

Millbrook Community Newsletter

APRIL 2023



MILLBROOK FIRST NATION DONATES COLLECTABLE HOCKEY CARDS TO LOCAL YOUTH PROGRAMS

Important Dates

- April 12 - Chief and Council - General Meeting
- April 25 - Chief and Council - Consultation and Economic Development Meeting

Please visit www.millbrookband.com/events for upcoming events!

Sign up to our mailing list from our website (located at the bottom of the homepage.)

The Eskasoni Crisis Line

Toll Free number 1-855-379-2099
(Mi'kmaw and English)



**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 Administration Office

Mailing Address

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

Business Hours

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

Phone Numbers

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

Chief and Council Meeting

Wednesday, April 12th, 2023

Deadline for letter submissions and booking time to see Council is **Friday, April 7th, 2023**. Contact the Administrative Assistant to Chief and Council - Suzanne Penney at Phone: (902) 897-5877 or e-mail: adminassistant@millbrookband.com

Please include your full name, contact information and subject of your request.

The following Chief and Council Meeting will be Tuesday, May 9th, 2023.

April 2023

- 🌟 **April 12** - Chief and Council - General Meeting
- 🌟 **April 25** - Chief and Council - Consultation and Economic Development Meeting

Minutes

For up to date minutes from Chief and Council please check online at: <https://www.millbrookband.com/minutes>

Booking the Community Hall

To book the Community Hall please contact **Natasha Bernard at (902) 897-9199**

Cell: 902 324-9261 **e-mail:** nbernard@millbrookfn.ca

Costs

Organization rental fees: \$200/half day rental and \$300/full day rental charge

Millbrook member rental details: Small events, deposit of \$100.00 (will be returned after cleaning)

Millbrook members rental: Big events, \$500.00 (Hall must be cleaned w/ tables and chairs put away).

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.

Website & Facebook Page

Millbrook's Website - www.millbrookband.com.

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

E-mail: ngloade@millbrookfn.ca to have your information posted online.



NOVA SCOTIA MI'KMAW SUMMER GAMES

Mi'kmaw Summer Games

MILLBROOK!

August 20-27, 2023

Watch the NS Mi'kmaw Summer Games
Facebook page for more info.

2023 Schedule for Chief and Council Meetings

Month	Days	General Chief and Council Meeting	Days	Economic Development & Project Consultation
April	Wednesday	April 12, 2023 (after Easter)	Tuesday	April 25, 2023
May	Tuesday	May 9, 2023	Wednesday	May 24, 2023 (after Victoria Day)
June	Tuesday	June 13, 2023	Tuesday	June 27, 2023
July	Monday	July 10, 2023 * New Date	Tuesday	July 25, 2023
August	N/A	No Meeting this Month	N/A	Summer Break for Chief and Council
September	Tuesday	September 12, 2023	Tuesday	September 26, 2023
October	Wednesday	October 11, 2023 (after thanksgiving)	Tuesday	October, 24, 2023
November	Tuesday	November 14, 2023	Tuesday	November 28, 2023
December	Tuesday	December 5, 2023	Tuesday	December 12, 2023

Please Note

Tuesday, April 11, 2023 - after Easter weekend. Date moved to Wednesday, April 12, 2023.

Tuesday, May 23, 2023 – after Victoria Day Weekend moved to Wednesday, May 24, 2023.

Tuesday, July 11, 2023 - Moved to Monday July 10, 2023

Tuesday, October 10, 2023 - after Thanksgiving, moved to Wednesday, October 11, 2023.

No meetings in the month of August 2023.

December Meetings are pushed one week earlier due to Christmas Break. December meetings are moved to December 5 and December 12, 2023.

Social Assistance

Social Assistance Cheques are scheduled for: **Thursday, April 6 & 20, 2023.**

Available to be picked up at the Millbrook Administration Office.
Applications are available at the Reception desk at the Millbrook Administration Office.

ATTENTION SOCIAL CLIENTS: Nova Scotia Power Bills

It has come to the Social department's attention that some clients are having problems submitting Power bills for payment to the social department in a timely manner. Any social client can call NSPC at 1-800-428-6230 and request that they email me (mphillips@millbrookfn.ca) a current copy of your power bill for payment.

Thank you for your cooperation.

Attention Social Clients: Notice that the extra \$150 inflation relief on social cheques will be discontinued as of March 31, 2023. The April 6, 2023 Social cheque will be reduced by \$150. Biweekly. Please plan for this decrease with your budgets.

Millbrook Social Department

Millbrook's Newsletter Deadline - Thursday, April 20th, 2023

The deadline is the 20th of each month.

Send your content to: ngloade@millbrookfn.ca,

Be sure to include ALL relevant information (including the who, what, when, where, why and how to find out more) and be sure to submit it in advance of the event date (the earlier you share the better).

Please ensure it's in an editable format.

Employment Opportunity - Treaty Entertainment

Treaty Entertainment in Truro and Cole Harbour are currently recruiting casual and backshift personnel in the positions of Security Personnel, Cashiers and Custodians. Availability for 3 shifts per week and a clear criminal record search is required in all positions. Interested applicants may forward their resume to treatygenmgr@eastlink.ca

Housing Repairs Announcement

Please be advised that any housing repairs must be approved by the Housing Department before any work is started, if you wish to receive reimbursement.

If you have any questions, please feel free to contact us by phone or email.

Lorne Paul

Director of Housing

lpaul@millbrookfn.ca

Work: (902) 897-9199

Cell: (902) 890-4863

Or

Chantel Langille

Housing Project Officer

clangille@millbrookfn.ca

Updated Forms Online

The following forms have been updated on the website.

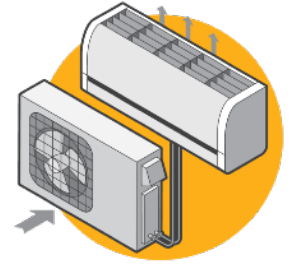
Medical Reimbursement, June 2023 Treaty Enterprise Credit, Millbrook Housing Repair Grant, Millbrook Enterprise Trust Fund Credit, Senior Off-reserve Utility, Millbrook Tobacco Store Funding Request.

These forms are available at <https://www.millbrookband.com/forms-policies-bylaws>

Millbrook First Nation will not be mailing Treaty Enterprise Credits forms.

Heat Pump Cleaning

Please contact Eshaan at EcoLogic Heat Pump Solutions Ltd for a deep heat pump cleaning. Eshaan can be contacted by phone at 902-957-0661 to schedule an appointment, at no cost to the Millbrook First Nation home owner.



Home Insurance

Millbrook First Nation's insurance covers the structural costs of CMHC houses and Millbrook-owned homes on reserve. Please note that the contents inside the homes, including the appliances, are not insured by the First Nation. It is important to protect your belongings and one way to do that is to consider purchasing home insurance for the contents of your home. This became apparent after the recent flooding of basements that occurred in Millbrook's communities last year. If Millbrook members are interested in home contents insurance, they will be responsible and it will not be covered by the First Nation. Questions? Please reach out to Millbrook's housing department.

Housing Inspections

The Housing Department has been working collaboratively with other organizations and government agencies with the hopes of obtaining funding for housing repairs. In order to be eligible for the housing repairs, housing inspections will be mandatory for the funding.

Those who contact the Housing Department to be added to the list will be first priority, but it's mandatory for all houses to be inspected. Anyone who doesn't answer the door for their scheduled appointment will be dropped down to the end of the list.

Please contact Krista Paul at kpaul@millbrookfn.ca or by phone at 902-890-2518 to be added to the housing inspection list, if you need to reschedule your appointment or if you have any questions.

Millbrook R.E.C.C. Family Skate - Sunday Mornings

Sunday morning ice times at the R.E.C.C. starts at 8:00-9:00am, April 2, 9, 16, & 23.



Millbrook's Draft Custom Election Code

From April 25th to May 31st, the consultation department will be holding engagement sessions regarding Millbrook's draft custom election code. The draft was developed by a community-level committee with the assistance of Millbrook staff and an external facilitator. The following engagement sessions will provide a chance for Millbrook members to learn about the proposed code and make suggestions, as it is still considered a working draft.

Please register in advance if you are interested in participating.

Email: GGloade@MillbrookFN.ca or call (902) 809-1309.

Custom Election Code Engagement Sessions

- April 28th** – Newfoundland (Deer Lake) engagement
- May 2nd** – Seniors engagement
- May 2nd** – Women's engagement
- May 3rd** – Millbrook administration and Health Centre staff engagement
- May 10th** – Sheet Harbour and Beaver Dam engagement (in Sheet Harbour)
- May 11th** – Youth engagement
- May 18th** – Cole Harbour engagement
- May 23rd** – Millbrook engagement sessions (Legends)
- May 31st** – Online engagement session



A Notice to all Millbrook, Sheet Harbour, Cole Harbour Residents Regarding Building Permits

Did you know that Building Permits are required for ALL construction? Building permits are needed regardless of whether you hold a Certificate of Possession (CP) or if the property is a Veteran's Lot.

Why are building permits needed?

An approved permit shows your plans comply with the local building code, local zoning by-laws and any other laws or regulations that might apply.

Common circumstances that require an Application for a building permit:

- New structures – including houses, sheds, garages, and retail businesses.
- Alterations – adding on to existing structures or renovations of Millbrook houses such as decks and fencing; paving of driveway or parking lots; clearing of lots (i.e. tree removal), installing or extracting water lines and any alterations to common Millbrook First Nation lands.
- Signage – Placing of any retail advertising signage.

Building permit applications can be picked up at Millbrook's Public Safety Office, located at 905 Willow St, Millbrook, N.S.

Please contact Adam Francis, afrancis@millbrookfn.ca (902) 899-5240, for questions.

Community and Public Safety Phone Line

To report any security or by-law related concerns or infractions all Millbrook members should call the **Community and Public Safety phone line at 902-956-4164** between 9 am – 4 pm.

Millbrook Security and By-law team now has a new office at 905 Willow Street.

If a community member is in danger or witnesses criminal activity, it is important that they call 911 or the local Millbrook or Cole Harbour, Sheet Harbour detachment of the RCMP. Please note that the security team cannot report incidents on your behalf. For a more detailed list visit <https://www.millbrookband.com/rcmp>.



Millbrook's Security Services

Millbrook's security team is responsible for keeping Millbrook's community safe and secure. They work around the clock and are on call 24 hours a day. Their duties include patrolling the neighbourhoods of Millbrook and Cole Harbour because having a physical presence in the community is a deterrent for minor damage or other unsavoury activities. They are trained to identify unusual activity and pay attention to detail to reduce risks to the community. In addition, they observe and report suspicious activity that may be criminal.

Millbrook Bylaw & Security Contact Information

By-law Officer - Cell (902) 899-5240 e-mail: afrancis@millbrookfn.ca

Millbrook Security - Cell (902) 956-0114 e-mail: security@millbrookfn.ca

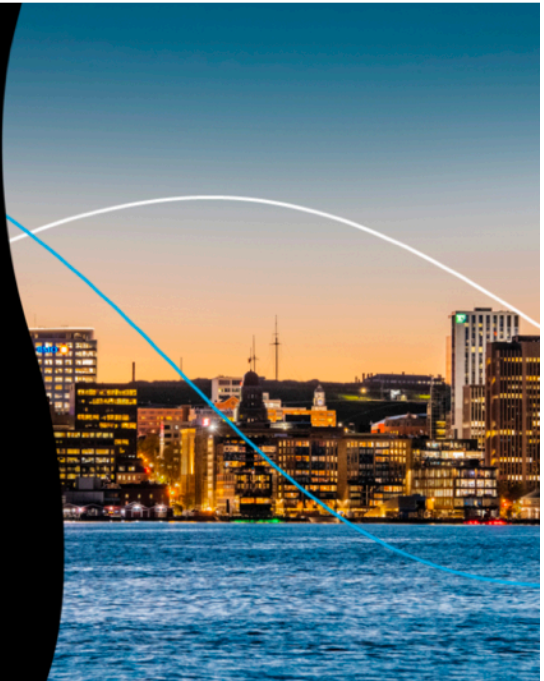
Cole Harbour Security - Cell 902-240-0993

Sheet Harbour Security - Cell 902-885-2219

Millbrook First Nation is Sponsoring the 2023 East Coast Music Awards!

**EAST
COAST
MUSIC**
AWARDS

HALIFAX, NS
MAY 3 – 7
2023



Presented by Millbrook First Nation

TD CONNECTED CONCERTS: INDIGENOUS STAGE

MAY 4TH | 10:45PM

Marriott Harbourfront Hotel - Halifax Ballroom 1919 Upper Water Street, Halifax, NS, B3J 3J5

Following the ECMA Award Show, don't miss this celebration of Indigenous talent on the East Coast, with performances from some of the most exciting Indigenous artists on the scene today.

Featuring showcases by:

10:45 – 11:15 – **City Natives**
11:25 – 11:55 – **DeeDee Austin**
12:05 – 12:35 – **Jason Benoit**
12:45 – 1:15 – **Wolf Castle**

**Win 2x Weekend Warrior
Wristbands!** Entry to all
ECMA TD Connected
Concerts

**Follow Millbrook's
Official Facebook Page for
contest details in April.**
Must be 19+

 **MILLBROOK
FIRST NATION**





INTERIM MILLBROOK FIRST NATION LIVELIHOOD KATEW (ELVER) FISHING PLAN

All eligible livelihood harvesters fishing under the community-authorized elver plan must first register with and be approved by the Millbrook First Nation Community. Millbrook Fisheries will be acting as the designate to maintain records of the:

- A. Community member's name, band#, phone number and civic address
- B. Tags issued
- C. Fishing area/ Watershed or River system
- D. Gear Type

Registration is open to all eligible community members 16 years and older; however, the authorized fisher must fish their own community allocation under this community livelihood fishing management plan due to the limited resource availability.

Completing, maintaining and submitting community-issued logbooks will be mandatory for 2023. Fixed gear such as fyke nets, pots or traps will require authorized tags for identification purposes. Elver fishing is only permitted with dip nets, fixed wings, elver traps, elver pots or traditional methods approved in writing by the Millbrook First Nation community.

Individual Community allocations /amounts will depend on how many people register.

**REGISTRATION IS TO BE DONE IN PERSON AT
THE FISHERIES OFFICE ONLY**

The deadline is Tuesday April 11th at noon to register.

Employment Opportunity Resource Management Officer Technician (RMOT)

We are currently seeking a highly motivated individual to join our team as a Resource Management Officer Technician (RMOT).

The ideal candidate will be passionate about fisheries and possess knowledge of Mi'kmaw Rights, particularly in relation to Food, Social & Ceremonial (FSC) fishing. The RMOT will play a vital role in promoting safe and effective field operations in areas where Millbrook's FSC fishery takes place.

They will also be responsible for maintaining effective resource management by monitoring and analyzing fish populations and ecosystems, as well as verifying catch landings at designated ports throughout the province of Nova Scotia.

The successful candidate will have experience working cooperatively with Indigenous Peoples and managing projects in controlled or uncontrolled environments. If you have a valid driver's license and a willingness to travel throughout the province, we encourage you to apply for this exciting opportunity.

For the full opportunity posting visit Millbrook's job opportunities page: <https://www.millbrookband.com/job-opportunities>



OPPORTUNITY BRIEF

Resource Management Officer Technician (RMOT)
2 Year Contract

SEARCH CONDUCTED BY PLACEMAKING 4G



Food Security Survey

Millbrook First Nation's Food Security Working Group is comprised of members from the Millbrook Administration, Health Centre, Fisheries Department, Confederacy of Mainland Mi'kmaq (CMM), Ulnooweg and the Wekope'kwitk Mijijjeweyuo'kuom Society (aka Millbrook Food Bank).

The group's mandate is to "provide a local perspective, expert guidance, and strategic advice to Millbrook First Nation Chief and Council regarding short-term and long-term initiatives to improve food security in the Millbrook First Nation & its satellite sites."

The group initiated community engagements in March of 2023, having held sessions in Millbrook, Cole Harbour and Sheet Harbour.

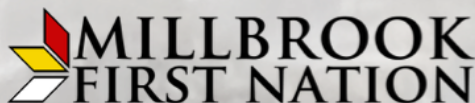
This online questionnaire is intended to build upon the committee's efforts to collect input from the community to aid in the development of Millbrook's food security strategy.

Your feedback is greatly appreciated and will be used to address the unique food related needs of your community.

<https://www.surveymonkey.com/r/ZVMQ3JN>



SCAN THIS CODE WITH YOUR PHONE'S CAMERA



A HOME WITHIN REACH.



**Are you a
Millbrook Band
Member, living on-
reserve, seeking
financing to
complete major
home renovations
or to build a new
home?**

Millbrook First Nation has developed a program whereby Millbrook members can apply to RBC for a loan of \$50K - \$250K, with a loan guarantee from Millbrook First Nation. This latest program is another tool for members to support their individual housing goals.

To access the program and for information on how to qualify for the loan, please contact: Chantel Langille
E: clangille@millbrookfn.ca
P: 902-324-9513

Introducing

New Online Booking Platform* For Millbrook Health Centre



E-BOOKING

Allow patients to book appointments online at anytime



REMINDERS

You will receive notifications, confirmations, and last-minute reminders for appointments booked.



Mobile Check In

Ability to check-in through platform when you arrive to your appointment



SCAN TO BOOK

healthmyself.net/millbrookhealthcentre#
or update email with reception at your next visit to get invite

*Only Available to Patients of the Millbrook Health Centre
E-Booking also available without registering to platform



Diabetes Self- Management Journey



WHEN

April 22 & 23, 2023
9:00 AM - 4:30 PM



WHERE

Millbrook Community Hall
72 Church Rd
Millbrook, NS B2N 6N4

This event is for anyone living
with Diabetes or Pre-Diabetes

Food & Drink will be provided

**BIG
DOOR
PRIZES!**



The Confederacy of Mainland Mi'kmaq

Please register with Teresa before March 31, 2023.
Call (902) 895-9468 or email teresaf@millbrookhealth.ca



SPRING BACK INTO A HEALTHY ROUTINE!

WALKING GROUP



**SNACKS &
WATER
PROVIDED**

TUESDAYS IN APRIL & MAY

WEEKLY CHALLENGES & NUTRITION TOPICS

12:00-1:00 PM

POWWOW GROUNDS

RAIN OR SHINE

DROP IN OR SIGN UP WITH TERESA

TERESAF@MILLBROOKHEALTH.CA

(902)895-9468



**MILLBROOK
HEALTH CENTRE**



MILLBROOK FIRST NATION BULKY ITEM COLLECTION

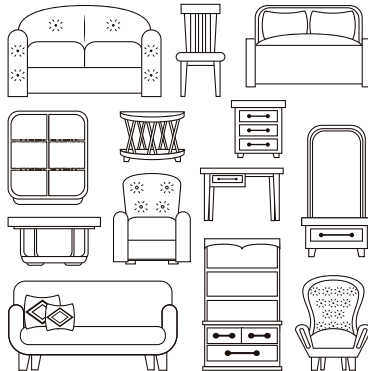
PREVIOUSLY KNOWN AS SPRING & FALL CLEAN UP

- Several years ago **SPRING & FALL CLEAN UP** switched from 2 times a year to 1 **BULKY ITEM WEEKLY**. Rather than store bulky items for 6 months at a time you **CAN** put **ITEMS OUT WEEKLY!!!**
- If items **ARE NOT** collected Tuesday, **DO NOT WORRY**, these items need to go in a different stream or to a different location and will be picked up within **THE NEXT COUPLE OF DAYS**.

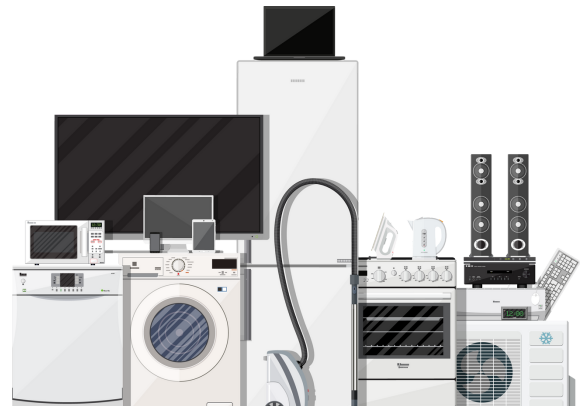
**EVERY
TUESDAY
52 WEEKS
PER YEAR**

HELPFUL TIPS:

- **BOX UP & LABEL BROKEN GLASS**
- **PUT ITEMS CURB SIDE TUESDAY**
- **BY 8AM**
- **PLACE ITEMS IN A SAFE LOCATION**



EXAMPLES:



QUESTIONS CONTACT:

G-MAN WASTE REMOVAL



Facebook Messenger



g_man22@outlook.com



1-902-890-8037



The Confederacy of Mainland Mi'kmaq

RED DRESS DAY WORKSHOP

Join our Resolution Health Support Program in Making a Red Dress Pin

APRIL 13, 2023

10 AM - 4 PM | MFN COMMUNITY CENTRE

TO REGISTER EMAIL: CORRINAS@MILLBROOKHEALTH.CA

OPEN TO ALL MILLBROOK FIRST NATION BAND MEMBERS 11 YRS + | FREE TO PARTICIPATE



The Confederacy of Mainland Mi'kmaq

TOBACCO TIES

Open to all Millbrook Community members!

Join our Indigenous Support Workers, Michelle, Lee and Andrea to learn more about Tobacco ties, including traditional teachings, uses, and intentions

DATE	TIME	LOCATION
April 12, 2023	2 - 4 PM	Millbrook Seniors Centre



MILLBROOK

Cultural & Heritage Centre

HAND DRUM MAKING EXPERIENCE



Millbrook Cultural & Heritage Centre
65 Treaty Trail, Millbrook N.S B6L 1W3

Just off exit 13A

Friday, April 14, 2023

2:00pm to 4pm

\$140.00 For a 14" Drum

50% deposit is required to secure spot

For registration & Info please contact:

Jeff Wilmot

jeff@millbrookheritagecentre.ca

(902) 843-3493

Please Note: Limited seat available for 15 people. Registration is on a first come first serve basis.

Wellness April

APRIL 3RD - 6TH

Self Care Package

You deserve to be kind
to yourself

April 3rd
READY, SET, WALK!
WOOD CHIP TRAIL AT 11AM



April 4th
SNACK ATTACK
MILLBROOK SENIOR CENTRE
AT 11AM



April 5th
FITNESS CENTRE TOUR
842 WILLOW STREET AT 11AM



April 6th
SELF-CARE WORKSHOP
PRE-REGISTRATION REQUIRED
ONLY A LIMITED KITS AVAILABLE

FOR MORE INFO OR TO REGISTER FOR THE SELF
CARE KITS CONTACT SUNSHINE BERNARD AT
902-895-9468

Millbrook Health Centre:

Prenatal Classes

TUESDAY, APRIL 4TH

The First Trimester

6:00-7:00pm

TUESDAY, APRIL 18TH

Nutrition During Pregnancy

6:00-7:00pm

TUESDAY, APRIL 25TH

After the First Trimester/
Gestational Diabetes

6:00-7:00pm

TUESDAY, MAY 2ND

Labour & Delivery

6:00-7:00pm

TUESDAY, MAY 9TH

Breastfeeding & Postpartum
Depression

6:00-7:30pm



Giveaways, gift cards and snacks!

All sessions will be held at Millbrook Health Centre

Questions? Contact Tilina: tbarkhouseasprey@millbrookhealth.ca

(902) 895-9468 or (782) 370-1580

MATERNAL-CHILD HEALTH:

April 1st

**Bellies and Babies Walk
(Weather Dependant)
9:30-10:30am
Woodchip Trail**

April 3rd

**Parenting Series: Healthy Discipline
6:00-8:00pm
Seniors Centre**

April 4th

**Prenatal Sessions: The First Trimester
6:00-7:00pm
Millbrook Health Centre**

April 6th

**Ages 0-4 Easter Bunny Photos
Prizes and Tot-Safe Hunt
2:00-4:00pm
Community Hall**

April 13th

**Baby & Me
10:00-11:00am
Seniors Centre**

April 14th

**Parenting Series: Risky Play
6:00-8:00pm
Seniors Centre**

April 18th

**Prenatal Sessions: Nutrition During
Pregnancy
6:00-7:00pm
Millbrook Health Centre**

April 19th

**Parenting Series: Sleep
6:00-8:00pm
Seniors Centre**

April 25th

**Prenatal Sessions: After the First Trimester
and Gestational Diabetes
6:00-7:00pm
Millbrook Health Centre**

April 28th

**Parenting Series: General Questions
6:00-8:00pm
Seniors Centre**

Questions? Contact Tilina

(782) 370-1580

or tbarkhouseasprey@millbrookhealth.ca



A UNIFORM
WITH YOUR NAME ON IT
IS WAITING FOR YOU

UN UNIFORME
À VOTRE NOM
VOUS ATTEND

rcmpcareers.ca

carrieresgrc.ca



OVER 150 CAREER SPECIALIZATIONS

With a vast range of career specifications and opportunities for growth and training, the RCMP offers a career like no other.

PLUS DE 150 CARRIÈRES SPÉCIALISÉES

Avec ses nombreux domaines de spécialisation et possibilités de croissance et de formation, la GRC offre une carrière sans pareille.



Royal Canadian Mounted Police / Gendarmerie royale du Canada



April Schedule – Millbrook Gymnasium

Thursday Bookings – As Needed

Saturday Bookings – Birthday Parties and NAIG Practices as needed

Sunday Bookings – NAIG Practices as needed

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 3-D Archery 6-7:30pm	2 Free Play 6-8pm Washer Toss 8-10pm	3 League Volleyball 6pm - 10pm	4 Free Play 6-8pm Men's Basketball 8-10pm	5 Youth Centre 8:30-11:00pm	6 Youth Centre 8:30-11:00pm	7 Youth Centre 8:30-11:00pm
8 3-D Archery 6-7:30pm	9 Free Play 6-8pm Washer Toss 8-10pm	10 League Volleyball 6pm - 10pm	11 Free Play 6-8pm Men's Basketball 8-10pm	12 Youth Centre 8:30-11:00pm	13 Youth Centre 8:30-11:00pm	14 Youth Centre 8:30-11:00pm
15 3-D Archery 6-7:30pm	16 Free Play 6-8pm Washer Toss 8-10pm	17 League Volleyball 6pm - 10pm	18 Free Play 6-8pm Men's Basketball 8-10pm	19 Youth Centre 8:30-11:00pm	20 Youth Centre 8:30-11:00pm	21 Youth Centre 8:30-11:00pm
22 3-D Archery 6-7:30pm	23 Free Play 6-8pm Washer Toss 8-10pm	24 League Volleyball 6pm - 10pm	25 Free Play 6-8pm Men's Basketball 8-10pm	26 Youth Centre 8:30-11:00pm	27 Youth Centre 8:30-11:00pm	28 Youth Centre 8:30-11:00pm
29 3-D Archery 6-7:30pm	30 Free Play 6-8pm Washer Toss 8-10pm					

To book the gym for a private event, birthday party or NAIG Practice, text **Vernon Gloade @ 902-897-7750** with name, date/time requested.

April 2023 – Millbrook Health Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hours: Monday-Thurs (9:00-4:30pm) Fri 9:00-4:00pm Closed for lunch 12-1						1
2	3 Dr. Blois 4-8 Dr. Bauld 9-4 Tanas NP 9-8 Dr. Fraser 2-8 Dr. Vance Teresa 9-8 David	4 Dr. Blois 9-2/Dr. Holt Tanas NP Dr. Phil Jordans Principal 9-12	5 Dr. Blois 9-2 Tanas NP David Closed from 230-430 Staff Meeting	6 Dr. Blois 9-2 Tanas NP Michelle	7 Closed Good Friday	8
9	10 Closed Easter Monday	11 Dr. Blois 9-2 Tanas NP Jordans Principal 9-12	12 Dr. Blois 9-2 Tanas NP David	13 Dr. Blois 9-2 Tanas NP Michelle	14 Dr. Blois 9-1	15
16	17 Dr. Blois 4-8 Tanas NP 9-12 Dr. Fraser (Virtual 3-6) Dr. Vance Teresa 9-8 David	18 Dr. Blois 9-2/Dr. Holt Dr. Phil Jordans Principal 9-12	19 Dr. Blois 9-2/Dr. Holt Holt Dr. Bauld 130-8 Tanas NP 1-4 David Szonja	20 Dr. Blois 9-2 Tanas NP Michelle Szonja	21 Dr. Blois 9-1/Dr. Holt Tanas NP 9-12	22
23/30	24 Dr. Blois 4-8 Dr. Fraser 2-8 Tanas NP 9-8 Teresa David	25 Dr. Blois/Dr. Holt Tanas NP CRYO Jordans Principal 9-12	26 Dr. Blois 9-2/Dr. Holt Holt Tanas NP David Szonja	27 Dr. Blois 9-2 Tanas NP Szonja	28 Dr. Blois 9-1	29 Please call to cancel appts