

# Millbrook Community Newsletter

DECEMBER 2022



SANTA CLAUS IS PREPARING FOR CHRISTMAS

## *Important Announcements*

- 👉 December 5<sup>th</sup> - Millbrook Christmas Party at Legends
- 👉 December 24<sup>th</sup> - Santa Claus Parade
- 👉 December 31<sup>st</sup> - New Year's Eve Fireworks

## *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, December 6<sup>th</sup>, 2022**

Deadline for letter submissions and booking time to see Council is **Friday, December 9<sup>th</sup>, 2022**. Contact the Administrative Assistant to Chief and Council - Suzanne Penney at Phone: (902) 897-5877 or e-mail: [adminassistant@millbrookband.com](mailto:adminassistant@millbrookband.com)

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

**The following Chief and Council Meeting will be Tuesday, December 13<sup>th</sup>, 2022.**

## December 2022

- 🦋 **December 6** - General Chief and Council Meeting
- 🦋 **December 13** - Economic Development and Project Consultation Meeting

## Minutes

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

## Booking the Community Hall

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

**Cell:** 902 324-9261 **e-mail:** [nbernard@millbrookfn.ca](mailto:nbernard@millbrookfn.ca)

### Costs

**Organization rental fees:** \$200/half day rental and \$300/full day rental charge

**Band member rental details:** Small events, deposit of \$100.00 (will be returned after cleaning)

**Band members rental:** Big events, \$500.00 (Hall must be cleaned w/ tables and chairs put away).

Thank you to those who continue to keep the hall clean, neat and tidy.

Please try to book your event early, preferably a minimum of 2 weeks in advance.

## Website & Facebook Page

**Millbrook's Website** - [www.millbrookband.com](http://www.millbrookband.com).

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

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

## Christmas Office Closure

December 19, 2022 - January 4, 2023

## **Social Assistance**

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

## **Millbrook's Newsletter Deadline - Monday, December 12<sup>th</sup>, 2022**

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

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

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

**Please ensure its in an editable format.**

## **Federal Cannabis Legislative Review**

There is an opportunity for the public to express their views regarding the Government of Canada's *Cannabis Act*.

The online engagement process will help to inform the Expert Panel's assessment of the Cannabis Act. First Nations, Inuit and Métis perspectives are important to this review.

First Nations, Inuit and Métis peoples are invited to read the "*Summary from Engagement with First Nations, Inuit and Métis Peoples: The Cannabis Act and its Impacts*" and provide feedback via the online questionnaire or through written feedback until midnight Pacific time on January 15, 2023.

**Link (Online Questionnaire):** <https://www.canada.ca/en/health-canada/programs/indigenous-engagement-approach-cannabis-act-legislative-review.html>

## **Housing Repairs Announcement**

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

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

Lorne Paul

Director of Housing

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

Work: (902) 897-9199

Cell: (902) 890-4863

Or

Chantel Langille

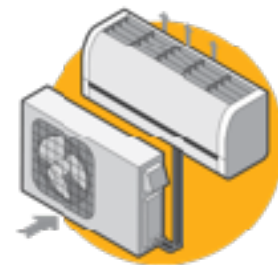
Housing Project Officer

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



### 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.

### Housing Inspections

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

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

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

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

Sunday morning ice times at the R.E.C.C. starts at 8-9 am, December 11, & 18.



### 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



## *Educational Services Welcomes the New Millbrook Early Education Centre Manager, Mrs. Danielle Gloade!*

Kwe' Elders, Council, Band Members, Community Members, Students and Children of Millbrook First Nations.

My name is Danielle Gloade (Mrs. Gloade). I am a Millbrook Band and community member. I am married to Shanon Gloade, and We are raising our soon-to-be adopted son G. We recently had the privilege of moving back home to Millbrook in September. My parents are Natalie and Richard Gloade Sr. My grandparents on my mother's side were Douglas Macloed and Nora Bernard. My grandparents on my Dad's side were Bridge and Levi Gloade.

Education has always been important in my family's upbringing. I gained my undergrad degree from Cape Breton University in Community Studies. I eventually returned to school and gained a professional degree from Cape Breton University with a Bachelor of Education and a focus on early Indigenous education.

After gaining experience in provincial and private schools in Ontario and Nova Scotia, I enrolled at St. FX and obtained my Master of Education in Culturally Responsive Pedagogy and Administration.

This is my 7th year working in the educational field. I have administration experience since I was a principal at the Paqtnkek Education Center.

I gained the knowledge and tools to open and run a school from the ground up. I participated in hiring all Staff, implementing schedules and finding resources, and identified needs and barriers to best support our indigenous learners.

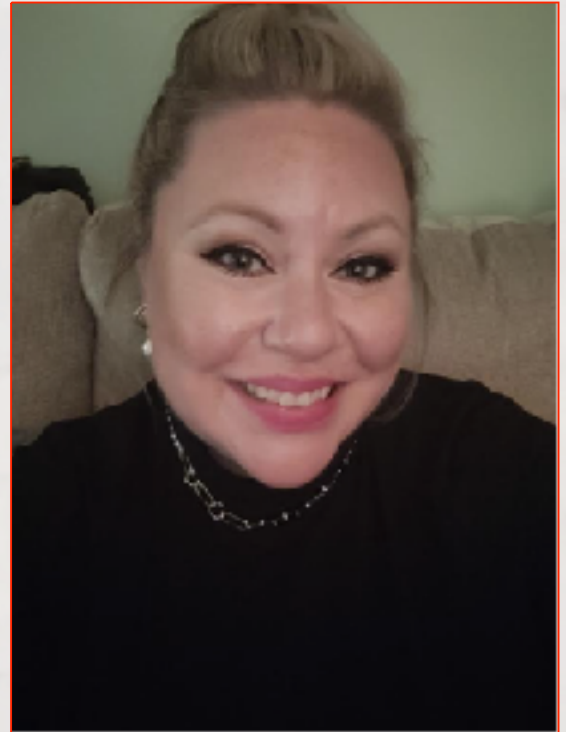
Having the opportunity to work in my own First Nations School is a privilege that I hold in high regard. There is something extraordinary about giving back to your people and supporting students and children in a culturally responsive way; treaty education focused and creating an inclusive and loving space.

My goal is to meet everyone where they are and support all children, students, families and staff in an inclusive way, educational, and non-judgemental while ensuring our seven grandfather teachings and language is infused in all aspects of MEEC. As a leader in the school, I will find out how to support staff and teachers in ways that are important and relevant to them and their positions and growth. Community input is essential to the growth of our school as we transition to adding more grades to our community school.

Finally, I would like to say Wela'lin for this opportunity to support this educational growth in our community as the new Manager at Millbrook Early Education Center.

Msit No'Kmaq

Mrs. D. Gloade BACS, B.Ed, M.Ed.



### **New Medical Reimbursement Form**

The finance department will be deploying a new medical expenses reimbursement form effective December 1<sup>st</sup>, 2022. This form will be required for you to claim eligible reimbursements. The form must be completed in full, with your receipt attached, then delivered or mailed to the Millbrook Health Centre. Incomplete forms will not be submitted to the finance department, so please make sure that it is filled out completely. The form can be accessed online at [www.millbrookband.com](http://www.millbrookband.com) under Forms, or you can pick one up at the band office or health centre.

### **Freebies - Church Pews**

Millbrook has 13 old church pews for any Millbrook member that would be interested in taking one. Some of them are in good condition with engraving on the sides. We would like to dispose of these by December 10. Interested? Please email Megon at [clutterfreelivingns.ca](mailto:clutterfreelivingns.ca) if you are interested and she will schedule a time for you to come and get them.



### **Employment Opportunity - Security**

Millbrook First Nation is seeking four (4) interested candidates to work security from December 16th to January 3rd inclusive.

This is not full time employment but a 3 week work placement.

We are looking to fill 4 positions for this temporary assignment.

For more information please email [jobs@millbrookfn.ca](mailto:jobs@millbrookfn.ca) and include the following details:

Name:

Phone number:

Email:

**DEADLINE TO SUBMIT INTEREST is December 7th, 2022 @ 4pm.**

\*Please note a clean Drivers Abstract and a clean Criminal background and Vulnerable Sector checks are requirements for this role and will be required to be submitted.

### **Employment Opportunity - Treaty Entertainment**

Treaty Entertainment in Truro and Cole Harbour are currently recruiting casual and backshift personnel in the positions of Security Personnel, Cashiers and Custodians. Availability for 3 shifts and a clear criminal record search is required in all positions. Interested applicants may forward their resume to [treatygenmgr@eastlink.ca](mailto:treatygenmgr@eastlink.ca)

### **Red Cross Hurricane Fiona Relief**

To register with the Canadian Red Cross for Hurricane Relief funds, please call 1-800-863-6582 by December 2nd. This number will be open until 5pm on Dec. 02.

The Red Cross will be at the Millbrook Community Centre on Dec. 04, 05 and 06 from 10am to 4pm to complete the registration process but registering by phone will make the process much simpler. After this deadline, no new registrations will be taken.

Registration is done once per household, not per person.



## Indigenous Pre-Cadet Training Program

*Throughout the COVID-19 pandemic, our paramount concern has been for the health and safety of our IPTP Candidates and those attending the academy as we continue to implement best practices in collaboration with provincial and federal health authorities.*



The Indigenous Pre-Cadet Training Program (IPTP) offers Canadian Indigenous people, between the ages of 19 and 29, an opportunity to experience a modified three-week Depot training experience within the RCMP at the RCMP Training Academy in Regina, Saskatchewan.

"It gives Indigenous youth the opportunity to experience a training session and a first-hand view of what a possible career in police work could entail," says Cpl. Maureen Greyeyes-Brant, who was a graduate of the program and is now the National Coordinator.

### You'll learn:

- › An introduction to the Criminal Code and RCMP policy
- › Physical fitness and drill
- › Skills to help prepare you to apply to be a police officer

### Basic Requirements

- › Be between 19 - 29 years of age
- › Be of First Nation, Inuit or Métis descent
- › Be a Canadian citizen
- › Be able to pass an enhanced reliability security check
- › Be in good physical condition
- › Possess a Canadian high school diploma or equivalent

### Now accepting applications for the 2023 spring session!

**Deadline:** December 9, 2022

For more information contact

"H" Division RCMP Recruiting  
HdivRecruiting@rcmp-grc.gc.ca

**"I'm excited to be able to one day become an RCMP officer and inspire more to join to show that we can make a difference in society."**

*Phoebe Niviaqsiag, Nunavut*







# SANTA PARADE

**DECEMBER 24TH @ 4PM**

**THE ROUTE: START AT COMMUNITY HALL - CHURCH ROAD  
- WILLOW STREET - UP ABENAKI - TURN RIGHT ONTO  
FERN DRIVE - RIGHT ONTO COACH ROAD - LEFT ON  
AUTUMN DRIVE - RIGHT ON ABENAKI (TURN AROUND AT  
TOWNSVIEW ESTATE) -LEFT ONTO ABENAKI - UP TOWER  
ROAD (TURN AROUND AT THE END) - DOWN TOWER ROAD -  
LEFT ONTO GLOOSCAP - LEFT ONTO ELDERBERRY WAY -  
RIGHT ONTO BIRCH BARK - LEFT ONTO CLOOSCAP -  
ENDING CLINTON DRIVE**





SANTA PARADE MAP  
DECEMBER 24TH @ 4PM





## Millbrook Early Education Centre News

### Important Dates in December

Monday, December 12, 2022  
Christmas Craft Night

Friday, December 9, 2022  
Parent Tot Workshop  
3-4 Year Old's  
1:00pm-2:00pm

Friday, December 16, 2022  
LAST DAY OF CLASSES  
CENTRE CLOSSES AT 4PM

Christmas Break  
December 19, 2022-January 3, 2023  
Closed to All Students

Tuesday, January 3, 2022  
PD Day- Closed for All Students

Wednesday, January 4, 2022  
ALL STUDENTS RETURN FROM  
CHRISTMAS BREAK

### Kind reminder:

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

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



Millbrook Early Education Centre would  
like to send warm wishes for a wonderful  
Christmas and a Happy New Year!

### Contact Us

902-897-1249 or 902-897-0445

- Ext. 101 Admin (Cheryl)
- Ext. 102 Preschool 4-A (Sue/Amy/Erin)
- Ext. 103 Daycare (Leslie/Genny/Katie)
- Ext. 104 Preschool 3 (Jessica/Amanda)
- Ext. 105 Primary (Heidi/Allison)
- Ext. 107 Afterschool Program (Leslie/Levi/Patience)
- Ext. 108 SLP (Christina)
- Ext. 109 Manager- Danielle Gloade

Manager email [meeedir@millbrookband.com](mailto:meeedir@millbrookband.com)



## Deer Harvest

Millbrook's Deer Management Strategy is coming to an end. The final day of harvesting is slotted for December 3<sup>rd</sup>. To date, we have reached our target of deer and are happy to report that we have provided over 500lbs of traditional game to over 40 band members.

In addition to the deer harvest, we have held land-based learning workshops with the Youth in the community to teach how to apply a field dressing, skin a deer and how to butcher your own harvest.

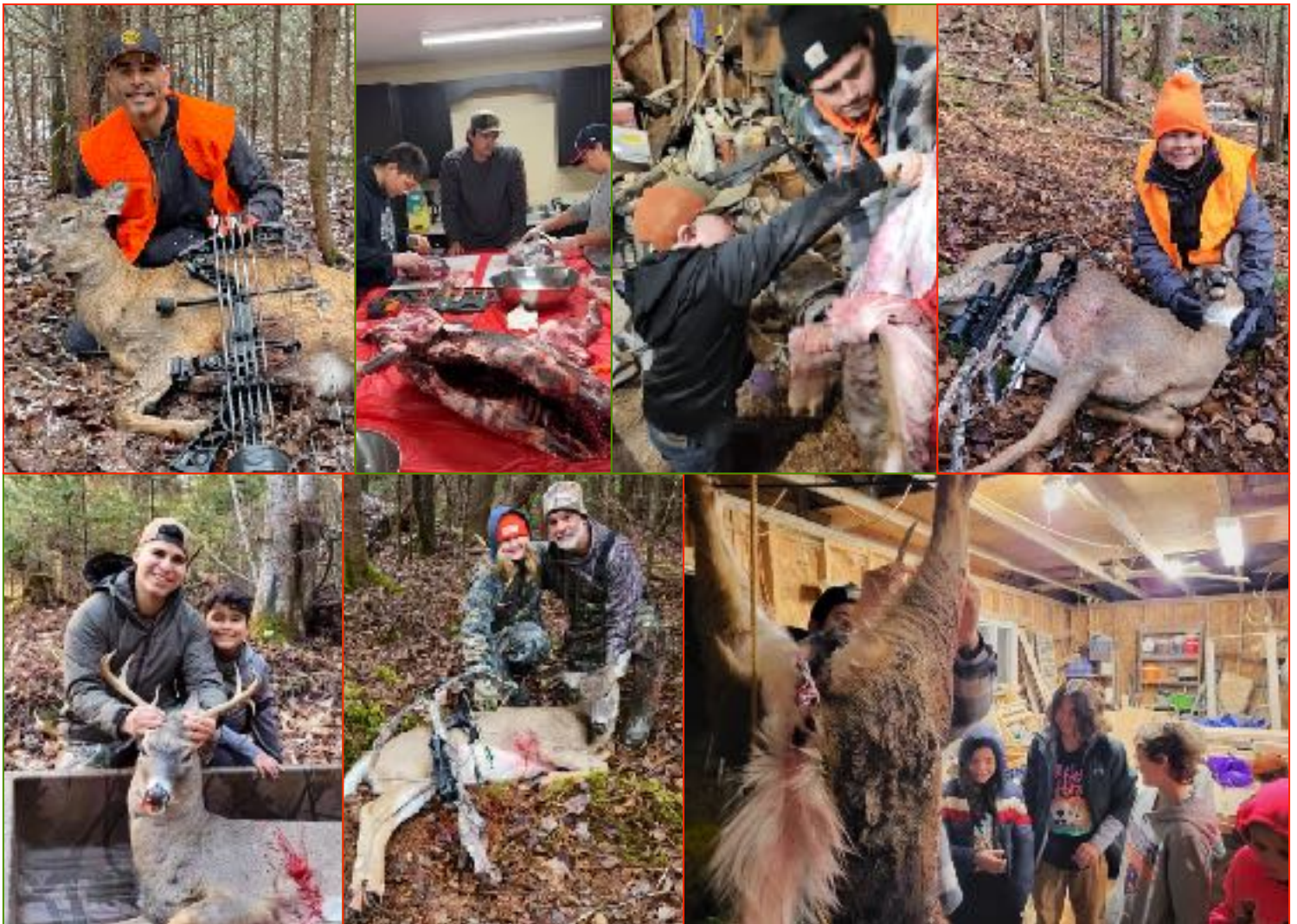
This has been an awesome experience and would not have been possible without the help of our community harvesters.

- Matt Johnson
- Sonny Julian
- Zachary Julian
- Jonathan Julien
- David "Tex" MacLeod
- Ed and Luke Markie
- Kris Sylliboy

And our local partners with the Town of Truro, Ebbett's Meadow Brook Farm Market and Farmland Outfitters.

If you are interested in deer meat, contact [GGloade@MillbrookFN.ca](mailto:GGloade@MillbrookFN.ca) . Quantities are limited. Pickup available at the band office during operating hours. Delivery available for Elders.

We also donated 50lbs of deer meat to the Springhill correctional institution to provide traditional foods to Indigenous inmates





COME AND MAKE A CHRISTMAS  
WREATH!



MILLBROOK COMMUNITY HALL  
PLEASE CALL HEALTH CENTRE TO SIGN  
UP WITH CORRINA MILLIEA  
9028959468

OPEN TO ALL MILLBROOK BAND  
MEMBERS & COMMUNITY MEMBERS



# SHEET HARBOUR

MERRY  
CHRISTMAS  
4A FILTHY ANIMAL

Please join us for Our Annual  
Christmas Dinner

**DEC. 6th (Tuesday) at 6pm**  
**Legion, Watt Section Highway #7**

If you are planning to attend this event and have young children please contact Sunshine Bernard at 902-895-9468 or email at [sunshinem@millbrookhealth.ca](mailto:sunshinem@millbrookhealth.ca) to submit the **NAME** and **AGE** of your child.



# COLE HARBOUR



PLEASE JOIN US AT OUR

## Christmas Dinner

DECEMBER 12TH, 2022 AT 6:00PM  
DOUBLE TREE HILTON - 101 WYSE ROAD

Please park on the bridge side of the hotel and/or  
along the back.

If you are planning to attend this event and have young  
children please contact Sunshine Bernard at 902-895-9468 or  
email at [sunshinem@millbrookhealth.ca](mailto:sunshinem@millbrookhealth.ca) to submit the NAME  
and AGE of your child.





# *Light Up Your Holiday*

## **Christmas Decorating Contest** **Millbrook - Sheet Harbour - Cole Harbour**

### **Categories**

- Creative Inflatables
  - Clark Griswold Award
  - Christmas Door Decorating
- (1st & 2nd Prizes for each category)

You **MUST REGISTER** the category of choice by contacting Sunshine Bernard at 902-895-9468 or email at [sunshinem@millbrookhealth.ca](mailto:sunshinem@millbrookhealth.ca)

**Deadline is Dec. 13th.** Judging will take place on the evening of **Dec. 14th.**



# Christmas

## Under the Arbour

**Dec. 11th, 2022**

**5pm - 8 pm**

**Millbrook Powwow Grounds**

**Join Us for a Fun Night of Music,  
Food and Christmas Cheer!**

**For more info contact Sunshine  
Bernard at 902-895-9468**





## Millbrook Holiday Food Basket Program

Dear Band Members,

Millbrook Holiday Food Basket Program

On Thursday, **December 15th** from 12:00-4:00 PM there will be holiday food baskets available for pick up at the Millbrook Community Hall. Food baskets will include a variety of fresh produce, dairy, grains, and baking supplies to help offset food costs during the holiday season.

Please note there are a limited number of products available to meet dietary needs, if you are a household with a lactose or gluten sensitivity. These products are on a **first come, first served basis**.

Thank you/ Wela'lin,

Millbrook Health Centre



“Tapusijik Paqtismk (Two Wolves)”

# Journey of Two Wolves

## MEN'S PROGRAM FOR BUILDING HEALTHY RELATIONSHIP

Dates: January 16, 23 & 30, February 6 & 13

Location: Millbrook Senior's Center

Time: 10:00 am—2:00 pm | LUNCH PROVIDED



Presenters MFHC Men's Outreach

- *Dan Walsh*
- *Michael Power*

*Inside each of us are two wolves. One is Evil and One is Good. Which Wolf Wins? The one you feed the most.*

## TO REGISTER CONTACT:

Corrina Milliea, Millbrook Health Center (902) 895-9684  
or Millbrook Family Healing Center (902) 893-8483





MILLBROOK COMMUNITY & BAND MEMBERS



*Merry Christmas*  
**YA FILTHY ANIMALS!**



Please join us for some

*Holiday Cheer!*

LEGENDS BINGO HALL  
DECEMBER 5th (Monday)  
AT 6:00 PM

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FOR MORE INFO CONTACT SUNSHINE BERNARD  
COMMUNITY WELLNESS COORDINATOR  
AT 902-895-9468

Happy  
New Year

Fireworks Display Friday,  
Dec. 31st MIDNIGHT  
Millbrook Powwow  
Grounds.



PLEASE NOTE:

PARKING WILL BE AT THE MILLBROOK BALL FIELD  
#2 WILLOW STREET

THERE WILL BE NO PARKING AT THE ENTRANCE TO  
POWWOW GROUNDS FROM GERALD AVENUE AND  
LIMITED PARKING AT THE POWWOW GROUNDS  
PARKING LOT



# Millbrook First Nation



You are invited to a  
Community  
Engagement Session



◆ Come and have your say on how the IWK  
can better support our Community! ◆

Location: Millbrook Community Hall

Date: December 8th, 2022

Time: 5:00 pm to 7:00 pm

Attendees will have a chance to  
win a \$100 gift card

Light snacks and refreshments  
will be provided





# Millbrook First Nation

Complete the SURVEY to have your say on how the IWK can better support our Community! ✨

**If you have a story about the IWK or would like to share your feedback, message us on Facebook or see us at the Health Centre reception desk to obtain a copy of the survey.**

Return your survey by December 8th, 2022 for a chance to win a \$50 gift card!





# Dreamers' Gala

We look to the sky



Jeremy Dutcher



Morgan Toney



The Relatives



Sarah Prosper

**Join us for the fundraising gala of the year!**  
Attend our spectacular evening of food, stories, and music by world-class performers this Winter season. Proceeds support our land-based learning and healing initiatives in the Forest Wapane'kati, protected by Indigenous charity Ulnooweg Education Centre.

**December 15, 2022**  
Halifax Marriott Harbourfront

**Tickets**

**\$250** per person     **\$2000** value of 10

Purchase Tickets at  
[www.ulnoowegeducation.ca/dreamers-gala](http://www.ulnoowegeducation.ca/dreamers-gala)

Proceeds go to Windhorse Farm

## Dec 2022 – Millbrook Health Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hours: Monday-Thurs (9:00-4:30pm) Fri 9:00-4:00pm Closed for lunch 12-1				1 Dr. Blois 9-2 Tanas NP Szonja	2 Dr. Bauld 9-4 Tanas NP 9-12	3
4	5 Dr. Blois 4-8 Dr. Bauld 9-4 Tanas NP 9-8 Dr. Vance Teresa 9-8 David	6 Dr. Blois/Holt 9-2 Tanas NP	7 Dr. Blois 9-2 Dr. Fraser 9-430 Tanas NP Teeth Cleaning David Szonja	8 Dr. Blois/Holt 9-2 Tanas NP Michelle Szonja	9 Dr. Blois/Holt 9-12 Tanas NP 9-12	10
11	12 Dr. Blois 4-8 Tanas NP 9-8 Teresa 9-8 David	13 Dr. Blois 9-2 Tanas NP Dr. Phil	14 Dr. Blois 9-2 Dr. Parr 1-4 Tanas NP David Szonja	15 Dr. Blois 9-2/Holt 9-2 Tanas NP Michelle Szonja	16 Dr. Blois 9-12 Tanas NP 9-12	17
18	19	20	21	22	23	24
<b>Closed for the Holidays</b>						
25	26	27	28	29	30	31
<b>Have a Safe and Happy Holiday</b>				We will reopen Jan 4 regular business hours		
						<b>Please call to cancel appts</b>