

# Millbrook Community NEWSLETTER

DECEMBER 2019



## Millbrook First Nation Community

### Important Dates

- **December 3** - Economic Development 1pm in chambers ( Duly Convened)
- **December 7** - Deer Lake Christmas Dinner
- **December 9** - Cole Harbour Christmas Dinner
- **December 10** - Chief and Council Meeting 10am (Duly Convened)
- **December 11** - CMM Chief and Council 9:30 am Holiday Inn
- **December 11** - Sheet Harbour Christmas Dinner
- **December 16** - Consultation Highlands National Park 10am in Chambers
- **December 16** - Millbrook Christmas Dinner
- **December 25** - Christmas



**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

## Holiday Hours

The Millbrook Band Office will be closed for the holidays from December 20, 12pm until January 6, 9am.

## Website & Facebook Page

**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: **December 5 & 19, 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, December 10, 2019.**

The deadline for submissions or requests to see Council is **Friday, December 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).

January's Chief and Council meeting is January 14, 2019.

## Chief and Council Meetings

## December 2019

- 🍁 **December 3** - Economic Development 1pm in chambers ( Duly Convened)
- 🍁 **December 7** - Deer Lake Christmas Dinner
- 🍁 **December 9** - Cole Harbour Christmas Dinner
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## Newsletter Deadline

**The Newsletter deadline is the 24th of each month.**

**Tuesday, December 24, 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>

**HAPPY HOLLIDAYS FROM  
CHIEF AND COUNCIL**



# Community

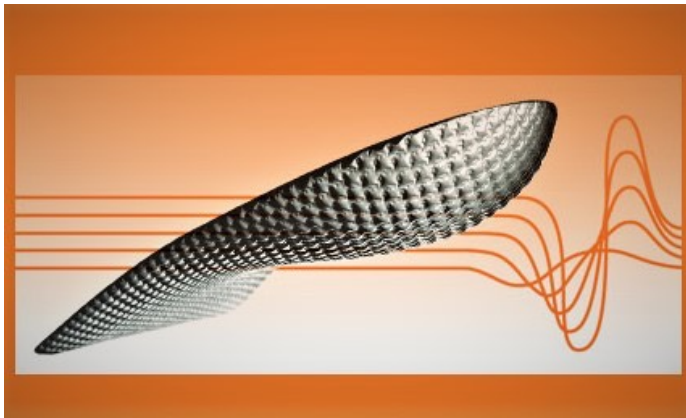
The Community page; this may include birthday messages, recent or historic photos, congratulations to a person or group, public events, items for sale, availability for odd jobs. To have your information posted on the newsletter and website send your information to Nigel Gloade by calling the office at (902) 897-9199 extension: 119, iMessage or e-mail: [mbcommunciations@eastlink.ca](mailto: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.

## **Happy Holidays**

Etaway Wli-Newelewin Aq Pusu'l Puna'ne  
Merry Christmas and a Happy New Year  
from Gord Johnson & family.

## **Millbrook Seniors Craft Day**

Framed Art with Crystal Gloade

**Tuesday December 3rd, 2019**

Millbrook Seniors Centre

Call Health Centre to sign up

895-9468

## **Millbrook Seniors 65+ Christmas Party**

**Friday Dec 6th 2019**

5:30 p.m.

Holiday Inn on Prince Street (upstairs)

**You must call to sign up by Wednesday Dec. 3rd**

Ward Markies Bus Service will pick elders up at their home, let us know if you will need this service when you call. To sign up call Health Centre at 895-9468S

## **First Communion Class**

First Communion classes will be starting in the new year. Please come to a meeting to discuss the times and to register your children.

Ages: Grade 2 and above

Millbrook Seniors Center

**Monday December 8th at 5:30 p.m.**

For more information contact Colin Bernard at 895-9468

## **Results From Referendum**

**Subject: 1919 results - Millbrook**

Numbers of voters entitled to vote: 1,483

Number of voters who voted: 899

Number of voters who voted in favour: 795

Number of voters who voted against: 100

Number of rejected votes: 4

**Subject: Duncan MacMillan/Tufts Cove Results**

Number of voters entitled to vote: 1,483

Number of voters who voted: 900

Number of voters who voted in favour: 802

Number of voters who voted against: 94

Number of rejected ballots: 4

**More updates to come next month. Chief and Council is meeting on Tuesday, December 3, 2019.**





# 20 Years of Celebrating Remembrance Day





## A Note from the Director of Education!



### **Hello Millbrook Members!**

Please be advised that all education policies have been updated to allow for processing time for myself and our accounting team. Any applications dropped off, will now have a standard three (3) working day processing time, as long as all required documents are included. (ie. Requests/applications on Monday will be processed by Wednesday, and if Monday is a Holiday they will be processed Thursday)

The attendance incentive cheques will be released on Dec 20<sup>th</sup> 2019. (assuming Novembers attendance is received prior to December 14<sup>th</sup>)

Lunch Cheques will be released Friday Decemeber 6<sup>th</sup> 2019 (assuming attendance is received prior to December 5<sup>th</sup>)

Please note – Wrestling fees are not covers under Education, please fill out an application with the tobacco store to be reminbureed. Varsity sports are covered within Education (ie. Varsity Volleyball)

Wishing you all a very Happy Holiday season, and all the best in the New Year 😊

Cheers,

Hannah Asprey





## Millbrook Early Education Centre News

### Important Dates

#### In December

Friday, December 20<sup>th</sup>, 2019

**LAST DAY OF CLASSES**

**CENTRE CLOSED AT 4PM**

Monday, December 23<sup>rd</sup>, 2019 – Friday,  
January 3<sup>rd</sup>, 2020

**CHRISTMAS BREAK**

Monday, January 6<sup>th</sup>, 2020

**ALL STUDENTS AND STAFF RETURN  
FROM CHRISTMAS BREAK**

#### Kind reminder:

Preschool 8:30-2:00

Primary 8:30-2:30

Thursdays

Swimming for Primary

Tuesdays & Wednesdays

Mi'kmaw Language for  
Grades 1 & 2

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

# HAPPY HOLIDAYS



### 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



**Christmas Concerts Dates and Times!**

**December 10 – Grades Primary & 1 – 9am and 6:30pm**

**December 11- Grades 2 & 3: 9am and 6:30pm**

**December 12 – Grades 4 & 5 (including Ms. Reids class): 9am and 6:30pm**



Parents please have your student at the school for 6:00pm and have them go to their classroom. Parents/Guardians are welcome to attend either in the morning or evening or both!

There will be bus provided to come watch the students; pick up will be at the Millbrook Gym.

**Important Dates**

December 10 - Primary & 1 Christmas Concert

December 11- Grades 2 & 3 Christmas Concert

December 12- Grades 4 & 5 Christmas Concert

December 12 – Christmas Turkey Dinner (no alternative on this day so if you know your student does not like Turkey please pack them a lunch)

December 20 – Last day of School before Christmas break!

January 6 – First Day back after Christmas!!!

February 18 & 19 – Primary Registration for Truro Elementary





## ***WINTER WEATHER!!!!***

It is now getting colder outside, please make sure your student is dressed for the weather.

If you know your student is going to be late or absent please call the school (902) 896-5755 or contact Juliana.

*Juliana's Days: Monday, Tuesday and Thursday – Truro Junior High*

*Wednesday and Friday – Truro Elementary*

Have a Safe and Merry Christmas from our Millbrook Support Staff at Truro Elementary

Jen Gloade – 902-986-4224

Shelley Gloade – 902-899-2415

Lisa Wilmot – 902-986-5010

Juliana Paul – 902-890-0461





WELCOME TO SHANELLE  
MARTIN, YOUR NEW NATIVE  
SUPPORT WORKER! DROP BY AND SAY  
HELLO TO SHANELLE AT THE NATIVE  
SUPPORT ROOM!

**From the desk of Mr.  
Wilson**

Term 1 report cards were sent home on Tuesday Nov.26, 2019.

The Public Portal is now open!!! Parents can now see their child's marks online!!!

Parent/Teacher was held on Thur.Nov.28th at 6:00-8:00pm and on Fri.Nov.29th at 1:00-3:00pm.

If any grade 8 or 9 parent(s) have any questions or concerns about their child's academic achievement and were unable to come to TJHS on the dates listed above, please know that I would still be happy to discuss your child's performance. Please call me at 896-5550 ext. 232 ...if I'm not in the Millbrook Learning Centre then I'm in a classroom with Millbrook students...Please leave me a message on my answering machine stating your concern with a phone number and time you can be reached and I will call you back as soon as I can.

Students remember to get a copy of any notes missed if you are absent and see your Teacher to get any assignment sheets etc. especially the ones that are to be passed in to be marked.

I see a few students that have fallen into a bad pattern of behavior of waiting until "the last minute" before a project or assignment is due before they start working on them or asking for help or assistance. Students...just in case you don't know...you are allowed to work on projects and assignments as soon as they are assigned...you can even work on them at homework club or on the weekends.

Students are reminded that the Millbrook Homework Club runs on Monday to Thursday after school from 3:30 – 4:30 in the Millbrook Learning Centre.

Some of the Grade 8 and 9 students still do not have their own Scientific Calculator...Hard to do a Math Test without one these days. I have a few that I lend out ... but it is first come first serve...It would be great if Santa could drop by Wal-Mart or Staples and pick up a \$10 Scientific Calculator...they make GREAT Stocking Stuffers!!!

As soon as we get back after Christmas Break in January, I will start helping the Grade 9's with choosing their courses for Grade 10 next year.

Happy Holidays  
Mr. Wilson ☺

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,

It is hard to believe that the holiday break is upon us. Students are eager for this break as many have been working hard to complete major assignments and essays. When students return on January 6<sup>th</sup> it is a short two weeks before in-class exams begin (Jan. 20<sup>th</sup>) and formal exams on January 27<sup>th</sup>. I suggest that students use the break to reconnect, rejuvenate, and relax before the final push in January.

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 an 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](http://www.cec.ccrce.ca)

Bryant Vance  
 First Nations Education Support Teacher  
 902-896-5728 (Classroom)  
 vancebw@ccrce.ca

## **Important Dates**

- December 20 – Last day of classes before Christmas break
- Jan 6<sup>th</sup> First Day of classes after the Christmas Break
- Jan 20<sup>th</sup>- 24<sup>th</sup> In class exams
- Jan 27<sup>th</sup>-30<sup>th</sup> Formal Exams
- Jan 31<sup>st</sup> – Assessment and Evaluation Day (NO CLASSES)
- Feb. 3<sup>rd</sup>- Start of Semester 2

## **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**

Tyler Johnson- Wrestling  
Corey Dennis- Wrestling  
Ava Martin- Volleyball  
Mia Maloney- JV Volleyball  
Frankie Sylliboy- Varsity Basketball

### **December Birthday**

Brandon Martin

### **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/>

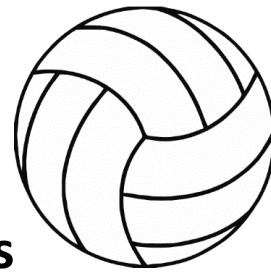
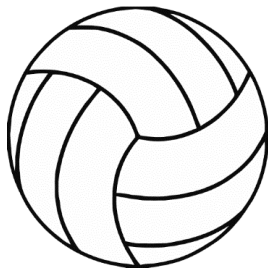
### **IMPORTANT!! ATTENDANCE REMINDER**

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](http://www.ednet.ns.ca/student-attendance-and-engagement-policy)



## CEC Sport Schedules

### JV Girls Volleyball

- Northumberland Regional CHAMPIONS!!!
- TBD NSSAF Provincial Championships - Friday & Saturday, Nov 29 & 30 (host Capital Region Champion)

### Girls Volleyball

- TBD NSSAF Provincial Championships - Friday & Saturday, Dec 6 & 7 (host region: Highland)

Fundraising for  
**SAINT ANNE DE BEUPRÉ**

Many wonderful prizes to be won!

**MILLBROOK 2019 ANNUAL SENIOR'S CHRISTMAS DRAW**

Draw Date: Wednesday, December 11<sup>th</sup>, 2019 at 2:00pm  
Draw Location: Millbrook Band Office  
Tickets: \$2.00 each or 3 for \$5.00



Millbrook First Nation 2019 Christmas Dinners

YOU'RE INVITED TO AN

  
**UGLY**

**SWEATER XMAS PARTY**



**Newfoundland**  
**Dec. 7th @ 7pm**  
**Holiday Inn, Deer Lake**



**Cole Harbour**  
**Dec 10th @ 6pm**  
**Double Tree Hilton - 101 Wyse Road**



**Sheet Harbour**  
**Dec 11th @ 6pm**  
**Legion, Watt Section Highway #7**



**Millbrook**  
**Dec. 16th @ 6pm**  
**Legends Bingo Hall, Millbrook**



**For more info contact Sunshine Bernard at 902-895-9468**

**MILLBROOK**

# Christmas PARADE

**Millbrook Senior Centre  
Dec. 22 (Sunday) @ 3pm**

**Enter your float in this year's Parade...**

**First Place: \$200  
Second Place: \$150  
Third Place: \$100**

**Please arrive by 2:30pm to register your float!  
For more info please contact Sunshine Bernard 902.895.9468**





# CHRISTMAS Decorating Contest

Millbrook - Sheet Harbour/Beaver Dam - Cole Harbour

DECEMBER 18th, 2019

Have your lights on between 5:00pm - 10:00pm

1st - \$200.00

2nd - \$150.00

3rd - \$100.00

[www.millbrook.ca](http://www.millbrook.ca)



*Happy New Year!*

Fireworks Display

Tuesday, Dec. 31st Midnight

Ballfield #2 on Willow Street

Millbrook





# ARE YOU INTERESTED IN A VACATION IN HAWAII???

So am I...*but* I got your attention!

**WHO:** YOU! That's who!

**WHAT:** Information on the background of Treaty Ed, CCRCE's plans for professional development, resources, etc. Quiz! Role play! History! Discussion! Good times...

**WHEN:** Thursday December 12th 6-8pm

**WHERE:** Senior's Centre (*sooo comfy!*)

**WHY:** Chat, chill, learn...

**HUH?** Need more info? Call! Email! Text!  
902 890 7259 or googoom@ccrce.ca

*N'muttis!*

# Snow Board / Ski Program Meeting

**For Youth – Age 9 & Up who are willing to participate in the Snow-Board/Ski Program MUST attend this meeting.**

**When: Thursday December 12<sup>th</sup>, 2019**

**Time: 6:30 – 7:30pm**

**Where: Millbrook Community Hall**



**Contact: Colin Bernard (902) 890-4365**



**Car Seat Safety**  
**Millbrook Senior's Centre**  
**December 14th, 2019**  
**10am—2pm**

**Information session on how to properly install Car Seats  
and the Provincial Safety Regulations.**

**For more info contact :  
Sunshine Bernard  
Community Wellness Coordinator  
902.895.9468**



# Have YOU ever wondered about:



• Cancer Health Data in Mi'kmaq communities?

• How Cancer works in the body?



• Risk factors associated with Cancer?

• The importance of Cancer screening?



**FREE FOOD  
DOOR PRIZES  
CANCER BINGO**

## IF YES, PLEASE JOIN THE DISCUSSION:

# CANCER 101



**Millbrook Health Centre**

**Thursday, December 5th, 2019**

**5:00 pm - 7:00 pm**

**FREE FOOD**

**DOOR PRIZES**

**CANCER BINGO**



**CHANCE TO WIN:**

- \$50 Mastercard

- 5 x \$10 Tim Cards

**Presented by:**

Mi'kmaq Nation Cancer Care Strategy



# **4-H Information Session**

**December 27<sup>th</sup>, 2019**

**2 pm – 4 pm**

**Community Hall**

**Refreshments will be  
provided**

**For more information:**

**Call Colin Bernard**

**(902) 890-4365**

## ARE YOU AFRICAN NOVA SCOTIAN OR MI'KMAW AND THINKING ABOUT LAW SCHOOL?

The IB&M Initiative, Schulich School of Law, Dalhousie University  
will be hosting the following sessions:

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### IB&M INITIATIVE INFORMATION SESSION

Thursday, December 5<sup>th</sup>, 2019 | 5:30pm-7:30pm | Room 411 (Glube)

### LAW SCHOOL ADMISSION TEST (LSAT) PREP SEMINAR

Saturday, December 7<sup>th</sup>, 2019 | 9am-4pm | Room 309

This session is to help prepare for the February 22, 2020 LSAT test. Deadline to register for this test is Tuesday, January 7<sup>th</sup>, 2019. Please visit [www.lsac.org](http://www.lsac.org) for more information on test dates, fees, testing centres and registration deadlines.

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All sessions will take place in:

**Weldon Law Building**  
**6061 University Ave.**  
**Halifax, NS, B3H 4R9**

**NO FEES BUT SPACES ARE LIMITED.**

To register, please contact IB&M Initiative Administrative Assistant, Valerie  
Armstrong at **902-494-1639** or **ibandm@dal.ca**

 **DALHOUSIE  
UNIVERSITY**  
SCHULICH SCHOOL OF LAW  
Indigenous Blacks & Mi'kmaq Initiative







## CHIEF AND COUNCIL NOTICE

November 18, 2019

### **Nova Scotia Power Smart Meters Coming Soon To Your Community**

Nova Scotia Power will be introducing new Smart Meters technology that will be installed to homes in Nova Scotia, which will include all 13 Mi'kmaq Communities. In June of 2018, Nova Scotia Power Inc. (NSPI) received approval from the Nova Scotia Utility and Review Board to upgrade all electrical meters on homes and businesses to Smart Meters, which will help in modernizing Nova Scotia's electrical system.

There will be as many as 500,000 upgrades throughout Nova Scotia. We hope that our Mi'kmaq people will have the opportunity to work during this installation and be a part of these new changes.

The installations will begin this Fall and will continue into 2021, until all upgrades are completed. Once the Smart Meters are installed, they will activate the new and improved smart technology.

NSPI has contracted *Tribus Services* to do the meter upgrades. *Tribus* has over 20 years of experience and has completed more than 25 million Smart Meter upgrades. *Tribus* will perform the upgrade in accordance with NSPI's safety requirements and customer service standards.

#### **Benefits of Smart Meters**

- Access to daily information on your energy consumption, enabling you to make more informed decisions on how you use electricity. You'll also have the option to set billing notifications to help manage your electricity costs.
- Smart Meters will notify NSPI when your power goes out. They will be able to troubleshoot remotely, and, if needed, send a crew to help get the power back on. This will enable a quicker response in the event of an outage.
- Smart Meters will enable remote connection or disconnection of electricity without an on-site appointment, making it quicker and easier for you.
- Job opportunities within Mi'kmaq communities: *Tribus* have been hosting career fairs across the province. They are hiring for a variety of positions including Electric Meter Installers.

**Additional information will be sent to you and your communities regarding the upgrades as the project moves forward. If you have additional questions please contact: Tanya Johnson-MacVicar at 902-305-3476 or [TJMacVicar@mikmaqrights.com](mailto:TJMacVicar@mikmaqrights.com) Wela'liek!**



### 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.**

**NO BLACK BAGS** are allowed

Recyclable items must be in Blue Bags and cannot go together in one bag.

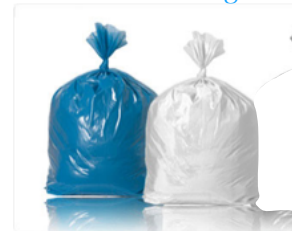
Paper, cardboard, and textiles go in one blue bag and plastics, cans, and glass goes in another blue bag.

**Garbage is picked up every week.**

Compost bin dates are **Tuesday, December 3, 17, & 19.**

Blue Bags dates are **Tuesday, December 10 & 24.**

**All Items must be curbside by 8am.**



### 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

December 1, 8, 15, 22 & 29



## Millbrook Family Skate Every Sunday Morning

Sunday morning ice times at the R.E.C.C. starts at 8-9am

December 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.

**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.**

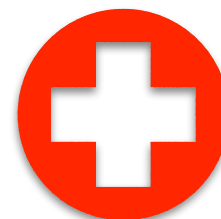
## Medical Drivers

### 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](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 Jan 6, 5 weeks program
- Eagles Nest Recovery house** Indianbrook Jan 6, 4 weeks Co-ed program.
- Mikmaw Lodge** at Eskasoni, NS is Jan 6 5 weeks program
- Wolastoqewiyik** Tobique Jan 6, 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.**



## **Christmas Dance**

There will be a Christmas dance at the Community Hall on Saturday December 21 with free pizza and movie cards 7 to 9pm for grades 6 & under and 9 to 11pm for grades 7 & up also canteen will be available. Santa will make an arrival to hand out candy to all the kids. 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 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><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>



MILLBROOK FIRST NATION  
**Waste Reduction Calendar**

**DECEMBER**



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 Christmas	26 Boxing Day	27	28
29	30	31				

**Legend:**

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

*Happy Holidays!!*

**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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**Derrick Higgins**  
Advisor  
Member, Advocis

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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

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**DECEMBER, 2019 – Millbrook Health Centre**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Gladys David Rider Dr. Blois (pm)	3 Gladys Dr. Blois (pm)	4 Dr. Bauld (1:30-8pm) Dr. Blois (pm) Meaghan	5 Michelle Dr. Blois (pm)	6 Meaghan Charles Vera	7
8	9 Gladys David Rider Dr. Blois (pm) Dr. Kelly (full day) Dr. Vance Dr. Phil Sommerfield (Podiatry)	10 Dr. Blois (pm) Dr. Kelly (full day) Gladys	11 Dr. Blois (pm) Meaghan Dr. Sommerfield (Podiatry)	12 Dr. Blois (pm) Michelle	13 Dr. Bauld (am) Meaghan Charles Vera <b>Closing at 12pm</b>	14
15	16 Dr. Blois (pm) Gladys David Rider	17 Dr. Blois (pm) Dr. Kelly Gladys	18 Dr. Blois (pm) Meaghan	19 Dr. Blois (pm) Michelle	20 Meaghan Charles <b>Closing at 12pm</b>	21
22	23 <b>Closed for Holidays</b>	24 <b>Closed for Holidays</b>	25 <b>Closed for Holidays</b>	26 <b>Closed for Holidays</b>	27 <b>Closed for Holidays</b>	28
29	30 <b>Closed for Holidays</b>	31 <b>Closed for Holidays</b>				

**No Shows for Doctor Appointments for 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)**