



# Navegante Cultural



# Mundial

THE PORTUGUESE NEWSPAPER  
VOL 4 ISSUE 3 2022



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# Mundial

THE PORTUGUESE NEWSPAPER

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## PUBLISHER / EDITORA

Navegante Cultural Navigator

204.981.3019

## EDITOR-IN-CHIEF

Mia Sally Marques Correia

eMail: omundial@outlook.com  
[www.navegante-omundial.com](http://www.navegante-omundial.com)

## CONSULTANT

Pedro Aires Correia

& PORTUGUESE EDITOR  
Maria José R. Marques Correia

## PARTNER

Paulo Bergantim, Luso-Can TV

## GUEST EDITORS

Tony Guerreiro, Multi-Media  
Mala Sachdeva, Intercultural

## STRATEGIC ADVISORS

J. Peter Correia &

Mala Sachdeva

## EDITORIAL COLLABORATORS

Paulo Bergantim; J. Peter Correia  
Jorge Cabral; Manny Garcia  
Eduarda Gil; Paula Kabulak  
Manny Martins-Karman

Unless indicated, all other content written by

Mia Sally Correia

## PHOTOGRAPHIC COLLABORATORS

Nuno Pereira

Tony Soares & Fatima Sousa, CSP Video  
Maria Soares

## ADDITIONAL PHOTOS

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*Navegante*  
Cultural



## Letter from the Editor / Carta da Editora

*With great beauty comes great risk...*

*Perhaps because the Azores is vulnerable to the unpredictable risks of volcanic eruption, earthquake, and tsunami, as well as the isolation of island life, Azoreans have developed more communal forms of divine worship than folks in other regions of Portugal.*

*The Portuguese mainland is by no means immune to the geo-physical risks of earthquake and tsunami, but its peninsular location on the face of Europe provides the comfort of a land-mass that literally has its back.*

*The islands, on the other hand, exposed to the elements in the middle of the North Atlantic, and situated roughly halfway between Canada and Portugal, are at the mercy of myriad natural threats*

*-- exacerbated by their tectonic location at the triple junction of the North American, Eurasian, and African plates.*

*As the Azores were colonized in the 15th century, settlers had to manage the harsh conditions and find cooperative ways to work together to mitigate the uncertainty of island life. Settlers from northern and southern Portugal, Belgium, and northern France; Ireland, and Greece, too, as well as Sephardic Jews escaping the Inquisition, northern Africans and slaves seeking freedom, and pirates looking for landfall had to adjust to the uncertainty of environmental threats and work together to survive; each group contributing unique values to the evolving social order.*

*The overwhelming natural beauty of the islands; pictured on front cover and inside cover are natural pools in São Jorge, together with the vulnerability posed by that great beauty, comes with risks that need to be mitigated, whether in prayer and supplication to the divine or giving and sharing with the community.*

*The outcomes of kin and community rising up with alms-giving and distribution of resources within the structures of the roman Catholic church are evident to this day, in the Azores as well as the Portuguese diaspora: worship of the divine Holy Spirit, Sacred Christ, and Romeiros are positive examples of cultural diffusion, expanded into mainstream Portuguese culture.*

*The Azores made international news owing to recent seismic activity on the island of São Jorge, and although the activity has subsided a bit, the alert level at time of publication remains at the second highest level of V4. For updates, go to: <https://www.volcanodiscovery.com/earthquakes/azores/saojorge.html>*

*Com grande beleza vem grande risco...*

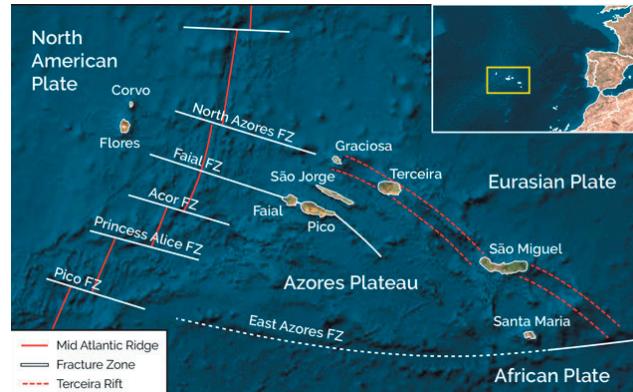
*Talvez porque os Açores sejam vulneráveis aos riscos imprevisíveis de erupções vulcânicas, terremotos e tsunamis, bem como ao isolamento da vida insular, os açorianos desenvolveram mais formas comunitárias de culto divino do que as pessoas de outras regiões de Portugal.*

*O continente português não está imune aos riscos geofísicos de terramoto e tsunami, mas a sua localização peninsular na face da Europa proporciona o conforto de uma massa de terra que literalmente lhe dá as costas.*

*As ilhas, por outro lado, expostas aos elementos no meio do Atlântico Norte, e situadas aproximadamente a meio caminho entre Canadá e Portugal, estão à mercê de inúmeras ameaças naturais - agravadas pela sua localização tectônica na junção tripla de Placas norte-americanas, euro-asiáticas e africanas.*

*Como os Açores foram colonizados no século 15, os colonos tiveram que administrar as condições adversas e encontrar maneiras cooperativas de trabalhar juntos para mitigar a incerteza da vida na ilha.*

*Não havia opção de não trabalharem em conjunto...*



*The Azores formed from volcanism associated with both tectonic extension and an underlying mantle plume.*

*Photo Credit: K. Cantner, AGI*

*Colonos do norte e sul de Portugal, Bélgica e norte da França; A Irlanda e a Grécia também, assim como os judeus sefarditas que escaparam da Inquisição, os africanos do norte e os escravos em busca de liberdade e os piratas em busca de terra firme tiveram que se ajustar à incerteza das ameaças ambientais e trabalhar juntos para sobreviver; cada grupo contribuindo com valores únicos para a sociedade.*

*A beleza natural das ilhas; na capa e contracapa estão as piscinas naturais de São Jorge, juntamente com a vulnerabilidade dessa grande beleza, traz riscos que precisam ser mitigados, seja na oração e súplica ao divino ou doação e partilha com a comunidade.*

*Os resultados da colaboração entre parentes e comunidades, com esmolas e distribuição de recursos dentro das estruturas da igreja católica são evidentes até hoje, tanto nos Açores como na diáspora: culto ao divino Espírito Santo, Senhor Santo*

*Cristo, e os Romeiros são exemplos, expandidos para a cultura portuguesa.*

*Os Açores foram notícia internacional devido à recente atividade sísmica em São Jorge, e embora a atividade tenha abrandado um pouco, o nível mantém-se elevado de V4. Para atualizações, acesse: <https://www.volcanodiscovery.com/earthquakes/azores/>*

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## FC Manitoba

by Jorge Cabral

FC Manitoba returns to action this summer after a long two year absence. Due to the pandemic and the Canadian-US border closed to travel, FC Manitoba United Soccer League League Two (USL League Two) franchise saw their 2020 and 2021 season cancelled.

USL League Two is a semi-professional soccer league operating in the United States, where the focus is on the promotion of players, who are transitioning from their youth careers to the adult game.

FC Manitoba was founded in 2020 after the Garcea Group, a long time *Navegante Cultural-O Mundial* supporter, acquired Manitoba's only USL League Two franchise WSA Winnipeg.

"Our young Manitoba players need an opportunity and that opportunity appeared with the acquisition of the franchise," said Enrique Garcea, Executive Director of FC Manitoba. "Our pathway from youth to pro for our male soccer players is complete."

FC Manitoba works alongside all the youth clubs and academies in Winnipeg. It has strong ties to the 1v1 Futbol Dreams Academy, where Enrique Garcea is co-proprietor, and also owns and operates Ital Inter Soccer Club, an amateur senior men's team that plays in the Manitoba Major Soccer League.

Ital Inter is one of the oldest soccer teams in Winnipeg, founded in 1952 by Italian immigrants, and they are the 2020 Premier League champions, having gone the entire season undefeated.

In 2021, Ital Inter had a tough start to the season and rebounded to capture the Playoff Championship title. Through the network of teams under FC Manitoba, the organization provides players in Winnipeg with the only full player development pathway from youth to semi-professional level.





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FC Manitoba has enjoyed the influence of the Portuguese Community of Winnipeg. They have provided high performance training and competition for Portuguese youth such as: AJ Calado, York University; Dylan Sacramento, former Winnipeg Valour FC player; Ethan Cabral, who is committed to a yet-to-be announced USports University for the upcoming 2022 University Season; and Tomas Pena, U23 Whitecaps Residency Player.

They have also employed the services of Jorge Cabral, Ital Inter 2021 Assistant Coach, 2020 Head Coach, 2021 FC Manitoba Assistant Coach, as well as Rui Menezes, Goalkeeper Coach for Ital Inter and FC Manitoba from 2019 to present day.

In 2021, FC Manitoba traveled in Western Canada to play Edmonton Scottish, Mount Royal University, University of Calgary, and University of Saskatchewan. Due to this exposure, some of their players are signing USports commitment letters, and recently, Matteo De Brienne from Carleton University and Ontario University Athletics (OUA), East Rookie of the Year, signed a professional contract with Winnipeg Valour FC.

Although the focus has been on the male program, FC Manitoba is currently negotiating to be part of a Canadian semi pro Women's league to provide the same exposure for young women in our province.

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In 2021, FC Manitoba created a women's training program that saw five of their women play in the USports National final with our very own Taylor Sousa, parents Marco and Cristina, forming part of MacEwan University Championship team.

The success of our program is funded by our community partners. FC Manitoba depends on the community to help them, help players achieve their goals in sport. FC Manitoba has announced their 2022 USL League Two season with their home opening match against visiting team Thunder Bay Chill on May 28.

All games are played at the Ralph Cantafio Soccer Complex, 900 Waverly Street, in Winnipeg. Season and single game tickets are available at [www.footballclubmanitoba.ca](http://www.footballclubmanitoba.ca) website.

If you are interested in investing in Manitoba's youth, please contact the club at: [club.management@footballclubmanitoba.ca](mailto:club.management@footballclubmanitoba.ca).

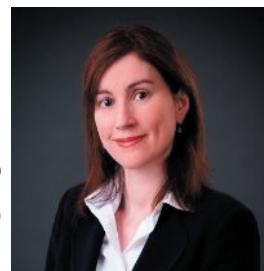
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## 8 TIPS FOR EYE HEALTH



- REGULAR EYES CHECKING
- PROPER LIGHTING
- BLINK FREQUENTLY
- WEAR SUNGLASSES ON SUNNY DAY
- DISTANCE ADJUSTMENT
- GAZE FOR A GREEN TREE
- EYES EXERCISING
- EAT HEALTHY FOOD

## Wise Facts

### About

## Dental Hygiene



Good oral hygiene is one of the most important things you can do for your teeth and gums.

Brush your teeth twice a day with toothpaste that contains fluoride (especially before bed).

Proper brushing takes at least two minutes — about the same time as a song.

Flossing removes food particles that your toothbrush can't reach. Daily flossing is highly recommended.

The destruction of teeth structure, enamel and dentin layer of the teeth is known as tooth decay.

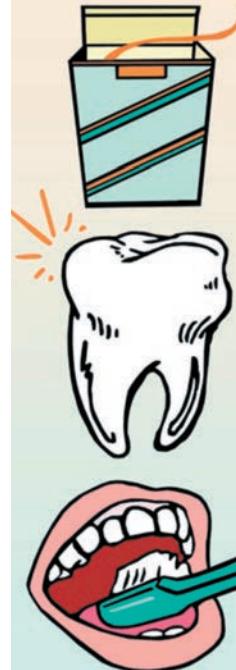
Cavities are holes in your teeth caused by bacteria.

Risk factors for oral diseases include an unhealthy diet, tobacco use, harmful alcohol use and poor dental hygiene.

Reach for the veggies instead of cookies, soda and candy!

Visiting your dentist or dental hygienist is an important part of keeping healthy teeth.

A healthy smile will help you look and feel your best!



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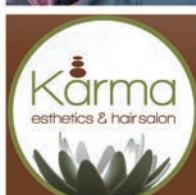
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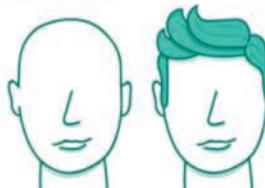
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## HOW TO PICK THE BEST HAIRSTYLE FOR YOUR FACE SHAPE

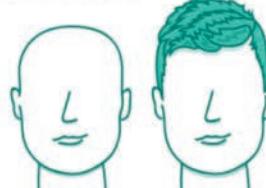
To find your optimal hairstyle, it's important to consider the shape of your face. This simple guide should help you find the right cut to complement your natural good looks.

### ROUND



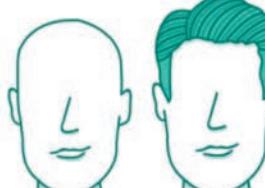
Square styles will offset roundness, as will height or volume. Keep sides shorter. Try an off-center part.

### SQUARE



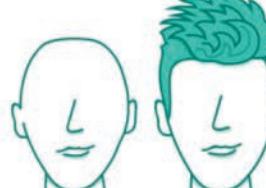
Short, tight styles nicely accentuate prominent bone structure. Add a little volume up top, and avoid parting down the center.

### OBLONG



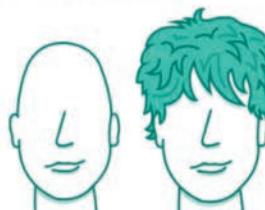
Styles that have the same length on the sides and top will offset the length of your face. Short and medium styles will work best.

### DIAMOND



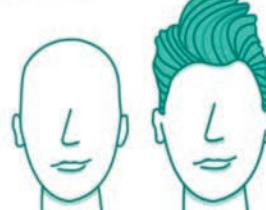
Try layered and high-volume styles to minimize wide cheekbones. As an alternative, sweep bangs also work especially well.

### TRIANGULAR



Try a mid-length style with an offset part or swept bangs; this will minimize forehead width.

### oval



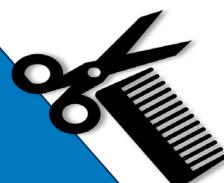
Most styles work because of the ideal symmetry. Try anything except bangs.

Visit [birchbox.com/guide](http://birchbox.com/guide) for more grooming and style tips.

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**It's all about the shoes, guys!**  
Here's a list of my favourites.

**É tudo sapatos, pessoal!**  
Uma lista dos meus favoritos.

- **The Chelsea Boot**

Dress it up; dress it down. Above, distressed two-tone tan with skinny jeans. Casual meets corporate. Good ankle support, too.



**A Botinha Chelsea** Acima, bronzeado de dois tons com jeans "skinny." O casual encontra o corporativo. Bom suporte de tornozelo também.

- **The Dress Sneaker**

Everyone needs a pair of sneakers (runners if you're prairie-Canadian) with a casual vibe and skater-appeal. Black and white versions (or Converse All-Stars, if you miss your youth)...



**O Tênis Vestido**

Todo mundo precisa de um par de tênis (corredores, se você for canadino da pradaria) com uma vibe casual e apelo de skatista. Versões em preto e branco (ou Converse All-Stars, se sente falta da sua juventude)...

- **The Casual Sneaker**

When you're going to be on your feet all day and beyond: jobs, kids, groceries, coffee, Luso-Can TV taping, or picking up food for your kid's wedding social, these are for you!



**O Tênis Casual**

Quando vai ficar de pé o dia todo e além: empregos, filhos, compras, café, gravação de TV Luso-Can ou pegar comida para a "social" do seu filho, estes são para si!

- **The Chukka or Desert Boot**

A versatile boot that can double as a snow boot in dry-snow conditions; sometimes referred to as a desert boot. Pictured below are Clark's, a traditional favourite.



**A Chukka ou Bota do Deserto**

Uma bota versátil que pode funcionar como uma bota de neve em condições de neve-seca; às vezes referido como uma bota do deserto. Na foto cima são marca Clark's, um favorito tradicional.

- **The Loafer**

These shoes are for those of us who don't like laces (or refuse to grow up)... I mean, who among us didn't like kicking off our loafers after Sunday school and mass, or a late-night festa or a cousin's wedding, where you fell asleep on your dad's "gabardine" under a table?



**O Mocassim**

Estes sapatos são para quem não gosta de atacadões (ou se recusa a crescer)... Quer dizer, quem de nós não gostava de tirar os mocassins depois da catequese e missa, ou depois de uma festa ou casamento, onde adormecíamos na "gabardine" dos nossos pais debaixo de uma mesa?

- **The Service Boot**

Want to look like a Combatente back in the day? Of course you do! Service boots are based on military boots and they will make you look badass, guaranteed!



**A Botinha do serviço**

Quer parecer como um Combatente? Claro que quer! Botas de serviço são baseadas em botas militares e elas vão fazer lhe parecer "foda," garantido!

- **The Oxford**

Oxfords are known for their low heel and laces. They're classy and available in multiple styles. We refer to them in our Portuguese slang as "priest's shoes"...



**O Oxford**

Oxfords são conhecidos por seus saltos baixos e cadarços. São elegantes e disponíveis em vários estilos. Nós nos referimos a eles em calão português como "sapatos de padre"...

- **The Dress Boot -- Botinha**

Want to out-shine the groom *and* the father of the bride?! Choose dress boots!! Not only will they add a more height, but they'll provide fantastic ankle support if the DJ plays a corridinho...



**A Botinha de Vestido**

Quer brilhar mais do que o noivo e o pai da noiva?! Escolha botas de vestido!! Eles não apenas adicionam mais altura, mas também fornecem um suporte fantástico para o tornozelo se o DJ tocar um corridinho...

Photos/Fotos: <https://theadultman.com/fashion-and-style/types-mens-shoes/> and/e. nothingnew.com

# & WELLNESS

## J. Peter Correia



Wellness includes more than just physical well-being, and as an educator, I believe that wellness starts at a young age and continues to develop throughout life. There are factors called “social determinants of health,” which include what we provide for children in our families and communities as well as in our schools with education.

Literacy opens up many doors, and studies show that the higher an individual’s education, the better their health outcomes will be. We know that a literate population is a healthy population. These studies show the same results around the world: the more education you have, the more income you will have; and with that, better access to healthy and nutritious food as well as health care and safe housing.



Reading helps children develop vital language skills. The more children read, the better they become at reading and writing, and mastering communication skills. Reading out loud is even better because it exposes children to proper grammar and phrasing. Reading also enhances the development of spoken language skills and a child's ability to express him or herself verbally. Reading exposes kids to new vocabulary and enhances social skills through communication.

Reading also provides children with hours of fun, imagination, and creativity. The stories or “moral” of a “story” can encourage children to be more cooperative, to share more with others, and to be kind to animals and respect the environment.

Reading opens up new worlds for our children and enriches their lives.

O bem-estar inclui mais do que apenas o bem-estar físico e, como educador, acredito firmemente que o bem-estar começa em uma idade jovem. Existem fatores chamados “determinantes sociais da saúde,” que incluem o que fornecemos para as crianças em nossas famílias e comunidades, bem como em nossas escolas com educação.



habilidades linguísticas vitais. Quanto mais as crianças lêem, melhor se tornam na leitura e na escrita e no domínio da leitura. Ler em voz alta é ainda melhor porque expõe as crianças à gramática e ao fraseado adequados. A leitura também melhora o desenvolvimento das habilidades de linguagem falada e a capacidade da criança de se expressar verbalmente. A leitura expõe as crianças a novos vocabulários e aprimora as habilidades sociais.

A leitura também proporciona às crianças horas de diversão, imaginação e criatividade. As histórias ou “moral” de uma “história” podem encorajar as crianças a serem mais cooperativas, compartilharem mais com os outros, serem gentis com os animais e respeitarem o meio ambiente.

A leitura abre novos mundos para nossas crianças e enriquece suas vidas.

### Top 12 Canadian Book Titles for Children



# STYLE

## Manny Martins-Karman



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

### The Denim Jacket

Worn by laymen, greasers, cowboys, hippies, rock stars, and rappers alike. Also called a jean jacket or trucker jacket.

The Denim Jacket was one of the first ever unisex pieces of clothing, looking good on both men and women alike.

If there's one wardrobe staple that has stood the test of time, it's the classic denim jacket. Layered over t-shirts, dresses and button-ups, it instantly lends a cool, laid-back vibe to your wardrobe. You can't go wrong with a timeless jacket in a dark wash; a good jean jacket will see you through spring's changing weather and on summer's chilliest days.

This season's coolest styles are all about experimenting with dimensions and colours. Oversized, cropped or embellished.

### Go out for coffee with friends!

Aside from the yumminess of the beverage itself, the whole ritual of drinking coffee with your friends helps you free your mind, ease your stress, and soak up positive vibes.

Few things are as pleasant and comfortable as getting together with friends for a nice cup of coffee or tea. The world's problems drift away.

The experience of going out for coffee with friends is more than just a cultural ritual – it's a therapeutic exercise in "being here." Nothing else matters and you can allow yourself to simply enjoy the beverage, the conversation, the person you're with, and the laughter.

I am resolving to make it a weekly occurrence. Who wants to grab a cuppa?

### So, this happened!



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

### A jaqueta jeans

Usado por leigos, graxadores, cowboys, hippies, estrelas do rock e rappers. Também chamado jaqueta jeans ou jaqueta caminhoneiro.

A jaqueta jeans foi uma das primeiras peças de roupa unissex, ficando bem em homens e mulheres.

Se há um item básico do guarda-roupa que resistiu ao teste do tempo, é a clássica jaqueta jeans. Em camadas sobre t-shirts, vestidos e camisas, dá instantaneamente um ar fresco e descontraído. Não pode errar com uma jaqueta atemporal em lavagem escura; uma boa jaqueta jeans vai te acompanhar nas mudanças de clima da primavera e nos dias mais frios do verão.

Os estilos mais legais desta temporada variam em dimensões e cores.

### Saia para um café com os amigos!

Além da delícia da bebida em si, o ritual de tomar café com os amigos ajuda a liberar a mente, aliviar o estresse e absorver vibrações positivas.

Poucas coisas são tão agradáveis e confortáveis quanto reunir os amigos para uma boa xícara de café ou chá. Os problemas do mundo se afastam.

A experiência de sair para tomar um café com os amigos é mais do que um ritual cultural – é um exercício terapêutico de "estar aqui." Nada mais importa e você pode simplesmente aproveitar a bebida, a conversa, a pessoa com quem está e o riso.

Estou resolvendo fazer disso uma ocorrência semanal. Quem quer pegar uma chávena?

### Então, isto aconteceu!

<https://www.midlifemoxie.net/podcast/episode/3026ed8a/22-reclaim-yourself-and-express-yourself-in-midlife-with-manny-martins-karman>

Midlife Moxie | 3/1/2022  
One way to midlife yourself is to remember who you were. This guest did exactly that. And more she expresses herself through her personal style. She believes that fashion is a way to express joy and happiness and is determined to 'expire before she expires'. Manny Martins-Karman certainly inspired us to step out and express ourselves.  
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MidlifeMoxie.com

# & WELLNESS

## Paula Kabaluk



### 5 Tips and Steps to Flawless Skin

*Skin care and make up are flip sides of a coin; you can't have one without the other. Start your make up regime the night before with skin care.*

**One** - Properly cleanse your face first, by using a gentle makeup remover. It is important to unclog your pores. This applies to all skin types, even if you have a resilient outer layer.

**If using LimeLife by Alcone,** choose Dream Clean with aloe and soap berry:

- Apply to wet face
- Cleanse face
- Rinse off with cold water

**Two** - Don't use harsh bar soap to clean your face as your mother may have done -- unless they're specially formulated for the face, bar soaps can alter the pH balance of the skin, which allows for more bacteria and yeast growth.

Surfactants that allow cleanser to break down oil, so water can wash out the dirt, may actually prevent your skin molecules from good health.

**If using LimeLife by Alcone,** apply skin polish masque with lemon and jojoba beads to wet face:

- Leave on for 10 to 15 minutes (2 or 3 times a week)
- Using two fingers, gently make circular motions on skin
- Rinse off with cold water and gently pat dry with a towel

**Three** - Use lukewarm water. Hot water doesn't open pores, and cold water doesn't shut them. Once your face is cleansed, use a moisturizing lotion, preferably with sunscreen, on entire face.

**If using LimeLife by Alcone,** apply Limelife By Alcone sunscreen with SPF 30 over face, including eyelids and under eyes.

**Four** - As required for your skin-type and age, apply under-eye serum or wrinkle-reduction.

**If using LimeLife by Alcone,** apply eye arise with Aspen Bark and Carob:

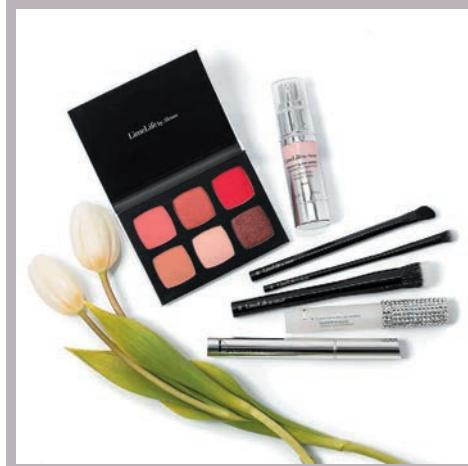
- Use ring finger to dab cold water under eyes before applying the eye arise
- Squeeze tube gently and bring product to the tip and tap in gently
- Use a jade roller under eyes, starting on inner under eye and moving outwards -- always roll in one direction

**Five** - pat on any additional touches, and sleep!

**If using LimeLife by Alcone,** mix together three powerful products:

- Skin therapy with safflower oil evening primrose and pomegranate
- SOTOKS with songyl mushroom to brighten and tighten
- One drop wonder with Pomifera Oil

Place one drop of each onto palm of hands; rub together, and then gently pat combined mixture onto skin of face, neck and chest.



*paulakabaluk@hotmail.com  
LimeLife by Alcone*



### 5 dicas para pele impecável

*Cuidados com a pele e maquiagem são lados opostos de uma moeda; não pode ter um sem o outro. Comece seu regime de maquiagem na noite anterior com cuidados com a pele.*

**Um** - Limpe adequadamente o rosto primeiro, usando um removedor de maquiagem suave. É importante desobstruir os poros. Isso se aplica a todos tipos de pele

**Se estiver usando LimeLife da Alcone,** escolha Dream Clean com aloe e baga de sabão:

- Aplique no rosto molhado
- Limpar o rosto
- Enxaguar com água fria

**Dois** – Não use sabonetes em barra para limpar o rosto como sua mãe pode ter feito – a menos que sejam especialmente formulados para o rosto, sabonetes em barra podem alterar o equilíbrio do pH da pele, o que permite mais bactérias e leveduras crescimento.

**Se estiver usando LimeLife da Alcone,** aplique a máscara de esmalte com contas de limão e jojoba no rosto molhado:

- Deixe por 10 a 15 minutos (2 ou 3 vezes por semana)
- Usando dois dedos, faça movimentos circulares suavemente na pele
- Enxágue com água fria e seque suavemente com uma toalha

**Três** - Use água morna. A água quente não abre os poros e a água fria não os fecha. Depois de limpar o rosto, use uma loção hidratante, de preferência com protetor solar, em todo o rosto.

**Se estiver usando LimeLife by Alcone,** aplique protetor solar LimeLife By Alcone com FPS 30 no rosto, incluindo pálpebras e sob os olhos.

**Quatro** - Conforme necessário para o seu tipo de pele e idade, aplique soro sob os olhos ou redução de rugas.

**Se estiver usando LimeLife da Alcone,** aplique o eyesurf com Aspen Bark e Alfarroba:

- Use o dedo para passar água fria sob os olhos antes de aplicar o surgimento do olho
- Aperte o tubo suavemente e leve o produto até a ponta e bata suavemente
- Use um rolo de jade sob os olhos, começando na parte interna sob os olhos e para fora - sempre em uma direção

**Cinco** - dê um tapinha em qualquer toque adicional e durma!

**Se estiver usando LimeLife by Alcone,** misture três produtos poderosos:

- Terapia da pele com óleo de cártamo de primula e romã
- SOTOKS com cogumelo songyl para iluminar e apertar
- Uma gota maravilha com óleo Pomifera Coloque uma gota de cada na palma das mãos; esfregue juntos e, aplique suavemente a mistura na pele do rosto, pescoço e peito.

# Food & Drink

## Eduarda Gil

204.792.9146 | [eduardagil@live.ca](mailto:eduardagil@live.ca)



### Sardinhas Grilhadas

Quando servidos como prato principal, são acompanhados pelas humildes batatas cozidas, cebolas e pimentos grelhados e uma simples salada com vinagrete de azeite.

#### Ingredientes:

- 1 a 2 quilos de sardinhas frescas ou congeladas
- 1 pimentão vermelho grande
- 1 pimentão verde grande
- 1 cebola grande (fatiada)
- 2 dentes de alho grandes (picados)
- azeite português
- Sal marinho

#### Modo de Preparação:

...1 Se as sardinhas estiverem congeladas, descongele-as levemente em uma tigela grande, enxaguando-as com água fria e cobrindo-as com uma boa camada de sal marinho. Deixe-os por cerca de 30 minutos para absorver o sal. Escorra qualquer umidade da tigela e coloque na geladeira até que esteja pronto para grelhar.

...2 Aqueça a grelha em fogo alto.

...3 Esfregue as cebolas e os pimentões com sal, pimenta e um pouco de azeite. Cozinhe pimentões e cebolas na grelha até que a pele esteja carbonizada e totalmente cozida ao redor. Coloque os pimentões em uma lancheira de papel pardo e reserve. Coloque as cebolas de lado em uma tigela à prova de fogo médio na grelha para manter o calor.

...4 Enquanto isso, coloque as sardinhas em uma grelha a carvão ou a gás levemente untada em fogo médio. Deixe as sardinhas até ficarem douradas e ligeiramente crocantes, virando-as delicadamente para não romper a pele.

Quando estiverem totalmente cozidos, cubra com papel alumínio e coloque-os em uma travessa em um lugar quente.

...5 Retire os pimentões do saco de papel e retire a pele. Verá que a pele sairá facilmente.

Corte os pimentões em tiras e misture com a cebola. Adicione o alho picado, o azeite e mais sal e pimenta. Aqueça um pouco e despeje a mistura sobre as sardinhas cozidas.



### Grilled Sardines

When served as a main dish, they are accompanied by the humble boiled potatoes, grilled onions and peppers and a simple salad with olive oil vinaigrette.

#### Ingredients:

- 1 to 2 pounds of Fresh or Frozen Sardines
- 1 large red bell pepper
- 1 large green bell pepper
- 1 large onion (sliced)
- 2 large garlic cloves (chopped)
- Portuguese olive oil
- Sea salt

#### Preparation Mode:

...1 If your sardines are frozen, defrost them slightly in a large bowl by rinsing them with cold water and covering them with a good coating of sea salt. Let them sit for about 30 minutes to absorb the salt. Drain any moisture from the bowl and set in the refrigerator until you're ready to grill.

...2 Heat the grill on high.

...3 Rub the onions and peppers with salt, pepper and a little olive oil. Cook peppers and onions on the grill until the skin has charred and fully cooked all around. Place peppers in a brown paper lunch bag and set aside. Place the onions aside in a medium heat proof bowl on the grill to keep warm.

...4 Meanwhile place the sardines on a slightly greased charcoal or gas grill on medium high heat. Let the sardines cook until they turn golden brown and slightly crispy, turning them gently not to break the skin.

When they are fully cooked, cover with foil and place them on a platter in a warm place.

...5 Remove the peppers from the paper bag and peel off the skin.

You'll find the skin will come out easily.

Slice the peppers into strips and mix with the onions. Add chopped garlic, olive oil and more salt and pepper. Heat slightly and pour the mixture over the cooked sardines.

*Uma Casa Portuguesa  
Portuguese Home Cooking*



Carla Azevedo

This recipe is taken from [Portuguesediner.com](http://Portuguesediner.com)

*Uma Casa Portuguesa: Portuguese Home Cooking* by Carla Azevedo also has a good recipe for Sardinhas grilhadas and other types of traditional fish dishes.

Eduarda's prepared versions are pictured below at bottom left and right.

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



# Comida a nossa maneira...

## *Hot products at cool prices*

### PORtUGUESE SARDINES:

Sardines are popular in Portugal between the months of May and October. This sustainable food is a healthy pescatarian option because sardines are loaded with calcium, vitamin E, protein; and they contain good fish oil.

Portuguese sardines have the Blue Label awarded by the Marine Stewardship Council, which means fishing of sardines in Portugal takes into account the sustainability of sea resources.

Sardine catches happen all along the Portuguese Coastline, but the most prized sardines come from Algarve. Portimão in the Algarve, is where you eat the best fresh grilled sardines, especially at the Sardine Festival during the first 10 days of August.



### SARDINHAS A PORTUGUESA:

As sardinhas são populares em Portugal entre os meses de maio e outubro. Este alimento sustentável é uma opção saudável de pescataria porque as sardinhas são ricas em cálcio, vitamina E, proteína; e contêm bom óleo.

As sardinhas portuguesas têm o "Blue Label", atribuído pelo Marine Stewardship Council, o que significa que a pesca da sardinha em Portugal tem em conta a sustentabilidade dos recursos marinhos.

A pesca da sardinha acontece em toda a costa portuguesa, mas as sardinhas mais apreciadas vêm do Algarve. Portimão, no Algarve, é onde se come as melhores sardinhas frescas assadas, especialmente no Festival da Sardinha durante os primeiros 10 dias de agosto.



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# Mala's Musings

## InterCultural Editor



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

### On the "Heart of Darkness"...

*I continue to admire the courage and integrity of journalists who risk their lives to bring us the news. Killing journalists who are doing their jobs is not acceptable in any civilized, democratic society. A full inquiry is required; those responsible need to be held accountable.*



Updated May 11, 2022 at 9:57 a.m.  
EDT | Published May 11, 2022 at 4:01 a.m. EDT



Al Jazeera said Wednesday that Shireen Abu Akleh, a veteran journalist for the news network, was fatally shot by Israeli troops in the West Bank refugee camp of Jenin. (Al Jazeera/AFP/Getty Images)

*A free press is a cornerstone of democracy.  
RIP Shireen Abu Akleh*

### On old Senior Management Habits...

*Following a successful "Evening for Ukraine" Fundraiser at Saffron's in early Spring, with special guests Sofia Bilozer and Larissa Klymkiv, I continue my old ways and means in encouraging, recruiting (and retaining) a fantastic team of volunteers, to help procure household furnishings and set-up cosy housing with temporary subsidized housing for two refugee families from Ukraine.*

*At press time, the first family is expected to arrive during the May long weekend, and I am grateful to all of those who helped...*

*Having learned so many valuable lessons during the re-settlement of Syrian refugees several years ago as Deputy Minister of Housing, I never thought that I would find use for that sort of project management ever again; and yet, sadly, here we are...*

*Much gratitude to, in no particular order, donors and project volunteers: Gene Edwards; Anita Moore; Debbie Grenier; Raj Bahl; Preeti Sachdeva; Prema and Ramesh Sachdeva; Kirsten Albo; Sandra and Harvey Kaita; Neena Oberoi; Reema Bahl; Doree Sabourin; Holly Ewaschuck-Glew; Jessica Pearl; Pratt's Distributors; Randy Tonnelier and Trish McBeth; Prashant Modha (Sasha too); Joanne White; John Simba; Stephen Maruschak; Sofia Bilozer and Larissa Klymkiv; Mia Sally Correia and Navegante Cultural - O Mundial The Portuguese Newspaper; Ninho de Portugal (for the incredibly generous basket donation); Deborah Seymour and Brian; Mike Woo; Michel DaSilva; Susana Carias; Winnie Yip; Howie and Sonia; Tina Wiebe and Les Enns; Tony Guerreiro; Donna Pletz-Passey (and her brother Dave); Tyler Moore; Melanie Vidma; Saffron's Restaurant (John Kol) ...*

*Everyone who bought a ticket to the fundraiser, or donated anything -- furniture, household goods, groceries, IKEA assembly!! -- or supported me from afar (my parents and sister, notably) or who will support me and our adopted Ukrainian families as needed (looking at you, J.Peter Correia of Mulvey School)...*

*I'll be adding to my list as we go, no doubt, and checking it twice! Stay tuned, my friends.*

*Slava Ukraini...*



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venha vistar-nos!



# Reflexões por Mala

## Editora Intercultural



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

### No "Coração das Trevas"...

Continuo admirando a coragem e a integridade dos jornalistas que arriscam suas vidas para nos trazer a notícia. Matar jornalistas que estão fazendo seu trabalho não é aceitável em nenhuma sociedade civilizada e democrática. Uma consulta completa é necessária; os responsáveis precisam ser responsabilizados.



Uma imprensa livre é a pedra angular da democracia. **RIP Shireen Abu Akleh**

Photo Credit: EPA-EFE

### Sobre velhos hábitos de deputada...

Após uma bem-sucedida angariação de fundos "Evening for Ukraine" no Saffron's no início da primavera, com convidados especiais Sofia Bilozor e Larissa Klymkiw, continuo meus velhos métodos e meios de encorajar, recrutar (e reter) uma equipe fantástica de voluntários, para ajudar a adquirir móveis domésticos e instalação de moradias aconchegantes com moradia temporária subsidiada para duas famílias refugiadas da Ucrânia. Até o momento, espera-se que a primeira família chegue durante o fim de semana prolongado de maio...

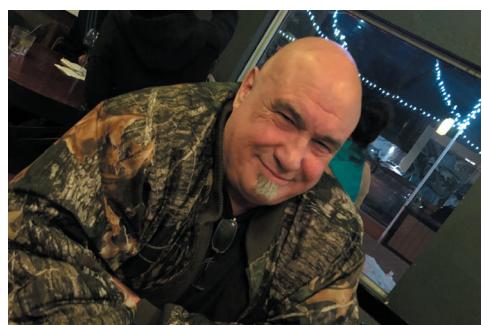
Tendo aprendido tantas lições valiosas durante o reassentamento de refugiados sírios vários anos atrás, como vice-ministro da Habitação, nunca pensei que encontraria uso para esse tipo de gerenciamento de projetos novamente; e ainda assim, aqui estamos nós...

Muita gratidão a, sem nenhuma ordem específica, doadores e voluntários do projeto: Gene Edwards; Anita Moore; Debbie Grenier; Raj Bahl; Preeti Sachdeva, Prema e Ramesh Sachdeva; Kirsten Albo; Sandra e Harvey Kaita; Neena Oberoi; Reema Bahl; Dorée Sabourin; Holly Ewaschuck-Glew; Jessica Pearl; Pratt's Distributors; Randy Tonnellier e Trish McBeth; Prashant Modha (e Sasha); Joanne White; John Simba; Stephen Maruschak; Sofia Bilozor e Larissa Klymkiw; Mia Sally Correia e Navegante Cultural - O Mundial O Jornal Português; Ninho de Portugal (pela doação incrivelmente generosa da cesta); Deborah Seymour e Brian; Mike Woo; Michel Da Silva; Susana Carias; Winnie Yip; Howie e Sônia; Tina Wiebe e Les Enns; Tony Guerreiro; Donna Pletz-Passey (e seu irmão Dave); Tyler Moore; Melanie Vida; Saffron's (John Kol) ...

Todos que compraram um ingresso para o evento de arrecadação de fundos ou doaram qualquer coisa - móveis, utensílios domésticos, mantimentos, montagem da IKEA !! -- ou me apoio de longe (meus pais e irmã, principalmente) ou quem vai apoiar a mim e nossas famílias ucranianas adotadas conforme necessário (J.Peter Correia da Mulvey School)...

Vou adicionando à lista, sem dúvida! Fiquem atentos, meus amigos.

*Slava Ukraini...*



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Simplicio Vaz

Joe Lima  
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MEMBER #  
1111

# MOTA GENERATION

## *Next Call to Adventure*

**Most important in Manny & Linda's lives  
Are their children who arrived;  
The love they share together  
Is shown in how they thrive.**



**First Walter came, a welcome son,  
Liz and Anna next;  
Paul and Brent and Tara,  
Their 3 became 6!**



**Grandchildren were added one by one,  
Mande, Matthew, Breanna, and Ashley,  
Edan, Ryan, and Naya,  
All healthy, strong and happy.**



Ryan Mota, son of Walter and Tara Mota; grandson of Manuel and Linda Mota -- a shining star among a galaxy of next generation Mota super-stars, is a chip off the old grand-block, so to speak.

*At age 10 as a grade four student at St. Alphonsus School in East Kildonan, he won the "Meaning of Home" national writing contest,*

*Sponsored by mortgage insurance firm Glenworth Canada, the annual contest is open to Canadian elementary school students in grades four, five, and six. More than 7,000 children across Canada, 1,100 of whom reside in Manitoba, submitted stories to describe what "home" means to them.*

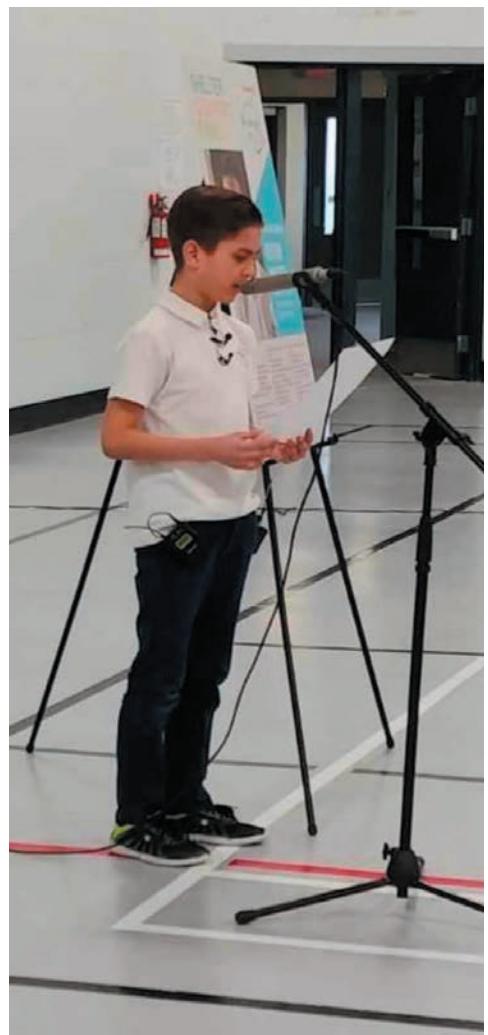


*As contest winner, Ryan was given an iPad and a classroom pizza party, while his school was awarded one thousand dollars and Habitat for Humanity received \$50,000.00 towards the cost of a Habitat House build, roughly 175,000.00.*

*"I'm fortunate to have a home here in Winnipeg, when there's lots of families around Canada and Winnipeg that don't... I want (people) to know about the contest, so that maybe they can... raise more money for Habitat for Humanity. I want to do what I can do to help them."*

*The contest has received more than 50,000 entries from Canadian students since its inception and granted more than \$1M dollars to Habitat for Humanity organizations across Canada. The original story is on page 17.*

*Although Ryan aspires to geology and doesn't write much poetry outside of school, he comes about his passion for homes honestly as both grandfather (now retired) and father are respected realtors in Winnipeg, Canada.*



**National Meaning of Home writing contest raises \$170,000 for Habitat for Humanity**  
**Nine-year-old winner chooses Habitat for Humanity Manitoba to receive \$50,000 grant**

<https://habitat.ca/en/news/national-meaning-of-home-youth-writing-contest-raises-170-000-for-habitat-for-humanity> -- March 5, 2018

*This year, the grand prize winner of the Meaning of Home contest is nine-year-old Ryan Mota, from Winnipeg, Manitoba. Ryan wrote about ancestors, family and hope in his winning essay. He has chosen Habitat for Humanity Manitoba as the beneficiary of his \$50,000 grant, providing him with the opportunity to make a difference in his community by helping to build a home for a family in need of housing. Along with the ability to direct his grant, Ryan will receive an iPad, a pizza party for his class, and a \$1,000 donation to his school.*

*"We are very proud of this initiative as it continues to increase awareness about the need for affordable homeownership in Canada," said Stuart Levington, President and CEO of Genworth Canada. "It is rewarding to see our youth take great pride in their homes and families with words of hopes and dreams; we are pleased to see this contest positively impacting so many students across Canada."*

*Habitat for Humanity Canada's model of affordable homeownership helps families in need of housing buy their own home. Habitat homeowners volunteer up to 500 hours and pay an affordable mortgage geared to their income, helping them build a strong foundation and the financial stability to help plan for their children's futures.*

*Since the Meaning of Home contest launched in 2007, the national contest has received more than 50,000 essays from elementary school students. The contest has helped to direct more than \$1,000,000 to Habitat for Humanity Canada and local Habitats in every province and territory.*

*Selected among more than 7,000 submissions across the country, Ryan's winning entry describes what home means to him in a thought-provoking poem, which you can read in full on the Meaning of Home website. Below is an excerpt:*

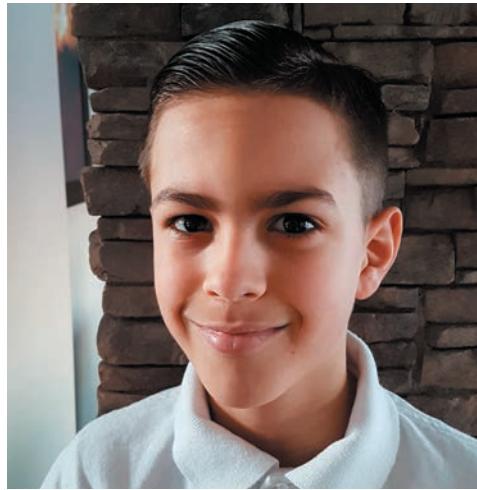
[...]

*"To me a home is a place where I feel secure  
From the rain, the snow  
And all of my fears.  
A home is a place where I am free to play  
And would love for all others  
To have fun in this way."*

*"While we want to protect our children from the harsh realities of life, sometimes we forget how many of our children are already living that reality," said Mark Rodgers, President and CEO of Habitat for Humanity Canada. "The families who apply to become Habitat homeowners are making incredibly difficult decisions every day. Do I pay the rent today? Or do I buy food?*

*That's why the Meaning of Home contest is so important – it helps raise awareness amongst the leaders of tomorrow about one of today's most concerning problems, affordable housing. It shows them that they have the power to make a difference."*

**Concurso Nacional do Significado do Lar arrecada \$170.000 para o Habitat for Humanity**  
**Vencedor escolhe Habitat for Humanity Manitoba para receber doação de \$50.000**



<https://habitat.ca/en/news/national-meaning-of-home-youth-writing-contest-raises-170-000-for-habitat-for-humanity> -- 5 de março de 2018

*A Genworth Canada tem o prazer de anunciar os vencedores do 11º concurso anual Meaning of Home em apoio à Habitat for Humanity Canada. Mais de 7.000 alunos dos 4º, 5º e 6º ano de costa a costa enviaram inscrições expressando o que o lar significa para eles.*

*Este ano, o grande vencedor do concurso Meaning of Home é Ryan Mota, de nove anos, de Winnipeg, Manitoba. Ryan escreveu sobre ancestrais, família e esperança em seu ensaio vencedor. Ele escolheu a Habitat for Humanity Manitoba como beneficiário de sua doação de US\$ 50.000, o que lhe dá a oportunidade de fazer a diferença em sua comunidade ajudando a construir uma casa para uma família que precisa de moradia. Além da capacidade de dirigir sua doação, Ryan receberá um iPad, uma festa de pizza para sua turma e uma doação de US\$ 1.000 para sua escola.*

*"Estamos muito orgulhosos desta iniciativa, pois continua a aumentar a conscientização sobre a necessidade de imóveis a preços acessíveis no Canadá," disse Stuart Levington, presidente e CEO da Genworth Canada.*

*"É gratificante ver nossos jovens se orgulharem de seus lares e famílias com palavras de esperança e sonhos; temos o prazer de ver este concurso impactando positivamente tantos estudantes em todo o Canadá."*

*O modelo de habitação própria acessível da Habitat for Humanity Canada ajuda as famílias que precisam de moradia a comprar sua própria casa. Os proprietários da Habitat oferecem até 500 horas e pagam uma hipoteca acessível voltada para sua renda, ajudando-os a construir uma base sólida e a estabilidade financeira para ajudar a planejar o futuro de seus filhos.*

*Desde o lançamento do concurso Meaning of Home, em 2007, o concurso nacional recebeu mais de 50.000 redações de alunos do ensino fundamental. O concurso ajudou a direcionar mais de US\$ 1.000.000 para a Habitat for Humanity Canada e Habitats locais em todas as províncias e territórios.*

*Selecionado entre mais de 7.000 inscrições em todo o país, a inscrição vencedora de Ryan descreve o que a casa significa para ele em um poema instigante, que você pode ler na íntegra no site Meaning of Home. Abaixo segue um trecho:*

[...]

*"Para mim uma casa é um lugar onde me sinto seguro  
Da chuva, a neve  
E todos os meus medos.  
Uma casa é um lugar onde eu sou livre para brincar  
E amaria para todos os outros  
Para se divertir assim."*

*"Embora queiramos proteger nossos filhos das duras realidades da vida, às vezes esquecemos quantos de nossos filhos já estão vivendo essa realidade", disse Mark Rodgers, presidente e CEO da Habitat for Humanity Canada. "As famílias que se candidataram para se tornarem proprietárias da Habitat estão tomando decisões incrivelmente difíceis todos os dias. Pago o aluguel hoje? Ou compro comida?*

*É por isso que o concurso Meaning of Home é tão importante – ele ajuda a conscientizar os líderes de amanhã sobre um dos problemas mais preocupantes de hoje, a moradia acessível. Isso mostra que eles têm o poder de fazer diferença."*

*Each member of their Family  
Has a special talent, it seems;  
They all put so much effort  
As they chase Rainbows and Dreams.*

*Mande is becoming a hair stylist,  
Matthew's smile draws a crowd;  
Breanna wants to be a Pediatrician  
Ashley's art and music make us proud.*

*Edan is the Philosopher,  
Ryan's hockey is great;  
Naya's interested in fashion,  
and she's not even 8!*

*...Sunday family dinners  
were after church affairs;  
delicious recipes shared by all,  
as well as hugs and prayers.*

*All who are lucky to know them  
Look forward to hugs from a friend;  
They brighten our lives with laughter and  
caring, on that we can depend.*

*With all the talents they possess,  
And the goodness that they share;  
there's one thing we are sure of...  
We thank God that they are there!*



*Poem excerpts from "The Motas,"  
by Marion and Linda*

# LIGA DOS COMBATENTES

## Núcleo de Winnipeg

ADFA no Dia do Combatente  
Adfa Maio 3, 2022 ADFA

A ADFA esteve no Mosteiro de Santa Maria da Vitória, na Batalha, na celebração do Dia do Combatente, 9 de Abril. Representaram a Associação na cerimónia evocativa do 104.º Aniversário da Batalha de La Lys, o presidente da Direcção Nacional, Nuno Santa Clara Gomes, e o porta-estandarte, associado Daniel Vieira. A ADFA depôs uma coroa de flores junto ao Túmulo do Soldado Desconhecido, na homenagem desse dia.

As cerimónias foram presididas pelo Presidente da República, Marcelo Rebelo de Sousa, tendo também participado a ministra da Defesa Nacional, Helena Carreiras, o secretário de Estado da Defesa Nacional, Marco Capitão Ferreira, o chefe do Estado-Maior-General das Forças Armadas, almirante António Silva Ribeiro, e os chefes dos três Ramos das Forças Armadas, entre outras individualidades.

O programa do evento foi o seguinte:  
10H30 – Missa no Mosteiro de Santa Maria da Vitória, celebrada pelo bispo das Forças Armadas e Forças de Segurança, D. Rui Valério  
11H15 – Cerimónia com honras militares ao Presidente da República  
11H25 – Intervenção do presidente da Liga dos Combatentes, tenente-general Joaquim Chito Rodrigues  
11H35 – Intervenção da ministra da Defesa Nacional, Helena Carreiras  
11H45 – Intervenção do Presidente da República, Marcelo Rebelo de Sousa  
11H55 – Condecorações  
12H00 – Desfile das forças em parada  
12H10 – Romagem ao Túmulo do Soldado Desconhecido, na Sala do Capítulo, com deposição de coroas de flores e Hino Nacional  
12H30 – Fim da cerimónia

### Batalha de La Lys Dia do Combatente, 9 de Abril de 2022

Evocamos hoje o 9 de Abril, Dia do Combatente, rememorando a data e os militares portugueses que naquele dia e na batalha de La Lys, deram de si o melhor, para escrever história a História dos Feitos Militares Portugueses naquele conflito de 1914-1918.

Os Combatentes de ontem, de hoje, e cremos que no futuro, constituem-se num exemplo de cidadãos que abnegadamente serviram Portugal ao serviço das Forças Armadas, na Marinha de Guerra, no Exército e na Força Aérea e na Marinha Mercante.

Relembreamos hoje e 104 anos depois, a valentia de que deram prova e a entrega pessoal dos Militares Portugueses à contenda que ocorreu naquela madrugada de 9 de Abril, em solo Francês, ao Serviço de Portugal e lutando para restabelecer a Paz na Europa.

Como forma de reconhecimento celebramos o seu esforço, doação e dádiva suprema, nesta data e Dia, reservado para quem seja relembrados, homenageados e agraciados; os Combatentes pelo esforço prestado no cumprimento da Missão que então lhes foi cometida.

Ao longo de décadas, Presidentes da República, Primeiros-Ministros, Ministros da Defesa Nacional, Secretários de Estado da Defesa Nacional, Generais e Almirantes Chefes de Estado Maior General das Forças Armadas, outros Generais e Almirantes acrescentaram carácter nacional e esta evocação, homenageando neste simbólico dia, essa exemplar e abrangente figura do Combatente.

Igualmente, e até esta data, com o mesmo simbolismo evocativo que abrange a Liga dos Combatentes e os seus Núcleos inserido no

assinalado Dia do Combatente são conduzidos pelos Núcleos da LC cerimónias evocativas que vincam indelevelmente este dia de Memória, efetuando cada Núcleo uma cerimónia simples que destaca a data vivida e consubstanciando nela o esforço de todos os Combatentes Portugueses intervenientes nos conflitos do Século XX.

Nessa cerimónia, simples de aparato e grandiosa no significado, uma coroa de flores e um prece constituem-se em oferendas junto dos monumentos aos Combatentes da Grande Guerra, ou na romagem efetuada aos talhões da Liga dos Combatentes, atos de simbolismo e elevação protagonizados pelos Núcleos da Liga dos Combatentes no País e no estrangeiro.

As mais distintas figuras do País, no espaço fronteiro ao Monumento da Santa Maria da Vitória na Vila da Batalha e na Sala do Capítulo, perante o símbolo entre símbolos -- O Túmulo do Soldado Desconhecido -- proferem a oração fundamental das nossas cerimónias, dissertando no Altar da Pátria, com subida apologia ao Combatente e ao Soldado Desconhecido Portugues.

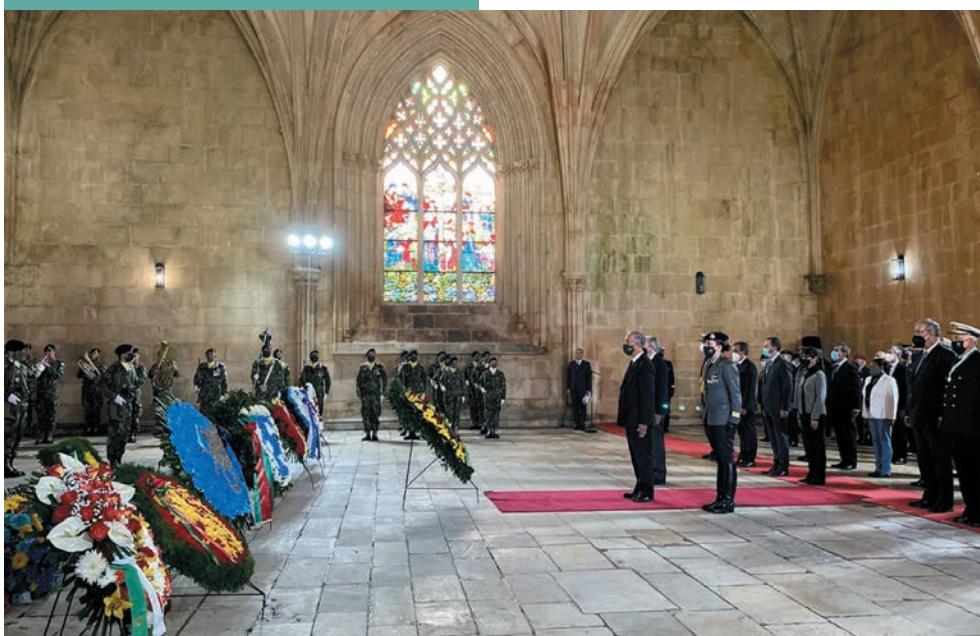
Para local de celebração e memória, escolheu-se em 1921, o Mosteiro de Santa Maria da Vitória, mais conhecido como Mosteiro da Batalha, não existindo um melhor lugar para receber os dois soldados que se tornariam símbolo dos que caíram na Grande Guerra.

Ainda hoje esses dois Combatentes se encontram sob a abóbada da Casa do Capítulo, com a presença constante de uma “Chama Eterna,” proveniente do Lampadário Monumental elaborado por Lourenço Chaves, com Guarda de Honra permanente e sob a proteção do mutilado mais belo, “Cristo das Trincheiras,” no conjunto tangível e espiritual destinado a honrar os soldados que morreram em tempo de guerra sem que os seus corpos tenham sido identificados. Os memoriais deixam de ser meramente comemorativos para passaram a ser lugares de justiça, reconciliação, lembrança e luto.

A Batalha de La Lys foi uma enorme ofensiva militar alemã focada ao norte da fronteira franco-belga, na região de Flandres, durante a Primeira Guerra... Nesta batalha, que marcou fortemente a participação de Portugal na Primeira Guerra Mundial, os exércitos alemães infligiram um insucesso tático às tropas portuguesas em La Lys, integradas no exército Inglês, mas ficaram longe de contrariar os aliados e de atingir os objectivos que pretendiam, ou seja, tomar de vez a região de Ypres e expulsar os britânicos dos portos belgas...

Aos Núcleos da LC exhorto uma vez mais a empenharem-se nas cerimónias a realizar nos lugares de justiça, reconciliação, lembrança e luto, onde atualmente celebramos esta data, por forma sentida e nobre, como Combatentes que somos.

**Tenente General Chito Rodrigues, Presidente da Liga dos Combatentes**





# COMBATENTES LEAGUE

## Winnipeg Nucleus

### Battle of La Lys Combatant's Day, April 9, 2022

We recall today the 9th of April, Day of the Combatant, remembering the date and the Portuguese soldiers who, on that day and in the battle of La Lys, gave their best, to write history in the History of Portuguese Military Deeds in that conflict of 1914-1918.

The Combatants of yesterday, today, and we believe, in future, are an example of citizens who selflessly served Portugal in the service of the Armed Forces, in the Navy, in the Army and Air Force and in the Merchant Navy.

We remember today and 104 years later, the courage they showed and the personal dedication of the Portuguese Military to the fight that took place that dawn of April 9, on French soil, at the Service of Portugal and fighting to restore Peace in Europe.

As a form of recognition, we celebrate their effort, donation and supreme gift, on this date and day, reserved for those who are remembered, honored and awarded; the Combatants for the effort made in fulfilling the Mission that was then committed to them.

Over the decades, Presidents of the Republic, Prime Ministers, Ministers of National Defence, Secretaries of State for National Defence, Generals and Admirals Chiefs of Staff General of the Armed Forces, other Generals and Admirals have added national character and this evocation, honoring in this symbolic day, this exemplary and comprehensive figure of the Combatant.

Likewise, and to this date, with the same evocative symbolism that encompasses the League of Combatants and their Nuclei inserted in the Celebrated Combatant's Day, evocative ceremonies are held by the LC Nuclei that indelibly mark this Memorial Day, each Nucleus performing a simple ceremony that highlights the lived date and embodying in it the effort of all Portuguese Combatants involved in the conflicts of the 20th century.

In this ceremony, simple in appearance and grandiose in meaning, a wreath and a prayer constitute offerings at the monuments to the Combatants of the Great War, or in the pilgrimage made to the fields of the League of Combatants, acts of symbolism and elevation carried out by the Nuclei of the League of Combatants in the country and abroad.

The most distinguished figures in the country, in the space in front of the Santa Maria da Vitória Monument in Vila da Batalha and in the Chapter Room, before the symbol among symbols -- The Tomb of the Unknown Soldier -- offer the fundamental prayer of our ceremonies, speaking at the Altar da Pátria, with a high apology for the Portuguese Combatant and Unknown Soldier.

As a place of celebration and memory, the Monastery of Santa Maria da Vitória, better

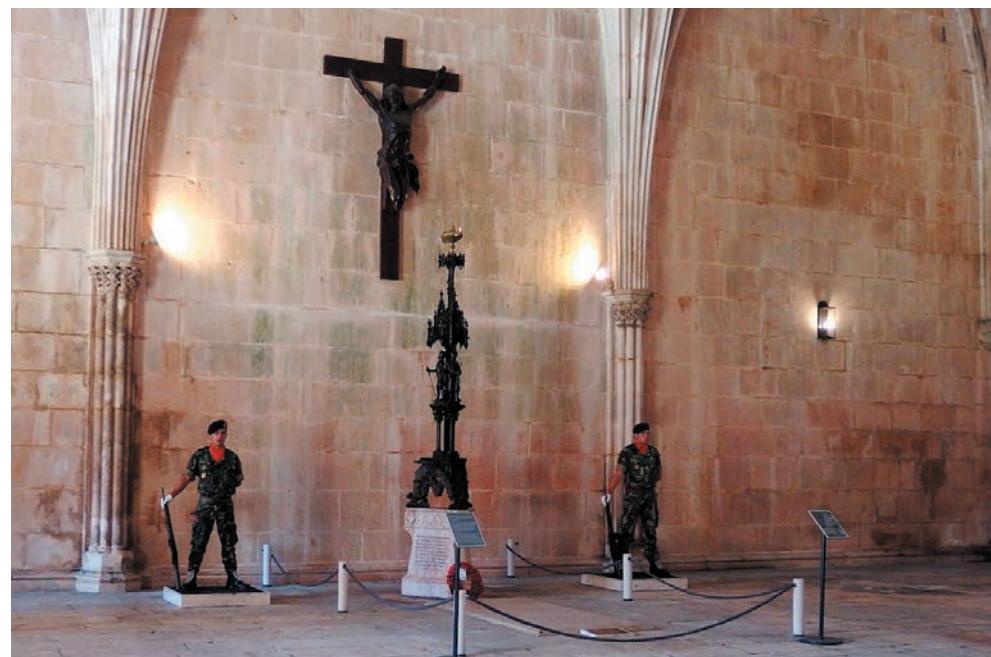
known as the Monastery of Batalha, was chosen in 1921, there being no better place to receive the two soldiers who would become a symbol of those who fell in the Great War.

Even today these two Combatants are found under the vault of the Chapter House, with the constant presence of an "Eternal Flame," coming from the Monumental Lamp created by Lourenço Chaves, with a permanent Guard of Honor and under the protection of the most beautiful mutilated, "Christ of the Trenches," a tangible and spiritual ensemble intended to honor soldiers who died in wartime without their bodies having been identified. The memorials are no longer merely commemorative but have become places of justice, reconciliation, remembrance and mourning.

The Battle of La Lys was a huge German military offensive focused north of the Franco-Belgian border, in the Flanders region, during World War I... In this battle, which strongly marked Portugal's participation in World War I, German armies they inflicted a tactical failure on the Portuguese troops in La Lys, integrated into the English army, but they were far from antagonizing the allies and achieving the objectives they intended, that is, taking the Ypres region once and for all and expelling the British from the Belgian ports...

I urge the LC Nuclei once again to commit themselves to the ceremonies to be held in the places of justice, reconciliation, remembrance and mourning, where we currently celebrate this date, in a heartfelt and noble way, as Combatants that we are.

*Lieutenant General Chito Rodrigues,  
President of the League of Combatants*



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# FC Manitoba

por Jorge Cabral

O FC Manitoba regressa à ação este Verão, após uma longa ausência de dois anos. Devido à pandemia e à fronteira canadiana-americana fechada para viagens, a franquia FC Manitoba United Soccer League Two (USL League Two) viu sua temporada de 2020 e 2021 cancelada.

A USL League Two é uma liga semiprofissional de futebol que opera nos Estados Unidos, onde o foco está na promoção de jogadores, que estão em transição de suas carreiras juvenis para o jogo adulto. O FC Manitoba foi fundado em 2020 depois que o Grupo Garcea, há anos apoiante do *Navegante Cultural-O Mundial*, adquiriu a única franquia da USL League Two de Manitoba, WSA Winnipeg.

“Nossos jovens jogadores de Manitoba precisam de uma oportunidade e essa oportunidade surgiu com a aquisição da franquia”, disse Enrique Garcea, diretor executivo do FC Manitoba. “Nosso caminho da juventude ao profissional para nossos jogadores de futebol masculino está completo.”

O FC Manitoba trabalha ao lado de todos os clubes e academias juvenis em Winnipeg. Tem fortes laços com a 1v1 Futbol Dreams Academy, onde Enrique Garcea é co-proprietário, e também possui e opera o Ital Inter Soccer Club, um time amador masculino sênior que joga na Manitoba Major Soccer League.

O Ital Inter é um dos times de futebol mais antigos de Winnipeg, fundado em 1952 por imigrantes italianos, e é o campeão da Premier League de 2020, tendo passado a temporada inteira invicto. Em 2021, o Ital Inter teve um início difícil, e se recuperou para conquistar o título do Playoff Championship. Por meio da rede de equipes do FC Manitoba, a organização oferece aos jogadores de Winnipeg o único caminho completo de desenvolvimento de jogadores, desde o nível jovem até o semiprofissional.

O FC Manitoba desfrutou da influência da Comunidade Portuguesa de Winnipeg. Têm proporcionado treino e competição de alto rendimento para jovens portugueses como: AJ Calado, Universidade de York; Dylan Sacramento, ex-jogador do Winnipeg Valor FC; Ethan Cabral, que está comprometido com uma USports University ainda a ser anunciada

para a próxima Temporada Universitária de 2022; e Tomas Pena, Jogador da Residência dos Whitecaps Sub-23.

Eles também contrataram os serviços de Jorge Cabral, Treinador Adjunto do Ital Inter 2021, Treinador Principal 2020, Treinador Adjunto do FC Manitoba 2021, bem como Rui Menezes, Treinador de Guarda-Redes do Ital Inter e FC Manitoba desde 2019 até aos dias de hoje.

Em 2021, o FC Manitoba viajou pelo oeste do Canadá para jogar contra Edmonton Scottish, Mount Royal University, University of Calgary e University of Saskatchewan. Devido a essa exposição, alguns de seus jogadores estão assinando cartas de compromisso da USports e, recentemente, Matteo De Brienne da Carleton University e Ontario University Athletics (OUA), East Rookie of the Year, assinou um contrato profissional com o Winnipeg Valor FC.

Embora o foco tenha sido no programa masculino, o FC Manitoba está atualmente negociando para fazer parte de uma liga feminina semi-profissional canadense para fornecer a mesma exposição para mulheres jovens em nossa província.

Em 2021, o FC Manitoba criou um programa de treinamento feminino que viu cinco de suas mulheres jogarem na final do USports National com nossa própria Taylor Sousa, pais Marco e Cristina, fazendo parte da equipe do MacEwan University Championship.

O sucesso do nosso programa é financiado pelos nossos parceiros comunitários. O FC Manitoba depende da comunidade para ajudá-los, ajudar os jogadores a alcançar seus objetivos no esporte. O FC Manitoba anunciou sua temporada 2022 da USL League Two com sua partida de abertura em casa contra o time visitante Thunder Bay Chill em 28 de maio.

Todos os jogos são disputados no Complexo de Futebol Ralph Cantafio, 900 Waverly Street, em Winnipeg. Os ingressos para a temporada e para um único jogo estão disponíveis no site [www.footballclubmanitoba.ca](http://www.footballclubmanitoba.ca). Se estiver interessado em investir na juventude de Manitoba, entre em contato com o clube em: [club.management@footballclubmanitoba.ca](mailto:club.management@footballclubmanitoba.ca).



Créditos da foto para Riley Adamo  
e Fábio Fiorentino



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# MANNY GARCIA

*Arquivo de Memórias / Archive of Memories*



Uma casa é onde nos sentimos bem. Confortes e uma casa não são ditados pelo luxo, mas sim pelas memórias, sejam novas o de dias já passados.

Arquivo das memórias é sua casa.

Casa pode ser quatro paredes e um tecto e muito humilde, mas nunca devemos esquecer das histórias e das memórias que lá foram criadas.

## *A Portuguese Home*

*Four whitewashed walls  
A scent of Rosemary  
A bunch of golden grapes  
Two roses in the garden  
A painted tile of St.Joseph  
Shining under a Spring sun  
A promise of kisses  
Two open arms awaiting me  
It is truly a Portuguese home  
Truly it is a Portuguese home*

Home is where one feels comfortable. The comforts of a home are not dictated by the amenities, but by the memories, be they new or of days gone by.

Archive of memories is your home.

Home is not only four walls and a roof; it is much more. Humble it may be, but remember, it is where history and your own archive of memories are created.

## *Uma Casa Portuguesa*

Quatro paredes caiadas  
Um cheirinho a alecrim  
Um cacho de uvas doiradas  
Duas rosas num jardim  
Um São José de azulejos  
Mais o sol de primavera  
Uma promessa de beijos  
Dois braços à minha espera  
É uma casa portuguesa, com certeza  
E é com certeza uma casa portuguesa!

Uma casa portuguêsa

## MARCHA-CANÇÃO

*Música de ARTUR FONSECA  
Letra de REINALDO FERREIRA e V. MATOS SEQUEIRA*

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ESTRENO

Do Sol Ré Fa MI

**Nota cosa portugues:**

Pão bom,  
Pão e vela sobre o west,  
Quicado é porre bendito  
Bacalhau com cebola  
Sopa é jato de gente  
Pica bien alto festejo,  
Fica bem,  
Que cosa mucho diamante.  
A elegia de palomas  
Está pronto para riquezas  
De car y lecar contento...

**Otro cosa portugués:**

Questa panzeras cocido,  
Un chicharrón de cerdo,  
Un coche de ave dorada,  
Dosa rosas nun jardín,  
El S. José del mar  
Casa de la Reina Princesa,  
Una promesa de beliger,  
Dos tristes a alhó espreso...

**É una cosa portugues con certeza!**

É un cerdo, una cosa portugues...  
No valiente perejilado  
Do sol, do re, do mi  
Mi fortuna de castillo...  
A corona do mar  
A casa que gato delece...  
Bacalao, ponchado  
Para degustar  
Jamon se salado dulce...  
Un cerdo, pila y vela  
En un colmo verde verdadero  
A fumigar no riquete...

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# Horoscope

excerpts from elle.com - astrotwins



**Carneiro/Aires** 21/3 - 19/4 A jackpot idea could be staring you in the face, Ram. If you adjust your focus today, you should be able to spot it and pounce! The first in this year's duo of opportune trines between the energizing Sun and potent Pluto is taking place, activating your second house of worth and your tenth house of ambition. A solid concept could develop into a moneymaker before your very eyes if you're able to pair valuable talents with a strong game plan to work toward your ultimate goal.

Uma ideia de jackpot pode estar na sua cara, Ram. Se você ajustar seu foco hoje, deverá ser capaz de identificá-lo e atacar! O primeiro da dupla de trígono oportuno deste ano entre o energizante Sol e o potente Plutão está acontecendo, ativando sua segunda casa de valor e sua décima casa de ambição. Um conceito sólido pode se transformar em um ganhador de dinheiro diante de seus olhos se você conseguir combinar talentos valiosos com um forte plano de jogo.

**Touro/Taurus** 20/4 - 20/5 Taurus for the win! The potent Sun in your sign is joining forces with transformative Pluto in your expansive ninth house today, convincing you to believe in yourself and swing for the fences. You could broaden your reach by disseminating knowledge to a bigger audience—maybe via an online course, YouTube channel or podcast.

Touro para a vitória! O potente Sol em seu signo está unindo forças com o transformador Plutão em sua expansiva nona casa hoje, convencendo você a acreditar em si mesmo e balançar as cercas. Você pode ampliar seu alcance disseminando conhecimento para um público maior – talvez por meio de um curso online, canal do YouTube ou podcast.

**Gêmeos/Gemini** 21/5 a 20/6 Maybe you think you've put something behind you, but are the feelings around it still festering, Twin? When the focalizing Sun in your cleansing, spiritual twelfth house forms a powerful coalition with metamorphic Pluto in your deep, intense eighth house today, delving into your psyche will be so worth it. Reflect on a wound that hasn't fully healed so you can understand why the emotional aftermath is lingering. Forgiveness is a gift you give yourself, not the other person.

Talvez você pense que deixou algo para trás, mas os sentimentos em torno disso ainda estão apodrecendo, Gêmea? Quando o Sol focalizando em sua limpeza, a décima segunda casa espiritual forma uma poderosa coalizão com o metamórfico Plutão em sua profunda e intensa oitava casa hoje, mergulhar em sua psique valerá a pena. Reflita sobre uma ferida que não foi totalmente curada para que você possa entender por que as consequências emocionais estão demorando.

**Caranguejo/Cancer** 21/6 - 22/7 Once you tune into synchronicity, you suddenly spot it everywhere. Today's collaboration between the vibrant Sun in your communication realm and potent Pluto in your interpersonal province can send you clear signals about a key relationship. Let your guard down and be authentic with this person, and your bond will grow stronger.

Uma vez que você sintoniza a sincronicidade, de repente você a vê em todos os lugares. A colaboração de hoje entre o vibrante Sol em seu reino de comunicação e o potente Plutão em sua província interpessoal pode enviar sinais claros sobre um relacionamento-chave. Baixe a guarda e seja autêntico com essa pessoa, e seu vínculo ficará mais forte.

**Leão/Leo** 23/7 a 22/8 It's your turn to shine, Lion! Not that you don't radiate glorious beams of light 24/7 like your ruler, the Sun. But today, el Sol is at the peak of your chart and joining forces with powerful Pluto in your productivity corner, so the hard work you've been doing can separate you from the pack and gain the attention of higher-ups who will give you a leg up.

É a sua vez de brilhar, Leão! Não que você não irradie gloriosos raios de luz 24 horas por dia, 7 dias por semana, como seu governante, o Sol. Mas hoje, el Sol está no auge do seu mapa e unindo forças com o poderoso Plutão em seu canto de produtividade, então o trabalho duro que você tem feito pode separá-lo do grupo e ganhar a atenção de superiores que lhe darão uma perna para cima.

**Virgem/Virgo** 23/8 a 22/9 Abracadabra! As the energetic Sun in your expansion realm makes music with transformational Pluto in your joy sector today, you're on a mission to take a bigger bite out of life. Don't stop to deconstruct everything down to the last detail now, Virgo. The whole is greater than the sum of its parts, so grab this golden opportunity. Promote your pet project and watch it catch fire.

Abracadabra! Como o Sol energético em seu reino de expansão faz música com Plutão transformacional em seu setor de alegria hoje, você está em uma missão para dar uma mordida maior na vida. Não pare para desconstruir tudo até o último detalhe agora, Virgem. O todo é maior que a soma de suas partes, então aproveite esta oportunidade de ouro. Promova seu projeto de estimulação e veja-o pegar fogo.

**Balança/Libra** 23/9 a 22/10 Your sign is a big fan of balance, and you could spend the day making sure the numbers add up and everything's even-steven in your budget. That's because the focalizing Sun in your outside-resources zone is harmonizing with powerful Pluto in your foundational fourth house. If you're coming up short, turn to a family member or someone you've known forever for support.

Às vezes, a melhor maneira de resolver um problema é deixá-lo de lado e se concentrar em outra coisa – como mover seu corpo. Já teve um avanço durante uma aula de Peloton ou aquele cachorro final no poder Vinyasa? Você sabe do que estamos falando. Brainiac Mercury e Netuno intuitivo em sua sexta casa de saúde e bem-estar encorajam você a parar de girar suas rodas quando estiver preso e trabalhar fisicamente também.

**Escorpião/Scorpio** 23/10 a 21/11 Are you psychic, Scorpio? You could read someone's mind today when the focalizing Sun in your interpersonal seventh house meshes with your ruler, profound Pluto, in your communicative third house. Whether you're talking to your S.O., your best friend or a total stranger, you could know exactly what they're about to say. You might also encounter a person who has a transformative effect on your mindset.

Você é evidente, Escorpião? Você pode ler a mente de alguém hoje quando o Sol focalizando em sua sétima casa interpessoal se une ao seu regente, Plutão profundo, em sua terceira casa comunicativa. Estaja você falando com seu namorado, seu melhor amigo ou um completo estranho, você pode saber exatamente o que eles estão prestes a dizer. Você também pode encontrar uma pessoa que tenha um efeito transformador em sua mentalidade.

**Sagitário/Sagittarius** 22/11 a 21/12 Today's collaborative trine between the energetic Sun in your productivity corner and transformative Pluto in your resources zone could move the needle in your finances. All the hard effort could pay off literally now. You might get a raise or finally bump up your rates. And a skill that you've been honing could generate a side gig if you showcase it now.

O trígono colaborativo de hoje entre o energético Sol em seu canto de produtividade e o transformador Plutão em sua zona de recursos pode mover a agulha em suas finanças. Todo o esforço duro poderia valer a pena literalmente agora. Você pode obter um aumento ou finalmente aumentar suas taxas. É uma habilidade que você vem aprimorando pode gerar um show paralelo se você a mostrar agora.

**Capricórnio/Capricorn** 22/12 a 19/1 The results of the deeply private internal work you've been doing could be unveiled today. That's because the first of the year's two providential trines between the vibrant Sun and transformational Pluto in Capricorn is taking place, and this time around, el Sol is in your fifth house of fame and fun. Let your guard down and allow people to see the person you identify as now.

Os resultados do trabalho interno profundamente privado que você vem fazendo podem ser revelados hoje. Isso porque o primeiro dos dois trígono providenciais do ano entre o vibrante Sol e o transformador Plutão em Capricórnio está ocorrendo e, desta vez, el Sol está em sua quinta casa de fama e diversão. Baixe a guarda e permita que as pessoas vejam a pessoa com quem você se identifica agora.

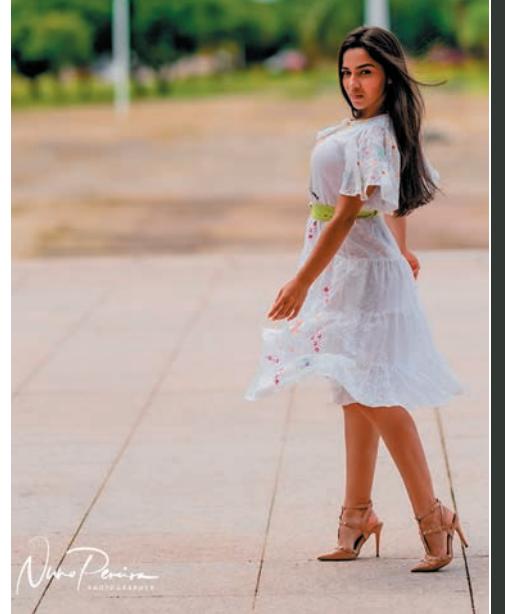
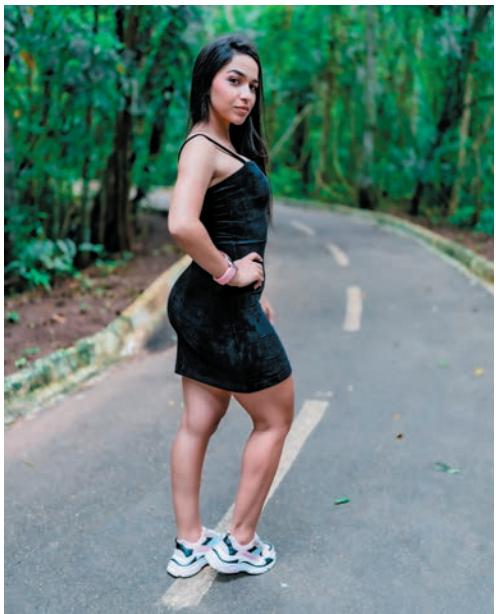
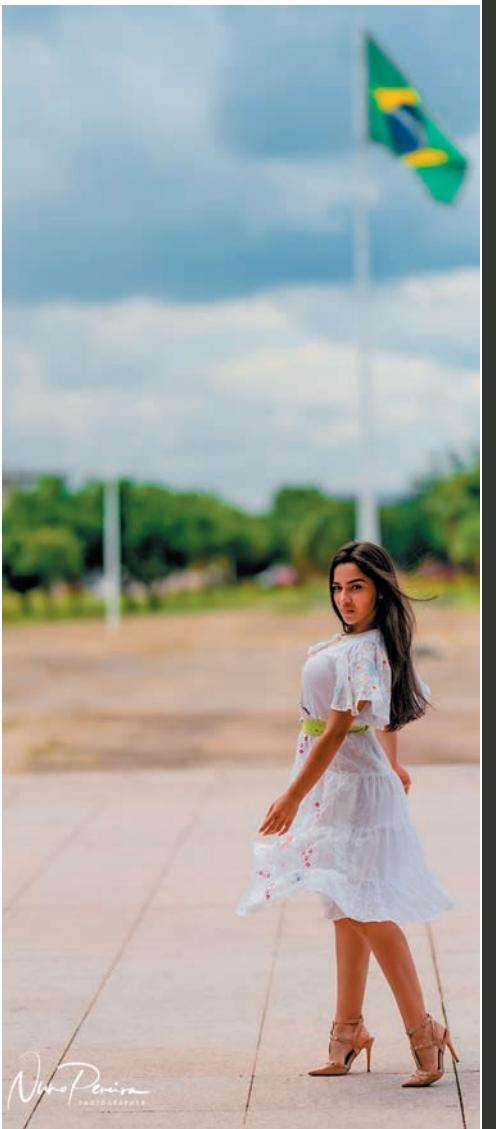
**Aquário/Aquarius** 20/1 a 18/2 Let it go, Aquarius! The stars hand you a rare opportunity to get closure today when the life-giving Sun in your emotional fourth house harmonizes with transformational Pluto in your transitional twelfth house. Have you been clinging to bad blood or an old wound for much longer than you care to admit? You can free yourself from this weight on your soul now if you choose to heal and release it.

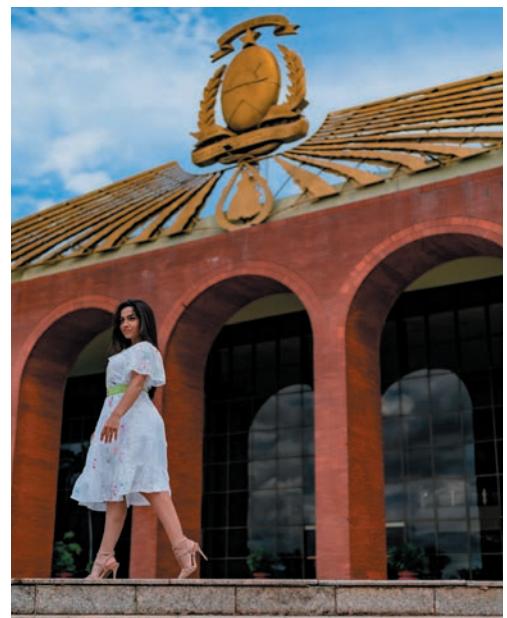
Deixa pra lá, Aquário! As estrelas oferecem a você uma rara oportunidade de encerrar hoje, quando o Sol vivificante em sua quarta casa emocional se harmoniza com Plutão transformacional em sua décima segunda casa de transição. Você tem se apegado a sangue ruim ou a uma ferida antiga por muito mais tempo do que gostaria de admitir? Você pode se libertar desse peso em sua alma agora se escolher curá-lo e liberá-lo.

**Peixes/Pisces** 19/2 - 20/3 Is it time to take a stand, Fish? You usually opt to empathize rather than do battle, but you might lean in to a different side of yourself that's not such a softie. Today's coalition between the energizing Sun in your communication realm and potent Pluto in your humanity province can motivate you to speak up. Say your piece to foment change in the world. Sometimes you need to put yourself forward and give voice to what you know is right, even if it's uncomfortable.

E hora de tomar uma posição, Fish? Você geralmente opta por ter empatia em vez de lutar, mas pode se inclinar para um lado diferente de si mesmo que não seja tão mole. A coalizão de hoje entre o energizante Sol em seu reino de comunicação e o potente Plutão em sua província de humanidade pode motivá-lo a falar. Diga sua peça para fomentar a mudança no mundo. Às vezes, você precisa se colocar à frente e dar voz ao que sabe que é certo, mesmo que seja desconfortável.

# Nuno Pereira Photography





# 12 Issues 12 Rides

## Volvo 2022

**Volvo cuts 2022 forecast as semiconductor shortage bites production**

by Jason Dunn, automotivelogistic.media

Production at Volvo Cars' assembly plants is being hit by the ongoing shortage of semiconductors and the company will likely struggle to reach its production targets for the year because the shortage is expected to last throughout the second quarter.

Nevertheless, Volvo is hoping to expand its sales volumes for full year 2022 but because of the disruption, it only expects marginal growth compared to 2021.

The Swedish company has also been forced to axe eight shifts at its largest plant because of the lack of components.

Between March 27-28, Volvo cancelled three shifts at its Torslunda factory near Gothenburg and will cancel five shifts between March 31 and April 1. The site is responsible for rolling out the XC90 and XC60 SUVs and V90 station wagon.

The specific semiconductor that Volvo is in need of controls a range of electronic functions in its models. It is using the pauses in production to rebuild its supply of the critical component.

Supply chain issues, including those related to Covid-19, are expected to be an ongoing problem for the industry throughout this year. Volvo Cars said it will work with suppliers and partners to resolve any disturbances to production.

The expected disturbances in Volvo Cars' production are unrelated to the war in Ukraine, as Volvo Cars has minimal direct relationships with Ukrainian suppliers. The conflict has increased costs for raw materials, energy and freights in the auto industry, however, and Volvo says it is working with pricing to mitigate the effects.

A shortage of semiconductors has impacted the automotive industry throughout the past year, though several OEMs, including Volvo, have recorded a gradual improvement in supplies as economies and factories return to normal.

**Volvo corta previsão para 2022 como falta de semicondutores morde a produção**

por Jason Dunn, automotivelogistic.media

A produção nas fábricas de montagem da Volvo Cars está sendo afetada pela escassez contínua de semicondutores e a empresa provavelmente terá dificuldades para atingir suas metas de produção para o ano, porque a escassez deve durar todo o segundo trimestre. No entanto, a Volvo espera expandir seus volumes de vendas para todo o ano de 2022, mas devido à interrupção, espera apenas um crescimento marginal em relação a 2021.

A empresa sueca também foi forçada a cortar oito turnos em sua maior fábrica por causa da falta de componentes. Entre 27 e 28 de março, a Volvo cancelou três turnos em sua fábrica de Torslunda, perto de Gotemburgo, e cancelará cinco turnos entre 31 de março e 1º de abril. O local é responsável pelo lançamento dos SUVs XC90 e XC60 e da perua V90.

O semicondutor específico que a Volvo precisa controla uma série de funções eletrônicas em seus modelos. Está usando as pausas na produção para reconstruir seu fornecimento do componente crítico.

Espera-se que os problemas da cadeia de suprimentos, incluindo os relacionados ao Covid-19, sejam um problema contínuo para o setor ao longo deste ano. A Volvo Cars disse que trabalhará com fornecedores e parceiros para resolver quaisquer distúrbios na produção.

Os distúrbios esperados na produção da Volvo Cars não estão relacionados à guerra na Ucrânia, já que a Volvo Cars tem relações diretas mínimas com fornecedores ucranianos. O conflito aumentou os custos de matérias-primas, energia e fretes na indústria automobilística, no entanto, e a Volvo diz que está trabalhando com preços para mitigar os efeitos.

A escassez de semicondutores impactou a indústria automotiva ao longo do ano passado, embora vários OEMs, incluindo a Volvo, tenham registrado uma melhora gradual nos suprimentos à medida que as economias e as fábricas voltam ao normal.



*I am fond of saying, "you can't fight reality," and so, my quest for Volvo in 2022 has a hit a large supply-chain speed bump.*

*In the course of researching rides and trying to book times for test drives, it became apparent to me that the Swedish car manufacturer has not been able to escape the harsh, global realities of supply-chain shortages; specifically, an electronic superconductor as Jason Dunn writes in an article for automotivelogistic media, and that tire-kickers like me (even if we might spin a good yarn) would not likely be welcome during these post-pandemic times.*

*Time is valuable. In good conscience, I could not continue this series of stories. Trouble is, my word is my bond (and when I say I'm going to do something, I typically keep my word, no matter how long it takes -- unless keeping my word would be harmful to self or other).*

*I grappled with the decision to kill this experiential story, but in the end, decided that telling the truth about reality is always preferable to living a distorted fantasy about it.*

*Volvo 2023...?! Fingers crossed!! Until then, I'll enjoy Peter's Polestar now and again.*



**Matt Sarmatiuk**

General Manager

**Volvo Winnipeg**

Point West Autopark  
3965 Portage Avenue, Unit 10  
Winnipeg, Manitoba R3K 2G8  
Telephone 204.831.4856 Fax 204.831.4225  
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Navegante Cultural

# Parabens, Ethan Cabral; Congratuations!



Ethan Cabral of FC Manitoba commits to University of Saskatchewan to play for the Mens soccer team.

Ethan, son of Cristina and Jorge; and older brother to Aidan and Elissa, was born and raised in Winnipeg Manitoba.

After a successful travelling season with FC Manitoba, Ethan caught the attention of Huskie Coach Bryce Chapman during their game last summer in Saskatoon, Saskatchewan.

Ethan, 22 years of age and entering his 3rd year of University of Winnipeg is enrolling in the Faculty of Kinesiology.

He played his entire youth career with FC Northwest and had the opportunity to go to England twice, where he played against academy teams from Manchester City, Liverpool FC, Luton Town, and Burnley.

In Manitoba, Ethan would always try out for the provincial high performance teams and never successfully rostered for the teams due to his size compared to the other boys.

Under the watchful eye of FC Manitoba Head Coach, Jose Borg and the competitive nature of his teammates, Ethan worked hard to achieve his dream to one day play for a university, while he studies for a career in physical therapy.

Ethan is a great example of a player who developed later in life and has the passion to keep playing the beautiful game.

*Photo credit to Riley Adamo*

Ethan Cabral, do FC Manitoba, compromete com a Universidade de Saskatchewan para jogar na equipe de futebol masculino.

Ethan, filho de pais Cristina e Jorge; e irmão mais velho de Aidan e Elissa nasceu e foi criado em Winnipeg Manitoba.

da academia do Manchester City, Liverpool FC, Luton Town e Burnley.

Em Manitoba, Ethan sempre fazia testes para as equipes provinciais de alto desempenho e nunca foi escalado com sucesso para as equipes devido ao seu tamanho em comparação.



Depois de uma temporada de sucesso com o FC Manitoba, Ethan chamou a atenção do treinador Huskie Bryce Chapman durante seu jogo no verão passado em Saskatoon, Saskatchewan.

Ethan, 22 anos de idade e entrando no 3º ano da Universidade de Winnipeg, está se matriculando na Faculdade de Cinesiologia.

Ele jogou toda a sua carreira juvenil no FC Northwest e teve a oportunidade de ir para a Inglaterra duas vezes, onde jogou contra equipes

No entanto, sob o olhar atento do treinador principal do FC Manitoba, José Borg e da natureza competitiva de seus companheiros de equipe, Ethan trabalhou duro para alcançar seu sonho de um dia jogar em uma universidade, enquanto estuda para uma carreira em fisioterapia.

Ethan é um grande exemplo de jogador que se desenvolveu mais tarde na vida e tem a paixão de continuar jogando o belo jogo.

*Créditos da foto, Riley Adamo*



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**JOE SEBASTIÃO**  
1967-2017

On May 7, 2017, many lives changed forever as our good friend Joe left this world for the next. He was only 49 years old!

Survived by his best friend and loving wife of 23 years, Helia, and his son Jack; also left to grieve were sister Manuela and husband Victor; mother and father-in-law Maria and Domingos Corda; sister-in-law Anita and Mo; sister-in-law Theresa; brother-in-law Marco, and numerous aunts, uncles, nieces, nephews, cousins and friends; his memory a profound blessing to all of us privileged with the warmth of his smile; the generosity of his heart; the compassion of his many thoughtful deeds.

Joe was predeceased by his beloved parents Maria Emilia Vieira Sebastião and Artur Pereira Sebastião; and by his younger brother Joaquim. He is forever remembered as a devoted husband, father, and loyal friend. He would do whatever he could, to help where he could... Joe was outgoing, hard-working, and compassionate.

He is greatly missed by his soul-mate Helia, and his pride-and-joy, Jack. He was happiest going for long drives with Helia, watching Jack play soccer and hockey, and sitting by the fire at the Portuguese Park; Joe was a proud member of the Portuguese community and a Sporting fan.



# In Memoriam

Em 7 de maio de 2017, muitas vidas mudaram para sempre quando o nosso bom amigo Joe deixou este mundo para o próximo. Ele tinha apenas 49 anos!

Sobrevivido por sua melhor amiga e esposa amorosa de 23 anos, Helia, e seu filho Jack; também ficaram de luto a irmã Manuela e o marido Victor; sogra e sogros Maria e Domingos Corda; a cunhada Anita e Mo; a cunhada Teresa; e cunhado Marco, e numerosas tias, tios, sobrinhas, sobrinhos, primos e amigos; sua memória uma bênção profunda para todos nós privilegiados com o calor de seu sorriso; a generosidade de seu coração; a compaixão de seus atos pensativos.

Joe foi antecedido por seus queridos pais Maria Emilia Vieira Sebastião e Artur Pereira Sebastião; e por seu irmão mais novo Joaquim. Ele é para sempre lembrado como um marido dedicado, pai e amigo leal. Ele faria o que pudesse, para ajudar onde pudesse... Joe era extrovertido, trabalhador e compassivo. Ele faz muita falta para sua alma gêmea Helia. Ele ficava feliz em longas viagens de carro com Helia, assistindo Jack a jogar futebol e hóquei, e sentado perto da lareira no Parque Português; Joe era um membro orgulhoso da comunidade portuguesa, e um fã do Sporting.



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# Obituaries ❤

Five years have passed. You are so missed.  
May you Rest in Peace, My Love.

We should make every moment count. Joe lived his life this way, and he would want all of us to live our lives this way. But life isn't just about the moments, it's about those with whom we share those moments...

Joe, you impacted my story in so many ways, and your legacy lives on in us all, but especially, it is alive in our son Jack.

You will be forever loved and missed.  
Love always, Helia and Jack



## CONSTANTINO VEIGA SOUSA

*It is with deep sadness that we announce the passing of Constantino Veiga Sousa on Tuesday, March 22, 2022.*

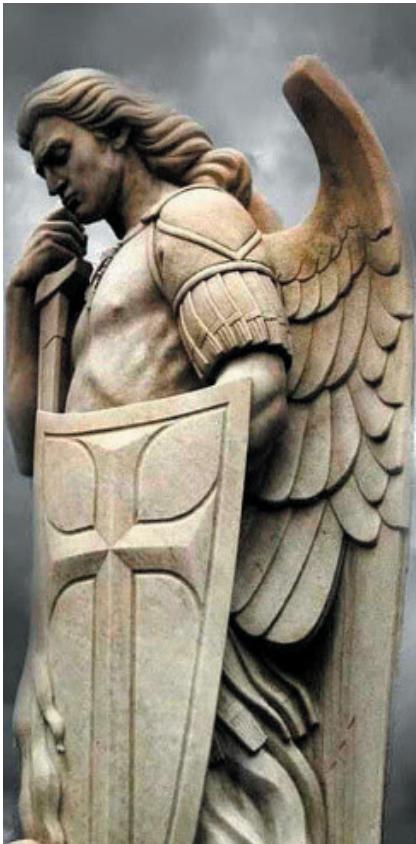


*Constantino will forever be remembered by his loving wife Fatima, his son Jason (Sara), and his granddaughter Selena. Also left to cherish his memories are all of his extended family and friends.*

*Constantino was born in the island of Terceira, Azores, and immigrated to Winnipeg in 1979*

*Constantino was a friendly, caring, kind-hearted man who brought joy and laughter to the lives of many. His favorite thing to do was spending time at the Portuguese Park barbecuing and entertaining family and friends. He was very involved in the Portuguese community and he played a huge role in bringing the Carnaval dances to life here in Winnipeg.*

*Prayers were held on Tuesday, March 29, 2022 at Immaculate Conception Roman Catholic Church; Mass of Christian Burial was held on Wednesday, March 30, 2022 Immaculate Conception Roman Catholic Church, with interment at Assumption Cemetery.*



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At Croopo, we provide meaningful end of life services that reflect the beliefs and values of your family. We continue our proud support of the Portuguese community, and we are always available to provide thoughtful options and professional guidance.

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# Obituaries



## MARIA ALICE DANIEL

*It is with heavy hearts we announce that Maria Daniel, beloved Wife, Mother, Grandmother and Great Grandmother passed away with loved ones by her side on April 15, 2022 at the age of 82.*

*Prayers were said on Thursday, April 21 at Cropo Funeral Chapel. A funeral mass was celebrated on Friday, April 22 at Immaculate Conception Parish, with entombment at Assumption Cemetery.*

*Maria was born in São Miguel, Açores in 1940, the youngest of three children, the daughter of Antônio and Antônia Santos.*

*She will be lovingly remembered by her husband, José. Maria and José would have celebrated their 60th anniversary on June 23rd. Also left behind are her children, João, Joe, Tony (Delfina), Elizabete (Neil), and Helena (Paul), along with her treasured grandchildren whom she loved very much and brought her so much joy; Breann, Vanessa, Jordan, Sydney, Nicolette, Jacob, Megan, Kyra, Jenna and great grandchild, Lilah.*

*Mom made several trips back home after immigrating to Canada in 1971. Her visits offered her food for her soul. She would reminisce with family, friends and enjoyed the simplicity of Portugal living. Mom was an amazing mother. She was there to help raise her grandchildren, a time she remembered so fondly and with many stories shared. She was an excellent seamstress, who always made time to hem those pants that were too long, or fix the zipper that kept sticking. Mom was a caring, compassionate woman who loved animals. The sick and hurt somehow found their way to mom and she nursed countless back to health. She held a special place in her heart for the pets. Mom's green thumb always prevailed. She enjoyed gardening and took the time to show us all her floral successes every time we'd visit. It was imperative that she tour the front flower garden and tell us about them on our way out. She also enjoyed the vegetable garden out back and was excited the green onions were already growing despite the challenges of this weather.*

*Mom was a woman of faith. She prayed every day. Her prayers were never for herself, but for her family. We would often bend her ear and she always offered a sense of peace and prayers. She wanted her children to be happy.*

*A light from our household gone. A voice we love is stilled, a place is vacant in our home, which never can be filled. She will be missed dearly, Querida Esposa, Mãe e Avó.*

*Special thanks to her oldest son, João who took special care of her during her illness and decline. As well, special thanks to Riverview Health Centre for their care and compassion during mom's final days.*



## TERESA RAPOSA VIVEIROS (nee REIS)

*It is with profound sadness that the Viveiros and Reis families announce that our wife, mother, sister, grandmother, and friend, Teresa, aged just 74 years, was called home to be with God on Friday, April 1, 2022, at 1:35 AM, after an agonizing almost 20-year battle with early onset Alzheimer's disease.*

*Teresa, affectionately known as Tereseña, was the beloved spouse of Gilbert for more than 52 years, and from the day he laid eyes on her, she had his whole heart. Born November 7, 1947, on the beautiful island of São Miguel, Açores. Teresa met Gilbert at age six when they were neighbours. She attended school until grade 4 and then worked in a tobacco factory. In 1967, she immigrated to Canada, following her eldest sister to Ontario, and in 1970, less than one year from the date of their wedding, with \$300 and very little English, Teresa and Gilbert celebrated the birth of their son Christopher; Billy completed the family six year later.*

*Teresa spent her working life using her talented hands; as a cleaner at Great-West Life, a seamstress with Tundra, and finally, at Home Outfitters and Clean & Green. She worked hard and never complained. Saturdays were for house cleaning, first in their West End bungalow, nestled among other Portuguese immigrants, including Teresa's mother and father, Gilda and José Reis. In 1986, Teresa and Gilbert built a beautiful home on 7 acres on McGregor Farm Rd just outside city limits, where they grew an incredible garden; baked 12-inch-tall loaves of bread; made chouriço and smoked it in a hollowed-out fridge in the back yard; turned grapes into wine (never from a kit); and crocheted beautiful works of art. It was as though São Miguel was in Manitoba.*

*Left to mourn her departure are children Billy (Crystal); Chris (Karen and grandkids, Casera and William), as well as a close-knit group of siblings: Maria (Jaime), José (Vénilde), João (Laura), Margarida (Julio), Antero (Rosa), Joaquin (Judite), Raul (Ruth) and Oliver (Lynda). Teresa was predeceased by her parents, but leaves behind many nieces and nephews, cousins, and brothers/sisters-in-law in Manitoba, Ontario, Açores and in Fall River, MA, as well as treasured friends, especially Otilia Cipriano.*

*Teresa was devout member of Immaculate Conception. She loved music and singing, soap operas, cooking and baking, and laughing. We will miss her terribly; Teresa suffered, and no one should suffer for as long nor as deeply... In lieu of flowers, the family suggests donations in Teresa's name to Alzheimer Society of Manitoba or CancerCare Manitoba Foundation, since she also faced and defeated breast cancer in the last few years of her life. Funeral was held on April 8 at Cropo Funeral Chapel, with interment at Assumption Cemetery.*

*Rest in peace Teresa – you are finally free.*

## JOSÉ ALMEIDA MELO 1942-2022

*It is with great sadness that we announce the death of Jose Almeida Melo, who passed away on May 1, 2022, leaving to mourn family and friends.*

*Family and friends can send flowers and condolences in memory of the loved one.*

*A funeral service was held on May 5th 2022 at the Cropo Funeral Chapel.*



## CONSTANTINA SOUSA

*It is with great sadness that we announce the passing of our mother, grandmother, and great grandmother Constantina Sousa on March 23, 2022.*



*Constantina was born December 25, 1924, in São Miguel, Açores, Portugal and was predeceased by her husband of 45 years.*

*Constantina is survived by her children Cesar (Juevantina), Maria (Durval), Emily (Bernie), and Joe (Diane); her grandchildren Brian, Jason (Riley), Sean, Elizabeth (Rod), Jenny, Adrian (Kayla), Lily and Jackson as well as her great grandchildren Dylan, Hixon and Henzo.*

*Constantina left her home in São Miguel for a better life in Canada in 1960 without speaking a word of English or knowing the customs of her new home. With Cesar and Maria in tow, she crossed the ocean and half a continent to her new home in Canada where she put down roots for her family and thrived in spite of the surprise of the first Manitoba winter.*

*Constantina will be lovingly remembered for always making sure visitors and family were well fed before leaving her home. She was also a master crocheter; having made countless doily sets, while watching soap operas or cooking shows.*

*The family would like to thank her dedicated home care attendants: Barb, Charito, Lemlem, Naan and Roza as well as Dr. Shirin Singh for the kindness and care during her last years. The entire family would like to acknowledge the time and sacrifice of our sister/Aunt Emily, who was her caregiver during the last 20 years. Mom's life was filled with love and the fiercest advocate for her healthcare. Thank you, Emily.*

*Prayers were held at Cropo Funeral Chapel on March 29, 2022. Mass of Christian Burial was celebrated at St. Alphonsus Roman Catholic Church on Wednesday, March 30, 2022 with interment at All Saints Cemetery.*

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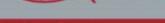
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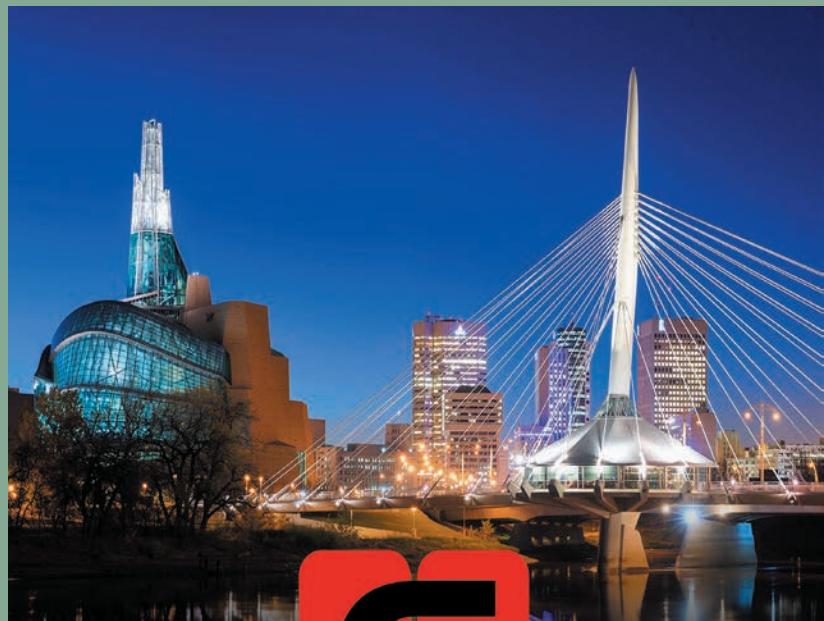
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