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Letter from the Editor:

If life is lived forward, whilst understood backwards, then the victor who is said to be writing it, needs to have first survived it. So

goes life with the re-launch of Navegante Cultural-O Mundial The Portuguese Newspaper as a magazine. A new look and feel, with the same proud Portuguese perspective, and that includes our married-in or adopted family and friends.

Over 21 months ago, when I inherited and accepted the local cultural legacy of O Mundial The Portuguese Newspaper from family friend Jocelinda Guerra, whose late husband Manuel Guerra established the ground-breaking print newspaper in 1971, I had a vision of informing the Portuguese in a new way, based upon my own approach to telling stories, and by transitioning an established ethnic newspaper into a print and digital journal, with a bilingual and inter-cultural dimension.

It's been a chaotic hero's journey, and I've caught fire for a number of advances, including the bilingual feature, although I am the last of a generation of fluently bilingual Luso-Canadians able to read Portuguese without translation. The path has been full of stops and starts, chock full of delays and destiny, full of surprises and ripe with satisfaction, this risky labour of love following the almost two-year gestation has taken on a life of its own – and like a child of flesh-and-blood, sucked up far more money than I have had to spend.

Gratitude goes to loyal and faithful advertisers, especially the ones who have gone above and beyond to treat me like family: a long-lost niece, rebellious sister, or a wayward cousin. You know the kind; the one who is always broke, but fun at festas, so the invitation is open-ended and generous. É rapariga, estás boa?! I could not do this without you, and I want you to know it. To my advertisers, sponsors, friends and to my family – to anyone, including frenemies and enemies, who has opened or closed a door or window to me, Obrigado!!

So it goes with the spoils that await the victor – they are to be shared in a circle by individuals as we build community. Yes, I am making a sometimes-arduous personal commitment to spread an audacious and inclusive community vision, but my success depends more on you than me, in advancing our shared vision of what we once were and what we will once again be... Que será, será!

Carta do Editor

Se a vida é vivida para a frente, embora seja entendida para trás, então o vencedor que se diz que a está escrevendo, precisa primeiro de sobreviver lá. Assim vai a vida com o relançamento do Navegante Cultural-O Mundial como uma revista. Um novo visual, com a mesma orgulhosa perspectiva portuguesa, que inclui nossa família e amigos casados ou adotados.

Há mais de 21 meses, quando herdei e aceitei o legado cultural local de O Mundial. O Jornal Português da amiga da família Jocelinda Guerra, cujo falecido marido Manuel Guerra criou o impresso, inovador jornal em 1971, tive a visão de informar os portugueses numa nova maneira, baseada em minha própria abordagem de contar histórias, e na transição de um jornal étnico estabelecido, para um jornal impresso e digital, com uma dimensão bilíngue e intercultural.

Foi uma jornada caótica de herói, e peguei fogo por vários avanços, incluindo o recurso bilíngue, embora eu seja uma das últimas de uma geração de luso-canadianos fluentemente bilíngues, capazes de ler o português sem tradução. O caminho foi cheio de paradas e recomeços, repleto de atrasos e destino, cheio de surpresas e maduro de satisfação; este arriscado trabalho de amor após a quase dois anos de gestação ganhou vida própria - e como uma criança de carne e osso, sugou muito mais dinheiro do que eu tive, e tenho, que gastar.

A gratidão vai para os anunciantes leais e fiéis, especialmente aqueles que se esforçaram para me tratar como família: uma sobrinha perdida, uma irmã rebelde, ou uma prima alvorada. Você conhece o tipo; aquela que está sempre sem dinheiro, mas divertida em festas, e então, o convite é aberto e generoso.

É rapariga, está boa?! Eu não poderia fazer isso sem você, e quero que saiba disso. Aos meus anunciantes, patrocinadores, amigos, e à minha família - a qualquer pessoa, incluindo amigos e inimigos, que abriu ou fechou uma porta ou janela para mim, Obrigado!!

O mesmo acontece com os espólios que aguardam o vencedor - eles devem ser compartilhados em círculo pelos indivíduos à medida que construímos a comunidade. Sim, estou assumindo um compromisso pessoal, às vezes árduo, de difundir uma visão comunitária audaciosa e inclusiva, mas meu sucesso depende mais de você do que de mim, no avanço de nossa visão compartilhada do que já fomos e do que seremos mais uma vez ... Que será, será!

Table of Contents



Summary - Sumario

Health and Beauty -- Saúde e Beleza	06
Happenings -- Acontecimentos	08
Food and Drink -- Comida e Bebida	13
Combatentes Page -- Pagina dos Combatentes	17
History -- Historia: Rosas em Janeiro -- Roses in January ...	20
Arts & Culture -- Artes e Cultura	22
O Mundial Was There!	24
Let's Learn Micaelense -- Vamos Aprender Micaelense.....	26
Travel -- Viagem	27
Sports -- Desporto	28
Horoscope -- Horóscopo	29
Obituaries -- Obituários	30
Community Calendar -- Calendário de Comunidade	31

The kingdom is inside of you, said master teacher and saviour Jesus Christ, and it is outside of you...

How often have we not taken advantage of an opportunity for deeper love, greater abundance, or a better career, because we were afraid of abandonment, low self-worth, or a lack of trust?

The scientific revolution of quantum physics pushed us human beings to understand that there are at least two dimensions in our observable world. One is called the explicate order – these are the things we can see, touch, and hear; other people, animals, oceans, mountains, and forests. The other is called the implicate order – these are the things we cannot see; the things that are interconnected in a greater wholeness than appears on the surface: the sky; tree roots underground; and energy among human beings.

Human beings like to hear and tell stories. It might be that it makes us feel less alone to share our thoughts and feelings with others. To share our stories with one another, we need a common language. It can be an oral and written code such as English, or it can be an emotional and conscious experience such as love. Or hate.

Of the two emotional experiences, hate is easier to evoke and sustain than love; that is, when we are being honest enough as story-tellers to recognize that hate is always based in one of three patterns of human fear: the fear of separation and abandonment; the fear of low self-worth; and the fear of surrender – trust?!

There is a well-known therapeutic practice meant to uncover the negative patterns that keep folks trapped in their past. Participants in this kind of therapy are asked to randomly call out negative qualities in their childhood caregivers: mothers, fathers, aunts, uncles, foster parents, teachers, and so on.

And the same words flow – angry, judgmental, cold, abusive, controlling, critical, strict, dishonest and so on. It's almost as though, participants invariably conclude, that we all had the same parents! This is more than just coincidence, say the smart folks who study patterns and such; after all, these are the patterns contained in our core, human fears.

Everything in our world is interconnected to everything else and to get beyond our universal fears of abandonment, low self-worth and trust, we must tap into the positive powers of this universe and see ourselves as a part of it, instead of apart from it.

The Divine Matrix is the cosmic container of all: it holds the universe, and the inter-connections among all things in the universe; and it also holds up a mirror for us, when we are brave enough to look inside and see the new possibilities.

With gratitude to William Blake, “it is to see a world in a grain of sand, and Heaven in a wildflower, hold Infinity in the palm of your hand, and eternity in an hour.”

The Divine Matrix

O Matriz Divino -- Uma Serie Editorial

Os seres humanos gostam de ouvir e contar histórias. Pode ser que nos sintamos menos sozinhos ao compartilhar nossos pensamentos e sentimentos com os outros. Para compartilhar nossas histórias, precisamos de uma linguagem comum. Pode ser um código oral e escrito, como o inglês, ou uma experiência emocional e consciente, como o amor. Ou ódio.

Das duas experiências emocionais, o ódio é mais fácil de evocar e sustentar do que o amor; isto é, quando somos honestos o suficiente como contadores de histórias para reconhecer que o ódio é sempre baseado em um dos três padrões de medo humano: o medo da separação e do abandono; o medo da baixa autoestima; e o medo da renição - confiança ?!

Existe uma prática terapêutica bem conhecida destinada a descobrir os padrões negativos que mantêm as pessoas presas no passado. Os participantes desse tipo de terapia são solicitados a chamar aleatoriamente qualidades negativas em seus cuidadores de infância: mães, pais, tias, tios, pais adotivos, professores e assim por diante.

E as mesmas palavras fluem - irritadas, preconceituosas, frias, abusivas, controladoras, críticas, estritas, desonestas e assim por diante. É quase como se, invariavelmente, os participantes concluíssem que todos tínhamos os mesmos pais! Isso é mais do que mera coincidência, dizem as pessoas inteligentes que estudam padrões e coisas do gênero; afinal, esses são os padrões contidos em nossos principais medos humanos.

O reino está dentro de você, disse o mestre e salvador Jesus Cristo, e está fora de você ... Não há nada oculto que não se manifeste.

Quantas vezes não aproveitamos a oportunidade de um amor mais profundo, uma abundância maior ou uma carreira mais satisfatória, porque tínhamos medo de abandono, baixa autoestima ou falta de confiança?

A revolução científica da física quântica nos levou a entender que existem pelo menos duas dimensões em nosso mundo observável. Uma é chamada de ordem explicada -



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essas são as coisas que podemos ver, tocar e ouvir; outras pessoas, animais, oceanos, montanhas e florestas. O outro é chamado de ordem implícita - essas são as coisas que não podemos ver; as coisas interconectadas em uma totalidade maior do que aparece na superfície: o céu; raízes de árvores no subsolo; e energia entre os seres humanos.

Tudo em nosso mundo está interconectado com tudo o mais e, para superar nossos medos universais de abandono, baixa autoestima e confiança, precisamos aproveitar os poderes positivos desse universo e nos ver como parte dele, em vez de separados, à parte dele.

A Matriz Divina é o recipiente cósmico de tudo: mantém o universo e as interconexões entre todas as coisas no universo; e também representa um espelho para nós, quando somos corajosos o suficiente para olhar para dentro e ver as novas possibilidades.

Com gratidão a William Blake, "é ver um mundo em um grão de areia, e o Céu em uma flor silvestre, segurar o Infinito na palma da sua mão e a eternidade em uma hora."



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Health & Beauty

PROTECTING YOUR EYES FROM WINTER WEATHER

By Dr. Nadine Shelton



Eye safety

The delicate nature of your eyes requires that you take precautions and daily considerations prior to venturing out in our Great White North. I have put some important tips to think about before going outside to enjoy the winter weather. For one, wear protective goggles. Certain sports and winter activities such as skiing, snow shoeing, fat-tire cycling, cross country skiing or riding a snow-machine require protective eyewear to protect from debris, tree branches and or wind. Another is to wear a helmet, if your sport requires or advises it, however, make sure your protective eyewear fits properly over or under the helmet.

Wear your sunglasses when it is sunny or bright outside. Most people only think of wearing their sunglasses in the summer, but in the winter the sun and light reflects off the snow and causes increased glare. Over exposure to UV rays during our lives is linked to earlier cataracts, macular degeneration and corneal damage, all ailments that will impair your vision. It is important to look for sunglasses that have a 100 percent UVA/UVB rating. Confirm this with the shop clerk, if the glasses does not come with this sticker on the sunglasses themselves. Sunglasses found in opticals usually do not come with these stickers, as they are confirmed to have the highest UV ratings from the lens manufactures prior to arriving at the shop. The colour of the tint does not affect the protection but can affect how things look. For example, a brown tint will make things look brighter and slightly more orange, whereas a grey tint will darken more without changing the colour of what you see. Also adding a polarized lens will help to decrease the glare even more than with just a tint.

Treat your dry eye symptoms when they occur. Your eyes along with your skin will be subject to being drier during the cold months. The low temperatures inherently reduce the moisture content in our environment exposing our skin and eyes to a drying effect. Your eyes tear normally however, in this dry cold winter, those tears evaporate more quickly and cannot protect the corneal surface (outer layer of your eye) as well which, makes our eyelids rub the corneal surface more with each blink, causing irritation and discomfort. The thickness of your tears can be improved by using artificial tears or by placing a warm compresses on your eyes to increase the amount of oil secreted into the tears. Another solution is to add a humidifier in your home to decrease the tear layer evaporation and irritation from dry eyes.

Segurança ocular

A natureza delicada de seus olhos exige que tome precauções e considerações diárias antes de se aventurar em nosso Grande Norte Branco. Eu coloquei algumas dicas importantes para pensar antes de sair para aproveitar o clima de inverno. Por um lado, use óculos de proteção. Determinadas atividades esportivas e de inverno, como esqui, tênis para neve, ciclismo com pneus gordos, esqui cross country ou andar de máquina de neve, exigem óculos de proteção para proteger de detritos, galhos de árvores e ou vento. Outra é usar um capacete, se seu esporte exigir ou aconselhar; verifique se os óculos de proteção se encaixam corretamente sobre o capacete.

Use seus óculos de sol quando estiver ensolarado ou claro lá fora. A maioria das pessoas só pensa em usar seus óculos de sol no verão, mas no inverno o sol e a luz refletem a neve e causam maior brilho. A exposição excessiva aos raios UV durante nossas vidas está ligada a cataratas anteriores, degeneração macular e danos na córnea, todas as doenças que prejudicam sua visão. É importante procurar óculos de sol com 100% de classificação UVA/UVB. Confirme isso com o funcionário da loja, se os óculos não vierem com esse adesivo nos óculos de sol. Os óculos de sol encontrados nas ópticas geralmente não vêm com esses adesivos, pois confirmam que possuem as mais altas classificações de UV dos fabricantes de lentes antes de chegarem à loja.

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A cor da tonalidade não afeta a proteção, mas pode afetar a aparência das coisas. Por exemplo, uma tonalidade marrom fará as coisas parecerem mais brilhantes e ligeiramente mais alaranjadas, enquanto uma tonalidade cinza escurecerá mais sem alterar a cor do que você vê. Também adicionar uma lente polarizada ajudará a diminuir o brilho ainda mais do que com apenas uma tonalidade.

Trate os sintomas do olho seco quando eles ocorrerem. Seus olhos e sua pele estarão sujeitos a secar durante os meses frios. As baixas temperaturas inerentemente reduzem o teor de umidade em nosso ambiente, expondo nossa pele e olhos a um efeito de secagem.

Seus olhos rasgam normalmente, no entanto, neste inverno seco e frio, essas lágrimas evaporam mais rapidamente e também não podem proteger a superfície da córnea (camada externa do olho), o que faz com que nossas pálpebras esfreguem mais a superfície da córnea a cada piscar de olhos, causando irritação e desconforto. A espessura das lágrimas pode ser melhorada usando lágrimas artificiais, conforme necessário, ou colocando compressas quentes nos olhos para aumentar a quantidade de óleo secretada nas lágrimas. Outra solução é adicionar um umidificador em sua casa para ajudar a diminuir a evaporação da camada lacrimal e a irritação dos olhos secos.



Sunglasses, or goggles, whether for fashion or sports, will protect your eyes from UV rays, especially important when engaging in winter sports and activities like snow-mobiling.



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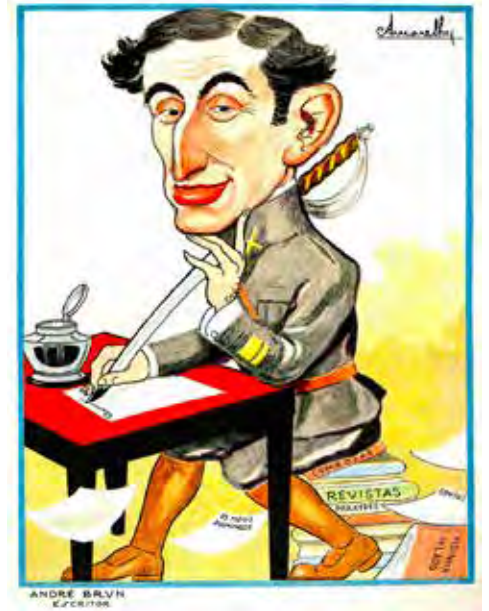
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Text/o by/por Paulo Delgado

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No passado Sábado dia 18 a Alma Lusa o grupo de teatro da Associação Portuguesa de Manitoba estreou a peça “A vizinha do lado.” É um texto de André Brun, dramaturgo português conhecido pelos seus textos cómicos que criticam a moral e os costumes da sociedade portuguesa do início de 1900.

O professor de moral Plácido Mesquita vai a Lisboa visitar o seu sobrinho Eduardo com o objectivo de o resgatar de uma vida boémia. Ao chegar encontra-o dedicado ao teatro tendo abandonado os estudos e dividido entre a paixão pela sua vizinha do lado, a jovem Mariana, e a relação amorosa que mantém com Isabel Moreira, artista de variedades arrojada e muito determinada. O vizinho Saraiva e o porteiro Jerónimo contribuem para a confusão que se instala no prédio e contagia o professor, que vê o objetivo da sua viagem ser radicalmente alterado.

Do elenco fazem parte Fernando Braga, Lucille Rodrigues Braga, Henrique Braga, José Luís Delgado, Maria Carreira, Hélder Neto, Rita Mota, Silvia Tavares, Lee Tavares, Sandra Melo, Luísa Delgado, Manuel Santos (Lelo) e Patrício Costa. Suporte de palco Luciano Mota e Dolores Sousa. Som e Luzes Luís Aguiar, Nicolas Sousa e Rafael Silva. Legendas Dina Delgado.

Encenação por Paulo Delgado.

O público aderiu em massa, o espetáculo esgotou uma semana antes. As portas abriram às 6:00, o jantar começou a ser servido por volta das 7:00 horas da noite. Como sempre uma refeição farta e deliciosa foi servida. Depois do jantar do café e da sobremesa foi tempo de começar.

O público vibrou com a história que ia sendo contada em palco. No final os atores foram entusiasticamente aplaudidos. Na saída o público congratulou pessoalmente os atores e encorajou para que o grupo continue a fazer mais projetos.

On Saturday, the 18th of January, Alma Lusa, the theater group of the Portuguese Association of Manitoba, produced the play “The Neighbour Next Door.”

The play was written by André Brun, a Portuguese playwright known for his comedic texts that criticized the morals and customs of Portuguese society in the early 1900s.

Morals teacher Plácido Mesquita goes to Lisbon to visit his nephew Eduardo, with the aim of rescuing him from a bohemian lifestyle. When he arrives, he finds Eduardo dedicated to the theater, having abandoned his studies, and dividing his passions between his neighbour, the young Mariana, and a relationship with Isabel Moreira,

a bold and discerning artist with whom he lives. Neighbor Saraiva and doorman Jerónimo contribute to Mesquita’s confusing visit to the building as he becomes increasingly pulled into the lifestyle, thus radically altering the purpose of his trip to save his nephew from a bohemian way and turning it into a more personal journey of self-discovery.

Actors were Fernando Braga, Lucille Rodrigues Braga, Henrique Braga, José Luís Delgado, Maria Carreira, Hélder Neto, Rita Mota, Silvia Tavares, Lee Tavares, Lee Tavares, Sandra Melo, Luísa Delgado, Manuel Santos (Lelo) and Patrício Costa. Stage support Luciano Mota and Dolores Sousa. Luís Aguiar, Nicolas Sousa and Rafael Silva. Subtitles Dina Delgado.

Direction by Paulo Delgado.

The doors to the sold-out show opened at 6:00 pm, with dinner served around 7:00. As always, a filling and delicious meal ensued, with coffee and dessert as encore.

The audience resonated with the story being told on stage and laughed heartily throughout the play. All actors were actor was enthusiastically applauded as they took the stage for their bows. The audience congratulated the actors off-stage as well and encouraged the group to continue with more projects.

A Vizina do Lado

Uma produção de Alma Lusa
Encenação por Paulo Delgado

An Alma Lusa Production
Direction by Paulo Delgado



Casa dos Açores

Centro Cultural

Text/o by/por Mia Sally Correia

Photos by/Fotos por Michel da Silva

Winnipeg -- a Direcção da Casa dos Açores de Manitoba recebeu no dia 13 de Janeiro de 2020, representantes do Governo Regional dos Açores, Dr. Rui Bettencourt, Secretário Regional Adjunto da Presidência para as Relações Externas, e o Diretor Regional das Comunidades, Dr. Paulo Teves, os quais reuniram-se com representantes da comunidade Portuguesa em Winnipeg, incluindo comércio, cultura, e media, para apresentar o website “Açorianos no Mundo,” que faz parte integral do projeto Conselho da Diáspora.

O Presidente do Governo dos Açores, Vasco Cordeiro, anunciou no Domingo à noite no dia 4 de Novembro 2019 em Bermuda, a plataforma que já está em vigor; e em Winnipeg, numa noite fria de Janeiro, novamente continuaram com o lançamento do website, com êxito e sucesso na Casa dos Açores, com uma sessão de perguntas e respostas.

A plataforma chama-se **Açorianos no Mundo**, e foi implementada para servir de registo de Açorianos na diáspora. O propósito geral do registo é para dar oportunidade aos Açorianos deslocados em fazerem parte duma diáspora de 1.2 milhões de pessoas a volta do mundo, em comparação com cerca de 300 mil residentes no archipélago açoriano -- há força em números.

Winnipeg -- The Board of Directors of the Casa dos Açores in Manitoba hosted, on January 13, 2020, representatives of the Regional Government of the Azores; Dr. Rui Bettencourt, Deputy Regional Secretary of the Presidency for External Relations, and the Regional Director of Communities, Dr Paulo Teves, met with representatives of the Portuguese community in Winnipeg, including trade, culture, and media, to present the website “Azoreans in the World,” which is an integral part of the Diaspora Council project.

The President of the Government of the Azores, Vasco Cordeiro, announced on Sunday night on the 4th of November 2019 in Bermuda, a digital platform that is already in place; and in Winnipeg, on a cold January night early in 2020, they continued with the launch of the website, successfully and warmly received, at Casa dos Açores, with a question and answer session.

The platform is called **Azoreans in the World**, and it was implemented as a registry for Azoreans in the diaspora. The general purpose of the registry is to give displaced Azoreans an opportunity to be part of a diaspora of 1.2 million people around the world, compared to around 300 thousand residents in the Azorean archipelago -- there is strength in numbers.





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X-Cues puts on spectacular dinner shows featuring local and international musicians singing original scores every few months, accompanied by tasty Italian fare; at the West End sports bar close to the corner of Furby Street and Sargent Avenue -- same block as the 80s Portuguese Luso-Mart used to be -- O Mundial was recently privileged, together with about 100 other Winnipeggers, to attend another exciting X-Cues event.

Katy Hurt, who is from the UK, and a world-class performer, was in town to work with local producer Murray Pulver (of Bros. Landreth fame) and was snapped up by the X-Cues team (Rosy and Sal, et al) to perform on a Wednesday night. Luso-Can TV was also present.

We ate either Eggplant & Zucchini Parmigian, Ribeye Spezzantino, or Chicken Parmigiana for main course; and one meat and one cheese Cannelloni for post-antipasto; of course the antipasto was served with the usual X-Cues flair in its arrangement of bruschetta, pickled veggies, plus assorted breads and meats.

But we all watched the captivatingly eclectic Katy Hurt; in truth, some of us googled as we listened, and in so doing, were exposed to a unique across-the-pond-country repetoir of songs whose influences ranged from Patsy Cline to Johnny Cash and who I likened to Stevie Nicks when I closed my eyes and put down my pen.

"Grandma was a journalist, and she lived on a reservation on this side of the pond; she passed her stories onto me --

she even wrote a couple of books," Katy told us between sets, "sadly, now, she has Alzheimer's and so I like to remember for her..." as she launched into "Fire."

"When you write songs," she continued after 'Fire,' "you write them for a particular reason -- and it's not always a good one... I get so sick and tired, as the song goes of putting out the fire!"

Katy writes and performs her own music and is continuing to stretch the country music genre in exciting new directions. Find her at: www.katyhurt.com

O X-Cues realiza espetáculos únicos para os shows de jantar, com músicos locais e internacionais, cantando partituras originais pouco em poucos meses, acompanhados por saborosa culinária italiana; no bar de esportes West End, perto da esquina da Avenida Sargent com a Rua Furby - mesmo quarteirão do Luso-Mart loja português dos anos 80 - O Mundial foi recentemente privilegiado, junto com cerca de 100 outros Winnipeggers, para assistir a outro emocionante evento de X-Cues.

Katy Hurt, que é do Reino Unido e uma artista de classe mundial, estava na cidade para trabalhar com o produtor local Murray Pulver (da fama de Bros. Landreth) e foi contratada pela equipe dos X-Cues (Rosy e Sal, et al.) para se apresentar na quarta-feira à noite. O Luso-Can TV também estava presente.

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frango à parmegiana no prato principal; e um canelone de carne e um queijo para pós-antipasto; é claro que o antipasto foi servido com o toque habitual do X-Cues em seu arranjo de bruschetta, legumes em conserva, além de pães e carnes variados.

Mas todos assistimos à cativante eclética Katy Hurt; na verdade, alguns de nós pesquisamos no Google enquanto ouvíamos, e ao fazê-lo, fomos expostos a um repertório de canções únicas em todo o país, cujas influências variaram de Patsy Cline a Johnny Cash, e que fez-me lembrar de Stevie Nicks quando fechei meus olhos e abaixei minha caneta.

"A minha avó era jornalista e morava em uma reserva deste lado da lagoa; ela passou suas histórias para mim - ela até escreveu alguns livros", Katy nos contou entre sets, "infelizmente, agora ela tem Alzheimer e então eu gosto de me lembrar dela ... "quando ela se lançou em 'Fire.'

"Quando você escreve músicas", ela continuou depois de 'Fire', "você as escreve por um motivo específico - e nem sempre é bom ... fico tão enjoado e cansado que a música apaga o fogo!"

Katy escreve e toca sua própria música e continua a expandir o gênero da música country em novas e emocionantes direções. Encontre-a em: www.katyhurt.com

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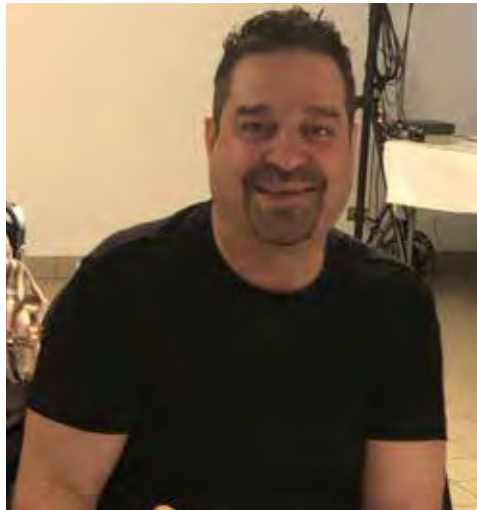
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REFORMA! DAVID BOTELHO

O longo voluntário da Associação Portuguesa de Manitoba recentemente reformou-se; junto da sua parceira Lucy Andrade, filho Nuno e neto Nico, também com os filhos aprofilhados Denzel e Dante; ladeado também em família e amigos, o simpático David felizmente celebrou este acontecimento. Long time Portuguese Association of Manitoba volunteer David Botelho recently retired; together with his partner Lucy Andrade, son Nuno and grandson Nico, together with blended family sons Denzel and Dante; surrounded by family and friends, the gregarious David happily celebrated this milestone in his inimitable style.



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Pagina dos Combatentes



Levee 2020 -- Reportagem por/Report by Pedro Correia

O primeiro dia em que se realizou este Evento, dia 1 de Janeiro de 1646, foi no Castelo de São Luis, pelo Governador Charles Huault de Montmagny, de Nova França, mais tarde Quebec, desde os anos de 1636 a 1648. A tradição LEVÉE continuou por Governadores Britânicos do Canadá e, conseqüentemente, pelos Governadores Gerais e Governador Ilustre, até à presente data.

Este ano quem coordenou o Evento, foi o Royal Military Institute of Manitoba. Seu Presidente e Coronel Honorário do Exército Canadano, convidou, como vem sendo hábito há anos, os Veteranos Portugueses a participar. Este ano participaram Pedro Correia, Albino Felizardo, Leonel Vieira, Francisco Coelho e Francisco José Coelho.

Encontrámo-nos no 17 Wing, Base da Força Aérea às 8 h. e 30 m. Depois do café, fomos todos no autocarro para Minto Armory, onde houve uma recepção, café e conversas... De seguida seguimos para Fort-Garry Horse, onde participámos, noutra recepção. Novamente seguimos no autocarro para Navy of Broadway, o mesmo... Convívio e conversas. Fomos almoçar ao 17 Wing, onde estavam várias Patentes dos 3 Ramos das Forças Armadas Canadianas. Entre Elas, o Comandante da Base Coronel Charrou, muito nosso amigo. Estava um quarteto a abrilhantar, com um cantor, Sargento da Força Aérea, que já pisou o palco da Associação Portuguesa de Manitoba, no nosso jantar anual.

Depois do almoço fomos visitar a Tenente Governadora Honorável Janice Filmon, a fim de podermos ir cumprimentar a Governadora... Foi um dia bem passado com os nossos camaradas e aliados canadianos. Pena não estarem mais presentes, mas compreendemos que após a passagem de ano, muitos não estão dispostos a levantar-se tão cedo!

The first day on which this event took place, on January 1, 1646, was at the Castle of São Luis, by Governor Charles Huault de Montmagny, of New France, later Quebec, from the years 1636 to 1648. The LEVÉE tradition continued by British Governors of Canada and, consequently, by Governors General and Distinguished Governor, to date.

This year the event was coordinated by the Royal Military Institute of Manitoba. Its President and Honorary Colonel of the Canadian Army, invited, as has been the habit for years, the Portuguese Veterans to participate. This year Pedro Correia, Albino Felizardo, Leonel Vieira, Francisco Coelho and Francisco José Coelho participated.

We met at 17 Wing, Air Force Base at 8 am. and 30 m. After breakfast, we all went on the bus to Minto Armory, where there was a reception, coffee and conversation... Then we went to Fort-Garry Horse, where we participated, in another reception. Again we took the bus to Navy of Broadway... Conviviality and conversations continued. We went to lunch at 17 Wing, where there were several members of the 3 branches of the Canadian Armed Forces. Among them, Base Commander Colonel Charrou.


After lunch we went to visit the Honorable Lieutenant Governor Janice Filmon. We were announced in order to go and greet the Lieutenant Governor. It was a day well spent with our Canadian comrades and allies. Too bad that many were absent, but we understand that after New Year's Eve, many are not willing to get up anytime soon!




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Página dos Combatentes

*Com a devida vénia, extraído da revista COMBATENTE.
Texto de Isabel Martins.*

Realizou-se junto ao monumento aos o 98 Aniversário da Fundação da Liga dos Combatentes e o 45 Aniversário do fim da Guerra do Ultramar.

No rio Tejo, junto ao Forte do Bom Sucesso, a fragata da Marinha F487 João Roby executou uma salva de 21 tiros.

Presentes membros da Direção Central e do Conselho Supremo da Liga dos Combatentes, entidades civis e militares nacionais e estrangeiras, bem como agraciados com a Ordem Militar Torre e Espada.

De referir a presença dos Embaixadores de Angola e França, bem como dos Presidentes da ANT-TRN e da Federação dos antigos Combatentes e Veteranos da Pátria de Angola.

A Guarda de Honra foi composta por uma companhia de 3 pelotões com elementos dos 3 ramos das Forças Armadas, Estandarte Nacional da Liga dos Combatentes, Banda da Armada e Fanfarra.

Na sua aluçoção, o Presidente da Liga dos Combatentes afirmou com ênfase: Hoje não é dia do Combatente...

Hoje evocamos ainda mais do que isso... Hoje evocamos a Paz, situação que os Combatentes amam mais do que ninguém...

Seguiu-se a cerimónia de Homenagem aos Mortos caídos em defesa da Pátria, onde foram depositadas coroas de flores junto ao Monumento aos Combatentes do Ultramar. Ouviu-se então o Hino da Liga dos Combatentes, entoado por uma soprano vinda da ilha do Pico.

Mais pormenores se seguirem, terminando a cerimónia no exterior, onde se realizou um momento musical, durante o qual se ouviu a música COMPANHEIRA com poema do Tenente-General Joaquim Chito Rodrigues, a que este deu a voz musicada por Daniel Schvetz ao piano sendo acompanhados por Pedro Santos no acordeão.

Este poema é uma homenagem à G3, arma companheira de todos os que estiveram no Ultramar, salvando-lhes muitas vezes a vida, como conta o poema.

A Liga dos Combatentes mantém-se numa fase de crescimento com os objetivos a curto prazo já conhecidos. Passámos de 64 para 120 núcleos e delegações o que significa que criámos uma nova Liga com mais, até agora, 56 núcleos. Passámos de zero para 14 núcleos ou delegações no estrangeiro.

Registou-se nos últimos anos a inscrição de mais 37.000 sócios, com uma média de 2.500 sócios por ano, embora perdamos, por morte, cerca de 600 anualmente.. Enfim, somos uma Instituição útil ao País e em particular aos seus membros, como reza o nosso estatuto.

O sonho da Liga dos Combatentes materializa-se projetando a sua história centenária no presente e suas circunstâncias, criando e prospetando as condições necessárias à sua Perenidade no futuro.



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HISTORY

QUEEN SAINT ISABEL --

Roses in January

Elizabeth of Aragon, more commonly known as Saint Elizabeth of Portugal, (1271 – 4 July 1336; Elisabet in Catalan, Isabel in Aragonese, Portuguese and Spanish), was queen consort of Portugal, a tertiary of the Franciscan Order and is venerated as a saint of the Catholic Church.

Born in 1271 into the royal house of Aragon, Elizabeth was the daughter of Infante Peter (later King Peter III) and his wife Constance of Sicily and the sister of three kings: Alfonso II and James II of Aragon and Frederick III of Sicily.

Elizabeth showed an early enthusiasm for her faith. She said the full Divine Office daily, fasted and did other penance, as well as attended twice-daily choral Masses.

Her marriage to King Denis of Portugal was arranged in 1281 when she was 10 years old, receiving the towns of Óbidos, Abrantes and Porto de Mós as part of her dowry.[4] It was only in 1288 that the wedding was celebrated, when Denis was 26 years old, while Elizabeth was 17. Denis, a poet and statesman, was known as the Rei Lavrador (English: Farmer King), because he planted a large pine forest near Leiria to prevent the soil degradation that threatened the region.

Elizabeth quietly pursued the regular religious practices of her youth and was devoted to the poor and sick. Such a life was taken as a reproach to many around her and caused ill will in some quarters. Eventually, her prayer and patience succeeded in converting her husband, who had been leading what she considered a sinful life.

In Portuguese popular culture, she is commonly associated with a “miracle of the roses,” which is a miracle in which roses manifest an activity of God or of a saint. She, like her great-aunt, Elizabeth of Hungary, showed great devotion at an early age, and likewise was charitable toward the poor, against the wishes of her husband.

Caught one day by her husband, while carrying bread in her apron, the food was turned into roses. Since this occurred in January, King Denis reportedly had no response and let his wife continue. The story is somewhat apocryphal; while it shows up in popular versions of the saint’s life, the account is missing from more authoritative sources such as the revised 1991 edition of Alban Butler’s Lives of the Saints.

Still, it is one of the most beloved stories told about Portugal’s queen-saint and the subject of many works of art such as the cover photo by Andre Gonçaves, painted between 1735-40 and on display at the Church of the Baby Jesus in Lisbon.



HISTORIA

RAINHA SANTA ISABEL --

Rosas em Janeiro

Isabel de Aragão, mais conhecida como Santa Isabel de Portugal (1271 - 4 de julho de 1336; Elisabet em catalão, Isabel em aragonês, português e espanhol), foi rainha consorte de Portugal, terciária da Ordem Franciscana e é venerada como santo da Igreja Católica.

Nascida em 1271 na casa real de Aragão, Isabel era filha de Infante Pedro (mais tarde rei Pedro III) e sua esposa Constança da Sicília e irmã de três reis: Alfonso II e Tiago II de Aragão e Frederico III da Sicília.

Elizabeth demonstrou um entusiasmo precoce por sua fé. Ela disse que todo o Ofício Divino diariamente, jejuou e fez outra penitência, além de assistir às missas corais duas vezes ao dia.

Seu casamento com o rei Denis de Portugal foi marcado em 1281, aos 10 anos de idade, recebendo as cidades de Óbidos, Abrantes e Porto de Mós como parte de seu dote. [4] Foi apenas em 1288 que o casamento foi celebrado, quando Denis tinha 26 anos e Elizabeth, 17 anos. Denis, poeta e estadista, era conhecido como Rei Lavrador (inglês: Rei Fazendeiro), porque plantou uma grande floresta

de pinheiros perto de Leiria para evitar a degradação do solo que ameaçava a região.

Elizabeth seguiu silenciosamente as práticas religiosas regulares de sua juventude e foi dedicada aos pobres e doentes. Essa vida foi tomada como uma censura a muitos ao seu redor e causou má vontade em alguns setores. Eventualmente, sua oração e paciência conseguiram converter o marido, que estava levando o que considerava uma vida pecaminosa.

Na cultura popular portuguesa, ela é comumente associada a um "milagre das rosas", que é um milagre no qual as rosas manifestam uma atividade de Deus ou de um santo. Ela, como sua tia-avó, Elizabeth da Hungria, demonstrou grande devoção desde tenra idade e também foi caridosa com os pobres, contra a vontade de seu marido.

Pego um dia pelo marido, enquanto carregava pão no avental, a comida foi transformada em rosas. Como isso ocorreu em janeiro, o rei Denis não teve resposta e deixou sua esposa continuar. A história é um tanto apócrifa; enquanto aparece nas versões populares da vida do santo,

o relato está ausente de fontes mais autorizadas, como a edição revisada de 1991 de Vidas dos santos de Alban Butler.

Ainda assim, é uma das histórias mais amadas contadas sobre a rainha-santa de Portugal e o tema de muitas obras de arte, como a foto da capa de Andre Gonçalves, pintada entre 1735-40 e exibida na Igreja do Menino Jesus em Lisboa .



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ARTS & CULTURE

NEW SCHOOL PREVIEW!

NEWS RELEASE

New school in WSD named École Waterford Springs School
Full day child care contract also announced

Feb. 5, 2020 (Winnipeg, MB) – The Winnipeg School Division (WSD) Board of Trustees has approved the recommendation from a naming committee made up of parents, students, staff and community members to name the new school in WSD’s northwest corner École Waterford Springs School. The new Nursery to Grade 8 dual-track school is located on the southeast corner of Jefferson and King Edward.

“Naming the school has been a very important part of the building process for this community,” says Manuel Silva, Principal, École Waterford Springs School. “The committee had lengthy discussions, and many ideas including names of prominent and important Canadians, were considered. The final choice, however, identifies with the school’s geographical location and combines the names of the growing communities of Waterford Green, Castlebury Meadows and Castlebury Springs.” Silva says the name is also similar enough to its location to identify with the neighbourhood. The committee felt it represents growth and a connection to nature and the Indigenous aspects being incorporated into the school.

“We’re also very pleased to have confirmed that Bumper Crop Early Learning Centre Inc. has been chosen to operate a child care centre in the new school,” says Silva. “Families in the area have been very patient in waiting to hear about child care services in the 6,566 sq feet space assigned for this purpose.” The WSD Board of Trustees has approved changes to school boundaries to adjust for attendance at École Waterford Springs School. The new boundaries, effective September 2020, affect a few schools including Meadows West School, École Stanley Knowles School, Robertson School, and Shaughnessy Park School. The new school boundaries for Meadows West School (Nursery to Grade 8 English Program) will now be expanded to include Brookside Boulevard to the CPR Arborg.

The new school boundaries for École Stanley Knowles School (Nursery to Grade 6 English Program) will now be expanded to CPR Arborg. The new school boundaries for École Stanley Knowles School (Kindergarten to Grade 6 French Dual Track) will now be expanded to include Brookside Boulevard to the CPR Arborg. Please note: the Stanley Knowles Elementary French Dual Track Catchment Area has been divided into two new zones, one for Stanley Knowles and another for Luxton School. The new school boundaries for École Stanley Knowles School (Grade 7 and 8 French Dual Track) will be expanded to include Commercial Avenue to Brookside Blvd. The new school boundaries for Robertson School (Nursery to Grade 6 English Program) will now be limited to the CPR Arborg. The new school boundaries for Shaughnessy Park School (Nursery to Grade 6 English Program) will now be extended to Church Avenue. The new school boundaries for Shaughnessy Park School (Grade 7 and 8 English Program) will now be extended to Inkster Blvd.

WSD was established in 1871 and currently has 78 (almost 79) schools, 32,752 students and 4,587 full-time employees. Its purpose is to provide a learning environment that fosters the growth of each student’s potential and provide equitable opportunity to develop the knowledge, skills and values necessary for meaningful participation in a global and diverse society.

-30-

Media contact: Radean Carter, Senior Information Officer
(204) 789-0412 or mobile (204) 771-5352

Full story coming in Navegante Cultural-O Mundial, Volume 2, Issue 2, 2020



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80% of funds raised will support the Manitoba Children's Museum's Free2Play access program, while the remaining 20% will support heritage projects with the Cemetery Renewal Foundation.

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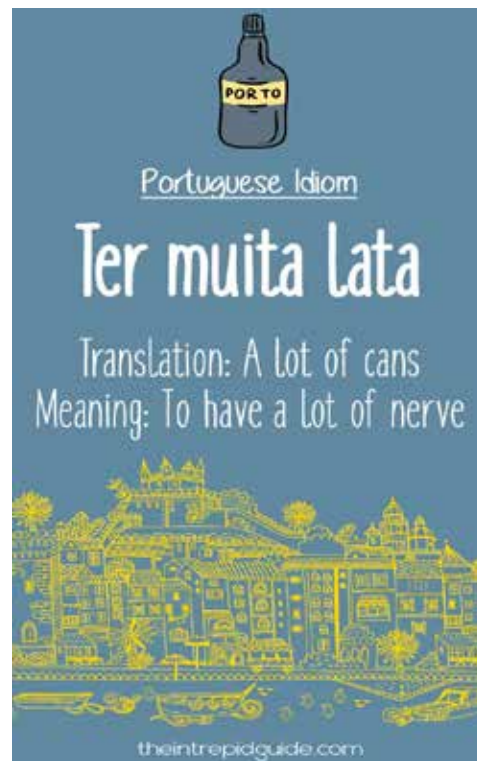
Vamos Aprender

Micaelense

Corisco mal amanhado = Safado
Gama = Pastilha elástica
Brassad = Companheiro; amigo
Pelo'ê = Ai de ti!
Atoleimado = Tolo
Pau-de-filete = Poste de luz
Poderios = Muito
Pega drê = Desaparece
Requim (Requinho) = bonito
Binsuade (Abençoado) = Querido
Vá larê = Vai dar uma curva
Fogue t'abrase = Fogo te abrase
Vent'incanade (Vento encanado) =
Corrente de ar
Mamã s'abence = Pedido de bênção
Fema; Gueixa; Bezuga = Rapariga
bonita
Pana = Alguidar*
Fonte = Torneira
Tai'asne = Tal asno
Gadanhos = Dedos
Apoquentação = Inquietação
Abouiar = Atirar
Rebendita = Vingança
Tás muito mal enganado =
Enganas-te redondamente
Foge diante = Sai da frente
Tás vesgueta = Estás cego
Gueixos – Vacas
Tás co olho!? = Para onde estás a
olhar!?
Enlameirados = Enlameados
Rabixel = Rabo
Aganta = Aguenta
Dondué = De onde é
Amanda = Manda
Clâme = Cuspo

Mêm de veras?
= A sério?
tás bam
amanhado =
Estás lixado
Asno = Burro
Vais apanhar
nas vendas =
Vais levar na
cara
Ihó = olho do cú
Carro de praça = Táxi
Arressaca (deturpação de Ressaca)
= Briga
O chouffer da frágonete =
Chauffeur da Furgoneta
Fominha negra = Muita fome
Olhos arregalados = Olhos em bico
Picanca = Nariz
Macaquinhos = Desenhos anima-
dos
Cramalheira = Queixo
Petxeno = Pequeno; Rapazola
Nisca de gente = Rapazinho
Fogão/Podão = Mulher feia
Grande cagueiro = Grande rabo
Moreão-Blica = Pénis
Chouffér = Motorista; Taxista
Paranhos = teias de aranha
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Walter Mota, Manuel Mota, Tara Mota

Travel Portugal



3 UNIQUE THINGS YOU MUST DO WHEN YOU VISIT PORTUGAL -- for THE FIRST TIME

Visiting Portugal in summer will allow you to experience the country in a unique way, especially if you're looking to enjoy the many beaches that pepper the coast from north to south! But, no matter what time of year you visit, Portugal always has something for everyone. There are so many things to see and do and you won't lack for anything – and you'll never find yourself bored!

With so many activities to do and places to visit, how do you choose? How can you narrow your choices down? Here at Pousadas of Portugal, we aim to help with a few suggestions, so take a look at some of our must-dos' list:

Listen to Fado Music

Portuguese culture is vast and rich, and this is clearly exemplified in this style of music. There are two main varieties of Fado, one from Lisbon and one from Coimbra (the more classic style). Fado originated in the early 1800s and was added to UNESCO's Intangible Cultural Heritage list in 2011. Fado was popularised worldwide by Amália Rodrigues, the 'Queen of Fado'. She was so charismatic and had such a beautiful voice that she was requested by Presidents and Monarchs alike. When she died, she received a state funeral and Portugal declared a 3-day national mourning in her honour.

This type of music is characterised by melancholic and mournful tunes and lyrics and is generally considered to be very moving. Many places in Lisbon offer live Fado music, so why not enjoy a great meal while listening to beautiful songs?

Stand on the Westernmost Point of Europe

If we're talking about continental Europe, Cabo da Roca is the westernmost point of Europe. Located in the municipality of Sintra, this Cape is characterised by stunning sights over the Atlantic Ocean.

You can find the phrase 'Aqui, onde a terra se acaba e o mar começa...' (Here, where the land ends and the sea begins...), which were written in the Lusíadas, a Portuguese epic poem, inscribed on a monument, as well as small beaches nearby, cliffs that are more than 100m in height, rocky scenery, low-lying vegetations and many migratory and marine birds!

If you want to include the islands, then the westernmost point of Europe is in the Azores and can be either the Monchique Islet – although it sits on the North American Plate – or the Capelinhos volcano, on the island of Faial.

You'll be able to brag that you've been to the westernmost point of Europe by visiting this stunning and dramatic location, so don't miss out on this opportunity!

Visit the Mouth of Hell

With a name such as Boca do Inferno (Mouth of Hell), it's easy to conjure up scary images in one's mind... in reality, this place is a scenic chasm and cave formation west of Cascais. The rough waves crashed against the cliff face and wore it away until a cave system was created. The water sprays against the walls of this cave and up the opening above, making it a striking sight and a popular attraction.

The Mouth of Hell was the subject of one of the very first 'actuality movies' in 1896, featuring in the British film A Sea Cave Near Lisbon, which showed the cave from the inside, with waves pouring in.

Source: www.pousadasofportugal.com



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Horoscope

Palavras relacionadas – Related words

signo – sign
ascendente – rising sign
horóscopo – horoscope
mapa astral – birth chart
astrologia – astrology
zodíaco – zodiac
data de nascimento – date of birth
personalidade – personality
previsão – prediction
quatro elementos – four elements
terra, ar, fogo, água – earth, wind, fire, water

Como perguntar e responder sobre signos? – How to ask and answer about signs?

Qual é seu signo? – What is your sign?
De que signo você é? – What sign are you?
Qual é seu ascendente? – What is your rising sign?
Quando você nasceu? – When were you born?
Meu signo é ____ / Eu sou do signo de ____ – My sign is ____
Meu ascendente é em ____ – My rising sign is ____
Eu sou ____ (adjetivo*) – I am ____ (adjective)

Os signos – The signs

áries/ ariano(a) – aries
touro/ taurino(a) – taurus
gêmeos/ geminiano(a) – gemini
câncer/ canceriano(a) – cancer
leão/ leonino(a) – leo

 Áries 20/03 a 20/04	 Libra 23/09 a 22/10
 Touro 21/04 a 20/05	 Escorpião 23/10 a 21/11
 Gêmeos 21/05 a 20/06	 Sagitário 22/11 a 21/12
 Câncer 21/06 a 21/07	 Capricórnio 22/12 a 21/01
 Leão 22/07 a 22/08	 Aquário 21/01 a 18/02
 Virgem 23/08 a 22/09	 Peixes 19/02 a 19/03

virgem/ virginiano(a) – virgo
libra/ libriano(a) – libra
escorpião/ escorpiano(a) – scorpio
sagitário/ sagitariano(a) – sagittarius
capricórnio/ capricorniano(a) – capricorn
aquário/ aquariano(a) – aquarius
peixes/ pisciano(a) – pisces

Want to read your horoscope in Portuguese?

Here are some links:

<https://www.terra.com.br/vida-e-estilo/horoscopo/>
<https://horoscopovirtual.uol.com.br/>

E você, qual é seu signo? And you, what is your sign?



Obituaries

& In Memoriam

Melissa Ribeiro

It has been three years since we last saw your smile and heard your laughter. We still miss you everyday and wish you were here with us. You would have been 21 years old this month. We are forever grateful for the loving memories and the time that we had with you. You will live in our hearts forever. "Think of me when you hear the wind blow I am with God." Rest in Peace with Mylow, Nonno



Domenico de Angelis, Avó Maria P. Ribeiro and Avó Hérmes F. Ribeiro. Love, Rosa and Walter P. Ribeiro and siblings Sandra, Anna, Stephanie, Jessica, and Walter H. Ribeiro.

Ermelinda Sousa

It is with deep regret that we announce the passing of Ermelinda Sousa on January 30, 2020 at the St. Boniface General Hospital at the age of 82. She was predeceased by mother Zulmira Da Costa Pinto, father Antonio Luis Maduro, son Leonel Sousa, and daughter Belmira Sousa-Vannevel.

She is survived by husband Amandio Sousa, daughter Elsa Sousa (Gordon), son David Sousa, grandchildren Matthew, Brandon, Michael, and Stephen, and many nieces and nephews. Ermelinda was born in Portugal and married Amandio Sousa on December 6, 1958. She had four children. She moved to Canada in May 1971, where she was a homemaker and loved gardening. We will miss you and love you always.



João (John) Luis Cabral

February 22, 1961 – January 22, 2020
It is with deep regret that we announce the passing of John Cabral. After a courageous battle with cancer, John passed away peaceful surrounded by the love of his family. He leaves behind his loving wife Maria, son Michael (Christy), son Steven (Daniela), daughter Brittany (Arriane) and grandchildren Sophie, Garcia and William. John is predeceased by his parents Agostinho and Deolinda Cabral. John

was one of four siblings and had many nieces and nephews. John was born in São Miguel, Azores, Portugal and moved to Canada in 1969. During his younger years, John enjoyed playing sports, music and cruising around in his 70's Malibu.

He first laid eyes on his beloved wife Maria at a social, they quickly fell in love and got married on September 10, 1983. Shortly after they started their family. John was a welder for 42 years. He was a hard-working man and never missed a day's work. John took pride in his skills and was always willing to help people in need. He spent much of his free time building fences, curling, ice fishing and golfing. John had many close friends. The highlight of his week was Friday Night Garage Nights with family and friends in the neighbourhood. John was a loyal husband, father, grandfather, brother, uncle, friend and will be deeply missed by all.



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Another event here!

One more event!

And yet another event!

All free to you!

Socials, too... anything that can fit on one line in this lower section of page 31.

BLACK HISTORY MONTH -- Mathieu Da Costa
www.blackhistorycanada.ca

Mathieu Da Costa is one of the most fascinating (and elusive) figures in early Canadian history. We don't know a lot about him. But we do know enough to know that he qualifies as the first Black known to have visited Canada. Da Costa was a free Black African who in the early 1600s was employed as a translator by French and Dutch traders and explorers.

It was not unusual for Africans to act as translators for Europeans as it had been going on for 100 years before Champlain's time as Europeans explored their way down the African coast. This explains why Da Costa spoke French, Dutch, and Portuguese. But it is a mystery how Da Costa knew how to be an interpreter with the First Nations of America. He might have used "pidgin" Basque (a mixture of Basque and local), commonly used for trade in the Americas. (The Basques of northern Spain were frequent visitors to the fishery along the Atlantic coast.) This dialect was understood by the Mi'kmaq and Montagnais (who lived along the north shore of the St. Lawrence River). But it is also possible that Da Costa had previously spent time in the Americas and had learned the languages of one or more of the Aboriginal peoples.

The only real historical "fact" that we have about Mathieu Da Costa is a document showing that he was in Holland in February 1607. Apparently the Dutch had kidnapped him from the French. The following year, 1608, Da Costa signed a contract in Amsterdam that committed him to sail with or on behalf of Pierre Du Gua de Monts as an interpreter on voyages to Canada and Acadia. Da Costa's contract with Du Gua de Monts was to last for three years and it paid a considerable salary. We can thus assume that Da Costa accompanied Du Gua de Monts and Samuel de Champlain on one or more of their voyages to Acadia and the St Lawrence area.

The next bit of information that we have is evidence that Da Costa was put in prison in Le Havre, France, in December 1609. We don't know why but there were references to "insolences" suggesting that Da Costa spoke his mind.

Da Costa's appearance in Canada is commemorated at the Port-Royal National Historic Site, in Annapolis Royal, Nova Scotia. The Mathieu Da Costa Challenge is an annual creative writing and artwork contest launched in 1996. The Challenge "encourages youth to discover how diversity has shaped Canada's history and the important role that pluralism plays in Canadian society."

Canadian Black History - An Interactive Experience
 Search for clues about Black Canadian history in this interactive online treasure hunt presented by Citizenship and Immigration Canada.

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