

MILLBROOK COMMUNITY **NEWSLETTER**

MARCH 2020



Winter Carnival Mi'kmaw Bingo

Important Dates

- 👉 **March 10** - at 9:30 Swearing in Ceremony performed by Don Julien
- 👉 **March 10** - at 10am Chief and Council Meeting
- 👉 **March 11** - at 9:30am CMM Orientation with Chief and Council
- 👉 **March 11** - at 1:30pm Economic Development
- 👉 **March 16-21** - March Break Activities pg. 9-16
- 👉 **March 24** - at 9:30 am Chief and Council Consultation.

 **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
9am-12 pm 1:00pm-4:30pm
Friday
9am-12pm 1:00pm-4:00pm

Phone Numbers

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

Website & Facebook Page

Millbrook's Website - www.millbrookband.com.

Millbrook's Facebook Page - <https://www.facebook.com/MillbrookFirstNation/>

Remember to e-mail the Communications Officer to post your information online.

Social Assistance

Social Assistance Cheques are tentatively scheduled for: **March 12 & 26, 2020.**

Applications are available at the Reception desk at the Band Office.

Chief and Council Meeting

The next Chief and Council meeting is scheduled for **Tuesday, March 10, 2020.**

The deadline for submissions or requests to see Council is **Friday, March 6, 2020.**

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.

April's Chief and Council meeting is April 14, 2020.

Chief and Council Meetings

March 2020

- ✦ **March 10** - at 9:30 Swearing in Ceremony performed by Don Julien
- ✦ **March 10** - at 10am Chief and Council Meeting
- ✦ **March 11** - at 9:30am CMM Orientation with Chief and Council
- ✦ **March 11** - at 1:30pm Economic Development
- ✦ **March 24** - at 9:30 am Chief and Council Consultation.

Note all the above meetings on 10,11 and 24 are duly convened and Council must be present.

Newsletter Deadline

The Newsletter deadline is the 24th of each month.

Tuesday, March 24, 2020

You can make a contribution to the Millbrook Community Newsletter by sending your information to: mbcommunications@eastlink.ca, or by the website contact form (link)<https://www.millbrookband.com/contact>



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

Building Permits

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

Ventilation Cleaning

If you missed Imperial Cleaners for cleaning your ventilation call **Tom 902 830-2349** or **Peter 902 331-0200**

Smart Meter Upgrades

Nova Scotia Power, with its contractor, Tribus Services, is preparing to be in the Millbrook Mi'kmaw community to upgrade electrical meters to smart meters. The Tribus Services team will be checking in with the administration office upon entering and exiting the community each day and will have at least one vehicle marked with identification. If there is a specific contact at the administration office that you would like the Tribus Services team to connect with while the work is being conducted please let me know, I can arrange that introduction.

The following information is the current schedule for work to be conducted:

DATE-LOCATION

March 2-6, 2020 - Millbrook (Truro)

March 9-13, 2020 - Millbrook (Sheet Harbour)

Millbrook Winter Carnival 2020

The Winter Carnival is a great way to provide our community with an opportunity to enjoy winter activities together, building our community pride. Sunshine Bernard organizes this carnival, with the support of essential volunteers. The week-long schedule of activities was jam-packed full; some of the fun activities included were:

- 🏆 Snow sculpture competition
winners - 1st place Heather Stevens; 2nd place Mattie Martin; 3rd place a tie between Dora Gloade and Andy Johnson
- 🏆 Waltes tournament – **winner** Priscilla Martin
- 🏆 Cribbage tournament – **winner** Lavinia Brooks
- 🏆 Yahtzee tournament – **winner** Jonas Cope
- 🏆 A trip to Ski Wentworth
- 🏆 Pool tournament - **winner** Richard Johnson reclaiming his title since his win in 2008.
- 🏆 Merchandise bingo
- 🏆 Family skating
- 🏆 Volleyball tournament - **winners** Anissa Blackmore, Katie Mcnutt, Stephen Johnson, Michael Stephens, Jillian Maloney, and Mia Maloney
- 🏆 Archery - **winners** Jace Bernard, Bryan Brooks, Landon Brooks, Madelyn Bernard, Janae Bernard, Natasha Bernard, Dru Paul-Martin, and Kyle Gloade
- 🏆 Craft night
- 🏆 Kid's bake and make
- 🏆 Sledding party
- 🏆 A fireworks display
- 🏆 Movie night
- 🏆 Family fun day

This year Sunshine started a hash-tagging contest to replace the buttons from previous years! Participants entered the contest by posting photos and adding the hashtag #mfnwintercarnival. The lucky winners were:

- 🏆 **1st Place** Mary-Anne Martin - iPad
- 🏆 **2nd place** Jason Reddick - Air Pods
- 🏆 **3rd place** Barry Martin Jr. - \$100 Visa Card

Sunshine would like to thank #TeamHealthCentre - Colin, Corrina, Jillisa, Peter, Vernon and Lisa for all your help during the Winter Carnival. Most importantly all the volunteers who generously gave their time and energy to make all these events possible - Tim Bernard, Natasha Bernard, Noreen Sylliboy, James Stevens, Gerald D Gloade, Sonny Julian, Santana Higgins, Carley Gloade, Debbie Gloade, Joanne Cope, Priscilla Martin, Jileen Julien, Lavinia Brooks and Jay Martin.

Next month she will be hosting the March Break activities starting March 16, 2020.





Millbrook 2020 Election Results

Elected Candidates

To the Office of Chief:

Gloade, Robert James (Bob)

To The Office of Councillor:

Marshall, Lisa Lou

Kennedy, Leana Margaret

Bernard, Natasha Louise

Gloade, Carley Ann

Cope, Alexander (Alex)

Stevens, James Joseph (Louie)

Martin, Barry Morris (SR.)

Markie, Ward

Johnson, Gordon Charles (Gord)

Marshall, Stephen Frederick

Gloade, Peter John

Bernard, Colin Alexander

7 Sacred Teachings & Boyz to Men Program

Millbrook's interagency committee is a group comprised of service providers within the community, including band staff, health centre staff, RCMP members, school board reps, employment/training, Mi'kmaw Healing centre workers and others. We meet to discuss common issues facing our line of work and work collaboratively to address these issues. One of the concerns discussed at our December 2019 meeting was the apparent lack of respect shown by students towards teachers and school staff. We felt this issue was important to address. Our committee discussed how the loss of our Mi'kmaq values and traditional teachings is the root cause of this issue and that we need to make our youth more familiar with these virtues. We decided to address this issue in the community by developing the "Boyz to Men Program" and hanging the 7 Sacred Teachings banners around our community.

We reached out to Glen Knockwood, the Community Support worker for Mi'kmaw Family and Children's Services, who taught the "Learn to be Boys Program" and also the "Seven Sacred Teachings to the Mens" program. After some discussion about what we were looking for we came up with the five week "Boyz to Men Program," using the Seven Sacred teachings as the moral compass and "Learn to be Boys Program" as the program format. The banner campaign was done in collaboration with the interagency committee, the Mi'kmaewey Debert Elders advisors committee and artist Gerald R. Gloade. We worked together to identify the 7 core values of the Mi'kmaq people and what animal best represents this teaching.

Respect: Eagle

Wisdom: Turtle

Love: Bear

Bravery: Moose

Honesty: Salmon

Truth: Beaver

Humility: Coyote

Next month's community newsletter will include the stories that explain why each animal is tied to that particular teaching. With respects to the "Boys to Men Program," we hope to roll it out and evaluate its success in the coming months. If things go well a similar program will be developed this spring for the Millbrook girls, using the seven sacred teachings model. Special thanks to Mi'kmaewey Debert Elders, Gerald R. Gloade, Glen Knockwood and the Millbrook Interagency committee with the support of Millbrook Chief and Council.

Kepmite'tmk



RESPECT

**MILLBROOK
FIRST NATION**



Ne'tata'suaqan



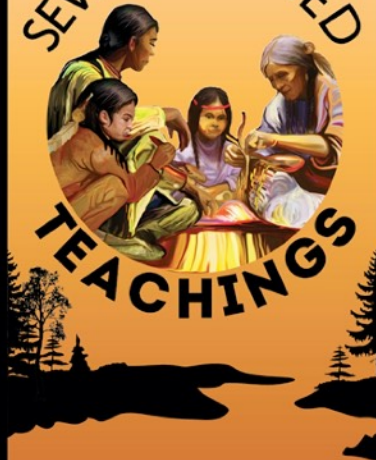
WISDOM

Kesaltimkewei



LOVE

MI'KMAQ
SEVEN SACRED
TEACHINGS



Melkita't



BRAVE

Ketlewo'qn



HONESTY

Teliaq



TRUTH

Penoqite'lsuti



HUMILITY



Hamilton Sleigh & Wagon Rides

WAGON RIDES

12589 HIGHWAY # 2 LOWER ONSLOW

March 16th @ 1pm

**Maximum 40 Participants. You Must Register.
Contact: Sunshine Bernard 902-895-9468**



Ski Wentworth

TUESDAY, MARCH 17TH

Bus leaves the gym at 10:00am and Leaving Ski Wentworth to return home at 6:00pm

OPEN TO ALL MILLBROOK COMMUNITY MEMBERS!

Anyone under the age of 18 **MUST** be accompanied and chaperoned by their **PARENT**.

This is not a chaperoned trip; anyone who participates does so at their own risk.

Ski Rentals, Lift Passes, Lessons and Lunch will be provided to everyone who **PRE-REGISTERS**.

You **MUST PRE-REGISTER** by 4:00pm Monday, March 16th. To Register please contact Debbie Gloade at 902-890-3577.



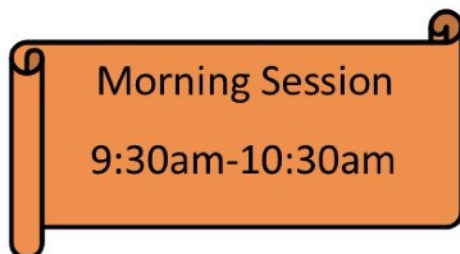


March 18th, 2020 (Wednesday)
7 Market Dr.
Elmsdale, NS

You must PRE-REGISTER for this event. There will be a morning session and an afternoon session. ONLY 30 kids per session.

The BUS will leave from the Millbrook Gym for the morning session at 8:30am and for the afternoon session the bus will leave at 12pm from the Millbrook Gym.

To Pre-Register: Contact Sunshine Bernard @ 902-895-9468



PAINTING WITH CLAY CAFE

Clay Cafe is coming to Millbrook!

When: March 19th, 2020
Time: 10:00am - 12:00pm
Where: Millbrook Community Hall

Kindly REGISTER your children by March 16th. Only 60 participants.
Contact Sunshine Bernard at 902-895-9468.



SLITHER ON OVER TO

**SHEET HARBOUR
REPTILE SHOW**



**MARCH 19TH @ 5:30
ALBERT HOWE CENTRE**

For more info Contact
Sunshine Bernard
Community Wellness
Coordinator
902-895-9468



KIDS GAME DAY



MARCH 20TH

12PM - 2PM MILLBROOK GYM

BOUNCY HOUSES | GAMES | FACE PAINTING/BALLOON ARTIST | LUNCH

MARCH BREAK FINALE



80'S Dance Party



March 21st 7pm-10pm

MILLBROOK COMMUNITY HALL

PRIZES - COSTUME CONTEST - PIZZA

OPEN TO ALL AGES

FOR MORE INFO CONTACT SUNSHINE BERNARD

902-895-9468

A MESSAGE FROM THE DIRECTOR OF EDUCATION:

Parents and Students,

Reminder: As of April 1st 2020, there will be a change in the policy for Lunch Allowances. All on and off reserve allowances will be issued on the same day, and the funds will be to cover the lunches of the upcoming month (ie. Lunch money for the month of May will be issued in April) And days missed in the previous month will be deducted from the next month cheque.

ALL cheques will be issued on the LAST school day of the month, (this is changing from the 5th school day of the month to the last school day of the month to ensure all attendances are received, and all cheques are available to students at the same time) The date of when the cheques will be released will be in each news letter

Wishing everyone a happy and safe March Break! 12

As always if you need anything at all please stop by the office, or email or call 😊

Hannah Asprey

902-885-5241

edudir@eastlink.ca





Shelley Gloade 902-899-2415

Lisa Wilmot 902-986-5010

Juliana Paul 902-890-0461

Important Dates:

March 12-15: Wally Bernard Hockey Tournament

March 16-20: March Break

March 27: Assessment and Evaluation Day (No School for Students)

April 7: Report Card Day

April 8: Student-Led parent-teacher presentations 5:30pm-8:00pm @ TRES

April 9: Student -Led parent-teacher presentations 9:00am – 10:30am @ TRES

Student-Led parent-teacher presentations 12:30pm-2:00pm @ Truro Fire Hall

April 9-12: Peter and Mary Agnes Hockey Tournament

April 10: Good Friday (No School)

April 13: Easter Monday (No School)

Notices:

Student-Led parent-teacher presentations are a fun and light-hearted way for your student to show off their work to you or show you their really awesome crafts. There is minimal teacher interaction. If you want to make an appointment with your student's teacher call the school.

Student- Led parent-teacher presentations at **the School** are Wednesday, April 8, 2020 5:30pm-8:00pm and Thursday, April 9, 2020 9:00am-10:30am.

Student – Led parent-teacher presentations at **the Fire Hall** are on Thursday, April 9, 2020 from 12:30pm-2:00pm

If your child is going to be absent, is sick or going to be late please notify the school at 902-896-5755 or contact Juliana Paul by phone/text 902-890-0461 or Facebook messenger.

Please make sure your student is dressed appropriately for the weather.

We still have the water coolers in the school, make sure your student has something to use to drink out of.

Have a Safe and Happy March Break from Truro Elementary Millbrook Staff Wela'lin



Kwe' Everyone!!

From Ms. Jillian and Ms. Shanelle.

Reminders to Students and Parents*

Attendance and timeliness are very crucial, students should be making the effort to come to school and also should be on time in the morning and with the changeover from class to class.

Students and parents are reminded that TJHS is not responsible for lost or misplaced electronic devices and accessories. These items are very valuable and should be kept in a safe place or at home. Devices should be in students' lockers (Gr.6) or backpacks (Gr.7-9) unless instructed to use by a staff member. An electronic device agreement/contract has been sent home and must be completed and returned before a student will be permitted to use their personal device at school as well as any school technology.

Students are to bring their own water bottles to school, as our school water fountains are out of order until further notice.

Homework Club is Monday – Thursday after school from 3:30-4:30 in the First Nations classroom. Snacks are provided.

Important Dates

March 12- Dance 6:30- 8. (Bus will be provided)

March 16-20- MARCH BREAK

March 27- Assessment & Evaluation Day (No Students present)

Wela'liq

Truro Junior Support team

From the Desk of Mr. Wilson,

Hope Everyone had a Happy Winter Carnival,

Over the last few weeks I have sat down with most of our grade 9 students and helped them with their CEC course selection. Most students know which courses at CEC they will take in grade 10 next year.

Our TJHS Guidance Counsellor also collected copies of the Gr.10 CEC Course Selection sheets and give them a look over.

On Wednesday March 4th most students entered their Gr.10 Course Selections into the CEC Registrars Power School Portal.

If any parents have any questions about their teenagers Gr. 10 course selections, I encourage you to call me at 896-5550.

Term 2 Report Card are being sent home on Monday April 6th

Term 2 Parent /Teacher times are as follows: Wednesday April 8th from 6:00pm to 8:00pm.
Thursday April 9th from 1:00pm to 3:00pm.
(Above dates are tentative)

If any grade 8 or 9 parent(s) have any questions or concerns about their child's academic achievement please know that I would be happy to discuss your child's performance. Please call me at 896-5550 ext. 232 ...if I'm not in the Millbrook Learning Centre then I'm in a classroom with Millbrook students...Please leave me a message on my answering machine stating your concern with a phone number and time you can be reached and I will call you back as soon as I can.

See ya on the Slopes,



Cobequid Educational Centre News

902-896-5700 (Main Office)

Office Hours: 8:25 am - 3:20pm

Homework Club: Tuesday, Wednesday, Thursday 3 PM – 4 PM (unless otherwise stated)

Hello,

Students have settled into the new semester and are focused on June and all the activities that come before summer break. Big CONGRATULATIONS to the players of CEC Basketball Varsity teams as both won Regional Championships! Students are encouraged to sign up for upcoming seasonal activities such as Track and Field (listen for the announcement for tryouts). On another note, this year CEC Musical is “We Will Rock You” which includes music from “Queen” opening March 28th and running until April 4th. Tickets will be on sale at MacQarries Pharmsave in Truro.

It is important to remember that student’s attendance at school is significant both in the classroom and in the community because it is a key factor being considered for a summer job. Parents can access grades and attendance through the Parent Portal in PowerSchool.

Graduating students should double check with Student Services and Mr. Vance for scholarships/bursaries. If students have not applied to University and/or College now is the time.

“It always seems impossible until it’s done.” —Nelson Mandela

Bryant Vance

First Nations Education Support Teacher

902-896-5728 (Classroom)

vancebw@ccrce.ca

Important Dates

March 16 – 20 March Break

March 28th- April 4: CEC Musical “We Will Rock You”

April 8- 10 week report cards are given to students (Parent Teacher Evening 6:30-8:30)

April 9- PD No classes (Parent Teacher interviews 1-3PM)

April 10 – Good Friday – No classes

April 13 – Easter Monday – No classes

April 30- May 22 – IB Exams

May 18 Victoria Day – No classes for students

May 28th - Rally Against Racism

May 29 – Achievement Night @ 6:30 PM

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/ Arts

Frankie Sylliboy- Varsity Girls Basketball, Musical (Chorus)

Zach Sylliboy- Varsity Boys Basketball

March Birthday's

Brooklyn Smith

Tyler Johnson

Daijah Nelson

Ben Stevens

Craig Tabor

Christian Gloade

Colten Wilmot

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

CEC Game Times:

Boys Varsity Basketball

Mar 6,7,8 NSSAF Provincial Championship (host: Capital)

Girls Varsity Basketball

Mar 6,7,8 NSSAF Provincial Championship (host: Western)

Managing
HIGH & LOW
blood sugars

March 12th, 2020
11:30am-1:00pm
Millbrook Seniors Centre

Are you overwhelmed with trying to
manage your diabetes?

Join Courtney for a **lunch a learn** on
managing high and low blood sugars.
You will take home some handouts,
as well as some diabetes related
giveaways. Lunch will be provided.

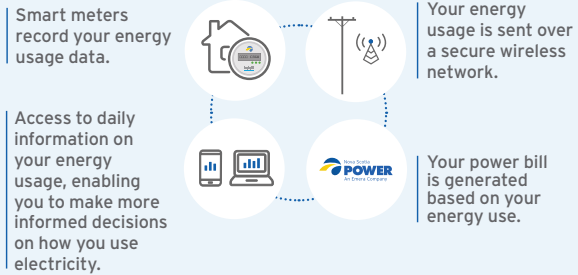
SIGN UP WITH SUNSHINE AT THE HEALTH CENTRE!

SMART METER UPGRADES IN MI'KMAW COMMUNITIES

Nova Scotia Power is modernizing the electricity grid to provide more convenience, reliability and control. Smart meter upgrades will begin in Mi'kmaq communities in 2020 and continue through to early 2021.

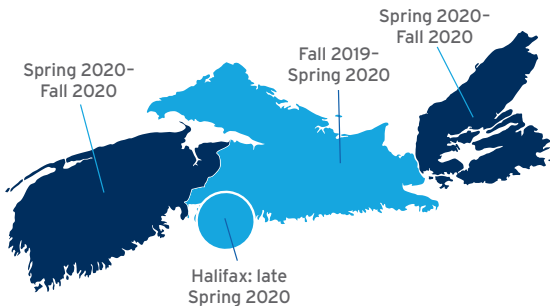
WHAT IS A SMART METER?

Smart meters are the new standard in electrical meters with sophisticated digital technology enabling communications with Nova Scotia Power through a secure and private network. Smart meters assist Nova Scotia Power in serving communities more efficiently and providing more detailed information about electricity usage.



WHEN WILL YOUR METER BE UPGRADED?

Nova Scotia Power will provide notification prior to conducting upgrades in the community.



When smart technology is turned on in 2021, you will begin enjoying the following benefits:

- INFORMATION IS POWER**
Access to daily information and notifications on electricity usage will help you make informed decisions and better manage electricity costs.
- ENHANCED SERVICE**
Connecting or disconnecting electricity will be easier and faster without the need for an on-site appointment.
- QUICKER RESPONSE**
Smart meters will notify us when the power goes out, helping us respond quicker in the event of an outage.

For more information, please visit nspower.ca/smartmeters or call our Customer Care Centre at 1-800-428-6230.



DATE	LOCATION
February 10-14, 2020	Millbrook (Truro)
February 24-28, 2020	Millbrook (Truro)
March 2-6, 2020	Millbrook (Truro)
March 9-13, 2020	Millbrook (Sheet Harbour)



Capital Assets
Millbrook Band Council
June 5, 2019

1. The Millbrook Band will replace capital assets that came with the original house for CMHC homes and other Band owned and controlled homes.
2. Capital asset items will only be replaced when they are no longer performing or operating as originally intended, has achieved/reached their generally accepted useful life and any further repair or maintenance work will not ensure continued reasonable performance or operation.
3. All capital asset items will only be replaced after inspection/recommendations from Millbrook Construction Supervisors or designates.
4. The following items are considered capital assets:
 - Roofs, including coating and flashing
 - Exterior doors and windows
 - Heating systems, including boilers (hot water or steam), forced air furnaces, chimneys and related components, heat pumps
 - Domestic hot water tanks, septic tanks, and tile beds (fittings and controls replaced during the course of regular routine maintenance are not eligible)
 - Stove and refrigerators
 - Toilets and tubs
 - Smoke detectors
5. The following items must be pre-approved by Band inspectors:
 - Replacing foundations or significant portions of foundations
 - other structural components such as wall, floor and roof framing
 - Plumbing systems
 - Electrical installations including project transformers
6. If the homeowner does not pay rent they do not qualify to this policy except for the roof, chimney, venmar, heat pump, water and sewer.



MILLBROOK FIRST NATION

**On Reserve Housing Repairs
Millbrook Band Council
May 2, 2019**

1. All private rentals are not eligible for housing repairs, this is the responsibility of the landlord.
2. Anyone not paying rent on CMCH or Band owned and controlled homes will not be eligible for any repairs with the exception of roof repairs/replacement, chimneys, venmar units, heat pumps, water and sewer.
3. Any emergency repairs that may arise will have to be looked at immediately and repaired if there is a probable cause that it will cause further structural damage to the house, such as a hole in the roof. An emergency repair is defined as: A repair, if not done immediately, will cause structural damage to the home. If not eligible for repairs, the cost of the repair will be set up as a receivable and recovered from the person assigned the house.
4. No repairs or renovations can be reimbursed without prior approval.
5. All requests for repairs must be necessary and have to be inspected before they can be approved. Construction Supervisors Lorne Paul or Bernie Bernard will do the inspections. Lorne or Bernie must tell the tenant that the repairs will be set up as a receivable if they do not qualify for repairs under the regulations.
6. No one will be eligible for screen doors, patios, carpets or porches. All flooring that needs replacing, will be replaced with tile. No fences will be approved unless it is for health and safety reasons.
7. If a person assigned a house decides to work on his/her house (such as to remove a wall) and comes back to the band to finish or re-do the work because it was not done properly, it will be the tenants responsibility. Cost of any structural damage will be recovered by the Millbrook Band Council.
8. If a Band owned house/trailer becomes a rental unit the band will not pay rent.
9. If a person other than the occupant damages a unit, that person will be responsible to pay the cost of the repair. If they do not pay the cost it will be recovered by the

Band by any means. The Millbrook Band will not be responsible to charge the person. If the person assigned the home chooses not to charge the person and ask for restitution, then the tenant will be responsible to pay for any damage done to their unit.

10. Health and safety issues/medical repairs; Anyone can request inspections from Health Canada but the Millbrook Band Council will only use the Bands construction supervisors recommendations. If not eligible these repairs will be set up as a receivable and recovered from the tenant by any means.
11. A unit not occupied by the person assigned to that housing unit will not be eligible for repairs.
12. To be eligible for an extension, the household must be overcrowded. The overcrowding must not be due boarders or foster children. Any useable areas in the house must be used to alleviate the overcrowding, including the lower level of a split entry house.

The National Occupancy standards will be used to define overcrowding, they are:

- There will be no more than 2 but no less than 1 person per bedroom;
- newborn babies must have their own room (nursery);
- Parents do not share a bedroom with their children;
- Dependents aged 14 or older do not share a bedroom; and
- Dependents aged 5 or over of the opposite sex do not share a bedroom.

13. To deviate from or amend this policy, the Chief and Council must agree unanimously at a duly convened Band Council meeting, this also applies to capital assets.

PARENT-TOT *Arts & Crafts*

March 28th 2020

1:00-3:00 pm

Millbrook Senior Centre

Children aged 2-5

Light snacks & refreshments



To sign up call the
Millbrook Health Centre
902-895-9468

Baby Moccasin Workshop!

Workshop for expecting mothers and mothers with children under the age of 1 only

Limited to 10 participants!

Call the Millbrook Health Centre to sign up 902-895-9468

March 21st 2020

9am-5pm

Lunch provided



Employment Opportunity

Human Resources Coordinator

Millbrook First Nation is seeking a self-motivated professional for the position of Human Resources Coordinator for the Millbrook Band Office location in Millbrook. The HR Coordinator is responsible for ensuring that proper Human Resources management practices are implemented and followed throughout The Millbrook Band Office and ensuring the business is compliant with all Employment Standards, Occupational Health and Safety, and Human Rights regulations and legislation.

Job duties include but are not limited to:

- Advising on HR Management issues to the Band Administrator as described in the Human Resources Policy
- Coordinating all the recruitment, orientation, performance appraisals, and dismissal processes as outlined in the Human Resources Policy
- Managing Occupational Health and Safety and Workers Compensation compliance
- Execute the HR Policy on a day to day basis ie: employees tardiness/not coming to work regularly

The successful candidate would ideally possess the following qualifications:

- Minimum 3 years of Human Resource management experience
- Degree in Business Administration with a specialty in Human Resources or equivalent work experience and professional training
- Exceptional Human Resource management skills as well as excellent interpersonal and communication skills
- Knowledge of employment standards, occupational health and safety, and human rights regulations and legislation
- Ability to multi-task
- Ability to work as part of a team
- Flexibility, adaptability, and professionalism
- Organizational skills
- OHS, First-aid, and WHMIS certificates
- Ability and willingness to travel on occasion (valid driver's license required)

This position requires a completed, clear criminal records check in order to fulfil the position.

Salary: \$50,000 per annum

Application Deadline: March 5, 2020 4:30 pm

Please submit your resume and cover letter to:

Carla Asprey
Native Employment Officer
Millbrook Administration Office
Phone: (902) 897-9199 ext. 12 Fax: (902) 897-0678
Email: millbrookemployment@eastlink.ca

Employment Opportunity

Physical Activity Strategy Coordinator

Millbrook First Nation is seeking a **Physical Activity Strategy Coordinator** for a 2-year term position.

Position Summary: The Physical Activity Strategy Coordinator is responsible for providing the Millbrook First Nation access to physically active lifestyles in the community and surrounding area. The incumbent will lead the development and implementation of a Comprehensive Physical Activity Strategy, which will outline respective roles in enhancing physical activity levels within all age levels of the community. The Physical Activity Strategy Coordinator will draft proposals to undertake physical activity programming in Millbrook. They will market, promote and work in partnership with community stakeholders in providing physical activity policies, services and programs in Millbrook. The Physical Activity Strategy Coordinator will be under the direct supervision of the Director of Health Services.

Qualifications:

- Undergraduate university degree in Health Promotion, Community Studies, or Recreation
- An understanding of and commitment to the multiple benefits and influences of physical activity on health through the lifespan
- Knowledge of physical activity, recreation and sport delivery systems
- Knowledge and/or training in influencing physical activity at the population level and barriers to physical activity
- Experience in health promotion planning and programming
- Knowledge of community development and strategic planning
- Minimum of three years of experience in a related field
- Ability to multi-task
- Ability to work independently
- Valid driver's license

Core competencies:

- Excellent interpersonal skills
- Ability to function within a team
- Analytical and problem-solving skills
- Effective decision-making skills
- Effective verbal and listening communications skills
- Attention to detail and high level of accuracy
- Ability to deal directly with the public
- Supervisory and administrative skills
- Very effective organizational skills
- Computer skills including the ability to operate spreadsheet and word processing programs
- Dependable
- Stress management skills
- Time management skills
- Ability to speak the local language

Salary: \$45,000 per annum

Please send resume, cover letter and references to:

Carla Asprey
Native Employment Officer
Millbrook Administration Office
Phone: (902) 897-9199 ext. 122
Fax: (902) 897-0678
Email: millbrookemployment@eastlink.ca

Application deadline: March 11, 2020, no later than 4:30 pm.

One Day Full Bellies Prenatal Workshop FREE!



*Preparing Parents for
Birth, Baby & Beyond*

Saturday March 7

9:30AM - 4PM

Millbrook Community Hall

70 Church Road, Millbrook

Includes Snacks & Lunch

In conjunction with Maggie's Place

To Register Contact:

Cindy Ryan at the Millbrook Health Centre

902-895-9468 by Feb. 28th, 2020

Offered in Partnership with the Healthy Baby Network





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.

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.

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

Community

Sunday Night Hockey

Sunday Night Hockey at the Deuilles starts at 6pm

March 2, 9, 16, & 23



Millbrook Family Skate Every Sunday Morning

Sunday morning ice times at the R.E.C.C. starts at 8-9am

March 2

Millbrook Fitness Centre

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

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

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

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.

Alcohol Anonymous Groups

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

Everyone is Welcome

7:30pm Hubtown Group Douglas St school

Friday - Phoenix 12 & 12 St Andrew Church 7pm 55 King St.

Saturday - Hubtown Group 7:30 Douglas St school

Sunday - Breakfast Group 11am 36 Douglas St

(Al Anon)

Wednesday - 40 Douglas St. 7pm contact Ann 902 895 5535

Health Centre

Mailing Address

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

Business Hours

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

Phone Numbers

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

Health News

1. Please note that the medications required in preparation for a colonoscopy are covered by NIHB so please obtain a prescription and give it to your pharmacy.
2. Please note that we will no longer be paying the delivery fee for over the counter medications/items, you can either make arrangements to pick them up at your pharmacy or if you choose to have them delivered you will be responsible for paying the delivery fee.

Your Privacy, our Promise

As of February 1, 2019, Millbrook is a custodian of personal health information under the Personal Health Information Act (PHIA). As a “custodian” of personal health information, we have an obligation to protect the privacy of the information we collect, use and disclose about you. PHIA balances your right to have your privacy protected with the need of the health sector, including our organization, to collect, use and disclose it to provide appropriate care and services to you. For more information about PHIA and our role under PHIA, please see one of the brochures in our health centre lobby.

What Is “PERSONAL HEALTH INFORMATION”?

Personal health information is identifying information about you, and includes demographic information (name, address, date of birth), your health card number, information related to your physical and mental health care, and other information related to your eligibility for health care services. Personal health information continues to be protected after you are deceased.

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.

Alanon

There is a Alanon meeting every Monday 10am, and Tuesday 8pm at the Alliance Church on Phillips St which is off Robie Street or call 902 895 4169

**responsible for your own transportation.*

5 Weeks Rehab Treatment

The client has to be clean and sober for at least 1 week. The client has to meet with the addiction counsellor 4 times, and has to make sure all appointments are taken care of before going into treatment.

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 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.

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.

Treatment Centre Schedule

- Rising Sun at Eel Ground, NB** is April 6, 5 weeks program
- Eagles Nest Recovery house** Indianbrook April 6, 5 weeks co-ed program.
- Mikmaw Lodge** at Eskasoni, NS is April 6 5 weeks program
- Wolastoqewiyik** Tobique March 9, 5 weeks program

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.



Baby Moccasins Making Course

There will be a Baby moccasins making course for adults **Max10 ppl** on March 7 @ the Millbrook Seniors Centre instructor is **Dora Gloade** and where this is a small group only 1 per house and you have to sign up yourself no adding people Please.

Seats are full But do have a waiting list

Lunch & Refreshments will be served. Peter Gloade

List of Disaster Safety Information Websites

Surviving a Wildfire

<https://www.iccsafe.org/advocacy/disaster-toolkits/consumer-safety/surviving-a-wildfire/>

Flash Flood Safety and Damage Prevention Guide

<https://www.homeadvisor.com/r/flash-flood-safety-and-damage-prevention/>

Hurricane Safety Tips

<https://www.libertymutual.com/claims-center/catastrophe-preparation/hurricanes/hurricane-safety-tips>

Ultimate Guide to Drought Safety

<https://www.angieslist.com/articles/ultimate-guide-drought-safety.htm>

Tornado Safety Guide

<https://www.basementguides.com/tornado-safety-guide/>

How to Proactively Prepare for a Blizzard

<https://www.fbfs.com/learning-center/how-to-proactively-prepare-for-a-blizzard>

Millbrook Gym Schedule

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



**Every
Sunday**

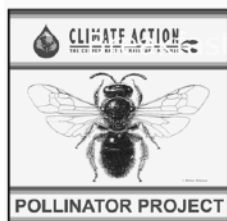


**1:00pm
to
3:00pm**

Millbrook Greenhouse

15 Tower Road, Millbrook First Nation, Mi'kma'ki

The MMM Garden Club meets every Saturday. Members raise greenhouse produce for distribution to indigenous school cafeterias and elders in the Fundy region. All members learn greenhouse cultivation techniques, as well as gardening methods, and have first access to produce raised in the greenhouse. Club members also raise plants for community gardens across Mi'kma'ki, which will be distributed during spring plant giveaways. These plants include traditional medicines, like sweetgrass and sage.



Contact: psteiner@mikmawconservation.ca 902 957 3094





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Derrick Higgins
Advisor
Member, Advocis

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Markie Bus Tours Halifax Casino Runs

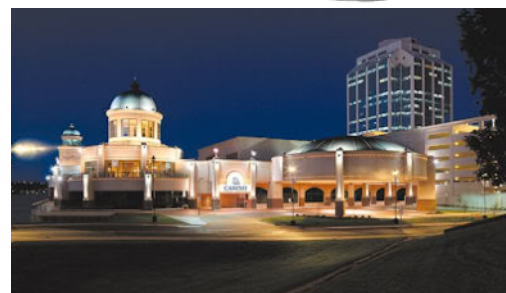
On the First Friday of every month we will be departing at 8:00 am from New Glasgow Parking lot behind the Medical Center (which is front of the theatre area, on East River Road). Then traveling to Truro to pickup at Staples Parking lot Robie Street, departing at 9:30am. Departing Halifax Casino at 3:30pm same day.

Please call ahead for seating at (902) 843-5501

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- **FREE Non-Alcoholic Beverages on floor**
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MARCH 2020 – Millbrook Health Centre						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Dr. Blois (pm) David Rider Meaghan Gladys	3 Dr. Blois (pm) Meaghan Gladys Missy	4 Dr. Blois (pm) Missy	5 Michelle	6 Dr. Blois (pm)	7
8	9 Gladys David Rider Dr. Blois (pm) Dr. Kelly Meaghan Dr.Somerfield Dr. Vance	10 Dr. Blois (pm) Dr. Kelly Gladys Meaghan Missy	11 Dr. Blois (pm) Missy Dr. Somerfield	12 Dr. Blois (pm) Michelle	13 Dr. Bauld Vera	14
15	16 Dr. Blois (all day) Gladys David Rider Dr. Somerfield Meaghan	17 Gladys Meaghan Diabetic Centre Missy	18 Dr. Somerfield Missy	19 Michelle	20 Dr. Blois (full day)	21
22	23 Dr. Bauld Dr. Blois (pm) Gladys Meaghan David Rider Dr.Somerfield Dr. Vance	24 Gladys Dr. Blois (pm) Meaghan Missy	25 Dr. Blois (pm) Missy	26 Dr. Blois (pm) Michelle	27 Vera	28
29	30 Dr. Blois (pm) Gladys David Rider Meaghan	31 Gladys Meaghan Missy				

Please call 24hrs if you need to cancel your appointment. Hours: Monday to Thursday (9:00 to 4:30) Friday (9:00-4:00)