

Millbrook Community NEWSLETTER

JANUARY 2018



Samqwan Boyz and Dancers Performing at the World Junior A Challenge

Important Dates

- **January 1** - New Years Day
- **January 3** - Office reopens
- **January 8** - Economic Development
- **January 9** - Council Meeting
- **January 11** - Community presentation on cannabis
- **January 15** - Nominations for elections
- **January 19** - Audit Committee
- **January 23** - Atlantic Gold Beaver Dam Mine Information Session in Millbrook, Community Centre
- **January 24** - Atlantic Gold Beaver Dam Mine Information Session in Sheet Harbour, Albert Howe Centre

 **MILLBROOK
FIRST NATION**

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

Millbrook Band Office

Mailing Address

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

Business Hours

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

Phone Numbers

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

Social Assistance

Social Assistance Cheques are tentatively scheduled for: **January 4, & 18, 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 **postponed due to elections**.
The deadline for submissions or requests to see Council is **postponed due to elections**.
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.

February's Chief and Council meeting is postponed due to elections.

Nominations for Elections

January 15, 2018

Millbrook Elections

February 26, 2018

Chief and Council Meetings

January 2018

- ✦ **January 3** - Office reopens
- ✦ **January 8** - Economic Development
- ✦ **January 9** - Council Meeting
- ✦ **January 11** - Community presentation on Zenabis
- ✦ **January 15** - Nominations for elections
- ✦ **January 19** - Audit Committee

Community Meeting Dates:

- ✦ **Tuesday, April 17** (6-8pm)



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

Community

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

Newsletter Deadline

The Newsletter deadline is the 26th of each month.

June 26, 2017

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

mbcommunications@eastlink.ca,
by Fax: (902) 895-0079, or by the website contact form (link)<http://millbrookfirstnation.net/contact-us/> or submit information to the Reception desk at the Band Office.

Building Permits

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

'Mattie Hockey Gear Swap n Shop'

Anyone needing to borrow some Slightly used Hockey gear for the upcoming hockey season or just want to get out for a Sunday skate this year, feel free to toss me an email, text or phone call and we'll see what I can do for ya. 😊

Mattie M

Mattietara@eastlink.ca

C 902 899 3640

Happy Birthday

January 8th

Happy Birthday Re Re, Love HyperColor lol

January 11

Happy birthday Warren Jij, Love Mom, Sipu & Pups



Millbrook Family Violence Awareness Project Purple Power

We are looking for 25 Millbrook youth girls/women ages 11 (grade 6) to Age 25 who would be interested in being a part of our Purple Power Project!

This project is being put on by the Millbrook Women's Club and will focus on building youth capacity in addressing violence in their own lives and against women. This project will focus on implementing cultural ceremonies and teachings of the Sisters Toolkit at Sew and Learn sessions for Millbrook Young Women.

The young women will make their purple dresses which will showcase an awareness of family violence, then they will develop a series of family violence awareness campaign posters.

This project is 8 weeks long 2 times a week Tuesdays and Wednesdays starting January 23, 2018.

**If interested please Contact : Linda Maloney 902 890-4783
Justine Maloney 902-890-1406, or Tammy Bernard 902-890-8757**



Happy birthday Warren, Love Auntie Mindy, & Jesse

Happy Birthday Warren jij, love Auntie Tash & Eugene

Happy birthday Richard, From The Bernard Sisters

Happy Birthday Richard, From your Golf Buddy Eugene

January 14th

Happy birthday Little Keith, Love Natasha, Eugene & Mittens

Happy birthday Dad, Love Aiden & Austin

January 22

Happy 18th birthday Sophie, Love Auntie Tash, Eugene, & Mittens

Happy birthday to our sister Sophie, Love Mattea, Toby, Chip and the Cat

Happy birthday Sophie, Love Mom & Dad

Happy Birthday Sophie, Love Auntie Sunshine & Glen

January 30

Happy 37th Birthday Mindy Poo, Love Natasha, Eugene & Mittens

Happy birthday to my beautiful wife Melinda, Love Jesse & Fur Babies

Happy birthday Melinda, Love Jileen, Sipu & Warren jij







Gerald Gloade, Millbrook First Nation, was presented with the Paul Harris Fellow Award from Rotary International, for his work promoting Mi'kmaw Culture and Heritage through his work with the Mi'kmawey Debert Cultural Centre, one of Canada's oldest Archaeological sites, and the Fundy Cliffs Aspiring Geopark

Dr Don Julien, Executive Director of the Confederacy of Mainland Mi'kmaq, Gerald Gloade, Mi'kmawey Debert Cultural Centre, Pam Harrison, Rotary International, Dr. John Calder, Senior Geologist with the Nova Scotia Department of Natural Resources and member of the Canadian National Committee for Geoparks

Rotary International is an international service organization whose stated purpose is to bring together business and professional leaders in order to provide humanitarian services, encourage high ethical standards in all vocations, and to advance goodwill and peace around the world. Rotary clubs may from time to time honor individuals as Paul Harris Fellows. These honorees are individuals who meet high professional and personal standards set forth by Paul Harris, founder of Rotary International. Paul Harris recognition is not limited to Rotarians, such is the case with Gerald's presentation of this Award. Gerald's work with the promotion of Mi'kmaw Culture and Heritage through his work with the Mi'kmawey Debert Cultural Centre and the Fundy Cliffs Aspiring Geopark, in recognition of all that he has done to build bridges between Mi'kmaq and other cultures. Gerald's Mi'kmaw Nickel design for the 2017 Canada 150 circulations coin series was also another contributing factor.

Other recipients of this award include noted figures as US President Jimmy Carter, Russian President Boris Yeltsin, U.S. astronaut James Lovell, Microsoft Corporation co-creator, Bill Gates, UN Secretary-General Javier Perez de Cuellar, and Jonas Salk, who discovered and developed one of the first successful polio vaccines, and another Nova Scotian, Anne Murray.



The Confederacy of Mainland Mi'kmaq

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

Matrimonial Real Property Law

Resources are available at www.cmmns.com:

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



A new video resource on MRP is now available on

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



Community Meeting



Thursday January 11, 2018

5:30pm

Millbrook Community Hall

Come and learn about Millbrook's latest investment into Zenabis.

Zenabis representatives will be available for questions.

Refreshments will be available.

Zenabis is a brand of International Herbs Medical Marijuana Ltd (IHMML), focused on cannabis production, research, and product development. With strengths in the start-up sector, pharmaceutical industry, distribution, and horticulture, Zenabis will deliver medical marijuana products at a competitive price.

Zenabis West and Zenabis East are state-of-the-art, licensed facilities for the production and distribution of pharmaceutical-grade medical marijuana in Canada.

Atlantic Gold Beaver Dam Mine
Community Information Session

January 23rd, 2018

5:30-8:00pm

Millbrook Community Hall

Refreshments will be provided.

Atlantic Gold Beaver Dam Mine
Community Information Session

January 24th, 2018

5:30-8:00pm

Albert Howe Centre

Refreshments will be provided.

Millbrook is in consultation with Atlantic Gold Corporation as a condition of their Federal Environmental Assessment. The purpose of this session is give our band members a better understanding of the Atlantic Gold project operations taking place in Beaver Dam (near our reserve land), as well as the potential environmental impacts associated with the development.

The session will consist of presentations from Atlantic Gold delegates, a question and answer period and a discussion about how you can contribute to the environmental assessment with your personal experience hunting and harvesting in the Beaver Dam and Sheet Harbour area.

For more information contact :

Gerald Gloade, Community Engagement Officer at gerald_gloade@eastlink.ca to (902) 897-9199



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, January 2, 16, & 30.**

Blue Bags dates are Tuesday, January 9, 23 & February 6.

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 is at 6pm,
January 7, 14, 21, & 28.



Millbrook Family Skate Every Sunday Morning

Sunday morning ice times at the R.E.C.C. start at 8am-8:50am
January 7, 14, 21, & 28.

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.



Counselling:

Charles Casselman RSW a Clinical Therapist from the Truro office of Addiction Services. He is available at the Health Centre every Monday 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 at (902)-895-9468 for an appointment time to talk to Charles Casselman when he is in Millbrook. Or you may choose to see him at his Truro office. Call (902) 893-5900 for an appointment at the Truro office.

While Charles Casselman, Addictions Counsellor, is on leave, we will have two Addictions Counsellors replacing him on Thursdays, starting January 4th, 2018. For appointments with either Janet Tomlinson or Michelle Sullivan, please contact Jane Johnson at the Health Centre.

Alanon

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

Detox

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

Health Centre

Mailing Address

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

Business Hours

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

Phone Numbers

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

Confidentiality

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

Addictions Counselling

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

While Charles Casselman, Addictions Counsellor, is on leave, we will have two Addictions Counsellors replacing him on Thursdays, starting January 4th, 2018. For appointments with either Janet Tomlinson or Michelle Sullivan, please contact Jane Johnson at the health centre.

Mental Health Counselling

Meaghan Fullerton, M. Ed, CCC, RCT-C is our Mental Health Clinical Therapist. Her position is shared by Millbrook Health Center and Sipekne'katik Health Center. 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 Mik'maq 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 Mik'maq 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 Center for your appointments. Please call Alsusuti Aboriginal Crisis Counseling Services 1-844-694-1382 or text 1-902-212-2630 to make an appointment.



Medical Drivers

Donna Gloade

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

Ella Paul

Cell: (902) 956-2679

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

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

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

Millbrook Free Spirit AA

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

**responsible for your own transportation.*

Eskasoni Help Line

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

NA meeting

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

**responsible for your own transportation.*

Community Addictions Counsellor - Peter Gloade

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

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

Treatment Centre Schedule

- Rising Sun at Eel Ground, NB** is Jan. 4/18, 4 weeks
- Eagles Nest Recovery house** Indianbrook Jan 8/18, 5 weeks Co-ed program.
- Mikmaw Lodge** at Eskasoni, NS is Jan 8/18 4 weeks co-ed
- Wolastoqewiyik** Tobique Jan. /18, 5 weeks coed program Harm Reduction
- Mawiomi Treatment Centre** Quebec Jan. 15/18

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

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

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



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Registration session: **Tuesday January 16th @ 11:45pm**

Contact **Lavinia** at laviniab@millbrookhealth.ca and reserve your spot
Minimum **16** participants required.

*Standard Joining Fee (currently C \$34.99) is waived with purchase of select plans. Limited time offer for January 2018 series starts.

** Members are eligible for the early bird rate when they join no later than WK1 of a series and provide full payment.

Please note: Meetings available in participating areas only. Minimum enrollment required to start meetings in the workplace.
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April 22nd

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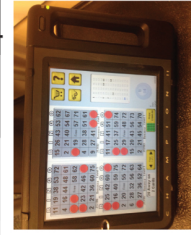
\$10,000 -

Jackpot

Admission \$120

JANUARY 2018

Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7
Express Books	LEVEL BINGO \$200/\$225/\$250 Regular Games	LEVEL BINGO \$150/\$175/\$200 Regular Games	Floating \$200.00 (regular games)	\$200.00 Regular Games
10 Express Books	11 LEVEL BINGO \$200/\$225/\$250 Regular Games	12 LEVEL BINGO \$150/\$175/\$200 Regular Games	18 Dauber Day	14 \$200.00 Regular Games
17 Express Books	18 LEVEL BINGO \$200/\$225/\$250 Regular Games	19 LEVEL BINGO \$150/\$175/\$200 Regular Games	20 Express Books	21 \$200.00 Regular Games
24 Express Books	25 LEVEL BINGO \$200/\$225/\$250 Regular Games	26 LEVEL BINGO \$150/\$175/\$200 Regular Games	27 Dual Dab Draws	28 \$200.00 Regular Games
31 Express Books				



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We thank you for your Patronage and look forward to seeing you in 2018

CMM Mental Wellness Team Update. Our team is still very new, so you may not know we exist. Either way, keep reading for an update!

We've been going to Glooscap for the past month or so each week to discuss mental wellness topics in partnership with a basket weaving workshop. What's better for your mental health than getting out of the house, having good conversations, and learning a cultural tradition? Let us know if you would like something like this in your community.

We have also been delivering workshops on stress management and optimal aging, with lots more stuff coming up, including sessions about STRESS around the HOLIDAYS! The holidays are supposed to be fun and relaxing.... Right?? If you want some tips on coping before the fun/stressful holidays start, let us know!

We are also here to provide emotional support and help you access whatever services may be helpful for anything you are going through. Please get in touch if you need support by calling Arlene at (902)899-0345, by emailing mentalwellness@cmmns.com or find us on facebook under *Mainland Mental Wellness Team*.



Welo'Itijik Mimajinu'k
Welo'Itiki Wutanl
☸
Healthy People
Healthy Communities

Millbrook Gym Schedule

<u><i>Sunday</i></u>	<ul style="list-style-type: none"> • Archery 1pm-2:30pm • Kids free play 6-8pm • Men's pick up Basketball starts at 8pm
<u><i>Monday</i></u>	<ul style="list-style-type: none"> • Kids free play 6-8pm • Men's pick up Basketball starts at 8pm
<u><i>Tuesday</i></u>	
<u><i>Wednesday</i></u>	<ul style="list-style-type: none"> • Archery 6-7:30pm • Men's pick up Basketball starts at 7:30pm
<u><i>Thursday</i></u>	<ul style="list-style-type: none"> • Kids free play 6-8pm

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Derrick Higgins
Advisor
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January 2018

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