

Millbrook Community Newsletter

MARCH 2023



CELEBRATING MILLBROOK'S WOMEN IN LEADERSHIP

COUNCILLORS ANISSA BLACKMORE, LISA MARSHALL, CARLEY GLOADE, NATASHA BERNARD

Important Dates

- 👉 March 8 - International Women's Day
- 👉 March 13-17 - March Break Activities

Please visit www.millbrookband.com/events for upcoming events!

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 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, March 14th, 2023

Deadline for letter submissions and booking time to see Council is **Friday, March 10th, 2023**. Contact the Administrative Assistant to Chief and Council - Suzanne Penney at Phone: (902) 897-5877 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 Wednesday, April 12th, 2023.

March 2023

- 🌟 **March 14** - Chief and Council - General Meeting
- 🌟 **March 28** - Chief and Council - Consultation and Economic Development Meeting

Minutes

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

Booking the Community Hall

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

Cell: 902 324-9261 **e-mail:** nbernard@millbrookfn.ca

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: ngloade@millbrookfn.ca to have your information posted online.



NOVA SCOTIA MI'KMAW SUMMER GAMES

Mi'kmaq Summer Games

MILLBROOK!

August 20-27, 2023

Watch the NS Mi'kmaq Summer Games
Facebook page for more info.

2023 Schedule for Chief and Council Meetings

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

Please Note

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

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

Tuesday, October 10, 2023 - after Thanksgiving, moved to Wednesday, October 11, 2023.

No meetings in the month of August 2023.

December Meetings are pushed one week earlier due to Christmas Break. December meetings are moved to December 5 and December 12, 2023.

Social Assistance

Social Assistance Cheques are scheduled for: **Thursday, March 9 & 23, 2023.**

Available to be picked up at the Millbrook Administration Office.

Applications are available at the Reception desk at the Millbrook Administration Office.

ATTENTION SOCIAL CLIENTS: Nova Scotia Power Bills

It has come to the Social department's attention that some clients are having problems submitting Power bills for payment to the social department in a timely manner. Any social client can call NSPC at 1-800-428-6230 and request that they email me (mphillips@millbrookfn.ca) a current copy of your power bill for payment.

Thank you for your cooperation.

Millbrook's Newsletter Deadline - Monday, March 20th, 2023

The deadline is the 20th of each month.

Send your content to: 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.

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

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

Work: (902) 897-9199

Cell: (902) 890-4863

Or

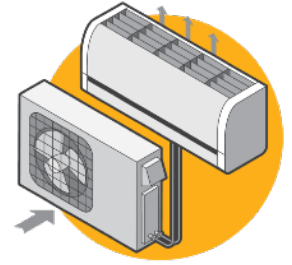
Chantel Langille

Housing Project Officer

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 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, March 5, 12, 19, & 26.

A colorful graphic for 'Prenatal Meal Bags'. It features a central orange circle with the text 'Prenatal Meal Bags' in a large, bold, brown font. Below the title, it says 'Monthly meal bag for expectant parents! Enjoy a simple, nutritious recipe with all of the ingredients provided!'. At the bottom, it lists 'REGISTRATION REQUIRED', 'Bags will be distributed by the 5th of each month', and 'Contact Tilina @ tbarkhouseasprey@millbrookhealth.ca'. The graphic is decorated with illustrations of various fruits and vegetables like strawberries, blueberries, almonds, mango, and a tomato, as well as a bowl of a meal bag and a mushroom.

Prenatal Meal Bags

Monthly meal bag for expectant parents!
Enjoy a simple, nutritious recipe with all of the ingredients provided!

REGISTRATION REQUIRED
Bags will be distributed by the 5th of each month
Contact Tilina @
tbarkhouseasprey@millbrookhealth.ca

Community Engagement Sessions - Food Security

Millbrook First Nation's food security working group needs your feedback!

Everyone in our community deserves access to safe, affordable and nutritious food. Millbrook First Nation is holding a community engagement session in Sheet Harbour to hear directly from band members about their concerns with food security.

Topics of discussion will include: How do you access the food you and your family need? Are the foods you have access to affordable? Feedback from this engagement will be shared with Chief and Council for planning improvements to food security across Millbrook First Nation's communities.

Nourishing snacks will be available to participants at each session!

To register & for more information, please contact Gerald Gloade.

Email: ggloade@millbrookfn.ca **Phone:** 902-809-1309

Sheet Harbour

Thursday, March 9, 2023 2-4 pm

Eastern Shore Wildlife Association - 200 Pool Rd, Sheet Harbour, NS B0J 3B0

A Notice to all Millbrook, Sheet Harbour, Cole Harbour Residents Regarding Building Permits

Did you know that Building Permits are required for ALL construction? Building permits are needed regardless of whether you hold a Certificate of Possession (CP) or if the property is a Veteran's Lot.

Why are building permits needed?

An approved permit shows your plans comply with the local building code, local zoning by-laws and any other laws or regulations that might apply.

Common circumstances that require an Application for a building permit:

- New structures – including houses, sheds, garages, and retail businesses.
- Alterations – adding on to existing structures or renovations of band houses such as decks and fencing; paving of driveway or parking lots; clearing of lots (i.e. tree removal), installing or extracting water lines and any alterations to common band lands.
- Signage – Placing of any retail advertising signage.

Building permit applications can be picked up at Millbrook's Public Safety Office, located at 905 Willow St, Millbrook, N.S.

Please contact Adam Francis, afrancis@millbrookfn.ca (902) 899-5240, for questions.

Security Update Regarding Individuals Prohibited From the Millbrook Community

In light of recent criminal activity in Millbrook, we are reminding residents of the Band Council Resolution (BCR) prohibiting certain individuals from entering the community. This is necessary for the safety and wellbeing of all community members.

We understand that a prohibited individual may be a friend or even a relative. Regardless of any relation, it is extremely important that community members comply with this resolution. You risk serious consequences for harbouring these prohibited persons on your property.

This BCR extends within the boundaries of Millbrook First Nation, which includes satellite communities of Beaver Dam, Cole Harbour and Sheet Harbour.

Millbrook Security and By-Law

If an unwanted or prohibited person is at a location you are advised to call Millbrook RCMP.

Millbrook RCMP 902-893-6819

If you want to report any security or by-law related concerns or infractions or if you have recommendations for improvement, you may 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.**

Thank you for your attention to this and your compliance.

Noel Brooks

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

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

Cole Harbour Security - Cell 902-240-0993

Sheet Harbour Security - Cell 902-885-2219

List of Prohibited Individuals (Effective Date)

Elizabeth McDonaldApril 3, 2012	Michael William WatsonAug 13, 2019
Christina McDonald.....April 3, 2012	Shahnawaz AhmadJuly 1, 2019
Jennifer Jane Gero.....June 12, 2013	Claude Levi Maloney.....Oct 21, 2019
Archie BillardAug 15, 2013	Kevin James MooreOct 28, 2020
William John LewisApril 9, 2013	Marcus Michael DennySept 30, 2020
Robert Edgar Paul.....Jan 14, 2014	Jesse James DennySept 8, 2020
Violet Paul (Lewis).....July 8, 2014	Darryl Joseph ToneySept 8, 2020
Adria Damara LewisJan 12, 2015	Jason Wesley SyliboySept 8, 2020
Justin Smith.....Oct 10, 2016	Ceilidh Jane Mailman.....Sept 8, 2020
Judith MurdockMay 12, 2015	Chad Robin RobinsonSept 8, 2020
Shannon Norman LaneApril 12, 2016	Christian Alexander MacDonaldJune 23, 2020
Matthew Shu-Tak Ying.....April 12, 2016	Alaxander (Sandy) Borden.....Sept 14, 2021
Danielle Susan Brown.....April 25, 2016	Rondell GeroSept 14, 2021
Jessica Ann SmithApril 25, 2016	Cameron ProsperJune 8, 2021
Alexander Andrew BakerApril 25, 2016	Randall Colby Sack (Randy or Buck) ..June 8, 2021
Jaden WebbOct 10, 2017	Erica Dawson.....Sept 14, 2021
Samantha McDonaldJune 13, 2017	Johnathan Lindsay PaulOct 30, 2021
Tyson UpshawJune 13, 2017	Ashley PaulOct 30, 2021
Kevin Sutherland.....Feb 14, 2017	Candice ProsperDec 6, 2022
Trevor John TowerJan 10, 2017	Camiel MarrDec 6, 2022
Thomas R. CarrJune 13, 2018	Ian FlemmingDec 6, 2022
Anthony Boyette.....Aug 23, 2018	Kimberley Endendijk.....Jan 10, 2023
Thomas Martin Dennis.....Sept 11, 2018	Shane Chapman.....Jan 24, 2023
Daren Wayne McCormick.....Oct 28, 2019	Corey PaulJan 24, 2023



Millbrook Community and Public Safety Office

Annual Bike Rodeo

Every year, Millbrook's Public Safety team puts on a Bike Rodeo and BBQ with the purpose to raise positive awareness about Millbrook First Nation. Last year we gave away 32 bikes, 40 helmets and additional prizes to the youth and we would like to keep the tradition going.

Support from people like you is the reason we can put on this annual event for the youth.

This year, we are looking to deliver 32 free bikes; 40 helmets; also, miscellaneous prizes such as squirt guns, nerf guns, slip and slides, water balloons, Nintendo Switches, plus more. For the BBQ we need to buy 250 + hamburgers, 250+ hotdogs, buns, water, chips, and condiments.

Your support is key to helping the community and Millbrook First Nation. Would you be willing to join us by donating? Every dollar you give towards the Millbrook Bike Rodeo takes us one step closer to our goal to make this an amazing experience for our community.

Please support our community by getting involved. If you wish to contribute, you can do so by calling Noel Brooks 902.957.4050 or Adam Francis 782.234.5653. Your donation makes a difference in our community, and you will be recognized for your support. May 19, 2023 is the date we are looking to host the Bike Rodeo!

Thank you!
Noel Brooks
Manager of Community and Public Safety



March 8th is International Women's Day!

Remembering Chief Rachel Marshall



Rachael Marshall, daughter of Chief Joseph Julien and Bridget (Cope), was born on December 29, 1909. Rachael was married to Charles Marshall and they had 8 children and raised 2 grandchildren.

She was elected Chief of Millbrook First Nation in 1969, and served as a councillor for several terms. She was never afraid to speak her mind and was an effective fighter for human rights for the Mi'kmaw Nation. She was also an early supporter of the Nova Scotia Native Women's Association.

Rachael Marshall was honoured for outstanding service by the Nova Scotia Native Women's Association in 1981, given an award in 1991 by Millbrook First Nation for her years of service to the community, recognized by the Union of Nova Scotia Indians in 1994 for her active role as a board member bettering conditions for Mi'kmaq, and awarded the Grand Chief Donald Marshall Sr. Elders Award in 1995.

Follow us on Instagram and Facebook @MillbrookFirstNation as we highlight more amazing women throughout the month of March!

[Millbrook Family Healing Centre](#)



Millbrook Family Healing Centre is one of two shelters in Nova Scotia designed to serve Indigenous women and children. The culturally relevant and holistic programs are available to men, women and children who have experienced family violence. The centre provides safety, shelter and basic life necessities to women and children.

Services include:

- ✦ A 24-hour crisis support telephone line;
- ✦ Individual and group support,
- ✦ Outreach services,
- ✦ Referral and follow-up to other social services and programs as well as
- ✦ Community education in family violence intervention, healing and prevention.

We thank the Millbrook Family Healing Centre for their service in our community!

[Nova Scotia Native Women's Association Awards and Gala](#)



Honouring Mi'kmaw women and 2SLGBTQIA people who have demonstrated outstanding contribution to improve the status of Mi'kmaw women and 2SLGBTQIA people in our communities. The awards and gala has been rescheduled to **June 10, 2023.**

Save the date!



Millbrook Early Education Centre News

Important Dates In March

March 6-9,2023

Winter Carnival Week

Friday, March 10,2023

MEEC will be CLOSED
Assessment & Evaluation Day

March 13-17,2023

**CLOSED FOR MARCH
BREAK!**

March 31,2023

MEEC will be CLOSED
Professional Development Day

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.



Contact Us

902-897-1249 or 902-897-0445

- Ext. 101 Assistant Manager/Administration (Cheryl)
- Ext. 102 Preschool 4-A (Sue/Amy/Erin)
- Ext. 103 Daycare (Leslie/Genny/Melinda)
- Ext. 104 Preschool 3 (Jessica/Amanda)
- Ext. 105 Primary (Heidi/Allison)
- Ext. 107 Afterschool Program (Leslie/Levi/Erin)
- Ext. 108 SLP (Christina)
- Ext. 109 Manager- Sylvia M. Martin

Manager's Email: smmartin@millbrookfn.ca



FOOD SECURITY COMMUNITY ENGAGEMENT

Millbrook First Nation's food security working group needs your feedback!

Everyone in our community deserves access to **safe, affordable** and **nutritious** food. Millbrook First Nation is holding a Sheet Harbour community engagement session to hear directly from band members about their concerns with food security.

Topics of discussion will include: **How do you access the food you and your family need? Are the foods you have access to affordable?** Feedback from this engagement will be shared with Chief and Council for planning improvements to food security across Millbrook First Nation's communities.

Nourishing snacks will be available to participants!

To register & for more information, please contact Gerald Gloade.

Email: ggloade@millbrookfn.ca Phone: 902-809-1309



Sheet Harbour

March 9, 2023 2-4 pm

Eastern Shore Wildlife Association

200 Pool Rd, Sheet Harbour, NS B0J 3B0

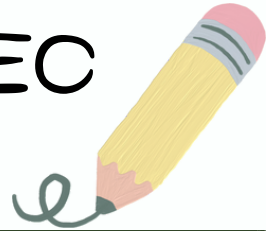




Millbrook Early Education Centre
36 Church Rd, PO Box 634 Truro NS B2N5E5
TEL 902-897-1249/902-897-0445
Email: smmartin@millbrookfn.ca



GRADE PRIMARY AT MEEC



It's that time of year again, Primary registration!

We are looking forward to seeing the new faces that will be entering the grade primary class in the fall. The primary teachers and administration at MEEC wanted to update parents of upcoming students on what's been happening in the primary room and fill you in on the new and exciting things we are working on for our primary students.

Our primary goal in the primary classroom is to not just meet the provincial teaching standards but to exceed provincial standards. Students at MEEC not only work towards provincial curriculum but as a school we also put a strong focus on Mi'kmaq language and culture.

Students are provided with Mi'kmaq language instruction from a fluent Mi'kmaq speaker four days a week for 20 minutes a day. We also work hard to incorporate Mi'kmaq language into our daily routine including days of the week, counting, animal and other commonly used words. We are continuously working to build a stronger focus on culture within our curricular outcomes. Our goal is to incorporate cultural teachings and practices into our science, math, gym, and music outcomes. We look forward to calling on Mi'kmaq elders and teachers in the community to pass on their knowledge to our students.

In relation to science, we want students to build knowledge about a variety of cultural resources such as the four sacred medicines, black ash, and moose to name a few. Students will be taught about the cultural significance of these resources, how they are living things, the impact of seasons on these resources, as well as the process of harvesting these resources. Students will be taught how to play Waltes and the connection to math. Students will also gain skills and knowledge of lacrosse through a lacrosse program learning about the sport and the connection of the sport to Mi'kmaq culture. Finally, students will gain exposure to traditional drumming and dance. Students will have the opportunity to learn and practice different styles of dancing and drumming.

Benefits of Primary at Millbrook Early Education Center

- **Small Class Sizes** – Smaller class sizes also allow for more one-on-one time and support for each student.
- **Speech Pathologist** – Having an on-site speech pathologist allows students to be assessed and receive speech support if required.
- **Breakfast Program** – Breakfast program gives students access to a breakfast basket that contains granola bars, dry cereal, fruit and other healthy choices for students to have a snack or breakfast before class.
- **Gym Class** – Students are bussed to the Millbrook gym twice a week to partake in gym class. Students get to have a shared gym time with the P4 students for one of their gym classes.
- **Music Class** – An offsite music teacher comes into the school to provide students music lessons two days a week.
- **Off Site Field Trips** – Students get to experience many off site fields trips that include the following activities:
 - Library
 - Pumpkin patch
 - Winter Carnival Activities
 - Swimming
 - Community Tick-or-Treating
 - Wood Chip Trail
- **After school program** – After school program is offered to students at a fee of \$8.00/ day. After School runs from the end of the school day until 4:30 pm and provides students with a snack.
- **Outdoor Classroom** – The center is having a permanent Teepee installed that will provide an outdoor learning space for students.
- **Mud Kitchen** – The school will be having a mud kitchen installed in the playground for students to learn and explore in.
- **Sensory Room** – A sensory room is a controlled and intentionally created space that provides multi-sensory resources to support a student's sensory needs to enable them to engage in learning.

Transition for Primary Students to Grade One

To best prepare the grade primary students for their transition to Truro Elementary School (TES) MEEC works closely with TES to ensure a smooth transition for students. In the spring the grade primary class at MEEC takes several field trips to TES on the big school bus to allow students to become familiar with the school and the new bus that they will be traveling on. The field trips to TES give students the opportunity to spend half days at the school. The grade primary students from MEEC get to tour the school to see things like the library, cafeteria and gym. The MEEC primary students also sit in the primary classes at TES. The goal is for our students at MEEC to meet students they could be classmates with next year. These field trips allow students to become familiar with the layout of the school and the daily schedule at TES to prepare them for what their upcoming year will look like.

Teachers at MEEC also work with grade primary teachers, administration, and other staff at TES to arrange transition meetings regarding each student that will be going into TES. These meetings allow for the primary teachers at MEEC to highlight the strengths and interests of each student as well as individual needs or accommodations students may need to set them up for success in their grade one year.

UPCOMING HEALTH CENTRE EVENTS

March 4, 2023

Little Chef, Big Chef (This Month Naan Pizzas with caesar Salad)

Millbrook Community Hall

11:00 AM-1:00 PM

Registration required by March 1st Limited spots

Contact Tilina @ (782) 270-1580

tbarkhouseasprey@millbrookhealth.ca

March 7, 2023

Baby & Me

1:30-3:00 PM

Millbrook Senior Centre

Snacks and Refreshments provided

March 9, 2023

Fostering Connections

11:00AM - 2:00 PM

Millbrook Community Hall

For individuals interesting in becoming foster parents.

March 13, 2023

Phone the Dietitian

1:00 - 6:00 PM

Call the Dietitian to have your nutrition questions answered without leaving home (902) 895-9468

March 17, 2023

St. Patrick's Day Family Craft

Millbrook's Senior Centre

5:00-6:00 PM

Light refreshments

March 20, 2023

Nutrition Month Bingo

Millbrook Senior Centre

2:00 - 4:00 PM

Snacks Provided and Prizes to be won

Please visit www.millbrookband.com/events for upcoming events!

Sign up to our mailing list from our website (located at the bottom of the homepage.)

March 21, 2023

Label reading for Better Blood Sugar

12:00 - 1:00 PM

Millbrook Community Hall

Food and Drinks Provided. To register for this event, contact Theresa by calling (902) 895-9468

or e-mailing teresaf@millbrookhealth.ca

March 22, 2023

Nutrition Month Bingo

Cole Harbour A-Frame

2:00 - 4:00 PM

Snacks Provided and Prizes to be won

March 23, 2023

Parent and TOT pool party

Rath Eastlink Community Centre

11:00 AM - 12:00 PM

Registration Required by March 16. Call/text/email

Tilina at: (782) 370-1580 /

tbarkhouse@millbrookhealth.ca

March 31, 2023

Jump Jiggle Jive

Millbrook Senior Centre

10-11:30 AM

Snacks provided



SHEET HARBOUR STUDENT AWARDS

Looking for individuals interested in being on a committee to organize the Sheet Harbour Student Awards. If you would like to be part of the planning team please contact Sunshine Bernard at 902-895-9468 or email at sunshinem@millbrookhealth.ca



Label Reading for Better Blood Sugar



WHEN

Tuesday, March 21, 2023
12:00 - 1:00 PM



WHERE

Millbrook Community Hall

Food & Drink will be provided

To register for this event, contact Teresa
by calling (902) 895-9468 or emailing
teresaf@millbrookhealth.ca

**Door
Prize!**



MILLBROOK
HEALTH CENTRE

MARCH BREAK ACTIVITIES



Senior 55+ "Game Time"

March 8, 2023
2:00 PM - 4:00 PM
Millbrook's Senior Centre

Ian Steward Juggler

March 13, 2023
11 AM - 12:30 PM
Millbrook Gymnasium



The Amazing Mr. J Magic Show

March 13, 2023
1:00 PM - 2:00 PM
Millbrook Gymnasium



Trip to the Cinema

March 14, 2023
10:00 AM - 12:30 PM
Truro Cineplex



Mad Science

March 14, 2023
2:00 PM - 3:00 PM
Millbrook Community Hall



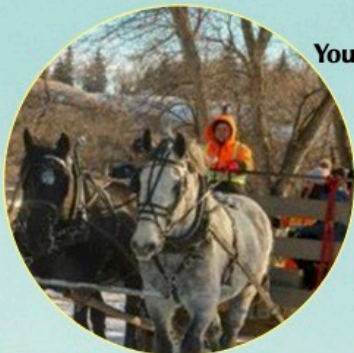
Community Breakfast

March 15, 2023
8:00 am - 11:00 am
Millbrook Community Hall



Wagon Rides

March 15, 2023
2:00 PM - 4:00 PM
Millbrook Powwow Grounds



Ski Wentworth

You MUST PRE-REGISTER by Monday, March 13th.

March 16, 2023
10:30 AM - 6:00 PM
(Leaving the Gym at 11:00 AM)
Ski Wentworth



Kids Game Day

March 17, 2023
1:00 PM - 4:00 PM
Millbrook Community Hall

For more information contact Sunshine Bernard at 902-895-9468
To see the full flyers please check out the event calendar at millbrookfn.ca
Subscribe to Millbrook's mailing list on the website to get our latest news.

Briefing note

January 20, 2023

For your information

Re: Changes to Substance Use Treatment Referrals and Admissions

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

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

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

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

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

Actions:

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

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

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

Prepared by: Ingrid Sheppard



An Important Update on the First Nations Drinking Water Settlement

The Court has approved a one-year extension to the claims period.

This means Impacted First Nations and Individuals impacted by long-term drinking water advisories that lasted for at least one year between November 20, 1995, and June 20, 2021 now have until March 7, 2024 to submit their claim for compensation.

If you haven't already accepted the settlement, there is more time for the Chief and Council to submit the Band Council Acceptance Resolution (BCAR) to the Administrator. If you've already submitted a BCAR but need more time to complete and submit the Band Council Confirmation List, you still have time until March 7, 2024.

This also means that class members from your community have until March 7, 2024, to submit an Individual or a Representative Claim Form.

Claims submitted before March 7, 2023, will be assessed by the Administrator, and eligible payments will be processed. Claims submitted between March 8, 2023, and March 7, 2024, will be assessed and processed after the end of the extended Claims Period on March 7, 2024.

All claims for Specified Injuries compensation for injuries experienced while complying with drinking water advisories will be assessed and processed after the end of the extended Claims Period on March 7, 2024.

Free support and information are available via

The First Nations Drinking Water Website: <https://firstnationsdrinkingwater.ca/>

The First Nations Drinking Water Interactive guide: <https://firstnationsdrinkingwater.ca/index.php/interactive-guide/>

First Nation Drinking Water Facebook page:

<https://www.facebook.com/FirstNationsDrinkingWater/>

Administrator toll-free at 1-833-252-4220

Class Counsel toll-free at 1-833-265-7589

Emotional support through Hope for Wellness toll-free at 1-855-242-3310

Do you want the experience of a lifetime?



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CAMP COURAGE 2023
before March 20th



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

Only 24 youth
**WILL BE SELECTED
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FREE CAMP**

The camp occurs July 2nd to July 9th



Samantha 2011

Savannah 2006

Haley 2013



Canada



Contact us at campcourage.ca or Call (902) 701-1405

March 2023 – Millbrook Health Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Hours: Monday-Thurs (9:00-4:30pm) Fri 9:00-4:00pm) Closed for lunch 12-1</p>			<p>1 Dr. Blois 9-2 Tanas NP David Szonja Closed from 230-430 Staff Meeting</p>	<p>2 Dr. Blois 9-2 Tanas NP Szonja</p>	<p>3 Dr. Blois 9-1</p>	<p>4</p>
5	<p>6 Dr. Blois 4-8 Tanas NP 9-8 Dr. Fraser 2-8 Dr. Vance Teresa 9-8 David</p>	<p>7 Dr. Blois 9-2 Dr. Srivatsa Tanas NP Dr. Phil</p>	<p>8 Dr. Blois 9-2 Tanas NP David</p>	<p>9 Dr. Blois 9-2 Tanas NP Michelle</p>	<p>10 Dr. Blois 9-1</p>	<p>11</p>
12	<p>13 Dr. Fraser 2-8 Tanas NP 9-8 Teresa 9-8 David</p>	<p>14 Tanas NP</p>	<p>15 Dr. Parr Tanas NP David</p>	<p>16 Tanas NP Michelle</p>	<p>17 Dr. Bauld 9-4</p>	<p>18</p>
19	<p>20 Dr. Blois 4-8 Dr. Bauld 9-4 Tanas NP 9-8 Dr. Fraser (Virtual 3-6) Dr. Vance Teresa 9-8 David</p>	<p>21 Dr. Blois 9-2 Tanas NP Dr. Phil</p>	<p>22 Dr. Blois 9-2 Tanas NP David Szonja</p>	<p>23 Dr. Blois 9-2 Tanas NP Michelle Szonja</p>	<p>24 Dr. Blois 9-1</p>	<p>25</p>
26	<p>27 Dr. Blois 4-8 Tanas NP 9-8 Teresa David</p>	<p>28 Dr. Blois/Holt 9-2 Tanas NP CRYO</p>	<p>29 Dr. Blois 9-2 Tanas NP David Szonja</p>	<p>30 Dr. Blois/Holt 9-2 Tanas NP Szonja</p>	<p>31 Dr. Blois 9-1</p>	<p>Please call to cancel appts</p>