

# Millbrook Community Newsletter

OCTOBER 2021



OCTOBER 2021 IS MI'KMAQ HISTORY MONTH  
CHIEF ROBERT GLOADE SHARING THE MI'KMAQ HISTORY MONTH POSTER

## *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)



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, October 6 & 20, 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, October 12th, 2021**

Deadline for letter submissions and booking time to see Council is

**Thursday, October 7th, 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 - November 9th, 2021.**

## October 2021

- ✦ **October 7** - The deadline for letter submissions and booking time to see Council
- ✦ **October 12** - Chief And Council Meeting at 9am at the Community Hall
- ✦ **October 19** - Chief and Council Meeting at 9am at the Community Hall (*Consultation 9-11am, Economic Development 11-2pm, & Projects 2-4pm*)

## Millbrook's Newsletter Deadline - Wednesday, October 20th, 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

## **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)

## Energy Efficiency NS Home Assessments – Phase 5 Starting Soon!

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 that will be happening in the fall of 2021.

Thank you for your continued interest in this program!



### MILLBROOK RCMP – BUS SAFETY TIPS



- ❖ Arrive at the bus stop five minutes early
- ❖ Line up for the school bus in single file at least five steps back from the road
- ❖ Wait until the bus has come to a complete stop and the doors are open before moving forward
- ❖ Remain seated at all times while on the bus and refrain from distracting conduct, such as throwing things or yelling
- ❖ When exiting the bus, walk, *don't* run
- ❖ Always cross in front of the school bus but only after establishing eye contact with the school bus driver
- ❖ Millbrook RCMP wishes you all the best this School Season and Stay Safe!



## 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**

## 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:

Below are critical dates of noting, regarding the implementation and revisions pertaining to the assistance cheques and bank accounts.

Reminder we are moving to direct deposit starting on October 6<sup>th</sup>.

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.

If you do not have a bank account, RBC (Royal Bank of Canada) will be available to set up an account for you on October 6<sup>th</sup> at the Millbrook First Nation Administration Office by appointment only.

An ID is required to be presented at the appointment time when opening a new bank account. Your status card and / or Driver's License will be sufficient.

Please email margaretphillips@eastlink.ca for a bank account appointment.

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>

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.

## Meet the Newest Members of the Millbrook Administration Team

### Sunshine Paul-Martin - I'nu'k Cultural and Language Specialist

Sunshine Paul-Martin is first and foremost a mother to 6 brilliant super powered kids and most importantly G-ma to four beautifully amazingly smart grandchildren who brighten up the everyday world. My talented family whom I cherish with all my being consists of my hard-working parents, grandmother, many siblings, nieces, nephews, aunts, uncles and cousins that were instilled at birth with the best sense of humor & values. Born in beautiful Cape Breton and raised by my 70-year-old grandparents, along with aunts and uncles for the first years before being brought to the mainland at the age of four to join my parents and sister in the Millbrook First Nation where I still proudly reside today, my love and passion for community began here. I'm proud to say I've had 3 grandmothers growing up, Kiju, Tiannie & Grandma. Kiju was a Mi'kmaw Matriarch at its finest. She was a medicine woman, prayer leader, midwife & foster mother/grandmother who was one of the most influential figures of my first memories although my strength could've come from my maternal Grandmother Tiannie whom graciously raised all 11 children on her own. Grandma is the only one still alive at 92 years old living the Indigenous Dream. Each grandmother played a major role in my life teaching me about my identity, culture, language & traditions.

My hobbies and enjoyments include time spent with family & friends, visiting, playing cards, laughing, sewing traditional projects and planting my feet into the land especially gardening & gathering medicines.

A graduate from CBU with Bachelor of Arts specializing in Mi'kmaw Studies and Dalhousie University with social work. She has first-hand knowledge of Aboriginal | Indigenous organizations and communities that she has worked for in Atlantic Canada such as Millbrook Band Council, First Nations Inuit Health Branch, Mi'kmaw Legal Support Network, Nova Scotia Native Women's Association, Eastern Door Indigenous Women's Association and Kairos Canada. She is also the President of the Millbrook Women's club and sits on committees including the Mi'kmaw Speakers Bureau, Treaty Education where she finds sharing her culture and language is crucial. Through Treaty Education, she was trained to be a Kairos Blanket Exercise facilitator hosting impactful teachings of the lived life experiences of Indigenous people's atrocities throughout Canadian History. These deep brutally honest exercises capture the audience's emotions with told testimonies of survivors ending it with a talking circle and reminding them to always take themselves in a good way.



Teaching from the Indigenous lens is so important to share with communities and organizations whom want to learn about my people that I am able to share several culturally based teachings celebrating the diversity, strength of our ancestors and the beauty of Canada's Indigenous peoples.

May Only Good Spirits Guide You ☺

## *Lauren Coady - Occupational Health and Safety Officer*



My name is Lauren Coady. I was brought up in Pictou County, Nova Scotia. I have 13 years of experience in health and safety in many different settings. Most recently, I have spent the last 3 years employed in Nunavut in many different isolated communities working in health centres and with social and environmental services. I have always been passionate about safety in the workplace and the importance of education for Canadians on Indigenous history, culture and language. I have experience in industrial, community, correctional, construction and environmental safety and ergonomics. I am so pleased to be working in a job that I am so passionate about and to be a part of a team that will incorporate the most efficient safety culture for the community. I look forward to meeting everyone and will be available to anyone with any questions or safety concerns.

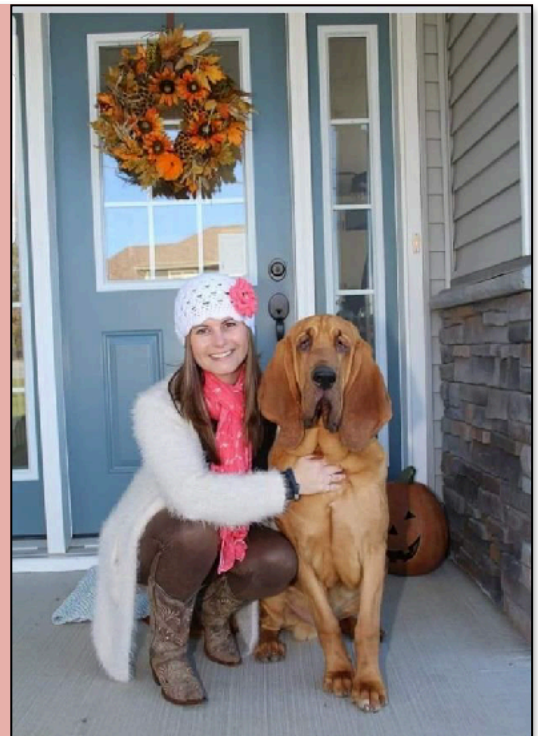
## *Carolanne Corbin - Executive Assistant*

Carolanne Corbin is the newest team member to the Millbrook First Nation, Administration Office as Executive Assistant (EA). Her role supports Chief, Bob Gloade and Claire Marshall, Executive Director. She is a Millbrook band member, her mother is from Sheet Harbour (Carolyn Boutilier, married name Lawrence).

Carolanne comes to us from Saint Mary's University where she upheld a position assisting the Vice-President, Advancement. Carolanne has an extensive background as an EA in a plethora of industries, along with a successful portfolio within the hospitality sector, primarily focusing on customer service. Her knowledge and expertise in both fields have proven to correlate well and will be assets to her new position at our Millbrook Administration Office.

Carolanne and her husband live outside of New Glasgow and currently have two beautiful dogs. Carolanne loves painting, dancing, gardening, eating out, shopping and staying organized.

She is very excited to be joining this organization and is looking forward to meeting / forming professional relationships.



September 27, 2021

**R.E. SNOW REMOVAL TENDERS, MILLBROOK POWER CENTRE, 2021/2022**

Millbrook Band Members,

We are currently seeking interested parties to bid on snow removal for the 2021/2022 season at the following locations:

Cheese Curds/Habaneros	14 Treaty Trail
Cineplex Cinemas	20 Treaty Trail
Mi'kmawey Debert Cultural Centre	30 Treaty Trail
Millbrook Cultural and Heritage Centre	65 Treaty Trail
Treaty Entertainment	80 Treaty Trail
Millbrook Retail and Office Plaza	4 Stanley Johnson Street

Tenders will be sent out via email, or paper copies can be picked up at the band office upon request starting October 4<sup>th</sup>, 2021.

Each Property has a separate bid document, and each contract will be awarded individually.

Sealed bids will be accepted until October 22<sup>nd</sup>, 2021, at 12:00 pm (noon) Atlantic standard time.

Individuals who have submitted Bids will be invited to witness them being opened on Tuesday, October 26<sup>th</sup> at 10:00 am at the Millbrook Community Hall.

If you wish to receive a tender package, please contact James Stevens, Director of Commercial Operation, via email at [james.stevens@eastlink.ca](mailto:james.stevens@eastlink.ca) on or before October 21<sup>st</sup>, 2022.

Sincerely,

James Stevens  
Director of Commercial Operations





**MILLBROOK COMMUNITY  
HALLOWEEN YARD  
DECORATION CONTEST**

*Decorate your yard for the Ghost &  
Goblins and win some CASH prizes*

**1st - \$150**

**2nd- \$100**

**3rd- \$75**

**DEADLINE OCT. 26TH**

For more info contact Sunshine Bernard 902-895-9468



Millbrook First Nation would like your input on how to manage **OUR** rights-based fisheries going forward.

You are invited to a Community Meeting at the Millbrook Community Hall. We are seeking your input on the following topics:

- **MULTI SPECIES FSC - HARVESTING PLAN**
- **LIVELIHOOD FISHERIES**

**MILLBROOK COMMUNITY ENGAGEMENT MEETING**  
**Friday October 8th, 2:00pm - 4:00pm (Millbrook Heritage Centre)**  
**Tuesday October 19th, 6:00pm - 8:00pm (Community Hall)**



Team members from The Confederacy of Mainland Mi'kmaq will be there seeking input from the community for the Multi Species FSC Harvesting Guidelines.

The Millbrook's Fisheries team will be seeking the community's input on the Livelihood Fishery.

**Refreshments will be available.**



# 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'lioq (Thank you all)

## *Medical Drivers*

### Donna Gloade

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

### Ella Paul

Cell: (902) 956-2679



# FALL HOME MAINTENANCE

## CHECKLIST

### INTERIOR

- **Ceiling Fans**  
Changing the direction of your fans for the winter can help circulate heat back down to the rest of your home reducing your home's energy needs and heating cost.
- **Smoke and Carbon Monoxide Detectors**  
Changing the batteries in these could save your life. If the Carbon Monoxide detectors get too cold, they may malfunction and need to be monitored and replaced.
- **Chimney**  
Having your chimney swept every 50-70 burns is ideal. During a cleaning, an inspection for cracks, obstructions, and signs of water damage should be conducted and monitored.
- **Furnace**  
The easiest way to make sure it works all winter long is to change your furnace air filter. Ideally you should change your filter every 3 months.

### EXTERIOR

- **Roof and Shingles**  
Any loose or missing shingles can lead to leaks that are hard to fix during the winter. Damage to a roof almost guarantees that damage will occur to the rest of your home.
- **Cleaning Gutters**  
Flushing these with water after removing debris can prevent ice from accumulating and the gutters themselves from needing repairs.
- **Siding and Paint**  
Inspecting for paint that has peeled, blistered, or cracked can reveal signs that your paint is no longer protecting your home and that is time to reinforce the underlying material.
- **Windows and doors**  
Caulking and sealing any openings will not only keep water out, but can also help keep heat in. It is estimated that this can help tenants save up to 20% on heating and cooling cost.
- **Porch and Deck**  
Prepare for snow and ice.

## Proof of Vaccine Requirement for October 4<sup>th</sup> Start Date:

If you have not received a COVID-19 vaccine and have questions about it, please call the health centre to book a phone appointment with a doctor or nurse who can help answer your questions about the vaccines. Our next vaccine clinic is October 12.

If you received your COVID-19 vaccine at the Millbrook Health Centre, you would have been given a copy of your proof of vaccine after your second dose or sent that by email. If you received your COVID-19 Vaccine anywhere in NS and you need proof of vaccine, please go online at:

<https://novascotia.flow.canimmunize.ca/en/portal> to print a copy or save as a picture on your phone. If you're not able to access your proof of vaccination through this portal, call **1-833-797-7772** for support.

# COVID-19 VACCINE

NOVA SCOTIA  
PROOF OF  
VACCINATION  
AVAILABLE ONLINE

<https://novascotia.flow.canimmunize.ca/en/portal>



# SENIOR'S

## WITCHY BINGO PARTY & LUNCHEON

Thursday, OCT. 14th

11:30 am Millbrook Community Hall  
Sign Up Required. Limited Spots.

Contact:  
Sunshine Bernard  
Millbrook Community Wellness Coordinator  
902-895-9468



# SEEKING CAST MEMBERS



Looking for Cast Members to Volunteer at the  
Millbrook Wellness Haunted Trail.

If you are energetic, spooky, fun, scary and  
a team player.

We Want You To Join Our Team. Interested???  
Contact Sunshine Bernard at 902-895-9468 to join in  
on all the spooky fun!





# HAUNTED TRAIL

## Millbrook Wood Chip Trail

NEW Start Location:

Start at the entrance of the Porcupine Lodge  
(Old Shooting Range)

Ending at the Millbrook Community Hall

OCTOBER 23RD, 2021.  
TIME: 4PM - 6PM

To Volunteer or be a Cast Member,  
Please contact Sunshine Bernard at 902-895-9468





# 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

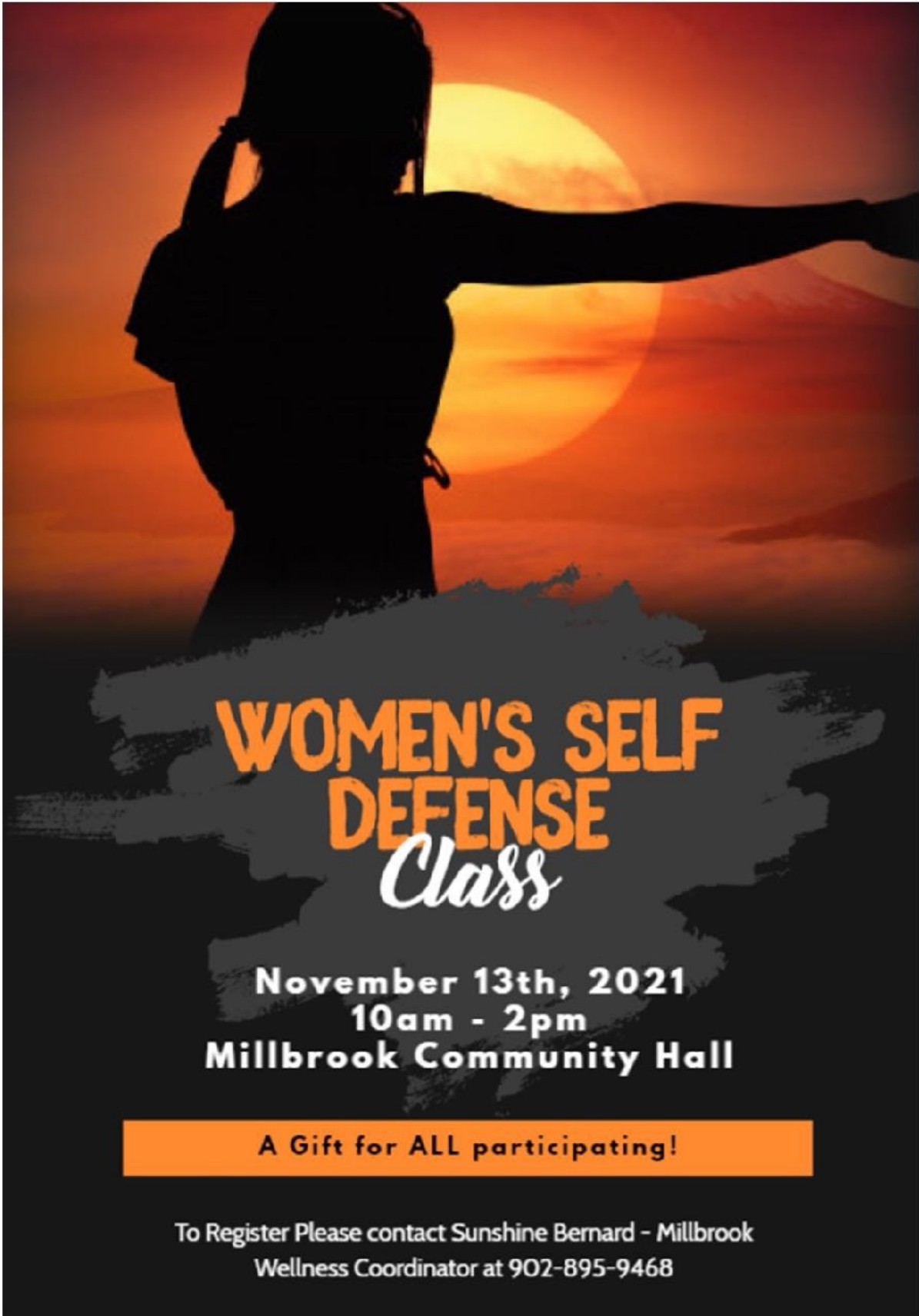
# KIDS PUMPKIN CARVING CONTEST

Send a picture of your child carving their  
pumpkin and their final creation to:  
[sunshinem@millbrookhealth.ca](mailto:sunshinem@millbrookhealth.ca)

Deadline: October 27th by 4pm



PRIZES TO BE WON!  
GET CARVING AND HAVE  
SOME SPOOKY FUN!!!



**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

# October 2021 – Millbrook Health Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <b>Closed</b> <b>Treaty Day</b>	2
3	4 Dr Fraser 9-12 Dr. Vance 1-430 Tanas NP David	5 Dr. Blois/Dr. Holt Dr. Fraser 9-12 Dr. Phil Tanas NP (9am-8pm)	6 Dr. Blois/Dr. Holt Dr. Bauld 9-12 Tanas NP David Katharine	7 Dr. Blois /Dr. Holt Tanas NP Michelle Katharine	8 Dr. Bauld 9-330 For all other office inquires Open 9-12	9
10	11 <b>Closed</b> <b>Thanksgiving</b> <b>Day</b>	12 Dr. Blois/Dr. Holt Dr. Fraser 9-12 Tanas NP (9am-8pm)	13 Dr. Blois/Dr. Holt Dr. Bauld 9-12 Tanas NP David Katharine	14 Dr. Blois/Dr. Holt Tanas NP Michelle Katharine	15 Open 9-12	16
17	18 Dr. Vance 1-430 Tanas NP David	19 Dr. Blois/Dr. Holt Dr. Phil Tanas NP (9am-8pm)	20 <b>Closed</b> <b>For</b> <b>Training</b>	21 <b>Closed</b> <b>For</b> <b>Training</b>	22 Open 9-12	23
24	25 Dr. Fraser 9-12 Tanas NP David	26 Dr. Blois/Dr. Holt Dr. Fraser 9-12 Tanas NP (9am-8pm)	27 Dr. Fraser Dr. Blois/Dr. Holt Tanas NP David Katharine	28 Dr. Blois/Dr. Holt Tanas NP David Michelle Katharine	29 Open 9-12	30
31						

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

## Millbrook Early Education Centre

MEEC Student and Staff sporting their orange shirts for Truth and Reconciliation Day



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.





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

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

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

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: \_\_\_\_\_