

# Millbrook Community Newsletter

NOVEMBER 2023



ROYAL CANADIAN MOUNTED POLICE EAGLE SMUDGING CEREMONY

## **Important Dates**

- 👉 November 11 - Remembrance Day
- 👉 November 14 - General Chief and Council Meeting

Please visit [www.millbrookband.com/events](http://www.millbrookband.com/events) for upcoming events! Or use this QR code ->  
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, November 14<sup>th</sup>, 2023**

Deadline for letter submissions and booking time to see Council is **Thursday, November 9<sup>th</sup>, 2023 at noon.** 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 December 13<sup>th</sup>, 2023.**

**Deadline for submissions for December is Thursday, December 7, 2023.**

## **November 2023**

🦋 **November 14** - General Chief and Council Meeting

🦋 **November 28** - Consultation and Economic Development Meeting

## **Minutes**

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

## **Website & Facebook Page**

**Millbrook's Website** - [www.millbrookfn.ca](http://www.millbrookfn.ca)

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

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

## **2023 Schedule for Chief and Council Meetings**

Month	Days	General Chief and Council Meeting	Days	Economic Development & Project Consultation
November	Tuesday	November 14, 2023	Tuesday	November 28, 2023
December	Wednesday	December 13, 2023	Wednesday	December 13, 2023

## **Please Note**

- December Meetings are now one meeting due to Christmas Break. December meetings are moved to December 13, 2023.

## **Millbrook Rath Eastlink Community Centre Family Skate - Sunday Mornings**

Sunday morning ice times at the R.E.C.C. starts at 8:00-9:00 am, November 5, 12, 19, & 26.



### **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

**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.

### **Forms and Policies Updated**

🌸 **Millbrook Senior Off-Reserve Home Service Assistance Program**

🌸 **Millbrook Tobacco Allocation Policy**

### **Upcoming Community Events**

- 🌸 **November 9** - Community Feast Cole Harbour A-Frame
- 🌸 **November 10** - Drum making workshop
- 🌸 **November 11** - Remembrance Day
- 🌸 **November 13** - General Chief and Council Meeting
- 🌸 **November 16** - Community Feast Millbrook Community Hall
- 🌸 **November 17** - Parent TOT Workshop, MEEC
- 🌸 **November 21** - Mawio'mi'ji'j
- 🌸 **November 23** - Open House at Millbrook First Nation
- 🌸 **November 23** - Elder's Glow Trip
- 🌸 **November 26** - Mist No'Kmaq (All my Relations) Brunch
- 🌸 **November 26** - Christmas Craft Fair, MCHC
- 🌸 **November 27** - Elder's Christmas Bingo
- 🌸 **November 28** - Consultation and Economic Development Meeting
- 🌸 **November 30** - Community Feast Eastern Shore Wildlife Association, Sheet Harbour
- 🌸 **December 2** - Newfoundland Christmas Party
- 🌸 **December 7** - Senior's Christmas Party
- 🌸 **December 6** - Sheet Harbour Christmas Party
- 🌸 **December 8** - Cole Harbour Christmas Party
- 🌸 **December 9** - Millbrook Community Market
- 🌸 **December 12** - Millbrook First Nation Christmas Party
- 🌸 **December 21** - Millbrook Santa Parade

## **Social Assistance**

Social Assistance Cheques are scheduled for: **Thursday, November 2, 16, & 30.**

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

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

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

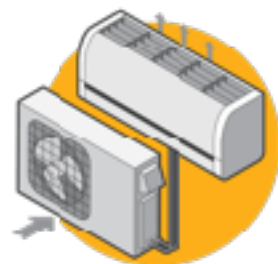
Send your content to: [ngloade@millbrookfn.ca](mailto:ngloade@millbrookfn.ca)

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.**

## **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 Millbrook 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.

## **Housing Repairs**

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)

## *Millbrook Education Department*

Kwe'

As our students from preschool to post-secondary settle in, we would like to highlight our 2023 Cape Breton University in Community Cohort. The students have already completed their first semester of classes and are well into their second! The Bachelor of Arts in Community Studies has been offered in Millbrook for several years with tremendous success. The CBU Campus, located on the bottom floor of the Millbrook Community Hall, is equipped with all the amenities and services our students need to succeed. A special thanks to Danielle Gloade, who has launched this vibrant student community by facilitating their first and second-semester courses. At the heart of the class is teamwork, encouragement, strength, and communication, which will serve to promote the success of all. Congratulations to our 2023 Cape Breton Bachelor of Arts in Community Studies class. There is no doubt that our community will recognize these students and their families as they continue to engage in Millbrook activities and events.

### **Message to Parents K-12**

- 🌟 As the school year moves along, please be reminded that we are here to support you and your families. Our team of professionals are dedicated to the academic, social, and emotional success of each child. Notably, we have over 400+ students in K-12 and 134 post-secondary students attending school across Canada. We want to highlight our Millbrook Education staff, who work diligently daily.
- 🌟 At Truro Elementary, Shelly Gloade, Lisa Wilmot, Buffie Haines, and Juliana Paul work closely together to ensure safety, equity and pride are demonstrated in our students daily.
- 🌟 At Truro Middle School, our staff, Tom Wilson, Brittany Higgins, Luisa Martin, and Juliana Paul, make every student interaction count. From extra help and support to a friendly and safe space to be, this team is dedicated to promoting progress and instilling confidence in daily activities.
- 🌟 Our Early Educators at MEEC, led by Sylvia Martin and Cheryl Gloade, are known for their compassion, professionalism, and ability to make each child feel seen and heard. The school is a hub of activity, learning and expression.
- 🌟 Jonathan Crawford at CEC has been working hard to ensure that our high school students are on track and have everything they need to succeed.
- 🌟 Our Bus Drivers and Monitors enjoy meeting and greeting our bright young students daily. A huge thank you to our Bus Drivers, Chris Stevens, Maryanne Martin, and Nolan Martin and our Bus Monitors, Carlene MacDonald and Mike Field, for your dedication to ensuring the safety and security of our Millbrook children every day.
- 🌟 Locally, we thank Colchester Christian Academy and Ecole Acadienne de Truro, South Colchester Academy and Bible Hill Junior High for always encouraging our students to be their best and working collaboratively with us to ensure our families are supported and tied to the community.
- 🌟 Finally, we recognize that without the help and support from each of our community families who collectively put their trust in us, we would not have realized such achievements, so thank you to everyone!



**MILLBROOK  
FIRST NATION  
CHRISTMAS PARTIES 2023**

**Newfoundland - Deer Lake**

December 2

10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00

**Seniors**

December 7

10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00

**Sheet Harbour**

December 6

10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00

**Cole Harbour**

December 8

10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00

**Millbrook First Nation**

December 12

**Millbrook**

**Santa Parade**

December 21



# **ELDER'S GLOW TRIP**

**Thursday, November 23<sup>rd</sup>, 2023**

**Meet at Senior Centre: 2:30 P.M.**

**Depart: 2:45 P.M.**

**Glow: 4 - 5 P.M. Supper: 5:30 P.M.**

Please register with Tamara Gloade at  
(902) 956-4164 or [tgloade@millbrookfn.ca](mailto:tgloade@millbrookfn.ca)

## ***ELDER'S CHRISTMAS BINGO***

**Monday, November 27, 2023**

**Millbrook Senior Centre**

**12 - 2 P.M.**

**Lunch will be provided**

**Please register with**

**Tamara Gloade at**

**(902) 956-4164 or**

**[tgloade@millbrookfn.ca](mailto:tgloade@millbrookfn.ca)**

The header features the text '11 NOVEMBER Remembrance DAY' centered. '11' and 'DAY' are in large, bold, black sans-serif font. 'NOVEMBER' is in a smaller, black sans-serif font. 'Remembrance' is written in a large, red, cursive script. The text is flanked by two stylized red poppies with black outlines and stems, each with a black seed pod.

# 11 NOVEMBER *Remembrance* DAY

9:30 am - Mass @ Sacred Heart Church  
9:30 am - Veterans March (Church to Cenotaph)  
10:45 am - Family Wreath Pick Up  
10:50 am - Opening Remarks  
10:55 am - O Canada  
11:00 am - Last Post  
11:05 am - Two Minute Silence  
Lament  
Revielle  
Presentation of Wreaths  
12:00 - Meal at Millbrook Community Hall

The logo consists of a stylized graphic of three overlapping shapes: a red triangle pointing up, a yellow triangle pointing down, and a white triangle pointing left, all within a black outline.

**MILLBROOK  
FIRST NATION**



## **2023 Community Deer Harvest**

Dear band members,

The 2023 community deer harvest is well under way. Millbrook First Nation is currently managing two harvesting sites off-reserve on William Barnhill drive. Harvesters have been recruited from our community and we have partnered with David (“Tex”) MacLeod from Farmland Outfitters to coordinate the hunt. Our goal for the season is to safely harvest 24 deer to help ethically manage the overpopulation of deer in the Truro area.

Our approach consists of crossbow hunting from a tree stand and compound bow hunting from a ground blind. In both cases, hunters will be shooting away from homes and community infrastructure and will be shooting down toward the ground (from a tree stand) or into a hillside (from a blind). This is intended to ensure that all projectiles are discharged safely.

All meat harvested this year will be shared with the community at large, with a portion being donated to the Springhill Penitentiary (to feed Indigenous inmates) and the Mi’kmaw Native Friendship Centre (to help the urban Indigenous community access traditional foods). We will be giving away deer meat at the **Cole Harbour A-Frame** and the **Sheet Harbour Wharf** in December.

We have also partnered with Chef Ray Bear and the Health Centre to develop a Hello Fresh inspired meal kit with deer meat as the protein. Chef Ray is developing 3 recipes that will be circulated in mid-late November. All meal kits will come with recipe cards and ingredients. If you’re interested please contact Spencer Morris at [SMorris@millbrookfn.ca](mailto:SMorris@millbrookfn.ca).

**For more information please contact me at any time (details above), or contact David (“Tex”) MacLeod at (902) 899-3144.**

## **EMPLOYMENT OPPORTUNITY - Office Intern**

Millbrook First Nation is seeking candidates as an Office Intern for up to 26 weeks. You'll be under the direct supervision of the Millbrook Indigenous Employment and Training Officer.

### **Applicant Requirements:**

- Interest in learning administrative tasks in the employment and training industry.
- Must be reliable and able to commit to work assignments.
- Knowledge of Microsoft Office programs is considered an asset but not required.

Please email your Cover Letter and Resume to [jobs@millbrookfn.ca](mailto:jobs@millbrookfn.ca)

**DEADLINE TO SUBMIT INTEREST:** Thursday, November 23rd, 2023, at 4:00 p.m.

Please note: *While we welcome all qualified applicants to apply, preference will be given to individuals of Indigenous descent under the Aboriginal Employment Preference Policy. Only qualified candidates will be contacted.*

## **EMPLOYMENT OPPORTUNITY - Construction Labourer**

Millbrook First Nation is seeking candidates as Construction Labourer for up to 26 weeks. You'll be under the direct supervision of the Millbrook Repairs and Renovation Foreman.

### **Applicant Requirements:**

- Requirements for this call-out include the ability to lift 50 lbs, comfortable working long hours and the ability to do manual labourer while working in adverse weather conditions.
- Must be reliable and able to commit to work assignments.
- Construction experience is considered an asset but not required.

Please email your Cover Letter and Resume to [jobs@millbrookfn.ca](mailto:jobs@millbrookfn.ca)

**DEADLINE TO SUBMIT INTEREST:** Wednesday, November 15th, 2023, at 4:00 p.m.

Please note: *While we welcome all qualified applicants to apply, preference will be given to individuals of Indigenous descent under the Aboriginal Employment Preference Policy. Only qualified candidates will be contacted.*

# OPEN HOUSE AT MILLBROOK'S ADMINISTRATION OFFICE



## **Millbrook Band Members & Community Members**

Please join us for an Open House at Millbrook's Administration Office to meet our staff and learn about each department and the programs they offer. We will be providing guided tours with small groups throughout the building. Light snacks and refreshments will be available.

**Where:** 820 Willow Street, Millbrook , NS

**When:** November 23, 2023 **Time:** 11:00 A.M. – 1 P.M.

**Questions:** Contact Carolanne Corbin, EA and Manager, Administrative Operations at

**Phone:** (902) 897-9199 Ext. 126

**e-mail:** [communications@millbrookfn.ca](mailto:communications@millbrookfn.ca)

**www.millbrookfn.ca**



# MILLBROOK COMMUNITY MARKET

## **Millbrook Community Hall**

72 Church Rd, Millbrook First Nation

**Saturday, December 9th, 2023**

**9am - 1pm**

Come discover & purchase beadwork, clothing (ribbon skirts, bags, moccasins, etc.), hidework, fur products, earrings, as well as contemporary crafts made by community members.

## **Contact**

Community Engagement Officer  
[smorris@millbrookfn.ca](mailto:smorris@millbrookfn.ca)

# MILLBROOK COMMUNITY FEASTS

## **Cole Harbour A-Frame**

Thursday, November 9th, 5:30 - 7:30 pm

## **Millbrook Community Hall**

Thursday, November 16th, 5:30 - 7:30 pm

## **Eastern Shore Wildlife Association, Sheet Harbour**

Thursday, November 30th, 5:30 - 7:30 pm

**Come gather with your friends, family, neighbours and the Millbrook Community Plan team for an evening of food, fun, prizes and conversation.**

After we feast the Community Plan team will lead a discussion and activity around regional transportation. The insights gathered will shape the Millbrook Community Plan and contribute to a Regional Transportation Plan.



# Millbrook Early Education Centre

## Important Dates for November

### Thursday, November 9, 2023

PICTURE DAY

(Wear your best smile today!)

### Friday, November 20, 2023

No School for PRIMARY ONLY  
(Evaluation/Assessment Day)

### Monday, November 13, 2023

**Centre CLOSED** in lieu of  
Remembrance Day Holiday

### Friday, November 17, 2023

Parent Tot Workshop  
10am-11am (0-2-year-olds)

### Friday, November 24, 2023

**Centre CLOSED** for Professional  
Development Day

### Monday, November 27, 2023

Jordan's Principal  
Presentation/information  
session for Parents  
4:00pm-5:00pm

(This is your invitation) 😊

### November 2, 16 & 30, 2023

Truro Library Visits  
(All Classes will be going)



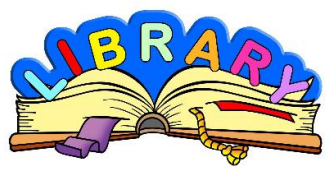
### Friendly Bus Reminders

Bus Run 1 - 7:45am  
Bus Run 2 - 8:15am  
If your child will not be attending school on specific days, please let Nolan know ASAP **902-890-3608**

### Contact Us

902-897-1249 or 902-897-0445

- Ext. 101 - Assistant Manager - Cheryl
  - Ext. 102 - Preschool 4 – Susan & Amy
  - Ext. 103 - Daycare – Genny, Levi & Sunshine B.
  - Ext. 104 - Preschool 3 - Jessica, Jaquinn, Leslie & Amanda
  - Ext. 105 - Afterschool Program - Leslie & Melinda
  - Ext. 107 - Primary - Emma & Melinda
  - Ext. 108 - SLP - Christina
  - Ext. 109 - Manager- Sylvia M. Martin
- Manager's Email: [smmartin@millbrookfn.ca](mailto:smmartin@millbrookfn.ca)**



# Parent Tot Workshop



(0-2-year-olds)

**Millbrook Band Members & Community Members**

**Where:** Millbrook Early Education Centre

**When:** Friday, November 17, 2023

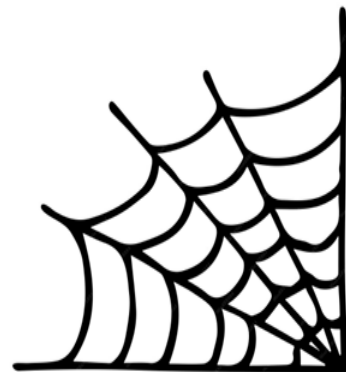
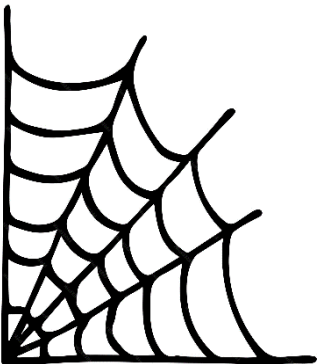
**Time:** 10:00am-11:00am

Come and learn some fun rhymes and fingerplays, make some exciting crafts and activities with your child, and enjoy a great book to take home.

**“Incy Wincy Spider”**

Sign up at the Millbrook Early Education Centre or call 902-897-0445 or email [smarshall@millbrookfn.ca](mailto:smarshall@millbrookfn.ca).

If you are unable to bring your child, have someone else bring them, such as a grandparent, godparent, aunt, or uncle.





### **Royal Canadian Mounted Police Eagle Smudging Ceremony**

Thursday morning, The Nova Scotia RCMP held an Eagle Smudging Ceremony with Patsy Paul Martin.

In 2017, Nova Scotia RCMP was the first to offer victims, witnesses and police officers the option to swear legal oaths on an eagle feather instead of using a Bible or offering an affirmation, with the help of Don Julien and the late Jane Abram at the RCMP headquarters.

Having eagle feathers available at the RCMP Stations has been a big step in reconciliation amongst the Indigenous population. Chief Bob Gloade: "We have a great relationship with our RCMP detachment, which has been fundamental in improving community wellness; our local RCMP will join us at every local event and ceremony. Our youth look up to these officers, and they promote many good things around here."

During this ceremony, Patsy cleansed the eagle feathers through a smudging ceremony, and Chief Bob Gloade talked about the importance of reconciliation within the RCMP. Patsy explained the importance of the Eagle feather to the Officers and how to properly take care of and maintain the eagle feathers they are in care of.

Currently, there is a high demand for Indigenous RCMP members, the RCMP will be hosting an Indigenous Pre-cadet training program this spring targeted for ages 19-29, the deadline to register is December 15, 2023.







## Indigenous Pre-Cadet Training Program



The Indigenous Pre-Cadet Training Program (IPTP) offers Canadian Indigenous people, between the ages of 19 and 29, an opportunity to experience a modified three-week Depot training experience within the RCMP at the RCMP Training Academy in Regina, Saskatchewan.

"It gives Indigenous youth the opportunity to experience a training session and a first-hand view of what a possible career in police work could entail," says Cpl. Maureen Greyeyes-Brant, who was a graduate of the program and is now the National Coordinator.

### You'll learn:

- ▶ An introduction to the Criminal Code and RCMP policy
- ▶ Physical fitness and drill
- ▶ Skills to help prepare you to apply to be a police officer

### Basic Requirements

- ▶ Be between 19 - 29 years of age
- ▶ Be of First Nation, Inuit or Métis descent
- ▶ Be a Canadian citizen
- ▶ Be able to pass an enhanced reliability security check
- ▶ Be in good physical condition
- ▶ Possess a Canadian high school diploma or equivalent

### Now accepting applications for the spring session!

Deadline: December 15, 2023

For more information contact:

"H" Division RCMP Recruiting  
[HdivRecruiting@rcmp-grc.gc.ca](mailto:HdivRecruiting@rcmp-grc.gc.ca)

**"I'm excited to be able to one day become an RCMP officer and inspire more to join to show that we can make a difference in society."**

*Phoebe Whispeleg, Nunavut*





# 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, November 10, 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](mailto:jeff@millbrookheritagecentre.ca)

(902) 843-3493

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



**MILLBROOK**  
Cultural & Heritage Centre

# CHRISTMAS CRAFT FAIR

**WHEN: NOVEMBER 26, 2023**

**WHERE: 65 TREATY TRAIL  
MILLBROOK**

**TIME: 10:00-3:00PM**

**ADMISSION: FOOD BANK DONATION**



To book a table please call Heather at  
902-843-3493



**LEATHERWORK**



**Bead work**



**Support Local Artisans in your Community**

# Maternal Child Health

## What MCH Offers:

- Parenting support through *Growing Great Families* and *Nobody's Perfect*
- Fostering positive family connections to support optimal child development
- Prenatal Education
- Emotional support through the early years
- Developmental Support
- Connections to services in the community
- Play! There is always lots of play when we meet!

All services can be provided in your home, in-office, or wherever you are most comfortable. It's all about what's best for you and your child!

**Contact Tilina to sign up: (782) 370-1580 or [tbarkhouseasprey@millbrookhealth.ca](mailto:tbarkhouseasprey@millbrookhealth.ca)**



## Maternal-Child Health

# November

0-5 Open Gym

November 3rd, 10-  
11:30am

Millbrook Gymnasium  
Drop-in, older siblings  
welcome

0-5 Open Gym

November 10th, 10-  
11:30am

Millbrook Gymnasium  
Drop-in, older siblings  
welcome

Feeding Baby: Baby Food

Workshop with Teresa,  
RD, and Tilina

November 21st, 2:00-  
3:00pm

Seniors Centre

Registration Required

To register contact Tilina:

(782) 370-1580 or

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

# You are invited!

## All Community Support Brunch

**For the Communities of Millbrook, Sheet Harbor, Cole Harbor  
And Beaver Dam.**

**Busses are available to transport participants to and from this event.**

We are pleased to invite community to gather over brunch to support and celebrate the lives of those with lived and living experiences with substance use disorder, along with their families, friends and loved ones that walk alongside them.

This event is made possible through the generous support of the Mental Health Foundation of Nova Scotia!

**We look forward to seeing you there!**

**“MSIT No’Kmaq (All My Relations) Brunch details:  
Sunday November 26, 11 AM- 1 PM  
Millbrook Community Hall**

**Food/Presentations/Resources**

### **Bus stop locations:**

<b>Sheet Harbor Wharf</b>	<b>9:30 AM</b>
<b>Cole Harbor A Frame</b>	<b>9:45 AM</b>
<b>Beaver Dam</b>	
<b>Tony Asprey’s (4152 Beaver Dam)</b>	<b>9:50 AM</b>

All are welcome; however, it is helpful to RSVP in order to meet the need for food and transportation services. Wela’lin 😊

**To RSVP for this event or if you would like more information,**

please contact Ingrid:

(phone) 902-895-9468

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

## **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](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

# Women's Self Defence Course



## Millbrook Women's Self-Defence Course

Location: Hubtown Boxing Club

35 Gasper Cross Road (East Prince Street)

Date: Every Friday in November 2023

Time: 7:00 p.m. - 8:30 p.m.

Contact: Tamara Gloade at 1 (902) 956-4164

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





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Founding Sponsor



This project is funded in part by the Government of Canada's Adult Learning, Literacy and Essential Skills Program.



# Mawio'mi'ji'j

Mi'kmaw Health and Wellness Gatherings

**Fall 2023**

Tajikeimik and Health Directors are hosting Mawio'mi'ji'j events in-Mi'kmaw communities across Nova Scotia! Join us to:

- Learn about the new health and wellness organization for Mi'kmaw in Nova Scotia
- Be a voice in shaping our very own health and wellness organization
- Gather to celebrate the start of the health transformation journey

During the Mawio'mi'ji'j we will have:

- Talking circles
- Door prizes
- Lunch and snacks

## Millbrook First Nation

November 21st, 2023

9AM to 4PM

Location: Millbrook Community Hall

Register online at [bit.ly/45oMnPE](https://bit.ly/45oMnPE)  
or Call Alexa at 902-304-7222

# Millbrook Health Centre Mental Wellness Team

**Mental Wellness Crisis Coordinator**  
Tammy Bernard



**Adult Mental Health & Addictions Counsellor**  
David Rider  
Monday & Wednesdays



**Community Social Worker/Home care supervisor**  
Corrina Milliea



**Child & Youth Clinician**  
Ruth Mitchell  
Monday & Tuesdays



**Substance Use Prevention Counsellor**  
Ingrid Sheppard



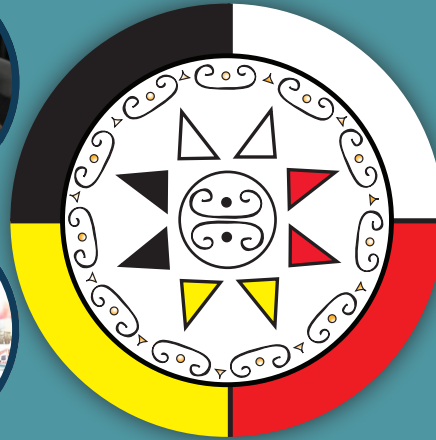
**Mental Health & Addictions Clinician**  
Szonja Vamos  
Wednesday & Thursdays



**Addiction worker**  
Peter Gloade



**Adult Mental Health & Addictions Clinician**  
Michelle Sullivan  
Thursdays



## MILLBROOK HEALTH CENTRE

Contact us at: 902-897-9199 or toll free at (1-800-693-3112)

### Regular Hours

Monday - Friday 9:00am - 4:30pm

### Summer Hours

Monday - Thursday 8:30am - 4:30pm  
Friday 8.30am - 12:00pm

## AFTER HOUR CONTACT NUMBERS:

**Crisis Response Service** at 902-896-2606  
at **Colchester East Hants Health Centre**  
(1-800-460-2110 ext. 42606) 8:30am - 4:30pm

**Provincial Mental Health Crisis Line:**  
1-888-429-8167

**Eskasoni Crisis Line** 1-855-379-2099 or on  
**Facebook Eskasoni Crisis Worker**

**Millbrook RCMP** 902-893-6819

**NS Mental Health & Addictions Central Intake**  
1-844-855-6688

**NS Help Line Call 221**

**NS Mental Health Crisis Line** 1-888-429-8167

**Kids Help Line** 1-800-668-6868

**Etli-Npisimkek Counselling & Consulting Services** - Michelle LeBrun - Clinician Therapist  
etlinpisimkekcounselling@gmail.com 902-759-2839

## **INSTRUCTIONS FOR SCHOOL BUS PASSENGERS**

1. The Driver is in full charge of the school bus. Obey his/her instructions.
2. Be on time. The bus will not wait.
3. Do not talk to the bus driver unless necessary.
4. Keep seat assigned to you by the driver.
5. Do not use foul or profane language.
6. No loud or boisterous talking, yelling or whistling.
7. Do not stand or move about while the bus is in motion.
8. Do not open windows without the driver's permission.
9. Do not put hands, arms, feet or head out of the bus window.
10. Do not throw anything inside the bus or out the windows.
11. When the bus is in motion, keep the aisle of the bus clear at all times.
12. When it is necessary to cross the road in front of the school bus, walk 3 meters (10ft) in front of the school bus to a point where you can see the driver; cross to the center of the highway, STOP, LOOK, and LISTEN and cross the highway when it is safe to do so.
13. If there is no sideway, walk well over the left side of the road when walking to and from the bus.
14. Never stand or play on the road while waiting for the bus.
15. The maximum seating capacity for this bus is 48 passengers provided the aisle of the school bus is neither wholly or partially obstructed by any person sitting in such a manner that the persons body or any part of there of, extends beyond a seat into the aisle.
16. No Smoking or Vaping on the school bus at any time!

**ALWAYS BE CAREFUL**



**MILLBROOK  
FIRST NATION**

# Nov 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 Dr. Holt 9-230 Jena NP 9-430 David Staff Meeting 3pm</p>	<p>2 Drs. Blois/Barton 9-2 Dr. Holt 9-230 Michelle Szonja</p>	<p>3 Dr. Blois 9-1 Dr. Holt 9-230</p>	<p>4</p>
5	<p>6 Dr. Blois 4-8 Dr. Bauld 9-4 Jena NP 9-8 David Ruth 1030-8</p>	<p>7 Drs. Blois/Barton 9-2 Ruth</p>	<p>8 Drs. Blois 9-2 Dr. Holt 9-1 Jena NP 9-430 David</p>	<p>9 Drs. Blois 9-2 Dr. Holt 9-230 Michelle Szonja</p>	<p>10 Dr. Blois 9-1 Jena NP 9-2</p>	<p>11</p>
12	<p>13 Closed Holiday In lieu of Remembrance Day</p>	<p>14 Dr. Blois/Barton 9-2 Dr. Purdy(Derm) Jena NP 9-430 Ruth 9-12</p>	<p>15 Dr. Holt 9-230 Dr. Fraser 9-4 Dr. Bauld 130-8 Jena NP 9-430 Ruth 4-8 David</p>	<p>16 Dr. Blois/Barton 9-2 Szonja Michelle</p>	<p>17 Dr. Blois 9-1</p>	<p>18</p>
19	<p>20 Closed Staff Training</p>	<p>21 Drs. Blois 9-2 Ruth Nick, JP- 9-4 CRYO Day</p>	<p>22 Drs. Blois 9-2 Dr. Holt 9-230 Dr. Fraser 9-4 Jena NP 9-430 David Nick, JP -9-4</p>	<p>23 Dr. Blois 9-2 Szonja Michelle Nick, JP -9-4</p>	<p>24 Dr. Blois 9-1 Dr. Holt 9-230 Jena NP 9-2</p>	<p>25</p>
26	<p>27 Dr. Blois 4-8 David Ruth 1030-8 Nick, JP -9-4</p>	<p>28 Drs. Blois 9-2 Dr. Holt 9-230 Jena NP 9-430 Ruth Nick, JP- 9-4</p>	<p>29 Drs. Blois 9-2 Jena NP 9-430 David Nick, JP -9-4</p>	<p>30 Dr. Blois 9-2 Szonja Michelle Nick, JP -9-4</p>		<p>Please call to cancel appts</p>

## Millbrook Tobacco Store Funding Regulations

- A. Only **Millbrook Band Members** are eligible to receive funding.
- B. All requests must be made individually in writing on the form, available at the Millbrook Band Office or Millbrook website and approved by a majority of the Millbrook Band Council. All approvals are on a fiscal year basis.
- C. All reimbursements will require an official **RECEIPT** from the organization showing the **organization name**, the **name of the individual** the activity is for, the **activity name** and **amount**. All funding requests payable to the organization will require an **INVOICE** from the organization showing: the **organization name**, the **name of the individual** activity is for, the **activity name** and **amount**. The cheque will be mailed directly to the organization along with a letter stating that any refunds are to be paid to the tobacco store.
- D. All approvals are subject to the Tobacco Store having funds in excess of normal operating expenses.
- E. Band Members may apply for reimbursements for activities from the previous fiscal year if they have official receipts.
- F. All requests for changes/additions to the Millbrook Tobacco Store Funding Regulations must be in writing and submitted to the Millbrook Band Council. The request will be reviewed at the next scheduled Council Meeting and must be approved by a majority of the Millbrook Band Council before being added to the Funding Regulation listing.

### The Millbrook Tobacco Store will fund the sport and recreational activities listed below:

1. Any high performance physical activity athletes (elite level/competitive/provincial team/school sport team) for **children 18 years of age and under**, will be funded to a maximum of \$1,000.00 per year for registration fees.
2. Any on-going sport or physical activity for **children 18 years of age and under and adults 19-23 years of age as full-time students or enrolled in a full time, post-secondary education program** will be funded to a maximum of \$750.00 per year, per category. If a fee in addition to the regular registration is required to participate or a team it will be funded up to a further \$300.00 per year. Ticket funds not applicable.
3. The **minor hockey** registration for **children 18 years and under** will be funded/reimbursed up to a maximum of \$850.00 per year and REP fees up to a further \$400 per year.
4. Necessary equipment will be reimbursed up to \$500.00 for **children 18 years and under**, every year. This is in total, **not** for each separate funded activity. The child must be registered with a team, club or other organized entity to be eligible.
5. Music classes, Art/Cultural Art classes, Mi'kmaw Language classes, Girl Guides and Scout registration fees for **children 18 years of age and under and adults 19-23 years of age as full-time students or enrolled in a full time, post-secondary education program** will be funded to a maximum of \$300.00 per year each. Completed Regalia (purchase NOT supplies to make) for **children 18 years of age and under** will be funded to a maximum of \$300, every two (2) years, as long as they are enrolled in a full time, post-secondary education program.
6. **Adults** participating in organized and on-going sport or physical activities will be funded to a maximum of \$300.00 per year. The exception is that teams, that consist of a majority of Millbrook Band members, will be funded to a maximum of \$2,000.00 for Millbrook sponsored teams and \$1,000.00 for teams sponsored by other business or organization.  
**Seniors (65+)** golf will be funded to a maximum of \$600 per year.
7. **Adult** Music classes, Art/Cultural Art classes, Mi'kmaw language classes, Cooking classes, Firearm Safety courses, medically approved weight loss programs (Weight Watchers, Simply for Life, Ideal Protein and Herbal Magic) will be funded to a maximum of \$300.00 per year. **Seniors (65+)** Art/Cultural Art classes will be funded to a maximum of \$600 per year. **Seniors (60+) and disabled** participating in a First Nation community organized St. Anne de Beaugre Pilgrimage (with a First Nation Organization registration receipt) will be funded to a maximum of \$300 per year.
8. Equipment not supplied as part of the registration fee is not funded, except as stated in these regulations.
9. Instructors for organized courses (that are pre-approved at a Band Council Meeting) will be paid \$20.00 per hour. Materials will be funded at \$50.00 per student per year, if necessary. Each course will be funded to a maximum of \$1,500.00.
10. Necessary fitness equipment for the Millbrook Gymnasium will be funded.
11. Sunday morning family skate and family swim, as scheduled, at the RATH Eastlink Civic Centre, will be funded at cost.

Revisions approved: September 26, 2023



# Millbrook Christmas Index Application



**\*\*\*Deadline for application is November 22nd, 2023, at 12:00 pm NOON, NO EXCEPTIONS\*\*\***

Please return application to: **Millbrook Band Office, 820 Willow St, Truro NS**

**Application Information: (Please Print)** Please Circle: Male / Female

Name: \_\_\_\_\_ Telephone #: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ SIN # \_\_\_/\_\_\_/\_\_\_  
                  dd mm yy

Civic Address: \_\_\_\_\_

**Other Individuals Living at Same Civic Address:  
Adults (18 of age and older)**

First and Last Name:	DOB dd/mm/yy	Relationship	SIN#	Gender
1.) _____	___/___/___	_____	_____	F / M
2.) _____	___/___/___	_____	_____	F / M
3.) _____	___/___/___	_____	_____	F / M

**Children (Under 17 years of age):**

First and Last Name:	DOB	Relationship	Age	Gender	Toys (Y/N)
1.) _____	___/___/___	_____	___	F / M	Y / N
2.) _____	___/___/___	_____	___	F / M	Y / N
3.) _____	___/___/___	_____	___	F / M	Y / N
4.) _____	___/___/___	_____	___	F / M	Y / N
5.) _____	___/___/___	_____	___	F / M	Y / N
6.) _____	___/___/___	_____	___	F / M	Y / N

**Assistance Being Requested: (Please Check One)**

Both Food Basket & Toys     Food Basket Only     Toys Only

Applicant signature: **X** \_\_\_\_\_ Date \_\_\_\_\_

**Office Use Only**

Approved: \_\_\_\_\_ Date: \_\_\_\_\_

**REQUIREMENTS:**

- 1.) Those who receive **Full Time** Social Assistance and Seniors living on reserve only. All Applications will be visited by the Social Department for Approval.
- 2.) Christmas Index must be filled out by **Individuals on Social Assistance**
- 3.) Application must be filled out completely
- 4.) Deadline for Christmas Index Applications must be return to the Millbrook Band Office no later than November 22<sup>nd</sup> 2023, at NOON. Any applications received after this time will **NOT** be accepted, **NO EXCEPTIONS.**  
If you miss the deadline, you can contact Colchester Christmas Index Program in Town through the Rotary Club of Truro. (902) 843-3584
- 5.) Index will be issued out **December 6th , 2023**

Please return the **COMPLETED** Applications to the Millbrook Band Office, Attention: Natasha Bernard, either to the Front Desk, or Mailbox outside.

Wela'lin



## November 2023 Millbrook Enterprise Credit Applicants

All completed **Direct Deposit** applications will be deposited on **November 16<sup>th</sup>, 2023**. **Completed applications must be received by November 2<sup>nd</sup>, 2023 @4:00 pm**.

Completed applications requested to be issued by **Mail/Pick up** will be released **November 23<sup>rd</sup>, 2023**. **Completed applications must be received by November 9<sup>th</sup>, 2023 @4:00 pm**.

Completed applications received after **the November 9<sup>th</sup>, 2023, deadline** will be released by mail once per week. **No direct deposits.**

Applicants requesting direct deposit must provide one of the two listed documents.

- Void Cheque belonging to the applicant.
- Direct Deposit Form from applicant's bank.

### **Please note:**

- No Direct Deposits after November 2, 2023.
- Any changes to banking information must be received by October 19<sup>th</sup>, 2023.
- Handwritten banking information and bank accounts not belonging to the applicant are no longer accepted.
- Please add the **full mailing address**; our financial team is updating to a new system.
- Reminder to Band members, it is your responsibility to provide a copy of your status card or proof of status.
- If your Status Card is expired or you do not have a Certificate of Indian Status, please contact the Millbrook Membership Clerk at Confederacy of Mainland Mi'kmaq (CMM) by telephone **Toll Free:** 1-877-892-2424 **Office** (902)-895-6385, Ext. 108/109. Or by **e-mail** at: [membership@cmmns.com](mailto:membership@cmmns.com).
- In cases where band members owe money to Millbrook First Nation, the band will recover the funds from the Millbrook Enterprise Credit funds. Band members must apply each year until the receivable is paid off. Without an application, the band cannot apply the credit to the band member's receivable.
- Completed forms and all relevant documents can be scanned to [treatycredit@millbrookfn.ca](mailto:treatycredit@millbrookfn.ca) **Subject line:** First and Last Name.



November 2023 Millbrook Enterprise Credit Application Form P.O. Box 634, Truro, N.S. B2N 5E5

Applications must be completed in full to be considered for this credit of \$1250.00 CDN. The deadline is February 16th, 2024. Any application received, or post marked after this date will not be accepted. (Faxed Applications will not be accepted, please mail / scan & e-mail).

Please Select: Mail \_\_\_\_\_ Pick-up \_\_\_\_\_
Deadline Nov 9th, 2023 \*Void cheque attached \_\_\_\_\_
First Name: \_\_\_\_\_ Middle Name: \_\_\_\_\_ Last Name: \_\_\_\_\_
Band # of Applicant: 027 \_\_\_\_\_ Date of Birth: Day \_\_\_\_\_ / Month \_\_\_\_\_ / Year \_\_\_\_\_
Telephone # ( ) \_\_\_\_\_ E-mail: \_\_\_\_\_

Full Mailing Address:
Apartment #: City/Town:
Province/State: Postal Code/Zip code:
Is this a new address since your last application? Yes [ ] No [ ]

All Millbrook Band Members are entitled to apply for the November 2023, Millbrook Enterprise Credit. By signing this application, I, the applicant, do hereby agree and authorize the Millbrook Band to pay from my Millbrook Enterprise Credit Funds, any money I owe to the Millbrook Band as of the date of my application. Any Millbrook Enterprise Credits payable to Band Members under 19 years of age will be placed in a trust fund. When that Band Member attains the age of 19, he/she may apply through the Millbrook Band to have his/her Millbrook Enterprise Credit money released from trust. I also acknowledge this Millbrook Enterprise Credit cannot be assigned to a third party and is only payable to the applicant. If you have any questions, please call 1-800-693-3112 or 902-897-9199.

A legible photocopy of Certificate of Indian Status (front and back) is required. Expired status cards will not be accepted. If you do not have a Certificate of Indian Status, proof must be obtained from the Millbrook Membership Clerk. Toll Free: 1-877-892-2424 Office (902)-895-6385, Ext. 108/109. Or by e-mail at: membership@cmmns.com. Status Card attached [ ] Band member will contact Membership Clerk [ ]

I authorize the Millbrook Band permission to use the above information for all communication purposes regarding band matters (eg. newsletters, election information, referendums): Yes [ ] No [ ] [ ] on-reserve [ ] off-reserve

Dated this \_\_\_\_ day of \_\_\_\_ A.D. 2023/24

Signature of Applicant

Witnessed by

\*\*Completed forms and all relevant documents can be scanned to treatycredit@millbrookfn.ca Subject line: First and Last Name

Office Use Only / Date Stamp

