

Millbrook Community Newsletter

AUGUST 2021



MILLBROOK SUPPORTS LANDYDYN'S JOURNEY OF AWARENESS

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)

 **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

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 scheduled for: **Wednesday, August 11 & 25, 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, September 14th, 2021**

The deadline for letter submissions and booking time to see Council is Thursday, September 9th, 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 - October 12th, 2021.

August 2021

August 3 - Housing meeting - Sheet Harbour & Beaver Dam off-reserve houses to be discussed and allocated.

Millbrook's Newsletter Deadline - Friday, August 20th, 2021

The 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>

Be sure to include ALL relevant information (including the who, what, when, where, why and how to find out more) and be sure to submit it in advance of the event date (the earlier you share the better).

Please ensure its in an editable format.

Millbrook Bylaw & Security - Contact Information

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

Millbrook Security - Cell (902) 956-0114 **e-mail:** security@millbrookband.com

Cole Harbour Security - Cell 902-240-0993

Booking the Community Hall

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

Costs

Organization rental fees: \$200/half day rental and \$300/full day rental charge
Band member rental details: Small events, deposit of \$100.00 (will be returned after cleaning)
Band members rental: Big events, \$500.00 (Hall must be cleaned w/ tables and chairs put away).

Thank you to those who continue to keep the hall clean, neat and tidy.
Please try to book your event early, preferably a minimum of 2 weeks in advance.

Attention: New Millbrook First Nation Members Under 19 Years of Age

For Millbrook First Nation members under the age of 19 years, the Millbrook Enterprise Credits are placed in a trust fund. When Millbrook members reach the age of 19, they must apply to Millbrook First Nation to have their Millbrook Enterprise Credit money released from the trust. The application form can be found at <https://www.millbrookband.com/s/Millbrook-Enterprise-Trust-Fund-Credit.pdf>

Please note that as of April 2020, Millbrook First Nation does not automatically receive all information on new registered members so that means that new members under the age of 19 years are not guaranteed to be added to the minor's trust list.

Please contact Priscilla Martin at priscillamartin@eastlink.ca 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. The housing application has been updated to select desired location. Please submit your housing application with up to date information to be placed on the housing list for 2021 fiscal year.

Seeking Historic/Archived Millbrook Photos

Millbrook First Nation is seeking for old photos to be showcased in Millbrook's buildings like the Community Hall, Band Office, and Senior Centre. We are looking for old team photos, family photos or historic locations.

Please contact Nigel Gloade Communication's Officer at (902) 324-3379 or

e-mail: communications@millbrookband.com

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.

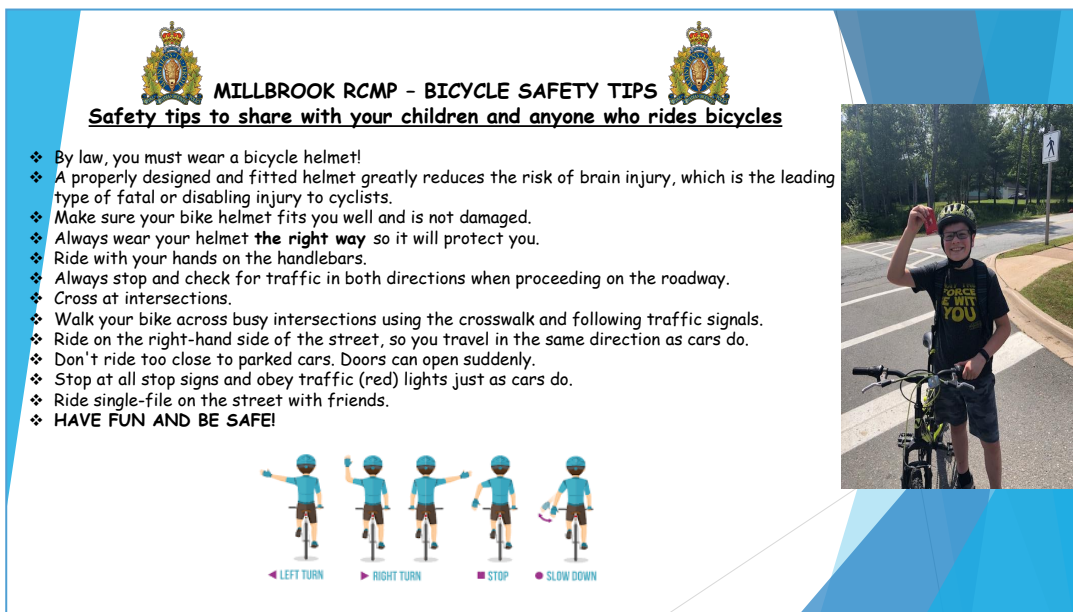
Would you like your home assessed by Energy Efficiency NS in the fall?

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?

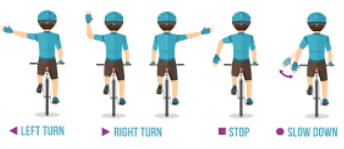
Once we have these details, we will add your name to the list for the phase 5 assessments that will be happening in the fall of 2021.

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



Millbrook's Security Services

Millbrook's security team is responsible for keeping Millbrook's community safe and secure. They work around the clock and are on call 24 hours a day. Their duties include patrolling the neighbourhoods of Millbrook and Cole Harbour because having a physical presence in the community is a deterrent for minor damage or other unsavoury activities. They are trained to identify unusual activity and pay attention to detail to reduce risks to the community. In addition, they observe and report suspicious activity that may be criminal.

If a community member is in danger or witnesses criminal activity, it is important that they call 911 or the local Millbrook detachment of the RCMP. Please note that the security team cannot report incidents on your behalf.

The Millbrook security team is very focused on prevention and having a constant presence in the community. As you can see from the backgrounders of the team, they have a wide range of experience and training in the security field and community services. In their roles, they must have good communication skills and know how to deal with people in a kind and compassionate manner.

Meet the Millbrook Security Team



Noel Brooks - Manager of By Law and Security

Hi, my name is Noel Brooks, and I am the Manager of By Law and Security. I was born and raised in the Millbrook First Nation. My mother is Shannon Googoo, and my father is Arnold Brooks. I reside in Millbrook, along with my Brother Bryan Brooks. My training consists of Bylaw, Security training and Housing. In my off time, I like spending time with my family and friends. I love making Indigenous crafts and building projects around the house.

Adam Francis

My name is Adam Francis and I am from Truro, N.S. Although I currently live in Cole Harbour, N.S. I am excited to be the newest member of the Millbrook First Nation security team. I bring twenty-plus years of experience in the Security/ Law enforcement industry. I have worked in the private sector as a security officer and in the alcohol and gaming industry doing security and surveillance. I was also an officer safety instructor, where I was certified with the Nova Scotia Department of Justice. Over the years, I did bailiff and private investigations duties. In addition, I was the Operations Manager for an armored car/ security company in Halifax. When I am not working, I enjoy spending time with my wife and children and have been a volunteer for the last 11 years, coaching girls' softball in HRM.

I look forward to not only to be working with Millbrook First Nation but to engage with our community members and be here for you when you need assistance. I look forward to meeting all of you in our communities and working to provide the best security for us.



Luke Markie

My name is Luke Markie, I am from Millbrook, Nova Scotia. I have worked in the security field for 15 years performing such duties as a private guard for bars, concerts and events, and I have worked with the Millbrook First Nation since 2016. In addition, I was a licensed private investigator for one year. I have some training in reading ID's (looking for false ID's) how to properly escort a hostile person off the premises, de-escalating situation training, close quarters self-defense and disarming training such as knife and handgun, first aid and WHMIS. I spend time with my family in my spare time, and in the fall, I enjoy going hunting with family members in the Cape Breton Highlands.



Lena Bernard-Michael

Hello, my name is Lena Bernard-Michael. I'm the daughter of Loretta Bernard and Larry Michael. I was born and raised here in Millbrook. My very first security job was at our powwow during my teen years. For the last 3.5 fall seasons, I've been doing private security for the Riverbreeze farm at their haunted corn mazes. From 2019 into 2020, I was employed with 'GardaWorld' Security, where I've received most of my more formal security training. During my time at GardaWorld, I had the opportunity and honour to participate in the 2019 G7 Summit hosted in Halifax, N.S. I've also had the chance to work alongside the Corporates Security team at Nova Scotia Liquor Corporation (NSLC). This experience took place at their distribution centre, as well as their stores. I provided Security/Loss Prevention and could interact with their customers.

I love spending my spare time with my wife, Krista and sons, Noah and Gage. I'm honoured and excited to serve our community and ensure its safety alongside our newly assembled security team!



Tyson Gloade



Allow me to introduce myself. My name is Tyson Gloade. I have been a long-standing member of the Millbrook community. I am looking forward to working in the position of a security officer and supporting the Millbrook community. Since moving back to Millbrook, I have had the opportunity to link with family members such as Donna Gloade, Frank Gloade, Bridgette Gloade (Russell Bernard), Chief and Council and community members. I'm very excited about this security position. I'll learn and grow within Millbrook as I have been living here since March 2015 with my spouse and four young children. In my personal life, I value family time, hunting, fishing and carpentry.

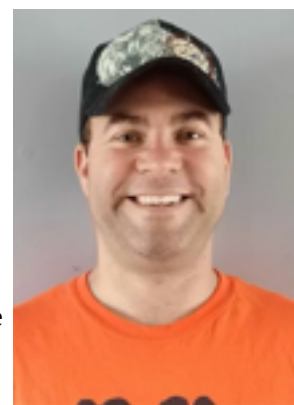
I have gained extensive safety and security job skills training while working closely alongside Luke Markie and Adam Francis. As a result, I have developed the necessary skills to resolve conflicts, uphold Millbrook by-laws, and ensure good communications with all members of the Millbrook community.

Wayne Publicover

Hello, my name is Wayne Publicover, and I live in Cole Harbour with my wife and four children.

I have worked with Burns Security a while back, patrolling Highfield Park, The Lord Nelson Hotel and the construction of Pier 21. I have also worked as Bridge Police on both Halifax Harbour Bridges. In addition, I have had training in both mental and suicide prevention.

I love spending time with my family. As well as hunting, fishing, and enjoy multiple sports, especially hockey.





BACK TO SCHOOL

Wellness Day

- Hair Cuts (First Come, First Serve)
- Gift Bags
- COHI
- Bouncy Houses
- Light Lunch
- Prizes

AUGUST 31st | 11AM -2PM

LOCATION: Powwow Grounds

Rain Location: Millbrook Gym

FOR MORE INFO CALL:
Sunshine Bernard (902) 895-9468

Millbrook Supports Landyn's Journey of Awareness

"I walked 195.5kms to raise awareness of residential schools, my elders that survived, the children who never made it home and my people that are still suffering. I walked from Truro Nova Scotia to Annapolis Valley First Nations.

I am going to raise money to continue raising awareness, educate, and do workshops to work on togetherness, break the division, and to work on generational trauma instilled in Indigenous peoples. " - Landyn Toney (12 years old)

Millbrook First Nation provided Landyn Toney with a gift of a laptop and printer to help him stay connected and continue to raise awareness.



The Honourable Marc Miller - Minister of Indigenous Services Visits Millbrook First Nation

Chief Bob Gloade, Councillors, and Executive Director met with Marc Miller, the Minister of Indigenous Services, at Millbrook's Cultural and Heritage Centre. Chief Gloade shared the background of Millbrook's key initiatives such as fisheries, economic development and governance reform. Millbrook's First Nation Chief and Council expressed a desire to improve the relationship with the Federal Government to advance the critical issues that Millbrook is trying to address, such as its cannabis strategy and economic development initiatives. After the meeting, the Minister was taken for a tour of the Millbrook community.

Update From Millbrook Early Education Centre

Hello I am the new director here at MEEC. My name is Sara Riley. Hope everyone is enjoying their summer holidays. September and a new school year is quickly approaching. I am now looking at our classes and student lists for the upcoming year. Many exciting learning opportunities are in the works for this coming school year. Please ensure that your child/children are registered and all forms are submitted as soon as possible. Registration will continue right up to September 7th, which is our first day of school.

Have a safe and happy summer. Looking forward to meeting each and every student and family this September. Feel free to come speak with me anytime.

Sara Riley, Director of Millbrook Early Education Centre

Millbrook Contributes \$300K to #BuildMikmaweyDebert

By Solange Richer de Lafleche, Mi'kmaewey Debert Cultural Centre Communications Officer

On July 15, during a small ceremony at the Millbrook Cultural & Heritage Centre in Truro, Nova Scotia, Chief Bob Gloade and Council presented Dr. Donald Julien, Executive Director of The Confederacy of Mainland Mi'kmaq, and Tim Bernard, Mi'kmaewey Debert Cultural Centre (MDCC) Executive Director, with a generous donation of \$300K to help #BuildMikamweyDebert.

"The history of the Mi'kmaq people is very important to us," says Chief Gloade. "There is a long history that exists out there, and our community wants to be behind Mi'kmaewey Debert 100 per cent - that's why we are contributing to this amazing project."

The MDCC project, which has been 30 years in the making, will be an important legacy for the Mi'kmaq Nation. The Centre and its surrounding land will be a place of gathering and celebration, learning and research, exchange and understanding - all undertaken in an atmosphere of respect and healing.

"I began this journey out of a desire to protect the sacred ancestral sites where our ancestors roamed more than 13 thousand years ago," says Dr. Julien. "I had a vision - a vision to create a space where our people could ask their own questions and tell their own stories. The support offered by Millbrook and Council is a step toward achieving that vision."



Since the beginning, the Elders' Advisory Council has helped to develop Dr. Julien's dream. Their knowledge and guidance have shaped much of what has been achieved in the project thus far. They have made it possible to share, protect, and explore the language, culture, traditions, and history that may otherwise have been lost.

"Our communities have shared in our vision from the beginning, and this contribution from Chief Gloade and Council will help us leverage leadership from across the province," says Tim Bernard. "Once built, the Centre will take its rightful place as a major cultural anchor in the region."

This past spring, MDCC initiated the architectural and exhibit design phase of the project, announcing Formline Architecture (Vancouver, BC) in association with Lydon Lynch (Halifax, NS) and Aldrich Pears Associates (Halifax, NS) for the design and build of the Centre - slated to open in the spring of 2025.

Once built, the Centre will allow Chiefs and Councils to gather regularly in a sacred, ancestral place where the stories, histories, images, artifacts, and other cultural resources of our people are protected for generations to come.

"I cannot emphasize enough how crucial a strong base of support from within our communities is at this time," says Dr. Julien. "Leadership from Millbrook will not only provide essential support to the campaign but will inspire others who will see this as a reflection of their strong belief in our project."

Naming rights for the exterior of the future Centre is reserved for the Nation. Support from our communities is essential to the realization of this significant project.

For information on how you can contribute to #BuildMikmaweyDebert, contact Tim Bernard at tim@cmmns.com. To learn more about Mi'kmaewey Debert Cultural Centre, visit www.mikmaweydebert.ca.

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



Helping Your Child Get Ready for Their COVID-19 Vaccine

Children are often worried about getting vaccinated or getting needles of any kind. Here are some tips to help you prepare your child to get the vaccine.

Make sure they know what will happen and make a plan.

- Tell them when they will get the vaccine.
- Ask your child if they want to you or someone else to go with them, or if they want to go alone.
- Remind your child to have something to eat and drink before going to the vaccine clinic. This can help to prevent feeling faint while being vaccinated.
- It is helpful if your child wears short sleeves or a top with sleeves that are easy to roll up. They can also wear whatever is most comfortable to them.

Talk with your child and listen to their questions.

- Listen to their questions and concerns.
- Share reliable information regarding the vaccine with them. Immunize Canada's website, immunize.ca/covid-19-info, is a good source of information.
- It's important to answer your child's questions truthfully and include them in making decisions about their health and in conversations with their health care provider.
- If your child is worried or afraid, immunizers at the vaccine clinics can help them. There are also practical tips to make vaccination more comfortable. The IWK's [Nervous about needles? tip sheet](#) has some great suggestions on how.
- If you have questions about people between 12 and 18 years of age getting the vaccine without parental or guardian consent, the [Mature Minor Consent for COVID-19 Immunization fact sheet](#) provides more information about how consent for healthcare decisions for minors works.



Be part of our way forward.



Medical Drivers

Donna Gloade

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

Ella Paul

Cell: (902) 956-2679



Help them work out ways to take their mind off the vaccination.

Distraction—thinking about something else—is a good way to cope with something that might hurt. Help your child to come up with a list of things they can do to distract themselves while waiting for the needle, while getting their shot, and afterwards. For example, they could:

- jiggle their arm before the shot so it is soft like cooked spaghetti
- think of a favourite memory
- listen to music
- chat with a friend on a cell phone
- read a book

Never say, “It won’t hurt.”

Be honest. Tell them what they can really expect. You can tell them something like, “You might feel a small pinch and some pressure.”

As with other vaccines, there may be side effects after they get the vaccine. It is normal and expected to have common reactions after you receive the COVID-19 vaccine. Most of these are mild and last for only a day or two, and not everyone gets them.

Common side effects include:

- Soreness, tenderness or redness at the spot where the vaccine was given
- Feeling tired
- Headache
- Fever
- General muscle aches or mild flu-like symptoms

Help them stay calm.

- Be calm and matter of fact yourself.
- Don't joke or tease. For example, don't joke that they will get the “extra big” needle.
- Don't apologize that they “have to go through this.”
- If you go with them, be aware of your own feelings regarding needles. Try to maintain a calm presence to reassure your child.

Information adapted from “Clinical Practice Guideline for Pain Management during Childhood Immunizations” developed by Help Eliminate Pain in Kids.



Be part of our way forward.

NOVA SCOTIA

ON THE STAGE In AUGUST

Millbrook Powwow Grounds



Juggler - Ian Stewart

August 5th (Thursday) 7pm-8pm



Movie Night

August 12th (Thursday) 9pm



Jackie Putnam

August 19th (Thursday) 6pm-9pm



Karaoke Night

August 26th (Thursday) 7pm - 9pm

In the case of Rain - Raindate TBA

Hosted by Millbrook Community Wellness

For more info contact Sunshine Bernard at 902-895-9468



Senior's Day Trip to Peggy's Cove

Open to Millbrook Community & Band
Members 55+ and older.
Leave the Millbrook Health Centre at
9:30am Sharp! Return to Millbrook at
approximately 4pm
To Register please contact Sunshine
Bernard at 902-895-9468

August
11th



COVID-19 Vaccines – What You Need to Know

- The vaccine can protect people from getting COVID-19. It also protects people from getting very sick from COVID-19.
- The vaccine is a small amount of liquid that is put into your arm with a needle.
- You cannot get COVID-19 from the vaccine.
- Health Canada approves vaccines used in Canada. Nova Scotia uses vaccines made by
 - **Pfizer-BioNTech**
 - **Moderna**
- When you get the vaccine, you protect yourself. You may also protect the people you care about and the people in your community.
- For more information about the vaccine, visit novascotia.ca/coronavirus/vaccine/#approved-vaccines



Be part of our way forward.





Getting the COVID-19 Vaccine

- Everyone who is 12 and older in Nova Scotia can get the vaccine if they want it.
- The vaccine is free.
- You can get the vaccine even if you only live in Nova Scotia part of the time. You can get the vaccine even if you do not have a Nova Scotia Health Card.
- Government health officials will let everyone know when it is their turn to get their vaccine. You need two doses to be fully protected.
- You can get the vaccine at a community clinic, at a pharmacy, at a doctor's office, or at one of the drive-thru clinics.
- You can also get your vaccine at home if you have significant health and mobility challenges. Call 211 to see if you qualify.
- When it is your turn, you can make an appointment online or by phone:
 - www.novascotia.ca/vaccination
 - **1-833-797-7772 (toll-free) – you can ask for an interpreter when you call this number**
 - **If you do not have a Nova Scotia Health Card, you must book your appointment by phone**
- Some people have side effects, like sore muscles, feeling tired, or mild fever. This means that the vaccine is working. It is teaching your body how to fight COVID-19.
- After you get the vaccine, you still need to follow public health advice. You still need to wear a mask and stay 2 metres away from people. You should wash your hands often. Stay home and away from others if you feel sick. Get tested regularly.



Be part of our way forward.

NOVA SCOTIA



COVID-19 Sa'qati'k – Koqowey nuta'q kjijitn

- Sa'qati kisi apoqnimultew mu msinmn COVID-19. Aqq ma'wt apoqnmask mu eplowi snukwan wen COVID-19.
- Sa'qati na pasik mu pukwelknuk pitek t'a'n pija'tasik kpitnk.
- Mu kisiminmu'n COVID-19 sa'qati'iktuk.
- Wlo'ti Kanata sapa'latl sa'qati' love wjit e'wasin Kanata. Nova Scotia e'watl sa'qati'l wejitasit Kanata
 - **Pfizer-BioNTech**
 - **Moderna**
- Ta'n tujw wesuwa'lit sa'qati, ki'l na apoqmasin. Jiptuk elt piluwey majuinu'k ta'n sespit'e'tmjik aqq ma'wt majuinu'k eykik wutann apoqnmajik.
- Koqowey app ketu' jijitmn wjit sa'qati, lie www.nshealth.ca/covid-19-vaccine-information.



Jinu'kwalsi wiaqpin ula ikana'tuwek.





Mesint COVID-19 sa'qati

- Msit wen ta'n 12 aqq ajikisikuwit Nova Scotia kisi suwa'latal sa'qati'l ta'n tujiw menuwekej.
- Sa'qati ula me awtik.
- Kisimsint pasik sa'qati ta'n tujiw wikin Nova Scotia kijka'. Ki'l kisimsint sa'qati fliaq weskweyaj Nova Scotia Health Card.
- Kaplno'l Kanata knuwa'tuwatal msit wenl ta'n tujiw msit wen kismnatal sa'qati'l. Nuta'q tapusijik suwa'taq wjit tepaqiluwen sa'qati.
- Ki'l kisimsint sa'qati ta'n weskuwa'sin wutann, pharmacy, malpale'witewituk, kiswa ta'n kisim layjumkwen clinics.
- Ki'l elt kisi iknuksitis sa'qati kikuwaq ta'n tujiw mu kisiiala'tuwun kiswa mu kisimtma'wnal. Eltaqte'min 211 ta'n kisi jjiitis kisisuwa'lan.
- Ta'n tujiw ki'l fluwe'tij ki'k elien, ki'l kisi tlimatis ta'n tele'k kisi lien online kiswa eltaqte'min:
 - www.novascotia.ca/vaccination
 - **1-833-797-7772 (mu awtinuk)** – ki'l kisi pipanikesit is na'tuwan kisi tlimultew ta'n teliaq ta'n tujiw eltaqte'min ula ewikasik.
 - **Ta'n tujiw me weskwaywaj Nova Scotia Health card, nuta'q mataqte'kn aqq nasiwi'kusin.**
- Eyk wen we'tuwayaj, kutey kitaqasit, kispnet, kiswa kijka' epaqasit. Ula na keknuwa'tikek elukwet sa'qati. Ekinu'tmasik na ktinin matnmin COVID-19.
- Ta'n tujiw kisimsint sa'qati, me' nuta'q majukwatmn tplutaqn ikana'toq wlo'ti kis ika'toql. Nuta'q elt me' naskm ksisjuwey aqq nuta'q 2 meters telukwek l'min te's majuinu. Ki'l nuta'q sispaitn kpitnl kaqi'sk. l'e'n kikuwaq aqq elt piluwe'k majuinu'k ta'n tujiw mu wleyu'n. Lietis kaqis'k test.



Jinu'kwalsi wiaqpin ula ikana'tuwek.

NOVA SCOTIA

Please make copies and post on your Community Bulletin Board

ESTATE SERVICES FOR FIRST NATIONS

DECEASED ESTATES

If your deceased loved one lived on a reserve when they died, **the Government of Canada is responsible for:**



Approving their will and appointing the executor named in their will

OR



Appointing an administrator to manage the estate when there is no will

DEPENDENT ADULT ESTATES



If your loved one has been diagnosed as incapable of handling their own affairs and lives on a reserve, **the Government of Canada is responsible for appointing someone to manage their property, such as money, lands and debts.**

MINOR ESTATES



A minor is someone who is **under the age of majority in the province or territory where they live.**

In rare circumstances, such as when the parents or guardians of the minor are not available or able to help, **the Government of Canada can help minors who live on reserve manage their property or possessions,** and may establish Trust Accounts for minors receiving payments from their First Nation or settlements.

SOME DUTIES OF AN ADMINISTRATOR OR EXECUTOR



Distribute estate assets, such as cars, bank accounts, furniture or money from legal actions or settlements



Pay debts



Make a claim under legal actions or settlements that allow estate claims to be made

For more information, please visit GotoInfo.ca/ISC-Estates



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Indigenous Link, PO Box 109 Keewatin, ON P0X 1C0 Phone/ Fax: 1-866-440-7257

ID 483



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 AUGUST



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

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 collect on 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**.



Small Business Support Fund

July 27th, 2021

Our community has received funding support through the Indigenous Community business fund (ICBF). Under the parameters set aside to spend this money, discretion is given to the community to support COVID-19 economic priorities. Chief and Council have identified a need to support small business owners in our community, and we will be utilizing this funding to do so. The total funding pool is \$104,510.00 and will be labelled Small Business Support Fund.

You will find attached an application for our band member-owned small businesses who wish to apply for a non-repayable contribution between the amounts of \$500.00 and \$5,000.00. This support is cumulative per household Maximum, and if you own multiple businesses, you do not qualify for each one.

Determination on what level of funding you will receive depends on a pre-determined metric that includes the size of your business measured in sales, the number of employees, and a demonstrated negative impact on revenue to your business due to Covid-19. If you received funding under the first round of applications, it may impact your level of funding in this round of applications.

The deadline for applications will be October 22nd, 2021, or such time that all funds have been spent.

Should all of the funds not be spent by October 22nd, 2021, the remaining funds will be directed towards band-owned businesses that have also seen a negative impact as a result of COVID-19.

Who can Apply:

- Millbrook First Nation Band Member
- legally registered to conduct business in Canada
- located in Canada
- have been in operation prior to October 1st, 2019
- have Incurred a negative financial impact as a Result of Covid-19
- currently in operation and intend to remain in operation
- if you have not already received funding to support your business due to the negative impacts of Covid-19 from the Millbrook First Nation. Unless the support was through the Small Business Support Funding that was offered earlier this year.

Please submit your applications to:

James Stevens
Director of Commercial Operations
Millbrook First Nation
P.O. Box 634
Truro NS, B2N 5E5
james.stevens@eastlink.ca

Thank you,

Chief and Council



Small Business Support Fund Application Form

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 November 1st, 2019, to April 30th, 2020, and November 1st, 2020, to April 30th, 2021.

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

Maximum contribution combined under round 1 and round 2 of Small Business Support Fund is \$7,500.00

A legible photocopy of Certificate of Indian Status (front and back) is required. Expired status cards are not acceptable. If you do not have a Certificate of Indian Status, proof must be obtained from the Millbrook Membership Clerk. (902)895-6385, Ext. 234. Or by e-mail at: membership@cmmns.com

Non-expired Status Card attached _____ Will contact Membership Clerk _____
















Employment Opportunity

Executive Assistant


The Executive Assistant will report directly to the Executive Director and will be responsible for performing a variety of administrative tasks contributing to the efficiency of the First Nation Administration operations by providing personalized and timely support to both the Executive Director and the Chief of Millbrook First Nation.





In addition to performing general administrative work, the Executive Director will be responsible for scheduling meetings, making travel arrangements, taking meeting notes, preparing correspondence, and producing quality reports and presentations.

The successful candidate would ideally possess the following qualifications:

-  Outstanding organizational and time management skills
-  Professional discretion and confidentiality
-  Ability to organize a daily workload by priorities.
-  Must be able to meet deadlines in a fast-paced, quickly changing environment.
-  A proactive approach to problem-solving with strong decision-making skills.
-  Ability to work with minimal guidance.
-  Professional level verbal and written communications skills.
-  Ability to multitask and prioritize tasks
-  Attention to detail
-  Strong computer and Internet research skills
-  Flexibility
-  Excellent interpersonal skills
-  Project coordination experience
-  Ability to work well with all levels of internal management and staff, Council as well as outside stakeholders.
-  Familiarity with office gadgets and applications (i.e., e-calendars and copy machines)

The successful candidate must possess the following qualifications:

-  5-10 years proven work experience as an executive or personal assistant or similar role.

-  Minimum high school diploma and successful completion of administrative assistant program.
-  A College degree or University diploma is considered an asset.
-  In-depth understanding of the entire Microsoft Office suite.
-  Knowledge of Mi'kmaq culture and Indigenous organizations or First Nation communities.

Salary:

\$40,000- \$50,000

If you have any questions, please contact:

Carla Asprey

Native Employment Officer

Millbrook Administration Office

Phone: (902) 897-9199 ext. 122

Email: millbrookemployment@eastlink.ca

Application deadline:

Please submit your resume, cover letter, and three references to the Millbrook Administration Office by August 11, 2021, no later than 4:30 pm.

-  Preference will be given to Millbrook Band Members or individuals of Indigenous descent.

Employment Opportunity










Occupational Health and Safety Officer

The Occupational Health and Safety Officer (OHSO) will report directly to the Human Resources Manager. They will primarily be responsible for leading and facilitating the development, implementation and maintenance of Millbrook's occupational health and safety policies and programs and the emergency contingency plan. In addition, the OHSO will be expected to work closely with all levels of management and employees to ensure consistent promotion and utilization of safe work practices.











In addition, the OHSO will be responsible for assisting the Fisheries department with aspects of the Alcohol and Drug Testing Policy for Millbrook's fishing crew and captains.

The OHSO will provide direction and support in safety, emergency standards, regulations, and legislative compliance and make recommendations to improve Millbrook's employees' health, safety, and well-being of Millbrook's employees. Ensuring regulatory compliance is achieved, safety performance is improved.

The successful candidate would ideally possess the following qualifications:

-  Ability to facilitate and contribute to the development, implementation, communication, and maintenance of all workplace health and safety and emergency contingency policies and programs.
-  Ability to ensure Millbrook remains compliant with all relevant health and safety legislation, regulations, and by-laws.
-  Ability to interpret, explain the intent of health and safety regulations/legislation.
-  Work effectively with minimal supervision and direction.
-  Ability to conduct worksite inspections and/or identify hazards and recommend or implement corrective safety measures.
-  Ability to coordinate, maintain and deliver safety orientation, ongoing training and awareness programs for employees.
-  Ability to effectively deal with emergencies.
-  Ability to establish and maintain effective working relationships.
-  Proficient computer skills and competent with Microsoft Office programs.

The successful candidate must possess the following qualifications:

-  Completed post-secondary, preferably in a related field OR a combination of equivalent professional experience and training.
-  Canadian Registered Safety Professional (CRSP) designation or currently in the process of acquiring it.
-  Minimum 3 years of relevant experience implementing and promoting safe work practices.
-  1 to 3 years of relevant experience in equipment safety and/or construction site safety.
-  Demonstrated experience working in the field of emergency management, community planning, public health, environmental science, or related field.
-  Familiarity with Transport Canada's Fishing Vessel Safety Regulations and the NS Department of Environment and Advanced Education's Labour Standard Codes for the fishing industry would be an asset.
-  Experience with ISO 45001: Occupational Health & Safety Management Systems (formally OHSAS 18001) considered an asset.
-  Experience working in/for an Indigenous community.
-  Criminal record check.
-  Valid driver's license and reliable vehicle.

Salary:

\$55,000 – \$65,000

If you have any questions, please contact:

Carla Asprey
Native Employment Officer
Millbrook Administration Office
Phone: (902) 897-9199 ext. 122
Email: millbrookemployment@eastlink.ca

Application deadline:

Please submit your resume, cover letter and three references to the Millbrook Administration Office by August 11, 2021, no later than 4:30 pm.

-  Preference will be given to Millbrook Band Members or individuals of Indigenous descent.

Employment Opportunity

Recreation Assistant

Job Title

Recreation Assistant: One (1) position available – 4 weeks full time (30 hrs./week; 9am-4pm) followed by up to 10 weeks of part time work (9-12 hrs./week; 9am-12pm OR 1pm-4pm)

Start Date: August 16, 2021

End Date: To be determined

Rate of Pay: \$14.00/hr.

Summary of Position

Reporting to Christena Dykstra, Physical Activity Strategic Coordinator, the Recreation Assistant will be primarily responsible for developing an equipment loan program for Millbrook First Nation. Secondary projects/tasks include program planning, community engagement, event planning, policy development, and support of the PASC as needed. This position will require you to work in the field and indoors, gather information, maintain trail systems and playgrounds, and work in an office setting. The position requires you to work closely with key stakeholders, Millbrook First Nation staff and industry partners. The successful candidate needs to have strong communication skills and strong literacy and computer skills. Research experience is not required but is considered an asset.

Duties and Responsibilities

The primary role of the Recreation Assistant will be to develop an equipment loan program policy and conduct inventory and assessments of recreation/sports equipment and assets within the community. To complete these tasks, the successful applicant will be asked to do preliminary research of similar programs throughout the region to inform Millbrook First Nation's equipment loan program policy, develop inventory and monitoring tools to be used throughout the program, and create information sharing tools to promote the program.

Secondary to the equipment loan program, the successful applicant will work with the supervisor to create new recreation and sports programming for the community and host community-based events around recreation, physical activity and sport.

Requirements/Qualifications

These are the qualifications that are necessary for someone to be considered for the position.


- ✦ Be committed to meeting the work hours outlined in this posting;
- ✦ Between 15 and 30 years of age (inclusive);
- ✦ Canadian citizens, permanent residents or protected persons as defined by the Refugee Protection Act;
- ✦ Individuals legally entitled to work in Canada;
- ✦ Individuals legally entitled to work according to the relevant provincial/territorial jurisdiction's legislation and regulations;
- ✦ Have access to reliable transportation;
- ✦ Have an aptitude for safe work practices and the ability to multi-task in a busy work environment; and
- ✦ Be able to work productively as part of a team while responding to feedback;
- ✦ Preference will be given to Millbrook Band Members.

This position has been made possible through a partnership with the Canadian Parks and Recreation Association's Green Jobs Initiative.

If you have questions, please contact:

Christena Dykstra
Physical Activity Strategic Coordinator
Millbrook Health Centre
christenadykstra@millbrookhealth.ca
902-895-9468 ext. 132

Application Deadline: Please submit your resume and cover letter via email by August 6, 2021, no later than 4:30 pm



MILLBROOK FIRST NATION

APPLICATION FOR SCHOOL SUPPLIES 21/22

If you have questions, please contact:
Phone: 1 800 693-3112
Fax: 902 897-0841
Email: education@millbrookband.com
Website: www.millbrookband.com

Date: _____

Student's full name: _____

Student's band number: 27 _____

School attending: _____

School contact information: _____

Please select one: On-reserve Off-Reserve

Parent/Guardian names: _____

Phone number: _____

Name to be printed on cheque: _____

Mailing address: _____

Parent guardian signature: _____

- This application is for School Supplies, Lunch Allowance and Attendance for the 2021-2022 academic school year. Please review the policies online at www.millbrookband.com, under the forms and policy tab.
- For all students attending Truro Elementary School, Millbrook Band will pay them directly for school supplies. The cost is \$30.00 for Grades Preprimary-1 and \$35.00 for Grades 2 to 4; this will provide your child with all the supplies they will need for the year. For Grade 5 and 6 ONLY at Truro Junior High School, the cost is \$35.00 per student.
- **By signing this application form, you give the attending school permission to provide Millbrook Educational Services Director with information regarding your child's attendance and academic performance.**

10-Digit Band Number	School Attending	Grade	School Contact Information
Student 1:			Name: _____ Phone: _____ Email: _____
Student 2:			Name: _____ Phone: _____ Email: _____
Student 3:			Name: _____ Phone: _____ Email: _____
Student 4:			Name: _____ Phone: _____ Email: _____

(For office use only) DATE RECEIVED: