

# Millbrook Community Newsletter

FEBRUARY 2023



ATLANTIC POLICY CONGRESS FISHERIES AWARDS

CREW OF THE YEAR

JOSH BROOKS, CHRISTIAN GLOADE (LEFT), JASON JOHNSON (RIGHT)

EXEMPLARY CONDUCT AND WORKPLACE SAFETY AWARD

MATTIE MARTIN (CENTER)

## **Important Announcements**

- **February 14** - Chief and Council - General Meeting
- **February 20** - Heritage Day honouring Rita Joe (MEEC and Millbrook Administration Office CLOSED)
- **February 28** - Chief and Council - Consultation and Economic Development Meeting

## **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 Band  
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

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

## Chief and Council Meeting

**Tuesday, February 14<sup>th</sup>, 2023**

Deadline for letter submissions and booking time to see Council is

**Friday, February 3<sup>rd</sup>, 2023.** Contact the Administrative Assistant to Chief and Council - Suzanne Penney at Phone: (902) 897-5877 or e-mail: [adminassistant@millbrookband.com](mailto:adminassistant@millbrookband.com)

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

**The following Chief and Council Meeting will be Tuesday, March 14<sup>th</sup>, 2023.**

## February 2023

- 👉 **February 14** - Chief and Council - General Meeting
- 👉 **February 20** - Heritage Day honouring Rita Joe (MEEC and Millbrook Administration Office CLOSED)
- 👉 **February 28** - 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](mailto:nbernard@millbrookfn.ca)

### Costs

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

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

**Band 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](http://www.millbrookband.com).

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

**E-mail:** [ngloade@millbrookfn.ca](mailto:ngloade@millbrookfn.ca) to have your information posted online.



# NOVA SCOTIA MI'KMAW SUMMER GAMES

## Mi'kmaq Summer Games

### MILLBROOK!

August 20-27, 2023

Watch the NS Mi'kmaq 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
February	Tuesday	February 14, 2023	Tuesday	February 28, 2023
March	Tuesday	March 14, 2023	Tuesday	March 28, 2023
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	Tuesday	July 11, 2023	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, 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, February 9 & 23, 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](mailto:mphillips@millbrookfn.ca)) a current copy of your power bill for payment.

Thank you for your cooperation.

## **Millbrook's Newsletter Deadline - Monday, February 20<sup>th</sup>, 2023**

**The deadline is the 20<sup>th</sup> of each month.**

Send your content to: [ngloade@millbrookfn.ca](mailto: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.**

## **Millbrook Early Education Centre**

- February we have a parent Tot for the 3-4 year olds from 1-2pm  
call Millbrook Early Education Centre to sign up or email [susan.marshall88@hotmail.com](mailto:susan.marshall88@hotmail.com)
- Library visits with the P3 & P4 classes are continuing throughout February!
- Millbrook Early Education Centre closed February 20th for Heritage Day

## **Short Term Contract Opportunity – Litigation Support Research**

Millbrook First Nation is seeking a part time contractor to research historical records on St. Mary's Elementary School. We are looking for someone who has familiarity with RG10 Holdings of the National Archives of Canada. Strong organizational skills and attention to details are essential. If you are interested, please email [smartin@millbrookfn.ca](mailto:smartin@millbrookfn.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](mailto:lpaul@millbrookfn.ca)

Work: (902) 897-9199

Cell: (902) 890-4863

Or

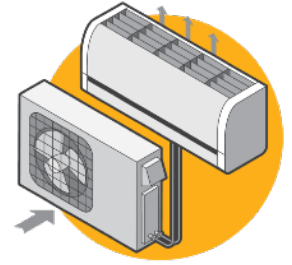
Chantel Langille

Housing Project Officer

[clangille@millbrookfn.ca](mailto:clangille@millbrookfn.ca)

## **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 band-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](mailto: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, February 5, 12, 19, & 26.



## **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.

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.

## **Millbrook Bylaw & Security Contact Information**

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

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

**Cole Harbour Security** - Cell 902-240-0993

**Sheet Harbour Security** - Cell 902-885-2219

# Monday, February 20<sup>th</sup> Nova Scotia Heritage Day

Nova Scotia Heritage Day is an annual reminder of our storied past and an opportunity to honour the remarkable people, places and events that have contributed to this province's unique heritage. Nova Scotia's honoree for 2023 is Rita Joe (née Rita Bernard), PC, CM, born in 1932 in Whycomomagh, NS; died in 2007 in Sydney, NS.

Often referred to as the poet laureate of the Mi'kmaq, and by some others as the "gentle warrior" or the "warrior poet," Rita Joe wrote powerful poetry that spoke about Indigenous identity and the legacy of residential schools in Canada. Her works continue to influence Indigenous and non-Indigenous writers and artists alike.

In honor of Heritage Day, the MEEC and Millbrook's Administration Office will be CLOSED on February 20.

## 2023 Honouree: Rita Joe

<https://heritageday.novascotia.ca/content/past-and-future-honourees>

### Poem 14

Our home is this country.  
Across the windswept hills  
With snow on fields.  
The cold air.

I like to think of our native life,  
Curious, free;  
And look at the stars  
Sending icy messages.  
My eyes see the cold face of the moon  
Cast his net over the bay.

It seems  
We are like the moon -  
Born,  
Grow slowly,  
Then fade away, to reappear again  
In a never-ending cycle.

Our lives go on  
Until we are old and wise.  
Then end.  
We are no more,  
Except we leave  
A heritage that never dies.

- Rita Joe

### Poem 14

Kiknu na ula maqmikew  
Ta'n asoqmisk wju'sn kmtnji'jl Aq wastewik  
maqmikew  
Aq tekik wju'sn.

Kesatm na telite'tm L'nueymk, Paqlite'tm, mu  
kelninukw koqoey;  
Aq ankamkik kloqoejk Wejkwakitmui'tij  
klusuaqn.  
Nemitaq ekel na tepknuset tekik wsiskw  
Elapekismatl wta'piml samqwan-iktuk.

Teli-ankamkuk  
Nkutey niku'kinu tepknuset Wej-  
wskwijnuulti'kw,  
Pawikuti'kw,  
Tujiw keska'ykw, tujiw apaji-ne'ita'ykw Kutey  
nike' mu pessipketenukek  
iapjiweyey.

Mimajuaqnminu siawiaq  
Mi'soqo kikisu'a'ti'kw aq nestuo'lti'kw. Na  
nuku'kaqiaq.  
Mu na nuku'eimukkw,  
Pasik naqtimu'k  
L'nu'qamiksuti ta'n mu nepknukw.

- Rita Joe



## Congrats New Bus Drivers!

Millbrook's Administration Office extends congratulations to three band members who recently completed bus driver training for Millbrook Educational Services.

The successful candidates, Todd Martin, Carlene MacDonald and Mary Anne Martin have received their class 2B licenses from Access Nova Scotia and driver certifications from Commercial Safety College. This is made possible through a partnership between Millbrook First Nation and the Mi'kmaq Employment Training Secretariat.

"We want to invest in our community while supporting our students' needs. It's a success story all around," said Art Stevens, Director of Educational Services for Millbrook First Nation. "All candidates passed their exam with flying colours and several have been able to cover shifts."

In 2022, Millbrook Educational Services identified the need for more bus drivers to service the community as alternates.

"Two of our senior drivers have been working for over 20 years. It's good to have them covered and to give them some relief," said Stevens.

Candidates are required to receive positive letters of recommendation from the community and undergo an intense 3-week training program. Through the support of Chief and Council, Educational Services covered tuition and equipment at no cost to band members.

As an added benefit, the certification has allowed the successful candidates to improve their capacity for employment. So far, the new drivers have shadowed experienced drivers on Millbrook's Early Education Centre bus routes. All three have expressed their desire to contribute in Millbrook.



*Todd Martin & Mary A. Martin*



**"TAKING THE BUS COURSE WAS A GREAT OPPORTUNITY; I WOULD DEFINITELY RECOMMEND IT. IT'S A GREAT SKILL TO HAVE." - CARLENE MACDONALD**

**"IT WAS A GREAT OPPORTUNITY TO HELP OUT OUR COMMUNITY AND THE STUDENTS AND PARENTS THAT RELY ON THE BUSES," - TODD MARTIN.**

**"I LOVE THAT I CAN BE PART OF GETTING OUR CHILDREN TO SCHOOL SAFELY. IT'S AN HONOUR TO BE A PART OF THEIR EDUCATION JOURNEY." - MARY A. MARTIN**

Millbrook Administration would like to thank our current bus drivers Chris Stevens, Vincent Sylliboy, Nolan Martin and Mike Gillis, and Bus Monitors Jennifer Wilmot and Mike Fields for being of vital service to our community. Thanks also to Amy Gloade, Native Employment and Training Officer, for her continued commitment to supporting our band members.

### **New Medical Reimbursement Form**

The finance department deployed a new form which was effective on December 1<sup>st</sup>, 2022. This form will be required for you to claim eligible reimbursements. The form must be completed in full, with your receipt attached, then delivered or mailed to the Millbrook Health Centre. Incomplete forms will not be submitted to the finance department, so please make sure that it is filled out completely. The form can be accessed online at [www.millbrookband.com](http://www.millbrookband.com) under Forms, or you can pick one up at the band office or at the Millbrook Health Centre.

### **Updated Financial Statements**

Millbrook’s 2021 audit is complete and the consolidated financial statements are now posted on the website. If anyone would like a presentation or a walkthrough of these statements, please email [amakanjuola@millbrookfn.ca](mailto:amakanjuola@millbrookfn.ca) and we will make an appointment for you with Millbrook’s auditor. Please note that the 2022 audit is expected to be completed by March 2023.

### **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](mailto:treatygenmgr@eastlink.ca)

### **Mi’kmaw Home Energy Efficiency Project**

The Mi’kmaw Home Energy Efficiency Project will be available to all Millbrook Communities. Millbrook is seeking participants to receive energy-efficient upgrades this year. **To enroll with Mi’kmaw Home Energy Efficiency Project, contact Krista Paul at [kpaul@millbrookfn.ca](mailto:kpaul@millbrookfn.ca) before February 15, 2023.** Please include your full name, phone number, secondary contact, civic address, postal code, community, Primary heat source, year built, and notes of upcoming renovations.

### **Community Engagement Sessions - Food Security**

We have three Food Security engagement sessions scheduled for February. Sessions scheduled for **February 21<sup>st</sup>-23<sup>rd</sup> 2-4pm in Millbrook (Truro), Cole Harbour (Dartmouth) and Sheet Harbour.** Locations of sessions: TBD

### **Learning About Energy Efficiency**

**Date:** February 23, 2023  
**Time:** 5:30-7:30pm  
**Location:** Millbrook Community Hall, 72 Church road Millbrook  
Snacks & Drinks will be provided.  
**Door prizes:** Tickets to the Halifax Thunderbirds  
\$100 gift card to Kent Building Supplies  
Presentation to be provided by Energy Efficiency Nova Scotia and Ecology Action Centre. They are partnering with the Confederacy of Mainland Mi’kmaq and Union of Nova Scotia Mi’kmaq. General appliance maintenance workshop.







Earn a  
Post-Secondary  
Degree/Diploma in our  
Community!

Millbrook Band and Cape Breton University are hosting a meeting to see if there is enough interest to offer a post-secondary educational opportunity.

**February 8, 2023 at 6 PM**  
**Millbrook Community Hall**  
**Refreshments Provided**

To pre-register, please call or text Reanne Sylliboy at 902-957-2712  
or email [rsylliboy@millbrookfn.ca](mailto:rsylliboy@millbrookfn.ca)





# EATING FOR HEART HEALTH VIRTUAL PROGRAM

EXPLORE WAYS TO EAT A HEART HEALTHY DIET  
AND COOK WITH THE DIETITIAN

RECIPE KITS WILL BE PROVIDED, **LIMITED SPACE**  
**DEADLINE TO REGISTER IS MON, FEBRUARY 13TH**



**THURSDAY, FEBRUARY 16, 2023**



**COMFORT OF YOUR OWN HOME**



**WHEN CONVENIENT FOR YOU**

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To sign up, contact (902)-895-9468, or email  
[teresaf@millbrookhealth.ca](mailto:teresaf@millbrookhealth.ca)



MILLBROOK  
HEALTH CENTRE



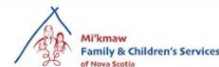
# FOSTERING CONNECTIONS!



**Mawkwanej - Let's Support Each Other**

[WWW.MPCSNS.CA](http://WWW.MPCSNS.CA)

**Become a Foster Parent**



Please join us for a Foster Care information  
Session

Date: February 15, 2023

Time: 11:00 am – 2:00 pm

Location: Millbrook Community Hall

72 Church Street

Presented by MFN Employment & Training Officer (IEO)

# Tech@RBC

Information Session Royal Bank of Canada (RBC)



February 2<sup>nd</sup>, 2023

11:00am – 1:00pm & 5:00pm – 7:00pm

This drop-in information session will include the chance to speak with current employees and training staff to provide an understanding of what a day in the life would be like in these roles. If you're interested in learning about work from home careers and are interested in technology this is an event you won't want to miss!

Any questions please reach out to Amy Gloade at [agloade@millbrookfn.ca](mailto:agloade@millbrookfn.ca) or (902) 897-9199 ext. 122

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



**MILLBROOK WINTER CARNIVAL**



**ARCHERY**

**MILLBROOK GYMNASIUM  
FEB. 16TH (THURSDAY)  
6PM SHARP!**

**CONTACT VERNON GLOADE  
AT 902-897-7750**

**2 CATEGORIES ADULT/KIDS**

Take a pic and post on FACEBOOK with hashtag  
#MFNWinterCarnival2023 for a chance to win cool prizes.

**Millbrook Winter Carnival**

Lunch & **BINGO**

**Feb. 13th (Monday)  
Cole Harbour A-Frame  
12pm - 2pm**

To Register please contact Sunshine  
Bernard at 902-895-9468

Take a pic and post on FACEBOOK with  
hashtag #MFNWinterCarnival2023 for a  
chance to win cool prizes.

**MILLBROOK  
WINTER  
CARNIVAL**



**CULTURAL  
NIGHT**

**WALTZ, LUSKI &  
KOJUA  
COMPETITIONS**



**FOR EACH CATEGORY:**

- 1ST - \$200**
- 2ND - \$100**
- 3RD - \$75**



Contact: Corrina Milliea at  
902-899-5689 or Tammy  
Bernard

**WEDNESDAY  
FEBRUARY 15**

**Millbrook  
Community Hall  
5 pm - 8pm**

**#MFNWinterCarnival2023**

# MILLBROOK WINTER CARNIVAL

# **POOL** tournament

**SATURDAY, FEB. 18TH**  
**DOOLY'S - 50 JUNIPER ST.**  
**REGISTRATION 12:00-12:55PM**  
**STARTS 1PM SHARP!**



Open to Millbrook Community & Band Members.  
Entry Fee - \$10

To Register contact Natasha  
Bernard at 902-956-1246  
#MFNWinterCarnival2023

1st Prize - \$300  
2nd Prize - \$200  
3rd Prize - \$100



# Do you want the experience of a lifetime?



If so, apply to  
**CAMP COURAGE 2023**  
before March 20th



An empowering program that introduces Nova Scotian young women and gender-diverse youth ages 15-19 years to emergency service careers.

Only 24 youth  
**WILL BE SELECTED  
TO ATTEND THIS  
FREE CAMP**

The camp occurs July 2nd to July 9th



Samantha 2011

Savannah 2006

Haley 2013



Canada



Contact us at [campcourage.ca](http://campcourage.ca) or Call (902) 701-1405

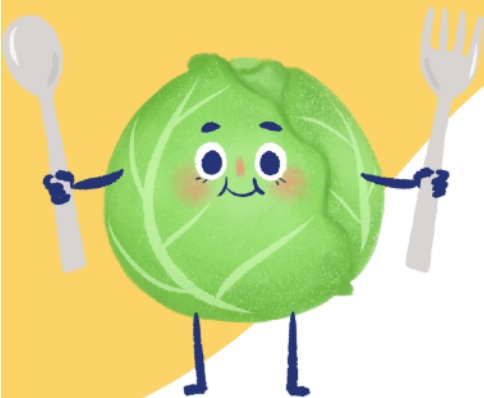
# Baby & Me

Join us for story time,  
songs and play!

**Children 0-17 months**  
**Snacks and Refreshments**  
**provided**

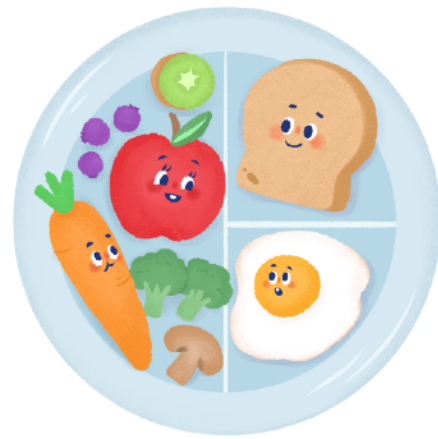
**February 7, 2023 10-12am**  
**Millbrook Seniors Centre**

# LITTLE CHEF, BIG CHEF



JOIN US FOR FAMILY  
CHEF NIGHT!

CAREGIVERS AND  
CHILDREN (0-10) ARE  
INVITED TO MAKE SOME  
DELICIOUS RECIPES!



**THIS MONTH: FRUIT KABOBS AND  
DIP**

MILLBROOK SENIORS CENTRE  
FEBRUARY 4TH, 2023

11:00-1:00PM

REGISTRATION REQUIRED,

LIMITED SPOTS

CONTACT TILINA

(782) 370-1580



# Valentine's Day Family Craft

Join us for an evening of  
creating a beautiful keepsake craft  
with your family!

February 10th, 2023 4-6pm

Millbrook Seniors Centre

Registration required

Call/Text: 782-370-1580

Email: [tbarkhouseasprey@millbrookhealth.ca](mailto:tbarkhouseasprey@millbrookhealth.ca)

# JUMP JIGGLE JIVE

Parents and tots (0-4)!  
Come on  
out for a morning of songs  
and dancing!



Millbrook Seniors Centre  
February 24, March 31,  
April 28, May 26  
10-11:30  
Snacks provided



# Parent & Tot

**Drop in for songs,  
play and story time!**

**Age: 16-36 months**

**February 21st, 2023 10-12pm**

**Millbrook Seniors Centre**

**Snacks and Refreshments**

**Provided**

## **Briefing note**

January 20, 2023

For your information

### Re: Changes to Substance Use Treatment Referrals and Admissions

It has come to our attention this week that some of the regular referral processes for clients has changed.

**Crosby House** is no longer accepting clients directly from incarceration into their care. The changes are as follows:

- Crosby House wants clients to be released for a 2-week period prior to entry
- They want clients to be assessed by a physician and stabilized on all medications for a 2-week period.
- Clients taking benzodiazepines cannot be accepted.

**Harvest House** is no longer accepting clients out of province until further notice, as they are managing a homeless crisis in the Moncton area.

These changes have brought up concerns particularly for those in the provincial corrections system as we do not have accommodation (e.g., safe housing) available to transition clients.

### **Actions:**

Met with partners to evaluate all available treatment and admission options, that are accredited, and funded through NIHB. Clients that have a treatment plan that are conducive to care offered by any facility on this national list may be accepted, however, we have not yet determined if some may require this new 2-week transition.

<https://www.sac-isc.gc.ca/eng/1576089851792>

**NNADAP** supports a national network of 52 residential **treatment centers**, with some 700 **treatment** beds

Prepared by: Ingrid Sheppard

## Feb 2023 – Millbrook Health Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Hours: Monday-Thurs (9:00-4:30pm) Fri 9:00-4:00pm Closed for lunch 12-1</p>			<p>1 Dr. Blois 9-2 Tanas NP David Szonja</p>	<p>2 Dr. Blois /Holt 9-2 Tanas NP Szonja</p>	<p>3 Dr. Blois 9-1 Dr. Bauld 9-4 Dr. Fraser (Virtual 12-3)</p>	<p>4</p>
<p>5</p>	<p>6 Dr. Blois 4-8 Tanas NP 9-8 Dr. Vance Teresa 9-8 David</p>	<p>7 Dr. Blois/Holt 9-2 Tanas NP Dr. Phil</p>	<p>8 Dr. Blois/Holt 9-2 Tanas NP David Szonja</p>	<p>9 Dr. Blois/Holt 9-2 Tanas NP Michelle Szonja</p>	<p>10 Dr. Blois</p>	<p>11</p>
<p>12</p>	<p>13 Dr. Blois 4-8 Tanas NP 9-8 Dr. Fraser 2-8 Teresa 9-8 David</p>	<p>14 Dr. Blois/Holt 9-2 Tanas NP</p>	<p>15 Dr. Blois Tanas NP David Szonja</p>	<p>16 Dr. Blois Tanas NP Michelle Szonja</p>	<p>17 Dr. Blois 9-1</p>	<p>18</p>
<p>19</p>	<p>20 Closed Heritage Day</p>	<p>21 Tanas NP Dr. Parr Dr. Phil</p>	<p>22 Dr. Blois 9-2 Tanas NP David Szonja</p>	<p>23 Dr. Blois Tanas NP Michelle Szonja</p>	<p>24 Dr. Blois/Holt 9-1 Tanas NP 9-1</p>	<p>25</p>
<p>26</p>	<p>27 Dr. Blois Tanas NP 9-8 Dr. Fraser 2-8 Teresa David</p>	<p>28 Dr. Blois Tanas NP CRYO</p>				<p>Please call to cancel appts</p>