

# Millbrook Community Newsletter

DECEMBER 2020



*Merry Christmas and Happy New Years*

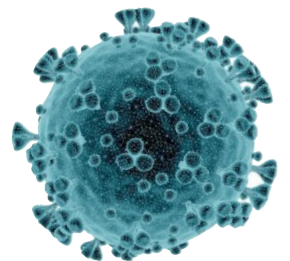
## **Important Announcements**

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

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

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

## Social Assistance

Social Assistance Cheques are tentatively scheduled for: **December 3, 17 & 31, 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 1-800-428-6230 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

The next Chief and Council meeting is scheduled for **Tuesday, December 8, 2020.**

The deadline for submissions or requests to see Council is **Thursday, December 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](mailto:jay.m@eastlink.ca).

January's Chief and Council meeting is **January 12, 2020.**

## December 2020-January 2021

- **December 8** - Chief And Council Meeting at 9am at the Community Hall
- **December 15** - Chief and Council Meeting at 9am at the Community Hall (Consultation 9-11am, Economic Development 11-2pm, & Projects 2-4pm )
- **January 12** - Chief And Council Meeting at 9am at the Community Hall
- **January 19** - Chief and Council Meeting at 9am at the Community Hall (Consultation 9-11am, Economic Development 11-2pm, & Projects 2-4pm )

## New Newsletter Deadline - Sunday, December 20, 2020

The Newsletter deadline has changed to the 20th of each month.

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

or use the website contact form at <https://www.millbrookband.com/contact>



## **Millbrook R.E.C.C. Family Skate - Every Sunday Morning**

Sunday morning ice times at the R.E.C.C. starts at 8-9am, December 6, 13, & 27.

Covid rules apply

## **Deuille's Rink**

Sundays evenings ice times at Deuille's starts at 6-7pm, December 6, 13, 20, 27

Limit to 10 people - Covid rules apply

## **Questions and Answers From Millbrook Health Centre**

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### **Question: Why do I need to wear a mask at the Millbrook Health Centre?**

Answer: We ask everyone entering the Millbrook Health Centre to wear a mask to prevent the spread of COVID-19 in our facility.

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### **Question: Why can't I see the doctor/nurse at the Millbrook Health Centre when I already have a doctor somewhere else?**

Answer: You are taking an appointment from someone who does have a doctor in this clinic but also the doctor at our clinic does not have your medical file or medication list. Without this information, our doctors would not have all the information they need to do a proper assessment.

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### **Question: Why can't I drop off receipts to the Millbrook Health Centre?**

Answer: Due to COVID-19, all bills and receipts are to be placed in an envelope and addressed to the Millbrook Health Centre and dropped off in the MAILBOX outside the Millbrook Band Office. This is to limit the flow of people coming to the Health Centre.

\*\*\*If you would like a question answered from the Millbrook Health Centre please put your question in a sealed envelope addressed to the Millbrook Health Centre in the MAILBOX outside the Millbrook Band Office and we will answer it for you.

From the staff at the Millbrook Health Centre.



November 25th, 2020

Community Members;

Our Chief and Council continue to monitor the situation surrounding COVID-19 and its impact on our community.

The following measures will come into effect as of 12:01 am Thursday Nov 26<sup>th</sup>, 2020. For our local businesses.

Contact Tracing is now **mandatory for all businesses located in Millbrook, Sheet Harbour and Cole Harbour**. Contact tracing involves collecting information so that if there is potential exposure at your business you will be able to notify your patrons of the potential exposure so they can self-isolate and schedule a Covid-19 Test. Contact tracing forms must include the collection of the following information.

- Name
- Phone Number
- Note Time that the patron utilized your facility

Furthermore, Businesses located in **Cole Harbour** are to close their store fronts. Those businesses will be able to operate using drive through or take away windows only.

Band Owned Businesses:

- Tobacco Store will deny admittance to anyone who has travelled to or who resides in HRM, ID's will be checked.
- Treaty Entertainment Cole Harbour is Closed
- Treaty Entertainment 1 and 2 in Millbrook Will remain open for the time being, individuals coming from HRM or who Reside in HRM will be denied Access, ID's will be checked.
- Cheese Curds will remain open, as of this Friday we will move to Take away and Curb Side Pick-up only the Dining room will close. Anyone Coming from HRM or who Resides in HRM will not be admitted. ID's will be checked
- Hampton Inn, anyone coming from HRM or who resides in HRM will be required to check in remotely, using the Hilton app. The customers phone will act as their key card. Payment will be through the app. Rooms will not be cleaned for 3 days following their stay and breakfast will be waiting for them via brown bag by their door. The pool and common areas are closed.

The situation remains fluid, and can change at any time. These restrictions will remain in place for a **minimum of two weeks** and will be re-assessed based on the direction from Public Health.

Failure to implement the minimum requirements as outlined above will result in store closures, fines or both.

Thank you,

Chief and Council

# 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

## **Mask-Wearing at the Millbrook Health Centre**

**Public Health Orders from Nova Scotia's Chief 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!**

**The Eskasoni First Nation's Crisis Line** provides toll free telephone and online crisis support and is available 24 hours a day, 7 days a week. It is accessible to all Nova Scotia First Nations and other First Nations in the Atlantic region. Its services are provided in both Mi'kmaq and English.

Toll Free: 1-855-379-2099    902-379-2099    Website: [www.facebook.com/eskasoni.worker/](http://www.facebook.com/eskasoni.worker/)

**The Elsipogtog First Nation's Crisis Line** is available to all New Brunswick First Nations and other First Nations in the Atlantic region. It provides toll free telephone and online crisis support 7 days a week, as follows: Monday – Friday 9:00am – 11:00pm; Saturday and Sunday 4:00pm – 11:00pm.

Toll Free: 1-855-523-8260    506-523-8260    Website: [www.facebook.com/elsipogtog.crisiscenter](http://www.facebook.com/elsipogtog.crisiscenter) (also via Facebook Messenger)

**The Hope for Wellness Help Line** is available to Indigenous Peoples of Canada to access immediate, culturally safe telephone and chat crisis intervention support. The Line is available 24 hours a day, seven days a week, in English, French, and upon request, Cree, Ojibway, and Inuktitut.

Toll Free: 1-855-242-3310    Website: [www.hopeforwellness.ca](http://www.hopeforwellness.ca) (for online chat option)

## **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



# STAFF ANNOUNCEMENT



Millbrook Health Centre is pleased to welcome Christena Dykstra to our team as Millbrook's Physical Activity Strategic Coordinator. She will be working closely with the community and health care team to develop a 5-year physical activity plan for the community.

A member of Pictou Landing First Nation, Christena has a wealth of knowledge to bring to our community. Earning a Diploma in Recreation Leadership from the Nova Scotia Community College, Christena chose to continue her education at the University of New Brunswick. Here she earned a Bachelors Degree with honours in Recreation and Sport Studies, and is a research candidate for a Master of Arts in Sport and Recreation Studies.

Christena's research has focused on the impacts life transitions have on physical activity rates as we age, sport and recreation partnerships and delivery systems, and investigating why females drop out of sport. She has presented at many conferences around sport, recreation and physical literacy, most recently presenting at the International Physical Literacy Conference in Umeå, Sweden.

She is a two-time Female Coach of the Year for Athletics and Basketball, a former two-time North American Indigenous Games medalist, Track and Field coach for the 2013 Canada Games, and NAIG coach for Team Mi'kmaw Nova Scotia's Athletics team.

Christena's role is integral to the development of a physical activity plan for our community. She will be hosting a series of community consultations in the coming months to gather insight into how you envision a healthy and active Millbrook First Nation. In addition to these consultations, there will be an online survey community members can fill out.

Any comments, questions or recommendations can be sent to her.

Christena can be reached by phone at 902-895-9468 or by email at [christenadykstra@millbrookhealth.ca](mailto:christenadykstra@millbrookhealth.ca)





Merry  
christmas



## DOOR DECORATION CONTEST

Millbrook – Sheet Harbour – Cole Harbour

DECEMBER 17TH, 2020

Prizes:

1st – \$200.00

2nd – \$150.00

3rd – \$ 100.00

You MUST Register For This Event  
Please Contact: Sunshine Bernard  
Millbrook Community Wellness Coordinator  
902-895-9468



**MILLBROOK COMMUNITY**

# Christmas PARADE

**20  
DEC**

**Millbrook Senior Centre  
Dec. 20 (Sunday) @ 4pm**  
Enter your FLOAT in this year's Parade...

First Place: \$250  
Second Place: \$150  
Third place: \$100

Please Arrive By 3:30pm to Register your Float!  
For more info contact Sunshine Bernard 902-895-9468







# HAPPY NEW YEAR

*Fireworks Display  
Dec. 31st, 2020  
@ 10:00pm  
Ballfield #2  
on Willow Street*

Please follow Covid-19 protocols. Wear a mask, stay within your bubble, keep social distancing and **ENJOY THE SHOW!!**

# IT'S OKAY, TO NOT BE OKAY.

**HELP IS AVAILABLE  
WHENEVER YOU NEED IT.**

HOPE FOR WELLNESS  
HELP LINE AND CHAT

1-855-242-3310

HOPEFORWELLNESS.CA

PROVINCIAL MENTAL HEALTH AND  
ADDICTIONS CRISIS LINE

902-429-8167 OR

1-888-429-8167

KIDS HELP PHONE

1-800-668-6868 OR

TEXT CONNECT TO 686868

ESKASONI MI'KMAW CRISIS AND  
REFERRAL LINE:

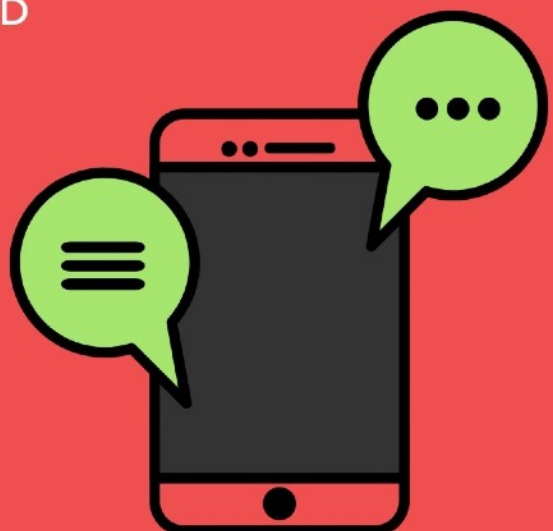
AVAILABLE TO MI'KMAQ  
COMMUNITIES 24/7,  
PROVIDING CRISIS SERVICES  
IN ENGLISH AND MI'KMAW.

1-855-379-2099 (TOLL-FREE)

902-379-2099

EMERGENCY

911



## *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.

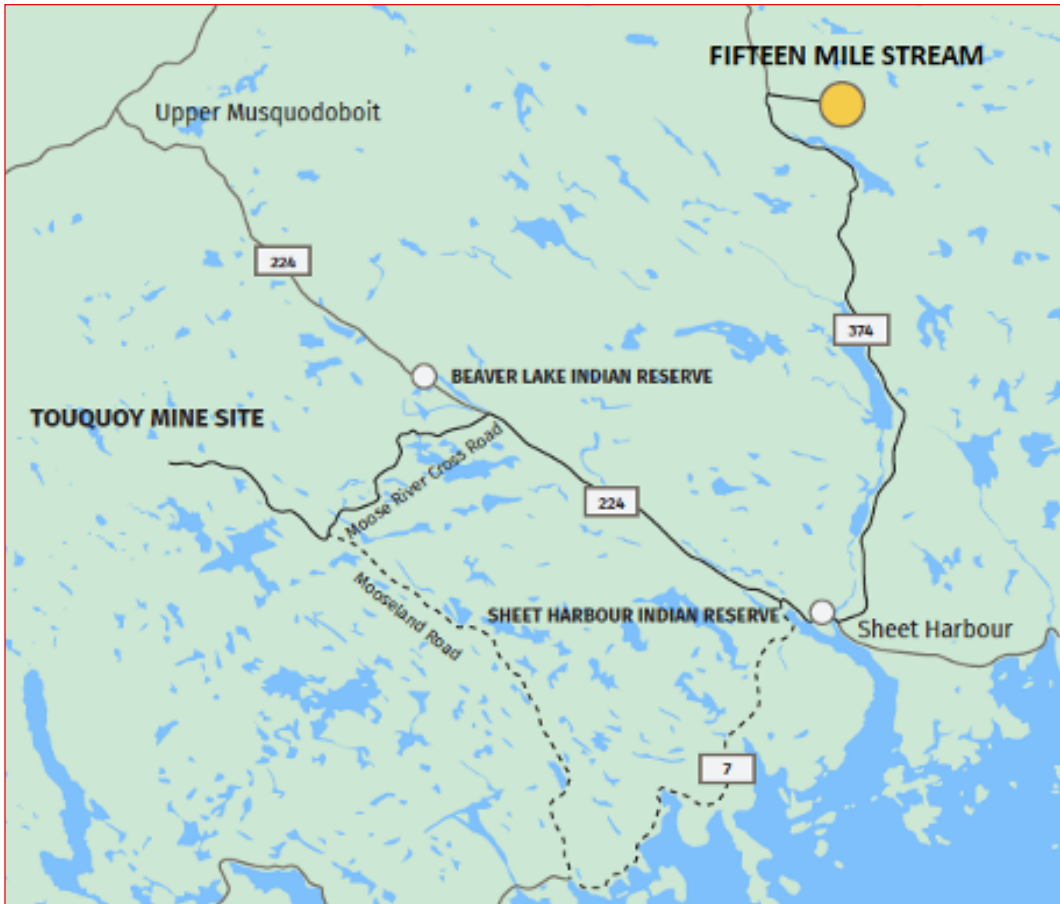
Atlantic Gold is working on developing an open pit gold mining operation in **Fifteen Mile Stream**. While not on reserve lands, we know that many of our band members have experience harvesting in the area. Band members who have a connection to the area may be affected in terms of their hunting, fishing, 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](mailto:consultation@millbrookband.com)





# The Proposed Beaver Dam Gold Mine Project

## An Introduction to Atlantic Gold

Atlantic Gold has been in operation in Nova Scotia since 2017. The company currently operates the Touquoy Gold Mine (Touquoy Mine) in Moose River, Nova Scotia. The Touquoy Mine currently employs more than 300 full time employees and 40-70 contractors.

Our staff have built a positive and respectful relationship with the people of Millbrook First Nation. We respect your views and want this and all future communications to be a channel for positive and engaging dialogue between the members of Millbrook First Nation and our company.

Below is information relevant to the proposed Beaver Dam Gold Mine project. We invite you to read the information below and if you have more questions or would like to discuss our projects further, please reach out to us directly by calling **(902) 391-4653** or emailing [communityrelations@atlanticgold.ca](mailto:communityrelations@atlanticgold.ca)



There will be no processing of ore at the Beaver Dam Mine Project. Therefore, there will be no use of cyanide or production or storage of tailings at the Project site.

## Beaver Dam Gold Mine Project Overview

The purpose of the Beaver Dam Mine Project (the Project) is to mine and then transport ore from Beaver Dam to the existing Touquoy Mine for processing. The Project is located near Marinette, Nova Scotia, 17 km north of Sheet Harbour on Highway 224. The nearest Mi'kmaq communities are Beaver Lake and Sheet Harbour (Millbrook First Nation). Beaver Lake Reserve is 6 km southwest of the Project. Sheet Harbour Reserve is 23 km southeast of the Project. Other Mi'kmaq communities in the area include: Pictou Landing First Nation (70 km north of the Project), Millbrook First Nation (55 km northwest of the Project), Sipekne'katik First Nation (64 km west of the Project) and Paqtneq First Nation (90 km northeast of the Project).

Atlantic Gold wants to start constructing the mine at the Project site in 2022. The company expects that the mine will operate for four years and provide more than 311 direct, full-time jobs. The Project will include:

- a surface mine
- a waste rock storage area
- a crusher area
- support buildings
- a haul road to transport ore from the Project to the Touquoy Mine

## Sustainable Development

Throughout the mining process, Atlantic Gold is committed to keeping the environment safe and healthy for people, plants, and animals. Atlantic Gold knows that the environment is important to you and your community.

The Beaver Dam Mine Project will be an environmentally safe mine site for present and future generations of Nova Scotians. The company is committed to making sure that all parts of the Project limits the impact of mining operations. Atlantic Gold commits to the people of Nova Scotia to follow, and to exceed wherever possible, all environmental laws and regulations.

Atlantic Gold is minimizing its greenhouse gas emissions for the Beaver Dam Gold Mine project. A variety of renewable energy projects will be implemented to achieve this goal and our company will continue to inform Millbrook First Nation of those projects and look for opportunities to work together on efforts to achieve carbon neutrality.

# The Life of the Mine

The life of the Beaver Dam Gold Mine will be approximately seven years in life span with the following phases: construction/pre-production, operations and closure.

## Phase 1 CONSTRUCTION/PRE-PRODUCTION (1 YEAR)

The main activities during this phase include:

- Removing trees and shrubs from the area.
- Stockpiling extra topsoil cleared from the surface pit to use in reclamation when the mine closes.
- Managing the historical tailings in the soil and surface water where they are disturbed. The soils and water in the Beaver Dam area may be contaminated from past historical mining activities. Atlantic Gold will clean up any identified historical waste where required.
- Starting excavation of the mine pit. Additional work is required to understand the archaeological potential (including shovel testing) prior to development of the pit.
- Building the crushing infrastructure and site buildings.
- Removing trees and shrubs to prepare for haul road upgrades and new construction.
- Construction of the Haul Road—upgrades and new construction (4 km section).
- The total amount of land that will be impacted during construction at the Beaver Dam Mine Project is **200 hectares**. Most of this land is currently privately owned.

## Phase 2 OPERATIONS (5 YEARS)

Atlantic Gold will begin mining gold at the Beaver Dam Mine Site once construction is complete. This is called the operation phase and the main activities will include:

- Mine operations—excavating and crushing ore.
- Managing the rock that is excavated but does not contain ore. This is called waste rock management. At Beaver Dam the company will build two waste rock storage areas to hold all the waste rock.
- Transporting ore to the Touquoy Mine (maximum of 95 truck trips per day) from 7am to 11pm for processing.
- Atlantic Gold will monitor air quality, wetlands, surface water, and groundwater. The company will also monitor the site for potential archaeological resources.
- Atlantic Gold will test the excess water before releasing it to Cameron Flowage (Killag River). If needed, water will be treated to make sure it is safe to release to environment.

## Phase 3 CLOSURE (2+ YEARS)

In consultation with the Mi'kmaq and other communities, Atlantic Gold will create a Reclamation and Closure Plan. This plan will work towards making the mine site usable for hunting, fishing, ATVing, and other traditional pursuits such as berry picking once the mine is closed down.

Atlantic Gold will close the mine in two stages: **Reclamation Stage** and **Closure Stage**.

### Reclamation Stage:

- Atlantic Gold will remove all mine buildings and equipment.
- All waste rock will be covered with topsoil and reseeded in order to bring the area back to a naturalized condition.
- Surface water ponds will be removed and the mine pit will be flooded. This will create a lake with a shallow wetland border.
- Atlantic Gold will test the water quality in this new lake to make sure that it is safe and not affecting the surrounding environment.
- If needed, water will be treated to make sure it is safe to release to the environment.

### Closure Stage:

- All the reclamation activities are completed.
- The site transitions to a natural, stable environment.
- The site will be available for use by Mi'kmaq and other communities.







## Traditional Use by Mi'kmaq People

Atlantic Gold acknowledges and respects that the Beaver Dam Mine Project is in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq people. Since 2014, Atlantic Gold has met with Mi'kmaq communities about the development of this Project. The relationship with Mi'kmaq people is important and Atlantic Gold commits to continuing this in a positive way.

Traditional knowledge shows that the Mi'kmaq lived in semi-permanent and permanent settlements that were close to water - rivers, lakes, the ocean, and hunting areas. Preferred locations were the mouths of rivers where there were a lot of salmon, eel and other fish species. During fall and winter, Mi'kmaq families in the area traditionally moved inland. People used the Beaver Dam area to hunt and gather food and medicine to use during the cold months.

The Beaver Dam Mine Project lies within the traditional Mi'kmaq district of Eskikewa'kik which spans from Halifax County across to Guysborough County.

Atlantic Gold continues to work with the Mi'kmaq of Nova Scotia to ensure the traditional knowledge of the Mi'kmaq is considered throughout the Project.

## Traditional Land and Resource Use Study by Millbrook First Nation

• An Indigenous Traditional Land and Resource Use Study (TLRUS) was undertaken separately by Millbrook First Nation regarding historical and current use of the Project Area by the Millbrook First Nation.

• This study confirmed that the area is used frequently (weekly to yearly, depending on availability of species) by Millbrook First Nation for hunting, trapping, gathering/harvesting of plants and wood products, fishing, and modern-day camps for recreational purposes.

## Conclusions

The Beaver Dam Mine Project has been designed and will be built so that significant environmental effects will not occur. These conclusions will be supported by the monitoring and reviewing of operations by Atlantic Gold and regulators to adjust plans as required during all phases of the Project.

It is Atlantic Gold's aim to reduce environmental impacts that could affect the land, water, fish, animals, cultural heritage, and the Mi'kmaq traditional use of the and nearby communities. The company understands that a healthy environment is important to Mi'kmaq people. Concerns raised by Mi'kmaq, and other people, have been included in the design of the life of the mine—from construction and operation to reclamation of the Project site. The company will continue to look for your feedback and ideas on how to improve programs and operations at the Beaver Dam Mine Project.

Atlantic Gold commits to working with Millbrook and other communities and people in Nova Scotia to provide employment and training opportunities at its mines. These economic and social benefits will improve the lives of communities in Nova Scotia.

We welcome an open dialogue on any of our projects or exploration activities and encourage members of Millbrook First Nation to reach out by email at [communityrelations@atlanticgold.ca](mailto:communityrelations@atlanticgold.ca) or by phone at **(902) 391-4653** to discuss our projects and address any concerns you have



## Memorandum

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As of November 9th, 2020, Colchester East Hants Health Centre, Cumberland Regional Health Care Centre, All Saint's Springhill Hospital Laboratories and the Lloyd E. Matheson Centre blood collection clinic **WILL NOT BE ACCEPTING ROUTINE WALK INS** for blood collection.

To book an appointment online please visit

<https://booking.nshealth.ca>

Patients without internet access can continue to book appointments by phone.

Colchester/Lloyd E. Matheson Centre: 1-902-893-5554 ext 49999

Cumberland: 1-902-667-5400 ext 6215

Springhill: 1-902-667-5400 ext 6215

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DIVERSION STARTS AT HOME

# Reusable Canvas Bags, Stainless-Steel Compost Buckets and Education Kits

WILL BE DROPPED OFF THROUGH CONTACTLESS  
DELIVERY ON EVERY DOORSTEP  
IN THE UPCOMING WEEKS

If you have any questions or concerns please feel  
free to contact Leana Kennedy at 902-890-8037.



**MI'KMAWEY GREEN  
COMMUNITIES PROGRAM**  
THE CONFEDERACY OF MAINLAND MI'KMAQ





MILLBROOK FIRST NATION  
**Waste Reduction Calendar**  
**December**

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 Christmas	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

DECEMBER 2020 – Millbrook Health Centre						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visits to the Health Centre are by appointment only - no walk-ins please!		1 Dr. Blois Dr. Phil	2 Dr. Blois Meaghan David Szonja Missy	3 Dr. Blois Dr. Bauld Szonja Michelle	4 <b>Open 9-12</b>	5
6	7 Dr. Kelly Missy Meaghan	8 Dr. Blois	9 Dr. Blois Szonja Missy	10 Dr. Blois Szonja Michelle	11 <b>Open 9-12</b> Dr. Blois	12
13	14 David Dr. Vance Missy Meaghan	15 Dr. Blois Dr. Phil CRYO DAY	16 Dr. Bauld Dr. Blois David Szonja Missy	17 Dr. Blois <b>Closed in the afternoon</b>	18 <b>Open 9-12</b> Dr. Blois  Closed 12 noon for Christmas Holidays re-opening Jan. 4 <b>Happy Holidays!</b>	19
20	21 CLOSED	22 CLOSED	23 CLOSED	24 CLOSED	25 CLOSED	26
27	28 CLOSED	29 CLOSED	30 CLOSED	31 CLOSED		

Hours: Monday-Thurs (9-12pm and 1-4:30pm); Friday 9-12pm/Please call to cancel appts/Closed for Christmas Holidays Dec. 18 at 12 noon and re-opening January 4, 2021.