

# Millbrook Community Newsletter

MAY 2020



Treaty Entertainment Building  
under construction at the Millbrook Power Centre

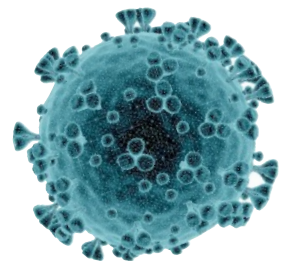
## [Important Announcements](#)

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>



*Happy  
Mother's Day!!*

May 10

## [The Eskasoni Crisis Line](#)

Toll Free number 1-855-379-2099

(Mi'kmaw and English)

 **MILLBROOK  
FIRST NATION**

TELEPHONE: (902) 897-9199

TOLL FREE: 1-(800)-693-3112

MILLBROOK BAND ADMINISTRATION

P.O. BOX 634

TRURO, N.S. B2N 5E5

# Millbrook Band Office

## Mailing Address

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

## Business Hours

Closed until May 22, 2020  
Please contact staff by e-mail.

## 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/>

Remember to e-mail the Communications Officer to have your information posted online.

## Millbrook Band Office & Health Centre

**Millbrook Band Office will be closed until May 22, 2020.**

**The Millbrook Health Centre will be open Mondays, Wednesdays and Fridays from 10-4 until further notice.**

We continue to take appointments for both the doctors and mental health and addictions clinicians.

Please call the Health Centre to make an appointment.

## Social Assistance

Social Assistance Cheques are tentatively scheduled for: May 7 & 21, 2020.

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

## Chief and Council Meeting

The next Chief and Council meeting is scheduled for **Tuesday, May 12, 2020.**

The deadline for submissions or requests to see Council is **Thursday, May 7, 2020.**

Please submit to the Administrative Assistant, Jay Martin, Phone: (902) 897-9199 Ext. 110,

Fax: (902) 893-4785 or e-mail: [jay.m@eastlink.ca](mailto:jay.m@eastlink.ca).

June's Chief and Council meeting is June 9, 2020.

## Chief and Council Meetings

Chief and Council will be meeting weekly via video conference to deal with urgent matters.

## May 2020

- ✦ **May 5** - Chief and Council/Economic Development zoom meeting 1pm
- ✦ **May 6** - Chief and Council Consultation Meeting via zoom 1pm
- ✦ **May 12** - Chief and Council zoom meeting 1pm
- ✦ **May 19** - Chief and Council zoom meeting 1pm
- ✦ **May 26** - Chief and Council zoom meeting 1pm

## Newsletter Deadline

**The Newsletter deadline is the 24th of each month.**

**Sunday, May 24, 2020**

You can make a contribution to the Millbrook Community Newsletter by sending your information to: [mbcommunications@eastlink.ca](mailto:mbcommunications@eastlink.ca), or by the website contact form (link) <https://www.millbrookband.com/contact>





# Millbrook Community Briefing

May 1, 2020

## Updates from Millbrook Chief and Council

### Partial Re-opening

- Non-essential businesses are permitted to reopen in a Home Delivery Model only on May 1, 2020.
- Show rooms and Storefronts are to remain closed until further notice.
- Online, website and phone sales only, payments made by E-mail Money Transfer, Debit or Credit.
- Transport of controlled substances is strictly prohibited.
- Deliveries are to be made to residences and placed on doorsteps or in mailboxes. At no time are individuals allowed to enter a residence when delivering goods.
- **Cheese Curds/Habaneros** - Curb side pick-up and delivery only call (902) 895-7580 to order Wednesday to Sunday 11am-7:30pm! **Starting May 6, 2020.**
- **Leon's Furniture** - Curb side pick-up and delivery.
- **JG Auto** - One customer at a time – no more than five persons on site.
- **Race Auto** - One customer at a time – no more than five persons on site.

We will closely monitor the impact of this partial reopening, should these changes adversely impact the community or if individual businesses decide to abuse the home delivery model, Chief and Council will enact closures and fines as required.

### Recyclables

Colchester Balefill is not accepting sorted recyclables. Please continue the habit of recycling, store them indoors or in a shed, if you have space. Blue bags being land filled is only temporary and because all other options have been exhausted.

### Cannabis Survey

Millbrook's Cannabis Survey is available using the following link:

<https://www.millbrookband.com/surveys>

- Paper copies will be delivered to on-reserve band members and mailed to off- reserve band members.
- If you are completing a paper copy of the Community Cannabis Survey, place finished copies of the survey in the Band Office Mailbox, located at the front of the building before June 1<sup>st</sup>, 2020.

### Fire ban and restrictions

A ban on open fires is in effect. The ban prohibits open fires in woods, or within 305 metres (1,000 feet) of woods. The fire ban will remain in effect until 15 May 2020.

**#STAYTHEBLAZESHOME**

**#NOVASCOTIASTRONG**

# Health Centre

## Mailing Address

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

## Business Hours

Monday, Wednesday, & Friday  
10am-4pm  
**Please call the Health Centre to make an appointment**

## Phone Numbers

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

## Millbrook Health Centre Notice on COVID-19 State of Emergency

Our Health Director has been meeting regularly with the Chief Medical Officer of Nova Scotia (Dr. Strang) and they both recommend that we continue to follow the direction set forth by the Province. It will be several weeks (end of May – beginning of June) before we re-evaluate opening band businesses and services. Once this is re-evaluated, we will do so in a gradual manner. If there is a second and third wave of COVID-19, we will once again have closures to keep our community safe. It is important to remember that once the state of emergency is lifted, we must continue to practice social distancing, proper hygiene, hand washing and other safety protocols until we are sure this pandemic is over. Our primary concern is the well-being of our community.

On March 24, the provincial Medical Officer of Health (Dr. Strang) issued an Order to decrease the transmission of COVID-19. All people who have COVID-19, or who have been in close contact with someone who has COVID-19, or are being tested for COVID-19 and are waiting for their results, or who have returned to the province from travel must stay home for 14 days. You cannot enter public buildings, use public transportation, or be in any enclosed spaces that have people in them, other than your home, during those 14 days, unless told otherwise by someone in Public Health.

If you do not adhere to self-isolation while this Order is in place, you can be fined. Ask family members or friends to pick up your groceries for you or other things you need and to drop them off at your door. Those who are not required to self-isolate must stay 6 feet or 2 metres from other people when outside and you cannot congregate in social groups larger than 5 people. Not following this order can also result in a fine. It is important to wash your hands frequently for 20 seconds, don't touch your face, cough or sneeze into your sleeve or tissue, stay home if you are sick, limit visits with at-risk people, and sanitize frequently-used surfaces daily.

Most healthy people will not get severely ill from the coronavirus, but there are some people who are most at risk of getting very ill or dying, including people over 65, those with compromised immune systems (e.g. undergoing cancer treatment) and those with underlying health conditions such as diabetes, heart disease and COPD.

If you are younger, please remember that you can get sick from the coronavirus, and even if you have few or no symptoms, you may be passing it onto people who are more at risk of severe illness from this virus. This is why it is very important to physical/social distance (6 feet or 2 metres) from other people and to frequently wash your hands for 20 seconds. We all have to do our part to keep COVID-19 out of our community.

**The Fitness Centre and Gym will remain closed until further notice.**

## Safe Sharps Disposal During COVID-19:

Safely store sharps at home during the COVID-19 pandemic. Pharmacies are asking patients to store their used needles at home as they will not be accepting sharps during the pandemic. The Millbrook Health Centre has Sharps containers, so please call to pick one up. No used needles or Sharps containers should ever be put in the garbage or recycling for collection.

## Medical Drivers

**Donna Gloade**

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

**Ella Paul**

Cell: (902) 956-2679





# **IMPORTANT ANNOUNCEMENT**

**Non-Essential Receipts:  
Please hold any non- essential receipts  
until further notice or you can mail them  
directly to:  
Millbrook Health Centre  
812 Willow Street  
Truro, NS  
B2N 6N7**

## **Notice: Millbrook Power Centre Update**

**Tuesday, April 21<sup>st</sup>, 2020**

Next week you will notice construction beginning in the Millbrook Power Centre for our new Gaming building across from the Super 8. Although we are still guiding our way through unprecedented times with COVID19, the Millbrook Chief and Council have decided to continue moving forward with this project as safely and as productively as possible. For more information, visit the Power Centre section of our website at <https://www.millbrookband.com/millbrook-power-centre>.

The state of emergency enacted by the provincial government on March 2020 deemed Construction as an essential service. There are extra precautions in place for everyone's safety that have been developed by our selected Contractor Lindsay Construction. Millbrook will be abiding by these recommendations to ensure our communities safety.

Construction will run through the summer months with an opening of the new Gaming Facility, which will also house the head office for the Millbrook Gaming Corporation in late October/Early November of this year. Our Gaming operation will once again be a main source of revenue for our community. The Millbrook Chief and Council believe that moving forward with this project will be beneficial to the community when these difficult times are over.

Millbrook's priority is and will continue to be the community's health, safety and doing our part to flatten the curve. If anything changes with the construction industry, and if the Millbrook Chief and Council decide to halt Construction due to COVID-19 Concerns, it will fall under the directive of our public health professionals. We will make the best decision for everyone impacted.

Thank you,

Millbrook Chief and Council.

# COMMUNITY CANNABIS SURVEY

Since recreational cannabis has become legalized in Canada a number of questions have arose regarding the role of First Nations government in the development of regulations, licensing of cannabis resources and the enforcement of cannabis related regulations. Although there are currently no options for recreational cannabis sales outside of the NSLC model, efforts are being made on behalf of First Nations and tribal councils across Canada to develop their own regulatory frameworks, which could effectively permit on-reserve cannabis sales.

The purpose of the “Community Cannabis Survey” is to better understand the opinions of Millbrook band members as they apply to cannabis use, regulation and the band’s role in regulating it on-reserve. Furthermore, the results of this survey will be shared with the community and could be used to guide any policy writing related to community cannabis regulation.

The information gathered from this survey will be kept anonymous and confidential. When data collection is completed, results will be made public to the community. When the time comes, names will not be included in the analysis and responses will be reported in percentages (%) to reduce the risk of identifying individual respondents.

We will be collecting surveys (digital and paper copies) from May 1, 2020 until May 31, 2020.

[www.millbrookband.com/surveys](http://www.millbrookband.com/surveys)

- Paper copies will be delivered to on-reserve band members and mailed to off- reserve band members.
- If you are completing a paper copy of the Community Cannabis Survey, place finished copies of the survey in the Band Office Mailbox, located at the front of the building before June 1<sup>st</sup>, 2020.



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## A Message from the Director of Educational Services

I hope all our students are well and staying safe during these uncertain times. By now, you are all adjusting to your new routine and accessing your at-home learning. Please keep in contact with your teachers as this is important to your education. We understand that home learning is a massive change for everyone; we encourage you to do your best and take each day as it comes. Remember to give yourselves a break when you need to, and we see your progress and proud of your dedication.

Mid-April financial support of \$125.00 was sent out to each student (or parent if student is in Grade Primary-6) who are Millbrook Band Members and applied for School Lunch Allowance Support for the 2019-2020 year. These funds were sent in the hope of alleviating some of the financial expenses with at-home learning during COVID-19 self-isolation.

Should you require any assistance in connecting with your schools/teachers please reach out, and I will help to the best of my ability.

### GRADUATES OF 2020

If you are in grade 12 and are expected to graduate this year, you can apply for a one-time payment of \$300.00 to help with graduation fees, graduation photos, etc.

To apply please send an email to [edudir@eastlink.ca](mailto:edudir@eastlink.ca) and include the following:

- Students Name:
- School:
- Address for Cheque to be mail to:
- Documentation from teacher/guidance counsellor: (this can be an email stating you are on the excepted to graduate list from one of your teachers)



\*\* Once all the required information is received your request will be processed within 3 business days.  
For more information on our graduation policy or any other education policies please visit the forms and policies section of the Millbrook Website.

Thank you and stay safe.

Hannah Asprey

[Edudir@eastlink.ca](mailto:Edudir@eastlink.ca)

902-885-5241

### *Student Social Worker TRES/TJHS*

Julianna Paul is available for any student needs by appointment you can contact her via phone at 902-890-0461 or via Facebook chat.

### *Cobequid Educational Centre News*

COVID 19 Closure of CEC

Office Hours: 9 am - 3 pm

Hello,

This will be a school year for the history books! As we all settle into restrictions in place because of the pandemic we are all trying to cope with an enormous amount of change. The Nova Scotia Government has stated that during this time your health and well being is the most important part and I hope that everyone is safe and well at this time. As instructed, teachers have begun to move classes virtually where possible. Many teachers have reached out (or attempted) to connected with students and families. These are challenging times for everyone.

As we move forward your best information comes from Nova Scotia Government approved websites. Information regarding restrictions, graduation, exams, and return to schools will be publicized through the NS Government first.

Support is available through the CEC First Nation Resource Centre. I am happy to help students and give support with school work. If students have not accessed the Google classroom please do so by email me at [vancebw@gnspes.ca](mailto:vancebw@gnspes.ca) or [vancebw@ccrce.ca](mailto:vancebw@ccrce.ca) . If you have questions or concerns I am happy to help or direct whenever possible. There are many ways that I can help virtually. I am currently am set up to do video conferencing, google document sharing, telephone support and email.

Stay Safe,

Bryant Vance

First Nations Education Support Teacher



## **MENTAL HEALTH RESOURCES**

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### Where to get Support during COVID-19

- **MENTAL HEALTH PROVINCIAL CRISIS LINE**

1-888-429-8167 (Toll Free)

This crisis line is available 24/7 to anyone experiencing a mental health or addictions crisis, or someone concerned about them.

- **ESKASONI CRISIS LINE**

1-855-379-2099 (Toll Free)

This crisis line is available in both English and Mi'kmaw.

- **HOPE FOR WELLNESS HELP LINE**

1-855-242-3310 (Toll Free)

This line is available 24/7 for counselling and crisis intervention.

- **KIDS HELP PHONE**

1-800-668-6868 (Toll Free); Text: CONNECT to 686868

This line is available 24/7 for young people.

- **MENTAL HEALTH AND ADDICTIONS INTAKE**

1-855-922-1122

This line is available to take your call Monday to Friday (8:30 a.m. to 4:30 p.m.); leave a voicemail in the evenings, weekends and holidays and someone will get back to you.

- **DOMESTIC VIOLENCE**

1-855-225-0220 (Toll Free)

This line is available 24/7 for help or information.



# Staying Healthy: Habits

There are currently no vaccines available to protect you against COVID-19. But there are things you can do to reduce your risk of getting sick or getting other people sick.

To stop the spread of COVID-19, you must follow all public health orders, including social distancing.

## Keep your hands clean



### Wash or sanitize hands often, particularly:

- Before and after preparing or eating food
- After touching pets
- After handling waste or dirty laundry or using the bathroom
- Whenever your hands look dirty

Washing your hands with soap and water is best. Rubbing your hands together when you wash them removes visible dirt and germs. Disposable paper towels are best for drying your hands, if you have some. If not, use a reusable towel that gets washed often.

If soap and water aren't available, and your hands aren't visibly dirty, use an alcohol-based hand sanitizer with at least 60% alcohol. Use enough to cover the front and backs of both hands and between all your fingers. Rub your hands together until they feel dry.

## Cough and sneeze etiquette

- Cover coughs and sneezes with a tissue. Throw the tissue in the garbage and wash your hands or use an alcohol-based hand rub immediately.
- If you don't have a tissue, cough and sneeze into your elbow, not your hand.
- Avoid touching your eyes, nose and mouth. If you need to touch your face, wash your hands first.



[novascotia.ca/coronavirus](https://novascotia.ca/coronavirus)

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# PROPER HAND WASHING

Washing your hands frequently with soap and water is the best way to reduce the spread of germs.



Wet your hands with warm running water



Add soap and scrub for 15–20 seconds



Wash backs, thumbs, between fingers, and under nails



Rinse off soap under running water



Dry your hands with a clean towel



Turn off tap with a towel

When soap and water are not available, alcohol-based hand sanitizers can be used if hands are not visibly soiled.

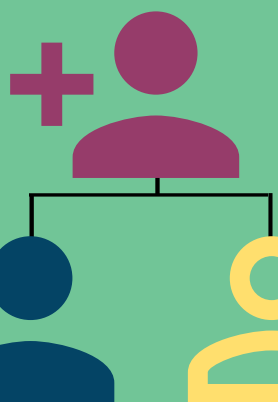


# NAQA'TINEJ COVID-19

**What is contact tracing?**  
 Contact tracing starts when someone tests positive for COVID-19. The person with the positive COVID-19 test will be asked WHERE they were and WHO they were in contact with during the time they were able to spread the virus (up to 48 hours before symptoms started).

**Someone I know has COVID-19, am I at risk?**

A nurse will contact you if you are at risk and need to take precautions or get tested.



**A nurse will...**

1. Contact each person on list
2. Identify who is at further risk
3. Explain what to do to stay safe and prevent the virus from spreading

**Am I at high risk?**

You are at high risk if you were in close contact with them while they were sick (cough or fever) or 48 hours before they got sick. Examples are living with them, being in a car with them, or caring for them.

**What should I do?**

Isolate at home for 14 days. If you live with others, try to stay in another room, and remain 6 feet away from them. If you have two or more symptoms (see below) call 811.

**Am I at low risk?**

You are at low risk if you were not in close contact with them, or just know they are sick. Examples are if they live close, you saw them but were never within 6 feet of them, or saw their family or friends, but not them.

**What should I do?**

No added precautions are required. You should continue to help prevent the spread of COVID-19.

**If I start to feel sick, what should I do?**

**CALL 811**

if you have two or more of these symptoms:

- Fever
- New cough or cough that is getting worse
- Sore throat
- Runny nose
- Headache

**CALL 911**

if symptoms are severe (difficulty breathing) and indicate if you have been in contact with someone with COVID-19.

**HELP PREVENT COVID-19**

  
 Wash your hands frequently

  
 Don't touch your face

  
 Physical distance

  
 Avoid Crowds

  
 Stay home

Graphic design support provided by the Maritime SPOR SUPPORT Unit in collaboration with the Eskasoni Health Centre.

Reference: Draft Interim Guidance: Public Health Management of cases and contacts associated with the novel coronavirus (COVID-19) in the Community, Public Health Agency of Canada (March 13, 2020). Referenced on April 6th, 2020.

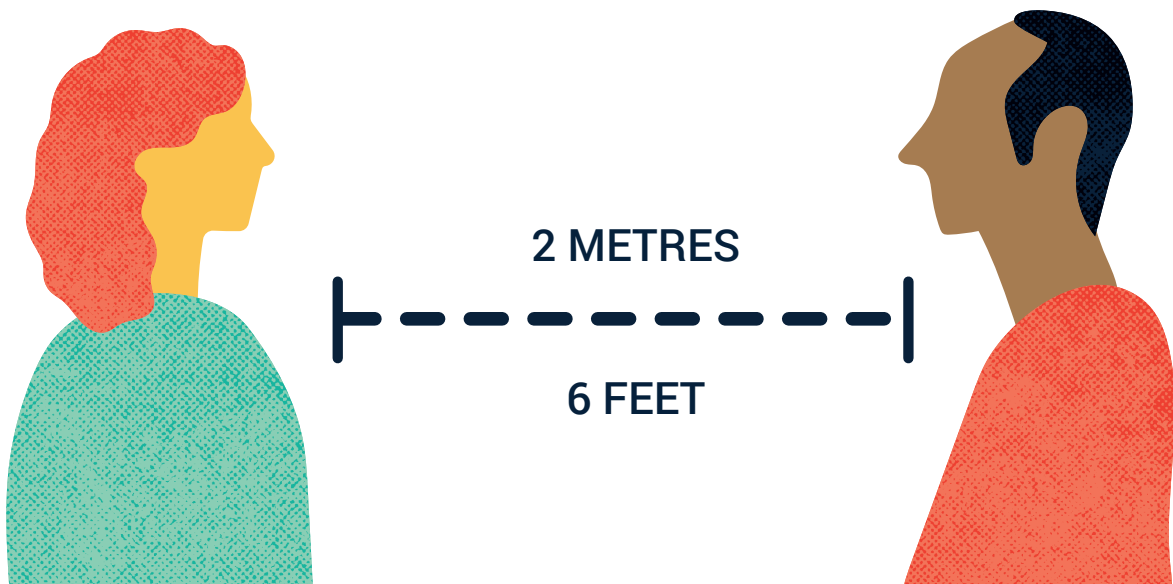
Reviewed and approved by Eskasoni Health Centre, N.S., Canada for community use and distribution. This info-graphic was developed with information available as of April 16th., 2020

Adapted and approved for the Millbrook Health Centre on April 27th, 2020



# PROVINCIAL STATE OF EMERGENCY

## Practice social-distancing



**Keep 2 metres/6 feet away from others**

[novascotia.ca/coronavirus](https://novascotia.ca/coronavirus)

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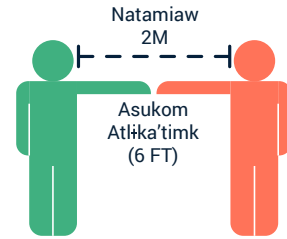
# Maw-klu'ikl Wijewmumkl Tel-tepkisa'lsimk



● **Mukk liew tami, i'en kikuag**



● **Kaqi'sk kasiptina'si**



● **Mukk awsam-kikja'siw wenik**



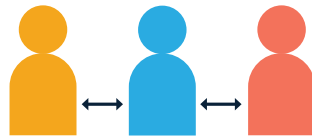
## Teli-Wijitkweyatimk

- Mattaqte'kew, wi'kikew kiswa kompu'tl-iktuk tlewistu'tik kikmaq aqq kitapk.
- Kisi-msnmumk maw-kejikawey Kinu'ataqney komputl-iktuk ela'timk: [novascotia.ca/coronavirus](http://novascotia.ca/coronavirus).



## Elmiaq amujpa tepkisa'simk

- Amujpa eyrn kikuag l'pa mukk liew tami newtisikekl jel newkl na'kwekl.
- Kwilute'n jukwa'tuksinew kikuag mijpjewey kiswa koqoey nutaiog, kiswa pipanim kikmaq aqq kitapk apoqnmulninem.



## Attelmumk Mijpjewey kiswa Koqoey nuta'mk

- Kisi-pkwatumk, newte'jit pasik wen te's wenji'kuo'm nuji-atelj mijpjewey kiswa koqoey nuta'mk.
- Atelikemk pasik ne'wt te's Ekntie'wimkewey.
- Atankwe' knaqapemk ta'n mu kisi-atelikewsulti'kw.
- Mukk awsam-kikjeteskuaw pilue'k wenik ke'sk alteliken.

## Mawita'mkl

- Mukk mawita'p wenik mu toq-wikultiwoqik.
- Amujpa mawitaiog wenik lukwaqn-iktuk, mukk awsam-kikjeteskuaw.

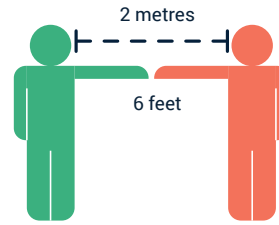
## Iltaqa'lsimk

- Amalimtma', altukwi'e'n, al-paysikla'e'n wjit kwleyutim. Katu mukk alitkweywaw pilue'k wenik. Mukk mawteskatultip wenik.
- l'e'n wejuow ta'n wikin, wli-amasku pilue'k wenik.

[novascotia.ca/coronavirus](http://novascotia.ca/coronavirus)

NOVA SCOTIA

# Social Distancing Best Practices



- Stay home.
- Wash your hands often.
- Keep a safe distance from others.



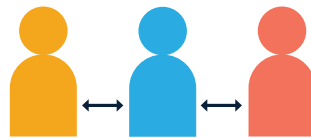
## Staying Connected

- Call, text, or video chat with loved ones.
- Get up-to-date information at [novascotia.ca/coronavirus](https://novascotia.ca/coronavirus).



## Self-isolating, if needed

- Don't leave your property for 14 days.
- Contact family, friends, or delivery service to get what you need.



## Groceries & Essential items

- Send one person in each household to get groceries & essential items, if possible.
- Shop once a week.
- Offer to pick up items for neighbours who can't get out to shop.
- Keep a safe distance from others while shopping.

## Gatherings

- Don't gather with anyone you don't live with.
- If you have to gather for work, keep a safe distance from others.

## Exercise

- Walk, run, bike for health. Not to socialize. Not in groups.
- Stay in your neighbourhood, keeping a safe distance from others.



# SOCIAL DISTANCING BEST PRACTICES

## STAY HOME

## WASH YOUR HANDS OFTEN

## KEEP 2 METRES/6 FEET AWAY FROM OTHERS

## STAY CONNECTED

- Call, text or video chat with loved ones.
- Follow credible sources for updated information.

## SELF-ISOLATING?

- Don't leave your property for 14 days.
- Contact family, friends or delivery service to get what you need.

## GROCERIES & ESSENTIALS:

- If possible, designate one person in each household to get groceries & essential items and only shop once per week.
- Offer to pick up items for vulnerable neighbours and those who are self-isolating.
- When shopping, keep 2 metres/6 feet away from others.

## GATHERINGS:

- Don't gather with anyone you don't live with.
- If you have to gather for work, practice social distancing.

## EXERCISE:

- Walk, run, bike for health, not to socialize and not in groups.
- Stay in your home or neighbourhood and keep 2 metres/6 feet away from others.

# Social Distancing Advice



## AVOID

- Group gatherings of more than 5 people (ex: parties, weddings, funerals, bridge clubs)
- Visitors in your home
- Sleepovers and playdates
- Public spaces (ex: malls, gyms, theatres, crowded stores)
- Parks
- Non-essential travel
- Athletic events



## USE CAUTION

- Grocery stores
- Pharmacies
- Gas stations
- Essential medical appointments
- Take out restaurants
- Public transit
- Essential travel



## SAFE

- Spring cleaning
- TV, books, music, movies at home
- Sit on your deck
- A walk in your neighbourhood
- Yard work
- Cook a meal
- Call, message, video chat loved ones



# SPRING CLEAN UP



COLE HARBOUR ~ PHILLIPS LN  
SHEET HARBOUR ~ THE STORE  
BEAVER DAM ~ 4112 HWY 224



## MAY 4 - 11



PLEASE NO: TIRES, ELECTRONICS,  
BLACK BAGS OR CARDBOARD

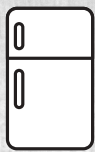


# MILLBROOK SPRING CLEAN UP

**Covid-19 Changes: 1 Bulky Item will be collected EVERY TUESDAY with your Regular Garbage until further notice, please have out by 7:30am.**

**Start Date: Tuesday April 21, 2020 (please set out items no earlier than Mondays if possible).**

**Cleaning Wipes: These items are regular garbage, please DO NOT compost them or flush them down the toilet!!!**

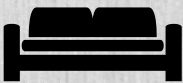


## WHATS IN:

- Appliances
- Bagged garbage

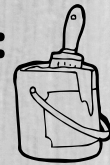
## CLEAR BAGS ONLY

- Box springs and mattresses
- Lawn furniture/ Furniture
- Tools
- Toys
- Safely packed broken glass
- Hot water tanks
- Tires



## WHATS OUT:

- Batteries
- Car parts



## - Household Hazardous Waste

- Propane tanks
- Wet paint
- Leaves and trees
- Construction materials
- Garbage not in clear bags
- Loose Garbage
- ELECTRONICS



**Please respect the above allowances as we currently have nowhere to take the items not allowed. We will only collect 1 bulky item per week per household so please DO NOT set more than 1 item out.**



If any seniors need help moving heavy items, please contact Sunshine Bernard at (902) 895-9468



**\*\*\*\* STAY TUNED - ARRANGEMENTS WILL BE MADE FOR THE ITEMS NOT ACCEPTED AT THIS TIME, WE APPRECIATE YOUR COOPERATION\*\*\*\***

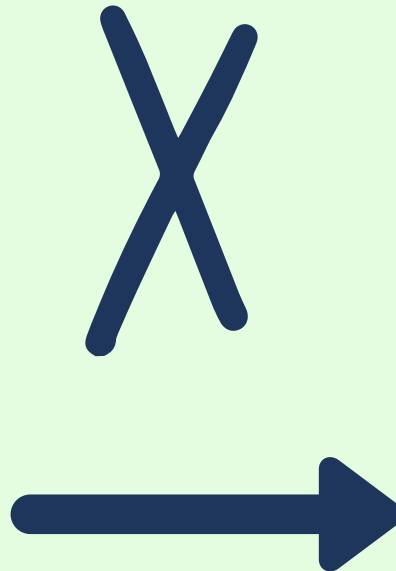


Attention



## Millbrook First Nation

Please do **NOT** flush cleaning or hygiene wipes!  
Wipes are to be disposed of in the **GARBAGE**.  
Flushing whips **WILL** cause sewer issues.  
Thank you for your cooperation!



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

**G-MAN**  
WASTE REMOVAL



# DUE TO COVID-19 THE COLCHESTER MATERIAL RECOVERY CENTER WILL BE TEMPORARLY CLOSED.



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



**MILLBROOK FIRST NATION**



## WHAT DOES THIS MEAN?

With the facility closed due to Covid-19 and the storage for recycling at capacity, all options have been exhausted. Recycling will be disposed of in the landfill until further notice. G-Man Waste Removal will be collecting blue bags on the regularly scheduled collection day; however, blue bags will be disposed of with the waste.

## THIS IS JUST TEMPORARY!

Please continue to recycle as usual, even with the temporary closure it is important to maintain good recycling habits. This will ensure there is no interruption in recycling when the facility re-opens. We greatly appreciate all your hard work!

MILLBROOK FIRST NATION  
Waste Reduction Calendar



May



#NovaScotiaStrong

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 One Bulky Item	6	7	8	9
10	11	12 One Bulky Item	13	14	15	16
17	18	19 One Bulky Item	20	21	22	23
24	25	26 One Bulky Item	27	28	29	30
31						

**Legend:**

- Organic Collection Days - Green Cart
- Recyclable Collection Days - Blue Cart
- Garbage Collection Days - Black Cart
- Holiday

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 into the BLUE CART

NO plastic in your GREEN CART



**After much discussion and with heavy hearts, it has been decided to CANCEL our Annual Ste. Anne De Beaupre Pilgrimage for the safety and healthy of our Elders, Community Members and Volunteers. We will continue to fundraise for the Pilgrimage throughout the year. Anew date will be posted in the future.**

**Natasha, Sheila, Colin & Sunshine  
Love and Prayers To All!**

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# JORDAN'S PRINCIPLE

## Putting First Nations Children First

In memory of Jordan River Anderson, who was a young boy from Norway House Cree Nation in Manitoba; Jordan's Principle ensures all First Nations children living in Canada can access the products, services and supports they need, when they need them. Funding can assist with a wide range of health, social and educational needs.

**Have a question, concern or request you would like to submit through Jordan's Principle during the Covid-19 pandemic? You can contact the Jordan's Principle Service Coordinator for your area.**

**Rachael Stockdale, BSW**

Jordan's Principle Service Coordinator for:

- Millbrook First Nation and surrounding areas
- Off-reserve and float areas for all of mainland Nova Scotia (excluding HRM)

Phone: (902) 324-0496

Email: [rstockdale@cmmns.com](mailto:rstockdale@cmmns.com)



**Call/Facetime appointments available, please email, text or call to book an appointment!**

**Urgent request/questions can be made any day throughout the week!**





**May 2020 – Millbrook Health Centre**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CC: Conference Call Appointment					1 Dr. Blois (pm) David (CC)	2
3	4 Dr. Blois (pm) Dr. Kelly Gladys (CC) David Rider (CC) Meaghan (CC)	5 Health Centre Closed Meaghan (CC)	6 Dr. Blois (pm)	7 Health Centre Closed Michelle (CC)	8 Dr. Blois (pm) David (CC)	9
10	11 Dr. Bauld Dr. Blois (pm) Gladys (CC) David Rider (CC) Meaghan (CC)	12 Health Centre Closed Meaghan (CC)	13 Dr. Blois (pm)	14 Health Centre Closed Michelle (CC)	15 Dr. Blois (pm) David (CC)	16
17	18 HOLIDAY	19 Health Centre Closed Meaghan (CC)	20 Dr. Blois (pm)	21 Health Centre Closed Michelle (CC)	22 Dr. Blois (pm) David (CC)	23
24	25 Dr. Blois (pm) Gladys (CC) David Rider (CC) Meaghan (CC)	26 Health Centre Closed Meaghan (CC)	27 Dr. Blois (pm)	28 Health Centre Closed Michelle (CC)	29 Dr. Blois (pm) David (CC)	30

Hours: Monday and Wednesday (9:00 to 4:30); Friday (9:00-4:00). Please call to cancel an appointment.

Millbrook Housing Repair Grant  
2020/21  
Application Form  
PO Box 634, Truro NS B2N 5E5

Office use only: Received this \_\_\_\_\_ day of \_\_\_\_\_ A. D. 2020/21  
Band Administrator or his designate: \_\_\_\_\_

Please Select: Mail \_\_\_\_\_ Pick Up \_\_\_\_\_

Application Name: \_\_\_\_\_

Band #: \_\_\_\_\_

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 \$500.00 will be made to the homeowner for repairs once this year. This applies only if you do not qualify or do not receive Social Assistance.

Application date for this housing initiative begins April 1, 2020. Receipts dated before April 1, 2020 will not be accepted. This program expires when the \$70,000 funding for this project runs out.

**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:

- Roofs including coating and flashing
- 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
- Stoves and refrigerators
- Toilets and tubs
- Smoke detectors
- Construction materials

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

\_\_\_\_ Off Reserve Home Owner, Documents attached showing home ownership.

\_\_\_\_ On Reserve, Band Allotment Documents at Band Office.

\_\_\_\_ Original Receipts Attached

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

\_\_\_\_\_  
Date

Office use only: Approved ( ) Not Approved ( )  
Band Administrator: \_\_\_\_\_

