

# Millbrook Community NEWSLETTER

JANUARY 2019



Millbrook Youth enjoying the outdoors, practising on the pond.

## ***Important Dates***

- 🚩 **January 4** - ISC EDC planning for proposals at 1:30pm
- 🚩 **January 8** - EDC meeting at 1pm
- 🚩 **January 14** - Chief & Council Meeting at 10am
- 🚩 **January 17** - ISC Shannon Park Meeting 9:30am
- 🚩 **January 31** - Community Membership Vote

 **MILLBROOK  
FIRST NATION**  
TELEPHONE: (902) 897-9199  
TOLL FREE: 1-(800)-693-3112  
MILLBROOK BAND ADMINISTRATION  
P.O. BOX 634  
TRURO, N.S. B2N 5E5

# Millbrook Band Office

## Mailing Address

Millbrook Band  
Administration  
P.O. Box 634  
Truro, NS. B2N 5E5

## Business Hours

Monday - Thursday  
9:00am-12pm 1:00pm-4:30pm  
Friday  
9:00am-12pm 1:00pm-4pm

## Phone Numbers

Band Office  
1 (902) 897-9199  
Toll Free  
1 (800) 693-3112

## **Social Assistance**

Social Assistance Cheques are tentatively scheduled for: **January 3, 17 & 31, 2019.**  
Applications are available at the Reception desk at the Band Office.

## **Chief and Council Meeting**

The next Chief and Council meeting is scheduled for **January 8, 2019.**  
The deadline for submissions or requests to see Council is **January 4, 2019.**  
Please submit to the Administrative Assistant, Jay Martin, Phone: (902) 897-9199 Ext. 110,  
Fax: (902) 893-4785 or e-mail: [jay.m@eastlink.ca](mailto:jay.m@eastlink.ca).

February's Chief and Council meeting is **February 12, 2019.**

## **Chief and Council Meetings**

### **January 2018**

- ✿ **January 4** - ISC EDC planning for proposals at 1:30pm
- ✿ **January 8** - EDC meeting at 1pm
- ✿ **January 14** - Chief & Council Meeting at 10am
- ✿ **January 17** - ISC Shannon Park Meeting 9:30am
- ✿ **January 31** - Community Membership Vote

## **Community Meeting Dates:**

✿ N/A

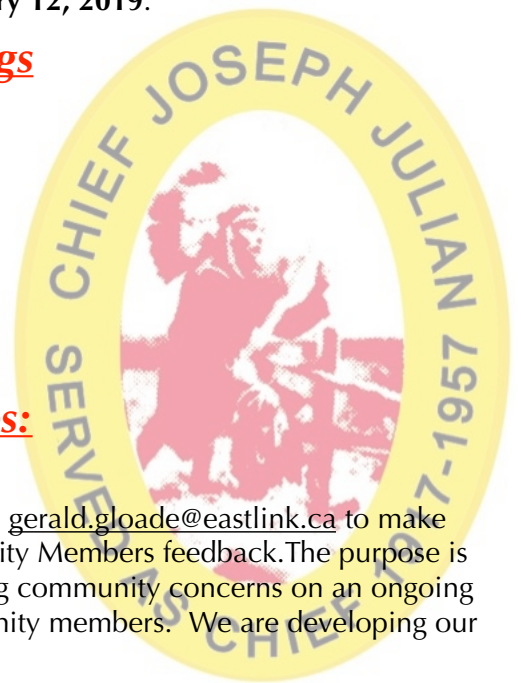
Contact the Community Engagement Officer, Gerald Gloade by e-mail: [gerald.gloade@eastlink.ca](mailto:gerald.gloade@eastlink.ca) to make suggestions for future discussion topics. We would like to have Community Members feedback. The purpose is community engagement. Focusing on information sharing and addressing community concerns on an ongoing basis. We do our own consultation and need to regularly inform community members. We are developing our own consultation process.

## **Newsletter Deadline**

***The Newsletter deadline is the 26th of each month.***

***Wednesday, December 26, 2018***

You can make a contribution to the Millbrook Community Newsletter by sending your information to: [mbcommunications@eastlink.ca](mailto:mbcommunications@eastlink.ca), or by the website contact form (link) <http://millbrookfirstnation.net/contact-us/> or submit information to the Reception desk at the Band Office.



# Community

The Community page; this may include birthday messages, recent or historic photos, congratulations to a person or group, public events, items for sale, availability for odd jobs. To have your information posted on the newsletter and website send your information to Nigel Gloade by calling the office at (902) 897-9199 extension: 119, iMessage or e-mail: [mbcommunciations@eastlink.ca](mailto:mbcommunciations@eastlink.ca)

## **Building Permits**

Before constructing on your property contact Millbrook's Bylaw Officer to obtain a building permit.



## **INSTRUCTIONS FOR BUS PASSENGERS**



## **Happy Birthday**

### **January 14th**

- Happy Birthday Grandpa Keith, Love the Hooligans Kaylie & Brilynn
- Happy 19th Birthday little Sophie, Hope you have a wonderful Birthday baby girl Love Auntie Tash, Eugene and Mittens

## **Happy New Year**

Pusu'l Puna'ne! Wishing everyone a healthy and happy year. - Gord Johnson and family.

- The driver is in full charge of the school bus. Obey his instructions.
- Be on time - the bus will not wait.
- NO BULLYING OF ANY KIND WHILE ON THE BUS.
- Do not talk to the driver unless necessary.
- Do not swear or use bad language while on the bus.
- Do not talk loudly, yell or whistle while on the bus.
- Do not stand or move about while the bus is moving.
- Do not open the windows without permission.
- Do not put hands, arms, feet or head out the bus window.
- Do not throw anything inside the bus or out the windows.
- Keep aisles of the bus clear at all times.
- When it is necessary to cross the bus in front of the bus, walk 10 feet in front of the bus so the driver can see you, cross to the center of the street, STOP, LOOK and LISTEN and cross the street when it is safe to do so.
- Never stand or play on the road while waiting for the bus.

## **ALWAYS BE CAREFUL**



## Community Notice

January 7<sup>th</sup>, 2019

### **Re: Millbrook Band Membership Transfer Vote (January 31<sup>st</sup>)**

January 31<sup>st</sup> is the vote day for the next band membership transfer vote. In order for transfer applicants from other bands to successfully become Millbrook band members, they must be voted in by a simple majority of eligible Millbrook voters (50% + 1 of total voter turnout). Off reserve band members will receive mail-in ballots to cast their vote. If you live on reserve in Millbrook, or are off reserve but prefer to come to Millbrook to vote in person, the voting stations will be located at the community hall at 72 Church Road, Millbrook and will be open from 9am to 8pm January 31<sup>st</sup>. Please remember to bring your status card and personal identification.

Conversely, if you live on reserve but will not be available to vote in person on January 31<sup>st</sup>, you may request a mail-in ballot by contacting the Vote Officer, Ann Marie Augustine, via email at [MillbrookMembership@eastlink.ca](mailto:MillbrookMembership@eastlink.ca).

All candidates are responsible for circulating personal promotional materials themselves. The band is not responsible for disseminating candidate materials.

In addition to the band membership transfer vote, Millbrook will be conducting an Opinion Poll to gauge interest in pursuing a Custom Election Code. Currently Millbrook elections are conducted under rules contained in the Indian Act. A Custom Election Code would afford the community the ability to determine:

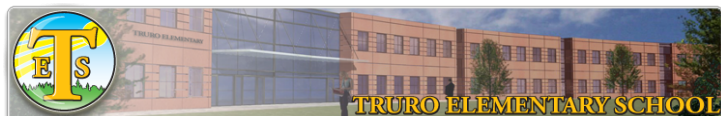
- The length of term in office (2, 3, or 4 years);
- Who is eligible to run for Chief and council;
- Whether candidates require qualifications, other than being a band member over the age of 18 years;
- Whether electronic voting is appropriate; and
- What conduct is considered an offence in accordance with an election and how offences should be treated.

We hope that you cast your ballots and exercise your right to vote and best of luck to all candidates. Please feel free to share this notice widely.

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## TRES Newsletter January 2019

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### Dress for the Weather

Please dress for the weather, we're going to have many cold days coming up! Please make sure your child is dressed for the weather (mittens, hats, snow pants, boots, etc) a change a clothes or an extra pair of pants in their backpack for the winter months won't hurt.

### Arriving on Time

Once again we would like to remind parents that it is extremely important for students to arrive on time and prepared to work. The first part of the day is usually reviewing the daily schedule, breakfast program and announcements. The day goes much smoother for children when they start their morning on time. Please ensure you son/daughter gets to bed early and is well rested for school each day. 😊

### Reading, Reading, Reading

A school expectation is that you will read to or with your child each and every night. Please check agendas or folders each night for important information.

### Regular Bedtime

A regular bedtime and routine are an important part of school. Children with not enough sleep sometimes can become irritable and may have a hard time paying attention in class. It is recommended that technology be turned off at least one hour before bedtime.

## Important Dates

### January 15

Jan 15 & 16

Primary Registration

### January 29

Primary French Immersion

Information Session

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## Happy January Birthday

Vienna Brooks

Kaiden Gloade

Warren Julien

Azaliah Mitchell!



**R.E.S.P.E.C.T.**

RESPECT is an important part of school success. Having respect for Teachers and classmates creates a positive environment that all children need to be successful.

**\*\*\*Reminders\*\*\***

- Please label clearly your Child/ren’s name on clothing (jacket, boots, shoes, water bottle (water only please) lunch box.
- In our school we have many allergies to food and scents. Please be mindful what you are packing for snack and hair products used.
- For up-to-date information happening at the school please join the Truro Elementary PTG and Millbrook Education News Facebook pages
- January 15 and January 16, 2019 – Primary Registration.
- If your child is missing any clothing, shoes, etc have a look at our Lost and Found tables outside the school gym. Clothes are donated at the end of each month if not claimed.
- For up-to-date information happening at the school please join the Truro Elementary PTG and Millbrook Education News Facebook pages.

**Millbrook Staff at TRES**

Jen Gloade – 902-986-4224

Shelley Gloade – 902-899-2415

Lisa Wilmot- 902-986-5010

Juliana Paul – 902-890-0461

**HAPPY NEW YEAR!**

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## TJHS Newsletter January 2019

Attendance Incentives will be issued on **WEDNESDAY, JAN. 9<sup>TH</sup>**.

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### From the Desk of Amanda Dugas

Happy New Year! I hope you had a wonderful and restful Christmas break and got to spend lots of time with family and friends.

Although December was a short month it was very busy! On Monday December 3rd, Ms. Martin and myself took a group of students to Halifax to the Discovery Centre to watch Canadian astronaut David Saint-Jacques take off from Kazakhstan, on route to the International Space Station. With him, travelled a miniature basket and an eagle feather. It was an amazing experience and an excellent opportunity for our students.

We held a workshop with the very talented Crystal Gloade, and students were given the opportunity to create their own birch bark medallion, over the course of three lunch hours, to give as a gift or hang on their Christmas tree. The students were very engaged and asked some really great questions. A fantastic learning experience!!

The last day of school included some fun! Ms. Paul and I hosted a Minute-to-Win it exploratory, in which students competed in games, such as Rudolph's nose, marshmallow toss, the jingle bell shake and the double dice gift game. The highlight of the day was the teachers vs. students Christmas basketball game, with a win for the students. Fun was had by all! Congratulations Panthers!

Reminders: **Backpacks** are to be stored in student's lockers due to the fire hazard created in classrooms and hallways. Students may go to their lockers on morning break after first class and at lunch to organize their books and belongings. Students may carry a drawstring sneaker bag for personal belongings and small items

## Important Dates

**January 3**

Back to School



## Happy January Birthday

Aiden Gloade

Isabella Martin

Felicia Paul

Brandon Stevens!



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Page 1 of 3

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they need. **Indoor Sneakers** that are clean and dry are strongly encouraged, especially in our school gym. Wearing indoor shoes also keeps our school nice and clean during the winter months, when snow and salt is tracked into the building.

Important notices and updates, the school calendar, menu and homework are found on the school website at <http://tjh.ccrce.ca>. If you need to contact me, I can be reached by phone at (902) 896-5550 ext. 2321 or by email at [dugasaa@ccrce.ca](mailto:dugasaa@ccrce.ca)

Amanda Dugas

**From the Desk of Luisa Martin**

Kwe' Me' tal welo' Itioq?

The Mi'kmaw greeting for 'Happy New Year' is Pusu'I Puna'ne!

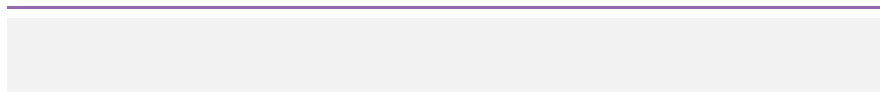
I hope that everyone enjoyed their holidays with families, friends and loved ones. It was wonderful to spend that quality time visiting relatives, eating holiday sweets, and watching Christmas movies with family. December was such a busy time, but we managed to make it an eventful one for 2018.

Ulnnoweg Digital Mi'kmaq hosted an incredible event on December 3<sup>rd</sup> that Mrs. Dugas and I, had the pleasure of attending with a group of students. This event gave us all a memorable experience of watching the rocket launch of Canada's newest astronaut Tapit Saint-Jacque go into space. It was absolutely amazing to witness a historic event amongst our Mi'kmaq Nation. It was an experience that I shared with many youth and to know that Tapit Saint-Jacque chose to represent all Mi'kmaq as he brought up a tiny golden Eagle feather to represent youth, and a tiny intricate basket made by Shanna Francis was also the highlight of it all. I'm thankful that we attended this event because I believe this event inspires our youth to strive to be great things, and to achieve in sciences and technology. It's opportunities like these that benefit our youth and inspire them to reach for the stars.

We were so grateful to have the talented and exceptional Birch Bark Quill Artist, Crystal Gloade into our school as she shared traditional teachings with our youth. The Christmas Medallion workshop was held during a three day lunch period. Each student chose a design and then created their very own Christmas Quill Medallion with the help of Crystal. Each student had a unique piece of art that they could take home and share with their families over the Christmas break.

I hope that everyone has an excellent and fresh start to the New Year. This is a great time to get yourself organized and on a good routine for school. It's never too late to improve on your reading and writing skills. Therefore, The First Nations room encourages all youth to attend Homework Club after school.

Nemultoqsip!                      Ms. Martin





**From the Desk of Tom Wilson**

I hope all our students had a Merry Christmas and a Great Holiday.

Grade 9 students should start to consider which courses at CEC they will take in grade 10 next year. The Guidance Team will be helping students make these selections and ensuring students are placed in the appropriate courses for September.

Sometime in January English and Math teachers will enter their recommendations as to what level of English and Math courses students should be taking next year.

During this process if any parents have any questions about their teenagers Gr. 10 course selections, I encourage you to call the Guidance Team at 896-5550.

Mr. Wilson ☺

# CEC Newsletter January 2019

Lunch Allowances will be issued on WEDNESDAY, JAN. 9<sup>TH</sup>.

Attendance Incentives will be issued on THURSDAY, MARCH. 7<sup>TH</sup>.



Bryant Vance  
902-896-5700 (Main Office)  
Email: vancebw@ccrsb.ca  
Office Hours: 8:20 am - 3:20pm  
Homework Club: Tuesday, Wednesday,  
Thursday 3 PM – 4 PM

Happy New Year!

As the New Year commences students are only left with three weeks before exams. I hope that everyone has enjoyed the break.

It is imperative that students remain present during these last few weeks of the semester. Exam exemptions are dependent on student's attendance including tardiness as outlined in the student handbook. Parents are reminded to check Powerschool (parent portal) and if they do not have access please dial 902-896-5700. Best of luck studying for exams and remember that homework club is available Tuesday-Thursday from 3 PM-4PM.

*"Today is the first blank page of a 365 page book. Write a good one." —C.S. Lewis*

## Important Dates

### January 3

Back to School

### January 21

In Class Exams begin

### January 28

Formal Exams begin

### February 1

No School – Evaluation Day

### February 4

Second Semester begins

### Happy January Birthday

Andy Syliboy  
Makayla Sylliboy  
Isaiah Wilmot  
Killian Wilmot  
Shilo Brooks!



## Power School/Student Assessment Policy

Parents are asked to check PowerSchool (Parent Portal) to keep track of assignments and projects due dates as well as grades. Furthermore, more information on student expectations and policies are located in the **student handbook** on the CEC website (<http://cec.ccrce.ca/2018%20Student%20Handbook%20PDF.pdf>)

## CEC Students Participating in Sports

Basketball- Frankie Sylliboy

Wrestling- Jacob Smilde-Cope

Soccer- Frankie Sylliboy

Hockey- Randy Milliea

## **IMPORTANT Post-Secondary Planning**

Help with post-secondary applications, scholarships and bursaries will be given afterschool hours during homework club. **Student should view CEC's Student Services website to fill out the forms for CEC Student Scholarship Form:**

<http://cecstudentservices.ccrsb.ca/index.php/scholarships/cec-student-scholarships/>

## **IMPORTANT!! ATTENDANCE REMINDER**

Parents/Guardians are required to call the main office (902-896-5700) to excuse missed classes within 5 school days of the absence. A reason will be requested. This is especially important for students seeking an Attendance Exam Exemption at the end of the semester.

## Attendance Policy Notes

Students that have 19 absences from September 6th, in one course, may lose their credit according to the new Attendance policy issued from the CCRCE. Lates will be recorded and 4 late classes equal 1 absence in a course. Please see attendance policy for further inquiry: [www.ednet.ns.ca/student-attendance-and-engagement-policy](http://www.ednet.ns.ca/student-attendance-and-engagement-policy)

# HAPPY NEW YEAR!



## **Sacred Heart Church**

Regular Sunday Mass Time is at 11:30 a.m.

For More information visit the Immaculate Conception website: [www.icc-truro.org](http://www.icc-truro.org).

## **Prayer Group**

Prayer Group meets every Monday at 7:00 pm. at the Senior's Centre in Millbrook. Agenda includes Rosary and Prayers, followed by tea, a light lunch and a social.

Come join us – everyone is welcome! The contact person for group is Jane Abram at (902) 893-7454.

## **“Understanding the Bible”-Weekly Scripture Study for Adults**

Please join us on Thursday evenings at 7:00 pm for an evening of fellowship as we learn together the Word and grow in grace and understanding. Tea and light refreshments to follow. Located at 74 Abenaki Road. Contact: Kelly Gloade at (902) 890-8307.

## **Community Hall Bookings**

To book the Community Hall please contact **Jay Martin at (902) 897-9199 Ext 110.**

Thank you to those who continue to keep the hall, clean, neat and tidy.

**Please try to book your event early, preferably a minimum of 2 weeks in advance.**

## **Compost, Garbage & Recyclables**

### **CLEAR GARBAGE BAGS ARE A MUST.**

That means only **one black garbage bag** (privacy bag) per week, **the rest must be in clear bags.** **Recycle items (containers and paper) must be in blue bags or clear bags.** **Cardboard boxes must be broken down!** If you do not have a compost bin please call Carla Moore at the Health Centre at 902 895-9468. There are some of the small kitchen containers available.

Garbage is picked up every week.

Compost bin dates are **Tuesday, January 2, 15 & 29.**

**Blue Bags dates are Tuesday, January 8,& 22.**

All items must be at curb side by 7:00 am.



## **Used Battery Bin**

If you have old batteries please do not throw them in the garbage, we have a battery recycle bin located in the Band Office and Health Centre. - WELA'LIN Natasha Bernard

## **Millbrook Youth Centre**

The Youth Centre is open **Friday & Saturday nights 6-11pm**

The Millbrook Youth Centre has part time staff to supervise the youth.

## **RECC Membership**

Millbrook has worked out a corporate rate with the Rath Eastlink Community Centre. Corporate Memberships apply to yearly membership only. The Civic Centre is not located on the reserve, Taxes are applied to the cost. The Band Member must purchase the Membership first then submit the receipts to Priscillia Martin. The Tobacco Store covers \$300 per activity(see regulations online at millbrookfirstnation.net).

# Community

## Sunday Night Hockey

Sunday Night Hockey at the Deuilles starts at 6pm  
January 6, 13, 20, & 27.



## Millbrook Family Skate Every Sunday Morning

Sunday morning ice times at the R.E.C.C. starts at 8-9am,  
January 6, 13, 20, & 27.

## Millbrook Fitness Centre

Monday, Tuesday, Wednesday, Thursday, Friday: **12 (noon) to 3:00 p.m.**

Tuesday, Wednesday and Thursday (**7:00 am to 9:00 am for Women and Seniors only**)

Sunday, Monday, Tuesday, Wednesday, Thursday (**6:00 pm to 10:00 pm**)

**Exercising a few times a week is a great way to improve your overall health.**



## Alanon

There is a Alanon meeting every Monday 10am, and Tuesday 8pm at the Alliance Church on Phillips Street which is off Robie Street.

## Detox

**It's better if the client comes to my office and we call the detox to do a booking, the detox "always has to talk to the client first" before a bed is given to them, for the client to answer questions RE : health, and medical. I Can not do the booking for the client. If for some reason client can not make it to my office I ask if they could call them which most of the time it not the same day.**

## Health services:

Please call NIHB before you get eye exams/glasses, medical transportation, medications and mental health services to see if those are covered by NIHB and that you are eligible for those things. The NIHB toll-free number is 1-800-565-3294 (press 2 for client, then press 1 for vision, 2 for medical transportation, 3 for medical supplies and equipment, 4 for medications, or 5 for mental health). Before you undergo a dental procedure, make sure your dentist has called NIHB's dental pre-determination centre to find out if the procedure is covered by NIHB.

# Health Centre

## Mailing Address

Millbrook Health  
Centre  
P.O. Box 634  
Truro, NS. B2N 5E5

## Business Hours

Monday - Thursday  
9:00am-12pm 1:00pm-4:30pm  
Friday  
9:00am-12pm 1:00pm-4pm

## Phone Numbers

Health Centre  
1 (902) 895-9468  
Toll Free  
1 (844) 895-9468

## Confidentiality

The health centre staff are professional individuals who want to provide the best services to community members. Please be assured that they maintain confidentiality about your personal information and your appointments.

## Mental Health and Addictions Counselling

Our mental health and addictions clinicians are available at the Health Centre on Wednesday, Thursday and Friday for one-to-one counselling and also for family members affected by their loved one's mental health and addiction issues. Please call the health centre (902-895-9468) for an appointment.

**Szonja Vamos**, who is filling in for Meaghan Fullerton while she's on maternity leave, earned a Bachelor's Degree in Psychology from Barry University in 2008 and completed a Master's Degree in Marriage and Family Therapy from the University of Miami in 2011. She began her career in the field as a research assistant and spent 10 years working in health care settings in Miami, Florida's diverse communities. As a therapist and later an assessor, she provided individual and family therapy to at-risk children and youth, and adults with mental health and substance abuse issues, in schools, homes, detention centres, foster- and group-homes, and treatment centres. After relocating to Nova Scotia last year, she joined the Nova Scotia Health Authority in March, and is passionate about providing supportive counselling in First Nations Communities.

**Meaghan Fullerton**, M. Ed, CCC, RCT-C is our Mental Health Clinical Therapist. Her position is shared by Millbrook Health Centre and Sipekne'katik Health Centre. She is available for one-to-one counselling at the Millbrook health centre on Wednesdays and Fridays. Her counselling work has focused on culturally-safe mental health care for Mi'kmaq communities, and she has worked as a community-based therapist in both Pictou Landing and Paq'tnkek in the past. Meaghan's areas of work include anxiety, depression, addictions, trauma, intergenerational and colonial trauma, ADHD and other learning exceptionalities, behavioural issues, family crisis, self-harm, recent life-changes, and grief. Please call the health centre at (902) 895-9468, or text 902-899-7843 to book an appointment with Meaghan.

**Janet Tomlinson** – Janet has worked with Mental Health and Addictions for over 11 years. She has advanced training in Cognitive Behavioural Therapy, Eye Movement Desensitization and Reprocessing (EMDR) for PTSD and Dialectical Behavioural Therapy (DBT) for individuals with borderline personality disorder (and other mental health and addiction issues), as well as an extensive background working with individuals with addiction issues.

**Michelle Sullivan M.Ed., RCT-C, CCC**, is a Mental Health and Addictions Clinical Therapist with the Nova Scotia Health Authority. She is available for one-to-one mental health and addictions counselling on Thursday mornings at the Millbrook Health Centre. Michelle earned a Masters of Counselling Psychology at Memorial University in Newfoundland & Labrador, and has worked extensively with youth and families for over 25 years. She has provided clinical work and supportive counselling to clients in a variety of settings. Some these settings include: client homes, with youth at risk in group homes, an addiction treatment centre, and individually with regional health authorities in Newfoundland and currently in Nova Scotia. Michelle's areas of counselling work include: anxiety, depression, addictions, grief and loss, past trauma, self-harm, abuse issues and life transition/adjustment challenges. Please call the Millbrook Health Centre at (902) 895-9468, to book an appointment with Michelle.

**Gladys Fraser, Child and Youth Clinician** is a clinical therapist with the Nova Scotia Health Authority for the past 11 years. She is working at the Millbrook Health Centre 2 days a week (Monday & Tuesday), counselling children, adolescents (up to age 18) and families. Gladys previously worked with the Autism Program and Family First program at Colchester East Hants Health Centre. Gladys can help children and youth with a variety of mental health needs/concerns such as anxiety, depression, gender/sexual identity, behaviour management, parent/child conflict, bullying, and self-esteem. Anyone can self-refer by calling the Millbrook Health Centre at (902) 895-9468 or Central Intake at the Colchester Hospital 902-893-5526 (press option 2) and be sure to let them know you want services at the Millbrook Health Centre, if this is what you want. Or they can call me directly at 902-899-6095.

## Medical Drivers

### Donna Gloade

Home: (902) 895-9540 Cell: (902) 986-8842

### Ella Paul

Cell: (902) 956-2679



## **National toll-free First Nations and Inuit Hope for Wellness Help Line**

There is a National toll-free *First Nations and Inuit Hope for Wellness Help Line*. The Help Line, which started operation on October 1, provides immediate, culturally competent, telephone crisis intervention counselling support for First Nations and Inuit, 24 hours a day, seven days a week. Counsellors can also work with callers to identify follow-up services they can access. Counselling is available in English and French and, upon request, in Cree, Ojibway, and Inuktitut.

The new toll-free number for the First Nations and Inuit Hope for Wellness Help Line is 1-855-242-3310.

### **Millbrook Free Spirit AA**

Millbrook Free Spirit AA group meets every Tuesday night at 7pm at the Millbrook Senior's Centre. Everyone is Welcome

*\*responsible for your own transportation.*

### **Eskasoni Help Line**

For any youth who are having a problem such as bullying, peer pressure, or any problems and want to talk to someone there is a number to call; all calls are confidential. Eskasoni help line toll free 1-855-379-2099 or on Facebook Eskasoni Crisis Worker there will be someone there to chat to.

### **NA meeting**

NA meeting in Truro are every Sunday, Tuesday, & Thursday nights at St Andrew Church 55 King Street at 8pm. For more information call 1 800 205 8402 or [www.centralnovaarea.ca](http://www.centralnovaarea.ca)

*\*responsible for your own transportation.*

### **Community Addictions Worker - Peter Gloade**

The Community Addictions Worker has a list of AA and NA & Alanon meetings in the local area or call (902) 895- 5535 for more information on local groups. Also [www.area82aa.org](http://www.area82aa.org) has information.

If anyone has any suggestion regarding workshops or presentation what they would like to see regarding addictions. Please contact me at (902) 890-1671 or message me on facebook. I am open to all suggestions, Peter Gloade.

### **Nova Scotia Legal Aid - confidential online forum**

Nova Scotia Legal Aid provides a confidential online forum on Tuesdays from 2 p.m. to 5 p.m. for people to ask a lawyer family law questions. The website is [www.nslegalaid.ca](http://www.nslegalaid.ca).

**Vera Johnson, Dental Hygienist**, is available for cleanings at the health centre on Mondays and Tuesdays for those eligible under NIHB aged 16 and above. Please call Amanda at the health centre to make an appointment to see Vera.

### **Treatment Centre Schedule**

- Rising Sun at Eel Ground, NB** is N/A, 5 weeks Co-ed
  - Eagles Nest Recovery house** Indianbrook N/A, 4 weeks Co-ed program.
  - Mikmaw Lodge** at Eskasoni, NS is N/A 5 weeks women's program
  - Wolastoqewiyik** Tobique N/A, 5 weeks coed program
  - Mawiomi Treatment Centre** Quebec N/A 5 weeks
- Any Millbrook Youth who would like to go a treatment program I have forms for the 3 treatment centres available.**
- Walgwan Centre in Quebec - long term program
  - Charles J Andrew Youth Centre Sheshatshiu Labrador – long term
  - Choices in Halifax

**Contact the Community Addictions Counsellor (Peter Gloade) at 897-1234.**





**HELP PREVENT BIN DAMAGE FROM SNOW PLOWS**

**WINTER IS HERE**

**PLEASE MOVE YOUR BINS & RACKS AWAY FROM THE CURB**

Curbside collectors require your waste to be within 10ft from the curb to collect from the roll carts but the snow plow needs as much room as possible. Please be sure to move your carts accordingly.

**Remember: Collection Day is Tuesday so if you keep your cart beside your house, remember to put them out curbside.**

**If you are a Senior or require assistance please contact: Leana at 902-890-8037**



### **Anger Management**

Anyone who needs to get counselling on Anger Management can contact Bridges – A Domestic Abuse Intervention in Truro at 902 897 6665 to do booking to see a Counsellor or contact Dan Walsh at the Millbrook Healing Centre at 902 893- 8483

### **Millbrook Gym Schedule**

<u><b>Sunday</b></u>	<ul style="list-style-type: none"> <li>• Archery 6pm</li> </ul>
<u><b>Monday</b></u>	<ul style="list-style-type: none"> <li>• Kids free play 6-7:45pm</li> <li>• Men’s pick up Basketball starts at 7:45pm</li> </ul>
<u><b>Tuesday</b></u>	<ul style="list-style-type: none"> <li>• League Volleyball 6-9:30pm</li> </ul>
<u><b>Wednesday</b></u>	<ul style="list-style-type: none"> <li>• Kids free play 6-7:30pm</li> <li>• Men’s pick up Basketball 7:30pm</li> </ul>
<u><b>Thursday</b></u>	<ul style="list-style-type: none"> <li>• Kids free play 6-7:30pm</li> <li>• Pick-up Volleyball 7:30pm-close</li> </ul>





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**Phone:** 902-843-5501



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Truro, NS B2N 1G7

**Derrick Higgins**  
Advisor  
Member, Advocis

Tel: 902-843-2820  
Cell: 902-986-3932  
[derrick.higgins@sunlife.com](mailto:derrick.higgins@sunlife.com)  
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& Leana Kennedy (902) 890-8037

[g\\_man22@outlook.com](mailto:g_man22@outlook.com)

# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Office closed Compost & Garbage	Office closed	Open at 9am Michelle Charles	Szonja	
6	Gladys Vera	Gladys	Szonja Gladys	Michelle Charles	Szonja	12
13	Gladys Dr. Vance K Vera	Blue Bags & Garbage	16 Szonja Gladys	Michelle Charles Foot Clinic	Szonja	19
20	Gladys Vera	Compost & Garbage	23 Szonja Gladys	Michelle Charles	Szonja	26
27	Gladys Dr. Vance K Vera	Gladys Compost & Garbage	30 Szonja Gladys	Michelle Charles Foot Clinic		

Please call to schedule an appointment with Dr. Ferguson

# MILLBROOK FIRST NATION DIRECTORY

## **MILLBROOK BAND ADMINISTRATION**

(902) 897-9199

TOLL FREE

1-800-693-3112

## **MILLBROOK HEALTH CENTRE**

(902) 895-9468

TOLL FREE

1-844-895-9468

## **MILLBROOK EARLY EDUCATION CENTRE**

(902) 897-0445 OR

(902) 897-1249

## **MILLBROOK BUS DRIVERS**

CHRIS STEVENS

(902) 956-9174

NOLAN MARTIN

(902) 890-3608

SONNY JULIAN

(902) 956-8712

## **MILLBROOK TOBACCO STORE**

(902) 895-9079

## **MILLBROOK RCMP**

NON-EMERGENCY

(902) 893-6819

## **MILLBROOK OPERATIONS & MAINTENANCE**

RICHARD GLOADE SR.

(902) 899-0485

## **MILLBROOK MEDICAL DRIVERS**

DONNA GLOADE

(902) 895-9540 OR

(902) 986-8842

ELLA PAUL

(902) 956-2679

## **MILLBROOK YOUTH CENTRE**

(902) 893-1762

## **MILLBROOK CONSTRUCTION**

NEW CONSTRUCTION

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## **MILLBROOK FISHERIES**

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(902) 897-0435

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### **HEALTH CENTRE**

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CEC STUDENT SUPPORT WORKER

(902) 896-5728

TRURO JUNIOR HIGH SCHOOL

(902) 896-5550

TRURO ELEMENTARY

(902) 896-5755

### **G-MAN**

### **WASTE REMOVAL**

(902) 890-2607 OR

(902) 890-8037

### **THIRD PLACE**

### **TRANSITION HOUSE**

(902) 893-3232

## **IMMACULATE CONCEPTION CHURCH**

(902) 893-7188