

## LAKEFRONT HIGHLIGHT - DIANE NERADA



Diane contributes to the health of Lac Pelletier through her keen interest in bugs and other living things. Whether its algae, fish or bugs, Diane pays attention to their cycles and knows where to go to find them. She is a:

- o volunteer bug-catcher for Water Watchdog workshops
- o member of Lac Pelletier Prairie Water Care (PWC) Group
- o participant in the 2002 Living By Water workshop
- o trained Homesite Assessor at Lac Pelletier
- o member of the Swift Current Creek Watershed Stewards
- o spokeswoman for cabin owners' learning to minimize their impact on the water quality and health of Lac Pelletier



Diane's yard from the lake

### What are you planning on changing to your shoreline?

I plan to plant shrubs along the top of the rock line. These shrubs will act as a buffer strip to create a root system that filters sediment and chemicals from the yard as well as creating a more aesthetically pleasing, softer look to the yard

### What do you enjoy most about the lake?

I enjoy the peacefulness of being beside the water, and the beautiful sunsets and stars at night.

### Why are you involved in sampling and workshops?

I am concerned about the quality of water in our watershed, especially the lake water and wells at Lac Pelletier.



### What did you learn at the 2002 Living by Water Workshop?

I learned some of the mistakes people, including myself, have made to the shoreline without realizing the damage being done to the water.

### What do you want people to learn about the lake?

I want people to learn where their water comes from so they can understand the value it holds.

### How do you contribute to this awareness?

I help other cottage owners improve their shoreline at Lac Pelletier to be more environmentally friendly and teach a Water Watchdog program at Camp Elim to help children understand the importance of water.

*The Living by Water Workshop is a Valuable Opportunity to learn more about your shoreline. (Diane Nerada, 2003)*

Answer to riddle on the previous page: Fish

### CREDITS AND ACKNOWLEDGMENTS

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"Know Your Watershed" is a newsletter produced by the Swift Current Creek Watershed Stewards. Editors: Arlene Unvoas, Jenna King and Cher King.



Agriculture and  
Agri-Food Canada

Agriculture et  
Agroalimentaire Canada

Canada



## Swift Current Creek Watershed Stewards

# Know Your Watershed

Volume 2

Know Your Watershed

Fall 2003

*Sneak a Peek  
at the Creek*

If you live along or near the Swift Current Creek, chances are good that you or someone you know has spent some time playing in the creek. Or maybe you camp or have a cabin at Lac Pelletier, Ferguson Bay or Carefree Bay on Reid Lake. Regardless of where we are, water draws people together to appreciate life and have some fun. The Swift Current Creek Watershed Stewards want to celebrate our relationship with water; we've compiled local stories and interviews as well as fun-lovin' photos from the summer of 2003. Come on --Dive in!

On our farm is a low level cement bridge that is perfect for skipping rocks or watching birds and, if you are very quiet, turtles. Ever since our children were young, a hot day was a great excuse to go swimming. The bridge's design is such that if you jump off on one side the current will take you out to a sandbar where you can stand up and if you are ambitious, swim back against the current. During the summer months it isn't unusual to have many friends and neighbours come for a swim after a hot day.

The bridge is a refreshing place to be whether you swim from it or just dangle your feet over the edge. If you decide to dangle your feet in the water you have to watch that a curious snake won't decide to entwine itself around your ankles. A few people have found themselves in this situation and nothing will startle you more than an inquisitive garter snake.

Our appreciation of the creek goes beyond what it provides for our livelihood but also for much needed recreation.



Arlene Unvoas



## Water Watchdog: A workshop for kids

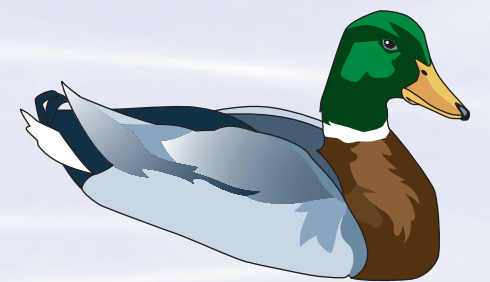
Through June, July and August, the Swift Current Creek Watershed Stewards offered a hands-on learning workshop about water. The workshop, called Water Watchdog, is a program developed by the Partners FOR the Saskatchewan River Basin aimed at teaching children age 7- 14 about watershed stewardship. Working with local teachers and summer camps, the SCCWS staff and volunteers were able to work through the half-day workshop with 314 urban and rural kids. Some of the activities included:

- setting up a monitoring site
- observing plants and animals along the shoreline
- testing the pH and nitrates in the water
- catching and identifying water bugs, frogs and crayfish

*Swift Current Creek Watershed Stewards*



# A DAY AT THE CREEK...



## WATER WORD FIND

P	S	T	S	R	E	V	I	R	T	I	D	M	O	R	R	E	H	L
E	W	R	S	D	F	N	D	Y	R	E	H	C	T	A	H	F	G	I
T	I	Q	W	E	R	W	S	D	F	N	H	J	T	F	R	F	E	M
A	M	D	F	W	B	A	I	T	O	B	G	I	L	L	K	J	H	I
C	S	F	I	S	R	P	G	M	Q	W	W	A	T	E	R	B	M	T
K	N	N	S	E	T	S	L	P	F	D	S	E	T	Y	G	V	F	T
L	F	D	H	E	E	A	F	L	K	E	Y	E	L	L	A	W	U	S
E	F	K	E	P	S	E	K	A	L	H	E	A	D	K	D	O	F	A
C	E	T	O	P	O	R	E	S	K	E	W	F	J	G	R	I	O	C
S	G	T	N	I	F	I	L	L	E	T	R	T	Y	T	D	N	O	P
L	G	P	B	V	C	G	F	D	S	Y	B	N	M	J	U	Y	T	R
L	K	J	T	N	E	M	N	O	R	I	V	N	E	G	F	D	S	A

BAIT  
CAST  
EGG  
ENVIRONMENT  
FILLET  
FIN  
FISH

GILL  
HATCHERY  
LAKES  
LIMIT  
POND  
RIVERS  
SALMON

SPAWN  
SWIMS  
TACKLE  
TROUT  
WALLEYE  
WATER  
FRY

"On July 8, 2003 the Swift Current City Council approved the construction of a Tertiary Wastewater Treatment Facility. The internationally recognized Biological Nutrient Removal (BNR) treatment process was chosen based on its efficiencies and effectiveness to meet the strict effluent release criteria set by the provincial regulatory agencies. In the BNR process, a mixed population of naturally occurring microorganisms simultaneously removes nitrogen, phosphorous, and biochemical oxygen demand (BOD). The City will start construction in the early spring of 2004 and have the plant completed and commissioned by the fall of 2005."

Robert J. Niewenhuizen, Director of Engineering,  
City of Swift Current

## TRIVIA

Q1 - Into which large body of water does the Swift Current Creek flow?

- A) Gulf of Mexico  
B) Hudson Bay

Q2 - Where are the headwaters of Swift Current Creek?

- A) Cypress Hills  
B) Saskatchewan Landing

Q1 - B, Q2 - A



# Water Watchdog

## RIDDLE

Alive without breath;

As cold as death;

Never thirsty,

Ever drinking,

All in mail never

clinking.

Answer on back page

