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 Mundial

THE PORTUGUESE NEWSPAPER
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This guy
still
here?
Slaver



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Navegante
Cultural



late Canadian historian Bruce Trigger's book, *Natives and Newcomers*, and saw one of few references to the Portuguese empire in the English language books that shaped my identity as ethnohistorian and social scientist.

Trigger made the argument that the Portuguese were pulled elsewhere in their colonial exploits because, among other reasons, their method of salting cod; aboard ships mostly, did not require much time spent on shore; and consequently, 1) their interests in meeting sustenance needs in Europe; 2) were met in the waters, and on the shores, of the Grand Banks, and did not take them inland in search of 3) animals to harvest for fur such as the French and the British required; 4) to fill the wardrobes of fashionable European proto-capitalists with Beaver-hats and other items made from fur.

Reality; such as it is, neither good nor bad, is put into cultural context as good or bad, in the documents of our scribes in the Western world: a living history-in-action that justifies the past and points a way forward to the future.

In oral histories, stories become myths or legends. In written history, histories become historiography; written evidence of a nation's ideological patrimony, and until recently, woven into what the post-modernist theorists call a "master narrative," to justify or encourage nationalistic behaviour.

When Gaspar Corte-Real was given one of countless royal commissions during the Portuguese "age of discovery," to move three ships towards what is now geographically known as "North America," he felt justified, no doubt, in returning two of those ships in 1501 with 49 surviving (captured) Beothuk, and centuries later, sealed his fate as a known slaver among explorers, as our Portuguese history-books were flung open in the years following the Carnation Revolution in 1974 and the rightful decolonization of the Portuguese Empire.

There is an interesting story of how Corte-Real's statue came to be gifted from Portugal to Canada in 1965 as the Portuguese colonial war waged in parts of Africa, under the purview of dictator Salazar's NewState, ostensibly to pay tribute to the shared fishing history between Canada and Portugal, but to make a long story exceedingly short as part of our shared critical inquiry: "why is this guy still here?"

Letter from the Editor / Carta da Editora

Of Salted Cod and a Slaver's Past

Many decades ago, as an undergraduate student of cultural anthropology (the study of humanity across culture and time), I read the

De Bacalhau Salgado e um Passado de Escravista

Há décadas, como estudante de antropologia cultural (o estudo da humanidade através da cultura e do tempo), li o livro do falecido historiador canadiano Bruce Trigger, *Natives and Newcomers*, e vi uma das poucas referências ao império português na língua inglesa em livros que moldaram minha identidade como etno-historiadora e cientista social.

Trigger propôs que, os portugueses foram puxados para outros lugares em suas façanhas coloniais devido, entre diversas razões, ao seu método de salgar o bacalhau; principalmente a bordo de navios; e, consequentemente, 1) seus interesses em atender às necessidades de sustento na Europa; 2) foram encontrados nas águas e nas margens dos Grandes Bancos, e não os levaram para o interior em busca de 3) animais para a colheita de peles, como os franceses e os britânicos exigiam; 4) para encher os guarda-roupas dos protocapitalistas europeus com chapéus de castor e outros itens.

Realidade; tal como é, nem boa nem ruim, é colocada no contexto cultural como boa ou ruim, nos documentos de nossos escribas no mundo ocidental – uma história viva em ação,

que tanto justifica o passado quanto aponta um caminho para o futuro. Nas histórias orais, tornam-se em mitos ou lendas. Na história escrita, tornam-se em historiografia; evidência do patrimônio ideológico de uma nação

e, até recentemente, tecida no que os pós-modernistas chamam "narrativa mestra," para justificar ou encorajar o nacionalismo.

Quando Gaspar Corte-Real recebeu uma das inúmeras encomendas reais durante a "era dos descobrimentos" para mover três navios para o que é hoje geograficamente conhecido como "América do Norte," sentiu-se justificado, sem dúvida, em voltar com dois desses navios em 1501 com 49 sobreviventes (capturados) Beothuk, e séculos mais tarde, selou seu destino como um conhecido traficante de escravos entre os exploradores, quando nossos livros de história foram abertos nos anos que seguiram à Revolução dos Cravos em 1974 e à justificada descolonização do Império Português.

Há uma história interessante de como a estátua de Corte-Real veio a ser presenteada de Portugal para o Canadá em 1965, quando a guerra colonial portuguesa continuava em partes da África, sob a alçada do Estado Novo do ditador Salazar; ostensivamente para homenagear a história de pesca entre o Canadá e Portugal, mas para fazer uma longa história extremamente curta como parte de nossa investigação crítica: "porque este tipo ainda está aqui?"



by Jorge Cabral

Play 4 games in 9 days and log over 38 hours of bus travel? Sign me up! FC Manitoba left home on June 24 to play against their American rivals over the course of 9 days. The objective: come away with 12 points and secure a playoff spot.

FC Manitoba got first-hand experience to play in stadiums where the fans, while not much larger in attendance than we experience at our home games, tend to be a lot more vocal in creating an atmosphere of excitement and soccer euphoria.

First up, Des Moines Menace. And true to their name, they are a dangerous bunch. Manitoba was greeted to a soundtrack of circus music in the walk out of the players to a team that is considered the class of the league. As much as the team tried to rally, FC Manitoba recorded their first away-loss.

The next two games were against St. Croix Legends and Minneapolis City Crows. FC Manitoba rebounded with resounding success and recorded two back to back wins. 4-2 against St Croix with goals scored by Diego Reveco 16', Michele Paolucci 45' & 57, and Ethan Cabral 56' 2-1 against Minneapolis City with goals by Diego Reveco 26', and 30' Sergio Molina

The true battle and pressure came down to the game against Peoria City FC played at the beautiful Shea Stadium at Bradley University. The only grass pitch in the road trip! It was so thick and lush that my Tio Manuel would have been proud to call this his own. With the non-stop noise from the crowd, the game did not disappoint. FC Manitoba fell early in the second half by two goals before Manuel Reyes Delgado was brought down about 24 yards out and scored a screamer of goal to take the team into half time down by a goal.

FC Manitoba fans were treated to an entirely different team in the second half with much of the control residing with our blue boys. At the 53rd minute, through some crafty play from Delgado and Paolucci, the ball found it's way out wide to Cabral who took on a player 1 on 1 just outside the penalty area. With Peoria City looking for a left foot strike, Cabral cut to his right and placed the ball in the upper right corner to even the score.

The score ended up short live and despite a valiant effort from our boys late in the game, FC Manitoba took their second loss on the road effectively eliminating them from any playoff hopes. Final 3-2.

With a short two weak break to heal our road rash, FC Manitoba visited our sister soccer community of Thunder Bay on July 15 & 16.

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The Thunder Bay Chill needed a minimum of 4 points to get into the playoffs. In front of a home crowd of approximately 600 fans and the Chill with a "do or die" mentality, FC Manitoba froze any chance of their opponents reaching the playoffs with a 3-1 win on the first encounter. FC Manitoba proved to be the team they always wanted to be throughout the season. The play was masterful and players fitting of Champions.

FC Manitoba Manuel Reyes Delgado received his 6 caution of the year and the team would have to play the second weekend encounter without his tenacity and skill in the midfield. FC Manitoba had over 12 chances to award Thunder Bay their second loss.

The goals evaded them and FC Manitoba ended their 2022 USL2 Season with a 2-1 loss.



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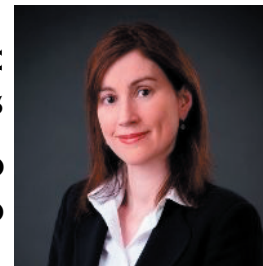
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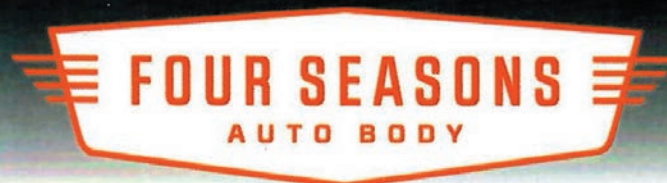
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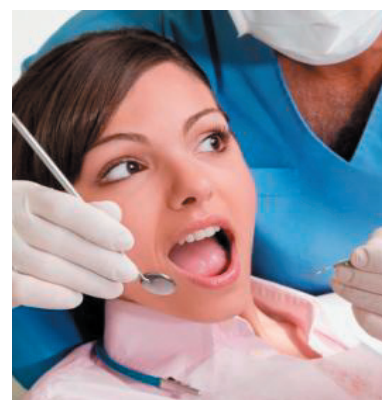


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- 7 Do Not Grip Them In Tight Bands!
- 8 Never Brush Your Hair When They Are Wet!
- 9 Inject Protein Into Your Strands!
- 10 Do Not Go For Artificial Hair.
- 11 Do Not Use Elastic Bands Or Rubber Bands.
- 12 Soft Cute Buns Are In!
- 13 Regular Oiling And Combing.
- 14 Keep a Check On The Daily Care
- 15 Eat Healthy!



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STYLE

Paulo Bergantim

Wardrobe Essentials for Men

Ideas adapted in this article taken from a great online resource for us: realmenrealstyle.com

In this issue, I'm focusing on my age group; stylish clothes for guys at or near or over 50... I'll have something for the young pups later this year, but right now, I'm feeling kind of selfish and I'm challenging us old dogs to start expressing ourselves more colourfully with fashions that a) fit, b) don't break the bank, and c) compete to win with the young whipper-snappers!

We're not all slackers in Gen X. God, no!

Click on the website above and go to an article called "Dressing Your Age." I literally laughed out loud when I read that "Stretch pants and sweatshirts say 'done with life' -- so true!

The top 3 rules

1. Don't be afraid to out-dress younger men -- can I get an Amen?! Since when do we have to pull on yet another pair of "buffet pants" and a drab Henley t-shirt with some kind of out-dated sport jacket or Danier-leather special?!

Get yourself a casual suit -- in striped seersucker, plaid wool, pastel linen, or anything modern. You don't have to wear a tie! Put on an open-collared dress shirt or a turtleneck underneath. You'll look like a leader; a man of wisdom; a sage. You'll look like a fellow who has rightly run out of F's to give, and you'll be treated accordingly. Youngsters will call you sir, and mean it non-sarcastically.

2. Incorporate accessories

-- it amazes me how many great pieces of clothing some men never wear, the article says, and I agree completely. Hats, gloves, scarves, cufflinks and so on. Why aren't we wearing the gifts that our partners and children (grandchildren in some cases) give us for Christmas, Father's Day, and Birthdays!?

Younger guys might look overdressed and overly fussy, but we'll look like the VIP guests who only fly business class, or the owners of the restaurants or theaters we happen to find ourselves in.

3. Add personality

The older you get, the more people will want to pretend you're invisible. It's true for women, and it's sadly just as true for men.

Don't let them!

Wear unusual clothing, and if you're feeling adventurous, combine traditional pieces with trendy favourites. Wear a tweed jacket with bright-coloured jeans, or pair a linen shirt with a leather moto-jacket; hell, wear jeans with patches on them and your motorcycle boots if you've got 'em. Show up to the event with the helmet tucked under your arm and your main squeeze, whatever the gender, looking just as impossibly glamorous in an equally-jaw-dropping outfit.

Best Dress Shirt Colors For Your Skin Tone

	Light Skin Light Hair	White	Baby Blue	Blue Gray	Pink	Gray
	Tan Skin Dark Hair	White	Sky Blue	Navy Stroke	Olive Green	Dark Gray
	Dark Skin Dark Hair	White	Turquoise	Blue	Purple	Light Gray
	Light Skin Dark Hair	White	Teal	Navy	Maroon	Black

RMRS
Real Men Real Style

Run your hand (full of statement signature rings hand-welded by aging Vikings in Gimli) through your salt-and-pepper hair as you take in the scene... Nod your head slowly, and if you're feeling fun, pull a Mathew McConahey, "all right, all right, all right..."

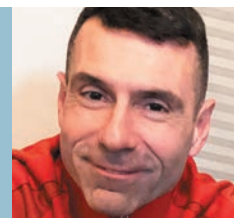
Point at your friends as you're saying hello. They'll feel like celebrities!

And if you don't have the engineer's boots, no problem -- just throw on a sharp-looking pair of men's dress shoes.



& WELLNESS

J. Peter Correia



Intellectual Wellness
The ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment.



Financial Wellness
The ability to identify your relationship with money and skills in managing resources. An intricate balance of the mental, spiritual, and physical aspects of money.



Emotional Wellness
The ability to understand ourselves and cope with the challenges life can bring.



Spiritual Wellness
The ability to establish peace and harmony in our lives.



Occupational Wellness
The ability to get personal fulfillment from our jobs or chosen career fields while still maintaining balance in our lives.



Physical Wellness
The ability to maintain a healthy quality of life without undue fatigue or physical stress.



Environmental Wellness
The ability to recognize our own responsibility for the quality of the environment that surrounds us.



Social Wellness
The ability to relate to and connect with other people in our world.

Wellness Wheel is from Yale University, Yale School of Medicine

Seis dimensões de Bem-Estar, inicialmente desenhadas por Bill Hettler, fundador do National Wellness Institute, na década dos anos 70 na EUA, em cima vistos como um “wellness wheel,” com duas dimensões adicionais, e aqui ao esquerdo como uma “flor de bem-estar,” tem significado para o nosso bem estar além do bem-conhecido aspecto físico.

Ocupacional: satisfação pessoal e desenvolvimento ao longo da vida através do trabalho.

Intelectual: as atividades estimulantes, criativas que guiam a aprendizagem, o crescimento pessoal e partilha de talento com os outros

Emocional: a consciência e aceitação das emoções e a capacidade de gerir comportamentos relacionados com o estado emocional.

Social: contribuição para a comunidade, ambiente e relacional.

Espiritual: procura de sentido e propósito na existência humana.

Física: auto-cuidado e comportamentos que melhoram a saúde física.

Six dimensions of Wellness, initially designed by Bill Hettler of the American National Wellness Institute in the 70s, have been expanded in recent years to include financial and environmental dimensions of health and wellness, beyond the well-known physical aspect.

How many of us can say that we are healthy across these areas? Are we living within our financial means? Are we making a living doing something that fulfills us and balances between home and work? Are we emotionally coping with daily stressors? Are we continuing to learn throughout our lives, or did we stop in school? Are we connecting with a higher power, or creating a sense of peace with who we are? And if not, where can we improve?





STYLE

Manny Martins-Karman

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

Hear that? It's the sounds of birds chirping, glasses clicking and loud belly laughter. It's finally summer. As far as outfits are concerned, I'm fully embracing everything #linen, especially a two piece suit.

Beyond being a good call for summer bedding, especially the ones made in Portugal, linen is one of the best summer fabrics to effortlessly complement your wardrobe. Linen gives you that je ne sais quoi. The Japanese call it #wabi-sabi, perfectly imperfect.

Suit: Penningtons
Vest made by me
Bags: Poshmark
Runners: Penningtons
Clear slides: vintage



You can't be everyone's cup of tea or coffee

Love these words by Donna Ashworth, from *To The Women...*

There will always be someone in this life who just doesn't like you, no matter how hard you try to please them.
There will always be something that you say, or do, which causes offence or division.
Whether you meant to or not.
There will always be someone who finds fault in you, your life or your words.
You may never find out why, please don't waste your precious time trying to.
You can't be everyone's cup of tea.
Then there will be those who like you on impact.
A little fizz of energy that passes between you.
Silently, unseen, bonding.
Those people will not only like you but they will like you fiercely.
They are your people.
Whatever spare time you have, spend it on them.
You can't be everyone's cup of tea, but you can be someone's first sip of a cold drink on a sunny day... Or a warming hot chocolate when you come in from the rain or the pop of a long awaited champagne cork or a stiff shot of tequila when things go awry.
Find your people, love them hard.



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

Ouviu isso? São os sons de pássaros cantando, copos estalando e gargalhadas barulhentas. É finalmente verão. No que diz respeito às roupas, estou abraçando totalmente tudo #linho, especialmente um terno de duas peças.

Além de ser uma boa pedida para roupas de cama de verão, especialmente as feitas em Portugal, o linho é um dos melhores tecidos de verão para complementar o seu guarda-roupa sem esforço. O linho lhe dá aquele je ne sais quoi. Os japoneses chamam de #wabi-sabi, perfeitamente imperfeito.

Traje: Penningtons
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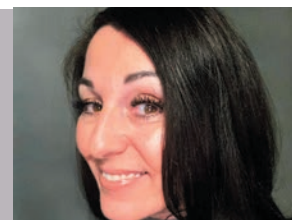
Não pode ser a xícara de chá ou café de todos

Adoro estas palavras de Donna Ashworth, de *As Mulheres...*

Sempre haverá alguém nesta vida que simplesmente não gosta de você, não importa o quanto você tente agradá-lo.
Sempre haverá algo que você diz, ou faz, que causa ofensa ou divisão.
Se você pretendia ou não.
Sempre haverá alguém que encontra falhas em você, em sua vida ou em suas palavras.
Você pode nunca descobrir o porquê, por favor, não perca seu precioso tempo tentando.
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Essas pessoas não só vão gostar de você, mas vão gostar de você ferozmente.
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Seja qual for o tempo livre que você tiver, gaste-o com eles.
Você não pode ser a xícara de chá de todos, mas pode ser o primeiro gole de uma bebida gelada de alguém em um dia ensolarado... dose de tequila quando as coisas dão errado.
Encontre seu povo, ame-o intensamente.

& WELLNESS

Paula Kabaluk



The sun is shining, and it's going to be a hot one out there today (at press time, 45° they are predicting)... NOW Let's talk sunscreen!

I just turned 52 and my skin looks better than it did at 42, or 32... Never mind the days of baby-oil on our skin and sun-in for our hair in the backyard. We were so young and silly!

I've accepted the reality of balancing the need for Vitamin D from the sun with taking care of my skin so as to avoid aging prematurely, while decreasing the probability of skin cancer and other skin ailments.

LimeLife has an amazing collection of sunscreen. All of their products are made with organic and plant based ingredients that fight to protect your skin from UVA and UVB rays.

Our gentle mineral formula is made up of non-nano, reef-state zinc to work as a 30spf broad spectrum formula. Zinc is the main active ingredient that doesn't cause health problems and doesn't stay in your blood stream like other competitors. It's ultra sheer so it doesn't cause feel heavy or greasy on the skin and is made from our plant based ingredients to nourish and soothe sensitive skin.

We also have a aloe vera based after-sun gel, called After Glow that rehydrates and nourishes the skin with vitamin E, lavender and eucalyptus while reducing redness and preventing peeling. We even offer a sun care line for babies!

All of these products can be bought separately or bought in our bundle that is shown.

The collection includes:

- Perfect Sunscreen- For the face can be worn under makeup or alone
- Perfect Balm Sunscreen for Lips- Doesn't even feel like you have sunscreen on your lips and is super moisturizing
- Perfect Sunscreen for Body
- After Glow- Aloe vera gel is super moisturizing after a long day in the sun; prevents peeling

And you save \$12 when this collection is bought in our bundle, and who doesn't love saving a few bucks on products that you need?!

And finally, a word about Courage, Peace, Grace, and Faith...

It makes me Happy to be associated with a company that features lip-glosses with names that Inspire us to be better people.

Dream, and Wish and Smile...

I want to be full of Joy and true to my Spirit, and to live a Humble, Happy life! How about you?



O sol está brilhando, e vai estar quente (no momento da publicação, 45° estão prevendo)... AGORA falaremos de protetor solar!

Acabei de fazer 52 anos e minha pele parece melhor do que aos 42 ou 32... Não graças aos dias de óleo de bebê em nossa pele e "sun-in" para o cabelo, no quintal. Nós éramos tão jovens!

Aceitei a realidade de equilibrar a necessidade de vitamina D do sol com o cuidado da minha pele para evitar o envelhecimento prematuro, diminuindo a probabilidade de câncer de pele e outras doenças de pele.

LimeLife tem uma coleção incrível de protetor solar. Todos os seus produtos são feitos com ingredientes orgânicos e vegetais que lutam para proteger sua pele dos raios UVA e UVB.

Nossa fórmula mineral suave é composta de zinco não nano, em estado de recife, para funcionar como uma fórmula de amplo espectro de 30spf. O zinco é o principal ingrediente ativo que não causa problemas de saúde e não fica na corrente sanguínea como outros concorrentes. É ultratransparente para não causar sensação pesada ou oleosa na pele e é feito com nossos ingredientes à base de plantas para nutrir e acalmar a pele sensível.

Temos também um gel pós-sol à base de aloe vera, chamado After Glow, que hidrata e nutre a pele com vitamina E, lavanda e eucalipto, reduzindo a vermelhidão e prevenindo a descamação. Oferecemos até uma linha de proteção solar para bebês! Todos esses produtos podem ser comprados separadamente ou comprados em nosso pacote que é mostrado.

A coleção inclui:

- Perfect Sunscreen- Para o rosto pode ser usado sob maquiagem ou sozinho
- Perfect Balm Sunscreen for Lips- Nem parece que tem protetor solar nos lábios e é super hidratante
- Protetor solar para o corpo
- After Glow- Aloe vera gel é super hidratante para depois de um longo dia de sol, previne descamação

E economiza \$12 quando esta coleção é comprada em nosso pacote, e quem não gosta de economizar alguns em produtos que precisamos?!

E finalmente, uma palavra sobre Coragem, Paz, Graça e Fé...

Fico feliz por estar associado a uma empresa que apresenta gloss labial com nomes que nos inspiram a ser pessoas melhores.

Sonhe, deseje e sorria...

Eu quero ser cheio de alegria e fiel ao meu Espírito, e viver uma vida humilde e feliz! E você?

Food & Drink

Eduarda Gil

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BACALHAU À GOMES DE SÁ

Ingredientes:

- 2 libras de bacalhau desossado - reidratar o bacalhau de molho em uma panela com água por alguns dias na geladeira trocando a água duas vezes ao dia
- 4 libras pequenas batatas descascadas cortadas em fatias de 1 polegada
- 2 cebolas grandes (cortadas)
- 3 luvas alho picado
- 1 folha de louro
- 1 colher de sal
- 1 colher de chá de pimenta preta
- 1 xícara de azeite
- 6 ovos cozidos (cortados)
- 1 xícara de azeitonas
- 2 a 3 colheres de chá de salsa picada
- 2 a 3 dentes de alho picados ou 1 colher de chá de alho em pó

Modo de Preparação:

...1 Em uma panela grande, coloque as batatas cobertas com água fria. Adicione o sal e o bacalhau. Cozinhe por cerca de 10-15 minutos até que o bacalhau esteja em lascas.

...2 Retire o bacalhau da frigideira e deixe arrefecer. Cozinhe as batatas por mais 8-10 minutos ou até ficarem cozidas. Fure com um garfo para o cozimento. Escorra as batatas e reserve. Corte as batatas em fatias de 1/4 a 1/2 polegada.

...3 Em uma frigideira grande, refogue as cebolas fatiadas, 1/2 colher de chá de sal e a folha de louro em 1/2 xícara de azeite até dourar. Adicione o alho durante os últimos 2 minutos de cozimento. Retire a folha de louro e deixe as cebolas esfriarem.

...4 Unte uma assadeira grande e funda com azeite. Comece por colocar as batatas em camadas, o bacalhau em lascas e depois as cebolas.

...5 Regue com azeite e pimenta sobre cada camada. Adicione alho em pó se você gosta de mais sabor de alho.

...6 Certifique-se de terminar com cebolas no topo. Cubra com papel alumínio e cozinhe por cerca de 20 minutos.

...7 Disponha as fatias de ovo cozido em cima da camada de cebola.

...8 Cozinhe descoberto por mais 5-10 minutos até a crocância desejada.

...9 Retire do forno e adicione salsa e azeitonas para decorar. (adicione mais sal, pimenta ou alho se desejar)

BACALHAU À GOMES DE SÁ

Ingredients:

- 2 lbs boneless salt cod -- re-hydrate cod by soaking in a pan with water for a few days in fridge, changing the water twice a day
- 4 pounds small peeled potatoes cut into 1 inch slices

- 2 large onions (sliced)
- 3 gloves chopped garlic
- 1 bay leaf
- 1 tablespoon salt
- 1 teaspoon black pepper
- 1 cup olive oil
- 6 hard boiled eggs (sliced)
- 1 cup olives
- 2 to 3 teaspoons chopped parsley
- 2 to 3 cloves of chopped garlic or 1 teaspoon garlic powder

Preparation mode:

...1 In large pan, place potatoes covered with cold water. Add salt, and cod. Cook for about 10-15 minutes until cod is flaky.

...2 Remove cod fish from pan and set aside to cool. Cook potatoes for another 8-10 minutes or until cooked. Pierce with a fork for doneness. Drain potatoes and set aside. Slice potatoes into 1/4 to 1/2 inch slices.

...3 In large skillet, saute sliced onions, 1/2 tsp salt and bay leaf in 1/2 cup of the olive oil until golden brown. Add garlic during the last 2 minutes of cooking. Remove bay leaf and let the onions cool.

...4 Grease a large deep oven proof pan with olive oil. Start layering the potatoes, flaked cod then onions.

...5 Drizzle olive oil and pepper over each layer. Add garlic powder if you like more garlic flavor.

...6 Make sure you end up with onions on top. Cover with foil and cook for about 20 minutes.

...7 Arrange cooked egg slices on top of the onion layer.

...8 Cook uncovered for another 5-10 minutes to desired crispness.

...9 Remove from oven and add parsley and olives for garnish. (add more salt, pepper or garlic if desired)

Meat of the Poor: Our Faithful Friend

If Portugal were to have just one national dish, cod would be it!

Stewed, baked, mixed and minced with potatoes and fried into little balls; cooked in a casserole with cream and scalloped potatoes and sliced or diced onions, the "faithful friend" and "meat of the poor" has been a unifying dish across all of Portugal's regions.

[portuguesediner.com/
tiamaria/bacalhau-gomes-](http://portuguesediner.com/tiamaria/bacalhau-gomes-)



BacalhauLayers



Atlantic cod
(Gadus morhua)



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Hope Fills Uganda

InterCultural Education Outreach

Ronald Okumu is 31 years old, a Ugandan, a teacher, and a proudly self-described God-loving person. He is married to Sharon Akanyo, and they are blessed with two beautiful daughters, Timaber Mary Faith, who is five years old, and Timkicaber Kelly-Ann Shero, who is seven months old.

"I come from a humble family background with both my parents being peasant farmers," Ronald says. "God helped me to break the ignorance and illiteracy of my rural region, which stands at 98% in my village."

Ronald became the first person in his village of Tadi Central, Padibe East Sub County in Lamwo District, Northern Uganda, to attain a post-secondary, university degree.

He recalls, "I graduated from Gulu University with a Bachelors of Arts in History and Religious Studies. Because I come from Northern Uganda, which underwent civil war for over 2 decades, my parents couldn't support my education. However, I believe that God sent many people, organizations and well-wishers to help me attain my education goal."

His own success is not enough, and he has a vision for the future of his village and region.

"I have been advocating for educational reforms and equality in Uganda for five years since I graduated in 2017," he continues passionately. "My wish is to produce many other 'Ronald Okumus' in my village and other disadvantaged villages elsewhere in Uganda. But I need help..."

Ronald has turned to social media to create an advocacy network called "Hope Fills Uganda," a fully registered charity with growing membership in Africa, Europe, Australia, and North America. [Editorial Note: Mia Sally Correia is involved in this project.]

"To enable me to do my work of advocacy with evidence on the ground, I felt that it is important to learn photography and become a videographer, such that I can put to light many of the neglected children in the villages who need the same education as those in urban centers."

Ronald believes that visual evidence is necessary to share with the world what is happening in rural Uganda right now, and further, to make the case for greater education for all, beyond the programs that are available in the wealthier urban areas. "People need to see for themselves what is going on..."

Becoming a Videographer and photographer

will enable me to accentuate my points with evidence and perhaps reach out to the world in a way that traditional print media might not be able to do... Further, I want to become the kind of helper as those who helped me to attain my education; perhaps push these disadvantaged rural children up the same ladders that I was blessed to climb."

Hope Fills Uganda is working to acquire technical equipment such as cameras, laptop computers to help Ronald tell his story on the ground, and increase awareness about the need for schools in rural areas. To that end, Ronald is focused on creating documentaries as well as writing books -- he figures that he can support his young family in this way, while putting his education to good use as a classroom teacher at a private school in central Uganda. At the same time, he intends to work with the Hope Fills Uganda network to raise funds for a school.

"My plan is to set up a small kindergarten school in my village, which currently has none, and then move onto other villages elsewhere in Uganda, God-willing." When he isn't creating bricks out of straw for a school-house, and recruiting his wife to help him, he is online with Hope Fills Uganda to bring awareness to the absence of education in rural African regions.

"We'll start with Uganda," he says, "but there are other countries that could benefit from our assistance. I would therefore call upon friends, well wishers, organizations, companies, NGOs, corporate citizens, and individuals to support our work for the children and become involved, by either donating equipment and funds, if they can afford to do so; and if not, simply offering prayers and advice in their areas of expertise, to help me support and help the community."

Ronald Okumu can be found on his Facebook page spreading awareness and sharing his insights... Better yet, he challenges you to like the Facebook page Hope Fills Uganda and find a way to contribute to making the world a better place through the education of our children.

Final thought? "Don't just go with expensive gadgets and start taking photos for your benefits. CARRY SOME FOOD WITH YOU PLEASE!"



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Esperança Enche Uganda

Extensão Educativa Intercultural

“Eu venho de uma família humilde, com meus pais sendo agricultores camponeses,” diz Ronald. “Deus me ajudou a quebrar a ignorância e o analfabetismo da minha região rural, que é de 98% na minha aldeia.”

Ronald tornou-se a primeira pessoa em sua aldeia de Tadi Central, Padibe East Sub County no distrito de Lamwo, norte de Uganda, a obter um diploma universitário pós-secundário.

Ele lembra: “Eu me formei na Universidade de Gulu com um Bacharelado em História e Estudos Religiosos. Como venho do norte de Uganda, que passou por uma guerra civil por mais de 2 décadas, meus pais não conseguiram sustentar minha educação. No entanto, acredito que Deus enviou muitas pessoas, organizações e simpatizantes para me ajudar a atingir minha meta de educação.”

Ronald Okumu tem 31 anos, é ugandense, professor e uma pessoa que se descreve orgulhosamente como amante de Deus. Ele é casado com Sharon Akanyo, e eles são abençoados com duas lindas filhas, Timaber Mary Faith, de cinco anos, e Timkicaber Kelly-Ann Shero, de sete meses.

“Tenho defendido reformas educacionais e igualdade em Uganda há cinco anos desde que me formei em 2017,” continua ele com paixão.

“Meu desejo é produzir muitos outros ‘Ronald Okumus’ em minha aldeia e em outras aldeias desfavorecidas em outros lugares de Uganda. Mas preciso de ajuda...”

Ronald recorreu às mídias sociais para criar uma rede de advocacia chamada “Hope Fills Uganda,” uma instituição de caridade totalmente registrada com crescente número de membros na África, Europa, Austrália e América do Norte. [Nota Editorial: Mia Sally Correia está envolvida neste projeto.]

“Para poder fazer meu trabalho de advocacia com evidências no terreno, senti que é importante aprender fotografia e me tornar um cinegrafista, para que eu possa colocar à luz muitas das crianças nas aldeias que precisam da mesma educação que nos centros urbanos.”

Ronald acredita que a evidência visual é necessária para compartilhar com o mundo o que está acontecendo na área rural de Uganda agora e, além disso, defender uma educação maior para todos, além dos programas disponíveis nas áreas urbanas mais ricas. “As pessoas precisam ver por si mesmas o que está acontecendo...”

Pensamento final? “Não vá apenas com gadgets caros e comece a tirar fotos para seus benefícios. LEVA COMIDA PÓR FAVOR!”



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MUSICA é Medicina



Dois anos depois de assistir a uma apresentação da Prison Richard Band (PRB), no Woodbine Hotel em Winnipeg (foto em cima), “antes que o mundo pegou uma gripe,” nas palavras da vocalista Kristen McKay, estou sentado na expectativa de ouvir seu set misto de originais e covers conhecidos, incluindo a “banda favorita de sua mãe,” CCR. Entre a multidão de ouvintes está a parceira de Kristen, Vanessa Tait, também artista no seu direito, que esta transmitindo ao vivo.

Seu pedestal de microfone ainda está adornado com penas e lenços kokum, e Kristen continua usando sua maquiagem inimitável, mas não vejo mais nenhuma semelhança física com a estrela do rock americana, Pink. Em vez disso, veja uma mulher brilhante e poderosa, que cresceu com e em sua música; vibrando com um zumbido baixo e constante enquanto ela sobe ao palco e nos recebe com o arrulho familiar de uma passagem de som típica, “estamos checando...”

Sem saber na época, é a última apresentação que vou assistir do talentoso PRB -- John Ranger no baixo; Kevin Bushie na guitarra; Steve Kamisky na bateria. Pouco tempo depois, Kristen anunciaria a criação da Kristen McKay Music e levaria sua música de cura para outras partes do Canadá, recentemente Quebec e BC.

Kristen e PRB abrem com CCR enquanto ela nos conta o quão animada ela está “para se expressar como o Criador pretendia que ela fizesse”, agora que a pandemia não está mais fechando o mundo. O conjunto inclui alguns originais, incluindo “Black as Night,” uma música sobre vícios. Ela é pensativa na introdução, “isso não significa que não somos boas pessoas,” ela diz lentamente, “aqueles de nós que escorregam...” e a expressão de espírito em sua voz traz lágrimas aos meus olhos. Para Kristen, música é remédio, e se algumas lágrimas caírem no processo, que assim seja.

Kristen faz o que diz e diz o que faz. Outro original segue em breve, intitulado “Beautiful Souls,” e quando ela muda seu repertório com



sua versão de “Jolene”, de Dolly Parton, que Parton escreveu para seu antigo rival amoroso pelos afetos do marido Carl, enquanto ela estava em turnê, é quase um alívio sair da assombração auditiva da medicina viva, cantada por Kristen.

“Ela é viciada de manhã...
Não há mais lágrimas que ela pode chorar
O sorriso é mais escuro que a noite...
A escuridão tomou conta da luz
Ela costumava brilhar tanto...”

Muito tempo depois de sair do Woodbine Hotel, não são as músicas dançantes que lembro em minha mente - uma versão cover rouca de “I saw her standing there,” dos Beatles, é entregue com um soco oral brincalhão, junto com uma piscadela para Vanessa, enquanto a multidão se levanta na pista de dança. Em vez disso, é aquele original evocativo que traz água para curar minha alma ressecada; “música é remédio,” Kristen diz.



L-R: Kevin Bushie, guitar, and John Ranger, bass, pictured above with Allison Davies



Kristen McKay and Vanessa Tait facing forward together; the road to healing

Photos by / Fotos por
Michel da Silva and Mia Sally Correia
Vanessa Tait and Kristen McKay

Photos opposite page / Fotos na página
oposta, dadas por / supplied by
Kristen McKay and Vanessa Tait

MUSIC is Medicine



Kristen McKay with Mia Sally Correia,
“before the world caught a cold”

Two years after catching a performance of Prison Richard Band (PRB), at The Woodbine Hotel in Winnipeg (picture above), “before the world caught a cold,” in the words of lead singer Kristen McKay, I am sitting in anticipation of listening to their mixed set of originals and well-known covers, including her “mother’s favourite band,” CCR. Among the crowd of listeners is Kristen’s partner Vanessa Tait, an artist in her own right, who is live-streaming the event.

Her microphone stand is still adorned with feathers and kokum scarves, and Kristen continues to wear her inimitable maquillage, but I no longer see any physical resemblance to the American rock star Pink. Instead, I see a glowing, powerful woman, who has grown with and into her music; vibrating with a steady, low hum as she takes the stage and welcomes us with the familiar cooing of a typical sound check, “we are checking, check-check-checking...”

Unbeknownst at the time, it is the last performance I will attend of the talented PRB -- John Ranger on bass; Kevin Bushie on guitar; Steve Kamisky on drums. Shortly thereafter, Kristen would announce the creation of Kristen McKay Music and take her music for healing to other parts of Canada, recently Quebec and BC.

Kristen and PRB open with CCR as she tells us how excited she is “to express (herself) as Creator intended (her) to do,” now that the pandemic is no longer shutting down the world. The set includes a few originals, including the poignant “Black as Night,” a plaintive song about addictions.

She is thoughtful in the introduction, “it doesn’t mean we’re not good people,” she says slowly, “those of us who slide...” and the expression of spirit in her voice brings tears to my eyes. To Kristen, music is medicine, and if a few tears fall in the process, so be it. Kristen means what she says and says what she means.



Another original follows shortly, entitled “Beautiful Souls,” and when she switches up her repertoire with her take on Dolly Parton’s “Jolene,” which Parton wrote to her one-time love-rival for husband Carl’s affections, while she was on tour, it’s almost a relief to come out from under the aural haunting of Kristen’s living, breathing, singing medicine.

*“She’s addicted in the morning...
No more tears she can cry
Smile is darker than the night...
Darkness took over the light
She used to shine so bright...”*

Long after I leave The Woodbine Hotel, it is not the dance tunes that I recall in my mind’s ear -- a raspy cover-version of “I saw her standing there,” by The Beatles is delivered with a playful oral punch, together with a wink at Vanessa, as the crowd gets up on the dance-floor. Rather, it is that one evocative original that brings water for healing to my parched soul; “music is medicine,” Kristen says.



Music is Medicine

LIGA DOS COMBATENTES

Núcleo de Winnipeg

IN MEMORIAM

Sebastião Manuel Vieira passed away peacefully the morning of Monday June 27, 2022 at Victoria Hospital at the age of 78 years from complications of liver failure.

Sebastião was born in the small village of Covão do Coelho, Minde Portugal in 1944 to predeceased parents João and Maria Conceição Vieira. He immigrated to Winnipeg in 1971 joining the influx of many other Portuguese immigrants at the time. He worked as a mason for several years, but soon became licensed as a successful real estate agent and broker, where he represented and advocated for many of his fellow members of the Portuguese community.

Many will remember Sebastião for his passion of music, which he shared through his melodic and soulful singing voice. He loved to sing and was often seen performing at most Portuguese community events.

Despite enduring a rough period through his mid-life plagued with mental health issues and various struggles, he found peace and reconciled himself to simpler pleasures in his latter years. Enjoying weekly trips to the Delta Club for lamb lunches and a coffee with friends, watching his grandchildren play sports, and doing crossword puzzles.

He will be warmly remembered by Arminda Vieira, who cared for him in his latter years; his children, Madalena, Carlos, and Richard; grandchildren, Alessia, Stefan, and Cristian; brother, Delfino (Madalena) Vieira; Belina (João) Luis; as well as numerous other relatives and friends, both in Winnipeg and in Portugal.

We wish to thank the staff at Victoria Hospital ward 5South, who dotingly cared for him during the past two months.

A celebration of Sebastião's life was held on Tuesday, July 5, 2022 at Bardal Funeral Home. An interment of Sebastião's ashes followed at Assumption Cemetery

President's Note:

Sebastião was a Combatente and a very dear friend; a community builder and respected member of many organizations and networks. A good man is laid to rest. On behalf of the Combatentes League, Winnipeg Nucleus, We extend our deepest sympathy to his family and numerous friends.

Descanse em paz, amigo.
~Pedro Aires Correia



HOMENAGEM DADA AO MONSIGNOR FERNANDES POR UM MARINEIRO DA MARINHA MERCANTE

No dia 11 de Junho, às 11 horas da manhã, no Monumento dedicado aos soldados de Portugal, passado, presente e futuro, situado no Chapel Lawn, houve uma bonita cerimónia, em que tomaram parte o sr. Padre André Lico, Capelão do Núcleo, combatentes portugueses e entidades canadianas.

O principal motivo deste Evento, foi o descerramento da fotografia de Monsenhor Pedro Fernandes, que serviu a comunidade portuguesa durante 25 anos.

Foram colocadas várias coroas de flores e pela primeira vez uma Âncora, evocando a Marinha Mercante.

Conduzida por um marinheiro canadiano e depositada por Leonette Correia, que serviu, após o serviço militar de 2 anos no exército português, a Marinha Mercante Holandesa. No ano de 1956, vários barcos que iam atravessando o Canal Suês, entre eles o de Leonette Correia, foram bombardeados pela Royal British Air Force...

Depois de correr mundo na Marinha Mercante Holandesa e também num Reboque, voltou aos Açores com a intenção de emigrar para o Canadá, o que aconteceu.

No ano de 1960, juntamente com a Esposa, filho e filha, desembarcaram no Canadá, fixando-se em Whitemouth, na província de Manitoba, onde viviam irmã e cunhado, que lhes tinham feito carta de chamada.

Começou a trabalhar como pintor, na Energia Atómica em Pinawa. No ano de 1972 mudou-se para Winnipeg, trabalhando para a firma Davian Constrution, onde permaneceu até à sua reforma.

Um grupo de portugueses oriundos dos Açores pensaram em fundar um Centro Cultural Açoreano e Leonette Correia, foi o primeiro presidente da Casa dos Açores de Winnipeg!

Pertenceu à Comissão de angariar fundos para a Igreja da Imaculada Conceição. Muito amigo do Sr. Padre Pedro Fernandes, que lhe retribuía a amizade.

Ficou muito satisfeito com o convite que lhe foi feito para depositar a Âncora de flores representando a Marinha Mercante pois, alguns anos de sua vida, foram passados nesta Instituição Naval.

Recordar é viver!



Em cima, o Leonette Correia com sua orgulhosa sobrinha, Mia Sally Correia, na Casa dos Açores em Winnipeg, e em baixo, com seu irmão mais moço, Pedro Aires Correia, em Ponta Delgada, nos anos '50 de 'boogie-woogie'



LEONETTE CORREIA, MARINEIRO MERCANTE





COMBATENTES LEAGUE

Winnipeg Nucleus

*Grupo de Combatentes no Dia de Portugal,
Camões e das Comunidades,
família e amigos;
Banda Lira de Fatima,
na Associação Portuguesa
de Manitoba,
10 de Junho de 2022*



Leonette Correia, pictured below with his great-grandson, upon laying a wreath in homage to Monsignor Pedro Fernandes at Chapel Lawn.

A Merchant Mariner for the Dutch Merchant Marine, who crossed the Suez Canal in 1956, Leonette immigrated to Canada in 1960, settling in Pinawa first, before moving to Winnipeg in 1972 and building a family; while involving himself in the Portuguese, notably at the Immaculate Conception Parish, he was an integral part of fund-raising, and enjoyed a close friendship with the Monsignor. Leonette was also a founding member of Casa dos Acores in Winnipeg and served as its first president.



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faithful FRIEND

Coastal people on both sides of the North Atlantic have been eating cod for centuries. The archaeological record shows that cod was an important staple of their diet. The practice of preserving cod, however, whether by drying or salting, is a more recent invention as part of a history that includes slavery and colonialism.

Known colloquially as the “faithful friend,” or “fiel amigo” in Portuguese, the Vikings were likely the first people to harvest cod as a way to feed themselves during their lengthy sea journeys. The fish would be caught on route, sliced open lengthwise to remove the innards, and dried on wooden racks either aboard the ships or on shore.

When the Portuguese reached what is now known as Newfoundland in 1497, they added a twist of salt to the cod preservation method; similarly to the Vikings, they would slice the fish and remove the innards; dis-similarly, they cut up the pieces and layered them in wooden barrels full of coarse salt.

Later in the 15th century, when Portuguese navigators also turned their compasses towards the Grand Banks; not to fish, but to find a shorter sea-route to India, they were sanctioned by the Holy See, who proclaimed “The Doctrine of Discovery” which divided up the unknown world between Spain and Portugal.

St John’s Harbor was probably so-named by Basque or Portuguese fishers in the early 1500s, to honour the feast day of St. John the Baptist on June 24; considered by many to be the oldest city in North America, it is labelled as “Sao Joao” on a Portuguese map from 1519, almost 20 years after Portuguese navigator Gaspar Corte-Real sailed towards what is now Labrador and Newfoundland and returned to Portugal with 49 captured Beothuk in 1501. In 1502, a Cantino Map shows Terra Nova as “belonging to Portugal.”

The Doctrine of Discovery granted Portugal de jure rights to lands not occupied by European peoples; that is, those who did not ascribe to a eurocentric world view and the growing “rule of law” in the Western world. The de facto evidence of peoples indigenous to lands reached by Portuguese navigators during their sea-faring travels aside, Portuguese colonial interests lay elsewhere, including the dark business of the transportation and sale of human beings.



The Portuguese struck a deal with the English, whereby Portugal exchanged salt for fish to preserve the cod for European markets and to feed slaves in the Caribbean with lower quality pieces. Although the Portuguese were fishing, it was the English who dominated the Atlantic Cod trade, while the Portuguese focused on transporting slaves to new world markets and building their empire elsewhere.

The glory days of the Cod industry in Portugal did not occur until the twilight years of the Portuguese Empire, long after slavery had been abolished in European Portugal by the Marquês of Pombal in 1761, and later in 1869 in the Portuguese colonies.

The bacalhoeiros as the cod fishermen (yes, only men in those days) were called, made Portugal a world leader in salted cod production between 1950 and 1960, risking death each time they went out to sea in the small dories characteristic of The White Fleet.

Continued on page 26 /
Continuado na página 26

O fiel AMIGO

Os povos de ambos os lados do Atlântico Norte comem bacalhau há séculos. O registro arqueológico mostra que o bacalhau era um alimento básico de sua dieta. A prática de conservar o bacalhau, seja por secagem ou salga, é uma invenção mais recente que faz parte de uma história que inclui a escravidão e o colonialismo.

Conhecidos coloquialmente como o “amigo fiel,” os vikings provavelmente foram os primeiros a colher bacalhau como forma de se alimentar durante longas jornadas marítimas. O peixe era pescado no caminho, cortado longitudinalmente para remover as vísceras e seco em prateleiras de madeira a bordo dos navios ou em terra.

Quando os portugueses chegaram ao que hoje é conhecido como Newfoundland em 1497, adicionaram um toque de sal ao método de conservação do bacalhau; à semelhança dos vikings, cortavam o peixe e retiravam as vísceras; diferentemente, cortaram os pedaços e colocaram em barris de madeira cheios de sal grosso.

Mais tarde, no século XV, quando os navegadores portugueses também voltaram as suas bússolas para os Grandes Bancos; não para pescar, mas para encontrar caminho marítimo mais curto para a Índia, foram sancionados pela Santa Sé, com “A Doutrina do Descobrimento,” dividindo o mundo desconhecido entre Espanha e Portugal.

O porto de São João provavelmente foi assim chamado pelos pescadores bascos ou portugueses no início de 1500, para homenagear o dia da festa de São João Batista em 24 de junho; considerada por muitos a cidade mais antiga da América do Norte, é rotulada como “São João” em um mapa português de 1519, quase 20 anos depois que o navegador português Gaspar Corte-Real navegou em direção ao que hoje é Labrador e Terra Nova e retornou a Portugal com 49 Beothuk em 1501. Em 1502, um Mapa mostra Terra Nova como “pertencente a Portugal.”

A Doutrina dos Descobrimentos concedeu a Portugal direitos de jure sobre terras não ocupadas por povos europeus; isto é, aqueles que não atribuíam uma visão de mundo eurocêntrica e as leis no mundo ocidental. À parte a evidência de povos indígenas de terras alcançadas pelos navegadores portugueses durante suas viagens marítimas, os interesses coloniais portugueses estavam em outros lugares, incluindo o negócio obscuro do transporte e venda de seres humanos.



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MANNY GARCIA

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My Heart

*Archipelago of the Azores
Which beats at my heart's tenderness
Nine Islands, with love at it's shores
Whose enchantment is my weakness*

*A necklace of precious gems
In the Atlantic a rare treasure
My Islands of nostalgic stems
Shining in a pond of azure*

*Canada, of the slow thaw
After a winter of snow and cold
I remember these Islands with awe
Lands of my ancestors, I behold Azores, with a sigh I say, "land of my parents."*



Vistas da Vila Nova Do Corvo

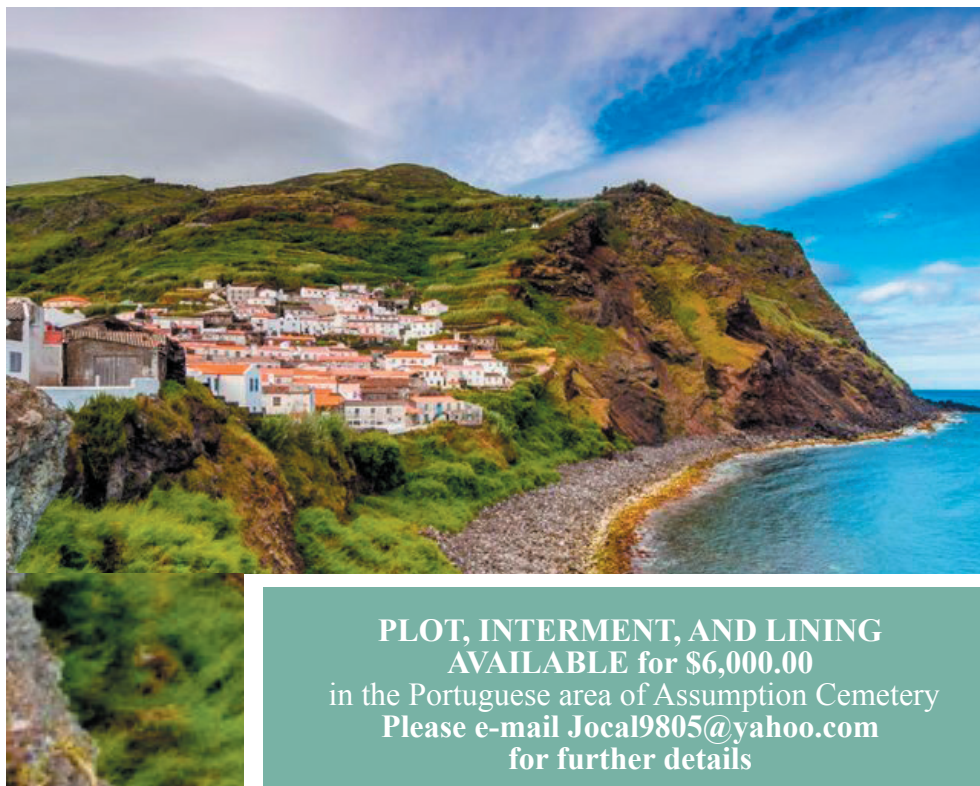
*Nine Islands that link Portugal to Canada.
The size of a country does not define
heritage, nor does the size of an Island.
Culture has no measure.*

Meu Coração

*Arquipélago dos Açores
Que no meu coração bateu
Nove ilhas de amores
Seu encanto é todo meu*

*Um colar de joias preciosas
No Atlântico a engaladar
Minhas ilhas saudosas
Brilhando no meio do mar*

*Canadá das terras frias
Quando o inverno nos abraça
Lembro me destas maravilhas
Torrão da minha raça*



Manny Garcia - July 6 - 2022

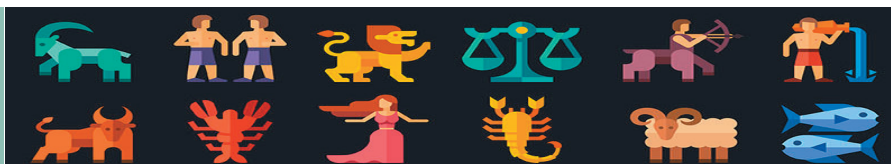
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Horoscope

excerpts from elle.com - astrotwins



Caranguejo/Cancer 21/6 - 22/7 Due to a tense dustup between the prickly moon and aggro Mars today, a friend's casual comment may sound like an offensive dig. It could also seem like your values clash with group interests or hivemind. Because of that, it will be difficult to come to an agreement. If you reach a stalemate, go to your separate corners and clear your head with a walk around the block. Only get back in the ring when you're feeling calm and grounded.

Devido a uma briga tensa entre a lua espinhosa e o aggro Marte hoje, o comentário casual de um amigo pode soar como uma escavação ofensiva. Também pode parecer que seus valores colidem com os interesses do grupo ou com a mente coletiva. Por isso, será difícil chegar a um acordo. Se você chegar a um impasse, vá para seus cantos separados e limpe sua cabeça com uma caminhada ao redor do quarteirão. Só volte ao ringue quando estiver se sentindo calmo e com os pés no chão.

Leão/Leo 23/7 a 22/8 Is bureaucracy fencing you in, Leo? No wonder! With the sensitive moon in your sign battling aggro Mars in your tenth house of structure and success, you might be feeling limited by the necessity of working within a system. Before you attempt to overthrow the regime, take a breather to get the bird's eye view of this situation. If you can talk yourself into cooperating and compromising, you'll fare much better. Sometimes you need to play by the rules to win the game.

A burocracia está te cercando, Leo? Não admira! Com a lua sensível em seu signo lutando contra o aggro Marte em sua décima casa de estrutura e sucesso, você pode estar se sentindo limitado pela necessidade de trabalhar dentro de um sistema. Antes de tentar derrubar o regime, respire fundo para ter uma visão panorâmica dessa situação. Se você puder se convencer a cooperar e se comprometer, você se sairá muito melhor. Às vezes você precisa jogar pelas regras para ganhar o jogo.

Virgem/Virgo 23/8 a 22/9 If you're not feeling quite like yourself today, that could be due to a run-in between the sensitive moon in your retreat corner and aggressive Mars in your exploration zone. Perhaps you're jonesing for a night on the couch, but you have concert tix or a friend is trying to rope you into drinks at a new bar.

Se você não está se sentindo bem hoje, isso pode ser devido a um desentendimento entre a lua sensível em seu canto de retiro e Marte agressivo em sua zona de exploração. Talvez você esteja curtindo uma noite no sofá, mas você tem um show ou um amigo está tentando convencê-lo a beber em um novo bar.

Balança/Libra 23/9 a 22/10 Yikes! You're certainly not a fan of social tension, but a difficult encounter between the emo moon in your group zone and feisty Mars in your intimacy realm could generate some friction in your personal life—and we're not talking about the good kind!

Caramba! Você certamente não é fã de tensão social, mas um encontro difícil entre a lua emo em sua zona de grupo e o mal-humorado Marte em seu reino de intimidade pode gerar algum atrito em sua vida pessoal – e não estamos falando do tipo bom!

Escorpião/Scorpion 23/10 a 21/11 Newsflash: You prefer to be in control. But that's not always possible. Life can throw a wrench in even the best-laid plans. With the moon in your ambition zone battling aggravating Mars today, a certain person might hurl a spanner into the works and gum the whole thing up. Don't let this mess up your day.

Newsflash: Você prefere estar no controle. Mas nem sempre isso é possível. A vida pode atrapalhar até mesmo os planos mais bem elaborados. Com a lua em sua zona de ambição lutando contra Marte hoje, uma certa pessoa pode arremessar uma chave inglesa nas obras e estragar tudo. Não deixe isso atrapalhar o seu dia.

Sagitário/Sagittarius 22/11 a 21/12 You might feel at odds with yourself today, as the reflexive moon in your exploratory ninth house vies with assertive Mars in your methodical sixth house. Your instinct is to chase after your next great learning experience and break new ground. But you feel compelled to proceed slowly and according to some sort of plan. Life is all about change, and it's vitally necessary for your personal growth.

Você pode se sentir em desacordo consigo mesmo hoje, pois a lua reflexiva em sua nona casa exploratória compete com Marte assertivo em sua sexta casa metódica. Seu instinto é perseguir sua próxima grande experiência de aprendizado e abrir novos caminhos. Mas você se sente compelido a proceder devagar e de acordo com algum tipo de plano. A vida tem tudo a ver com mudança, e é vitalmente necessária para o seu crescimento pessoal.

Capricórnio/Capricorn 22/12 a 19/1 Do what you need to in order to decompress today, when the emo moon in your intense eighth house spars with aggro Mars in your passionate fifth house. It may not seem safe to express your heartfelt emotions without starting World War III, particularly if someone's ego hangs in the balance. You could feel like you're at the mercy of super-strong feelings that are triggering knee-jerk reactions.

Faça o que você precisa para decomprimir hoje, quando a lua emo em sua intensa oitava casa luta com aggro Marte em sua apaixonada quinta casa. Pode não parecer seguro expressar suas emoções sinceras sem iniciar a Terceira Guerra Mundial, principalmente se o ego de alguém estiver em jogo. Você pode sentir que está à mercê de sentimentos super fortes que estão provocando reações instintivas.

Aquário/Aquarius 20/1 a 18/2 Friction is brewing on the home front as the emo moon in your relationship realm battles aggro Mars in your fourth house of domesticity. Your partner might be stressing you out, or perhaps a demanding relative is getting on your last nerve. Don't feel obligated to swoop in for the save, particularly if it turns your world upside down. Concentrate on keeping your cool AND your sense of humor.

O atrito está se formando na frente doméstica enquanto a lua emo em seu reino de relacionamento luta contra Marte agressivo em sua quarta casa da domesticidade. Seu parceiro pode estar estressando você, ou talvez um parente exigente esteja lhe dando nos nervos. Não se sinta obrigado a entrar para salvar, principalmente se isso virar seu mundo de cabeça para baixo. Concentre-se em manter a calma E o seu senso de humor.

Peixes/Pisces 19/2 - 20/3 Do your best not to get stuck in an obsessive loop in your brain today, Fish. The reflexive moon in your critical sixth house is sparring with aggravating Mars in your mindset zone, triggering worries about something stressful like finances or work. In the interest of blowing off steam, ask a smart pal to go for a hike and help you figure this out. Or make an appointment for a bodywork session and notice how your thought pattern shifts after a physical experience. Deixe suas emoções sem verniz brilharem hoje, mesmo que isso signifique balançar o barco.

Faça o seu melhor para não ficar preso em um loop obsessivo em seu cérebro hoje, Fish. A lua reflexiva em sua sexta casa crítica está lutando com Marte agravante em sua zona de mentalidade, desencadeando preocupações sobre algo estressante como finanças ou trabalho. No interesse de desabafar, peça a um amigo inteligente para fazer uma caminhada e ajudá-lo a descobrir isso. Ou marque uma sessão de trabalho corporal e observe como seu padrão de pensamento muda após uma experiência física.

Carneiro/Aries 21/3 - 19/4 When the emo moon in your passionate fifth house crosses swords with your ruler, aggro Mars, you might turn into a fire-breathing dragon if anyone tries to mess with you today. People need to know where the line is with you, but if you suddenly redraw a boundary or rewrite the rules on them, expect some valid pushback. You can inform everyone of the new "guidelines" kindly but clearly to make sure they don't go over like a lead balloon.

Quando a lua emo em sua apaixonada quinta casa cruza espadas com seu governante, aggro Mars, você pode se transformar em um dragão cuspidor de fogo se alguém tentar mexer com você hoje. As pessoas precisam saber onde está a linha com você, mas se de repente você redesenhar um limite ou reescrever as regras neles, espere algum retrocesso válido. Você pode informar a todos sobre as novas "diretrizes" gentilmente, mas claramente, para garantir que elas não passem como um balão de chumbo.

Touro/Taurus 20/4 - 20/5 Inhale...exhale. You can get through this, Bull. The sensitive moon in your moody fourth house is provoking aggro Mars in your sign, tempting you to stand up for yourself in no uncertain terms. Your nearest and dearest might be trying to get some TLC from you, but you're feeling too prickly to coddle them. How can you stand your ground and avoid lashing out while you're at it? Deep, cleansing breaths are always a good start (see above). You need a moment to edit yourself so you don't start slinging mud.

Inalar exalar. Você pode superar isso, Bull. A lua sensível em sua quarta casa mal-humorada está provocando a agressão de Marte em seu signo, tentando você a se defender em termos inequívocos. Seu mais próximo e querido pode estar tentando obter algum TLC de você, mas você está se sentindo muito espinhoso para mimá-lo. Como você pode se manter firme e evitar atacar enquanto está nisso? Respirações profundas e de limpeza são sempre um bom começo (veja acima). Você precisa de um momento para editar a si mesmo para não começar a jogar lama.

Gêmeos/Gemini 21/5 a 20/6 As the emo moon in your communication corner spars with feisty Mars in your subliminal sector today, you need to do your level best to think before you speak. Otherwise, people could get hot under the collar if you let subconscious anger creep into your conversations. Try to get a handle on what you're feeling, and if something is bothering you, address it in a direct but diplomatic way rather than landing low blows. And if someone's taking jabs at YOU? Take them aside to discuss it privately. Also, give whiners a wide berth, as they're likely to annoy you to no end today.

As the emo moon in your communication corner spars with feisty Mars in your subliminal sector today, you need to do your level best to think before you speak. Otherwise, people could get hot under the collar if you let subconscious anger creep into your conversations. Try to get a handle on what you're feeling, and if something is bothering you, address it in a direct but diplomatic way rather than landing low blows. And if someone's taking jabs at YOU? Take them aside to discuss it privately. Also, give whiners a wide berth, as they're likely to annoy you to no end today.

Nuno Pereira *Photography*





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- 3 Black-tie dinner organizer for kids with Autism
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- Post president and member of Portuguese Business Association
- Project Manager building the largest Fountain Tire in Manitoba
- Project Manager in residential homes and apartment block properties in cooperation with Residential Tenancies Branch
- Board of Director at Independent Living Lar Santa Isabel Centre
- Operations and Sales Manager Protec Concrete
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This is Mark, he has been HOMELESS for 10 years.

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Tackling Homelessness & Addiction

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The expeditions of The White Fleet took place aboard big ships, but the actual fishing took place aboard small dory boats whose motors had been removed to lighten the boats and make room for more cod, using a line-and-bait method during daylight hours, and returning the heavy fish-laden small white boats in the evening to the big white boat waiting for the prized catch; to then unload the cod and start the salting process; repeating the fishing each day until the large white boats were full of the “faithful friend,” and ready to make the trans-Atlantic crossing back from Canada to Portugal.

The White Fleet, as the Cod Flotilla was called, made Portugal a global leader in salted cod production during the decade between 1950 and 1960, in the years of the end-of-empire for the Portuguese, and just as the Portuguese colonial wars were looming on the horizon between 1961 and 1974 and Portugal faced growing international pressure to decolonize.

The Portuguese White Fleet gave the corporate authoritarian government of Antonio de Oliveira Salazar a good-will ambassadorship overseas, in the convivial persons of the hard-working Portuguese fishermen, who formed friendships, and sometimes even made babies, across the pond, in Newfoundland and Labrador.

The history of Gaspar Corte-Real is equally short in comparison to the golden era of the salty years on the Grand Banks. The man himself is said to have lived between 1450 and 1501, before mysteriously disappearing in 1502. Another Corte-Real brother, Miguel, also mysteriously disappeared in a search party for his brother Gaspar, while a third brother was kept from searching for the missing two, altogether.

His statute, sculpted by the Estado Novo -- New State artist, Martins-Correia, was a gift of good will given by the Portuguese Fisheries Organization to Newfoundland in 1956.

As far as European slavers go, Corte-Real's role during the so-called Age of Discovery, was relatively small. The historical record shows that he kidnapped several dozen Indigenous people (thought to be Beothuk) and took them to Europe.

Todd Russell, quoted in local maritime media, said, “My people were here long before Corte-Real got here. It is a bit of an offense to say we were discovered... It's insulting. It's not accurate. And those parts of the historical narrative give us an opportunity to have a conversation about reconciliation.”

Across the street from the Confederation Building in St. John's, Newfoundland, the plaque on the statue of Gaspar Corte-Real says only “Portuguese Navigator -- he reached Terra Nova in the 15th (sic) century -- at the beginning of the era of the great discoveries.”

“If the monument means anything,” says Memorial University historian Jeff Webb, “It's a monument to the relationship between Portuguese Fishers and the people of St John's in the 20th century, not some obscure mariner from the 16th century.”

HOW A CONTROVERSIAL ST. JOHN'S STATUE WAS ACTUALLY PROPAGANDA FOR A PORTUGUESE DICTATORSHIP

“The Canadian federal government was one of the few NATO allies (of Portugal) that at this point were still quite vocal against Portugal's empire, calling for its gradual granting of independence to its colonies,” said York University professor Gilberto Fernandes.

The Premier at the time, Joey Smallwood, agreed to accept the statue and proclaim a Portugal Day, to celebrate the connect between Portugal and Newfoundland. For Portugal, this was seen as an international victory, and by extension, a way to claim historic rights to fishing within Canada's expanding territorial waters. But, according to Professor Fernandes, the supposed discovery of Newfoundland or Labrador by Corte-Real is largely a myth, for which there's little evidence.

“There's very little evidence that there was a case, without even getting into the whole point of ‘they didn't discover anything of course because Indigenous peoples have been here for millennia...’ I think it's a good example of how history has been leveraged and used for political gains,” continued Fernandes in an interview with CBC news.

What is certain, according to contemporary letters of the time written by Venetian Ambassador to Portugal Pietro Pasqualigo, was that around 57 men, women, and children by wherever Corte-Real landed, were taken back to Europe and sold into slavery.

Critics of the statue point out that there are better monuments, including a recently restored gravesite, to commemorate the relationship between Portugal and Canada made famous by The Portuguese White Fleet and its fishers of the “faithful friend.”

Polémica estátua do português Corte-Real no Canadá é “narrativa colonialista” e pode ser retirada -- Lusa

Para o professor da Universidade de York Gilberto Fernandes, a estátua simboliza “uma narrativa colonialista, eurocêntrica e de supremacia branca que está subjacente às instituições dominantes do Canadá.”

Uma estátua de homenagem ao navegador português Gaspar Corte-Real está em análise pelo governo canadiano para ser retirada, uma posição que o historiador português Gilberto Fernandes compreende, porque corresponde a uma “narrativa colonialista, eurocêntrica e de supremacia branca.”

No Canadá desde 1965, a estátua foi oferecida por Portugal e está colocada no St. John's, o parlamento provincial de Terra Nova e Labrador, para homenagear o navegador. No entanto, as autoridades estão a ponderar a retirada da estátua, no quadro da revisão histórica, semelhante ao que sucede noutros locais.

Para o professor da Universidade de York, em Toronto, Gilberto Fernandes, responsável pelo Projecto de História Luso-Canadiana, a estátua simboliza “uma narrativa colonialista, eurocêntrica e de supremacia branca que está subjacente às instituições dominantes do Canadá.”

O monumento de Corte-Real está localizado em frente ao Confederation Building, tendo sido doado por Portugal, em 1965, como “agradecimento pela hospitalidade” daquela região aos pescadores portugueses. O historiador sublinhou que celebrar o explorador português como “descobridor” da Terra Nova “é estar a afirmar que na região era tudo selvagem,” ou não ocupado, o que “é obviamente falso” porque existiam civilizações indígenas, para além de que os vikings já ali tinham estado há mais de mil anos.

A diplomacia do Estado Novo, responsável pela presença da estátua e de outros monumentos relacionados com a expansão marítima portuguesa na América do Norte, teve um papel fundamental na celebração oficial de Corte-Real na Terra Nova e Labrador, província canadiana desde 1949, na tentativa de afirmar o suposto direito histórico de Portugal em pescar bacalhau dentro das águas internacionais do Canadá.

Na ocasião, sob a égide de Salazar, o governo português “vivia sobre uma enorme pressão internacional”, principalmente nas Nações Unidas, “mas também de alguns países da NATO, inclusive do Canadá,” para dismantlar o seu império e pôr termo às Guerras Coloniais. Muitas das vezes o Estado Novo “utilizou a história supostamente gloriosa dos “descobrimientos” como forma de diplomacia pública e soft power, de modo a “influenciar políticas internacionais de outros países.”

A contestação gerada contra estátuas de personalidades ligadas à escravatura surgiu na sequência de manifestações desencadeadas em todo o mundo, depois da morte do afro-americano George Floyd, asfixiado por um polícia branco, em 25 de Maio. Os protestos anti-racistas deram origem no mundo à vandalização de várias estátuas de figuras como Winston Churchill (em Londres, Inglaterra) e, em vários lugares, estátuas do navegador do século XV Cristóvão Colombo. Em Portugal as estátuas do Padre António Vieira (Lisboa) e do Cônego Melo (Braga) foram vandalizadas com inscrições a tinta vermelha.



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Obituaries

It is with heavy hearts that we announce the sudden and tragic passing of our beloved Matty at the young age of 32.

Matthew will be missed everyday by his father Ricardo; brother Ricky (Roxanne); nephew Carter; loving partner Kristen; sisters Shawntel; nephews Andre and Jonathan niece Riley; and Victoria; niece Penny; grandmother Alcinda; aunt Maria (Jimmy); uncles Rui, Gilberto (Carla), Marc (Christina) and Kevin (Brittany); nephews Jaxin and Noah; in-laws Gilda (Russ) and Alyshia (Marvin) nephew Miguel and niece Olivia; best friend Karsten; countless beloved cousins. Matthew was predeceased by his grandfather Rui.

No matter what Matty endured, he always lived life to the fullest and wore his heart on his sleeve. He and his brother Ricky overcame so much together growing up, which gave them the most unbreakable bond.

Matty always found the good in everything and everyone around him. Matty was hardworking and worked as a concrete finisher for Bird Construction for many years. He was an outdoorsman and loved camping and fishing. Matty would never turn down an opportunity to spend time with family and friends. We will treasure the memories we have and will never forget his warm eyes, bright smile, infectious laugh, and gentle hugs.

Prayers were held on Thursday, July 28 in the chapel of Voyage Funeral Home. Funeral Service took place on Friday, July 29 at Our Lady of Perpetual Help Parish. Interment followed at Assumption Cemetery.

Pallbearers were Kevin Oliveira, Timothy Santos, Dylan Oliveira, Karsten Yerex, Russ Schmidt, and Jerome Arlegue. Honorary Pallbearer was Jaxin Oliveira.

We will see you when we fall asleep,
Our Joker.



É com o coração pesado que anunciamos a morte repentina e trágica de nosso amado Matty aos 32 anos.

Matthew fará falta todos os dias por seu pai Ricardo; irmão Ricky (Roxanne); sobrinho Carter; parceira amorosa Kristen; irmãs Shawntel; sobrinhos André e sobrinha de Jonathan Riley; e Vitória; sobrinha Penny; avô Alcinda; tia Maria (Jimmy); tios Rui, Gilberto (Carla), Marc (Christina) e Kevin (Bretanha); sobrinhos Jaxin e Noah; os sogros Gilda (Rússia) e Alyshia (Marvin) sobrinho Miguel e sobrinha Olivia; melhor amigo Karsten; incontáveis primos amados. Matthew foi antecedido por seu avô Rui.

Não importa o que Matty tenha sofrido, ele sempre viveu a vida ao máximo e usou seu coração na manga. Ele e seu irmão Ricky superaram tanto juntos crescendo, o que lhes deu o vínculo mais inquebrável.

Matty sempre encontrou o bem em tudo e em todos ao seu redor. Matty era trabalhador e trabalhou como finalizador de concreto para a Bird Construction por muitos anos. Ele era um homem ao ar livre e adorava acampar e pescar. Matty nunca recusaria uma oportunidade de passar tempo com a família e amigos. Vamos valorizar as memórias que temos e nunca esqueceremos seus olhos calorosos, sorriso brilhante, risada contagiante e abraços gentis.

As orações foram realizadas na quinta-feira, 28 de julho, na capela da Voyage Funeral Home. O funeral realizou-se na sexta-feira, 29 de julho, na Paróquia Nossa Senhora do Perpétuo Socorro. O sepultamento ocorreu no Cemitério da Assunção.

Os carregadores do caixão foram Kevin Oliveira, Timothy Santos, Dylan Oliveira, Karsten Yerex, Russ Schmidt e Jerome Arlegue; honorário foi Jaxin Oliveira.

Nos veremos quando adormecermos,
Nosso Brincalhão.



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HOME & STYLE

Thinking about buying a home?

1. The legal side of things

If you're planning to build a home from the ground up, it's your responsibility to make sure you have the proper permits in place to do so. Every community is different, so it's up to you to find out what they require.

2. Dealing with homeowners' associations

The best way to know what your hoa responsibilities are is to read the hoa agreement closely before buying or renting in the neighborhood and attending regular hoa meetings.

3. Paying the mortgage

Responsible homeowners pay their mortgages on time, plain and simple. Failing to do so can result in harassing phone calls and letters from the lender, as well as legal action and/or foreclosure.

4. Dealing with neighbors

As a responsible homeowner, you should be polite when you see your neighbors, and you should go out of your way to remedy any situation your neighbors may find disturbing.

5. Understanding the mortgage

Mortgages can be complicated, so it's a good idea to understand yours completely so there are no surprises when it comes time to make your first payment. Find out what your payment includes.



5 Ways To Become A Responsible Homeowner

Pensando em comprar uma casa?

1. O lado legal das coisas

Se você planeja construir uma casa do zero, é sua responsabilidade garantir que você tenha as licenças adequadas para fazê-lo. Cada comunidade é diferente, então cabe a você descobrir o que elas precisam.

2. Lidar com associações de proprietários

A melhor maneira de saber quais são suas responsabilidades hoa é ler atentamente o acordo hoa antes de comprar ou alugar no bairro e participar de reuniões regulares hoa.

3. Pagamento da hipoteca

Proprietários responsáveis pagam suas hipotecas em dia, pura e simplesmente. Não fazer isso pode resultar em telefonemas e cartas de assédio do credor, bem como ação legal e/ou encerramento.

4. Lidando com os vizinhos

Como proprietário responsável, você deve ser educado ao ver seus vizinhos e deve se esforçar para remediar qualquer situação que seus vizinhos possam achar perturbadora.

5. Entendendo a hipoteca

As hipotecas podem ser complicadas, por isso é uma boa ideia entender a sua completamente para que não haja surpresas na hora de fazer seu primeiro pagamento. Descubra o que o seu pagamento inclui.

Are you renting and your lease prohibits painting the walls?

No worries! Simply use these suggestions to add pops of color that require no landlord approval as a responsible renter.

1. The Walls

Try hanging removable wallpaper or decals or even a curtain or sheet in a pretty pattern.

2. Your Furnishings

Think bright yellow and coral in the kitchen, for example, to drown out the drab, or go for a royal presentation by purchasing a sofa or chair in sapphire or emerald.

3. Textiles

Step outside the box with brightly colored curtains or rugs to bring a fresh, colorful appeal to your rental.

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Obituaries

MARIA ROSA PUIM RESENDES

It is with great sadness that the family announces the passing of Maria Rosa Puim Resendes. She passed away peacefully with her beloved family by her side on July 3, 2022, in Winnipeg, Manitoba at the age of 90 years.



Left to cherish her memory is her devoted husband of 62 years Jose, their twin sons Fernando (Rerie), Manuel (Cindy), their daughter Teresa (Greg), their eight grandchildren Justin, Shara (Grady), Shelby (Michelle), Troy (Vanessa), Chantelle (Kenny), Rhea (Arvin), Cole (Shanley), Keyra (Kalder) and their 3 great grandchildren Wilder, Harlow and Hayden. She also leaves behind her sister Filomena (Jose) Chaves and numerous nieces, nephews, relatives and friends.

She was predeceased by her father Jose Monteiro, her mother Maria Puim, her brother Antonio (Gloria) Monteiro, her sister Maria (João) Machado and her beloved infant son Fernando.

Rosa was born and raised in Calheta, Santa Maria, Açores, Portugal. She married Jose on January 9, 1960. Rosa came to Canada with her husband and their 3 children in 1969 in search of a better life. She worked as a textile worker up until retirement and loved making clothes for her children in their early years. She was known for creativity in crocheting and her love for reading.

She was a devout Catholic and reflected God's love through her love for her family and friends. She loved spending time with her family, cooking and having family gatherings. Rosa and Jose enjoyed vacationing in their second home in the Maia, Santa Maria for many blessed years together with family and friends.

Rosa made an impact on everyone that knew her and she will be deeply missed. The family takes comfort in knowing that she is now in God's hands. Deus descansa sua alma.

Prayers took place on July 12, 2022 at Immaculate Conception Church, with Funeral mass on Wednesday, July 13, 2022 interment to follow at Assumption Cemetery.

JOSÉ OCTAVIO do REGO
September 30, 1932 – June 23, 2022

José Octavio do Rego peacefully passed away with family by his side on June 23, 2022 at Calvary Place Personal Care Home, at the age of 89 years.

He was predeceased by both parents Manuel Faria and Herminia Tavares Brum, along with his three brothers, Antonio Faria, Eduardo Faria and Artur Faria. José is lovingly remembered by his wife, Maria Rego, children,



Fatima Faria along with son-in-law Sam Neis; grandchildren Alvaro, Renato and Eddie.

He also leaves behind his sister, Fernanda Cabral as well as numerous nieces, nephews and extended family.

José was born and raised in São Miguel, Açores and immigrated to Canada, where he met his wife Maria and started his family 57 years ago. He worked at CN Transcona shops until he retired in the 1990's.

He loved being at his cabin at Winnipeg Beach, spending time with his wife, grandchildren and dog, P2. Jose would spend hours listening to CJOB radio loved listening to comedy, especially 'Tonecas' on RTP.

The family especially thanks the Staff, on the third floor at Calvary Place for their extra loving care for Papa Joe.

A prayer vigil was held on June 27, 2022 at Our Lady of Perpetual Help, followed by a Funeral Mass on June 28, 2022. Interment took place at Assumption Cemetery & Queen of Heaven Mausoleum.

If friends desire, donations may be made to Parkinson Canada 4211 Yonge Street, Suite 316, Toronto, Ontario 1-800-565-300



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Obituaries

JOÃO MONIZ PACHECO

January 1, 1935 – June 21, 2022

It is with great sadness that we announce the passing of our beloved husband, father and vavó, João Moniz Pacheco on June 21, 2022, at the age of 87.

Surrounded by his family, we held his hand until the Lord grabbed a hold of his other, to lead him into his next journey to plant his garden above.



Predeceased by his parents, Laurindo and Elvira, João will be missed forever by his loving wife of 50 years, Helena, sons John, Larry (Debbie), Marty and Chris (Rory). His daughters Vanessa (Travis), Nicole (Francis), and his grandchildren Kyle (Chantalle), Kendra, Zackary, Abigail, Daniella and Sofia.

João was born in São Miguel Acores, Portugal and moved to Winnipeg in 1970, in hopes of providing his family a better opportunity in life. He started his career at CN Rail where he remained up until his retirement after 32 years of service.

João was a straightforward man, never needing much for himself, to ensure his family had what they needed. He was a hard worker, selfless and funny. Respected by all who knew him, his gentle spirit and wonderful legacy will live on in his children and grandchildren.

Prayers were said on June 28, 2022 at the Immaculate Conception Church. Mass of Christian burial was celebrated on June 29, 2022 at the Immaculate Conception. Interment followed at Glen Eden Cemetery.

"God saw that he was getting tired so he put his arms around him and whispered come with me." Rest in Peace Jake, we love you.

MARIA AUGUSTA CRAVEIRO CARVALHO

Peacefully, Maria Augusta Craveiro Carvalho suddenly passed on June 21, 2022 in the presence of her three children and her only granddaughter, who sat vigil by her side to ensure her comfort during her departure. Maria was born in Feteiras, Ponta Delgada, São Miguel, Portugal on February 17, 1942. She immigrated to Kenora, Ontario in 1960 and then proceeded to build her life in Winnipeg, Manitoba from 1962 to the time of her passing.



During her time in Winnipeg, she forged a legacy of assisting others to achieve their dreams. Having worked for the Winnipeg School Division #1 at Pinkham Elementary School from 1973 until her retirement. During her tenure at Pinkham School, she mentored and guided hundreds of students.

In addition, she was passionate about ensuring that the children in her district were properly fed by assisting in running the schools breakfast program ensuring that they had a healthy meal to start their day. Maria was an advocate for assisting individuals new to Canada. She advocated for their rights and assisted them and their children to access community needs programs so that they could better fill their role as new Canadians. She was very well respected in the Portuguese and Canadian Community and touched the lives of many individuals throughout the years. She was an active individual enjoying time with her family and friends. She is survived by her partner Cecil Harris.

She is predeceased by her Mother Angela da Glória Craveiro and Father José Craveiro and her siblings Manuel De Sousa Craveiro (Ilda), Conceição Zbrog (Bruno), Candida Craveiro (João Martins, Glória Craveiro (Manuel Pimental), Angela Craveiro (João Elias), Eduardo Craveiro (Natália Craveiro), Nicolau Craveiro (Maria Craveiro). Maria will also be missed by her siblings Eduarda Craveiro (Diodato Cordeiro) and João Craveiro (Maria Craveiro), her three children Charles (Pety), Richard (Mary) Kathleen (Rui), grandchildren Charlie, Jason (Cindy), Daniel, Jared, Adam (Maria), Anthony, Katryna, and Braeden. She was also pleased to have been blessed with six great grandchildren, Chaz, Meadow, Olivia, Alina, Ariana, and Noa. In addition, she will also be greatly missed by her Godchildren, nephews, nieces, friends and former students.

Prayers were said on June 29, 2022 at Cropo Funeral Chapel. Funeral Mass was held on June 30, 2022 at Immaculate Conception Church. Interment followed at Assumption Cemetery & Queen of Heaven Mausoleum.

MARIA DO CARMO REIS FARIAS

It is with great sadness that the family of Maria Farias announce her passing on Thursday, June 16, 2022 at the age of 89. Maria was predeceased by her husband Eduardo and her grandson Jamie.

Maria will be lovingly remembered by her children Edward (Valerie), Maria (Manuel), Loudres, Alda, Antero (Lucy), Natalie; grandchildren Amanda, Paul, Brent, Michael, Alanna, Cory, Rhiannon and Kayla as well as her great-grandchildren and other family members and friends. She was born in Santa Barbara (Capelas) in São Miguel, Azores and immigrated to Canada in 1971.



Donations in Maria's memory can be made to the Alzheimer's Association of Manitoba. We would like to thank the staff at Middlechurch Home of Winnipeg for all their care and support.

Viewing was held at Holy Redeemer Roman Catholic Church on June 23, 2022 followed by Mass of Christian Burial. Interment followed at Green Acres Cemetery.

STANLEY LAVALLEE

"Stan The Man"

August 2, 1967 - June 21, 2022

We are saddened to announce that on June 21, 2022, Stanley George Lavallee, beloved father, son, brother, uncle, grandpa and friend, has passed away at the age of 54.



He is survived by the mother of his children, Tammy Tokash, his children Jason, Amanda (Jared), Kristen (Dylan), Melissa, and grandchildren, Nevaeh, Ciara. He also leaves to mourn his parents, Edward and Marlene Lavallee, his sisters and brothers, Caroline (Ben), Gary, Marie, Edward, Adeline (Al) and numerous nieces, nephews, cousins and friends: Cynthia, Michielle, Chris, Raquel, Erica, Michael, Tyson, Lateasha, Ashley, Aaron, Stephanie, Alexander, Catherine, Christian, Summer Dalmarie, Gloria, Tip, Alannah, Randi and his special friend Sandra Sanchez.

Pallbearers were Chris Kirton, Paul Cabral, Bobby Snowdon, Dylan Beady, Alexander Lavallee, and Aaron Lavallee. All family and friends can consider themselves Honorary Pallbearers. [Editorial Note: Stan had many friends and former classmates in the Portuguese community and enjoyed socializing with them at various venues and community events.]

He was predeceased by his brother Scott Lavallee and his niece Kayla Kirton.

Wake services were held on July 4, 2022 at Cropo Funeral Chapel, with the funeral service held on July 5, 2022 at Cropo Funeral Chapel. Interment followed at Brookside Cemetery.

Dad will be known and missed for his big contagious laugh, his ability to light up the room, his muscles and weightlifting. Forever in our hearts.



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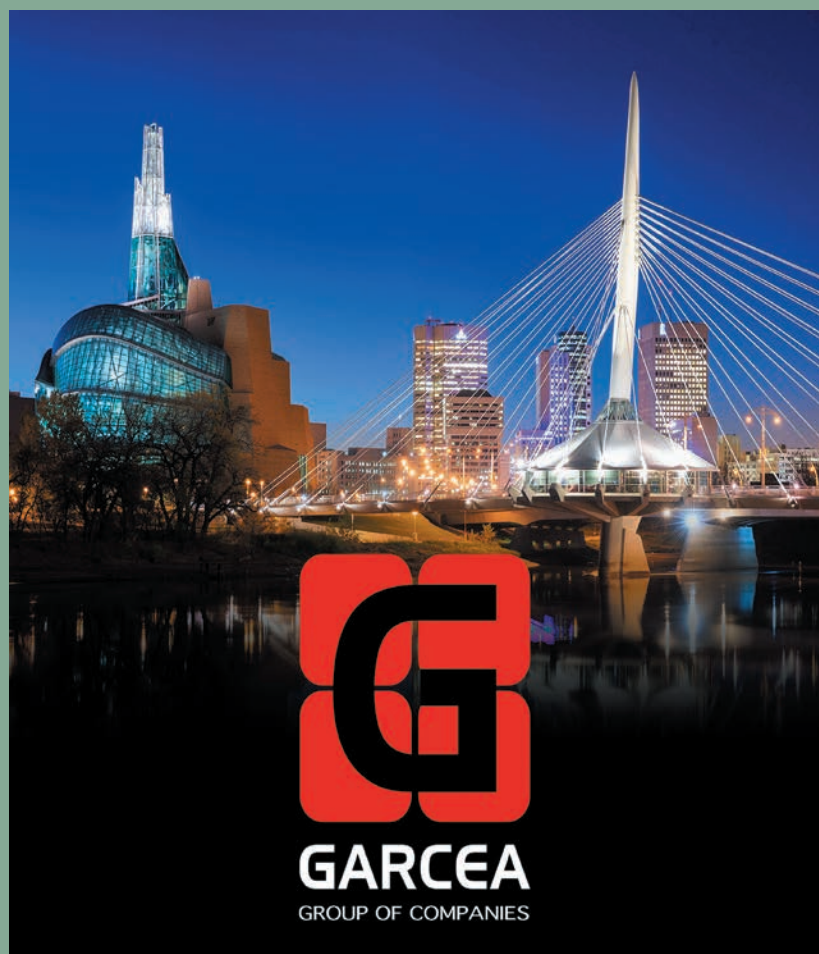
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