

# Millbrook Community NEWSLETTER

SEPTEMBER 2019



## Millbrook's 21<sup>st</sup> Annual Powwow

### Important Dates

- **September 2** - Labour Day - Band Office/ Health Centre will be closed
- **September 2** - King of the Mountain 9am - Mountain Golf Club
- **September 3** - Economic Development 10am
- **September 3** - By-Laws approvals 1pm
- **September 9** - Chief & Council Meeting 10am
- **September 10** - 1919 Claim Dartmouth Hampton 10am with Shubenacadie
- **September 17 & 18** - Moderate Livelihood in Membertou
- **September 23** - Consultation Meeting at 10am
- **September 24** - APC all Chief & Council 9:30am At Double tree Hilton Dartmouth

 **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](http://www.millbrookband.com).  
Millbrook's Facebook Page - <https://www.facebook.com/MillbrookFirstNation/>

## Social Assistance

Social Assistance Cheques are tentatively scheduled for: **September 12 & 26, 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 **September 9, 2019**.  
The deadline for submissions or requests to see Council is **September 6, 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](mailto:jay.m@eastlink.ca).

October Chief and Council meeting is October 8, 2019.

## Chief and Council Meetings

### August 2019

- 🌻 **September 3** - Economic Development 10am
- 🌻 **September 3** - By-Laws approvals 1pm
- 🌻 **September 9** - Chief & Council Meeting 10am
- 🌻 **September 10** - 1919 Claim Dartmouth Hampton 10am with Shubenacadie
- 🌻 **September 17 & 18** - Moderate Livelihood in Membertou
- 🌻 **September 23** - Consultation Meeting at 10am
- 🌻 **September 24** - APC all Chief & Council 9:30am At Double tree Hilton Dartmouth

Note Sept 3,9,10 and 23 requires Council attendance.



## Newsletter Deadline

**The Newsletter deadline is the 26th of each month.**

**Thursday, September 26, 2019**

You can make a contribution to the Millbrook Community Newsletter by sending your information to: [mbcommunications@eastlink.ca](mailto: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: [mbcommunications@eastlink.ca](mailto:mbcommunications@eastlink.ca)

## **Building Permits**

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

## **Tobacco Store**

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

## **New Dog Tags**

I have new dog tags for 2019 -2020 cost is \$15.00 Millbrook Bylaw Enforcement Officer, Dennis MacLeod 902-899-5240

## **Ventilation Cleaning**

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

## **Cole Harbour Treaty Gas closing September 3**

Due to change of ownership Treaty Gas in Cole Harbour is closing **September 3, 2019, at 11:00 AM**.

## **King of the Mountain Golf Tournament**

Monday, September 2, 2019

Registration 9:00-10am, Tee Time 10:00 AM

\$25 Entry Fee (includes green-fee, meal & prize)

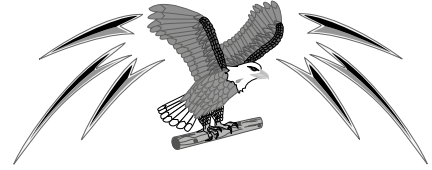
Mountain Golf & Country Club 1195 Pictou Road

For more information call Colin Bernard  
902-890-4365

## **NSMSG 2019**

I am looking for photos and stories from the Nova Scotia Summer Games 2019 for the next Newsletter. Please send them to Nigel Gloade via e-mail [mbcommunications@eastlink.ca](mailto:mbcommunications@eastlink.ca)

## **JOB OPPORTUNITY**



The Confederacy of Mainland Mi'kmaq

### **Communications Officer Mi'kmawey Debert Cultural Centre**

The Mi'kmawey Debert Cultural Centre is a project mandated by all thirteen Mi'kmaw Chiefs, and administered through The Confederacy of Mainland Mi'kmaq. Currently poised to enter architectural design for the future building at the Debert and Belmont archaeological sites, the Centre is a major initiative. Working from the existing communications strategy, the Communications Officer will play a central role in engaging Mi'kmaw communities, communicating to present funders, working with the Fund Development Officer and sustaining public communication initiatives including the MDCC website, newsletter and related communications materials.

#### **Duties of the Communications Officer include:**

- Raising the profile and awareness of the MDCC with Mi'kmaw communities, key stakeholders, primary funders, and the general public;
- Implementing, with revisions as necessary, the existing MDCC communications strategy;
- Cultivating and creating positive media stories;
- Producing print, web, periodical, site-specific advertising, and signage;
- Managing and growing the MDCC website;
- Attending public speaking events and trade shows;
- Collaborating and supporting activities of the Fund Development Officer;
- Supporting project staff and management with strategic partnerships;
- Other communication duties as identified by the Director of History and Culture.

#### **Position Requirements:**

- University degree in communications, public relations, English or equivalent;
- Three to five years experience in communications related positions;
- Knowledge of current professional standards in communications and public relations;
- Excellent writing, speaking and visual literacy skills;
- Knowledge of successful tactics for Mi'kmaw communities, Provincial and Federal governments, educators, and general audiences;
- Experience working with a variety of raw and format image files, website management software, InDesign, Microsoft Office, and Excel would be important assets;
- Experience working with Mi'kmaw First Nation communities, leadership, youth and Elders;
- Fluent Mi'kmaw and written Mi'kmaw would be important assets;
- Knowledge of and/or experience with Mi'kmaw heritage, tourism, and cultural sectors as well as knowledge of archaeology and related sciences would be an asset;
- Must have a valid driver's license, vehicle and ability to travel.

**Salary/Employment Term:** \$45,000/annual. This is a permanent position.

**APPLICATION DEADLINE: September 27, 2019 by 12 PM**

**Submit Resume to:** Michelle Hepworth  
The Confederacy of Mainland Mi'kmaq  
PO Box 1590, 57 Martin Crescent  
Truro, NS B2N 5V3  
**Ph:** 902-895-6385 • **Fax:** 902-893-1520  
**Email:** [michelle@cmms.com](mailto:michelle@cmms.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.*

## Millbrook Powwow 2019

August 9-11, 2019

Millbrook held its second Competition Powwow with \$40,000 for drumming and dancing. The 21st Annual Powwow was organized by the Powwow Committee and coordinated by Michael Stephens, they created a memorable experience filled with dancing, drumming, singing and celebrating indigenous culture. The regalia crafted by the dancers were out of this reservation, and the new updates to the powwow grounds created a fantastic backdrop for watching the dancers compete to the songs performed by multiple drumming groups. Our community truly appreciates the hard work contributed by the Powwow Committee members and a special thank you to the Arena Director Armando Lucio, Head Emcee Michael R. Denny, Co-Emcee Saqamaw Leroy Denny, Head Female Dancer Willow Abrahamson, Head Male Dancer Levi Blackwolf, the Host Drum The Boyz - TBZ, all the dancers and all the drum groups. Thanks to the Millbrook Chief and Council for funding the new Arbour. I enjoyed my powwow experience over the weekend and can't wait until the next year's powwow.





## **Head Male Dancer for the 2019 Millbrook Competition Powwow:**

Levi BlackWolf (Warm Springs/Yakama) is a citizen of the Confederated Tribes of Warm Springs, Oregon. He is a father, traditional and contemporary artist, dancer, and horseman and spends a majority of his time traveling throughout Indian Country. As a traditional artist, he beads, sews, and works with quills, shells and leather and is an old style horsetail and slick style round bustle dancer seen frequently on the powwow trail. His traditional creations and dancing connect him with his Columbia River Plateau roots including his ancestor's long history of horsemanship. As a contemporary visual artist, he works through the mediums of photography, videography, graphic design and screenwriting and is known for his ability to integrate traditional imagery with contemporary graphic design. His artistic mediums have provided a way for him to express his creative talents, honor the artistic traditions of his people, and document Indigenous culture for future generations.

We're excited to have Levi joining us this year as an honoured guest to our powwow and look forward to witnessing his unique style of dance, wela'liog

## **2019 Millbrook Powwow Head Lady:**

Willow Rose Abrahamson "Buh'ha Wiyipuh" is an internationally recognized champion jingle dance, model and cultural presenter. She is Lemhi Shoshone Bannock (Agai-duka Salmon Eater Band) with Colville Confederated (Wenatchi and Moses Band), Coeur D'Alene and Spokane tribal blood in her bloodlines. Willow is extremely honored to be selected Head Lady of the 21th annual Millbrook First Nation's Competition Powwow.

Buhnuh, I am very excited about being in the eastern corridor of this continent in Nova Scotia, Canada to experience and share my dance and culture with the Mi'kmaq Nation. Alongside my Warm Springs brother Levi, I will be dancing to honor the people, encourage the youth, and to enjoy the spirit of our songs and dances. I am also looking forward to seeing the culture and hearing the language of the Mi'kmaq peoples. I have traveled to many powwows throughout North America, but it will be my first time in Nova Scotia. I look forward to this experience. Oose.













# Education Newsletter September 2019

## **SCHOOL STARTS**

The first day of classes for students is Thursday, September 5<sup>th</sup>.

The first day for Millbrook staff is Tuesday, September 3<sup>rd</sup>.

## **MILLBROOK STAFF**

Bryant Vance will be back at CEC;

Tom Wilson will be back at TJHS, we would also like to welcome Krista Paul and Jillian Maloney who will both be at TJHS this school year.

Jen Gloade, Shelley Gloade and Lisa Wilmot will all be back at TRES; and

Juliana Paul will be 2 days at TRES and 3 days at TJHS. Welcome everyone!!

## **SCHOOL SUPPLIES**

School supply cheques will be issued as soon as possible once applications are completed and processed.

School supply amount is \$125.00, Millbrook will once again be paying TRES directly for school supplies. Millbrook will also be paying TJHS for Grade 6 ONLY. \$30.00 for Primary and 1, \$35.00 for grades 2 to 6. This will be deducted directly from your school supply cheques.

School supply lists for all other grades at TJHS will be available at the Band Office Receptionist desk.

## **LUNCH ALLOWANCE**

Lunch Allowance cheques for ON RESERVE will be issued on Thursday, August 29<sup>th</sup>. Lunch allowance for Off Reserve will be issued on Monday, October 2<sup>nd</sup>.

Welcome to Mike Gillis as our new bus driver!!



## **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**

## Recreation Camp

A big Thank you to all my Summer students at Recreation camp 1 this summer, Sophie Bernard, Marissa Brooks, Ava Martin, Taylor Sylvester and Jaden Kennedy. Each of them showed good work ethics, dedication and teamwork this summer, helping our campers to have a busy, safe and fun summer.

Thank you to Chris Stevens and Mike Gillis for driving us safely to all our destinations and staying sane with all of our camp bus schedules :)

Thank you to our Wilderness man Stephen Marshall for volunteering your time to provide us with our wilderness day - bug eating, fire building and medicine/ plant walk was awesome!!

Thank you to CMM/green team, Leana & Shane Kennedy for providing us with our compost buckets for our "compost bucket challenge."

Thank you to all the parents at each camp for ensuring your children were following our Summer Camp policy and helping us to create a safe environment for all our campers at each camp :)

BIG SHOUT OUT to all the Summer Camp students at all our camps, you guys did a great job this summer!!

Thank you Debbie Glode for all your years of dedication and commitment to ensuring our camps were run smoothly and efficiently and for not yelling at me 'every-time' we kind of go over budget!! ;)

WE WILL MISS YOU!!

Sue Marshall





## **Treaty Enterprises – Human Resources Coordinator**

Treaty Enterprises is seeking a self-motivated professional for the position of Human Resources Coordinator for the Treaty Office location in Millbrook. The HR Coordinator is responsible for ensuring that proper Human Resources management practices are implemented and followed throughout Treaty Enterprises and ensuring the business is compliant with all Employment Standards, Occupational Health and Safety, and Human Rights regulations and legislation.

### **Job duties include but are not limited to:**

- Advising on HR Management issues to the General Manger as described in the Human Resources Policy
- Coordinating all the recruitment, orientation, performance appraisals, and dismissal processes as outlined in the Human Resources Policy
- Managing Occupational Health and Safety and Workers Compensation compliance

### **The successful candidate would ideally possess the following qualifications:**

- Minimum one year Human Resource management experience
- Degree in Business Administration with specialty in Human Resources or equivalent work experience and professional training
- Exceptional Human Resource management skills as well as excellent interpersonal and communication skills
- Knowledge of employment standards, occupational health and safety, and human rights regulations and legislation
- Ability to multi-task
- Ability to work as part of a team
- Flexibility, adaptability, and professionalism
- Organizational skills
- OHS, First-aid, and WHMIS certificates
- Ability and willingness to travel on occasion (valid driver's license required)

This position requires a completed clear criminal records check in order to fulfil the position.

**Application deadline:** Please submit your resume and cover letter to the Treaty Enterprises Office, located at 10 Treaty Trail, Millbrook, NS, by **September 4, 2019**.

**Please note not all who apply will be contacted for an interview.**

August 16, 2019

There have been many concerns voiced about the sudden appearance of at least nine persons or businesses selling cannabis on Millbrook Band Lands. Many of you have contacted various members of Council and the Band Administration to express concern for the safety and well-being of community members. We share these concerns too.

Under the existing Canadian law, each province is responsible for the licensing of the retail sale of cannabis, while the federal government is responsible for the licensing of growers. To the best of our knowledge, there are no provincially licensed sellers of cannabis in our community.

Some of these sellers will suggest they have a Treaty or an aboriginal right to sell cannabis, however, the legal merit of such arguments are unproven and risky. Aboriginal rights are held collectively, not by individuals. Certainly, challenging laws based on arguments about what our Treaty rights permit us to do has worked for the Mi'kmaq in the past. However, putting our Treaties before the courts in this way places them at risk of being undermined to the detriment of the Mi'kmaq as a whole. It is not a matter to be undertaken lightly.

The Millbrook Chief and Council are exploring the development of a regulatory framework for the access to cannabis industry in Millbrook. While we remain confident a regulatory system that our community can embrace will be established, this will take time, given the need to first engage the community and the complicated interplay between the federal and provincial laws and our own jurisdiction.

We want to assure you that in the coming months, our priority will be the health, safety, security and good reputation of our community. These are unique challenges that we face and we ask that people remain patient during this time.



Chief Bob Gloade &amp; Millbrook First Nation Council

For more information contact:  
Shelly Martin, Legal Counsel for Millbrook Band at [shelly.m@eastlink.ca](mailto:shelly.m@eastlink.ca) or (902) 897-9199.



## Employment Opportunity

### Director of Educational Services

Millbrook First Nation is seeking a **Director of Educational Services**. This is a full-time position. The successful candidate would be required to work 32 hours per week. This position operates under the direct supervision of the Millbrook Band Administrator. The Educational Services Director will coordinate and supervise the Millbrook Education staff within the provincial school system as well as the Millbrook Early Education Centre.

#### **The successful candidate would ideally possess the following qualifications**

- Undergraduate degree or post-secondary degree in Education;
- Excellent written and verbal skills;
- Excellent Organizational and time management skills;
- Experience organizing programs;
- Excellent interpersonal skills;
- Experience in writing funding proposals;
- Experience and ability to supervise staff;
- Ability to work as a team member and/or independently;
- Must be capable of working effectively with minimal direction;
- Must be willing to submit to a background check;
- General knowledge of Mi'kmaq culture, and general issues on the Millbrook First Nation;
- Preference will be given to Millbrook Band Members of Mi'kmaq descent.

#### **Specific Responsibilities**

- Supervision of staff;
- Manage programs specific to Millbrook students (Lunch program/Attendance etc.);
- Excellent Organizational and time management skills;
- Experience organizing programs;
- Work closely with provincial schools where our students attend;
- Be an advocate for First Nation students;
- Other related duties as may be required.

**Salary** - \$50,000 - \$52,000 based on experience/qualifications

Please send resume, cover letter and references to:

**Carla Asprey**  
**Native Employment Officer**  
**Millbrook Administration Office**  
**Phone: (902) 897-9199 ext. 122**  
**Fax: (902) 897-0678**  
**Email: [millbrookemployment@eastlink.ca](mailto:millbrookemployment@eastlink.ca)**

**Application deadline:** Please submit your resume to the Millbrook Band Office attention Carla Asprey by **Wednesday, September 4<sup>th</sup>** no later than 4:30pm.

# COMMUNITY NOTICE

August 22, 2019



Maw-lukutijik **Saqmaq**  
Assembly of Nova Scotia  
**Mi'kmaq Chiefs**

## Moose Harvester Checkpoints

*As Mi'kmaq, we have an inherent right to access and use our resources.*

*We also have a responsibility to the environment, and the plants and animals that live within it.*

In our long held tradition of Netukulimk, we have always balanced community nutrition with the integrity of our environment. Today, you have an important role in helping us to protect and better understand the Cape Breton moose population.

Mi'kmaq harvesters have been requesting checkpoints in the Cape Breton Highlands and we have listened and taken this request very seriously.

Starting this year, checkpoint stations will be set up at Hunter's Mountain and Wreck Cove and will be there throughout the harvesting season, operated by both Mi'kmaq and Lands & Forestry representatives.

Stopping at these checkpoints is voluntary, but we are asking Mi'kmaq harvesters to help us preserve, protect and understand this very important species. If you are successful in this year's harvest, please stop into one of our checkpoints.

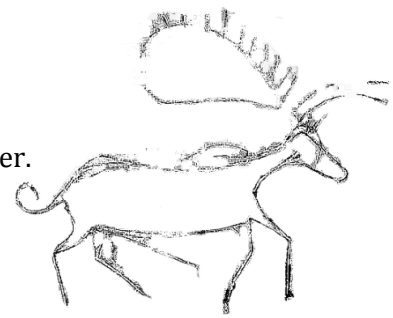
At these check stations, we will be collecting lower jaw bones, female reproductive tracts, and antler measurements to help us all better understand the health of the moose population. We are also asking for heart, lungs, liver, head and scat samples. A brochure on how to collect these samples will be given out at the 2019 Mi'kmaq Summer Games, can be found on the Assembly, UINR or KMKNO's Facebook pages, and/or are available at the check point stations.

Each person who drops off the lower jawbone and either the female reproductive tracts, or antler measurements, along with a completed survey will be entered into a draw for one of three prizes:

- *Cabela's Ultimate Alaknak Tent;*
- *Ascend CD14 Canoe with paddles and life jackets; or*
- *Reconyx HyperFire2™ High-Output Trail Camera.*

The draw will take place at the Annual Feast in the Highlands in October.

We thank you for your involvement and helping us to ensure that the moose population stays healthy for years to come.



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**For additional information, please contact:**



Kwilmu'kw Maw-klusuaqn Negotiation Office  
**Mi'kmaq Rights Initiative**

Our Rights. Our Future.

Phone: 902-843-3880



Phone: 902-379-2163



## Millbrook Youth Centre

We welcome youth ages 12 to 18. Millbrook's Youth Centre is open every weekend from 6 p.m. until 11 p.m. and supervised by our part-time staff. Members are required to follow our scheduled planned activities. We expect the rules to be followed, such as no bullying. Please contact Cheyenne Isaac-Gloade or any of our staff regarding the Youth Centre. Below is this month's schedule.

Telephone Number: (902) 893-1762  
Cheyenne's Cell (902) 977-0632

### MILLBROOK YOUTH CENTRE SEPTEMBER 2019 SCHEDULE

Friday September 6 - Cheyenne & Jillisa  
Back to School Party! (food, games and prizes)

Saturday September 7 - Cheyenne & Jillisa  
Millbrook Youth Dance

Friday September 13 - Renae  
Chill/ Movie Night

Saturday September 14 - Renae  
Healthy Snack Making Night

Friday September 20 - Marissa & Jillisa  
Beading Night (new supplies will be available)

Saturday September 21 - Marissa & Jillisa  
Baking Night (Nailed It)

Friday September 27 - Marissa & Cheyenne  
Yoga & Self Care Night

Saturday September 28 - Marissa & Cheyenne  
Healthy Cooking Night

# 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](http://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, August 6, 13, 20 & 27.**

Blue Bags dates are **Tuesday, August 6 & 20.**

All items must be at curbside 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,

September 1, 8, 15, 22 & 29.



## 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.

### **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](http://www.centralnovaarea.ca)

*\*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](http://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](http://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 Sept 9, 3 weeks Relapse program
- Eagles Nest Recovery house** Indianbrook Sept 2, 5 weeks Co-ed program.
- Mikmaw Lodge** at Eskasoni, NS is Sept 2 2 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.**



## **Back to School Youth Dance**

There will be a Back to School Youth Dance at the Community Hall on Saturday, September 7, we'll be giving away pizzas and movie cards. Starts at 7pm until 9pm and dancing for grades 6 & under begins at 9pm until 11pm, for grades 7 & up also canteen will be available. For more information, contact Peter Gloade at 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><b>Sunday</b></u>	<ul style="list-style-type: none"> <li>• Archery 6pm</li> </ul>
<u><b>Monday</b></u>	<ul style="list-style-type: none"> <li>• Kids free play 6-7:45pm</li> <li>• Men's pick up Basketball starts at 7:45pm</li> </ul>
<u><b>Tuesday</b></u>	<ul style="list-style-type: none"> <li>• League Volleyball 6-9:30pm</li> </ul>
<u><b>Wednesday</b></u>	<ul style="list-style-type: none"> <li>• Kids free play 6-7:30pm</li> <li>• Men's pick up Basketball 7:30pm</li> </ul>
<u><b>Thursday</b></u>	<ul style="list-style-type: none"> <li>• Kids free play 6-7:30pm</li> <li>• Pick-up Volleyball 7:30pm-close</li> </ul>



**Capital Assets  
Millbrook Band Council  
June 5, 2019**

1. The Millbrook Band will replace capital assets that came with the original house for CMHC homes and other Band owned and controlled homes.
2. Capital asset items will only be replaced when they are no longer performing or operating as originally intended, has achieved/reached their generally accepted useful life and any further repair or maintenance work will not ensure continued reasonable performance or operation.
3. All capital asset items will only be replaced after inspection/recommendations from Millbrook Construction Supervisors or designates.
4. The following items are considered capital assets:
  - Roofs, including coating and flashing
  - Exterior doors and windows
  - Heating systems, including boilers (hot water or steam), forced air furnaces, chimneys and related components, heat pumps
  - Domestic hot water tanks, septic tanks, and tile beds (fittings and controls replaced during the course of regular routine maintenance are not eligible)
  - Stove and refrigerators
  - Toilets and tubs
  - Smoke detectors
5. The following items must be pre-approved by Band inspectors:
  - Replacing foundations or significant portions of foundations
  - other structural components such as wall, floor and roof framing
  - Plumbing systems
  - Electrical installations including project transformers
6. If the homeowner does not pay rent they do not qualify to this policy except for the roof, chimney, venmar, heat pump, water and sewer.



Attention Novice Players,

We are pleased to announce that we will be hosting our Novice Day on Saturday, October 5<sup>th</sup>.

To participate, players must be registered with The Truro and Area Minor Hockey Association. Registration is available online at <http://bearcats.goalline.ca/>

Last year we introduced our first all Female Novice Team in our area. Due to the huge success we will continue with this format. Colchester Female Minor Hockey and The Truro and Area Minor Hockey Association are continuing to collectively work together to grow Female Hockey.

All registered Novice players are encouraged to attend our Novice Day on Saturday, October 5<sup>th</sup>. Ice time will be confirmed at a later date. Players will have the opportunity to participate in an on-ice session, full hockey gear is required.

For more information, please contact:

Joe Young  
[lgy839@hotmail.com](mailto:lgy839@hotmail.com)

Charlene Bagnell  
[charlenebagnell@eastlink.ca](mailto:charlenebagnell@eastlink.ca)

Dave Hazelton  
[tamhafemalerep@gmail.com](mailto:tamhafemalerep@gmail.com)



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27th**

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games

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special  
games

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Jack Pot

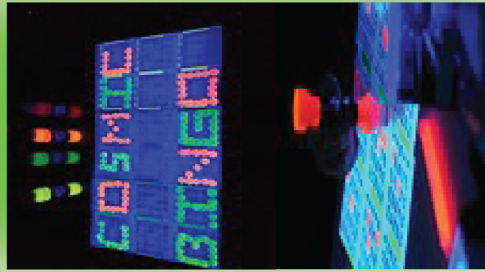
**SEPTEMBER 2019**

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Advisor  
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Cell: 902-986-3932  
[derrick.higgins@sunlife.com](mailto:derrick.higgins@sunlife.com)  
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September 2019 – Millbrook Health Centre						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 HOLIDAY (closed)	3 Dr. Blois (pm)	4 Dr. Blois (pm)	5 Dr. Blois (pm) Michelle	6 Dr. Blois (pm) Meaghan Charles Vera	7
8	9 Gladys	10 Dr. Blois (pm) Gladys	11 Dr. Blois (pm) Meaghan Gladys	12 Dr. Blois (pm) Foot Care	13 Dr. Blois (pm) Meaghan Charles	14
15	16 Dr. Blois (pm) Vera (full day) Gladys	17 Dr. Blois (pm) Gladys	18 Dr. Blois (pm) Gladys Meaghan	19 Dr. Blois (pm)	20 Meaghan Charles	21
22	23 Dr. Blois (pm) Gladys	24 Dr. Blois (pm) Gladys	25 Dr. Blois (pm) Meaghan Gladys	26 Dr. Blois (pm) Michelle Foot Care	27 Charles Meaghan Vera	28
29	30 Dr. Kelly (full day) Gladys					31