

Announcement: Adams Lake Indian Band Elders Recipe book



I will be calling Elders for family recipes to create an Adams Lake Indian Band Elders recipe book. If younger more computer savvy grandkids, or adult children could scan or write the recipes and email them to

Daidri Marr, Elders Coordinator dmarr@alib.ca

or

Take a picture of the recipe and send it to 250-819-8638 (Cell)

Please make sure it includes the Elders name so they
can be acknowledged .

This ensures the safety of the Elder, encourages social distancing and safe isolation to flatten the curve.