

# Millbrook Community Newsletter

MAY 2022



## CONGRATULATIONS U-11 MILLBROOK CHIEFS

WINNING THEIR DIVISION AT THE PETER AND MARY AGNES JULIAN MEMORIAL TOURNAMENT!

### *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)

 **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, May 10<sup>th</sup>, 2022**

Deadline for letter submissions and booking time to see Council is Thursday, May 5<sup>th</sup>, 2022. Contact the Administrative Assistant to Chief and Council - Jessica Haji Mohamad at Phone: (902) 897-9199 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 June 14<sup>th</sup>, 2022.**

## May 2022

- 🌸 **May 9** - Chief and Council strategic planning session
- 🌸 **May 10** - Chief and Council meeting
- 🌸 **May 17** - Economic Development and Consultation meeting
- 🌸 **May 23** - Victoria Day (**Office Closed**)

## 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@eastlink.ca](mailto:nbernard@eastlink.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:** [communications@millbrookband.com](mailto:communications@millbrookband.com) to have your information posted online.

## **Social Assistance**

Social Assistance Cheques are scheduled for: **Thursday, May 5 & 19, 2022.**

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

Thank you for your cooperation.

## **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](mailto: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

## **Millbrook Deer Harvest**

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 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 email [Consultation@MillbrookBand.com](mailto:Consultation@MillbrookBand.com) or call (902) 809-1309.

## **Seeking Historic/Archived Millbrook Photos**

Millbrook First Nation is seeking for old photos to be showcased in Millbrook's buildings like the Community Hall, Administration 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](mailto:communications@millbrookband.com)

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

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

Send your content to: [communications@millbrookband.com](mailto:communications@millbrookband.com),

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.**



## We Are Taking Names for Energy Efficiency NS Home Assessments Phase 5!

Millbrook First Nation is continuing its involvement in the 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 Spring?

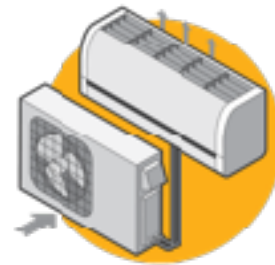
**If so, please email Lorne Paul at [lornepaul@eastlink.ca](mailto:lornepaul@eastlink.ca) and please provide the following information in the email:**

- 👉 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.



### 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 belonging 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 month. 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.

### 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:** [bylaw@millbrookband.com](mailto:bylaw@millbrookband.com)

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

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

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



SENIORS 55+

# ARTS & CRAFTS LUNCHEON

MAY 11TH (WED)

11AM - 1PM

MILLBROOK

COMMUNITY HALL



SIGN UP TODAY!

TO REGISTER PLEASE CONTACT  
SUNSHINE BERNARD  
MILLBROOK COMMUNITY WELLNESS  
COORDINATOR  
AT 902-895-9468



# Millbrook Community HEALTH FAIR

WEDNESDAY, MAY 18th, 2022

10:00 AM - 2:00PM

LEGENDS GAMING CENTRE

A great opportunity to meet  
service providers & learn  
about services available.

Masks Required.



MILLBROOK  
HEALTH CENTRE

Booths & Exhibits - Raffles & Prizes - Bagged Lunch





**COLE HARBOUR**

# **SENIOR'S BINGO**

**WHEN: MAY 26TH  
(THURSDAY)**

**TIME: 1:30PM - 3:30PM**

**LOCATION: A-FRAME**

For More Info Contact  
Sunshine Bernard  
Millbrook Wellness Coordinator  
at 902-895-9468



# Millbrook Housing Department

## Housing Policy Update

*We want to hear your voice!*

Dear Millbrook Community Members,

Over the past several months, the Housing Department has been working collaboratively with The Confederacy of Mainland Mi'kmaq to review and update the current housing policy. Although several hours have been put into the policy, it has only been the starting point. Within the next few weeks, we will be including our community members by providing everyone with our drafted policy, having several community meetings at the hall, and receiving your feedback. Once we gather your feedback the policy will be revised and taken to Chief and Council for final approval.

We are looking forward to your involvement.

Sincerely,

Lorne Paul, Director of Housing





April 27<sup>th</sup>, 2022

**RE: Notice of Housing Inventory Data Collection – Millbrook First Nation**

Dear Community Member,

The Confederacy of Mainland Mi'kmaq in collaboration with Millbrook First Nation will be in community performing housing condition assessments of the Millbrook First Nation housing stock between May 2022 and December 2022.

Greg Smith (CMMNS) will be performing visual condition assessments of community housing units. This data will be used for short- and long-term maintenance planning and validating the existing needs for future development.

One week's notice will be provided to residents with a proposed date and time of inspection. If you are unable to accommodate the inspection at the time requested, please contact Lorne Paul or Thomas Bucher at [tbucher@cmmns.com](mailto:tbucher@cmmns.com) or (902) 324-3813.

If you have any other questions or want more information on the Housing Condition Assessment program, please feel free to contact Thomas Bucher at CMM.

Wela'lin

Thomas Bucher

Asset Management Coordinator

[Tbucher@cmmns.com](mailto:Tbucher@cmmns.com)

Cell - (902) 324 3813

Office - (902) 895 6385

# MILLBROOK HOUSING DEPARTMENT

## HOUSING APPLICATIONS

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**Please remember when you are submitting a housing application it must be complete for it to be considered, with no exceptions.**

### **Things to remember:**

1. Applications only need submitted once a year between April 1- March 31 of every year unless information needs to be updated.
2. All applications expire after March 31<sup>st</sup> of each year.
3. All applications MUST have release form attached. They need to be signed, witnessed, and dated.
4. All applications MUST have all legal documents attached. ALL applications that are submitted should have documents attached or any updated information. (Custody agreements, registration or medical, etc.)
5. Please fill in all the necessary information that applies to you. Do not leave any information blank as we go by the information given on the most recent application.

### **If you have any questions, please contact-**

Director of Housing

Lorne Paul

[lornepaul@eastlink.ca](mailto:lornepaul@eastlink.ca)

(902) 890-4863

Housing Project Officer

Chantel Langille

[housingofficer@millbrookband.com](mailto:housingofficer@millbrookband.com)

(902) 324-9513





## PATHWAYS TO FISHERIES PROGRESSION

- 1. Express interest as a Millbrook Community Member** (reach out and initiate contact with fisheries staff, existing Millbrook Fisheries captains, and crewmembers). Identify short and long-term fishing goals. Consider asking to go along on a commercial fishing trip and participate in that process to see if you enjoy it and are suited to working at sea. This also affords opportunities to identify any potential barriers to your success that need to be worked on (seasickness, being away from home and onshore amenities).
- 2. Work with the Administrative Assistant and Fisheries Resource Coordinator** in coordination with the Millbrook First Nation Occupational Health and Safety Coordinator to document existing commercial fisheries safety and training certifications and identify training needs. Enquire into upcoming available training courses and register for those that will be needed to achieve your goals. (Examples include FM Class IV, SVOP, MED, and Restricted Operator Certificate for GMDSS Radio).
- 3. Familiarize yourself with relevant Millbrook Fisheries and Millbrook First Nation policies.** These include a *Code of Conduct* for fisheries contractors and a *Drug and Alcohol Policy*. Fishing is by far the deadliest occupation in Nova Scotia, and Millbrook Fisheries is committed to ensuring a safe workplace for all captains, first mates and deckhands.
- 4. Enquire about potential openings and positions.** The need to fill vacancies with new entrants waxes and wanes over time so if there is no current availability, ask to be placed on a list for future consideration. Maintain contact with the captains - who have a pivotal role in endorsing promising candidates. Establish a good working relationship with the staff at Millbrook Fisheries. Offer to fill in if last-minute needs are identified for replacement crew on specific trips. Understand that opportunities will probably begin in fisheries being prosecuted closer to shore as day trips and in spring-summer seasons. Don't expect to progress to larger vessels fishing in the mid-shore, away for multiple nights, and in rougher sea conditions rights away. This

career advancement can take many years and usually proceeds in a step-wise manner from the Gulf of St. Lawrence or Eastern Shore lobster fisheries (training grounds) to the Bay of Fundy and ultimately North-Eastern Scotian Shelf snow crab.

5. **Historic performance of applicants is important (for existing Deckhands, First Mates and Captains).** The fishery represents a unique, financially rewarding opportunity to work hard and see the immediate tangible benefits of that hard work. It is also very competitive, and there are others alongside you trying to achieve their own goals and aspirations for success. The revenues generated by Millbrook Fisheries' operations are critical to the entire Millbrook First Nation Community. As such, it is in the interest of Millbrook Fisheries to objectively ensure that all advancements are based on merit, ability and comprehensive reviews of past performance (*i.e. fishing ability coupled with a solid record of contributing to a safe, efficient and professional workplace at sea*).
6. **Years of fishing experience and documented "sea time" contribute to factors when making decisions.** This is similar to applying additional scoring weight for an applicant's level of seniority during an interview process in the traditional land-based industries and sectors. *However, sea time (or lack thereof) has safety implications in the fisheries and must be carefully considered in addition to performance, abilities, training, and other criteria listed in this document.*
7. **Review and decision process** - All career opportunities, vacancies, applicants and/or new entrants are thoroughly reviewed, vetted and discussed by Millbrook Fisheries staff. References may be sought from other community members and fishers. Captains always have direct input on who is ultimately successful (*i.e. who they are willing to take aboard their vessels* - as it is their legal duty to maintain order and safe operations of their vessel at all times while at sea). The Director of Fisheries works in a continuous oversight capacity and must ensure that the process is objective, fair, and equitable.

## *Brooks Family Brings Awareness to Juvenile Diabetes*



Siobhan Brooks, and her four children camped in a teepee for 100 hours to bring awareness to Type 1 diabetes and help fundraise to find a cure for juvenile diabetes. The Millbrook Community showed support with blue lightbulbs placed in their front steps. Millbrook First Nation also provided a small donation to support the children with their awareness campaign.

<https://www.jdrf.ca>

### *What Is the 100 Project?*

The 100 Project aims to honour the 100th anniversary of the discovery of insulin and to raise \$10,000 for Juvenile Diabetes Research Foundation (JDRF).

Insulin was discovered by Frederick Banting and Charles Best – two Canadians – at the University of Toronto in 1921. Insulin is a hormone that is necessary for survival. Type one diabetics cannot naturally produce their own insulin. So, before insulin was discovered in 1921, a diagnosis of type one diabetes was synonymous with death, because there was no treatment for it. When Banting and Best discovered insulin, the game changed. Banting sold the patent for insulin to the University of Toronto for just \$1, saying, “Insulin belongs to the world, not to me.” Because of this gracious act, and because of the amazing discovery of insulin, type one diabetics have been able to live long, happy, and healthy lives for one hundred years.

This year marks the 100th anniversary of the discovery of insulin, and it is this milestone year in history that inspired the 100 Project. Canada remains at the forefront of innovation in diabetes technology and diabetes research – innovation and progress that has only been possible because of the Canadian discovery of insulin. For this Project, one hundred Canadian companies – from small businesses to large companies, from coast to coast to coast all across our beautiful country – are being asked to donate \$100 to JDRF Canada.

Banting and Best's legacy lives in every type one diabetic who is alive today. They got us halfway to the finish line – they got us to the treatment that allows type one diabetics to survive. However, a treatment is not a cure. JDRF funds the research and trials that will get us past the finish line, to a cure to type one diabetes.

<https://jdrf.akaraisin.com/ui/pc/p/The100Project>



# 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 1pm-4pm

## Phone Numbers

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

## **COVID-19 INFORMATION FOR COMMUNITY MEMBERS**

### **If you have tested positive for COVID19**

- Your health-related questions can be answered by the Millbrook Health Centre nurses between 9:00 am – 4:15 pm from Monday-Thursday and 9:00 to 3:45 on Friday. Please call the Millbrook Health Centre 902-895-9468.
- If you need health advice outside of the weekday, daytime hours, dial 811 anytime, 24 hours a day to speak with a public health nurse.
- You should self-report your positive test to <https://c19hc.nshealth.ca/self-report> so that Public Health can quickly determine if you are eligible for special medications that reduce your chance of hospitalization from COVID19.

### **General Questions about COVID19**

- For questions about COVID19, anyone can call the NS COVID Line at 1-800-430-9557 or email [covidquestions@nshealth.ca](mailto:covidquestions@nshealth.ca).

### **Isolating with COVID19**

- If you have tested positive and you are having trouble isolating at home because there is not enough space in your home, please call CMM staff: Kasey at (902) 956-4575. If Kasey cannot be reached, call Scott at (902) 956-3936. They try to be reachable at all times, including evenings and weekends, however, if they do not pick up right away, leave a message with them, and they will get back to you.

### **Food**

- If you need food, the Colchester Food Bank is open during the day and we understand that they can deliver if you are in isolation. Their contact information is phone: 902-893-4566 or email: [colfoodbank@eastlink.ca](mailto:colfoodbank@eastlink.ca)

### **Deliveries**

- If you are in isolation and need a rapid test delivered to your home or where you are isolating, please call 902-899-5240.
- Please note that if you need groceries picked up and delivered, you must make arrangements for payment with the delivery person working for Millbrook By-Law and Security by calling 902-899-5240.
- All deliveries from Millbrook staff will be made between 10 am and 6 pm each day.

### **Crisis Line/Mental Health Support**

- The Nova Scotia Mental Health and Addictions Crisis Line is 1-888-429-8167.
- The Eskasoni Crisis Line is 1-902-379-2099. Both lines are open 24/7.
- The Kids Help Phone is 1-800-668-6868.

### **Medical Drivers**

#### **Donna Gloade**

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

#### **Ella Paul**

Cell: (902) 956-2679





# Mother's Day Basket Give



## Away

Deadline for  
entries is May 6,  
2022 @ 12pm

Nominate **ONE** Special Mom for a  
chance to win a Mother's Day basket

This is for Millbrook Band  
Members & Community Members

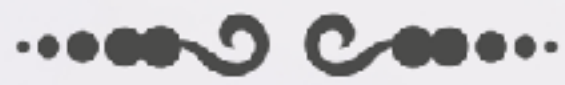
Off reserve Band Members will have  
to make arrangements for pick up.





You Are Invited to a  
**MOTHER'S DAY**

**SOCIAL**



**Join us for a Mother's Day Social  
Friday May 6th 2022  
Millbrook Senior Centre  
5-8PM**

Social is drop-in style but please sign up if you plan on dropping in. Call 902-895-9468 to sign up.

**Open to Millbrook  
Band & Community  
Members**







# **KEKINA'MASIMK TELATULTIMK KULAMAN JAJKO'ITIEN**

**TO LEARN AND BE HEALTHY TOGETHER**



**4 WEEK COOKING PROGRAM FOR FAMILIES**

## **THURSDAYS IN MAY**

**SENIORS CENTRE 5-7 PM**

Looking for five Young Families to participate  
in this cooking program hosted by  
Corrina, Teresa, & Community Elders

**NAMES BROUGHT FORWARD WILL BE DRAWN AND CONTACTED**



**MILLBROOK  
HEALTH CENTRE**



**JUNE 17<sup>TH</sup>-19<sup>TH</sup>, 2022 · EVERYONE WELCOME**

*Host Drums*

Crow Confederation, Treaty 5 Territory  
Eastern Eagle, Spokchuck, NS

*Head Staff*

**Head Lady** Oonamuckwaite Rawn, Egeen Lake Cree Nation, AB  
**Head Man** Nelson Baker, Thunderbolts Cree Nation/MHA Nation  
**Head Milkmaw Lady** Jesse Benjamin, R. Is. Lake, NS  
**Head Milkmaw Man** Billy Joe Mease, Virginia, NS  
**Jr. Head Lady** Teyah Millie, Wabano Lake, NS  
**Jr. Head Man** Lyndon Red Bear, Elsipogtog, NB  
**Head Veteran** PO 2nd Class Arnold Stewart, Royal Canadian Navy  
**Head Elders** Picard, Each Day  
**Head Emcee** Hal Eagletail, Tezu Tira, AB  
**Co-Emcee** Michael E. Derry, Esauvokik, NS  
**Arms Director** Christian Barnaby, Listoga, QC  
**Head Dance Judge** Cheyenne Isaac-Glaude, Listoga, QC  
**Head Drum Judge** Hyacinth Sack, Susewaka's, NS  
**Tabulator** J.R. Beadon, Muskrat, NS

*Schedule of Events*

<b>Friday June 17<sup>th</sup></b>	
1:00pm - 7:00pm	Dance / Drum Fire Regulation
7:00pm - 10:00pm	Culture Showcase w/ The Redwax
<b>Saturday June 18<sup>th</sup></b>	
9:00am - 12:00pm	Dance / Drum Registration
12:00pm	Grand Entry #1 / Opening Invocation & Remarks
12:30pm	Common Singing & Dancing Begins
4:00pm	Supper Break
5:30pm	Grand Entry #2
6:45pm	Teen / Adult Games / Electric Contest Resumes
8:10pm	Women's Jingle Dress Social Sponsored by Head Lady Oonamuckwaite Rawn Saturday Night Spotlight Special
9:30pm	End of Day 1
<b>Sunday June 19<sup>th</sup></b>	
12:00pm	Grand Entry #3
12:30pm	Common Resumes
5:00pm	Head Milkmaw 2-Step Special
5:30pm	Women's Announced
7:00pm	Victory Song / Closing Remarks

*Singing Contest*

1- \$10,000 • 2- \$8,000 • 3- \$6,000 • 4- \$4,000 • 5- \$2,000

*Dance Contest*

**Tap Taps (0-6)**  
 Will receive stipend money.  
 All categories will be combined. (Boys & girls) get two songs, both songs.

**Junior Categories (7-12)**  
 1- \$250 • 2- \$200 • 3- \$150 • 4- \$100 • 5- \$50  
 Fancy Show, Jingle Dress, Traditional (Boys & Girls), Fancy Feather & Grass.

**Teen Categories (13-17)**  
 1- \$500 • 2- \$400 • 3- \$300 • 4- \$200 • 5- \$100  
 Fancy Show, Jingle Dress, Traditional (Boys & Girls), Fancy Feather, Grass & Chivon.

**Adult Categories (18-54)**  
 1- \$900 • 2- \$700 • 3- \$500 • 4- \$300 • 5- \$150  
 Fancy Show, Jingle Dress, Traditional (Men's & Women's), Fancy Feather, Grass & Chivon.

**Golden Age (55+)**  
 1- \$900 • 2- \$700 • 3- \$500 • 4- \$300 • 5- \$150  
 Fancy Show, Jingle Dress, Traditional (Men's & Women's), Fancy Feather, Grass & Chivon.

**Kaju's Contest (All Ages)**  
 1- \$900 • 2- \$700 • 3- \$500 • 4- \$300 • 5- \$150  
 Men's & Women's Contest.

**\* Saturday Night Spotlight Special! SPONSORED BY  
 EAGLE CREATIONS & CULTURAL CONSULTATIONS**  
 Men's - \$1,000 Winner Take-All  
 Women's - \$1,000 Winner Take-All

**\$87,000 IN CASH PRIZES**

**June 17th-19th, 2022**  
**Zatzman Sportsplex, Dartmouth NS**  
 📍 Millbrook Native Friendship Centre 📞 @mawitajik@NFC  
 \*THIS IS AN ALCOHOL & DRUG-FREE EVENT\*



SCHEDULE IS SUBJECT TO CHANGE



# Diabetes Self-Management Journey **Community Champions Launch Event + Lobby Session**

It's time to showcase the diabetes champions from YOUR COMMUNITY, as well as several others from the mainland Mi'kmaq communities!

We want to celebrate and acknowledge them for their efforts to increase awareness of diabetes, as well as prevention and diabetes self-management!

**Big Door Prizes!!  
Food & Drink Provided!!**

Join us for an informal lobby session (drop by anytime for as long as you can) with health centre staff, as well as some CMM Health Staff having booths set up!

Your community champions will be there too as we unveil for the FIRST time the photo and video project! We hope to see you there!

**Wednesday  
May 25**

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

**Seniors  
Centre**



Register with the Health Centre by  
calling Teresa at (902)895-9468



# STOP HUMAN TRAFFICKING



**NOVA SCOTIA HUMAN TRAFFICKING UNIT**  
**TIP LINE: (902) 449-2425 EMERGENCY: 911**



MILLBROOK  
HEALTH CENTRE

**INFORMATION SESSION:**

**CHILDRENS ORAL HEALTH & NUTRITION  
CHILDREN 2-5 YEARS OLD**



**WEDNESDAY, May 11TH**  
**TIME: TBD**  
**LOCATION: TBD**

**CONTACT JILLISA OR TERESA TO SIGN UP**  
**(902)-895-9468, OR TERESAF@MILLBROOKHEALTH.CA**



# C.E.C

## INDIGENOUS YOUTH GROUP

The Indigenous students at CEC have organized a youth group to create a more collective sense of community. Our youth group will meet regularly to discuss issues in our school and act as advisors to our administration, but we also hope to join together for cultural activities in and out of the school building. In order to jumpstart our group we would be appreciative of community support. All donations will be acknowledged through school media. If you would like to support our group, please email: [CECIndigenousYG@gmail.com](mailto:CECIndigenousYG@gmail.com)





# May 2022 – Millbrook Health Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Hours: Monday- Thurs (9-4:30pm) Friday 9-4pm) Closed for lunch 12-1	2 Dr. Blois 4-8 Dr. Bauld 130-430 David Teresa 9-8	3 Dr. Blois 9-2 Dr. Phil	4 Dr. Blois 9-2 Dr. Fraser 9-12 Tanas NP David Katharine Closing at 3 for staff meeting	5 Dr. Blois 9-2 Tanas NP Michelle Katharine	6 Dr. Blois 9-1 Dr. Fraser 9-12 Tanas NP	7
8	9 Dr. Blois 4-8 Dr. Vance 1-430 Tanas NP 9-8 David Teresa 9-8	10 Dr. Blois 9-2 Tanas NP	11 Dr. Blois 9-2 Teeth Cleaning Tanas NP David Katharine	12 Dr. Blois 9-2 Tanas NP Michelle Katharine	13 Dr. Blois 9-1 Tanas NP	14
15	16 Dr. Blois 4-8 Dr. Srivatsa Tanas NP 9-8 David Teresa 9-8	17 Dr. Blois 9-2 Dr. Phil Tanas NP	18 Dr. Blois 9-2 Tanas NP David Katharine <a href="#">Health Fair 10-2</a>	19 Dr. Blois 9-2 Tanas NP Michelle Katharine	20 Dr. Blois 9-1 Tanas NP	21
22	23 Closed Victoria Day	24 Dr. Blois 9-2 Tanas NP	25 Dr. Blois 9-2 Dr. Bauld 130-8 Dr. Fraser 9-12 Teeth Cleaning Tanas NP David Katharine	26 Dr. Blois 9-2 Tanas NP Michelle Katharine	27 Dr. Blois 9-1 Dr. Fraser 9-12 Tanas NP	28
29	30 Dr. Blois 4-8 Dr. Bauld 130-430 Tanas NP 9-8 David Teresa 9-8	31 Dr. Blois 9-2 Dr. Phil Tanas NP	27 Dr. Blois 9-2 Tanas NP David Katharine	28 Dr. Blois 9-2 Tanas NP Michelle Katharine	29 Dr. Blois 9-1 Tanas NP	30 Please call to cancel appts



# INDIGENOUS WOMEN IN COMMUNITY LEADERSHIP

May 30, 2022 – September 30, 2022

- ✓ Are you an **Indigenous woman** ready to thrive in abundance?
- ✓ Are you passionate about impacting **positive change** in your community?
- ✓ Would you benefit from mentorship opportunities and a strong **circle of support**?

**APPLY NOW!**

**Full scholarships available.**

See website for more details.



CIRCLE OF ABUNDANCE



COADY INSTITUTE

[coady.stfx.ca](http://coady.stfx.ca)

## BABY & ME

Baby & Me is a drop-in playgroup for caregivers and babies aged 0-1 years old.



Prizes for participants!

Millbrook Community Hall  
 May 10th 11:00am-12:30pm  
 May 27th 11:00am-12:30pm  
 Snacks & refreshments provided

## **June 2022 Millbrook Enterprise Credit Applicants**

All completed **Direct Deposit** applications will be deposited on **June 16<sup>th</sup>, 2022.**  
**Completed applications must be received by June 2<sup>nd</sup>, 2022 @4:00 pm.**

Completed applications requested to be issued by **Mail** will be released **June 23<sup>rd</sup>, 2022.**  
**Completed applications must be received by June 9<sup>th</sup>, 2022 @4:00 pm.**

Completed applications received after **the June 30<sup>th</sup>, 2022, deadline** will be released once per week on Thursdays by mail. No direct deposits.

Applicants requesting direct deposit must provide one of the two listed documents.

- Void Cheque belonging to the applicant
- Direct Deposit Form from applicant's bank

### **Please note:**

- Handwritten banking information and bank accounts not belonging to the applicant are no longer accepted.
- Please add the full mailing address; our financial team is updating to a new system.
- Reminder to Band members, it is your responsibility to provide a copy of your status card or proof of status.
- If your Status Card is expired or you do not have a Certificate of Indian Status, please contact the Millbrook Membership Clerk at Confederacy of Mainland Mi'kmaq (CMM) by telephone (902)895-6385, Ext. 234. Or by e-mail at: [membership@cmmns.com](mailto:membership@cmmns.com)
- In cases where band members owe money to Millbrook First Nation, the band will recover the funds from the Millbrook Enterprise Credit funds. Band members must apply each year until the receivable is paid off. Without an application, the band cannot apply the credit to the band member's receivable.





Applications must be completed in full to be considered for this credit of \$1250.00 CDN. The deadline is September 2nd, 2022. Any application received, or post marked after this date will not be accepted.

(Faxed/scanned Applications will not be accepted, please mail).

Office use only: Received this \_\_\_ day of \_\_\_ A.D. 2022/23 Executive Director or designate \_\_\_\_\_

Please Select: Mail \_\_\_ \*Direct Deposit \_\_\_ \*Void cheque attached \_\_\_

First Name: \_\_\_ Middle Name: \_\_\_ Last Name: \_\_\_ Band # of Applicant: 027 \_\_\_ Date of Birth: Day \_\_\_/Month \_\_\_/Year \_\_\_ Telephone # ( ) \_\_\_ E-mail: \_\_\_\_\_

Table with 4 columns: House number and street name, Apartment #, City/Town, Province/State, Postal Code/Zip code

Is this a new address since your last application? Yes [ ] No [ ]

All Millbrook Band Members are entitled to apply for the June 2022, Millbrook Enterprise Credit. By signing this application, I, the applicant, do hereby agree and authorize the Millbrook Band to pay from my Millbrook Enterprise Credit Funds, any money I owe to the Millbrook Band as of the date of my application. Any Millbrook Enterprise Credits payable to Band Members under 19 years of age will be placed in a trust fund. When that Band Member attains the age of 19, he/she may apply through the Millbrook Band to have his/her Millbrook Enterprise Credit money released from trust. I also acknowledge this Millbrook Enterprise Credit cannot be assigned to a third party and is only payable to the applicant. If you have any questions, please call 1-800-693-3112 or 902-897-9199.

A legible photocopy of Certificate of Indian Status (front and back) is required. Expired status cards will not be accepted. If you do not have a Certificate of Indian Status, proof must be obtained from the Millbrook Membership Clerk. (902)895-6385, Ext. 234. Or by e-mail at: membership@cmmns.com

Status Card attached [ ] Band member will contact Membership Clerk [ ]

I authorize the Millbrook Band permission to use the above information for all communication purposes regarding band matters (eg. newsletters, election information, referendums): Yes [ ] No [ ] [ ] on-reserve [ ] off-reserve

Dated this \_\_\_ day of \_\_\_ A.D. 2022/23

Signature of Applicant \_\_\_\_\_ Witnessed by \_\_\_\_\_

Office use only: Approved ( ) Not Approved ( ) By \_\_\_ and by \_\_\_ This \_\_\_ day of \_\_\_ A.D. 2022/23

