

# Millbrook Community NEWSLETTER

DECEMBER 2018



(photo Carrie S)

Destiney Wysote defeats Danielle Fife at Beyond Boxing's first Fight Night Card

## *Important Dates*

- 👉 **December 4** - EDC at 10am
- 👉 **December 4** - Pre engineered homes follow up 1pm
- 👉 **December 7** - CMM Chief and Council at Holiday Inn at 9:30am
- 👉 **December 10** - ISC on Shannon Park in chambers at 10am
- 👉 **December 11** - Chief and Council 10am in Chambers
- 👉 **December 12** - Atlantic Gold at 10am in Chambers
- 👉 **December 19** - Millbrook Decoration Contest
- 👉 **December 20** - Millbrook Band Office will close for the Holidays at lunch (12pm)
- 👉 **December 24** - Santa Parade
- 👉 **December 25** - Christmas
- 👉 **December 31** - New Year's Eve

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

# Millbrook Band Office

## Mailing Address

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

## Business Hours

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

## Phone Numbers

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

## **Social Assistance**

Social Assistance Cheques are tentatively scheduled for: **December 6 & 20, 2018.**  
Applications are available at the Reception desk at the Band Office.

## **Holiday Closure**

**December 20, 2018 at 12pm Millbrook Band Office will close for the Holidays and reopen January 3,2019.**

## **Chief and Council Meeting**

The next Chief and Council meeting is scheduled for **December 7, 2018.**

The deadline for submissions or requests to see Council is **December 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).

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

## **Chief and Council Meetings**

### **December 2018**

- 🌸 December 4 - EDC at 10am
- 🌸 December 4 - Pre engineered homes 1pm
- 🌸 December 7 - CMM Chief and Council at Holiday Inn at 9:30am
- 🌸 December 10 - ISC on Shannon Park in chambers at 10am
- 🌸 December 11 - Chief and Council 10am in Chambers
- 🌸 December 12 - Atlantic Gold at 10am in Chambers

## **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.***

***Wednesday, December 26, 2018***

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.

## **Millbrook Tobacco Store**

### **Cheque Cashing – effective immediately**

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

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

- Millbrook Social payments

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

-Appropriate identification will be required.

### **Tobacco Quota Limits – effective immediately**

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

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

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

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

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

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



Logan Paul was in the main event, which he suffered a narrow defeat on a split decision against Josh Rhodenizer.

# Millbrook Santa Parade

The Millbrook Santa Parade is scheduled for Saturday, December 24 at 4:00pm. If anyone would like to enter a float we will meet at the Millbrook RCMP station at 3:30. See you there!



# Millbrook First Nation 2017 Christmas Dinners

Millbrook Chief and Council would like to welcome and invite all of our membership and community members to join us in this years annual Christmas dinner. If you have a child that will be attending with you at the Cole harbour or Sheet Harbour dinner please contact Chris Nasson at 902-895-9468 or private inbox via Facebook so we can have a gift available. Gifts will only be provided to children that are present at dinner .

Anyone who would like to donate items for a draw may do so at the end of the dinner.

For information please contact Chris Nasson at 902-895-9468

## Millbrook Christmas Dinner

Date: Monday, December 10

Time: 6:00 pm

Place: legends Bingo Hall, Millbrook



## Sheet Harbour Christmas Dinner

Date: Wednesday, December 12

Time: 6:00 pm

Place: the Legion, Sheet Harbour



## Cole Harbour Christmas Dinner

Date: Thursday, December 6

Time: 6:00 pm

Place: Steak and Stein, Portland Street, Dartmouth



## Newfoundland Christmas Dinner

Date: Saturday, December 8

Time: 7:00 pm

Place Holiday Inn, Deer Lake



# *Millbrook Decoration Contest* *Date: Wednesday, December 19*

**Millbrook-Beaver Dam-Sheet Harbour-Cole Harbour**

**1st place –\$200.00**

**2nd place \$150.00**

**3rd place \$100.00**

**Keep your lights on between the hours of 5:00pm and 10:00pm.**

We are adding a **peoples choice** award which will be in the form of a trophy.

This winner will be chosen by you , you can make your selection by submitting your choice to Chris Nasson on **messenger only** .

**( No phone calls, no text messages, no in person votes—only via messenger).**

Happy Holidays From The Millbrook Chief and Council





## Millbrook Early Education Centre News

### Important Dates In December

Wednesday, December 12th, 2018  
**Library Visits Centre**

Friday, December 14<sup>th</sup>, 2018  
**Parent/ Tot Workshop (ages 3-4)**

Monday, December 17<sup>th</sup>, 2018  
**Maritime Marionettes Visits the Centre**

Wednesday, December 19th 2018  
**Last Day of Classes before  
Christmas Break**

**Centre will reopen Jan 03, 2019**

### Reoccurring Weekly Events

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

Tuesdays  
Super Nova Science (Preschool)

Fridays Outdoor Adventures  
For All Classes

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



### Contact Us

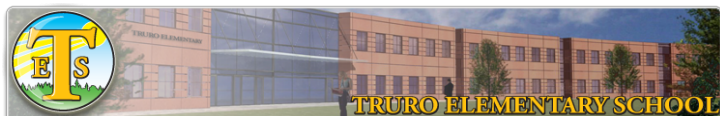
902-897-1249 / 902-897-0445

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

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



# TRES Newsletter December 2018



## Christmas Concert Dates

For our Christmas concerts we have a morning concert and an evening concert to make sure you see your student! Morning Concerts start at 9:00am. Tuesday, December 11 (Primary and Grade 1), Wednesday, December 12 (Grade Two and Three) and Thursday, December 13(Grade 4 and Grade 5) – all beginning at 6:30pm. **Evening Christmas Concerts begin at 6:30 – same dates as above.**

## Movie Days

Movie Day for grades Primary and 1 will be December 19;

Movie Day for grades 2 and 3 will be December 20;

Movie Day for grades 4 & 5 will be December 21.

## Turkey Dinner

On December 13, the whole school is having a Christmas Turkey Dinner. There will be no other option on this date. Please, if you know your child will not eat Turkey a lunch from home is needed.

## Dress for the Weather

Please dress for the weather, we're going to have many cold days coming up! Please make sure your child is dressed for the weather (mittens, hats, snow pants, boots, etc) a change a clothes or an extra pair of pants in their backpack for the winter months won't hurt.

## Important Dates

### December 11

Christmas Concert for Pr. & 1

### December 12

Christmas Concert for 2 & 3

### December 13

Christmas Concert for 4 & 5

### December 13

Turkey Dinner Entire School

### December 21

Last day of School

### January 3

Back to School

## Happy December Birthday

John Brooks

Novalee Brooks

Stylez Cope

Miley Kellock

Rylee Martin-MacLeod!





## Arriving on Time

It is extremely important for students to arrive on time and prepared to work. Please ensure you son/daughter gets to bed early and is well rested for school each day. 😊

## \*\*\*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.

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

-January 15 and January 16, 2019 – Primary Registration – more information to follow.

-If your child is missing any clothing, shoes, etc have a look at our Lost and Found tables outside the school gym. Clothes are donated at the end of each month if not claimed.

- 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



# MERRY CHRISTMAS!

# TJHS Newsletter December 2018

Attendance Incentives will be issued on FRIDAY, DEC. 7<sup>TH</sup>.



## From the Desk of Amanda Dugas

Term One is complete! Report cards went home on Tuesday, November 27<sup>th</sup>. Parent Teacher was held on November 29<sup>th</sup> & 30<sup>th</sup>. If you missed meeting with your son/daughter's teachers, please contact the school to set up an appointment. If you haven't already returned the last page with your signature, please send it in at your earliest convenience.

A note about personal belongings: **Backpacks** are to be stored in student's lockers due to the fire hazard created in classrooms and hallways. Students may go to their lockers on morning break after first class and at lunch to organize their books and belongings. Students may carry a drawstring sneaker bag for personal belongings and small items they need. **Indoor Sneakers** that are clean and dry are strongly encouraged, especially in our school gym. Wearing indoor shoes also keeps our school nice and clean during the winter months, when snow and salt is tracked into the building.

Visit our school website and win! Mr. Hayden posts a trivia question on the school website weekly for students! Be the first to tell Mr. Hayden the answer, and win a prize! Visit <http://tjh.ccrce.ca>

You can also find information about our school on our TJHS Athletics Facebook Page at: <https://www.facebook.com/TJHS-Athletics-1013228012050391/>

Students in grade 7 have "Scheduling Need" their schedule on either Day 2 or Day 6. Grade 8 Students have "Scheduling Need" on Day 3 and Day 7. This is the opportunity to work on homework, assignments, or silent reading. Students are invited to the First Nation

## Important Dates

### December 21

Last day before Christmas Break

### January 3

Back to School



## Happy December Birthday

Nolan Bernard

J. R. Paul

Sunny Syliboy!



Learning Centre during this period to have a quiet place to work or study. They must schedule this with me in advance and check in with their classroom teacher prior to coming to the Learning Centre. If there isn't enough class time, or if students have homework, they are encouraged to attend Homework Club if they need any extra help or have any past due assignments.

Please remember that all important notices and updates, the school calendar, menu and homework are found on the school website at <http://tjh.ccrce.ca> As always, if you need to contact me, I can be reached by phone at (902) 896-5550 ext. 2321 or by email at [dugasaa@ccrce.ca](mailto:dugasaa@ccrce.ca)

Have a Merry Christmas and a Happy New Year!

Amanda Dugas



### From the Desk of Luisa Martin

Kwe', Me' tal welo' Itioq?

The TJHS Remembrance Day Service was held on November 9th. Gwendolyn Johnson and Jacoby Marr, both read a section of John McCrae's poem 'In Flanders Fields' in Mi'kmaq. Such a proud moment to see our youth read and speak in our language. I hope to see many more students take on that leadership role and take pride in sharing their knowledge amongst our school. Also, each grade six class created a wreath that was then placed to honour and signify that we acknowledge the sacrifice of past and present veterans.

First Term Report Cards were sent home on Tuesday, November 27th. Parents were asked to comment on their child's progress, sign and return the last page of their child's report card back to school. Parent Teacher was held on Thursday November 29th and Friday, November 30th. It was nice to see familiar faces in the school.

Mr. Hayden led a TJHS "Design a Mi'kmaq Sneaker" Contest and several Students have designed sneakers that represent Mi'kmaq Culture and Heritage for the month of November. These Mi'kmaq inspired sneakers were all numbered and displayed in the school so that "Celebrity Judges" would choose the most unique sneaker. The winning sneaker design will be re-created on an actual sneaker and will be named the Mi'kmaq Heritage Edition. The Mi'kmaq Heritage Edition sneaker will then be later auctioned off, and the money raised will go to the charity of that Artist's choice. I look forward to the announcement of that exceptional Mi'kmaq inspired sneaker.

Nemultoqsi! Ms. Martin

### From the Desk of Tom Wilson

The Public Portal is now open!!! Parents can now see their child's marks online!!!

If any grade 8 or 9 parent(s) have any questions or concerns about their child's academic achievement and were unable to come to TJHS on the dates listed above, please know that I would still be happy to discuss your child's performance. Please call me at 896-5550 Ext. 232, if I'm

not in the Millbrook Learning Centre then I'm in a classroom with Millbrook students...Please leave me a message on my answering machine stating your concern with a phone number and time you can be reached and I will call you back as soon as I can.

Students remember to get a copy of any notes missed if you are absent and see your Teacher to get any assignment sheets etc. especially the ones that are to be passed in to be marked.

I see a few students that have fallen into a bad pattern of behavior of waiting until "the last minute" before a project or assignment is due before they start working on them or asking for help or assistance. Students - just in case you don't know - you are allowed to work on projects and assignments as soon as they are assigned - you can even work on them at homework club or on the weekends.

Students are reminded that the Millbrook Homework Club runs on Monday to Thursday after school from 3:30 – 4:30 in the Millbrook Learning Centre.

Some of the Grade 8 and 9 students still do not have their own Scientific Calculator...Hard to do a Math Test without one these days. I have a few that I lend out but it is first come first serve basis, it would be great if Santa could drop by Wal-Mart or Staples and pick up a \$10 Scientific Calculator, they make GREAT Stocking Stuffers !!!

As soon as we get back after Christmas Break in January I will start helping the Grade 9's with choosing their courses for Grade 10 next year.

Happy Holidays

Mr. Wilson ☺



## CEC Newsletter DECEMBER 2018

Lunch Allowances will be issued on FRIDAY, DECEMBER 7<sup>TH</sup>.

Attendance Incentives will be issued on FRIDAY, DEC. 7<sup>TH</sup>.



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

### Power School/Student Assessment Policy

Parents are asked to check PowerSchool (Parent Portal) to keep track of assignments and projects due dates as well as grades. Furthermore, more information on student expectations and policies are located in the **student handbook** on the CEC website

(<http://cec.ccrce.ca/2018%20Student%20Handbook%20PDF.pdf>)

### **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.

### Important Dates

#### December 20

School Dance

#### December 21

Last day of classes

#### January 3

Back to Class

#### January 21

In Class Exams Begin

#### January 28

Formal Exams Begin

#### February 1

Evaluation Day – No classes

#### February 2

Second Semester Begins

### Happy December Birthday

Jonas Cope!



**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/>

**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 Students Participating in Musical – Disney’s Newsies**

Celeste Sylliboy

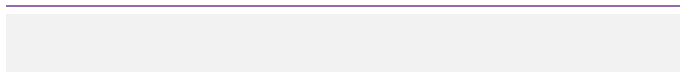
**CEC Students Participating in Sports**

Basketball- Frankie Sylliboy  
 Wrestling- Jacob Smilde-Cope  
 Soccer- Frankie Sylliboy  
 Hockey- Randy Milliea

**Sport Game Times**

**Girls Varsity Basketball**

Wednesday, Dec 5 - CEC vs Northumberland @ 5:30  
  
 Friday & Saturday, Dec 7 & 8 Citadel High School Tournament, Halifax, NS  
 Friday - CEC vs North Nova 4:00 & CEC vs Citadel High 8:00  
  
 Saturday -CEC vs Dartmouth High 12:00  
  
 Saturday & Sunday, Dec 15 & 16 North Nova Education Centre Tournament, New Glasgow,  
 Saturday - CEC vs Lockview 11:00 & CEC vs Horton 6:30  
  
 Sunday  
 CEC vs Charlottetown Rural 10:30 - TBD Play-offs  
  
 Wednesday, Dec 19 - CEC vs Dr. JH Gillis @ 4:00  
  
 Saturday, Dec 22 - CEC vs Alumni @ 6:00



**Boys Varsity Hockey**

Saturday, Dec 1 @ Northumberland 1:30 - Westville  
 Friday to Sunday, Dec 7-9 Glace Bay High School - Panther Classic  
 Thursday, Dec 13 @ Hants East 6:30 - Truro Stadium  
 Friday, Dec 14 @ North Nova 7:00 - Trenton  
 Thursday, Dec 20 vs North Nova 6:30 - Truro Stadium  
 Saturday, Dec 22 @ Hants East 7:30 - Lantz

**Boys Wrestling**

Saturday, December 15 - Hants East Fall Tournament @ Riverside Education Centre



## Ginger Bread Making & Christmas Game Night!

Millbrook Health Centre & Red Road Team  
will be hosting a night for our youth!

When: Dec. 13, 2018

Where: Millbrook Senior Centre

Time: 5 - 9pm

Who: To all our youth from Age 12 yrs old to 18!

*Supper will be provided!!*

*Door Prizes all evening will be happening!*

Please sign up with Corrina Milliea at  
the Millbrook Health Centre!

902-895-9468



MILLBROOK  
HEALTH CENTRE



# Young Mom's Activity Night!



## Quill Christmas Ornaments with Crystal Gloade

**When:** December 6, 2018

**Where:** Millbrook Senior Center

**Time:** 5:30 - 9pm

**Who:** For all the young mom's who have children from  
0-18 years of age!

***Light Snack & refreshments will be served!***

***Please sign up with Corrina Milliea @ the Millbrook Health***

***902-895-9468***

***LIMITED SPACE AVAILABLE!***





## Wreath Making

Lets Learn and make a wreath together!

All the material will be provided to make a

Christmas Wreath

When: Dec. 15, 2018

Where: Millbrook Community Hall

Time: 3:00pm

For: Any community member that wishes to make  
their own wreath.

Limited Space!!!

Please sign up at the Millbrook Health Centre  
with Corrina Miilliea @ 902-895-9468.



**The Mainland Mental Wellness team is here to support, educate, and help you and your family navigate the mental health system.**

## **A Path to Wellness for YOUTH**

### **With the CMM Mental Wellness Team**

**When:** Monday January 7<sup>th</sup> 2019  
Monday January 14<sup>th</sup> 2019  
Monday January 21<sup>st</sup> 2019  
Monday January 28<sup>th</sup> 2019

**Where:** Millbrook Senior Centre

**Time:** 6pm- 7pm

**Prizes to be won weekly;**

**To sign up, please contact Corrina Milliea, Millbrook Health Centre @ 902-895-9468**

**Bring a friend to the Path to Wellness! It is a journey to find balance between our emotions, mind, body, and our spirit. Each session will include 30 minutes of exercises, brain challenging activities and take-home self-care activities.**

**We aim to empower our First Nation peoples and our families with knowledge and resources for their mental wellness needs. We provide cultural supports, such as traditional or cultural services, healers, elders, or craftspeople.**

Mainland Mental Wellness team for the Confederacy of Mainland Mi'kmaq.

**Contact us:** phone (902)899-5345

**Email:** [katie@cmmns.com](mailto:katie@cmmns.com)

**Facebook:** CMMhealth





# ULNOOWEG

**Join Digital Mi'kmaq for a day of fun and learning!**

Students of all ages are invited to a free introduction to stop motion, flip books, 2D and 3D animation, and more!

**When:** Saturday, December 8th  
10:00am-2:30pm

**Where:** Truro Elementary School  
125 Curtis Drive  
Truro, Nova Scotia

Lunch will be provided. Students can register here:

[www.digitalmikmaq.com/registrations](http://www.digitalmikmaq.com/registrations)

We hope to see you there!

The Digital Mi'kmaq Team



Image by Leonard Paul, Mi'kmaq Artist



## **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, November 6 & 20.**

**Blue Bags dates are Tuesday, November 13, & 27.**

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



## **Used Battery Bin**

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

## **Millbrook Youth Centre**

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

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

## **RECC Membership**

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

# Community

## Sunday Night Hockey

Sunday Night Hockey at the Deuilles starts at 6pm  
December 2, 9, 16, 23 & 30.



## Millbrook Family Skate Every Sunday Morning

Sunday morning ice times at the R.E.C.C. starts at 8-9am,  
December 2, 9, 16, 23 & 30.

## Millbrook Fitness Centre

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

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

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

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



**The Fitness Centre is closed December 24, 25, 26, 31 and Jan 1**

## 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.

## Community Naloxone Training

Tuesday December 4 at 6pm.

There will be a Community Naloxone Training and how to administer it if someone is having an overdose, followed by a presentation about Opioids. Everyone who attends will get a Narcan kit(a medication used to block the effects of opioids, especially in overdose) to take home. This will be at the Millbrook Community Hall on Tuesday December 4 at 6pm. Refreshments will be served.

For more information contact Peter Gloade 902 897 1234.

# 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 Aug 13, 2018, 5 weeks Co-ed
- Eagles Nest Recovery house** Indianbrook Sept 3/18, 4 weeks Co-ed program.
- Mikmaw Lodge** at Eskasoni, NS is Sept 3/18 5 weeks women's program
- Wolastoqewiyik** Tobique Aug 8/18, 5 weeks coed program
- Mawiomi Treatment Centre** Quebec Aug 13/18 5 weeks

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

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

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





**HELP PREVENT BIN DAMAGE FROM SNOW PLOWS**

**WINTER IS HERE**

**PLEASE MOVE YOUR BINS & RACKS AWAY FROM THE CURB**

Curbside collectors require your waste to be within 10ft from the curb to collect from the roll carts but the snow plow needs as much room as possible. Please be sure to move your carts accordingly.

**Remember: Collection Day is Tuesday so if you keep your cart beside your house, remember to put them out curbside.**

**If you are a Senior or require assistance please contact: Leana at 902-890-8037**



### **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 6pm</li> </ul>
<u><b>Monday</b></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><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 6-7:30pm</li> <li>• Men’s pick up Basketball 7:30pm</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 7:30pm-close</li> </ul>





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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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- **FREE Non-Alcoholic Beverages on floor**
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- **\$30.00 per person**

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

**Phone:** 902-843-5501



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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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# December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	Gladys (AM) Vera	Gladys (AM)  Compost & Garbage	Gladys (AM) Szonja	Michelle Charles Foot Clinic	Szonja	8
9	Gladys (AM) Dr. Vance K Vera	Gladys (AM)  Blue Bags & Garbage	Gladys (AM) Szonja	Charles Foot Clinic (AM)	Szonja	15
16	Gladys, Dr. Vance K, Vera (AM) Closed 1PM - 4:30PM for Professional Development	Gladys (AM)  Compost & Garbage	Gladys (AM) Szonja	Michelle Foot Clinic (AM) Closed at noon for the Holidays. Will reopen January 3, 2019		22
23						29

Please call to schedule an appointment with Dr. Ferguson

# 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

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## **MILLBROOK OPERATIONS & MAINTENANCE**

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(902) 899-0485

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## **MILLBROOK YOUTH CENTRE**

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BERNIE BERNARD

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## **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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TOLL FREE

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RECEPTION

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TOLL FREE

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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