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JUNE 2021 | EDITION 115

Tomorrow

ALJEZUR TO LAGOA EDITION

In this edition

A Place in the Sun

An interview with Jasmine Harman

The Green Light

A new guide to travel

New Lease of Life

The duo transforming Portimão

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Editor's note

Thank you for once more picking up a copy of *Tomorrow* or reading it online. Speaking of which, if you would like to receive the digital magazine direct to your inbox before its printed version hits the shelves, please go to our website and click on 'subscribe`.

This month, I was again called upon by Sky News to be interviewed following the "green light" announcement from the UK government. It is always exciting - if not extremely nerve-wracking - to be on live TV. When I was younger I always dreamed of one day being newsworthy. The young me assumed this would be through writing a best-selling novel - or in my wildest dreams - marrying Hugh Grant!

It would seem, however, that I have achieved my ambition through a global pandemic and travel restrictions, but hey-ho, life sometimes throws you a curveball.

What the news channel wished to know was whether tourists would be able to flock to the Algarve safely. I did my best to reassure them but I did ponder if tourists are really going to come back in droves with the added inconvenience and cost of COVID testing.

I started to reflect on the days I regularly travelled to the Algarve before moving here - 20 years ago now. For a two-night stay, I would have a huge suitcase with clothes and shoes for any eventuality, far in excess of any baggage weight restrictions now.

My hand luggage would be jangling with cosmetics containing an abundance of fluids way exceeding 100ml. There was no need to unpack all of that hand luggage into a plastic tray or strip off my belt or boots or jewellery shortly before the alarm went off as I walked through the metal detector; nor to suffer the indignity of a body search in front of the long queue at security.

Aboard the plane - it was definitely not referred to as a budget airline - a polite stewardess - definitely not dressed in a bright primary colour - would ask if I wanted a drink from the bar at no additional cost. After my G&T and a complementary bottle of wine - I used to generally ask for two to save her having to come back - I would recline my comfy non-plastic seat and pull out my book from the seat pocket which did still exist. Then I

would enjoy my flight to Portugal.

Yet despite baggage allowances, restricted hand luggage, no liquids, arduous security checks, cramped seating and being treated like cattle, we still travelled. Let's just add three nose swabs to the list. Come on, we know they are all going to come back. It's all worth it to spend some time in the Algarve, right?

Have a good June

From Sophie, Tom and the *Tomorrow* team.

On the cover: A surfer riding a wave.



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Sophie Sadler - Editor

sophie@tomorrowalgarve.com

+351 912 176 588

Tom Henshaw - Sales

tom@tomorrowalgarve.com

+351 919 918 733

Janine Nieper - Sales Assistant

janine@tomorrowalgarve.com

+351 913 320 509

Helen Daniel - Sales Assistant

helen@tomorrowalgarve.com

+351 917 054 646

Creation Media - Design

phil@tomorrowalgarve.com

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Your Place in the Sun

Jasmine Harman, presenter of Channel 4's *A Place in the Sun*, tells of her life in the Algarve and offers her 'top tips' when buying property abroad in an exclusive interview.

Is there anyone who hasn't watched *A Place in the Sun* and especially enjoyed those episodes filmed in the Algarve?

It's a programme that, along with its many spin-offs, has dominated British TV screens for over 20 years and it is Jasmine Harman who has fronted more shows than any other presenter, and whose love for the Algarve shines through in every programme she presents from these shores.

Jasmine moved to Almancil in 2000 to work as the marketing manager for a luxury golf and health club. It was the perfect job in many ways, as it combined Jasmine's outgoing personality with her love of health and leisure – she is a qualified fitness instructor. Jasmine was in her twenties at the time, knew no one here, couldn't speak the language and yet was undaunted by the challenge.

As Jasmine said, moving to Portugal was "life-changing and a real eye-opener". She soon fell in love with the Algarve, the weather, the people and the opportunities available. While she doesn't own a property here, she still describes it as her "home from home".

Jasmine shared an amusing story from before she arrived here, when she confessed to a potential Portuguese employer "I can't even speak Spanish", completely unaware Portugal had its own distinct language. That all changed when she arrived here and fell in love with the culture and language; she became fluent in Portuguese, although she says she's a little rusty now.

Alongside her job in health and leisure, Jasmine worked for three years at KISS FM Algarve. She recalled going into her first broadcast with little more than a playlist and adverts to announce and encouraged to "give it a go". I suspect this was an indication of how much confidence KISS FM had in her abilities. Presenting twice-weekly shows gave Jasmine the

opportunity to develop her broadcasting skills.

It was while living on the Algarve that Jasmine decided to branch out into a new career as a television presenter and, despite having no contacts or experience, she threw herself in at the deep end. Instead of relying on a more traditional type of application, Jasmine called in friends and business acquaintances to help her develop a 'pilot' show of her presenting a travel programme from the Algarve. It was an innovative approach, typical of Jasmine's admirable ability to think outside the box and create her own opportunities.

It was the move to TV that changed Jasmine's life, opening up other presenting opportunities and meeting her husband Jon, a cameraman on the show, and now father to her two young children.

Jasmine fronted her first *A Place in the Sun* show in 2004 from the Alentejo, making full use of her well-developed language skills. She has since gone on to present more than 350 programmes, many of them from Portugal. As she told me, "Whenever there's a chance to return to Portugal, mine is the first hand to go up!"

She recounted a particularly nauseating moment in her early days on the show. She was being filmed milking a cow in the Algarve, who decided to do a number two. Jon (her



cameraman) encouraged her to “keep going” as the rear end of the cow wasn’t in view. This would have been OK in itself, except when doing its number two, the cow swished its tail and ... well, you can probably guess the rest.

On the show, Jasmine enjoys, more than anything else, helping people who’ve had problems in life – perhaps a health scare or a bereavement – to realise their dream of a new life abroad. She always encourages people to travel and live abroad at some point in their lives and will do the same with her own children, as she believes it is such a life-enhancing experience to enjoy other ways of living.

As for buying property, Jasmine advises people to do their research and be clear about their essential requirements, while at the same time being flexible. “Be open-minded,” she

advises, “What you think you want may not actually be what you want.” She has often shown people properties that were different to what they were looking for, but they fell in love with them nevertheless.

Jasmine suggests considering whether you want to live a Portuguese way of life or settle in a more expat-orientated community, and whether such things as a sea view or an extra bedroom are really that important. She believes the Portuguese property market “could be challenging for a while, but is likely to pick up again”.

Jasmine’s other very sensible advice is, “To take professional advice regarding residency, particularly in this post-Brexit world; get good legal representation; and make sure you have all the permissions you need, especially if you’re looking to renovate or extend a property.”

There’s plenty of free property advice on the official website of www.aplaceinthesun.com.

In her spare time, Jasmine enjoys fitness classes, including dance and boxing. She’s passionate about health and well-being, becoming vegetarian nearly 40 years ago and vegan in 2014. She has supported many charities and is passionate about helping people who are susceptible to hoarding disorder, a recognised mental health issue.

In 2011, Jasmine fronted a BBC1 documentary, *My Hoarder Mum and Me*, where she and her siblings tried to help their mum. As Jasmine said, "When mum bravely agreed to appear on TV, thousands of people reached out to me, and all of a sudden, we were no longer alone." She subsequently set up a website at helpforhoarders.co.uk offering advice to people prone to hoarding and allowing people the opportunity to donate, so the trust can help even more people.

It was a real pleasure to interview Jasmine, who was extremely generous with her time and whose warmth, sense of fun, and love of the Algarve was truly infectious.

A Place in the Sun returned to British TV screens Tuesday 4th May with six episodes, the first of which was filmed in Alvor (www.aplaceinthesun.com/tv-show/original/2021/alvor-portugal-ben-hillman).

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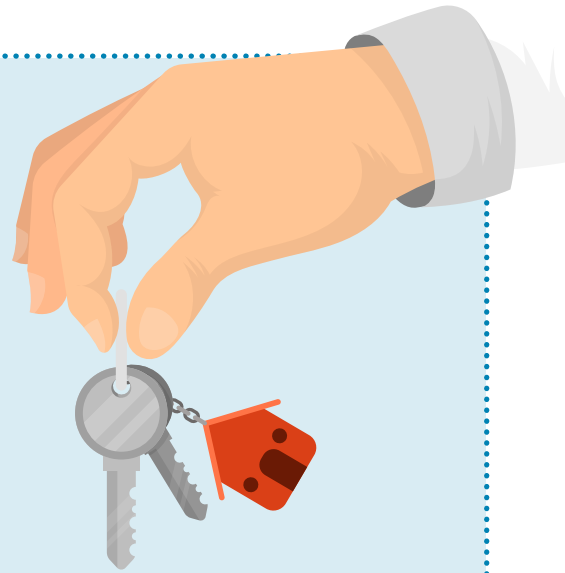
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Top Tips

When Buying Property Abroad



Do your research.

Be clear about your essential requirements while at the same time, being open minded.

Consider what type of life you want to lead – city or countryside?

Take professional advice regarding residency.

Get good legal representation.

Make sure you have all the permissions you need, especially if you're looking to renovate or extend a property.

Check out the extensive advice available on the official website at www.aplaceinthesun.com

Green Light for Travel



BY MIKE EVANS



Portugal gets the green light to welcome British holidaymakers



With the news the UK government has added Portugal to its "green list" of places where people can now travel without having to quarantine on their return, hotels and apartment owners here finally have something to be happy about.

The Portuguese Government has also published the new decree allowing a number of EU citizens as well as UK citizens to come to Portugal as tourists, where previously they could only arrive here for essential reasons like family repatriation, health and work reasons.

But what is the requirement of the Portuguese to let British tourists arrive on our shores? Once they have booked their return flights they will then have to get three COVID-19 tests.

The first test you need to have is a RT-PCR test for arriving in Portugal. This must of course be negative and should have been done within 72 hours of arriving in Portugal. The other two are required for your return home. You will need one to show at the airport and one which has to be done on the second day after they get back. Portugal's health authorities have promised to ramp up the number of places where these tests can be arranged but it could prove difficult if too many try to book them on the last day of their holiday.

There are different rules for these tests depending on if you are travelling to Portugal or to the UK. Portugal requires all arrivals over the age of two (24 months) to have the PCR test whereas in the UK the requirement does not start until the age of 11 years. All of these tests will certainly add a fairly large sum of money to the holiday cost, although some airlines are offering up to 50% off with special codes for those who book through the airline.

For many people coming to the Algarve it will be to stay with family and friends, and while the new decree and the relaxing of the rules regarding restaurants and bars are clear, the need to keep one's household separate is still something the Government is advising so people are not advised to organise large house parties. For those coming on package holidays, the tour operators will all be aware of the restrictions in place to keep the population safe as well as the holidaymakers.

The Algarve is blessed with some of the best beaches in Europe and maybe the world. However, there will be restrictions on the number of people allowed on any particular beach. This is going to be through a “traffic light” system which will show Red - 90% capacity, Amber - 50% capacity and Green less than 50%. Like last year, an app will be available for visitors to download. If people travel to the beach and the walkways are congested, then as in the normal daily life of walking along a busy street, if people cannot social distance they are required to wear a mask to get onto the beach. Once they are in situ and sitting down they do not need to wear a mask nor do they need to if walking along the beach or going into the sea.

For many people coming to Portugal or the Algarve for the first time, they would do worse than check out the Safe Communities Portugal website for full details of beaches, travel, and the dangers of rural fires and civil protection. There is also a public Facebook page which you can find by searching for Safe Communities Portugal.

Mike Evans is a Safe Communities Portugal Board Member & Travel Advisor

 www.safecommunitiesportugal.com





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Mar Profundo

A New Research Vessel –
Built in the Algarve

BY JULIAN PUTLEY



The recently launched motorised catamaran *Mar Profundo* (Deep Sea) is the ground-breaking technological achievement of the Algarve shipyard Nautiber, in Vila Real de Santo António.

The 19-metre vessel is a twin-engine catamaran constructed of fibreglass, with a cruising speed of nine knots and a range of 650 nautical miles. It is powered by Volvo Penta diesel engines, 450 hp each, with a top speed of 12 knots. The ship can accommodate 12 people, including the captain, three crew, and eight scientists/researchers. If necessary, it can remain at sea conducting its work for three days.

The President of the Regional Coordination and Development Commission (CCDR) of the Algarve Region, José Apolinário, presented the ship *Mar Profundo* as an “example of the capacity of the shipbuilding sector and the potential for economic diversification and job creation in the region.”

Senhor Apolinário was speaking in the presence of representatives of the national academic and scientific community at the launching. The *Mar Profundo* (one of a kind in Portugal) will enable quick access to the ocean floor for numerous undersea projects. It will eliminate the need for hiring private entities at great cost. The cost of the build, including the operating equipment, was 869K€, and was supported by the European Regional Development Fund (ERDF), through the Norte’s Regional Operational Programme, as well as by FCT, through national funds. The sophisticated and specialised computer and electronic monitoring systems will add to this figure.

INESC TEC, (Institute for Systems and Computer Engineering, Technology and Science) was instrumental in acquiring the *Mar Profundo* for use by TEC4SEA, a faculty of engineering at the University of Porto.

TEC4SEA is an innovative platform dedicated to the research, development, testing and validation of technologies to discover ways to derive economic advantages from the sea.



TEC4SEA operates in the fields of robotics (autonomous and non-autonomous vehicles), communications and advanced sensing. It will also explore the sea, its living and non-living resources for economic advantage in a sustainable way.

Thanks to this ship, TEC4SEA will be able to move multidisciplinary know-how and laboratory-logistical resources, from land to different locations of maritime operations. It will reposition Portugal favourably in the scientific and economic ladder.

The vessel *Mar Profundo* is due to make the passage from the Nautiber shipyard to Leixoes commercial marina just north of Porto sometime in June. It will be used for intensive research and undersea work up and down Portugal's Atlantic coast and up to 60 nautical miles offshore.

Nautiber is very proud to have been awarded the contract for this scientific research vessel. “It can open doors for us in new markets and provide other business opportunities,” explained Senhor Roque, son of Senhor Rui Roque who founded the business in 1958. “We have built and repaired many vessels in the years since our inception, from tourist catamarans, GNR patrol boats, naval vessels to work boats and fishing vessels. We have a complete operation here for all types of fiberglass construction and we have haul-out facilities and boat and yacht storage.”

In a country that depends so heavily on tourism it is indeed gratifying to see this type of innovative industry. Many thanks to those who have provided information for this article, especially Senhor Rui Roque of Nautiber Lda and Eunice Oliveira of INESC TEC.



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Viewing of the apartment is a must so that you can appreciate the quality and location.

My Way RADIO

An exciting new digital media platform hitting the airwaves in June is offering Algarve businesses free advertising when it launches.



My Way Radio will be broadcasting 24/7 and playing a variety of classic hits alongside up-and-coming artists. There will also be a range of DJs having their sets aired, plus a collection of motivational podcasts, sports and cooking shows. To listen, just download a free Android or Apple app (just search for My Way Radio). The station will also be Alexa compatible.

The team behind the station are Dee Mani-Mitchell and her UK music artist husband Remmy Ruso, who is the station manager. The couple decided to set up a space where musicians and artists, who have been unable to perform regularly since last March, could showcase their talents.

The My Way brand originated in 2018, when Dee made international headlines after revealing she had healed her



aggressive breast cancer illegally using full-extract cannabis oil (FECO). After finding a lump that seemed to have appeared overnight, the British mother was diagnosed with Grade 3 triple-negative breast cancer (TNBC) in March 2017. TNBC is deemed the most aggressive type of breast cancer and medics believe it can only be treated with a conventional mix of surgery, chemotherapy, and radiotherapy.

Dee trained as a pharmacist and her own experiences made her question whether medics are too ready to prescribe high-cost treatments for cancer. Having lost her own sister to cancer five years previously, she decided to opt out of the traditional treatments and instead favoured a combination of natural methods.

After researching alternative treatments online, she stumbled on the reported benefits of cannabis oil. She found a local

supplier in Tenerife and began taking the oil every night before bed. She describes taking FECO as “feeling like a sleeping pill” due to its relaxing effects. Alongside the oil, she used a range of immune-boosting and cancer-fighting supplements, changed her diet to plant-based, and fuelled her body with nutrition from juicing. She also practiced meditation and grounding.

In August 2017, and just four short months after using FECO, Dee was given the all-clear. She claims her victory over cancer was mainly due to the cannabis oil. She has now been cancer free for almost four years and has written an Amazon best-selling book detailing her cancer journey. Her book is called *My Way* – hence the brand name. Since her recovery, she has completed many medical marijuana courses, so she’s fully equipped with the knowledge to help other cancer patients. In fact, she has found herself becoming a cannabis and natural health advocate due to the large social media following she has.

The majority of Dee’s time is now spent supporting and mentoring other sufferers with their healing journeys. She is a columnist for two medical marijuana publications. She writes to help raise further awareness by highlighting true life stories of different illnesses healed by cannabis oil use.

The radio station is offering the first three months of

advertising completely in return for businesses promoting the station on their social media and by word of mouth.

“This way, we are all working together, and it’s how communities come alive by supporting one another,” Dee explains.

To get your company promoted, send the guys an email:

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My Way, Following The Cancer Brick Road can be bought from Amazon, Barnes & Noble, and Gardners Books. Cancer support is available at

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New Lease of Life

BY LENA STRANG

House at Rua da Barca

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“We want to create a wow factor in the historic centre of Portimão,” Inna Iefimenko tells me. “Just imagine the abandoned, dilapidated buildings transformed into beautiful houses with the addition of artwork telling the story of the city.” This is not just a fanciful flight of the imagination: it’s exactly what Inna and her partner Fernando Sequeira are doing. She is the artist and Fernando procures buildings to restore.

I meet the couple in one of the houses that they have just restored in the old town. It’s situated on Rua da Barca, just



House at Rua do C3legio



Inna at work

a stone's throw from the riverfront. It's a small townhouse painted in shades of blue with part of the *faade* decorated in *azulejos* (traditional Portuguese tiles) featuring scenes of fishermen at work. On top of the door is a plaque with the words *Vida à Portuguesa* (Portuguese Way of Life), which is their trademark.

Inna invites me into the house. At the top of the stairs, there is a large, painted *azulejo* with a mischievous-looking fisherman tipping out a catch of sardines from a crate. "I decorated the front of some of the steps with sardines as if they were tumbling down the stairs," she laughs. The two bedroomed apartment is stylish and comfortable, oozing old-world charm. The theme of Portim3o's fishing industry is continued with decorative tiles on the walls. "All the furniture is locally sourced from charity shops. We restore each item, giving them a new lease of life," Fernando says. A lot of care and imagination

has gone into turning an unloved, forgotten building into a charming residence that harks back to Portimão's maritime past.

Then Inna takes me to the second building on Rua do C33legio nearby, which is currently being restored. It is a larger project, resulting in two small and one large airy apartment. This time the theme is dedicated to 'Fruits of the Sea and Land', and on the green faade are beautiful *azulejos* that celebrate this aspect of Portuguese life.

I still have plenty of questions. How does she manage to do such exquisite artwork? And how is Fernando able to buy buildings to restore?

Inna tells me she was born in the Ukraine and studied Architecture and Fine Arts in Kiev. "Thanks to my mother's constant support and excellent education, I had a successful start in life," she says. She worked as an architect in Kiev, but her skills were soon put to use in very different ways.

Ten years ago, the family moved to Portugal and chose Portim33o to open the restaurant Waterfront. For the next four years, Inna was busy serving at tables. As fate would have it, Fernando enjoyed a meal there and, in a casual conversation, told her he was looking for an architect! Fast forward a couple of years and you'll find them working together on joint

renovation projects in Paris, moving back to Portimão, and then embarking on their new venture here.

Although born in Lisbon, Fernando spent most of his life in France. He is an astute businessman buying and selling property, the proceeds of which are now being re-invested in Portimão. His mission is to restore old buildings to their former glory and enhance the character of the historic town centre. He wants to create a pleasant ambience for residents while recognising the need to attract visitors, benefitting local commerce. "Renovation must have a purpose. Our properties do just that; they provide attractive tourist accommodation that reflects the heritage of the city."

And there is more. I am shown a huge 19th-century building stretching along Rua do Carvalho and Rua Porta de Serra. It was a landmark when it was built, being the tallest building in the city. A family occupied the house and kept horses on the ground level. It was abandoned for many years until Fernando bought it recently. The ground floor will be turned into a restaurant with outside terrace space and the rest of the building will become accommodation. I can sense Inna's enthusiasm: "The *azulejos* will tell the story of the house itself with images of the local market and the church nearby. The ones for the restaurant will feature typical Portuguese food."

Yet another building is being restored next to the house of



Fernando with classic cars



Casa "Porta da Serra" to be renovated

Manuel Texeira Gomes, renowned Portimão resident and ex-President of the Republic. Inna's *azulejos* will trace the history of the life of this remarkable man.

Fernando has one more card up his sleeve – classic cars. Ten cars are currently being renovated, ready for visitors to cruise around in style. Inna is going to make sure that the twelve iconic brands of cars that were once produced in Portugal aren't forgotten as they will feature on the façade of the garage.

The couple is pleased there is increased awareness of the importance of revitalising town centres. The government and local councils are promoting projects through various grants and tax concessions. Their private venture has received much positive feedback from residents and the buildings frequently feature on various social media.

A seal of approval is given by Visit Portimão, which states on its Facebook page: “The creativity and fantastic impact of these true works of art can be enjoyed by anyone who passes through the streets.”

The city of Portimão is certainly benefitting from the work done by this innovative couple.

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*Deborah and Michael
on their wedding day*



Share and Care

BY SOPHIE SADLER

Deborah Williamson was considering retirement in the Algarve with her husband Michael after buying a holiday home here when the worst imaginable tragedy unfolded in front of her eyes.

Deborah and Michael had been friends for 32 years before becoming a couple. Both had retired from busy careers; Michael had been a postman for 26 years and Deborah was a development officer in the UK for various charities before entering politics. She was the youngest politician to be elected for Fylde Borough in the UK and used her position to train other councillors, which won her an award. However, the strain of working 76 to 80 hour weeks resulted in her suffering from ME and she was unable to run for another term.

Just before the couple's second wedding anniversary in July 2019, they had spent the day in the mountains near their home

in Castelo Branco. They arrived home and Michael experienced a pain in his back. The pain then moved to his arm and Deborah called an ambulance. While she was helping him to the bathroom he collapsed – shortly after paramedics arrived and she watched them trying to resuscitate him.

“I was watching as they were pumping his chest and looking into his eyes and I suddenly saw them glaze over – I had a churning in my stomach and a strong feeling he had passed. One minute we were having a lovely day in the mountains, the next I was on my own in a foreign country,” she explains. “There were many things to deal with: arranging a funeral, the legal processes and the agony of not having the post-mortem results come back for seven months.”

The original post-mortem results were inconclusive, so a second post-mortem had to be carried out in Coimbra. The results revealed Michael had suffered a massive heart attack. Six months later the GNR knocked on her door and started asking questions in what she considered to be a very insensitive way. “I appreciate they were doing their job and they need to investigate spousal involvement in the death, but I would now like to make the Portuguese authorities aware of how traumatic this is to the bereaved in a respectful and diplomatic way.”

Deborah believes there are lots of issues here relating to

bereavement that expats are unaware of. "People come here to retire and they are dreaming of living in the sun and growing vegetables. Of course, they don't want to think about death, but it's a conversation you need to have with your partner. For instance, the funeral needs to take place very quickly here – within 72 hours – and there are a number of high costs which a lot of people don't know about. Things are just different to your home country and some of these are negative but some are very positive. For example, they allow you to spend all night in the chapel of rest with the deceased person and they give you free refreshments, which I thought was very kind."

Deborah went into a downward spiral, losing 3½ stone and being unable to sleep. "It was a very difficult time," she recalls. A double blow came when her home was flooded three days before Christmas. "We had just refurbished it before Michael died. The river nearby backed up and the devastation was unbelievable." Good Morning Portugal put out a call asking for volunteers and, thankfully, people rallied to help her clear up.

It must have felt like the universe was against her at times? "That's life; these things happen for a reason," she says ruefully. "Up to that point, I had been unable to clear out any of Michael's things and now I had to."

This proved to be a cathartic experience. "I started to glimpse the light at the end of the tunnel. I thought I can't let this

happen to anyone else, so I decided to use this experience to help other people. I used my experience in starting charities to set up Share and Care.”

Deborah’s Facebook page offers support to people who have suffered bereavement in Portugal and it has been recognised by the British Embassy, who have posted the link on their consulate website. She now has a team of eight people, including a clinical psychologist who will offer cognitive therapy. “All give their time for free and we have now helped 12 people in seven weeks and have now extended our support to the terminally ill.”

She aims to become an associação and start a website, but insists, “I don’t want people to have to dig in their pockets to donate for an essential service. I will use my political experience to go to the EU for funding as I think this should be supported by governments, not the bereaved.”

Rather than being negative, Deborah’s story is an inspiring one about a woman who has emerged from tragedy without bitterness and with a renewed sense of purpose: to help others. She is now planning to become a resident of Portugal and carry on – as planned – with a peaceful retirement.

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Local Government

BY JAMES PLASKITT

As the days lengthen and the temperatures rise, we will begin to notice changes in the Algarve landscape: the appearance of many more political posters.

Local elections are due in the autumn. But what are these councils, what do they do, how are they elected, and can we take part?

Portugal's local government structure long predates the 1974 Revolution. There are three layers to local government. The first, or lowest, level is the parish. This is by far the oldest, with the origins of most parishes stretching back to ecclesiastical boundaries set by the Catholic church in the Middle Ages. The parish council (*freguesias*) comprises an executive (*junta*) and an elected assembly, with all members serving a four-year term.



ELECTION

Parish council powers are now quite limited but still include markets, cemeteries, public works and voter registration. The second, or middle layer – and currently the most important – is the municipality (*concelhos* or *municípios*). Again, the origins of this layer stretch far back into the twelfth century, but in their most recent form, Portugal's 308 municipalities are based loosely on the model of France's post-revolutionary departments.

The municipal council is headed by a directly elected executive body (*câmara*) whose membership also includes the presidents of the parishes which fall within that municipality. After the four-yearly elections, the head of the winning party becomes the president or mayor. The municipalities have a wide range of functions, including local utilities, infrastructure, transport, schools, leisure, social housing, environmental protection, roads, municipal policing and planning.

We have seven municipalities here at the western end of the Algarve. The smallest are Vila do Bispo, Aljezur and Monchique, all with 15 elected members, then followed by Lagos, Portimão, Silves and Lagoa, each with 21 elected members. After the last cycle of elections, the membership of all municipalities was dominated by the Portuguese Socialist Party, except for Silves which is led by a coalition of Portuguese Communists and Greens.

The third, or top layer, of local government is supposed to be regional government. Supposed, because it does not yet exist. It is envisaged in the 1976 constitution but has been a matter of political debate ever since. In the absence of any formal regional government for the Algarve, we have instead an inter-municipal arrangement, set up in 2014, which provides a forum for the Algarve's 16 municipalities to co-operate on issues such as regional economic development and infrastructure. The 'region' is still referred to as 'Faro' – which explains why some websites we use to access services still ask us to check 'Faro' when logging in!

So local government has a variety of important functions and most of us have regular engagement with it, as well as contributing through our local taxes. Nevertheless, Portugal remains one of the EU's more centralised states, with the national government still wielding heavy influence over what happens in the localities. According to an OECD survey conducted in 2019, local government expenditure accounts for just 6% of Portugal's GDP and 13% of total public spending.

The method for electing councillors – and the national Parliament – is the d'Hondt system. Victor d'Hondt was a nineteenth-century Belgian lawyer and mathematician who was an ardent proponent of proportional representation. So ardent that he devised his own system. Today it is used in 16 other European countries, as well as Portugal. A simple

explanation of how it works is not easy! The political parties submit closed lists of candidates. Voters place an 'X' by the party list of their choice. When all votes for the parties are counted, a divisor is applied to determine an electoral quotient. The quotient is the minimum number of votes required to secure the last available seat. Parties are awarded seats according to how many times they can achieve, or exceed, the quotient after the application of the divisor. I told you it wasn't easy. The system has the merit of securing seats in proportion to votes but has the disadvantage of prohibiting truly local or ward/constituency representation.

So that's what happens to your vote once you have cast it. How do you get the vote? If you are a foreign national living in Portugal and you have residency, you are entitled to vote in these local elections. Get an appointment at your local freguesia and take your residency document, your NIF document showing the same address as your residency paper and your personal ID. This will secure you a voter registration number. The local elections are likely to be held on 26 September, and cannot be later than 10 October. Voter registration closes 60 days before the poll, so assuming the earlier date, you have until 28 July to register. Even if you register months before the vote, you won't forget about the election – the spreading forest of party posters will remind you!



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Chris Freer



HRH Prince Philip visit to Land Rover BAR ©
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The Sailor's Prince

BY CHRIS FREER

On 9 April, Prince Philip the Duke of Edinburgh passed away at Windsor Castle. This month, *Tomorrow* magazine is celebrating his amazing life with a report from a Lagos resident and sailor about his close encounter with the Prince.

In the late 1970s, I arrived in England as a pretty rough and ready Australian, having just sailed the America's Cup for Sir Frank Packer in his *Grete II*. Being an Aussie yachty on tour, I made a pilgrimage to Gosport, home of the bespoke yacht builders to the Queen Camper & Nicholsons. I was invited for a chilly winter's sail on a 1936 cruising 12-metre, which I discovered was Prince Philip's favourite yacht, the 63-foot ketch-rigged ocean racer named *Bloodhound*. The Royal family

had owned this beautiful boat since 1962 and spent their summers cruising the Western Isles with a touch more relaxed privacy than that offered on *Britannia*.

Members of the Royal family have always had a passion for the sea and sailing. The Island Sailing Club in Cowes gave Philip and Elizabeth an Olympic Dragon Class racer called *Bluebottle* as a wedding present in 1948 and the legendary sailor and boat builder Uffa Fox followed this with the gift of a Flying Fifteen named *Cowslip*. Philip and the young Charles always raced at Cowes Week with Uffa. This was a time before fibreglass yachts when marinas and sailing were definitely for the hardy and modern boots and oilskins had yet to be invented.

Working in the yachting industry around the Solent, one was bound to bump into a Royal or two. Princess Anne sailed her 36-foot Don Pye-designed *Rustler* out of Lymington and, during Cowes Week, the Royal Yacht *Britannia* always anchored in the roads off the Royal Yacht Squadron and gave a sort of floating tea party for those involved with this iconic sailing event. As a member of the British Admiral's Cup team, I was honoured to be invited onto *Britannia*, where one could chat to the sailing Prince.

He was, of course, a very knowledgeable competitor. He ocean-raced *Bloodhound* with great effect and won the Lyme Bay Race in 1965. The Prince always appeared to enjoy being

among sailors and I am sure his Navy service had given him a lot of opportunities to be 'ordinary' which is how he came across at sailing events. My Dutch friend Elsa was once at a *Britannia* 'tea party' chatting to some bloke when she said, "I'm sure we have met somewhere before. What is your connection to this party?"

The Prince modestly replied, "Well. It happens to be my boat."

In 1989, I was running a team in the Whitbread Round The World Race and by a quirk of fate found myself as the civilian boss of a joint services military crew. The services take their oath to King and Country very seriously and were sad to find that the Prince had no time to come to Cowes to name our shiny new 82-foot maxi. I suggested that we could instead take the boat to him in London so that he could pop down from Buck House and crack the champers. This idea appealed to the cavalry generals and so it was that we sailed a half-built boat round England and under the open bascules of Tower Bridge to moor alongside HMS *Belfast* to await the Prince's pleasure.

The cavalry had given us two jeroboams of champers for the ceremony. That evening we decided to test the swinging arm bottle smasher system with the first of these but, being good sailors, we decided not to waste the contents in the Thames so we had a few toasts and refilled the bottle with water. Testing number one bottle nearly put a hole in the yacht and



Chris Freer



Velsheda 1984

didn't break the bottle so we then realised that the champagne pressure in the bottle was critical. This was a panic moment, and to make sure that number two did the job for the Prince, we used our tiny rubber dinghy to go over to *Britannia* and borrow a glass cutter. How far can you cut a bottle before it bursts? The nerves are strung out akin to bomb disposal.

The next day I was in attendance on the bow with the Prince and the German owner and the beribboned bottle in its swing arm. As I awaited the naming photograph, the stress was obvious on my face. I was praying bottle number two would explode properly. Prince Philip was looking equally worried in case the huge pair of ribbon-cutting scissors being wielded by a nervous-looking antipodean republican were coming his way! Thankfully, all went well and a jeroboam of Veuve Clicquot splashed down to the fishes.

After the bottle ceremony, it fell to me to take Philip below deck to look round the boat's interior and show him where fourteen increasingly smelly people were going to spend 130 days. Our common ground and main talking point became the Blakes Emperor sea toilet which was the same model I had encountered on his old yacht *Bloodhound*. This Victorian brass-bound monster thunderbox had served aboard most Royal yachts and was guaranteed unblockable even under the greatest stress. It provided earthy stuff for a Royal but sailorly conversation. When we got on deck all the Royal rubbernecks came across to me asking, "What did he say? What did you talk about?"

"The advanced technology," I responded. He heard this and smiled.

To close the afternoon, we did some fancy manoeuvres in the tight and ebbing tideway between London and Tower bridges before the two bascules opened and we made our escape down the Thames framed in classic Hollywood style. At the very moment we passed under the bridge, our propeller dropped off. Just moments earlier and the tide would have stuffed our hundred-foot mast into Sir John Barry's masterpiece, stopping London traffic for the afternoon. As it was, we drifted away around the corner on the tide, smiling and waving goodbye to the worthies under some debate as to what to do next.

Luckily, we managed to make early contact with our escorting tank-landing craft, which had been lurking round the corner at Butler's Wharf, the crew enjoying a few beers while the upper echelons supped champers. We gratefully hitched up for a tow and our magnificent ocean greyhound was dragged out to sea by a grey army shoe box captained by a very competent young sergeant.

I am a monarchist in the modern sense in that I understand the value of this ancient institution as a diplomatic asset in a world of discord. To my mind, the Queen and Prince Philip have sacrificed their own private ambitions to serve their country and have done so in admirable fashion. I think Prince Philip enjoyed escaping on his boats, where he could become one of us. I love any obituary which contains the phrase 'He did not suffer fools gladly'. But Philip did suffer them with an impish humour. We yachties will remember him fondly.



Pooch Paradise

BY RODOLPHO AÇO

Following my last article, when I shared my personal experience with dogs, I ask you now to come and dream with me.

When I moved to the Algarve almost six years ago, I wanted to create a space where it would be possible to host dogs and dog owners. After a while, I realised that I had to add donkeys to the equation.

So I started dreaming of DoDo's THC, Dogs and Donkeys Therapy and Healing Centre, a place where people, and animals, would find support to balance their energy, to be

in contact with nature, and more. Curiously, Dodo is my childhood nickname and it has now become my motivation.


After all this time, I found the right location to make my dream become a reality. It's located on the north side of Monchique, in a piece of the forest not touched for decades, with big trees, a stream of water that flows all year round, and a lot of wildlife.


The idea is to create a theme park for dogs, and dog lovers, where I will keep on working on dog's behaviour and where I wish to facilitate a different range of activities. The donkeys will move in as the conditions needed are created.

From 1 June, you all are welcome to come for a visit. I would love to share it with you.

Now that I shared my dream with you, I hope it might inspire you towards making your own dreams come true.

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The Algarve Pilgrim Routes

Part 2

BY DAVID LUGG

The Way of St James must be considered to be one of the oldest forms of tourism. For over 1000 years, pilgrims have walked the Caminos (Caminhos in Portuguese) to Santiago de Compostela in Galicia to pay homage to the final resting place of St James (Santiago). Since the late 1980s, the route's popularity has soared and the Algarve is beginning to see its fair share of intrepid travellers embarking on this long journey.

Beginning at the Igreja de Santiago (Church of St James) in the delightful town of Tavira, the Portuguese Eastern Route heads east along the south coast towards the Spanish border. Pilgrims must keep an eye out for yellow arrows or blue signs with a bright yellow scallop shell that will point them in the right direction.



Their first port of call is Cacela Velha, a hilltop village that provides glorious views to the eastern end of the Ria Formosa lagoon. Its main draw is the fortress built from the remains of an Arabic castle that served to control the entry of boats towards Tavira. However, most pilgrims will stop to marvel at the sea views because this is the last stretch of ocean for the duration of the 952-km Caminho.

Close to the border, the Caminho begins to head north and follows the River Guadiana that divides the two nations. After four kilometres of northbound travel, pilgrims will arrive at the historical town of Castro Marim. Nestled between two hilltops, the town was once a harbour for ships carrying metals and ore from further inland. Today, it is a tourist-friendly, attractive stop-off that is home to Castro Marim Castle, a strategically important settlement with origins as far back as 850BC. There is evidence to suggest a Stone Age settlement dating to around 5000BC.

After a night's rest, pilgrims wave goodbye to the distant blue sea and continue north across the undulating, pretty terrain of the Algarve's interior hills. In the springtime, vast blankets of wildflowers offer boundless inspiration and the air is filled with the strong scent of orange blossom. The only sounds come from the tweeting of birds or the occasional distant cockerel. Time, it seems, has not changed this part of Portugal.

The immutable village of Odeleite emerges from over the crest of a hill, protected from the elements on all sides. It is lunchtime and the pace is slow. There is not much to see other than a neighbouring reservoir and the pretty church, a clear indication the pilgrim's journey is truly under way.

Leaving behind sleepy Odeleite, the path continues to rise and fall across hilly terrain for around 20 km before reaching the welcome sight of Alcoutim. Though only around 40 km from the coast, the town is one of the Algarve's best-kept secrets. The view from its 14th-century castle is splendid, allowing a panoramic vista over its numerous churches, red-roofed houses and across the river to its equally pretty Spanish neighbour Sanlúcar de Guadiana.

The midday bells echo out from Spain, suggesting it's time for lunch – until you remember Portugal is an hour behind. Instead, locals and a few tourists gather for a cup of coffee at one of the riverside cafes, contentedly observing the occasional passing yacht or fishing boat. The atmosphere is civilised and convivial and is an important reminder the Algarve is not only golden beaches and coastal resorts.

Begrudgingly leaving Alcoutim, the route then crosses over the border into Alentejo and visits the stunning village of Mértola. Though not in the Algarve, it is worth paying a visit if you have come this far, if only to stand on the steps of the castle and marvel at the views of the Vale do Guadiana National Park. Like

its Algarvian neighbour, Mértola has an unspoilt and candid authenticity that is a pleasure to behold.

Embarking on a pilgrimage up to Santiago de Compostela might not be everyone's idea of a good holiday, but for the right person, it could be considered the ultimate way to travel. One of the best ways of truly understanding a country is to walk through its towns, cities and countryside, staying in family-run accommodation and eating in local restaurants.

Walking the Caminho belongs to an encouraging trend of 'Slow Tourism' that involves spending longer in a destination, but with a strong emphasis on ecology and sustainable travel. It is a welcome diversion from the 'bucket-list weekend travel' that has become commonplace, especially due to the influx of cheap flights. Long may it continue.

As every Portuguese pilgrim will tell you – *Bom Caminho*.



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The Costume Museum

Vaughan Willmore tells of his visit to a
delightful museum in São Brás de Alportel
with a real sense of community spirit.

The Costume Museum in São Brás de Alportel is about one hour's drive from Lagos and is one of the most interesting museums I've ever had the pleasure of visiting. In fact, to call it a 'museum' somehow understates the nature of the building and how much of a focal point it is for local people. As one resident told me, "It is a beautiful place; a real home from home."



On the day of my visit, I was met by the director of the museum, the charismatic Emanuel Sancho. Emanuel has worked there for nearly 30 years, a clear indication of his passion for what he describes as “a social museum, embedded in the local community”.

The museum and grounds we see today were for over 130 years the home of the Dias, Andrade and Sancho families. It is typical of the properties occupied by wealthy families from the end of the 19th century onwards, complete with landscaped gardens, servants' house, stables, workshops, a vegetable garden, and a working well.

It was Miguel Dias de Tarde who was the last person to own the property prior to converting it to a museum and, in 1986, generously donating it to the local community.

Since then, a new building has been added with a more contemporary design along with an array of temporary and permanent exhibitions such as the costume exhibition itself, which uses costumes to show how life has changed in the region in the last 200 years.

Today's museum is a vibrant meeting point for people and local societies. As Senhor Sancho said, "We want our spaces warm and welcoming to visitors and tourists, and are focussed on making the museum increasingly useful to the local community."

They're making fantastic progress. The popular Algarve Photographers Group use it as a meeting venue, dance classes are held there, live bands perform there, local school children are tending the gardens, and language lessons for foreign residents also take place. There is a photographic gallery and a café bar. You can buy beautiful hats, clothing, and decorations made of palm and see them woven by hand. There is an exhibition telling the history of cork production.

You can also see beautiful fresco paintings being restored, a captivating aspect in itself. The murals were originally commissioned in the 1920s when the museum was a bank – the bank manager of that time obviously had some influence! They are now being restored by a new local company named Sentire, owned by Patricia Varela.



The first stage of the restoration is the cleaning, which necessitates the removal of the old varnish and dirt from the 100-year-old surface areas. The cleaning products consist of a mixture of an alcohol-based gel and pure acetone, which is painstakingly applied with cotton wool. It is a lengthy and delicate process and it is expected to take approximately two months to complete the first of the five murals. It is fascinating to watch Patricia at work.

Under the leadership of Emanuel Sancho, there is a real focus on sustainable energy, with solar panels along with self-grown produce. The well that was once used by the families who lived there has been restored, with its inner workings open to visitors.

While the local câmara provides financial support, it is not owned by them and instead it is supported and overseen by 'Os

Amigos de Museu' who organise a whole host of fundraising activities. It is incredible to think such a wonderful museum is run by just three paid staff, ably supported by a small army of talented volunteers.

The museum reopened on 5 April and is taking all necessary COVID precautions. Certainly, on the day of my visit, it felt like a very safe and welcoming environment. There is disabled access and nearly all of the signage is in Portuguese, English, Spanish and German, making it a welcoming destination for all. Dogs are welcomed into the grounds, though not the buildings themselves.

The Costume Museum is open every day of the week and is well worth a visit.

Opening hours: Mondays to Fridays: 10-13h 14-17h

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Admission: Adults 2 Euros, free for children up to 12 years old

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A New Surf Culture

BY SOPHIE SADLER



The Algarve Surf Club aims to have a positive social impact in the western Algarve by inspiring kids to immerse themselves in surf culture.

“Our main goal is to get kids in the water to have fun; that’s our passion,” explains surf instructor Pedro Arco. “Through surfing, they can learn so much for life, about nature, solidarity and themselves.”

Lessons in surf schools are often prohibitively expensive for many local families. Pedro has observed that if the parents aren’t surfers and don’t have time to drive the kids to follow the surf, they generally give up. “We want to give surfing



back to the locals. When I was a child kid, I went to a surf club in Portimão, which engages far more of the local families kids, but you are confined mainly to Praia da Rocha, and this area (around Sagres) has so many more beaches available within a very short distance.”

Pedro was one of the lucky ones whose parents had the ability and willingness to support his passion for surfing. When he left Portimão to join the Algarve Surf Club in Sagres, his father drove him there from Carvoeiro every weekend.

Sérgio Brandão, legendary surf coach and current president of the Portuguese Association of Surf Schools, is the poster child and soul of Sagres’ surf club. Before having children of his own, he dedicated his life to encouraging kids to surf. Now he shares his time and energy between his family, his business



training surf instructors, and his dedication and passion as a surf coach. Back in the day, he coached and mentored Alex Botelho and Miguel Mouzinho, just two of the group of talented young surf kids he brought up. Within that group was 17-year-old Pedro Arco.

“Sérgio has a certain personality which inspires kids and pushes them to their limits and gives them the faith to believe in themselves,” he says.

Sérgio and Pedro have years of experience as licensed surf coaches and have participated in surf competitions on a national and international level. If Sergio pushes the kids, it’s clear Pedro nurtures them; he reveals he has spent hours in the water with those who have lost their confidence and need support.

“You need to push, but not too hard. You are close to the force of nature and the children need to conquer their fear; it’s a great life lesson,” says Johanna Crato, a German-born mum whose two sons are members. They competed at a national level in Pentathlon, but her own passion has always been swimming. “The most fulfilling thing I have ever done is teach kids swimming.” Having lived in many different countries and with a masters in sport science, she has set up swimming clubs wherever she moved, and she is now offering swimming lessons adapted to building strength to paddle for the Algarve Surf Club.

Completing the surf coaching team are Renato, Lucas and Hazel, all former students of Sergio’s and passionate surfers.

Mattai Rossanino - a true lover of skateboarding - is passionate about teaching young people to skate. For 34 years, he was active in the skate scene of Turin (Italy). He lists “creativity, friendship and passion” as the invisible energy that attaches him to the sport. Every Friday, he gives tuition to the club members in Sagres or Bensafrim skateparks.

To improve their fitness, Paul Birgoleit, who holds a degree in sport science, has adapted a specific surf workout for children to follow online. The training started during lockdown, but is being continued as a practical way of offering fitness training to children within their often tight schedules.



Sergio



Arco

The parents of Algarve Surf Club are organising carpools to help each other and be more environmentally friendly. Every Friday afternoon, they receive a message telling them which of the beaches has the best conditions and they meet there. Beginners meet on Saturdays, and advanced or very motivated children meet every Saturday and Sunday for surfing and technique.

The dream is to have a permanent base and their own transport eventually.

As well as expanding membership of the club from the current 30 kids, the club is dreaming big. They realise the monthly fee of €100 to join is beyond many. Sérgio has approached the Vila do Bispo *câmara* to ask for funding to support underprivileged kids to become part of the club, helping them acquire equipment that is out of reach for many. President of the Vila

do Bispo *câmara*, Adelino Soares, has already promised an infrastructural base in Sagres to teach the children more than just surfing. Part of the club's ethos is respecting and looking after nature, so this is a strong message they wish to instil in their students and they intend to organise beach clean-ups.

Currently, though, the main aim is to engage young people in water-centred activities to give them confidence and increased fitness, which will eventually lead to being better surfers, with a healthy perspective on life. In the holidays, the Algarve Surf Club organises camps that offer the full bandwidth of the surf lifestyle: surf, skate, workout, guitar and drum jam sessions, lifeguard training and marine life education.

These surf buddies have serious passion and integrity. I do not doubt that their efforts will positively impact the local youth.

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Meet the Locals

LUÍS DUARTE

BY SOPHIE SADLER

Luís has evolved from a professional bodyboarder to a sub-marine fisherman in a fascinating life journey that has taken him from Cape Verde, Hawaii and Tahiti to the depths of the Algarve's oceans using only his lung power and determination.

Luís began his career with the ocean as a professional bodyboarder. He was number two in Portugal and made the nationals and world tour. By 24, he only knew how to surf and realised he needed to find a new career. His confidence in the waves and ability to hold his breath – skills he'd learnt surfing – were to lead to another career.

Initially, he started fishing for *percebes* (goose barnacles) for fun, but he soon became hooked. He got his licence to fish



officially and started to sell to restaurants. Fishing is in his blood. His grandfather was a fisherman from Vila do Bispo, where Luís still lives. His mother is also a keen fisherman but never made a living from it.

Luís recounts his maternal grandfather's tales of the fishermen's catch being dragged up the hill from the Sagres harbour by donkeys. "My grandparents told me there used to be huge catches of fish. Then, there were lobsters everywhere, now I never see lobsters."

This was in the 1940s, when the saying '*Hoje carregaste a burra*' originated. Directly translated it means 'today you load the donkey', an expression still used in the Algarve to say that

you have caught a lot of fish. The villagers would take the donkeys to the harbour and load them every day with 100 kg of *percebes*. In those days, the seafood caught did not have a big value as there were no tourists to buy them. Instead, they were sold in the *doca pesca* (fishing dock). Luís' grandfather was at sea every day and still had no money, so it was not a way to earn a good living.

In his early fishing career, Luís was gifted a boat from the father of an ex-girlfriend. He then invested in a larger vessel that can go further out to sea; he launches it in Sagres. His vessel holds a sonar so he can detect where there are shoals of fish.

From Sagres, he journeys towards Carrapateira, an hour out to sea. For safety, he prefers to take a companion and is currently training a protégé Raffa, whom he says has real potential. In order to gather the more valuable *percebes* that grow on the rocks beneath the ocean, he must dive down using just his lung power, and chisel them from the rocks while fighting currents and waves. They are considered such a delicacy he can sell these for 25€ a kilo. I was fortunate enough to try them and they are fat and juicy and taste deliciously of the ocean. However, making that kind of money, the equivalent to gold dust for an Algarvian, comes with some risk.

Luís does not use nets to bring in his haul of sea bream



(*sargos*), octopus (*lulas*), spider crabs (*navalheira*) and the slipper lobster (*cigarra do mar*), insisting “that would be boring”. For the shellfish, he just uses a searchlight and his bare hands to gather them from holes under the rocks. To catch fish, he holds his breath for up to two minutes and dives sometimes 30 metres to the ocean depths. It is illegal to spear fish using breathing equipment and, on a couple of occasions, he pushed himself too hard and almost blacked out. He waits for the right fish, which he spears in the back of the neck, then kills it, to avoid the fish bleeding out.

This might make some people feel squeamish but, in the aftermath of the Netflix documentary *Seaspiracy*, he believes it is sustainable. “I do not kill the smaller fish, I just select the biggest and I believe people need fish in their diet. Farmed fish contains antibiotics and is not so good for us. It makes me angry that sometimes I see nets under the water that have

broken free and are lying on the ocean bed killing fish and other sea life needlessly.”

He is particularly passionate about the need to remove plastic from the ocean, which he believes is a more serious problem. “The ocean is full of plastic,” he tells me. He has a video from a friend who found a sea bass with a plastic bottle inside of its body. “We should stop making plastic, not stop fishing.”

Fifteen years ago, Luís travelled to Cape Verde and fell in love with it. In past years, he has been going there every January to surf and he also fishes and sells his catch in the Portuguese colony to finance his trip. He tells me the fish there is very cheap – just 3€ a kilo. He believes that the lot of the Algarve fisherman is not an unhappy one. He tells me most make good money but it’s the traders who buy the fish from *doca pesca* and sell them on that make the most profit.

“My boss is the sea. When the seas are big, the boss says no. Sometimes I can go two months without working, but from April to October I can go every day and I make good money, which I have to make last all year.” He has a contact list of restaurants who he sells to from Sagres to Portimão, but admits that, for him, “that is the boring part!”

Luís’s biggest catch in Portugal has been a corvina which

weighed in at 38 kg. In Cape Verde, he caught a hammer jack weighing 54 kg.

So is this local happy with his lifestyle? "I am not rich and I am not poor – I have a good life," Luís says. Now aged 40, he hopes one day to have children to pass on his skills to the next generation.

Luís is a happy breed of locals who have the Algarve in their blood. They have witnessed many changes in recent years, but have adapted to live a good life from the Algarve's rich bounty.



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What's on

Vilamoura Boat Show



From 5-13 June, Vilamoura Marina will host the Vilamoura Marina International Boat Show - which has taken place there since 1999.

The event will allow you to view all types of boats, new and used, along with the sales agents of accessories, equipment and services brands. This year there will be a segment dedicated especially to lifestyle – Mercado da Vila – with an area with brands of fashion, décor, and design.

Together with the boat exhibits and Mercado da Vila, the Vilamoura Marina International Boat Show will also present a privileged space dedicated to nautical sports and activities, such as diving, surf and sail, among others.

 www.vilamouraboatshow.fil.pt



Portimão Percussion Festival

DPP - Dias da Percussão Portimão has its first launch from 25-27 June, with a diverse program of concerts, parades, workshops and masterclasses. The aim is to promote percussion as a universal artistic language of union and dialogue.

The festival brings together percussionists of national and international renown who will interact with the local community. The program includes four concerts, showing the variety and richness of the percussion world, ranging from contemporary music, classical music to jazz music.

Friday, 25 June

10:30 - Opening Parade w / Bomboémia Percussion Group of the University of Minho

21:30 or 19:00 - Opening Concert TEMPO Municipal Theater of Portimão

23:00 or 21:30 - Jam Session Zona Ribeirinha or Faina Restaurante

Saturday 26 June

21:30 - Grand Auditorium TEMPO Municipal Theater of Portimão Duo Isabel Vaz (cello) and Vasco Dantas (piano)

Sunday 27 June

15:00 - Exterior Foyer Museum of Portimão

Premiere work for Marimba and Sardinhofone, by Tiago Cutileiro, with Vasco Ramalho

17:00 Closing Concert Museum of Portimão

 www.dpportimao.pt

 www.facebook.com/dpportimao



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Local Heroes

BY BERNADETTE ABBOTT



This month Algarve Families in Need is saying *adeus* (and not goodbye) to two of our much loved and highly appreciated volunteers.

Pam Davies has been serving the families in need in Luz across to the west coast and the two Barãos since August 2020, working tirelessly collecting food on a weekly basis and distributing it across this large area. In addition, she has been working with Nadia collecting and distributing non-food items across the Algarve.

Prior to taking the lead in the western area, Pam managed our temporary non-food hub at Odiáxere Football Club, distributing clothes and household goods etc, to families affected by the Covid pandemic and lockdown. Not only was assistance given to local people, but Pam would make parcels for individual families right across the Algarve who were identified as needing help. Pam is now going to take a well-earned break and enjoy some of the delights of the Algarve, a privilege which she has put on hold this last year in order to serve the community.

Gunilla Zandin has been working for the network since the start of the pandemic. Collecting food, first in the Loulé area and then in Quarteira, Gunilla has been distributing in Faro, Loulé and Almancil areas. As well as working on the food appeal, she has also been helping her families acquire the essentials they were lacking. On one occasion, where there was a threat of a small baby being taken into care through lack of resources, she managed to coordinate the furnishing of a house in a single day, helping the young single father retain the care of his child. Gunilla now will be developing another project focussing on children's education and recreational needs.

These two ladies have worked tirelessly to serve the community and we cannot thank them enough. They have given our families so much more than food with the love and care they have shown. We know that in the future, we will be able to call on them should the need arise. Thank you, Pam. Thank you, Gunilla.

The Quarteira/Faro area will be taken over by new volunteers Richard and Brigitte, who we welcome to the team. Please remember that we still have many families in need. We are delighted that Portugal is on the UK's green list and Portugal is allowing non-essential visitors, meaning that many of those who you have been supporting will be going back to work. But recovery will not be overnight and we will continue to support the most vulnerable.

Thank you to everyone who has helped us, we could have done nothing without you and we are most grateful. We have come a long way, but the job is not yet done. Knowing that we can rely on so many of you gives hope for the future. Thank you.

 Algarve Network for Families in Need

Online auction

Last year the Alerta Auction, raised over €5000, which helped purchase forest fire uniforms, and supply water and supplies to the Bombeiros during the summer. So this year they will be holding another online auction, via the Facebook page, it will commence on Sunday 30 May and finish Wednesday 2 June at 19:00 hours.

 www.facebook.com/groups/579225519455009



Tabletop sale

A new charity initiative has proved a great success in São Bartolomeu de Messines.

Organiser Christina (Flo) Miles says; “The lockdown has affected people greatly this year and this was my idea to bring people together and work as a community in which everyone is a winner. I also wanted to bring customers to my local restaurant.”

People pay for a table or table space and their fee goes to charity. They can sell their own products whether it's art and craft or second-hand tools clothing etc so people can make some money for themselves.

There is also a raffle with donated prizes which boosts the money for whichever chosen charity they are raising money for

that month.

The first event in May raised 305€ for the Bomberios. This month's event will be on 5 June and after that the first Saturday of every month at Roosters café. The nominated charity for June is The Algarve Emporium run by Caroline Langston who is feeding some very needy families.

First Saturday of every month: 10 am to 1 pm: COVID rules apply.

Location: Roosters café on the EN270 8375-016 São Bartolomeu de Messines (between Paderne and S.B.Messines)

 [www.facebook.com/Flo Miles](https://www.facebook.com/FloMiles)



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Charity Champions

BY BRIAN TORA

Despite the drop in income brought about by the pandemic, church supporters have continued to be generous in backing charitable endeavours, both locally and internationally. Care homes in Espiche and Odiáxere receive regular donations, but there is one very regular effort worthy of a mention. On the first Sunday of each month, church committee member John Payne brings his car to the car park behind the church in Luz to receive donations of food from the many members of the congregation keen to support The Mustard Seed Association, which helps feed families in need in Lagos.

For more than a decade, this charity has worked hard to improve the lot of the poor locally. Before coronavirus struck, some 12,000 hot meals were being provided to the needy each year and, while the pandemic has made a difference, the distribution of non-perishable food did not stop once during the difficult conditions that have prevailed during the past year. Indeed, around 500 kg of food is distributed to around 150 families each week, with a special period for direct personal counselling made available on Thursdays.

The Association's President is Daniel Saunite, who has more than a quarter of a century's experience of working with families in great need, the homeless and people with addictions. His work includes studying ways to eradicate poverty and he has worked in this field in a number of countries, including Brazil, Spain and Morocco. It was in Oporto that he first brought his drive to help those disadvantaged in our society to Portugal and the free food distribution platform he established there still benefits more than 4000 people each month.

Back here in Lagos, the Mustard Seed has established two charity shops with the aim of providing goods at affordable prices and of supporting the neediest locally through deeper and more consistent relationships. As a consequence, they are looking for donations of all kinds of household items, including furniture, clothes and kitchen equipment that may no longer be required, alongside the food that is in constant demand by



the people they are helping.

The Mustard Seed Association's motto is "Dignity, Justice and Hope for the Poor" and, as well as helping those less well off in our community through donations of food and goods, they will also assess families' needs and will assist with such things as doctors' and dentists' appointments, medicines, glasses, gas for cooking and even psychological support. Little wonder they are constantly on the lookout for more volunteers to augment the excellent team they have established to provide these necessary services.

Daniel told me of a typical case amongst the many families they support. The main person is a lady, now in her seventies, who has led a most difficult life. Abandoned by her husband, she was left to bring up four small boys. Sadly, because of the difficult conditions in which they found themselves, the boys became drug addicts, with two of the four losing their lives as

a consequence. All through this period, she was badly treated by her children, who constantly demanded money she did not have and stole from her to fund their addiction.

The remaining children may now have left home, but she suffers from chronic health problems, brought on by the hard life she has endured. The help she receives from the government barely covers the cost of her home, so with great embarrassment, she came to the Mustard Seed to ask for assistance. For some years she has received a weekly bag of food and a regular gas supply from the Association to ensure she can cook for herself and have hot water. Daniel describes her as a sweet and kind lady who clearly deserves a better life.

This lady is just one of many individuals and families helped by the Mustard Seed. They need constant support to carry out their work, but the congregation of the Anglican church in Luz are not alone in supporting the work of this worthwhile charity. There is a Facebook page – The Mustard Seed Association Charity Lagos – which pays tribute to those who also contribute help to those in need locally. This is surely an organisation well worth supporting and donations from individuals or companies and organisations are always needed and are so welcomed.

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Lockdown Literature

These lockdowns have meant different things to people, of course, but I would be most interested to hear of everyone's reading habits over the weeks of incarceration.

Have you turned to rereading those classics you loved decades ago? I am particularly interested in knowing if you have been trying those classics you found unreadable all those years ago, or even those you were ambivalent about then, and discovered that nothing had changed.

Then, of course, there are those titles that you hated and in 2021 found they still had the power to make you want to throw them out of the window in a fit of pique!

You may also have chosen to catch up with more recent literature: supposedly modern classics or the latest blockbusters you missed (or chose to ignore?) at the time. No doubt some of us will have chosen to branch out and try completely different subjects and headed for non-fiction. You may have been tempted to read - and marvel at - the exploits of various explorers over the centuries. Not to mention being amazed at the incredible journeys to hostile environs undertaken by intrepid Victorian women travelling alone - several of whom left behind detailed accounts of all aspects of their travels, from which historians and naturalists have learned much.

On a personal level, I must admit that the sciences were not my favourite topics in an earlier life but I much enjoyed *Hidden Figures* by Margot Lee Shetterly during lockdown. The accounts of the incredibly talented female mathematicians who made such an enormous contribution to NASA's work on the Space Programme and rose to the very top of their professions despite discrimination for being women and Afro-American enthralled me. The book takes place from the 1930s through to the 1960s, when some viewed women as inferior to men. The book reached number one on *The New York Times* Nonfiction Best Sellers list and got the Anisfield-Wolf Book Award for Nonfiction in 2017. Funny to think that when they started work there, there wasn't a lavatory for women!

The fascinating thing about looking back on reading habits is how some people have completely changed their views, with love having turned to active dislike and vice versa!

 www.facebook.com/owlstorybooks



As an encouragement to all the readers out there, The Owl Story Bookshop will award a 15 euro token to whomsoever writes the most interesting and/or amusing account of their lockdown reading matter.

Look forward to hearing from you - get writing!

 cwestropp94@gmail.com

Performing Arts are Back

The organisers are doing their up-most to bring the safe return of live performances in a controlled and mostly open-air environment.

In its third edition, VENTANIA - Barlavento Festival of Performing Arts returns to the municipalities of Lagos (2-4 June), Lagoa (10-11 June) and Portimão (11 September), offering a diverse program of performing arts, contemporary dance, circus and theatre.

The festival, promoted by the Teatro Experimental de Lagos, focuses on raising awareness of global citizenship and ecological sustainability. The performers are professional artists working with local artists to build a dynamic of co-creation with local communities.

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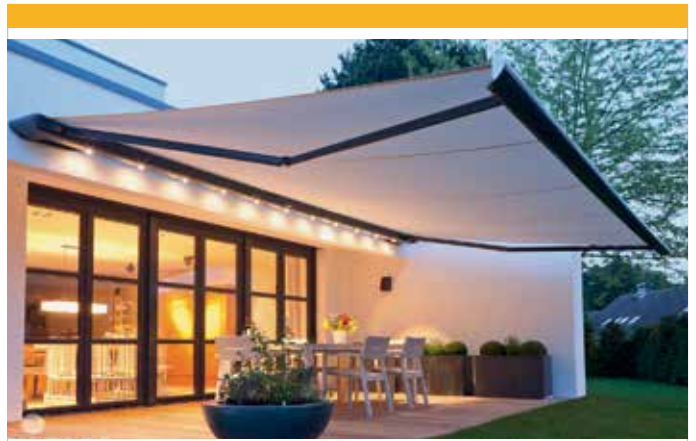
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Meet the Golf Pros

BY HUGH CARSLAW

Over the next few months, I'll be looking to interview a number of our local golf professionals to see if I can find out what makes them tick. For those of us who share a passion for the royal and ancient game, the futile aspiration to emulate a Woods or a McIlroy is akin to finding the Holy Grail. I'll be asking them how they became professional golfers and if they can part with a few tips to benefit our *Tomorrow Algarve* readers.

This month I'm talking to Fraser Cramb, who heads up the Elite Golf Academy at the Cascade Wellbeing Resort in Lagos. The course features a large driving range and short game practice area. I ask Fraser, who is from Crieff in Scotland, how he came to be living and working in Portugal?

“I knew Heather MacRae, a very fine pro who was already working at the Academy; her brother had put an ad on Facebook. The head pro, European Tour coach Steve Bainbridge, was looking for an assistant as the demand for teaching had risen substantially. He wanted to spend most of his time working with a number of young aspiring professionals. I got in touch with Steve and that was it – he has since moved back to England but still has an interest in the Academy. This leaves me managing and overseeing the teaching facilities and custom-fitting people with clubs.”

I am always intrigued as to how individuals get started in their careers so I started by asking Fraser this very question. “After I left school I had the option of going into my dad’s business working in his sawmill but he told me to do something else if I possibly could as he hated working there so much.

I’d hoped to become a professional footballer and, when that didn’t work out, I started playing competition golf when I was 16, got my handicap down to scratch and turned pro when I was 18.”

Some may find it strange, but Fraser tells me that he hardly goes out to play golf. “I do enjoy the odd game but all I ever wanted to do was to teach. I still get a real buzz out of it, so I’m living the dream – teaching in the sun here in Lagos. Although tourism is down due to COVID, we still see many people coming to practise and have lessons, so I guess we have done pretty

well compared to quite a few other businesses. We obviously look forward to normality returning.”

Fraser has certainly embraced modern technology. During one consultation with me on putting, he introduced me to FlightScope. Once set up, this amazing bit of gadgetry was able to tell us the puts I thought were well struck were in effect wobbling all over the place. Any puts I'd holed were a result of chance rather than skill. Improved technique equals a better roll and more consistency. Knowing all this really helped.

FlightScope is a launch monitor able to deliver a plethora of ball flight information. With a cheery grin, Fraser explains how it allows you to play virtual rounds on famous courses such as the Belfry.

It's time to ask the big question. What tip did Fraser have for our golfing aficionado readers?

“Many of our clients have no idea whether they are using the most suitable equipment and it's worth asking the question, *Are your clubs giving you the best chance to perform?* Custom fitting allows us to find the perfect head and shaft combination for your swing. Playing golf with the wrong club set could be hindering your performance. For example, the wrong flex of the shaft will result in a wild ball flight or an incorrect lie angle could be causing the ball to finish right or left of the target.

With the latest launch monitor data from FlightScope, we can find the best club specification for our clients.”

Let’s face it, this game is difficult enough. If the world’s best can hit wayward shots and their clubs are fitted to the nth degree, the least we can do is give ourselves the best chance for some modest success!

Fraser Cram is a PGA Teaching Professional from Elite Golf Academies at Cascade Resort Lagos.

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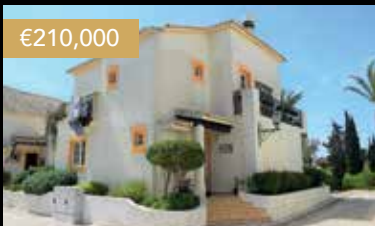
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High-speed sport roars in

Sports events continue to lead us out of the pandemic and back towards a normal summer.

Major international sports events have in the past been a main feature of the Algarve summer. It is great to see that summer 2021 is beginning to look much more like a return to normal. High-speed sports on the water and four wheels lead the way in June.

Following on from Formula 1 and MotoGP, the Autódromo do Algarve now hosts the World Endurance Championship (WEC), the top level of international sports car racing, on 13 June.

This is the first time the WEC has visited the Algarve. The race is eight hours long and is for covered wheel specialist sports cars as well as GT cars based upon road cars. The first round was held in May at Spa in Belgium. Local interest was provided by Guia-based Algarve Pro Racing, who proved to have one of the fastest cars in their class. With the easing of restrictions, I am expecting that some spectators will be allowed; however, at the time of writing this was not clear. Keep an eye on the Autódromo website for more info.

Later, from 30 June to 4 July, the 2021 GC32 Sailing Racing Tour will start in Lagos. This will be followed by a second visit to Lagos from 28 July to 1 August. The GC32 tour is for catamarans (two hull sailing boats). It allows regular sailors, both pros and keen amateurs, to get a taste of these state-of-the-art flying yachts. The GC32 is ten metres long by six metres wide and is made from carbon fibre, similar to America's Cup catamarans. GC32s are fast and capable of speeds approaching 40 knots. The GC32 World Championship was held in Lagos in June 2019 and was a great spectacle to watch.

Phil Egginton is a journalist and photographer and now lives in the Algarve.

 www.aia.pt  www.gc32racingtour.com



No-Pro

Surf Competition

The third edition of the 'No-Pro' surf competition at Zavial, Cordoama or Tonel beach will take place on 5 June.

When Niels Labruijère moved to the Algarve in 2015, he quickly noticed two things. First, his surf level was nowhere near good enough to stand a chance in the local surf competitions. Secondly, he felt more could be done to bring the local surfing community together. Hence the birth of a yearly event: the No-Pro, which will see its third edition this year.

The aim of the No-Pro, besides creating a surf competition for non-professional surfers, is to unify the Algarve surfing community. Surfing itself is a very individualistic sport where someone might run into the same person daily but never speak

with them even though they share the same 'stoke'. Therefore, the No-Pro is ultimately a very approachable, light-hearted event where surfers and their friends at all levels – whether locals, tourists or in-betweens – are welcome, sharing their love for the sport and enjoying a low-key day on the beach.

The competition itself is kept small, with 16 competitors, and is unique in several ways. Men and women compete against each other and they have a free hand in which board they choose.

This event wouldn't be possible without the help of friends and sponsors. Even in these tricky times, they are willing to back up the "No-Pro".

Check the website (below) for updates on the date and location as the organisers are awaiting final confirmation on both at the time of printing. The wearing of masks and social distancing is required.

 www.surfguidealgarve.com



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Menopause

MYTHS & FACTS

BY ANN DE JONGH

As I write this, there is a lot of talk about menopause following on from a programme with Davina McCall on Channel 4. This programme set about to dispel a lot of the myths and misinformation surrounding menopause and if you did not watch it I highly recommend that you do.

The average age for menopause is 51, but it can start at any age, even girls as young as 12 and it is not uncommon for women in their 30s to go through early menopause. There are around 30 symptoms of menopause and quite often periods stopping and hot flushes - which are the most common symptoms - come towards the end of perimenopause.

As our oestrogen levels decline, it can have a profound effect on mental health as oestrogen is a very necessary hormone in the brain, and symptoms can include brain fog, anxiety, depression and loss of memory. Other symptoms can include itchy skin, muscle aches and pains, including frozen shoulder, as well as symptoms that go unspoken about such as vaginal dryness and loss of libido.

These days there is so much that can be done to alleviate

the symptoms and HRT has been proved to be perfectly safe. Looking at our nutrition and lifestyle, making changes to help support our bodies as they transition into the next phase of our life is also highly beneficial.

One of the most important things we can do is talk to our friends and family, to those who have been through it to those who are going through it and to those who are at the beginning of their hormone levels changing.

For more information check out
www.menopausedoctor.co.uk

Ann is a Yoga Teacher & Personal Trainer who specialises in Women's Health & Wellbeing.

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Let's talk about feet!

BY DONNA GROOM

As this article goes to print, I will be taking on the biggest physical challenge of my life by walking from Lagos to Fátima in a week. Already my feet are starting to resemble something from a horror movie and it's not over yet!

It's that time of year when we start removing our socks and slippers and remembering we have feet attached to our legs. Too often, our nails look like talons and hooves have started to appear on our soles. That's when we therapists get the SOS calls.

So, you've had your pedicure and you feel happy to show those feet off again. All painted and buffed within an inch of their lives and looking a lot better than the previous month. So how can we give longevity to our pampered feet?



MOISTURISE

I can speak from experience that whenever I put cream on my legs, for some reason, I always stop at the ankle. If you're like me, break the cycle and give your feet a treat and massage the heels and toes. This will help improve the colour and tone of the skin and make any flaky bits disappear.

CUTICLE OIL

Massage cuticle oil around the nail bed and sides where the nail meets the skin. This gives an instant glow to a fading pedicure and hides the cuticles that are starting to look shabby. Any oil will be effective.

PUMICE STONE

Keep in the shower or bath and every time you have a shower, give the heels a little rub. This helps reduce the build-up of hard skin and avoids any cracking.

EXFOLIATE

Give them a scrub before massaging them with cream to help with the circulation, and texture of the feet.

TOPCOAT

Apply a coat of topcoat to polish to give it that extra shine if it starts to become dull and loses its shine over time.

When none of the above makes any difference to your old

pedicure, then it's time to call the professionals! I recommend a pedicure every four to six weeks to keep them looking great throughout the summer.

It's not too late to sponsor Donna for her pilgrimage to Fátima in aid of leukaemia charities – featured in the May edition – at www.gofundme.com/f/lagos-to-fatima

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Money Matters



Each month we receive different questions from our readers. Although some of these questions are related to specific situations, sometimes the answer may help you to better understand the tax system in Portugal.

I am a Non-Habitual Resident living in Lagos since 2017. I read recently that under the new NHR rules, from 2020 our income will be taxed at 10%. Does this apply to all our income or just pensions?

No, your pension will continue being tax-exempt. In fact, there was a change in the Non-Habitual Residency scheme, but this only affects pension income and also it's only for those that obtained residency after 1 April 2020.

Please note that if you are reading this and became a resident prior to 1 April 2020, you are still covered by the NHR scheme under the old rules, irrespective of the date you applied to the NHR. What matters is the date you registered as a resident in the tax office and if it was before or after 31 March 2020, not the date of applying to the NHR.

I am 67 years old and just sold my property near Portimão. This was my primary habitation and I sold it for the value of 300,000 euros. This house was purchased in 2014 for 220,000 euros and I had a mortgage to buy it. The debt to the bank at the time of sale was 30,000 euros. How much do I need to reinvest to avoid paying taxes in Portugal?

First, in order to make sure that this was your primary habitation, you need to check if the address of the house is the address registered at the Portuguese tax office. If this is not the case, you should change it at least six months prior to the sale. If you noticed this too late, please be aware that the change of address in some cases can be done retrospectively.

In terms of the amount to reinvest, it works like this: $300.000\text{€} - 30.000\text{€} = 270.000\text{€}$

So, it is the proceeds of the sale, minus the mortgage redeemed at the time of the deed. The mortgage is only considered, if taken prior to 2015 and for the purpose of purchasing the asset.

I moved to Alvor in 2020 and only recently heard about the NHR status, can I still apply? My main source of income is a pension from the UN. Will this income be taxed in Portugal if I am NHR?

If you became a tax resident in Portugal in 2020, you should

have applied to the NHR status before March of the following year, i.e. March 2021. However, as you have not yet submitted any tax declaration as a resident, it is possible to still apply for NHR. For this to be possible, it would be necessary to present a tax residency certificate from another state to prove that you were registered as a resident in that state and not in Portugal. Obviously, this would also mean that you would only be registered as NHR from 2021.

But I should also let you know that if your main source of income is a United Nations pension, you may not benefit from becoming NHR. Under the Tax Benefits Statute, this income is exempt from IRS if it is earned by the staff of diplomatic and consular missions and or staff in the service of foreign or international organisations (such as the UN). So, in our opinion, that income benefits from exemption in Portugal, even if the taxpayer did not have the NHR status.

For many years, I rented my property in Albufeira for tourists. Last year, I decided to move to Portugal and sold that property to buy a bigger one. My accountant has informed me that because the property was on Local Lodging, I cannot use the new property as reinvestment. Can you help?

In fact, when the activity is registered at the tax office, the property is assumed to have been transferred to your Alojamento Local Business. This is a rule and means that

although the property is still in your name, it is not on the personal sphere but on the business sphere.

So, if the sale occurs when the property is in the business, there is no possibility of reinvestment, as this is only allowed if the property is the permanent address of the taxpayer.

However, there are two issues to be considered in this case: Provided that the assumptions referred to in article 34 of the VAT Code are met, a taxpayer may cease his activity retrospectively by submitting a declaration of termination, which, due to being delivered after the deadline provided for in article 33 of the same code, will be subject to the respective fine.

The IRS Code does not (yet) determine the number of months/years in which a taxpayer must hold a dwelling as permanent for the purpose of reinvestment. The determining factor is that, on the date of the sale, the property whose realisation value is intended to be reinvested is the taxpayer's own and permanent address.

In view of the above, one of the options to consider is to stop the activity with a retrospective date, change the previous year IRS declaration and treat the sale that occurred in 2020 as the sale of the permanent habitation, allowing the reinvestment. Please note that this situation may require

further study as it also depends on the value considered on the virtual transaction from the personal sphere to the business sphere.



Please feel free to send us the questions you may have to ricardo@allfinance.pt. We will select some of these to be published.

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Fighting Back

In this new series we look at Algarve businesses that have found innovative ways to evolve following the COVID pandemic and have fought back to become bigger and better.

BY SÍLVIA CARVALHO D'ALMEIDA



Photos © Sérgio Morais

Bomburgers

The restrictions imposed by the government to tackle COVID-19 lead to some businesses having to be reformulated to be saved from bankruptcy in order to keep functioning and maintain their employees.

This is particularly true of coffee shops and restaurants. I met and talked to one of the restaurant business owners who most suffered because of this pandemic, and learned how she found a simple but effective solution to tackle the crisis.

Ana Teresa Sequeira started out in the culinary world at 18. She received training at Portugal's School of Tourism, achieving her 4th level of education in cuisine and pastry. She has always worked in the sector, and the highlight of her career was being

offered a job at Benares, the first Michelin-starred Indian restaurant in London, where she was responsible for all the pastry. Active and determined to succeed, Teresa decided to invest in her career. She enrolled in a degree in Hotel Business Management at the University of Algarve in Faro and while there had an opportunity to start her own business. She found the right space, secured investment and founded Almare Gastrobar.

In January of 2020, the restaurant opened in Faro. Two months later, the mandatory confinement due to the first wave of COVID-19 meant the restaurant had to close its doors. It reopened last summer; however, the pandemic situation was still worrying, the low season was coming, and the new confinement was announced. Ana Teresa Sequeira wondered what her next move should be? She did not want to close the restaurant nor let her staff go, but the expenses were there, and so she needed to think smart and find a way to capitalise on her assets and make money.

Delivery and takeaway seemed to be the only options at the time. After some research, she found out the most popular products were pizzas, sushi, and hamburgers and so she created Bomburgers, a completely digital hamburger house.

Using Almare Gastrobar's kitchen, she could keep the same team to create food that could be delivered to people's homes,



without compromising the quality of the local ingredients she used or the service. More importantly, she would not need to close Almare Gastrobar.

The secret, she says, “is to have brought close to me the right people, and to have invested and learned more about the digital world, which brings us a whole new way of doing things, and of communicating with our customers. Practically all the money I had to invest in this endeavour was spent creating our online shop, where people can place orders. We mostly communicate with customers on social media.” She does not reveal exactly how much she invested in her new business, but says: “With no more than five thousand euros, it is possible to create a good brand.” Faro municipality has provided her business – and others – with taxis to deliver the food.

Ana Teresa is rightly proud of Bomburgers’ green credentials – the hamburgers are delivered in biodegradable packaging –

and its commitment to good customer service.

“There is always someone to answer people on social media and on the telephone. They make sure we provide a great service and prompt delivery. Any problems are dealt with immediately,” she explains, adding, “We believe in customer satisfaction.”

Ana Teresa wants business owners to know it is possible to innovate and to overcome the current difficulties even with a small investment. She created Link a Ring, the first coworking kitchen in the Algarve and has already extended Bomburgers to Portimão where she recently opened another online restaurant named iti Poke Bar, with her partners Maria and Pedro Esteves. This new restaurant serves the Hawaiian delicacy Pokeball.

This industrious entrepreneur has found a way to fight back from difficult circumstances, caused by the pandemic and founded a new business which I am sure will stand the test of time.

 www.linkaring.pt  www.instagram.com/link_a_ring

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Craft Corner



BY SOPHIE SADLER

After recognising the plight of artisans during the pandemic, *Tomorrow* magazine set up an online Christmas market in December 2020. Now to help these businesses get back on their feet, we are establishing a “Craft Corner” for artisans to showcase their works, talent and survival stories.

Snoffie is an example of a business that was born in the pandemic. Its founder Debbie Cumming had always been a fanatical crafter and has dabbled with baking, cake decorating, and knitting over the years. A full-time job, firstly as a Policewoman and then a Sales and Training Manager, plus children, meant that she was never able to turn her hobby into a career.

As her children grew up, she started creating soaps and

bath bombs which she sold at county shows. In 2017, she invested in a printer and hot press with the aim to start making personalised photo gifts.

Then a change in circumstances meant she was able to move from Berkshire, England to Silves in January 2019, where she found her soap recipes didn't work in the Algarve climate.

COVID-19 was positive in that it made her focus on the new part of the business, developing it and dreaming up new designs to create the brand she had always dreamt of. "It just makes you refocus. Things literally couldn't get worse as I didn't have a clear way of selling my products without the markets. Not only did I make my sales there, but people would often see the product then contact me later when they had a birthday."

So Snoffie was born - named after a friend's dog! She uses her own artwork in some of her products or hand-picks designs from other artists - she can also design a gift that is completely personalised. With the markets all shut down, she created an online shop.

Then came Brexit! "That actually hit me harder because of losing suppliers in the UK. They always gave free delivery to Dover, then Direct Transport would bring it over. Now I have to order from companies in Germany and Poland which don't

offer the same materials, so I have had to start again. The EU suppliers also don't offer free postage, so it is more expensive to bring them here.”

Debbie has persevered however and is now working with the Alerta charity creating mugs, air fresheners and keyrings, which she sells at cost-price to the charity, which give the profit to the Bombeiros. Her goods will also appear on the Alerta website. She now dreams of setting up events to enable local artists to exhibit their wares, hosted at local restaurants, to help them recover after the pandemic.

This is one artisan whose ideas and inspiration grew and flourished in lockdown and who now has an exciting future ahead.

 www.snoffie.com/shop

Homemade Bath Bomb

Debbie shares the recipe for a bath bomb you can make at home

A simple bath bomb requires 200gms of dry ingredients:

Bicarbonate of soda 100gms

Citric acid 50gms

Cornflower 25gms

Epsom salts 25gms

(I like to reduce the Epsom and put in a milk powder as this made a softer bath bomb.)

For colour, I always used Mica powder, but food colouring can be used.

Add 20-25 drops of a carrier oil eg. sunflower, coconut, olive oil.

Add 5 drops of essential oil/fragrance.

Water.

Mix all dry ingredients, add the oils and mix. Then gradually spritz (a short squirt) the mixture with water until it comes together like wet sand and press into moulds. Leave for at least 24hrs to dry.

This is for personal use only; please check personal allergens. To sell bath bombs, you must have a Cosmetic Safety Report.





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A Monsoon of Creativity

With years of international experience working in private and commercial interior design, Debbie Norford-Jones and Sarah Bernabe have joined forces to collaborate on projects new and old.



Having both settled in Lagos, the designers share a passion for vintage and bespoke furniture and arts, mixed with new trends as part of their Algarvian lifestyle.

“Monsoon Room was created to be a place where we not only design new interiors but also update and style properties and old furniture. With our complementary expertise, we will encourage our clients to find new ways of transforming their property with an individual and distinctive look,” explains Debbie.

From encouraging people to identify their personal style in a way that feels comfortable to them through to advice on how to redecorate using new designs and a blend of new and upcycled furniture, the pair can help through any interior design project – big or small. Or if you prefer to sit back and let others do the work, you can set a budget and leave Sarah and

Debbie to work to your brief.

Sarah is keen to emphasise the option of sustainable furnishing. “We have all been spending more time in our homes and gardens recently, and have come to appreciate just how important it is to have a functional, beautiful and safe environment to relax in. This has highlighted a desire to update our homes, but it does not necessarily mean we should just throw out everything and start again. A lot of furniture and decor can be given a new life in our own or maybe someone else’s home, minimising landfill and waste.”

Monsoon Room supports sustainable design for today’s market by ordering on demand and sourcing new items directly with artists and suppliers while finding new homes for vintage items. In this way, they will create opportunities for local designers of arts and craft, furniture and home products.

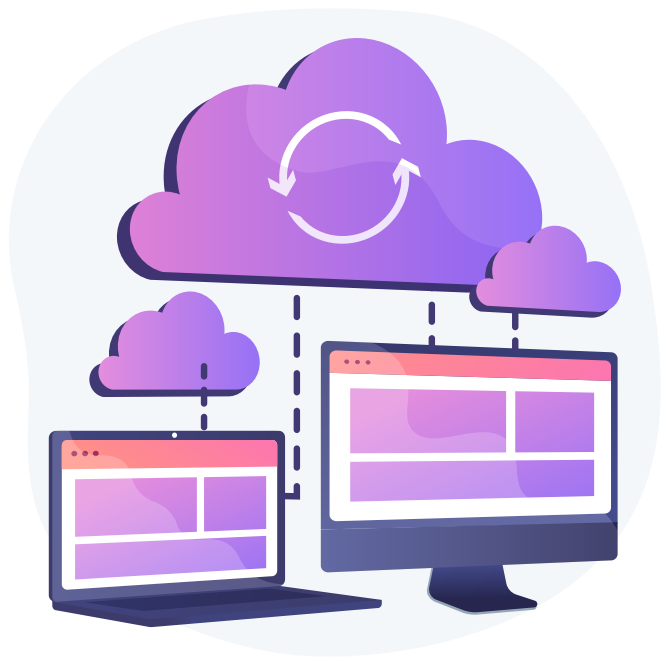
Whether it’s your home, your getaway sanctuary, a rental property, or you’re getting a property ready for sale, you may not always have the time or the urge to design, shop and decorate, especially in times of restricted travel. So if the beach and a glass of rosé is far more appealing then give Debbie and Sarah a shout!

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The Cloud

This month I will explain how we use 'the cloud' and its practical uses.



THE JOURNEY OF A PICTURE

Here is a simple explanation on how 'the cloud' is used for an everyday task of sending a photograph to a friend on the internet:

You take a picture with your device, e.g. iPad, Smartphone, etc, and you then use the tools built into your device to edit that photograph. Once you are happy with the result you decide to forward it to a friend using WhatsApp for example.

You press send and the photograph leaves your device and is sent over the internet. It then arrives at the WhatsApp 'cloud' servers where it is securely stored. From there, the picture is securely forwarded to your friend, again using the internet and, in most cases, appearing almost instantly.

The cloud, as described above, has received your image, stored it, and then forwarded it on for you.

STORING DOCUMENTS

The cloud is also commonly used when storing documents, therefore keeping them secure in the event that your device is lost, damaged or doesn't have the capacity.

HOW SECURE IS THE CLOUD?

The cloud is great for storing non-sensitive information, photos, etc. But unsurprisingly, the idea of storing personal information somewhere 'up in the cloud' makes many people feel cautious. Companies like Google, Apple, Microsoft and Facebook respond to these concerns by automatically encrypting the information sent to and from their servers.

Have a great month, see you in the July edition. If you have any questions on this subject, suggestions for future tips or require assistance with any IT challenges, please contact me.

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A Lazy Girl's Guide

TO JUNE

BY THE LAZY TIGERS

We know it is traditional in June for magazine columns to be full of advice on getting yourself 'beach ready'. This advice frequently involves a lot of shopping, dieting and self-improvement. At London Tiger Coffee, we say you are beach ready if you have a swimsuit and a well-packed cool box. So here is our take on what you need to be well fed at the beach and have a lovely day with the minimum amount of work and the maximum amount of leisure.

First, consider taking no food and drink to the beach and relying instead on one or more of the excellent beach bars we have in Lagos and the surrounding area. These establishments



will serve you food when needed and take your drinks from their fridges. If you must be self-reliant, here are a few simple rules.

All beach food must be applied straight to the mouth out of the box. Do not bring salad in bowls with serving spoons, or anything which needs decanting for individual servings. Do not bring anything which will immediately melt in the sun and/or attract sand, such as chocolate or mayonnaise. Do not bring anything with parts which needs assembling or garnish which might blow away. Try instead preparing these easy recipes and keep them in a nice big cooler.

Pan Bagnat

Try what the French call a *pan* or *pan bagnat*. Some make it as a classic *salade niçoise*, but there are no rules.

TO SERVE 4:

- > 1 big round cob type loaf (crusty)
- > 1 clove of garlic
- > 2 tbsp of pesto (buy a good one in the supermarket)
- > 1 or 2 courgettes sliced lengthways
- > 3 or 4 red and yellow peppers (NO green ones) sliced thickly
- > 2 large tbsp of olive oil

- 200 grams of cheese (knock yourself out, something soft)
- 200 grams of some lovely Portuguese charcuterie
- A big handful of mixed salad leaves
- A small handful of basil
- Salt and pepper

Cut the top of the loaf and hollow it out. Grill the vegetables for a few minutes in the olive oil to soften and cool them.

Cut the garlic and rub it around the inside then spread the pesto there, and under the lid. Season the vegetables and cheese well and build layers of veg, cheese, meat and salad, finish with a layer of basil.

Put the lid on, wrap tightly in cling film and put in the fridge for 2 hours or overnight with a heavy weight on top. Cut in slices and rewrap for the beach.

Shrewsbury Biscuits

Shrewsbury biscuits are an ancient English recipe, taste delicious, and crucially do not melt in your hands.

TO MAKE 30:

- 200g of butter
- 125g of sugar
- 4 egg yolks (save the whites for meringues)

FOOD & DRINK

- > Zest and juice of both an orange and lemon
- > 150g of sultanas
- > 400g of plain flour

Preheat your oven to 170C and line two large baking trays with baking paper. Cream the butter and sugar together with a mixer until pale and fluffy.

Beat in the egg yolks. Then add the flour, orange, lemon, and sultanas to make a dough.

Roll out to 1cm thick and cut into rounds about 5cm in diameter. Put on the trays and bake for 10 minutes till golden brown.

Long Island Iced Tea

Long cocktails in large flasks are perfect for the beach. Good big pump-action vacuum jugs prevent spillage.

TO MAKE 1.5 LITRES AND SERVE 4:

- > 50ml of vodka
- > 50ml of gin
- > 50ml of tequila
- > 50ml of rum
- > 50ml of triple sec

FOOD & DRINK

- > 100ml of lime juice
- > 500ml cola
- > Lime wedges
- > Ice

Pour all the booze, lime juice and cola into the flask. Add the lime wedges and top the flask up with ice. Enjoy.

Have a lovely time at the beach and when you are trudging home hot and weary, come and see us at London Tiger Coffee in the old town.



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Changing Times

BY TOM HENSHAW

Linda's has been a favourite beach bar for many years and one that has stood the test of time.

Quite rightly, some modifications are now being implemented to reflect the changing times and to offer customers a wider selection, particularly with their fish choices.

I have been here in Lagos for over twenty years and I can say the place, the staff and the superb views make it a must-visit in the Lagos area. The fact that Friday, once again, is going to feature a BBQ menu is music to my ears!


With a wide choice of favourites including fresh clams, oysters, garlic prawns, pork ribs in barbecue sauce, Linda's

delicious wings, seared tuna, chicken or cheeseburgers – all with fresh and local products – your mouth will be watering from just reading the menu. I sampled the ‘Chef’s wonder’ burger – marvellous!

I think you can get an idea of what’s on offer with appealing and regular surprise additions, and with the glorious ocean view creating just the right mood for lunch or dinner.

Booking is a sensible idea to get your choice of table and not miss out on your planned occasion!

Also, remember the menu is, as I say, ‘a changing’ so prepare yourselves for exciting and delicious additions. Viva Bar Linda!

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Very good at Farragood

The Yum Yums went out to stretch our wings, post lockdown and I thought I'd tell you all about somewhere I know is good (pun intended).

Restaurante Farragood is away from the main drag, up a slightly steep hill in Ferragudo (hence the name). We went midweek but, surprisingly even on a Tuesday, quite a few tables were taken, especially considering it had just reopened.

The restaurant is bright and airy, with the tables set at the correct distance apart. The staff and owner are always cheery and provide the right level of attentiveness without being overbearing. Perfect in my book.

On to the food. A *couvert* was ordered with the usual fare of olives, garlic carrots, sardine pâté, bread and delicious homemade garlic butter – more of that please.


For starters we had the traditional Portuguese flaming sausage. Other places do this I know but I just fancied something familiar to get back in the groove. It was scrummy. Main courses were swordfish steak with boiled potatoes and squid, stuffed again with Portuguese sausage, in a tomato seafood sauce. This time with chips – doubled cooked and just right. The steak was a perfect portion, firm enough but retaining its moisture. It was accompanied by boiled potatoes which tasted soft and creamy.

The squid also got a yum yum thumbs up. Three plates were just enough and a good combo with the sausage. I had a taste of this from fellow Yum Yum and I will definitely be trying this next time out. The sauce didn't go to waste either and was neatly disposed of with the bread from the *couvert* – nice.

Stomachs now nearing capacity, we shared a homemade apple pie with cream and ice cream, of course with a touch of cinnamon. It's a large portion, so make sure you have room. I loved it. It reminded me of my mum's, a good benchmark in anyone's book. No coffees, but all washed down with a few beers.

If you have a yum yum chum, they have shared dishes too. The monkfish and prawns, as well as various kebabs, have all been tried on previous visits and are as good.

Total cost was 50€. Brilliant. They delivered a nicely paced meal, with attentive service and a great relaxed atmosphere. It's just reopened, so please make an effort to go. We all need to support local yum yum businesses at this time to get them back on their feet. Was Ferragood good? Oh yes!

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The Elska Kitchen

BY NIRALI SHAH-JACKSON



Chef Maria and owner Kerensa

Tucked discreetly around the corner in Sector B, overlooking the Atlantic Ocean towards Arrifana, sits The Elska Kitchen. A seemingly unlikely spot for such a bohemian marvel until you become familiar with Sector B in Vale da Telha – then it quickly becomes apparent the café is situated exactly where it needs to be.

As you enter, the warm, eclectic vibe draws you in. Speaking with one of the owners, Kerensa, I learn nearly all the furniture in Elska has been upcycled by her husband Steppe and the rest has been completely handmade by him. Their ethos is low waste, with respect for the community and the environment. Their aim is to 'join the global growth of conscious kitchens',

ensuring food waste and disposable plastic is kept to a minimum. The café/deli has a flexitarian theme, meaning it is predominantly plant-based with the occasional ethically sourced meat dish, making it more 'flexible' than a vegetarian diet.

Elska means 'love' in both Icelandic and Swedish. Kerensa is half Swedish and Steppe half Icelandic. The common word that brought them together translates seamlessly to their passion – The Elska Kitchen. They met while working in the film industry and moved to Tenerife just after Steppe had been working at Jamie Oliver Restaurants. Helping to set up and train staff was a natural progression from being assistant director for years, as his logistical mind worked perfectly in this environment.

Tenerife was a great experience; however, they were looking for more of a community feel and, as Kerensa's sister already lives here in Monchique, they decided the Algarve would be the perfect place to bring up their three children and start a new venture.

Their first chef was straight out of a Jamie Oliver kitchen. The head chef now, Maria (@idofoodbcn) is originally from Venezuela, and is equally passionate as her predecessor. Her experience comes from owning a Mediterranean-style restaurant in Cambodia, and then becoming a consultant to restaurant owners in Barcelona, helping them to create



successful restaurant concepts.

Maria's cooking is heavily influenced by her time spent in South East Asia.

Her dishes are bold, and she delivers honest, hearty cuisine, confidently and unpretentiously turning locally sourced and mainly organic ingredients into fresh and indulgent food. The menu changes daily, keeping the intrigue and excitement, which encourages a very loyal following with locals and a prize find for enthusiastic tourists.

I listen to Kerensa multitasking while I wait to talk to her. She isn't showing any sign of stress, despite the coffee machine not working for an hour since opening time. Her down to earth and personable manner immediately puts customers at ease. Even without their morning coffee fix, many are choosing to stay because the menu and atmosphere offers much more.

The Elska Kitchen is an upbeat bohemian cultural hub, where digital nomads, families, surfers, tourists and mums with little ones happily pass their time. It seamlessly caters for all walks of life. The vibe reminds me of a backpackers gathering, where people share ideas, stories about travel, work, and surfing, while enjoying the experimental and ever-impressive food.

Always aiming to collaborate with locals, Kerensa and Steppe recently joined forces with The Cookie Girl aka Helen, who is originally from New Zealand and serves up decadent desserts. Her carrot cake – something of a local delicacy – and chocolate peanut butter cupcakes remind me of an award-winning bakery in NYC called Magnolia. Helen offers gluten-free and vegan options as does Elska's main menu.

Striving to ensure constant support for the local community, Elska offers 'pop-up' nights, allowing a space for local chefs to showcase their food. The Lebanese nights are definitely ones to look out for.

 www.facebook.com/theelskakitchen

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Renature Monchique

BY SUZANNE RADFORD

The recovery of local trees and the restoration of the health of the land are the key drivers behind the Renature Monchique initiative.



The aim of the project is to replant endemic species in the Serra de Monchique, bringing a variety of oaks, including cork, Portuguese, Holm and the majestic Monchique oak, back to their natural home.

Now in its third phase, the project was initiated after the fires of 2018 in partnership with Ryanair's Carbon Offset Fund, Tourism of Algarve, the Institute for Nature Conservation and Forests (ICNF), the Monchique Câmara and GEOTA, a national environmental NGO responsible for the coordination of the project. It's a big undertaking but one that could help prevent fires in the future and allow for the natural biodiversity to return.

This area of the Algarve is a Natura 2000 site, part of the largest coordinated network of protected areas in the world and offering protection to Europe's most valuable habitats. Known as the Monchique Natura 2000, the land contains some of the rarest, most unique and threatened species of the region – like the rhododendron and Monchique oak. There is replanting of oaks and trees like the strawberry tree or arbutus, which is fire resistant and provides a living for local producers of medronho and honey. Chestnuts that provide an income and more diverse endemic trees have been planted, along with the black alder and the narrow-leafed ash.

Ryanair has been involved from the beginning, with the company recognising Monchique specifically – and the Algarve generally – for its natural beauty: a destination which attracts large numbers of overseas visitors.

Thomas Fowler, Director of Sustainability at Ryanair says, "Renature Monchique sits within Ryanair's carbon offset programme and is part of our commitment to reducing our CO2 emissions." Contributions from Ryanair customers are helping to support the restoration of forest habitats affected by fire and climate change and, in so doing, they are also helping local communities.

To understand the carbon benefit associated with tree planting is to understand the value of the tree as a carbon

sequester. Carbon sequestration is the process of capturing and storing carbon dioxide. It is a way of reducing the amount of carbon dioxide in the atmosphere we breathe and planting trees, improving degraded soils and habitats supports the natural processes of carbon sequestration, a recognised ecosystem service.

To date, over 135 000 trees have been planted on 52 plots of land, involving 40 landowners, including Sonia Carr Steyns of Mothers Finest Monchique, whose land was also affected by the fires. Sonia explains why she got involved. “We were never comfortable with the mono-culture and wanted to remove eucalyptus from our land. We were really pleased when GEOTA approached us regarding the Renature Monchique project with Ryanair. We not only received baby trees but the manpower to help plant them, and that’s around 300 trees so far.”

It is quite an undertaking, considering how many plots of land are spread across the mountains and, in many cases, with difficult access. Primarily locally based people have been employed to do the planting as they understand the terrain despite the sometimes adverse weather conditions.

Considering how long it takes for a tree to grow, 10 to 15 years for cork oaks and chestnuts and five to seven for the strawberry tree, one may wonder how long it will take before we begin to see the benefits. As I walk through the established

tree groves and forests almost daily and breathe in the air, there is plenty to appreciate and gain right now from the existing endemic trees, but it would be short-sighted not to consider the wider implications. Justin Roborg-Søndergaard, Consultor de Projeto (GEOTA) explains that land stewardship is key. “As the Renature Monchique project develops, so does the notion that ecological restoration is important to the local and national social, economic, and ecological situation. This involves landowners, local communities and municipalities coming together to restore nature.”

Let us hope that by planting the seeds and acorns today, projects like Renature Monchique are creating a sustainable legacy and meeting future generations’ needs.

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Cat Lady to the Rescue - Again!

BY ANNIE O'DEA

Sandra Lancaster – animal lover, Nandi shift leader, cat feeder and kitten rescuer extraordinaire – has once again come to the aid of eight abandoned baby kittens from different litters.

Known affectionately by locals as the *cat lady*, Sandra has over the years, rescued and hand-reared abandoned kittens and stray/unwanted cats, giving them all the love and care they needed in her own home in Lagos. Once ready and old enough, she finds good forever homes for them. Those that remain unwanted she cares for until such time they can be rehomed or they remain with her.

Having seven rescue cats of her own, Sandra never tires of helping others in distress. Even Lars from Lagos Vet Clinic from time to time calls upon her services, knowing the kittens will thrive under Sandra's loving attention.

When she got her first call of the season, I happened to be with her. After our Nandi shift, she swiftly drove to rescue a newborn kitten, just days old, who had been abandoned by his mum being the runt of the litter.

Holding him in my hand, the limp, tiny black baby kitten was fairly lifeless, its eyes tightly closed. The tiny kitten needed to be bottle-fed every two hours and warmed by a constant hot water bottle, Sandra knew exactly what to do and literally saved his little life. To my amazement and delight, he survived his first night at Sandra's and is now slowly putting on weight. He is happy and healthy, eyes wide open and keen to explore, he's quite the talker.

Baby, as I fondly call him, has been joined by five, fluffy tabby kittens whose mother was killed by a passing car. They needed hand-rearing, hence Sandra was called again. Then, last Saturday when she was feeding the 'ferry cats', Sandra found two black, little, scraggy kittens, who had sadly been abandoned in a crumpled, old box just thrown to one side. Trembling, crying and hungry, their little faces were so pitiful that instinctively Sandra rescued them too.

Now with eight, energetic little balls of fluff running around her home and eight little hungry mouths to feed, Sandra's temporary family of furry friends has once again grown. Giving so much time and patience, Sandra's love and energy know no bounds. She truly is a lifesaver, in more ways than one.

For information about adopting these kittens contact  annieodea@gmail.com

Close to Nature

How being close to nature moulds children



June starts with the International Children's Day. It is more important than ever for young people to connect with nature and wildlife, because we can only protect what we know.

Laura is eight and doesn't live in Algarve, but has followed our work for a while, and last year had the chance to be with us during the Birdwatching and Nature Activities Festival in Sagres. Here, we decided to surprise her by letting her release one of two little kestrels recovered in our centre.

Without knowing, we were shaping Laura's dreams. Her mother sent what we think is the best motivation letter for a future job vacancy in RIAS. Don't you agree?

"One day i want to be the coordinator of a wildlife rehabilitation center.

I want to coordinate a wildlife rehabilitation centre because I love animals and I like that they recover and get back to Nature. I will help treating wounded and sick animals and I will help to release them.

I am going to do amazing things! I will have the chance to help animals, which is really my dream. In this career, I will work in the field and use some veterinary tools and gloves to release the birds with strong claws. I will have to learn treat animals and release them."

Laura Almeida

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Rocha da Pena (southern face)

The Algarve's Table Mountain

BY TRACY BURTON

When the Moors were fleeing Salir in the mid-thirteenth century, they didn't need to look far for a hiding place. Driven out of the town by the Christian troops of King Dom Afonso III, they headed to the limestone caves of Rocha da Pena.

Seven hundred and fifty years later, the local protected landscape of the Algarve's very own table mountain remains as wild and unspoilt as ever, despite its growing popularity with outdoor enthusiasts.

From the car park, the 479-metre Rocha da Pena appears almost impenetrable with its dense vegetation, craggy

outcrops and sheer cliffs. Impenetrable to anyone who isn't using rope and carabiners, that is, for the southern elevation – and one 50-metre cliff face in particular – is popular with climbers.

Happily for nature lovers, the opposite is true and a well-waymarked circular trail (LLE-PR18) means that, with a little determination, most people can reach the two-kilometre plateau. Once there, the signposted detour to the *miradouro norte* is a must. On a clear day, you can see the Malhão Buddhist Centre – founded by Tibetan monks – high in the Serra do Caldeirão, which borders the Algarve and the Alentejo.

In Buddhism, water symbolises life and there is plenty of both in this area. A large underground reservoir – once reached through a cave – now bursts onto the surface via several high-level springs.

Like all limestone formations, the rock faces of Rocha da Pena are unstable and prone to erosion. It's advisable to stick to the well-defined footpaths and avoid straying perilously close to the edge.

The massif's unique geology means it is home to many animal, bird and plant species. In fact, 122 bird species have been recorded here, including the golden oriole, bee-eater, cuckoo,



Fonte dos Amuados



Moinho

common buzzard, Bonelli's eagle and Eurasian owl.

The denseness of vegetation – there are over 500 species of plant including gorse, rock rose, lavender and rosemary, orchids and peonies – means it's unlikely you will spot an Egyptian mongoose, but it's fun trying. Besides, the huge yellow butterflies rising on thermals provide distraction enough.

The north face is shadier and wetter, and subject to strong winds. Here, there are bay laurels, cork oak and a greater preponderance of rock rose.

Midway across the plateau stretches what at first appears to be a pebble beach but is, in fact, a 400-metre defensive wall believed to date back to the Iron Age. A second wall has all but disappeared under vegetation. The large cave where the Moors tried unsuccessfully to hide from their Christian pursuers (Algar dos Mouros) is now home to two endangered bat

species, the lesser mouse-eared bat and the bent-wing bat.

The southern *miradouro* commands far-reaching views of the barrocal and the coast – and, for even more elevated views, there's a trig point to climb. An information board points out places of interest in the distance.

While Rocha da Pena is all about the splendour of nature and geological forces, the village of Penina at its western foot celebrates Portuguese tradition in all its guises.

From the pristine shrine to Fátima and restored water wheel, to the tiny museum, faded 1821 chimney and famed arched door at number 12, there is plenty to enjoy. Penina is positively brimming with geniality, picnic benches, a public fountain, toilets (immaculate) and a friendly bar/shop. The narrow streets are lined with potted blooms, transforming even ruins.

Returning to the car park and the Fonte dos Amuados, there's a decision to be made: whether to trek uphill and red-faced to the Moinhos de Pena ... or leave that exertion for another day? After all, there's a bar opposite and a beer with your name on!

One of the great mysteries of life remains: why wasn't Rocha da Pena included in the 300-km Via Algarviana trail which strays tantalisingly close but ultimately neglects this very special landscape.



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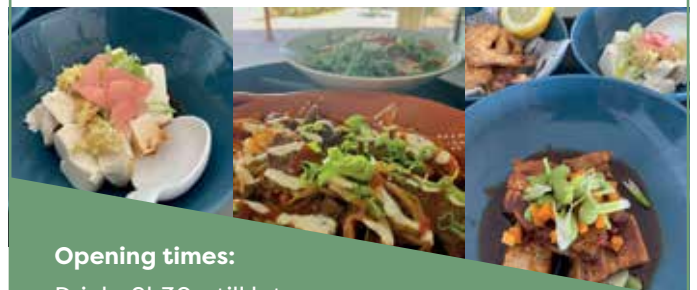
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Voodoo Lily in Portugal



Voodoo Lily leaf

The Voodoo Lily

..... *A Botanical Curiosity*

— **BY TAMSIN VARLEY** —

I was given a couple of small voodoo lily tubers four years ago by a very knowledgeable gardener who loves botanical curiosities. I'd never heard of it, so raced home and researched it on Google.

The Latin genus name is *Amorphophallus* and is in the Arum or Araceae family. It consists of about 200 species of tropical and subtropical plants that originate in Asia and Africa.

Amorphophallus in Greek means misshapen or deformed phallus – thus derived from the prominent spadix.

The tubers I'd been given were round in shape and a bit smaller than a walnut. The web informed me that they should be planted deeply in organic-rich soil in a pot 10 cm larger than the diameter of the bulb. They prefer shade to semi-shade, so I grow mine in pots under the shade of a large olive tree. Once the tuber is large enough, it will flower and apparently the flowers stink of carrion as are pollinated by flies. Once the inflorescence has died, the leaf appears – sometimes a month later.

The single leaf emerges in about June and is an extraordinary sight to behold. First of all, the mottled pink and olive-green leaf stalk appears and the single leaf bursts out from the top of it. It grows horizontally and is split into three sections. Once it has unfurled, it looks rather like an umbrella. The leaf size is related to the size of the tuber. My tubers resembled an orange or grapefruit in size last year and consequently, the leaves were the largest they've been so far – an impressive 1-1.25 metres across and almost a metre tall. The leaf only lasts one season and dies back in the autumn.

Once the leaf starts to die, I stop watering the plants and

then move the pots into a sheltered place to over-winter. Last year, I planted one of the tubers into a flower bed as I don't want its growth restricted by a pot. I've been amazed at how quickly the tubers have increased in size and hope they might produce a foul-smelling flower in the not-too-distant future. Recently, a fellow member of Clube Dos Bons Jardins contacted me and told me that she has a voodoo lily in her garden that flowers every year. I was invited to visit when it was in flower and, as it happened, that was just last week. It was amazing – a beautiful deep purply-pink collar or spathe supporting the prominent black spadix. A truly memorable sight for a plant fiend like me.



Amorphophallus titanum - image by gkgegk from pixabay.com

Whilst writing this article, my memory was jogged to an occasion in the 1990s when a titan arum (*Amorphophallus titanum*) was in flower at the Royal Botanic Gardens, Kew. I was desperate to see it, so I joined a long queue and eventually

got to file past it. We weren't allowed to stop and admire it so had to take photos as I walked past it as slowly as possible. It was an extraordinary sight as the inflorescence was at least three metres tall, but strangely enough, I don't recall any odour at all. I've just read that such a tuber typically weighs 50 kg but the world record is held by the Royal Botanic Garden, Edinburgh who had a tuber the size of an orange which weighed 153.9 kg after seven years.

Tamisin is a member of Clube Dos Bons Jardins, a small, friendly multi-national garden club that meets at different locations around the Algarve on the 2nd Tuesday of every month – except over the summer – with an optional lunch afterwards.

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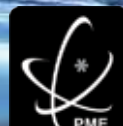
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A Family Affair

BY VICTORIA WOOD

Two families – the Wood-Sweeneys and the Longhursts (four adults and five children of 13 and under) – took to the roads of Portugal on their bicycles. With all luggage on board, we cycled from Setúbal to Burgau, covering 270 km over seven days.

I can now testify to this being one of the top ways to experience this beautiful country, much of which was spent meandering through cork tree-lined country roads, undulating, lush green valleys, and smiling and laughing, a lot! As well as soaking up the surroundings, we all gained something special from this trip; favourite songs, in-jokes, catchphrases of the day developed as we got to know each other on a whole new level.

Due to recently lifted restrictions, many of the hotels were ours exclusively, which meant we had a lot of fun being the only guests, receiving the royal treatment from staff who were very happy to see customers again.





Day 1

Train: Lagos-Setúbal. Ferry: Setúbal-Tróia. Cycle: Tróia-Comporta

20 km to ALOJAMENTO DO MAR LOCAL VERDE E MAR

The train was straightforward, though navigating nine bikes across two changes made it more complicated! On arrival, we cycled through Setúbal's centre then rode straight onto the ferry boat to Tróia. From here the ride to Comporta is a straight road, lined with dunes and beaches. This quaint, boutique town and beach is a top destination for visitors from Lisbon and has become quite exclusive, we found a simple hotel just outside the town which suited us perfectly.

Day 2

Comporta-Grândola

30 km to MONTE DAS FAIAS CORK FARM HOTEL

With lunch packed, we set off on our cycle into Grândola to a delightful hotel set in the grounds of an enormous 19th century cork farm. We could have stayed a few more days as we fell into a relaxed state in this tranquil, family-run setting. There was plenty to entertain everyone; tennis, table tennis, indoor/outdoor pools, hot tub, play area, and boundless grounds. Here we made our own meal at a communal table in the gardens which made for one of our favourite evenings of the trip.

Day 3

Grândola-Lousal

30 km to HOTEL LOUSAL Today we rode through beautiful valleys which suddenly opened up into a tiny unexpected gem of a town with a huge disused mine with vivid red and green lakes due to the mineral content. Hotel Lousal was a welcome four star pleasure; we embraced the outdoor pool, bar, day beds and lovely host with open arms after our cycle. The chef created us a personal menu and fast became a friend, serving local delicacies and exchanging life stories throughout the meal.

Day 4

Lousal-Colos

45 km to DIAS DISTINTOS An incredibly picturesque cycle through quiet, winding roads. We rarely saw a house nor a



car so this felt like a true countryside ride. Colos is a small town with few accommodation options, but we found a great little hotel with infinity pool overlooking a vast valley and uninterrupted views far into the distance. We were treated so kindly by the lady here, she brought us snacks and tasters of local foods, drinks on the terrace, making us feel right at home.

Day 5

Colos-Vila Nova de Milfontes

38 km to HOTEL HS MILFONTES BEACH

Another longer cycle which took us west towards the coast - having enjoyed the landscape inland, we were excited to be heading back towards the ocean. Vila Nova de Milfontes is a stunning destination that you must put on your list if you haven't visited already. A somewhat sleepy town with stunning beaches, beachside dining, and a plenty of shops to wander around. We stayed in the beachfront hotel, which, although a



little dated, is being renovated and the views (and breakfast) really can't be beaten.

Day 6

Vila Nova de Milfontes to Odeceixe

48 km A longer ride featuring busier roads and some challenging hills, but again passing through such a beautiful landscape makes it all worthwhile. We stayed with friends here at a stunning cliff-top villa, but there are plenty of options available in this area.

Day 7

Odeceixe to Burgau

60 km Our longest cycle by far took us home on roads we know

well: the west coast beaches lined our path as we passed through Carrapateira, onwards to Vila do Bispo, then home.

Despite some restrictions, we were still able to have an amazing trip and felt the strong sense of freedom that travelling by bike delivers. The camaraderie and feeling of achievement as families and friends was unbeatable; some life memories were definitely made here! I highly recommend cycling through Portugal as an active, relaxing and healthy way to really experience the country.



Things to do IN LAGOA

BY ALYSON SHELDRAKE

The parish church in Lagoa is the Igreja de Nossa Senhora da Luz or The Church of Our Lady of Light. It is in front of a pretty square called the Largo dos Combatantes da Grande Guerra. This translates as the Great War Fighters' Square, and it has an impressive war memorial surrounded by a small area of planted gardens and benches.

Inside, the church is cool and inviting, with wooden benches and stone arches. Plenty of gold paint surrounds the altar and there is a statue of Nossa Senhora da Luz, which takes pride of place in the chancel.

Don't miss the Convent of São José situated almost around the corner from the church. The Carmelite Convent, with its beautiful cloister, chapel, and gazebo, was built in 1738 and

survived the 1755 earthquake. In the convent's garden you can see a menhir (a tall upright stone), from the Porches region, which originated between 5000 and 4000 BC.

The convent was originally used to house and educate abandoned women and children. Today, it is the town's Cultural Centre and home to a wide range of activities. It hosts art and photography exhibitions, concerts, musical events and plays, lectures and demonstrations, and a range of other cultural events. Upstairs, they have turned the original nuns' rooms into mini art galleries, and there is a small chapel from the 18th century which is used for worship and music concerts.

Art lovers will enjoy the Lady in Red art gallery. It is located in the unused industrial space next door to the Adega Cooperativa de Lagoa building. The gallery mostly displays modern art, with regular featured-artist exhibitions. There is a café inside as well.

There is also a new initiative that has opened on the main road on the edge of town, called the Convent'bio. Their website describes the old convent building, which has been beautifully restored and brought back to life. Not only have they created an ambitious bio-organic farming project with produce for sale, but they have also lovingly curated the cultural heritage of the original building. A wonderful open and well-lit gallery space is available for exhibitions.



One of the most popular leisure options for a fun day out is the Slide & Splash water park. This is one of the largest water parks in Europe, covering over seven hectares with a wide range of water entertainment for all ages. As well as the main rides, there are live animal shows, spa treatments, restaurants, and a shop where you can buy souvenirs.

The Sand City extravaganza is on the N125 near the International School. Every year more than sixty professional sand sculptors from all over the world come to the Algarve to craft the most amazing sand sculptures. Fifty thousand tonnes of sand are used to create the sculptures which are displayed over six hectares of land.

The beaches near Lagoa have limestone cliffs, with incredibly rich deep-ochre and sienna colours. The sand is soft and golden; the waves are often calmer, and there are hidden coves and caves to explore by land or boat. The rock

formations and cliffs create an impressive backdrop. The Benagil Cave is probably the most famous of all the sea caves in the Algarve. Many people take a boat trip out to witness this magnificent arched cathedral-like structure. There is a small and unique beach tucked away inside that can only be reached by boat.

Praia da Marinha is known as one of the most beautiful beaches in the world and has won many awards. At low tide, you can walk around the sand and see the famous M-shaped arch of rocks that are slowly, but surely, crumbling. If you stand at a certain point on the cliffs above and look down on the arch, add some fanciful editing with your eyes of the surrounding cliffs in front of you, and you have a perfect heart shape. Well, a little romance never hurt anyone.

Alyson Sheldrake is an artist and writer. She is the author of three best-selling travel/memoir books in her Algarve Dream Series, which are all available to purchase on Amazon. Her latest book A New Life in the Algarve, Portugal is out now.

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WE ARE HERE FOR YOU

WE REMAIN OPEN FOR CONSULTATIONS AND TREATMENTS

TIMETABLE: WEEK FROM 9AM TO 7PM, SATURDAYS FROM 9AM TO 1PM

BANK HOLIDAYS FROM 9AM TO 1PM /SUNDAYS AND NIGHTS - DOCTOR AND NURSE ON CALL

WHEN POSSIBLE PLEASE CALL 282 780 700 OR 919 869 700 BEFORE COMING TO THE CLINIC
Due to the pandemia all Medilagos services were temporarily transferred to Luzdoc

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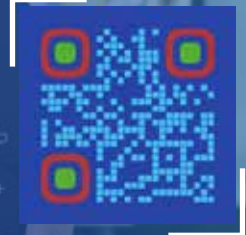
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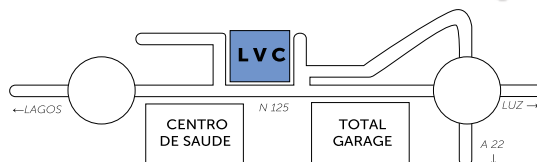
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Opening Times

Monday - Friday: 9am - 6pm
Saturday: 10am - 12pm

Please call to make an appointment

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