

# Navegante Cultural



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*Edson Arantes do Nascimento— Pelé*  
October 23, 1940—December 29, 2022

## O REI & O MAIOR

*Cassius Marcellus Clay, Jr— Muhammad Ali*  
January 17, 1942—June 3, 2016





## ***O Rei & O Maior***

On the cover is an iconic photo of a kiss between Pelé and Muhammad Ali taken in 1977. The historic moment was captured by many photographers at Pelé's farewell game with the New York Cosmos at Giants Stadium.

Ali, *O Maior*, was the special guest of Pelé, *O Rei*, on the field. Pelé recalled the moment: *There was Ali, I gave him a kiss and started to talk to the stadium, but all I could say was 'Please say with me three times: love love love'; [I said it] three times, with my fist in the air.'*

*It was the 70s, a politically charged time all around the world, and the two superstars represented two very different positions in the fight for civil rights. On one side was Ali, a vocal advocate for black pride and equality, who was considered by many a civil rights icon. On the other side was Pelé, who had been criticized by many Afro-Brazilians for his apolitical stance on social issues that touched on race, class and Brazil's military dictatorship.*

*excerpt from <https://remezcla.com/features/sports/muhammad-ali-pele-racial-politics/>*

Below is one of several published photos captured by countless sports photographers at innumerable games -- Pelé's famous bicycle kick.



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*Navegante  
Cultural*



celebratory events, to produce and disseminate literature and works of art and political writings and documentaries to encourage awareness and promote reflection upon the damaging and evil colonial legacy of race politics and its collateral damages such as "modern" western slavery.

*It is no secret that the Portuguese were the first slavers in the "modern" sense, which we assign to the time period beginning roughly during the so-called "age of discovery" in the fifteenth century. Granted it was not the only empire to have participated in the unconscionable transport and sale of human beings, which sadly also included tribal peoples anxious to dispatch with their traditional enemies in exchange for goods or favours, but it was the first empire documented to have taken advantage of a transatlantic opportunity, and no matter how much rhetoric we hear about how it was "not the worst empire," nothing except ongoing efforts to tell the truth and make things right can assuage the horrific legacy of what men do when driven by arrogance and avarice.*

*Pictured above is Gughanana, the Lion King of Gaza, who was taken by the Portuguese and exiled to the island of Terceira in the late 19th century, after a short stay in Lisbon, together with his seven wives and a few members of his royal court, where he would die at the turn of the century in 1906, after 11 years in exile. Slavery had already been abolished in Portugal and Brazil for almost 140 years, by that point. The abolition of slavery in continental Portugal had been decreed by the Marquis of Pombal in 1761, but the transatlantic slave trade was not formally outlawed until 1836, by the Marquis Sá da Bandeira. The use of slaves within the African Portuguese colonies, however, was not completely abolished until 1869, and slavery was only truly abolished in Brazil in 1888, although slave trading had been illegal since 1850.*

*Pelé died late last year on December 29, 2022, marking the end of a soccer era absent of the openly discussed contemporary politics of colonialism and race and their complex inter-sections with capitalism across global football teams, continental championships, and as we so recently saw in Qatar, FIFA world cups.*

*On the cover is a black and white photograph taken of two "black giants" in mid-kiss at Giants Stadium in 1977 New Jersey, USA; one a vocal American advocate for civil rights; the other an apolitical Brazilian who kept quiet on political issues-- both now gone. What have we learned from them and since then? What can we learn to do better today, than we did yesterday?*

## Letter from the Editor / Carta da Editora

### February is Black History Month

*Begun in the USA, this short and significant month has lately been grabbing global attention for the opportunity it provides, among*



### Fevereiro é o mês da História Preta

*Iniciado nos EUA, este curto mês vem chamando a atenção do mundo nos últimos tempos pela oportunidade que oferece, entre eventos comemorativos, de produzir e divulgar literatura e obras de arte e documentários políticos para sensibilizar e promover a reflexão sobre o legado colonial da política racial e seus danos colaterais, como a escravidão ocidental "moderna."*

*Não é segredo que os portugueses foram os primeiros escravagistas "moderno," que atribuímos ao período iniciado aproximadamente na chamada "época dos descobrimentos" no século XV. Concedido, não foi o único império a ter participado do transporte e venda de seres humanos, que também incluíam povos tribais ansiosos para despachar seus inimigos em troca de bens ou favores, mas foi o primeiro império documentado a ter tomado vantagem maligna de uma oportunidade transatlântica,*

*e não importa quanta retórica ouçamos sobre como "não foi o pior império," nada, exceto os esforços contínuos para dizer a verdade, pode amenizar o terrível legado do que os homens fazem quando impulsionados por avarice.*

*Na foto em cima está Gughanana, o Rei Leão de Gaza, que foi levado pelos portugueses e exilado para a ilha Terceira no final do século XIX, após uma curta estadia em Lisboa, juntamente com as suas sete esposas e alguns membros do seu corte real, onde viria a falecer no virar do século, em 1906, após 11 anos de exílio. A escravidão já havia sido abolida em Portugal e no Brasil há quase 140 anos, a essa altura. A abolição da escravatura em Portugal continental tinha sido decretada pelo Marquês de Pombal em 1761, mas o comércio transatlântico de escravos só foi formalmente proibido em 1836, pelo Marquês Sá da Bandeira. O uso de escravos nas colónias portuguesas africanas, no entanto, não foi completamente abolida até 1869, e a escravidão só foi abolida no Brasil em 1888, embora o comércio de escravos fosse ilegal.*

*Pelé morreu no final do ano passado em 29 de dezembro de 2022, marcando o fim de uma era de futebol ausente das políticas contemporâneas abertamente discutidas; de colonialismo e raça e suas complexas interseções com o capitalismo nas equipes globais de futebol, em campeonatos continentais e, como vimos recentemente em Catar, copas do mundo da FIFA.*

*Na capa há uma fotografia em preto e branco tirada de dois "gigantes pretos" em meio beijo no Giants Stadium em 1977 em Nova Jersey, EUA; um, defensor americano dos direitos civis; o outro, um brasileiro apolítico que se mantinha silêncio em questões políticas - ambos já falecidos. O que aprendemos com eles e desde então? O que podemos aprender para fazer melhor hoje, do que fizemos ontem?*



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# Table of Contents

## Highlights

Sports Editorial .....	6
homen & mulher em Style .....	8
Esthetics & Blessings; Winning & Learning .....	10
Food & Drink, by Eduarda Gil .....	12
Back to Back: Mia & Dina .....	16
Página dos Combatentes .....	18
Comunidade em Vista .....	20
Manny Garcia - Arquivo de Memórias .....	22
Horoscope .....	23
Nuno Pereira, Photography .....	24
Black History .....	26
Obituaries .....	29
Community .....	31



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## Lunch Club 2023! The Club on Sargent

f. Chef "King Kong" Gravito ..... 14

## Café no Delta Club

fotos da "reno"..... 15

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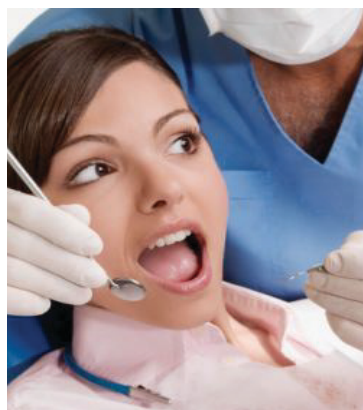
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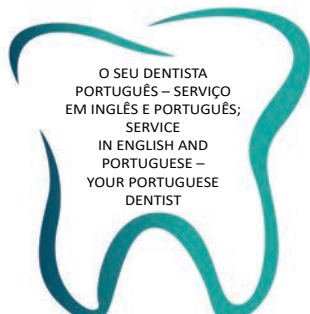
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# editorial SPORT

Jorge Cabral

Winston Churchill said, "Those that fail to learn from history are doomed to repeat it."

Do we celebrate Black History Month, or do we use those 28 days every February, with an extra day every four years, as a month-long opportunity to learn from our past mistakes?

It is important to reflect on and celebrate the tremendous impact that black athletes have had on sports and our society as a whole. From Jackie Robinson breaking the color barrier in baseball, to Serena Williams dominating the tennis court, black athletes have used their talents to not only excel in their respective sports, but to use the platform of competition to create awareness of social justice and equality.

Creating awareness about, instead of just fighting for social justice and equality, provides a better outcome in society as there is no winner and loser when you make someone aware, and as a result, people are open to change for the better.

One of the most famous and influential black athletes of all time, Muhammad Ali, once said, "I am the greatest, I said that even before I knew I was." Ali's confidence and self-belief made him one of the greatest boxers of all time as well as a cultural icon and symbol of black excellence. His legacy still resonates today, inspiring future generations of black athletes to strive for greatness and create their own legacies.

**Learning from history is crucial to prevent repeating the mistakes of the past.**

Tommie Smith and John Carlos's "Black Power" salute at the 1968 Olympic, a powerful moment of protest against racial discrimination and oppression, is a prime example of how sports and activism intersect. In an interview years later, Smith stated, "We weren't just athletes, we were human beings who saw a need to bring attention to the inequality in our country." Their actions, while controversial at the time, have since been recognized as a pivotal moment in the awareness of civil rights.

In a world where our identities are often shaped by external factors, it is crucial to question who has control over how we are identified whether it be in a label or an image.

Actor Idris Alba spoke about the limitations of identifying as a "Black actor," recognizing that such labels restrict aspirations and growth. Instead, he urged us to move beyond labels and recognize that our skin color is only one aspect of who we are.

Labels can represent a powerful tool for identification, but they can also be limiting and restrictive. In a society often obsessed with race and identity, it is important to remember that we have the power to break free from the restrictions that others may try to impose.

Black athletes have demonstrated the power of creating their own labels by breaking barriers and shattering stereotypes -- defying expectations and pursuing their passions with hard work, determination, and self-belief, showing that anything is possible.



**"Impossible is Nothing" ~Adidas?!**

Black Athletes who have not allowed society's limitations to restrict their potential have created own legacies instead. In contrast to political Ali, the late soccer star Pelé was reknown for being publicly apolitical, preferring instead to let his feet do the talking, become one of the greatest footballers of all times in the process.

Let us take inspiration from such athletes and follow their lead, by creating our own labels, while rejecting the restrictive labels given to us by others; if we must, let's use them as opportunities to define ourselves on our own terms. When we self-create our own labels and refuse to be restricted by others, we can achieve our full self-potential and create positive change in the world as we see and create ourselves.

## Chief Editorial Note:

Saatchi & Saatchi Advertising Worldwide pitched the slogan "Nothing is Impossible" to Adidas in the 1990s. After what co-presenter



Peter Levitan, author of "The Levitan Pitch. Buy This Book. Win More Pitches" calls 'the worst advertising presentation -- ever' in [peterlevitan.com](http://peterlevitan.com), they lost the account, and Adidas and their agency, Leagas Delany, eventually flipped the slogan to "Impossible is Nothing," some 20 years later.

Saatchi and Saatchi's stolen slogan catapulted one of the most successful advertising campaigns in sports-apparel history, competing directly with Nike's global-monster, **Just Do It**.


Adidas and their agency come off as the worst kind of intellectual property thieves to those in the know. In my ethical framework, passing off someone else's creative work as your own, even if you give it a flip or spin, is far WORSE than stealing someone's car or bicycle.

At Navegante-Cultural, we write, take, or source all stories and photos. Perhaps it is my academic background and near-phobic fear of plagiarism as Editor.in.Chief, but I am sensitive to intellectual theft; so much so, that I consult two lawyers: Nancy G. Goncalves for Contracts; and Silvia V. de Sousa for Intellectual Property.

**A label is a slogan in the advertising world.**

Some folks (think Mad Men and the real-world kingmakers on Madison Avenue, who gave near-godlike status to scotch-drinking well-coiffed men with huge egos and even bigger libidos in the capitalist, consumerist America of the last half of the previous century), have made a lot of money from what is basically "sloganeering."

Curious point of fact, Adidas was born of a rift between two brothers after WWII; from which Puma was also birthed into apparel-existence. Levitan, picture above from [peterlevitan.com](http://peterlevitan.com), pitched the slogan together with Maurice Saatchi, and would ask Adidas executives years later, "Why did you steal the slogan?"



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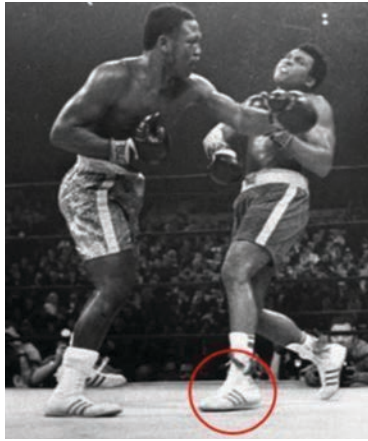
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Levitán's answer can be deduced from the vicious rivalry between German brothers Adolf and Rudolf Dassler; pictured above, "who created the sports equipment brands Adidas and Puma respectively almost 60 years ago, (and) hated each other to the point of inhumanity because of brutal commercial competition. They resorted to the most shady dealings, mafia methods and suburban tricks to unseat the rival and place their companies at the top. They fought together on the Belgian front during the Great War; the rest of their lives they would fight each other..."

Their children and grandchildren, who inherited the business and continued the rivalry with sustained viciousness, perpetuated a family feud that is still going strong. The Dutch journalist Barbara Smit writes about the feud and its corporate consequences in a book entitled "Blood Brothers" published by LID Editorial. She also analyzes the two mythical brands that invoice billions a year and have swarms of consumers identifying with their idols through outfit brands that began with Adolf's -- Adi as he was called; hence, Adidas -- breakthrough in putting running shoes on Berlin Olympic athlete, black champion runner Jesse Owens.

"The pair were quick to sneak their wares into the Olympic village at the 1936 Berlin Olympics. An economic injection, contemplating sport as the perfect mirror to show the world the Aryan perfection. But it was the Jesse Owens Games. To the annoyance of Hitler and his head filmmaker Leni Riefensthal, the black athlete hung the golden glory four times in front of blond boys with blue eyes. The feat contained a secret: Jesse was wearing spiked shoes by Adi Dassler. The company was beginning to take off from the hand -- and feet -- of a slight boy from Alabama."

<https://en.esloganmagazine.com/adidas-and-puma-the-story-of-two-brothers/>



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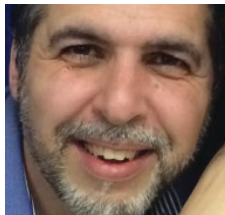
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# homen em STYLE

Paulo Bergantim

Courtesy of an idea to take a look at what's new in hats for 2023, given to me by my beautiful wife Rosy, I returned to one of my favourite fashion websites this issue to see what they had to say, and as always, Real Men's Style did not disappoint!

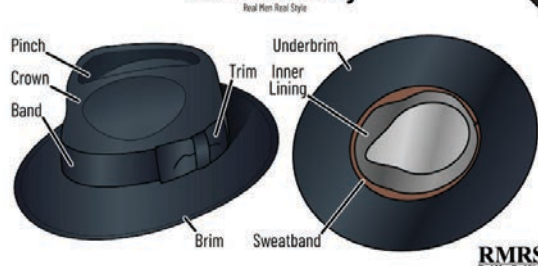
For the full article, go to: <https://www.realmenrealstyle.com/mens-hats-ultimate-guide/> Below are excerpts with my comments.

I found an article called *The Ultimate Guide to Men's Hats*, which had been updated this past January. I was in luck!

The fashion-experts over at RMS start with the basics, defining what a hat is, and diagramming the parts of a hat. So, what is a hat? RMS provides a standard dictionary definition from Merriam-Webster.

1. a "a covering for the head usually having a shaped crown and brim."
2. a distinctive head covering worn as a symbol of office."

## Hat Anatomy



The hat is an ancient article of clothing, dating back to the Greek Petasos, which was developed in Thessaly, and made with felt or straw. At some point along the way, it developed into an army helmet, and then branched off in many different directions over the centuries up until now, ranging from fedoras to baseball caps.

Speaking of which, let's start with the fedora: should you wear it? Or more bluntly, do you have the *class* to wear it?

*The Fedora* started as a woman's hat in 1882. It became popular as worn by the main character in a play – a woman named Fedora. It was an iconic part of women's fashion for years, until Prince Edward of Britain began to wear the hat.

The fedora is usually made of felt with a height of 4.5 inches. The crown of a fedora has an indentation along the top and on each side. It is circled by a band and the brim usually has a width of 2.5 inches.

So should you wear it? If you're the kind of guy who loves sport coats and blazers, then by all means, go! But keep the rest of your look classic (remember, you're not a rock star or free agent baller waiting for a 7 figure grid-iron contract) -- this means suits, dress shirts, slacks, dress shoes, and so on. Keep it classy!

*The Trilby* is often confused with a fedora due to its similar look, but it's not the exactly the same, although like the fedora, it has its roots in theatre, getting its name from George du Maurier's novel, "*Trilby*," which was adapted into a live performance in 1894.

It didn't take long for the British nobility to popularize the hat, wearing it to horse races and such -- maybe cricket or polo matches, also; who knows? The main difference between a trilby and a fedora is the width of the brim, which is an inch or less. Apparently, the hat is best for smaller men, given its smaller brim. Or maybe if you're wearing a brown tweed suit and a cream-coloured silk aviator scarf.



## Guide To Hats

Real Men Real Style

Trilby

RMRS  
Real Men Real Style

*The Panama Hat* resembles a fedora, but for one key difference: straw.

According to the article, "*during the 1500s and in the midst of the Spanish conquests, the conquistadors began noticing the elegant headwear sported by the natives of Ecuador. The hats were woven with straw. However, they were so well made that the Spaniards believed the material to be vampire skin.*"

The finer the fibers in the hat, and the closer they are in color, the higher quality the hat. But questions of quality aside, should you wear it?

If you want to make a great statement in the Summer or you live in a hot climate, the answer is yes. The Panama keeps the sun out, so that your head doesn't get hot underneath.



FEDORA



TRILBY



PORK PIE HAT



HOMBURG

RMRS  
Real Men Real Style

*The Porkpie* is another hat that made its debut as a women's hat, in the 1830s, but it was adopted by men at the turn of the century.

The crown has a circular pinch lining a flat top, which likens to a British meat pie -- hence the name, "porkpie." Its brim is angled upwards at the edges. The hat became popular during the silent film era due to silent film actor Buster Keaton's love of them; he is said to have owned thousands! It became popular with college students of the day and made a return in the 50s.

The character of Walter White, in the AMC series "*Breaking Bad*" re-popularized it for this century. Should you wear it, though? Sure! Why not? "It's classic, versatile, and stylish," according to RMS and might make you look like a bad-ass with nothing left to lose...

Other notable hats include *the Akubra*, an Australian variant of the Fedora, allegedly derived from the Aboriginal word for "head covering," which was created in Australia by Dunkerly Hat Mills Ltd in 1911.



FLAT CAP



NEWSBOY



WATCH CAP



USHANKA / TRAPPER

RMRS  
Real Men Real Style

Then there is *the flat cap*, which was first used in 1571, I was surprised to find out! The flat cap is made of wool and round in appearance. There is a fancier variant called *the Newsboy*, which is also known as *the Gatsby*, *the Ivy*, or *the Cabbie*; popularized recently by characters in the hit BBC show, "*Peaky Blinders*."

Should you wear it? Hell yeah! Think of it as a different kind of baseball cap. The flat cap can ramp-up any look, even blue-jeans and sneakers.

And last but not least, we finish strong with *the Baseball Cap*. Of all the men's hats, none is so popular. It was made in 1860s from straw, and first used by sports teams. It became acceptable as a sporty fashion statement by athletes on and off the field in the 1970s, and also by truckers, who were given promotional ballcaps by trucking companies to help advertise their trucks.

Should you wear it? Would you even listen to me if I said, no? Of course you should wear it, but keep it casual -- "it is only meant to be worn in the most laid back of scenarios. Do not take this into the office or a job interview, but enjoy it at the family barbeque."

These are the most popular styles of culturally relevant hats worn in the western world. It is not a global list by any means, nor does it include some of our traditional Portuguese head coverings worn as symbols of office or trade.





# mulher em STYLE

## Manny Martins-Karman

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

Many of you have told me ... "with your smile and confidence, you could pull off a paper bag."

Well, here it is. The Paper Bag!

My daughter draped several bags on my body, then finished the look with a few accessories and a bold lip in Demon. Did I "pull it off"!??

It really doesn't matter what you wear. If it makes YOU happy, you will project the same to those around you. Isn't that what it's about? Spreading joy and happiness?!

Unapologetically dress for yourself and #wearwhatmakesyouhappy

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

Muitos têm me dito ... "com seu sorriso e confiança, você poderia usar um saco de papel."

Bem, aqui está. O saco de papel!!

Minha filha colocou várias bolsas no meu corpo, depois finalizou o look com alguns acessórios e um lábio ousado em Demon. Eu "consegui"!?

Realmente não importa o que você veste. Se isso te faz feliz, você projetará o mesmo para as pessoas ao seu redor. Não é disso que se trata? Espalhando alegria?!

Vista-se sem remorso e #useoquefazvocêfeliz

**Day 7 of our Eastern Caribbean cruise.**

I used this time to process events from the past 8 months. You see, I'm a "glass half-full" kinda gal. I tend to push away traumatic things and focus on the positives. While that is great to get me through immediate pain and stress, it doesn't help me accept and cope with the trauma.

If you are new here, I broke my ankle in June and had reconstructive surgery. This was a blessing in disguise. I had a CT to rule out a blood clot and they discovered a tumor in my lung. There were several unsuccessful attempts at a biopsy, so I had surgery December 1st to remove my lower left lobe (lobectomy). Fortunately it was caught early and I didn't need any chemo or radiation. Now I just have to be monitored yearly.

So ya! That's alot to unpack. The sea and sun, for me, are great healers. Cheers!



**Dia 7 do nosso cruzeiro no Caribe Oriental.**

Usei esse tempo para processar eventos dos últimos 8 meses. Como vê, eu sou um tipo de garota de "copo meio cheio." Costumo afastar as coisas traumáticas e me concentrar nos aspectos positivos. Embora isso seja ótimo para me livrar da dor e do estresse imediatos, não me ajuda a aceitar e lidar com o trauma.

Se você é novo aqui, quebrei meu tornozelo em junho e fiz uma cirurgia reconstrutiva. Esta foi uma bênção disfarçada. Fiz uma tomografia para descartar um coágulo sanguíneo e descobriram um tumor no meu pulmão. Houve várias tentativas malsucedidas de biópsia, então fiz uma cirurgia no dia 1º de dezembro para remover meu lobo inferior esquerdo (lobectomia). Felizmente foi detectado cedo e não precisei de quimioterapia ou radioterapia. Agora só tenho que ser monitorado anualmente.

Então sim! Isso é muito para descompactar. O mar e o sol, para mim, são grandes curadores. Saúde!



# KARMA esthetics and life's blessings



Anabela  
&  
Camara

**P**edicures; have you ever had one? I have had ladies (and men) sitting in my pedicure chair and getting one either for the first time, or telling me that they are trying to convince their wife, husband, mother, father, aunt, etc., to come in and have their feet taken care of, for their first time.

Before I get into the most common issues, the first thing you should look for when walking into any salon, is that they are licensed; the staff are knowledgeable; and the equipment and tools are clean (sterilized, and sanitized). Don't be afraid to ask your esthetician questions; after all, they are your feet! You want someone who cares to listen to your concerns, if you have any.

Some people get pedicures for the pure pleasure -- they like the foot/leg massage, and painted toenails, while others get pedicures as a necessity, because they have problems with either an ingrown toenail, toenail fungus, corns, planters warts, or calluses that crack or bleed.

This article is part one of a series of three on: one, toenails; two, corns and planters warts; three, calluses and cracked heels. I'm starting with toenails and some common problems here:

**Ingrown toenails** occur when the corner or side of a toenail grows into the soft flesh of the toe. An ingrown toenail is caused by many things such as cutting nails too short, or not straight across, wearing tight and improper shoes, sustaining an injury to the nail bed, or if the nail plate is too large for the toe. Signs of infection are redness, swelling, pus and fluid.

**Gout, or a bunion** on the side of the toe may be mistaken for an ingrown toenail; consulting with your esthetician or doctor is advisable.

**Toenail Fungus** is an infection of the nail that gets in through cracks on your nail or cuts in your skin, it can look white or have yellowish-brown spots under the nail bed, and the nail can become extremely thick. If left untreated, it can spread to other toenails, skin, and fingernails.

Some people are at higher risk for toenail fungus, such as those with diabetes or older in age, a weak immune system; those who spend a lot of time in the water; or have toenail injuries.

I have included a couple of before and after images below; however painful or uncomfortable these conditions can be, you can eliminate discomfort and alleviate pain with ongoing attention and care. Working with your esthetician, and if necessary, following up with your doctor, is a good approach to foot care.



**P**edicure; Já teve um? Eu já tive senhoras (e homens) sentados em minha cadeira de pedicure, e recebendo uma pela primeira vez, ou me dizendo que estão tentando convencer sua esposa, marido, mãe, pai, tia, etc., a entrar e ter seus pés cuidados, pela primeira vez.

Antes de entrar nos problemas mais comuns, a primeira coisa que você deve procurar ao entrar em qualquer salão é que eles sejam licenciados;

a equipe é experiente; e os equipamentos e ferramentas estão limpos (esterilizados e sanitizados). Não tenha medo de fazer perguntas à sua esteticista; afinal, eles são seus pés! Quer alguém que se interesse em ouvir suas preocupações, se houver algumas.

Algumas pessoas fazem pedicure por puro prazer - elas gostam de massagem nos pés / pernas e unhas pintadas, enquanto outras fazem pedicure por necessidade, porque têm problemas com unha encravada, fungos nas unhas, calos, verrugas ou calosidades que racha ou sangra.

Este artigo é a primeira parte de uma série de três sobre: um, unhas dos pés; dois, calos e verrugas; três, calos e calcanhares rachados. Estou começando com unhas dos pés e alguns problemas comuns aqui:

**Unhas encravadas** ocorrem quando o canto ou lado de uma unha cresce na carne macia do dedo do pé. Uma unha encravada é causada por muitas coisas, como cortar as unhas muito curtas ou não retas, usar sapatos apertados e impróprios, sofrer uma lesão no leito ungueal ou se a lâmina ungueal for muito grande para o dedo do pé. Os sinais de infecção são vermelhidão, inchaço, pus e líquido.

A gota ou um joanete na lateral do dedo do pé podem ser confundidos com uma unha encravada; consultar com seu esteticista ou médico é aconselhável.

**O fungo da unha** é uma infecção da unha que entra através de rachaduras na unha ou cortes na pele, pode parecer branca ou ter manchas marrom-amareladas sob o leito ungueal e a unha pode ficar extremamente grossa. Se não for tratada, pode se espalhar para outras unhas dos pés, pele e unhas.

Algumas pessoas correm maior risco de fungos nas unhas dos pés, como aquelas com diabetes ou idosos, um sistema imunológico fraco; aqueles que passam muito tempo na água ou têm lesões nas unhas dos pés.

Incluí algumas imagens antes e depois; por mais dolorosas ou desconfortáveis que essas condições possam ser, pode eliminar o desconforto e aliviar a dor com atenção e cuidado contínuos. Trabalhar com o seu esteticista e, se necessário, consultar o seu médico, é boa abordagem para cuidar dos pés.



**I believe in Karma and love what it represents.  
Life has a way of coming full circle.  
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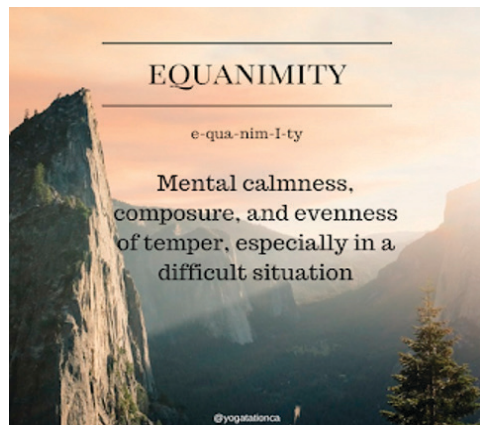
Anabela Camara  
Owner/Esthetician





# sometimes we WIN sometimes we LEARN

*I am a continual student in life, focusing on becoming a better person today than I was yesterday. I recently learned a word that I feel is apropos in terms of learning; that is, equanimity.*



*This is something I practice in my life; it took many years of working on it, and it is a work in progress. People (especially my wife) ask me how is it that I am able to remain calm, and have an evenness of temper during stressful situations. Learning this word now gives me the manner to better explain the concept.*

*We all know people who believe that the need to feel powerful or superior is achieved by cutting others down in an attempt to build themselves up. Equanimity is always the best response when someone gossips or says nasty things about you. Let their negativity roll off your back. If you let yourself slide into the mud pit, you will only add fuel to the fire of negativity. Learning to not be emotionally reactive when you feel undermined or attacked takes a lot of restraint and practice.*

## 1. Equanimity is Key.

*The first trick to achieving equanimity is simply to keep the concept in the front of your mind. I know that keeping your cool when someone pushes your buttons takes a ton of mental willpower and mindfulness. Learning how to practice equanimity takes work, but it is always in everyone's best interest.*

## 2. Breathe, Use an Equanimity Mantra.

*Focus on your breathing, while reciting an 'equanimity mantra' -- talk to yourself in the third person. I say things like: "Keep cool, George... Breathe... Relax... Take another deep breath..." Using your first name in the third person as part of an inner dialogue is a highly effective way to maximize the power of self-talk. Many athletes and business people use this technique in visualizing themselves accomplishing the goal they want to achieve.*

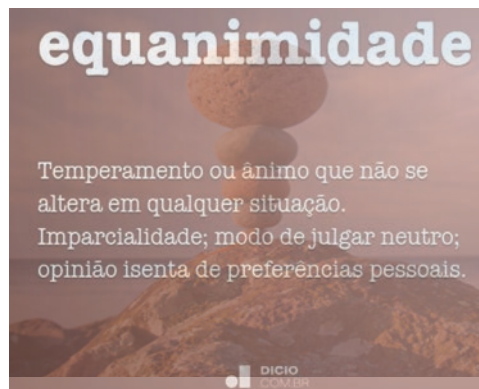
*3. Let It Go, or as I like to say, Let That Shit Go. Some people thrive on conflict and drama, and will try to push your buttons intentionally, hoping to provoke a reaction. People say and do asinine things when their bodies are pumping with too much adrenaline, testosterone, and cortisol.*

*Your vagus nerve is there to calm you down. You can engage your vagus nerve, simply by taking a few deep breaths, visualizing it slowing down your heart rate, and expelling negativity.*

**4. Physical Activity and Meditation.** Everyone needs an outlet to stop cortisol from building up. Exercise such as walking, retail therapy or waxing as Anabela loves to do, lol, yoga or lifting weights are all effective ways to release the build-up of anger that can fester when you bite your tongue or hold back from fully expressing yourself. Physical activity and meditation are pathways to equanimity.

## Make Equanimity Your Golden Rule.

*Taking a few slow, deep breaths is the best way to kickstart equanimity. Equanimity is not about being a doormat or suppressing your emotions; it is the most important state of mind to maintain calm when interacting with people who push your buttons. The next time someone gets under your skin at work or in your personal life, and you want to lash out, take a deep breath and try these four simple ways to replace that hostility with equanimity. You'll be glad you did.*



*Sou um estudante contínuo na vida, focado sem me tornar uma pessoa melhor hoje do que ontem. Recentemente, aprendi uma palavra que considero apropriada em termos de aprendizado; isto é, equanimidade.*

*Isso é algo que pratico em minha vida; é um trabalho em andamento. As pessoas (especialmente minha esposa) me perguntam como é que consigo manter a calma e ter um temperamento equilibrado durante situações estressantes.*

*Todos nós conhecemos pessoas que sentem-se poderosos quando estão rebaixando os outros na tentativa de se fortalecerem. A equanimidade é sempre a melhor resposta quando alguém diz coisas desagradáveis. Aprender a não ser emocionalmente reativo quando se sentir prejudicado ou atacado exige muita prática.*

## 1. Equanimidade é a chave.

*O primeiro truque é simplesmente manter o conceito em mente. Eu sei que manter a calma quando alguém aperta seus botões requer muita força de vontade. Aprender equanimidade dá trabalho, mas é sempre do interesse de todos.*

## 2. Respire, use um mantra de equanimidade.

*Concentre-se em sua respiração, enquanto recita um "mantra de equanimidade" -- fale consigo mesmo. Por exemplo, eu digo: "Fique calmo, George... Respire..." Usar seu primeiro nome como parte de um diálogo interno é uma maneira eficaz de maximizar o poder da conversa interna. Muitos atletas e executivos usam essa técnica para visualizar objetivos.*

*3. Deixa P'ra Lá. Algumas pessoas prosperam em conflitos e dramas e tentarão apertar seus botões intencionalmente, na esperança de provocar uma reação. As pessoas dizem e fazem coisas estúpidas quando seus corpos estão bombeando com adrenalina ou cortisol. Pode ativar seu nervo vago em respirando fundo algumas vezes, e expulsando a negatividade.*

*4. Atividade Física e Meditação. Atividade física e a meditação são caminhos para equanimidade. Andar a pé, fazer compras (como a minha esposa gosta de fazer), ioga, ou levantar pesos...*

## Faça da equanimidade sua regra de ouro.

*Da próxima vez que alguém o irritar, respire fundo e tente estas quatro maneiras simples de substituir hostilidade por equanimidade. Ficará feliz por ter feito isso.*

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### Bolo de Chocolate Humido

#### Ingredientes:

- 12 ovos
- 200 gramas de farinha
- 250 gramas de açúcar
- 1 colher de chá de baunilha
- 5 colheres de chocolate em pó
- 2 colheres de chá de fermento

#### Modo de Preparação:

...1 Pré-aquecer o forno a 170 °C

...2 Colocar todos os ingredientes na batedeira, ou robô de cozinha e misturar bem

...3 Levar a cozer no forno, numa forma untada com margarina e polvilhada com farinha

...4 Deverá cozer cerca de 45 minutos.

...5 Pode fazer o teste do palito: Espete-o no bolo e verifique se sai ligeiramente húmido. Se assim for, pode tirar o bolo do forno

...6 Desenformar e servir depois de arrefecer



### Moist Chocolate Cake

#### Ingredients:

- 12 eggs
- 200 grams of all-purpose flour
- 250 grams of sugar
- 1 TSP of vanilla
- 5 TBS of powdered chocolate
- 2 TSP of baking powder

#### Preparation mode:

...1 Pre-heat oven to 170 °C

...2 Place all ingredients into a mixer and mix well

...3 Grease and flour a standard, round cake-pan

...4 Bake for 45 minutes

...5 Use the toothpick method to determine when the cake is done. If the toothpick emerges clean, remove cake from oven

...6 Remove cake from pan and serve when cool

Icing is optional, but a light dusting of icing sugar is nice; with or without dried fruit pieces.



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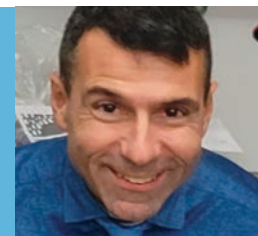
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# Lifelong Learning

*J. Peter Correia*



**Manitoba Young Readers' Choice Awards** (MYRCA) promotes reading and Canadian literature, by giving young Manitobans in Grades four to six, the opportunity to vote for their favourite Canadian book from a list of nominees.

As Principal of Mulvey School in Winnipeg, Canada, I had the opportunity during ***I Love to Read*** month in February to share some exemplary books written by Canadian authors on the MYRCA list with our ***Mulvey School Students Love ♥ to Read*** book club.

## Which books are on the 2023 Nomination List?

- *Birdspell*, by Valerie Sherrard
- *Death & Sparkles* by Rob Justus
- *Elvis, Me and the Lemonade Stand Summer* by Leslie Gentile
- *Lost on the Prairie*, by Marylou Driedger
- *Peter Lee's Notes from the Field*, by Angela Ahn
- *Take the Ice*, by Lorna Schultz Nicholson
- *The Dollhouse; a Ghost story*, by Charris Cotter
- *The Great Bear*, by David A. Robertson
- *The School Between Winter and Fairyland*, by Heather Fawcett
- *The Undercover Book List*, by Colleen Nelson



It is a privilege for me and a great source of pride as an educator, to encourage opportunities for literacy, keeping in mind that not everyone can read at the same level of competency, or was even given the opportunity to learn in the first place. My paternal grandmother, Jorgina, did not know how to read, because at the time she was growing up, school was not an option for many little girls and boys under the dictatorship of Antonio de Oliveira Salazar in Portugal. Only a fortunate few were able to attend school past grade two. My maternal grandmother, Alice, on the other hand, was more fortunate, and not only attended school and learned how to read, but later attended Normal School (teacher's college) and became a teacher and then school director (principal). ***As such, literacy is personal for me.***

I am still amazed, daily, by the passion, drive, resolve and motivation demonstrated by our students and staff, including volunteers and members of the larger community and literacy partners such as MYRCA. It is heartwarming to witness and collaboratively work together in the best interests of student growth and progress; coming together to create the miracle of literacy, which extends into lifelong problem-solving.

*Below are some book club members, taking a reading break to solve a puzzle from my own school days...*



O Manitoba Young Readers' Choice Awards (MYRCA) promove a leitura e a literatura canadiana, dando aos jovens manitobanos da quarta à sexta série a oportunidade de votar em seu livro favorito de uma lista de indicados.

Como diretor da Mulvey School em Winnipeg, Canadá, tive a oportunidade durante

o mês de ***I Love to Read*** em fevereiro de compartilhar alguns livros exemplares escritos por autores canadianos na lista MYRCA com nosso clube do livro ***Mulvey School Students Love ♥ to Read***.

Os alunos da Mulvey School adoram ♥ ler!

- O clube do livro da Mulvey School é um grupo de 20 alunos da terceira à sexta série, liderados pela Sras. Klassen e Brenna.
- Os alunos da Mulvey assinam livros de nossa coleção de 30 títulos. As leituras levam a discussões sobre dispositivos literários, desenvolvimento de enredo, previsões, e conexões de texto.
- Para votar em um título favorito na lista de indicações do MYRCA, o aluno deve ler pelo menos três livros. Número de livros lidos = número de votos!
- Se um aluno lesse todos os livros do MYRCA indicados para 2023, ele receberia três votos para três livros favoritos.

É um privilégio para mim e motivo de orgulho como educador, incentivar oportunidades de alfabetização, tendo em mente que nem todos podem ler no mesmo nível de competência, ou mesmo tiveram a oportunidade de aprender em primeiro lugar. A minha avó paterna, Jorgina, não sabia ler, porque na época em que ela estava crescendo, a escola não era uma opção para muitos durante a ditadura de Antonio de Oliveira Salazar em Portugal. Apenas alguns poucos afortunados puderam frequentar a escola após a segunda série. Minha avó materna, Alice, teve mais sorte, e não só frequentou a escola e aprendeu a ler, mas depois frequentou a Escola Normal (faculdade de professores) e tornou-se professora e depois diretora de escola (diretora). ***Como tal, a alfabetização é pessoal para mim.***

Ainda me surpreendo diariamente com a paixão, determinação, e motivação demonstradas por nossos alunos, professores, e funcionários, incluindo voluntários e membros da comunidade e parceiros de alfabetização, como MYRCA. É emocionante trabalhar de forma colaborativa em prol do crescimento do aluno; unindo-se para criar o milagre da alfabetização, que se estende à resolução de problemas ao longo da vida.

## What are Mulvey Book Club readers saying?

- "I think MYRCA is a very cool idea. MYRCA book club has some very good and interesting books! I have read all except four books out of the ten nominees. Out of the books that I have read, I think *Lost in the Prairie* by MaryLou Driedger is the best! I hope the person who wins the MYRCA Award enjoys it" ~Rebecca
- "I wish I could stay here forever. I love *Death and Sparkles*, it is my favourite book. I really love MYRCA Book Club so much! I love everything about it. I wish it could go on forever; I don't want to leave." ~Albert

- "I really like MYRCA book club because it helps me get better at reading books and I just want to thank Mrs. Klassen and Miss Brenna for making this club." ~Pascal
- "MYRCA Book Club accepts all and doesn't judge kids no matter what, just come and enjoy reading with us." ~Christian
- "MYRCA book club is awesome - it lasts long. Nice, fun, relaxing. I like reading and having time to listen." ~Mason
- "I love the book *Death and Sparkles* because it's so cool, fantastic. I love reading so much." ~Yuliia

- "MYRCA Book Club is a great club because you can read books. My favourite book is *Death and Sparkles*." ~Uche





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## Mia Sally Correia

## stronger together



### Communication is key!

I started at Fit Club on January 9, 2023, which incidentally, is my exH Stephen's birthday, and for me, a good omen, since it is also St. Stephen's day, and I thought I knew what I was getting into. I really did.

I explained confidently to boss-coach RJ Padua, owner of Fit Club, when discussing plans for my membership and shared storytelling under the banner of Fit Club's 1% better and Navegante's **stronger together**, that I expected to be back to my old fit-self in about three weeks. Boy, was I wrong!

I recall RJ smiling and saying, "just work on being 1% better today than you were yesterday..."

### Setting Expectations

I indulged him with a smile in return, but in my head, I was already imagining myself with my former six-pack; after all, I had a few advantages: a lifetime of muscle memory; a little-miss-diehard attitude; and my back-to-back ace-in-the-hole, Fit Club-savvy workout buddy Dina Oliveira.

Rounding out my return-to-glory were top-notch trainers, chief among them Jenn Manchur, pictured above with me and Dina, a nutrition program unique to Fit Club called **Belly Burn** and the opportunity to combine early morning classes back-to-back, so that I could work out, take Benni for a walk, and be sitting at the Navegante newsdesk by 9:00am.

It took three months -- not three weeks; moving forward together with a team of dedicated coaches, an entire workout crew, including my original buddy Dina, and fresh plans for a **Belly Burn** next month, for me to confidently say that I will be 1% better tomorrow than I am today.



### A comunicação é fundamental!

Comecei no Fit Club no dia 9 de janeiro de 2023, que aliás é o aniversário do meu exM Stephen, e para mim, um bom presságio, já que também é dia de Santo Estêvão, e pensei que sabia no que estava me metendo.

Expliquei com confiança ao chefe-treinador RJ Padua, proprietário do Fit Club, ao discutir planos para minha associação e compartilhar histórias sob a bandeira do Fit Club 1% melhor e do Navegante **mais forte juntos**, que esperava voltar ao meu antigo ajuste em três semanas. Estava errada!

Lembro-me de RJ sorrindo e dizendo: "apenas trabalhe para ser 1% melhor hoje do que ontem..."

### Definindo Expectativas

Eu o satisfiz com um sorriso em troca, mas na minha cabeça, eu já estava me imaginando com meu antigo tanquinho; afinal, eu tinha algumas vantagens: uma vida inteira de memória muscular; uma atitude de obstinada; e minha colega de treino com conhecimento da cultura no Fit Club, Dina Oliveira.

Pois tinha umas certas vantagens... E ainda assim, demorou três meses - não três semanas; avançando junto com uma equipe de treinadores dedicados e de treino, incluindo minha amiga original Dina, e planos para renovar uma queimadura de barriga, para eu dizer com segurança que amanhã estarei 1% melhor do que hoje.



# FITCLUB.FIT

RJ Padua  
owner/trainer

204.813.9113

### Fit Club Lingo

✓ **Ab-King**  
(n) Mark Galarnyk, who achieved 2,000 workouts recently and is known to "make wise choices"

✓ **Back-to-Back**  
working out for two classes (or more) at Fit Club North

✓ **Date Night**  
a Friday night workout led by coach Rick Manchur, to which you can bring a date/friend for free

✓ **Early Morning Legends**  
Fit Club members who work out early in the morning as distinguished from...

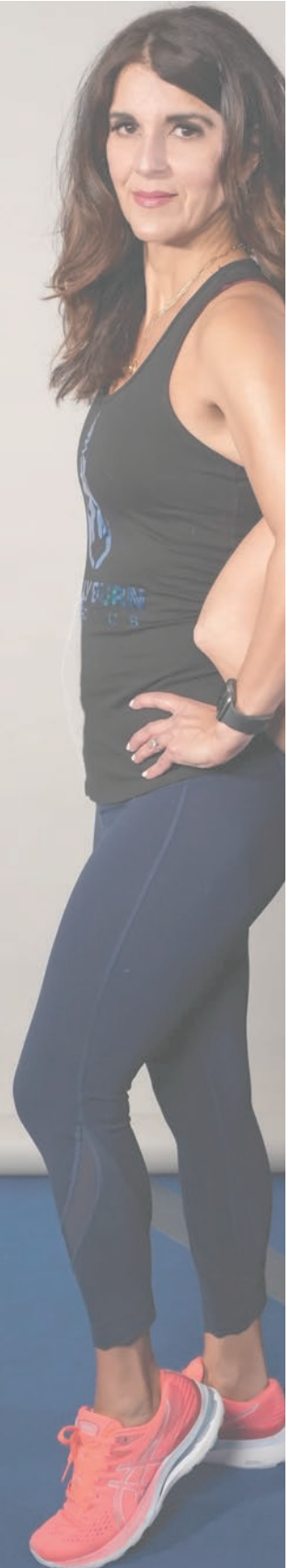
✓ **Evening Warriors**  
Fit Club members who work out in the late afternoon/early evening

✓ **Fit Fam**  
Fit Club members in any size of group or time of day, working out, hanging out, or celebrating

✓ **Jacket Club**  
An exclusive club of milestone warriors, who hit 500 workouts; literally marked by a presentation of a Fit Club jacket

✓ **Maria's Waffles**  
tasty waffles made by Maria Dushinsky, who is known as "Legend"

✓ **Nary's Bars**  
nutritious bars made by Nary Padua in what is called Nary's Kitchen





# to BACK & 1% better



Dina Oliveira

## ✓ On the Blue (OTB)

(n) referring to the magical cushy blue-carpetted floor space at Fit Club North, which can be used in a greeting, e.g., "See you OTB"

## ✓ Milestone Warriors

Fit Club members achieving a milestone number of workouts such as 25, 50, 100, or entering the fabled "Jacket Club," upon hitting 500 workouts

## ✓ Portuguese Sensation

(n) plural or singular, referring to Dina and Mia either together or alone, by coach Jenn Manchur

## ✓ Strong Nation

40 minute Sunday program at Fit Club run by coach Jenn Manchur, consisting of a martial arts-inspired muscle conditioning workout synced to music

## ✓ Virtual Workout

typically led by coach Corinne Johnson or Jessica Meryll Sunico, recently assisted by newbie coach Sara Candler, and on Fridays, by boss-coach RJ, this workout is accessible online and kept Fit Club "healthy" during the pandemic

## Communication is key!

When you go to any salon and consult with your hairdresser, whether it's your first time, or your 100th time, you need to clearly communicate with your stylist in the same way that you would communicate expectations with your family, friends, and co-workers at home or at work.

If a client isn't happy at the end of an appointment, it's almost always the hairdresser's fault. A stylist needs to first listen to a client, and then take the time to properly explain what it will take to give them what they want, or to break it to them, gently, why they can't get what they want.

## Setting Expectations

When a client comes in, they typically have an idea of what they want their hair to look like, or they'll show me a picture. Now with social media, many clients come in with a picture, including some of mine that they've seen on Instagram. I know what's possible in achieving a certain look, either because I did it myself, or due to years of experience as well as ongoing education for me and my team.

Once I hear what they want, I tell them what it will take to get there, by breaking it down realistically into:

- **how it's going to look** on their hair type;
- **how much it's going to cost;**
- **how long it'll take to get there** -- not all looks can be achieved in one or even two appointments;
- **what will it take to maintain** with follow up visits and the right products.

We should only move forward together, once we have clearly communicated and understood each other's expectations.

## A comunicação é fundamental!

Quando vai a qualquer salão e consulta seu cabeleireira/o, seja a sua primeira vez ou a sua 100ª vez, precisa de comunicar claramente com seu estilista da mesma forma que comunicaria expectativas com sua família, amigos, e colegas de trabalho em casa ou no trabalho.

Se um cliente não fica satisfeita no final de uma consulta, quase sempre a culpa é da/o cabeleireira/o. Um/a estilista precisa de ouvir um cliente e, em seguida, explicar adequadamente o que será necessário para dar a ele/a o que ele/a deseja, ou explicar por que ele/a não consegue o que deseja.

## Definindo Expectativas

Quando um cliente chega, ele/a normalmente tem uma ideia de como deseja que seu cabelo fique, ou mostra-me uma foto. Agora, com as redes sociais, muitos clientes chegam com uma foto, inclusive algumas minhas que viram no Instagram. Eu sei o que é possível para conseguir, seja porque eu mesmo é que o fiz, ou devido a anos de experiência e instrução contínua para mim e minha equipe.

Depois de ouvir o que eles querem, digo a eles o que será necessário para chegar lá realisticamente, sendo:

- **como vai ficar** em seu tipo de cabelo;
- **quanto vai custar;**
- **quanto tempo levará** - nem todos os "looks" podem ser alcançados em um ou mesmo dois appointments;
- **o que será necessário para manter** com visitas no futuro e produtos certos.

Só devemos seguir em frente juntos, depois de nos comunicarmos claramente e entendermos as expectativas um do outro.



hair obsession

1627 henderson highway

204.338.9978  
dina oliveira, owner





# LIGA DOS COMBATENTES

## Núcleo de Winnipeg



Paulo Jorge Cabral, Cônsul Honorário de Portugal recebeu em audiência, no dia 3 de março de 2023, no Consulado de Portugal em Winnipeg, membros do Núcleo de Winnipeg da Liga dos Combatentes.

Presentes estiveram Pedro Aires Correia – Presidente, Luís Vicente – Vice-presidente, Carlos Oliveira e José Raposo. Paulo Cabral foi presenteado com um quadro personalizado em cerâmica com o distintivo da República Portuguesa, o qual agradeceu e mencionou que o referido quadro será colocado em exposição na sala principal daquele Consulado.

Texto e fotografias:  
Portuguese in Manitoba

<https://www.ligacombatentes.org/consul-honorario-de-portugal-em-winnipeg-recebe-em-audiencia-o-nucleo-da-liga-dos-combatentes/>



Toronto, Canadá. Faleceu no passado dia 1 de março de 2023, Bento de São José, aos 83 anos. Bento de São José nasceu em Portugal na pequena aldeia da Caranguejeira (Leiria) e numa família de 7 outros irmãos.

O Bento conseguiu muito na sua vida. Na idade adulta, foi para a Guerra, em Angola. Quando regressou a Portugal, depois de ter cumprido as suas obrigações militares, casou-se com Alda e imigrou para o Canadá, em 1963.

Orgulhava-se de ser um veterano da guerra do Ultramar Português. E foi esse orgulho que o motivou a apoiar e impulsionar a criação de uma Associação de Combatentes por Portugal, residentes no Ontário, Canadá.

Era um homem com grandes objetivos e um grande coração. Muitas pessoas se lembrariam da sua natureza generosa.

Com base em todo o seu bom trabalho, Bento de São José foi reconhecido pelo Parlamento com um Prémio do Jubileu. Houve mais realizações e muitas vezes passava bastante tempo longe de casa, mas estava feliz em ajudar os outros. O mais importante de sua vida era a sua família.

<https://www.ligacombatentes.org/toronto-faleceu-bento-de-sao-jose/>



Bento de São José  
1940-2023



<https://www.military.com/military-fitness/workouts/best-twenty-minute-workouts>

Inspired by my father's military tips on how to crawl, and learning just how BASIC their training was before and during combat, I found the following fitness program designed by former Navy SEAL and certified fitness instructor Stew Smith. These super-sets take only 20- to 30-minutes each day and you can do them at home, in your office, or at the local gym.

**Push-up/crunch super set**  
Repeat 10 cycles of:

- 10 regular push-ups
- 10 crunches
- 10 wide push-ups
- 10 crunches
- 10 triceps push-ups
- 10/10 left/right crunches

**Leg/ab super set**  
Repeat 5 cycles of:

- 20 squats
- 20 crunches
- 10 lunges per leg
- 10 crunches
- 20 calf raises
- 20 crunches

And if you want to try running instead during that time, choose from one of these two:

**4-mile track work:**

- Jog one mile in 7-8 minutes
- Three sets of 1/4 mile sprints in 100 seconds
- Jog or walk a quarter-mile

**Six sets of:**

- Sprint an eighth of a mile
- Jog an eighth of a mile



# COMBATENTES LEAGUE

## Winnipeg Nucleus



**The Military Crawl** is a popular exercise outside of army training. When I did it many moons ago, either in training or on sortie, it wasn't on flat rubber mats -- usually, we were in mud or shallow water, going up or down hill, over twigs and leaves and rocks, and we had to keep ourselves as low to the ground as we could, while moving as quickly as possible... And there were times when we had to avoid being shot.

**"Heads down; eyes forward!"**

My daughter recently showed me her version of the gym crawl.

**"Any tips, dad?"**

"Start by going flat on your stomach and push yourself up on your forearms to get leverage. As you crawl, rotate your knees out a little bit, so that your hips can hug the ground as close as possible. Keep your backside down and your back flat! Push the insides of your feet into the ground—especially if you're climbing an incline under barbed wire or thick bush, or if you're going downhill, and there's lots of mud or puddles of water; use your arms almost like you're swimming..."

**"I'm in a gym!"**

"In that case, just keep your back straight and down, knees up a bit, forearms pressing into the ground, head down and eyes forward, and rotate your hips and knees a little bit from side-to-side."

**O Rastejamento Militar** é um exercício popular fora do treinamento do exército. Quando fiz isso muitas luas atrás, seja em treinamento ou em surtida, não era em tapetes de borracha planos - geralmente, estávamos na lama ou em águas rasas, subindo ou descendo a colina, sobre folhas e pedras, e nós tínhamos que manter nossos corpos o mais baixo possível, enquanto nos movíamos o mais rápido possível... E momentos em que tínhamos evitar de ser baleados.

**"Cabeça baixa; olhos para a frente!"**

Minha filha recentemente me mostrou sua versão do rastreamento de ginástica.

**"Alguma dica, pai?"**

"Comece deitando de barriga para baixo e empurre-se para cima nos antebraços para obter alavancagem. Ao engatinhar, gire um pouco os joelhos para fora, de modo que seus quadris possam abraçar o chão o mais próximo possível. Mantenha seu traseiro para baixo e suas costas retas! Empurre a parte interna dos pés para o chão - especialmente se estiver subindo uma ladeira sob arame farpado ou arbusto grosso, ou se estiver descendo uma ladeira e houver muita lama ou poças d'água, use os braços quase como se estivesse está nadando..."

**"Estou em um ginásio!"**

"Nesse caso, apenas mantenha as costas retas e abaixadas, joelhos um pouco para cima, antebraços pressionando o chão, cabeça baixa e olhos para a frente e gire um pouco os quadris e os joelhos de um lado para o outro."



Or you can mix the two types of exercise together and do what military.com calls a Spartan run as outlined below:

### Spartan run

- Run one mile
- 100 push-ups in as few sets as possible
- 100 crunches
- Run one mile
- 75 push-ups in as few sets as possible
- 75 crunches
- Run one mile
- 50 push-ups in as few sets as possible
- 50 crunches

And for the swimmers in the crowd... Swim PT Repeat 5-10 times:

- Swim 100 yards
- Do 10-20 push-ups
- Abs 20-30

This is the ultimate workout that Stew Smith has ever done in under 20 minutes.

### The challenge is to do:

- 100 pull-ups as few sets as possible
  - 200 push-ups in as few two-minute sets
  - 300 sit-ups in as few two-minute sets
- Do these as quickly as possible, alternating exercises after each set of maximum repetitions.

Smith cautions that you should consult your doctor before starting any exercise program.

He believes, that to improve your level of physical fitness, "you will succeed by failing." What he means is, if you push yourself in every set until you no longer can perform the exercise, every single day, at least 2-3 times a week, you will have better overall fitness within a month. All you need is 20-30 minutes each day.









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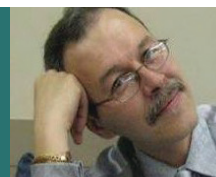
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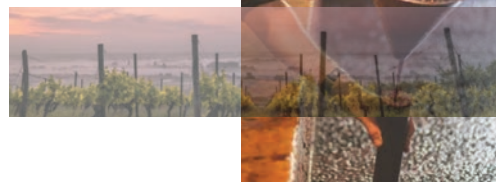
# MANNY GARCIA

*Arquivo de Memórias | Archive of Memories*



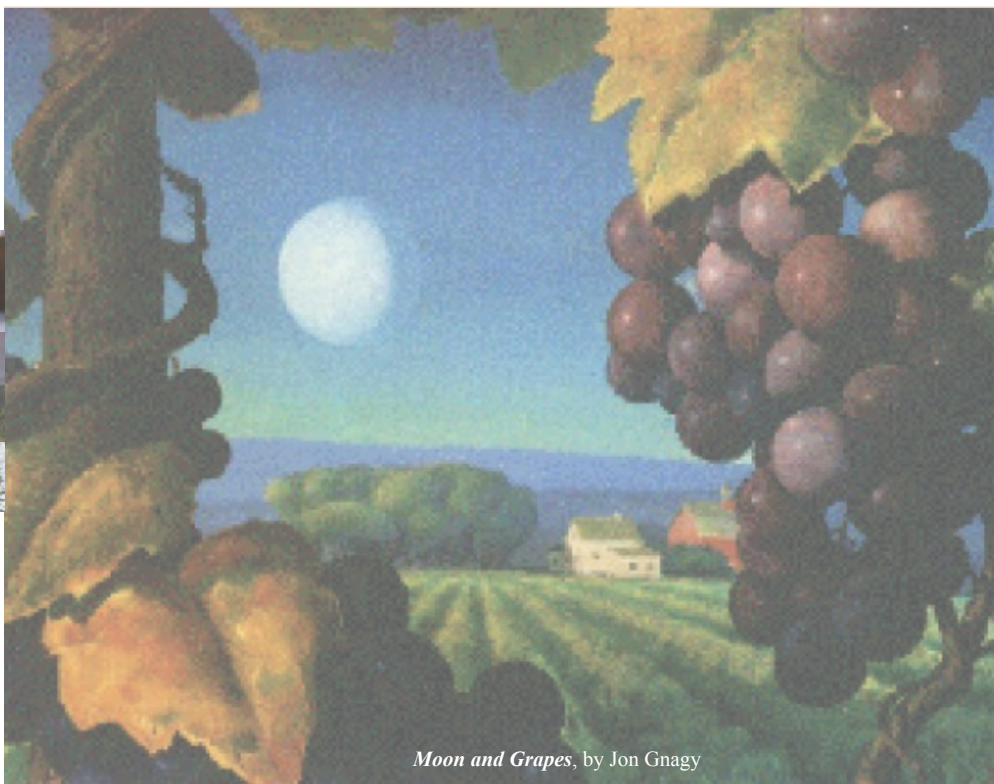
## Lua

Antigamente o estagio da lua e que dirigia a vida do agricultor. O vazante de Abril e que leva o vinho ao funil



## Moon

In the past, the phase of the moon ruled the life of the farmer. The ebb of April flowed the wine to the funnel



*Moon and Grapes*, by Jon Gnagy



TRADITIONAL  
EASTER  
GOAT

PORTUGUESE ASSOCIATION OF  
MANITOBA

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SUNDAY APRIL 9TH  
DOORS OPEN 12:30 | LUNCH 1:30

Members \$35 | Non-Members \$40 | Children \$15



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# Horoscope

excerpts from ele.com



**Aquário/Aquarius** 20/1 a 18/2 The new moon in bold Aries last week connected you with fascinating individuals who are marching to the beat of their own drummer. And since that lunation, your head has been filled with ideas for shaking things up in your own unique way. Lucky for you, the quarter moon falls in your methodical sixth house, enabling you to get your thoughts together and come up with tangible plans.

A lua nova em Áries ousado na semana passada conectou você a pessoas fascinantes que marcham ao ritmo de seu próprio baterista. E desde aquela luação, sua cabeça se encheu de ideias para agitar as coisas do seu jeito. Para sua sorte, a lua crescente de hoje cai em sua sexta casa metódica, permitindo que organize seus pensamentos e elabore planos tangíveis.

**Peixes/Pisces** 19/2 - 20/3 You've been bogged down by brass tacks since the new moon activated your second house of resources last week. Finances and other practical matters may have taken up every inch of your bandwidth since then. But you're ready to shift gears and focus on more fulfilling pursuits like creativity and romance (music to a Pisces' ears!)

Está atolado em tachas de bronze desde que a lua nova ativou sua segunda casa de recursos na semana passada. Finanças e outros assuntos práticos podem ter ocupado cada centímetro de sua largura de banda desde então. Mas, graças ao balanceamento da lua crescente de hoje em sua província da paixão, está pronto para mudar de marcha e se concentrar em atividades mais gratificantes, como criatividade e romance (música para os ouvidos de um pisciano!)

**Carneiro/Aries** 21/3 - 19/4 Last week's new moon in your sign prompted you to start chasing after a goal, but today's lunation is singing a different tune. With the balancing quarter moon in Cancer activating your sensitive fourth house, now it's time to shift your attention from Ram to fam. If you have relatives nearby, drop in for a visit. Otherwise, call them up for a catchup chat. Quality time with people who ground you will serve as a refueling pit stop before you race.

A lua nova da semana passada em seu signo o levou a começar a perseguir um objetivo, mas a luação de hoje está cantando uma música diferente. Com a lua minguante equilibrada em Câncer ativando sua quarta casa sensível, agora é hora de mudar sua atenção de Ram para família. Se tem parentes por perto, faça uma visita. Caso contrário, chame-os para um bate-papo. O tempo de qualidade com as pessoas que o aterrissará servirá como um pit stop de reabastecimento.

**Touro/Taurus** 20/4 - 20/5 What are you thinking about, Bull? Last week's Aries new moon in your twelfth house of closure pushed you to process a recent loss or big change. Don't push those emotions down inside you. Today's quarter moon in your communication court cues you to articulate how you're feeling (or express all those feels via a creative outlet). If you've wanted to confide in someone but have been holding back, the door is wide open now.

No que está pensando, Touro? A lua nova de Áries da semana passada em sua décima segunda casa de fechamento o levou a processar uma perda recente ou uma grande mudança. Não empurre essas emoções para dentro de si. A lua minguante de hoje em seu tribunal de comunicação dá dicas para articular como está se sentindo (ou expressar todos esses sentimentos por meio de uma saída criativa). Se queria confiar em alguém, mas estava se segurando, a porta está aberta.

**Gêmeos/Gemini** 21/5 a 20/6 Since last week's Aries new moon fired up your communal eleventh house, your social life and collaborations have been buzzing. But today's balancing quarter moon in your grounded second house prompts you to slow down and handle the little things that have fallen by the wayside, like maybe opening a stack of mail and filling an empty fridge. You can only stretch yourself so thin, Twin, and your inner circle deserves more than a single emoji in a text from you or a cursory telephone call or short e-mail -- they deserve better and so do you!

Desde que a lua nova de Áries da semana passada incendiou sua décima primeira casa comunitária, sua vida social e colaborações estão agitadas. Mas a lua crescente de hoje em sua segunda casa aterrada pede que você diminua a velocidade e lide com as pequenas coisas que caíram no caminho, como talvez abrir uma pilha de correspondência e encher uma geladeira vazia. Só pode se esticar tão fino, gêmeo, e seu círculo interno merece mais do que um único emoji.

**Caranguejo/Cancer** 21/6 - 22/7 Personal fulfillment isn't just about the hot pursuit of big goals. Last week's Aries new moon powered up your ambitious tenth house, activating your drive to achieve. But while you've been busy hitting impressive targets, have you neglected other areas of your life? Today's balancing quarter moon in your sign coaxes you to tune into your deeper needs and make sure they're being addressed.

A realização pessoal não é apenas a busca acirrada por grandes objetivos. A lua nova de Áries da semana passada fortaleceu sua ambiciosa, ativando seu desejo de realização. Mas enquanto está ocupado atingindo metas impressionantes, negligenciou outras áreas de sua vida? A lua crescente de equilíbrio de hoje em seu signo o leva a sintonizar suas necessidades mais profundas e garantir que elas sejam atendidas.

**Leão/Leo** 23/7 a 22/8 Slow your roll, Lion! Last week's expansive Aries new moon inspired you to grow in a million different directions. Everything from jetting off to far-flung destinations to launching an entrepreneurial venture to registering for a certificate program might make a legit claim on your energy now. But even if you CAN have it all, you still need to pace yourself to pull it off. Today's balancing quarter moon in your retreat corner nudges you to get quiet and turn inward so you can hear your intuition's inner wisdom.

Diminua sua rolagem, Leão! A expansiva lua nova de Áries da semana passada inspirou você a crescer em um milhão de direções diferentes. Tudo, desde viajar para destinos distantes, lançar um empreendimento empresarial e se registrar em um programa de certificação, pode ser uma reivindicação legítima de sua energia agora. Mas mesmo que você POSSA ter tudo, ainda precisa se controlar para conseguir. A lua crescente de equilíbrio de hoje em seu canto de retiro o cutuca para ficar quieto e se voltar para dentro, para que você possa ouvir sua intuição.

**Virgem/Virgo** 23/8 a 22/9 Pull yourself out of the rabbit hole you tumbled down when last week's laser-focused Aries new moon enabled you to zero in on a passion project and tune out the rest of the world. While your single-minded resolve is admirable, today's balancing quarter moon is here to remind you that there are countless people out there who would love to join forces with you to help you make a smashing success out of that solo pursuit.

Saia da toca do coelho em que caiu quando a lua nova de Áries com foco a laser da semana passada permitiu que você se concentrasse em um projeto de paixão e se desligasse do resto do mundo. Embora sua determinação obstinada seja admirável, a lua crescente de equilíbrio de hoje está aqui para lembrá-lo de que existem inúmeras pessoas por aí que adorariam unir forças com si para ajudá-lo a obter um sucesso estrondoso nessa busca solo.

**Balança/Libra** 23/9 a 22/10 You've been even more focused than usual on relationships since the Aries new moon rocked your interpersonal realm last week. But today's balancing quarter moon in Aries activates your achievement zone, shifting your attention to work goals. If you've been shortchanging your career in recent days to nurture your connections, this lunar phase can get your head back in the game. That's not to say you shouldn't tap your contacts.

Tem estado ainda mais focado do que o normal nos relacionamentos desde que a lua nova de Áries abalou seu domínio interpessoal na semana passada. Mas a lua minguante de equilíbrio de hoje em Áries ativa sua zona de conquistas, desviando sua atenção para

as metas de trabalho. Se tem mudado sua carreira nos últimos dias para nutrir suas conexões, esta fase lunar pode colocar sua cabeça no jogo. Isso não quer dizer que não deva entrar em contato com seus contatos.

**Escorpião/Scorpion** 23/10 a 21/11 You've been obsessing over getting something just right ever since last week's hard-charging Aries new moon rocked your methodical sixth house. Luckily, today's balancing quarter moon widens the aperture, allowing you to see that there's a whole world of possibilities out there. It's time to stop fine-tuning your efforts and start living large. Get out and do something that scares you a little.

Está obcecado em fazer algo certo desde que a lua nova de Áries da semana passada abalou sua sexta casa metódica. Felizmente, a lua minguante de equilíbrio amplia a abertura, permitindo que veja que existe todo um mundo de possibilidades lá fora. É hora de parar de ajustar seus esforços e começar a viver.

**Sagitário/Sagittarius** 22/11 a 21/12 Cooking up blue-sky aspirations is your forte, Archer, and last week's new moon in Aries pushed you to color outside the lines and aim high. Since then, you have dreamed up all kinds of creative concepts and you're excited to get the ball rolling. But even the most enthusiastic Sag can't simultaneously tackle every cool project that's under consideration. Today's balancing quarter moon will help you step back and assess which ones are doable AND strike a chord in your soul.

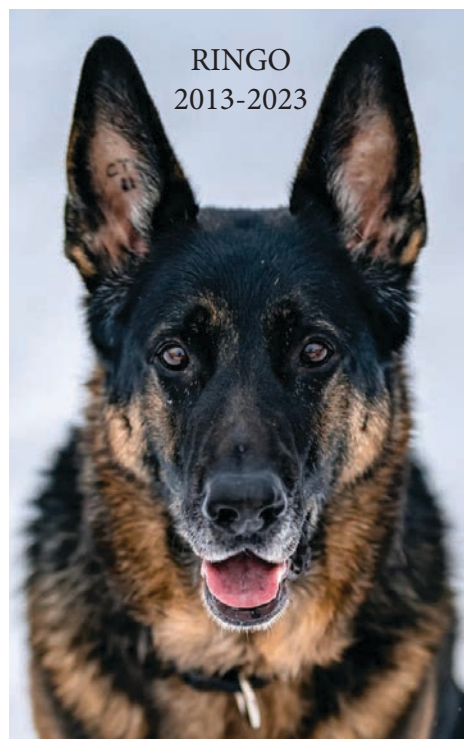
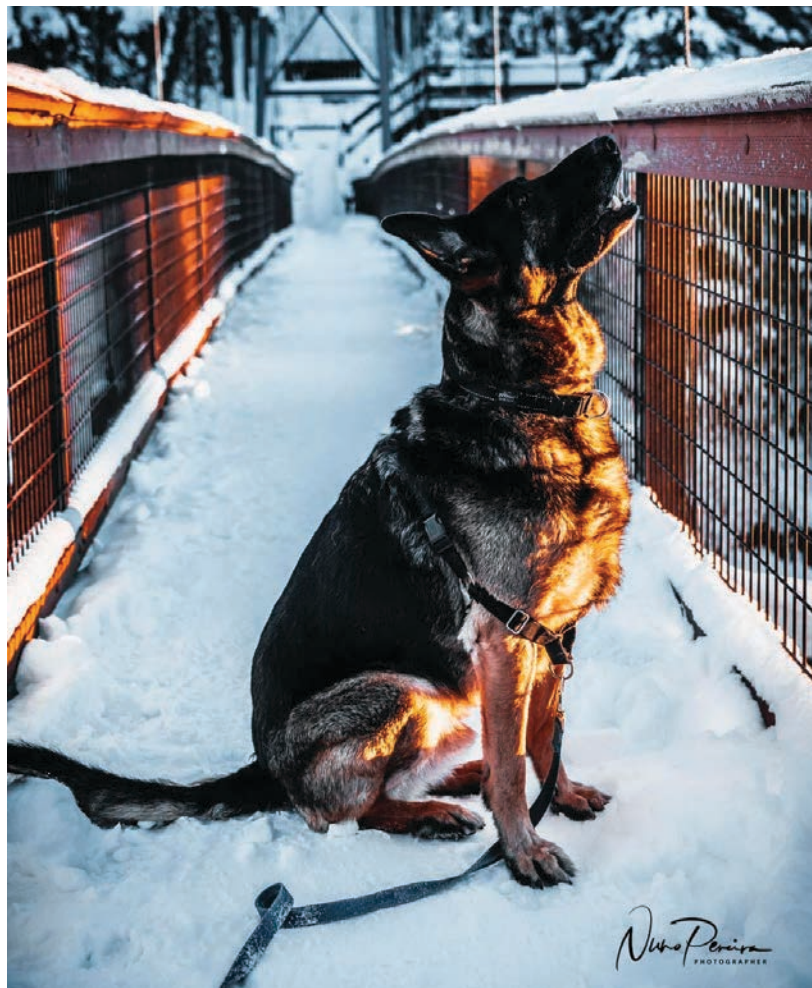
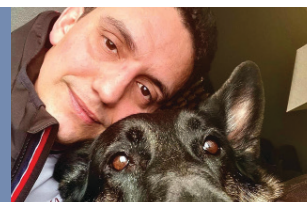
Cozinhar aspirações de céu azul é o seu forte, Archer, e a lua nova da semana passada em Áries o empurrou para colorir fora das linhas e mirar alto. Desde então, pode ter imaginado todos os tipos de conceitos criativos e está animado para fazer tudo. Mas mesmo o Sagitário mais entusiasmado não consegue lidar simultaneamente com todos os projetos legais que estão sendo considerados. O balanceamento o ajudará a avaliar quais tocam corda em sua alma.

**Capricórnio/Capricorn** 22/12 a 19/1 Shift out of nesting mode, Capricorn! Last week's new moon in your domesticity realm motivated you to make some changes on the home front, and hunkering down at Casa Cap has replenished your reserves. Today, the quarter moon lands in your relationship sector, shining a white-hot spotlight on your closest connections.

Saia do modo de aninhamento, Capricórnio! A lua nova da semana passada em seu reino doméstico motivou você a fazer algumas mudanças em casa, e ficar na Casa Cap reabasteceu suas reservas. Hoje, a lua minguante pousa em seu setor de relacionamento, iluminando suas conexões mais próximas.



# Nuno Pereira *Photography*



RINGO  
2013-2023









# BRAZILLIAN SOCCER LEGEND PELE DIES AT 82

by Associated Press

Pelé, the Brazilian king of soccer who won a record three World Cups and became one of the most commanding sports figures of the last century, died Thursday. He was 82.

The standard-bearer of "the beautiful game" had undergone treatment for colon cancer since 2021. He had been hospitalized for the last month with multiple ailments. His agent Joe Fraga confirmed his death. Widely regarded as one of soccer's greatest players, Pelé spent nearly two decades enchanting fans and dazzling opponents as the game's most prolific scorer with Brazilian club Santos and the Brazil national team. His grace, athleticism and mesmerizing moves transfixed players and fans. He orchestrated a fast, fluid style that revolutionized the sport — a samba-like flair that personified his country's elegance on the field. He carried Brazil to soccer's heights and became a global ambassador for his sport in a journey that began on the streets of São Paulo state, where he would kick a sock stuffed with newspapers or rags. In the conversation about soccer's greatest players, only the late Diego Maradona, Lionel Messi, and Cristiano Ronaldo are mentioned alongside Pelé.

Different sources, counting different sets of games, list Pelé's goal totals as anywhere between 650 (league matches) and 1,281 (all senior matches, some against low-level competition.) The player who would be dubbed "The King" was introduced to the world at 17 at the 1958 World Cup in Sweden, the youngest player ever at the tournament. He was carried off the field on teammates' shoulders after scoring two goals in Brazil's 5-2 victory over the host country in the final. Injury limited him to just two games when Brazil retained the world title in 1962, but Pelé was the emblem of his country's World Cup triumph of 1970 in Mexico. He scored in the final and set up Carlos Alberto with a nonchalant pass for the last goal in a 4-1 victory over Italy. The image of Pelé in a bright, yellow Brazil jersey, with the No. 10 stamped on the back, remains alive with soccer fans everywhere. As does his trademark goal celebration -- a leap with a right fist thrust high above his head.

Pelé's fame was such that in 1967 factions of a civil war in Nigeria agreed to a brief cease-fire so he could play an exhibition match in the country. He was knighted by Britain's Queen Elizabeth II in 1997. When he visited Washington to help popularize the game in North America, it was the U.S. president who stuck out his hand first. "My name is Ronald Reagan, I'm the president of the United States of America," the host said to his

visitor. "But you don't need to introduce yourself because everyone knows who Pelé is." Pelé was Brazil's first modern Black national hero but rarely spoke about racism in a country where the rich and powerful tend to hail from the white minority. Opposing fans taunted Pelé with monkey chants at home and all over the world. "He said that he would never play if he had to stop every time he heard those chants," said Angelica Basthi, one of Pelé's biographers. "He is key for Black people's pride in Brazil, but never wanted to be a flagbearer."

Pelé's life after soccer took many forms. He was a politician, Brazil's Extraordinary Minister for Sport, a wealthy businessman, and an ambassador for UNESCO and the UN. He had roles in movies, and soap operas, and even composed songs and recorded CDs of popular Brazilian music. As his health deteriorated, his travels and appearances became less frequent. He was often seen in a wheelchair in his final years and did not attend a ceremony to unveil a statue of him representing Brazil's 1970 World Cup team. Pelé spent his 80th birthday with family members at a beach home.

Born Edson Arantes do Nascimento, in the small city of Tres Coracoes in the interior of Minas Gerais state on Oct. 23, 1940, Pelé grew up shining shoes to buy his modest soccer gear. Pelé's talent drew attention when he was 11, and a local professional player brought him to Santos' youth squads. It didn't take long for him to make it to the senior squad. Despite his youth and 5-foot-8 frame, he scored against grown men with the same ease he displayed against friends back home. He debuted with the Brazilian club at 16 in 1956, and the club quickly gained worldwide recognition.

The name Pelé came from him mispronouncing the name of a player called Bilé. He went to the 1958 World Cup as a reserve but became a key player for his country's championship team. His first goal, in which he flicked the ball over the head of a defender and raced around him to volley it home, was voted one of the best in World Cup history.

The 1966 World Cup in England -- won by the hosts -- was a bitter one for Pelé, by then considered the world's top player. Brazil was knocked out in the group stage and Pelé, angry at the rough treatment, swore it was his last World Cup. He changed his mind and was rejuvenated in the 1970 World Cup. In a game against England, he struck a header, but the great goalkeeper Gordon Banks flipped the ball over the bar in an astonishing move. Pelé likened the save -- one of the best in World Cup history -- to a "salmon climbing up a waterfall." Later, he scored the opening goal in the final against Italy, his last World Cup match.

In all, Pelé played 114 matches with Brazil, scoring a record 95 goals, including 77 in official matches. His run with Santos stretched over three decades until he went into semi-retirement after the 1972 season. Wealthy European clubs tried to sign him, but the Brazilian government intervened to keep him from being sold, declaring him a national treasure. On the field, Pelé's energy, vision, and imagination drove a gifted Brazilian national team with a fast, fluid style of play. His 1977 autobiography, "My Life and the Beautiful Game," made the phrase part of soccer's lexicon.

In 1975, he joined the New York Cosmos of the North American Soccer League. Although 34 and past his prime, Pelé gave soccer a higher profile in North America. He led the Cosmos to the 1977 league title and scored 64 goals in three seasons. Pelé ended his career on Oct. 1, 1977, in an exhibition between the Cosmos and Santos before a crowd in New Jersey of some 77,000. He played half the game with each club. Among the dignitaries on hand was perhaps the only other athlete whose renown spanned the globe -- Muhammad Ali.

Pelé would endure difficult times in his personal life, especially when his son Edinho was arrested on drug-related charges. Pelé had two daughters out of wedlock and five children from his first two marriages, to Rosemeri dos Reis Cholbi and Assiria Seixas Lemos. He later married businesswoman Marcia Cibebe Aoki.





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Sábado, 13 de Maio

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Domingo, 14 de Maio

Missa Solene às 13h00 seguida da procissão.  
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# Obituaries



**HELDER LUIS ROCHA NETO**  
January 11, 1978 – February 17, 2023

Suddenly, on Friday, February 17, 2023  
Helder passed away at the age of 45 years.

Helder leaves to mourn his loving wife Allison, children Miguel and Victoria, parents Joaquim and Helena, sister Fatima (Diogo), grandmother Elza, niece Mariana, and nephew Andre. He is also survived by aunts, uncles, cousins and extended family and friends.

He was predeceased by his grandparents Manuel, José, and Laura.

Helder will be greatly missed by the Portuguese community. He was very involved with the Portuguese Association, soccer, dancing, theater and volunteering.

He was an avid hunter and fisherman and took any opportunity to camp and be outdoors.

We will miss his larger than life personality, his quick jokes, and hearing his laughter fill the room.

Prayers were said on Monday, February 27, 2023 at Immaculate Conception Church and Mass of Christian Burial was celebrated the next day, on Tuesday, February 28, 2023, at the church. Interment followed in Assumption Cemetery.



A GoFundMe in support of Helder's spouse and children has been set up, donations can be made at <https://gofund.me/0f293f45>

Um GoFundMe em apoio ao cônjuge e filhos de Helder foi criado, as doações podem ser feitas em <https://gofund.me/0f293f45>

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PRIMO, MARIDO, PAI, TIO, e AMIGO**

De repente, na sexta-feira, dia 17 de fevereiro de 2023, Helder faleceu aos 45 anos.

Helder parte para lamentar sua amada esposa Allison, os filhos Miguel e Victoria, os pais Joaquim e Helena, a irmã Fátima (Diogo), a avó Elza, a sobrinha Mariana e o sobrinho André. Ele também deixa tias, tios, primos e parentes e amigos.

Ele foi precedido por seus avós Manuel, José e Laura.

Helder deixará muitas saudades na comunidade portuguesa. Esteve muito envolvido com a Associação Portuguesa, futebol, dança, teatro e voluntariado.

Ele era um ávido caçador e pescador e aproveitava qualquer oportunidade para acampar e ficar ao ar livre.

Sentiremos falta de sua personalidade maior que a vida, de suas piadas rápidas e de ouvir sua risada encher a sala.

As orações foram na segunda-feira, 27 de fevereiro de 2023, na Igreja da Imaculada Conceição, e a missa de corpo presente foi celebrada no dia seguinte, na terça-feira, 28 de fevereiro de 2023, também na igreja.

Seguiu-se o interro para o Cemitério da Assunção em Winnipeg.



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# Obituaries

## MARIA PAIVA MELO

With great sadness & heavy hearts, we announce the passing of our beloved mother, Maria Ibéria de Paiva Melo, on February 12, 2023, at the age of 88. In her final moments, she was surrounded by her two youngest sons by her side.



Maria will be deeply missed by her sons, David (Natária) & Victor (Helen). Her memory will live on in the hearts of her cherished grandchildren Miguel, Marco, Ricardo & Kristian, Megan & Julia.

Born on the island of São Miguel, Açores, Portugal, Maria immigrated to Canada in 1972 in the hopes of providing her family a better life. She faced these new hardships in a new country with strength and bravery. For many years, Maria was a dedicated employee for the Province of Manitoba, yet at times, still needed to work three jobs to put food on the table and maintain the roof over our heads. Mãe, we will never forget your sacrifices, bravery, kindness and mostly the love that you showed us. Your grandchildren will miss your hugs and your laughter that brightened the room. There are no words to express the sadness we now must live with each day; we pray that you are at peace.

In lieu of flowers, donations can be made in her memory to S.H.A.D.E. Inc (SHADE).

A private service was held at Cropro Funeral Chapel for close family & friends.

## PAULO JORGE CABRAL March 25, 1967 – February 20th, 2023

It is with heavy hearts that we announce the sudden passing of Paulo Jorge Cabral on February 20th, 2023 at the age of 55. Paul is predeceased by his father, Armando. Left to cherish his memory are his mother, Maria, his girlfriend, Sandra, his brothers and sisters, nieces and nephews, as well as his adoring children, Shianne, Tiffany, Jasmine, Dylan, and Logan, and his beloved grandchildren, Dominic, Vanna, Cairo, and, Ava.

Paul was a kind and passionate man; mentor, loving father, brother, uncle and friend. Paul was loved dearly by his parents, Armando and Maria, and a source of pride and inspiration to them. He was creative, intelligent, and goal-oriented. Stucco was his pride and joy, but Paul also flipped homes when stucco season was over, and did remodeling at clients' requests. With every job he completed, he left his clients with a positive impression. His work ethic was incredible and brought him joy, but there was no greater love and role for him,



than being a father. Paul was exceptionally proud of his 5 children. Shianne, Tiffany, Jasmine, Dylan, and Logan. He raised his children to be intelligent, goal-oriented, and confident individuals. He offered words of affirmation and pushed them to follow their dreams. His spirit lives in the legacy he passed to his children.

Paul spent 3 wonderful years with Sandra. Their relationship was a beautiful tale of irrevocable love. When they began their journey together, his happiness truly came to fruition. There was never a moment when they were together that he didn't have a smile on his face. His laughter filled the room with joy, his smile glowed with positivity, and the light in his eyes shined as bright as the sun. He described Sandra as the love of his life. She brought him true peace and happiness.

A Funeral Service was held on Friday, March 3, 2023 at Immaculate Conception Parish, with interment at Assumption Cemetery. A Celebration of Life followed at X-Cues Café.

## LAURA FURTADO (nee TEIXEIRA) August 31, 1924 – February 26, 2023

It is with deep sadness the family announces the passing of Laura Furtado (Teixeira), on February 26, 2023. Laura was predeceased by husband José, her mother & father; two sisters & brother.



She leaves to mourn her children José (Odette), Maria (Henry), Juvenal (Isabel), Rosa (Névio), Yvonne (Manuel), Mario, Leonor (Gordon), and Rick (Filomena). As well as grandchildren Nicole, Laurie, Jessica, Nicholas, Daniel, Damien, Joel, Michelle, Ryan (predeceased), Dustin and Rebecca.

Also left to mourn are Laura's great-grandchildren, Jakob, Olivia, Sophia, Jackson, Tripp, Luma & Julien.

Laura was a homemaker, and loved to be surrounded by family and loved to make Sunday supper for her family. She was an avid crocheter, and enjoyed attending the Açorean Cultural Centre. Laura took great pride in her children's and grandchildren's accomplishments. She will be greatly missed.

The family would like to thank Holy Family Home and Dr. Audrea Babick for the care and compassion they showed our mother.

A private service was held for friends and family. In lieu of flowers, donations may be made to Holy Family Home.

## JOSÉ CARVALHO TAVARES

Peacefully, with his family by his side, José passed away on March 1, 2023 at the Health Sciences Centre, at the age of 84 years.

He is lovingly remembered by his wife Juvenalia, children Goreti (Fred), Celia (Dan), Odete (Chris), Marco and Carla (Bernie); grandchildren Jason, Steven, Anthony, Mathew, Zoe, Quinn, Jessica, Miguel and Mia; and great-grandchildren London and Carmen. He is also survived by 3 brothers, 5 sisters and numerous nieces, nephews and extended family.



The family thanks the staff at HSC RR5 for their care and compassion and Fatima Sousa (sister) for her support. Prayers were said on Tuesday, March 7, 2023 at Cropro Funeral Chapel. Mass of Christian Burial was celebrated on Wednesday, March 8, 2023 in Immaculate Conception Parish. Interment followed in Assumption Cemetery.

If friends so desire, donations may be made in José's memory to the CancerCare Manitoba Foundation, Room 1160, 675 McDermot Avenue, Winnipeg R3E 0V9

## ARMINDA DAS NEVES VIEIRA December 17, 1930 - March 15, 2023

It is with great sorrow we announce the passing of Arminda Vieira on Wednesday, March 15, 2023 at HSC. Arminda was a devoted wife, mother, grandmother; great-grandmother & sister, who will be lovingly remembered by her husband of 69 years, José; children: Jose (Faíma), John (Anália), Jerry (Gina), Arthur (Tina) and Manuela (Manuel); 11 grandchildren & 14 great-grandchildren.

She will be missed by family & friends in Winnipeg & Europe.

Arminda was born and raised in Vale De Barreiras, Portugal, married in 1954, and later immigrated to Canada in 1970, first residing in Thompson and then finally moving to Winnipeg.

She was a Seamstress by trade. She moved back to Portugal for her retirement in 1985 and enjoyed travelling back and forth between Covão do Coelho and Winnipeg to visit family, returning permanently to Winnipeg in 2015.

Arminda will be remembered for her unwavering love for her family, who brought her the greatest joy in life. She will truly be missed by each one of them. The family extends their heartfelt gratitude to her doctors; Home Care workers, and the Dialysis staff at HSC for their care and support.

Mass of Christian Burial was celebrated on Wednesday, March 22, 2023 at Immaculate Conception Roman Catholic Church. Interment followed in Assumption Cemetery.





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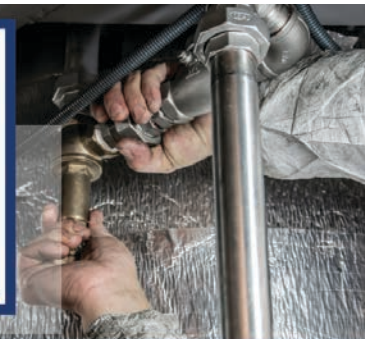


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