

# Millbrook Community Newsletter

MARCH 2024



JILEEN JULIEN CASTING HER BALLOT FOR  
THE 2024 MILLBROOK FIRST NATION ELECTION

## Important Dates

👉 **March 12** - General Chief and Council Meeting

Please visit [www.millbrookband.com/events](http://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'kmaq 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

**Tuesday, March 12<sup>th</sup>, 2024**

Deadline for letter submissions and booking time to see Council is

**Thursday, March 7<sup>th</sup>, 2024 at noon.** Contact the Administrative Assistant to Chief and Council  
- Suzanne Penney at Phone: (902) 897-5877 or e-mail: [spenney@millbrookfn.ca](mailto:spenney@millbrookfn.ca)

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

## 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](http://www.millbrookfn.ca)

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

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

**Please contact employees directly, our social media channels are not monitored for comments.**

## 2024 Schedule for Chief and Council Meetings

Month	Days	General Chief and Council Meeting	Days	Economic Development & Project Consultation
March	Tuesday	March 12, 2024	Tuesday	March 26, 2024
April	Tuesday	April 9, 2024	Tuesday	April 12, 2024
May	Tuesday	May 14, 2024	Tuesday	May 28, 2024

## Craft Grants - Economic Development Team

The Economic Development team has been accepting applications for the Craft Grant, we have expensed our entire budget for this fiscal however, we are continuing to accept applications, and the budget will be provided to council on March 12<sup>th</sup> to accommodate further applications.

## No Dumping at MicMac Ave or Tower Road

Please get in touch with the Housing Department before dumping at Mic Mac Ave or Tower Road. After gaining permission from the Housing Department, you will be responsible for maintaining the site as is (bulldozing the dumped material over the edge), leaving it in its original state. Contact Lorne Paul at [lpaul@millbrookfn.ca](mailto:lpaul@millbrookfn.ca) or Cell: (902) 890-4863 / Chantel Langille at [clangille@millbrookfn.ca](mailto:clangille@millbrookfn.ca).

## 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, March 10, 17, 24 & 31.

- **No Ice Time on March 3<sup>rd</sup>**



### 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 \$400/full day rental charge

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

**Millbrook members rental (Large):** Band members wanting to book the hall for a larger event such as a wedding reception/dance the cost is a deposit of \$500. They must clean the hall afterwards, put all chairs and tables away. After inspected they can receive \$300.00 back.

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

### Post Secondary Student Transcripts

A reminder for all Post-Secondary students to send in their Fall 2023 transcripts to the Administration Office,

**Attention Monica Sani:** [msani@millbrookfn.ca](mailto:msani@millbrookfn.ca)

### Updating Housing Contact Database

If anyone has submitted a **Repair and Renovation Request Form** or has expressed interest in the **Mi'kmaw Home Energy Efficiency Project**, we will ask that they update their contact information if it has changed since the initial submission. This information will help our Housing Department get in contact with everyone more efficiently.

### Updated Documents

- Updated **December 13, 2023 Housing Policy** is available on the website.

### Upcoming Community Events

- 🌟 **March 7** - Deadline for submissions to Chief and Council meeting
- 🌟 **March 11** - Elder's Bingo 12-2 PM
- 🌟 **March 11** - Pizza and Paint 3-6 PM
- 🌟 **March 12** - Chief and Council Meeting
- 🌟 **March 12** - Movie at Cineplex Cinema starting at 11 AM
- 🌟 **March 13** - Community Scavenger Hunt starting at 11 AM
- 🌟 **March 14** - Trip to Ski Wentworth Leaving at 9 AM returning at 5:45 PM
- 🌟 **March 15** - Dance Party 6-10 PM
- 🌟 **March 19** - Non-violent Crisis Intervention Course
- 🌟 **March 20** - One site SIN clinic, income tax, and old age pension help with Service Canada
- 🌟 **March 26** - Chief and Council Meeting
- 🌟 **March 26** - Lunch-N-Learn / Healing Bundles & Self Love Strategies

## Social Assistance

Social Assistance Cheques are scheduled for: **Thursday, March 7 & 21.**

Applications are available at the Reception desk at the Millbrook Administration Office.

## Millbrook's Newsletter Deadline - Wednesday, March 20<sup>th</sup>, 2024

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

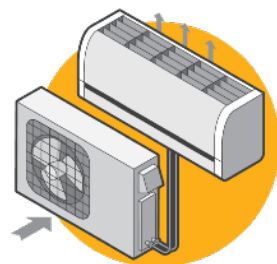
Send your content to: [ngloade@millbrookfn.ca](mailto:ngloade@millbrookfn.ca)

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 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](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.

## 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](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)

## *Millbrook Social Department Upcoming Events*

### *Traffic Control/Temporary Workplace Signer Courses*

We are seeking Social Clients interested in taking a Traffic Control Course, which is one day, and a Temporary Workplace Signer Course, which is two days. Upon completion, you will receive a 3-year certificate for each course. These will begin on March 26th, 2024.

The Town of Truro is building a new roundabout in June, and we would like to help anyone interested to become trained and perhaps gain some part-time work while this construction is happening.

I'd also like to remind you that our program will provide childcare benefits, transportation, and safety equipment to help remove some financial barriers preventing you from pursuing your education, skills, and goals.

You will be paid an allowance for the 1-day course in Traffic Control and the two-day course of the Temporary Workplace Signer, or a combined allowance for three days of both courses. Again, Childcare and Transportation will be provided if needed.

There will be door prizes at each course. If you are interested in these courses, please contact me, and we can start signing you up! Depending on how many are curious, the courses will be held here in Millbrook or downtown on Prince Street.

### *Appliance Repair Course*

Our Social Department is looking for social clients interested in Appliance Repair. We have an instructor who will be holding this course and is willing to come to our community to help us with this for those interested.

Upon completion of his course and apprenticeship, we will be looking to hire for the position of appliance repair to fix all our appliances throughout our community, Sheet Harbour and Cole Harbour.

We have limited seats, and any required safety equipment will be provided. Please inform us as soon as possible so we have enough supplies for everyone.

### *Food Handler Course and Cooking Classes*

As you know, our last food handlers course was cancelled due to storms. So, we will be rescheduling this event for early next month. There will still be seating for 20 participants. If you're interested, please reach out so we can get you signed up.

We are also going to be taking names to register for a few cooking classes as well. If you have any allergies or food restrictions, please let me know.

Door prizes throughout the day: you must be present to claim your prize.

I can be contacted by Call/text/email

**Courtney Cope, Social Case Manager Millbrook Social Department**  
**(902) 899-7704 or [ccope@millbrookfn.ca](mailto:ccope@millbrookfn.ca)**

## Ribbon Skirt Making Workshop



Saturday March 12, 2024  
10 AM - 4PM  
At Millbrook Community Hall  
(72 Church Road)

**Facilitator:** Jennifer Denny

Open to ages 19-29, lunch provided.

**Contact Courtney Cope to Register:**

(902) 899-7704 or [ccope@millbrookfn.ca](mailto:ccope@millbrookfn.ca)

## Millbrook Training & Employment

### Resume Writing Support Drop in for March 2024

Looking for work? Need to create or update your current resume?

**Millbrook Employment & Training (METS) is offering drop in Resume Support March 7th & 21st.**

Services that will be provided:

- Access to a computer
- Free printing
- One on one support

Walk ins welcome during the drop in hours on Thursdays at the Millbrook Band Office from 10am-1pm

If you have any questions, please contact

**Amy Gloade or Beth Paul**

**Millbrook Employment & Training Officer**

**Email:** [agloade@millbrookfn.ca](mailto:agloade@millbrookfn.ca) or [bpaul@millbrookfn.ca](mailto:bpaul@millbrookfn.ca)

**Cell:** 902-890-3131

# Millbrook Employment & Training

## On-Site SIN Clinic, Income Tax Submission, & Old Age Pension Help

Millbrook Employment & Training is  
hosting an on-site SIN Clinic, Tax  
Submission & Old Age Pension help  
with Service Canada

Wednesday March 20<sup>th</sup> 2024

9:30am – 3:00pm

Location:

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Millbrook Seniors Centre  
841 Willow Street

If you have any questions, please  
contact

Amy Gloade or Beth Paul

Email: [agloade@millbrookfn.ca](mailto:agloade@millbrookfn.ca) or  
[bpaul@millbrookfn.ca](mailto:bpaul@millbrookfn.ca)

Phone: 902-890-3131

Service  
Canada 

**Required Documents: Photo ID  
(Status Card Accepted), SIN  
Number & Tax Documents  
Required**



# Non-Violent Crisis Intervention Course

**Millbrook Employment & Training is offering a 1 day Non-Violent Crisis Intervention Course**

**When: March 19<sup>th</sup> 2024**

**Time: 9:00am – 4:00pm**

**Where: Super 8 Hotel  
Lunch will be provided**

**Door prizes will be drawn at the end of the day. You must be there to claim your prize.**

**To sign up you can email Beth Paul at [bpaul@millbrookfn.ca](mailto:bpaul@millbrookfn.ca) or call 902-890-3131**

**Please mention any allergies or dietary restrictions when signing up.**



**Objective of this course is: To provide you with tools that can help you manage those who may be potentially violent either verbally or physically.**



# MARCH 2024

SUN MON TUE WED THU FRI SAT

						01	02
<i>Millbrook Employment &amp; Training Calendar</i>						GED CLASS 9am-12pm 1pm - 4pm	
03	04 Technology 9am-12pm	05 Technology 9am-12pm	06	07 Resume Writing Support 10am-1pm	08 GED CLASS 9am-12pm 1pm - 4pm	09	
10	11 Technology 9am-12pm MARCH BREAK	12 Technology 9am-12pm MARCH BREAK	13 MARCH BREAK	14 MARCH BREAK	15 GED CLASS 9am-12pm 1pm - 4pm MARCH BREAK	16	
17	18 Technology 9am-12pm	19 NVCi Course Super 8 Hotel 9am-4pm	20 SIN Clinic Seniors Centre 9:30am - 3pm	21 Resume Writing Support 10am-1pm	22 GED CLASS 9am-12pm 1pm - 4pm	23	
24	25 Technology 9am-12pm	26 Technology 9am-12pm	27	28	29 NO GED Classes Good Friday	30	
31							

Easter Sunday

# Lunch-n-Learn

## Healing Bundles & Self Love Strategies

March 26, 2024  
11:00 a.m. - 2:00 p.m.



### Millbrook Senior's Centre

Join us for our upcoming Lunch-n-Learn! We'll create healing bundles, share self love strategies and skills. Feel welcome to bring a small sentimental item that gives you strength to go in your healing bundle.

**Lunch and materials provided!**



The Confederacy of Mainland Mi'kmaq

Department of Health and Social Services  
[cmmns.com](http://cmmns.com)





## SCHEDULE FOR NEW CHIEF AND COUNCIL FOR 2024

Month:	Days:	General Chief and Council Meeting	Days:	Economic Development Meeting
March	Tuesday	March 12, 2024	Tuesday	March 26, 2024
April	Tuesday	April 9, 2024	Tuesday	April 23, 2024
May	Tuesday	May 14, 2024	Tuesday	May 28, 2024
June	Tuesday	June 11, 2024	Tuesday	June 25, 2024
July	Tuesday	July 9, 2024	Tuesday	July 23, 2024
August 2024 No Meetings This Month Summer break for C and C				
September	Tuesday	September 10, 2024	Tuesday	September 24, 2024
October	Tuesday	October 8, 2024,	Tuesday	October 22, 2024
November	Wednesday	November 13, 2024 (due to Remembrance Day Monday)	Tuesday	November 26, 2024
December	Tuesday	December 3, 2024	Tuesday	December 17, 2023
December meetings are moved ahead a week to accommodate Christmas Holidays 2024				

## NEW CHIEF AND COUNCIL 2024 ORIENTATION/GOVERNANCE TRAINING

DATE	ACTIVITY	LOCATION
Tuesday, March 5, 2024	Swearing In Ceremony Group Photo	Millbrook Cultural And Heritage Centre
Wednesday, March 6, 2024	Orientation/Info Session Part 1	Council Chambers
Thursday, March 7, 2024	Governance Training	Council Chambers
Friday, March 8, 2024	Governance Training	Council Chambers
Monday, March 11, 2024	Orientation/Info Session Part 2	Council Chambers



# Millbrook Early Education Centre News

## Important Dates in March

**March 4-8, 2024**

Winter Carnival Week

**Friday, March 8, 2024**

No Classes - Primary Only

Assessment & Evaluation Day

**March 11-15, 2024**

**CLOSED FOR MARCH BREAK!**

**Thursday, March 28, 2024**

MEEC will be **CLOSED**

Professional Development Day

**Friday, March 29, 2024**

MEEC will be **CLOSED**

Good Friday **HOLIDAY**

### HOURS:

Daycare 8:00-5:00

Preschool 8:30-2:00

Primary 8:30-2:30

Afterschool Program 2:00-4:30

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



## WELCOME TO THE TEAM TAMMY!



Hello, my name is Tammy Elliott, I am the Behavioral Therapist for Millbrook Education. It is the policy of Millbrook is to provide behavioral supports for students prior to elementary school enrollment. I am here for any students from Preschool and Primary who are asked to be assessed by parents or teachers (for treating challenging behaviors) and have behavior plans created to assist teachers and staff in classrooms. I look forward to beginning this new role and I am excited to meet everyone!

Should you have any questions or concerns, please do not hesitate to contact me at 902-897-0445 ext. 108, I'm more than happy to help or chat. Wela'lin!

### Contact Us

902-897-1249 / 902-897-0445

- Ext. 101 - Assistant Manager - Cheryl
- Ext. 102 - Preschool 4 – Susan & Amy
- Ext. 103 - Daycare – Genny, Levi & Sunshine B.
- Ext. 104 - Preschool 3A - Jessica & Amanda
- Ext. 105 - Preschool 3B - Jaquinn & Leslie
- Ext. 105 - ASP - Leslie, Melinda & Amanda
- Ext. 107 - Primary - Emma & Melinda
- Ext. 108 - SLP - Christina
- Ext. 109 - Manager – Sylvia

Email: [smmartin@millbrookfn.ca](mailto:smmartin@millbrookfn.ca)

We are now accepting registrations for next 2024-2025 school year. Please complete the attached form on back side of this page (or print one from Millbrook's official website) and submit now. We need to know who is coming so we can plan our class groups and teaching staff accordingly. Thank you so much for considering the Millbrook Early Education Centre for your child's most important years! - Management

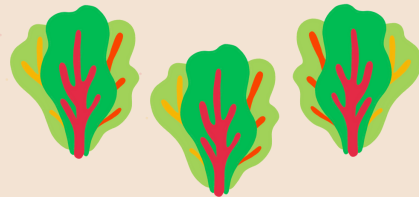


come and join our  
community garden coordinator  
for a

# community meet & greet

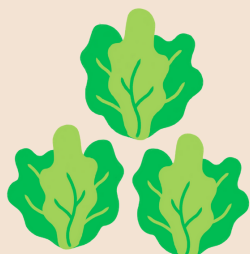


find out about our  
community garden  
and our  
gardening at home project



Sheet Harbour Legion  
Saturday March 9th  
12-2

Millbrook Senior's Centre  
Sunday March 10th  
12-2



email [rhill@millbrookfn.ca](mailto:rhill@millbrookfn.ca)  
with any questions



January 25, 2024

Dear Social Clients,

We are happy to announce that we have a new social program. This program is for all our 13 First Nation communities; it is our enhanced social assistance program. We want to help remove any financial barriers affecting your return to school or gaining part/full-time employment. We are encouraging all social clients to come and sign up; there **are so many new available benefits you may be eligible for.**

The primary goal of the social enhanced assistance benefits program is to reinforce traditional Mi'kmaw structures and community systems of caring for and supporting clients while working towards fulfilling your goals.

**All social recipients are encouraged to apply.** If applicants are eligible, recipients will have the four basic areas necessary to sustain a person in need and move them from poverty to an improved standard of living. Depending on personal situations, **you may be able to collect from more than one area**, which are **basic benefits, social housing benefits, health benefits, training and employment benefits.** Recipients will then participate in case management, where we will decide on an appropriate number of session (s) based on the barriers keeping you from your short- and long-term goals and the approximate amount of time you will need to accomplish them. During our case appointment, we will also develop your case plan so you can begin your journey.

If you are interested in starting the process, please reach out and give me an e-mail, text/call. From there, we will set up appointment times for you to fill out your application. If you are found eligible, we will pay you a travel allowance so you may come in and complete your application and assessment.

Courtney Cope  
[ccope@millbrookfn.ca](mailto:ccope@millbrookfn.ca)  
1-902-899-7704

## **Social Enhanced Assistance Benefits Program**

We Are Seeking Social Clients to Volunteer to take part in our Case Management Program. This program was developed to help remove financial barriers and empower clients while building strengths, knowledge, and skills to help you achieve your goals.

- 🔥 Are you a Social Client interested in enhancing your strengths and skills?
- 🔥 Do you want to enhance the overall quality of life?
- 🔥 Do you want to get out in the community and be more involved?

**If you answered YES to any of these questions, our program is for you!**

### **Case Management**

- 🔥 To address the needs of Mi'kmaw families for food security, housing, health, education and training to promote self-reliance,
- 🔥 To enhance the overall quality of life for those living in Mi'kmaw Communities by fulfilment of potential and well-being,
- 🔥 A positive new way to provide social services to the 13 Mi'kmaq communities of Mi'kma'ki.

The primary goal of the Social Enhanced Assistance Benefits Program is to reinforce traditional Mi'kmaw structures and community systems of caring for and supporting clients while working toward the fulfillment of goals and becoming self-reliant.

**All social recipients are encouraged to apply.** If applicants are eligible, recipients will have the four basic areas necessary to sustain a person in need and move them from poverty to an improved standard of living. Depending on your situation, **you may be able to collect from more than one area**, which are **basic benefits, social housing benefits, health benefits, training, and employment benefits**. Recipients will then participate in case management, where we will decide on an appropriate number of sessions based on the barriers keeping you from your short- and long-term goals and the approximate amount of time you need to accomplish them. During our one-on-one case management sessions, we will develop your case plan so you can begin your journey.

**All our meetings will be discreet and confidential.**

To set up your initial appointment or if you would like to know more about the program, please reach out!

Your Case Manager

**Courtney Cope at: [ccope@millbrookfn.ca](mailto:ccope@millbrookfn.ca)**  
or Call/Text me at 1-902-899-7704/1-902-897-9199

# Maternal-Child Health March

0-5 Open Gym  
March 8th  
10:00-11:30am  
Millbrook Gym

Drop-in, older siblings  
welcome, door prize

0-5 Open Gym  
March 22nd, 10:00-  
11:30am  
Millbrook Gym

Drop-in, older siblings  
welcome, door prize

Quill Art Workshop  
March 16th, 10:30-  
3:30pm  
For mothers with  
children 0-5  
Registration Required

0-5 Easter Bunny Photos  
March 27th, 4:30-6:30  
Millbrook Seniors Centre  
Drop-in, door prizes

To register, contact Tilina:  
(782) 370-1580 or  
tbarkhouseasprey@millbrook  
health.ca





# MILLBROOK FIRST NATION MARCH BREAK 2024 ACTIVITIES

**MONDAY, MARCH 11**

**ELDER'S BINGO  
AT THE COMMUNITY HALL  
12 - 2 PM**

**PIZZA AND PAINT  
AT THE COMMUNITY HALL  
3 - 6 PM**

**TUESDAY, MARCH 12**

**MOVIE AT  
CINEPLEX CINEMA  
STARTING AT 11 AM  
MOVIE TBA**



**WEDNESDAY, MARCH 13**

**COMMUNITY  
SCAVENGER HUNT  
STARTING AT 11 AM  
THE COMMUNITY HALL**



**THURSDAY, MARCH 14**

**TRIP TO SKI WENTWORTH  
BUS MEETS AT LEGENDS  
PARKING LOT AT 9 AM  
WE WILL LEAVE  
THE HILL AT 5 PM  
REGISTER WITH  
TAMARA AT 9028995322.**

**CHILDREN MUST BE  
ACCOMPANIED BY AN ADULT.**

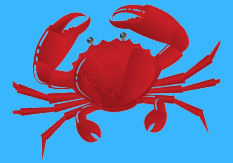
**FRIDAY, MARCH 15**

**DANCE PARTY  
MILLBROOK COMMUNITY HALL**

**6-8 PM LITTLE ONES  
8-10 PM BIGGER ONES**



For more information on the March Break Activities or to Register for Ski Wentworth, please contact Tamara Gloade at 902-899-5322. Wela'lloq



## MEET OUR TEAM

- Jonathan Lowe - Director of Fisheries
- Michelle Gloade - Manager of Fisheries Operations
- Ellen Marshall - Commercial Project Manager
- Dalas Tufts - Fisheries Admin Coordinator/Admin Assistant
- Matt Glode - Conservation Team Lead
- Mattie Martin - Livelihood Coordinator/Health and Safety Training Advisor
- Tom Gloade - Fleet Manager
- Chris Glode- Resource Management Officer Technician
- Andy Johnson - Fleet Technician
- Carla Asprey - Sheet Harbour Wharf Supervisor
- Janice Verney - Accounting Clerk

## SHEET HARBOUR

- Over the past several months there has been ongoing construction for the lobster pound at the wharf. This construction includes the installation of the intake pipe in the harbour, concrete tanks formed and poured, construction of the pump house, installation of a backup generator, electrical upgrades, heat pumps installed in the kitchen and office, and windows and doors have been replaced.
- The lobster pound is slated to open in March 2024, we are very excited for this addition to the community's existing seafood infrastructure capacity.

## FSC/LIVELIHOOD FISHERIES

- Chief and Council have adopted the Millbrook FSC Multi-Species Plan - January 2024
- Chief and Council have adopted the Treaty Jakej/Lobster Livelihood Plan - January 2024
- Jakej/Lobster, and Plamu/Salmon FSC Community Plan have been updated.
- Keep watching for updates on Jakej/Lobster Treaty plan.

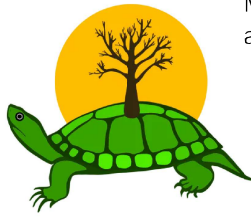
## COMMERCIAL FISHERIES

- Our Snow Crab opening date is scheduled for March 15 in Areas 23 and 24.

## HEALTH AND SAFETY

- We have held some training sessions over the past few months: Marine Basic First Aid, MED-DVS, Fork Lift Lobster Handling, and Wheelhouse Logbook Safety Session.
- We will be holding two separate Jakej/Lobster Handling Courses, one being held in Sheet Harbour on February 27th as well as Millbrook on February 28th.
- We will be holding a Marine Basic First Aid Course in Sheet Harbour and Millbrook.
- We currently have two students who are taking their FMC4 at the NSCC in Pictou.
- We have inspected and replaced all of the Marine Safety Equipment for each of our vessels.
- Safety equipment has been installed at Sheet Harbour Wharf.

# Mi'kmaw Indigenous Patient Navigators MIPN



MIPN acts as a resource for Indigenous clients to access culturally safe and client centered care

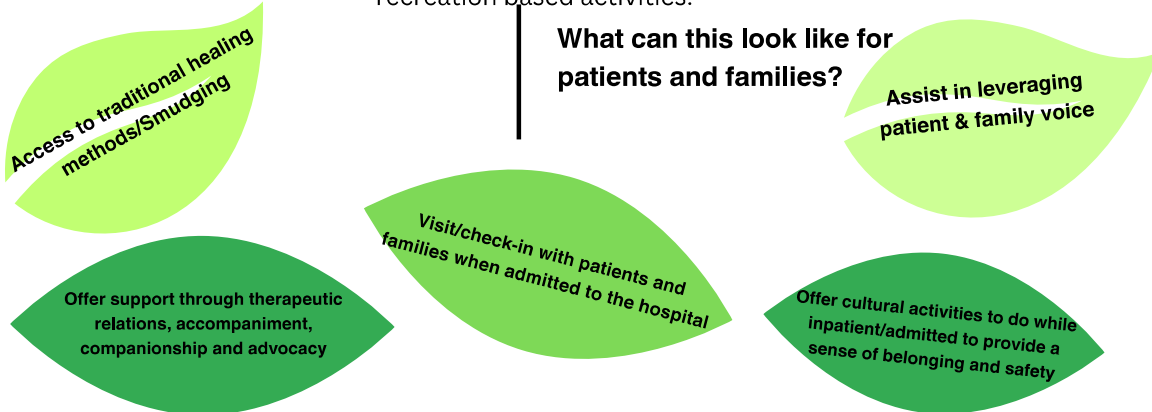


## What does this mean?

MIPN is a voluntary service that Indigenous Patients & Families can connect with while receiving care at IWK Health

MIPN can assist patients & families with navigating the hospital, accompaniment to appointments, companionship, advocacy and connection to culture through spiritual and recreation based activities.

## What can this look like for patients and families?



# Mi'kmaw Indigenous Patient Navigators MIPN

## About Us



**Jamie** is a queer, urban Mi'kmaw woman and registered social worker.

Her work aims to be anti-oppressive with an awareness and lived experience of mental health, addictions, and colonialism impacts.

Jamie has a Bachelor of Social Work from Dalhousie University in 2016 and a Masters of Social Work from Memorial University in 2021 and has worked in Community Services and as a Clinical Therapist with Nova Scotia Health.

Jamie's interest includes decolonizing health care, supporting gender affirming care, and creating inclusive spaces for all persons accessing health care



**Kayla** grew up in the Mi'kmaw community of Sipekne'katik First Nations, and now identifies as an urbanized Indigenous person due to the time spent in her new home of Kijipuktuk (Halifax).

She completed her BSc in Recreation at Dalhousie University (2021), and is a Certified Recreation Therapist (NCTRC, 2022).

Her interests include beading, dancing in Mawio'mi'l, video and board games, spending time outside, and volunteering to help youth. Kayla is a mental health advocate, especially in regard to prevention of youth suicide.

She is a strong believer in the importance of recreation, the arts, connection to culture, and outdoor adventure for all children and youth to act, not only as a mental health protective factor, but also as a support for lifelong wellness.

Kayla is a strong Indigenous activist and advocate whose work has been recognized by the province of Nova Scotia, Senate of Canada and the World Scouting Association.

## How to Contact Us:

**Jamie Maher** 902-717-4566 [jamie2.maher@iwk.nshealth.ca](mailto:jamie2.maher@iwk.nshealth.ca)

**Kayla Bernard** 902-717-6393 [kayla.bernard@iwk.nshealth.ca](mailto:kayla.bernard@iwk.nshealth.ca)

# YOUTH NIGHT



**March 5th 6PM to 8PM**  
**At the Millbrook Youth Centre**  
**Youth up to age 17**

The first Tuesday of every month!  
March 5th - April 2nd - May 7th - June 4th

Come eat some food, play some games, and  
brainstorm community projects

**You will receive an honorarium  
for your time + ideas!**

OSO planning + design is working on a community plan  
with Millbrook First Nation and we want to hear your  
ideas for community projects. We'll pick one to make  
together this Spring and Summer



**OSO** planning +  
design

# MONTHLY ELDER LUNCH

**TIME: 1-3PM**

**DATES:  
TUESDAY, MARCH 5TH  
at the Youth Centre**

**TUESDAY, APRIL 2ND  
TUESDAY, MAY 7TH +  
TUESDAY, JUNE 4TH  
at the Millbrook  
Community Hall**

**Come join us for a catered lunch, participate  
in the development of Millbrook's Community  
Plan, play BINGO and win some prizes!**



**Substance Use Prevention and Recovery – March 2024**

**Ongoing Groups:**

**Spirit of Recovery:** Mondays and Thursdays 1- 3 PM, Health Centre Boardroom

**Urge Surfing:** Fridays 1-3 PM, Health Centre Boardroom

**Upcoming Presentations: Millbrook Youth Centre, Dates to be announced.**

**Youth harm reduction information session and Naloxone training – Ingrid Sheppard**

**Youth presentation Substance Use and Substance Use Disorders- Jennifer Rossmakhan, Pharmacist, Indigenous Services Canada**

**Sweat Lodge schedule: One Monday each month at 1 PM**

**Sweat Lodge Ceremony will be conducted by Danny Stephens on these days and times to support individuals, family members and friends who are struggling with problematic substance use and behaviors.**

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January 22
February 12
March 11
April 15
May 13
June 10
July 15
August 19
September 16
October 21
November 18
December 9

If you would like to participate and for further information including protocol, please contact:

Ingrid Sheppard, Substance Use Prevention Counsellor:

Phone: 902-895-9468, email: [isheppard@millbrookhealth.ca](mailto:isheppard@millbrookhealth.ca)

# MILLBROOK COMMUNITY FEASTS

- **Cole Harbour A-Frame**  
Tuesday, March 26th, 5:30 - 8pm
- **Millbrook Community Hall**  
Wednesday, March 27th, 5:30 - 8pm
- **Eastern Shore Wildlife Association, Sheet Harbour**  
Thursday, March 28th, 5:30 - 8pm

**Gather with friends, family, neighbours, and the Millbrook Community Plan team for an evening filled with food, activities, and prizes.**

All work completed on the Millbrook Community Plan so far, including the Background and Community Vision, will be displayed for feedback. After the feast, the Community Plan team will facilitate a discussion and activity around Millbrook's Action Areas and Future Development.

*\*Action Areas describe boldly and simply where Millbrook needs to focus energy and attention to realize the future we want to see.*

Department of Aquatic Resources and Fisheries Management



# A Mi'kmaq-Led Workshop on Ecologically Significant Areas (ESA)

Thursday, March 21, 2024 from 8:30 to 3:30 pm  
Friday, March 22, 2024 from 8:30 to 12:00 pm

**Best Western Glengarry**  
**150 Willow St., Truro**



**For more information or to register contact:**

janice.flynn@cmmns.com or 902-324-2672

rod.gould@cmmns.com or 902-956-4302



The Confederacy of Mainland Mi'kmaq





**First Nations  
Drinking Water  
SETTLEMENT**

## **The First Nations Drinking Water Settlement is Now Open**

*Millbrook Band members who are under 27 of age  
OR Parents of Minor Children, who lived in  
Millbrook between September 15, 2006 and  
February 4, 2013, **have until March 7, 2024, to  
submit a claim for compensation.***

*If you require assistance with your application  
please contact Megan MacLeod at 782-370-0991  
or [mmacleod@millbrookfn.ca](mailto:mmacleod@millbrookfn.ca)*

Learn more at [www.firstnationsdrinkingwater.ca](http://www.firstnationsdrinkingwater.ca)

Scan here



## Community Income Tax Program

### Canada Revenue Agency

**Attention: MILLBROOK BAND MEMBERS**

Do you need your income tax done? If you would like your Income Tax done at the Millbrook Band Office, please bring the following information that is required.

**(Please Print)**

<b>Applicant Information</b>	
Name:	Phone:
Address:	Postal Code:
SIN#	Date of Birth: D/M/Y
Martial Status:	Band # 10 Digits
<b>Spousal Information</b>	
Name:	Date of Birth: D/M/Y
SIN#	Band #
<b>Children Information</b>	
	Date of Birth: Day/month/year
1.	M/F
2.	M/F
3.	M/F
4.	M/F
5.	M/F

**Please note: We need any T4, T4E, T4A , CPP,OAS, and if you have worked or get Old age Pension. I cannot process incomplete forms. So please have ALL your information together BEFORE bringing it to the Band Office. If you want DIRECT DEPOSIT, you must contact Canada Revenue**

Natasha Bernard  
Wela'liog  
😊



# MARCH 2024



## MILLBROOK YOUTH CENTRE EVENTS SCHEDULE

SUN

MON

TUE

WED

THU

FRI

SAT

3	4	5	6	7	8	1
10	11	12	13	14	15	2
17	18	19	20	21	22	9
24	25	26	27	28	29	30
31	OPEN TO AGES 12-18		FOR MORE INFORMATION PLEASE CONTACT THE YOUTH CENTRE LEAD ALYSSA ABRAM 9028995206 OR AABRAM@MILLBROOKFN.CA		DROP IN HOURS THURS & FRI 3PM - 9PM	

1 MILLBROOK GYM 3-9  
 2 MILLBROOK GYM 3-9  
 8 MILLBROOK GYM 3-9  
 9 MILLBROOK GYM 3-9

7 MARIO KART TOURNAMENT 3-9  
 14 CLOSED  
 15 CLOSED  
 16 CLOSED

SPACES ARE FULL PLEASE CONTACT FOR WAITLIST

30 RIBBON SHIRT WORKSHOP 9AM - 5PM

29 MILLBROOK GYM 3-9

28 COOKING CLASS 3-9



26  
25



24

## **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](mailto:afrancis@millbrookfn.ca)

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

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

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

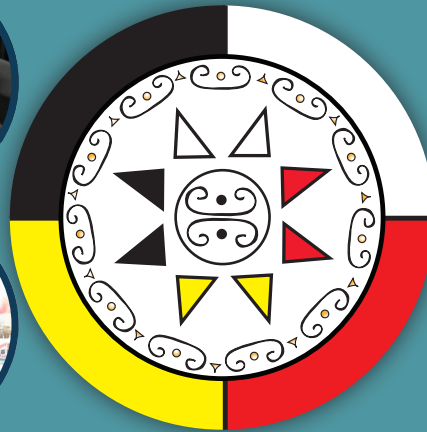
# Millbrook Health Centre Mental Wellness Team

Mental Wellness Crisis  
Coordinator  
Vacant Position



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

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

# March 2024 – 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					<b>1</b> Dr. Blois 9-1 Dr. Holt 9-230 Jena NP 9-1 Laura and Jodi (MH) Outreach Clinicians	<b>2</b>
<b>3</b>	<b>4</b> Dr. Blois 4-8 David (MH) Ruth (MH) 1030-8 JP -9-4	<b>5</b> Drs. Blois/Barton 9-2 Jena NP 9-430 Ruth (MH) David (MH) JP- 9-4	<b>6</b> Dr. Blois 9-2 Dr. Fraser 9-3 Dr. Holt 9-230 Jena NP 9-430 David (MH) JP -9-3	<b>7</b> Drs. Blois/Barton 9-2 Dr. Holt 9-230 Michelle (MH) Szonja (MH) JP -9-4	<b>8</b> Dr. Blois 9-1 Jena NP 9-1 Laura and Jodi (MH) Outreach Clinicians	<b>9</b>
<b>10</b>	<b>11</b> Jena NP 9-8 Vance David (MH) Ruth (MH) 1030-8 Vera - Teeth Cleaning JP -9-4	<b>12</b> Dr. Holt 9-230 Jena NP 9-430 Ruth (MH) David (MH) JP- 9-4	<b>13</b> Dr. Fraser 9-3 Jena NP 9-430 David (MH) JP -9-4	<b>14</b> Michelle (MH) Szonja (MH) JP -9-4	<b>15</b> Dr. Holt 9-230 Laura and Jodi (MH) Outreach Clinicians	<b>16</b>
<b>17</b>	<b>18</b> Dr. Blois 4-8 Dr. Bauld 9-4 David (MH) Ruth (MH) 1030-8 JP -9-4	<b>19</b> Closed 9-430 Staff Training	<b>20</b> Closed 9-430 Staff Training Dr. Bauld 4-730	<b>21</b> Drs. Blois/Barton 9-2 Dr. Holt 9-4 Michelle (MH) Szonja (MH) JP -9-4	<b>22</b> Dr. Blois 9-1 Laura and Jodi (MH) Outreach Clinicians	<b>23</b>
<b>24</b>	<b>25</b> Dr. Blois 4-8 David (MH) Ruth (MH) 1030-8 Vance JP -9-4	<b>26</b> Drs. Blois/Barton 9-2 Dr. Holt 9-230 Sarah (Dietitian) Ruth (MH) David (MH) JP- 9-4 CRYO Day	<b>27</b> Dr. Blois 9-2 Dr. Fraser 9-3 Jena NP 9-430 David (MH) JP -9-4	<b>28</b> Drs. Blois/Barton 9-2 Dr. Holt 9-230 Michelle (MH) Szonja (MH) JP -9-4	<b>29</b> Closed Good Friday	<b>30</b> Please call to cancel appts