

TRIBAL FISHING

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IMMERSION SUIT SAVES FISHERS' LIVES

LUDINGTON — Shahdaht Anderson and Joe Barrientoz were sailing the trapnet boat *Richard Jay*, on Lake Michigan to Little River Band in Manistee one night to meet its captain the next morning.

At about 1 a.m., they slowed down a mile out from Big Sable Point, about five miles northwest of Ludington, and that's when everything happened at once. Very quickly the boat started to take on water. There was a lot of splash and the boat was sinking by the time the alarms went off.

Already wet from splash, the two called for help as they struggled into their immersion suits and got clear of the sinking boat. The water was 37°F.

The USCG personnel sleeping onboard their vessel moored at Grand Haven had their engine running within 5 minutes of hearing the alarm, getting there before the helicopter crew made it. Anderson and Barrientoz weren't sure how long they were in the freezing water — 20 to 40 minutes — but they do know they wouldn't be alive if not for their immersion suits.

"The guys were wet and cold, but okay," said the boat's captain, Bill Fowler.

Sure, suits are expensive, but they're real cheap life insurance.

er. "They didn't go to the hospital."

The *Richard Jay* remains under 145 feet of water.

The Grand Traverse Band captain kept five immersion suits onboard the *Richard Jay*. The suits brought everyone into compliance, and kept them safe.

Fowler also keeps immersion suits on his two smallboat gill net operations. "I

could have a small boat exemption but I chose not to use it," he said. "Sure, suits are expensive, but they're real cheap life insurance."

The accident has since been reconstructed and solved. The till was not handling right, and had been sucking water for 5 to 7 minutes, Fowler said. By then it was too late. The high water alarm went off too late, Fowler guesses, because the water must have stayed in the back until the boat slowed down.

Fowler now advocates redundant pumps and alarms and to take the time to get to know all the onboard equipment. "Be aware, know your equipment. It can happen very quickly," he said.

Fowler added that the fisher with no immersion suit experience had trouble, especially because he was already wet. "Wax the zipper," he advised. "Practice putting on your suit."

— Bill Fowler



Jennifer Dale/CORA file photo

BOTTOMS UP — The Trapnet boat *Richard Jay*, above left of its captain, Bill Fowler, went down in history as another Lake Michigan shipwreck this April, at rest in 145 feet of water off Big Sable Point on Lake Michigan. The ship sank just a mile offshore crewed by Joe Barrientoz and Shadaht Anderson who were sailing to meet Fowler for a job at Little River Band. The two were in 37°F water for up to 40 minutes, saved by their immersion suits.

Public asked to help recover Lake Huron whitefish tags

SAULT STE. MARIE — In a major 3-year study on Lake Huron, fish biologists are testing two hypotheses that could affect the way lake whitefish are managed. Led by Fish Assessment Biologist Mark Ebener for the Chippewa Ottawa Resource Authority (CORA), participants have already accumulated a wealth of information

and are looking forward to getting more.

"The study is important because the way we manage is on a stock basis," said Ebener.

The whitefish distribution study grant is made possible under the USFWS Great Lakes Restoration Act. Participating with CORA in the study

are the Michigan Department of Natural Resources, US Fish and Wildlife Service, Bruce Power, Chippewas of Nawash, Saugeen First Nation and the Ontario Ministry of Natural Resources. Bruce Power later joined because of issues related to a restart of a nuclear facility in Canadian waters of Huron's southern main basin.

Researchers hypothesize that most of the whitefish in central and southern Lake Huron are produced by whitefish that spawn in the Alpena and Fishing Islands regions.

"We believe that there is little spawning habitat south of Alpena and the Fishing Islands," Ebener said.

Researchers will test another hypothesis that lake whitefish stocks in northern Lake Huron — Cheboygan east to, and including, Manitoulin Island — tend to stray less than fish from the rest of the lake.

According to Ebener, there may be as many as 20 to 25 whitefish stocks in Lake Huron. A stock is a group of fish that is spatially distinct from other groups, but not necessarily isolated from other groups during the non-spawning season. His job is to identify what spawning stocks are contributing



CORA file photo

Mark Ebener, Fish Assessment Biologist, takes the lead for CORA.

to the southern Lake Huron fishery.

Next, the researchers will identify any at-risk stocks. "These are stocks that may be small and vulnerable to overfishing," said Ebener, explaining that these stocks would be reproductively-isolated groups of fish.

To make their determinations, the *See Whitefish tagging study, Page 6*

Tag Location	Agency	# Tagged
Cedarville - Detour	Chippewa Ottawa Resource Authority (CORA)	3,224
Cheboygan	CORA	3,574
Saginaw Bay	Michigan Dept. of Natural Resources (MDNR)	1,481
Alpena <i>Includes Middle Island And Thunder Bay</i>	US Fish & Wildlife Service & MDNR	2,978
Burnt Island	Ontario Ministry of Natural Resources (OMNR)	1,278
South Bay mouth	OMNR	1
Fishing Islands <i>Includes Cape Hurd</i>	Chippewas of Nawash & Saugeen First Nation	2,180
Douglas Point	Bruce Power (BP)	236
Sarnia	BP	925
Total Number of Tagged Whitefish in Lake Huron		15,877

Table. Number of whitefish tagged at sites in the main basin of Lake Huron as part of the whitefish distribution study and whitefish natural mortality study in 2003-2004.

CORA GREAT LAKES RESOURCE COMMITTEE MEETS

TRAVERSE CITY — Chippewa Ottawa Resource Authority's (CORA) Great Lakes Resource Committee (GLRC) met directly following the CORA board meeting in Traverse City Dec. 16.

REPORTS

ACCESS REPORT — TenEyck reported that the DNR requested immediate repairs to an electrical conduit at Whitefish Point severely damaged by the boats docking too close. The electrician hired to repair the conduit also upgraded the circuits at the request of fishermen present at the time. Without her approval the electrician added four more outlets and upgraded the circuits. TenEyck also sent letters to the fishermen with the MDNR's suggestions on how to tie up boats without damaging the catwalk.

CONSERVATION COMMITTEE REPORTS

Sault Tribe — Charles Matson reported that his committee had developed a Gathering Committee for inland issues using GLIFWC's code as a model.

Little River Band — Jimmie Mitchell reported holding tribal-state hearings concerning fishing issues. They have been working on the MOU with the U.S. Forest Service and meet again tomorrow.

Little Traverse Bay Bands — John Keshick reported that the ITFAP funding issue was discussed and a motion was passed against delisting the grey wolf. They discussed the Bay Harbor dispute. Dougherty Johnson, a commissioner, added that they met with the ITFAP director and staff of the ITFAP program and they hope to move forward on this issue.

Keshick requested that some of CORA's carryover funds be used to pay a portion of HACCP training fees for CORA-tribe fishers. TenEyck said that funds are available and last year CORA paid for two people per tribe. The board approved spending carryover dollars to pay for 10 members (two per CORA tribe), training fees and the instructors' expenses for the upcoming HACCP training in March 2005.

Bay Mills reported filling a vacancy and Grand Traverse reported submitting its access priority list.

LAW ENFORCEMENT COMMITTEE REPORT

Kevin Willis reported a total of 22 abandoned gill and trap nets pulled this year. His committee requests that the Nov. 1 start date set for extra markings for shallow trap nets fished in late season be moved back earlier, since some shallow nets were seen in October. The committee thought markings could even be in force year-round, he added.

Charles Matson asked if the abandoned trap nets that were lifted had any identifier tags on the cringles — he believes the nets may have belonged to state commercial fishers who are required to put identifier tags on them. Willis said none of the nets were identified; that's why the committee is pushing for identifier tags.

Willis reported that nets set by the LTBB inland biologists, which came up missing, were recently found dumped in shallow waters, and may be usable. Willis told the board a Crime Stoppers tip was reported to he Michigan State Police concerning Rockport vandalism — a 14-year-old youth who lives near the access may be the culprit.

BIOLOGIST REPORTS

Inter Tribal Fisheries Assessment (ITFAP) — Tom Gorenflo reported on the Great Lakes Regional Collaboration in Chicago. He asked whether CORA should address this at the next meeting — the framework works through a spokesperson and consensus, and a lot of issues were discussed in Chicago.

The collaboration is a one-year process that culminates in a report, said Ettawageshik. The report will perhaps justify funding legislation or other projects. The process is on a tightly-driven schedule — if CORA waits until February to discuss it, the CORA tribes will miss a substantial part of the groundwork. Each Collaboration team is self-appointing, which means that anyone can join at any time and be part of the process. These groups are already having conference calls and meetings at the ground level where a lot of the initial work will be done January and February.

After a long discussion the board made no formal action but agreed that coordination of efforts on the Collaboration would run through the BSD and CORA together with tribal environmentalists. GTB Chairman Bob Kewaygoshkum said he would like an environmental report added to the GLRC agenda to report on Collaboration progress.

Gorenflo turned his report over to Environmental Coordinator Mike Ripley who presented new developments on Oak Creek, the coal-fired power plant in Wisconsin. The Public Service Corporation of Wisconsin that permitted the expansion plan in Wisconsin is being sued by various groups on the grounds the PSC permitted the development without considering all information. The judge ruled on Nov. 30 that the PSC did not have the full information to permit.

Ripley said if there is a federal, state or tribal concern, such as the devastation of diporeia (A tiny shrimp-like creature that is an important food source for whitefish, lake trout, and many other fish that has declined dramatically in the eastern Great Lakes basin), then that concern could be used as our stand on this issue. Ripley noted that some EPA staff who are against the power plant have been told from D.C. that the Administration wants this plant to go through despite the dangers and staff concerns.

Ripley proposed that CORA send a letter to the state of Wisconsin requesting that it keeps CORA informed per the Clean Water Act. It was the consensus of the board that CORA opposes the power plant and that Tierney should draft a letter to the state of Wisconsin to keep CORA informed about the plant.

Little River Band — Ken LaHaye said that LRB was funded for fish sampling. Bob Hardenburgh added that they have been doing in-house work and most of the assessments were completed this year. The Department is stocking nets, ageing scales and performing maintenance on equipment.

Grand Traverse Band — Biologist Tom Callison reported that he has jurisdictional and biological issues concerning the gray wolf delisting, which has been postponed. He is not sure what wolf management the U.S. considers tribal. Biologist Erik Olsen reported that the department staff finished their fall lake trout spawning assessments and fall walleye surveys in Grand

Traverse Bay. They finalized the subsistence fishing licensing and reporting protocol that was authorized in the Consent Decree, but they did not have subsistence fishers. The department has been involved in generating the 2005 lake whitefish HRGs through the TFC.

The department has also put in for a grant through the Great Lakes Fishery Trust for passive integrated tags as well as the injectors for tagging sturgeon. These will be distributed to Wisconsin DNR, Michigan DNR, Illinois and Indiana DNR, CORA, LTBB, LRB and GTB. The staff have been busy winterizing their marina and participated in a meeting regarding the Down Town Water Front plan in Traverse City.

The department is busy working on the 2005-2006 gill net assessment study plan for grids 712 and 713. Before the TFC, the staff will discuss the continuation of walleye stocking in Grand Traverse Bay.

Little Traverse Bay Bands — Stephen Lenart reported on the Bay Harbor development and the release of kiln dust. The Natural Resources Commission has been involved in discussions with the EPA, which has started the process and taking the lead by talking with the potential responsible parties (PRPs). The latest step in the process was to have the parties deal with the contamination and mitigate any future contamination.

The EPA is still on board even though the DEQ has requested responsibility on the issue. Craven said the parties believe the DEQ should have the authority and the parties are still fighting whether the EPA has the authority and jurisdiction on this issue. Ettawageshik said that the DEQ wants LTBB to back them as the lead agency but LTBB agrees that the EPA should have the authority.

BIOLOGICAL SERVICES DIVISION REPORT

Lenart presented handouts that dealt with the final recommended shared whitefish yields for management units in the 1836 treaty waters, year-to-date whitefish harvest by management unit, and lake trout harvest by lake trout management unit (through October).

OLD BUSINESS

The board held a discussion on proposed CORA Regulations Amendment for Removal of Trap Nets. TenEyck said that the proposed amendment to remove trap nets by November 15 was not approved during the last meeting and it was to go back to the committees for review. The board was not ready to take action on the item. A suggestion was made to close off those few nets that fish in the winter, subject to inspection to ensure the closure. Another suggestion, supported by others, was made for a legislative review schedule for proposed amendments and that regulations would be amended only once each year, unless an emergency amendment is called for.

NEW BUSINESS

Proposed amendments to CORA regulations were presented for board members to take back to their committees for review.

Frank Ettawageshik was elected as GLRC chairman for 2005, and Tony LeBlanc was elected as GLRC vice-chairman.

— Condensed from approved minutes written by Bev Aikens, CORA Administrative Assistant.

OFFICERS OF CORA BOARD & COMMITTEES

Bay Mills Indian Community (BMIC or Bay Mills)

Jeff Parker, tribal chairman

Anthony LeBlanc, Conservation Committee chairman, GLRC vice chairman

Grand Traverse Band of Ottawa and Chippewa Indians (GTB)

Robert Kewaygoshkum, tribal chairman

John Concannon, Natural Resource Committee chairman,

Little River Band of Ottawa Indians (LRB)

Lee Sprague, tribal chairman, CORA vice chairman

Jimmie Mitchell, Natural Resource Commission chairman

Little Traverse Bay Band of Odawa Indians (LTBB)

Frank Ettawageshik, tribal chairman, GLRC chairman

John Keshick, 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 Resources Committee" of CORA, which serves as the inter-tribal management body for the treaty fishery in 1836 treaty waters.

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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.



CORA HOSTS SEAFOOD SAFETY TRAINING

BAY MILLS — Michigan Sea Grant sponsored a HACCP training at Bay Mills Community College at the end of March for anyone who wanted to attend. At the end of the course, the 28 participants had a HACCP certificate, know how to write and implement

a HACCP plan, numerous resources under their belts, and met others in the industry.

CORA-tribe members certified at this year's training were Albert LeBlance, Jeffrey Battice II, Kevin Schlappi, Brian Anthony, Sherri Cabinaw,

Michael Kashata, Richard Boda, Thomas Battice, Craig Searles, and Rory Parish. GTB Natural Resources Department Director Suzanne McSawby, CORA PIO Jennifer Dale, Bay Mills Fish Biologist Paul Ripple and Fishery Technician Skip Parish Jr., were all certified. Others attended the course were a number of staff from Atlas Logistics in Indiana, as well as fish farms and markets around the state.

The course was taught by MSU Sea Grant Agent Ron Kinnunen, Biologist Mike Erdman, and GLIFWC's Jim Thannum. Over the years, the three took the national HACCP curriculum and tailored it to the Great Lakes fishery, right down to daily logs used in HACCP plans. Most other curriculums deal with the salt water fisheries or shrimpers, of little use to Great Lakes fishers. Kinnunen and Thannum handed out every form they could possibly come up with that a regional fisher might use. The course also furnished a HACCP training manual for later use, and a "Fish and Fisheries Products Hazards and Controls" guidance manual, which takes the guessing out of seafood hazards, from pathogens to parasites, toxins to allergies, even fish contaminant levels.

The class learned what is required to fulfill Seafood Safety laws. HACCP means "Hazard Analysis and Critical Control Point." What the class learned

to do was to look at an operation, whether it was fishing, fish processing or making a value-added product, analyze it for points in the operation where safety might be an issue. Temperature, hygiene, sanitation, cross contamination, and other variables could under certain circumstances affect product quality and so had to be controlled by some procedure. HACCP requires that these safety procedures are recorded.

For example, smokers need to keep fish at a certain temperature when it is frozen, when it is smoking, and when it is stored as a finished product. This is crucial, so times and temperatures are recorded at set intervals and initialed.

By the time the class got through the analysis, the safety procedures, the microbiology behind the law, and studying model HACCP plans, they were ready to break out into groups and write their own plans, then present them to the class.

Everyone attending made the certification, and is now qualified to write and implement a plan, or even teach the course to others.

For help with HACCP plans or to find out about other trainings, contact Ron Kinnunen at 906-226-3687, kinnunen1@mse.edu.

Coming soon: Great Lakes HACCP forms on CORA website for anyone to download: www.1836cora.org.



Tribal fishers Albert LeBlance, Rory Parrish, Thomas Battice and Brian Anthony, sit at the front of the class. CORA sponsored the \$90 registration fees and out-of-town travel for 10 CORA-member tribes' fishers.



Little Traverse Bay Bands Fisher Kevin Schlappi, far left, Bay Mills Fish Tech Skip Parish Jr., back right, GTB Fisher Sherri Cabinaw, and two classmates are hard at work using what they have learned to develop their own HACCP plan. Instructors assigned a hypothetical product to each group and left them to it. Each group had to make an analysis of the product, develop a plan based on hazards they found, and present it to the rest of the class.



Craig Searles of Little Traverse Bay Bands Bell's Fisheries and GTB fisher Michael Kashata confer on their plan.



Above (L-R) are Velda Dumas of Mackinac Straits Fish Co., Albert LeBlance and Suzanne McSawby, GTB Natural Resources Department director, discuss the local value-added products. Everyone would like to see the market expand.



Sault Tribe fisher Albert LeBlance (L) hangs out with HACCP Instructor Ron Kinnunen, Michigan Sea Grant and Extension agent. Kinnunen has done a lot of work to make HACCP easier for Great Lakes commercial fishing operations.



Chippewa Ottawa Resource Authority-US Coast Guard MOU

SAULT STE. MARIE — Local US Coast Guard representatives visit the Chippewa Ottawa Resource Authority Offices to talk over re-signing the CORA-USCG MOU that allows a class exemption for immersion suits on small fishing boats.

The five discuss a letter to the Rear Admiral Robert Papp requesting the exemption. Lt. Locklear said the

procedure calls for CORA to give the letter to Locklear, who will endorse it and pass it on to his captain, who will pass it on to the admiral. Locklear suggested strengthening the point that CORA has an exceptional safety record.

Locklear added that “it’s been very quiet because everything works so well.”

The group also went over the procedure for obtaining USCG stickers for fishing boats. Stickers are furnished after the dockside inspection report is submitted, said Locklear. The stickers are good for two years, added Trzil.

“We get it certified by a TCO [tribal conservation officer], send out the sticker, no questions at all,” he said.

Locklear informed TenEyck that the

Coast Guard will be changing territory covered but that won’t affect the MOU. The new sector people in lower peninsula at Grand Haven will want to meet with the lower peninsula tribes, he added. The realignment is required, he said, to come into line with the US Border Patrol and US Customs, as ordered by Homeland Security.



It’s that time again — (L-R) US Coast Guard representatives MST1 Larry Trzil, Ensign Mike Benson and Lt. Mark Locklear visit with CORA Executive Director Jane TenEyck and Candy Tierney, CORA counsel, to discuss re-signing the CORA-USCG MOU that allows a class exemption for immersion suits in small fishing boats. Great Lakes commercial fishing is subject to USCG Maritime Safety regulations.

Techs have fun at Inter-Tribal Fisheries & Assessment Program



Stomachs, Sewing & Sampling —

Out in the wetlab, Fishery Technicians at Inter Tribal Fisheries and Assessment Program at the Big Abe Building in Sault Ste. Marie always have their hands busy.

Above, left, Amanda Handziak conducts lake trout diet analysis of fish from Bay de Noc and the Straits, going through about 50 fish per day. This is the first time in 5.5 years, she said, she has ever found a round goby. The fish came from the Straits, and if there’s one, there’s hundreds, she added. The technician records the weight of the fish, the weight of each sample in the stomach, as well as its species and its length. Besides the four round gobies and the usual feathers and bugs, Handziak found crayfish, smelt, alewives, rocks and scuplins.

Above, right, longtime Fish Tech Rich Reining strings up a trap net across the entire wet lab so that he can more easily repair it.

The ITFAP crew is at various work on the left. From left to right, Lori Thompson finishes up walleye sampling, while Handziak helps Environmental Coordinator Mike Ripley collect samples for his longterm contaminant study that now has over 10 years of lab results under its belt. ITFAP Director Tom Gorenflo, standing in back, comes out to the wetlab to go over some information with Ripley. The two work together on the Great Lakes Regional Collaboration Invasive Species Strategy Team.





EXPORTER BRINGS WHITEFISH TO WORLD



Dan Schwarz, Door County Fish Exporter. Schwarz grew up in the business, started specializing in cooking when he saw an opportunity in export.

By Jennifer Dale

"I buy fish and caviar — that's what I do," said Dan Schwarz, owner of Dan's Fish, Inc. in Sturgeon Bay, Wisc. Schwarz is an exporter of Great Lakes fish and caviar, and an importer of other seafood to the U.S. He has built a thriving business from his efforts.

Schwarz comes from a Wisconsin family that has been in the fishing business for over a century. "My family owns a chub fishing boat," said the 40-year-old international entrepreneur, who started out in the business as a young teenager.

"I started cooking at area restaurants at the age of 14 with fish being my specialty," he remembers. "When I got my drivers license, I started distributing fish for my family, Schwarz Fish Co., in Sheboygan, Wisconsin."

Before specializing in import-export and caviar, Schwarz tried his hand as a commercial pilot in the late '80s, but couldn't make a living during the airline depression. He does keep up on his credentials, though — having his own plane has saved him a lot of travel time.

Around 1990, at a time when he was looking for opportunities to add products to his own fish distribution, Schwarz met Dr. Seppo Koleh-

mainen, a Door County man who grew specialty mushrooms. Kolehmainen was very familiar with both caviar and international business, so the two became business partners.

At that time local fishermen were paid poorly if at all for their caviar. That's all changed now. "We developed — or maybe improved — the caviar business in Wisconsin," Schwarz said, referring to the significant increase Wisconsin fishers have seen for their roe.

These days, Kolehmainen still grows mushrooms, now in Estonia, and the two remain great friends, said Schwarz.

His operation in Sturgeon Bay employs 15, and has its own chub roe processing in Sheboygan for the initial processing of the local fishermen's chub roe. The business also subcontracts with various producers and processors.

"We purchase, process, market, sell," said Gretel Sannikas, Schwarz's international manager for the last six years.

The company sells fresh or frozen fillets of lake whitefish, trout, bluegill, and zander (sometimes known as pike perch or European walleye).

Breaded products include bluegill, perch, walleye — and cheese curds, a popular item in Door County. Specialty products are whitefish chowder, smoked fish sausage, whitefish caviar and chub caviar.

Schwarz's European base is centrally-located Estonia, where Schwarz has relatives. They've always kept in touch, he said, and when the Iron Curtain fell in 1991, he went over to visit.

The Estonian sister company markets Dan's Fish products, subcontracts processing from local fish processors, and procures raw materials, according to Schwarz. The traditional market is okay, he added, but to ignore the European market is to ignore 500 million people whose standard place setting includes a boning knife for the fish. And they need more fish to bone.

Sannikas said that to limit one's market is to limit one's opportunities. "Then you have a blind spot," said the Estonian marketer. Schwarz added that European revenue is "fresh money" for the local economy — new money that hasn't been recirculating in the system.

Dan's Fish is now making inroads into Michigan, Schwarz said. Here in the Great Lakes, the whitefish market is challenged, a problem people are trying to address, but there is no "magic pill," he said. Although his company has limited resources, Schwarz said he is doing what he can to improve the market.

And, Schwarz can use his limits as strengths. Larger firms may have more resources, but they are less adaptable and flexible than a company like Schwarz's, which can market aggressively to tap a potential like the European market, as well as other opportunities that come along.

His advice to others who want to compete is to add more processing. "The ability to value-add to the product provides a producer, more revenue and more jobs," he said.

Next, about 80 percent of fish sales go to food service,



Schwarz specializes in caviar, and buys whitefish and chub roe to produce it.

yet most of the marketing effort is made toward retail, which is only 20 percent of the market. He advised directing more to other opportunities.

Most important is quality. "Quality is absolutely essential — quality is my company's claim to fame," he said. "We do the best job we can to make sure quality is first class."

Consistent quality leads to increased economic value, said Schwarz. His company's customer base is willing to pay more for quality. But quality can suffer when trying to wear too many hats, and not being able to do justice to them all.

"Concentrate on fewer tasks," he suggested. "You

can't take on everything."

One development Schwarz would love to see is a processing facility at the Grand Traverse Band dock. "It's a beautiful location," he said. Dan's Fish does sometimes develop satellites — it comes in, instructs for what product it wants, and negotiates for production.

Starting out is a lot of hard work with a large element of risk, especially in the beginning, he said. He wouldn't want to go through it again — but the rewards have been worth it. Schwarz would be more than willing to assist in any way he can.

See Schwarz's offerings at www.fullfish.net.



Gretel Sannikas, International Manager

IQE PRODUCTS

- **VERSATILITY** - Our products are suitable for a wide range of applications, from high-end restaurants to casual dining.
- **CONSISTENCY** - We ensure that every product meets our high standards of quality and freshness.
- **PROFITABILITY** - Our products are designed to provide excellent value for your business.
- **ADAPTABILITY** - We offer a variety of product options to suit your specific needs.
- **QUALITY** - We use only the finest ingredients and state-of-the-art processing techniques.
- **INNOVATION** - We constantly develop new products to keep your menu fresh and exciting.
- **RELIABILITY** - We have a proven track record of delivering products on time and in perfect condition.
- **Customer Service** - We are committed to providing exceptional support to our clients.

BREADED PRODUCTS

- **European Walleye (Pikeperch / Zander)**
- **Whitefish**
- **Lake Perch**
- **Breaded Walleye**
- **Breaded Perch**

Dan's Fish offers caviar, fresh, frozen and breaded fish products to America and Europe.

From "Whitefish tagging study" page 1

Scientists are conducting a "mark-recapture" study of adult lake whitefish in Lake Huron. That means captured lake whitefish will be tagged and released for later recapture.

Researchers are offering a reward for each tag recovered by fishers. The recapture of the tagged whitefish is critical. Researchers will use the information from these tags to determine the spatial distribution and movements of lake whitefish stocks in Lake Huron. With the information, they determine the contribution of these stocks to commercial yields and use it to develop a distribution model that describes the relative magnitude of movement among management areas, including seasonal movement, for the population level modeling that determines total allowable catch (TAC).

In 2003, CORA tagged 3,238 lake whitefish in the Cedarville-Detour and Cheboygan areas. In 2004, the groups collaborated to tag a total of 12,638 whitefish at eight sites in the main basin. Only one whitefish was tagged at the South Bay mouth because rough seas destroyed the Ontario Ministry of Natural Resources (OMNR) trapnets. (See Table.)

With the information garnered from the tags so far recaptured, the group assessed short-term and long-term mortality and tag loss at some sites in 2004. CORA determined that the short-term and longer-term survival and tag loss in 2003 and 2004 at Cedarville-Detour and Cheboygan was. Short-term survival ranged from 99 to 100 percent in 2003 and 2004, while longer-term survival ranged from 70 to 95 percent in both years.

The sex ratio of spawning fish at these two sites changed slightly from 2003 to 2004. The first year females made up 42 percent of the whitefish tagged, and in 2004 made up 47 percent.

A \$5 reward for the return of tagged whitefish is being offered. Look for Ebener's work phone printed right on the tag, which will be red or yellow. Ebener requests that fishermen phone him directly from the boat because researchers are attempting to build a GIS-based database. If fishers can't call at the time of recapture, Ebener requests that they note the GPS coordinates, if available.



CHIPPEWA OTTAWA RESOURCE AUTHORITY MEETING BRIEFS

TRAVERSE CITY — A regular meeting of the Chippewa Ottawa Resource Authority was held Dec. 19, 2004, at the Grand Traverse Resort in Traverse City, Mich.

Present were Unit Director and CORA Chairman Fred Paqui and Charles Matson (for Vic Matson Sr.) for Sault Tribe, Chairman Jeff Parker and Anthony LeBlanc for Bay Mills, Chairman Robert Kewaygoshkum and John Concannon for Grand Traverse Band, Ogema Lee Sprague and Jimmie Mitchell for Little River Band, and Chairman Frank Ettawageshik and John Keshick for Little Traverse Bay Bands.

Hank Bailey, Grand Traverse Band, gave the invocation. **PUBLIC INFORMATION & EDUCATION REPORT**

Jennifer Dale gave a Public Information and Education report. A HACCP training is scheduled for March 29-31, 2005, at Bay Mills Community College. Michigan Sea Grant Agent Ron Kinnunen agreed to do the training for \$90 per person if CORA paid instructors' travel and lodging. (See HACCP story in this issue.)

Dale sent a letter to the Muskegon Chronicles editor to correct confusions between the Consent Order and 1836 Treaty. She attended an Administration for Native American (ANA) grant training the previous day, the Tribal Water Accord held at the Kewadin Casino Dec. 16, the Regional Tribal Food Systems Summit held at the Bay Mills Community College on Oct. 22, and the most recent Michigan Sea

Grant Whitefish Marketing Campaign Steering Committee meeting in St. Ignace October 19.

To answer the board's questions about eligibility for Trade Adjustment Assistance (TAA), Dale reported that she spoke to TAA Coordinator Jean-Louis Pajot in the USDA Washington, D.C. office, who informed her that the tribes are not eligible for the TAA assistance for lake whitefish because the Canadian imports they are competing against are wild caught; TAA for fishers must derive from an aquaculture product like Chilean salmon. She also found out that the entire state where eligibility was established becomes eligible for TAA for that product.

Lastly, she was informed of a grade school textbook with an inaccurate and incomplete presentation of Native fishing rights, she said, handing out copies of the offending text. The MSU Extension office has offered its services to help to correct this.

Chairman Ettawageshik noted that there have been discussions on safety of the food supply in this country and perhaps there is a way to get Homeland Security monies in terms of working on local foods. Perhaps the tribes should look at this in marketing our fish as secure and safe foods. Dale said she would.

EXECUTIVE DIRECTOR REPORT
Chairman Parker will serve as a trustee for CORA's Money Purchase Plan since the former trustee is no lon-



Photo by Bev Aikens/ CORA

OPEN FOR BUSINESS — The access dock at the Little Lake access site on Lake Superior is ready for our fishermen to use, said Executive Director Jane TenEyck. The dock was built by CORA and its use permit is in place, she added.

ger on the CORA board.

At TenEyck's request, the CORA board approved a contract with Jim McClurken, a renewal contract with its legal counsel, Kathryn Tierney, and a modification to Susan Gray's contract. The board also reaffirmed a resolution approving the 2005 litigation support request budget.

ELECTIONS FOR 2005 CHAIRMAN AND VICE-CHAIRMAN

The re-election of Fred Paquin as CORA chairman and Lee Sprague as CORA vice-chairman was unanimously approved.

— Condensed from approved minutes written by Bev Aikens, CORA Administrative Assistant



OMEGA-3S FOUND IN WHITEFISH ARE CRUCIAL TO STAVING OFF LIFETIME HEALTH PROBLEMS

Researchers are busy exploring the benefits of omega-3 fatty acids, which is fast seeming crucial to good health among all age groups. These essential fatty acids are highly concentrated in the brain and appear to be particularly important for cognitive and behavioral function. In fact, infants who do not get enough omega-3 fatty acids from their mothers during pregnancy are at risk for developing vision and nerve problems.

Fish oils and plant oils are the primary dietary source of omega-3 fatty acids. There are three forms of omega-3 fatty acids. EPA and DHA are found in cold-water fish such as whitefish, lake trout, salmon, herring, to name a few. ALA is found in flaxseeds, canola oil, soybeans, pumpkin seeds, and walnuts.

Once eaten, the body converts ALA to EPA and DHA, the two types of omega-3 fatty acids more readily used by the body. People with certain conditions, such as diabetes, seem to have trouble breaking down ALA into EPA and DHA.

Researchers think that omega-3s may be helpful in certain conditions but more research is needed. These include ulcers, migraine headaches, preterm labor, emphysema, psoriasis, glaucoma, Lyme disease, lupus, and panic attacks, schizophrenia, bipolar disorder, diabetes, weight loss and macular degeneration and Alzheimer's and memory loss.

So far, research seems to show that omega-3 fatty acids helps against the following conditions.

ALZHEIMER'S

A study just published indicates that the DHA form of omega-3 fatty acid can intervene in Alzheimer's to reduce the plaque buildup that causes Alzheimer's by up to 50 percent, and may even prevent it in the case of a lifetime diet rich in DHA.

HIGH BLOOD PRESSURE

Several studies suggest that diets and/or supplements rich in omega-3 fatty acids lower blood pressure significantly in people with hypertension. Similarly, people who eat an ALA-rich diet are less likely to suffer a fatal heart attack.

STROKE

Strong evidence from population-based studies suggests that omega-3 fatty acid intake (primarily from fish), helps protect against stroke caused

by plaque buildup and blood clots in the arteries that lead to the brain. In fact, eating at least two servings of fish per week can reduce the risk of stroke by as much as 50%.

DIABETES

People with diabetes tend to have high triglyceride and low HDL levels. Omega-3 fatty acids from fish oil can help lower triglycerides and raise HDL, so people with diabetes may benefit from eating foods or taking supplements that contain DHA and EPA.

ARTHRITIS

Most clinical studies conclude that omega-3 fatty acid supplements reduce tenderness in joints, decrease morning stiffness, and allow for a reduction in the amount of medication needed for people with rheumatoid arthritis.

In addition, laboratory studies suggest that diets rich in omega-3 fatty acids (and low in omega-6 fatty acids) may benefit people with other inflammatory disorders, such as osteoarthritis.

OSTEOPOROSIS

Studies suggest that omega-3 fatty acids such as EPA help increase levels of calcium in the body, deposit calcium in the bones, and improve bone strength. In addition, studies also suggest that people who are deficient in certain essential fatty acids are more likely to suffer from bone loss than those with normal levels of these fatty acids.

DEPRESSION

People who do not get enough omega-3 fatty acids or do not maintain a healthy balance of omega-3 to omega-6 fatty acids in their diet may be at an increased risk for depression. The omega-3 fatty acids help nerve cells communicate with each other, which is an essential step in maintaining good mental health.

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

Children with ADHD may have low levels of certain essential fatty acids (including EPA and DHA) in their bodies. In a study of nearly 100 boys, those with lower levels of omega-3 fatty acids dem-

onstrated more learning and behavioral problems (such as temper tantrums and sleep disturbances) than boys with normal omega-3 fatty acid levels.

EATING DISORDERS

Studies suggest that men and women with anorexia nervosa have lower than optimal levels of polyunsaturated fatty acids (including ALA and GLA). To prevent the complications associated with essential fatty acid deficiencies, some experts recommend that treatment programs for anorexia nervosa include PUFA-rich foods such as fish and organ meats.

SKIN DISORDERS

In one study, 13 people with a particular sensitivity to the sun known as photodermatitis showed significantly less sensitivity to UV rays after taking fish oil supplements. Still, research indicates that topical sunscreens are much better at protecting the skin from damaging effects of the sun than omega-3 fatty acids. In another study of 40 people with psoriasis, those who were treated with medications and EPA

supplements did better than those treated with the medications alone. In addition, many clinicians believe that flaxseed (which contains omega-3 fatty acids) is helpful for treating acne.

MENSTRUAL PAIN

In a study of nearly 200 Danish women, those with the highest dietary intake of omega-3 fatty acids had the mildest symptoms during menstruation.

BREAST CANCER

Although not all experts agree, women who regularly consume foods rich in omega-3 fatty acids over many years may be less likely to develop breast cancer. In addition, the risk of dying from breast cancer may be significantly less for those who eat large quantities of omega-3 from fish and brown kelp seaweed (common in Japan). This is particularly true among women who substitute fish for meat.

PROSTATE CANCER

Laboratory and animal studies indicate that omega-3 fatty acids (specifically, DHA and EPA) may inhibit the growth of prostate cancer. Similarly, population based studies of groups of men suggest that a low-fat diet with the addition of omega-3 fatty acids from fish or fish oil help prevent the development of prostate cancer.

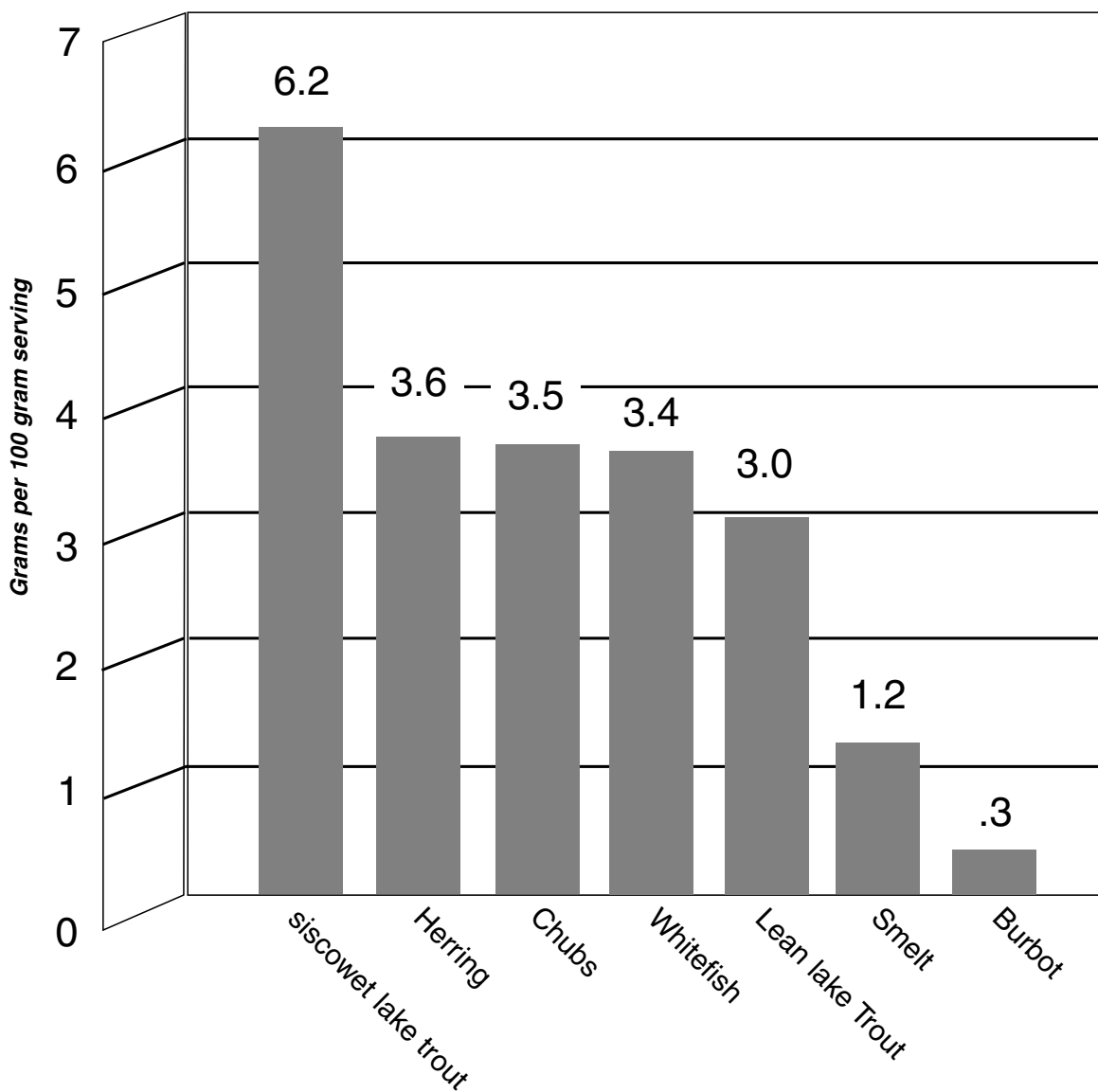
MERCURY ISSUES

A new study in the April 20, 2005 issue of the Journal of the American Medical Association looked at the associations between mercury and cognitive functioning in a group of US adults. Overall, they did not find strong evidence that blood mercury levels were associated with worse cognitive performance. One could assume, in correlation with other studies, that the protective benefits of omega-3 fatty acids outweigh the health risks posed by mercury contamination.

Those who eat a lot of fish, or just want to be on the safe side, should choose fish that is low in mercury content. Fish with some of the lowest mercury content around are upper Great Lakes whitefish and lake trout, which also have more omega-3 fatty acids than most saltwater fish.

— Information Sources: University of Maryland, Almerican Heart Association, Dr. Paul Addis, Journal of the American Medical Association., Journal of Neuroscience, CORA news archives.

Omega-3 fatty acid content in Lake Superior fish



Figures from Dr. Paul Addis

TRIBES PARTICIPATE IN GREAT LAKES REGIONAL COLLABORATION

SAULT STE. MARIE — Tribes are fulfilling their responsibilities by participating in the Great Lakes Regional Collaboration convened by presidential order last December. The draft Great Lakes Strategy produced by the Collaboration will be unveiled for public comment this July.

In May 2004, President Bush signed a Presiden-

tial Executive Order recognizing the Great Lakes as a national treasure, calling for the creation of a "Regional Collaboration of National Significance" and a cabinet-level interagency Task Force. On December 3, 2004, the Great Lakes Regional Collaboration (GLRC) convened in Chicago to officially launch the effort to work toward the common goals of protecting, restoring and improving the Great Lakes ecosystem.

Frank Ettawageshik, chairman of the Little Traverse Bay Bands of Odawa Indians, serves on the GLRC Executive Committee that oversees the process. Strategy Teams that have formed under the Executive Committee are responsible for developing recommendations on specific issues within the Great Lakes ecosystem. The Executive Committee will merge the Teams' draft strategic action plans into one draft comprehensive strategy.

Ettawageshik's tribe is a member of the Chippewa Ottawa Resource Authority (CORA), which regulates Great Lakes fishing in the 1836 treaty-ceded territory and is committed to the GLRC process under the coordination of Biological Services Chairman Steve Lenart.

Other personnel from the CORA tribes are Little River Band Ogema Lee Sprague serving on the Indicators and Information Team; LRB Environmentalist Frank Beaver, Indicators and Information Team and the Coastal Health Team; CORA Public Information Officer Jennifer Dale, Sustainable Development Team, subgroup Fisheries, Recreation and Tourism co-lead; Inter Tribal Fisheries and Assessment Program Director Tom Gorenflo, Habitat Species Team and the Invasive Species Team; Grand Traverse Band environmentalist Andy Knott, Persistent Bioaccumu-



lative Toxins Reduction Team and Sustainable Development Team; Sault Tribe's Fisherman Advocate Charles Matson, Habitat Species Team; LRB Natural Resources staff Stephanie Ogren, Habitat Species Team; ITFAP environmental coordinator Mike Ripley, Invasive Species Team; and Bay Mills Fishery Biologist Paul Ripple, Nonpoint Source Team and the Invasive Species Team.

Gorenflo is on the drafting team for Invasive Species and Dale is drafting the fisheries portion of the Sustainable Development strategy. The Great Lakes Indian Fish & Wildlife Commission, of which Bay Mills is a member, is also heavily involved.

The draft Strategy will be unveiled to the public at the Summit I ceremony next July in Duluth. After public comments are incorporated into the Strategy, the final draft will be presented next December in Chicago.

For more information about the Great Lakes Collaboration, see the website <<http://www.epa.gov/greatlakes/collaboration>>.



WELCOME — The Great Lakes Regional Collaboration Meeting in Grand Traverse Resort in April opened with a prayer and smudging by Derek Bailey, Tribal Council Secretary for the Grand Traverse Band of Ottawa and Chippewa Indians. The 3-day meeting was an opportunity for those involved in the process to hear reports from all nine strategy teams and for working groups to meet face-to-face.

ENVIRO UPDATES —

OAK CREEK POWER PLANT —

According to the Associated Press, the U.S. Army Corps of Engineers approved a We Energies' plan on May 19 to build two new coal-fired power plants and a two-mile pipeline into Lake Michigan.

The state Supreme Court is expected to rule soon on a challenge and several other lawsuits are pending.

A lawsuit was filed April 26 by environmental groups to challenge state regulators' approval of a water permit for the Oak Creek Power Plant Expansion.

The Wisconsin DNR issued the permit in March.

The two-mile-long pipeline extending into Lake Michigan would take in 2.2 billion gallons of water daily, then return it to the lake 15 degrees warmer. Environmentalists and other concerned groups expect major fish kills and the destruction of already low numbers of diporeia, a basic fish food that is already in peril.

Chippewa Ottawa Resource Authority also opposes the expansion.

SULFIDE MINE AT YELLOW DOG —

The Huron Mountain Club has asked Gov. Jennifer Granholm to oppose Kennecott Minerals' proposal to mine for nickel in the Yellow Dog Plains. The Huron Mountain Club is a powerful group of private landowners near the mining site.

A bill approving the sulfide mine passed through the legislative fast track late last year and was signed by the governor.

According to the Mining Journal, Huron Mountain Club President Elinor McLennan, in a letter to Granholm May 11, said Kennecott cannot be trusted to design a mine that would not pollute the environment. McLennan pointed to a washout of a road designed by Kennecott and permitted by the Michigan Department of Environmental Quality.

Chippewa Ottawa Resource Authority also opposes the mine.

Three summer recipes for your favorite fish

Quick Whitefish Wraps

2 lb. skinned and pin boned whitefish fillets, diced about 0.5-inch squares.
1 teaspoon each salt, pepper and cumin
1.5 teaspoon canola oil
1/2 cup roasted red bell peppers
2 cloves garlic, smashed or minced
1 small Vidalia onion, minced
1 6-inch zucchini, finely diced
1 jalapeño pepper, seeded and minced
2 cups tomatoes, seeded and diced
1/4 c. fresh cilantro, chopped
1 tablespoon fresh lime juice
6 flour tortillas (whole wheat, spinach, etc. is fine)
Sauté onion, zukes, garlic until transparent.
Season fish with cumin, salt and pepper, add to pan. Add all peppers, tomato and cilantro after fish cooks through. Place one-sixth of mixture on 6-inch tortilla and roll up. Add shredded lettuce, onion, sour cream and salsa on top.

Asian Steamed Fish

1 tablespoon Chablis or other dry white wine
1 tablespoon low-sodium soy sauce
1/2 teaspoon dark sesame oil
2/3 cup green onions, minced
1 tablespoon orange rind, grated
1 teaspoon peeled ginger root, minced
4 trout fillets, skinned and boned (4-ounce)
1 medium unpeeled cucumber, sliced

Combine wine, soy sauce, and oil, and set aside. Combine green onions, orange rind, and ginger root. Line a vegetable steamer with aluminum foil. Arrange fish in steamer; top fish with onion mixture. Place steamer over boiling water.



Cover and steam 12 minutes or until fish flakes easily when tested with a fork. Place fish on a serving platter; drizzle with soy sauce mixture. Arrange cucumber slices around fish, and serve immediately. Yield: 4 (From fooldownunder.com)

QuickGlazed Grilled Fillets

Use whitefish, trout or walleye, 6-8 ounce fillets

6 fillets, skinned and boned
1/2 cup Kikkoman Teriyaki Baste & Glaze
4 teaspoon fresh lime juice
1 tablespoon finely-chopped fresh dill weed
nonstick cooking spray
3 limes, cut into wedges

Score both sides of trout with diagonal slashes 1/4-inch deep and 1 inch apart. Combine teriyaki baste & glaze, lime juice and dill; brush fillet thoroughly with mixture. Let stand 30 minutes. Meanwhile, prepare coals for grilling. Coat grill rack with cooking spray; place 4 to 5 inches from medium-hot coals. Place fillets on rack; cook 5 minutes on each side, or until fish flakes easily with fork, brushing occasionally with baste & glaze mixture. Serve with lime wedges.

To broil: Place trout on rack of broiler pan. Broil 5 minutes on each side, or until fish flakes easily with fork; brush occasionally with baste & glaze mixture.

Yields 6. (From fooldownunder.com)