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Fotografia: Tomás Monteiro, que levou a Vogue Portugal até às Marchas Populares de 2018, aqui publicadas em 2021
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Navegante
Cultural



Letter from the Editor / Carta da Editora

GUEST EDITORIAL -- A HOME FOR HEALING

by Lucy Andrade

...What a whirlwind of emotions on all levels. I have never

been this sure as I am at this moment that God has protected me and has never underestimated my ability to remain true to myself.

I am willing to push forward through pain and resentment, and hurt; but most of all, I am willing to carry the burden of misunderstanding.

I am willing to seek my growth with the help of those who love me, unconditionally -- with so much love and perseverance that I am blessed beyond words.

I am willing to see the truth of others, on so many levels. Yes.

God, you have so much power, and I am open to any and all of your callings. If it is to teach love, and to be grounded, so be it. Thank you for allowing me to find worth and love for myself, and to allow myself, also, to grieve for the wrongs that have been done to me (and I have done unto others)...

Thank you for letting me see the power of forgiveness, not for one's self -- myself, but also for others.

I have watched the power of forgiveness right in front of my eyes, and it has brought me to my knees! Please continue to protect and help us all (not just me), be all that we can be -- everything that you want us to be.

Help me to continue my growth, but to proceed with love and caution. As I think on LOVE, and the power to heal within, I have learned that healing comes in many forms and that we all have the power to heal completely, if, and that is a big IF, we are willing to...

Accept life's journeys and all that comes with those journeys -- this acceptance includes the happy times, but the sad times also, and it brings with it both grief and confusion.

Finding peace amidst confusion and hurt, has brought me clarity and resolution. In looking at all that has been given to me, even through the pain that I have caused, and the pain that has been served unto me, I have learned that no one has the ability to hurt me more than I hurt or have hurt myself.

In these last few months, staring at myself each and every time, at my most vulnerable, I have made decisions that were more for me, than for others; and yet, curiously, I made them thinking of others.

The thinkers on love, my editor tells me, say that THIS IS LOVE!

EDITORIAL CONVIDADA - UMA CASA PARA CURA

por Lucy Andrade

... Que turbilhão de emoções em todos os níveis. Nunca tive tanta certeza como neste momento de que Deus me protegem e nunca subestimou minha capacidade de permanecer fiel a mim mesmo.

Estou disposta a avançar em meio à dor, ressentimento e mágoa; mas, acima de tudo, estou disposta a carregar o fardo do mal-entendido.

Estou disposta a meu crescimento com a ajuda de quem me ama, incondicionalmente - com tanto amor e perseverança que sou abençoado além das palavras.

Estou disposta a ver a verdade dos outros, em muitos níveis. Sim.

Deus, você tem muito poder, e estou aberta a todas e quaisquer chamadas. Se for para ensinar o amor e ter os pés no chão, que seja. Obrigado por me permitir encontrar valor e amor por mim mesmo, e me permitir, também, chorar pelos erros que foram feitos a mim (e eu fiz aos outros)...

Obrigado por me deixar ver o poder do perdão, não só para mim mesmo - para mim, mas também para os outros.

Eu vi o poder do perdão bem na frente dos meus olhos, e isso me fez cair de joelhos! Continue a proteger e a ajudar a todos nós (não apenas a mim), a ser tudo o que podemos ser - tudo o que você deseja que sejamos.

Ajude-me a continuar meu crescimento, mas com amor e cautela. Ao pensar no AMOR e no poder de curar interiormente, aprendi que a cura vem em muitas formas e que todos nós temos o poder de curar completamente, se, e esse é um grande SE, estivermos dispostos a ...

Aceitar as jornadas da vida e tudo o que vem com essas jornadas - essa aceitação inclui os tempos felizes, mas os tempos tristes também, e traz consigo tanta tristeza, quanto confusão.

Encontrar paz em meio à confusão e à dor, me trouxe clareza e resolução. Ao olhar para tudo o que me foi dado, mesmo através da dor que causei, e da dor que me foi servida, aprendi que ninguém tem a capacidade de me machucar mais do que eu mesmo.

Nestes últimos meses, olhando para mim mesmo, todas as vezes, para os meus momentos mais vulneráveis, tomei decisões que foram feitas mais para mim do que para os outros; e ainda, curiosamente, fiz essas decisões pensando só em outros, e não em mim.

Os pensadores sobre amor, minha editora me diz, dizem que ISTO É AMOR!



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Mario Lopes: 25 Years, Top Sales!

Mario Lopes is going strong, 27 years later! Two years after his silver anniversary as a realtor, he has moved back to his roots in the northwest corner of Winnipeg on McPhillips, and consistently come out in front as top seller. Nav-OM congratulates Mario on his success! The Winnipeg Free Press first published the news on October 15, 1994 -- on Mario's 21st birthday!

O Mário Lopes continua grande, 27 anos depois! Dois anos após seu aniversário de prata como corretor de imóveis, ele voltou às suas raízes no canto noroeste de Winnipeg, em McPhillips, e saiu na frente como mais vendido. Nav-OM dá os parabéns a Mario pelo seu sucesso! O Winnipeg Free Press publicou a notícia em 15 de outubro de 1994 - o dia do 21º aniversário de Mario! Bem Haja!



**Mario Lopes:
25 Anos, Top Sales!**



Winnipeg Free Press, October 15, 1994

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Navegante Intern Parabens aos graduados de 2021!



A recent graduate herself, Selena extends congrats to recent graduates, their families and friends. Uma graduada recente, Selena estende parabéns aos graduados recentes, as suas famílias e amigos.



Selena Loureiro



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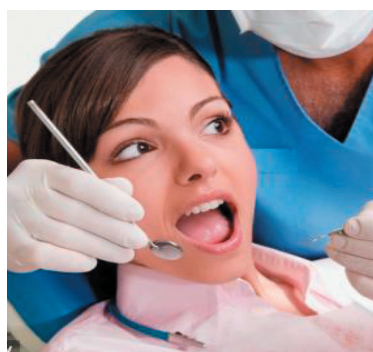
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Cultura & Tradições

Festas dos Santos Populares

São João

São Pedro

Santo António

Mês de homenagem aos três Santos Populares que se veneram em Portugal, na Madeira e nos Açores.

Em Lisboa, começa no dia 13 de Junho, dia de Santo António, a cerimónia dos casamentos de Santo António que reúne cerca de vinte casais, maravilhosamente vestidos! Depois das cerimónias civis e religiosas, segue-se a receção, que é aberta por uma linda valsa, antes da refeição.

À noite, desfilam na Avenida da Liberdade, integrados nas marchas populares dos Bairros de Lisboa e é uma apoteose, com milhares de pessoas a assistir e aclamá-los!

O São João, celebrado a 24 de Junho, tem a sua festa principal na cidade do Porto, com os martelinhos e o célebre alho porro, atacando as pessoas, que permanecem muitas horas, numa autêntica diversão...E artistas cantando pela noite fora.

Também na ilha Terceira, existem as chamadas festas Sãojoaninas, com marchas populares e as célebres touradas à corda nas ruas de Angra do Heroísmo.

Encerram com o dia de S.Pedro, a 29 de Junho, também festivamente celebrado com festas de cariz religioso, no Continente, Açores e Madeira e a volta da diáspora.

Também a nossa Comunidade Portuguesa de Winnipeg costuma celebrar as Festas de São João em homenagem aos três Santos Populares, que são venerados em Portugal, no parque de St. Laurent em Manitoba.

Consta de missa campal, procissão com os três andores dos referidos Santos, e depois o arraial.

Comida à venda, exibição de vários ranchos folclóricos da APM, banda Filarmónica Lira de Fátima e artistas da nossa Comunidade, que são sempre muito aplaudidos.

Infelizmente, devido à Pandemia do Covid-19, este ano não foi possível realizar tais festas. Espera-se que para o ano de 2022, se possam efetuar, tanto aqui, como em Portugal Continental e Insular.

Até lá, vamos pedir aos três Santos Populares, que intercedam por nós a Deus, para que esta Pandemia acabe e possamos regressar a uma vida normal.

Artigo por Maria Jose Correia
Coleção de fotos por Michel da Silva - 2018/19



Culture & Traditions

Feasts of the Popular Saints

*St John
St Peter
St Anthony*

Three Popular Saints are venerated in the month of June throughout continental Portugal, Madeira and the Azores.

In Lisbon, the festivities start on the 13th of June with St Anthony's Day, which features multiple wedding ceremonies; bringing together about twenty couples, sometimes more, beautifully dressed brides and grooms come together for a group civil and religious ceremony, complete with a community reception, an inaugural waltz, and a bountiful meal for the couples and their families.

At night, the newlyweds parade along Avenida da Liberdade, taking part in the popular and competitive marches held across Lisbon's neighborhoods -- thousands of people (including tourists) come to watch and cheer them on!

In Porto, the feast of St. John is celebrated on the 24th of June, and celebrated with hammers and the famous leek, in mock "attacks" on the crowds of feast-goers, who stay for many hours, enjoying authentic regional entertainment of artists singing all night long.

On the island of Terceira, there are the so-called Sãojoaninas festivals, with popular marches and the famous rope bullfights in the streets of the capital, Angra do Heroísmo.

The Feasts close with St. Peter's Day, on the 29th of June, which is also celebrated with religious festivals on the mainland, the Azores and Madeira, and across the diaspora.

Our Portuguese community in Winnipeg also celebrates the three Popular Saints at the Portuguese Recreation Park in the RM of St. Laurent in Manitoba, typically between St. John and St. Peter's Days.

The combined feasts consist of an outdoor mass, a procession with all three Saints, and a communal dinner-dance with tasty food and live entertainment for dancing under the stars, featuring community folklore groups as well as the Philharmonic band Lira de Fátima and local performers.

Unfortunately, due to the Covid-19 Pandemic, it was not possible to hold the feasts this year... The hope is to reconvene in the year 2022, both here and in Mainland and Insular Portugal. Until then, we ask the three Popular Saints, to intercede for us to God, so that this Pandemic ends and we return to normal life.

*Article by Maria Jose Correia
Collection of photos by Michel da Silva - 2018/19*



CANADA AT 154,

July 1, 2021

The birth of Canada as a nation is more controversial than most realize... No official celebrations took place for the first twelve years after Confederation, with the passing of the Constitution Act, 1867. The country had been hastily put together by combining the two Canadas (Upper Canada and Lower Canada) with Nova Scotia, which felt railroaded into confederation.

The other maritime provinces were not involved, while the prairie provinces and west coast of British Columbia and arctic territories were not invited, until later on...

The annexations created a bigger dominion and Canada was pulled into WWI and then WWII with a bit more patriotic vigour and self-identity as a nation apart from Britain, while continuing part of the Commonwealth as a Constitutional Democracy.

Immigration helped support the expansion of this identity into a multicultural and so-called "just" society, with an emblematic maple leaf representing the peace, order and good government of the fledgling nation, which only recently is embarking on a painful path of truth and reconciliation with its Indigenous peoples, who have been here all along, time immemorial.

The recent, heart-breaking discoveries of mass graves at residential schools have given us all time for pause. And so, we think on Canada at 154, and hope for more meaningful truth and reconciliation for 155...

People First



Kevin Lamoureux
MP for Winnipeg North

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Canada

Manny Martins-Karman

Free the Belly!



I am an Artist. Graphic Designer. Stylist. Wife. Mother. Coffee drinker. People watcher.

As a stylist, I often hear women saying that they can no longer show their arms or legs and have to cover up because other people have told them that it's not okay to dress the way they used to when they were younger.

These ageist ideas about how women should look, dress, and express themselves have to go! I haven't felt comfortable in my own skin for over 30 years because of the shame I was made to feel about my body at a young age.



You can choose who you follow; these women have inspired me to feel more confident and accepting of myself, my body, and the way I choose to express my style.

This article is for the people who tell me, "I wish I had your confidence." Let's rid ourselves of antiquated and ageist standards of beauty, and allow everyone to be, who they want to be.

Don't be afraid to wear what makes you happy. It's taken me 40 years to finally feel good in my body. And I'm on a mission to change society's beauty standards.

Ps. It's time to free your belly!

Eu sou um artista. Designer gráfico. Estilista. Esposa. Mãe. Bebedor de café. Observador de pessoas.

Como estilista, muitas vezes ouço mulheres dizendo que não podem mais mostrar os braços ou pernas e têm que se cobrir porque outras pessoas lhes disseram que não é certo se vestir como costumavam se vestir quando eram mais jovens.

Essas ideias preconceituosas sobre como as mulheres devem se parecer, se vestir e se expressar precisam de desaparecer! Não me sentia confortável na minha própria pele há mais de 30 anos, por causa da vergonha que senti em relação ao meu corpo quando era jovem.

Você pode escolher quem seguir; estas mulheres me inspiraram a me sentir mais confiante e receptiva a mim mesma, ao meu corpo, e à maneira que escolho para expressar meu estilo.

Esta reportagem é para as pessoas que me dizem: "Gostaria de ter sua confiança." Vamos nos livrar dos padrões de beleza antiquados e etários, e permitir que todos sejam quem eles querem ser.

Não tenha medo de usar o que te faz feliz. Levei 40 anos para finalmente me sentir bem no meu corpo. Tenho a missão de mudar os padrões de beleza da sociedade.

Ps. É hora de liberar sua bariga!



Free the Beach!

Liberta a Praia!

By Mia Sally Correia, with files from Fatima Gomes Carreiro, Charlene Grouette-Erasmo, and Ainslie Martin

A Visitor (non real property owner) to any park or beach in the Rural Municipality (RM) of St. Laurent can expect to pay a fee, as stipulated by the Parks and Beaches By-Law 3/2021 that passed on June 2, 2021. Real Property Owners in the RM are exempt the fee to access its parks and beaches.

Unlike its larger cousins across the Interlake on the shores of Lake Winnipeg in Gimli and Winnipeg Beach, or in the resort towns of Clear Lake or Falcon Lake, there are no kiosks selling beachwear and funky fashions at Sandpiper Beach, no restaurants with sit-down licensed patios at which to enjoy adult beverages, no fast-food stands or ice cream parlours for twist cones and soft-serve sundaes at Meindl Park, and certainly no trademark Beaver Tails or Imperial cookies to snack on during the ride home from Twin Lakes Beach. No sticky cinnamon buns, either.

There is no gas station or convenience store at Big Tree Park, no small boardwalk or built-in BBQ pits, no park benches, or designated areas of the beach for dogs. There is no museum or heritage building to visit, no natural formation to climb up or sit on as a backdrop to a group photo or selfie. There is no sand-friendly wheelchair ramp to access the water's edge, or playground structure for the kids. No pier to walk upon and peer into the water. There are no cottages to rent, no horses to ride nearby or paddleboats to enjoy; there is not even a yurt in sight!

Build it and they will come...?

\$10 per vehicle and driver, plus another \$5 per head, will get you a parking spot in a tiny lot, with free passage through a wooden ticket office, onto a small causeway of sandy grass, which spills onto the narrow, pebbly shoreline of shallow Lake Manitoba. There is a small restroom trailer for visitors in need, and a picnic table or two.

RM Reeve Cheryl Smith said that there are plans to add "handicap facilities to the park this year and... add a play structure in the future." She also said that the By-Law is a "pilot project," and that the RM is seeking feedback from the community to see how the new rules can be improved. Smith has referred to critics of the project as "haters."

According to Smith, there has been an increase in tourism in recent years and the fees will go towards infrastructure costs to manage the higher volume of people. "We don't want to put that cost onto the taxpayers. We want to collect the fees from the non-taxpayers... and from the people visiting," she told CTV news.

The uncertainty of taxes...?

The Portuguese Association of Manitoba acquired land in the RM of St. Laurent

in 1995, which is assessed a rate of 90% residential property tax. Yet according to President of the Board, Fatima Gomes Carreiro, at a meeting with Reeve Smith, "it was made clear that Portuguese Park lot owners are not considered 'real property owners,' and therefore, as 'visitors' to the area, would be required to either pay a daily drop-in fee, or to purchase an annual pass for July and August of \$100."

Carreiro went on to say that "while we are assessed 90% residential tax, we were compared to other RV campgrounds in the area, which are not assessed the same rate as residential property. It is true that we do not benefit from, or rely on RM services such as garbage collection, water treatments, dust control, or street maintenance, but we have integrated ourselves as seasonal residents in this community for the past 26 years; we support local business and some of us attend church services; we contribute to the community in numerous ways – when the RM was unable to find concrete workers, we were asked to help cement the St. Laurent Arena floor, and sent over 30 volunteers that worked from morning to night; when the flood hit the community, although our park was not in jeopardy, we helped protect our neighbours and worked in the sand-pit, filling bags; and recently, when the RM celebrated Canada 150 years, we participated on the organizing committee and sent Past President Mario Santos. When we were asked to move our annual Canada Day fireworks to the town, we did so free of charge."

A strong majority...

Beachgoers are comprised of mostly permanent and seasonal park residents, together with visiting family, and friends. Some provincial visitors turn up from time-to-time, according to park residents.

"A few weeks ago, via social media, it was brought to our attention [at the park] that the RM passed a By-Law [3/2021] due to an influx of visitors and tourists to the area, resulting in increased maintenance costs," Carreiro told Nav-OM. "There was no consultation with the Portuguese..."

Continued on page 13



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Pineapple Cake

Ingredients:

- 250g of flour
- 250g of sugar
- 6 eggs
- 1 can of pineapple in syrup
- 6 tablespoons of pineapple syrup
- 1 teaspoon of baking powder
- 250g of sugar to caramelize
- Cherries to decorate

Method:

...1 Before baking the pineapple cake, preheat the oven to 180 C or 350 F.

...2 Beat egg yolks with sugar until white. Add 6 tablespoons of syrup and beat well.

...3 Then, pour everything into a bowl and add the flour and yeast, stirring constantly.

...4 Beat the egg whites to a peak and add to the batter, covering them lightly.

...5 Place on top of batter and bake in oven for about 45 minutes.

Let cool. If desired, decorate with cherries and glaze of choice.

Bolo de Ananás

Ingredientes:

- 250g de farinha
- 250g de açúcar
- 6 ovos
- 1 lata de ananás em calda
- 6 colheres de sopa de calda do ananás
- 1 colher de chá de fermento, pó
- 250g de açúcar para caramelizar
- Cerejas para decorar

Método:

...1 Antes de começar a fazer o bolo ananás pré-aqueça o forno 180 C ou 350 F.

...2 Bata as gemas com o açúcar até ficarem brancas. Junte 6 colheres de calda e bata bem.

...3 Depois, despeje tudo em uma tigela e junte a farinha com o fermento mexendo sempre.

...4 Bata as claras em ponto de pico e junte à massa na forma, envolvendo-as levemente.

...5 Coloque sobre a massa e leve ao forno médio por cerca de 45 minutos.

Deixe arrefecer. Se desejar, decore com cerejas e esmalte.

Como organizar um piquenique para ser especial do início ao fim --

Escrito por Ana Kordelos para: www.dicasdemulher.com.br/piquenique/

Piquenique para crianças: sucos naturais e refrescantes como laranja, limão e abacaxi. Se houver suqueiras, adicione pedras de gelo para ajudar a conservá-los. Não podemos esquecer da água mineral. Frutas picadas como maçã e pêra, bananas e uvas. Dê preferência para os assados como quibes, pães de queijo e hot dog assado.

Piquenique vegano: os sucos naturais e a água mineral permanecem como escolha perfeita para o piquenique. Como sugestão de alimentos, batata chips, palitinhos de legumes (cenoura, salsa e aspargos), quiche de legumes, frutas variadas e mix de castanhas são uma ótima pedida.

Piquenique sem lactose: sucos, água, água de coco, frutas diversas, salgadinhos livres de lactose, sanduíches com geleia de frutas e bolo de frutas.

Piquenique para adultos: com a possibilidade de incluir bebidas alcoólicas e coquetéis, a água mineral ainda figura como elemento principal dentre as bebidas. Uma tábua de frios pode ser uma boa opção. Salgados assados, muffins e cupcakes ajudam a saciar a fome.

Piquenique romântico: sucos, água e champanhe ou vinho ajudam a criar o clima. Mini sanduíches, frutas como morango e uva, bolos, cupcakes e muffins compõem o cenário. Vale adicionar flores para complementar a decoração.

Piquenique praiano: se a ideia é aproveitar a natureza, porque não fazer um piquenique na praia? Água mineral, água de coco e sucos ajudam a refrescar. Salgados assados, mini sanduíches, frutas refrescantes como melancia, melão e abacaxi, complementam o cardápio.

Piquenique de aniversário: ótimo para reunir a família, os sucos e drinks sem álcool acompanham a água para refrescar. Os docinhos não podem ficar de lado. Salgados assados, cupcakes e o bolo, de preferência sem recheio de creme, garantem a refeição.

Piquenique de noivado: ocasião ideal para uma festa mais intimista e informal, comemorar o noivado com um piquenique em meio a natureza é uma ótima opção. Para beber, sucos servidos em suqueiras, água mineral e água de coco para agradar os mais variados paladares. No cardápio não podem faltar mini sanduíches, salgados assados, cupcakes, muffins e um belo bolo de frutas.



Fotos: Let's Go Blog, Cupcake Leitor, e Eduarda Gil



Association, or the Portuguese Park residents of 444 Twin Beach Road, who have been active members of this community for a long time. Reeve Smith and Council decided to implement this pilot project on their own, and as we understand it, without consultation with the “real property owners” of the RM either.

We have written to the Reeve and to the Minister of Municipal Affairs, Derek Johnson, and we are collaborating with St. Laurent residents to ‘free the beach,’ and reconsider the By-Law, which has no methodical thinking and creates private beachfront property for Reeve Smith.”

Free the Beach...

Sandpiper beachgoers came together on Saturday, June 10, under blue skies and a blazing sun, to protest the Reeve’s unilateral decision to privatize the beach and limit access to taxpayers. Selling t-shirts and masks, carrying placards and signs, giving out water for folks to drink in the heat, while marching along the beach and asphalt road past Smith’s double-garage lakefront cottage, the vocal and peaceful demonstrators posed questions as they collected signatures for a petition:

Are waterways and shorelines crown land? What is the authority of the municipal government to implement a fee to access crown land? Do municipal governments have the authority to block public access to waterway? Is there a required length of time to pass between 2nd and 3rd readings on a By-Law? Does a By-Law of this nature require Ministerial approval, given potential impacts to access of waterways? If so, did Council seek such approval? Is it common practice for a municipal government to adopt a By-Law for a “pilot project” when findings and consultations have not been completed? Have there been any consultations with the Manitoba government regarding the implementation of this By-Law and pilot project? Especially given the fact that the By-Law specifically excluded Metis Harvester from accessing our traditional harvesting zones as agreed upon by the province of Manitoba and the Metis government.

Calls to the Municipal Office made by taxpaying members of the community, described in the By-Law as “real property owners” went answered, similarly to

those calls made by the Portuguese Association of Manitoba [and at press time, communication directly sent to Reeve Smith by Nav-OM EIC, Mia Sally Correia].

“Neighbouring businesses were also not consulted,” said Carreiro, as a family of business owners were seen making a statement for media at the demonstration. “We feel it’s a discriminatory policy and we object to By-Law 3/2021. Everyone should have access to that beach.”

Portuguese Association of Manitoba Park Director Joe Alves said, as he addressed the media, “we pay taxes at the Portuguese Park, and we should have access to the park and beach the same as any other resident of St. Laurent. We previously had a very good relationship with the RM Reeve and Council, until this Reeve was voted into office a few years ago. Since then, there has been discrimination against us Portuguese. This policy is just one example of her discriminatory decisions.”

Decisions, decisions, decisions...

Public policy is a decision taken or not taken by a government, whether established by common practice in administration manuals, issued as a communique or directive, formalized in a Regulation or Memorandum of Understanding, or passed as a Law or By-Law, including amending, or repealing laws deemed harmful or obsolete.

Public policy is developed, managed, upheld, enforced, and interpreted by all citizens in a society. We all play a part. Elected officials’ campaign on promises to make changes to better our communities and improve our quality of life in electoral chunks of four years, across three levels of government: federal; provincial; municipal. Bureaucrats (public and civil servants) put political will to action to develop the policies to fulfill those electoral promises, while enforcement officers (police and inspectors) ensure compliance with codes of law, by fining and charging or arresting the non-compliant. Judges and Magistrates hand down sentences to the non-compliant, who then pay up or get locked up, only to be monitored by other kinds of enforcement officers. And on it goes.

Drawing a line in the sand...?

Trini Loiselle made it clear that she was not representing the RM Council as she received payment for Nav-OM’s EIC and photographer to access the park and beach, “I don’t have a real title; maybe public works person,” she said in response to an allegation that she was making \$4,000 per season and might be the recently hired By-Law Officer with a salary of \$70,000 annually. “I’m just here collecting the fees.”

“Do you live here?” asked another.

Loiselle ignored the question as she returned the change; she answered other questions about crownland and shoreline measurements inconsistently; similarly about riparian rights and private beaches. A younger woman stood in the corner of the ticket-booth, silently supportive of Loiselle, her two hands and arms crisscrossed at her midsection in a protective stance. Outside the ticket-booth, a Portuguese Park resident sporting flippers on his feet, goggles, and a snorkel on his head; water-wings on his upper arms, waved protest signs as he chanted “free the beach, man!”

Recreation” is defined in the By-Law “such as but not limited to, swimming, games, tanning, walking, jogging, running and leisure,” while the purpose is “to regulate the use of public parks for public enjoyment and to ensure the safety, health, protection and well-being of people, and the safety and protection of both private and public property.” The By-Law makes a distinction between “all owners of real property in the RM” who “will have free access to all parks owned and/or operated by the RM,” and “all visitors (non-real property owners), who will need to purchase an RM of St. Laurent Park Pass.”

Divide and conquer...?

Non-inclusive policies and strategies of divide and conquer are as old as humanity. Throughout time and across cultures, leaders have created artificial categories of “us” and “them,” whereby “we” are usually beneficiaries of some goods or services, and “they” are excluded at best, vilified as lesser-than at worst.

Continued on pages 21 & 22

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Elected Officials and Civil Servants...

Where an employee in the civil service or a person employed by any agency of the government is elected to the House of Commons or as a member of the Legislative Assembly or is appointed as a member of the Executive Council, upon application therefore, that employee or person shall be granted leave of absence without pay:

- (a) for a period not exceeding five years from the date of his election or appointment; or
 - (b) if prior to the expiration of the five year period
 - (i) he resigns as a member of the House of Commons, or
 - (ii) he resigns as a member of the Executive Council, or
 - (iii) he resigns as a member of the Legislative Assembly, or
 - (iv) his appointment to the Executive Council is terminated, or
 - (v) the term of office for which he is elected expires or is terminated,
- then for such period that coincides with his resignation or termination of appointment, as the case may be.
- <https://web2.gov.mb.ca/laws/statutes/ccsm/c110e.php>

There is no stipulation for elected municipal officials to take leaves of absence without pay from their employment in the provincial civil service. Nonetheless, provincial civil servants are expected to declare any conflicts of interest, and to comply with a Code of Conduct, while they are employed with the Manitoba government.

The Civil Service Act: Code of Conduct Core Values...

The Code is founded on the Manitoba government's core values. These values provide a common framework, which guides the expected behaviour and conduct of all Manitoba government employees. The following are the Manitoba government's core values, including some examples of how these values are demonstrated through the actions and behaviours of employees.

Public Interest

Employees serve the needs, interests and expectations of the people of Manitoba. To ensure employees are acting in the public interest, they must resolve conflicts of interest, maintain confidentiality of information gained as a result of their work, conduct themselves in a non-partisan manner, and be careful stewards of public resources.

Integrity

Employees must exhibit honesty, integrity and the highest standards of personal conduct. Employees must not conduct themselves in a manner that would reflect adversely on the Manitoba government, their department, or other employees.

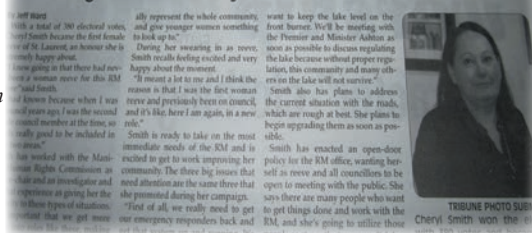
Respect for Others

Employees must treat others with respect, courtesy and dignity, and value the diversity of their fellow employees and the public we serve by being open to the exchange of different perspectives and ideas. Employees should treat others equitably and with fairness and honesty.

Skill and Dedication

In order to provide high quality and prompt service, employees must give their best to meet performance standards and organizational requirements. Employees must be open to continual learning and innovation, and must promote excellence by maintaining and improving their knowledge, skills, abilities and competencies, as well as assist in enhancing those of their colleagues.

Smith to go down in history as first female St. Laurent reeve



On the Manitoba Government Code of Conduct... Conflict(s) of Interest

As outlined in the Conflict of Interest Policy, employees must resolve any conflict between their official duties and their personal or private interests, in favour of the public interest. This includes outside employment and volunteer activity, as well as the interests of immediate family, friends, and relatives. As per: 3.2.1 Conflict Of Interest

On and Off-Duty Conduct

To maintain public confidence, whether on or off-duty, employees are expected to obey all laws, and carry out their duties in accordance with legislative requirements, government policy, and directives. When off-duty, employees are expected to use discretion to ensure that any personal activities do not bring disrepute to the Manitoba government, which includes activities or actions that could negatively affect the government's interests, property, security, reputation, or employee health and safety. Further information is included in policies such as the Criminal Charges, Oath or Affirmation of Office/Allegiance, Conflict of Interest, Respectful Workplace Policy: Addressing and Preventing Sexual Harassment, Harassment and Bullying, and Social Media Policy.

Employees are expected to place the public interest first in carrying out their duties. This involves avoiding or effectively resolving conflict of interest situations where private or personal interests improperly influence, could reasonably be perceived

to improperly influence, or could reasonably be foreseen to improperly influence, the performance of their duties and responsibilities.... These situations must be resolved in favour of the public interest.

Who owns what...?

The legislation is dense [disclosure: even for a former senior policy analyst and management consultant, who developed and taught policy development to all levels of provincial government management]. *Western Producer* (2004) outlines the issues, thus:

“Stream and lake beds are crown property. This was affirmed by the 1894 North-West Irrigation Act and by a 1932 Supreme Court of Canada decision. The principle that lake beds and streams are crown property continues in current legislation. Manitoba's Crown Lands Act reserves the bed of a body of water and a strip of land 30 metres from the highwater mark for the crown. If land borders a navigable waterway, the crown also reserves ‘the public right of landing from, and mooring, boats and vessels so far as is reasonably necessary.’”

“Within Canada, Crown land is a designated territorial area belonging to the Canadian Crown. Though the monarch owns all Crown land in the country, it is divided in parallel with the “division” of the Crown among the federal and provincial jurisdictions, so that some lands within the provinces are administered by the relevant provincial Crown, whereas others are under the federal Crown. About 89% of Canada's land area (8,886,356 km²) is Crown land: 41% is federal crown land and 48% is provincial crown land. The remaining 11% is privately owned. Most federal Crown land is in the territories (Northwest Territories, Nunavut, and Yukon) and is administered by Indigenous and Northern Affairs Canada. Only 4% of land in the provinces is federally controlled, largely in the form of national parks, Indian reserves, or Canadian Forces bases. In contrast, provinces hold much of their territory as provincial Crown land, which may be held as provincial parks or wilderness.”

“Crown land is the equivalent of an entailed estate that passes with the monarchy and cannot be alienated from it; thus, per constitutional convention, these lands cannot be unilaterally sold by the monarch, instead passing on to the next king or queen unless the sovereign is advised otherwise by the relevant ministers of the Crown. Crown land provides the country and the provinces with the majority of their profits from natural resources, largely but not exclusively provincial, rented for logging and mineral exploration rights; revenues flow to the relevant government and may constitute a major income stream, such as in Alberta. Crown land may also be rented by individuals wishing to build homes or cottages.”

Continued on page 22

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Free The Beach! Liberta a Praia!

Reeve Smith is a member of St. Laurent, according to her bio in the Association of Manitoba Municipalities website, and she is married to a QC who works for Justice Canada; she has six adult children and one grandson. She is an employee of the Manitoba Government, while concurrently in her second term as Reeve. [Disclosure: as a former management consultant in government, Nav-OM EIC Correia professionally interacted with Smith.]

Smith states that the RM's "beaches are now considered a tourism and recreation destination (with) visitors and tourists from all over the country as well as some international travelers... especially in the last three years." It is this "influx," reported anecdotally in a Q&A on the RM website, but absent quantitative evidence, that Smith uses to rationalize the By-Law to off-set an "exponential increase... in the costs of maintaining, enhancing, repairing, and monitoring the use of infrastructure." Smith argues that the costs should be borne exclusively by non-taxpayers.

The Petition: An Inclusive approach...!

Drafted by and provided to Nav-OM by Charlene Grouette-Erasmo, it reads:

- 1) Immediate stop to fee for access of the Big Tree Park
- 2) Development of a community-based planning committee consisting of representation from community members, business owners, various local associations, seasonal campgrounds, and Metis Government that would work in partnership with the members of the St. Laurent Council. The committee would allow for meaningful conversation and planning process to develop a legitimate framework for the implementation of a well-planned pilot project that will explore various options to generate revenue that will off-set the expense to maintain the grounds and facilities of Big Tree Park.
- 3) Pause on enforcement of the "Beaches and Parks" By-Law until such time (as) meaningful conversation and engagement of all stakeholders can conclude a reasonable outcome beneficial to all parties and supported by valid data from the outcome of the Pilot Project Findings.
- 4) Declaration of "Conflict of Interest" for all members of council and planning committee members, who potentially benefit from personal gain or increased privileges in comparison to the majority of community members, i.e., anyone who lives within a certain distance of the lands discussed.

A House of Cards...?

Public functionaries, whether elected or employed, or in Smith's case, both, need to comply with conflict-of-interest policies and declarations; most governments, whether federal, provincial, or municipal, have forms and compliance requirements for actual conflict of interest, with recommendations for perceived conflict of interest, which is more subtle, but can be just as damaging to the integrity of an elected official or public servant.

Liz Roque Sousa, whose family are ratepayers and seasonal residents at the Portuguese Recreation Park told media, "The Reeve's integrity has gone straight out the door with the shady dealings and closed-door meetings... A small town like (St. Laurent) needs someone with heart, who wants to move the town forward into the future without other motives, like making their relations richer or favouring their friends... (Smith) is pushing everyone away to keep 'her beach' private and basically forcing seasonal residents off land they've owned, so her (people) can scoop the land up cheap."

Resident Luc Paul Fontaine said, "after seven long years... (we have seen) volunteer and community-bullying, intimidation and harassment, family and friend favouritism, inside contract fixing, budget number fudging, election collusion, vote-buying, public shaming, chronic falsifying facts, (and) manipulation of government officials... Reeve Smith's House of Cards is crumbling before an awakening voting population... Her legacy and sad story will be tomorrow's newspaper for wrapping fish!"

On Free Beaches and Public Lands...

Public lands are owned in common by all and held in trust by governments, which exercise authority for their use. In Canada, public lands are referred to as Crown Lands. The Crown Lands Act gives the provincial government discretionary power over those lands and waterways. Manitoba's land is 90% public, while municipalities own about 10%, dating back to immigrant as well as pre-existing Metis settlement. In Manitoba, the Lieutenant Governor-in-Council has the authority to augment or disperse Crown

land and determine the price for purchase or lease. Crown land is used for varying purposes, including agriculture, and cottages, environmental protection, public recreation, and resource management.

Normally, the "dry" part of a beach or "backshore" is owned by the upland property owner, while the "wet" part of a beach or "foreshore" exposed by the tide is owned by the government. The ordinary highwater mark (OHWM) serves as the boundary between a waterfront property owner's land and provincial Crown land. This means that you can buy beachfront property, but that you only own the "backshore" or "dry" part of the beach, up to the "foreshore" or "wet" part of the shoreline at the highwater mark. As such, you must permit access across the publicly owned "wet" land.

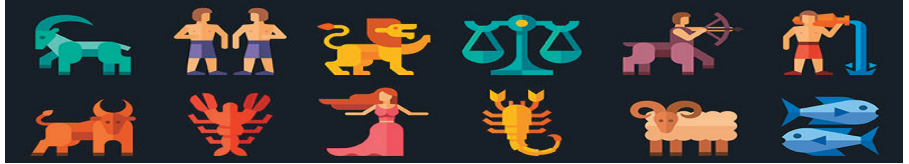
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Horoscope



Gêmeos/Gemini 21/5 a 20/6 Kudos to you for getting your finances squared away this past month. Luckily, your reward is in sight. When the Sun arrives in Leo, your third house of communication gets a major boost that will last until August 22. Now it's time to step away from the spreadsheets and do what you do best: connect with people!

Parabéns a você por ajustar suas finanças no mês passado. Felizmente, sua recompensa está à vista. Quando o Sol energizante chegar em Leão, sua terceira casa de comunicação receberá um grande impulso que durará até 22 de agosto. Agora é hora de se afastar das planilhas e fazer o que você faz de melhor: conectar-se com as pessoas!

Caranguejo/Cancer 21/6 - 22/7 Open that one last straggler gift before your birthday season comes to an end today. You finally put yourself first for a change and enjoyed the extra attention. But now your attention turns to brass tacks, as the Sun enters Leo and your practical second house, where he'll be camped out until August 22. Get down to business by assessing what you already have going for you and what else you need to get where you want to go.

Abra aquele último presente retardado antes que sua temporada de aniversário chegue ao fim hoje. Você finalmente se colocou em primeiro lugar para variar e gostou da atenção extra. Mas agora sua atenção se volta para as tachas de metal, conforme o Sol entra em Leo e sua segunda casa prática, onde ele ficará acampado até 22 de agosto. Comece a trabalhar avaliando o que você já tem a seu favor e o que mais você precisa chegar aonde você quer ir.

Leão/Leo 23/7 a 22/8 The dazzling Sun—your ruling planet—comes out of hiding today after four weeks of slumber in your seclusion sector and (drumroll please) shows up in Leo to launch your birthday season with a bang. El Sol infuses you with the vitality you've been missing so you can do pretty much whatever it is you feel like. For the entire month ahead, it's all about you—no apologies necessary.

The dazzling Sun—your ruling planet—comes out of hiding today after four weeks of slumber in your seclusion sector and (drumroll please) shows up in Leo to launch your birthday season with a bang. El Sol infuses you with the vitality you've been missing so you can do pretty much whatever it is you feel like. For the entire month ahead, it's all about you—no apologies necessary.

Virgem/Virgo 23/8 a 22/9 Hit the snooze button! After the Sun dips into Leo and your twelfth house of surrender today, you have until August 22 to glide along on autopilot. Instead of tackling new projects, wrap up unfinished business and let go of stuff you don't need. In that same vein, releasing anything (and anyone) that doesn't support your growth will keep you on track to becoming your most empowered, productive self—something you've been working hard on lately.

Aperte o botão de soneca! Depois que o Sol mergulhar em Leo e em sua décima segunda casa de rendição hoje, você terá até 22 de agosto para deslizar no piloto automático. Em vez de lidar com novos projetos, conclua negócios inacabados e libere o que você não precisa. Na mesma linha, libere qualquer coisa (e qualquer pessoa) que não apóie o seu crescimento irá mantê-lo no caminho para se tornar o seu eu mais produtivo e capacitado, algo em que você tem trabalhado muito ultimamente.

Balança/Libra 23/9 a 22/10 You've been on your grind impressing higher-ups this last month, but as soon as the Sun soars into Leo and your outgoing eleventh house today, you'll be back in your element—socializing! Reach out to the most interesting, exciting people in your various circles. You'll have lots to talk about after four long weeks of crushing your goals. This period is perfect for widening those circles, so poke around online and go in search of like-minded folks who share your interests and ideals.

Você esteve em sua rotina de impressionar superiores no mês passado, mas assim que o Sol subir para Leo e sua décima primeira casa hoje, você estará de volta ao seu elemento - socializando! Alcance as pessoas mais interessantes e empolgantes em seus vários círculos. Você terá muito o que conversar depois de quatro longas semanas esmagando seus objetivos. Este período é perfeito para ampliar esses círculos, então dê uma olhada online e vá em busca de pessoas que compartilham de seus ideais.

Escorpião/Scorpion 23/10 a 21/11 Block off plenty of time on your calendar between today and August 22 for schmoozing your boss, your boss's boss and anyone else who can give you a leg up in your career. For the next month, the confident Sun will be blazing a trail through your ambitious tenth house, firing you up to climb the ladder. What's your next move? If you need support, a mentor or—if finances permit—a career coach can help you identify your best path to success and the strategic steps to keep you moving in the right direction: UP!

Reserve bastante tempo em sua agenda entre hoje e 22 de agosto para conversar com seu chefe, o chefe de seu chefe e qualquer outra pessoa que possa ajudá-lo em sua carreira. Durante o próximo mês, o sol confiante estará abrindo caminho por sua ambiciosa décima casa, incitando você a subir a escada. Qual é o seu próximo passo? Se você precisar de suporte, um mentor ou - se as finanças permitirem - um coach de carreira pode ajudá-lo a identificar seu melhor caminho para o sucesso e as etapas estratégicas para mantê-lo na direção certa: PARA CIMA!

Sagitário/Sagittarius 22/11 a 21/12 Tunnel vision is so not your thing, but with the Sun burrowed down in your depth zone for the past month, you've had an important target in your crosshairs that you didn't dare take your eyes off of. You'll be happy to hear it's time to think big again, thanks to today's solar shift into Leo and your expansive ninth house. Until August 22, your intrepid spirit has free rein to pursue your vision in audacious leaps and bounds. The only thing that can stop you is you, and you're not about to let that happen!

Visão de túnel não é sua praia, mas com o Sol enterrado em sua zona de profundidade durante o mês passado, você teve um alvo importante em sua mira que você não ousou tirar os olhos. Você ficará feliz em saber que é hora de pensar grande novamente, graças à mudança solar de hoje para Leo e sua expansiva nona casa. Até 22 de agosto, seu espírito intrépido tem rédea solta para perseguir sua visão em saltos e saltos audaciosos. A única coisa que pode impedi-lo é você, e você não vai deixar isso acontecer!

Capricórnio/Capricorn 22/12 a 19/1 Zero in on one or two important relationships when the Sun plunges into Leo today, powering up your eighth house of intensity. You probably won't feel like scattering your social energy between now and August 22, because this annual transit brings a desire for closeness. Quality time with a best friend, sexting with your S.O.—if it's not deep and real, you'll pass. Be prepared for strong emotions to get churned up and don't hesitate to carve out alone time.

Concentre-se em um ou dois relacionamentos importantes quando o Sol mergulhar em Leão hoje, energizando sua oitava casa de intensidade. Você provavelmente não vai querer espalhar sua energia social entre agora e 22 de agosto, porque este trânsito anual traz um desejo de proximidade. Tempo de qualidade com um melhor amigo, sexting com seu S.O. — se não for profundo e real, você vai passar. Esteja preparado para emoções fortes se agitarem e não hesite em encontrar um tempo sozinho para peneirá-las.

Aquário/Aquarius 20/1 a 18/2 One-to-one relationships are priority numero uno from today until August 22, while the Sun traipses through Leo and your interpersonal seventh house. What lies ahead? Oh, just four whole weeks of serious romance! Even you independent Water Bearers can get into that.

Os relacionamentos um-para-um são prioridade número um de hoje até 22 de agosto, enquanto o Sol perambula por Leão e sua sétima casa interpessoal. O que vem a seguir? Oh, apenas quatro semanas inteiras de romance sério! Até vocês, Portadores de Água independentes, podem entrar nisso.

Peixes/Pisces 19/2 - 20/3 Get ready to hit the ground running—literally—when the Sun races into Leo and your sixth house of wellness today. You have until August 22 to take stock of your lifestyle and connect the dots between your habits and your vitality. Which parts of your everyday routine make you feel better and more productive?

Prepare-se para começar a correr - literalmente - quando o Sol se precipitar sobre Leo e sua sexta casa de bem-estar hoje. Você tem até 22 de agosto para fazer um balanço do seu estilo de vida e ligar os pontos entre seus hábitos e sua vitalidade. Quais partes de sua rotina diária fazem você se sentir melhor e mais produtivo?

Carneiro/Aries 21/3 - 19/4 If wellness goals have fallen by the wayside, please don't adopt a punishing mindset. Aries. Just start thinking more like a "healthy hedonist" this Wednesday, July 21, when radiant Venus grapevines into Virgo and activates your salubrious sixth house until August 16.

Se as metas de bem-estar foram deixadas de lado, por favor, não adote uma mentalidade punitiva, Áries. Comece a pensar mais como um "hedonista saudável" nesta quarta-feira, 21 de julho, quando a radiante Vênus entrará em Virgem e ativará sua salubre sexta casa até 16 de agosto.

Touro/Taurus 20/4 - 20/5 Lately, Taurus, it seems like everyone is relying on you for SOME basic need. But unless you gave birth to them (and even then), pull yourself away from any draining obligations. Setting boundaries is a form of self-care! And you'll have plenty of support with implementing this starting Wednesday, July 21. That day, your galactic guardian, glamorous Venus, shifts into Virgo and stokes the embers of your passionate, romantic and attention-getting fifth house.

Ultimamente, Touro, parece que todo mundo está contando com você para ALGUMAS necessidades básicas. Mas, a menos que você tenha dado à luz a eles (e mesmo assim), afaste-se de todas as obrigações desgastantes. Estabelecer limites é uma forma de autocuidado! E você terá muito apoio com a implementação desta quarta-feira, 21 de julho. Naquele dia, seu guardião galáctico, a glamourosa Vênus, muda para Virgem e atiza as brasas de sua apaixonada, romântica e atraente quinta casa.

summaries taken from elle.com

Nuno Pereira

Beleza Manitoba Beauty

Nuno Pereira lives in Thompson, Manitoba, and started his journey as photographer in April 2020. Falling in love instantly with the lens, his photos have already appeared in other media such as TV. Contact: nuno610@icloud.com | 1.204.939.3511



The movement to “free the beaches” is not exclusive to Manitoba, nor limited to local issues in the RM of St. Laurent. As far back as 1975, when America beaches, which used to be common property, came increasingly under the control of wealthy white elites, American activists like Ned Coll confronted private beach-owners by marching across their shorelines with busloads of inner-city children and moms. Coll’s strategy was to directly and without warning confront these privileged white Americans. Four decades later, one of the mothers, in an article on class and inequality by Andrew Krahl in *The Boston Review*, laughs as she recalls the looks on the faces of the white folks when she and the dozens of children came ashore. She proudly remembers saying “you don’t own this ocean! The ocean belongs to us!”

And while the cri de coeur of “free the beach” makes instinctual and visceral sense to us humans, who are merely stewards of this planet, the legal reality is a little more complicated.

“For millennia, beaches have been considered public property... (under) the legal principle of the Public Trust Doctrine, which dates to the ancient Mediterranean world. In the USA, the attempts to limit public access to the beach came in response to complaints about its use by the ‘colored help’ of white families on vacation. Yet another attempt made by privileged elites to stay ahead of the law, sometimes [by making changes to it for personal gain, to segregate and divide people into arbitrary categories, and to, in the case of Reeve Smith and By-Law 3/2021], prevent or make onerous access to a long-time public beach and create artificial categories of “us” and “them” in limiting access to public space for alleged personal gain.

“This was how Jim Crow worked in the Northeast, through ostensibly color-blind and race-neutral land-use regulations and the privatization of public space,” wrote Andrew Krahl in 2018 about the movement to “free the beaches” of Connecticut. Public hostility and xenophobia remain defining features of beach privatization, and the RM of St. Laurent is no different, notwithstanding the bureaucratic language used in By-Law 3/2021, to “regulate the use of...,” and “to ensure... the safety and protection of both private and public property,” or to off-set the costs of use. Public spaces have rarely ever been public, and Sandpiper Beach is no exception to these divisive, discriminatory and undemocratic practices, the law aside.

Krahl recounts in *NO Day at the Beach*, “beginning in the summer of 1971 and continuing throughout the decade, Coll’s organization, Revitalization Corps, bussed thousands of inner-city, most of them African American, children to private and public-in-name-only beaches up and down the state’s shoreline, where they demanded the right to access spaces that Coll and others in a movement of open-beach activism across the nation believed belonged to everyone.”

These beach “invasions,” as the media referred to the outings, divided the state, and drew public attention and scrutiny to the exclusionary practices of shoreline towns and property owners, raising myriad legal questions over who owned, and who had the rights to use, the beach.

the places where we live, but also the places where we play; otherwise, like the USA, we become segregated along ethnic or class lines, while claiming otherwise.



During these same early decades, shoreline towns enacted ordinances to prohibit non-residents from accessing the beaches. Some towns restricted access to town residents only, while other towns charged much higher access fees, making the process of buying beach passes hard for nonresidents, or reserving parking lots for residents only.

A slippery slope...

Despite more recent landmark legal cases that invalidated resident-only beach ordinances, the shorelines remain as inaccessible as ever as towns and property owners have found new ways to exclude the public from the shore.

As a society, we must strive to make inclusive, not only

NO Day at the Beach

by Andrew W. Krahl

Few people who lived in Connecticut during the 1970s will forget the name Ned Coll. During that decade, perhaps no figure in the state generated more headlines, nor touched more sensitive nerves, than this Hartford-based anti-poverty activist who waged a decade-long crusade against exclusionary beach access policies along the state’s shoreline. Beginning in the summer of 1971 and continuing throughout the decade, Coll’s organization, Revitalization Corps, bussed thousands of inner-city children, most of them African American, to private and public-in-name-only beaches up and down the state’s shoreline, where they demanded the right to access spaces that Coll and a growing number of participants in a movement of open-beach activists across the nation believed belonged to everyone. Revitalization Corps’s beach “invasions,” as the media frequently called the outings, would divide the state, draw public attention and scrutiny to the exclusionary practices of shoreline towns and property owners, and raise a host of legal questions over who, exactly, owned and had rights to use the beach.



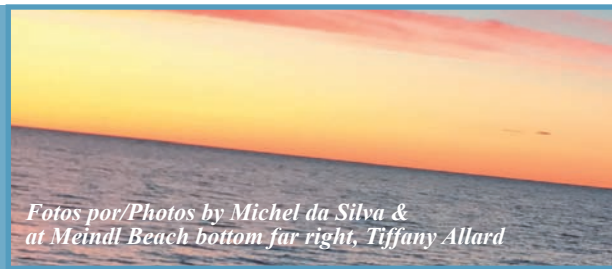
Revitalization Corps National Director Ned Coll talks with Nancy Adam outside the organization’s headquarters at 993 Main Street, Hartford, November 29, 1972. photo: Ronnie Dundin. Hartford Times Collection, Hartford Public Library

Andrew W. Krahl is an associate professor of history and African American Studies at the University of Virginia. This story is based on his book *Free the Beaches: The Story of Ned Coll and the Battle for America’s Most Exclusive Shoreline* (Yale University Press, 2018).

CT Explored / 25

Liberta a Praia!

Free the Beach!



Fotos por/Photos by Michel da Silva & at Meindl Beach bottom far right, Tiffany Allard




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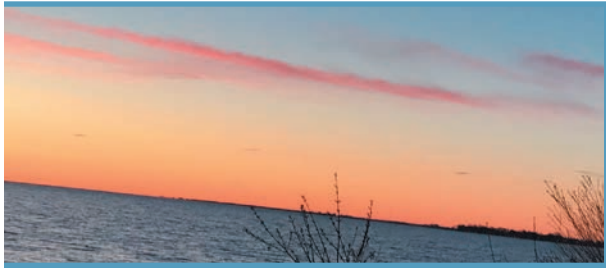


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Obituários



ABILIO AUGUSTO BATISTA
February 28th, 1938 – June 6th, 2021

It is with great sadness that we announce the passing of Abílio Augusto Batista, on Sunday June 6th, at Grace Hospital, at the age of 83. Abílio was a loving husband, father, grandfather, great-grandfather, brother, uncle and friend. He is predeceased by his parents João Baptista and Ermelinda Augusta; sister, Nelza Braz and brother-in-law, João Baptista Braz.

Abílio is lovingly remembered and dearly missed by his beloved wife of nearly 60 years, Emília; his son Joe (Paula); daughters Maria (Luis) and Lucy (Jan); six grandchildren, Jonathan, David, Sabrina, Albert, Emília, Daniella and five great-grandchildren. He also leaves behind his brother, José Manuel Braz (Isabel) and numerous nephews, nieces, extended family and friends both here and in Portugal.

Born on February 27th, 1938 in the small village of Ribeirinha, Trás-os-Montes, Abílio lived his youth in Portugal. He married the love of his life, Emília in 1961. As a hard-working man who wanted the best for his family, he later immigrated to Canada in 1969, where he spent his years working for CN Rail.

Abílio loved the outdoors. He enjoyed hunting and fishing but most of all, he loved tending to his garden. He was proud of his garden and loved sharing everything from seeds, plants and his harvest with others. He had a great appetite and enjoyed good meals, his homemade wines and the company of his family and friends.

During retirement, he enjoyed gardening, tinkering in the garage, daily walks with his wife and spending time with his grandchildren until recently, when he was no longer mobile.

A special thank-you to the staff of Grace Hospital for their care and compassion as well as all those who shared love and support during this difficult time.

In lieu of flowers, donations can be made in Abílio's memory to a charity of choice or the Heart and Stroke Foundation of

Manitoba. Mass of Christian Burial was celebrated on June 10th at Immaculate Conception Parish followed by Interment at Assumption Cemetery.

É com grande tristeza que anunciamos o falecimento de Abílio Augusto Batista, no domingo, 6 de junho, no Hospital da Graça, aos 83 anos. Abílio foi um marido amoroso, pai, avô, bisavô, irmão, tio e amigo de muitos. Pré falecido pelos pais João Baptista e Ermelinda Augusta; irmã, Nelza Braz e cunhado, João Baptista Braz. Abílio é lembrado com carinho e saudades de sua amada esposa de quase 60 anos, Emília; filho Joe (Paula); filhas Maria (Luis) e Lucy (Jan); seis netos, Jonathan, David, Sabrina, Albert, Emília, Daniella e cinco bisnetos. Deixa também o irmão José Manuel Braz (Isabel) e sobrinhos, sobrinhas, e amigos aqui e em Portugal.

Nascido a 27 de fevereiro de 1938 na pequena aldeia da Ribeirinha, em Trás-os-Montes, Abílio viveu a sua juventude em Portugal. Ele se casou com o amor de sua vida, Emília, em 1961. Como um homem trabalhador que queria o melhor para sua família, mais tarde imigrou para o Canadá em 1969, onde passou seus anos trabalhando para CN Rail.

Abílio gostava de caçar e pescar, e adorava cuidar de seu jardim. Ele tinha orgulho de seu jardim e adorava compartilhar tudo, desde sementes, plantas e sua colheita com outras pessoas. Teve grande apetite e apreciou as boas refeições, os seus vinhos caseiros e a companhia da família e amigos.

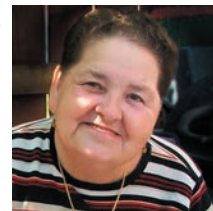
Durante sua aposentadoria, ele continuou activo em seu jardim, na sua garagem, fazendo caminhadas diárias com sua esposa, e passando tempo com seus netos até recentemente, quando faltou a mobilidade.

Um agradecimento especial à equipe do Grace Hospital por seu cuidado e compaixão, bem como a todos aqueles que estenderam a mão para compartilhar seu amor e apoio durante este momento difícil. Em vez de flores, as doações podem ser feitas em memória de Abílio para uma instituição de caridade de sua escolha ou para a Heart and Stroke Foundation de Manitoba. A Missa do Enterro Cristão foi celebrada no dia 10 de junho na Paróquia da Imaculada Conceição, seguida de Enterro no Cemitério da Assunção.

DEOLINDA ARRUDA
March 8, 1953 – July 11, 2021

It is with deep sadness that we announce the passing of Deolinda Arruda on Sunday, July 11, 2021. Deolinda was born in São Miguel, Azores, Portugal where she met and married her husband José. They immigrated to Canada and settled in Winnipeg to raise their family. Remaining to cherish her are daughters Gabriela (Guy), Paula (Jeff). Grandchildren Stephanie, Jennifer, Rachel, and Ryan. Sisters Ilda, Maria, Serafina (Gil), and brother José (Joanna). Many nieces and nephews as well as extended family and friends. Deolinda is predeceased by her husband of 49 years José, her parents Serafina and António Alves, and brother Manuel Alves.

The family wishes to express sincere gratitude to the wonderful staff at St Joseph's Personal Care Home where she received care with the utmost kindness and respect. A private service was held at Cropp Funeral Chapel with Interment at Assumption Cemetery. In lieu of flowers, donations may be made to the Canadian Heart & Stroke foundation, or charity of your choice.



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Obituaries

MARIA HELENA MATIAS DA COSTA SOUSA
August 25, 1946 - June 7, 2021

With family by her side, Mom went home to her Lord and Saviour after a second, short but courageous, battle with cancer. She was predeceased by her parents, Maria de Lourdes and Guilherme Da Costa, her in-laws Lidia and João Sousa, brother José Evaristo Cabral and brother in law, Guilherme Oliveira.



Left to cherish her memory, is her husband of 51 years, Jacinto. Her beloved children João (Marilia), Cesar, Dimas and Zita Sousa. Grandchildren Jesse (Wynter), Kayla (Cam), Adilson and Isabella. And her great-grandchildren Sebastian and Alexander.

She will also be missed by her siblings António (Maria Helena), Guilherme (Graca) in Portugal. Maria do Carmo (Raul), Odília (António), Germana (Daniel), Carlos (Vidalia), João Alfonso (Anabella) in Winnipeg. In Ottawa, Manuel (Lynda). Sister-in-law Maria dos Anjos and Lidia from Thunder Bay, Escolástica (José) in Brampton and brother in law António (Armanda) in Fall River. She leaves behind many nieces, nephews and extended family.

Mom was born August 25th, 1946 in Santo António, Azores. She married her life-long love Jacinto on April 12th, 1970. They first immigrated to Thunder Bay, Canada in 1971. They returned to Portugal in 1983 where they lived until 1989 when they moved to Winnipeg, where Mom spent the remainder of her life. Mom was a woman of unwavering faith, and had an immense love for her family, particularly her children. She enjoyed crocheting, sitting in the garden and spending time with family. She was hardworking, working two jobs until her retirement.

Mom told things how she saw them - with a sense of humour that would make us all laugh. Our mother was our light, and our world is darker without her. We are heartbroken, but take solace that she is no longer suffering. We would like to thank WN5 -Charlie Wing at the Women's Hospital for their care of Mom. And a special thank you to Palliative Care Manitoba for helping us take Mom home, where she was able to pass surrounded by her family. Visitation took place on June 14th, 2021 at Cropo Funeral Chapel. Thank you to our friends and family for their love and support during this difficult time.

JOSE M. CONSTANCIA
October 15, 1922 - July 17, 2021

It is with deep sorrow & grief that José Constancia, aged 98, passed away at Grace Hospital peacefully after a short illness on July 17, 2021 with his family by his side. José leaves to mourn his grandson Michael (Shannon). José was predeceased by his parents, mother Maria Pereira De Medeiros & father João De Medeiros Constancia; his beloved wife of over 70 years, Maria, as well as by daughter Connie, brother Manuel, and sister Silvana Das Neves Medeiros Silva.



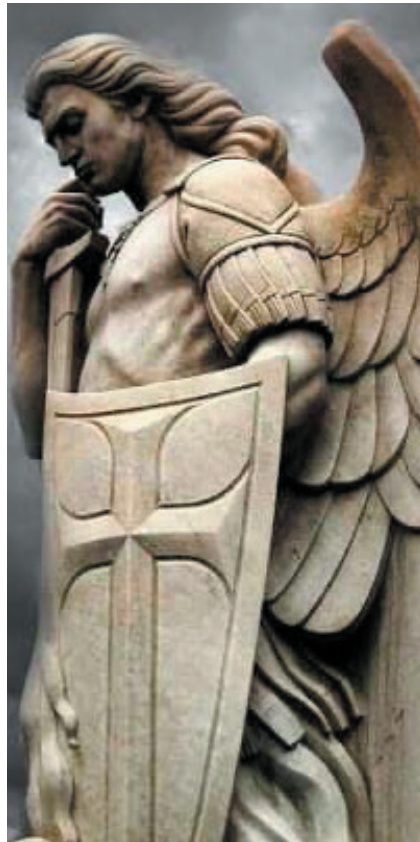
José was born in a town called Relva on the island of São Miguel in the Azores, Portugal on October 15, 1922. José lost his mother early in life, and he began working at a very young age to help support his family, while his sister Silvana took over the household to care for her brothers and father. José & his "querida" Maria were married in Portugal in 1946, and after several years he left his family behind to venture first to the United States, and later to Canada, in search of a better life for his family. He worked as a CN foreman across Canada to support his family in Portugal, while

also building a new life for them in Canada, finally settling in Winnipeg. After obtaining his Canadian citizenship, and a lengthy time apart, José brought his wife and daughter to Winnipeg, followed by his sister Silvana and her husband Gilberto, his wife Maria's parents, and numerous extended family members.

José was a devoted family man and legendary provider for his family, as he & Maria were known to have as many as three jobs at a time. José ultimately settled into a career at Health Sciences Centre in the kitchen as a dietetic aide, where he remained until his retirement at 65. José continued to work at the local corner store half days until the age of 86. His faith & belief in the Lord drove him throughout life, as he remained an unshakeable anchor for his family, a dutiful provider, and a kind, decent, humble and charitable man to all. Although of modest means, José & Maria sponsored numerous children in developing countries for many years until his death.

José assumed a dual role as both grandfather and father to Michael, whom José and Maria raised from the age of two, both sacrificing & doing without for themselves so that Michael would not. José had a personality that was larger than life, and he had many passions including fishing, gardening, winemaking, and most of all, relaxing & camping with friends and family around a fire. Special thanks to niece Otilia & her husband José Medeiros, who became permanent fixtures in his daily life with tireless caregiving & support, and which gave him immeasurable joy. José was also appreciative to Roy Borges for all his help throughout the years with many home projects, including his beloved & elaborate garden. The family would also like to thank WRHA Home Care Case Coordinator Edward Andrusiak for his attentive professionalism, which helped to maintain José to live independently for the last several years.

Funeral service was held Saturday, July 24, 2021 at Cropo Funeral Chapel, with Father André Lico officiating. Interment followed at Holy Ghost Cemetery.



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Tem um poema da Florbela Espanca que diz assim: "As coisas vêm a seu tempo/ quando vêm, essa é a verdade". Um dia a coisa sai. E eu acredito no mecanismo do infinito, fazendo com que tudo aconteça na hora exata.
Caio Fernando Abreu

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