

Millbrook Community Newsletter

JULY 2021



PROJECT SAMQWAN AT THE HALIFAX SHOPPING CENTRE
BY GARRET GLOADE & CHEYENNE ISAAC-GLOADE

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, July 14 & 28, 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) a current copy of your power bill for payment.

Thank you for your cooperation.

Chief and Council Meeting

Millbrook Chief and Council meeting is scheduled for **Tuesday, July 13th, 2021**
The deadline for letter submissions and booking time to see Council is Thursday, July 8rd, 2021.
To submit letters or request time to see the Chief and Council contact Jessica Haji Mohamad by
Phone: (902) 897-9199 ext:110 or e-mail: adminassistant@millbrookband.com

Next Month Chief and Council Meeting - September 14th, 2021.

July 2021

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

Newsletter Deadline - Tuesday, July 20th, 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

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

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

Cole Harbour Security - Adam Francis - **Cell** 902-240-0993 **e-mail:** security-ch@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

The Community Hall is closed for the public until the Covid-19 restrictions are lifted.

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

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.

Community Mapping

Millbrook will be conducting on-reserve community mapping to help our health centre staff and emergency management team address the COVID-19 virus. We will start this work in May.

Each house in Millbrook, Beaver Dam, Cole Harbour and Sheet Harbour will be contacted by a fieldworker who will ask a short list of questions. You will be asked about your health status, health care needs and status of vaccination.

Your participation is greatly encouraged, because this information will help identify vulnerable households, prevent the spread of the virus and improve emergency response efforts. We're all in this together.

Participants will have their names entered into a draw for the chance to win gift certificates, camping gear, a TV, an iPad and a BBQ.

For more information about community mapping and Millbrook's work, please contact Colin Bernard at: colinb@millbrookhealth.ca or (902) 895-9468.

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 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

Housing Applications

Please fill in and submit update your housing application. Millbrook Chief and Council have purchased two houses (one in Sheet Harbour and one in Beaver Dam) and will be allotted later this year. The housing application has been updated to select desired location. Please get your housing application in before July 31st for the next housing meeting.

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

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 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!

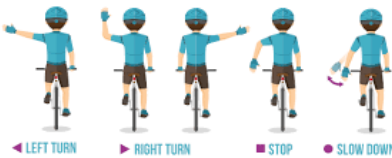


MILLBROOK RCMP - BICYCLE SAFETY TIPS

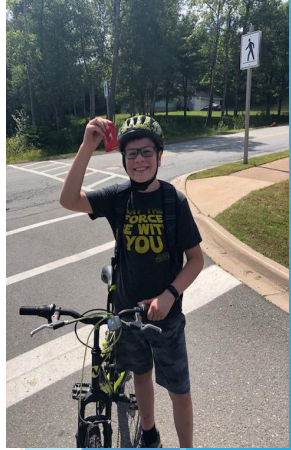


Safety tips to share with your children and anyone who rides bicycles

- ❖ By law, you must wear a bicycle helmet!
- ❖ A properly designed and fitted helmet greatly reduces the risk of brain injury, which is the leading type of fatal or disabling injury to cyclists.
- ❖ Make sure your bike helmet fits you well and is not damaged.
- ❖ Always wear your helmet **the right way** so it will protect you.
- ❖ Ride with your hands on the handlebars.
- ❖ Always stop and check for traffic in both directions when proceeding on the roadway.
- ❖ Cross at intersections.
- ❖ Walk your bike across busy intersections using the crosswalk and following traffic signals.
- ❖ Ride on the right-hand side of the street, so you travel in the same direction as cars do.
- ❖ Don't ride too close to parked cars. Doors can open suddenly.
- ❖ Stop at all stop signs and obey traffic (red) lights just as cars do.
- ❖ Ride single-file on the street with friends.
- ❖ **HAVE FUN AND BE SAFE!**



◀ LEFT TURN ▶ RIGHT TURN ■ STOP ● SLOW DOWN



AGE 3 SCREENING

Open to children who are entering Pre-school 3 at Millbrook Early Education Centre. A great opportunity to meet service providers in your community and get ready for the new school year!

Services available:

Jordan's Principle
Early Intervention
Dietician

Hearing & Speech
Maternal Child Health



July 14th 2021
Millbrook Community Hall
1pm-5pm

Refreshments, door prize &
gift bags!

**You must register to attend. To
register send an email to:
edu.assistant@millbrookband.com**

Welcome to the Team!

Jessica Haji Mohamad, Administrative Assistant

Jessica Haji Mohamad, formerly known as Jessica McDonald, was born and raised in Millbrook. She is self-motivated and carries a strong passion for her community. She is also one of late Chief Lawrence Paul's nieces and great granddaughter to respected William GooGoo.



After high school in 2010 she decided to study abroad and travel. Jessica studied in Toronto at the School of Ministry for 6 months and had an opportunity to travel to Germany. It was important for her to take a time for healing and to work on her self-identity. In this school she took a course called the heart module, she then decided to continue her studies in Australia in 2012 at Hillsong International Bible College. There she was trained in leadership and was actively involved in an organization against Human-trafficking called the A21 Campaign.

During her time studying in Australia, she met her husband of 7 years now Kevin. She decided to move to Switzerland with him. She worked at the Zurich airport as a security agent for ICTS. And had great responsibility in this job. After working for ICTS Jessica and her husband decided to start a family. They now have two beautiful daughters named Everly and Elowen.

Jessica volunteered for the past 4 years with an organization in Switzerland called Glowbal Act. In her team they would go into the streets and the red-light district to help women in prostitution. Her passion is to help women to reshape their identity and self-worth.

Now being back home in Millbrook, Jessica is excited to give back to her community all that she has learned. Her passion is for her people and to see them thrive.

Jessica's main responsibilities are supporting the Chief and Council with preparing for their regular Chief and Council meetings and following up on action items following the meetings.

Jessica Haji Mohamad
Administrative Assistant
E-mail: adminassistant@millbrookband.com

MILLBROOK HEALTH CENTRE

COVID-19 SELF-TEST SWAB TEST

Available at the Millbrook Health Centre for
Millbrook Band & Community Members



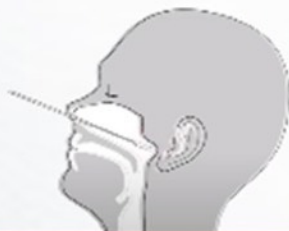
Pick Up & Drop Off of
completed test are Monday
to Thursday before Noon of
each day!



- Kits can be picked up at the Millbrook Health Centre
- Upon completion, drop off the kit at the Health Centre in the secured drop off bin located at the entrance (the sooner, the better)
- Your swab will be tested at the Nova Scotia Health Laboratory
- All test results are confidential and individuals will be contacted by Public Health
- The Millbrook Health Centre will not be given the results of your test. Please do not call for your results.



Stay Safe!





SENIOR'S

DRIVE-IN BINGO

JULY 8TH @ 2PM
MILLBROOK COMMUNITY HALL
PARKING LOT

HONK WHEN YOU WIN

WIN PRIZES WHILE PRACTICING SOCIAL DISTANCING!

Register by contacting
Sunshine Bernard at
902-895-9468

We are following Covid-19 Protocols
and gathering restrictions can
change at any time.

The poster features a green background with white stars. At the top is a marquee sign with the word "SENIOR'S" in black on a yellow background. Below it is a larger marquee sign with "DRIVE-IN BINGO" in red and black on a white background. To the left of the main sign is a red and white striped popcorn bucket. A large red arrow points downwards from the main sign. To the right is a smaller marquee sign with event details. Below the main sign is a hand pointing to the right. At the bottom left is a white starburst containing text about social distancing. On the right side, there are two paragraphs of text providing registration information and a disclaimer about COVID-19 protocols.

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.

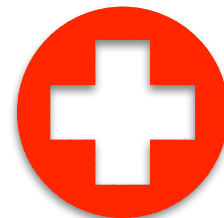
Medical Drivers

Donna Gloade

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

Ella Paul

Cell: (902) 956-2679



Indigenous Advisory Group

We are seeking members from Indigenous peoples in Nova Scotia, including service providers, front line workers, leaders, and elders to join a TESS Cultural Advisory Group.

Members will bring a cultural lens to the issue of commercial sexual exploitation of children and youth, advise on partnership work, and support community-based responses.

Members will have access to resources, training, and a network of more than 75 agencies across Nova Scotia.



PLEASE EMAIL THUNDER, TESS COORDINATOR, FOR MORE INFORMATION

TESS@ywcahalifax.com
www.TESSNS.ca
@TESSNovaScotia



BEN BROOKS



NIK'OMAS SA'N



CECILIA PHILLIPS



CECILIA PHILLIPS



HUNTER LATTIE



JADA MCNUTT



PEARL JOHNSON



KALEIGH DENNY-MCPHEE



MATTEO MARTIN



NASH STEVENS



KYLIE MARTIN



JEMMA JOHNSON



POURTRAITS BY
Johanna
WWW.JOHANNAMATTHEWS.COM

TALAN MCDONALD




POURTRAITS BY
Johanna
WWW.JOHANNAMATTHEWS.COM

JENESSA MARTIN




POURTRAITS BY
Johanna
WWW.JOHANNAMATTHEWS.COM

ZANDER COPE

 **MILLBROOK
FIRST NATION**
Congratulates Our




Class of 2021
**ANDREW J.
Stephen**

 **MILLBROOK
FIRST NATION**
Congratulates Our



Class of 2021
**ANDY
Syliboy**

 **MILLBROOK
FIRST NATION**
Congratulates Our



Class of 2021
**AVA
Martin Betts**



Congratulates Our



Class of 2021

BRANDON
Martin

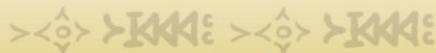


Congratulates Our



Class of 2021

DAIJAH
Nelson

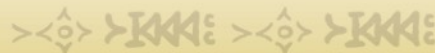


Congratulates Our



Class of 2021

CONNOR
Ellis

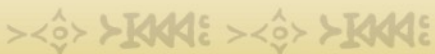


Congratulates Our



Class of 2021

EMMA
MacKenzie

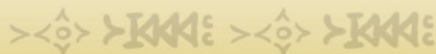


Congratulates Our



Class of 2021

ISAIAH
Wilmot

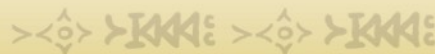


Congratulates Our



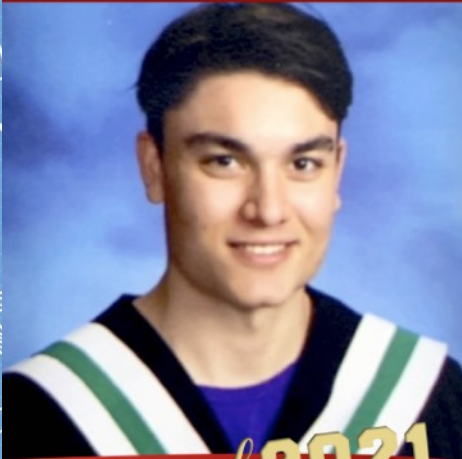
Class of 2021

JADEN
Kennedy



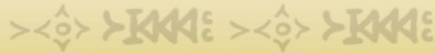
MILLBROOK
FIRST NATION

Congratulates Our



Class of 2021

**JULIEN
Marshall**



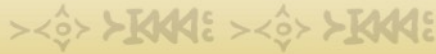
MILLBROOK
FIRST NATION

Congratulates Our



Class of 2021

**LEXI
Bernard**



MILLBROOK
FIRST NATION

Congratulates Our



Class of 2021

**MADELYN
Bernard**



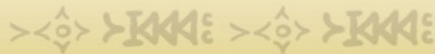
MILLBROOK
FIRST NATION

Congratulates Our



Class of 2021

**MAKAYLA
Gosselin**



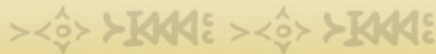
MILLBROOK
FIRST NATION

Congratulates Our



Class of 2021

**MAKAYLA
Sylliboy**



MILLBROOK
FIRST NATION

Congratulates Our



Class of 2021

**MARISSA
Brooks**



Millbrook Community Newsletter July 2021

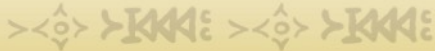
MILLBROOK
FIRST NATION

Congratulates Our



Class of 2021

**RAYVON
Johnson**



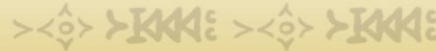
MILLBROOK
FIRST NATION

Congratulates Our



Class of 2021

**TYSON
Stevens**



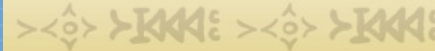
MILLBROOK
FIRST NATION

Congratulates Our



Class of 2021

**WILLIAM
Glode-Webb**



*Congratulations to Our
Class of 2021*

MILLBROOK
FIRST NATION



Millbrook Detachment has restricted front counter – To make a complaint or request police service please call the office non-emergency line at 902-893-6819. Any calls after regular office hours go to provincial call takers/dispatch. This this ensures that a complaint/call for service is generated and dispatched immediately to a member for follow up.

In an emergency use 9-1-1.

Livescan/fingerprints or criminal record/vulnerable sector checks for band or community members are by appointment only by phoning Millbrook RCMP 902-893-6819.

Thank you & Be safe!



MILLBROOK FIRST NATION Waste Reduction Calendar JULY



SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5	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	31

Legend:

- Organic collection days: **Green cart**
- Recyclable collection days: **Blue cart**
- Garbage collection days: **Black cart**
- Honouring Indigenous children who died at residential schools


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 **BLACK CART**.
- All recycling **MUST BE** in **BLUE BAGS** before going in the **BLUE CART**.
- NO** plastic in your **GREEN CART**.



JULY 2021 – Millbrook Health Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Closed Canada Day	2 Open 9-12	3
4	5 Dr. Bauld Dr. Fraser Tanas NP Dr. Phil David Meaghan Ruby	6 Closed Vaccine Day	7 Dr. Blois Tanas NP David Szonja	8 Dr. Blois Tanas NP Szonja Michelle	9 Open 9-12 Tanas NP	10
11	12 Dr. Vance Tanas NP David Meaghan Ruby	13 Dr. Blois Dr. Phil Tanas NP Meaghan Ruby	14 Dr. Blois Tanas NP David Szonja	15 Dr. Blois Tanas NP Szonja Michelle	16 Open 9-12 Tanas NP	17
18	19 Closed Staff Appreciation Day	20 Dr. Blois Tanas NP Meaghan Ruby	21 Dr. Blois Dr. Vance Tanas NP David Szonja	22 Dr. Blois Tanas NP Szonja Michelle	23 Open 9-12 Tanas NP	24
25	26 Closed St. Anne's Day	27 Dr. Blois Dr. Fraser Tanas NP Meaghan Ruby	28 Tanas NP David Szonja	29 Tanas NP Szonja Michelle	30 Open 19-12	31

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



Millbrook Housing Repair Grant 2021/22
Application Form
P.O. Box 634, Truro, N.S. B2N 5E5

Office use only: Received this _____ day of _____ A. D. 2021/22
Chief Financial Officer or designate: _____

Please Select: _____ Mail: _____ Pick Up: _____
Application Name: _____
Band #: _____ Senior (65+): _____
Phone #: _____ E-mail: _____
Mailing Address: _____

All Millbrook Band Members are entitled to apply for the Millbrook Housing Repair Grant.

For every housing unit (except private rentals) occupied by Applicant, a reimbursement of up to **\$750.00** will be made to the homeowner for repairs once this year. For every Senior homeowner **\$1000.00**. **This applies only if you do not qualify or do not receive Social Assistance.**

Application date for this housing initiative begins April 1, 2021. Receipts dated before April 1, 2021 will not be accepted. This application expires March 31, 2022.

Original receipts are necessary and must be dated within that year, with applicant's name (IMPRINTED ON RECEIPT/INVOICE FROM SUPPLIER), excluding labour.

Housing units that are private rentals are not eligible for repairs.

Allowable Housing Repairs:

- Roof Material.
- Exterior doors and windows including storm/screen doors.
- Heating systems including boilers (hot water or steam), forced air furnaces, chimneys, and related components.
- Domestic hot water tanks, septic tanks, and tile beds.
- All household Appliances.
- Toilets, tubs, sinks, and faucets.
- Smoke detectors, light fixtures, ceiling fans.
- Construction materials, paving, and gravel.

Housing Unit must be in the name or owned by Applicant.

____ Off Reserve Homeowner, Documents attached showing home ownership.

____ On Reserve, Band Allotment Documents at Band Office.

____ Original Receipts with Applicant's name attached.

Signature of Applicant

Date

Office use only: Approved () Not Approved ()
Executive Director: _____

