

# Millbrook Community NEWSLETTER


APRIL 2019



Millbrook's Medicine Trail

## ***Important Dates***

- 🚩 **April 1** – Audit Meeting 10:00am
- 🚩 **April 2** – Economic Development Committee Meeting 1:00pm
- 🚩 **April 8** – HR Policy Review 10:00am (full day)
- 🚩 **April 9** – Chief & Council Meeting 10:00am
- 🚩 **April 17** – Projects Meeting 1:30pm
- 🚩 **April 19** - Good Friday
- 🚩 **April 20** – Millbrook Community Easter Egg Hunt
- 🚩 **April 21** - Easter
- 🚩 **April 22** - Easter Monday

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



# Millbrook Band Office

## Mailing Address

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

## Business Hours

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

## Phone Numbers

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

## New Website & URL address

Millbrook's website can now be accessed at [www.millbrookband.com](http://www.millbrookband.com).

## Social Assistance

**\*\*MILLBROOK SOCIAL CLIENTS ARE RESPONSIBLE TO COMPLETE AND RETURN Social Applications for the upcoming fiscal year 2019-2020 before April 1, 2019. Social applications are available at the front desk and will not be enclosed with cheques.**

Social Assistance Cheques are tentatively scheduled for: **April 11 & 25, 2019.**  
Applications are available at the Reception desk at the Band Office.

## Chief and Council Meeting

The next Chief and Council meeting is scheduled for **April 9, 2019.**

The deadline for submissions or requests to see Council is **April 5, 2019.**

Please submit to the Administrative Assistant, Jay Martin, Phone: (902) 897-9199 Ext. 110,

Fax: (902) 893-4785 or e-mail: [jay.m@eastlink.ca](mailto:jay.m@eastlink.ca).

May's Chief and Council meeting is **May 9, 2019.**

## Chief and Council Meetings

### April 2018

- ✦ **April 1** – Audit Meeting 10:00am
- ✦ **April 2** – Economic Development Committee Meeting 1:00pm
- ✦ **April 8** – HR Policy Review 10:00am (full day)
- ✦ **April 9** – Chief & Council Meeting 10:00am
- ✦ **April 17** – Projects Meeting 1:30pm

## Community Meeting Dates:

✦ N/A

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 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, April 26, 2019**

You can make a contribution to the Millbrook Community Newsletter by sending your information to: [mbcommunications@eastlink.ca](mailto: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](mailto:mbcommunciations@eastlink.ca)

## **Building Permits**

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

## **Notice to Band Members for Reimbursements Health Centre**

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

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

## **Shingles Shots**

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

## **Tobacco Store**

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



## **Community Garden**

Any Band Members interested in creating a Community Garden please contact the receptionist with your contact information on the community garden list.

Interested people will be contacted for a future meeting.

## **Happy Birthday**

### **April 13**

Happy Birthday Janice Young - From Mom, Siblings, Aunt and uncles.

Happy Birthday Doug Markie - from the kids, grandkids and siblings

### **April 26**

Happy Birthday Gwen Markie - from the kids, grandkids and siblings

## **Dr Ferguson Resigning**

Dr. Murdo Ferguson has submitted his letter of resignation as Millbrook's family physician and his last day of work in Millbrook is May 7. We are working with the province to find another family doctor to replace him. This, however, could take long as there are very few doctors to fill vacancies. We are also planning a retirement party for Murdo, who has been with Millbrook for 26 years. More information on that and his replacement will be shared with the community when available.



### **CARLEY GLOADE**

#### **Community ACE Leadership Award Recipient 2019**

"Carley is passionate about sport and wants to pass that on to our outstanding young athletes. She not only coaches them, but she jumps in and plays on an all age team with them. Her confidence is contagious, and it empowers our young women to try their best in whatever their chosen sport may be."





## Millbrook Early Education Centre News

### Important Dates In April

Wednesday, April 10, 2019  
Library Visit to Site

April 18, 2019  
Easter Craft Night  
5-6:30 pm.

April 19, 2019  
**Good Friday**  
**NO CLASSES**

Monday, April 22, 2019  
**Easter Monday**  
**NO CLASSES**

### Reoccurring Weekly Events

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

Friday's  
Library visit for Preschool

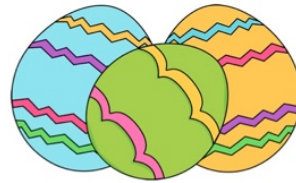
**If your child is unable to attend school,  
please contact us.**

**The Preschool bus will NOT pick up  
any children if your driveway is  
deemed unsafe. Please ensure it is  
clear of snow and ice.**

## Easter Craft Night At MEEC

Thursday, April 18

5:00-6:30 PM  
Pizza will be served at 5:00



Lots of crafts.....Snacks.....  
And an Easter Egg Hunt!

Easter Bunny will be visiting the Centre

To register contact Miss, Sue. 902-897-1249  
Or email Susan.Marshall88@hotmail.com

### 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/Destiney)  
Ext. 106 SLP (Christina)

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



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## TRES Newsletter April 2019

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### Arriving on Time

Once again we would like to remind parents that it is extremely important for students to arrive on time and prepared to work. The first part of the day is usually reviewing the daily schedule, breakfast program and announcements. The day goes much smoother for children when they start their morning on time. Please ensure you son/daughter gets to bed early and is well rested for school each day. 😊

### Reading, Reading, Reading

A school expectation is that you will read to or with your child each and every night. Please check agendas or folders each night for important information.

### Regular Bedtime

A regular bedtime and routine are an important part of school. Children with not enough sleep sometimes can become irritable and may have a hard time paying attention in class. It is recommended that technology be turned off at least one hour before bedtime. Remember to read EVERY night.

### Important Dates

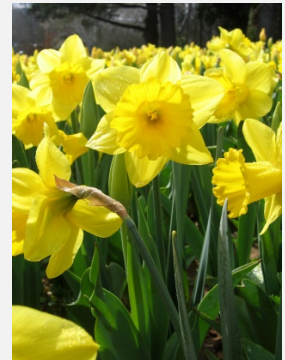
**April 4, 5, 6 & 7-** Peter and Mary Agnes Hockey Tournament in Brookfield

**April 16, 17, 18 –** Whole School Swimming

**April 19 –** Good Friday, No School

**April 22-** Easter Monday, No School

April  
Showers  
Bring May  
Flowers



## Millbrook Education News on Facebook

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

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

### \*\*\*Reminders\*\*\*

Please label clearly your Child/ren's name on clothing (jacket, boots, shoes, water bottle (water only please) lunch box.

In our school we have many allergies to food and scents. Please be mindful what you are packing for snack and hair products used.

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

The Lost and Found is really piling up at school. If you are missing items have your child take a look by the gym or feel free to come in and take a look for yourself. Clothes are donated at the end of each month if not claimed.

If you did not make it to Parent Teacher you can always contact the school/teacher to setup a time to discuss your student. School's phone number is 902-896-5755.

The seasons are changing from snow to rain, if you know your child likes to jump in puddles etc please put a change of clothes in their backpack.

If your student is going to be late or absent or is sick/ not well please contact the school at 902-896-5755 or Juliana at 902-890-0461 or on Facebook messenger.

For up-to-date information happening at the school please join the Truro Elementary PTG and Millbrook Education News Facebook pages.

### Millbrook Staff at TRES

Jen Gloade – 902-986-4224

Shelley Gloade – 902-899-2415

Lisa Wilmot- 902-986-5010

Juliana Paul – 902-890-0461



# TJHS Newsletter April 2019

Attendance Incentives will be issued on **THURSDAY, May 2<sup>nd</sup>**.

## Important Dates



### From the Desk of Amanda Dugas

We're now into Term 3, which means that we are entering the home stretch, and getting ready to move on to the next grade. Attendance and timeliness are very important, students must make every effort to come to school, as well as be on time, not only in the mornings, but when transitioning from class to class.

Second term report cards were sent home March 26th. If you didn't get to meet with your child's teacher during Parent-Teacher meetings, please contact the school and schedule an appointment.

On March 15th the entire school participated in a Mental Wellness Day, where students went to stations and participated in activities such as yoga, crafts and nature walks. The day ended with a staff vs. students floor hockey game, and I am pleased to announce that the staff team was victorious! Thank you to Mr. Mullings for organizing such a special day!

### The TJHS Musical this year is "Hairspray Jr." show times are:

Friday, April 12 6:30pm

Saturday, April 13 2pm & 6:30pm

Sunday, April 14 2pm

Tickets are \$7 each, or \$5 for students. Tickets are preorder only - not available at the door. Call 902-890-2509 to order tickets.

Thank you to Colin Bernard from Millbrook Wellness, and Melody Martin-Googoo & Pasty Paul-Martin from CCRCE for hosting our March Lunch and Learn. Students participated in a workshop on the topic of bullying and enjoyed a delicious lunch! The students are excited for your next visit!

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](mailto:dugasaa@ccrce.ca).

Amanda Dugas

### From the Desk of Luisa Martin

Unavailable at time of print.

### From the Desk of Tom Wilson

Students have been back at school for a couple of weeks now. I hope everyone enjoyed their March Break. Parents, Term 3 is well underway... encourage your children to keep their attendance up even when the sunny weather hopefully hits us at the end of April and in May and June.

Second Term Report Cards were sent home with students on Tues.Mar.26<sup>th</sup>.

Parent/Teacher meetings were held on Thur. Mar.28<sup>th</sup> from 6:00pm – 8:00pm.

and on Fri. Mar.29<sup>th</sup> from 1:00pm – 3:00pm. (Students were not at school on this day)

**Parents please check Power School to make sure your children are up to date with handing in assignments for assessment. It is OK for you to ask them for their User Name and Password.**

Remember Students your hard work for the next 3 months will pay off BIG TIME at the end of June. Especially for the grade 9's who will be writing their final exams in June. Exams will be in English, Math, Science and Social Studies.

Hoping for warm sunny weather,

Mr. Wilson ☺



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## CEC Newsletter April 2019

Lunch Allowances will be issued on THURSDAY, April. 11<sup>TH</sup>.

Attendance Incentives will be issued on THURSDAY, April. 11<sup>TH</sup>.

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

This month is the halfway point way of the semester. Mid-term reports are distributed on April 25<sup>th</sup> followed by our Parent Teacher evening from 6:30- 8:30 PM. If that evening does not work with your schedule there is another parent/teacher session on April 26<sup>th</sup> from 1:00- 3:00 PM. It is important to remember that student's attendance is significant both in the classroom and in the community because it is a key factor being considered for a Millbrook summer job. Parents can access grades and attendance through the Parent Portal in PowerSchool.

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

*"Education is the most powerful weapon you can use to change the world." —Nelson Mandela*

### **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**

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## Important Dates

### **April 3**

Disney's Newies (Musical  
7 PM)

### **April 5**

Disney's Newies (Musical  
7 PM)

### **April 6**

Disney's Newies (Musical  
7 PM) CLOSING NIGHT

### **April 19**

Good Friday – No classes

### **April 22**

Easter Monday – No  
classes

### **April 25**

10 week report cards are  
given to students

### **April 25**

Parent Teacher Evening  
6:30- 8:30PM

### **April 26**

No Classes, Parent  
Teacher afternoon 1:00-  
3:00PM

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**handbook** on the CEC website (<http://cec.ccrce.ca/2018%20Student%20Handbook%20PDF.pdf>)

**CEC Students Participating in sports and extracurricular activities**

Will Sylliboy- Rugby  
Celeste- Track and Field and Musical Cast  
Trinity Stephens- Sound technician for Musical

**April Birthday's**

Frankie Sylliboy  
Jasyden Sylliboy  
Andrew Floyd

**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](http://www.ednet.ns.ca/student-attendance-and-engagement-policy)



## CEC Game Times:

### Boys Rugby

**Thursday, April 18** vs Northumberland

**Wednesday, April 24** vs North Nova

**Thursday, May 2** @ Hants East

**Monday, May 6** @ North Nova

**Wednesday, May 8** @ Northumberland

**Thursday, May 16** vs Hants East

**Tuesday, May 21** TBD Regional Semi-finals

**Thursday, May 23** TBD Regional Finals

TBD NSSAF Provincial Championships **May 31 and June 1** (Western Region - host)

### Track and Field

**May 15 & 16 District Meet** - Pioneer Coal Athletics Field, Stellarton

**TBD May 24 & 25 Regional Meet** - Pioneer Coal Athletics Field, Stellarton

**TBD May 31 & June 1 Provincial Meet** - Acadia University, Raymond Field and Outdoor Track, Wolfville

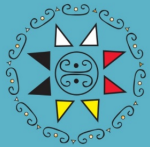
## CEC Musical March 30-April 6th Opening!

# Lunch & Learn

Topic:  
Exercise and Hydration

APRIL 26TH, 2019  
MILLBROOK SENIOR CENTRE  
11:30AM - 1:00PM

Register with Sunshine @  
902-895-9468



MILLBROOK HEALTH CENTRE

Children's Oral Health Initiative (COHI)

## APRIL IS ORAL HEALTH MONTH



**THERE WILL BE A LOBBY SESSION**

**ON APRIL 9<sup>TH</sup> AT THE MILLBROOK HEALTH CENTRE FROM 10AM – 3PM.**

**DROP IN TO CHECK OUT THE DISPLAY. PRIZES TO BE WON.**



# WELLNESS WEDNESDAY

APRIL 2019  
6:00 - 7:30pm



APRIL 3rd - Essential Oils  
APRIL 10th - Art Therapy  
APRIL 17th - Grocery Tour  
APRIL 24th - Yoga

To Register contact Sunshine Bernard @ 902-895-9468



# MILLBROOK

## Cultural & Heritage Centre

### Employment Opportunity

#### Gift Shop/Jr. Heritage Interpreters

Millbrook Cultural & Heritage Centre is located at 65 Treaty Trail in the Millbrook Power Centre.

We currently have openings for **1 FULL TIME AND 2 PART TIME** positions for the Gift Shop/Jr. Heritage Interpreters. The positions are seasonal to a Maximum of 5 1/2 months, **MUST BE ABLE TO WORK FROM—Beginning of May – End of October,** this position is considered part time with a maximum of 35 hrs/wk.

This job is a combined position of the Gift shop and Jr, Heritage Interpreter, you will be trained in both positions. While working in the gift shop you could be responsible for opening and doing end of day closing, taking inventory and all others duties as needed. As the Jr. Heritage Interpreter you will have a number of different responsibilities, assisting the Operations Supervisor & Senior Interpreters with school tours, bus tours, workshops and crafts.

Previous experience is not a necessity, but is an asset and must be willing to train.

**The successful candidate would ideally possess some of the following qualifications (but not a necessity):**

- High School or equivalent
- Experience working with the public
- Experience working a cash register
- Experience working with large groups
- Experience in Public Speaking
- Excellent written and verbal skills
- Excellent organizational and time management skills
- Excellent interpersonal skills, and the ability to work independently when given direction
- General knowledge of Mi'kmaq Culture & Heritage
- **Be able to work weekends and evenings**
- Must be dependable
- Open to all Communities but Preference will be given to Millbrook Band Members of Mi'kmaq descent.
- **Most of all be willing to work in a great environment, with continuous learning opportunities**

**Wage-- TBD**

If you have any questions please contact; Heather Stevens Operations Supervisor Millbrook Cultural & Heritage Centre Phone (902) 890-5479 Email: heather@millbrookheritagecentre.ca

**Application Deadline:** Please drop off your resume to the Millbrook Cultural & Heritage Centre mailbox, which is at the Millbrook Band Office **no later than 3:30 pm on April 12, 2019** Or fax to 1-902-843-3013

**Interviews to be held during the week of April 15-19, 2019.**

# Mi'kmaw Family Healing Centre

## Outreach Services

### Women's Outreach

Provides individual and group counselling to First Nation women 18 years and older.

Provides referrals, networking and information on or with other service providers; such as:

Family court, Legal Aide, Detox or Rehab Centres, Food banks, Court processes, probation, peace bonds, custody & maintenance, sexual assault centre, education/job preparation programs, MLSN, Mi'kmaw Family & Children's Services or Department of Community Services, and other community resources.

### Programs

- Virtues
- Family Violence Prevention & Education
- Anger/ Stress Management
- Self Esteem/ Self care
- Life Skills
- Healthy Relationships
- Journaling
- Parenting
- Conflict resolution
- The Healing Journey (Dealing With Trauma)
- Grief & Bereavement
- RPP – Relapse Prevention Program



### Child & Youth Outreach

Provides individual counselling and group presentations to all First Nation children and youth, 5 – 17 years old.

Networks with schools to provide a safe space for youth to talk.

### Programs

- Virtues
- Bullying/ Peer Pressure
- Self esteem/ Self care
- Anger/ Stress Management
- Family violence prevention & education
- Conflict resolution
- Communication with adults
- Journaling
- Grief & Bereavement
- Healthy Relationships



## *Men's Outreach*

Provides individual and group counselling to First Nation men 18 years and older.

Provides referrals, networking and information on or with other service providers; such as:

Family court, Legal Aide, Detox or Rehab Centres, Court processes, probation, custody & maintenance, education/ job preparation programs, MLSN, Mi'kmaw Family & Children's Services or Department of Community Services, and other community resources.

## *Programs*

- Virtues/ Seven Sacred Teachings
- The Journey of the Two Wolves – 12 or 5 week group program
- Family Violence Prevention & Education
- Anger/ Stress Management
- Life Skills/goal setting
- Healthy Relationships/Self Care
- Journaling
- Fathering
- Conflict resolution
- RPP – Relapse Prevention Program
- Grief & Bereavement
- Traumatic incident debriefing
- Mental Health support
- Sexual Assault support/recovery

Outreach services are available to all First Nation Women, Men & Children, living in Mainland NS from Pictou landing FN to Acadia FN and all surrounding communities, on or off reserve.

Outreach sessions happen in your own community or home. Delivering programming that suits your family's needs.

Referrals can be made by you or from another service provider you are currently working with.

Delivering programs to help First nation people live a healthy and violence free lifestyle.

*For more information on our outreach services please contact our office*

### **Mi'kmaw Family Healing Centre**

Millbrook First Nation

PO BOX 665

Truro NS, B2N 5E5

Ph: (902) 893-8483

Toll Free: 1-800-565-4741

Fax: (902) 893-2987

**Bright & Spacious, Onsite Café,  
Smoking rooms, Prize Wheel,  
Latest Technology & Free Wifi**

Check our facebook page for updates &  
Legends Bingo Cafe Specials



"Where Winners Come to Play"

**Planning an event - call us for a  
quote on your catering and  
facility rental requirements.  
Call 1-888-608-1754**

# April 20th

## Easter

# Double Decker Back to Back Sessions

**\$10.00 coupon if  
staying  
for second session**

# APRIL 2019

Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7
Express Books 10	\$150.00 Regular Games 11	PROGRESSING \$150-\$260.00 Regular Games 12	Floating \$200.00 13	\$200.00 Regular Games 14
Express Books 17	\$150.00 Regular Games 18	PROGRESSING \$150-\$260.00 Regular Games 19	Dauber Day & Evening Cosmic Bingo 20	\$200.00 Regular Games 21
Express Books 24	\$150.00 Regular Games 25	CLOSED Good Friday 26	Easter Double Decker 27	CLOSED Easter Sunday 28
Express Books	Dual Dab Draws \$500 in total	PROGRESSING \$150-\$260.00 Regular Games	Express Books	\$200.00 Regular Games



**Call Hotel  
902-843-4343  
for preferred  
Customer Bingo  
Rates**

# May 19th

## LEVEL MADNESS

# BINGO

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

**Games  
Special  
Games**

**\$10,000.00**

## Jackpot



# Kinu Kelusi'kw...We Speak

**MOMS! DADS! AUNTS! UNCLES! GRANDPARENTS!  
GUARDIANS! FOSTER PARENTS! FAMILY MEMBERS!**

Are you interested in exploring issues of Bullying?

**TUESDAY APRIL 30<sup>TH</sup>**

**MILLBROOK COMMUNITY HALL**

**Option A: 11AM-1PM**

**Option B: 5PM-7PM**

You are invited to join Colin Bernard, Melody Martin-Googoo & Patsy Paul-Martin in a brainstorming session addressing Bullying issues experienced by our children either in school, at home, online and in our community. What can we do as a community to work together to bring back teachings of respect, love, kindness, caring, compassion & empathy to our children?

We encourage you to join us for lunch *Option A* to share your thoughts and ideas on working together as a community. IF you cannot make it to the morning session, don't worry, your voice still can be heard, because you can choose to attend the evening *Option B* session! 😊

**MAWLUKUTINEJ! KE' APOQNMUINEN! JUKWITAQ!**



**Chignecto Central**  
Regional Centre for Education

Updates from Melody Martin-Googoo  
Coordinator of Mi'kmaq Education Services  
& Patsy Paul-Martin, Facilitator of First Nations Services



# Kinu Kelusi'kw...We Speak

**MOMS! DADS! GUARDIANS! FAMILY MEMBERS!**

CCRCE once again, invites you to join us for a community discussion...

**TUESDAY APRIL 16<sup>TH</sup>**  
**MILLBROOK COMMUNITY HALL**

**Option A: 11AM-1PM**

**Option B: 5PM-7PM**

Let's build dialogue focused on building a stronger relationship between our schools and the Millbrook community.

We want YOU to join us in a casual discussion and idea sharing focused on student achievement and overall well-being.

We encourage you to share your thoughts and ideas on the following questions:

- **How can we strengthen the relationship between our schools and our community?**
- **How can we work with the community of Millbrook to see an increase in teachers of Mi'kmaq descent?**
- **What are the needs of the children in your community that we should be paying the most attention to?**
- **What topics/information would you like to hear more about from CCRCE?**

For additional information  
Contact Melody Martin-Googoo  
[googoom@ccrce.ca](mailto:googoom@ccrce.ca)  
902 890 7259

**FOOD! COMMUNITY DISCUSSION! DOOR PRIZE!**



# 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, April 9 & 23.**

[Blue Bags dates are Tuesday, April 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 on the weekends.

## RECC Membership

The Civic Centre is not located on the reserve, Taxes are applied to the cost. The Band Member must purchase the Membership first then submit the receipts to Priscillia Martin. The Tobacco Store covers \$300 per activity(see regulations online at [millbrookfirstnation.net](http://millbrookfirstnation.net)).

# Community

## Sunday Night Hockey

Sunday Night Hockey at the Deuilles starts at 6pm  
April 7, 14, 21 & 28.



## Millbrook Family Skate Every Sunday Morning

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

## Millbrook Fitness Centre

**12 (noon) to 3:00 p.m.** Monday, Tuesday, Wednesday, Thursday, Friday  
**(7:00 am to 9:00 am for Women and Seniors only)** Tuesday, Wednesday and Thursday  
**(6:00 pm to 10:00 pm)** Sunday, Monday, Tuesday, Wednesday, Thursday

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



## Alanon

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

## Detox

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

## Health Services:

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

## Youth Spring Dance

There will be a Youth Spring dance at the community Hall on Saturday April 13 pizzas and movie cards 7 to 9pm for grades 6 & under and 9 to 11pm for grades 7 & up also canteen will be available. For more info contact Peter Gloade 902 897 1234 Music by Jeff Wilmot

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

# Health Centre

## Mailing Address

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

## Business Hours

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

## Phone Numbers

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

## Confidentiality

The health centre staff are professional individuals who want to provide the best services to community members. Please be assured that they maintain confidentiality about your personal information and your appointments.

## Mental Health and Addictions Counselling

Our mental health and addictions clinicians are available at the Health Centre on Wednesday, Thursday and Friday for one-to-one counselling and also for family members affected by their loved one's mental health and addiction issues. Please call the health centre (902-895-9468) for an appointment.

**Szonja Vamos**, who is filling in for Meaghan Fullerton while she's on maternity leave, earned a Bachelor's Degree in Psychology from Barry University in 2008 and completed a Master's Degree in Marriage and Family Therapy from the University of Miami in 2011. She began her career in the field as a research assistant and spent 10 years working in health care settings in Miami, Florida's diverse communities. As a therapist and later an assessor, she provided individual and family therapy to at-risk children and youth, and adults with mental health and substance abuse issues, in schools, homes, detention centres, foster- and group-homes, and treatment centres. After relocating to Nova Scotia last year, she joined the Nova Scotia Health Authority in March, and is passionate about providing supportive counselling in First Nations Communities.

**Meaghan Fullerton**, M. Ed, CCC, RCT-C is our Mental Health Clinical Therapist. Her position is shared by Millbrook Health Centre and Sipekne'katik Health Centre. She is available for one-to-one counselling at the Millbrook health centre on Wednesdays and Fridays. Her counselling work has focused on culturally-safe mental health care for Mi'kmaq communities, and she has worked as a community-based therapist in both Pictou Landing and Paq'tnkek in the past. Meaghan's areas of work include anxiety, depression, addictions, trauma, intergenerational and colonial trauma, ADHD and other learning exceptionalities, behavioural issues, family crisis, self-harm, recent life-changes, and grief. Please call the health centre at (902) 895-9468, or text 902-899-7843 to book an appointment with Meaghan.

**Janet Tomlinson** – Janet has worked with Mental Health and Addictions for over 11 years. She has advanced training in Cognitive Behavioural Therapy, Eye Movement Desensitization and Reprocessing (EMDR) for PTSD and Dialectical Behavioural Therapy (DBT) for individuals with borderline personality disorder (and other mental health and addiction issues), as well as an extensive background working with individuals with addiction issues.

**Michelle Sullivan M.Ed., RCT-C, CCC**, is a Mental Health and Addictions Clinical Therapist with the Nova Scotia Health Authority. She is available for one-to-one mental health and addictions counselling on Thursday mornings at the Millbrook Health Centre. Michelle earned a Masters of Counselling Psychology at Memorial University in Newfoundland & Labrador, and has worked extensively with youth and families for over 25 years. She has provided clinical work and supportive counselling to clients in a variety of settings. Some these settings include: client homes, with youth at risk in group homes, an addiction treatment centre, and individually with regional health authorities in Newfoundland and currently in Nova Scotia. Michelle's areas of counselling work include: anxiety, depression, addictions, grief and loss, past trauma, self-harm, abuse issues and life transition/adjustment challenges. Please call the Millbrook Health Centre at (902) 895-9468, to book an appointment with Michelle.

**Gladys Fraser, Child and Youth Clinician** is a clinical therapist with the Nova Scotia Health Authority for the past 11 years. She is working at the Millbrook Health Centre 2 days a week (Monday & Tuesday), counselling children, adolescents (up to age 18) and families. Gladys previously worked with the Autism Program and Family First program at Colchester East Hants Health Centre. Gladys can help children and youth with a variety of mental health needs/concerns such as anxiety, depression, gender/sexual identity, behaviour management, parent/child conflict, bullying, and self-esteem. Anyone can self-refer by calling the Millbrook Health Centre at (902) 895-9468 or Central Intake at the Colchester Hospital 902-893-5526 (press option 2) and be sure to let them know you want services at the Millbrook Health Centre, if this is what you want. Or they can call me directly at 902-899-6095.

## Medical Drivers

### Donna Gloade

Home: (902) 895-9540 Cell: (902) 986-8842

### Ella Paul

Cell: (902) 956-2679



## National toll-free First Nations and Inuit Hope for Wellness Help Line

There is a National toll-free *First Nations and Inuit Hope for Wellness Help Line*. The Help Line, which started operation on October 1, provides immediate, culturally competent, telephone crisis intervention counselling support for First Nations and Inuit, 24 hours a day, seven days a week. Counsellors can also work with callers to identify follow-up services they can access. Counselling is available in English and French and, upon request, in Cree, Ojibway, and Inuktitut.

The new toll-free number for the First Nations and Inuit Hope for Wellness Help Line is 1-855-242-3310.

### Millbrook Free Spirit AA

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

*\*responsible for your own transportation.*

### Eskasoni Help Line

For any youth who are having a problem such as bullying, peer pressure, or any problems and want to talk to someone there is a number to call; all calls are confidential. Eskasoni help line toll free 1-855-379-2099 or on Facebook Eskasoni Crisis Worker there will be someone there to chat to.

### NA meeting

NA meeting in Truro are every Sunday, Tuesday, & Thursday nights at St Andrew Church 55 King Street at 8pm. For more information call 1 800 205 8402 or [www.centralnovaarea.ca](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.

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

**Vera Johnson, Dental Hygienist**, is available for cleanings at the health centre on Mondays and Tuesdays for those eligible under NIHB aged 16 and above. Please call Amanda at the health centre to make an appointment to see Vera.

## Treatment Centre Schedule

- Rising Sun at Eel Ground, NB** is May 6, 4 weeks Relapse program
- Eagles Nest Recovery house** Indianbrook April 1, 5 weeks Co-ed program.
- Mikmaw Lodge** at Eskasoni, NS is May 6 5 weeks coed program
- Wolastoqewiyik** Tobique April 8, 5 weeks co ed program

**Any Millbrook Youth who would like to go a treatment program I have forms for the 3 treatment centres available.**

- Walgwan Centre in Quebec - long term program
- Charles J Andrew Youth Centre Sheshatshiu Labrador – long term
- Choices in Halifax

**Contact the Community Addictions Counsellor (Peter Gloade) at 897-1234.**





## Anger Management

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

## Health Centre update:

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



## Millbrook Donates to Eskasoni Crisis Line

Millbrook First Nation donated \$5,000.00 to the Eskasoni Crisis Line, a 24 hour confidential support 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.

## Millbrook Gym Schedule

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

**nscC**

# Donald R. Sobey Bursary application

Chrissy Clayton faced many obstacles on her educational journey.

She grew up in a single-parent family with four siblings. She left high school after becoming a mother at age 15. She came to NSCC's Adult Learning Program and, en route to obtaining her high-school diploma, discovered she had a learning disability. Finances were also a major concern.

Chrissy persevered and is now a full-time student in the Heavy Duty Equipment / Truck & Transport Repair program thanks, in part, to the Donald R. Sobey Bursary Program - a \$2,500 renewable bursary designed to assist students.

"When I received the bursary, I realized I could do this - that everything would work out. I look forward to a bright future ahead, thanks to the Donald R. Sobey Bursary Program."

**CHRISSY CLAYTON**

[nscC.ca/chrissy](http://nscC.ca/chrissy)



## Information for applicants

Each year, the Donald R. Sobey Bursary Program awards renewable bursaries valued at \$2,500 to students entering NSCC on a full-time basis.

### Overview

This bursary is designed to:

1. Encourage and assist you in obtaining a credential from the Nova Scotia Community College (NSCC).
2. Support you in strengthening your skills and abilities so you can secure meaningful employment.
3. Help you become a role model in your community.

### Eligibility

You may apply for the Donald R. Sobey Bursary Program if you:

1. Have been referred by a member of a community group or agency
1. Are planning to enrol in a full-time program at NSCC
2. Can show unmet financial need on the Financial Needs Assessment section of the application form

### Bursary selection criteria

When reviewing applications, the selection committee will look at the following:

1. Your financial situation and other reasons you should be considered for this bursary.
2. The supports you have in place with your referring organization, and how they will help you in achieving your education and career goals.

### How to apply

- Submit your completed application to the community organization or law enforcement agency that is referring you.
- A representative of the agency will submit your Student Application, along with their Community Referral, to NSCC.

### Career and program exploration

Not sure what programs or careers are right for you? Advisors at NSCC can help you explore based on your personality, interests and goals. Contact [careercoach@nsc.ca](mailto:careercoach@nsc.ca) to learn more.

### For more information

NSCC Student Awards Office  
5685 Leeds Street  
Halifax, NS B3K 2T3  
1-855-825-9060 (toll-free)  
[awards@nsc.ca](mailto:awards@nsc.ca)  
[nsc.ca/sobey-bursary](https://nsc.ca/sobey-bursary)

# INTRODUCING OUR 2019 MI'KMAQ BURSARIES

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

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**TIANNIE PAUL**  
ESKASONI FIRST NATION  
2015 Scholarship Recipient  
Bachelor of Engineering, CBU



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

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

Visit [nspower.ca/scholarships](http://nspower.ca/scholarships) to apply



WE ARE INVESTING IN A BRIGHT FUTURE

# THE 2019 SCHOLARSHIP & BURSARY PROGRAM

---

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

---

## **EMERGING LEADERS SCHOLARSHIPS**

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

## **WOMEN IN TRADES, ENGINEERING, TECHNOLOGY & INNOVATION SCHOLARSHIPS**

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

## **AFRICAN NOVA SCOTIAN SCHOLARSHIPS**

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

## **NOVA SCOTIA POWER FAMILY SCHOLARSHIPS**

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

## **MI'KMAQ BURSARIES**

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

---

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

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

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

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Visit [nspower.ca/scholarships](http://nspower.ca/scholarships) to apply



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Truro, NS B2N 1G7

**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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## Markie Bus Tours Halifax Casino Runs

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

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

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# April 2019

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

Please call to schedule a doctor's appointment



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

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

**Please Select:**            Mail \_\_\_\_\_            Pick Up \_\_\_\_\_            Direct Deposit \_\_\_\_\_  
**Applicant Name:** \_\_\_\_\_  
**Band # of Applicant:** \_\_\_\_\_            **Date of Birth:** Day\_\_\_\_\_/Month\_\_\_\_\_/Year\_\_\_\_\_  
**Telephone# (        )** \_\_\_\_\_ - \_\_\_\_\_            **E-mail:** \_\_\_\_\_  
**Mailing Address:** \_\_\_\_\_  
\_\_\_\_\_

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

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

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

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

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

Dated this \_\_\_\_\_ day of \_\_\_\_\_ A.D. 2019

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

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

By \_\_\_\_\_ and by \_\_\_\_\_  
This \_\_\_\_\_ day of \_\_\_\_\_ A.D. 2019

## **June 2019 Millbrook Enterprise Credit Applicants**

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

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

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

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

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