

Millbrook Community Newsletter

JULY 2020



Millbrook's New Crab Boat under Construction.

[Important Announcements](#)

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

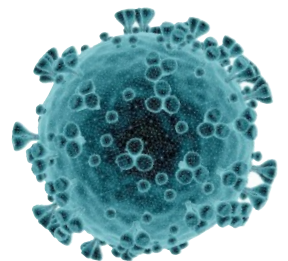
<https://www.millbrookband.com/covid-19-updates>

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.

[Social Assistance](#)

Social Assistance Cheques are tentatively scheduled for: **July 2, 16, & 30, 2020.**

Applications are available at the Reception desk at the Band Office.

[Chief and Council Meeting](#)

The next Chief and Council meeting is scheduled for **Tuesday, July 14, 2020.**

The deadline for submissions or requests to see Council is **Thursday, July 9, 2020.**

Please submit to the Administrative Assistant, Jay Martin, Phone: (902) 897-9199 Ext. 110,

Fax: (902) 893-4785 or e-mail: jay.m@eastlink.ca.

September's Chief and Council meeting is September 8, 2020.

Store Owners;

Last week Chief and Council made the decision to allow businesses to resume normal hours of operation. Council did not approve the resumption of normal operations, meaning your business storefront is to remain closed to the public until further notice. Transactions are only to be made via Drive Thru and Take away windows.

Thank you,

Millbrook Chief and Council

[Chief and Council Meetings](#)

[July 2020](#)

🌟 **July 7** - Economic Development 1pm Community Hall

🌟 **July 14** - Chief and Council 10am Community Hall

🌟 **July 21** - Consultation 1pm Community Hall.

[Newsletter Deadline](#)

The Newsletter deadline is the 24th of each month.

Friday, July 24, 2020

You can make a contribution to the Millbrook Community Newsletter by sending your information to: mbcommunications@eastlink.ca, 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.**

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





IMMACULATE CONCEPTION PARISH

669 Prince Street,
P.O. Box 25050,
Truro, Nova Scotia
B2N 7B8

Tel: (902) 893-7188
Fax: (902) 895-7011
Email: office@icc-truro.org

Dear Brothers and Sisters in Christ

After weeks of restrictions, we are happy to see the announcement that some suspension for masses in (a limited way) are coming to an end.

I believe that our ability to fight the pandemic comes not only from the strength of the intellect or mind, but most importantly from the power of the Holy Spirit. The Spirit has been at work in us, fortifying us for years, thanks to the sacraments and prayer.

I also believe that the pandemic experience accomplished something that the best publicist could never succeed in, showing us how much we usually have on one hand, and how much one can lose. Perhaps many lay faithful have found out, what the lack of the Holy Eucharist could mean, and the clergy what empty churches could mean.

During this time of self-isolation, social distancing and etc. we might have seen, how often secondary matters overshadow the essence of faith. How many times have our habits, patterns, even real merits and feelings been done for God? The good we do can give a level of comfort that contributes to an experience of “spiritual laziness” or complacency.

I would like to interpret this “unique” time for each one of us (individually and as a community) as an extended spiritual retreat, definitely as extended opportunity to re-evaluate our thinking about what is the real spiritual need for man, reflecting on what is important, and what is only satisfying institutional ambitions.

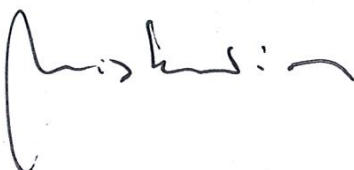
As we prepare to reopen our churches for Holy Eucharist Celebration I would like to share with you some of the restrictions in place as directed by the archdiocese. The guidelines given by the diocese have been developed in consultation with medical, legal and risk management experts. At this time, only 50 people can gather with the 6 feet social distancing in place. These guidelines may feel strange and uncomfortable but necessary and I thank you in advance for your cooperation.

In recognition of this we will begin with weekend Mass July 4th/5th. See reverse for further guidelines.

1. We will start with Immaculate Conception, Truro and St. Bridget's, Shubenacadie churches only. Masses at Sacred Heart, Millbrook and St. Michael's, Brule remain suspended.
2. To be able to come to the church for Mass, **first** you have to call parish office to confirm with Louise that there is still space available. You have to specify if you are coming by yourself or with a family member. People from one household may sit together.
3. Only one entrance will be open to the church (main entrance in Shubenacadie and from parking lot at Immaculate Conception).
4. Each person will be required to bring to the church a completed copy of the Covid -19 screening questionnaire.
5. Wearing Mask during entire time at the church is strongly recommended.
6. At the arrival to the church you will be asked to leave Covid-19 questionnaire at the table and then sanitize your hands.
7. Then one of the ushers will bring you in to the main church for available seat sequentially allocated with social distancing.
8. There would be no singing by the congregation. Only by one cantor if available.
9. Collection will not be occurring from the pews. Donations can be placed in the basket as you exit the church.
10. At Holy Communion time, with social distancing we will begin from right side of the church (tabernacle side) with people from front pews then from left side. To receive in your hand only; host will be elevated quietly, your response to be a bow or nod your head.
11. At the end of Mass we will leave the church starting, again from right side (tabernacle side), with those closest to the exit while maintaining the 6 feet social distancing. Stepping away to avoid congestion at the door.

Archbishop Mancini has extended dispensation from Sunday Mass for anyone who doesn't feel safe returning to church at this time.

Enclosed is a prayer card to our Blessed Mother and the Mother of Jesus. May the protective blessing of God and Mary's intercession guide you every day.

Fr. Dariusz
Fr. Dariusz 

COVID-19 Screening Questionnaire

		Yes	No
Do you have any of the following possible symptoms related to COVID-19?	Fever or chills		
	Cough or worsening chronic cough		
	Difficulty breathing		
	Flu like symptoms (headache, sore throat, runny nose)		
	Unusual muscle or body		
	Atypical headache		
	New loss of taste or smell		
	Nausea or vomiting		
	Diarrhea		
Have you travelled outside of Canada in the last 14 days?			
Have you been in contact with someone who is a confirmed case of COVID-19 in the last 14 days?			
Have you been advised by your physician or Public Health professional to be in self-isolation (currently or within the last 14 days)?			

Waiver/Disclaimer

I agree to remain seated in the pew assigned by the usher.

I agree to not hold the church legally responsible if I become ill from attending Mass.

Date: _____

Name: _____

Signature _____

Phone #: _____

EDUCATION:

What an end to our school year, I just want to give a big hats off to all our students, and hard work they have put in during their at home learning. I know it must have been very difficult being away from your friends and your teachers but each and every one of you did an AMAZING job!!

Sending an extra special congratulations to all our high school graduates of 2020, this wasn't the end of your final year that you expected, but I see all of you making the best of it! Wishing you all the best in whatever path your futures hold.

School supply and lunch allowance forms will be coming out in August Newsletter, please keep an eye out for them and send them in as soon as possible to ensure your school supply cheque can be sent out before school starts.

If anyone has any questions or concerns over the summer please give me a call at 902-897-9199 EXT 117

Have a great summer break,

Hannah

From the Desk of Mr. Wilson:

I would like to congratulate the following Grade 8 and 9 Millbrook students on winning Awards and Plaques from Truro Junior High School.

Mattea Bernard received the **First Nations Academic Achievement Award**.

This award is presented annually to the First Nation Student with the Highest Average in Grade 9 who has demonstrated an ability to meet academic goals through effort, hard work, and pride in what they are doing.

This year two Grade 9 students, **Mattea Bernard** and **Aiden Gloade**, received the **Janet Bernard Millbrook First Nation Citizenship Award**.

Next year this award will become a Grade 8 award since the Grade 9's are moving to CEC next year. So this year a Grade 8 student, **Kadin Gloade**, also received the **Janet Bernard Millbrook First Nation Citizenship Award**.

This award is given annually in memory of Janet Bernard and all of her teachings to the Grade 9 Millbrook student(s) who have demonstrated exceptional citizenship. These future community leaders have consistently demonstrated empathy for others and selflessly have given their time and effort back to the Millbrook and TJHS communities to make them even better places in which to live.

CONGRATULATIONS

Hello Everyone,

I first want to congratulate all of you for making it through this semester. It has been a difficult one for many, including myself. Our school life, I feel, has changed and thank you all for being so flexible. I know it was a challenge for many. Thank you for your patience and understanding. Next semester will surely be another one that will look different. I know you all made it through this year and I know you will have success next year.

At this point, some of you already are aware that I have been offered another teaching assignment. Accepting this new position give me both sadness and excitement at the same time. I had not planned to leave my role at CEC and will greatly miss working with all of you wonderful students, but this opportunity is a once and a life time moment for me. For those that know of my passion for pottery and art you will understand how excited I am to be teaching Art in September. I am forever grateful for my experiences with each one of you because you have all taught me so much about culture, respect, patience, humor and acceptance. I will cherish all of my experiences with each of you and share what you have taught me. This move next year is only happening because I am following a dream. A dream that I had when I first began my journey as a teacher. If I can leave you with some words. Follow your heart, if you have a goal then reach for it, do not let obstacles hold you back. Each one of you are stars that have the brightest lights. I wish all the best this summer and beyond. Please reach out from time to time, and I will do the same. Thank you for everything.

Wela'lin and Nmultis

Mr. Bryant Vance



Millbrook Early Education Centre

36 Church Rd, PO Box 634 TRURO NS B2N 5E5

Tel 902-897-1249 / 897-0445

Email Meec@eastlink.ca

June 24, 2020

Dear Parents/ Guardians,

Due to Covid-19 the Millbrook Early Education Centre will remain closed to the public during July and August 2020 for safety precautions. Kelsey Gloade—administrative assistant, and myself will remain in the office from Monday – Thursday 9am-3pm to process applications, etc. during this time. If you have any questions or concerns please call or email.

Thanks,

Nicholas Phillips
Director of Early Education
(c)902.957.2517
(e)meec@eastlink.ca

The MILLBROOK EARLY EDUCATION CENTRE Congratulates the Preschool Class of 2020



Abigail Phillips



Aiyanna Stephens



Amarie Chown



Aric Martin Jr



Ezra Maloney



Hudson Dorey



Ian Nevins-Shaw



Iylah Nickerson



Maddox Martin



Marcus Barnaby



Maxie Martin

Nakoma Gloade



Peyton Bernard-Lewis



Piper Glode





Wyatt Martin-MacLeod

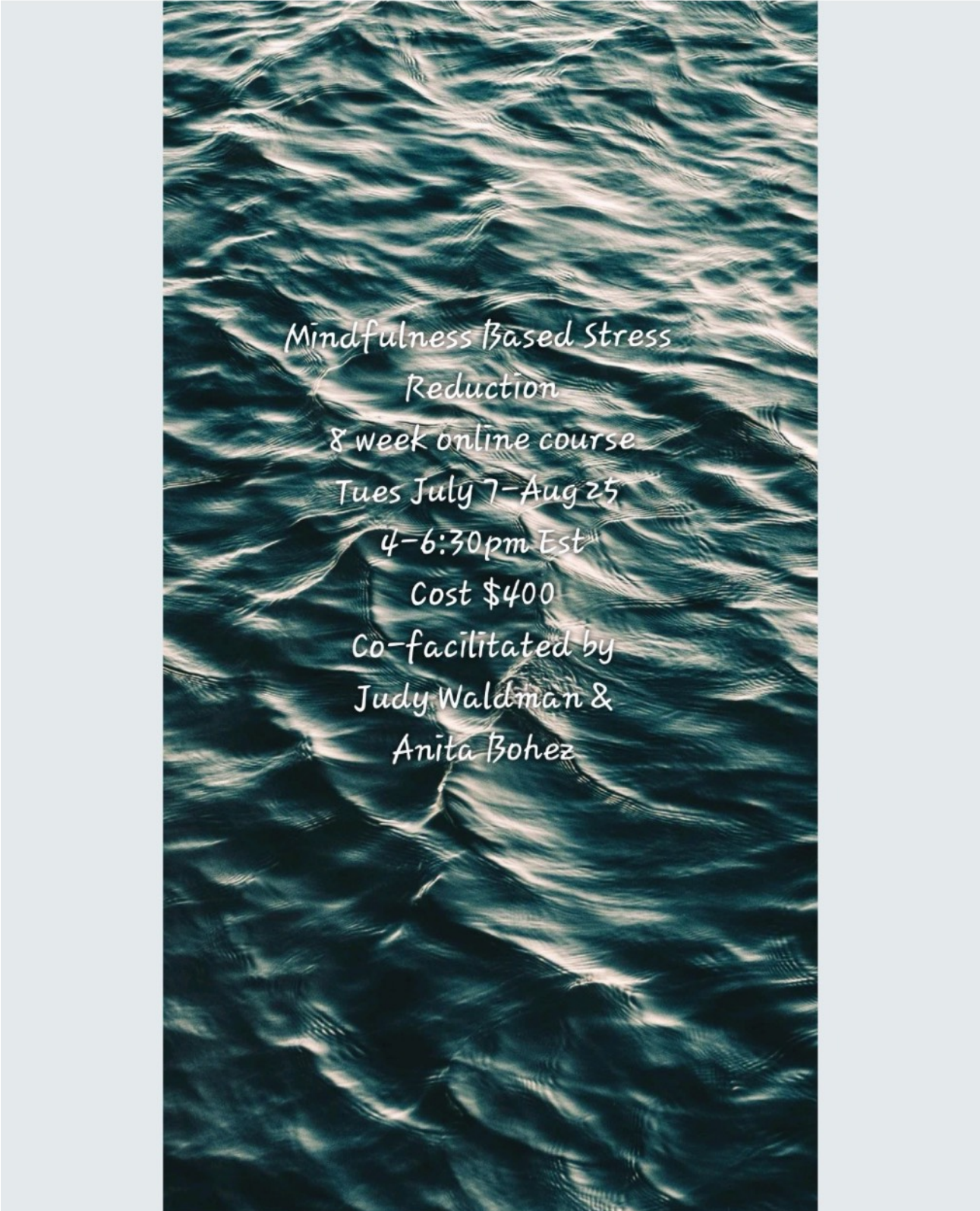


Zahryn Bernard



Zylen Sylliboy

Mindfulness Based Stress Reduction
8 week online course. This course follows
the scientifically proven teachings of Jon
Kabat-Zinn.



Mindfulness Based Stress
Reduction
8 week online course
Tues July 7-Aug 25
4-6:30pm Est
Cost \$400
Co-facilitated by
Judy Waldman &
Anita Bohez

JOB OPPORTUNITY
10 Month Term Position
Native Student Support Worker
Truro Junior High School 2020-2021

The Student Support Worker, under the direction of the Millbrook Educational Services Director and the direct supervision of the School Principal, will

- Be a positive role model to all students in the school;
- Implement recommendations providing program support to Millbrook students;
- Assist students academically in the classroom under the direction of the classroom teachers;
- Implement small group initiatives under the direction of learning centre and/or classroom teacher;
- Maintain positive communications and work cooperatively with school personnel;
- Promote and support Indigenous cultural awareness and understanding among all school staff.

Qualifications and Requirements of the Student Support Worker:

- Must possess a high school diploma or equivalent;
- Have experience working with teenagers in a community or school setting;
- Have demonstrated ability in working collaboratively as part of a team involving students, teachers, school administration, school support staff, parents/ guardians;
- Have experience working with and demonstrated concerns for children and youth, particularly those “at-risk”;
- Have appropriate interpersonal and communication skills;
- Must be willing to provide support to help students fit into the provincial school system;
- Have the ability to work independently as well as within a team setting;
- Must submit to a Child-abuse Registry and Criminal Police Check;
- Knowledge of and positive experiences working with Indigenous youth and community involvement is essential.
- Millbrook Band Members of Mi’kmaq descent will be given preference;

Hours: 8:40 am – 3:30 pm.

Salary: To be determined based on qualifications

Tentative Start Date: September 2020, this is a 10-month term ending June 30th 2021, with the possibility of renewal.

Closing Date for Applications July 07, 2020 4:30 pm, no late applications will be accepted.

EXTENDED UNTIL FRIDAY JULY 10th at 4:30PM!!

We thank all applicants who apply however, not all who apply will be interviewed.

TO APPLY:

Please email resumes to millbrookemployment@eastlink.ca attention: Carla Asprey. Should you wish to drop off a physical copy of your resume please call Carla Asprey at 908-897-9199 EXT 122 to schedule an appointment.

JULY 2020 – Millbrook Health Centre						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
***All appointments are by telephone unless otherwise noted.			1 HOLIDAY	2 Dr. Blois Szonja	3 CLOSED	4
5	6 Dr. Blois (pm) Gladys David Meaghan Vance (pm)	7 Dr. Blois (pm) Gladys Meaghan	8 Dr. Bauld Dr. Kelly Dr. Blois (pm) David Szonja	9 Dr. Blois (pm) Michelle Szonja	3 CLOSED	11
12	13 Dr. Bauld Dr. Blois (pm) Gladys David Meaghan	14 Dr. Blois (pm) Meaghan Phil (podiatrist) Gladys	15 Dr. Blois (pm) David Szonja	16 Dr. Blois (pm) Szonja	3 CLOSED	18
19	20 Dr. Kelly Dr. Blois (pm) Gladys Meaghan Vance (pm)	21 Dr. Blois (pm) Meaghan Gladys	22 Dr. Bauld Dr. Blois (pm) David Szonja	23 Dr. Blois (pm) Michelle Szonja	3 CLOSED	25
26	27 Closed	28 Dr. Blois (pm) Meaghan Phil (podiatrist) Gladys	29 Dr. Blois (pm) David Szonja	30 Dr. Blois (pm) Szonja Michelle	3 CLOSED	

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

