

Millbrook Community NEWSLETTER

NOVEMBER 2019



Millbrook's Early Education Centre Students

Important Dates

- **November 5** - Economic Development 1pm duly convened in Chambers
- **November 5** - Community Information session on 1919 Claim at Community Hall 5-7pm
- **November 11** - Remembrance Day 9:30am Mass at Sacred Heart Church
- **November 12** - Chief and Council Meeting at 10am in chambers (Duly Convened)
- **November 13** - Audit and Review Committee Meeting in Chambers at 10am
- **November 20** - Projects Meeting in Chambers at 1:30pm.
- **November 26** - Chief and Council Consultation Meeting at 1pm in Chambers (Duly Convened)



**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
9am-12 pm 1:00pm-4:30pm
Friday
9am-12pm 1:00pm-4:00pm

Phone Numbers

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

Website & Facebook Page

Millbrook's Website - www.millbrookband.com.

Millbrook's Facebook Page - <https://www.facebook.com/MillbrookFirstNation/>

Social Assistance

Social Assistance Cheques are tentatively scheduled for: **November 7 & 21, 2019**.
Applications are available at the Reception desk at the Band Office.

Chief and Council Meeting

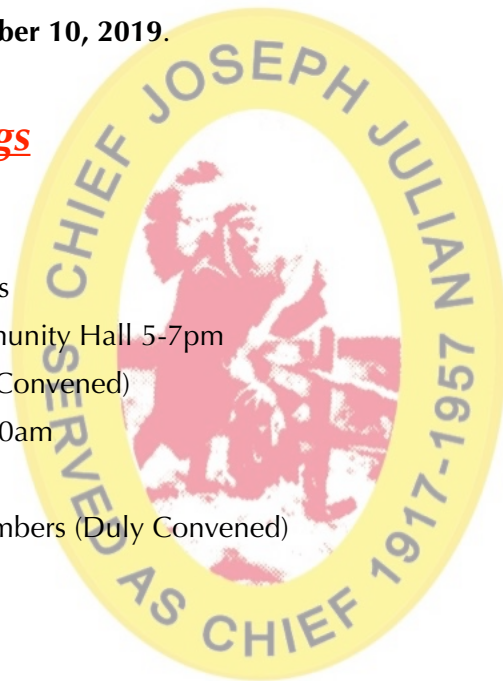
The next Chief and Council meeting is scheduled for **Tuesday, November 12, 2019**.
The deadline for submissions or requests to see Council is **Friday, November 8, 2019**.
Please submit to the Administrative Assistant, Jay Martin, Phone: (902) 897-9199 Ext. 110,
Fax: (902) 893-4785 or e-mail: jay.m@eastlink.ca.

December's Chief and Council meeting is December 10, 2019.

Chief and Council Meetings

November 2019

- 👉 **November 5** - Economic Development 1pm duly convened in Chambers
- 👉 **November 5** - Community Information session on 1919 Claim at Community Hall 5-7pm
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Newsletter Deadline

The Newsletter deadline is the 24th of each month.

Sunday, November 24, 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) <https://www.millbrookband.com/contact>

Community

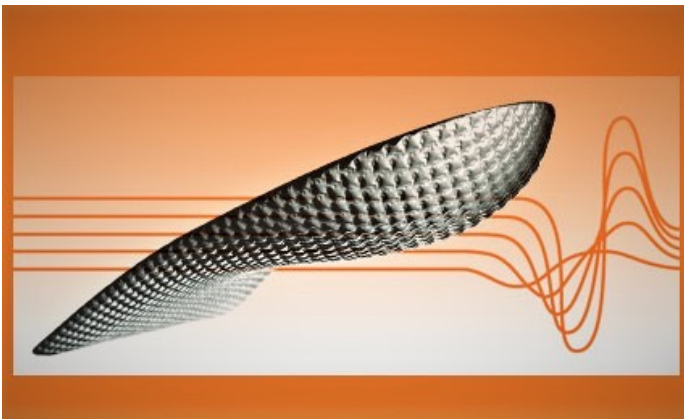
The Community page; this may include birthday messages, recent or historic photos, congratulations to a person or group, public events, items for sale, availability for odd jobs. To have your information posted on the newsletter and website send your information to Nigel Gloade by calling the office 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.

Ventilation Cleaning

If you missed Imperial Cleaners for cleaning your ventilation call **Tom 902 830-2349** or **Peter 902 331-0200**



NEW!! Orthotics Service

NEW!! Orthotics Service at the Millbrook Health Centre. Using aerospace laminates and other material, foot orthotics give relief from continuous standing, exercise, sports activity, injuries, diabetes arthritis, flat or high arched feet, heel pain and other foot problems. With a prescription, NIHB covers the cost of orthotics. All ages welcome. Bring your shoes or boots! Call the health centre to make an appointment with a podiatrist, Dr. Phil Somerfield.

Youth Workshop - Fentanyl & Opioids

There will be a Youths workshop on Nov.16 at 2pm at the Millbrook Youth centre for grades 6 & up. Topic will be on Fentanyl & Opioids and the speaker will be Wekatesk Augustine. There will be a \$15 movie pass for all those that attend, plus a gift bag and door prizes. also refreshments will be served. For more info. contact Peter Gloade 902 897 1234

Millbrook Land Claim

Open House

Tuesday, November 5th

12:00-4:00pm

Community Hall

Millbrook Land Claim

Information Session

Tuesday, November 5th

6:00-8:00pm

Community Hall

Refreshments and door prizes

Sheet Harbour Land Claim

Information Sessions

Thursday, November 7th

6:00-8:00pm

Albert Howe Multi-Purpose Community Centre

Refreshments and door prizes

Ratification Vote

Thursday, November 21st

9:00am - 8:00pm

Community Hall

Packages for the 1919 and Duncan MacMillan claims. Contact Adrienne Murray if you haven't received your packages for the 1919 and Duncan MacMillan claims. Adrienne Murray is the Electoral Officer for the two votes and band members can contact her anytime at 902-661-6337 or at e-mail adrienne.murray@canada.ca

Addictions Awareness Open House in Sheet Harbour

There will be an Addictions Awareness open house in Sheet Harbour on November 19 from 10:30 to 2pm also on hand will be the Nurses for flu shots, refreshments will be served and a chance to win a door prizes, for more information Contact Peter Gloade at 902 897 1234

Millbrook's Early Education Centre

By Nigel Gloade
Communications Officer



I had a chat with Nik Phillips, Millbrook's Director of Early Education. In this article, Nik outlines changes he and his team have made within the past four years and plans for the future. When Nik got hired, Millbrook's Chief and Council had a list of goals for Nik to achieve with the Early Education Centre. The targets were creating a Mi'kmaw Language Curriculum, expanding capacity and updating student and staff policies.

Aside from his primary job as Director of Early Education, Nik is a part-time education professor at Mount Saint Vincent University and the faculty member at NSCC for the Poqji-kina' masulti'kw tel-kina' mujik mujia'ji'jk— Mi'kmaw Early Childhood Education Program.

Nik has created an introductory Mi'kmaw language curriculum that changes every month. This curriculum focuses on theme-based words, specific colours, numbers, and commands, the necessary fundamentals for speaking the Mi'kmaw language. "We now offer a Mi'kmaw language curriculum in our Daycare, Preschool 3, Preschool 4, and our Primary program."



"At the Millbrook Early Education Centre, we make sure they are learning Mi'kmaw Language every day, making sure that bilingual access is there. Our children produce more favourable results when they can speak two languages and connect to their culture. We're addressing the intergenerational trauma of our people, and we are acknowledging and embedding our Mi'kmaw Indigenous knowledge within our kids. We're giving our children a sense of Mi'kmaw identity."

In the past years, our programs demonstrated that we are creating a well-balanced approach to education and teaching Indigenous identity. After a few meetings, multiple parents wanted their children to continue their education at the MEEC. It was also a way for us to acknowledge our sovereign right to education as a community. The public schools noticed that our students from this Centre entered primary and scored in the top 5 percent of their classes for basic school concepts and early literacy. Therefore, we decided it was time to reclaim our right to education and introduce the primary program at our facility, and more importantly, to the community. Now, we are going to continue to build on that educational foundation before sending our students to public schools. If they are the top 5 percent, then let's make them the top 1 percent.

In addition to our programming on-site, we also offer off-site learning /cooperative learning. Our primary students, for example, have started swimming lessons and go every Thursday for the next couple of weeks, followed by other programs like gymnastics, dance, and the public library. We have a budget that can offer these extracurricular activities, and not just for primary, but for the whole Centre, all 53 students who attend our programs. Now the MEEC is looking to increase capacity to Grade two.

The reason we want to teach until grade two is integration. We don't want to isolate our children. Our children will be introduced to the public school system in grade 3, allowing our children to integrate with the Colchester community and meet specific provincial learning outcomes. In our local public school system, Mi'kmaw language courses start at grade four, and they essentially replace the provincial French language classes. Noreen Sylliboy is doing a fantastic job of providing Mi'kmaw language to our early learners. Although, there is currently a gap where our children are not receiving enough language classes between primary until starting grade 4. This is not to say one single person is responsible for this; instead, this is a provincial educational issue.



MEEC offers after school language programs for these age groups, which are consistent with the programming Noreen Sylliboy provides in support of this gapped time. Exposure is critical, so anything we can do to expand learning time and exposure to our culture and language have to happen.



My first acknowledgement that our language program was working was after the end of our first year of introducing language. I had taken the four-year-olds out to the powwow Grounds, and we were playing land-based games. On our way back, out of the blue, this young little boy had turned to his friends, he said, "you know what guys. Guess what?". He said, "I'm a real Indian; I'm a Mi'kmaw." His acknowledgement that he was of different descent, that he was Indigenous and that he had some level of language. I acknowledged we're creating an excellent foundation for preserving our cultural identity.

Nik, Christina, and Semisel have created eight children's books, each of those books based on reading levels. Two of the books are entry-level flashcard books, another two books at level one with single sentence commands, and the rest of the books are at level two with two sentence structures. One of the books written is our version of "Brown Bear Brown Bear," which is written in Mi'kmaw, and all the characters are L'nu based. The book features animals like a moose, a bear, and a beaver, all the animals within our natural environment. The books leading print is Mi'kmaw; feature phonetics created by Christina (Mi'kmaw Speech and Language Pathologist) for nonspeakers to sound out the Mi'kmaw words and English in small print.



We developed these books to have something tactile that our kids could learn how to read and bring our language back to homes in the community. We are hoping as children bring the books home, the whole community can learn with them. We intend to share these books with other First Nations communities because it is not just about what is happening in Millbrook, it is about what is happening with all L'nu'k children.



MEEC has expanded this past year, adding one more classroom and two extra rooms. The primary students use the new classroom, and the two additional rooms utilized by the Speech and Language Pathologist, Christina Gloade and The Director of Early Education, Nik Phillips. Now, the MEEC requires another extension or new building to expand from primary to grade two. In the future, we are looking at housing a learning community from babies 12-months-old up to grade 2 to build healthy and confident L’nu’k children, so space is needed.

We have great support from Millbrook’s Chief and Council, plus I have been writing vigorously to receive grants for upgrades like our natural playground. The natural playground was paid by a grant, a way to encompass Netukulimk and Etuaptmumk. This playground helps us bring culture and play together for early learners. This natural playground looks excellent, and every item has a story and a reason why we’ve added them in. We thought about how those items connect Mi’kmaq culture and play for early learners. We have the malsono’kuom—it’s a little store we set up as a toy or play store but then talk to the children about the importance of buying, trading, sharing, selling. We discuss even deeper meaning by exploring truck houses, treaties, and our rights to do certain things. The planter boxes, we teach the kids about the importance of re-growing in the cycle of life, respecting the environment, planting and all those different components associated with life and the cycles. We show children when you plant this and watch it grow, notice the bees are using the plant to gather their food. It’s our natural outdoor classroom that we use every single day.

The MEEC is not a facility that babysits it’s an Early Childhood Education Centre that has a high level of standards, we work with families, and we work with children to meet their highest potential. It all comes back to our philosophy: Wjit Knijannaq, which means for our children. Everything we do is for our children from our in-facility programming to our outreach we do every month. It really takes a community to raise a child. This is why when a child attends our program, so does their family; because we are all in this together for the betterment of our children— Wjit Knijannaq.



Education Newsletter November 2019

A Note from Hannah Asprey—Director of Educational Services

Hello Parents, Students and Families,

It's been my honor to accept the position of Director of Educational Services for the Millbrook Band Council. I look forward to working closely with all of you to ensure our students have the best school year!

Please feel free to reach out to me if you have any questions or concerns for the 2019-2020 school year, or any of our policies.

All of our education policies have been listed on the Millbrook band council website under forms and policies.

You can reach me at 902-897-9199 EXT 117, (cell) 902-885-5241 or by email: edudir@eastlink.ca

Thank you.

Hannah Asprey

LUNCH ALLOWANCE Cheques

Lunch Allowance cheques will be issued on Friday November 8th (*with the assumption that attendance is received prior to November 7th*)



INSTRUCTIONS FOR BUS PASSENGERS



The driver is in full charge of the school bus. Obey his instructions.

Be on time - the bus will not wait.

NO BULLYING OF ANY KIND WHILE ON THE BUS.

Do not talk to the driver unless necessary.

Do not swear or use bad language while on the bus.

Do not talk loudly, yell or whistle while on the bus.

Do not stand or move about while the bus is moving.

Do not open the windows without permission.

Do not put hands, arms, feet or head out the bus window.

Do not throw anything inside the bus or out the windows.

Keep aisles of the bus clear at all times.

When it is necessary to cross the bus in front of the bus, walk 10 feet in front of the bus so the driver can see you, cross to the center of the street, STOP, LOOK and LISTEN and cross the street when it is safe to do so.

Never stand or play on the road while waiting for the bus.

ALWAYS BE CAREFUL

TRES NEWS

Happy Halloween, stay safe

REMINDER – Food allergies – No peanut butter , cherries, includes cherry juice.

We are also a scent sensitive school, no perfumes or colognes

Nov. 6 – PTG meeting

Nov. 8 – Remembrance Day Service , 10:50 Parents and family Welcome

Nov. 11- Remembrance Day – NO SCHOOL

Nov. 20 – SAC- School Advisory Council

Nov. 26- REPORT CARDS GO HOME

Nov. 28- Parent/Teacher Visitations at school- 5:30 – 8:00

Nov. 29-NO SCHOOL – Parent/Teacher In Millbrook 12:30 to 2:00

Please call the school if your child/ren are going to be absent.

Please send a snack for recess .

Fill out the menus at the end of each month and return. When preparing or ordering to avoid a problem at school.

If you wish to volunteer for class trips or in our building a volunteer package must be completed. The packages are available at the office. Holly Bernard can help you with the checks you need at the Millbrook R C M P Office in Millbrook.

The weather is getting colder, make sure your children are dressed for the weather!

You can contact or text us with any questions.

Jen Gloade 902-986-4224

Shelley Gloade 902-899-2415

Lisa Wilmot 902-986-5010

Juliana Paul 902-890-0461

TJHS NEWS

From the Desk of Mr. 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

Gr.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.

Gr.8+9 students should be using at least 3 binders: one for Eng + SS, one for Math + Sci and one for everything else.

IMPORTANT DATES

- Mon.Nov.11th Remembrance Day (No School)
- Wed.Nov.6th Grade 9 Take Your Kid to Work Day
- Fri.Nov.15th Assessment and Evaluation Day (No School)
- Wed.Nov.27th Report Cards sent home with students
- Thur.Nov.28th 6pm-8pm Parent/Teacher Night
- Fri.Nov.29th 1pm-3pm Parent /Teacher Afternoon (No School)

May your freezer be filled with Moose Meat,

THOMAS WILSON ☺

Cobequid Educational Centre News

902-896-5700 (Main Office)

Office Hours: 8:25 am - 3:20pm

Homework Club: Tuesday, Wednesday, Thursday 3 PM – 4 PM (unless otherwise stated)

Hello,

We are in the full swing of this month with academics. The midpoint of the semester occurs on Nov. 14th with midterm reports and Parent Teacher evening followed by parent teacher afternoon on Nov 15th. As always students are encouraged to utilize homework club at CEC from Tues-Thurs. from 3-4pm for study help or one on work help.

As always attendance is important. Exam exemptions are up for review this year by the ministry of Education but until confirmation we are continuing with exam exemptions. In order to receive and exam exemption students must not miss more than 5 days in any class. Any absent day must be excused by a parent or guardian by calling or emailing the school. Four late arrivals to a class will result in one unexcused day (and loss of an exemption). For more information on attendance and exam exemptions please visit the school website www.cec.ccrce.ca

Bryant Vance

First Nations Education Support Teacher

902-896-5728 (Classroom)

vancebw@ccrce.ca

Important Dates

- November 8 – Remembrance Day Service (1st period)
- November 11 – No school
- November 12 & 13 – IB Group 4 Projects
- November 14 – Parent-teacher interviews from 6:30 PM – 8:30 PM
- November 15 – NO SCHOOL Parent-teacher interviews from 1:00 PM – 3:00 PM
- December 20 – Last day of classes before Christmas break

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>)

CEC Students Participating in sports and extracurricular activities

Andrew Floyd- Football

Craig Tabor- Football

Tyson Stevens- Football

Corey Dennis- Football

Ava Martin- Volleyball

Mia Maloney- JV Volleyball

October Birthday's

Eric Trenholm-Paul

Cordell Brooks

Mason Googoo

Will Sylliboy

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

CEC Sport Schedules

Football

- WEEK 9 vs Prince Andrew - Friday, Nov 1 @ Burnside 7:00
- TBD Play-offs

JV Girls Volleyball

- Friday & Saturday, Nov 1 & 2 Sydney Academy Tournament, Sydney NS
- Friday & Saturday, Nov 15 & 16 Park View Education Centre Tournament, Bridgewater, NS
- Northumberland Region Championships must be completed by Nov 23
- TBD NSSAF Provincial Championships - Friday & Saturday, Nov 29 & 30 (host region: TBD)

Girls Volleyball

- Friday & Saturday, Nov 1 & 2 Sydney Academy Tournament, Sydney NS
- Friday & Saturday, Nov 15 & 16 Park View Education Centre Tournament, Bridgewater, NS
- Northumberland Region Championships must be completed by Nov 23
- TBD NSSAF Provincial Championships - Friday & Saturday, Dec 6 & 7 (host region: Highland)

Millbrook Early Education Centre News

Important Dates

In November

Monday, November 11th, 2019

**REMEMBRANCE DAY –
NO CLASSES**

Friday, November 15th, 2019

ASSESSMENT DAY – NO CLASSES

Friday, November 22nd, 2019

**PARENT TOT WORKSHOP
AGES 0-2**

Friday, November 29th, 2019

PARENT TEACHER – NO CLASSES



Contact Us

902-897-1249 / 902-897-0445

- Ext. 101 Kelsey - Administrative Assistant
- Ext. 102 Preschool 4 (Sue/Shelby/Amanda)
- Ext. 103 Daycare (Leslie/Genny/Caitlin)
- Ext. 104 Preschool 3-A (Pam/Jessica/Cynthia)
- Ext. 107 Primary (Tiffany)
- Ext. 108 Speech Language (Christina)
- Ext. 109 Nik - Director

Director's email: meeec@eastlink.ca

ALL SOULS DAY

NOVEMBER 1st (Friday)

Come light a candle for your loved
one who has passed on.

Mass at 7PM
Millbrook Sacred
Heart Church

Please join us for "Light Refreshments"
following the Mass

Millbrook Remembrance

DAY

NOVEMBER 11

JOIN US FOR THE 20th YEAR ANNIVERSARY OF
MILLBROOK'S MEMORIAL MONUMENT

9:30 AM - MASS AT SACRED HEART CHURCH
10:30 AM - PROCESSION FROM CHURCH TO
CENOTAPH - MILLBROOK MEMORIAL MONUMENT
11:00AM - LAY WREATHS
12:00 PM - MEAL AT COMMUNITY HALL

Remove your poppy at the conclusion of the
ceremony and place it on the cenotaph or on
a wreath as a sign of Respect.

What Goes Where?

Garbage

CLEAR BAG

Broken Glass (Safely Packaged)
 Dirty Aluminum foil & Plastic Wrap
 K-cups
 Chip & Cookie Bags
 Candy Wrappers
 Coffee Cups
 Light Bulbs
 Diapers
 Dishes
 Cereal Box Liners
 Gift Wrapping Paper

ITEMS MUST BE IN CLEAR BAGS

Paper & Textiles

BLUE BAG #1

Newsprint
 Envelopes
 Magazines
 Boxboard
 Shredded Paper
 Flyers
 Catalogues
 Paper Egg Cartons
 DRY Textiles:
 Clothing
 Footwear
 Bedding

MUST BE CLEAN & DRY

Plastic Materials

BLUE BAG #2

Aluminum Cans & Pie Plates
 Glass Bottles & Jars
 Juice Cartons & Boxes
 Liquor Containers
 Milk Cartons
 Tin Cans
 Grocery & Bread Bags
 Pop Bottles
 Plastics #1 - #7
 Styrofoam

NO NEEDLES OR BOTTLE CAPS

Compost

COMPOST BUCKET

Vegetables & Fruit
 Meat, Fish & Bones
 Coffee Grinds & Filters
 Sugar & Flour Bags
 Tissues
 Paper Plates
 Waxed Paper
 Grass & Leaves
 Sawdust
 Kitty Litter
 Pet Waste
 Paper Towel
 Pizza Boxes

NO PLASTICS OR BIODEGRADABLE PLASTIC BAGS



Anyone interested in purchasing the mini bus?
 Contact Hannah Asprey at 902 897-9199 Ext. 117

EMPLOYMENT OPPORTUNITY



The Confederacy of Mainland Mi'kmaq

Mi'kmaq Project for Innovation & Collaboration (MPIC) Survey Administrator (2 positions) 4 week term contract

The Confederacy of Mainland Mi'kmaq (The CMM) is a Tribal Council representing seven, Mi'kmaq communities of mainland NS. Our mission is to proactively promote and assist Mi'kmaq communities' initiatives towards self-determination and enhancement of community. The CMM is located in the Millbrook Mi'kmaq Community in Nova Scotia and has over 60 Employees. The Mi'kmaq Project for Innovation & Collaboration (MPIC) Unit is currently looking for two (2) energetic, mature and independent candidates to fill the position of **Part-Time Survey Administrator**.

Reporting to the MPIC Manager, the MPIC Survey Administrator will administer a survey to the Millbrook First Nation Community between February 10th and March 8th, 2014. The survey titled "Community Employment Education & Training" will gather base line data for the Millbrook Community that will be used to identify the current unemployment rate, career interests and education levels for community members age 15 years and older.

Position Requirements:

- Self-motivated
- Outgoing
- Responsible and can work independently
- Willingness to work evening and weekends
- Ability to administer the survey by going door to door
- Possesses a valid Nova Scotia Drivers License and reliable transportation
- Must pass a criminal record check and vulnerable sector check
- Ability to perform data entry and utilize Apple Technology (survey will be administered using an iPad Mini)
- Must possess excellent written and oral communication skills

Salary/Employment Term: \$1,500.00 upon successful completion of project. This is a 4 week term contract with a start date of February 10th, 2014. Please Indicate Millbrook First Nation in your Cover Letter.

Application Deadline: February 5, 2014 by 4:00 PM

Submit Resume to:

Michelle Hepworth, Office Manager
c/o The Confederacy of Mainland Mi'kmaq
PO Box 1590, Truro, Nova Scotia B2N 5V3
Email: michelle@cmmns.com

We are an equal opportunity employer; however, qualified Aboriginal applicants will be given priority in accordance with the Aboriginal Employment Preference Policy of the Canadian Human Rights Commission. Only those applicants who qualify for an interview will be contacted. The successful candidate may be required to submit a current criminal record check.

4 H

Information Session

Millbrook will be hosting a 4H information session to see if there is an interest in starting a new Club.

Come see some projects from other clubs like:

1. Live Rabbits
2. Welding
3. Building blocks
4. Small engine repair

These are only a few projects. Projects will be geared toward the interest of the youth and its volunteers.

This program is for ages 7-21. We encourage youth and their parents to come see if this is something we would like for our community. Snacks and drinks will be provided and opportunities for some door prizes for parents and youth.

For more information call Colin Bernard at 902-890-4365 or 902-895-9468.

WHEN: November 20th ,2019 Drop- In 6:00pm-7:00pm

Presentation- 7:00-8pm

WHERE: Millbrook Community Hall

WE GUT SOLUTIONS!

How Your GUT Health Affects Your Whole Body



Lunch & Learn

Nov. 7th, 2019 (Thursday)

11:30am - 1:00pm

Millbrook Senior Centre

To Register Please Contact:
Sunshine Bernard @ 902-895-9468
Community Wellness Coordinator



FOOD HANDLING COURSE

NOVEMBER 23rd, 2019 (Saturday)
10:00 am to 2:00pm
MILLBROOK COMMUNITY HALL
LUNCH WILL BE PROVIDED
Only 20 participants

To Register Please Contact:
Sunshine Bernard
Community Wellness Coordinator
902-895-9468

MOVEMBER



FEATURING:

MEN'S HEALTH AWARENESS

**HAIRCUTS | MASSAGE | BLOOD COLLECTION
PRIZES & GAMES**

CALL THE HEALTH CENTRE TO BOOK YOUR APPOINTMENT

MONDAY

25th Nov
9am-4pm

FOR MORE INFO CALL
SUNSHINE BERNARD - COMMUNITY WELLNESS COORDINATOR
@ 902-895-9468



KIDS IN THE KITCHEN!

4 WEEK Series - Kids Cooking Class!

Kids are encouraged to come to all 4 classes to learn new skills each week & try new foods & recipes! The third session will be a field trip to Superstore, including grocery store scavenger hunt.

**GRADES
4 & 5**

November 7th, 14th, 21st and 28th

2:30pm-4:30pm

Millbrook Seniors Centre

Please sign up with Sunshine at the Health Centre and **inform of any food allergies!**

14TH NOVEMBER

WORLD DIABETES DAY



When: Nov. 14th, 2019

Where: Millbrook Health Centre

**Info
Session**

Haircuts

**Blood Sugar
Checks**

Snacks

For more info contact:
Sunshine Bernard
Community Wellness Coordinator (902) 895-9468



**WOMEN'S SELF
DEFENSE**
Class

**Millbrook Gymnasium
November 30th (Saturday)
10am - 2pm
Only 20 participants**

For Ages 16 and over

To Register Please Contact:
Sunshine Bernard
Community Wellness Coordinator
902-895-9468

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 5,& 19.**

Blue Bags dates are **Tuesday, November 12 & 26.**

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

Community

Sunday Night Hockey

Sunday Night Hockey at the Deuilles starts at 6pm

November 3, 10, 17 & 24



Millbrook Family Skate Every Sunday Morning

Sunday morning ice times at the R.E.C.C. starts at 9-10am

November 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.

Alcohol Anonymous Groups

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

Everyone is Welcome

7:30pm Hubtown Group Douglas St school

Friday - Phoenix 12 & 12 St Andrew Church 7pm 55 King St.

Saturday - Hubtown Group 7:30 Douglas St school

Sunday - Breakfast Group 11am 36 Douglas St

(NA Meeting)

Tuesday - St Andrew Church 55 King St. 8pm

Saturday - Millbrook Senior's Center 1pm

(Al Anon)

Wednesday - 40 Douglas St. 7pm contact Ann 902 895 5535

Health Centre

Mailing Address

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

Business Hours

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

**Please WELCOME the Following Physicians to the Millbrook Health Centre,
Dr. Beau Blois, Dr. Aliya Kelly and Dr. Hali Bauld.**

Please also **WELCOME** the following associated Health Staff to the Millbrook Health Centre Phil Somerfield, Podiatrist and David Rider, Mental Health.

David Rider: He is from Kettle and Stony Point, Ontario. He's lived in Ontario for most of his life, but spent 5 years in British Columbia and 3.5 years in Iqaluit, Nunavut before relocating to live in Truro 4 months ago. His background is in social work and education. His passions include nature, hiking, photography, art and kayaking.

Medical News

Nutrition

There are nutrition counselling services available at the Health Centre. Perhaps you want to eat healthy, lose/gain weight or try a vegetarian diet. The nutritionist can help guide you with your plan. Call Cindy at the Health Centre for more information.

Missed Appointments

If you cannot make your appointment at the Health Centre, please call 24 hrs. ahead to let us know so that we can replace the appointment with patients from the wait list.

Number of NO SHOWS for August (33), September (34) and October (32)

Late Appointments

Please be on time for your appointments at the Health Centre. If you are late, we may not be able to fit you in and you will have to book another appointment. The appointments are 15 minutes each so if you feel need more medical time is needed, please request a longer appointment.

*****Millbrook Health Centre is looking for purses in good condition. If you would like to donate to our fundraiser, please drop off the gently used or new purse to the Health Centre from now until the end of December.**

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.

Alanon

There is a Alanon meeting every Monday 10am, and Tuesday 8pm at the Alliance Church on Phillips St which is off Robie Street or call 902 895 4169

**responsible for your own transportation.*

5 Weeks Rehab Treatment

The client has to be clean and sober for at least 1 week. The client has to meet with the addiction counsellor 4 times, and has to make sure all appointments are taken care of before going into treatment.

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.

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.

Treatment Centre Schedule

- Rising Sun at Eel Ground, NB** is Nov 18, 5 weeks program
- Eagles Nest Recovery house** Indianbrook Nov 25, 4 weeks Co-ed program.
- Mikmaw Lodge** at Eskasoni, NS is Nov 8 5 weeks program
- Wolastoqewiyik** Tobique Nov 25, 3 weeks Relapse 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.



Drug Awareness Dance

There will be a Drug Awareness dance at the Community Hall on **Saturday, November 16** pizzas and movie cards 7 to 9pm for grades 6 & under and 9 to 11pm for grades 7 & up also canteen will be available. There will be treats & prizes for best dress up. For more information contact Peter Gloade 902 897 1234 Music by Jeff Wilmot

Everyone is Welcome

Also PLEASE Note No grades 7 and up will be allow into the Hall until 9pm, also adults who are just coming up just for pizzas please note these are kids dances and the pizzas are for the kids. If you're an adult with no kids taking part in the dances, this rule apply to you also. Thank you

List of Disaster Safety Information Websites

Surviving a Wildfire

<https://www.iccsafe.org/advocacy/disaster-toolkits/consumer-safety/surviving-a-wildfire/>

Flash Flood Safety and Damage Prevention Guide

<https://www.homeadvisor.com/r/flash-flood-safety-and-damage-prevention/>

Hurricane Safety Tips

<https://www.libertymutual.com/claims-center/catastrophe-preparation/hurricanes/hurricane-safety-tips>

Ultimate Guide to Drought Safety

<https://www.angieslist.com/articles/ultimate-guide-drought-safety.htm>

Tornado Safety Guide

<https://www.basementguides.com/tornado-safety-guide/>

How to Proactively Prepare for a Blizzard

<https://www.fbfs.com/learning-center/how-to-proactively-prepare-for-a-blizzard>

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

DIGITAL MI'KMAQ

CLUBS FOR INDIGENOUS YOUTH GRADES 7-12

In the first of ongoing series of year round hands on clubs, Digital Mi'kmaq is rolling our first two clubs this fall in Animation and Engineering. ALL Digital MI'kmaq programs are FREE.



ANIMATION CLUB

Aspiring animators will engage in completing a series of Mi'kmaq narrated animated films based on traditional stories. Taught by professional animators, you'll be completing one film a month and entering films in a variety of international competitions. No drawing or animation experience required.

STARTS: NOVEMBER

ENGINEERING CLUB

Participants will learn not only how to build a drone, but how make their own cell phone charger, an electric skateboard and a whole variety of cool 3D printed projects. All materials supplied. Winning entries will head to Europe and the US competing in some of the world's best engineering competitions.

STARTS: NOVEMBER



CYBER SECURITY CLUB

Knock it out of the park with this hands-on cyber security club and learn how to analyze threats, risks, strategize and deliver solutions to a whole series of realistic evolving cyber attacks. Paid summer internships provided to those who complete the challenges working with some of the best in Canada and the world. Technical proficiency not required.

STARTS: TBA



WWW.DIGITALMIKMAQ.COM/REGISTER

REGISTER BY NOVEMBER 8TH

VISIT US ONLINE TO REGISTER!

Forms available at the Band Office and can be left on the Bulletin Board.



We Dare to Dream.

Questions? Please contact:
Andrea Durfee
digitalmikmaq@gmail.com

FRIDAY NOVEMBER 1ST

PUMPKINS FOR PIGGIES



MILLBROOK PUMPKIN DRIVE

Not sure what to do with your left over pumpkins from halloween? How about feeding the piggies?

Leave your pumpkins near the end of the driveway before **10:00am Friday November 1st** and they will be picked up to be recycled as pig food.

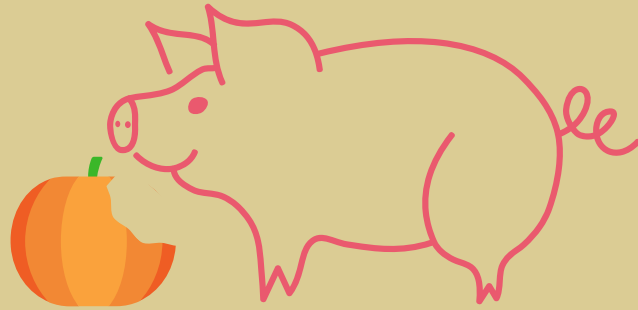


MI'KMAWEY GREEN
COMMUNITIES PROGRAM
THE CONFEDERACY OF MAINLAND MI'KMAQ

MILLBROOK
FIRST NATION

G-MAN
WASTE REMOVAL

PIGGY FRIENDLY PUMPKINS



To ensure that the pumpkins are safe for the pigs to eat please use the following guide lines:

No Painted Pumpkins



No Markers on the pumpkins



Remove any stickers on the pumpkins



Remove any foreign items or candles



QUESTIONS?

CONTACT: ALLISON MYATT (902) 956-3764




**MI'KMAWEY GREEN
COMMUNITIES PROGRAM**
THE CONFEDERACY OF MAINLAND MI'KMAQ



MILLBROOK FIRST NATION
Waste Reduction Calendar



NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
						
3	4	5	6	7	8	9
10	11 Remembrance Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Legend:

-  Organic Collection Days - **Green Cart**
-  Recyclable Collection Days - **Blue Cart**
-  Garbage Collection Days - **Black Cart**
-  Holiday



Pumpkins for Pigs:

Remember to place your pumpkins at the end of driveway by 10:00 AM for pick up

Friendly Reminders:

All Garbage **MUST BE** in **CLEAR BAGS** before going into the **BLACK CART**
 All Recycling **MUST BE** in **BLUE BAGS** before going into the **BLUE CART**
NO plastic in your **GREEN CART**





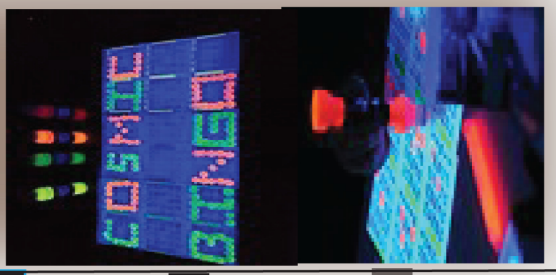
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 facility rental requirements.
 Call 1-888-608-1754**

**Nov 9th
 Evening
 Cosmic
 Bingo**



NOVEMBER 2019

Wednesday	Thursday	Friday	Saturday	Sunday
6	7	8	9	10
Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	PROGRESSING \$150-\$260.00 Regular Games	Floating \$200.00	\$200.00 Regular Games
13	14	15	16	17
Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	PROGRESSING \$150-\$260.00 Regular Games	\$150 Regular Games & Evening Cosmic Bingo	\$200.00 Regular Games
20	21	22	23	24
Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	PROGRESSING \$150-\$260.00 Regular Games	BOGO SALE on Special Books	\$200.00 Regular Games
27	28	29	30	
Express Books	Dual Dab Draws \$500 in total	PROGRESSING \$150-\$260.00 Regular Games	\$150.00 Regular Games	

**May 3rd
 Level
 Madness
 Bingo**
 150.00 Admission
**\$2300/
 2400/
 2500.00**
 regular games,
**\$1500.00
 Specials
 \$15,000.00
 JackPot**

www.twitter.com/legendsbingo
 www.facebook.com/legendsgamingcentre
 www.legendsgamingcentre.com



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Markie Bus Tours Halifax Casino Runs

On the First Friday of every month we will be departing at 8:00 am from New Glasgow Parking lot behind the Medical Center (which is front of the theatre area, on East River Road). Then traveling to Truro to pickup at Staples Parking lot Robie Street, departing at 9:30am. Departing Halifax Casino at 3:30pm same day.

Please call ahead for seating at (902) 843-5501

- **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



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NOVEMBER, 2019 – Millbrook Health Centre						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Meaghan Charles Vera	2
3	4 Gladys David Rider Dr. Blois (pm) Dr. Vance Dr. Phil Sommerfield (Podiatry)	5 Dr. Blois (pm) Gladys	6 Dr. Bauld (1:30-8pm) Dr. Blois Gladys Dr. Phil Sommerfield (Podiatry)	7 Dr. Blois (pm) Foot Care Michelle	8 Meaghan Charles Vera	9
10	11 Remembrance Day	12 Dr. Blois (pm) Dr. Kelly Gladys	13 Dr. Blois (pm) Dr. Vance Gladys Meaghan	14 Dr. Blois (pm) Michelle	15 Dr. Blois Meaghan Charles Vera Dr. Bauld (full day)	16
17	18 Gladys David Rider Dr. Phil Sommerfield (Podiatry)	19 Dr. Blois (pm) Gladys	20 Dr. Blois (pm) Gladys Dr. Phil Sommerfield (Podiatry)	21 Dr. Blois (pm) Michelle Foot Care	22 Dr. Blois (pm) Charles/Meaghan Vera	23
24	25 Moverber (Wellness Men's day) Dr. Kelly (full day) Dr. Blois ((full day) Gladys Dr. Vance David Rider	26 Dr. Blois Gladys	27 Meaghan	28 Michelle	29 Dr. Blois Meaghan Charles	30

No Show Appointments for Doctor for August (33), September (34) and October (32) . Please call and cancel if you can't make your appointment. Fall Hours: Monday to Thursday (9:00 to 4:30) Friday (9:00-4:00)

November 2019 Millbrook Enterprise Credit Applicants

All completed **Direct Deposit** applications will be deposited on **November 12th, 2019**. **Completed applications must be received by November 1st, 2019 @ 12:00 noon**.

Completed applications requested to be issued by **Mail or Pick Up** will be released **November 19th, 2019**. **Completed applications must be received by November 14th, 2019 @ 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. 2019/20
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 19th, 2019 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 19th, 2020. 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. 2019/20

Signature of Applicant
Approved () Not Approved ()

Witnessed by

By _____ and by _____
This _____ day of _____ A.D. 2019/20