



Millbrook Community Newsletter

DECEMBER 2021



SANTA CLAUS PREPARING AT THE NORTH POLE

Important Announcements

For the latest corona virus information visit: <https://novascotia.ca/coronavirus/>

<https://www.millbrookband.com/covid-19-updates>

To see a visual on COVID-19 in Nova Scotia, please go to: <https://novascotia.ca/Coronavirus/data>

The Eskasoni Crisis Line

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

Holiday Break

Millbrook Band Administration Office will be closed for the holidays from December 17th at noon until January 3rd, 2022.

 **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

Phone Numbers

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

Website & Facebook Page

Millbrook's Website - www.millbrookband.com.

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

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

Social Assistance

Social Assistance Cheques are scheduled for: **Wednesday, December 1, 15 & 29, 2021.**

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

Applications are available at the Reception desk at the Band Office.

ATTENTION SOCIAL CLIENTS: Nova Scotia Power Bills

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

Thank you for your cooperation.

Chief and Council Meeting

Tuesday, December 7th, 2021

Deadline for letter submissions and booking time to see Council is

Thursday, December 2nd, 2021. Contact Jessica Haji Mohamad by

Phone: (902) 897-9199 ext:110 or e-mail: adminassistant@millbrookband.com

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

Next Month Chief and Council Meeting - January 11th, 2022.

December 2021

- 🌸 **December 2** - The deadline for letter submissions and booking time to see Council
- 🌸 **December 7** - Chief And Council Meeting at 9am at the Community Hall
- 🌸 **December 14** - Chief and Council Meeting at 9am at the Community Hall (*Consultation 9-11am, Economic Development 11-2pm, & Projects 2-4pm*)

Millbrook's Newsletter Deadline - Saturday, November 20th, 2021

The deadline is the 20th of each month.

Send your content to: communications@millbrookband.com,

or use the website contact form at <https://www.millbrookband.com/contact>

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

Please ensure its in an editable format.

Millbrook Bylaw & Security - Contact Information

By-law Officer - Cell (902) 899-5240 **e-mail:** bylaw@millbrookband.com

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

Cole Harbour Security - Cell 902-240-0993

Sheet Harbour Security - Cell 902-885-2219

Booking the Community Hall

To book the Community Hall please contact **Jessica Haji Mohamad at (902) 897-9199 Ext 110.**

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.

Attention: New Millbrook First Nation Members Under 19 Years of Age

For Millbrook First Nation members under the age of 19 years, the Millbrook Enterprise Credits are placed in a trust fund. When Millbrook members reach the age of 19, they must apply to Millbrook First Nation to have their Millbrook Enterprise Credit money released from the trust. The application form can be found at <https://www.millbrookband.com/s/Millbrook-Enterprise-Trust-Fund-Credit.pdf>

Please note that as of April 2020, Millbrook First Nation does not automatically receive all information on new registered members so that means that new members under the age of 19 years are not guaranteed to be added to the minor's trust list.

Please contact Priscilla Martin at priscillamartin@eastlink.ca with your name, date of birth and band number so that we can add you to the minor's trust list. Once you have been added to the minor's trust, no further applications are necessary until you reach 19 years of age.

If you are aware of any other new Millbrook First Nation members, please contact Millbrook First Nation.

Wela'lin

Application for Housing & Apartment

When applying for a house or apartment it's important to provide all necessary documentation to support your application (if applicable) such as:

- 👉 Band registration number
- 👉 Children's band registration number(s)
- 👉 Marriage certificate
- 👉 Confirmation of a Registered Domestic Partnership from the Department of Vital Statistics
- 👉 Confirmation of custody arrangements
- 👉 Proof of medical condition(s)

Please submit your housing or apartment application with all updated information and consistently apply each fiscal year.

Seeking Historic/Archived Millbrook Photos

Millbrook First Nation is seeking for old photos to be showcased in Millbrook's buildings like the Community Hall, Band Office, and Senior Centre. We are looking for old team photos, family photos or historic locations.

Please contact Nigel Gloade Communication's Officer at (902) 324-3379 or

e-mail: communications@millbrookband.com

Still Taking Names for Energy Efficiency NS Home Assessments Phase 5!

Millbrook First Nation is nearing the end of phase 4 of its Energy Efficiency program working to make Millbrook's homes more comfortable and energy efficient by keeping valuable heat inside.

Would you like your home assessed by Energy Efficiency NS in the fall?

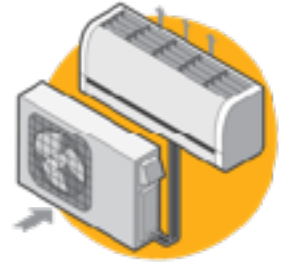
If so, please email Lorne Paul at lornepaul@eastlink.ca and please provide the following information in the email:

- 👉 Name
- 👉 Address
- 👉 Phone number and email address
- 👉 What is your current heat source?

Once we have these details, we will add your name to the list for the phase 5 assessments.

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.



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.

The Millbrook security team is very focused on prevention and having a constant presence in the community. As you can see from the backgrounders of the team, they have a wide range of experience and training in the security field and community services. In their roles, they must have good communication skills and know how to deal with people in a kind and compassionate manner.

Phone # (902) 956-0114

ATTENTION SOCIAL CLIENTS:

Social Assistance Recipients:

Reminder we have moved to direct deposit

Please provide a void cheque OR fill out a direct deposit form, from your banking institution and forward to Millbrook Social Department by dropping your completed form to the front desk of the Administration Office. Alternatively, you can also send via email to: margaretphillips@eastlink.ca or by fax at 902-897-0774.

Thank you for your cooperation.

Community Cannabis Consultation

The government of Canada introduced the Cannabis Act in July 2018 which legalized the use, sale and consumption of cannabis in Canada. Despite these actions by the Canadian government, which were carried out without any meaningful consultations with the Mi'kmaq, we are committed to developing effective measures to protect the health and safety of our communities.

Millbrook First Nation knows it is important to create a regulatory system where members have access to safe cannabis that meets quality, security and health standards which meet or exceed those set by Health Canada.

We know this issue is important to Millbrook First Nation members, and we want your opinions on how the community should approach regulating cannabis within our territory. As cannabis is now legal within Canada, it is time to engage with the members of our community and develop a strategy to regulate cannabis.

Millbrook First Nation is committed to getting our approach right and urges our members to contribute to the process through community and online engagement sessions. We will not make decisions until we have heard from our members.

We will be hosting 3 days of community engagement regarding Cannabis Governance in Millbrook.

We are holding engagement sessions with the following groups:

- ✿ Youth and Elders (December 8th)
- ✿ Millbrook administrative and Health Centre staff (December 9th)
- ✿ Business owners and Cannabis dispensary owners (December 10th)
- ✿ Online session for all community members (In the New Year, TBD)

In-person sessions will be 1-2 hours and limited to 10-20 participants. Proof of vaccine and ID will be required. If you fit into one of the groups above, please register in advance to secure a spot.

Please contact Consultation@millbrookband.com to register or request more information on the community sessions.

The online session will not require registration.



Outdoor Home
**CHRISTMAS
DECORATING
CONTEST**

Millbrook - Sheet Harbour - Cole Harbour

You **MUST REGISTER** for this event by contacting
Sunshine Bernard at 902-895-9468 or email at
sunshinem@millbrookhealth.ca
Deadline Dec. 16th at 4:30pm

1st - \$300

2nd - \$200

3rd - \$150

December 18th

CHRISTMAS TREE LIGHTING

DECEMBER 1ST (WED) @ 6PM
MILLBROOK
HEALTH CENTRE



HOT CHOCOLATE, HOT DOGS,
CHRISTMAS CAROLS AND
GOOD CHEER!





Buddy the Elf Christmas



DEER LAKE LEGION
33 UPPER NICHOLASVILLE ROAD
DEC. 4TH
(SATURDAY)
@ 6PM

Proof of Vaccination & ID is
required to attend this event.

If you are planning to attend this
event and have young children,
please contact Sunshine Bernard at
902-895-9468 and
submit the name and
age of your child.



BUDDY THE ELF CHRISTMAS

Sheet Harbour

Dec. 7th (Tuesday) at 6pm

Legion, Watt Section Highway #7

Proof of Vaccination & ID required to attend the event

If you are planning on attending this event and have children 10 and under, please contact Sunshine Bernard at 902-895-9468 and submit the name & age of your child.



Millbrook Community & Band Members
Buddy the Elf Christmas



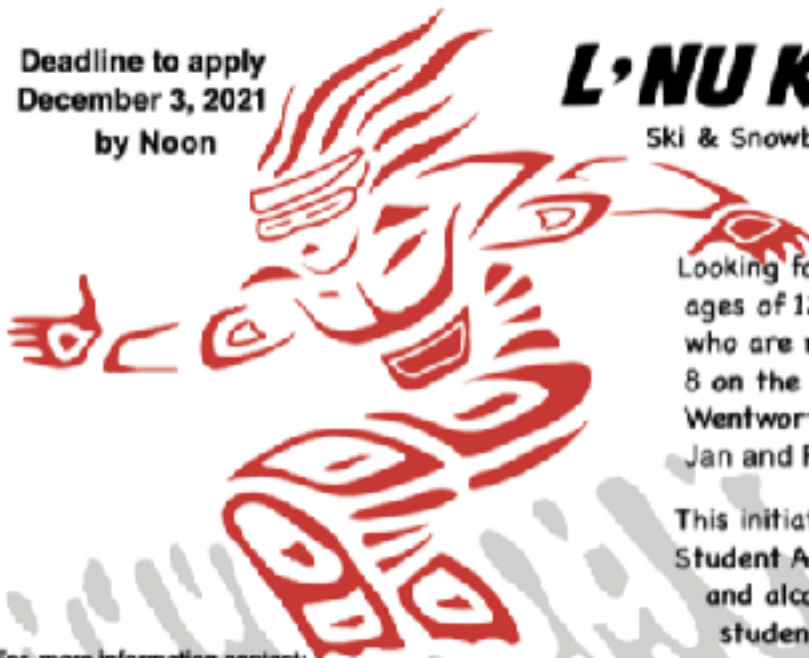
Legends Bingo Hall
Dec. 14th (Tuesday) at 6pm

Proof of Vaccination and ID is required
to attend this event.

For more information please contact
Sunshine Bernard
Community Wellness Coordinator
at 902-895-9468

*.....the Best Way to Spread Christmas Cheer
is Singing Loud for all to Hear*

Deadline to apply
December 3, 2021
by Noon



L'NU KAMAKN

Ski & Snowboard Program

Looking for youth between the
ages of 12 and 18 years old
who are ready to take part in
8 on the hill lessons at Ski
Wentworth every Sunday in
Jan and Feb.

This initiative is to help develop
Student Athletes so it is a drug
and alcohol free program and
students must maintain a C+
grade average.

For more information contact:
Colin Bernard: colin@millbrookhealth.ca cell 902-890-4365 or
Jaclyn MacLeod: jaclyn.macleod@cmms.com cell 902-324-2153 or
Austin Hepworth: austin.hepworth@cmms.com cell 902-324-2610

COLE HARBOUR

Buddy the Elf Christmas



DEC. 8TH (WEDNESDAY) AT 6PM.

DELTA DARTMOUTH

240 BROWNLOW AVENUE, DARTMOUTH

MAX. 100 PPL - SIGN UP REQUIRED BY

DEC. 3RD & IF YOU HAVE ANY

CHILDREN 10 AND UNDER SUBMIT

THEIR NAME AND AGE TO SUNSHINE

BERNARD AT 902-895-9468.

Proof of Vaccination & ID is Required to
attend this event.

Health Centre

Mailing Address

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

Business Hours

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

Phone Numbers

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

COVID-19 Vaccination – Why It's Important To Be Vaccinated

Evidence shows that individuals who are fully vaccinated (received 2 doses of a COVID-19 mRNA vaccine) and get COVID-19, including the delta variant, are far less likely to develop severe illness that may require hospitalization or result in death.

The risk of severe illness and death from COVID-19 is now greatest among people who are **unvaccinated**. The delta variant of COVID-19 appears to be more contagious, and is causing more severe illness than the previous strains in unvaccinated people.

At this time, children under 12 are still not able to get a COVID-19 vaccine. Getting your 2 doses of the vaccine helps protect children who are unable to be vaccinated at this time.

Having two doses of a COVID-19 vaccine is also required for travel to some places, and the number of places requiring two vaccines will grow going forward (e.g., attendance at some universities, worksites, businesses).

If you have not received the COVID-19 vaccine because you are concerned about its safety, how effective it is, fear of needles, or any other concern, please call the health centre and speak with one of our nurses or doctors who can answer your questions. There is a lot of inaccurate information being shared on social media about the vaccines, and our staff can help clarify some of the confusing information you may have heard or read.

Wela'lioq (Thank you all)

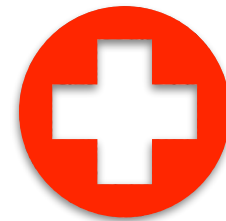
Medical Drivers

Donna Gloade

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

Ella Paul

Cell: (902) 956-2679



Join us for some crafting and conversation!

Millbrook Holidays Blues

With the CMM Wellness Team



When and Where:

Time: 1:00pm-3:30pm

Date: Thursday,
December 9th, 2021

Where: Millbrook
Community Center

Limited spaces Available!

To register please
contact Corrina
Milliea by phone
@ (902) 899-5689



We will be making
leather beaded
stockings with Sarah
McDonald and we
hope to see you there!



*****Door Prizes will be available*****

Proof of Vaccination and Photo ID will be required.

Social distancing and masks will also be required.



If you have any questions you can also reach out to Tiffany Brennan
@ (902)-890-1651 or email tbrennan@cmmns.com



Nipi Alasutmanh

BEADED BULBS & LUSKI WORKSHOP

Millbrook First Nation

December 6, 2021

4:00 PM

Millbrook Community Hall

10 SEATS AVAILABLE

Contact Coral Paul at cpaul@cmmns.com to register

PROOF OF VACCINATION WILL BE REQUIRED



PAINT THE TOWN PURPLE

WITH THE MILLBROOK FAMILY HEALING CENTRE

Create something PURPLE and post a picture of it on Facebook (must be a public post) with the hashtag #MFHCPurple to enter yourself into our draw on December 10th.

ONE entry per person.

**JOIN THE DIETITIAN FOR A
FOOD WORKSHOP:**

EDIBLE HOLIDAY GIFTS

**Meal Provided, Take Home
Gift Creations**



**THURSDAY, DECEMBER 16TH
COMMUNITY HALL
11:30-1:00PM**

**Registration and Proof of Vaccine Required
Please sign up with Teresa:
(902)-895-9468
Teresaf@millbrookhealth.ca**



**MILLBROOK
HEALTH CENTRE**



**JOIN THE DIETITIAN FOR A
LUNCH & LEARN:**

Holiday Slow Cooker Meals

Meal Provided, Take Home Food Kits

Prizes to be Won

Thursday, December 9th Community Hall

Session 1: 11:30-1:00PM

Session 2: 5:30-7:00PM

Registration and Proof of Vaccine Required

Please sign up with Teresa:

(902)-895-9468

Teresafemillbrookhealth.ca



**MILLBROOK
HEALTH CENTRE**



Millbrook Early Education Centre News

Important Dates In December

Friday, December 17, 2021
LAST DAY OF CLASSES
CENTRE CLOSSES AT 4PM

Monday, December 20, 2021-
January 4, 2021
Closed to All Students

Tuesday January 4, 2022
PD Day- Closed for All Students

Wednesday, January 5, 2022
ALL STUDENTS RETURN FROM
CHRISTMAS BREAK

Kind reminder:

Preschool 8:30-2:00
Primary 8:30-2:30

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

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

HAPPY HOLIDAYS



Contact Us

902-897-1249 / 902-897-0445

Ext. 101 Cheryl - Administrative Assistant
Ext. 102 Preschool 4A (Sue/Amy)
Ext. 103 Daycare (Leslie/Genny/Katie)
Ext. 104 Preschool 3 (Pam/Carrie/Amanda)
Ext. 105 Preschool 4B (Shelby/Jessica)
Ext. 107 Primary (Heidi/Erin)
Ext. 108 Speech Language (Christina)
Ext. 109 Sara - Director
Director's email: mecdir@millbrookband.com

Truro Elementary

Important Dates:

December 21, 2021 – Last Day before Christmas Break

January 5, 2022 – First Day back after Christmas Break

In November we welcomed Ms Buffie Wilmot Hanes to Truro Elementary... Welcome Ms Buffie Wilmot Hanes 😊 it is so great to see you walking Truro Elementary hallways.

We have a such a great turn out for students attending Miss. Sunshine's after school Mi'kmaw language class!!! 😊

Nightly Homework is reading for 30 minutes, even if there is no other extra homework assigned. Also, the upper grades nightly homework is reading and practising your math facts.

The weather is now getting cooler, please make sure your child/ren come to school dressed appropriately.

Please check your child/ren's backpack for notices or monthly lunch tickets.

Filling out the monthly lunch tickets takes only a few moments to fill out with your student.

If you notice your student is missing something like a jacket or sweater, please check the Lost and Found at the school as soon as you notice it missing or let one of the Millbrook Support Workers know.

Juliana is at Truro Elementary on Tuesday's, Thursday's and Friday's.

Her number is 902-890-0461. She is reachable by text, call or Facebook.

If you have Facebook, please consider joining the Truro Elementary PTG Facebook page. Some not all Updates are posted here.

School's Phone Number is: 902-896-5755

Hope everyone has a Merry Christmas and a Happy and Safe New Year

Shelley Glode: 902-899-2415

Lisa Wilmot: 902-986-5010

Buffie Wilmot-Hanes: 1-780-512-8051

Juliana Paul: 902-890-0461

