



1. Review Agenda & Introductions



2. 10 Core Values of SABF
3. Earl's Weather Report
4. Andrea's Sign of the Month
5. Other Reports from the Floor?
6. Some photos of SABF's Annual Christmas Party – Do you see yourself!
7. Inclusion BC's Disability Pride 2017 Video with Sherwin Strong:

This 7 minute documentary, produced by Inclusion BC Foundation, premiered at screenings across the province at our 3rd annual UN International Day of Persons with Disabilities Film Festival on December 3rd.

In Victoria, the Film Festival was hosted at Cinecenta at the University of Victoria and SABF member Brandy was a panel member.

In this film Sherwin shares his perspective and experiences of Disability Pride 2017, inviting us all to be part of a movement whose time has come. Join the social media conversation by using the hashtag #disabilitypride.

8. It's time for a resolution...(activity on reverse)
9. And if there is time...First SANGO of the year!



New Year's Resolutions, AKA: "PERSONAL GOALS" Group Activity

Members break up into small groups. Discuss the following questions amongst your group for about 10 minutes. Choose a recorder to write down your group's thoughts. Choose a speaker for your group to share your group's ideas with the larger group.

1. Discuss what New Year's Resolutions means. Is a New Year's resolution the same or different than a personal goal?
2. Did anyone achieve a New Year's Resolution from last year? If so, what was it?
3. Each group member decides upon at least one "New Year's Resolution," AKA "a personal goal of mine for 2018 is..." Make a list.

Think about what your FIRST STEP will be towards achieving your goal.

4. Choose a speaker for your group to share your group's 2018 resolutions with the larger group.

Example:

I resolve to
laugh every day
eat more chocolate
sleep in on Sundays
make dinner an event
breathe more deeply
spend more time
with the people i love