

Millbrook Community NEWSLETTER

AUGUST 2018



Millbrook's Ball Field

Important Dates

- **August 10** - Millbrook Fitness Centre Open House 10am-2pm
- **August 10-12** - Millbrook's Competition Powwow
- **August 18** - Community Trip Upper Clements Park
- **September 6** - Saint Mary's University Mawiomi

 **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
8:30am-12pm 1pm-4:30pm
Friday
8:30am-12pm

Phone Numbers

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

Social Assistance

Social Assistance Cheques are tentatively scheduled for: **August 2, 16 & 30, 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 **September 11, 2018**.

The deadline for submissions or requests to see Council is **September 7, 2018**.

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

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

October's Chief and Council meeting is **October 9, 2018**.

Chief and Council Meetings

August 2018



Community Meeting Dates:

 N/A

Contact the Community Engagement Officer, Gerald Gloade by e-mail: gerald.gloade@eastlink.ca to make suggestions for future discussion topics. We would like to have Community Members feedback. The purpose is community engagement. Focusing on information sharing and addressing community concerns on a ongoing basis. We do our own consultation and need to regularly inform community members. We are developing our own consultation process.



Community

The Community page; this may include birthday messages, recent or historic photos, congratulations to a person or group, public events, items for sale, availability for odd jobs. To have your information posted on the newsletter and website send your information to Nigel Gloade by calling the office at (902) 897-9199 extension: 119, iMessage or e-mail: mbcommunications@eastlink.ca

Newsletter Deadline

The Newsletter deadline is the 26th of each month.

June 26, 2018

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

Building Permits

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

Millbrook Fitness Centre's Open House

On August 10, 2018
Starts at 10 am till 2 pm.
Door prizes will be given out.

UPPER CLEMENTS PARK

Community Trip

Date: Saturday August 18

Please contact Chris Nasson for details 895-9468



Millbrook's 1st Annual Competition Powwow

Millbrook First Nation is introducing a new style to its Annual Powwow. Although this will be Millbrook's 20th Annual Powwow, this will be the first year for a competition powwow. The event will be held over three days, August 10 to 12, 2018 at the Millbrook First Nation Powwow Grounds which is located behind Keith's Gas Bar.

Powwow Committee Chair, Mike Stephens says that a "competition powwow differs from a Traditional Powwow in various ways, but most notably is its contemporary style".

Powwow activities will start on Friday with a Hand Drum Competition starting at 7pm. Saturday's schedule will be intensive and include many bouts of extreme dancing and drumming/singing, competitors will participate in Grand Entry at 1pm, after this they will complete a few rounds of Intertribal to get everyone warmed up and ready to compete.

Saturday evening there will be entertainment for all ages, Acofia Red Elk will host a Jingle Special to highlight the style of dance, which will lead into the evening entertainment, a Spotlight Special. After dark the dancers will go one by one under a spotlight that will follow them for one song, the dancers will give it their all and the crowd will help the judges decide by cheering loudly! Sunday, the powwows final day, will start at 1 pm with Grand Entry and continue throughout the day much like Saturday with Intertribal singing and dancing and more competition. The powwow will come to a close Sunday evening, at this time the flags will be retired in ceremony to officially end the celebration.

The implementation of a competition powwow also brings new practices to the community, this year will be the first year the community has been able to provide prizes for competitors. There will be prizes for first, second and third for drummers/singers as well as each respective placing for six different categories of dancing. Although only registered competitors will be eligible for prize placings all drummers/singers and dancers are encouraged to attend and participate, all are welcome.

"Our goal is to show a new aspect of powwow to our community and show the world our beautiful community by mixing our cultures and traditions into contemporary powwow, this is our first competition powwow, there is bound to be some apprehension to change, we hope that our powwow will help people make new friends and reconnect with old friends, and that our community can feel alive with traditions and culture, even if it is new."





MILLBROOK FIRST NATION COMPETITION POWWOW

Celebration of Indigenous Cultures

Head Staff

Head MC - Dennis Bowen Sr.
MC - Michael R Denny
Arena Director - Trevor Gould
Head Male Dancer - Randall Paskemin
Head Female Dancer - Acosia Red Elk
Host Drum - Cree Confederation

Competition Prize Breakdown

Dancer

for each category

1st place - \$1200.00
 2nd Place - \$800.00
 3rd Place - \$500.00

Drum

1st place - \$9000.00
 2nd Place - \$4000.00
 3rd Place - \$2000.00

Hand Drum

1st place - \$500.00
 2nd Place - \$300.00
 3rd Place - \$200.00

All Welcome!

Dance and Drum Registration:
 Friday 6pm-9pm (Early Registration)
 Saturday 9am - 12:30pm

Grand entry

Saturday @ 1pm & 6pm
 Sunday @ 1pm

Accommodations

Host Hotel - Hampton Inn & Suites/Millbrook \$99/night (902) 843-4343
Super 8/Millbrook (902) 895-8884
Holiday Inn/Truro (902) 895-1651
Best Western/Truro (902) 893-4311

Campsites available on site

Porcupine Lodge/Millbrook
 limited space

Specials

Kojuaq - all ages
 1st place - \$500.00
 2nd Place - \$300.00
 3rd Place - \$200.00

Acosia Red Elk Jingle Special

Saturday Night Spotlight Special

Men & Women Categories
 Senior age 30+ \$1000
 Junior age 15-29 \$750
 Children age 14 under \$250

Contact Info

Michael Stephens
 Powwow Committee Chair
 (902) 305-5569

millbrookpowwow@gmail.com

DRUG AND ALCOHOL FREE EVENT

ADMISSION FREE FOR ALL



AUGUST 10-12, 2018

MILLBROOK FIRST NATION, NOVA SCOTIA, CANADA

St. Anne's Day



Magic Mountain Community Field Trip





**NOVA SCOTIA
MI'KMAW
SUMMER GAMES 2018**

**ESKASONI
FIRST NATION**

*August 19-26
2018*



- PAGEANT • SCHOOL YARD GAMES •
- SOFTBALL • TRACK AND FIELD • TRADITIONAL
- QUADRATHLON • TUG OF WAR • VOLLEYBALL
- WALTES • WASHER TOSS • 5KM RUN •
- SWIMMING • CROSS FIT • POWER LIFTING •
- SPECIAL OLYMPICS • ARM WRESTLING • GOLF
- HORSESHOES • BILLIARDS • BASKETBALL
- ARCHERY • MI'KMAQ WAR GAMES •
- BADMINTON • FLOOR HOCKEY • 1KM RUN •
- CANOEING • DARTS

Registration and Vendor Information to follow
For additional information please send inquires to: nsmsg@eskasoni.ca
Our toll free fax number is: 1-83(ESKASONI)

LIVE DAILY ENTERTAINMENT

OUR ESKASONI.

Community



Sacred Heart Church

Regular Sunday Mass Time is at 11:30 a.m.

For More information visit the Immaculate Conception website: www.icc-truro.org.

Prayer Group

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

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

“Understanding the Bible”-Weekly Scripture Study for Adults

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

Community Hall Bookings

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

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

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

Compost, Garbage & Recyclables

CLEAR GARBAGE BAGS ARE A MUST.

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

Garbage is picked up every week.

Compost bin dates are **Tuesday, August 14 & 28.**

[Blue Bags dates are Tuesday, August 7 & 21.](#)

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 9-10am,
August 5, 12, 19 & 26

Millbrook Fitness Centre

The Millbrook Fitness Centre is open **1pm-4pm** Monday to Friday.
It is open in the evenings from **6pm-10pm** Sunday to Thursday.
Exercising a few times a week is a great way to improve your overall health.



Alanon

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

Detox

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

Health 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.

We have been advised that chemical substances that are related to fentanyl have been found in street drug samples in both NS and PEI.

While this is the first time fentanyl has been found in street drugs in NS and PEI, it is not entirely unexpected. In June 2017, police confirmed the presence of a potent narcotic, carfentanil in a drug seizure in NS.

Therefore, there is an increased risk to anyone who uses street drugs – not just opioids – in pill or powdered form.

- If you use street drugs, it’s important to do so safely. Don’t use alone. Always carry naloxone.
- If you witness an overdose, call 911. If you have naloxone, 911 responders can walk you through how to administer a dose while you wait for paramedics to arrive.
- Do not hesitate to call 911 in the event of an overdose emergency. The federal government has recently passed Good Samaritan legislation to protect bystanders from criminal prosecution when calling for help in this situation.

Health Centre

Mailing Address

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

Business Hours

Monday - Thursday
8:30am-12pm 1pm-4:30pm
Friday
8:30am-12pm

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 Counselling

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 counseling 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'tnek 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.

Gladys Fraser 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, behavior management, parent/child conflict, bullying, and self-esteem. Anyone can self-refer by calling the Millbrook Health Centre at (902) 895-9468 or Central Intake at the Colchester Hospital 902-893-5526 (press option 2) and be sure to let them know you want services at the Millbrook Health Centre, if this is what you want. Or they can call me directly at 902-899-6095.

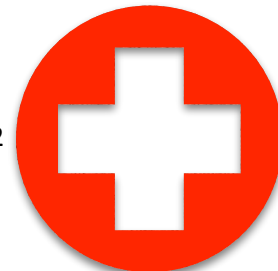
Medical Drivers

Donna Gloade

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

Ella Paul

Cell: (902) 956-2679



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

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

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

Millbrook Free Spirit AA

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

**responsible for your own transportation.*

Eskasoni Help Line

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

NA meeting

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

**responsible for your own transportation.*

Community Addictions Worker - Peter Gloade

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

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

Nova Scotia Legal Aid - confidential online forum

Nova Scotia Legal Aid provides a confidential online forum on Tuesdays from 2 p.m. to 5 p.m. for people to ask a lawyer family law questions. The website is www.nslegalaid.ca.

Addictions Counselling

2 Clinical Therapist from the Truro office of Addiction Services is available at the Health Centre every Thursday for one on one counselling before and after Addictions Treatment Programs. Follow-up Counselling after successful completion of a treatment program is highly recommended to deal with the challenges of RECOVERY. Counselling by this clinical therapist is also provided for family members of the addict/alcoholic and others affected by addictions. Please call the health centre (895-9468) for an appointment time or Call 893-5900 for an appointment at the Truro office.

Treatment Centre Schedule

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

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





Anger Management

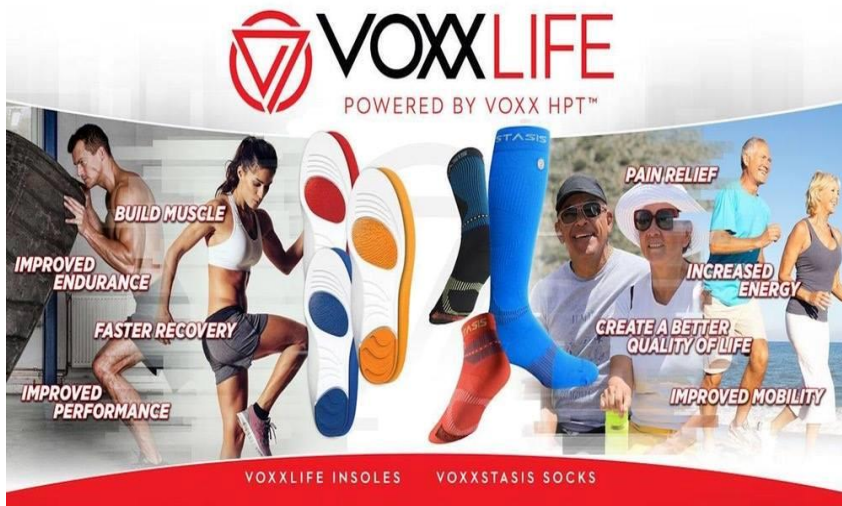
Anyone who needs to get counselling on Anger Management can contact Bridges – A Domestic Abuse Intervention in Truro at 902 897 6665 to do booking to see a Counsellor or contact Dan Walsh at the Millbrook Healing Centre at 902 893- 8483

Millbrook Gym Schedule

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

VoxxLife: Spring into Action

VoxxLife Performance Insoles and STASIS Socks. If you've ever experienced foot pain, leg pain, hip pain, back pain, fatigue, low energy, loss of balance, stability give us a shout!



VOXXLIFE PRODUCTS INCREASE THE FOLLOWING:

- BALANCE
- LATERAL STABILITY
- DYNAMIC STABILITY
- STRENGTH
- RANGE-OF-MOTION



Wellness Information and Business Opportunity

Find out what the VOXX buzz is all about!

This purchase could be the BEST investment of your time that you've ever made and your feet will absolutely love you!

Send us a message on Facebook @

Sonny Julian or Lisa Julian

OR

Email us @

alisajulian50@gmail.com

OR

Call 902-956-8712



Ulnooweg is an Aboriginal financial institution that has been serving the needs for Aboriginal owned businesses since 1986.

We are in the business to help Aboriginals do business by providing:

- ⇒ Lending Services
- ⇒ Contributions
- ⇒ Business Support Services

www.ulnooweg.ca /1-888-766-2376/ info@ulnooweg.ca



779 Prince Street, Suite 2
Truro, NS B2N 1G7

Derrick Higgins
Advisor
Member, Advocis

Tel: 902-843-2820
Cell: 902-986-3932
derrick.higgins@sunlife.com
www.sunlife.ca/derrick.higgins

Mutual funds distributed by
Sun Life Financial Investment Services (Canada) Inc.

Insurance and investment solutions, including:

- | | |
|----------------------------|----------------------|
| Life insurance | Employee benefits |
| Disability insurance | Annuities |
| RRSPs / RRIFs | Pension plans |
| Long term care insurance | Savings plans |
| Critical illness insurance | TFSAs |
| Personal health insurance | Estate and Financial |
| Mutual funds* | Planning Services |
| RESPs* | |

LENORE ZANN
lenorezannmla@bellaliant.com

35 Commercial St.,
Suite 212 Truro,
Nova Scotia B2N 3H9
897-ZANN (9266)
www.mlalenorezann.ca

MLA, Truro-Bible Hill-Milbrook-Salmon River

Markie Bus Tours Halifax Casino Runs

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

1. Bus Transportation
2. FREE Non-Alcoholic Beverages on floor
3. One Meal Coupon

Visit: Casino Nova Scotia for more Information.
Contact **MARKIE BUS TOURS** for more information.

Phone: 902-843-5501



Chris Googoo
General Contractor
Fully Insured
20 Years Experience
Phone: (902) 814-1752
Email: qualitybuildconstruction@gmail.com
Web Address: www.qualitybuild.ca



Specialties: New Home Construction, Home Additions, Garages, Mini Barns, Renovations, Repairs.
Residential and Commercial, Roofing (Metal and Asphalt), Siding, Windows, Doors, Decks, Drywall, Interior / Exterior Painting, Flooring, and all Finish Work.
Insulated Concrete Forms (NUDURA) (FOX BLOCKS)
Spray Foam Insulation (Closed and Open Cell Spray Foam)

100% Customer Satisfaction Guaranteed !



www.jgauto.ca/get-approved

Secure Your Approval Today!

1 Treaty Trail
Millbrook, N.S

1(902) 897-7550

Justin Glode justin@jgauto.ca



SERVICES

ASPHALT SEALING
LINE STRIPING
CRACK FILLING
ASPHALT MAINTENANCE
& MORE...

DARREN MARSHALL

902-956-4887

902-899-7851

actionseal.ns@gmail.com



Locally Owned & Operated By

Shane Kennedy (902) 890-2607
& Leana Kennedy (902) 890-8037
g_man22@outlook.com

ISAP Indigenous Student Access Pathway

ISAP

The Indigenous Student Access Pathway is designed and delivered as a one-year program exclusively for First Nations, Métis and Inuit students who would not otherwise be eligible for admissions under Dalhousie's current minimum high school prerequisites, and who would benefit from dedicated supports while transitioning to a university environment.

ACADEMIA AND CULTURE

The ISAP will engage Indigenous students both academically and culturally. Throughout the student experience there will be opportunities for community involvement, access to Dalhousie's Elders in Residence program, and more. By immersing the students in a strong and supportive network of faculty, staff, and peers, the ISAP aims to provide both the tools for navigating post-secondary, and a culturally supportive environment needed to succeed.

PROGRAM DATES

ISAP runs from September to the end of April. Upon completion, successful ISAP students have the option to apply for enrollment in following term.

COURSE LOAD

ISAP students will be registered in four courses (3 credit and 1 non-credit) in both the Fall and Winter terms. Upon successful completion of ISAP, each student will have earned between 18 - 24 credits that will be transferable to other degree programs.

SUPPORTS AND SERVICES

The ISAP students will have access to the campus Manager of Indigenous Students and be provided a variety of support services and opportunities within the program.

STUDENT ELIGIBILITY

In order to be considered for admission to the ISAP, applicants must meet the following minimum criteria:

- Provide proof of Aboriginal Ancestry. *
- Present valid high school diploma

* The Constitution Act, 1982 specifies that the Aboriginal peoples in Canada consist of three groups: First Nations, Inuit, and Métis people.

INFORMATION

Arthur Stevens 902-956-9270

Arthur.stevens@dal.ca



Millbrook Senior Off Reserve Utility Assistance Program
April 1, 2018 through to March 31, 2019
 Application Form
 PO Box 634, Truro NS B2N 5E5

Office use only:	Received this _____ day of _____ A. D. 2018/19 Band Administrator or his designate: _____
------------------	--

Please Select: Mail Pick Up

Application Name: _____

Band #: _____

Phone #: _____ E-mail: _____

Mailing Address: _____

Off-Reserve Millbrook Band Members age 65 years +, are entitled to apply for the Millbrook Senior Off Reserve Utility Assistance Program.

For every housing unit occupied by a Millbrook Band Senior (the applicant), a reimbursement of up to \$100.00/month will be issued to assist with Energy/Electric Bills. Only one individual can apply for the assistance allowance per residence.

Application date for this assistance initiative begins April 1, 2018.

Assistance will be issued as per the following:

- Maximum of \$600.00 will be processed **September 1st 2018** for the period of April 1st, 2018 through August 31st, 2018.
- Maximum \$600.00 will be processed **March 31st, 2019** for the period of September 1st, 2018 through March 31st, 2019.

Copies of PAID Energy/Electric Bills incurred in these dates are required complete with applicant's name and service address to process the allowance.

 Signature of Applicant

 Date

Office use only:	Approved () Not Approved ()
Band Administrator:	_____

Millbrook Tobacco Store Funding Regulations

- A. Only **Millbrook Band Members** are eligible to receive funding.
- B. All requests must be made individually in writing on the form, available at the Millbrook Band Office or Millbrook website and approved by a majority of the Millbrook Band Council. All approvals are on a fiscal year basis.
- C. All reimbursements will require an official **RECEIPT** from the organization showing the **organization name**, the **name of the individual** the activity is for, the **activity name** and **amount**. All funding requests payable to the organization will require an **INVOICE** from the organization showing; the **organization name**, the **name of the individual** activity is for, the **activity name** and **amount**. The cheque will be mailed directly to the organization along with a letter stating that any refunds are to be paid to the tobacco store.
- D. All approvals are subject to the Tobacco Store having funds in excess of normal operating expenses.
- E. Band Members may apply for reimbursements for activities from the previous fiscal year if they have official receipts.
- F. All requests for changes/additions to the Millbrook Tobacco Store Funding Regulations must be in writing and submitted to the Millbrook Band Council. The request will be reviewed at the next scheduled Council Meeting and must be approved by a majority of the Millbrook Band Council before be added to the Funding Regulation listing.

The Millbrook Tobacco Store will fund the sport and recreational activities listed below:

- 1. Any high performance physical activity athletes (elite level/competitive/provincial team/school sport team) for **children 18 years of age and under**, will be funded to a maximum of \$3,000.00 per year for registration fees.
- 2. Any on-going sport or physical activity for **children 18 years of age and under** and **full time students** will be funded to a maximum of \$300.00 per year, per category. If a fee in addition to the regular registration is required to participate on a team it will be funded up to a further \$300.00 per year. Ticket funds not applicable.
- 3. The **minor hockey** registration for **children 18 years and under** will be funded/reimbursed up to a maximum of \$570.00 per year and REP fees up to a further \$400 per year.
- 4. Necessary equipment will be reimbursed up to \$400.00 for **children 18 years and under**, every two (2) years. This is in total, **not** for each separate funded activity. The child must be registered with a team, club or other organized entity to be eligible.
- 5. Music classes, Art/Cultural Art classes, Mi'kmaw Language classes, two (2) types of Dance, Girl Guides and Scout registration fees and two (2) camps for **children 18 years of age and under** will be funded to a maximum of \$300.00 per year each.
Completed Regalia (purchase NOT supplies to make) for **children 18 years of age and under** will be funded to a maximum of \$300, every two (2) years.
- 6. **Adults** participating in organized and on-going sport or physical activities will be funded to a maximum of \$300.00 per year. The exception is that teams, that consist of a majority of Millbrook Band members, will be funded to a maximum of \$2,000.00 for Millbrook sponsored teams and \$1,000.00 for teams sponsored by other business or organization.
Seniors (65+) golf will be funded to a maximum of \$600 per year.
- 7. **Adult** Music classes, Art/Cultural Art classes, Mi'kmaw language classes, Cooking classes, Firearm Safety courses, medically approved weight loss programs (Weight Watchers, Simply for Life, Ideal Protein and Herbal Magic) will be funded to a maximum of \$300.00 per year. **Seniors (65+)** Art/Cultural Art classes will be funded to a maximum of \$600 per year.
Seniors (60+) and disabled participating in a First Nation community organized St. Anne de Beaupre Pilgrimage (with a First Nation Organization registration receipt) will be funded to a maximum of \$300 per year.
- 8. Equipment not supplied as part of the registration fee is not funded, except as stated in these regulations.
- 9. Instructors for organized courses (that are pre-approved at a Band Council Meeting) will be paid \$20.00 per hour. Materials will be funded at \$50.00 per student per year, if necessary. Each course will be funded to a maximum of \$1,500.00.
- 10. Necessary fitness equipment for the Millbrook Gymnasium will be funded.
- 11. Sunday morning family skate and family swim, as scheduled, at the RATH Eastlink Civic Centre, will be funded at cost.

**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**

Gaming & Convention Centre

AUGUST 2018

**August 18th
Customer
Appreciation
Day!
\$200.00/
\$300.00/
\$400.00
Regular
Games
(Prizes
&
Cake)**

Wednesday 1	Thursday 2	Friday 3	Saturday 4	Sunday 5
Express Books	Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	Dauber Day	\$200.00 Regular Games
8	9	10	11	12
Express Books	Express Books	\$200.00 Regular Games	\$200.00 Regular Games	\$200.00 Regular Games
15	16	17	18	19
Express Books	Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	Customer Appreciation Day	\$200.00 Regular Games
22	23	24	25	26
Express Books	Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	Old fashioned Bingo No Electronics	\$200.00 Regular Games
29	30	31	Call Hotel for preferred Bingo Rates	
Express Books	Dual Dab Draws \$500 in total	LEVEL BINGO \$150/\$175/\$200 Regular Games		

**October 28th
High Stakes
Bingo
\$\$\$\$
\$25,000.00
Jackpot
\$4000.00
Regular Games
\$3000.00
Specials
Doors open at
9:00 am
Admission
\$170.00**

BRIGHT, SPACIOUS, ONSITE CAFÉ, SMOKING ROOMS, LATEST TECHNOLOGY



15 Legends Avenue, Exit 13A
Truro Power Centre
Millbrook, Nova Scotia
Phone 1-888-608-1754
www.legendsgamingcentre.com

Best of Luck to all the Dancers and Drummers
2018 Millbrook Competition

POW WOW BINGO

Friday, August 10th - Evening Bingo,
Saturday, August 11th - Matinee Bingo
Sunday, August 12th - Evening Bingo
All \$200.00 Regular Games

Call Hotel for preferred
Customer rates
902-843-4343



August 2018						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Dr. Kelly Gladys Szonja	2 Addiction Services	3 Gladys Szonja	4
5	6 Office Closed Civic Holiday	7 Gladys Blue Bags & Garbage	8 Gladys Szonja	9 Addiction Services	10 Gladys Szonja	11
12	13 Dr. Vance	14 Dr. Kelly Gladys Compost & Garbage	15 Dr. Kelly Gladys Szonja	16 Dr. M. Ferguson Addiction Services Foot Clinic	17 Gladys Szonja	18
19	20 Dr. Vance (PM)	21 Gladys Blue Bags & Garbage	22 Gladys Szonja	23 Addiction Services	24 Gladys Szonja	25
26	27 Dr. Kelly	28 Dr. Kelly Gladys Compost & Garbage	29 Gladys Szonja	30 Addiction Services Foot Clinic	31 Gladys Szonja	

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) 956-8712

MILLBROOK TOBACCO STORE

(902) 895-9079

MILLBROOK

RCMP

NON-EMERGENCY

(902) 893-6819

MILLBROOK OPERATIONS & MAINTENANCE

RICHARD GLOADE SR.

(902) 899-0485

MILLBROOK MEDICAL DRIVERS

DONNA GLOADE

(902) 895-9540 OR

(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

(902) 893-0341

KIDS HELP PHONE

TOLL FREE

1-800-668-6868

CONFEDERACY OF MAINLAND MI'KMAQ

RECEPTION

(902) 895-6385

TOLL FREE

1-877-892-2424

GAMBLING HELPLINE

TOLL FREE

1-888-347-8888

MI'KMAQ FAMILY AND CHILDREN'S SERVICES

TOLL FREE

1-800-263-8686

AREA SCHOOLS

COBEQUID EDUCATIONAL CENTRE

(902) 896-5700

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

**Millbrook Housing Repair Grant
2018/19**
Application Form
PO Box 634, Truro NS B2N 5E5

Office use only:	Received this _____ day of _____ A. D. 2018/19 Band Administrator or his designate: _____
------------------	--

Please Select: **Mail** _____ **Pick Up** _____

Application Name: _____

Band #: _____

Phone #: _____ E-mail: _____

Mailing Address:

All Millbrook Band Members are entitled to apply for the Millbrook Housing Repair Grant.

For every housing unit (except private rentals) occupied by Applicant, a reimbursement of up to **\$500.00** will be made to the homeowner for repairs once this year. This applies only if you do not qualify or do not receive Social Assistance.

Application date for this housing initiative begins April 1, 2018. Receipts dated before April 1, 2018 will not be accepted. This program expires when the \$75,000 funding for this project runs out.

Original receipts are necessary and must be dated within that year, with applicant's name (IMPRINTED ON RECEIPT/INVOICE FROM SUPPLIER), excluding labour.

Housing units that are private rentals are not eligible for repairs.

Allowable Housing Repairs:

- Roofs including coating and flashing
- Exterior doors and windows including storm/screen doors.
- Heating systems including boilers (hot water or steam), forced air furnaces, chimneys and related components.
- Domestic hot water tanks, septic tanks and tile beds
- Stoves and refrigerators
- Toilets and tubs
- Smoke detectors
- Construction materials

Housing Unit must be in the name or owned by Applicant.

_____ Off Reserve Home Owner, Documents attached showing home ownership.

_____ On Reserve, Band Allotment Documents at Band Office.

_____ Original Receipts Attached

Signature of Applicant

Date

Office use only:	Approved () Not Approved ()
Band Administrator:	_____