

Millbrook Community Newsletter

SEPTEMBER 2022



MILLBROOK 2022 COMPETITION POWWOW

[Important Announcements](#)

September 30, 2022, is the second National Day for Truth and Reconciliation, a day that coincides with [Orange Shirt Day](#). It recognizes the tragic legacy of residential schools, the missing children, the families left behind and the survivors of these institutions.

[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, September 13th, 2022

Deadline for letter submissions and booking time to see Council is Thursday, September 8th, 2022. Contact the Administrative Assistant to Chief and Council - Suzanne Penney at Phone: (902) 897-9199 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 October 11th, 2022.

September 2022

- 🌸 **September 13** - General Chief and Council Meeting
- 🌸 **September 20** - Economic Development and Project Consultation Meeting
- 🌸 **September 30** - National Day for Truth and Reconciliation / Orange Shirt Day

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

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.

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

E-mail: communications@millbrookband.com to have your information posted online.

[Social Assistance](#)

Social Assistance Cheques are scheduled for: **Thursday, September 8 & 22, 2022.**

Available to be picked up at the Band Office while following Covid-19 protocols.

Applications are available at the Reception desk at the Band 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 (margaretphillips@eastlink.ca) a current copy of your power bill for payment.

Thank you for your cooperation.

[Millbrook Deer Harvest](#)

The Consultation department is interested in holding a deer harvest in the fall to help address the overpopulation of deer in Truro and surrounding area. The harvest would take place within the reserve boundaries, so safety and efficiency will be paramount.

We are looking for experienced hunters and harvesters to participate in a community-based committee to help define how the hunt will roll out.

If you are interested email Consultation@MillbrookBand.com or call (902) 809-1309.

[Millbrook's Newsletter Deadline - Tuesday, September 20th, 2022](#)

The deadline is the 20th of each month.

Send your content to: communications@millbrookband.com,

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 its in an editable format.

["Tapusijik ika'taqu'tijik we'kopekwitk \(We Are Gardening Millbrook\)](#)

We are happy to announce that Millbrook First Nation has been awarded grant funding for over \$240,000 from the Canadas Healthy Communities Initiative (CHCI) titled "Tapusijik ika'taqu'tijik We'kopekwitk (We Are Gardening Millbrook).

Christena Dykstra, Physical Activity Strategic Coordinator and Teresa Flynn, Community Dietitian with Millbrook Health Centre co-wrote this funding application after conducting various community engagement sessions in collaboration with the Confederacy of Mainland Mi'kmaq's Agriculture Coordinators. This funding will help to support larger scale garden initiatives to improve access to healthy, local food for community members. Project initiatives will take place until Fall 2024.

Forecasted project activities include:

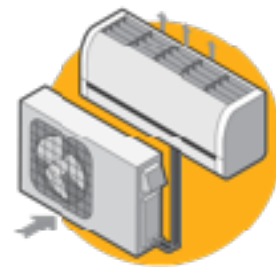
- The formation of an Elder Advisory Committee to help guide decision making with regards to grant spending
- Hiring a Community Garden Coordinator employee for a 2-year term to support this pilot project with the intention of developing a Community Garden Strategy, making the community garden space sustainable
- Developing a long-term, sustainable Community Garden water source
- The Growing Millbrook at Home Initiative – a hybrid growing model using raised garden beds
- Food Library Initiative – food storage infrastructure to be built and placed around the community for community members to freely access non-perishable foods, improving food security while providing anonymity
- Accessible seating and shade solutions at the Community Garden space



There will be a community engagement session hosted for community members to provide their input and feedback on project initiatives in the Fall/Winter 2022. More details to come.

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 belonging 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 month. 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.

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

Sunday morning ice times at the R.E.C.C. starts at 8-9 am, September 4, 11, 18, & 25.



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:** bylaw@millbrookband.com

Millbrook Security - Cell (902) 956-0114 **e-mail:** security@millbrookband.com

Cole Harbour Security - Cell 902-240-0993

Sheet Harbour Security - Cell 902-885-2219

MILLBROOK CHIEF AND COUNCIL WANTS YOU TO DESIGN A NEW FLAG TO REPRESENT MILLBROOK FIRST NATION.

Dimensions

3'x5'

Millbrook Flag Design Contest

I was excited by the interest that we have had so far from Millbrook members wishing to enter the Millbrook flag contest. The contest is open to Millbrook members, and we would like the artwork/design to represent our heritage and culture. Here are more details:

- **Deadline:** Wednesday September 07th, by end of day.
- Submission designs should be provided as a JPG or AI file saved in high-resolution as possible. Providing a vector based graphic is preferred.
- Millbrook members can submit up to THREE (x3) designs
- **Prize for the selected winner is \$2000** (Artwork will become property of Millbrook)
- Selection date will be for Chief and Council to select their favourite design during their Sept 13th, 2022 meeting (subject to change)
- **Submit** via email as a JPG. Or .AI file to Carolanne Corbin executiveassistant@millbrookband.com



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 me 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

Housing Inspections

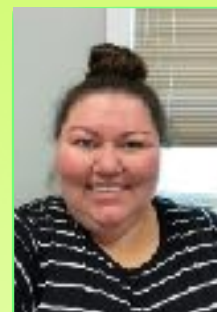
The Housing Department has been working collaboratively with other organizations with the hopes of obtaining funding for housing repairs. In order to be eligible for the housing repairs, housing inspections will be mandatory for the funding.

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 put 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.

New Employees

Hi, my name is Krista Paul, the new Administrative Assistant for the Housing Department, I report directly to Lorne Paul the Director of Housing. I was born and raised in Millbrook First Nation. My previous background is in supporting First Nations People mainly women and youth, who experience family violence and helped in aspects of re-gaining employment, housing and offering other supports with specialized programming. I've recently decided to transition into a new field of work in an administrative role that will have a direct link to my current schooling in office administration with NSCC. I'm excited to be apart of the Millbrook housing department by providing more transparency and communication between the administrative office and the community of Millbrook First Nation.



Hi, my name is Sylvia M. Martin, a lifelong resident of the Millbrook Mi'kmaw Community. Mother to three young men, Aric, Todd, and Trey. I am the Social Development Administrative Assistant for the Millbrook First Nation. I have extensive experience working with Mi'kmaw organizations – Woman's Outreach Centre, Family Support Worker (16 years) at Mi'kmaw Family Children Services of Nova Scotia. Director of the Millbrook Early Education Centre (9 Years) and 15 years in a variety of positions from a Summer Student to a Receptionist, then File Clerk, Post-secondary Education Clerk, Tripartite Administrator, and Tripartite Liaison Officer.



My hobbies include gardening, basket weaving, porcupine quill art/ baskets, and spending "Kiji time" with the precious Grandchildren.

Kwe'

My name is Kymberli Little and I have just joined MFN as the Human Resources Coordinator. I am joining you from the Confederacy of Mainland Mi'kmaq where I was the Human Resources Clerk. Prior to that I spent a few years working in the Human Resources Department with Irving Shipbuilding. My love for Human Resources developed increasingly over the years while working on my Diversity and Inclusion Development certification. I was fortunate to participate in the Pathways to Shipbuilding programs, which was a memorable experience. It provided me with the opportunity to visit Nova Scotia communities and work with community members directly to assist in a variety of ways from paperwork, housing, transportation and more.

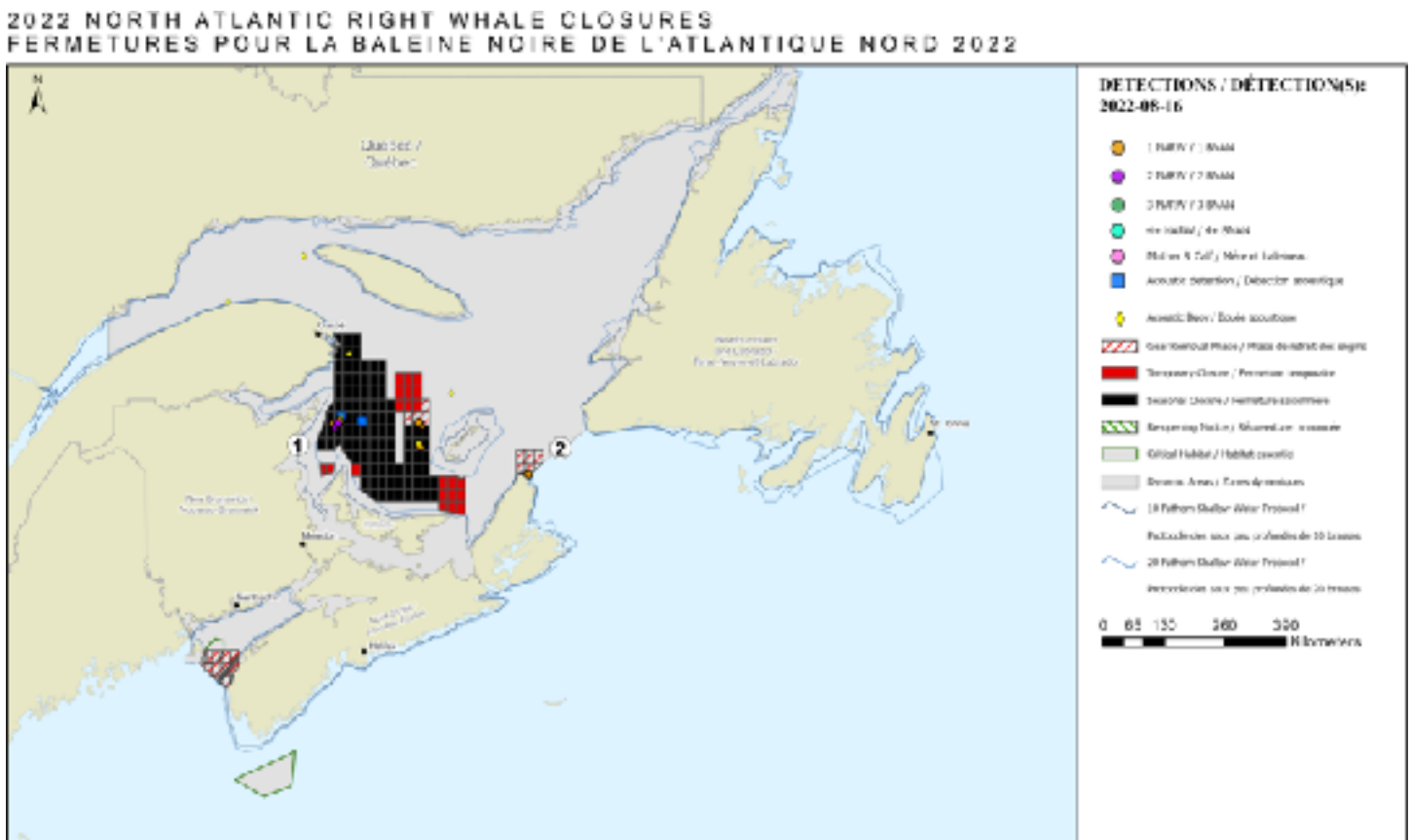


I am an adept office professional who enjoys the journey of continuously expanding my knowledge. Born and raised in Truro, NS, I travelled to visit my sister in Alberta for a summer after college and came back 13 years later. During those 13 years – I backpacked across Europe, got married and rescued Bengal cats from a breeding facility that was shutdown and am the fur mom of two very spoiled Bengals, Chilli and Diva. If I am not at work you can find me at the beach searching for sea glass or at a park enjoying the outdoors.

[Endangered North Atlantic Whale - Use Whale Safe Gear](#)

Due to the presence of an endangered North Atlantic Right Whale near Tiverton, Nova Scotia, Millbrook Fisheries is strongly recommending the use of whale-safe gear on all ropes associated with Millbrook community FSC trap fisheries in the vicinity of Saint Mary's Bay and the Bay of Fundy portions of LFA 34 affected by this commercial fishery closure. Weak links can be obtained directly from Millbrook Fisheries, which will allow ropes to break away in the event of whale entanglement.

More information can be found at the following DFO link: <https://www.dfo-mpo.gc.ca/fisheries-peches/commercial-commerciale/atl-arc/narw-bnan/index-eng.html>



Date Created / Date Créée: 2022-08-17

Prepared by the Office de la pêche et des ressources maritimes
 Préparé par le Centre d'expertise sur les ressources marines de l'Atlantique

Fisheries and Coastal Services / Pêches et Services côtiers

FISHING SAFETY COURSES

- Marine Basic First Aid (2 Days of Lessons) (Candidate must be 18 years of age)
- MED - DVS Marine Emergency Duties - Domestic Vessel Safety (4 days of lessons) (Candidate must be 18 years of age)

September 14th & 15th Marine Basic First Aid - Community Hall

October 3rd - 6th MED - DVS - NSCC Truro Campus

THINKING OF LIVELIHOOD, FOOD SOCIAL CEREMONIAL FISHING?

These courses are safe fishing practices you would benefit from.

Millbrook Fisheries will be scheduling more courses based on levels of community interest.

REGISTRATION IS LIMITED

THESE COURSES DO NOT GUARANTEE EMPLOYMENT WITH MILLBROOK FISHERIES

Please contact Dalas to register:

(902) 956-1149 or

dtufts@mfnfisheries.ca



Millbrook First Nation Is Establishing a Livelihood Fishing Implementation Advisory Committee

We are currently seeking nominations for persons of interest that will be responsible for the ongoing development of Millbrook's community authorized Livelihood Fishing Plan; that has been vetted and endorsed by the community.

We seek community members with an interest not only in existing communal commercial fishing but also in treaty rights and traditional harvesting, and with a desire to see Millbrook First Nation assert control over our own plan as opposed to the status quo of a DFO imposed license.

Meetings will be held on a monthly basis, with more being added as required.

We would like to see a wide variety of representation on the committee, from elders to youth, commercial fishers to traditional harvesters. Everyone in this community needs to be heard.

Nominations should be received by September 15th, 2022 and can be emailed to mgloade@mfnfisheries.ca or dropped off at the Millbrook Fisheries building.

Wela'liog,

Michelle Gloade, Fisheries Resource Coordinator

Millbrook Fisheries

KING OF THE MOUNTAIN



Monday
September 5, 2021
Registration 9:00-10am
Tee Time 10:00 AM
\$25 Entry Fee
(includes greenfee, meal & prize)
Mountain Golf & Country Club
1195 Pictou Road
For more information
call Colin Bernard
902-890-4365





INDIGENOUS WOMEN IN COMMUNITY LEADERSHIP

May 30, 2022 – September 30, 2022

- ✓ Are you an **Indigenous woman** ready to thrive in abundance?
- ✓ Are you passionate about impacting **positive change** in your community?
- ✓ Would you benefit from mentorship opportunities and a strong **circle of support**?

APPLY NOW!
Full scholarships available.
See website for more details.

 CIRCLE OF
ABUNDANCE
 StFX
UNIVERSITY
 COADY
INSTITUTE

coady.stfx.ca

[Greening Millbrook First Nation With Trees](#)

Millbrook First Nation has secured a Community Tree Grant from Tree Canada! There are many social and psychological benefits of having trees in our communities. Here are a few great reasons for more trees:

- Trees help us feel less stressed and more restored
- Trees improve our health
- New evidence that trees in neighbourhoods lead to less crime
- Research suggests that nature experiences help us to feel kinder toward others

Millbrook is purchasing trees and shrubs to be planted in September starting in areas where there are not many trees or shrubs such as in the new subdivisions, the Millbrook Heritage Centre, parts of the Power Centre and the Tower Road playground.

Please stay tuned for more details!

MILLBROOK HOUSING DEPARTMENT

HOUSING APPLICATIONS

Please remember when you are submitting a housing application it must be complete for it to be considered, with no exceptions.

Things to remember:

1. Applications only need submitted once a year between April 1- March 31 of every year unless information needs to be updated.
2. All applications expire after March 31st of each year.
3. All applications MUST have release form attached. They need to be signed, witnessed, and dated.
4. All applications MUST have all legal documents attached. ALL applications that are submitted should have documents attached or any updated information. (Custody agreements, registration or medical, etc.)
5. Please fill in all the necessary information that applies to you. Do not leave any information blank as we go by the information given on the most recent application.

If you have any questions, please contact-

Director of Housing

Lorne Paul

lpaul@millbrookfn.ca

(902) 890-4863

Housing Project Officer

Chantel Langille

housingofficer@millbrookband.com

(902) 324-9513

Millbrook 2022 Powwow Results

Golden Women's (All Categories)

- 🏆 3rd Place – Rebecca Sanipass #92
- 🏆 2nd Place – Lisa Charette #5
- 🏆 1st Place Wendy Ryan #1

Golden Men's (All Categories)

- 🏆 3rd Place – Victor Levi #59
- 🏆 2nd Place - Chris Sanipass #91
- 🏆 1st Place – Bert Mitchell #56

Junior Girl's Jingle

- 🏆 3rd Place – Caoimhellee Dooley #7
- 🏆 2nd Place – Kyra George #98
- 🏆 1st Place – Honour Young-Stephens #144

Junior Girl's Fancy

- 🏆 3rd Place – Stephanie Nevin #61
- 🏆 2nd Place – Riley Maloney-Gould #100
- 🏆 1st Place – Onisah Perley #141

Junior Girl's Traditional

- 🏆 1st Place – Mya Beaudry

Junior Boy's Grass/Chicken

- 🏆 3rd Place – Keiland Stevens #12
- 🏆 2nd Place – Little Thunder Bear Sylliboy #78
- 🏆 1st Place – Kiwnik Dana #73

Junior Boy's Traditional

- 🏆 1st Place – Frank Pierro #123

Teen Girl's Fancy

- 🏆 3rd Place – Jaici Sylliboy #69
- 🏆 2nd Place – Meadow Lavallee #134
- 🏆 1st Place – Tehya Milliea #110

Teen Girl's Jingle

- 🏆 3rd Place – Madison Lavelle #135
- 🏆 2nd Place – Jaici Sylliboy #117
- 🏆 1st Place – Makayla Googoo # 72

Teen Boy's Grass/Chicken

- 🏆 1st Place – Tristan Dreaver #4

Teen Boy's Traditional

- 🏆 1st Place – Brady Googoo #52

Junior Adult Women's Jingle

- 🏆 3rd Place – Patience Sylliboy #39
- 🏆 2nd Place – Kate Jadis #64
- 🏆 1st Place – Jennifer Maloney #101

Junior Adult Women's Fancy

- 🏆 2nd Place – Anastasia Brodstreet #19
- 🏆 1st Place – Kyana Kingbird #95

Junior Adult Women's Traditional

- 🏆 3rd Place – Caroline Nicholas #76
- 🏆 2nd Place – Kylie Cabot #103
- 🏆 1st Place – Pikon Herney #99

Junior Adult Men's Grass/Chicken

- 🏆 3rd Place – Noel Julian #68
- 🏆 2nd Place – Theland Kicknosway #70
- 🏆 1st Place – Dom Watson #10

Junior Adult Men's Traditional

- 🏆 3rd Place – Misko Kijig MacGregor #16
- 🏆 2nd Place – Lawrence Henry Jr #77
- 🏆 1st Place – Jared Brown #115

Senior Adult Women's Jingle

- 🏆 3rd Place – Josee Bourgeois #86
- 🏆 2nd Place – Diane Simon #15
- 🏆 1st Place – Molly Peters #133

Senior Adult Women's Fancy

- 🏆 2nd Place – Josee Bourgeois #86
- 🏆 1st Place – Jesse Benjamin #27

Senior Adult Women's Traditional

- 🏆 3rd Place – Ashley Sanipass #28
- 🏆 2nd Place – Ashley Julian-Rikihana #48
- 🏆 1st Place – Tonia Marshall #106

Senior Adult Men's Traditional

- 🏆 2nd Place – Mervel Larose #112
- 🏆 1st Place – Levi Herney #102

Senior Men's Grass/Chicken

- 🏆 2nd Place – Aaron Dana #74
- 🏆 1st Place – Charley Lewis #89

Senior Adult Men's Fancy

- 🏆 1st Place – Darrell Hill #80

Kojua Girl's

- 🏆 3rd Place – Ocerna KingBird #94
- 🏆 2nd Place – Onisah Perley #141
- 🏆 1st Place – Riley Maloney-Gould #100

Kojua Boy's

- 🏆 3rd Place – Evan Googoo Jr #93
- 🏆 2nd Place – Keiland Stevens #12
- 🏆 1st Place – Brady Googoo #52

Kojua Ironman/Ironwoman

- 🏆 Women's – Ashley Julian
- 🏆 Men's – Fred Knockwood

Spotlight Special Women's

- 🏆 1st Place Makayla Googoo #12

Spotlight Special Men's

- 🏆 1st Place – Dom Watson #10

Drum Competition

- 🏆 3rd Place – Moose Crossing
- 🏆 2nd Place – Kiju Boyz
- 🏆 1st Place – Wabanaki Confederacy











The Millbrook Powwow Organizers would like to thank all of our sponsors and volunteers who helped make this event such a great success. We look forward to seeing you all again next year. Wela'lioq!



GIRLS ON THE RUN AND REZ CHICKS



It's an opportunity for girls 8 years of age and older and moms, aunts, sisters - of all fitness levels to learn to run by promoting physical activity in a fun environment, supporting nutrition and healthy life choices.

STARTING SEPTEMBER 28TH
(WEDNESDAY)
MILLBROOK POWWOW GROUNDS

Girls on the Run
3:30 - 4:30pm

**Empowering
Girls & Women in
Our Community**

Rez Chicks
5:00 - 6:00pm

To Register contact Sunshine Bernard at the Millbrook Health Centre 902-895-9468. Registration is Required to prepare for the FUN RUN!!!!



MILLBROOK
HEALTH CENTRE



YOU'RE INVITED TO OUR
OPEN HOUSE

COME EXPLORE OUR NEW ADDITION TO OUR FACILITY
STAFF MEET & GREET

SEPTEMBER 7TH
11AM - 2:30PM

BBQ & Prizes to be Won!



Millbrook Early Education Centre News

Important Dates In September

Monday, September 5, 2022

Centre Closed for Labour Day

Tuesday, September 6, 2022

First Day Back to School

Friday, September 23, 2022

Centre Closed for PD Day

Monday, September 26, 2022

Centre Closed for PD Day

Friday, September 30, 2022

Centre Closed for Truth and Reconciliation Day

Monday, October 1, 2022

Centre Closed for Treaty Day

Please send in all required forms for the new school year

Kind reminder:

Preschool 8:30-2:00

Primary 8:30-2:30

If your child is unable to attend school, please contact their head teacher.

The Millbrook Early Education Centre would like to



All our new and returning students

Contact Us

902-897-1249 or 902-897-0445

- Ext. 101 Admin (Cheryl)
- Ext. 102 Preschool 4-A (Sue/Amy/Erin)
- Ext. 103 Daycare (Leslie/Genny/Katie)
- Ext. 104 Preschool 3 (Jessica/Amanda)
- Ext. 105 Primary (Heidi/Allison)
- Ext. 107 Afterschool Program (Leslie/Levi/Patience)
- Ext. 108 SLP (Christina)

Director (Art Stevens) Band Office: (902) 897-9199
Director's email: Art Stevens- education@millbrookband.com

Truth & Reconciliation Day

SEPTEMBER 30TH

SCHEDULE

10:30 T-shirt Pick Up Community Hall

11:00 WALK from Community Hall to Powwow
Grounds

Opening Prayer

Guest Speaker

Entertainment Alan Sylliboy & The Thundermakers

*Please join us for a WALK to
honour Residential School Survivors
& their families.
The WALK will begin 11am*



MILLBROOK
HEALTH CENTRE

Millbrook Health Centre

Mailing Address

Millbrook Health
Centre
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

Health Centre
1 (902) 895-9468
Toll Free
1 (844) 895-9468

- Original receipts and attached proof showing the item or service, the recipient's name, a current mailing address, and the amount requested are required for reimbursement to Millbrook band members for things such as prescriptions, dental, physiotherapy, etc. If you do not submit an original receipt, your reimbursement may be delayed until we receive the original receipt. Before buying it, we recommend that you call the Health Centre to find out if the item or service will be reimbursed.
- The Code of Conduct posted at the Health Centre states that any abuse of staff will not be tolerated. Health centre staff are often verbally abused. Verbal abuse includes yelling at staff, swearing at staff, and making racist or other negative comments to staff. If you participate in verbal abuse of staff, you will be sent a warning letter and if that behaviour continues, you will be banned from services at the health centre for a period of time. The health and safety of our staff is important as they do their best to take care of you.
- Ambulance bills are covered by Non-Insured Health Benefits (NIHB) for status First Nations people. Please include your band number on the bill and send to Emergency Health Services (EHS) or NIHB as soon as you receive it or drop it off to the health centre and we will fax it to NIHB for you. Keeping the bill and assuming that it's been paid could result in you receiving a warning letter from Emergency Health Services (EHS) about an overdue payment. Thank you, Millbrook Health Centre
- Appointments to see the nurses, nurse practitioner or doctors are required at the health centre. These staff are usually booked for the day and may not have time to see you without an appointment. We are closed from 12:00 p.m. to 1:00 p.m., so please do not drop in to see them right before lunch hour. If you are having a medical emergency, call 911.
- Mask wearing continues to be required at the Millbrook Health Centre. Mask wearing is important to prevent the spread of Covid 19 to patients and health centre staff. Only those with a valid medical reason for not wearing a mask can be unmasked while receiving services at the health centre. Those refusing to wear a mask will be asked to leave.
- Covid19 vaccines are available for Millbrook band and community members. Please call the health centre to book an appointment for first, second, and booster doses.

Thank you, Millbrook Health Centre

Medical Drivers

Donna Gloade

Home: (902) 895-9540 Cell: (902) 986-8842

Ella Paul

Cell: (902) 956-2679





**MILLBROOK HOUSING DEPARTMENT
REPAIR AND RENOVATION REQUEST FORM**

**P.O. Box 634
Truro, N.S. B2N 5E5**

Contact Information	
Name	
Address	
Phone Number	
Email	

Date of Request	
Please check the box(es) that apply: Emergency <input type="checkbox"/> Senior <input type="checkbox"/> Residential <input type="checkbox"/> Commercial <input type="checkbox"/>	
Request-	

Department use only			
Please check the box that applies: Section 95 <input type="checkbox"/> Band-Owned <input type="checkbox"/>			
Request Approved	Yes	No	If denied, why?
Approval Signature			



MILLBROOK HOUSING DEPARTMENT
REPAIR AND RENOVATION REQUEST FORM

P.O. Box 634
Truro, N.S. B2N 5E5

Contractors use only	
Renovation or repair completion date	
Brief description of work required *Please attach the invoice.	
Contractors Signature	

Homeowners use only- Please sign when the work is completed.	
Signature	

If you have any questions, please contact:

Lorne Paul

Director of Housing
lpaul@millbrookfn.ca
Office: 902-897-9199
Cell: 902-890-4863

Chantel Langille

Housing Project Officer
clangille@millbrookfn.ca
Office: 902-897-9199
Cell: 902-324-9513

Krista Paul

Administrative Assistant
kpaul@millbrookfn.ca
Office: 902-897-9199
Cell: 902-890-2518

