

# Millbrook Community NEWSLETTER

MAY 2018



Classified's Video *Powerless* features local community members. This video highlights the issue of missing and murdered Indigenous women and girls.

## Important Dates

- 👉 May 1 - Economic Development 1:00pm\* (chambers)
- 👉 May 2 - Meet with CMM re: 5-year plan 1pm (chambers)
- 👉 May 3 & 4 - Nationhood Conference Delta (Halifax)
- 👉 May 7\* - Chief & Council 10am (chambers)
- 👉 May 12 - Millbrook Bike Rodeo \*Rescheduled\*
- 👉 May 13 - Mother's Day
- 👉 May 16 - Projects Meeting 1:30pm (chambers)
- 👉 May 17 - Health Fair (gym)
- 👉 May 21 - Victoria Day
- 👉 May 31 - Rally Against Racism

 **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: **May 10, & 24, 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 **May 7, 2018**.

The deadline for submissions or requests to see Council is **May 4, 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](mailto:jay.m@eastlink.ca).

June's Chief and Council meeting is **June 10, 2018**.

## Chief and Council Meetings

### April 2018

- 🦋 **May 1** Economic Development 1:00pm\* (chambers)
- 🦋 **May 2** Meet with CMM re: 5-year plan 1pm (chambers)
- 🦋 **May 3 & 4** Nationhood Conference Delta (Halifax)
- 🦋 **May 7\*** Chief & Council 10am (chambers)
- 🦋 **May 16** Projects Meeting 1:30pm (chambers)
- 🦋 **May 17** Health Fair (gym)

### Community Meeting Dates:

#### 🦋 **To be announced**

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



**Thank you** for being  
a responsible pet owner

Dog owners can make all the difference in ensuring the safety of the letter carrier and any other person that comes to their home.

If you have a dog, please help us provide a safe work environment for our employees:

- Keep your dog inside, in a fenced yard or tied up far from the entrance or mailbox.
- Do not tie your dog to the mailbox or the stair railing (near the mailbox or door slot).
- Do not leave front doors or fence gates open or ajar.
- Do not give the dog access to the screen door, even if it is locked.
- Be careful! Pay attention when you answer the door so the dog does not slip out.

Dog attacks/bites cause **serious injuries** to our employees every year. If our delivery personnel feel threatened in any way, they have the right to refuse to deliver to your home.

**With your help, we can make our community a safer place and reduce the number of dog bites.**

## Newsletter Deadline

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

**May 26, 2018**

You can make a contribution to the Millbrook Community Newsletter by sending your information to:

[mbcommunications@eastlink.ca](mailto: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.

## 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".

## Thank You

I am full of gratitude when I say many Thanks to Family, Friends and the Millbrook Community for all acts of kindness and sympathy during the sudden passing of my Husband, Shawn Gilchrist.

His Children, all of Onslow and his Siblings, all of Hamilton, Ontario also wish to express their gratitude.

So many people to thank; Millbrook Prayer Group, Millbrook Women's Club; Salite Cooks and Servers; all those who brought meals to the house; Dog walkers who helped with Brutus. Spencer & Valerie Wilmot, Randy Wilmot, Sheila Pierro, Theresa & Larry Hardgrave, Greg Knockwood, Margaret Gloade, Carol Johnson, Cindy (Blair) Paul, Laura Johnson, Colin Bernard, Natasha Bernard, Keith Wilmot, Jim Johnson, and special Thanks to Margaret Phillips and Chief Bob Gloade.

With all my love to my sister, Donna for never leaving my side.

If I have missed anyone, please accept my many many Thanks

Wela'lin,

Terry Ann Wilmot

## *Andrew Johnson Recognized with a Provincial Volunteer Award*

Each year top volunteers from each region of our province are nominated for Provincial Volunteer Awards. This year Andrew Johnson was recognized for his 20 years of embodying community spirit and pride with his incredible contribution to all aspects of community life. Andy began volunteering in 1998 with T-Ball and Hockey and over the years has been one of Millbrook's most dedicated volunteers; happily helping out with just about every community event.

Andy has taken our Youth to the Moose Harvest for the past 11 years, he coached the archery team at N.A.I.G. in 2014 and 2017 and helped our athletes bring home two gold, a silver, and 3 bronze medals, he has been a ski instructor with the L'nu Kamakn Ski and Snowboard Program for the past 4 seasons, he volunteered with search and rescue for 5 years, was the equipment manager for the Jr A Warriors Lacrosse Team, helps with NS Mi'kmaw games, the Millbrook Powwow, St. Anne's Day and despite all of this he always has time to lend a hand for whatever is going on.

Andy your kindness and dedication to our community does not go unnoticed and with all of your effort, energy, and motivation you have contributed an amazing amount to community life, impacted most of our youth in many positive ways, made many great moments possible and inspired more hearts than you even know. Thank you for your dedication to our community and for being a fantastic role model for all of us!





**Join US for**

# **Men's Health and Wellness**

**Starting May 9th, 2018 (Wednesday)**

**6:30pm at the**

**Millbrook Senior's Centre**

**Snacks to be provided**

**and lots of Prizes to be Won!**

**Blood Pressure Checks and Food Related Questions  
such as The Dash Diet, Diabetes Menu, etc.**

THE 20TH ANNUAL  
MILLBROOK  
FIRST NATION

DANCE & DRUM

# COMPETITION POWWOW



**Host Drum:**  
Cree Confederation  
Cree Nation  
Saddle Lake, Alberta

**Head Male Dancer:**  
Benedict Peaborn  
Plains Cree  
Sweetgrass, SK Canada

**Head Female Dancer:**  
Acosia Red Elk  
Umatilla Tribe  
Oregon, USA

**Head MC:**  
Dennis Bowas  
Seneca Tribe  
New York, USA

**MC:**  
Michael & Denny  
Mi'kmaq Nation  
Eskasoni, Unama'ki

**Arena Director:**  
Armando Lucio  
Lipan Apache Tribe  
Texas, USA

**Jingle Dress Special**  
hosted by Acosia Red Elk

*Celebration of Indigenous Cultures  
All Welcome!*

**guaranteed**

# \$30,000

## 15K Drum

## 15K Dancer

# August 10-12, 2018

## Millbrook First Nation, Nova Scotia, Canada

*Date: Thursday, May 17*

*Time: 10:00 am to 2:00*

# Health/Information Fair



*A great opportunity to meet with service providers and learn about what they have to offer. Come early enough to put your name in for one of many door prizes. ...*

## **Highlights**

- ◆ *Variety of Information*
- ◆ *Refreshments & Lunch*
- ◆ *More than one door prize*
- ◆ *Grand prize*

**Location: Millbrook Gymnasium**  
**852 Willow Street**



**MILLBROOK  
HEALTH CENTRE**



## Millbrook Early Education Centre News

### Important Dates in May

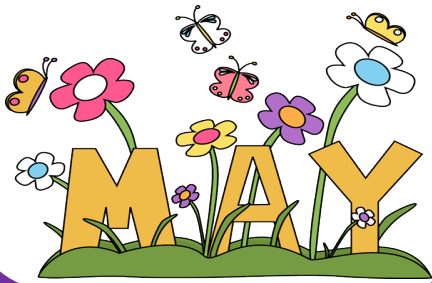
**Friday, May 04, 2018 -  
Friday, May 25, 2018**  
**Library Visits**

**Thursday, May 10, 2018**  
**MOTHER'S DAY PAT**  
**5:00-6:00PM**  
**Ages (0-5)**

**Friday, MAY 18, 2018**  
**PROFESSIONAL DEVELOPMENT**  
**(NO CLASSES)**

**Monday, May 21, 2018**  
**Victoria Day**  
**(NO CLASSES)**

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



Join us



Thursday, May 10, 2018  
5:00-6:00 pm  
Ages (0-5)  
For our final PAT event !

Pizza will be served at 5:00pm

Build your own Recipe book  
AND  
Take home the dry ingredients for  
homemade luski !

For more information or to register:  
Visit the centre or email Mr. Nik @ meec@eastlin



### Contact Us

902-897-1249 / 902-897-0445  
Ext. 101 Director (Nik)  
Ext. 102 Preschool 4 (Sue/Destiney/)  
Ext. 103 Daycare (Leslie/Carrie)  
Ext. 104 Preschool 3 (Pam/Genny)  
Ext. 106 SLP (Christina)

Director's email: [meec@eastlink.ca](mailto:meec@eastlink.ca)



# TRES Newsletter MAY 2018



Jen Gloade 902-986-4224

Shelley Gloade 902-899-2415

Lisa Wilmot 902-986-5010

Juliana Paul 902-890-0461

## Student Led Parent Teacher Conferences

Thank you to all the parents who attended the Student Led Parent Teacher Conferences. It was a fantastic turnout!!

## Rally Against Racism

This year's Rally Against Racism takes place on Thursday, May 31 at the Civic Square in Truro.

If your son/daughter would like to dance in the Rally (we would like students to have Regalia, please contact Jen Gloade at the school.

## 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.

## Well Rested Children Make Happier Students

It is staying lighter longer but it is important to have a routine and a reasonable bedtime.

## Important Dates

### May 3

Primary **Parent** Registration – no children please

### May 10

Primary **Student** Orientation – Next year's Primary student experience a half day at "Big School"

### May 21

Victoria Day – No School

### May 26

Family Carnival

### May 31

Rally Against Racism at Civic Square (in front of new Library)

## Happy MAY Birthday

Christina Brooks

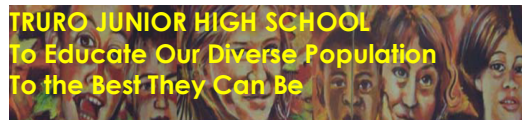
Addison Sylliboy!





# TJHS Newsletter MAY 2018

Next Attendance Incentive will be issued on Wednesday, June 27<sup>th</sup>.



## From the Desk of Amanda Dugas

Spring has Sprung! Warm weather is arriving and it's so great to be outside after school. However, homework still has to be done! It's important to finish off the year strong so students are prepared for next year. Homework Club is available from Monday-Thursday weekly.

Parent teacher meetings were held in April. If you missed parent-teacher, you can always make an appointment to meet with your child's teacher to review their progress, as well, PowerSchool is always available. If you require login information, please call the school and speak to Ms. Harris.

The TJHS Musical this year is "High School Musical Junior", and we have some students participating in the production in a variety of roles. Showtimes are on Friday May 4<sup>th</sup> at 7:00 p.m. and Saturday, May 5<sup>th</sup> at 2:00 p.m. Tickets can be pre-purchased at the main office. Admission is \$8 for adults, \$5 for students and children under 5 are free.

If you need to contact me, I can be reached by phone at (902) 896-5550 ext. 2321 or by email at [dugasaa@ccrsb.ca](mailto:dugasaa@ccrsb.ca).

## From the Desk of Mali Sylliboy

Grade 6 Update

No available at time of print.

## Important Dates

### May 4

Musical starts

### May 13

Mother's Day

### May 21

Victoria Day – No School

Don't forget to wish your Mom a.....



## Happy MAY Birthday

Jaden Kennedy!



## From the Desk of Tom Wilson

Parents, please check to see if your child has a calculator. Grade 8 and 9 students must have a calculator so they can do their math tests and assignments.

Parents should 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 3<sup>rd</sup> 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 Huge Positive Impression on their teachers and in most cases resulted in the student being promoted to the next grade level.

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 9 EXAMS are going to be written in the MORNINGS with regularly scheduled classes in the afternoon where the students can study for their next exam.**

**Tentative Exam Schedule is as follows:**

**ENGLISH: Wednesday, June 20<sup>th</sup>**

**SCIENCE: Thursday, June 21<sup>st</sup>**

**SOCIAL STUDIES: Friday, June 22<sup>nd</sup>**

**MATH: Monday, June 25<sup>th</sup>**

**Make Up Day: Tuesday, June 26<sup>th</sup>**

See ya at the Fishin' Hole, Thomas J. Wilson

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## CEC Newsletter May 2018

Lunch Allowances will be issued on Monday, May 7<sup>th</sup>.

Attendance Incentives will be issued on Wednesday, June 27<sup>th</sup>.

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

This is the last big push for many students before exams...and a struggle to remain focused as the weather turns warmer. The Government of Nova Scotia has implemented their attendance policy which is in effect. Parents are reminded that they can check PowerSchool to follow attendance and grades with this program. If you are having trouble accessing PowerSchool just call the school 902-896-5700

As May wraps up with The Rally Against Racism, which, is held on Thursday May 31<sup>st</sup>. Many students are excited for this annual event and the excitement is growing with its new location in the heart of Truro, Civic Square.

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

## Important Dates

### May 21

No School – Victoria Day

### May 30

Achievement Night

### May 31

Rally Against Racism

### June 4

IB Recognition Night

### June 6

Athletic Awards

### June 10

Band Awards

### June 12

IN CLASS EXAMS

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## Happy May Birthday

Blade Knockwood

Randy Milliea

Morgan Walsh

Terrell Wysote!



## **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**

Rugby- Shilo Brooks

Track and Field- Shayla Gloade, 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 2<sup>nd</sup>, 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](http://www.ednet.ns.ca/student-attendance-and-engagement-policy)

## **2018 MILLBROOK STUDENT SUMMER EMPLOYMENT PROGRAM**

APPLICATION FORMS WILL BE AVAILABLE ON **Monday, June 4<sup>th</sup>**.

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

**Closing Date is be WEDNESDAY, JUNE 20<sup>th</sup>, 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.)**

# HUBTOWN BOXING

PROUDLY PRESENTS

# SATURDAY NIGHT FIGHTS



**MAY 26<sup>th</sup>**

at LEGENDS GAMING CENTER

**DOORS OPEN AT 7:00**

**FIGHT STARTS AT 8:00**

**TABLES \$300**

**TABLES SEAT 6 to 8 PEOPLE**

**INDIVIDUAL SEATS \$20 EACH**




**PAUL DAVIS**  
RECOVER • RECONSTRUCT • RESTORE



For more information please call

**Darrin Mosher 902-956-0063 or Melanie Gouthro 902-986-1280**

Check us out on Facebook  [www.facebook.com/HubtownBoxing/](http://www.facebook.com/HubtownBoxing/)

Email: [hubtownboxing@gmail.com](mailto:hubtownboxing@gmail.com)





**Lunch and Learn**  
**“Healthy Snacks & Drinks”**

**May 14th, 2018**

**11:30 am—1:00 pm**

**Millbrook Senior Centre**

Have your nutrition questions answered by the dietitian.

**To pre-register please CALL Sunshine Bernard at 902-895-9468.**

**Pre-registration is required to determine numbers for lunch.**

 **Tanya Jean Brooks Memorial Walk** 

*Remembering our Sister in Spirit: A Daughter, Sister, Mother, Auntie*



***Come join us on May 10, 2018***

Meeting at the ***Halifax Regional Police Station*** on ***1975 Gottingen Street*** @ 12:45 and will begin Memorial walk at 1:00pm.

The walk will commence on Gottingen then turn on Uniacke Street where we stop at ***St. Patrick's School*** to do a ceremony and moment of silence to honor and remember Tanya. Our walk will continue on Brunswick to the ***Mi'kmaw Native Friendship Center*** on ***2158 Gottingen Street.***

We will have opening prayer & Drumming

Soup & Sandwiches

***For information please contact Denise John at 902-420-1576***

# 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](http://www.icc-truro.org).

## Prayer Group

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

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

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

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

## Community Hall Bookings

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

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

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

## Compost, Garbage & Recyclables

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

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

Garbage is picked up every week.

Compost bin dates are **Tuesday, May 8, 22 & June 5**

[Blue Bags dates are Tuesday, May 1, 15 & 29](#)

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 has ended until next season.



## Millbrook Family Skate Every Sunday Morning

Sunday morning ice times at the R.E.C.C. starts at 8am-8:50am,  
May 6, 13, 20 & 27

## 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.



Classified - Powerless

<https://www.youtube.com/watch?v=9W69e9jDRq0>

# 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](http://www.centralnovaarea.ca)

*\*responsible for your own transportation.*

### Community Addictions Worker - Peter Gloade

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

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

### Youth Dance

There will be a Youth dance at the Millbrook Community Hall on Saturday May 12, 7 to 9pm for grades 5 & under and grades 6& up 9 to 11pm, there will be movie passes and pizzas & canteen for more information contact Peter Gloade 902 897 1234.

### Presentation - Bench Bullying

There will be a presentation at the Millbrook Gym on Saturday May 12 from 10am to Noon. Bench Bullying (Eric Crookshank) will be here for great entertainment and talk about bullying. Great prizes to be won and pizzas at noon. For more info. contact Peter Gloade at 902 897 1234. Bring a friend, Everyone is Welcome to attend.

## 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 June 12/18, 5 weeks coed program
- Mawiomi Treatment Centre** Quebec June 4/18 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.**



## List of medications prescribed by pharmacists that are covered by NIHB

Condition	Medications
Acne	Topical benzoyl peroxide products listed in AHFS class 84:04.92 of NIHB Drug Benefit List (DBL)
Allergic conjunctivitis (eye inflammation)	Ophthalmic products listed in AHFS class 48:10.32 and 52:92.00 of NIHB Drug Benefit List (DBL)
Allergic rhinitis (inflammation in the nose)	Antihistamine drugs listed in AHFS class 4:00.00 of NIHB DBL  Nasal corticosteroids listed in AHFS class 52:08.08 of NIHB DBL  Nasal solutions listed in AHFS class 48:10.32 of NIHB DBL
Bacterial conjunctivitis (eye infection like pink eye) and otitis externa (ear canal inflammation such as swimmer's ear)	Polymyxin B sulfate + gramicidin drops  Bacitracin zinc, polymyxin B sulfate ophthalmic ointment
Constipation	Laxatives and cathartics listed in AHFS class 56:12:00
Childhood nutrition – may be initiated by a pharmacist only in children up to age 6 years	Multivitamins listed in AHFS 88:28.00 of NIHB DBL  Vitamin D drops and liquid
Diabetes mellitus	Diabetic devices listed in 94:01.00 of the NIHB DBL  Blood glucose test strips listed in 36:26.00 of the NIHB DBL  Note: Benefit Exception Questionnaires to request strips beyond the maximum allowable quantity must be signed by the client's prescriber or nurse practitioner.
Emergency contraception	Levonorgestrel 0.75mg tablets
Fungal infections of the skin and mucosa, including vaginal candidiasis (yeast infection)	Topical and vaginal anti-fungals listed in AHFS class 84:04.08 of NIHB DBL excluding ketoconazole shampoo  Fluconazole 150mg tablet/capsule as a single dose
Lice	Pediculicides listed in AHFS class 84:04.12 of the NIHB DBL
Prenatal vitamins and prenatal folic acid	Multivitamins (prenatal) listed in NIHB DBL  Folic acid 1mg tablets
Risk of opioid overdose	Naloxone 0.4mg/mL one mL injection  Naloxone 1mg/mL one or two mL injection  Naloxone kits
Smoking Cessation	Nicotine replacement products listed in AHFS class 12:92.00 of NIHB DBL

The NIHB Program will reimburse pharmacist's claims for drugs for the conditions listed in the table above, on the basis of either a valid pharmacist prescription as per jurisdictional legislation or a pharmacist's documented recommendation. The NIHB Program requires pharmacists to

maintain documentation related to claims submitted as a result of a pharmacist recommendation; at a minimum this must include the following information:

- date
- name, and address or date of birth of the patient/client
- proper name, common name, or brand name of the prescribed drug, and quantity
- dosage
- amount prescribed or recommended
- signature of the licensed pharmacist, including pharmacist's ID number

***The NIHB Program does not compensate pharmacists for client assessment services. Although you, the client, will not be required to pay for the medication, you may be asked to cover the cost of the client assessment.***

### **Anger Management**

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

### **Millbrook Gym Schedule**

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



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OR

Email us @

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**Derrick Higgins**  
Advisor  
Member, Advocis

Tel: 902-843-2820  
Cell: 902-986-3932  
[derrick.higgins@sunlife.com](mailto:derrick.higgins@sunlife.com)  
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# Lunch and Learn

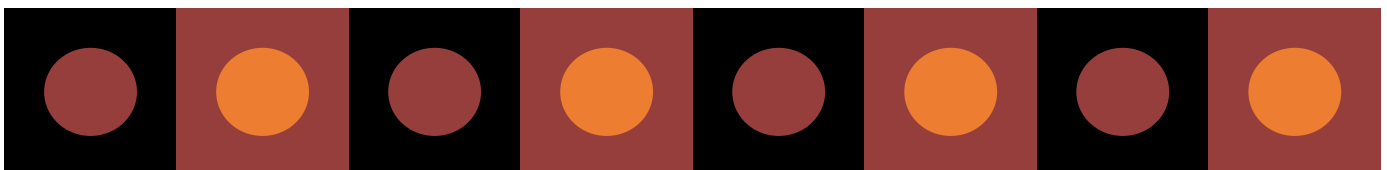
## Diabetes Menu Planning

May 7th, 2018

Millbrook Senior's Centre

11:30am-1:00pm

**Registration is required to determine the numbers for Lunch. Please contact Sunshine Bernard at the Millbrook Health Centre (902) 895-9468 to Register.**



# May 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Dr. Kelly Blue Bags & Garbage	2 Dr. Kelly Meaghan Fullerton Szonja	3 Addiction Counsellor Dr. M. Ferguson Robyn Hazard	4 Dr. M. Ferguson-AM Meaghan Fullerton Szonja	5
6	7 Dr. Vance	8 Dr. M. Ferguson Compost & Garbage	9 Meaghan Fullerton Szonja	10 Addiction Counsellor Robyn Hazard Foot Clinic	11 Szonja	12
13 Mother's Day	14	15 Dr. Kelly Blue Bags & Garbage	16 Dr. Kelly Meaghan Fullerton Szonja	17 Addiction Counsellor Robyn Hazard	18 Szonja	19
20	21 Closed for Victoria Day	22 Compost & Garbage	23 Meaghan Fullerton Szonja	24 Dr. M. Ferguson Addiction Counsellor Robyn Hazard Foot Clinic	25 Dr. M. Ferguson-AM Szonja	26
27	28 Dr. Vance	29 Dr. Kelly Blue Bags & Garbage	30 Dr. Kelly Szonja	31 Addiction Counsellor Robyn Hazard		

# MILLBROOK FIRST NATION DIRECTORY

## **MILLBROOK BAND ADMINISTRATION**

(902) 897-9199

TOLL FREE

1-800-693-3112

## **MILLBROOK HEALTH CENTRE**

(902) 895-9468

TOLL FREE

1-844-895-9468

## **MILLBROOK EARLY EDUCATION CENTRE**

(902) 897-0445 OR

(902) 897-1249

## **MILLBROOK BUS DRIVERS**

CHRIS STEVENS

(902) 956-9174

NOLAN MARTIN

(902) 890-3608

SONNY JULIAN

(902) 324-1708

## **MILLBROOK TOBACCO STORE**

(902) 895-9079

## **MILLBROOK**

### **RCMP**

NON-EMERGENCY

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## **MILLBROOK OPERATIONS & MAINTENANCE**

RICHARD GLOADE SR.

(902) 899-0485

## **MILLBROOK MEDICAL DRIVERS**

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(902) 986-8842

ELLA PAUL

(902) 956-2679

## **MILLBROOK YOUTH CENTRE**

(902) 893-1762

## **MILLBROOK CONSTRUCTION**

NEW CONSTRUCTION

BERNIE BERNARD

(902) 899-5247

RENOVATIONS & REPAIRS

LORNE PAUL

(902) 890-4863

## **MILLBROOK FISHERIES**

(902) 897-0402 OR

(902) 897-0435

## **COLCHESTER EAST HANTS**

### **HEALTH CENTRE**

(902) 893 5554

### **MILLBROOK**

### **COMMUNITY HALL**

(902) 893-9321

### **MILLBROOK**

### **FITNESS CENTRE**

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## **GAMBLING HELPLINE**

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1-800-263-8686

## **AREA SCHOOLS**

COBEQUID EDUCATIONAL CENTRE

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CEC STUDENT SUPPORT WORKER

(902) 896-5728

TRURO JUNIOR HIGH SCHOOL

(902) 896-5550

TRURO ELEMENTARY

(902) 896-5755

### **G-MAN**

### **WASTE REMOVAL**

(902) 890-2607 OR

(902) 890-8037

### **THIRD PLACE**

### **TRANSITION HOUSE**

(902) 893-3232

## **IMMACULATE CONCEPTION CHURCH**

(902) 893-7188

## **June 2018 Millbrook Enterprise Credit Applicants**

All completed **Direct Deposit** applications will be deposited on **June 11th, 2018**. Completed applications must be received by **May 31st, 2018**

Completed applications requested to be issued by **Mail or Pick Up** will be released **June 18th, 2018**. Completed applications must be received by **June 14<sup>th</sup>, 2018 @ 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  
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 18, 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 September 18th, 2018. 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

\_\_\_\_\_  
**Signature of Applicant**  
Approved (    )            Not Approved (    )

\_\_\_\_\_  
**Witnessed by**

By \_\_\_\_\_ and by \_\_\_\_\_  
This \_\_\_\_\_ day of \_\_\_\_\_ A.D. 2018