

# Millbrook Community Newsletter

APRIL 2022



## 2022-2024 MILLBROOK CHIEF AND COUNCIL

### [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 Administration 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 1:00pm-4:00pm

## **Phone Numbers**

Band Office  
1 (902) 897-9199  
Toll Free  
1 (800) 693-3112

## **Website & Facebook Page**

**Millbrook's Website** - [www.millbrookband.com](http://www.millbrookband.com).

**Millbrook's Facebook Page** - <https://www.facebook.com/MillbrookFirstNation/>

**E-mail:** [communications@millbrookband.com](mailto:communications@millbrookband.com) to have your information posted online.

## **Social Assistance**

Social Assistance Cheques are scheduled for: **Thursday, April 7 & 21, 2022.**

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](mailto:margaretphillips@eastlink.ca)) a current copy of your power bill for payment.

Thank you for your cooperation.

## **Chief and Council Meeting**

**Wednesday, April 12<sup>th</sup>, 2022**

Deadline for letter submissions and booking time to see Council is

**Thursday, April 7<sup>th</sup>, 2022.** Contact the Administrative Assistant to Chief and Council - Jessica Haji Mohamad at Phone: (902) 897-9199 or e-mail: [adminassistant@millbrookband.com](mailto:adminassistant@millbrookband.com)

Please include your full name, contact information and subject of your request.

**The following Chief and Council Meeting will be May 10<sup>th</sup>, 2022.**

## **April 2022**

- 🌸 **April 12** - Chief and Council meeting
- 🌸 **April 15** - Good Friday office is closed
- 🌸 **April 18** - Easter Monday office is closed
- 🌸 **April 20** - Economic Development and Consultation

## **Minutes**

For up to date minutes from Chief and Council please check online at: <https://www.millbrookband.com/minutes>

## **Millbrook's Newsletter Deadline - Wednesday, April 20<sup>th</sup>, 2022**

**The deadline is the 20<sup>th</sup> of each month.**

Send your content to: [communications@millbrookband.com](mailto:communications@millbrookband.com),

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.**

## [Booking the Community Hall](#)

To book the Community Hall please contact **Natasha Bernard** at (902) 897-9199

**Cell:** 902 324-9261 **e-mail:** [nbernard@eastlink.ca](mailto:nbernard@eastlink.ca)

### 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](mailto: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

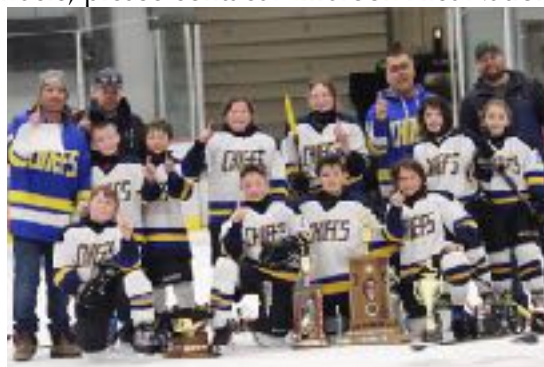
## [Congratulations to Millbrook Chiefs U-11](#)

**Game 1** Chiefs vs Eagles 7-0

**Game 2** Elsipogtog vs Chiefs 0-7

**Game 3** Chiefs vs Ugpi'ganjig Hawks 7-0

**Championship** Eskasoni Venom vs Chiefs 0-10



## [Seeking Historic/Archived Millbrook Photos](#)

Millbrook First Nation is seeking for old photos to be showcased in Millbrook's buildings like the Community Hall, Administration 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](mailto:communications@millbrookband.com)

## [Social Department Updates](#)

Millbrook Social Department is requesting clients forward e-mail addresses or cell numbers for text messages to Social for individual or mass information sharing for social clients only. Please forward information to [margaretphillips@eastlink.ca](mailto:margaretphillips@eastlink.ca)

**Attention Current Social Clients:** A new completed social application is required for the new fiscal year starting April, 1 2022.

Applications are available at the front desk of the Millbrook Band Office.

**All Clients receiving assistance of any kind must complete and return applications to Millbrook social department before April 1, 2022.**

Thank you for your Cooperation.

Millbrook Social Department

## [We Are Taking Names for Energy Efficiency NS Home Assessments Phase 5!](#)

Millbrook First Nation is continuing its involvement in the 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 Spring?

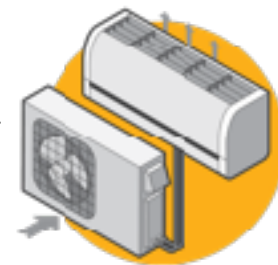
**If so, please email Lorne Paul at [lornepaul@eastlink.ca](mailto:lornepaul@eastlink.ca) and please provide the following information in the email:**

- 👉 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.

### [Heat Pump Cleaning](#)

Please contact Eshaan at EcoLogic Heat Pump Solutions Ltd for a deep heat pump cleaning. Eshaan can be contacted by phone at 902-957-0661 to schedule an appointment, at no cost to the Millbrook First Nation home owner.



### [Home Insurance](#)

Millbrook First Nation's insurance covers the structural costs of CMHC houses and band-owned homes on reserve. Please note that the contents inside the homes, including the appliances, are not insured by the First Nation. It is important to protect your belonging and one way to do that is to consider purchasing home insurance for the contents of your home. This became apparent after the recent flooding of basements that occurred in Millbrook's communities last month. If Millbrook members are interested in home contents insurance, they will be responsible and it will not be covered by the First Nation. Questions? Please reach out to Millbrook's housing department.

### [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 or Cole Harbour, Sheet Harbour detachment of the RCMP. Please note that the security team cannot report incidents on your behalf.

### [Millbrook Bylaw & Security](#) [Contact Information](#)

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

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

**Cole Harbour Security** - Cell 902-240-0993

**Sheet Harbour Security** - Cell 902-885-2219



# 6TH ANNUAL MILLBROOK EASTER CELEBRATION



APRIL 16TH, 2022  
AGES 2-12

This is open to all Millbrook community members, including Sheet Harbour, Cole Harbour/HRM and Truro. Registrations must be received by April 14th.

To register email: [millbrookeaster@hotmail.com](mailto:millbrookeaster@hotmail.com)





**Housing Applications for the 2022-2023 Fiscal Year**  
Anyone interested in applying for housing will have to submit a new application for the 2022-2023 fiscal year. **Any applications from April 1, 2021-March 31st, 2022, will no longer be considered.** Please submit your new application after April 1, 2022.



MILLBROOK HEALTH CENTRE

**INFORMATION SESSION:**

**CHILDRENS ORAL HEALTH & NUTRITION  
CHILDREN 0-1 YEARS OLD**



**WEDNESDAY, APRIL 27TH  
TIME: TBD  
LOCATION: TBD**

**CONTACT JILLISA OR TERESA TO SIGN UP  
(902)-895-9468, OR TERESAF@MILLBROOKHEALTH.CA**

Family Meal Kits Provided for each week.  
For families living in Colchester County.  
No Cost to Participate. Space is limited.

Call Maggie's Place to Register:  
902-895-0200  
Facebook Message.

**Space is limited!**



MILLBROOK  
HEALTH CLINIC

**To sign up contact Teresa, the Dietitian  
(902)-895-9468 or e-mail: [teresaf@millbrookhealth.ca](mailto:teresaf@millbrookhealth.ca)**

## *Virtual Cooking and Nutrition Classes with your Dietitian*

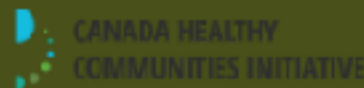
Week 1: Intro to Nutrition Essentials  
*Featuring Mac N Squeeze*

Week 2: Family Meal Planning  
*Featuring Black Bean Enchiladas*

Week 3: Budget Savvy Eating  
*Featuring Chicken & Noodle Stir Fry*

Week 4: Virtual Groceries Store Tour  
*Featuring White Bean & Egg Shakshuka*

In Partnership with:



Jenelle Macisaac, Registered Dietitian  
902-324-8899 | [jenellemacisaac@loblaw.ca](mailto:jenellemacisaac@loblaw.ca)





## Millbrook Early Education Centre News

### Important Dates in April

Every Friday

Cooking in the Classroom  
For P3, P4 & Primary  
Teaches Science, Math & Self Help

Friday, April 8, 2022

PD Day-Centre Closed for all Students.

Friday, April 15, 2022

Good Friday-Entire Centre Closed for all  
Students & Staff

Monday, April 18, 2022

Easter Monday-Entire Centre Closed for  
all Students & Staff

Kind reminder:

Preschool 8:30-2:00

Primary 8:30-2:30

If your child is unable to attend school,  
please contact their head teacher.

**Please Welcome Levi to MEEC, he will be  
working with the Afterschool Program.**



**Winter Carnival**



### Contact Us

902-897-1249

- Ext. 101 Admin (Cheryl)
- Ext. 102 Preschool 4-A (Sue/Amy)
- Ext. 103 Daycare (Leslie/Genny)
- Ext. 104 Preschool 3 (Pam/Carrie)
- Ext. 105 Preschool 4-B (Jessica/Shelby)
- Ext. 107 Primary (Heidi/Erin)
- Ext. 108 SLP (Christina)
- Ext. 109 Director (Sara)

Director's email: [meece@eastlink.ca](mailto:meece@eastlink.ca)



# Millbrook First Nation Educational Services Welcomes Additional Student Supports at Truro Middle School

## Wije'tinej Counselling

### Bryan Brooks

Parents/Guardians of Truro Middle School (TMS) students,

I'm Bryan Brooks from Millbrook First Nation. I have a Bachelor of Arts majoring in Mi'kmaq Studies from Cape Breton University, a Bachelor of Education from St. Francis Xavier University, and a Master of Education in Counselling from Acadia University. I have certificates in Narrative Therapy through the Vancouver School of Narrative Therapy and 'Build Your own Resiliency' through the Canadian Counselling and Psychotherapy Association (CCPA).

I have an arrangement with the Director of Education, Art Stevens and the Principal of Truro Middle School, Tammi Fox and will be offering individual counselling sessions at Truro Middle School 2-3 days per week. These sessions generally run between 30-50 minutes and can be scheduled weekly or bi-weekly, depending on the needs of the student.

I integrate multiple types of therapy, including Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Gestalt Therapy and Narrative Therapy, depending on the needs of my clients. Therapy helps us manage emotion, overcome negative or unwanted thoughts and replace these with more positive and manageable techniques or strategies.

If you have any questions, please reach out to me at 902-956-3112. In the meantime, I will be doing intake sessions with Millbrook Band member students who attend TMS. An intake session is individual and meant to see if counselling would benefit the student. If your child feels they would benefit from this service, an informed consent form will be sent home. Please take the time to read it with your child and reach out to me if you have any questions or concerns.

Thank you,

Bryan Brooks

Wije'tinej Counselling



# MILLBROOK HOUSING DEPARTMENT HOUSING APPLICATIONS

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**Please remember when you are submitting a housing application it must be complete for it to be considered, with no exceptions.**

## **Things to remember:**

1. Applications only need submitted once a year between April 1- March 31 of every year unless information needs to be updated.
2. All applications expire after March 31<sup>st</sup> of each year.
3. All applications **MUST** have release form attached. They need to be signed, witnessed, and dated.
4. All applications **MUST** have all legal documents attached. ALL applications that are submitted should have documents attached or any updated information. (Custody agreements, registration or medical, etc.)
5. Please fill in all the necessary information that applies to you. Do not leave any information blank as we go by the information given on the most recent application.

## **If you have any questions, please contact-**

Director of Housing

Lorne Paul

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

(902) 890-4863

Housing Project Officer

Chantel Langille

[housingofficer@millbrookband.com](mailto:housingofficer@millbrookband.com)

(902) 324-9513

# MILLBROOK 2022 ELECTIONS Results

## Chief

🏆 Robert (Bob) Gloade

## Councillors

🏆 Natasha Bernard

🏆 Anissa Blackmore

🏆 Alexander (Alex) Cope

🏆 Carley Gloade

🏆 Garrett Gloade

🏆 Christopher (Chris) D. Googoo

🏆 Zachary Julian

🏆 Ward Markie

🏆 Lisa Marshall

🏆 Stephen Marshall

🏆 James Stevens (Louie)

🏆 Dana L. Sylliboy





Millbrook First Nation  
820 Willow St.  
Millbrook, NS, B2N 6N7  
Phone: (902) 897-9199  
Toll free: 1(800) 693-3112

# New Chief and Council Update

*Congratulations to Millbrook's new Chief and Council elected on March 3, 2022!*

**Chief:** Robert Gloade (re-elected)

**Councillors:** Zachary Julian  
Lisa Marshall (re-elected)  
Carley Gloade (re-elected)  
James Stevens (re-elected)  
Chris GooGoo  
Anissa Blackmore  
Garrett Gloade  
Natasha Bernard (re-elected)  
Stephen Marshall (re-elected)  
Alex Cope (re-elected)  
Dana Sylliboy  
Ward Markie (re-elected)

The new Chief and Council was officially sworn in on Tuesday March 08th at Millbrook's Cultural and Heritage Centre. The ceremony consisted of the Mi'kmaq Honour song performed by traditional singer, Trevor Gould. Dr. Donald M. Julien of the Confederacy of Mainland Mi'kmaq (CMM) led the **Swearing In Ceremony**. This will be the last swearing in ceremony conducted by Dr. Donald M. Julien as he will be retiring in the coming months. All members of the new Chief and Council swore an oath of office reflecting their commitment to put the needs of the community first before their own.

The new Chief and Council jumped into their first **Duly Convened Chief and Council Meeting** the next day on Wednesday March 09th, 2022. Meeting topics included:

- o Welcoming comments from re-elected Chief Robert Gloade
- o A privacy presentation delivered by Confederacy of Mainland Mi'kmaq (CMM)
- o The Town of Truro presented on the proposed apartment building on 306 James St.
- o Sgt. Bill Collier, RCMP attended to introduce himself to the new Council and provide a brief update

As part of the new Chief and Council orientation, they attended **information sessions** on Millbrook First Nation administration, housing and health and later this week they will attend information sessions on Millbrook education, employment, training, security and bylaws. This is an opportunity for them to receive in-depth information about the staff, policies and the various services and programs that are offered by Millbrook First Nation.



This week, the Chief and Council is also participating in **two-day governance training** led by Dr. Tim Raybould. The following topics will be covered in the training:

- First Nations Governance
- Governing under the Indian Act
- Roles and Responsibilities of Chief and Council
  - Code of Conduct
  - Avoiding Conflict of Interest
  - Setting Policy & Overseeing the Administration
- Financial Administration
- First Nations Fiscal Management Act
- Millbrook Financial Administration Law
- Policies and Procedures
- Presentation by Regional Chief Paul Prosper - Mi'kmaq Governance
- Millbrook Bylaws - with Shelly Martin, In House Solicitor
- The Inherent Right of Self-government and Nation Rebuilding
- Presentation by Tuma Young, QC - Indigenous Law & Mi'kmaq Governance

On March 15th, the Chief and Council held their second formal, regularly scheduled **Economic Development & Consultation meeting**. Meeting topics included:

- Overview of the consultation and fisheries departments
- Consultation on RJ MacIsaac Vessel Salvage
- Atlantic Gold update
- Deer Hunt update
- Food Security update
- NS Power Dam Refurbishment
- Sheet Harbour Wharf update
- Elver Harvesting Plan discussion
- General overview of Millbrook Economic Development Corp.
- Treaty Enterprise and Millbrook Tobacco Store update

All of the contact information for the new Chief and Council is now posted on the website.

Wela'liog

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

**OFFICE HOURS**

Monday - Thursday

9:00AM - 12:00PM, 1:00 - 4:30PM

Friday

9:00AM - 12:00 PM

**MAILING ADDRESS**

Millbrook Band Administration

P.O. Box 634

Truro, N.S. B2N 5P5

# 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 1pm-4pm

## Phone Numbers

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

## COVID-19 INFORMATION FOR COMMUNITY MEMBERS

### **If you have tested positive for COVID19**

- Your health-related questions can be answered by the Millbrook Health Centre nurses between 9:00 am – 4:15 pm from Monday-Thursday and 9:00 to 3:45 on Friday. Please call the Millbrook Health Centre 902-895-9468.
- If you need health advice outside of the weekday, daytime hours, dial 811 anytime, 24 hours a day to speak with a public health nurse.
- You should self-report your positive test to <https://c19hc.nshealth.ca/self-report> so that Public Health can quickly determine if you are eligible for special medications that reduce your chance of hospitalization from COVID19.

### **General Questions about COVID19**

- For questions about COVID19, anyone can call the NS COVID Line at 1-800-430-9557 or email [covidquestions@nshealth.ca](mailto:covidquestions@nshealth.ca).

### **Isolating with COVID19**

- If you have tested positive and you are having trouble isolating at home because there is not enough space in your home, please call CMM staff: Kasey at (902) 956-4575. If Kasey cannot be reached, call Scott at (902) 956-3936. They try to be reachable at all times, including evenings and weekends, however, if they do not pick up right away, leave a message with them, and they will get back to you.

### **Food**

- If you need food, the Colchester Food Bank is open during the day and we understand that they can deliver if you are in isolation. Their contact information is phone: 902-893-4566 or email: [colfoodbank@eastlink.ca](mailto:colfoodbank@eastlink.ca)

### **Deliveries**

- If you are in isolation and need a rapid test delivered to your home or where you are isolating, please call 902-899-5240.
- Please note that if you need groceries picked up and delivered, you must make arrangements for payment with the delivery person working for Millbrook By-Law and Security by calling 902-899-5240.
- All deliveries from Millbrook staff will be made between 10 am and 6 pm each day.

### **Crisis Line/Mental Health Support**

- The Nova Scotia Mental Health and Addictions Crisis Line is 1-888-429-8167.
- The Eskasoni Crisis Line is 1-902-379-2099. Both lines are open 24/7.
- The Kids Help Phone is 1-800-668-6868.

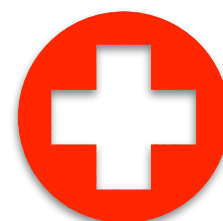
### Medical Drivers

#### Donna Gloade

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

#### Ella Paul

Cell: (902) 956-2679





MILLBROOK  
HEALTH CENTRE

# COVID-19 UPDATE

With Restrictions being lifted March 21st, 2022, the Millbrook Health Centre will continue to take their own protective measures.

- Individuals entering the facility will still require the use of non-medical masks for anyone over the age of 2; a face shield in place of a mask is not permitted.
- Non-Medical masks are effective at reducing the spread of COVID19; mask wearing is required to protect everyone in the Health Centre.
- People with a valid medical reason for not being able to wear a mask will not be refused services.
- Hand sanitizing upon entry into the facility will be required.

# Living with COVID-19

As restrictions are lifted, Nova Scotians need to stay cautious and maintain healthy habits to avoid the spread of COVID-19. Everyone should assume there is still virus circulating in their communities, no matter where they live in the province. Everyone needs to take precautions to help keep our communities safe and protect people who are more vulnerable.



## Get vaccinated

Vaccines reduce the likelihood of severe illness. When you get vaccinated, you also reduce the risk of passing on COVID-19 to your community. You can get vaccinated if you're 5 or older. Many people are also eligible for a booster dose.

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## Watch for symptoms

Watch for COVID-19 symptoms. Symptoms can vary from person to person and in different age groups. Symptoms may take up to 14 days to appear after exposure to COVID-19. If you have symptoms, you should stay home and book a COVID-19 test.



## Stay home if you feel sick

If you feel sick, stay home. People with COVID-19 symptoms need to self-isolate and book a COVID-19 test. If you test positive, you need to self-isolate and follow public health direction on the [Nova Scotia Health Authority website](#). If you test negative, you should still stay home because you are sick with something (like a cold or flu) and should avoid spreading it.



## Wear a mask

Wearing a mask can help prevent the spread of COVID-19 and other respiratory illnesses. A mask helps stop droplets spreading when someone speaks, laughs, coughs or sneezes (including someone who has COVID-19 but has no obvious symptoms). You should continue to wear a mask if you're around other people indoors or in a crowded outdoor space.





## Test to protect vulnerable people

Use rapid tests to help protect people at increased risk of severe disease, such as people who are older or immunocompromised. If you are more vulnerable or you're in frequent contact with someone who is (such as you live with the person) you could test routinely. If you see vulnerable people occasionally, you could test before you see them. Rapid tests are available in many **community locations**.



## Gather safely

Keeping your social contacts to a small, consistent group helps keep everyone safe. Make informed choices about who and how to interact with each other (consider age, occupation, health conditions and your own comfort). You should continue to keep a safe distance from people you don't know while out and about. Gather outdoors when possible or in indoor spaces with good ventilation. This helps reduce the spread of COVID-19 within the community.



## Maintain healthy habits

Maintaining good hygiene helps prevent the spread of COVID-19. Wash your hands often or use hand sanitizer. Cough and sneeze into your elbow. Avoid sharing food, drinks and personal items such as water bottles, lip gloss, cigarettes, e-cigarettes, etc.



## Clean regularly

Clean and disinfect regularly. Focus on high-traffic areas and high-touch surfaces such as doorknobs, touch screen surfaces, shared items, etc.

Learn more at [novascotia.ca/coronavirus](https://novascotia.ca/coronavirus)  
and [www.nshealth.ca/coronavirus](https://www.nshealth.ca/coronavirus)

NOVA SCOTIA



## BTNX Rapid Response at-home rapid COVID-19 test

**Note:**

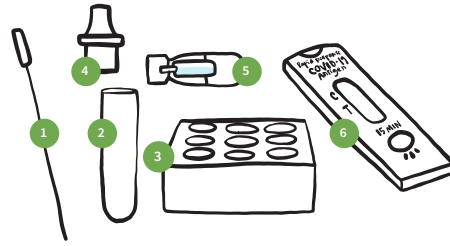
It is important to follow the instructions carefully for accurate results.

**Your testing kit contains:**

1. nose swab
2. tube
3. tube stand
4. dropper lid
5. package of clear liquid
6. test unit

**You will need:**

- ✓ clean, level surface
- ✓ paper towel
- ✓ hand sanitizer
- ✓ timer or clock



Adapted from BTNX Rapid Response product insert — Updated Mar. 10, 2022

**Do not eat or drink for at least 30 minutes before taking the test.**

**Before you start:**

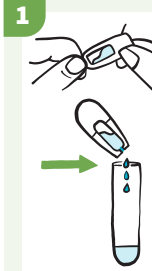


- ✓ Clean your hands.
- ✓ Place paper towel on a clean, level surface.
- ✓ Open the contents of your testing kit.
- ✓ Place tube in stand so that it is upright.
- ✓ Write your name with marker or pencil on the unit if testing more than one person.

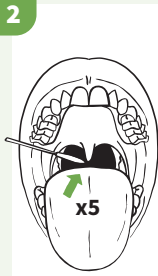
Scan this QR code for an instructional video: [testtoprotect.ca/btnx](https://testtoprotect.ca/btnx)

**Note:**

For better accuracy of the test, we recommend swabbing both the throat and nostril using the same swab. If you choose to only swab one spot, it must be your nostril (throat swab alone will not give accurate results).



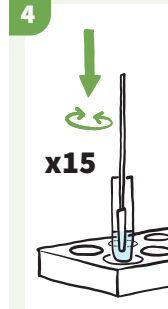
Tear top off of the tube of clear liquid, and empty its entire contents into the tube (without touching the liquid or the openings of the package or tube).



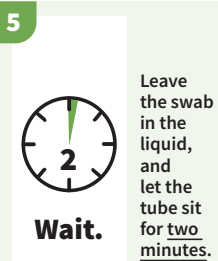
Tilt your head back, and open your mouth.  
Without touching the sides of your mouth or tongue, use the swab to rub the back of your throat (area shaded black in the drawing) 5 times back and forth (this may cause you to gag).



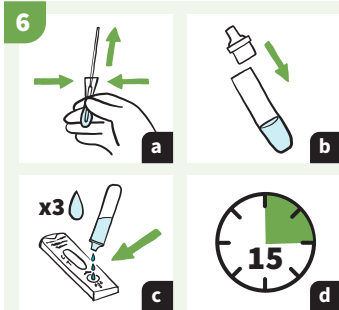
Using the same swab, put the swab into your nostril about 2cm (for small children, just put the swab into the nostril). Rub and rotate the swab vigorously for 5 seconds. Squeeze your nose while rubbing and rotating for 5 more seconds. Repeat for the other nostril using the same swab (your eyes may water).



Gently lower swab into the tube of liquid, stir the swab in the liquid, pinching it by squeezing the tube around the swab 15 times. Stirring and squeezing will make sure all the sample is mixed into the liquid.



Leave the swab in the liquid, and let the tube sit for two minutes.



Squeeze the liquid out of the swab by pinching the tube and slowly pulling the swab out. **Throw out the swab.** Put the dropper lid on the top of the tube (b) and turn it upside down to gently squeeze three drops of liquid into the small well of the test unit (c). Leave the test unit on a level, flat surface for 15 minutes.

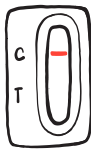


When finished, save your tube stand and put remaining testing supplies in the garbage, sanitize your hands and clean your testing space.



The area that displays the results will turn pink before turning back to white when it is time to read the result.

**RESULTS (AFTER 15 MINUTES)**

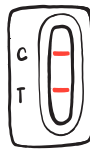


**NEGATIVE — ONE LINE**

one line at the C (control) mark, no line at the T (test) mark

Please note:

- ✓ A single negative result cannot be used to rule out COVID-19 in a person with symptoms.
- ✓ Stay at home if sick and repeat the test in 48 hours.



**POSITIVE — TWO LINES**

one line at the C (control) mark, one line at the T (test) mark

If you test positive, you have the option to confirm your positive rapid test result with a PCR test. To book, please complete the online assessment at [covid-self-assessment.novascotia.ca/en](https://covid-self-assessment.novascotia.ca/en) or call 811.

Whether or not you choose to get a confirmatory PCR test, you need to follow these instructions:

- ✓ Isolate immediately.
- ✓ Notify Public Health of your positive rapid test result by completing the Report and Support form at [c19hc.nshealth.ca/self-report](https://c19hc.nshealth.ca/self-report) or call 1-833-797-7772 if you do not have access to the internet or need assistance filling it out. This is used to identify those who are eligible and would benefit from quick access to COVID-19 medications.
- ✓ Consider yourself as having COVID-19, assume you are contagious and visit [nshealth.ca/testedpositiveforcovid](https://nshealth.ca/testedpositiveforcovid) to get more information on what you and those around you need to do.



**INVALID** — If your test does not match either the negative or positive examples, the test should be repeated with a new kit.

# My COVID-19 Day Tracker

**There is a lot of information and important details to keep organized after you test positive for COVID-19.**

This worksheet is to help you organize important dates like when your symptoms started, you tested positive for COVID-19, you were infectious, or how long you need to self-isolate. Fill in the dates that apply to you.

**2 days before (48 hours):**

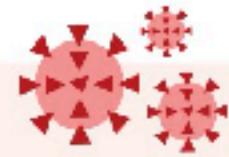
I may have been infectious.

Day/Date:

**1 day before (24 hours):**

I may have been infectious.

Day/Date:



My symptoms started or my positive test was taken.

Day/Date:

**Day 1**

Day/Date:

**Day 2**

Day/Date:

**Day 3**

Day/Date:

**Day 4**

Day/Date:

**Day 5**

Day/Date:

**Day 6**

Day/Date:

**Day 7**

Day/Date:

**Day 8**

You can leave isolation here if your symptoms have improved (no fever for 24 hours).

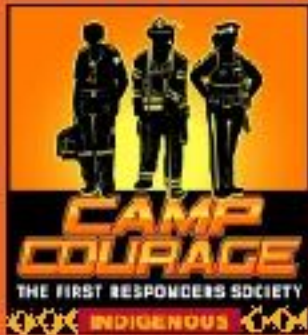
Day/Date:



**Find more information on [nshealth.ca/coronavirus](https://nshealth.ca/coronavirus)**



# Do you want to have an experience of a lifetime?



An empowering Police, Fire & Paramedic program for young women aged 15-18.

24 young Indigenous women will be selected to join Camp Courage

## July 3 - 10, 2022

You can apply online at [campcourage.ca](http://campcourage.ca) or contact Mi'kmaw Native Friendship Centre at [mymnfc.com](http://mymnfc.com)

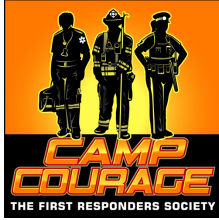
The submission deadline is April 13, 2022.

For more information, email [campcourage1@gmail.com](mailto:campcourage1@gmail.com) or call 902-701-1405.



if applying at the Friendship Centre, please contact Melanie Nasson | [melanie.nasson@mymnfc.com](mailto:melanie.nasson@mymnfc.com) | cell: 902-802-1199 | work: 902-420-1576 extension #219





**“Camp Courage” The First Responder’s Society**  
281 Craighburn Drive, Dartmouth, NS B2X 3V1  
Phone:(902) 701-1405  
E-mail: [campcourage1@gmail.ca](mailto:campcourage1@gmail.ca)  
Web: <https://campcourage.ca>



### **Media Release General**

In 2006, a firefighter named Andréa Speranza founded a charity called Camp Courage, The First Responder's Society - a **one-of-a-kind, free, award-winning, life-changing** camp that **informs, educates, and inspires** young women to become police officers, firefighters, and paramedics. The ultimate goal is that the young women leave with a sense of **empowerment** and **increased confidence** to believe that they can achieve any goal, career, or dream they desire.

Camp Courage partners with Emergency Health Service, Emergency Medical Care, Halifax Regional Police, Royal Canadian Mounted Police, and Halifax Regional Fire Service to put on an eight-day camp for twenty-four young women. Some of the knowledge and skills learned are self-defence, crime scene investigation, the role of police service dogs and horses, cardiopulmonary resuscitation, inserting airways and intravenous lines, delivering mechanical babies, making cars into convertibles, climbing a 100' ladder, and putting fires out. We have guest speakers, fitness professionals who empower and inspire the participants to reach their potential.

The graduates are eligible to apply for **high school credit, first-aid and CPR** courses, several **educational bursaries** and our post-camp **mentorship program**. This program focuses on preparing and supporting graduates for the intensive application processes required for employment in the emergency services, specifically preparing for aptitude tests, fitness tests and interviews.

The camp is 100% free. Instead of paying tuition, the applicants must write an essay on improving someone else's life or improving your community. Then must implement their plan. Past graduates have helped people - young, old, physically challenged, homeless - and positively impacted the environment. They have organized blood drives, sports nights, fundraised or lobbied to get automated external defibrillators in schools, and started a new Kids Help Phone chapter.

**36%** of our graduates have moved on to post-secondary education in the emergency services field or are currently working in the emergency services. Visit our website <https://campcourage.ca> to see many remarkable success stories, moving testimonials, and awesome promotional videos. My favourite video is Episode 10 of our mini-reality series.

-30-

#### **Media Contact:**

Andrea Speranza, Operations Fire Captain  
Founder/Executive Director of Camp Courage  
[campcourage1@gmail.com](mailto:campcourage1@gmail.com)  
902-488-1188



# DEVELOPMENT PROPOSAL

## 306 James Street



Development agreement application by Peter Ghosn and Mark Yazbek to permit an eight-storey multiple-unit residential building containing 79 dwelling units on lands at 306 James Street. To find more information regarding this development including upcoming meeting dates, and to fill out a survey please visit:

[www.truro.ca/current-development-applications](http://www.truro.ca/current-development-applications)



# THE TOWN OF TRURO

IS RENEWING OUR COMMUNITY PLAN

**For more information go to:**

[truro-lets-connect-townoftruro.hub.arcgis.com](http://truro-lets-connect-townoftruro.hub.arcgis.com)

Feel free to call or email us  
if you have any questions!

902.895.1148

[planning@truro.ca](mailto:planning@truro.ca)





## Bear Scare

Spring is in the air and the bears are waking up from hibernation looking for food to fill up on. Bears will be browsing around for food until the food sources are plentiful in the forest. This means bears will be around residential areas hitting up green bins, garbage cans, BBQ grease, and anything else that may attract them.

### **What to do if you come across a bear?**

- ✎ First, do not run or climb a tree. Stay calm and speak at it in a firm voice to try to scare the bear. ("How to Avoid Problems with Black Bears | novascotia.ca", 2022)
- ✎ Back away slowly avoiding eye contact. When backing away if the bear is staring to follow, drop something that will grab its attention (Jacket, sweater, or backpack). Do not drop food for the bear. ("How to Avoid Problems with Black Bears | novascotia.ca", 2022)
- ✎ If the bear does attack, make sure to fight back with anything and everything. Make lots of noise and do not play dead. ("How to Avoid Problems with Black Bears | novascotia.ca", 2022)

### **How to prevent bear issues at home.**

- ✎ Store garbage in sheds or indoors if possible and place it out day of collection. Any meats, fish, or smelly compost material place in a container in the freezer until collection day if room is available. ("How to Avoid Problems with Black Bears | novascotia.ca", 2022)
- ✎ Keep green bin out of the sun in a shady area and clean green bin after collection. You can kill the smell with lime or scent killing products to reduce the odor. ("How to Avoid Problems with Black Bears | novascotia.ca", 2022)
- ✎ Keep BBQ grills clean by burning off grease and clean grease traps. ("How to Avoid Problems with Black Bears | novascotia.ca", 2022)
- ✎ Do not feed pets outside, if you must please clean up any mess the pet food may have left behind. Take in bird feeder until the bears have returned to the forest for the season. ("How to Avoid Problems with Black Bears | novascotia.ca", 2022)
- ✎ Bears are beautiful animals that are just trying to survive and fill up after a long hibernation. They are usually more scared of you. Give bears the space they need and try not to corner or provoke any bears as their natural instincts may kick in. Bears will return to the forest to live out the season in peace.

**If you see a bear or have an encounter, please contact Millbrook Security immediately at 902-956-0114.**



More information can be found at <https://novascotia.ca/natr/wildlife/nuisance/bears.asp>

How to Avoid Problems with Black Bears | novascotia.ca. (2022). Retrieved 30 March 2022, from <https://novascotia.ca/natr/wildlife/nuisance/bears.asp>

# CLEAN LEADERSHIP SUMMER INTERNSHIP PROGRAM

Intern applications open February 28, 2022.

## FOR INTERNS

The Clean Leadership Summer Internship program helps grow the clean economy by matching interns (age 15-30) with employers for 9 and 15-week summer work placements. Students and young professionals from any background who are from and/or will be residing in Nova Scotia for the duration of the internship can apply for the program. Participating interns will receive paid hands-on experience, mentorship and professional development training, while supporting local environmental projects.

### Interns receive:



#### Paid, meaningful work experience

Gain practical work experience that will build your confidence and skill-set for work in the clean economy.



#### Networking opportunities

Take part in discussion groups with other interns and employers plus showcase your work at the end of summer.



#### Professional development

Attend professional development sessions with subject matter experts.



#### Mentorship

Learn first-hand from industry professionals and have strategic career-focused discussions.

## Eligibility Requirements

- Must be a Canadian citizen, Permanent Resident or person who has been granted Refugee Status or is legally entitled to work in Canada.
- Between the ages of 15-30 years old at the start of internship.
- Not in receipt of Employment Insurance (EI) during the internship.
- From and/or will be residing in Nova Scotia for the duration of the internship.
- Some positions require applicants to be a current high-school or post-secondary student to be eligible.

## Become an intern today and leader of the clean economy tomorrow.

To apply or for more information about the Clean Leadership Summer Internship program, visit: [Cleanfoundation.ca/cleanleadership](https://Cleanfoundation.ca/cleanleadership)

Still have questions? Contact: [CleanLeadership@cleanfoundation.ca](mailto:CleanLeadership@cleanfoundation.ca)

Foundation  
**Clean**

# Paid, meaningful work experience for youth age 15-30

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## CLEAN LEADERSHIP SUMMER INTERNSHIPS

APPLICATIONS OPEN  
FEBRUARY 28, 2022

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9 & 15-week long summer  
work placements in the  
clean economy.

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APPLY AT:  
[WWW.CLEANFOUNDATION.CA/CLEANLEADERSHIP](http://WWW.CLEANFOUNDATION.CA/CLEANLEADERSHIP)



# Apank~tuksin wjit tel knu'tmasimk kekinuwe'kewey lukwaqn wjit tewijo'ltijik newtiska'q jel na'n mis'oqo ne'siska'q

## NIPKEWEY WAQME'K NIKANUSEWIMKEWEY EKINA'MASIMKEWEY

### WI'KATIN ELUKWATM~K PANTA'SIK APUKNAJIT TAPUISKA'Q JEL UKMULJIN, 2022

Pesqunatek aq newtiska'q jel  
na'n teli pijiaq eka'lulk  
waqme'kewey telianko'taqati'k  
wula wsitqamu

TETT WI'KE'N ELMIAQ MNUWEKEN.  
[WWW.CLEANFOUNDATION.CA/CLEANLEADERSHIP](http://WWW.CLEANFOUNDATION.CA/CLEANLEADERSHIP)



**APPLY NOW**

# MI'KMAQ BURSARIES

Our Mi'kmaq Bursary Program offers four \$1000 awards to Mi'kmaq students entering any year of a full-time post-secondary accredited education program.

Past recipients may re-apply.

## PAST RECIPIENTS:



**CANDACE DENNY**  
PICTOU LANDING FIRST NATION  
2019 Recipient, Bachelor of Technology,  
Dalhousie Agricultural Campus



**KERWYN CURRIE**  
BEAR RIVER FIRST NATION  
2020 Recipient, Maritime College of  
Forest Technology

Deadline for applications is **APRIL 20, 2022**

Visit [nspower.ca/scholarships](https://nspower.ca/scholarships) to apply





# INDIGENOUS WOMEN IN COMMUNITY LEADERSHIP

May 30, 2022 – September 30, 2022

- ✓ Are you an **Indigenous woman** ready to thrive in abundance?
- ✓ Are you passionate about impacting **positive change** in your community?
- ✓ Would you benefit from mentorship opportunities and a strong **circle of support**?

**APPLY NOW!**

**Full scholarships available.**

See website for more details.



CIRCLE OF ABUNDANCE



STFX UNIVERSITY

COADY INSTITUTE

[coady.stfx.ca](http://coady.stfx.ca)

## Community COVID-19 Testing Event

**Millbrook Community Hall**  
72 Church Road, Millbrook



MASKS  
REQUIRED

**Monday, April 4**  
11:00 a.m. to 4:00 p.m.



Drop-in for free PCR testing.  
Open to Millbrook Band and Community Members.



## **June 2022 Millbrook Enterprise Credit Applicants**

All completed **Direct Deposit** applications will be deposited on **June 16<sup>th</sup>, 2022.**  
**Completed applications must be received by June 2<sup>nd</sup>, 2022 @4:00 pm.**

Completed applications requested to be issued by **Mail** will be released **June 23<sup>rd</sup>, 2022.**  
**Completed applications must be received by June 9<sup>th</sup>, 2022 @4:00 pm.**

Completed applications received after **the June 30<sup>th</sup>, 2022, deadline** will be released once per week on Thursdays by mail. No direct deposits.

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 your responsibility to provide a copy of your status card or proof of status.
- If your Status Card is expired or you do not have a Certificate of Indian Status, please contact the Millbrook Membership Clerk at Confederacy of Mainland Mi'kmaq (CMM) by telephone (902)895-6385, Ext. 234. Or by e-mail at: [membership@cmmns.com](mailto:membership@cmmns.com)
- In cases where band members owe money to Millbrook First Nation, the band will recover the funds from the Millbrook Enterprise Credit funds. Band members must apply each year until the receivable is paid off. Without an application, the band cannot apply the credit to the band member's receivable.



June 2022 Millbrook Enterprise Credit Application Form P.O. Box 634, Truro, N.S. B2N 5E5

Applications must be completed in full to be considered for this credit of \$1250.00 CDN. The deadline is September 2nd, 2022. Any application received, or post marked after this date will not be accepted.

(Faxed/scanned Applications will not be accepted, please mail).

Office use only: Received this \_\_\_ day of \_\_\_ A.D. 2022/23 Executive Director or designate \_\_\_\_\_

Please Select: Mail \_\_\_ \*Direct Deposit \_\_\_ \*Void cheque attached \_\_\_

First Name: \_\_\_ Middle Name: \_\_\_ Last Name: \_\_\_ Band # of Applicant: 027 \_\_\_ Date of Birth: Day \_\_\_/Month \_\_\_/Year \_\_\_ Telephone # ( ) \_\_\_ E-mail: \_\_\_\_\_

House number and street name: \_\_\_ Apartment #: \_\_\_ City/Town: \_\_\_ Province/State: \_\_\_ Postal Code/Zip code: \_\_\_

Is this a new address since your last application? Yes [ ] No [ ]

All Millbrook Band Members are entitled to apply for the June 2022, 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. 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.

A legible photocopy of Certificate of Indian Status (front and back) is required. Expired status cards will not be accepted. 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

Status Card attached [ ] Band member will contact Membership Clerk [ ]

I authorize the Millbrook Band permission to use the above information for all communication purposes regarding band matters (eg. newsletters, election information, referendums): Yes [ ] No [ ] [ ] on-reserve [ ] off-reserve

Dated this \_\_\_ day of \_\_\_ A.D. 2022/23

Signature of Applicant \_\_\_\_\_ Witnessed by \_\_\_\_\_

Office use only: Approved ( ) Not Approved ( ) By \_\_\_ and by \_\_\_ This \_\_\_ day of \_\_\_ A.D. 2022/23

