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C.T. West

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Calisto

Manuel
Resendes

Doug
Yaromy

VOLUME 5 | ISSUE 6 | 2023
SEMPRE GRATIS

WWW.NAVEGANTE-OMUNDIAL.COM

*Navegante
Cultural*





Kristen McKay,
@Pride 2023

I want to share this today.
As it does bring me understanding.

In my 4 sets of Grandparents the following bloodlines are present:

Ojibwa
Cree
Dakota
Metis

I have connected with my Ojibwa Cree and some introductions to my Dakota side. I have not yet connected with my Metis roots.

I live my life in a way where I Honor all of these bloodlines that make me. I connected with cultures teachings traditions protocols that are not of my Ancestors.

I have had to leave my First Nation community to find what it is that I brought into my everyday.

For me what I practice has helped me.
What I connected with keeps me on this earth.
It helps me breathe through my moments.

It's too easy for others to attempt to disconnect me from what I have brought into my every day. It's too easy for others to say I am wrong and this protocol or ritual doesn't belong to me.
It's not for you to say what I will connect with.

STOP practicing hateful ways that hold others back. Never would I come to you and tell you what you do is wrong. No ill come to you and I will support and love you for what ever choices you have made.

Let me breathe.

I work hard to walk my talk.
Your negativity is not holding me back because I will simply not allow it.
My intentions will always remain the same #EverybodyLoveEverybody

Have a beautiful day where ever you are and what ever you are doing.
Enjoy the moments and have fun!!!!
Love you!!!!

Em 1999, sentada a porta da casa de meu irmão, onde morava na época, não fazia ideia que passaria os próximos 20 anos trabalhando como funcionária pública, que me casaria e divorciaria duas vezes, após um breve noivado com um texano no final daquele ano, que me apontaria uma arma; nem sabia que os meus casamentos não proporcionaria ampla oportunidade para filhos, mas que teria mais de uma dúzia de cães em poucos anos e que publicaria alguns livros (ainda esperando por mais alguns antes de deixar este mundo para o próximo) e vir a possuir e publicar uma revista que foi estabelecida e pertenceu a um amigo de longa data (e na época, muito vivo) da família, que tal como o meu pai, também foi combatente na guerra colonial portuguesa; mas ao contrário do meu pai, não um sargento, mas um pára-quedista.

O pára-quedista havia imigrado para o Canadá, onde trabalhou como corretor de imóveis, criou uma família de dois filhos e, após sua morte prematura, após uma árdua jornada de câncer, deixaria sua publicação, "O Mundial, o jornal português" para sua esposa, Jocelinda, que o operaria por oito anos, antes de literalmente entregá-lo a mim em 25 de abril de 2018. Era um tablóide com fotos difusas; aprender InDesign foi um desafio, mas jurei transformá-lo em uma revista chamada Navegante Cultural, o que fiz 18 meses depois, e dar-lhe força por cinco anos... As imagens não estão mais borradas, mas chegou a hora.

Risco de oportunidade

Para criar um novo mundo, devemos destruir um velho mundo; para isso, para desenvolver meu amor pela cultura (não apenas pela portuguesa em que nasci) e por contar histórias, preciso ter a coragem de mudar. O falecido filósofo francês Michel Foucault disse: "Eu não vim todos esses anos para dizer a mesma coisa e não ser mudado," enquanto o falecido filósofo dinamarquês Søren Kierkegaard disse: "Uma vida é vivida para a frente, mas apenas entendida para trás." Gosto de pensar que sou viciado em mudanças; com grandes ideias e paisagens intelectuais ainda maiores; que não posso ficar parada muito tempo, ou meu pensamento vai travar e parar de aprender. Embora "O Mundial" permaneça no título da publicação e na base narrativa de "Navegante Cultural," não é a mesma publicação.

Os custos de impressão e as restrições de 32 páginas físicas me levaram a uma revolução digital antes do planejado, com um foco em histórias interculturais e uma expansão multimídia em filmes. Os restantes seis números de 2023 serão publicados apenas em réplica digital, embora pretenda imprimir informação, explicando como chegar ao site www.navegante-omundial.com usando um smartphone para clicar no código QR. Como gosto de dizer, os portugueses não construíram um império para o bem e para o mal, ficando em casa. É hora, também, de administrar e quitar a dívida que contrai durante a pandemia, quando optei por continuar imprimindo mesmo com o aumento dos custos de impressão e outros, até que finalmente dobraram no ano passado, sem repassar os custos para meus anunciantes.

Não sou uma instituição de caridade nem uma organização cultural; sou um empreendedor e um navegador cultural, movido mais por ideias do que por dinheiro, mas, mesmo assim, inteligente o suficiente para parar de jogar dinheiro bom atrás de dinheiro ruim, lol - estou tão curioso quanto você, para ver o que vem em 2024. Venha comigo?!

Oxalá...

Mundial

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Navegante
Cultural

In 1999, sitting on the backdoor steps of my brother's house in River Heights, where I was living at the time, I had no idea that I would spend the next 20 years working as a provincial civil servant, that I would be married and divorced twice, following a brief engagement to a Texan later that year, who would pull a gun on me; neither did I know that the timing of my marriages would not provide ample opportunity for children, but that I would own over a dozen dogs in as many years (my first husband was a breeder of champion Akitas) and that I would publish a few books (still hoping for a few more before I leave this world for the next) and come to own and publish a magazine that was established and once owned by a long-time (and at the time, very much alive) friend of the family, who like my dad, was also a combat veteran of the Portuguese colonial war; but unlike my dad, not a sargent, but a paratrooper.

The paratrooper had immigrated to Canada, where he worked as a realtor, raised a family of two boys, and upon his untimely death, following an arduous cancer journey, would bequeath his publication, "O Mundial, The Portuguese Newspaper" to his wife, Jocelinda, who would operate it for eight years, before literally giving it to me on April 25, 2018, after my government position had been terminated due to budget cuts -- 2.5 years out from my planned early retirement at 55. At the time, it was a tabloid newspaper with fuzzy pictures; learning InDesign was a challenge for me, but I vowed to turn it into a magazine called Navegante Cultural, which I did 18 months later, and give it a solid go for five years... The pictures are no longer fuzzy, but it's still time to it let go.



Risk of Opportunity

To create a new world, you have to destroy an old world; to that end, for me to evolve my love of culture (not just the Portuguese into which I was born) and storytelling, I need to have the courage to change and push forward into uncharted territory. The dead French philosopher Michel Foucault said, "I did not come all of these years to say the same thing and not be changed," while the late Danish philosopher Søren Kierkegaard said, "A life is lived forwards, but only understood backwards." Everything that I have done to this point has brought me to my fate; yet, do I truly have the courage to change?

I like to think that I am a change-junkie; that I get off on big ideas and even bigger intellectual landscapes; that I cannot stay in one place for too long, or my thinking will get stuck, and I will stop learning new things or visiting new places. Although "O Mundial" remains in the title of the publication, and in the narrative bedrock of "Navegante Cultural," it is no longer the same publication -- I have created my own vision; same as the late Manuel Guerra created his decades ago.

Print and fuel costs and the constraints of 32 physical pages has led me to a digital revolution earlier than planned, with a wider focus on inter-cultural stories and an expansion of multi-media stories in film. The remaining six issues in 2023 will be published in digital replica only, although I do plan to print a brochure, explaining how to get to the website www.navegante-omundial.com by using a smartphone to hover over and click on a QR code like the one on the cover of this eZine. As I am fond of saying, the Portuguese did not build an empire for good and not-so-good, by staying at home. It's time, also, to manage and pay down the debt I acquired during the pandemic, when I chose to keep printing even as printing and other costs increased, until they finally doubled last year, without passing on the costs to my advertisers.

I'm neither a charity nor a cultural organization; rather, I'm an entrepreneur and a cultural navigator, fueled more by ideas than bucks, but nonetheless, smart enough to stop throwing good money after bad, lol -- I'm as curious as you are, to see what comes in 2024. Come with me?!

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fully digital
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To download the infographic at right, or for more information on “heat health” go to:
<https://www.canada.ca/en/health-canada/services/climate-change-health/extreme-heat.html>



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Carlos Humaire

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homen em STYLE

Paulo Bergantim

In a slight departure from the usual straight-up "style" pieces, I found this invaluable cheat-sheet for establishing and conveying likeability, by using 27 body language tricks.

Sometimes, it doesn't matter what you wear, or even how you wear it, if you come off as an arrogant or unpleasant person. Btw, these work for any gender and gender-fluid folks!

I also found a work-related article on body language and behaviour, which you can scan below for more details.

VIXEN • DAILY
27 BODY LANGUAGE TRICKS TO BE INSTANTLY LIKEABLE

3. KEEP A STRAIGHT SPINE WHILE SITTING	4. KEEP YOUR FEET HIP WIDTH APART AND BALANCED	5. BREATHE DEEP TO THE POINT JUST BELOW YOUR BELLY	6. MIRROR/MATCH THE OTHER PERSON'S POSTURE	7. STAND STILL <i>Avoid fidgeting</i>
8. SMILE AS YOU WALK INTO A ROOM	9. OFFER A FIRM BUT GENTLE HANDSHAKE	10. KEEP EYE CONTACT WHILE SHAKING HANDS	11. SMILE WHEN GREETING SOMEONE NEW	12. DON'T LEAN ON WALLS OR OBJECTS
13. KEEP YOUR NEUTRAL FACE A HAPPY FACE	14. MAINTAIN EYE CONTACT WHILE SPEAKING TO SOMEONE	15. USE A GENUINE SMILE	16. ACTIVELY LISTEN TO YOUR CONVERSATIONAL PARTNER	17. GIVE THE OTHER PERSON YOUR FULL ATTENTION
18. LISTEN CAREFULLY FOR WHAT "LIGHTS THEM UP" INSIDE	19. TREAT EVERYONE LIKE A FRIEND UPON MEETING THEM	20. NOD SLIGHTLY WHEN LISTENING TO YOUR PARTNER	21. PERFORM A GENEROUS GESTURE UPON MEETING SOMEONE	22. BE RADICALLY CURIOUS WHEN YOU MEET SOMEONE NEW
23. USE A GENTLE TOUCH TO SYMPATHIZE AND CONNECT	24. RELAX AND BREATHE EASY TO RELAX YOUR PARTNER	25. KEEP YOUR SHOULDERS DOWN AND RELAXED FOR OPENNESS	26. DON'T FOLD YOUR ARMS OVER YOUR CHEST	27. STAND "SOLID" <i>Even weight on both feet</i>

VIXEN • DAILY
VIXENDAILY.COM

7 Body Language Cues to Look For in The Workplace

#1
Lip Pursing
People subconsciously do this when they are holding something back.

#2
Eyebrows Raised
Guilty people might raise them to show fear.

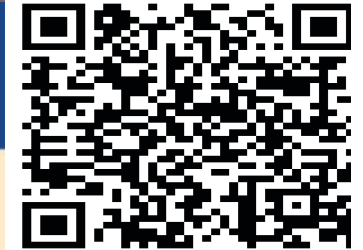
#3
Touch
A light touch on the arm is a great way to get someone to help you.

#4
The Business Handshake
The best handshakes are firm, but not domineering.

#5
Territorial Claiming
Whoever controls the food and drinks in an office gain attention and status.

#6
Laughing
Subordinates may laugh to appease superiors, while superiors may refrain from laughing to maintain status.

#7
Sitting in a Chair
If an employee is sitting in a chair, it makes it easier to reprimand them.





mulher em STYLE

Manny Martins-Karman

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

Judi Dench in her own words...
"Don't prioritise your looks my friend, as they won't last the journey."

Your sense of humor though, will only get better with age. Your intuition will grow and expand like a majestic cloak of wisdom.

Your ability to choose your battles, will be fine-tuned to perfection. Your capacity for stillness, for living in the moment, will blossom.

Your desire to live each and every moment will transcend all other wants. Your instinct for knowing what (and who) is worth your time, will grow and flourish like ivy on a castle wall.

Don't prioritise your looks my friend, they will change forevermore, that pursuit is one of much sadness and disappointment.

Prioritise the uniqueness that make you you, and the invisible magnet that draws in other like-minded souls to dance in your orbit.

These are the things which will only get better."

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



mannyfashionstylist More photos from this fun shoot. Pearl & Birch - Preloved wedding and formal boutique and consciously curated cocktail dresses.

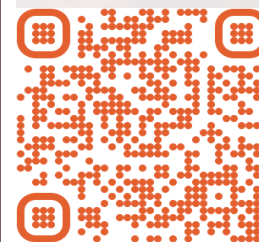
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#wearwhatmakesyouhappy
#weddingconsignment #preloved
#sustainablefashion
#mannyfashionstylist
#mannymartinskarman #photoshoot



MANNY

HEIGHT: 5'5"
TOPS: 2XL
JEANS: 18/20
CHEST: 48
WAIST: 47
HIPS: 56
SHOES: 9/10



KARMA esthetics and life's blessings



Anabela Camara

As the weather heats up for summer, it is more important than ever to stay cool out there. These images are taken from an infographic at [canada.ca](https://www.canada.ca/en/health-canada/services/climate-change-health/extreme-heat.html). You can also scan the red QR code.

Keep hydrated and check in on your loved ones. Remember that pets also feel the effects of the heat, and medications may contribute to heat exhaustion or skin sensitivity, especially during a high UV index.

And don't forget to come see me for waxing, which I especially love to do in summer, to make you feel and look your best in shorts and tanks tops, or for a pedicure to keep your feet soft and supple and looking pretty in pink, or whatever colour you like on your toes!

FOR MORE INFORMATION OR ADDITIONAL RESOURCES

- Visit the Extreme Heat webpage: www.canada.ca/en/health-canada/services/sun-safety/extreme-heat-heat-waves.html
- Visit the Health Canada heat health publications webpage: www.canada.ca/en/health-canada/services/environmental-workplace-health/reports-publications/climate-change-health.html
- Speak with your physician or personal care provider
- Contact your local public health authority

FOR MORE INFORMATION



STAYING HEALTHY in the HEAT

Why is heat a HEALTH CONCERN?

Extreme heat involves high temperatures and can pose health risks. Over the next 30 years, the number of extremely hot days in a year is expected to more than double in some parts of Canada.

HEAT STROKE

What are the SIGNS AND SYMPTOMS of heat illness?

- High body temperature
- Confusion and lack of coordination
- Dizziness/Fainting
- No sweating, but very hot, red skin

Heat stroke is a medical emergency! Call 911 or your local emergency number immediately. While waiting for help—cool the person right away by:

- moving them to a cool place, if you can;
- applying cold water to large areas of the skin; and
- fanning the person as much as possible.

HEAT EXHAUSTION

- Skin rash
- Muscle cramps
- Dizziness or fainting
- Nausea or vomiting
- Heavy sweating
- Headache
- Rapid breathing and heartbeat
- Extreme thirst
- Dark urine and decreased urination

If you experience any of these symptoms during extreme heat, immediately move to a cool place and drink liquids; water is best.

SAFETY TIPS

TIP 1 PREPARE FOR THE HEAT

- Tune in regularly to local weather forecasts and alerts so you know when to take extra care.
- If you have an air conditioner, make sure it works properly.
- If you don't have an air conditioner, find an air-conditioned spot close by where you can cool off for a few hours on very hot days.

TIP 2 KNOW THE SIGNS OF HEAT

TIP 3 PAY ATTENTION TO HOW YOU AND THOSE AROUND YOU FEEL

Frequently visit neighbors, friends and older family members, especially those who are chronically ill, to make sure that they are cool and hydrated.

TIP 4 DRINK LIQUIDS; WATER IS BEST.

TIP 5 STAY COOL

How to stay cool?

- Wear loose-fitting, light-colored clothing made of breathable fabric
- Take cool showers or baths until you feel refreshed.
- Plan strenuous outdoor activities for cooler days, or choose a cooler location, like a place with air conditioning or with tree shade.
- Spend a few hours in a cool place. It could be a tree-shaded area, swimming facility or an air-conditioned spot.

Never leave children or pets alone in a parked vehicle.

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

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Anabela Camara
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Who is MOST AT RISK?

FACT 1 OLDER ADULTS

Older adults may be faced with compounding factors that could put them at increased risk during extreme heat events. These factors may include chronic illnesses, medications that interfere with the body's cooling mechanisms, social isolation, and poverty.

FACT 2 INFANTS AND YOUNG CHILDREN

Given the unique physiological characteristics of children's bodies and their high dependency on caregivers, they are likely to be at risk during extreme heat events.

FACT 3 CHRONIC ILLNESS/SPECIAL MEDICATION

Individuals with breathing difficulties, heart problems, and psychiatric illnesses are at a higher risk of heat-related health effects.

FACT 4 PEOPLE WHO WORK OR ARE ACTIVE OUTDOORS

People who work outdoors (e.g. construction, road repair) and physically active individuals who exercise in the heat could face greater environmental heat exposure and physical strain.

George
Camara



sometimes we WIN
sometimes we LEARN



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HOW TO NOT BE HARD ON YOURSELF



These graphic posters were made by information designer Anna Vital and are on Mappalicious.com, created by Psychologist Dr. Nico Rose.

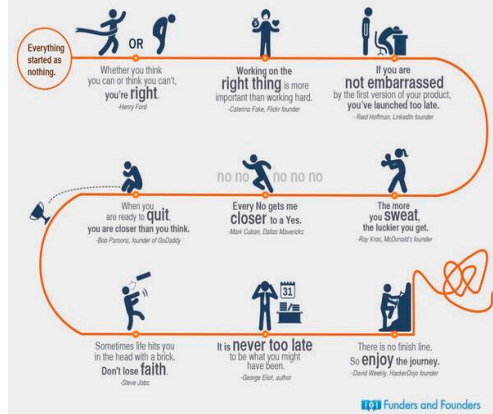
He encourages us to share these messages of Positive Psychology. Scan here:



HOW TO BE WISE

as an entrepreneur

by Anna Vital



Sometimes, a picture is worth a thousand words, especially when the picture has words in it!
Here's some light summer viewing... Enjoy!
If you have a favourite, feel free to text me.

THE MEANING OF LIFE

According to Different Schools of Philosophy

by Anna Vital



life has ...



Food & DRINK

The Random Chef

Caldo Verde

Ingredientes:

- 1/4 xícara de azeite extra virgem
- 10 onças de chouriço, linguiça ou chouriço espanhol, cortado em moedas de 1/4 de polegada (6 mm)
- 1 cebola espanhola grande, cubos
- Sal Kosher
- 2 dentes de alho fatiados; não tenha medo de ir para um terceiro ou quarto. Os portugueses adoram alho
- 6 batatas médias, descascadas e cortadas grosseiramente (prefiro Yukon Gold, pois são parecidas com as batatas amarelas de Portugal)
- 8 xícaras de água fria, ou meio caldo de galinha caseiro ou caldo de galinha enlatado e meia água
- 1 libra de couve ou couve, caules removidos, folhas cortadas em fatias muito, muito finas
- Pimenta preta ou branca moída

Modo de Preparação:

...1 Em uma panela grande em fogo médio, aqueça o óleo. Adicione o chouriço e cozinhe até dourar levemente dos dois lados, 3 a 5 minutos.

...2 Com uma escumadeira, retire a linguiça para um prato. Tente deixar a linguiça escorrer bem na panela; sua gordura dará sabor à sopa.

...3 Despeje as cebolas na panela. Polvilhe com sal e cozinhe, mexendo ocasionalmente, até ficar macio e translúcido. Adicione o alho e cozinhe por mais 2 minutos.

...4 Misture as batatas, acrescente a água ou a combinação de água e caldo de galinha e deixe ferver. Reduza o fogo para que a sopa ferva suavemente. Cozinhe até que as batatas estejam quase macias, 10 a 20 minutos. Retire do fogo e deixe a sopa esfriar um pouco.

...5 Quando o caldo verde esfriar um pouco, bata-o no liquidificador. (A tradição diz que uma fatia e apenas uma fatia de chouriço é adicionada a cada tigela, embora alguns chefs gostem de adicionar metade da salsicha à sopa antes de fazer o purê. A escolha é sua.)

...6 Adicione a couve à sopa, deixe tudo voltar a ferver e, em seguida, reduza o fogo e cozinhe até ficar macio, 2 a 5 minutos.

Tempere com sal, se necessário, e pimenta.

...7 Deite o caldo verde em taças e decore com rodela de chouriço. (Pode ser

resfriada, coberta e refrigerada a noite. Aqueça em fogo baixo antes de servir.)

Green Soup

Ingredients:

- 1/4 cup extra-virgin olive oil
- 10 ounces chouriço, linguiça, or Spanish chorizo, sliced into 1/4-inch (6-mm) coins
- 1 large Spanish onion, diced
- Kosher salt
- 2 garlic cloves, sliced; don't be afraid to go for a third or fourth. The Portuguese love their garlic
- 6 medium potatoes, peeled and roughly chopped (I prefer Yukon Gold, as they are similar to Portugal's yellow potatoes)
- 8 cups cold water, or chicken stock or broth, and half water
- 1 pound collard greens or kale, stems removed, leaves cut into very, very thin slices
- Ground black or white pepper

Preparation mode:

...1 In a large pot over medium heat, warm the oil. Add the chouriço and cook until lightly browned on both sides, 3 to 5 minutes.



...2 Using a slotted spoon remove the sausage to a plate. Try to let the sausage drain well into the pot; its fat will flavor the soup.

...3 Dump the onions into the pot. Sprinkle with salt and cook, stirring occasionally, until softened and translucent. Add the garlic and cook for 2 minutes more.

...4 Stir in the potatoes, add the water or combination of water and chicken stock, and bring to a boil. Reduce the heat so the soup gently simmers. Cook until the potatoes are almost tender, 10 to 20 minutes. Remove from the heat and let the soup cool slightly.

...5 When the caldo verde has cooled a little, purée it using an immersion blender. (Tradition states that only one slice of chouriço is added to each bowl although some chefs like to add half the sausage to the soup before puréeing. Your choice.)

...6 Add the kale to the soup, bring everything back to a boil, and then reduce the heat and simmer until tender, 2 to 5 minutes. Season with more salt, if needed, and pepper.

...7 Ladle the caldo verde into bowls and garnish with the remaining slices of chouriço. (It can be cooled, covered, and refrigerated overnight. Warm over low heat before serving.)

Recipe by David Leite

<https://leitesculinaria.com/7580/recipes-portuguese-kale-soup-caldo-verde.html>



Hi, I'm David Leite

I'm a three-time James Beard Award-winning food writer, cookbook author, memoirist, podcast host, and publisher. I enjoy sharing recipes and stories of all kinds, including those of my Portuguese heritage. Let's eat! Comamos!

Nutrition		
Serving: 1 portion	Calories: 485 kcal	Carbohydrates: 101 g
Protein: 15 g	Fat: 20 g	Saturated Fat: 4 g
Cholesterol: 33 mg	Sodium: 476 mg	Potassium: 1407 mg
Fiber: 8 g	Sugar: 4 g	Vitamin A: 1038 IU
Vitamin C: 107 mg	Calcium: 107 mg	Iron: 4 mg

Nutrition information is automatically calculated, so should only be used as an approximation.



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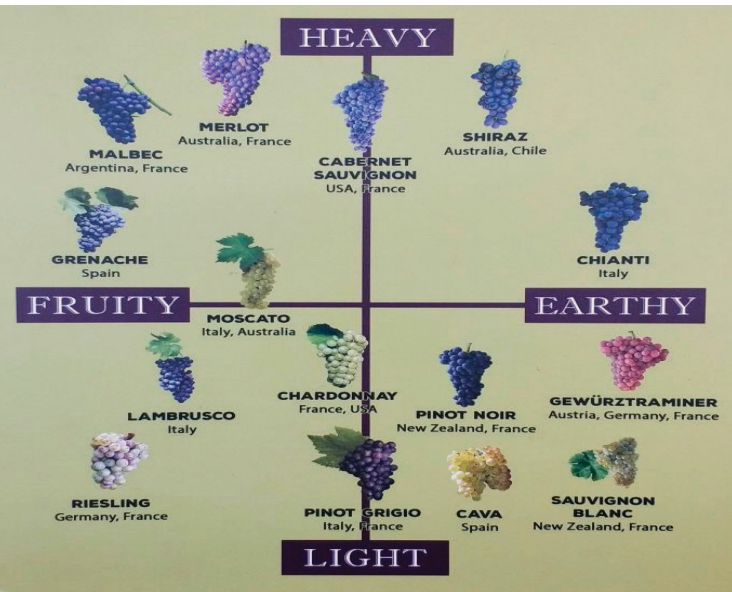
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Lifelong Learning

J. Peter Correia



HOW TO SPOT FAKE NEWS

CONSIDER THE SOURCE Click away from the story to investigate the site, its mission and its contact info.	READ BEYOND Headlines can be outrageous in an effort to get clicks. What's the whole story?
CHECK THE AUTHOR Do a quick search on the author. Are they credible? Are they real?	SUPPORTING SOURCES? Click on those links. Determine if the info given actually supports the story.
CHECK THE DATE Reposting old news stories doesn't mean they're relevant to current events.	IS IT A JOKE? If it is too outlandish, it might be satire. Research the site and author to be sure.
CHECK YOUR BIASES Consider if your own beliefs could affect your judgement.	ASK THE EXPERTS Ask a librarian, or consult a fact-checking site.

International Federation of Library Associations and Institutions

Claire Wardle, do First Draft News; tipos de notícias falsas:

- 1. sátira ou paródia** com "sem intenção de causar dano, mas tem potencial para enganar"
- 2. conexão falsa** é "quando manchetes, imagens ou legendas não suportam o conteúdo"
- 3. conteúdo enganoso** é o "uso enganoso de informações para enquadrar problema ou indivíduo"
- 4. contexto falso** é "quando o conteúdo genuíno é compartilhado com informações falsas"

5. conteúdo impostor é "quando fontes genuínas são personificadas" com fontes falsas

6. conteúdo manipulado é "quando informações ou imagens genuínas são manipuladas para enganar", como uma foto "manipulada"

7. conteúdo fabricado é "o novo conteúdo é 100% falso, projetado para enganar e prejudicar"

O **negacionismo científico** é outro tipo de fake news, definido como o ato de produzir fatos falsos

Em 2017, Wardle rejeitou a frase "notícias falsas", considerando-a "lamentavelmente

COMO IDENTIFICAR NOTÍCIAS FALSAS

CONSIDERE A FONTE Clique fora da história para investigar o site, sua missão e contato.	LEIA MAIS Títulos chamam a atenção para obter cliques. Qual é a história completa?
VERIFIQUE O AUTOR Faça uma breve pesquisa sobre o autor. Ele é confiável? Ele existe mesmo?	FONTES DE APOIO? Clique nos links. Verifique se a informação oferece apoio à história.
VERIFIQUE A DATA Repostar notícias antigas não significa que sejam relevantes atualmente.	ISSO É UMA PIADA? Caso seja muito estranho, pode ser uma sátira. Pesquise sobre o site e o autor.
É PRECONCEITO? Avalie se seus valores próprios e crenças podem afetar seu julgamento.	CONSULTE ESPECIALISTAS Pergunte a um bibliotecário ou consulte um site de verificação gratuito.

Tradução: Denise Cunha
International Federation of Library Associations and Institutions

inadequada" para descrever os problemas atuais. Ela agora prefere "desordem da informação" ou "poluição da informação" e lista três tipos:

- Desinformação:** informações falsas disseminadas sem intenção prejudicial.
- Desinformação:** informações falsas criadas e compartilhadas com intenção prejudicial.
- Informações incorretas:** compartilhamento de informações "genuínas" com a intenção de causar danos.

Fonte: Wikipédia "Fake News"

Claire Wardle of First Draft News; types of fake news:

- 1. satire or parody** with "no intention to cause harm but has potential to fool"
- 2. false connection** is "when headlines, visuals or captions don't support the content"
- 3. misleading content** is the "misleading use of information to frame an issue or an individual"
- 4. false context** is "when genuine content is shared with false contextual information"

5. impostor content is "when genuine sources are impersonated" with false, made-up sources

6. manipulated content is "when genuine information or imagery is manipulated to deceive," such as a "doctored" photo

7. fabricated content is "new content is 100% false, designed to deceive and do harm"

Scientific denialism is another type of fake news, defined as the act of producing false or misleading facts to support pre-existing beliefs

In 2017, Wardle she rejected the phrase "fake news," finding it "woefully inadequate" to describe the current issues.

She now prefers "**information disorder**" or "**information pollution**," and lists three new types:

- Mis-information:** false information disseminated without harmful intent.
- Dis-information:** false information created and shared by people with harmful intent.
- Mal-information:** sharing "genuine" information with the intent to cause harm.

The Washington Post media columnist Margaret Sullivan also has warned fellow journalists that "It's time to retire the tainted term *fake news*. Though the term hasn't been around long, its meaning already is lost."



By late 2018, the term "fake news" had become verboten and U.S. journalists were asking for apologies and product retirements from companies using the term.



Caricature by Allan Cavanagh

In October 2018, the British government decided that the term "fake news" would no longer be used in official documents because it is "a poorly-defined and misleading term that conflates a variety of false information, from genuine error through to foreign interference in democratic processes."

Canada has followed suit.

Recent reviews of *fake news* still regard it as a useful term, equivalent to *fabricated news*, as separate from related types of problematic news such as hyperpartisan news, or extreme political polarization during election times.

Source: Wikipedia "Fake News"

EAX, featuring Jace Bodner

A summer-light Tossed Green Salad with Watermelon & Feta served with strawberry lime vinaigrette opened up LusoCan TV's season closer for Evening at X-Cues on the Summer Solstice, 2023.

I chose the Grilled Prawns on Spinach Tomato Risotto from among four menu items, including a vegetarian option of Grilled Portobello Vegetable Stack with Balsamic Glaze with baked potato & half grilled corn on the cob. Equally easy on the stomach-eyes and delectable to the culinary-nose, was a Half-rack of root beer BBQ ribs served with a baked potato & half grilled corn on the cob and Grilled quarter chicken with baked potato & half grilled corn on the cob.

Upon taking the stage, the tongue-in-cheek charming and mischievous Jace lived up to his propaganda as "an incredibly handsome funk/soul/pop artist from Winnipeg, ... who started playing the guitar at the age of 12, and soon found his calling in the world of soul and funk music.

Influenced by legends such as Stevie Wonder, Marvin Gaye, Earth Wind & Fire, and Vulfpeck, Jace's sound is a unique blend of classic funk, soul, and pop, infused with his own modern twist, ... (and) characterized by its groovy and fun sound, with catchy melodies, tight rhythms, funky bass lines, clever tongue in cheek lyrics, and Soulful vocals. He plays as a solo artist, as well as with his six piece band, and they create a sound that is both tight and funky."

Since graduating high school in 2019, Jace has played with several bands in bars, at festivals, corporate events, and weddings, while also hosting a weekly open mic night at the Osborne Taphouse; collaborating with artists around the city.

Jace is also working as a music mentor and producer in an arts program for teenagers in West Broadway.

His debut album is expected out this year with a collection of original songs. Jace can be heard on Spotify, Apple Music, and Insta:

<https://open.spotify.com/artist/1UE9lf5Ycq89gWf4NJHOV>

<https://music.apple.com/us/artist/jace-bodner/1546156442>

<https://www.instagram.com/jacebodner/?hl=en>

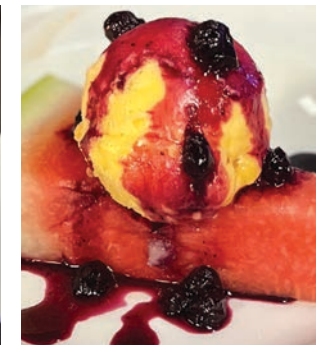
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Turn of the Tide

Netflix - original title: Rabo de Peixe



Quando uma tonelada de droga chega à praia de Rabo de Peixe, chega também o momento em que o Eduardo e os amigos vão ter de decidir se continuam a ser charcos num mar de tubarões, ou se mudam o seu destino para sempre. Rabo de Peixe a série portuguesa estreou a 26 de maio, na Netflix.

Filming is underway for "Rabo de Peixe," Netflix's second Portuguese original series O Jornal with LUSA

The cast includes several well-known Portuguese actors, including José Condessa, Helena Caldeira, Rodrigo Tomás, André Leitão, Kelly Bailey, Maria João Bastos, Pepê Rapazote, Albano Jerónimo, and Afonso Pimentel.

"Rabo de Peixe" is the second Portuguese series made entirely in Portugal for Netflix, after "Glória," which premiered last November.

Scan the QR code above for the trailer.

EDITORIAL NOTE: Rabo de Peixe is an entertaining fictional account based on what was an even more interesting, to my mind, true story

of an Italian narcotrafficante who washed ashore during a storm, while on route to mainland Europe, at Rabo de Peixe, on the island of São Miguel in Açores, and with him, a valuable cocaine cargo worth millions in street value. Navegante Cultural previously wrote about the true story, and you can find a good summary published by The Guardian:

"In the 24 hours after he had arrived on São Miguel, the man on the yacht had barely ventured out of his cabin. He had pored over maps and made several phone calls to find out how he could fix his boat's damaged rudder, but he didn't speak Portuguese and couldn't afford to draw any more attention to himself than was absolutely necessary. As he lay in his narrow bunk on the night of 7 June, he didn't know that police officers were already watching him.

Jose Lopes, the judicial police inspector, had been chosen as one of the leaders of the investigation. At the time, he was 34 years old and had worked eight years as a policeman, seven of them on the Azores. He was very familiar with the local drug trade and had a reputation for his encyclopaedic memory. When we spoke, Lopes also claimed he has a "sixth sense" for solving mysteries. It hadn't taken Lopes long to figure out that the smuggler's yacht was floating in the

harbour in Rabo de Peixe. He knew that the cocaine had almost certainly arrived by boat. Thanks to the testimonies of villagers, who had described the vessel, and records of the coming and goings of boats kept by the maritime police, Lopes and his team were able to track down the yacht within a matter of hours. Then they began to stake it out.

At around 1am on 8 June, police watched as a Nissan Micra parked up beside the yacht. They later found out that the car had been rented at the airport by a man named Vito Rosario Quinci, who had arrived by plane the previous day. Vito Rosario turned out to be the nephew of the smuggler, a Sicilian whose real name was Antonino Quinci...

"Later analysis showed that the cocaine was more than 80% pure, far stronger than anything normally found on the street... Francisco Moreira, a local judge, told me that Quinci's drug made it into the hands of the islanders at a time when many people here had little experience with cocaine.

The results were catastrophic. Mariano Pacheco, a medic and coroner at Ponta Delgada's hospital, told me that in the



weeks after Quinci's arrival an unusually high number of people were coming into the hospital reporting heart attack-like symptoms, or arriving unconscious. "We revived a lot of people from drug-induced comas," he said. "Some didn't make it."

A month after Quinci had arrived on the island, the cocaine was still wreaking havoc. On 7 July, the front page of the Açoriano Oriental opened with the headline "Cocaine kills on São Miguel". The article reported a spike in the number of overdoses and the death of a young man. Local television networks began broadcasting health warnings to the islanders advising them not to try the cocaine. But it was too late for some...



The cast of "Rabo de Peixe," the second original Portuguese series for Netflix, includes (from left to right) José Condessa, Helena Caldeira, Rodrigo Tomás, André Leitão and Kelly Bailey. Courtesy Photo

Production is moving along on "Rabo de Peixe," the second original Portuguese series for Netflix.

Produced by Ukbar Filmes and directed by Augusto Fraja and Patricia Sequeira, "Rabo de Peixe" is a thriller with a little bit of sarcastic humor. It tells the story of four friends, whose lives change forever with the arrival of a ton of cocaine. Although it's based on real facts, the series is fictional.

"It's a great pride to be able to tell the Azores to the world, telling an incredible story in one of the most unique places on the planet," said Fraja, who happens to be a native of Azores, quoted in a Netflix statement.

"This is a series of fun and adrenaline, but at the same time, a reflection on the fate and fatality of the human condition," he added.

The "Rabo de Peixe" project was selected from the competition for screenwriters launched in 2020 by Netflix and ICA (Instituto do Cinema e Audiovisual).

The series will be shot in the Azores, namely on the Ribeira Grande, the islet of Vila Franca do Campo, the lagoon Sete Cidades, Furnas and Nordeste, and the mainland.

After filming for a period in the Azores, "Rabo de Peixe" is being shot this week in Tapada de Mafra.

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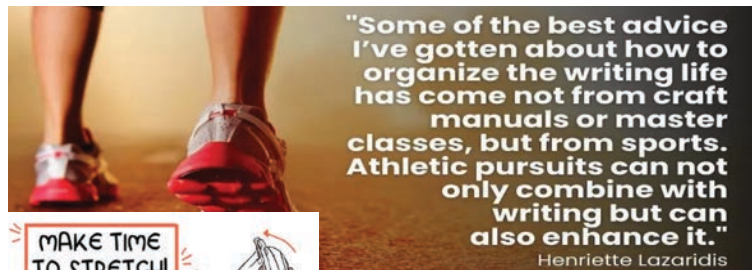
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BACK to BACK

Mia Sally Correia *stronger together & 1% better* Dina Oliveira

Famous writers across time and culture have documented their need for, and daily routines that include, vigorous physical activity before a day of writing -- from Marcus Tullius Cicero to Charles Dickens to Joyce Carol Oates all believe(d) that their work (and sanity) depend(ed) on it! At the very least, you should be stretching your hands!



Many people probably don't think about the physically demanding work of cosmetologists, beauticians, and aestheticians in a salon -- instead, we might first think about the potential dangers associated with exposure to chemicals and other cancer-causing substances.

And while it's true that we need to have good workplace ventilation and personal protective equipment such as gloves to reduce the risks of exposure to chemicals such as ammonia in hair dyes, we also need to think about the potential health risks that come from improper postures or repetitive stress.

We spend extremely long hours on our feet, often in uncomfortable postures. Below are some helpful stretches to alleviate our risks, and come to think of it, they would work for writers also!

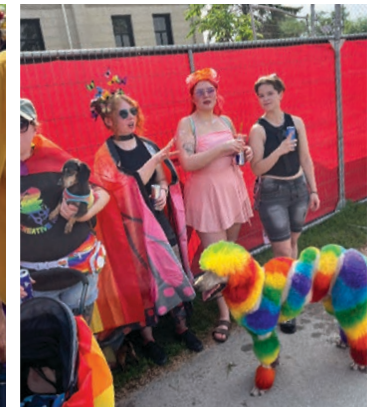


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LIGA DOS COMBATENTES

Núcleo de Winnipeg Nucleus



On Portugal Day, June 10, 2023, the City of Winnipeg conferred upon the Portuguese community, on the street where the Portuguese Cultural Centre is located, the honour of designating Young Street as "Honourary Portugal Way" as a tribute to the contribution of Portuguese immigrants, on the 70th anniversary of Portuguese immigration to Canada. Liga dos Combatentes, Winnipeg Nucleus attended the ribbon-cutting ceremony.

No Dia de Portugal, 10 de junho de 2023, a Cidade de Winnipeg conferiu à comunidade portuguesa, na rua onde se situa o Centro Cultural Português, a honra de designar a Rua Jovem como "Honorário Portugal Way" como uma homenagem ao contributo dos portugueses imigrantes, no 70º aniversário da imigração portuguesa para o Canadá. Liga dos Combatentes, Núcleo de Winnipeg participou na cerimónia de inauguração e prioritmente na Igreja.







Comunidade em Vista, 1



*Fotos por/Photos by
Tony Soares
Nelvia Soares, Dela Silva e Mia Sally Correia*



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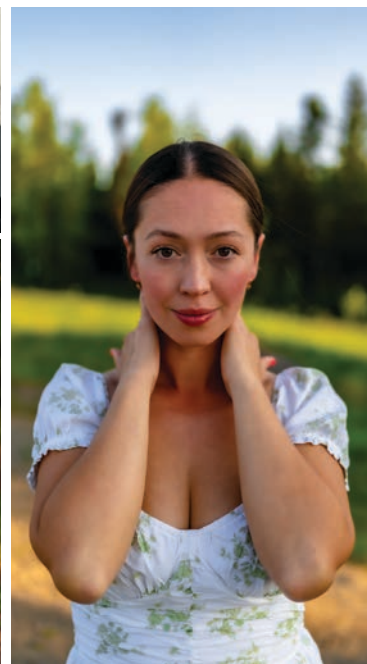
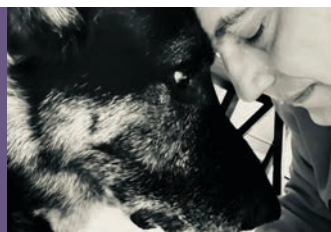
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Dia de Portugal, de Camões,
e das Comunidades, 2023

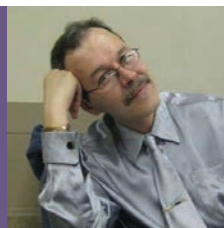


Nuno Pereira *Photography*



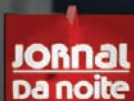
MANNY GARCIA

Arquivo de Memórias / Archive of Memories



No dia de Portugal, 10 de Junho de 2023, a cidade de Winnipeg conferiu a comunidade Portuguesa, na rua onde fica o Centro Cultural Português, a honra de destacar a Young Street como "Honourary Portugal Way" em homenagem a contribuição dos imigrantes Portugueses, no ano que marca 70 anos de imigração ao Canada.

Escaneie o código QR para ver a reportagem do Jornal da Noite.



JASON MOURA

DIR. PATRIMÔNIO DA ASSOCIAÇÃO PORTUGUESA DE MANITOBA



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Scan the QR code to watch the report on Jornal da Noite.

Zita Lopes, Executive Director
Diretora Executiva, APM



PORTUGAL DAY

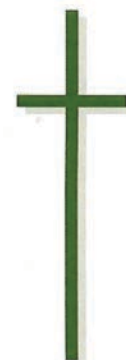
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PORTUGAL DAY

RUA EM WINNIPEG NOMEADA EM HOMENAGEM AOS PORTUGUESES



PORTUGAL DAY

RUA EM WINNIPEG NOMEADA EM HOMENAGEM AOS PORTUGUESES



Comunidade em Vista, 2



Fotos por/Photos by
Tony Soares
Nelia Soares, Dela Silva e Mia Sally Correia



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Pode submeter até cinco fotografias que retratem e/ou relacionem aspetos da cultura açoriana com o seu atual país de residência.

Participe e habilite-se a ganhar uma passagem aérea para duas pessoas, com origem em qualquer um dos aeroportos exteriores à Região operados pela SATA, e com destino a um dos aeroportos açorianos à sua escolha.

Regulamento, formulário de candidatura e mais informações em <https://bit.ly/45IAQ4Z>.



The Government of the Azores will open from 1 June to 30 September the application period for the photo contest "The Island and the World", aimed at Azoreans and their descendants, over 18 years of age, who live outside the Autonomous Region of the Azores for at least five years and are registered on the website Azoreans in the World (<https://acorianosnomundo.azores.gov.pt/>).

You can submit up to five photos that portray and/or relate aspects of the Azorean culture with your current country of residence.

Participate and qualify to win a plane ticket for two people, departing from any of the airports outside the Region operated by SATA, and destined for one of the Azorean airports of your choice.

Regulation, application form and more information at <https://bit.ly/3MwYi6H>.

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Arlindo Andrade Cantor is with **Luis Virginia Aguiar** and **Arlindo Andrade**. • Follow
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Winnipeg Ca. Obrigado a senhora Presidente da Liga Solidaria da Mulher Portuguesa de Manitoba, Maria do Carmo Cabral, Paulo Jorge Cabral Portuguese Consul of Winning e toda a organização da 11 Grande Gala do Dia Internacional Da Mulher de Manitoba, ao meu bom amigo e colega Cantor João Pimentel sua esposa Tina Pimental pela estadia, carinho, atenção amizade, ainda existe pessoas simples e boas graças a Deus.. Obrigado também ao nosso amigo Luis Aguiar so good to see you my friend after all these years 😊 a Lusocan Tv, a, Radio Voz Lusitana pela entrevista, regresso a casa com o coração cheio, obrigado a organização da Gala em Geral pela atenção e por ultimo ao publico cerca de 340 "Senhoras" sem a vossa presença e apoio não seria possível. God is good, till next time thanks again so so much.. AA

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Obituaries



Obituários

JOSÉ CARLOS DE COSTA BENEVIDES 1952-2023

José Carlos passed away suddenly on June 13, 2023 at the Health Sciences Centre at the age of 70 years.

He was predeceased by his parents Maria and Jerémias, brothers Jerémias and Antônio, and granddaughters Adriana and Arianna.

José Carlos is lovingly remembered by his wife Maria, children Suzana (Tim), Marco (Tanya), and Carlos (Shannon), nine grandchildren, and four great grandchildren.



He also leaves two brothers, three sisters, many nieces, nephews, and extended family.

Prayers were held on Tuesday, June 20, 2023 at 7:00 pm at Immaculate Conception Parish, 181 Austin Street N., with Mass of Christian Burial on Wednesday, June 21, 2023 also at the church.

Interment followed at Holy Family Cemetery, 4355 Main Street.



EDWARD M. RAPOSO October 20, 1953 – June 17, 2023

It is with great sadness that we announce the sudden passing of M. Edward Raposo on June 17, 2023 in Winnipeg, Manitoba. He was born on October 20, 1953 in São Miguel, Açores. He was predeceased by his father, Manuel E. Raposo and mother Mariana Raposo.



Edward was a loving husband to Luisa, a devoted father to Jason (Célia), Chris (Tyler), Tony the dog, and a cherished grandfather to his beloved granddaughter Sofia. A brother to Josefine (Astério),

Maria, brother-in-law to Lúrdes (Duarte), and a trusted, loving uncle to many nieces and nephews.

Edward, Eddy, "uncle bud," "Mario," touched so many lives. His kindness and willingness to give the shirt off his back to anyone defined him.

He was happiest when he could help out any way he could, and always had stories or jokes to tell you.

He loved being with his family, and had a big passion for fishing and music.



He was a wonderful husband, a great father, the best grandfather, and overall, an amazing human being.

In lieu of flowers, the family prefers donations to be made to the Heart & Stroke Foundation in honor of Edward.

Memorial Service was held on Friday, June 23, 2023 at 11:00 a.m. at Cropo Funeral Chapel, 1442 Main Street.



What's the Difference Between Funeral Flowers and Sympathy Flowers?

Sympathy flowers and funeral flowers are sent to offer condolences and provide comfort. The etiquette for each is a little different in consideration of where they flowers are being sent and the reasons why.

Funeral flowers are formal and typically one-sided, arranged on wire tripods or made to lay flat on a casket. These arrangements should never be sent to a home or an office as they can upset grieving family or colleagues.

Funeral flowers go to the funeral home, while sympathy flowers can go anywhere. In more recent times, it is not unusual to read an obituary, wherein family members gratefully decline flowers, preferring instead that donations be made to a specified charity.

Sympathy flowers are usually sent to a loved one of the deceased; to any family member, friend, acquaintance or business associate who has suffered the recent loss. Sympathy flowers are floral arrangements that look good from all sides on end tables or coffee tables. Plants and planters may also be sent as sympathy flowers.

Funeral flowers are a tribute to the deceased, a way to pay respect at the funeral home or at the graveside, while sympathy flowers are a loving gesture of condolence sent to loved ones of the deceased.

Both funeral flowers AND sympathy flowers may be sent, if they family does not specify otherwise, but funeral flowers are sent for the funeral services, while sympathy flowers are sent for the family at home.



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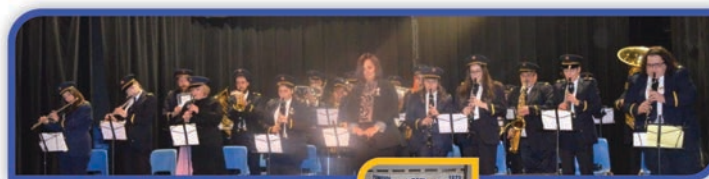


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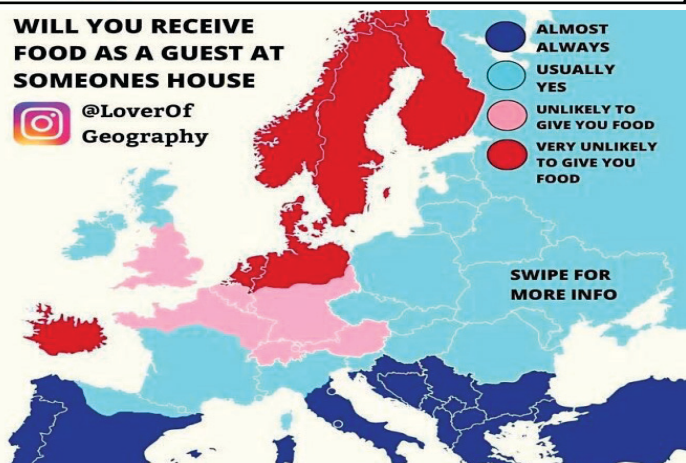
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