

Millbrook Community NEWSLETTER

NOVEMBER 2018



Truro Elementary School - Powwow

Important Dates

- 👉 **November 5** – 1:00pm (Council Chambers) Minors Trust
- 👉 **November 6** – 1:00-2:30pm NS Power Company
- 👉 **November 11** - Remembrance Day
- 👉 **November 12** - Millbrook Band Office Closed
- 👉 **November 13** – 10:00am Chief and Council Meeting
- 👉 **November 14** – 10:00am (Council Chambers) Economic Development Meeting
- 👉 **November 14** – 1:00pm (Council Chambers) Audit & Risk Committee meeting
- 👉 **November 19** – 10:00am (Council Chambers) ISC – Shannon Park
- 👉 **November 21** – 1:30pm (Council Chambers) Projects Meeting
- 👉 **November 27 to 29** – Atlantic Chief and Council Conference WTC Halifax



Time Change

Clocks moves back 1 hour
Sunday, November 4, 2:00am

 **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: **November 8 & 22, 2018.**
Applications are available at the Reception desk at the Band Office.

November 2018 Millbrook Enterprise Credit - Direct Deposit

The deadline for Direct Deposit of the November 20, 2018 Enterprise Credit is **November 5th, 2018.** Any application not received or post marked on or after this date will not be accepted for direct deposit. Faxed Applications will not be accepted, please mail! Applications are attached to the back of the newsletter.

Chief and Council Meeting

The next Chief and Council meeting is scheduled for **November 13, 2018.**
The deadline for submissions or requests to see Council is **November 9, 2018.**
Please submit to the Administrative Assistant, Jay Martin, Phone: (902) 897-9199 Ext. 110,
Fax: (902) 893-4785 or e-mail: jay.m@eastlink.ca.

October's Chief and Council meeting is **December 11, 2018.**

Chief and Council Meetings

November 2018

- 🌸 November 5 – **1:00pm (Council Chambers) Minors Trust**
- 🌸 November 6 – **1:00-2:30pm NS Power Company**
- 🌸 November 13 – **10:00am Chief and Council Meeting**
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- 🌸 November 27 to 29 – **Atlantic Chief and Council Conference WTC Halifax**

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.

Monday, November 26, 2018

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

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.

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.

Happy Birthday

- November 4th -Happy 7th Birthday Zoey! Love Mom, Noel Bailee and Max!
- November 13th -Happy Birthday Noel! Love Erica, Bailee Zoey and Max!
- Happy 27th Golden Birthday greeting to Ryan Bernard Love Mom xoxo.

Congratulations

Congratulations to Cole Bernard for winning the Northumberland Regional Region Champ in Golf in September which earned him a spot to participate in provincials on October 1, 2018 in which he placed 4th in the province.



Chief and Council Donated to TES

At the Truro Elementary school Powwow Millbrook Chief and Council donated one thousand dollars to Truro Elementary's Breakfast Club.

Millbrook children danced in regalia and Iron Tide played the drums for the entire school on October 19, 2018.





Millbrook Early Education Centre News

Important Dates In November

Wednesday, November 14th, 2018
Library Visits Centre

Monday, November 12th, 2018
Remembrance Day
No Classes

Friday, November 23rd, 2018
Parent Tot for ages 0-2

Friday, November 30th, 2018
Parent Teacher 12:00-6:00pm
No Classes for Preschool



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.**

Nitap Day!



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: meeec@eastlink.ca

TRES Newsletter November 2018



LEST WE FORGET!

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.

Mawio'mi

A huge thank-you for participating in Truro Elementary mini Mawio'mi! To our head dancers, dancers and host drum. A big thank-you to the parents for helping out on the Mawio'mi afternoon. The mini Mawio'mi was a fun time and enjoyed by the audience.

Dress for the Weather

The weather is starting to cool off fast! Please dress appropriately for the weather.

Important Dates

November 8

Family movie night at the school

November 9

Remembrance Day
Assembly

November 12

No School – Observance of
Remembrance Day

November 16

Assessment and Evaluation
Day -No School

Happy November Birthday

Zoey Asprey

Ellie Gloade

Thane Harvey

Athena Hunsley-Wilmot

JT Martin

Jalen Nevins!



*****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.

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. ☺

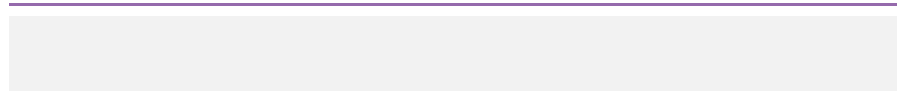
Millbrook Staff at TRES

Jen Gloade 902-986-4224

Shelley Gloade 902-899-2415

Lisa Wilmot 902-986-5010

Juliana Paul 902-890-0461



TJHS Newsletter November 2018

Attendance Incentives will be issued on FRIDAY, DEC. 7TH.



From the Desk of Amanda Dugas

On September 28th the school participated in Orange T-shirt Day. Every student was given an Orange T-shirt pin to wear in recognition of the day. Our school celebrated Treaty Day with an assembly that included dancing, drumming and smudging by Patsy Paul-Martin. Thank you to the students on the Mi'kmaq Cultural Committee for organizing these student led activities.

Our Learning Centre hosted a series of "Bring Your Lunch and Learn" sessions during the month of October. Sessions included Mi'kmaq language, crafts, dancing and storytelling. Thank you to Patsy Paul-Martin, CCRCE's Facilitator of First Nations and Melody Googoo, CCRCE's Coordinator of Mi'kmaq Education/Services for presenting at some of our sessions. Ms. Martin and I will be hosting additional sessions throughout the school year, on a variety of topics. We encourage students to attend and participate in this excellent opportunity.

November 14th & 15th Grade 7 students will be receiving their immunizations - watch for information and permission forms to come home over the next few weeks.

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 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

Important Dates

November 12

No School in honour of Remembrance Day

November 14

Grade 9 Take Your Kids to Work

November 16

Assessment and Evaluation Day
No School

November 27

Report Card Day

November 29

6-8pm Parent Teacher

November 30

In Service No School for students – Parent Teacher from 1-3pm.

Happy November Birthday

Paige Gloade

Sipu Julien

Lochlann Pictou

William Pictou

Skyla Stephens

Brent Sylliboy!

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

From the Desk of Luisa Martin

Kwe', Me' taliwuloltioq?

I will be filling in as the Millbrook First Nations Student Support Worker at TJHS until February.

I started here towards the end of September, but I already felt a sense of belonging to the community of TJHS.

On September 27th, we wore orange shirts to remember that "Every Child Matters". This is a day that we all honour and show our support to those affected by the Indian Residential Schools.

October 1st we celebrated Treaty Day and this day also marks the start of Mi'kmaq History Month. We had a school wide assembly that highlighted our culture and heritage. We collaborated together with the help from Patsy Paul-Martin and Melody Martin Googoo, and we thought what is best way to utilize our First Nations Learning Centre than to host a "Mi'kmaw Bring your Lunch and Learn" for the month of October.

The Grade 6's had a trip to the Shubenacadie Wildlife Park to explore the park and learn about the bio-diversity of animals in the wetlands.

The Grade 6's wrote their Provincial reading, writing, and math assessments. This gave each student an opportunity to showcase their understanding and the results will be available in the new year.

Grade 6's are encouraged to read 20 minutes nightly. Why not read up on the Mi'kmaq Maliseet Nations News and learn what is going on in our local and connecting communities.

Nemultoqsip!

Ms. Martin

From the Desk of Tom Wilson

Hello Parents, by now your child should be settled in and doing their **nightly** homework.

If your child is telling you they have no homework 3 nights in a row then something smells fishy!!! If you are concerned please give me a call at school (896-5550) if I'm in a classroom leave a message on our answering machine and I will call you back with a progress report on your child after talking to his/her teachers.

The TJHS web page; tjh.ccrce.ca is a wealth of information. Check out the calendar of important dates and the cafeteria menu. There are direct links to students GNSPES and Power School Logins.

A great way to check up on our "little darlings" is to get them to go to a computer and log into their Power School account. You will be able to see student's marks and their assignments and homework is listed too!!!

School Supplies

Grade 8 & 9 students need a Scientific Calculator...it will have a 2nd F (second function) button in the top left hand corner of the key pad. It should have an exponent, square and square root buttons also. Many students find a reset button on the back of their calculator is very useful; this button is inside a little hole you poke with your pencil. **These calculators can be purchased for about \$10 - \$15 at Staples and Wal-mart.**

Grade 8 & 9 students also should be using at least 3 binders: one for English & Social Studies, one for Math & Science and one for everything else.

May your freezer be filled with Moose Meat,

THOMAS WILSON ☺



CEC Newsletter NOVEMBER 2018

Lunch Allowances will be issued on WEDNESDAY, NOVEMBER 7TH.

Attendance Incentives will be issued on FRIDAY, DEC. 7TH.



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

Last month was a very busy month for Millbrook students as there were many cultural celebrations. It is always fantastic to see students involved many cultural events at the school and across the province. As November begins parents are reminded that mid-term reports are handed out on November 15th and that parent teacher begins that evening in the afternoon on November 16th.

Parents are reminded to check PowerSchool (parent portal) and if they do not have access please dial 902-896-5700. The attendance policy can be found in the student handbook on the CEC website or requested in the office.

"Today I have the power to change my story." —Unknown

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 Dates

November 12

Remembrance Day
Observation – No school

November 15

Report Cards & Parent
Teacher 6:30-8:30 I

November 16

In-Service No School
Parent Teacher 1:00-3:00

December 21

Last day of classes before
Christmas Break.

Happy November Birthday

Cordell Brooks
Mason Googoo
Will Sylliboy
Eric Trenholm-Paul!



CEC Students Participating in Sports

***Special Congratulations to **Cole Bernard** for achieving the title of district champion for 18/19 Northumberland Region which earned him a spot at the school provincials in which he placed 4th in the province for Golf.

Football- Tyson Stevens, Craig Tabor, Will Sylliboy

Basketball- Frankie Sylliboy

Rugby- Celeste Sylliboy

Wrestling- Jacob Smilde-Cope

Soccer- Frankie Sylliboy

Mi'kmaq Heritage Assembly Participants

Speakers: Celeste Sylliboy, Frankie Sylliboy, Madyson Paul

CEC Dancers: Patience Sylliboy, MacKenzie McKearney,

Other Dancers: Onnah, Tehya, Summer, JC

Iron Tide: Christian Gloade, Will Sylliboy, Jacob Cope, Jace Bernard

Special Thanks to: Garrett Glaode

IMPORTANT Post-Secondary Planning

Help with post-secondary applications, scholarships and bursaries will be given afterschool hours during homework club. **Student should view CEC's Student Services website to fill out the forms for CEC Student Scholarship Form:** <http://cecstudentservices.ccrsb.ca/index.php/scholarships/cec-student-scholarships/>

IMPORTANT!! ATTENDANCE REMINDER

Parents/Guardians are required to call the main office (902-896-5700) to excuse missed classes within 5 school days of the absence. A reason will be requested. This is especially important for students seeking an Attendance Exam Exemption at the end of the semester.

Attendance Policy Notes

Students that have 19 absences from September 6th, in one course, may lose their credit according to the new Attendance policy issued from the CCRCE. Lates will be recorded and 4 late classes equal 1 absence in a course. Please see attendance policy for further inquiry: www.ednet.ns.ca/student-attendance-and-engagement-policy

MILLBROOK SCHOOL BUS SAFETY RULES

All students have the right to feel safe while on Millbrook buses. Any student who is proven to be bullying another student on any Millbrook buses will be suspended from all Millbrook buses.

The following suspensions are for both **Verbal Bullying and Physical Bullying.**

1st Offence – suspended from buses for a period of 5 school days;

2nd Offence – suspended from buses for a period of 1 full month;

3rd Offence – suspended from buses for remainder of school year.

Verbal Bullying includes – name calling, profanity or any other activity where a student feels intimidated or disrespected by another student’s words.

Physical Bullying includes but is not limited to – spitting, hitting, pinching, pulling hair, pushing, or any activity where a student touches another student in an aggressive manner.

Reports of bullying must be made to the Bus Driver or the Educational Services Director immediately. If a previous incident took place and was not reported it will not be considered after the fact. For example, a parent/student saying “this has been going on for months,” but has not been reported will not be considered when dealing with bus suspensions.

If a student is being physically bullied it is important for that student to know that they can protect themselves but not to become aggressive and strike back. If **any** student strikes another student no matter what the circumstances, they will be suspended.

If students are suspended from the buses it is the responsibility of the parents/guardians to ensure that students are transported to school daily. The Millbrook Band will not pay for outside services or provide alternative transportation to transport suspended students. If families do not have access to a vehicle, the Millbrook Band, may, under certain circumstances set up a receivable which will be paid from that parent’s Millbrook Treaty Enterprise Credit.

2019 MILLBROOK STUDENT SUMMER EMPLOYMENT PROGRAM

APPLICATION FORMS WILL BE AVAILABLE ON **Monday, June 3rd**.

The following rules and regulations will be strictly adhered to.

The purpose of the Millbrook Summer Employment Program is for students to gain work experience and skill development in various areas of employment.

Due to the large number of eligible students and fiscal accountability, not all students who apply and are interviewed will be hired.

This is the only Summer Employment Program that will be funded by Millbrook Chief and Council. Eligible students will be Millbrook Band Members who live on the Millbrook Reserves, that are in Grade 10 or above, are over 15 years of age and under 30 years of age, who attended school **for the entire school year without being absent for more than 20 school days**, and can provide written, confirmed plans to return to school FULL TIME, are eligible to apply. Students who are currently suspended or have been suspended over the school year, or have **missed more than 20 school days, are NOT eligible to apply**. There will be no exceptions to these rules.

Post secondary students are eligible only if they have had **no more than 1 year's disruption** in their education and have never held a full time job. Attendance, work ethics while at school and your performance at last year's summer placement will all be factors that are highly considered during the placement process.

Please make sure the **EMAIL** you provide on your application is one you can be reached at. Students will be notified by **EMAIL** of interview times; if you miss your interview another one will not be granted.

All applicants **MUST** have a Social Insurance Number in order to apply for summer employment. **NO EXCEPTIONS** can be made.

Summer jobs, including those for university students will be for the seven week period starting on Tuesday, July 3th and ending in Friday, August 17th. (RECREATION, SPORT AND TINY TOTS CAMPS WILL HAVE TRAINING AND PREP THE WEEK OF JULY 3—6th)

Closing Date is be ~~WEDNESDAY, JUNE 20th~~, completed application forms must be returned to the Band Office by 4:00pm, NO EXCEPTIONS.

INTERVIEWS WILL TAKE PLACE BETWEEN JUNE ~~25~~—~~29~~
(ONCE WE HAVE A DATE WE WILL NOTIFY)

Jobs this year include but not limited to: Maintenance (2), Carpentry (2-4), Recreation Camp (8), Tiny Tots Camp (3), Sports Camp (3), Millbrook Heritage Centre - Groundskeeper (1). (POSITIONS ARE SUBJECT TO CHANGE, an updated list will be available when possible.)

In Celebration of World Diabetes Day

Pancakes



A fun event for the whole family!

WED, Nov 14th | 7:30 AM - 10:00 AM

Millbrook Community Hall

For more information please contact:

Sunshine Bernard 902-895-9468

ABORIGINAL DIABETES INITIATIVE PRESENTS



EVERY WEDNESDAY
**BOWLING
NIGHT**

In NOVEMBER
Starting Nov. 7th



7:00PM - 9:00PM | FREE

**27 JENNIFER DR. BIBLE HIL
TO REGISTER CONTACT SUNHINE B. 902-895-9468**

EventMyWay.com

NOVEMBER 23RD

ART & LEARN

STARTS AT 1PM – 3PM

**MILLBROOK SENIOR CENTRE
REGISTER TODAY - LIMITED SEATING**

PLEASE CONTACT SUNSHINE BERNARD AT 902-895-9468



PLEASE JOIN US FOR

ALL SOULS
DAY

NOVEMBER 1st, 2018 Thursday
at 6pm

SACRED HEART CHURCH

MILLBROOK FIRST NATION

**Snack & Refreshments after
celebration.**

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, 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
November 4, 11, 18, & 25.



Millbrook Family Skate Every Sunday Morning

Sunday morning ice times at the R.E.C.C. starts at 8-9am,
November 4, 18 & 25.

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.



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.

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 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.





Millbrook’s Strip Mall is nearing completing since breaking ground in July 2016. Millbrook’s Construction crew has been working on Millbrook’s Strip mall intermittently, while completing multiple projects for the band simultaneously. Please contact Alex Cope at the Millbrook Band Office (902) 897-9199 for more information.

Anger Management

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

Millbrook Gym Schedule

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



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Derrick Higgins
Advisor
Member, Advocis

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lenorezannmla@bellaliant.com www.mla.lenorezann.ca

Markie Bus Tours Halifax Casino Runs

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

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JOB FAIR!
When: Saturday, Nov 3
Time: 10am - 2pm
Where: Glengarry Hotel, 150 Willow St, Truro NS

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Millbrook Referendum Information Sharing Form

Millbrook will be rolling out a number of referendums in the coming months. This includes the **1919 Halifax County Invalid Surrender Claim, Shannon Park and Band Membership Transfer**. These referendums require successful voter turnout, but before voting we must ensure that band members have the necessary information to make an informed vote.

We will be sending information packages for each of the referendums noted above. We ask that you provide your up-to-date address and contact information to ensure that the materials find their way to you and that the votes are successful.

Name (First/Middle/Last):	
Band #:	Date of Birth: Day / Month / Year
Telephone #:	Email:
Mailing Address:	City/Town:
Province/State:	Postal Code/ZIP Code:
Country (If outside of Canada):	Number of Dependents:
Name of Dependent (1):	Age:
Name of Dependent (2):	Age:
Name of Dependent (3):	Age:
Name of Dependent (4):	Age:
Name of Dependent (5):	Age:

I give the Millbrook Band permission to use the above information for communication purposes regarding the upcoming referendums:

Yes _____ No _____

I would prefer receiving the information via:

Email _____ Mail _____

Please note that this form must be returned to the Millbrook Band Office no later than **November 30th, 2018**. Responses can be mailed, faxed or emailed to the attention of **Shelly Martin**.

Dated this _____ day of _____ 2018/2019.

Signature of Applicant

Witnessed by

~For Band office use only~			
<input type="checkbox"/> Received	<input type="checkbox"/> Completed	<input type="checkbox"/> Archived	<input type="checkbox"/> Approved

Employment Opportunity

Economic Development Officer

Millbrook First Nation is seeking an **Economic Development Officer** to work in Millbrook, Nova Scotia. This is a one year term, with possibility of renewal based on performance. The position will require the candidate to complete a variety of tasks which include but are not limited to; planning, developing, coordinating and implementing economic development policies, strategies, and initiatives that improve the community, socioeconomic, and business development for Millbrook First Nation. Working time will be divided between the office, meeting with community members and stakeholders or businesses, and travelling to outlying communities and through the province as necessary. The successful candidate will be expected to use a grassroots perspective to locate and meet with individuals, businesses, key contacts and government service providers. As well as, be prepared to travel a minimum of 1-2 days a week, according to the needs of stakeholders.

The Economic Development Officer will be under the direct supervision of the Band Administrator and the Millbrook Chief & Council.

The successful candidate would ideally possess the following qualifications:

- University Degree in Commerce, Economics or a related field and/or certification as a Professional Economic Developer.
- 3- 5 years of experience in Economic Development, Marketing, and/or Public relations
- Must possess and maintain a valid driver's license and have access to a reliable vehicle
- Knowledge of data analysis programs and procedures.
- Knowledge of Millbrook Band Programs and Initiatives.
- Excellent written and verbal skills.
- Excellent organizational and time management skills.
- Excellent interpersonal skills and ability to work as an effective team member.
- Ability to follow direction is a must.
- General knowledge of Mi'kmaq culture, and general issues on the Millbrook First Nation.
- Preference will be given to Millbrook Band Members of Aboriginal descent.

Salary: \$60,000 – \$65,000 based on qualifications and experience

If you have any questions please contact:

Carley Gloade
Native Employment Officer
Millbrook Administration Office
Phone: (902)897-9199 ext 122
Fax: (902)897-0678

Application deadline: Please submit your resume to the Millbrook Administration Office by **November 23, 2018** no later than 4:00pm.



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2nd Saturday**

	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4
		Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	\$150.00 Regular Games	\$200.00 Regular Games
	Express Books	\$200.00 Regular Games	LEVEL BINGO \$150/\$175/\$200 Regular Games	Dauber Day & Evening Cosmic Bingo	CLOSED
	Express Books	Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	Floating \$200.00 Regular Games	\$200.00 Regular Games
	Express Books	\$200.00 Regular Games	LEVEL BINGO \$150/\$175/\$200 Regular Games	Old Fashion Bingo No Electronics Evening Cosmic Bingo	\$200.00 Regular Games
	Express Books	Dual Dab Draws \$500 in total	LEVEL BINGO \$150/\$175/\$200 Regular Games	LEVEL BINGO \$150/\$175/\$200 Regular Games	\$200.00 Regular Games

**December
15th**

**Anniversary
BINGO**

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\$400.00**

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Games**

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Bingo every
2nd Saturday**



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for preferred
Customer Bingo Rates

November 2018

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

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

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(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

November 2018 Millbrook Enterprise Credit Applicants

All completed **Direct Deposit** applications will be deposited on **November 13th, 2018.** Completed applications must be received by **November 5th, 2018.**

Completed applications requested to be issued by **Mail or Pick Up** will be released **November 20th, 2018.** Completed applications must be received by **November 16th @ 12:00 noon.**

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

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

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

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

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

Please Select: Mail _____ Pick Up _____ Direct Deposit _____

Applicant Name: _____

Band # of Applicant: _____ **Date of Birth:** Day _____ / Month _____ / Year _____

Telephone# () _____ - _____ **E-mail:** _____

Mailing Address: _____

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

All Millbrook Band Members are entitled to apply for the **November 20th, 2018 Millbrook Enterprise Credit.**

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

Please note: Applications must be fully completed to be considered for this credit of **\$1250.00** (One thousand two hundred fifty (Canadian) Dollars). **The deadline is February 20th, 2019. Any application not received or post marked on or after this date will not be accepted. Faxed Applications will not be accepted, please mail!**

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

Dated this _____ day of _____ A.D. 2018/19

Signature of Applicant
Approved () Not Approved ()

Witnessed by

By _____ and by _____
This _____ day of _____ A.D. 2018/19