

# Millbrook Community Newsletter

NOVEMBER 2021



## MILLBROOK FIRST NATION COMMUNITY

### *Important Announcements*

For the latest corona virus information visit: <https://novascotia.ca/coronavirus/>  
<https://www.millbrookband.com/covid-19-updates>

To see a visual on COVID-19 in Nova Scotia, please go to:

<https://novascotia.ca/Coronavirus/data>

### *The Eskasoni Crisis Line*

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



REMEMBRANCE DAY  
*Left We Forget*

 **MILLBROOK  
FIRST NATION**

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

# Millbrook Administration Office

## **Mailing Address**

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

## **Business Hours**

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

## **Phone Numbers**

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

## **Website & Facebook Page**

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

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

**E-mail:** [communications@millbrookband.com](mailto:communications@millbrookband.com) to have your information posted online.

## **Social Assistance**

Social Assistance Cheques are scheduled for: **Wednesday, November 3 & 17, 2021.**

Available to be picked up at the Band Office while following Covid-19 protocols.

Applications are available at the Reception desk at the Band Office.

### **ATTENTION SOCIAL CLIENTS: Nova Scotia Power Bills**

It has come to the Social department's attention that some clients are having problems submitting Power bills for payment to the social department in a timely manner. Any social client can call NSPC at 1-800-428-6230 and request that they email me ([margaretphillips@eastlink.ca](mailto:margaretphillips@eastlink.ca)) a current copy of your power bill for payment.

Thank you for your cooperation.

## **Chief and Council Meeting**

**Tuesday, November 9<sup>th</sup>, 2021**

Deadline for letter submissions and booking time to see Council is

**Thursday, November 4<sup>th</sup>, 2021.** Contact Jessica Haji Mohamad by

Phone: (902) 897-9199 ext:110 or e-mail: [adminassistant@millbrookband.com](mailto:adminassistant@millbrookband.com)

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

**Next Month Chief and Council Meeting - December 9<sup>th</sup>, 2021.**

## **November 2021**

- 🌟 **November 4** - The deadline for letter submissions and booking time to see Council
- 🌟 **November 9** - Chief And Council Meeting at 9am at the Community Hall
- 🌟 **November 16** - Chief and Council Meeting at 9am at the Community Hall (*Consultation 9-11am, Economic Development 11-2pm, & Projects 2-4pm*)

## **Millbrook's Newsletter Deadline - Saturday, November 20<sup>th</sup>, 2021**

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

Send your content to: [communications@millbrookband.com](mailto:communications@millbrookband.com),

or use the website contact form at <https://www.millbrookband.com/contact>

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

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

## **Millbrook Bylaw & Security - Contact Information**

**By-law Officer** - Cell (902) 899-5240 **e-mail:** [bylaw@millbrookband.com](mailto:bylaw@millbrookband.com)

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

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

**Sheet Harbour Security** - Cell

## ***Booking the Community Hall***

To book the Community Hall please contact **Jessica Haji Mohamad at (902) 897-9199 Ext 110.**

### **Costs**

Organization rental fees: \$200/half day rental and \$300/full day rental charge  
Band member rental details: Small events, deposit of \$100.00 (will be returned after cleaning)  
Band members rental: Big events, \$500.00 (Hall must be cleaned w/ tables and chairs put away).

Thank you to those who continue to keep the hall clean, neat and tidy.  
**Please try to book your event early, preferably a minimum of 2 weeks in advance.**

## ***Attention: New Millbrook First Nation Members Under 19 Years of Age***

For Millbrook First Nation members under the age of 19 years, the Millbrook Enterprise Credits are placed in a trust fund. When Millbrook members reach the age of 19, they must apply to Millbrook First Nation to have their Millbrook Enterprise Credit money released from the trust. The application form can be found at <https://www.millbrookband.com/s/Millbrook-Enterprise-Trust-Fund-Credit.pdf>

Please note that as of April 2020, Millbrook First Nation does not automatically receive all information on new registered members so that means that new members under the age of 19 years are not guaranteed to be added to the minor's trust list.

Please contact Priscilla Martin at [priscillamartin@eastlink.ca](mailto:priscillamartin@eastlink.ca) with your name, date of birth and band number so that we can add you to the minor's trust list. Once you have been added to the minor's trust, no further applications are necessary until you reach 19 years of age.

If you are aware of any other new Millbrook First Nation members, please contact Millbrook First Nation.

Wela'lin

## ***Application for Housing & Apartment***

When applying for a house or apartment it's important to provide all necessary documentation to support your application (if applicable) such as:

- 👉 Band registration number
- 👉 Children's band registration number(s)
- 👉 Marriage certificate
- 👉 Confirmation of a Registered Domestic Partnership from the Department of Vital Statistics
- 👉 Confirmation of custody arrangements
- 👉 Proof of medical condition(s)

Please submit your housing or apartment application with all updated information and consistently apply each fiscal year.

## ***Seeking Historic/Archived Millbrook Photos***

Millbrook First Nation is seeking for old photos to be showcased in Millbrook's buildings like the Community Hall, Band Office, and Senior Centre. We are looking for old team photos, family photos or historic locations.

Please contact Nigel Gloade Communication's Officer at (902) 324-3379 or

**e-mail:** [communications@millbrookband.com](mailto:communications@millbrookband.com)

## Still Taking Names for Energy Efficiency NS Home Assessments Phase 5!

Millbrook First Nation is nearing the end of phase 4 of its Energy Efficiency program working to make Millbrook’s homes more comfortable and energy efficient by keeping valuable heat inside.

Would you like your home assessed by Energy Efficiency NS in the fall?

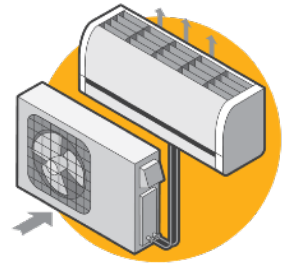
**If so, please email Lorne Paul at [lornepaul@eastlink.ca](mailto:lornepaul@eastlink.ca) and please provide the following information in the email:**

- ✂ Name
- ✂ Address
- ✂ Phone number and email address
- ✂ What is your current heat source?

Once we have these details, we will add your name to the list for the phase 5 assessments.

### 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.



### Millbrook’s Security Services

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

If a community member is in danger or witnesses criminal activity, it is important that they call 911 or the local Millbrook or Cole Harbour, Sheet Harbour detachment of the RCMP. Please note that the security team cannot report incidents on your behalf.

The Millbrook security team is very focused on prevention and having a constant presence in the community. As you can see from the backgrounders of the team, they have a wide range of experience and training in the security field and community services. In their roles, they must have good communication skills and know how to deal with people in a kind and compassionate manner.

**Phone # (902) 956-0114**

### Millbrook Pet Wellness Day in Partnership With SPCA

The SPCA will bring its veterinary team to the Millbrook community for a wellness day. The SPCA’s veterinarians and technicians will provide community members free wellness exams, vaccinations and parasite treatment for their cats and dogs.

**Scheduled for November 8<sup>th</sup> at The Millbrook Gymnasium**

**9am - 5pm**

**Covid-19 protocols will be in place**



## **November 2021 Millbrook Enterprise Credit Application**

### **Direct Deposit:**

**Application deadline-** Wednesday, November 3<sup>rd</sup>, 2021 @ 4:00pm

**Release date:** Friday, November 12<sup>th</sup>, 2021

### **Mail-out:**

**Application deadline-** Wednesday, November 17<sup>th</sup>, 2021 @ 4:00pm

**Release date:** Friday, November 26<sup>th</sup>, 2021

**Deadline:** February 25<sup>th</sup>, 2022

## **ATTENTION SOCIAL CLIENTS:**

Social Assistance Recipients:

### **Reminder we have moved to direct deposit**

Please provide a void cheque OR fill out a direct deposit form, from your banking institution and forward to Millbrook Social Department by dropping your completed form to the front desk of the Administration Office. Alternatively, you can also send via email to: margaretphillips@eastlink.ca or by fax at 902-897-0774.

Thank you for your cooperation.

## **Millbrook Tobacco Store - **\*\*Funding Regulation Change\*\*****

**\*\*4.** Necessary equipment will be reimbursed up to \$500.00 for children 18 years and under, every year. This is in total, not for each separate funded activity. The child must be registered with a team, club or other organized entity to be eligible. **\*\* - updated on September 14, 2021**

## **Land Claim Expenditure Survey**

With the 1919 land claim settled, Millbrook is committed to being strategic in its expenditures and investments. The trust agreement outlines several ways in which funding can be spent: (1) Economic Development, (2) Purchase of new lands, and (3) Community infrastructure/betterment.

Millbrook Chief and Council would like your input to help guide the decision-making process, as it applies to spending the 1919 land claim settlement dollars.

Follow the link below to the Land Claim Expenditure Survey and share your thoughts.

<https://www.surveymonkey.com/r/RLJZYWW>

**1919 Land Claim  
Expenditure Survey**

The purpose of the survey is to identify and rank community priorities, as they apply to how Chief and council invest the land claim trust funds.

**The polls close on November 12th at 4:00.**

## Meet the Newest Members of the Millbrook Administration Team

### Chantel Langille - Housing Project Officer

My name is Chantel Langille. I am a member of Millbrook First Nation. I have worked in Millbrook for several years. I worked at the Millbrook Heritage & Cultural Center for two summers before graduating from Dalhousie University at the Truro Campus in 2018. I graduated with a BSc. in Agriculture with a Major in Agricultural Business. After graduating in 2018, I worked in the finance department at the Millbrook Band Office for over the last 3 years.

In my spare time I enjoy being outdoors, spending time with my horses, gardening and baking.

I enjoy working in Millbrook and being part of the community. I am excited to join the housing team and look forward to working with everyone.



Millbrook Community Newsletter November 2021

### Millbrook's Custom Election Code

The Millbrook Election Committee (MEC) is seeking input to help in the drafting of Millbrook's Custom Election Code.

Millbrook is changing its Election Code. Under the Indian Act, our elections have always been for 12 Councillors and 1 Chief every two years. The MEC is a community-based group of band members, with diverse backgrounds, tasked with developing a custom leadership selection process that will replace the Indian Act election process.

The group has been meeting since January of 2021 and is nearing completion. Please answer the following questions to help the MEC with their policy development.

Responses will be kept completely anonymous and confidential.

**LINK:** <https://www.surveymonkey.com/r/DGVHPNK>

**The polls close on November 12th at 4:00.**



## *Colchester East Hants Health Centre's Indigenous Healing Garden*

Millbrook First Nation is working with Colchester East Hants Health Centre in Truro to revitalize the hospital's healing garden.

On behalf of the 13 Mi'kmaw communities in Nova Scotia, John Gloade and community members from Millbrook First Nation are helping design a healing garden inside the hospital. The garden is a memorial to John's wife, Sheila Gloade who passed away from kidney failure, as a space where people can visit, pray and reflect. Work is now underway to upgrade the boardwalks in the current healing garden. Artwork designed and produced by local Mi'kmaw crafts people – including a medicine wheel – will be installed in the garden.

A new feature of the healing garden will be the inclusion of traditional medicines (L'nuimpisun) commonly used by Mi'kmaw people when treating an ailment. The collaborative project specifically recognizes and celebrates the Mi'kmaw people, as well as all Indigenous peoples.

Colchester East Hants Health Centre is excited to see the transformation of this beautiful sanctuary within our facility. This will be the first Indigenous healing garden within a hospital in Atlantic Canada.



# REQUEST FOR COMMITTEE MEMBERS

Millbrook Recreation Committee is looking for members to help advise on the development of recreation, parks, and trails here in the community.

If you are committed to helping Millbrook become more active, please consider joining our volunteer committee!

**NOVEMBER 9, 2021**

Millbrook Senior Centre

6:00pm - 7:30pm

Snacks and drinks provided

**Proof of Vaccination Required**

For more information email  
[christenadykstra@millbrookhealth.ca](mailto:christenadykstra@millbrookhealth.ca)







# REMEMBRANCE DAY SERVICE

*Lest We Forget*

- 10:15 am- Family Wreath Pick Up
- 10:45 am- Millbrook Memorial Monument  
(Cenotaph)
- 10:50 - Opening Remarks
- 10:55 - O Canada
- 11:00 - Last post
- 11:05 - Two Minute Silence
  - Lament
  - Revielle
- Presentation of Wreaths

12:15 - Meal at Legends  
Proof of Double Vaccination & ID required

**November 11, 2021**

### Happy Birthday

🌟 **November 7**

🌟 Happy Birthday Colin,  
Love Natasha, Eugene and family

🌟 Happy Birthday Dad  
Love Sophie, Mattea and Toby

🌟 Happy Birthday Colin  
Love Holly

🌟 Happy Birthday brother  
Love Sunshine & Glen

**November 21**

🌟 Happy Birthday Jay  
Love Natasha and Mittens

🌟 Happy Birthday Mary Jane  
Love Natasha



## Millbrook Seniors 65+

Join us for a Magical  
Indoor Christmas of  
Lights and Entertainment  
November 25th  
(Thursday)  
2:30pm Bus Leaves the  
Health Centre  
8:30 Arrive Back

LIMITED SEATS AVAILABLE!  
TO REGISTER PLEASE CONTACT  
SUNSHINE BERNARD  
(COMMUNITY WELLNESS  
COORDINATOR)  
AT 902-895-9468 OR  
SUNSHINEM@MILLBROOKHEALTH.CA

Proof of Vaccination is required!

# Health Centre

## Mailing Address

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

## Business Hours

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

## Phone Numbers

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

## *Millbrook Health Centre Update (September 2021)*

Due to cleaning protocols and the need to protect all patients and staff at the health centre, anyone with an appointment who has COVID-19 symptoms will be scheduled for an appointment at end of the day (at 4:00 p.m.). We continue to see people in person, but as the delta variant of the COVID-19 virus spreads, additional care needs to be taken. The doctors and nursing staff now require that when you make your appointment that you give your main reason for the appointment to the receptionist. The receptionist will then place you in with the appropriate person at the appropriate time. The receptionist is part of the health care team and is required to maintain confidentiality, and is not asking what your main issue is because they are being nosy. The receptionist also does not need to know every detail of why you need to have an appointment.

Walk-in appointments are not permitted at the Millbrook Health Centre. Please call ahead if you need to see someone and our receptionist will schedule an appointment for you. If you come to the health centre without an appointment, our staff may not have time to see you. Our health centre doors will continue to be locked and you will have to be buzzed in and asked the COVID-19 questionnaire. We ask for your patience going forward and want to assure you that we are doing our best to keep you, the community and our staff safe through this pandemic. Thank you, Millbrook Health Centre

## *COVID-19 Vaccination – Why It's Important To Be Vaccinated*

Evidence shows that individuals who are fully vaccinated (received 2 doses of a COVID-19 mRNA vaccine) and get COVID-19, including the delta variant, are far less likely to develop severe illness that may require hospitalization or result in death.

The risk of severe illness and death from COVID-19 is now greatest among people who are **unvaccinated**. The delta variant of COVID-19 appears to be more contagious, and is causing more severe illness than the previous strains in unvaccinated people.

At this time, children under 12 are still not able to get a COVID-19 vaccine. Getting your 2 doses of the vaccine helps protect children who are unable to be vaccinated at this time.

Having two doses of a COVID-19 vaccine is also required for travel to some places, and the number of places requiring two vaccines will grow going forward (e.g., attendance at some universities, worksites, businesses).

If you have not received the COVID-19 vaccine because you are concerned about its safety, how effective it is, fear of needles, or any other concern, please call the health centre and speak with one of our nurses or doctors who can answer your questions. There is a lot of inaccurate information being shared on social media about the vaccines, and our staff can help clarify some of the confusing information you may have heard or read.

Wela'liq (Thank you all)

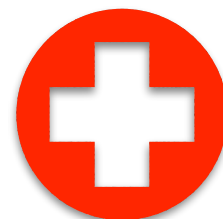
## *Medical Drivers*

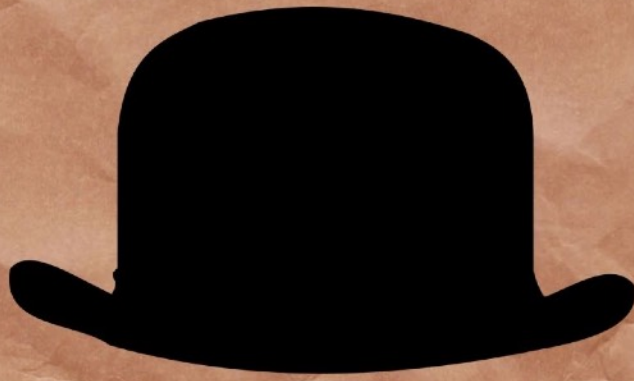
### Donna Gloade

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

### Ella Paul

Cell: (902) 956-2679





# MOVEMBER

Men's Health Awareness

**Tuesday, Nov. 30th**

**9am - 3pm**

Haircuts - Massage - Blood Collection



**Call the Health Centre to Book Your Appointment**

**902-895-9468**



**JOIN THE DIETITIAN FOR:**

# **Trivia: Eating for Better Blood Sugar**

**Meals Provided & Prizes to be Won!**

**Thursday, November 25th Community Hall**

**Session 1: 11:30-1:00PM**

**Session 2: 5:30-7:00PM**

**Registration and Proof of Vaccine Required**

**Please sign up with Teresa:**

**(902)-895-9468**

**[Teresaf@millbrookhealth.ca](mailto:Teresaf@millbrookhealth.ca)**



**MILLBROOK  
HEALTH CENTRE**



Start Date: January 2022

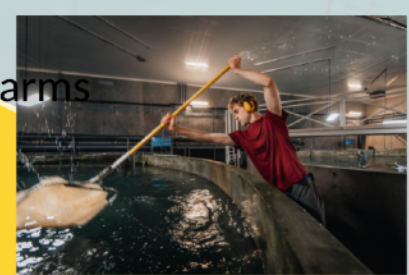
**ns  
cc** SEA FARM  
OPERATIONS

*Get the skills needed to work  
at fish hatcheries and marine farms.*

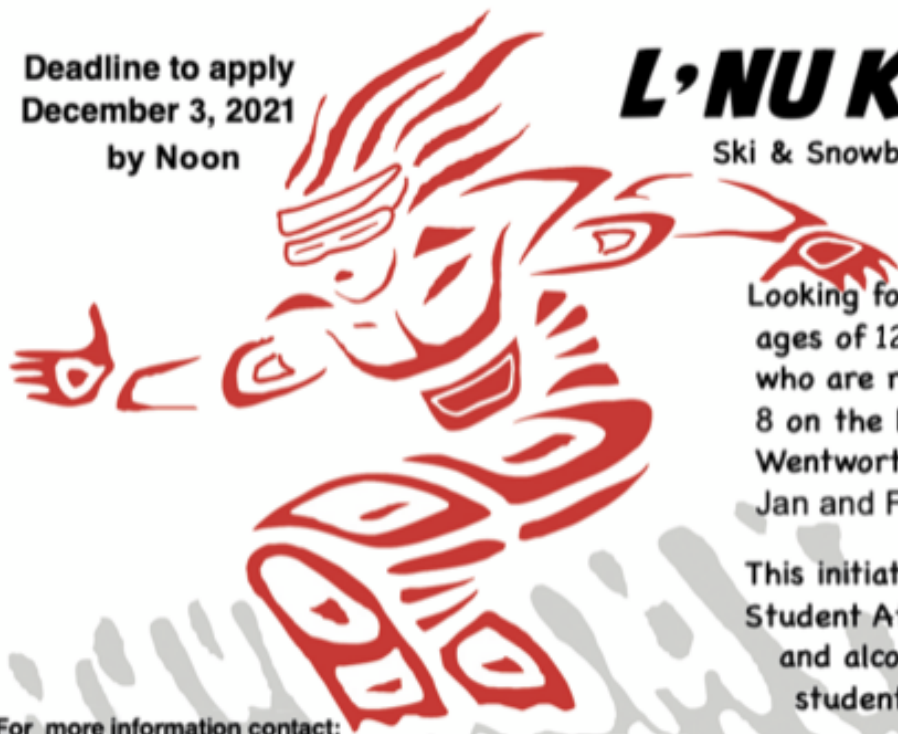
If you are a member of the Nova Scotia Indigenous  
Community, we can offer you **FREE TUITION**  
for the Sea Farm Operations Program.  
Please self identify when you apply.

Our unique program offers 19 weeks of blended learning;  
-13 weeks online  
-2 weeks on-site at the Shelburne Campus  
-4 weeks on location at land-based & sea-based farms

Visit [www.nsc.ca/SEAFARM](http://www.nsc.ca/SEAFARM)  
for more information, or to apply



Deadline to apply  
December 3, 2021  
by Noon



# L'NU KAMAKN

Ski & Snowboard Program

Looking for youth between the ages of 12 and 18 years old who are ready to take part in 8 on the hill lessons at Ski Wentworth every Sunday in Jan and Feb.

This initiative is to help develop Student Athletes so it is a drug and alcohol free program and students must maintain a C+ grade average.

For more information contact:

Colin Bernard: [colin@millbrookhealth.ca](mailto:colin@millbrookhealth.ca) cell 902-890-4365 or

Jaclyn MacLeod: [jaclyn.macleod@cmmns.com](mailto:jaclyn.macleod@cmmns.com) cell 902-324-2153 or

Austin Hepworth: [austin.hepworth@cmmns.com](mailto:austin.hepworth@cmmns.com) cell 902-324-2610

## BABY & ME

Join us for story time, nursery rhymes and play time



Millbrook Seniors Centre  
November 17th 2021  
11-1 pm  
Children ages 0-1 years old  
Snacks and refreshments



To sign-up call 895-9468 or email  
[JillisaN@millbrookhealth.ca](mailto:JillisaN@millbrookhealth.ca)

**Proof of double vaccination and ID will be required to attend**



MILLBROOK  
HEALTH CENTRE



**MILLBROOK HEALTH CENTRE  
TUESDAY, NOVEMBER 9TH  
9AM - 3PM**

# **WORLD DIABETES DAY**

**Are you interested in learning ways  
to prevent or improve Diabetes**

**DROP IN AND MEET THE HEALTH TEAM**

**DOOR PRIZES - GIFT BAGS - EDUCATION  
SIGN UP REQUIRED: (902)-895-9468**



**MILLBROOK  
HEALTH CENTRE**

**PLEASE DO NOT ATTEND IF YOU ARE EXPERIENCING ANY FLU-LIKE SYMPTOMS  
PROOF OF VACCINE REQUIRED**



## Truro Elementary:

### **Important Dates:**

- November 11- Remembrance Day, No School
- November 12- Assessment and Evaluation Day, No School
- November 25- Report Card Day
- November 26- Parent Teacher in the Morning and Professional Development Session in the Afternoon. No School

Nightly Homework is reading for 30 minutes, even if there is no other extra homework assigned. Also, the upper grades nightly homework is reading and practising your math facts.

The weather is now getting cooler, please make sure your child/ren come to school dressed appropriately.

Please check your child/ren's backpack for notices or monthly lunch tickets. Filling out the monthly lunch tickets takes only a few moments to fill out with your student.

If you notice your student is missing something like a jacket or sweater, please check the Lost and Found at the school as soon as you notice it missing or let one of the Millbrook Support Workers know.

Juliana is at Truro Elementary on Tuesday's, Thursday's and Friday's.  
Her number is 902-890-0461. She is reachable by text, call or Facebook.

If you have Facebook, please consider joining the Truro Elementary PTG Facebook page. Some not all Updates are posted here.

School's Phone Number is: 902-896-5755

Hope everyone had a safe and happy Halloween.

Shelley Gloade: 902-899-2415

Lisa Wilmot: 902-986-5010

Juliana Paul: 902-890-0461

## Truro Middle School:

### **Important Dates:**

- **November 9:** Grade 7 and 8 Vaccinations
- **November 10:** Grade 7 and 8 Vaccinations
- **November 11:** Remembrance Day, No School
- **November 12:** Assessment and Evaluation Day, No School
- **November 25:** Report Card Day

Parent Teacher in the Evening at the School starting at 6:00pm-8:00pm

- **November 26:** Parent Teacher Day

Millbrook Homework Club runs from Monday-Thursday's after school (3:15pm-4:30pm). There is a snack provided and a bus home. This is a place where the students can catch up on missed work, start projects and assignments with the help of the Educators helping out, where they can arrange a time to chat to their teacher if they need help. Also, if you are in an after school activity you can catch the bus home too, just let one of the workers know where/what you are doing so we can make sure you catch the bus.

A lot of your student's assignments are in their Google Classrooms. Parents can check PowerSchool to find out what assignments are missing and attendance.

If you have forgotten your PowerSchool log-in or do not have one call the school and they can help you get one or reset your password.

School's Number: 902-896-5550

There are extra curricular activities such as band, volleyball, soccer and drama club to name a few. Some of our Millbrook Students are or have participated in these activities.

Juliana is at Truro Middle School on Monday's and Wednesday's.

If you have Facebook, please consider joining the Truro Middle School's Facebook page. Some not all Updates are posted here.

# Millbrook Workshop: Mikiknewa'tasik kjiksu (Building Family Connection and Resiliency) With CMM Health & Corrina Milliea



## Session Dates:

The sessions are open to all families in Millbrook.  
There are **limited Spots** available



**To Sign Up Please Contact**  
**Corrina Milliea:**  
**Phone:**  
902-895-9468  
**Email:**  
corrinas@millbrookhealth.ca

**SESSION 1:**  
**WHEN:** Monday October 18, 2021  
**WHERE:** Millbrook Community Centre  
**TIME:** 5:00pm-8:00pm  
**\*\*\* Supper Provided\*\*\***

**SESSION 2:**  
**WHEN:** Monday October 25, 2021  
**WHERE:** Millbrook Community Centre  
**TIME:** 5:00pm-8:00pm  
**\*\*\* Supper Provided\*\*\***

**SESSION 3:**  
**WHEN:** Monday November 1, 2021  
**WHERE:** Millbrook Community Centre  
**TIME:** 5:00pm-8:00pm  
**\*\*\* Supper Provided\*\*\***

**SESSION 4:**  
**WHEN:** Monday November 8, 2021  
**WHERE:** Millbrook Community Centre  
**TIME:** 5:00pm-8:00pm  
**\*\*\* Supper Provided\*\*\***

**SESSION 5:**  
**WHEN:** Sunday November 21, 2021  
**WHERE:** Millbrook Community Centre  
**TIME:** 10:00am-3:00pm  
**\*\*\* Lunch & Snacks Provided\*\*\***

**NOTE: This Session is on a SUNDAY and is ALL Day.**

**Each family must have:**

- 1-2 Guardians Attending **EACH** Session
- 1-3 Youth Ages 12-19 Attending **EACH** session

Families **MUST** Attend all 5 sessions to receive Grand Prize

**Weekly Prizes:**

- One \$25.00 gift card
- Medicines
- Self-care Items



**Grand Prize:**

- Individual Certificate per family member
- One \$150.00 gift card per family
- Individual Sweater per family member
- One family Self-care basket with Swag

**Some Topics & Activities Include the following:**

- Birch Bark Medallion
- Healthy Relationships
- Coping with Strong Emotions such as Anger
- Communication Techniques
- Tobacco Ties
- Resiliency and Empowerment

If you have any question you can also reach out to Katelynn Luymes:  
Call/ Text: 902-890-2391  
Email: kmacleod@cmmns.com

## Alton Natural Gas Storage Project Update

October 22, 2021

The Alton Natural Gas Storage Project in Nova Scotia was designed to store natural gas deep underground in two salt caverns, providing a reliable and affordable fuel source to meet the energy security needs of Nova Scotians during periods of peak demand, and a lower carbon energy alternative compared to the fuel oil and coal in the province's energy mix.

The storage project would create synergies with the local natural gas utility in Nova Scotia as the primary customer for the natural gas stored in the caverns. At the time AltaGas became involved in the Alton Project, the local natural gas utility was part of the AltaGas family of companies.

The project has received mixed support, challenges and experienced delay. In addition, in 2018, AltaGas divested its interest in the local natural gas utility as the company repositioned its focus on two core areas of business, midstream and energy export opportunities off the West Coast of North America and natural gas utilities located in the U.S.

With the sale of the Nova Scotia utility, the repositioning of the business and the challenging nature of the storage project economics, AltaGas has decided not to continue with the development of Alton and to move forward with decommissioning the project.

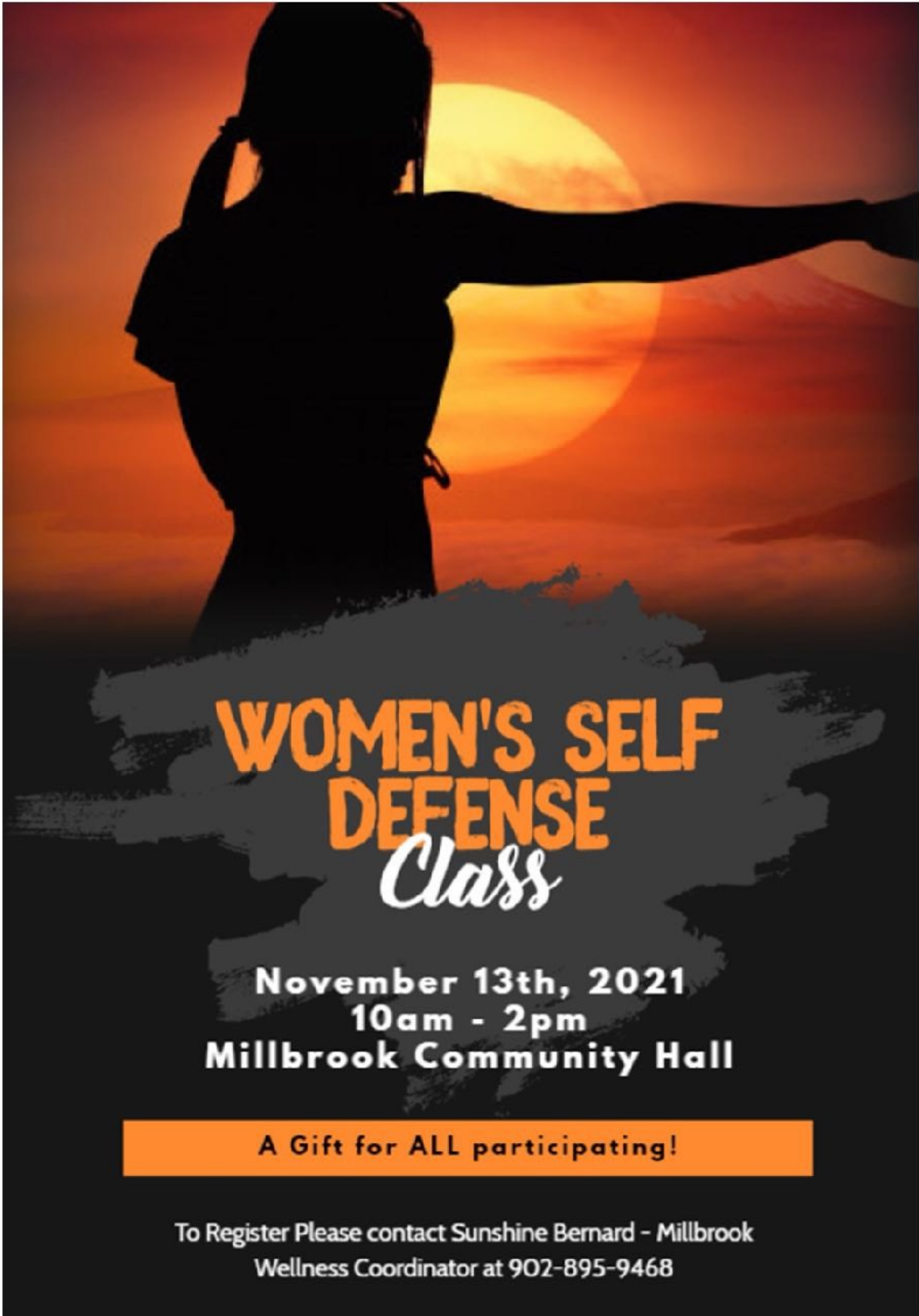
In the coming weeks and months, we will be discussing next steps related to decommissioning the project with regulators at the provincial and federal governments, the Mi'kmaq of Nova Scotia and other key stakeholders.

As we begin the process to decommission Alton, we will continue working to minimize our environmental impact as we remain committed to the health of the Shubenacadie River estuary.

We will provide information updates to local stakeholders on the decommissioning process on the project's website, [www.altonnaturalgasstorage.ca](http://www.altonnaturalgasstorage.ca)

We want to thank the people and organizations that contributed to the development of Alton, including the more than 70 Nova Scotia companies that provided goods, services and labour to the project. We appreciate your engagement and commitment to Alton and believe that natural gas storage remains extremely important for the Maritimes and New England market, with natural gas demand continuing to grow in Nova Scotia among businesses and homeowners.

[www.altonnaturalgasstorage.ca](http://www.altonnaturalgasstorage.ca)



**WOMEN'S SELF  
DEFENSE**  
*Class*

**November 13th, 2021  
10am - 2pm  
Millbrook Community Hall**

**A Gift for ALL participating!**

To Register Please contact Sunshine Bernard - Millbrook  
Wellness Coordinator at 902-895-9468

# November 2021 – Millbrook Health Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Dr. Bauld 9-4 Dr. Vance 1-430 Tanas NP David	2 Dr. Blois 9-5 Dr. Phil Tanas NP	3 Dr. Blois 9-4 Tanas NP David Katharine	4 Dr. Blois 4-8 Tanas NP 9-8 Michelle Katharine Teresa 9-8	5 Open 9-12 Dr. Blois 9-1 For all other office inquires Open 9-12	6
7	8 Tanas NP David	9 Diabetes Day 9-3 Dr. Blois 9-5 Tanas NP	10 Dr. Blois 9-8 Tanas NP 9-8 Vera (teeth cleaning) David Katharine Teresa 9-8	11 <b>Closed</b> <b>Remembrance</b> <b>Day</b>	12 Open 9-12 Dr. Blois 9-1 For all other office inquires Open 9-12	13
14	15 Dr. Vance 1-430 Tanas NP David	16 Dr. Blois 9-5 Dr. Phil Tanas NP Closing at 3pm Staff Meeting	17 Dr. Blois 9-4 Tanas NP David Katharine	18 Dr. Blois 4-8 Tanas NP 9-8 Michelle Katharine Teresa 9-8	19 Open 9-12 Dr. Blois 9-1 For all other office inquires Open 9-12	20
21	22 Tanas NP David	23 Dr. Blois 9-8 Tanas NP 9-8	24 Dr. Blois 9-4 Dr Bauld 130-730 Tanas NP Vera (teeth cleaning) David Katharine	25 Tanas NP Michelle Katharine	26 Open 9-12 Dr. Blois 9-1 For all other office inquires Open 9-12	27
28	29 Dr. Blois 4-8 Dr. Vance 1-430 Tanas NP 9-8 David Teresa 9-8	30 November Day 9-3 Dr. Blois 9-5 Dr. Phil Tanas NP				

Hours: Monday-Thurs (9-12pm and 1-4:30pm); Friday 9-12pm/Please call to cancel appts

## *Employment Opportunity - After School Care Worker*

The Millbrook Early Education Centre is seeking an experienced, self-motivated after-school care worker who will support the needs of the children who require after-school care. This person will report directly to the Principal of the Early Education Centre. The successful candidate must love working with young children, a clear CIPC and vulnerable sector check. The successful candidate will be required to work from 2:00 pm to 5:00 pm daily. Would you please forward your resume to Sara Riley, Principal of MEEC at [mecdir@millbrookband.com](mailto:mecdir@millbrookband.com)

## *Relocated the Former Treaty Building*



P.O. BOX 634. TRURO, NS B2N 5E5  
WWW.MILLBROOKBAND.COM



TEL: (902) 897-9199 FAX: (902) 843-4785  
TOLL FREE: 1-800-693-3112

Millbrook Non-Band Member Health Services Application Form is for Millbrook's Non-band Members (i.e., community members) to apply for access to some services at the Millbrook Health Centre. The services include:

- Doctor & Nurse Services
- Vaccinations
- Mental Health & Addiction Services

After filling out this form and submitting your application to the band office, you may be eligible to access these services (*some applications may not be approved*). We respect your privacy, and your information will be kept confidential. To get an update on your application, you may contact the Health Centre two weeks after you submit your application.

### **Who is a Millbrook Non-Band Member?**

Non-band members living in our community with a Millbrook band member.



Millbrook Non-Band Member Health Services  
Application Form  
P.O. Box 634, Truro, N.S. B2N 5E5

Office use only: Received this \_\_\_\_ day of \_\_\_\_\_ A. D. 2021/22  
Millbrook Administration: \_\_\_\_\_

**Applicant Name:** \_\_\_\_\_

**Are you a member of another band? If so, Band #:** \_\_\_\_\_ **Senior (65+):** Yes / No

**Health Card #:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_ **How long have you lived in Millbrook?** \_\_\_\_\_

**Cellphone #** \_\_\_\_\_

**Home Address:** \_\_\_\_\_

Are you currently living in the Millbrook First Nation Community or are you related to or the spouse of a Millbrook Band Member? (Millbrook & Satellite communities) Please explain:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Do you have a doctor? If yes, why do you want to change to Millbrook First Nation?**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Name of Millbrook person you're connected to:** \_\_\_\_\_

**Band #:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_ **Senior (65+):** Yes / No

**E-mail:** \_\_\_\_\_

**Do you have Children together?** Yes / No **Who has primary custody of the children?** \_\_\_\_\_

**Are you willing to make the Millbrook First Nation doctor your only doctor?** Yes / No

**We will require past medical history, your medication list and your immunization record.  
You are responsible for providing that information.**

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Millbrook Band Member / Witness

\_\_\_\_\_  
Date

Office use only: Approved ( ) Not Approved ( )  
Health Director: \_\_\_\_\_





**Small Business Support Fund Application Form**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Band Number: \_\_\_\_\_

City/Town: \_\_\_\_\_ Street Name and Number: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Business Legal Name: \_\_\_\_\_

Business Operating Name: \_\_\_\_\_

Business Type: \_\_\_\_\_

(e.g. Sole proprietor/partnership/cottage craft)

Business Address: \_\_\_\_\_

(if same as above leave blank)

City/Town: \_\_\_\_\_ Street Name and Number: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Brief Overview of your Business:

(what do you sell, what services do you provide, how long have you been in business etc.)

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Why are you requesting Support?

(circle all that apply)

- Salaries and Benefits
- Rent
- Operating Costs and Capital Expenditures
- Payments of Debt
- Other please explain: \_\_\_\_\_

Do you have Financials?      Yes      No

If you indicated yes, please provide comparative in house statements from the same time period of November 1<sup>st</sup>, 2019, to April 30<sup>th</sup>, 2020, and November 1<sup>st</sup>, 2020, to April 30<sup>th</sup>, 2021. **Extended to November 28, 2021.**

\*If you do not provide financial statements the maximum allotment under the Small Business Support fund will be \$500.00 to eligible businesses.

**Maximum contribution combined under round 1 and round 2 of Small Business Support Fund is \$7,500.00**

A legible photocopy of Certificate of Indian Status (front and back) is required. Expired status cards are not acceptable. If you do not have a Certificate of Indian Status, proof must be obtained from the Millbrook Membership Clerk. (902)895-6385, Ext. 234. Or by e-mail at: [membership@cmmns.com](mailto:membership@cmmns.com)

Non-expired Status Card attached \_\_\_\_\_ Will contact Membership Clerk \_\_\_\_\_

**REQUIREMENTS:**

- 1.) Those who receive **Full Time** Social Assistance and Seniors living on reserve only.
- 2.) Christmas Index must be filled out by **HEAD OF HOUSEHOLD**
- 3.) Application must be filled out completely
- 4.) Deadline for Christmas Index Applications must be return to the Millbrook Band Office no later than November 25<sup>th</sup>, 2021 at NOON. Any applications received after this time will NOT be accepted, **NO EXCEPTIONS.**  
If you miss the deadline, you can contact Colchester Christmas Index Program in Town through the Rotary Club of Truro. (902) 843-3584
- 5.) Index will be issued out December 7<sup>th</sup> , 2021

Please return the Applications to the Millbrook Band Office to Natasha Bernard or Missy Gloade in the Mail box outside the Band Office.

Wela'lin

