

MILLBROOK COMMUNITY **NEWSLETTER**

JANUARY 2020



Santa Claus and his helpful Elves

Important Dates

- 👉 **January 7** - at 10am meeting with Housing Committee
- 👉 **January 13** - at 1pm Economic Development
- 👉 **January 14** - Chief and Council Meeting 10am
- 👉 **January 16** - at 10am Moderate Livelihood meeting with MCG. (Consultation)
- 👉 **January 16** - 6-9pm Nomination Meeting at the Millbrook Community Hall
- 👉 **January 25** - Candidates Meet & Greet Deer Lake Newfoundland
- 👉 **January 28** - Candidates Meet & Greet Sheet Harbour, Joseph Howe Community Centre
- 👉 **January 29** - Candidates Meet & Greet Cole Harbour, A-Frame
- 👉 **January 30** - Candidates Meet & Greet Millbrook, Community Hall

 **MILLBROOK
FIRST NATION**

TELEPHONE: (902) 897-9199

TOLL FREE: 1-(800)-693-3112

MILLBROOK BAND ADMINISTRATION

P.O. BOX 634

TRURO, N.S. B2N 5E5

Millbrook Band Office

Mailing Address

Millbrook Band
Administration
P.O. Box 634
Truro, NS. B2N 5E5

Business Hours

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

Phone Numbers

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

Website & Facebook Page

Millbrook's Website - www.millbrookband.com.

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

Social Assistance

Social Assistance Cheques are tentatively scheduled for: **January 2, 16 & 30, 2020.**
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, January 14, 2020.**
The deadline for submissions or requests to see Council is **Friday, January 10, 2020.**
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.

February's Chief and Council meeting is February 11, 2020.

Chief and Council Meetings

January 2020

- ✦ **January 7** - at 10am meeting with Housing Committee
- ✦ **January 13** - at 1pm Economic Development
- ✦ **January 14** - Chief and Council Meeting 10am
- ✦ **January 16** - at 10am Moderate Livelihood meeting with MCG. (Consultation)
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Newsletter Deadline

The Newsletter deadline is the 24th of each month.

Friday, January 24, 2020

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**

Land Claim Settlement

Millbrook Chief and Council have signed and sent the documents to Ottawa. The Government of Canada has to process the paperwork. At the time of print, the Minster has not signed the paperwork.

Solicitors will have a update going out this month.

From the Desk of Carla Asprey

We are still taking students for our **Essential Skills Program** held at the Youth Center Monday to Friday , 9 to 3. Please contact me in you are interested.

Within the next week I will be posting 3 new employment opportunities.

- Human Resource Worker**
- Occupational Health and Safety Worker**
- Physical Activity Strategy Coordinator**

I am available by phone, text, email or drop in (no appointment necessary). Services include - *Resume Writing, Job searching , Career planning along with other employment and training related services.*

Carla Asprey

Native Employment Officer

(902) 897-9199 ext 122

(902) 885-5071 (c)

millbrookemployment@eastlink.ca

Decorating Contest Winners:

The Secret Judges had some hard decisions to make, here are the results.

Cole Harbour

1st - Albert Howe

2nd - Brenda Boutilier

3rd - Krystal Boutilier

Millbrook

1st - Todd Martin

2nd - James Stevens

3rd - Bridget Gloade

Sheet Harbour

1st - James & Florella Howe

2nd - Ronald Asprey

3rd Tony Asprey



Millbrook's Christmas Party



Members of the Millbrook Community gathered for a Christmas Party at Legend's Bingo Hall. Legends Staff served supper to over 400 Community Members as children awaited Santa's arrival. Noreen Sylliboy got her amazing students to sing in Mi'kmaq for the attendees. Santa Claus arrived to hear the children's Christmas wishes and gave out gifts to newborns up to children in grade 5. Santa also gave out movie passes for children in grades 6 & up. Special thanks to Santa Claus for making time to stop in our community, to all the volunteers, the Health Centre team and Sunshine Bernard for hosting a fantastic event.

Notice of Nomination Meeting

Notice is hereby given that a meeting of the electors of the **Millbrook First Nation** will be held at the **Community Hall , 70 Church Rd, Millbrook First Nation, B2N 6Y7** on Thursday the **16th** day of **January, 2020** , beginning at **6 o'clock p.m.** and lasting for at least three hours, for the purpose of nominating candidates for the positions of chief and councillors on the Band Council of the said Band, for the next ensuing term. There are **12** councillor positions and one position for chief available. The election will be held at the **Community Hall, 70 Church Rd., Millbrook First Nation, B2N 6Y7** on Thursday, the **27** day of February, **2020**.

Please note that any voter may nominate candidates by using a mail-in nomination form. You can either deliver or mail-in a written nomination and a completed, signed and witnessed voter declaration form to the Electoral Officer before the time set for the nomination meeting OR you may nominate candidates orally at the nomination meeting. Mailed nominations not received by the Electoral Officer before the time set for nomination meeting are void. Also note that any voter may vote by mail-in ballot.

Given under my hand at **ELSIPOGTOG FIRST NATION** , this **16 TH** day of **December, 2019**.

ANN MARIE AUGUSTINE (EO)

**P.O. BOX 370 TRURO, N.S.
CANADA B2N 5C5**

millbrookeo19@outlook.com

Ann Marie Augustine
Signature of Electoral Officer

Phone No: (506) 523 – 4811

Fax No: (506) 523 - 4811

Candidates Meet & Greet

January 25 - Deer Lake Newfoundland

January 28 - Sheet Harbour, Joseph Howe Community Centre

January 29 - Cole Harbour, A-Frame

January 30 - Millbrook, Community Hall

Come to meet and greet all the Chief and Council candidates running in the 2020 Millbrook Elections.

December 16, 2019

To all community:

As a valued member of our community, it is important to inform you about a recent and ongoing development at Millbrook. In early December, our staff noticed some accounting irregularities with regard to specific cheques.

The issue was escalated immediately and we launched an internal investigation. This included bringing in Millbrook's third party accounting firm.

Based on preliminary findings and consultation with Band Council, the RCMP has been engaged and have launched an investigation which is ongoing. Internally, we have taken necessary and proactive disciplinary steps based on our Human Resources policies and procedures.

We are working in full cooperation with the RCMP. With respect for a just and fair RCMP investigation process, pending forensic audit and the confidentiality of those involved, we are unable to discuss the matter further.

While there is no timeline set out for the investigation, we are committed to keeping you informed as we are able.

Thanks to all Millbrook staff for their efforts and professionalism in bringing this situation to light so that we were able to act quickly and effectively.

If you have any further questions or concerns, please don't hesitate to reach out to me directly.

A handwritten signature in blue ink, appearing to read "Bob Gloade", is written over a horizontal line.

Chief Bob Gloade
e: bgloade@msn.com
t: (902) 890-8558

Millbrook Seniors Annual Christmas Draw 2019

Winners 😊

| Prizes | Winner | Seller |
|---|--------------------------|-------------------------|
| 1. 55"LED TV & Christmas Gift bag and chocolates | Sue Francis | Cheryl Gloade |
| 2. XBOX One S | Honour Stephens | Jonas Cope |
| 3. XBOX One S | Dawn Howe-Power | Natasha |
| 4. Gravity Hoverboard | Pat Gloade | Basil Knockwood |
| 5. KitchenAid Classic & Epicure \$50.00 Sobeys card | Mary Ellen Googoo | Sheila Pierro |
| 6. One 12 Cubic Yard Class "A" Gravel (\$300.00 value) 2 Millbrook swag bags | Mary Stevens | Chris Stevens |
| 7. Nintendo Switch, Mario Kart Game & \$20.00 Source Card | George Dennis | Mary Anne Martin |
| 8. \$250.00 Superstore Gift Card & 2 Millbrook Swag Bags | Connie Denny | MTS |

Millbrook Seniors Annual Christmas Draw 2019
Winners 😊

| | | |
|--|--------------------------|-------------------------|
| 9. Samsung Tab A, Lego City Dirt Road Pursuit | Bernadette Gloade | MTS |
| 10. Samsung Tab A, Lego Friends | Jileen Julien | Mary Anne Martin |
| 11. Google Home Mini, Sno-Sculpture Kit, Power Glow LED light | Kristen Sylliboy | Lynn Francis |
| 12. Lagostina 11 Piece Set & Epicure \$50.00 Sobeyes Card | Brenda Ellis | MTS |
| 13. Noma- Infrared Heater Millbrook Swag bag | Mary Gerrard | Sheila Pierro |
| 14. Shark Rocket Vacuum Millbrook Swag bag \$50.00 Sobeyes card | Trey Martin | Sylvia Martin |
| 15. Canvas- 34 Piece Porcelain Catering, and Door Mat Set \$50.00 Sobeyes Card | Michelle Sullivan | Lisa & Misel |
| 16. Motomaster Eliminator Power Box Battery Booster & \$100 Sobeyes Gift Card | Julie Johnson | Mary Anne Martin |
| 17. Instant Pot- Pressure Cooker | Kris Sylliboy | Lynn Francis |

Millbrook Seniors Annual Christmas Draw 2019
Winners 😊

| | | |
|---|---------------------------|-------------------------|
| 18. \$100.00 Visa Card & Air Convection Fryer | Marlene Cope | MTS |
| 19. \$100.00 Visa Card & Keurig K- Compact, Tim Hortons K-Cup | Austin Lattie | Heather Wilmot |
| 20. \$100.00Sobey's Gift Card & Proctor Slow Cooker | Stuart Killian | Barb Dorey |
| 21. \$100.00 Visa Card & Double Buffet Server Set | Nadia Martin | Nadia Martin |
| 22. \$100.00 Sobeyes & T-Fal Snacking Fryer | Glen Knockwood | Jay Martin |
| 23. \$100.00 Canadian Tire Card, B&D Stainless Steel 4 slice Toaster | Ty Johnson | MTS |
| 24. \$100.00 Cash & 16 Piece Bakeware Booster Cables | Megan Knockwood | Mary Anne Martin |
| 25. \$100.00 Superstore Card & Sisterhood Blanket, PJ Masks Mystery Playset | Basil Knockwood | Pricilla Murphy |
| 26. \$100.00 Winners Gift Card, Weighted Blanket, Snow Brush | Crystal Glode-Webb | Natasha |

Millbrook Seniors Annual Christmas Draw 2019
Winners 😊

| | | |
|--|------------------------|--------------------------|
| 27. Hampton Inn One Night Accommodations, \$100 Superstore | Brenda Tracey | Madiline Martin |
| 28. \$100.00 Casino Card, Shark Bite games, 4 Piece Sheet Set (Double), Heated Cushion | Bernie Bernard | Natasha |
| 29. \$100.00 Walmart Card, 4 Beaded Christmas Bulbs, Nerf Zombie Strike | Lonnie Douglas | Amanda Douglas |
| 30. Bosh Drill, 15 Amp Circular Saw, Dewalt Bag and Stuff | Elvis Tremblay | Donna & Elvis |
| 31. \$100 Cash, Gingerbread House | Cynthia Googoo | Kelly Gloade |
| 32. \$100.00 Visa & LOL Surprised- Mega Bundle | Isa Martin | Natasha |
| 33. \$100.00 Visa & Tonka Fire Truck | Margaret Gloade | Mary Anne Martin |
| 34. \$100 Cash & Nutri-Ninja | Alphonse Gloade | Natasha |
| 35. \$100 Walmart & Fisher-price Disney Frozen Toy | Sylvia Martin | Madaline Martin |

Millbrook Seniors Annual Christmas Draw 2019
Winners 😊

| | | |
|--|-------------------------|--------------------------|
| 36. Crock Pot Slow cooker, Mixing bowls, \$50.00 Sobeyes Card | Christian Gloade | Kelly Gloade |
| 37. 5 Piece bakeware set, Master Chef Roaster, \$50.00 Sobeyes card | Carol Johnson | Donna & Elvis |
| 38. Soda Stream, \$50.00 Sobeyes card, Betty Albert print, Pot of Gold chocolate | Marlene Martin | Madaline Martin |
| 39. \$100.00 Superstore Wireless Charge Stand | Judy Googoo | Sheila Pierro |
| 40. Pendleton Blanket | Sheena Sylliboy | MTS |



Millbrook Early Education Centre News

Important Dates In January

Monday, January 6th, 2020
**STUDENTS AND STAFF RETURN
FROM CHRISTMAS BREAK**

January 13th – 17th, 2020
LITERACY WEEK

January 20th – 24th, 2020
PRESCHOOL ASSESSMENTS

January 27th – 31st, 2020
PRIMARY ASSESSMENTS

Friday, January 31st, 2020
**ASSESSMENT DAY, NO CLASSES
FOR PRESCHOOL AND PRIMARY**

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 NEW YEAR



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: meece@eastlink.ca

A Message From the Education Director:

Happy New Year!!

Wishing you all the best for 2020 and all this year has to offer.

I look forward to this upcoming year and sharing with you all of the successes of our students. Please make sure you check out the education section on Millbrook's Website under forms and policies to review all the resources we have to support our students.

Please reach out if you have any questions or concerns 😊

All the best,
Hannah Asprey



January 6, 2020 – First Day Back after the Holiday break

February 17, 2020 – No School: Heritage Day

February 18 and 19 – Primary Registration for Truro Elementary

The Christmas concerts were absolutely wonderful! Thanks to all who attended!!

The weather is colder now, so please make sure your student comes with snow pants, winter jacket, mittens/gloves and hat. Also, for the younger ones a change of clothes they could leave at school.

If you know your student is going to be late or absent please call the school at [902-896-5755](tel:902-896-5755) or let [Juliana](#) know by [phone](#) or [text](#).



The Millbrook Support Staff are wishing our students and their families a safe and Merry Christmas.

Jen Gloade: 902-986-4224

Shelley Gloade: 902-899-2415

Lisa Wilmot: 902-986-5010

Juliana Paul: 902-890-0461



From the Desk of Mr. Wilson,

I hope all our students had a Merry Christmas and a Great Holiday.

Grade 9 students should start to consider which courses at CEC they will take in grade 10 next year.

Sometime in January English and Math teachers will enter their recommendations as to what level of English and Math courses students should be taking next year.

Every year I usually spend about 40 - 60 minutes per student giving them information about the different courses they can take at CEC that would best fit their learning profile and would give them a good foundation on to which to build a career around a "few years" down the road.

After Parents and Student Services have looked over the students Grade 10 course selections and everything is approved, I make myself available to students helping them if needed in entering their course selections into the computer so they will get registered for the best courses for them.

During this process if any parents have any questions about their teenagers Gr. 10 course selections, I encourage you to call me at 896-5550.

Mr. Wilson



Cobequid Educational Centre News

902-896-5700 (Main Office)

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

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

Happy New Year!

As the New Year commences students are only left with three weeks before exams. I hope that everyone has enjoyed the break.

It is imperative that students remain present during these last few weeks of the semester. Although exam exemptions have been discontinued, these next few weeks cover course content and important review for exam preparation. Parents are reminded to check Powerschool (parent portal) and if they do not have access please dial 902-896-5700. Best of luck studying for exams and remember that homework club is available Tuesday-Thursday from 3 PM-4PM.

“Today is the first blank page of a 365 page book. Write a good one.” –C.S. Lewis

Bryant Vance

First Nations Education Support Teacher

902-896-5728 (Classroom)

vancebw@ccrce.ca

Important Dates

Jan. 6- First School Day after Christmas Break

Jan. 20- In-class exam begin

Jan. 27- Formal Exams begin (schedule will be posted in Jan)

Jan 31 - No School: Assessment and Evaluation Day

Feb 3- Second Semester begins

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

Wrestling- Corey Dennis

Wrestling- Tyler Johnson

Basketball- Frankie Sylliboy

Happy January Birthday's to:

Andy Sylliboy

Makalya Sylliboy

Isaiah Wilmont

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

Sport Game Times:

Girls Varsity Basketball

Friday & Saturday, Jan 3 & 4 CEC Snowball Tournament

Wednesday, Jan 8 vs Northumberland Time TBD

Friday & Saturday, Jan 10 & 11 Kennebecasis Valley High School - Riverboat Tournament

Wednesday, Jan 22 @ North Nova Time TBD

Friday & Saturday, Jan 31 & Feb 1 Ian Spencer Tournament - Dr JH Gillis Regional High School

Wednesday, Feb 5 vs Dr JH Gillis Time TBD

Tuesday, Feb 18 NSSAF - Northumberland region semi-finals

Thursday, Feb 20 NSSAF - Northumberland region final or 3rd place game

TBD NSSAF Qualifying to be completed by Feb 29

TBD Mar 6,7,8 NSSAF Provincial Championship (host: Western)

Boys Wrestling

Saturday, Jan 18 @ King's-Edgehill School

March 6 NSSAF Regionals

March 7 NSSAF Provincials



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.



MILLBROOK FIRST NATION

**On Reserve Housing Repairs
Millbrook Band Council
May 2, 2019**

1. All private rentals are not eligible for housing repairs, this is the responsibility of the landlord.
2. Anyone not paying rent on CMCH or Band owned and controlled homes will not be eligible for any repairs with the exception of roof repairs/replacement, chimneys, venmar units, heat pumps, water and sewer.
3. Any emergency repairs that may arise will have to be looked at immediately and repaired if there is a probable cause that it will cause further structural damage to the house, such as a hole in the roof. An emergency repair is defined as: A repair, if not done immediately, will cause structural damage to the home. If not eligible for repairs, the cost of the repair will be set up as a receivable and recovered from the person assigned the house.
4. No repairs or renovations can be reimbursed without prior approval.
5. All requests for repairs must be necessary and have to be inspected before they can be approved. Construction Supervisors Lorne Paul or Bernie Bernard will do the inspections. Lorne or Bernie must tell the tenant that the repairs will be set up as a receivable if they do not qualify for repairs under the regulations.
6. No one will be eligible for screen doors, patios, carpets or porches. All flooring that needs replacing, will be replaced with tile. No fences will be approved unless it is for health and safety reasons.
7. If a person assigned a house decides to work on his/her house (such as to remove a wall) and comes back to the band to finish or re-do the work because it was not done properly, it will be the tenants responsibility. Cost of any structural damage will be recovered by the Millbrook Band Council.
8. If a Band owned house/trailer becomes a rental unit the band will not pay rent.
9. If a person other than the occupant damages a unit, that person will be responsible to pay the cost of the repair. If they do not pay the cost it will be recovered by the

Band by any means. The Millbrook Band will not be responsible to charge the person. If the person assigned the home chooses not to charge the person and ask for restitution, then the tenant will be responsible to pay for any damage done to their unit.

10. Health and safety issues/medical repairs; Anyone can request inspections from Health Canada but the Millbrook Band Council will only use the Bands construction supervisors recommendations. If not eligible these repairs will be set up as a receivable and recovered from the tenant by any means.
11. A unit not occupied by the person assigned to that housing unit will not be eligible for repairs.
12. To be eligible for an extension, the household must be overcrowded. The overcrowding must not be due boarders or foster children. Any useable areas in the house must be used to alleviate the overcrowding, including the lower level of a split entry house.

The National Occupancy standards will be used to define overcrowding, they are:

- There will be no more than 2 but no less that 1 person per bedroom;
- newborn babies must have their own room (nursery);
- Parents do not share a bedroom with their children;
- Dependents aged 14 or older do not share a bedroom; and
- Dependents aged 5 or over of the opposite sex do not share a bedroom.

13. To deviate from or amend this policy, the Chief and Council must agree unanimously at a duly convened Band Council meeting, this also applies to capital assets.

ANIMATE MI'KMAQ STORIES FOR FREE

Celebrate Mi'kmaq knowledge as communities across Nova Scotia engage in animating UINR's animal book series featuring the work of Dozay Christmas.

STARTING JANUARY 2020
FIRST COME, FIRST SERVE. PLEASE SIGN-UP NO LATER THAN JANUARY 6TH.

No artistic abilities required or previous animation experience. All materials and software supplied.

This ongoing program is open to ALL Indigenous youth 12 years+.



If interested, please contact:
Andrea Durfee
Call or Text: 1 (902) 809-7580
a.durfee@digitalmikmaq.com



Sign up online at
www.digitalmikmaq.com/register



January 16--> 11:30am-1:00pm
Millbrook Seniors Centre

Do you love trivia?

Then this is the right session for you!

Join Courtney and Tiffany from CMM to play wellness jeopardy! **(learn, win and have fun!)** There will be some great prizes. You don't want to miss this, sign up today! **Lunch will be provided.**

Sign up at the Health Centre by January 15

Millbrook Winter Carnival Meeting

If you have a great idea
or would love to Volunteer
for this year's
Millbrook Winter Carnival.
Please Join Us On

**JANUARY 15TH, 2020
MILLBROOK
HEALTH CENTRE
6:00 PM**

FOR MORE INFO, PLEASE CONTACT
SUNSHINE BERNARD
MILLBROOK WELLNESS COORDINATOR
902.895.9468

MEET AND GREET!

**COME MEET THE NEW MATERNAL CHILD
HEALTH COORDINATOR!**

WEDNESDAY, JANUARY 22ND 2020

Millbrook Senior Centre
12:00-2:00 pm

Light snacks & refreshments
Door prize



Playgroup!

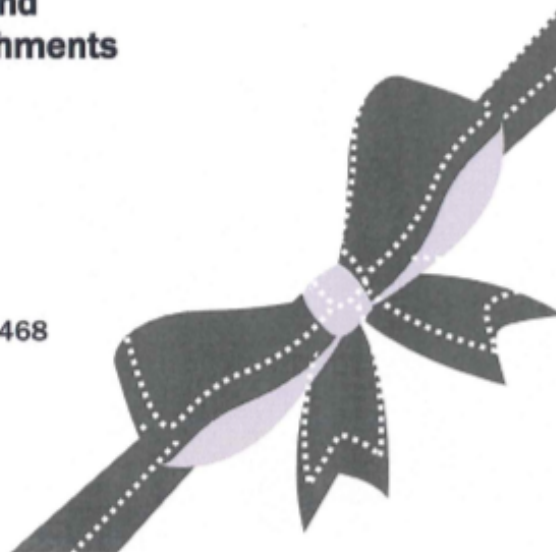
Playgroup for children aged 0-2 years old.

**Millbrook
Seniors Centre
January 30th
2020
11:00am-
1:00pm**

**Sign up at
the
Millbrook
Health
Centre
(902) 895-
9468**

**Light snacks
and
refreshments**

For further information contact Jillisa Nickerson at (902) 895-9468





Millbrook Community Hall
February 1st (Saturday), 2020
10am – 2pm
Open to Ages 14 and Up
Maximum of 20 Participants

Light Lunch Provided & Door Prizes

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



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.

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

January 6, 13, 20, & 27



Millbrook Family Skate Every Sunday Morning

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

January 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.

Baby Moccasins - Sheet Harbour

There will be a Baby moccasins making course for adults Max10 ppl on Feb 8 at 10am @ the Albert Howe centre, instructor is [Dora Gloade](#) and where this is a small group only 1 per house and you have to sign up yourself no adding people Please.

Seats are full But do have a waiting list

Lunch & Refreshments will be served. Peter Gloade

Baby Moccasins - Cole Harbour

There will be a Baby moccasins making course for adults Max10 ppl on Feb 22 at 10am @ The A frame building in Cole Harbour, instructor is [Dora Gloade](#) and where this is a small group only 1 per house and you have to sign up yourself no adding people Please. Lunch & Refreshments will be served. Peter Gloade

Seats are full but do have a waiting list

Millbrook Health Centre staff have donated 13 purses filled with personal hygienist items for those in need!

Happy New Year from the Health Centre staff!

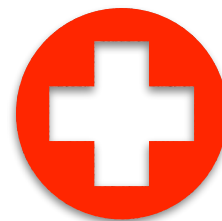
Medical Drivers

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 Feb 24, 4 weeks program Co-ed
- Eagles Nest Recovery house** Indianbrook Feb 24, 5 weeks program.
- Mikmaw Lodge** at Eskasoni, NS is Feb 24 5 weeks program
- Wolastoqewiyik** Tobique Feb 24, 5 weeks 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.



Mid- Winter Youth Dance

There will be a Mid winter Youth dance at the Community Hall on Saturday Jan 18 pizzas and movie cards 7 to 9pm for grades 6 & under and 9 to 11pm for grades 7 & up also canteen will be available. 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 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><i>Sunday</i></u> | <ul style="list-style-type: none"> • Archery 6pm |
| <u><i>Monday</i></u> | <ul style="list-style-type: none"> • Kids free play 6-7:45pm • Men's pick up Basketball starts at 7:45pm |
| <u><i>Tuesday</i></u> | <ul style="list-style-type: none"> • League Volleyball 6-9:30pm |
| <u><i>Wednesday</i></u> | <ul style="list-style-type: none"> • Kids free play 6-7:30pm • Men's pick up Basketball 7:30pm |
| <u><i>Thursday</i></u> | <ul style="list-style-type: none"> • Kids free play 6-7:30pm • Pick-up Volleyball 7:30pm-close |

MILLBROOK FIRST NATION
Waste Reduction Calendar
JANUARY

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

Legend:

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



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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| Critical illness insurance | TFSAs |
| Personal health insurance | Estate and Financial |
| Mutual funds* | Planning Services |
| RESPs* | |

Markie Bus Tours Halifax Casino Runs

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

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

- **Bus Transportation**
- **FREE Non-Alcoholic Beverages on floor**
- **One Meal Coupon**
- **\$30.00 per person**

Visit: Casino Nova Scotia for more Information.
Contact **MARKIE BUS TOURS** for more information.

Phone: 902-843-5501



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JANUARY 2020 – Millbrook Health Centre

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

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)