

Millbrook Community NEWSLETTER

MAY 2019



Millbrook Chiefs are the Peewee Champions at the Peter and Mary Agnes Julian Memorial Hockey Tournament

Important Dates

- **May 2** - Policy Review Meeting at 10am
- **May 6** - Minister visit to Data Center at OnX Data Center at 1pm
- **May 8** - Economic Development at 1pm
- **May 12** - Mother's Day
- **May 14** - Chief and Council Meeting at 10am
- **May 15** - Chamber Chief and Mayors Breakfast at Holiday Inn Truro at 8am
- **May 15** - Projects Meeting at 1:30pm
- **May 20** - Victoria Day
- **May 28** - ISC Meeting at 10am in Chambers on Shannon Park

 **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

New Website & URL address

Millbrook's website can now be accessed at www.millbrookband.com.

Social Assistance

Social Assistance Cheques are tentatively scheduled for: **May 9 & 23, 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 **May 9, 2019**.

The deadline for submissions or requests to see Council is **May 5, 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.

June's Chief and Council meeting is June 9, 2019.

Chief and Council Meetings

May 2019

- 🌸 **May 2** at 10am Policy Review Meeting
- 🌸 **May 6** at 1pm Minister visit to Data Center at OnX Data Center
- 🌸 **May 8** Economic Development at 1pm
- 🌸 **May 14** Chief and Council Meeting at 10am
- 🌸 **May 15** at 8am Chamber Chief and Mayors Breakfast at Holiday Inn Truro
- 🌸 **May 15** Projects Meeting at 1:30pm
- 🌸 **May 28** ISC Meeting at 10am in Chambers on Shannon Park

Community Meeting Dates:

🌸 N/A

Contact the Community Engagement Officer, Gerald Gloade by e-mail: 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.

Sunday, May 26, 2019

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) <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

Building Permits

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

Notice to Band Members for Reimbursements Health Centre

When submitting invoices for reimbursements please leave the debit receipt on the invoice.

Copies of the debit receipt are not acceptable only invoices with the original debit receipt will be reimbursed.

Shingles Shots

Shingles shots for MFN Band Members aged 50 and over is now covered by the Millbrook Health Centre.

Tobacco Store

The last duly convened Chief and Council held on January 14, 2019 it was decided to **increase individual quotas to 10 cartons a month starting immediately.** Band Members can now purchase 5 cartons at a time, twice a month and unlimited loose tobacco.

ALTA'Q!!!

What: Millbrook Mi'kmaq Language Club

When: Thursday's from 6:30 to 8 pm!

Where: Millbrook Senior Centre

Who: Ages 15 and beyond

This is very informal group where we focus on some instruction of vocabulary and then make great attempts to speak only Mi'kmaq during the rest of our gathering. Speakers please join us in supporting our learners or to just have fun speaking Mi'kmaq. Your time will be greatly appreciated!

Retirement Reception

Dr. Murdo Ferguson has served as our community physician for 26 years, and it's only fitting that we give him a great send off. We welcome all community members to a reception on **Tuesday, May 7th from 11:45 a.m. - 1:30 p.m at the Health Centre Lobby.** Light refreshments will be available.



Dr. Murdo Ferguson Retirement

Dr. Murdo Ferguson is retiring from working at the Millbrook Health Centre on May 7th, 2019. If you are not a Millbrook band or community member, you will not be permitted to make an appointment at the Millbrook Health Centre to see the new doctor. While at the Millbrook Health Centre, the doctor provides physician services to Millbrook band or community members only.

There are two walk-in clinics in the Truro area that you can contact to make an appointment. The Truro Walk-In Clinic on Robie street in Truro can be reached at (902) 893-3635; the Walk In Clinic on Pictou Road in Bible Hill can be reached at 902-899-2273. If you would like to find another doctor, you could call 811 for advice or you could contact one of the numbers/website below:

- Annapolis Valley, South Shore, Southwest Nova Scotia – 1 -844-491-5891 option #1
- Colchester and East Hants, Cumberland and Pictou areas – 1-855-893-1930
- Cape Breton, Guysborough and Antigonish areas – 1-844-491-5892, option #0
- Halifax, Eastern Shore and West Hants areas – 1-855-444-4415
- Or online by going to: (<https://needafamilypractice.nshealth.ca>)

Letter to the community from Dr. Murdo Ferguson

Over the last 26 years, there has been a transformation in both the delivery of healthcare and in Millbrook itself. When I first began my career with Millbrook in 1994, I was working in the emergency department of the old Colchester Regional Hospital. While doing a shift, I met Elizabeth Berube, a nurse from Cape Breton. She asked if I would consider working in Millbrook as a doctor. After meeting Chief Lawrence Paul, Alex Cope, Barry Martin and Barry Gloade, we agreed that I would come and work in Millbrook. At that time, the Health Centre was located in the current Youth Centre on Willow Street. It was freezing in the winter and roasting hot in the summer! After a few years, the staff were excited when air conditioning units were installed in some of the windows!

A short time later, Dr. Linda Ferguson joined the Health Centre staff doing regular clinic hours and well-women clinics. Dr. Linda not only provided the ladies of Millbrook a welcome alternative to Dr. Murdo, she offered the first opportunity to access vaccines to prevent HPV, dysplasia and cervical cancer. These were the first vaccines developed to prevent some cancers, and much of the research was done in Nova Scotia and Canada.

Working in Millbrook has been a great experience as a doctor and as a person. I have learned a great deal, and have made many friends over the years. The Millbrook community has always been very kind and generous to us. I think that many communities in Nova Scotia and the Maritimes can learn a lot from how Millbrook has grown and developed over the years.

A special thank you to all the staff - past and present - who have worked with us at the old and the new Millbrook Health Centres. A special thank you to Jane Johnson who had to put up with me for seventeen of my twenty-six years as our medical secretary. Jane might miss her work, but she won't be missing my calls to cancel and rebook patients!

Retiring from Millbrook is a bittersweet experience. However, we thank all of you for the privilege and honour of being part of your families and your community.

With best wishes for the future,

Dr. Murdo Ferguson





CONGRATULATIONS AVA MARTIN, MIA MALONEY AND COACH CARLEY GLOADE (AND THEIR TEAMMATES AND COACH B!) TO THE U15 TRURO COUGARS FOR WINNING THE TIER 1 U15 PROVINCIAL CHAMPIONSHIPS!!

**SPECIAL CONGRATULATIONS TO MIA FOR BEING THE TOURNAMENT MVP!!
WAY TO GO GIRLS!**





Millbrook Early Education Centre News

May - Important Dates

Academic Testing for Preschool 4
May 6th – 10th

Academic Testing for Preschool 3
May 13th – 17th

Victoria Day
Monday, May 20
NO CLASSES

Parent Teacher for Preschool
Thursday, May 23
2:00-6:00 pm

Reoccurring Weekly Events

Tuesdays, Thursdays
Mi'kmaw Language for
Primary and Grade 1

Friday's
Swimming Lessons Preschool
& Physical Activity Daycare

If your child is unable to attend school, please contact us.

***Summer Camp Application will be available at the upcoming Health Fair.**

Save the Date

Age 3 Screening

Wednesday, June 5th 2019 from 11am-2pm
Millbrook Community Hall
Door Prizes to be won and lunch will be served at 12pm.



Services being provided:

Early Intervention
Hearing and Speech Screening
Nutritionist/Diabetes Outreach
Colchester Library

Nurse
Jordan's Principle
Vision Screening
MEEC Faculty

Contact Information

902-897-1249 / 902-897-0445

Ext. 101 Director (Nik)

Ext. 102 Preschool 4 (Sue/Destiney/Erica)

Ext. 103 Daycare (Leslie/Genny/Cynthia)

Ext. 104 Preschool 3 (Pam/Jessica/Carrie)

Ext. 106 Speech Language Pathologist
(Christina)

Director's email: meece@eastlink.ca

TRES Newsletter MAY 2019



Come out to the Family Carnival on Saturday, May 25, from 11:00 – 1:00

Dress for the Weather

Weather is changing, please dress appropriately. If you know your child likes to jump in the puddles, mud etc., it would be good to have a change of clothes in the backpack!

Arriving on Time

If your child/ren are going to be late or absence please call the school at 902-896-5755 or Juliana, Jen, Shelley or Lisa.

RALLY AGAINST RACISM

We'd love to see your noise makers and support at the Rally against Racism at the Civic Square (In front of the Library) on May 30.

Regular Bedtime

Spring is upon us! That means the days are getting longer, nights shorter. The importance of a scheduled bed-time sets up our students for greater success.

Important Dates

May 9

Parent Orientation @6:00pm

May 10

Primary Registration

May 15

SAC @ Hall from 6 – 7:00pm

May 20

Victoria Day – No School

May 25

PTG Family Day Carnival

May 30

Rally Against Racism @ Civic Square

Happy Birthday

Presley Martin!



Millbrook Education News on Facebook

We have a Facebook page for PARENTS and students. This is where we post notifications regarding the buses etc. We also post important school information. It is a site for sharing information, not for bickering or arguing. **If you are a parent** and you are not on the site please ask to join. Reminder that this site is for Parents and students only.

TRES Parent Teacher Group also has a Facebook page that you may join for their information.

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.

If you child is sick or going to be absent for any reason please call the school.

The Lost and Found is really piling up at school. If you are missing items have your child take a look by the gym or feel free to come in and take a look for yourself. 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

TJHS Newsletter MAY 2019

Attendance Incentives will be issued on **FRIDAY, JUNE 21ST**.



Thank You

A Big thank you to Art Stevens from Dalhousie University Faculty of Agriculture, who joined us for a lunch and learn to promote an upcoming Awtiget Indigenous Youth Mini-University Camp. Art was very passionate about speaking to us about the fun, and interactive cultural activities offered at this science camp. I hope that plenty of students attend this camp. A number of our students have applied to be considered for this opportunity. For more information, visit dal.ca/acaboriginal

Electronic Devices

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.

Backpacks

Backpacks are not allowed in the classrooms, and should be left in lockers at the beginning of the day. Students are allowed to have a small drawstring bag to carry their personal belongings between classes. Students must prepare for the day in the morning, at break and at lunch, as they are not permitted to visit their lockers between classes.

Dance

The April dance has been cancelled and will be rescheduled during the month of May.

Important Dates

May 20

NO SCHOOL – Victoria Day

May 22

May 22-23 Gr. 7 Immunizations

May 27

May 27-31 Gr. 8 Provincial Math Assessments

May 30

Rally Against Racism

June 11

Gr. 5 Welcome Tour

June 24

Grad Dance

June 27

NO SCHOOL – Assessment Day

June 28

Report Cards – Dismissal at 10:30 am.

What is World Turtle Day?

World Turtle Day is an annual awareness day celebrated on May 23rd each year. The aim of World Turtle Day is to raise awareness, bring attention and increase knowledge and respect for **turtles** and tortoise species around the world. Turtles are rapidly disappearing from their habitats and through education and awareness, the American Tortoise Rescue hopes to stop that.

From the Desk of Amanda Dugas

Applications/Information Packets for Junior University, a health sciences summer camp for indigenous youth, are available in our learning centre. This is a 4 day camp during the summer, and students will be staying at either Dalhousie University, St. Francis Xavier University or Cape Breton University, depending on which camp they apply to. For more information, visit medicine.dal.ca/global-health or email joe.maceachern@dal.ca

Homework club is an excellent opportunity to catch up on assignments, and work on projects. Stop in after school from Monday-Thursday. Transportation and a snack is provided. Let's finish out the school year strong!

We have Lunch and Learns planned for the month of May, with guest speakers from Millbrook Wellness and Ulnooweg Summer Solstice Run. Please listen to the daily announcements for when sign up is open, as space is limited.

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

Please check the Lost and Found items to see if any belong to you as the items will be donated to the Colchester Community Workshop in the near future.

Check out the school website at <http://tjh.ccrsb.ca>. for all important notices and updates, the school calendar, menu and homework can be found there! If you need to contact me, I can be reached by phone at (902) 896-5550 ext. 232 or by email at dugasaa@ccrsb.ca.

From the Desk of Luisa Martin

Kwe' Me' tal-welo'Itioq?

I hope everyone had a lovely Easter with their families and friends. It's always a joy to spend quality time with our families, such as enjoying a nice Easter dinner or hunting for eggs on the lawn, and not to mention indulging in some delightful treats.

Again, we only have two months left of school work. Therefore, students should be intentional about making every day count.

We also celebrated with a Mi'kmaq language Easter themed lunch and learn, which consisted of various games and activities. Students had fun competing to win prizes of chocolates, candy and bubbles.

Nemultoqsip!



From the Desk of Tom Wilson

Parents check to see if your child has a calculator. I know 5 students in grade 8 and 9 who do not have one because I am constantly lending them out so these students can do their math tests and assignments.

Also please be aware that most grade 8 and 9 students have Math homework most days.

Well SPRING has finally SPRUNG!!! Students should be reminded that even though there are only 2 months of school left that they are the MOST IMPORTANT 2 months for the few students that are "just passing" or failing a subject.

Over the past 25 years I have seen HUNDREDS of students work really hard in May and June. This extra effort had a great Impact on how well they met their 3rd Term Learning Outcomes, how well Grade 9 students did on their final exams in June and their final mark for the year. Most important of all, it made a Hugh Positive Impression on their teachers.

Warning from Mr. Wilson - STUDENTS...**DON'T CATCH SPRING FEVER!!!**

Attendance is crucial during MAY and JUNE.

If there are any students (I can think of one or two) who missed a "few" classes and would like to get a copy of the notes they missed, they need to come see me as soon as possible.

Grade 8 Students will be writing the Provincial Grade 8 Reading, Writing and Math Assessment during the last week in May.

Grade 9 Students will only write Formal Exams in English, Math and Science at the end of June. (Stay tuned for specific dates and times!!!)

See ya at the Fishin' Hole,

Thomas J. Wilson

CEC Newsletter March 2019

Lunch Allowances will be issued on TUESDAY, MAY 7TH.

Attendance Incentives will be issued on FRIDAY, JUNE 21ST.



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

Hello,

As the flowers begin to pop their heads out of the ground that signifies to students that summer is just around the corner. Many students are excited about finishing up the year and at the prospect of working for Millbrook during those warm months. I would like to remind students that attendance during the next two months matters, not just for academics and exam exemptions but also for employment in Millbrook.

At the end of this month we will be holding the annual Rally Against Racism, a celebration of diversity in our community. Frankie Sylliboy and three other students will be our emcee's this year along with many Millbrook dancers and the drum group Iron Tide. So come out to the Civic Square on May on May 30th and join us with the Town of tour to celebrate our diversity.

Graduating students should also 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.

Important Dates

May 2

May 2 – 24 – IB EXAMS

May 20

Victoria Day – **No School**

May 29

Achievement Night
@6:30pm

May 30

Rally Against Racism–Day 2

June 5

Athletic Awards @ 6:30pm

June 13

June 12-18 In Class Exams

June 19

June 19-25 Formal Exams

June 25

Prom

June 27

Graduation

June 28

Report Cards dismissal at
10:30 am.

**Happy Birthday Randy
Milliea and Morgan Walsh!!**

Page 1 of 2

"Our task must be to free ourselves... by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty." - Albert Einstein

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 and extracurricular activities

Andrew Floyd - Rugby

Celeste Sylliboy - Track and Field

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

2019 MILLBROOK STUDENT SUMMER EMPLOYMENT PROGRAM

APPLICATION FORMS WILL BE AVAILABLE ON **Monday, June 3rd**.

The following rules and regulations will be strictly adhered to.

The purpose of the Millbrook Summer Employment Program is for students to gain work experience and skill development in various areas of employment.

Due to the large number of eligible students and fiscal accountability, not all students who apply and are interviewed will be hired.

This is the only Summer Employment Program that will be funded by Millbrook Chief and Council. Eligible students will be Millbrook Band Members who live on the Millbrook Reserves, that are in Grade 10 or above, are over 15 years of age and under 30 years of age, who attended school **for the entire school year without being absent for more than 20 school days**, and can provide written, confirmed plans to return to school FULL TIME, are eligible to apply. Students who are currently suspended or have been suspended over the school year, or have **missed more than 20 school days, are NOT eligible to apply**. There will be no exceptions to these rules.

Post secondary students are eligible only if they have had **no more than 1 year's disruption** in their education and have never held a full time job. Attendance, work ethics while at school and your performance at last year's summer placement will all be factors that are highly considered during the placement process.

Please make sure the **EMAIL** you provide on your application is one you can be reached at. Students will be notified by **EMAIL** of interview times; if you miss your interview another one will not be granted.

All applicants **MUST** have a Social Insurance Number in order to apply for summer employment. **NO EXCEPTIONS** can be made.

Summer jobs, including those for university students will be for the seven week period starting on Tuesday, July 2nd and ending in Friday, August 16th.
(RECREATION, SPORT AND TINY TOTS CAMPS WILL HAVE TRAINING AND PREP THE WEEK OF JULY 2nd to 5th)

Closing Date is be THURSDAY, JUNE 20th, completed application forms must be returned to the Band Office by 4:00pm, NO EXCEPTIONS.

INTERVIEWS WILL TAKE PLACE ON WEDNESDAY, JUNE 26.

Jobs this year include but not limited to: Maintenance (2), Carpentry (2-4), Recreation Camp (8), Tiny Tots Camp (3), Sports Camp (3), (POSITIONS ARE SUBJECT TO CHANGE, an updated list will be available when possible.)

Powwow Arbour Construction



SEASON 2 NOW CASTING!

Indigenous Men and Women

A once in a lifetime challenge!

Are you ready for **30** days
that will change your life?

Send a 60 second video introducing yourself
to casting@merchantsofthewild.com

must be 18+ and Canadian citizen

ADVENTURE

CULTURE

TRADITION

MERCHANTS
OF THE WILD

CASTING Mi'kmaq Elders and Knowledge Holders



Mi'Kmawey tli'suti

**Able to teach land-based
or cultural skills**

(Identifying plants/medicines, canoe makers,
hunting, trapping, spear fishing, shelter building, etc..)

**Send a 60 second video introducing yourself
to casting@merchantsofthewild.com**

Upcoming Events:

May 12 - Jr NBA (4-6) and Rookie Division basketball programs start. Registration is \$80 and includes ball, jersey, certificate and insurance. Millbrook Band members can apply to the tobacco fund and other community members can use jumpstart - contact Gord Pictou for the forms! (902.986.8447). Still lots of space so hurry up and get involved.



May 12 - Drop in Floor Hockey starts from 1-3 pm. Registration Forms are available in the foyer of the band office, the website, and TES and TJHS. It is for kids in grades 4-9 and totally free. Last year we used helmets but this year you can choose safety glasses (provided) or helmets (your own). We are also using a felt puck. New teams each week and lots of short games.



May 18 - The L'nu Kamakn Ski and Snowboard team will be holding a Food Drive for the Colchester Food Bank from 1-4 at the Millbrook Gym. You can drop off your donations to us at the gym or text us for pick-up (986.8447).



May 18 - 6-8pm - NAIG Baseball Try-outs at the Millbrook Field - If you were born between 2003 and 2005 and would like to represent Team Mi'kmaw at Kjipuktuk 2020 North American Indigenous Games this is your chance. If you can't make the truro Try out there is one in Dartmouth on May 25 and one in Cape Breton at CBU from 4-6pm.



June 2 - Millbrook Bike Rodeo from 10 am -1 pm at the Powwow grounds this year. Come try the obstacle course or learn about basic bike repair and maintenance. Free helmets for all who come, bike draws, and bbq.



Looking for kids that would like to train for an adventure of a lifetime!

If you are in grades 8 - 12 and would like to visit the British Isles you can train to complete a half-marathon and then accomplish the feat in paradise. Check the Millbrook website or the Community FB page for more details or email Gord; gpictou@gmail.com You don't have to be a good runner now but you will have to commit to becoming a great runner later. Everyone is capable if you have the heart and motivation.



MILLBROOK FIRST NATION

Employment Opportunity

Medical Office Administrator

Millbrook First Nation is seeking a Medical Office Administrator to work in Millbrook, Nova Scotia. This is a permanent full-time position. The successful candidate would be required to work 32 hours per week (9:00am to 4:30pm Monday to Friday). The Medical Office Administrator is under the direct supervision of the Director of Health Services.

The successful candidate must have proven skills in scheduling appointments for multiple staff, proficiency in the use of all aspects of electronic medical records (specifically, billing, referrals, filing), computer operations, and they must enjoy interacting appropriately and professionally with all members of the multidisciplinary medical team, including but not limited to the physician, nurses, allied health staff, etc., as well as community members and be able to adapt to and overcome unforeseen circumstances.

The successful candidate would ideally possess the following qualifications:

- Diploma in Medical Office Administration.
- Minimum of 3 years of experience in Medical Office Administration.
- Experience with Nightengale or Med Access Electronic Medical Records.
- Proven ability in multi-tasking, problem solving, time management, telephone etiquette, professionalism, efficiency, flexibility, reliability, organization, billing through MSI, and data entry.
- Valid CPR certification, and either Emergency First Aid or Standard First Aid certification.
- Police Record Check with Vulnerable Sector Search clearance.
- Child Abuse Registry clearance.
- Excellent organizational and time management skills.
- Excellent interpersonal and communication skills.
- General knowledge of Mi'kmaq culture and issues on the Millbrook First Nation.
- Preference will be given to Millbrook Band Members of Mi'kmaq descent.

Salary: \$16-\$22 per hour (TBD based on qualifications and experience)

If you have any questions, please contact:

Carley Gloade
Phone: (902)897-9199 ext. 122
Email: carley.gloade@eastlink.ca

Application deadline:

Please submit your resume and cover letter to Carley Gloade by **May 10, 2019 no later than 4:00 pm**.
Not all who apply will be contacted.

Community



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.

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, May 7 & 21.**

[Blue Bags dates are Tuesday, May 14 & 28.](#)

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 on the weekends.

RECC Membership

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
May 5, 12, 19 & 26.



Millbrook Family Skate Every Sunday Morning

Sunday morning ice times at the R.E.C.C. starts at 8-9am,
May 5, 12, 19 & 26.

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.

Youth Spring Dance

There will be a Youth Dance at the Community Hall on Saturday May 18 pizzas and movie cards 7 to 9pm for grades 6 & under and 9 to 11pm for grades 7 & up also canteen will be available. For more information contact Peter Gloade 902 897 1234 Music by Jeff Wilmot

Also PLEASE Note No grades 7 and up will be allow into the Hall until 9pm, also adults who are just coming up just for pizzas please note these are kids dances and the pizzas are for the kids. If you're an adult with no kids taking part in the dances, this rule apply to you also. Thank you

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.

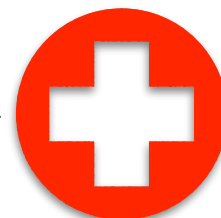
Medical Drivers

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

**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 counselor 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.

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 May 6, 4 weeks Relapse program
- Eagles Nest Recovery house** Indianbrook May 13, 5 weeks Co-ed program.
- Mikmaw Lodge** at Eskasoni, NS is May 6 5 weeks coed program
- Wolastoqewiyik** Tobique June 17, 5 weeks co ed 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.



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.

Health Centre update:

1. Please look at your medications to find out how many refills you have left. You can also call your pharmacy to get this information. When you pick up your final refill, call to make a doctor's appointment so that you don't run out of your medication.
2. For appointments at the health centre, please be on time. If you are late, we cannot fit you in and you will have to book another appointment.
3. If you want to be reimbursed for medications/medical supplies you purchase on your own, please contact the health centre **first** to make sure that they are something we or NIHB can cover. Not all items are reimbursable. Please provide original receipts as well.

Millbrook Seniors Craft Day

Tuesday May 7th, 2019

1:30

Seniors Centre

Millbrook Seniors Luncheon

Wednesday May 22nd, 2019

12 noon

Seniors Centre

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



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May 19th

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MADNESS**

BINGO

**\$1300.00
\$1400.00
\$1500.00
Games**

**\$700.00
Special
Games**

**\$10,000.00
Jackpot**

MAY 2019

Wednesday	Thursday	Friday	Saturday	Sunday
1 Express Books	2 \$150.00 Regular Games	3 PROGRESSING \$150-\$260.00 Regular Games	4 Floating \$200.00	5 \$200.00 Regular Games
8 Express Books	9 \$150.00 Regular Games	10 PROGRESSING \$150-\$260.00 Regular Games	11 Dauber Day & Evening Cosmic Bingo	12 Mother's Day Promo \$200 Reg Games
15 Express Books	16 \$150.00 Regular Games	17 PROGRESSING \$150-\$260.00 Regular Games	18 Express Books Evening Bingo	19 LEVEL MADNESS
22 Express Books	23 \$150.00 Regular Games	24 PROGRESSING \$150-\$260.00 Regular Games	25 Express Books Evening Bingo	26 \$200.00 Regular Games
29 Express Books	30 Dual Dab Draws \$500 in total	31 PROGRESSING \$150-\$260.00 Regular Games	 <p>Call Hotel 902-843-4343 for preferred Customer Bingo Rates</p>	

**June 2nd
marks the
start
of our
summer
hours
Sundays
will be
evening
bingos**

www.twitter.com/legendsbingo

www.legendsgamingcentre.com

www.facebook.com/legendsgamingcentre

Sunday, May 19th, 2019

Where Winners Come to Play



Admission \$130.00
Weekend Packages
\$220.00 *based on
double occupancy



LEVEL MADNESS BINGO

\$1300/\$1400/\$1500 Games \$700 Special Games \$10,000 Jackpot

Entrance packages includes:

- 1- 12 on Regular Book
- 1 - 6 on Special Book
- 1 - 6 on Mini Book

Worst Card

2 - Dual Dab

4 - Bonanza

1 - Jackpot

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* Limited quantity of
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www.legendsgamingcentre.com

INTRODUCING OUR 2019 MI'KMAQ BURSARIES

Our Mi'kmaq Bursary Program offers four \$1000 awards to Mi'kmaq students entering any year of a full-time post-secondary accredited education program.

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ESKASONI FIRST NATION
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SALENA SYLVESTER
MEMBERTOU FIRST NATION
2017 Scholarship Recipient
Bachelor of Arts, CBU

Deadline for applications is **MAY 31, 2019**

Visit nspower.ca/scholarships to apply

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Fostering education, diversity and inclusion to support strong, healthy communities of tomorrow

EMERGING LEADERS SCHOLARSHIPS

Four \$2,500 awards to students entering any year of a full time post-secondary education program in the areas of Power Engineering, Power Line Technician, Instrumentation Tech, Engineering, Technology, Business, Marketing & Communications, Environmental Sciences or Law.

WOMEN IN TRADES, ENGINEERING, TECHNOLOGY & INNOVATION SCHOLARSHIPS

Six \$2,500 awards to female students entering any year of a full time post-secondary education program in Trades or in the areas of Engineering, Technology and Innovation.

AFRICAN NOVA SCOTIAN SCHOLARSHIPS

Four \$2,500 awards to African Nova Scotian students entering any year of a full time post-secondary education program in the areas of Power Engineering, Power Line Technician, Instrumentation Tech, Engineering, Technology, Business, Marketing & Communications, Environmental Sciences or Law.

NOVA SCOTIA POWER FAMILY SCHOLARSHIPS

Ten \$1,000 awards to children/dependents of employees or retirees of Nova Scotia Power. These awards are available to students entering any year of a full time post-secondary education program.

MI'KMAQ BURSARIES

Four \$1000 awards are available to Mi'kmaw students entering any year of a full time post-secondary education program in Power Engineering, Power Line Technician, Instrumentation Tech, Engineering, Finance, Technology, Business, Marketing & Communication, Environmental Sciences or Law. Past recipient winners can re-apply each year.

Recipients may also have the opportunity to participate in a 12-week paid internship at Nova Scotia Power during their term of study.

Deadline for scholarship applications: **APRIL 18, 2019**

Deadline for bursary applications: **MAY 31, 2019**

Visit nspower.ca/scholarships to apply





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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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The Mainland Mental Wellness team is here to support, educate, and help you and your family navigate the mental health system.

Optimal Aging Program

with Matt from the CMM Mental Wellness Team

When: May. 1- May. 29 2019 (4 week program every Wednesday, excluding May. 22)

Where: Seniors Centre

Time: 1pm-2:30pm

Prizes to be won

This program is suited for those looking to improve their overall wellness in all areas of life. This program will introduce physical activity as well as brain challenges, while also giving you an opportunity to learn about aging more optimally through life. This is done through such topics as, fall safety, healthy aging, how our brains change etc. Open to Adults, seniors and Elders. Hope to see you there!

We aim to empower our First Nation peoples and our families with knowledge and resources for their mental wellness needs. We provide cultural support, such as traditional or cultural services, healers, elders, or craftspeople, education and support services.

Mainland Mental Wellness team for the Confederacy of Mainland Mi'kmaq. Contact us: phone (902)899-5345, email katie@cmmns.com or check us out on Facebook: Mainland Mental Wellness Team.

**Millbrook Enterprise Credit
Application Form
P.O. Box 634, Truro, N.S. B2N 5E5**

Office use only: Received this _____ day of _____ A.D. 2019
Band Administrator or his designate _____

Please Select: Mail _____ Pick Up _____ Direct Deposit _____

Applicant Name: _____

Band # of Applicant: _____ **Date of Birth:** Day _____ / Month _____ / Year _____

Telephone# () _____ - _____ **E-mail:** _____

Mailing Address: _____

I authorize the Millbrook Band permission to use the above information for communication purposes regarding band matters: **Yes** _____ **No** _____

All Millbrook Band Members are entitled to apply for the **June 10th, 2019 Millbrook Enterprise Credit.**

By signing this application, I, the applicant, do hereby agree and authorize the Millbrook Band to pay from my Millbrook Enterprise Credit Funds, any money I owe to the Millbrook Band as of the date of my application. Any Millbrook Enterprise Credits payable to Band Members under 19 years of age will be placed in a trust fund. When that Band Member attains the age of 19, he/she may apply through the Millbrook Band to have his/her Millbrook Enterprise Credit money released from trust. And I also acknowledge this Millbrook Enterprise Credit cannot be assigned to a third party, and is only payable to the applicant.

Please note: Applications must be fully completed to be considered for this credit of **\$1250.00** (One thousand two hundred fifty (Canadian) Dollars). **The deadline is September 13th, 2019. Any application not received or post marked on or after this date will not be accepted. Faxed Applications will not be accepted, please mail!**

A legible photocopy of Certificate of Indian Status (front and back) is required. If you do not have a Certificate of Indian Status, proof has to be obtained from the Millbrook Membership Clerk. (902)895-6385, Ext. 234. If you have any questions, please call 1-800-693-3112 or 902-897-9199.

Dated this _____ day of _____ A.D. 2019

Signature of Applicant
Approved () Not Approved ()

Witnessed by

By _____ and by _____
This _____ day of _____ A.D. 2019

June 2019 Millbrook Enterprise Credit Applicants

All completed **Direct Deposit** applications will be deposited on **June 3rd, 2019**. Completed applications must be received by **May 27th, 2019 @ 12:00 noon**.

Completed applications requested to be issued by **Mail or Pick Up** will be released **June 10th, 2019**. Completed applications must be received by **June 6th, 2019 @ 12:00 noon**.

Applicants requesting direct deposit must provide one of the two listed documents.

- Void Cheque belonging to the applicant
- Direct Deposit Form from applicant's bank

Please note: To avoid any errors, hand written banking information, and/or use of bank accounts not belonging to the applicant is no longer accepted.