

Navegante Cultural

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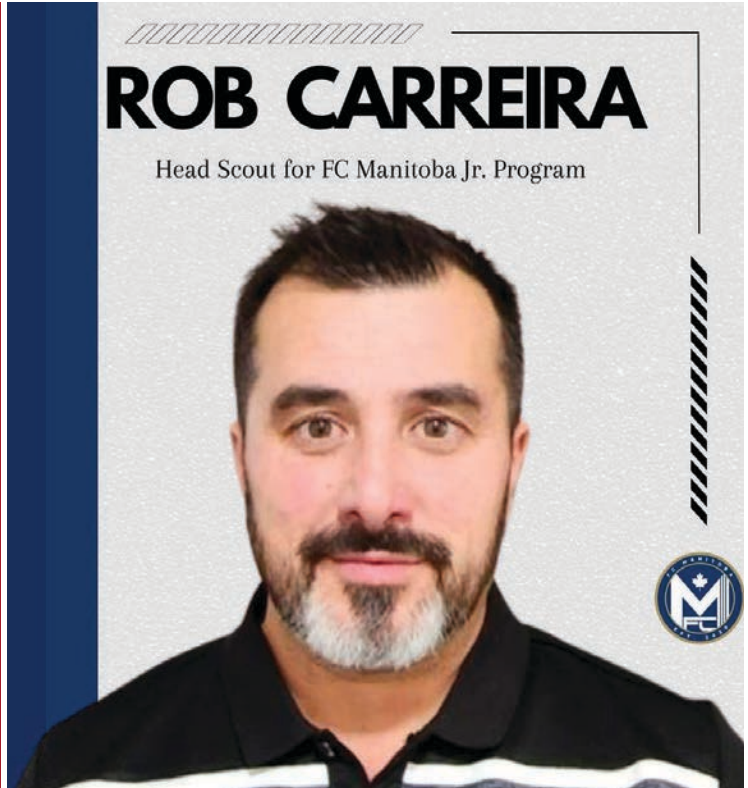


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**JUST
KICK
IT**

*SABRINA CARREIRA
NATIONAL SOCCER CHAMPION
2022, U15*





WHAT IS LIFE WITHOUT GOALS?
CONGRATULATIONS TO SABRINA CARREIRA ON HER NATIONAL CHAMPIONSHIP, U15 IN 2022 AND TO ROB CARREIRA ON HIS APPOINTMENT AS HEAD SCOUT FOR FC MANITOBA JR PROGRAM



TOYOTA NATIONAL CHAMPIONSHIP



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Letter from the Editor / Carta da Editora

When I acquired O Mundial The Portuguese Newspaper in 2018, I promised two things: one, I would evolve it into Navegante Cultural; and two, I would commit to five years of publication

based in Winnipeg, following which, I would decide whether to stay the course with a bilingual Portuguese and English intercultural magazine, or find another creative route to share stories across cultures. Here are five observations about my experience, which I have made over these five years.

1. A MAGAZINE IS A COSTLY LABOUR OF LOVE

Besides the obvious printing costs, which have almost doubled since I first started publishing in 2018, there are software leases for the design and lay-out of Navegante as well as business licenses, business insurance, and digital costs such as webhosting, mobility, and last but not least, the consumption of that contentious dinosaur of fossil fuels that I need for print distribution; gas!

2. SHARING STORIES IS HEALING FOR BOTH WRITER AND READER

I have learned so much by interviewing people during these past five years; folks who have trusted me to tell their stories in a respectful fashion, yet plainly see my own imperfection. It is not a privilege I take lightly, and if I think on it too much, it brings me to tears. Who am I to serve as a scribe for lived experiences?

3. WHAT PEOPLE THINK OF ME AND MY PUBLICATION IS NONE OF MY BUSINESS

I have been the source of both praise and censure; the topic of vicious tongues and long knives as well as kind words -- hell, if I believed everything that was said about me, I might start thinking that I am literally a pirate-queen, and not just figuratively or metaphorically.

4. CHANGE IS GOOD; BELIEVE YOU, ME; YOU CAN'T FIGHT REALITY

The only certainty is uncertainty. Even when the change appears in painful or abrupt events such as death, there is always an opportunity for good to come, whether from growth, new beginnings, or reflection. We are creatures of life-cycles that span from birth to death, and nothing lasts forever -- except maybe memories and legacies and vestiges of times-gone-by in our genetic cell memories. Who am I to tempt the fates by forcing outcomes or outliving a community's good will?

5. LEARNING TO LET GO IS THE ULTIMATE TEST OF FAITH

Neitzsche once said that masters of the first order know how to bring things to a proper close, while those of the lower orders get fidgety towards the end... So Cheers to however long this textual ride lasts! Let our parting be well made and final, when it does invariably end.

Quando adquiri O Mundial O Jornal Português em 2018, prometi duas coisas: uma, iria evolui-lo para o Navegante Cultural; e dois, me comprometeria com cinco anos de publicação baseado em Winnipeg, após os quais, eu decidiria se continuaria o curso com uma revista intercultural bilingue em português e inglês, ou encontraria outra rota criativa para compartilhar histórias entre culturas. Aqui estão cinco observações sobre minha experiência, que fiz ao longo desses cinco anos.

1. UMA REVISTA É UM CARO TRABALHO DE AMOR

Além dos óbvios custos de impressão, que quase dobraram desde que comecei a publicar em 2018, existem locações de software para o design e layout do Navegante, bem como licenças comerciais, seguros comerciais e custos digitais, como hospedagem na web, mobilidade e por último, mas não menos importante, o consumo daquele contencioso dinossauro de combustíveis fósseis de que preciso para distribuição; gasolina!



2. COMPARTILHAR HISTÓRIAS É UMA CURA PARA O ESCRITOR E LEITOR

Aprendi muito entrevistando pessoas nesses últimos cinco anos; pessoas que confiaram em mim para contar suas histórias de maneira respeitosa, mas veem claramente minha própria imperfeição. Não é um privilégio que tomo levemente e, se penso muito nisso, me leva às lágrimas. Quem sou eu para servir como escriba de experiências vividas?

3. O QUE PENSAM DE MIM E MINHA PUBLICAÇÃO NÃO É DA MINHA CONTA

Tenho sido fonte de elogios e censuras; o tópico de línguas cruéis e facas longas, bem como palavras bonitas - bolas, se eu acreditasse em tudo o que foi dito sobre mim, poderia começar a pensar que sou literalmente uma rainha-pirata, e não apenas figurativamente.

4. MUDAR É BOM; ACREDITE; NÃO PODE LUTAR COM A REALIDADE

A única certeza é a incerteza. Mesmo quando a mudança aparece em eventos dolorosos ou abruptos, como a morte, sempre há uma oportunidade para o bem, seja de crescimento, novos começos ou reflexão. Somos criaturas de ciclos de vida que vão desde o nascimento até a morte, e nada dura para sempre - exceto talvez memórias e legados e vestígios de tempos passados em nossas memórias celulares genéticas. Quem sou eu para tentar o destino ou sobrevivendo à boa vontade da comunidade?

5. APRENDER A DEIXAR IR É O ÚLTIMO TESTE DE FÉ

Neitzsche disse uma vez que os mestres de primeira ordem sabem como encerrar as coisas adequadamente, enquanto os de ordens inferiores ficam inquietos no final ... Então, um brinde a quanto tempo durar este passeio textual! Que nossa despedida seja bem feita e final, quando invariavelmente terminar.

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Lunch Club is back
for 2023!

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MEET KEVIN LAMOUREUX, MP for WINNIPEG NORTH

Every Saturday for 30 years, I have been going to the McDonalds on Keewatin Street from 10am to 2pm as an informal way to meet with constituents.

Feel free to join me there, or call my office and set up a more formal meeting with me there. 204.984.1765

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editorial SPORT

Jorge Cabral

Lived through it all...have you really?

My first lesson as a parent-coach happened 12 years ago, when I along with two other coaches, took a group of 10 year-old Winnipeg boys on a trip to England. My eyes gleaming with pride as I witnessed the young boys compete against premiership club youth teams, while parents and clubs alike back in Winnipeg called it as a waste of money and effort. What I learned then, is that we need to educate parents about the “why?” We didn’t go to sign contracts. We went to give our boys a true futebol experience in a country that has futebol sewn into its cultural fabric.

“The fastest way to kill something special, is to compare it to something else,” says Craig Groeschel, in Craig Groeschel Leadership Podcast

In Manitoba, we need to promote and celebrate our youth futebol players. As parents, we need to check our egos and pride at the door. Our children should be encouraged to support and celebrate each other’s success. This is my second lesson as a coach, from the trip to England. We don’t need our children to be the next Cristiano Ronaldo. Ronaldo already has his place in this world; our children need to create their own places in this world and live and play in the moment.

Winnipeg has gone through a tremendous change in youth futebol in recent years. Since 2019, when territorial club boundaries were abolished and standards were put into place, and private academies were allowed to participate in league play. We can debate the pros and cons of open boundaries all we want. At the end of the day, what we should be focusing on, is that EVERY youth player that wants to play and every parent that wants to see their children play, has a team to play with and within.

Our recent success at the National Club Championship level didn’t come because of open boundaries or a “stacked” team. It came from investment in coaching education, and allowing players to play where they want to play; that is, by offering choice. Now, here is the hard part that many in our futebol community will not want to hear or accept... There is a segment of the playing population in the two largest youth futebol Canadian markets, Ontario and Quebec, who do not compete at that National level.

The Ontario Player Development League, (OPDL), founded in 2014, and the Première ligue de soccer du Québec (PLSQ), founded in 2012 (a women’s division was added in 2018) consist of clubs that recruit the best players in their regions. These clubs employ coaches as paid employees, who can earn about \$50,000+/year to coach a female team, while coaches in Winnipeg, for comparison, are volunteers, or earn \$1800 per year to help offset their costs.

If the paid coaches in the Ontario and Quebec high performance leagues don’t develop players for National teams, post secondary scholarships, or professional teams, they will not be coaching for very long. In Winnipeg, we focus on getting the trophy and medal from the Winnipeg Youth Soccer Association. Now, before my Tia Anna and Tio José call me to rip my head off because young Rui, who just won a gold medal, will not achieve his objective of being recruited for Sporting CP, by playing with players who just want to have “fun,” let me explain by comparing numbers of registered youth players.

In 2019, Manitoba had 9,877; Ontario had 217,943; and Quebec had 140,427 registered youth players.¹ I have not been able to find any literature that state these high performance leagues were created to prevent players from playing. In my opinion, it was meant to be the opposite; to encourage players to play. Prior to their creation, our last Manitoba gold medal was in 1990. By removing roughly 3,000+² of the best Ontario players from National Club Championships, provinces with smaller player pools can compete in National events.

The recent success of Manitoba’S 1v1 U15 Girls’ team in winning the Gold medal at National Club Championships is commendable, and a new challenge lies ahead. This team now faces what every other Manitoba team who has medaled or achieved success outside of our province has faced. How do they continue to develop here? Can they do so without their structure? Breaking them up seems the wrong thing to do. They have to seek competition outside of Manitoba and we have to celebrate and support them, no matter which clubs we belong to, or why we want our own kids to play.

1 <https://www.canadasoccer.com/wp-content/uploads/2020/11/2019-CS-Annual-Report-EN.pdf>
2 <https://www.ontariosoccer.net/high-performance>

Have I lived through it all?

I have lived through my own experience, and what I experienced doesn’t make me the expert on the subject, nor does it provide the answers to the issues we face in our province when it comes to developing players. It does give me a hands-on perspective that I might not otherwise have in reflecting on the past and shaping a fair future. Do I have regrets? Of course I do! They are mine and only mine, and the only person I hold accountable is myself. And that is my third lesson to share, and the most important one of all that I would impart on every parent and coach.

Hold yourself accountable for both what you have done, and what you have not done. Our children shouldn’t be the ones that assume our lack of accountability in this province. I want my children and the players I coach or coached to leverage this experience, learn from their mistakes, support and celebrate their teammates, and ultimately, to give back to the game I hope they love.

editorial em Português, na página 26...



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Sabrina CARREIRA

National Champion U15

Sabrina Carreira was born in Setubal, Portugal to Talita Nascimento Carreira and Roberto Carreira; at two-and-a-half years of age, she moved with her family to Brasil, and then again at age four, settling permanently in Winnipeg, Canada. A self-described “fast-and-tall player, who lets it all out on the field,” this personable and thoughtful grade 10 student at Vincent Massey Collegiate also excels in the classroom, with a test average of 91% in Mathematics; “it’s my lowest mark,” she says modestly, with an overall percentage score of 95. “I also like to study science and geography as well as digital photography.”

In October of 2022, Charlottetown was host city to the Canadian soccer youth nationals, and Sabrina headed out with Manitoba U15 1v1 champions: *goalies* Sabrina Ramsey, Sara Zorniak, Summer Bell; *defenders* Sage Baldwin, Logan Waller, Marley Travassos, Madison Loureiro, Sadie Kyle, Hannah Wozniak, and herself; *mid-fielders* Kate Paukovic, Eva Ambrose, Izzy Mann, Isabella Johnston, Brynn Cyrenne; and *forwards* Ella Santasieri, Amella Puskar, Brooke Bailey, Jillian Bellino, and Ayra Findlay.

“A few of the players were call-ups from younger teams, and they did really well,” Sabrina recounts. “We have such a supportive team environment, where we connect through battle (on the pitch), our more experienced players looked out for our newer ones.”

“No ‘mean girl’ stuff off the pitch?”

“No way!” she shakes her head vehemently. “We’re all close friends as well as team-mates, and we always make room for new friends...” She goes on to explain, “There’s a different connection made on the field, by players on a team, and I think, also, off the field, by people who play sports in general. These connections extend beyond sports, and not just in the soccer community. Or other sports communities...”

“Why do you think that is so?”

“There’s a built-in, more unspoken, sense of trust. You need to trust your team-mates and know, for example, that when you pass the ball over to them, they will be there to move it up; also, to know where your team-mates are going

to be as you’re carrying the ball and setting up to pass... I mean, you’ve got to anticipate their moves. Get to know them through their actions, and how they move on the field, and not just what they say off the field.”

“Did you play during the pandemic?”

Sabrina laughs before answering, “Yes, but only exhibition games. And it was hard to wear masks indoors. Plus, it just looked funny! You couldn’t really hear what other players or coaches were saying. Not on our team, nor on the other team...”

“Do you listen to the other teams on the pitch?”

“Actually, yes. It helps adjust the pace of the game and our plays. In fact, during the nationals, when we played Quebec, because those girls spoke French, and there are only one or two girls on our Manitoba team who speak French, we were extra nervous.”

“Are there differences in play across provinces?”

“Yes. British Columbia was super aggressive, wearing yellow. They came on strong in the first 5 minutes, but we adjusted. We were friendliest with Saskatchewan and Newfoundland, who became our closest friends. Once we advanced, the teams we had defeated came out to support us. We scored a lot from cornerkicks,” she laughs again.

“Did you have fun?”

“Absolutely! My coach kept telling us ‘Have Fun’ and my dad has told me my whole life to have fun; soccer is a great sport, and a fun one. We build memories out there in ‘the battle.’ It’s a great stress reliever, too. I love playing!”

“What else do you play?”

“I play some other sports, when I’m not involved in soccer, which is May-November seasonal, and I also play futsal on a gender/age mix team. FC Manitoba is going to start up in a few weeks [at interview time, mid-November] and I dance year-round at the Portuguese Association.”

“What was the highlight of the Championship?”

“Having fun! Seriously! And playing with friends. Okay, yeah, it was a bit nerve-wracking when we got

closer and closer, but just before our final, we had a sense that we would win. We were dancing to get pumped, pre-game, and I could tell, looking at my team mates’ (and friends) faces that we would win. We were confident going in and I think that’s half the battle.”

“Any advice to other athletes or parting words?”

“Don’t listen to anybody but yourself. It’s good to ask for advice and seek guidance, but in the end, you have to do what your own heart desires! It’s you out there on the field or in life. Not anybody else. You have to take your own shots, even if somebody else passes you the ball. You’ve got to just...”

“...kick it?!”

Sabrina throws back her head and tosses her hair out of her eyes, her pretty face lit up in a huge smile.

“Yes,” she says laughing and nodding, “Just Kick It!”

artigo em Português, na página 25



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Paulo Bergantim

The Unsung Hero of Men's Outerwear: the Overcoat!

This article was inspired by and curated from <https://www.gentlemansgazette.com/how-to-buy-an-overcoat/>

Having evolved from huge pieces of fabric known as travel cloaks, which men wore to keep warm and protect their inner clothing from mud and snow in the winter and spring, or dust in the summer, the long overcoat was once a necessity for travellers. In those days, most folks had only a couple of outfits: their work clothes and their dress-up clothes. To keep clothes as clean as possible outdoors, an overcoat was essential.

Long overcoats were still useful for men to keep warm and safeguard their clothes from the elements as roads were only slowly paved in the 19th and early 20th centuries. All of that changed in the last half of the 20th century, with the mass production of the car to travel the growing networks of paved roads as well as commuter travel by train and plane on smaller, individual-style seats. Cars, planes, and trains were typically heated and inner-wear or smaller, more form-fitting top-coats were generally enough.

Style changes in the second half of the 20th and into the 21st century, as sportier, shorter jackets became popular, also made the long overcoat less popular and desirable, with the exception of a brief resurgence in popular culture as seen in films like *The Matrix*, or modern westerns and series like *Yellowstone*. The longcoat is still sometimes unfairly associated with the military and 20th century fascist Germany.

As the popularity of long overcoats waned, coat checks in restaurants and hotels also became increasingly scarce. Hanging a shorter jacket off of a chair is manageable, but hanging a larger overcoat is messy and dangerous to passers-by as a tripping hazard. Poor sales due to diminished popularity also decreased the availability (and popularity) of long overcoats and further reduced places to check them while out.

These days, a long overcoat is hard (but not impossible) to find off the rack -- they're almost always custom made, handed down, or found secondhand at good thrift stores. And yet, they are ideally proportioned to be worn over suits, or in the winter, with several layers underneath.

We live in Winnipeg, folks! A good overcoat not only looks nice over a suit (or more casual clothes if you are dressing it down), but it is warm and toasty attire in our frigid winters. So... What should you look for when searching (or ordering) an overcoat? And what are the basic styles or fabrics available?

Sleeves need to be wide enough to wear something underneath such as a sweater or a jacket. Anything too tight will affect your range of motion and possibly even cut off circulation. Ideally, you want the sleeve to end at the beginning of your thumb. If it's too long, it looks like a sloppy hand-me-down.

Torso needs to be fitted, but not tight. Better to buy it larger and take it to your tailor, than buy it smaller and suffer in buttoned-up silence. No matter how the overcoat fits you off the rack, it will look even better if you have it tailored. Set aside about a hundred- hundred fifty dollars for alterations. And then, don't gain any weight!

Length is important for overcoats because it changes the look of the piece. Knee length or longer will keep you warm, and look stylish.

Single-breasted versus double-breasted is a matter of preference, but double-breasted coats are warmer in the winter because they have two layers over your chest instead of one.

Fabrics such as wool, cashmere, and alpaca, or if money is no object, vicuna will keep you warmer and last longer. Stay away from poly-blends or nylon and fleece in a classic men's overcoat, unless you want to be mistaken for a rapper or out-of-work actor.

Colours should be versatile such as navy or blue; grey can work as well, or brown and tan. Black is okay, but can sometimes look too formal or funereal. Plain patterns or larger-scale patterns are best, so they complement or contrast with your suits or jackets and accessories for example, a Glenn Check or Prince of Wales that is oversized, windowpane, or herringbone.

Coat Construction is a thing, so pay attention to it. Like suits, lower end models can have a glued canvas that won't last as long; always choose a floating or sewn canvas. Don't know what that means?

If you don't have a tailor and you don't feel like Googling it, ask your mother if she's still with you, your significant other, or any other (preferably stylish) women in your family or circle of friends. Worst case scenario, shoot Manny Martins-Karman a message on Messenger. She'll not only understand where you're coming from, but she'll set you straight! Tell her Paulo sent you... lol

In general, if you want a stylish overcoat, skip department stores and go with traditional haberdashers or shop abroad. And keep your eye out year-round and in unusual places like flea markets or bazaars (and if you're not superstitious) estate sales. Now, armed with all of that basic knowledge, what are the main styles?

The Chesterfield is named after the 6th Earl of Chesterfield, featuring a single breast and short lapels, and typically found in a dark colour without a belt. It is a simple cut and will give you a clean silhouette.

The Covert Coat was adapted from horseback riding; a short overcoat about 34 inches long that stops above the knee -- it usually comes in green or fawn tones and is made of yarn with a pocket. This coat may sometimes have a velvet collar.

The Paletot is a double-breasted overcoat with peak laps and no belt, typically found in navy or charcoal or other dark colours -- good for business attire and evening wear. If you only buy one overcoat, get this one. It is the most versatile.

The Ulster is named after the Irish province; comes in a roomy Donegal tweed and perfect for men who don't have formal suits but want something stylish and warm. If the Paletot is too formal for you, choose this one instead.

The Polo Coat is named so because it was traditionally worn by polo players during the chukkers to keep them warm. Designers such as Brook Brothers or Ralph Lauren carry these coats and its popular with the Ivy league set, or those who want that particular look.



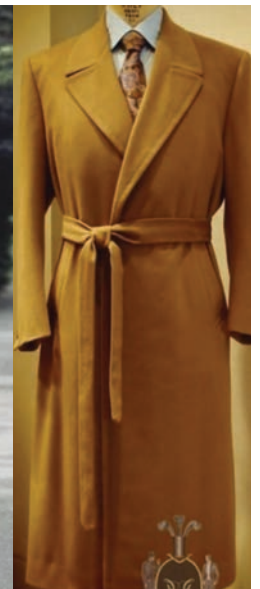
Chesterfield Coat by Polo Ralph Lauren



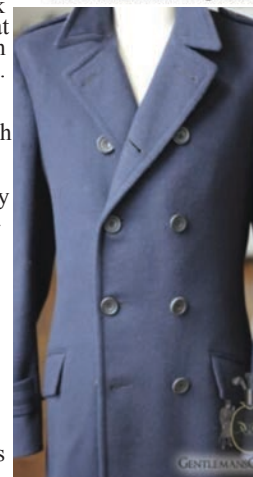
Navy ulster overcoat



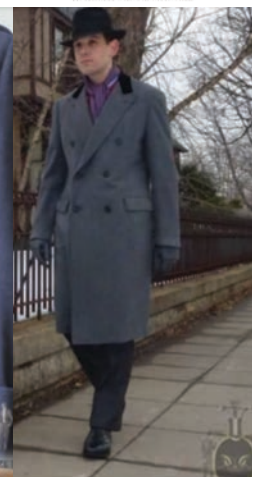
Covert-Coat-New-Lingwood



Wrap Coat - Polo Coat



Blue David Reeves Overcoat

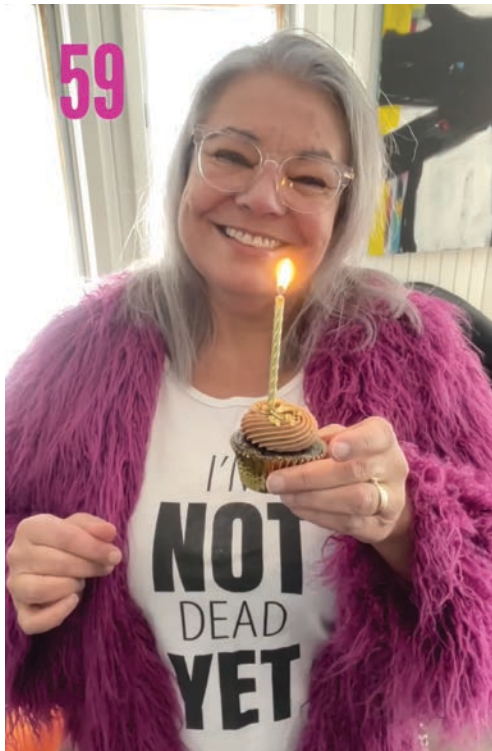


Paletot On The Street



mulher em STYLE

Manny Martins-Karman



59

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

I turned 59 on December 31, 2022!

I designed a T-shirt to reference the humor of Monty Python and as a push back to society's ageist ideals. "I'm not dead yet!"

As if!... Once we get to a certain age, we are expected to be invisible and irrelevant. Not gonna happen!

Today tho, this phrase has new meaning for me. As I turned 59, I am so grateful to be blowing out another candle, and for all the care I have received for both my broken ankle and my lung surgery. I am embracing all that life has left to give me and will continue to share it with all of you.

I believe, if you feel joy and happy in what you wear, you will project the same to those around you. Isn't that what it's all about? Remember to #wearwhatmakesyouhappy



T-shirt available here; https://society6.com/.../im-not-dead-yet7064010_t-shirt...

Here's to many fun and exciting adventures in 2023

The way we dress has an impact, not only on those around us but our confidence as well. I often dress for the mood I want to feel that day. I don't have just one aesthetic, I wear what makes me happy. Sometimes you'll see me in a rocker chic look and other times in a pretty feminine dress. This is one of the joys of getting dressed, it can be whatever YOU want. Classic, graphic black and white or color clash, loud and proud. Unapologetically dress for yourself.

Till next time, be kind to yourself and #wearwhatmakesyouhappy

And yes, I would be more than happy to answer your overcoat questions and sort you out with a style, silhouette, colour, and fabric that suits you! I happen to like a good overcoat myself ;)

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

Fiz 59 anos em 31 de dezembro de 2022!

Desenhei uma camiseta para fazer referência ao humor de Monty Python e como um retrocesso aos ideais etários da sociedade. "Ainda não estou morto!"

Como se!... Quando chegamos a uma certa idade, espera-se que sejamos invisíveis e irrelevantes. Não vai acontecer!

Hoje, porém, esta frase tem um novo significado para mim. Ao completar 59 anos, sou muito grato por estar soprando outra vela e por todo o cuidado que recebi tanto pelo tornozelo quebrado quanto pela cirurgia de pulmão. Estou abraçando tudo o que a vida deixou para me dar e continuarei compartilhando com todos vocês.

Acredito que, se você sentir alegria e felicidade com o que veste, projetará o mesmo para as pessoas ao seu redor. Não é disso que se trata? Lembre-se de #vestirokefazvocêfeliz

T-shirt disponível aqui; https://society6.com/.../im-not-dead-yet7064010_t-shirt...

Um brinde a muitas aventuras divertidas e emocionantes em 2023

A maneira como nos vestimos tem impacto, não apenas nas pessoas ao nosso redor, mas também em nossa confiança. Costumo me vestir de acordo com o humor que quero sentir naquele dia. Não tenho uma estética só, visto o que me faz feliz. As vezes você vai me ver em um look rocker chic e outras vezes em um vestido bem feminino. Essa é uma das alegrias de se vestir, pode ser o que VOCE quiser. Clássico, gráfico preto e branco ou choque de cores, alto e orgulhoso. Vista-se assumidamente para si mesmo.

Até a próxima, seja gentil consigo mesmo e #wearwhatsyouhappy

E sim, terei o maior prazer em responder às suas perguntas sobre sobretudos e escolher um estilo, silhueta, cor e tecido que combinem com você! Acontece que eu também gosto de um bom sobretudo ;)



KARMA esthetics and life's blessings



Anabela
Camara &

My name is Anabela Camara and I own Karma Esthetics and Hair Salon. I've been an esthetician for 20 years, and it's no secret I love what I do (especially waxing). When asked if I would be interested in writing a few articles for Navegante relating to beauty and health, I was ecstatic. I have been approached by many people asking for advice on skin care, fingernails and toenail problems at my salon, and I am happy to share tips with you here on this page.

Let's start off with dry skin. If I do not apply lotion after washing, my skin feels like it's splitting open, tight and sometimes burning; it doesn't help that I love washing dishes in extremely hot water, which isn't good for your skin. (hot water opens pores and strips it of natural oils, while drying the skin).

The cold winter climate and wind do not help either, and many of us complain at this time about our dry and sometimes cracked skin, or how our fingernails chip and are brittle. The constant use of hand sanitizers makes the situation even worse! You might find these little tricks below can alleviate some of the irritation and help soothe those dry, cracked hands.

1. Exfoliate – No need to buy expensive scrubs to get the job done. You can make one at home – just mix some coconut oil (1/2 tsp, or baby oil with some sugar (1/2 tbsp) and rub all over your hands for a few minutes. Once you rinse off the mixture, be sure to gently pat your hands dry, before applying a moisturizer. It's good to do this 2-3 times a week for smooth-feeling hands.

2. Hot wax/paraffin treatment – This can be done in a salon or at home. It takes about 15-20 min; first, dip your hands in a hot wax paraffin machine, then cover and wrap your hands and leave on for 15-20 min. Once you remove and discard the wax, be sure to apply lotion.

3. Moisturize – Try to keep a bottle of lotion near your sink to moisturize after washing your hands. Look for a moisturizer with ingredients like petrolatum and glycerin as they help to prevent further water loss and retain moisture.

4. Wear gloves – No hand and nail care regimen is complete without gloves to avoid exposure to cold, dry air; by regularly wearing gloves, you protect your nail coating and keep your hands moisturized and protected.

Apply thick or petroleum-based lotion nightly

consisting of a conditional cuticle cream, ideally one that also micro exfoliates the skin, with a high-quality nail oil. There are numerous natural ingredients to look for in a good oil, which have moisturizing and protecting properties that are perfect for the winter months. For best results, the oil should penetrate the skin and absorb into the nails, lubricating the individual nail cells; once you apply the lotion, wear cotton gloves to bed. (I know who wants to wear cotton gloves to bed?), but if your hands are to the point of hurting you, and cracking like mine, sometimes just doing it is worth it.

For those with more severe dry skin like nurses, teachers, estheticians, hairdressers, and frequent hand washers, I recommend applying a heel cream nightly, along with a daily lotion. Creams formulated for dry, cracked heels can also soothe hands that are prone to cracking from overexposure to water, cleaning products or the harsh winter elements.

With in-salon luxury treatments and regular at-home care, you can avoid dry hands as well as brittle, cracked nails that develop during these cold months! I hope these tips help you, and if you have any questions, please feel free to call or text me at 204-510-3851, particularly if you have a unique concern you are facing and would like some personal advice.



Com tratamentos de luxo no salão e cuidados regulares em casa, você pode evitar mãos secas, bem como unhas quebradiças e rachadas que se desenvolvem durante esses meses frios! Espero que essas dicas ajudem você e, se tiver alguma dúvida, sinta-se à vontade para me ligar ou enviar uma mensagem de texto para 204-510-3851, especialmente se você tiver uma preocupação específica e quiser alguns conselhos pessoais.

Chamo-me Anabela Camara e sou proprietária do Karma Esthetics and Hair Salon. Sou esteticista há 20 anos e não é segredo que amo o que faço (principalmente depilação). Quando me perguntaram se estaria interessada em escrever alguns artigos para a Navegante relacionados com beleza e saúde, fiquei extasiada. Fui abordada por muitas pessoas pedindo conselhos sobre cuidados com a pele, unhas das mãos e problemas com as unhas dos pés em meu salão, e estou feliz em compartilhar dicas aqui nesta página.

Vamos começar com a pele seca. Se eu não aplicar loção após a lavagem, minha pele parece que está se abrindo, apertada e às vezes queimando; não ajuda gostar de lavar a louça em água extremamente quente, o que não é bom para a pele (a água quente abre os poros e retira a oleosidade natural, enquanto seca a pele). O clima frio do inverno e o vento também não ajudam, e muitos de nós reclamamos nesta época sobre nossa pele seca e às vezes rachada, ou como nossas unhas lascam e são quebradiças. O uso constante de desinfetantes para as mãos piora ainda mais a situação! Estes pequenos truques abaixo podem aliviar a irritação e ajudar a acalmar as mãos secas e rachadas.

1. Esfoliar – Não há necessidade de comprar esfoliantes caros. Pode fazer um em casa - basta misturar um pouco de óleo de coco (1/2 colher de chá ou óleo de bebê com um pouco de açúcar (1/2 colher de sopa) e esfregar nas mãos por alguns minutos. Depois de enxaguar a mistura, certifique-se de secar suavemente as mãos antes de aplicar um hidratante. É bom fazer isso 2-3 vezes por semana para mãos suaves.

2. Tratamento com cera quente/parafina – Pode ser feito no salão ou em casa. Demora cerca de 15-20 min; primeiro, mergulhe as mãos em uma máquina de parafina com cera quente, depois cubra e enrole as mãos e deixe por 15 a 20 minutos. Depois de remover e descartar a cera, certifique-se de aplicar loção.

3. Hidrate – Tente manter um frasco de loção perto da pia para hidratar depois de lavar as mãos. Procure um hidratante com ingredientes como vaselina e glicerina, pois ajudam a prevenir a perda de água e a reter a umidade.

4. Use luvas – Nenhum regime de cuidados com as mãos e unhas está completo sem luvas para evitar a exposição ao ar frio e seco; ao usar luvas regularmente, protege o revestimento das unhas e mantém as mãos hidratadas.

Aplique todas as noites uma loção espessa ou à base de petróleo, composta por um creme condicionante para cutículas, idealmente um que também microesfolie a pele, com um óleo para unhas de alta qualidade. Existem inúmeros ingredientes naturais, que possuem propriedades hidratantes e protetoras para os meses de inverno. Para melhores resultados, o óleo deve penetrar na pele e ser absorvido pelas unhas, lubrificando as células individuais das unhas; depois de aplicar a loção, use luvas de algodão para dormir, pois se suas mãos estão ao ponto de rachar, às vezes só fazer vale a pena.

Para nos com pele seca mais severa, como enfermeiras, professores, esteticistas, cabeleireiros e lavadores de mãos frequentes, recomendo aplicar um creme para os calcanhares todas as noites, juntamente com uma loção diária. Esses cremes também podem acalmar as mãos com tendência a rachar devido à superexposição à água, produtos de limpeza ou os elementos rigorosos do inverno.

*I believe in Karma and love what it represents.
Life has a way of coming full circle.
What we sow is what we reap.*

Esthetics is such a joy in my life and has allowed me the fortune to have a career that is my passion.

I love assisting people to feel great about themselves. My specialty is waxing, everything from your toes to your eyebrows!

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Anabela Camara
Owner/Esthetician

& George
Camara



sometimes we WIN sometimes we LEARN

In life sometimes, we come across an opportunity that presents itself outside of any expectations we may have previously held. Being placed in a position to potentially assist people in learning, is something I am looking forward to on this page; after all, I live my life by the maxim "Sometimes we WIN, sometimes we LEARN"

People may ask; how can I, George, help anyone in learning something new? The answer is very simple: we can learn from absolutely everyone and anyone in life! We just need to be open to the idea of learning from "teachers" outside of a classroom, from all walks of life. I have worked with multi-billion dollar, Fortune 500 companies, both in Management and in Sales, I have been the Vice President of the Norman Wells Chamber of Commerce, on the executive board of the Royal Canadian Legion, and served on countless other boards. I own and run my own business.

Living by the maxim, "Sometimes we win, sometimes we learn," has given me an opportunity to look at every situation as one of growth and development, whereby I strive to be a better person today than I was yesterday. If we all did that in society, our world would be a much better place. Success is said to be a journey, not a destination; we never truly arrive as we are continuously learning to grow beyond who we were yesterday to arrive at something greater tomorrow as better people than we were today. To that end, I believe that there are three major components in living a life of learning and growth: Preparation, Contemplation, and Application.

Preparation: we can prepare by asking some key questions. What are my potential learning moments for today? Who are my "teachers" today? Where can I find opportunities for learning? And a frequently missed question when it comes to our personal development and growth: what am I learning that I need to learn more about? Many people will learn something new and leave it at that, instead of looking at the opportunity of taking that learning further; leveraging it to prepare for new opportunities, thus becoming even better in so doing.

Contemplation: many people miss one of the most important aspects of learning and development, post-lesson-learned; and that is, contemplation. Try spending a few moments alone either contemplating, reflecting, or just thinking on the learning. This is one of the most important aspects of retaining a lesson learned, yet we do it so seldomly. Why? Perhaps we feel that we have no time to spend contemplating or thinking on something, or that we aren't accomplishing anything during this "thinking" time. Yet, if we look at some of the greatest business leaders in the world, they all have thinking-time in common and the majority specifically set-aside time in their hectic schedules to allow for time to think.

Application: putting into action that which we have prepared for and contemplated on leads us to greater fulfillment and positions us for future success. Application also draws a few other questions such as "where and when are we going to apply this learning?" And to further promote our personal growth, "who else may benefit from learning what we have learned?" It could be that you're reading this and thinking, IF I'm reaching my goals, THEN why should I take care of developing myself as a leader, athlete, student or employee? I'm happy here!

I would challenge you to go beyond where you are today and into tomorrow; to become a better person tomorrow than you are today. We all need to continue growing because what got us to where we are today, will not necessarily get us to where we want to go tomorrow. We must all grow into our future, and the choice is yours. Guaranteed that you will either WIN or LEARN!

Please feel free to contact me at 204-792-4520 or send an email to gcamara@mesonline.net with any questions or suggestions of what you would like to see this segment of Navegante.

Às vezes, na vida, nos deparamos com uma oportunidade que se apresenta fora de qualquer expectativa que possamos ter anteriormente. Estar em posição de potencialmente ajudar as pessoas na aprendizagem é algo pelo qual estou entusiasmado nesta página; afinal, vivo minha vida pela máxima "Às vezes a gente VENCE, às vezes a gente APRENDE"

As pessoas podem perguntar; como posso eu, George, ajudar alguém a aprender algo novo? A resposta é muito simples: podemos aprender com todos e qualquer pessoa na vida! Só precisamos estar abertos à ideia de aprender com "professores" fora da sala de aula. Trabalhei com empresas multibilionárias da Fortune 500, tanto em gerenciamento quanto em vendas, fui vice-presidente da Norman Wells Chamber of Commerce, no conselho executivo da Royal Canadian Legion e atuei em inúmeros outros conselhos. Eu possuo e dirijo meu próprio negócio.

Viver de acordo com a máxima "Às vezes vencemos, às vezes aprendemos" me dá a oportunidade de olhar para cada situação como uma situação de desenvolvimento, por meio da qual me esforço para ser uma pessoa melhor hoje do que fui ontem. Se todos nós fizéssemos isso, nosso mundo seria um lugar melhor. Diz-se que o sucesso é uma jornada, não um destino; nunca chegamos verdadeiramente como estamos aprendendo continuamente a crescer além de quem éramos ontem para chegar a algo maior amanhã, como pessoas melhores do que éramos hoje. Para esse fim, acredito que existem três componentes principais em uma vida de aprendizagem: preparação, contemplação e aplicação.

Preparação: podemos nos preparar fazendo algumas perguntas-chave. Quais são

meus potenciais momentos de aprendizagem para hoje? Quem são meus "professores" hoje? Onde posso encontrar oportunidades de aprendizagem? E uma pergunta frequentemente perdida quando se trata de nosso desenvolvimento pessoal: o que estou aprendendo que preciso aprender mais? Muitas pessoas aprenderão algo novo e deixarão por isso mesmo, em vez de ver a oportunidade de levar a lição adiante, aproveitando-o para se preparar para mais oportunidades, tornando-se melhores ao fazê-lo.

Contemplação: muitas pessoas perdem um dos aspectos mais importantes do aprendizado e desenvolvimento, pós-lição aprendida; e isto é, contemplação. Tente passar alguns momentos sozinho contemplando, refletindo ou apenas pensando no aprendizado. Este é um dos aspectos mais importantes de reter uma lição aprendida, mas raramente o fazemos. Por que? Talvez sintamos que não temos tempo para contemplar ou pensar em algo, ou que não estamos realizando nada durante esse tempo de "pensamento." No entanto, se olharmos para alguns dos maiores líderes empresariais do mundo, todos eles têm tempo para pensar em comum e a maioria reserva especificamente um tempo em suas agendas agitadas para ter tempo para pensar.

Aplicação: colocar em ação aquilo para o qual nos preparamos e contemplamos, nos leva a uma maior realização e nos posiciona para o sucesso futuro. A aplicação também atrai algumas outras questões, como "onde e quando vamos aplicar esse aprendizado?" E para promover ainda mais nosso crescimento pessoal, "quem mais pode se beneficiar ao aprender o que aprendemos?" como líder, atleta, aluno ou funcionário? Estou feliz aqui! Eu o desafiaria a ir além de onde está hoje e para o amanhã; para se tornar uma pessoa melhor amanhã do que é hoje. Todos nós precisamos continuar crescendo porque o que nos trouxe até onde estamos hoje, não necessariamente nos levará onde queremos ir amanhã. Todos nós devemos crescer em nosso futuro, e a escolha é sua. Garantido que você vai GANHAR ou APRENDER!

Por favor, sinta-se à vontade para entrar em contato comigo pelo telefone 204-792-4520 ou enviar um e-mail para gcamara@mesonline.net com qualquer dúvida ou sugestão do que você gostaria de ver neste segmento do Navegante.

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Sardinhas -- Não apenas para o Verão!

Ingredientes:

- 1 kg de sardinhas
- 1 cebola
- alho e coentros
- azeite
- sal
- farinha para passar

Modo de Preparação:

...1 Emperar e amarrar as sardinhas com sal meia hora antes de as preparar.

...2 Num refractário coloque a cebola em rodelas, o alho, coentros e regue com azeite.

...3 Passe as sardinhas por farinha e coloque no tabuleiro, regue com azeite.

...4 Vai ao forno a 200°C até ficarem douradas.

Acompanhadas com batatinhas cozidas, ovos cozidos, rodelas de cebola, salsa, e pimenta vermelha.



Sardines -- Not just for Summer!

Ingredients:

- 1 kg of sardines
- 1 onion
- garlic and coriander
- oil
- salt
- wheat flour for dusting

Preparation mode:

...1 season the sardines with salt half an hour before preparing them.

...2 In a glass baking dish, place the sliced onion, garlic and coriander and drizzle with olive oil.

...3 Then coat the sardines in flour (optional) and (or) place on the tray and drizzle with oil again.

...4 Bake at 200°C until golden brown.

Served with boiled potatoes, served with hard-boiled eggs, onion rounds, parsley, and red pepper paste!



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Lifelong Learning

J. Peter Correia



I Love to Read Month is for all of us!

The year 2023 marks the 22nd edition of Canada Reads! Go to the website and check out the books that the CBC is listing in 2023 for adults:

<https://www.cbc.ca/books/canadareads/15-books-make-canada-reads-2023-longlist-1.6707758>

Canada Reads premiered in 2002. The first winning book was *In the Skin of a Lion* by Michael Ondaatje, which was defended by musician Steven Page. In 2021, CBC Books put together a retrospective to look back at the show's biggest moments and its impact on Canadian literature. This year, the great Canadian book debate is looking for one book to shift your perspective.

The stories we tell, and the way we tell them, can shape how we see ourselves, our communities and the world. This collection of books is an opportunity to broaden our horizons, expand our worldview and think differently about the world around us and our place in it.

The 2023 longlist is:

- *Ducks* by Kate Beaton
- *Revery: A Year of Bees* by Jenna Butler
- *Half-Bads in White Regalia* by Cody Caetano
- *Greenwood* by Michael Christie
- *Blood Scion* by Deborah Falaye
- *Hana Khan Carries On* by Uzma Jalaluddin
- *All the Seas of the World* by Guy Gavriel Kay
- *Dandelion* by Jamie Chai Yun Liew
- *We Were Dreamers* by Simu Liu
- *Mexican Gothic* by Silvia Moreno-Garcia
- *Finding Edward* by Sheila Murray
- *Hotline* by Dimitri Nasrallah
- *We Spread* by Iain Reid
- *Moon of the Crusted Snow* by Waubgeshig Rice
- *Station Eleven* by Emily St. John Mandel

The five panellists and the five books they chose to champion were revealed January 25, 2023, and the debates will take place March 27-30, 2023.

Be sure to keep checking the website to find out which book might “shift your perspective.”

Top 12 Canadian Book Titles for Children



Oh February, Short and Sweet!

February is a short little month with big opportunities to read and reflect.

February is “I Love to Read Month” as well as “Black History Month,” and most recently, February was proclaimed “Aboriginal Storytelling Month,” by the Province of Manitoba.

February is also “Inclusive Education Month,” and features Valentine’s Day on the 14th and Louis Riel Day on the 20th!

Reading is Important! Start Early.

✓ Books help children develop vital language skills and learn new vocabulary.

✓ The more children read, the better they become at more reading as well as writing.

✓ The more children are read to, the greater their interest in learning how to read and mastering reading.

✓ Reading out loud exposes children to proper grammar and phrasing.

✓ Reading enhances the development of our spoken language skills and our ability to express ourselves.

✓ Reading provides children with hours of fun, imagination and creativity.

✓ Reading enhances social skills for children early-on and reinforces them later-on.

✓ Books encourage children to be more cooperative, to share with others, to be kind to animals, and to respect the natural environment.

✓ Reading opens up new worlds and enriches children’s lives.

Take a trip to your local bookstore to get started...

It’s never too late!

evening@
X-Cues'
with Luso-CanTV
& hosted by Sarah Lamontagne

Robert Andreas
& the Redemption Band
Wednesday January 18, 2023



On Wednesday, January 18, 2023, EAX delivered yet another feast for the senses with its inimitable combination of hot food and cool music, offering a sumptuous selection of mediterranean-inspired continental cuisine with a not-so-subtle Sicilian kick, and starring local blues outfit The Redemption Band, fronted by the enigmatic Romanian-born and Italian-raised Robert Andreas.

The original playlist evoked ghosts of dusty southern blues sung in the usual american ways and places, while leveraging the old notes, tried and true, into a red-hot brand new fusion of blues and soul and plain old rock-and-roll -- a fresh vibe capable of inciting an aural revolution and laying ground for a contemporary amalgam of traditional genres.

Instruments passionately (and playfully, sometimes, too) strummed, thumped, or banged out the standard chords; voices whispered, harmonized, or wailed out the expected smokey poignancy in simple stories about too much time and money spent on destructive vices or impossible love, and surprisingly, as a result of traveling on these darker paths, revelations about unexpected opportunities for spiritual healing.

"The entire album Redemption reflects my journey," Robert tells the crowd, "a cry of desperation to heal my broken heart." Later, after the set list of original tunes has been completed for the Luso-Can TV taping, a few covers of perennial favourites have been played on audience request, Robert is eating and expanding on his spiritual philosophy.

"There's a level of acceptance in music beyond religion and race...Playing is self-healing for me, and my redemption through music is highly personal, even though what I play on stage is heard differently and might resonate strongly with each member of the audience; in ways that I never imagined when I first wrote the song, or can even possibly imagine as I perform it. I believe that playing music is also what God put me on this earth to do."

Robert is a Blues guitarist, vocalist, and songwriter, who first discovered the Blues by listening to a radio program every Sunday; when he first heard BB King, Eric Clapton and Robert Johnson and the like. At the age of seven, he received his first acoustic guitar, and got his hands on a tape recorder, which enabled him to record those Sunday night Blues radio shows, and start practicing, by listening to and imitating Clapton and King and others on playback.

When his mother purchased an Eric Clapton CD, at about the same time, Robert began to practice constantly, in the style of Clapton, before ultimately evolving his own style from his early influences. Thereafter, Blues became a natural expression as he found his voice.



In 2015, Robert moved to Winnipeg, where he met the pastor of Morrow Gospel Church; together, they founded the Saturday Night Blues Cafe, which was held every few months. In 2021, Robert released his new single "Before You Get Down," from the album "Redemption," which has streamed in 64 countries around the world. Tall and slender, with a deconstructed pompadour of thick black hair, he resembles a lanky cross between Elvis Presley, Johnny Cash, and Charley Sexton.

As we speak post-set, he is eating a vegetarian meal, because "it looked good," and not because he's a vegetarian.

"I live and breathe the Blues," he tells me, "and I write my own music. When I was a kid, even when I didn't know anything about music and I was just listening and imitating what I heard -- that music moved me, and even though I didn't understand a word they were saying,

I knew it was important stuff... The acoustic guitar I actually got from a dead neighbour. You could say it was his legacy destined only for me. Music has taught me how to be honest with myself and how to be inclusive with others."

"How so?"

"My favourite part about the writing process is not when I am alone and writing songs in my room, or wherever, but when I bring it to my band mates, who are all accomplished musicians in their own right, and say, 'okay guys, here's how it goes; where do you fit in?'"

Robert is emphatic about two things: one, he is not selling a product, and two, he avoids labels. "I really dislike labels because they are so limiting; I mean, it's hard enough to make the same standard chords sound original in a genre like the Blues, and not sound like anyone else, even though, obviously, I've got influences going all the way back to childhood."

He wipes his hands with a napkin and pushes the plate back "that was very good," he says, then takes off his jacket, "once you become a musician, you have a lot of power over an audience -- you can see it in people's eyes when you perform, perhaps because music is a universal language, but I try not to preach..."



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“Yes, I believe in God, and I’m a Christian, but I’m no priest, or even a psychiatrist!” he laughs. “For me, music is a way of survival that is deeply personal, and if people connect with my songs where they are at on their own journeys of survival, and it relates to their own experiences, then great, if not...”

“Find another song?”

He chuckles, “Yes, find another song, although for the record, we never play a song the same way, twice. It’s an improvisational style based on a set arrangement of notes and written words, and I love playing with experienced musicians, because we are able to feed off each other’s energy and almost anticipate moves. We all play the same notes, but it all sounds different.”

“You share the same vision?”

“Yes, exactly. I love when they do their own thing and give me space to do mine; for example, all of my solos are created on-the-spot, and I play with heart. We all play with heart in this band as musicians. And we get on well as human beings, too.”

“It shows. Tell me, Robert: did you grow up in a musical family?”

“You could say that... Although my parents divorced when I was young, my biological father is a musician and my mother used to sing; music is also big in my extended family. I think it’s the way we communicate. Get this -- my first word was ‘lala,’ which means music in Romanian!”

“Any advice or parting words?”

“The best way of explaining is by doing -- that goes for musicians and for everyone.”

“Good writing advice, too; show me, don’t tell me.”

“Exactly! What I’ve learned is that all songs relate to an experience and we relate to experiences through songs -- its a kind of circle of lived and expressed experience. A circle of survival across three countries and an ocean. How’s that for parting words?”

“Sounds like a fresh take on a classic ‘immigrant song,’” I smile, with a wink.

EAX Set List of Originals:

- Before You Get Down - E
- Sentimental - E
- Lonely Stranger - E
- Heal My Heart - A#
- Two Thousand Miles - G
- Midnight Train - F#m
- Reggae Song - G#m
- Bonus Track - A

Covers:

- Further on Up The Road - G
- Crossroads - A
- Sweet Home - E
- I Shot the Sheriff - G



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Mia Sally Correia

Trust the process?

I'm in Dina's chair at Hair Obsession, getting my hair coloured for my upcoming photo-shoot with new photographer and old family friend, Brenda Filipe Torchia of Photos by Brenda, and I'm lamenting my current state of physical fitness. "It's been 2.5 years since I've hit a gym," I'm telling her; "and I need to get back on track. The pandemic really messed with my decades-long routine of daily work-outs, and I need a kick-start to get back-to-Mia-shape-and-Sally-health. How else am I going to survive the apocalypse? I don't want to run anymore, and I'm too slow these days for Muay Thai."

At the same time as I'm lamenting my current physical state of affairs, I'm also pitching an idea to Dina for a Navegante collaboration. "Wouldn't it be fun," I said to her excitedly, "if you had a regular feature about hair that is also a metaphor for life?" She stopped folding the highlighting foils over the sharp handle of the comb to look at me, "What do you mean?"

"Well," I paused dramatically, "I'm always so curious about your colour processes and cut techniques, while you're always so patient about answering my questions. I could put that curiosity and your knowledge to good use, by recording parts of our conversation and then writing a story, with a lesson about hair as applied to life."

We'll call the first story 'Trust the Process,' in reference to my stubborn resistance over the past year to use toners (even though you told me we needed to apply a toner) because I thought my grey hair was light enough as a base and the highlights would do the rest, but now I see that you were right all along -- I don't have enough grey hair yet, and my dark base looks harsh against the blonde highlights. After all, you're the master colourist, not me!"

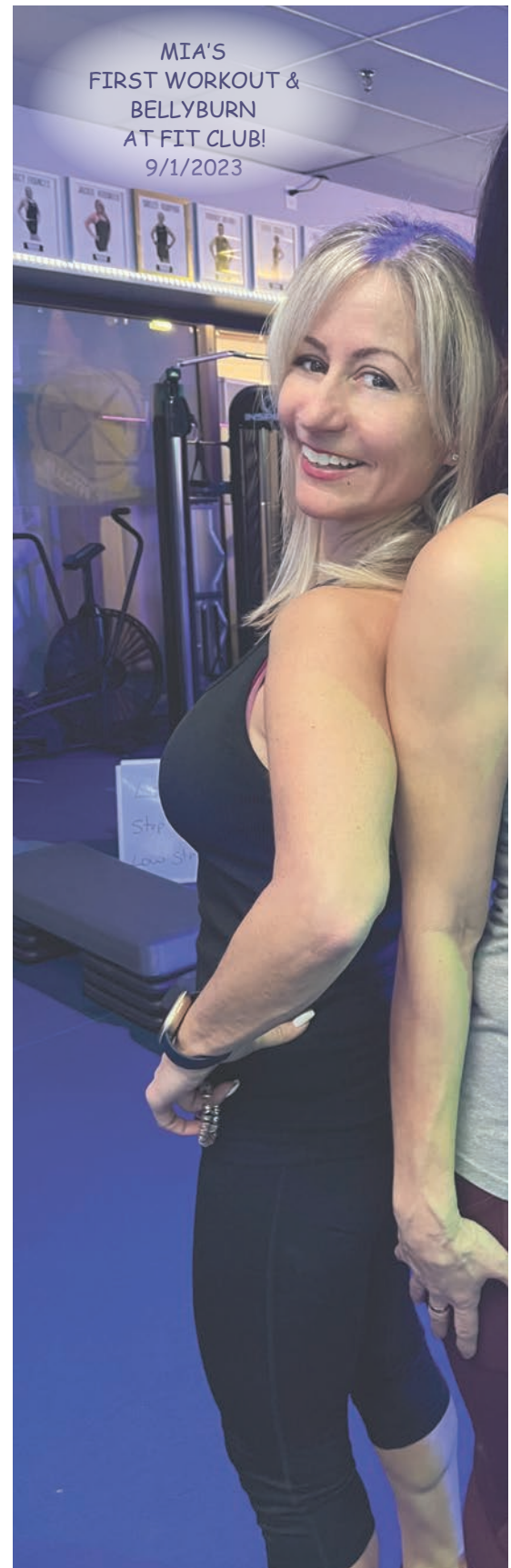
Dina was at that point openly laughing at me. "Okay. Fine. Let's try it! Trust the Process! I also have an idea for you. Why don't you send RJ Padua a message and ask about joining Fit Club? [Dina has been a long-time member with solid results.] I think 'Bellyburn' [a four week program designed to lose weight and gain muscle quickly] would kick-start your fitness goals. It's not that far for you to drive down Main Street and over Chief Peguis Bridge [about 10 minutes]. We could work out in the mornings together and then you would have the rest of the day to walk Benni and work on the magazine."

Confiar no processo?

Estou na cadeira da Dina na Hair Obsession, a pintar o cabelo para a minha próxima sessão fotográfica com a nova fotógrafa e velha amiga da família, Brenda Filipe Torchia da Photos by Brenda, e lamento o meu atual estado de preparação física. "Faz 2,5 anos que não vou a uma academia," estou dizendo, "A pandemia mexeu com minha rotina de exercícios diários de décadas, e preciso de um pontapé inicial para voltar à forma de Mia e à saúde de Sally. De que outra forma sobreviverá o apocalipse?"

Ao mesmo tempo, também apresento à Dina uma ideia para uma colaboração com o Navegante. "Não seria divertido, se tivesse um artigo regular sobre cabelo que também é uma metáfora para a vida?" Ela parou de dobrar as folhas de destaque sobre o cabo afiado do pente para olhar para mim. "Bem," fiz uma pausa dramática, "estou sempre curiosa sobre seus processos de cores e técnicas de corte, enquanto es sempre tão paciente em responder. Eu poderia fazer bom uso dessa curiosidade e do teu conhecimento, gravando partes da nossa conversa e depois escrevendo uma história, com uma lição sobre o cabelo aplicado à vida."

"Ok. Vamos lá! Confie no Processo! Eu também tenho uma ideia para ti. Por que não mandas uma mensagem para RJ Padua e pergunta como podes ingressar no Fit Club? [Dina é membro com resultados sólidos.] Acho que 'Bellyburn' [um programa de quatro semanas projetado para perder peso e ganhar músculos] ajudaria-te a iniciar seus objetivos de condicionamento físico. Não fica muito longe de tua casa, e podíamos juntarmos diariamente logo de manhã cedo, e depois tinhas o dia inteiro para passear o Benni e trabalhar na revista."



FITCLUB.FIT
 RJ Padua, Owner/Trainer
 204.813.9113

Dina Oliveira

COGRATULATIONS
DINA,
ON 1400 WORKOUTS
AT FIT CLUB!
31/1/2023



Trust the Process!

When your hair is as dark as ours and you want to go light, we have to process the hair in stages, so that it not only looks good after the colour application, but that it stays healthy, too. In the industry, we categorize hair on a scale of levels from 1-10; level 1 is the darkest, and level 10 is the lightest; in other words, black hair is a 1 and light blonde hair is a 10. To get hair like ours, which is basically black, from a one to a nine or a 10, we have to be patient and transition slowly, taking the hair through a transition process in colouring the underlying pigments first. We start with bleaching, which goes in stages from orange to yellow to pale yellow. The hardest part of the bleaching stage is to break up the orange!

After bleaching out to a pale yellow, we apply corrective colour such as purple toner to get the yellow colour out. Different toners give us different tones. If we want an ash tone, for example, we use a toner with a green base. If we want a smokey blonde or brunette, caramel tones on brunette hair; or to get rid of orange hues and brassiness, we use a toner with a blue base. Between visits to the salon, I (Dina) recommend that you use either a purple or blue-toned shampoo once a week. Redken & Unite are top quality lines at Hair Obsession.

It takes multiple sessions to blonde up dark hair like ours, and you have trust the process! For you, (Mia Sally), I've highlighted your hair all over, and now I'm going to add a base colour to break up your darker base. It'll go a little warm, but I'll tone it and maybe use a gloss. Next few times you come, we'll do a root re-touch and apply toner, because you have the all-over highlights. We'll add partial highlights down the road and continue root touch-ups; that's how we get you into a nice healthy blonde colour and keep you there.

Confie no Processo!

Quando o seu cabelo é tão escuro quanto o nosso, e quer que ele fique claro, temos que processar o cabelo em etapas, não apenas para que fique bem após a aplicação da cor, mas também permaneça saudável. Na indústria, categorizamos o cabelo em uma escala de níveis de 1 a 10; o nível 1 é o mais escuro e o nível 10 é o mais claro; ou seja, cabelo preto é 1 e cabelo loiro-claro é 10. Para enlourar cabelo como o nosso, que é basicamente preto, temos que ter paciência e fazer a transição aos poucos, através de um processo gradual na coloração dos pigmentos subjacentes. Começamos com o branqueamento, que vai de cor de laranja ao amarelo e ao amarelo pálido. A parte mais difícil da etapa de branqueamento é quebrar a cor de laranja!

Depois de descolorir para um amarelo pálido ou amarelo canário, aplicamos cores corretivas com diferentes toners para obter uma aparência específica. Se queremos um tom de cinza, usamos um toner verde; se quisermos um loiro esfumado, usamos um tonalizador de base azul, que também podemos aplicar em cabelos castanhos para obter tons de caramelo; e para neutralizar o tom alaranjado, um toner roxo funciona muito bem. Entre as idas ao salão, pode usar xampu roxo a cada três ou quatro vezes que lavar o cabelo; vai suavizar a cor de laranja imediatamente.

São necessárias várias sessões para atingir cabelo loiro, e deve confiar no processo! Para si (Mia Sally), apliquei as mechas aqui e ali no seu cabelo, e agora vou adicionar uma cor de base para quebrar sua raízes mais escuras. Vai ficar um pouco quente, mas vou tonificar e talvez usar um gloss.

Nas próximas vezes que vier, faremos um retoque de raiz e aplicaremos toner, porque já tem mechas totais. Adicionaremos mechas parciais e continuaremos os retoques de raiz; é assim que colocamos uma bela cor loira saudável, e a mantemos lá.



hair obsession

1627 henderson highway

204.338.9978
dina oliveira, owner



LIGA DOS COMBATENTES

Núcleo de Winnipeg

Notícia da Liga dos Combatentes - Decreto do Governo

A Central da Liga dos Combatentes de Lisboa, na pessoa do Sr. Secretário Geral da Liga, Coronel Lucas Hilário, enviou a seguinte notícia: todos os Combatentes do Ultramar dos anos de 1961 a 1974, que estiveram em Angola, Moçambique, Guiné ou S. Tomé e Príncipe, que não foram recebedores da Medalha das Comissões, tem direito a recebê-la.

Sejam ou não sócios do Núcleo da Liga de Combatentes de Winnipeg, desde que preencham o formulário que a Liga envia, podem receber esta Medalha de Comissões. Para isso precisam de se identificar, em como foram ao Ultramar nas Campanhas de Serviço para recebê-la agora.

Para mais informações, entrem em contato com o Núcleo da Liga de Winnipeg, Pedro Correia, Luis Vicente, ou Albino Felizardo, que ferão os possíveis por servi-los. Para mais informações:

- Pedro Correia: 204.228.1132
- Albino Felizardo: 204.781.0325
- Luis Vicente: 204.299.7897

Combatentes Portugueses;
Valores para serem levantados,
Mais Alto e Mais Além...

Combatentes League Notice - Government Decree

The central Combatentes League of Lisboa, via the league's Secretary-General, Colonel Lucas Hilário, emitted the following notice: all ultramarine combatentes between the years 1961 and 1974, who were in Moçambique, Guiné ou S. Tomé e Príncipe, and did not previously receive their Medal of Commissions, have the right to receive it.

Whether you are a member of the Winnipeg Núcleo of the Combatentes League or not, as long as you fill out a form prepared for this purpose by the League, you are eligible to receive this Medal of Commissions.

For more information, please contact Pedro Correia, Luis Vicente, or Albino Felizardo, who will do their best to serve you. Contact information:

- Pedro Correia: 204.228.1132
- Albino Felizardo: 204.781.0325
- Luis Vicente: 204.299.7897

Portuguese Combatentes;
Values to be lifted,
Onwards and Upwards...



REUNIÃO REGIONAL DE NÚCLEOS, EM COIMBRA

No dia 24 de janeiro de 2023, realizou-se no Colégio da Graça, sede da Liga dos Combatentes / Núcleo de Coimbra, a reunião regional de núcleos, visando intensificar os fluxos de informação e descentralizar a realização de contatos de forma a ampliar a frequência dos mesmos.

Com a presença de várias direções, bem como elementos da Direção Central, a reunião foi presidida pelo Tenente-General Chito Rodrigues que falou das temáticas inerentes aos órgãos presentes. As direções dos vários núcleos colocaram questões e procedimentos adequados ao seu funcionamento.

O presidente da direção do Núcleo de Coimbra, Tenente-Coronel João Paulino, fez uma breve descrição das atividades e modo de funcionamento do Núcleo, bem como do CAMPS 4 Coimbra – Centro de Apoio Médico, Psicológico e Social.

Também o presidente da ANTRN (Association Nationale des Titulaires du Titre de Reconnaissance de la Nation) congénere francesa em Portugal da Liga dos Combatentes, expôs a realidade da sua associação.

O Secretário-geral da Liga dos Combatentes, Coronel Lucas Hilário, também prestou esclarecimentos relativamente ao funcionamento diário dos núcleos, bem como outros assuntos sobre o funcionamento interno da Liga.

Após o almoço foi efetuada uma visita às instalações, com realce para o CAMPS e a Biblioteca, onde estava a decorrer a atividade Terças-feiras Ativas.

Notícia e foto de <https://www.ligacombatentes.org/coimbra-reuniao-regional-de-nucleos/>





COMBATENTES LEAGUE *Winnipeg* *Nucleus*

O website da liga encontra-se aqui: <http://www.ligacombatentes.org.pt/> e contém muitas notícias informativas para combatentes e seus familiares, incluindo a revista, que se acha aqui: <https://www.ligacombatentes.org/combatente-dez-2022/> e uma loja que vende artigos comemorativos tais como chapéus, t-shirts, e livros, aqui: <https://www.ligacombatentes.org/loja/>



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57
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EVENTOS 2023 Casa dos Açores WINNIPEG



- 11 de Fevereiro ~ Valentine's Day
- 18 de Fevereiro ~ Carnaval
- Março ~ Eleições/Assembleia Geral
- 18 de Março ~ Jantar do Bacalhau
- 8 de Abril ~ Jantar da Páscoa
- Maiο ~ Jantar do Dia da Mãe
- 19 de Maio ~ último dia de Peixe
- 26, 27, 28 Maio ~ Espirito Santo da SS Trindade
- Junho, Julho, Agosto ~ verão, so haverá eventos particulares marcados previamente
- 22 de Setembro ~ primeiro dia de Peixe
- 7 de Outubro ~ Celebra-se o 31º Aniversário
- 8 - 12 Novembro ~ XXI Semana Cultural
- 16 de Dezembro ~ Ceia de Natal
- 31 de Dezembro ~ Passagem do Ano



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MANNY GARCIA

Arquivo de Memórias | Archive of Memories



A Medalha Milagrosa e todo o seu misterio, teve origem em Paris, no dia 27 de Novembro de 1830. A Senhora das Graças apareceu a Santa Catarina Laboure, mais tarde uma voz a inquietava e disse:
E preciso fazer cunhar a medalha!"

Em 1832, foram feitas duas mil medalhas e distribuídas ao povo. Curas milagrosas começaram a acontecer. A Fé é que nos salva e consola.



MÃE DO CEU E DA TERRA
*Senhora de mil graças
 Mãe do Ceu e da Terra
 Por muito milagro que façás
 A sempre quem não esméra
 Como a serpente aos seus pes
 Para nos livrar do mal
 Sempre serás, e sempre és
 Rainha de Portugal
 Com seu manto azul do Ceu
 E seu olhar poderoso
 Seu lindo, ameno veu
 Cobre o coração doloroso
 Eis a medalha milagrosa
 Que vieste entregar a Terra
 Santa Mãe, muito bondosa
 Seu povo sempre a espera
 A uma pobre freira
 A quem foste o arco iris
 Nem no campo, nem na eira
 Foi num convento em Paris
 Na solidão do convento
 A Irmã Laboure deste a luz
 Foi um grande evento
 Para esta Irmãe Jesus
 Sentada numa cadeira
 Falaste com esta Santa
 Foste a vidente verdadeira
 Tua visão me encanta
 Santa Catarina Laboure
 Sua vidente terréstrial
 Levou sempre a sua fé
 Até a glória celestial
 Deu a ela a visão serene
 Da Medalha Milagrosa
 Senhora Mãe, só digo Amen
 Por esta oferta preciosa
 A Fé é que nos salvará
 Sempre dito por os antigos
 Seja na Terra o seja lá
 Salvai os amigos e inimigos*

Manny Garcia - 27 de Janeiro - 2023



*Desde do pobre até ao rico
 No instrumento era enchada o alívio
 Assim começaram as filarmónicas do Pico
 Por amor a música e paixão*

SÁBADO
7:00 PM

11
MARÇO

CASA DO MINHO

COMER. SABOREAR. DEVORAR.

FEIJOADA MINHOTA

APRESENTADO:
Cerveja QUINAS

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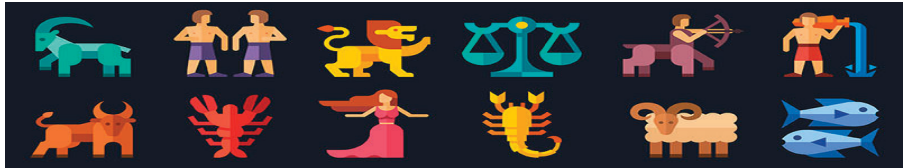
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Horoscope

<https://horoscopes.xtarot.com/love-compatibility.htm>



Love match												
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Aries												
Taurus												
Gemini												
Cancer												
Leo												
Virgo												
Libra												
Scorpio												
Sagittarius												
Capricorn												
Aquarius												
Pisces												
	Aries	Taurus	Gemini	Cancer	Leo	Virgo	Libra	Scorpio	Sagittarius	Capricorn	Aquarius	Pisces

Nuno Pereira *Photography*



Here's to a 2023 full of travel and adventure, night and day... Wheels Up and Safe Travels!



Nuno Pereira
PHOTOGRAPHER



Nuno Pereira
PHOTOGRAPHER

Nuno Pereira
PHOTOGRAPHER

Sabrina CARREIRA

Campeã Nacional U15

Sabrina Carreira nasceu em Setúbal, Portugal, filha de Talita Nascimento Carreira e Roberto Carreira; aos dois anos e meio, mudou-se com a família para o Brasil e, novamente, aos quatro anos, fixando-se definitivamente em Winnipeg, no Canadá. Uma auto-descrita "jogadora rápida e alta, que dá tudo de si no campo," esta aluna atenciosa da 10ª série do Vincent Massey Collegiate, também se destaca na sala de aula, com uma média de teste de 91% em matemática; "é a minha nota mais baixa," diz ela modestamente, com uma pontuação percentual de 95. "Também gosto de estudar ciências e geografia, bem como fotografia digital."

Em outubro de 2022, Charlottetown foi a cidade-sede do campeonato juvenil canadiano de futebol, e Sabrina saiu com os campeãs sub-15 de Manitoba 1v1: composta pelas guarda-redes, Sabrina Ramsey, Sara Zorniak e Summer Bell; as defensoras Sage Baldwin, Logan Waller, Marley Travassos, Madison Loureiro, Sadie Kyle, Hannah Wozniak e ela mesma; as meio-campistas Kate Paukovic, Eva Ambrose, Izzy Mann, Isabella Johnston, Brynn Cyrenne; e as atacantes Ella Santasieri, Amella Puskar, Brooke Bailey, Jillian Bellino e Ayra Findlay. Coach: Nano Romero.

"Alguns jogadores foram convocados de equipes mais jovens e se saíram muito bem," conta Sabrina. "Temos um ambiente de equipe tão favorável, onde nos conectamos através da batalha (no campo), nossos jogadores mais experientes procuram os mais novos."

"Nenhuma 'garota malvada' fora do campo?"

"De jeito nenhum!" ela abana a cabeça com veemência. "Somos todas amigas íntimas, assim como companheiras de equipe, e abrimos espaço para novas amigas." Ela continua explicando: "Há uma conexão diferente feita em campo,

por jogadores de uma equipe, e também, fora do campo, por pessoas que praticam esportes em geral. Essas conexões vão além dos esportes."

"Por que acha que é assim?"

"Existe um sentimento de confiança embutido, mais tácito. Você precisa de confiar nas suas companheiras, e saber, por exemplo, que quando passar a bola para elas, que estarão lá para subir; também, para saber onde vão estar enquanto carrega a bola e se prepara para passar... Quer dizer, você tem que antecipar os movimentos delas. Conheça-as através de suas ações e como elas se movem no campo, e não apenas o que elas dizem fora do campo."

"Você jogou durante a pandemia?"

Sabrina ri antes de responder: "Sim, mas apenas jogos de exibição. E era difícil usar máscaras dentro do salão. Além disso, parecia engraçado! Realmente não conseguia ouvir o que outros jogadores ou treinadores estavam dizendo. Nem na nossa equipe, nem na outra equipe..."

"Ouve as outras equipes em campo?"

"Na verdade, sim. Ajuda a ajustar o ritmo do jogo e nossas jogadas. Na verdade, durante as nacionais, quando jogamos contra Quebec, porque aquelas garotas falavam francês, e só uma ou duas na nossa equipe de Manitoba falam francês, ficamos muito nervosas."

"Existem diferenças entre as províncias?"

"Sim. A Colúmbia Britânica foi agressiva, vestindo amarelo. Elas entraram forte nos primeiros 5 minutos, mas nos ajustamos. Nós éramos mais amigáveis com Saskatchewan e Newfoundland, que se tornaram nossas amigas mais próximas."

"Você se divertiu?"

"Absolutamente! Meu treinador continuou nos dizendo 'Divirtam-se' e meu pai me disse toda a minha vida para me divertir; o futebol é um grande esporte, e divertido. Construímos memórias lá fora na 'batalha'. Eu amo jogar!"

"O que mais prática?"

"Pratico outros, quando não estou envolvida no futebol, que é sazonal de maio a novembro, e também jogo futsal misto de gênero e idade. O FC Manitoba vai arrancar dentro de semanas [altura da entrevista, meados de novembro] e danço na Associação Portuguesa."

"Qual foi o destaque do campeonato?"

"Se divertindo! Seramente! Ok, sim, foi um pouco estressante quando chegamos cada vez mais perto, mas pouco antes da nossa final, tínhamos a sensação de que iríamos vencer. Estávamos dançando para ficar animadas, antes do jogo, e eu percebi, olhando para os rostos das minhas companheiras (e amigas) que iríamos vencer. Estávamos confiantes."

"Algum conselho ou palavras de despedida?"

"Não dê ouvidos a ninguém além de si mesmo. É bom pedir conselhos, mas no final tem que fazer o que seu coração deseja! É você lá fora, no campo ou na vida. Ninguém mais. Você tem que fazer suas próprias tacadas, mesmo que alguém passe a bola para você. Você só precisa..."

"...chutar?!"

Sabrina afasta o cabelo dos olhos, o lindo rosto iluminado por um enorme sorriso. "Sim," ela diz rindo e balançando a cabeça, "**Just Kick It!**"

Pictured below: Winnipeg 1v1 Futbol Dreams Academy U15 girls soccer team

The Manitoba team won a National title in Charlottetown, defeating the host Province of Prince Edward Island, 2-0, in Monday's championship final at the University of PEI.



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editorial SPORT

Jorge Cabral

Viveu tudo isso... você realmente?

Minha primeira lição como pai-treinador aconteceu há 12 anos, quando eu, junto com outros dois treinadores, levei um grupo de meninos de 10 anos de Winnipeg em uma viagem à Inglaterra. Meus olhos brilharam de orgulho ao testemunhar os meninos competindo contra times juvenis de clubes da primeira divisão, enquanto pais e clubes em Winnipeg consideravam isso um desperdício de dinheiro e esforço. O que aprendi então é que precisamos educar os pais sobre o “por quê?” Não fomos assinar contratos. Fomos dar aos nossos meninos uma experiência de futebol em um país que tem o futebol costurado em seu tecido cultural.

“A maneira mais rápida de matar algo especial é compará-lo com outra coisa,” Craig Groeschel, Craig Groeschel Leadership Podcast

Em Manitoba, precisamos promover e celebrar nossos jovens jogadores de futebol. Como pais, precisamos deixar nosso orgulho a porta. Nossos filhos devem ser encorajados a apoiar e celebrar o sucesso uns dos outros. Esta é a minha segunda lição como treinador, desde a viagem a Inglaterra. Não precisamos que nossos filhos sejam o próximo Cristiano Ronaldo. Ronaldo já tem seu lugar neste mundo; nossos filhos precisam de criar seus próprios lugares neste mundo, e viver e brincar no momento.

Winnipeg passou por uma tremenda mudança no futebol juvenil nos últimos anos. Desde 2019, quando os limites territoriais do clube foram abolidos e os padrões foram estabelecidos, e as academias privadas foram autorizadas a participar do jogo da liga. Podemos debater os prós e contras das fronteiras abertas o quanto quisermos. No final das contas, o que devemos focar é que TODOS os jogadores jovens que querem jogar, e todos os pais que querem ver seus filhos jogarem têm uma equipe para jogar.

Nosso sucesso recente no nível do Campeonato Nacional de Clubes não veio por causa de limites abertos ou de uma equipe “empilhada.” Veio do investimento na formação de treinadores e em permitir que os jogadores joguem onde quiserem; isto é, oferecendo escolha. Agora, aqui está a parte difícil que muitos em nossa comunidade de futebol

não vão querer ouvir ou aceitar... Há um segmento da população jogadora nos dois maiores mercados canadenses de futebol juvenil, Ontário e Quebec, que não compete nesse Nível nacional. A Ontario Player Development League, (OPDL), fundada em 2014, e a Première ligue de soccer du Québec (PLSQ), fundada em 2012 (uma divisão feminina foi adicionada em 2018) consistem em clubes que recrutam os melhores jogadores em suas regiões. Esses clubes empregam treinadores pagos, que podem ganhar cerca de \$50.000+ por ano para treinar uma equipe, enquanto os treinadores em Winnipeg, para comparação, são voluntários ou ganham \$1.800 por ano para ajudar a compensar custos.

Se os treinadores pagos nas ligas de alto desempenho de Ontário e Quebec não desenvolverem jogadores para equipes nacionais, bolsas pós-secundária ou equipes profissionais, eles não treinarão por muito tempo. Em Winnipeg, nos concentramos em obter o troféu e a medalha da Associação de Futebol Juvenil de Winnipeg. Agora, antes que a minha Tia Anna e o Tio José arrancarem-me a cabeça porque o filho Rui, que acaba de ganhar uma medalha de ouro, não vai conseguir o seu objectivo de ser recrutado para o Sporting CP, jogando com jogadores que só querem “divertir-se,” deixe-me explicar melhor comparando o número de jogadores jovens registrados nas três províncias.

Em 2019, Manitoba tinha 9.877; Ontário tinha 217.943; e Quebec tinha 140.427 jogadores jovens registrados¹. Não consegui encontrar nenhuma literatura que afirme que essas ligas de alto desempenho foram criadas para impedir os jogadores de jogar. Na minha opinião, era para ser o oposto; isto é, para encorajar os jogadores a jogar. Antes da criação dessas ligas, a última medalha de ouro em Manitoba foi em 1990. Ao tirar cerca de 3.000+² dos melhores jogadores de Ontário do Campeonato Nacional de Clubes, as províncias com um grupo menor de jogadores têm um evento nacional no qual podem competir.

O recente sucesso da equipe 1v1 U15 Girls de Manitoba em ganhar a medalha de ouro no National Club Championships é louvável, e traz consigo, um novo desafio.

¹ <https://www.canadasoccer.com/wp-content/uploads/2020/11/2019-CS-Annual-Report-EN.pdf>
² <https://www.ontariosoccer.net/high-performance>



Esta equipe agora enfrenta o que todas as outras equipes de Manitoba que conquistaram medalhas ou obtiveram sucesso fora de nossa província enfrentaram. Como podem continuar a se desenvolver aqui? Elas podem fazer isso sem a sua estrutura? Separá-las parece coisa errada. Elas precisam de competição fora de Manitoba, e temos que celebrar e apoiá-las, não importa a que clubes pertencemos ou por que queremos que nossos próprios filhos joguem.

Eu vivi tudo isso?

Eu vivi minha própria experiência, e o que vivi não me torna um especialista no assunto, nem fornece as respostas para os problemas que enfrentamos em nossa província quando se trata de desenvolver jogadores. Isso me dá uma perspectiva prática que, de outra forma, não teria ao refletir sobre o passado e moldar um futuro justo. Tenho arrependimentos? Claro que eu tenho! Eles são meus e somente meus, e a única pessoa que responsabilizo sou eu mesmo. E essa é minha terceira lição para compartilhar, e a mais importante de todas, que eu daria.

Responsabilize-se pelo que fez e pelo que não fez. Nossos filhos não devem ser os que assumem nossa falta de responsabilidade nesta província. Quero que meus filhos e os jogadores que treino ou treinei aproveitem essa experiência, aprendam com seus erros, apoiem e comemorem seus companheiros de equipe e, finalmente, retribuam ao jogo que espero que eles amem.



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Convocatória

Assembleia Geral Ordinária

Nos termos do capítulo V, artigo n.º 33, parágrafo II, dos estatutos da Associação Portuguesa de Manitoba Inc., venho por este meio convocar todos os sócios, no pleno gozo dos seus direitos, para a Assembleia Geral Ordinária, a realizar no dia 5 de Março de 2023, pelas 15 horas, na sede desta Associação, sita na Young Street, n.º 659, em Winnipeg, com a seguinte ordem de trabalhos:

- Leitura, discussão e aprovação da Ata da Assembleia Geral anterior, referente ao ano de 2022;
- Apresentação, discussão e votação do Relatório de Actividades e Contas do exercício do ano de 2022, bem como o parecer do Conselho Fiscal;
- Apresentação de listas candidatas aos Órgãos Sociais, para o próximo mandato, nomeadamente:
 - Mesa da Assembleia Geral;
 - Direcção; e
 - Conselho Fiscal.
- Votação e eleição dos Órgãos Sociais; e
- Outros assuntos de interesse para a Associação Portuguesa de Manitoba Inc.

Por favor note que a Assembleia Geral iniciará à hora marcada se estiverem presentes 10 por cento dos associados com direito a voto, ou meia hora depois, com os associados presentes.

Winnipeg, 26 de Janeiro de 2023.
A Vice-Presidente da Assembleia Geral
Nancy M. Gonçalves, Dm.

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JOSÉ (JOE) HORÁCIO FERREIRA
October 25, 1951 – January 15, 2023

Surrounded by his loved ones, José (Joe) Horácio Ferreira, loving husband, father, father-in-law and grandfather died peacefully on January 15, 2023 at 71 years of age. He was pre-deceased by his parents Irene and Manuel Ferreira, brothers Manuel Ferreira and John Ferreira, sister-in-law and brother-in-law Maria de Lourdes and Manuel Santos Machado, and brother-in-law Andrew Di Rado.

He leaves to cherish his memory the love of his life Maria, along with his daughters Lucy (Alan), Christine (Paul), Tracy (Jason), and his grandchildren Savana, Gavin, Alessio, Amare, Zander and Ellie. He also leaves to mourn his brother Gil (Donna), sister Rosa as well as his sister-in-laws Maria and Luisa, cousins, Godchildren, many nieces, nephews and friends.

Joe was a caring and friendly guy and always made friends wherever he went. He always loved a good time and made sure to crack a few jokes, right to the end. He loved his family; they were his pride and joy. He made unique connections with everyone in his own special way. Joe loved his polka dancing and would make sure to swing his wife, daughters or granddaughters onto the dance floor whenever he had the opportunity. He enjoyed sports and never missed a Montreal Canadiens or Jets game. Our world is shattered without you and we will never stop missing you. We love you so much.

The family would like to thank the staff at St. Boniface hospital for the amazing care and support they provided to Joe and the rest of the family during this difficult time.



As per Joe's wishes cremation has taken place. A private service to celebrate his life has been arranged. In lieu of flowers, donations in memory of Joe can be made to the Heart and Stroke Foundation.

ANTÓNIO "TONY" MANUEL REIS
July 11, 1964 – January 9, 2023

It is with great sadness we announce the sudden passing of António "TONY" Manuel Reis, loving husband, father and grandfather peacefully on January 9, 2023. He was pre-deceased by his parents Manuel and Leonor. He leaves to cherish his memory the love of his life Nélia, along with his daughters Brittany (Alex), Chelsea, Courtney (Christian), and his grandchildren Manuel and Emelia. Also, his best friend; his dog Daisy. He also leaves to mourn his in-laws António & Eduarda Garcia, sister-in-law Delfina & Tony, nieces, close cousins Susy and Rui, as well as cousins, aunts, uncles and godchildren.



Tony was a caring, friendly guy he made friends everywhere he went and always loved a good time, he loved laughter, music and people, if it was up to him, the music was always loud and of all genres English and Portuguese. He loved movies and was always up to date on the new and old. He was a huge soccer fan and would follow all the leagues, he also loved hockey and always watched his Winnipeg Jets and the occasional Blue Bombers game. He loved his girls more than anything, they were his pride and joy, and within the last year enjoyed the life of being an amazing grandfather with his two grandbabies.

Our world is shattered without you and we will never stop missing you. We love you so much.

Prayer Vigil was held on Friday, January 13 at Immaculate Conception Roman Catholic Church. Funeral Liturgy was celebrated on Saturday, January 14, also at the church. Interment followed in Assumption Roman Catholic Cemetery.

When tomorrow starts without me

When tomorrow starts without me, please try to understand. That an angel came and called my name, and took me by the hand; The angel said my place was ready, in heaven far above, And that I'd have to leave behind all those I dearly love.

But when I walked through heavens gates, I felt so much at home, for God looked down, smiled at me, and told me "Welcome Home."

So, when tomorrow starts without me, don't think we're far apart, for every time you think of me, I'm right there in your heart. ~Unknown



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Obituaries

LUIS DO REGO SOUSA

It is with immense sadness that we announce the passing of our father, Luis Do Rego Sousa, on Monday January 16, 2023.

With his sons and family members at his side, Luis went to be with our Heavenly Father. Luis is predeceased by his father António Sousa, mother Rosa Cabral, wife Maria Lurdes Sousa and daughter Susie Silveira.



Remaining to cherish in Luis memory are his loving sons António Sousa (Sonia), Nelson Sousa (Naide), Robert Sousa (Teresa), Son-In-Law Paulo Silveira, and Grandchildren Monica Sousa, Miguel Silveira, Luis Sousa, Nicolas Silveira, Makayla Sousa, Jeremy Sousa, and Joshua Sousa.

Also to cherish in his memory is his Sister Valdomira Paquete (Pre-Deceased Fransisco) and Brother Manuel Sousa (Maria Dos Anjos).

He will be deeply missed by many extended family and friends as he was beloved by many.

Luis was born June 5, 1946 in Faja De Cima, São Miguel, Açores. He worked at Tatra Ornamental Iron Works for 40 plus years and held many positions. He was a master craftsman of his trade and his work can still be seen today in many parts throughout the city. He enjoyed sharing his knowledge and mentoring those around him. He cultivated many friendships through these years and experiences.

Luis met the love of his life, Maria Lurdes Sousa, in their town of Faja De Cima and were married on May 24, 1970. They immigrated to Canada in 1971 and were blessed to spend 44 years together, where they made many happy memories with their four children.

We have no words to express how grateful we are to all our family and friends who have been a comfort during these days. Thank you for your love, prayers, and support.

We would also like to thank the staff at Grace Hospital who cared for him during his stay, as well as Cropo Funeral Chapel for their care and guidance. A special thank you to Father André Lico, who provided comfort to our dad in his last hours.

Viewing took place on Monday January 23, 2023 at Immaculate Conception Parish with Mass of Christian Burial. Interment followed at Assumption Cemetery.

Pallbearers are sons António Sousa, Nelson Sousa, Robert Sousa, Son-In-Law Paulo Silveira, Grandsons Miguel Silveira, Luis Sousa, Nicolas Silveira, Jeremy Sousa and Joshua Sousa.

Descanse em paz querido Pai.



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'Frasier': Anders Keith Cast As Niles & Daphne's Son; Jess Salgueiro Also Joins Paramount+ Sequel Series

 By **Nellie Andreeva**
January 25, 2023 10:00am



(l-r) David Hyde Pierce as Dr. Niles Crane, Jane Leeves as Daphne Moon, Anders Keith and Jess Salgueiro
NBCUniversal/Getty Image/Shari Correll/John Lamparski/WireImage

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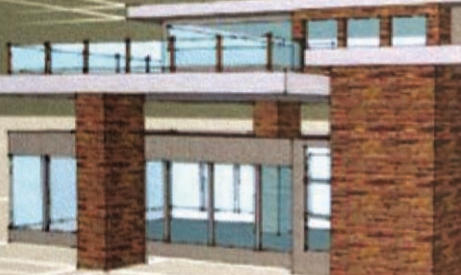


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