

Millbrook Community Newsletter

FEBRUARY 2021



African Heritage Month 2021 - Black Lives Matters Rally Truro N.S.

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 tentatively scheduled for: **Wednesday, February 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

The next Chief and Council meeting is scheduled for **Tuesday, February 9, 2021.**

The deadline for submissions or requests to see Council is **Thursday, February 4, 2021.**

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.

February Chief and Council meeting is **March 9th, 2021.**

February-March 2021

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

Newsletter Deadline - Saturday, February 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.

Millbrook's November 26th, 2020 Millbrook Enterprise Credit (The deadline is February 24th, 2021)

I would like to congratulate Tiffany Kennedy & Steven Googoo on the birth of their daughter Osea Pearl Googoo weighing 8lb 8oz on December 30th.



Happy Birthday to our grandson Jayce Terfry.
Happy 3rd Birthday, Love Nanny, Grampie and Aunt Alona. February 12th.

Congratulations Clinton Gloade and Danielle Christensen on the birth of their daughter Veronica Christen Gloade on January 24th.



- **January 26** - Happy Birthday to my husband Sonny Julian love Lisa and your family!
- **January 26** - Happy Birthday granddad love all your grandchildren!
- **February 4** - Happy Birthday Valerie Julian love Sonny and Lisa
- **February 4** - Happy Birthday to my godmother Valerie love your godson Zachary and Sam!
- Congratulations to Thomas Julian for receiving his Journeyman/ Red Seal for Insulator (Heat and Frost) for Alberta and Canada. Your 3 years have paid off and alot of hard work and effort of raising a family and going to school. Congratulations. Also congratulations on making Deans List at SAIT College in Calgary! Your parents and families are proud of the hard work and dedication.
- Congratulations to Zachary Julian for accepting a seasonal position in Shelburne with Lands and Forest as a Forest Technician! Love your mom and dad
- Congratulations to Nyanza Julian for publishing your first book *Come Walk With Me*. Which can be purchased through Amazon. THANKS Love mom and dad we are proud of you!
- Congratulations to Carley Gloade on your story in "We are Unbreakable, Raw, Real Stories of Resilience from Women in Nova Scotia in 2020" from Sonny and Lisa Julian
- Shout out to Sunshine Bernard in organizing the Christmas Parade and all the hard work you do and all the hard work behind the scene getting everything set up and organized with the help of all your wonderful staff at the Millbrook Health Centre. The presents are purchased on behalf of the Wellness Program and wrapped by the Health Centre staff and organize Santa for the kids in Millbrook! Way to go Sunshine!!



October 10, 2019

ATTENTION to SOCIAL CLIENTS:

At the last duly convened **Chief and Council meetings held on September 9, 2019, and October 8, 2019, the following decisions were established:**

1. There are to be **no social advances** and **everyone is to pick up their own cheques,** unless **an arrangement is made with the Social Administer beforehand.**
2. **All medical requests are to be referred to the Health Centre,** and if someone is asking for a medical cheque, they will have to wait until the Medical Centre informs the Social Department whether the client has received assistance or not.
3. **Emergency cheques will not be issued until a proper investigation has completed;** Supporting documentation is expected. We will not tolerate harassment. Those clients who harass staff may be subject to restricted access to the Band Office and their calls will not be accepted.
4. **Direct Deposit is not an avenue that the Chief and Council wants to pursue,** as it could lead to further abuse. **All welfare cheques are to be picked up in person or mailed to the recipient's home address.**
5. **Any Social client** with a **commercial business operating** from their home **will not be eligible for assistance of any kind** from the Millbrook Social Department.

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.

Mental Health and Addictions Clinicians

Mental Health and Addictions Clinicians are available for appointments at the health centre. They are trained counsellors who specialize in adult mental health and addictions. Please call the health centre to book an appointment with either David Rider, Szonja Vamos, or Michelle Sullivan. A new Child and Youth Mental Health and Addictions Clinician will begin in February or March at the health centre. More information will be provided about the new child and youth clinician when they start working at the health centre.

Community Dietitian

A new community dietitian will be hired this month and will be available for appointments in February. More information will be provided about the dietitian when they start working at the health centre.

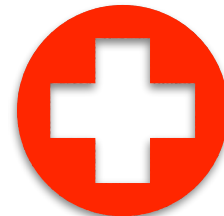
Medical Drivers

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

Truck for Sale

Millbrook Construction is taking written tenders on a 2010 Ford F-250 XLT Super Duty with 224,000 Kms. To view or for any questions, contact Lorne Paul at 902-890-4863.

Closing date for bids, Wednesday, February 24th. All bids are to be sent, on paper to Millbrook Band Office by 4:00 pm. Successful bidder will be notified on Thursday, February 25th.



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



At Atlantic Gold, our commitment to safety extends to all of our workplaces. While we are planning our future mine site at Beaver Dam, you may notice activity in the area. Over the next three months these activities could include: surveying, environmental monitoring, test pitting and the reclamation of trails used for exploration in 2020. Trail reclamation will include sealing drill holes, repairing road ruts, and removing silt fences along with any remaining debris

It's always important to be safe when you're outdoors. Whether you're walking, using a four-wheeler or are outside for hunting or fishing, be aware that there may be others working at the same time.

While on the land:

- Be careful of all trail and road crossings; always look both ways.
- Be aware that Atlantic Gold may be using some roads typically used by snowmobilers and four wheelers. Our team will always honk once when starting to drive forward, or honk twice to notify when going in reverse.
- Please do not disturb any fences, tarping or hay bales you may see - these are in place to protect the environment.
- Please keep a safe distance from anyone doing work, testing or any machinery.

Please reach out to Gerald Gloade, Millbrook's Community Engagement Officer, if you would like to learn more about Atlantic Gold and our operations.



Winter Wellness Walking Group!

Fridays @ 12pm | Woodchip Trail - Church Rd. Entrance | Jan 22 - Feb 26 |



NSECDis

Nova Scotia Early Childhood
Development Intervention Services

Do you have questions about your child's development and/or behavior?

Nova Scotia Early Childhood Development Intervention Services (NSECDis) may be able to help!

We provide services for families with children between birth to school entry including:

- Information to support child development and behavior
 - Connections to services within the community
 - Home visiting services
 - Assistance with school transition

Please contact Shanea Fields by email, phone or text

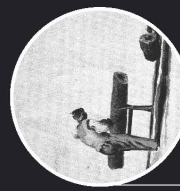
sfields@nsecdis.ca or 902-750-0401

AFRICAN HERITAGE MONTH 2021

BLACK HISTORY



1605ca
 Matthew deCasta in Nova Scotia is the first Black settler in the region now called Canada.



1783
 3500 free Black Loyalists arrive in Nova Scotia, the first major group of Black settlers in the province of Nova Scotia.



1784
 Around 500 Maroons from Jamaica arrive in Halifax.

1800
 Many Maroons were removed from Nova Scotia and sent to Sierra Leone in Africa.

1813-1815
 Approximately 2000 Black Chained Bay refugees from the War of 1812 arrive in Nova Scotia.



1833
 Britain officially abolishes African Chattel Slavery in the British Colonial Empire.

1854
 African United Baptist Association, officially the African Baptist Churches, were established around the province that exist today.



1857
 William Hall of Horton, Bluff Cross, first Canadian sailor and first Black person to achieve this honour.

1916-1918
 No. 2 Construction Battalion was formed during WWI. Canada's first and only all Black military regiment.



1918
 Glace Bay UNIA (United Negro Improvement Assoc.) Hall was built, founded by Marcus Garvey and is the only one still in existence in Canada.

1920
 Hundreds of Caribbean migrant workers venture to Nova Scotia to settle in Cape Breton to work in steel factories and coal mines.



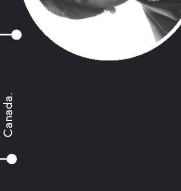
1945
 The N.S. Association for the Advancement of Coloured People (NSAACPP) founded.

1954
 Legal segregation of schools ended in N.S.

1969
 The Black United Front of Nova Scotia, a provincial organization, begins operation.

1983
 Black Cultural Centre for Nova Scotia opens in Cherry Brook, N.S.

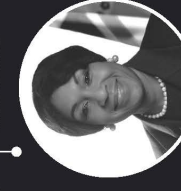
1984
 Daurene Lewis is voted in as Mayor of Annapolis, the first Black female mayor in Canada.



1990
 Donald H. Oliver becomes African N.S. Senator in Canada.

1993
 Wayne Adams elected first Black cabinet member in N.S. provincial politics.

1997
 Gordon Exile becomes first Black N.S. member of Parliament in Canada.



2006
 Myrann E. Francis of Whitney Pier, Cape Breton is appointed Lt. Governor of Nova Scotia, the first Black woman in history.

2018
 Bank of Canada Release - Bank note in recognition of Civil Rights Leader and entrepreneur Viola Desmond.



LISTEN • LEARN • SHARE • ACT

For More Information Visit: alm.bccnweb.com

Millbrook COVID Winter Carnival

Due to Covid, this Year's Winter Carnival is going Virtual. Lots of Chances to Have FUN and WIN amazing Prizes.

FEB. 14

COMMUNITY "VALENTINE'S" WINDOW
Decorate your Window at home and post a pic.

FAMILY FUN DAY

Post a pic of you and your family doing an activity together in celebration of Family Day.

FEB. 15

FEB. 16

SNOWMAN CONTEST

Depending on Snow.....Build a Fun & Creative Snowman!

PHYSICAL ACTIVITY CHALLENGE

Get Out and Get Moving.

FEB. 17

FEB. 18

OUTDOOR PHOTOGRAPY CONTEST

Post a pic of you exploring the Great Outdoors.

KARAOKE CONTEST

Send me a Video of you Karaoking your favorite tune.

FEB. 19

To Enter: Please post a pic/video and tag me (Sunshine Bernard) OR inbox me your pic/video.

Open to Millbrook Band Members and Community Members. Have Fun!!



Millbrook Apartment Building Project Carpenter Resume Collection

Lindsay Construction invites applications from First Nations community members for 2 to 3 carpentry positions at the Millbrook Apartment Building project in Cole Harbour.

Work begins immediately (1 to 2 weeks) and will be available for approximately 6 to 12 months.

Qualifications:

- Wood framing interest and experience
- Currently member or willing to become a member of the Carpenters Union, Local 83 (Lindsay Construction can help you navigate this process)
- WHMIS
- Fall Arrest
- Able to work fulltime hours
- A reliable method of transportation to get to the worksite each day

Assets:

- Leadership for Safety Excellence
- Standard First Aid
- Emergency First Aid

Email resumes to your employment representative or to jobs@lindsayconstruction.ca and reference Millbrook Apartment in the subject line.

Legends Online Media

HIGH STAKES



February 28, 2021, 1:00 PM

\$1000.00 Regular Games

\$600.00 Special Games

\$10,000.00 Jackpot



Play High Stakes Legends Bingo games from the comfort of your own home via FB Live.

\$100.00 packages must be purchased through the Legends BingomeNow App.

SALES END: February 19th for delivery and February 26th for pickup.



15 Legends Drive,
Exit 13A, Truro Power Centre,
Millbrook, NS
Phone: 1-888-608-1754
www.legendsgamingcentre.com

\$100.00 pkg includes
1- 12on regular book (jackpot not included)
1-6on special book
2- Dual Dab
4- bonanza
2- jackpot
Note: 3 Line RWB is not included in this pkg

Project Announcement & Participation Opportunity:

Land Use and Occupation Study - Fifteen Mile Stream

Mi'kmaw people have been utilizing land in Nova Scotia for survival and for recreation since time immemorial - without boundaries and without exception. This relationship with the land continues today. Concepts like *Netukulimk* remind us to take only what is needed and leave some for tomorrow, as our ancestors did.

Atlantic Gold is working on developing an open pit gold mining operation in **Fifteen Mile Stream**. While not on reserve lands, we know that many of our band members have experience harvesting in the area. Band members who have a connection to the area may be affected in terms of their hunting, fishing, and gathering activities, because of the presence of the mine site.

To address these concerns, Millbrook is undertaking a Land Use and Occupation Study. This study will document our history of land use, water use and the stories associated with the area. By doing so, we are preserving our culture and protecting our future. This will also strengthen our claims in future negotiations.

Millbrook is requesting your help to document this important part of our history. You are a vital part of this story. If you, or a family member/friend have harvested (hunting, fishing, camping, etc.) or enjoyed this area please let us know. We will be setting up interviews (either over the phone or Zoom/Teams) to gather land and water usage data to show the project regulators that Millbrook will be impacted.

If you are interested in learning more about this project, please contact:

consultation@millbrookband.com

FEBRUARY 2021 – Millbrook Health Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No walk-ins please; appointments only	1 Dr. Kelly Meaghan David	2 Dr. Blois Meaghan Dr. Somerfield	3 Dr. Blois Szonja David	4 Dr. Blois Dr. Bauld Szonja Michelle	5 Open 9-12	6
7	8 David Meaghan Vance	9 Dr. Blois Meaghan	10 Dr. Blois David Szonja	11 Dr. Blois Szonja Michelle	12 Open 9-12	13
14	15 Dr. Kelly David Meaghan	16 Dr. Blois Meaghan Dr. Somerfield	17 Dr. Blois Dr. Bauld David Szonja	18 Dr. Blois Szonja Michelle Drop off full insulin containers & expired prescriptions 10- 11am 2-3pm only!	19 Open 9-12	20
21	22 David Meaghan Vance	23 Dr. Blois Meaghan	24 Dr. Blois David Szonja	25 Dr. Blois Szonja Michelle	26 Open 9-12	27

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

January 5th, 2021

Our community has received funding to 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 have decided to utilize this funding to do so. The total funding pool is \$103,353.00 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, number of employees and demonstrated a negative impact on your business due to Covid-19.

The deadline for applications will be March 15th, 2021 or such time that all funds have been spent.

Should all of the funds not be spent by March 15th, 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 negative impacts of Covid-19 from the Millbrook First Nation.

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 – 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.