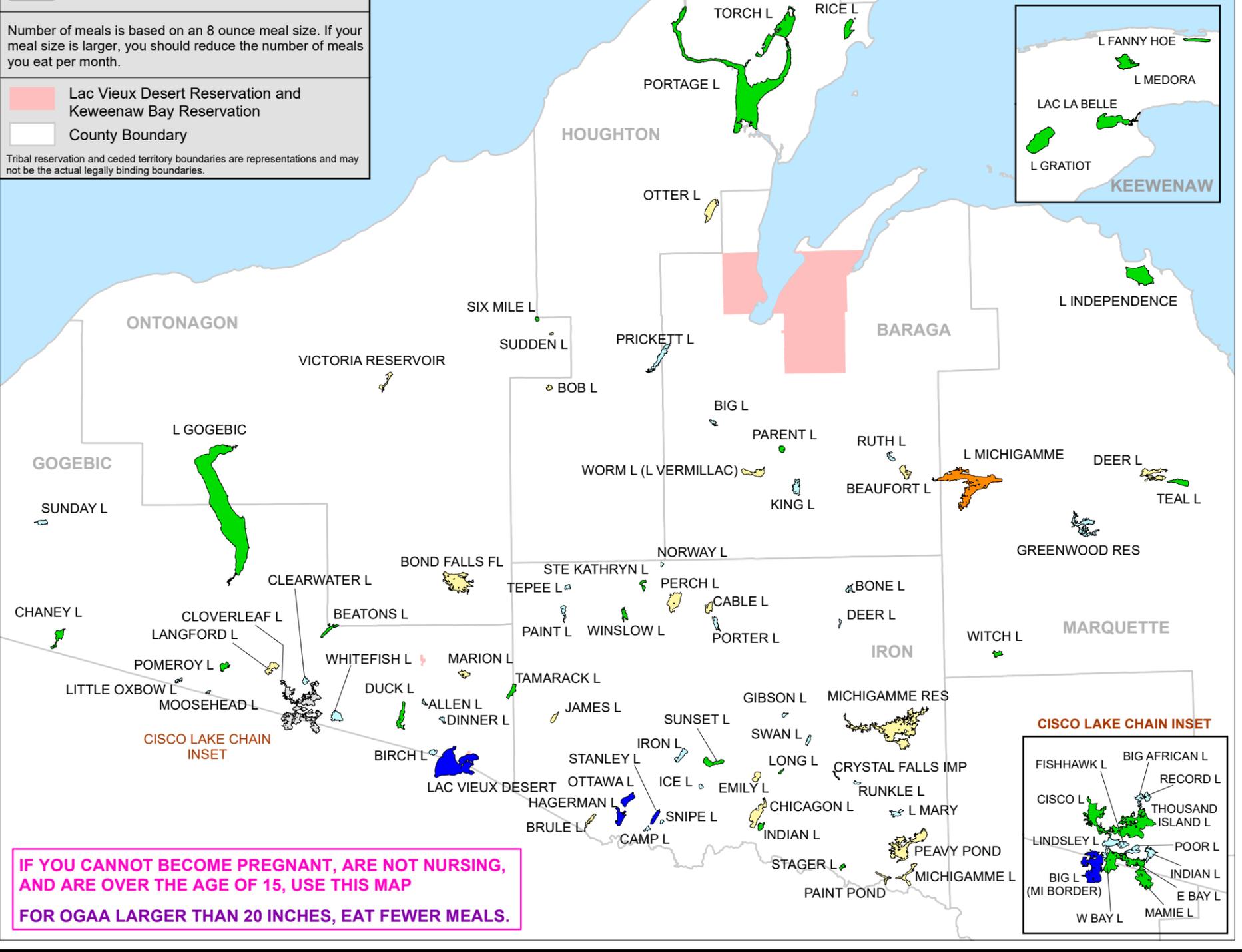
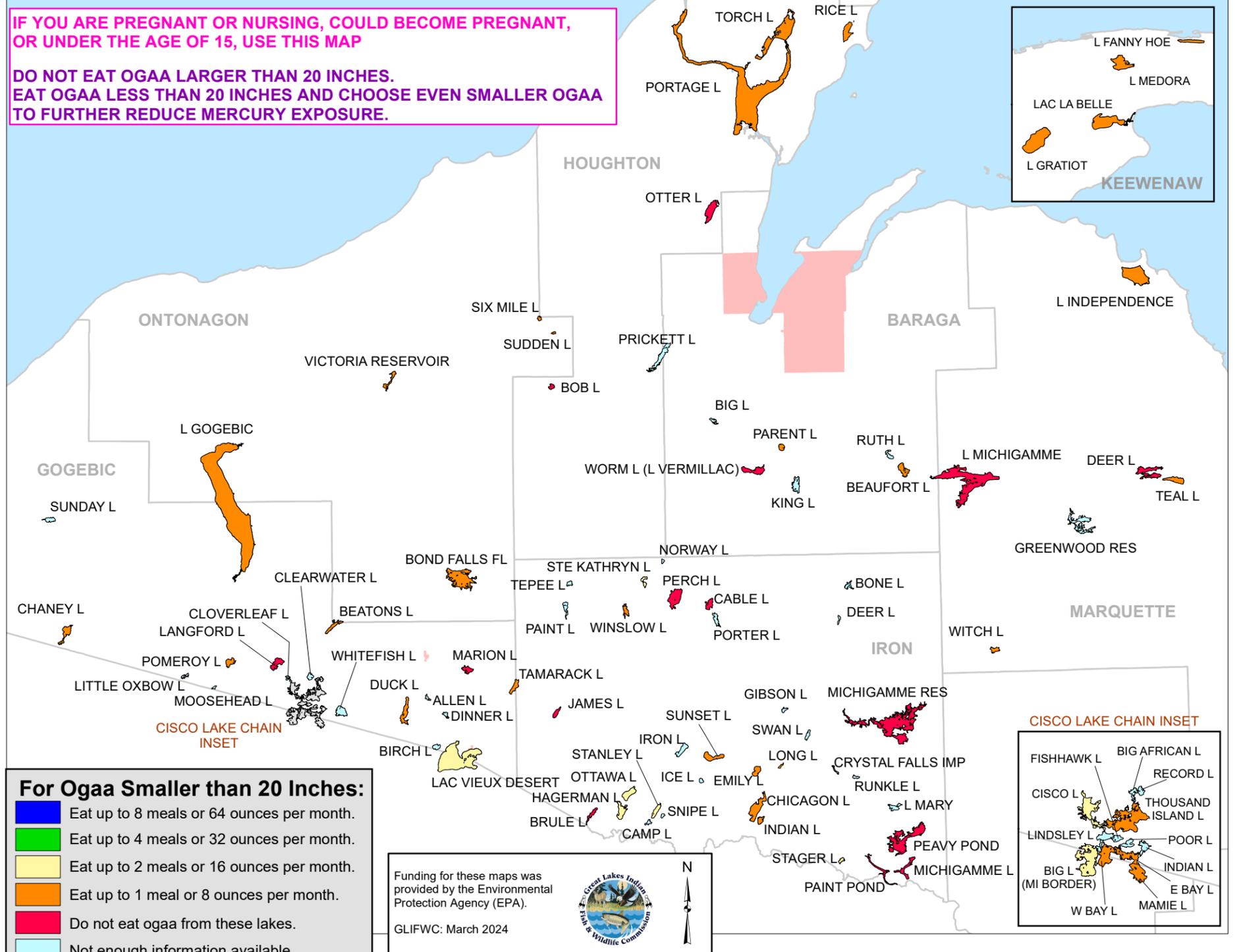


This Map is to Help You Find Safe Ogaa (Walleye) in Select Walleye Lakes in the Michigan 1842 Ceded Territory

IF YOU ARE PREGNANT OR NURSING, COULD BECOME PREGNANT, OR UNDER THE AGE OF 15, USE THIS MAP

DO NOT EAT OGAA LARGER THAN 20 INCHES. EAT OGAA LESS THAN 20 INCHES AND CHOOSE EVEN SMALLER OGAA TO FURTHER REDUCE MERCURY EXPOSURE.



Recommended Maximum Number of Ogaa Meals per Month for Select Walleye Lakes in the Michigan 1842 Ceded Territory

SORTING AND LABELING OGAA PRIOR TO FREEZING

When Cleaning *Ogaa* (walleye):

- Put *ogaa* under 20 inches in bags labeled “under 20 inches.”
- Put *ogaa* over 20 inches in bags labeled “over 20 inches.”
- Label bags with the lake name.
- Follow the advice below for maximum number of meals per month.

USING THIS CHART TO FIND SAFER GIIGOONH

MAXIMUM NUMBER OF MEALS PER MONTH

Advice is for all lakes combined. For example, if you eat four meals in a month from green lakes you should not eat any other meals of *ogaa* in that month.

MEAL SIZE

Meal size is based on 8 ounces. An average 19-inch *ogaa* will have 8 ounces of meat. If your meal size is larger, you should eat fewer meals of *ogaa*. If it is smaller, you can eat more meals of *ogaa*.

OTHER GIIGOONH

Giigoonh such as muskellunge, largemouth bass, smallmouth bass, and northern pike will have more mercury than *giigoonh* such as lake whitefish, herring, bluegill, sunfish, crappie or perch. Try to choose safer *giigoonh*.

LAKE	COUNTY	SENSITIVE: Anyone who is pregnant or nursing, could become pregnant, and children under 15	GENERAL: Anyone who CANNOT become pregnant, is NOT nursing, and is over 15
		Maximum number of meals per month	Maximum number of meals per month
ALLEN L	GOGEBIC	Not Enough Information	
BEATONS L	GOGEBIC	1	4
BEAUFORT L	BARAGA	1	2
BIG AFRICAN L	GOGEBIC	Not Enough Information	
BIG L	BARAGA	Not Enough Information	
BIG L (MI BORDER)	GOGEBIC	2	8
BIRCH L	GOGEBIC	Not Enough Information	
BOB L	HOUGHTON	0	2
BOND FALLS FL	ONTONAGON	1	2
BONE L	IRON	Not Enough Information	
BRULE L	IRON	0	2
CABLE L	IRON	0	2
CAMP L	IRON	Not Enough Information	
CHANEY L	GOGEBIC	1	4
CHICAGON L	IRON	1	2
CISCO L	GOGEBIC	2	4
CLEARWATER L	GOGEBIC	Not Enough Information	
CLOVERLEAF L	GOGEBIC	Not Enough Information	
CRYSTAL FALLS IMP	IRON	Not Enough Information	
DEER L	IRON	Not Enough Information	
DEER L	MARQUETTE	0	2
DINNER L	GOGEBIC	Not Enough Information	
DUCK L	GOGEBIC	1	4
EAST BAY L	GOGEBIC	1	4
EMILY L	IRON	1	2
FISHHAWK L	GOGEBIC	Not Enough Information	
GIBSON L	IRON	Not Enough Information	
GREENWOOD RES	MARQUETTE	Not Enough Information	
HAGERMAN L	IRON	2	8
ICE L	IRON	Not Enough Information	
INDIAN L	GOGEBIC	Not Enough Information	
INDIAN L	IRON	1	4
IRON L	IRON	Not Enough Information	
JAMES L	IRON	0	2
KING L	BARAGA	Not Enough Information	
L FANNY HOE	KEWEENAW	1	4
L GOGEBIC	GOGEBIC	1	4
L GRATIOT	KEWEENAW	1	4
L INDEPENDENCE	MARQUETTE	1	4
L MARY	IRON	Not Enough Information	
L MEDORA	KEWEENAW	1	4
L MICHIGAMME	MARQUETTE	0	1
LAC LA BELLE	KEWEENAW	1	4
LAC VIEUX DESERT	GOGEBIC	2	8
LANGFORD L	GOGEBIC	0	2

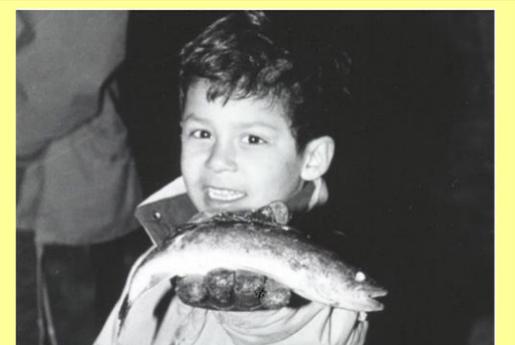
LAKE	COUNTY	SENSITIVE: Anyone who is pregnant or nursing, could become pregnant, and children under 15	GENERAL: Anyone who CANNOT become pregnant, is NOT nursing, and is over 15
		Maximum number of meals per month	Maximum number of meals per month
LINDSLEY L	GOGEBIC	Not Enough Information	
LITTLE OXBOW L	GOGEBIC	Not Enough Information	
LONG L	IRON	1	4
MAMIE L	GOGEBIC	1	4
MARION L	GOGEBIC	0	2
MICHIGAMME L	IRON	0	2
MICHIGAMME RES	IRON	0	2
MOOSEHEAD L	GOGEBIC	Not Enough Information	
NORWAY L	IRON	Not Enough Information	
OTTAWA L	IRON	2	8
OTTER L	HOUGHTON	0	2
PAINT L	IRON	Not Enough Information	
PAINT POND	IRON	0	2
PARENT L	BARAGA	1	4
PEAVY POND	IRON	0	2
PERCH L	IRON	0	2
POMEROY L	GOGEBIC	1	4
POOR L	GOGEBIC	Not Enough Information	
PORTAGE L	HOUGHTON	1	4
PORTER L	IRON	Not Enough Information	
PRICKETT L	HOUGHTON	Not Enough Information	
RECORD L	GOGEBIC	Not Enough Information	
RICE L	1	1	4 4
RUNKLE L	IRON	Not Enough Information	
RUTH L	BARAGA	Not Enough Information	
SIX MILE L	ONTONAGON	1	4
SNIPE L	IRON	Not Enough Information	
STAGER L	IRON	2	4
STANLEY L	IRON	2	8
STE KATHRYN L	IRON	2	4
SUDDEN L	ONTONAGON	1	4
SUNDAY L	GOGEBIC	Not Enough Information	
SUNSET L	IRON	1	4
SWAN L	IRON	Not Enough Information	
TAMARACK L	GOGEBIC	1	4
TEAL L	MARQUETTE	1	4
TEPEE L	IRON	Not Enough Information	
THOUSAND ISLAND L	GOGEBIC	1	4
TORCH L	HOUGHTON	1	4
VICTORIA RES	ONTONAGON	1	2
WEST BAY L	GOGEBIC	1	4
WHITEFISH L	GOGEBIC	Not Enough Information	
WINSLOW L	IRON	1	4
WITCH L	MARQUETTE	1	4
WORM L (L VERMILLAC)	BARAGA	0	2

For many native people, *giigoonh* are part of a traditional and healthy diet. If you rely on *giigoonh*, choose safer *giigoonh* with lower levels of mercury by following the advice on this map.

RISKS AND BENEFITS

Risk: Mercury can damage the nervous system, especially the brain. Fetuses and babies are the most at risk because their nervous systems are rapidly developing. Children exposed to unsafe levels while in the womb have been found to experience delayed development in walking and talking, even though the mother was not affected. Mercury cannot be removed by trimming or cooking.

Benefit: Eating even as few as two to three meals of *giigoonh* a month may reduce your risk of death due to heart disease.



**If you have questions about finding safer ogaa, call GLIFWC at 1-715-682-6619.
To learn more about mercury in ogaa, visit GLIFWC's website at www.glifwc.org/Mercury/mercury.html**