Agencies sink resources into pulling abandoned nets

HARBOR SPRINGS, Mich. — Five abandoned trap nets were recently removed by tribal and state law enforcement agencies on the Great Lakes. There was no identification on any of the recovered nets, according to a report prepared by Little Traverse Bay Bands of Odawa Indians (LTBB) Conservation Enforcement Officer Roger Willis.

“All agencies are working hard at identifying these abandoned nets and getting them removed from the water,” said Willis.

The agencies work together through a Law Enforcement Committee under the 2000 Consent Decree comprised of law enforcement officers from state and tribal agencies in the 1836 treaty-ceded territory on the upper Great Lakes. The committee members meet regularly to address enforcement issues such as abandoned trap nets. The group also arranges joint patrols.

On June 15, the Michigan Department of Natural Resources (MDNR) along with the Little Traverse Bay Bands and Wilder-ness State Park staff removed a net located just north of Waugoshance Point at a depth of 10 feet. According to Willis, MDNR officers dragged the net to the Cecil Bay boat launch where they were met by LTBB and Wilder-ness Park staff, who used a trac-tor to land the net and load it into a truck for MDNR disposal.

A second net was pulled from Lake Michigan on July 2. It was set west of Good Hart at a depth of 8 feet. LTBB officers dragged the net to Cross Village where they were met by LTBB Mainte-nance Dept. staff, who dragged the net out with a tractor for dis-posual.

According to the report, on July 13, two nets in 80 feet of water were removed from northern Lake Huron, one south of Drummond Island and one south of St. Vital’s Point. Chippewa Ottawa Resource Authority (CORA), along with LTBB, Bay Mills Indian Community and the MDNR, met on the water to observe a CORA-contracted fish-erman pull the nets with a trap net boat. The pull cost $3,000, according to the report.

Most recently, LTBB pulled a fifth net out of 17 feet of water on northern Lake Michigan, 5 miles west of Waugoshance Point. LTBB Wildlife Department staff had spotted a possible abandoned net during a fly-over of the area and reported the sighting to LTBB Law Enforcement officers.

On July 27, after locating what was indeed an abandoned net, officers dragged it to Cross Vil-lage where they were met by their Maintenance Department staff to help land and dispose of the net, according to Willis.

To report a net you believe to be abandoned, contact your local tribal or state conservation enforcement agency.

TenEyck made CORA’s new Executive Director

SAULT STE. MARIE — Jane TenEyck has been made executive director of the Chippewa Ottawa Resource Authority (CORA). The five-tribe agency oversees tribal fishing in Michigan’s 1836 treaty-ceded territory.

After proving her mettle as CORA’s acting executive director for the past year, TenEyck accepted the position at the Authority’s August 26 meeting in Sault Ste. Marie. The 17-year CORA veteran was tapped for the position following the resignation of Jeff Parker, who left the position last year to fulfill his duties as Bay Mills Indian Community’s tribal chairman.

“I’m pretty happy about it,” said TenEyck. “I take a lot of pride in preserving our rights and our resource.”

The Sault Tribe member also takes pride in being able to help her people exercise their treaty rights. “It makes me feel good,” she added.

TenEyck started at Sault Tribe as a 16-year-old student worker placed at Contract Health Services. She married just out of school and began serving as the bookkeeper of various tribal enterprises until she applied for a position at CORA, which was then called Chippewa Ottawa Treaty Fisheries Management Authority (COTFMA). She was hired as its second-employee, under its first executive director, Faith McGruther. She was pro-moted from secretary/bookkeeper to office manager in 1989.

“COTFMA was growing and I grew with it,” she said. It was a trend that has continued, as she advanced herself to assis-tant executive director in 1992 and execu-tive director in 2004.

The executive director of a unique agency such as CORA is a very specialized position. TenEyck works with the leaders, natural resource departments and fisher-men of five sovereign tribes, and various federal and state departments and agencies.

She handles everything from testimony to Congress to the annual CORA audit while she juggles contracts and grants from numerous sources. To do her job effective-ly, she has to understand treaties.

See “TenEyck,” Page 4

I. CALL TO ORDER
The meeting was called to order by CORA Chairman Fred Paquin at 1:20 pm.

II. ROLL CALL
Present: Fred Paquin, Chairman Jeff Parker, Dave Menominee, Chairman John Kewagoshkum, John Olson, Jack Ettawageeshick, Tom Gorenflo, Bill Boik, Erik Olsen, and Joan TenEyck.

III. SPECIAL ITEM – EXECUTIVE SESSION
The Board went into Executive Session to discuss personnel issues. Executive Session was from 1:25 – 1:50 pm.

IV. ADDITIONS/APPROVAL
– AGENDA
Bill Rastetter asked that under New Business, Item D be added as USFWS.

V. ACCEPTANCE OF CORA MINUTES
A. April 23, 2004
Motioned by Chairman Parker to accept the April 23, 2004 CORA minutes.

VI. FINANCIALS
A. March 2004
B. April 2004
CORA Chairman Paquin stated that signing this permit does not mean that the Trust would fund such a project that is short of proposals for the money allocated.

VII. REPORTS
A. Information and Education
Jennifer Dale reported that she and Mark Ebener have been working on news releases for the whitefish studies that different agencies, including the Inter-Tribal Fisheries and Assessment Program, are currently doing.

B. Acting Executive Director Report
Kathleen TenEyck

CORA Chairman Paquin stated that the Board agreed to transfer the Program to CORA as a full-time position with the TRIBAL FISHERY, an award winning newsletter, is published by CORA bimonthly. Contact Jennifer Dale at the phone or email above with questions or to make a submission.

Officers of CORA Board

Bay Mills Indian Community (BMIC or Bay Mills)
Jeff Parker, tribal chairman
Anthony LeBlanc, Conservation Committee chairman

Grand Traverse Band of Ottawa and Chippewa Indians (GTB)
Robert Kewagoshkum, tribal chairman
John Concannon, Natural Resource Committee chairman, * GLRC vice chairman

Little River Band of Ottawa Indians (LRB)
Lee Sprague, tribal chairman, CORA vice chairman
Jim Mitchell, Natural Resource Commission chairman

Little Traverse Bay Band of Odawa Indians (LTBB)
Frank Ettawageeshick, tribal chairman, GLRC chairman
John Kewagoshkum, Natural Resource Commission chairman

Sault Ste. Marie Tribe of Chippewa Indians (Sault Tribe or SSMTCI)
Fred Paquin, Tribal Director, Chief of Police, CORA chairman
Vic Matson Sr., Tribal Director, Conservation Committee Chairman

*Great Lakes Resource Committee* of CORA, which serves as the inter-tribal management body for the treaty fishery in 1836 treaty waters.

Chippewa Ottawa Resource Authority
Albert “Big Abe” LeBlanc Building
179 W. Three Mile Rd.
Sault Ste. Marie MI 98701
Fax: 906-335-9043
Ph: 906-335-1141
E-mail: jteneyck@chippewaottawa.org
Bob Aikens, assistant director, baloken@chippewaottawa.org
Deanna Bowen, secretary II, dbowen@chippewaottawa.org
Jennifer Dale, public information officer, jndale@chippewaottawa.org

Tribal Fishing, an award winning newsletter, is published by CORA bimonthly. Contact Jennifer Dale at the phone or email above with questions or to make a submission.
USGS commissions new research vessel

By Jennifer Dale

CHEBOYGAN — Cheboygan Vessel Base in Cheboygan, Mich., is the home of a newly commissioned research vessel — and she’s a beauty. On Aug. 12, the U.S. Geological Survey/Great Lakes Science Center (GLSC) christened its new 101-foot ship the Research Vessel (R/V) Sturgeon by breaking a bottle of local Nicholas Black River wine across the bow.

The commissioning was officiated by USGS Deputy Director Robert Doyle, after which attendees boarded for the vessel’s inaugural cruise — a quick tour of the bay.

The ceremony was a truly community event. The commissioning took place in the Cheboygan Opera House, just two blocks away from the dock, with Mayor James Muschell serving as Master of Ceremonies, GLSC Director Leon Carl gave the welcome. Speakers were Senator Levin’s representative, Harold Chase, Senator Stabenow’s representative, Brandon Fewsins, and Congressman Bart Stupak’s representative, Heather Grobaski.

Members of the Straits Area Concert band formed a brass choir to provide music. The invocation was given by Rev. Buid Wagner of the St. Thomas Lutheran Church and the christening was performed by Suzette Kimball.

GLRC Asst. Director Tom Todd, decked out in full Scottish regalia, performed the traditional “Road to the Isles,” on the bag-pipes.


The Cheboygan area VFW Post Color Guard raised the ship’s pennant, the U.S. flag and the Canadian flag to the national anthems. Pipercarrier Dwight “Bucko” Teeple smudged the vessel with the four sacred medicines, tobacco, cedar, sage and sweetgrass before its first official cruise.

The R/V Sturgeon is the newest ship to be added to the GLSC fleet of four research vessels that are used to conduct fisheries and aquatic research across the Great Lakes basin. The 101-foot vessel is designed to operate with a crew of three and can support a scientific staff of seven for up to a 15-day mission. The R/V Sturgeon includes all of the GLSC key science programs in deepwater science, restoration ecology, and invasive species. For over 30 years, the GLSC has provided information on prey fish populations, such as alewife, rainbow smelt, bloater and sculpin. This information helps state, tribal, and federal managers to make better-informed management decisions for top fish predators — lake trout, Pacific salmon, and other sport and commercial fish species — that feed on these prey fish. The science center also provides scientific information for the evaluation of management strategies to restore native fish species such as lake trout and to combat invasive species such as sea lamprey.

Headquartered in Ann Arbor with eight field stations throughout the Great Lakes region, the GLSC works to advance scientific knowledge and provide scientific information to resource managers for restoring, enhancing, managing, and protecting the living resources and their habitats in the Great Lakes basin ecosystem.

SAULT STE. MARIE — The City of Sault Ste. Marie, Mich., has proclaimed the third Sunday of July as “Lake Superior Day.” On July 19, Mayor Tony Bosbous signed the resolution, approved by the City Commission. Not to fear, the city was not a day late; it was a year early.

Next year, Lake Superior Day will take place on Sunday, July 17, across the entire Lake Superior basin.

PROCLAMATION IN CELEBRATION OF LAKE SUPERIOR DAY

July 18, 2004

Whereas, Lake Superior is the world’s largest freshwater lake and is essential to the quality of life and economic vitality of the cities, villages, towns and counties along its shores and in the surrounding watershed; and

Whereas, Water is life and the quality of water determines the quality of life; and

Whereas, Lake Superior supports recreational, commercial, tourism, tribal, and cultural activities for its residents and visitors; and

Whereas, the responsibility for protecting and restoring the quality of Lake Superior’s waters, land, and wildlife lies with all residents, municipalities, businesses, tribes and visitors; and

Whereas, mayors and other municipal and tribal officials throughout the Lake Superior basin desire to protect the water and habitat quality that all life depends on in the basin.

Therefore be it resolved that I, Anthony G. Bosbous, Mayor of the City of Sault Ste. Marie, Michigan, do permanently establish the third Sunday in July as Lake Superior Day in the City of Sault Ste. Marie, which is a day to acknowledge and celebrate the lake’s importance in the quality of the lives of its residents.

In Witness Thereof, I hereunto set my hand and cause the seal of the City of Sault Ste. Marie to be set this 18th day of July, 2004.

Anthony G. Bosbous, Mayor

The city’s proclamation was drafted by Inter Tribal Fisheries Assessment Program Environmental Coordinator Mike Ripley as part of an effort by the Lake Superior Binational Forum to encourage all municipalities on the lake to name an official Lake Superior Day.

According to Lissa Radke, U.S. coordinator for the Lake Superior Binational Forum, the Forum started an informal Lake Superior Day on the third Sunday in July 2003 when one Forum member, Bob Browne of Superior, ambitiously got nine elected and tribal leaders to sign a proclamation that pledged a willingness to protect and respect the world’s biggest lake. Browne’s first signatories were the mayors of Ashland, Bayfield, Duluth, Superior, and Two Harbors; the governors of Michigan, Minnesota, and Wisconsin; and the Red Cliff tribal council.

This year, the Forum has a grant to officially launch the first-ever, basin-wide event starting in July 2005. However, the Forum wanted to start to generate interest and awareness this year in preparation for the 2005 event, said Radke.
ITFAP stocks .4 million spring walleye fingerlings

SAULT STE. MARIE — Inter-Tribal Fisheries Assessment Program (ITFAP) recently stocked over 400,000 spring walleye fingerlings in the St. Marys River and the upper Great Lakes. This year’s walleye fingerling production was “quite good,” according to ITFAP’s hatchery manager, Greg Wright, especially considering difficult weather conditions.

The constant rainfall and cold temperatures during May and June caused flooding of our rear ponds and slowed the growth of our walleye fry in the St. Marys River and Bay de Noc, Lake Michigan. The eggs were incubated and hatched at the Sault Tribe’s Nuns Creek Facility, near Hessel. The resulting walleye fry were transported to rearing ponds for further growth. Once they reached a length of about 2 inches, the ponds were drained to capture the fingerlings and transport them to various stocking sites.

About 239,000 fingerlings were split among four sites on the St. Marys — Sugar Island Ferry Dock, Hay Point (Sugar Island), Raper Bay and the north shore of Drummond Island. Other stocking locations were Brimley Bay, Lake Superior (107,055), Grand Traverse Bay, Lake Michigan (80,560), and Epoufette Bay, Lake Michigan (44,400).

Additional fingerlings were transported to a larger rearing pond for further growth and will be stocked in the fall at lengths of 6 to 8 inches.


Rewards offered for tags in two landmark whitefish studies

By Jennifer Dale

SAULT STE. MARIE — A $5 reward for the return of tagged whitefish is now being offered by the Inter Tribal Fishery Assessment Program (ITFAP). The reward stems from two ongoing whitefish studies now being conducted in cooperation with other Great Lakes agencies on the northern lakes Michigan and Huron.

According to ITFAP, Assessment Biologist Mark Ebener, the studies will provide a wealth of information about whitefish populations in the northern lakes, making the recapture of fish worth much more than the reward money — the whitefish studies will answer questions to help fish managers better understand population dynamics of whitefish in the Great Lakes.

“Both studies depend upon the cooperation of the fisherman and giving us the tags,” said Ebener.

One of the 7,000 whitefish tagged last fall, ITFAP is already seeing results, he said. “It’s been good so far,” he added. Another 16,000 will be tagged this year, said Ebener. The first is 1,000 in Lake Michigan and 12,000 in Huron.

The studies are ongoing through 2006.

Ebener is the primary contact for recaptured fish and his phone number is on the tag. He requests that fishermen phone him directly before liberating any tagged fish. “It’s not perfect,” he said, since ITFAP is attempting to build a GIS-based database for illustrating and analyzing movement and distribution information of the whitefish stock.

If fishers can’t call at the time of recapture, Ebener still requests that they conservatively record the GPS coordinates, but if they are not attainable, he will record a rough description of the coordinates and the date and location of the fishing gear.

Supported by the U.S. Fish and Wildlife Service’s Great Lakes Restoration Act, ITFAP is conducting the Lake Whitefish Distribution Study with the USFWS at Alpena, the Michigan Department of Natural Resources, and the Canadian Department of Natural Resources. The Saugeen and Grand Traverse Bands of Ottawa Indians, Little Traverse Bay Bands of Odawa Indians, and Grand Traverse Band of Ottawa and Chippewa Indians in the 1836 treaty-ceded territory.

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Researchers are looking at four tracts, they said, each a site to compare possible factors that may be influencing the whitefish populations. The four tracts are: the Bay of Islands, where fish tend to be concentrated, the eastern Lake Huron, where fish tend to be less concentrated, the western Lake Huron, where fish tend to be less concentrated, and the eastern Lake Michigan, where fish tend to be concentrated.

The only difference that research can determine is where fish are located and the effects of the fish’s movement on the lake.

Researchers are looking at the natural mortality of whitefish and how it may be affected by factors such as temperature, diet, and disease. They are also looking at the effects of human activity, such as pollution and fishing, on the whitefish population.

The study will continue for four years, and the results will be used to determine the overall health of the whitefish population in the Great Lakes.

The study is funded by the Inter-Tribal Fishery Assessment Program (ITFAP) and is an indicator of the health of the whitefish population in the Great Lakes.

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Erik Olsen stated that the
and Education sub-contract was
today and thanked him for all his
Little River Band sub-contracts.
Chairman Ettawageshik asked
will be using and the rest of the
doctor the CORA fishermen
stated they are looking for funds
DNR is planning to seek funding
changes with their clients and
attorneys are then to discuss the
that Ms. Tierney is to review the
and what he is asking
is to sign the MOU, but the
vote is required, it can be done
by acclamation.
Mr. Rastetter explained that
the $182,500 the DNR quotes.
if CORA could hire their own

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CORA at the beginning of the
guarantee monies available for

Ms. TenEyck stated that in
Contract Procedures
the Camp is over.
CORA being reimbursed after

Ms. TenEyck informed
B. 401K Post-EGTRRA

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The Department Head stated this
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but everything is done at the

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Allie Greenleaf Maldonado
suggested getting an MOU
passed until legislation can be
postponed to a meeting to          

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Allie Greenleaf Maldonado
suggested getting an MOU

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The Committee reviewed the

CORA Chairman Paquin

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the Michigan Tribes expressed

Ms. Tierney added that the

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some other means by which they

-- Minutes taken by Beverly
Aikens, Administrative
The CORA Great Lakes Fishery Resource Committee met at the Little Traverse Bay Bands of Odawa Indians’ Victory Hotel in Indian River on Monday, April 23, 2004.

I. CALL TO ORDER

The meeting was called to order by Vice-Chairman John Koon at 11:30 a.m. as Chairman Ettawageshik was running behind.

II. ROLL CALL


III. INVOCATION

Vice-Chairman Concannon led the group in prayer.

IV. ADDITIONS/APPROVAL – Agenda

Fred Paquin asked to add an amendment to the agenda to discuss the use permits which will be tabled until the next meeting as the Grand Traverse Band and Sault Tribe has not had a chance to review the new use permits.

Motioned by Fred Paquin, supported by Chairman Kyawyskhpom to approve the agenda with the additions of Item B. under New Business, Approval of Trap Net Consultant in Bay de Noc and to table Item A. under Old Business, CORA Regulations on limits for float nets as the Executive Council meeting.

V. OLD BUSINESS

A. Access

Barb Nick of the Great Lakes Resource Committee states that the public access sites is being left on access sites. The Department has been notified in writing of the problem by the Executive Council meeting.

Mr. Paquin also noted to the Committee that some of the fishermen have agenda items to be discussed at the next meeting. Mr. Ripple stated that he is in the process of scheduling dates to pull two nets in that are in the inter-basin waterway.

B. Biologist’s Report

T. Lenart reported they have not found any lake trout in WFM-05 and the Department finished the spring lake trout survey in Manistee Bay. One week of sets were off of Pyramid Point, they did catch more lake trout. In shore near Pyramid Point they did catch more lake trout. The most items found in the stomachs to see if any lake trout or other equipment/gear and in the next few weeks the owners of this gear for a few weeks are going to leave unattended. The owners of this gear for a few weeks have been notified of the problems. Mr. Paquin also noted to the Committee that they have seven days to get that abandoned trap net. Mr. Ripple is asking the Committee to consider this as well as help the law enforcement.

Mr. Paquin stated he feels the Department should be enforcement is the only thing that can get the fishermen to take care of their boats. The owners of the gear were ticketed as the ice sleds and a boat trailer that had a broken axle. The owners of the gear were ticketed as the ice sleds could not be used in the US. They are not so obvious left unattended. The trailer with the broken axle is still unclaimed.

The committee also noted to the Board that some of the fishermen have been notified in writing of their equipment/gear and that the Department has been notified of the problem by the Executive Council meeting.

Mr. Paquin stated that the fishermen have seven days to get those abandoned trap nets.

Mr. Paquin stated that the fishermen for a long period of time. Ms. TenEyck stated that some gear has been left for a few weeks. Most of the stomachs were ice sleds and a boat trailer that had a broken axle. The owners of the gear were ticketed as the ice sleds could not be used in the US. They are not so obvious left unattended. The trailer with the broken axle is still unclaimed.

C. CORA Regulations

Mr. Ripple noted that the Board has clarified on the access site problem with boat trailers. They have seven days to get those abandoned trap nets.

The Committee reported that the Bay Mills planned an agent for the control of the cormorants. He reported that the Bay Mills has invited anyone to participate in the control of the cormorants. The Bay Mills designated an agent could shoot the cormorant and not force the TFC to expand the fishery into a 500 ft x 100 -foot strata.

Mr. Ripple then asked if Bay Mills designated an agent could they use a CORA registered boat.

After discussion it was noted an advertisement in the local newspaper was not clear as to what permits the Department has a CORA Regulation that does not allow for firearms on the boat.

Mr. Gorencio responded to a question regarding the discharge of firearms. The Order allows for inland waters. He knows it is designated in the ceded waters of the Great Lakes but he is not sure whether it applies to all Great Lakes agencies.

F. New Business

Mr. Ripple updated the Board on the Asian Carp invasion and prevention efforts. Three species of Asian fish are moving along very well. They have seven days to get those abandoned trap nets.

The Army Corps of Engineers installed an electrical barrier in the Detroit River. They have seven days to get those abandoned trap nets.

The two methods proposed for resolving this problem was to expand the barrier in the Detroit River and create more of an impact on the food chain. Mr. Ripple noted that they are not here yet. They have fourteen barriers for a second barrier would cost $8 million and leaves a deficit of $1.8 million.

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CORA's GLRC meets June 18, from page 6 —

pened before. In the packet is the letter he sent to Kelley Smith as notification of opposition. Mr. Lenart reported on issues regarding the walleye stocking to the TFC to recommend the final decision to be handed over to the GLRC Board at the April meeting. He then asked for approval of Resolution 06-18-2004.

Motioned by Dave Menene, supported by Jimmie Mitchell to approve the issuance of up to five permits for siscowet lake trout fishing during the November closed season to be issued by the Chippewa Ottawa Resource Authority.

Motion carried unanimously by acclamation.

VIII. NEW BUSINESS

A. Siscowet Permit - Tom Gorenflo

Mr. Gorenflo reported that every year there are one to three requests for a permit from a fisherman for a trap net permit to fish siscowet lake trout during the November gill net close. He noted that the siscowet is a lake trout, a fat form generally living in deep water. They are highly abundant in Lake Superior at six times more abundant than the lake trout. The market is low as they are high in fat content, but there is a market for them. This year there has been a request for lake trout under 17 inches and there are markets for fat trout a little smaller.

Mr. Gorenflo stated he gave this information to the BFC and he requested further, but to go ahead and approve a permit for siscowet during the November closure with the normal size limit in place. He stated the biologists can discuss this issue further and give their recommendation on the 17 inch size limit later.

Motioned by Dave Menene, supported by Jimmie Mitchell to approve the issuance of permits for siscowet lake trout fishing during the November closed season.

Discussion: Chairman Parker asked where the fisherman requests by fishermen for a permit every year there are one to three permits in his motion. Mr. Gorenflo feels is appropriate.

Mr. Peterson as his consultant for the liaison with the State. Mr. Paquin stated that he went to a trap net consultant before. Mr. Paquin stated that he went to the Native American Fish & Wildlife Department and was given a presentation. The Society made the decision to allow him to represent the Society on the Nation and Tribal Councils.

Mr. Ripley then reported on the need for a trap net consultant for the Sault Tribe. Mr. Peterson asked where the fisherman who they contact and what is the motion process for the fishermen to acquire a permit. The motion was then modified to go to the Tribal Council before. Mr. Peterson stated that the permit to day's hearing. Mr. Ripley noted consensus was reached on the proposal and that the BFC is giving their recommendation at the Executive Council meeting Chairman Parker asked if the State agreed to this as well. Mr. Lenart stated they did agree.

After further discussion, the Board went through and they agreed to accept Mr. Gorenflo’s report was fine and that there was no objection to it.

V. ADJOURNMENT

Motioned by Dave Menene, supported by Chairman Parker to adjourn at 12:40 p.m.

Motion carried unanimously by acclamation.

— Minutes taken by Beverly Aikens, Administrative Assistant for Disease Control and Prevention granted to the ITC, Inter Tribal Fisheries Assessment Program and the Chippewa Ottawa Resource Authority Public Information and Education.

This program is paid for by funds from the Centers for Disease Control and Prevention granted to the ITC, Inter Tribal Fisheries Assessment Program and the Chippewa Ottawa Resource Authority Public Information and Education.

Fishers Talking Circle

Elders Talking Circle

Elders of the Bay Mills Indian Community and the Sault Ste. Marie Tribe of Chippewa Indians are invited to a focus group talking circle at the Bay Mills Senior Center on September 22, starting at 12 p.m. Noon.

The event will begin with a dump of whitefish, wild rice, corn soup and a berry dessert. After lunch, 10 to 12 fishers and their spouses will be asked to stay for a focus group to help Inter Tribal Council of Michigan understand Elders’ ‘knowledge of fish advisories and those Elders’ history catching and eating fish.

The focus group will be conducted like a traditional talking circle, lasting about one hour. A $50 honorarium will be given to those participating in the circle.

The first 40 people to be registered will be accepted for dinner, lasting about one hour. A $50 honorarium will be given to Elders participating in the circle.

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Please RSVP by Monday, Sept. 13, by contacting Jennifer Dale at 906-632-0043 or at jmdale@chippewaottawa.org.

This program is paid for by funds from the Centers for Disease Control and Prevention granted to the ITC, Inter Tribal Fisheries Assessment Program and the Chippewa Ottawa Resource Authority Public Information and Education.

Fisheries of the Bay Mills Indian Community and the Sault Ste. Marie Tribe of Chippewa Indians are invited to a dinner and talking circle at the Bay Mills Senior Center on Wednesday, Sept. 22, starting at 6 p.m.

The event will begin with a dump of whitefish, wild rice, corn soup and a berry dessert. After lunch, 10 to 12 fishers and their spouses will be asked to stay for a focus group to help Inter Tribal Council of Michigan understand Elders’ ‘knowledge of fish advisories and those Elders’ history catching and eating fish.

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While dredging, MCM Excavating struggles to get the jaws around one of many huge boulders at the McKay Bay access site on Lake Huron.

The site was dredged to a depth of 4 feet below low water and boulders moved from the launch site's path.

Fishermen's Pilaf: wild rice and fish

This is a recipe for whitefish or chinook salmon and wild rice. Use your leftover baked fish, or smoked fish. Portabella mushrooms are the best type to use. Experiment on your own pilaf!

1 Tbls olive or canola oil
1 small onion, finely chopped
8 ounces fresh mushrooms sliced or one small canned sliced mushrooms
1 tsp fresh parsley or 1/2 tsp dried parsley
Pinch ground black pepper to taste
Pinch cayenne pepper, to taste
Pinch salt optional
1/4 cup roasted sunflower seeds
8 or more ounces baked or smoked fish
1 1/2 cups cooked wild rice

Put the rice on to cook according to instructions. Add oil to skillet on medium heat. Add chopped onions, sunflower seeds, sliced mushrooms (or well drained canned sliced mushrooms), parsley, black and cayenne pepper, and optional salt. Sauté until onions are transparent. Add whole wild rice as soon as it is cooked — there should be no water left in the bottom of the rice pot. Flamé the smoked or baked fish, and carefully toss in to let warm through. Serve with a tossed salad. Good with microwaved broccoli or zucchini.

A reminder for CORA's tribal fishermen:

McKay Bay dredging is now complete, thanks to a Great Lakes Fishery Trust grant, and the site is ready for tribal and public use. A full-day session on the Tribal Wildlife Grants and the Tribal Landowner Incentive Program is planned. For more information, call Don Reiter at 715-799-5116, or Faith McGruther at 906-635-5788.

More fruits and vegetables, omega-3s help women cut risk of ovarian cancer

The American Institute for Cancer Research reports that a plant-based that is also rich in omega-3 fatty acids significantly cuts the risk of ovarian cancer. According to an article from the institute's Karen Collins MS RD CDN, four separate studies conducted in recent years show that women who eat more fruits and vegetables cut their risk of ovarian cancer by one-third to two-thirds compared to women who do not.

Fat can either help or hurt, depending on what kind of fat women eat. Animal fat is linked to a greater risk, while fats rich in omega-3 fatty acids help to cut the risk. In one of the studies, higher red meat consumption was linked with more than 50 percent higher ovarian cancer rates, Collins wrote. In another study, eating more animal fat was linked with a 70 percent increase in risk.

Put the rice on to cook according to instructions. Add oil to skillet on medium heat. Add chopped onions, sunflower seeds, sliced mushrooms (or well drained canned sliced mushrooms), parsley, black and cayenne pepper, and optional salt. Sauté until onions are transparent. Add whole wild rice as soon as it is cooked — there should be no water left in the bottom of the rice pot. Flamé the smoked or baked fish, and carefully toss in to let warm through. Serve with a tossed salad. Good with microwaved broccoli or zucchini.

A new study in the International Journal of Cancer reports 40 percent lower ovarian cancer in women with diets highest in omega-3 fatty acid diets. This is the fat found in coldwater fish (like salmon and whitefish) and certain plant products like olives, flaxseed and walnuts.

Collins wrote to write that body fat also seems to play a role, but it is uncertain why since body fat may just be a reflection of diet. The plant-based diet with foods rich in omega-3 fatty acids is a good way for women to protect themselves against ovarian cancer, Collins concluded.

The National Cancer Institute says this strategy is important since ovarian cancer often produces no clear symptoms until it develops in late stages and is difficult to detect through current tests and screenings," she wrote. A new study in the International Journal of Cancer reports 40 percent lower ovarian cancer in women with diets highest in omega-3 fatty acids. This is the fat found in coldwater fish (like salmon and whitefish) and certain plant products like olives, flaxseed and walnuts.

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