

# Millbrook Community Newsletter

SEPTEMBER 2023



## MILLBROOK FIRST NATION COMPETITION POWWOW 2023 GRAND ENTRY

### Important Dates

- 👉 September 12 - General Chief and Council Meeting
- 👉 September 30 - National Day for Truth and Reconciliation

Please visit [www.millbrookband.com/events](http://www.millbrookband.com/events) for upcoming events! Or use this QR code ->  
Sign up to our mailing list from our website ( located at the bottom of the homepage.)

### The Eskasoni Crisis Line

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



**MILLBROOK  
FIRST NATION**  
TELEPHONE: (902) 897-9199  
TOLL FREE: 1-(800)-693-3112  
MILLBROOK BAND ADMINISTRATION  
P.O. BOX 634  
TRURO, N.S. B2N 5E5

# Millbrook Administration Office

## Mailing Address

Millbrook  
Administration  
P.O. Box 634  
Truro, NS. B2N 5E5

## Business Hours

Monday- Thursday  
9:00am-12pm / 1:00pm-4:30pm  
Friday  
9:00am-12pm / 1:00pm-4:00pm

## Phone Numbers

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

## Chief and Council Meeting

**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.**

## September 2023

- 🦋 **September 12** - General Chief and Council Meeting
- 🦋 **September 26** - Consultation and Economic Development Meeting

## Minutes

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

## Website & Facebook Page

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

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

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

## 2023 Schedule for Chief and Council Meetings

Month	Days	General Chief and Council Meeting	Days	Economic Development & Project Consultation
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.**
- December Meetings are pushed one week earlier due to Christmas Break. December meetings are moved to December 5 and December 12, 2023.

## Consultation - Deer Harvest Hunters Wanted

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 to build upon the successes of the 2022 deer harvest.

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 contact: [farmlandoutfitters@hotmail.com](mailto:farmlandoutfitters@hotmail.com) or call (902) 899-3144.

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

Sunday morning ice times at the R.E.C.C. starts at 8:00-9:00 am, September 3, 10, 17, & 24.



## 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.

## Student Attendance

Kwe' Hello!

As the school year fast approaches, we wanted to let families know that we are paying Truro Elementary School and Truro Middle School directly for school supplies and the remaining \$85 will be issued to parents. Included in this September 2023 cheque are funds paid in advance for September Lunch Allowance and this year's School Supplies. Moving forward, Millbrook Educational Services will send an initial prompt to each school requesting that they send in attendance for all Millbrook students by the dates listed below. After this, the parent/guardian is responsible for ensuring your school sends us reports on or before the deadline each month. As a reminder, late submissions for reports will be added to the following month.

### Attendance Reports Due:

September 28, 2023

October 31, 2023

November 30, 2023

December 19, 2023

January 31, 2024

February 29, 2024

March 29, 2024

April 30, 2024

May 31, 2024

June 28, 2024



## Social Assistance

Social Assistance Cheques are scheduled for: **Thursday, September 7, & 21, 2023.**

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

## Millbrook's Newsletter Deadline - Wednesday, September 20<sup>th</sup>, 2023

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

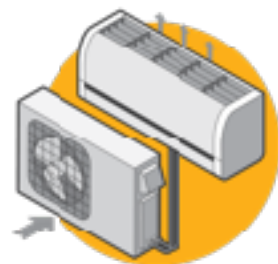
Send your content to: [ngloade@millbrookfn.ca](mailto:ngloade@millbrookfn.ca)

Be sure to include ALL relevant information (including the who, what, when, where, why and how to find out more) and be sure to submit it in advance of the event date (the earlier you share the better).

**Please ensure it's in an editable format.**

## Heat Pump Cleaning

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



## Home Insurance

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

## Housing Inspections

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

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

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

## Housing Repairs

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

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

Lorne Paul

Director of Housing

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

Work: (902) 897-9199

Cell: (902) 890-4863

Or

Chantel Langille

Housing Project Officer

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





## Millbrook Early Education Centre September's Newsletter

### Important Dates for September

Monday September 4, 2023

**Centre Closed**

Labour Day

Wednesday, September 6, 2023

Students Return

Friday, September 22, 2023

Nitap Day

Monday, September 25, 2023

**Centre Closed**

Professional Development Day

Wednesday, September 27, 2023

Meet the Teacher

5:00pm-6:00pm

Friday, September 29, 2023

Truth & Reconciliation Day

"Orange Shirt Day"

Friday, September 29, 2023

Parent Tot Workshop

Millbrook Early Education Centre will be returning to having open doors for all of our students & parents/ guardians.

We are happy to Welcome you all back into the centre!!



All Medical forms will be due by:  
First Week of School.

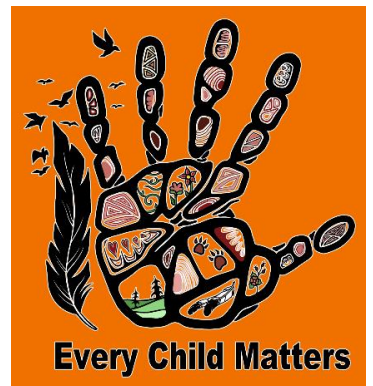
Must be filled out by Family Doctor or  
Our Community Nurse.

### Check List

- ✓ Back Packs
- ✓ Indoor Shoes
- ✓ Spare Clothes



Make sure your child is dressed properly for the weather each day, as we play outside regularly.



### Friendly Bus Reminders

Bus Run 1-

Bus Run 2-

If your child will not be attending school on specific days, please let Nolan know ASAP **902-890-3608**.

Please have your child ready and waiting for the bus to avoid delays in picking up other children.

### Contact Us

902-897-1249 or 902-897-0445

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

### Service Fees

**DayCare**

\$15.00 Daily

**Afterschool Program**

\$8.00 Daily

Both programs will be charged on a weekly basis.

Payments can be made by

Email Transfer to:

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

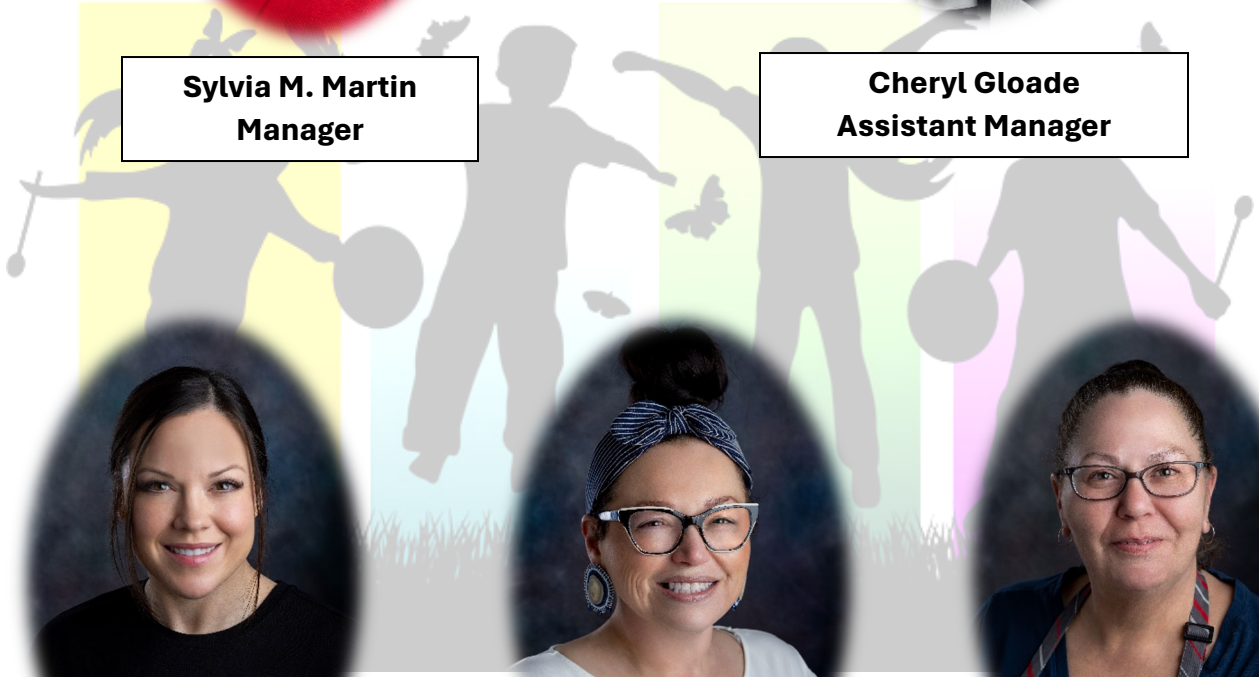
# Millbrook Early Education Centre Team



**Sylvia M. Martin**  
Manager



**Cheryl Gloade**  
Assistant Manager



**Christina Gloade**  
Speech-Language  
Pathologist



**Sunshine Paul-Martin**  
L'nu'k Language &  
Cultural Specialist



**Micheline Paul**  
Cook

# Millbrook Early Education Centre Team



**Sunshine Bernard**  
DayCare Teacher



**Levi McDonald**  
DayCare Teacher



**Genny Augustine**  
DayCare Teacher



**Jessica Wentzell**  
Preschool 3 Teacher



**Jaquinn Rodler**  
Preschool 3 Teacher



**Amanda Eldershaw**  
Educational Assistant



# Millbrook Early Education Centre Team



**Susan Marshall**  
Preschool 4 Teacher



**Amy Cooke**  
Preschool 4 Teacher



**Emma Ryan**  
Primary Teacher



**Leslie Gloade**  
Educational Assistant



**Melinda Julien**  
Educational Assistant



# DIABETES CLINIC DAY

Please call or email us in advance to register if you would like to join:

- Blood Collection
- Medication Review
- Foot Assessment
- Blood Pressure & Sugar Check
- Nutrition & Fitness Information
- Snacks & Prizes

## Register:

[Reception@millbrookhealth.ca](mailto:Reception@millbrookhealth.ca)  
902.895.9468



Millbrook Health Centre  
812 Will St, Truro, NS



Monday, September 11th  
10:00AM - 3:00PM



MILLBROOK  
HEALTH CENTRE

JOIN US FOR A  
WORKSHOP ON  
HOW TO MAKE

# STRAWBERRY JAM



**SEPTEMBER 26TH  
12 TO 1  
SENIORS CENTRE  
EMAIL [rhill@millbrookhealth.ca](mailto:rhill@millbrookhealth.ca) TO REGISTER  
ALL MATERIAL PROVIDED**



## **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 FISHERIES SAFETY DAY

**SEPTEMBER 13, 2023** 25 Treaty Trail  
10:00am - 2:00pm

**SAVE  
THE  
DATE**

Q & A SESSION ON  
VARIOUS VESSEL  
SAFETY TOPICS

INTERACTIVE  
DISCUSSIONS ON  
SAFETY EQUIPMENT  
FOR YOUR VESSEL -  
WHAT DO YOU NEED,  
HOW TO USE IT AND  
HOW TO CARE FOR IT?

SPECIAL GUESTS FROM  
TRANSPORT CANADA,  
ULNOOWEG, AND  
MILLBROOK  
CONSERVATION TEAM.

BRING YOUR  
QUESTIONS, BEST  
PRACTICES, STORIES TO  
SHARE - IT'S THE BEST  
WAY TO LEARN

THIS IS FOR  
ALL FISHERS:  
FSC, TREATY,  
AND  
COMMERCIAL

**WHAT IS IN A  
DAMAGE  
CONTROL  
BUCKET?**

\$50.00 Gift  
Cards to be  
won and  
other great  
prizes

*Rope Coiling  
Competition*

*Immersion Suits  
Activities*



**REFRESHMENTS AND LUNCH  
PROVIDED** *No Registration Required*



# Maternal-Child Health *September*

Home Visiting Information Session  
September 28th  
6:00-7:00pm

No registration required, open to all  
community members  
Door prizes, refreshments provided

0-4 Playgroup  
Theme: Music Exploration  
September 29th  
10:00-11:00am

No registration required, older siblings  
welcome



**Questions?**

**Contact Tilina**  
**(782) 370-1580**

**or**

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







# MILLBROOK

Cultural & Heritage Centre

## HAND DRUM MAKING EXPERIENCE



Millbrook Cultural & Heritage Centre  
65 Treaty Trail, Millbrook N.S B6L 1W3

Just off exit 13A

Monday September 18, 2023

2:00pm to 4pm

**\$140.00 For a 14" Drum**

**50% deposit is required to secure spot**

For registration & info please contact:

Jeff Wilmot

[jeff@millbrookheritagecentre.ca](mailto:jeff@millbrookheritagecentre.ca)

(902) 843-3493

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

# RECRUITING INSTRUCTORS

Cape Breton University, in partnership with Millbrook Education, is recruiting **part-time instructors** to teach in the following areas:

**COMMUNITY STUDIES  
COMMUNICATION  
ENGLISH  
MI'KMAQ STUDIES  
PHILOSOPHY  
MANAGEMENT/BUSINESS**

## ABOUT THE OPPORTUNITY

- 4 week teaching commitment for 3-credit courses.
- 8 week teaching commitment for 6-credit courses.
- Must be available to teach at least 3 evenings per week.
- Ability to travel to the Truro area (travel expenses covered).

**Minimum of a Master's Degree in a relevant discipline required. Prior teaching experience preferred. Applicants who hold traditional and living Indigenous knowledge will also be considered.**



**Send your CV to:** [stephanie\\_mccormick@cbu.ca](mailto:stephanie_mccormick@cbu.ca)



# FSC Harvesting Contest

Report your catch  
& be entered to win!

**Contact:  
Cathy Irving**

Phone: 902-305-1977  
Office: 902-334-5003  
[cathy.irving@cmmns.com](mailto:cathy.irving@cmmns.com)







# Millbrook Christmas Index Application



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

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

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

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

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

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

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

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

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

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

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

Both Food Basket & Toys     Food Basket Only     Toys Only

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

**Office Use Only**

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

**REQUIREMENTS:**

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

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

Wela'lin