

MILLBROOK COMMUNITY **NEWSLETTER**

FEBRUARY 2020

MILLBROOK

WINTER

CARNIVAL

FEB. 9TH - 17TH, 2020



Important Dates

- 👉 **February 9-17** - Millbrook Winter Carnival
*remember to post with the hashtag #MFNWinterCarnival
- 👉 **February 27** - Millbrook First Nation Election

 **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 Band Office

Mailing Address

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

Business Hours

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

Phone Numbers

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

Website & Facebook Page

Millbrook's Website - www.millbrookband.com.

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

Social Assistance

Social Assistance Cheques are tentatively scheduled for: **February 13 & 27, 2020**.
Applications are available at the Reception desk at the Band Office.

Chief and Council Meeting

The next Chief and Council meeting is scheduled for **Tuesday, March 10, 2020**.
The deadline for submissions or requests to see Council is **Friday, March 6, 2020**.
Please submit to the Administrative Assistant, Jay Martin, Phone: (902) 897-9199 Ext. 110,
Fax: (902) 893-4785 or e-mail: jay.m@eastlink.ca.

April's Chief and Council meeting is April 14, 2020.

Chief and Council Meetings

February 2020

 **February 27** - Millbrook First Nation Election

Newsletter Deadline

The Newsletter deadline is the 24th of each month.

Monday, February 24, 2020

You can make a contribution to the Millbrook Community Newsletter by sending your information to: mbcommunications@eastlink.ca, or by the website contact form (link) <https://www.millbrookband.com/contact>



Community

The Community page; this may include birthday messages, recent or historic photos, congratulations to a person or group, public events, items for sale, availability for odd jobs. To have your information posted on the newsletter and website send your information to Nigel Gloade by calling the office at (902) 897-9199 extension: 119, iMessage or e-mail: mbcommunciations@eastlink.ca

[Building Permits](#)

Before constructing on your property contact Millbrook's Bylaw Officer to obtain a building permit.

[Ventilation Cleaning](#)

If you missed Imperial Cleaners for cleaning your ventilation call **Tom 902 830-2349** or **Peter 902 331-0200**

[Millbrook Winter Carnival 2020](#)

[February 9](#)

- **Family Skate** - 2pm Civic Square
- **Cribbage** - 1pm Millbrook Senior Centre

[February 10](#)

- **Mi'kmaq Bingo** - 6pm Community Hall
- **Mi'kmaq Bingo** - 5pm Sheet Harbour
- **Volleyball Tournament** 6pm Millbrook Gym

[February 11](#)

- **Yahtzee** - 6pm Millbrook Community Hall

[February 12](#)

- **Archery** - 6pm Millbrook Gym
- **Craft Night** - 6pm Millbrook Community Hall
- **Mi'kmaq Bingo** - 5pm Cole Harbour A-Frame

[February 13](#)

- **Senior's Merchandise Bingo** - 12pm Millbrook Senior Centre
- **Waltz Night** - 6pm Millbrook Community Hall

[February 14](#)

- **Kids Bake & Make Night** - 4pm Millbrook Youth Centre

[February 15](#)

- **Youth Dance** 5pm Millbrook Community Hall

- **Snow Sculpture Contest** - Register with Sunshine before Friday, February 14

- **Pool Tournament** - 1pm Dooly's

- **Fire Works Display** - 10pm Ball Field #2

[February 16](#)

- **Winter Sled Party** - 2pm Truro Legion

- **Movie Night** - 6pm Millbrook Gym

[February 17](#)

- **Family Day** - 1pm Millbrook Gym

Contact Sunshine Bernard Millbrook Wellness co-ordinator at 902-895-9468 or via Facebook messenger.

[Smart Meter Upgrades](#)

Nova Scotia Power, with its contractor, Tribus Services, is preparing to be in the Millbrook Mi'kmaq community to upgrade electrical meters to smart meters. The Tribus Services team will be checking in with the administration office upon entering and exiting the community each day and will have at least one vehicle marked with identification. If there is a specific contact at the administration office that you would like the Tribus Services team to connect with while the work is being conducted please let me know, I can arrange that introduction.

The following information is the current schedule for work to be conducted:

DATE-LOCATION

February 10-14, 2020 - Millbrook (Truro)

February 24-28, 2020 - Millbrook (Truro)

March 2-6, 2020 - Millbrook (Truro)

March 9-13, 2020 - Millbrook (Sheet Harbour)



Millbrook Early Education Centre News

Important Dates In February

Wednesday, February 12th, 2020
PRIMARY REGISTRATION
10:00-11:30AM

Friday, February 14th, 2020
VALENTINE'S DAY

Monday, February 17th, 2020
FAMILY DAY – NO SCHOOL

Friday, February 28th, 2020
PD DAY FOR STAFF – NO CLASSES
ENTIRE FACILITY

Kind reminder:

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

Thursdays
Swimming for Primary

Tuesdays & Wednesdays
Mi'kmaw Language for
Grades 1 & 2

Fridays
Gymnastics for
Preschool 3 & 4, Primary

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



Contact Us

902-897-1249 / 902-897-0445
Ext. 101 Kelsey - Administrative Assistant
Ext. 102 Preschool 4 (Sue/Shelby/Amanda)
Ext. 103 Daycare (Leslie/Genny/Caitlin)
Ext. 104 Preschool 3-A (Pam/Jessica/Cynthia)
Ext. 107 Primary (Tiffany)
Ext. 108 Speech Language (Christina)
Ext. 109 Nik - Director

Director's email: meeec@eastlink.ca

A MESSAGE FROM THE DIRECTOR OF EDUCATION:

Parents and Students,

As of April 1st 2020, there will be a change in the policy for Lunch Allowances. All on and off reserve allowances will be issued on the same day, and the funds will be to cover the lunches of the upcoming month (ie. Lunch money for the month of May will be issued in April) And days missed in the previous month will be deducted from the next month cheque.

ALL cheques will be issued on the LAST school day of the month, (this is changing from the 5th school day of the month to the last school day of the month to ensure all attendances are received, and all cheques are available to students at the same time) The date of when the cheques will be released will be in each news letter

Just advising everyone in advance to prepare for the changes for April 2020.

As always if you need anything at all please stop by the office, or email or call 😊

Hannah Asprey

902-885-5241

edudir@eastlink.ca

Important Dates:

February 17 – Heritage Day (No School)

February 18 – 2020-2021 Primary Registration for TRES

February 19 – 2020-2021 Primary Registration for TRES

February 20 – Family Movie Night at the School

February 21 – PD day for Teachers and Staff (No School)

March 16-20- March Break!

Notice About Primary Registration:

If you haven't yet booked your spot for Registration please call the school at 902-896-5755. On the day of Registration if you could please bring your future student, their health card and their birth certificate that would be great. If you do not have those documents on the day, please just bring your student. The information the birth certificate and health card provide can be filled out at a later date.

Note From the School:

There are some numbers or addresses that are out of date and for emergency purposes we need the updated information. This doesn't apply to everybody but if you have moved or have a new number please call the school to update this information. The number at the school is 902-896-5755.

Notice From Millbrook Staff:

If your student is going to be late or absent or is sick please either call the school at 902-896-5755 or contact Juliana Paul by either calling or texting 902-890-0461 or by Facebook message.

It is now officially winter! That means it is cold outside and snow on the ground. Please if you could send your student with snow pants, winter jacket, hat or something to cover their ears, mittens/gloves that would be greatly appreciated. Also, a change of clothes they can keep at the school in case they get soaked from playing in the snow. Mr. Fougere and Mr. McLellan's physical education classes are outside and for this they need to be dressed appropriately (snow pants, jacket, hat, mittens)

Thank you from the Millbrook Staff at TRES

Jen Gloade – 902-986-4224

Shelley Gloade – 902-899-2415

Lisa Wilmot – 902-986-5010

Juliana Paul – 902-890-0461

Hello Everyone!!

From Ms. Jillian and Ms. Shanelle. We've had a great first month of 2020. Our first week was tough for everyone to get back on schedule but everyone handled it very well.

*Reminders to Students and Parents**

Attendance and timeliness are very crucial, students should be making the effort to come to school and also should be on time in the morning and with the changeover from class to class. Parents please try to get your son or daughter on a timely sleep schedule. Invest in Rest!!!

Students and parents are reminded that TJHS is not responsible for lost or misplaced electronic devices and accessories. These items are very valuable and should be kept in a safe place or at home. Devices should be in students' lockers (Gr.6) or backpacks (Gr.7-9) unless instructed to use by a staff member. An electronic device agreement/contract has been sent home and must be completed and returned before a student will be permitted to use their personal device at school as well as any school technology.

Students are to bring their own water bottles to school, as our school water fountains are out of order until further notice.

Homework Club is Monday – Thursday after school from 3:30-4:30 in the First Nations classroom. Snacks are provided.

There will be lunch and learn with Ulnooweg Digital Mi'kmaq, February 6, 2020 on both lunches 6-7 and 8-9, we will have a sign-up sheet outside the FN room. Lunch will be provided.

TJHS Newsletter :

TJHS Students. Homework Club will be every Monday – Thursday 3:20 – 4:20 pm. After school hours.

Wela'lin Chris Stevens for the provided transportation.

Attention Parents/Guardians :

If you do not have PowerSchool Login for your student to see their marks, missing assignments, attendance and would like to have access.

Please call the school to Sign-up for the benefits.

Our TJHS Receptionist will be glad to help you.

(902)- 896- 5500

Attention Parents/Guardians :

If your Child/ren are going to be Late, Absent, Or Sick.

Please call the School, Text, Or Facebook message to inform us.

Shanelle Martin 902-400-1273

Jillian Maloney 902-890-8825

Julianna Paul 902-890-0561

From the Desk of Mr. Wilson,

Happy Winter Carnival,

Hopefully some parents will be able to attend the Parent Information Session being held at CEC on Tuesday Feb.11th dealing with this year's grade 9 student's grade 10 course selections for next year at CEC. Parents input in these important decisions are definitely welcomed and encouraged.

Sue Nisar, Bryant Vance and Frankie Sylliboy came to TJHS on Monday Jan.27th to talk to our Grade 9 students from Millbrook about them transitioning to CEC next year.

Other CEC Student services personnel were at TJHS on Wed. January 29th talking to the Grade 9 Advisory Groups about their Grade 10 Course Selections for next year.

By the end of February hopefully most grade 9 students will have had enough time to pick the courses they are going to take next year in grade 10.

English and Math Teachers will have made their recommendations as to what level of difficulty of courses students should be taking in grade 10 in their subject area at CEC next year. These recommendations would have been shared with individual students and CEC Student Services.

I along with other TJHS Teachers and Student Services have been giving students information about the different courses they can take at CEC that would best fit their learning profile and would give them a good foundation on to which to build a career around a "few years down the road".

Every year I make a copy of the grade 9 Millbrook students Gr.10 CEC Course Selection sheets, review them with the students, then help them input their chosen courses into CEC's Registrars POWER SCHOOL program. Most students will have entered their grade 10 course selections into Power School by the end of February. By the second week of February most parents should have seen a copy of their child's Grade 10 Course Selections.

If any parents have any questions about their teenagers Gr. 10 course selections, I encourage you to call me at 896-5550 or e-mail me at: wilsont5@staff.ednet.ns.ca

If any grade 8 or 9 parent(s) have any questions or concerns about their child's academic achievement please know that I would be happy to discuss your child's performance. Please call me at 896-5550 ...if I'm not in the Millbrook Learning Centre then I'm in a classroom with Millbrook students...Please leave me a message on my answering machine stating your concern with a phone number and time you can be reached and I will call you back as soon as I can.

See ya on the slopes,

Mr. Wilson

February 17 – NO SCHOOL, Family Heritage Day. Enjoy the day with your families and loved ones.

February 21 – NO SCHOOL, Due to PD Day for the teachers.

February 13th 2020 – TJHS Valentine's Day Dance for the Students. Starts @ 7:00 – 9:30 PM

WELA'LIOQ,

The TJHS Mi'kmaw Support Team.

Cobequid Educational Centre News

902-896-5700 (Main Office)

Office Hours: 8:25 am - 3:20pm

Homework Club: Tuesday, Wednesday, Thursday 3 PM – 4 PM (unless otherwise stated)

Hello,

Welcome to second semester! I suggest that students use this semester as a fresh start with the switch of subjects and focus on summer as motivation. It is important to remember that student's attendance is significant both in the classroom and in the community as it is a key factor being considered for Millbrook summer jobs. Parents can access grades and attendance through the Parent Portal in PowerSchool.

Graduating students should also double check with Student Services and Mr. Vance for scholarships/bursaries. If students have not applied to University and/or College now is the time.

****There will be an important lunch time meeting for student interested in Digital Mi'kmaq on Feb. 11th. All indigenous students at CEC are welcome to join****

**“IT ALWAYS SEEMS IMPOSSIBLE UNTIL IT’S DONE.”
—NELSON MANDELA**

Bryant Vance

First Nations Education Support Teacher

902-896-5728 (Classroom)

vancebw@ccrce.ca

Important Dates

February 3 – Semester 2 begins

February 11- Lunch and Learn with Digital Mi'kmaq

February 13 – Semester 1 report cards distributed electronically

February 17 – Heritage Day (No school)

February 21 – PD day (No classes for students)

March 16 to 20 – MARCH BREAK

March 28 – Opening Night of “We Will Rock You” musical

Power School/Student Assessment Policy

Parents are asked to check PowerSchool (Parent Portal) to keep track of assignments and projects due dates as well as grades. Furthermore, more information on student expectations and policies are located in the **student handbook** on the CEC website (<http://cec.ccrce.ca/2018%20Student%20Handbook%20PDF.pdf>)

CEC Students Participating in Sports and Other Extra Curricular Activities

Wrestling- Corey Dennis

Wrestling- Tyler Johnson

Basketball- Frankie Sylliboy

Musical “We Will Rock You”- Frankie Sylliboy (Chorus)

IMPORTANT Post-Secondary Planning

Help with post-secondary applications, scholarships and bursaries will be given afterschool hours during homework club. **Student should view CEC's Student Services website to fill out the forms for CEC Student Scholarship Form:** <http://cecstudentservices.ccrsb.ca/index.php/scholarships/cec-student-scholarships/>

IMPORTANT!! ATTENDANCE REMINDER

Parents/Guardians are required to call the main office (902-896-5700) to excuse missed classes within 5 school days of the absence. A reason will be requested. This is especially important for students seeking an Attendance Exam Exemption at the end of the semester.

Attendance Policy Notes:

Students that have 18 absences from February 3rd, in one course, may lose their credit according to the new Attendance policy issued from the CCRCE. Lates will be recorded and 4 late classes equal 1 absence in a course. Please see attendance policy for further inquiry: www.ednet.ns.ca/student-attendance-and-engagement-policy

Sport Game Times and Extra-Curricular Times:

Girls Varsity Basketball

Friday & Saturday, Jan 3 & 4 CEC Snowball Tournament

Friday & Saturday, Jan 31 & Feb 1 Ian Spencer Tournament - Dr JH Gillis Regional High School

Wednesday, Feb 5 vs Dr JH Gillis Time TBD

Tuesday, Feb 18 NSSAF - Northumberland region semi-finals

Thursday, Feb 20 NSSAF - Northumberland region final or 3rd place game

TBD NSSAF Qualifying to be completed by Feb 29

TBD Mar 6,7,8 NSSAF Provincial Championship (host: Western)

Boys Wrestling

Saturday, Jan 18 @ King's-Edgehill School

March 6 NSSAF Regionals

March 7 NSSAF Provincials

Musical- We will Rock You!

March 28 – Opening Night

Polling Notice

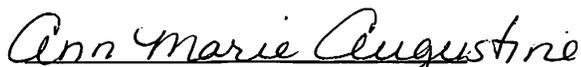
Notice is hereby given to the electors of the **Millbrook First Nation** that a poll will be held to elect a chief and **12** councillors on **Thursday**, the **27th** day of **February, 2020**, from **nine o'clock (9:00) a.m. until eight o'clock (8:00) p.m.** at the following location(s):

Millbrook Community Hall
70 Church Rd.
Millbrook, N.S.
B2N 6Y7

Please be advised that an elector can vote in person at a polling place on the day of the election in lieu of voting by mail-in ballot.

The votes will be counted at the **Millbrook Community Hall** at 8:00 p.m. on the **27th** day of February **2020**. The results will be declared immediately following the count.

Given under my hand at **Elsipogtog, N.B.** this **22nd** day of **January 2020**.


Signature of the Electoral Officer

If you have any questions, please call the Electoral Officer, (Ann Marie Augustine) at

PHONE: **(506) 523-4811**.

FAX: (506) 523 - 4811

P.O. BOX 370

TRURO, N.S.

CANADA B2N 5C5

Millbrookeo19@outlook.com

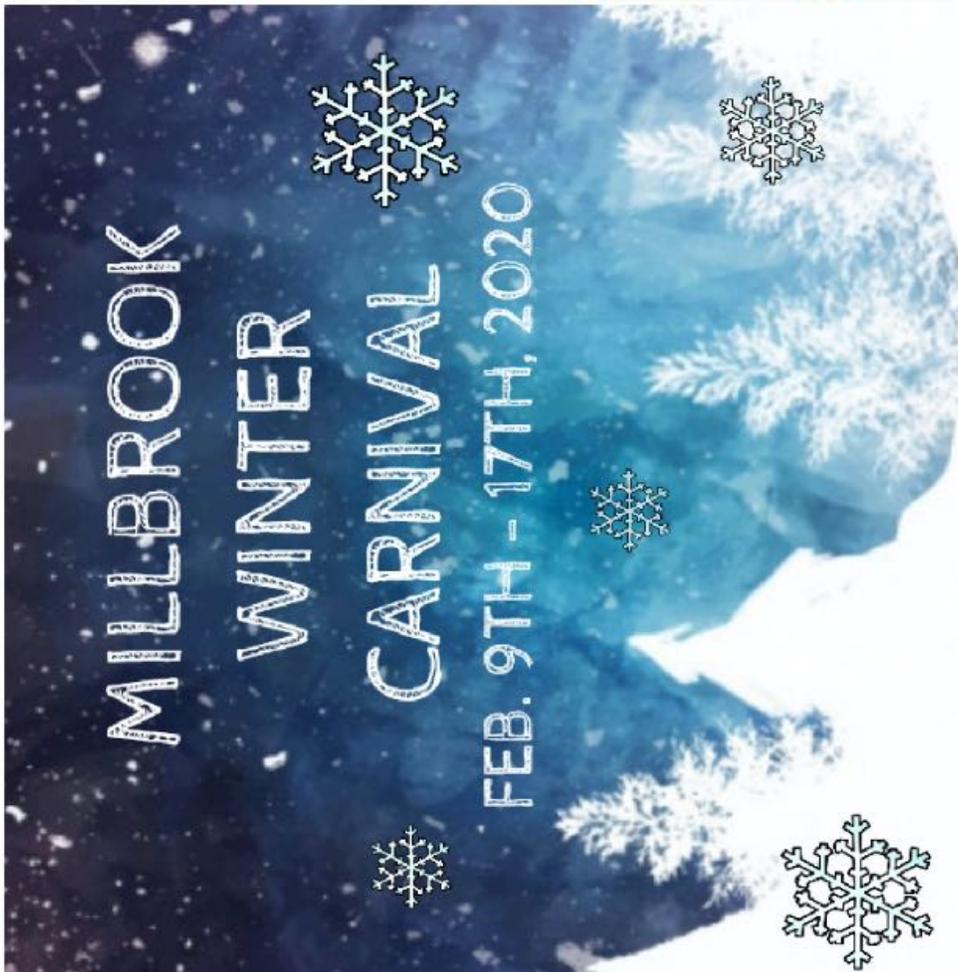
Millbrook First Nation candidate list 2020

CHIEF

Gloade	Robert James (Bob)
Johnson	Douglas Edward (Doug E)
Marlin	Shanella Adree
Stephens	Michael Paul
Wilmet	Robert Scott

COUNCIL

Abram	Anita Jean
Asprey	Korran Carla
Asprey	Jeffrey Noel
Bernard	Natasha Louise
Bernard	Colin Alexander
Bernard	Angela Noreen
Brooks	Lavinia Anne
Brooks	Bryan Francis
Brooks	Joshua Tyler
Cope	Alexander (Alex)
Falkenham	Shelley Lucille
Fiddes	Ann Margaret (Margie Cook)
Francis	Adam Joseph
Gerrard	Jude Aaron
Gloade	Peter John
Gloade	Carley Ann
Gloade	Vernon Adam
Gloade	Adrian
Hardgrave	Mary Theresa
Johnson	Gordon Charles (Gord)
Johnson	Lloyd Douglas
Julian	Billie James
Julien	Keith Lawrence
Kennedy	Leana Margaret
Knockwood	Plus Isaac
Maloney	Justine Sonya Mary
Maloney	Linda Mary Jane (Cookie)
Markie	Ward
Markie	Luke Kenneth
Marshall	Stephen Frederick
Marshall	Lisa Lou
Marshall	Teresa
Martin	Barry Morris (SR)
Paul	John Angus (Jack)
Phillips	Margaret Irene
Phillips	Sheila Anne
Smiley	Luke Thomas
Stephens	Cyril Joseph
Stephens	Chad Gordon
Stevens	James Joseph
Sylliboy	Dana Lee



MILLBROOK WINTER CARNIVAL

FEB. 9TH - 17TH, 2020



Attend a Winter Carnival event, take a pic and post on FACEBOOK with hashtag #MFNWinterCarnival for a chance to win cool prizes

For more info contact:

Sunshine Bernard

Millbrook Wellness Coordinator at 902-895-9468

MILLBROOK WINTER CARNIVAL

FAMILY SKATE



#MFNWinterCarnival

HELMETS REQUIRED

ICE RINK

**FEB. 9TH (SUNDAY)
CIVIC SQUARE
2PM - 4PM**

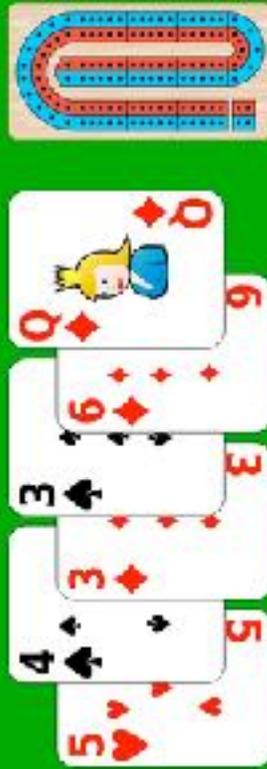
Don't forget if you attend the event, take a pic and post on FACEBOOK with hashtag #MFNWinterCarnival for a chance to win cool prizes.

**HOT CHOCOLATE & REFRESHMENTS
AVAILABLE ON SITE**

**FOR MORE INFO: CONTACT SUNSHINE
BERNARD @ 902-895-9468**

Millbrook Winter Carnival

CRIBBAGE



February 9th (Sunday), 2020

Millbrook Senior Centre

Time: 1:00pm

Contact: Colin Bernard at 902-895-9468

Don't forget if you attend the event, take a pic and post on FACEBOOK with hashtag #MFNWinterCarnival for a chance to win cool prizes.

#MFNWinterCarnival

\$10.00 To Register

MILLBROOK WINTER CARNIVAL

MILKMAQ BINGO

MONDAY, FEBRUARY 10TH
AT MILLBROOK COMMUNITY HALL
STARTS AT 6PM AGE 15 & UP

Don't forget if you attend the event, take a pic and post on FACEBOOK with hashtag #MFNWinterCarnival for a chance to win cool prizes

CONTACT: CORRINA 902-895-9468

5

7

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76 9
24 65
15 32 4
3 6 4 2

4 6 5
15 32 40 11 23
3 6 4 2 5 6 1 18

1 5
6 0 2 9
28 7
0 11 23
5 6 1 18

75



MILLBROOK WINTER CARNIVAL

Bingo Night

AMAZING PRIZES

SHEET HARBOUR - ALBERT HOWE CENTRE
FEB. 10TH MONDAY / START AT 5PM
DINNER & BINGO

Don't forget if you attend the event, take a pic and post on **FACEBOOK** with hashtag **#MFNWinterCarnival** for a chance to **WIN** cool prizes.

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

MILLBROOK WINTER CARNIVAL

MILLBROOK GYM

VOLLEYBALL

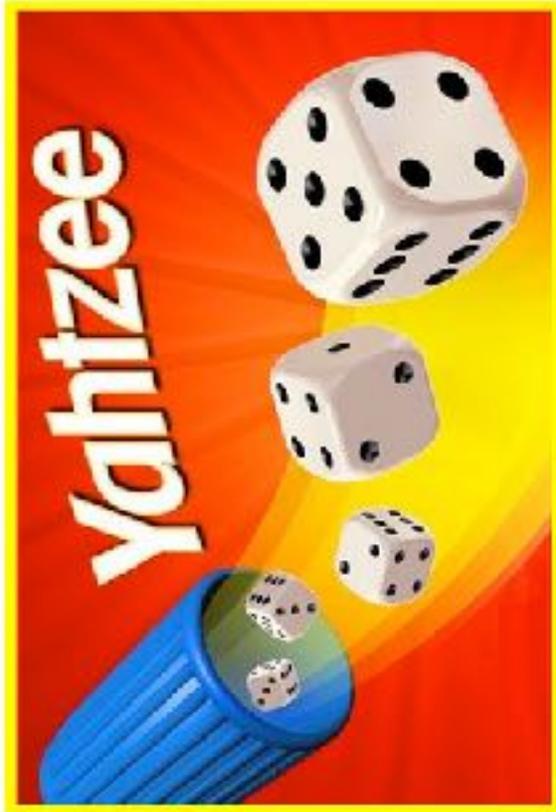
T O U R N A M E N T

GAMES START AT 6PM **MONDAY FEB. 10TH**
TEAM OF SIX - NO MORE THAN 3 MALES

CONTACT DARLEY AT 902-950-0656 TO REGISTER YOUR TEAM

Don't forget if you attend the event take a pic and post on **FACEBOOK** with hashtag **#MFNWinterCarnival** for a chance to win cool prizes.

MILLBROOK WINTER CARNIVAL



Tuesday, Feb. 11th @ 6pm

Millbrook Community Hall

Entry Fee: \$5.00

Contact: Lavinia Brooks (902) 986-9555

**Don't forget if you attend the event, take a pic and post on
FACEBOOK with hashtag**

#MFNWinterCarnival

for a chance to win cool prizes.

MILLBROOK WINTER CARNIVAL

ARCHERY



**Don't forget if you attend the event, take a pic
and post on FACEBOOK with hashtag
#MFNWinterCarnival for a chance to win cool
prizes.**

February	12
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Location: Millbrook Gym
Time: 6pm
Contact: Vernon Gloade @
902-897-7750

MILLBROOK WINTER CARNIVAL

CRAFT NIGHT

Make a Creative Sign

Feb. 12th (Wednesday) at 6pm
Millbrook Community Hall
Limited to 12 participants

To register contact *Lisa Julian* at (902) 895-9468

Don't forget if you attend the event, take a pic and post on FACEBOOK with hashtag #MFNWinterCarnival for a chance to win cool prizes.



Millbrook Winter Carnival



Feb. 12th (Wednesday) AT 5pm

COLE HARBOUR - A-FRAME

Don't miss out on all the fun! Dinner is at 5pm and Bingo begins promptly at 6pm

Don't forget if you attend the event, take a pic and post on FACEBOOK with hashtag #MFNWinterCarnival for a chance to win cool prizes.

For more info contact Sunshine Bernard @ (902) 885-9468



Millbrook Winter Carnival



Waltzes Night

February 13th, 2020

Time: 6pm—9pm

Millbrook Community Hall

Contact: Corrina Milliea
@ 902-895-9468



Don't forget if you attend the event, take a pic and post on FACEBOOK with hashtag #MENWinterCarnival for a chance to win cool prizes.

SENIOR'S
MERCHANDISE

BINGO AND LUNCH

THURSDAY
FEBRUARY 13TH
12pm - 2pm

Millbrook Senior Centre

GREAT PRIZES!
FUN FOR ALL!

Don't forget if you attend the event, take a pic and post on FACEBOOK with hashtag #MENWinterCarnival for a chance to win cool prizes.



MILLBROOK WINTER CARNIVAL

Kids Bake & Make Night!

CUPCAKE BAKING CRAFTS

14 FEB 4-6 P.M.
Millbrook Youth Centre

SNACKS
PRIMARY- GRADE 5

Cupcake baking and decorating-
Valentines day crafts!
Contact Jillisa Nickerson at the
Millbrook Health Centre to sign up
(902) 899-5792

REMEMBER to hashtag a picture on Facebook with #MFWinterCarnival at the events you attend to be entered into the BIG draw at the end of the week!!

MILLBROOK WINTER CARNIVAL

Youth Dance

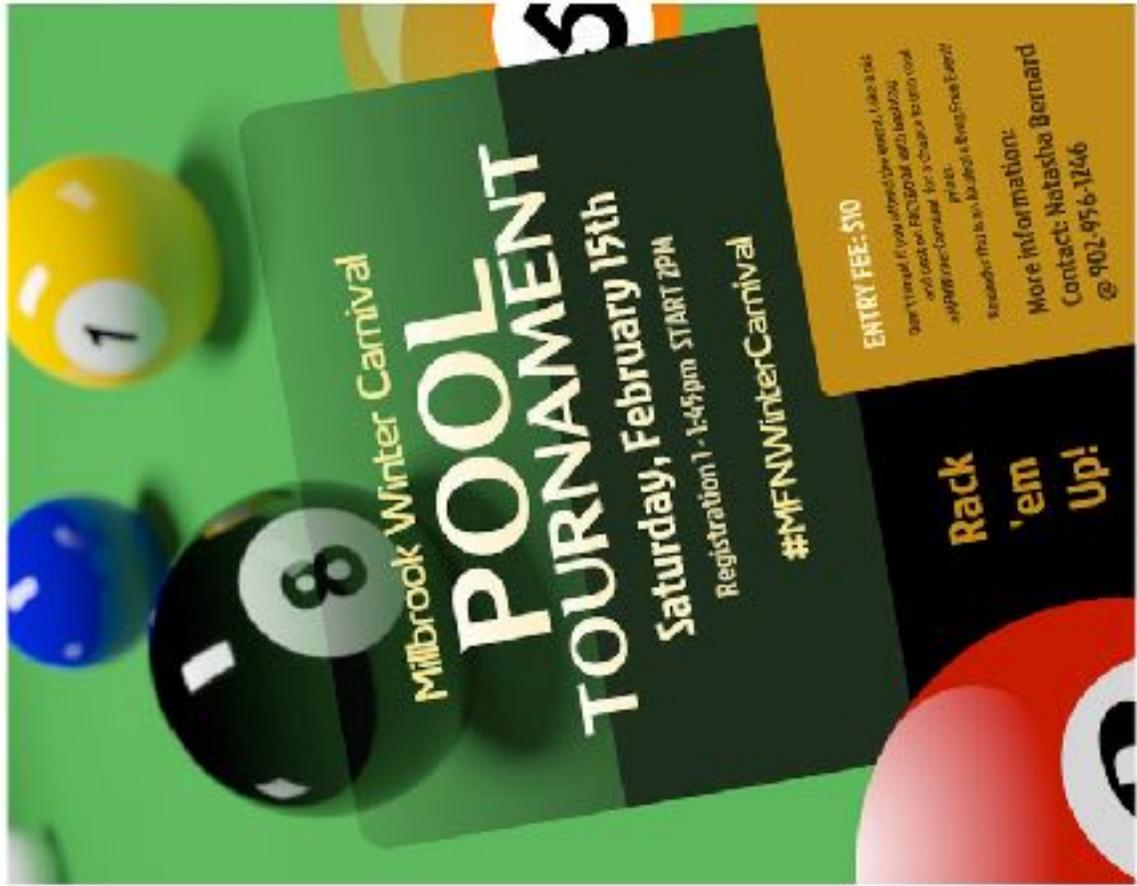
SATURDAY FEB. 15TH
MILLBROOK COMMUNITY HALL

7-9PM - GRADES 6 AND UNDER
9-11PM - GRADE 7 AND UP

PIZZA & MOVIE CARDS DJ JEFF WILMOT

Don't forget if you attend the event, take a pic and post on FACEBOOK with hashtag #MFWinterCarnival for a chance to win cool prizes!

Contact: Peter 902-897-1234



Millbrook Winter Carnival
POOL TOURNAMENT
 Saturday, February 15th
 Registration 1-4:45pm START 2PM
 #MFNWinterCarnival

ENTRY FEE: \$10
 Open to all Millbrook residents. Each table will consist of 4-6 players and will be subject to RFL pool rules. Millbrook Winter Carnival is a charity event. Proceeds from this event will go to the Millbrook Winter Carnival. For more information, contact: Natasha Bernard @ 902-956-1146

Rack 'em Up!



Millbrook Winter Carnival
FEBRUARY 15TH (Saturday)
SNOW Sculpture CONTEST

YOU MUST REGISTER YOUR SNOW SCULPTURE BEFORE FRIDAY, FEB. 14TH

CONTACT:
 SUNSHINE BERNARD
 MILLBROOK WELLNESS COORDINATOR
 AT 902-895-9488 or via Facebook Messenger



Millbrook Winter Carnival

FIRE WORKS *Display*

FEB. 15TH (Saturday) @ 10 pm
Ball Field #2 Willow Street

Don't forget if you attend the event, take a pic and post on FACEBOOK with hashtag #MFWinterCarnival for a chance to win cool prizes.

Millbrook Winter Carnival

WINTER SLED PARTY

February 16th 2pm - 4pm

TRURO LEGION

Don't forget if you attend the event, take a pic and post on FACEBOOK with hashtag #MFWinterCarnival for a chance to win cool prizes.

Contact Sunshine Bernard at
 902-895-9468



Bring A Sled & Dress warm

MILLBROOK WINTER CARNIVAL

MOVIE NIGHT



SUNDAY, FEBRUARY 16TH @ 6PM

- MILLBROOK GYMNASIUM -

A NIGHT FULL OF FUN & LAUGHS FOR THE WHOLE FAMILY!

MOVIE: MOANA

POPCORN & PIZZA & DRINKS AVAILABLE

Don't forget if you attend an event, take a pic and posts on FACEBOOK with #MillbrookWinterCarnival for a chance to win cool prizes!

Millbrook Winter Carnival

FAMILY DAY

MONDAY, FEB. 17TH @ 1PM

MILLBROOK GYMNASIUM
1PM-3PM

FUN FOR THE WHOLE FAMILY

SMART METER UPGRADES IN MI'KMAW COMMUNITIES

Nova Scotia Power is modernizing the electricity grid to provide more convenience, reliability and control. Smart meter upgrades will begin in Mi'kmaq communities in 2020 and continue through to early 2021.

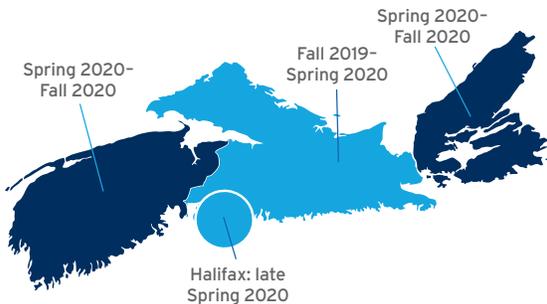
WHAT IS A SMART METER?

Smart meters are the new standard in electrical meters with sophisticated digital technology enabling communications with Nova Scotia Power through a secure and private network. Smart meters assist Nova Scotia Power in serving communities more efficiently and providing more detailed information about electricity usage.



WHEN WILL YOUR METER BE UPGRADED?

Nova Scotia Power will provide notification prior to conducting upgrades in the community.



When smart technology is turned on in 2021, you will begin enjoying the following benefits:

- INFORMATION IS POWER**
Access to daily information and notifications on electricity usage will help you make informed decisions and better manage electricity costs.
- ENHANCED SERVICE**
Connecting or disconnecting electricity will be easier and faster without the need for an on-site appointment.
- QUICKER RESPONSE**
Smart meters will notify us when the power goes out, helping us respond quicker in the event of an outage.

For more information, please visit nspower.ca/smartmeters or call our Customer Care Centre at 1-800-428-6230.



DATE	LOCATION
February 10-14, 2020	Millbrook (Truro)
February 24-28, 2020	Millbrook (Truro)
March 2-6, 2020	Millbrook (Truro)
March 9-13, 2020	Millbrook (Sheet Harbour)





Capital Assets
Millbrook Band Council
June 5, 2019

1. The Millbrook Band will replace capital assets that came with the original house for CMHC homes and other Band owned and controlled homes.
2. Capital asset items will only be replaced when they are no longer performing or operating as originally intended, has achieved/reached their generally accepted useful life and any further repair or maintenance work will not ensure continued reasonable performance or operation.
3. All capital asset items will only be replaced after inspection/recommendations from Millbrook Construction Supervisors or designates.
4. The following items are considered capital assets:
 - Roofs, including coating and flashing
 - Exterior doors and windows
 - Heating systems, including boilers (hot water or steam), forced air furnaces, chimneys and related components, heat pumps
 - Domestic hot water tanks, septic tanks, and tile beds (fittings and controls replaced during the course of regular routine maintenance are not eligible)
 - Stove and refrigerators
 - Toilets and tubs
 - Smoke detectors
5. The following items must be pre-approved by Band inspectors:
 - Replacing foundations or significant portions of foundations
 - other structural components such as wall, floor and roof framing
 - Plumbing systems
 - Electrical installations including project transformers
6. If the homeowner does not pay rent they do not qualify to this policy except for the roof, chimney, venmar, heat pump, water and sewer.



MILLBROOK FIRST NATION

**On Reserve Housing Repairs
Millbrook Band Council
May 2, 2019**

1. All private rentals are not eligible for housing repairs, this is the responsibility of the landlord.
2. Anyone not paying rent on CMCH or Band owned and controlled homes will not be eligible for any repairs with the exception of roof repairs/replacement, chimneys, venmar units, heat pumps, water and sewer.
3. Any emergency repairs that may arise will have to be looked at immediately and repaired if there is a probable cause that it will cause further structural damage to the house, such as a hole in the roof. An emergency repair is defined as: A repair, if not done immediately, will cause structural damage to the home. If not eligible for repairs, the cost of the repair will be set up as a receivable and recovered from the person assigned the house.
4. No repairs or renovations can be reimbursed without prior approval.
5. All requests for repairs must be necessary and have to be inspected before they can be approved. Construction Supervisors Lorne Paul or Bernie Bernard will do the inspections. Lorne or Bernie must tell the tenant that the repairs will be set up as a receivable if they do not qualify for repairs under the regulations.
6. No one will be eligible for screen doors, patios, carpets or porches. All flooring that needs replacing, will be replaced with tile. No fences will be approved unless it is for health and safety reasons.
7. If a person assigned a house decides to work on his/her house (such as to remove a wall) and comes back to the band to finish or re-do the work because it was not done properly, it will be the tenants responsibility. Cost of any structural damage will be recovered by the Millbrook Band Council.
8. If a Band owned house/trailer becomes a rental unit the band will not pay rent.
9. If a person other than the occupant damages a unit, that person will be responsible to pay the cost of the repair. If they do not pay the cost it will be recovered by the

Band by any means. The Millbrook Band will not be responsible to charge the person. If the person assigned the home chooses not to charge the person and ask for restitution, then the tenant will be responsible to pay for any damage done to their unit.

10. Health and safety issues/medical repairs; Anyone can request inspections from Health Canada but the Millbrook Band Council will only use the Bands construction supervisors recommendations. If not eligible these repairs will be set up as a receivable and recovered from the tenant by any means.
11. A unit not occupied by the person assigned to that housing unit will not be eligible for repairs.
12. To be eligible for an extension, the household must be overcrowded. The overcrowding must not be due boarders or foster children. Any useable areas in the house must be used to alleviate the overcrowding, including the lower level of a split entry house.

The National Occupancy standards will be used to define overcrowding, they are:

- There will be no more than 2 but no less than 1 person per bedroom;
- newborn babies must have their own room (nursery);
- Parents do not share a bedroom with their children;
- Dependents aged 14 or older do not share a bedroom; and
- Dependents aged 5 or over of the opposite sex do not share a bedroom.

13. To deviate from or amend this policy, the Chief and Council must agree unanimously at a duly convened Band Council meeting, this also applies to capital assets.

PLAY GROUP

FEBRUARY 28TH 2020

PLAYGROUP FOR AGES 0-2!
11AM-12PM
MILLBROOK SENIOR CENTRE



LIGHT SNACKS & REFERSHMENTS

CONTACT JILLISA NICKERSON AT THE MILLBROOK HEALTH CENTRE
TO SIGN UP (902) 895 9468

Managing
HIGH & LOW
blood sugars

February 27th, 2020

11:30am-1:00pm

Millbrook Seniors Centre

Are you overwhelmed with trying to manage your diabetes?

Join Courtney for a **lunch a learn** on managing high and low blood sugars. You will take home some handouts, as well as some diabetes related giveaways. Lunch will be provided.

SIGN UP WITH SUNSHINE AT THE HEALTH CENTRE!



MILLBROOK FIRST NATION
 Waste Reduction Calendar
FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Valentine's Day	15
16	17 Heritage Day	18	19	20	21	22
23	24	25	26	27	28	29

Legend:

- Organic Collection Days - Green Cart
- Recyclable Collection Days - Blue Cart
- Garbage Collection Days - Black Cart
- Holiday

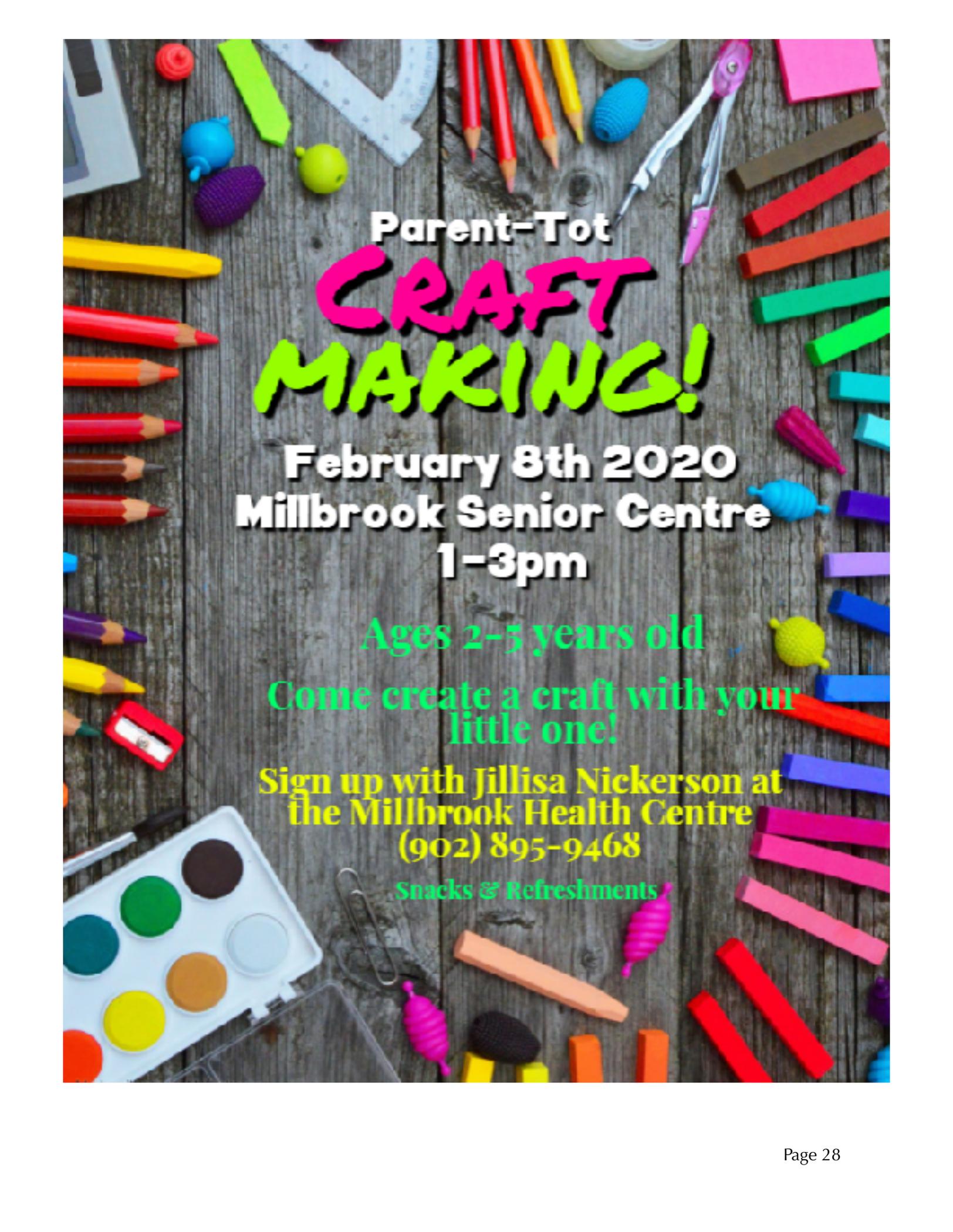


Friendly Reminders:

All Garbage **MUST BE** in CLEAR BAGS before going into the BLACK CART

All Recycling **MUST BE** in BLUE BAGS before going into the BLUE CART

NO plastic in your GREEN CART



Parent-Tot
**CRAFT
MAKING!**

**February 8th 2020
Millbrook Senior Centre
1-3pm**

Ages 2-5 years old

**Come create a craft with your
little one!**

**Sign up with Jillisa Nickerson at
the Millbrook Health Centre
(902) 895-9468**

Snacks & Refreshments

One Day Full Bellies Prenatal Workshop FREE!



*Preparing Parents for
Birth, Baby & Beyond*

Saturday March 7

9:30AM - 4PM

Millbrook Community Hall

70 Church Road, Millbrook

Includes Snacks & Lunch

In conjunction with Maggie's Place

To Register Contact:

Cindy Ryan at the Millbrook Health Centre

902-895-9468 by Feb. 28th, 2020

Offered in Partnership with the Healthy Baby Network



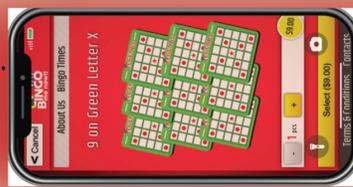
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FEBRUARY 2020

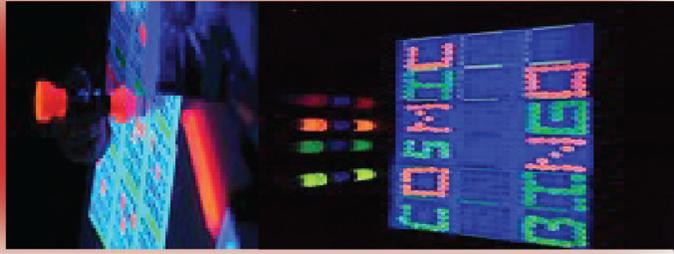
Wednesday	Thursday	Friday	Saturday	Sunday
5	6	7	8	9
Express Books	LEVEL BINGO Free single door book with previous WednesdayReceipt	PROGRESSING \$150-\$260.00 Regular Games	Floating \$200.00	\$200.00 Regular Games
12	13	14	15	16
Express Books	LEVEL BINGO Free single door book with previous WednesdayReceipt	PROGRESSING \$150-\$260 Valentine's Give Aways	BOGO Sale on Special Books + <i>Cosmic Bingo</i>	\$200.00 Regular Games
19	20	21	22	23
Express Books	LEVEL BINGO Free single door book with previous WednesdayReceipt	PROGRESSING \$150-\$260.00 Regular Games	Dauber Day	\$200.00 Regular Games
26	27	28	29	
Express Books	Dual Dab Draws \$500 in total	PROGRESSING \$150-\$260.00 Regular Games	\$150.00 Regular Games	

Use the provided QR Code
to download or go to your
favorite App Store to join the
new Bingo Revolution.
BingoMeNow



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with your
camera

Feb 8th Cosmic Bingo



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preferred customer bingo rates



www.twitter.com/legendsbingo

www.legendsgamingcentre.com

www.facebook.com/legendsgamingcentre

Community



[Sacred Heart Church](#)

Regular Sunday Mass Time is at 11:30 a.m.

For More information visit the Immaculate Conception website: www.icc-truro.org.

[Prayer Group](#)

Prayer Group meets every Monday at 7:00 pm. at the Senior's Centre in Millbrook. Agenda includes Rosary and Prayers, followed by tea, a light lunch and a social.

Come join us – everyone is welcome! The contact person for group is Jane Abram at (902) 893-7454.

[“Understanding the Bible”-Weekly Scripture Study for Adults](#)

Please join us on Thursday evenings at 7:00 pm for an evening of fellowship as we learn together the Word and grow in grace and understanding. Tea and light refreshments to follow. Located at 74 Abenaki Road. Contact: Kelly Gloade at (902) 890-8307.

[Community Hall Bookings](#)

To book the Community Hall please contact **Jay Martin at (902) 897-9199 Ext 110.**

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.

[Used Battery Bin](#)

If you have old batteries please do not throw them in the garbage, we have a battery recycle bin located in the Band Office and Health Centre. - WELA'LIN Natasha Bernard

Community

Sunday Night Hockey

Sunday Night Hockey at the Deuilles starts at 6pm

February 2, 9, 16, & 23



Millbrook Family Skate Every Sunday Morning

Sunday morning ice times at the R.E.C.C. starts at 8-9am

February 2, 9 & 16

Millbrook Fitness Centre

12 (noon) to 3:00 p.m. Monday, Tuesday, Wednesday, Thursday, Friday

(7:00 am to 9:00 am for Women and Seniors only) Tuesday, Wednesday and Thursday

(6:00 pm to 10:00 pm) Sunday, Monday, Tuesday, Wednesday, Thursday

Exercising a few times a week is a great way to improve your overall health.



Alanon

There is a Alanon meeting every Monday 10am, and Tuesday 8pm at the Alliance Church on Phillips Street which is off Robie Street.

Detox

It's better if the client comes to my office and we call the detox to do a booking, the detox "always has to talk to the client first" before a bed is given to them, for the client to answer questions RE : health, and medical. I Can not do the booking for the client. If for some reason client can not make it to my office I ask if they could call them which most of the time it not the same day.

Health Services:

Please call NIHB before you get eye exams/glasses, medical transportation, medications and mental health services to see if those are covered by NIHB and that you are eligible for those things. The NIHB toll-free number is 1-800-565-3294 (press 2 for client, then press 1 for vision, 2 for medical transportation, 3 for medical supplies and equipment, 4 for medications, or 5 for mental health). Before you undergo a dental procedure, make sure your dentist has called NIHB's dental pre-determination centre to find out if the procedure is covered by NIHB.

Alcohol Anonymous Groups

Millbrook Free Spirit AA group meets every Tuesday night at 7pm at the Millbrook Senior's Centre.

Everyone is Welcome

7:30pm Hubtown Group Douglas St school

Friday - Phoenix 12 & 12 St Andrew Church 7pm 55 King St.

Saturday - Hubtown Group 7:30 Douglas St school

Sunday - Breakfast Group 11am 36 Douglas St

(Al Anon)

Wednesday - 40 Douglas St. 7pm contact Ann 902 895 5535

Health Centre

Mailing Address

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

Business Hours

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

Phone Numbers

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

Health News

1. Please note that the medications required in preparation for a colonoscopy are covered by NIHB so please obtain a prescription and give it to your pharmacy.
2. Please note that we will no longer be paying the delivery fee for over the counter medications/items, you can either make arrangements to pick them up at your pharmacy or if you choose to have them delivered you will be responsible for paying the delivery fee.

Your Privacy, our Promise

As of February 1, 2019, Millbrook is a custodian of personal health information under the Personal Health Information Act (PHIA). As a “custodian” of personal health information, we have an obligation to protect the privacy of the information we collect, use and disclose about you. PHIA balances your right to have your privacy protected with the need of the health sector, including our organization, to collect, use and disclose it to provide appropriate care and services to you. For more information about PHIA and our role under PHIA, please see one of the brochures in our health centre lobby.

What Is “PERSONAL HEALTH INFORMATION”?

Personal health information is identifying information about you, and includes demographic information (name, address, date of birth), your health card number, information related to your physical and mental health care, and other information related to your eligibility for health care services. Personal health information continues to be protected after you are deceased.

Baby Moccasins - Sheet Harbour

There will be a Baby moccasins making course for adults Max10 ppl on Feb 8 at 10am @ the Albert Howe centre, instructor is [Dora Gloade](#) and where this is a small group only 1 per house and you have to sign up yourself no adding people Please.

Seats are full But do have a waiting list

Lunch & Refreshments will be served. Peter Gloade

Baby Moccasins - Cole Harbour

There will be a Baby moccasins making course for adults Max10 ppl on Feb 22 at 10am @ The A frame building in Cole Harbour, instructor is [Dora Gloade](#) and where this is a small group only 1 per house and you have to sign up yourself no adding people Please. Lunch & Refreshments will be served. Peter Gloade

Seats are full but do have a waiting list

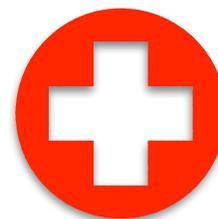
Medical Drivers

Donna Gloade

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

Ella Paul

Cell: (902) 956-2679



[National Toll-Free First Nations and Inuit Hope for Wellness Help Line](#)

There is a National toll-free *First Nations and Inuit Hope for Wellness Help Line*. The Help Line, which started operation on October 1, provides immediate, culturally competent, telephone crisis intervention counselling support for First Nations and Inuit, 24 hours a day, seven days a week. Counsellors can also work with callers to identify follow-up services they can access. Counselling is available in English and French and, upon request, in Cree, Ojibway, and Inuktitut.

The new toll-free number for the First Nations and Inuit Hope for Wellness Help Line is 1-855-242-3310.

[Millbrook Free Spirit AA](#)

Millbrook Free Spirit AA group meets every Tuesday night at 7pm at the Millbrook Senior's Centre. Everyone is Welcome

**responsible for your own transportation.*

[Eskasoni Help Line](#)

For any youth who are having a problem such as bullying, peer pressure, or any problems and want to talk to someone there is a number to call; all calls are confidential. Eskasoni help line toll free 1-855-379-2099 or on Facebook Eskasoni Crisis Worker there will be someone there to chat to.

[Alanon](#)

There is a Alanon meeting every Monday 10am, and Tuesday 8pm at the Alliance Church on Phillips St which is off Robie Street or call 902 895 4169

**responsible for your own transportation.*

[5 Weeks Rehab Treatment](#)

The client has to be clean and sober for at least 1 week. The client has to meet with the addiction counsellor 4 times, and has to make sure all appointments are taken care of before going into treatment.

[Community Addictions Worker - Peter Gloade](#)

The Community Addictions Worker has a list of AA and NA & Alanon meetings in the local area or call (902) 895- 5535 for more information on local groups. Also www.area82aa.org has information.

If anyone has any suggestion regarding workshops or presentation what they would like to see regarding addictions. Please contact me at (902) 890-1671 or message me on facebook. I am open to all suggestions, Peter Gloade.

[Nova Scotia Legal Aid - Confidential Online Forum](#)

Nova Scotia Legal Aid provides a confidential online forum on Tuesdays from 2 p.m. to 5 p.m. for people to ask a lawyer family law questions. The website is www.nslegalaid.ca.

[Anger Management](#)

Anyone who needs to get counselling on Anger Management can contact Bridges – A Domestic Abuse Intervention in Truro at 902 897 6665 to do booking to see a Counsellor or contact Dan Walsh at the Millbrook Healing Centre at 902 893- 8483.

[Treatment Centre Schedule](#)

- Rising Sun at Eel Ground, NB** is Feb 24, 4 weeks program Co-ed
- Eagles Nest Recovery house** Indianbrook Feb 24, 5 weeks program.
- Mikmaw Lodge** at Eskasoni, NS is Feb 24 5 weeks program
- Wolastoqewiyik** Tobique Feb 24, 5 weeks program

Any Millbrook Youth who would like to go a treatment program I have forms for the 3 treatment centres available.

- Walgwan Centre in Quebec - long term program
- Charles J Andrew Youth Centre Sheshatshiu Labrador – long term
- Choices in Halifax

Contact the Community Addictions Counsellor (Peter Gloade) at 897-1234.



[Mid- Winter Youth Dance](#)

There will be a Winter Carnival Youth dance at the Community Hall on Saturday February 15 pizzas and movie cards 7 to 9pm for grades 6 & under and 9 to 11pm for grades 7 & up also canteen will be available. For more information contact Peter Gloade 902 897 1234 Music by Jeff Wilmot

Everyone is Welcome

Also PLEASE Note No grades 7 and up will be allow into the Hall until 9pm, also adults who are just coming up just for pizzas please note these are kids dances and the pizzas are for the kids. If you're an adult with no kids taking part in the dances, this rule apply to you also. Thank you

[List of Disaster Safety Information Websites](#)

Surviving a Wildfire

<https://www.iccsafe.org/advocacy/disaster-toolkits/consumer-safety/surviving-a-wildfire/>

Flash Flood Safety and Damage Prevention Guide

<https://www.homeadvisor.com/r/flash-flood-safety-and-damage-prevention/>

Hurricane Safety Tips

<https://www.libertymutual.com/claims-center/catastrophe-preparation/hurricanes/hurricane-safety-tips>

Ultimate Guide to Drought Safety

<https://www.angieslist.com/articles/ultimate-guide-drought-safety.htm>

Tornado Safety Guide

<https://www.basementguides.com/tornado-safety-guide/>

How to Proactively Prepare for a Blizzard

<https://www.fbfs.com/learning-center/how-to-proactively-prepare-for-a-blizzard>

[Millbrook Gym Schedule](#)

<u>Sunday</u>	<ul style="list-style-type: none"> • Archery 6pm
<u>Monday</u>	<ul style="list-style-type: none"> • Kids free play 6-7:45pm • Men's pick up Basketball starts at 7:45pm
<u>Tuesday</u>	<ul style="list-style-type: none"> • League Volleyball 6-9:30pm
<u>Wednesday</u>	<ul style="list-style-type: none"> • Kids free play 6-7:30pm • Men's pick up Basketball 7:30pm
<u>Thursday</u>	<ul style="list-style-type: none"> • Kids free play 6-7:30pm • Pick-up Volleyball 7:30pm-close



Every
Sunday



1:00pm
to
3:00pm

Millbrook Greenhouse

15 Tower Road, Millbrook First Nation, Mi'kma'ki

The MMM Garden Club meets every Saturday. Members raise greenhouse produce for distribution to indigenous school cafeterias and elders in the Fundy region. All members learn greenhouse cultivation techniques, as well as gardening methods, and have first access to produce raised in the greenhouse. Club members also raise plants for community gardens across Mi'kma'ki, which will be distributed during spring plant giveaways. These plants include traditional medicines, like sweetgrass and sage.



Contact: psteiner@mikmawconservation.ca 902 957 3094





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Derrick Higgins
Advisor
Member, Advocis

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Markie Bus Tours Halifax Casino Runs

On the First Friday of every month we will be departing at 8:00 am from New Glasgow Parking lot behind the Medical Center (which is front of the theatre area, on East River Road). Then traveling to Truro to pickup at Staples Parking lot Robie Street, departing at 9:30am. Departing Halifax Casino at 3:30pm same day.

Please call ahead for seating at (902) 843-5501

- **Bus Transportation**
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Visit: Casino Nova Scotia for more Information.
Contact **MARKIE BUS TOURS** for more information.

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& Leana Kennedy (902) 890-8037
g_man22@outlook.com

FEBRUARY 2020 – Millbrook Health Centre						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Gladys David Rider Dr. Blois (pm) Dr. Vance Meaghan	4 Closed 9-11 for training Dr. Blois (pm) Gladys Meaghan	5 Dr. Blois (pm)	6 Michelle	7 Dr. Blois (pm) Dr. Bauld (full day) Charles	8
9	10 Dr. Blois (pm) Gladys David Rider Dr. Somerfield Meaghan	11 Dr. Kelly (full day) Gladys Meaghan	12 Dr. Blois (pm) Dr. Kelly (full day) Dr. Somerfield	13 Dr. Blois (pm) Michelle	14 Dr. Blois (pm) Charles	15
16	17 Dr. Vance Gladys Meaghan	18 Gladys Dr. Blois (pm) Meaghan	19 Dr. Bauld (1:30-8) Dr. Blois (pm)	20 Dr. Blois (pm) Michelle	21 Vera	22
23	24 Dr. Blois (pm) Gladys Dr. Somerfield David Rider Meaghan	25 Dr. Blois (pm) Gladys Meaghan	26 Dr. Blois (pm) Dr. Somerfield	27 Michelle	28	29

Please call 24hrs before if you need to cancel your appointment. Hours: Monday to Thursday (9:00 to 4:30); Friday (9:00-4:00)