

Millbrook Community Newsletter

OCTOBER 2020



Saulnierville Wharf September 17, 2020

Important Announcements

For the latest corona virus information visit: <https://novascotia.ca/coronavirus/>

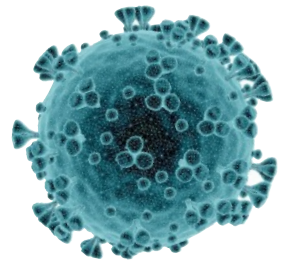
<https://www.millbrookband.com/covid-19-updates>

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
8:30am-12pm / 12:30pm-4:30pm
Please make an appointment to meet
with staff.

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/>

Remember to e-mail the Communications Officer at communications@millbrookband.com to have your information posted online.

November's Millbrook Enterprise Credit

November's Millbrook Enterprise Credit **applications are available online.**
Applications have been mailed out to band members who provided their mailing address.

Social Assistance

Social Assistance Cheques are tentatively scheduled for: **October 8, & 22, 2020.**
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 1-888-428-6230 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, October 13, 2020.**
The deadline for submissions or requests to see Council is **Thursday, October 9, 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.

November's Chief and Council meeting is November 10, 2020.

Chief and Council Meetings

September 2020

- **October 13** - at 10am Chief and Council meeting at the Community Hall
- **October 20** - at 10am Consultation at the Community Hall
- **October 20** - at 1pm Economic Development Meeting at the Community Hall

Newsletter Deadline

The Newsletter deadline is the 24th of each month.

Saturday, October 24, 2020

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

Truro Elementary Newsletter

Important Dates:

Thursday, October 1 – Treaty Day

Wednesday, October 7 – Walk to School Day

Monday, October 12 – Thanksgiving (No School)

Friendly Reminders!

Physical Education Class (Gym) will mainly be outside unless the weather is too bad. Please have your student/s dress appropriately for the weather. Some children tend to get messy or dirty during gym time, you may want to send another change of clothes for them to change into.

Please do not forget to fill out your student/s lunch menu and return to the school as soon as you can.

Please send your student/s with a water bottle pre-filled from home.

Ms. Paul's days at Truro Elementary are Wednesday and Friday's but she is reachable by cell phone and Facebook messenger. Her number is 902-890-0461.

Thank you for wearing your masks and washing your hands!!!

What a great start to the school year!

Wela'lioq,

Shelley Gloade – 902-899-2415

Lisa Wilmot – 902-986-5010

Juliana Paul – 902-890-0461



SUBSTITUTES NEEDED

Are you looking for part time work?

The Millbrook Early Education Centre is actively seeking persons who would be interested in filling in our classrooms as substitutes.

It would be an asset if that person has an Early Childhood Education diploma but it is not necessary. Searching for people who would be willing to work on a call as needed basis.

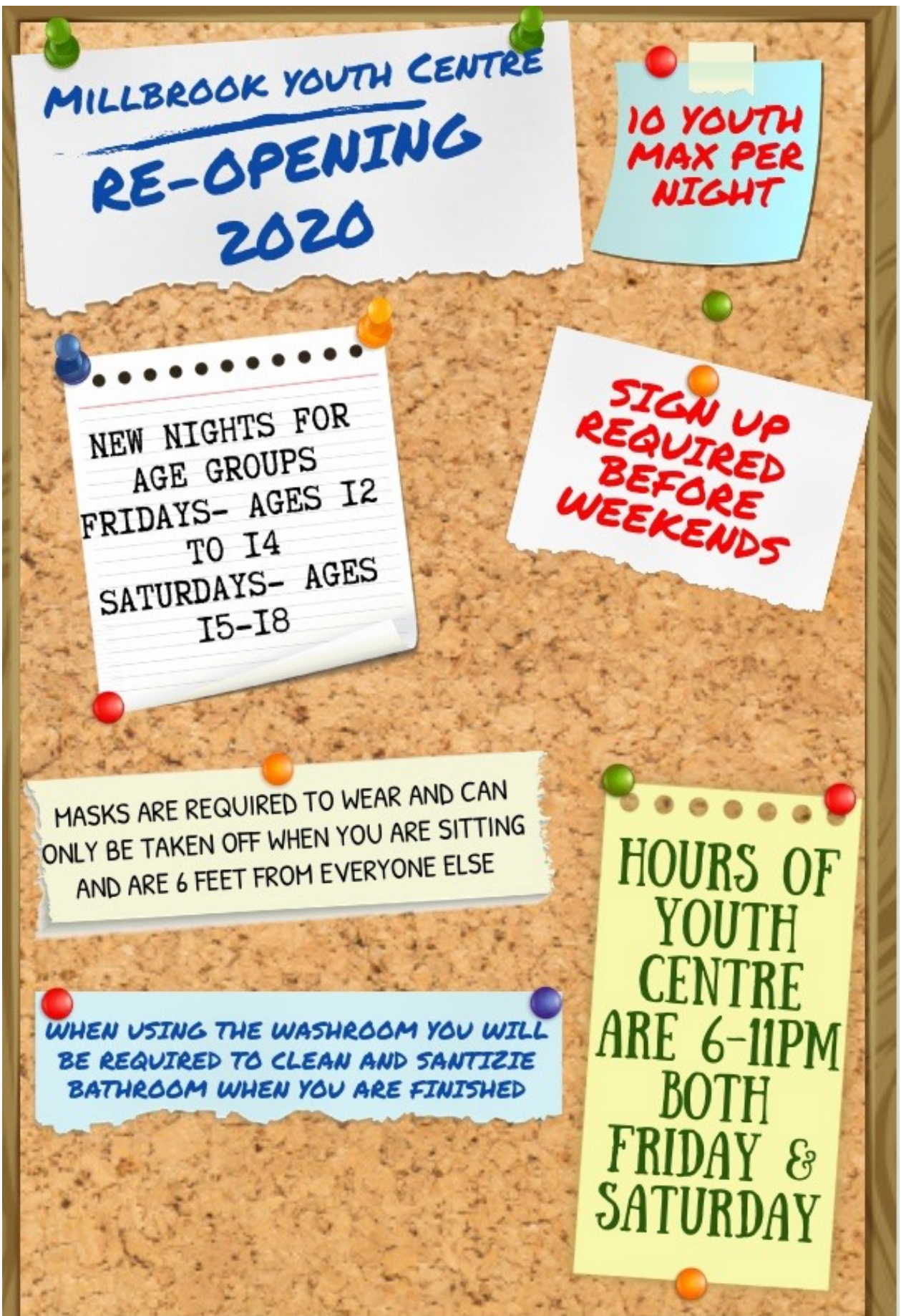
IF YOU ARE INTERESTED PLEASE CONTACT TORI PAUL AT 897-9199 EXT. 126 OR CONTACT VIA EMAIL ASAP TO torip@eastlink.ca

Millbrook Youth Centre Re-opening 2020

With the opening of the Youth Centre there are going to be some changes:

- Fridays will now only be for youth aged 12-14 years old
- Saturdays will now only be for youth aged 15-18 years old
- There is a maximum of TEN youth each night
- You will NEED to sign up prior to the weekend that you want to attend. You will need to email MBYouthCentre@gmail.com to sign up. Please specify what date and your age when emailing. ONLY emails are being accepted for sign up.
- Masks are to be worn at all times other than when you are seated and are six feet apart from others
- Bathrooms are available to be used but you will be required to clean and disinfect the bathroom after each use.
- The kitchen will be off limits to everyone

Things are subject to change at any time. We understand this is much different than before but we want to do our part to provide a safe place for youth again as well as following protocols.



Health Centre

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

Business Hours
Monday- Thursday
8:30am-12pm / 12:30pm-4:30pm
**Please call the Health Centre to make
an appointment**

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

Mask-Wearing at the Millbrook Health Centre

Public Health Orders from Nova Scotia’s Provincial Medical Officer of Health make mask wearing in public spaces mandatory.

You must wear a mask when you come for appointments at the Millbrook Health Centre, unless:

1. You provide us with a letter from your family doctor indicating that you cannot wear a mask for medical reasons. Please note that we do not need to know what the medical reason is.
2. Children younger than 2 or children between 2 and 4 who cannot keep the mask on.

We are doing all that we can to keep our staff and those who receive services at the health centre safe during this pandemic. We appreciate all those who have followed our protocols about mask-wearing at the health centre.

**PLEASE BE MINDFUL TO TEXT OR CALL THE HEALTH CENTRE STAFF ON
BUSINESS HOURS AND NOT AFTER HOURS. THANK YOU!**

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



Process to receive Home Care & Assisted Living Services

* Referrals are required from a client requesting services or the client's next of kin can make the referral on behalf of the client.

* They must contact **Corrina Milliea**, Home Care Coordinator at the Millbrook Health Centre to request services.

* An assessment will be completed with the client, at their home.

* Services will be determined based on assessed need.

** The client's home environment must be safe in order for Home Care and Assisted Living workers to provide the services.

Home Care

Home Care is a service that provides personal care to individuals, which may include the following:

- showering, bathing
- toileting, helping client into bathrooms, changing their adult briefs etc.
- medication reminders, but not to administer medication.
- assist with prescribed exercise program (based on occupational therapist recommendations)
- some meal prep - based on client assessment.

Assisted Living

Assisted Living services include light duty cleaning such as mopping and sweeping floors, dishes, laundry, dusting, cleaning bathroom, windows, fridge and stoves. The Assisted Living workers are not required to do heavy lifting or moving furniture.

Thank you,
Corrina Milliea



HeartSmart Kids™

Youth Educators, and Community Leaders: Are you interested in a FREE Indigenous inspired, health literacy resource for children in grades Primary – 6? Heart & Stroke's [HeartSmart Kids™](#) (HSK) workbooks are now available to order for the 2020/2021 school year!

HSK is a set of three workbooks that educators can order (free of charge) year after year for students' grades primary to 6. The goal of the resource is to focus on **health literacy** via exploring 9 different units/themes (including healthy eating and physical activity); all of which the educator can tailor to suit their group needs and curriculum.



Sign-up for the free [online training](#) now, to order your free colourful workbooks for every student in your classroom/youth group!

HeartSmart Kids™

Certify as a HeartSmart Kids™ Educator and receive **FREE** resources for every student, every year. www.hskids.ca

Quick Steps:

1. Visit www.hskids.ca
2. Create a Log-in and proceed into the online HSK community
3. Travel around the path of heart and brain health topics, hitting FINISH after each section is complete.
4. Once complete, the last square will turn red and start blinking and an e-certificate will be sent to your inbox.
5. Submit your quantity of books for your class!

Completing the certification builds Grades K-6 educators' knowledge about heart and brain health and takes a holistic approach to health including Indigenous health practices. This knowledge is then passed on to students and families by learning through their very own HSK books in school and at home.

For more information, visit: www.hskids.ca
Please use the website contact form if you have any questions.

Heart & Stroke™

Families & Guardians: Heart & Stroke has also created *HeartSmart Kids™ at home*; featuring printable activities for families to learn about healthy habits featuring traditional Indigenous practices. Visit our [website here \(https://hskids.ca/hsk-at-home/\)](https://hskids.ca/hsk-at-home/), for your free downloads!

HeartSmart Kids™ at home

Warm Your Heart Dance
 Dancing is an important part of Indigenous culture and can get our heart beating!
 Your pulse is a pathway to your heart. By counting the number of beats, you can test how fast your heart rate is.
 Find your pulse in your wrist or neck. Count the number of beats in 15 seconds.

- * Pulse at start:**
 Number of beats in 15 seconds: _____
 Multiply by 4 to find the number of beats in one minute: _____
- * Pulse after slow dance:**
 Number of beats in 15 seconds: _____
 Multiply by 4 to find the number of beats in one minute: _____
- * Pulse after fast dance:**
 Number of beats in 15 seconds: _____
 Multiply by 4 to find the number of beats in one minute: _____

Use the number of beats in a minute to make a chart in the space to the right of your pulse after dancing.

What conclusions can you draw about dancing and your heart?

Start	Slow	Fast
-------	------	------

Own Garden
 While it is more important to eat all of the fruit, grow.

Beat
 To show how you are feeling today you think of a title for your picture.

The drum and its circular shape can be a symbol for wholeness, health, and the beat of the heart. It is used at times of celebration with ceremony, dancing, and learning. The drum links many Indigenous peoples to their culture, families, and community.

#HSKatHome



ABORIGINAL DIABETES INITIATIVE

Nutrition Bingo

• **GAMES** • **FUN** • **PRIZES**

OCT. 21 ST / START AT 2PM
AT MILLBROOK COMMUNITY HALL

NO DABLERS NEEDED

SIGN UP REQUIRED. LIMITED SPOTS
CONTACT SUNSHINE
BERNARD AT 902-895-9468 TO SIGN UP

MASKS ARE MANDATORY UPON ENTRY
SOCIAL DISTANCING WILL
BE IN PLACE.

SENIOR'S



HALLOWEEN BINGO!

THE FREAKIEST AND CRAZIEST
LUNCH & LEARN EVER!

THURSDAY, OCTOBER 15TH

11:30 AM MILLBROOK COMMUNITY HALL
SIGN UP REQUIRED. LIMITED SPOTS. CONTACT
SUNSHINE BERNARD AT 902-895-9468

MASKS ARE MANDATORY. SOCIAL
DISTANCING WILL BE IN PLACE

CLOSED



**WOOD CHIP TRAIL will be
Temporarily CLOSED
from
October 18th - October 25th**

Sorry any inconvenience

OCTOBER 24th

HAUNTED TRAIL

RAIN
OR
SHINE

MILLBROOK WOOD CHIP TRAIL

START BEHIND MILLBROOK COMMUNITY HALL
ENDING BEHIND THE MILLBROOK POWWOW STAGE



OCT. 24TH (SATURDAY) TIME: 3PM - 6PM

FUN SPOOKTACULAR NIGHT

To Volunteer contact Sunshine Bernard at 902-895-9468

A vibrant Halloween-themed poster for a 'Cupcakes and Cookies' event. The background is a dark purple with various candy illustrations: a purple candy, a candy corn, a round swirl candy, a large red and white swirl lollipop, a yellow and orange candy, a purple and yellow candy, a yellow and purple candy, and a yellow candy. There are also black silhouettes of trees and a green circle. The text is centered and uses a mix of bold, sans-serif and cursive fonts.

Cupcakes *and* Cookies

Decorate some spooky cookies & cupcakes!
Sign up required to attend.
Limited spots available.
Children aged 0-10

25 | Millbrook Community Hall
Oct | Starts at 2 pm
Call to sign up:
902 895 9468



October 18th @ 2 pm
Millbrook Powwow Grounds
Sign up required to attend
902-895-9468 to sign up
Snacks, games, music & prizes

Dress for the weather! It is getting chilly out

Municipal elections are underway in Nova Scotia. In Truro, voting is all done electronically, by phone or by internet device. Some residents of Millbrook will be eligible to vote in Truro for the first time, living as they do in the area of the community added to the Town since the last municipal election in 2016.

Millbrook residents are entitled to vote for the Mayor and two Town Councillors for Ward 1.

To be eligible to vote, you must be a Canadian Citizen, 18 years of age or over on October 8 2020, a resident of Nova Scotia since April 8 2020, and be ordinarily resident in Truro as of October 8, 2020.

There may be residents who are “entitled person”, eligible to vote for the seat on the Conseil Scolair Acadien Provincial for the Electoral District of Truro.

An “entitled person” is an individual who is a Canadian citizen and who meets **one** of the following criteria:

- Whose first language learned and still understood is French; **or**
- Who received primary school instruction in Canada in a **French-first language** program; (NOT French Immersion) **or**
- Who is the parent of a child who is receiving or has received primary or secondary school instruction in Canada in a **French-first language** program,

If you have concerns as to whether you are correctly included on the List of Electors, please call the Returning Office at (902)898-2020, or email elections@truro.ca.

Voters on the list will receive an official Voter Information Letter via first class mail a week or so before voting begins on October 8. Voting online or by phone continues 24 hours per day until 7PM on October 17.

:

Are You on the Voters List?



TRURO

make the connection

**In Truro, electronic voting for Municipal & CSAP elections
will take place from Oct 8-17, 2020.**

Are YOU on the Voters List?

What make you eligible?

- 18 years or older AND a Canadian Citizen on October 8, 2020.
- Have been ordinarily resident in the province of Nova Scotia for 6 months previous to October 8, 2020 (April 8/20)
- Ordinarily resident in the Town of Truro, or an area annexed to the Town, and have been so since immediately before the first voting day. (October 8/20.)

Ask Yourself: Have you recently :

- moved to Nova Scotia?
- Turned 18?
- Moved within the Town of Truro?
- Had a household member move out of the Town of Truro?
- Had a family member pass away?

If the answer is YES, to any of these, you should contact us to make revisions to the list.

Email: elections@truro.ca

Phone (902) 898-2020

Kenneth W Henderson, Returning Officer

click  OR  call
That's it, That's all!

Municipal & CSAP Elections 2020



TRURO

make the connection



.....Online or by Phone



October 8—17

Nominations Open

Nominations are invited for the following:

Town of Truro

- Mayor
- 2 Councillors for each of Wards 1, 2 & 3

Conseil scolaire acadien provincial

1 member for the Truro Polling District

Nomination Day is September 8, 2020

Nominations may be filed at the
Truro Election Returning Office,
Truro Welcome Centre, 493 Prince St. (Victoria Square)

By Appointment

from 9-5

August 27, 28, 31

September 1, 2, 3, 4, 8

Ken Henderson, Returning Officer
Truro Welcome Centre 493 Prince St (Victoria Square)
902 898-2020

elections@truro.ca

click  OR  call
That's it, That's all!

First Ever Online Media

HIGH STAKES

BINGO

November 15th, 2020, 2:00 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: November 8th for delivery and November 13th 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

OCTOBER 2020 – Millbrook Health Centre						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
***All appointments are by telephone unless otherwise noted.				1 CLOSED TREATY DAY	2 CLOSED	3
4	5 Dr. Blois Dr. Bauld Gladys David Meaghan Dr. Vance	6 CLOSED	7 Dr. Blois David Szonja Dr. Phil	8 Dr. Blois Szonja Missy	9 CLOSED?	10
11	12 CLOSED Thanksgiving	13 Dr. Blois Dr. Kelly Meaghan Gladys Missy	14 Dr. Bauld David Szonja	15 Dr. Blois Missy Szonja DROP OFF NEEDLE BOXES/OLD PRESCRIPTION/HOUSEHOLD BATTERIES BETWEEN 10:30-11:30 and 2:00-3:00 pm ONLY	16 CLOSED?	17
18	19 Dr. Blois Gladys Meaghan (pm) Dr. Vance	20 Dr. Blois Meaghan Gladys Missy Dr. Phil	21 Dr. Blois Dr. Bauld David Szonja	22 Dr. Blois Szonja Michelle Missy	23 CLOSED?	24
25	26 Dr. Blois Dr. Kelly Gladys	27 Dr. Blois Meaghan Gladys Missy	28 Dr. Blois David	29 Dr. Blois Michelle Missy	30 CLOSED?	31

Hours: Monday-Thursday (8:30am-12--12:30 to 4:30); Friday closed (due to NS State of Emergency). Please call to cancel appointments.

November 2020 Millbrook Enterprise Credit Applicants

All completed **Direct Deposit** applications will be deposited on **November 12th, 2020**. **Completed applications must be received by October 29th, 2020 @ 12:00 noon**.

Completed applications requested to be issued by **Mail** will be released **November 26th, 2020**. **Completed applications must be received by November 19th, 2020 @ 12:00 noon**.

Applicants requesting direct deposit must provide one of the two listed documents.

- Void Cheque belonging to the applicant
- Direct Deposit Form from applicant's bank

Please note:

- Handwritten banking information and bank accounts not belonging to the applicant are no longer accepted.
- Please add the full mailing address; our financial team is updating to a new system.
- Reminder to Band members, it is their responsibility to provide a copy of their status card or proof of status.



Millbrook Enterprise Credit

Application Form

P.O. Box 634, Truro, N.S. B2N 5E5

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

Please Select: Mail ___ Direct Deposit ___
First Name: ___ Middle Name: ___ Last Name: ___
Band # of Applicant: ___ Date of Birth: Day ___ / Month ___ / Year ___
Telephone# () ___ - ___ E-mail: ___
Complete Mailing Address: _____

I authorize the Millbrook Band permission to use the above information for all communication purposes regarding band matters: Yes ___ No ___

All Millbrook Band Members are entitled to apply for the November 26th, 2020 Millbrook Enterprise Credit.

By signing this application, I, the applicant, do hereby agree and authorize the Millbrook Band to pay from my Millbrook Enterprise Credit Funds, any money I owe to the Millbrook Band as of the date of my application. Any Millbrook Enterprise Credits payable to Band Members under 19 years of age will be placed in a trust fund. When that Band Member attains the age of 19, he/she may apply through the Millbrook Band to have his/her Millbrook Enterprise Credit money released from trust. And I also acknowledge this Millbrook Enterprise Credit cannot be assigned to a third party and is only payable to the applicant. If you have any questions, please call 1-800-693-3112 or 902-897-9199.

Please note: Applications must be fully completed to be considered for this credit of \$1250.00 (One thousand two hundred fifty (Canadian) Dollars). The deadline is February 24th, 2021. Any application not received, or post marked on or after this date will not be accepted. Faxed Applications will not be accepted, please mail!

A legible photocopy of Certificate of Indian Status (front and back) is required. 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

Dated this ___ day of ___ A.D. 2020/21

Signature of Applicant _____ Witnessed by _____

Office use only: Approved () Not Approved ()
By _____ and by _____
This ___ day of ___ A.D. 2020/21

Cheque # _____ Date: _____