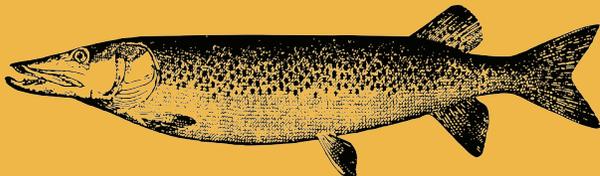


## Nanabozho & Maazhiginoozhe

Maazhi = notorious or bad  
ginoo = long  
zhe = creature or being

“Nanabozho was warned not to swim at a certain lake because of a giant fish that eats people. Ignoring the warnings, Nanabozho decides to test out some new arrows that he had made and he shot them out over this lake. After he shot all his arrows, he swam out to retrieve them and was suddenly attacked and swallowed by a giant fish. That evening, his grandmother, Nookomis, was worried that Nanabozho did not return home. She decided to go fishing for supper by herself since Nanabozho was nowhere to be found. As she stood fishing on the shore of the lake, she snagged a huge fish and struggled to bring him in. After she got the giant fish on the shore, she gutted the fish and out jumped Nanabozho, still alive and covered in entrails! From then on, this fish was called Maazhiginoozhe – the ‘notorious long fish.’”



An abridged story told by Michael  
Waasegiizhig Price,  
GLIFWC TEK Specialist



GLIFWC's Mercury Program began testing mercury levels in subsistence species in 1989 in response to concerns about the health risks to tribal members of consuming contaminated fish. As of May 2021, GLIFWC has collected and analyzed for mercury nearly 11,000 fish from Lake Superior and over 300 inland lakes within the Ceded Territories with plans to continue this work into the future. GLIFWC's advisory program has positively impacted the health of tribal members by influencing walleye harvest and consumption patterns in ways that reduce mercury exposure.



For more information on the mercury program or to request additional copies of this brochure, contact  
GLIFWC:

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Odanah, WI 54861  
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Website: [www.glifwc.org](http://www.glifwc.org)



# MAAZHIGINOOZHE (MUSKELLUNGE) A SAFE EATING GUIDE



GLIFWC Watercolor by W. Ballinger

## GLIFWC'S WI CEDED TERRITORY GUIDANCE FOR MUSKY CONSUMPTION





## Maazhiginoozhe Consumption Advice

GLIFWC recommends that you limit the number of servings of maazhiginoozhe eaten per month due to mercury in these fish.

Consumption advice for Muskellunge 46" or smaller:

**GENERAL POPULATION**

**2 MEALS PER MONTH**

**SENSITIVE POPULATION**

**DO NOT EAT**

Sensitive Population = "Children under 15 years of age, women of childbearing age, and regnant/nursing women."

Specific advice for individual lakes may be more or less restrictive. Please refer to the Musky Mercury Maps at: [www.glifwc.org](http://www.glifwc.org) for lake-specific maazhiginoozhe consumption advice. This mapped lakes advice, ranges from 0 to 2 meals per month for the sensitive population and 1 to 4 meals per month for the general population.



## Maazhiginoozhe and Anishinaabeg

Since time immemorial the Anishinaabeg (Ojibwe people) have speared and netted maazhiginoozhe to sustain themselves, participate in bimaadiziwin (the Anishinaabe way of life), and today, exercise treaty rights and food sovereignty. Musky are the second most harvested fish species by GLIFWC member tribes, after ogaa (walleye). Consuming fish in a safe way has increasingly become an issue, due to harmful chemicals such as mercury that are found in lakes throughout the Ceded Territories of the Upper Great Lakes Region. That is why GLIFWC has been collecting and analyzing mercury data to develop science-based fish consumption advice for maazhiginoozhe.



**LABEL** fish with the following information so you can determine the safe number of meals for each family member:



## Mercury in Maazhiginoozhe

Mercury is a naturally occurring metal that can be released by both natural and human activities. It can be found in air, water, soil, and biota. Fish absorb mercury from the water when it passes over their gills and as they feed on other aquatic organisms. Mercury levels increase as larger predatory fish eat smaller fish. Musky, which sit atop the lake food web, can attain high levels of mercury compared to other fish. Exposure to small amounts of mercury over time from fish consumption, can have toxic effects on human nervous and cardiovascular systems, especially on the developing nervous system of children and fetuses.

### Zaaga'igan (Lake) Guide

Wisconsin Ceded Territory lakes from which it is **SAFER** to consume musky due to **LOWER** levels of mercury include:

- Little St Germain Lake - Vilas Co
- Little John Lake - Vilas Co
- Little Arbor Vitae Lake - Vilas Co
- Big St Germain Lake - Vilas Co
- Bone Lake - Polk Co

Wisconsin Ceded Territory lakes that are **LESS SAFE** to consume musky from due to **HIGHER** levels of mercury include:

- Moquah Lake - Ashland Co
  - Spider Lake - Ashland Co
- 