

Millbrook Community Newsletter

APRIL 2021



Elder Madeline Martin received her final vaccination shot.
Madeline is the Daughter of the late Chief Joseph Julien.

[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 Band 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.

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

E-mail: communications@millbrookband.com to have your information posted online.

Social Assistance

Social Assistance Cheques are tentatively scheduled for: **Wednesday, April 7 & 21, 2021.**

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) a current copy of your power bill for payment.

Thank you for your cooperation.

Chief and Council Meeting

This months Chief and Council meeting is scheduled for **Tuesday, April 13th, 2021**

The deadline for letter submissions and booking time to see Council is Thursday, April 8, 2021.

To submit letters or request time to see the Chief and Council contact Nigel Gloade by

Phone: (902) 897-9199 ext:119 or e-mail: adminassistant@millbrookband.com

Next Month Chief and Council Meeting - May 11th, 2021.

April-May 2021

- ✚ **April 13** - Chief And Council Meeting at 9am at the Community Hall
- ✚ **April 20** - Chief and Council Meeting at 9am at the Community Hall (*Consultation 9-11am, Economic Development 11-2pm, & Projects 2-4pm*)
- ✚ **May 11** - Chief And Council Meeting at 9am at the Community Hall
- ✚ **May 25** - Chief and Council Meeting at 9am at the Community Hall (*Consultation 9-11am, Economic Development 11-2pm, & Projects 2-4pm*)

Newsletter Deadline - Tuesday, April 20, 2021

The Newsletter deadline is the 20th of each month.

Send your content to: communications@millbrookband.com,
or use the website contact form at <https://www.millbrookband.com/contact>

Millbrook Bylaw & Security - Contact Information

Bylaw Officer Noel Brooks - **Cell** (902) 899-5240 **e-mail:** bylaw@millbrookband.com

Security Luke Markie & Nolan Martin - **Cell** (902) 956-0114 **e-mail:** security@millbrookband.com

Millbrook By-Law/SPCA NS

Dog by-law services with Millbrook First Nation Community.

The Shelter's phone number is 902-893-7968

If the public wants to lodge a by-law concern for the community, they can call our main dispatch line at **1-888-703-7722** Monday to Friday 8 am to 4: 30 pm This is our cruelty line but call takers are advised that calls from Millbrook may come in through this line. They can also e-mail concerns to animals@spcans.ca. This e-mail is monitored by our Enforcement Officers.

We are looking forward to a great partnership.

Booking the Community Hall

To book the Community Hall please contact **Nigel Gloade at (902) 897-9199 Ext 119.**

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.

Health Centre

Phil Somerfield Podiatrist - April 6, April 20

Dr. Vance Chiropractor - April 12, April 26

Energy efficient upgrades, at no cost to you.

We'll be in your area soon, installing energy efficient products for free, whether you rent or own. Your home will save energy, and money, so you can enjoy the good things efficiency brings.

These upgrades may include:

- LEDs
- Showerheads and shower valves
- Bathroom and kitchen faucet aerators
- Water heater wrap and pipe insulation
- A smart thermostat
- Draft-proofing

Our installers will be going door-to-door in your community on **Thursday and Friday (April 15th & 16th)** between **8:00am and 4:00 pm** to install free energy efficient products. No need to book an appointment, we'll see you then!



Message From Chief and Council,

We are pleased to provide you with some positive news. We have filled some key positions within Millbrook First Nation that will help us to grow and thrive as a community.

The Executive Director, reporting directly to the Chief and Council, is an important position and as such we took the unprecedented step of approaching the NS Chamber of Commerce to assemble an external panel of executive directors to screen and interview for this position.

This allowed for the removal of any of our personal feelings and biases from the selection. We were only presented information about the candidates that were qualified but we did not know their names or identities.

The independent panel reviewed the credentials and attributes of approximately 30 candidates from across the country. The objective panel screened and interviewed the top candidates and then presented their recommendations to the Chief and Council. We then unanimously agreed that the top candidate had the qualifications that we were seeking. It wasn't until after we made the selection, was the name of the individual revealed and we learned that the top choice happened to be a Millbrook band member. She won the competition fair and square and based purely on merit.

We hope that you will welcome her back and treat her with kindness as she re-establishes herself back in Mik'ma'ki.

We Are Pleased To Introduce

Executive Director Claire Marshall as the Newest Addition to our Team:



Claire Marshall is a member of Millbrook First Nation. She grew up in Truro, NS. She attended Saint Mary's university and shortly after graduation moved to Vancouver, BC where she gained over 25 years of experience specializing in Indigenous Government Relations and community work.

She has been operating a successful consulting business for the past 10 years and prior to that she held senior leadership positions with corporations and Indigenous organizations. Her corporate sector work was focused on natural resource development where she created and implemented engagement strategies balancing Indigenous connection to the land and the economy, maximizing procurement opportunities for Indigenous businesses and building capacity. Her work for urban Indigenous groups has been in the areas of employment, training, children and families, homelessness and housing. Through

her consulting firm, she worked for First Nations and organizations such as the BC Assembly of First Nations and the BC First Nation Energy Council on community engagement, strategic planning, political advice and communications. She also regularly delivers cross-cultural training, sharing the history of Indigenous peoples in Canada with non-profits, governments and industry.

Claire has contributed numerous years volunteering as a board member for Lu'ma Native Housing, the Law Society of BC, the Vancouver Police Board, Vancouver Community College and Leadership Vancouver.

Millbrook's New Chief Financial Officer Richard Skelhorn

For over 10-years, Richard has been practicing as an accountant with experience in public and private accounting. Mr. Skelhorn has audited First Nations and Hamlets across Canada, and has travelled across the Northwest Territories and Nunavut working with Hamlets, Government and First Nations. Richard has extensive knowledge and experience with PSAS financial statements, compliance issues and Municipal accounting. He was the Director of Finance to a First Nation, and in recent years, Mr. Skelhorn has worked as the Controller for the Northwest Territories Power Corporation and consultant with his Professional Corporation specializing in CFO support and transition.



Prior to accounting, Richard was in the Canadian Forces for eight years, and had the opportunity to be a part of a team which represented Canada overseas marching in the Canadian contingent in France and Holland. In his spare time Richard runs a wild-foods based company called Northern Wild foods, and has a passion for mycology.

Mr. Skelhorn is a member of the CPA institute of the NWT and is licensed as a Chartered Accountant.

Director of Educational Services Arthur Stevens



Arthur is a member from Millbrook First Nation in Nova Scotia and has throughout his professional and personal life worked with and for Indigenous peoples and organizations throughout Mi'kma'ki (Atlantic Canada).

In 2010, Arthur graduated with a BSc. in Agriculture from then Nova Scotia Agricultural College with a degree from Dalhousie University majoring in Animal Science. Completing his science degree led to an employment opportunity with the Indigenous Health Sciences Initiative at Dalhousie University and was the beginning inspiration for his present career in Indigenous education, support, and programming.

Formerly, Arthur has served as the Manager of Indigenous Students with Dalhousie University Faculty of Agriculture Truro campus. In that capacity Arthur advised all self-identified Indigenous students as well as supporting faculty, staff, and non-Indigenous students on the campus through consultation and guidance on Indigenous perspectives relating to culture, and program/project design and delivery.

Arthur has served on several committees and working groups such as the Dalhousie University Indigenous Advisory Council, the Atlantic Aboriginal Advisors Networking group, the Atlantic Association of Universities working group on Indigenous Education, Dalhousie's working group on Diversity and Inclusion, and the Dalhousie Indigenous Strategy Steering committee and is a Co-lead on a self-study focused on Culture and Climate at Dalhousie.

Arthur is looking forward to working with his community to develop and implement educational services, that aim to support our students success.

MILLBROOK FIRST NATION: MODERATE LIVELIHOOD QUESTIONNAIRE

Millbrook Chief and Council is working on a plan to define a Moderate Livelihood for our community and to eventually establish a "Moderate Livelihood Fisheries Management Plan." Based on band member guidance and a community ratification process, Chief and Council will develop and implement a community-based regime to address interim and long-term Moderate Livelihood access and management solutions.

Millbrook and the Mi'kmaw Conservation Group (MCG) have worked together to develop a Moderate Livelihood Questionnaire that will help in the development of a Moderate Livelihood Management Plan. The survey is intended to gather perspectives and assess the community's needs for the writing of a management plan.

This is an opportunity for band members to be part of the defining of Moderate Livelihood for our community. **Please take the time to complete the questionnaire by April 30th, 2021.**

LINK: <https://www.surveymonkey.com/r/X7FSBMD>

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

Medical Services at the Health Centre

Millbrook band and community members can access medical services at the community Health Centre by calling to book an appointment with the physician or asking to be assessed by the nurse.

At the Health Centre, patients are triaged according to how sick they are, risks of worsening, and care needs based on their presenting signs and symptoms using a triage system (<https://ctas-phctas.ca/>) to prioritize patient care.

Therefore, upon calling for assessment or arriving at the Health Centre for an unscheduled appointment, each patient will be asked questions relating to the nature of their visit and a nurse may then do a physical assessment including vital signs.

Based upon the triage nursing assessment, each patient's needs will be cared for in an appropriate manner. The nurse may discharge the patient with instructions including medication, ask the patient to book a follow up appointment, or consult the physician on call.

Public Notice on Contact Tracing Scam

Some people in Nova Scotia have received emails from Nova Scotia Health indicating that they are part of contact tracing. Nova Scotia Health (Public Health) does not use email to contact individuals as part of contact tracing. This is a scam so please do not respond to that type of email.

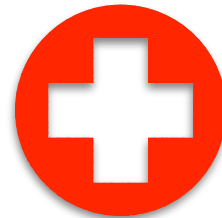
Medical Drivers

Donna Gloade

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

Ella Paul

Cell: (902) 956-2679



Heating Rebates

HARP: NS Home heating rebate program: <https://beta.novascotia.ca/sites/default/files/documents/2-264/heating-assistance-rebate-application-form-en.pdf>

AND:

I just wanted to make sure that all members were aware that the 2021 HEAT Fund program has started today. The Home Energy Assistance Top-up (HEAT Fund) is available to individuals and families who live on a low income to help pay their heating bill. Assistance for eligible customers can be up to \$400.00. There have been 3 changes implemented this year to make it easier to assist a greater number of customers in need:

1. The application deadline has been extended indefinitely. (*Providing program funds still remain*)
2. The 24 month eligibility window has been waived this year to allow customers in need to apply every 12 months.
3. Income thresholds have been raised so that more Nova Scotians can apply for assistance:
 - \$29,000 for one person households
 - \$47,703 for two to four person households
 - \$67,937 for households of five or more

To learn more about the HEAT Fund or to download the application form, please go to the Salvation Army website at [The HEAT Fund - Maritime Division \(salvationarmy.ca\)](http://The HEAT Fund - Maritime Division (salvationarmy.ca))

We are looking to update our housing heating information for Efficiency Nova Scotia.

Please contact Lorne Paul with the following information:

- Name:
- Phone number:
- e-mail:
- Heat source at the house:

Contact Lorne Paul at (902)- 890-4863

Renovation Crew Is Looking for Workers

Contact Carla Asprey or Lorne Paul for employment opportunity with Renovations in Millbrook Construction.

Carla Asprey

Phone: 902-8979199 Ext. 130 **e-mail:** millbrookemployment@eastlink.ca

Lorne Paul

Phone: 902-890-4863 **e-mail:** lornepaul@eastlink.ca

Physical Activity Consultations

Join us for conversations and
planning for physical activity,
recreation & sport opportunities in
the community.

April 28 & 29

Millbrook Community Hall

12:00 - 1:30

Snacks and drinks provided

Spece is limited. Registration required.
Contact Christena Dykstra at 902-895-9468
to sign up!

Please Note: All COVID 19 protocols will be in
place. Contact tracing required.

Made with PosterMyWall.com

Wellness WEDNESDAY

in April



Let's Spring into Wellness!
Post a pic tagging Sunshine Bernard or INBOX your pic of each of the activities you do on Wellness Wednesday during the month of April. The deadline to submit your pic for each Wednesday will be the following Thursday at noon.

April 7th - Get Moving

April 14th - Self-Care

April 21st - Walk the Wood Chip Trail

April 28th - Share a Healthy Recipe or Pic of your

Healthy Meal you made

Sunshine Bernard for more info

 **(902) 895-9468**

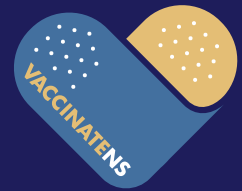
LET'S GET NORDIC POLE WALKING!

Join Us Every Monday &
Wednesday at Noon

MONDAY
&
WEDNESDAY
12:00pm

START:
MILLBROOK HEALTH
CENTRE PARKING LOT

For More Info, contact Sunshine Bernard:
(902) 895-9468



It's important to continue taking precautions even after receiving your COVID-19 vaccine.

- Wash your hands often.
- Wear a mask in public indoor spaces.
- Keep a distance of 2 metres (6 feet) from others.

Be part of our way forward.

Learn more about Nova Scotia's public health guidelines at novascotia.ca/coronavirus.



Task Force on the Commemoration of Edward Cornwallis and the Recognition and Commemoration of Indigenous History

You're invited to present your recommendations at a public engagement session on the following:

- How best to recognize and commemorate Indigenous history, in the area now known as the Halifax Regional Municipality, as part of a more complete history of the area
- The commemoration of Edward Cornwallis on municipal assets including the statue, park and street

Each session will be from **6-8 p.m.**

Thursday, June 6 Mi'kmaq Native Friendship Centre

Tuesday, June 11 Saint Mary's University,
Scotiabank Theatre

Thursday, June 13 Millbrook Community Centre

Tuesday, June 18 Zatzman Sportsplex,
Nantucket Room

Presenters will be asked to sign up upon arrival and will be permitted to present for up to seven minutes.

halifax.ca



HALIFAX

**ASSEMBLY OF
NOVA SCOTIA
MI'KMAQ CHIEFS**



**TRURO
and AREA**
Community Health Board



Do you have a passion for community wellness? Are you eager to share your knowledge and develop new skills? Volunteering with your local Community Health Board (CHB) could be the perfect opportunity to get involved!

The **Truro & Area CHB** is currently accepting applications for new members. Volunteering with your local Community Health Board is a great way to get involved, share ideas and make a difference where you live, work, play and learn!

We are currently focusing on issues around:

- **Mental wellness & sense of belonging**
- **Healthy, active living**
- **Affordable, thriving communities**
- **Building relationships and fostering inclusive communities**

The Truro & Area CHB meets monthly from September to June (usually the 3rd Monday of each month). For in-person meetings, a light meal is provided and volunteers are reimbursed for any costs associated with volunteering (i.e., travel, childcare, etc.). Social distancing guidelines are followed and video/teleconferencing options are available.

To learn more, contact your local CHB Coordinator:

Mandy Moore

Phone: 902-890-4383

Email: AmandaM.Moore@nshealth.ca

Or visit us **online** at: www.communityhealthboards.ns.ca

“Community Partnerships and a voice for a healthier future”



**MILLBROOK
FIRST NATION**
Waste Reduction Calendar
April, 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Good Friday	3
4 Easter Sunday	5 Happy Easter	6 One Bulky Item	7	8	9	10
11	12	13 One Bulky Item	14	15	16	17
18	19	20 One Bulky Item	21	22	23	24
25	26	27 One Bulky Item	28	29	30	



Legend

Organic collection days - Green Cart
 Recyclable collection days - Blue Cart
 Garbage collection days - Black Cart

Due to the current Covid-19 virus the waste collection schedule is subject to change. Updates can be found on our Facebook page.



Friendly Reminders
 All garbage **MUST** be in CLEAR bags before going into the **BLUE CART**
 All Recycling **MUST** be in **BLUE BAGS** before going into the **BLUE CART**
NO plastic in your **GREEN CART**



APRIL 2021 – Millbrook Health Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No walk-ins please; appointments only				1 Dr. Blois Szonja Michelle	2 Closed Good Friday	3
4	5 Closed Easter Monday	6 Dr. Blois Ruby Dr. Phil	7 Dr. Blois David Szonja	8 Dr. Blois Szonja Michelle	9 Open 9-12	10
11	12 David Meaghan	13 Dr. Blois Meaghan Ruby	14 Dr. Blois David Szonja Health Center will be closed 2:30-4:30	15 Dr. Blois Szonja Michelle Drop off full insulin containers & expired prescriptions 10-11am 2-3pm only!	16 Open 9-12	17
18	19 David Meaghan	20 Dr. Blois Ruby Dr. Phil	21 Dr. Blois David Szonja	22 Dr. Blois Szonja Michelle	23 Open 9-12	24
25	26 David	27 Dr. Blois Ruby	28 Dr. Blois David Szonja	29 Dr. Blois Szonja Michelle	30 Open 9-12	

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