

Millbrook Community NEWSLETTER

MARCH 2019



Millbrook's Economic Development Officer James Stevens viewing Tuft's Cove

Important Dates

- ✦ **March 5** - Economic Development Committee at 1pm
- ✦ **March 6** - Consultation at 10am C & C
- ✦ **March 6** - CLC on Shannon Park at 1pm.
- ✦ **March 12** - CLC/NSP/Millbrook at 1pm. Location TBD
- ✦ **March 13** - Social Reform Discussion with EDO, NEO, Education Director at 10am
- ✦ **March 13** - Meeting is a Discussion with various departments on how to assist students, Social and band members to transition to employment on how we need to better support our members.
- ✦ **March 19** - Chief & Council at 10am
- ✦ **March 20** - Projects Meeting at 1:30pm.

 **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

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

Social Assistance Cheques are tentatively scheduled for: **March 14 & 28, 2019.**
Applications are available at the Reception desk at the Band Office.

Chief and Council Meeting

The next Chief and Council meeting is scheduled for **March 12, 2019.**

The deadline for submissions or requests to see Council is **March 8, 2019.**

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

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

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

Chief and Council Meetings

March 2018

- 🌿 **March 5** - Economic Development Committee at 1pm
- 🌿 **March 6** - Consultation at 10am C & C
- 🌿 **March 6** - CLC on Shannon Park at 1pm.
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Community Meeting Dates:

🌿 N/A

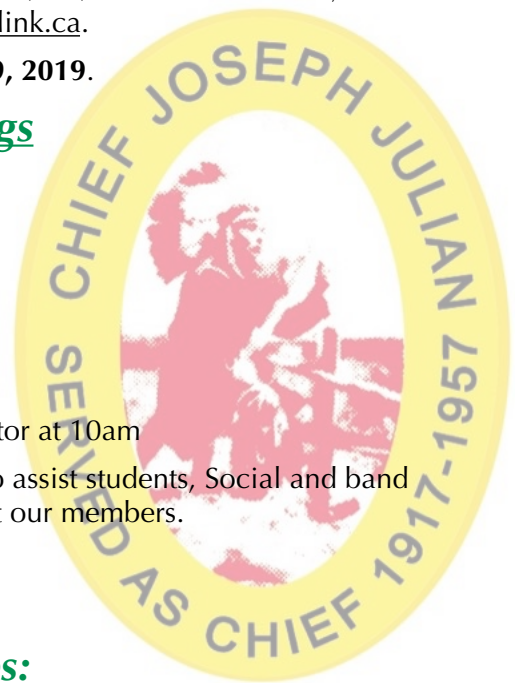
Contact the Community Engagement Officer, Gerald Gloade by e-mail: gerald.gloade@eastlink.ca to make suggestions for future discussion topics. We would like to have Community Members feedback. The purpose is community engagement. Focusing on information sharing and addressing community concerns on an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

Tuesday, March 26, 2019

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.



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

Building Permits

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

Notice to Band Members for Reimbursements Health Centre

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

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

Shingles Shots

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

Tobacco Store

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

To all persons interested in applying for work at Millbrook Fisheries:

- Pre-access drug testing will take place Tuesday, March 26/2019. from 9am to 3:30pm at the Millbrook Community Hall.
- Please be advised this will be an observed urine & saliva test.

Thank you,
Millbrook Fisheries

Try Lacrosse Session

Come Try Lacrosse for Free
When: Wednesday March 6th
Time: 6:30 - 8pm
Location: Millbrook Gym
Gear Provided. No Contact. Co-ed

New and returning players are welcome.
Bring a friend who know they might be your new teammate.

Try Lacrosse
LACROSSE NOVA SCOTIA

FREE TRY LACROSSE SESSION
Gear provided. No contact. Co-Ed.
New and returning players welcome.

The advertisement includes three photographs: a group of children on a lacrosse field, a group of children in action, and two children in lacrosse gear.

Youth Centre

HELLO EVERYONE!!!

THIS IS AN EXCITING MONTH FOR OUR YOUTH CENTRE, MONDAY MARCH 4TH OUR RENOVATIONS WILL BEGIN. WE EXPECT THIS TO TAKE 5 WEEKS (POSSIBLY LONGER) TO COMPLETE. PLEASE NOTE THAT THE YOUTH CENTRE WILL REMAIN ACTIVE DURING THIS TIME AND WE WILL BE OPERATING OUT OF THE BASEMENT IN THE COMMUNITY HALL. WE HOPE THAT MOST YOUTH WILL BE IN ATTENDANCE FOR THE NOT SO FUN WEEKEND OF PACKING UP ALL THE ITEMS FOR TRANSPORT TO OUR TEMPORARY LOCATION!

HERE IS OUR MONTHLY SCHEDULE!!

March 2019

MARCH 1 & 2 - ALL STAFF - YOUTH CENTRE PACK UP

MARCH 8 - JILLISA & MARISSA - SLIME NIGHT

MARCH 9 - JILLISA & MARISSA - BOARD GAMES

MARCH 14 - CHEYENNE & SHELBY - COOKING NIGHT/KARAOKE

MARCH 15 - CHEYENNE & SHELBY - BEADING NIGHT

MARCH 22 & 23- JILL & MARISSA - FEAR FACTOR CHALLENGE

MARCH 29 - CHEYENNE & SHELBY - YOGA

MARCH 30 - CHEYENNE & SHELBY - BAKING NIGHT



HEALTHY RELATIONSHIPS & HARM REDUCTION

Hosted by Healing Our Nations

Lunch N Learn

March 6th 11:30am-1pm

Will include A Feather Craft

Register with Cindy at (902) 895-9468



**Millbrook Early Education Centre
Job Posting for Millbrook Early Education Centre Facility Staff
(Permanent—Full Time)**

Abilities and Skills:

The facility staff at the Millbrook Early Education Centre responsible for the daily care, instruction and supervision of a group of children of infant to preschool age, under the direct supervision of the Director. The facility staff is responsible for the daily planning, implementation, and evaluation of the program.

An Early Childhood Educator employed at the centre should have a strong educational background in early childhood education, successful work experience in an early childhood setting, appropriate communication skills, the ability to design and implement relevant programs and activities, a willingness to adhere to the centre's philosophy, and a demonstrated commitment to professional development.

Principle Duties and Responsibilities:

- Responsible for the continued supervision, safety, well-being, and hygiene of the children.
- Recognizes and responds to the needs of each child by using developmentally appropriate teaching and child behaviour management techniques.
- Shares in the responsibility for planning, preparing and implementing, stimulating, age-appropriate activities that encourage the children’s’ creativity and learning and promotes each child’s social, emotional, cognitive and physical development, within the context of the Millbrook Early Education Centre’s Curriculum.
- Participates fully and consistently as a conscientious team member in caring for the children and in the overall operation of the program and Centre; maintains regular and open communication with program team members and all other co-workers.
- Expected to work irregular hours to meet the needs of the facility.

Education: The successful applicant will have a recognized university degree or diploma in Early Childhood Education or equivalent, and related work experience.

Salary: 24,960.00 – 35, 360.00 (40 hours a week)

Preference will be given to Millbrook Band Members of Mi’kmaq Descent

Please submit all resumes and cover letter to Carley Gloade: Carley.gloade@eastlink.ca or in C/O Carley Gloade to the Millbrook Band Administration Building by Wednesday, March 27, 2019 by 4:00 pm AST. Only those selected for an interview will be contacted.



“Where Winners Come to Play”
LEGENDS
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**Bright & Spacious, Onsite Café,
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 Legends Bingo Cafe Specials

May 19th

**LEVEL
 MADNESS**

BINGO

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

\$700.00
 Special
 Games

\$10,000.00
Jackpot
 Admission \$130.00

MARCH 2019

Wednesday	Thursday	Friday	Saturday	Sunday
6 Express Books 13	7 Call Hotel 902-843-4343 for preferred Customer Bingo Rates 14 Express Books 13	8 PROGRESSING \$150-\$260.00 Regular Games 15	9 Floating \$200.00 16 Express Books 16	10 \$200.00 Regular Games 17
20 Express Books 20	21 \$150.00 Regular Games 21	22 PROGRESSING \$150-\$260.00 Regular Games 22	23 Dauber Day & Evening Cosmic Bingo 23	24 \$200.00 Regular Games 24
27 Express Books 27	28 \$150.00 Regular Games 28 Dual Dab Draws \$500 in total	29 PROGRESSING \$150-\$260.00 Regular Games 29	30 \$150.00 Regular Games 30	31 \$200.00 Regular Games 31

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 &
 EXCITING**

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 Jackpots
 up
 to**

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\$5000.00

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www.legendsgamingcentre.com

www.facebook.com/legendsgamingcentre



Kinu Kelusi'kw...We Speak

Kwe! Me' tal-welo'lthioq? My name is Melody Martin-Googoo and I am the new Coordinator of Mi'kmaw Education/Services for the Chignecto Central Regional Centre for Education (CCRCE). As many of you know, I previously worked at Truro Junior High as the Mi'kmaw Language Teacher for over sixteen years, *what a rewarding and enriching experience that was!* And although it was a difficult decision to choose to explore a new career path, I am positive this new role will allow me to benefit the educational needs of Mi'kmaq students within our Mi'kmaw communities.

What is the Coordinator of Mi'kmaw Education/Services? (CMES)

In January 2018, Avis Glaze studied the Nova Scotia's education system and submitted a report; *Raise the Bar: A Coherent & Responsive Education Administrative System for Nova Scotia* (google it and read the report because it is really interesting!) The report focused on student learning & achievement, needed resources, increased trust and ensured equity and excellence in the Provincial education system. The report recommended 22 calls of action, one of those actions was to increase true equity on behalf of the Mi'kmaq Nation. Therefore, eight positions (representing each region) were created across the province to **ensure an influence in decision making power** and **to be a voice** at the decision making table on behalf of the Mi'kmaq students within our Provincial schools.

Who are my Mi'kmaw Service Team Members?

As a CCRCE representative, I work with three Mi'kmaq Communities; Millbrook, Sipekne'katik & Pictou Landing. I also work in Liaison with Mi'kmaw Kina'matnewey and the Provincial team at the Department of Education & Early Childhood. The five Provincial Mi'kmaw Education/Services Coordinators include; *myself, Jacob Gale; Halifax, Miranda Gould; Strait, Rod Francis; South Shore & Barry Bernard; Cape Breton.* I also work closely with CCRCE's own **Facilitator of First Nations; Patsy Paul-Martin.** Patsy has previously worked successfully as Coordinator of First Nations services for many years and continues to focus on building relationships with teachers and facilitating education within our classrooms.

Taliaq? Kinu Kelusi'kw...

In order to build communication & relationships of trust & respect between CCRCE & the beautiful people of Millbrook, I introduce this small section in the newsletter. This is where I'll share updates and information on my position and treaty education. A big thank you to Millbrook's Education Director; Debbie Gloade & Chief Bob Gloade for welcoming me to the Education Team. **On behalf of Patsy Paul-Martin & I, WELA'LIOQ!**

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, March 12 & 26.**

[Blue Bags dates are Tuesday, March 5,& 19.](#)

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

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
March 3, 10, 17 & 24.



Millbrook Family Skate Every Sunday Morning

Sunday morning ice times at the R.E.C.C. starts at 8-9am,
March 3, 10, 17 & 24.

Millbrook Fitness Centre

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

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



Alanon

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

Detox

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

Health services:

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

Youth March Break Dance

There will be a Youth March Break Dance at the Community Hall on **Saturday, March 23** pizzas and movie cards 7 to 9pm for grades 5 & under and 9 to 11pm for grades 6 & up also canteen will be available. For more info contact Peter Gloade 902 897 1234

Music by Jeff Wilmot

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

**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.

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

Treatment Centre Schedule

- Rising Sun at Eel Ground, NB** is May 6, 4 weeks Relapse program
 - Eagles Nest Recovery house** Indianbrook April 1, 5 weeks Co-ed program.
 - Mikmaw Lodge** at Eskasoni, NS is March 25 5 weeks coed program
 - Wolastoqewiyik** Tobique March 4, 5 weeks co ed program
 - Mawiomi Treatment Centre** Quebec March 25, 5 weeks program
- Any Millbrook Youth who would like to go a treatment program I have forms for the 3 treatment centres available.**
- Walgwan Centre in Quebec - long term program
 - Charles J Andrew Youth Centre Sheshatshiu Labrador – long term
 - Choices in Halifax

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



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



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

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

- **Bus Transportation**
- **FREE Non-Alcoholic Beverages on floor**
- **One Meal Coupon**
- **\$30.00 per person**

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

Phone: 902-843-5501



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

Derrick Higgins
Advisor
Member, Advocis

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

March 2019

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

Please call to schedule an appointment with Dr. Ferguson