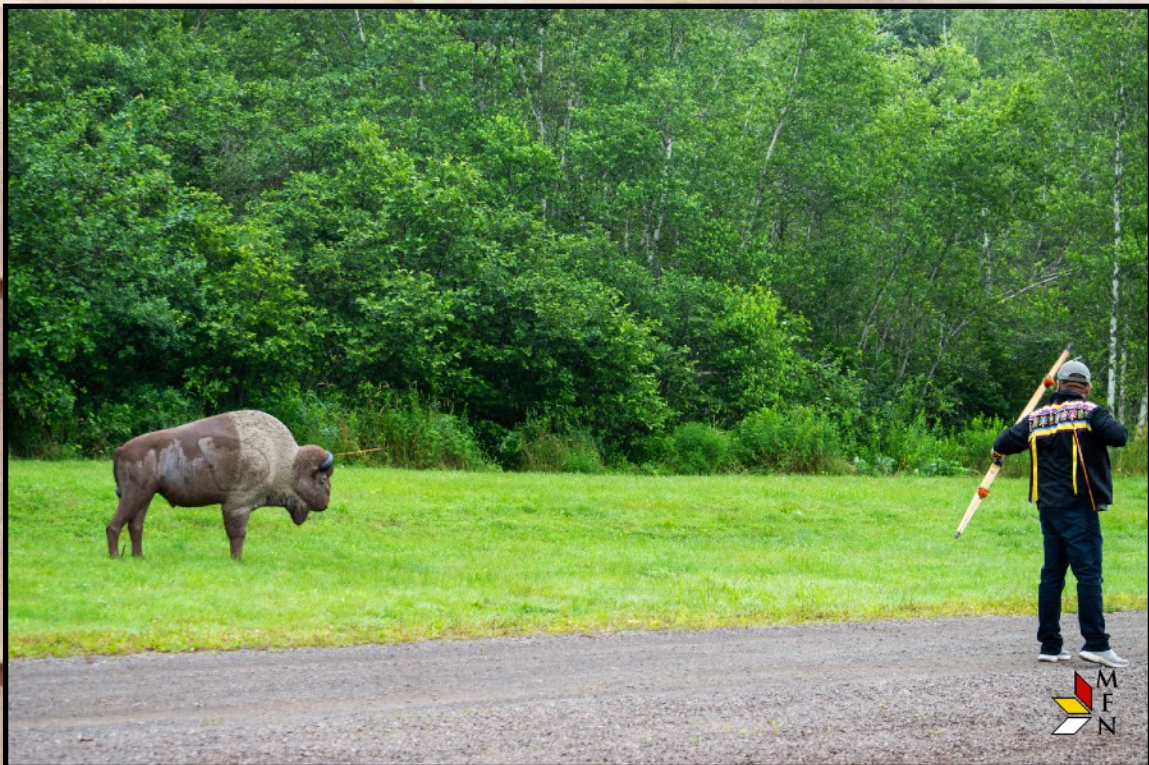


# Millbrook Community Newsletter

AUGUST 2023



VERNON GLOADE SHOOTING A PENOBSCOT WARBOW  
TO START THE NORTH AMERICAN INDIGENOUS GAMES ARCHERY

## [Important Dates](#)

- August 12-13 - Millbrook First Nation Competition Pow wow
- August 20-27 - Mi'kmaw Summer Games

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  
8:30am-12pm / 1:00pm-4:30pm  
Friday  
8:30am-12pm

## Phone Numbers

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

## Chief and Council Meeting

**Tuesday, September 12<sup>th</sup>, 2023**

Deadline for letter submissions and booking time to see Council is

**Thursday, September 7<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 October 11<sup>th</sup>, 2023.**

## August 2023

👉 **August 12-13** - Millbrook First Nation Competition Pow wow

👉 **August 20/27** - Mi'kmaw Summer Games

## 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

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

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

Thank you to those who continue to keep the hall clean, neat and tidy.

Please try to book your event early, preferably a minimum of 2 weeks in advance.

## Website & Facebook Page

**Millbrook's Website** - [www.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.

# Monthly Elders & Seniors Dinner

To discuss the  
**Community Plan for Millbrook**  
**August 22nd - 4:30-6:30 PM**  
**At the Millbrook Cultural and Heritage Centre**  
**65 Treaty Trail , Millbrook , NS**

**OSO** planning + design



## 2023 Schedule for Chief and Council Meetings

Month	Days	General Chief and Council Meeting	Days	Economic Development & Project Consultation
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, 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, August 10, & 24, 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, August 21<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.**

## 65 and Over Requesting Reimbursement/Coverage of Vitamins

Effective June 1st, 2023: For Millbrook First Nation members 65 and over requesting reimbursement/coverage of vitamins, a prescription from a Medical Doctor or Nurse Practitioner will be required. This is to ensure there are no interactions with other prescribed medications and to prevent possible harmful side effects.

RESponsible FISHING SINCE 1976

**Clearwater**

**CAREERS SET SAIL** Canada

Clearwater's Careers Set Sail program provides post-secondary training opportunities and on-the-job experience to select Indigenous participants.

- Educational training courses through partnerships and post-secondary institutions
- Apprenticeship curriculum
- Financial compensation and support available

**APPLY TODAY!**  
[careerssetsail@clearwater.ca](mailto:careerssetsail@clearwater.ca)

MEKMAQ COALITION  
clearwater.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)





SUNDAY AUG 20	MONDAY AUG 21	TUESDAY AUG 22	WEDNESDAY AUG 23	THURSDAY AUG 24	FRIDAY AUG 25	SATURDAY AUG 26	SUNDAY AUG 27
<b>GOLF (AUG 18-20)</b> 12pm Start Register: 11am Mountain Golf Club	<b>SOFTBALL</b> 1pm - 7pm Register: 12pm Field: TBA	<b>SOFTBALL</b> 9am - 7pm Field: TBA	<b>SOFTBALL</b> 9am - 7pm Field: TBA	<b>SOFTBALL</b> 9am - 7pm Field: TBA	<b>SOFTBALL</b> 9am - 7pm Field: TBA	<b>SOFTBALL</b> 9am - 7pm Field: TBA	<b>SOFTBALL</b> 9am - 7pm Field: TBA
<b>LITTLE LEAGUE</b> 10am - 6pm Register: 9am Field: TBA	<b>LITTLE LEAGUE</b> 10am - 6pm Field: TBA	<b>LITTLE LEAGUE</b> 10am - 6pm Field: TBA	<b>SCHOOLYARD COMP</b> 9am - 12pm Register: 8am Millbrook Health Ctr	<b>BADMINTON</b> 9am - 4pm Truro Middle School	<b>BADMINTON</b> 9am - 4pm Truro Middle School	<b>TRACK AND FIELD</b> 9am Start Register: 8am Location: TBA	<b>TRACK AND FIELD</b> 9am Start Register: 8am Location: TBA
	<b>T-BALL</b> 10am - 6pm Register: 9am Field: TBA	<b>VOLLEYBALL</b> 9am - 5:30pm NSCC	<b>VOLLEYBALL</b> 9am - 5:30pm NSCC	<b>VOLLEYBALL</b> 9am - 5:30pm NSCC	<b>VOLLEYBALL</b> 9am - 5:30pm NSCC	<b>VOLLEYBALL</b> 9am - 5:30pm NSCC	<b>TUG OF WAR</b> Time: TBA Millbrook Ball Field
	<b>BASKETBALL</b> 9am - 5:30pm CEC	<b>BASKETBALL</b> 9am - 5:30pm CEC	<b>BASKETBALL</b> 9am - 5:30pm CEC	<b>BASKETBALL</b> 9am - 5:30pm CEC	<b>WASHER TOSS</b> 9am Start Register: 8am Abenaki Rd Site	<b>WALTES</b> 12pm Start Register: 9am Community Centre	<b>WALTES</b> 12pm Start Register: 9am Community Centre
	<b>SWIMMING</b> 9am - 4pm Register: 8am RECC Truro	<b>ARCHERY (ADULTS)</b> 9am - 5pm Register: 8am Wood Chip Trail	<b>ARCHERY (KIDS)</b> 9am - 5pm Register: 8am Wood Chip Trail	<b>PRINCESS PAGEANT</b> 7pm - 9pm Powwow Grounds	<b>PRINCESS PAGEANT</b> 7pm - 9pm Powwow Grounds	<b>PRINCESS PAGEANT</b> 7pm - 9pm Powwow Grounds	
		<b>LACROSSE</b> 10am Start Register: 9am Truro Middle School	<b>LACROSSE</b> 10am Start Truro Middle School	<b>LACROSSE</b> (If needed) 10am Start Truro Middle School	<b>FIVE KM RUN</b> 9am Start Legends Bingo Hall	<b>FAMILY FUN DAY</b> Power Centre Lot	
		<b>GRAPPLING</b> 9am - 4pm Register: 8am Truro BJJ Club	<b>HORSESHOES</b> 9am Start Register: 8am Abenaki Rd Site	<b>HORSESHOES</b> 9am Start Abenaki Rd Site	<b>ARM WRESTLING</b> 11am Start Weigh-in: 10am Millbrook Gym	<b>DARTS</b> 10am Start Register: 9am TBA	
				<b>BILLIARDS (SINGLES)</b> 11am Start Register: 10am Dooly's	<b>BILLIARDS (TEAMS)</b> 11am Start Register: 10am Dooly's	<b>SPECIAL OLYMPICS</b> 9am Start Register: 8am Location: TBA	
	<b>OPENING CEREMONY</b> 7pm - 9pm Entertainment Stage	<b>MEDAL CEREMONY</b> 6pm Entertainment Stage	<b>MEDAL CEREMONY</b> 6pm Entertainment Stage	<b>MEDAL CEREMONY</b> 6pm Entertainment Stage	<b>MEDAL CEREMONY</b> 6pm Entertainment Stage	<b>MEDAL CEREMONY</b> 6pm Entertainment Stage	<b>MEDAL CEREMONY</b> 4pm Entertainment Stage

Millbrook Community Members can contact Christena for anything relating to their registrations/questions/shirts, etc. at [cdykstra@millbrookhealth.ca](mailto:cdykstra@millbrookhealth.ca) or (902) 895-9468 ext. 132



**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.  
[www.mikmawsummergames.ca](http://www.mikmawsummergames.ca)

# MILLBROOK FIRST NATION COMPETITION POWWOW



**AUGUST 12-13, 2023**  
**\$120,000 SPLIT**

**HEAD MC**  
**BART POWAUKEE**  
*NEZ PERCE NATION*

**HOST DRUM**  
**NOTHERN CREE**  
*PLAINS CREE NATION*

**HEAD DRUM JUDGE**  
**STEVE WOOD**  
*PLAINS CREE NATION*

**ARENA DIRECTOR**  
**TREVOR GOULD**  
*MI'KMAQ NATION*

**POWWOW GROUNDS ADDRESS:**  
15 JOHN B TRAIL  
TRURO NS B2N 6N8  
CANADA  
COORDINATES  
45.32992° N, 63.28715° W

**CO MC**  
**SAQAMAW LEROY DENNY**  
*MI'KMAQ NATION*

**HEAD WOMAN DANCER**  
**LARYN OAKES**  
*NEKANEET CREE NATION*

**HEAD MALE DANCER**  
**THERIEN PASKEMIN**  
*PLAINS CREE NATION*

**GRAND ENTRIES AT 1:00 PM**  
**DANCE CATEGORIES**

- GOLDEN AGE
- SENIOR ADULT
- JUNIOR ADULTS
- WOMEN'S JINGLE
- WOMEN'S FANCY
- WOMEN'S TRADITIONAL GRASS
- MEN'S FANCY
- MEN'S TRADITIONAL CHICKEN
- TEEN
- KIDS
- TINY TOTS

## 60K DANCE

GOLDEN AGE	TEENS	KIDS
SR ADULT	1ST - \$500	1ST - \$300
JR ADULT	2ND - \$300	2ND - \$200
1ST - \$1,500	3RD - \$200	3RD - \$100
2ND - \$1000		
3RD - \$500		

**KOJUA SPECIAL**  
IRONMAN/WOMAN  
KOJUAQ SONGS OF  
WEKOPEK'WITK  
1ST - \$1000  
2ND - \$750  
3RD - \$500

**SPOTLIGHT SPECIAL:**  
MEN'S & WOMEN'S TEEN AND UP  
JINGLE, FANCY, GRASS, CHICKEN ONLY  
1ST - \$500  
2ND - \$300  
3RD - \$200

## 60K DRUM

**SINGING CONTEST**  
1ST - \$15,000  
2ND - \$12,000  
3RD - \$10,000  
4TH - \$8,000  
5TH \$7,000

VENDOR - 902-805-1752  
EMAIL - MILLBROOKPOWWOW@GMAIL.COM



**DRUG & ALCOHOL FREE EVENT - EVERYONE WELCOME**



# MILLBROOK FIRST NATION

## SCHEDULE OF EVENTS



### SATURDAY | AUGUST 12 2023

1PM - 1:45PM  
GRAND ENTRY &  
OPENING REMARKS

1:45PM-2:15PM  
INTERTRIBALS &  
DRUM CONTEST

2:15 - 2:25  
TINY TOTS

2:25-3:00 PM  
GOLDEN AGE  
SINGING CONTEST RD1

WOMENS TRAD  
WOMENS JINGLE  
WOMENS FANCY  
MENS TRAD  
MENS GRASS  
MENS CHICKEN  
MENS FANCY FEATHER

3:15PM-4:45PM  
JUNIOR GIRLS' & BOYS'  
CONTEST ROUND 1: (1 SONG)

GIRLS TRAD  
GIRLS JINGLE  
GIRLS FANCY  
BOYS TRAD  
BOYS GRASS/CHICKEN  
BOYS FANCY

4:45PM-5:30PM  
TEEN CONTEST & DRUM CONTEST  
CONTEST ROUND 1: (2 SONGS)

TEEN GIRLS TRAD  
TEEN GIRLS JINGLE  
TEEN GIRLS FANCY  
TEEN BOYS TRAD  
TEEN BOYS GRASS/CHICKEN  
TEEN BOYS FANCY

5:30PM-6:30PM  
KO'JUA IRONMAN/WOMAN SPECIAL

6:30PM-8:00PM - SUPPER BREAK

8:00PM-8:45PM  
ADULT & 3RD ROUND DRUM CONTEST  
CONTEST ROUND 1: (2 SONGS)

WOMEN'S TRADITIONAL  
WOMEN'S JINGLE  
WOMEN'S FANCY  
MEN'S TRADITIONAL  
MEN'S GRASS/CHICKEN  
MEN'S FANCY

8:45PM-9:30PM  
SENIOR ADULT  
CONTEST ROUND 1: (2 SONGS)

WOMEN'S TRADITIONAL  
WOMEN'S JINGLE  
WOMEN'S FANCY  
MEN'S TRADITIONAL  
MEN'S GRASS/CHICKEN  
MEN'S FANCY

9:30PM-10:00PM - RETIRE THE FLAGS  
10:00PM-FINISH - SPOTLIGHT SPECIAL

### SUNDAY | AUGUST 14TH 2023

1PM - 1:30PM  
GRAND ENTRY &  
OPENING REMARKS

1:30PM-2:00PM  
INTERTRIBALS &  
DRUM CONTEST

2:00 - 2:05  
TINY TOTS

2:05-2:30 PM  
GOLDEN AGE  
SINGING CONTEST RD1

WOMENS TRAD  
WOMENS JINGLE  
WOMENS FANCY  
MENS TRAD  
MENS GRASS  
MENS CHICKEN  
MENS FANCY FEATHER

2:30PM-2:55PM  
JUNIOR GIRLS' & BOYS'  
CONTEST ROUND 1: (1 SONG)

GIRLS TRAD  
GIRLS JINGLE  
GIRLS FANCY  
BOYS TRAD  
BOYS GRASS/CHICKEN  
BOYS FANCY

2:55PM-3:20PM  
TEEN CONTEST & DRUM CONTEST  
CONTEST ROUND 1: (2 SONGS)

TEEN GIRLS TRAD  
TEEN GIRLS JINGLE  
TEEN GIRLS FANCY  
TEEN BOYS TRAD  
TEEN BOYS GRASS/CHICKEN  
TEEN BOYS FANCY

3:20PM-4:20PM  
HEADWOMAN FANCY SPECIAL

4:20PM-4:50PM - INTERTRIBALS

4:50PM-5:15PM  
ADULT & 3RD ROUND DRUM CONTEST  
CONTEST ROUND 1: (2 SONGS)

WOMEN'S TRADITIONAL  
WOMEN'S JINGLE  
WOMEN'S FANCY  
MEN'S TRADITIONAL  
MEN'S GRASS/CHICKEN  
MEN'S FANCY

5:15PM-5:40PM  
SENIOR ADULT  
CONTEST ROUND 1: (2 SONGS)

WOMEN'S TRADITIONAL  
WOMEN'S JINGLE  
WOMEN'S FANCY  
MEN'S TRADITIONAL  
MEN'S GRASS/CHICKEN  
MEN'S FANCY

5:40PM-5:00PM - RETIRE THE FLAGS



### Non-Restricted Firearms Course

Thursday, August 27<sup>th</sup>  
at the Millbrook Cultural & Heritage Centre.  
Session starts at 8:00AM.  
Refreshments and lunch provided.

Free for Millbrook First Nation members.  
For more information and to register contact David "Tex" MacLeod at (902) 899-3144 or [FarmlandOutfitters@hotmail.com](mailto:FarmlandOutfitters@hotmail.com)



### Social Clients - Power Bill

**Attention Social Clients:** as a homeowner you are responsible to track when and if your bills are paid. Social clients are responsible to make sure the social department receives power bills in a timely manner before disconnection occurs. Power bills mailed to your address can be dropped off at the front desk of administration office or a message can be left at front desk informing the social department that your power bill is due/overdue and disconnection is scheduled to occur if a door notice is left at your home. Social clients will be held responsible for damages to the home as a result of disconnection of power or any extra charges to the power bill account.

The Social Department will not pay for previous charges on power accounts prior to applying and receiving social assistance. For example, if you worked and did not pay your bill during that period, you will be responsible to pay that portion of the power bill.

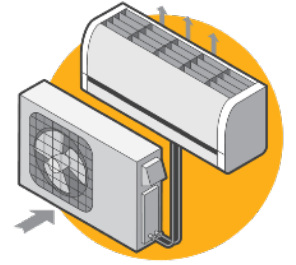
Millbrook Social Department





## 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.

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

Sunday morning ice times at the R.E.C.C. starts at 12:00-1:00 pm, August 6, 13, 20, & 27.

A job advertisement for MSGAM. The ad features the MSGAM logo, which consists of three stylized human figures in black, red, and yellow. To the right of the logo is the text "Ta'n Etli-tpi'tmk" and "Mi'kmaq Social Governance Association of Mi'kma'ki". Below the logo is the text "WE'RE HIRING" in large, bold, red letters, followed by a magnifying glass icon. The ad lists three requirements: "Good communication skills?", "Positive work ethic?", and "Valid driver's license and access to reliable transportation?". Below the requirements is the text "Apply for the Administrative Assistant position today!" in bold black letters. Underneath is the text "Visit <https://www.msgam.ca/job-opportunities> for a full job posting and to read all about our organization!". At the bottom left is the text "submit your resume to:" followed by an envelope icon and the email address "cori@msgam.ca". At the bottom right are social media icons for Facebook, Twitter, and Instagram, with the handle "@mikmaqsgam" below them. The background of the ad is a white laptop keyboard and a smartphone.





Student Awards Night





Well Done





*Millbrook Community Newsletter August 2023*



Summer Camp Photos by Ayla Brooks





## Millbrook Early Education Centre News



### Important Dates in August

**Monday, August 7, 2023**

**Centre Closed**  
**Civic Holiday**

**Monday August 21-Friday**

**August 25, 2023**

**Centre Closed**  
**NS Mi'kmaw Summer Games**

September 2023

**Monday September 4, 2023**

**Centre Closed**  
**Labour Day**

**Wednesday September 6, 2023**

**FIRST DAY OF SCHOOL**



### **Important Reminders:**

Please don't forget to submit all 2023-2024 school year registration forms.

Medical Forms can be submitted on the First Day of School. This medical will require the Family Doctor or Community Nurse to fill out and provide immunization.



### Contact Us

902-897-1249 or 902-897-0445

Ext. 101-Assistant Manager-Cheryl

Ext. 102-Preschool 4

Ext. 103-Daycare (Leslie/Genny/Melinda)

Ext. 104-Preschool 3

Ext. 107-Primary

Ext. 108-SLP

Ext. 109-Manager- Sylvia M. Martin

Manager's Email: [smmartin@millbrookfn.ca](mailto:smmartin@millbrookfn.ca)





## Millbrook Early Education Centre News

# TOILET TRAINING: Is Your Child Ready?

If your child is [ready to be out of diapers](#), congratulations! Using the toilet is an important skill that further [develops your child's independence](#) and increases their confidence. The purpose of toilet training is to teach your children how to recognize the sensation they feel in their bodies before they need to use the toilet, as well as how to use the toilet, put on and off their clothing, and wash their hands.

A few signs of readiness include:

- ✓ showing an interest in the toilet
- ✓ recognizing the need to use the bathroom (they might squat down, grab their diaper area, or hide when eliminating into their diaper)
- ✓ the ability to follow simple directions
- ✓ able to use consistent words or gestures to communicate
- ✓ staying dry for a few hours at a time
- ✓ can undress and pull up own pants
- ✓ can wash their own hands



The most important thing to remember is that toilet training is a process and your [child will have accidents, but when your child is truly ready, it should only take a few weeks to do.](#)

We want this to be a positive experience for your child, so it's best if we can work together as a team. When you have decided to start the toilet training process with your child, please let us know. Our staff is here to help!

Please let the daycare staff know and they can share ideas/strategies that have been used, and have helped, many other children and their parents going through this process.

Happy Toilet Training!

Sylvia M. Martin, Manager  
Millbrook Early Education Centre



## **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



**MILLBROOK CHIEF AND COUNCIL ATTENDANCE RECORD 2023**

MEETING DATES—MAR TO JULY 2023	MAR 14/23		MAR 28/23		APR 12/23		APR 25/23		MAY 9/23		MAY 24/23		JUNE 13/23		JUNE 27/23		JULY 11/23		JULY 18/23		
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	
CHIEF ROBERT GLOADE	✓		✓		✓		✓				✓										
COUNCILLOR WARD MARKIE	✓		✓		✓		✓				✓										
COUNCILLOR LISA MARSHALL	✓		✓		✓		✓				✓										
COUNCILLOR ALEX COPE	✓		✓		✓		✓				✓										
COUNCILLOR JAMES STEVENS	✓		✓		✓		✓				✓										
COUNCILLOR CARLEY GLOADE	✓		✓		✓		✓		✓	zoom											
COUNCILLOR ZACHARY JULIAN	✓		✓		✓		✓														
COUNCILLOR CHRIS GOOGOO	✓		✓		✓		✓														
COUNCILLOR ANISSA BLACKMORE	✓		✓		✓		✓														
COUNCILLOR NATASHA BERNARD	✓		✓		✓		✓														
COUNCILLOR STEPHEN MARSHALL	✓		✓		✓		✓		✓	am x 2pm											
COUNCILLOR DANA SYLLIBOY	✓		✓		✓		✓														
COUNCILLOR GARRETT GLOADE	✓		✓		✓		✓														

NO MEETINGS IN AUGUST 2023 MEETINGS RESUME IN SEPTEMBER 2023

✓ (check mark) indicates present for the day

X indicates if absent day, will indicate time left meeting

**GENERAL CHIEF AND COUNCIL MEETING DATES  
ECONOMIC DEVELOPMENT PROJECT CONSULTATION DATES**



**WALK WITH THE DIETITIAN!**

# **WALKING GROUP**



**SNACKS &  
WATER  
PROVIDED**

**TUESDAYS IN JULY & AUGUST**

**12:00-1:00 PM**

**POWWOW GROUNDS**

**RAIN OR SHINE**

**DROP IN OR SIGN UP WITH TERESA**

[TERESAF@MILLBROOKHEALTH.CA](mailto:TERESAF@MILLBROOKHEALTH.CA)

(902)895-9468



**MILLBROOK  
HEALTH CENTRE**