

Busy working on budgets and planning for 2015



**KIM GRAVELLE,
DIRECTOR, UNIT I**

Hello, it has been another busy month working on budgets and

planning for 2015. Financials issues continue to dominate the majority of our meetings. One of the main things we need to do is prioritize our needs. It seems like something this simple does not get done when politics and personal feelings come into play. But, as a team, we offer each other feedback and come to a compromise that benefits our tribe.

I attended a tribal enrollment meeting this month. The main topic of discussion was parents not enrolling their minor children (children under the age of 18). Once a child reaches the age of 18 and they haven't been enrolled, they are no longer eligible to apply for membership. Most of these young adults don't

even realize they haven't been enrolled until they try to utilize one of our tribal programs and are asked for proof of membership. The enrollment committee has drafted a resolution to allow children, of fully documented members, from the age of 18 to 21 to apply for membership on their own. Since this has to be voted on by the board of directors, I will keep you posted or you can check the Sault Tribe website at saulttribe.com.

Parents please take the time to make sure you children are enrolled before the age of 18. To check on this matter, you can reach the Enrollment Department at 1-800-251-6597 or email them at enrollment@saulttribe.net.

saulttribe.net.

I was asked by Deana Knauf, health educator at Inter-Tribal Council of Michigan, to be part of a tobacco focus group with the Michigan Tobacco Quit Line. The program's goal is to find ways to assist individuals to quit smoking in a four-step plan. We had a very diverse group, which consisted of a previous smoker, a closet smoker, a social smoker, an ex-smoker who started smoking again after ten years, a smoker with health problems related to smoking and a non-smoker. So we had ideas from every scale of tobacco use. One of the main concerns is why people who start the four-step plan never finish all four steps. Some of the reasons were stress

and social life. If anyone needs assistance or is interested in trying to quit using tobacco they can contact the Michigan Tobacco Quit Line at 1-800-748-8669 or www.michigan.gov/tobacco. You can also contact the Sault Tribe Health Center Tobacco Cessation Program at (906) 632-5210. Both programs offer such things as coaching, tips to help you quit, educational materials and free nicotine replacement therapy if you qualify.

I would like to thank those who have contacted me with ideas, suggestions and concerns. You can reach me at (906) 203-1930.

Thank you,
Kim Gravelle