



MÉTIS NATION OF GREATER
VICTORIA COMMUNITY UPDATE-
December 2014:

Christmas Potluck 10 Dec 2014

There will be lots of good food, entertainment and Santa Claus. We have asked our vendors back and there will be a silent auction as well

We ask that you bring your own cutlery and dishes to help keep reduce the use of foam, plastic or paper disposable items.

If you are attending the potluck we ask:

That you park only on the sports field side of the parking lot or on the street,

That you please enter and exit the Friendship Centre from the lower door off the parking lot and,

That you do not wander in the halls of the Centre. There are other groups using the facility as well and we do not want to disturb them .

The potluck is held in the gym at the far end of that corridor

A community member has asked if community members could label the food they bring. A number of community members have allergies and they could enjoy what you brought if they knew more about the item contents.

Jan 2015 Potluck

Our next potluck will take place Wednesday the 21st January in the gym of the Victoria Native Friendship Centre commencing at 5:30 pm.

WINTER WELLNESS CHALLENGE.

Thank you for participating at the last potluck we all had a great time
The continuation of the **Winter Wellness** is the Observation of a 1 or 2 day tobacco free

Let Michelle know how it goes orcheomai@telus.net

We want to raise awareness about Men’s issue or another issue. Put together a poem, a slogan, a poster for a health issue that is close to your heart and post in our MNGV Facebook. Also post in your Facebook twitter or email and get the word out there.

e.g Don’t drink and drive stay alive

Top 5 issues

Atherosclerosis

prostrate cancer

lung cancer

depressions/suicide

diabetes 2

Lets show we are a strong community in this challenge. For those that don’t want to be in the contest you can still be a part of this. I want to challenge all of you to post this

Make a difference. Lets be more aware about *State health issue*

Lets Fight Together

Post the above slogan in the MNGV Facebook page or email the office if no Facebook Add the choice of your health issue in the blank

Maybe include their website to your post such as http://www.pdf.org/parkinson_awareness

My granddaughter wants to make her issue about Parkinson's disease

Prizes will be awarded to 1st 2nd and 3rd place winners at the next potluck

Office closure

The office will not be open from Thursday 18 Dec 2014 until Monday 12 January 2015

Contact MÉTIS NATION OF GREATER VICTORIA: MNGV@TELUS.NET OR 250 380 6070