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Trains instead of planes



Portuguese are willing to swap short haul flights for trains, and to introduce climate change taxes according to a new study. (Photo: Lusa/Miguel Pereira da Silva) Full story P10.

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Immigrants offsetting population decline

More deaths and fewer births in 2020 have aggravated the natural balance of the Portuguese population however immigration has helped to boost numbers.

According to the National Statistics Institute (INE), which registered 84,426 live births in 2020, 2.5 percent less than in 2019, the Portuguese population ended up increasing slightly (0.02 percent), as a result

of a positive migration balance. The average age of mothers giving birth to a child was 31.6 years (31.4 in 2019). The average age for the birth of the first child increased from 29.9 years to 30.2 years. In total, 123,358 people died last year (10.3 percent more than in

2019). Among the deaths, there were 205 children (41 fewer). "The infant mortality rate decreased to 2.4 deaths per thousand live births (2.8 percent in 2019)", stated the INE. In 2020, 18,902 marriages took place, representing a drop of 43.2

percent compared to the previous year, while 17,295 divorces were decreed, a decrease of 15.3 percent compared to 2019 (20,421).

Positive migration

Data compiled by INE also revealed that, for the fourth consecutive year, the number of permanent immigrants (67,160) surpassed that of permanent emigrants (25,886), which corresponds to a positive migratory balance of 41,274. Due to the positive migration balance, "which managed to offset the negative natural balance", the resident population in Portugal increased in 2020, recording an effective growth rate of 0.02 percent. In 2020, 59,817 foreigners acquired Portuguese nationality, "a number that almost doubled compared to 2019 (30,469)", highlighted INE. Thus, the resident population in Portugal increased for the second consecutive year. In 2019, the effective growth rate had been 0.19 percent.

"The population increase recorded in 2020 (+2,343 people than in 2019) resulted from the positive migration balance of 41,274, although lower than in 2019 (44,506), having offset the negative natural balance of -38,931 (-25,214 in 2019)", concluded the Institute.



THE PORTUGAL News

Portugal's National Newspaper in English

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Weekly Weather Mainly dry weekend

Lisbon

Intermittent cloud is predicted throughout the weekend in the capital with temperatures reaching highs of 18 degrees and lows of 11 degrees. The chance of rain is to increase from Monday, while on Tuesday rain showers are expected as temperatures fall to highs of 15 degrees and lows of 10 degrees.

The north

It is to be a dry weekend with daily highs reaching 20 degrees however the nights are to feel cold with minimums of 3 degrees. From Monday rain is expected and temperatures are to fall further to highs of 15 degrees during the day while in the evenings it is to drop to lows of only 2 degrees.

The centre

Sunny spells and intermittent cloud are predicted for the weekend when there are to be daily highs of 15 degrees and nightly lows of 11 degrees. On Monday and Tuesday rain is expected and temperatures are to drop further to daily highs of only 11 degrees and to nightly lows of 8 degrees.

The south

Rain is predicted for Saturday with temperatures only reaching highs of 18 degrees. By Sunday the cloud is to clear slightly for highs of 19 degrees and lows of 11 degrees. There will be a chance of rain for the rest of the week and temperatures are to fall further to highs of 17 degrees and lows of 7 degrees.

Sunny spells are expected over the weekend before the rain clouds return



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Return of the mask?

N Daisy Sampson

As rates of Covid-19 infections rise in Portugal, and politicians and specialists meet to discuss the situation, calls to reinstate mandatory mask wearing increase.

Initially, the Portuguese Pulmonary Federation made the call to bring back mask use in public, even in outdoor settings, and then the President of the Republic also stated that the return of masks should be resumed. Speaking to journalists at Teatro Municipal São Luiz, in Lisbon, when asked about measures to be adopted in Portugal given the growth in the number of cases and deaths by Covid-19 in Portugal, Marcelo Rebelo de Sousa considered that one should “wait for the meeting of the Infarmed” with experts, which is scheduled for 19 November. Asked, later, if he understands that the mandatory use of masks in the street will be resumed, the head of state replied: “That, of course, is evident”. While detailing the number of Covid-19 cases currently compared to the same period last year, the President called for calm. “Let’s consider it calmly. We have a vaccination that we didn’t have. And we will act accordingly,” he said.

Remote working

The Portuguese Pulmonary Federation has called for the return of the mandatory

use of masks in all indoor public spaces and also a return to remote working. In a letter to the Minister of Health and the General Directorate of Health (DGS), the federation considers that the epidemiological situation of Covid-19 “is again a source of concern”, noting that the Transmissibility index (Rt) remains above 1. “In our opinion these measures should have already been adopted. Just look at the daily situation report that has been released and see how the Rt has been rising for four weeks and for two weeks it has always been above 1”, said the vice president of the Portuguese Pulmonary Federation (FPP), Jaime Pina. Pina warned that cases will continue to grow and that the risk matrix “is already in the red again”. “These graphs show that the Covid-19 situation in Portugal is deteriorating and will continue for at least another two weeks. At this point, measures should be applied”, he defended. To reverse the growth of the pandemic in Portugal, the FPP asks the Government and the DGS to make the use of face masks mandatory again,



not only in public spaces indoors, but also outdoors, when adequate distance cannot be guaranteed.

Vaccines

The federation also advocates speeding up the current process of boosting vaccination (3rd dose) to groups that have already been selected (immunocompromised patients and people over 65 years old), extending this reinforcement to all health professionals and that the administration of

the second dose of vaccine to those who already had Covid-19 be accelerated. “The fact that we have had a huge success in the vaccination campaign will not prevent an increase in more serious cases, which imply more hospitalisations, greater use of intensive care and a higher mortality rate”, says the letter, stressing the urgent need for measures to halt the pandemic’s progression. The FPP also defends that “public recommendations

on the importance of other measures of individual protection: social distancing and hand washing and disinfection” should be renewed. Speaking to Lusa, Jaime Pina gave the example of the football game between Portugal and Serbia, on 14 November, with more than 60,000 people at the Estádio da Luz: “Everyone was without a mask. Even in open space, people are side by side and without a mask”. “It is one of the examples

of the places where the use of masks should be made mandatory again. It’s taking two steps back and then being able to take a step forward,” he added. Prime minister, António Costa, has called for Friday, 19 November, at 3pm, a new meeting of politicians and specialists at Infarmed’s auditorium in Lisbon, regarding the situation of Covid-19 in Portugal. The last time one of these meetings took place was two months ago, on 16 September.

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THE TEAM

Left to right: Manuela Rodrigues; Mónica Martins; Dr. Cris Piessens; Filomena Cruz; Vânia Tomé.



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Portugal welcomes 210 more Afghan refugees

Another 210 Afghan refugees arrived in Lisbon on 16 November, joining the 266 who have been in Portugal since the beginning of the withdrawal process from Afghanistan, in mid-August.



According to the Portuguese Secretary of State for Foreign Affairs and Cooperation, Francisco André, the 210 refugees, all of Afghan nationality, arrived in a group that includes a large number of women and children. In total, Francisco André noted, Portugal has already hosted 476 Afghan refugees, mainly people who collaborated with the Portuguese military forces, with those from the North Atlantic Treaty Organisation (NATO) or with those from the United Nations in Afghanistan, as well as family members of some who are already in Portuguese territory. The group also includes those whom Francisco André considered “vulnerable” to the Taliban regime, which took power in Kabul in August, such as human rights activists, women, girls, judges, jurists, journalists and

even some family members of the Afghan women's football team who are already in Portugal. “With the arrival of 266 Afghan refugees, the commitment that Portugal assumed in response to the international appeal to receive refugees from Afghanistan is almost complete”, Francisco André told Lusa. Francisco André indicated that everyone is in good health and that there is only one woman who is in the final stage of her pregnancy, so she is being monitored by the health authorities. At Lisbon airport, the refugees were received by the High Commissioner for Migration, Sónia Pereira, and will be sent, for now, to various support centres in Portugal, so that they can then be divided according to the interests of each one, especially in the case of family members. The Secretary of State for Foreign Affairs and Cooperation said that Portugal does not have a defined

number of refugees to take in, indicating, however, that in the coming weeks, “another significant number” of others should arrive, but without giving any further details. “We continue to work in this direction, to get Afghans out of the country. We have now reached almost five hundred and we are trying to adapt our reception capacity to respond to any needs”, added Francisco André, stressing that the entire process must be done with “discretion and security”. “With this, while not complete, the process of withdrawing almost all the Afghan citizens who worked with our forces [in Afghanistan] and their families is practically complete. This was one of the priorities assumed by Portugal in mid-August. But there is still a very small number of people to reach Portugal. The vast majority are already in Portugal”, he concluded.



News in Brief

Pollution kills 4,900 people in Portugal

Pollution caused the early deaths of 4,900 people in Portugal in 2019. The European Environment Agency (EEA) estimates that in 2019, air pollution caused the premature death of 364,200 people across the European Union, despite indicating that over recent years early deaths due to air pollution have been dropping.

44,000 elderly living alone

GNR officers have flagged over 44,000 elderly people throughout Portugal living alone, isolated or in vulnerable situations. Some 3,500 of those are in the Algarve. This was found in Operation Senior Census 2021, which has been carried out yearly by the GNR since 2011

Action against Portugal for bad air quality

The European Commission has announced it will be filing action against Portugal in the European Union Court of Justice due to poor air quality caused by high levels of nitrogen dioxide. Air pollution caused by nitrogen dioxide mainly results from road traffic. In a statement the EC said “Portugal has recorded continuous and persistent exceedance of the yearly limit value for nitrogen dioxide in three air quality zones: North Lisbon, Coastal Porto, and between the Douro and Minho”.

High risk of corruption in defence

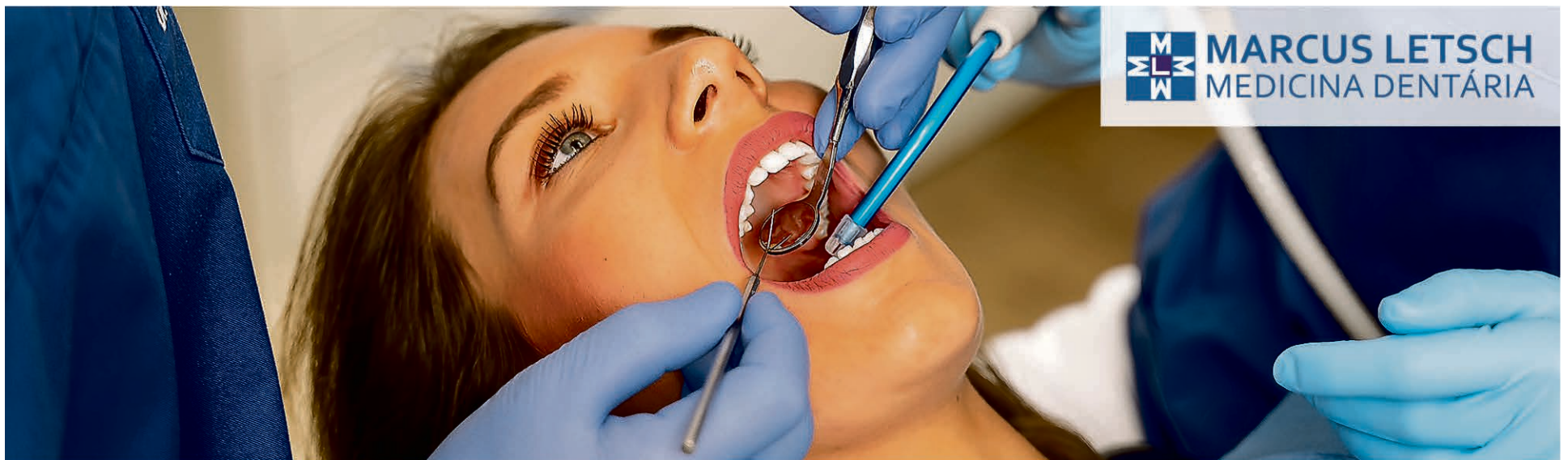
Portugal has been ranked among countries with a high risk of corruption in the Defence sector, despite having registered some improvements compared to 2015. This was revealed in an assessment by Transparency International (TI). In the assessment of 86 countries, Portugal totalled 44 points out of a possible 100, which is below the European average (59/100).

Car production rises

Car production grew in October to 35,152 vehicles according to the Portuguese Automobile Association ACAP. Cars produced in Portugal last month were 8.2 percent up on the same month in 2020. Over 232,000 units have been produced since the beginning of the year; the vast majority were exported to foreign markets.

New partnership to teach sign language

A new partnership between the PSP police and national publisher Porto Editora aims to teach the population to communicate in sign language. PSP spokesperson Nuno Carocha said that since 2016, the PSP has trained 100 police officers in sign language. The announcement was made to mark National Day of Portuguese Sign Language.



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SCAN ME

More than 37,000 complaints about health facilities



According to a new report, from a total of 45,554 processes received by the ERS, 37,872 refer to complaints, 6,956 to praise and 499 to suggestions. More than 220 processes

have mixed classification. Of the total number of cases submitted to the ERS, 69 percent refer to establishments providing healthcare in the public sector, including establishments managed under a

The Health Regulatory Authority (ERS) received, during the first half of this year more than 37,000 complaints about public, private and social health units.

Public-Private Partnership (PPP) regime. Of the 37,872 complaints received in the first half of the year, more than 4,400 refer to the Regional Health Administration (ARS) of Lisbon and Vale do Tejo, 2,686 to ARS Norte and 2,443 to the University Hospital Center of Porto.

The Lisbon and Vale do Tejo ARS was also the entity receiving the highest number of compliments (894), followed by the University Hospital Center of Porto (712) and the Barreiro Montijo Hospital Center (429). The report shows that 20,760 of the processes received by the ERS are related to 107 public sector establishments with internment, which represent 45.6 percent of the total submitted processes.

In the document, the ERS emphasises that complaints about constraints related to the vaccination plan against Covid-19

contributed to the increase in the values for the months of May and June, compared to the same period of the previous year. In the private sector, 9,179 processes were submitted to the ERS concerning 93 private sector establishments with internment. The most targeted was Hospital da Luz (Lisbon), with a total of 1,257 cases (989 complaints and 252 compliments), followed by CUF Descobertas Hospital, with 938 (796 complaints and 120 compliments), and CUF Tejo Hospital, with 796 processes (665 complaints and 116 compliments). In the social sector, the establishment with internment with more processes received at ERS in the first half of the year was Hospital Santa Maria Porto, with 25 complaints. Also in the social sector, but without hospitalisation, the most targeted unit was O Vigilante - Amadora, with 13 complaints.

Foreign car theft network dismantled

One man has been arrested and five identified, in an investigation that has taken down a criminal network involved in the theft of foreign-registered vehicles.

“The Territorial Command of Viseu, through the Criminal Investigation Nucleus (NIC) of Viseu, has arrested a 69-year-old man for possessing prohibited weapons, and identified five, aged between 35 and 56 years old, as part of a process of the theft of vehicles with foreign registrations, in the centre and north of the country”, announced the GNR in a statement.

These arrests took place as part of an investigation which had been underway since March and in which “it was possible to investigate the existence of a scheme originating in France and Switzerland, where vehicles are stolen, or reported as stolen”.

The crime then saw the cars “transported to Portugal, where they were received and then dis-

mantled to be then sold in parts, or sold with other registrations, which constitute the crimes of qualified theft, insurance fraud, forgery and tax fraud”.

During the investigation, the GNR carried out a total of “259 searches, seven house search warrants and 252 non-household searches, namely in workshops”.

The searches took place in mu-

nicipalities in the districts of Viseu (São Pedro do Sul, Viseu, Mangualde and Sernancelhe); Guard (Seia); Aveiro (Vagos) and Braga (Vila Nova de Famalicão and Celorico de Basto) where various materials were also seized.

The list of seized material, according to the GNR, includes “14 vehicles with large cylinder capacity, two shotguns, 47 cartridges,

two extendible sticks and a pepper spray.”

And also “several license plates associated with stolen vehicles, identification documents of stolen vehicles, punch sets for tampering with chassis numbers, three vehicle diagnostic machines, three mobile phones, eight catalytic converters and various computer equipment”.

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Porto best English-speaking city



Paula Martins

For the second time, Portugal is the seventh country in the world with the best English proficiency, with Porto standing out as the Portuguese city with the best level of English for non-natives.



This year the results of Portugal were better than the results of Sweden (8th), Finland (9th) and Croatia (10th), according to the EF English Proficiency Index (EF EPI) report - which analyses

data from two million non-English speakers in 112 countries and regions.

In a ranking led by the Netherlands for the second consecutive year, Portugal is only behind Austria (2nd), Denmark (3rd), Singapore (4th),

Norway (5th) and Belgium (6th). In southern Europe the Portuguese are still the best English speakers, leaving behind Greece (19th), France (30th), Spain (33rd) and Italy (35th).

The 625 points achieved by the Portuguese is the best record ever for Portugal in this ranking, after two years ago the country moved into the group of countries with "high proficiency".

In addition Porto is, for the third year in row, the Portuguese city where the best English is spoken, Coimbra is in second and Lisbon occupies the third place. On the opposite side of the ranking worldwide, in the last places are the Democratic Republic of Congo (110th), South Sudan (111th) and Yemen (112th).

"Despite the drop in the number of travellers around the world, English continues to make communication easier in addition to enabling new ways of working. This year's EF EPI is more distributed than ever, providing valuable information for governments to assess their language learning policies and highlight strategic areas for improvement," said Kate Bell, author of the EF English Proficiency Index.

"The EF EPI is based on the results of the EF Standard English Test (EF SET), the world's first free standardised English test. The EF SET has been used all over the world by schools, companies and governments for large-scale

testing", according to a note sent to **The Portugal News**.

Men better than women in English

In addition, for the first time, the study reveals that worldwide men speak English better than women. Except in Asia and Africa, where women are still better than men, all regions of the world follow the same trend: women's English remains the same as men's English improves. In Portugal, men managed to get a better classification than women. Even so, Portuguese women this year already have a great level of English with 621 points, a value higher than last year and well above the average for men around the world (508 points).

Regarding age groups, Portuguese young people between 21 and 25 years old continue to be the ones with best English skills according to the report (EPI) that shows the relationship between fluency in English and purchasing power, quality of life and innovation. However, in spite of this positive correlation between fluency in English and purchasing power, Portugal is one of the few countries with a "very high" level of English proficiency, but below the correlation line with purchasing power.

English at work

Globally, in most jobs, people have lower average levels of English than they would need to perform better in their jobs. According

to the study, this means wasted time, lack of communication and ineffective knowledge sharing.

On average, the three industries where English is spoken better are: consulting with a Moderate level of English spoken followed by Information Technology (Moderate) and Engineering (Moderate).

Then, consumer goods (Moderate), food (Low), logistics (Low), hospitality (Low), aviation (Low), retail (Low), construction (Low), pharmaceuticals (Low), telecommunications (Low), automotive (Low), mining and energy (Low), banking and finance (Low), electronic products (Low), chemicals (Low), manufacturing (Very Low), insurance (Very Low), and education (Very low). To end the list, also with a very low level are the health industry and the government sector.

According to the note:

"Marketing professionals are usually those who speak English best, but do not go beyond a moderate level, the same happens with law, human resources and information technology". With a very low level of English, there are usually professionals who work in the areas of Operations, Administration and Maintenance. "When professionals do not have the English necessary to evolve into new roles, their career development is compromised", concludes the report.

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Trains instead of planes for Portuguese



Daisy Sampson

Portuguese are willing to swap short haul flights for trains, and to introduce climate change taxes according to a new study.



The 2021-2022 EIB Climate Survey has revealed the concerns of Portuguese people relating to climate change and the environment.

According to the survey conducted by the European Investment Bank (EIB): “The vast majority of the Portuguese population (77 percent) feel that climate change has an impact on their everyday

lives. This is a concern shared by both the younger (75 percent) and older generations (75 percent), dispelling myths that climate change is more of a concern for the young and a generationally divisive subject.

When it comes to regulation, the majority (85 percent) of Portuguese respondents favour stricter government measures that would impose changes on people’s behaviour (15 points above the EU average of 70 percent).

Meanwhile, “only 5 percent of Portuguese people still believe that global warming is not due to human activities”.

When asked about the source of energy their country should rely on to fight global warming, the survey found that the majority of “Portuguese people favour renewable energies (83 percent, 20 points above the EU average of

63 percent) to address the climate emergency”. It was also found that Portuguese people are overall less supportive of nuclear energy than other Europeans (3 percent vs. 12 percent).

Popular solutions

Over three quarters of Portuguese people (77 percent) would support – and to a greater extent than Europeans in general (69 percent) – the introduction of a tax on products and services that contribute most to global warming. The survey continues to state that “Portuguese respondents are also in favour of a five-year minimum warranty on any electric or electronic product (95 percent) and replacing short-distance flights with fast, low-emission trains (91 percent). They also favour softer measures like strengthening education and increasing

youth awareness of sustainable consumption (96 percent)”. EIB Vice-President Ricardo Mourinho Félix said: “91 percent of Portuguese respondents say they want to replace short-distance flights by fast trains. The expansion of the Trans-European Transport and Energy Networks (TENs) remains one of our key objectives, as they increase the potential to generate trade, foster economic growth, boost competitiveness, while reducing pollution. That is why, for example, we financed high-speed trains connecting Portugal and Spain, facilitating interoperable and efficient freight connections to and from the south of Portugal. “We must crowd in resources from the private sector and invest in new disruptive technologies to achieve the climate goals we have set. It’s now or never – this is the critical decade to act.”

Marcelo welcomes “small steps”

The Portuguese President of the Republic, Marcelo Rebelo de Sousa has welcomed the “small steps” taken at the climate summit in Glasgow (COP26), while regretting that “a more ambitious consensus was not possible”.

“While regretting that a more ambitious consensus was not possible, particularly with regard to fossil fuels, the reduction of emissions, the deadlines to achieve the limited goals under discussion, the financial support for less developed countries, to adapt to the changes that are there and mitigate the effects for their peoples, the President of the Republic welcomes the small steps taken by COP26 in Glasgow, which still represents a timid advance in

the fight against climate change”, reads a statement released on the official website of the Presidency of the Portuguese Republic.

The 26th Conference of the Parties to the United Nations Framework Convention on Climate Change (COP26) formally adopted a final declaration with a last-minute amendment proposed by India that softens the call to end the use of coal.

The change was proposed by the Indian

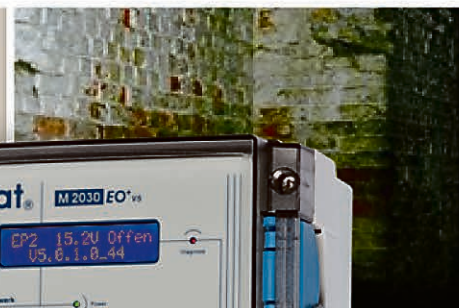
Environment Minister, Bhupender Yadav, who, at the closing plenary of COP26 asked to change the wording of a paragraph defending the progressive end of the use of coal for energy production without measures to reduce emissions.

The proposal ended up being approved by the president of the summit, Alok Sharma, who said that he “deeply regretted the way this process took place”.

The final approved document, which will

become known as the Glasgow Climate Pact, preserves the ambition of the Paris Agreement, reached in 2015, to contain the increase in global temperature by 1.5°C above the average levels of the pre-industrial era.

UN Secretary General António Guterres commented on the agreement reached in Glasgow warning that despite “welcome steps forward, the climate catastrophe continues to knock at the door”.



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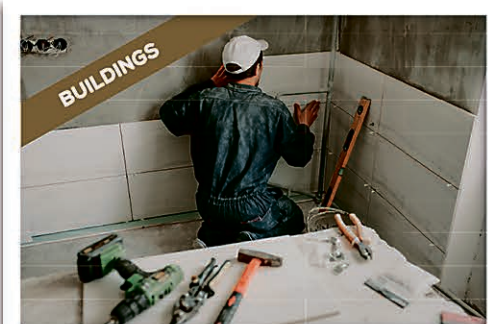
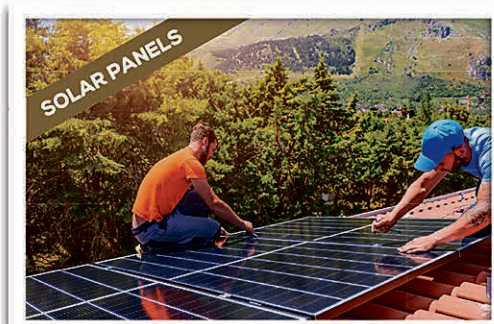
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Violence against women in childbirth

Mistreatment, perineum stitches, humiliation, high levels of unnecessary episiotomies and caesareans without the women's consent, are some of the claims being made regarding violence against women in childbirth.



Paula Martins



“My childbirth shouldn't be the worst memory I have in my life” is one of the phrases read on the posters

that several women took to the demonstration on 6 November against the opinion of the Medical Association which said that

Obstetric Violence does not exist in Portugal. After all the complaints in this regard, “nobody expected an opinion of this nature from the Medical Association. They completely ignored the numbers,” said Carla Santos, one of the spokespersons for the Obstetric Violence movement behind the protest. According to her, going to a protest like this means, for many of these women, two things: fear and sadness. “Some had to relive their traumatic moments, which made some cry at the protest – it was very emotional. Furthermore, there were health professionals who said they did not come for fear of retaliation”. If, on the one hand, Portugal has a low mortality rate for both pregnant women and newborn children, revealing good medical care, on the other hand, it has high rates of unnecessary caesarean sections and episiotomies.

What does Obstetric Violence consists of?

If this term is unfamiliar to you, Obstetric Violence occurs whenever a person in labour or childbirth suffers abuse or disrespect of their rights, including physical, sexual or verbal abuse, intimidation, humiliation, and aggression by the medical team, namely doctors and nurses. It may include being forced into procedures without informed consent such as improper or excessive vaginal touching, forced caesarean sections, perineum stitches, sexual assault during exams or procedures, induction of labour, episiotomy without medical reasons and being treated with disrespect.

Suffering in the expat community

Sara do Vale, founder of the Portuguese Association for Women's Rights in Pregnancy and Childbirth, which, since 2014, has been fighting obstetric violence and helping women, told **The Portugal News** that obstetric violence is a reality that does not only affect Portuguese women, having a very strong impact on the foreign community. Sara do Vale is also a doula in Lisbon and, as 70 percent of her clients are foreigners, she is very aware of the reality. “Beyond the language barrier, understanding how the system works in Portugal is not always easy, especially when it comes to women who come from northern European countries where, in general, they are much more aligned with the

WHO recommendations, with midwives caring for low-risk births and an idea that childbirth is more physiological. And when they arrive in Portugal in a system where the obstetrician is at the top of the pyramid, it can be difficult to understand and even to accept”, said Sara do Vale.

A problem that with the pandemic got even worse. “Unfortunately, the pandemic brought many restrictions that are taking a long time to be eased, for example, the right to have a birth partner, which is a very important part of the female birth experience. It's important to realise that a woman's birth experience will stay with her for a lifetime.”

Obstetric violence also hits men

Although women are the main victims, men also suffer from obstetric violence, something that was seen during the demonstration by the number of men who were there to support the cause. “Men also suffer from it, they see the person they love being humiliated and mistreated, they are prevented from entering and it hurts to see the baby born in this context,” said Cláudia Santos. Furthermore: “In the labour room, they are often treated as if they had some kind of cognitive impairment or if they were children. They heard comments like “look, this is not good for you, it is not good for your intimate life because you will never

see her the same way again”.

Options for a humanised birth

In fact, according to Cláudia, there aren't many options for those couples who want something different for childbirth. In Portugal there are no birth centres and midwives are almost a thing of the past. Childbirths are mainly performed in hospitals, including low-risk pregnancies.

When I asked why, Cláudia explained that: “The medical association was indirectly restricting birth centres as an option for women, as it is forbidden for doctors to carry out water births and home births, indeed the obstetricians were told that they would undergo a disciplinary procedure and may lose their professional licenses. And to set up a birth centre they need an obstetrician to be clinically responsible. So, if doctors are banned by their professional association then birth centres cannot exist in Portugal”. However, for couples looking for more support at this stage of their life, Doula Sara recommends making a birth plan, finding a doula, and making all possible arrangements. Furthermore, the Pregnancy and Childbirth Association is available to support you, including in English, by phone or email, on what to expect from the Portuguese NHS.

For more information, please have a look at <https://associacaogravidezparto.pt/> or email geral@associacaogravidezparto.pt



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Date announced for the end of SEF

The dissolution of SEF has been officially announced in the *Diário da República*, with the Government now having 60 days to transfer police powers to the PSP, GNR and PJ and to create the Portuguese Agency for Migration and Asylum.

Government now has until 11 January, 2022 to carry out transfers of attributions in administrative and internal security matters.

The diploma determines that the current administrative attributions of SEF in relation to foreign citizens are now carried out by the Portuguese Agency for Migration and Asylum (APMA) and by the Institute of Registries and Notaries (IRN).

According to the law, the Government must present, within 60 days, the diploma that creates the APMA, an administrative service with specific attributions.

The APMA will have the “mission of implementing public policies on migration and asylum, namely the regularisation of the entry and stay of foreign citizens in national territory, issuing opinions on applications for visas, asylum and refugee settlement”.

The law also establishes that until the entry into force of the diploma creating the APMA “the rules governing SEF’s computer and communications systems are maintained in force, including those relating to the National part of the Schengen Information System and others existing in the scope control of the movement of people, its management being ensured by an

Information Security Technology unit”.

The diploma also determines the creation, with APMA, of a consultative body on migration and asylum matters, which ensures the representation of government departments and non-governmental organisations, “whose statutory object is primarily intended to defend the rights of migrants, refugees and asylum seekers, for the defense of human rights or the fight against racism and xenophobia, being responsible for issuing opinions, recommendations and suggestions that are submitted to them”.

Transferring responsibilities

The transfer of competences to the IRN, which will also be responsible for foreign citizens holding a residence permit in Portugal and issuing passports, will be defined in a specific diploma to be approved by the Government. Within the scope of the transfer of police powers, the GNR will be responsible for “overseeing, inspecting and controlling the maritime and land borders”, “acting in the context of coercive removal proceedings and the judicial expulsion of foreign citizens, in the areas of its jurisdiction” and “ensure the carrying out of mobile controls and joint operations with national security forces and services and Spanish counterparts”.



In turn, the PSP will integrate the competences of “overseeing, inspecting and controlling airport borders and cruise terminals” and “acting within the scope of coercive removal processes and judicial expulsion of foreign citizens, in the areas of its jurisdiction”.

The PJ has reserved powers in the investigation of crimes of aid to illegal immigration, association of aid to illegal

immigration, human trafficking and others related to these.

This separation of SEF between police functions and administrative functions related to immigrants was foreseen in the Government’s programme and was announced by the Minister of Internal Administration after the death of a Ukrainian citizen at SEF premises at Lisbon airport, for which three inspectors were condemned.

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End in sight for EN125 works?

Works to complete the upgrading of the EN125 road in the Algarve may finally be concluded following a government resolution.



The Portuguese Parliament has approved the final text presented by the Committee on Economy, Innovation, Public Works and

Housing on the draft resolutions of the BE, PCP and PS parties regarding the Estrada Nacional (EN) 125, in the Algarve.

At issue was a draft resolution by the BE party, recommending the Government “promote the cohesion of the Algarve” through the rescue of the concession and requalification of the sections of the EN125 specifically “between Olhão and Vila Real de Santo António”, with the conclusion of the works being “a matter of urgency”. In the final text approved by all parliamentary groups, except the Liberal Initiative, it is recommended that the Government “proceed with the rapid completion of the EN125 rehabilitation works, including bypasses, access roads and connections provided for in the initial project, in particular, along the Olhão/Vila Real de Santo António section, regardless of the continuity of the legal process in progress”. The executive is also asked, “for reasons of public interest and promotion of cohesion in the Algarve, to urgently develop the necessary procedures to rescue the Algarve Litoral sub-concession”, reads the document published on the Parliament’s website. “In the spirit of the decentralisation

process and in strengthening the role of the regions, for a closer involvement of municipalities, the evaluation of the monitoring, management and maintenance of the EN125, as well as in the future, the A22, needs to be made, thus allowing municipalities to take an active part in the definition of mobility policies to meet the needs of the Algarve”.

The requalification of the EN125 was launched under a Public Private Partnership (PPP) in 2009, during the PS government led by José Sócrates and was later revised during the PSD/CDS-PP coalition executive, led by Pedro Passos Coelho.

The government of Passos Coelho ended up withdrawing from the scope of the Algarve Litoral (RAL) sub-concession the sections between Olhão and Vila Real de Santo António, transferring them to Infraestruturas de Portugal. This solution was challenged in court by RAL, which saw an arbitration court agree with it, but Infraestruturas de Portugal appealed, and the decision of the higher court is now awaiting.

Algarve medicinal cannabis farm

A company based in Castro Marim has begun cultivating cannabis for medicinal purposes and plans to produce 20 tonnes a year.

According to João Nascimento, the company started work three years ago and expects, as of the first quarter of 2022, to start working in a factory in Vila Real de Santo António that will later allow the plant to be transformed for the production of oils and cannabis preparations for medicinal purposes.

After three years dedicated to bureaucracy and the construction of basic infrastructure, the company obtained a license in August this year and began to cultivate the plant in the municipality of Faro, said the executive director of Cannprisma.

“We are fine-tuning our cultivation process and our goal

is, by the end of this year, to start selling to the foreign market,” he said, adding that in 2022 the company will start “production” in the factory.

“Next year, our forecast is that we will have the capacity to reach 20 tonnes per year and our invoicing forecast will be around €30 to €50 million per year”.

Currently, the company has around 50 employees, but the goal is to be able to reach 300 when the process is completed, he stressed.

Asked about choosing the Algarve to install the plant’s cultivation and treatment unit, João Nascimento replied that the region is “a great place to live”,

but also has “excellent conditions” for “the cannabis plant”.

Among the advantages are “good weather conditions” and “number of hours of sunshine per year”, a characteristic that is “very important” because it “directly affects the quantity of production” and “the quality of the flower itself”, he considered.

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Tourism income already topping 2020 levels

Income from tourist accommodation grew 33.3 percent from January to September, to €1,629,900 million, surpassing the value registered for the whole of 2020.

According to the National Statistics Institute (INE): "In the first nine months of the year, income grew by 33.3 percent in total and 35.3 percent relative to the accommodation", to a total of €1,629,900 and €1,244,700 million, respectively.

However, when compared to the same period in 2019, before the Covid-19 pandemic, total income decreased by 53 percent and income from accommodation decreased by 52.7 percent.

The Algarve concentrated 36 percent of total income and 36.1 percent of income from accommodation in September, followed by the Lisbon Metropolitan Area (20.2 percent and 21.1 percent, in the same order) and the North (13.6 percent and 13.9 percent, respectively).

In tourist accommodation establishments as a whole, the

average income per available room (RevPAR) stood at €47.9 in September, having increased by 58.2 percent, when in September 2019 the RevPAR had been €66.3.

The highest RevPAR values were registered in Algarve (€63.6), Madeira (€58.9) and Azores (€53.8).

In tourist accommodation establishments as a whole, the average income per occupied room (ADR) reached €92 in September, having grown by 12.4 percent, when in September 2019, the ADR had been €97.2.

Finally, the net bed occupancy rate in tourist accommodation establishments (44.0 percent) increased 13.2 percentage points in September (+14.7 points in August).

In September, the highest bed occupancy rates were registered in Madeira (66.7 percent), Azores (54.1 percent) and the Algarve (48.9 percent).

Bumper season for Porto and the North

The region of Porto and the Norte welcomed the most guests this year in Portugal, with more than two million people visiting between January and September.

According to the Porto e Norte Tourism Board, the region had around 448,000 guests in September and "recorded an accumulated value of 2.251 million guests between January and September", which puts the region at the top of the national rankings. Data from the National Institute of Statistics "are excellent signs given what is still a pandemic context", highlights the tourism board, noting that the accumulated value of guests since the beginning of the year is "already close to 50 percent of the value registered in 2019", before the Covid-19 pandemic. Luís Pedro Martins, president of Tourism Board of Porto e Norte, stated that, "in 2023, the region will recover the levels it had in 2019". According to the official, the numbers reflect the strategy implemented by that entity "to rebuild the sector, supporting the



replacement of air connectivity, boosting internationalisation through digitalisation, accelerating the structuring of products according to the profile of the tourist in the post-pandemic and, perhaps more importantly, believing that the government will maintain support for

companies in the sector". "The tourism sector is back, let's hope the pandemic doesn't dictate new constraints. The recovery will be faster the smaller the impact of the wave that is now being experienced and that is already visible in some European countries", he concluded.

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Presentation of MBE Medal to David Thomas

Last week Safe Communities reached a significant milestone in that we celebrated 10 years of providing the International community in Portugal with information and services through our website and our Facebook page.



If you were wondering why our number of Facebook posts was significantly less on Tuesday this week we did have a very good reason. Tuesday was the day when our Founder and President of Safe Communities Portugal, David Thomas, finally received the Most Excellent Order of the British Empire Medal, (MBE). David was awarded this honour in Her Majesty the Queen's New Year's Honours List 2021 for "services to public safety and to British nationals in Portugal", but due to Covid-19 restrictions it is only now that the official presentation could take place. David was given the choice of the presentation in the UK (with one guest) or in Portugal where more guests could attend – he chose the latter.

The venue was the British Ambassador's Residence in Lisbon and the occasion was hosted by the UK Ambassador Chris Sainty. The ceremony was attended by members of the Portuguese Government with whom David had worked closely with, which included: Ana Mendes Godinho, Minister of Labour, Solidarity and Social Security; Patrícia Gaspar Secretary of State for Internal Administration; Rita Marques Secretary of State for Tourism; Tiago Oliveira President of AGIF; Brigadier-General José Manuel Duarte da Costa, President of ANEPC; José Oliveira National Director Emergency Planning ANEPC; João Lázaro Presidente and Carmen Rasquete Secretary General APAV, as well as David's family, some who were finally able

to make the trip from the UK, and SCP Committee members. Representatives of the GNR and the PSP including: Superintendent Martins PSP Commander and the newly appointed GNR Commander, Tenanted Coronel Carlos Almeida were present, plus Civil Protection Operations Commander Richard Marques, the UK Consular Services were also able to be present on this very special occasion. Also from the Algarve was João Fernandes, President Regional Tourism Algarve; Vitor Manuel Gonçalves Aleixo, Mayor of Loulé; Alberto Mota Borges, Director Faro International Airport. Around 40 guests in all heard the Ambassador praise the work that David and Safe Communities

have done over the past 10 years, but especially when the Pandemic started and the information they were able to relay to the non-Portuguese speaking population as well as provide the most up to date details of the government legislation. He also spoke of the dedication that David has shown to the community and SCP in the ten years it has been in existence remembering that David and all his colleagues are volunteers. David gave an address thanking all those who had made this possible and the trust, friendship and close partnerships that had been developed over this period. David stated during his address that those attending from Government were those whom he had the pleasure to work with closely, especially during the challenging times of 2017 and 2018. He recalled being contacted whilst on holiday in the UK in June 2018 by Tiago Oliveira, now President of AGIF, which, following a Skype meeting at the time, led to Safe Communities becoming deeply involved in the change process concerning the prevention of rural fires and self-protection measures including the Safe Village and Safe People Programme. This led to meetings with the officials present with whom it has been a privilege to work with since then. David also spoke about the immense challenges Covid-19 had posed, with Safe Communities

dealing literally with thousands of enquiries 24/7, remembering the SCP Committee are volunteers. He thanked in particular, Fernanda Goncalves, Mike Evans, Eliana Taveras, Daniel Fernandes and others for all their incredible work during this period, often giving up their social time, and to the Safe Communities team as a whole. The award acknowledges all their work. Unfortunately Vice Admiral Gouvêa e Melo, Head of the Vaccination Task Force, whom David and Fernanda had met raising various vaccination issues, was due to attend but could not do so due to an urgent priority. Lastly, David emphasised the considerable support of the British Embassy Consular Team, including, from the start, Clive Jewell. He also thanked his wife Jane for all the support she had given and his two daughters; Shelley, partner John, and Sophie. David concluded by thanking the Ambassador and all the Embassy team for the superb arrangements for making the ceremony a most memorable occasion. At the conclusion, a cake was presented to commemorate 10 years of the existence of Safe Communities which was launched in Albufeira in October 2011 at a British Embassy Outreach with previous Ambassador Jill Gillard officiating.

Mike Evans, Board Member, Safe Communities Portugal.

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Get behind Movember Algarve!

N Cristina da Costa Brookes

Movember is an annual event in the month of November by the Movember Charity.

Its main goal is to “change the face of men’s health on a global scale, focusing on mental health and suicide prevention, prostate cancer and testicular cancer.” I had the pleasure of speaking with the owners of natural wine bar Travia in Lagos, Lee Moulton and Maria Lemos, who started the Movember Algarve event last year. “It was a huge success and lots of people came together to raise an incredible €5,000” and they are running the event throughout this month. Lee Moulton has been a resident in the Algarve for eight years, adding that it is a great place to be. He also shared that he got “involved in Movember through Burgau Rugby, a few of us grew a moustache but I decided I did not want to stop there and I wanted to get people to unite for an important cause and have support in numbers to raise awareness.”

“This year has been difficult in terms of getting sponsorships compared to last year, which I think is due to the pandemic.” I know they would both appreciate if as many people could get involved as possible, as it is not too late! Currently if you donate €20, you get a Movember t-shirt and you

also get a free shave at the end of the month, at their partner barber shops where you can pick up your Movember t-shirt. Lee Moulton explained that “€5 go towards the t-shirt and €15 goes directly to Movember which is why you should get a t-shirt.”

“Individuals can get involved by donating and raising awareness by growing a moustache, which gets the conversation started or they could host an event to raise money for Movember.” At the end of the month, they will be doing a “Mo” competition, where they will share men’s moustaches and you can vote on the best “Mo” with great prizes to be won! Similarly, “if restaurants and businesses would like to sponsor Movember, they can host events to raise funds. If you would like to get in touch, please email Lee Moulton at movember.algarve@gmail.com.”

Not just for men

Maria Lemos explained that “women can get involved too with fake mo’s and raise awareness of the initiative on social media. Movember Algarve is all about everyone getting involved as the figures really speak for themselves when it comes to men’s

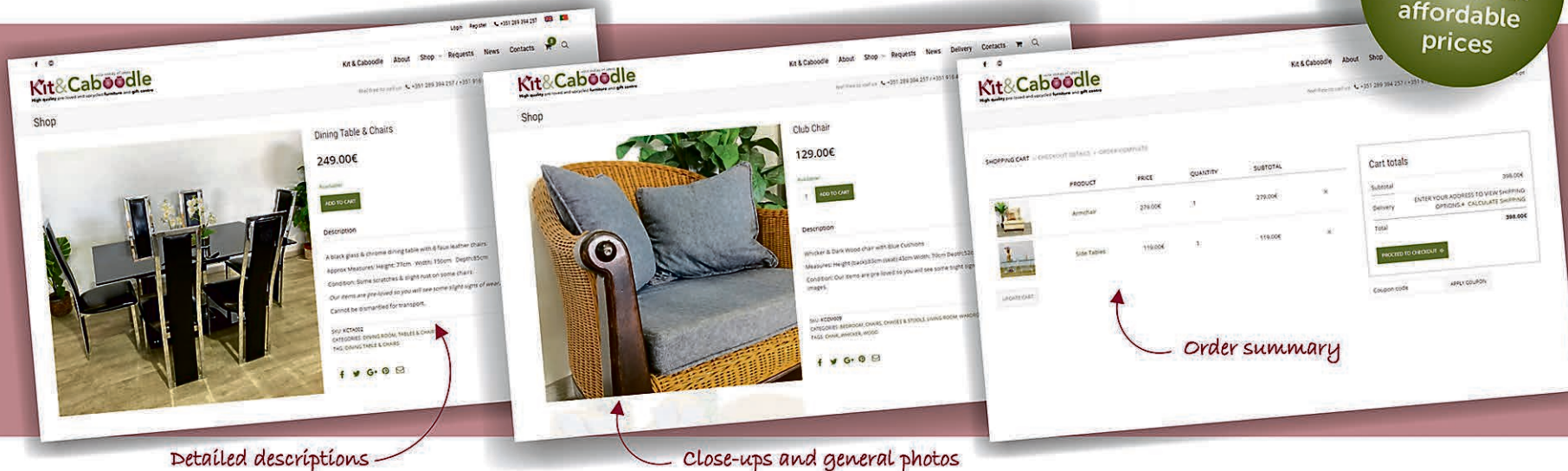
health. We really want to make a hub of the Algarve and hopefully in the future we can become the official representative for Portugal and we hope to continue to grow every year.” There will be a Golf event on 18 November at Burgau Sports centre where they have at least 70 people participating which is sponsored by Sagres 0.0, this event is all about having fun. The 70 people taking part will all donate €20 and will be wearing their Movember t-shirts. Movember Algarve will also have an end of the month party on the 27 November from 7pm on Rua Marreiros Netto in Lagos. The event is open to all and kindly sponsored by Sagres 0.0 and Beer & Co Restaurant. They will have live music, a free shave, a raffle and there will be donation buckets. “This year was all about promoting the events and getting people talking about Movember.” For more information and to get involved please see <http://bit.ly/movemberalgarve>. You can also follow Movember Algarve on Facebook @movemberalgarve and on Instagram at @movember_algarve. To learn more about Movember and their global projects please see <https://ex.movember.com/>.



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Porto attracting luxury investors

Baixa do Porto and Cedofeita have seen property prices increasing as luxury investors look to capitalise on the local areas.



Developed by Berkshire Hathaway HomeServices, the Global Luxury Landscape 2021 report

presents the latest trends in real estate and luxury markets around the world. The report reveals the locations to take into account in 2022, identified

by agents of the Berkshire Hathaway HomeServices network, around the world. In a list of 14 places not to be missed, we find Baixa do Porto, together

with regions such as Colli Piacentini, in Italy, Puerto Cancún, in Mexico, Virginia Beach, in the United States of America, among other unmissable regions in 2022. The city of Porto, which was voted this year as the ninth best city in the world by the Time Out Index and the second best city in Europe by the readers of Condé Nast magazine, is also featured in the choices of the Berkshire Hathaway HomeServices. According to the Global Luxury Landscape of 2021, the Baixa do Porto and Cedofeita areas offer a selections of bars, restaurants and art galleries, as well as palaces that were built by the nobility in the 19th century. All of these features have helped to attract foreign investment, namely from

markets such as the United States and Israel. These large, formerly derelict buildings are now being renovated and converted into boutique houses and apartments. According to Andrés Jennings, from Berkshire Hathaway HomeServices Portugal Property: “Baixa and Cedofeita had a price increase of 10 percent compared to 2014, the year in which Porto began to observe increasing levels of tourism. André Jennings adds that “Porto is a growing city, which appeals to those looking for a relaxed and unpretentious place to live, and where there is still a lot to develop”. For Pedro Trezentos, Head of Operations at BHHS Atlantic Portugal: “The city of Porto is an unavoidable destination and one of the Portuguese stars in the

tourism sector. Declared a UNESCO World Heritage Site, the city combines modernity and tradition in a very special way. “Distinguished as Best European Destination several times over the last few years, it has become popular for tourism but also for real estate investment. Today, with an offer of high quality commercial and residential assets - capable of satisfying the needs of the most demanding national and international investors - Porto has been consolidating its position in the real estate market and is today the first choice of many investors in Portugal. Known for the authenticity and hospitality of its people, it offers unparalleled architectural, artistic, cultural, historical and gastronomic wealth.”

Private jets increasing – but not in Portugal

While the number of private jets grew in Western Europe between 2019 and 2021, in Portugal during the same period it decreased.

Analysis by Colibri Aircraft shows that the registration of private jets in the Western European space grew to 2,444 aircraft, compared to 2,414 in 2020 and 2,344 in 2019.

Data from the firm specialising in the sale, resale and purchase of used private aircraft reveals that Germany has the largest fleet, with a registration of 485 aircraft, followed by the United Kingdom (including Isle of Man, Guernsey and Jersey) with 453.

Portugal appears on the list with 128 aircraft, ahead of countries such as Switzerland, Italy or Spain, although the data indicates that Portugal was one of the countries that registered the greatest drop in the number of private jets registered between 2019 and 2021, with a total of six less recorded.

The biggest drops in the number of private jets can be seen in the Isle of Man where there are 33 fewer aircraft, followed by the United Kingdom (-22) and France (-10).

In countries with the highest increase in private jets, between 2019 and 2021, the ranking is led

by Germany (+36 aircraft), Malta (+30) and Guernsey (+18).

Oliver Stone, CEO of Colibri Aircraft, said in a statement that “the private jet market held up extremely well during the Covid-19 crisis. Given the problems in the commercial aviation sector, with flights being cancelled, for example, and with almost 700 fewer contact points flying, the existing owners of these aircraft keep them under control, and the market has seen new companies and people looking to buy their first jets.”



DEEP PURPLE



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But, if the house is brand new, is a home inspection really necessary?

The answer is yes, without a doubt, especially if you bought it under construction.

It is very frequent for builders to deliver a very different product than that which was agreed originally with the buyer, and in many cases, of worse quality or with defects which can seem nonexistent during the excitement of receiving the new home.

Home inspectors can be a

great help in detecting flaws and what may look like a simple repair or maintenance job, can be in fact be a significant cost that you would want to consider before accepting the property.

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5 awards for Spy Manor Productions

Spy Manor Productions successfully managed to scoop five awards at Art&Tur.

The five awards were in two categories, in the National Competition, they won 1st prize in Arts & Creativity, Innovation in Tourism - 1st prize & Technical Quality - Joint 1st.

Then in the International Competition - Innovation in Tourism - 1st prize and finally - Arts & Creativity 2nd prize.

Earlier this year, they were thrilled to learn that they had been shortlisted as a nominee in the 14th edition of the ART&TUR - International Tourism Film Festival in Aveiro and said that they never expected to win five awards in total.

The nominated production was for their promotional video Sky Base One that tells the story of a movie inspired villa that is now being built

in Carvoeiro. The inspiration behind the villa's design was the Millennium Falcon spaceship in Star Wars, and it appears to have crash-landed onto the Seaview plot in Lagoa.

The video shows a story of a young girl drawing the spaceship and showing it to her Architect Father, Alexandre Mendes of Bespoke Architects (also located in Carvoeiro). Then, the Father begins to draw the sketches of the villa and the girls drawing becomes a reality.

Founder of Spy Manor Productions, Vanda Everke, said: "We are truly thrilled to have received so many awards for our Sky Base One video! I'd like to thank Daniel, Nissan & Peter for creating such a unique piece!"

The awards ceremony is considered one of the most prestigious events globally



in the audiovisual area for tourism. Vanda and Nissan attended the Awards Ceremony, which took place at the Aveiro Congress Center from 26 until 29 of October 2021, the winning films of the two parallel competitions - National and International - were announced in the two eligible areas: documentaries and

promotional films. A welcome speech by the Secretary of State for Tourism and a presentation by the actress Sónia Balacó opened proceedings, trophies were handed over to the representatives of the winning films, distinguished by the Festival's international jury, made up of 34 experts from 19 countries.

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House search in Europe will remain intense, says ECB

On average, 4.5 percent of families in Europe intend to buy a home in the next 12 months, helping to drive property prices and demand even higher.



According to the European Central Bank (ECB), demand for property is to remain at high levels in the coming months based on the fact that 4.5 percent of families are looking to buy in the near future.

“The decision of families to buy a house depends on many factors, including their stability in employment and financial situation, their income and assets, their expectations regarding the general level of house prices and mortgage loan conditions”, states a report from the bank by Christine Lagarde.

The report continued to state that “the intention to buy a house varies depending on the income of the families”. The data shows that this intention is much higher among families with high incomes – around 6.5 percent –, while for households with lower incomes, the result is lower than the average, being below 4 percent.

“Families with higher incomes are much more likely

to express their intention to buy a house and, therefore, they tend to be more supportive of the demand for houses”, points out the ECB’s economic bulletin. Furthermore, “expected income dynamics also play an important role in decisions to invest in a house: respondents who intend to buy a home in the next 12 months tend to have considerably higher income growth expectations than those who do not plan to do so”.

Household savings – which are at their highest levels in Portugal – also influence the decision to buy a house. According to the ECB’s findings, savings accumulated by citizens during the pandemic “may continue to drive demand for homes in the short term”, as around 44 percent of families committed to saving say they have “the desire to save enough money to make a big purchase in the future (such as a house or a car)”.

High demand

There are still other reasons to suggest that the demand for homeowners

will continue to rise for the foreseeable future. In addition to household savings, the ECB also emphasises that the housing segment has become increasingly attractive to invest in. There are also still positive expectations that mortgage loans will continue to present favourable and inviting conditions for families – with interest rates at historic lows.

While demand will help to inflate house prices, the ECB warns that the forecast for the evolution of house prices has been “much higher than the expected growth in household incomes”.

The International Monetary Fund recently highlighted that “house prices have grown faster than wages in more than half of the 35 countries” that make up the Organisation for Economic Cooperation and Development (OECD). When it comes to Portugal, house prices have risen faster than household incomes leading to potential problems for low income families looking to access the housing market.



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Lisbon luxury property prices up 2.4%

The average price of luxury properties around the globe has risen by 9.5 percent, however Lisbon has seen more moderate growth at 2.4 percent.

According to Knight Frank’s most recent Prime Global Cities Index data, which collated information from 46 cities around the world, 8 out of 10 cities saw luxury home prices rise in the third quarter of 2021 compared to last year.

The price rises registered in this period was even higher than that verified between March and April this year, when the prices of luxury homes in these cities climbed, on average, 8.3 percent, while there are also 16 cities that registered increases of more than 10 percent in the last 12 months.

In Europe, the main increases were registered in Stockholm (11.6 percent), Geneva (10.8 percent) and Edinburgh (8.5 percent). Lisbon rose only 2.4 percent, in line with Madrid, which registered an evolution of 2 percent. The cities of Dublin (4.9 percent)

and Berlin (4.7 percent) almost achieved an increase in the order of 5 percent, while London (0.7 percent) and Bucharest (0.6 percent) registered almost zero growth.

The city of Miami, USA, was where the biggest rise of all was registered with luxury home prices climbing 26.4 percent in a year. “The demand for bigger homes, close to the coast and low taxes in Florida have been the main factors that have attracted a new generation of teleworkers to the US” and in particular to Miami, the survey reads.

While the majority of cities saw growth, there were some locations where luxury home prices fell in the third quarter of 2021 compared to the same period of the previous year, such as New York (-1.8 percent), Bangkok (-2.3 percent) and Jakarta (-4.2 percent).

The Ireland Portugal Business Network (IPBN) Porto Conference

What began in Lisbon and recently expanded into the Algarve region is finally coming to Porto.

Thanks to our Partners the City of Porto and IPBN member Global Shares, the Ireland Portugal Business Network (IPBN) is organising its first-ever conference in Porto. On Thursday, 2 December, 2021, from 3pm to 5.30pm at the Porto Innovation Hub, the IPBN will welcome a panel of speakers to lead guests in presence through business case studies from Irish and Portuguese businesses working from Porto with the aim to support the growing number of both Irish and Portuguese companies in this region and beyond. The IPBN's ever-growing membership of business professionals is keen to use this event as a springboard to grow their companies' offerings and expand their reach. We invite all business leaders in the region and our members near and far to join us that day in person and help us build successful long-term business relationships and raise awareness of the IPBN within the region.

The Ireland Portugal Business Network (IPBN) has been promoting economic activity and business opportunities between Ireland and Portugal since 2016, thanks, in part, to its continued support from the Department of Foreign Affairs and Trade of Ireland. With close ties to both the Irish and Portuguese State Agencies responsible for exporters, Enterprise Ireland, and AICEP Portugal Global, the network has continued broadening its reach and is now proudly bringing its best to Porto to foster connections in Portugal's industrial hub. Special guests and keynote speakers will be invited to the podium covering a wealth of topics important to the region, including Stephen Tabb, HR Director of Global Shares who will present the company's global expansion strategies and expound upon their talent and recruitment experience in Porto. Stephen said: "We are delighted to officially launch our second office in Portugal here in the vibrant, innovative city of Porto,

and kick start a recruitment drive to fill 30 high-tech jobs over the next three years. The decision to invest further in Portugal builds on Global Shares tremendous success in Lisbon, where we have an incredible team of 70 staff now working at our state-of-the-art IT Hub & Service Delivery Centre. Porto offers a great lifestyle, ease of access, a favourable cost base and most importantly a talented pool of developers". Mr. Tabb will later be joined by Philomene Dias, Director Inward Investment at AICEP Portugal Global, and Ricardo Valente, Porto, City Councillor for Finance, Economy, and Employment and City Councillor for Tourism and Commerce in a discussion about doing business and investing in Porto moderated by IPBN Chair Aoife Healy. To follow, Irish businesses that recently opened an office in Porto will share the stage with Portuguese companies currently looking at expanding into Ireland, as a case study opportunity.



These companies and individuals include Irish businessman and recent Porto resident John Paul Prior, who serves as the General Manager of Music Maker and Director of Sales Strategy and Technical Development at Farmony. Next, we will hear from Nuno Pinto, General Manager at Vitae Professionals Healthcare, and lastly, Renato Oliveira, Co-Founder & Senior Software

Engineer at Craftable Software. To attend the conference, please register at <https://www.ireland-portugal.com/events/porto-conference/>. The conference is free of charge and open to members and non-members.

For more information/questions, please contact Arnold Delville, IPBN General Manager. arnold.delville@ireland-portugal.com 969 196 055.



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Solana still the fastest growing Crypto in 2021

Over the past month and a half, the world's leading cryptos have continued to grow, with most of them reaching new record valuations.



Although the latest surge of the global crypto market has been fuelled mainly by Bitcoin's and Ethereum's price rally, as the top two digital coins in the crypto space, some other cryptocurrencies witnessed much bigger growth.

According to data presented by StockApps.com, Solana still convincingly tops the list of the fastest-growing cryptos in 2021, with its market cap surging by nearly 1,000 times year-to-date. 170 times bigger growth rate. In 2021 only, the number of new

coins in the crypto space practically doubled, jumping from around 4,000 in January to almost 8,000 this month. However, the vast majority of them don't have the functionality or depth of the big coins like Solana, considered a potential long-term competitor with Ethereum. And there is a reason for that. Transactions on Solana's blockchain are relatively cheap compared to Ethereum because its tech allows tens of thousands of transactions per second, much more than around 100 for ETH.

According to CoinMarketCap data, the combined value of all SOL coins in the crypto space amounted to \$75 million in January. By the end of June, this figure surged to \$8.8bn, despite the crypto price

crash in May. The following months witnessed even more impressive increase, with Solana's market cap skyrocketing to over \$60bn in the first week of September. After a few hectic weeks and another crypto price crash, Solana's market cap continued growing again and hit around \$65bn by the end of October. Statistics show this figure rose to \$73.6, showing a staggering 98,000 percent increase YTD, which is 170 times the growth rate of Ethereum or 748 times more than the growth of Bitcoin in this period.

Dogecoin, Binance Coin and Cardano follow. The CoinMarketCap data showed Dogecoin follows Solana when it comes to market cap increase in 2021. Since the beginning of

the year, the combined value of all DOGE coins has surged by 5,334 percent to \$36.3bn.

2021 has also been a fantastic year for Binance Coin, which became the world's third-largest crypto by market cap. Statistics indicate the combined value of all BNB coins soared by 1,909 percent YTD to \$108.7bn.

Besides these two cryptos, Cardano and USD Coin were the only digital coins witnessing a four-digit growth this year. Statistics show the combined value of all ADA coins jumped by an impressive 1,311 percent YTD to \$77.9bn, ranking it as the fourth-largest crypto globally. USD Coin follows with \$34.5bn in market cap and 1,119 percent YTD growth.

NFT games surging in popularity

After the NFT cryptocurrency-collectibles exploded in popularity in early 2021, several blockchain-based gaming companies began working to get their share in the new market, gaining more and more users each month.

According to data presented by MejoresApuestas.com, Alien Worlds, Axie Infinity and Splinterlands, as the top three NFT gaming titles, hit almost 2 million monthly users.

Alien Worlds

Bringing NFTs into gaming has caused controversies in the gaming industry. One part of the gaming community thinks the entire "play to earn" concept, based around the idea that unique digital items can increase in value over time and be sold off later for a profit, is disruptive and bad for gaming overall. For example, Steam has even banned blockchain and NFT-based games from its platform.

Its rival, Epic Games, has not, and other major players like Ubisoft are also embracing the entire idea.

Despite the controversies, NFT games

are surging in popularity. According to Dapp Radar data, the NFT metaverse Alien Worlds is the most popular title in the NFT gaming world, with almost 760,000 active monthly players.

Inspired by Nintendo's Pokemon series, the monster-battling game Axie Infinity ranked on the high second place, with 602,000 players in the last 30 days.

Other NFT games have also seen growth in their player base. Splinterlands ranked as the third most-popular NFT gaming title with nearly 600,000 monthly users. Arc8 by GAMEE and MOBOX: NFT Farmer round the top five list, with 380,000 and 187,500 users, respectively.

Top Three NFT Gaming Tokens

Besides reaching more and more users worldwide, the most popular NFT games have also seen the market cap of

their native tokens surge this year. In fact, according to CoinMarketCap data, the combined market capitalization of Axie Infinity (AXS) tokens, Decentraland (MANA) tokens, and Enjin Coin tokens soared by nearly 6,400 percent YTD, rising from \$256 million to a staggering \$16.5bn.

The native token of the blockchain-based game, Axie Infinity, has seen the most impressive growth this year, with its market cap surging by 33,600 percent YTD to \$9.2bn last week.

Decentraland, the second-largest gaming token by market cap, has witnessed a 3,900 percent growth year-to-date, with the combined value of all MANA tokens reaching \$4.8bn last week.

Statistics show the market cap of Enjin Coin tokens hit \$2.5bn last week, a massive 2,200 percent increase since the beginning of the year.

ApolloX launches first Hybrid Derivatives Exchange

ApolloX, the world's first centralised and decentralised (CEX-DEX) hybrid derivatives exchange, have announced its DEX launch, two months after its initial CEX launch in September.

ApolloX aims to provide accessibility and anonymity to derivatives trading for both new and experienced traders. Users can easily trade short or long positions in US-DT-based perpetual futures contracts with up to 100x leverage. Depending on their priorities, they may choose to trade on either or both the ApolloX CEX and DEX.

The ApolloX DEX facilitates increased privacy through a non-custodial, trustless environment. Traders bypass a sign-up process and simply need to connect to their wallets to start gas-free trading. For

traders who prefer to store their assets on-exchange, they can sign-up anonymously to trade using the exchange's hot wallets. Both CEX and DEX offer enhanced security measures including 2FA and address whitelisting.

According to the company: "Cryptocurrency trading has become overly complicated today. ApolloX aims to significantly reduce barriers to entry to trade crypto derivatives and fuel explosive growth of this market".

New trading pairs 1000SHIBUSDT, SAN-DUSDT and DOTUS-DT were recently added alongside existing markets BTCUSDT, ETHUSDT, DOGEUSDT and more. More markets and the ApolloX native token will be launched in the next month.

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Paula Martins

A few years ago, they opened a new factory to produce tailor-made interiors.

In the luxury market, the result always depends upon the customer's creativity together with MEGABOX integrated services. Everything can take shape and become reality in the house of your dreams with a customized service that prioritizes the client's needs. Since 2003, MEGABOX has been providing integrated solutions in the area of bathroom furniture, light, kitchens, closets, pool furniture, or in a word, everything for "home", by representing the most prestigious Europeans design brands in Portugal.

The new Factory in Lisbon closed the cycle...

To make their costumers even happier, MEGABOX has recently opened a new factory in Alcochete, Lisbon, with the aim of providing made-to-measure carpentry. Now, clients have at their disposal a menu of endless possibilities, which means that customer's creativity is no longer limited to the brands' offer. The client has the power to choose

what best suits their needs at the highest possible level down to the smallest detail.

"We opened a 1000m2 factory in Alcochete where we have a highly professional team preparing tailor made furniture whenever customers request it. This means that if someone comes to us with a very specific request, we can provide these materials, they don't need to talk to anyone else, indeed, they can have all these services in a single company, and the nightmare is gone", said Dr. Lima Raposo, CEO of MEGABOX.

A vision of trust

The CEO, Dr. Lima Raposo, has a very interesting background. He took over last year, bringing with him great experience in the financial sector as Deloitte's International Partner, responsible for Financial Services. MEGABOX brings the core values of truthfulness, transparency and loyalty for customers and partner brands. In fact, the high integrated quality service attracts a lot of foreigners who at the moment represent more than 90 percent of

MEGABOX's clients.

"We respect our customers, we're very direct with them and everything is very well explained. There are no surprises! Indeed, in terms of service, our staff is very dedicated to meet the client's needs. This is not just about selling, this is a pure service industry", he said.

In addition, "our budgets have technical details of everything, photos of materials, prices in which we identify price lists and discounts for each piece," said Dr. Lima Raposo, guaranteeing that he and his team work hard to provide excellency in their daily service - before and after a sale has been made.

Furthermore, the fact that they have such a wide offer in terms of kitchens, flooring, lighting, and household appliances, among others, allows customers to save loads of time. "We can concentrate all this supply and all the responsibility in a single company. Every time you have a problem, the solution is just a call away and with a single phone call we can solve as many problems as they have," he added.



Prestigious brands

MEGABOX, which has offices and showrooms in Lisbon and in the Algarve, works with exclusivity with premium brands such as Minotti Cucine, Snaidero and Bongio, having as Flagship brands: Villeroy & Boch, Antonio Lupi, Mirage, Emil Ceramica, Bora, Miele, Listone Giordano and Poliform.

"The brands we work with are fundamental because there are customers who come to us because of

these specific brands. As an example, there are customers looking for us due to Minotti Cucine, which has very well-designed and unique kitchens, and we are the only ones that sell them here in Portugal", he said. If you want to look at the level of excellence of these home interiors, visit their website at <https://www.megabox.pt/> or want to know more about their integrate services visit their showrooms in Lisbon or Almancil, in the Algarve.


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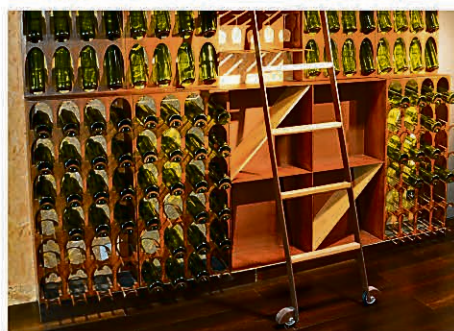
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Testing times



Douglas Hughes

Having recently arrived in the Algarve I will begin this piece with some basic but nonetheless, hopefully, quite useful observations regarding remaining travel protocols and restrictions (to and from the UK).



Many of us already know that the mere notion of actually getting to Portugal (or to anywhere else for that matter) has recently conjured up the possibility of opening some hefty cans of bureaucratic worms. Travel has been arduous because of constantly moving goalposts. Of course, the goalposts were moved as the trajectory of the pandemic itself constantly ebbed and flowed. In fairness, no one really had any experience of dealing with anything quite like Covid-19. It became a nightmare scenario unfolding before our very eyes in real time. Various authorities struggled to keep ahead of it all, producing a plethora of mixed messages which only served to muddy the waters. But I can hereby declare, with a fair degree of certainty, that the following details were correct at the time of writing. However, I will earnestly suggest that it's a good idea to double check these sorts of things for yourself before embarking on any trips. I am, however, particularly sure of my onions in this instance. That's because I'm typing some of this whilst enjoying an ice cold beer under the shady parasols of Bar Habana on the gloriously sun-drenched seafront of Praia da Luz. So it worked out for me at least. I'm here in Portugal, hence, my air of confidence!

There are still a few hoops to jump through

It's pretty important for any would-be travellers to realise that there are still a few of these dreaded hoops remaining. It's by no means a case of entirely plain

sailing despite some extensive relaxation of key Covid-19 rules. However, it must be said, the number of hoops are gradually diminishing and life for travellers is slowly but surely edging back towards some degree of normality. No tests (either PCR or the lateral flow variety) are currently required before travelling into Portugal from the UK. However, this only applies if you're fully vaccinated (as in having received both initial jabs). Relevant proof will still need to be presented in the form of an official NHS vaccination certificate before anyone is allowed to travel. You'll definitely need to have these documents to hand when you arrive at an airport check-in. It's best to have the tangible paper variety opposed to a digital example. That's because digital versions actually have an expiry date whereas the paper ones don't. The other one is; you'll need to fill out and print a copy of Portugal's 'passenger locator form'. This can be done online. There are links to follow on the GOV.UK website. So, in summary, amidst all the usual paraphernalia that's the default applicable with any outbound flights to Portugal, you'll now need your NHS vaccination certificate and your Portuguese passenger locator form. This applies to each adult travelling. These documents WILL be requested by airport staff when you check in for your flight.

Returning to the UK

In order to get back to the UK, you'll need to fill in the UK passenger locator form (I know, please bear with me!). This UK form can also be accessed and filled in online. However, there's a sting

in the tale because you won't be able to complete this UK form until 48 hours before your return flight! It's important not to forget to complete this UK passenger locator form before heading to the airport for the homebound leg of the trip. Again, this must be completed by every travelling adult within a family or group. I personally started the process of filling in my own details before even leaving the UK. The information I provided was securely saved on the online platform and can easily be accessed at a later date in order to complete the process. This simply means less fiddling whilst abroad.

Internet access

Naturally, all these additional requirements means that Internet access will be required during your time away. No problem for most of us these days of course but a modern smartphone or access to a tablet/laptop will be essential gizmos in this instance. Finally, it's mandatory to book and pay for a privately sourced lateral flow test kit before leaving the UK. This is currently required for returning to the UK. You cannot use the free NHS kits for any travel purposes. They will not be counted nor will they be considered valid.

The remaining test that's still required

And it's a fairly cheap lateral flow test. I booked mine by finding the relevant details via my chosen airline's website. The test cost me £25 (per person) and only ONE test is required. This lateral flow test must be carried out on DAY-2 after returning to the UK. The test involves the usual swabbing (most of us will be entirely

familiar with that process nowadays). Then it's a case of scanning the QR code and photographing the flow test unit before reporting it all back to the laboratory from where it was purchased (Randox in my case). All the instructions will be provided in each test pack. Randox has an app which must be downloaded beforehand.

Before concluding this section, I think it's fair to suggest that life tends to be a whole lot easier for tech-savvy travellers these days. I confess that I relied quite heavily on my kids to help me out with a few of these things. But, I got here - and that's what counts.

Please note that children under the age of 12, i.e. "up to and including 11," are currently exempt from the above rules. Please check before embarking on any trip as rules tend to change quite regularly.

Autumn in the Algarve

Having completed all the above, I must confess that I found the Algarvian autumn vastly preferable to the winter woollens, the mittens

and the inevitable cracking of Guy Fawkes fireworks on those ever lengthening and increasing dank evenings which inevitably prelude an impending British winter. Here in the Algarve, I was pleasantly surprised to see just how many places remain open for business. The balmy Algarvian sunshine still draws in plenty of eager travellers. After all, the days are still as warm as the finest British summer's days. From bathers in Burgau to sunsets in Sagres - the crowds just keep on being drawn in by the unique allure of the Algarve. Although fewer in number than during the peak summer months, the late season tourists still help create that distinctive Algarvian vibe. A vibe that was absolutely captured when I visited Cape St Vincent on the 4 November to witness yet another one of its fabled sunsets.

So despite all the additional efforts required to secure safe passage to and from Portugal, these efforts are duly rewarded when we arrive on Portuguese shores.



"The views expressed on this page are those of the author and not of The Portugal News"

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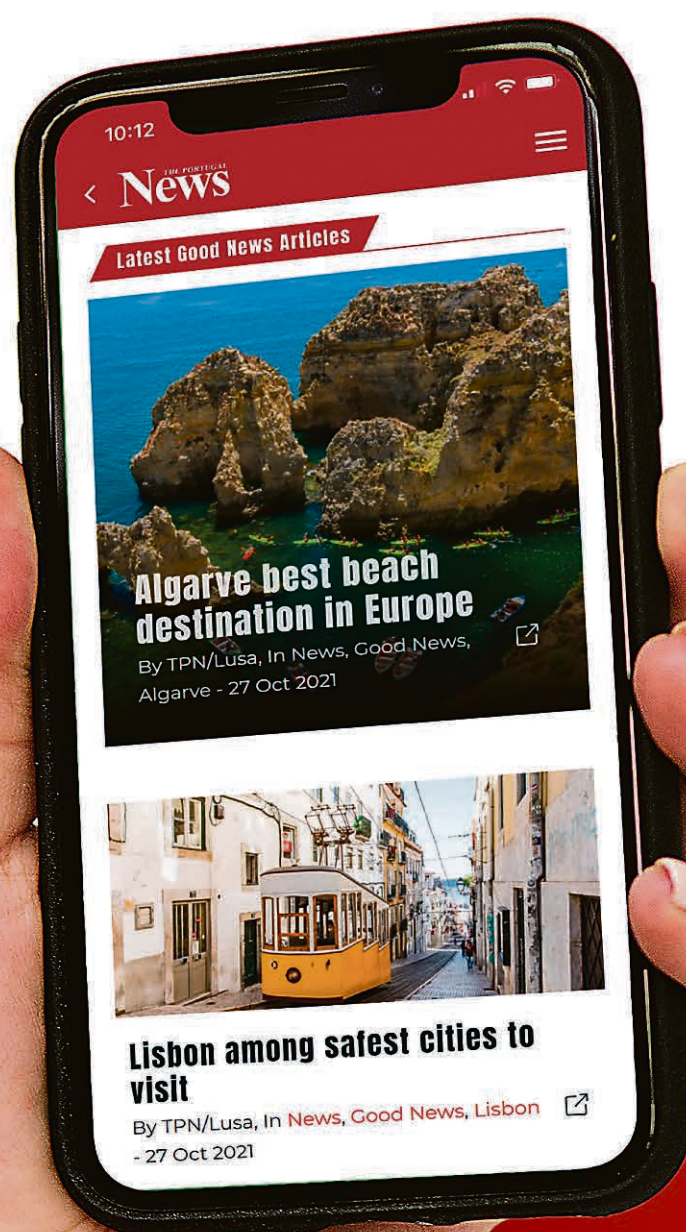
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THE PORTUGAL
News

Travel – You get what you pay for



Paul Luckman

Over the last few weeks, I have written about travel to Portugal by air, train and ferry.

What is surprising is the very high readership these stories create, especially the possibility of high speed rail.

It becomes very clear that many people are very interested in more eco friendly ways to travel to Portugal, but equally it must be said if **The Portugal News** writes about Ryanair, the reader response is also great. Price and time are still critical to many.

What I personally find confusing is that the Algarve has a high percentage of high income permanent or part time residents. They own multi-million Euro properties, but still use the likes of Ryanair.

Back in the day, several airlines offered direct London to Faro flights with a business class option. It would be reasonable to assume that high income individuals, given that they don't own a private jet (and many do) would prefer to fly in comfort rather than with their knees under their chin in economy class.

British Airways will still offer you business class from Heathrow, but at a cost approaching £1,000, it's not cheap. But as Ryanair boss Michael O'Leary, frequently points out, "you get what you pay for". For a handful of loose change, he will fly you to Faro low season, probably on time but with little or no comfort.

If your only consideration is getting here fast and cheap, the low-cost airlines are here to stay and happy to sell you a seat. That seat might increase to €200 or even €300 in the busy season, but it's the same seat and the same service.

Could the low costs offer more?

Of course, it's always possible that companies like Ryanair, easyJet etc would start to offer an enhanced service at the front of the aircraft, given that there was any demand. It only means leaving the centre seat free and hanging a curtain between those seats and economy. At a guess, they could easily ask three or four times the standard fare, and only need to offer wine and a meal tray. If there was a demand, be sure they would take this seriously. If you agree, why not write to them and request such a service.

Take longer, save the planet

The critical question is, are more eco friendly and comfortable methods of travel under development, and would you be happy to take a day or two to travel to Portugal. From the reader response **The Portugal News** has had, I believe the answer is yes.

However, many questions have been raised which deserve an answer. The first, and by far the most important, is to do with high-speed train rails and compatibility between countries. What most people don't realise is the EU, never famous for forward vision, have in fact been working on this for years. Since 2000, the EU has been investing €23.7 billion into high-speed rail infrastructure. France and Spain have the most advanced high-speed networks, Spain received 47.3

percent of the total EU funding for high speed development, and they have used it very effectively. (2018 EU report). Portugal at that time had received 3.9 percent of the funding budget, but the EU are now funding the Lisbon - Madrid link which is expected to come into service late next year.

Seville - Faro link - don't hold your breath

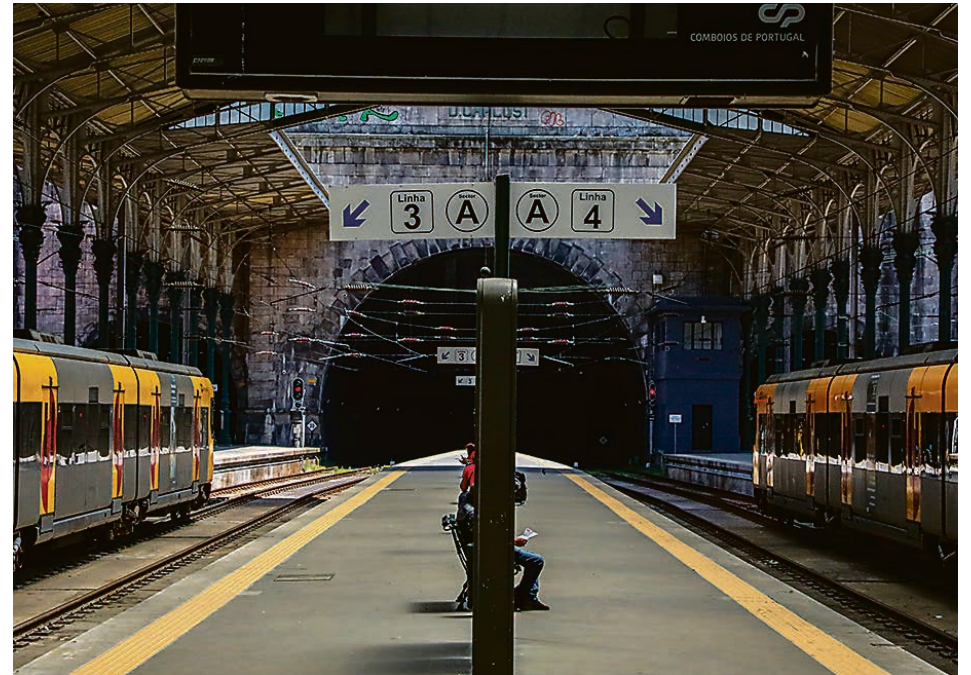
The suggestion of a high-speed link between Seville and Faro, is, at best, many years away, if it's practical. There exists a working rail link between Seville and Huelva. There is also an unused link from Huelva to Ayamonte, but the rails were taken up years ago. Then there is the minor problem of getting across the river, the existing bridge was not constructed with the possibility of adding rails in the future. Maybe a great idea but massively expensive.

In 2007, a consortium of European Railway operators, Railteam, emerged to co-ordinate and boost cross-border high-speed rail travel. Developing a Trans-European high-speed rail network is a stated goal of the European Union, and most cross-border railway lines receive EU funding. Several countries — France, Spain, Italy, Germany, Austria, Sweden, Belgium, the Netherlands, Poland, Portugal, Russia and the United Kingdom — are connected to a cross-border high-speed railway network.

France has the second largest high-speed network in Europe, with 2,800 km of operative HSR lines in June 2021, only behind Spain's 3,402 km. London, France and Spain are now fully interconnected with a high speed rail network. The reality of very fast train travel is already available as far as Madrid or onwards to Southern Spain. It's much more than a plan, it's already working. Madrid - Lisbon is not far behind.

Sleeper trains

High quality sleeper services are being launched very rapidly, check out Midnight Trains. The question is that if you could soon travel in comfort, overnight to Portugal, probably in little over 24 hours, how attractive would that alternative be. Readers have also asked if the new high-speed trains will carry cars. I think that has to be a big no; Eurostar do have car carriages but over long distance at high speed this does not sound practical. That leaves us with the third alternative, a car ferry to Lisbon, something many readers ask about. If you are thinking eco, so to speak, there are not much CO₂ savings to be made, car ferries are better than air travel, but a long way from being kind to the environment. It's also obvious that the ferry companies that serve northern Spain seem to have little, if any, interest, or enthusiasm to extend their service to Lisbon. If you think they should, write to them. If there is a demand they may well look more seriously at this option. Pressure from consumers can work.



For the environmentally conscious readers, here is a quick guide to the four cleanest ways to travel:
Bicycle. 0g CO₂ per km (not a practical as a

way to travel to Portugal).
100% Electric Car. 12g CO₂ per km.
International Rail 15.1g CO₂ per km.
Ferry 19.3g CO₂ per km.

"The views expressed on this page are those of the author and not of The Portugal News"

A Christmas Event Under the Stars

SOLD OUT

On December 11th, 7.30pm @ the Fabulous Cuá Cuá in QDL a Christmas event will be held in the beautiful dining area which has a glass roof, you will have an outside experience inside. This event is for Alzheimer's / Parkinson's and Christmas Hampers for the Salvation Army.

The price is 50€ for food by a top Chef, welcome drinks and lovely wine, a percentage of which goes to the charities.

There will be music by the Salvation Army, The Three Buskerteers and a DJ.

It will be a night to remember!

Contact Julia Hammond on

914 469 719 to book your table

AIRC



At a recent Almancil International Rotary Club meeting, the guest speaker was Corporal Daniel Dias from the Guarda Nacional Republica (GNR) Loulé, who, together with his colleague Sgt Luís Tavares, also from the GNR Loulé, gave a presentation on policing in

Portugal.

The responsibilities of the GNR range from, but are not restricted to, dealing with traffic violations, acts of terrorism, assisting the bombeiros with evacuations when necessary, customs enforcement a bomb disposal unit; horse unit which

makes regular checks in the Loulé area, a dog unit, coastal patrols and a ceremonial horse unit. The GNR has also provided detachments which have participated in international operations in Iraq, East Timor and other countries where there is conflict. In general the GNR's purpose is to protect the community.

Corporal Dias explained that whilst many people are aware of the GNR through their day-to-day activities (hopefully not through traffic violations) many may not be aware that in addition to the GNR there are four other police organisations in Portugal namely, the Public Security Police (PSP) the Judicial Police, Maritime Police and SEF - Serviço de Estrangeiros e Fronteiras which many of us are involved with when applying for or renewing residency permits.

Corporal Dias's primary responsibility is to head up the Safe Residency programme

originally started in 2006 by Rotarian Peter Hinze and GNR Officer Frederico Fragoso allocating each property in the Vale Telheiro and Poço Geraldo areas in Loulé a house number and GPS coordinate to assist the GNR in providing a rapid response in cases of emergencies. It isn't only the GNR which adopted the system. It's also being used by other emergency and rescue services which now also have a way to find remote locations. There can be nothing worse than having a heart attack and the ambulance not able to locate the patient.

The scheme grew to other outlying areas in Portugal and has been extended to a Safe Residents and Safe Schools programme in the Loulé area organised by Corporal Dias.

For more information on the Safe Residency Programme or Almancil International Rotary Club please see www.rotaryalmancil.org or contact frannie.wallace@hotmail.co.uk

All Saints Anglican Church Algarve Almancil remembers

Last Sunday, 14 November 2021, All Saints Anglican Church Almancil, led the community in a solemn act of remembrance for all those who had given their lives in war in the service of their Country.

During the service traditional hymns were sung, prayers were offered for all servicemen, service women and their families, who still carry the scars from their service in many wars. At 11am, a screen showed the commemoration from The Royal Albert Hall where the last post sounded, showers of poppy petals were released, a 2-minute silence was observed, which was broken only by the sound of Reveille.

"Remembrance Day is a special day that All Saints has always observed and it's treasured by the entire Congregation, which now includes all nationalities and backgrounds," said Janet Martin, Warden of All Saints Almancil. "This year, however, was especially poignant as we were unable to meet together last year due to the Pandemic, and this year all we all wore our poppies with pride as a symbol of remembrance and hope".

Contact Ann today for more information: 934 809 369, secretary@allsaintsalarve.church, www.allsaintsalarve.church or Facebook: [allsaintsalarve](https://www.facebook.com/allsaintsalarve)

CHARITIES

APAA CHARITY SHOPS - Dunas do Alvor: Mon-Sat, 10.30am - 2pm. Rua Elias Garcia 20, Silves, Mon-Fri 10am - 2pm. Volunteers always welcome info. apaaportugal@gmail.com

SUPPORT FOR FAMILIES in the Algarve receives items for families in need, Guia and surrounding areas. To donate or discuss concerns about a needy family contact Su Davis: 932 307 548, su.davis@sapo.pt Facebook: support for families in the Algarve.

A.A.G. CHARITY Shop Guia. Situated in the Main Street, opposite the Football Club Snack bar and close to Crédito Agrícola Bank. Opening hours Mon - Fri, 10am to 5.45pm, Sat 10am to 2pm. Closed Sun. Animal charity feeding street animals. Patron Bonnie Tyler.

THE GOODWILL CHARITY. R. Direita 5, Ed. Portus Magnus, Portimão. (Close to Theatre). 968 740 693, 10am to 2pm. Clothes, bric a brac and furniture in saleable cond., large items collected. We would like to thank you all for your donations and for shopping, that has enabled us to help the local community.

SECOND CHANCE charity shop at Largo Das Ferreiras, Ferreiras, Albufeira. Open Mon to Fri, 10am to 4pm. Sat 10am to 1pm. Supporting people in need, also Bombeiros, Soup kitchens, Riding for the disabled, AHSA day care centre for the elderly and more. Contact Maggie Cook 917 707 808.

PORTIMÃO SOUP KITCHEN Soup kitchen serving times are 1 to 1.30pm on Sundays, and 6 to 6.30pm on Tuesdays and Thursdays. Volunteers needed one hour before for food preparation. Masks, gloves and gel provided. Volunteers can contact Joy for more info Joy 917358098.

THE DONKEY SANCTUARY

Refugio dos Burros charity shops opening hours in Lagoa and Carvoeiro are Monday to Friday from 10am to 5pm and Saturday's 10am until 1pm. Ferragudo opening hours are Monday to Friday from 10am until 2pm and on Saturday's from 10am until 1pm. Come along and see the bargains! We are always very happy to receive any donations and if you have any time to spare, volunteers are always needed. For more information, please call Chris on 966 033 127.

CARVOEIRO CAT CHARITY

ASSOCIAÇÃO. Located in Porches and run entirely by volunteers. We are looking for some more volunteers to help in our shelter of 250 cats as well as some foster families for our cats. Email ccc.carvoeiro-catcharity@gmail.com or call 918 552 788.

ASMAA CHARITY & UP-Cycling Hub. Volunteers are now needed for our shop. Wed, Fri and Sat 11.30am to 5pm, other days by appointment only. Tel 969 320 231, email info@asmaa-algarve.org Rua J. Pereira Sampaio Bruno, Nº 53. Portimão (Behind Bombeiros).

MADRUGADA ASSOCIAÇÃO

Madrugada's volunteer run Homestore in Lagoa, its Boutique, Encore and Madrugada Homestore Lagoa have reopened. Opening hours will be 11am to 3pm until further notice. Thank you to all our customers, donors and volunteers for your continuing support.

CADELA CARLOTA shop in Lagos open Mon to Fri, 10am to 1pm/3pm to 5pm. Almadena: Mon to Fri, 10am to 4pm, Sat, 10am to 1pm. We always need extra hands in our shops.

ASSOCIAÇÃO DE CARIDADE

MÃOS de Ajuda. Helping Hands Charity Shop, 13A Avenida Dr. Eduardo Mansinho, Tavira. 100 metres from Porta Nova

Post Office. Open Monday, Wednesday, Saturday 10am to 1pm. Help us to Help others in the Tavira Area. 963558138

WORN AGAIN charity shop (formerly Távira Treasure) Rua Almirante Cândido dos Reis, 134 Tavira 8800-357. Open every Thursday and Saturday, 10am - 1pm. We also receive donations of clothing, books, household goods, small furniture. Contact Sara 967 159 010

FRENCH LANGUAGE Following the French Government's initiative to expand the French language, we are looking for Volunteers to teach French in Albufeira or Olhos de Água to children and adults. No experience or qualifications necessary, just fluency in French and a passion to meet and help others learn this beautiful language. Please contact 961 636 201 or Angelica.fash.co@gmail.com

THE NANDI CHARITY SHOP.

Winter clothing now in store. Furniture can be collected within 30 k Lagos. Tel 912741857

WOOFF. (Worn only once Fashion & Furniture) charity shop in Almancil. High-quality second-hand clothes and furniture. All profits to Animal Rescue Algarve. New opening hours Monday-Friday 10am-3pm and Saturday 10am-1pm (during the Covid-19 pandemic). Tel: 289 123 456 or 917558121

MUSIC

Aljezur International Choir. Thursdays 2pm to 3.30pm at the Aljezur Bombeiros building, with social distancing. They are a local choral group that welcomes members of all nationalities and sings in multiple languages. They also regularly organize concerts throughout the year and take part in other community events. Contact 914285640 or 912547198 or via email leni.eves@yahoo.com for more information.

Coro dos Amigos. Thursdays from 6.30pm at the Museu de Traje. If you are interested in joining please check out their Facebook page or contact Daniela by email at: daniellemichelle_8@hotmail.com

SOCIAL

Algarve Walking Meetup. Social walking events of between 2.5 and 3.5 hours listed every week. Discover so much more of the Algarve, and make new friends at the same time. For full details please visit meetup.com/algarve-walking.

Royal British Legion (Portugal branch): for information contact: rblportugalalgarverep@gmail.com or telephone 926908089.

C.A.S.A. - the Algarve's leading Social Club for expats meets monthly for dinners / lunches and social events. info@casasocial.club, 282495475. www.casasocial.club

Coffee & conversation for expats. Meet other newcomers in the Algarve almost every week at different venues. www.expatscentreportugal.com/events

BRIDGE

Lagos Marina Bridge Group. Tuesdays and Fridays at 1:15pm. Please contact 913346187 or email: lagosmarinabridge@yahoo.com

Vilamoura Bridge Club. Tuesdays 1.45pm 919 833 122 or 910 448 170. www.vilamourabridgeclub.com

SPORT

Odiáxere Walking Football. Every Tuesday & Friday - Walking Football 50+ at Clube Desportivo de Odiáxere (just off N125 at Odiáxere). 10:00am to 12:00 midday. Just turn up or for more details contact Bill Harper email: bill@owfc.org or phone: +351 960 234 641.

Chez Carlos Golf Society. Join us for golf and a great social atmosphere. The schedule includes: 19 to 21 November (3 day Prestige event at Laranjal, Mont Rei and Quinta do Lago), 24 November at Quinta do Vale Golf Course, 27 November at Pinheiros Altos Golf Course. See www.algarve-golfsociety.com or contact Jim: 926 519 559 for tournament entry and membership details.

Crown Green. At Alvor bowling Club Tuesday 2pm. Peter or Janette 966169747 or 965700536.

afpop Badminton. On Mondays at 7:30pm to 9:30pm at the pavilion of the school E. B 2,3 DR. Garcia Domingues in Silves. All levels of play, come along and join our social evening. Badminton players will need to bring their own racquets and pay a small fee to cover costs. For more information, please contact Sue on 910108730 or email suesharman9@gmail.com.

Touch Rugby. Lagoa Sports Club, Mondays from 8pm - 10pm. Men and women, all ages welcome. Simon Wilkinson wilks89@hotmail.com, 282912280 / 924220173.

Walking football. Tuesdays and Thursdays 9.30-11am. Free at Vilamoura. info@browns-club.com or 289322740.

WORKSHOPS & COURSES

Figs on the Funcho. Ongoing painting courses and workshops. "Our painting meet-up groups are fun and supportive and great for people new to the Algarve looking to meet people that share a creative interest." If you are interested in joining, please contact Cheryl on 912 595 539 or email her at cheryl@figsonthefuncho.com

Painting for Pleasure Classes. Wednesdays. 10.30am to 12:30pm and 2:30pm to 4:30pm at Mesquita near Sao Bras. For more information, please contact Terry Reed on 289845561

Odiaxere Walking Football Club



Odiaxere Walking Football Club (OWFC) was formed in October 2019 and are kindly sponsored by Lucas Rooftop Restaurant in Lagos.

The Club is a section of Odiaxere Football Club who play in the Algarve Division One. OWFC play at Clube Desportivo De Odiaxere Stadium on the EN125 between Lagos and Portimão every Tuesday and Friday.

The aim of walking football is exactly as the name suggests – you play football, at walking pace. It is aimed at people over 50, is inclusive and a fun and sociable version of the game and is slow paced but lacks none of the passion or excitement of the original game.

Whether you are looking to keep active, stay fit, socialise and meet new people or simply want to play for the love of the game, walking

football offers the perfect opportunity to take to the pitch. As well as the health benefits associated with most forms of physical activity – keeping fit and active, weight loss etc, there are also mental health benefits that come with playing walking football especially as we get older.

Each session starts with a gentle warm up followed by a mixture of games before warming down.

Members ages range between 50 and 77 with countries represented from England, Wales, Scotland, Russia, Germany, USA, France and Sweden to name but a few.

If you would like to join us sessions are between 10am and 12 noon Tuesdays and Fridays at Clube Desportivo de Odiaxere (just off EN125 at Odiaxere)

Contact Bill Harper: (+351) 960 234 641 or Email: bill@owfc.org.

Runners raise €1,214 at MamaMaratona

Sues Roadrunners, and British Overseas Supermarket (formerly Iceland) have raised €1214.00 for the Algarve Oncology Association by running 12 kilometres for the MamaMaratona event.

The official dates for the fundraising event were between 10 and 30 October but the group wanted their effort to coincide with the 10th anniversary of the opening of the Albufeira store and to include a runner arriving from the UK.

Donations have been received by customers using the supermarket and of course the runners themselves, plus friends and relatives. Emma Fisher, manager of the Albufeira store had never previously run and trained specifically for the event, up to the run day her previous longest run had been 10k she said she would have struggled to complete the final 2kms without the support of the runners and was over the moon with her achievement.



2021 Alvor Crown Green Doubles Tournament

Alvor Bowls Club ran its annual Crown Green Doubles Tournament from 1 to 5 November with a total prize fund of €1,195.

The tournament attracted an international field although numbers were again slightly curtailed due to ongoing concerns related to the Covid pandemic. 26 bowlers from across The Algarve and the UK competed in the drawn doubles competition in which a high standard of bowling was on display. Partners were drawn on a daily basis who then played in group round robin matches and daily knock-out stages to determine the leader board. The overall winner of the Tournament was Steve McManus. Many of the bowlers enjoyed a tournament meal at the

Oasis Parque restaurant where Emma made sure everyone had a good time. The 2022 Tournament will run from 31 October to 4 November and entry

details are on the Club website (www.alvorlawnbowls.com). Crown green bowls takes place at the Club every Tuesday afternoon.



Carvoeiro RC Mass in English

Catholic Mass in English – this Sunday, 21 November at 4pm in Carvoeiro at the chapel on the cliffs – Our

Lady of the Incarnation – the monthly English Mass.

We are delighted to welcome our guest celebrant, Fr Nuno Tovar, SJ, and together we will celebrate the feast of Christ the King – which marks the final Sunday of this liturgical year. The following week we will be in Advent.

The whole Mass will be in English: the readings, the hymns as well as the Order of Mass. Everyone is most welcome even if you do not normally attend this church.

We are collecting for the FOOD BANK, so please bring a contribution with a long shelf life. We now support 100 families in need.

Please be aware that the usual time for weekend Mass in Carvoeiro is Saturday at 5.30 pm (in Portuguese). This English Mass does not replace that.

For more information contact Madeleine 964 933 823, carvoeirocatholics@gmail.com

Craft and design Portugal

Craft and design is hosting its first official craft show and hopes to be able to raise the calibre of craft events here in the Algarve.

Craft and design is a concept, a movement, a new energy headed by an individual trying to give a platform for good quality hand made products to be given an outlet and the opportunity to be seen by the public, buyers and collectors alike. There really is nowhere for crafts shows of the size they would like to be held here in the Algarve so they are hoping to change that as they move forward.

“Crafters seem to be ignored and neglected and labelled “for tourists” or seen as unprofessional but there are some brilliantly talented people here, creating handmade arts and crafts hidden in the shadows and we need to bring the talent out for people to see and help these incredibly important people sell and share their work. These days handmade, genuine crafted products are becoming more essential as the world around us changes and we realise that air miles are a thing to avoid and we are drowning in plastic waste. I’m hoping to get the Algarve as a destination for people to see crafts made, join classes and buy goods”.

Here is a list of a few of the crafters at the Luz fair 17 and 18 December: The glass house – Stained glass, Fiona Morton – hand painted jewellery, Karim – Silversmith, Cecilia Johansson – Dunton design. Phil Martin – Relit Kernow, Rita Cardoso – Get naked probiotics. Hayley Palmer – Natural cosmetics, Carla Connolly – Beleza de Burgau candles, Dori Kun – Art prints, Sue Sutherland – Olhera negative hand spun wool and knits, Supriya – Momolina felt, Jurgita friis Jorgensen – Handmade jewellery and Mary Anne Jaraisy – Handmade bags.

“Plant a School” Offers Trees to Schools

Mother Earth – Association for the Preservation of the Environment has launched the “Plant a School” — “Plante uma Escola” — program and is organising the planting of trees at the Bemposta school in Portimão on the “National Day of Indigenous Forest,” 23 November, to promote environmental preservation and eco-citizenship.

This initiative is supported by the Portimão City Council and the Elaine Bain Family Trust. “Plant a School” is a national Mother Earth program, implemented by regional centers, whose aim is to improve the environment of individual schools and raise young people’s awareness about the benefits of planting trees in the current context of climate crisis and the need for environmental preservation.

Concrete actions undertaken by students and their local educational community, such as planting trees and improving their school’s environment, foster awareness that simple individual actions can together

improve the greater, global environment. In subsequent academic years, this direct experience will be reinforced by carrying out activities aimed at further raising students’ awareness concerning environmental issues and sustainable development goals, thus promoting environmental eco-citizenship and responsibility. In particular, the program seeks to educate young people about the importance of indigenous forests in the preservation of ecosystems in Portugal and across the planet.

In essence, students will be challenged to take part in the defence of their local environment and to actively participate in community decision-making processes, thereby contributing to a greater awareness of the importance of the environment in their day-to-day lives. In addition to Portimão, this program is simultaneously taking place initially this month in schools in Setúbal, Penafiel, and Vila Nova de Cerveira.

Return to Portugal



Contributed by Relish Portugal Magazine/
David Johnson

Portugal is a feeling more than a sight, sound, taste, or singular smell.

The terrain is varied, each region offering different experiences in the landscape, flavours and recipes, wine, and even dialects. Finally, after a series of global delays, my wife Phyllis and I have returned to where we left our hearts and souls in early 2020, our beloved Portugal. We missed this country of delights for so many reasons, both tangible and intangible. Here are some of them.

Deep, delicious dive

Walkable villages, where we prefer to live in Portugal, are a delight. We've always loved European culture, especially what we call café life. We happily walk the colourful cobblestone streets, observing locals at the cafés and bars that are so prevalent in any central square or along coastal walkways. It is remarkable how much fun it can be to enjoy a small snack or an entire meal outside. Ultimately, we get scent-induced hunger pangs. The intoxicating aromas distract us from the beautiful hand-painted historic tiles or intricate calçadas. They beckon us to explore deep into neighbourhoods and villages. This is always our preference. Instead of remaining in tourist-trampled zones, we dig deeper, seeking the small bar restaurants (tascas). We amble down unknown avenues following our noses, seeking out those tascas offering family-tried-and-true dishes, allowing us to taste grandma's cooking, nestling into an authentic experience.

Turf or surf?

Visiting Portugal since the 1980's, most of our time has been spent

in waterfront cities and villages, enjoying a mainstay of Portuguese cuisine—seafood. Plentiful and fresh daily, our earliest exposure to the tasty seafood of the Algarve was on our honeymoon in 1981-82 where we lived for six months in Quarteira and Villamoura. In Quarteira, down the main road within walking distance of our small inn, was a tiny thatch-roofed shanty housing a dirt-floored restaurant run by a young couple. As you would find at that time, the oldest son, who was about 12 years old, was our waiter.

We'd order their specialty, frango piri-piri, and an ice-cold Sagres, the Portuguese national beer (cerveja), and enjoy connecting with this lovely Portuguese family. There was a hole in the roof, which allowed most of the smoke to escape from the wood-fired, open-pit style churrasco (bbq). The frango was delicious. The entire meal was a deal at 120 escudos each (\$4 US total), including dessert and coffee.

In Albufeira, our second primary haunt, moored amongst the gentle waves of the inky dark Atlantic nighttime and until the wee hours of the mornings, at least 50 dim lights were bobbing in the distance, squid boats and their masters plying their trade.

We could find lulas (small squid) first thing at dawn, caught overnight, as well as varied and abundant varieties of right-off-the-boat fish. From those balmy mornings, we discovered a forever-favorite dish, stuffed lulas. This perfectly cooked succulent dish is unforgettable. It's what delicious dreams are made of. To this day, when we return to Portugal, stuffed lulas are what we

immediately search for in those small tascas.

The tasty stuffing is made using many ingredients (chefs' choice) as well as the usual garlic and abundant olive oil. Into those small body pockets go diced tentacles, seasoned by experienced hands, knowledge passed down by moms, dads, and grandparents who take great pride in fabulous family recipes.

Saudade*

We feel we owe our respect and admiration to the Portuguese people in return for their ever-helpful and accommodating ways. In our travels, we've found that learning basic, polite phrases in the local language and/or dialect is appreciated. When possible, we respectfully greet locals and order meals in Portuguese. Even when we struggle with the pronunciation (aside from natives, who doesn't), the Portuguese smile and work toward understanding our communication.

During the crazy times we've recently lived through, we missed Portugal and our international community of accepting friends more than ever. This sweet, deeply lasting feeling brings about constant memories. We are thrilled to return, be enveloped in that cultural hug, and return the love and admiration.

Portugal beckons us, never lets us go, and we eagerly return to her charming embrace. Saudade saturates us all the way down to our toes. We love Portugal and relish our return.

*Saudade: a nostalgic longing to be near again to something or someone distant, or that has been loved and then lost; "the love that remains."

Lulas Recheadas (Stuffed Squid)

1 lb (.5 kg) fresh baby squid
1 chouriço sausage, finely chopped
2 onions, chopped and divided in half
2 cloves of garlic, minced and divided in half
4 tomatoes, chopped
1 egg
1 bay leaf
small handful of fresh parsley, chopped
generous drizzle of olive oil
salt and pepper to taste

1. Clean the squid. Remove and coarsely chop the tentacles and set aside.
2. Prepare the stuffing in a large bowl by adding one onion, one



clove of garlic, chouriço, and the chopped tentacles. Mix well. Add the egg and mix to bind. Stuff the squid with the mixture. Close them with a toothpick and place in a large baking dish.

3. In a medium frying pan, sauté the remaining onion and garlic in olive oil over medium heat until fragrant. Add tomatoes, bay leaf, a few pinches of the parsley, and salt and pepper to taste. Simmer for 10 minutes on low heat.

4. Cover the stuffed squid with the tomato mixture and bake at 255°C for 25-30 minutes. Remove from oven, sprinkle with remaining

parsley, and serve.

The latest issue of Relish Portugal is out! In it, Rick Steves remembers Portugal, we explore the daily ritual of coffee and pastry, and readers learn European Portuguese language tips for eating out from our friends at Practice Portuguese. This free-with-subscription English-language food and culture magazine for Portugal lovers everywhere is a gorgeous award-winning, quarterly, online publication. Get it while it's hot. Sign up and relish the bounty of riches that is Portugal: relishportugal.com.



Dave and Phyllis on their 1981 honeymoon in Portugal.



The Munchies

Portuguese band The Munchies are ideal for the party hungry!



Cristina da Costa Brookes

They are a great Wedding band from Faro, Algarve and they are available as an Acoustic Duo, Acoustic Trio and Electric Quartet. This talented party band is made up of vocalists and guitarists Filipa Amaro and Nuno Gonçalves, drummer Gabriel Ildefonso and bass player João Viera. This unique band is all about quality over quantity, giving everything in any event they do, “we want to give people energy and we build our conditions so we can always be at our best!”. They do covers of a wide variety of styles, in which they make each song their own, with a twist, adding that “we do not twist every song as some are just perfect the way they are but the ones that we can make our own, mean the most to us.” “Most people see this as a job but we are all 100 percent doing this for the music, we don’t sacrifice the music because we depend on it. We want to make our audience dance the whole time and make sure we please everyone with a great variety!”.

How the band members got into music?

Filipa: “I started playing when I was 17 and I used to live in the Alentejo and I started playing from nowhere and used to see my friends play and I was self-taught and I moved to the Algarve for University and I realised that music was a real passion. I met other people and joined other bands and I was invited to join this international band and we started touring in Europe and the USA whilst I still studied, overall, it was an incredible experience. I did that for two years and then later we decided to stop and we came back to Portugal and we started the Munchies at the end of 2017 and we started playing shows at the start of 2018.

Nuno: “I also got into music when I was 17, in music class, where we dabbled in percussion and guitar and this guy from my class really impressed me. I used to take my allowance for eating at school and I used to never use any of it just so I could build a fund so I could buy a guitar and that was what I did. I found that I was just so addicted to the music and I have never stopped since.

I had a couple classes with that virtuoso prodigy guy and it really hit me when he died of cancer four years later and it hit me hard and I never stopped playing since. I thought, if I was fortunate enough to still be alive and playing, that maybe I should do that and I never looked back”.

Gabriel: “I was a very energetic child; I was 7 or 8 and it was a hot day in the summer and my grandmother told me that my dad had an old drum kit from the 50s that they brought over from the States and she told me I should try it out. I never quit from that moment on, I decided I really loved the drums and all the things that music has brought me in my life and the connection you gain from people. It is just pure love!”

João: “My Dad really influenced me especially with the types of music I would listen to, he is a musician and I always went to concerts with him or attended his concerts since I was young. At five I started having music lessons and at 14 I decided to learn bass and I then got jobs in different bands in the Alentejo.”

How the band started

Filipa explained that “We started The Munchies when I came back from touring and it was just myself and Nuno and a different bass player and then we met Gabriel and we decided this is



the guy we want to play with, he suits us and is amazing and we started from scratch.” “This year João joined us and we are really happy with him.” It is clear to see that they get on really well and they told me that “We are in unison about what we want to play and what we want to achieve as a whole, we like sort of the same things and we don’t have any doubts about what we want to do as a band. We complete each other as we bring in different styles.”

Types of events that they do

Filipa answered that “Weddings is our main goal, because we love

the atmosphere, people are there to party during weddings so that is what we want to give them, which is why we love to do it and we always have fun with them! Our repertoire is mostly English songs and some Portuguese songs because of our audience in the Algarve.”

What inspires you musically as a band?

Gabriel’s response was “Speaking for us a band our goal is to inspire people as other people have inspired us, we just all love music”. Nuno, added “Anyone who is pushing the boundaries of modern music with quality and anyone who

is respecting old styles, bringing new ideas in those styles particularly like Bruno Mars greatly inspires us.”

Most excitingly, it is in their future plans to produce their own album, which you can keep eye out for but for now if you need more information, please see www.themunchies.pt. You can keep up to date with the band by following them Instagram at <https://www.instagram.com/themunchiesfamily> or on Facebook <https://www.facebook.com/themunchiesfamily>. For bookings, please email themunchiesfamily@gmail.com or call 964 115 254.



Sintra: returning to a great, but mysterious past



Bruno G. Santos

Sintra is a Portuguese city that belongs to the district of Lisbon. It currently has more than 385,000 inhabitants. Visitors to the city will enter an environment that is considered by many to be mystical, where the fog passes through palaces and large houses.



Sintra is also the city of legends and myths, and some believe that in the Serra de Sintra there were freemasonry rituals or even more obscure sects. Sintra is a city linked to nobility and royalty, with several palaces that served as a residence not only for Portuguese kings but also housed wealthy families from, for example, England.

Upon arriving in the city, visitors automatically enter a historic mood. Sintra, despite having followed the gradual growth of urban modernity, still preserves very typical elements of 19th and 20th-century architecture, which can be observed in the houses built in the centre of the city.

During a visit to Sintra it is almost mandatory to visit the Palácio da

Pena. The palace combines several architectural styles, from neo-Gothic to romanticism. It is located at the top of the Serra de Sintra in Monte da Lua. In 2019, the National Statistics Institute (INE) mentioned that Palácio da Pena was one of the monuments that received the most visitors in the country. The entire history and architectural beauty of the monument attracts not only the attention of tourists but also of teachers who organise study visits with students, as a way to make students experience the subjects being taught at school. In the gardens surrounding the Palácio da Pena, within the Serra de Sintra area, considered a UNESCO World Heritage Site, the Countess D'Edla's Chalet is also located, built by the Prince Consort Fernando II, the

second husband of the Portuguese Queen Maria II.

A rich history

Sintra as a city has always been the favourite of the Portuguese court, which during several reigns served as the official residence of the Portuguese crown. Of course, the king's residence would have to be a highlight and palaces were the preferred buildings. Still, within a route of palaces belonging to the kings of Portugal, it is in Sintra that the Palácio Nacional is placed. Built in the 12th century, it is one of the only examples of medieval palaces in Portugal. The building's highlight is the two chimneys, which were used to extract the air from grand kitchens that can be visited by tourists.

As mentioned earlier, foreign magnates and aristocrats chose Sintra as their favourite place to spend their summer holidays. This was the case of the Englishman Francis Cook, who in 1856 had the Palace of Monserrate built. Around the palace, there is a whole panoply of botanical varieties brought by Cook from all over the world, in a garden with an area of 50 square metres.

The testimony of the Muslim presence in the city is evidenced by the Castelo dos Mouros, a castle built on a rocky peak in the Serra de Sintra between the 8th and 9th centuries. In this location, due to its altitude, it is possible to have a

panoramic view of the city of Sintra that will surely enchant everyone who passes by.

Filled with mystery

One of the most mystical places in Sintra is undoubtedly Quinta da Regaleira. The space, made up of various motifs linked to Freemasonry and mythology, benefits from a unique microclimate. It is common at Quinta da Regaleira to have some fog, which helps in the description of the space as mysterious. The space has a dimension of four hectares, there is a palace, lakes, gardens, caves, and the high point of the space:

Poço Iniciático. Poço Iniciático is a well that resembles a tower, as you need to descend nine floors to reach the bottom. At the bottom of the well is the compass rose above the Templar Cross, which dates back to Freemasonry. The well was given the name Iniciático because it is believed that it was at the bottom of the well, at Quinta da Regaleira, that the initiation rituals for entry into the Rosicrucian Order of Portuguese Freemasonry were consummated. (Iniciático is a word formed from the verb "iniciar", in Portuguese, which means "to start", in English). Scholars believe that symbolically the place represents the soil as the womb, where life begins.

Gastronomy

That Portugal has vast gastronomy is already known and Sintra is no exception. Going to Sintra and

not trying a Travesseiro will make any visit incomplete. It is at Casa Piriquita that the best Travesseiros in Sintra are said to be. The pastry shop has 160 years of history and began as a bakery that sold Queijadas that were the delight of those who passed by. Due to the success of the Queijadas, which can still be tasted, the bakery establishment became a pastry shop and around the 40s the daughter of the founding couple of Casa Piriquita discovered the recipe for Travesseiros de Sintra in an old cookbook. The traditional Travesseiro de Sintra is made according to a secret recipe that has been carried over for five generations. It is known that the pillow-shaped cake is made with puff pastry, which is then filled with egg and almond cream and one more secret ingredient. Nowadays it is possible to taste Travesseiros stuffed with apple or chocolate cream.

Sintra is a historic city, with an enigmatic beauty that links the urban to the rural. With gardens and palaces that will make any visitor go back to the past and even more enigmatic places that go back to urban legends and myths. Sintra is a mysterious place, used to film a Nicolas Cage horror film, "Color Out of Space" and a Portuguese soap opera with a vampire theme, "Lua Vermelha." In addition to personal transport, the easiest way to get to Sintra is by train from Lisbon, where you take the train to get to Sintra and step back into the past.



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"I Heard the Alps Call His Name"

by Madelyn June Jorgensen



Cristina da Costa
Brookes

I had the pleasure of speaking with an inspiring and resilient author from Canada, Madelyn June Jorgensen.

Madelyn June is a resident in the Algarve and we discussed her debut memoir "I Heard the Alps Call His name", a beautifully written book which I feel many can relate to and find strength from, which came out in August of this year. The novel's synopsis reads: "A mother's emotional journey, taking her through betrayal, alienation and heartache, to one of hope, forgiveness and resolution. When June's ex-husband abducts their nine-year-old son, Marcus, in Canada and returns with him to Switzerland, it takes heartache to a whole new level. She must come to terms with his loss in more ways than one. After following them to Europe, a chain of family tragedies back home changes the path of the young mother once more. After several tumultuous years of disappointment, fathomless love and self-discovery, June finally finds the path to reconciliation and a deep and lasting relationship with her son." June told me that she has lived

in the Algarve for five years and moved here to be closer to her son, as he lives in Switzerland. She started writing this book three years ago but the writing process took 18 months, "I wrote my feelings as best as I could about what happened so long ago". June added that: "I have always written but I found writing about my own personal story an extremely difficult journey and one I needed to write for my son and myself." "It was a necessary book to write because it was a healing process for both of us and although it was an extremely painful writing experience it was also so healing and clarified my relationship with my son and closure came with it." June explained that she needed quietness to write and was always afraid of writing her story and "could not face it" but what really pushed her to write the novel was that three years ago she was unwell and had to undergo an operation and that really influenced her to decide to take the plunge and write this memoir.

I asked June what readers can hope to gain from reading her memoir and she kindly shared that "I believe that you should never give up and that it is important to follow through and take risks in one's life and have no regrets, because writing this book was a big risk for me and I only cared about my son's reaction to the story." "Facing one's fear and forgiveness is essential as well as following your dreams but most of all, the importance of family and spending as much time together as possible, I have been able to travel with my son and work hard on building a better relationship with my son and we have become really close following these traumatic ordeals in our lives." In terms of the future and what we can expect from June, she has started to write the sequel to "I Heard the Alps Call His Name", due to popularity, explaining that it is a less deep novel, following her and her son's life after the ending. The novel is available on Amazon, Kindle and it also sold at Jolly's



Restaurant, Alvor as well as the camping ground. June's next goal is to have the novel available at local bookstores so please keep an eye out for it. For more information,

please see June's website at www.junebugmjorgensen.com or similarly keep up to date with the author through her Facebook page by searching June Jorgensen.

The review



Sandra Pereira

Life Lessons From the Amazon: A Guide to Life From One Epic Jungle Adventure - Pip Stewart

This is the tale of an epic three-month adventure through unexplored jungle terrain by the author who has a desire to explore the world around her. This unknown expedition through the jungle and river is only for the courageous.

The author followed Guyana's Essequibo River from source to sea, with the help of guides from the Wai Wai community. Pip and her teammates journeyed through the rainforest, facing perilous situations every day, including a flesh eating disease, as they made their way through rapids, waterfalls and jungle, before

finally reaching the Atlantic Ocean.

Along with survival skills, Pip learnt the value of community, forgiveness and self-belief. In this book she shares many pearls of wisdom that we can all apply to our own lives.

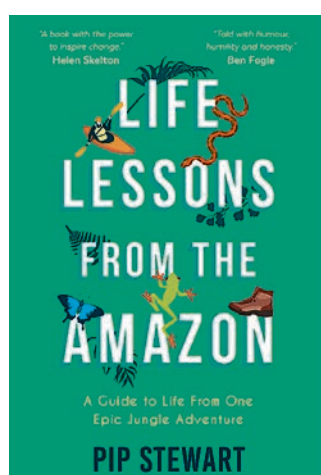
Many of her insights are useful to us and how we can live better every day.

Pip Stewart is a writer and you can connect and share your own adventures through life: @PipStewart.

I enjoyed this book and we shared the journey with Pip through the Amazon. I thought it was

funny and honest.

If you are unfamiliar with her trip you will no doubt enjoy this book!



Journeys to Impossible Places: In Life and Every Adventure - Simon Reeve

I am a huge fan of Simon's shows and books so I was excited to read his new one.

In this book we follow Simon as he reveals inside stories on some of his adventures and experiences all around the world.

Simon reveals the most astonishing unknown parts of his adventures and experiences, around the planet and close to home. He has visited some dangerous places, the Tropics, remote jungles and many other places we can only dream of.

He shares what he learns from the trips and we also get a glimpse into his personal life. He details his

struggles with fertility, mental health, fatherhood and talks about his friends, people he has met along the way and even his dogs.

Simon is a best-selling author and presenter, I would recommend you read Step by Step as well, as this details the first decades of his life.

This is an inspiring book of his life adventures, and how to embrace the good and bad and take all the opportunities you can. I loved the book and was not disappointed as a fan. On to the next journey,



and I can't wait to read all about it.

We at The Portugal News always have as our primary goals to bring you honest, reliable, unbiased news and content on all things Portugal with a positive focus where possible. Like a number of other news organisations throughout the world, we are going to bring to you a Curiosity Section highlighting the weird and the wonderful ideas that comes from all over the world. We hope they pique your curiosity and you enjoy reading them as much as we do. The Portugal News and its staff takes no responsibility for the accuracy or validity of this content.

The waiting game



The UFO guy

You would be forgiven for not knowing who Prof Haim Eshed is, I certainly didn't know a single thing about him until recently when an acquaintance suggested I should check out some of his claims he made in the Yediot Aharonot newspaper and published in part in English by the Jerusalem Post back in 2020.

That's all fine and well I hear you say but who is Prof Haim Eshed and why should I care?

Haim Eshed was the former Israeli space security chief and a retired brigadier general in the Israeli Military Intelligence department. He holds a bachelor's degree in electronics engineering and a master's degree and a doctorate in aeronautical engineering. For more than 30 years Haim was not only responsible for the launch of 20 Israeli-made satellites and many consider him the grandfather of the Israeli space program. As the former chair of the Space committee council for research and development, he also served in the highly secretive Unit 81 who is known to provide "solutions" for the Military intelligence directorate.

Some pretty solid credentials I think we all can agree. So why is he ruffling feathers within the intelligence community with his recent fantastic claims... so, what exactly has he been saying?

For one, he told Israel's Yediot Aharonot newspaper: "The Unidentified Flying Objects have asked not to publish that they are here, humanity is not ready yet." He also went on to say they are also curious about humanity and were seeking to understand the fabric of the universe and that: "If I had come up with what I'm saying today five years ago, I would have been hospitalised." - "Today, they're already talking differently. I have nothing to lose. I've received my degrees and awards, I am respected in universities abroad." Eshed further went on to suggest

that a cooperation agreement had been signed between species: "They have been waiting until today for humanity to develop and reach a stage where we will understand, in general, what space and spaceships are," Eshed said, referring to the galactic federation.

An astonishing further claim he made was that President Donald Trump was aware and "on the verge of revealing" information but was asked not to in a bid to avoid what was described as "mass hysteria".

Nick Pope who was responsible for investigating UFOs in the United Kingdom for the MOD (Ministry of Defense) referred to his remarks as "extraordinary" but went on to suggest either a practical joke, a loss in translation, or someone in the know is breaking ranks. He concluded though saying "there are still some missing pieces of the puzzle here."



What do you the readers think about his claims?

Focusing more back home here on the Algarve I thank you all again for those who have taken to the time to reach out to me. I cannot say much more at this time but we have some interesting leads already and I hope to share

some very interesting news with you all very soon. Until then, keep watching the skies. Have you seen something you cannot explain in the sky over the Algarve and have photos/video or a story to share? Email to ufoguy@theportugalnews.com

MUSIC LISTINGS

50's to 80's Popular Music Duo

Ken Butt and Paul Rogan are available for Bars, Restaurants and Private Parties
Based in Fuseta area but will travel
For bookings, please call 968 484 383

Carolina Moon

Electro-Acoustic Guitarist and Singer
Playing songs that are old and new with no backing tracks just herself and her guitar
For bookings, please call 960 216 783
<https://www.facebook.com/carolina.moon.545>

Collar & Cuffs

Versatile live keyboard and vocals music duo
Available for Hotels, Restaurants and Functions etc.
For bookings, please call 282 798 109 or 916 563 191

The Three Buskerteers

A great entertainment band for all occasions.
For bookings, please email Julia Hammond at juliahammond9@gmail.com
Facebook: The Three Buskerteers

Nightshift

Live band for parties and other events
For bookings, please call 918 057 573
Email: jandirk.hofman@gmail.com

Presumed Innocent Show

Shows, Musicals and Tributes
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Email: presumedinnocentshow@gmail.com
Facebook: Presumed innocent Shows
Instagram: @presumed_innocent_show

Rebecca Christopherson

Teaches Suzuki Violin, Guitar and Piano (3+) in Portimão, Lagos and Albufeira
Violinist for events in the Algarve
For bookings, please call 915 847 703
Email: SuzukiAlgarve@gmail.com
www.TessAlgarve.com

ALMAS

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Email: svetlanamartins@sapo.pt
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The Doby Sisters

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Undying Heads

New Album of original music "A Break in the Country".
Out now at www.undyingheads.eu and undyingheads.bandcamp.com

Steve & Heather

Country, Rock & Roll, Pop and Rock for Bars, Hotels, Restaurants and Private Parties
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Classical and World music for Concerts, Events and Weddings
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Email: duocorcova@gmail.com

Soul Spectrum

A brand-new digital radio station
Playing a great mix of Soul, Jazz and Funk from around the world 24/7.
Check out the Groove @soulpectrum.uk

The Portugal News ran a campaign for an anonymous donor earlier in the year using the images of the Seven Sacred Flames and now we have found an expert that will serialise excerpts from a book called 'The Seven Sacred Flames' by Aurelia Louise Jones. These concepts can seem "a bit out there" but the messages are loving, beautiful, and kind that can help uplift anyone!

About the Contributor

Hello dearest readers. I Am Mehroo Fitter. Ever since I was a little girl, I've always been interested in Spiritual matters. I've always been in search of answers I did not even have the questions for! Questions like Who am I? Why was I born? Is there more to life than just being born, survival and death, or is there something more to it? Is karma real? Do fairies, angels, dragons, unicorns, exist? In 2011, I came across a book that changed my life. And since then, I have been using social media to spread the words of many Spiritual Masters through the books written by their Channel, Aurelia Louise Jones. These messages that the Masters have sent through their channels were intended to help us to cope with all the changes happening in our world around us. These messages can help us in these challenging times, all alleviate fear and remain peaceful.

Seven Sacred Flames

The Third Ray - The Flame of Cosmic Love

Main God qualities and actions of the Third Ray:

Unconditional Love, omnipresence, compassion, true brotherhood, charity, Love in action, the love of the Holy Spirit, also initiations of the Heart Chakra.

Day when is amplified:

Tuesday

Corresponding Chakra:

Heart

Color:

Pink Corresponding Stones: Rose Quartz, Ruby

Chohan of the Third Ray:

Paul the Venetian, this Master also holds the

Office of the Maha Chohan which represents the Office of the "Holy Spirit" for this planet. His Retreats: "Chateau de Liberté" situated in Southern France near Marseilles, and Temple of the Sun, New York City, USA. As the planetary Maha Chohan, he also has a retreat at Ceylon, called the Temple of Comfort.

Archangels of the Third Ray with Divine Complement:

Chamuel and Charity. Their Retreat: St. Louis, Missouri, USA

Elohim of the Third Ray with Divine Complement:

Heros and Amora

Their Retreat:

Temple of Love - Lake Winnipeg, Canada.



About Master Paul the Venetian, Chohan of the Ray of Cosmic Love



Master Paul the Venetian, Chohan of the Third Ray, also holds the Office of the Maha Chohan, meaning the "Office of the Holy Spirit" for the Planet. He is devoted to the Ray of Love and Wisdom of the Heart, which encompasses both the Buddhist Wisdom Principles and the Christ Love Principles. His devotion is to beauty, the perfection of the soul through compassion, patience, understanding, self-discipline and the development of the intuitive and creative faculties of the heart through the alchemy of self-sacrifice, selflessness and surrender. He works closely with Archangel Chamuel, using the pink Ray of Love to open our hearts through art, music and colour. With the assistance of Master Hilarion, they ensure that new technology and science has creative and artistic input.

He also works with sound healing to help restore harmony and transmit to us the Rainbow frequencies of Light. He sponsors all those who bring the teachings and culture of the Ascended Masters and the Great White Brotherhood to humanity. He, along with Lord Maitreya, is the initiator of the Heart Chakra. Call upon Beloved Paul the Venetian to assist you in creating all that your heart desires.

Embodiments of Paul the Venetian

- On Atlantis, Paul served in the government as head of cultural affairs. Before the continent sank, he went to Peru to establish a focus of the Liberty Flame, which later enabled the Incas to produce a flourishing civilization.
- Later on, he embodied in Egypt as a master of esoteric architecture and worked with Master El Morya, the

master mason, in constructing the pyramids.

• In his final embodiment as Paolo Veronese (1528-1588), the great Italian Renaissance painter, he became one of the greatest artists of the Venetian school. Born in 1528, he received little formal training in art before beginning his prolific career. His exceptional talents originated from the Fires of Love burning within his Sacred Heart.

• Paul the Venetian was the influence and inspiration behind the construction of the Statue of Liberty in France. The statue, among other things, represents the Flame of Liberty, the same flame that Paul the Venetian gifted to the Incas long ago. He ascended at the end of his last in-carnation in 1588 at the "Chateau de Liberté" in Southern France.

The Chateau of Liberty, Retreat of Paul the Venetian

In southern France, on the banks of the Rhone River that flows through the green hills and valleys of the rich countryside, stands the "Chateau de Liberté," which is the home and retreat of the Master Paul the Venetian, Chohan of the Third Ray. The natural beauty of the countryside emphasizes the grace of the buildings, framed in the loveliest of nature's settings. Exquisite

marble columns, adorned with blooming roses, encircle the formal gardens. Entering the elegant and spacious hall, you will see beautiful paintings representing the Holy Trinity, denoting the Third Ray upon which the beloved Paul presently serves. The building itself is built in three stories. Behind the chateau there are magnificent gardens landscaped in three tiers.

The service of beloved Paul and the Brotherhood of the "Chateau de Liberté" is also threefold.

- First, the development within the hearts of evolving souls, true love for God, love for Self and love for all life.
- Second, the stirring within the hearts of humanity, a love for cooperation with Cosmic Beings, Ascended Masters, Angelic Hosts and those who are the

messengers of God.

• Third, by a sincere and practical love, the activation of the potential gifts hidden within the hearts of mankind everywhere. This love, impersonally but definitely directed, draws forth from the hidden recesses of the soul the talents, gifts, powers, limitlessness and attributes of the "I AM Presence."

In the new Golden Age, in which we are about to enter, every nation will provide for, encourage, subsidize and develop this 'budding genius' in their people patterned after the "Chateau de Liberté." Then the many souls who come to Earth with great gifts and talents will not find a cold, unresponsive world that steals the precious life energies of such potential genius to "make a living" in the outer world.

From The Book "The Seven Sacred Flames" By Aurelia Louise Jones.
www.mslpublishing.com



From Portugal with love from Bam&Boo



Cristina da Costa Brookes

Bam&Boo is a Lisbon based start-up business, selling sustainable but affordable oral and personal care products and accessories online.



Bam&Boo was founded in 2017 and has really taken off as it has great reviews on social media. I had the pleasure of speaking with co-founder Fernando Ribeiro about their growing brand. How Bam&Boo started “The idea came up from a meet up with friends in 2017, between working lunches and informal gatherings between three friends. We came up with the idea to build up our own brand and it took us about eight months from the final idea to the launch of our website in July of 2017. “Our background is marketing and product de-

velopment with companies like Nestle and Danone, so we were used to brand development and decided to set up our own business. We are a small team but we have grown to six people now and hope to keep growing steadily. There were two key things for us: It should be digitally driven from the start as Portugal is a small country, so we set up the business online so we can reach a larger audience. The other key thing is that we wanted to be sustainable, to set up we needed to minimise the footprint of the product and logistical sides.” “We are true advocates of natural ingredients, cruelty-free products,

eco-friendly packaging and making it all very simple for you. And we guarantee that pandas are safe and happy in this awesome eco-journey.” “At the start the first idea was not a toothbrush, it was socks because the idea was to play with the idea that Portugal is a great producer of socks and we wanted to design socks with bamboo fibre and cotton”. We changed the idea and came up with the toothbrush because it is a common product, everyone uses a toothbrush, there has been no product development in the last 50 years, it is always the same the toothbrush, only with a slight change to the bristles.

It is a common product that was not re-thought for ages which is why we picked it up. Bam&Boo is very much community driven and we have a great community of customers who help us to drive the brand further”. Bam&Boo Products “Since starting, we have just been focused on adult care and products based on bamboo as the raw material. The Bam&Boo toothpaste is the first climate neutral product in the world and the bam-boo toothbrush is the first climate neutral product in Portugal, both certified by Climate Partner.” Additionally, “the toothbrush is made of bamboo, the bristles are made nylon BPA free and we are searching for more sustainable options but it is quite hard to have a functional toothbrush without nylon bristles, we have thought about other biodegradable materials, like horse hair but it is more abrasive for teeth, apart from Nylon there is nothing that is 100 percent efficient and sustainable option so it is a work in progress and we need to be bigger to get a solution as that is an aim for us.”

“Two months ago, we launched the personal care range and home care options which are mostly produced in Portugal.” Everything that is cosmetics such as the hair care and skin care is made in Portugal and then there are some products in the personal care range made in Germany and then finally the bamboo itself comes from China.” The festive season is approaching and they have fantastic gift bundles which are perfect as Christmas presents for family and friends, the gift bundles include: “Eco-Couple”, “Eco-Lush”, “Travel Friendly”, “Eco-starter”, “Happy Shower” and “Natural Power”.

It is important to note that they have a subscription service, so if you would



like to get a product every couple of months, this is a convenient way to do that, whereby you can choose the date it is delivered and they have a chat service available so you can discuss or change your orders.

Shipping

In terms of shipping, everything is sent with love from their small office in Lisbon. “It is important to us to keep the shipping in house as we send a letter with the order and like having a connection with all our clients.” They ship worldwide, “with 99 percent of their clients being from Europe and 20 percent of their sales are in Portugal. Our packaging is all in English because our main markets are the UK, Portugal, Ireland, Spain and Italy.” “Bam&Boo are committed to actively compensating for the excess carbon generated from our delivery service. It means that we are focused on creating an environmental benefit by removing additional CO2 from the atmosphere.” Future of Bam&Boo “We just started to launch

the personal care range, which are alternatives for hair care, skin care, body care, home care and accessories that complement the experience. We have our innovation road map planned so we are aiming to launch a new product every month, including line extensions of current products like a new shampoo bar but we also have plans for new products like sunscreens or body oil. We are always looking to work with natural ingredients that are chemical free and finding plastic free solutions for our packaging. We have lots of ideas, to get bigger to get the right funding to go on with research and development which hopefully will come in time!” For more information about the projects, they are supporting and to join their growing eco-journey today by checking out their website at <http://thebamandboo.com/>. They also have a great Facebook page @TheBamAndBoo and @thebamandboo on Instagram, where they share great tips on small steps you can make to be more sustainable.



Gaspacho & Migas: "A gastronomic dream".



Cristina da Costa Brookes

Gaspacho & Migas Restaurant is nothing short of a gastronomic dream, located on Rua Francisco LM Veloso in Lagoa, Algarve.



They opened last year in February and I had the pleasure of speaking with the owner, Rogério Malheiro. They are the Winner of TripAdvisor Travellers' Choice 2021 and featured in the book "Boa cama boa mesa" by newspaper Expresso for the best restaurants of Portugal 2021. Rogério Malheiro has lived in the Algarve for three years and told me his wife was born here. He has always loved gastronomy and cooking at home and decided

to make his dream a reality with Gaspacho & Migas, explaining that he "loved the location in Lagoa and all that the Algarve has to offer".

Revitalising recipes

This Portuguese restaurant is all about revitalising ancient Algarve and Alentejo recipes with a modern twist and showcasing the valuable heritages that reveal deep knowledge. Through Rogério Malheiro's own travelling experiences, he decided that

he wanted the décor of the restaurant to "embody rustic with the industrial to resemble a Modern Bistro." The restaurant has a cosy atmosphere and the décor is classic yet modern which replicates the menu, which is ready for each gastronome to embark upon a memorable fine dining experience. The staff are welcoming and attentive and their attention to detail is impeccable, they briefly explain each dish to you and nothing is rushed here, which I absolutely loved.

I found that the charming menu is so varied with an array of meats, fish dishes, seafood and vegan and veggie dishes. The diversity of the menu piqued my curiosity immediately and Rogério Malheiro explained that "we have recently changed our menu to a much cosier one to fit Winter, "which he told me" took about three months to perfect as all the staff taste the menu and they discussed all the dishes prior to making the final version." He also added that they cater to "all your allergen requirements, offering advice about which dishes would work best for you" and they can even adapt some dishes to suit your needs.

The waiter brought over a selection of fresh bread with two delicious homemade butters, which were roast butter and the other was mushrooms and truffle. Then for starters, we had the crab soup which I can say is the best soup I have ever had. The waiter brought over an eloquently presented bowl with crab, croutons and coriander and then, with finesse, poured a clear glass bottle of crab soup over the bowl. It was a warm and inviting soup, which was subtly spicy from the red curry but it was not overpowering. Every mouthful was comforting and it was an explosion of flavours! The smoked Jalapeños gaspacho with sesame seeds, had a subtle kick and every spoonful was fresh and flavoursome. We then had a wonderful experience trying all the different flavours of Gaspacho & Migas with their fantastic tapas. The tapas embody all the flavours of the Algarve and Alentejo cuisine. The tapas were delightful which included shrimp,



octopus, Iberian pork ham from the Alentejo and alheira spheres. I was recommended the Octopus and the Gamba da Costa, the dish is premium octopus, Algarve prawns, yellow beetroot, sweet potato purée, vegetables and coriander pesto sauce and sweet potato crisps. The sweet potato purée was creamy and complimented the octopus really well, I would definitely recommend Gaspacho & Migas solely to experience octopus cooked perfectly, which is something I have found is difficult to find in the Algarve. We also tried the Iberian pork with asparagus migas, which included grilled plum, vegetables and chimichurri which is found in Argentinian and Uruguayan cuisines. The creamy gratin worked so well with the Iberian pork, with all the small details adding bursts of colour to the plate, creating the most superb, edible piece of art. For dessert, we tried the coffee and chocolate which was presented beautifully with such flair. It was irresistible and delightful with coffee meringue with raspberry and lemon, caramelized white chocolate, chocolate gelatine which is the most rich and luxurious jelly, coffee ice cream, toasted hazelnuts and chocolate sauce. We also tried their chocolate mousse which I urge all chocolate fans to try as it was incredible and light and

creamy with chocolate crispy biscuits and fresh berries, which contrasted the chocolate perfectly, adding a subtle sharpness.

Unforgettable experience

Overall, an experience like no other, spectacular from start to finish which takes you away from your everyday life. The dishes have finesse and flair that leave you completely charmed and fully satisfied. Gaspacho & Migas is an unforgettable culinary gem and a place I am eager to go back to and I urge you to check them out as I believe they are the perfect place for family and friends to gather, for all special occasions. Additionally, Gaspacho & Migas offers a catering service so you can enjoy all that they have to offer in the comfort of your own home. It is important to note that from the 18 November, they will only be open from Tuesday to Saturday for dinner at 6:30pm to 10:30pm. Most excitingly, Gaspacho & Migas will be serving Christmas lunch on 25 December from 12:30pm to 5:30pm with the menu to be announced on their website. They will also be doing a dinner on New Year's Eve.

You can find their full menu on their website, where you can also make reservations at <https://en.gaspachoemigas.com/> or you can contact them on 282 039 183 or 966 597 320 or via email at geral.gaspachoemigas@gmail.com



The unique and colourful Jessica Dunn

N Jake Cleaver

My visit to the Dunn studio to find out more about how this extraordinary local artist brings the Algarve's natural colours to life on canvas.



You may remember that a few weeks ago I told you all about an event I attended at the Algarve International School (AIS) near Vale do Lobo called The Big Draw. The five local lady artists from the recently formed Quinta Art Collective (Jessica Dunn, Jane Rodenburg, Toin Adams, Andrea M. Bird and Tracy Carson) had come down and were helping the kids splash about with some paint and create, what turned out to be, some really quite beautiful murals on the front wall of the school.

While I was there, Jessica Dunn very kindly invited me to come by and see her studio sometime. Jessica grew up in London but has been coming to the Algarve her whole life and has been based here permanently since 1987. She's one of those people who, growing up here, I feel like I've always heard of but knew embarrassingly little about and so I jumped at the chance to find out more. The Dunn Studio is located

in Boliqueime and Jessica told me that maybe it would be best if we met at the cemetery as people tend to get lost if they try to follow Google any further than that. I met Jessica here and we walked up to the studio. Next to the family house, it was originally built for her father, the much loved comedy actor Clive Dunn (from Dad's Army), as he always had a huge passion for drawing and painting, something that rubbed off on Jessica, who has been painting her whole life. Indeed, during my visit, it became apparent that the whole family is a creative one. Her mother, Priscilla Morgan, who I only met briefly, was an actress too, and Jessica's daughters, Alice and Lydia, also paint and draw. This means that all the wall space in the house is covered in drawings of beautiful places and quirky creatures, as well as quite a few portraits they painted of each other. Even outside in the garden, Jessica pointed out a cat statue on the roof she had made and also commented

that they should really get around to touching up the mural of tropical birds that her dad painted by the pool. The trouble with everybody being so creative, I began to see, is where to put everything? But there are definitely worse problems. I thought it was wonderful. But anyway, 'back to the studio' (as they say). It was a very circular room, think 'lighthouse' sort of shape, and, come to think of it, a lighthouse is a good way to describe it for another reason as well. The many windows allow all that gorgeous Algarvian sunshine to come streaming in and provide the perfect light in which to see Jessica's paintings that are largely inspired by that very same sunlight and the colours and contrast it creates as it dances around familiar scenes from life here in southern Portugal. You see, although she used to paint more figurative paintings, in the last five years or so she has transitioned into more abstract art and takes her inspiration mainly from

sky, land and seascapes. Her work now brilliantly catches the contrast in colours that the sun highlights as it paints the clouds at sunset, or casts shadows through the trees or sparkles on the water. Indeed, while I was there, a patch in one of the paintings was lit up in the sunshine, bringing out a square of striking bright light orange, which I mistakenly thought was part of the painting. Jessica liked it too and I think I started her mind whirling about how she could replicate that effect on the canvas permanently. Working with oils and acrylic, Jessica told me how she's got into the habit of starting all her paintings by bringing them 'down to earth' and covers them in a background of a lovely orangey terracotta colour - the same colour you find on the ground in so many places around here. She then proceeds to work her magic, taking her time, adding a splash of paint here and scraping a bit off there, until, eventually, a place or a familiar feeling starts to emerge. She works on several simultaneously and the key, she said, is knowing when to stop. They are abstract and thus open to your own imagination and interpretation. Indeed, she laughed and showed me one that had recently been exhibited in a gallery the wrong way around and that even she didn't notice until later when she looked more closely and realised it looked much better the original way up. She does name them and that gives you a little clue as to the inspiration. My favourite was 'Somewhere' with a streak across the sky that I later realised was, of course, a rainbow. (It's smaller counterpart was placed 'Way Up High' in the room next door.)



There was one based on the 'levant' dust storms we get from time to time, others take you for a stroll 'Into The Woods', and there's a series of 'Blue' paintings to which you will have to make up your own mind if they are sea or the sky. I was really quite enchanted by Jessica's work and I'm doing my best to describe them, but it's difficult. I don't think even photos do them justice - you need to see them for yourself. (Having said that, she does have some beautiful limited edition prints on which you can almost 'feel the paint'.) She told me that she had also found a company that takes her paintings and makes scarfs, bags, wallets, pillowcases and even, more recently, masks. Which I think is a wonderful idea as you can now 'wear her art' and the brilliant colours

of her paintings make the perfect adornments to decorate and light up your day to day life with. There were lots of unopened packages on the ground which Jessica told me was artwork from the rest of the Quinta Art Collective that had started to arrive. This is because on the weekend of Friday the 3rd of December (from 5 pm - 8.30 pm) and on Saturday & Sunday (between 11 am and 6 pm) they will be holding an exhibition there at the studio with their 'Small Works' (so that there's space to display all of their talents). If you want to find out more about Jessica's work, then visit her website www.jessicadunnart.com and consider going to this latest exhibition. It sounds like fun!



Do all ants fly?

I have seen swarms of them recently and wondered if all species fly

N Marilyn Sheridan

Conditions have to be just about perfect for ants (called 'formigas' in Portugal) to take to the air – after all, they are not only land based insects, but underground based, so why suddenly lift off? And they are huge juicy looking things too. I watched some in my garden the other day, and some had landed and were actually running around trying to shed their

wings, some had shed one wing and looked like they were frantically running round to get rid of the other one, I likened them to someone struggling to get an arm out of a sweater that was too small!

All ant species have some ants who develop wings and fly, and when the ant colony is naturally ready to expand, the mature winged ants get ready to take centre stage, and like an alarm has gone off, they all get the message to leave home. Their sole purpose in life now is to mate, and the females will then start a new colony.

The weather conditions have to be just right – bright sunlight, low wind, high humidity and warm temperatures, preferably after 3 or 4 days of rain –

all conditions we have had recently – and bingo, off they went, great swarms of them, flying and landing, some getting picked off by birds, some successful, some not, some drowning in puddles or pools.

These are sexually mature ants, called 'alates' by entomologists. They are the "reproducers" of the colony, created by the 'queen' and fed by the 'workers'. They go through their immature stages developing inside of the colony, and when the ant colony is naturally ready to expand, the winged ants get ready to take the stage. The males and females of all the colonies simultaneously fly out to mate, or as close together as possible. They create mating aggregations called 'hilltopping' around trees, bushes, chimneys,

towers, trucks and other large or high structures, and this increases their chances of finding a mate and the successful fertilization of the queens-to-be.

Incredibly, a queen ant can live for decades, the males just a week. Once underground, the queens will not eat for weeks – until they have produced their own daughter workers. They use energy from their fat stores and redundant flight muscles to lay their first batch of eggs, which they fertilise using sperm stored from their nuptial flight. It is the same stock of sperm acquired from long dead males that allows a queen to continue laying fertilised eggs for her entire life. Queens never mate again. And amazingly, once the queen does die, the



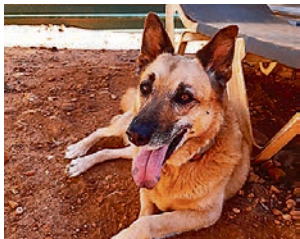
workers continue their quest of feeding those that remain, until eventually they all die out.

These huge swarms can seem a bit intimidating, but the ants have only one thing on their minds! Ants that fly don't represent any greater danger to you than your typical ant that crawls. And flying ants don't bite unless their genus bites also, for example, fire ants with wings will bite the same as fire ants without wings. Shortly after the mating 'deed' is done, the males all die, and the females start looking for places to start a new colony. Seeing a swarm is nothing to get alarmed about. After all, roughly half will die and not all queens will be successful as everything has to fall into place for her – no predators,

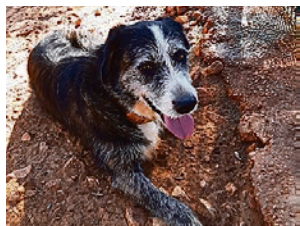
the location, and even a bit of luck.

If a swarm happens to invade your home, it would be wise to get the professionals in, especially if they are headed into any wall spaces they find. Flying ants are sometimes mistaken for wood-chomping termites – that's another pest altogether! – and before you panic, you can tell the difference by their appearance. Termites have straight, wide bodies, and ants have narrow, pinched bodies. Once you're close enough to compare the bodies of termites to ants, you'll likely see that the abdomen on a termite has no defined waist with a rectangular shape, whereas ants have well-defined pinched bodies.

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CLARA is a 10-year-old, medium-sized female known for her confident, happy and affectionate character. She is friendly and uncomplicated. Please email cadelaclarlota.comp@gmail.com to meet Clara (Lagos).



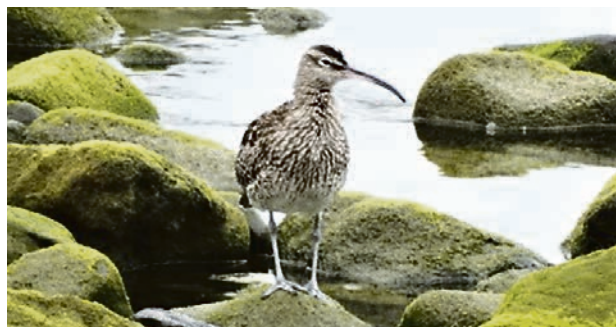
MR. OLLIE (5 y/o) is our three legged dog. He is a shy dog at first but loves to be taken for a walk. Gets along well with other dogs and with people. Contact cadelaclarlota.comp@gmail.com to meet Mr. Ollie.



MOLLY and **MIA** are about 25 weeks old. They came to us from a colony, together with their black (photo shy) brothers Storm and Shadow. We would like to place them in two couples, as they lived since their birth together. Call Corinna on 918 552 788 or send an email at ccc.carvoeirocatcharity@gmail.com.

HAVE YOU SEEN?

Whimbrel *Numenius phaeopus*



The Whimbrel is a slightly smaller relative of the better known Curlew. It breeds in the sub-Arctic and Arctic tundra and, in the western part of its range, migrates south to winter from the Mediterranean region to sub-Saharan Africa. It also reaches remote oceanic islands, which can be revisited annually. Up to 40 came to Santa Maria in the Azores each year and the repeat presence of a bird of the distinctive American form (and evidence of hybridisation) confirmed it was the same individuals. Two Eurasian races have a vast range stretching from Greenland to Siberia. Eastern birds reach Australia in large numbers in winter, so this is a very common species globally.

Whilst the Curlew's longer curved bill restricts its winter distribution to areas with soft mud, like tidal estuaries, Whimbrels are more versatile and can often be found on rocky coasts hunting for small crabs and other crustacea in rock pools. In The Gambia I found large numbers in the mangrove swamps there, where some non-breeders could be found throughout the year.

The dark stripes on the head distinguish Whimbrels from small juvenile Curlews, as does their evocative call – an loud

piping consisting of between 6 and ten rapidly repeated notes. This often reveals the passage of flocks of high-flying migrants in spring and autumn, both during the day and at night. Confusingly, though, a bird surprised at close range can call 'cur-loo'!

In Portugal, Whimbrels can occur in large numbers on coasts during both migrations. Over 600 have been counted in the Alvor estuary in April, when I have seen flocks arriving over the sea from Morocco from my vantage point at Salema. In autumn they follow the west coast southwards, with some stopping off to rest and feed in the Tagus estuary. More than a thousand have congregated in the Ria Formosa marshes in August but most of these then move on, leaving only a small wintering population. Recoveries of ringed birds indicate arrivals from Britain, northern Europe and Scandinavia, although

some of these will have been trapped on migration.

Alan Vittery



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Nearly time for Poinsettias!

I can't believe how close Christmas is now



Marilyn Sheridan



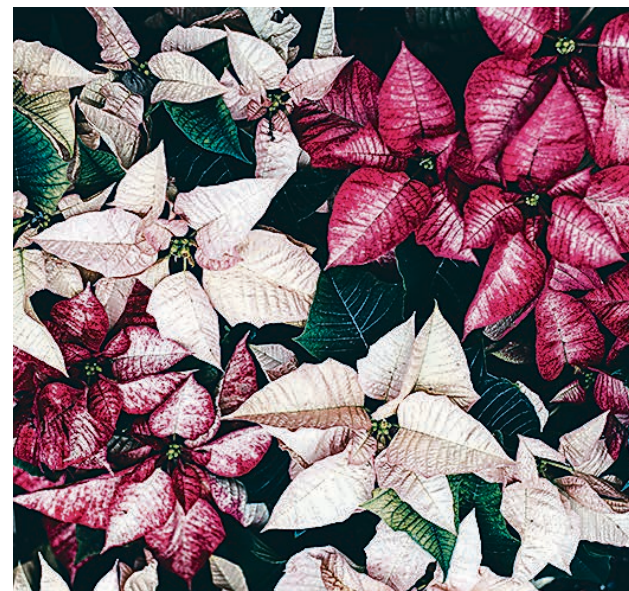
I have been looking out for poinsettia plants, they are just the epitome of Christmas, with rich colours of red and green. I have to say, at the time of writing this, I haven't seen

any yet – at least not real ones, although the garden centre I visited today was a full-on Christmas masterpiece already, knee deep in fake snow, pine garlands, baubles and jolly Santas, and I felt like I was

in a botanical version of a well-known Swedish furniture warehouse, there was no escape on my route, you just had to walk through it all! They had bunches of artificial poinsettias in amongst their displays – and

there's nothing wrong with that, I hasten to add, as they will certainly last longer than real ones, but a real one can be planted out in Portugal, and there is a strong chance it might at the very least remain a viable plant for next year. Poinsettias (*Euphorbia pulcherrima*) are actually from Mexico and Central America originally, and gets its name from Joel Robert Poinsett, a botanist and the first US Minister to Mexico, who is said to have introduced the plant to the US in the 1820s, and began sending them back to his greenhouses in South Carolina. Prior to being called poinsettia, its original name was 'Mexican Flame Flower' or 'Painted Leaf'.

It has a history tracing back to the ancient Aztecs, who saw the plant as a symbol of purity, and the plants grow in the wild in tropical forests. Originally, they were cultivated for a practical reason – to make red dyes and medicines. Mexican legend has it that sometime in the 16th century the plant became synonymous with Christmas – a girl who wanted to prepare a gift to celebrate the birth of Jesus had no money to offer a proper gift, and the story goes that an angel came to her in a vision and told her to gather plants and weeds growing along the roadside and to place them at the altar of the church as a humble gift given with love. There, they sprouted red and green leaves, leading the congregation to believe they witnessed a Christmas miracle. Their colours range from creamy white to pink, to the traditional red, and the colourful parts are actually bracts, which look like petals, with tiny yellow flowers in the centre, called cyathia. Some varieties have bracts with patterns in red and white, pink and white, or green and white



and even bright orange. These eye-catching bracts attract insects and will drop after pollination.

Interestingly, the bracts change colour in response to the shorter winter days and actually bloom when the days get shorter. To encourage one to 'colour up' in time for Christmas, about 8 weeks before display time, they require as much bright light as possible in order to absorb energy for colour production during the day, but shouldn't receive any light at all for at least 12 hours a day, perhaps covered up with a cardboard box or put in a dark room overnight.

To keep them blooming each year, they need care – when the leaves begin to yellow or when the plant is no longer desired in the festive season, gradually withhold water,

and keep the plant somewhat on the dry side; water only enough to keep the stems from withering. You can grow them outdoors in your garden if you live in a frost-free area, and I recall I kept one going on a sheltered terrace. Whether potted or in the ground, they should be pruned twice a year, first in the spring and again in late summer. I read somewhere that remembering the 'A' months is a helpful tip, April and August. For the first pruning in April remove all foliage and cut all branches back to 4-6" of height. Yes, it sounds drastic, but it will encourage new growth – and use fertilizer as soon as this new growth emerges. Poinsettias are not to be eaten, though are not harmful to animal or human health – they are not poisonous, but the sap may cause dermatitis.



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How to keep warm this winter

N Marilyn Sheridan

And how to keep your spirits up on these cold nights!

I remember my first trip to Portugal before we moved here. It was January – probably the worst time of year you might say, but for someone who has just left the frozen wastes of Ireland, it was warm, yes even balmy, and we shed our coats in the taxi and grinned like idiots at the blue sky. We had come to visit some friends near Albufeira for a week, and while our hosts stayed indoors in their sweaters, we spread ourselves out on their sunbeds, took off our socks, rolled up our trouser legs and took in the views of the sparkling sea while basking in the sun. We scoffed at the locals, fashionably dressed in boots and scarves and jackets, and wondered how on earth they would cope with the harsh reality of winters where people acquired chilblains, or an arctic blast threatened to rip the skin off your face and render your lips unable to form basic words. Well, we are living here now,

and are finally experiencing the realities of Portuguese winters, and the next one is just around the corner. The thing is, we have found out that there is such a wide contrast in the day and night temperatures during the winter, that it seems much more noticeable. The smiles have been wiped from our faces as we know that as soon as the sun starts to dip, we should hurry up home or get inside and shut the door, as it's like an invisible switch has turned the heat down and opened the way for the 'cold monster' to extend his icy fingers over us. Add in the unpredictable rain, and we might be in for a chilly time.

Keeping cosy

Most homes in Portugal are designed to keep the sun out, which is a wise move, but most are not built with insulation, so the cold seeps in during the winter months. Most homes do not have central heating either, so the

best you can do is layer up two or three items of clothing, and light a fire. Putting rugs down certainly helps, and pulling the curtains over does too – if they don't keep the drafts out, they will make it look warmer at the very least.

Log fires, wood or pellet burners and oil-filled radiators work well in a small room, but a modern villa has wide open rooms with high ceilings – very hard to keep warm, and somewhere in my collection of winter clothes there is a lovely warm chipmunk onesie I was inspired to buy a few years ago – I would die of embarrassment if someone called round one evening and caught me unawares while wearing it – I look like the winner of the booby prize in a fancy dress competition – but boy, is it warm. And funnily enough, my dog thinks so too, as suddenly my lap is irresistible of an evening. And as for the pool – well it might just as well have ice on the surface, it feels that cold, and I am not going in! Wild swimming? You can keep it, if it feels anything like the numbing water in my backyard.

I would love to give you some little pearls of wisdom about keeping warm this winter, but I don't have the answers. Electric blanket, a hot water bottle (or two), heaters, wood or pellet fires, pile on the extra blankets – and even my unlikely onesie all do it for me. But there is one remedy I can guarantee will make you forget about the cold – a couple of glasses of Medronho (Portugal's own firewater) will go a long way to take your mind off things! Roll on the spring!



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Celebrating butter

Every now and again, chef James Martin's mum would let him make his own packed lunch – and on those occasions, he knew exactly what was going in his Spider-Man lunchbox.



you just don't use the stuff you get in the supermarket – it's too heavily watered, and there's too much water in buttermilk. Really, really good pastry butter should snap in half like a Dairy Milk."

Try some of these new recipes celebrating butter.

Crispy buttermilk chicken with chipotle dressing

Ingredients: (serves 4–6)
12 chicken thighs, skinned and boneless
500ml buttermilk
Vegetable oil, for deep-frying
Fine sea salt
For the seasoned flour:
300g self-raising flour
2tsp celery salt
2tsp dried oregano
2tsp cayenne pepper
½tsp ground nutmeg
3tsp garlic salt
3tsp onion salt
2tsp dried thyme
1tsp freshly ground black pepper

For the chipotle dressing:
1tbsp Dijon mustard
3 egg yolks
200ml vegetable oil
1tbsp chipotle chilli paste
To serve:
A few sprigs of coriander and mint, chopped
1 red and 1 green chilli, sliced

2 limes, cut into wedges
Method:
1. Place the chicken in a large bowl or container and coat in the buttermilk. Cover and pop in the fridge overnight.
2. The next day, heat a pan of vegetable oil or a deep-fat fryer to 170°C (338°F).
3. Mix the flour together with all the spices in a shallow bowl. Drain the chicken from the buttermilk and dredge it through the seasoned flour, coating each piece well.
4. Fry the chicken in batches for six to eight minutes until golden and crispy, then drain on kitchen paper.
5. To make the chipotle dressing, whisk together the mustard and egg yolks. Slowly drizzle in the oil, whisking continuously until you have a thick dressing, then whisk in the chipotle paste.
6. To serve, pile the chicken onto a platter, drizzle over the chipotle dressing and sprinkle the herbs and chillies over the top. Dot with lime wedges for squeezing.

Roast crab with lime and chilli butter

Ingredients: (serves 2)
100g butter, softened
zest and juice of 2 limes
2 kaffir lime leaves, finely sliced
1 lemongrass stick, finely chopped
4 spring onions, sliced
2tbsp fresh coriander, chopped, plus extra leaves to serve
1 red chilli, finely diced
300g white crab meat
Sea salt and freshly ground black pepper
To serve:
Toasted sourdough

Method:
1. Preheat the oven to 200°C (180°C fan)/400°F/gas 6.
2. Beat together the butter, lime zest and juice, kaffir lime leaves, lemongrass, spring onions, coriander and chilli. Season with salt and pepper.
3. Spoon the crab into two ovenproof dishes and top with the butter. Place them

on a baking tray and roast for 10 minutes until hot and bubbling.
4. Sprinkle with coriander leaves and serve straight away, with toasted sourdough on the side.

Filo croustades of figs, almonds and clotted cream

Ingredients: (Serves 4)
Plain flour, for dusting
8 sheets of filo pastry
80g butter, melted, plus extra for greasing
80g caster sugar
75g flaked almonds, toasted
4tbsp clotted cream
4 ripe figs, stems trimmed and crossed to press open
2tbsp honey
To serve:
200g clotted cream

Method:
1. Preheat the oven to 170°C (150°C fan)/325°F/gas 3 and grease four 10 centimetre tart tins, one and a half centimetres deep.
2. On a lightly floured surface, cut out 12×12 centimetre squares from the filo pastry. From the remaining pastry, cut out eight discs, using a five centimetre round cutter.
3. Brush one filo disc with melted butter on one side and place it butter-side down into a tart tin. Lightly brush three of the

filo squares on both sides with melted butter, then cut them in half into triangles. Arrange the triangles evenly on the disc like petals, then seal them with another filo disc on top (this will ensure light, flaky and crisp croustades). Repeat to assemble the remaining three tart shells.

4. Bake the tarts for eight to 10 minutes until crisp and golden, then carefully place them on a wire rack to cool. Remove from the tins once cool.

5. Put the sugar in a non-stick frying pan over a medium heat; do not stir but carefully swirl in the pan until the sugar is brown and caramelised. This should take about three to four minutes. Toss in the almonds to coat them.
6. Place a dollop of clotted cream into each filo shell, add a fig, top with a scattering of caramelised almonds and drizzle with honey. Serve topped with a dollop of clotted cream.

BUTTER: Comforting, Delicious, Versatile – Over 130 Recipes Celebrating Butter by James Martin, published by Quadrille. Photography John Carey. Available now.

PA/TPN

“I'd have buttered white sliced bread and mashed up banana with a Cadbury Flake on it, press it down, wrap it in cling film,” he remembers fondly. “Then you get to lunchtime and it would sort of look – when it was out the cling film – almost like a tennis ball. It would be all congealed together. But you managed to eat it. Nobody wanted to swap with me, but it was proper.”

Several decades on, this is a Yorkshireman who puts butter on roast potatoes (specifically when they're “not cold”, but lukewarm) and has now written a whole cookbook devoted to the yellow stuff, simply titled Butter.

“People just think butter is butter, and it's not,” he says, explaining how different butters suit certain types of cooking. “If you're going to do French-style patisserie,

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COMFORTING. DELICIOUS. VERSATILE

Because November is blue month - let's promote the prevention of prostate cancer

All men are at risk for developing prostate cancer and the most common risk factor is age, while some are at an increased risk of developing the disease. If you are African-American or have a family history of prostate cancer you are at an increased risk for getting or dying from prostate cancer.

For some men, inherited genetic factors may put them at higher risk of prostate cancer if:

- You have more than one first-generation relative (father, son, or brother) who had prostate cancer, including three generation relatives on your mother's or father's side of the family.
- You were diagnosed with prostate cancer when you were 55 years old or younger.
- You were diagnosed with prostate cancer, and other members of your family have been diagnosed with breast, ovarian or pancreatic cancer.

Different people have different symptoms of prostate cancer. Some men do not have symptoms at all. If you have any of the following symptoms,

be sure to see your doctor right away:

- Difficulty starting to urinate
- Weak or interrupted flow of urine
- Frequent urination, especially at night
- Difficulty emptying the bladder completely
- Pain or burning during urination
- Blood in the urine or semen
- Pain in the back, hips or pelvis that doesn't go away
- Painful ejaculation

Keep in mind that these symptoms may be caused by conditions other than prostate cancer.

Cancer screening means looking for cancer before it causes symptoms. The goal of screening for prostate cancer is to find cancers that may be at high risk

for spreading if not treated, and to find them early before they spread.

There is no standard test to screen for prostate cancer. Two tests that are commonly used are: a blood test called a Prostate Specific Antigen (PSA) and a rectal examination. PSA is a substance contained in the prostate and the levels of PSA in the blood can be higher in men with prostate cancer. Other conditions that affect the prostate may also result in elevated PSA levels.

The recommendations for prostate cancer screening are:

- Men who are 55 to 69 years old should decide to be screened for prostate cancer with a prostate specific antigen (PSA) test.

BECAUSE NOVEMBER
IS **BLUE MONTH**
LET'S PROMOTE THE
PREVENTION OF
PROSTATE CANCER

- Before deciding, men should talk to their doctor about the advantages and disadvantages of screening for prostate cancer, including the benefit or otherwise of other tests and treatment.
- Men who are 70 years old and older should not be screened for prostate cancer routinely.

This recommendation applies to men who:

- Are at average risk for prostate cancer.
- Are at increased risk for prostate cancer.
- Do not have symptoms of prostate cancer.
- Have never been diagnosed with prostate cancer.

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Get portion-wise



According to The British Nutrition Foundation (BNF), on average, we're eating 200-300

calories more than we need every day. New BNF research found 41 percent of people tend to finish everything on their plate,

even if they're full. And while more than three-quarters (78 percent) of those surveyed said they have portion sizes on their mind when preparing and

A healthy balanced diet isn't just about what you eat, it's about portion size too – and it can be surprisingly easy to consume too much.

serving meals, 20 percent serve themselves large portions at mealtimes, to make sure they don't feel hungry afterwards.

To help make it easier for people to understand what a healthy-sized amount looks like, without having to go to the trouble of weighing everything, the BNF has launched updated guidance.

"We want to remind people that eating a healthy diet isn't just about what we eat, but also how much we're putting on our plates," says Sara Stanner, science director at the BNF. "Most of us will eat more when given bigger portions, so having portion sizes appropriate for our need is important. The aim of the portion size measures in our guide is to give people a quick way to estimate sensible portions, without having to get out the weighing scales."

Here's a look at what the portion size measures include...

Fruit: About a handful or more. Vegetables: About 3 serving spoons or more

Fruit and vegetable portions are based on the 80g portions for 5 a Day. "For fruits and vegetables, the main message is to eat more," stresses Stanner. "Usually, you can eat big portions of these for relatively few calories, so filling your plate with plenty of vegetables or having fruit-based puddings is a great way to have satisfying portion sizes for fewer calories." She recommends

including a variety of different fruit and vegetables, and points out that frozen and canned veg are still nutritious choices.

Cereal: About 3 handfuls

Around three handfuls of breakfast cereal is about 40g, which is around 200 calories with half a glass of semi-skimmed milk added, explains Stanner. "Government guidance suggests having about 400 calories for breakfast, based on a calorie need of 2,000 calories a day," she says. "So, you could choose to have a larger portion of cereal where your calorie needs are higher, or if you're not having anything else for breakfast." It's best to choose wholegrain cereals with a lower sugar content, and add fresh or dried fruit to help with your 5 a Day, she suggests.

Dried rice or pasta: About 2 handfuls

It can be difficult to cook the right amount of pasta and rice, as they expand when cooking. Allowing about two handfuls per person is a good place to start, but you can adapt this depending on who you are cooking for, advises Stanner. For spaghetti, she suggests using your finger and thumb to make a hole the size of a £1 coin and allowing a portion this size per person.

Chicken breast: About the size of your whole hand

A portion of grilled chicken breast about the size of your hand is approximately 120g and about 180 calories – although obviously this depends on the size of your hand, says Stanner. If you're using chicken in a stir-fry or curry for example, you may find you need less as you'll be including other ingredients.

Steak: About the size of your palm

For a lean grilled rump steak, this portion is about 130g and roughly 310 calories, says Stanner. Government advice is to keep to about 70g per day on average of red and processed meat, which is about 500g per week. "You don't have to cut out red meat to have a healthy diet – it's a source of important minerals such as iron and zinc," she says. "But it's a good

idea to shift towards having more plant-based sources of protein."

Dried lentils: About 2 handfuls

Two handfuls of dried lentils is about 50g, which equates to around 120g cooked weight. With canned lentils or other pulses, this is equivalent to half a standard can. "We're recommended to include more beans and lentils in the diet, as they're naturally low in fat and provide protein and fibre," says Stanner. "Choosing more plant-based sources of protein is also one way to make our diets more sustainable for the planet."

Nuts and seeds: About the amount you can fit in your palm

Nuts and seeds are nutrient rich but also high in calories, so it's a good idea to be aware of your portion sizes if you're concerned about your weight. Stanner says the amount that fits in your palm is about 20g and provides 113-137 calories.

Cheddar cheese: About the size of your two thumbs together

Stanner says: "You may find you don't always want to stick to the portion sizes suggested – for example, if you're a cheese lover and occasionally want to have more than two thumbs' worth. But be aware that, depending on your needs, regularly eating large portions can make it more difficult to avoid weight gain."

Yoghurt: 1 individual pot or about 4 tablespoons

Dairy foods such as yoghurt are important sources of calcium and other nutrients. A portion from an individual pot of yoghurt or 4 tablespoons is about 120g and, for plain low-fat versions, provides about 68 calories. Stanner says: "It's best to go for dairy foods that are green or amber (low or medium) for fat on food labels, as these provide the important nutrients for fewer calories and less saturated fat." For plant-based alternatives to dairy foods, look for items fortified with calcium and ideally other vitamins and minerals too.

TPN/PA

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SHIMANO BOSCH

The healing power of horses

N Paula Martins

Equine therapy can have wonderful effects on children with special needs. Find out the power of horses and the happiness they can provide.

Horses are lovely animals that have unique healing powers, don't you think? Equine therapy is well known and these activities with horses can improve physical, emotional and social wellbeing. By just simply being around horses can help to reduce stress and anxiety levels.

In these fun activities, kids learn how to manoeuvre horses with the help and encouragement from experienced teachers. Actually, every time kids perform well, they will get a sense of accomplishment that automatically improves their wellbeing during the practice and after it.

Although the level of improvement always depends on each disability, in general equine therapy

reduces anxiety and stress, which will increase a child's self-esteem, self-acceptance and social skills. In addition, these children will be able to control their impulses more easily and gain communication and problem-solving skills.

At Quinta da Saudade, an equestrian centre in the Algarve, whose activity is mainly focused on promoting riding tours, I met Laurindo Fernandes, who also teaches kids with disabilities and dementia.

Laurindo is passionate about horses and has always lived surrounded by these beautiful animals. As a child "sometimes I used to ride horses to school. I've always loved horses", said the riding teacher.

That's why Laurindo has always worked with these animals and at a certain

stage he decided to start teaching children and helping them to overcome their fears. Without any degree or qualifications, his experience and innate talent are Laurindo's main tools.

With regard to fear, which is normal for those who have never experienced horses, Laurindo told me that after a while people begin to love riding. "These horses give you confidence," he said modestly. However, it is Laurindo with his calm and harmony that helps these people to get involved with animals, overcoming their fears.

"I've always been patient", he admitted. "I always loved to study horses, adults and children. Besides, I have a lot of patience and, to do what I do, both with horses and children, I need to understand them, give them time and find a proper way to teach them".

Primarily, "I teach them to clean the horses slowly, to be careful and to put their feet on the horses. After a while, they start to learn. It's so good to see these little kids who didn't know anything before be able to learn how to ride a horse".

The learning pace is not



the same for everyone, it will depend from child to child, but in general, at least ten lessons are needed, once a week, to enable a child to be more comfortable with the horses and able to ride.

Furthermore, between the age of ten and twelve is the best age for children to start developing these faculties. However, Laurindo warned that unfortunately not all children are able to learn. "I do my best, but when the disabilities are too severe, it's complicated."

Through his eyes, we can see how proud he is of the progress these children have made in Laurindo's classes. "I like to see the kid's development - that makes me

very happy. It's a joy, it's like seeing a horse that doesn't know anything and after a while it gains confidence".

In fact, these children with special needs are capable of this and much more, they can do extraordinary things. This is said by Laurindo, who confesses that these children have an often great intelligence for tasks that are beyond the reach of most common people, "sometimes we have no idea what they are capable of, they can memorise many numbers, and do things we can't even think of".



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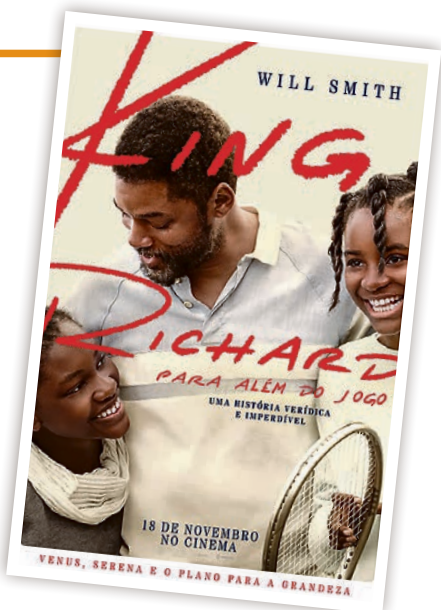
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Top Films of the week

King Richard

Stars: Will Smith, Tony Goldwyn, Jon Bernthal
Genre: Drama
Director: Reinaldo Marcus Green
Rating: M12

Plot: Based on a true story that will inspire the world, “King Richard - Beyond the Game,” tells us the story of Richard Williams, a father determined to create two of the most endorsed athletes of all time, changing the world of tennis forever. Will Smith, nominated for 2 Oscars, is Richard Williams. Driven by a clear vision of his future and using unconventional methods, has a plan that will take Venus and Serena Williams from the streets of Compton, California, to the global stage as legendary icons. It is a deeply moving film that shows the power of the family, perseverance and unwavering belief as a way to achieve the impossible and impact the world.



Cinema Listings

NOS Forum Algarve – Faro

Mon Cousin; King Richard; Ghostbusters: Afterlife (presale); The Last Duel; The Addams Family 2; Dune; Venom- Let There Be Carnage; Eternals; Dimensão S; The French Dispatch; Dogtanian and the Three Musketeers.

NOS Tavira

Dogtanian and the Three Musketeers; Eternals; Red Notice; The Addams Family 2; Dimensão S; Irregular; The Colony; King Richard; The Card Counter; Mon Cousin; Racetime; Antlers; Paw Patrol: The Movie; #JeSuisLà.

NOS Mar Shopping - Loulé

Racetime; Antlers; Eternals; Red Notice; The Addams Family 2; No Time To Die; Dune; Irregular; The Card Counter; Dogtanian and the Three Musketeers; Paw Patrol: The Movie.

Algarcine – Portimão

Racetime; Antlers; The Doorman; Eternals; Red Notice; Dune; The Addams Family 2; Sul Piú Bello.

Algarcine – Lagos

Racetime; Red Notice; Spencer; Eternals; The Addams Family 2; Dune; No Time To Die.

Algarcine Ria Shopping – Olhão

No Time To Die; Dune; The Last Duel; Eternals; Venom- Let There Be Carnage.

Cineplace Algarve Shopping – Guia

Racetime; O som que desce na terra; Antlers; The French Dispatch; The Doorman; Eternals; Die Heinzels; Red Notice; The Addams Family 2; No Time To Die; Dune; Venom-Let There Be Carnage; The Last Duel.

Estação Viana Shopping - Viana do Castelo

Racetime; The Doorman; Die Heinzels; Spencer; Eternals; The Addams Family 2; Dune; No Time To Die.

Cineplace Loures Shopping

Racetime; Antlers; The Doorman; Sul Piú Bello; Die Heinzels; Red Notice; Spencer;

Eternals; The Addams Family 2; Dune; Ron's Gone Wrong; Venom- Let There Be Carnage; No Time To Die.

Cineplace Leiria Shopping

Die Heinzels; Red Notice; The Addams Family 2; The Last Duel; Eternals; Dune; The Last Duel; The Doorman; Racetime; The French Dispatch; Antlers; Spencer; No Time To Die; Venom- Let There Be Carnage.

Cineplace Riosul - Seixal

Racetime; The Doorman; Antlers; Eternals; Die Heinzels; The Addams Family 2; Dune; Venom- Let There Be Carnage.

Forum Viseu

Spencer; Eternals; Dune; No Time To Die; King Richard; Mon Cousin; The French Dispatch; o som que desce na terra; Bigfoot Family.

Norte Shopping - Porto

The French Dispatch; Antlers; Racetime; o som que desce na terra; Spencer; Red Notice; Dune; Eternals; Venom- Let There Be Carnage; No Time To Die; The Last Duel; The Addams Family 2.

(PV) - Portuguese version
(OV) - Original version.

Cinema Contacts

Cinemas NOS

www.cinemas.nos.pt
 Tavira, Faro & Loulé

Cinemas Algarcine

· Portimão: 282 411 888
 · Olhão: 289 703 332
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Cinemas Cineplace

www.cineplace.pt
 · Guia: 289 561 073
 · Portimão: 282 070 101
 · Leiria: 244 826 516
 · Loures: 210 110 677
 · Riosul: 210 114 352
 · Viana do Castelo: 258 100 260

Events

Music

Bella Acapella Choir. 20 November at 6pm at Church do Carmo, Rua Montalvão, 12, Tavira. Tickets cost 6 euros. No booking required.

Piano concert with Vasco Dantas (AHS). 20 November at 4pm at Quintinha da Música in Tavira. For further details please contact Lynne at lynne.algarvehistory@gmail.com.

“Celebração divina”. Concert on 21 November at 5pm at Capela do Centro Cultural Convento S. José in Lagoa. Free entry. For more information and to reserve your space please call 282 380 434.

Jazz nas Adegas: Martin Teuscher Quarteto. 26 November at 9pm and 27 November at 5pm at Quinta do Francês in Alcantarilha. Tickets cost 15 euros and can be purchased at <https://cmsilves.bol.pt> or at FNAC, Worten, El Corte Inglés or CTT Correios.

“Canticum Sacrum” (FMS). Concert on 28 November at 5pm at Ermida de Nossa Senhora da Encarnacao, Carvoeiro. Free entry. To reserve your space please call 282 380 434.

Steve & Heather. 28 November at 7:30pm at Jolly's Bar Restaurant in Alvor. Country music to Rock n' Roll and much more by the French-American Duo!

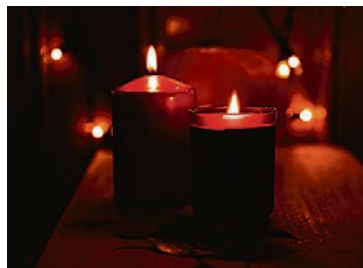
Bon Iver. 18 November 2021 at Altice Arena in Lisbon. Tickets can be purchased at www.ticketline.sapo.pt.

Rui Veloso. 26 and 27 November 2021 at Campo Pequeno in Lisbon. Tickets can be purchased at www.everythingisnew.pt and www.ticketline.sapo.pt

Christmas Concerts. From the 1st to 31st of December at multiple Lisbon Churches. Free entry. For more information, please see www.egeac.pt

Mariza. 4 December at Campo Pequeno in Lisbon and 5 December 2021 at Super Bock Arena in Porto. Tickets can be purchased at www.everythingisnew.pt

Christmas Concert. Dell'Acqua and Ideias do Levante. 12 December at 5pm at Igreja Matriz in Lagoa. Free entry but you need to reserve your space by calling 282 380 053.



“Duetos Crossover”. 17 December 2021 at Auditorio do Casino Estoril. Tickets cost 12 euros and can be purchased at www.ticketline.sapo.pt

Julio Resende – Fado Jazz Ensemble. 19 December at 5pm at Cineteatro Louletano. Tickets cost 12 euros and can be reserved by calling 289 414 604.

Theatre

Opera: “The Barber of Seville”. 20 November at 9pm at Auditório Carlos do Carmo, Lagoa. Tickets cost 10 euros and can be purchased by calling 282 380 452 or at www.ticketline.sapo.pt.

“A Christmas Carol”. 20 November to 18 December at 4pm at Teatro Villaret in Lisbon. Tickets cost 10 euros and can be purchased at www.ticketline.sapo.pt.

Annie The Musical. 28 November at 11:30am at Teatro Sá Da Bandeira in Porto. Tickets cost 10 euros and can be purchased at www.ticketline.sapo.pt.

Nutcracker on Ice. 8,10,11 December at 9pm at Campo Pequeno in Lisbon. Tickets from 12.50 euros and can be purchased at www.ticketline.sapo.pt.



Panda e os Caricas Musical. 11 December in Évora, 12 December in Portimão, 18 and 19 December in Lisbon, 26 December in Porto and 2 January in Guimarães. Tickets from 20 euros and can be purchased at www.ticketline.sapo.pt and www.bol.pt.

Tchaikovsky's “Sleeping Beauty”. 12 December at 5pm at Auditório Carlos do Carmo, Lagoa. Tickets cost 28 euros and can be purchased at www.ticketline.sapo.pt.

Evita The Musical. 26 March 2022 at 9:30pm at Altice Arena, in Lisbon. Tickets from 30 euros and can be purchased at www.blueticket.meo.pt

Festivals

Festival de Musica Sacra. Running throughout October and November in Lagoa. Free entry but you need to book a ticket to save your space. For more information,

please see www.lagoa.info/festival-musicasacra or to book your ticket please contact their ticket office on 282 380 434.

Festival Verão Azul. Transdisciplinary Festival of Contemporary Arts. Running from 4 to 20 November in various locations in Lagos, Loulé and Faro. For more information, please see www.festivalveraoazul.com. Similarly, you can call 924 009 234 or email info@festivalveraoazul.com.

Alkantara Festival. Dance performance by Jezebel. Running from 13 to 15 November at 7pm at Centro Cultural de Belém, Black Box in Lisbon. Tickets cost 12.50 euros and can be purchased at www.ticketline.sapo.pt.

The Great Lisbon Club. Running from the 2 to 5 December at Voz do Operario, Largo da Graca, Camões in Lisbon. Tickets cost 40 euros for whole festival or 15 euros for a daily ticket. To purchase please go to www.ticketline.sapo.pt.

Festival Authentica 2021. Running from the 10 to 11 of December 2021 at Altice Forum in Braga. Line-up includes: Kodaline, Zara Larsson, Rag n'Bone Man, James Bay and Nothing but Thieves. Tickets can be purchased at www.ticketline.sapo.pt and for more information, please see www.festivalauthentica.com

Other Events

Exhibition. From 3pm to 3am. Running until 23 November at Galeria de Arte do Casino in Estoril, Lisbon. Free event.

LOCKED LOVE premiere. 27 November at 8pm at Centro Cultural de Vila do Bispo. If you would like to participate at the live premiere or stream the film online you can register for free at www.LockedLoveMovie.com/Premiere

Christmas Fayre. 28 November at Centre Algarve, Mocrapacho. 30 craft and gift stalls, Santa's grotto and much more! For more information, please contact Tom on 962 812 230 or email centrealgarvevents@gmail.com

Immersive exhibition called “do outro lado da toca”. Running until 4 December at Centro Cultural de Belem at Fabrica das Artes in Lisbon. Tickets cost three euros and can be purchased at www.ticketline.sapo.pt.

“Oficinas no Cabo Do Mundo”. Photography exhibition running until 26 November at Centro Museológico Cândido Guerreiro e Condes de Alte, Loulé.

NOTE: Events are correct at the time of going to press and according to information given to The Portugal News. However, events may be cancelled, delayed or fail to live up to their billing. Please send your events to cristina@theportugalnews.com by midday on the Friday before the following publication.

Christmas Market. 12 November from 10am to 4pm at Convento Bio in Lagoa. Gifts, Fashion, Art, Jewellery and much more! For more information, please contact 961 571 984.

Algarve Art Winter Art Exhibition. 4th and 5th December from 12pm to 6pm at Holiday Inn, Armação de Pêra. Come and support local artists. Free entry. For more information visit www.algarve-art.org

Vale do Lobo Christmas Market. 4 December from 10am to 5:30pm at Vale do Lobo resort. Free entry. For more information, contact 289 353 361/4 or visit their website at www.valedolobo.com



Christmas Charity Fayre. 4 to 11 December from 11am to 5pm, at Silves Charity shop, on Rua Francisco Pablos 3, Silves. Hand made items and all proceeds go to Castelo de Sonhos.

Craft Event. 17th and 18th December from 11am until 4pm. Hosted by "Craft and Design Portugal" and "IZAKAYA-LUZ" restaurant at luz ocean club Gardens. Live music, Ricardo the saxophonist, over 20 quality craft stalls, face painting and glitter tattoos, roasted chestnuts, mulled wine, mince pies, bento and noodle boxes, carols and more. Support local artisans and enjoy a Christmas atmosphere.



Magical Garden. Running until the end of December at Jardim Botânico do Porto. Tickets cost 10 euros and can be purchased on www.ticketline.sapo.pt

Local Arts & Crafts Expo. Open daily from 10am to 4:30pm at Artes@Spa, Caldas de Monchique, in the corner of the main square. Locally produced, high quality, unique items. Ideal gifts or souvenir.

Annual Charity Bike Ride. 21 November at 9:30am, starting at Estoi Palace Pousada and ending at a café in Estoi. 2.5-to-3-hour bike ride in aid of polio. To book a place or donate please see <https://rotaryestoi-palace.org/sponsored-bike-ride/> or <https://www.facebook.com/activityalgarvebikerides/> or contact shirley.d@rotaryestoiipalace.org

AI WEIWEI. Art exhibition running until 28 November at the Cordoaria Nacional in Lisbon. Tickets from 13 euros and can be purchased on www.ticketline.sapo.pt

"O Gabinete de Madame Thao". Art Exhibition running until November on the second floor of the LX Factory in Lisbon. For more information, please see www.ogabinetedemadamehao.com or call 210 151 021.

Comic Con Portugal. 9 to 12 December at the Altice Arena in Lisbon. For more information, please see www.comic-con-portugal.com and to purchase tickets please see www.ticketline.sapo.pt.



Workshop & Other Events

Afpop Silves. Lunch on 22 November at 12:30pm at Recanto dos Mouros. 22 euros for members and 24 euros for guests. For more information about the menu and to reserve your space please contact Heather and Les at silves@afpop.com or call 966 677 295.

Aqua Meetings by Aqua Innovation. 20 and 21 November at Piscinas Municipais in Quarteira. Course on the "Psychomotor in an aquatic environment and workshops on "New Perspectives and Trends of Children's Swimming"

and "How to vary the exercises in the classes of water aerobics" and masterclasses "Aquafocus Aquatic Program", "Aquacycle Aquatic Program" and "Aqua Cross Training". For more information and to sign up see www.aquainnovation.pt inscrições-aquameeting-quarteira.

Dance/Theatre Workshop. 22 and 23 November at Teatro das Figuras in Faro. 20 euros. To reserve your ticket please contact 289 888 110 or visit www.teatrodasfiguras.bol.pt

APAA Pop-up Shop. Every Wednesday until 1st December from 10am to 12pm at Bacchus Bar, Porches. Special Christmas gift items at great prices. For more information, please call Jenny on 919 041 903 or email info.apaaportugal@gmail.com.

AHS. Talks on the events of 1640 and the Restoration War on the 23 November at 6pm at Lagoa Library and 26 November at 11am at Tavira Library.

APAA Pop-up Shop. 26 November from 10am to 1pm at Recanto dos Mouros in Silves. Pre-Christmas specials, cards, calendars, gifts and more. Lunch after with booking required, please contact info@apaaportugal.com

Kinetic Sand workshop. 28 November at 10:30am at Pátio D'Artes in Portimão. For children from the age of 3 upwards. 12 euros. For more information and to book please call Rita Ricardo on 961 630 073.

Afpop East Algarve. "Let's do Christmas Lunch" on 30 November at Barbacoa Restaurant, with welcome drink followed by a 3-course lunch, including drinks. For the menu choices please contact members@afpop.com. 30 euros. To make your reservation please contact the restaurant directly at ricardocruz.barbacoa@gmail.com.

Golf for Beginners Experience and optional lunch. 7 December at 10am near Albufeira. A beginner's golf experience for those thinking of taking up golf. After your golf session, you can decide if you like golf and if you would like to pursue it seriously. 2.5-hour session. 35 euros (with clubs included). For bookings, please email graham@figsonthefuncho.com

cho.com or call +351 912 595 539. For more details, see Facebook at <https://fb.me/e/ZkL6jUTy>.

Coffee and Cake Meet-up. 9 December at 11am at Figs on the Funcho near Messines. Join Cheryl and Graham for coffee and cake This meet-up is a great occasion for people in the Algarve looking to meet people. Lasting relationships have been formed at our events with people from all over the world, including South Africans, Americans, English, Dutch, and of course Portuguese, all living in the Algarve. 5 euros. To reserve your space please email graham@figsonthefuncho.com or call 351 912 595 539. For more details, see Facebook at <https://fb.me/e/1110mcnqz>

Christmas Dinner. 18 December at 7pm at Figs on the Funcho near Messines. Enjoy the Christmas spirit with Cheryl and Graham at Figs on

the Funcho who will be cooking a delicious flavoursome vegetarian Christmas meal - 35 euros. Limited number of bedrooms available for an overnight stay. For bookings, please email graham@figsonthefuncho.com or call +351 912 595 539. For more details, see Facebook at <https://fb.me/e/1rAJxLUIB>

Loulé Town walking Tour. Thursdays from 10:30am to 12:30pm. For more information and to see upcoming dates please check out www.expatscenterportugal.com/events

Become a thriving international. Coaching by Life Coach Ria van Doorn for internationals. Coaching for internationals, who seek guidance with: Identifying and achieving their goals, finding their purpose, coping with anxiety, loneliness or homesickness, caused by relocation. For more information and to sign up please see www.expatscenterportugal.com/events

Algarve Markets

Silves

São Bartolomeu de Messines - Fair Square on the 4th Monday of the month

Silves Flea Market - 3rd Saturday of the month at Al-Mutamid Square in the morning

Albufeira

Ferreiras - 4th Tuesday of the month

Loulé

Loulé - Every Saturday of the month in front of the Cincent of St. Antonio

Quarteira - Fonte Santa - Every Wednesday of the month from 8:30am to 2:30pm

Almancil - Every Thursday of the month at the Producers market next to ASCA

Almancil Flea Market - 3rd Sunday of the month

Portimão

Portimão Flea Market - 3rd Sunday of the month

Tavira

Tavira - 3rd Saturday of the month on Almirante Candido dos Reis Street (in front of the football field)

Lagos

Lagos Levante Market - Every Saturday of the month currently at a temporary venue at the car-park opposite the swimming pools

Lagos Market - Vivo'mercado. Opposite the town Hall and every Wednesday of the month

Vila Real de Santo António

Vila Real de Santo António Flea Market - 3rd Saturday of the month

São Brás de Alportel

São Brás de Alportel Market - Every Saturday of the month

São Brás de Alportel Flea Market - 3rd Sunday of the month

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Energy poverty threatens Portuguese in the winter

N Paula Martins



Houses not prepared for the cold and rising electricity prices in Portugal worries the European Commission.

If you haven't yet come across this term, energy poverty is the lack of access to efficient energy services, which negatively affects the well-being of people who cannot properly heat

their homes. "Energy poverty is a widespread problem across Europe, as between 50 and 125 million people are unable to afford proper indoor thermal comfort", reads the

European Commission's website. In addition, Portugal is at the top of the countries in Europe where it is necessary to spend more energy on heating houses as the buildings are not well prepared for the cold. Perhaps that's why in Portugal it is cultural, accepted to be cold at home. A problem that DECO predicts could increase.

DECO has been following the entire process of consumers' transition both at national and European level, anticipating some difficulties in this change given the current factors that directly affect this sector, namely "the increase in carbon prices, the increase in gas demand, economic recovery and delay in infrastructure maintenance during a pandemic".

In fact, on 13 October, "the European Commission issued a statement suggesting to Member States a set of support and action measures to face a possible increase in energy prices, such as provision of limited-time compensation

measures and direct support to end users of energy; setting guarantees to avoid power grid disconnections; support the empowerment of consumers, providing them information on how they can take part in the energy market and have a stronger role in the energy supply chain from renewable sources and energy communities", among others.

According to DECO: "Many of these measures are linked to the work being developed under the STEP project - Solutions to Combat Energy Poverty, which intends to set an accessible and creative model of measures to combat energy poverty. Thus, as a reinforcement of the measures announced by the European Commission, the lifetime STEP, among others, the need for greater flexibility in the payment of energy bills; reduction of energy tax through VAT or use of the rate determined in the Energy Taxation Directive; better control

of the energy market by energy regulators."

Therefore, DECO stated that the intervention of supervisory bodies, municipalities, agents and associations is urgently needed in order to develop measures in order to reduce situations of energy poverty in Portugal.

However, it is important to remember that consumer choices and behaviour are essential to reduce the value of the bill. In addition, DECO's Energy Advice Office (GAE) offers personalised advice on how you can improve the energy performance of your homes and how to better manage energy consumption, as well as measures to save on bills.

Furthermore, DECO's energy advice, which is free of charge, is just a call away and can make a great difference in your savings and comfort.

For further information please contact energia@deco.pt or 213 710 224.

Combating Childhood Obesity

In Portugal, obesity affects one in every three children, according to recent results from the child nutrition surveillance system - COSI.

COSI Portugal said that 82.4 percent of children consume, up to three times a week, chips, puff pastry and popcorn, 80.0 percent eat cookies/ biscuits, cakes and donuts and 71.3 percent consume sugary drinks.

These foods are high in saturated fat, sugar or salt and since 2019 have been the target of restriction in food advertising aimed at children less than 16 years of age, "so this data reinforces the importance of evaluating the outcomes achieved", said DECO.

Many institutions, including the World Health Organization, recognise the strong influence that the promotion of unhealthy foods has on children's eating behaviours. This phenomenon is aggravated by the time children and young people spend watching TV or using a computer, tablet or smart phone, which is associated with greater exposure to the powerful food marketing tactics used in the digital world, according to COSI Portugal.

In this sense, DECO points out some measures to follow in order to help kids:

- Control the sale of foods high in saturated fats, salt and sugar to children in a digital environment, calling for quick intervention by the responsible entities.

- Creation of support plans for education and food literacy, in order to empower citizens to make more informed choices. In this regard, over the years DECO has been trying to educate consumers showing that it is possible to make healthier choices, from a nutritional point of view, but also cheaper and more sustainable, within the scope of the DECOJovem and DECOForma programmes.

- Regional and local development to promote healthy eating, calling for the involvement of local authorities.

- Paying attention to the area of nutrition in Health Care, in order to increase responsiveness in the area of nutritional assessment and dietary counselling as a lifelong health management strategy.

For further information, please take a look at DECO's website: <https://deco.pt/> or call 289 863 103 or email deco.algarve@deco.pt



The advice provided on this page is provided by DECO.

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Count on our support

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It is also possible to schedule Skype appointments

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Secluded modern country estate with land and river between Monchique and the West Coast

This is a unique and intriguing house built on five levels and situated in a tranquil natural setting of cork oak forest, fruit trees, large flat fertile terraces, and a river rich with wildlife.

It is flooded with natural light through its many large picture windows looking towards stunning views of Foia mountain, the highest point in the Algarve.

- Exclusive with Togofor Homes
- Living Area: 305m², Plot: 41.920m²
- Ruin of 42m²
- 5 Bedrooms, 3 Bathrooms
- Constructed 1994,
- Renovated 2000

The rural location is perfect for growing fruit and vegetables, harvesting cork, or for producing the local brandy from the numerous Medronho bushes. The adjacent plot with small ruin

overlooks the river.

There are five bedrooms each with access to decking and terraces that surround the house. The three bathrooms are finished to a high standard. The living areas are spacious and many, with ample possibilities to create extra bedrooms or a separate annex. It has been designed to be two separate dwellings if desired with a second kitchen plumbed ready for use. Because this was once used as a martial arts school, there is a huge open-plan indoor space full of light which opens to a large flat outdoor lawn which gives options for even more living space. There is

a well fitted kitchen and breakfast area, utility rooms, workshop, and carport.

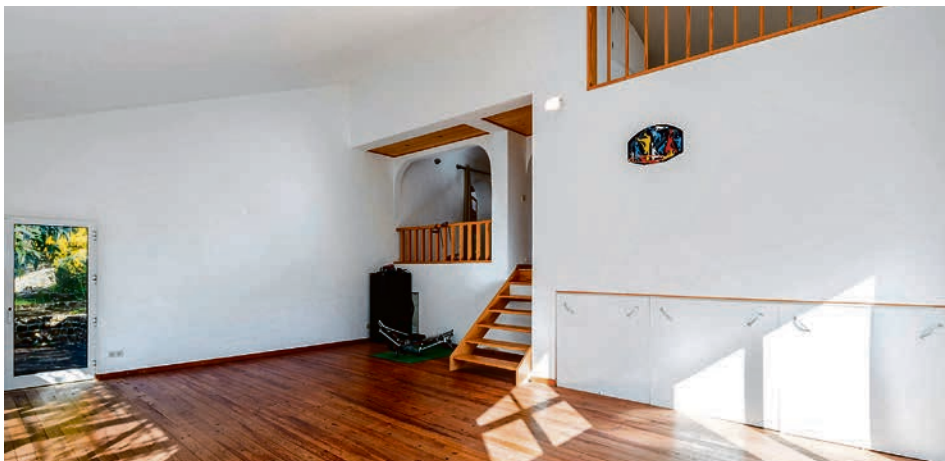
Secluded and a little off the beaten track it is easily reached from Monchique or Aljezur in about 30 to 35 minutes. The property is close to a hamlet with café/bar etc., and there is a wellness and yoga retreat about 8km away.

This small estate would make a wonderful smallholding with or without guest accommodation or it could be a shared project having independent housing, a pleasant holiday home or a peaceful guesthouse ...it really should be seen!



PRICE: €675,000 · LOCATION: MONCHIQUE · REF: LG321 · EC: D

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Area: 83,60 sqm | 105,60 sqm
Bedrooms: 2
Price: €190,000

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Basic design principles for creating a beautiful modern home

Design guru Matt Gibberd explains that using space, light, materials, nature and decoration cleverly will help make a home gorgeous.



Having a beautiful home has never felt more important than during the past 18 months when we've been forced to spend more time inside our own four walls – and you may have longed to transform yours into a beautiful modern living space.

But if a lack of know-how or limited finances held you back, it's not too late to get started. For design guru Matt Gibberd insists it can be easy to create a gorgeous home without spending a fortune, just by implementing simple design principles.

Gibberd, who is a founding director of the design-led estate agency The Modern House, has just written the book *A Modern Way to Live*, in which he outlines the five principles and how to best use them to create a beautiful home.

Here he gives us a taste of exactly how to do it...

Space

Gibberd explains that when a home combines both space and "refuge" areas it can help make occupants feel settled. He suggests: "Try to create an open and bright space for socialising, and a womb-like space for retreating and sleeping. Even in a studio flat, creating different zones using a curtain, sliding partition or bookcase on castors can greatly enhance the experience of occupying the space."

You can create the illusion of space with mirrors and reflective surfaces, he says, by using natural niches for built-in cupboards, and continuing the same material from inside to out. Consider re-hanging doors the other way around to open up rooms, and place radiators beneath windows to free-up valuable wall space for furniture.

Light

Gibberd says it's better to consider fixed glazing with a conventional door alongside, rather than bifold doors. "A picture window – free of obtrusive handles and mechanisms – does a better job of framing the views and looks more beautiful because the structural supports are hidden," he explains.

He suggests avoiding Roman blinds and pelmets, and hanging curtains from extra-wide poles so they can be pulled back to reveal the full window. And think about how the light moves around your home. "Sitting areas benefit from the enhanced light of a south-facing window," explains Gibberd, "whereas parts of the home that are seldom used, such as utility rooms, are best placed on the northern side. The eastern side is ideal for sleeping, and dining spaces work well on the western side, where they capture the radiant embers of the day."

But although light is crucial for a home, Gibberd says householders shouldn't be afraid of the dark either. "Without areas of contrast, our homes would be one-dimensional and monotonous," he explains. "If you walk down a shadowy corridor, for example, when you arrive at a sun-soaked space it feels all the more bright and uplifting."

Materials

Gibberd says householders should think carefully about the things they

come into physical contact with every day, including light switches, door handles or kitchen worktops. "Are these as tactile as they should be?" he asks, pointing out that natural materials will always age more gracefully than man-made plastics and laminates. "Try to preserve original materials wherever possible, as they tell the individual story of a building and induce less anxiety than new ones," he advises.

Gibberd suggests living in a home for at least a year before making any changes. "For example, that wooden floor you thought was a bit beaten-up when you moved in might start to take on some significance – its warmth beneath bare feet, or its ability to absorb the comings and goings of daily life."

Natural materials like marble and glazed tiles have a gentle sheen and are easy to keep clean, he says, and clay is a moisture-absorbing alternative to conventional plaster.

Nature

A connection to nature is vital for wellbeing, so even those who are looking for somewhere to live in a city should try to find a flat that overlooks a communal garden, or has deep window ledges that can hold plants, suggests Gibberd.

If you're lucky enough to have outdoor space, he suggests combining borders of shrubs and flowers with decking, compacted gravel, flint, stone setts or herringbones of brick.

And inside, stock up on the greenery. "Indoor plants positively impact our wellbeing, lowering blood pressure and increasing attentiveness, but they can also serve a practical purpose, helping to demarcate space, provide screening, absorb sound or add a flourish to an unremarkable room," says Gibberd.

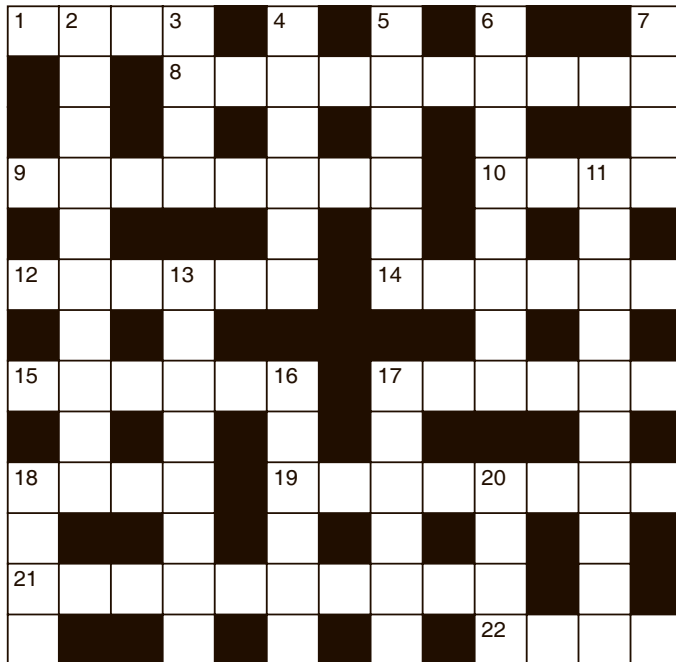
Decoration

Instead of fitted carpets, Gibberd suggests trying loose-laid natural floor coverings such as sisal and jute, with a gap between the edging and the wall. Use rugs in layers and let them fill the natural spaces between furniture.

And to avoid making an interior feel one-dimensional, he says it can be a good idea to mix furniture and objects from different eras and places. "Rather than putting a set of matching chairs around the kitchen table, for example, throw a bench or a wobbly Windsor chair into the mix," he suggests.

And finally, he adds: "When choosing what to buy for your home, try to follow your instincts rather than any preconceived notions about what constitutes good taste. Many of the best things have not been celebrated on Instagram, can't be found in textbooks, and don't cost a great deal. Often they have an accidental beauty that's the result of fulfilling utilitarian needs."

A Modern Way to Live by Matt Gibberd is published by Penguin Life.



CRYPTIC CROSSWORD

ACROSS

- 1 Give someone a pointed reminder? (4)
8. Unlucky enough to be badly cast as a leading actor (3-7)
9. Have no faith in Diana's confidence (8)
10. Father is not out to cause distress (4)
12. Worked hard to convert voters (6)
14. Put emphasis on nervous tension (6)
15. Joined a football club (6)
17. Question a learned cleric put in to annoy (6)
18. The lady's ring is one much admired (4)
19. Boastful bandsmen will blow their own (8)
21. Just inclined to like blondes? (4-6)
22. Cheap price, though requiring a lot of notes (4)

DOWN

2. There's opposition since rates were changed (10)
3. Conventional fare? (4)
4. Reason to include a number in a proviso (6)
5. Conditions found in America (6)
6. Shaved in advance to be ready (8)
7. It was heaven on earth while it lasted (4)
11. A breakdown of this could have shocking results (10)
13. Not at home in the open air (8)
16. As a military detachment it's of no importance (6)
17. Golfing or boxing circles? (6)
18. Fit of petulance encountered playing draughts? (4)
20. They're evacuated during the shelling (4)

QUICK CROSSWORD

ACROSS

1. Accomplishment (4)
8. Make drunk (10)
9. Augment (8)
10. Persia (4)
12. Sight (6)
14. Sleepy (6)
15. Meddle (6)
17. Puerile (6)
18. Nothing (4)
19. Comic (8)
21. Emphasis (10)
22. Quarry (4)

DOWN

2. Free (10)
3. Row (4)
4. Reach (6)
5. Surpass (6)
6. Bitterness (8)
7. Eager (4)
11. Help (10)
13. Better (8)
16. Repeat (6)
17. Lament (6)
18. Fervour (4)
20. Profound (4)

Last week's quick crossword solution

Across: 7. Bland; 8. Entitle; 9. Instead; 10. Acted; 12. Outrageous; 15. Atmosphere; 18 Exile; 19. Notable; 21 Regular; 22 Adult.
Down: 1 Obliterate; 2 Cause; 3 Edge; 4 Leader; 5 Stranger; 6 Station; 11 Dishonesty; 13 Unseemly; 14 Impinge; 16 Hungry; 17 About; 20 Team.

CODEWORD

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

25	8	5	11	5	21	15	25	9	16	9	25
9	16	14	24	23	21	25	21	2			
16	9	12	25	24	5	6	14	1	8	2	6
24	21	12	1	16	13	25	24	16			
21	2	11	21	17	25	5	23	16	14	1	
11	16	17	16	2	25	22	12	17	M	8	
19	16	25	25	25	5	21	9	6	20		
8	11	12	25	9	2	16	24	6	12	20	
6	2	16	6	11	16	18	21	2			
11	14	14	11	9	16	17	9	2	25		
23	16	1	23	7	6	24	13	11	26	12	
17	21	8	5	25	15	16	24	5			
8	9	23	21	2	11	5	25	12	25	12	16
2	9	25	6	17	21	5	16	3			
25	10	25	11	23	6	26	21	4	10	10	3

SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

1				3	6		4
						5	3
				6	4	9	8
		6	3		8		
	7					2	
		1		8	3		
	1	5	7	8			
8	9						
2		7	5				8

3				8	1		6
			4				3
						1	9
		4		5			9
6			3		4		2
	2			7		3	
7		6					
	5				7		
	4		2	9			1

Last week's Codeword Solution

I	N	F	L	U	E	N	Z	A	M	S	J
C	A	X	O	L	I	B	I	D	O		
O	V	E	R	T	H	R	O	W	N	G	Y
N	C	A	H	E	I	G	H	T	S		
I	N	G	E	N	U	I	T	Y	M	I	T
C	N	S	E	U	N	I					
P	A	I	N	T	I	N	G	M	A	G	I
A	S	S	S	S	S	M	K				
Q	U	I	T	S	M	I	S	T	R	E	S
U	M	T	O	O	N	S					
E	P	A	S	N	A	P	P	I	E	S	T
D	I	L	E	M	M	A	P	T	O		
U	O	I	P	E	N	A	L	I	S	E	D
C	A	R	I	N	G	K	G	E	G		
T	E	A	N	E	C	E	S	S	I	T	Y

Last week's Solutions

Medium

2	6	9	1	8	4	3	7	5
3	8	7	2	9	5	6	4	1
4	1	5	6	7	3	2	9	8
1	5	2	7	4	6	8	3	9
8	9	3	5	1	2	7	6	4
6	7	4	8	3	9	5	1	2
7	2	8	9	6	1	4	5	3
9	3	6	4	5	8	1	2	7
5	4	1	3	2	7	9	8	6

Hard

6	2	9	3	5	8	4	7	1
7	1	4	6	2	9	5	3	8
3	5	8	4	7	1	9	2	6
5	3	6	1	9	7	2	8	4
8	7	2	5	4	6	1	9	3
9	4	1	2	8	3	6	5	7
1	6	5	8	3	2	7	4	9
4	8	7	9	1	5	3	6	2
2	9	3	7	6	4	8	1	5

Can you crack a VINCICODE®

Vincicode is a three digit number (eg.384), presented in alphabetic figures, like ABC, in which 'A' represents the first digit (number 3), 'B' represents the second digit (number 8) and 'C' represents the third digit (number 4). Cracking the code is not difficult. Just remember: Any even number is dividable by one digit number of 2, or 4, or 6, or 8.

- Any odd number finishes with 1, 3, 5, 7, or 9;
- Any number which is not dividable by any one digit number, 2,3,4,5,6,7,8 or 9 finished

with 1, 3, 7 or 9;

- Any number dividable by 5 finishes with 5.

For example :
Let's crack ABC code when:
1) A, B and C are numbers between 1 and 9, included.
2) A+B+C = 10 (the sum of A plus B plus C is 10).
3) C > A > B (Number C is larger than number A which is larger than B).
(4) ABC ÷ 4 (The three digit code is dividable by 4).

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When the code, ABC is dividable by 4, then C, the third digit can be 2, 4, 6 or 8.
C can't be 2 or 4, because it does not cover the conditions (1) and (2).
If C=6, then A+B= 4, and options are: A=4 and B=0 => ABC = 406 and A= 3 and B=1 =>ABC= 316 code ABC=406 doesn't cover condition (4)
If C=8, then A+B= 2 and the only option is

A=2 and B=0 which doesn't cover condition (1) then: Vincicode is 316. Now your turn:
Puzzle 139. ABC is the three digit Vincicode number, in which A, B and C are numbers between 1 and 9, included.
Find the code ABC where :
A+B+C = 12
B > A = C
ABC ÷ 3

To confirm your answer to the Vincicode®, or ask for more codes to crack, please send an email to: vincicode104@gmail.com

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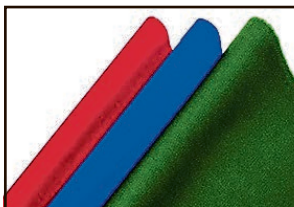
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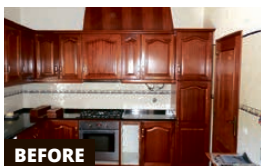
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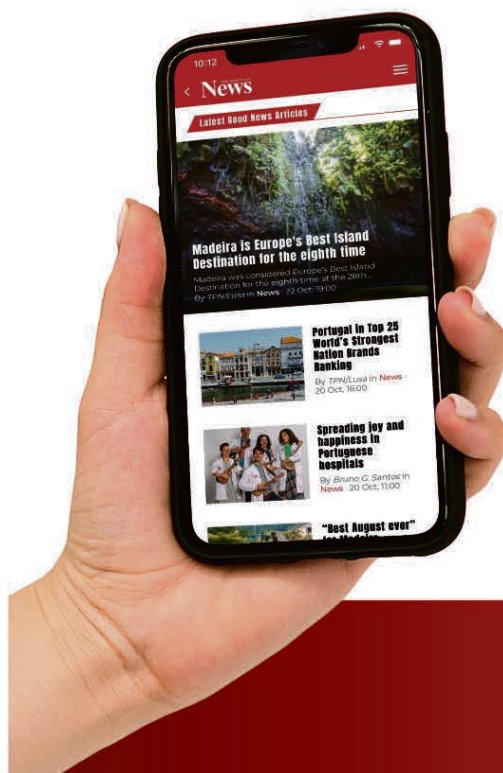
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SATURDAY 20/11/21

BBC One	
06.00	Breakfast.
10.00	Saturday Kitchen.
11.30	Mary Berry - Love to Cook.
12.00	Football Focus.
13.00	BBC News; Weather.
13.15	Bargain Hunt.
14.15	Clean It, Fix It.
15.00	DIY SOS: Children in Need Special.
16.00	BBC News; Weather.
16.20	FILM: Mary Poppins (1964).
18.35	Strictly Come Dancing.
19.55	Michael McIntyre's The Wheel.
20.55	Blankety Blank.
21.30	Casualty.
22.10	BBC News; Weather.
22.30	Match of the Day.
00.00	The NFL Show.
00.30	MOTD Top 10: Premier League Upsets.
01.00	Weather for the Week Ahead.
01.05	BBC News.
BBC Two England	
06.30	The Engineers.
07.00	All Over the Place: UK.
07.30	Blue Peter.
08.00	Deadly 60.
08.30	FILM: Streetdance (2010).
10.00	Hugh's Wild West.
11.00	Celebrity Antiques Road Trip.
12.00	Nadiya's Fast Flavours.
12.30	Nigel Slater's Dish of the Day.
12.45	Orson Welles: Talking Pictures.
13.15	FILM: The Third Man (1949).
15.00	Flog It!
16.00	Final Score.
17.25	World's Busiest Cities: Mexico City.
18.25	Dad's Army.
18.55	The Lakes with Simon Reeve.
19.55	Paul McCartney at the BBC.
21.25	Paul McCartney at the Cavern Club.
22.55	Idris Elba Meets Paul McCartney.
23.50	TOTP2: The 60s.
00.20	Impachment: American Crime Story.
01.20	FILM: The Midwife (2017).
ITV London	
06.00	CITV.
08.55	FILM: Scooby-Doo! Knight Time Terror (2015).
09.25	ITV News.
09.30	James Martin's Saturday Morning.
11.40	John and Lisa's Weekend Kitchen.
12.45	ITV News and Weather; Weather.
12.55	James Martin's Islands to Highlands.
13.30	ITV Racing: Live from Haydock.
16.00	Tipping Point: Lucky Stars.
17.00	Sitting on a Fortune.
18.00	ITV News and Weather.
18.30	Moneyball.
19.30	Celebrity Catchphrase.
20.30	The Chase Celebrity Special.
21.30	The Jonathan Ross Show.
22.35	ITV News and Weather; Weather.
22.50	FILM: The 40 Year-Old Virgin (2005).
01.00	Shop: Ideal World.
03.00	FYI Extra.
03.15	The Void.
Channel 4	
06.00	The King of Queens.
06.50	Mike & Molly.
07.55	The Simpsons.
12.20	Four in a Bed.
14.55	The Secret Life of the Zoo.
15.55	A Place in the Sun.
17.00	Channel 4 News.
17.30	Formula 1 Qatar Grand Prix Qualifying Highlights.
19.00	Bettany Hughes' Treasures of the World.
20.00	Britain By Beach.
21.00	Empire State of Mind.
22.00	FILM: X-Men: Apocalypse (2016).
00.40	FILM: Searching (2018).
02.25	24 Hours in A&E.
03.15	Ramsay's Hotel Hell.
BBC Four	
19.00	Coast.
19.10	Fred Dibnah's Industrial Age.
19.40	Ancient Invisible Cities.
20.40	Pole to Pole.
21.30	Stieg Larsson's Millennium.
23.00	Chasing the Moon.
00.40	Fred Dibnah's Industrial Age.
01.10	Pole to Pole.
02.00	Ancient Invisible Cities.
03.00	Coast.

SUNDAY 21/11/21

BBC One	
06.00	Breakfast.
07.30	Match of the Day.
09.00	The Andrew Marr Show.
10.00	Politics England.
10.30	Sunday Morning Live.
11.30	Homes Under the Hammer.
12.15	Bargain Hunt.
13.00	BBC News; Weather.
13.15	Songs of Praise.
13.55	Lifeline.
14.05	Escape to the Country.
14.50	Children in Need Best Bits.
15.50	Frozen Planet.
16.50	BBC News; Weather.
17.20	Countryfile.
18.20	Doctor Who: Flux.
19.15	Strictly Come Dancing: The Results.
20.00	Top Gear.
21.00	Showtrial.
22.00	BBC News; Weather.
22.30	Match of the Day 2.
23.30	The Women's Football Show.
00.05	MOTD Top 10: South Americans.
00.35	FILM: 8 Minutes Idle (2012).
02.00	Weather for the Week Ahead.
02.05	BBC News.
BBC Two England	
06.20	Walks of Life.
07.20	Countryfile.
08.15	The Wild Gardener.
09.15	Landward.
09.45	Saturday Kitchen Best Bites.
11.15	The Hairy Bikers' Comfort Food.
12.00	MOTD Live: Women's Super League.
14.20	Live Women's International Rugby Union.
17.00	Golf: World Tour Championship Highlights.
18.00	Cornwall: This Fishing Life.
19.00	Hidden Cardiff with Will Millard.
20.00	Antiques Roadshow.
21.00	The Lakes with Simon Reeve.
22.00	FILM: The Man Who Knew Infinity (2015).
23.40	Bridget Riley - Painting the Line.
ITV London	
06.00	CITV.
09.25	ITV News.
09.30	Griff's Great New Zealand Adventure.
10.00	Love Your Weekend with Alan Titchmarsh.
12.00	ITV News and Weather; Weather.
12.15	FILM: Small Soldiers (1998).
14.20	FILM: Octopussy (1983).
17.00	ITV News and Weather.
17.30	The Pet Show.
18.30	Sitting on a Fortune.
19.25	An Audience with Adele.
21.00	I'm a Celebrity Get Me Out of Here!
22.40	ITV News and Weather; Weather.
23.00	FILM: Face/Off (1997).
01.25	Shop: Ideal World.
03.00	FYI Extra.
03.15	Motorsport UK.
04.05	Unwind With ITV.
05.05	Tipping Point.
Channel 4	
06.05	Mike & Molly.
06.50	The King of Queens.
07.35	The Simpsons.
09.30	Sunday Brunch.
12.30	The Great British Bake Off.
13.45	Live International Rugby Union.
16.25	FILM: Shrek the Third (2007).
18.10	Channel 4 News.
18.30	Formula 1 Qatar Grand Prix Highlights.
21.00	Close to Me.
22.00	Gogglebox.
23.00	Walter Presents: Partisan.
00.00	FILM: The First Purge (2018).
01.45	Complaints Welcome.
02.40	Ramsay's Hotel Hell.
03.30	George Clarke's Amazing Spaces.
04.25	Kirstie: Keep Crafting and Carry On.
05.20	A Place in the Sun.
05.50	Kirstie's Fill Your House for Free.
BBC Four	
19.00	The Chronicles of Erne.
19.30	Kenneth Branagh: This Cultural Life.
20.00	Kiss Me, Kate at the Proms.
22.15	B Catling: Where Does It All Come From? - Arena.
23.25	Romancing the Stone: The Golden Ages of British Sculpture.
02.25	Kenneth Branagh: This Cultural Life.
02.55	The Chronicles of Erne.

MONDAY 22/11/21

BBC One	
09.15	Morning Live.
10.00	Claimed and Shamed.
10.45	Frontline Fightback.
11.15	Homes Under the Hammer.
12.15	Bargain Hunt.
13.00	BBC News at One; Weather.
13.45	Doctors.
14.15	The Tournament.
15.00	Escape to the Country.
15.45	Clean It, Fix It.
16.30	The Repair Shop.
17.15	Pointless.
18.00	BBC News at Six; Weather.
19.00	The One Show.
19.30	MasterChef: The Professionals.
20.00	EastEnders.
20.30	MasterChef: The Professionals.
21.00	The Outlaws.
22.00	BBC News at Ten; Weather.
22.35	RuPaul's Drag Race UK.
23.35	The Apprentice Australia.
BBC Two England	
09.00	BBC News at 9.
12.15	Politics Live.
13.00	The Best Christmas Food Ever.
13.45	Eggheads.
14.15	Vintage Antiques Roadshow.
15.00	A Vicar's Life.
15.30	Heir Hunters.
16.15	Nature's Weirdest Events.
17.15	Flog It!
18.00	Richard Osman's House of Games.
18.30	Strictly: It Takes Two.
19.00	Villages by the Sea.
19.30	Mastermind.
20.00	Only Connect.
20.30	University Challenge.
21.00	The Princes and the Press.
22.00	Frankie Boyle's New World Order.
22.30	Newsnight.
23.10	Weather.
ITV London	
09.00	Lorraine.
10.00	This Morning.
12.30	Loose Women.
13.30	ITV Lunchtime News; Weather.
14.00	Dickinson's Real Deal.
15.00	Lingo.
15.59	ITV London Weather.
16.00	Tipping Point.
17.00	The Chase.
18.00	ITV News London; Weather.
19.00	Emmerdale.
19.30	Coronation Street.
20.00	Gino's Italian Family Adventure.
20.30	Coronation Street.
21.00	I'm a Celebrity Get Me Out of Here!
22.15	ITV News; Weather.
23.05	The Isis 'Beatles': Blood on Their Hands.
Channel 4	
09.00	Frasier.
10.30	Ramsay's Kitchen Nightmares USA.
11.25	Channel 4 News Summary.
11.30	Find It, Fix It, Flog It.
12.30	Steph's Packed Lunch.
14.10	Countdown.
15.00	Moneybags.
16.00	A Place in the Sun.
17.00	Four in a Bed.
17.30	Bidding Wars.
18.00	The Simpsons.
18.30	Hollyoaks.
19.00	Channel 4 News.
20.00	Food Unwrapped.
20.30	The Truth About Electric Cars: Dispatches.
21.00	Guy's Garage.
22.00	Along for the Ride with David O'Doherty.
23.05	Inside Beverly Hills: The Land of the Rich and Famous.
BBC Four	
19.00	The Joy of Painting: Winter Specials.
19.30	Great British Railway Journeys.
20.00	Fake or Fortune?
21.00	Blood and Gold: The Making of Spain with Simon Sebag Montefiore.
22.00	The Treasure of Abbot Thomas.
22.40	Watergate.
00.20	Mindful Escapes: Breathe, Release, Restore.
00.50	Great British Railway Journeys.
01.20	Fake or Fortune?
02.20	Blood and Gold: The Making of Spain with Simon Sebag Montefiore.

TUESDAY 23/11/21

BBC One	
06.00	Breakfast.
09.15	Morning Live.
10.00	Claimed and Shamed.
10.45	Frontline Fightback.
11.15	Homes Under the Hammer.
12.15	Bargain Hunt.
13.00	BBC News at One; Weather.
13.45	Doctors.
14.15	The Tournament.
15.00	Escape to the Country.
15.45	Clean It, Fix It.
16.30	The Repair Shop.
17.15	Pointless.
18.00	BBC News at Six; Weather.
19.00	The One Show.
19.30	Garden Rescue.
20.00	EastEnders.
20.20	Holby City.
21.00	Who Do You Think You Are?
22.00	BBC News at Ten; Weather.
22.35	I Like the Way U Move.
23.40	Michael McIntyre's The Wheel.
BBC Two England	
09.00	BBC News at 9.
12.05	Lifeline.
12.15	Politics Live.
13.00	The Best Christmas Food Ever.
13.45	Eggheads.
14.15	Vintage Antiques Roadshow.
15.00	A Vicar's Life.
15.30	Heir Hunters.
16.15	Nature's Weirdest Events.
17.15	Flog It!
18.00	Richard Osman's House of Games.
18.30	Strictly: It Takes Two.
19.00	Celebrity Antiques Road Trip.
20.00	Saving Lives at Sea.
21.00	Saving Lives at Sea.
21.10	Impachment: American Crime Story.
22.05	What We Do in the Shadows.
22.30	Newsnight.
23.10	Weather.
23.15	NFL This Week.
ITV London	
09.00	Lorraine.
10.00	This Morning.
12.30	Loose Women.
13.30	ITV Lunchtime News; Weather.
14.00	Dickinson's Real Deal.
15.00	Lingo.
15.59	ITV London Weather.
16.00	Tipping Point.
17.00	The Chase.
18.00	ITV News London; Weather.
19.15	Emmerdale.
20.15	Love Your Garden.
21.15	I'm a Celebrity Get Me Out of Here!
22.35	ITV News; Weather.
23.20	Heathrow: Britain's Busiest Airport.
23.50	All Elite Wrestling: Dynamite.
Channel 4	
09.00	Frasier.
10.30	Ramsay's Kitchen Nightmares USA.
11.25	Channel 4 News Summary.
11.30	Find It, Fix It, Flog It.
12.30	Steph's Packed Lunch.
14.10	Countdown.
15.00	Moneybags.
16.00	A Place in the Sun.
17.00	Four in a Bed.
17.30	Bidding Wars.
18.00	The Simpsons.
18.30	Hollyoaks.
19.00	Channel 4 News.
20.00	The Great British Bake Off: The Final.
21.15	Miriam and Alan: Lost in Scotland.
22.15	Stath Lets Flats.
22.45	Gogglebox.
23.50	8 Out of 10 Cats Does Countdown.
BBC Four	
19.00	The Joy of Painting: Winter Specials.
19.30	Great British Railway Journeys.
20.00	Keeping Up Appearances.
20.30	One Foot in the Grave.
21.00	dinnerladies.
21.30	The Many Faces of Les Dawson.
22.30	The Mayflower Pilgrims: Behind the Myth.
23.30	The Town That Thread Built.
00.30	Inside Museums.
01.00	Secrets of Skin.
02.00	Great British Railway Journeys.
02.30	The Many Faces of Les Dawson.

WEDNESDAY 24/11/21

BBC One

09.15 Morning Live.
10.00 Claimed and Shamed.
10.45 Frontline Fightback.
11.15 Homes Under the Hammer.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 The Tournament.
15.00 Escape to the Country.
15.45 Clean It, Fix It.
16.30 The Repair Shop.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 The Electric Car Revolution: Winners and Losers - Panorama.
20.00 The Repair Shop.
21.00 Shetland.
22.00 BBC News at Ten; Weather.
22.35 Zara McDermott: Uncovering Rape Culture.
23.35 Top Gear.
00.35 Weather for the Week Ahead.

BBC Two England

09.00 BBC News at 9.
11.15 Politics Live.
13.00 The Best Christmas Food Ever.
13.45 Eggheads.
14.15 Antiques Roadshow.
15.00 A Vicar's Life.
15.30 Heir Hunters.
16.15 Nature's Weirdest Events.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 Walking with Nick Grimshaw.
19.30 Between the Covers.
20.00 Remarkable Places to Eat.
21.00 Universe.
22.00 Live at the Apollo.
22.30 Newsnight.
23.10 Weather.
23.15 **FILM:** My Feral Heart (2016).

ITV London

09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Lingo.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Paul O'Grady: For the Love of Dogs.
20.30 Coronation Street.
21.00 I'm a Celebrity Get Me Out of Here!
22.00 ITV News at Ten; Weather.
22.45 Peston.
23.45 The Jonathan Ross Show.
00.40 Shop: Ideal World.

Channel 4

09.00 Frasier.
10.30 Ramsay's Kitchen Nightmares USA.
11.25 Channel 4 News Summary.
11.30 Find It, Fix It, Flog It.
12.30 Steph's Packed Lunch.
14.10 Countdown.
15.00 Moneybags.
16.00 A Place in the Sun.
17.00 Four in a Bed.
17.30 Bidding Wars.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 George Clarke's Old House, New Home.
21.00 Grand Designs: House of the Year.
22.00 The Love Trap.
23.05 First Dates.
00.10 Gogglebox.

BBC Four

19.00 The Joy of Painting: Winter Specials.
19.30 Great British Railway Journeys.
20.00 Earth: The Power of the Planet.
21.00 Charley Boorman: Sydney to Tokyo, by Any Means.
22.00 Rise of the Clans.
23.00 Watergate.
00.40 Great British Railway Journeys.
01.10 Earth: The Power of the Planet.
02.10 Rise of the Clans.

THURSDAY 25/11/21

BBC One

09.15 Morning Live.
10.00 Claimed and Shamed.
10.45 Frontline Fightback.
11.15 Homes Under the Hammer.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 The Tournament.
15.00 Escape to the Country.
15.45 Clean It, Fix It.
16.30 The Repair Shop.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.40 EastEnders.
20.00 Sort Your Life Out with Stacey Solomon.
21.00 MasterChef: The Professionals.
22.00 BBC News at Ten; Weather.
22.35 Question Time.
23.35 Newscast.
00.05 Blankety Blank.

BBC Two England

09.00 BBC News at 9.
12.15 Politics Live.
13.00 The Best Christmas Food Ever.
13.45 Eggheads.
14.15 Antiques Roadshow.
15.00 A Vicar's Life.
15.30 Heir Hunters.
16.15 Nature's Weirdest Events.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 Celebrity Antiques Road Trip.
20.00 Mary Berry - Love to Cook.
20.30 Nadiya's Fast Flavours.
21.00 Surgeons: At the Edge of Life.
22.00 Mock the Week.
22.30 Newsnight.
23.10 Weather.
23.15 Frankie Boyle's New World Order.

ITV London

09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Lingo.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
20.00 The Martin Lewis Money Show Christmas Special.
21.00 I'm a Celebrity Get Me Out of Here!
22.15 ITV News; Weather.
23.05 It'll Be Alright on the Night.
00.00 Shop: Ideal World.

Channel 4

09.00 Frasier.
10.30 Ramsay's Kitchen Nightmares USA.
11.25 Channel 4 News Summary.
11.30 Find It, Fix It, Flog It.
12.30 Steph's Packed Lunch.
14.10 Countdown.
15.00 Moneybags.
16.00 A Place in the Sun.
17.00 Four in a Bed.
17.30 Bidding Wars.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Handmade: Britain's Best Woodworker - The Final.
21.00 Taskmaster.
22.00 Queens of Rap.
23.05 Unapologetic.
00.05 Ramsay's Kitchen Nightmares USA.
00.55 Wife Swap USA.
01.40 **FILM:** Labor Day (2013).

BBC Four

19.00 The Joy of Painting: Winter Specials.
19.30 Great British Railway Journeys.
20.00 A303: Highway to the Sun.
21.00 Walt Disney.
22.00 **FILM:** All the President's Men (1976).
00.15 Watergate.
01.05 Inside Museums.
01.35 B Catling: Where Does It All Come From? - Arena.
02.45 Great British Railway Journeys.

FRIDAY 26/11/21

BBC One

09.15 Morning Live.
10.00 Claimed and Shamed.
10.45 Frontline Fightback.
11.15 Homes Under the Hammer.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 The Tournament.
14.30 Garden Rescue.
15.00 Escape to the Country.
15.45 Clean It, Fix It.
16.30 The Repair Shop.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.35 Question of Sport.
20.05 EastEnders.
20.30 MasterChef: The Professionals.
21.30 Have I Got News for You.
22.00 BBC News at Ten; Weather.
22.35 The Graham Norton Show.
23.25 In My Skin.
23.55 **FILM:** The Place Beyond the Pines (2012).

BBC Two England

09.00 BBC News at 9.
12.15 Politics UK.
13.00 **FILM:** A Christmas to Savour (2021).
14.25 The Best Christmas Food Ever.
15.10 A Vicar's Life.
15.40 The Best Dishes Ever.
16.15 Reindeer Family & Me.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 Celebrity Antiques Road Trip.
20.00 The Wild Gardener.
21.00 Womanhood.
22.30 Newsnight.
23.05 Weather.
The Shipman Files: A Very British Crime Story.

ITV London

09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Lingo.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Griff's Great New Zealand Adventure.
20.30 Coronation Street.
21.00 I'm a Celebrity Get Me Out of Here!
22.15 ITV News; Weather.
23.05 Piers Morgan's Life Stories.
00.00 Shop: Ideal World.

Channel 4

09.00 Frasier.
10.30 Ramsay's Kitchen Nightmares USA.
11.25 Channel 4 News Summary.
11.30 Find It, Fix It, Flog It.
12.30 Steph's Packed Lunch.
14.10 Countdown.
15.00 Moneybags.
16.00 A Place in the Sun.
17.00 Four in a Bed.
17.30 Bidding Wars.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.30 Unreported World.
20.00 The Great British Bake Off: An Extra Slice.
21.00 Gogglebox.
22.00 The Last Leg.
23.05 The Big Narstie Show.
23.50 Stath Lets Flats.
00.25 **FILM:** Big Momma's House 2 (2006).

BBC Four

19.00 Sings Musicals.
20.00 TOTP: 1991.
21.00 Lindisfarne's Geordie Genius: The Alan Hull Story.
22.00 Folk Hibernia at the BBC.
23.00 Sounds of the 60s.
23.30 The Old Grey Whistle Test.
00.00 Sings Musicals.
01.00 TOTP: 1991.
02.00 Lindisfarne's Geordie Genius: The Alan Hull Story.
03.00 Folk Hibernia at the BBC.

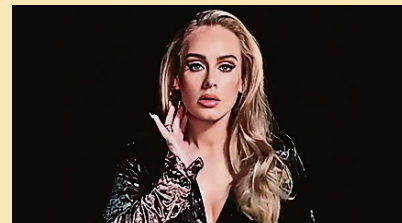
Pick of the Week

Saturday, 20 Nov

Empire State of Mind (C4, 9pm)

The British empire left a highly contentious legacy and in this two-part documentary, writer Sathnam Sanghera explores the ways in which it has shaped modern Britain. He begins by looking at the way empire informed attitudes towards race as he travels back to his home-town of Wolverhampton and the house where his parents lived after arriving from India in 1967 – one year before local MP Enoch Powell delivered his notorious 'Rivers of Blood' speech. The presenter speaks to the writer Alex Renton, who recently discovered that his ancestors were involved in slavery, and Sathnam also uses his own Sikh heritage as a starting point to discover whether Britain has always repaid the loyalty of the soldiers from other countries that have served in the UK military.

Sunday, 21 Nov

An Audience with Adele (ITV, 7.25pm)

There's no doubt that Adele is one of the most successful British artists of all time – she's sold a staggering 11.5 million albums in the UK alone, and her most recent single, Easy On Me, has also been breaking records. But just in case you needed further proof that she's an all-round national treasure, ITV is giving her the Audience With treatment to coincide with the release of her hugely anticipated album, 30. Anyone who saw her hosting the US comedy Saturday Night Live last year will know that she could probably handle a few sketches, but the performance is mainly taking the form of a concert at the legendary London Palladium.

Monday, 22 Nov

The Princes and the Press (BBC2, 9pm)

In this two-part documentary, BBC media editor Amol Rajan examines a dramatic period in royal history during which the Duke and Duchess of Cambridge (Prince William and Kate Middleton) and the Duke and Duchess of Sussex (Prince Harry and Meghan Markle) charted very different courses in their relationships with the media. With more than 80 hours of interviews, Rajan meets the journalists who started covering the story, and then found themselves becoming part of it. The first edition covers the years following the Queen's Diamond Jubilee and the positive media reaction to the emergence of a new generation of royals, leading up to and including Harry and Meghan's engagement and marriage.

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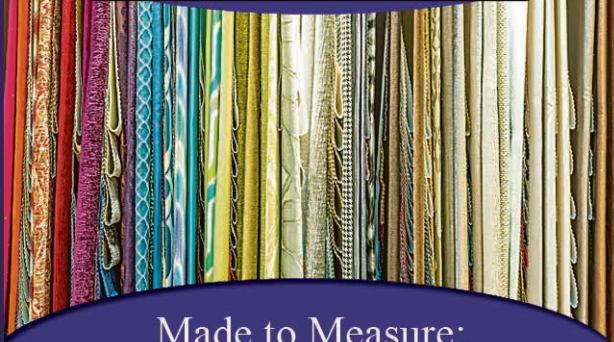
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Letters to the Editor

Booster Vaccine

EDITOR, I filled in the form on line It said if you don't hear within 72 hours try again.

I did try many many times. It would not go through I could not enter my birth date again ! I was told now over 70 you can walk in for a booster! We drove to where the vaccine was given to my 80-year-old husband a few weeks ago. It was closed and moved to the football stadium in Loulé. There were lots of people waiting outside! They gave me a ticket, I showed my Utente number and waited for 1 hour. When my number was called I went into a hall full of people I had a Portuguese person with me who explained how many times I had tried to book online!

When I was finally at the front of the queue they told me "no number on my Phone no Booster!" After waiting two hours, I left without my booster. I thought this country wanted people to protect themselves against this virus. I am over 70 and disgusted with this and the total lack of common sense.

I will not have a booster and refuse to put myself through this indignity again!

MRS CLAYMAN
FAZENDA, Almancil

An Immigrant, not an Ex-Pat

EDITOR, I have bitten my tongue for too long. Today I read a letter from Mr. John Maccinnes. This is in the same vein as many so called "ex-pats" living in this beautiful country.

We are not ex-pats, we are immigrants and, as such, should live with and abide by the laws and rules of this country. We should speak Portuguese. I do, by the way. We should pay the appropriate taxes. I have experienced superb health care and education for my son, who is also totally bilingual. We should also note that the wearing of masks and testing etc. in airports is ensuring that we do not have the level of Covid infection currently in the UK. If Mr. McInnes has a problem returning to our gorgeous country maybe he should stay at home.

CAROLINE ALFORD,
By email

CTT Service

EDITOR, Regarding some letters about the CTT service from Portugal to UK - I would like to highlight some problems, "the other way round":

My daughter is now studying in the UK and as a mother, of course, I am sending her nearly weekly some "stuff", from books, to clothes, to chocolate etc.

Even me not being a UK citizen I realise that "things" changed a lot since Brexit, but really I didn't expect, that sending anything more of 1(one) sheet of paper means spending (in my case, being not too tech savvy) over an hour on the computer, filling out forms, finding out the correct reference numbers in lists of hundreds(!) of articles and doing it all correctly, so I can (hopefully) print out the bar code to glue on the envelope. Unless I ask the people at the post office to do it and wait(!) until they have the time and find the right person, who

knows how to do this and pay another 7Euros for that service.

All of this is needed and asked for by the UK rules, to receive post from out of UK!

Honestly, even before the European Union one could send a letter (with more than 1 page) and little parcels to the UK by just putting it in the envelope, get a stamp and send it.

Just saying.
GABI KOPLIN,
By email

Faro Airport Chaos

Editor, John Maccinnes' photograph of the chaos at Faro airport really brought home to me the true picture. Why does no one sue the airport authority responsible for this dangerous situation ~ where are all the hungry lawyers?

If anyone contracted Covid through this (illegal)? overcrowding and subsequently died, isn't someone in authority liable to a charge of manslaughter?

What a joy if the proposed high speed rail link direct to London does come to fruition.

No more airport or Ryanair misery!

RAY SCOTT, Faro.

Climate Change

EDITOR, In the last 120 years water usage has changed dramatically. The amount of water is finite in the world, 97% saline, 3 % non-saline and only a small percent of that drinkable. So, it is very important that we do not upset its cycle, but we have. There are now trillions and trillions of litres of dormant water which was

normally in the atmosphere. This has reduced filtration of pollution, reduced the amount in foliage, causing immense fires around the world. The planet was also kept cooler on the surface and below ground. The planet is a living thing and is rapidly melting the Artic circles in order to restore the situation. Nobody seems to realize the reasons why this enormous change has occurred around the world.

In my book "Saving the Planet with Water", on Amazon Kindle, written 2 years ago, explains why this has all happened. A mind provoking read for instance, if production of wine, beer and soft drinks was stopped, this would go a long way in helping to save this planet.

So, read the facts and figures that gives the answers in today's water problems and climate change.

YIVES GOWB, Author,
By email

Re: Vaccines

EDITOR, The observational study published by The Lancet on 01 November related to the results of research carried out in Vietnam in which 62 vaccinated healthcare workers participated. Its interpretation was: "breakthrough Delta variant infections following Oxford-AstraZeneca vaccination may cause asymptomatic or mild disease, but are associated with high viral loads, prolonged PCR positivity and low levels of vaccine-induced neutralising antibodies. Epidemiological and sequence data suggested ongoing transmission had occurred between fully vaccinated individuals."

This is similar to other studies recently published in

"most prestigious" medical journals which show to me and other members of the duped and poorly educated classes that the protection of vaccines wanes with time and is progressively less effective as one's age increases.

The utility of vaccines in treating diseases such as Covid-19 is scientifically indisputable and does not merit the Trumpian views of the learned doctor (of medicine?) John Clare. A small number (perhaps 10 to 15%) of the un-learned ones who have been fully vaccinated will develop recurrent symptoms but with much less severity than the unvaccinated and will not require the same degree of hospital admission and little intensive care.

On the immediate horizon of infections is the probability of recurring waves of Covid-19 variants and the possibility of far worse diseases all of which will be encouraged by disastrous planetary over-heating. New vaccines and treatment will be found but may only equal the present range in their capability to limit - not eradicate - our medical distress.

Yes, Big Pharma and its network of corrupt politicians, scientists and government officials has

amassed vast fortunes from the suffering of humanity but a much larger body of medical skill and opinion exists to overcome our grave misfortune. Dr. Clare would do well to support and not deride our saviours.

ROBERTO KNIGHT
CAVALEIRO,
Tomar

Vaccines

EDITOR, Dr John Clare states that the Covid vaccines do not prevent the spread of infection and that the media have hidden this from us. He then concludes that we have all been conned by "Big Pharma" (Letters - 13th November issue).

Nobody has ever claimed that they prevent transmission or infection. That's what masks and distancing do, to an extent. However, if you are unlucky enough to catch the virus you are far less likely to require hospital treatment or to die. Vaccinated members of my family have caught Covid and suffered only symptoms similar to the common cold.

I strongly suspect that Dr Clare is not a medical doctor or he would have been aware of the benefits of vaccination and would not promote conspiracy theories.

DAVID FOOT, By email

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Hansen claims second European Tour win



Joachim B. Hansen produced a brilliant display of front running to sign for a closing bogey free 68 and win his second European Tour title at the 2021 AVIV Dubai Championship.

The Dane entered the final day at Jumeirah Golf Estates in a share of top spot but a birdie on the first handed him a lead he would never relinquish as he finished a shot ahead of Italian Francesco Laporta and Austrian Bernd Wiesberger at 23 under. Wiesberger birdied five of his last seven holes over the Fire Course to surge up the leaderboard with a closing 65, while Laporta was applying the pressure all day in a bogey free 69. Hansen claims his second European Tour win eight days short of the first anniversary of his maiden victory at the 2020 Joburg Open and makes it four

Danish wins in the last ten European Tour events.

The 31-year-old was travelling alone when he won in South Africa last year but he was delighted to have his family at the side of the 18th green as he holed the winning putt this time. "It means a lot, especially with family here and friends this time, there was nothing in Joburg," he said. "When I saw Jeff Winther win in Mallorca I was very jealous because he had all the family and friends celebrating and I really wanted that. I'm really glad I get to experience that."

Hansen has now made just one bogey in his last 83 holes and while he felt he played some of the best golf of

his career over the first three days in Dubai, he was happy to be able to grind out a win on Sunday.

"I really struggled finding the middle of the club on the woods so I didn't drive it well," he added. "The putter helped me today, I putted a lot better today than yesterday so that kept me in the game."

"It's very nice going into next week. I've played very nice in the last few weeks and have been really close to playing really good, which I did this week. So I'm just going to take next week as a bonus week and try to enjoy it."

"It's four wins, some season for Danish golf. I hope it inspires lots of golfers back home."

European Tour to become the DP World Tour

The European Tour group and DP World has announced an evolution to their long-term partnership, with DP World becoming the new title sponsor of the group's main tour from the start of the 2022 season.

The agreement heralds a new era in the history of the European Tour group, which, along with DP World, will celebrate its 50th anniversary in 2022, the first season of the newly named DP World Tour.

The new look DP World Tour will see

total prize money break through the \$200 million mark for the first time, with a new minimum prize fund of \$2 million for all tournaments solely sanctioned by the DP World Tour.

In 2022, the DP World Tour will repre-

sent a truly global tour through an international schedule, that will feature a minimum of 47 tournaments in 27 different countries, including new tournaments in the UAE, Japan, South Africa and Belgium and an expanded Rolex Series comprising five events: the Abu Dhabi HSBC Championship, the SLYNC.io Dubai Desert Classic, the Genesis Scottish Open, the BMW PGA Championship and the season-ending DP World Tour Championship.

For the first time, it will also feature three tournaments co-sanctioned with the PGA TOUR - the aforementioned Genesis Scottish Open, as well as the Barbasol Cham-

pionship and the Barracuda Championship taking place in the United States - as a result of the Strategic Alliance between male professional golf's two leading Tours.

Keith Pelley, Chief Executive of the European Tour group, said that the announcement: "is undoubtedly a momentous one in the proud history of our Tour. The launch of the DP World Tour in 2022, coinciding with both of our 50th anniversaries, will herald a new era in global golf, and crucially it will benefit everybody involved - all our players, caddies, fans and partners - as well as making an important contribution to wider society."

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No excuses from Ronaldo

Cristiano Ronaldo has admitted that the loss against Serbia was harsh but still believes that the Portuguese national team can reach the World Cup 2022.

“Football has shown us time and time again that, at times, it is the most winding paths that lead us to the most desired outcomes.

“Yesterday’s result [on Sunday] was tough, but not enough to take us down. The objective of being present at the 2022 World Cup is still very much alive and we know what we have to do to get there. No excuses. Portugal is heading to Qatar”, wrote the captain of the Portuguese team, on his official Instagram page.

The Portuguese national team only needed a draw against the Serbian team to be able to have direct qualification, however despite a dream start with Renato Sanches hitting the back of the net in only the second minute, the Serbs came back with a goal by Dusan Tadic in the 33rd minute while Aleksandar Mitrovic, sealed the victory in the 90th minute.

The last three European places for the 2022 World Cup will be disputed in March by the 10 runners-up of the groups of the first phase and by two teams from the League of Nations.



(Photo: Lusa/Mario Cruz)

Miguel Oliveira already looking to 2022

Portuguese rider Miguel Oliveira (KTM) has stated that he is already “motivated to start working on the 2022 bike” after finishing 14th in the last race of the 2021 season, at the Gran Premio de la Comunitat Valenciana.

Oliveira said that it had been “a complicated race”, since starting “from 20th position brought many difficulties”.

With all things considered he said that “finishing in the points is a positive result of the championship”, since 14th place is equivalent to two more points in the championship.

Despite this result Miguel Oliveira guaranteed that he is “far from being happy with the performance of these past two months” but he confessed that he was

“motivated to start working on the 2022 bike next week”, in order to find “more consistency” that allows him to “fight for good positions in more races”.

The rider from Almada concluded the MotoGP World Championship in 14th place, with 94 points.

Throughout 2021 he added a win (in the Catalunya GP) and two second places (in the German GP and the Italian GP) as the best results of a year marked by five withdrawals due to crashes.

Portugal thrash Cyprus

The Portuguese football team have successfully managed to maintain its 100 percent winning record in qualifying for the European Under-21 Championship, by beating Cyprus at home, 6-0, in a Group D game.

Gonçalo Ramos, with a hat-trick, at 6, 53 and 61 minutes, Gonçalo Inácio (21), Fábio Vieira (51) and Henrique Araújo (71) scored the goals, giving the team their fifth victory in Group D, in a match in which Fábio Silva also missed a penalty (29).

With this win, Portugal went on to add 15 points, one more than Greece, who have one more game, with Cyprus and Iceland having seven and Belarus three, while Liechtenstein has yet to score.

Ajax suspends ticket sales for Sporting match

Ajax has suspended ticket sales for upcoming games due to a partial lockdown to combat the Covid-19 pandemic, a measure that could affect the match with Sporting in the Champions League.

“The new measures announced also affect football. As it is still uncertain how the matches will be played, because of this Ajax decided to stop selling tickets”, wrote the Dutch club on its official website.

The partial lockdown was decreed for a period of three weeks and, if not renewed, will not be in force on 7 December, the date of the visit of the Portuguese champions to Amsterdam for the sixth and final round of group C of the Champions League.

The Dutch team, who in the first round won 5-1 in Alvalade, explained that the sale of tickets for the game against Sporting “can be resumed as soon as more details are known about the lockdown measures”.

“If the match is played without an audience, the ticket holders will be refunded”, clarified the club, which has suspended the sale of tickets for matches over the next three weeks.

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