

Millbrook Community Newsletter

MAY 2023



U-11 MILLBROOK CHIEFS CHAMPIONS
48TH ANNUAL WALLACE BERNARD MEMORIAL
NATIVE YOUTH HOCKEY TOURNAMENT

Important Dates

- 🔥 May 9 - Chief and Council - General Meeting
- 🔥 May 17 - Millbrook Health Fair
- 🔥 May 23 - Chief and Council - Consultation and Economic Development Meeting

Please visit www.millbrookband.com/events for upcoming events!

Sign up to our mailing list from our website (located at the bottom of the homepage.)

The Eskasoni Crisis Line

Toll Free number 1-855-379-2099
(Mi'kmaw and English)



**MILLBROOK
FIRST NATION**
TELEPHONE: (902) 897-9199
TOLL FREE: 1-(800)-693-3112
MILLBROOK BAND ADMINISTRATION
P.O. BOX 634
TRURO, N.S. B2N 5E5

Millbrook Administration Office

Mailing Address

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

Business Hours

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

Phone Numbers

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

Chief and Council Meeting

Tuesday, May 9th, 2023

Deadline for letter submissions and booking time to see Council is **Friday, May 5th, 2023**. Contact the Administrative Assistant to Chief and Council - Suzanne Penney at Phone: (902) 897-5877 or e-mail: adminassistant@millbrookband.com

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

The following Chief and Council Meeting will be Tuesday, June 13th, 2023.

April 2023

- 🌿 **May 9** - Chief and Council - General Meeting
- 🌿 **May 23** - Chief and Council - Consultation and Economic Development 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

Costs

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

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

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

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

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

Website & Facebook Page

Millbrook's Website - www.millbrookband.com.

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

E-mail: ngloade@millbrookfn.ca to have your information posted online.



NOVA SCOTIA MI'KMAW SUMMER GAMES

Mi'kmaw Summer Games

MILLBROOK!

August 20-27, 2023

Watch the NS Mi'kmaw Summer Games
Facebook page for more info.

2023 Schedule for Chief and Council Meetings

Month	Days	General Chief and Council Meeting	Days	Economic Development & Project Consultation
May	Tuesday	May 9, 2023	Tuesday	May 23, 2023
June	Tuesday	June 13, 2023	Tuesday	June 27, 2023
July	Monday	July 10, 2023 * New Date	Tuesday	July 25, 2023
August	N/A	No Meeting this Month	N/A	Summer Break for Chief and Council
September	Tuesday	September 12, 2023	Tuesday	September 26, 2023
October	Wednesday	October 11, 2023 (after thanksgiving)	Tuesday	October, 24, 2023
November	Tuesday	November 14, 2023	Tuesday	November 28, 2023
December	Tuesday	December 5, 2023	Tuesday	December 12, 2023

Please Note

Tuesday, July 11, 2023 - Moved to Monday July 10, 2023

Tuesday, October 10, 2023 - after Thanksgiving, moved to Wednesday, October 11, 2023.

No meetings in the month of August 2023.

December Meetings are pushed one week earlier due to Christmas Break. December meetings are moved to December 5 and December 12, 2023.

Social Assistance

Social Assistance Cheques are scheduled for: **Thursday, May 4 & 18, 2023.**

Available to be picked up at the Millbrook Administration Office.

Applications are available at the Reception desk at the Millbrook Administration 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 (mphillips@millbrookfn.ca) a current copy of your power bill for payment.

Thank you for your cooperation.

Millbrook's Newsletter Deadline - Saturday, May 20th, 2023

The deadline is the 20th of each month.

Send your content to: ngloade@millbrookfn.ca,

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

Please ensure it's in an editable format.

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 per week and a clear criminal record search is required in all positions. Interested applicants may forward their resume to treatygenmgr@eastlink.ca

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

Work: (902) 897-9199

Cell: (902) 890-4863

Or

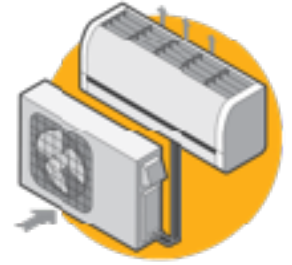
Chantel Langille

Housing Project Officer

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 Millbrook-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 belongings and one way to do that is to consider purchasing home insurance for the contents of your home. This became apparent after the recent flooding of basements that occurred in Millbrook's communities last year. If Millbrook members are interested in home contents insurance, they will be responsible and it will not be covered by the First Nation. Questions? Please reach out to Millbrook's housing department.

Housing Inspections

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

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

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

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

Sunday morning ice times at the R.E.C.C. starts at 8:00-9:00am, May 7, 14, 21, & 28.

An advertisement for the Aboriginal Academic Access to Post-Secondary (AAAPS) Program. It features a woman with long dark hair, wearing a blue and white striped shirt, sitting at a desk with a laptop. The background is a blurred outdoor setting with trees and a building. The text is in red and black. At the bottom, there are logos for 'wijewinen', 'Mi'kmaw Native FRIENDSHIP CENTRE', and 'MOUNT SAINT VINCENT UNIVERSITY'.

Aboriginal Academic Access to Post-Secondary (AAAPS) Program

- Entrance to AAAPS and BA Gen Degree Program (qualifications necessary for BA Gen) at Mount Saint Vincent University
- Free tuition and books
- Wraparound services and supports
- Academic supports
- Cultural supports and enhancements to classes and subjects

For more information contact: education@mymnfc.com

wijewinen

Mi'kmaw Native FRIENDSHIP CENTRE

MOUNT SAINT VINCENT UNIVERSITY

MILLBROOK COMMUNITY

HEALTH FAIR

MAY 17 TH, 2023

10.00 AM - 2.00 PM

**LEGENDS GAMING CENTRE
15 LEGENDS AVE.**

**A GREAT OPPORTUNITY TO MEET
SERVICE PROVIDERS & LEARN ABOUT
SERVICES AVAILABLE IN
COMMUNITY AND SURROUNDING
AREA.**



**MILLBROOK
HEALTH CENTRE**

BOOTHS & EXHIBITS - PRIZES - LUNCH

INFORMATION SESSION CUSTOM ELECTION CODE



Dear Millbrook First Nation Members,

Please join us to learn about the new process before it is taken to the community for ratification.

From April 25th to May 31st, we will be hosting a series of engagement sessions regarding the Custom Election Code that was drafted by the Millbrook Election Committee. The committee is comprised of registered Millbrook First Nation members from a variety of backgrounds, diverse ages and experiences. All who applied were accepted. The draft Code is the culmination of their work and months of discussions.

The goal of developing our own election code was to develop a leadership selection process that addressed the challenges posed by the Indian Act process - by exercising our right to self-governance. It should be noted that the purpose of developing a new code is to improve upon the process by which leaders are chosen, NOT to redefine the governance roles of our Chief and Council.

Over the next few weeks we will be sharing the draft with the community for review and input. Additionally, we will be putting pieces of the Code in the community bulletin and newsletter. Ultimately, the community will vote on whether or not to accept the code (tentatively booked for the end of this summer), which is why we are starting the engagement process early – so folks can make informed decisions at the polls.

Check the <https://www.millbrookband.com/custom-election-code> and the newsletter/bulletin releases for content.

If you would like to register for this session, or would like to find out more about the code, email: GGloade@MillbrookFN.ca

Custom Election Code Engagement Sessions

- May 2nd – Seniors engagement - Senior Centre
- May 2nd – Women's engagement - Community Hall
- May 3rd – Millbrook administration and Health Centre staff engagement
- May 10th – Sheet Harbour and Beaver Dam engagement (in Sheet Harbour)
- May 11th – Youth engagement
- May 18th – Cole Harbour engagement
- May 23rd – Millbrook engagement sessions (Legends)
- May 31st – Online engagement session



MOTHER'S DAY BASKET

giveaway

NOMINATE ONE SPECIAL MOM
FOR A CHANCE TO WIN A
MOTHER'S DAY BASKET

NOMINATIONS CLOSE
MAY 12TH AT 12:00PM

NOMINATIONS CAN BE MADE BY
COMMENTING BELOW OR CALLING
THE HEALTH CENTRE 902-895-9468.

THIS IS FOR MILLBROOK BAND AND
COMMUNITY MEMBERS ONLY. OFF
RESERVE BAND MEMBERS MUST MAKE
ARRANGEMENTS FOR PICK UP.

MILLBROOK CHIEF AND COUNCIL ATTENDANCE RECORD 2023

MEETING DATES—MAR TO JULY 2023	MAR 14/23		MAR 28/23		APR 12/23		APR 25/23		MAY 9/23		MAY 24/23		JUNE 13/23		JUNE 27/23		JULY 11/23		JULY 25/23	
	Chief & Council AM	PM	Ec. Dev Meeting AM	PM	Chief & Council AM	PM	Ec. Dev Meeting AM	PM	Chief & Council AM	PM	Ec. Dev Meeting AM	PM	Chief & Council AM	PM	Ec. Dev Meeting AM	PM	Chief & Council AM	PM	Ec. Dev Meeting AM	PM
CHIEF ROBERT GLOADE	✓		✓		✓		✓													
COUNCILLOR WARD MARKIE	✓		✓		✓		✓													
COUNCILLOR LISA MARSHALL	✓		✓		✓		✓													
COUNCILLOR ALEX COPE	✓		✓		✓		✓													
COUNCILLOR JAMES STEVENS	✓		✓		✓		✓													
COUNCILLOR CARLEY GLOADE	✓		✓		✓		✓		✓ zoom											
COUNCILLOR ZACHARY JULIAN	✓		✓		✓		✓		✓											
COUNCILLOR CHRIS GOOGOO	✓		✓		✓		✓		✓											
COUNCILLOR ANISSA BLACKMORE	✓		✓		✓		✓		✓											
COUNCILLOR NATASHA BERNARD	✓		✓		✓		✓		✓											
COUNCILLOR STEPHEN MARSHALL	✓		✓		✓		✓		✓		✓ am x 2pm									
COUNCILLOR DANA SYLLIBOY	✓		✓		✓		✓		✓		✓									
COUNCILLOR GARRETT GLOADE	Absent with reason		Absent with reason		Absent with reason		Absent with reason		Absent with reason		Absent with reason									

✓ (check mark) indicates present for the day

X indicates absent day or partial absence day (if partial absence day, will indicate time left meeting)

GENERAL CHIEF AND COUNCIL MEETING DATES

ECONOMIC DEVELOPMENT PROJECT CONSULTATION DATES



A HOME WITHIN REACH



Are you a Millbrook First Nation member seeking financing for homeownership or major renovations to a home on-reserve?

Millbrook First Nation has developed a program whereby Millbrook members can apply to RBC for a loan of \$50,000 - \$250,000 with a loan guarantee from Millbrook First Nation. This latest program is an opportunity for members to support their individual housing goals.

To access the program and for information on how to qualify for the loan, please contact: Chantel Langille
E: clangille@millbrookfn.ca
P: 902-324-9513



Millbrook Housing Department

Join us for coffee, tea and a light snack

**Stop by for a visit if you have any housing
questions, need help filling out applications
or would just like to chat**

**The Wharf, 64 Church
Point Rd. Sheet
Harbour, NS on May 23,
2023, from 10:30am to
3:00pm**

**The A Frame Building,
665 Caldwell Rd. Cole
Harbour on May 25,
2023, from 10:30am to
3:00pm**



Community and Public Safety Phone Line

To report any security or by-law related concerns or infractions all Millbrook members should call the **Community and Public Safety phone line at 902-956-4164** between 9 am – 4 pm.

Millbrook Security and By-law team now has a new office at 905 Willow Street.

If a community member is in danger or witnesses criminal activity, it is important that they call 911 or the local Millbrook or Cole Harbour, Sheet Harbour detachment of the RCMP. Please note that the security team cannot report incidents on your behalf. For a more detailed list visit <https://www.millbrookband.com/rcmp>.



Millbrook's Security Services

Millbrook's security team is responsible for keeping Millbrook's community safe and secure. They work around the clock and are on call 24 hours a day. Their duties include patrolling the neighbourhoods of Millbrook and Cole Harbour because having a physical presence in the community is a deterrent for minor damage or other unsavoury activities. They are trained to identify unusual activity and pay attention to detail to reduce risks to the community. In addition, they observe and report suspicious activity that may be criminal.

Millbrook Bylaw & Security Contact Information

By-law Officer - Cell (902) 899-5240 **e-mail:** afrancis@millbrookfn.ca
Millbrook Security - Cell (902) 956-0114 **e-mail:** security@millbrookfn.ca
Cole Harbour Security - Cell 902-240-0993
Sheet Harbour Security - Cell 902-885-2219

Bike Rodeo

Millbrook Community and Public Safety



On May 19, 2023, Millbrook Community and Public Safety will be hosting a Bike Rodeo. Prizes, B.B.Q, bike course and a safety lesson.

Location: TBA Time: 3 PM - 7 PM

PRACTICALITIES

- Know the rules of biking on the road. If you don't, learn them quick!
- Appraise your fitness level. A 10-mile ride to work when unfit will have a dramatic impact on your day. Consider shorter rides to build up your fitness levels.
- Learn how to mend a tire puncture and do minor bike repairs.
- Have a professional conduct a safety check and tune up on your bike.

ESSENTIALS

- Your bike
- A quality helmet
- Bike lights
- Wet weather gear
- Gloves

- Eye protection/sun glasses
- Back pack
- Reflective and high visibility safety clothing
- First aid kit
- Bike repair kit: patch kit, pump (or CO2 inflator), multi-tool, spare tube
- Emergency contact information
- Bike lock
- Cell phone

DAILY ROUTINE

- Do a basic bike safety check (tires, brakes, gears, chain, lights etc.)
- Double check you have everything on the essentials list
- Fill your water bottle
- Pack snacks to replenish your energy

Please contact Noel Brooks or Adam Francis to register.
Noel: (902) 957-4050 / Adam: (902) 899-5240





Ketu' nuji-npiteken? Are you interested in nursing?

Date: May 17, 2023

Time: 10:00am – 2:00pm (at the Health Fair)

Location: Legends Gaming Centre, 15 Legends Ave.

Do you enjoy helping people? Are you interested in learning with an L'nu Cohort? NSCC is working with Government and Community partners to develop a Mi'kmaq and Indigenous Practical Nursing cohort. This Program may be for you. Please join us to learn more about the program, resources to support you, ask questions and learn how to apply.

Contact:

Laurel MacIsaac, RN, BScN, MN (nek'm)
NSCC Mi'kmaq and Indigenous Practical
Nursing Program Lead
Inunursing@nsc.ca
Cell: 902-483-1831

Contact:

Amy Gloade
Indigenous Employment and
Training Officer
agloade@millbrookfn.ca
902-897-9199 ext. 122
Cell: 782-370-0971



U11 Millbrook Chiefs Champions

at the 48th Annual Wallace Bernard Memorial Native Youth Hockey Tournament
19 games undefeated! 4 tournament championships in a row!



Vienna Brooks - All Star Goalie (LEFT)

Jackson Webb - U11 Division MVP &
Cape Breton Regional Police Most Sportsmanlike Award (Centre)

Rylee Martin MacLeod - All Star Forward (Right)

Parent Tot Workshop



(0 - 2 year olds)

Millbrook Early Education Centre

Friday May 26th

10:00 -11:00am

"Little Owl"

Finger Puppet Book

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

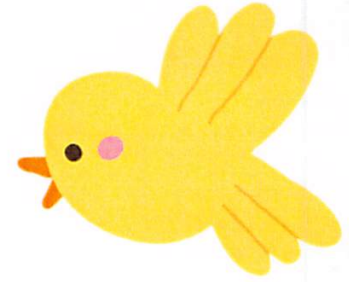
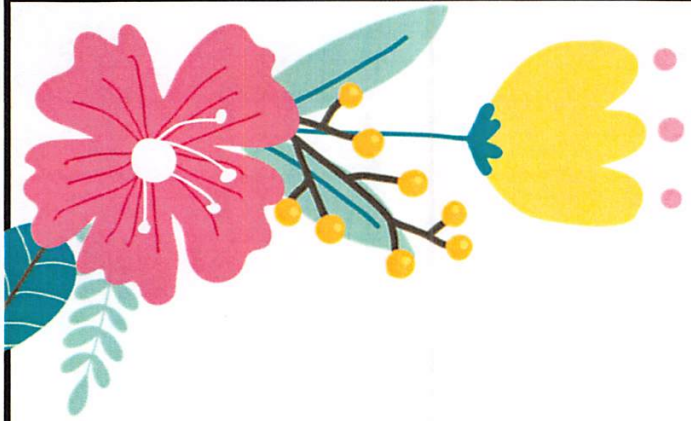


Call 897 - 1249 to register, or email sue.m@eastlink.ca or you can sign up at the Millbrook Early Education Centre.

*If you are unable to bring your child, have someone else bring them, such as a grand-parent, god-parent, aunt or uncle....

Don't let your little one miss out!





AGE 3 SCREENING
Monday June 5, 2023
11am-2pm

Location: Millbrook Early Education Centre
Door Prizes to be won and light refreshments will be served

Services being provided:

EARLY INTERVENTION
HEARING SCREENING
SPEECH- LANGUAGE SCREENING
JORDAN'S PRINCIPLE
VISION SCREENING
MATERNAL CHILD/HEALTH/NUTRITION
PRESCHOOL 3 TEACHER





It's that time of year again!

5K RUN/WALK • 10K RUN • 2K KIDS RUN

Join our running community in celebrating healthy living & the spirit of Truth & Reconciliation.

All are welcome to join in this celebration of community and movement. Register for our 10k, 5k or 2k Kids Run!

Fuel up post run at the Summer Solstice Breakfast Social (runners will receive tickets for hot breakfast & additional tickets can be purchased for family and friends). Want to walk? No problem! Walkers are welcomed in the 5k.

This year's run includes an outdoor Health Expo.



SATURDAY JUNE 17, 2023

8:00am Warm Up • 8:30am Start

Millbrook Power Centre, Millbrook, Nova Scotia

Visit www.ulnooweg.ca to register.



Special thanks to our sponsors.

BURCHELL WICKWIRE BRYSON ^{LLP}
lawyers | avocats



Contact us for registration details!

@ulnooweg • 1-888-766-2376



JOIN US FOR A COMMUNITY CLEAN UP EVENT

LOCATIONS INCLUDE:

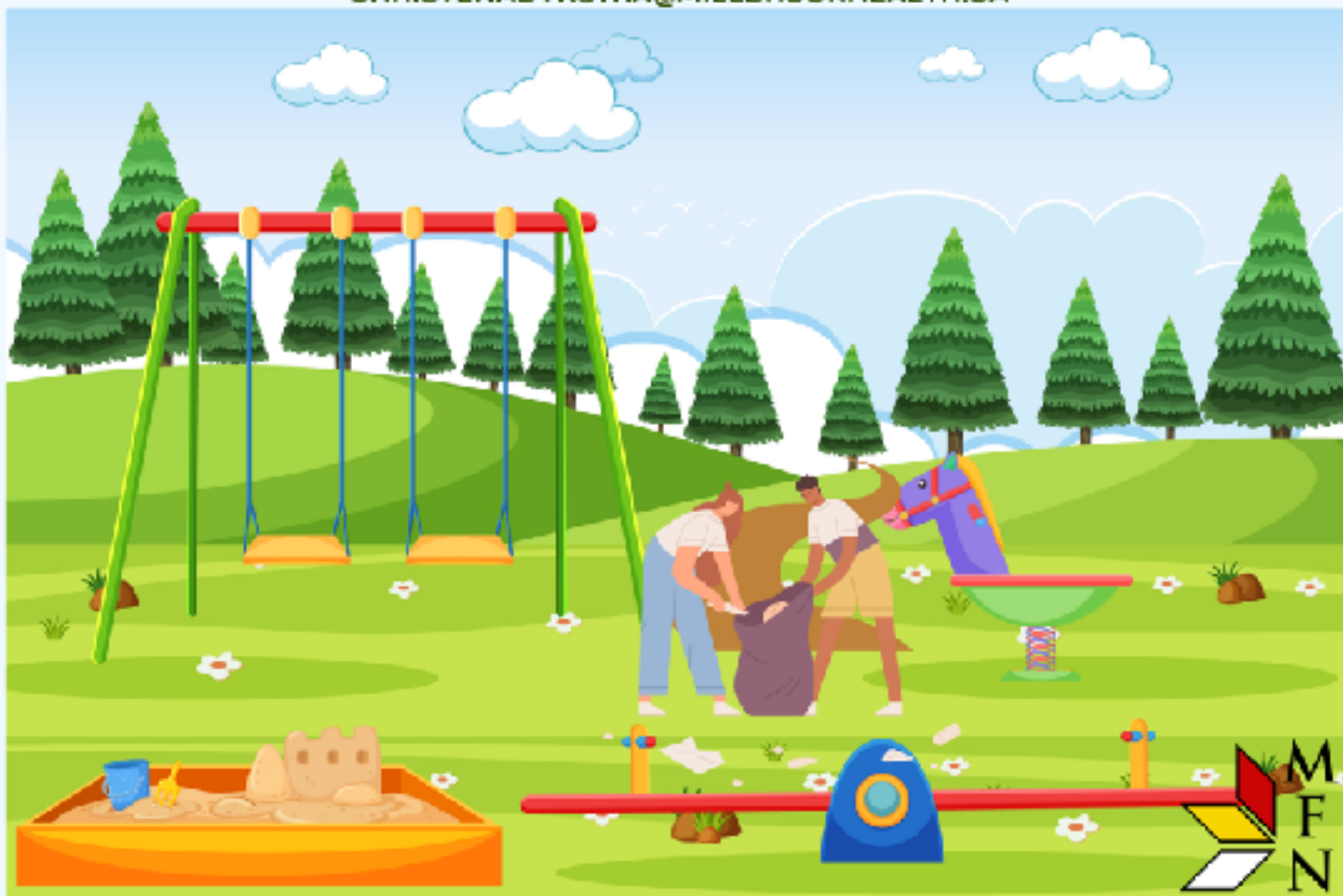
WOODCHIP TRIAL (COMMUNITY HALL)
MILLBROOK BASKETBALL COURT (YOUTH CENTRE)
ALL PLAYGROUNDS (WILLOW ST, FERN DR, COACH RD, TOWER RD)
COMMUNITY GARDEN (BROOKS LANE)

MAY 18, 2023

10 AM - 2 PM

COMMUNITY BBQ: 12PM-1PM @ POWWOW GROUNDS
DOOR PRIZE FOR 'MOST UNIQUE FIND'

GLOVES AND GARBAGE BAGS PROVIDED
QUESTIONS CAN BE FORWARDED TO
CHRISTENADYKSTRA@MILLBROOKHEALTH.CA





MATERNAL *Child Health*

May 1-15th

Spring Family Photo Challenge
Complete at least 8 activities, send photos and get entered to win a Spring Family Basket!

May 2nd

Prenatal Sessions: Labour & Delivery
6:00-7:00pm
Millbrook Health Centre

May 3rd

Mother's Day Craft
0-5 years ONLY
5:30-7:00pm
Seniors Centre

May 9th

Prenatal Sessions: Postpartum Depression and Breastfeeding
6:00-7:00
Millbrook Health Centre

May 27th

Baby Moccasin Workshop
REGISTRATION FULL - CONTACT TO BE PUT ON WAITLIST
9:00am-5:00pm
Millbrook Community Hall

CONTACT TILINA:

TBARKHOUSEASPREY@MILLBROOKHEALTH.CA OR
(782) 370-1580



FAMILY SPRING PHOTO CHALLENGE

<p>Smell/Pick Some Flowers</p> 	<p>Puddle Jumping</p> 	<p>Walk the Woodchip Trail</p> 
<p>Playing Outside</p> 	<p>Trying something new</p> 	<p>Blow Bubbles</p> 
<p>Fly a Kite</p> 	<p>Make a Donation</p> 	<p>Have a Picnic</p> 
<p>Giving Hugs</p> 	<p>At the Playground</p> 	<p>Cook Together</p> 

Join us at

**MILLBROOK EARLY EDUCATION CENTRE
FOR OUR**

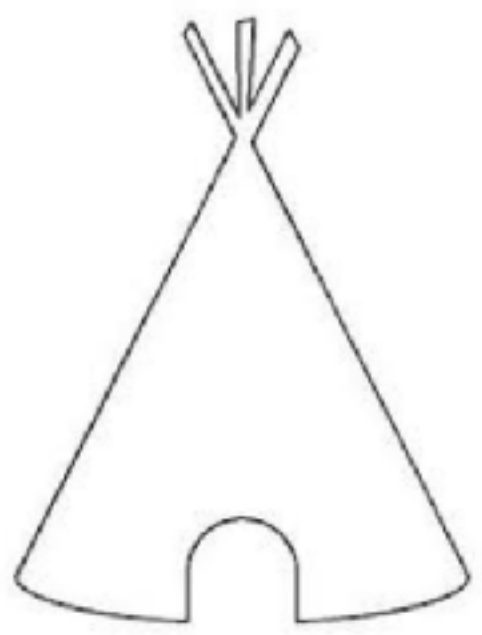
TIPI RAISING EVENT

WHEN

**May 24, 2023
10:30am to
12:00pm**

WHERE

**Millbrook Early
Education
Centre
Playground**



Community members are invited to help raise and celebrate the Tipi with our MEEC students. Join us as we open and smudge the space!

BBQ lunch to follow!

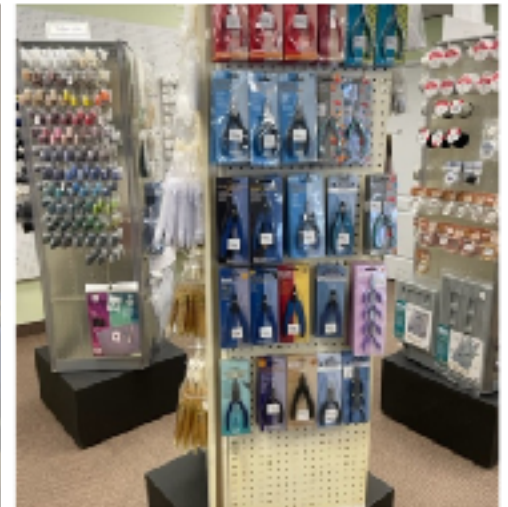
Mi'kmaw Chiefs, Federal and Provincial Governments Sign MOU To Advance Mi'kmaq Health Care



On April 21 at Millbrook's Cultural and Heritage Centre, thirteen Mi'kmaq First Nation Chiefs, Federal Minister of Indigenous Services Patty Hajdu and Nova Scotia Minister of Health and Wellness Michelle Thompson signed a trilateral Memorandum of Understanding (MOU) on the next steps to help transform the design and delivery of health services for Mi'kmaq throughout the province of Nova Scotia.

This agreement has been in development since spring 2022 and defines a set of priorities and outlines the

process required to transfer the design and delivery of federal health services to the Mi'kmaq through Tajikeimik. Working on behalf of the Mi'kmaq in Nova Scotia, Tajikeimik is a Mi'kmaq health and wellness organization that is guided by the 13 Chiefs and Health Directors in the province and the Mi'kmaq Grand Council.



May 5th & 6th

Hampton Inn & Suite, Truro

35 Legends Ave., Millbrook, NS

Seed beads, gemstone beads, findings, tools, stringing materials, books & more.

www.canbead.com

Pre-orders encouraged!

Friday 5-9pm, Saturday 10-5pm

Everyone Welcome!

SPRING BACK INTO A HEALTHY ROUTINE!

WALKING GROUP



**SNACKS &
WATER
PROVIDED**

TUESDAYS IN APRIL & MAY

WEEKLY CHALLENGES & NUTRITION TOPICS

12:00-1:00 PM

POWWOW GROUNDS

RAIN OR SHINE

DROP IN OR SIGN UP WITH TERESA

TERESAF@MILLBROOKHEALTH.CA

(902)895-9468



**MILLBROOK
HEALTH CENTRE**

2023 COMMUNITY GARDEN START-UP SESSION



MAY 23 - MILLBROOK
COMMUNITY GARDEN
11AM - 1PM

LEARN ABOUT GARDENING
PICK YOUR PLOT
SEED SELECTION AND CONSULTATION
BBQ LUNCH PROVIDED

QUESTIONS CAN BE DIRECTED TO:
CHRISTENADYKSTRA@MILLBROOKHEALTH.CA



INDIGENOUS GIRLS HOCKEY JAMBOREE



TRURO

Sign up for a full day of hockey development and cultural activities, celebrating Indigenous women and girls in hockey. Registration is FREE and open to Indigenous girls age 6-14. Enjoy on-ice sessions, cultural and physical activities, and lunch! Joining participants is Canadian National Team member and 2023 North American Indigenous Athletics Hall of Fame inductee, Victoria Bach!

REGISTER AT: WWW.THEGENEVEIVEFUND.COM

Saturday, June 11th

Truro, NS

Rath Eastlink Community Centre

For more information, contact Ryan Francis
at ryandouglasfrancis@gmail.com





Millbrook Early Education Centre News

Important Dates in May 2023



Starting May 2-June 7, 2023

Every Tuesday Primary will have swimming lessons.

Every Wednesday P3 & P4 will have swimming lessons.

Monday, May 22, 2023

Entire Centre Closed for **Victoria Day Holiday**

Friday, May 26, 2023

Parent Tot Workshop
0-2 year olds
10:00am-11:00am
Sign up is required

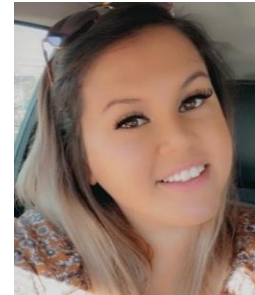
Friendly Reminder:
Preschool 8:30-2:00
Primary 8:30-2:30

PLEASE CALL
your child's teacher if your
child is unable to attend
school.

Welcome to our new MEEC teammates:



Sylvia M. Martin
Manager



Jaquinn Rodler
Education Assistant



Sunshine Bernard
Education Assistant



Levi McDonald
Education Assistant

CONTACT US

902-897-1249 or 902-897-0445

- Ext. 101 Assistant Manager (Cheryl)
- Ext. 102 Preschool 4-A (Sue/Amy/Sunshine)
- Ext. 103 Daycare (Leslie/Genny/Melinda)
- Ext. 104 Preschool 3 (Jessica/Amanda/Levi)
- Ext. 105 Primary (Heidi/Abby/Jaquinn)
- Ext. 107 Afterschool Program (Leslie/Levi/Melinda)
- Ext. 108 Speech Language Pathologist (Christina)
- Ext. 109 Manager (Sylvia M. Martin)

Manager's Email: smmartin@millbrookfn.ca



LUNCH & LEARN

EATING FOR BETTER BLOOD SUGAR

12:00-1:00 PM

THURSDAY, MAY 11TH

A-FRAME

COLE HARBOUR

WEDNESDAY, MAY 24TH

EASTERN SHORE WILD LIFE ASSOCIATION

SHEET HARBOUR

SIGN UP WITH TERESA

(902)-895-9468

TERESAF@MILLBROOKHEALTH.CA



MILLBROOK HEALTH CENTRE



\$0 Cost

Poqji-kina'masulti'kw tel-kina'mujik mijua'ji'jk

Program snapshot:

 **Start date:**
Sept., 2023

 **Typical length:**
2 years

 **Credential:**
Diploma

 **Delivery:**
eCampus

Mi'kmaw Early Childhood Education

Prepare for a career that focuses on the unique culture and needs of Mi'kmaw children and their families.

Program overview

Learn to nurture the physical, cognitive and social-emotional well-being of children, their families and communities.

Through Etuaptmunk (two-eyed seeing), the program blends online study and in-person. You're introduced to the unique perspectives of the Mi'kmaq, including concepts like Msit No'kmaq and Netukulimk.

Upon graduation, you receive your Level 2 Early Childhood Educator classification from the province of Nova Scotia.

Admission requirements

- High School Graduation Diploma or equivalent.
- Applicants must self-identify as Aboriginal/Indigenous persons.

Study options

- This program is offered online with scheduled and non-scheduled components.
- You study online and then gather twice a year for in-person land-based learning and connection.

Work experience

- Work experiences are mandatory and provide you with the opportunity to apply your knowledge and skills outside of your classroom.
- Opportunities are typically unpaid and require a minimum of 520 hours over five scheduled work experiences.

Learn for free

There is no cost to this program for the 2023-24 program year. Tuition, program costs and fees (application, textbooks, supplies, etc.) are fully funded.

Questions? Contact us:

902-491-4911 | 1-866-679-6722 (toll-free)
admissions@nsc.c

May 2023 – Millbrook Health Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>7</p> <p>Hours: Monday-Thurs (9:00-4:30pm) Fri 9:00-4:00pm) Closed for lunch 12-1</p>	<p>1</p> <p>Dr. Blois 4-8 Tanas NP 9-8 Dr. Fraser 2-8 Dr. Vance Ruth 1-8</p>	<p>2</p> <p>Dr. Blois 9-2/Dr. Holt Tanas NP Jordans Principal Nick-9-4 Ruth</p>	<p>3</p> <p>Dr. Blois 9-2 Tanas NP David Closed from 230-430 Staff Meeting</p>	<p>4</p> <p>Dr. Blois 9-2/Dr. Holt Tanas NP Michelle Szonja Teeth Cleaning</p>	<p>5</p> <p>Dr. Blois 9-1/Dr. Holt</p>	<p>6</p>
<p>14</p>	<p>8</p> <p>Dr. Blois 4-8 Dr. Bauld 9-4 Dr. Fraser 2-8 Tanas NP 9-8 Teresa 9-8 David Ruth 1030-8</p>	<p>9</p> <p>Dr. Blois 9-2/Dr. Holt Tanas NP Jordans Principal Nick -9-4 Ruth</p>	<p>10</p> <p>Dr. Blois 9-2/ Dr. Holt Tanas NP David</p>	<p>11</p> <p>Dr. Blois 9-2/Dr. Holt Tanas NP Michelle Szonja</p>	<p>12</p> <p>Dr. Blois 9-1</p>	<p>13</p>
<p>21</p>	<p>15</p> <p>Dr. Blois 4-8 Dr. Fraser (Virtual) 3-6 Tanas NP 9-8 Dr. Vance Ruth 1030-8</p>	<p>16</p> <p>Dr. Blois 9-2 Dr. Parr Tanas NP Jordans Principal Nick- 9-4 Ruth</p>	<p>17</p> <p>Health Fair 10-2 Dr. Blois 9-2/ Dr. Holt Dr. Bauld 130-8 Tanas NP David</p>	<p>18</p> <p>Dr. Blois 9-2/Dr. Holt Tanas NP Michelle Szonja</p>	<p>19</p> <p>Dr. Blois 9-1/Dr. Holt</p>	<p>20</p>
<p>28</p>	<p>22</p> <p>Closed Holiday</p>	<p>23</p> <p>Dr. Blois 9-2/Dr. Holt Tanas NP Jordans Principal Nick-9-4 Ruth</p>	<p>24</p> <p>Dr. Blois 9-2 Tanas NP David Szonja</p>	<p>25</p> <p>Dr. Blois 9-2 Tanas NP Michelle Szonja</p>	<p>26</p> <p>Dr. Blois 9-1/Dr. Holt Tanas NP 9-12</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>Dr. Blois 4-8 Dr. Vance Teresa David Ruth 1030-8</p>	<p>30</p> <p>Dr. Blois/Dr. Holt Tanas NP CRYO Jordans Principal Nick-9-4 Ruth</p>	<p>31</p> <p>Dr. Blois 9-12 Tanas NP David Szonja Closed 1145-2 Staff Meeting</p>			<p>Please call to cancel appts</p>