

Pavilhão de Portugal Semana 1
Pavilion of Portugal Week

Pavilhão Português Semana 2
Portuguese Pavilion Week

Pavilhão Brasileiro Semana 2
Brazilian Pavilion Week

Associação Portuguesa de Manitoba
Ambassadors:
Brandon Aguiar and
Shalisa Placido -- Youth
Brittany Moniz and
Samantha Botelho -- Adult

Casa do Minho Portuguese Centre
Ambassadors:
Kaitlynn Costa and
Alexandra Santos -- Youth
Tiago DaSilva Gonçalves and
Zita Costa -- Adult

Viva Capoeira/Viva Brasil
Ambassadors:
Sara Rodrigues and
Luisa Stein -- Youth
Hunter Slobodian and
Ijdella Vanderklok -- Adult



*Celebrating
50 years,
FOLKLORAMA
took place
between
AUGUST 4-17,
2019.*

*The annual
multicultural
festival
honoured its
past whilst
looking forward
to its future.*

*Here's to 50
more,
FOLKLORAMA!*

Cheers!

for more pictures
go to... www.navegante-omundial.com



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EDITORIAL: Uma Casa Portuguesa

Uma Casa Portuguesa
~Amália Rodrigues

*Numa casa portuguesa fica bem
Pão e vinho sobre a mesa
E se à porta humildemente bate alguém,
Senta-se à mesa com a gente
Fica bem essa franqueza, fica bem,
Que o povo nunca a desmente
A alegria da pobreza
Está nesta grande riqueza
De dar, e ficar contente*

*Quatro paredes caiadas,
Um cheirinho à alecrim,
Um cacho de uvas doiradas,
Duas rosas num jardim,
Um São José de azulejo
Mais o sol da primavera,
Uma promessa de beijos
Dois braços à minha espera
É uma casa portuguesa, com certeza!-
É, com certeza, uma casa portuguesa!...*

A minha casa é sua casa. Bemvindo!

Há alguém que pode observar, ao rever as páginas de *O Mundial*, que a editora-em-chefe aparece em muitas fotos, e ainda mais, se fosse a aumentar essa observação com análise crítica, pode também dizer que não é usual no seu conhecimento de jornalismo tradicional ou reportagem neutra – se realmente, e aqui vai uma nota editorial, existe tal coisa como jornalismo neutro, pois todo o jornalismo tem alguma agenda social ou cultural para desempenhar, e se o leitor é perspicaz, pode ver, plenamente, as tendências ou preconceitos pessoais dos escritores de qualquer meio de mídia, seja imprimido, digital online, ou visual na televisão.

Por tanto, como escritora e editora de publicação imprimida, e digital online, prefiro sempre o caminho mais honesto em declarar as minhas intenções, e não tenho problema nenhum em dizer que nunca tive, nem nunca hei de ter, interesse em apresentar notícias numa maneira tradicional, e de mais, acho que o meu caminho aqui como curadora do *Navegante - O Mundial* é mais autenticamente desenvolvido e compreendido como esforços de desenvolvimento comunitário. Sendo nestes momentos estáticos encaixados em histórias ou relatórios comunitários, que tenho o privilégio de compartilhar convosco, a minha posição como anfitriã – host, como se diz em Inglês, de uma casa portuguesa, ou mais exactamente descrita como uma casa portuguesa-canadiana.

Acredito na minha comunidade, não só a que é fisicamente localizada em Winnipeg, Canadá, mas mais além, a comunidade de descendentes Portugueses, que vivem em vários pontos do mundo, na diáspora Portuguesa. Nós como imigrantes (e descendentes de imigrantes) temos uma sensibilidade que abrange mais de que uma maneira de ver a vida, e isso cria em nós, oportunidades de expressão e discernimento ambos-culturais só possíveis em pessoas com um certo conhecimento cultural. Esta minha casa, *O Mundial*; às vezes vejo a como um navio onde eu sou capitã; outras vezes vejo a como uma casa onde sou anfitriã! Não é só minha, realmente ela também é sua!

A minha visão é criar um ambiente figurativo acolhedor se nos encontrarmos em pessoa. Com braços abertos e dois beijos na cara... onde há sempre vinho e pão na mesa, e às vezes, azeitonas e chouriço assado. A conversa continuará agradavelmente, e precisamos de petiscar um pouco para manter a nossa energia.

De dar, e ficar contente, como cantava uma das maiores que pisou palco português. E assim, meus amigos, vamos lá dar abraços quando nos encontramos, e não ter medo de tirar fotos em convívio, pois nestes momentos é que criamos a tão conhecida e característica saudade portuguesa.

Se vos ajuda a compreender o que estou aqui a criar nestas páginas, como estas fotos todas, neste meu lar jornalístico, podem considerar esta casa minha, com portas sempre (ou quase sempre, pois tenho de dormir às vezes) abertas; casa que também é sua, como um álbum fotográfico da nossa família comunitária, colocado num lugar bem à vista, para ser aberto e folheado, e servir para lembrarmos-nos do passado, enquanto ao mesmo tempo, nos inspira a alcançar mais no futuro, em prol de gerir e partilhar ainda mais histórias.

*No conforto pobrezinho do meu lar,
Há fartura de carinho
A cortina da janela e o luar,
Mais o sol que bate nela
Basta pouco, pouquinho para alegrar
Uma existência singela*



EDITORIAL: A Portuguese Home

A Portuguese Home
~ Amália Rodrigues

*In a Portuguese home, it looks good
To have bread and wine on the table
And if someone knocks humbly at the door,
To have them sit at the table with us
This frankness looks good; it looks good,
May the people never belie it
The joy of poverty,
It is in this great wealth:
To give, and to be content*

*Four whitewashed walls,
A smell of rosemary,
A bunch of golden grapes,
Two roses in the garden,
A tile of Saint Joseph
Plus, the spring-time sun,
A promise of kisses
Two arms waiting for me
It's a Portuguese home for sure!
It is, of course, a Portuguese house!...*

My home is your home. Welcome!

There are those who could observe, in flipping through *O Mundial*, that the editor-in-chief appears in too many photos, and even more so, if these observers were to be critical about it, they could also say that this is not in keeping with their understanding of traditional journalism or so-called neutral reporting – and they would be correct to a degree. I say so-called neutral reporting because, and this is an editorial note, I believe that all of journalism has some social or cultural agenda, and if readers are insightful, they can spot the personal biases and publication prejudices of any media story or outlet, whether in print, digital online, or audio-visual.

As a writer, editor-in-chief and publisher of print and online digital stories, I prefer honesty in stating my intentions about what I'm doing, and therefore, I have no problem admitting that I have never had, nor will I ever have, any interest in presenting news within a traditional model of journalism.

Rather, I believe that my role as curator of *Navegante* –

O Mundial is best understood as community cultural development.

I see myself as host of a Portuguese house, or more accurately, a Portuguese-Canadian home. I believe in our community, not just the one geographically located in Winnipeg, Canada, but also the larger community of Portuguese descendants in the global diaspora. As immigrants (and descendants of immigrants), we, the Portuguese, have an innate cultural sensibility that encompasses more than one way of looking at life, which creates opportunities for multiple cultural expressions in the way we live in the day-to-day as well as our aspirations for the future.

This is my space, *O Mundial*; I sometimes see her as a ship where I am a captain; other times I see her as a house where I am host; in either case, although I am owner, she is not singularly mine, she is also collectively yours. My vision is to create a space, whether on the page or in person, where you are greeted with open arms and two kisses..., where there is always wine and bread on the table, and sometimes, olives and flambéed chouriço, if the conversation goes on pleasantly, and we need to snack a little, to keep our energy up.

To give, and to be happy, as one of the biggest and brightest who ever stepped on a Portuguese stage, would sing. And so, my friends, we exchange hugs when we meet in the spirit of conviviality, and we are not afraid to take photos to capture our time together, because it is in these moments that we create what defines us as Portuguese: our longing for family, our expansive sense of community, and our intense expressions of *saudade*, no matter the region, province, or territory of our birth.

As your host, I welcome you to this journalistic home of mine; this storytelling ship that I captain. I will always have an open door, provided that you're not behaving in ways that hurt or damage others, or sometimes even worse, in ways that hurt or demean yourself; I will always have a welcoming gangway for you to trespass and come aboard until it's time to sail. The pictures that we take and proudly show of you and me; or of you and others, are intended to show inclusion; a common photo album of our community family, which is meant to be shared as widely as I can manage, with the grace and support of community advertisers without whom none of this would be possible. These pages are meant to be flipped through fondly; the pictures herein are meant to be looked at kindly, to reflect on the achievements of our shared past, while inspiring us to accomplish even more in our united future.

*In the poor comfort of my home,
There is plenty of affection
The window curtain and the moonlight,
Plus, the sun that hits her
Just a little, little to cheer
A simple existence
It's only love, bread and wine...*

MSC, centre with **Donovan Martin & Eddie Calisto-Tavares** at Portuguese Pavilion 2019, and



bottom with *O Mundial* Photographer **Michel da Silva** and **Nelson Camara & Carlos Borges** of Mississauga's *Duo Som Luso*.

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INTERN INFORMANT— BY ANGELA CICERON

My name is Angela Ciceron, and I am a student at the University of Manitoba, working towards an Arts degree. I currently work as an intern for OMundial, and a program coordinator for The Shameless Circle. I fell in love with journalism when I worked as a writer, and eventually the editor-in-chief, for my previous campus newspaper, and it paved my career choice and work ethic. Journalism has also given me the opportunity to educate myself and to be more aware about current world issues. In my spare time, I like to read, paint, and occasionally, think of ways in which we can help our planet to live a little bit longer. When I grow up, I kind of want to save the world, or maybe go to law school (whichever comes first).

As One Winnipeg: A First Timer's Experience at Folklorama 50

With the multicultural population of Winnipeg, it is no doubt that it serves as the perfect home to "Canada's largest and longest-running multicultural festival." As Folklorama celebrates its 50th anniversary, I dove headfirst into the festivities with nothing but my camera, and a yearning for celebration and enlightenment about the different cultures found in the perimeters of the city.

Israel Pavilion

Nestled in the depths of the Asper Jewish Community Centre, the Israel pavilion boasted its wide array of vegetarian options in their menu, as well as a stunning performance from the Sarah Sommer Chai Folk Ensemble. The group boasts of their title as the oldest and largest Israeli folk ensemble in North America.

The performance consisted of different traditional Israeli dances, accompanied by a complete live band and 3 vocalists. The combination of almost operatic and moving vocals and instrumentals with dynamic and lively dances provides a stark contrast that came together holistically. The explosive movements of the dancers alongside the fast rhythm of the band resulted in a performance that encapsulated the lively yet homely culture in Israel. Indeed, I enjoyed starting my first Folklorama experience with the Israel pavilion, although I regret not getting a bite of their crisp potato latkes or their succulent carrot cake.

Scandinavian Pavilion

The Scandinavian Pavilion welcomed me with open arms minutes before they started their 8:15pm show. I had the chance to try out their dessert platter, which consisted of strawberry rhubarb compote, vinarterta, and lefse: a trio that paired well with the homely but lively performance. The compote was pleasantly tart, with generous chunks of rhubarb and hints of strawberry, and balanced well with the cream that was served on top of it. Vinarterte, a layered, almond-flavored biscuit cake with plum jam, was a dish I've never tried before, but thoroughly enjoyed. The distinct flavor of the plum with the hints of almond matched up to create a treat that is sure to be a hit with everyone, even if they aren't familiar with Scandinavian cuisine. On the other hand, the lefse, which is a type of rolled up flatbread, was similar to crepes, but had its own distinct flavor, and I enjoyed it as a vessel for the compote.

The performance was based on storytelling between a young teen and her grandmother about the journey of the pavilion throughout the 50 years of Folklorama. I enjoyed their hints at Viking culture, trolls, numerous fairy tales, and even Moomins, which are cute cartoon creatures created by Tove Jansson, an illustrator from Finland. The lively performance, which featured adults and children alike, was purely delightful, and even though I am far from Scandinavian descent, singing Helen Gar, a Swedish drinking song, with the performers and the rest of the audience made me feel as though I was part of the tight-knit family. And I must admit, even though I had not been drinking, shouting the lyrics of Helen Gar made me feel as though I've had a drink or two.

First Nations Pavilion

The First Nations Pavilion kickstarted my three-pavilion excursion at the RBC Convention Centre. The towering teepees that stood in the far corner from the entrance was a stunning from afar, and I was delighted to know that the aesthetic wasn't all that they had to offer: the biggest teepee held a beading lesson, in which the visitors can indulge in before the performance, and another stood next to a small gathering of Aboriginal art and artifacts. Unfortunately, I was not able to try the food at the pavilion (and I do regret not getting a bite of their infamous Indian tacos), but my eyes were in

for a feast as I watched the performance unfold before me. It started out solemnly, which built up the emotion for the following performances. Unlike other pavilions, which appealed to the audience with the liveliness of their dances, the First Nations pavilion entertained with the emotion and the rich history in the movement of each dancer. Moreover, the traditional dances were modernized with the addition of glow-in-the-dark clothing and accessories, which accentuated the flow of the dancers' movements. One notable performance was one that showcased a dancer whose clothing had brightly colored fringes along the arms, and their movements as they spun and danced across the stage were purely mesmerizing. Everyone should visit the First Nations pavilion, not only to indulge in their eye-catching performance, but also to celebrate the numerous cultures that continue to influence Canadian society.

United Kingdom Pavilion

As my second pavilion of the night, I arrived at the United Kingdom pavilion with an empty stomach. I decided to try some of the food that they offered, and ended up trying the profiteroles, which are cream puffs dusted with icing sugar and drizzled with chocolate sauce. Not only was my hunger satisfied with the smooth sweetness of the cream and the delicate pastry that surrounded it, but the nerd inside me could not suppress squeals of happiness as my eyes caught the displays of Harry Potter and Doctor Who merchandise near their cultural display, and as my ears heard the sweet tune of The Beatles' "I Saw Her Standing There". What really completed this whole experience for me, however, was the holistic representation of the United Kingdom in their performance. There were specific portions of the show which were dedicated to the different regions of the country, which showcased various songs hailing from the UK, ranging from more traditional songs, to recent ones, such as "Galway Girl," by English singer-songwriter Ed Sheeran. The combination of elegant ballet performances as well as lively tap dances from the McConnell School of Dance and the Susan French School of Highland Dancing provided an emotional rollercoaster for the audience and created an aura as magical as all 8 Harry Potter films combined.

Indian Pavilion

Entering the Indian Pavilion on a partially empty stomach was, quite frankly, the biggest mistake I've ever made in my life. The mouthwatering scent of different spices wafted in my surroundings, and Charisma of India did a fantastic job trying to lure me with Indian cuisine hits, such as their Tandoori chicken. Instead, I opted to look for coffee since my eyelids were starting to droop heavily from exhaustion. Aside from entering the pavilion starving, I made another mistake of choosing coffee over traditional Chai tea at their bar. On the other hand, the pavilion also offered a feast for the eyes as they boasted of different displays of art and products from the Indian community in Winnipeg, which included a small booth in which one can get a henna tattoo. The booths were decorated with colorful fabric, which set the mood for the performance. The show consisted of several performances showcasing both traditional and modern Indian dances. One performance was a

mix of Indian and Caribbean dances, which worked beautifully with their stunning costumes. The balance of colorful costumes and dynamic dance moves entertained me to the point of forgetting all the exhaustion I felt beforehand (it's that, or the caffeine kicking in).

Korean Pavilion

The Korean pavilion was extremely packed when I visited. Upon my entrance, I was immediately greeted by women dressed in hanbok, a bell-shaped dress used by Korean women during festivities. The pavilion offered an array of traditional Korean snacks and dishes, such as bulgogi, which are thin strips of meat marinated then grilled, often served with vegetables; japchae, a dish that consists of stir fried sweet potato glass noodles and vegetables; and, of course, kimchi, which is a side dish of fermented vegetables (cabbage is most often used). Although all these dishes are wonderful (and there's simply no doubt that my mouth was watering once I saw the menu), I made the mistake of not bringing any cash with me and was unable to try any of the food. However, I have tried many of these in my own time, and I have to admit, my Filipino mother makes a mean japchae; but nothing beats having traditional Korean cuisine. The performances consisted of several segments that showcased an array of traditional Korean dances. Samgo-mu, which is a Korean drum dance, kickstarted the performance, followed by an adorable fusion performance by children of a flower basket dance and talchum, a traditional dance involving masks. This paved the way for an extreme-



ly mesmerizing Korean fan dance called "buchae-chum", wherein the dancers held glow-in-the-dark fans, which were mesmerizing against the dark surroundings during the performance. The show ended with a bang, as boys and girls of all ages presented amazing taekwondo moves and kicks. And nothing was more heart-racing than seeing a teenager fly-kick a piece of wood as he jumped over four people, two of whom were Mayor Brian Bowman, and Mayor Naheed Nenshi. I can honestly say that it's true when they say wondrous things happen in Folklorama!

Continued on p15

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VAMOS APRENDER MICAELENSE

Na ilha de São Miguel, há um vernáculo Português, que foi influenciado por a mistura de povos que povoaram a ilha, incluindo aqueles que vieram de flandres.

Estas expressões vêm dum livro escrito pela falecida professora, Fátima Sequeira Dias.



CORISQUINHO/A: Admoestação carinhosa às crianças. Há também apaixonados que gostam de chamar corisquinha às amantes. Dizem as más línguas que esta é forma inteligente de nunca se enganarem nos seus nomes, entre sussurros e abraços de ardor...

CORRER ROUPA: Este é o termo utilizado para engomar. Passar a ferro. Conta-se que uma rapariga servindo como criada uma patroa continental, perguntava-lhe todos os dias se podia correr. A patroa desconhecendo a expressão, ficava alarmada com o pedido e respondia-lhe que não. Passaram-se os dias e a patroa vendo a roupa por engomar a acumular-se na cesta, inquiriu a empregada sobre tal facto. A rapariga surpreendida respondeu-lhe que todos os dias lhe tinha perguntado:

Posso corrê?

COURÃO: Ordinário/a. No entanto, é mais frequente ser utilizado contra certas mulheres. É um grande insulto, sendo semelhante a “cascão.” Para nosso alívio, são sempre as filhas e as mulheres dos outros a receberem este epíteto!

COURO, ESTAR EM: Estar nu. Despido. As crianças da escola gostam de massacrar os colegas loiros dizendo, “o louro, teu pai está em couro.” Os pais desses meninos aconselham-nos a ficarem calados porque não seria de bom-tom responder.

CREDO EM CRUZ: Generalizada entre o povo, esta antiga expressão pretende mostrar indignação ou surpresa pelo que se via ou pelo que se ouvia. Entre as mulheres mais velhas, esta expressão era acompanhada pelo sinal da cruz. Hoje está a cair em desuso.

CRESCER COMIDA: Sobejar comida numa refeição. É costume olhar-se para os restos que sobram exclamando: cresceu comida! A expressão, infelizmente, não significa nem surpresa, porque as mesas querem-se fartas, nem alegria, porque os “restos”terão de ser comidos.

DAR UM ENSAIO: Dar uma sova. E, como se presume que uma peça de teatro não seja ensaiada apenas uma vez, o desgraçado que sofre o ensaio será bem sovado.

DAR UMA GUINADA: Dar uma volta para o lado. Diz-se a propósito dos automóveis, quando o volante dá uma volta precipitada. As condutoras são exímias a realizar esta difícil operação, explicando:

“O guiador” fugui-me da mão!

Mais grave é, porém, quando a vida dá uma guinada...

DAQUI PARA DIANTE: Dora-vente. Promessa. Intenção para o futuro, mas, como se sabe, nem sempre concretizamos o que prometemos...

Daqui para diante, nunca mais direi mentiras!

LET'S ALL LEARN MICAELENSE

São Miguel has a vernacular Portuguese influenced by the mix of people who populated the island, including the Flemish. These terms come from a book written by the late professor, Fatima Sequeira Dias.

CORISQUINHO/A: Loving admonition to children. The term also applies to lovers who like to call their lovers *corisquinha*. Cyncis will say that this is a clever way to avoid calling someone by the wrong name in the heat of passion and whispered sweet nothings...

RUNNING CLOTHING: This term is used for ironing. It is said that one particular girl, who was serving as domestic help to a mistress from the mainland would asked her boss every day if she could “run.” The lady of the house, unaware of the expression, was alarmed by the request and said “no.”

The days passed and the employer saw clean clothes accumulating in the ironing basket; when she asked the maid about this fact, the surprised girl replied that she had asked her mistress every day:

May I run?

COURON: Ordinary. However, it is more often used against *certain* women. It is a great insult, being similar to “shovel.” To our relief, it is always the daughters and wives of others (and not our own), who receive this epithet!

LEATHER, BEING IN: Being naked. Nude. School kids like to tease their blond classmates by saying, “Hey blondie, your father is in leather!” (It rhymes in Portuguese.) The parents of these boys and girls would advise them to keep quiet because it would not be wise to respond.

BELIEF IN CROSS: Generalized among the people, this old expression is intended to show indignation or surprise at what one saw or heard. Among older women, this expression was accompanied by the sign of the cross. Today, it is falling into disuse.

GROWING FOOD: Eating a meal. It is customary to look at the remains that are left on a table, exclaiming: *food has grown!* The expression, unfortunately, conveys neither surprise, because the tables should want plenty, nor joy, because the “leftovers” will have to be eaten the next day.

GIVE A REHEARSAL/PRACTICE: Give a kick or a punch -- a beating, euphemistically referred to as a play “rehearsal.” And since a play is presumed not to be rehearsed just once, but many times over, whomever suffers a rehearsal will be well-wrought.

TAKE A TURN (SHARPLY): Take a sideways turn. It is said in reference to automobiles, when the steering wheel suddenly and sharply makes a hasty turn. The conductors themselves are excellent and not to blame, at performing this difficult maneuver, explaining:

“The steering wheel,” it pulled my hand! More serious is, however, when life takes a sharp turn...

HERE FORWARD: Henceforth. A promise. An intention for the future, but as we all know, we don't always keep our promises...

From now on, I will never tell lies again!



Portuguese Idiom

Dã Deus nozes a quem não tem dentes

Translation: God gives nuts to those who don't have teeth

Meaning: What a waste!

Used when an opportunity isn't seized

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**FOLKLORAMA: SHRIMP PRE-GAME!
ANTES DE MAIS NADA...
CAMARÃO DO VITOR NA DELTA!**

Planning the itinerary for the two weeks of Folklorama at Delta Sports Club, over juicy, fat shrimp and a glass of chilled white wine, while chatting with owners Victor Gomes and Simplicio Vaz about their Folklorama plans.

Planeando o itinerário para duas semanas de Folklorama, enquanto petiscamos, na companhia de Victor Gomes e Simplicio Vaz, proprietários do Delta Sports Club.

**Folklorama Fieldwork 2019:
A Cultural Captain's Logbook**

The human condition is surprisingly consistent in its lived experience on this planet, even if culturally myriad in its costumes and customs. There are only so many gestures and tones possible for the human body as expressed by faces, hands, feet, and tongues; only so many emotions felt by the human heart; only so many thoughts running -- sometimes wildly, sometimes precisely -- through the human mind. There are endearing limits to our common human physiology and our overlapping genetic blueprints across this big blue ball hurtling through space. Is it nature or nurture that defines who we are as human beings? There are numerous people with fancy degrees who have all sorts of things to say about why we live the way we do. I used to be one of them, full of theories and big words based on observation.

These days, when I travel to other places, including Folklorama pavilions in Winnipeg, Canada, I prefer to cast an appreciative eye on cultural borrowing and sharing among people; across time and space, and to worry less about the imbalance of power and politics of that cultural diffusion. One thing remains the same from my theoretical daze: I don't believe in race; I never have, and I never will; however, I do believe in culture. And there are others, too, like science guy Bill Nye, who says, there really is no such thing as race. *We all came from Africa. We are all of the same stardust. We are all going to live and die on the same planet, a Pale Blue Dot in the vastness of space.*

My favourite thing about Folklorama? It affirms my belief in culture!

When I visit pavilions, I see cultures, not races -- race is a limited cultural construct that should be thrown out of our human vernacular once and for all. It is wrong, non-scientific thinking, same as the flat earth theory was wrong thinking in the West before navigators circumnavigated a round globe and proved otherwise. During the two weeks in August between days 4 and 17, I spent every night at between one and three pavilions, together with *O Mundial's* in-house photographer, while *O Mundial's* intern tried to visit just as many -- careful not to overlap to ensure maximum coverage. Here is a combined log of over 30 of 45 pavilions celebrating 50 years of appreciative multicultural sharing in Winnipeg, Canada.

**Relatório de
Folklorama 2019:
Diário de bordo de um capitão cultural**

A condição humana é surpreendentemente consistente na sua experiência vivida neste planeta, ainda que culturalmente miríade em seus costumes e traços. Existem apenas tantos gestos e tons possíveis para o corpo humano, expressos por rostos, mãos, pés e línguas; apenas tantas emoções sentidas pelo coração humano; apenas tantos pensamentos correndo às vezes descontroladamente, às vezes precisamente - através da mente humana. Há limites cativantes para a nossa fisiologia humana comum e nossos diagramas genéticos sobrepostos através

desta grande bola azul que passa pelo espaço. É natureza ou criação que define quem somos como seres humanos? Existem numerosas pessoas com graus extravagantes que têm todo o tipo de coisas a dizer sobre porque vivemos da maneira porque o fazemos. Eu costumava ser um deles, cheio de teorias e grandes palavras baseadas em análises pesadas e observação meticulosa.



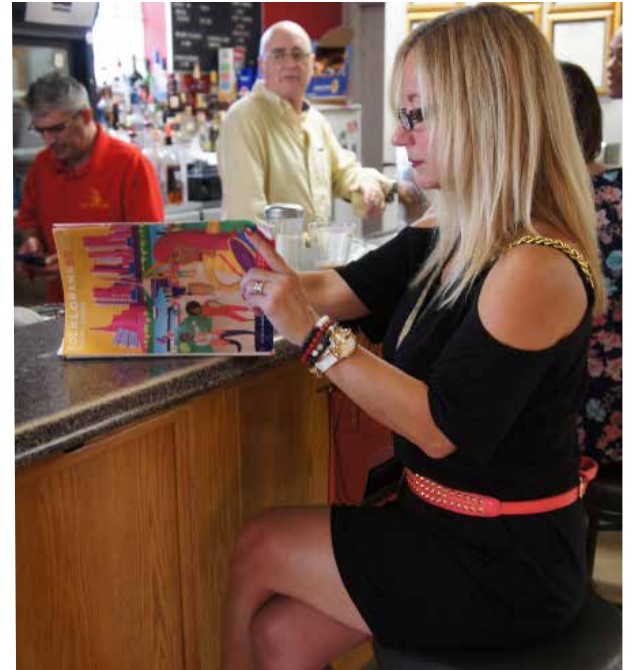
Hoje em dia, quando viajo para outros lugares, incluindo os pavilhões do Folklorama em Winnipeg, no Canadá, prefiro dar uma olhada apreciativa ao empréstimo cultural e ao comportamento entre as pessoas; através do tempo e do espaço, e me preocupar menos com o desequilíbrio do poder e política dessa difusão cultural. Uma coisa permanece a mesma do meu embarrasço teórico: eu não acredito em raça; eu nunca tive, e nunca terei, mas acredito na cultura. E há outros, também, como o cientista Bill Nye, que diz que realmente não existe raça. *Nós todos viemos da África. Somos todos do mesmo stardust. Todos nós vamos viver e morrer no mesmo planeta, um ponto azul pálido na vastidão do espaço.*



Minha coisa favorita sobre o Folklorama? Afirmo minha crença na cultura!

Quando visito pavilhões, vejo culturas, não raças - raça é uma construção cultural limitada que deve ser jogada fora de nosso vernáculo humano de uma vez por todas. É um pensamento não científico errado, assim como a teoria de que a Terra era plana estava errada no ocidente após os navegadores circunavegarem um globo circular e provassem o contrário.

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Durante as duas semanas de agosto, entre 4 e 17, passei todas as noites entre um e três pavilhões, junto com o fotógrafo interno de *O Mundial*, e organizei o estágio de *O Mundial* para visitar tantos - cuidado para não sobrepor pavilhões para garantir cobertura máxima. Aqui está um diário de cinco dos quarenta e cinco pavilhões que celebram 50 anos de partilha multicultural em Winnipeg, Canada.



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Folklorama 2019

Text by/Texto por Mia Sally Correia
Photos by/Fotos por Michel da Silva

Pavilion of Portugal, Portuguese Association of Manitoba Week One, Sunday 6:45 pm

Opening night is surprisingly busy, given that it is the Sunday of the last long weekend in true summertime for Winnipeg, and it is prairie-scorching-hot – like the summers of my youth, which is appropriate seeing as how I previously volunteered at this pavilion, starting in my youth. Ambassadors Brittany Moniz and Samantha Botelho – adult, and Brandon Aguiar and Shalisa Placido – youth, are at the door greeting visitors as they arrive, and behind them, the line for the food, featuring BBQ chicken, pork bifanas, and a variety of seafood such as shrimp, cod, and octopus, is already snaking around the rows of long tables in the spacious, air-conditioned hall, towards the two bars at the back of the room.

Special guest Henrique Cipriano from Montreal is the headliner, and when he takes the stage, he boldly informs the audience that *coming here is like coming home to Portugal, even though, he says with a grin and a wink, we start the party a little later there...*



The Portuguese folk dance groups of the Portuguese Association of Manitoba grace the audience with well-known numbers, and seated throughout the hall are their proud parents and families who come to support the pavilion whilst cheering on the little (and not so little) ones that have come to countless practices throughout the year, which culminate in the public showcase at Folklorama. O Mundial is partnering with Luso-Can TV in capturing moments for Shaw cable and the WFP, and following the lively show, planning an itinerary for the rest of the two weeks. We decide to go visit our Iberian *hermanos* next at...

Pabellón de Espanã, Spain Pavilion, Spanish Club of Winnipeg Week One, Sunday 8 :15pm

The Bolero Dance Theatre guest dancers, resplendent in silver grey and lilac, take the stage first; castanets up in graceful, lacquered hands, clacking rhythmically, akin to the clickety-clack of horses' hooves, and reminiscent of the dances on the north-western border of the Iberian Peninsula in Portugal. The wailing vocals and aggressive footwork of the Spanish flamenco show more gypsy roots than anything I am familiar with as a Luso-Canadian born across the pond, but nonetheless conveying an intense saudade for memories from the past brought forward into the present and echoing wildly into a future yet to come.

The *Sol de Espanã* Dancers, taught by Carmen Infante, who started dancing as a girl in Cordoba, Andalusia, enjoyed the passion of the dance as much as the appreciative audience, their tiered and flouncy skirts whirling over heavy tap shoes with a bolero heel. Rounding out the sensory experience with live music, acapella vocals and precise foot stomping, the finale Rumba as performed to the music of the Gipsy Kings, is as stirring as it is exquisite. Honest to goodness, I feel like conjuring up the Spanish among my dead

ancestors and begging them to teach me Flamenco on the spot – at least the clapping, to start!

A word or two about the Volunteers and Folklorama: all pavilions are run by volunteers whose passion and dedication to the cultural cause is inspiring and inexhaustive – there were faces in all pavilions that I've been seeing for decades in my annual visits to Folklorama. The funds raised by community organizations during the festival is a way of survival for many



of these organizations, especially the smaller ones. And in general, Folklorama is great for Winnipeg's economy, bringing hundreds of thousands of visitors to our city. Winnipeg would not be Winnipeg without Folklorama – it is the only multicultural festival of its kind in Canada, probably even North America; only the extended weekend festival of Carassauga in Mississauga, Ontario comes close.

Special Mention in Week One goes to the First Nations Pavilion, with its hauntingly emotional performance and interactive welcoming of the visitors by performers – evocative of the days of power-sharing on Turtle Island by “natives and newcomers,” before the fur trade began to shift the dynamics in political favour of the Europeans – and breaking down the barriers between stage and audiences; celebrating the core values of natural law and respectfully sharing the oldest existing culture in this land we now call Manitoba, with more recently arriving cultures.

Pavilhão de Portugal, Associação Portuguesa de Manitoba Primeira semana, domingo, 18h45

A noite de abertura é surpreendentemente movimentada, dado que é o domingo do último fim de semana prolongado no verão de Winnipeg, e é quente - como os verões da minha juventude, o que é apropriado, já que eu me apresentei voluntariamente neste pavilhão, começando na minha juventude. Os embaixadores Brittany Moniz e Samantha Botelho - adultos, e Brandon Aguiar e Shalisa Placido - jovens, estão na porta cumprimentando os visitantes quando chegam, e atrás deles, a fila para a comida, com churrasco de frango, bifanas de porco e uma variedade de frutos do mar como camarão, bacalhau e polvo, já serpenteava em volta das fileiras de mesas compridas no espaçoso salão com ar condicionado, na direção dos dois bares nos fundos da sala.

O convidado especial Henrique Cipriano de Montreal é o headliner, e quando ele sobe ao palco, ele informa a plateia que vir aqui é como voltar para Portugal, embora, ele diz com um sorriso e uma piscadela, *nós começamos a festa Pouco mais tarde...* Os grupos de danças folclóricas portuguesas da Associação Portuguesa de Manitoba enchem o palco com números conhecidos, e sentam-se ao longo do salão os seus orgulhosos pais e famílias que vêm apoiar o pavilhão enquanto aplaudem os pequenos (e não tão pequenos) que vieram a inúmeras práticas ao longo do ano, que culminam na vitrine pública do Folklorama. *O Mundial* está em parceria com a Luso-Can TV para captar momentos para a Shaw Cable e para o WFP, e planejando um itinerário. Decidimos de ir visitar os nossos hermanos ibéricos...

Pabellón de Espanã, Pavilhão da Espanha, Clube Espanhol de Winnipeg Semana Um, domingo, 8: 15pm

Os dançarinos convidados do Bolero Dance Theatre, resplandecentes em cinza prateado e lilás, sobem ao palco primeiro; castanholas erguidas em graciosas mãos laqueadas, batidas ritmadamente, parecidas com o estalar dos cascos dos cavalos e reminiscentes das danças da fronteira noroeste da Península Ibérica em Portugal. Os vocais lamentosos e o trabalho agressivo do flamenco espanhol mostram mais raízes ciganas do que qualquer coisa que eu conheço como luso-canadiana nascida do outro lado do lago, mas transmitindo uma intensa saudade por memórias do passado trazidas ao presente e ecoando em um futuro ainda por vir.

As Dançarinas *Sol de Espanã*, ministradas por Carmen Infante, que dançava desde ser moça em Córdoba, Andalusia, desfrutaram paixão da dança tanto quanto do público apreciador, suas saias rodopiam sobre pesados sapatos com um salto de bolero. Completando a experiência sensorial com música ao vivo, vocais de acapella e pisadas precisas, o final de Rumba como tocado para a música dos Gipsy Kings, é tão emocionante quanto requintado. Honestamente, sinto vontade de invocar os espanhóis entre meus antepassados mortos e pedir-lhes que me ensinem flamenco - pelo menos as palmas, para começar!



Uma palavra ou duas sobre os Voluntários e Folklorama... Todos os pavilhões são dirigidos por voluntários cuja paixão e dedicação à causa cultural é inspiradora e inesgotável - havia rostos em todos os pavilhões que eu tenho visto há décadas, nas minhas visitas anuais ao Folklorama. Os fundos arrecadados por organizações comunitárias durante o Folklorama são uma forma de sobrevivência para muitas dessas organizações, especialmente as menores. E, em geral, o Folklorama é ótimo para a economia de Winnipeg, trazendo centenas de milhares de visitantes à nossa cidade. Winnipeg não seria Winnipeg sem o Folklorama - é o único festival multicultural do tipo no Canadá, provavelmente até mesmo na América do Norte; apenas o extenso festival de fim de semana de Carassauga, em Mississauga, Ontário, chega perto.

Menção Especial na Primeira Semana vai para o Pavilhão das Primeiras Nações, com seu desempenho emocional assustador, e recepção interativa dos visitantes por artistas - evocativa dos dias de compartilhamento de poder em Turtle Island por “nativos e recém-chegados” antes do comércio de peles começar mudando a dinâmica em favor político dos europeus. Derrubaram as barreiras entre o palco e os membros da audiência; celebrando os valores fundamentais da lei natural e respeitosamente compartilhando a mais antiga cultura existente nesta terra que agora chamamos de Manitoba, com culturas que chegaram mais recentemente.



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Photos by/Fotos por Michel da Silva

Argentina "Tango" Pavilion.

Centro Caboto Centre

Week One, Sunday 815pm

Hosted by Vince Gabriele and ushered in by live music and a soloist in glittering white bling, who sings "Don't Cry for Me, Argentina," in mournful tones evocative of Evita Perron, I take some iPhone pictures for Facebook and some vague notes, looking down until... Boom; Tango! I look up. Graceful and athletic, the dancers make up for their youth with passion and joie de vivre, performing two numbers before yielding the stage to singer Noelia Yemal from Buenos Aires, who performs a few powerful numbers. The songs are followed by drums and plumed carnival dancers, who remove their feathers at one point in the dance to reveal shiny PVC outfits and knee high boots for both men and women. I get dragged up for the finale with Jose and Pedro, Daniela and Aldana, for an interactive dance number, trying hard to keep my reading glasses atop my head.

Chile Lindo Pavilion.

Casa do Minho Portuguese Centre

Week One, Sunday 945pm

Caught the tail end of the show owing to a prolonged conversation with a delightful wine rep at the Tango pavilion, and so, resolved to return later in the week to catch the beginning. Chile is one of those solid pavilions that never disappoints, whether food or drink, dance or ambience. Stay tuned...

Caribbean Pavilion

Centre Culturel Franco-Manitobain

Week One, Monday 530pm

Run into Donovan Martin, pictured bottom right with his son, who is running for MLA in one of the new, re-drawn West End constituencies, and immediately get swept forward in the crowd to VIP. This pavilion is buzzing, as ever, and we get served a nice rum punch and a deliciously spicy sampling of food that includes a samosa and jerk-chicken with just the right amount of kick. The show starts in



Trinidad, where we are treated to the Fusion Dancers -- an energetic and best-of mixture combining Indian and African rhythms, beats and steps. We are told it is their first Folklorama. After Trinidad comes Jamaica and the

Jamaican Folk Dancers with reggae and all good island things; happy faces and happy feet; beautiful young women with shining hearts. Guyana doesn't disappoint and was rep'd by another fusion east-meets-west performance. The finale was Limbo and members of the audience were asked to participate, including the Italian Ambassador -- adult male, who was (surprisingly?!) quite good.

Africa Pavilion. Holy Cross School

Week One, Monday 645pm
In the Holy Cross Gym, where my brother attended Junior High School, sitting next to Major Bowman's family and close to a few ambassadors from Chile, Brazil, and the Philip-pines, I am always amazed at diversity of the African community in Winnipeg as represented by dance numbers and a fun sketch depicting one of the largest markets in West Africa, the Markola Market in Ghana.

We watch numbers from Sierra Leone, Nigeria, Kenya, and combinations of all, featuring dozens and dozens of inter-generational performers.

Celtic Ireland Pavilion Fort Garry Curling Club

Week One, Monday 815pm
This pavilion has always been a strange fit with my personal Folklorama puzzle. On the one hand, as I've learned that I'm 15% Irish, I enjoy feeling the Irish warmly bubble up in me as I take in the dance numbers and drink the tasty beer; on the other hand, as I experience year II of the rigid check-in process and repeated questioning by multiple organizers, together with the general disinterest in media coverage, I feel the Portuguese hotly raise up in me as we are told that no more than 10 minutes of the show can be filmed, and that, bizarrely, for print media, no pictures are allowed! Doesn't matter, we're at the back of the hall anyway ;) The coleslaw is really good. As is the show. Glossy; well produced; featured dancers are disciplined and talented. Dunno if I'll return next year -- either the third time will be the charm, or it'll become a running joke for *O Mundial*.



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Folklorama 2019

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Greek Pavilion.

**RBC Convention Centre
Week One, Wednesday 815pm**

50 years of cultural displays and souvenirs -- *Opa!* I love this pavilion, and I'm not going to pretend otherwise; as such, it's always a treat to visit. Debbie Panagiotou Hirsch is as welcoming and fun as she is beautiful and warm. My Luso-Can TV colleague and I strike up a lively conversation as we get kissed by Zorba, complete with temporary lip tattoo for me. The Kefi dancers are as good as they always are, and clearly enjoying the performance as much as the audience. If you've been to Folklorama and you haven't been here before, make sure you go to this pavilion next year!

I confess, that's my favourite thing to see; dancers



who enjoy as much as audience. Don't know what else I can say about this pavilion as I close my book to switch from media to Manitoban, just out and about, enjoying Folklorama.

set to Queen's "We Will Rock You," and moves into strains of "London Bridge is Falling Down," and "Pop Goes the Weasel." Clearly someone here has a big sense of humour and history in putting together this multimedia extravaganza. "Oh Hangman, play your hand?" So well done! The UK is more than just the (former) British Empire and the 90s media narrative of *Cool Britannia*...

**El Salvador Pavilion
Southdale Centre
Week One, Saturday 815pm**

A pleasing mixture of dance and song, from folk groups to modified, traditional ballet, and a medley-finale of all combined. Here we are, as if to say, in all of our brilliant facets -- shining like a living latin diamond: young and old; inter-generational and proud,

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India Pavilion

**RBC Convention Centre
Week One, Thursday 815pm**

Excellence and many splendours! I take some notes, wonder why City Councillor Jason Schreyer is performing with a local group, and enjoy VIP seating yet again. Pay attention to the facts, my friends: India is the 2nd most populous country in the world with 1.3 Billion people, boasts the second largest pool of engineers; is the largest democracy in the world; and created the number 0, calculus, and geometry.

I recommend samosas -- favourites of mine -- and butter chicken next time you visit. Good looking people, beautiful clothes, and great dances. Enough said. Plus Goa... ;) No wonder the Portuguese didn't want to leave!

Visiting at India were two Caribbean Ambassadors who obliged *O Mundial* with a photo -- Nice!



cultural ambassadors included. This is how culture evolves in my estimation and El Salvador shows us the how and the "way," if not "why" of it. Salsa dancing and pulpas, plus pica-pica to wash it all down. Volunteer coordinators took the stage in the finale, together with the dancers; community solidarity such as I haven't seen since early years in my Portuguese pavilions.

Where did we end Week One?!
At the Caribbean!!

And Why?!

We were invited back by good friends, who were also pavilion volunteers!... So fun, so good.



UK Pavilion

**RBC Convention Centre
Week One, Thursday 945pm**

Biggest surprise yet -- starts with a medley of imagery and performances



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Folklorama 2019

Text by/Texto por Mia Sally Correia
Photos by/Fotos por Michel da Silva

As Week One ends with an eclectic and inspiring (to me) mixture of old and new world cultures, I confer with my small media team at the start of Week Two, and we resolve to launch abroad from, yet again, our national home base, the other Portuguese pavilion; but first, we stop in for another pre-game; this time, coffee and macieira, at JT's Club.

I also check in with O Mundial intern Angela to ensure that she is enjoying her own rounds; she is!, and bringing to bear her own cultural (Philippine) lens to Folklorama; she is!

Portuguese Pavilion, Casa do Minho Portuguese Centre Week Two, Sunday 645pm

JP Cardoso from *Voz Lusitana* on CKJS is the MC; to his left, behind him on stage, are musicians regaling us with live music – two on accordion, two on guitar, one on a hand-held drum curiously shaped like a fish (note to self: research this one: what is it and where does it come from?) and a traditional drum. A scrolling PowerPoint highlighting 50 years of Portuguese immigration to Canada runs between dance and song performances, along with headliner act Duo Som Luso from Mississauga, on the day that *O Mundial* attended, is on mainstage and second stage under the tent. Local duo SanCarlos is also appearing throughout the week. Starting with a double time, populist version of the fado, *Uma Casa Portuguesa*, they get the crowd warmed up and clapping, in between bites of BBQ chicken and sardines.

The succinct yet thorough cultural display focuses on an historical-demographic sketch of our community in Winnipeg, including descriptions of the cultural organizations and their origins. The dancing is near-to-flawless under the artistic direction of Natária Melo, who grew up dancing in the same groups she now leads. I see that the women are wearing the traditional backless chinelas (slip-ons) and the men are playing the castanets as they dance. The tables are filling quickly, and I know from experience that the Portuguese among the visitors will come and stay for the night; it's part of our cultural practice during Folklorama. Ambassadors Tiago DaSilva Goncalves and Zita Costa – adult, and Kaitlynn Costa and Alexandra Santos – youth, say good-bye at the door as we make plans to visit other pavilions, including *nossos primos* at...

Brazilian Pavilion, Viva Capoeira/Viva Brazil RBC Convention Centre, Week Two, Wednesday 815pm

Pavilion Head Chef Ana Godinho of Viena do Castelo is a friend – full disclosure – and so we head over on empty stomachs in anticipation of what she's cooked up. We're running late on Portuguese-European time, and upon arrival, where we get seated at VIP, and Luso-Can TV sets up camera behind the AV fence in the middle of the hall, the live band is calling up members of the audience for an interactive number.

We pull out iPhone and regular cameras and a notepad and start documenting the Brazilian sexiness of Samba dancers and the graceful, strong prowess of Capoeira martial artists. There's a riveting dance duel set to the heavy drums of the import/export African/Brazilian, a latinized batuque, which takes place between a Samba dancer from Vancouver, and a Capoeira martial artist from (I think) Toronto. It's hard to hear above the drums!

MP Robert Falcon-Ouellette is in the audience, and he finishes up his impromptu audience participation number with a smile and an obliging turn for the *O Mundial* camera. The show is lively and breath-taking, in the sense that the martial artists are performing all sorts of flippy-flips in the air and landing barefoot within inches



of each other. The live musicians sing and perform with equal energy to the dancers and martial artists; of note is a beautiful Brazilian singer-guitarist named Carla Dias, who we find out, is celebrating her birthday in Winnipeg later in the week. We resolve to come back for the late-night party on the weekend as we munch on rice and beans with farofa, a spiced chicken skewer, tossed salad with vinaigrette, and pulled beef with roasted peppers and cassava chips – all delicious and washed down with a few cups of beer and cachaça!

Special Mention in Week Two goes to the Métis Pavilion, with its enthusiastic and energetic, seamless and diverse blend of cultures, which have created the Métis people in our province.

Pavilhão de Portugal, Centro Português da Casa do Minho Segunda semana, domingo, 645pm

JP Cardoso da *Voz Lusitana* no CKJS é o MC; à sua esquerda, atrás dele no palco, estão músicos nos apresentando com música ao vivo - dois no acordeão, dois na guitarra, um em tambor de mão curiosamente moldado como um peixe (note para mim mesmo: pesquise este: o que é e de onde vem?) e um tambor tradicional. Um PowerPoint mostrando 50 anos de imigração portuguesa para o Canadá acontece entre apresentações de dança e música, juntamente com o Duo Som Luso de Mississauga no dia em que *O Mundial* participou no palco principal. Na segunda etapa sob a tenda, eles se revezavam com a dupla local SanCarlos ao longo da semana. Começando com uma versão dupla do populismo do fado, *Uma Casa Portuguesa*, faziam a multidão se aquecer e aplaudir, entre sabores de frango no churrasco e sardinha assada,

A exibição cultural simples, porém, completa, foca um esboço histórico-demográfico da nossa comunidade em Winnipeg, incluindo descrições das organizações culturais e suas origens. A dança é quase impecável, sob a direção artística de Natária Melo, que cresceu dançando nos mesmos grupos que ela agora lidera. Vejo que as mulheres estão usando as tradicionais chinelas e os homens estão batendo as castanholas enquanto dançam. As mesas estão se enchendo rapidamente, e sei por experiência própria que os portugueses entre os visitantes, virão e passarão a noite; faz parte da nossa prática



cultural durante o Folklorama. Os embaixadores Tiago Da Silva Goncalves e Zita Costa - adultos, e Kaitlynn Costa e Alexandra Santos - jovens, se despedem na porta enquanto fazemos planos para visitar outros pavilhões, incluindo nossos irmãos no...

Pavilhão Brasileiro, Viva Capoeira / Viva Brazil Segunda semana, quarta-feira às 20h15

A chefe de cozinha no pavilhão, Ana Godinho, da Viena do Castelo, é uma amiga - revelação completa - e, assim, nos deitamos de barriga vazia em antecipação ao que ela ia cozinhar no Brasil. Estamos atrasados na hora portuguesa-europeia, e na chegada, onde nos sentamos no VIP, e a Luso-Can coloca a câmera atrás do AV cerca no meio do corredor, a banda ao vivo está chamando os membros da audiência para um número interativo. Pegamos o iPhone, câmeras comuns e um bloco de anotações e começamos a documentar a sensualidade brasileira dos dançarinos de samba e a proeza graciosa e forte dos artistas de capoeira. Há um fascinante duelo de dança com os tambores pesados da importação/exportação africana/brasileira, batuque latinizada, que acontece entre um dançarino de Samba de Vancouver e um Artista Marcial de Capoeira de (eu acho) Toronto. É difícil ouvir acima da bateria!

O MP Robert Falcon-Ouellette está na plateia, e ele termina seu número de participação de audiência improvisado com um sorriso e uma gentil virada para a câmera de *O Mundial*. O show é animado e de tirar o fôlego, no sentido de que os artistas marciais estão realizando todos tipos de sobressaltos no ar e terra, aterrando descalços a poucos centímetros um do outro. Os músicos ao vivo cantam e tocam com igual energia dos dançarinos e artistas marciais; digna de nota é uma linda cantora e guitarrista brasileira chamada Carla Dias, que, descobrimos, comemora seu aniversário em Winnipeg no final da semana. Resolvemos voltar para a festa do final da noite no fim de semana enquanto mastigamos arroz e feijão com farofa, um prato de frango temperado, salada com molho vinagrete, e puxamos carne com pimentos assados e mandioca - tudo delicioso e regado com algumas xícaras de cerveja e cachaça!

Menção especial na segunda semana vai para o Métis Pavilion, com sua mistura entusiástica e enérgica, sem costura e diversificada de culturas, que criaram o povo Métis em nossa província.

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**Preâmbulo, por Helder Fafiães,
2019, 6ª Edição, Revista, Liga dos Combatentes,
Núcleo de Ontario**

Em Portugal existem muitas regiões étnico-culturais e povos nativos, mas nenhum deles é reconhecido oficialmente pelos governos ao serviço da oligarquia do Estado Português. Portugal é hoje em pleno século XXI, o último país medieval e feudalista da Europa e o único país europeu sem regiões ou províncias oficiais no seu território europeu. Para a elite social (a oligarquia) portuguesa só 3% da população de Portugal e 4% do seu território insular (as ilhas) têm direito à autonomia e à liberdade, o resto da população do país são cidadãos de segunda classe sem direitos de facto. Um dos povos e das nações oprimidas de Portugal são os nativos Lusitanos, povo que vive essencialmente no interior da Lusitânia, ou como os portugueses costumam dizer, na região centro ou da Beira. Mas por favor, não confunda o povo Lusitano com o povo Português. Nós Lusitanos apesar de termos a cidadania portuguesa não somos portugueses, somos apenas nativos Lusitanos, e os portugueses não são lusitanos, são um povo mestiço neo-latino de origem romana e goda, e são estes a base das elites sociais e da oligarquia portuguesa. Os Portugueses são menos de 5% da população total do país, enquanto nós lusitanos e os outros povos nativos de Portugal somos mais de 90%.

Muitos lusitanos vivem dispersos por todo o Portugal e no estrangeiro, mas o berço dos Lusitanos continua a ser a região interior da Lusitânia (a Beira interior). A Lusitânia compreende 3 províncias históricas e 6 distritos. Hoje em dia todo o povo Lusitano fala a língua dos conquistadores portugueses, o português (dialecto beirão), a reconstruída língua lusitana (Leukantu) é apenas falada por menos de 100 pessoas. A Lusitânia embora não seja reconhecida oficialmente pela República Portuguesa, é um povo em busca desse reconhecimento e de autonomia política. Portugal é um país altamente centralizado, que vive numa bipolarização entre dois partidos corruptos que controlam e atrofiam a democracia portuguesa. O governo ultra-centrista de Lisboa não quer dar autonomia política às regiões nem às províncias portuguesas nem quer partilhar o poder regional com os povos nativos porque tem medo de perder os seus privilégios e negócios. Portugal é também o único país da Europa democrática que não permite a legalização de partidos regionais e locais no seu território. Há alguns partidos e grupos mas nenhum está legalizado, porque a oligarquia centra portuguesa não o permite. Muitos grupos nascidos do emergente movimento nacionalista lusitano moderno estão à procura de autonomia para a Lusitânia porque o governo central esqueceu a sua região. Alguns grupos querem mesmo a independência total devido à intransigência do governo português.

Lusitânia

A Lusitânia literalmente significa a terra dos lusos, e é uma nação não independente ou sem o seu próprio Estado, sendo actualmente uma região de facto integrada na República Portuguesa, embora não seja reconhecida oficialmente como tal pelo Estado português que hoje domina, governa e ocupa o seu território. Muito embora os limites fronteiriços da região não estejam na actualidade rigorosamente estabelecidos e aceites pelo Estado português, principalmente as terras lusas do norte a sul do rio Douro e as terras lusas do sul a norte do rio Tejo (provincia do Ribatejo), a Lusitânia sempre conservou o seu núcleo central (Beira interior) mais ou menos homogéneo, que sempre conservou a base da sua raiz étnica, racial e cultural ao longo de milénios até aos nossos dias. A semelhança de outras nações europeias sem Estado mas reconhecidas oficialmente como regiões ou províncias pelo Estado dos respectivos países, o caso da Lusitânia é o mais

grave e mesmo único dentro do panorama europeu.

Parte II continuará em Volume 1, Issue 9, Setembro-Outubro 2019

**Preamble, by
Helder Fafiães,
2019, 6th Edition,
Liga dos Combatentes
Magazine, Ontario
Nucleus**

In Portugal there are many ethno-cultural regions and native peoples, but none of them are officially recognized by the governments who are at the service of the Portuguese State oligarchy. Portugal is now in the 21st century, yet it remains the last medieval and feudalist country in Europe and the only European country without official regions or provinces in its European territory. Only the Portuguese social elite (oligarchy), comprising only 3% of Portugal's population and 4% of its island territory (the islands), have the right to autonomy and freedom; the rest of the country's population are second-class citizens without de facto rights. One of the oppressed peoples and nations of Portugal are the native Lusitanos, people who live mainly in the interior of Lusitânia, or as the Portuguese usually say, in the central or Beira region. But please do not confuse the Lusitanian people with the Portuguese people. We Lusitanos, although we have Portuguese citizenship, are not Portuguese; only we are Lusitanian natives. The Portuguese are not Lusitanians; rather, they are a neo-Latin mixed race people of Roman and Gothic origin; this mixture is the basis of the social elites and the Portuguese oligarchy. The Portuguese are less than 5% of the total population of the country, while we Lusitanians and the other native peoples of Portugal are more than 90%.



Many Lusitanos live scattered throughout Portugal and abroad, but the birthplace of the Lusitanos remains the interior region of Lusitânia (Beira interior). Lusitania is comprised of three historic provinces and six districts. Today all the Lusitanian people speak the language of the Portuguese conquerors, Portuguese (dialect beirão); the reconstructed Lusitanian language (Leukantu) is only spoken by less than 100 people.

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Although Lusitania is not officially recognized by the Portuguese Republic, its people are in search of recognition and political autonomy. Portugal is a highly centralized country, with a political model of bipolarization that supports two corrupt parties, which control and atrophy Portuguese democracy. The ultra-centrist government of Lisbon does not want to give political autonomy to the Portuguese regions or provinces, nor does it want to share regional power with the native peoples because it is afraid of losing its privileges and businesses. Portugal is also the only country in democratic Europe that does not allow the legalization of regional and local parties in its territory. There are some parties and groups, but none are legalized, because the Portuguese central oligarchy does not allow it. Many groups born of the emerging modern Lusitanian nationalist movement are seeking autonomy for Lusitania because the central government has forgotten their region. Some groups even want total independence due to the intransigence of the Portuguese government.

Lusitania

Lusitania literally means *the land of the Portuguese*; it is a nation without independence, or its own state, and it is currently a *de facto* integrated region of the Portuguese Republic, although it is not officially recognized as such by the Portuguese state that today dominates, governs and occupies our territory. Although the border boundaries of the region are not currently, strictly established and accepted by the Portuguese State, especially the lands north to south of the Douro River and lands south to north to the Tagus (Ribatejo province), Lusitânia has always retained its more or less homogeneous central core (Beira interior), which has also retained the base of its ethnic, racial and cultural roots over millennia to the present day. Like other stateless European nations officially recognized as regions or provinces by the state of their respective countries, the case of Lusitania is the most serious oversight, and even unique within the European landscape.

Pictured left is Viriato; a esquerda, foto de Viriato, CC Conhecido em latim como Terror Romanorum, a origem actual de Viriato foi obscurada pelo Estado Novo "Viriato tem sido uma daquelas personagens ressurgentes, e quase sempre presente, na memória colectiva nacional. O termo "lusitano" é utilizado de uma forma bastante comum para identificar determinados elementos e características materiais ou imateriais ligados a Portugal e aos portugueses.

No entanto, a historiografia sobre os lusitanos e Viriato tem abalado a relação directa entre ambos e Portugal, abalando e remetendo para o mito a suposta relação entre ambos os povos e territórios."
www.vortexmag.net/viriato-o-guerreiro-lusitano-que-afinal-era-espanhol

Part II will continue in Volume 1, Issue 9, September-October 2019

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Folklorama 2019

Text by/Texto por Mia Sally Correia
Photos by/Fotos por Michel da Silva

Chilean Pavilion.

**Notre Dame Community Club
Week Two, Sunday 645pm**

Blend of cultures -- Spanish European, Latin, Pacific (Polynesian), and Indigenous. Colourful outfits and lots of fun onstage, this pavilion is one of the older ones -- 40 of 50 years spent participating in Folklorama! I go every year.



Italian Pavilion.

**Centro Caboto Centre
Week One, Sunday 815pm**

Festa D'Italia, which I saw last year, and which Luso-Can TV has already filmed, so I coast a bit and just enjoy the how, noting the similarities to Portuguese culture, and a few fun in-jokes from Folkloramas-past. The room is at capacity and the show sold out. I'm against a wall, next to security and only got in on account of my media badge.



Polish Pavilion

**RBC Convention Centre
Week Two, Tuesday 815pm.**

Hungary Pavilion

**RBC Convention Centre
Week Two, Tuesday 945pm**

We hit these back-to-back and back-and-forth, which is fun, between setting up Luso-Can TV and taking pics for *O Mundial*, sitting in VIP at the latter, and irritating some audience members at the former -- you'd think with such a big hall that they'd have a lot of space for media.



At Poland, *Iskry* is as good as always, with colourful costumes accentuated by red pot-lights and stage back-drop.

At Hungary, we manage to eat a bit towards the end of the show -- tasty cabbage soup, which I love, and sauerkraut, plus a chocolate cake that is just-right European sweet; not too much! We watch a very cool Bottle Dance, where the women balance glass bottles atop their heads, and have a fun conversation with a pavilion coordinator and one of the dancers.



Russian Pavilion

**Holy Cross School
Week Two, Friday 815pm**

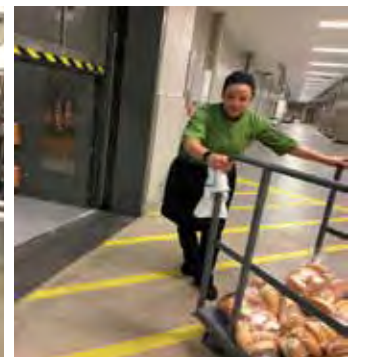
As always, excellent sense of humour expressed throughout the show -- in the selection of dances, musical numbers, the MC's jokes and repartee, and the mascots such as the Russian Bear and performers like Yevgeny of *The Red Elvises*.



Brazilian Pavilion

BONUS --
RETURN & BRIEF PICTORIAL
INTERVIEW with
Chef ANA GODINHO
**RBC Convention
Centre, Week Two,
Wednesday & Saturday 945 & 11pm**

After a chaotic-good fun, follow-Ana-around-the-kitchen, quick and dirty interview in the afternoon, we come back to catch the final show on Saturday night, where we spy Folklorama Executive Director Teresa Cotroneo (picture on the right) enjoying herself and obliging *O Mundial* with a photo. We then hit VIP, again, drink and film, eat and write, take more pictures, and dance some to finish off Folklorama 50 in Samba style at Brasil.



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VALOUR FOOTBALL CLUB -- PORTUGUESE DAY AT INVESTORS GROUP FIELD

Q&A WITH MARIO LOPES

Q WHAT IS PORTUGUESE DAY?

A PORTUGUESE DAY IS ABOUT BEING PORTUGUESE, FIRST AND FOREMOST; IT'S NOT ABOUT BELONGING TO ANY PARTICULAR CLUB OR ORGANIZATION -- THERE IS NO ONE AFFILIATION.

PORTUGUESE DAY IS ABOUT ENCOURAGING OUR COMMUNITY TO COME TOGETHER AND SHARE THEIR LOVE OF SOCCER, AND AT THE SAME TIME, COME OUT TO SUPPORT TWO PORTUGUESE-CANADIAN PLAYERS WHO PLAY FOR VALOUR FOOTBALL CLUB (FC) IN THE CANADIAN PREMIER LEAGUE (CPL) -- CANADA'S FIRST PROFESSIONAL SOCCER LEAGUE.

DYLAN CARREIRO AND DYLAN SACRAMENTO PLAY WITH PASSION AND HEART; WE WANT AS MANY MEMBERS OF OUR COMMUNITY TO RALLY BEHIND THEM AND SUPPORT THEIR EFFORTS WITH EQUAL HEART AND PASSION.

WE WANT TO HONOUR OUR COMMUNITY'S PAST, FROM DAYS GONE BY, WHEN OUR TEAMS WOULD GET TOGETHER FOR TOURNAMENTS ON THE WEEKENDS IN THE SUMMER TO CELEBRATE FEASTS AND OUR PEOPLE WOULD COME OUT TO WATCH AND BE TOGETHER TO SHARE OUR LOVE OF THE GAME.

IT'S A WAY OF HONOURING THE PAST WHILE ENJOYING THE PRESENT AND MOVING FORWARD INTO THE FUTURE. IT'S A WAY OF CELEBRATING OUR HERITAGE IN WINNIPEG, CANADA AS PORTUGUESE, WHETHER WE'RE IMMIGRANTS, OR FIRST, SECOND, OR THIRD GENERATIONS...

Q WHERE IS PORTUGUESE DAY?

A IT'S TAKING PLACE AT INVESTORS GROUP (IG) FIELD, WHICH IS THE FOOTBALL STADIUM WHERE THE BLUE BOMBERS PLAY, NEAR THE UNIVERSITY OF MANITOBA, OFF PEMBINA HIGHWAY. THERE ARE MANY WAYS TO GET THERE, BUT WE'RE SETTING UP A PARK N RIDE AT 10:00AM WITH BUS SHUTTLES LEAVING A NEARBY LOCATION EVERY 20 MINUTES. THAT WAY, FOLKS DON'T HAVE TO WORRY ABOUT PARKING, OR PAYING FOR PARKING. WE'VE GOT THAT COVERED FOR THEM, AND DETAILS ABOUT THE PARK N RIDE LOCATION WILL BE COMING IN SOCIAL MEDIA VERY SOON.

Q WHEN IS PORTUGUESE DAY?

A SATURDAY, OCTOBER 5, 2019. KICK-OFF IS AT 2:30PM, BUT WE'RE WANTING TO COME TOGETHER SOONER FOR A TAILGATE PARTY. TO THAT END, OUR PARK N RIDE WILL START AT 10AM, WITH THE TAILGATE AT IG FIELD STARTING AT 11:00AM.

I'LL HAVE MY TRAILER AT THE TAILGATE AS A MUSTER POINT FOR GATHERING -- YOU WON'T MISS IT; JUST LOOK FOR IT AND THE RED AND GREEN... WE'LL WEAR OUR COLOURS, AND HAVE SOME FUN; EAT SOME BIFANAS, DRINK SOME SUMOL, AND THEN BE READY TO GO FOR 2:00PM...

Q WHAT IS HAPPENING AT 2:00PM?

A PARADE! WE'VE INVITED BANDA LIRA DE FATIMA TO PARTICIPATE. THEY'LL BE PLAYING THE CANADIAN NATIONAL ANTHEM BEFORE THE GAME AND SOME BRASS BAND TUNES DURING THE HALF-TIME SHOW, INCLUDING A MARCHA OF SOME SORT FOR OUR INVITED PORTUGUESE DANCERS TO DO A VIRA GERAL WITH THE MUSICIANS.

WE CAN'T OFFICIALLY HAVE THEM PLAY THE PORTUGUESE NATIONAL ANTHEM, BUT KNOWING BANDA LIRA DE FATIMA, THEY MIGHT SNEAK IT IN AT THE END OF THE GAME... SO, AT 2:00PM, WE MARCH INTO THE STADIUM, FOLLOWING THE BANDA LIRA DE FATIMA, WEARING OUR RED AND GREEN -- REP'ING PORTUGAL IN TRUE PORTUGUESE FASHION. ONCE WE GET INTO THE STADIUM, THE BANDA AND INVITED DANCERS GO ONTO

THE FIELD AND SET UP FOR THE OFFICIAL OPENING, WHILE THE REST OF US GO TO OUR SEATS IN SEVERAL SECTIONS NEXT TO THE TRENCH, WHICH IS UNDERNEATH MY BOX SUITE, ON THE EAST SIDE. I'M A SEASON TICKET HOLDER AND I USUALLY FLY OUR COLOURS, SO YOU WON'T BE ABLE TO MISS THE SECTION -- JUST LOOK FOR THE RED AND GREEN. AND MAKE SURE YOU WEAR YOUR OWN RED AND GREEN!

Q SPEAKING OF SEASON TICKET HOLDERS, WHAT HAPPENS WITH FOLKS WHO WANT TO SIT TOGETHER WITH THE REST OF US PORTUGUESE, BUT MIGHT HAVE THEIR SEATS ELSEWHERE?

A OH, THAT'S NO PROBLEM. WE'VE MADE ARRANGEMENTS WITH THE CLUB TO SUBSTITUTE THEIR REGULAR SEATS FOR PORTUGUESE DAY SEATS. ALL THEY HAVE TO DO IS CALL BRYAN MITENKO AT 204.784.7665 OR EMAIL HIM AT BMITENKO@VALOURFOOTBALL.CLUB AND ASK HIM TO MAKE THE SWITCH. EASY-PEASY!

Q HOW MUCH ARE TICKETS? A \$20.00 FOR ADULTS AND \$15.00 FOR YOUTH 15 YEARS OLD AND UNDER. WE'RE TRYING TO MAKE IT AS AFFORDABLE AS POSSIBLE FOR FAMILIES TO ATTEND -- ENCOURAGING INTERGENERATIONAL GROUPS TO COME OUT! GRANDMAS AND GRANDPAS, MOMS AND DADS, BROTHERS, SISTERS, COUSINS, AUNTS, UNCLES, MADRINHAS, PADRINHOS... YOU GET THE PICTURE!

Q WHO ELSE ARE YOU INVITING, BESIDES OUR PORTUGUESE COMMUNITY?

A EDMONTON'S PORTUGUESE COMMUNITY! WE KNOW THAT THERE IS A LARGE PORTUGUESE COMMUNITY IN THAT CITY. THEY CAN TAKE A ROADTRIP, CHEER ON FC EDMONTON, BUT STILL WEAR THE RED AND GREEN AND SIT WITH THEIR WINNIPEG COUSINS!

WE'RE ALSO INVITING THE MEDIA -- PORTUGUESE AND OTHERWISE; HOPING TO SEE O MUNDIAL, OF COURSE, BUT ALSO, LUSO-CAN TV AND VOZ LUSITANA AT CKJS, VOZ DE PORTUGAL, AND PORTUGUESE IN MANITOBA.

Q WHY IS IT IMPORTANT TO ATTEND?

A WE'RE ON THE CUSP OF SOMETHING BIG IN PROFESSIONAL SOCCER IN THIS COUNTRY, AND IN THIS CITY; AS A COMMUNITY THAT LOVES SOCCER, I THINK IT'S IMPORTANT FOR THE PORTUGUESE TO BE A PART OF THE MOVEMENT.

NOT ONLY DO WE HAVE TWO PLAYERS ON THE ROSTER, BUT MORE THAN MANY COMMUNITIES, WE ACTUALLY UNDERSTAND THE GAME! I MEAN, WE'VE GROWN UP PLAYING IT, WATCHING IT, AND GOING NUTS DURING WORLD CUP.

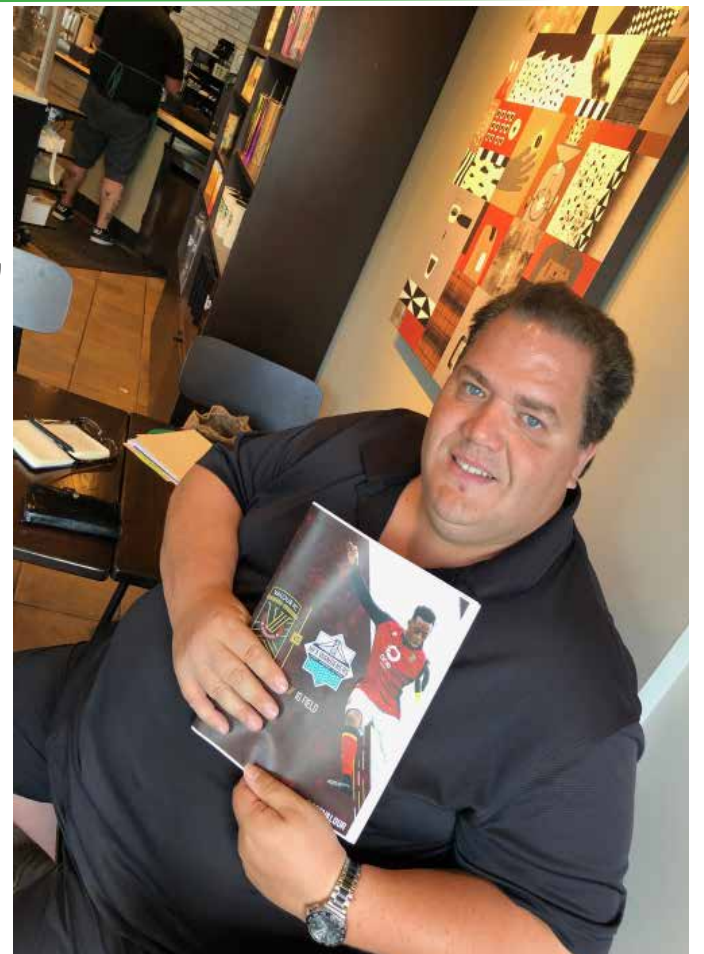
IT'S NOT ABOUT THIS OR THAT TEAM -- ALL PORTUGUESE ARE WELCOME, AS ARE THE LOVERS OF THE PORTUGUESE. YOU DON'T HAVE TO BE PORTUGUESE TO ATTEND, JUST WEAR RED AND GREEN AND BE PORTUGUESE FOR THE DAY. IT'LL BE FUN! WE'RE FUN!

IT'S ALSO IMPORTANT TO ATTEND TO SHOW THAT WINNIPEG HAS A STRONG PORTUGUESE COMMUNITY THAT COMES TOGETHER TO SUPPORT AND BUILD, AND NOT JUST AT FOLKLORAMA.

I'VE REACHED OUT TO ALL PORTUGUESE ORGANIZATIONS, INCLUDING THE CHURCH. IN FACT, WE'VE GOT THE CLERGY COMING OUT!

ACTUALLY, IT'S NOT A BAD IDEA, IF YOU'RE A PRAYING PERSON TO BRING YOUR ROSARIES -- EVERY LITTLE BIT HELPS!

THERE ARE SOME OTHER COMMUNITY EVENTS THAT DAY,



IN THE EVENING, SO THERE IS ABSOLUTELY NO SCHEDULING CONFLICT WITH THIS LATE MORNING AND EARLY AFTERNOON EVENT. COME TAKE IN THE GAME, WHICH WILL BE OVER BY 5PM OR SO, THEN GO GET READY FOR THE ANNIVERSARY DINNER AT CASA DOS ACORES FEATURING HERMANO SILVA, OR THE DINNER AND SHOW AT CASA DO MINHO WITH AGOSTINHO CANARIO, OR THE CD RELEASE FOR LUIS SALSA AT PORT CAFE LOUNGE.

NEXT YEAR, WE'RE HOPING TO TIME THIS EVENT A BIT EARLIER, SO THAT WE CAN HOLD IT AROUND PORTUGAL DAY, JUNE 10.

Q ANY PARTING WORDS?

A YES, ACTUALLY. BUT THEY'RE MORE LIKE A CHALLENGE...

I'M PURCHASING 250 TICKETS MYSELF AND GIVING THEM AWAY... I'D LIKE TO ENCOURAGE OTHER BUSINESSES TO PURCHASE A SECTION OF TICKETS FOR THEIR EMPLOYEES. IT'S A GOOD WAY TO SHOW APPRECIATION AND SHOW COMMUNITY SOLIDARITY AT THE SAME TIME!

Q HOW MANY PEOPLE ARE YOU EXPECTING TO ATTEND PORTUGUESE DAY?

A HOPING FOR FOUR TO FIVE THOUSAND, BUT PRAYING FOR MORE. WHY NOT THINK BIG? I CAN'T DO THIS ALONE! I NEED YOUR HELP. SPREAD THE WORD, COME OUT TO SUPPORT. WEAR GREEN AND RED! GIVE US ALL ANOTHER REASON TO BE PROUD OF WHO WE ARE AS PORTUGUESE IN THIS COMMUNITY.

LET'S GET THOSE NUMBERS UP!

THANK YOU, MARIO, FOR YOUR TIME IN PROMOTING THIS WORTHY EVENT. I CAN TELL YOU THAT NAVEGANTE-O MUNDIAL WILL BE THERE, TAKING PICTURES, REPORTING ON WHO AND WHAT, WHEN, WHERE, AND HOW... AND THEN SHARING OUR INDOMINABLE PORTUGUESE SPIRIT WITH THE REST OF OUR COMMUNITY.

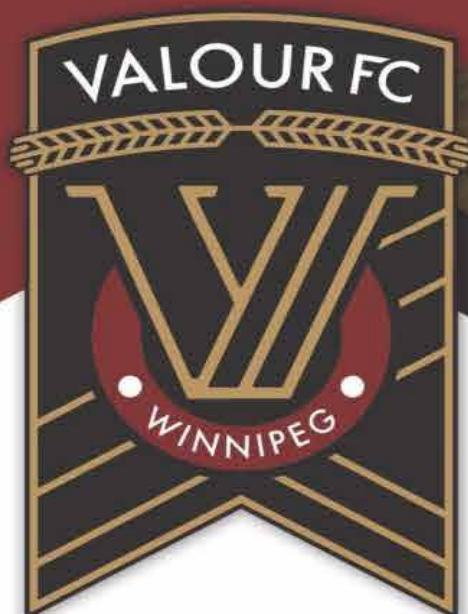
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PORTUGUESE DAY

Saturday, October 5th

Valour FC vs FC Edmonton

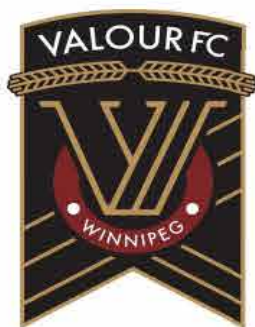
2:30PM KICKOFF

AT IG FIELD

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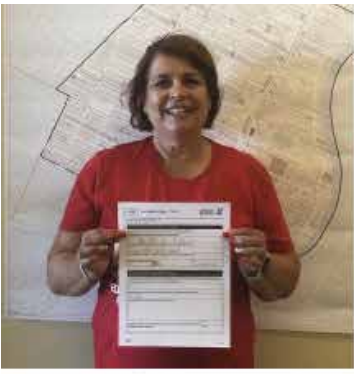
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FOR MORE INFORMATION

Portuguese Contact: Mario Lopes at 204-336-2746 or mario@mariolopes.ca

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CELEBRATIONS! CELEBRAÇÕES!

Top panel:
Gilbert and Eddie Calisto-Tavares celebrate mom's 90 years of life as Eddie launches her Liberal campaign for MLA in St John's, while making the pavilion rounds during Folklorama. Here she is with Serhiy Swinton, youth Ambassador, Ukraine-Kyiv. <3
Congratulations Eddie and mom! Força!

In the Center.
Tia Juliana at 95 years! Looking Good!
On the left, still following Sabrina Carreira..
On the right, still following AJ Calado..

Bottom panel:
Wedding Anniversaries!
<3
Congratulations and Best Wishes for many more!
Sylvia and Jason, top right; Sara and Randy, bottom left; Debbie and Robert, bottom right.

Want in?!
Send me a text to 204.981.3019, tag me Mia Sally Correia in your photo on FB or Insta, or send me an e-mail to omundial@outlook.com if you'd like to share your good news with our community.
Why not?!



**As One Winnipeg:
A First Timer's Experience at Folklorama 50**

by Angela Ciceron
Continued from p3

Egyptian Pavilion

The first ever Egyptian pavilion was packed when I got there, with 2 shows already sold out. The pavilion showcased several stalls for jewelry and for custom sand art, as well as a decorated, colorful sitting area that served as a coffee shop. Their menu included several options, such as shawarma, which is cooked through vertically roasting thin slices of meat; kanafeh, a Middle Eastern dessert; and kushari, an Egyptian dish made with rice, macaroni, and lentils. Despite not getting to try the food that they offered, I thoroughly enjoyed their cultural display, which displayed several information about Ancient Egypt, as well as Egyptian women who have made achievements in different fields of study. It was empowering to see women stand beside the likes of Cleopatra, showing that women have the ability to conquer these milestones.

The performance started with an Egyptian wedding procession called "zaffa", with one of the dancers wearing a very ornate headpiece called a "shamadan". Other dances followed this spectacle, including a dance which involved a wide, presumably weighted skirt, and an ample amount of spinning. The way in which the patterns of the skirt blurred as the dancer, Mohamed Al Sayed, was breathtaking, and was a definite stunner among the dances performed that night. Al Sayed is both a world renowned drummer and a dancer who flew all the way from Spain for Folklorama 50. The performance ended with a parade of performers and volunteers alike along the aisles between the audience, while waving Egyptian flags, which was an adequate way to welcome the Egyptian pavilion into Folklorama.

Philippine Pavilion

It wasn't a surprise that I was looking forward to experiencing this pavilion for the first time due to my cultural bias. However, even a non-Filipino will feel the festivities once they bear witness to the colorful jeepney parked near the pavilion's entrance. The feeling of festivity, or "fiesta" in Filipino terms, can be felt all throughout the venue with the colorful flaglets called "banderitas" lining the ceiling. In addition to this, a karaoke bar was also set up near the bar, which emanated the spirit of drunken Filipino singing, a common activity during fiestas. I didn't try any of the food offered at the pavilion (mostly because these are all household staples in my home), but it included hits such as adobo, a famous Filipino dish comprised of chicken braised in garlic, soy sauce, and vinegar; lumpia, which are spring rolls filled with meat and vegetables; and turon, a sweet spring roll filled with halved bananas and covered with hardened molten brown sugar. Their cultural displays offers a wide array of Philippine literature and interactive Filipino games, such as sungka, and often, an opportunity to learn tinikling, a dance performed by hopping between two bamboo poles held by a person on each side.

The performance began with dances from Luzon, the northern group of islands in the country, which were performed by young children. Following this, the dancers performed a story-based performance consisting of different dances from the southern islands of Mindanao, which has a predominantly Muslim population. Glow-in-the-dark aspects were also added to the dance, notably on the fans used in one segment of the performance, which highlighted the dancers' movements. Overall, the performance was both mesmerizing and memorable, due to the fact that it's been too long since I've seen the traditional dances of the Philippines. Experiencing your own country's dances in Folklorama is not only an

opportunity to have fun, but it takes you back home to the Pearl of the Orient.

Serbian Pavilion

The Serbian Pavilion immediately had a sense of home as you entered its doors. They showcased a variety of Serbian products, which visitors can take home as a souvenir. Various snack that can commonly be found in the lunchboxes of Serbian children were a large part of these souvenirs, which was a point of nostalgia for the generations of Serbian families in Winnipeg. Another nostalgic aspect was the lovingly created homemade Serbian dishes for the pavilion.

Various styles of Kolo dances lit up the stage performed by an array of dancers of different ages. The dynamic movements of the dancers as they moved together emanated a spirit of festivity, and in contrast, a feeling of home as well. Another traditional dance performed was one that mimicked the activity of women in Serbia, wherein it was their responsibility to gather water for the household. The regions of Serbia was well represented with the dances, which came from varying regions of the country. It was not only the dances that made the performance entertaining, but the host as well: she made humorous banter about what's it's like in the Serbian community, which made me, a person who's not familiar with their culture, have a better understanding about it.

Hungaria-Pannonia Pavilion

The Hungarian-Pannonia pavilion opened its arms to me as my first pavilion of the night at the RBC Convention Centre. As one of the oldest countries in the world, their cultural display was a sight to behold: it presented different aspects of their culture, such as traditional clothing, notable churches, and the colorful, impressive embroidery patterns from different regions in Hungary. Their menu served a variety of Hungarian food, such as gulyas-leves (goulash soup), langos (deep fried bread), and kolbasz, which is a type of sausage. They also served a special dish each day of the week, which gave the visitors a taste of something different on the day they visit the pavilion.

What really made the performance special was the band that played live music for the dancers: the host had revealed that they flew all the way from Hungary to perform for Folklorama, which was a treat. The lively music paired well with the dynamic dances, which heavily involved slapping different body parts to match the rhythm of the songs that were playing. The women wore colorful full skirts, which created a flurry of patterns as they spun to the music. The Hungarian pavilion not only showcased the history that their country has with their performance, but also showed how rich and lively their culture is.

Mexican Pavilion

The Mexican pavilion immediately felt festive with the colorful strings of banner, which are called *papel picados*, at the entrance of the pavilion. An impressive array of glass skulls, or calaveras, sit at the entryway for the small area reserved for a Mexican-style market, which showcases different products imported from Mexico. Their cultural display highlighted the day of the dead, or Dia de los Muertos, which is celebrated in Mexico annually, every 2nd of November. The display also included hints at animated movies that centered on Mexican culture, including Pixar's *Coco* and *Dreamworks'*

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The book of Life. Not only was their cultural display stunning, but their food options offered a wide array of Mexcian dishes, including pico de gallo and churros, which I opted for. I heard there would also be horchata, which is a plant based milk with cinnamon, but I could not find it, which was dreadful.

However, my dread vanished immediately as the show proceeded. The performance consisted of the different ways in which Dia de los Muertos is celebrated in different regions of Mexico, and was performed by performers who flew all the way from Vera Cruz, Mexico. The colorful costumes, with the stark contrast of the theme of death and life, adequately showed the audience the true purpose of the festivity, which is to celebrate life.

One notable performer was one who wore a full skirt, and had a skull painted on his face, who served as the central character in the dance. The feeling of festivity was communicated well through the very last portion of the performance, which invited the audience to dance with the performers. Truly, the pavilion encapsulated the way in which Mexico celebrates life: with color and with heart.

All in all, my first experience at Folklorama was exceptional: though I did not get a chance to try some of the pavilions' food options, the cultures of the different countries showcased this year were represented more than well with the performances. Though the different pavilions offered various enjoyable experiences, they all are an integral part in communicating the message that Folklorama delivers: though we all come from different backgrounds, we can celebrate our cultures together, as one Winnipeg.



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Luso-Canadian FC Reunion 26/7/19

Photos by Michel da Silva

Present were, in order of attendance...

- Michael Edwards
- John Prokopetz
- Ken Pankiewich
- Tony Fonseca
- James Chomini
- Mike Prokopetz
- John Verti
- Desi Clarke
- Jorge Carreiro
- Carlos Gonçalves
- Chris Kacsmar
- Fernando Sousa -- Organizer, with Annie!
- Michel da Silva
- Manuel Felgueiras
- Joe Resendes
- Tony Lourenço

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What a great group of guys...
I love the candid shots best.

O Fernando Sousa prometeu-me uma entrevista sobre a história fascinante deste clube de Futebol, um dos mais antigos da nossa comunidade Portuguesa, aqui na cidade de Winnipeg.

Obrigado ao simpatico presidente, João Pimentel pela sua visão em suportar o esforço do Luso FC.



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PAGINA DOS COMBATENTES

COMBATENTES RESIDENTES NO CANADÁ ENVIAM DONATIVO À ADFA.

Com a devida vénia, extraído do jornal ELO de Junho de 2019 por Maria Jose Correia

O associado Pedro Correia, que também é membro da Liga dos Combatentes, residente em Winnipeg, Manitoba, Canadá, deslocou se à Sede Nacional, onde entregou donativos dos combatentes portugueses residentes no Canadá.

A oferta foi feita no passado dia 4 de Julho e Pedro Correia esteve reunido com o Presidente da DN, Manuel Lopes Dias e com o vice presidente António Garcia Miranda, com o tesoureiro Armindo Matias e com o secretário Carlos Fanado, recebendo a medalha dos 45 anos da Associação.

associado trouxe 1.500.00 euros em donativos a distribuir pela Sede Nacional e pela Delegação da ADFA nos Açores. É tradição nossa, como antigos combatentes radicados no Canadá, enviar estes donativos, explicou.

Como é costume anualmente, Pedro Correia chegou no início de Junho a Portugal e, no período de cerca de dois meses em que esteve no Continente, participou em diversas cerimónias e eventos, representando os antigos combatentes e os deficientes militares residentes no Canadá.

Esteve em Portalegre e desfilou perante o Presidente da República no Dia de Portugal, de Camões e das Comunidades Portuguesas, 10 de Junho. Noutras ocasiões esteve com o Chefe do Estado, nomeadamente aquando da visita à Casa Militar do Presidente da República, no final de Julho. Correia todo o País e encontrou camaradas e amigos um pouco por todo o lado, com destaque onde fez a recruta, a antiga Escola Prática de Infantaria, em Mafra, hoje Escola das Armas.

Aqui fechei um círculo da minha vida, pois quando jovem tinha jurado nunca mais cá entrar... Fui convidado a estar ali e fui tão bem recebido que já não restam em mim marcas desse passado menos feliz. contou.

Pedro Correia que se emociona visivelmente quando fala sobre os combatentes vítimas de stresse de guerra que tem ajudado no Canadá e sobre a forma como recuperam a sua auto estima e gosto pela vida, numa partilha entre pares: aposta na promoção do intercâmbio institucional e nas organizações canadianas de combatentes portugueses, que representa.

É entre camaradas que resolvemos as nossas angústias e que decidimos que temos que viver para que outros aprendam que a Paz necessita de ser defendida, especialmente pelos que sofreram os horrores da guerra.

No âmbito da sua ação como dirigente associativo, pretende saber quantos são os deficientes militares



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residentes no Canadá para: Contacto e Trabalho em conjunto em prol dos direitos dos deficientes militares portugueses e da sua representatividade no País que escolheram para residir. Continua a apelar para que o contatem através do endereço: pascpasc41yahoo.ca.

CERIMÓNIA EM MAFRA

Texto de Pedro Aires Correia

Após ter saído de Mafra há 56 anos onde estive a frequentar o Curso de Sargentos Milicianos 62 - 63, e ter jurado a mim próprio que não voltaria lá mais, voltei novamente no passado mês de Julho, acompanhando o General Joaquim Chito Rodrigues, Presidente da Liga dos Combatentes e Arquitecto Eduardo Varandas.

Fomos recebidos pelo Comandante da Unidade e seus Oficiais. Dirigimo nos à sala de convívio, onde estavam altas Patentes, incluindo o sr. General José Nunes da Fonseca, Chefe do Estado Maior do Exército, que me deu a honra de ser fotografado comigo! Houve um almoço muito farto e variado e diversos discursos...

Recuando no tempo, evoquei os meses que lá passei passando frio e fome, não tendo cama onde dormir, pois o Convento não estava preparado para receber 2 mil Sargentos Milicianos, precisando de dormir nos corredores gelados, enquanto não completavam as paredes, para alojar tantos rapazes!

Fiz a recruta com alguns contrerrâneos: o Cimbron, o Gabriel, o José Manuel da Ribeira Grande e alguns Terceirenses. Tempos terríveis! Até se dizia que os fantasmas andavam por lá de noite a arrastar as correntes!... Tudo passou e agora, é um quartel impecável, na sua aparência e organização de Eventos!...

Na altura chamava se Escola Pratica de Infantaria. Em 2013, passou a ser Escola de Armas Combinadas. Festejando o dia da Unidade, dia 19 de Junho, assistimos a um espetáculo de cavalos na tapada de Mafra, pertencente ao Exército Português. Tive o prazer de reconhecer alguns alferes do meu tempo,

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agora Generais reformados.

Fizeram me bastantes perguntas sobre o Canadá e nosso Núcleo de Veteranos. Elucidei os o melhor que pude e como a Portugalidade em Winnipeg se mantém viva, devido ao nosso esforço.



**MINI-ENTREVISTAS/
INTERVIEWS WITH SOME
LOCAL CANDIDATES/ALGUNS
CANDIDATOS LOCAIS**

ADRIEN SALA, NDP FOR ST. JAMES

1.Occupation: Director of Strategy and Operations at Assiniboine Credit Union

2.Age: 39

3.Family members, including pets: Wonderful wife Amelia, two girls and Flossie the Cat

4.Where in Winnipeg are you living and working? I live in St.James and my kids go to school in St.James. My wife and I are also proud to volunteer in the community.

5.Where are you running? I'm running in the constituency of St.James. The boundaries have shifted slightly to the east since the last election. Western boundary on Portage Ave is now Mount Royal Rd. and eastern boundary is Erin Street. I'm proud to have the opportunity to represent a sizeable portion of the wonderful West End.

6.For which party are you running and why – in your own words. I'm proud to be running for the NDP because this is the party for working families like mine. As a dad I'm focused on wanting to see sustained investments in education and healthcare because I want the best possible future for my kids here in Manitoba.

7.Where were you born? Thompson, MB

8.What languages do you speak? English and French

9.Where were you raised? St. Vital

10.Where did you go to school? Both my business and Masters of Science degrees were completed at University of Manitoba

11.What's the best advice you've ever received? Best advice you've ever given? You miss 100% of the shots you don't take...



12.Any nicknames you care to share?

13.Hobbies/interests: Folk instruments and collecting LPs (apologies to my wife for last one)

14.What are your expectations if you attain office? For your constituency? For Manitobans? My expectation is continuous learning about the issues and concerns of constituents in St.James, and to be doing everything I can to respond to them. In terms of what Manitobans can expect from the NDP, we've released a fully costed platform that outlines our commitment to building a Manitoba

for all of us, not just those at the top. The platform can easily be found on the Manitoba NDP website.

15.What do you like best about Winnipeg? Manitoba? Canada? The diversity of culture and our unbelievable summer festival season!

ADRIEN SALA, NDP Para ST. JAMES

1. Ocupação: Diretor de Estratégia e Operações da Assiniboine Credit Union

2.Idade: 39

3. Membros de.Familia, incluindo animais de estimação: esposa maravilhosa Amelia, duas meninas e Flossie, o gato

4. Onde está vivendo e trabalhando em Winnipeg? Eu moro em St.James e meus filhos vão para a escola em St.James. Minha esposa e eu também nos orgulhamos de ser voluntários na comunidade.

5. Onde está correndo? Eu estou concorrendo no círculo eleitoral de St.James. Os limites mudaram ligeiramente para o leste desde a última eleição. Fronteira ocidental em Portage Ave é agora Mount Royal Rd. e limite oriental é Erin Street. Tenho orgulho de ter a oportunidade de representar uma parte considerável do maravilhoso West End.

6.Para qual partido está correndo e por que - com suas próprias palavras. Tenho orgulho de estar concorrendo para o NDP porque esse é o partido para famílias que trabalham como a minha. Como pai, estou focado em querer ver investimentos sustentáveis em educação e saúde porque quero o melhor futuro possível para meus filhos aqui em Manitoba.

7. Onde e que nasceu? Thompson, MB

8.Que idiomas fala? inglês e francês

9. Onde é que foi criado? St. Vital

10. Onde escola frequentou? Tanto o meu negócio e mestrado em Ciências foram concluídos na Universidade de Manitoba

11. Qual é o melhor conselho que já recebeu? Melhor conselho que você já deu? Sente falta de 100% das fotos que você não recebeu ...

12.Qualquer apelido que gostaria de compartilhar?

13.Hobbies/interesses: Instrumentos populares e colecionar LPs (desculpas à minha esposa pelo último)

14. Quais são as suas expectativas se você atingir o cargo? Para o seu círculo eleitoral? Para os manitobans? Minha expectativa é aprender continuamente sobre as questões e preocupações dos constituintes em St.James, e estar fazendo tudo o que puder para responder a eles. Em termos do que os Manitobans podem esperar do NDP, lançamos uma plataforma totalmente custeada que destaca nosso compromisso de construir uma Manitoba para todos nós, não apenas para os que estão no topo. A plataforma pode ser facilmente encontrada no site do Manitoba NDP.

15. O que mais gosta em Winnipeg? Manitoba? Canadá? A diversidade da cultura e nossa inacreditável temporada de festivais de verão!

EDDIE-CALISTO TAVARES, LIBERAL FOR ST. JOHNS

1.Occupation: Entrepreneur

2.Age: 60

3.Family members, including pets: Gilbert, my husband of 40 years. Two children, Kristle and

Khorie. Two grandchildren, Kalista and Alexander. Two dogs, Shadow and Skye.

4.Where in Winnipeg are you living and working? I am a proud North End resident and entrepreneur. My work has involved communities living all over the Province.

5.Where are you running? Running in the diverse and vibrant community of St. Johns

6.For which party are you running and why – in your own words: I am running for the Manitoba Liberal Party. I believe that we need a new way to solve some of the problems in our communities. Better supports and resources in schools and early childhood education, creating jobs through skills gap training that link to high demand occupations, and building the capacity of our youth through practical skills that connect to the labour market and allow them to serve their communities with pride.

7.Where were you born? São Miguel, Açores, Portugal

8.What languages do you speak? English, Portuguese, French (conversational), American Sign Language (ASL)

9.Where were you raised? Raised on an island. Moved to Canada and started off in the West End of Winnipeg.

10.Where did you go to school? I attended the Winnipeg Adult Education Centre to complete my grade 10, 11 and 12.

11.What's the best advice you've ever received? Best advice you've ever given?

Best Advice Received: It's never too late improve your education. I went back to university at the age of 43. A four-year program seemed daunting, at the time, but my mentor reminded me that whether I did it or not, I would be 4 years older. So why not? **Best Advice Given:** The power to achieve is within you. Don't let anyone tell you otherwise. And don't give your power away.

12.Any nicknames you care to share? As a child, I was called Eduardinha. Since then, I have been known as Eddie.

13.Hobbies/interests: I enjoy gardening and reading. I really love to dance and watch futebol!

14. What are your expectations if you attain office? For your constituency? For Manitobans? My hope is to passionately advocate for ALL St. Johns residents. For my constituency and Province, I plan and commit to ensuring resources are directed to critical needs like early childhood education, daycares, job creation, and health care reform.

15.What do you like best about Winnipeg? Manitoba? Canada? The people. I love how welcoming our citizens are. I have been embraced by so many communities in this very diverse Province of ours and I feel truly grateful for that.

Continued on p19/Continuada na p19



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**MINI-ENTREVISTAS/
INTERVIEWS WITH SOME
LOCAL CANDIDATES/ALGUNS
CANDIDATOS LOCAIS**

**EDDIE-CALISTO TAVARES, LIBERAL
para ST. JOHNS**

1. Ocupação: Empreendedor

2. Idade: 60



3. Membros da família, incluindo animais de estimação: Gilbert, meu marido de 40 anos. Dois filhos, Kristle e Khorie. Dois netos, Kalista e Alexander. Dois cachorros, Shadow e Skye.

4. Onde está vivendo e trabalhando em Winnipeg? Eu sou uma orgulhosa residente e empresária de North End. Meu trabalho envolveu comunidades que vivem em toda a Província.

5. Onde está correndo? Correndo na comunidade diversificada e vibrante de St. Johns

6. Para qual partido está correndo e porquê - em suas próprias palavras: eu estou correndo para o Partido Liberal de Manitoba. Acredito que precisamos de uma nova maneira de resolver alguns dos problemas em nossas comunidades. Melhores apoios e recursos nas escolas e na educação infantil, criando empregos através do treinamento de habilidades que se vinculam a ocupações de alta demanda e desenvolvendo a capacidade de nossos jovens através de habilidades práticas que se conectam ao mercado de trabalho e permitem que eles sirvam suas comunidades com orgulho.

7. Onde nasceu? São Miguel, Açores, Portugal

8. Que idiomas fala? Inglês, Português, Francês (conversação), American Sign Language (ASL)

9. Onde foi criada? Fui criada numa ilha. Mudei-me para o Canadá e comecei a viver no West End de Winnipeg.

10. Onde foi para a escola? Eu frequentei o Winnipeg Adult Education Center para completar meu diploma 10, 11 e 12.

11. Qual é o melhor conselho que já recebeu? Melhor conselho que já deu?

Melhor conselho recebido: nunca é tarde demais para melhorar sua educação. Voltei para a universidade aos 43 anos. Um programa de quatro anos parecia assustador na época, mas meu mentor me lembrou que, quer eu fizesse ou não, eu seria quatro anos mais velha. Então por que não? Melhor Conselho: O poder de alcançar está dentro de você. Não deixe ninguém dizer o contrário. E não desista do seu poder.

12. Qualquer apelido que gostaria de compartilhar? Quando criança, eu me chamava Eduardinha. Desde então, sou conhecido como Eddie.

13. Hobby interesses: Eu gosto de jardinagem e leitura. Eu realmente amo dançar e assistir futebol!

14. Quais são as suas expectativas se atingir o cargo? Para o seu círculo eleitoral? Para os manitobans? Minha esperança é defender apaixonadamente os residentes da ALL St. Johns. Para

minha comunidade e província, planejo e comprometo-me a garantir que os recursos sejam direcionados para necessidades críticas, como educação da primeira infância, creches, criação de empregos e reforma da saúde.

15. O que mais gosta em Winnipeg? Manitoba? Canadá? As pessoas. Eu amo como nossos cidadãos são acolhedores. Eu fui abraçada por tantas comunidades nesta nossa província tão diversa e me sinto verdadeiramente grato por isso.

**DONOVAN MARTIN, LIBERAL
for NOTRE DAME**

1. Occupation: I manage the constituency office of MP Robert Falcon Ouellette and liaison with the various offices of the Ministers, Senate and act as an advocate for all members of the community on issues such as immigration, CPP and old age security.

2. Age: 41



3. Family members, including pets: I have three kids, Donovan Martin Jr. 15, Darius Martin 13 and Dailia Martin 11. I met my wife at Folklorama in 1996 and we've been together for 23 years.

4. Where in Winnipeg are you living and working? I grew up on Alverstone, Arlington and Ellice Ave. We started our family when we bought our first house of Sargent and Strathcona St. I work at 600 Ellice Ave in the office of MP Robert Falcon Ouellette.

5. Where are you running? I am running in Notre Dame which is made up of 50% Minto and 25% Logan and 25% Tyndall. The boundaries start at Erin and Sargent and go east to Maryland then North to Logan, West to King Edward then South to Notre Dame.

6. For which party are you running and why - in your own words: Manitoba Liberal Party - I grew up in Notre Dame and being the only candidate from the community, I know what it was like to feel safe and raise a young family. The Conservatives and NDP have ignored the Meth and Opioids crisis and families feel unsafe in their own homes and communities. Make our neighbourhood safe is a top priority along with ensuring we have more recreation places for our children.

7. Where were you born? Kingston, Jamaica

8. What languages do you speak? English and Patois.

9. Where were you raised? I was raised in Winnipeg but emigrated from Jamaica, thirty five years ago. We arrived in Winnipeg in the Blizzard of 1986 and it was quite a culture shock.

10. Where did you go to school? I attended Wellington School, Sargent Park, General Wolfe, Daniel McIntyre, Red River College and the Insurance Institute of Canada.

11. What's the best advice you've ever received? Best advice you've ever given? Best advice received is never bring shame to your family. Best advice given, "No one gets everything they want in a negotiation, but everyone gets something they need."

12. Any nicknames you care to share? Champ, Senior, Big D.

13. Hobbies/interests: Basketball, Fantasy football, Scrabble Enthuse, and Hardcore Monopoly player.

14. What are your expectations if you attain office? For your constituency? For Manitobans? My expectation is to have the toxic soil addressed to ensure that the community has a safe place to live, work and play. I want to see more recreational facilities and programs in the community that free and affordable. I will work with all stakeholders to ensure the Meth and Opioid crisis are contained. I will ensure the resources are in place to clean up the lead and contaminated soil within Weston to give kids a safe place to play.

15. What do you like best about Winnipeg? Manitoba? Canada? Even though are society is extremely diverse, we are able to celebrate our differences and promote cultural understanding with things such as Folklorama. In Canada, the kindness and genuine compassion of the society is quite palpable and true. I also really like maple syrup.

17. Where do you see this province in the next few years? (Optional question) If we elect the same conservative government, I see the province in a state of emergency. The meth and opioid crisis will be a full blown epidemic, property values will decrease and we will have record setting homicide rates across North America. I see every home, business, school and daycare having their own needle boxes to pick up the discarded needles in the community. I believe this strongly because this is how I start my mornings by picking up needles around the office parking lot and in the community.

Continued on p20/Continuado na p20



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**DONOVAN MARTIN, LIBERAL
para NOTRE DAME**

1. Ocupação: *Eu gerencio o escritório do membro do parlamento Robert Falcon Ouellette e contato com os vários escritórios dos Ministros, Senado e atuo como um defensor de todos os membros da comunidade em questões como imigração, CPP e segurança na velhice.*

2. Idade: *41 anos*

3. Membros da família, incluindo animais de estimação: *Eu tenho três filhos, Donovan Martin Jr. 15, Darius Martin 13 e Dailia Martin 11. Eu conheci minha esposa no Folklorama em 1996 e estamos juntos há 23 anos.*

4. Onde mora e trabalha em Winnipeg? *Eu cresci em Alverstone, Arlington e Ellice Ave. Nós começamos nossa família quando compramos nossa primeira casa de Sargent e Strathcona St. Eu trabalho em 600 Ellice Ave, no escritório do MP Robert Falcon Ouellette.*

5. Onde está correndo? *Eu estou correndo em Notre Dame, que é composta por 50% Minto e 25% Logan e 25% Tyndall. As fronteiras começam em Erin e Sargent e vão para o leste para Maryland, em seguida, para o norte de Logan, West para o rei Edward, em seguida, para o sul de Notre Dame.*

6. Para qual partido está correndo e por que - em suas próprias palavras: *Manitoba Liberal Party - Eu cresci em Notre Dame e sendo o único candidato da comunidade, eu sei o que era me sentir seguro e criar uma família jovem.*

Os conservadores e o NDP ignoraram a crise de metanfetamina e opiáceos e as famílias se sentem inseguras em suas próprias casas e comunidades. Tornar a nossa vizinhança segura é uma prioridade máxima, além de garantir que tenhamos mais locais de recreação para nossos filhos.

7. Onde nasceu? *Kingston, Jamaica*

8. Quais idiomas fala? *Inglês e Patois*

9. Onde foi criado? *Fui criado em Winnipeg, mas emigrei da Jamaica, trinta e cinco anos atrás. Chegamos em Winnipeg na Blizzard de 1986 e foi um grande choque cultural.*

10. Onde foi para a escola? *Frequentei a Wellington School, o Sargent Park, o General Wolfe, o Daniel McIntyre, o Red River College e o Instituto de Seguros do Canadá.*

11. Qual é o melhor conselho que você já recebeu? Melhor conselho que você já deu? *Melhor conselho recebido nunca é envergonhar a sua família. Melhor conselho dado: "Ninguém consegue tudo o que quer em uma negociação,*

festas do dívino espírito santo holy spirit festivities

31 agosto
1 setembro
august 31st
september 1st

Parque
Desportivo e Recreativo
da Associação Portuguesa de Manitoba

**Sábado 31 de agosto
Saturday, August 31st**

11:00 am
Bênção dos Pensões - Blessing
of the meat, bread and wine

**Bodo de Leite - Traditional
Breakfast**

**Entrega das Pensões pelas ruas
do parque - Delivery of meat and
bread to the lots**

6:00 pm
Terço em louvor do Espírito
Santo - Rosary

8:00 pm
Programa - Program
Ranchos APM - Folk Groups
João Pimentel

Associação Portuguesa de Manitoba
659 Young St. - Winnipeg

**Domingo, 1 setembro
Sunday, September 1st**

9:00 - 11:00 am
Pequeno Almoço - Breakfast

2:00 pm
Missa - Mass
Após a missa haverá a coroação e o cortejo pelas ruas do parque. -
After mass will be the procession on the parks streets.

Serviremos uma tradicional refeição após o cortejo, adquira o
ingresso por \$10.00 por pessoa. - After the procession we will serve
a traditional dinner, please purchase your ticket (\$10.00)

**Concerto pela Banda Lira de Fátima - Concert by the
Banda Lira de Fátima.**

**Música para dançar - Music for dancing
Ranchos APM - Folk Groups
João Pimentel**

mas todos recebem algo de que precisam".

12. Algum apelido que queira compartilhar?
Champ, Senior, Big D.

13. Hobbies / interesses: *Basquetebol, Fantasy
Football, Scrabble Enthuse e Hardcore Monopoly.*

**14. Quais são as suas expectativas se atingir
o cargo? Para o seu círculo eleitoral? Para os
manitobans? Minha expectativa é que o solo
tóxico seja direcionado para garantir que a comu-
nidade tenha um lugar seguro para morar, tra-
balhar e se divertir. Eu quero ver mais instalações
recreativas e programas na comunidade que sejam
gratuitos e acessíveis.**

*Trabalharei com todas as partes interessadas para
garantir que a crise de metanfetamina e opiáceos
esteja contida. Vou garantir que os recursos estão
em vigor para limpar o chumbo e contaminar o
solo dentro de Weston para dar às crianças um
lugar seguro para brincar.*

**15. Do que mais gosta em Winnipeg? Manitoba?
Canadá? Mesmo que a sociedade seja extrema-
mente diversificada, podemos celebrar nossas
diferenças e promover o entendimento cultural com
coisas como o Folklorama. No Canadá, a bondade
e genuína compaixão da sociedade é bastante
palpável e verdadeira. Eu também gosto muito de
xarope de bordo.**

**17. Onde vê esta província nos próximos anos?
(Pergunta opcional) Se elegermos o mesmo gov-
erno conservador, vejo a província em estado de
emergência. A crise de metanfetamina e opiáceos
será uma epidemia completa, os valores das pro-
priedades diminuirão e teremos taxas de homicídio
recorde na América do Norte.**

*Eu vejo cada lar, empresa, escola e creche tendo
suas próprias caixas de agulhas para pegar as
agulhas descartadas na comunidade. Eu acredito
fortemente nisso porque é assim que eu começo
minhas manhãs pegando agulhas no estacionamento
do escritório e na comunidade.*



**Associação Portuguesa
de Manitoba**

**659 Young St.
Winnipeg, Manitoba
204-783-5607**

**Conversa com Duo Som Luso --
Carlos Borges e Nelson Camara...**

O Duo Som Luso visitou o Clube LisboaAçores, durante o Folklorama, onde actuaram no Pavilhão Português da Casa do Minho. A entrevista será publicada na próxima edição do *Mundial*...



**O bém conhecido músico Eddy Melo irá
actuar na Casa do Minho no dia 5 de
Outubro, com uma seleção de Músicos...**

A reportagem completa aparecerá na próxima edição do *Mundial*...

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Children's Eye Health

by Dr. Nadine Shelton O.D. & Victor Lopes

There are two very easy reasons to have your child's eyes checked before they head back to school. Good vision is essential to good learning and covered annual eye exams by Manitoba Health for all youth under 19 years of age, can help in diagnosing any potential problems sooner than later.

A typical eye exam with me starts off with assessing a child's vision by having them read letters or fun easy pictures on a screen across the room and or on a hand held card up close. I have other tests and charts that can be used if a youth is too young to name the letters or pictures. Once vision is assessed, I will use a light and hand held lenses and or a Phoropter, which looks like a large pair of glasses that holds a number of lenses, to measure the length and shape of the eyes. Doing so, results in the expected clear vision a person will have at different distances.

Dr. Nadine Shelton using a Phoropter to assess a person's distance vision.

Youth tend to have a small amount of prescription which, is likely to improve over time as they reach adulthood, since kids still have growing ahead of them. A prescription is a recommendation in corrective lenses to reach 20/20 vision. 20/20 vision is what normally can be seen clearly at 20 feet away.



All the layers of the eye are examined from front to back to assure nothing is blocking the vision or will cause any problems in the future. You can expect that all these checks along with a thorough discussion of your child's eye health will be complete within a 20 minute consult.

Dr. Nadine Shelton using a direct ophthalmoscope to assess a person's eye health.

Do not worry if your child is known to be fussy, I have my ways with kids to gain their confidence, make it fun and relax them for the short time they are in the chair.

Jonas Paul Eyewear, are our youth and small person frames with a stylish adult look that we carry and align to our values of giving back. In keeping with our partnership with canadahelps.org which, has generated over \$2000 to local and national accredited Canadian charities by giving a \$10 donation certificate to our clients for purchases of over \$100 from our optical, Jonas Paul too, has #buysight-givesight program. The purchase of each Jonas frame goes to support eye care programs in developing countries, a fantastic endeavor that we are proud in supporting.

Jonas Paul Eyewear are available only in Winnipeg at nv eye wear & eye care.

Along with getting all those school supplies, don't forget to take your kids for an

When a kid's vision is weaker than expected, glasses may be prescribed to help improve it. Your child's eye exam may also take on other tests: testing for eye muscle and focus problems, binocular vision and colour vision.

Once the external tests are done, I will move to assessing the general health of the eyes. I begin by using a direct ophthalmoscope (a hand held magnifier with a light) used on smaller kids or I'll use a larger stand-alone microscope on older kids.



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Dra. Nadine Shelton O.D.
serviços em inglês, francês e português

Desejamos ser a sua óptica

eye exam. It may be the middle of summer, but back to school is just over one month away. Book an appointment with Dr. Nadine Shelton at nv eye care & eye wear, 100-698 Corydon Ave., 204-504-6863.

nv eye care & eye wear - located at 100 - 698 Corydon Ave in Winnipeg, MB

Avoid the long wait times at an Urgent Care Centre, Hospital or Walk-in Clinic. If you have acute eye pain or other eye problem, you can make an appointment or drop in at any time during our office hours. These conditions are covered for those who have a Manitoba Health number. Other services covered with your Manitoba Health number are yearly eye exams for all ages under 19, diabetic exams, emergent eye issues and discounted eye exams for seniors over 65.

Dr. Nadine Shelton B.Sc, O.D. studied at University of Winnipeg, Canada and Indiana University, USA. She has worked abroad in Guanajuato, Mexico assisting outreach patient eye care with VOSH (Volunteer Optometric Services to Humanity). Her university days focused on early child eye care and low vision. Dr. Shelton has spent eleven years in Winnipeg growing her practice. She has recently opened her new own practice with her partner Victor Lopes in the heart of the Corydon Village called nv. nv Eye Care & Eye Wear is a full service optical where eye exams are available and a great selection of unique, stylish and high quality eye wear can be found. Learn more at nvmyeyes.com, call us at (204) 504-6863 or come see us at 100-698 Corydon Ave in Winnipeg, Canada.

BlueRoom FC on the Pitch!
Keeping an eye on this team...
More coming, soon.



OBITUARIES

MARIA ALICE PEREIRA COSTEIRA

Born: December 18, 1926
Date of Passing: July 24, 2019

It is with great sadness that we announce the passing of Maria Alice Costeira, age 92, beloved mother and devoted Avo (grandmother) on Wednesday afternoon July 24th, 2019 at Middlechurch Personal Care Home.



She will be forever remembered dearly by Rosa Odete, her only daughter, Jose, her favorite son-in-law, Sylvia, her only granddaughter and Jason, her grandson by marriage (husband of Sylvia).

She will be sadly missed by her sister Otilia Tavares and her many nieces, nephews and most cherished family members and friends. Maria was predeceased by her husband Domingos Costeira, parents Rosa and Jose, two brothers Antonino and Fransico and two sisters Rosa and Maria.

Born in Guilhovai, Ovar, Portugal, Mom/Avo worked very hard at an early age to provide for her family. She worked in the farmers' fields and sold vegetables at the local town market. At the age of 22 she married Domingos and after 6 years of marriage Rosa Odete was born. Life was difficult in Portugal and she wanted so dearly for her daughter to have a better life. Rosa Odete moved to Winnipeg, Manitoba in 1973 to be with Maria's sister Otilia and family. Longing to be together, Maria and Domingos moved to Winnipeg, Manitoba to join Rosa and family and witness the marriage of her daughter to Jose.

While in Winnipeg, Mom/Avo worked at a Garment Factory for a few years. Soon after, Sylvia her granddaughter was born and she stayed at home to care and help raise her. Mom/Avo has always been by our side and has always lived with us. She enjoyed family parties, gardening, traveling to Portugal, and spending the summers at the Portuguese Recreational Park and winters at dinners and events at the Portuguese Association of Manitoba.

Mom/Avo has lived a great and meaningful life full of love, lots of music and loads of laughter. She will be dearly missed but never forgotten. We will forever hold you in our hearts and know that heaven just got a little brighter.

Our family would like to give special thanks to the Home Care Workers who helped us care for Maria prior to her hospital stay, Olga, Adelaide, Anna Maria and Susana. We'd also like to thank the staff at Middlechurch Personal Care Home and the Seven Oaks Hospital staff on the 4th floor, unit 7 which in the last months have helped to care for her.

Prayers in memory of Maria were held on Wednesday, July 31, 2019 at 7:00 p.m. at the Immaculate Conception Parish, 181 Austin St. N, Winnipeg. Interment followed in her hometown of Guilhovai, Ovar, Portugal.

BEATRIZ CONCEIÇÃO RAPOSO GARCIA

On July 26, 2019 at Seven Oaks General Hospital, Beatriz beloved wife, mother, and grandmother, passed away at the age of 75 years.

Besides her husband José Luis she is survived by two daughters, Fatima (Tina) Garcia-Schimnowski of Winnipeg and Sara Garcia of Calgary, two sons Joe C. Garcia and Rui E. Garcia both of Winnipeg, and three grandchildren Ryan J. Schimnowski, Izabella Garcia-Meyer and Samantha Garcia-Meyer, two brothers Carlos Raposo of Edmonton and Jose Louise Raposo of Winnipeg.



Mom was born in São Miguel, Azores, Portugal and came to Winnipeg in 1969. She loved her children, cottage, and gardening. She was a great resource of support to many in her community, and was hard working and strong to the very end. Prayers were held on Tuesday, August 6 at 7:00 p.m. at Immaculate Conception Roman Catholic Church, 181 Austin Street N. Mass of Christian Burial was celebrated on Wednesday, August 7 at 10:00 a.m. also at the Church. Interment followed in Assumption Cemetery.

In lieu of flowers, the family wishes everyone to honour Mom's spirit by remembering to love, cherish, and care for one another or donations may be made to a charity of your choice.

Rest in Peace ~ Descanse em Paz

SOMBRA AMADA
POR FERNANDO PESSOA

longe da fama e das espadas,
Alheio às turbas ele dorme.
Em torno há claustros ou arcadas?
Só a noite enorme.

Porque para ele, já virado
Para o lado onde está só Deus,
São mais que Sombra, e que Passado
A terra e os céus.

Quem ele foi sabe-o a Sorte,
Sabe-o o Mistério e a sua lei.
A vida fê-lo herói, e a Morte
O sagrou Rei!

No occulto para o nosso olhar,
No visível à nossa alma,
Inda sorri com o antio ar
De força calma.

E amanhã, quando queira a Sorte,
Quando fundar a expiação
Ressurrecto da falsa Morte,
Ele já não.

Mas a ânsia nossa que encarnara,
A alma de nós de que foi braço,
Tornará, nova forma clara,
Ao tempo e ao espaço.

JOSÉ DA ENCARNAÇÃO GOVERNO

Peacefully on Thursday, August 8, 2019, Jose Governo passed away at the Seven Oaks Hospital at the age of 72 years.

He leaves to cherish his memory, his wife Maria Do Rosario; sons, Antonio (Yana) and Edgar; daughter Julie (John) Mazsa; beloved grandchildren, Brittany, Brian, Peter and Elizabeth; and numerous other family members in both Canada and Portugal.



Joe came to Canada from Portugal in 1972 to start a new life. He always worked very hard to give his kids the best he could. He worked in construction, most recently for Nelson River and Bayview; he also worked for Bee-Clean.

Mass of the Resurrection was celebrated at 10:00 a.m. Friday, August 16, 2019 in the Immaculate Conception Parish, 181 Austin Street. Interment followed in Brookside Cemetery.

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DISTRIBUTION-PUBLICITY CONSULTANT:
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 Para marcação e mais informações por favor contatar o Consulado em Winnipeg pelo Telefone 204 943 8941

WINNIPEG FREE PRESS (WFP) CULTURE PAGE WITH O MUNDIAL!

LOOK FOR THE NAVEGANTE-O MUNDIAL BANNER ONE SATURDAY EACH MONTH IN THE WFP, IN PRINT AND ONLINE, WHY NOT, US? **FORÇA!**

PARTING SHOTS -- RIGHT PANEL AND BOTTOM GETTING READY FOR FOLKLORAMA AT KARMA ESTHETICS; NAIL ART WITH ANABELA OLIVEIRA

Lisbon
 Porto
 Portuguese Idiom

À sombra da bananeira

Translation: Under the shade of a Banana Tree
 Meaning: No worries

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