



# Kwú Stəmtíma?

## Elders

When: May 19, 2022

Where: Upper Nicola Band Health Office

Time: 10am to 3:30pm

Who: All Elders

What: Lamp Shade Creation

With Debbie Alendal from Mt. Currie

Lunch: Soup, Sandwiches and Dessert

Register with: Alyssa McNain –

Kwú Stəmtíma? Assistant @ [Kwustem.assist@uppernicola.com](mailto:Kwustem.assist@uppernicola.com)

Bring your own lamp shade to create.



The lamp shade you need to bring is the top of the lamp.

way' limləmt

Debra Manuel BSW

Director of Our Relations – Upper Nicola Band