

Millbrook Community NEWSLETTER

APRIL 2018



Millbrook First Nation's newly elected Chief and Council.

(Top left to right) Bryan Brooks, Colin Bernard, Chris Nasson, Peter Gloade, Ward Markie, Gord Johnson, Micheal Stephens. (Bottom left to right) Alex Cope, Adrian Gloade, Chief Bob Gloade, and Barry Gloade. Not in photo Barry Martin and Steve Marshall.

Important Dates

- 🏹 April 1 - Easter
- 🏹 April 2 - Closed Easter Monday
- 🏹 April 3 - At 10am Audit Committee Meeting
- 🏹 April 9 - at 9:30am Economic Development Meeting
- 🏹 April 10 - at 10am Chief and Council Meeting
- 🏹 April 12 - Atlantic Gold Consultation 9am-12.
- 🏹 April 16-23 - Spring Clean up
- 🏹 April 18 - At 1:30 Projects Meeting
- 🏹 April 21 - Millbrook Bike Rodeo

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

Phone Numbers

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

Social Assistance

Social Assistance Cheques are tentatively scheduled for: **April 12, & 26, 2018**. Applications are available at the Reception desk at the Band Office.

Chief and Council Meeting

The next Chief and Council meeting is scheduled for **April 10, 2018**.

The deadline for submissions or requests to see Council is **April 6, 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.

May's Chief and Council meeting is **May 8, 2018**.

Chief and Council Meetings

April 2018

- 🦋 **April 3** - At 10am Audit Committee Meeting
- 🦋 **April 9** - at 9:30am Economic Development Meeting
- 🦋 **April 10** - at 10am Chief and Council Meeting
- 🦋 **April 12** - Atlantic Gold Consultation 9am-12.
- 🦋 **April 18** - At 1:30 Projects Meeting

Community Meeting Dates:

- 🦋 **Tuesday, April 17** (6-8pm)

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 a ongoing basis. We do our own consultation and need to regularly inform community members. We are developing our own consultation process.



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: mbcommunications@eastlink.ca

Newsletter Deadline

The Newsletter deadline is the 26th of each month.

February 26, 2018

You can make a contribution to the Millbrook Community Newsletter by sending your information to:
mbcommunications@eastlink.ca,
by Fax: (902) 895-0079, or by the website contact form (link)<http://millbrookfirstnation.net/contact-us/> or submit information to the Reception desk at the Band Office.

Building Permits

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

Happy Birthday

April 13

Happy Birthday to my sister Janice. from kids, grandkids & siblings.

Happy Birthday Uncle Doug Markie. from kids, grandkids & siblings.

April 26

Happy Birthday Mom Gwen Markie. from kids, grandkids & siblings.

Millbrook Pow Wow Committee

Millbrook Pow Wow Committee has started planning Millbrook's Annual Powwow, which is taking place on August 10-12, 2018. The Committee plans include a new arbour, drummers & dancers, policies and events to have throughout the weekend. Check out the Facebook page by searching for "2018 Millbrook Powwow".



March Recap

Millbrook March Break Activities

A weeklong of activities planned for the students on March Break. The activities were swimming, cupcake decorating, pizza making, craft making, a trip to Ski Wentworth, Kids Game Day and watched the movie "Ferdinand" at Cineplex. Thanks to all the event volunteers without your help none of these events would be possible.



Robotic Mawi'omi

Millbrook's youth were introduced to a variety of robotic technology at the Millbrook gym thanks to the Ulnooweg Digital Educational Initiative. The youth had a chance to control and race robots against each other. Teaching the world of S.T.E.A.M (science, technology, engineering, art and mathematics) was the motive of the free event. The Robotic Mawi'omi had over 7 different stations that allowed the youth to get their hands-on Dash & Dot, Jimu and EV3 Robots and learn ways to engage with new technology.



Slow Cooking Course

Nadine Bernard's slow cooking course was fun and educational. The group was taught a variety of slow cooking recipes that were created by Nadine. Each night of the course the attendees prepped the ingredients while Nadine supervised and explained to the group why the ingredients were selected for each meal. Each person got to take home six prepared slow cooker meals at the end of each session. This course allowed you to see that you're able to prepare your meals for the whole week in advance and teaches you different ways to budget but still eat quick and healthy meals for the week. You can start your slow cooker meal in the morning then have supper ready for you once you get home.



Thank you to the Band Members who voted for me in the February 26, 2018 Band Council election. I look forward to working cooperatively with the Chief and council for the betterment of our Band and all it's members.

If you have any questions or concerns please contact me at:

Home: 902-895-0290

Cell: 902-890-0170

Office: 902-897-9199 or 1-800-693-3112

e-mail: barryg@eastlink.ca

Yours Respectfully,

Barry Glode

Wela'liog for everyone's support. I am looking forward to serving Millbrook again. We have important decisions this term that need community input, stay engaged.

Regards,

Gord Johnson

I would like to thank Millbrook Band Members for their support in our recent election. I am honoured to be re-elected as a Band Councillor and look forward to serving our community, on and off reserve. I can be reached at bryanbrooks@gmail.com or (902) 956-3112.

Thank you, Bryan Brooks

I would like to thank, the people who supported me in the last election. I look forward to a productive term. My contact information is (902) 956-1584 or alexcope@eastlink.ca

Thank you,
Alex Cope



The Confederacy of Mainland Mi'kmaq

Bear River, Millbrook, Paqtnkek, Pictou Landing and Sipekne'katik

Matrimonial Real Property Law

Resources are available at www.cmmns.com:

1. Mi'kmaq Matrimonial Real Property: A Guide for Bear River, Millbrook, Paqtnkek, Pictou Landing, and Sipekne'katik
2. Mi'kmaq Wills and Estates & Matrimonial Real Property
3. How to make an Exclusive Occupation Order for a Matrimonial Home
4. Emergency Protection Orders



A new video resource on MRP is now available on

YouTube: https://youtu.be/2fneZGuMt_E

FOOD ALLERGIES



**Please join us for our monthly
Lunch and Learn
April 11th, 2018
Millbrook Senior Centre
11:30am—1:00pm**

**Please contact Sunshine at (902) 895-9468 to pre-register.
Pre-registration is required to determine numbers for lunch.**



Millbrook Early Education Centre News

Important Dates

Monday, April 2nd, 2018
Easter Monday
Centre will be CLOSED

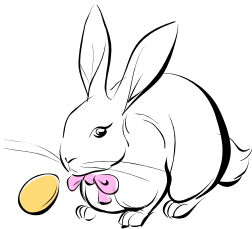
Friday, April 6th, 2018
Library visit for P3 & P4

Wednesday, April 11th, 2018
Supernova

Friday, April 13th, 2018
Library visit for P3 & P4

Friday, April 20th, 2018
Parent teacher 12-6pm
No classes

Friday, April 27th, 2018
Parent tot for ages 0-2
Last one this year



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



Contact Us

902-897-1249 / 902-897-0445

Ext. 101 Director (Nik)

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

Ext. 103 Daycare (Leslie/Genny)

Ext. 104 Preschool 3 (Pam/Carrie)

Ext. 106 SLP (Christina)


Director's email: meece@eastlink.ca

TRES Newsletter APRIL 2018



WELCOME SPRING!

Student Led Parent Teacher Conferences

Student Led Parent Teacher Conferences will be held this month. Dates and times are posted in Important Dates – 

If you need transportation to one of these sessions please contact one of us.

Jen Gloade 902-986-4224

Shelley Gloade 902-899-2415

Lisa Wilmot 902-986-5010

Juliana Paul 902-890-0461

Outside Gym Classes

Gym classes will be held outside if weather permits. Children need proper winter clothing. Snow pants, warm boots, hats and mittens are a MUST. Children who cannot participate still must go with the class so please always send warm winter clothing.

Primary Registration

Primary Parent Orientation for **PARENTS** (No children please) will be held on May 3 from 6:30-7:30pm.

Primary Student Orientation for **STUDENTS** will be held on May 10, where students come experience "big school" for the morning.

Important Dates

April 2

No School – Easter Monday

April 5

Report Cards

Student Led Parent-Teacher Conferences*

April 19

5:30pm-8:00pm at TRES*

April 20

9:00am - 10:30am at TRES*

April 20

12:30pm - 2:00pm at Truro Fire Station*

April 20

No School for Students

May 3

Primary Parent Orientation

Happy April Birthday

Toby Bernard
Zahara Bernard
Americus Brooks
Ryder Brooks
Lydia McNutt
Mercedes Paul
Kinap Stephens!



Homework

Homework every night does include reading for 10, 15 or 20 minutes. If your child says they have no homework, ask them to please check again, there is homework every night.

A Few More Tips to BOOST Language

Go for a walk with your child and talk about what the cars, people and animals etc. are doing.

Play with your child and tell a story about what you and your child are playing.

Use a flashlight in a dark room and talk about what you and your child see.

Use blankets to make a tent. Use words to describe how you are making the tent and where everything goes (e.g., on, in, under, over, beside).

Words, words, words



Reminder – Attendance Matters

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. There is now an Attendance Support Worker for the CCRSB school board. She will work closely with school staff to identify student who ae missing a great deal of time, either through absences or late arrivals. Keep up the good work students and parents.

CEC Newsletter March 2018

Lunch Allowances will be issued on Thursday, April 5th.

Attendance Incentives will be issued on Wednesday, June 27th.



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

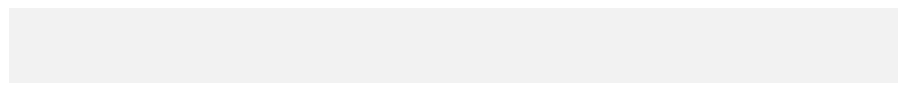
Semester two is well underway as matter of fact at the beginning of April there are just over 50 school days left until exams in June. Many students are having continued success and this is a reminder that there is an attendance policy in place that limits the number of absences a student can have from class (including lates). If students are having difficulty with a subject please remember that there is Homework Club offered Tuesday, Wednesday and Thursday.

“The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.” – Helen Keller

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://www.cec.ccrsb.ca/2015%20Student%20Handbook.pdf>)

CEC Students Participating in Sports



Important Dates

April 2

No School – Easter Monday

April 7

Opening Night- Musical

April 19

Report Cards

April 30

IB Exams

May 21

No School – Victoria Day

Happy April Birthday

Andrew Floyd

Frankie Sylliboy

Jayden Sylliboy

Charleigh Marshall

Jayden White!



Basketball- Julianne Johnson and Frankie Sylliboy
Rugby- Shilo Brooks
Track and Field- Shayla Gloade
Wrestling- Jacob Smilde-Cope

Musical-Joseph and the Amazing Technicoloured Dream Coat

Tristen Julien
Celeste Sylliboy

IMPORTANT Post-Secondary Planning

As bursaries and scholarship are available students will be made aware. 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 18 absences from February 2nd, in one course, may lose their credit according to the new Attendance policy issued from the CCRSB. 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

Bryant Vance
First Nations Education Support Teacher
902-896-5728 (Centre)
vancebw@ccrsb.ca



2018 MILLBROOK STUDENT SUMMER EMPLOYMENT PROGRAM

APPLICATION FORMS WILL BE AVAILABLE ON **Monday, June 4th**.

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 in Tuesday, July 3th and ending in Friday, August 17th.
(RECREATION, SPORT AND TINY TOTS CAMPS WILL HAVE TRAINING AND PREP THE WEEK OF JULY 3 – 6th)

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

INTERVIEWS WILL TAKE PLACE BETWEEN JUNE 25 – 29
(ONCE WE HAVE A DATE WE WILL NOTIFY)

Jobs this year include but not limited to: Maintenance (2), Carpentry (2-4), Recreation Camp (8), Tiny Tots Camp (3), Sports Camp (3), Millbrook Heritage Centre - Groundskeeper (1). (POSITIONS ARE SUBJECT TO CHANGE, an updated list will be available when possible.)

MONTHLY NEWSLETTER

presented by

APR
2018

G-MAN WASTE REMOVAL

IN THE COMMUNITY

Shipments have been arriving weekly!!! Over the next few months we will begin delivering the following items to households in Millbrook, Cole Harbour, Sheet Harbour & Beaver Dam:

- Community sorting guides
- In home sorting stations
- Blue bags for recyclables
- Clear bags for garbage
- Green-lid compost containers
- 1 blue 240 Litre roll cart &
- 1 black 240 Litre roll cart

Happening Now

01 CARDBOARD ONLY



We understand that our bins are very similar; however, there is 1 bin labelled for clean, dry cardboard & paper located behind the band office.

Please DO NOT discard garbage in this bin!

please contact us with any questions or concerns

G-Man Waste Removal
127 Tower Road
Millbrook, NS B6L 1V8
902-890-8037 / 902-890-2607
g_man22@outlook.com



PARTNERSHIPS

Our work and efforts would not be POSSIBLE without the help, support, commitment and resources offered to us by:

**Confederacy of Mainland Mi'kmaq,
Mi'kmawey Green Communities
Program, Millbrook Band Office
and Indigenous and Northern
Affairs Canada (INAC).**

Special thanks

02 WOOD

Please do not put 2" X 4", wooden desks, and other wood material in the dumpsters. If you have some to get rid of please put neatly beside the hall dumpsters or beside the construction dumpster.

03 Electronics

These items are banned from landfill! Please take to Subway Bottle Exchange or set neatly beside the dumpsters by the hall.

thank you

Millbrook Spring Clean up

April 16 – April 23

WHAT'S IN	WHAT'S OUT
<ul style="list-style-type: none">➤ Bagged Garbage (CLEAR BAGS ONLY)➤ Appliances➤ Box Springs & Mattresses➤ Lawn Furniture➤ Household Furniture➤ Tools➤ Broken Glass (SAFELY PACKAGED)➤ Hot Water Tanks➤ Toys	<ul style="list-style-type: none">➤ Garbage not in clear bags➤ Car parts➤ Vehicle Batteries➤ Household Batteries➤ Hazardous Waste➤ Propane Tanks➤ Wet Paint➤ Leaves➤ Trees➤ Tires➤ Construction Materials

Millbrook Garbage Pick Up Dates

Monday April 16, 2018 to Monday April 23, 2018

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

IMPORTANT INFORMATION

Electronics can be put curbside for pick up but please put in a separate pile.

Wet Paint can be dropped off beside the Construction garage on Church Rd, if paint is dry it can go curb side.

Questions??? Call, text or email Leana Kennedy @ 902-890-8037 or g_man22@outlook.com.

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, April 10 & 24**

[Blue Bags dates are Tuesday, April 3, 17 & May 1](#)

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).

Sunday Night Hockey

Sunday night hockey at the Deuilles is at 6pm,
April 1, 8, 15, 22 & 29.



Millbrook Family Skate Every Sunday Morning

Sunday morning ice times at the R.E.C.C. start at 8am-8:50am,
April 1, 8, 15, 22 & 29.

Millbrook Fitness Centre

The Millbrook Fitness Centre is open **1pm-4pm** Monday to Friday.
It is open in the evenings from **6pm-10pm** Sunday to 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

Its 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 Centre

Mailing Address

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

Business Hours

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

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.

Addictions Counselling

Janet Tomlinson/Michelle Sullivan, RSW are Clinical Therapists from the Truro office of Addictions Services who works out of our health centre one day a week. They are available for one-to-one counselling before and after you or a loved one attends an addictions treatment program. Follow up counselling after completing an addictions treatment program is recommended to help with the challenges of recovery. Janet & Michelle also provides counselling to family members of an addict/alcoholic and to others affected by someone's addiction. Please call the health centre at (902) 895-9468 to book an appointment with Janet & Michelle. You can also see them at their Truro office by calling (902) 893-5900.

Mental Health Counselling

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.

Robyn Hazard, MSW, RSW is a Mi'kmaq Counsellor provided through Health Canada (NIHB) who provides Counselling for all Natives in Emotional Crisis and also provides counseling for Residential School Survivors and their descendants in need. Robyn has a personal and professional knowledge of the impact of colonialism within her family and her Mi'kmaq culture. Robyn comes to Millbrook every week, on Tuesdays and Wednesdays, and can be contacted throughout the week for those with a new crisis. Robyn will come to your home or the Millbrook Health Centre for your appointments. Please call Alsusuti Aboriginal Crisis Counseling Services 1-844-694-1382 or text 1-902-212-2630 to make an appointment.

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 Counsellor 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.

Spring Youth Dance

There will be a Spring Youth dance at the Millbrook Community Hall on Saturday April 21, 7 to 9pm for grades 5 & under and grades 6& up 9 to 11pm, there will be movie passes and pizzas & canteen for more info contact Peter Gloade 902 897 1234

Workshop - Racism

There will be a workshop on April 20 at the Millbrook community Hall from 10am to 2pm for All students Grades 6 & up, Topic will be on Racism. Great prizes to be won 1st prizes will be a Notebook, and others will be gift cards, Lunch will be served, speakers will be TJ Jordan, Colin Bernard, Mary Sylliboy, Sonya from Mental Health. For more info. contact Peter Gloade or Lavina Brooks at 902 895 9468

Treatment Centre Schedule

- Rising Sun at Eel Ground, NB** is May 7, 2018, 3 weeks Relapse
- Eagles Nest Recovery house** Indianbrook May 7/18, 5 weeks Co-ed program.
- Mikmaw Lodge** at Eskasoni, NS is May 14/18 5 weeks co-ed
- Wolastoqewiyik** Tobique Apr. 23/18, 5 weeks coed program Harm Reduction
- Mawiomi Treatment Centre** Quebec Apr. 16/18

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.



Health effects on pregnancy and children

Just like with tobacco, a pregnant woman or new mother's use of cannabis can affect her fetus or newborn child which can lead to health problems.

The toxins in cannabis are carried through the mother's blood to her fetus during pregnancy and in the breast milk following birth.

Heavy cannabis use during pregnancy can lead to lower birth weight of the baby. It has also been associated with longer-term developmental effects in children and adolescents, such as:

• decreases in: memory function

• the ability to pay attention

• reasoning and problem-solving skills

• hyperactive behaviour

• increased risk for future substance use

Health effects on youth

Cannabis use that begins early in adolescence, that is frequent and that continues over time has been associated with increased risk of harms. Some of those harms may not be fully reversible.¹⁰

Adolescence is a critical time for brain development, as research shows the brain is not fully developed until around age 25.

Youth are especially vulnerable to the effects of cannabis on brain development and function. This is because THC in cannabis affects the same biological system in the brain that directs brain development.

It is important for parents, teachers, coaches and other trusted adults to be ready to talk with youth about drugs.

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• Kids free play 6-8pm• Men's pick up Basketball starts at 8pm
<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">• Pick-up Volleyball 6-8pm• Men's pick up Basketball starts at 8pm
<u><i>Thursday</i></u>	<ul style="list-style-type: none">• NAIG Volleyball 6-8pm

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May 6th

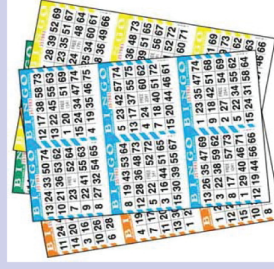
**Level
Madness
Bingo
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\$1100
\$1200 -
Regular
Games
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Specials
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Jackpot
Admission \$120
Handhelds \$50**

APRIL 2018

Wednesday	Thursday	Friday	Saturday	Sunday
	Call Hotel for preferred Bingo Rates			CLOSED EASTER SUNDAY
4	5	6	7	8
Express Books	Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	Floating \$200.00 (regular games)	\$200.00 Regular Games
11	12	13	14	15
Express Books	Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	Dauber Day	\$200.00 Regular Games
18	19	20	21	22
Express Books	Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	Old fashioned Bingo No Electronics	\$200.00 Regular Games
25	26	27	28	29
Express Books	Dual Dab Draws \$500 in total	LEVEL BINGO \$150/\$175/\$200 Regular Games	LEVEL BINGO \$150/\$175/\$200 Regular Games	\$200.00 Regular Games

April 21st

**Old Fashioned BINGO
No Electronics**



Sunday, May 6th, 2018

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\$200.00 *based on
double occupancy



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MPAL News Page

Hi Everyone,

I, Gordon Pictou, am Millbrook's MPAL (Municipal Physical Activity Strategy Leader). It is my job to create a strategic plan for getting people in our communities more active across the life-span, coordinating the delivery of training programs and quality sport opportunities, creating recreation programs, creating safe spaces for active transportation, health promotion and writing grant proposals or creating partnerships to maintain and upgrade recreation and sport facilities. If there is a program or activity that you think would be a great idea please share it with me and I can try to make it happen.

FYI; My office has moved from the Youth Centre to the Band Office (rm 165).

News

JR NBA

I am starting a JR NBA (ages 5-7) program here at the Millbrook Gym in May. There is a fb group called JR NBA Millbrook which if you are interested you can join to get up to date news. The cost will be \$70/kid and will cover snacks, coaches, jersey, ball, and certificates. If your child is a Millbrook Community member they can get the registration cost covered. If you make an appointment with me I can help you fill out the paperwork or if you know how then the form is available at the reception desk. The goal is to start registration in Mid-april and Start Sunday, May 6 at the gym from 10:30 - 12pm. It will be open to anyone with preference given in the following order: Band members, Community Members, Colchester Community Members. Space is limited to 15.

Provincial Volunteer Award Winner

I am very proud to announce that Andrew Johnson will be recognized with a Provincial Volunteer Award on April 9th in Halifax. Andy has done an incredible amount for our community: L'nu Kamaqn Ski and Snowboard Team, Archery Coach at NAIG, St. Anne's Day, Search and Rescue, Summer Games, and so much more. Only one person from each region gets picked each year and Andrew is a very deserving recipient. Thanks for all you do for us Andy! We appreciate it.

Youth Floor Hockey League Saturdays 12-2pm

This league is for anyone in grade 5-9. It started March 31st but will be every Saturday for 8 weeks. Students are welcome to join anytime. There are some forms that need to be filled out available at the Band Office or from me. Call or email to make an appointment or for me to drop the forms over to you. To play everyone must wear a helmet and sneakers. No exceptions. Each week we make new teams and start a new tournament.

Baseball is back in Millbrook again this year!

Millbrook will again have a Millbrook centric team in the Truro Bible Hill Minor Baseball Association. Mosquito (ages 9-11) will play Monday and Wednesday and Peewee (12-13) will play at our field on Tuesdays and Thursdays. I had a company come out to give us an estimate for improving the field by adding better infield compound, clay batters box and mound areas, drainage and resod of outfield. If all goes well this can be completed by June

in time for this season. If you are interested in signing up for baseball this year I'll post information once registration opens. If you would like to express your child's interest you can email me (gpictou@gmail.com) or join the fb group Millbrook Minor Baseball and you can guarantee a spot on one of our teams.

After the Bell

The Spring Session for after school recreation is back on April 10 . It will run every Tuesday and Thursday for 8 weeks. Anyone who participated in the fall is still in the program but it is open for joining if anyone else would like to try. We play sports at our gym, we hike at Victoria Park, swim at the RECC, and when the weather is good play outside as well. The program is free! The more the merrier!

Millbrook Bike Rodeo Saturday, April 21 from 10 - 1pm

Last year over 60 students came to try the road safety course, get a free helmet, learn to do some bike repair, and have their chance to win a brand new bike. Hopefully we will have another great turn-out this year!

New Website: Millbrookonthemove.ca

Millbrookonthemove.ca will be your new link to find out all you need to know about recreation, sports, how to be more active, and volunteering. It will have up to date gym and fitness centre schedules as well Please check it out and feel free to provide feedback about its usability, content and what else you think could be included.

Gordon Pictou

Email: gpictou@gmail.com

Office: rm 165, 902-897-9199 ext 165

Cell: 986-8447

Website: www.millbrookonthemove.ca

April 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Easter	2 Closed- Easter Monday	3 Dr. Kelly	4 Dr. Kelly Dr. Vance Robyn Hazard Meaghan Fullerton	5 Addiction Counsellor Robyn Hazard	6	7
8	9 Dr. Vance	10 Dr. M. Ferguson-AM Compost & Garbage	11 Dr. M. Ferguson Meaghan Fullerton Robyn Hazard	12 Addiction Counsellor Robyn Hazard Foot Clinic	13 Meaghan Fullerton	14
15	16	17 Dr. M. Ferguson-AM Blue Bags & Garbage	18 Dr. M. Ferguson Meaghan Fullerton Robyn Hazard	19 Addiction Counsellor Robyn Hazard	20 Meaghan Fullerton	21
22	23 Dr. Vance	24 Dr. M. Ferguson-AM Compost & Garbage	25 Dr. M. Ferguson Meaghan Fullerton Robyn Hazard	26 Addiction Counsellor Robyn Hazard Foot Clinic	27 Meaghan Fullerton	28
29	30					

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