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*Letter from the Editor / Carta da Editora*

*"It ain't a matter of if Nah, it's just a matter of time. But to get where we're going Sister, gotta hold the line..." ~Tom Morello f. Grandson, "Hold the Line"*

*"Não é uma questão de se Nossa, é só uma questão de tempo. Mas para chegar onde estamos indo Irmã, tem que segurar a linha..." ~Tom Morello f. Grandson, "Segure a Linha"*

Millions out of work around the world; conflicts born out of hatred and fear; bloody wars waging over turf and resource protection; folks struggling to feed themselves; some lost in the dizzying grips of addictions; others pursuing dark roads of crime, fueled by greed and insatiable consumption; and as a last resort to keep our spirits down, we submit to painful yokes of corporal punishment or toxic cultures of blame and shame. A relative handful among us across all cultures and nations striving to do some good; digging deep within our indomitable human spirits to be better than our darker tendencies sometimes allow. Facing up to ourselves and waking up to the sobering realities that we cannot sustain a world built on a race to the bottom lines of consumption and acquisition.

Manny Calisto is a man with a vision and a voice; a mission to walk a righteous path on this earth. A voice to speak his truth. Trained as an educator; this tri-lingual island-born son, husband, father, grandfather; humourously self-described "portugay," who was raised by the sea, returned to São Miguel in September of this year to walk a personal Romaria, from his mother's birthplace in Fenais da Ajuda in the municipality of Ribeira Grande to his father's civil parish of Livramento in the municipality of Ponta Delgada, where he was known around the island for delivering daily bread, before his immigration to Canada.

You could say that our daily bread runs as deep as the saltwater in Manny's veins... Married to an Australian, Bradley C.T. West, also island-born, half-way across the world; the two men met in Winnipeg, Canada, and have created the sort of partnership that many of us in the trenches of bullshit hollywood romantic conformity can only dream of... As the meme goes, "forget about a relationship, build an empire!" When we meet to chat over breakfast at the sunny patio at Stella's in the FrancoManitoban Centre, Manny orders in flawless French, and references Wab Kinew's book, **The Reason You Walk** as I ask "Why?"

"When I came out to my traditional Portuguese father, we didn't speak for almost nine years; we did reconcile before his death [from Covid] during the pandemic [in a high profile case at Maples Personal Care Home] and I want to honour the memory of my father and explore our complicated relationship, by embarking on a personal Romaria. Ultimately, I want to reconcile our values as father-and-son across evolving world views and the challenges faced by those of us caught in the middle of rapidly changing cultural values. You see, I could not get from my dad what he was not ready to give."

*"Nobody said it would be easy  
Nobody said that it would all be fine  
But to get where we're going  
Brother, you've gotta hold the line..."*

Milhões desempregados em todo o mundo; conflitos nascidos do ódio e do medo; guerras sangrentas travadas por território e proteção de recursos; pessoas lutando para se alimentar; alguns perdidos nas garras vertiginosas dos vícios; outros perseguem as estradas escuras do crime, alimentadas pela ganância e pelo consumo insaciável; e como último recurso para manter nosso ânimo baixo, nos submetemos a punição corporal ou culturas tóxicas de culpa e vergonha. Um punhado relativo entre nós em todas as culturas e nações esforçando-nos para fazer o bem; cavando fundo em nosso indomável espírito humano para sermos melhor do que nossas tendências às vezes permitem.

Manny Calisto é um homem com visão e voz; uma missão para trilhar caminho justo. Uma voz para falar sua verdade. Formado como educador, este Micaelense trilingue, marido, pai, avô; humoristicamente autodenominado "portugai," que foi criado à beira-mar; regressou a São Miguel em Setembro deste ano para percorrer uma Romaria pessoal, desde a terra natal da sua mãe em Fenais da Ajuda no concelho da Ribeira Grande até à freguesia do seu pai de Livramento no concelho de Ponta Delgada, onde era conhecido na ilha por entregar o pão de cada dia, antes da sua imigração para o Canadá.

Pode-se dizer que nosso pão de cada dia é tão profundo quanto a água salgada nas veias de Manny... Casado com um australiano, Bradley C.T. West, também nascido numa ilha, no outro lado do mundo; os dois homens se conheceram em Winnipeg, Canadá, e criaram o tipo de parceria que muitos de nós nas trincheiras da conformação romântica de Hollywood só podemos sonhar... Como diz o meme, "esqueça um relacionamento, construa um império!" Quando nos encontramos para conversar no pátio ensolarado da Stella's, no Centro FrancoManitoban, Manny faz referência ao livro de Wab Kinew, **The Reason You Walk**, a minha pergunta "Por quê?"



"Eu quero honrar a memória do meu pai e explorar nosso relacionamento complicado, embarcando em uma Romaria pessoal. Eu queria reconciliar nossos valores como pai e filho em nossas visões de mundo em evolução e os desafios enfrentados por aqueles de nós pegos no meio de valores culturais em mudança. Eu não poderia obter do meu pai o que ele não estava pronto para dar em vida."

# portuguese folk dance WORLD RECORD!

*First, they put out the call. Second, they gathered the dancers. Then they got the record!*

CONGRATULATIONS to the Portuguese Cultural Center of Mississauga for “Dancing for Those Who Can’t” on September 17, 2022, and in the process, setting a world record for the largest Portuguese Folk Dance.



*In the Facebook words of Andrew Da Câmara, “we came, we conquered, and we now hold an official Guinness World Record in Canada.”*

*No easy task to gather together hundreds of dancers and lead them in a synchronized folk dance, especially poignant when dedicated to those who are unable to dance, for whatever reason, and raise funds for a good cause.*

*“We put the Luso-Canadian community on the global map!” continues Da Câmara across social media channels, letting Luso-Canadians across our country know what it is like to practice unity and inclusion of all. The Portuguese Cultural Centre of Mississauga came together to show that there is strength in unity; the sort of unity that literally puts you on a global stage and reverberates across the Portuguese diaspora.*

*“All communities came together and showed that we are stronger together. ALWAYS. We achieved the world record for the “Largest Portuguese Folk Dance” while we “Danced for those who can’t” and raised funds for those who need it the most.”*

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*A representative of the Guinness Book of World Records, seen below smiling and holding the ubiquitous clipboard of officials everywhere, was in attendance to document the event and confer the world record.*



*Recently described and covered by Nós Portugueses on OMNI TV, “as a day filled with happiness, fraternity and celebration of Portuguese culture,” the open air event is aspirational in demonstrating what is possible when the best attributes of a culture are given a risk of opportunity to shine; an inclusive call to action to conquer. Together.*

*PARABÉNS ao Centro Cultural Português de Mississauga por “Dançar para quem não sabe” no dia 17 de setembro de 2022, e no processo, estabelecer um recorde mundial para a maior dança folclórica portuguesa.*

*“Colocamos a comunidade luso-canadiana no mapa global!” diz Da Câmara nas redes sociais, dando a conhecer aos luso-canadianos de todo o nosso país o que é praticar a unidade e a inclusão de todos. O Centro Cultural Português de Mississauga juntou-se para mostrar que há força na unidade; o tipo de unidade que te coloca literalmente num palco global e reverbera por toda a diáspora portuguesa. “Todas as comunidades se uniram e mostraram que juntos somos mais fortes. SEMPRE. Atingimos o recorde mundial de “Maior Dança Folclórica Portuguesa” enquanto “Dançamos para quem não pode” e angariamos fundos para quem mais precisa.”*

*Recentemente descrito e coberto pelo Nós Portugueses na OMNI TV, “como um dia repleto de alegria, fraternidade e celebração da cultura portuguesa”, o evento ao ar livre é uma aspiração em demonstrar o que é possível quando os melhores atributos de uma cultura correm o risco de brilhar; um apelo inclusivo à ação para conquistar. Juntos.*

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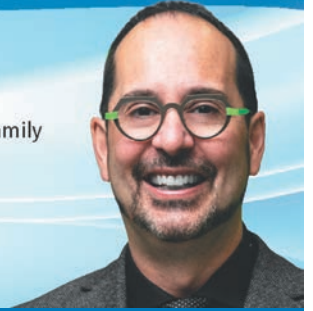
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## YOUR MOUTH: A PORTAL TO YOUR BODY.

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?

## 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.

- 1. BRUSH YOUR TEETH DAILY.**  
If you use a power toothbrush, choose one that offers rotation/oscillation action.
- 2. 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.
- 3. RINSE USING AN ANTISEPTIC MOUTHWASH.**  
This will help reduce the accumulation of dental plaque.
- 4. MAKE HEALTHY FOOD CHOICES.**  
Nutritional food choices low in sugar are good for your overall health and your oral health.
- 5. 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?

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.**



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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.**



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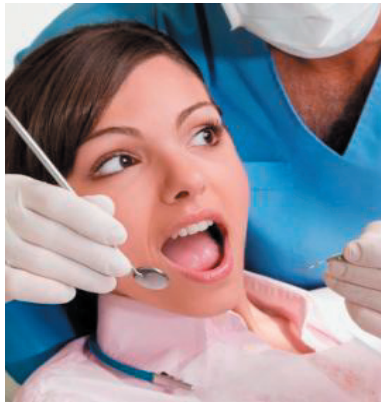


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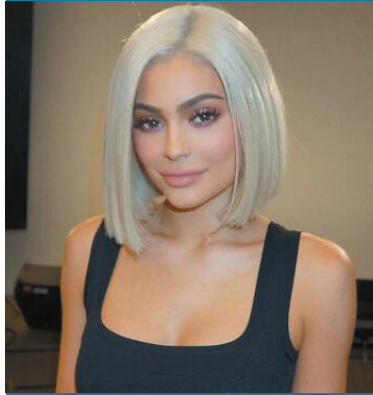
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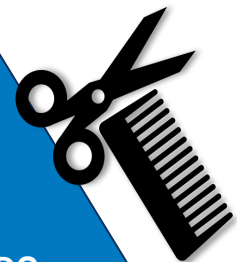
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# STYLE

## Paulo Bergantim

### How to Buy a Suit, Part 2 Continued from Volume 4, Issue 7

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>

Unless you're an eccentric man-about-town with more money than closet space, chances are, you will not be able to pull off a double-breasted jacket or blazer. I haven't seen this look done well since about 1988, and even then, buttons were either left sloppily undone or done up tightly and struggling to contain the belly! What I'm saying is: **STICK TO SINGLE-BREASTED** and avoid a closed jacket. Whether you go for side vents or a centre vent, remember to cut the string -- unless you're a rock star on a red carpet and you're going for an ironic fashion statement, in which case, you should also keep any labels on your lower sleeve attached. **KIDDING!** Cut off anything that was put on to sell the jacket in a store, even if you're a rock star.

When considering trouser pleats and breaks, think about the body you actually have right now, and not the body you are aiming for once you hit the gym in the new year. Nothing looks worse than overly tight trousers, especially with high-water trouser breaks. Again, unless you're a rock star, stick to breaks that hit your shoe in some way, shape, or fashion. If you want to show off a pair of signature fancy socks, you can always spend most of the night sitting down with one leg crossed elegantly over your knee. Again... **KIDDING!** The final question regarding trousers: cuff or no cuff? Uncuffed trousers will give you a slightly cleaner look and are a bit more timeless in style than cuffed trousers; however, pleated trousers or pants with a heavier fabric look good when they are cuffed -- especially in the winter, with a heavier shoe.

### Button Closure



**Single Breasted**  
A single button or single row of buttons. (Never button the bottom one.)



**Double Breasted**  
One side of the jacket overlaps the other and is secured by a double row of buttons.

### Back Vents



**Side Vents**  
Two vents (slits) placed on either side of the back of the jacket. (Yes, the string on them should be cut.)



**Center Vent**  
One vent cut up the middle of the jacket. Again, cut that string.



**Closed**  
A jacket that has no vents. Not a common option, but they're out there.

### Jacket Cuffs



**The Right Sleeve Length**  
About a half inch of your shirt cuff should show below your jacket sleeve. This needs to be tailored to fit you perfectly.

### Trouser Pleats



**Flat Front**  
Trousers that don't have any pleats under the waistband.



**Double Pleat**  
Two pleats on either pant leg. (This helps with fabric drape and provides a bit more room.)



**Single Pleat**  
One pleat on either pant leg. (This helps some fabrics drape better.)

### Trouser Breaks

#### Trouser Cuffs



**Plain Hems**  
The uncuffed hem. Provides an overall cleaner look.



**Cuffed**  
Hemmed with a fixed cuff. Good for pleated trousers or heavier-weight wools (with the exception of tuxedos, which should never be cuffed).



**Full Break**  
The "break" is the crease formed when your trousers are hemmed. With a full break, your trouser hem reaches the top of your shoe heel in back.



**No Break**  
No crease at all—your trouser hem skims the front of your shoe. Typically reserved for slim-leg trousers.



**Half or Slight Break**  
The safe bet for most trousers. There's still a crease in the trouser leg but a considerably smaller one than with a full break.



# & WELLNESS

*J. Peter Correia*



## **Winnipeg, Walking, and Wellness! Part 2** *Continued from Volume 4, Issue 7*

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 another 10 venues and activities to promote active healthy living in the pursuit of wellness in Winnipeg.

### **1. Winnipeg Public Art Tours**

Guided Public Art Tours 1 to 3 hours. On these walking and biking tours, you can explore Winnipeg and learn about public artwork: where it is, why it's there, and what it means. Tours run June to September, so plan for next year, or... take a self-guided tour any time of year!

### **2. Winnipeg Public Art Works Mobile**

App 1 – 2 hrs  
Choose from four self-guided tours, or browse Winnipeg's Public Art Collection and visit a single work with this free smartphone app. Explore the city, learn fun facts, answer trivia questions, and hear from the artists who created the work.

### **3. Winnipeg Art Gallery (WAG) – Quamajug**

Check for free days that feature complimentary activities for the whole family, such as games, art making, tours, films, and performances. Free public parking is available at the Canada Life parking lot behind 100 Osborne St. N. for visitors on Canada Life Free Sundays@WAG. Downtown street parking is also free Sundays.

### **4. Winnipeg Architecture Foundation Tours**

QR Tour Discover Winnipeg's significant architectural projects and designed landscapes through a self-guided QR Code Tour via a mobile device. The tour provides detailed information on each building, the name of the architect, style, and milestone dates. Free Arch10 app Archi10 is a free bilingual app that works as a self-guided tour, sharing information about Winnipeg's built environment. The app synchronizes with Winnipeg Transit Route #10, which passes by some of Winnipeg's most significant buildings located in three important neighbourhoods: Wolseley, Downtown, and St. Boniface. When near selected places of interest, the narrators alert users and describe the buildings. Original music created specifically for these urban landscapes accompanies the user throughout the ride.

While the app is tailored for use on the bus, it is also a handy resource that can be used at any time. Available on the Apple store and Google Play. WAF has developed a series of digital self-guided tours which may be found at [winnipegarchitecture.ca/tours](http://winnipegarchitecture.ca/tours). Free Guided tours Dates and times are posted on the website. Children's Architecture Maps are available for seven Winnipeg neighbourhoods, in 11 languages. These colourful maps are designed with young people in mind.

### **5. Assiniboia Downs**

Live thoroughbred racing from May through to September, Mondays – Wednesdays. Post Time 7:30 PM. The Downs offers plenty of fun for everyone. The track can be enjoyed by everyone. Dine in the Terrace Dining Room with its amazing view of the track or gallop down a delicious hot dog while taking in the sites. Admission and parking are free. See you in May!

### **6. Bois des Esprits**

This 117 acre urban forest contains five different ecosystems – riverbottom, wetland, oak forest, aspen forest, and grassland and is considered a vital part of the 27 km Seine River Greenway, the 'heart and lungs' of the parkway system. It is the largest remaining riverbank forest in the city and is situated on the frontline of urban sprawl. What makes it so treasured is that it is still 'virtually undisturbed.' Two special features of the woods are a series of oxbows or abandoned riverbeds and a set of well-worn trails to walk.



These are U-shaped low lying areas along the trail. Oxbows were formed when a sharp bend or loop in the river eroded over time until the narrow neck of land between two banks finally cuts through, creating a straighter river channel.

These abandoned river beds become highly productive river bottom and wetland habitats supporting a rich variety of vegetation and wildlife. They are a favourite resting spot for the whitetail deer that live in the Bois.

### **7. Farmers Markets all over the City of Winnipeg - Seasonal and Weather-dependent**

Downtown Farmers Market – Thursdays  
Wolseley Farmers Market – Thursdays  
Bronx Park Farmers Market – Saturdays  
River Heights Farmers Market – Fridays  
St Norbert's Market – Wednesdays and Saturdays at St Norbert Community Centre

### **8. Living Prairie Museum**

The Living Prairie Museum is a 13-hectare tall grass prairie preserve and nature park. Set aside in 1968, the preserve is home to more than 150 different grass and wildflower species and an array of prairie wildlife.

### **9. Corydon Avenue**

If you love nice patios, al fresco dining, gelato, and an all round jovial atmosphere, then Corydon Avenue is for you. Once known as Winnipeg's "Little Italy," Corydon Ave is a destination district, one which is popular with visitors and locals alike for people watching, shopping and dining. In the summer, you'll find shady patios packed with people sipping sangria and beer. On Friday and Saturday nights during July and August, you'll find a live music during the "Dancing on the Avenue" concert series featuring everything from 50s rock to jazz to blues. The eating and drinking on this avenue is run-around, though; Portuguese duo SanCarlos is known to play at Kristina's on Corydon.

### **10. Travel Manitoba Visitor Information**

Travel Manitoba Visitor Information Centre is located inside the Johnston Terminal at the Forks Heritage site. Free Wifi on-site.

### **1. Excursões de arte pública na Winnipeg Art Gallery (WAG)**

Visitas guiadas de arte pública de 1 a 3 horas.

### **2. Aplicativo móvel de obras de arte públicas na Winnipeg Art Gallery**

Escolha entre quatro visitas autoguiadas ou navegue a Coleção de Arte Pública.

### **3. Winnipeg Art**

**Gallery (WAG) – Quamajug** Verifique se há dias gratuitos com atividades gratuitas para toda a família,

### **4. Winnipeg Architecture Foundation**

**Tours** Descubra os projetos arquitetônicos significativos de Winnipeg e as paisagens projetadas por meio de um QR Code Tour autoguiado por meio de um dispositivo móvel.

### **5. Assiniboia Downs**

**6. Bois des Esprits** Esta floresta urbana de 117 acres contém cinco ecossistemas diferentes – fundo do rio, pântano, floresta de carvalhos, floresta de álamos e pastagens e é considerada uma parte vital dos 27 km da Greenway do Rio Seine, para andar de pé.

### **7. Farmers Markets - Sazonal**

### **8. Living Prairie Museum**

**9. Corydon Avenue** -- o duo SanCarlos atua na Krisina's em seletos fim-de-semana.

**10. Travel Manitoba Visitor Information Centre nos Forks** -- boa informação!



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

*After 3 weeks of “Dolce far niente,” Italian, for sweet idleness, I am thrilled to inspire you all with some transitional fall outfits. Trending on all the Fashion week runways was menswear inspired looks.*

*I also got creative with a more neo-punk look, deconstructing a black jacket and taking a DIY approach to bedazzling with safety pins and accessorizing with shiny black-framed glasses and silver and black jewellery. It doesn't take a lot of money to have fun with fashion and let your personality shine.*

*When I was a child I thought “nap time” was a punishment. Now it feels like a small vacation. The biggest lie I tell myself is “I don't have to write that down, I'll remember it.” I don't have gray hair... I have wisdom highlights! Last year I joined a support group for procrastinators. We haven't met yet.*

*Of course, I talk to myself. Sometimes I need expert advice. At my age “Getting Lucky” means walking into a room and remembering what I came in there for. I have lots of friends, but right now, I can't remember their names! I'm also wondering... did I steal this meme from you, or did you steal it from me?*



# STYLE

## Manny Martins-Karman

**Eu sou um artista. Desenhadora gráfica. Estilista. Esposa. Mãe. Bebedora de café. Observadora de pessoas.**

*Depois de 3 semanas de “Dolce far niente,” em italiano, estou emocionada em inspirar com algumas roupas de outono. A tendência em todas as passarelas da semana de moda foram os looks inspirados da moda masculina.*

*Também fui criativa com um visual mais neo-punk, desconstruindo uma jaqueta preta e adotando uma abordagem DIY para deslumbrar com alfinetes e acessórios com óculos de armação preta brilhante e joias prateadas. Não é preciso muito dinheiro para se divertir com a moda e deixar sua personalidade brilhar.*

*Quando era criança, achava que “hora da soneca” era um castigo. Agora parece umas pequenas férias. A maior mentira que digo a mim mesmo é “não preciso escrever isso, vou lembrar.” No ano passado, entrei para um grupo de apoio para procrastinadores. Ainda não nos conhecemos.*

*Claro, eu falo comigo mesmo. Às vezes eu preciso de conselhos de especialistas. Na minha idade, “Getting Lucky” significa entrar em uma sala e lembrar por que vim fazer isso. Eu tenho muitos amigos, mas agora não consigo lembrar seus nomes! Eu também estou me perguntando... eu roubei esse meme de você, ou você roubou de mim?*



# & WELLNESS

Paula Kabaluk

paulakabaluk@hotmail.com



## I LOVE MY CLIENTS

Without them, I would not be here!

I came across the poem below at [hellopoetry.com](http://hellopoetry.com) and it describes the way I feel about my clients and how we are better (and brighter) together.

It is written by "nixpoetry."

## BETTER TOGETHER

People always argue as to which of the two is more important:  
Words or Actions

They say the pen is mightier than the sword,  
And in a different context  
They declare that Actions speak louder than words.

But instead of defending which is better,  
I say we must change our view and see  
that the two is ever better - together.

Like the sun and the sky, they both  
serve different purposes, but together  
they form the perfect weather.

Like the lead and eraser, they come  
from different places, but as they set  
aside differences, they become together a  
useful tool known as a pencil.

Just as coffee always taste better with  
creamer, And chairs work best with  
tables, so do Words and Actions when  
paired together.

Because without each of the other, words  
mean nothing and actions won't clear  
anything.

So instead of fighting over which  
"speak" better, I suggest we value them  
equally, because

"Actions accompanied with Words speak  
louder together"

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## MELHOR JUNTOS

As pessoas sempre discutem sobre  
qual dos dois é mais importante:  
Palavras ou ações

Dizem que a pena é mais poderosa  
que a espada,  
E em um contexto diferente  
Eles declaram que as ações falam  
mais alto que as palavras.

Mas em vez de defender o que é  
melhor, digo que devemos mudar  
nossa visão e ver que os dois são  
cada vez melhores - juntos.

Como o sol e o céu, ambos servem  
a propósitos diferentes, mas juntos  
formam o clima perfeito.

Assim como a mina e a borracha,  
eles vêm de lugares diferentes, mas  
à medida que deixam as diferenças  
de lado, tornam-se juntos uma  
ferramenta útil como lápis.

Assim como o café sempre tem  
um sabor melhor com creme, E  
as cadeiras funcionam melhor  
com as mesas, o mesmo acontece  
com Palavras e Ações quando  
combinadas.

Porque sem um do outro, as  
palavras não significam nada e as  
ações não esclarecerão nada.

Então, ao invés de brigar sobre  
qual "falar" melhor, sugiro que os  
valorizemos igualmente, porque

"Ações acompanhadas de  
Palavras falam mais alto juntas"

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## EU AMO MEUS CLIENTES

Sem eles, eu não estaria aqui!

Encontrei o poema abaixo em [hellopoetry.com](http://hellopoetry.com).  
com e descreve como me sinto em relação aos  
meus clientes e como somos melhores (e mais  
brilhantes) juntos.

É escrito por "nixpoetry."

# Food & Drink

Eduarda Gil

204.792.9146 | eduardagil@live.ca



## Peixe em Molho de Tomate com Pimento Verde

### Ingredientes:

- Lombos de pescada
- Pimento verde
- Tomate
- Pimenta
- Pimentão doce
- Azeite
- Alhos
- Cebola
- Sal

### Modo de Preparação:

...1 Tempere o peixe com um pouco de sal, pimenta e pimentão doce; reserve.

...2 Coloque o azeite, a cebola cortada às rodelas, os alhos inteiros descascados, o pimento cortado em tiras e o tomate sem pele cortado em pequenos pedaços num tacho e cozinhe em lume brando até o tomate começar a ficar desfeito.

...3 Adicione o peixe, tape o tacho e cozinhe em lume brando cerca de 15 minutos.

...4 Desligue o lume e sirva o peixe com batata cozida ou arroz branco.

## Fish in Tomato Sauce with Green Pepper

### Ingredients:

- Fish fillets or loins
- Green pepper
- Tomato
- Pepper
- Sweet chili
- Olive oil
- Garlic
- Onion
- Salt

### Preparation mode:

...1 Season the fish with a little salt, pepper and paprika; Set aside.

...2 Place the olive oil, the sliced onion, the peeled whole garlic, the pepper cut into strips and the peeled tomato cut into small pieces in a pan and cook over low heat until the tomato starts to break down.

...3 Add the fish, cover the pan and cook over low heat for about 15 minutes.

...4 Turn off the heat and serve the fish with boiled potatoes or white rice.



# USE THE RIGHT ONION

## SWEET ONION

BEST FOR FRYING

USE FOR:  
ONION RINGS,  
GRATINS,  
ROASTED  
VEGETABLES

## RED ONION

BEST EATING RAW

USE FOR:  
GUACAMOLE,  
PICKLED  
ONIONS,  
SALADS,  
SANDWICHES

## WHITE ONION

CRUNCHIEST & SHARPEST ZING

USE FOR:  
SALSAS,  
CHUTNEYS,  
STIR-FRIES

## YELLOW ONION

BEST ALL-AROUND COOKING ONION

USE FOR:  
MEATROASTS,  
BRAISED MEAT  
DISHES, SAUCES,  
SOUPS, STEWS

## SHALLOT

MILDER & MORE SUBTLE

USE FOR:  
VINAIGRETTES,  
EGG CASSEROLES,  
GARNISHES



## Salada de Tomate e Cebola Roxa

### Ingredientes:

- 3 tomates maduros
- 1 cebola-roxa
- 1 colher (chá) de sal
- azeite a gosto
- pimenta-do-reino em grãos moída na hora a gosto

### Modo de Preparação:

...1 Lave, seque e corte cada tomate em 8 gomos: corte e descarte a tampa; apoie a parte cortada na tábua e corte o tomate em cruz, depois, em x, para formar 8 partes. Transfira os gomos para uma tigela.

...2. Descasque, corte em metades (passando a faca pela raiz), e fatie a cebola em meias-luas finas. Junte ao tomate, tempere com o sal e misture bem. Transfira para uma peneira e coloque sobre a tigela. Leve para a geladeira e deixe drenar por 30 minutos - o sal vai desidratar a polpa e deixar o tomate mais carnudo, além de diminuir o ardido da cebola.

...3 Depois de 30 minutos, transfira a salada de tomate com cebola para uma travessa. Tempere com azeite e pimenta-do-reino moída na hora a gosto e sirva a seguir.

### Tomato and Red Onion Salad

### Ingredients:

- 3 ripe tomatoes
- 1 red onion
- 1 teaspoon of salt
- olive oil to taste
- freshly ground black peppercorns to taste

### Preparation mode:

...1 Wash, dry and cut each tomato into 8 segments: cut and discard the lid; place the cut part on the board and cut the tomato in a cross, then in an x, to form 8 parts. Transfer the buds to a bowl.

...2. Peel, cut into halves (running the knife along the root), and slice the onion into thin half-moons. Add to tomato, season with salt and mix well. Transfer to a sieve and place over the bowl. Take it to the fridge and let it drain for 30 minutes - the salt will dehydrate the pulp and make the tomato meatier, in addition to reducing the onion's burning taste.

...3 After 30 minutes, transfer the tomato and onion salad to a serving platter. Season with olive oil and freshly ground black pepper to taste and serve immediately.

## Parabéns ao Cônsul Honorário de Portugal em Winnipeg, pela ocasião de receber Medalha Real

Cônsul de Portugal em Winnipeg, agraciado com a Medalha de Platina do Jubileu de Sua Majestade a Rainha Isabel II.

Paulo Jorge Cabral, Cônsul Honorário de Portugal em Winnipeg com jurisdição para a Província de Manitoba e Território do Nunavut, foi condecorado no passado dia 26 de Setembro pela Governadora da Província de Manitoba, Sua Excelência Janice Filmon, com a Medalha de Platina do Jubileu de Sua Majestade, a Rainha Isabel II, proposta pela Premier de Manitoba Honourable Heather Stefanson, em cerimónia que teve lugar no Parlamento de Manitoba.

## Congratulations to the Honorary Consul of Portugal in Winnipeg, on the occasion of receiving Royal Medal

Portuguese Consul in Winnipeg, awarded the Platinum Medal of the Jubilee of Her Majesty Queen Elizabeth II.

Paulo Jorge Cabral, Honorary Consul of Portugal in Winnipeg with jurisdiction to the Province of Manitoba and Territory of Nunavut, was decorated last day 26th of September by the Governor of Manitoba Province, His Excellency Janice Filmon, with the Platinum Medal of the Jubilee of Her Majesty the Queen Elizabeth II, proposed by Premier of Manitoba Honourable Heather Stefanson, in ceremony that took place in the Parliament of Manitoba.



# CORK & OLIVE

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# personal ROMARIA

“I have a story to tell, and it’s about my father and me. It’s a story about reconnecting to the Roman Catholic Church and my faith; a story about reconnecting to the island of my birth; a story about walking, and why I am walking.”

Manny Calisto is sitting across from me on the shaded patio at Stella’s on Provencher, enjoying his breakfast and thoughtfully answering my questions with candor and humour, both.

“In a way, I am also connecting with my parents, even before they were my parents. Does that make sense? It’s also linked with Portuguese; my speaking in Portuguese. Quero dizer, quando falo português, sou a minha mãe ou o meu pai... ouço a voz deles na minha voz.”

He stops to ask for a top-up of his coffee, in flawless french, as the waitress comes by. He notices my inquisitive, impressed look.

“Yes, I speak French. I taught French for many years. It was relatively easy for me to pick it up, what with the Latin base; growing up, I spoke Portuguese at home -- my parents insisted that we speak Portuguese. To this day, I am glad that they did.”

*“Do you think in Portuguese?”*

“No, I think (and dream) in English,” he takes a sip from his fresh top-up, “but I teach (and work) in French!”

*“Are you still teaching?”*

“I officially retired in June 2021 from Seven Oaks School Division; 31 years total -- 21 years as a classroom teacher and 10 years in school administration as a principal and vice principal, in French immersion.”

“I’ll be returning to teaching casually, so it’s still a part of who I am and do...”

Brad and I like to travel, and we’ve got trips planned after my personal romaria in São Miguel this September, from my mother’s birthplace in Fenais de Ajuda in the municipality of Ribeira Grande to my father’s civil parish of Livramento in the municipality of Ponta Delgada.”



“My father was known around the island for delivering daily bread, before his immigration to Canada in 1973.”

*“My father knew your father in those days!  
O Calisto as he called him by surname.”*

You could say that our daily bread runs as deep as the saltwater in Manny’s veins. Married to an Australian, Bradley C.T. West, also island-born, half-way across the world; the two men met in Winnipeg, Canada. Together, they walk.

“When I first came out, my dad didn’t talk to me for a decade, but we reconciled long before he passed [tragically of Covid 19 in November 2020 in a much-publicized case among many at Maples Personal Care Home in Winnipeg] and he came to love my husband and my daughter McKenzie. He knew that I had a family and that I was happy...”

*Tell me about your reconciliation.*

“My nephew was getting married. The reception took place at the Victoria Inn, after a church wedding in St. Andrews. A few of us family were gathered in the coffee shop. I saw my dad walk in and sit down.”

“Quem é aquele homen?” I heard him ask.

“É o Emmanuel,” came the answer.

My dad got up and grabbed me, hugging me firmly and bawling...

“O meu filho!” he said. I could barely speak or breathe!”

*When did you get the notion to walk?*

“I had seen pictures of traditional, group romarias in Facebook -- a post on my newsfeed appeared out of nowhere, and they fascinated me. I looked up the history. I knew I had seen a picture of my own dad somewhere.”



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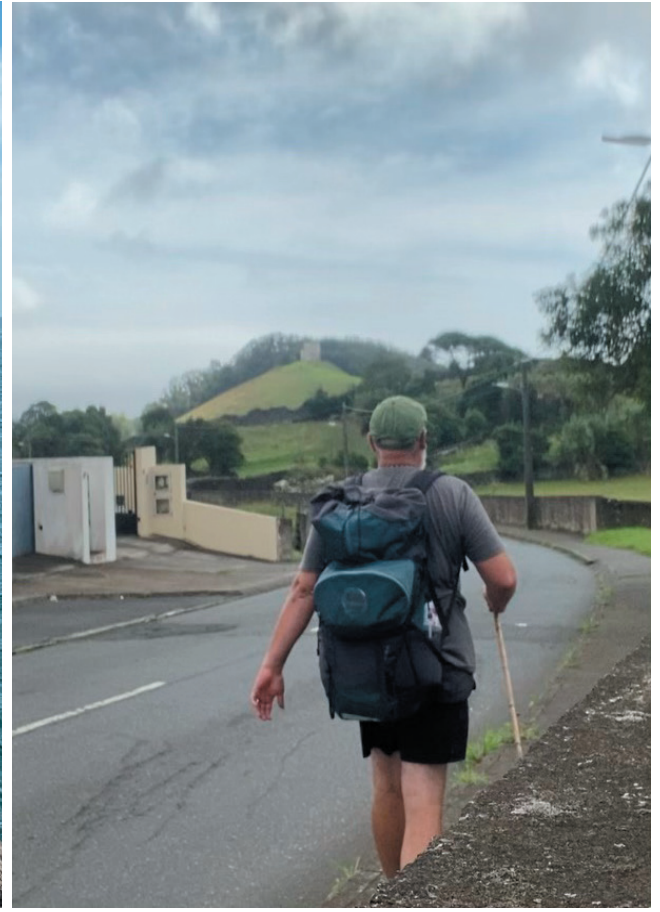
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“So, I searched and found it; of my father with his group of romeiros in front of the church in Livramento. That was aspirational.”

*Did you dad know about your plans?*

“Yes, we talked about it. He said, ‘filho, tens as pernas,’ and that did it for me. It will be the first trip that I’ve taken on my own without Brad (we’ve been together 25 years), who is also taking a trip on his own to Kicking Horse. We walk as individuals, together.”

*Aspirational.*

“The British naturalist Robert McFarland wrote about the old ways; he said, ‘my eyes are my feet’... It was hard to be in my 30s and suddenly feel abandoned; until my reconciliation with him, I felt like my dad died when I turned 32... in that sense, I identify with the romeiros...”

*How so?*

“The romeiros started walking to appease God, about six hundred years ago, after an earthquake. They promised God that they would walk around the island for 8 days, praying the rosary, and relying on shelter from strangers in the villages on their path. Centuries later, we have a tradition that has spread across the Azorean diaspora. We have to have faith... Faith that we will be accepted for who we are, no matter how we present.”

*Acceptance, yes?*

“Yes, acceptance, and more generous to outsiders. I actually don’t say that I came out; I say, with a nod to Alex Wilson, **I came in!** How do you know that you are part of a marginalized group, Sally?”

*Dunno. How?*

“When laws have to be changed; when you need a movement; when it’s life or death...”

...And when a reporter comes to ask you to talk about something as simple as walking.” Manny winks at me.

*Even a story-teller?*

“Yes, even a story-teller like you.”

*Parting words?*

“Wab Kinew said in *The Reason You Walk*, ‘We ought to recognize that our greatest battle is not with one another but with our pain, our problems, and our flaws. To be hurt, yet forgive. To do wrong, but forgive yourself. To depart from this world leaving only love. This is the reason you walk.’

All of my ancestors walk with me, but most especially my grandma... I can hear her voice in my head; go out for a walk, you’ll feel better!”

*continued/continuado on/na page/página 26*

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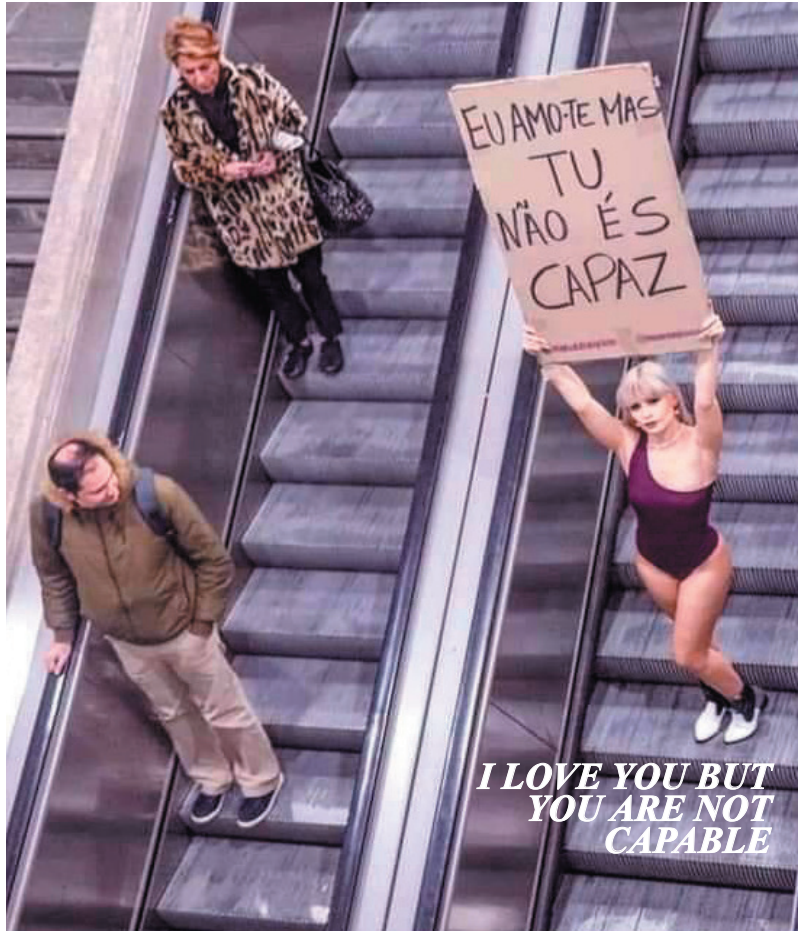
# A D U L T re-education







*I LOVE YOU BUT  
SHOW ME  
YOUR CELL PHONE*



*I LOVE YOU BUT  
YOU ARE NOT  
CAPABLE*



*I LOVE YOU BUT  
YOU SHOULD BE  
MORE LIKE HER*



*I LOVE YOU BUT  
I PAY THE BILLS  
AT HOME*

# LIGA DOS COMBATENTES

## Núcleo de Winnipeg

### MENSAGEM AOS COMBATENTES E FAMÍLIAS

*Caros Combatentes e Famílias*

*Dia 2 de Novembro é dia de Finados. Como em todos os anos é dia de reflexão, de recordação dos bons e maus momentos vividos com entes queridos, camaradas e combatentes que já nos deixaram.*

*É dia de profunda saudade, aceitação e compreensão do fenómeno mais inexorável da vida: - a morte. Por isso, este é o dia mais triste do ano. O dia em que todos, qualquer que seja o lugar onde estivermos, em casa, na igreja, no cemitério, recordaremos intimamente os mais queridos e chegados que nos deixaram.*

*E se o podemos fazer ao longo do ano, hoje fazemo-lo em conjunto, convergindo numa força espiritual única, não só como cidadãos, mas como combatentes que, com as nossas famílias, embora afastados fisicamente, estaremos unidos no mesmo sentimento de prestação de uma homenagem aos que conosco, viveram, trabalharam ou combateram.*

*É essa força espiritual única que nos impele na Liga dos Combatentes a aprofundar, em permanência, o nosso lema "Honrar os Mortos e Lutar pela Dignidade dos Vivos". Neste dia, honramos os mortos, mas jamais poderemos esquecer a dignidade dos vivos.*

*Dignidade que passa por garantir melhores apoios sociais e apoios à saúde por parte do Estado, a todos, e com especial atenção aos mais carenciados, doentes físicos e mentais, sem teto ou sem abrigo, ou com pensões de pobreza.*

*Enfim, como sentimos naturalmente, em dia de finados, hoje estamos todos de luto. E a expressão pública desse sentimento do povo, universo donde os combatentes emanam, é o uso de um fumo preto no braço esquerdo ou laço preto na lapela do casaco.*

*No dia 2 de Novembro, a Liga dos Combatentes incentiva todos os seus membros, dos dirigentes aos seus associados, seja qual for a sua condição, seja qual for o lugar onde se encontrem, no país ou no estrangeiro, a usarem um laço preto na lapela esquerda do casaco.*

*Os que nos deixaram, sem o reconhecimento material que lhes garantisse, em vida, a dignidade que mereciam, estejam onde estiverem, agradecerão de nós, essa manifestação exterior pública de respeito, compaixão, misericórdia e generosidade.*

*Neste dia de Luto e de união espiritual profunda de combatentes e famílias, com os nossos antepassados, somos sentimentalmente incentivados a que, de futuro, mantenhamos o laço preto na lapela esquerda do casaco, em todas as actividades, nomeadamente cerimónias oficiais nacionais e locais, convívios e outros*



*actos públicos, até que seja feita a revisão legislativa dos direitos de apoios sociais e à saúde, dos combatentes e famílias, passando o Estatuto do Combatente a ser um documento verdadeiramente histórico e reconciliante do Estado com os cidadãos combatentes.*

*A Liga dos Combatentes está hoje de luto e manter-se-á de luto, em Honra dos Mortos e luta pela Dignidade dos Vivos, na prossecução desse objetivo. A Força e a Razão que nos une e que uniu os que nos precederam, de há um século a esta parte, merece este testemunho, simultaneamente de gratidão e de esperança. Esperamos continuar a interpretar o vosso sentimento de descontentamento profundo. Contamos como sempre convosco. Laço preto na lapela esquerda do casaco é o testemunho público da nossa e vossa mensagem de tristeza.*

*Aprovado em Reunião da Direção Central de 13 de Outubro de 2022*

*O Presidente da Liga dos Combatentes  
TGeneral Joaquim Chito Rodrigues*

### MESSAGE TO COMBATENTS AND FAMILIES

*Dear Combatants and Families*

*November 2nd is All Souls' Day. As every year, it is a day of reflection, of remembering the good and bad times lived with loved ones, comrades and combatants who have left us. It is a day of deep nostalgia, acceptance and understanding of the most inexorable phenomenon in life: death. So this is the saddest day of the year. The day when everyone, wherever we are, at home, in church, in the cemetery, will intimately remember the dearest and closest who left us.*

*And if we can do it throughout the year, today we do it together, converging in a unique spiritual force, not only as citizens, but as combatants who, with our families, although physically distant, we will be united in the same feeling of providing a tribute to those who lived, worked or fought with us. It is this unique spiritual force that impels us in the League of Combatants to permanently deepen our motto "Honor the Dead and Fight for the Dignity of the Living." On this day, we honor the dead, but we can never forget the dignity of the living.*

*Dignity that involves guaranteeing better social support and health support from the State, to all, and with special attention to the most needy, physically and mentally sick, homeless or homeless, or with poverty pensions. On All Souls' Day, we are all in mourning. And the public expression of this feeling of the people, the universe from which the combatants emanate, is the use of a black band on the left arm or a black ribbon worn on a coat lapel.*

*On the 2nd of November, the Liga dos Combatentes encourages all its members, from leaders to associates, whatever their condition, wherever they are, in the country or abroad, to wear a black ribbon on the left lapel of the coat, in all activities, namely national and local official ceremonies, meetings and other public acts, until the legislative review of the rights of social and health support, of combatants and families, is carried out, with the Combatant's Statute becoming a truly historic and reconciling document of the State with combatant citizens.*

*The League of Combatants is today in mourning and will remain in mourning, in Honor of the Dead and fighting for the Dignity of the Living, in pursuit of this objective. The Force and the Reason that unite us and that united those who preceded us, from a century ago, deserve this testimony, simultaneously of gratitude and hope. We count as always with you. A black ribbon is a public testimony of our profound sadness.*

*Approved at the Central Management Meeting of October 13, 2022*

*The President of the League of Combatants  
General Joaquim Chito Rodrigues*



# COMBATENTES LEAGUE

## Winnipeg Nucleus

**PAST, PRESENT, AND FUTURE...  
NOT JUST THEN, BUT NOW**

*Portuguese peacekeepers are playing a key role in protecting civilians in the Central African Republic as part of the UN's mission in the country, MINUSCA.*

*Portugal is a key partner of the UN's Action for Peacekeeping (A4P) initiative which seeks to build stronger, more effective operations with leaner & focused mandates.*

*The Portuguese contingent operates in some of the most dangerous parts of the Central African Republic and have come under fire from armed groups. The peacekeepers implement a wide range of mandated tasks, including protecting civilians.*

~United Nations  
<https://news.un.org/>

**PASSADO, PRESENTE E FUTURO...  
NÃO SÓ ENTÃO, MAS AGORA**

*As forças de paz portuguesas estão desempenhando um papel fundamental na proteção dos civis na República Centro-Africana como parte da missão da ONU.*

*Portugal é um parceiro-chave da iniciativa Ação para Manutenção da Paz (A4P) da ONU, que busca construir operações mais fortes e eficazes com mandatos mais enxutos e mais focados.*

*O contingente português opera em algumas das partes mais perigosas da República Centro -Africana e foi criticada por grupos armados. As forças de paz implementam uma ampla gama de tarefas obrigatórias, incluindo a proteção de civis.*

~ Nações Unidas  
<https://news.un.org/>

### Portuguese Paratrooper Mozambique 1970



Corporal, Portuguese Paratroops, 1970  
A French 1950 custom camouflage uniform is worn by this soldier, as is a dark green paratroop beret; the cap badge is that of the air force, the arm of service which Portuguese paratroops came under. In addition, a paratroop level is worn above the right breast pocket. Rank is indicated by the two light blue chevrons on a slide attached to the shoulder straps. This soldier is armed with a West German 7.62mm HK21 general purpose machine gun.



Above: Black Portuguese troops in Angola stand to attention in ceremonial uniform during a parade.

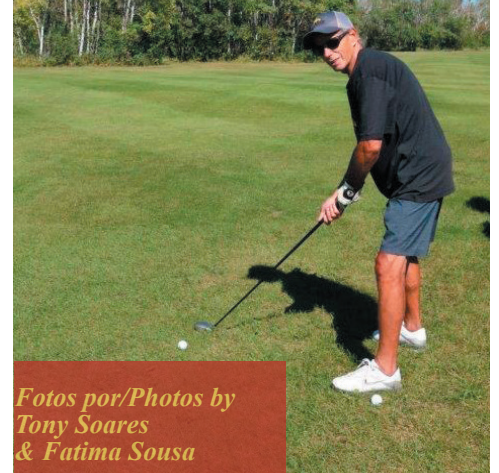


**Portugal's UN peacekeepers: serving the people of the Central African Republic**





# Comunidade em Vista



Fotos por/Photos by  
Tony Soares  
& Fatima Sousa



Ana Godinho Esteves  
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# MANNY GARCIA

*Arquivo de Memórias / Archive of Memories*



*Ofertas para o Senhor  
Para o Divino Espirito Santo  
Oferecidas com amor  
Pagamento do nosso pranto*

*Antigamente nao havia computadores  
Para saber o que-se passava  
Mas a terra fazia tremores  
E as rosquilhas-se dava*

*Sei que nao era cura  
Mas aliviava a afficao  
Eram levadas com ternura  
Com prazer, Fe e tradicao*

*Se hoje ja nao existe  
Estas nossas tradicoes  
Mas sempre haverá quem insiste  
Em fazer estas peregrinacoes*

*Rebentou vulcao, a terra tremeu  
Nao-se sabia o que se passava  
Mas Deus o povo seu  
Sempre-lhe aguardava*

*Sao memorias do mais rico  
Destas Ilhas dos Amores  
Esta Ilha do Pico  
Entrega-lhe seus louvores*

*Rosquilhas da Candelaria  
Feitas com muito carinho  
Com orgulho sao levadas  
Acompanhando seu caminho*

*Cada acafate e um altar  
Com rosquilhas louvando o Divino  
Para depois-se poder dar  
Com alegria e carinho*

*Nunca-se nega por alem  
Seja agua o seja pao  
Agente de la vem  
Para frente sera o nao*

*Assim Jesus nos ensino  
Para seres um bom humano  
A Fe nos entregou  
Para nao seres profano*



*Com meu acafate eu vou  
Leva-lo ao seu destino  
Porque Cristo carregou  
Sua Cruz ao Divino*

*Levar um acafate de rosquilhas  
Com alegria no rosto  
Irmas destas Ilhas  
O fazem com gosto*

*Espirito Santo que brilhas  
Que a terra nao faça mais tremores  
Do Pico estas suas filhas  
Lhe prestam seus amores*



*Chegou ao Autono  
O sol menos pode-se ver  
Mas volta ao seu trono  
Na primavera se Deus quizer*



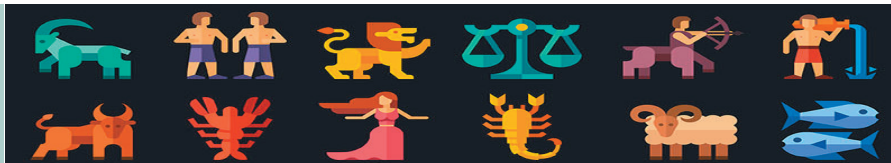
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# Horoscope

excerpts from elle.com - astrotwins



**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 ay what? November opens in between two groundbreaking eclipses that are shaking up your communication houses. On October 25, a Scorpio solar eclipse brought news or a collaboration out of the blue. Now, November 8 follows up with a total lunar eclipse in Taurus and your expansive ninth house. A sudden opportunity to travel, publish your work or share your message widely (perhaps long-distance) could arrive.

Diga o quê? Novembro começa entre dois eclipses inovadores que estão abalando suas casas de comunicação. Em 25 de outubro, um eclipse solar de Escorpião trouxe notícias ou uma colaboração inesperada. Agora, 8 de novembro segue com um eclipse lunar total em Touro e sua expansiva nona casa. Uma oportunidade repentina de viajar, publicar seu trabalho ou compartilhar sua mensagem amplamente (talvez à distância) pode chegar.

**Escorpião/Scorpion** 23/10 a 21/11 It's about to get real, Scorpio—or maybe it already has. Not only is it Scorpio season until November 22, but this month begins in between two eclipses, the first of which was in YOUR sign. On October 25, the Scorpio solar eclipse held a magnifying glass over your personal goals, path and passions. This November 8, a total lunar eclipse lands in Taurus and your relationship house, taking a key partnership to a turning point—perhaps without notice.

Está prestes a se tornar real, Escorpião – ou talvez já tenha acontecido. Não só é temporada de Escorpião até 22 de novembro, mas este mês começa entre dois eclipses, o primeiro dos quais foi no SEU signo. Em 25 de outubro, o eclipse solar de Escorpião colocou uma lupa sobre seus objetivos pessoais, caminho e paixões. Neste 8 de novembro, um eclipse lunar total aterrissa em Touro e em sua casa de relacionamento, levando uma parceria importante a um ponto de virada – talvez sem aviso prévio.

**Sagitário/Sagittarius** 22/11 a 21/12 Lean in or let go? You're facing that question all over your life as November begins, right in the heat of eclipse season. A pair of eclipses on the Taurus/Scorpio axis are revealing who's really on Team Sagittarius and who's just along for a free ride. And you probably got a clear (if startling) view of this at the October 25 Scorpio solar eclipse. Some part of your life may have cleared itself out fast, making space for the new.

Inclinar-se ou deixar ir? Você está enfrentando essa pergunta por toda a sua vida quando novembro começa, bem no calor da temporada de eclipses. Um par de eclipses no eixo Touro/Escorpião estão revelando quem realmente está no Time Sagitário e quem está apenas de carona. E você provavelmente teve uma visão clara (embora surpreendente) disso no eclipse solar de Escorpião em 25 de outubro. Alguma parte de sua vida pode ter se esvaziado rapidamente, abrindo espaço para o novo.

**Capricórnio/Capricorn** 22/12 a 19/1 Friendship, romance...something in between? Feelings could be all over the map as November raises its curtain right in the middle of eclipse season, a time of unexpected change. On November 8, a total lunar eclipse lands in Taurus and your flamboyant fifth house, which could bring passion, drama and strong feelings surging up out of the blue. Thought you were headed into cuffing season single? Guess again, Capricorn.

Amizade, romance... algo no meio? Os sentimentos podem estar por todo o mapa, já que novembro levanta sua cortina bem no meio da temporada de eclipses, uma época de mudanças inesperadas. Em 8 de novembro, um eclipse lunar total aterrissa em Touro e em sua extravagante quinta casa, o que pode trazer paixão, drama e sentimentos fortes surgindo do nada. Pensou que estava indo para o single da temporada de algebras? Adivinhe novamente, Capricórnio.

**Aquário/Aquarius** 20/1 a 18/2 Work-life rebalance: incoming! Eclipse season is going strong as November opens in the tailwind of an October 25 Scorpio solar eclipse in your professional sector. This November 8, a Taurus total lunar eclipse arrives to shake up business as usual with home and family. Things could start to look very different at Chateau Aquarius before the end of the year.

Reequilíbrio trabalho-vida: chegando! A temporada de eclipses está forte, pois novembro começa no vento de popa de um eclipse solar de Escorpião em 25 de outubro em seu setor profissional. Em 8 de novembro, um eclipse lunar total de Touro chega para agitar os negócios como de costume com o lar e a família. As coisas podem começar a parecer muito diferentes no Chateau Aquarius antes do final do ano.

**Peixes/Pisces** 19/2 - 20/3 Extra, extra! November opens in the middle of eclipse season as two turbo-charged moons blaze across your communication axis. On October 25, a solar eclipse landed in Scorpio, bringing change to your ninth house of travel, entrepreneurship and long-distance connections. You may have had a big idea or heard unexpected news from afar. With the Sun in Scorpio until November 22, you've got three weeks to keep exploring these exciting and adventurous new ideas.

Extra, extra! Novembro começa no meio da temporada de eclipses, quando duas luas turbinadas brilham em seu eixo de comunicação. Em 25 de outubro, um eclipse solar pousou em Escorpião, trazendo mudanças para sua nona casa de viagens, empreendedorismo e conexões de longa distância. Você pode ter tido uma grande ideia ou ouvido notícias inesperadas de longe. Com o Sol em Escorpião até 22 de novembro, você tem três semanas para continuar explorando essas novas ideias emocionantes e aventureiras.

**Carneiro/Aries** 21/3 - 19/4 Buckle up, Aries. Eclipse season is fully underway as November begins. We're coming in on the tailwind of the Scorpio solar eclipse on October 25, which may have rocked some of your most intimate connections or brought surprise financial developments. The November 8 Taurus lunar eclipse has another round of changes in store, this time for your daily finances and lifestyle. Is it time to upgrade to first class...or downsize to a more sustainable situation?

Aperte o cinto, Áries. A temporada de eclipses está totalmente em andamento com o início de novembro. Estamos chegando no vento a favor do eclipse solar de Escorpião em 25 de outubro, que pode ter abalado algumas de suas conexões mais íntimas ou trazido desenvolvimentos financeiros surpreendentes. O eclipse lunar de 8 de novembro em Touro tem outra rodada de mudanças reservadas, desta vez para suas finanças diárias e estilo de vida. É hora de atualizar para a primeira classe... ou reduzir para uma situação mais sustentável?

**Touro/Taurus** 20/4 - 20/5 It's relationship high season, and you're smack in the middle of the action. November opens in between two seismic eclipses on the Taurus/Scorpio axis. Who are you? Where do others fit in? What do you want for yourself and your partnerships? This is the third wave of an eclipse series that began with a Taurus lunar eclipse November 19, 2021, and you've been feeling the massive changes ever since.

É alta temporada de relacionamentos e você está bem no meio da ação. Novembro começa entre dois eclipses sísmicos no eixo Touro/Escorpião. Quem é Você? Onde os outros se encaixam? O que você quer para você e suas parcerias? Esta é a terceira onda de uma série de eclipses que começou com um eclipse lunar de Touro em 19 de novembro de 2021, e você sente as grandes mudanças desde então.

**Gêmeos/Gemini** 21/5 a 20/6 Time to make some changes around here! November has a few resounding wakeup calls in store, welcome or not. The last eclipse season of 2022 is upon us, starting with the October 25 Scorpio solar eclipse in your administrative sixth house and ending with a November 8 total lunar eclipse in Taurus and your twelfth house of healing and completions.

Hora de fazer algumas mudanças por aqui! Novembro tem alguns alertas retumbantes na loja, bem-vindos ou não. A última temporada de eclipses de 2022 está chegando, começando com o eclipse solar de Escorpião em 25 de outubro em sua sexta casa administrativa e terminando com um eclipse lunar total em 8 de novembro em Touro e sua décima segunda casa de cura e conclusões.

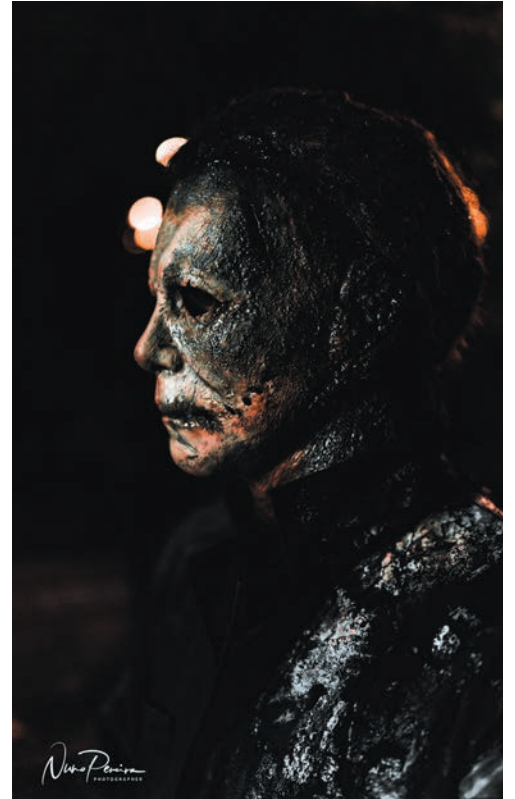
**Caranguejo/Cancer** 21/6 - 22/7 Who are the people that add spice to your life? And if you aren't hanging out with them, why the heck not? November begins in the middle of two eclipses on the Scorpio/Taurus axis, which will illuminate both romantic and platonic ties. The October 25 Scorpio solar eclipse may have awakened strong chemistry out of the blue.

Quem são as pessoas que adicionam tempero à sua vida? E se você não está saindo com eles, por que não? Novembro começa no meio de dois eclipses no eixo Escorpião/Touro, que iluminarão os laços românticos e platônicos. O eclipse solar de 25 de outubro em Escorpião pode ter despertado uma forte química do nada.

**Leão/Leo** 23/7 a 22/8 YCh-ch-changes! November finds you in the midst of two whirlwind eclipses that will impact both your personal and professional trajectories. On October 25, a Scorpio solar eclipse touched down in your domestic fourth house, kicking off a bold new chapter in your home and family life. This November 8, a total lunar eclipse arrives in Taurus, electrifying your tenth house of career. A sudden pivot or promotion on your professional path could come from out of the blue.

Ch-ch-mudanças! Novembro encontra você no meio de dois eclipses relâmpagos que afetarão suas trajetórias pessoais e profissionais. Em 25 de outubro, um eclipse solar de Escorpião aterrissou em sua quarta casa doméstica, dando início a um novo capítulo ousado em sua casa e vida familiar. Neste 8 de novembro, um eclipse lunar total chega a Touro, eletrizando sua décima casa de carreira. Um pivô repentino ou uma promoção em seu caminho profissional pode surgir do nada.

# Nuno Pereira *Photography*







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Dias 9 a 13 de Novembro de 2022

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*Banda Lira de Fátima, João Pimentel,  
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*Abertura da XX Semana Cultural*

Quarta-feira, 09 de Novembro

*Ementa da Sexta-feira*

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# personal ROMARIA



*continued/continuada from/da page /página 15*

“Eu tenho uma história a contar, e é sobre meu pai e eu. É uma história sobre a reconexão com a Igreja Católica Romana e minha fé; uma história sobre me reconectar à ilha onde nasci; uma história sobre andar e por que estou andando.”

Manny Calisto está sentado à minha frente no pátio sombreado do Stella's em Provencher, saboreando seu café da manhã e respondendo atentamente às minhas perguntas com franqueza e humor, ambos.

“De certa forma, também estou me conectando com meus pais, mesmo antes de serem meus pais. Isso faz sentido? Também está ligado ao português; meu falar em português.”

Quero dizer, quando falo português, sou a minha mãe ou o meu pai... ouço a voz deles na minha.”

Ele para para pedir uma recarga de seu café, em francês impecável, quando a garçonete passa. Ele percebe meu olhar curioso e impressionado.

“Sim eu falo francês. Eu ensinei francês por muitos anos. Foi relativamente fácil para mim pegá-lo, com a base latina; crescendo, eu falava português em casa -- meus pais insistiam que nós falássemos português.”

*“Pensa em português?”*

“Não, eu penso (e sonho) em inglês”, ele toma um gole de sua nova recarga, “mas eu ensino (e trabalho) em francês!”

*“Ainda está ensinando?”*

“Eu me aposentei oficialmente em junho de 2021 da Divisão Escolar de Seven Oaks; 35 anos no total -- 21 anos como professor de sala de aula e 10 anos em administração escolar como diretor e vice-diretor, em imersão em francês.”

“Voltarei a ensinar casualmente, então ainda faz parte de quem sou e faço... Mas não será como um relógio todo mês de setembro. Graças a Deus! O Brad e eu gostamos de viajar, e temos viagens planejadas depois da minha romaria pessoal em São Miguel em Setembro deste ano, desde a terra natal da minha mãe em Fenais de Ajuda no concelho da Ribeira Grande até à freguesia do meu pai no Livramento no concelho da Ponta Delgada.”

“Meu pai era conhecido na ilha por entregar o pão de cada dia, antes de sua imigração para o Canadá em 1973.”

*“Meu pai conhecia seu pai!”*

Poderia dizer que nosso pão de cada dia é tão profundo quanto a água salgada nas veias de Manny. Casado com um australiano, Bradley C.T. West, também nascido na ilha, do outro lado do mundo; os dois homens se conheceram em Winnipeg, Canadá. Juntos, eles caminham.

“Quando eu assumi, meu pai não falou comigo por uma década, mas nos reconciliamos muito antes de ele falecer [de Covid 19 durante a pandemia, em um caso trágico na Maples Personal Care Home em Winnipeg] e ele passou a amar meu marido e minha filha.”

*“Ele sabia tinha uma família e que era feliz...”*

*Conte-me sobre sua reconciliação.*

“Meu sobrinho ia se casar. A recepção aconteceu no Victoria Inn, depois de um casamento na igreja em St. Andrews. Alguns de nós, família, estávamos reunidos no café. Eu vi meu pai entrar e se sentar.”

“Quem é aquele homen?” ouvi-o perguntar.  
“É o Emmanuel” veio a resposta.

Meu pai se levantou e me agarrou, me abraçando com força e chorando...

“O meu filho!” disse ele!

*Quando teve a noção de andar?*

“Eu tinha visto fotos de romarias tradicionais em grupo no Facebook – uma postagem no meu feed de notícias apareceu do nada e elas me fascinaram. Pesquisei a história. Eu sabia que tinha visto uma foto do meu próprio pai.”

*Em conclusão, qual a lição da romaria?*

“Os romeiros começaram a andar para apaziguar Deus, há cerca de seiscentos anos, depois de um terremoto. Eles prometeram a Deus que caminhariam pela ilha por 8 dias, rezando o terço e contando com abrigo de estranhos nas aldeias em seu caminho. Séculos depois, temos uma tradição que se espalhou pela diáspora açoriana. **Temos que ter fé...** Fé que seremos aceitos por quem somos, não importa como nos apresentemos.”



**Matt Sarmatiuk**

General Manager

**Volvo Winnipeg**

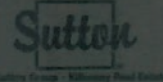
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# Common Home Ownership Expenses

In addition to the Mortgage Payment, here are some common costs to be expected and budgeted for an average \$300,000 Winnipeg House.

Description	Low	High
Property Taxes	\$ 150/month	\$ 300/month
Home Insurance	\$ 70/month	\$ 100/month
Heating	\$ 75/month	\$ 140/month
Electricity	\$ 45/month	\$ 80/month
Water Bills	\$ 55/month	\$ 80/month
Emergency Fund	\$ 50/month	\$ 100/month
<b>Estimated Total Expenses</b>	<b>Between \$ 450 to</b>	<b>\$ 800/month</b>

Note: These are estimated costs and may vary depending on your Home's age, size, location etc.

source: <https://blog.winnipeghomefinder.com/>

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# In Memoriam

## CARLOS JORGE CALEIRAS

March 3, 1966 - November 13, 2015

Aniversário Lutuoso November 13, 2015-2022

Querido Filho,

Sete anos passaram desde que o Senhor te chamou para junto de si, e nos nossos corações, a dor aumenta todos os dias; a saudade não tem fim. Tu eras a luz das nossas vidas.



Descanse em paz junto do Senhor, meu querido filho. As nossas orações e o nosso amor estarão sempre contigo. Eterna saudade dos teus pais José Antonio e Ofélia Caleiras, primos Belinda e Anibal Tomé, e suas filhas Ava e Chloe Tomé e restantes familiares em Portugal.

**Descanse em Paz**

Dear Son,

Seven years have passed since the Lord called you to be with Him, and the pain in our hearts increases every day; we miss you without end. You were the light of our lives.

Rest in peace in the company of the Lord, my dear son. Our prayers and our love remain with you always. Eternally missing you are your parents José Antonio and Ofélia Caleiras, cousins Belinda and Anibal Tome, and daughters Ava and Chloe Tome, together with family in Portugal.

**Rest in Peace**



**Manuel Vitalino Pereira dos Santos**

**LELO**

**June 25, 1948-October 5, 2022**

Com seu primeiro conjunto. Foto cortesia de Armando Cosmé.

Lelo left us peacefully after a short and brave battle with cancer. He will be greatly missed by all, for his sense of humour, his dedication to family, friends, and co-workers, and his immense contributions and life-long dedication to the Portuguese community. A celebration of life took place on October 12, 2022.

Descanse em paz, querido amigo e colega.



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

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# Obituaries

## **JOSÉ CARLOS RIBEIRO** March 17, 1942 – November 2, 2022

It is with great sadness that our family announces the passing of Jose Carlos Ribeiro on Wednesday, November 2, 2022, at Riverview Health Centre at the age of 80 after a brief battle with Cancer.

Jose will be lovingly remembered by his wife Ivone of 55 years of marriage, daughter Paula Tavares (Luis) and son Pedro Ribeiro (Elizabeth). As well as his very loved grandchildren Teren (Gabriella), Kyle, Taylor and Keira, along with many beloved nieces, nephews, extended family and friends.

Jose was born in S.Miguel, Açores, Portugal and immigrated to Canada in 1974 to make it his home with his wife and two children. He was a devoted husband and father who had a deep Catholic faith. He had a strong work ethic, working many years as a concrete finisher, baker, and a lab sterilization tech. Jose will always be remembered for the love he had for his family, his smile and sense of humor, and how he could make anyone feel like family within minutes. We love you and will miss you dearly. Until we all meet again. Descanse em paz.

The family thanks all family and friends that came to see Jose during his fight with cancer and especially thank the staff at the Riverview Health Centre for making his last days as comfortable as possible. Prayer Vigil was held November 6 at Immaculate Conception Roman Catholic Church. Funeral Liturgy was celebrated on November 7 also at the church with entombment in Assumption Cemetery. In lieu of flowers, donations may be made to the Canadian Cancer Care Manitoba: <https://www.cancercare.mb.ca> or to Riverview Health Centre: <https://rhc.mb.ca>



## **LIDIA MEDEIROS OLIVEIRA** June 14, 1935 – October 25, 2022

Peacefully on Tuesday October 25, 2022 Lidia Oliveira passed away at the age of 87.

Lidia was predeceased by her loving husband Jose Oliveira of 43 years. Lidia will be lovingly remembered by her four children Joe (Maria), Oriana (Humberto), Carlos (Peggy), Maria (Sam); 10 grandchildren Sandy (Victor), Andy (Ulgen), Kevin, Mike (Shay), Christopher (Lauren), Alex

(Gabby), Dylan (Danielle), Ashley (Genevieve), Katlyn (Stephanie), Carissa (Darlin); 7 great-grandchildren Tancy, Mercedes, Micayla, Bentley, Dominick, Ethan, Sebastian.

Lidia leaves behind her brother Luis Carvalho and wife Maria of Toronto, Ontario; and sister Lubelia of Rhode Island; numerous nieces, nephews as well as extended family and many close friends. Lidia enjoyed having dinners with her family who she loved dearly.

Family wish to thank all the Doctors and Nurses at Misericordia Hospital for their loving care as well as the Convalescent Home of Winnipeg. Prayers were said on October 31 at Immaculate Conception Parish, followed by Mass of Christian Burial on November 1. Interment took place at Assumption Cemetery.



## **MANUEL JOAQUIM COSTA**

It is with deep sadness that we announce the passing of Manuel Costa on Sunday, October 9, 2022 with his family by his side after a long battle with Pulmonary Fibrosis.

Manuel was born on May 26, 1957 in Rapoula Do Coa, Sabugal, Portugal. He will be reunited with his parents and siblings.

Left to cherish his memory is his wife of 30 years Fatima, his daughters Ana and Rita, his nieces and nephews Elizabeth (Jessie), Julieta (Steve), Jace, Izabel, Vincent, Seve, and many relatives in Portugal.

Prayers were held at Cropro Funeral Chapel on October 13. A Funeral Service took place on October 14 at Cropro Funeral Chapel followed by an Interment at Assumption Cemetery.

Estarás sempre nos nossos corações.

## **JOÃO JUIS FERREIRA DE AMARAL** January 12, 1957 – October 1, 2022

It is with heavy hearts that we announce the passing of João Luis Ferreira De Amaral on Saturday, October 1, 2022

João is survived by his wife of 30 years, Gilda, his daughter Jennifer (John), his son Jonathon (Brianna), and his three granddaughters Juliana, Jemma and Gabriella. João was born on January 12, 1957 in Arrifes, Ponta Delgada, São Miguel, Açores, Portugal and immigrated to Canada with his wife and started his family.

João touched everyone's hearts and lit up every room that he walked into. Family and friends meant everything to him. He made everyone laugh and never failed to put a smile on someone's face. In his spare time, Joao loved to hunt and fish. He was so passionate about it and the endless stories he would tell after coming back from a hunting or fishing trip was the highlight of everyone's day. Husband, Pai, Vovô, brother, cousin, friend, you will be greatly missed. We love you so very much.

Prayers were held on October 6, 2022 at Cropro Funeral Chapel, with Funeral Service on October 7, 2022 also at Cropro. Interment followed at Assumption Cemetery.



## **JOAQUIM CLEMENTE**

It is with great sadness that we announce the passing of our beloved husband, father and grandfather on Monday, September 26, 2022, after a lengthy and courageous battle with cancer.

Joaquim will be mourned by his beloved wife of 46 years Manuela, his sons Jeffrey (Jessica), Jerry (Jennifer) and Jason. His grandchildren Jersey, Jagger, Jace and Jacqueline. His 2 brothers, 5 sisters, numerous sister and brother in laws and nephews and nieces in Winnipeg, Portugal and Toronto.

He is predeceased by his father Onofre Clemente and mother Rosa Maria Clemente, his sister Rosa, brother-in-law, sister-in-law and his father and mother-in-law.

Joaquim was born in Lapaduços, Portugal on January 29, 1948. He moved to Canada in 1973 to build a better life for himself. On September 18, 1976 he married the love of his life and had three wonderful sons. Joaquim has many friends and will be greatly missed by everyone he has left behind.

In lieu of flowers, donations can be made in Joaquim's name to CancerCare Manitoba and the Kidney Foundation of Canada - Manitoba Branch.

Mass of Christian Burial was celebrated on October 3, 2022 at St. Anthony of Padua, with interment in Assumption Cemetery.

## **MARIA CONCEIÇÃO TAVARES**

Peacefully on October 26, 2022 Maria passed away at the St. Joseph's Residence.

Funeral Liturgy was celebrated on October 31, 2022 at Immaculate Conception Roman Catholic Church. Interment followed in Assumption.



## **CARMINDA FERREIRA**

We are saddened to announce that Carminda Ferreira, 90, died Sunday, September 18, 2022. She will be missed by her loving sons Paulo (Sanny), Rui (Lurdes) as well as grandchildren Lisa (Adam) and William (Candra), Angela and Andre and great-grandchildren Asia and Megan.

Funeral service was held at Immaculate Conception Parish on September 23, 2022. A viewing took place one hour prior.

In lieu of flowers, please donate to the Heart and Stroke Foundation.



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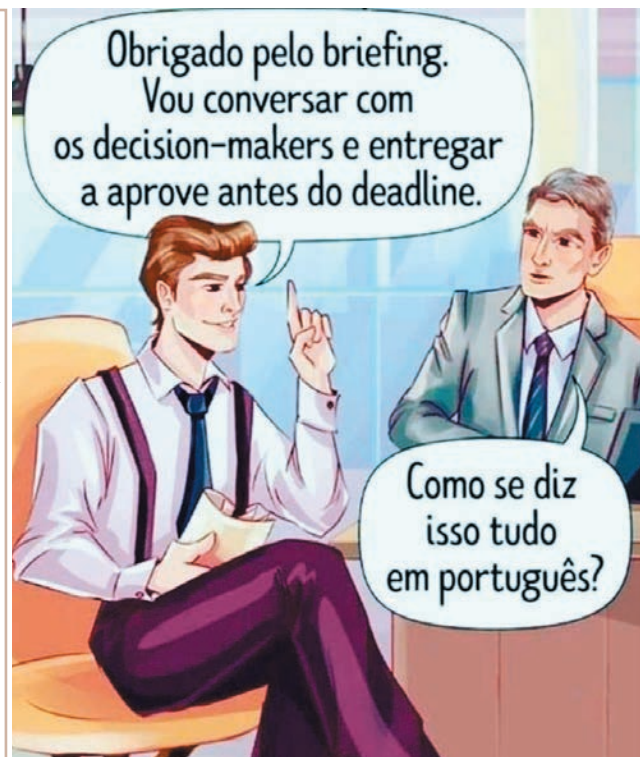
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