



Magician & Hypnotist in Wentworth

By Hope Bridgewater

Carmen Giorno, magician and hypnotist, recently performed an excellent two-part show at the Wentworth Recreation Centre, and it was interesting to both adults and children. He has been performing throughout the Atlantic provinces and as he says, "been wowing his audiences with magic and hypnosis." Giorno also wowed his audience in Wentworth. He also says that he wants his audience to be a part of the show.

Laurel Adams, an executive director for programming of the Wentworth Recreation Centre, sent me an excellent report which I enclose with a little editing: "The kids set still in wonder and, when the magic was done, you could see the look of surprise with big smiles as to 'how did he do that' shining in their faces. When the hour and a half of magic ended, there was a break to set up for the hypnosis part. Children and their parents enjoyed the canteen of hot dogs and popcorn.

When the hypnosis show started, Giorno gave a demonstration on how hypnosis was done. When he was done, a few that it really worked on got up front to be part of the show. I (Laurel Adams) was one of those people it really worked on, and we were told under hypnosis to place our hands first one, then the other, on our heads, and I could not remove them! Laughing, I tell you this, "hypnosis really worked".

Joanne Ferdinand, the other executive director for pro-

gramming, also enjoyed Giorno's illusions and interactions with the audience and added this: "Giorno took a lady from the audience and floored her in a table and had some local children help her out."

I noticed Giorno used small items to work magic, such as string, newspaper, bottles, cards, pop, etc. As with others, I was amazed at his skill.

The use of magic goes back as far as 50,000 B.C. For instance, prehistoric people buried cave bears as a magic rite. Ancient Egyptians used amulets, magic figures, and rites. Greeks and Romans tried to tell the future from dreams. In the 1500's up to the 1700's, Europeans believed a "philosopher's stone" could change metals into gold. Science gradually weakened people's belief in magic.

Today many people show faith in astrology by reading daily horoscopes in newspapers. Then, too, famous magicians such as Houdini let himself be handcuffed, placed in a crate which was nailed shut, lowered into a river, and Houdini escaped in a few seconds.

Hypnosis has been used since ancient times. A temporary altered attention in an individual happens for many reasons and in different ways.

It was fun, inspiring, interesting, and educational to have Carmen Giorno visit Wentworth. As people were leaving the Wentworth show, they commented to Laurel Adams: "What an awesome show. It was amazing."

500 Dozen Cookies Needed

By Christine Urquhart

Truro Presbyterial UCW are hosting Berwick Cookie Cottage at Berwick Camp this summer - from July 26 to August 4th. We are responsible for 500 dozen cookies. Each UCW unit will be asked to make, if they can, at least 12

dozen cookies.

These are to be dropped off at St. Andrew's United Church, Truro on Thursday July 25th between 9 and 11 am. For more information contact Letha Mowatt at 902-897-6569.

Do you have a Living Will?

By Chris Urquhart

Do you have a living will? Life-threatening situations can happen to anyone, so it's important to have a living will or other advance directive. These documents spell out your preferences regarding medical treatments you would or would not want to keep you alive.

You can also outline your preferences for other medical decisions, such as pain management or organ donation. By planning ahead, you can get the medical care you want and save your family from having to make tough decisions in a crisis. It won't make you die any sooner just because you are prepared!

Masstown to Celebrate Natal Day

By Christine Urquhart

The Masstown Community Association has decided to again host Natal Day instead of Canada Day. They feel that there is a lot to do in other areas on Canada Day and by Natal Day - August 5th - our

children are bored and looking for something fun to do!

Therefore, there will be a meeting of the Community Association on Tuesday July 9th, 7pm at the restaurant part of the Masstown Market. All welcome!

UCW Spring Rally Held in Shubenacadie

By Christine Urquhart

The Truro Presbyterial UCW Spring Rally was held at Shubenacadie United Church, Shubenacadie. There was lots of parking and an elevator to help those in need to get to the lower level of the Church. The theme was: Rebirth! There were 54 ladies present and a great Book Display! \$460.00 was spent on items at the Book Display.

We were welcomed with a great mid-morning snack of crackers, cheese ball, fresh cut fruit, muffins of all sorts, apple juice, orange juice, water, tea and coffee! They had tables set up with cute centerpieces consisting of a mirror with a

bird house and small rocks. Then the rest of the room was set up with rows of chairs facing the stage.

Shubenacadie UCW had a lovely worship led by Christene Queripel, which talked about God in springtime. Then we started out with our first guest speaker, Lynda Stevenson from the Bible Hill Garden Club. Lynda had a great slide show (not sure what you should really call it, we don't do "slides" any more, but computer shows!), anyway, I transgress!

Lynda showed us different forms of gardening and what all we can grow. We also learned about different imple-

ments to garden with! The next guest speakers were John Gatto and Becky Langille from the NS Health Authority, talking about Healthy Ageing. We learned a lot about the different programs available for us, free of charge, and were reminded that "Movement is a medicine for creating change in a person's physical, emotional and mental states." For more information you can contact them at 902-896-2609 or john.gatto@nshealth.ca

We broke for lunch, and started our afternoon off with a sing song led by Joanna LeBlanc, accompanied by Becky Burrows. Our next guest speaker was Doris

Sutherland, who spoke to us about the hardships she had endured and how she spends her time making quilts for the children at Transition House and knits toques for babies at the hospital. She has a wonderful sense of humor and kept us in stitches! So nice to hear someone talk about their hard times with a smile on their face, letting you know that it hasn't gotten them down.

Our last guest speaker was Cheryl Myers from Peaceful Places, talking to us about downsizing our homes and decluttering our homes and our lives. She gave us many great tips! All in all it was a great day and we enjoyed all the speakers and felt very welcome at Shubenacadie United!

Aboriginal Day - June 21, 2019

A Celebration of History, Family and Friendship

Millbrook First Nation Continues to Grow

By Maurice Rees

Truro Power Centre has been key to rapid economic expansion at Millbrook First Nation. It now boasts 20 thriving businesses, employing hundreds of people, and has helped propel other businesses on the reserve.

Millbrook First Nation has an engaged council who works with Chief Bob Gloade who was first elected in 2012, re-elected for 3 consecutive 2 year terms. Millbrook is listed as having a population of 1,345 and is a Tribal Council of Confederacy of Mainland Mi'kmaq

Chief Bob Gloade served as a councillor for the twelve years prior to his terms as chief. He has over 20 years of experience as a small business owner and over 12 years of experience in the Banking Industry, in positions of Account Manager focusing on Small Business, Personal and Aboriginal Banking. He is a graduate Saint Mary's University with a Bachelor of Commerce Degree, in Management and Human Resources/Industrial Relations, and recently, been appointed on the Board of Governors for Saint Mary's University.

Millbrook First Nation is comprised of seven reserves: Beaver Lake 17 was established on March 3, 1867 on 122 acres 78.4 Km northeast of Halifax and has population of 21; Cole Harbour was created on March 3, 1880 on 46 acres located 9.6 Km east of Halifax has a population of 203.

Millbrook 27 was established on March 3, 1886 on 746 acres, 8 Km south of Truro and has population of 860; Sheet Harbour with a population of 25 is located 91.2 Km northeast of Halifax on 81 acres was established on March 3, 1915.

Truro 27A, 41 acres, joined south of Truro Town Limited; Truro 27B, 41 acres, joined with 27A on south; and Truro 27C, 23 acres joined with 27B on south were added on March 3, 1904, March 3, 1907 and March 3, 1909, respectively. 27A, 27B and 27C do not list any population.

Millbrook has applied to have 943 acres comprising 13 parcels of land be approved as 27D.

Prior to Chief Bob Gloade, who was elected chief in 2012, Millbrook was under the direction of Lawrence Alexander Paul (July 23, 1934 - May 28, 2014) who served a chief from 1984 until 2012.

Lawrence Paul was Chief for 28 Years

By Maurice Rees

Chief Paul who was born as one of 14 children in Saint John, NB in 1934 was first elected a band councillor in 1974. He has been widely recognized for his leadership which transformed the Millbrook First Nation into a significant economic force in central Nova Scotia.

As a young man he served in the Canadian Army and later worked variously in fisheries enforcement, in auto body repair, in construction, as a book-keeper, and as an economic development officer. He was elected councillor in 1974, serving for four years, and was elected to council again in 1980. In 1984 he ran successfully for Chief of the Millbrook Band at a time when the band was \$4 million in debt. Within 2 years, the debt had been eliminated and a new program of economic development had begun.

Paul had determined that the success of the band would be based on its inherent strengths and by working



in Nova Scotia, Millbrook First Nation also made significant band and partnered investments under his tenure as Chief, including a new building to house a General Dynamics helicopter support facility on its Cole Harbour Reserve, a wind energy project, and a planned deep-water port in Melford, Nova Scotia. At Sheet Harbour and Joggins, it has developed wharf facilities and maintains small fishing fleets.

He continued to mentor members of Band Council until his death in May 2014. He was the brother of Mi'kmaq Elder Daniel N. Paul.

In recognition of his efforts on behalf of Millbrook First Nation, Lawrence Paul received numerous awards and honours, including the Individual Economic Developer of the Year Award by EDO; the Canadian Aboriginal Economic Development Officers (CANDO) in 2004 and an Honorary doctor of Laws from Saint Mary's University.

within the prevailing economic and governing structures of the day. Notably, in 2009, he brought the Band onto the board of the regional economic development group, CORDA.

In the early 2000s, under his leadership the Band obtained a federal grant and provincial support to build a highway interchange that connected the Millbrook Reserve to Nova Scotia Highway 102, thus opening up the potential of the site for further economic development. The Truro Power Centre was built beside the interchange and the Band now leases sites to 20 aboriginal and non-aboriginal tenants.

On other Band-owned sites



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