

Millbrook Community NEWSLETTER

OCTOBER 2018



Truro Elementary School - Orange Shirt Day

Important Dates

- 📅 **October 1** - Treaty Day (closed)
- 📅 **October 2** - Economic Development 10am
- 📅 **October 8** - Thanksgiving (Closed)
- 📅 **October 9** - Council Meeting 10am
- 📅 **October 10 & 11** - C&C Consultation Strategic Planning Workshop Halifax Westin 9am-4pm
- 📅 **October 12** - INAC monthly meeting on Shannon Park at 10am.
- 📅 **October 16** - Chief & Council Consultation Meeting at 10am in Chambers
- 📅 **October 17** - Projects Meeting 1:30pm in Chambers
- 📅 **October 19-21** - Millbrook Moose Hunting Camp
- 📅 **October 31** - Halloween

 **MILLBROOK
FIRST NATION**

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

Millbrook Band Office

Mailing Address

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

Business Hours

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

Phone Numbers

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

Social Assistance

Social Assistance Cheques are tentatively scheduled for: **October 11 & 25, 2018**. Applications are available at the Reception desk at the Band Office.

November 2018 Millbrook Enterprise Credit - Direct Deposit

The deadline for Direct Deposit of the November 20, 2018 Enterprise Credit is November 5th, 2018. Any application not received or post marked on or after this date will not be accepted for direct deposit. Faxed Applications will not be accepted, please mail! Applications are attached to the back of the newsletter.

Chief and Council Meeting

The next Chief and Council meeting is scheduled for **October 9, 2018**.

The deadline for submissions or requests to see Council is **October 5, 2018**.

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.

October's Chief and Council meeting is **November 13, 2018**.

Chief and Council Meetings

October 2018

- ✦ **October 2** - Economic Development 10am
- ✦ **October 9** - Council Meeting 10am
- ✦ **October 10 & 11** - C&C Consultation Strategic Planning Workshop Halifax Westin 9am-4pm
- ✦ **October 12** - INAC monthly meeting on Shannon Park at 10am.
- ✦ **October 16** - Chief & Council Consultation Meeting at 10am in Chambers
- ✦ **October 17** - Projects Meeting 1:30pm in Chambers
- ✦ **October 19-21** - Millbrook Moose Hunting Camp

Community Meeting Dates:

✦ N/A

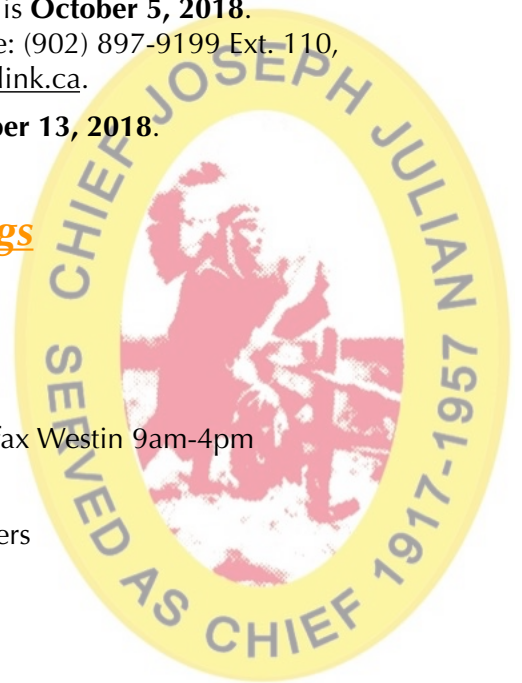
Contact the Community Engagement Officer, Gerald Gloade by e-mail: gerald.gloade@eastlink.ca to make suggestions for future discussion topics. We would like to have Community Members feedback. The purpose is community engagement. Focusing on information sharing and addressing community concerns on an 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.

Friday, October 26, 2018

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.

Millbrook Fisheries DRUG TESTING FOR DIGBY (FALL).

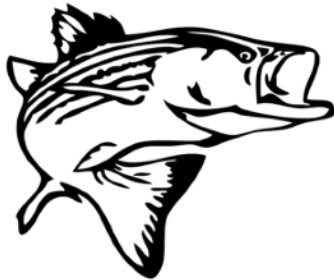
Please be advised that if you are going to fish area 35 Digby fall season, in any capacity. (Captain, Crew, Bander), you must be tested for drugs.

Our drug test is scheduled for 9:00 AM on October 3, 2018. at the Millbrook Community Hall. This will be an observed urine & saliva test.

Please arrive at 9:00 AM.

Thank You, Millbrook Fisheries.

Free Bass



On Thursday, October 4, 2018
from 12pm-4pm

Get your hands on some free Bass at the Arctic Charr building in the Power Centre

Millbrook Tobacco Store

Cheque Cashing – effective immediately

As per the direction of Millbrook Band Chief and Council on September 11, 2018:

-Millbrook Tobacco Store will be permitted to cash only the following cheques:

- Millbrook Social payments

-Cheques can only be cashed by the Millbrook Band member that it is written out to. No third party cheque cashing is authorized.

-Appropriate identification will be required.

Tobacco Quota Limits – effective immediately

As per direction of Millbrook Band Chief and Council on September 11, 2018:

-As in compliance with Nova Scotia Retail Vendor Permit regulations, purchase transactions cannot exceed a total of 1,000 grams of product (cigarettes and tobacco combined)

note that 1 carton of cigarettes = 200 grams (5 cartons equal a maximum purchase)

-Millbrook Band Member monthly cigarette carton limit amount is 5 cartons

-Millbrook Band Member previous monthly loose tobacco limit of 600 grams has been eliminated. No purchases greater than 1,000 grams a day will be permitted.

-Any Millbrook Band Member, that has used the 5 cigarette carton limit, can only purchase 1 package of cigarettes, on any business day of Millbrook Tobacco Store, until the end of that month.

2018 Ulnooweg Entrepreneur Award Show.

Start up business award
winner is
G-Man Waste
Removal.





Millbrook Early Education Centre News

Important Dates In October

Monday, October 01, 2018
Treaty Day, No Classes

Friday, October 05, 2018
PD day, No Classes

Monday, October 08, 2018
Thanksgiving, No classes

Friday, October 19, 2018
Parent/Tot
Ages 3-4 years old
1-2 pm

Friday, October 26, 2018
PD Day, No classes

Wednesday, October 31, 2018
MEEC Annual Trick or Treat

Reoccurring Weekly Events

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

Tuesdays
Super Nova Science (Preschool)

Fridays Outdoor Adventures
For All Classes

We made it through September, and welcome October, and all the fall activities we have planned.

Summer is officially over and with that the cooler weather is moving in. Please make sure all students are arriving to school with proper outdoor wear so they don't miss out on our fun adventures.

A look back at September



CONTACT US

902-897-1249 / 902-897-0445

Ext. 101 Director (Nik)
Ext. 102 Preschool 4 (Sue/Cynthia)
Ext. 103 Daycare (Leslie/Genny)
Ext. 104 Preschool 3-A (Pam/Carrie)
Ext. 105 Preschool 3-B (Destiney)
Ext. 106 SLP (Christina)



Director's email: meece@eastlink.ca

Education Newsletter October 2018



October is Mi'kmaq History Month!

Welcome Back

Welcome back to another awesome year at TRES!

A BIG shout-out goes to the Millbrook Parents and Students, Thank-You! We had a terrific start to the year. Please feel free to contact the classroom teacher or any of us if you have any questions or concerns regarding your student/s academic concerns.

"Mini Mawio'mi"

We will be having a "Mini Mawio'mi on October 19th, parents are welcome to attend.

Dismissal

It is important for you to make all necessary arrangements with your child before they leave home, including after school arrangements, lunch or lunch money etc. We cannot call for alternate arrangements unless it is an emergency.

Dress for the Weather

Even though it is warm in the afternoons, it is very chilly in the mornings, please dress children appropriately.

Nut FREE and Scent Sensitive School

TRES is a nut free and scent sensitive s.

Important Dates

October 2

Terry Fox Run

October 4

In-Service – NO SCHOOL

October 8

Thanksgiving – NO SCHOOL

October 19

Mini Mawio'mi – 1:10pm.

October 26

In-Service – NO SCHOOL

October 31

Black and Orange Day no costumes please.

Happy October Birthday

Leah Augustine

Americus Brooks

Karlaya Francis

Sydney Paul-Dennis!

Happy Belated September Birthdays

Harlen Phillips-Cope

Liv Hunsley-Wilmot

Kluskap Stephens

Honour Young-Stephens!



From the Gym

Just a quick reminder about dress for P.E. classes. Students are to wear indoor sneakers, T-shirt and shorts or track pants. Please watch for information from your children's teacher regarding specific days for child's gym day.

School starts at 8:00 am and finishes at 2:00 pm. Please be on time, if not your child is missing valuable instructional time and distracting the rest of the class when they arrive late.

Reminder

Please call the school if you child will be late or absent from school. The number at the school is 902 896-5755. Also, a reminder to parents that classes begin at 8:00 am. every day! Arrival after that time means that classes are being interrupted and activities are being delayed. Please respect the morning bell and make sure you child is present on time.

Monthly Menus

Please remember to fill in the monthly menu. Remember if your child does not like the hot meal on a particular day, they can choose "**OTHER**"! Daily Lunch Specials include: Daily Lunch Special without Drink (\$3.75), Daily Lunch Special with White Milk or Juice (\$4.25), Daily Special with Chocolate Milk (\$5.00) Chicken Wrap (\$4.00), Caesar Salad (\$4.00), Chicken Caesar Salad (\$4.00), Chef's Salad (\$4.00), Sandwiches – Egg, Ham, Tuna and Grilled Cheese (\$3.00), Soup of the Week with a Roll (\$3.50)

Volunteers

Holly Bernard at the Millbrook R.C.M.P will be able to do a vulnerable person and criminal record check if you wish to volunteer at TRES. Please call Holly at 902 890-1974 if you have questions.

Millbrook Staff at TRES this year

Jen Gloade 902-986-4224

Shelley Gloade 902-899-2415

Lisa Wilmot 902-986-5010

Juliana Paul 902-890-0461



Dear Millbrook Parents and Students,

My name is Juliana Paul. I am pleased to be back in the position of Millbrook's Student Achievement Advisor. My time is shared between Truro Elementary School and Truro Junior High.

My job is to help parents in any way I can by making it possible for their student to be on the right path for the school year. I can assist with this by helping create a schedule to establish routines. Also, encourage the students to attend Homework Club at Truro Junior High from Monday-Thursday.

I am here to work on decreasing the barriers to academic success for our Millbrook students and encourage the development of student's strengths and positive coping skills. I am on many of the school's committees. I attend these meetings to advocate for our Millbrook students. I am also here to be the link between the school and the Millbrook community. I want the parents to know what is said to me is kept confidential. I communicate messages from the school to the community of Millbrook or directly to the person it applies. I can telephone you or contact you by Facebook or text message. You can let me know which method of contact you prefer.

If your student is going to be late or absent, please contact their school. Truro Elementary 902-896-5755 and Truro Junior High 902-896-5550. If you cannot reach the teacher, please send me a text or Facebook message, and I will let the school know they will be absent.

Please feel free to contact me at 902-890-0461 if you have any questions.

Thank - You,

Juliana Paul

Education Newsletter October 2018

Attendance Incentives will be issued on THURSDAY, DEC. 6TH.



Welcome Back

Welcome back TJHS students, and a warm welcome to our new students. We will do our best to make sure you have a great academic year at TJHS!

From the Desk of Amanda Dugas

After almost three full weeks of school, we are all settling down into our routines and the days are running very smoothly. Please remember to come prepared to class, by bringing your binder and any supplies needed.

Homework Club is well underway, open from 3:30 p.m. to 4:30 p.m., Monday – Thursday. Students can get help with their homework, assignments/projects or can use the time to prepare for tests. A snack is provided, as well as transportation home to Millbrook. Please note: If there is no school scheduled the next day, then there is no homework club.

Students in grade 7 & 8 have "Scheduling Need" or "Tutorial" on their schedule. This is an extension of your ELA class and is a Reading and Writing Workshop. Assignments completed in this class, may be forwarded to your ELA teacher and included on your term grades. It can also be an opportunity to work on homework, assignments, or silent reading. Students are invited to the First Nation Learning Centre during this period to have a quiet place to work or study. They must check in with their classroom teacher prior to coming to the Learning Centre.

It is very important that your child brings a novel to school daily for Sustained Silent Reading. It is an opportunity to read a novel of their choice, uninterrupted daily for 15 minutes. Students are

Important Dates

October 3

Picture Day.

October 4

In-Service - No School

October 8

Thanksgiving Holiday No School

October 9

9th – 11th Grade 6 Provincial Assessments

October 26

Provincial Conference – No School

Happy October Birthday

Jenaya Barton Pictou

Onnah McKearney

Tehya Milliea

Dru Paul-Martin

Neveah Smith

Daisy Trenholm!



Happy Belated September Birthday

Kail Beckman

Victor Brooks

Skyler Cope!

encouraged to visit the library on their break or at lunch from Wednesday to Friday to get a new book, when they are finished their current novel.

A note regarding backpacks and lockers: 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. Thank you in advance for your cooperation.

Please remember that all important notices and updates, the school calendar, menu and homework are found on the school website at <http://tjh.ccrce.ca> As always, 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

Amanda Dugas

From the Desk of Tom Wilson

Wow the first 4 weeks of school went by so fast. I'd like to remind Parents that the Millbrook Homework Club is up and running Mon – Thurs 3:30 – 4:30. Students can get help with their homework, assignments and projects. We can also help students study and prepare to write tests. Students can even get a snack, drink and a bus drive back to Millbrook if they need it.

I would like to ask parents of Grade 8 and 9 students to check with their teenagers to see if they have a Scientific Calculator. Good Scientific calculators can be purchased at Staples and Wal-Mart for under \$10. Make sure the Calculator you buy has a Second function (2nd F) button...it is usually in the top left corner below the display. These calculators will also have square and square root buttons!!!

*** Also a reset button on back of calculator that can be activated by pushing the tip of a pencil in the little hole is very advantageous. ***

Hope you have a great Treaty Day and Thanksgiving,

THOMAS J. WILSON ☺

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)

Welcome back CEC students. With September under their belt students are working diligently to make this year their best. October holds a great number of opportunities within CEC for all students. We will be celebrating Indigenous culture the entire year and it begins this month. From Wellness weeks to the First Nation School Assembly students are working to spread awareness and educate the student body. Staff are also taking steps towards reconciliation and working with Patsy Paul-Martin and Melody Martin-Googoo in regards to Treaty Education.

Parents are reminded to check powerschool (parent portal) and if they do not have access please dial 902-896-5700. The attendance policy can be found in the student handbook on the CEC website or requested in the office.

“Today I have the power to change my story.” —Unknown

Bryant Vance

First Nations Education Support Teacher

902-896-5728 (Classroom)

vancebw@ccrce.ca

Important Dates

Sept. 28th- Orange Shirt Day

Oct 1. – Treaty Day

Oct 3- Wellness Lunch and Learn (at Lunch)

Oct 4- PD day (No School for students)

Oct 8- Thanksgiving Day(No School)

Oct 18- Post Secondary Evening (CEC 6:30-8 PM)

Oct 19- Post Secondary Morning (9-10:30)

Oct 23- Open House Meet and Greet CEC staff will be in Millbrook from 5:30-7PM

Oct 26- PD day (No school)

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

Football- Tyson Stevens, Craig Tabor, Will Sylliboy

Basketball- Frankie Sylliboy

Rugby- Celeste Sylliboy

Wrestling- Jacob Smilde-Cope

Soccer- Frankie Sylliboy

Golf- Cole Bernard

Happy February Birthday to:

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



MEET and GREET

CEC Staff be at the Millbrook Community Centre

Oct 23rd 5:30-7 PM

Dear Parents and Guardians,

We would like to extend an invitation to you to attend an **Open House** at the Millbrook Community Centre. Members of Cobequid Educational Centre teaching and administration staff will be at the **Millbrook Community Centre on Tuesday, October 23rd from 5:30-7:00 PM.**

With the help of Patsy Paul-Martin, we will hosting this informal Open House event where you will have the opportunity to meet some of the teachers and administration from CEC. We encourage you to bring your daughters and sons to this Open House and meet our staff members. Food and beverages will be provided.

Hope to see you on Tuesday October 23rd,

Bryant Vance,
First Nations Support Teacher
Cobequid Educational Centre

Focus Group Discussions for the Development of a Mi'kmaq Language Strategy



By the 1970's there were only approximately 500 Mi'kmaw speakers in the world. Decades of dedicated effort, the establishment of Immersion programs, the MK schoolboard, Native Council programs, and community initiatives has saved the language and contributed to Mi'kmaq resilience and a pride in our culture and history. Language contains much more than just the ability to communicate our feelings and needs; it also contains our cultural understanding of the world, bestows values,

interprets relationships and colours our perception of good and bad. In short, language is a logical extension of culture and learning the language ensures that cultural understandings can be transmitted across generations. Despite the numbers of speakers rising in many Mi'kmaw communities there are still very few speakers in Millbrook and very few spaces in community life where Mi'kmaq is the primary language spoken.

Chief and Council would like to begin to undertake programs that would help community members to acquire Mi'kmaq and create Mi'kmaq language spaces in community. They would like to hear from you! Please come out and provide feedback about the type of programs that would work for you, help us to understand what hasn't worked in the past and together we can imagine the types of programming and resources that once put in place can be the foundation of Mi'kmaq language resilience in Millbrook.

Millbrook will be hosting 4 focus group discussions:

Youth on Friday, Oct. 5 from 7- 8:30pm at the Youth Centre

Community on Tuesday, Oct. 9 from 7 - 8:30pm at the Community Hall

Elders on Wednesday, Oct. 10 from 12-1:30pm at the Sr Centre

Mi'kmaw Speakers/Educators (meeting to be determined) at Truro Elementary



OCT 15 - OCT 22



Millbrook Fall Clean up

Whats in:

- Bagged garbage
CLEAR BAGS ONLY
- Appliances
- Box springs and mattresses
- Lawn furniture/ Furniture
- Tools
- Toys
- Safely packed broken glass
- Hot water tanks

Whats out:

- Car parts and batteries
- Hazardous waste
- Propane tanks
- Wet paint
- Leaves and trees
- Tires
- Construction materials
- Garbage not in clear bags

If any seniors need help moving heavy items, please
contact Chris Nasson (902) 895-9468

ELECTRONICS - can be put curb-side for pick up (please put
in separate pile)

WET PAINT - can be dropped off next to construction garage
on Church Rd (If paint is dry it can be placed curb-side)



12
OCTOBER
10AM-11AM

NORDIC POLE WALKING WORKSHOP

MILLBROOK SENIOR CENTRE

COME LEARN ABOUT THE BENEFITS OF NORDIC POLE WALKING

**CONTACT SUNSHINE BERNARD AT 902-895-9468
FOR MORE INFO**

get your
Flu Shot



Sheet Harbour

NEW Date

November 6th—10:30am—2:00pm

SNACKS AVAILABLE. PRIZES TO BE WON.



get your

Flu



Shot

Millbrook Health Centre

October 16th—Daytime Hours

9-11:30 am & 1-4 pm

October 17th—Evening Hours 6-8 pm

October 23rd— Daytime Hours

9-11:30 am & 1-4 pm

SNACKS AVAILABLE. PRIZES TO BE WON.



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, October 9 & 23.**

Blue Bags dates are Tuesday, October 2, 16, & 30

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



Used Battery Bin

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

Millbrook Youth Centre

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

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

RECC Membership

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

Community

Sunday Night Hockey

Sunday night hockey at the Deuilles has ended until next season.



Millbrook Family Skate Every Sunday Morning

Sunday morning ice times at the R.E.C.C. starts at 8-9am,
October 7, 14, 21 & 28.

Millbrook Fitness Centre

Starting Monday, September 24, the Millbrook Fitness Centre will begin new hours of operation:

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

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

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

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



Alanon

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

Detox

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

Health services:

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

LOOK. LISTEN. LEARN.

Be aware.
Fire can happen anywhere.™

FIRE PREVENTION WEEK: OCTOBER 7-13, 2018
firepreventionweek.org



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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.

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 Aug 13, 2018, 5 weeks Co-ed
 - Eagles Nest Recovery house** Indianbrook Sept 3/18, 4 weeks Co-ed program.
 - Mikmaw Lodge** at Eskasoni, NS is Sept 3/18 5 weeks women's program
 - Wolastoqewiyik** Tobique Aug 8/18, 5 weeks coed program
 - Mawiomi Treatment Centre** Quebec Aug 13/18 5 weeks
- Any Millbrook Youth who would like to go a treatment program I have forms for the 3 treatment centres available.**
- Walgwan Centre in Quebec - long term program
 - Charles J Andrew Youth Centre Sheshatshiu Labrador – long term
 - Choices in Halifax
- Contact the Community Addictions Counsellor (Peter Gloade) at 897-1234.**



Sleeping Beauty – A Pantomime

Alumini Theatre Dalhousie University
 Cummings Drive
 Truro

November 30th 7pm

December 1st 3pm matinee

December 1st 7pm evening performance

December 2nd 3pm matinee

- If you are interested in auditioning for a part please contact Beth Terry on 902 890 2509
- If you are interested in working back stage, front of house or being involved in anything else regarding the pantomime please telephone Linda Finnie on 902 897 4712
- A level of commitment will be required for anyone wanting to be involved especially as we near the dates of the pantomime itself.
- We require 13 main character actors (equal mix of men and women) and also some non speaking roles who would like to dance or sing.

Anger Management

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

Millbrook Gym Schedule

<u><i>Sunday</i></u>	<ul style="list-style-type: none"> • Archery 1pm-2:30pm • NAIG Volleyball 5:30pm
<u><i>Monday</i></u>	<ul style="list-style-type: none"> • Kids free play 6-8pm • Men’s pick up Basketball starts at 8pm
<u><i>Tuesday</i></u>	<ul style="list-style-type: none"> • League Volleyball 6-9:30pm
<u><i>Wednesday</i></u>	<ul style="list-style-type: none"> • kids free play 6-8pm • Men’s pick up Basketball starts at 8pm til close
<u><i>Thursday</i></u>	<ul style="list-style-type: none"> • Kids free play 6-7:30pm • pick-up Volleyball 7:30-close



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Truro, NS B2N 1G7

Derrick Higgins
Advisor
Member, Advocis

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Cell: 902-986-3932
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MLA, Truro-Bible Hill-Milbrook-Salmon River

Markie Bus Tours Halifax Casino Runs

On the first Friday of every month we depart from Truro Staples parking lot, Robie Street at 9:30am. Leaving Halifax Casino at 3:30pm same day. Please call ahead for seating. \$30.00 per person. Also on the first Sunday & first Friday of every month depart from New Glasgow Zellers parking lot at 8:00am. Leaving Halifax Casino at 3:00pm same day. Please call ahead for seating. \$30.00 per person.

1. Bus Transportation
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L'NUTA'QL
FIND YOUR TALK

2 0 1 8

OCT
28

6 PM-9 PM

MI'KMAW MUSIC SHOWCASE

FEATURING

The Relatives • 2nd Generation • Kalo Johnson • Peter Stevens
Bernie Francis • Emma Stevens & more. Join us for a concert
featuring new music primarily in the Mi'kmaq Language.

TICKET INFORMATION

General Location Tables of 10: \$250.⁰⁰ | Premium Location
Sponsor Tables of 10: \$500.⁰⁰ | General Admission Seating: \$10.⁰⁰

Purchase Online: membertoutcc.com | By Phone: 902-539-2300

In Person: Visit the Box Office from Monday to Friday 9 PM-5 PM

MEMBERTOU TRADE & CONVENTION CENTRE

50 Maillard Street, Membertou Nova Scotia

Sponsored By: Mi'kmaq Kinamatnewey, Music Nova Scotia, the Province
of Nova Scotia, FMP Matrix studio & Treaty Education Nova Scotia



Membertou
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Fempower

WHAT: FEMPOWER IS A SIX WEEK PROGRAM FOR YOUNG MOTHERS AGES 13-27. LUNCH WILL BE PROVIDED. TOPICS INCLUDING PRACTICAL SKILL BUILDING, BODY IMAGE, HEALTHY RELATIONSHIPS, SELF-CARE, AND MUCH MORE. EACH PARTICIPANT WILL RECEIVE A CERTIFICATE UP COMPLETION.

OCTOBER 11TH
THURSDAY
TIME: 11AM - 1PM
WHERE: MILLBROOK
SENIOR CENTRE

DOOR PRIZES EVERY
SESSION

PLEASE CONTACT SUNSHINE BERNARD AT
902-895-9468 TO REGISTER OR FOR MORE INFO



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**Bright & Spacious, Onsite Café,
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quote on your catering and
facility rental requirements.
Call 1-888-608-1754**

Winter Hours

Start

**October 7th
All Sundays**

are

Matinee

Bingos

Cosmic

Bingo every

2nd Saturday

(except 27th

due to

High Stakes

Bingo

OCTOBER 2018

Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7
Express Books	Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	Floating \$200.00	\$200.00 Regular Games
10	11	12	13	14
Express Books	Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	Dauber Day & Evening Cosmic Bingo	\$200.00 Regular Games
17	18	19	20	21
Express Books	Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	\$150.00 Regular Games	\$200.00 Regular Games
24	25	26	27	28
Express Books	Dual Dab Draws \$500 in total	LEVEL BINGO \$150/\$175/\$200 Regular Games	Express Books Evening Bingo Doors open 4 pm	High Stakes Bingo Doors open 9 am
31	CLOSED			



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for preferred

Customer Bingo Rates



**October
28th**

**High
Stakes
Bingo**

\$\$\$\$

\$25,000.00

Jackpot

\$4000.00

Regular

Games

\$3000.00

Specials

Doors

open at

9:00 am

Admission

\$170.00

Sunday, October 28th, 2018

Doors open at 9am and mini starts at 1pm and regulars at 2 pm
15 Legends Drive, Exit 13A, Truro Power Centre, Millbrook, NS 1-888-608-1754



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onsite Café,
smoking rooms,
latest technology*

HIGH STAKES

BINGO

\$110,000.00
available to be won

\$4000.00 Regular Games

\$3000.00 Special Games

\$25,000.00 Jackpot



ELECTRONIC
HANDHELD \$100.00
(WITH ENTRANCE
PKG PURCHASE)

\$170.00 ENTRANCE

PACKAGE INCLUDES:

- 1-12 ON REGULAR BOOK
- 1-6 ON SPECIAL BOOK
- 1-6 ON MINI BOOK
- 4-BONANZA
- 2-DUAL DABS
- 1-WORST CARD
- 1-JACKPOT
- TOONIE AND
- LOONIE STAMP
- FREE DINNER



Packages available at MacQuarries Pharmasave on Prince St., Truro, by paypal on Legends website, by visiting Legends Gaming Centre during regular bingo sessions or by credit card by calling 1-888-608-1754

Limited busing is available from Halifax. Contact Mary Clark (Halifax Bus Monitor) 1-902-580-0056



\$260.00 ENTRANCE/HOTEL ACCOMMODATION PLUS SATURDAY BINGO PACKAGE (based on double occupancy)

www.legendsgamingcentre.com



October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Office Closed Treaty Day	2 Gladys Blue Bags & Garbage	3 Szonja	4 Michelle	5 Szonja	6
7	8 Office Closed Thanksgiving Day	9 Gladys Vera Compost & Garbage	10 Szonja	11 Foot Clinic Michelle Janet	12 Szonja	13
14	15 Dr. Vance Gladys Vera	16 Gladys Vera Blue Bags & Garbage	17	18 Michelle Janet	19	20
21	22	23 Vera Compost & Garbage	24 25 Foot Clinic Michelle Janet	26	27	
28	29 Dr. Vance Gladys Vera	30 Gladys Vera Blue Bags & Garbage	31 Szonja			

Please call to schedule an appointment with Dr. Ferguson

MILLBROOK FIRST NATION DIRECTORY

MILLBROOK BAND ADMINISTRATION

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TOLL FREE

1-800-693-3112

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TOLL FREE

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NEW CONSTRUCTION

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RENOVATIONS & REPAIRS

LORNE PAUL

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(902) 897-0435

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HEALTH CENTRE

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G-MAN

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(902) 890-8037

THIRD PLACE

TRANSITION HOUSE

(902) 893-3232

IMMACULATE CONCEPTION CHURCH

(902) 893-7188

November 2018 Millbrook Enterprise Credit Applicants

All completed **Direct Deposit** applications will be deposited on **November 13th, 2018.** Completed applications must be received by **November 5th, 2018.**

Completed applications requested to be issued by **Mail or Pick Up** will be released **November 20th, 2018.** Completed applications must be received by **November 16th @ 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.

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

Office use only: Received this _____ day of _____ A.D. 2018/19
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 **November 20th, 2018 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 February 20th, 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. 2018/19

Signature of Applicant
Approved () Not Approved ()

Witnessed by

By _____ and by _____
This _____ day of _____ A.D. 2018/19