

Millbrook Community Newsletter

SEPTEMBER 2020



Millbrook's Powwow Grounds

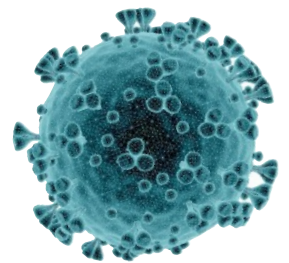
[Important Announcements](#)

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.

June's Millbrook Enterprise Credit Deadline

June's Millbrook Enterprise Credit **deadline for request is September 23, 2020.**

If you did not receive June's Millbrook Enterprise Credit please contact our finance staff Chantel Gillis or Priscilla Martin at chantelg@eastlink.ca or priscillamartin@eastlink.ca

Social Assistance

Social Assistance Cheques are tentatively scheduled for: **September 10, & 24, 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, September 8, 2020.**

The deadline for submissions or requests to see Council is **Thursday, September 3, 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.

October's Chief and Council meeting is October 13, 2020.

Chief and Council Meetings

September 2020

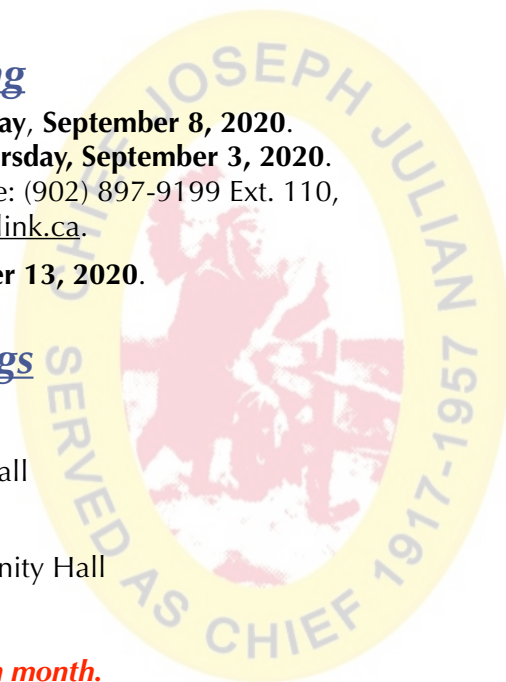
- ✦ **September 8** - at 10am Chief and Council meeting at the Community Hall
- ✦ **September 15** - at 10am Consultation at the Community Hall
- ✦ **September 15** - at 1pm Economic Development Meeting at the Community Hall

Newsletter Deadline

The Newsletter deadline is the 24th of each month.

Thursday, September 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>





Millbrook Health Centre is pleased to announce that we now have a **new program called Medikazam** for you to book doctor appointments online 24/7 and we have also added reminder calls for all doctor appointments via email, text or voice message (from our number 902-895-9468).

Directions:

[Google: Medikazam.com](#)

[Medical](#)

[Millbrook Health Centre](#)

[Book Appointment](#)

[Start](#)

[Disclaimer: \(I understand\)](#)

[Questions about Cov. 19](#)

[Book Now](#)

[Health Card Number \(you must have an updated Health Card #\)](#)

I give consent

I'm not a robot

[Then pick the doctor and available appointment you want](#)

[The program will send an email to confirm your appointment](#)

*****If you are not able to book right away, please try again as someone else might be booking at the same time.**

September Newsletter

The Millbrook Health Centre operates under PHIA (*Personal Health Information Act*). We take privacy seriously. If you are 18 and older, we ask that you make your own appointment. For those younger than 18, only their parents or guardians can make appointments for them at the Health Centre. Thank you.

Due to the COVID-19 pandemic, all visits to the Health Centre are by appointment only. No drop-ins permitted.

Also due to the pandemic, if you are asked to come for an in-person appointment at the Health Centre with the doctor/nurses--**only** the **patient** who has an appointment will be permitted to come in. If it's a child, one parent may accompany the child. If you have other children at home, please try and find a sitter.

***Reminder if you can't make your doctor's appointment, whether it's an in-person visit/conference call, please call and cancel your appointment if you cannot make it.

New Community Health Nurse (CHN) – Cindy Ryan has retired from working at the Health Centre, and her last day here is September 4th. We want to sincerely thank Cindy for her time here in Millbrook; she will be missed!! A new nurse, Gail Weeks-Bouma has replaced Cindy as CHN, and she will start at the Health Centre on September 8th. Please join us in welcoming Gail to the Millbrook health team!

If you have any receipts for the Millbrook Health Centre, please put them in an envelope and drop off at the mailbox outside the Band Office or mail to 812 Willow Street, Truro NS B2N 6N7. Drop offs at the health centre are not permitted because of the pandemic.

Monthly Needle containers and unused medication collection - **ONE DAY ONLY** - September 17 from 10:30-11:30am and 2:00-3:00pm—Please ring the buzzer and an attendant will assist you. Due to the pandemic, we have to reduce the number of visits to the health centre.

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

**If you have a homemade/your own mask please wear it
when you come to the Health Centre for an appointment.**

**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





- Hair Cuts
(First come, First Serve)
- Gift Bags
- COHI
- Light Refreshments
- Prizes

Sept. 2nd (Wednesday)

10am - 3pm

Powwow Grounds

Weather Permitting

Rain Location: Millbrook Gym
For more info contact:
Sunshine Bernard (902) 895-9468



LET'S GET MOVING CHALLENGE

AUGUST 27th - SEPTEMBER 4TH

**TO ENTER: POST WITH TAG OR INBOX (SUNSHINE BERNARD)
A PIC OF YOU OR YOUR FAMILY BEING ACTIVE TO WIN
AMAZING PRIZES.**

**FOR MORE INFO CONTACT SUNSHINE BERNARD AT
902-895-9468**

RJ MacIsaac Open House: Sheet Harbour

To all members of the Millbrook First Nation:

RJ MacIsaac is hosting an open house on September 16th (9:00 a.m to 4:30 p.m) at our onsite facility at the Sheet Harbour industrial wharf. This open house is in regards to a potential project (Green Recycling of the Deep Panuke Offshore Oil and Gas Platform) that RJ MacIsaac is currently pursuing.

This project has the objective to recycle 95% of the offshore platform (now located in the Halifax Harbour) at the Sheet Harbour Industrial Wharf and has a schedule to complete in approx. 18 months.

RJ MacIsaac has also developed a Mi'kmaq Benefits Program for both employment and contract benefits to those who are interested. An employment poster was sent to all Mi'kmaq Employment Officers seeking interested individuals looking for training and placement with RJ MacIsaac. Our objectives with employment are at a minimum of 33% Mi'kmaq hires.

At the open house you will also hear about RJ MacIsaac's efforts to ensure that the environment, Mi'kmaq cultural artifacts and the local waterways are protected and enhanced as a result of the project.

Salmon: RJ MacIsaac has entered into discussions with the Mi'kmaq Conservation Group and the NS Salmon Association to provide serious habitat restoration work in waterways adjacent to the Sheet Harbour community. The main objective of the project is to enhance the viability of salmon smolt as well as further enhance the habitat for eels and other fish species in the immediate area.

Local Environment: At the open house you will also hear about the safeguards in place to ensure that no residual fluids of any type exist on the offshore platform when it arrives in Sheet Harbour. Session participants will be able to directly ask questions and learn more about these safeguards at our session.

Mi'kmaq Artifacts: RJ MacIsaac has engaged an archeologist (May 2020) to ensure that no Mi'kmaq artifacts will be disturbed during the project. The archeologist will be in attendance at the open house and can further answer any questions or concerns in this regard.

RJ MacIsaac has been working in tandem with the Millbrook Consultation division to ensure that any concerns are being addressed and that the community remains updated on our efforts.

Please feel welcome to attend our open house to which all these and other issues will be discussed and hopefully those interested in working on this (and other RJ MacIsaac projects) can receive a full presentation and that we can further work with your local employment officer to ensure that we have your details.

Refreshments will be served.



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?



**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



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

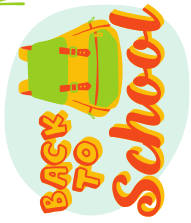
September 1, 2, 3, 4, 8

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!

MILLBROOK FIRST NATION
Waste Reduction Calendar
September

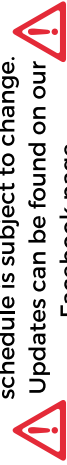


SUN	MON	TUE	WED	THU	FRI	SAT
		1 One Bulky Item	2	3	4	5
6	7	8 One Bulky Item	9	10	11	12
13	14	15 One Bulky Item	16	17	18	19
20	21	22 One Bulky Item	23	24	25	26
27	28	29 One Bulky Item	30			

Legend:

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

Due to the current COVID-19 Virus the waste collection schedule is subject to change. Updates can be found on our Facebook page



Friendly Reminders:

All Garbage **MUST BE** in **CLEAR BAGS** before going into the **BLACK CART**

All Recycling **MUST BE** in **BLUE BAGS** before going into the **BLUE CART**

NO plastic in your **GREEN CART**

SEPTEMBER 2020 – Millbrook Health Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>***All appointments are by telephone unless otherwise noted.</p>		<p>1 Dr. Blois (10-1) Dr. Kelly Missy</p>	<p>2 Dr. Blois (pm) David Szonja</p>	<p>3 Dr. Blois Szonja Michelle Missy Closed for retirement lunch 11:30-1:30</p>	<p>4 CLOSED?</p>	<p>5</p>
<p>6</p>	<p>7 HOLIDAY</p>	<p>8 Dr. Blois (10-1) Missy Dr. Phil (foot dr)</p>	<p>9 Dr. Blois (pm) David Szonja</p>	<p>10 Dr. Blois (10-1) Szonja Missy</p>	<p>11 CLOSED?</p>	<p>12</p>
<p>13</p>	<p>14 Dr. Blois (pm) Gladys David Meaghan Dr. Vance</p>	<p>15 Dr. Blois (10-1) Dr. Kelly Meaghan Gladys Missy</p>	<p>16 Dr. Bauld David</p>	<p>17 Dr. Blois (10-1) Missy DROP OFF NEEDLE BOXES/OLD PRESCRIPTION BETWEEN 10:30-11:30 and 2:00-3:00 pm ONLY</p>	<p>18 CLOSED?</p>	<p>19</p>
<p>20</p>	<p>21 Dr. Blois (pm) Gladys Meaghan</p>	<p>22 Dr. Blois (10-1) Meaghan Gladys Missy Dr. Phil (foot dr)</p>	<p>23 Dr. Blois (pm) David Dr. Vance</p>	<p>24 Dr. Blois (10-1) Michelle Missy</p>	<p>25 CLOSED?</p>	<p>26</p>
<p>27</p>	<p>28 Dr. Blois (pm) Gladys Meaghan</p>	<p>29 Dr. Blois (10-1) Meaghan Gladys Missy</p>	<p>30 Dr. Blois (pm) David</p>			

Hours: Monday-Thursday (8:30am-12:12:30 to 4:30); Friday closed. Please call to cancel an appointment.

Artwork Contest



TREATY ENTERTAINMENT ART CONTEST

Objective: we are looking to display a Millbrook Band Members Art on our New Gaming Building in the Millbrook Power Centre. There are two 14' wide by 16' tall areas that are set aside to display your amazing work!

Rules: Original two-dimensional drawing on a maximum 11x17 piece of paper or a Digital image of at least 300dpi, Vector or PDF.

Submission: Submit the art work by September 17th to Nigel Gloade at communications@millbrookband.com please include your name and contact information with your submission.

Prize: \$2,500.00

Winning artist will be invited to the grand opening of the new building as an honoured guest.

Participants Contact Information

First Name _____

Last Name _____

Address _____

Country _____

City _____ Province/State _____

Postal/Zip Code _____ Age _____

Band Number _____

Email address or phone number* _____

*Only for participants 18 and over

Parent's or legal guardian's contact information if the participant is under the age of majority.

First Name _____

Last Name _____

Email Address or Phone Number _____

All personal information collected by the Millbrook First Nation is protected under our oath of confidentiality. By completing this form, you consent to the collection of your personal information and that of the participants to allow participation in the contest. Your personal information will not be used for any other purpose.