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Mundial

THE PORTUGUESE NEWSPAPER
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Navegante
Cultural



Letter from the Editor / Carta da Editora

Sou mais um contadora de histórias do que escritora; sobrecapa brilhante a parte, a vulnerabilidade necessária para compartilhar uma história do coração não é glamourosa ou fácil. E às vezes é esmagador receber ordens para parar porque não há dinheiro suficiente ou porque ninguém se importa...

Mas eu não vim aqui para este mundo simplesmente para trabalhar para ganhar dinheiro, e viver nos fins de semana ou feriados. Vim aqui para compartilhar meus talentos e fazer bem à sociedade. E então, o que posso fazer, exceto continuar no meu caminho da verdade brutal?

Um escritor precisa apenas de um leitor solidário; um contador de histórias, mas um fogeiro empático, com ouvidos furiosos para estalar de vez em quando, em apreciação das palavras lançadas ao vento.

verba volant, scripta manent

Sou mais lutadora do que amante; relacionamentos passados à parte, a vulnerabilidade necessária para compartilhar minha história com outro coração nunca foi fácil ou glamourosa. E às vezes é avassalador ser mandada parar porque sou demais, ou não o suficiente, ou porque ninguém se importa...



verba volant, scripta manent

I'm more of a fighter than a lover; past relationships aside, the vulnerability required to share my story with another heart has never been easy or glamorous.

And it's overwhelming at times to be told to stop because I'm too much, or not enough, or that no one cares...

But I didn't come here to this place to simply procreate and take up space as somebody's wife or girlfriend. I came here to love for real and support development of souls. And so, what can I do, except continue on my trail of broken hearts?

A warrior only needs to persevere in the divine face of the Beloved; a lover but an empathetic soul, with a burning fire heart in appreciation of how rocky a joint path can be.

ubi amor, ibi dolor

The Portuguese speak of Saudade in considering the travails of love; the irony of fate; an intense longing for both what was, and what will never be; what the Welsh call Hiraeth, and with it, the visceral pain of grieving the past, supporting the chaos of an unpredictable present, and hoping against hope that we can face the unknown intensity of a future absent of loved ones once known intimately and places that once grounded and sustained us.

oxalá

Mas eu não vim aqui para simplesmente procriar e ocupar espaço como esposa ou namorada de alguém. Vim aqui para amar de verdade e apoiar o desenvolvimento das almas. E então, o que posso fazer, exceto continuar na minha carreira de corações partidos?

Um guerreiro só precisa perseverar na face divina do Amado; um amante, mas uma alma empática, com um coração de fogo ardente em apreciação de quão rochoso um caminho conjunto pode ser.

ubi amor, ibi dolor

Os portugueses falam de Saudade ao considerar as dores do amor; a ironia do destino; um desejo intenso pelo que foi e pelo que nunca será; o que os galeses chamam Hiraeth, e com ela, a dor visceral de lamentar o passado, suportar o caos de um presente imprevisível e esperar contra a esperança que possamos enfrentar a intensidade desconhecida de um futuro ausente de entes queridos antes conhecidos intimamente, e lugares que uma vez nos fundamentou e nos sustentou.

oxalá

FC Manitoba

by Jorge Cabral

FC Manitoba continued on their home game stretch in the month of June. Our boys in blue held the 2021 USL2 League Two champions to a scoreless tie on June 5, stealing a point from Des Moines perfect season start. Best chance for FC Manitoba came in the 75', from York University Student Athlete #14 AJ Calado, who's first touch after being substituted into the game was blocked by a Des Moines defender inside the 18 yard box.

On June 12, FC Manitoba hosted Peoria City indoors at the Winnipeg Soccer Federation Indoor Facility on Leila Avenue due to a severe weather warning. Peoria City team is managed by two Portuguese Coaches from Fall River, Massachusetts, Ruben Resendes and Brendan Pacheco, and have player representation from as far away as Ribeira Grande, São Miguel. Coach Brendan has local family in West St Paul and Winnipeg! Peoria City went down a player late in the 1st half after receiving his second yellow card. FC Manitoba's #6 Zack Greenfield scored in the 72' to give the team a much-needed boost that was short lived as Peoria City scored their 4th goal of the game in the 75'. FC Manitoba fell 4-1 to a well-conditioned Peoria City team and suffered their largest defeat this season.

FC Manitoba starts their away matches in USA on June 24. The team travels to Thunder Bay to wrap up the season on July 15 and 16. If anyone is interested to travel and support the team, please contact management@footballclubmanitoba.ca; we can coordinate transportation and connection with the Portuguese Community in Thunder Bay.

O FC Manitoba continuou em seu jogo em casa no mês de junho. Nossos meninos de azul seguraram os campeões da USL2 League Two de 2021 em um empate sem gols em 5 de junho, roubando um ponto do início de temporada perfeito de Des Moines. A melhor chance para o FC Manitoba veio aos 75', do atleta estudantil da Universidade de York #14 AJ Calado, cujo primeiro toque depois de ser substituído no jogo foi bloqueado por um zagueiro de Des Moines dentro da área de 18 jardas.

Em 12 de junho, o FC Manitoba recebeu o Peoria City dentro de casa no interior da Winnipeg Soccer Federation Indoor Facility na Leila Avenue devido a um aviso de mau tempo. A equipe do Peoria City é gerida por dois treinadores portugueses de Fall River, Massachusetts, Ruben Resendes e Brendan Pacheco, e tem representação de jogadores da Ribeira Grande, São Miguel. O treinador Brendan tem uma família local em West St Paul e Winnipeg! O Peoria City perdeu um jogador no final do 1º tempo depois de receber seu segundo cartão amarelo. O número 6 do FC Manitoba, Zack Greenfield, marcou aos 72' para dar à equipe um impulso muito necessário que durou pouco, pois Peoria City marcou seu 4º gol do jogo aos 75'. O FC Manitoba perdeu por 4 a 1 para uma equipe bem preparada do Peoria City e sofreu sua maior derrota nesta temporada.

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O FC Manitoba inicia seus jogos fora de casa nos EUA em 24 de junho. A equipe viaja para Thunder Bay para encerrar a temporada em 15 e 16 de julho, 2022.

Se alguém estiver interessado em viajar e apoiar a equipe, entre em contato com management@footballclubmanitoba.ca; podemos coordenar transporte e conexão com a comunidade portuguesa em Thunder Bay.

DEEP NORTH DIVISION

2022 Regular Season

TEAM	GP	W	L	T	PTS/GP	PTS	+/-	STRK
Des Moines Menace	6	5	0	1	2.67	16	14	W1
Peoria City	7	3	1	3	1.71	12	3	W1
Thunder Bay Chill	4	1	1	2	1.25	5	-1	T1
St. Croix SC	5	1	2	2	1	5	-4	T2
Minneapolis City SC	6	0	4	2	0.33	2	-7	L1
FC Manitoba	4	0	2	2	0.5	2	-5	L1



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Celebração em Winnipeg, Manitoba,
do DIA DE PORTUGAL, DE CAMÕES
E DAS COMUNIDADES

por Agostinho Bairros

Na manhã do dia 10 de Junho na missa do Anjo da Guarda de Portugal, celebrada na Igreja da Imaculada Conceição, paróquia da comunidade portuguesa de Winnipeg e após dois anos de interrupção devido à pandemia, iniciaram, nestas paragens do Canadá Central, as celebrações do Dia de Portugal, de Camões e das Comunidades.

Na sua homilia o pároco celebrante, Padre André Lico, recordou que Portugal havia nascido com a missão específica de propagar a fé cristã. Mencionou ainda as batalhas de Ourique e de Santarém assim como a instituição por Dom Afonso Henriques da Ordem da Cavalaria Militar de São Miguel da Ala devido à ajuda recebida do Arcanjo São Miguel durante a luta contra os infiéis em Santarém. No fim da celebração o cônsul de Portugal em Manitoba, Sr. Paulo Jorge Cabral, que esteve presente com a sua esposa, Dona Maria do Carmo, foi convidado a usar da palavra. No mesmo dia pelas sete da noite um elevado número de pessoas encontrava-se presente no Centro Cultural, sede da Associação Portuguesa de Manitoba (APM), para participar num convívio em celebração do Dia de Portugal.

A cerimónia inciou com o desfile de vários membros do Núcleo de Winnipeg da Liga dos Combatentes, seguindo-se os hinos pela Banda Lira de Fátima. A Vice-presidente da Mesa da Assembleia Geral da APM, a advogada Nancy Gonçalves, deu as boas vindas a todos os presentes incluindo os convidados que representavam as várias organizações comunitárias: o Rev. Padre Lico, o cônsul Paulo Cabral, os presidentes da APM; do Centro Cultural Açoreano - Casa dos Açores; do Centro Português - Casa do Minho; do Núcleo da Liga

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dos Combatentes; da Filarmónica - Banda Lira de Fátima; da Associação de Comerciantes e Empresários e da presidente da Liga Solidária da Mulher, assim como a diretora do Jornal Navegante/Mundial, o locator do Programa Português na Radio CKJS, e ainda o director e o fotógrafo do LusoCan TV.

Em seguida falou o Consul Paulo Cabral que, ao concluir, fez a apresentação da mensagem gravada enviada pela "Premier" de Manitoba Hon. Heather Stefanson que saudou a comunidade neste Dia de Portugal. Foi também apresentada a mensagem do Secretário de Estado das Comunidades Portuguesas, Paulo Cafôfo.

Vários grupos folclóricos da comunidade actuaram sendo estes: os Luzitos da Associação; o Rancho da Casa dos Açores; o Rancho da Casa do Minho e o Rancho Alegria da APM. Em seguida usaram da palavra o Director de Cultura da Associação, Sr. Carlos Neta, que foi o organizador e grande impulsor deste evento e ainda o Presidente da Direção da Associação, o Sr. Justin Santos, que agradeceu a presença de todos e o contributo dos voluntários.

O bem conhecido e muito apreciado cantor/compositor da comunidade, João Pimentel, encerrou o espetáculo com a apresentação de várias canções do seu vasto repertório. Foi, sem dúvida, uma noite de convívio bastante agradável e apreciada pois há já muito tempo não tínhamos tido a oportunidade de conviver e celebrar. Na manhã do dia seguinte, com início às 11 da manhã, junto ao Monumento aos Combatentes por Portugal, teve lugar uma cerimónia de Homenagem a Monsenhor Pedro Fernandes [artigo separado] com a presença de um grande número de veteranos portugueses e canadianos.

A missa das nove na Igreja da Imaculada Conceição, no Domingo dia 12 – Solenidade da

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Santíssima Trindade – fez também parte das celebrações do Dia de Portugal, Camões e Comunidades Portuguesas por ter sido a Missa da Coroação do Império do Espírito Santo da Casa dos Açores. À tarde foi servida uma refeição com Sopas do Espírito Santo no Centro Cultural Açoreano onde o Presidente da Casa dos Açores, Sr. João Paulo Melo, e o Cônsul de Portugal em Manitoba, Sr. Paulo Jorge Cabral, usaram da palavra e deram por encerradas as celebrações deste ano.

Continued in English on Page 30



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SUMMER HEALTH TIPS

from Baylor College of Medicine experts

Avoid dehydration
Drink plenty of water, eat a well-balanced meal, avoid excessive alcohol and caffeine intake, and wear lightweight clothing outdoors.



Stay safe in water
Shower before and after swimming, keep food and drink away from water, and wash hands before and after diaper-changing activities.

Fireworks safety
Maintain distance when lighting fireworks, wear safety glasses and keep a fire extinguisher and first-aid kit handy in case of emergency.



Protect your eyes
Wear UV A/B protecting sunglasses, a wide-brimmed hat, and prescription goggles if vision is too poor to swim without contact lenses.

Prevent sunburn
Use a broad-spectrum sunscreen with both UVA and UVB protection with an SPF of at least 30. During lengthy outdoor activities, reapply sunscreen every two hours.

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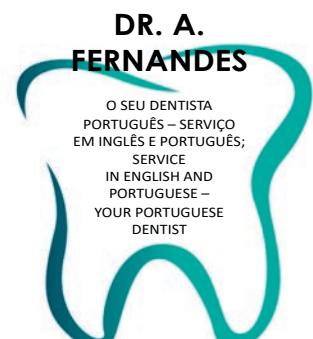
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Friday, July 1st, 2022 - Canada Day
5:00PM - Treasure Hunt for Youth
7:00PM - Start of the Show
National Anthems of Canada and Portugal
7:15PM - Introduction of the Musical Band-SanCarlos Band
Dance party until 11:30PM

Saturday, July 2nd, 2022
10:00AM - Start of Sports/Games
Various Modalities
11:00AM - Activities for Children
1:00PM - Lunch - Kitchen Opens
4:00PM - Continuation of Games
7:00PM - Start of the Show
APM Dance Groups - Santo António Marches and Folklore
Some surprises
7:45PM - João Pimentel and his new musical selection
Dance Party
11:00PM - Traditional Fireworks
12:00AM - Closes

Sunday, July 3rd, 2022 - Religious Celebration
1:00PM - Outdoor Mass - Prayed by Rev. Father André Lico
Followed by a Procession with the images of
Santo António, São João, and São Pedro
3:00PM - Lunch
Background Music
5:00PM - Closes



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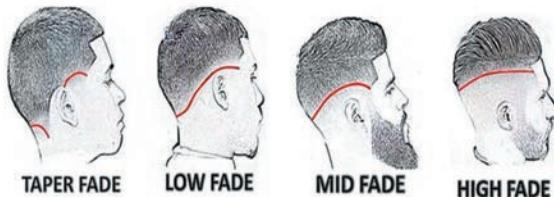


How to Blow Dry Hair for Men

- **Use Heat Protectant** This can be an oil, serum, or spray that prevents damage to hair from the heat of the blow dryer. Work it through damp hair.
- **Comb Hair Into Place** The point of blow-drying is using heat to set hair where you want it. Before drying, define the part and general shape of the style.
- **Brush + Blow** Using a vented or round brush, pull sections of hair up and out from the head while blasting them with air. For thick hair or to straighten hair, try a round brush with both boar bristle to smooth hair and air vents to speed up blow-drying. For other hair types, a vented brush can do everything you need it to do.
- **Upside Down** For additional volume, if that's what you're going for, blow-drying in the opposite direction helps hair stand up. Try bending over so hair is upside down and blast the roots. For a side part hairstyle, blow against the direction that hair is parted in for the same result.
- **Cold Shot** When hair is fully dry and where you want it, set the look with a blast of cool air.
- **Add Product** With hair in place, add some gel, or spray with a light or medium hold hairspray.

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Types of Fade Haircut



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STYLE

Paulo Bergantim

Wardrobe Essentials for Men

Ideas adapted from a great online resource for us guys: www.realmenrealstyle.com

Maximum Style with 7 Minimal Pieces

- You always know what to wear
- You get more outfits from fewer pieces
- You choose quality over quantity

1. Shoes: Casual, Dress & Boot

Casual Shoes: white sneakers are versatile, but they get dirty, fast. Black sneakers look cleaner and you can add pizazz, by choosing a pair with a white rubber edge and sole. Or pick a two-tone sneaker in neutral colors, like blue and brown or beige and tan. Make sure the sole is thin, so they can be dressed up.

Dress Shoes: if you only dress up once in a while, a casual loafer is the way to go. If you wear suits often, your go-to shoes should be a classic formal shoe like the black Oxford. Think priest's shoes!

Dress Boots: only three real choices in my book: the Chelsea; the Chukka (or desert boot); or military-style Combat boots, depending on whether your style is sleek (think Italian or fancy Portuguese and pick Chelsea), European (Portuguese fit here also with a dessert boot), or rugged American (a combat boot is best).

2. Pants

Jeans: you can't go wrong if you start with two pairs of darker denim jeans because you can dress them up or down. Just make sure you choose the right pair for your body type and lifestyle; oh, and make sure they fit!

Slacks: gray flannel is a good choice for cooler climates like ours here in Winnipeg, and they will match pretty much any shirt, jacket, and pair of shoes in your wardrobe. Khakis are a good casual choice for any climate, but again, make sure they fit you well and look for newer blends that don't crease. If you want some colour, find Chinos in red, green, or blue. Shorts are useful in summer, but don't go overboard, unless you live in Bermuda, you don't need more than a pair -- lightweight pants work better.

3. Collared Shirts

Dress shirts are more formal and worn under a jacket. A dress shirt comes in a solid colour or stripe/check pattern, with no pockets or only one. It does not have any other decorations or epaulets on the shoulders. **Casual button-downs** come in a wider variety with double pockets and buttons on the chest, or roll-tab sleeves to hold them in place when rolled up. If you spend most of your time in suits, get five dress shirts and two casual button-downs; if you're a casual dresser, go for five casual shirts and two dress shirts.

4. Non-Collared Casual Shirts

Casual shirts include t-shirts and Henleys, made from stretchy knit fabrics. Make sure you buy a size that fits your body type. Choose plain colors like black, white, navy, or maroon.

A v-neck will give you more of a masculine V-silhouette. If you are in good shape, wear a fitted v-neck t-shirt by itself with slacks. and a Chelsea boot -- gold chain optional ;)

5. The Jacket

Choose two from among these three men's wardrobe basics: **suit, sports jacket, or blazer** How do you know which is which?

6. Coats

It's useful to have two pieces of outerwear –one for style and one for function. The function is there to protect you from the cold of our climate. If you must throw in a third, go for an eye-catching style like a suede jacket or a racer leather jacket.

7. Your Signature Accessories

In this category, we have watches, ties, pocket squares, sunglasses, and belts, plus hats and scarves. If your job requires you to wear a suit almost every day, choose a dress watch with straps that you can switch for casual times or in the summer when it's hot outside. If your lifestyle includes boating, choose a classic dive watch (especially if you actually dive), which you can dress up with a sports jacket or dress down with a t-shirt and shorts. And if you only buy one necktie, make it a navy grenadine (open weave silk) – it'll go with anything. Sunglasses should be UV-rated and durable -- cheap sunglasses will break and do not offer the protection that your eyes need in the sun, or while driving. I like my belts to match my shoes when I dress up and I don't usually mix brown and black leather. It's easy to do and it creates a sharp look that will pull any outfit together, from dressy to casual. If you're wearing sneakers, get a casual belt in canvas or matte leather -- match it to your shorts or khakis. As far as hats go, get as many as you want, just don't wear them at the dinner table!

Itens essenciais num guarda-roupa masculino

1. **Calçado** – 1 par de sapatos casuais, 1 par de sapatos sociais, 1 par de botas
2. **Calças** – 2 pares de jeans escuros, 2 pares de calças, 1 par de shorts
3. **Camisas de colarinho** – 5 camisas sociais e 2 botões casuais ou 2 camisas sociais e 5 botões casuais
4. **Camisas sem colarinho** – t-shirts e Henleys
5. **Jaqueta** – escolha dois de estes tres: blazer, jaqueta esportiva, ou fato
6. **Agasalhos** – 1 peça de alta função, 1 peça de alta moda, e outra para estilo
7. **Acessórios** – relógio, gravata, lenço de bolso, óculos, chapéu, luvas, cachecol, cintos

The Blazer



- Dressier than a sportcoat, but more casual than a suit jacket

- Originally worn by members of boating clubs

- Usually solid in color, almost always navy

- Traditionally made from wool

- Traditionally has brass/metal buttons, but that's not always the case now

- Can sometimes look good with jeans, but brass buttons make it harder

The Sportcoat



- More casual than a blazer

- Originally worn during "sporting" activities (hunting, shooting, etc)

- Fabrics are usually tweed, cotton, or linen

- Often has less construction than a blazer or suit jacket

- Sometimes people will use the term "blazer" when referring to sportcoats (traditionalists hate this, but most don't think it's a big deal)

- Usually looks good with jeans

The Suit Jacket



- Intended to be worn with matching trousers

- Often more constructed than a blazer or sportcoat (shoulder pads, canvas, etc)

- Fabrics (often wool) are usually finer and smoother compared to sportcoats

- Buttons are usually lower contrast, & made of horn or plastic

- Does not look quite right with jeans (mostly)

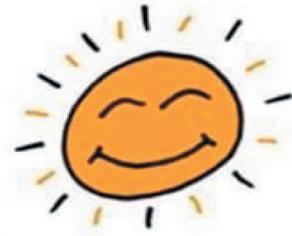
A suit jacket is a suit jacket. But if a jacket doesn't have matching pants? Then most will be fine with using the terms blazer and sportcoat interchangeably (key word:most). Unless it's navy and has gold buttons. Then it's a blazer.

DAPPERED.com

Navegante Cultural

& WELLNESS

J. Peter Correia



8 FACTORS OF HAPPINESS

Source:Duke University Study on Happiness

1

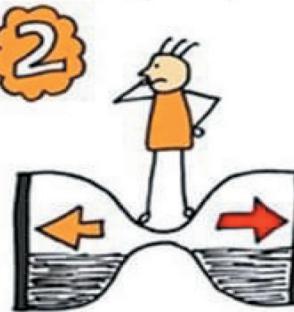
LACK OF
SUSPICION and
RESENTMENT



nursing a grudge was
a major factor in
UNHAPPINESS

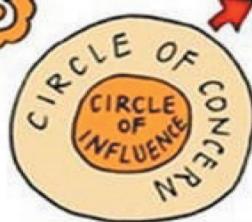
2

NOT LIVING
IN THE
PAST



pre-occupation
with past mistakes
and failures lead
to depression

3



NOT WASTING
TIME & ENERGY
FIGHTING THINGS
YOU CANNOT
CHANGE

"co-operate with life"

5

REFUSE TO INDULGE
IN SELF-PITY
WHEN LIFE HANDS
YOU A RAW DEAL



I ❤️
MYSELF

"no one gets through
life without some sorrow
and misfortune"

4

STAY INVOLVED WITH
THE LIVING WORLD



6

CULTIVATE OLD
FASHIONED
VIRTUES
LOVE
COMPASSION
HUMOR
LOYALTY

7

DON'T
EXPECT TOO
MUCH FROM
YOURSELF



gap between expectation
and ability = feeling of
inadequacy

8

FIND SOMETHING
BIGGER THAN
YOURSELF TO
BELIEVE IN



self centered egotistical
people score lowest in
any test measuring
HAPPINESS

Sketchnote by: Tanmay Vora ~ QAspire.com ~ @tnvora



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

Who's on board for these trends?

Dress over pants!

Yes, it was a trend back in early 2000's. If you've lived through it the first time you might be thinking- no way not again! We have all seen celebrities rock this trend.

Here's a couple of looks to inspire you. It may seem intimidating at first. The layered look is actually a lot easier to attempt than it appears, and it's comfortable. There are many ways to pull off the look, the easiest is to start with a shirt dress and add a pop of color under it. Then add your personality and play with textures, colors, and prints.

Dress the way you want!

It's a daily practice. Embrace the body you have today. Dress it the way you want and never apologize for living out loud. Centre photo: Jacket @eloquii

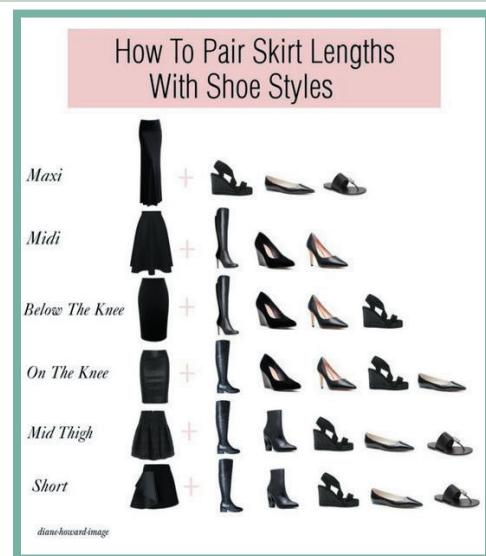
Top @hm

Jeans thrifted and upcycled by me

Sandals @nastygal

Jewelry @made by me

Photo by @juliefulsher



While I don't typically follow so-called "fashion rules," I do find them useful as a starting point; after all, you have to know the rules to break them...



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

Quem está a bordo dessas tendências?

Vestido por cima das calças!

Sim, era uma tendência no início dos anos 2000. Se passou por isso pela primeira vez, pode estar pensando: de jeito nenhum, não de novo! Todos nós já vimos celebridades arrasando nessa tendência.

Aqui estão alguns "looks" para inspirar. A aparência em camadas é realmente muito mais fácil de tentar do que parece, e é confortável. Há muitas maneiras; o mais fácil é começar com um vestido de camisa e adicionar um toque de cor por baixo dele. Em seguida, adicione sua personalidade e brinque com texturas, cores e estampas.

Vista-se do jeito que você quiser!

É uma prática diária. Abraça o corpo que tem. Vista-o como quiser e nunca peça desculpas por viver em voz alta. Foto ao centro:

Jaqueta @eloquii

Topo @hm

Jeans thrifted e upcycled por mim

Sandálias @nastygal

Jóias @feitas por mim

Foto por @juliefulsher



& WELLNESS

Paula Kabaluk



Why use mosquito repellents that are full of harmful ingredients that can hurt us? Did you know that it only takes 26 seconds for your body to absorb chemicals to enter your bloodstream? Protect your family this summer from mosquitos and other bugs and critters, and don't feel guilty while doing it.

The pesty bugs are back in FULL SWING! My daughter went for a walk with her friend this week, and she got bitten three times.

Ticks are also out there. If you get even one bite, that is one too many. And some ticks carry Lyme Disease. If you get bitten by a tick and it embeds itself with enough time to regurgitate the Lyme into your body, you can become very sick, if it is not caught within the two years. A bull's-eye type rash will appear at the location of the bite to be confirmed for Lyme disease. It is a serious disease and can be prevented if you protect yourself.

Our Raining Zen lotion and shower gel is the best product I have ever found for gentle-on-the-skin yet tough-on-bugs protection. We don't need to use products containing deet and other unknown, potentially harmful chemicals -- especially not on our young children or grandchildren.

Raining Zen smells fresh and it protects at the same time. It's a win win! The only downside is that it sells out quickly every year. I've been putting in non stop BULK ORDERS for these products because both ticks and mosquitoes are going to be crazy this year with the excess water still in the ground from our heavy snowfall this winter, plus the ongoing rain that hasn't completely stopped.

Raining Zen Body Lotion also works as a bug repellent due to four natural ingredients that repel mosquitoes, nats and other bugs in nature:

- Lemon-grass
- Geranium
- Rosemary
- Vetiver

Bye bye bugs! Let's enjoy our summer now that the sun seems to be out more often.

And if you do get bitten?

Treat mosquito bites at home, by using the traditional Portuguese method of rubbing vinegar at the site of the bite.

OTC anti-itch-or-histamine creams, like calamine lotion or hydrocortisone cream, can help as well. See a doctor if you develop a serious rash or an infection accompanied by high fever.



Por que usar repelentes de mosquitos cheios de ingredientes nocivos que podem nos prejudicar? Sabia que leva apenas 26 segundos para o seu corpo absorver os produtos químicos para entrar na corrente sanguínea? Proteja sua família neste verão de mosquitos e outros insetos e bichos, e não se sinta culpado ao fazê-lo.

Os insetos pesty estão de volta! Minha filha foi passear com a amiga esta semana e foi mordida três vezes. Os carrapatos também estão por aí. Se você conseguir mesmo uma mordida, isso é demais. E alguns carrapatos carregam a doença de Lyme. Se você for picado por um carrapato e ele se fixar com tempo suficiente para regurgitar o Lyme em seu corpo, pode ficar muito doente. Uma erupção do tipo "olho de boi" aparecerá no local da mordida para ser confirmada para a doença de Lyme. É uma doença grave e pode ser prevenida se você se proteger.

Nossa loção e gel de banho Raining Zen é o melhor produto que já encontrei para proteção suave na pele, mas resistente aos insetos. Não precisamos usar produtos que contenham deet e outros produtos químicos desconhecidos e potencialmente nocivos, especialmente em nossos filhos ou netos.

Raining Zen cheira fresco e protege ao mesmo tempo. A única desvantagem é que esgota rapidamente todos os anos. Eu tenho feito ENCOMENDAS GRANDES para esses produtos porque tanto os carrapatos quanto os mosquitos vão ficar loucos este ano com o excesso de água ainda no solo, além da chuva que não parou completamente.

Raining Zen Body Lotion também funciona como um repelente de insetos devido a quatro ingredientes naturais que repelem mosquitos, nats e outros insetos na natureza:

- Capim-limão
- Gerânia
- Alecrim
- Vetiver

Adeus bichos! Vamos aproveitar nosso verão agora que o sol parece sair com mais frequência.

E se for mordido?

Trate picadas de mosquito em casa, usando o método tradicional português de esfregar vinagre no local da picada.

Cremes anti-coceira ou histamina como loção de calamina ou creme de hidrocortisona, também podem ajudar. Consulte um médico se desenvolver uma erupção cutânea grave ou uma infecção acompanhada de febre.

Food & Drink

Eduarda Gil

204.792.9146 | eduardagil@live.ca



Camarão com Penne (Aspargos Opcional)

Ingredientes:

- 200 g de camarão limpo
- 100 g de espargos frescos cozidos al dente (opcional)
- 150 g de penne cozido al dente
- 2 colheres (sopa) de cebola ralada
- 2 colheres (sopa) de manteiga sem sal
- 50 g de tomate cereja cortados ao meio
- 1 colher (sopa) de manjericão picado
- 4 colheres (sopa) de creme de leite fresco
- 1 pitada de pimenta do reino
- Sal a gosto

Modo de Preparação:

...1 Tempere os camarões com sal e pimenta do reino e salteie-os por 1 minuto na manteiga e reserve.

...2 Na mesma frigideira junte a cebola até amaciá-la em seguida junte o espargo, o tomate, o camarão por 2 minutos.

...3 Junte o manjericão, o creme de leite e o penne, mais 1 minuto e sirva bem quente.

Rendimento: 2 porções

Shrimp with Penne (Asparagus Optional)

Ingredients:

- 200 g of clean shrimp
- 100 g fresh asparagus, cooked al dente (optional)
- 150 g of cooked al dente penne
- 2 tablespoons grated onion
- 2 tablespoons unsalted butter
- 50 g cherry tomatoes, halved
- 1 tablespoon of chopped basil
- 4 tablespoons of fresh cream
- 1 pinch of black pepper
- salt to taste

Preparation mode:

...1 Season the prawns with salt and black pepper and sauté them for 1 minute in the butter and set aside.

...2 In the same skillet, add the onion until soft, then add the asparagus, tomato and shrimp for 2 minutes.

...3 Add the basil, cream and penne, 1 more minute and serve hot.

Yield: 2 servings

This recipe is taken from comidaereceitas.com, while Eduarda's prepared version (without asparagus) is pictured at right.

All other photos on page 13 are for products available at Cork & Olive Portuguese Market & Coffee Bar.

Shrimp Mozambique – Easy Portuguese Spicy Shrimp

ED NOTE -- this is as close to my own recipe as I could find online, at: fedbysab.com

Shrimp Mozambique is a famous Portuguese peel and eat shrimp dish. Loaded with garlic, pimenta, white wine and fresh parsley both the shrimp and sauce are to die for!

Shrimp mozambique is one of the Portuguese dishes that is made the most in my house. It is everyone's favorite, especially my Dad who could get a whole pound on his own... not to mention drink the sauce!

This spicy dish is famous in Portugal and often served at family gatherings, special occasions and holidays. Growing up I remember every year on New Years Eve we would have shrimp mozambique at midnight to ring in the New Year. Then, have leftovers for breakfast.

I love my Mom's recipe because she uses pimenta moida (Portuguese hot pepper paste), instead of Piri Piri sauce and white wine instead of beer, not to mention LOTS and LOTS of garlic! This combination adds a special flavor with a kick of heat that you control.

Traditionally shrimp mozambique is made with shell on shrimp (deveined). The shells add flavor to the sauce as it cooks. The best way to eat these shrimp are to pick them up by the tail, suck the juice off them. Then, peel the shrimp, dip in the sauce and enjoy!

The can be made with beer or white wine, my family likes using white wine but you can sub this for beer. Pimenta moida or Portuguese hot pepper paste adds just the right amount of heat and can be adjusted to taste. Onion and LOTS of garlic flavor this sauce along with salt and paprika.

There are many recipes and variations for making this recipe, including using Piri Piri sauce.



It's not needed in this version as the pimenta moida (hot pepper paste) and all the other ingredients create such a delicious sauce that you can't resist dipping some crusty bread into, or like my Dad, drink it. Lemon is then squeezed over top after they are cooked, to add a pop of freshness

Pimenta Moida is a Portuguese hot pepper paste made by grinding hot peppers into a watery paste. It is a classic ingredient in Portuguese cooking. It can be found in most grocery stores and specialty grocery stores. If you cannot find this you can substitute with your hot sauce of choice.

1 In a large frying pan, heat oil on medium heat. Sauté onions and garlic until softened, approximately 1 minute.

2 Add in salt and paprika and continue sautéing for 1 minute.

3 Then add in pimenta moida or hot sauce of choice and stir until fully combined.

4 Add in the shrimp and sauté until they start to turn light pink.

5 Pour in the wine and let simmer for 1 minute on low heat. The wine will evaporate slightly and create a thicker sauce.





Mala's Musings

InterCultural Editor



Mala Sachdeva is a chartered accountant with a passion for culture and history. Mala served in senior roles with the province, including Deputy Minister of Housing and Deputy Minister of Culture. She currently runs a consulting business, which is focused on finance and training services for NGOs and the non-profit sector. Mala was born in Kenya and has called Winnipeg home for over 45 years.

On masking up as, if, and when...

According to CBC News, Ottawa is set to end vaccine mandates on domestic and outbound flights. I think this is a good move, to end vaccine mandates on flights. I hope mask mandate continues though.

And as reported recently in the Washington Post (photo below is from the article), experts say that even after the pandemic is over, masking up on a plane is a smart idea — and for some, it should be common practice.

I believe that it's an individual's choice whether to get vaccinated or not, and our current reality is that being vaccinated does not prevent you from getting Covid (based on my personal experience!) however it does offer protection against severe illness.

It's also been my observation that the real public health risk is presented not by people who are unvaccinated (my unvaccinated friends have for most part been very careful to avoid risky situations).. however there is another group of people whose behaviour disappoints me... And it's those who go out while experiencing symptoms and refuse to get tested, because they don't want the inconvenience of isolating or missing work or social gatherings.

I believe it's those people who don't want to inconvenience themselves, who are contributing to the current wave(s) of Covid. We can't help if we get Covid or get symptoms, but as responsible members of society, we can take a rapid test / stay home when we are sick / wear a mask and basically think about other people's well being.

I believe I contracted Covid at a large indoor gathering. Now, it was my choice to attend, but I suspect that there were others in attendance, who decided to come out despite having a so-called "cold," or passing off symptoms of Covid as a "cold," with or without testing, and obviously, having little regard for other people's well being.

It will probably be a long time before I attend a 400 person indoor event for that reason.. and there might be some people removed my group

gathering list for awhile, because I don't trust them to do the right thing when they are sick.

Having said that, I have no problem getting on a plane with unvaccinated travellers as long as I have my own mask on.

On fighting for truth...

As reported in the Kyiv Post, "In the bedroom of his modest apartment in the southern Russian city of Volgograd, ex-university lecturer Roman Melnichenko has two bags packed: one if he goes to prison, the other if he has to flee."

Most of us cannot, and thankfully will not ever, understand just how costly fighting for the truth can be... "Melnichenko taught law in Volgograd, known as Stalingrad in Soviet times, for 25 years before he was fired in April for speaking out against Russia's military action in Ukraine."

Photo by Kirill Kudryavtsev /AFP



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venha visitar-nos!

Reflexões por Mala

Editora Intercultural



Mala Sachdeva é uma revisora oficial de contas com uma paixão por cultura e história. Mala desempenhou funções importantes na província, incluindo Vice-Ministro da Habitação e Vice-Ministro da Cultura. Atualmente, ela dirige uma empresa de consultoria com foco em serviços financeiros e de treinamento para ONGs e o setor sem fins lucrativos. Mala nasceu no Quênia e vive em Winnipeg há mais de 45 anos.

Sobre mascarar como, se e quando...

De acordo com a CBC News, Ottawa deve encerrar os mandatos de vacinas em voos domésticos e de saída. Acho que essa é uma boa jogada, acabar com os mandatos de vacinas nos voos. Espero que o mandato da máscara continue.

E como noticiado recentemente no Washington Post (a foto abaixo é do artigo), especialistas dizem que mesmo após o fim da pandemia, mascarar-se em um avião é uma ideia inteligente – e para alguns, deveria ser uma prática comum.

Acredito que seja uma escolha do indivíduo se vacinar ou não, e nossa realidade atual é que ser vacinado não impede que você pegue Covid (com base na minha experiência pessoal!), mas oferece proteção contra doenças graves.

Também tenho observado que o risco real de saúde pública não é apresentado por pessoas não vacinadas (meus amigos não vacinados na maioria das vezes muito cuidado para evitar situações de risco).. no entanto, há outro grupo de pessoas cujo comportamento me decepciona... E são aqueles que saem com sintomas e se recusam a fazer o teste, porque não querem o inconveniente de isolas ou faltar ao trabalho ou reuniões sociais.

Acredito que são essas pessoas que não querem se incomodar, que estão contribuindo para a(s) atual(is) onda(s) de Covid. Não podemos ajudar se tivermos Covid ou sintomas, mas como membros responsáveis da sociedade, podemos fazer um teste rápido / ficar em casa quando estivermos doentes / usar máscara e basicamente pensar no bem-estar de outras pessoas.

Acredito que contrai Covid em uma grande reunião interna. Agora, foi minha escolha participar, mas suspeito que havia outros presentes, que decidiram sair apesar de ter um chamado “resfriado” ou transmitir sintomas de Covid como um “resfriado”, com ou sem teste, e obviamente, tendo pouca consideração pelo bem-estar de outras pessoas.

Provavelmente levará muito tempo até que eu participe de um evento interno de 400 pessoas por esse motivo.. e pode haver algumas pessoas removidas do meu grupo por um tempo, porque eu não confio que façam a coisa certa quando estão doentes.

Dito isto, não tenho nenhum problema em embarcar em um avião com viajantes não vacinados, desde que eu tenha minha própria máscara.

Sobre lutar pela verdade...

Conforme relatado no Kyiv Post, “No quarto de seu modesto apartamento na cidade de Volgogrado, no sul da Rússia, o ex-professor universitário Roman Melnichenko tem duas malas prontas: uma se for para a prisão, a outra se tiver que fugir”.

A maioria de nós não consegue, e felizmente nunca entenderá, o quanto caro pode ser lutar pela verdade... “Melnichenko ensinou direito em Volgogrado, conhecido como Stalingrado nos tempos soviéticos, por 25 anos antes de ser demitido em abril por falar abertamente. contra a ação militar da Rússia na Ucrânia.”

Photo by Filippo Bacci /Getty Images



A Historia do FADO

Nascido nos contextos populares da Lisboa oitocentista, o Fado esteve presente em momentos de convívio e lazer. De ocorrência espontânea, a sua execução deu-se em recintos fechados ou ao ar livre, em jardins, touradas, retiros, ruas e becos, tabernas, cafés de camareiras e casas de meia-porta. Evocando temas da emergência urbana, cantando as narrativas do quotidiano, o Fado relaciona-se profundamente com contextos sociais pautados pela marginalidade e pela transgressão numa primeira fase, ocorrendo em locais frequentados por prostitutas, faias, marinheiros, cocheiros e marialvas. Muitas vezes surpreendidos na prisão, os seus actores - os cantores - são descritos na figura do faia, um fadista, um valentão de voz áspera e rouca, tatuado e habilidoso com um facão, que falava usando gírias. A associação do fado às esferas mais marginais da sociedade faria inicialmente com que os intelectuais portugueses o rejeitassem profundamente.

Afirmando a comunhão de espaços lúdicos entre a aristocracia boémia e as franjas mais desfavorecidas da população lisboeta, a história do fado cristalizou em mito o episódio da relação amorosa entre o Conde Vimioso e Maria Severa Onofriana (1820-1846), prostituta consagrada por o seu talento de cantora, que logo se transformaria num dos maiores mitos da História do Fado. Em sucessivas reprises de imagem e som, a alusão ao envolvimento de um aristocrata boêmio com a prostituta fadista cruzaria vários poemas cantados e até o cinema e o teatro ou as artes plásticas - a começar pelo romance *A Severa*, de Júlio Dantas, publicado em 1901 e transportado para a tela em 1931.

O fado também conquistaria espaço em eventos festivos ligados ao calendário popular da cidade, festas ou cegadas - apresentações teatrais amadoras e populares geralmente realizadas por homens na rua, em festas noturnas e associações populares. Embora este tipo de apresentação fosse uma famosa forma de entretenimento do Carnaval lisboeta, gozando de apoio popular e muitas vezes com fortes personagens intervenientes, a regulamentação da censura em 1927 iria fortemente para a extinção deste tipo de espetáculos.

O Teatro de Revista, género teatral típico de Lisboa nascido em 1851, descobriria as potencialidades do fado. Em 1870, o fado começou a aparecer nos cenários musicais e a partir daí, a um público mais alargado. O contexto cultural de Lisboa, com os seus bairros típicos, e a boémia, assumiu um protagonismo absoluto no Teatro de Revista. Subindo aos palcos do teatro, o fado animaria a Revista, desenvolvendo novos temas e melodias. Fado seria cantado por atrizes famosas, e cantores de renome. Duas abordagens diferentes do fado ficam registradas na história: o fado dançado estilizado por Francisco e o fado falado de João Villaret. Figura central na história do Fado, Herminia Silva conquistou fama nos palcos teatrais nas décadas de 1930 e 1940, juntando os seus inconfundíveis dons de cantora aos de actriz cómica e revisteira.



Nas primeiras décadas do século XX, o fado ganhou consagração popular através da publicação de periódicos sobre o tema e da consolidação de novos espaços de espetáculo numa ampla rede que passou a incorporar o fado na sua agenda com uma perspectiva comercial, fixando elencos privados que muitas vezes formavam embaixadas ou grupos artísticos para passeios. Paralelamente, consolidou-se a relação do Fado com os palcos teatrais e multiplicaram-se as actuações dos fadistas.

Embora os primeiros discos produzidos em Portugal datam do início do século XX, nesta fase o mercado nacional era ainda muito incipiente, pois era bastante caro comprar gramofones e discos. Efetivamente, as condições fundamentais para a gravação do som surgiram após a invenção do microfone elétrico em 1925. Ao mesmo tempo, gramofones começaram a ser fabricados a preços mais competitivos. E assim foram criadas condições entre a classe média.

Com o golpe militar de 28 de maio de 1926 e a implementação da censura prévia em shows públicos, imprensa e outras publicações, a canção urbana sofreria profundas mudanças. De fato, no ano seguinte o Decreto-Lei nº 13.564, de 6 de maio de 1927, regulamentou globalmente as atividades do espetáculo por meio de cláusulas extensas; defendendo uma "supervisão de todas as casas e locais de espetáculos ou divertimentos públicos (...) pela Inspeção Geral de Teatros e seus delegados em nome do Ministério da Instrução Pública" em seus 200 artigos. O Fado sofreu mudanças inevitáveis. O instrumento legal regulamentou a atribuição de licenças às empresas promotoras de espetáculos nos mais diversificados espaços, direitos de autoria, obrigatoriedade de visualização prévia de espetáculos e repertórios cantados, regulamento específico para atribuição profissional.

A audição de fados seria gradualmente ritualizada nas casas de fados, locais que se concentravam no bairro histórico da cidade. A audição de fados seria gradualmente ritualizada nas casas de fado, locais que se concentravam nos bairros, principalmente no Bairro Alto, sobretudo a partir da década de 1930. Na década seguinte, prevaleceriam as tendências revivalistas dos chamados traços típicos, conduzindo a uma replicação do que há de mais genuíno nos espaços de espetáculo do fado...

O Fado esteve presente no teatro e na rádio desde os seus primeiros momentos e o mesmo aconteceria na Sétima Arte. Eventualmente, seus expoentes como "canção nacional" foram na época ligados a uma rede de casas típicas. Mas agora eles tinham um mercado de trabalho mais amplo com gravação discográfica, turnês, apresentações no rádio e na televisão. Paralelamente, houve apresentações de fadistas nos "Serões para Trabalhadores" e eventos culturais transmitidos pela rádio desde 1942. Os programas de fado também foram promovidos pelo Secretariado Nacional de Informação, Cultura e Turismo que passou a ser responsável pela Censura, Emissora Nacional e Inspecção Geral dos Espectáculos em 1944.

Na década de 1950, a aproximação do regime ao sucesso internacional de Amália Rodrigues reforçou a colagem ao fado, depois de o alterar.

A simplicidade da estrutura melódica do Fado valoriza a interpretação da voz, e também sublima os repertórios cantados. Com forte vocação evocativa, a poesia do fado apela à comunhão entre o intérprete, os músicos e os ouvintes. Em quadras ou quadras improvisadas, estrofes de cinco versos, estrofes de seis versos, decassílabos e versos alexandrinos, essa poesia popular evoca temas relacionados ao amor, à sorte, ao destino individual e à narrativa cotidiana da cidade. Sensível à injustiça social, o Fado ganhou contornos intervencionistas.

E embora as primeiras letras do Fado fossem maioritariamente anónimas, transmitidas sucessivamente pela tradição oral, isso seria definitivamente revertido em meados da década de 1920, quando surgiram vários poetas populares, como Henrique Rego, João da Mata, Gabriel de Oliveira, Frederico de Brito, Carlos Conde e João Linhares Barbosa, que deram especial atenção ao fado. Nos anos 50, o fado cruzaria definitivamente o caminho da poesia erudita na voz de Amália Rodrigues. Ultrapassando as barreiras culturais e linguísticas, o Fado tornar-se-ia definitivamente um ícone da cultura nacional com Amália. Até à sua morte, em 1999, Amália Rodrigues foi a sua estrela nacional e internacional.

A Revolução de Abril de 1974 instituiu em Portugal um Estado democrático, fundado no pressuposto da integração das liberdades públicas, respeito e garantia dos direitos individuais com a inerente abertura de uma participação cívica, política e social mais activa dos cidadãos. Como resultado da sociedade global, as influências da cultura de massa seriam sentidas progressivamente ao longo das décadas seguintes. Este contexto modificou a relação do fado com o mercado português, centrado na música popular de carácter interveniente, ao mesmo tempo que absorveu muitas das formas musicais criadas no estrangeiro.

À medida que o debate ideológico em torno do fado vai chegando ao fim, é sobretudo a partir da década de 1980 que o fado é reconhecido na sua posição central na cena do património musical português. Nos anos 90, o fado consolidaria definitivamente a sua posição nos circuitos internacionais da World Music; no entanto, é Mariza quem conquista um protagonismo absoluto, traçando um percurso fulgurante durante o qual tem conquistado sucessivos prémios na categoria World Music.

Excertos do texto: Pereira, Sara (2008), "Círculo Museológico", no Museu do Fado, Lisboa: EGEAC/Museu do Fado

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 Navegante Cultural

History of FADO

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Born in the popular contexts of 1800s' Lisbon, Fado was present in convivial and leisure moments. Happening spontaneously, its execution took place indoors or outdoors, in gardens, bullfights, retreats, streets and alleys, taverns, cafés de camareiras and casas de meia-porta. Evoking urban emergence themes, singing the daily narratives, Fado is profoundly related to social contexts ruled by marginality and transgression in a first phase, taking place in locations visited by prostitutes, faias, sailors, coachmen and marialvas. Often surprised in prison, its actors - the singers - are described in the faia figure, a fado singer guy, a bully of a rough and hoarse voice with tattoos and skilled with a flick knife, who spoke using slang. Fado's association to society's most marginal spheres would initially make Portuguese intellectuals reject it profoundly.

Stating the communion of ludic spaces between the bohemian aristocracy and the most disfavoured fringes of Lisbon's population, the history of fado crystallized into myth the episode of the amorous relationship between the Count Vimioso and Maria Severa Onofriana (1820-1846), a prostitute consecrated by her singing talents, who would soon transform into one of greatest myths of the History of Fado. In successive image and sound reprises, the allusion to the involvement between a bohemian aristocrat with the fado singing prostitute would cross several sung poems and even the cinema and the theatre or the visual arts - beginning with the novel *A Severa*, by Júlio Dantas, published in 1901 and transported to the silver screen in 1931.

Fado would also conquer ground in festive events connected to the city's popular calendar, parties or cegadas - amateur and popular theatrical presentations generally performed by men on the street, in night feasts, and popular associations. Although this sort of presentation was a famous entertaining form of Lisbon's Carnival, enjoying popular support and often with strong intervening characters, the censorship regulation in 1927 would strongly to the extinction of this type of show.

The Teatro de Revista [a sort of vaudeville theatre], a typical theatre genre from Lisbon born in 1851, would discover fado's potential. In 1870, fado began to appear in music scenes and from there, to a broader audience. Lisbon's cultural context, with its typical neighbourhoods, and bohemia, assumed an absolute protagonism in Teatro de Revista. Ascending to theatre stages, fado would animate the Revista, developing new themes and melodies. Fado would be sung by famous actresses, and renowned singers. Two different approaches to fado become recorded in history: the danced fado stylized by Francis and the spoken fado of João Villaret. A central figure in the history of Fado, Herminia Silva, conquered fame on the theatre stages in the 1930s and 1940s, adding her unmistakable singing gifts to those of a comical actress and revisteira.



In the first decades of the 20th century, fado gained popular consecration through the publication of periodicals on the subject and the consolidation of new performing venues in a broad network that began incorporating Fado in its agenda with a commercial perspective, fixating private casts which would often form embassies or artistic groups for tours. In parallel, the relationship of Fado with the theatre stages was consolidated and the performances by fado singers at Revistas musical scenes and operettas multiplied.

Although the first records produced in Portugal date from the beginning of the 20th century, at this stage the national market was still very incipient since it was quite expensive to buy gramophones and records. Effectively, the fundamental conditions for recording sound appeared after the invention of the electric microphone in 1925. At the same time, gramophones started being made at more competitive prices. And thus were created more favourable conditions among the middle class.

With the military coup of the 28 May 1926 and the implementation of previous censorship on public shows, the press and other publications, the urban song would suffer profound changes. In fact, in the following year the Decree Law Number 13 564 of 6 May 1927 globally regulated the show activities through extensive clauses; defending a "superior supervision of all the houses and show venues or public entertaining (...) by the General Inspection of Theatres and its delegates in behalf of the Public Instruction Ministry" on its 200 articles. Fado suffered unavoidable changes. The legal instrument regulated on the attribution of licenses to the companies which promoted shows at the most diversified venues, authorship rights, mandatory previous viewing of shows and sung repertoires, specific regulation for attributing the professional card, contracts, and tour travelling, among many other subjects.

The hearing of fados would gradually become ritualized at fado houses, places which concentrated in the city's historic neighbourhoods, mainly in Bairro Alto, especially since the 1930s. The following decade, the revivalism trends of the so-called typical features would definitely prevail, leading to a replication of the most genuine and picturesque in fado's performing venues...

Fado was present in the theatre and the radio since their first moments and the same would happen in the Seventh Art. Eventually, its exponents as a "national song" were at the time attached to a network of typical houses with regular casts. But now they had a broader working market with many possibilities of discographic recording, tours, performances at radio and television. In parallel, there were performances by fado singers at "Serões para Trabalhadores," and cultural events broadcast by the radio and promoted by FNAT since 1942. Fado programmes were also promoted by the Secretariado Nacional de Informação, Cultura e Turismo which became responsible for the

Censorship, Emissora Nacional, and Inspecção Geral dos Espectáculos in 1944. In the 1950s, the regime's approach to the international success of Amália Rodrigues strengthened the collage of the regime to fado, after changing it deeply.

The simplicity of Fado's melodic structure values the voice interpretation, and also sublimes the sung repertoires. With a strong evocative inclination, fado's poetry appeals to the communion between the interpreter, the musicians and the listeners. In quatrains or improvised quatrains, five-verse stanzas, six-verse stanzas, decasyllables and alexandrine verses, this popular poetry evokes themes related to love, luck, individual fate, and the city's daily narrative. Sensitive to social injustice, Fado gained interventionist contours.

And although the first Fado lyrics were mostly anonymous, successively transmitted by oral tradition, this would definitely be reverted in the mid-1920s, when several popular poets emerged, such as Henrique Rego, João da Mata, Gabriel de Oliveira, Frederico de Brito, Carlos Conde and João Linhares Barbosa, who gave special attention to fado. In the 1950s, fado would definitely cross the path of erudite poetry in the voice of Amália Rodrigues. Surpassing the cultural and language barriers, Fado would definitely become a national culture icon with Amália. For decades and until her death, in 1999, Amália Rodrigues was its national and international star.

The April 1974 Revolution instituted a democratic State in Portugal, founded on the assumption of the integration of public liberties, respect and guaranty of individual rights with the inherent opening of a more active civic, political and social participation to citizens. As a result of the global society, the mass culture influences would be felt progressively over the following decades. This context modified fado's relation with the Portuguese market, centred on popular music with an intervening character while simultaneously absorbing many of the musical forms created abroad.

As the ideological debate around fado gradually comes to an end, it was mostly since the 1980s that fado is recognized in its central position in the scene of the Portuguese musical patrimony. In the 1990s, fado would definitely cement its position in the international World Music circuits; however, it is Mariza who conquers an absolute protagonism, drawing a fulgurant pathway during which she has won successive prizes in the World Music category.

Excertos do texto: Pereira, Sara (2008), "Círculo Museológico", in Museu do Fado, Lisboa: EGEAC/Museu do Fado

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LIGA DOS COMBATENTES

Núcleo de Winnipeg

**MONSIGNOR PEDRO (PETER)
FERNANDES, P.H.**

IN MEMORIAM

Rev. Msgr. Peter Fernandes, P.H., retired Roman Catholic Priest of the Archdiocese of Winnipeg and pastor emeritus of Immaculate Conception Parish, died at St. Josephs Residence on Wednesday, July 26, 2000.

He was born June 30, 1921 in Goa, then a Portuguese Colony, now part of India, and received his education there. Monsignor was ordained January 12, 1947 for the Diocese of Goa, by His Eminence Valerian Cardinal Gracias. Upon his arrival in Canada, Monsignor Fernandes was appointed Parochial Vicar at St. Marys Cathedral (September 1966) and was named the priest in care of the Catholic Portuguese Community, Winnipeg.

On July 1, 1978, he was named Pastor of Immaculate Conception Church, Winnipeg, when that congregation merged with the Portuguese Community. He remained there until his retirement in 1992.

His Holiness Pope John Paul II appointed him as a Prelate of Honour, as Monsignor, on November 23, 1984. He served on the Refugee Status Advisory Committee under the Minister of Employment and Immigration (1982-85).

Msgr. Fernandes had a big heart. Not only did he work zealously for his Portuguese flock he went out of his way to embrace all people.

As a pastor he was ever mindful of Christs commission: Feed my lambs. Feed my sheep. His sheep were his prime concern. In prayer, in action, in word and deed, he held always in his minds eye the vision of the Apostle of Goa, St. Francis Xavier. A man who could dream, he knew how to make his dreams come true. The new Immaculate Conception Church on Austin Street is the fruit of his dream.

Prayers will be celebrated at Immaculate Conception Parish, on Sunday, July 30, with Rev. Jose F. Cabral presiding.

At Monsignors request, the Mass of the Resurrection will be celebrated at Immaculate Conception Parish on Monday, July 31, with Rev. Jose E. Medeiros presiding. Msgr. Maurice J. Comeault will be the homilist. Entombment will follow in the Queen of Heaven Mausoleum at Assumption Roman Catholic Cemetery, with Rev. Msgr. D. Ward Jamieson presiding.

A special thank you to the Sisters of St. Joseph, Mr. Arthur Kimery and the staff and residents of St. Josephs Nursing Home for their kindness to Msgr. Fernandes over the past years. Cropo Funeral Chapel in care of arrangements.

*Reprinted from the Winnipeg Free Press
July 29, 2000*



TRIBUTE TO MONSENHOR PEDRO FERNANDES by the WINNIPEG NUCLEUS OF THE LEAGUE OF COMBATANTS

by Agostinho Bairos
Photos by Tony Soares and Fatima Sousa

Included in the Celebrations of the Day of Portugal, Camões and the Communities, held in the City of Winnipeg, Manitoba, a Ceremony of Homage to the late Monsignor Pedro Fernandes took place on Saturday, June 11, 2022.

The Winnipeg Nucleus of the League of Combatants, under the leadership of President Pedro Aires Correia, had the idea of erecting a marble column on the grounds of the Monument to the Combatants for Portugal, at Chapel Lawn Cemetery; a plaque has been first been placed in honor of the priest, Pedro Fernandes, a native of Goa, who for 25 years was the religious leader of the Catholic community of the city of Winnipeg.

The ceremony included the blessing of the plaque, which included a dedication to, as well as a photo of, the Monsignor, by Reverend Father André Lico, parish priest of the Immaculate Conception and chaplain of the Nucleus.

Also present was the Portuguese consul in Manitoba, Mr. Paulo Jorge Cabral, who took the podium and praised the memory of Monsignor Fernandes and the initiative of the Nucleus.

Mrs. Malya Marcelino, member of the Legislative Assembly of Manitoba for Notre Dame, representing the Government of Manitoba, greeted those present and made reference to the great Apostle of the Indies, Saint Francis Xavier, of whom Monsignor was a great devotee.

Agostinho Bairos, one of the pioneers of the community and a friend of Monsignor Fernandes, spoke about the work of this great man, who dedicated his life to the service of the People of God not only as a priest, but also as an intercessor for many newcomers before the Canadian Immigration authorities.

He ended by quoting the words of Father António Vieira "God gave Portugal a small country as a cradle and the whole world as a grave." Who would have thought that one day so many fighters and immigrants would be buried in these parts of central Canada, so far from home?

Several wreaths were placed next to the monument by entities and people, including veterans, Ms. Conceição Oliveira, Mrs. Célia Vieira and the Member of the Merchant Marine, Mr. Leonete Correia.

Dedication and Service Medals were awarded to Ms. Fátima Sousa, photographer and volunteer at the Nucleus as well as Mr. Francisco Coelho, who has dedicated many hours of service to the group of Combatants.



COMBATENTES LEAGUE

Winnipeg Nucleus

HOMENAGEM A MONSENHOR PEDRO FERNANDES pelo NÚCLEO de WINNIPEG da LIGA DOS COMBATENTES

por Agostinho Bairros
Fotos por Tony Soares e Fatima Sousa

Incluída nas Celebrações do Dia de Portugal, de Camões de das Comunidades, realizadas na Cidade de Winnipeg, Manitoba, teve lugar no Sábado dia 11 de Junho, uma Cerimónia de Homenagem a Monsenhor Pedro Fernandes de saudosa memória.

O Núcleo de Winnipeg da Liga dos Combatentes, sob a liderança do seu presidente, Sr. Pedro Aires Correia, teve a feliz ideia de fazer construir no recinto do Monumento aos Combatentes por Portugal no Cemitério Chapel Lawn uma coluna de mármore sobre a qual se encontra uma placa homenageando o sacerdote, Pedro Fernandes, natural de Goa, que durante 25 anos foi o líder religioso da comunidade católica da cidade de Winnipeg.

Foi uma cerimónia que incluiu a benção da placa com a dedicatória e foto de Monsenhor, pelo Reverendo Padre André Lico, pároco da Imaculada Conceição e capelão do Núcleo. Esteve também presente o cônsul de Portugal em Manitoba, Sr. Paulo Jorge Cabral que usou da palavra e elogiou a memória de Monsenhor Fernandes e a iniciativa do Núcleo.

A Sra. Malya Marcelino, membro da Assembleia Legislativa de Manitoba, Notre Dame, em representação do Governo de Manitoba, saudou os presentes e fez referência ao grande Apóstolo da Índias, São Francisco Xavier, de quem Monsenhor era grande devoto.

Agostinho Bairros, um dos pioneiros da comunidade e amigo de Monsenhor Fernandes falou sobre a obra deste grande homem que dedicou a sua vida ao serviço do Povo de Deus não apenas como sacerdote, mas também como intercessor de muitos recém-chegados perante as autoridades da Emigração.

Terminou citando as palavras do Padre António Vieira “Deus deu a Portugal um país pequeno como berço e o mundo inteiro para sepultura.” Quem diria que um dia tantos combatentes e emigrante haviam de ser sepultados nestas paragens do Canadá central tão distantes da sua terra natal.

Várias coroas de flores foram colocadas junto ao monumento por entidades e personalidades, incluindo veteranos, a Sra. Conceição Oliveira, a Sra. Célia Vieira e o Membro da Marinha Mercante, Sr. Leonete Correia.

Medalhas de Dedição e Serviço foram atribuídas à Sra. Fátima Sousa, fotógrafa e voluntária do Núcleo assim como ao Sr. Francisco Coelho que tem dedicado muitas horas de serviço voluntário ao grupo dos Combatentes.



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MANNY GARCIA

Arquivo de Memórias/Archive of Memories



*Do Fado foste a Diva "Amalia"
Cantavas para toda a gente
Tua voz so alivia
O que o Portugues sente*



*Em Winnipeg sempre houve uma voz fina
Cantando a nossa tradição
Seu nome encantado, Cristina
Na nossa Cidade e fadista do coração*



*Terceira Noite de Fado no Restaurante Picasso's
em homenagem a Amália - Rainha do Fado
dia 15 de Novembro, 2004
Artistas: Cristina Machado; João Vieira,
e o já falecido, Cezílio d'Almeida*

RENDAS DO PICO

Das maos de fadas
As mulheres do Pico
Faziam pecas delicadas
Hoje, patrimonio muito rico

Debaixo de muito calor
De sol a sol nas terras
Trabalhavam com fervor
No meio de aquelas pedras

Acabando o dia atarefado
A tarde iam para o seu lar
O dever ainda não acabado
Ainda havia mais trabalhar

Primeiro era a ceia
Depois com farpas na mao
A luz de uma candeia
O as vezes de um lampiao

Durante o dia de enhada na mao
E ao luar com dedos na renda
Iam fazendo o seu serao
Esta verdade que parece lenda

Para ganhar mais um escudinho
E ajudar a familia
Pontos feitos com carinho
Entrelacados com alegria

Rosas, dahlias e margaridas
Flores dum jardim muito rico
Transformadas nas rendas mais
garridas
Por as mulheres do Pico

Das linhas mais finas
Com albarca de pe no chao
Foram as maos destas meninas
Que assim o fizeram

Desde a toalha de mesa
Ao conjunto mais rico
Fizeram muita delicadeza
Estas artistas do Pico

Estes versos sao dedicados
As maos de minha Mae
Que com linha passaram lacos
E na sua vida tambem

LACE OF PICO

From the hands of fairies
The women of Pico
They made delicate pieces
Today, very rich heritage

Under a lot of heat
From sun to sun in the lands
worked with fervor
In the middle of those stones

Ending the busy day
In the afternoon they went to their home
Duty not yet finished
There was still more work

First was supper
Then with splinters in hand
The light of a candle
At times of a lantern

During the hand filled day
In moonlight fingers on lace
They spent an evening
This truth seems like legend

To win one more coin
And help the family
Points made with care
Intertwined with joy

Roses, dahlias and daisies
Flowers from a rich garden
Transformed in brightest lace
By the women of Pico

Of the finest lines
With a boat on the ground
It was the hands of girls
That made them this way

From the tablecloth
To the richest set
They created delicacy
These Pico artists

These verses are dedicated
To my mother's hands
That with line passed loops
And in her life too



Manny Garcia - 14 de Maio - 2022

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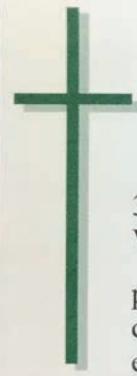
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Horoscope

excerpts from elle.com - astrotwins



Gêmeos/Gemini 21/5 a 20/6 Take the road less traveled today. Gemini, as the moon glimmers in experimental Aquarius and your ninth house of adventure and expanding horizons. A calculated risk could pay off, so don't be afraid to take the leap. By betting on yourself (instead of paying attention to those pesky insecurities), you could arrive at a mind-blowing breakthrough. But this epiphany will never happen in your comfort zone, so move into more daring territory!

Toma a estrada menos percorrida hoje, Gêmeos, enquanto a lua brilha em Aquário experimental e sua nona casa de aventura e horizontes em expansão. Um risco calculado pode valer a pena, então não tenha medo de dar o salto. Ao apostar em si mesmo (em vez de prestar atenção a essas inseguranças traquinas), você pode chegar a um avanço alucinante. Mas essa epifania nunca acontecerá na sua zona de conforto, então vá para um território mais ousado!

Caranguejo/Cancer 21/6 - 22/7 Do you have a feeling you're not getting the full story? Someone in your orbit could be obfuscating an important truth today, as the moon in Aquarius investigates your clandestine eighth house. If you look into the matter and discover that this person has been keeping secrets from you, resist the urge to lash out.

Você tem a sensação de que não está recebendo a história completa? Alguém em sua órbita pode estar ofuscando uma verdade importante hoje, já que a lua em Aquário investiga sua oitava casa clandestina. Se você examinar o assunto e descobrir que essa pessoa está guardando segredos de você, resista à vontade de atacar.

Leão/Leo 23/7 a 22/8 Have you lost your equilibrium within an important relationship? Regain your balance today, as the moon in Aquarius brings stability to your interpersonal sector. But don't just address surface level tensions. Ask yourself: Is there a deeper issue at play here? Start with the root of the problem, then work your way up from there.

Você perdeu o equilíbrio dentro de um relacionamento importante? Recupere seu equilíbrio hoje, pois a lua em Aquário traz estabilidade ao seu setor interpessoal. Mas não aborde apenas as tensões no nível da superfície. Pergunte a si mesmo: há uma questão mais profunda em jogo aqui? Comece com a raiz do problema e vá subindo a partir daí.

Virgem/Virgo 23/8 a 22/9 Cross that finish line today, Virgo, as the moon in bright-eyed Aquarius electrifies your ambitious sixth house. Tying loose ends is your superpower under these driven skies, so push to wrap up any nearly completed assignments. Then, you'll be free to lounge all weekend! The key to getting it all done? Organization!

Cruze a linha de chegada hoje, Virgem, enquanto a lua em Aquário de olhos brilhantes eletrifica sua ambiciosa sexta casa. Amarrar pontas soltas é sua superpotência sob esses céus impelidos, então empurre para encerrar todas as tarefas quase concluídas. Então, você estará livre para relaxar durante todo o fim de semana! A chave para fazer tudo isso? Organização!

Balança/Libra 23/9 a 22/10 A calculated risk could be the secret to success today, as the innovative Aquarius moon encourages you to expand your horizons. A venture you're passionate about may finally pick up speed, propelling you toward financial gain in the process. Hammer out your game plan...and don't forget to draft a rock solid budget. Be as pragmatic as possible when crunching those numbers!

Um risco calculado pode ser o segredo do sucesso hoje, pois a inovadora lua de Aquário o incentiva a expandir seus horizontes. Um empreendimento pelo qual você é apaixonado pode finalmente ganhar velocidade, levando você a obter ganhos financeiros no processo. Desenforme seu plano de jogo... e não se esqueça de elaborar um orçamento sólido. Seja o mais pragmático possível ao analisar esses números!

Escorpião/Scorpiion 23/10 a 21/11 "Me time" is essential to preserving your sanity today, as the free-spirited Aquarius moon grooves through your emotional fourth house. Don't be afraid to establish boundaries, especially if people attempt to dominate your day with their needs. Politely explain that you need your solo space for a little self-care. The one caveat: Don't turn away from someone who is attempting to offer you an apology for an ongoing issue. Hear them out in an attempt to put this behind you.

O "tempo para mim" é essencial para preservar sua sanidade hoje, pois a lua de Aquário de espírito livre percorre sua quarta casa emocional. Não tenha medo de estabelecer limites, especialmente se as pessoas tentarem dominar seu dia com suas necessidades. Explique educadamente que você precisa do seu espaço solo para um pouco de autocuidado. A única ressalva: não se afaste de alguém que está tentando lhe oferecer um pedido de desculpas por um problema em andamento. Ouça-os em uma tentativa de deixar isso para trás.

Sagitário/Sagitarrius 22/11 a 21/12 Simmering with anger beneath your composed exterior? Don't try to keep things "positive" when there's something bothering you on a deeper level. You'll just wind up blowing up later. As the moon hovers in your communication sector, you're still in the safety zone, so go ahead and address this issue. Try not to mask your pain with humor and allow your genuine feelings to shine through. Healing solutions could be right around the corner!

Fervendo de raiva sob seu exterior composto? Não tente manter as coisas "positivas" quando há algo incomodando você em um nível mais profundo. Você só vai acabar explodindo mais tarde. Enquanto a lua pula em seu setor de comunicação, você ainda está na zona de segurança, então vá em frente e resolva esse problema. Tente não mascarar sua dor com humor e permita que seus sentimentos genuínos brilhem. Soluções de cura podem estar ao virar da esquina!

Capricórnio/Capricorn 22/12 a 19/1 Have you been on a bit of a spending spree recently, Cap? Perhaps you've splurged on concert tickets, luxury home goods, or some limited-edition art. No one can blame you, but under today's money-minded moon, you'd be wise to tighten those purse strings. Don't panic—you've gotten yourself out of similarly sticky spots before. Maybe you sell some clothes on The RealReal or take on an extra client this month.

Você esteve em uma farra de gastos recentemente, Cap? Talvez você tenha esbanjado em ingressos para shows, artigos domésticos de luxo ou alguma arte de edição limitada. Ninguém pode culpá-lo, mas sob a lua do dinheiro de hoje, você seria sábio em apertar os cordões da bolsa. Não entre em pânico - você já se livrou de pontos semelhantes antes. Talvez você venda algumas roupas no The RealReal ou consiga um cliente extra este mês.

Aquário/Aquarius 20/1 a 18/2 An object in motion stays in motion—a law of physics you'll have no trouble following today. As the Aquarius moon charges up your trailblazing first house, it provides a boost of ambitious energy. Ride today's wave of cosmic momentum, to get a personal goal to the finish line. And pay no attention to the skeptics! Most people WON'T understand your innovative perspective during this developmental stage, but if they're lucky, they'll catch up later. Stay true to your vision and you can't go wrong!

Um objeto em movimento permanece em movimento – uma lei da física que você não terá dificuldade em seguir hoje. À medida que a lua de Aquário carrega sua primeira casa pioneira, ela fornece um impulso de energia ambiciosa. Aproveite a onda de impulso cósmico de hoje, para obter um objetivo pessoal até a linha de chegada. E não dê atenção aos céticos! A maioria das pessoas NÃO entenderá sua perspectiva inovadora durante esse estágio de desenvolvimento, mas, se tiver sorte, o alcançará mais tarde. Mantenha-se fiel à sua visão e você não pode errar!

Pescas/Pisces 19/2 - 20/3 Let your unvarnished emotions shine through today, even if that means rocking the boat.. If you're ever going to make headway through a conflict, someone (you) has to call out the pink elephant in the room. As the moon in ethical Aquarius steeps in your healing twelfth house, just make sure you're operating from a principled place. The goal is to work through the knots until you find common ground—not escalate the conflict. Forgiveness might not come overnight, but peace is in reach!

Deixe suas emoções sem verniz brilharem hoje, mesmo que isso signifique balançar o barco. Se você for avançar em um conflito, alguém (você) precisa chamar o elefante rosa na sala. A medida que a lua em Aquário ético mergulha em sua décima segunda casa de cura, apenas certifique-se de estar operando a partir de um lugar de princípios. O objetivo é trabalhar através dos nós até encontrar um terreno comum – não escalar o conflito. O perdão pode não acontecer da noite para o dia, mas a paz está ao seu alcance!

Carneiro/Aires 21/3 - 19/4 Team Aries holds the key to success today, as the Aquarius moon zips into your eleventh house of group efforts. Got a big project you're ready to unveil? Make sure you've gone over every last detail with your professional squad. Making a huge announcement before you've signed on the dotted line could derail a deal in the works. Patience, Ram!

A equipe de Áries detém a chave para o sucesso hoje, pois a lua de Aquário entra em sua décima primeira casa de esforços em grupo. Tem um grande projeto que você está pronto para revelar? Certifique-se de ter analisado todos os detalhes com seu time profissional. Fazer um grande anúncio antes de assinar na linha pontilhada pode atrapalhar um acordo em andamento. Paciência, Carneiro!

Touro/Taurus 20/4 - 20/5 Streamline and systemize your workflow today, as the brilliant Aquarius moon electrifies your professional sector. Have you been meaning to make a few overall strategy shifts? Start implementing those adjustments! If you feel overwhelmed by the enormity of your goal, divvy up this undertaking. Breaking down into smaller stages could help you make incremental progress.

Simplifique e sistematize seu fluxo de trabalho hoje, enquanto a brilhante lua de Aquário eletrifica seu setor profissional. Você tem pensado em fazer algumas mudanças gerais de estratégia? Comece a implementar esses ajustes! Se você se sente sobrecarregado pela enormidade de seu objetivo, divida esse empreendimento. Dividir em etapas menores pode ajudá-lo a fazer um progresso incremental.

Nuno Pereira

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Sara Correia FADISTA

Music News.Com
by Jeremy Williams-Chalmers

Sara Correia grew up in a family of fadistas, immersed in fado, and was just 13 years old when she won the Grande Noite do Fado (a major festival and singing competition). Her husky high-contralto voice still projects the intensity of the roots music she grew up listening to. Having released her eponymous debut album back in 2018, she quickly made a name for herself on the Fado scene, with the release celebrated with numerous accolades. Having recently re-released her sophomore album, Do Coração, as a deluxe edition, she finally makes her UK debut as part of the La Linea festival. Ahead of her performance at London's Union Chapel on April 28th, we caught up with her to learn a little more.

Hi Sara, first of all how are you?

Hi! I'm very well. With the success of "Quero é Viver," an opening credits song for a popular primetime soap opera in Portugal, the start of the year has been exciting. I'm looking forward to a year full of live performances and new music in 2022.

You are finally returning to London, are you excited to be able to play the date?

Yes, absolutely. I think the postponement due to the pandemic made me even more eager to perform at Union Chapel on April 28th.

What do you have planned for the London show?

Fado, Fado, and more Fado. I have the honor of being accompanied by some truly amazing musicians who bring their full talent to each show, ensuring that each concert is unique. I'm confident they'll go above and beyond while performing in London, as will I. So brace yourself for a soulful surrender of the depths of the Portuguese soul as only Fado can bring.

You have had an interesting journey to success, for those not in the know, can you give a little overview?

I began singing when I was very young. I was a child at the time, and I used to accompany my aunt, who also sang Fado, to Fado houses.

This is a Fado singer's 'church', where we learn everything, and where I learned everything as well. At 13 I won Grande Noite do Fado, a famous Fado competition in Portugal. Following that victory, I was invited to perform at one of Lisbon's most important Fado venues, where I had the incredible privilege of learning from some of the greatest voices: Celeste Rodrigues, Jorge Fernando, and Maria de Nazaré. In 2018 I released my first album and the critics and the public were very generous to me. In 2020, I was prepared to release my second album in March, just a week before everything closed because Coronavirus. Then we postponed the release to the end of the year, and with all the difficulties and postponed shows, 2021 was a really great year for me. I won an important award in Portugal with my record and I was nominated for the Latin Grammys. I also did a lot of participations with other musicians and also be able to tour in such a great countries such as Colombia, Panama, Chile and Argentina. Now Do Coração tour is still on the road but I'm already preparing my 3rd album, which I want to release at the end of this year.

Your initial success came in your teenage years. How did that alter your ambitions?

It didn't change my ambitions, but it did solidify the fact that I want to sing Fado for the rest of my life.

While your debut album was hugely successful, your sophomore album has received a phenomenal response. What did you learn from the first to apply to the second?

I believe that the transition from "Sara Correia" to "Do Coração" simply increased my confidence in singing my truth. That is the essence of Fado. You must feel it in your bones and be able to transport it outside as a cry, a lament, or an expression of your deepest being. Of course, being nominated for a Latin Grammy for doing what I love the most was an unexpected but incredible reward.

You have recently released a deluxe edition of Do Coração, what prompted the decision?

We had a lot of live material, as well as a new single titled "Quero é Viver" and two collaborations.



Despite the pandemic, I performed over 30 shows in 2021, some of which were recorded, and with a Latin Grammy nomination and a PLAY award in Portugal for Best Fado album, we felt these live versions and collaborations deserved a release.

Have you already started work on album 3?
Yes, but for the time let's keep the mystery!

Your sound is steeped in Fado but does have a contemporary edge. How do you strike the balance between the two?

Let us not forget that I am 28 years old. Fado is a cultural heritage that has been passed down from generation to generation, and I hope and wish that my interpretation adds a contemporary edge to it. New generations are falling in love with Fado, and they need to hear themselves in it. So I hope to be that voice, bridging the generational divide while preserving the art of traditional Fado.

Do Coração features a couple of collaborations. How do you choose who to work with?

I must love and believe in music. It's not about the names as much as it is about the music. If I believe my voice is a good fit for it, if I can incorporate my beloved Fado into it, and if I can add without losing what I value the most, I'll do it. In "Meu Bairro, Minha Língua," a tribute to the Portuguese language, I collaborated with Vinicius Terra, Linn da Quebrada, the beloved and missed Elza Soares, and my Portuguese friend, Dino d'Santiago. In addition, in a song titled "O Mundo Há-de Ser Mais," I collaborated with Stereossauro, a musician and producer from Portugal, in a crossover between Fado and electronic music. The original album has a duet with one of the Portuguese's artists I admire the most: António Zambujo.

Lastly, is there anyone you dream of working with?

It will sound crazy, but I would love to work with Billie Eilish! I do admire her voice and her music but mostly her attitude.



Matt Sarmatiuk

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HOME & STYLE

Got a small space that's cluttered?

5 Tips to Maximize Space!

by Walter Mota

1. Invest In A Shoe Bench

If you're inclined to ask family and friends to take their shoes off when entering your home, it only makes sense to have a shoe bench in which to place their shoes.



2. Hang A Mirror

Hanging a mirror in an entryway hallway. It gives you a chance to double-check your appearance before you head out the door and it will make the tiny space appear bigger and brighter.

3. Add A Welcome Mat

Depending on the amount of space you have, a simple rectangle welcome mat may suffice. If your entryway is a hallway, you may want to consider a long hallway runner instead -- it will create visual length in your home.

4. Keep Essentials Handy

If there are things you use every day, make a space for them by the front door. Perhaps put up a floating shelf. Be sure to follow the directions, if you choose one from IKEA, and give yourself plenty of time.

5. Keep Coats In A Closet

Coat racks are convenient, but they can be an eyesore when everyone piles their outerwear. Make it a point to hang coats, jackets, hoodies, etc., in a nearby closet.

Tem um pequeno espaço desordenado?

5 dicas para maximizar o espaço!

1. Invista em um banco de sapatos

Se está inclinado a pedir à família e aos amigos que tirem os sapatos ao entrar em sua casa, só faz sentido ter um banco de sapatos para colocar os sapatos.

2. Pendure um espelho

Pendurar um espelho em um corredor de entrada. Isso lhe dá a chance de verificar sua aparência antes de sair pela porta e fará

com que o pequeno espaço pareça maior e mais brilhante.

3. Adicione um tapete de boas-vindas

Dependendo da quantidade de espaço que tem, um tapete de boas-vindas retangular simples pode ser suficiente. Se a sua entrada for um corredor, pode um mais longo.

4. Mantenha o essencial à mão

Se há coisas que usa todos os dias, abra um espaço para elas na porta da frente. Pode colocar uma prateleira flutuante. Certifique-se de seguir as instruções, se escolher uma prateleira da IKEA.

5. Mantenha os casacos em um armário

Cabides são convenientes, mas podem ser uma monstruosidade quando todos empilham suas roupas. E melhor pendurar casacos, etc., em um armário próximo.

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Obituaries



CARLOS MANUEL PEREIRA BERGANTIM

Carlos Manuel Pereira Bergantim passed away suddenly at home on June 6, 2022 at the age of 56 years. He was predeceased by his brother Jorge Bergantim, his mom Conceição Bergantim and his dad, Manuel Bergantim.



Carlos is lovingly remembered by his children Enza, Donna, Ang and their mom, Maria. He also leaves behind his brother, Sergio (Cheryl) Bergantim, niece Abby and nephew Kyle as well as numerous family and friends across Canada, Portugal, and Brazil. Carlos was born on December 22, 1965 in Braga, Portugal. He immigrated to Canada with his family in 1969. The family settled in Winnipeg to join his dad, Manuel, who came over in 1968.

During his school years, the family lived in the Maples. Carlos graduated from Maples Collegiate and continued on with his education in the Automotive Program at Red River College. During and post-graduation, Carlos worked at Martin's Bakery before moving on to Carte working on transformers. He also worked at Bristol for a period of time before taking a Diesel Mechanics course. Carlos then moved on to McPhillips Ford starting his career as an Automotive Technician. After McPhillips Ford closed down, he worked at Keystone Ford, Nott Autocorp and Tony's Academy before becoming the owner of Tony's Academy on Chevrier.

Throughout the places he worked, he was fortunate to oversee technicians in the apprenticeship program as they worked towards their Red Seal Certification. He felt it was important to provide apprenticeship opportunities for new automotive tech grads and was proud of each and every technician that received their apprenticeship under him.

Carlos loved music and was part of a number of bands playing guitar and singing at weddings, socials and other functions as in his early years. He was proud of his Portuguese heritage and at a young age danced at the Casa de Minho. He enjoyed camping at the Portuguese Recreation Park near St. Laurent where he volunteered for a period of time to be on the committee running tournaments for skeet shooting (Tiro ao Prato). Carlos enjoyed the outdoors and got out as much as he could. He enjoyed hunting, fishing, back country camping, boating, quadding, travelling and sight-seeing.

Anything and everything he was a part of, Carlos quickly made lifelong friendships with many people he met along the way. People appreciated his honesty, integrity, sense of humour, generosity, kind heart, and willingness to always lend a hand. He accepted people for who they were and was a well-respected and natural leader.

Although Carlos was involved in many things, more than anything, he loved his family. Family was most important to him and always came first. He enjoyed sharing his interests and passions with those he loved, taking them on adventures and teaching them things he knew.

His jokes, pranks and laughter will always be remembered, and what people will remember him for most is how he made them feel.

A funeral service was held on Thursday, June 16, at Our Lady of Perpetual Help Church with Monsignor Comeault.



Estátua de São Geraldo, padroeiro da cidade de Braga, na Sé Catedral de Braga



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**Celebration in Winnipeg, Manitoba
of PORTUGAL DAY; of CAMÕES
and of the COMMUNITIES**

by Agostinho Bairros
Photos by Tony Soares & Fatima Sousa

On the morning of the 10th of June at the Mass of the Guardian Angel of Portugal, we celebrated in the Church of the Immaculate Conception, parish of the Portuguese community of Winnipeg; after two years of interruption due to the pandemic, Portugal, Camões and Communities Day.

In his homily, the celebrant parish priest, Father André Lico, recalled that Portugal was born with the specific mission of propagating the Christian faith. He also mentioned the battles of Ourique and Santarém as well as the institution by Dom Afonso Henriques of the Order of Military Cavalry of São Miguel da Ala due to the help received from Archangel São Miguel during the fight against the infidels in Santarém. At the end of the celebration, the Portuguese consul in Manitoba, Mr. Paulo Jorge Cabral, who was present with his wife, Dona Maria do Carmo, was invited to take the floor. On the same day, at seven in the evening, a large number of people were present at the Portuguese Cultural Center, headquarters of the Portuguese Association of Manitoba (APM), to celebrate Portugal Day.

The ceremony began with a parade of several members of the Winnipeg Nucleus of the League of Combatants, followed by the national anthems of Canada and Portugal, played by the Banda Lira de Fátima. The Vice-President of the Board of the APM General Assembly, lawyer Nancy Goncalves, welcomed all those present, including the guests representing the various community organizations: Father Lico, the Consul Paulo Cabral, the presidents of APM; the Azorean Cultural Center - Casa dos Açores; from the Portuguese Center - Casa do Minho; from the Núcleo da Liga dos Combatentes; the Philharmonic - Banda Lira de Fátima; the Association of Merchants and Entrepreneurs and the president of the Women's Solidarity League, as well as the director of Navegante/O Mundial, the producer of the Portuguese Program on Radio CKJS, and the director and photographer of LusoCan TV.

Consul Paulo Cabral spoke, and then presented a recorded message sent by Manitoba Premier, the Hon. Heather Stefanson. A message from the Secretary of State for Portuguese Communities, Paulo Cafôfo, was also presented. Several folkloric groups from the community danced, namely: the Luzitos da Associação; the Casa dos Açores Dance Group; the Casa do Minho Dance Group, and the Alegria of APM. APM Director of Culture, Carlos Neta, who was the event organizer spoke, as did President of APM Board, Justin Santos, who thanked the volunteers and all in attendance.

The well-known community community singer/songwriter, João Pimentel, closed the show with several songs from his vast repertoire. It was, without a doubt, a pleasant and appreciated evening, as it had been a long time since we had the opportunity to celebrate. On the morning of the following day, starting at 11 am, next to the Monument to the Combatants for Portugal, a tribute ceremony to Monsignor Pedro Fernandes took place with Portuguese and Canadian veterans in attendance.

The nine o'clock mass in the Church of the Immaculate Conception, on Sunday 12th - Solemnity of the Holy Trinity – was also part of the celebrations of the Day of Portugal, Camões and Portuguese Communities with a Coronation Mass of Espírito Santo in Casa dos Açores. In the afternoon, a meal with Sopas do Espírito Santo was served at the Açoreano Cultural Center where the President of Casa dos Açores, João Paulo Melo, and the Portuguese Consul in Manitoba, Paulo Jorge Cabral, took the floor and closed this year's celebrations.



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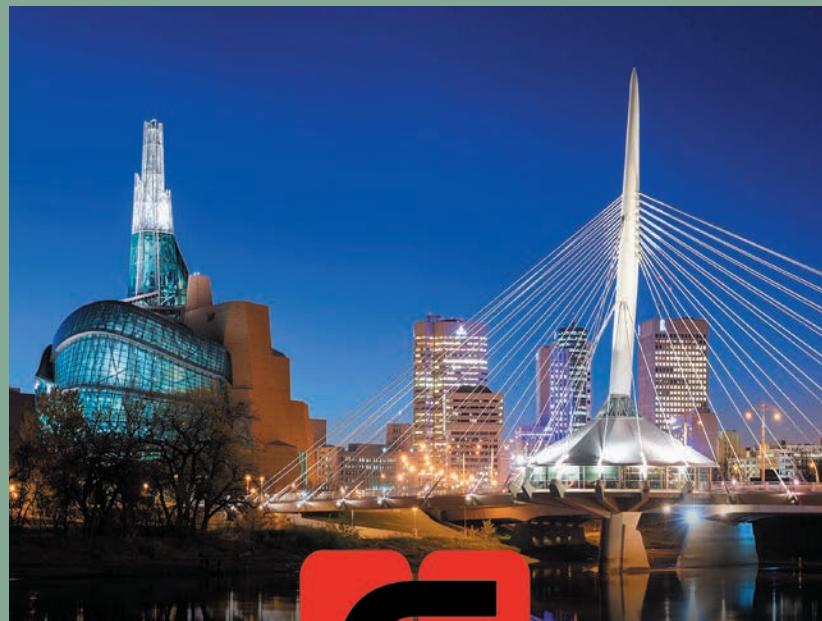
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