



Navegante *Cultural*



Mundial

THE PORTUGUESE NEWSPAPER

VOL 2 ISSUE 2 2020

PARÓQUIA DA IMACULADA CONCEIÇÃO

Festas em Honra do
SENHOR SANTO CRISTO
dos MILAGRES
2020

Winnipeg, MB
May 16 & 17

featuring from **Portugal**

TOKA & DANÇA



PUBLISHER / EDITORA

Navegante Cultural Navigator
204.981.3019

EDITOR-IN-CHIEF

Mia Sally Correia
eMail: omundial@outlook.com

DISTRIBUTION / PUBLICITY

CONSULTANT:

Pedro Aires Correia

PORTUGUESE EDITOR

Maria José R. Marques Correia

PHOTOGRAPHY

Michel da Silva for Navegante-O Mundial

INTERCULTURAL EDITOR

Nahurira Rwamatooro, Via Africa

ADVISORS 2020:

Lucy Andrade
Paulo Bergantim, Luso-Can TV
Paulo Jorge Cabral, Consul
João Pedro Correia
Debbie Dunmall
Maria Parker
Mala Sachdeva
Mario J. Santos

EDITORIAL COLLABORATORS:

Paulo Delgado, APM
Victor Lopes & Dr. Nadine Shelton

PHOTOGRAPHIC COLLABORATORS:

Claudia Angela Moniz, C.A.M.
Dela Silva
Nelia Soares
Tony Soares & Fatima Sousa, CSP Video

COVER PHOTO:

Caretas em Bragança, Carnaval
Caretas do Carnaval, © CM Bragança

PRINTED BY:

Winnipeg Sun Commercial Print Division



Letter from the Editor:

Carta do Editor

Carnaval. Mardi Gras. Fat Tuesday. Shrove Tuesday; or Pancake Tuesday, as my Anglican mates at St Mary's Academy called

it: I refer to the liminal, libertine period of havoc and licentious good fun preceeding Ash Wednesday and the contemplative solemnity of Lent.

In preparing for Easter, all Christian traditions of the Latin-based fath have a variant of *carnaval*, whether expressed with whistles in Terceira, exotic Samba schools in Rio de Janeiro, parades and floats in New Orleans, or masquerade balls in Porto, Venice, Madrid, or Port-of-Spain, carnaval is the last opportunity to eat and drink with gusto before the 40 austere days of the Christian Lent.

Canada feels, yet again these past few weeks, as though it is on the verge of an explosive carnaval. In the midst of ongoing changes to the way we think about the environment; our ongoing reliance on oil-based petroleum products -- protests against pipelines carrying fossil fuels notwithstanding; and the fall-out from centuries of colonialism on route to a necessary reconciliation with our Indigenous peoples, we're also now challenged with the unknown outcome of a pandemic that may or may not come.

Portugal exceeds, yet again these past few years, in progressive policy decisions that successfully tackle social issues in ways that our G-8 home-country away from home does not. On the heels of the decriminalization of drugs, and treatment programs instead of jails for addicts, continental Portugal has produced more than 100% of the country's electricity consumption solely using renewable energy resources, while keeping its fossil fuel plants on complementary stand-by mode.

This outstanding achievement was attained only one year after hydro, wind, and solar power enabled mainland Portugal to run for 107 hours straight on 100% renewable energy. From 107 hours in March 2019 to a full month in 2020. Not bad for one of the so-called PIGS of Europe! How about it, Canada, our true north strong and free?

Why not follow the lead of a former colonial power? One that decolonized all of its former territories after a bloodless revolution in 1974 -- a military coup wherein soldiers placed red carnations in the barrels of their inert rifles, and is now leading solutions across important social fronts such as addictions and sustainable energy consumption; how about it, O Canada?

Maybe a bit of libertine havoc before a period of contemplation would also do us some good. A figurative Fat Tuesday for the Great White North.

Carnaval. Terça-feira gorda. Terça-feira de Carnaval; ou terça-feira de panqueca, como minhas amigas anglicanas da St Mary's Academy o chamavam: estou me referindo ao período liminar, libertino de devastação e diversão licenciosa que antecede a quarta-feira de cinzas e a solenidade da Quaresma.

Na preparação para a Páscoa, todas as tradições cristãs da fé latina têm uma variante de "carnaval", significado de "carne guardada" no latim de suas origens. Seja expresso com apitos na Terceira, exóticas escolas de samba no Rio de Janeiro, desfiles e paradas em Nova Orleans, ou bailes de máscaras no Porto, Veneza, Madrid ou Porto de Espanha, o carnaval é a última oportunidade de comer e beber com gosto antes os 40 dias austeros da Quaresma cristã.

O Canadá sente, mais uma vez, as últimas semanas, como se estivesse à beira de um carnaval explosivo. Em meio de mudanças contínuas na maneira como pensamos sobre o meio ambiente; ou nossa dependência contínua de produtos derivados de petróleo - apesar dos protestos contra oleodutos que transportam combustíveis fósseis; e com mais tristeza, comoventes as evidências que vemos ao nosso redor dos desdobramentos de séculos de colonialismo e a reconciliação quase totalmente ignorada com nossos povos indígenas, agora também somos desafiados pelo resultado desconhecido duma pandemia que pode, ou não, ser nivelada das mais vulneráveis.

Portugal supera, mais uma vez, as decisões políticas progressivas que lidam com sucesso com questões sociais de maneiras que nosso país anfitrião do G-8 não pode. Seguindo vários anos atrás da descriminalização das drogas e programas de tratamento em vez de prisões para viciados, Portugal produziu mais de 100% do consumo de eletricidade do país usando recursos de energia renovável, mantendo as usinas de combustíveis fósseis em um modo de espera complementar.

Essa conquista notável foi alcançada apenas um ano após a energia hidrelétrica, eólica e solar permitir que Portugal funcionasse 107 horas seguidas com eletricidade 100% renovável. De 107 horas em março de 2019 a um mês inteiro em 2020. Nada mal para um dos chamados PORCOS da Europa! Que tal, Canadá, nosso norte verdadeiro, forte e livre?

Por que não seguir o exemplo de uma antiga potência colonial nacionalmente arrependida? Um que descolonizou todos os seus antigos territórios coloniais após uma revolução sem sangue em 1974 - um golpe militar, no qual soldados (e cidadãos que se aproximavam dos soldados) colocavam cravos nos canos de seus rifles inertes e agora lidera soluções progressivas em importantes meios sociais frentes como vícios e consumo sustentável de energia. Que tal, ó Canadá?

E enquanto estamos nisso, talvez cause um pouco de confusão libertina antes de um período de contemplação; uma terça-feira gorda figurativa para o Grande Norte Branco.

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 – História: D. Afonso Henriques, Rei de Portugal	20
Arts & Culture – Artes e Cultura	22
O Mundial Was There!	24
Let's Learn Cape and Cloak – Vamos Aprender Capote e Capelo	26
Travel – Viagem	27
Sports – Desporto	28
Horoscope – Horóscopo	29
Obituaries – Obituários	30
Community Calendar – Calendário de Comunidade	31

On Saturday, February 22, 2020, Carnival was celebrated at Casa dos Açores. It was a sold-out show and greatly enjoyed by all in attendance.

Kitchen service with a full menu was available for those desiring a portuguese culinary kick to go along with their up-beat Azorean carnival experience. Plates were prepared as quickly as they were ordered and eaten up by hungry revelers who capped off the tasty Azorean fare with slices of cake and an assortment of puddings and queijadas.

At one point, Casa dos Açores President João Paulo Melo, had to courteously ask the happy crowd for silence to announce the start of the show, which started with the dança dos cardaços, interpreted by dance group, *Ilhas de Bruma* -- Islands of Fog, which was pulled off with their typical rhythmic aplomb and perfect footwork.

So good, the crowd seemed to say, in the cadence of the applause levels.

Yet again, President João Paulo Melo took the microphone to ask for silence from the worked up crowd, mostly so, he told them, they could hear the actors performing in the comedic sketches that came next including the eagerly received *Miss Casa dos Açores!*

Dancers: Lais Costa, Nélia Soares, Leonor Coquete, Angie Roque, Stephanie Aguiar, Sónia Pacheco, Rosa Borges, João Paulo Melo, Laura Amaral, Lourdes Borges, Eduarda Aguiar, Odília Pereira-Hill, António Luz, Celina Almeida-Shlafman
Ratão: Luis Bettencourt
Puxadores: Fátima Andrade e Roberto Santo.
Choreographers: Maria Dias Carreira and Fátima Andrade
Musicians: Nicholas de Melo, José Andrade, José Cabral, Henrique Braga, Nuno Costa, António Costa and João Correia.
Ponto: Lucille Rodrigues-Braga.
Technicians: Paulo Calisto e Hermano Silva.

And who was that beautiful blonde?!

Carnaval 2020 Casa dos Açores

No passado sábado dia 22 de Fevereiro, festejou-se o Carnaval na Casa dos Açores. O Salão encontrava-se esgotado e toda a gente se divertiu.

Havia serviço de cozinha para quem queria lá jantar, com diversos pratos de culinária portuguesa, cuja ementa estava exposta na parede. Os pratos escolhidos eram encomendados, sendo distribuídos à mesa, muito rapidamente. Também haviam fatias de bolos e pudins, à venda.

A certa altura, o Presidente da Casa dos Açores, João Paulo Melo, veio anunciar que o espetáculo iria começar. Iniciar-se-ia com a dança dos cardaços, interpretada pelos dançarinos do Grupo *Ilhas de Bruma*, que decorreu sem o mais pequeno deslize... Maravilhosamente bem! Foram muito aplaudidos.

Mais uma vez João Paulo Melo veio ao microfone pedir silêncio para se compreender o enredo das peças e as quadras que as concorrentes iriam declamar ao concorrerem para : **Miss Casa dos Açores!** no quadro que se iria seguir, da autoria de José Santos.

Dançarinos: Lais Costa, Nélia Soares, Leonor Coquete, Angie Roque, Stephanie Aguiar, Sónia Pacheco, Rosa Borges, João Paulo Melo, Laura Amaral, Lourdes Borges, Eduarda Aguiar, Odília Pereira-Hill, António Luz, Celina Almeida-Shlafman
Ratão: Luis Bettencourt
Puxadores:

Fátima Andrade e Roberto Santo.
Ensaíadoras: Maria Dias Carreira e Fátima Andrade
Músicos: Nicholas de Melo, José Andrade, José Cabral, Henrique Braga, Nuno Costa, e António Costa e João Correia.

Ponto: Lucille Rodrigues-Braga.
Técnicos de Som: Paulo Calisto e Hermano Silva.

Afinal a **Miss Casa dos Açores** eleita, não foi nenhuma das concorrentes no palco, mas uma Beldade Loura, que surgiu de trás do palco receber a fita e a coroa!...
E quem era aquela loura bonita?!

The Divine Matrix

O Matriz Divino -- Uma Serie Editorial inspirada por Gregg Braden -- An Editorial Series inspired by Gregg Braden

If the divine matrix is the cosmic container of all, then the inter-connections among the all contain a tremendous opportunity for us to individually create positive experiences and generate positive energy across the matrix. In that regard, we are both the artists as well as the art; the observers as well as the observed.

"Through our palette of beliefs, judgments, emotions and prayers, we find ourselves in relationships, jobs, and situations of support and betrayal that play out with different individuals in various places. At the same time, these people or situations often feel hauntingly familiar. Just the way a painter uses the same canvas over again while searching for the perfect expression of ideas, we may think of ourselves as perpetual artists, building an ever-changing creation without end." ~Gregg Braden

Four discoveries in the earlier part of this century make it possible to create our own reality: one, a field of energy connects all of creation; two, this field of energy is both a container and mirror of all creation; three, the field is inter-connected in its parts and not limited to any one place or moment this lifetime; four, our emotions communicate with this field of energy. The mystery that connects all things in this field of energy is only slowly being understood as we move to combine the scientific with the spiritual -- it's not "either, or" anymore, it's "and!" How do we reconcile this new information; what does it mean, to say that the "all is interconnected?" How do we use these revelations to create a better world?

"Science cannot solve the ultimate mystery of nature. And that is because, in the last analysis, we ourselves are... part of the mystery that we are trying to solve." ~Max Planck

The key to bridging the gap between the reality of "what was and is," with the faith for a future of "what could be," depends on our ability to forgive both ourselves and others, by finding compassion, and painting the town of this inter-connected field with the loving emotion of a bright, heart-coloured red.

As the philosopher said, "only that which is the other gives us fully unto ourselves." ~Sri Yogananda

Se a matriz divina é o recipiente cósmico de tudo, então as interconexões entre todos contêm uma tremenda oportunidade para criarmos individualmente, experiências positivas, e depois gerarmos energia positiva através da matriz para todos. Nesse sentido, somos os artistas e também a arte; os observadores, bem como o que é observado.

"Por meio de nossa paleta de crenças, julgamentos, emoções e orações, nos encontramos em relacionamentos, empregos e situações de apoio e traição que acontecem com diferentes indivíduos em vários lugares. Ao mesmo tempo, essas pessoas e situações costumam parecer muito familiares. Do mesmo



TOP PRODUCER!

**Consistently
Number 1 REALTOR @
RE/MAX Office,
520 Academy Rd
in Winnipeg**

Cell: 33-MARIO (336-2746)

*The only name and number you need
when buying or selling real estate!*

TEXT: 204-336-2746
FAX: 204-480-4816
EMAIL: mario@mariolopes.ca
WEBSITE: www.mariolopes.ca



Mario Lopes
Your Investment Realtor
RE/MAX
EXECUTIVE REALTY
520 Academy Road
Winnipeg, Manitoba, R3N 2A8
Office Phone: 204-947-9800
"Each office independently owned and operated"

*O vosso agente imobiliário para investimentos,
e o unico nome e número que precisa para vender ou comprar imobiliários
-telefone ou manda uma mensagem por texto, para 204.336.2746*

modo que um pintor usa a mesma tela repetidamente enquanto procura a expressão perfeita de idéias, podemos pensar em nós mesmos como artistas perpétuos, construindo uma criação que é sempre mudando e sem fim." ~Gregg Braden

Quatro descobertas na parte anterior do século passado tornam possível criar nossa própria realidade: um, o campo de energia que conecta toda a criação; dois, este campo de energia é um recipiente e um espelho para toda a criação; três, o campo está interconectado em suas partes e não se limita a qualquer lugar ou momento no tempo; quatro, nossas emoções se comunicam com este campo de energia. O mistério que conecta todas as coisas nesse campo de energia está sendo entendido lentamente e passamos a combinar o científico com o espiritual - não é mais "ou," mais "e!" Como reconciliamos essas novas informações; o que significa dizer que tudo isso está interconectado? Como aproveitamos essas revelações para criar um mundo melhor?

"A ciência não pode resolver o mistério final da natureza. E isso é porque, em última análise, nós mesmos somos ... parte do mistério que estamos tentando resolver." ~Max Planck

A chave para fazer a ponte entre a realidade do que "era e é," com a fé em um futuro "que pode ser," depende da capacidade de perdoar a nós mesmos e aos outros, encontrando compaixão e pintando a cidade de esse campo de energia com a emoção amorosa de um vermelho, cor de coração brilhante.

Como disse o filósofo Sri Yoganada, "apenas o que é o outro nos dá totalmente a nós mesmos."




1-1085 Ellice Avenue
Winnipeg, MB R3G 0E2

Fax: 204-775-4419
www.cambrian.ca

Gestoras de produtos Financerios

Maria Almeida
Tel: 204-925-2653
malmeida@cambrian.mb.ca

Edwarda Sardinha
Tel: 204-925-2754
esardinha@cambrian.mb.ca



NANCY GONÇALVES
— LAW OFFICE —

Nancy M. Gonçalves
Barrister & Solicitor, Notary Public

*Nancy Gonçalves Law Office
202-1080 Wall Street
Winnipeg, Manitoba
R3E 2R9
Canada*

*T. +1 204 783 0554
F. +1 204 772 4231*

*info@nancygoncalves.com
www.nancygoncalves.com*

Health & Beauty



COVID-19

(Lusa)
A Conferência Episcopal Portuguesa (CEP) recomenda comunhão na mão. No 2 de Março 2020, a CEP recomendou que, face ao surto de Covid-19, os fiéis recebam a comunhão na mão e que se omita, enquanto continuar a situação de risco, o gesto da paz nas eucaristias. “Como em situações semelhantes e em sintonia com outras conferências episcopais e dioceses, e para evitar situações de risco, recomendamos algumas medidas de prudência nas celebrações e espaços litúrgicos, como, por exemplo, a comunhão de mão, a comunhão por intinção [molhar a hóstia no vinho consagrado] dos sacerdotes concelebrantes, a omissão do gesto da paz e o não uso da água nas pias batismais. A Organização Mundial de Saúde declarou o surto de Covid-19 uma emergência de saúde pública e aumentou o risco para “muito elevado.”

The Portuguese Episcopal Conference (PEC) recommended communion by hand. On March 2, 2020, CEP recommended that, in the face of Covid-19, that the faithful receive communion by hand, and omit, where the situation of risk continues, the gesture of peace during eucharist. “As in similar situations and consistent with other episcopal conferences and dioceses, and to avoid situations of risk, we recommend prudent measures in liturgical celebrations and spaces, such as, for example, communion by hand, and communion by intinction [dip the host in the sacred wine] on the part of sacerdotal celebrants, the omission of the gesture of peace and the use of water in baptismal fonts. The World Health Organization declared the outbreak of Covid-19 as a public health emergency and increased the risk to very elevated.

O que é? É um vírus que pode causar doença no ser humano. A infeção pode ser semelhante a uma gripe comum ou a uma doença mais grave, como pneumonia.

Como se transmite? A transmissão pode ser pessoa a pessoa sendo que os cuidados de higiene básicos são fundamentais para evitar a transmissão, lavando as mãos com água e sabão e proteger as vias respiratórias aquando espirro e tosse.

Quais os sinais e sintomas? Os sintomas associados à infeção são: febre, tosse, falta de ar, dificuldade de respiração. Em casos mais graves pode originar pneumonia grave e falência renal e outros órgãos.

Qual é o tratamento? O tratamento para a infeção é de acordo com os sinais e sintomas que os doentes apresentam.

Que tipo de protecção? A OMS recomenda medidas de higiene práticas e de segurança alimentar: Evitar contacto próximo com doentes com infeções respiratórias. Lavar frequentemente as mãos, especialmente após contacto direto com pessoas doentes. Evitar contacto desprotegido com animais selvagens ou de Quinta. Tapar o nariz e boca quando espirrar ou tossir. Utilizar um lenço de papel ou o braço, nunca as mãos. Deitar o lenço de papel no lixo. Lavar as mãos sempre que se assoar, espirrar ou tossir.

Existe Vacina para este novo vírus? Não existe nenhuma vacina, ainda.

COVID 19 CORONAVIRUS DISEASE
2019 (COVID-19)

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include

- Fever
- Cough
- Shortness of breath

Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

www.cdc.gov/covid19-symptoms

Nota 1: A Direção Geral de Saúde não recomenda, o uso de máscaras de protecção para pessoas que não apresentem sintomas.

Nota 2: Caso se desloque para a China, aconselha-se a Consulta do Viajante ou Embaixada.

Only Minutes Away and...
Ready to Serve You!

VIDEL MEDICAL CLINIC & VIDEL PHARMACY
WALK-INS • FAMILY DOCTOR • PHARMACY

FAMILY DOCTORS
MALE • FEMALE

Accepting New Patients
Walk-Ins Are Welcome

Languages spoken:
English, Hindi, Punjabi,
Arabic & Portuguese

CLINIC PHONE NUMBER: 204.775.5160
711 Sargent @ Toronto FREE PARKING (BEHIND THE MEDICAL CLINIC)

VIDEL PHARMACY

HOURS
Mon-Fri: 9am to 5:30pm
Saturday: 9am to 1pm

Dr. A. Fernandes

O seu dentista Português

2055 McPhillips St.
Unit 1
Tel. 204.339.2675
Winnipeg, MB
R2V 3C6

Dr. Joaquim Filipe, Médico do Trabalho
N2 Cédula: 24834

Willson Caetano
Pharmacy Manager
Tel: (204) 586-0007
Fax: (204) 586-0910

pharmacymanagermainst@rrcoop.com

Farmácia
Red River
CO-OP Ltd.
1425 Main Street
Winnipeg, MB
R2W 3V3

You're at home here

We care about
Community Health

Utilize o Cartão CO-OP nas Compras da Farmácia

MACULAR DEGENERATION AND LOW VISION

By Dr. Nadine Shelton

What is AMD?

February is time for Valentine's Day and for Macular Degeneration and Low Vision Awareness Month. Age-Related Macular Degeneration (AMD) is one of the leading causes of vision loss in Canadians over the age of 50 and most people probably know someone living with this disease. Macular degeneration is a loss of central vision caused by damage to the macula, the part of the retina responsible for sharp vision.

There are two types of AMD. The more common Dry AMD is characterized by deposits on the retina that slowly start to blur central vision. This can cause straight lines to appear slanted or broken. Wet AMD is caused by abnormal blood vessels growing under the retina that leak and accumulate fluid, which distorts the vision. This impacts a person's ability to perform their daily activities such as recognize faces, read, write, and drive a vehicle.



Example of normal and AMD centre vision

Risk Factors

There is no definite cause of AMD however, some other determined risks factors are high blood pressure, high cholesterol, smoking, obesity, age and family history.

Degenerescência macular é uma condição médica que provoca perda de visão no centro do campo visual (a mácula), devido a danos na retina. A degeneração macular normalmente ocorre em pessoas idosas. Além da condição etária, fatores genéticos e o tabagismo também podem influenciar o processo de danos à mácula. A prevenção inclui a prática de exercícios físicos regulares, boa alimentação e não tabagismo. Não existe cura ou tratamento para os graus de visão perdidos.

Currently, there is no cure for AMD, however Wet AMD can be treated with injections to stop or delay the progression of vision loss. In most people, AMD does not cause total vision loss and only affects the central vision. Patients diagnosed with AMD are often told to take vitamins containing Lutein, an anti-oxidant, proven to slow disease progression.

Low vision is a visual impairment that is not correctable with glasses, surgery or medications. It can cause blurred vision, blind spots, tunnel vision or blindness.

Patients use magnifiers, telescopes or special glasses to improve sight.

Your optometrist can guide you in the right direction with treatment options.

DENTISTAS

Dr. Manuel Resendes
Complete Dental Care for you and your family

204-786-6068

NEW PATIENTS WELCOME

Suite 340 - Colony Square, 500 Portage Avenue, Winnipeg

ResendesDental.ca





Karma Esthetics & Hair Salon

Text 204.510.3851
or Call 204.257.7527

103-1549 St. Mary's Road
Winnipeg, MB R2M 5G9

Hours: Sun & Mon - closed
Tues & Thurs - 10am to 8pm
Wed & Fri - 9am to 5pm
Sat - 9am to 4pm







Grátis - Exames dos olhos <19 anos; e
Grátis - Olho consulta urgente/ médico
e sem marcar uma consulta (liga primeiro)

(204) 504 - 6863
698 Corydon Ave
nvmyeyes.com

Óculos Exclusivos-super leves e impressos em 3D

20% de desconto nos óculos na loja e \$75 sem seguro
POR Exames dos olhos (adultos \$95 regular) até 31 de maio de 2020

poupe - reserve agora!

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

Desejamos ser a sua óptica



Visit me at nv eye care eye wear for an eye exam if you have any questions about the products above. Patient visits with eye concerns are always covered by Manitoba Health, for those with a Manitoba Health number. For more answers to your vision health questions, please contact me, Dr. Nadine Shelton at nv eye care eye wear, 204-504-6863.

PORTUGUESE BARBERSHOP

HAIRSTYLING

ESPECIALIZADO EM
CORTES E
PENTEADOS MODERNOS



PROPRIETARIO
DANIEL FELIZARDO

204.783.8429

38 Kate Street
Winnipeg | Manitoba | R3A 1J8

APM Portuguese Association of Manitoba

Text/o by/por Mia Sally Correia e Maria José Correia
Photos by/Fotos por Fatima Sousa, Tony Soares ou Michel da Silva

Abrilhantado por o bem conhecido cantor luso-canadiano Henrique Cipriano, como "Headliner," o Jantar anual do Bingo da APM apresentou exhibções dos ranchos Juventude e Alegria, e uma ementa apetitosa e repleta, constituída por o primeiro prato de bacalhau á Gomes de Sá e salada mista, e acrescentada por galinha com batatas assadas e vegetais; para a sobremesa, pudim com açúcar queimado.

Jogamos três series de Bingo, chamado pelo o icónico e simpático MC do Bingo, açima visto em fotografia, com a incançavel diretora do Bingo, Geraldina Sousa, em vestido de renda vermelho.

O celebre acordeonista Umberto Ramos Domingos tomou o palco com o seu colega Henrique, e depois, ao fim da noite, tomou o chão p'ra encerrar o jantar em maneira fixe, com músicos locais, incluindo Samuel Costa.

Headlined by the well-known Portuguese-Canadian singer Henrique Cipriano, APM's annual Bingo Dinner featured exhibitions by dance groups Juventude and Alegria, and an appetizing and replete menu, consisting of the first dish Cod Gomes de Sá and mixed salad, and followed by the second dish of grilled chicken with roasted potatoes and vegetables; for dessert, a caramelized flan.

We played three games of Bingo, called by the iconic and gregarious Bingo MC, as seen in the above photo with the tireless director of Bingo, Geraldina Sousa, in a red lace dress.

The talented accordionist Umberto Ramos Domingos took the stage with his colleague Henrique, and then, at

the end of the night, he took the floor to end the dinner *a Portuguesa* -- an impromptu jam with local musicians, including Samuel Costa.

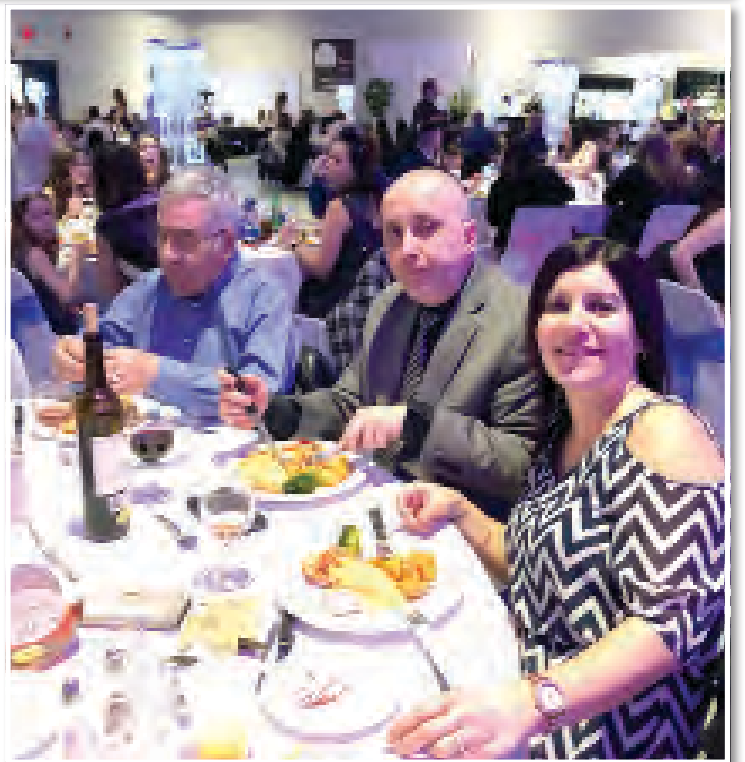


*Jantar do Bingo! 2020
Bingo! Dinner 2020*



Prince & Princess Ball

Uma produção quadrenial da APM em colaboração com Mario Lopes
An quadrennial APM Production in collaboration with Mario Lopes



Casa dos Açores

Centro Cultural

Text/o by/por Maria José Correia
Photos by/Fotos por Tony Soares ou Fatima Sousa

Carnaval 2020 & Jantar S. Valentim Dinner

Continuado/Continued da/from pagina 4

Elementos da Peça: Anabela Avila, David Avila, António Costa, Luis Bettencourt, Manuel Santos, Samuel Carreira. Ensaiaadora: Maria Dias Carreira. Costureiras: Geraldina Sousa e Altina Sousa. Estas senhoras fizeram uns lindos trajes para as Senhoras e Homens que participaram nas danças, merecem parabéns!

Após a segunda e última atuação no palco, o Presidente da Casa dos Açores, anunciou que iriam ser distribuídas malassadas por todas as mesas, para as pessoas que quizessem. E se alguém quisesse comprar para levar para casa, ainda havia que chegasse.

Este Evento foi filmado por TV Luso-Can, sob a direção de Paulo Bergantim. Fotografias tiradas por Tony Soares e Fátima Sousa. Belo e alegre serão recordando o Carnaval dos Açores!

Players: Anabela Avila, David Avila, Antonio Costa, Luis Bettencourt, Manuel Santos, Samuel Carreira. Director: Maria Dias Carreira. Seamstresses: Geraldina Sousa and Altina Sousa -- these ladies were solely encharged with the shimmering wardrobe donned by the ladies and gentlemen of Carnaval 2020 and deserve congratulations!

Malassadas were distributed among the carnival-goers, and for those wanting more, made available for take-out at night's end.

This event was filmed by Luso-Can TV, under the direction of Paulo Bergantim. Photos were taken by Tony Soares and Fatima Sousa.



Jantar São Valentim Dinner

No passado dia 15 de Fevereiro, celebrou-se um bom jantar e serão dançante para festejar esta data dedicada aos namorados e casados apaixonados, incluindo os restantes, claro!... O Salão estava muito bem decorado e com a lotação praticamente esgotada.

João Cardoso deu as Boas Vindas a todos os presentes, seguindo depois com ação de graças e anunciando que o jantar iria ser servido. Assim aconteceu e a ementa foi muito boa. Sopa de vegetais, salada mista, peitos de galinha e bifes grelhados, acompanhados por batatas rosadas, cenouras e bróculos. A sobremesa foi um pudim flan para cada um.



Iniciou o programa no palco, com uma dança contemporânea muito alegre e artística, por um grupo de meninas ao som da voz de Hermano Silva. Foram ensaiadas por Stephanie Aguiar. Muito certinhas, foi um prazer vê-las! O palco também tinha um lindo cenário a condizer com a data.

A certa altura falou o Presidente da Casa dos Açores, Sr. João Paulo Melo, que chamou ao palco todas as voluntárias da Casa para lhes oferecer uma rosa vermelha. Dona Fátima Melo, esposa do Presidente, ia distribuindo as rosas, conforme as senhoras vinham chegando... Gesto muito simpático da parte da Direção. Depois houve a venda de rosas pelas mesas, para quem queria comprar...



Após um pequeno intervalo, seguiu-se a atuação do artista Hermano Silva, que abrilhantou a noite. Com o seu vasto repertório de música, pôs muitos pares a dançar! Foi um alegre e amigável serão, festejando o dia de S.Valentim, dia do **AMOR!**

St. Valentine Dinner

On the 15th of February, a dinner dance was held to celebrate the universal date dedicated to lovers, couples in love, and everyone else, of course! The hall was very well decorated as usual and at sold out capacity.

João Cardoso welcomed all in attendance, and opened the program with a reflective thanksgiving, announcing the service of a tasty dinner consisting of vegetable soup, mixed salad, baked chicken breasts and grilled steaks, accompanied by roasted potatoes, carrots and broccoli. Dessert was a scrumptious flan pudding.

The stage program kicked off with a cheerful and contemporary artistic number, performed by a group of girls to the sound of Hermano Silva. The dancers were rehearsed by Stephanie Aguiar. It was a pleasure to watch their precise footwork upon a stage that was consistent in decoration to the rest of the hall and allusive the date of love.

At a certain point, Casa dos Açores President, Mr. João Paulo Melo, called all volunteers to the stage for the presentation of a red rose from the Board of Directors, in appreciation for their hard work. Dona Fátima Melo, the President's wife, was entrusted with the thoughtful gesture of distributing the roses. Roses were also sold at the tables for those so desiring to purchase the ubiquitous symbol of passionate love.

After a short break, Hermano Silva took the stage in inimitable fashion. With his vast repertoire of music, he got many couples up to dance! It was a most enjoyable evening, celebrating **S. Valentim's** day, the day of **LOVE!**




Casa dos Açores
Jantar da Páscoa
 Sábado, 11 de Abril de 2020
 Entrada às 18h00
Ementa
 Sopa, Filletes de Peixe com Arroz e Salada,
 Sobremesa e Café
 Crianças... Sopa, Chicken Fingers e Fries e Sobremesa
Ranchos Folclóricos
Hermano Silva

Ingressos: Sócios \$18.00 N/Sócios \$20.00
Crianças \$10.00
 Para bilhetes, telefone para a Sede (204) 947-0049,
 João Paulo (204) 955-6442, Nélia (204) 479-4080.


Casa dos Açores
Jantar de Bacalhau
 Dia 28 de Março de 2020
 Entrada às 18h00
 Tradicional Jantar abrilhantado pelo Artista

Ranchos Folclóricos da Casa
Ementa
 Sopa, Salada, Bacalhau assado com Batata
 Cozida e Grão de Bico, Sobremesa e Café
 Ementa para Crianças: Sopa, Salada,
 Chicken fingers, Batata frita e Sobremesa
Ingressos: Sócios \$25.00 N/Sócios \$27.50
Crianças \$10.00
 Para bilhetes, telefone para a Sede (204) 947-0049,
 João Paulo (204) 955-6442, Nélia (204) 479-4080.

Republica Portuguesa

Portuguese Republic



REPÚBLICA
PORTUGUESA

CONSULADO HONORÁRIO DE PORTUGAL
EM WINNIPEG (Canadá)

CARTÃO DE CIDADÃO

O EQUIPAMENTO PARA REQUERER OU
RENOVAR O CARTÃO DE CIDADÃO
ESTARÁ EM WINNIPEG NOS DIAS:

21, 22 e 23 de Maio de 2020



**PARA MARCAÇÃO E INFORMAÇÕES
CONTATAR O CONSULADO EM
WINNIPEG PELO TEL. 204 943-8941**

Food & Drink

Comida e Bebida

Life is too short not to drink the Port!

Inspired by Portuguese cuisine, the HSC Foundation hosted their annual Savour: Wine and Food Experience. This year, it was Portugal, held on February 22, 2020.

Hosted in the York Ballroom at the RBC Convention Centre, the purpose of the dinner was to raise funds for the HSC foundation, which enables the Health Sciences Centre to improve care in specialized support for trauma, neurosurgery, burn, transplant, and psychiatric health. To learn more, go to: hscfoundation.mb.ca



A representative group of Portuguese-Canadians from our Winnipeg community provided cultural consultation to the foundation on matters ranging from cuisine to luso-corporate sponsorship.

The Portuguese-inspired cuisine was tasty and filling. Upon arrival, guests were offered trays of appetizers consisting of ham, date, and goat cheese croquettes; iberico ham, spinach and cheese frittatas; chicken skewers with cilantro yogurt dip; piri piri devilled eggs and smoked salmon; chouriço-style sausage, green stuffed olive and grilled red pepper skewers with green olive dipping sauce; and, perhaps the most authentic-tasting of all: portuguese feijoada with jasmine cilantro rice, served in a martini glass. Dinner consisted of Portuguese-style buns, lavash with flavoured butters (cilantro-lime and lemon garlic, garnished with parsley), Portuguese-style artisan beans, ripe tomato slices, green stuffed olives, kalamata olives, poached diced potatoes, hard-boiled egg, fresh red onion rings, and fresh lemon and oregano vinaigrette -- many of those items gluten sensitive, Portuguese-style grilled, marinated chicken breast, arroz de tomate with chouriço-style sausage, and lemon-glazed roasted carrot and parsnip sticks. A dessert buffet, coffee, and Port closed off the repast in high style, featuring pudim flan, arroz doce, a medley of fruit (which this reporter poured her Port over) and Chef's local cheese board with grapes and biscuits.

Portuguese cuisine is a challenge. Simple when considering ingredients and preparation steps, but complex in integrating (by eye and hand is best), and then executing with love and passion. Kudos to the Chef and crew for attempting such an audacious project!

Navegante-O Mundial extends congratulations to HSC Foundation on the successful Savour event, and gratitude for the opportunities to participate in the cultural consulting, and to attend in the shared wining and the dining of our culture. **Obrigado e Parabéns!**

Inspirada por a cozinha Portuguesa, o HSC Foundation hospedou o seu anual Sabor: Experiência de Vinho e Comida. Este ano, foi Portugal, realizado no dia 22 de Fevereiro de 2020, no York Ballroom do RBC Convention Centre para o propósito de angariar fundos para a organização em suportar o Health Sciences Centre para melhorar tratamento em áreas especializadas, tais como trauma, neurocirurgia, queimaduras, transplantes, e saúde psiquiatria. Para aprender mais, visite: hscfoundation.mb.ca

Um grupo representate de luso-Canadianos da nossa comunidade em Winnipeg serviu como consultante cultural.



myFlowersToGo.com
646 WILLIAM AVE, WINNIPEG MB, R3A-0K3

Beautiful Flower Arrangements
Birthday, Wedding, Funeral Flowers & all other Occasions.
We sell Portuguese 18k Gold, earrings, bracelets, chains.

Paulo Sergio Carvalho

We sell Wedding Licenses & provide Wedding Officiant Services
Bus: 204-633-2295 or 204-783-8673 Cell: 204-294-4389
Email: askflowerstogo@gmail.com Loc: 646 William Ave

Ninho de Portugal



Phone / Fax:
204-772-9378

934 Sherbrook St
Winnipeg, MB
R3E 2M6

Bakery • Take Out Food • Frozen Fish • Imported Groceries

Food & Drink

Comida e Bebida -- Savour Portugal



CORK & OLIVE
 PORTUGUESE MARKET & COFFEE BAR



939 Notre Dame Avenue
 Winnipeg MB R3E 0M8
 204.219.0492

JT'S CLUB MEMBERS ONLY

1030 Keewatin Street, Suite 10 | Winnipeg | Manitoba | R2R 2E2 204.632.6850

Food & Drink

Comida e Bebida @ JT's Club

Cozido a Portuguesa & Polvo a Lagareiro por Chefe Gabriel da Costa

Como sempre, O Chefe Costa não disaponta... Dois Sabados consecutivos, dois pratos tipicamente Portugueses: o primeiro, Cozido a Portuguesa; o segundo Polvo a Lagareiro. Sobrema: pudim flan.

As always, Chef Costa doesn't disappoint. Two consecutive Saturdays, two plates typically Portuguese: the first, Portuguese Stew; the second, Octopus Lagareiro.

The verdict? Decadently delicious! Thanks to John Tavares of JT's for the hospitality.



DELTA
SPORTS CLUB
586 Agnes St
Winnipeg, MB R3E 1K7
Victor Gomes (204) 774-7909 Simplicio Vaz

Lisbon BAKERY
A tasty variety of breads, buns and pastries, including...
Pasteis de Nata / Custard Tarts & Pao de Milho / Corn Bread
We wholesale breads, buns and pastries, and deliver every day fresh bakes city wide.
HOME OF THE FAMOUS WATER BREAD
717 Sargent Ave, Winnipeg, MB R3E 0B1
Monday to Saturday 7 am to 6 pm
Phone (204) 775-7612
lisbonbakerywpg@gmail.com
LIKE US ON INSTAGRAM & FACEBOOK

Food & Drink

Comida e Bebida -- Club Seven



NEW Club Seven on Sherbrook Street, near the Health Sciences Centre, between William Ave and Logan St...
Relatório fotográfico -- Arroz de Marisco! NOVO Club Seven, na Sherbrook Street, perto do Health Sciences
Centre, entre a William Ave e Logan St... Sempre as ordens, almoço e jantar! Seafood rice!

Ana Godinho Esteves
CHEF / OWNER



Viena Do Castelo
Portuguese Foods

857 Sargent Ave
Winnipeg, MB
R3E 0C5

TEL: 204.415.4615
EMAIL: portuguesefoods@vienadocastelo.com
WEB: www.vienadocastelo.com

LUSO CANADIAN CLUB

913 Sargent Avenue | Winnipeg MB | 204.783.7479

Servimos: Petiscos, Marisco, Sandwiches

Vendemos: Bebidas, Refrescos, Aguas e Cafe

Venha visitar-nos!



CELEBRAÇÕES! Casa do Minho

O longo voluntário da Casa do Minho, Apolinário da Silva, recentemente celebrou 80 anos de idade -- Parabens! -- em convivência familiar, após mais um jantar de sucesso, servindo o bem conhecido prato Português, cozido à Portuguesa, com a sua incançável equipa de cozinha. Long-time Casa do Minho volunteer, Apolinario da Silva, recently celebrated 80 years of age -- Congratulations! -- in the company of family and friends, following yet another successful dinner, featuring the well-known Portuguese plate, Portuguese stew, together with his tireless kitchen team.





CLUB MEMBERSHIP
CLUBE LISBOAÇORES
 204-633-2441
 662 Sheppard Street Winnipeg Manitoba R2P 2R6

Joe Pereira
 MANAGER
 MEMBER # 1111

MOSAIC FUNERAL
CREMATION & CEMETERY SERVICES

Honest Service. Sincere Staff.
 Our team of professional experts will guide you during your time of grief and ensure your loved one is well celebrated.
 Call today for our competitive funeral and memorial packages.


Darin Hoffman
 Owner

Feel at Home.
IMMEDIATE NEED? CALL (204)275-5555 FOR ASSISTANCE, WE'RE AVAILABLE 24/7
 1839 INKSTER BLVD • 1006 NAIRN AVE • MOSAICFUNERALS.CA • INFO@MOSAICFUNERALS.CA

Pagina dos Combatentes



Sad News/Triste Noticias...

left, in photo; a esquerda na foto

Well-known Royal Military Institute of Manitoba (RMIM) member, veteran Major Harry Tucker passed away. The service took place on February 9, 2020 at Shaary Zedek Synagogue. Representing the Portuguese War Veterans were President Pedro Correia and Carlos Oliveira, also representing RMIM, together with Charles Cameron.

O bem-conhecido membro do Instituto Real Militar de Manitoba (RMIM), veterano Maior Harry Tucker faleceu. O serviço ocorreu no dia 9 de Fevereiro de 2020 na Sinagoga Shaary Zedek. Representando os Combatentes Portugueses foram o Presidente Pedro Correia e Carlos Oliveira, também representando o RMIM, junto com Charles Cameron.

From the 2006 VAC Harry Tucker Minister of Veteran Affairs Commendation:

"Mr. Harry Tucker has been a loyal member of the Royal Canadian Legion for many years, serving in a variety of executive positions. Currently, Mr. Tucker is the Service Officer for Fort Rouge and Imperial Veterans Legion Branch 252. In this capacity, he meets with officials of Veterans Affairs Canada to discuss the welfare of his fellow veterans. Mr. Tucker also visits ailing veterans in their homes and in the hospital, taking care of their needs. His other pursuits include a position on the Board of Directors for the Winnipeg Branch of the Federated Superannuates National Association, work with the Masons and Shriners, and with the Royal Military Institute. During the summer, Mr. Tucker volunteers at the Royal Canadian Legion Sports Foundation Camp at the Peace Gardens located on the Manitoba-North Dakota border."

JANTAR ANNUAL DOS COMBATENTES DINNER

Sábado, 18 de Abril de 2020

Saturday, April 18, 2020

Portuguese Association of Manitoba

contacte/contact

204.228.1132

APM



TPO Janitorial Services Ltd.

FATIMA OLIVEIRA / Operations Manager

P: 204.783.5270 F: 204.783.5553 C: 204.229.7771
E: fatima.tpo@ts.net W: tpojanitorial.com

3020 Portage Ave.
Winnipeg, MB
T: 204-888-0808
F: 204-888-5060

**Pneus Good Year
Mecânica**

JOSE FERREIRA
FOUNTAIN TIRE OWNER

Pagina dos Combatentes

204.504.9560 www.stbeyecare.com

17 Wing Awards Ceremony

Text by Pedro Aires Correia

Winnipeg, 11 February 2020

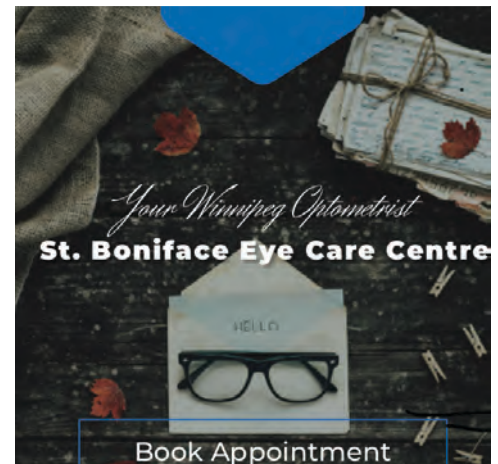
Once more, we, the Portuguese War Veterans, Liga dos Combatentes, Nucleo de Winnipeg, were invited to participate in an award ceremony held at 17 Wing and hosted by Commander Col. Charron.

There were 42 recipients of various Honours and awards from the Wing. Some were given medals for years of service to the Wing and some for participation in NATO; yet others were for services that went above and beyond call-of-duty. There were awards, also, for citizens who contributed to their family's well-being, and some civilians were awarded with coins for their services to the Wing.

The Portuguese was represented by President of the Núcleo Pedro Correia, Vice Presidente Luis Vicente, Carlos Oliveira, Leonel Vieira, Francisco Coelho and his son Francisco Jose Coelho. The event took place in a theatre at the Base, which was full of Military personnel and their families. Official photographs were taken of the recipients and their families on stage.

In his speech, Colonel Charron mentioned the reasoning behind the awards, thanked all in attendance, and made special mention of our presence at events, and expressed gratitude for it. The event was followed by coffee and cake and the opportunity for networking. Pictured below is Colonel Charron Commander of the 17 wing and the Wing Chief Warrant Officer, CWO Faucher presenting CWO Laporte with his Chief Warrant Officers scroll.

It was a nice event and even nicer to get recognition. Thanks are extended to Col. Charron and Staff for the invitation, including our good friend Sergeant Michael Kuruliak CD.



**SERVIÇO COMPLETO DE LIMPEZAS
COMERCIAL E RESIDENCIAL**



*Vendemos equipamento e produtos de limpeza nos
nossos armazéns a preço de retalho*

Contratos de Limpeza com Chave

*Preencha a sua aplicação de trabalho nos nossos
escritórios – escritórios através do Canada:
de Quebec até a British Columbia*

www.bee-clean.com

Proprietario: José Correia

375 Nairn Avenue
Winnipeg | Manitoba | R2L 0W6
204.668.4420 P 204.663.0491 F



**THOMPSON
DORFMAN
SWEATMAN**

**ADVOGADOS E
SOLICITADORES**

**NOTÁRIO
PÚBLICO**



DRA. SILVIA DE SOUSA, ADVOGADA

**1700-242 HARGRAVE STREET
WINNIPEG MB CANADA R3C 0V1**

TEL: 204.934.2592

FAX: 204.934.0592

E-MAIL: SVD@TDSLAW.COM

WEBSITE: WWW.TDSLAW.COM

HISTORY

D. AFONSO HENRIQUES --

First King of Portugal



The first king of Portugal, D. Afonso Henriques, made a great effort to expand the Christian faith and expel the Moors from his Condado Portucalense, which became independent in 1143, with the help of the Pope.

In the year 1147, in the month of March, the King's tactics for conquering Santarém, which at the time was called Scalabis, unfolded according to opportunity and possibilities.

He gathered around 250 men from amongst Templars, Villain-Knights and Municipal Troops; properly armed and equipped them, but kept them ignorant as to the purpose of their mission and the target of the desired conquest. They were only present because the King had ordered them to be so, and it was the simple fact that they were personally appointed to accompany him that kept them motivated and inspired and loyal to the unknown cause.

Secrecy was the soul of the operation, and the King even asked for silence during the journey.

The group left Coimbra and stealthily headed south. At dawn on March 14th, the Christians were at the top of the Pernes forest, which they climbed up high and where they spent the day. And it was here that D. Afonso Henriques announced what they were going to do, and who they were aiming to conquer -- Santarem.

Santarém was a well-protected city and its Castle was considered insurmountable for its time. But it had to be taken.

The conquest would be made by climbing the walls in the dead of night. Twelve men for each ladder, to be placed at 10 different points. The King would follow along the slopes, accompanied by a handful of men he held in strict confidence. As he entered one strike-point, his sword fell and he said: ***Tie me to the sword! Even today, in Santarém, exists the Calçada de Atamarna!***

Going up the 10 ladders, the 120 men had to take out sentries and occupy their vacated spaces, ultimately rushing to open the gates. The sentries are surprised at the ambush, murmuring "Manhu, Manhu, - Who is it? - Who is it?"

The Portuguese burst into battle cries as they overtook the sentries -- ***Santiago and Rei Afonso!*** -- cutting off some heads, which rolled into the Valley, thus fulfilling the determined plan.

D. Afonso Henriques entered through the gates and kneeled, thanking the heavens and his countrymen for such a fortunate achievement. The perfidious Galician, the damned of God, as the Moors referred to him, conquered Santarém quickly and conclusively on March 15, 1147.

In Santarém's possession, it was possible to control access to the Tagus River and isolate the region of Lisbon and its surroundings.

Lisbon would be unbelievably conquered on the 1st of July, this time with the help of Crusaders, just over 3 months later, following the surprising takeover of Santarém!

And so, the Portucalense County was expanding, expelling Moors and conquering other cities, until it appeared: ***Portugal!***

João Luís
Accountant/Bookkeeper/Income Tax

INCOME TAX SERVICE

711-A Sargent Avenue
Winnipeg, Manitoba R3E 0B1

T: 204.783.8326 F: 204.783.8460 Email: joao@mts.net

Anniversaries | Baptisms | Birthdays | Confirmations | Debuts
Events | Fund-Raisers | Weddings | Receptions

Port Café
Lounge
& Event Centre

204.505.4588
768 Mountain Avenue | Winnipeg | Manitoba | R2W 1J7 Jaime Amorim, Owner

HISTORIA

D. AFONSO HENRIQUES --

Primeiro Rei de Portugal

O primeiro rei de Portugal, D. Afonso Henriques, fez um grande esforço para dilatar a fé cristã e expulsar os mouros do seu Condado Portucalense, que se tornou independente no ano de 1143, com o auxílio do Papa.

No ano de 1147, no mês de Março, os métodos do Rei para a conquista de Santarém que, na altura, se chamava Scalabis, decorreu consoante a oportunidade e as possibilidades.

Reuniu cerca de 250 homens entre Templários, Cavaleiros Vilãos e Tropas Concelhias devidamente armados e equipados, que ignoravam para o que iam. Estavam presentes porque o Rei assim lhes ordenara e o simples fato de serem indicados para o acompanharem numa empresa que seria, sem dúvida extraordinária, bastava-lhes.

O segredo era a alma da operação e a todos, o Rei pediu silêncio durante a jornada.

O Grupo deixou Coimbra e, de forma furtiva, seguiu para o Sul. Ao amanhecer do dia 14 de Março, os cristãos estavam no alto da mata de Pernes, onde fizeram alto e passaram o dia. E foi aqui que D. Afonso Henriques anunciou ao que iam e deu-lhes a conhecer o plano de operações.

Santarem era uma cidade bem protegida e o seu Castelo podia

considerar-se intransponível. Mas tinha que ser tomada.

A conquista seria feita através da escalada das muralhas e pela calada da noite. Doze homens por cada escada, a colocar em 10 pontos diferentes. O Rei seguiria pelas encostas, acompanhado por um punhado de homens de confiança. Ao penetrar numa, caiu-lhe a arma e Ele disse: **Ata-me a arma! Ainda hoje, em Santarém, existe a Calçada de Atamarma!**

Subindo pelas escadas os 120 homens deviam anular sentinelas e ocupar o espaço, indo abrir os portões.

As sentinelas são surpreendidas, apenas murmuram um "Manhu, Manhu, - Quem é? - Quem é?"

Os portugueses irrompem aos gritos de **Santiago e Rei Afonso!** decepando algumas cabeças, que rolaram para o Vale, cumprindo assim o plano determinado.

D. Afonso Henriques entra pelos portões e ajoelha-se, agradecendo aos céus e aos seus compatriotas tão afortunada conquista. O pérfido galego, o maldito de Deus, como se lhe referiam os mouros, conquistava Santarém de forma célere e conclusiva a 15 de Março de 1147.

Na posse de Santarém, era possível controlar o acesso pelo rio Tejo e isolar a região de Lisboa e arredores.

Lisboa seria conquistada, incredivelmente, a 1 de Julho, desta vez com a ajuda dos Cruzados, pouco mais de 3 meses decorridos, sobre a surpreendente tomada de Santarém!...

E assim, o Condado Portucalense se ia expandindo, expulsando mouros e conquistando outras cidades, até que surgiu: **Portugal!**

Escultura é da autoria de Soares dos Reis. ©Mais Guimarães



EMPIRE SANITATION SUPPLY LTD.

YOUR SUPPLY SOLUTION

Paulo Amaral

1808 Main Street
Winnipeg MB, R2V 2A3
empiresanitation.ca

Order Desk: (204) 632-8664
Cell: (204) 918-7722
Fax: (204) 697-0630
empiresasu@mymts.net



Janitorial Services Ltd

FOR ALL YOUR JANITORIAL NEEDS

JOE & MARIA GONÇALVES

Tel: (204) 632-8664
Cell: (204) 793-4941
Fax: (204) 697-0630

1808 Main Street
Winnipeg MB, R2V 2A3



info@jgjanitorialservices.ca

www.jgjanitorialservices.ca

ARTS & CULTURE

WSD PRINCIPALS PERFORMING!

École Waterford Springs School; Mulvey School

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:

ÉCOLE WATERFORD SPRINGS SCHOOL'S MANUEL SILVA

Trilingual and fluent in Portuguese, French, and English, the gregarious and engaging Principal Silva warmly welcomes me into his temporary office at Meadows West School. He awaits the construction of a new K-8 build in Winnipeg's sprawling northwest angle, with a planned capacity for 600 students and space for up to 800 in total.

Large blueprints by LM Architectural Group take up the entire surface of a boardroom table. Silva has been reviewing them prior to my arrival, and he shows me the designs as I look over his shoulder.

"I've learned how to read a blueprint and I've become conversant in the language of design. A crash course, so to speak. We have site meetings every second week, and **it's my responsibility to bring the education perspective, so that the design is sensitive to the diverse needs of our students.** It's an immersion school and one with a vibrant intercultural dimension – lots of newcomers from India and the Philippines as well as more established ethnic groups. Our students are currently attending schools in the area and expecting a switch over in September 2020.

"Where are the teachers and staff?"

"Waiting to be hired!" he says with a chuckle.

"It's a massive undertaking. We have no set date for an official opening, but the WSD Board of Trustees approved changes to school boundaries that take effect for September – these are the schools that our students are attending right now: Meadows West School, École Stanley Knowles School, École Garden Grove School, Prairie Rose School and Tyndall Park School."

"I imagine there is a lot of protocol involved in opening up a brand-new school."

"Yes," he says as he taps the blueprints with an index finger, "to get from here to there, we'll need everything from education curriculum materials to electronic systems and computers, furniture and equipment for the gym and science labs. We need to get the necessary permits from the city, establish health and safety policy that is consistent with WSD policy, a committee of staff and parents to plan a grand opening, and at the same time, we need to go about the business of operating a school in meeting student needs while engaging staff and making the community feel welcome in an environment that is conducive to learning."





NOVA MEGA LOJA EM:
1725 Ellice Ave., Winnipeg
Tel: 204 783-1727
www.furnitureandmore.ca

- * MOBÍLIAS
- * ELECTRODOMOMÉSTICOS
- * ELECTRÓNICOS
- * ARTES DECORATIVAS




- QUARTOS DE CAMA; QUARTOS DE SALA;
- SALAS DE JANTAR; ESTANTES
- MESAS
- MAQUINAS DE LAVAR
- MAGQUINAS DE SECAR
- FOGÕES
- FRIGORÍFICOS
- MICRO-ONDAS
- ARCAS;
- TELEVISÕES; STEREOS; AR
- CONDICIONADOS... E MUITO MAIS!



*Catholic Cemeteries
Management Inc.*

Lorne Bound
Family Services Counsellor

3990 Portage Avenue
Winnipeg, Manitoba R3K 1W3

ph: (204) 888-7557 • fax: (204) 885-5834
cell: (204) 229-5698
e-mail: assumptioncemetery@mymts.net

Principal Silva began his career 30 years ago at Sacre Coeur, becoming Principal in 2012 at George V School. He is excited for the opening of École Waterford Springs School, calling it a *“labour of love”* to build a new school from scratch, and establish a new school community beyond the bricks and mortar; one that meets the WSD purpose to create a learning environment that fosters student development and provides equitable opportunity for all.

MULVEY SCHOOL'S PETER CORREIA

Dr. Dele Adegboku said, or perhaps it was Nelson Mandela who said, *“the collapse of education is the collapse of a nation.”* The quote has been variously attributed to both of these South African intellectual giants, and perhaps it doesn't matter who said it; but rather, that someone said it.

“The destruction of a nation requires lowering the quality of education and allowing cheating in the examinations of the students...” The meme goes on to say that, “the patient dies in the hands of such doctors. And the buildings collapse in the hands of such engineers. And the money is lost in the hands of such accountants. And humanity dies in the hands of such religious scholars. And justice is lost in the hands of such judges.”

Bilingual and tri-athletic – soccer, football, and cycling, the industrious and driven Principal Correia understands that educational standards must be met and upheld across all parts of our society, and that to do so, educators must work together with willing partners in the community. To that end, he enjoys inviting sports role-models into the community at Mulvey School and combining opportunities for sports-star meet-and-greets with events that promote literacy.

“I love to Read Month is a great opportunity for us at Mulvey to open up our doors to successful members of our community and show our students what is possible through discipline and hard work. It's a bit of an eye-opener for some students to see their favourite sports-stars enjoy a good book. Educators aren't the only ones educating our children...”

“Could you expand on that point a bit?”

“At Mulvey School, we believe that home, school, and community should work together to create a safe, caring environment for all students. Sports-stars have a tremendous opportunity to educate, sometimes in ways that we as educators cannot... Because they have attained a certain kind of celebrity in our society, they have more buy-in from students than we do at times. When we invite sports-stars into our community at Mulvey, we also invite them to become members of our teaching team; when they participate in events to promote literacy, or join us as guest-coaches, or stop by to serve breakfast to our students, they agree, by default, to help us leverage their star power and to meet our child-centred programming for intellectual, social, emotional, and physical needs. It provides us as educators with yet another opportunity to enable all of our children to grow and learn in a constructive and holistic manner.”

“Our sports stars join us on our educational journey and help us promote the importance of education.”
“Besides,” he says with a wink, “it's good fun to host these folks!”

In the 2019-2020 school year alone, Mulvey has welcomed, among others, Kyle Connor, R.Wing for the Winnipeg Jets; Brady Oliveira*, Running Back, Winnipeg Blue Bombers; and Thomas Myles, Linebacker and CLPA Rep, Winnipeg Blue Bombers.

Correia began his decades-long education career at Pinkham School, before moving onto Mulvey School first as Vice Principal, then Principal. Before that, he was a competitive, amateur athlete and certified coach with a joint academic background in geography and psychology. He still uses sport metaphor to educate and motivate his teams.

*accompanied by his author-auntie, Miss Marla, who read from her book, *Chuck and the Vampire*.



O Mundial Was There!

Photo Collage

APM's 54th anniversary -- Eddy Costa & Luis Filipe Lauzane -- report coming Vol 2, Iss 3; X-cues! With Trampy Trails, aka Thomas Steur, Sal Infantino, and Paulo Bergantim; Rodrigues Trio!



Bufete de Páscoa

EASTER BUFFET

APRIL 12 ABRIL

UM DELICIOSO BUFETE QUE INCLUI O NOSSO CABRITO DE PÁScoa TRADICIONAL

A DELICIOUS BUFFET WHICH INCLUDES OUR TRADITIONAL EASTER GOAT

ADULTO / ADULT \$30
CRIANÇA / CHILD \$12

ENTRADA / ENTRANCE 12:30 - ALMOÇO / LUNCH 1:30

ASSOCIAÇÃO PORTUGUESA DE MANITOBA
659 YOUNG STREET, WINNIPEG, MB
PARA BILHETES CONTACTE (204) 783-5607



EXECUTIVE EVENTS BY

DESIGN



PROUDLY PRESENTS

VEGAS NITE

SATURDAY, APRIL 25, 2020

6:00 PM - 1:00 AM | 1006 NAIRN AVE., WINNIPEG, MB

TICKETS \$45 | CORPORATE TABLES OF 8 \$500

Join us for a fun and exciting evening in support of the Manitoba Children's Museum and the Cemetery Renewal Foundation!

Come and enjoy a Vegas-themed evening, complete with cocktails, hors d'oeuvres, table games and incredible raffle prizes.

We're excited to present some outstanding entertainment and impersonators - including Elvis, Johnny Cash and Dean Martin! We're also thrilled to welcome live band Elvis and the Moontears.

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.

Corporate tables of 8 seats are also available - take advantage of cocktails and hors d'oeuvres serviced throughout the evening (alcoholic beverages not included). Each corporate table will be supplied with two bottles of wine, and also receive recognition on promotional materials and verbally at the event.

Winnipeg Free Press

Looking to make some Extra Cash ?

EARN \$1000^{/mo*}
For part time work



Join the
**Winnipeg Free Press
Carrier Team**

For more information
call 204-697-7155

Email: freepress.depot@freepress.mb.ca

*Route size varies. Value represents average route size.

- Door-to-door delivery
- Average Route: 3 hrs. Monday through Saturday
- Paper pickup ranges bet ween 1:00 am - 3:00 am
- Gas allowance per kilometers used
- Great way to get in shape
- Ideal for students or new Canadians
- Great for Seniors wanting to supplement their income
- Must have a vehicle & valid Drivers License to apply

Winnipeg Free Press

Vamos Aprender

Capote e Capelo

The Azorean hood (in Portuguese, 'capote e capelo') is a traditional Azorean garment worn up until the 1930s. A large cape that covered a woman's figure, allowing only a glimpse of her face, the origin of the 'capote-e-capelo' is controversial.

Some say that it came from Flanders and others state that it is an adaptation of mantles and cowls that were fashionable in Portugal in the 17th and 18th centuries. Regardless, for centuries the 'capote-e-capelo' was a typically Azorean woman's garment used in Faial.

Varying from island to island in the cut of the cape and the arrangement of the cowl, Faial had the extravagant shape of a wedge resting on the shoulders and which jutted out in front for over a palm. The common characteristic of the 'capote-e-capelo' was that it was made of a strong, heavy electric-blue cloth that lasted for generations and was handed down from mothers to daughters.

People from Flanders settled in the Azores beginning in 1450. By 1490, there were 2,000 Flemings living in the islands of Terceira, Pico, Faial, Sao Jorge, and Flores and because there was such a large Flemish settlement, the Azores became known as the Flemish Islands or the Isles of Flanders. The settlement extended over the 15th and 16th centuries with Flemish, Genovese, British and French joining the people of Portugal mainland in the Azores islands.

In Mark Twain's book *Innocents Abroad* (1869), he makes a 'fashion review' of the Azorean Hood: "Here and there in the doorways we saw women with fashionable Portuguese hoods on. This hood is of thick blue cloth, attached to a cloak of the same stuff, and is a marvel of ugliness. It stands up high, and spreads abroad, and is unfathomably deep. It fits like a circus tent, and a woman's head is hidden away in it like the man's who prompts the singers from his tin shed in the stage of an opera."

Go to the following website for the full report:
<https://designyoutrust.com/2019/12/amazing-vintage-photos-of-portuguese-women-from-the-azores-islands-in-their-tradition-hooded-ropes/>

O capuz açoriano (em português, 'capote e capelo') é uma peça tradicional açoriana usada até a década de 1930. Uma capa grande que cobria a figura de uma mulher, permitindo apenas um vislumbre de seu rosto, a origem do 'capote-e-capelo' é controversa.

Alguns dizem que veio da Flandres e outros afirmam que é uma adaptação de mantos e capuzes que estavam na moda em Portugal nos séculos XVII e XVIII. Independentemente disso, durante séculos o 'capote-e-capelo' era uma peça de roupa tipicamente açoriana usada no Faial.

Variando de ilha para ilha no corte da capa e na disposição do capuz, o Faial tinha a forma extravagante de uma cunha apoiada nos ombros e que se projetava na frente por uma palma. A característica comum do 'capote-e-capelo' era que era feito de um tecido



azul-elétrico forte e pesado que durou várias gerações e foi passado de mães para filhas.

As pessoas da Flandres se estabeleceram nos Açores a partir de 1450. Em 1490, havia 2.000 flamengos vivendo nas ilhas Terceira, Pico, Faial, São Jorge e Flores e, por haver um assentamento flamengo tão grande, os Açores ficaram conhecidos como Ilhas flamengas ou ilhas da Flandres. O acordo estendeu-se ao longo dos séculos XV e XVI, com flamengos, genoveses, britânicos e franceses juntando-se ao povo de Portugal continental nas ilhas dos Açores.



309 Stanley Street
Winnipeg | Manitoba | R3A 0X1 204.944.8145-P 204.949.0012-F
www.fourseasonsautobody.com

Reparamos Carros Domésticos e Importados
Carros de Cortesia e Trabalhos com Garantia
Serviço Completo:
Bate Chapa, Pintura, e Pára-brisas
Reparações de Autopac * Safety Inspections



Joe Valentim
Danny Valentim



MPI Accredited Repair Facility

PROVIDING GREAT SERVICE FOR
OVER 40 YEARS!

Servindo a comunidade com honestidade!

LIVE YOUR DREAM... CALL US TO SELL, BUY OR BUILD YOUR HOME



dreamhavenrealty.com



Walter Mota Manuel Mota Tara Mota
204.944.2770

Travel Portugal

GUIA de CARNAVAL



Do Tradicional ao alternativo -- o que diz o *Diário das Notícias*?

<https://www.dn.pt/vida-e-futuro/guia-de-carnaval-do-tradicional-ao-alternativo-10635660.html>

Em **Ovar**, começam bem antes, em **Torres Vedras** já é da praxe fazer um pré-Carnaval e **Sesimbra** reúne a maior comunidade do Brasil. Há festas de todos os tipos - desde os típicos desfiles de carnavais com cabeçudos, a festas que irão durar até as 06h00 da madrugada. **Bragança** -- O "Carnaval dos Caretos" é um dos mais conhecidos a nível nacional. Mais de mil caretos saem à rua com as suas roupas coloridas e espírito carnavalesco para assustar raparigas solteiras e dançar ao som de músicas tradicionais da região. Em **Aveiro**, escolheu viver um Carnaval Ibérico, com o objetivo de juntar os costumes de Portugal e Espanha. Aqui, estão em festa há três semanas. Em **Cabanas de Viriato**, o habitual não é o ritmo brasileiro, mas sim a dança dos cus, que um grupo de teatro inaugurou no século XIX. Hoje, os pares, divididos em duas filas, ao som do terceiro compasso, viram-se para o centro e chocam os traseiros. Na **Mealhada**, o Carnaval Luso-Brasileiro começa com a apresentação das escolas de samba e corsos carnavalescos. Além dos tradicionais desfiles, a novidade deste ano é um desfile noturno. O Carnaval de **Torres**, candidato a Património Imaterial da Humanidade da Unesco, define-se como o mais português de Portugal e reforça-o com o tema deste ano, "Made In Portugal." O monumento principal é o famoso galo de Barcelos, intitulado de "Grande Galo, Zé!", montado pelo vice-primeiro ministro, a festa dura seis dias e, além dos desfiles e dos seus carros alegóricos satíricos, o Carnaval de Torres distingue-se pelas suas matrafonas. **Lisboa** -- como vem sendo hábito desde há uma década, o Chapatô vai invadir as ruas lisboetas com um desfile inspirado nos cercos de outros tempos. Sai do Chapatô, a caminho do Castelo de S. Jorge, e retoma a tradição de sátira dos carnavais falando de turistas e comerciantes, moradores e senhorios. Os desfiles, organizados por escolas de samba e grupos de axé percorrem a marginal de **Sesimbra** e juntam mais de mil participantes e milhares de foliões. A festa de Carnaval em **Sines**, tem como tema os homens do mar, os pescadores. O evento conta com a participação de quatro escolas de samba, 17 carros alegóricos, 30 grupos alegóricos e foliões, gigantones, cabeçudos e matrafonas. O Carnaval de **Elvas** vai na 23.ª edição e é intitulado pelo município, como o "maior" da região, esperando receber mais de mil foliões na data festiva. **Loulé** apresenta ainda escolas de samba, grupos de animação, cabeçudos, gigantones e outros artistas, durante três dias para festejar a data "à grande e à louletana." Com mais de 10 dias de festa, o **Funchal** veste-se a rigor para celebrar a época carnavalesca.



 **BESTWAY** AGENCIES (RTI) LTD.

555 Notre Dame Avenue
Winnipeg, MB Canada R3B 1S5

- ✓ Agência de Viagens
- ✓ Imobiliária
- ✓ Agência de Seguros
- ✓ Escola de Condução

 Phone 204.774.1634
Fax 204.774.1636
e-mail walter@bestwayagencies.ca

  Jose Rodrigues
Manuel Rodrigues
Antonio Rodrigues

**Winnipeg Insurance**
BROKERS LIMITED

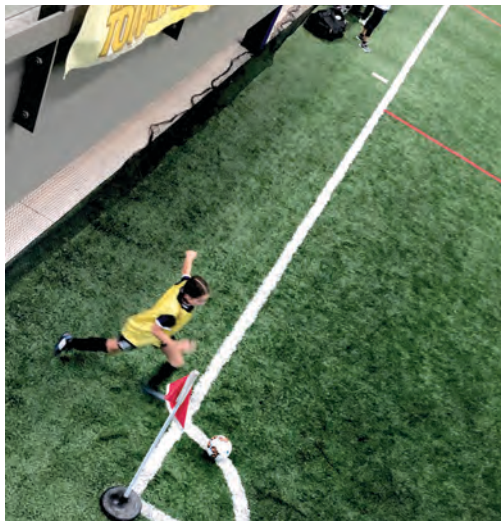
Helia Caleiras
Personal Lines Consultant


3 - 925 Headmaster Row, Winnipeg, MB. R2G 4J4
Telephone: 204.832.6027 Fax: 204.885.9254
Email: hcaleiras@wpgins.ca Web: www.winnipeginsurancebrokers.com

Sports & Recreation



Winnipeg Youth Soccer Association Tournament, Finalists 2020
 Isabella Baldock, Mallory Boulanger, Stella Crawford, Maisie Dahl, Peyton Duncalfe, **Isabella Friesen**, Paige Furtney, Sahra Hashi, Linnea Heber, Mylie Lidster, Madlyn Moerk-erk, Maiya Reimer, Anastasia Segal, Kaitlyn Wong; Coaches: **Sabrina DaSilva Friesen**, Sarah Prowse -- **SWCC U11 Rec Girls** -- CONGRATULATIONS! WELL PLAYED, GIRLS!





Matt Sarmatiuk
 General Manager

Volvo Winnipeg
 Point West Autopark
 3965 Portage Avenue, Unit 10
 Winnipeg, Manitoba R3K 2G8
 Telephone 204.831.4856 Fax 204.831.4225
 matt.sarmatiuk@birchwood.ca



GERÊNCIA
 Tony e Gilberto Cabral

SERVIÇO
AUTOPAC REPARAÇÕES E
PINTURAS DECARROSE E CAMIÕES



Tel. (204) 632-6225
 180 Parklane Avenue
 Winnipeg, MB R2R 0K2

Horoscope

por Susan Miller - Claudia.htm



Peixes
20/2 a 20/3

Sua vida social promete ser incrível neste mês. Você estará rodeada de pessoas queridas, o que lhe trará muita energia. Experimente começar um trabalho voluntário de que goste e verá como a atividade é gratificante. Você vai conhecer pessoas diferentes, e os efeitos serão bem positivos.

Áries
21/3 a 20/4

Este é um momento mágico para a sua carreira. A Lua cheia do dia 9 poderá trazer a conclusão de um projeto. Cada detalhe importa; entregue um trabalho bem caprichado. Um sonho profissional também está em vias de se concretizar. Procure manifestar suas opiniões e sua visão sobre o futuro da empresa, pois elas lhe renderão frutos como um aumento ou uma promoção.

Touro
21/4 a 20/5

Depois de passar um bom período focada na carreira, chegou a hora de você pensar em romance, diversão e amigos. A Lua cheia do dia 9, em Virgem, ilumina seu setor do amor verdadeiro, prometendo um dos momentos mais encantadores e românticos de seu ano. Talvez você faça uma viagem para um lugar mais distante e conheça pessoas bem interessantes.

Gêmeos
21/5 a 20/6

Você já deve ter percebido que, mesmo aos trancos e barrancos, tem conquistado uma boa reputação profissional e que o aumento de sua remuneração é reflexo disso. São os planetas que estão alinhados para que você obtenha grandes ganhos com base em seu desempenho. A partir do dia 9, Mercúrio, seu regente, voltará a transitar em movimento direto e você poderá começar a assinar contratos que estavam atrasados.

Câncer
21/6 a 21/7

Este mês pede uma postura colaborativa, seja no trabalho, seja em casa. Deixe para assumir o papel de líder em outro momento. Procure ouvir as ideias e sugestões das outras pessoas e veja como pode contribuir com elas, em vez de tentar impor as suas. Se trabalha por conta própria, mostre seu lado prático e esteja pronta para determinar prazos, equipe e custos para um próximo projeto. Mas não se esqueça de que precisará do auxílio para avançar.

Leão
22/7 a 22/8

Com sua lista de tarefas aumentando, você precisará ser prática e organizada. Considere a possibilidade de contratar alguém para ajudá-la a realizar o trabalho. A Lua cheia do dia 9, em Virgem, encerrará uma questão financeira. Talvez você receba aquele aumento que pediu há algum tempo ou o pagamento por um serviço prestado.

Virgem
23/8 a 22/9

Todas as virginianas aproveitarão as glórias deste mês, sejam comprometidas ou solteiras. Com tantas possibilidades no horizonte, escolha aquelas que irão fazer você mais feliz. Se deseja ter um filho, não espere muito. Conjunturas planetárias como as de março são raras e poderão ajudá-la a engravidar.

Libra
23/9 a 22/10

Desde o mês passado, você vem tendo que lidar com alguns atrasos e problemas causados por Mercúrio retrógrado. Mas, a partir do dia 9, o planeta retoma o movimento direto e tudo voltará a andar para a frente. Sua energia, neste mês, estará direcionada para o lar e a família. Talvez você resolva até mudar de casa, reformá-la ou apenas trocar a decoração.

Escorpião
23/10 a 21/11

O mês promete ser bem agitado para você. Procure se organizar e prestar atenção nos detalhes para não esquecer questões importantes. Com a ajuda dos astros, você encontrará o foco e conseguirá finalizar projetos que estavam parados há bastante tempo ou até colocar outros em prática. A Lua nova do dia 24, em Áries, tornará o cenário bastante propício para suas novas criações, mesmo as mais ousadas.

Sagitário
22/11 a 21/12

Depois de passar um bom tempo buscando maneiras de se reinventar na carreira e descobrir novos talentos, finalmente você perceberá que todo o seu esforço está valendo a pena. Espere pelas recompensas, que serão muitas, principalmente em termos financeiros. Com a Lua cheia do dia 9, em Virgem, você poderá receber um aumento, bônus ou uma promoção como reconhecimento pelo seu trabalho.

Capricórnio
22/12 a 20/1

Este é o ano das capricornianas. Quase todos os planetas estarão conspirando a seu favor, e você começará a sentir os efeitos já neste mês. Além de estar muito motivada e determinada, poderá contar com o apoio das pessoas. Você está iniciando um importante ciclo e tudo que plantar agora vai lhe garantir frutos pelos próximos dez anos.

Aquário
21/1 a 19/2

Com boa parte do sistema solar em signos de Terra, que são os mais realistas do zodíaco, este mês exige que se coloque tudo no lugar. Portanto, evite ficar idealizando as situações ou você poderá acabar se decepcionando. Se possível, dê prioridade a projetos que possa tocar sozinha, pois precisará de muito foco e concentração no trabalho.

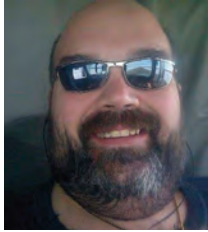


Obituaries

RUI (ROY) MANUEL MONTEIRO

In disbelief we sadly announce the sudden passing of our son, cousin and friend, Rui Manuel Monteiro. Rui succumbed to natural causes on the evening of March 1.

Rui is survived by his father, Manuel Coelho Azera Monteiro and fur son Roco Monteiro (Bellerose). He was predeceased by his mother, Mother Bertha Maria Martins Costa Monteiro.



Rui was born and raised in Winnipeg and spent his summers enjoying the sun and the lake in Whiteshell with his parents. Heading into his career he got on with Barca Construction, later found an opportunity with JC Construction where he grew his interest in trucking and decided to venture out and become his own Owner/Operator.

Rui was always there for anyone he knew, the best friend anyone could have and protector. Loyalty was the most important thing to him; he would go without to help others and give forgiveness to anyone if you just asked. He loved to be surrounded by and spend time with his friends and wanted everyone to be one big family. He was a big teddy bear who loved everyone and was very grateful for anyone who helped him.

His sudden passing has left a hole in so many people's lives. Funeral Services were held at the Immaculate Conception Parish. Interment followed in Assumption Cemetery.

MANUEL "MANNY" NORBERT DE ALMEIDA

On Thursday, February 20, 2020 - Manuel Norbert De Almeida passed away peacefully at Health Sciences Centre, surrounded by his loving family.

He is survived by his mother Deolinda, sister Maria (Don). His wife Wilma. His three sons Jesse, Carlos (Cassandra), Michael (Alexis), stepsons Kevin (Melissa) and Lawrence, step daughter Tanya. nieces "Roxy" (Paulo), Lisa (David), Charla (Paul) Denim, Serena, and Kylee. Granddaughters Sloane and Avaya. And step grandchildren Kylie, Nicholas and Marcus. He was predeceased by his father Antonio, brother Tony, and stepson Jason.



Manny came to Canada along with his mother father and sister, in 1965 from Sao Jorge, Portugal. He was always known as a hard worker, doing sewer and water work as well as masonry up until 2005 when an accidental house fire caused him to lose his vision for the remainder of his life.

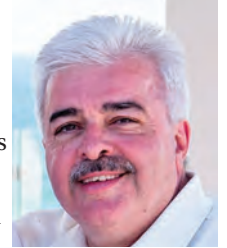
Following his move out to Fisher Branch after the accident, Manny enjoyed long talks on the phone with friends and loved ones, walks around the town, tuning into his favorite television shows and simply enjoying some quality time with good company. He will be missed dearly.

Service was on Monday, March 2 at Cropo Funeral Chapel. In lieu of flowers please make a contribution on his behalf to CNIB.

CARLOS MANUEL ENCARNÇÃO

August 19, 1959-February 16, 2020 Suddenly at 60 years of age Carlos, husband to Mary of 39 years, passed away in his sleep.

Carlos was born in the Azores, Portugal and came to Canada with his parents and siblings in 1971. Carlos was employed with Westburne Electric for over 40 years. He was a strong loving man that gave all of himself to his family and those he loved. Some of his favourite times were spent with family and friends or pampering his car.



Carlos will be lovingly remembered by his wife Mary; his daughters Nicole (Justin) and Cayley (Ryan) and his treasured grandchildren Carter and Addison; parents Manuel and Maria, siblings Clara (Mario) with family, Carmen (Tony) with family, John with family; sisters in law Christine (Joe) with family, and Grace (Dusan) with family. As well as many other family members. He was predeceased by many beloved family members.

We love you so much and will miss you deeply. Rest peacefully husband, daddy, vavo. A celebration of life was held in his honour on Wednesday, February 26 at Cropo Funeral Chapel.

In lieu of flowers, donations may be made in Carlos's memory to the Heart and Stroke Foundation.

DESDE 1957, QUE GENEROSAMENTE SUPORTA A NOSSA COMUNIDADE, COM COMPAIXAO, BONDAD E CARINHO. SERVICOS CREMATORIOS E FUNERAIS NORMAIS.

Crope
FUNERAL CHAPEL

1442 Main Street, Winnipeg, Manitoba

204.586.8044
1.888.586.8044 TOLL FREE

Community | Comunidade

Contact us to advertise: omundial@outlook.com | 204.981.3019



**Associação Portuguesa
de Manitoba**

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



PORTUGUESE PROGRAM "VOZ LUZITANA"



JP Cardoso
HOST/PRODUCER



520 Corydon Avenue
Winnipeg, MB R3L 0P1
www.ckjs.com

Phone: 204-960-6692
Fax: 204-453-8244
jcardoso@ckjs.com



Casa dos Açores

1 Açores Street
Winnipeg, Manitoba
R3B 0V4 Canadá
E-mail: casadosacores.wpg@mts.net



Tel. 204-947-0049



TELEVISÃO COMUNITÁRIA PORTUGUESA

Todos os dias na Cabo TV da SHAW canal 9
Veja também todos os shows anteriores no You Tube

www.youtube.com-lusocantv

Contatos: pbergantim@shaw.ca 204-479-9297



**Centro Portugues
Casa do Minho**

1080 Wall St., Winnipeg, MB R2E 2R9 Canadá
Tel. 204-772-1070 E-mail: 7721070@mts.net



**PORTUGUESE
IN MANITOBA**

www.portugueseinmanitoba.com



Serviço de Foto e Vídeo
Casamentos - Batizados
Aniversários - Festas Privadas
Colaboradores Freelance:
PortugueseInManitoba Website
LusoCanTv - Jornal O Mundial



Carlos Sousa
1279 Redwood Avenue
Winnipeg, MB R2X 0Y7



Tony Soares
Cell 204. 299. 8041

www.facebook.com/carlos.sousa.798278

Calendar | Calendario

Contact us to put your community event here at no charge: o_mundial@outlook.com | 204.981.3019

Your event here!

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.



Luis Jorge (204) 963-4800
 advance.acrylic@gmail.com
 299 Hoddinott Rd.
 East St. Paul, MB R2E 0H7

ADVANCE Acrylic & Stucco LTD

**WINTER IS HERE!
 CALL NOW... FOR SNOW REMOVAL CONTRACTS!**

EFIS System
 Acrylic & Stucco
 Stucco Wire
 Cultured Stone
 Renovations



CALADO CONSTRUCTION

66 St Paul Blvd
 West St. Paul, Manitoba
 Canada R2P 2W5

CONTACT: 204.334.8689 – OFFICE
 204.334.4163 – DISPATCH
 204.334.5806 – FAX
www.caladoconstruction.com

GARCEA

GROUP OF COMPANIES

GRANITE
 CONCRETE SERVICES

Tuscany
 CONSTRUCTION
The Life Specialist

colour
 DESIGN DECORATING

BEDROCK
 LANDSCAPING

P: (204) 338 - 9776 E: info@garceagroup.ca W: www.garceagroup.ca

DMB CONSTRUCTION

Domingos M. Bravo
 Phone: 775-4259 Fax: 772-4943 E-mail: dmbconstruction@mts.net

For All Your Interlocking Stone and Concrete Needs
 ● Residential and Commercial ● Bonded and Insured