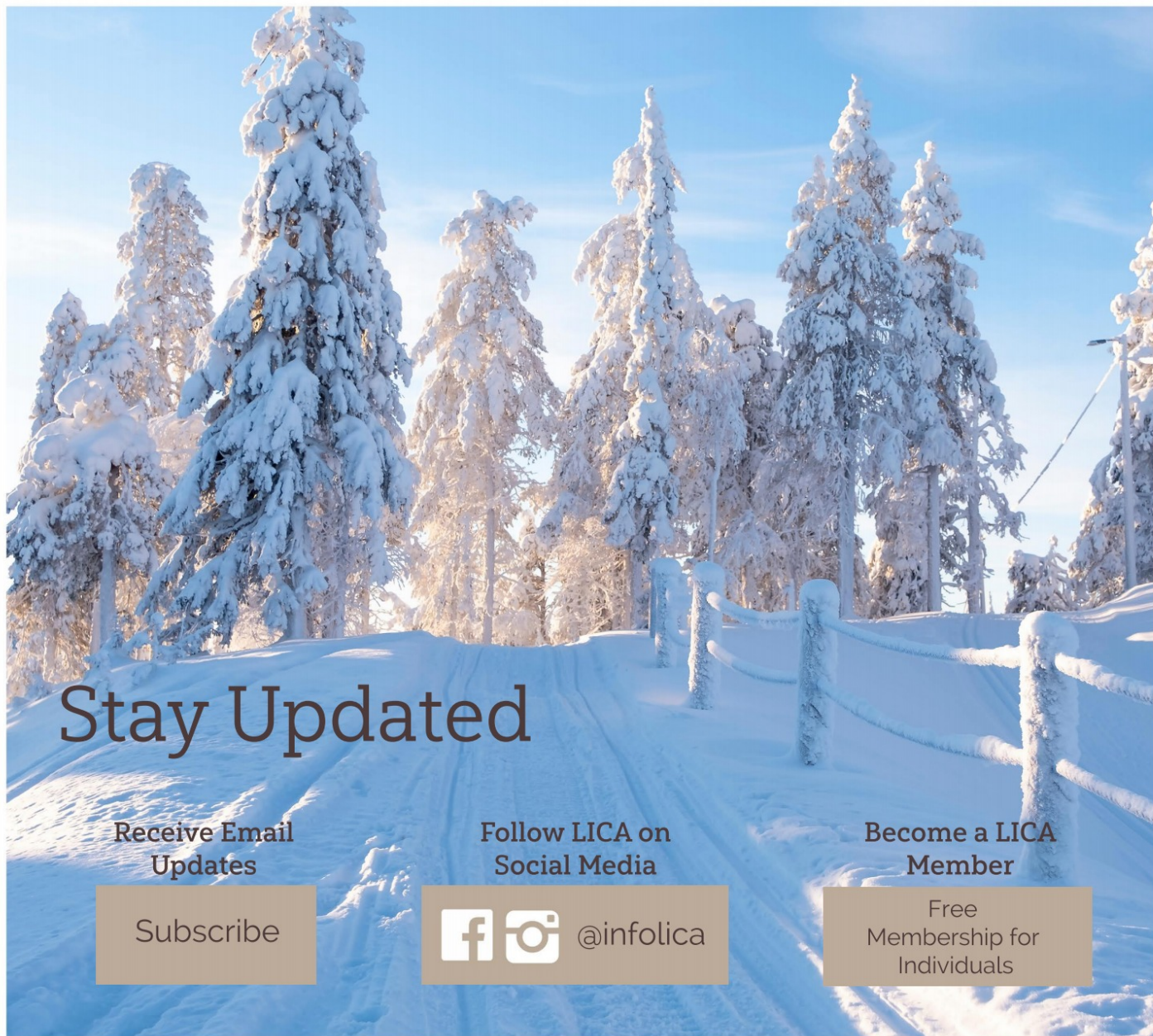
February 16th, 2023

Webinar: Water Level Concerns at
Moose & Murial Lake
LICA Boardroom
12:00pm-1:30pm

February 22nd, 2023

Family Day
LICA Office Closed

More Events are being planned!
Please check out the LICA
website or email
outreach@lica.ca for more
information!



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Thank you for your support!



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