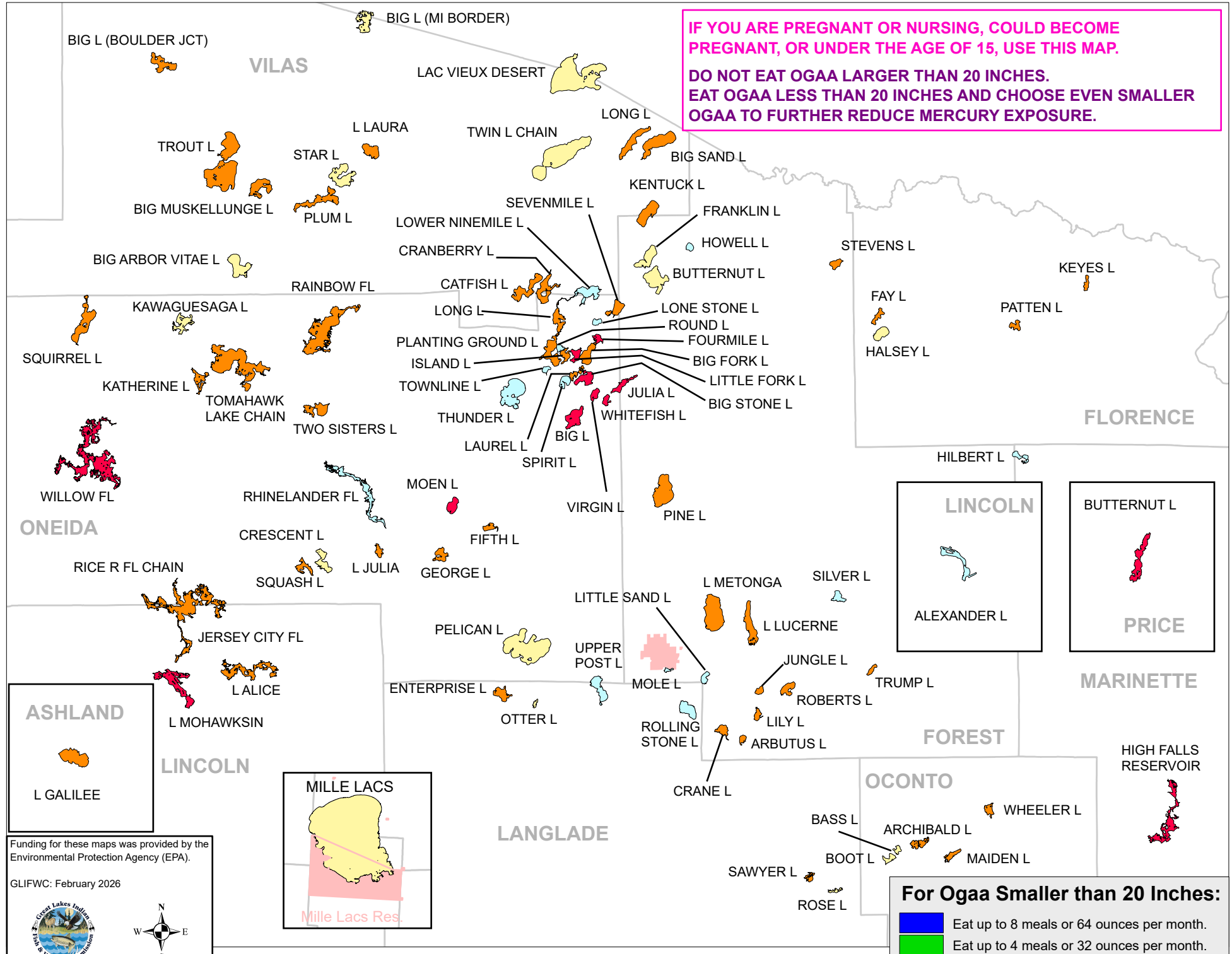


**This Map is to Help You Find Safe Ogaa (Walleye) in Lakes Harvested by the Sokaogon Chippewa Community**

**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.**



Funding for these maps was provided by the Environmental Protection Agency (EPA).  
 GLIFWC: February 2026

0 1.25 2.5 5 7.5 10 Miles

**IF YOU CANNOT BECOME PREGNANT, ARE NOT NURSING, AND ARE OVER THE AGE OF 15, USE THIS MAP.**  
**FOR OGAA LARGER THAN 20 INCHES, EAT FEWER MEALS.**

# Recommended Maximum Number of Oгаа Meals per Month for Lakes Harvested by Mole Lake

## SORTING AND LABELING OGAA PRIOR TO FREEZING

When Cleaning *Oгаа* (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*.

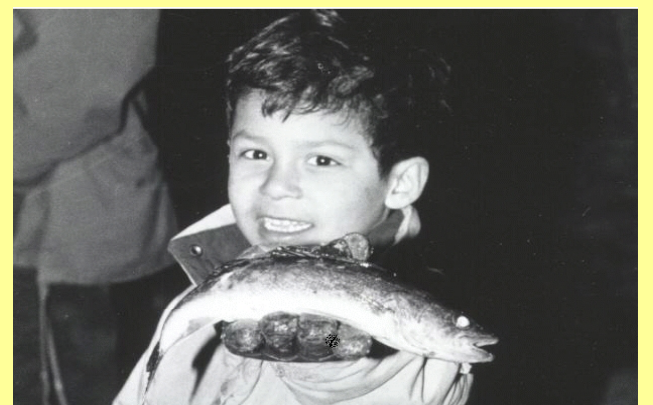
LAKE	COUNTY	SENSITIVE: Anyone who is pregnant or nursing, could become pregnant, and children under 15		GENERAL: Anyone who CANNOT become pregnant, is NOT nursing, and is over 15	
		Maximum number of meals per month	Maximum number of meals per month	Maximum number of meals per month	Maximum number of meals per month
ALEXANDER L	LINCOLN	Not Enough Information			
ARBUTUS L	FOREST	1	2		
ARCHIBALD L	OCONTO	1	4		
BASS L	OCONTO	2	8		
BIG ARBOR VITAE L	VILAS	2	8		
BIG FORK L	ONEIDA	1	4		
BIG L	ONEIDA	0	2		
BIG L (BOULDER JCT)	VILAS	1	4		
BIG L (MI BORDER)	VILAS	2	8		
BIG MUSKELLUNGE L	VILAS	1	4		
BIG SAND L	VILAS	1	4		
BIG STONE L	ONEIDA	0	2		
BOOT L	OCONTO	2	8		
BUTTERNUT L	FOREST	2	8		
BUTTERNUT L	PRICE	0	2		
CATFISH L	VILAS	1	4		
CRANBERRY L	VILAS	1	4		
CRANE L	FOREST	1	4		
CRESCENT L	ONEIDA	2	8		
ENTERPRISE L	LANGLADE	1	4		
FAY L	FLORENCE	1	4		
FIFTH L	ONEIDA	1	2		
FOURMILE L	ONEIDA	0	2		
FRANKLIN L	FOREST	2	8		
GEORGE L	ONEIDA	1	4		
HALSEY L	FLORENCE	2	4		
HIGH FALLS RES	MARINETTE	0	2		
HILBERT L	MARINETTE	Not Enough Information			
HOWELL L	FOREST	Not Enough Information			
ISLAND L	ONEIDA	1	2		
JERSEY CIY FL	LINCOLN	1	4		
JULIA L (THREE LAKES)	ONEIDA	0	2		
JUNGLE L	FOREST	1	2		
KATHERINE L	ONEIDA	1	4		
KAWAGUESAGA L	ONEIDA	2	8		
KENTUCK L	VILAS	1	4		
KEYES L	FLORENCE	1	4		
L ALICE	LINCOLN	2	2		
L GALILEE	ASHLAND	1	4		
L JULIA (RHINELANDER)	ONEIDA	1	4		
L LAURA	VILAS	1	4		
L LUCERNE	FOREST	1	4		
L METONGA	FOREST	1	4		
L MOHAWKSIN	LINCOLN	0	2		
LAC VIEUX DESERT	VILAS	2	8		
LAUREL L	ONEIDA	1	4		
LILY L	FOREST	1	4		
LITTLE FORK L	ONEIDA	0	2		
LITTLE SAND L	FOREST	Not Enough Information			
LONE STONE L	ONEIDA	Not Enough Information			
LONG L	ONEIDA	1	4		
LONG L	VILAS	1	4		
LOWER NINEMILE L	ONEIDA	Not Enough Information			
MAIDEN L	OCONTO	1	4		
MILLE LACS	MILLE LACS	2	8		
MOEN L	ONEIDA	0	1		
MOLE L	FOREST	Not Enough Information			
OTTER L	LANGLADE	2	8		
PATTEN L	FLORENCE	1	4		
PELICAN L	ONEIDA	2	8		
PINE L	FOREST	1	4		
PLANTING GROUND L	ONEIDA	1	2		
PLUM L	VILAS	1	4		
RAINBOW FL	ONEIDA	1	2		
RHINELANDER FL	ONEIDA	Not Enough Information			
RICE R FL CHAIN	LINCOLN	1	4		
ROBERTS L	FOREST	1	4		
ROLLING STONE L	LANGLADE	Not Enough Information			
ROSE L	LANGLADE	2	8		
ROUND L	ONEIDA	Not Enough Information			
SAWYER L	LANGLADE	1	4		
SEVENMILE L	ONEIDA	1	2		
SILVER L	FOREST	Not Enough Information			
SPIRIT L	ONEIDA	Not Enough Information			
SQUASH L	ONEIDA	1	4		
SQUIRREL L	ONEIDA	1	4		
STAR L	VILAS	2	4		
STEVENS L	FOREST	1	2		
THUNDER L	ONEIDA	Not Enough Information			
TOMAHAWK L CHAIN	ONEIDA	1	4		
TOWNLINE L	ONEIDA	Not Enough Information			
TROUT L	VILAS	1	4		
TRUMP L	FOREST	1	4		
TWIN L CHAIN	VILAS	2	8		
TWO SISTERS L	ONEIDA	1	4		
UPPER POST L	LANGLADE	Not Enough Information			
VIRGIN L	ONEIDA	0	2		
WHEELER L	OCONTO	1	4		
WHITEFISH L	ONEIDA	0	2		
WILLOW FL	ONEIDA	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](http://www.glifwc.org/Mercury/mercury.html)