

# Millbrook Community Newsletter

JANUARY 2023



## LORNE JULIAN DESIGNS ARTWORK FOR THE WORLD JUNIOR HOCKEY CHAMPIONSHIP

### **Important Announcements**

- **January 10** - Chief and Council - General Meeting
- **January 24** - Chief and Council - Consultation and Economic Development Meeting

### **The Eskasoni Crisis Line**

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



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, January 10<sup>th</sup>, 2023**

Deadline for letter submissions and booking time to see Council is **Friday, January 4<sup>th</sup>, 2023**. Contact the Administrative Assistant to Chief and Council - Suzanne Penney at Phone: (902) 897-5877 or e-mail: [adminassistant@millbrookband.com](mailto:adminassistant@millbrookband.com)

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

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

## January 2023

- ✿ **January 10** - Chief and Council - General Meeting
- ✿ **January 24** - Chief and Council - Consultation and Economic Development Meeting

## Minutes

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

## Booking the Community Hall

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

**Cell:** 902 324-9261 **e-mail:** [nbernard@millbrookfn.ca](mailto:nbernard@millbrookfn.ca)

## Costs

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

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

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

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

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

## Website & Facebook Page

**Millbrook's Website** - [www.millbrookband.com](http://www.millbrookband.com).

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

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

## A New Year Message



Kwe,

As we bid farewell to the old year and welcome in the new, I wanted to take a moment to express my gratitude for all that we have achieved together as a community in 2022.

Despite the challenges and loss of loved ones we may have faced, we were able to care for one another, build new relationships, and celebrate our strengths. Some moments from the past year that stand out to me are:

\*the ability to gather again as a community for events such as Orange Shirt Day and the Millbrook pow wow;

\*the revitalization of culture and language through many workshops held in our community;

\*and increased engagement and communications with community members.

We have so much more to look forward to in 2023. We look forward to the many major events planned for 2023 which will bring people together in our community. We will welcome the North American Indigenous Games (NAIG) athletes, visitors to our pow wow and we will be hosting the Nova Scotia Mi'kmaw Summer Games in August. I am confident that with hard work, determination, kindness and collaboration we will continue to succeed and thrive as a community in the year ahead. Wishing you all a happy, healthy and prosperous new year.

Wela'lin,

Chief Bob Gloade

### 2023 Schedule for Chief and Council Meetings

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

### Please Note

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

Tuesday, May 23, 2023 – after Victoria Day Weekend moved to Wednesday, May 24, 2022.

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, January 12, & 26, 2023.**

Available to be picked up at the Band Office.

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](mailto:margaretphillips@eastlink.ca)) a current copy of your power bill for payment.

Thank you for your cooperation.

## **Millbrook's Newsletter Deadline - Monday, January 20<sup>th</sup>, 2022**

**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.**

## **Federal Cannabis Legislative Review**

There is an opportunity for the public to express their views regarding the Government of Canada's *Cannabis Act*.

The online engagement process will help to inform the Expert Panel's assessment of the Cannabis Act. First Nations, Inuit and Métis perspectives are important to this review.

First Nations, Inuit and Métis peoples are invited to read the "*Summary from Engagement with First Nations, Inuit and Métis Peoples: The Cannabis Act and its Impacts*" and provide feedback via the online questionnaire or through written feedback until midnight Pacific time on January 15, 2023.

**Link (Online Questionnaire):** <https://www.canada.ca/en/health-canada/programs/indigenous-engagement-approach-cannabis-act-legislative-review.html>

## **Housing Repairs Announcement**

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

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

Lorne Paul

Director of Housing

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

Work: (902) 897-9199

Cell: (902) 890-4863

Or

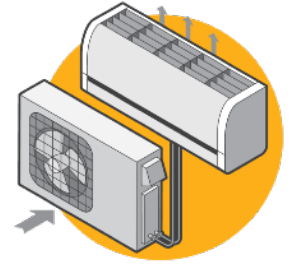
Chantel Langille

Housing Project Officer

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

## **Heat Pump Cleaning**

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



## **Home Insurance**

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

## **Housing Inspections**

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

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

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

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

Sunday morning ice times at the R.E.C.C. starts at 8:00-9:00am, January 8, 15, 22 & 29.



## **Millbrook's Security Services**

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

If a community member is in danger or witnesses criminal activity, it is important that they call 911 or the local Millbrook or Cole Harbour, Sheet Harbour detachment of the RCMP. Please note that the security team cannot report incidents on your behalf.

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

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

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

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

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

## New Employees



### **Substance Abuse Prevention Counsellor - Ingrid Sheppard**

Kwe' my name is Ingrid Sheppard, I am from Newfoundland and Labrador, I am of Mi'kmaw and Irish decent, I am an artist, a mother of a 19-year-old daughter, I have a little dog Max and I am the youngest of 4 sisters. My father used to say his fingers were permanently crossed! But I digress...

I am an Addictions Community Service Worker, my most recent work as a college instructor. I have worked and lived in many remote Indigenous communities across Canada, the furthest being Yukon for many years, all in various capacities including Health Director. I am an advocate for positive change and strive to support people in the best possible way!

I recently moved (like last Friday 😊) to Mi'kma'ki from Ontario to work alongside you in my position as Substance Abuse Prevention Counsellor and I am very excited to provide this work in a way that works best for you, I will be reaching out to you to find out what is needed in the coming days and I invite

you to reach out to me a well.

In this role, I will be facilitating community workshops on Substance Use and Mental Wellness, such as prevention, grief, and relapse prevention. I will support referrals for treatment programs, counselling services, while maintaining supportive contact for clients through their treatment, aftercare and maintenance.

I look forward to meeting, learning and working with you!

### **Maternal-Child Health Coordinator - Tilina Barkhouse-Asprey**



Hello,

My name is Tilina Barkhouse-Asprey and I have recently joined the Millbrook Health Centre team as the Maternal-Child Health Coordinator. I obtained my Bachelor of Child and Youth Studies from Mount Saint Vincent University in 2021, so with a strong background in early childhood education and development, I hope to build positive relationships throughout the community as we work together to create meaningful and exciting experiences for Millbrook families. I believe that play is the foundation for all children's development and learning, and that when we meet children through play, the connections we can foster are limitless.

When I am not at work, I can be found exploring with my dog, Rigsby. We are often at the beach, working on new tricks or grabbing a pup cup on a drive! I also enjoy baking, hunting for rocks and geodes, and curling up with a good book.

## Goodbye To RCMP's Sergeant Bill Collier

Staff Sergeant Bill Collier of the Millbrook RCMP Detachment is leaving his position with Millbrook First Nation. Sgt. Collier attended his last formal meeting with the Chief and Council in December 2022. To thank Sgt. Collier for his work in the community, Millbrook's Chief and Council presented him with a drum, painted by local artist Alan Sylliboy. Although we will be sad to see Sgt. Collier go, we congratulate him on his promotion and wish him well in his new position as Staff Sergeant, Divisional Liaison Advisor working out of the Core Criminal Operational Support Unit based at RCMP headquarters in Dartmouth. In his new role, he will be working with all Indigenous communities in Nova Scotia and he now holds the cannabis portfolio for the province.



Natasha Jamieson is the Acting Staff Sergeant for Millbrook until a permanent replacement is hired.

## ***New Medical Reimbursement Form***

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

## ***Updated Financial Statements***

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

## ***Employment Opportunity - Treaty Entertainment***

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

## ***Christmas Decoration Winners***



Congratulations!

🎁 First Place House Decorator - Vanessa Julian (left)

🎁 First Place Door Decorator - Priscilla Martin (right)

## **Employment Opportunity Community Engagement Officer**

Millbrook First Nation is seeking flexible and self-motivated applicants for the position of Community Engagement Officer. Location for this position will be working within Millbrook First Nation's communities and at the administration office.

**Position Summary:** The Community Engagement Officer will be under the direction of the Consultation Manager. This position will be responsible for engaging with community members on a broad range of topics. The Community Engagement Officer will develop capacity and knowledge in the community concerning resource-based projects and lead consultations with various stakeholders, levels of government and industry representatives. Applicants must be prepared to travel when necessary.

### **Knowledge of:**

- Strong knowledge of research and analytics relating to current and future community engagement best practices;
- Proposal preparation for funding opportunities for initiatives relating to community engagement programs;
- Office administration, planning and market analysis; and
- Educational and communication tools to support community engagement processes.

### **Ability to:**

- Build and maintain consensus between diverse individuals;
- Communicate and liaise with key stakeholders including community members, clients, partners, government, and industry representatives;
- Lead discussions and summarize thematic points;
- Willingness to work outside of usual office hours as needed;
- Maintain accurate and efficient files;
- Maintain high confidentiality and a high level of accuracy; and
- Work in a team environment as well as independently.

### **Key skills:**

- Effective public speaking, writing and communication skills;
- Experience using social media;
- Note taking skills;
- Active listening skills;
- Interpersonal communication skills;
- Teamwork and multitasking skills;
- Analytical and problem-solving skills; and
- Strong time management, prioritizing and organizational skills.



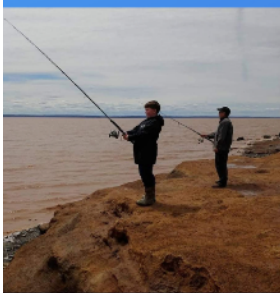
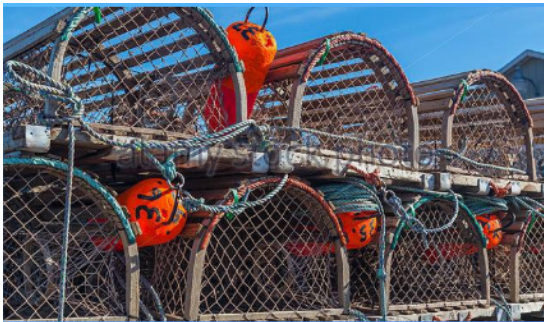
**Education and experience:**

- College diploma or University degree in public administration, communications, business administration, social sciences or education in an area related to this position;
- Relevant experience in community or public engagement strategies;
- Must possess and maintain a valid driver's license and have access to a reliable vehicle;
- Criminal record check; and
- Child abuse registry check.

**Salary range:** 40K-60K based on knowledge, experience and qualifications.

**Application deadline:** Please submit your resume by email at [jobs@millbrookfn.ca](mailto:jobs@millbrookfn.ca) or to the Millbrook Administration Office by January 31, 2023, no later than 4:00pm.

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



**Treaty Fishing**  
The Mi'kmaq have a Treaty Right to fish in support of themselves and their families.

**All are welcome!**

Questions or comments please reach out:  
Dalas Tufts  
902-956-1149  
[dtufts@mfnfisheries.ca](mailto:dtufts@mfnfisheries.ca)

## Fisheries Discussion

Please join Ken Paul for an information session with questions and answers.

**Tuesday January 24th**

**1:00pm - 3:00pm**

**A-Frame**

**665 Caldwell Road,  
Cole Harbour NS**

**Lunch will be provided**





**Your Voice Is Important**



## MEEC: Investing in our Future

Millbrook Educational Services is committed to providing the highest level of educational opportunities for our children. As part of that commitment, we are currently in the process of researching and developing plans for the expansion of the Millbrook Early Education Centre (MEEC). Currently MEEC offers programming from Daycare, up to grade Primary (age 5), this expansion would afford our children and their families the opportunity to attend school up to grades 1 and 2 in our own community.

In addition to the increased grade offerings, the expansion will include the construction of:

-  2 new classrooms;
-  a new half court gym with multipurpose use such as music classes, and cultural events;
-  a new and improved daycare space; and
-  additional office space for staff.

The development would cost around \$5,325,000 to construct. The costs will be covered from a mix of grant-based funding, funds from Indigenous Services Canada (ISC) and own source revenue.

It is widely understood that having a strong cultural identity is fundamental to the success of Indigenous youth, both academically, and personally. Considering these findings, and in support of a wholistic and foundational approach to our educational opportunities, we would appreciate your feedback on the topic of expanding MEEC.

A survey will be circulating in the community in the weeks to come to help us determine the level of interest in proceeding with the expansion. Your insight is needed to help guide the process moving forward. We will also be having open houses in the coming months to help facilitate.

We look forward to working with our community to continue to support the educational paths of our youth.

### M.E.E.C - Important Dates for January

- **January 23-27** - Literacy week
- **January 27** - Patent Tot age 0-2 Year's old's 10:00am- 11:00am (Must sign up)

**Kind Reminder:** Preschool 8:30 am - 2:00pm / Primary 8:30 am - 2:30pm

After school care is available for all MEEC students from 2:00pm - 5:00 pm.

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



# VIRTUAL MEAL PLANNING

**JOIN THE DIETITIAN FOR A VIRTUAL COOKING SESSION AND LEARN TO MEAL PLAN**

**RECIPE KITS WILL BE PROVIDED, **LIMITED SPACE****



THURSDAY, JANUARY 19TH, 2023



COMFORT OF YOUR OWN HOME



WHEN CONVENIENT FOR YOU

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



MILLBROOK  
HEALTH CENTRE

# Jan 2023 – Millbrook Health Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Hours: Monday- Thurs (9:00-4:30pm) Fri 9:00-4:00pm) Closed for lunch 12-1	2 <b>Closed for the Holidays</b>	3 <b>Closed for the Holidays</b>	4 Dr. Blois 9-2 Tanas NP Teeth Cleaning David Szonja	5 Dr. Blois /Holt 9-2 Tanas NP Szonja	6 Dr. Blois 9-1 Tanas NP 9-12	7
8	9 Dr. Blois 4-8 Tanas NP 9-8 Dr. Bauld Dr. Vance Teresa 9-8 David	10 Dr. Blois Tanas NP Dr. Phil	11 Dr. Blois/Holt 9-2 Tanas NP Dr. Fraser 2-8 David Szonja	12 Dr. Blois Michelle Szonja	13 Dr. Blois Tanas NP 9-12	14
15	16 Dr. Blois 4-8 Tanas NP 9-8 Teresa 9-8 David	17 Dr. Blois Tanas NP Dr. Parr	18 Dr. Blois 9-2 Dr. Bauld 130-730 Dr. Fraser 2-8 Tanas NP David Szonja	19 Dr. Blois/Holt 9-2 Tanas NP Michelle Szonja	20 Dr. Blois 9-1 Tanas NP 9-12 Dr. Fraser (Virtual 12-3)	21
22	23 Dr. Blois 4-8 Dr. Vance Tanas NP 9-8 Teresa 9-8 David	24 Dr. Blois/Holt 9-2 Tanas NP Dr. Phil CRYO	25 Dr. Blois 9-2 Tanas NP David Szonja	26 Dr. Blois Tanas NP Michelle Szonja	27 Dr. Blois/Holt 9-1 Tanas NP 9-12 Dr. Purdy	28
29	30 Dr. Blois Tanas NP 9-430 Teresa David	31 Dr. Blois Tanas NP				<b>Please call to cancel appts</b>