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was a strong anchor to these two and their occasionally turbulent waves of love.

When the Everley Brothers wrote “Bye Bye Love,” in 1958, these two Micaelense brothers had long embraced the inimitable 50s fashions and culture straight out of films made in Hollywood, USA; pegged jeans and slicked back curls in wavy pompadours; high collared shirts and leather jackets, charming young women on the streets of Ponta Delgada, on the Avenida Marginal; watching movies at the Coliseu, attending formal dances at Clube Micaelense or Solar da Graça; and one of them, mid-way through a four year sea-faring journey as a Merchant Marine for the Dutch Navy from 1956-1960.

“The Everly Brothers may have been the picture of 1950s clean-cut good looks and clean-cut tunes, but things got a little messy behind the scenes... And beyond the brothers’ differences, disputes, and tensions was the enduring brotherly love that underpinned their career success.” <https://www.grunge.com/468223/the-untold-truth-of-the-everly-brothers/>

So it was with Leo and Peter as they came to be called in Canada. Closer than most, and loyal through thick and thin --coming across highs and lows and mid-points in between, these two Correia men have come full circle in their later years, having raised families and now living testaments of their journeys over land and sea. (João was also a Merchant Mariner for Carregadores Açoreanos.)

Since my Animus is dominant, and I have genetically pulled so much from my Correia, island-side, I have both sympathy and empathy for these men whose indomitable spirits could not be contained by the land-mass of a single island. Both adventurous and courageous; both shaped my own journey as first, a precocious, curious girl-child; and now, as an independent, even more curious woman-girl.

“Bye-bye love  
Bye-bye happiness  
Hello loneliness  
I think I’m gonna cry  
Bye-bye love  
Bye-bye sweet caress  
Hello emptiness  
I feel like I could die  
Bye-bye my love, goodbye...”

(At right, the “real” Everley Brothers, whom they would imitate at family parties.)

The first question I formally asked my uncle a few weeks ago, was “why the Merchant Marines?” He said, “I wanted to see the World! The world I had read about in my books. When I looked around our island, as beautiful as it was, I knew that there had to be more out there for me to see, out beyond the sea...”

*Letter from the Editor / Carta da Editora*

**Brothers-in-Arms & Merchant Marines**

I have learned so much in my lifetime from brothers Leonet and Pedro (pictured opposite page, L-R) -- long gone is older brother João, who

**Irmãos-em-Armas e Fuzileiros Mercantes**

Eu tenho aprendido muito durante a minha vida com os irmãos Leonet e Pedro (foto na página oposta, E-D) -- já faleceu há muitos anos, o irmão mais velho João, que foi uma âncora forte para os dois nas ondas fraternas.

Quando os Everley Brothers escreveram “Bye Bye Love,” em 1958, os dois irmãos micaelenses já tinham, há muito tempo, abraçado a moda e cultura dos anos 50, apresentada em filmes feitos em Hollywood, EUA – jeans pregados e penteados de moda pompadour; camisas de gola alta e jaquetas de couro, encantando moças nas ruas de Ponta Delgada: na Avenida Marginal; assistindo a filmes no Coliseu, e nos bailes de gala no Clube Micaelense ou no Solar da Graça; e um deles, já estava numa viagem marítima como mercante marinho na Marinha Holandesa entre 1956-1960.

“Os Everly Brothers podem ter sido a imagem da boa aparência e das músicas limpas dos anos 1950, mas as coisas ficaram um pouco confusas nos bastidores... E além das diferenças, disputas e tensões dos irmãos, estava o duradouro amor fraterno que sustentou o sucesso de sua carreira.” <https://www.grunge.com/468223/the-untold-truth-of-the-everly-brothers/>

Assim foi com Leo e Peter; como vieram a ser chamados no Canadá. Mais próximos do que a maioria, e leais em todos os momentos - passando por altos e baixos e pontos médios, estes dois homens Correia têm completado os seus círculos únicos nos seus últimos anos, e agora vêm se mais aproximados do que nunca, tendo criado famílias e agora vivendo testemunhos de suas viagens por terra e mar. (João foi também um marinheiro mercante dos Carregadores Açoreanos.)

Uma vez que o meu Animus é dominante, e eu tenho tantas coisas geneticamente extraídas da linha Correia, lado da ilha, tenho simpatia e empatia por estes homens cujos espíritos indomáveis não poderiam ser contidos pela terra insular da Ilha Verde. Ambos aventureiros e corajosos; ambos moldaram minha própria jornada como primeiro, uma menina precoce e curiosa; e agora, como mulher-garota, e ainda mais curiosa.



A primeira pergunta que fiz quando entrevistei meu tio algumas semanas atrás foi “Por quê?” Ele respondeu: “Eu queria ver o Mundo! O mundo sobre o qual li nos meus livros... Quando olhei ao redor da ilha, por mais bonita que fosse, sabia que tinha que haver mais lá fora para eu ver...”

*It seems like it was only yesterday, when we announced the acquisition of the USL2 Manitoba franchise on January 29, 2020.*

*It certainly has been a tumultuous two years.*

*We wouldn't have blamed anyone from giving up on us in 2020 when our season was cancelled. With continued domestic and international travel restrictions in 2021, it was necessary, as a club and identity, to create our own competition in the Prairie provinces. This little initiative proved to our governing bodies that we can work together and create something special for Canadians in a region that has until now seemed to have been forgotten.*

*Although in 2021 we did see some competition, our games were played with a very big void in our hearts. Every athlete can attest to the difficulty it is to travel long hours to play away from supporters and family who are the source of every team's energy. To play in front of fans that we call family is pivotal to our success.*

*It is hard to believe that the 2022 USL2 Season can come and go so quickly. The tremendous response from our community can only be described as epic, and we want to thank you for all the support this year; whether you were a Community Investment Partner or a Season Ticket Holder, we felt you. We felt your support even during our road trips, counted in long bus hours, when people reached out to us to obtain live stream links, or simply to wish us the best.*

*In the post season, we continue to receive your feedback. Rest assured we are listening. We are not perfect, and given the good, bad, and the ugly we saw while on the road, we learned from our competition on what we need to improve in our community. We will work harder. We will continue to collaborate with local governing bodies to make our community proud.*

*Finally, to the Winnipeg Soccer Federation and all our close circle of family and friends, who tirelessly and unconditionally put thousands of hours to set up our home field to something that we can call our own, this simple post does not do justice to the gratitude and appreciation we have for you. During this post pandemic where volunteers are a premium, you are priceless.*

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*Parece que foi ontem, quando anunciamos a aquisição da franquia USL2 Manitoba em 29 de janeiro de 2020.*

*Certamente foram dois anos tumultuados.*

*Não teríamos culpado ninguém por desistir de nós em 2020, quando nossa temporada foi cancelada. Com as contínuas restrições de viagens domésticas e internacionais em 2021, era necessário, como clube e identidade, criar nossa própria competição nas províncias de "Prairie." Esta pequena iniciativa provou aos nossos órgãos de governo que podemos trabalhar juntos e criar algo especial para os canadenses em uma região que até agora parecia ter sido esquecida.*

*Embora em 2021 tenhamos visto alguma competição, nossos jogos foram disputados com um vazio muito grande em nossos corações. Todo atleta pode atestar a dificuldade que é viajar longas horas para jogar longe de torcedores e familiares que são a fonte de energia de toda equipa. Jogar na frente de fãs que chamamos de família é fundamental para o nosso sucesso.*

*É difícil acreditar que a temporada 2022 da USL2 possa ir e vir tão rapidamente. A tremenda resposta da nossa comunidade só pode ser descrita como épica, e queremos agradecer*

*por todo o apoio este ano; seja você um Parceiro de Investimento da Comunidade ou um Titular de Bilhete de Temporada, nós sentimos vocês.*

*Sentimos seu apoio mesmo durante nossas viagens, contadas em longas horas de ônibus, quando as pessoas nos procuravam para obter links de transmissão ao vivo, ou simplesmente para nos desejar o melhor.*

*Na pós-temporada, continuamos a receber seus comentários. Tenha certeza de que estamos ouvindo. Não somos perfeitos e, considerando o bom, o ruim e o feio que vimos enquanto estávamos na estrada, aprendemos com nossos concorrentes o que precisamos melhorar em nossa comunidade. Vamos trabalhar mais. Continuaremos a colaborar com os órgãos governamentais locais para deixar nossa comunidade orgulhosa.*

*Finalmente, para a Federação de Futebol de Winnipeg e todo o nosso círculo próximo de familiares e amigos, que incansavelmente e incondicionalmente dedicaram milhares de horas para preparar nosso campo para algo que podemos chamar de nosso, este simples post não faz jus à gratidão e apreço que temos por você. Durante este pós pandemia onde os voluntários são um prêmio, você não tem preço.*



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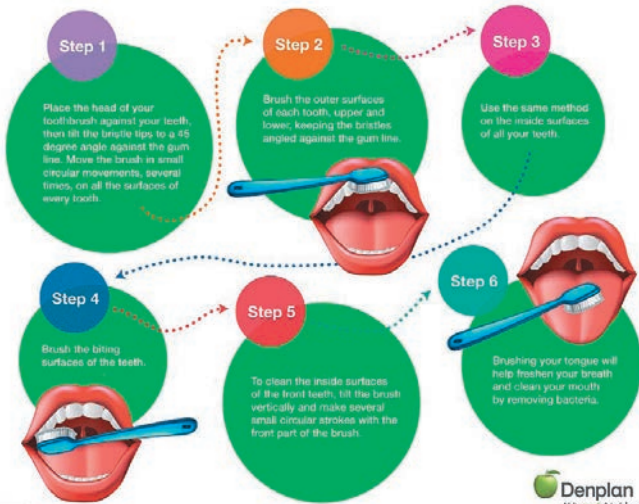
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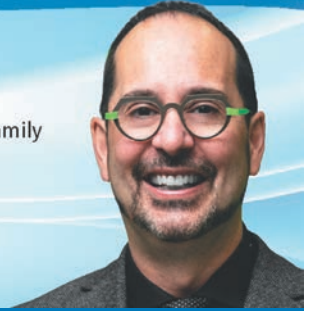
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### YOUR MOUTH: A PORTAL TO YOUR BODY.

We used to think that tooth loss was the worst possible outcome of periodontal disease. But increasingly, research is uncovering the link between periodontal disease—disease of the gums and supporting bone—and overall health.

Some studies even suggest that periodontal disease could be yet another risk factor for heart disease. According to research, the reason for this elevated risk may be the result of bloodstream contamination from bacteria, bacterial by-products and chemicals that are released from certain cells.

### CAN MY DENTAL HYGIENIST HELP?

Of course!

Your dental hygienist is a licensed oral health-care professional who can work with you to develop a program of good oral hygiene.

Research continues to uncover evidence that links oral health to overall health. And it is becoming increasingly obvious that tooth loss can be just the start of health problems associated with periodontal disease.

### A VISIT TO YOUR DENTAL HYGIENIST CAN HELP ENSURE A LIFETIME OF HEALTHY GUMS AND TEETH.

Your dental hygienist will assess your health history, examine your head and neck, and check your mouth, gums and teeth. With your input, the dental hygienist will then develop an oral hygiene care plan that includes prevention and treatment therapies to ensure the best oral health possible. If necessary, your dental hygienist may refer you to other health-care providers.

You can't afford to wait—why not make an appointment today?

Cardiovascular disease—heart disease, diseases of the blood vessels and stroke—is responsible for one-third of all deaths in Canada and costs the economy \$18 billion every year.

[www.cdha.ca](http://www.cdha.ca)



Since periodontal disease can be prevented and controlled, dental hygienists may have an opportunity to play a key role in decreasing the incidence and severity of cardiovascular disease.

### 5 EASY STEPS TO GOOD ORAL HEALTH

It takes just a few minutes a day to help ensure good oral health. Here are five things you can do to enjoy healthy gums and teeth.

- BRUSH YOUR TEETH DAILY.**  
If you use a power toothbrush, choose one that offers rotation/oscillation action.
- FLOSS BETWEEN YOUR TEETH TO REMOVE DENTAL PLAQUE DAILY.**  
You can use floss (on its own or in a holder or flosser), interdental brushes (for bridges and braces), picks or irrigators.
- RINSE USING AN ANTISEPTIC MOUTHWASH.**  
This will help reduce the accumulation of dental plaque.
- MAKE HEALTHY FOOD CHOICES.**  
Nutritional food choices low in sugar are good for your overall health and your oral health.
- GET REGULAR PROFESSIONAL DENTAL HYGIENE CARE.**  
Your biggest weapon in the battle to maintain good oral health is a regular visit with your dental hygienist. Why not make an appointment today?

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2. Let Your Feet Breathe
3. Soak Your Feet Often
4. Scrub For Smooth Feet
5. Remove Your Nail Polish
6. Trim Your Nails to a Suitable Length
7. Don't Go Barefoot in Public Places
8. Indulge in a Moisturizing Treatment

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# STYLE

## Paulo Bergantim

### How to Buy a Suit, Part 1

What you need to consider when buying a suit; for those unable to go online: <https://www.nordstrom.com/browse/style-guide/mens-tips/how-to-buy-mens-suit>

Suit patterns and fabrics vary according to use and style preferences.

### Common Suit Patterns:

#### Windowpane Plaid

A wide, open grid design of thin lines.

#### Houndstooth

A two-tone pattern made up of broken checks.

#### Herringbone

A distinctive V-shaped design composed of two colors.

#### Pinstripes

Very thin vertical stripes that, upon close inspection, actually look like a series of pin dots.

#### Shadow Stripes

Vertical stripes that are in the same color family as the suit background—hence, they look like shadows.

#### Chalk Stripes

White vertical stripes that are wider than pinstripes—the idea is that they look like they're drawn with tailor's chalk.

#### Glen Plaid

A distinct plaid design made up of overlapping patterns of large and small checks. Sometimes called the Prince of Wales check.

#### Tweed

Technically a fabric, not a pattern, tweed has a rough, unfinished texture and is woven with multicolored yarns for a flecked appearance.

Suit fabrics are generally chosen for durability and seasonality.

### Common Suit Fabrics:

#### Cotton

Ideal for warm weather; typically unstructured, with a crisp look.

### Silhouette



#### Natural Silhouette (or "Soft" Silhouette)

Made with softer canvas (the stuff between your jacket's fabric and lining) and less padding. Considered the American style.



#### Structured Silhouette

Made with stiffer canvas and usually has a padded shoulder. The British or European model.

### Shoulder



#### Soft Shoulder

A low "knocked-down" shoulder; typically unpadding.



#### Rope Shoulder

Prominent ridge at the shoulder seam.



#### Natural Shoulder

A very slight ridge, but basically appears flat.

### Lapel



#### Notch Lapel

Has a triangular notch cut into it.



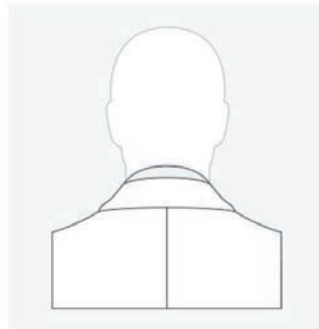
#### Shawl Lapel

The lapel has a smooth line with no cut; typically seen on formalwear.



#### Peak Lapel

The most formal lapel option; the lower blade extends above the upper blade.



#### Avoid a Collar Gap

Your jacket's lapels should hug your shirt collar, particularly in back. You want about a half inch of shirt collar showing at the back of your neck.

#### Linen

The perfect fabric for hot weather; extremely breathable with a cool, intentionally rumpled look.

#### Wool

The most common—with many variations. Worsted wool is made from tightly twisted

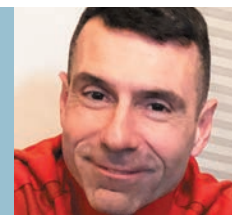
yarn that produces a smoother finish. Super 100s and 120s wool refer to the fineness of the yarn, which results in a softer, silkier product. Tropical-weight wool is lightweight and—you guessed it—ideal for warmer weather.

Part 2 to be continued in Volume 4, Issue 8



# & WELLNESS

*J. Peter Correia*



## **Winnipeg, Walking, and Wellness! Part 1**

Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, one is thriving. Here are 10 venues and activities to promote active healthy living in the pursuit of wellness around Winnipeg.

### **1. Assiniboine Park/Leo Mol Sculpture Garden/English Gardens/Assiniboine Park Conservatory/Winnie the Pooh Museum/Assiniboine Park Nature Playground**

A goldmine of a park that features so many things to do, see and experience. Assiniboine Park is centrally located just minutes from downtown Winnipeg.

### **2. Assiniboine Forest**

Just a short walk away from Assiniboine Park is Assiniboine Forest. I remember first going to Assiniboine Forest with my Grade nine class at St. Paul's High School with Mr. Ostermann; he taught us about ecosystems. The forest features six trails from 1.1 – 2.8 Km. I remember walking the trail a few years ago and still enjoying them.

### **3. Kildonan Park**

Located along the banks of the winding Red River, Kildonan Park is northwest Winnipeg's premier park destination. It features 39 hectares of park area and 27,000 metres of pathways alongside the famous Rainbow Stage open-air theatre, numerous play structures, the Witch's Hut, a duck pond/winter skating rink, toboggan slides, and many athletic fields.

### **4. St. Vital Park**

South Winnipeg's signature destination park, St. Vital Park boasts 46 hectares of park area, nearly 4,000 m of pathways, a modern, picturesque pavilion and countless opportunities for activities and events.

### **5. Kings Park**

This winding south Winnipeg park area is moments away from the University of Manitoba campus, adjacent to the Red River. It features boundless options for any-season fun, a lovely waterfall, and a memorial Labyrinth to author Carol Shields.

### **6. Westview Park**

Colloquially known as Garbage Hill, the hill was built upon a garbage dump. The park is one of a select number of off-leash dog parks in Winnipeg; a toboggan hill in winter, commonly used for running and walking year-round.

### **7. The Forks**

Located at the junction of the Red and Assiniboine rivers, The Forks has been a meeting place for over 6,000 years. Indigenous peoples traded at The Forks, followed by European fur traders, Scottish settlers, railway pioneers and tens of thousands of immigrants.

### **8. Little Red Library**

The Little Red Library at 258 Wellington Crescent is based on the international movement 'Little Free Library,' established for the free

lending and trading of books. While small, the bright red cube has made a large impact within the community. There are other private library boxes all over Winnipeg; an excellent resource for those that like to read to promote wellness.

### **9. Back Alley Arctic**

Make your way down the alleyway of Canora and Ethelbert Street between Westminster and Wolseley and explore the walkable, bikeable back lane Arctic Art Gallery by Kal Barteski.

### **10. St Norbert Heritage Park**

Winnipeg's other forks is at the junction of the Red and La Salle Rivers. Learn how this area was used by Aboriginal people, Métis people and later French-Canadian settlers, by taking a free guided tour and visit restored houses from the late 1800s. Go fishing, have a picnic or walk a 1 km self-guiding trail along the La Salle River.



O bem-estar é o ato de praticar hábitos saudáveis diariamente para alcançar melhores resultados de saúde física e mental, de modo que, em vez de apenas sobreviver, se esteja prosperando. Aqui estão 10 locais e atividades para promover uma vida ativa e saudável na busca do bem-estar em Winnipeg.

### **1. Parque Assiniboine/Jardim de Esculturas Leo Mol/ Jardins Ingleses/Conservatório do Parque Assiniboine/Museu Winnie the Pooh/ Parque Natural do Parque Assiniboine**

Uma mina de ouro de um parque que apresenta tantas coisas para fazer, ver e experimentar. Assiniboine Park está centralmente localizado a poucos minutos do centro de Winnipeg.

### **2. Floresta Assiniboine**

A uma curta caminhada do Parque Assiniboine fica a Floresta Assiniboine. Lembro-me de ir à Floresta de Assiniboine com minha turma do

nono ano na St. Paul's High School com o Sr. Ostermann; ele nos ensinou sobre ecossistemas. A floresta apresenta seis provas de 1,1 a 2,8 km.

### **3. Parque Kildonan**

Localizado ao longo das margens do sinuoso Red River, o Kildonan Park é o principal destino de parques do noroeste de Winnipeg. Possui 39 hectares de área de parque e 27.000 metros de caminhos ao lado do famoso teatro ao ar livre Rainbow Stage, estruturas de jogos, a cabana da bruxa, um lago de patos/pista de patinação de inverno e muitos campos de atletismo.

### **4. Parque São Vital**

Parque de destino exclusivo de South Winnipeg, o St. Vital Park possui 46 hectares de área de parque, quase 4.000 m de trilhas, um pavilhão moderno e pitoresco e inúmeras oportunidades para atividades e eventos.

### **5. Parque dos Reis**

Esta área sinuosa ao sul do parque de Winnipeg fica a poucos minutos do campus da Universidade de Manitoba, adjacente ao Rio Vermelho. Possui opções ilimitadas para diversão, e um labirinto memorial para a autora Carol Shields.

### **6. Parque Westview**

Coloquialmente conhecido como Garbage Hill, foi construído sobre um depósito de lixo. O parque é um de um número seletivo de parques para cães em Winnipeg; comumente usada para correr e caminhar o ano todo.

### **7. Os Forks**

Localizado na junção dos rios Vermelho e Assiniboine, é um ponto de encontro há mais de 6.000 anos. Os povos indígenas negociavam em The Forks, seguidos por comerciantes de peles europeus, colonos escoceses, pioneiros ferroviários e dezenas de milhares de imigrantes.

### **8. Pequena Biblioteca Vermelha**

A Little Red Library em 258 Wellington Crescent é baseada no movimento internacional 'Little Free Library,' estabelecido para o livre empréstimo de livros. Embora pequeno, o cubo vermelho brilhante causou um grande impacto na comunidade. Existem outras caixas de bibliotecas; um excelente recurso para quem gosta de ler para promover o bem-estar.

### **9. Beco Ártico**

Desça o beco de Canora e Ethelbert Street entre Westminster e Wolseley e explore a galeria de arte do Ártico, que pode ser percorrida a pé e de bicicleta, criada por Kal Barteski.

### **10. Parque do Patrimônio de São Norberto**

A outra bifurcação de Winnipeg fica na junção dos rios Red e La Salle. Saiba como esta área foi usada pelos povos aborígenes, Métis e posteriormente colonos franco-canadenses, fazendo uma visita guiada gratuita e visitando casas restauradas do final de 1800. Vá pescar, faça um piquenique ou caminhe por uma trilha autoguiada de 1 km ao longo do rio La Salle.

*Part 2 to be continued in Volume 4, Issue 8*

## Manny Martins - Karman



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

*It's not the number of years you've lived, it's how you've lived them.*

*I have gone through several iterations of my personal style. As I approach 60, I am having the most fun with fashion. I'm reimagining my favorite pieces in fresh new ways. I mix new with my tired and true classics. And I don't give a F@\$k what anyone else thinks. I'm dressing my body the way it is now, without all the judgment and criticism! Did you know, that as humans, our bodies are ment to change as we get older ♀ duh!! #effyourbeautystandards*

*Although we're still living in a time where fashion is geared towards a youthful aesthetic, theses new terms; coastal grandma and fancy grandma, are an evolution of dopamine dressing that we saw earlier on during the pandemic. Comfort, fun, polished, and authentic – it's an idea of dressing for yourself and how you want to FEEL, with less emphasis on what other people think. #wearwhatmakesyouhappy*

*I don't like labels, but it seems media needs to put a label on it for it to be relevant. The term grandma—it kind of reinforces the idea that women have to of go down a certain path. I'm not a grandma. I am here to #InspireBeforeIExpire*

*When you see yourself in others who are living their best lives, it kind of opens you up to expressing yourself. #Disruptaging*

*The most stylish older people don't follow rules, like my muse @irisapfel (FB picture below), and that's part of the reason why they're enduring style icons. #agewithattitude*



*Quando se vê em outras pessoas que estão vivendo suas melhores vidas, isso meio abre você para se expressar.*

*Os idosos mais estilosos não seguem regras, como minha musa @irisapfel (FB foto em cima), e isso é parte do motivo pelo qual eles são ícones de estilo duradouros.*

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

*Não é o número de anos que você viveu, é como você os viveu.*

*Eu passei por várias iterações do meu estilo pessoal. A medida que me aproximo dos 60, estou me divertindo mais com a moda. Estou reimaginando minhas peças favoritas de novas maneiras. Misturo o novo com os meus clássicos cansados e verdadeiros. E eu não dou a mínima para o que os outros pensam. Estou vestindo meu corpo do jeito que está agora, sem todos os julgamentos e críticas! Você sabia que, como humanos, nossos corpos estão destinados a mudar à medida que envelhecemos ♀ duh!!*

*Embora ainda estejamos vivendo em uma época em que a moda é voltada para uma estética jovem, esses novos termos; vovó costeira e vovó chique, são uma evolução do curativo de dopamina que vimos anteriormente durante a pandemia. Conforto, diversão, polimento e autenticidade – é uma ideia de se vestir para você e como você quer se SENTIR, com menos ênfase no que as outras pessoas pensam.*

*Não gosto de rótulos, mas parece que a mídia precisa colocar um rótulo para que seja relevante. O termo vovó reforça a ideia de que as mulheres têm que seguir um determinado caminho. Não sou avó. Estou aqui para inspirar.*



# & WELLNESS

Paula Kabaluk



## Eye Believe

This product has been around for about a month now and people are being completely wowed by their results. It has become so popular that it is flying off the shelves and is low in stock. Eye Believe reduces puffiness, fine lines/wrinkles and reduces dark circles.

If you have: smokers lines, crows feet, “11” frown lines, puffiness, dark circles, or forehead lines, then you should try Eye Believe to regulate pigmentation, by smoothing skin instantly and hydrating it -- making it feel more supple, smooth, and plump in appearance. It also gives skin a bright complexion.

## Two Glasses?!

Even in our post-pandemic world, we continue to hear the jokes and see the memes about “wine-therapy”... But now, Health Canada is considering adopting a new set of recommendations, updating its previous maximum consumption from two drinks per day for women to only two drinks per week.

If adopted, the new guidelines would dramatically redefine low-risk drinking in Canada. The current guidelines, which date to 2011, set a limit of 10 drinks per week for women, ideally no more than two drinks a day, and 15 drinks per week for men, with no more than three drinks a day.

## But what about the Mediterranean Diet?!

From the Mayo Clinic -- [mayoclinic.org](http://mayoclinic.org) “

“The Mediterranean diet is a way of eating that’s based on the traditional cuisines of Greece, Italy and other countries that border the Mediterranean Sea. Plant-based foods, such as whole grains, vegetables, legumes, fruits, nuts, seeds, herbs and spices, are the foundation of the diet. Olive oil is the main source of added fat.

Fish, seafood, dairy and poultry are included in moderation. Red meat and sweets are eaten only occasionally. Olive oil is the primary source of added fat in the Mediterranean diet. Olive oil provides monounsaturated fat, which lowers total cholesterol and low-density lipoprotein (or “bad”) cholesterol levels. Nuts and seeds also contain monounsaturated fat.

Fatty fish, such as mackerel, herring, sardines, albacore tuna and salmon, are rich in omega-3 fatty acids. Polyunsaturated fats fight inflammation in the body. Omega-3 fatty acids decrease triglycerides, reduce blood clotting, and lower risk of stroke and heart failure.



Moderate wine consumption is associated with the Mediterranean diet. While alcohol may reduce the risk of heart disease, it has other risks.

As in all things in life, balance is key. We need to weight the risks against both pros and cons, and keeping up with the research to make informed decisions that are best for us.

O consumo moderado de vinho está associado à dieta mediterrânea. Embora possa reduzir o risco de doença cardíaca, tem outros riscos.

Como em tudo na vida, o equilíbrio é fundamental. Precisamos ponderar os riscos contra os prós e contras, e acompanhar a pesquisa para tomar decisões informadas que são melhores para nós.

## Eye Believe

Este produto já existe há cerca de um mês e as pessoas estão ficando completamente impressionadas com seus resultados. Este produto tornou-se tão popular que está voando das prateleiras e está com pouco estoque -- reduz o inchaço, linhas finas/rugas e reduz olheiras.

Se tem: linhas de fumantes, pés de galinha, linhas de expressão “11,” inchaço, olheiras ou linhas da testa, então deve usar Eye Believe para regular a pigmentação, suavizando a pele instantaneamente e hidratando-a, tornando-a mais flexível, lisa e roliça na aparência. Ele também dá à pele uma tez brilhante.

## Dois copos?!

Mesmo em nosso mundo pós-pandemia, continuamos ouvindo as piadas e vendo os memes sobre “vinhoterapia”... Mas agora, o Health Canada está considerando minimizar as recomendações de dois copos por semana para as mulheres, à apenas duas bebidas por semana.

Se adotadas, as novas diretrizes redefiniriam drasticamente o consumo de baixo risco no Canadá. As diretrizes atuais, que datam de 2011, estabelecem um limite de 10 drinques por semana para mulheres, idealmente não mais que dois drinques por dia, e 15 drinques por semana para homens, não mais de três drinques por dia.

## Mas e a Dieta Mediterrânea?!

Da Clínica Mayo -- [mayoclinic.org](http://mayoclinic.org)

“A dieta mediterrânea é uma forma de alimentação baseada nas cozinhas tradicionais da Grécia, Itália e outros países que fazem fronteira com o Mar Mediterrâneo. Alimentos à base de plantas, como grãos integrais, vegetais, legumes, frutas, nozes, sementes, ervas e especiarias, são a base. O azeite é a principal fonte de gordura.

Peixes, frutos do mar, laticínios e aves estão incluídos com moderação. Carne vermelha e doces são consumidos ocasionalmente. O azeite é a principal fonte de gordura. O azeite de oliva fornece gordura monoinsaturada, que reduz os níveis de colesterol total e lipoproteína de baixa densidade (ou “ruim”). Nozes e sementes também contêm gordura monoinsaturada.

Peixes gordurosos, como cavala, arenque, sardinha, são ricos em ácidos graxos ômega-3. As gorduras poliinsaturadas combatem inflamação no corpo. Os ácidos graxos ômega-3 diminuem os triglicerídeos, reduzem a coagulação do sangue e diminuem o risco de acidente vascular cerebral e cardíaca.

# Food & Drink

Eduarda Gil

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## Croquetes de Bacalhau

### Ingredientes:

- 3 batatas cozidas
- 1 ovo
- 1 cebola pequena ralada
- 4 postas de bacalhau dessalgado, aferventado e desfiado
- 2 ovos batidos para empanar
- Óleo para fritar

### Modo de Preparação:

...1 Amasse as batatas ainda mornas, se preferir use um espremedor; deixe esfriar

...2 Coloque a cebola e um ovo numa teijela, e misture bem, mais não muito. Coloque o bacalhau e ajuste com sal

...3 Com as mãos untadas, ou duas colheres de chá, forme as croquetes, e passe nos ovos (se quiser, pode enrolar num pouco de farinha)

...4 Frite as croquetes em óleo quente, até que fiquem douradas

## Codfish Croquettes

### Ingredients:

- 3 boiled potatoes
- 1 egg
- 1 small onion grated
- 4 cod filets, desalted, boiled and shredded
- 2 beaten eggs for breading
- Frying oil

### Preparation mode:

...1 Mash the potatoes while still warm, if you prefer use a dicer; let them cool

...2 Place the onion and an egg in a bowl, and mix well, but not too much. Add the cod and season with salt

...3 With greased hands, or two teaspoons, form the croquettes, and roll them in the eggs (if you want, you can roll them in a little flour)

...4 Fry the croquettes in hot oil until golden

## Massa para Rissois

### Ingredientes:

- 2 colheres de manteiga com sal
- 1 xícara de farinha
- 1 xícara de água
- Sal e pimenta a gosto

### Modo de Preparação:

...1 Em uma panela, em fogo médio e alto, adicione uma xícara de água com 2 colheres de sopa de manteiga, sal e pimenta e deixe ferver

## Rissoles de Chouriço

### Ingredientes:

- 1 quilo de Chouriço finamente moído
- 1 cebola pequena, finamente picada
- 1 dente de alho, picado
- 2 colheres de manteiga
- 1 colher de farinha
- 1 colher de chá de páprica
- Sal e pimenta a gosto
- Um pouco de água

### Modo de Preparação:

...1 Em uma frigideira, em fogo médio, adicione a manteiga e cebola; cozinhe até translúcida

...2 Adicione o alho, páprica, sal e pimenta e um pouco de água e deixe ferver

...3 Adicione o chouriço, misture e acrescente a colher de farinha, continue cozinhando até engrossar; retire do fogo e reserve...

...4 Juntando tudo:

- 3-4 ovos (batidos)
- Pão ralado (simples ou temperado)
- Óleo para fritar (eu gosto de usar Canola)

Com a massa está fria, em uma superfície enfarinhada, abra-a com um rolo e corte-a em rodela usando um copo ou um cortador

...5 Coloque uma colher de chá cheia do recheio no meio, dobre ao meio, pressionando as bordas.

...6 Mergulhe os rissois nos ovos batidos e depois na farinha de rosca

...7 Usando uma frigideira ou fritadeira de fundo pesado (o óleo deve estar a 375 graus) frite-os até ficarem dourados, o que deve levar cerca de alguns minutos

...8 Depois de fritos, retire-os e coloque-os em um prato forrado com papel toalha para ajudar a absorver o óleo extra -- agora é só deixá-los esfriar um pouco, para não queimar a boca quando comer!

...2 Assim que a água começar a ferver, retire do fogo e adicione 1 xícara de farinha

...3 Mexa com uma colher de pau para que a massa se solte das laterais da panela e forme uma bola

...4 Se a massa estiver do lado molhado, coloque a panela de volta no fogão em fogo médio e continue mexendo até a massa secar um pouco mais

...5 Retire a massa para uma superfície enfarinhada e sove a massa até formar uma bola de massa bem lisa



Quando isso acontecer, deixe a massa descansar enquanto você começa a fazer o recheio

## Chouriço Rissoles

### Ingredients:

- 1 kilo of finely ground chorizo
- 1 small onion, finely chopped
- 1 clove of garlic, minced
- 2 spoons of butter
- 1 spoon of flour
- 1 teaspoon paprika
- Salt and pepper to taste
- A little bit of water

### Preparation mode:

...1 In a skillet, over medium heat, add the butter and onion; cook until translucent

...2 Add the garlic, paprika, salt and pepper and a little water and bring to a boil

...3 Add the chorizo, mix and add a spoon of flour, continue cooking until it thickens, remove from the heat and set aside

- ...4 Putting it all together:
- 3-4 eggs (beaten)
  - Breadcrumbs (plain or seasoned)
  - Oil for frying (I like to use Canola)

When the dough is cold, on a floured surface, open it with a rolling pin and cut it into slices using a glass or a cutter

...5 Place a teaspoonful of filling in the middle, fold in half, pressing the edges together

...6 Dip the patties into the beaten eggs and then into the breadcrumbs

...7 Using a heavy-bottomed skillet or deep fryer (oil should be at 375 degrees) fry them until golden brown, which should take about a few minutes

...8 Once they're fried, remove them and place them on a plate lined with paper towels to help absorb the extra oil -- now just let them cool down a bit so you don't burn your mouth when you eat!

### Dough for Rissoles

#### Ingredients:

- 2 tablespoons of salted butter
- 1 cup of flour
- 1 cup of water
- Salt and pepper to taste

### Preparation mode:

...1 In a pan, over medium and high heat, add a cup of water with 2 tablespoons of

butter, salt and pepper and bring to a boil

...2 As soon as the water starts to boil, remove from the heat and add 1 cup of flour

...3 Stir with a wooden spoon so that the dough comes off the sides of the pan and forms a ball

...4 If the dough is on the wet side, place the pan back on the stove over medium heat and keep stirring until the dough dries out a little more

...5 Remove the dough to a floured surface and knead the dough until it forms a smooth ball of dough



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# marinheiro MERCANTE



Existe um projeto em andamento na União Europeia, para identificar os marinheiros mercantes holandeses (2019-2023) <https://www.maritimecareers.eu/sailors-on-dutch-merchant-marine-in-the-19th-and-20th-séculos/> Os pesquisadores querem saber: “quem trabalhou a bordo de navios da marinha mercante holandesa nos séculos 19 e 20? De onde vieram os marinheiros, qual foi sua educação e como eles subiram na hierarquia?”

Elas estão procurando respostas para essas perguntas nos registros de pessoal de várias companhias de navegação holandesas, comparando os logs com os dados do século XVIII dos projetos HUMIGEC e Prize Paper, para analisar o que significavam as transições na composição da tripulação para as pessoas diretamente envolvidas, o setor de navegação, e, mais amplamente, sua posição na sociedade e cultura holandesa.”

Estas histórias são-me queridas porque durante toda a minha vida ouvi falar de uma dessas histórias no coração da minha família Correia no Canadá; ou seja, a história do meu tio Leo -- Leonete Simões Correia, natural de Ponta Delgada, São Miguel, Açores, filho de João Simões Jr Corrêa de Ponta Delgada e Jorgina da Graça Ferreira Marques, de Porto Formoso.

“Reconstruir uma carreira é essencialmente como montar um grande quebra-cabeça. Não há uma visão geral clara, porque as informações disponíveis estão fragmentadas em diferentes registros de arquivo.”

Um estudo de caso de projeto é a carreira de Wilfried Julius Lackin, que é notável tanto por sua duração quanto por seu avanço na carreira. “Lackin começou na base e terminou sua carreira no topo. Ele nasceu em 1905 em Paramaribo, então capital da colônia holandesa do Suriname. Em setembro de 1926, Lackin se inscreveu como “matroos onder gage” (marinheiro abaixo do salário) no Jan van Nassau com destino a Amsterdã.”

De acordo com seu arquivo nos cartões de pessoal da Segunda Guerra Mundial... ele viajou para o Reino Unido no início de agosto de 1945, onde esperou um mês em um navio de tropas antes de embarcar no Hércules. Nos cinco anos seguintes, ele continuou em vários navios, antes de ser promovido a primeiro imediato em outubro de 1950.

Em seguida, ele é listado como um ‘supercargo’ para duas viagens no Adm. Fraser. A Supercargos lidaria com a carga e sua documentação em navios fretados pela KNSM. Esta posição foi muitas vezes dada a um primeiro imediato. Nos anos seguintes, Lackin serviu principalmente como primeiro imediato, com a viagem ocasional como um supercargos. Finalmente, em abril de 1958, aos 53 anos, foi promovido a ‘gezagvoerder’ (capitão), cargo que continuaria a ocupar até sua merecida pensão em 1966, após quarenta anos de serviço na KNSM.”



Ao contrário do estudo de caso de Lackin, extraído apenas de registros escritos, tenho a sorte de ter acesso ao longo da vida à história oral contada por meu tio Leo, que serviu ativamente na Marinha Mercante Holandesa entre 1956-1960, após seus dois anos de serviço obrigatório no Exército Português entre 1954-1956; Os relatos de Leo sobre a vida em alto mar fizeram parte do folclore da minha família ao longo dos anos, compartilhados nas reuniões de família com um olhar distante e um leve sorriso de saudade agridoce.

## Nas palavras de Léo:

“Queria conhecer o mundo... Estava ainda no exército português quando pedi transferência para a marinha mercante holandesa. Eu estava trabalhando em transmissões como operador de criptografia/rádio, Cpl 1ª Classe. Enviamos mensagens principalmente em código Morse. De qualquer forma, porque Portugal fazia parte da NATO, fui dispensado aos holandeses. Embarquei em um navio para Amsterdã, onde jovens de todo o mundo foram divididos para servir em muitos navios.

Eu estava no KNSM Gamede (sp) e nossas primeiras viagens foram no Oceano Atlântico até a América Central e do Sul, onde contornamos o cabo e navegamos pelo lado Pacífico; aportamos em vários países nessa viagem: El Salvador, Argentina, Brasil, Aruba, Curaçao, Suriname... Tivemos muitas aventuras nesses portos!”

Ele ri e pisca para mim.

“Uma vez que estávamos no lado do Pacífico, navegamos pela costa até São Francisco. Essas duas primeiras viagens foram inesquecíveis para mim, mas eu ainda não tinha visto nada - a terceira grande viagem ao Mediterrâneo foi diferente de tudo que eu tinha imaginado ou lido nos meus livros de história, ou nas minhas viagens de um dia ao Pico do Fogo, com vista para a lagoa, de um lado, e o mar do outro; perguntando a mim mesmo: isso é tudo o que existe...?”

“A terceira viagem foi grande! Eu vi a Itália, Creta; paramos no Algarve, depois no sul da Espanha - visitamos Barcelona, depois Marrocos, Casablanca. Palestina; Beirute; Egito, onde visitei as pirâmides... No Cairo, depois que alguns de meus companheiros de navio e eu tivemos problemas com marinheiros de um outro navio, em um bar popular entre marinheiros, comecei a ter estranhas sensações de deja vu, como se eu tivesse estado em alguns desses lugares antes.”

“A Arábia, como era chamada por nós naquela época, era meio perigosa para os marinheiros europeus, mas como eu ficava muito bronzada no verão, poderia passar por um local se mantivesse minha boca fechada. Mas depois da grande confusão no bar, quando tive que roubar uma cobertura de cabeça e rosto de um vestiário, para me passar por árabe e voltar o navio em segurança, eu já não tinha minha segurança como garantida. Eu estava muito assustado naquela noite no Cairo – foi na época da revolução também.”

“Quando eu era criança, meus amigos e eu tínhamos grandes planos de velejar pelo mundo; afinal, papai estava na marinha e me matriculou em algum treinamento introdutório de navegação, então pensei que tudo seria uma grande aventura até as realidades que vivenciei com o KNSM. As coisas que fiz e vi foram mais perigosas em algumas dessas cidades portuárias do que na minha imaginação ou nos meus livros que li. Mas, novamente, nem tudo era perigo...!”

Ele para e sorri. Eu sorrio de volta. Ele me conta algumas histórias fora do registro para meu deleite. “Oh, tio Leo,” eu digo. “Isso é apenas um tipo diferente de perigo...” Ele me dá outro sorriso e ri. “Não escreva nada disso! Já era casado com a Tia Conceição e seu primo Eduardo Jorge já tinha nascido...”

“De qualquer forma, quando passamos pelo Canal de Suez, havia uma guerra acontecendo. Foi um alívio voltar para a Europa... Norte da Alemanha, Suécia, e então tive ainda mais sorte quando paramos nas Ilhas para reabastecer nosso suprimento de água enquanto cruzávamos de volta o Atlântico; então pude visitar minha família por 1,5 dias (e foi quando sua prima Luisa foi concebida)... Mais tarde, fiquei doente em Amsterdã e perdi outra viagem a Nova York, mas valeu a pena parar em Ponta Delgada.”

“O que você aprendeu em suas viagens?” Eu pergunto.

“Aprendi a navegar nas grandes cidades. Aprendi a me encaixar com os locais. Aprendi a lutar de forma justa e a cuidar de meus companheiros de navio. Também aprendi a cuidar de mim. Aprendi coisas sobre muitas culturas diferentes -- costumes, comidas; como falar holandês básico, aprendi ainda mais inglês; aprendi como as pessoas vivem em outros lugares... E acima de tudo, aprendi que um homem tem que desfrutar de muitos prazeres neste mundo!”



# MERCHANT mariner

There is a project underway in the European Union, to identify Dutch Merchant Mariners (2019-2023) <https://www.maritimecareers.eu/sailors-on-dutch-merchant-marine-in-the-19th-and-20th-centuries/> Researchers want to know: “who worked on board of Dutch merchant marine ships in the 19th and 20th centuries? Where did sailors come from, what was their education, and how did they move up the ranks?”



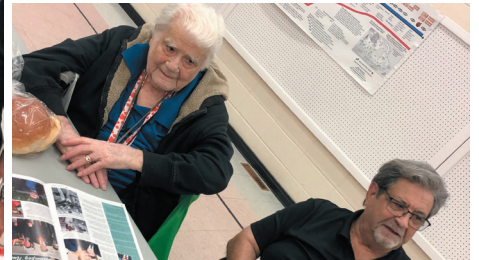
They are seeking answers to those questions in personnel records of various Dutch shipping companies, comparing the logs to the 18th-century data from the HUMIGEC and Prize Paper projects, to analyze what transitions in crew composition meant for the people directly involved, the shipping sector, and, more broadly, its position in Dutch society and culture.”



These stories are dear to me because all of my life I have heard of one such story close to the heart of my Correia family in Canada; that is, the story of my uncle Leo -- Leonete Simões Correia, born in Ponta Delgada, São Miguel, Açores, son of João Simões Jr Corrêa of Ponta Delgada and Jorgina da Graça Ferreira Marques, of Porto Formoso.

“Reconstructing a career is essentially like putting a large puzzle back together. There is no clear overview, because the available information is fragmented across different archival records.”

One project case study is the career of Wilfried Julius Lackin, which is notable for both its length and career advancement. “Lackin started at the very bottom and ended his career at the top. He was born in 1905 in Paramaribo, then capital of the Dutch colony of Surinam. In September 1926 Lackin signed up as a ‘matroos onder gage’ (sailor below wage) on the Jan van Nassau bound for Amsterdam.”



According to his file in the WWII personnel cards... he travelled to the UK in early August 1945, where he waited for a month on a troopship before boarding the Hercules. Over the next five years, he continued on various ships, before he was promoted to first mate in October 1950.

Next he is listed as a ‘supercargo’ for two voyages on the Adm. Fraser. Supercargos would handle the cargo and its paperwork on ships that were chartered by the KNSM. This position was often given to a first mate. In the following years, Lackin mostly served as first mate, with the occasional voyage as a supercargo. Finally, in April 1958, at the age of 53, he was promoted to ‘gezagvoerder’ (captain), a position he would continue to hold until his well-deserved pension in 1966 after forty years of service at KNSM.”

Unlike Lackin’s case study, pulled only from written records, I am fortunate to have had life-long access to the oral history recounted by my Uncle Leo, who served actively in the Dutch Merchant Navy between 1956-1960, following his two year obligatory service in the Portuguese Army between 1954-1956; Leo’s accounts of life on the high seas have been part of my family’s lore over the years, shared at family gatherings with a far-off look in his eyes and a faint smile of bittersweet saudade.

#### In Leo’s words:

“I wanted to see the world... I was still in the Portuguese Army when I asked for a transfer to the Dutch Merchant Marine. I had been working in transmissions as a crypto/radio operator, Cpl 1st Class. We sent messages using Morse Code mostly. Anyway, because Portugal was part of NATO, I was dispensed to the Dutch. I boarded a ship for Amsterdam, where young men from around the world were divided for service on many ships.

I was on the KNSM Gamede (sp) and our first trips were on the Atlantic Ocean down to central and south America, where we rounded the cape and sailed up the Pacific side; we docked in a number of countries on that long voyage: El Salvador, Argentina, Brazil, Aruba, Curacao, Surinam... We had many adventures in those ports!”

He laughs and winks at me.

“Once we were on the Pacific side, we sailed up the coast all the way to San Francisco. Those first two trips were unforgettable to me, but I hadn’t seen anything yet -- the third big trip into the Mediterranean was unlike anything I had imagined or read about in my history books, or on my day trips to Pico do Fogo, overlooking the lagoa, on one side, and the sea on the other; wondering to myself: is this all there is...?”

“The third trip was big! I saw Italy, Crete; stopped in the Algarve, then south of Spain -- toured Barcelona, then Morocco, Casablanca. Palestine; Beirut; Egypt, where I visited the pyramids... In Cairo, after some of my ship-mates and I got into trouble with sailors from another ship, at a bar popular with foreign sailors around the world, I began to get strange feelings of déjà vu, like I had been to some of these places before.”

“Arabia, as it was called by us in those days, was kind of dangerous for European sailors, but because I got very tan in the summer, I could pass for a local if I kept my mouth shut. But after the big mix-up in the bar, when I had to steal a head and face covering from a change room, to pass myself off as Arab and get back to the ship safely, I no longer took my safety for granted. I was pretty scared that night in Cairo -- it was around the time of the revolution, too.”

“When I was a kid, my friends and I had big plans to sail around the world; after all, papa was in the navy and he enrolled me in some introductory navigation training, so I thought it was all going to be a big adventure until the realities I experienced with the KNSM. The things I did and saw were more dangerous in some of those port cities than it was in my imagination, or in my books I read. But then again, it wasn’t all danger...!”

He stops and smiles. I smile back. He tells me a few stories off the record much to my delight. “Oh, Uncle Leo,” I say! “That’s just a different kind of danger...” He gives me another smile and chuckles. “Don’t write any of that down! I was married to Tia Conceição and your cousin Ed was already born...”

“Anyway, when we went through the Suez Canal, there was a war going on... It was a relief to get back to Europe... North Germany, Sweden, and then I got lucky when we stopped in at the Islands to replenish our water supply as we crossed back over the Atlantic, so I got to visit my family for 1.5 days (and that’s when your cousin Louise was conceived!)... I later got sick in Amsterdam and missed another trip to NYC, but stopping in Ponta Delgada was worth it.”

“What did you learn in your travels?” I ask.

“I learned how to navigate big cities. I learned how to fit-in with locals. I learned how to fight fairly and look after my ship-mates. I also learned how to look after myself. I learned about many different cultures -- customs, foods; how to speak basic Dutch, English; how people live in other places... And most of all, I learned that a man has to enjoy many pleasures in this world!”

# LIGA DOS COMBATENTES

## Núcleo de Winnipeg

No passado dia 14 de Agosto, houve uma significativa cerimónia no Brockside Cemetery, para comemorar 77 anos do VJ Day dos Hong Kong Veterans.

O Núcleo da Liga dos Combatentes de Winnipeg receberam convite e estiveram presentes. Correu tudo muito bem. Assistiram Pedro Correia, Carlos Oliveira, José Raposo, Francisco Coelho e seu filho, Paulo Oliveira, Luso-Can TV, e Fátima Sousa, fotógrafa do Núcleo de Winnipeg.

Como estava presente Laudalina Amaral, Representante do Governo Federal e era filha dum Combatante já falecido, acompanhou o Presidente do Núcleo para depositar uma coroa de flores.

Hong Kong Veterans ficaram muito reconhecidos...

On the 14th of August, there was a significant ceremony at Brockside Cemetery, to commemorate 77 years of the Hong Kong Veterans' VJ Day.

The Winnipeg League of Combatants Core received an invitation and attended. It all went very well. Pedro Correia, Carlos Oliveira, José Raposo, Francisco Coelho and his son, Paulo Oliveira, Luso-Can TV, and Fátima Sousa, photographer at the Winnipeg Nucleus were all in attendance.

As was Laudalina Amaral, Representative of the Federal Government and daughter of a Combatant who has since passed, she accompanied the President of the Nucleus to lay a wreath.

The Hong Kong Veterans were very appreciative...



### CELEBRAÇÃO da 24 ASSEMBLEIA GERAL do CONSELHO MUNDIAL das CASAS DOS AÇORES a VOLTA DO MUNDO

Nos passados dias 2 a 4 de Setembro, celebrou-se a 24 Assembleia Geral do Conselho Mundial das Casas dos Açores, espalhadas por vários Países do Globo. Coincidindo com o trigéssimo aniversário da Casa dos Açores de Winnipeg, foi nesta cidade que ocorreram as celebrações.

No sábado dia 3 de Setembro, este Grupo teve a delicadeza de se deslocar ao Monumento do Núcleo dos Combatentes, Passado, Presente e Futuro, que tinha sido inaugurado no ano de 2009, para perpetuar todos os nossos militares portugueses, vivos e falecidos.

Por vias secundárias, o Presidente do Núcleo soube desta visita umas horas antes e conseguiu que os combatentes Carlos Oliveira, José Manuel Raposo e Pedro Aires Correia, pudessem estar presentes como anfitriões.

Senhora Fátima Sousa, fotógrafa oficial do Núcleo, também esteve presente. Também presentes as filhas e uma neta do Combatente José Manuel Fernandes, falecido há pouco tempo.

Este fim de semana coincidiu com as Festas do Divino Espírito Santo celebradas no Parque de St. Laurent, propriedade da Associação Portuguesa de Manitoba. Devido a esse motivo, muitos membros da nossa comunidade, estavam ausentes da cidade e acampados neste parque.

No entanto, agradecemos a visita deste Grupo ao nosso Monumento, que se fez acompanhada pelo nosso Consul Honorário Paulo Jorge Cabral, João Paulo de Melo, Presidente da Casa dos Açores e João Cardoso, Presidente da Assembleia Geral e Coordenador, em parceria com seu filho J.P., do Programa de rádio Voz Lusitana.

Também Paulo Oliveira, secretário do Núcleo da Liga dos Combatentes, acompanhou o Grupo, mas desta vez, na qualidade de filmagem para Luso-Can TV.

Agradecemos ao nosso bom amigo Rogério Ribeiro, que conduzia o autocarro da cidade e teve a delicadeza de nos telefonar, informando que iam chegar atrasados 1 hora para a visita.

Com a temperatura de 29 graus positivos, e o Sol abrasador era difícil, mas tudo se passou!

Após a sua chegada, todos elogiaram o que viram e agradeceram ao Presidente do Núcleo as boas informações recebidas! A Opinião era unânime: Belo Monumento que representava Portugal e a Comunidade Portuguesa de Manitoba!

Ficaram admirados das 4 bandeiras içadas 24 horas por dia... É assim: Onde houver 1 português, ali estará a alma de Portugal, incluindo Açores e Madeira...

Pedro Aires Simões Correia  
Presidente do Núcleo de Winnipeg  
Liga dos Combatentes



# COMBATENTES LEAGUE

## Winnipeg Nucleus

### CELEBRATION of the 24th GENERAL ASSEMBLY of the WORLD COUNCIL of CASAS DOS AÇORES AROUND THE WORLD

From the 2nd to the 4th of September, the 24th General Assembly of the World Council of Houses in the Açores was held, spread across several countries across the globe. Coinciding with the thirtieth anniversary of the Casa dos Açores of Winnipeg, it was in this city that the celebrations took place.



We thank our good friend Rogério Ribeiro, who drove the city bus and had the courtesy to call us, informing us that they were going to be one hour late for the visit. With the temperature over 29 C, and the scorching sun, it was difficult to wait, but everything happened as planned!



On Saturday, September 3, this Group was kind enough to go to the Monument of the Liga dos Combatentes, Past, Presente e Futuro, Winnipeg Nucleus, which had been inaugurated in 2009, to commemorate all of our Portuguese soldiers, living and deceased.

By indirect means, the President of the Nucleus learned about this visit a few hours beforehand, and managed to ensure that combatants Carlos Oliveira, José Manuel Raposo and Pedro Aires Correia could be present to hosts the group. Ms. Fátima Sousa, the official photographer of the Nucleus, was also present, as were the daughters and a granddaughter of the Combatant José Manuel Fernandes, who died recently.

This weekend coincided with the Festas do Divino Espírito Santo celebrated at the Portuguese Park in St. Laurent, which is owned by the Portuguese Association of Manitoba. Due to this reason, many members of our community were absent from the city and enjoying the park.

However, we are grateful for the visit of this Group to our Monument, who were accompanied by our Honorary Consul Paulo Jorge Cabral, João Paulo de Melo, President of Casa dos Açores as well as João Cardoso, President of the General Assembly and Coordinator, in partnership with his son J.P., of the radio program Voz Lusitana.

Paulo Oliveira, secretary of the Núcleo da Liga dos Combatentes, also accompanied the Group, in order to film for Luso-Can TV.

Upon arrival, the group consensus was unanimous: a beautiful monument that represented Portugal and the Portuguese Community of Manitoba! They were amazed at the 4 flags hoisted 24 hours a day... It's like this: Where there is one Portuguese, there will also be the soul of Portugal, including Azores and Madeira.

Pedro Aires Simões Correia  
President of the Winnipeg Nucleus  
League of Combatants





Fotos por/Photos by  
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# MANNY GARCIA

*Arquivo de Memórias | Archive of Memories*



## Continente

*Meu querido Portugal  
Muito conhecido por o Continente  
No mundo nao a igual  
Terra de boa gente*

*Do Algarve ate o Minho  
Lugar de grande historia  
Todos sao recebidos com carinho  
Neste Pais de gloria*

*Lisboa, nossa capital  
Porto, da fundacao  
Cidades sem rival  
No nosso coracao*

*Fronteira com a Espanha  
Que e nossa vizinha  
Terra perto e nao estranha  
Mas Portugal e nossa rainha*

*Berco das viagens pelo mundo  
Nos seculos dos marinheiros  
Tua historia do mais profundo  
Descubriste portos estrangeiros*

*Pais pequeno e muito nobre  
Repleto de grande soberania  
O sol sempre por ti sobre  
Iluminando tua valentia*

*Em terreno nao es grande  
Em comparacao aos outros Paises  
Mas em ti corre o meu sangue  
E o comeco das minhas raizes*

*Em voz alta sempre grito  
Para mim o para os de fora  
Portugal, Pais infinito!  
Patria da nossa hora*

*Tua cultura corre nas minhas veias  
E no meu coracao sempre bate  
Tal como as sereias  
Que guiaram as naus ao baluarte*

*Portugal, Patria amada  
Pelos descendentes teus  
Eis o lar da Senhora abencoada  
Que foi a Mae de Deus*



Manny Garcia - 28 de Julho - 2022

## Continent

*My dear Portugal  
Well known for the Continent  
In the world without compare  
land of good people*

*From Algarve to Minho  
Place of great history  
All are warmly welcomed  
In this country of glory*

*Lisbon, our capital  
Porto, from the foundation  
Unrivaled cities  
In our heart*

*Border with Spain  
Who is our neighbor  
Land close and not strange  
But Portugal and our queen*

*Cradle of world travel  
In the centuries of sailors  
Your deepest story  
You discovered foreign ports*

*Small and very noble parents  
Filled with great sovereignty  
The sun always for you  
Illuminating your courage*


*On land it's not big  
Compared to other countries  
But in you runs my blood  
And the beginning of my roots*

*Out loud I always scream  
For me or for outsiders  
Portugal, infinite country!  
Homeland of our time*

*Your culture runs through my veins  
And in my heart it always beats  
Like the mermaids  
Who guided the ships to the stronghold*

*Portugal, beloved homeland  
By your descendants  
Behold the home of the blessed lady  
Who was the Mother of God*





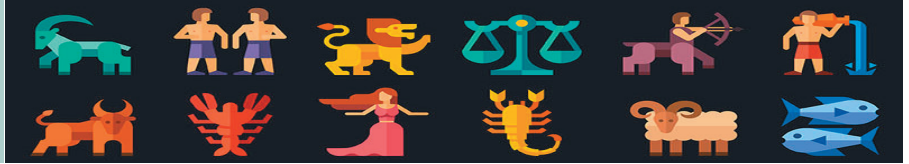
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# Horoscope

excerpts from elle.com - astrotwins



**Touro/Taurus** 20/4 - 20/5 Inhale...exhale...inhale...exhale. A tangled angle between placid Venus and feisty Mars today can ratchet up the tension in an already stressful situation. Maybe you're overdue to take a stand on your own behalf, but can you keep yourself from going over the top? Unless you're okay with a permanent ending.

Inspire... expire... inspire... expire. Um ângulo emaranhado entre a plácida Vênus e o mal-humorado Marte hoje pode aumentar a tensão em uma situação já estressante. Talvez você esteja atrasado para tomar uma posição em seu próprio nome, mas você pode evitar exagerar? A menos que você esteja bem com um final permanente.

**Gêmeos/Gemini** 21/5 a 20/6 Are you waiting for someone else to advocate for you, Gemini? Today's tense angle between peaceful Venus in your emo fourth house and feisty Mars in your sign could cause you to question your intuition. Maybe you're worried that if you speak up, you'll come across as aggressive. But you're also so done with playing along. Your instinct could be totally accurate, but if you're not sure, confide in a trusted friend who can help you sort through your feelings.

Você está esperando que alguém defenda você, Gêmeos? O ângulo tenso de hoje entre o pacífico Vênus em sua quarta casa emo e o mal-humorado Marte em seu signo pode fazer com que você questione sua intuição. Talvez você esteja preocupado que, se falar, parecerá agressivo. Mas você também está cansado de jogar junto. Seu instinto pode ser totalmente preciso, mas se você não tiver certeza, confie em um amigo de confiança que possa ajudá-lo a classificar seus sentimentos e decidir como articulá-los.

**Caranguejo/Cancer** 21/6 - 22/7 Hold off until you gather all the intel today, Cancer. Today's tangled angle between agreeable Venus and combative Mars can make it difficult to get an accurate picture of others' expectations. You may be used to trusted your hunch, but this starmap can scramble the signals. Watch out for passive-aggressive actions and disturbing news. But don't leap onto offense when someone gets your dander up. Do your best to calmly discuss the situation with everyone.

Espere até reunir todas as informações hoje, Câncer. O ângulo emaranhado de hoje entre a agradável Vênus e o combativo Marte pode dificultar a obtenção de uma imagem precisa das expectativas dos outros. Você pode estar acostumado a confiar em seu palpite, mas este mapa estelar pode embaralhar os sinais. Cuidado com ações passivo-agressivas e notícias perturbadoras.

**Leão/Leo** 23/7 a 22/8 You're not sure whether to stick it out or try to buy yourself some freedom. Today's tense angle between appealing Venus in your security-conscious second house and rash Mars in fickle Gemini won't make your decision any easier. One side of you wants something steady and reliable, while another side is craving more space on the job or in a relationship.

Você não tem certeza se deve aguentar ou tentar comprar alguma liberdade. O ângulo tenso de hoje entre Vênus atraente em sua segunda casa preocupada com a segurança e Marte imprudente em Gêmeos inconstante não tornará sua decisão mais fácil. Um lado de você quer algo estável e confiável, enquanto o outro lado deseja mais espaço no trabalho ou em um relacionamento.

**Virgem/Virgo** 23/8 a 22/9 Tension ahead! Today's battle royale between peaceful Venus in your sign and dynamic Mars in your ambition realm can prevent you from kicking back and getting into a good groove. Pressing deadlines might interfere with your intention to enjoy the day. Your S.O. or latest love interest could be toying with you.

Tensão à frente! A batalha real de hoje entre a pacífica Vênus em seu signo e o dinâmico Marte em seu reino de ambição pode impedi-lo de relaxar e entrar em um bom ritmo. Pressionar prazos pode interferir na sua intenção de aproveitar o dia. Você é tão, ou o último interesse amoroso pode estar brincando com você.

**Balança/Libra** 23/9 a 22/10 A tense encounter between planetary partners Venus and Mars can cross the wires in a relationship today. You could be excited to take the next step right when the other person starts having second thoughts. Or a romantic interest might be pushing for your connection to get more serious pronto. To add to the frustration, when you attempt to be straightforward, it could provoke passive aggression in the other person.

Um encontro tenso entre os parceiros planetários Vênus e Marte pode cruzar os fios em um relacionamento hoje. Você pode estar animado para dar o próximo passo quando a outra pessoa começar a ter dúvidas. Ou um interesse romântico pode estar pressionando para que sua conexão fique mais séria imediatamente. Para aumentar a frustração, quando você tenta ser direto, pode provocar agressão passiva na outra pessoa.

**Escorpião/Scorpion** 23/10 a 21/11 Have you gotten in too deep, Scorpio? As lovely Venus in your friendly eleventh house spars with aggro Mars in your intense eighth house today, your emotions could be amplified. An lighthearted acquaintance could turn into something darker and more obsessive. Or you might get mixed signals from someone you didn't think you were attracted to. In a relationship? Try not to overreact.

Você se aprofundou demais, Escorpião? Enquanto a adorável Vênus em sua amigável décima primeira casa luta com o aggro Marte em sua intensa 8ª casa hoje, suas emoções podem ser amplificadas. Um conhecido despreocupado pode se transformar em algo mais sombrio e obsessivo. Ou você pode receber sinais confusos de alguém por quem você não acha que se sente atraído. Em um relacionamento? Tente não exagerar.

**Sagitário/Sagittarius** 22/11 a 21/12 Good luck if you're trying to keep the peace today. A battle royale between agreeable Venus in your goal-oriented tenth house and rash Mars in your seventh house of partnerships will present a noticeable challenge. You might apply the full-court press on someone at exactly the wrong time. If you've been scared to discuss how you see the future with a romantic or business partner, introduce the subject calmly.

Boa sorte se você está tentando manter a paz hoje. Uma batalha real entre a agradável Vênus em sua décima casa orientada para objetivos e o imprudente Marte em sua sétima casa de parcerias apresentará um desafio notável. Você pode aplicar a pressão de quadra inteira em alguém exatamente na hora errada. Se você tem medo de discutir como vê o futuro com um parceiro romântico ou de negócios, apresente o assunto com calma.

**Capricórnio/Capricorn** 22/12 a 19/1 Did you tell yourself you'd be more laid-back about this? Not today, when a tense angle between gentle Venus in your philosophical ninth house and aggro Mars in your critical sixth house triggers a smackdown IRL. Not everyone wants the same things as you, Goat. Take a moment to consider the individuals you're passing judgment on.

Você disse a si mesmo que seria mais descontraído sobre isso? Não hoje, quando um ângulo tenso entre o gentil Vênus em sua nona casa filosófica e o aggro Marte em sua sexta casa crítica desencadeia uma IRL arrasadora. Nem todo mundo quer as mesmas coisas que você, Cabra. Reserve um momento para considerar as pessoas sobre as quais você está julgando.

**Aquário/Aquarius** 20/1 a 18/2 You might think it's fun to get a little drama going once in a while, but during today's clash between cosmic couple Venus and Mars in your intense eighth house and your passionate fifth, you won't be able to stop what you started. Power plays and the green-eyed monster could wreak havoc if you're trying to connect with someone. And compromise is out of reach under this starmap.

Você pode pensar que é divertido fazer um pouco de drama de vez em quando, mas durante o confronto de hoje entre o casal cósmico Vênus e Marte em sua intensa oitava casa e sua quinta apaixonada, você não poderá parar o que começou. Jogos de poder e o monstro de olhos verdes podem causar estragos se você estiver tentando se conectar com alguém. E o compromisso está fora de alcance sob este mapa estelar.

**Peixes/Pisces** 19/2 - 20/3 Aren't you so over codependence, Fish? Today's tangled angle between peaceful Venus in your relationship realm and provocateur Mars in your emo fourth house could trigger some charged interactions. Helping people is one thing; enabling them is another. Has a family member, roommate or romantic partner been relying on you too much recently. Take a step back to get some much-needed space. If you keep giving an inch, they'll keep taking a mile.

Você não está tão a fim de codependência, Fish? O ângulo emaranhado de hoje entre a pacífica Vênus em seu reino de relacionamento e o provocador Marte em sua quarta casa emo pode desencadear algumas interações carregadas. Ajudar as pessoas é uma coisa; habilitá-los é outra. Algum membro da família, colega de quarto ou parceiro romântico confiou muito em você recentemente? Dê um passo para trás para obter algum espaço muito necessário. Se você continuar dando uma polegada, eles continuarão tomando uma milha.

**Carneiro/Aries** 21/3 - 19/4 You may find you have zero ability to edit yourself today when diplomatic Venus forms a tense angle with your ruling planet, aggro Mars. Have you been keeping mum in an effort to hide the fact that something is bugging you? Or looking the other way when someone behaves badly? If so, the jig might be up now. Even if honesty is the best policy, you don't want to alienate this person. Take deep breaths and figure out a gentle way to convey the message. Or go blow off steam with some cardio!

Você pode achar que não tem capacidade de editar a si mesmo hoje quando a diplomática Vênus formar um ângulo tenso com seu planeta regente, aggro Marte. Você tem se mantido calado em um esforço para esconder o fato de que algo está incomodando você? Ou olhando para o outro lado quando alguém se comporta mal? Se assim for, o gabarito pode estar pronto agora. Mesmo que a honestidade seja a melhor política, você não quer alienar essa pessoa. Respire fundo e descubra uma maneira suave de transmitir a mensagem. Ou vá desabafar com um pouco de cardio!

# Nuno Pereira *Photography*







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# concrete FACES



The artist Roberto Casale was born in Fino Mornasco, Como, Italy, on Feb 13, 1964, and he spent most of his early years in Toronto, where he studied music and began playing drums at the age of thirteen. He toured in various bands around the city and throughout Canada and also learned to play guitar and to write lyrics, while composing original songs.

## *The Beginning*

To make ends meet, Robert, as he came to be called, began working as a tile and stone installer. He moved to Winnipeg in 1989, while touring with a band, and continued to install tile and stone, using cement to hold the installations in place on residential and commercial projects.

One fateful day, he decided to use the left-over cement from his installations to create a face. The cement was going to waste, anyway; simply being dumped in the garbage. Soon, Robert was creating faces after each of his installations and effectively recycling the material.

## *The Inspiration*

The concrete faces are caricatures, based upon the shape that forms from the left-over concrete. Each face has a separate identity and personality; some are whimsical, smooth, and tranquil in appearance, while others are turbulent, pitted, and complex in composition.

## *Faces by Robert Casale*

Robert now shows his cement faces in galleries and exhibitions in Winnipeg and throughout Canada. He also continues to write and record music, while working on tile and stone installations.

His faces are available for adoption at: [www.facesbyrobertcasale.ca](http://www.facesbyrobertcasale.ca)

O artista Roberto Casale nasceu em Fino Mornasco, Como, Itália, em 13 de fevereiro de 1964, e passou a maior parte de seus primeiros anos em Toronto, onde estudou música e começou a tocar bateria aos treze anos de idade. Ele excursionou em várias bandas pela cidade de Toronto e a volta do Canadá, também aprendendo a tocar guitarra e escrever letras, enquanto compunha músicas originais.

## *O início*

Para sobreviver, Robert, como passou a ser chamado, começou a trabalhar como instalador de azulejos e pedras. Ele se mudou para Winnipeg em 1989, enquanto excursionava com uma banda, e continuou a instalar azulejos e pedras, usando cimento para manter as instalações no lugar e projectos residenciais e comerciais.

Um dia fatídico, ele decidiu usar o cimento que sobrou de suas instalações para criar rostos.

## *A inspiração*

As faces de concreto são caricaturas, baseadas na forma que se forma a partir do concreto que sobrou. Cada rosto tem uma identidade e personalidade distintas; alguns são caprichosos, suaves e tranquilos na aparência, enquanto outros são turbulentos, esburacados e complexos na composição.

## *Rostos de Robert Casale*

Robert mostra seus rostos de cimento em galerias e exposições em Winnipeg e em todo o Canadá. Ele também continua a escrever e gravar música, enquanto trabalha em instalações de azulejos e pedra.

Seus rostos estão disponíveis para adoção em: [www.facesbyrobertcasale.ca](http://www.facesbyrobertcasale.ca)



O cimento ia ser desperdiçado, de qualquer maneira; simplesmente sendo deitado no lixo. Logo, Robert estava criando rostos após cada uma de suas instalações e reciclando efetivamente o material.



**Matt Sarmatiuk**  
General Manager

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# Obituaries

**MARIA EVELINA SOARES DE SOUSA BOTELHO**  
December 20, 1949 - August 27, 2022

It is with heavy hearts and deep sorrow that we announce the passing of our beloved mother & Grandmother Maria Evelina Botelho at 72 years of age on Saturday, August 27, 2022, at Deer Lodge Centre. Maria was predeceased by her devoted and loving husband of 51 years João Manuel, parents Maria de Jesus & Altino Sousa, brother João Carlos Sousa, father-in-law, and mother-in-law João & Maria Delfina Botelho, brother in-law Carlos Costa and goddaughter Paula Marques. She leaves to mourn her three children Rui (Lucilia), Nelson (Tanis) and Marlene (Ross). Grandchildren Xavier, Amber, Thiago, Austin, Nevaeh, Landon, Savannah & Dylan. Brother Dinarte Sousa (Elisabete), sister-in-law Conceição Sousa of Sao Miguel, Azores, sister-in-law Maria Costa and her children along with their families, sister-in-law Cilena Sousa. Godchildren Zelia & Ricardo of Sao Miguel, Sonia, Cheryl, Maria Evelina & Carla. Grace Moreira-Burrell and many family & friends.



Maria Evelina was born on December 20, 1949, in São Miguel, Açores, she immigrated to Canada in 1969 to follow the love of her life and later starting their family together. Mom was the most devoted wife, mother & grandmother. Everything she did was for her family. She was an amazing grandma and had a special bond with each of her grandchildren, the love she had for them is never ending.

For the last four years mom's home had been at Deer lodge Centre, there are not enough words to express our thanks to the amazing nursing staff and health care aides who tended to her every day. A special thank you to Martin, Catherine, Yolanda, Julia, Brianna, Tanis, Maureen, Martina and all the others as there are too many to name; for the love, kindness, compassion and care you showed to our mom especially in the last few days of her life and at the time of her last breath. We will be forever grateful to every one of you.

Thank you to the doctors who provided care and always tried to do all they could for mom, Dr. Alison Stasiuk, Dr. Bhullar, and Dr. Mario. Also thank you to Sandra, Andrea, and Lori of Lodge 5. Mom, though her hearts are broken and a void left for always, we know that you are now at peace and free from pain in the arms of our Creator and back together with dad. We will love you forever

and miss you always, until we meet again. In lieu of flowers donations may be made in Maria's memory to the Deer Lodge Centre Foundation.

Prayers took place at Cropo Funeral Chapel, on Tuesday, September 6, 2022. Mass of Christian burial was celebrated on Wednesday, September 7, 2022 at Immaculate Conception Parish, with Monsignor Comeault officiating. Interment followed at Assumption Cemetery.

**FILOMENA DA LUZ TAVARES SOUSA**  
February 23, 1955 - August 16, 2022

It is with profound sadness that our family announces the passing of our beloved mother, sister, aunt and grandmother. On Tuesday August 16, 2022 after a short battle with cancer at the Riverview Health Centre. Our mother passed away at the age of 67 surrounded by family. Filomena will be lovingly remembered by her sons John and Jamie (Susana) and her two grandchildren Julian and Nicholas. Our mother Filomena was predeceased by her devoted and loving husband of 20 years Jose Maria Sousa.



She was born Filomena Da Luz Tavares in Ponta Delgada, S. Miguel, Açores Portugal and immigrated to Canada on January 28, 1970 with her parents Armenia and Carlos Tavares (predeceased) along with her two brothers Emanuel Tavares (predeceased) (Dulcina) and Luis Tavares (Paula). She is survived by many uncles, aunts, cousins, nephews and nieces.

We will never forget her strong faith in God and how much she adored spending time with her family, especially her grandchildren who meant everything to her. Mom, you will be missed and never forgotten by those who knew and loved you. We thank all family and friends that came to see her during her fight with cancer and would especially like to thank the staff at the Riverview Health Centre for making our mothers last days as comfortable as possible. In lieu of flowers, donations may be made to the Canadian Cancer Care Manitoba: <https://www.cancercare.mb.ca/Ways-To-Help/donate> or to Riverview Health Centre: <https://rhc.mb.ca>

Prayer vigil was held on Monday, August 22 at Immaculate Conception Roman Catholic Church. Funeral Liturgy was celebrated on August 23 at 2:00 p.m. also at the church, with Interment in Assumption Cemetery.

**SEAN PATRICK SOUSA**

With saddened hearts we announce the tragic passing of our lovely son and brother, Sean Patrick Sousa on August 10, 2022. Sean was born in Winnipeg, Manitoba. He is survived by his mother, Juventina, his father, Cesar, and his brothers, Brian and Jason (Riley); nephews Hixon and Henzo); aunts and uncles: Alda and David, John and Debra, Zelia and Issac, Maria and Durval, Emily and Bernie, Joe and Diane; cousins: Jenny, Elizabeth, Adrian, Lily, Jackson, Dylan, Ruben, Elizabeth, Debbie, Raquel and Melanie. He is survived by his love, Beverley Smith. Sean was born and raised in Valley Gardens in Winnipeg. Growing up, he enjoyed playing with his friends, specifically Aaron Anderlum; soccer and guitar.



Sean was always an outgoing and sociable person. With the loving support of his mom, dad and brothers, along with these skills, and his big heart, patience and treating everyone with dignity and respect; he was well-served on his career path in social work. Starting off at the Elmwood Community Resource Centre, he was provided a springboard into community outreach. In his short time in this career, he became a leader amongst his peers and changed many lives for the better. Sean also enjoyed hiking, camping, cycling, travelling, and spending time with his family and partner.

The family would like to thank Nina Condo of the Elmwood Community Resource Centre, Jamil Mahmood of the Main Street Project and Billy Duberry of Whispering Winds for providing Sean with mentorship and opportunities to serve his community. We would especially also like to thank the members of the Lac Du Bonnet RCMP Detachment, the RCMP Underwater Recovery Team and Manitoba Conservation and Parks staff for their compassion and professionalism. Juventina and Cesar would like to thank Emily, Joe, Diane, Durval and Maria for their comfort during this difficult time, and to extend our thoughts to Sean's extended family and friends.

Pallbearers were Brian Sousa, Jason Sousa, Adrian Desjarlais, Jackson Sousa, Aaron Anderlum and Frank Alvarado; honorary pallbearers are Jorge Torres and Tyler Krasowski. A viewing was held on Thursday, August 18, 2022 at Cropo Funeral Chapel 8:00 p.m. A Celebration of Life for Sean was held on Friday, August 19, 2022, at Seventh-day Adventist Church. Interment followed at Glen Lawn Cemetery. In lieu of flowers, donations may be made to the Sean Sousa Scholarship care of the Elmwood Community Resource Centre.



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# Obituaries

## GUILHERMINA PEREIRA

It is with great sadness that we announce the passing of our beloved mother, grandmother, great-grandmother, sister, aunt and friend, Guilhermina Pereira. She was predeceased by her parents Agostinho Viveiros and Maria Do Carmo, husband of 52 years at his passing, Eduardo Pereira, brother Manuel Rego, sister Cizaltina Ferreira and sister-in-law Conceição Rego. Guilhermina is lovingly remembered by her daughter Fatima (Carlos), sons Ed (Teresa) and Manny (Mary Pily); grandchildren Nelson (Holly), Christopher, Ashley (Jordan) Nash, Chelsea (Joe), Brendan and Devon; great-grandchildren Greyson and Oliver Nash; brother Leonardo Rego; and many nieces, nephews and family.



Guilhermina was born and raised in São Miguel, Açores, Portugal and immigrated to Canada in 1970 with her husband and three children. She worked at Sterling Stall for years and enjoyed being the primary babysitter for her grandchildren as well as neighbourhood children. She was "Vavo" to every young person she met. She loved to cook, bake, crochet, knit, sew and share her creations with everyone she loved. Her happiest moments were those shared with her family. She was a devout Catholic and involved at the Immaculate Conception Parish. She was a long-time member of the Legion of Mary group at the church, where she made many friends. The family thanks her friend Antónia Pereira, who gave her rides to church, and her friends and neighbours Mr. and Mrs. Pimentel, who took her to visit sick individuals in her community. Special thanks goes out to staff at St. Joseph's Personal Care Home; doctors and nurses at Grace Hospital. A prayer vigil was held on Saturday, July 16, 2022 followed by Mass of Christian Burial at Immaculate Conception Parish, with Fr. André Lico presiding. Mausoleum interment at Assumption Cemetery. If friends desire, donations may be made to Alzheimer's Society of Canada: <https://alzheimer.ca/en>

## SUSIE DO REGO SOUSA DA SILVEIRA

It is with immense sadness that we announce the passing of Susie Do Rego Sousa Da Silveira on Sunday, July 17, 2022. With her loving husband Paulo, sons Miguel and Nicolas and immediate family members by her side, Susie went to the Lord after her long brave battle with cancer and covid. Susie was predeceased by her mother Maria Lurdes Sousa.



Remaining to cherish in Susie's memory is her loving husband Paulo Silveira, sons Miguel Silveira and Nicolas Silveira, father Luis Do Rego Sousa, brothers Antonio (Sonia Sousa), Nelson (Naide Sousa), Robert (Teresa Sousa), godchildren Monica Sousa and Jeremy Sousa, niece Makayla Sousa, nephews Luis Sousa and Joshua Sousa in Winnipeg, MB Canada. Sister In-Laws Maria (Armando Silva), Maria Goretti Da Silva, nephews Marco Silva (Laura Sheehy), Lino (Carla Silva), Daniel (Jillian Silva) and Michael Silva (Dawn White) in Oakville, ON Canada. Brother In-Laws Ildio Inacio (Nidia Silva), Jose Silveira, sister in-law Rosa (Manuel Silva), nieces and nephews Marcio (Arlete Silva), Paulo (Armanda Silva), Luis (Isalia Silva), Naide Silva (Duarte), Roberto Silva (Diana Espinola) and Bruno Silva (Marta Ferraz) in the Azores. She will be deeply missed by many cousins, aunts, uncles and friends as she was beloved by many.

Susie was born May 23, 1975 in Winnipeg, MB Canada. She worked for 18 years at the HSC in dietary services, where she cultivated many great friendships over the years. In 1995, Susie travelled to the island of São Jorge, Açores where she met the love of her life Paulo. They were married on May 23, 1998 and were blessed to spend 24 years together, where they made many happy memories as a family. Susie enjoyed the simple things in life, she loved to read her books, and being in the kitchen preparing meals and baking. She loved getting together with family to enjoy good food

and conversation. Her sons Miguel and Nicolas were her greatest joy, she showered them with love and was their greatest support.

We have no words to express how grateful we are to all the family and friends who have been a comfort during these difficult days. Thank you for your love, prayers and support. We would also like to thank the wonderful nurses and doctors who cared for Susie at St. Boniface Hospital 6E Ward, as well as Cropo Funeral Chapel and Assumption Cemetery for their constant care and guidance. Prayers were held on Thursday, July 28, 2022 at Cropo Funeral Chapel. Mass of Christian Burial was celebrated on Friday July 29, 2022 at Immaculate Conception Parish, with interment at Assumption Cemetery. Pallbearers were sons Miguel Silveira, Nicolas Silveira, brothers Antonio Sousa, Nelson Sousa, Robert Sousa and nephew Luis Sousa. Your wings were ready but our hearts were not. Descanca em paz Querida Mae.

## CRISTINA LUCIA SANTOS VALENTE

It is with much sadness and grief, that we announce the sudden passing of our dear mother, daughter, sister, and friend, Cristina Lucia Santos Valente. She is predeceased by both her parents, João and Maria Natalia Valente. Cristina leaves in mourning, her loving son Sebastian Dusa, who was her heart and protector. Her friend and former partner Robert Dusa, her mother-in-law Corinne Dusa. Her brother Filipe, sister-in-law Janet, and nephew Dawson. Cristina was a courageous person, loving mother and community advocate. Cristina loved politics and volunteering with the Liberal Party. She loved her son with all her being and she will be missed dearly. Mass of Christian Burial took place on Tuesday, August 9, 2022 at Immaculate Conception Roman Catholic Church, with interment at Assumption Cemetery & Queen of Heaven Mausoleum.



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# Obituaries

## MARIA GRACIETE CALEIRAS MENDES SOUSA

It is with great sadness that the family announces the peaceful passing of Maria Graciete Caleiras Mendes Sousa on Friday, September 2, 2022 at Calvary Place Personal Care Home, with her daughter at her side at the age of 85 years. She was predeceased by her parents Luisa and Joaquim and her sister Ivone. Maria Graciete is lovingly remembered by her husband Francisco, daughter Belinda, grand daughters Ava and Chole and her son-in-law, Anibal.



She also leaves her sisters Ofelia and Gerturdes and numerous nieces, nephews and extended family both in Canada and Portugal. Maria Graciete was born and raised in Portugal. She then met her husband Francisco, which led to their journey to Canada where they settled; made many friends and raised their family. She was a seamstress until she began to lose her eyesight. She enjoyed immersing herself in her culture, where she volunteered her time at the Portuguese Association of Manitoba. Her passions were reading and writing poetry and her talents were shown in her embroidery and crocheting skills. The family especially thanks the personal care home and the health care providers who helped her greatly. Prayers were held on Friday, September 9, 2022, with Mass of Christian Burial following at Immaculate Conception Parish, with Interment at Assumption Cemetery. There are no goodbyes. Where ever you'll be, you'll be in our hearts. *Rest in Peace*

### EULOGY

*A Mother's love is always with you, losing a Mother is one of the deepest sorrows a heart can know. It's my Mother's goodness, caring nature and wisdom that live on like a legacy of love. I will always have her with me. Her love will surround me now and bring me comfort. I now know she can walk without pain, see the beauty in everything, dance like she's always longed to and laugh*

*with nothing but joy. Your words are engraved in my memory, although I am not as poetic, I will pass on the loving message. I will continue to show your precious*

*granddaughters what strength and bravery looks like as you have instilled that in me. I will show them love as you have shown me everyday and I will cherish all our memories we've made together, the good and the bad. I will never forget the roots you came from and the morals you always stuck by. Your granddaughters will mourn your absence as I will*

*too, but we know that you will always be alongside us as our journey continues. You were selfless and always did what you could to show us your love. You always put yourself last even during your last few days. You hung on and fought so we could deal with the pain of losing you, even though no matter what, we will always feel your loss. I will miss you daily, and I will miss all the little things I wish I could have again. I will miss your 10 goodbyes before hanging up the phone. I will miss your laughter and bright energy. I will miss your poems and touching words, and your calls when you would check in on us. I will miss the comfort and happiness you always showed me, and I will miss all of you. The night before you left, I will cherish our last goodbye and I will remember the words you whispered: I love you, which are engraved in my heart.*

*Vo, you were one of my biggest supporters, and I know you will be there always cheering and guiding me on. Even though it was difficult for you to be there, I always remember you being in the crowd. Your smile could be seen from miles away. You always made me feel confident in myself and gave the warmest hugs. You're the strongest person I know, and I understand that you had to go, but I will miss you so much. You were always so proud of me no matter what and I hope I will continue to make you proud. To our Vo Tete, we love and miss you.*

## Tenho dois amores perfeitos

### No jardim da minha vida

*Que são para todos os efeitos a minha floresta preferida. São as minhas netinhas a razão do meu viver. Duas belas florinhas que não me canso de as ver. Meus cabelos branqueados brilham ao sol Com mais cores quando são interlesados. Nos braços desses amores, embora velha e cansada Me sinto rejuvenescida Quando só abraçada Pelos amores da minha vida. O tempo passa a correr a vida numa corrida Fiz estes versos a escrever para não ser esquecida. No silêncio sem fim peço a Deus em oração Para as flores do jardim toda a vida protecção. Um beijo por despedida para as belas florinhas Do jardim da minha vida que são as minhas netinhas. ~Maria Graciete Sousa*



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# Obituaries

## LUISA MARIA FARIAS

After a courageous battle with cancer, it is with a broken heart that we announce the peaceful passing of my mom, Luisa Farias, on September 9, 2022, at the age of 63. Mom was pre-deceased by her parents Gil and Marianna Botelho, husband João Farias, brother David Botelho, sister and brother-in-law Valdomira and Tony Campos. She is lovingly remembered by her caring and dedicated partner Branko Pavicic, and daughter Lucy Farias (Adam Lischynski). She is also survived by her sisters Maria, Gilda, Fernanda, Genoveva, and brothers Augustinho and Jose, along with sister-in-law Almerinda. She will also be deeply missed by all brothers and sisters-in-law, nieces and nephews, extended family and friends throughout Manitoba, Ontario, Massachusetts, Florida, and the Açores.



Mom was born on August 26, 1959, on São Miguel Island in the Açores, Portugal. With the hope of opportunity and a better life, she immigrated to Canada in the early 1970s. Mom married Daddy in 1979 and was widowed only a few short years later. Over the years Mom had the perseverance and tenacity to go to school and train to become a hair stylist. She flourished in that environment and developed so many fond memories and meaningful friendships. With so many passions and interests, she loved to crochet and made some of the most stunning table clothes and runners. An avid sports fan, she loved watching football and would cheer on both the Tiger Cats and Blue Bombers at every chance. Another joy of hers was travelling. Whether it be heading to Montreal with Branko to watch the F1 Grand Prix, or just over the border to Fargo for snacks and hopes of a new purse, it was always about the journey and not just the destination. A caregiver by nature, the love for her animals was unparalleled. The tip-tap of paws on the hardwood floors gave her comfort and unconditional love. Saying she was an amazing cook and baker is an understatement; no one ever left her home hungry.

Family and friends meant everything to her, along with her faith which she carried so very close to her heart. She was the epitome of strength, selflessness, and resilience. A true gift with a heart of gold, I am forever blessed and honored to call her my Mom. We are endlessly grateful to everyone who loved and cared for her throughout her life, made her laugh, and showed her kindness. A special thank you to the medical teams that helped by showing sympathy and compassion during her journey. In lieu of flowers, donations in memory of can be made to CancerCare Manitoba Foundation, Winnipeg Humane Society, and Santuário do Senhor Santo Cristo dos Milagres shrine in Ponta Delgada, Portugal. A Mass of Christian Burial was held on Friday September 16, 2022, at Saint Anthony of Padua Church, with interment at Assumption Cemetery.

## GUILHERME PEREIRA LOURENCO

It is with great sadness that the family announces the peaceful passing of Guilherme Lourenco on September 3, 2022 at the age of 83. He is predeceased by his parents Antonio Pereira and Maria Da Conceição, brothers David, Ernesto, João, and Jose. Guilherme is survived by his wife, Sara, children Paulo Jorge, Gilda, and Diane, grandchildren Alyshia, Kristen, Hunter, and great grandchild Olivia. He also leaves his brothers Antonio (Adriana), Raul (Maria), Sezar (Emaculada), sisters Maria (Jacinto), Escolastica (Miguel), Celia (Leonardo), as well as numerous nieces, nephews and beloved friends and extended family.



Guilherme was born and raised in Santo António, São Miguel, Açores. He immigrated to Canada in 1969 with his wife, Sara, and their young son, Paulo Jorge. Dad soon began working in the meat packing industry alongside his brothers. After many years of hard work, he decided to retire at the age of 60. He took pride in his garden and wine making. Always one to welcome anyone into his home for a taste of his wine or vegetables that he had grown. We will miss seeing you at "your" favorite spot on the couch, watching the soccer match or the latest news from Portugal on RTP. Prayers were held on Friday, September 9, 2022 at Crofo Funeral Chapel. Funeral Mass was held on September 10, 2022 at Immaculate Conception Parish, with interment at Assumption Cemetery.

## LIBERTO MEDEIROS

It is with great sadness that we announce the passing of Liberto, beloved husband, father, and grandfather on September 1, 2022. Liberto is predeceased by his parents Manuel and Conceição Medeiros, his two brothers Carlos and Alfred Medeiros, his in-laws Manuel and Maria Lourdes Teixeira. He leaves to mourn his wife Aida (shy of 50 years), his four children Wendy (Reagan), Debby, Bradley (James), Randy and his granddaughter Lunden, his pride and joy. She meant the world to him. He also leaves to mourn his sister Luiza (Gabriel), brother Victor (Fatima) in Portugal, many sister and brother in-laws, nieces, nephews, and friends.



Liberto was born in Ponta Delgada, São Miguel, Açores. There he would meet and marry the love of his life, Aida on November 25, 1972. Shortly after, he immigrated to Canada. He cherished every opportunity to spend time with his family. He loved family vacations. Liberto was a loving, kind, caring and thoughtful person. He was loved by all. Liberto had such a joyous laughter that will be greatly missed. Dad, you were such a wonderful person, and we will never forget you. You will forever be in our hearts. We will always love you. May God bless you. Descanse em paz. We would like to thank everyone at CancerCare: doctors, nurses, and health care providers at St. Boniface. A special thanks to the Palliative Care unit on the 8th floor for compassion and care. We appreciate everything you did for him. Prayers were held on Tuesday, September 6, 2022, at Our Lady of Perpetual Help Church. Mass of Christian burial was on September 7 at Our Lady of Perpetual Help Church, with interment at Assumption Cemetery.

## MARIA ROSA RIBEIRO

It is with profound sadness and heavy hearts we announce the sudden passing of Maria Rosa Ribeiro, 86 years on Friday, August 26, 2022 of Winnipeg, Manitoba, via São Miguel, Açores, Portugal. Maria was predeceased by her loving husband of 48 years, João (John) Alves Ribeiro, daughter Fatima, sisters Margarida and Julia. Maria is survived by daughter Maria de Conceição (Manuel), son Carlos (Marlene), daughter Ivone (Kevin), sisters Beatriz, Estrela, Rosalind as well as her many beloved grandchildren, great grandchildren, nieces, nephews and friends. Mass of Christian Burial was celebrated on September 13th 2022 at the Immaculate Conception Parish, with interment at Assumption Cemetery. In lieu of flowers, donations can be made to CancerCare Manitoba, or the Alzheimer's Society of Manitoba. Loved unconditionally, never forgotten.



## JOSÉ ROSARIO REIS

After a courageous battle with cancer and with his family by his side, Joe passed away on August 1, 2022 at HSC in Winnipeg, at age 76. Joe was predeceased by his parents, Antonio Reis and Maria Rosario Reis, brothers Manuel Reis, Antonio Reis, Francisco Reis, brothers-in-law Carlos Soto, Antonio Antunes, Agostinho Santos, sister-in-law Maria Barroca, nephew Nuno Reis, and his cousin and best friend, Francisco Reis. His memory will be cherished by his loving wife of 56 years, Filomena Reis, son Carlos Reis (Margie); granddaughters Cassandra Reis (David Sousa) and Chantal Reis. He is also survived by his siblings Maria Vieira (Francisco) and Isaura Marques (Armando) of Fatima, Portugal, Olinda Santos and Amilia Prazeres (José) of Winnipeg, Fernando Reis (Anabela) of Prilly, Switzerland, Ana Bochatay (Patrick) of Salvan, Switzerland and Joaquim Reis of Portugal as well as brother-in-law Manuel Barroca of Dargoire, France; are numerous nieces, nephews, cousins and God children.



Joe was born March 7, 1946 in Fatima, Portugal. Never afraid of hard work, he moved to Clermont-Ferrand, France in 1964 to work construction. On February 12, 1966 he met the love of his life and he and Filomena were married June 11, 1966 in Givors, France. Joe and Filomena relocated to Thompson, Manitoba in 1968 where they welcomed their son Carlos in September 1968. The family then moved to Winnipeg in 1974. Dad spent many years working away from home as a cement mason in northern Alberta. Throughout these years, he made many friends and was highly respected in the petroleum shut-down industry. Many of Dad's work friends were also new immigrants to Canada and did not have family here, so he would often invite them to visit his home in Winnipeg. His giving, family-oriented nature was always extended to those who he considered friends. Nothing meant more to dad than his family and his friends, who always became his extended family.

Joe loved his football (soccer) and often had to be torn away from the TV for Sunday family lunches. He was an avid Sporting fan and he passed down his love for the game to his granddaughters. Many Euro and World Cups were spent at a Club or in the backyard with a hardwired TV feed watching Portugal play. The highlight of his love for soccer was taking his "Chicitas" to see Sporting play in Lisbon in 2005. In 2010, Dad finally retired so that he could be closer to his wife and granddaughters. He soon "renovated" the backyard, so that it could better accommodate more grape vines, copious amounts of flowers, and of course, his vegetable garden. Dad had a green thumb that could not be matched and he would spend hours caring for his plants both indoors and out. If there was a patch of dirt anywhere you could be sure he would try and grow something in it.

We thank Dr. Skrabek and Nurse Rose at CancerCare Manitoba for all of their guidance and support this last year. A special thank you to Dr. Pelletier and the nursing staff on GB2 Wing at HSC for the care and compassion given to Joe and our family during his final days. Words cannot express how thankful we are for all you did for our family.

Prayers and viewing took place on Monday, August 8, 2022 at Crofo Funeral Chapel. Mass of Christian Burial Tuesday occurred on August 9, 2022 at St. Anthony of Padua Roman Catholic Church, with Father Dominic Yuen presiding. A private family interment will take place at a later date.

In lieu of flowers, donations in dad's name may be made to CancerCare Manitoba.

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