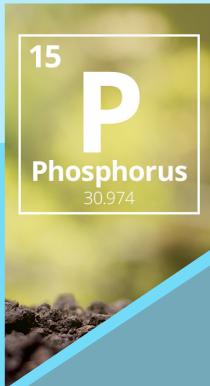


Phosphorus, Algae, and Cyanobacteria



Items like detergents, fertilizer, manure, human waste, and decaying plants are all sources of phosphorus. When excess nutrients such as phosphorus enter the lake, it results in increased growth of algae that is often quite odorous. When mats of algae die, they sink to the bottom of the lake and decay, creating low-oxygen conditions that are detrimental to fish and other aquatic organisms.

Excess nutrients like phosphorus can also result in the formation of cyanobacteria, also known as blue-green algae, which are a unique group of bacteria that photosynthesize. When cyanobacteria decompose, they produce nerve and liver toxins that can pose a serious health risk to humans and animals.

Sign up to Keep our *Lake* Blue!

The **Keep Our *Lake* Blue** Campaign was co-developed with the Moose Lake Watershed Society in 2019. Every year, LICA partners with Watershed Stewardship Groups to invite residents around lakes in our Region to take at least one action to reduce runoff and pollutants on their property. Working together, our cumulative actions can improve the water quality of our lakes!

Residents who sign up to **Keep Our *Lake* Blue** will receive a lawn sign to display their commitment to clean water.

For More Information, and to Sign up for the **Keep our *Lake* Blue** campaign, contact:

Email: outreach@lica.ca
Cell: (780) 201-2242
Office: (780) 812-2182
lica.ca

References:
Environment and Protected Areas
Alberta.ca
Moose Lake Watershed Society
laraonline.ca

Watershed Stewardship Group Participants:

- Moose Lake Watershed Society
- Healthy Waters Lac La Biche



Take Action

Reduce Runoff and Pollutants



LICA
ENVIRONMENTAL STEWARDS



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ENVIRONMENTAL STEWARDS

Effects of Runoff

Impermeable surfaces do not allow water to soak into the ground. Instead, this water runs off the surface, carrying sediments, salts, chemicals, and excess nutrients like phosphorus into the lake.

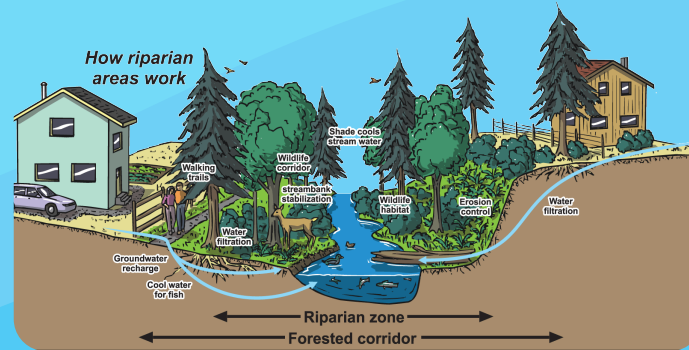
- Sediments cloud water and form deltas that can impede navigation and lake access.
- Pesticides, paints, and motor oil can poison aquatic life.
- Excess nutrients like phosphorus can increase the growth of algae and cyanobacteria in a lake.



Plants Reduce Runoff, Phosphorus, and other Pollutants

Layered Landscapes

Lawns absorb less rainfall than natural areas that have multiple layers of vegetation like tall trees, an understory of smaller trees and shrubs, and groundcover. Adding layers of vegetation helps reduce runoff, and the plants help filter pollutants out of the water.



The more natural you keep your property the healthier your lake will be.



Native Species

Riparian plants that thrive near water attract wildlife, protect the shoreline, and are the "glue" that binds the shoreline together. Sedges are grass-like plants with deep root systems that help stabilize banks. Willows stabilize the shoreline and provide wildlife habitat. Cattails help purify water by removing nutrients and trapping sediment. Rushes are leafless with round stems, providing critical nesting habitat for marsh birds.



Rain Gardens

These gardens consist of native shrubs, perennials, and flowers that are planted in a depression of a slope. They are designed to catch the runoff from driveways or downspouts to filter the water and reduce the amount of pollution reaching the lake.

