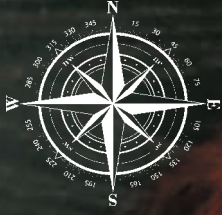


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VOLUME 4 | ISSUE 9 | 2022  
SEMPRE GRATIS



# Navegante Cultural



*I am on earth to live life to the fullest, learning each and every day. I am here to bring a bit of humour and love to my family and anyone who knows me.*

*I am here to help my clients feel beautiful; to bring out their natural beauty in my esthetics practice.*

*I am the mother of Adriana, a beautiful 21 year old woman; I am a wife to my soul-mate and best friend, George; a wonderful man and a phenomenal entrepreneur.*

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*Letter from the Editor / Carta da Editora*

Many years ago, during my short-lived first marriage, I was one of four Cultural Ambassadors at the Pavilion of Portugal. I wore a costume typical of my island birthplace, São Miguel, to the

opening ceremonies at The Forks; I hung out with WFP's Scoop, which turned out to be strangely prescient, and I learned that truth is stranger than fiction as it combines and recombines in the most unlikely of fashion.

My then husband, of Polish-German heritage, stayed home with our Akitas mostly, and I learned, yet again, that ultimately, I am on my path alone; that no matter how close I am to another human being (or enmeshed, in less than healthy iterations of past relationships), I must be true to myself and what I came here to do this lifetime.

Since then, men have come and men have gone; some romantic, some platonic, some paternal, some fraternal. Yet, here I stand, still on my path; walking and running and jumping as though I am forever a six year old girl, clapping my hands at each new adventure and delighting over the antics and foibles of new friends.

Starting with daddy Pedro, I have been blessed with countless good men over my 55 years, a brother, whom I call St Peter, and a second exHusband, whom I also refer to as "saint." And while I wouldn't run away from any of my other former partners -- not even the sociopath former fiance, who briefly pointed a gun to my head during an argument, I don't always keep in touch. <Shrugging shoulders> What are we going to do with the Texan; in the end, he gave me one of my best stories! (I have long since forgiven him.)

As I live and as I learn, I get to know myself better with each passing year; insatiably curious, more married to adventure than anyone I have ever signed papers with over an altar; hungry for risk to the point of occasional willful blindness and reckless endangerment; vulnerable and open with a compassion that bleeds out far too much; inclusive even of enemies, frenemies, and sundry gossipmongers.

This summer and early fall, I accepted a call-to-action from an old friend; Joe Pereira, who decided to run for city council in Point Douglas Ward, and wanted me to serve as his Official Agent and Campaign Manager. Of course, I said yes! How could I say no to such an adventure?

Notwithstanding the costs to my right hand (dog bite, unprovoked); the hits to my professional reputation (even as a single woman, I would never mix business and pleasure, by having a romantic relationship with a political partner), and the ensuing delays in Navegante production, due to both the dog bite and the electoral campaign, I have no regrets. I made a new friend and I gathered material for more than a few fantastic stories! Fresh scoop...

Há muitos anos, durante o meu primeiro casamento de curta duração, fui um dos quatro Embaixadores Culturais no Pavilhão de Portugal. Usei um traje típico da minha ilha natal, São Miguel, para as cerimónias de abertura nos Forks; saí com o Scoop do WFP, que acabou sendo presciente, e aprendi que a verdade é mais estranha que a ficção, pois combina de maneira improvável. Meu então marido, de descendência polonesa-alemã, ficava em casa com nossos Akitas, e aprendi, mais uma vez, que, em última análise, estou no meu caminho sozinha; que não importa o quão próximo eu esteja de outro ser humano (ou enredada, em iterações nada saudáveis de relacionamentos anteriores), devo ser fiel a mim mesmo e ao que vim fazer aqui nesta vida.

Desde então, os homens vêm e os homens se vão; alguns românticos, alguns platônicos, alguns paternais, alguns fraternos. No entanto, aqui estou, ainda em meu caminho; andando, correndo e pulando como se fosse para sempre uma garota de seis anos, batendo palmas a cada nova aventura e me deliciando com as travessuras de novos amigos.

Começando com papai Pedro, fui abençoada com inúmeros bons homens ao longo dos meus 55 anos, um irmão, a quem chamo São Pedro, e um segundo ex-marido, a quem agora chamo "santo." E embora eu não fugisse de nenhum dos meus outros ex-parceiros - nem mesmo do ex-noivo sociopata, que apontou brevemente uma arma para minha cabeça durante uma discussão, nem sempre mantenho contato. <Encolhendo os ombros> O que vamos fazer com o texano; no final, ele me deu uma das minhas melhores histórias! (Há muito tempo já o perdoei.)

À medida que vivo e aprendo, vou me conhecendo melhor a cada ano que passa; insaciavelmente curiosa, mais casada com a aventura do que qualquer um com quem já assinei papéis sobre um altar; faminta por riscos a ponto de ocasional cegueira intencional e perigo imprudente; vulnerável e aberta com uma compaixão que sangra demais; inclusiva até de inimigos, amigos-inimigos e vários fofoqueiros.

Neste verão e início do outono, aceitei um apelo à ação de um velho amigo; Joe Pereira, que decidiu se candidatar a vereador em Point Douglas Ward e queria que eu servisse como seu agente oficial e gerente de campanha. Claro, eu disse que sim! Como dizer não a uma aventura nova dessas?

Não obstante os custos para minha mão direita (mordida de cão, não provocada); os golpes à minha reputação profissional (mesmo solteira, nunca misturaria negócios e prazer; tendo um relacionamento amoroso com um parceiro político), e os consequentes atrasos na produção de Navegante, tanto pela mordida de cão quanto pela campanha eleitoral, eu não estou arrependida. Fiz um novo amigo e adquiri material para mais do que algumas histórias fantásticas! Colher fresquinha...



# semana CULTURAL

fotos por Tony Soares & Mia Sally Correia



XX SEMANA CULTURAL

Dias 9 a 13 de Novembro de 2022

Haverá vários artistas e grupos locais durante a semana como:

*Banda Lira de Fátima, João Pimentel, Ranchos Folclóricos, Hermano Silva*

Também o Artista vindo dos Açores: **Vasco Daniel**

*Abertura da XX Semana Cultural*

Quarta-feira, 09 de Novembro

*Emenda da Sexta-feira*

Espectáculo da noite por Victor Santos, e música de dança por J. Pimentel

Quinta-feira, 10 de Novembro

*Prova de Gastronomia Açoriana*

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*E ainda*

Apresentação de livros de Victor Santos; e espectáculo da noite por Victor Santos e música para dança por Hermano Silva

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Vindos dos Açores: *Vasco Daniel, Helder Pereira, Carlos Sousa, Paulo Botelho*

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De Winnipeg: *António Arruda, José Santos (Açores/Winnipeg)*

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Domingo, 13 de Novembro às 16h00

*Sopas do Divino Espírito Santo*

Espectáculo da noite por: Vasco Daniel e música para dança por João Pimentel

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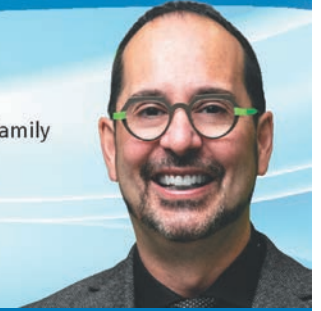
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### 2. CONTINUE?

What medications do I need to keep  
taking, and why?

### 3. PROPER USE?

How do I take my medications, and for  
how long?

### 4. MONITOR?

How will I know if my medication is working,  
and what side effects do I watch for?

### 5. FOLLOW-UP?

Do I need any tests and when do I book  
my next visit?



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medication  
record  
up to date.

Remember to include:

- ✓ drug allergies
- ✓ vitamins and minerals
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Ask your doctor,  
nurse or pharmacist  
to review all your  
medications to see if  
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or reduced.

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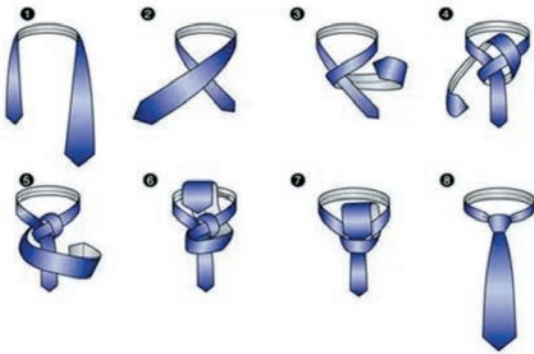


# STYLE

*Paulo Bergantim*

## HALF WINDSOR KNOT

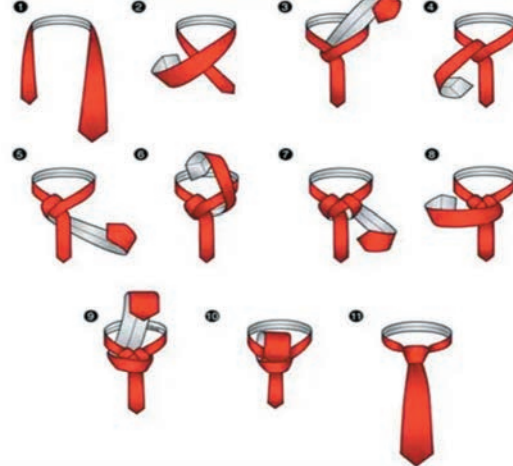
How to Tie a Tie Series - 2 of 18



**KNOT FEATURES**  
Common  
Not So Easy  
Medium Size Knot  
Even Knot

## FULL WINDSOR KNOT

How to Tie a Tie Series - 3 of 18



**KNOT FEATURES**  
Common  
Not So Easy  
Large Knot  
Even Knot

## FOUR IN HAND KNOT

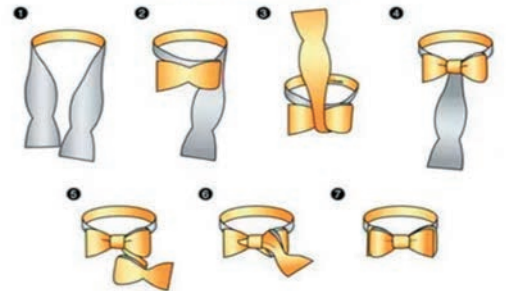
How to Tie a Tie Series - 1 of 18



**KNOT FEATURES**  
Common  
Easy to Tie  
Small Knot  
Uneven Knot

## BOW TIE

How to Tie a Tie Series - 5 of 18



**KNOT FEATURES**  
Common  
Not So Easy  
Medium Knot  
Even Knot

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When sitting, you must unbutton.



**SINGLE BREASTED TWO BUTTON SUIT**  
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**SINGLE BREASTED THREE BUTTON SUIT**  
There are two options. When standing, fasten top two buttons and leave the third unfastened or fasten only the middle button.



# & WELLNESS

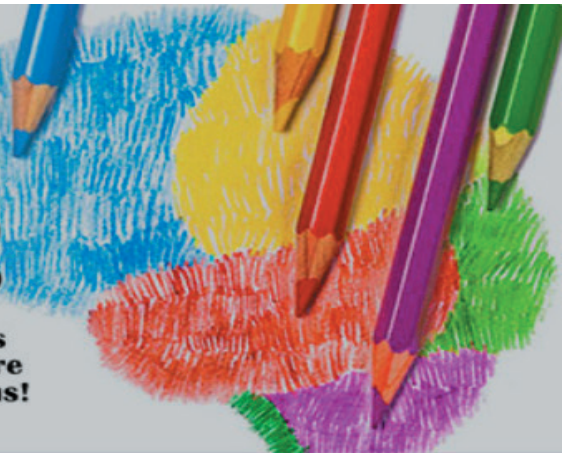
*J. Peter Correia*



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## The Ultimate Cheatsheet for Critical Thinking

Want to exercise critical thinking skills? Ask these questions whenever you discover or discuss new information. These are broad and versatile questions that have limitless applications!



<b>Who</b>	<ul style="list-style-type: none"><li>... benefits from this?</li><li>... is this harmful to?</li><li>... makes decisions about this?</li><li>... is most directly affected?</li></ul>	<ul style="list-style-type: none"><li>... have you also heard discuss this?</li><li>... would be the best person to consult?</li><li>... will be the key people in this?</li><li>... deserves recognition for this?</li></ul>
<b>What</b>	<ul style="list-style-type: none"><li>... are the strengths/weaknesses?</li><li>... is another perspective?</li><li>... is another alternative?</li><li>... would be a counter-argument?</li></ul>	<ul style="list-style-type: none"><li>... is the best/worst case scenario?</li><li>... is most/least important?</li><li>... can we do to make a positive change?</li><li>... is getting in the way of our action?</li></ul>
<b>Where</b>	<ul style="list-style-type: none"><li>... would we see this in the real world?</li><li>... are there similar concepts/situations?</li><li>... is there the most need for this?</li><li>... in the world would this be a problem?</li></ul>	<ul style="list-style-type: none"><li>... can we get more information?</li><li>... do we go for help with this?</li><li>... will this idea take us?</li><li>... are the areas for improvement?</li></ul>
<b>When</b>	<ul style="list-style-type: none"><li>... is this acceptable/unacceptable?</li><li>... would this benefit our society?</li><li>... would this cause a problem?</li><li>... is the best time to take action?</li></ul>	<ul style="list-style-type: none"><li>... will we know we've succeeded?</li><li>... has this played a part in our history?</li><li>... can we expect this to change?</li><li>... should we ask for help with this?</li></ul>
<b>Why</b>	<ul style="list-style-type: none"><li>... is this a problem/challenge?</li><li>... is it relevant to me/others?</li><li>... is this the best/worst scenario?</li><li>... are people influenced by this?</li></ul>	<ul style="list-style-type: none"><li>... should people know about this?</li><li>... has it been this way for so long?</li><li>... have we allowed this to happen?</li><li>... is there a need for this today?</li></ul>
<b>How</b>	<ul style="list-style-type: none"><li>... is this similar to _____?</li><li>... does this disrupt things?</li><li>... do we know the truth about this?</li><li>... will we approach this safely?</li></ul>	<ul style="list-style-type: none"><li>... does this benefit us/others?</li><li>... does this harm us/others?</li><li>... do we see this in the future?</li><li>... can we change this for our good?</li></ul>

[globaldigitalcitizen.org](http://globaldigitalcitizen.org)



## Manny Martins-Karman

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

*A memories-making event in Toronto. Meeting one of my heroes, Trinny Woodall (pictured with me at bottom right) and the Trinny London team recently, was everything I expected and more.*

*Trinny Woodall is a self made entrepreneur. She built a multi-million dollar business out of her kitchen! One of the many reasons I admire her.*

*To learn more about Trinny, go to: <https://www.afr.com/.../trinny-woodall-needed-an-angel...>*

*Here are a few words by Donna Ashworth that sum up the event. Thanks @trinnytribecanada*

### **One Day...**

*An army of furious older women will take over the world. And I want to be there at the front.*

*Because one day, every woman wakes up and realises, that quite frankly, they put themselves through hell.*

*Trying to fit in, trying to be enough, to be attractive, to be acceptable, to be responsible, to be reliable, to be a mother, to be a wife, to be a friend, to be a carer, to hold a career, to keep it all spinning effortlessly....*

*And in a flash, years and years of back-breaking conformity, whizzes before your eyes and you have a lightbulb moment... It was never going to happen. We could never have done it all.*

*For it is not possible. No man could do it either. Not a chance. Women of this world, beautiful, wonderful women – let that lightbulb go on sooner rather than later because when it does, you will be free. Free to live. Free to mess up. Free to take breaks and make mistakes. Free to pass over on the list of things you 'should' be doing. And you will understand that whatever you did today, it was enough. You are enough.*

*One day, an army of furious older women will take over the world and I want to be there, right at the front.*

*~Donna Ashworth, "To the women"*



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

*Um evento memorável em Toronto. Conhecer um dos meus heróis, Trinny Woodall (foto comigo no canto inferior direito) e a equipe Trinny London recentemente, foi tudo o que eu esperava e muito mais.*

*Trinny Woodall é uma empreendedora autodidata. Ela construiu um negócio multimilionário na sua cozinha! Uma das muitas razões pelas quais a admiro.*

*Para saber mais sobre Trinny, acesse: <https://www.afr.com/.../trinny-woodall-needed-an-angel...>*

*Aqui estão algumas palavras de Donna Ashworth que resumem o evento. Obrigado @trinnytribecanada*

### **Um Dia...**

*Um exército de mulheres mais velhas furiosas dominará o mundo. E eu quero estar lá na frente.*

*Porque um dia, toda mulher acorda e percebe que, francamente, eles se colocaram no inferno.*

*Tentar se encaixar, tentar ser suficiente, ser atraente, ser aceitável, ser responsável, ser confiável, ser mãe, ser esposa, ser amiga, ser cuidadora, ter uma carreira, para manter tudo girando sem esforço....*

*E em um piscar de olhos, anos e anos de conformismo extenuante passam zunindo diante de seus olhos e você tem um momento de luz... Isso nunca iria acontecer. Nós nunca poderíamos ter feito tudo.*

*Pois não é possível. Nenhum homem poderia fazê-lo também. Sem chance.*

*Mulheres deste mundo, mulheres lindas e maravilhosas – deixem essa lâmpada acender mais cedo ou mais tarde, porque quando ela acender, vocês estarão livres. Livre para viver. Livre para bagunçar. Livre para fazer pausas e cometer erros. Livre para ignorar a lista de coisas que você "deveria" fazer. E você entenderá que o que consegui fazer hoje, foi o suficiente. Você é o suficiente.*

*Um dia, um exército de mulheres mais velhas furiosas vai dominar o mundo e eu quero estar lá, bem na frente.*

*~Donna Ashworth, "Para as mulheres"*



# & WELLNESS

Paula Kabaluk



## SELF CARE

### Music

Being home sick with Covid for over two weeks has given me a lot of downtime. To pass the time, I've been listening to a lot of music and watching a lot of Netflix series. I really love music, and right now, I have been listening to mostly 80s and 90s love songs.

If you had to name just a few favourite love songs from the 80s and 90s, which ones would they be? Mine are "Faithfully," "Anyway You Want It," and "Open Arms," by Journey, "Every Rose Has its Thorn," by Poison, and "Total Eclipse of the Heart," by Bonnie Tyler, to name a few.

### Food

Today (at press time) is probably the best I have felt in these last two weeks I have been weak, forgetful and not myself, and now I am HUNGRY, so I wanted to make myself a special meal consisting of honey-glazed salmon, airfryer asparagus with garlic butter, and Basmati rice

My TUMMY is VERY HAPPY!

### Rest

Just for the record... I stay home when I'm sick and rest. It's good for me and my body, to know when to rest, and it also means that I don't put others at risk!

As I've started to feel better, and considering getting back out there, I'm conscious about moisturizing my skin, to protect it against the elements; that includes, my friends, my lips!

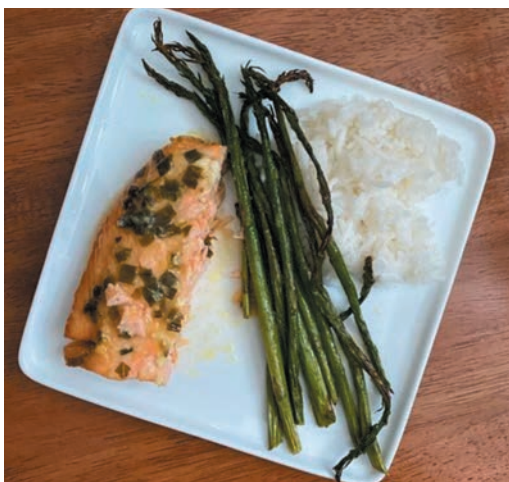
How often do we neglect our lips? Especially in the winter? Unless we are putting on lipstick or lip-gloss, chances are that most of us don't always consider the importance of keeping our lips protected otherwise.

Here is a **PERFECT GIFT LIP-GIFT** for anyone with dry, chapped lips, or to prevent dry, chapped lips this winter! This product can be used all year long to keep your lips in perfect condition.

I also use the perfect lip balm, eucalyptus, and mint underneath my nose before I go to sleep, to help me breathe better at night, and clear up my sinuses!

The lip mask is versatile and can also be used as a lipgloss, or for your chapped dry-lip treatment. I put it on every night before bed and every day before I leave the house. It's a great gift and comes already wrapped up. Grab yours soon as these gift sets are flying off the shelves. The snow is here and winter is coming... Brrr!

Send me a message to paulakabaluk@hotmail.com -- even if just to say hello and tell me your favourite 80s and 90s love songs!



## AUTOUIDADOS

### Música

Estar em casa doente com Covid por mais de duas semanas deu me muito tempo de inatividade. Para passar o tempo, tenho ouvido música e visto muitas séries da Netflix. Eu realmente amo música e, no momento, tenho ouvido principalmente canções de amor dos anos 80 e 90.

Se tivesse que citar apenas algumas canções de amor favoritas dos anos 80 e 90, quais seriam? Os meus são "Faithfully," "Anyway You Want It," e "Open Arms," de Journey, "Every Rose Has its Thorn," de Poison, e "Total Eclipse of the Heart," de Bonnie Tyler, para citar alguns.

### Comida

Hoje (até o momento) é provavelmente o melhor que me senti nessas últimas duas semanas. Tenho estado fraca, esquecida e não sou eu mesmo, e agora estou com FOME, então queria fazer uma refeição especial para mim, consistindo de salmão com cobertura de mel, aspargos com manteiga de alho, e arroz Basmati

Minha BARRIGA agora está MUITO FELIZ!

### Descanso

Só para constar... Fico em casa quando estou doente e descanso. É bom para mim e para o meu corpo saber quando deve descansar e também para não colocar outras pessoas em risco!

Como comecei a me sentir melhor e pensando em voltar a rua, estou consciente de hidratar minha pele, para protegê-la contra os elementos; isso inclui, minhas amigas, meus lábios!

Quantas vezes negligenciamos nossos lábios? Especialmente no inverno? A menos que estejamos passando batom, é provável que a maioria de nós nem sempre considere a importância de manter nossos lábios protegidos.

Aqui está um **OFERTA PERFEITA** para qualquer pessoa com lábios secos e rachados, ou para evitar lábios secos e rachados neste inverno! Este produto pode ser usado durante todo o ano para manter seus lábios em perfeitas condições.

Eu também uso o protetor labial perfeito, eucalipto e menta, embaixo do nariz antes de dormir para me ajudar a respirar melhor à noite!

A máscara labial é versátil e pode ser usada como gloss ou para o tratamento de lábios. Eu coloco todas as noites antes de dormir e todos os dias antes de sair de casa. É um ótimo presente e já vem embrulhado. Pegue o seu agora. A neve chegou, e o inverno está chegando... Brrr!

Envie-me uma mensagem para paulakabaluk@hotmail.com -- mesmo que seja apenas para dizer olá e me contar suas canções de amor favoritas dos anos 80 e 90!

# Food & Drink

*Eduarda Gil*

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



semana  
CULTURAL

fotos por Tony Soares  
& Mia Sally Correia

## Queijo Fresco

### Ingredientes:

- 1 colher de chá de sal
- 4 xícaras de leite (vaca ou cabra)
- 2 tabletes de coalho
- 2 moldes

### Modo de Preparação:

...1 Aqueça o leite de vaca ou de cabra no fogão, você quer morno, não quente, verifique se está morno

...2 Esmague os tabletes de coalho, misture com o sal e depois despeje o leite morno por cima e misture muito bem

...3 Deixe descansar por 45 minutos, então você pode começar a colocar o queijo nas formas de queijo com uma escumadeira

...4 Coloque cada forma em um prato fundo, divida o queijo nas formas uniformemente, deixando o soro escorrer, certifique-se de esvaziar o líquido dos pratos antes de colocar os queijos na geladeira

...5 Nos próximos 2 dias, o soro escorrerá, mas esvazie os pratos para que não transborde, inclinando o molde e usando uma colher para pressioná-lo

...6 No terceiro dia, deve sair muito pouco ou nenhum soro e o queijo deve estar firme

Sirva com pão fresco!

<https://portugueserecipes.ca/recipe/859/6/Portuguese-Fresh-Cheese-Recipe>

## Castanhas Assadas

### Ingredientes:

- 1 kg de Castanhas
- 4 colheres de sopa generosas de Sal grosso
- Uns pezinhos de Alecrim (opcional)
- Uma pitada de Erva-doce (opcional)

### Modo de Preparação:

...1 Pré-aqueça o forno a 200 °C

...2 Entretanto, lave as castanhas, seque-as e aplique-lhes um golpe de faca na horizontal, evitando cortá-las ao meio (depois do entalhe, pode demolhar as castanhas em água fria por dez minutos)

## Fresh Cheese

### Ingredients:

- 1 teaspoon of salt
- 4 cups of milk (cow or goat milk)
- 2 rennet tablets
- 2 molds

### Preparation mode:

...1 Warm the cow's or goat's milk on the stove, you want it warm, not hot, check to make sure when it's warm

...2 Crush the rennet tablets, mix it with the salt and then pour the warm milk on top and mix very well

...3 Let it sit for 45 minutes, so you can now start spooning the cheese into the cheese molds with a slotted spoon

...4 Place each mold on a deep plate, divide the cheese into the molds evenly, while letting the whey drain out, make sure to empty the liquid from the plates before placing the cheeses in the refrigerator

...5 For the next 2 days, it will drain out whey, but empty the plates so it doesn't overflow, tilting the mold and using a spoon to press it down

...6 On the third day, it should have very little or no whey coming out and the cheese should be firm

Serve with fresh bread!





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# FIFA WORLD CUP 2022 FIXTURE



## GROUP STAGE MATCH

DATE	MATCH NO	TEAM	TIME	VENUE
20-11-2022	01	Qatar Vs Ecuador	10:00 PM	Al Bayt Stadium
	02	England Vs Iran	7:00 PM	Khalifa International Stadium
	03	Senegal Vs Netherlands	10:00 PM	Al Thumama Stadium
	04	United States Vs Wales	1:00 AM	Ahmad Bin Ali Stadium
22-11-2022	05	Argentina Vs Saudi Arabia	4:00 PM	Lusail Stadium
	06	Denmark Vs Tunisia	7:00 PM	Education City Stadium
	07	Mexico Vs Poland	10:00 PM	Stadium 974
	08	France Vs Australia	1:00 AM	Al Janoub Stadium
23-11-2022	09	Morocco Vs Croatia	4:00 PM	Al Bayt Stadium
	10	Germany Vs Japan	7:00 PM	Khalifa International Stadium
	11	Spain Vs Costa Rica	10:00 PM	Al Thumama Stadium
	12	Belgium Vs Canada	1:00 AM	Ahmad Bin Ali Stadium
24-11-2022	13	Switzerland Vs Cameroon	4:00 PM	Al Janoub Stadium
	14	Uruguay Vs South Korea	7:00 PM	Education City Stadium
	15	Portugal Vs Ghana	10:00 PM	Stadium 974
	16	Brazil Vs Serbia	1:00 AM	Lusail Stadium
25-11-2022	17	Wales Vs Iran	4:00 PM	Ahmad Bin Ali Stadium
	18	Qatar Vs Senegal	7:00 PM	Al Thumama Stadium
	19	Netherlands Vs Ecuador	10:00 PM	Khalifa International Stadium
	20	England Vs United States	1:00 AM	Al Bayt Stadium
26-11-2022	21	Tunisia Vs Australia	4:00 PM	Al Janoub Stadium
	22	Poland Vs Saudi Arabia	7:00 PM	Education City Stadium
	23	France Vs Denmark	10:00 PM	Stadium 974
	24	Argentina Vs Mexico	1:00 AM	Lusail Stadium
27-11-2022	25	Japan Vs Costa Rica	4:00 PM	Ahmad Bin Ali Stadium
	26	Belgium Vs Morocco	7:00 PM	Al Thumama Stadium
	27	Croatia Vs Canada	10:00 PM	Khalifa International Stadium
	28	Spain Vs Germany	1:00 AM	Al Bayt Stadium
28-11-2022	29	Cameroon Vs Serbia	4:00 PM	Al Janoub Stadium
	30	South Korea Vs Ghana	7:00 PM	Education City Stadium
	31	Brazil Vs Switzerland	10:00 PM	Stadium 974
	32	Portugal Vs Uruguay	1:00 AM	Lusail Stadium
29-11-2022	33	Ecuador Vs Senegal	9:00 PM	Khalifa International Stadium
	34	Netherlands Vs Qatar	9:00 PM	Al Bayt Stadium
	35	Iran Vs United States	1:00 AM	Al Thumama Stadium
	36	Wales Vs England	1:00 AM	Ahmad Bin Ali Stadium

### GROUP A

- QATAR
- ECUADOR
- SENEGAL
- NETHERLAND

### GROUP B

- ENGLAND
- IR IRAN
- USA
- WALES

### GROUP C

- ARGENTINA
- SAUDI ARABIA
- MEXICO
- POLAND

### GROUP D

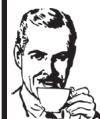
- FRANCE
- AUSTRALIA
- DENMARK
- TUNISIA

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Vendemos: Bebidas, Refrescos, Aguas e Cafe  
Venha visitar-nos!



36	Wales	Vs	England	1:00 AM	Ahmad Bin Ali Stadium
37	Australia	Vs	Denmark	9:00 PM	Al Janoub Stadium
38	Tunisia	Vs	France	9:00 PM	Education City Stadium
39	Poland	Vs	Argentina	1:00 AM	Stadium 974
40	Saudi Arabia	Vs	Mexico	1:00 AM	Lusail Stadium
41	Canada	Vs	Morocco	9:00 PM	Al Thumama Stadium
42	Croatia	Vs	Belgium	9:00 PM	Ahmad Bin Ali Stadium
43	Costa Rica	Vs	Germany	1:00 AM	Al Bayt Stadium
44	Japan	Vs	Spain	1:00 AM	Khalifa International Stadium
45	Ghana	Vs	Uruguay	9:00 PM	Al Janoub Stadium
46	South Korea	Vs	Portugal	9:00 PM	Education City Stadium
47	Cameroon	Vs	Brazil	1:00 AM	Lusail Stadium
48	Serbia	Vs	Switzerland	1:00 AM	Stadium 974
49	Group A winner	Vs	Group B runner-up	9:00 PM	Khalifa International Stadium
50	Group C winner	Vs	Group D runner-up	1:00 AM	Ahmad Bin Ali Stadium
51	Group D winner	Vs	Group C runner-up	9:00 PM	Al Thumama Stadium
52	Group B winner	Vs	Group A runner-up	1:00 AM	Al Bayt Stadium
53	Group E winner	Vs	Group F runner-up	9:00 PM	Al Janoub Stadium
54	Group G winner	Vs	Group H runner-up	1:00 AM	Stadium 974
55	Group F winner	Vs	Group E runner-up	9:00 PM	Education City Stadium
56	Group H winner	Vs	Group G runner-up	1:00 AM	Lusail Stadium

**QUARTER FINAL**

57	Match 53 winner	Vs	Match 54 winner	9:00 PM	Education City Stadium
58	Match 49 winner	Vs	Match 50 winner	1:00 AM	Lusail Stadium
59	Match 55 winner	Vs	Match 56 winner	9:00 PM	Al Thumama Stadium
60	Match 51 winner	Vs	Match 52 winner	1:00 AM	Al Bayt Stadium

**SEMI FINAL**

61	Match 57 winner	Vs	Match 58 winner	1:00 AM	Lusail Stadium
62	Match 59 winner	Vs	Match 60 winner	1:00 AM	Al Bayt Stadium

**THIRD-PLACE PLAY-OFF**

63	Third-place play-off			9:00 PM	Khalifa International Stadium
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**WORLD CUP FINAL**

64	WORLD CUP FINAL			9:00 PM	Lusail Stadium
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<https://www.youtube.com/GTVonline>  
<https://www.facebook.com/GaziSatelliteTelevision.Ltd>

**GROUP E**

- SPAIN
- COSTA RICA
- GERMANY
- JAPAN

**GROUP F**

- BELGIUM
- CANADA
- MOROCCO
- CROATIA

**GROUP G**

- BRAZIL
- SERBIA
- SWITZERLAND
- CAMEROON

**GROUP H**

- PORTUGAL
- GHANA
- URUGUAY
- SOUTH KOREA

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# anabela CAMARA

Two years after our first interview together; many social visits and the occasional laugh-out-loud one-on-one girls' dinner; shared delight and merriment in mixed groups socializing in our Portuguese community; a few occasional tears of epiphany and sympathetic understanding; and about a half-a-dozen pedicures later, I attend Karma Esthetics for a follow up interview and my annual heading-into-winter pedicure with Anabela, just a couple of months after her wedding to catholic-school-and family-friend from back-in-the day, George Camara.

Exceedingly ticklish, I don't trust many estheticians with my feet; in this case, I am trusting both a top-drawer esthetician *and* a dear friend. Her salon is closed for the occasion and she offers me coffee, moscato, and coscorões (made by our mutual friend Ana Godinho of Viena do Castelo) as I settle into the chair.

We go deep straight away. Anabela is thoughtful and vibrant in expressing herself.

"I have learned to forgive myself and my past decisions and relationships, for the failures that occurred; I have learned to value all of my past experiences for both the good and the bad -- I am extremely grateful for ALL of my experiences. My past has made me into the person that I am today, and it has led me to my new life."

### *Your past has led to your present?*

"Yes. Without those experiences, I would not be who I am today. I believe that people come into our lives for a variety of reasons; to teach us something, or to help us overcome something. With George, I have learned the importance of letting things go, instead of holding onto the anger, fear or resentment that breeds negativity; and because I've learned how to let go, I am living in the 'now,' with strength and positivity. I'm not finished though... I'm a work in progress. But these days, I live my life with a sense of purpose and calm, which leads me to achieve even greater serenity and peace."

### *You make it seem so easy, and yet...*

"Yes. And yet..., my life has been a journey filled with highs and lows -- the road of my life has been filled with love and heartache."

### *How so?*

"In 2006, I made a decision to leave my ex-Husband, due to him being an alcoholic, and to raise my daughter Adriana in a better environment and give her the best life I possibly could. As a result, I remained single for 10 years, during which time I raised her and built my business."

"In 2012, a tragedy rocked my family with the sudden and drastic passing of my father, following a number of personal health issues in 2010 (a crushed disc at L4, L5 and surgery), which left me disabled for one year. I was unable to work, but thanks to the love and support of my family, I was able to recover and walk again."



"I love Adriana (my daughter) to the moon and back; she is always my 'cara linda' and I love my husband (still getting used to calling him that)... He is my best friend and my soul-mate; we do everything together."

### *You are so happy!*

"Yes! It has been an amazing journey these past few years, becoming one. It is definitely a whirlwind romance and adventure. We get together so well, making each other happy and helping each other -- our love grows each and every day. I love how much peace and calm he brings to my life. I love that he found me. I love that I have a new family; along with my existing family... I love them all."

### *Parting words?*

"Over the past few years, I have watched as so many family and friends go through difficult things in life. I have watched as people become jaded about love, facing ever-increasing pressures in society of being single and finding true love."

"I want my friends (and everyone) to know that I was also jaded in finding true love; yet, I have since experienced true love. I truly believe that we all have a soul-mate out there."

### *Is that so?*

"Yes, I believe so. After my last break-up in 2020, I made a decision to not get into any relationships and just to have fun. Little did I know that my soul-mate had other plans... He literally came out of nowhere and now I am living a life of happiness and fulfillment. Do not give up on love; focus on you and making yourself the best you that you can be, and believe me, your soul-mate will find you!"

"Trust me, at 50 years of age, my best friend and soul mate came into my life, and I believe that yours will too... Maybe a little conversation with your guardian angel will help!"

However, in 2015, my doctor told me that I was going to need a second back surgery, and I faced the possibility of being in a wheelchair for the rest of my life (this time due to L2, L3) -- with the option of changing my lifestyle (at the suggestion of my doctor) and undergoing gastric by-pass surgery."

### *Obviously, you underwent the surgery...*

"Yes, I underwent gastric bypass surgery and I lost 185 lbs in total. Many people think that this kind of surgery is an easy way to lose weight, but it is not. It takes a tremendous amount of will power to continue the process of keeping the weight off, including a complete change in lifestyle. And then there is the excess skin."

### *Tell me about that.*

"In September of 2021, I began the process of removing the excess skin around my tummy. After my recovery from that surgery, I had additional surgeries to remove the excess skin on my arms and a breast lift in May of 2022; these two procedures were by-far the most painful and required a longer recovery time than my stomach. The scars from my surgeries are a reminder of the battle I have fought to get to this point, and I wear them with pride."

### *You value your scars...*

"And I value honesty, loyalty, trust, integrity, family, and love. Those are the core principles that I use in my life, every day. I value my passion for life and I appreciate all of the good in it, including my career."





Dois anos após nossa primeira entrevista juntos; muitas visitas sociais e ocasionais jantares de gargalhadas cara-a-cara; alegria em grupos mistos, socializando em nossa comunidade portuguesa; algumas lágrimas ocasionais de epifania e compreensão; e cerca de meia dúzia de pedicures depois, vou à Karma Esthetics para uma segunda entrevista, e minha pedicure anual, que acontece anualmente na entrada ao inverno, com Anabela, apenas alguns meses após seu casamento com o meu antigo colega de escola católica e amigo da família, George Camara.

Extremamente sensível, não confio em muitos esteticistas com meus pés; neste caso, estou confiando tanto em uma esteticista de primeira linha, quanto em uma amiga querida. Seu salão está fechado para a ocasião e ela me oferece café, moscato e coscorões (feitos por nossa amiga em comum, Ana Godinho do Viena do Castelo), enquanto me acomodo na cadeira.

Nós vamos fundo imediatamente. Anabela é atenciosa e vibrante ao se expressar.

“Aprendi a perdoar a mim mesmo e minhas decisões e relacionamentos passados, pelas falhas que ocorreram. Aprendi a valorizar todas as minhas experiências passadas, tanto boas quanto ruins - sou extremamente grata por TODAS as minhas experiências. Meu passado me transformou na pessoa que sou hoje e me levou à minha nova vida.”

#### Seu passado levou ao seu presente, certo?

“Sim. Sem essas experiências, eu não seria quem sou hoje. Acredito que as pessoas entram em nossas vidas por vários motivos; para nos ensinar algo, ou para nos ajudar a superar algo. Com George, aprendi a importância de deixar as coisas acontecerem, em vez de me apegar à raiva, medo ou ressentimento que gera negatividade; e porque aprendi a deixar ir, estou vivendo no ‘agora’, com força e positividade. Ainda não terminei... Sou ‘um trabalho em andamento’. Mas hoje em dia vivo minha vida com um senso de propósito e calma, o que me leva a alcançar uma serenidade e paz ainda maiores.”

#### Faz parecer tão fácil, e ainda assim...

“Sim. E ainda..., minha vida tem sido uma jornada cheia de altos e baixos - a estrada da minha vida tem sido cheia de amor e sofrimento.”

#### Como assim?



“Em 2006, tomei a decisão de deixar meu ex-marido, por ele ser alcoólico, e criar minha filha Adriana em um ambiente melhor e dar a ela, a melhor vida possível. Como resultado, permaneci solteira por 10 anos, período durante o qual a criei e construí meu negócio.”

“Em 2012, uma tragédia abalou minha família com o falecimento repentino e drástico de meu pai, após uma série de problemas pessoais de saúde em 2010 (um disco esmagado em L4, L5 e cirurgia), que me deixaram incapacitada por um ano. Não consegui trabalhar, mas graças ao amor e apoio da minha família, consegui me recuperar e voltar a andar.

No entanto, em 2015, meu médico me disse que eu precisaria de uma segunda cirurgia nas costas e enfrentei a possibilidade de ficar em uma cadeira de rodas pelo resto da vida (desta vez devido a L2, L3) -- com a opção de mudar meu estilo de vida (por sugestão do meu médico) e passar por uma cirurgia de redução do estômago.”

#### Obviamente, passou pela cirurgia...

“Sim, fiz uma cirurgia de bypass gástrico e perdi 185 libras no total. Muitas pessoas pensam que esse tipo de cirurgia é uma maneira fácil de perder peso, mas não é. É preciso muita força de vontade para continuar o processo de manter o peso, incluindo uma mudança completa no estilo de vida. E depois há o excesso de pele.”

#### Conte-me sobre isso.

“Em setembro de 2021, iniciei o processo de retirar o excesso de pele ao redor da barriga. Após minha recuperação dessa cirurgia, fiz cirurgias adicionais para remover o excesso de pele nos braços e uma mamoplastia para levantar os peitos em maio de 2022; esses dois procedimentos foram de longe os mais dolorosos e levou mais tempo de recuperação do que meu estômago. As cicatrizes das minhas cirurgias são um lembrete da batalha que travei para chegar até aqui e as uso com orgulho”.

#### Você valoriza suas cicatrizes...

“E valorizo a honestidade, a lealdade, a confiança, a integridade, a família e o amor. Esses são os princípios básicos que uso em minha vida, todos os dias. Eu valorizo minha paixão pela vida e aprecio tudo de bom nela, incluindo minha carreira.”

“Amo a Adriana (minha filha) até a lua; ela é sempre minha ‘cara linda’ e eu amo meu marido

# KARMA esthetics



(ainda me estou acostumando a chamá-lo assim)... Ele é meu melhor amigo e minha alma gêmea; fazemos tudo juntos.”

#### Está tão feliz!

“Sim! Tem sido uma jornada incrível nos últimos anos, tornando-se, dois em um. É definitivamente um turbilhão de romance e aventura. Nós nos damos tão bem, fazendo um ao outro feliz e ajudando um ao outro -- nosso amor cresce a cada dia. Eu amo quanta paz e calma ele traz para minha vida. Eu amo que ele me encontrou. Eu amo ter uma nova família; junto com minha família existente ... eu amo todos eles.

#### Palavras de despedida?

“Nos últimos anos, observei tantos familiares e amigos passarem por coisas difíceis na vida. Observei como as pessoas se cansam do amor, enfrentando pressões cada vez maiores na sociedade como solteiros e encontrarem o amor verdadeiro.”

“Quero que meus amigos (e todos) saibam que também estava inesperada de encontrar o amor verdadeiro; no entanto, desde então, encontrei o amor verdadeiro. Eu realmente acredito que todos nós temos uma alma gêmea por aí.”

#### É assim mesmo?

“Sim, acredito que sim. Após meu último rompimento em 2020, tomei a decisão de não entrar em nenhum relacionamento e apenas me divertir. Mal sabia eu, que minha alma gêmea tinha outros planos... Ele literalmente surgiu do nada e agora estou vivendo uma vida de felicidade e realização. Não desista do amor; concentre-se em você e torne-se o melhor que você pode ser e, confie em mim, sua alma gêmea o encontrará!

“Acredite, aos 50 anos, meu melhor amigo e alma gêmea entrou na minha vida, e acredito que a sua irá também... Talvez uma conversinha com seu anjo da guarda ajude!”

# LIGA DOS COMBATENTES

## Núcleo de Winnipeg

### Winnipeg, 2022

Manitoba's largest Remembrance Day service was held again at Winnipeg's RBC Convention Centre on Friday, November 11, 2022 to recognize veterans and their service.

The event included a prayer of remembrance, a performance of the hymn 'Our God, Our Help in Ages Past,' the playing of the 'Last Post,' the recitation of 'In Flanders Fields,' and the laying of the wreath ceremony.

The Winnipeg Nucleus of the Combatentes League of Portugal was on hand to represent Portugal and lay a wreath.

Portugal is a part of NATO and integral in current UN peacekeeping missions in the Central African Republic.



### Winnipeg, 2022

O maior serviço do Dia da Lembrança de Manitoba foi realizado novamente no RBC Convention Center de Winnipeg na sexta-feira, 11 de novembro de 2022, para reconhecer os veteranos e seus serviços.

O evento incluiu uma oração de lembrança, uma apresentação do hino 'Nosso Deus, nossa ajuda em eras passadas', a execução do 'Último post', a recitação de 'In Flanders Fields' e a cerimônia de colocação da coroa de flores.

O Núcleo de Winnipeg da Liga dos Combatentes de Portugal esteve presente para representar Portugal e depositar uma coroa de flores.

Portugal faz parte da NATO e integra as atuais missões de paz da ONU na República Centro-Africana.



Photo: MINUSCA

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# COMBATENTES LEAGUE

*Winnipeg Nucleus*





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Fotos por/Photos by  
Tony Soares & Fatima Sousa



Ana Godinho Esteves  
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# MANNY GARCIA

*Arquivo de Memórias | Archive of Memories*



## RECEBER UM DOM

*Dia de Comunhão  
Que recebemos um dom  
É dia da união  
Com tudo o que é bom*

*Depois de entender  
Os deveres da nossa oratória  
Fomos todos receber  
A sagrada Hóstia*

*Muitos sem saber  
O Sacramento que lhes davam  
Mas foi para manter  
As tradições que os salvavam*

*Viver a nossa doutrina  
Assim fomos criados  
Para entrar na devoção divina  
Dos nossos antepassados*

*Minha Mãe assim me criou  
Com Fé e simpátia  
Minha Avó assim me beijou  
Para eu ser filha de Maria*

*De branco e o meu veu  
Vestida à primore  
Para pertencer ao Ceu  
Ao Reino do Senhor*

*Com minha vela na mão  
Para nos iluminar  
Vamos todos em peregrinação  
Para o Sagrado lugar*

*Primeira comunhão e feliz  
É um dos nossos sacramentos  
Conforme aquilo que se diz  
Alivia os nossos tormentos*

*Maria, minha vigia  
Mãe celeste, amadora  
Luz que sempre nos guia  
Na procissão de Nossa Senhora*

*Agora sou Mãe de uma Filha  
Que Deus me entregou  
Será criada como a mesma es-  
trelinha  
Como minha Avó me criou  
Sabrina - Minha Afilhada/Sobrinha  
pela sua Primeira Comunhão*



## RECEIVE A GIFT

*Communion Day  
When we received a gift  
It's a union day  
With all that's good*

*After understanding  
The duties of our oratory  
We all went to receive  
The Holy Host*

*Many without knowing  
The sacrament they gave them  
But it was to keep alive  
The traditions that saved them*

*Living Our Doctrine  
That's how we were created  
To enter the Divine devotion  
Of our ancestors*

*My mother raised me like this  
With faith and sympathy  
My grandmother kissed me like this  
For me to be a Daughter of Mary*

*In white and my veil  
Dressed to perfection  
To belong to Heaven  
To the Kingdom of the Lord*

*With my candle in hand  
To enlighten us  
Let's all go on pilgrimage  
to the Holy Place*

*First Communion and happy  
It is one of our sacraments  
According to what is said  
Relieves us of our torments*

*Mary, my Guide  
Heavenly Mother, Beloved  
Light that always guides us  
In the procession of Our Lady*

*I am now a mother of a daughter  
that God gave me  
She will be raised as the same little star  
How my grandmother raised me  
Sabrina - My Goddaughter/Niece for her First  
Communion*

*Manny Garcia - 5 de Novembro - 2022*





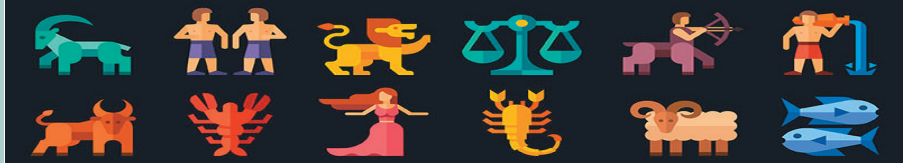
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# Horoscope

excerpts from elle.com - astrotwins



**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.

Tempo para fazer algumas mudanças por aqui! Novembro tem alguns alertas retumbantes reservados, sejam 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 Touro em 8 de novembro e sua décima segunda casa de cura e finalizações.

**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. (Weren't expecting to be busy during cuffing season, Crab? Guess again!)

Quem são as pessoas que adicionam tempero à sua vida? E se você não está saindo com eles, por que diabos não? Novembro começa no meio de dois eclipses no eixo Escorpião/Touro, que iluminarão os laços românticos e platônicos. O eclipse solar de Escorpião em 25 de outubro pode ter despertado uma forte química do nada. (Não esperava estar ocupado durante a temporada de algemas, Caranguejo? Adivinhe de novo!)

**Leão/Leo** 23/7 a 22/8 Ch-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 turbulentos que afetarão suas trajetórias pessoais e profissionais. Em 25 de outubro, um eclipse solar de Escorpião pousou em sua quarta casa doméstica, dando início a um novo capítulo ousado em sua casa e vida familiar. Em 8 de novembro, um eclipse lunar total chega a Touro, eletrizando sua décima casa de carreira. Um pivô repentino ou promoção em seu caminho profissional pode surgir do nada.

**Virgem/Virgo** 23/8 a 22/9 Say 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 abre 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 surgir.

**Balança/Libra** 23/9 a 22/10 Time to put your paycheck where your priorities are? November opens in the midst of high eclipse season, in between two supercharged moons in your money houses. On October 25, a Scorpio solar eclipse ignited your second house of work and daily income.

Hora de colocar seu contracheque onde estão suas prioridades? Novembro abre no meio da alta temporada de eclipses, entre duas luas sobrecarregadas em suas casas de dinheiro. Em 25 de outubro, um eclipse solar de Escorpião acendeu sua segunda casa de trabalho e renda diária.

**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.

Está prestes a ficar real, Escorpião - ou talvez já tenha. Não só é a temporada de Escorpião até 22 de novembro, mas este mês começa entre dois eclipses, o primeiro dos quais foi em SEU signo. Em 25 de outubro, o eclipse solar de Escorpião colocou uma lupa sobre seus objetivos pessoais, caminhos e paixões.

**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. With the Sun in Scorpio and your twelfth house of healing and closure until November 22, you might be feeling sleepy or introspective. Use this time to release people and situations that are dragging you down—all-over life.

Incline-se ou solte-se? Você está enfrentando essa questão por toda a sua vida no início de novembro, bem no calor da temporada de eclipses. Um par de eclipses no eixo Touro/Escorpião está revelando quem realmente está no Time Sagitário e quem está apenas para uma 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 esclarecido rapidamente, abrindo espaço para o novo. Com o Sol em Escorpião e sua décima segunda casa de cura e fechamento até 22 de novembro, você pode estar se sentindo sonolento ou introspectivo.

**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 entre os dois? Os sentimentos podem estar em 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 pousa em Touro e sua extravagante quinta casa, o que pode trazer paixão, drama e fortes sentimentos surgindo do nada. Pensei que você estava indo para a temporada de algemas? Adivinhe de novo, 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 entre vida profissional e pessoal: chegando! A temporada de eclipses está forte com o início de novembro no vento de cauda 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 sempre com a casa 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.

Adicional, adicional! 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.

**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 os cintos, Aries. A temporada de eclipses está totalmente em andamento no início de novembro. Estamos chegando no vento de cauda 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 Touro em 8 de novembro 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 o tamanho 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?

É a alta temporada do relacionamento 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?

# Nuno Pereira Photography



*Jason, chilling at home in the off season*





evening@  
*X-Cues*  
with Luso-CanTV

*Evening at X-Cues* kicked off a new season with its usual tasty fare and musical flair, featuring the deconstructed (and fun) post-punk band, *Love Haul*; fresh off the heels of a campaign in Daniel McIntyre Ward for City Councillor, Sal Infantino was at the top of his game as he welcomed the Luso-Can TV crew back to the live-studio, while promising the audience another savoury series of live music and delicious dinner.

Equal parts funny, modest, and grateful for the ongoing community support that maintains the iconic West End establishment on Sargent Avenue as the best place for specialty coffees and authentic Italian cuisine, Sal regaled the crowd with a few truth-is-stranger-than-fiction stories from the campaign-trail and some “big winks.”

**What and who is Love Haul?**


*“Love Haul started with an idea, a friendship with an idol, the pick of destiny, three guys jamming while the devil went down to Denver. With the devil behind the drums @curtis.ullman Indigenous frontman Tylr Duke and the support of his friends @remarkablesnarky and @shred hed formed one of the most powerful four piece to walk treaty one soil.”*

Find Love Haul on social media at:  
<https://www.facebook.com/lovehaultreatyone>  
[instagram.com/lovehaultreatyone](https://www.instagram.com/lovehaultreatyone)



# Duarte Pereira *Photography*





**Matt Sarmatiuk**  
General Manager

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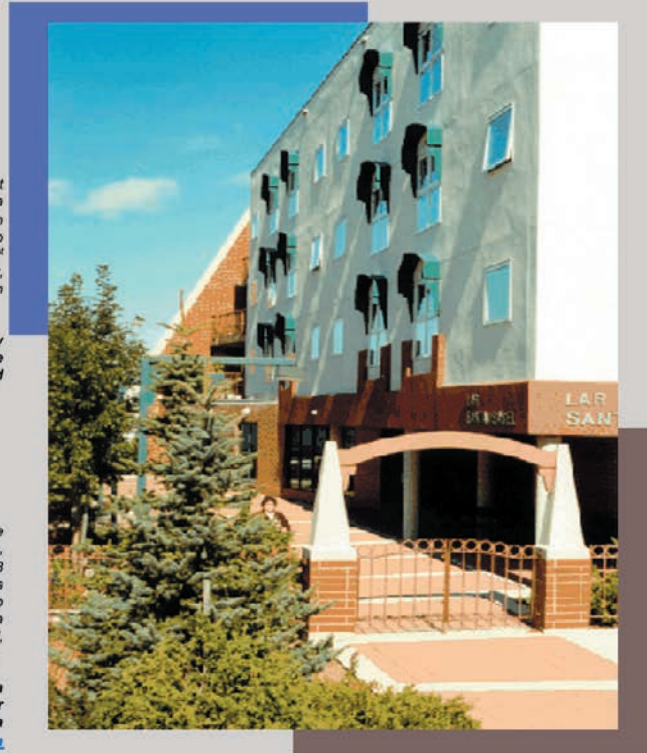
Lar Santa Isabel is an award winning "55 plus" apartment complex for independent living., conveniently located on Wall St at St. Matthews Avenue on a major transit route; close to churches, banks, convenience and grocery stores, restaurants, a pharmacy, Polo Park, Walmart, Costco and other big box stores. There are 28 spacious one-bedroom apartments with individual heat controls, in suite storage, and triple bedroom closet. The units have washroom grab bars for residents who require. Laundry service and public balconies are located on the 2nd, 3rd, and 4th floors; a recreation lounge on the 1st floor, and a multipurpose room which can be reserved for special occasions. Other conveniences include an elevator, central mail delivery, on site caretaking staff, surface parking with plugs, air-conditioned public areas, and a screened in area for outdoor use.

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Os aluguéis são subsidiados pelo Family Services Branch e com base em 30% da renda do candidato, mais uma taxa de comodidade de \$12,00 para hidrelétricas e \$24,00 para estacionamento, sujeito à disponibilidade. O Lar Santa Isabel está aceitando inscrições para a lista de espera. Para obter informações sobre aluguel ou uma exibição, ligue para o escritório da administração no número 204-982-2000. Baixe aplicativos em [www.lifelease.ca](http://www.lifelease.ca)



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# Obituaries

## MARIA ELVIRA SOARES DASILVA

On Sunday, November 6, 2022, Maria da Silva passed away at the age of 85 years old, at Riverview Health Centre, after a brief battle with pancreatic cancer. She will be sadly missed, and lovingly remembered by her daughter Maria (Tony), three sons John (Marcelina), Eric (Lisa) and George. As well as, her beloved grandchildren Lisa (Wilson) and Gina (Jeff), along with many extended family members and friends. Maria was born in Pico, Açores, Portugal, and immigrated to Winnipeg with her late husband (João) and their 3 children in March of 1966, where she was reunited with her late brother Manuel Soares (Margarida), and his family. Winnipeg provided greater opportunities for her family. Maria's family also grew as she welcomed another son George and daughter Gina in (1977-1978). Maria began her working career at Victoria Leather in 1966, and retired from Sterling Stall in 1988. She then looked forward to babysitting her grand daughters, whom she adored. After Maria retired, she volunteered at Elohim Adonai Charity Centre, where she helped prepare lunches and food hampers for the less fortunate. She also volunteered by sharing her love of cooking at Casa dos Açores. Maria also loved going to the Wellness Centre.



Maria loved to listen to Portuguese music and Daniel O'Donnell, whom she saw at the Convention Centre with her daughter. She often enjoyed a good dance session in the kitchen by herself. She was full of life and it was difficult to guess her age. Maria will always be remembered for the love she had for her family, her cooking and bread making, as well as her ability to sew and duplicate any outfit. She would also make you feel like you were part of her family in minutes, especially through her cooking.

We love you and will miss you dearly. Until we all meet again. Our family would like to extend our thanks

to family and friends for their prayers during her fight with pancreatic cancer. A special thank you to the doctors, intern doctor, and staff at Riverview Health Centre, for making her last days comfortable.

Funeral Liturgy was celebrated on Saturday, November 12, 2022 at Our Lady of Perpetual Help Catholic Church, with interment in Assumption Roman Catholic Cemetery. *Descanse em paz querida Avó.*

## RUI AUGUSTO

June 9, 1964 - Nov 4, 2022

It is with heavy hearts that we announce the sudden passing of Rui Manuel Carreiro Augusto on Friday, November 4, 2022. Rui was predeceased by his father Serafim in 1998.

Grandparents, niece Nancy, brother-in-law Ken and nephew Andrew. Left to mourn his passing his Wife Janice, Son Tyler (Meghan), Daughter Renée. His Mother Irene, siblings: Elisabete (Dinarte), Mario, Maria, Luis, Adelia. Mother-in-law Marion, sister-in-law Kim (Larry), brother-in-law Wayne (Cory). Many aunts, uncles, nieces, nephews and friends. Rui was born in Ponta Delgada, São Miguel, Açores June 9, 1964. Immigrated to Canada at age 7 with his family. He attended school in Winnipeg and graduated from Tec Voc High School, where he met the love of his life Janice 42 years ago. High school sweethearts throughout the years. Upon completing his education, he worked construction and then moved on to the City of Winnipeg Water Works Department. He then left the City to start his own Construction (Concrete) companies thru the years to present. Rui loved his family with his whole heart, they were the center of his universe.



His love for music passed to his son; he was so proud of what Tyler has accomplished. Renée was his Pumpkin, his twin. Renée's love for cooking is from her dad. He will live on in his children.

Rui was funny and always the life of the party. He was an honest, hard-working man, a very loving person, always lending a hand to anyone that needed help. Rui made life long friendships through the years.

A memorial service was held Saturday, Nov 19, 2022 at Cropro Funeral Chapel. A private family interment will be held at a later date. In lieu of flowers donations can be made in Rui's memory to the Heart and Stroke Foundation of Manitoba. Rest In Peace until we meet again, but for now... *Who's the best-looking guy here and tell me why it's me!*

## BELMIRA C. SILVA MEDEIROS, 94 years of age

28 September 1928 - 30 October 2022

Belmira was born in São Miguel, Açores, Portugal on 28 September 1928.

She was predeceased by her husband, Miguel Leite De Medeiros.

Belmira is survived by her daughter, Elda Bernardo (José Maria) and two sons, Boanerges Medeiros (Fatima) and Lindolfo Medeiros (Dianne). Four grandchildren; Sabrina (Agustino), Michelle (Ben), Nelson, and Victor, and three great grandchildren; Nicole (Shane), Marissa, and Shantal.

Belmira's failing heart, took her away to eternity, but her loving heart, left a beacon of light for all that knew her.

Her cheerful attitude and bright smile, will be missed by all, including those that looked after her for the last 4 years, with love and compassion.

The funeral of Belmira, will take place in Capelas São Miguel Açores, Portugal. *Querida mãe, descansa em paz, na plenitude de Deus.*



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# STRENGTH & resilience

**My Mantra at the moment.**

"I am my miskanoow (my path, my vision). I am a helper, I am a healer, I am a caregiver, I am medicine.

I may walk alone at times, I embrace those who walk with me and the lessons it has taught me.

I am on a journey of connecting my heart with my mind, body and spirit. I no longer allow my enemies and those outside me to define my inner beauty or repair my inner hurts and struggles.

I am a strong Two Spirit, Cree, Woman who accepts all of me and is proud of my identity.

I am brave, compassionate, silly, and full of love and light.

I come from a long line of strong, courageous, powerful woman. I am my matrilinear blood line who survived three generations of residential schools. I am a fighter.

I am a divine gift from Creator, who has given me the ability to not only walk this journey alone, but take others by the hand to learn, grow and laugh with.

**I am Vee. I am a warrior"**

**Tansi (Hello)**

My name is Vanessa Tait, many people call me Vee. I am from a small northern Cree community in Manitoba - O-pipon-na-piwin Cree Nation.

I am a proud Two Spirit Cree Woman, with a Masters degree and a lot of lived experience working with First Nations and Indigenous Communities.

I have had a tough journey, but I know all that I have gone through has given me some life lessons and experiences that I know I can now get off the bench and nurture my life's purpose.

I am a kidney donor and have journeyed with my daddio and navigated a health care system that wasn't so kind or compassionate towards our people.

In that journey I now speak truth to my daddios story, in hopes that perspectives change, that hearts change and that no one has to go through it.

I am a caregiver, helper and advocate.

I do not have my own children, however I hold a special place in my heart for our young ones. I am a role model and hope to inspire our younger generation to be who they truly meant to be.

Healing is a hard road, worth every step. Our best medicine is within each and everyone of us. No prescribed way is the right way, only we know what will truly help.

The tools, resources and support circles guide us to our true selves.

There are many times I have fallen face first, wanted to stay down, but managed to brush off and get back up to see where the road leads me.

Through storytelling and telling our truths, it helps at least one person who is listening.

*Ekosi kinanskomitinawaw (Thank you)*

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