

Millbrook Community Newsletter

OCTOBER 2023



MEEC STUDENTS WEARING THEIR ORANGE SHIRTS FOR
TRUTH AND RECONCILIATION DAY

Important Dates

- 👉 **October 2** - Closed in Lieu of Treaty Day
- 👉 **October 11** - General Chief and Council Meeting
- 👉 **October 26** - Voting for Millbrook's Custom Election Code

Please visit 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

Wednesday, October 11th, 2023

Deadline for letter submissions and booking time to see Council is

Thursday, October 5th, 2023 at noon. 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 November 14th, 2023.

October 2023

- 🦋 **October 11** - General Chief and Council Meeting
- 🦋 **October 24** - 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

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

E-mail: 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
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.

Millbrook Rath Eastlink Community Centre Family Skate - Sunday Mornings

Sunday morning ice times at the R.E.C.C. starts at 8:00-9:00 am, October 1, 8, 15, 22 & 29.



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

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.

Forms and Policies Updated

- The Millbrook Tobacco Store Funding Regulations
- Millbrook Treaty Enterprise Application
- Millbrook Housing Application
- Millbrook First Nation Housing Policy
- Millbrook Senior Off-Reserve Home Service Assistance Program

Upcoming Community Events

- 🍁 **October 1st** - Treaty Day
- 🍁 **October 2nd** - Closed in Lieu of Treaty Day
- 🍁 **October 3rd** - Elders Scam and Fraud information session (pg. 17)
- 🍁 **October 5th** – Custom Election Code Information Session (*Virtually hosted on Zoom*) (pg. 5)
- 🍁 **October 14th** - Cultural Showcase (pg. 7)
- 🍁 **October 14th** - Nocturne Art Festival at the Halifax Central Library
- 🍁 **October 16th** - Elders Information Session/ Merchandise Bingo
- 🍁 **October 20th** - Parent Tot Workshop (pg. 11)
- 🍁 **October 24th & 25th** - Mason Jar Salad Workshop (pg. 12)
- 🍁 **October 26th** - Diabetes Bingo (pg. 8)
- 🍁 **October 26th** - Voting for Millbrook Custom Election Code (pg. 5)
- 🍁 **October 27th** – Women’s Self-defence class at Hubtown Boxing # 325 NS-311, North River 6 p.m. free admission, contact Tamara to register Tamara Gloade tgloade@millbrookfn.ca.
- 🍁 **October 28th** - Haunted House & Dance **6-10 p.m.** Powwow Grounds
- 🍁 **October 31st** - Trunk-O-Treat at 9:30 a.m. back parking lot of Millbrook’s Administration Office.
- 🍁 **October 31st** - Workshop on how to make Bread & Butter Pickles (pg. 16)

Social Assistance

Social Assistance Cheques are scheduled for: **Thursday, October 5, & 19, 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 - Friday, October 20th, 2023

The deadline is the 20th of each month.

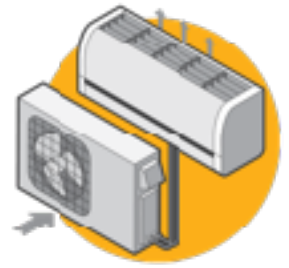
Send your content to: ngloade@millbrookfn.ca

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.

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 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
Work: (902) 897-9199
Cell: (902) 890-4863

Or
Chantel Langille
Housing Project Officer
clangille@millbrookfn.ca

New Staff Members

Hayley Johnson, the new Economic Development Coordinator for Millbrook First Nation.

Hayley is an off-reserve Millbrook band member, residing in Enfield NS. She began her professional career working for the Government of Canada, acting as a liaison between business owners and the funding sector. Hayley has experience with the construction/trades industry as well with her self-owned business, Forbes Excavation & Repairs.

She enjoys working, being outdoors with her partner & dog, playing guitar and exercising. In her spare time she raises beef cattle & takes on projects in Real Estate.



Sandra Hope, the new Human Resources Administrator for Millbrook First Nation.

I grew up in the Nunatsiavut land claims area in Mud Lake Labrador. I had lived there most of my life but have also lived in Fort Mc Murray and Medicine Hat, Alberta along with St Johns, Newfoundland. I moved to Nova Scotia in 2019 and lived in Enfield for three years and bought a home in Truro last year.

I have facilitated workshops in Iqaluit, Yellowknife, and Halifax pertaining to the three indigenous groups in Labrador. I have degree in English and a diploma in Paralegal Administration. I have worked with the Military Police, court houses, private law offices and Legal Aid (here in Truro).

I am a mother of two children and a grandmother of four. In my spare time I very much like movies and I am an avid crocheter.



Hello! My name is Jena McCarthy and I am excited to introduce myself as the new Nurse Practitioner for Millbrook First Nation.

I have more than a decade of experience providing health care to the surrounding area, with the majority of my career spent in the Emergency Department at the Colchester East Hants Health Centre.

When I am not working, I enjoy being outdoors, being physically active at the gym or in some other form, and spending time with family and friends.

My favorite simple pleasure is enjoying my morning coffee on my front porch. Thank you for welcoming me- I am very much looking forward to providing care here in the community!

Hi, my name is Taylor Walsh. I am a member of Millbrook First Nation, and I am the new records clerk with the Health Centre. I graduated from the Business Administration program at NSCC in Truro, then went on to study Dental Office Administration through Centre for Distance Education in Cape Breton.

At the Health Centre, I will be handling the reimbursements for Band members' medically related expenses for dental, prescriptions, vision, and other allied health services.

In my spare time, I like to go on road trips, read a good book, and watch Christmas movies all year round!



Millbrook Pop-Up Market

Millbrook is developing a pop-up market intended for community to sell handmade goods, such as beadwork, hidework, quillwork, apparel such a ribbon skirts, shirts, sweaters, hats. Traditional and non-traditional items are accepted, though we would love to have a representation of both to show diversity in our community members through products being made. Priority will be given to Millbrook community members on- and off-reserve, though other Mi'kmaq/L'nu peoples can certainly register to sell and/or attend. Of course, anyone who wants to shop is more than welcome to.

Community Consultations

We want to know what Millbrook community members want to see at the Market, what times/dates work for them, and what location they would prefer.

Please feel free to contact Spencer Morris via email (smorris@millbrookfn.ca) or call/text (782 370 2198) to share opinions or ideas on the Pop-up Market. We are currently developing on online survey via SurveyMonkey in order standardize and streamline receive your opinions on the Market.

Millbrook - Custom Elections Code

Around 4 years ago, Millbrook began the process of drafting and developing over time, with community support, a Custom Elections Code that we hope will replace the Indian Act's elections system for First Nations' governing structures.

**The time is fast approaching to make a vote on approving
the Millbrook First Nation Custom Election Code:
On October 26th, 2023, MFN members will vote on approving the Code.**

**Millbrook is hosting another Virtual Education Session
with regards to the proposed Custom Elections Code for Millbrook.
October 5th – 1-2:30pm & 6-7pm (Virtually hosted on Zoom)**

This education session seek to inform MFN members about the proposed custom election code, the process of development, information on when/where/how to vote for the Code on October 26th, 2023, and will include polling questions to gauge community reception about specific aspects of the code. We hope to see you there – wela'lioq!

Please visit <https://www.millbrookfncustomcode.ca/> for more information. Please feel free to contact Spencer Morris via email (smorris@millbrookfn.ca) or call/text (782 370 2198).

Community Deer Harvest

A now yearly tradition, Millbrook First Nation is hosting a deer harvest beginning October 1st. The plan this year is to have the venison that is harvested to not only be butchered, but also cooked and prepared by chef Ray Bear into three-meal portions that will be distributed to community members who want a meal package delivered to them. Dates are tentative due to the fluctuating time and energy requirements to harvest, butcher, cook, prepare, and package the meat, but could start to be expected in mid-October. **More details and updates to follow!**

New Staff Members

'Kwe!

My name is Spencer Morris (she/they) and I began working full-time at Millbrook starting this September as a Community Engagement Officer, with lots of supporting work from Billie Julian & Gerald Gloade.

I was born in K'jipuktuk/Halifax but grew up in the Annapolis Valley. Once completed high school, I lived in Halifax for five years while getting my Bachelor of Arts degree, majoring in Sociology and Psychology at SMU.

I am super happy to be here: The work is really engaging, challenging, and always interesting, and it helps me remain grounded in an Indigenous environment with Indigenous values and epistemologies, which I appreciate especially because I was raised away from my grandmother's home community of Epwikek / Flat Bay, NL.

My goals and expectations for the following year are to help develop and assist with community programming, some already expected, as well as some brand new. I look forward to meeting community members and getting to know the lovely band office staff even more as I work with them to achieve our goals.

Wela'liog,

Spencer



Friends, Family and Community Members Gather at Dalhousie To Honour the Late Elder Daniel Paul

Genevieve MacIntyre - September 28, 2023

The portrait of Mi'kmaw editor, author and activist Elder Daniel Paul, painted by the acclaimed Mi'kmaw artist Alan Syliboy, now hangs in the Marion McCain Arts and Social Sciences Building at Dalhousie.

While at a book launch event for the fourth edition of Elder Paul's groundbreaking work *We Were Not the Savages*, hosted by the University of King's College and the King's Co-op Bookstore on the National Day for Truth and Reconciliation of last year, several Dal Faculty of Arts and Social Sciences (FASS) faculty members learned of Elder Paul's terminal cancer diagnosis.

In response, FASS decided to raise funds through a fundraising campaign hosted on ProjectDAL, Dalhousie's peer-to-peer crowdfunding platform, to commission a portrait by Alan Syliboy to specifically recognize Elder Paul's contributions as a Mi'kmaw historian and honour his legacy. In less than a week, the campaign's goal was met, and the portrait was completed last spring.

FASS hosted a small reception in the Dean's Office last May to unveil the portrait to Elder Paul, before his passing in June.

Looking forward to the 2023 National Day for Truth and Reconciliation this Saturday, September 30, FASS hosted an event earlier this week to celebrate Elder Paul and officially display the portrait, along with an explanatory plaque, in a central, accessible space in the Arts and Social Sciences building. The event welcomed donors that supported the fundraising campaign, friends and family of Elder Paul, and members of the Dalhousie community.





MILLBROOK FIRST NATION

Cultural Food Showcase

SATURDAY, OCTOBER 14TH, 2023

1:00-3:00 PM

MILLBROOK POWWOW GROUNDS

(Rain or Shine Event)

- Drumming & Dancing
- Traditional Food Sampling
- Round Dance
- Story Telling



MILLBROOK
HEALTH CENTRE



DIABETES BINGO



**LUNCH PROVIDED,
PRIZES TO BE WON!**

**EASTERN SHORE WILDLIFE
ASSOCIATION BUILDING**

**THURSDAY, OCTOBER 26TH
12:00-1:00 PM**

**SIGN UP WITH TERESA
(902)-895-9468
TERESAF@MILLBROOKHEALTH.CA**



Millbrook Early Education Centre October Newsletter

Important Dates for October

Monday, October 2, 2023

Centre Closed

In Lieu of Treaty Day Holiday

Monday, October 9, 2023

Centre Closed

Thanksgiving Holiday

Tuesday, October 17, 2023

Closing at 12:00pm

All Staff Band Meeting

Friday, October 20, 2023

Parent Tot Workshop

1:00pm-2:00pm

3-4 year olds

TBA: Riverbreeze

(Pumpkin Patch) Field Trip

Friday, October 27, 2023

Centre Closed

Professional Development Day

Tuesday, October 31, 2023

9:30am

Trick or Treating
& Halloween Parties



Daycare



Preschool 3



Preschool 4



Primary

Friendly Bus Reminders

Bus Run 1 - 7:45am

Bus Run 2 - 8:15am

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

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

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

Contact Us

902-897-1249 or 902-897-0445

- Ext. 101 - Assistant Manager - Cheryl
 - Ext. 102 - Preschool 4 – Susan & Amy
 - Ext. 103 - Daycare – Genny, Levi & Sunshine B.
 - Ext. 104 - Preschool 3 - Jessica, Jaquinn, Leslie & Amanda
 - Ext. 105 - Afterschool Program - Leslie & Melinda
 - Ext. 107 - Primary - Emma & Melinda
 - Ext. 108 - SLP - Christina
 - Ext. 109 - Manager- Sylvia M. Martin
- Manager's Email: [smmartin@millbrookfn.ca](mailto:smartin@millbrookfn.ca)**

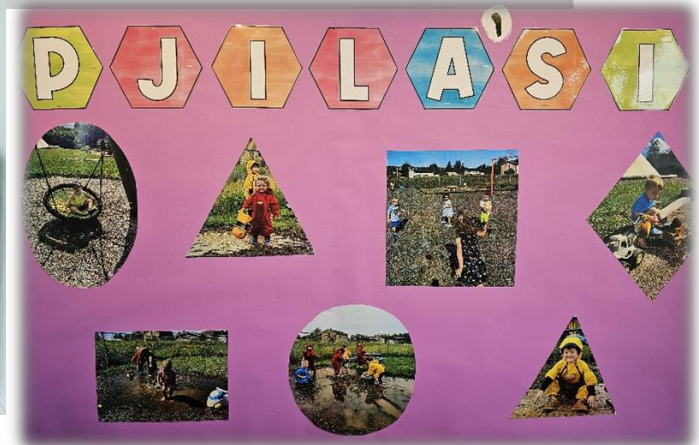
PJILA'SI

Entrance & Parking Lot improvements:

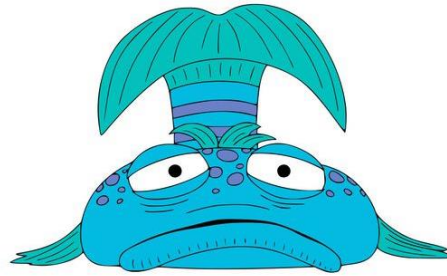
We recently received a parking lot extension. The gravel parking lot is for MEEC team members, and the area along the front of the Centre is for parents and visitors, for easy access for drop off and pick up of children.

Our Bulletin Board will be changed monthly to showcase children throughout the Centre and some activities they are doing with their classrooms.

Parents, don't forget to grab yourself a free cup of coffee or tea after dropping your child off!



Parent Tot Workshop



(3–4-year-olds)

Millbrook Band Members & Community Members

Where: Millbrook Early Education Centre

When: Friday, October 20th, 2023

Time: 1:00pm-2:00pm

Come and learn some fun rhymes and fingerplays, make some exciting crafts and activities with your child, and enjoy a great book to take home.

“The Pout-Pout Fish”

Sign up at the Millbrook Early Education Centre or call 902-897-0445 or email smarshall@millbrookfn.ca.

If you are unable to bring your child, have someone else bring them, such as a grandparent, godparent, aunt, or uncle.



Don't let your little one miss out!





MILLBROOK
HEALTH CENTRE

MASON JAR SALAD WORKSHOP

12:00-1:30 PM

TUESDAY, OCTOBER 24TH

**COMMUNITY GARDEN
(SENIORS CENTRE - IF RAIN)
MILLBROOK**

WEDNESDAY, OCTOBER 25 TH

**A-FRAME
COLE HARBOUR**

**PLEASE SIGN UP WITH TERESA
TO SECURE YOUR SPOT!!**

(902)-895-9468

TERESAF@MILLBROOKHEALTH.CA



Maternal-Child Health October

Big Chef, Little Chef
October 7, 10-12:00am
Seniors Centre
Registration Required by
October 1

0-4 Playgroup
Theme: Toy Exploration
October 10, 10-11:00am
Seniors Centre
Drop-in

Dad's Make a Difference
October 12, 6-7:00pm
Seniors Centre
Registration Required

Mom's Matter
October 26, 6-7:00pm
Seniors Centre
Registration Required

0-4 Playgroup
Theme: Arts
October 27, 10-11:00
Seniors Centre



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

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

Substance Use Prevention Activities October

(All activities are offered hybrid, in person and on-line)

Spirit of Recovery

7-week, ongoing recovery and wellness group,
following the guiding principals of the Seven Sacred Teachings
Every Monday and Thursday from 1 – 3 PM

Health Centre Board Room

Urge Surfing

Urge surfing is a technique for managing one's own unwanted behaviors.

Rather than giving in to an urge, a person learns to ride it out,
like a surfer riding a wave

Every Friday from 1-3 PM

Health Centre Board Room

Lunch and Learns

Wednesday October 11, 12-1 PM – Health Centre Board room

Harm reduction (Naloxone training)

Wednesday October 24, 12-1 PM – Health Centre Board room

Introduction of “Quit Café” for anyone wanting
to reduce or stop smoking

Ingrid Sheppard- isheppard@millbrookhealth.ca

Substance Use Prevention Counsellor

JOIN US FOR A
WORKSHOP ON
HOW TO MAKE

BREAD & BUTTER PICKLES



OCTOBER 31ST
12 TO 2
SENIORS CENTRE
EMAIL rhill@millbrookfn.ca TO REGISTER
ALL MATERIAL PROVIDED

MILLBROOK FIRST NATIONS ELDERS SCAMS AND FRAUD INFORMATION LUNCH

Millbrook Community Newsletter October 2023



Location: Millbrook Seniors Centre (845 Willow st)

Date: Tuesday, October 3rd, 2023

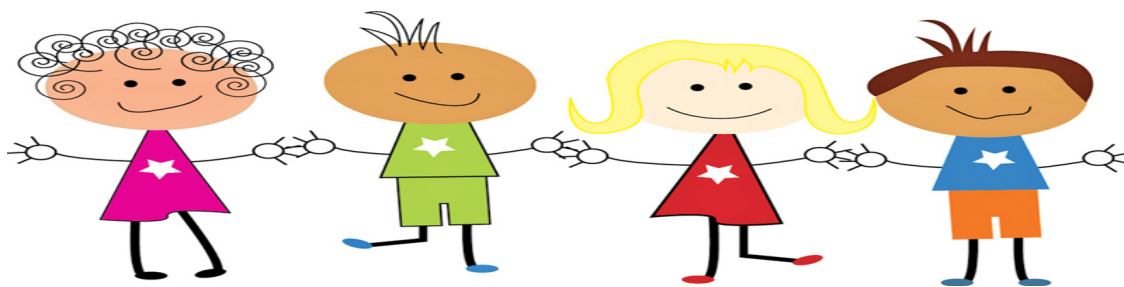
Time: 11:30 am - 1:30 pm

Guest Speaker: Doug Macdonald

Light lunch, beverages & door prizes

Contact: Tamara Gloade at 1 (902) 956-4164





Does Your Child Suffer from Anxiety?

Our Mental Wellness Team at the Millbrook Health Centre will be holding a series of Lunch & Learns once a month for the year. Our first will be our Child & Youth Clinician, Ruth Mitchell, doing a two-part series around Children & Anxiety.

This workshop is geared towards parents/caregivers who want to learn about anxiety and how to help their child at home.

Part 1: learn some techniques for dealing with anxiety and how to use at home with your child.

Part 2: Coming back together to share experiences and what worked and what didn't work.

Dates

Monday September 25,2023 Part 1

Monday October 23,2023 Part 2

Time

11:30am – 1:00pm

Location

Millbrook Seniors Centre

Come & meet our Mental Health Team & learn about Mental Wellness!

Lunch provided & door prizes.



Woman's Drumming

I will be starting a woman's drum group on Wednesday evenings starting in October. It's a time for women to come together who want to come and sing and drum together. If you have your own hand drum, please bring it with you.

Date: Wednesday October 4, 11, 18 & 25, 2023

Location: Sacred fire shelter @ Millbrook powwow grounds

Time: 6:30pm – 8:00pm

All Millbrook Women welcome!

Sponsored by Millbrook Mental Wellness

Wela'lin Tammy Bernard

if you have any questions my contact info is: tbernard@MillbrookHealth.ca

Phone number (782)-370-1542

Millbrook Health Centre Mental Wellness Team

Mental Wellness Crisis Coordinator
Tammy Bernard



Adult Mental Health & Addictions Counsellor
David Rider
Monday & Wednesdays



Community Social Worker/Home care supervisor
Corrina Milliea



Child & Youth Clinician
Ruth Mitchell
Monday & Tuesdays



Substance Use Prevention Counsellor
Ingrid Sheppard



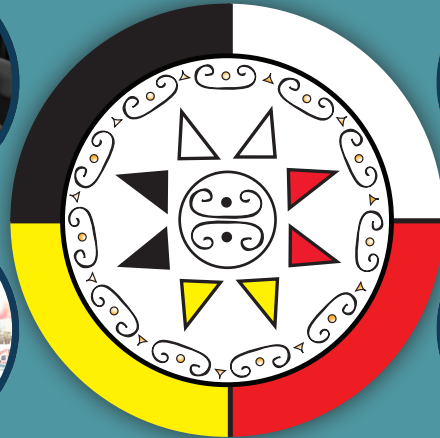
Mental Health & Addictions Clinician
Szonja Vamos
Wednesday & Thursdays



Addiction worker
Peter Gloade



Adult Mental Health & Addictions Clinician
Michelle Sullivan
Thursdays



MILLBROOK HEALTH CENTRE

Contact us at: 902-897-9199 or toll free at (1-800-693-3112)

Regular Hours

Monday - Friday 9:00am - 4:30pm

Summer Hours

Monday - Thursday 8:30am - 4:30pm
Friday 8.30am - 12:00pm

AFTER HOUR CONTACT NUMBERS:

Crisis Response Service at 902-896-2606
at **Colchester East Hants Health Centre**
(1-800-460-2110 ext. 42606) 8:30am - 4:30pm

Provincial Mental Health Crisis Line:
1-888-429-8167

Eskasoni Crisis Line 1-855-379-2099 or on
Facebook Eskasoni Crisis Worker

Millbrook RCMP 902-893-6819

NS Mental Health & Addictions Central Intake
1-844-855-6688

NS Help Line Call 221

NS Mental Health Crisis Line 1-888-429-8167

Kids Help Line 1-800-668-6868

Etli-Npisimkek Counselling & Consulting Services - Michelle LeBrun - Clinician Therapist
etlinpisimkekcounselling@gmail.com 902-759-2839

INSTRUCTIONS FOR SCHOOL BUS PASSENGERS

1. The Driver is in full charge of the school bus. Obey his/her instructions.
2. Be on time. The bus will not wait.
3. Do not talk to the bus driver unless necessary.
4. Keep seat assigned to you by the driver.
5. Do not use foul or profane language.
6. No loud or boisterous talking, yelling or whistling.
7. Do not stand or move about while the bus is in motion.
8. Do not open windows without the driver's permission.
9. Do not put hands, arms, feet or head out of the bus window.
10. Do not throw anything inside the bus or out the windows.
11. When the bus is in motion, keep the aisle of the bus clear at all times.
12. When it is necessary to cross the road in front of the school bus, walk 3 meters (10ft) in front of the school bus to a point where you can see the driver; cross to the center of the highway, STOP, LOOK, and LISTEN and cross the highway when it is safe to do so.
13. If there is no sideway, walk well over the left side of the road when walking to and from the bus.
14. Never stand or play on the road while waiting for the bus.
15. The maximum seating capacity for this bus is 48 passengers provided the aisle of the school bus is neither wholly or partially obstructed by any person sitting in such a manner that the persons body or any part of there of, extends beyond a seat into the aisle.
16. No Smoking or Vaping on the school bus at any time!

ALWAYS BE CAREFUL



**MILLBROOK
FIRST NATION**

MI'KMAW

SPORTS HISTORY MONTH OCTOBER 2023

Mikmaw Sports, Traditional Games, and Pastimes



Each element making up our body and spirit is our. Something we carry in the heart. Culture is passed on from people born to come. As the land is never exhausted, we should never get to a loss and disappear altogether.

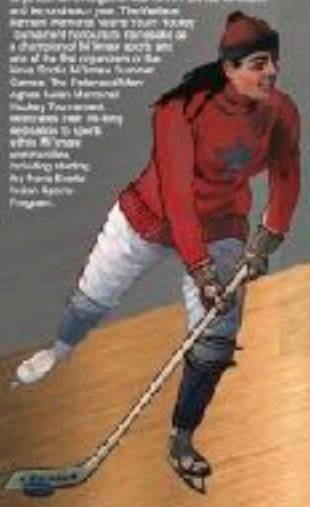


Lacrosse is one of the oldest sports in the world. It is a game of strategy and skill, played by Indigenous people across North America. Lacrosse is a game of strategy and skill, played by Indigenous people across North America. Lacrosse is a game of strategy and skill, played by Indigenous people across North America.

"For me, the flight of the arrow is an extension of who I am and who my ancestors were. It is still who we are today."

Official Para Member of Mikmaw community

With deep roots in traditional knowledge, the most precious skill in Mikmaw communities today. The importance of getting to know the land and the people who live there. The history of our people is our strength. Today, we are proud to share our traditional knowledge with the world. We are proud to share our traditional knowledge with the world. We are proud to share our traditional knowledge with the world.



"We are so lucky to have the whole community behind us. They are the ones that come together and make it possible for us to travel and compete. I definitely wouldn't be where I am today without my community."

Sara Lynn Anishinaabe, Olympic Athlete Para Water

For generations, traditional sports and games have given Mikmaw ways of knowing and being, teaching young ones how to live, how to love, and how to move. Competing, staying active, and having fun, are all part of the same thing. Sports and games give you the chance to try new things, to learn from others, and to grow together. They are a way of life, a way of being, and a way of staying connected to our roots. They are a way of life, a way of being, and a way of staying connected to our roots.



Millbrook Tobacco Store Funding Regulations

- A. Only **Millbrook Band Members** are eligible to receive funding.
- B. All requests must be made individually in writing on the form, available at the Millbrook Band Office or Millbrook website and approved by a majority of the Millbrook Band Council. All approvals are on a fiscal year basis.
- C. All reimbursements will require an official **RECEIPT** from the organization showing the **organization name**, the **name of the individual** the activity is for, the **activity name** and **amount**. All funding requests payable to the organization will require an **INVOICE** from the organization showing the **organization name**, the **name of the individual** activity is for, the **activity name** and **amount**. The cheque will be mailed directly to the organization along with a letter stating that any refunds are to be paid to the tobacco store.
- D. All approvals are subject to the Tobacco Store having funds in excess of normal operating expenses.
- E. Band Members may apply for reimbursements for activities from the previous fiscal year if they have official receipts.
- F. All requests for changes/additions to the Millbrook Tobacco Store Funding Regulations must be in writing and submitted to the Millbrook Band Council. The request will be reviewed at the next scheduled Council Meeting and must be approved by a majority of the Millbrook Band Council before being added to the Funding Regulation listing.

The Millbrook Tobacco Store will fund the sport and recreational activities listed below:

1. Any high performance physical activity athletes (elite level/competitive/provincial team/school sport team) for **children 18 years of age and under**, will be funded to a maximum of \$1,000.00 per year for registration fees.
2. Any on-going sport or physical activity for **children 18 years of age and under and adults 19-23 years of age as full-time students or enrolled in a full time, post-secondary education program** will be funded to a maximum of \$750.00 per year, per category. If a fee in addition to the regular registration is required to participate or a team it will be funded up to a further \$300.00 per year. Ticket funds not applicable.
3. The **minor hockey** registration for **children 18 years and under** will be funded/reimbursed up to a maximum of \$850.00 per year and REP fees up to a further \$400 per year.
4. Necessary equipment will be reimbursed up to \$500.00 for **children 18 years and under**, every year. This is in total, **not** for each separate funded activity. The child must be registered with a team, club or other organized entity to be eligible.
5. Music classes, Art/Cultural Art classes, Mi'kmaw Language classes, Girl Guides and Scout registration fees for **children 18 years of age and under and adults 19-23 years of age as full-time students or enrolled in a full time, post-secondary education program** will be funded to a maximum of \$300.00 per year each. Completed Regalia (purchase NOT supplies to make) for **children 18 years of age and under** will be funded to a maximum of \$300, every two (2) years, as long as they are enrolled in a full time, post-secondary education program.
6. **Adults** participating in organized and on-going sport or physical activities will be funded to a maximum of \$300.00 per year. The exception is that teams, that consist of a majority of Millbrook Band members, will be funded to a maximum of \$2,000.00 for Millbrook sponsored teams and \$1,000.00 for teams sponsored by other business or organization.
Seniors (65+) golf will be funded to a maximum of \$600 per year.
7. **Adult** Music classes, Art/Cultural Art classes, Mi'kmaw language classes, Cooking classes, Firearm Safety courses, medically approved weight loss programs (Weight Watchers, Simply for Life, Ideal Protein and Herbal Magic) will be funded to a maximum of \$300.00 per year. **Seniors (65+)** Art/Cultural Art classes will be funded to a maximum of \$600 per year. **Seniors (60+) and disabled** participating in a First Nation community organized St. Anne de Beaugre Pilgrimage (with a First Nation Organization registration receipt) will be funded to a maximum of \$300 per year.
8. Equipment not supplied as part of the registration fee is not funded, except as stated in these regulations.
9. Instructors for organized courses (that are pre-approved at a Band Council Meeting) will be paid \$20.00 per hour. Materials will be funded at \$50.00 per student per year, if necessary. Each course will be funded to a maximum of \$1,500.00.
10. Necessary fitness equipment for the Millbrook Gymnasium will be funded.
11. Sunday morning family skate and family swim, as scheduled, at the RATH Eastlink Civic Centre, will be funded at cost.

Revisions approved: September 26, 2023



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 22nd 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

November 2023 Millbrook Enterprise Credit Applicants

All completed **Direct Deposit** applications will be deposited on **November 16th, 2023**. **Completed applications must be received by November 2nd, 2023 @4:00 pm**.

Completed applications requested to be issued by **Mail/Pick up** will be released **November 23rd, 2023**. **Completed applications must be received by November 9th, 2023 @4:00 pm**.

Completed applications received after **the November 9th, 2023, deadline** will be released by mail once per week. **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:

- No Direct Deposits after November 2, 2023.
- Any changes to banking information must be received by October 19th, 2023.
- 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 **Toll Free:** 1-877-892-2424 **Office** (902)-895-6385, Ext. 108/109. Or by **e-mail** at: 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.
- Completed forms and all relevant documents can be scanned to treatycredit@millbrookfn.ca **Subject line:** First and Last Name.



Applications must be completed in full to be considered for this credit of \$1250.00 CDN. The deadline is February 16th, 2024. Any application received, or post marked after this date will not be accepted. (Faxed Applications will not be accepted, please mail / scan & e-mail).

Please Select: Mail, *Direct Deposit, Pick-up, *Void cheque attached
First Name, Middle Name, Last Name
Band # of Applicant: 027, Date of Birth
Telephone #, E-mail

Full Mailing Address:
Apartment #:
Province/State:
City/Town:
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 November 2023, 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.

A legible photocopy of Certificate of Indian Status (front and back) is required. Expired status cards will not be accepted. Toll Free: 1-877-892-2424 Office (902)-895-6385, Ext. 108/109. 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. 2023/24

Signature of Applicant

Witnessed by

**Completed forms and all relevant documents can be scanned to treatycredit@millbrookfn.ca Subject line: First and Last Name

Office Use Only / Date Stamp