

Millbrook Community Newsletter

MARCH 2021



Nurse Suzette Macleod administers the
COVID-19 vaccine to Elder Patsy Paul-Martin

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, March 10 & 24, 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, March 9, 2021.**

The deadline for letter submissions and booking time to see Council is Thursday, March 5, 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 - April 13th, 2021.

March-April 2021

- ✦ **March 9** - Chief And Council Meeting at 9am at the Community Hall
- ✦ **March 16** - Chief and Council Meeting at 9am at the Community Hall (*Consultation 9-11am, Economic Development 11-2pm, & Projects 2-4pm*)
- ✦ **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*)

Newsletter Deadline - Saturday, March 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

Please find attached the contract for dog by law services with Millbrook First Nation Community. The contract is for January 1, 2021 but we can actually start as of Monday January 11th, 2021. We will prorate the first invoice to be reflective of the 11th.

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.

Vaccination Role out

I want to express my appreciation to the Millbrook Health Centre Staff for their professionalism and attention to detail during our recent Covid Vaccination. From the initial delivery of the community news flyers, appointment confirmations, sign in, inoculation and exit, it showed that we were prepared to deliver!

Many thanks to our leadership for ensuring that Mi'kmaw communities are prioritized in the provincial role out.

Wela'lioq

Tim Bernard





CALDWELL GLEN PHASE 1

COMING EARLY
2022

Millbrook's Newest Apartment building in Cole Harbour needs a name!

This is your chance to win some bragging rights and some Cash.

First Place - Prize \$500.00
Second Place - Prize \$300.00
Third Place - Prize \$200.00

Submit your suggested Name no later than March 31st, 2021 to:

communications@millbrookband.com

or send in via mail to:

Nigel Gloade
Communications Officer
Millbrook First Nation
PO Box 634
Truro, NS B2N 5E5



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.

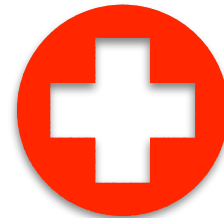
Medical Drivers

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

SENIORS MOVIE MATINEE



**POPCORN &
A MOVIE**

**60 YEARS OF
AGE AND
OLDER**

**1 PM SHARP!
ENTRY: 12:45PM**

**PRE-REGISTER
WITH SUNSHINE
BERNARD AT
902-895-9468**

**MARCH
4TH**

**20 Treaty Trail
Millbrook**

COME MEET OUR DIETITIAN
TERESA FLYNN



LUNCH & LEARN

MARCH 10th (Wednesday), 2021
11:30am-1:00pm

~ Due to COVID restrictions, space is limited and SIGN UP is REQUIRED.
Contact Sunshine Bernard at
902-895-9468 ~

Masks are required upon arrival, please respect social distancing practices.



MOVIE Matinee NIGHT

Monday, March 15th

Millbrook Gymnasium

Sign-Up is REQUIRED.

*MASKS are required. Stay within your family bubble.
Please respect social distancing practices.*



session 1 - matinee @ 2pm

session 2 - night @ 6pm

Contact Sunshine Bernard at

(902) 895 9468



Wagon Rides in MILLBROOK



**Millbrook Powwow Grounds
First Come, First Serve
March 16, 2021 (Tuesday)
1pm - 5pm**

Register Upon Arrival for Contact Tracing
Stay within your family bubble.
Masks are required.

If you are feeling unwell, its best not to attend the event.

PLEASE NOTE: We are following public health protocols for Covid-19 and restrictions can change at anytime.

For more info, please contact:
Sunshine Bernard
(Community Wellness Coordinator) at
902-895-9468

CLAY CAFE

in Millbrook

March 17, 2021 (Wednesday)

Session 1 - 10am - 11:30am
Session 2 - 1:00pm - 2:30pm

**SIGN UP IS REQUIRED. LIMITED
SPACE AVAILABLE
CHILDREN MUST BE ACCOMPANIED BY
AN ADULT**

**CONTACT SUNSHINE BERNARD AT
902-895-9468 to REGISTER for this event**

**Covid-19 Protocols in place. Masks
are required. Stay within your
family bubble. Please RESPECT
social distancing practices.
Sanitation stations will be set-up.**

**PLEASE NOTE: WE ARE FOLLOWING
PUBLIC HEALTH PROTOCOLS FOR
COVID-19 AND RESTRICTIONS CAN
CHANGE AT ANYTIME.**



MARCH IS NUTRITION MONTH

Join Us For A

LUNCH & LEARN

Filled with Trivia Fun, Good Food & Lots of Laughs!

March 24th

11:30AM - 1:00PM

**Space is Limited. Sign-Up is Required.
Please contact Sunshine Bernard at
902-895-9468**

**Covid-19 Protocols in place.
Masks are required, please respect
social distances practices.**

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.





**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”

Small Business Support Fund Application Form – Millbrook First Nation

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.)

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

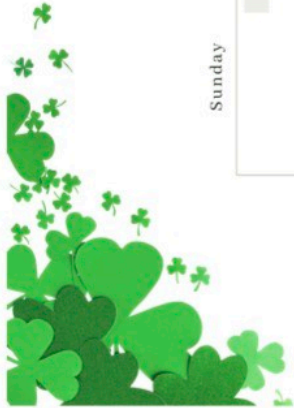
If you indicated yes, please provide comparative in house statements from the same time period of March to October 2019 and March to October 2020.

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



WASTE REDUCTION CALENDAR
MARCH 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 One bulky item	3	4	5	6
7	8	9 One bulky item	10	11	12	13
14	15	16 One bulky item	17 Happy St. Patrick's Day!	18	19	20
21	22	23 One bulky item	24	25	26	27
28	29	30 One bulky item	31			



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.



MI'KMAWEY GREEN
COMMUNITIES PROGRAM
THE CONFEDERACY OF MAINLAND MI'KMAQ

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

Employment Opportunity

Administrative Assistant

Millbrook First Nation is seeking a self-motivated professional for the Administrative Assistant position for the Millbrook Band Office location in Millbrook. The Administrative Assistant reports to the Executive Director and is responsible for providing administrative and clerical supports to ensure daily operations are maintained effectively and efficiently.

Job duties include but are not limited to:

- Participate in Council and other Band administration meetings/committees; record and distribute minutes to appropriate parties within five business days.
- Coordinate meetings and prepare information/documentation required for meetings.
- Assist with the preparation, editing of reports, documents and policies and procedures.
- Maintain confidential records and files.
- Maintain office inventory, anticipating needed supplies, ordering supplies, verifying receipt of supplies.
- Ensure office equipment operation is maintained, calling for repairs, maintaining equipment inventories and ensuring preventive maintenance requirements are met.
- Carry out all related administrative duties such as filing, typing, copying, and scanning.
- Receive and distribute mail.
- Provide receptionist substitution when schedule allows.
- Perform other related duties as required and assigned by the Executive Director.

The successful candidate would ideally possess the following qualifications:

- College degree/certification in Business Administration or an acceptable combination of relevant education and experience.
- 3-5 years in an administrative role preferred.
- Proven knowledge of office administration procedures.
- Excellent written and verbal communication skills.
- Strong organizational and planning skills.
- Ability to handle multiple projects, assignments.
- Knowledge of Council and Band administration systems an asset.
- Ability to maintain a high level of accuracy and confidentiality concerning all business.
- Strong computer skills, including the ability to operate spreadsheet and word processing programs.
- Capable of using Microsoft 365 applications such as teams, word, excel, outlook and power point to collaborate with Chief and Council.

This position requires a clear criminal record check to fulfil the position.

Salary: \$33,000.00 - \$35,000.00

Application Deadline: March 9, 2021: 4 pm

Please submit your resume and cover letter along with three references to:

Carla Asprey

Native Employment Officer

Millbrook Administration Office

Phone: (902) 897-9199 **ext. 12** Fax: (902) 897-0678

Email: millbrookemployment@eastlink.ca