

OTIPACIMO

CS9Δ.3 bP0U\



C.σ Jσ 4³ bΓ qΔ.CΓ³

[illegible]

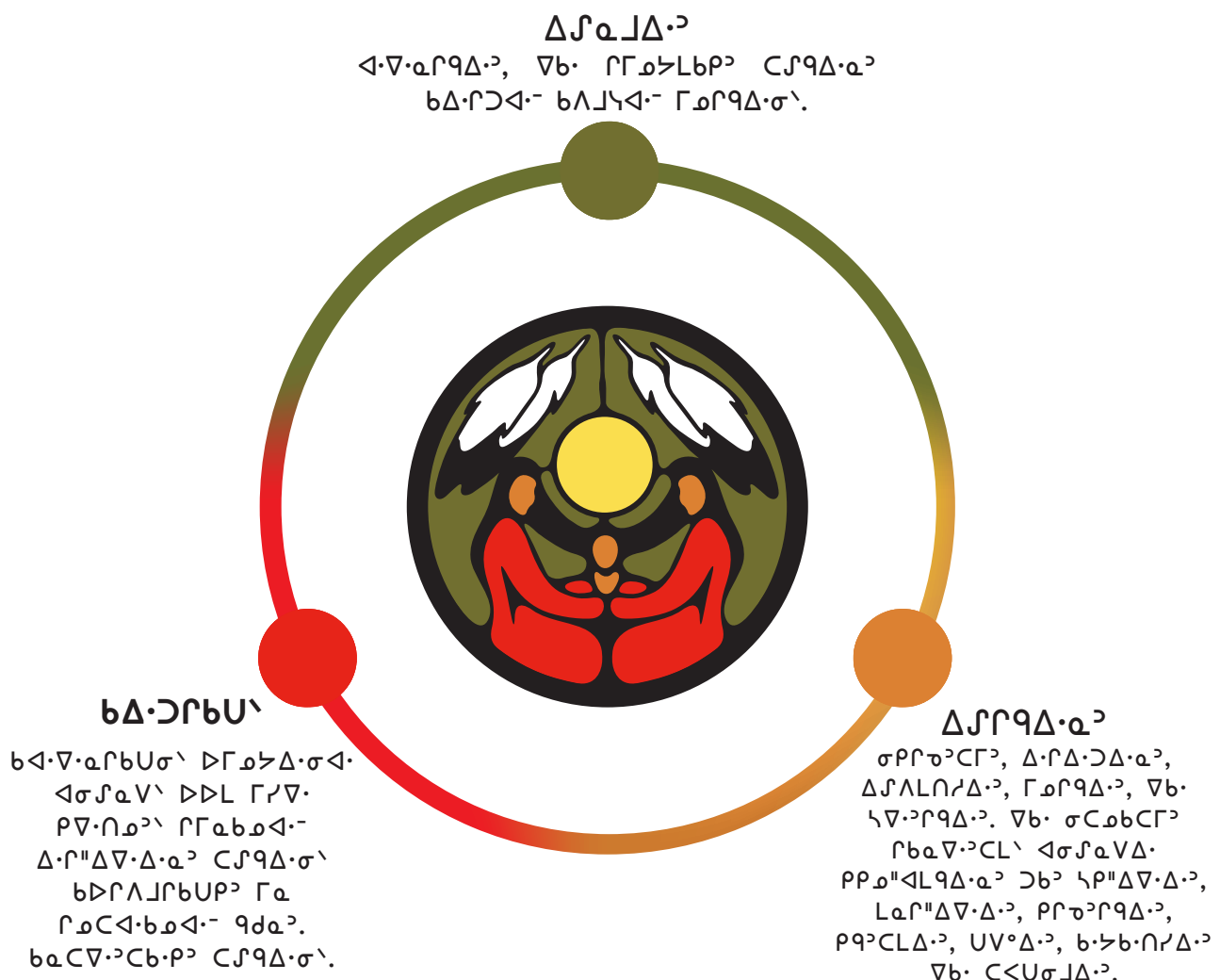
SLFNHA ՆՆՍԴԻՆՅ
5

Λη' Δ·ρσ'

Lb.Γb` ▷9.σ◁.▷
 ρααbC∇.▷CLσ▷
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▷▷L n<ρJΔ·σ\:

[illegible]

Ληρ Δ·ρσρ (Ληρ ΛΔ·ρσρ!)

Λβ·εσ Ρηβσ Γρ^λ (Full Meal Pasta)

9Δ<ρ>λ^ε (Ingredients)

- | | |
|---------------------------|---|
| 2 Γσ·ββ ^ε | Λβ·εσ |
| ¼ Γσ·ββ ^ε | βλ ^ε ωβΓ ^ε ΛΓU |
| 2tbsp ▽Γ·βσ ^ε | βσ·Δ ^ε ββΓ ^ε |
| 1 ▽Γ·βσ ^ε | βλ·Δ ^ε βσ·Δβσ>·β ^ε Δλγ·β ^ε |
| 1/4tsp ▽Γ·βσ ^ε | σ·Δβ ^ε |
| ✓·▽✓ ^ε | ✓< |
| 1 | Δββ ^ε Λρρ |
| 1 | γεσ βσ·βλU |
| 2 Γσ·ββ ^ε | Ρηβσ Γρ ^λ Λρρσ ^ε |
| 2 | βΔσ·Δ ^ε ·β ^ε σβδΓ ^ε |
| 1/3 Γσ·ββ ^ε | ΓΔσ ^ε β·Δλρλβ ^ε |
| 2 Γσ·ββ ^ε | εΓδ ^ε ▽β 9δ ^ε Δβε ^ε ρβδρ ^ε ρ ^ε ββλ |
| 2 – 213 g cans | λ·Δλδ ^ε βλ ^ε ρ ^ε λ ^ε βΔεβσ·Δ ^ε |

45 mins Δσγ^ε Γ·▽ 9ΔσΓρ^ε

45 min



8 Γσ·ββ^ε Γσδ βΔ^εργ



9ρργ·β9λ^ε

ρ<·β^ε Δρ^ε

Δ^ερβλΔβ^ε

ΔλσβεΠ^ε

λδλ^ε

ρρ Δεβ^ε

Π<ρ<ρσ Γσ·ββσ^ελ^ε

Π<Δ<σ Γσ·ββσ^ελ^ε

ΓΠ^ε ▽Γ·β^ε

<·βλρσβελ^ε



Recipe by: Kanina Terry | Oji-Cree translation by: Emma Neshinapaise

9>β^ε (Directions)

ΡΡε·Δ<^ε βΔσλΔβU^ε Γσδ^ε 9ρρ·λ^ε Λβ·εσ <^ερ ρερρ^ε Γσδ^ε ρΔ^ε·λ^ε

Δ^ερβΓ^ε βρ σλ Δσρβδε^ε Λβ·εσ^ε

ρρ Δεβσ^ε βλ^εωβΓ^ε ΛΓU βσ·Δ^εββΓ^ε Δλγ·β^ε βλ·Δ^ε βσ·Δβσ>·β^ε Δλγ·βε^ε σ·Δβ^ε ββ ✓< ·▽·▽σ·Δσε·▽<Δσ^ε

Λβ·εσ Δσ<ρΠ^ε

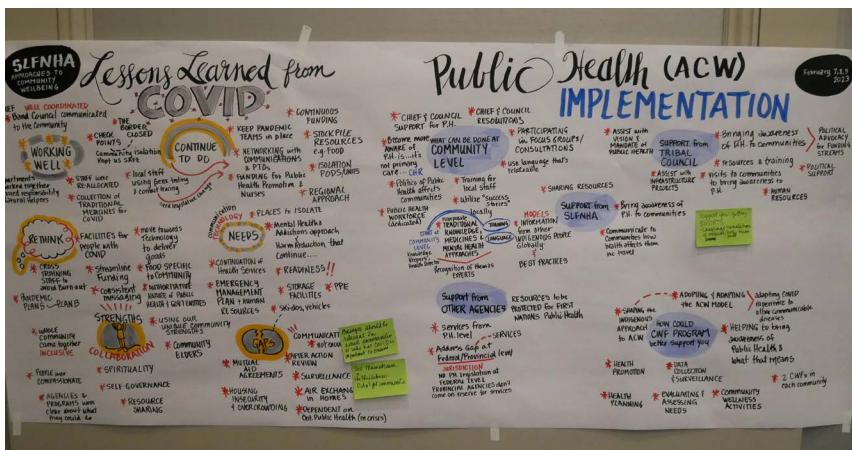
Ρηβσ Γρ^λ Δσβδε^ε

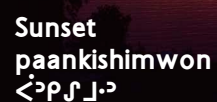
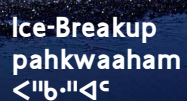
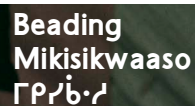
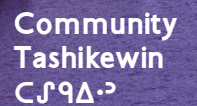
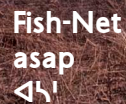
ΓΔσ^ε Δσβ·9<Δ^ε

λρλ^ε ρεβ Δσβ·9<Δ^ε β^ε

σ·Δβ^ε ββ ✓< Δσβδε^ε









SLFNHA Bursary 2023



- Students entering or continuing post-secondary education
- Status First Nation Students within SLFNHA's Catchment/Service area

- Record of Enrollment
- Letter of Recommendation

- Personal Essay (500-1000 words) outlining how you plan to use education to improve the health outcomes of First Nation people & communities
- Completed Media Consent Form

Deadline to submit: May 1st, 2023

For more information, and to apply, visit SLFNHA.COM

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σ_{ααδ}Γ_α` ▷<sub>9</sub>·σ<sub>α</sub>·` 3 ▷_Π^υ_dσ` bΓ_αb_σ·- 2022 Λ_ΠΓ₉Δ·² (SLFNHA) ωσ₇Δ· Δ·Γ^αΔ₇·Δ·³!

97 57C

$\Gamma_2 \approx \rho \cdot U^2 /$

$${}^{\omega}\Delta C \Delta \cdot {}^{\omega}U^{\omega}-C^{\omega}b^{\omega}$$

Meno Weecheeheeway Navigators are available to serve **you.**

Depending on location of appointment, please contact Meno Weecheeheeway Navigators if you require any of the following:

1.

Translation services in OjiCree, Cree or Ojibway

2.

Advocacy and liaison services while accessing health care

3.

Support before, during or after your medical appointments

4.

Assistance navigating through the FNHIB-NIHB benefits

5.

If you have experienced any incidents or have concerns and complaints



The Meno Weecheeheeway Γ Δ·Γ"Δ∇· Program can provide any assistance and support you need to help you get the best care you deserve.

Contact Information:

Sioux Lookout	Thunder Bay	Winnipeg
Barb Peetwayway 807 - 738 - 6737	Evelyn Hattie 807 - 738 - 6717	Willie McKay 807 - 738 - 0220
Frances Machimity 807 - 738 - 0989	Shannon Kakepetum 807 - 738 - 1700	Alisa Moose 807 - 738 - 5218



Sioux Lookout
First Nations
Health Authority

- Laundry Aide ጋዖ፣ለዎሩ
- Dispatch Clerk ከኤል.ቢዮጋው
- Housekeeping Aide ከነፃ- ማህል-ኔፊል
- Dietary Aide ክል.ቦ"ልፕ- ክልካክሪ
- Interpreter ጋብርያል
- Maintenance Worker ሂ.ፕ.ሮ"ልሙል. ሂዎልኔ

▷ 9.54.3 ኔግቲቭ ስፔሊ ሊፓፖሳይድ (SLFNHA) ልዩ
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▷^ρ < bΔ · Λ^ρ - Γ^ρ ∇ · bΓ^ρ Δσ₃ ΔV^ρ
bΓ^ρ bΔ · ∇ Δ · b_ρ Δ · ρ₃ b



Sioux Lookout
First Nations
Health Authority

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Connect with us on:

