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 **Mundial**

THE PORTUGUESE NEWSPAPER  
VOL 3 ISSUE 9 2021



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# Mundial

THE PORTUGUESE NEWSPAPER

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## Letter from the Editor / Carta da Editora

"The Sousa Mendes Foundation, dedicated to honoring the memory of the Holocaust rescuer Aristides de Sousa Mendes and to educating the world about his good work, has a two-fold

mission: raising funds for the restoration of the Casa do Passal and the creation within its walls of a museum and memorial site; and sponsoring US-based projects that perpetuate his legacy."

In 2020, Navegante-O Mundial wrote and curated stories about **Holocaust rescuer Aristides de Sousa Mendes** for Volume 2, Issue 9 of our publication. We are re-printing those stories in 2021 for Volume 3, Issue 9 as part of an ongoing awareness-raising and education campaign in partnership with community organizations such as the Jewish Heritage Centre of Western Canada (JHCWC) and the Canadian Museum of Human Rights. Long-standing members of the committee include educators and consultants Tony Tavares and Lucy Rocha-St Lawrence, (Hon) Portuguese Consul in Winnipeg Paulo Jorge Cabral, Portuguese Combatentes representative Paulo Oliveira, and JHCWC representatives Belle Jarniewski and Stan Carbone. A virtual event is tentatively planned for early 2022.

Aristides de Sousa Mendes saved the lives of thousands of Jews fleeing the Nazis during his tenure as Portuguese Consul in Bordeaux, France, following a three-day depression between 13 and 17 June, 1940; emerging from his bedroom with completely grey hair; he announced, according to his son, "from now on, I'm giving everyone Visas. There will be no more nationalities, races, or religions."

Bureaucrats in western democracies are entrusted with the challenging and critical function of **speaking truth to power**. The idea is that public servants are responsible for the heavy duty of providing fearless advice to elected officials who hold public office, so that they can make informed policy decisions. But, that's in a democracy! In a dictatorship such as the corporate authoritarian government of António Oliveira de Salazar in Portugal, bureaucrats and appointed dignitaries such as consular officials, were expected to strictly adhere to the orders of the day, truth notwithstanding.

Circular Number 10, which was addressed to consulates across Europe in late October 1938, expressly forbade consular officials such as Sousa Mendes, to issue Visas for the purpose of resettlement, although they were allowed entry on tourist Visas for a period of 30 days. The Portuguese Ambassador to Germany at that time, Alberto da Veiga Simões, was expressing his contempt for German anti-humanism, while concurrently warning Salazar about the "danger" of a mass emigration of Jews to Portugal, thus providing the fateful opportunity for Sousa Mendes to become a rescuer of Jews, and in 1966, declared **righteous among nations** by Yad Vashem.

Kristallnacht, or the Night of Broken Glass of November 9, 1938, was a pogrom against Jews

carried out by the Nazi Party's paramilitary forces, and ignored by the German government. In reaction, Veiga Simões, who was antagonistic to Hitler's policies, and to national socialism, wrote in one of his long and frequent reports to Salazar: "the Third Reich's eliminatory zeal regarding all the religious denominations -- Jews, etc., has one source and one end: to substitute the religious truths of human and universal order that share a faith that joins them to all of mankind, with a religious exclusivity oriented to the Germanic community; its mystic roots; its traditions; its future power."

Following the German invasion of Poland in September 1939, Salazar wrote back to the Portuguese Embassy in Berlin, ordering that it be made clear that Portugal did not legally discriminate based on race; and so, it was expected that Portuguese Jewish citizens would be free from discrimination. Portugal's neutrality made it a perfect escape route country, however, and as a result, Passport and document forgery was common. To that end, Circular Number 14 of November 1939 was intended to exert greater control and reinforce Circular 10 of the prior year. It sought to distinguish between Portuguese Jewish citizens and citizens-in-transit, and those who were foreigners of contested nationality, stateless (or holders of Nansen passports), Russian citizens, or Jews expelled from their own countries -- the so-called "inconvenient or dangerous." Historians have characterized Portugal's response as economic and pragmatic; in short, it was not anti-semitism or hatred of Jews that motivated the Portuguese government, but rather, a fear of mass emigration.

No one can say for certain what happened in the late diplomat's heart and mind during what he called a "strong breakdown," in the spring of 1940, but it is known with certainty that he offered safe diplomatic passage to his friend Rabbi Chaim Kruger and immediate family, who had fled the Nazis in Belgium. Kruger refused the order, saying that he could not abandon the countless Jewish refugees flooding Bordeaux. Years later in Lisbon, destitute and dishonourably discharged, de Sousa Mendes said, "if many Jews can suffer because of one Catholic [referring to Hitler], it's all right for one Catholic [referring to himself] to suffer for many Jews."

Although Salazar would be praised for his neutrality during WWII and Portugal's role in allowing Jewish refugees to escape persecution, de Sousa Mendes did not re-join the diplomatic corps during his life-time, and it was only in 1986 that he was post-humously re-instated, while Portugal's parliament withdraw all disciplinary charges against him in 1988.

The "outgoing bon vivant" de Sousa Mendes, who kept a mistress and a wife, was born into a wealthy Portuguese family, and upon facing an existential crisis to do the right thing, defied an order as a matter of conscience. As a result, he was disgraced, ultimately dying alone in obscurity and poverty in 1954; his 15 children having already emigrated from Portugal in desperation.

Among the tens of thousands saved by Sousa Mendes were film-maker King Vidor and surrealist painter Salvador Dali.

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## Righteous Among Nations

“A Fundação Sousa Mendes, dedicada a homenagear a memória do salvador do Holocausto Aristides de Sousa Mendes e a educar o mundo sobre o seu bom trabalho, tem uma missão dupla: angariar fundos para o restauro da Casa do Passal e a criação lá dentro de um museu e memorial; e patrocinando projetos com base nos Estados Unidos que perpetuam seu legado.”

Em 2020, Navegante-O Mundial escreveu e curou histórias sobre o salvador do Holocausto Aristides de Sousa Mendes para o Volume 2, Edição 9 de nossa publicação. Estamos reimprimindo essas histórias em 2021 para o Volume 3, Edição 9 como parte de uma campanha contínua de conscientização e educação em parceria com organizações comunitárias, como o Centro de Herança Judaica do Canadá Ocidental (JHCWC) e o Museu Canadano de Direitos Humanos. Os membros de longa data da comissão incluem os educadores e consultores Tony Tavares e Lucy Rocha-St Lawrence, (Exmo) Cônsul de Portugal em Winnipeg Paulo Jorge Cabral, o representante dos Combatentes de Portugal, Paulo Oliveira, e os representantes do JHCWC Belle Jarniewski e Stan Carbone. Um evento virtual está planejado para o início de 2022.

Aristides de Sousa Mendes salvou a vida de milhares de judeus que fugiam dos nazistas durante seu mandato como Cônsul de Portugal em Bordéus, França, após uma depressão de três dias entre 13 e 17 de junho de 1940; saindo de seu quarto com o cabelo completamente grisalho, ele anunciou, de acordo com seu filho, “de agora em diante, vou dar vistos a todos. Não haverá mais nacionalidades, raças ou religiões.”

Os burocratas nas democracias ocidentais são encarregados da função desafiadora e crítica de falar a verdade ao poder. A ideia é que os funcionários públicos são responsáveis pelo pesado dever de aconselhar destemidamente os governantes eleitos que ocupam cargos públicos, para que possam tomar decisões informadas. Mas, isso é em uma democracia! Numa ditadura como o governo de António Oliveira de Salazar em Portugal, esperava-se que burocratas e dignitários nomeados, como funcionários consulares, cumprissem estritamente as ordens do dia, não obstante a verdade.

A Circular Número 10, dirigida aos consulados de toda a Europa no final de outubro de 1938, proibia expressamente os funcionários consulares, como Sousa Mendes, de emitir vistos para efeitos de reassentamento, embora fossem autorizados a entrar com vistos de turismo por um período de 30 dias. O Embaixador de Portugal na Alemanha na altura, Alberto da Veiga Simões, expressava o seu desprezo pelo anti-humanismo alemão, ao mesmo tempo que alertava Salazar sobre o “perigo” de uma emigração em massa de judeus para Portugal, proporcionando assim a fatídica oportunidade para Sousa Mendes de tornou-se um resgatador de judeus.

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## Justo entre Nações

*Kristallnacht, ou a Noite do Vidro Quebrado de 9 de novembro de 1938, foi um pogrom contra os judeus realizado pelas forças paramilitares do Partido Nazista e ignorado pelo governo alemão. Em reacção, Vêiga Simões, antagónico à política de Hitler e ao nacional-socialismo, escreveu num dos seus longos e frequentes relatórios a Salazar: "O zelo eliminatório do Terceiro Reich por todas as denominações religiosas - judeus, etc., tem um fonte e um fim: substituir as verdades religiosas de ordem humana e universal que compartilham uma fé que as une a toda a humanidade, por uma exclusividade religiosa voltada para a comunidade germânica; suas raízes místicas; suas tradições; seu futuro poder."*

*Após a invasão alemã da Polónia em setembro de 1939, Salazar escreveu de volta à Embaixada de Portugal em Berlim, ordenando que ficasse claro que Portugal não discriminava legalmente com base na raça; e assim, esperava-se que os cidadãos judeus portugueses estivessem livres de discriminação. A neutralidade de Portugal tornava-o um país com uma rota de fuga perfeita e, como resultado, a falsificação de passaportes e documentos era comum. Para tanto, a Circular n.º 14 de novembro de 1939 pretendia exercer maior controle e reforçar a Circular 10 do ano anterior. Procurava distinguir entre cidadãos judeus portugueses e cidadãos em trânsito, estrangeiros de nacionalidade contestada, apátridas (ou portadores de passaportes Nansen), cidadãos russos ou judeus expulsos dos seus próprios países - os tal-chamados "inconvenientes ou perigosos."*

*Os historiadores caracterizaram a resposta de Portugal como económica e pragmática; em suma, não foi o anti-semitismo ou o ódio aos judeus que motivou o governo português, mas simplesmente, o medo da emigração em massa.*

*Ninguém pode dizer com certeza o que aconteceu no coração e na mente do falecido diplomata durante o que ele chamou de "forte colapso," na primavera de 1940, mas é sabido com certeza que ele ofereceu passagem diplomática segura a seu amigo Rabino Chaim Kruger e parentes próximos, que fugiram dos nazistas na Bélgica. Kruger recusou a ordem, dizendo que não poderia abandonar os incontáveis refugiados judeus que inundavam Bordéus.*

*Anos depois, em Lisboa, indigente e desonrosamente dispensado, disse, "Se muitos judeus podem sofrer por causa de um católico [referindo-se a Hitler], está tudo bem para um católico [referindo-se a si mesmo] sofrer por muitos judeus."*

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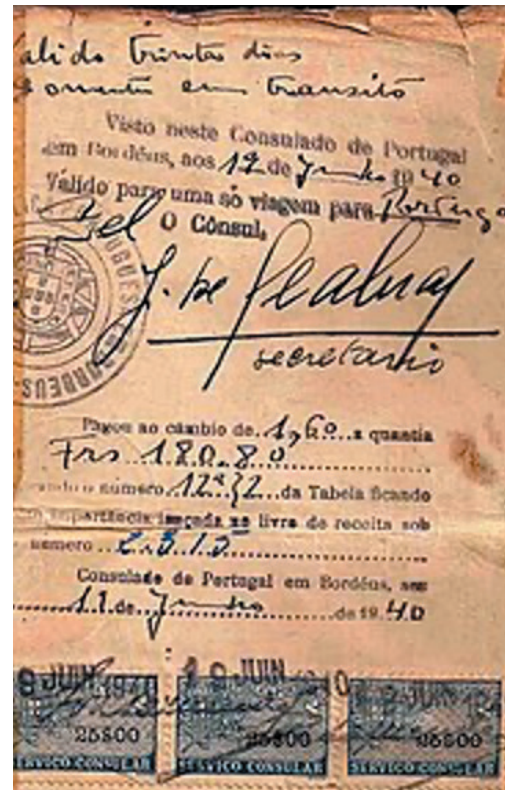
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*Embora Salazar fosse elogiado por sua neutralidade durante a Segunda Guerra Mundial e pelo papel de Portugal em permitir que refugiados judeus escapassem da perseguição, de Sousa Mendes não voltou a ser juntado ao corpo diplomático durante sua vida, e foi somente em 1986 que ele foi reinstaurado -- 20 anos depois de ser reconhecido por o Centro Internacional de Lembrar o Holocausto, Yad Vashem, como "Justo entre Nações," enquanto o parlamento de Portugal retirava todas as acusações disciplinares contra ele só em 1988.*

*O "bon vivant extrovertido" Sousa Mendes, que mantinha uma amante e uma esposa, nasceu no seio de uma rica família portuguesa e, ao enfrentar uma crise existencial para fazer o que era certo, desafiou uma ordem por uma questão de consciência. Como resultado, ele caiu em desgraça, acabando por morrer sozinho na obscuridade e na pobreza em 1954; os seus 15 filhos já emigraram de Portugal em desespero.*

*Entre as dezenas de milhares de salvos por Sousa Mendes, encontram-se o cineasta e realizador de filmes King Vidor e o pintor surrealista Salvador Dalí.*



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# Portugal Opens the Doors to Oporto Holocaust Museum

Jerusalem Post, April 8 2021

The first day of its opening brought 500 visitors, with 25 allowed inside at a time, and a long line stretching out its entrance.

The Holocaust museum in Oporto, Portugal opened its doors to be public this April, after coronavirus lockdown measures lightened. The museum is the first of its kind in the country, despite there already being a Jewish museum and a community of over 500 Jews in the city alone.

Although some of the visitors were Jewish, the museum attracted many other tourists sight-seeing in the historic city.

"The new Jewish museum will add to the respect and admiration many have for the Jewish people and the Holocaust museum will impart the lessons that all must heed: Don't be silent in the face of evil. The more people know about the Jewish people, the less susceptible they are to hateful conspiracy theories and malign stereotypes," Jonathan Greenblatt, the National Director of ADL, proudly announced.

The purpose of the Oporto Holocaust Museum is to educate and portray the lives of Jews before the Nazi conquest of Europe, the Holocaust and the concentration camps. It focuses specifically on the lives of Oporto Jewish refugees as well. The museum was created by the Jewish community there, and invests in the professional training of educators, supporting Holocaust research, and promoting exhibitions.

It includes a model Auschwitz bunker, study center, cinema, corridors displaying a complete narrative, a conference room, and photographs and screens presenting actual footage before, during and after the tragedy.

Gadi Zaig contributed to this report. Photos by CIP/João Bizarro

Jerusalem Post, 8 de abril de 2021

O primeiro dia de sua inauguração trouxe 500 visitantes, sendo 25 permitidos no interior por vez, e uma longa fila se estendendo pela entrada. O museu do Holocausto no Porto, Portugal abriu suas portas para o público em abril, depois que as medidas de bloqueio do coronavírus foram aliviadas. O museu é o primeiro do gênero no país, apesar de já haver um museu judaico e uma comunidade de mais de 500 judeus só na cidade.

Embora alguns dos visitantes fossem judeus, o museu atraiu muitos outros turistas que visitavam a cidade histórica. "O novo museu judaico aumentará o respeito e admiração que muitos têm pelo povo judeu e o museu do Holocausto transmitirá as lições que todos devem prestar atenção: Não fique em silêncio diante do mal. Quanto mais as pessoas sabem sobre o povo judeu, menos suscetíveis elas são a odiosas teorias de conspiração e estereótipos malignos," Jonathan Greenblatt, o Diretor Nacional da ADL, orgulhosamente anunciou.

O objetivo do Museu do Holocausto do Porto é educar e retratar a vida dos judeus antes da conquista nazista da Europa, do Holocausto e dos campos de concentração. Também se concentra especificamente nas vidas dos refugiados judeus do Porto. O museu foi criado pela comunidade judaica local e investe na formação profissional de educadores, apoiando as pesquisas sobre o Holocausto e promovendo exposições.

Inclui um bunker modelo de Auschwitz, centro de estudos, cinema, corredores exibindo uma narrativa completa, uma sala de conferências e fotografias e telas apresentando imagens reais antes, durante e depois da tragédia.

Gadi Zaig contribuiu para este relatório. Fotos: CIP/JOÃO BIZARRO



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# Primeiro Museu do Holocausto na Península Ibérica...

*...e inaugurado dia 20 no Porto*

Lusa, 12 de Janeiro de 2021

Neste novo espaço museológico existirá uma reprodução dos dormitórios de Auschwitz (campo de concentração), assim como uma sala de nomes, um memorial da chama, cinema, corredores com a narrativa completa e fotografias e ecrãs exibindo filmes reais sobre o antes, o durante e o depois da tragédia.

A Comunidade Judaica do Porto (CJP) anunciou nesta terça-feira que o “primeiro” Museu do Holocausto na Península Ibérica será inaugurado no dia 20, na zona do Campo Alegre, no Porto.

Segundo a CJP, o museu “retrata a vida judaica antes do Holocausto, o nazismo, a expansão nazi na Europa, os guetos, os refugiados, os campos de concentração, de trabalho e de extermínio, a Solução Final, as marchas da morte, a libertação, a população judaica no pós-guerra, a fundação do Estado de Israel, vencer ou morrer de fome, os justos entre as nações.”

Neste novo espaço museológico existirá uma reprodução dos dormitórios de Auschwitz (campo de concentração), assim como uma sala de nomes, um memorial da chama, sala de conferências, centro de estudos, corredores com a narrativa completa e, à imagem do Museu de Washington (Estados Unidos da América),

fotografias e ecrãs exibindo filmes reais sobre o antes, o durante e o depois da tragédia.

Tutelado por membros da Comunidade Judaica do Porto cujos pais, avós e familiares foram vítimas do Holocausto, o Museu do Holocausto no Porto desenvolverá parcerias de cooperação com museus do Holocausto em Moscovo, Hong Kong, Estados Unidos e Europa, contribuindo para “uma memória que não pode ser apagada.”

Em comunicado, o curador do Museu do Holocausto do Porto, o museólogo Hugo Vaz, afirma que “são esperados cerca de 10 mil alunos por ano, o mesmo número que, antes da pandemia, costumava visitar a Sinagoga.”

“A construção do Museu do Holocausto no Porto contou com um donativo substancial de uma família sefardita portuguesa do Sudeste da Ásia que foi vítima de um campo de concentração japonês durante a Segunda Guerra Mundial”, de acordo com os responsáveis da CJP.

Em 2013, a Comunidade Judaica do Porto (CJP) partilhou com o Museu do Holocausto de Washington todos os seus arquivos referentes a refugiados que passaram pela cidade portuense.

Estes arquivos, agora regressados à cidade, incluem documentos oficiais, testemunhos, cartas e centenas de fichas individuais. No Museu estarão ainda expostos dois Sifrei Torá (rolos da Torá) oferecidos à sinagoga do Porto por refugiados que chegaram à cidade com as suas vidas desfeitas.

A inauguração, agendada para o dia 20, incluirá “uma cerimónia mais reservada e sentimental”, liderada por Dias Ben Zion, presidente da Comunidade Judaica do Porto, e Rui Moreira, presidente da Câmara Municipal do Porto.

Contará também com a presença dos embaixadores das potências envolvidas na Segunda Guerra Mundial e de Israel, assim como de Karel Fracapane, especialista do programa do Holocausto da UNESCO, do embaixador Luiz Barreiros (chefe da delegação de Portugal à IHRA - Aliança Internacional Memória do Holocausto), de Marta Santos Pais, comissária do Projecto Nunca Esquecer - Programa Nacional em torno da Memória do Holocausto, do bispo do Porto e do presidente da Comunidade Muçulmana da cidade. O Governo far-se-á representar pelo secretário de Estado da Cultura.

Antevendo regras legais mais apertadas em termos de saúde pública, foi já requerida autorização à Direcção Geral da Saúde para a realização deste evento, “em ambiente controlado, com um total de trinta pessoas, tendo em conta a relevância política do mesmo e a sua curta duração (50 minutos) num espaço de 500 metros quadrados que possui plano de contingência para a covid-19,” refere a fonte.

Acrescenta que no dia 27, para celebrar o Dia Internacional em Memória das Vítimas do Holocausto, o museu será visitado por alunos de escolas da região do Porto. “Importa ensinar o Holocausto em Portugal. Na escola, eu e o meu irmão éramos os únicos judeus. O tema nunca era abordado nem ensinado, e poucos sabiam o que tinha sido o Holocausto,” sublinha, no comunicado, Dara Jeffries, da CJP.

Através do Museu, outro membro da CJP Jonathan Lackman “deseja seguir, no Porto, o papel que os avós tiveram nos EUA para a preservação da memória do Holocausto: “O meu avô fugiu de Treblinka e a minha avó foi resgatada com tifo do campo de Bergen-Belsen, no norte da Alemanha, onde faleceu Anne Frank. Contarei sempre a história deles.”

English Article on page 11



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# Homenagem a Secretária de Estado

## 2 de Novembro de 2021

Terça-feira, dia 2 de Novembro de 2021, as 18,30 h, em homenagem comunitária a Sr<sup>a</sup> Dr<sup>a</sup> Berta Nunes, Secretária de Estado das Comunidades Portuguesas, acompanhada pelo Embaixador de Portugal em Toronto, Sr Dr João Neves, e o Cônsul-Geral de Portugal em Toronto, Sr Dr José Manuel de Jesus Carneiro Mendes, houve jantar na Casa dos Açores em Winnipeg.

A ocasião serviu também, na parte da Republica Portuguesa em parceria com o Camões Instituto da Cooperação e da Língua de Portugal, debaixo do Ministério dos Negócios e Estrangeiros, para prestar homenagem ao Professor da língua Portuguesa, José Luís Simões Delgado, e na mesma noite, estenderam um tributo ao Presidente da Liga dos Combatentes, Núcleo de Winnipeg, Pedro Aires Simões Correia, que também foi professor da língua Portuguesa.

Fazendo parte da missão a Winnipeg, foi o já conhecido Coordenador de Ensino Português no Canadá, Sr Dr José Pedro Ferreira, do Instituto de Camões, que teve o prazer de oferecer uma “pequena” biblioteca de 75 títulos a Escola de Língua e Cultura Portuguesa, que foi agradecida e recebida por a Presidente da Associação Portuguesa de Manitoba, Fatima Gomes Carreiro.

O MC da noite, Cônsul Honorário de Portugal em Winnipeg, Paulo Jorge Cabral, salientou a importância da língua Portuguesa em unir a comunidade, e manter ligações com entidades Portuguesas e outras comunidades na diáspora Portuguesa, antes de passar o microfone ao Presidente da Casa dos Açores e anfitrião da noite, João Paulo Melo, que anunciou, após palavras de bemvindo, a presença da bandeira na sede, que simboliza e representa as Casas dos Açores a volta do mundo.

Além do reconhecimento individual dos membros comunitários Delgado e Correia, foram também elogiados a Casa dos Açores (1992), a Banda Lira de Fatima (1973), e a Casa do Minho (1974) -- cujos respetivos presidentes: João Paulo Melo, Luís Dias, e Luis Soares estavam presentes no jantar para receberem os méritos.

A mensagem da Secretária de Estado das Comunidades Portuguesas, que foi dirigida primeiro à liderança das organizações culturais em Winnipeg, começou com agradecimento pela “unidade em acção,” especialmente durante a pandemia global.

Seguindo, a Sr<sup>a</sup> Dr<sup>a</sup> compartilhou uma série de observações sobre a comunidade Portuguesa em Winnipeg e Manitoba, nomeadamente o espetacular intercâmbio de ideais e movimento de pessoas entre as organizações culturais e religiosas. Disse ela, “não são só os Açorianos que participam em eventos na Casa dos Açores, nem só os Minhotos que prestam serviços voluntários na Casa do Minho; eu acho excepcional que a comunidade inteira junta-se para celebrar e observar tradições religiosas que normalmente, em Portugal, distinguem-se como parte desta ou daquela região, tal como o Divino Espírito Santo. Aqui, nesta quarta geração Portuguesa, a integração cultural de tradições regionais tem criado uma rede capaz de receber imigrantes recém-chegados de qualquer parte de Portugal, e sentirem-se que estão em ambientes familiares.”

A Secretária notou o enorme esforço feito por imigrantes Portugueses nos seus países de acolhida, não só as contribuições que ficam, que valorizam as comunidades Portuguesas a volta do mundo, mas a remitências que mandam para a pátria em “milhares de milhões...”

“Somos um país de descobridores, antigamente, e agora, um país de imigrantes que descobrem... virámos as nossas costas à Espanha e voltamos as nossas caras para o Atlântico... As nações e territórios que “descobrimos” já existiam, mas para nós eram “novos”... Temos que perguntar: como hei-de valorizar esta “terra nova”...?”







On Tuesday, November 2, 2021, at 6:30 pm, the Portuguese community paid homage to Dr. Berta Nunes, Secretary of State for Portuguese Communities at Casa dos Açores in Winnipeg; she was accompanied by the Ambassador of Portugal to Canada in Toronto, Dr João Neves, and the Consul-General of Portugal in Toronto, Dr José Manuel de Jesus Carneiro Mendes.

The occasion also served, on the part of the Portuguese Republic in partnership with the Camões Institute for Cooperation and Language of Portugal, under the Ministry of Foreign Affairs, to pay homage to Portuguese Language Teacher, José Luis Simões Delgado, and pay tribute to the President of the Liga dos Combatentes, Winnipeg Nucleus, Pedro Aires Simões Correia, who was also a Portuguese language teacher.

Rounding out the mission to Winnipeg, was the well-known Coordinator of Portuguese Language Programs in Canada, Dr José Pedro Ferreira, from the Institute of Camões, who had the pleasure of offering a “small” library of 75 titles to the Portuguese School Language and Culture in Winnipeg, which was received with thanks by the President of the Portuguese Association of Manitoba, Fatima Gomes Carreiro.

The evening’s MC, Honorary Consul of Portugal in Winnipeg, Paulo Jorge Cabral, stressed the importance of the Portuguese language in uniting the community, and maintaining links with Portuguese authorities, entities and other communities in the Portuguese diaspora, before handing the microphone to the President of Casa dos Açores and host of the night, João Paulo Melo, who announced, after giving a few warm words of welcome, the presence of the international flag that symbolizes and represents all Casas dos Açores worldwide.

In addition to individual recognition of community members Delgado and Correia, community organizations Casa dos Açores (1992), Banda Lira de Fatima (1973), and Casa do Minho (1974) were distinguished that night, with their respective presidents in attendance to receive the accolades: João Paulo Melo, Luis Dias, and Luis Soares.

The message from the Secretary of State for Portuguese Communities, which was addressed first to the leadership of the cultural organizations in Winnipeg, began with gratitude for “unity in action,” especially during the global pandemic.

Nunes shared a series of observations about the Portuguese community in Winnipeg and Manitoba, namely the spectacular exchange of ideas and movement of people among the community’s various cultural and religious organizations. She said, “It’s not just Azoreans who participate in events at Casa dos Açores, nor just Minhosos who provide volunteer services at Casa do Minho; I think it’s exceptional that the whole community comes together to celebrate and observe religious traditions that normally, in Portugal, are unique to this or that region, such as the Divino Espirito Santo. Here, in this fourth Portuguese generation, the cultural integration of regional traditions has created a network capable of receiving newly arrived immigrants from any part of Portugal, and feeling that they are in familiar settings.”

The Secretary noted the enormous effort made by Portuguese immigrants in their host countries, not only the contributions that they make in their new homelands, which uplift Portuguese communities around the world, but the remittances that they send home to the motherland in the “thousands of millions...”

“We are a country of discoverers, formerly, and now, we are a country of immigrants who discover... we turned our backs on Spain and we turned our faces towards the Atlantic... The nations and territories that we “discovered” already existed, but they were “new” to us... We have to ask now: how can I be of value to this “new land”...?”



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To promote youth mobility, Portugal has been signing Memorandums of Understanding with several countries, thus creating more favourable conditions for the movement of young people.

These Memorandums allow the possibility to work, as an accessory, or attend training or study programs, for young Canadians between the ages of 18 and 35, to travel and work temporarily in Portugal.

The maximum yearly limit is 600 Visas granted to Canadian citizens for temporary stays of 12 months.

- Applicants need:**
- ✓ a Canadian passport valid for 3 months beyond the expected stay
  - ✓ completed application form
  - ✓ two passport-type photos
  - ✓ round trip ticket or proof of financial ability to purchase a departure ticket
  - ✓ valid health insurance policy
  - ✓ form consenting a criminal record check
  - ✓ evidence of financial sustainability
  - ✓ motivation letter

**For further information contact:**  
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[consulado.toronto@mne.pt](mailto:consulado.toronto@mne.pt)  
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# Manny Martins-Karman

*Sparkle and Shine - on, you Crazy Diamond!*



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

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This Fall and heading into Winter, the list of things we're looking forward to is pretty long: finally gathering with close friends and family; munching on good food (and plenty of dessert); and actually getting dressed up in festive holiday outfits!

***If...*** you're stumped about what to wear for your seasonal events, we've got you covered, rounding up inspiration for holiday outfits you can likely piece together with what is already in your closet.

Whether you're into velvet, sparkles, knits, or prints, you're bound to find a few fun ideas for every setting and event ahead.

***If...*** you must hang onto your basic black, make sure to bling it up with a skirt or pants -- even a pair of jeans with appliques or pavé rivets will work. And for the truly conservative, slip on a pair of shiny shoes in gold or silver, or cinch-on a lamé belt.

You'll look great sitting on this year's must-have couch at your stylish BFF's house: a sumptuous velvet number in a jewel-tone, covered in comfy pillows.

Neste outono e entrando no inverno, a lista de coisas pelas quais estamos ansiosos é bem longa: finalmente nos reunirmos com amigos íntimos e familiares; mastigando boa comida (e muitas sobremesas); e realmente vestir-se com roupas festivas de Natal!



***Se ...*** está perplexo sobre o que vestir para seus eventos sazonais, nós ajudamos você, reunindo inspiração para roupas de férias que provavelmente pode juntar com o que já está em seu armário.

Quer que goste de veludo, brilhos, malhas ou estampas, certamente encontrará algumas ideias divertidas para cada ambiente e evento que está por vir.

***Se ...*** precisar de vestir o seu preto básico, enfeitá-lo com uma saia ou calça brilhante - até mesmo uma calça jeans com apliques ou rebites pavé vai funcionar. E para as realmente conservadoras, calce um par de sapatos brilhantes em ouro ou prata, ou um cinto vistoso de lamé.

Ficará ótima sentada no sofá obrigatório deste ano na casa de sua melhor amiga: um suntuoso número de veludo em um tom de joia, coberto com travesseiros confortáveis.



Portuguese Article on page 7

## First Holocaust Museum on the Iberian Peninsula is Inaugurated in Porto

Lusa, January 12, 2021

In this new museological space there will be a reproduction of the dormitories of Auschwitz (concentration camp), as well as a room of names, a flame memorial, cinema, corridors replete with narrative and photographs, and actual films about the before, during and after of the tragedy. The Jewish Community of Porto (CJP) announced that the "first" Holocaust Museum in the Iberian Peninsula will be inaugurated on the 20th (of January), in the Campo Alegre area, Porto.

According to the CJP, the museum "depicts Jewish life before the Holocaust, Nazism, Nazi expansion into Europe, ghettos, refugees, concentration, labor and extermination camps, the Final Solution, the death marches, the liberation, the post-war Jewish population, the founding of the State of Israel, winning or starving, and the righteous among nations (such as Aristides de Sousa Mendes)."

Overseen by members of the Jewish Community of Porto whose parents, grandparents and relatives were victims of the Holocaust, the Holocaust Museum in Porto will develop cooperative partnerships with Holocaust museums in Moscow, Hong Kong, the United States and Europe, contributing to "a memory that cannot be erased."

In a statement, the curator of the Holocaust Museum in Porto, museologist Hugo Vaz, says that "about 10,000 students are expected per year; the same number that, before the pandemic, used to visit the Synagogue. The construction of the Holocaust Museum in Porto relied on a substantial donation from a Portuguese Sephardic family in Southeast Asia who were victims of a Japanese concentration camp during World War II."

In 2013, the Jewish Community of Porto (CJP) shared with the Washington Holocaust Museum all its files referring to refugees who passed through the city of Porto. These archives, now returned to the city, include official documents, testimonies, letters and hundreds of individual files. The Museum will also exhibit two Sifrei Torá (Torah scrolls) offered to the Porto synagogue by refugees who arrived in the city with their lives broken.

The inauguration will include "a more reserved ceremony," led by Dias Ben Zion, President of the Jewish Community of Porto, and Rui Moreira, Mayor of Porto. It will also feature the presence of ambassadors of the authorities involved in the Second World War and of Israel, as well as Karel Fracapane, specialist of the UNESCO Holocaust program, ambassador Luíz Barreiros (head of Portuguese delegation to IHRA - International Holocaust Memory Alliance), Marta Santos Pais, commissioner of the Never Forget Project - National Program on the Memory of the Holocaust, the bishop of Porto and the president of the city's Muslim Community.

The Secretary of State for Culture will also be in attendance.

Foreseeing stricter legal rules in terms of public health, authorization was requested from the Directorate General of Health for this event, "in a controlled environment, with a total of thirty people, taking into account its political relevance and short duration duration in a 500 square meter space that has a contingency plan for covid-19."

He adds that on the 27th, to celebrate the International Day in Remembrance of the Victims of the Holocaust, the museum will be visited by students from schools in the Porto region. "It is important to teach the Holocaust in Portugal. At school, my brother and I were the only Jews. The topic was never discussed or taught, and few knew what the Holocaust had been," stresses Dara Jeffries, of the CJP.

Through the Museum, another CJP member Jonathan Lackman "wants to follow, in Porto, the role that grandparents played in the USA in preserving the memory of the Holocaust: "My grandfather ran away from Treblinka and my grandmother was rescued with wild typhus from Bergen-Belsen, in northern Germany, where Anne Frank died. I will always tell their story."

Photo: USA/ ANDRZEJ GRYGIEL



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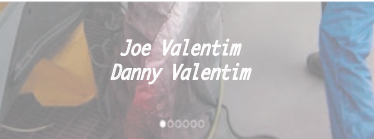
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# Food & Drink

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## *Pudim de Pão*

### **Ingredientes:**

- 5 papo secos, picados
- 6 ovos
- 250 gramas de açúcar
- 2 colheres de sopa de chocolate em pó
- figos secos, picados
- 1 colher de sopa de manteiga
- 1 copo de água
- 1 copo de leite condensado
- Caramel para a forma

### **Modo de Preparação:**

...1 Faz uma calda grossa com açúcar e água, até dar o ponto de fio grosso. Feita a calda, com o fogo desligado, acrescente o pão despedaçado para se desmanchar junto a calda, e na sequência acrescente a colher de manteiga. (detalhe importe, não mexer muito para não açucarar a calda).

...2 Numa outra tigela misturar o leite condensado, os ovos, o chocolate em pó, e os figos.

...3 Acrescente a calda que foi feita anteriormente, justamente com os ingredientes da outra tigela, e mistura bem.

...4 Caramelize uma forma de pudim pequena. Despeje o pudim na forma caramelizada e leve ao forno (350 C), em banho-maria, por 1h,30min ou até que sacudindo levemente a forma só apareça uma ondulação leve na superfície. Deixe esfriar, solte as bordas com uma faca e desenforme. Sirva gelado.

### **Banho-maria no forno:**

Uma assadeira ou refratário com água é colocada no forno, geralmente em temperatura baixa ou média. Dentro da assadeira, é colocado o recipiente, geralmente uma forma, com a preparação a ser cozida. Geralmente, preparações com muitos ovos, como pudins, exigem o banho-maria.

## *Bread Pudding*

### **Ingredients:**

- 5 buns, in pieces
- 6 eggs
- 250 grams of sugar
- 2 tablespoons of powdered chocolate
- dry figs, in pieces
- 1 tablespoon of butter
- 1 cup of water
- 1 cup of milk
- Caramel for the mold

### **Preparation Method:**

...1 Make a thick syrup with sugar and water, until the mixture is dense. Once the syrup has been made, with the heat turned off, add the broken-up bread to the syrup, and then add the tablespoon of butter. (Important detail: don't stir too much, so that the syrup does not get sugary.)

...2 In an "other" bowl, mix the condensed milk, eggs, powdered chocolate, and figs.

...3 Add the syrup that was made earlier, to the ingredients from the "other" bowl, and mix the pudding well.

...4 Caramelize a small pudding tin. Pour the pudding into the caramelized pan and put it in the oven (350 C), in a bain-marie, for 1hr and 30 mins, or until, when shaking the pan slightly, only a slight ripple appears on the surface. Allow to cool, loosen the edges with a knife and unmold. Serve cold.

### **Bain-marie in the oven:**

A baking dish or refractory with water is placed in the oven, usually at a low or medium temperature. Inside the pan, the container, usually a mold, with the preparation to be cooked, is placed inside the baking dish holding the water as pictured left and below. Generally, recipes with lots of eggs, such as puddings, require a double boiler using the bain-marie method.

### **Dica importante para iniciantes...**

Uma vez escolhida a receita, leia ela do começo ao fim.

Só assim você pode conferir se tem todos os ingredientes e os utensílios necessários, além de entender quais são os passos a seguir. Não é muito produtivo chegar no meio da receita e descobrir que você não tirou a carne do freezer, ou que está faltando leite.

Além disso, se você não entendeu algum passo (o que é "deglassar" por exemplo?), pesquise para saber mais do assunto antes de começar a cozinhar.

Atente também para a foto do resultado final, como o prato vai ficar. Veja as cores e as texturas e use essas informações quando estiver cozinhando.

Leia também: o que não pode faltar na despensa. Se faltar algum ingrediente, assim tem tempo suficiente para ir a merceária comprar-lo, com antecedência e sem stress!

Outras dicas para iniciantes encontram-se em: <https://www.bemafiada.com/dicas-para-iniciantes-na-cozinha/>

**Enjoy Bread Pudding as a dessert served with coffee, or during the holidays, with a glass of Port, to conclude a delicious, hearty meal.**

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## VIAJAR E TRABALHAR EM PORTUGAL 🇵🇹

### ACORDO DE MOBILIDADE DE JOVENS

🇨🇦 CANADA-PORTUGAL 🇵🇹

Para promover a mobilidade juvenil, Portugal tem vindo a celebrar Memorandos de Entendimento com vários países, criando assim condições mais favoráveis à circulação dos jovens.

Os presentes Memorandos permitem a possibilidade de trabalhar, como acessório, ou frequentar programas de formação ou estudo, a jovens canadianos com idades compreendidas entre os 18 e os 35 anos, para viajar e trabalhar temporariamente em Portugal.

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# Aristides de Sousa Mendes

## *Righteous Among Nations*

**Recognized in 1966 as “Righteous Among Nations” by International Holocaust Memorial Centre, Yad Vashem, the late Portuguese Consul chose conscience over orders.**

Born on July 19, 1885 to a devout and wealthy catholic family, the self-described bon vivant trained in law; the one with the respected diplomatic career; a handsome wife, and his own large catholic family, awoke to his middle age with a crash of conscience in 1939, while serving out his consular appointment in Bordeaux, France.

This light in dark times would issue an estimated 30,000 Visas to Jewish refugees fleeing Nazis across Europe, who were able to avoid persecution through Portugal.

The country's unique geographic position at the southwestern edge of continental Europe made it a perfect escape route for those running from the Nazis, particularly when the Third Reich invaded Poland, and Portugal reactively declared its neutrality, communicating the exclusionary message across its diplomatic corps that it would not accept any stateless refugees escaping Russia or Germany, without direct authorization from the Minister of Foreign Affairs in Lisbon.

The harsh directive, communicated in one of many urgent circulars of the time, was not unique to Portugal, and it was issued mostly to protect the small country's economic interests, while attempting to mitigate mass migration to its metropolis and across the territories.

“I disobeyed, but my disobedience does not dishonour me,” Sousa Mendes would say, knowing that he could not act in any other way. He believed that the measure was inhumane and unconstitutional; even by Portugal's corporate authoritarian standards of the New State, the Portuguese Constitution decreed that no one could be discriminated against on political or religious grounds.

Curiously, Sousa Mendes did not know that the Nazis were undertaking a systemic persecution of Jews and other minorities, including Catholics, under their regime, although he did know from his brother,

a consular diplomat in Warsaw, that atrocities were occurring with increasing frequency and severity in Poland and other parts of central Europe.

He disobeyed the order after a dramatic breakdown and breakthrough, whereupon his hair was said to have turned white within three days, and he began issuing Portuguese Visas in November 1939.

As a faithful Christian, Aristides felt that the only way for him to act, was to act according to his own conscience. The situation escalated in June 1940, when he befriended Rabbi Chaim Kruger, pictured opposite page with him, to his left, and offered Visas to the Rabbi and his family. Kruger refused, unless the offer was extended to all Jewish refugees wandering through the streets of Bordeaux. The die was cast as the challenge was made, and Aristides issued as many Visas possible.



**Reconhecido em 1966 como “Justo entre as Nações” pelo Centro Internacional de Memória do Holocausto, Yad Vashem, o falecido Cônsul português escolheu consciência às ordens.**

Nascido em 19 de julho de 1885 em uma família católica rica e devota, o autodenominado “bon vivant” formado em direito; aquele com a carreira diplomática respeitada, uma esposa bonita e sua própria grande família católica, acordou para a meia-idade com uma crise de consciência em 1939, enquanto cumpria sua nomeação consular em Bordeaux, França.

Esta luz em tempos sombrios daria cerca de 30.000 vistos para refugiados judeus que fugiam nazistas pela Europa, que puderam evitar a perseguição em Portugal.

A posição geográfica única do país na extremidade sudoeste da Europa continental tornou-o uma rota de fuga perfeita para aqueles que fugiam dos nazistas, especialmente quando o Terceiro Reich invadiu a Polônia, e Portugal reativamente declarou sua neutralidade, comunicando a mensagem de exclusão através de seu corpo diplomático de que não aceitaria refugiados apátridas fugindo da Rússia ou da Alemanha sem autorização direta do Ministro das Relações Exteriores.

A dura diretiva, comunicada numa das muitas circulares da época, não era exclusiva de Portugal, e foi emitida principalmente para proteger os interesses econômicos do pequeno país, enquanto tentava mitigar a migração em massa para sua metrópole europeia.

“Desobedecei, mas a minha desobediência não me desonra,” dizia Sousa Mendes, por saber que não poderia agir de outra forma. Ele acreditava que a medida era desumana e inconsistente; mesmo para os padrões corporativos autoritários de Portugal do Estado Novo, a Constituição portuguesa decretava que ninguém poderia ser discriminado com base em motivos políticos ou religiosos.

Curiosamente, Sousa Mendes não sabia que os nazistas estavam conduzindo uma perseguição sistêmica de judeus e outras minorias, inclusive católicos, sob seu regime, embora soubesse por seu irmão, um diplomata consular de Varsóvia, que atrocidades estavam ocorrendo com frequência e na Polônia e outras partes da Europa central.

Ele desobedeceu a ordem depois de um colapso dramático e descoberta, após o que seu cabelo ficou branco em três dias, e começou a emitir vistos portugueses em novembro de 1939.

Como cristão fiel, Aristides sentia que a única maneira de agir era de acordo com sua própria consciência. A situação piorou em junho de 1940, quando ele fez amizade com o Rabino Chaim Kruger e ofereceu vistos para o Rabino e sua família. Kruger recusou, a menos que a oferta fosse estendida a todos os refugiados judeus que vagavam pelas ruas de Bordeaux. A sorte foi lançada com o desafio feito, e Aristides emitiu tantos vistos quanto pôde.

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# Disobedience not Dishonour

## *A Great Portuguese Humanist*

*The Angel of Bordeaux, as he came to be called, was recalled by Salazar; after numerous authorities complained about his behaviour, and Aristides's consular superiors denounced his irregular and insubordinate behaviour.*

*Still, he was itinerant, and took his time travelling to Lisbon, only arriving on July 8, 1940, after issuing vissues on his travels home. Upon arrival, he was immediately pulled into disciplinary actions by the New State; accused of disobeying orders and infringing Circular 14. Despite recommendations to suspend him, Salazar decided to cut his pay in half for a year and suspend him, only retiring and blacklisting him at the end of it; disgracing his family, while appropriating Sousa Mendes's acts of courage.*

*The New State passed off Sousa Mendes's acts of conscience as their own, to create an image for Portugal as a safe haven for refugees, after the end of World War II. Aristides would die in poverty in 1954, with support granted by Jewish soup kitchens and charities in Lisbon, his children having immigrated to USA and other parts of the world. And while Yad Vashem recognized Aristides de Sousa Mendes as "Righteous Among Nations," it took the government of Portugal another twenty years to award him the Order of Liberty in 1986, and another year or so after that, to symbolically reinstate him to the diplomatic corps.*

*The instatement of "Righteous Among Nations" is a recognition awarded by the State of Israel, to those who risked their lives to save Jews from Nazi persecution. Both Yad Vashem ([yadvashem.org](http://yadvashem.org)) and the Sousa Mendes Foundation ([sousamendesfoundation.org](http://sousamendesfoundation.org)) contain more information about the man, who is only one of four Portuguese awarded the distinction, Righteous Among Nations.*

*The other Portuguese are Reverend Joaquim Carreira, a Catholic priest who risked his life to save dozens of Jews while serving at a Rome Pontifical College; Carlos Fonseca de Almeida Sampaio Garrido, Ambassador of Portugal in Budapest between 1939 and 1944, who protected and rescued Hungarian Jews; and Jose Brito Mendes, who risked his life in France, to hide little Cecile, whose Jewish parent were deported to Nazi concentration camps, where both died.*



*O Anjo de Bordéus, como veio a ser conhecido, foi chamado de volta por Salazar; depois que várias autoridades reclamaram de seu comportamento e os superiores consulares de Artístides denunciaram seu comportamento irregular e insubordinado.*

*Ainda assim, foi itinerante, demorou a viajar para Lisboa, só chegando a 8 de julho de 1940, emitindo Vistas nas viagens para casa.*

*Na chegada, ele foi imediatamente puxado para ações disciplinares pelo Estado Novo; acusado de desobedecer ordens e infringir a Circular 14. Apesar das recomendações para o suspender, Salazar decidiu cortar temporariamente o seu salário pela metade durante um ano e suspendê-lo, apenas se aposentando e colocando-o na lista negra; desgraçando sua família, após assumir os atos de coragem de Sousa Mendes como seus.*

*O Estado Novo capitalizou nos atos de consciência de Sousa Mendes e apropriou-se deles como seus, para criar uma imagem para Portugal como um porto seguro para refugiados, após o fim da Segunda Guerra Mundial. Aristides morreria na pobreza em 1954, com o apoio de cozinhas populares judaicas e instituições de caridade em Lisboa, tendo os seus filhos emigrado para os EUA e outras partes do mundo.*

*E enquanto Yad Vashem reconheceu Aristides de Sousa Mendes como "Justo entre as Nações," o governo de Portugal demorou mais vinte anos para lhe atribuir a Ordem da Libéria em 1986, e mais um ano depois disso, para reintegrá-lo simbolicamente aos corpos da diplomacia.*

*A designação de "Justos entre as Nações" é um reconhecimento concedido pelo Estado de Israel àqueles que arriscaram suas vidas para salvar os judeus da perseguição nazista.*

*Tanto o Yad Vashem ([yadvashem.org](http://yadvashem.org)) como a Fundação Sousa Mendes ([sousamendesfoundation.org](http://sousamendesfoundation.org)) contém mais informações sobre o homem, que é apenas um dos quatro portugueses distinguidos com a distinção: Justo entre as Nações.*

*Os outros são o reverendo Joaquim Carreira, um padre católico que arriscou a vida para salvar dezenas de judeus enquanto servia em um Pontifício Colégio de Roma; Carlos Fonseca de Almeida Sampaio Garrido, Embaixador de Portugal em Budapeste entre 1939 e 1944, que protegeu e resgatou judeus húngaros; e José Brito Mendes, que arriscou a vida na França, para esconder a pequena Cécile, cujo pai judeu foi deportado para campos de concentração nazistas, onde morreram.*

# DELTA

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# Aristides de Sousa Mendes The Questions

The actual number of visas issued by Sousa Mendes is unknown. Yad Vashem historian Avraham Milgram thinks that the original figure came from an article published in 1964, which stated that Sousa Mendes had saved 30,000 refugees, of which 10,000 were Jews, a number which was since repeated by journalists and academics. Milgram says that the article writer, Ezratty, took the total number of Jewish refugees who passed through Portugal and ascribed it solely to the work of Aristides de Sousa Mendes.

According to Milgram "the discrepancy between the reality and the myth of the number of visas granted by Sousa Mendes is great." A similar opinion is shared by British historian Neill Lochery, by the Portuguese ambassador João Hall Themido, by the Portuguese Ambassador Carlos Frenandes, and by the Portuguese historian José Hermano Saraiva. On the other hand, French writer, Eric Lebreton, argued that "Milgram did not account for the visas that were delivered in Bayonne, Hendaye and Toulouse. And In 2015, Olivia Mattis, musicologist and Board President of the Sousa Mendes Foundation in the United States, published the findings of the Sousa Mendes Foundation stating that "tens of thousands" of visas is a figure in the correct order of magnitude.

Portuguese diplomats such as Ambassador João Hall Themido and Ambassador Carlos Fernandes have argued that Sousa Mendes's actions have been inflated to attack Salazar. Similar opinions have been propagated by historian Tom Gallagher, who argues that evidence that Sousa Mendes's efforts were especially directed towards fleeing Jews, is also speculative. British, Americans and Portuguese, often people with means, figured prominently as recipients of visas. Gallagher thinks that the disproportionate attention given to Sousa Mendes suggests that in contemporary Portugal, wartime history is a political weapon.

The process that ended with Sousa Mendes's discharge from his consular career began with two visas issued during the war and long before the invasion of France: the first issued on 28 November 1939 to Professor Arnold Wiznitzer, an Austrian historian who had been stripped of his nationality by the Nuremberg Laws, and the second on 1 March 1940 to the Spanish Republican Eduardo Neira Laporte, an anti-Franco activist living in France.

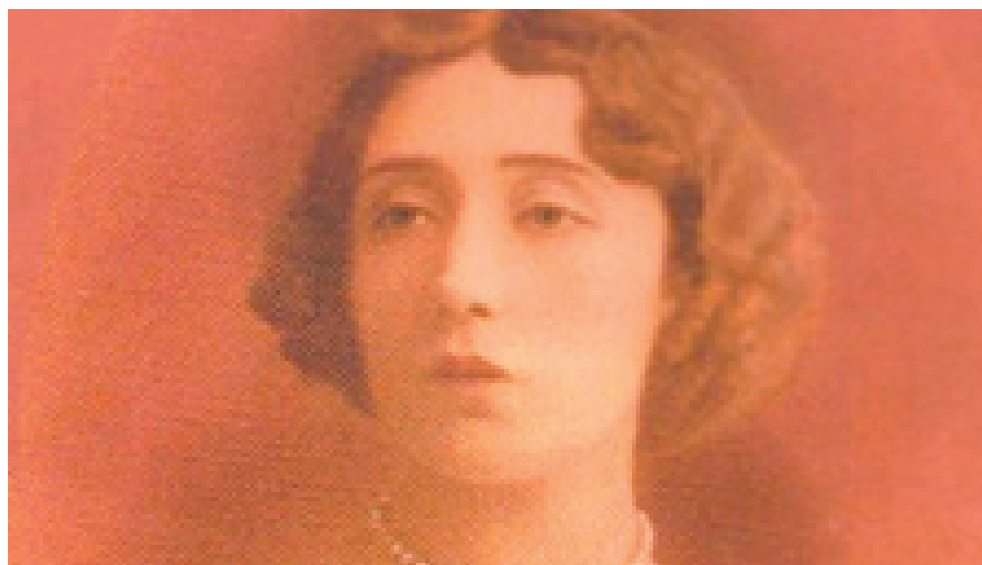
Sousa Mendes granted the visas first, and only after granting the visas did he ask for the required approvals. Sousa Mendes was reprimanded and warned in writing that "any new transgression or violation on this issue will be considered disobedience and will entail a disciplinary procedure where it will not be possible to overlook that you have repeatedly committed acts which have entailed warnings and reprimands."

When Sousa Mendes issued these visas, it was a deliberate act of disobedience to the decree of an authoritarian dictatorship. "Here was a unique act by a man who believed his religion imposed certain obligations," said Paldiel. "He said, 'I'm saving innocent lives,' as simply as he might have said, 'Come, walk with me...'"

as many visas as he could, saving lives at the expense of his own career. "Here the situation is horrible and I am in bed because of a strong nervous breakdown," he wrote to his son-in-law on June 13, 1940.

After recalling Sousa Mendes to Lisbon, Salazar imposed the judgment: "I sentence Consul First Class, Aristides de Sousa Mendes, to a penalty of one year of inactivity with the right to one half of his rank's pay, being obliged subsequently to be retired." He further ordered that all files in the case be sealed.

There was also an unofficial punishment: the blacklisting and social banishment of Aristides de Sousa Mendes and his family -- the dishonour and shame worse than the decrease in pay.



It is also at this time that Andrée Cibial, a French pianist and singer, disturbed the Sousa Mendes marriage. Andrée became his mistress and eventually got pregnant, which she publicly announced during a Sunday mass at Riberac cathedral. When Andrée Cibial later showed up at the consulate, she provoked a scandal in front of Sousa Mendes's family, getting herself imprisoned for the incident.

Concurrently, Sousa Mendes had a nervous breakdown and secluded himself in prayer, questioning whether or not he should issue

"My grandfather...knew there would be some retribution, but to lose everything and have the family disgraced, he never thought it would go that far", said the hero's grandson, also named Aristides. The family took meals at the soup kitchen of the Jewish community of Lisbon.

**Research and summary excerpts from yadvashem.org and Sousa Mendes Foundation.**

**Photo credit of Andrée Cibial painting, centre, also goes to yadvashem.org**

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# and the Mistress -- A Man, Not a Saint

Sousa Mendes was listed in the Portuguese Consular and Diplomatic Yearbook until 1954. After the one year punishment with half-pay, he received a monthly payment of 1,593 Portuguese escudos per month.

According to Rui Afonso, "although it was not a salary of a prince, one should not forget that at that time, in Portugal, the monthly salary of a school teacher was only 500 Escudos." When he died, in 1954, he was receiving a monthly salary of 2,300 escudos, and not exactly penniless.

Milgram proposes that, Mendes's actions, while exceptional in scope, were not unique, as issuing visas in contravention of the Portuguese government's instructions occurred at other Portuguese consulates as well. After the war, with the victory of the Allied forces over the Axis, Salazar took credit for Portugal having received the refugees, and the Portuguese history books were written accordingly. Manuela Franco, Director of the Portuguese Foreign Ministry archives, stated in 2000 that "the image of 'Portugal, a safe haven' was born then in Bordeaux, and it lasts to this day."

On June 9, 2020 Portugal granted official recognition to Sousa Mendes, and Parliament decided a monument in the National Pantheon should bear his name.



Aristides de Sousa Mendes and his wife Angelina Ribeiro had 14 children in total.




  
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# Liga dos Combatentes

In Memory of Manuel Serra Barreto  
June 10, 1941 - October 10, 2021



It is with great sadness that we announce the passing of Manuel Serra Barreto on Sunday, October 10, 2021 at the age of 80. He is reunited in heaven with his cherished wife Elisa (Esmeralda). Cherished by his dear children, Carla (Sam), and Michael (Ashley). Proud grandfather to Nicholas, Samantha, and Elisa. Loving brother to Gracinda (João), Helena (Manuel), Abilio (Isabel) and Americo (Deolinda).

Manuel was born to Matilde and Anibal on June 10, 1941, in Padrão, Portugal. He was the third oldest of five children. After a beautiful courtship with the love of his life Elisa from Pegos, Portugal they married in Luanda, Angola in 1968. Two years later their daughter Carla was born.

Being forced to leave Angola after 12 years because of the Angolan Civil War in 1975, Manuel and his family along with his mother and father-in-law fled Angola to Portugal and shortly afterwards to Canada in 1976. In 1978 their son Michael was born.

Manuel was a family man who worked hard all his life. Manuel worked equally as hard building his reputable and successful electrical, Heating and Air company, Europa Heating & Air Ltd. in 1980. He was always involved in his Portuguese Associations and well respected in his community. He was a mentor to many in his industry. He was a proud member of several Portuguese community clubs and took part in many Portuguese events. He was a member of the Portuguese War Veterans of Ontario and helped many war Veterans that needed help. His house was always open.

Manuel had a passion for his family, travel especially to his beloved Lousã Portugal, antique cars, fine wine and espresso. Manuel was known for his quick wit, kindness, generosity, and the definition of a true gentleman. Manuel will be held dear in the hearts of his children, grandchildren, extended family, and friends.

Manuel was a good friend and supporter of the Liga dos Combatentes, Winnipeg Nucleus, and extended his heart and hands to the Portuguese community in Winnipeg.

## *Monumento aos Combatentes, Chapel Lawn*

*Inauguracao do Busto da Mulher em Homenagem as Maes, Esposas, e Noivas dos Combatentes que perderam suas vidas...*

No sábado, 2 de outubro de 2021 no Cemitério Chapel Lawn em Winnipeg, concomitante a uma visita oficial do Cônsul-Geral de Portugal em Toronto, José Manuel Carneiro Mendes, o Busto de Nossa Senhora, em homenagem às mães, esposas e noivas que perderam seus filhos, maridos e noivos em guerras passadas, presente e no futuro. Estiveram presentes o Comandante Honorário da Liga dos Combatentes, Núcleo Winnipeg, Major-General Dennis Tabernor (Ret'd) do Exército Canadano; Enviado Especial para os Assuntos Militares da Província de Manitoba, Scott Johnston, MLA, Assiniboia; Cônsul Honorário de Portugal em Winnipeg, Paulo Jorge Cabral; Padre André Lico, Capelão do Núcleo e Paróquia da Imaculada Conceição; Armand Lavallee, Presidente do Veterano de Guerra do Canadá; Comitê 11 de novembro; Associação de Veteranos de Manutenção da Paz de Manitoba; e a Associação Portuguesa de Veteranos de Guerra, Liga dos Combatentes, Núcleo Winnipeg. A cerimônia envolveu a colocação de coroas de flores e oradores convidados.



*Almoço de Combatentes em Club 7, Winnipeg*

O Núcleo dos Veteranos de Winnipeg, recebeu o convite anual para participar nas cerimônias comemorativas em Winnipeg, no dia 11 de Novembro de 2021. Após a participação, encontraram-se no Club 7, cujos proprietários Sérgio Neves e António (Combatente) e Maria Neves serviram, como de costume, um almoço bem apetitoso.



# Núcleo de Winnipeg

## Monument to the Combatentes, Chapel-Lawn

*Inauguration of the Bust in Homage to the Mothers, Wives, and Brides of those Combatents who lost their lives...*

On Saturday, October 2, 2021 at Chapel Lawn Cemetery in Winnipeg, concurrent with an official visit of the Consul-General of Portugal in Toronto, José Manuel Carneiro Mendes, the Bust of the Lady, in tribute to the mothers, wives, and brides who lost their sons, husbands, and grooms in wars past, present, and into the future. In attendance were Honorary Commander of the Liga dos Combatentes, Winnipeg Nucleus, Major-General Dennis Tabbernor (Ret'd) of the Canadian Army; Special Envoy for Military Affairs of the Province of Manitoba, Scott Johnston, MLA, Assiniboia; Honorary Consul of Portugal in Winnipeg, Paulo Jorge Cabral; Father André Lico, Nucleus Chaplain and Immaculate Conception Parish; Armand Lavallee, Chair of Canada War Veteran; 11 of November Committee; Manitoba Association of Peace Keeping Veterans; and the Portuguese Association of War Veterans, Liga dos Combatentes, Winnipeg Nucleus. The ceremony entailed a laying of wreaths and guest speakers.

### Em outras notícias...

Pedro Aires Simões Correia, Presidente da Liga dos Combatentes, Núcleo de Winnipeg, foi homenageado pelo serviço comunitário - 2 de Novembro de 2021

### In other news...

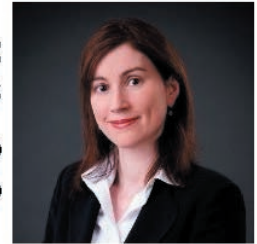
Pedro Aires Simoes Correia, President of the League of Combatents, Winnipeg Nucleus, was recognized for his community service on November 2, 2021



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O Sr Dr José Manuel de Jesus Carneiro Mendes assumiu as funções de Cônsul-Geral de Portugal para as províncias de Ontário e Manitoba e Território de Nunavut no mês de Agosto de 2020. Esteve presente em Winnipeg entre o primeiro e terceiro dia de Outubro de 2021, em uma visita oficial a comunidade Portuguesa.

Fazendo parte da missão a Winnipeg, foi o Sr Dr José Pedro Ferreira, Coordenador de Ensino Português-Canadá, baseado no Instituto de Camões, para o ensino de Português no estrangeiro, debaixo do Ministério dos Negócios Estrangeiros de Portugal.

O Cônsul Geral dirigiu-se à liderança das três organizações culturais em uma série de recepções; a sua primeira visita desde o início da pandemia global, com uma mensagem observacional: a cooperação e integração entre a Associação Portuguesa de Manitoba, Centro Cultural Casa dos Açores, Centro Português Casa do Minho e Banda Lira de Fátima e a paróquia Imaculada Conceição. A cooperação entre ambos é única em Manitoba e um testemunho dos esforços de líderes passados e presentes, bem como do Cônsul Honorário de Portugal em Winnipeg, Paulo Jorge Cabral.

Carneiro Mendes agradeceu as oportunidades apresentadas pela visita, apesar dos constantes desafios para cumprir as funções da sua nomeação em plena pandemia, e agradeceu a forma calorosa como ele e a sua mulher Maria do Céu foram recebidos em Winnipeg.

Fazendo referência a Pessoa, que disse a famosa frase “a minha pátria é a língua portuguesa,” Ferreira entregou uma mensagem aspiracional sobre a língua portuguesa como base da cultura portuguesa e destacou um programa de viagens e trabalho para jovens entre 18 e 35 anos como parte da Mobilidade Juvenil Acordo entre Canadá e Portugal (os detalhes encontram-se na página 13).

“A comunidade faz a língua e a língua faz a comunidade,” disse ele em concluir sua mensagem.

## Consul-Geral de Portugal em Winnipeg 2 de Outubro de 2021




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# Consul General of Portugal in Winnipeg October 2, 2021

**J**osé Manuel de Jesus Carneiro Mendes began his role as Consul-General of Portugal in Toronto for the provinces of Ontario, Manitoba, and the territory of Nunavut in August of 2020. He was present in Winnipeg between October 1 and 3, 2021 for a visit to the Portuguese community.

Taking part in the mission to Winnipeg was José Pedro Ferreira, Coordinator for the Portuguese Language Programs - Canada, under the purview of the Ministry of Foreign Affairs - Portugal.

The Consul-General addressed the leadership of all three cultural organizations in a series of receptions; his first visit since the start of the global pandemic, with an observational message: the cooperation and integration among the Portuguese Association of Manitoba, Casa dos Acores Cultural Centre, and Casa do Minho Portuguese Centre as well as Banda Lira de Fatima and the Immaculate Conception Parish is unique to Manitoba and a testament to the efforts of past and present leaders as well as the Honorary Consul of Portugal in Winnipeg, Paulo Jorge Cabral.

Carneiro Mendes expressed gratitude for the opportunities presented by the visit, despite the ongoing challenges of fulfilling the functions of his appointment during the midst of a pandemic, and appreciation for the warm way in which he and his wife Maria do Céu were received in Winnipeg.

Referencing Pessoa, who famously said, *my homeland is the Portuguese language*, Ferreira delivered an aspirational message about the Portuguese language as the foundation of the Portuguese culture, and highlighted a travel and work program for youth between 18 and 35 as part of the Youth Mobility Agreement between Canada and Portugal (details on page 9). "The community makes the language, and the language makes the community," he said to conclude his message.



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# When the Body Says No!

Dr. Gabor Maté offers a seven-part behavioural prescription for healing, which connects mind, body, and spirit in a holistic practice of medicine that any one of us can do.

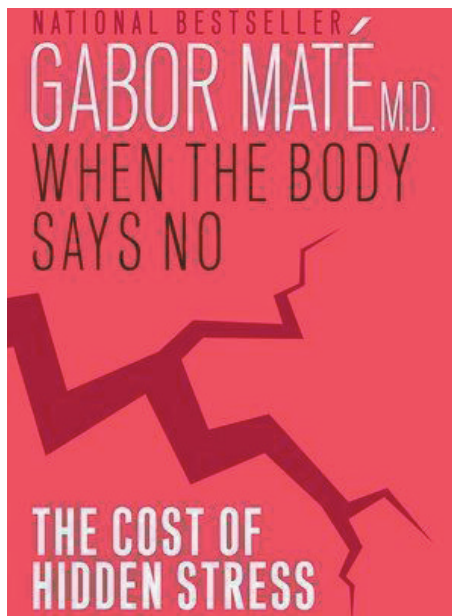
**ACCEPTANCE** -- we are encouraged to accept reality as it is, and not how we wish it could be. This includes the courage to think negative thoughts about our current situation, without resigning ourselves to a bleak future. Acceptance includes compassion for ourselves as well as for others: a compassion that extends from a non-judgmental curiosity about why we are the way we are, absent of solutions.

**AWARENESS** -- a capacity to be in touch with our emotions is the cornerstone of emotional intelligence. We need to be aware of the non-verbal cues in ourselves and in others; learning the signs of physiological flags such as an increased heart rate, fatigue, headaches, back aches, frequent urination, while paying attention to affective states of being such as irritability, anxiety, or over-reacting to situations are keys to developing this capacity.

**ANGER** -- the proper expression of anger (not rage or repression) in relationships is an empowering way forward. Both rage and repression are fearful responses to anger and physically manifest as anxiety, while a composed expression of anger is relaxing and purposeful. We express anger appropriately by seeing it for what it is: a response to loss or the threat of loss, including the invasion of our personal boundaries. What is appropriate or healthy anger? Letting it out, or keeping it in? The answer depends upon the situation because it allows us to show others our personal boundaries, without trespassing on their boundaries, based upon the best response.

**AUTONOMY** -- we suffer when our boundaries are blurred (or not properly constructed in childhood by parents who lacked their own boundaries and did not know how to show us our own)... An invasion of our boundaries holds us back from assuming full personhood. Childhood stressors such as emotional or physical abuse; substance use or mental illness are related to adult risk behaviours and negative health outcomes, including death. The greater the dysfunction in childhood, the greater the likelihood of ill health in adulthood. Without clear boundaries between child and parent, enmeshment occurs, in one of two ways: withdrawn and sullen in resistance to authority; or compulsive care-giving to others -- in some unique cases, a combination.

**ATTACHMENT** -- starts early and relates to autonomy. Our early bonds either develop or atrophy our sense of attachment. Healthy



attachment is neither helplessly dependent, nor completely avoidant due to fear of vulnerability.

**ASSERTION** -- we declare: this is me!

**AFFIRMATION** -- we are born of a Creator and we were born to create; born creators, so too speak. We are part of consciousness; we seek to manifest consciousness by the very act of being alive. A part of this consciousness should include an expression of spirituality as well.

Health rests on three pillars: the body, the psyche, and the spirit. To ignore any is to invite imbalance and ill health. The 7 As are intended to restore balance and welcome health.

**Editorial Note:** The prior anecdotal column on "healing" was an experiment at Navegante-OM in sharing lived experiences. It comes to an end this month, with a summary of Dr. Maté's work on **The 7 As of Healing**, taken from his book **When the Body Says No: The Cost of Hidden Stress**. Dr. Maté is a preeminent expert on addictions. He practices in BC, Canada, in Vancouver's lower east side.

## Quando o Corpo diz que Não!

O Dr. Gabor Maté oferece uma receita comportamental de sete partes para a cura, que conecta mente, corpo e espírito em uma prática holística da medicina para qualquer um de nós.

**ACEITAÇÃO** - somos encorajados a aceitar a realidade como ela é, e não como gostaríamos

que fosse. Isso inclui a coragem de ter pensamentos negativos sobre nossa situação atual, sem nos resignarmos a um futuro sombrio. Aceitação inclui compaixão por nós mesmos e pelos outros e curiosidade sem julgamentos.

**CONSCIÊNCIA** - a capacidade de estar em contato com nossas emoções faz parte da inteligência emocional. Precisamos estar cientes das pistas não-verbais em nós e nos outros; aprender os sinais fisiológicos, como fadiga, dores de cabeça, dores nas costas, etc., enquanto prestamos atenção aos estados afetivos de ser, como irritabilidade, ansiedade ou reações exageradas a situações.

**RAIVA** - a expressão adequada da raiva (não violência ou repressão) nos relacionamentos é um caminho fortalecedor. Tanto a violência quanto a repressão são respostas de medo e se manifestam fisicamente como ansiedade, enquanto uma expressão composta de raiva é relaxante e proposital.

**AUTONOMIA** - sofremos quando nossos limites são borrados (ou não foram construídos adequadamente na infância por pais que não tinham seus próprios limites e não sabiam como nos mostrar os nossos) ... Uma invasão de nossos limites nos impede de assumir a personalidade plena. Quanto maior a disfunção na infância, maior a probabilidade de problemas de saúde na idade adulta.

**ANEXO** - começa cedo e se relaciona com a autonomia. Nossos primeiros vínculos desenvolvem ou atrofiam nosso senso de apego. O apego saudável não é totalmente dependente nem completamente evasivo devido ao medo da vulnerabilidade.

**ASSERTÃO** - declaramos: sou eu! Sem preconceitos e aceitação própria.

**AFFIRMAÇÃO** - nascemos de um Criador e nascemos para criar; criadores nascidos, por assim dizer. Somos parte da consciência; buscamos manifestar a consciência pelo próprio ato de estarmos vivos.

A saúde se apóia em três pilares: o corpo, a psique e o espírito. Ignorar qualquer um é um convite ao desequilíbrio e à saúde precária. Os 7 As têm como objetivo restaurar o equilíbrio e dar as boas-vindas à saúde.

**Nota Editorial:** A coluna anecdótica anterior sobre "cura" foi um experimento no Navegante-OM em compartilhar experiências vividas. Ele chega ao fim este mês, com um resumo do trabalho do Dr. Maté em **The 7 As of Healing**, retirado de seu livro **When the Body Says No: The Cost of Hidden Stress**. Dr. Maté é um especialista proeminente em vícios e os custos ocultos do estresse. Ele pratica em BC, Canadá, no lower east side de Vancouver.

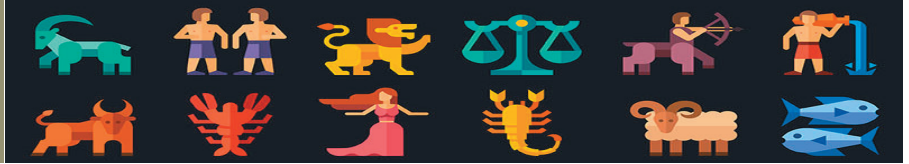
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# Horoscope

excerpts from elle.com - astrotwins



**Virgem/Virgo** 23/8 a 22/9 You're not normally one to gloss over reality, but with the receptive moon gliding through your dreamy twelfth house, you might be putting an overly wishful spin on things. When troublemaker Uranus shoots darts at la luna today, you'll be compelled to wake up and smell the coffee. You can solve the problem by admitting there is one and making a judicious tweak as only you can. Then leave it alone.

Você normalmente não é do tipo que passa por cima da realidade, mas com a lua receptiva deslizando pela sua décima segunda casa dos sonhos, você pode estar dando um toque excessivamente desejoso às coisas. Quando o encrenqueiro Urano atira dardos na lua hoje, você será compelido a acordar e sentir o cheiro do café. Você pode resolver o problema admitindo que existe um e fazendo um ajuste criterioso como só você pode fazer. Então deixe isso pra lá.

**Balança/Libra** 23/9 a 22/10 Your pleasant personality and peaceful vibe can lift people's spirits and keep them on an even keel year-round. And today's slightly stressful starmap encourages you to do just that. The Leo moon in your groups zone is quarreling with agent-of-chaos Uranus in your intensity realm, dialing up the drama. If raised voices and tears ensue, you're sure to be a port in the storm. Don't feel obligated to repair the damage you didn't cause.

Sua personalidade agradável e vibração pacífica podem levantar o ânimo das pessoas e mantê-las equilibradas o ano todo. E o mapa estelar um pouco estressante de hoje o incentiva a fazer exatamente isso. A lua de Leão em sua zona de grupos está brigando com o agente do caos Urano em seu reino de intensidade, aumentando o drama. Se vozes elevadas e lágrimas surgirem, você com certeza será um porto na tempestade. Não se sinta obrigado a reparar o dano que você não causou.

**Escorpião/Scorpion** 23/10 a 21/11 When the moon crosses swords with disruptive Uranus in your interpersonal zone today, you may need to duck for cover. If a particular bond is in jeopardy, try not to obsess. A hands-off strategy could be the way to go. And if you're the one who's lobbing grenades, call a truce and redirect your attention. Maybe this relationship does need some work, but let sleeping dogs lie today.

Quando a lua cruzar espadas com Urano perturbador em sua zona interpessoal hoje, você pode precisar se abaixar para se proteger. Se um vínculo específico estiver em risco, tente não ficar obcecado. Uma estratégia sem intervenção pode ser o caminho a percorrer. E se você é quem está lançando granadas, faça uma trégua e redirecione sua atenção. Talvez esse relacionamento precise de algum trabalho, mas deixe os cachorros dormirem hoje.

**Sagitário/Sagittarius** 22/11 a 21/12 Your trademark wanderlust is going full throttle while the Leo moon sails through your exploration realm, and you might have already skipped town. But today's dustup between la luna and troublemaker Uranus could mean that circumstances aren't cooperating with your globetrotting desires. Be patient with delays and detours and stay flexible so you can seize whatever opportunities ARE viable. A long, scenic drive while everyone's whirring about could recharge you.

A sua sede de viajar está a todo vapor enquanto a lua de Leão navega pelo seu reino de exploração, e você pode já ter saído da cidade. Mas a disputa de hoje entre La lua e o problemático Urano pode significar que as circunstâncias não estão cooperando com seus desejos de viajar pelo mundo. Seja paciente com atrasos e desvios e seja flexível para que você possa aproveitar todas as oportunidades que SÃO viáveis. Uma viagem longa e panorâmica enquanto todo mundo está zunindo pode recarregar você.

**Capricórnio/Capricorn** 22/12 a 19/1 Spontaneous sharing isn't your usual M.O., but with whimsical Uranus in your self-expression province, you're full of surprises these days. When the moon in your mysterious eighth house gets in on the action today, you'll take it as a warning to be more circumspect and keep the contents of your heart to yourself. You can still be straight with people about what you want.

Compartilhamento espontâneo não é seu M.O. usual, mas com o caprichoso Urano em sua província de autoexpressão, você está cheio de surpresas nos dias de hoje. Quando a lua em sua misteriosa oitava casa entrar em ação hoje, você tomará isso como um aviso para ser mais circunspeto e manter o conteúdo do seu coração para si mesmo. Você ainda pode ser franco com as pessoas sobre o que deseja.

**Aquário/Aquarius** 20/1 a 18/2 Give the gift of forgiveness today, Aquarius. Don't lord a past misdeed over someone, unless it was completely indefensible. Wipe the record clean and allow them to beat the rap. Don't even mention it or drop vague hints. If they deserve this pardon, they'll show their gratitude by reforming their ways instead of getting up to their old tricks.

Dê o presente do perdão hoje, Aquário. Não atrole alguém em um delito passado, a menos que seja completamente indefensável. Limpe o disco e deixe-os bater a batida. Nem mesmo mencione ou dê dicas vagas. Se eles merecem esse perdão, eles vão mostrar sua gratidão reformando seus hábitos, em vez de usar seus velhos truques.

**Peixes/Pisces** 19/2 - 20/3 Hold on a second, Pisces. Before you start putting everybody's needs ahead of your own today, the self-oriented Leo moon in your wellbeing corner would like a word. Bump yourself up to the top of your priority list for a change. Would a brisk walk in the crisp air do your mind and body good? Or do you feel like making a big salad to stave off a hangry mood early in the day? If anyone tries to drag you into their he-said-she-said drama, ignore them.

Espere um segundo, Peixes. Antes de começar a colocar as necessidades de todos à frente das suas, hoje, a auto-orientada lua Leo em seu canto de bem-estar gostaria de uma palavra. Chegue ao topo da sua lista de prioridades, para variar. Uma caminhada rápida no ar fresco faria bem a sua mente e corpo? Ou você gostaria de fazer uma grande salada para afastar o clima de fome no início do dia? Se alguém tentar arrastá-lo para o drama do ele-disse-ela-disse, ignore-o.

**Carneiro/Aries** 21/3 - 19/4 Should you intervene or sit back and let a situation play itself out? As a proactive Ram, of course you want to grab the reins. Today's moon-Uranus clash won't exactly help you make the right call. Think about what you stand to gain or lose if you take a hands-off approach. If the stakes are high for you personally, you're probably justified to step in and have your say.

Você deve intervir ou sentar e deixar a situação se desenrolar? Como um Ram pró-ativo, é claro que você quer pegar as rédeas. O confronto lua-Urano de hoje não vai exatamente ajudá-lo a tomar a decisão certa. Pense no que você ganha ou perde se adotar uma abordagem prática. Se os riscos são altos para você, provavelmente você tem justificativa para intervir e dar sua opinião.

**Touro/Taurus** 20/4 - 20/5 Today's discordant angle between the moon in your security-conscious fourth house and rebellious Uranus in your sign could leave you momentarily bewildered. You have a strong impulse to shake things up, but you might be throwing the baby out with the bathwater. How do you know whether you should go for it or play it safe? Look for the middle ground.

O ângulo discordante de hoje entre a lua em sua quarta casa preocupada com a segurança e o rebelde Urano em seu signo pode deixá-lo momentaneamente perplexo. Você tem um forte impulso de sacudir as coisas, mas pode estar jogando o bebê fora com a água do banho. Como saber se você deve ir em frente ou jogar pelo seguro? Procure o meio-termo.

**Gêmeos/Gemini** 21/5 a 20/6 You have more wiggle room than you realize, Gemini, so stop settling and start negotiating. On Wednesday, November 24, your ruler, voluble Mercury, joins the confident Sun in candid Sagittarius. With your partnership zone lit up like the Vegas strip until December 13, people will readily play (jingle) ball with you. But here's the catch: You must entice them with an offer they can't refuse. It's all a matter of how you frame things, Twin, so be impeccable with your word.

Você tem mais espaço de manobra do que imagina, Gêmeos, então pare de se acomodar e comece a negociar. Na quarta-feira, 24 de novembro, seu governante, o volúvel Mercúrio, junta-se ao confiante Sol no cãndido Sagitário. Com sua zona de parceria iluminada como Las Vegas até 13 de dezembro, as pessoas irão jogar (jingle) ball com você. Mas aqui está o problema: você deve atraí-los com uma oferta que eles não podem recusar. É tudo uma questão de como você enquadra as coisas, Gêmea, então seja impecável com sua palavra.

**Caranguejo/Cancer** 21/6 - 22/7 It's hard to let it be when a friendship is on the rocks, but the wait-and-see approach is often your best option. When your ruler, the sensitive moon (who happens to be in your self-worth realm) spars with loose-cannon Uranus today, this person could set you off. If you make a conscious choice not to take the bait, you'll buy time to let the chips fall where they may.

É difícil deixar isso acontecer quando uma amizade está falhando, mas a abordagem esperar para ver muitas vezes é sua melhor opção. Quando seu governante, a lua sensível (que por acaso está em seu reino de autovalorização) luta com Urano hoje, essa pessoa pode detoná-lo. Se você fizer uma escolha consciente de não morder a isca, você ganhará tempo para deixar as fichas caírem onde puderem.

**Leão/Leo** 23/7 a 22/8 With the moon dancing through joyful Leo today, you feel like having a splashy celebration. But caution ahead: Unpredictable Uranus is tossing a wrench in the works. So if you're saying, "Go big or go home," you might be headed home. Now that we have the bad news out of the way, let's get to the silver lining in this cloud! Making low-key plans will reduce your stress AND allow you to savor quality time with your inner circle. Keep it simple so you can stay in the moment.

Com a lua dançando no alegre Leão hoje, você tem vontade de fazer uma festa animada. Mas cuidado à frente: o imprevisível Urano está mudando de ideia. Então, se você está dizendo: "Vá grande ou vá para casa", você pode estar indo para casa. Agora que já sabemos as más notícias, vamos ao lado bom desta nuvem! Fazer planos discretos reduzirá seu estresse E permitirá que você desfrute de bons momentos com seu círculo íntimo. Mantenha a simplicidade para que você possa ficar no momento.

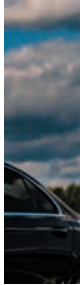
# Nuno Pereira

## *Beleza Manitoba Beauty*

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







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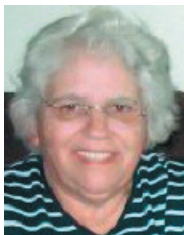
# Obituaries



## ALVARINA ZELIA CARLOS DA ROSA NEE FRANCISCO

September 4, 1936 - November 20, 2021

It is with heavy hearts and great sadness we announce that Alvarina has passed away peacefully at the age of 85. Left to mourn are her daughters Ana (Joe), Gorrett, grandchildren Sarah, Matthew, and Sofia. She is survived by her sister Maria Estella, sister-in-law Maria Fatima, and many nieces and nephews. Alvarina was predeceased by husband Nascimento, brother Manuel, parents António and Alvarina.



She was born in Pico, Açores and married her soulmate Nascimento in 1960. In 1969 they immigrated to Canada where they settled to start a new life in Winnipeg. Alvarina was a loving wife, Mother, and grandmother. She was truly amazing, helping her family raise these three beautiful grandchildren. They were the light of her life. She enjoyed spending time with her family and friends, knitting, and crocheting.

Sincere thank you to St. Joseph's Personal Care Home. Your efforts will never be forgotten. Pallbearers will be Matthew Nicolau, Fernando Francisco, Helder Serpa, Joe Nicolau, Tyler Francisco and Austin Francisco. In lieu of flowers donations may be made to Actionmarguerite St. Joseph's Residence Personal Care Home. (actionmarguerite.ca)

## MARIA DE FATIMA FERNANDES DE MELO FERREIRA

It is with saddened hearts that we announce the passing of our beloved Mother, Maria De Fatima Ferreira on November 12, 2021 at Grace Hospital, in Winnipeg, MB. Mom passed peacefully while surrounded by her loved ones. She was predeceased by her husband Francisco, 3 brothers and 3 sisters.



Maria is lovingly remembered by her children Emanuel (Luzia), Jose (Shawna), António, Alice (Bruno) and Sophia. Grandchildren Andrew, Sabrina, Samantha, Jonathan, Emily, Matthew, Nicole, Veronica, Dru, Layne, Aiden, Hendrix, Ali, Karim and Silas; great-grandchildren Arianna, Mikayla, Raiden, Alaina, Jordan, Leo and Niyah.

She also leaves her sister Fernada (in Portugal) Odília and Alice, with numerous nieces and nephews.

Maria was born on May 15, 1945 in São Miguel, Açores and moved to Canada on February 11, 1972. Maria enjoyed spending time with her family, playing cards, going for long walks and gardening. She had a place in her heart for animals, tending to them and taking care of them. Every pet and baby truly loved her. She was also a devoted member of the Immaculate Conception church.

The family wants to thank the staff and the CAU ward at the Grace Hospital, for their care and compassion. Viewing was held at Cropo Funeral home on Tuesday, November 16, 2021. A prayer vigil and funeral was held Wednesday November 17th 2021 at Immaculate Conception Church with interment at Assumption Cemetery.

## MANUEL FERREIRA 1930 - 2021

Surrounded by his daughter and granddaughters, Manuel Ferreira passed away peacefully at the age of 91 at VGH. He was predeceased by his wife Luzia in 1977, parents Albertina and António, three brothers, two sisters, son Manuel Ferreira, son-in-law Jose Sobreiro and great granddaughter Madeline Sobreiro. He is survived by his daughter Maria Helia Sobreiro, grandchildren Maribel Ferreira, Cristina Sobreiro, Nancy Sobreiro and Gabriel, great grandchildren Jessica, Leandro and Raquel.



Manuel was born in Braga, Portugal June 3, 1930. In 1982, he immigrated to Canada with his daughter and to join his son who was already here. Manuel was always very active never showing his age. Up until recently he would still walk 1km to Sisler HS and back. He loved collecting pens and watches, grabbing coffee with the grandkids, gardening, soccer games, spending time in Portugal and telling us all his stories. Those stories never changed; always told the exact same way we heard them the first time.

His family would like to thank all of the people involved with making him comfortable and allowing us to be with him in his final days while at HSC and VGH. To all of our friends and family thank you for the support.

Funeral service was held on Friday November 12th at Cropo Funeral Chapel, with interment at Assumption Cemetery.

## JOÃO (JOHN) MANUEL DA COSTA BOTELHO

March 31, 1949 - November 1, 2021

It is with heavy hearts and deep sorrow that we announce the passing of our beloved husband, father & grandfather João Manuel Botelho at 72 years of age on November 1, 2021 at Health Sciences Centre. João was predeceased by his parents João & Maria Delfina Botelho, mother and father-in-law Maria de Jesus & Altino Sousa, brothers in-law João Carlos Sousa & Carlos Costa and goddaughter Paula Marques.



He leaves to mourn the love of his life for the last 51 years Maria Evelina along with his three children Rui (Lucilia), Nelson (Tanis), Marlene (Ross). Grandchildren Xavier, Amber, Thiago, Austin, Nevaeh, Landon, Savannah & Dylan. Sister Maria Costa and her children Irene (Javier, Malaika & Maesha), John, Michael (Melanie, Nathan, Kaitlynn, Jaden & Brooklyn), brother-in-law Dinarte Sousa (Elisabete), sister-in-law Conceição Sousa of São Miguel, Açores, sister-in-law Cilena Sousa. Godchildren Zélia & Ricardo of São Miguel, Sonia, Cheryl, Maria Evelina & Mark and family & friends.

João Manuel was born on March 31, 1949 in São Miguel, Açores, he immigrated to Canada with his parents on his 18th birthday; the love of his life soon followed and they started their family. Dad was the most devoted husband, father & grandfather. Everything he did was for his precious wife and children. He was an amazing grandpa and had a special bond with each of his grandchildren they are his greatest joy. In his 34 years at Versatile Farm Equipment then Buhler Versatile he made many lasting friendships with all those he worked with. João had many friends and he was always there with a helping hand and a kind word.

Thank you to Dr. Kasper, Dr. Jacob, the nurses and other members of the medical team at HSC.

Dad, our hearts are broken and a void left for always, we know that you are now at peace in the arms of our creator. We had plans but God's plans were greater. We will love you forever and miss you always, until we meet again.

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**LUDOVINA do SERRO**  
1931-2021



*It is with profound sadness and abundance of love, that we mourn the passing of our mother, grandma, sister and aunt. Ludovina's beautiful soul was set free on September 11, 2021 at the age of 89, with her daughters by her side. She is reunited with her beloved husband Jose; her parents, Luis and Rita and her friends,*

*where she is rejoicing in being together with them all.*

*Mourning her loss are her daughters, Leonilde (Florival) and Ludovina (Victor) and her grandchildren, Claudio (Robyn), Stephanie and Antonio (Shawnè); her sister Leticia (Victor); her nieces, Nidia (Sergio), Fatima (Isidrio), Custodia (Marcel) and Natalina and all their children and her extended family in Canada and Portugal.*

*Born and raised in Faro, Algarve, Portugal, she realized together with her husband, a great opportunity for their young family and immigrated to Canada. Together with her husband Jose, they became a strong anchor in sponsoring many members of her extended family, like her sister Leticia. She settled in Winnipeg, working very hard at Knit-Rite Mill factory, being a hairdresser and managing rental properties. Ludovina had a very sharp mind, even as her years progressed, always remembering birthdays and special occasions and she loved her family gatherings.*

# Em Memoriam



*Through good and bad times, Ludovina was surrounded by love and support of her family and friends. She had a passion for life and family, animals, her budgies and her precious dog. Her smile and sense of humour and kindness touched and captured hearts. Memories of her caring nature will be treasured forever by those who loved her.*

*We want to thank the wonderful staff at the Poseidon Personal Care Home, especially Melissa Bradley and Jackson Charron, they are true angels! Our family greatly appreciates the sincere love and care they gave her over the last three years, especially when we couldn't be there with our beloved Mom.*

*Ludovina you will never be forgotten and we will love you forever. A Celebration of Life service was held on September 21, 2021.*

**JOSE do SERRO**  
*Aniversário Lutuoso 2011-2021*



*It has been ten years since the passing of our great father, husband, grandfather Jose do Serro at the age of 84.*

*He was reunited with his beloved wife Ludovina Do Serro earlier this year, in September.*

*Left to cherish both of their memories are his daughters; Leonilde (Florival Sousa), Ludovina (Victor Barreto); grandchildren: Claudio Sousa (Robyn Tully), Antonio Barreto and Stephanie Sousa; sister-in-law Leticia (Victor Santos) and nieces Custodia (Marcel Barras), Natalina do Serro (Peterson), Nidia (Sergio Gago), Fatima (Isidro Moreno) as well as second nieces, nephews, cousins and many friends. He was predeceased by his brother Inacio Do Serro.*

*Jose was born and raised in Faro/Algarve (Portugal), realizing a great opportunity for his young family he immigrated to Canada July 1960. Jose then became a strong anchor in sponsoring not only his immediate family but many members of his extended family. He instilled his strong work ethic and zest for life in all who were close to him.*

*No one worked harder to support his family. His passion and entrepreneurial spirit provided him with rewarding opportunities. When he immigrated to Canada he settled in Winnipeg and worked in hydro/electric construction projects and as a welder for C.P. Rail before retiring. Jose was a free spirit who had a passion for music (Fado), loved to sing/dance and also enjoyed hunting. He valued his family above all and enjoyed many happy get-togethers where his love for toasting (with great wine) to his family and friends and his appetite for Portuguese food always showed.*

*You will never be forgotten and we will love you forever. May you rest in peace.*

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# & Obituaries

## EMANUEL (MANNEY) TEIXEIRA FERNANDES

December 12, 1971 – October 30, 2021

It is with great sorrow that we announce the sudden passing of our dear husband, father and son.



Emanuel is survived by his loving wife Pamela, his son Enzo and his mother Odilia; his aunts Edie, Maria and Isabel; his cousins Nelson, Mike, John, Joe and Filomena. He also leaves behind father and mother-in-law Eduardo and Delia; his brother-in-law Paolo and Cristina with niece and nephew Pauleen and Clark and his best friend Rode.

Emanuel attended Red River College. His first dream was to become a technical engineer; later he took several courses on environmental health and safety. Emanuel worked at Duha Colour Services as colour lab technician and as health and safety coordinator for 14 years. Later he became environmental health and safety coordinator at PPG which he enjoyed doing work related travel around Canada and the United States. He worked at PPG for 7 years until PPG shutdown and presently worked at Magellan Aerospace.

Emanuel, or Manney as we call him, enjoyed listening to good music, watching movies and documentaries, playing video games and wrestling with his child. Emanuel was a wonderful husband and father always putting his family first.

He will be greatly missed by his family and friends, especially his great smile.

A visitation took place at Cropo Funeral Chapel on Thursday, November 4, 2021. Funeral service was held on Friday, November 5, 2021 with interment at Assumption Cemetery.

We would like to extend our thanks to all that came to comfort us during our difficult time. Rest in Peace

## EDUARDO MEDEIROS GATA

Peacefully with family by his side, Eduardo passed away on October 20, 2021 at the age of 74. He was predeceased by his parents Manuel Medeiros Gata and Luisa Varao.

Eduardo is lovingly remembered by his wife Maria Judite, children Paula (Antonio) Soares; David (Melissa) Gata; grandchildren Isabella, Dominic, Angelica and Miguel.

He leaves his brother Pedro, Sisters Luisa and Ana; numerous nieces, nephews and Godchildren and cousins, all who he adored.

Eduardo was born in Sao Miguel, Acores on January 30, 1947. In 1965, Eduardo immigrated to Montreal, then Toronto and settled in Winnipeg in 1968. Eduardo married the love of his life Maria Judite in 1969.



St. Michael, the Archangel,  
defend us in battle.  
Be our safeguard against  
the wickedness and snares  
of the devil.  
May God rebuke him,  
we humbly pray;  
and do you,  
O Prince of the heavenly host,  
by the power of God  
cast into hell Satan  
and all the evil spirits  
who wander through the world  
seeking the ruin of souls.  
Amen.

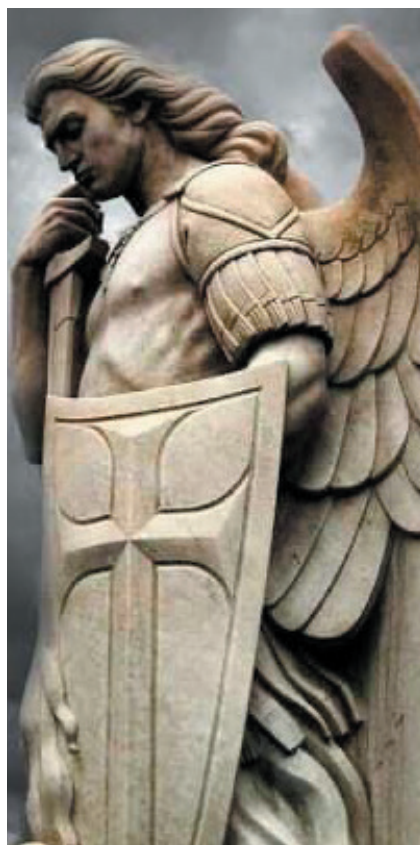
Second to his family, Eduardo's passion was working for CN Rail for 34 years, which he loved and spoke of daily; as was his green lawn and garden that were the envy of the neighbourhood.

Nothing compared to the love he had for his grandchildren who he would go to the moon and back for.

Funeral services were held on Monday, October 25, 2021 at Cropo Funeral Chapel with interment at Assumption Cemetery.

If friends desire, donations may be made to the Diabetes Association or Alzheimer's Society of Manitoba.

Rest in Peace  
Descanse em Paz



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