

Millbrook Community NEWSLETTER

OCTOBER 2019



Orange Shirt Day at Truro Elementary School

Important Dates

- **October 1** - Treaty Day
- **October 4** - at 1pm Shannon Park meeting with NSP/CLC/ISC
- **October 7** - Economic Development 1pm
- **October 8** - Chief & Council meeting 10am
- **October 8** - Presentation at MCHC with Gerald Gloade at 6-8pm
- **October 14** - Thanksgiving
- **October 16** - Projects Meeting 1:30pm
- **October 21** - Consultation Meeting 10am
- **October 26** - Millbrook Haunted house Millbrook Track and Field 6-7pm
- **October 31** - Halloween

 **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

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

Social Assistance

Social Assistance Cheques are tentatively scheduled for: **October 10 & 24, 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, October 8, 2019**.
The deadline for submissions or requests to see Council is **Friday, October 4, 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.

November's Chief and Council meeting is November 12, 2019.

Chief and Council Meetings

October 2019

- 🌿 **October 1** - Treaty Day
- 🌿 **October 4** - at 1pm Shannon Park meeting with NSP/CLC/ISC
- 🌿 **October 7** - Economic Development 1pm
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Newsletter Deadline

The Newsletter deadline is the 24th of each month.

Thursday, October 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

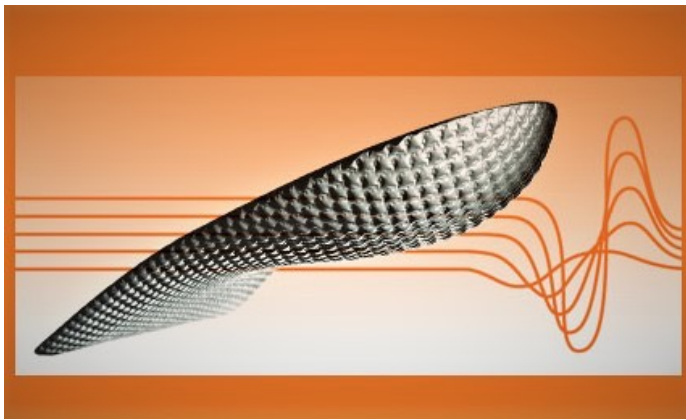
The Community page; this may include birthday messages, recent or historic photos, congratulations to a person or group, public events, items for sale, availability for odd jobs. To have your information posted on the newsletter and website send your information to Nigel Gloade by calling the office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

Happy Birthday

October 17

- Happy Birthday to Cindy Lou Paul from Family and Friends in Millbrook

October 22nd, 2019

- Happy Birthday to my beautiful Mother Natasha, Love Mittens

October 25

- Happy birthday to Jen Gloade from Cindy Lou Paul

ORANGE Shirt Day

Truro Elementary School held an Orange Shirt Day on Thursday, September 26, 2019. Students wearing an orange shirt and promoting the slogan, Every Child Matters, is an affirmation of our commitment to raising awareness of the residential school experience. To ensure that every child matters, we focus on our hope for a better future in which children are empowered to help each other.



Millbrook students are wearing their orange shirts, holding the new Glooscap Books that features artwork by Gerald Gloade. These books are in English, and they feature the Glooscap Legends.



A poster created by a Millbrook Student for Orange shirt day



Millbrook Early Education Centre News

Important Dates In October

Tuesday, October 1st, 2019
TREATY DAY – NO CLASSES

Monday, October 14th, 2019
THANKSGIVING – NO CLASSES

Friday, October 25th, 2019
PD DAY – NO CLASSES ENTIRE FACILITY

Thursday, October 31st, 2019
HALLOWEEN – TRICK OR TREATING

Kind reminder:

Preschool 8:30-2:00

Primary 8:30-2:30

Thursdays
Swimming for Primary

If your child is unable to attend school,
please contact their head teacher.



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: meec@eastlink.ca

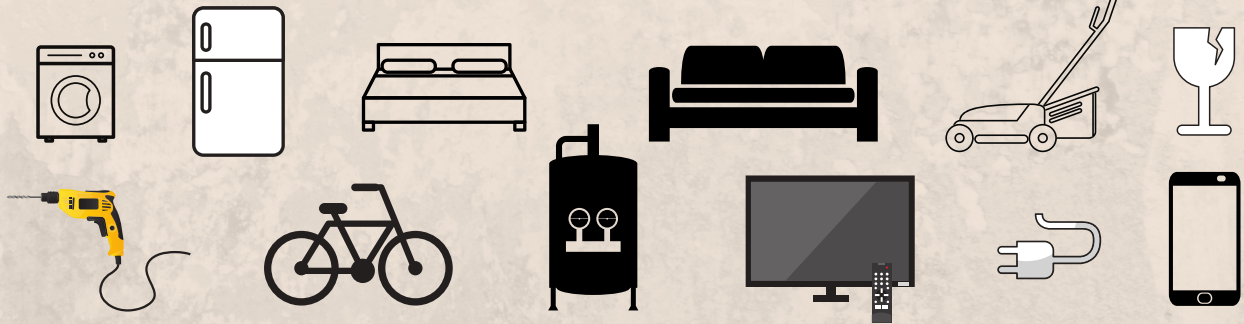
OCT 7 - OCT 11

Millbrook Fall Clean Up

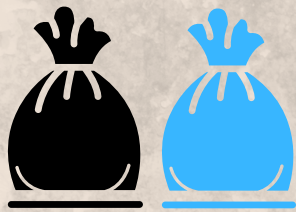
WHATS IN:



- Bagged garbage (CLEAR BAGS ONLY)
- Appliances
- Box Springs/Mattresses
- Lawn Furniture/Mowers
- Household Furniture
- Broken Glass (SAFELY PACKAGED)
- Tools
- Toys/Bikes
- Hot Water Tanks
- Electronics



WHATS OUT:



- Black & Blue Bags
- Trees
- Tires
- Construction materials
- Loose Garbage
- Hazardous waste
- Batteries
- Car parts
- Propane tanks
- Wet paint



If any seniors need help moving heavy items, please contact Sunshine Bernard (902) 895-9468

Millbrook First Nation – Newsletter Insert for October, 2019 TRES

Welcome Back To School Students and Parent!

Important Dates – October 1 Treaty Day

October 14 Thanksgiving

October 18 Family Movie Night

October 25 Provincial Conference Day – No School

All visitors entering our building during school hours are to report at the main office . This door is the only one opened during school hours.

A reminder that we are a **nut and cherry sensitive school** as we have students with severe/life threatening allergies to nuts and cherries. A safe alternative to nuts is Wow butter. We are also a **scent sensitive school**.

Physical Education – A reminder to dress for P. E. , students are to wear indoor sneakers, t-shirts and shorts or track pants.

If you have any questions about your child/children please contact the classroom teacher.

Our Millbrook First Nation Support Workers this year are:

Jen Gloade 902-986-4224

Shelley Gloade 902-899-2415

Lisa Wilmot 902-986-5010

Juliana Paul 902-890-0461

Juliana will be here on Wed. and Fri. and TJHS on Mon., Wed. and Thurs.

Welcome back, we hope you have a successful school year!

From the desk of Krista Paul (grade 7 support staff)

Welcome back students! Can you believe we're already going into the second month of school? Attendance is very important, students should be making every effort to come to school and get to their classes on time. Not only in the morning but in between classes as well. Students remember to have your supplies for each class before class starts.

Backpacks:

Now that we're allowed backpacks in classrooms again. Students should be prepared with all the supplies they need for each class. Remember students to keep backpacks stored on the back of the chair or under the desks, so they're not a tripping hazard.

Electronic devices:

Students and parents are reminded that TJHS is not responsible for lost or misplaced electronic devices and accessories. These items are very valuable and should be kept in a safe place or at home. Devices should be in students' lockers (Gr.6) or backpacks (Gr.7-9) unless instructed to use by a staff member.

Homework Club:

Homework club is a great way to catch up on homework, assignments and to work on projects. Stop by Monday to Thursdays from 3:20pm to 4:20pm in the First Nations Learning Centre. A snack and transportation home will be provided.

Parents and students can check the school website at <http://tjh.ccrce.ca/> for all important notices, updates, school calendar and lunch menus. Parents can also check PowerSchool to make sure your child is up to date on assignments.

If you need to contact me I can be reached by phone at (902)896-5550 ext. 2321 or by email at paulkm@ccrce.ca

I'm so excited to see what the rest of the school year will bring.

Krista Paul 😊

It was Kisu'ik who created Heaven and Earth and Sun, Moon and Stars and Mi'kmaw People

When you speak in our language, you are describing the world the way our ancestors saw it.
— Roger Paul

MI'KMAQ

WIKEWIKU'S 2019 HISTORY MONTH OCTOBER 2019

If you hear and understand a word in Mi'kmaw, it will evoke an image in your mind.
— Ernest Johnson



ku'ku'kwes
owl
the one who makes that sound "goo-goo"

Ku'ku'kwes and Ku'ku'kwesji'
Owl and Moth

Lots of words in Mi'kmaw are highly descriptive. The word for moths (ku'ku'kwesji') meaning "looks like a little owl." Can you see the resemblance?



ku'ku'kwesji'
moth
the one who looks like a little owl



kopite'
sowbug
the little one who eats trees



kopit
beaver
the one who bites down trees

Kopit and Kopite'
Beaver and Sowbug or Woodlouse

The word for a woodlouse or sowbug is kopite', meaning the little one who eats trees. The language tells us that beavers and sowbugs share similar behaviour.



qalipu
caribou
the one who shovels

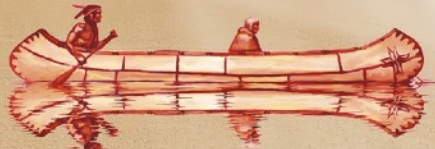


Language and worldviews come together in the culture's oral tradition. Knowledge, events and practices are passed on from generation to generation through spoken words, songs and chants. Words are gifts from our ancestors.

Stories are everywhere. Many have animals as family members, tricksters and friends. Characters change and transform, wielding power and travelling throughout Mi'kma'ki. Other stories mark places to gather resources such as plants and toolstones. Always, they remind us who we are and who we have been.

In some instances, our culture uses physical objects to communicate, remember, sing or pray. L'napukuk, or wampum, record stories or statements made in strings of quahog beads. Large belts were woven to send to other leaders, both Mi'kmaw and non-Mi'kmaw, during diplomatic talks. Hieroglyphics are icons that represent words. They have been used extensively for religious texts and prayers, and now are used more widely for a variety of purposes.

A Mi'kmaw orthography was completed in 1980 by Bernard Francis and Douglas Smith after six years of work. With prompting by Dr. Peter Christmas of Membertou, the Chiefs of Nova Scotia adopted the new orthography as the official writing system.



J'i'nm aqq E'pit

Man and Woman
The words j'i'nm and e'pit come from words related to canoeing. The word for the paddles is j'i'net. This is where the word for man, j'i'nm, comes from. The word for woman, e'pit, comes from the word e'pit, meaning she is sitting. The words suggest that men did most of the paddling and women navigated at the bow.



ka'qawej
crow
the one who makes that sound "kav-kaw"



Kataq aqq Kata'law
Eels and Mussels

Mussels and eels are another related pair of words. The word for mussels is kata'law, meaning "the food that eats eat." Many Mi'kmaw were taught not to eat mussels to protect the food source of eels. Traditionally, eels have been the (much) more important food source.



muin
bear
the one who picks berries



enkejit
inchworm
the one who measures



mimkej
butterfly
the one who is beautiful

Smith-Francis Orthography

The orthography, which uses the Roman alphabet, uses the following letters: p, t, k, q, j, s, l, m, n, w, y, a, e, i, o, u, + and the diacritical mark, the apostrophe.

In total there are 17 letters. Simply put, the consonants sound very similar to English with the exception of the letter, q which is a velar. The q is a guttural sound such as the ch in Bach. The short vowels, a, e, i, o, u, + sound like the following English sounds and never change as they do in English: a – as the a in amen, e – as the e in bet, i – as the i in bit, o – as the o in oat, u – as the u in put and the + (schwa) as the e in mercy.

The apostrophe serves as a lengthener. It indicates to the reader that the sounds for the vowels of the letters l, m, and n must be longer. This is crucial in Mi'kmaw as a long vowel changes the meaning of a word completely. There is no long schwa.

PKYTE SNUK



OCTOBER -IS- FIRE PREVENTION MONTH

Plan and Practice Your ESCAPE!

Send a picture of you and your Family practicing your FIRE ESCAPE PLAN to the Millbrook Health Centre Facebook page or inbox Community Wellness Coordinator Sunshine Bernard to win a \$100 Visa or \$50 Cineplex Card.

Deadline: October 25th, 2019



Millbrook Seniors News



HAPPY HALLOWEEN



Dr. Appointments: Call for Appointments. If you need to see a doctor sooner contact the Walk In Clinic for an appointment. If your issue is Urgent go to Emergency Department at the hospital.

Millbrook Seniors 55+ Craft Day

Wednesday October 8th, 2019

1:30 p.m.

Senior Center

Painting with Susan Marie

Halloween Theme

Seats are limited

Call to sign up! Thanks!

Senior Luncheon

Wednesday October 16th

12 Noon

Seniors Center

HALLOWEEN BINGO!

Hats for Kids (open to all ages interested)

Meeting Wednesday'at 6:00 p.m. at the Seniors Center

Anyone wishing to come join our knitting club?

Come chat and offer ideas, the idea is to fundraise for materials and offer free hats, mitts and scarfs for children, adults, elders in our community. We are looking for new and experienced knitters to share knowledge.

Medical Taxi information:

Donna Gloade – 902 986 8842

Ella Paul – 902 956-2679

G D Taxi – 893-2150 (local only)

To get Taxi service you must call N.I.H.B to get an approval Number before booking your Medical taxi. 1-800-565-3294.

Have Dr. and facility address, and your Band Status number ready when calling. Please book well in advance.

REMINDER

I WOULD LIKE TO REMIND EVERYONE TO PLEASE CALL TO SIGN UP FOR PLANNED EVENTS SO THAT I CAN BE PREPARED FOR THE SESSIONS. THANKS FOR YOUR CO-OPERATION.

Lavinia Brooks, CHR

Millbrook Health Center

812 Willow Street

B2N 6N7

(902) 895-9478

Fax (902) 893-3665

laviniab@millbrookhealth.ca



MILLBROOK

Cultural & Heritage Centre

Celebrating Mi'kmaq History Month

(Keeping our Stories Alive)

The Millbrook Cultural & Heritage Centre are pleased to announce that we will be having a Gerald Gloade Sr. during the Month of October to celebrate Mi'kmaq History Month. Gerald will be here to speak about different topics, from the night sky, Glooscap, and lastly about our overall history of the Mi'kmaq people. If you are interested in learning about any of these topics, please feel free to come free of charge. Light refreshments will be served. This was all made possible with the help of The Confederacy of Mainland Mi'kmaq and the Department of Communities Culture & Heritage – Support4Culture, so please come out and join us for a fun filled evening.



Presenter Bio:

Gerald Gloade Jr. – October 8, 2019 from 6-8pm

Millbrook First Nation

Gerald R. Gloade is an artist and educator who is currently the Program Development Officer for the Mi'kmawey Debert Project based in Millbrook, Nova Scotia. He started his career working as a Graphic Designer for the Nova Scotia Department of Natural Resources' Communications and Education Branch more than 30 years ago. The focus of his work with the Province moved from forestry education and graphic art to sharing his culture and history in the landscape and environment of Mi'kma'ki with audiences of all ages.



Communities, Culture and Heritage
Communautés, Culture et Patrimoine



KEY MESSAGES

Wula na Kinu Process Launch

September 23, 2019

- Only the Mi'kmaq can say who is Mi'kmaq. With our community's support and involvement, we have developed a process to determine who we are, by our own "rules" and in our own way. This is the first step to self-determination and self-governance.
- Much work went into this process. Research began in 2001, but where this is so important to our Nation, obviously these discussions take time. Our researchers gathered information in a number of different ways including: community sessions, think-tanks, symposiums, youth conferences, webinars, and meetings with the Grand Council, and Chiefs and Councils.

WHY ARE WE PILOTING THE PROCESS?

- We are piloting this process because, while we have agreed that the criteria and procedural components reflect the thoughts and views of our people, we need time to determine how the process will work at a procedural and practical level. A pilot is also critical for creating trust in the work. The Process will be reviewed after three years with a report back to the Assembly of Nova Scotia Mi'kmaw Chiefs on any changes that need to be made. Throughout this three-year period, we will still be monitoring the process to respond to any technical matters.

WHO HAS TO ENROLL UNDER THIS PROCESS FOR THE PILOT?

- Non-Status Mi'kmaw and Nova Scotia Mi'kmaw on the Atlantic General List will need to enroll. These individuals will have to meet the eligibility criteria of the Enrollment Process and successful applicants will then be able to utilize their harvester identification card to exercise their Aboriginal and Treaty Rights to provincially regulated renewable natural resources - by means of hunting, fishing and gathering for food and a moderate livelihood.

WHAT ARE THE CRITERIA?

- A person has to establish their (1) family connection and (2) acceptance as a member of the Nova Scotia Mi'kmaq Nation.

WHAT ABOUT BAND MEMBERS OF THE 13 BANDS?

- Individuals with a status card to one of the thirteen Mi'kmaw bands will **not** need to apply for a Nova Scotia Mi'kmaq Harvester Identification Card. These individuals will continue to use their status cards for this pilot.



CHAIR YOGA

OCT. 10th - 5:00 pm - 6:00 pm

OCT. 17th - 5:00 pm - 6:00 pm

OCT. 24th - 5:00 pm - 6:00 pm

**MILLBROOK SENIOR CENTRE
TO REGISTER PLEASE CONTACT SUNSHINE
BERNARD AT (902) 895-9468**

FREE

Resistance Training



October 3rd @ 1:30pm
Millbrook Senior Centre
For more info or to register please contact
Sunshine Bernard @ (902) 895-9468

HAUNTED HOUSE

COME IF YOU DARE!

DATE: **OCT 26 TH (SATURDAY)**
WHERE: MILLBROOK STAGE TRACK & FIELD
TIME: 6:00 PM - 7:00 PM
TO VOLUNTEER CONTACT SUNSHINE BERNARD
895-9468



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, October 8,& 22.**

Blue Bags dates are **Tuesday, October 1, 15 & 29.**

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 next season

Millbrook Family Skate Every Sunday Morning

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

October 6, 13, 20, & 27



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.

We, the Millbrook Health Team, would like to **Welcome** our three permanent Physicians to our clinic:

Dr. Beau Blois has been filling in for several months as Locum for Dr. Ferguson and will be sharing a permanent position at the health centre. He graduated from Dal Med School in 2008 and finished a Rural Family Medicine Residency program in 2010 at UBC. He worked full-time in Truro ER for the past 9 years. He is married and the father of three children. He also raises black angus beef and is an enthusiast of forestry, carpentry and woodworking.

Dr. Aliya Kelly has been filling in for the last 2.5 years in Millbrook and she is excited to transfer this into a shared permanent position. In addition to this work, for the past three years, she has been looking after inpatients at the Colchester East Hants Health Centre fourteen days a month and has helped run the inpatient (Hospitalist) program at that hospital. Before working in Truro, she held various temporary positions in family medicine around the province. Dr. Kelly began her higher education at McGill University before moving on to medical school at Dalhousie University. She graduated in 2012 and then moved to Fredericton to complete a Family Medicine Residency program, also through Dalhousie University. Dr. Kelly is with us on September 30 and October 2, 2019 9-3

Dr. Hali Bauld will be joining our team in October as a shared permanent position. She is a Family Physician who graduated from Dalhousie Medical School in 2014 and from the Dalhousie Family Medicine Residency program in 2016. She has been working as a family doctor in Truro for the past 3 years. She provides care across the lifespan from newborn to elderly populations. She has a special interest and experience in providing care to persons with addictions, sexual and reproductive health and also enjoys doing minor procedures. Her first office day is Wednesday October 9, 2019 1:30-8pm

***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 Oct 14, 4 weeks Co-ed program.
- Mikmaw Lodge** at Eskasoni, NS is Oct 14 4 week women program
- Wolastoqewiyik** Tobique Oct 7, 5 weeks co ed 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.



Halloween Youth Dance

There will be a Halloween Youth dance at the Community Hall on Saturday October 26 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 info contact Peter Gloade 902 897 1234 Music by Jeff Wilmot

Everyone is Welcome

Also PLEASE Note No grades 7 and up will be allowed 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 applies to you also. Thank you

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. ****Can you please put a block around this part-- Number of **NO SHOWS** for June (25), July (19) and August (23)

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. *****ask me about this.

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

TALKING WITH YOUR TEEN ABOUT VAPING

A TIP SHEET FOR PARENTS



BEFORE THE TALK: GET THE FACTS

Vaping is not harmless

- > Vaping can increase your exposure to harmful chemicals.
- > Vaping can lead to nicotine addiction.
- > The long-term consequences of vaping are unknown.
- > It's rare, but defective vaping products (especially batteries) may catch fire or explode, leading to burns and injuries.

Risks of nicotine

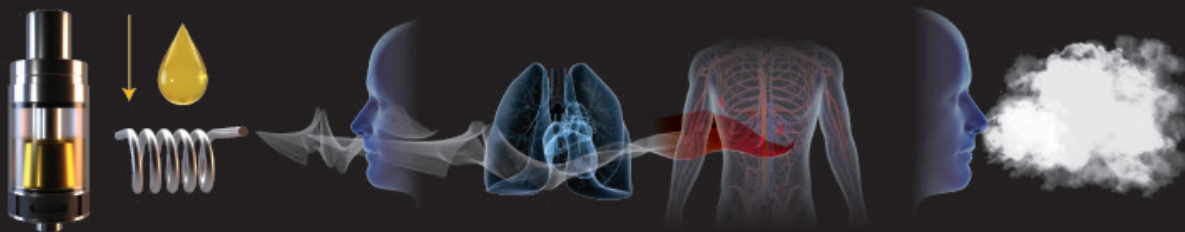
Nicotine is a highly addictive chemical. Youth are especially susceptible to its negative effects, as it can alter their brain development and can affect memory and concentration. It can also lead to addiction and physical dependence. Children and youth may become dependent on nicotine more rapidly than adults.

Although not all vaping products contain nicotine, the majority of them do, and the level of nicotine can vary widely. Some vaping liquids have low levels, but many have levels of nicotine similar or higher than in a typical cigarette. Quitting vaping can be challenging once a teen has developed an addiction to nicotine. Nicotine withdrawal symptoms can be unpleasant.

Vaping nicotine can alter teen brain development.



Even if a vaping product does not contain nicotine, there is still a risk of being exposed to other harmful chemicals.



1 Vaping liquid, which contains chemicals, is heated to become an aerosol

2 The aerosol is inhaled through the mouth and lungs where it is absorbed into the bloodstream

3 The remaining aerosol is exhaled



Health
Canada

Santé
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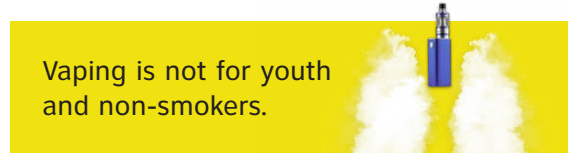
Did you know?

- > Data from a recent Health Canada survey showed that 23% of students in grades 7–12 have tried an electronic cigarette.
- > Vaping devices may also be used for other substances like cannabis.
- > Vaping products can be difficult to recognize:
 - Devices come in a variety of shapes and sizes, and some resemble a USB flash drive;
 - Liquids can have high levels of nicotine and come in a variety of flavours;
 - Vaping may not leave a lingering identifiable smell; and,
 - Add-ons like vinyl “skins” or wraps can also make these items harder to recognize.
- > Vaping products have many names, such as: e-cigarettes, vape pens, vapes, mods, tanks, and e-hookahs. They may also be known by various brand names.
- > The *Tobacco and Vaping Products Act* prohibits vaping products to be sold or given to anyone under the age of 18. Be aware of the laws in your province or territory, as some have increased the age to 19.



Vaping versus smoking

For people who smoke, completely replacing cigarette smoking with vaping will reduce their exposure to harmful chemicals. However, it is not safe for youth to use any nicotine products, including cigarettes and vaping products. If you suspect your child is addicted to nicotine, talk to your healthcare provider.



Vaping liquids

The ingredients typically found in vaping liquids include glycerol, flavours, propylene glycol and varying levels of nicotine. The long-term safety of inhaling these substances in vaping products is unknown and continues to be assessed.

The heating process can cause reactions and create new chemicals, such as formaldehyde. Some contaminants, such as metals, might also get into the vaping products and then into the aerosol.

SET A POSITIVE EXAMPLE

If you use tobacco or vaping products, be honest with your teen about the risks, and any regrets, difficulties and health effects resulting from your experience. Talk with your teen about when and why you started to smoke/vape and explain how you thought it would make you feel, and how it is affecting your health.

It is never too late to quit smoking. If you are vaping to help you quit smoking, talk with your teen about it. Talk to them about addiction and how hard it can be to quit smoking. And remember, quitting smoking is possible. For free help, visit gosmokefree.gc.ca/quit or call 1-866-366-3667.

START THE CONVERSATION

Find the right moment

Take advantage of situations where you can talk about vaping. It doesn't have to be formal. For example, when passing by a group of teenagers who are vaping, take the opportunity to have a conversation with your teen about it. Discuss the facts and correct any misconceptions.

Be patient and ready to listen

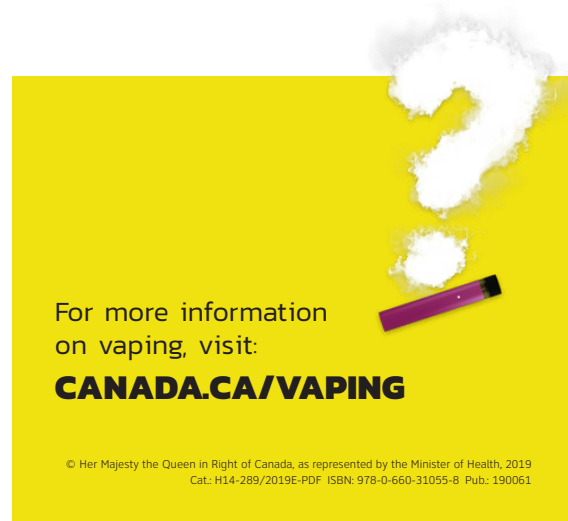
- > Avoid criticism and encourage an open dialogue.
- > Remember, your goal is to have a meaningful conversation, not to give a lecture.
- > Thank your teen for being honest with you if they tell you that they have tried vaping or vape regularly. Then offer to share some information about the risks of vaping, and discuss the benefits of being smoke- and vape-free.

Get support

- > Ask your healthcare provider to talk with you and your teen about the risks of vaping and ways to be smoke- and vape-free.
- > Consider suggesting that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counsellors whom you know are aware of the risks of vaping. These supportive adults can help reinforce your message.

KEEP THE CONVERSATION GOING

- > Don't expect to have just one conversation with your teen. Odds are you will probably need to talk about the subject many times and in many different places.
- > Strike up a conversation again whenever you have some time together. You will also find that as your teen grows, your conversations about vaping will change and reflect their growing maturity, intellectual abilities and the pressures they face.
- > Keep in mind that talking about it can also set the stage for important discussions about tobacco, alcohol, cannabis, drugs and other risky behaviours.





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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.

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October, 2019 – Millbrook Health Centre						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 HOLIDAY Treaty Day CLOSED	2 Meaghan Gladys Dr. A. Kelly Dr. Blois (pm)	3 Dr. Blois (pm) Diabetic Clinic	4 Dr. Blois (pm) Meaghan Charles Vera	5
6	7 Gladys Dr. Blois (pm) Dr. Phil Sommerfield (Podiatry) (pm)	8 Dr. Blois (pm) Gladys	9 Dr. Bauld (1:30-8pm) Meaghan Gladys	10 Dr. Blois (pm) Foot Care	11 CLOSED: 9-12pm Dr. Blois (pm) Meaghan Charles	12
13	14 CLOSED THANKSGIVING	15 Dr. Blois (pm) Dr. Kelly (full day) Gladys	16 Dr. Blois (pm) Gladys Meaghan	17 Dr. Blois (pm)	18 Meaghan Charles Vera	19
20	21 Gladys	22 Dr. Blois (pm) Gladys	23 Dr. Blois (pm) Meaghan Gladys	24 Dr. Blois (pm) Michelle Foot Care	25 Dr. Bauld (full day) Dr. Blois (pm) Charles/Meaghan	26
27	28 Dr. Kelly (full day) Dr. Blois (pm) Gladys	29 CLOSED FOR TRAINING Gladys	30 CLOSED FOR TRAINING Meaghan	31 LIMIT SERVICES FOR NEW MEDICAL PROGRAM Michelle		

No Show Appointments for Doctor for July (23) August (33) and September (21). 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