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FREE

# Tomorrow

A COMMUNITY MAGAZINE FOR THE ALGARVE



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An exclusive interview with Bonnie Tyler

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A piri-piri farm adding heat to the Algarve

**Disney's Little Mermaid**
Creating waves in Portugal

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EDITORIAL

**Sophie Sadler**
sophie@tomorrowalgarve.com
+351 912 176 588

SALES

**Tom Henshaw**
tom@tomorrowalgarve.com
+351 919 918 733

DESIGN

**Phil Harding**
phil@tomorrowalgarve.com
+351 916 606 226

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ON THE COVER:
Bonnie Tyler
© Tia Korhonen earMusic

# Editor's note

Dear readers of *Tomorrow* magazine,

Welcome to August, which always culminates in the tradition of Banho 29. This is a summer celebration which takes place on the 29th of the month when revellers rush into the sea at midnight.

The history behind this tradition varies depending on who you're talking to, but one theory is that it was when the peasant folk came down from Monchique or the rural areas to bathe in the sea. This was believed to ward off the evil spirits. Reportedly legend dictated that this swim was worth 29 baths and was probably a lot more fun!

Whether this practice was linked to the last rites of summer or resulting from the Arab heritage, the custom remains to this day and is now celebrated by a party, live music, historical reenactments, traditional beachwear parades and regional food. (See the What's On section.)

As I enter my twentieth August in the Algarve, the idea of cleansing yourself at the end of this hot month seems an obvious celebration for the ancients of this region to have partaken in, particularly if you didn't live close to the beach. You could call it their annual holiday by the sea with the banishing of evil spirits an added bonus!

And just as we all need to cleanse our bodies in the cooling Algarve water during August, we might also think about cleansing our minds too! I have already witnessed a great deal of road rage and grumpiness. So remember the three Ps: patience, politeness and people. Practise patience in supermarkets, restaurants and at traffic lights! Practise politeness to the local workforce. And be tolerant of other people. This will exercise all of our evil spirits and lead to a great August.

Have fun in the sun!

From Sophie, Tom, Phil and the *Tomorrow* team.

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# Straight from the Heart

## An exclusive *Tomorrow* interview with the legendary Bonnie Tyler.

**WORDS** Vaughan Willmore
**PHOTOGRAPHY** Tia Korhonen earMUSIC



Bonnie Tyler's been a household name for nearly 50 years and yet she still has the professionalism and the generosity of spirit to arrive early for our interview. No waiting around and 'no airs and graces'. This friendly, humble approach – along with her fantastic voice and wonderful stage presence – goes some way to explaining her phenomenal success and enduring popularity.

We last featured Bonnie in August 2021. In the two years since she's toured South America, produced a much-awaited memoir (due out in September) and has been busy preparing for her next tour, which will be a celebration of her signature song, *Total Eclipse of the Heart*. If all that wasn't enough, earlier this year, she was made a Member of the Order of the British Empire (MBE).

Let's start with the MBE. "It came completely out of the blue," said Bonnie. "The letter was sent to my record company and I couldn't believe it when they told me. On the day of the ceremony, I was so nervous, but I needn't have been.

Prince William was so nice and put me at ease by saying how lovely it was to see me again. He'd remembered we'd met earlier in the year when I performed in Cardiff for The Queen's Platinum Jubilee celebrations." As Bonnie said at the time, "My receiving an MBE proves anyone from any background can become a success."

Bonnie was born Gaynor Hopkins in Skewen, Wales, to father Glyndŵr and mother Elsie Hopkins. She grew up in a four-bedroom council house with three sisters and two brothers. After leaving school with no formal qualifications, she began working in a grocery store and, in 1969, entered a local talent contest where she finished in an encouraging second place. Shortly thereafter, she decided to pursue a career in singing. It was in 1976 when Bonnie first came to national prominence with the hit single, *Lost in France*. There was no looking back.

It was in the mid-1970s that Bonnie and her husband, Robert, first visited the Algarve. They both fell in love with the area, describing it as "a magical place". They still have the same house they purchased back then, near Albufeira, albeit it has undergone major renovations since, transforming it into a modern state-of-the-art property.

As much as Bonnie loves Portugal and its people, she still regards Wales as 'home' and with her being part of such a close family, it's easy to understand why. Regrettably, the last two years have also brought sorrow, with Bonnie losing her much-loved brother, Lynn. Bonnie has always stayed close to her family in Wales and, as far as they are concerned, she will always be the Gaynor Hopkins they grew up with in that council house in Wales. Bonnie would have it no other way.

*Lost in France* was followed by *It's a Heartache*, which reached the Top 10 both in the UK and the USA. Albums and singles followed – including an album recorded here in the Algarve. It was in 1983 when stardom turned to mega-stardom with the release of *Total Eclipse of the Heart*, one of the





most famous power ballads of all time. It reached the number 1 spot in the UK and the USA (and many other countries, too), with Bonnie making history by becoming the first Welsh singer to top the charts in the USA.

*Total Eclipse of the Heart* has special meaning to Bonnie and is the basis of her forthcoming tour, celebrating the 40th anniversary of its release. The song only came about because of Bonnie's perseverance. She asked her management team to see if Jim Steinman would produce her next album – Steinman was in the midst of his own global success producing Meat Loaf and Bonnie's team doubted he would agree, but as Bonnie said to them, "How do you know if you don't even ask?"

Steinman not only agreed but went on to write and produce *Total Eclipse of the Heart*. He also wrote and produced Bonnie's other global hit, *Holding Out for a Hero*. Bonnie looks back on her time working with Steinman fondly, telling me he had a clear idea how the song should be produced and that it was originally a whopping eight minutes long before he edited it back to a more radio-friendly four-and-a-half minutes.

And so here we are, 40 years later, with Bonnie preparing for the *Total Eclipse of the Heart* concert tour. It starts in October and features more than 30 concerts, taking in Germany, Switzerland, Belgium, Austria and France. Even before then, she has another thirteen dates scheduled, including two in Portugal – 21 September in Lisbon and 23 September in Braga. I asked Bonnie how she prepares for such a gruelling schedule. "I've been with the same band for 30 years, so some of it is second nature, but we still rehearse in advance and at the venue the day before. When I'm on tour like this, I speak to my vocal coach on a daily basis."

Bonnie's website offers the latest news regarding the tour, including how to buy tickets. There's also information on the numerous charities she supports, including her patronage of the Guia-based AAG (Animal Charity Foundation), which helps injured, hungry and distressed street animals.

I asked Bonnie what messages she has for readers of *Tomorrow*. "Come to a show!" she said. "I might be seventy-two, but I still know how to rock!". She certainly does and despite all her success, she still knows how to be a thoroughly entertaining and likeable lady. It was a real pleasure to speak, once again, with the legendary Bonnie Tyler.

*Total Eclipse of the Heart* has special meaning to Bonnie and is the basis of her forthcoming tour, celebrating the 40th anniversary of its release. Bonnie's eagerly awaited memoir is out in late September and is titled, *Straight from the Heart*.

**www.BonnieTyler.com**





## 'Total Eclipse of the Heart' facts:

- **More than one billion views on YouTube.**
- **Number 1 in the USA charts for four weeks.**
- **More than six-million copies sold.**
- **Nominated for Best Female Pop Vocal Performance at the 1983 Grammy Awards. Won the 'Best Single' in the UK's Variety Club awards.**
- **At its peak, it sold 60,000 copies per day.**
- **Topped the single charts in the USA, South Africa, Australia, New Zealand, Canada and the UK.**

# THE LITTLE MERMAID

## Swimming Portuguese Waves

**WORDS** Sophie Sadler



Disney's new adaptation of *The Little Mermaid* opens with a scene of a vast sea. Towering waves rise like a monster, spitting salt spray and reaching enormous heights before curling over like a gigantic tongue and crashing down in a mighty display of nature's ferocious power. Those who have watched the movie might have been unaware that this tumultuous opening was filmed at Nazaré on Portugal's Silver Coast.

The ocean here is an awe-inspiring spectacle that has fascinated Nuno Dias his entire life. His passion led him into his career path and now into the bosom of Disney. Like the little mermaid, his is a tale of a young person who looked at the world above him and was so mesmerised by what he saw that he would go to enormous lengths to pursue his dreams.

I talk to Nuno in his cosy wood-lined studio, located in the garden of his parents' house near Cascais. It was once a store shed for surfboards and wetsuits, in the days when Nuno would follow his older brother to the beach to bodyboard. The young Nuno wasn't just taken with surfing, though; he became enthralled by the enormous waves.

Nuno loves his hometown as it is just 15 minutes from Lisbon but close to the ocean, which has been the muse for his life and career. His father and mother instilled in him a passion for the beach and his father was also an amateur photographer. They visited the beach often and spent every holiday in Tavira in the Algarve. When he was a child, his parents took him to Nazaré many times, and his love affair began with the big waves. Influenced by his father, he got into photography at 12 years old. From then on, he became fascinated with taking photos of the waves, as well as wave sports. "I count myself lucky that I found my calling in life at such a young age."



By the age of 14, he started photographing the regional surfing and bodyboarding championships of the Clube Regional da Quinta dos Lombos and, from time to time, selling photographs to surf and bodyboard magazines.

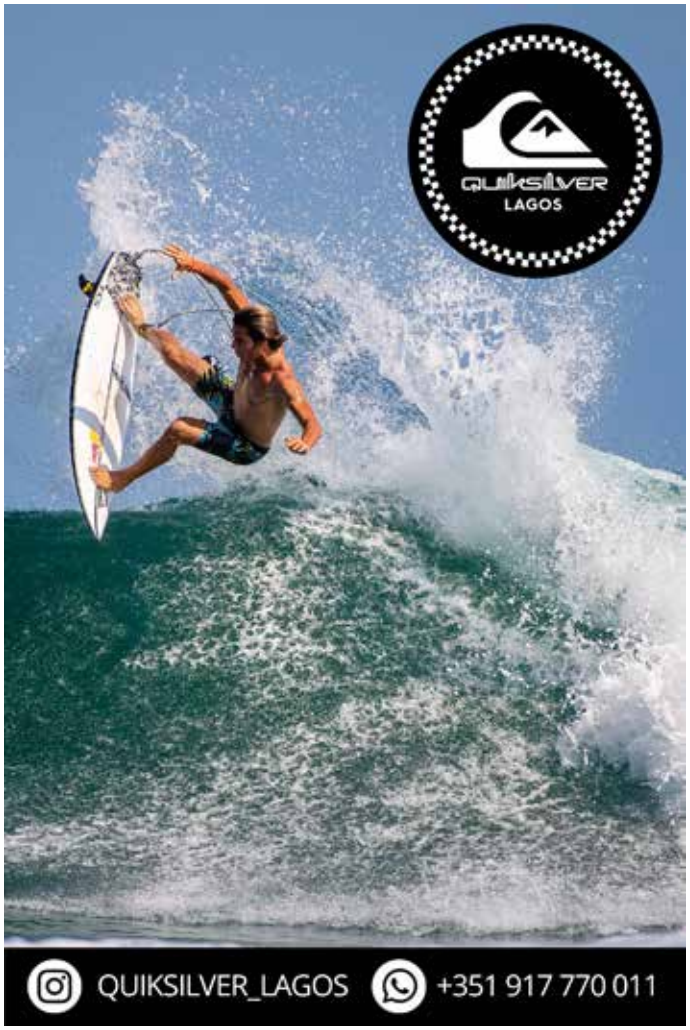
However, pursuing photography was just part of the education which was to lead Disney to his door. It was also the beginning of his apprenticeship in the conditions of this famous stretch of coast. "I probably know and understand the conditions there better than anyone from their cast and crew. That's why they trusted me to track the forecast and choose the best day of the winter for filming."

Nuno studied multimedia in school, winning a 500€ prize for 'best student', which he used to buy a ticket to Hawaii in 2013. "It had always been my dream to see the Pipeline (a surf break on the north shore of Oahu). It was my first time in an airplane and an incredible adventure for me. I believe this was a defining moment in my life and career." It was at the Pipeline that he had the opportunity to film footage of some of the biggest names in surfing as they battled the waves with a sharp volcanic reef just metres below.

He went on to study multimedia at Escola Superior de Comunicação Social in Lisbon. Nuno was drawn to the course as it incorporated photography, web design and video. However, maybe because he had experienced the excitement of honing his craft in Hawaii, he found the experience disappointing. "There was so much theory, and I had to study sociology and economics, which I found really boring. I was going to quit at the end of the second year, but now I am so glad I didn't as I now realise it was important to get to know different fields and areas besides video and photography."

He was, though, relieved to finish the three-year course and achieve a university degree.

When Nuno's music got too loud for his parents to bear, he renovated his surf shed into a studio. This became his metaphorical "mermaid cave" where he retreated. It is from this humble space that he worked his magic.









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Until 2021, Nuno's equipment comprised a Sony a7Sii and Sony a7sIII cameras, and he sometimes rented cinema cameras for specific jobs. Last year, he invested in a Red V-Raptor, which is at the cutting edge of technology and the most powerful and advanced RED® cinema camera. It shoots 8k at 120 fps, with an impressive dynamic range, sharpness, and detail on the image. Many TVs cannot actually adapt to 8k yet, so Nuno believes this investment will be good for another five years at least. This technology allows him to film in slow motion to capture the awesome power of the waves fully. "The image quality with this equipment is amazing and it blows me away what cameras can do now." When he shoots, he needs lots of battery cards, a rain cover for the camera, and a good tripod. He also has a 7-inch display for the camera so he can view what he is shooting.

His film *Empties* is a nine-minute compilation of three seasons of shooting raw waves breaking at Nazaré and what brought him to the attention of Disney. Some of the slow-motion shots were filmed on perfect days and others on stormy days. It was accompanied by a soundtrack from a Portuguese artist and won Nuno his first award for cinematography. It was featured on *Hostile Planet* and by National Geographic. "It has brought me a lot of work from bigger productions around the world."

Then, one day in 2021, he received a phone call from Disney, who had watched his film. They viewed his shots of the ocean as "poetic", which is what they wanted for their movie. Praise indeed!

Disney sent a representative to talk to Nuno. He was told that Disney wanted to license some of his footage to use in a movie. However, on the second meeting, they informed him that they now wanted to film original footage. They didn't say right away that it was for *The Little Mermaid.* But they said it was about a little girl who swam in the ocean, so he guessed!

There followed many meetings with the production crew to explain the conditions in Nazaré, as the production crew knew nothing about how the weather affected filming. Nuno then had to advise when the best time was for the crew to arrive to take the shots they needed. Added to this pressure, it was an unusual year, as the first big swell only arrived in December. Nuno remembers, "The crew were stressed as, although it was the initial scene, it was the last shot they needed to complete the movie. I felt a lot of responsibility on my shoulders."

After studying the weather forecasts, Nuno finally made the call that the time was right and 30 crew arrived from LA and some from London at the beginning of December 2021. To add to this, there were still COVID restrictions, and precautions had to be taken.

Nuno recounts, "The day itself was the easiest part. It was the preparation and predicting the weather that was the hard part." Nuno was on one camera with the lighthouse angle, while Disney's director of photography, Dion Beebe, was on another. There were three assistants on each camera communicating over the radio. "It was the best job I have ever had. I wish I could have more days like this."

Nuno might have cause for confidence on this front as he believes that Portugal is riding a wave at the moment with cinema. Recently *Fast and Furious*, *Star Wars* and Netflix's *Turn of the Tides* have been filmed in Portugal. "Portugal is on a new journey and it has been assisted by the government, which has made an incentive for foreign investment in films with a tax rebate which has brought many Hollywood films here. Portuguese director João Gonçalves was also just Oscar-nominated for his short animation film *Ice Merchants*.




Nuno's resume also includes working on the Emmy-awarded series *100 Foot Wave*, available on HBO, which tells the story of Garrett McNamara and the giant waves of Nazaré. It has just been nominated for six Emmys for its second season. He is now focusing on a follow-up to his documentary *Kalani*, about Brazilian surfer Kalani Lattanzi, who bodysurfs 40-foot waves with no board, just using fins.

He met Kalani in Nazaré in 2015. "He went swimming from Praia da Vila to Praia do Norte without any assistance. I was there, and I managed to film him riding a wave. We met, and when he returned to Nazaré in 2016, he called me to go film him. It resulted in *Kalani,* an independent production, which premiered in 2019 at Cinema de São Jorge. "In my eyes, Kalani is the most extreme wave sports person in the world. I've never seen anyone like Kalani: how he reads the ocean and catches 40-foot waves with just his body and a pair of fins, but never gets anxious and is always smiling. He has become a very good friend."

Nuno has recently challenged himself to learn stand-up surfing as another way of enjoying the waves and is also in the process of closing an upcoming project he's been dreaming about. His next ambition is to make a follow on to *Empties* due to its success in bringing his work to the attention of the world.

It is hard to believe that Nuno has only just turned 29 years old. Like the little mermaid, he has certainly 'grown legs' in the cinematic world; there is no doubt that the world is now Nuno's oyster!




**Instagram: @nuno_diass**

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# The Wonderful World of Wood

This month I took a seat with a wonderful woodworker who is giving discarded bits of wood a new lease of life – to bring people together and give them somewhere to sit.

**WORDS** Jake Cleaver





If you've cycled down to Praia do Gigi in Quinta do Lago, you may have been pleasantly surprised to find that you can now park your bicycle in a nice new wooden station. People walking past en route to the beach (or upon their sandy return) would have also no doubt noticed a bench in front of the station where they can stop, rest their legs and enjoy the view.

Now, at first glance, it may seem like a perfectly ordinary bench, but anybody who examines it a little more closely would notice that, for one thing, it has considerably more legs.

The jungle of branches underneath looks a little like roots and gives the impression that this bench is growing out of the ground. A few little touches of recycled wood here and there show the careful observer that a lot of time, energy and love has gone into making it.

For me, it was a particularly wonderful surprise to find this bench sitting there – as I had seen it once before!

**Take a seat**

Every month I've been heading down to the Palácio Gama Lobo, headquarters of Loulé Criativo, to meet and interview another of the resident artists of their Loulé Design Lab. I remember spotting this somewhat peculiar-looking bench in the courtyard and was later introduced to its creator, a happy-go-lucky Brazilian chap called Wesley Sacardi, who was busy working away in their wood workshop.

Wesley is a very skilled woodworker and, although he can turn his talents to pretty much anything, he has a particular passion for making places where people can sit. He laughed and explained how he loves to make chairs, stools and benches as they are things that we all share and that bring people together.

**Imagination is all you need**

Wesley grew up in São Paulo and told me he has always loved working with wood but it was only in 2016 that he decided to quit his job in advertising and dedicate himself to his passion full time. He told me how he wanted to try and rediscover his childhood imagination and to see what he could make.

After a trip to Portugal with his wife in 2018, they fell in love with the Algarve. He got to know the team at the Loulé Design Lab, made friends, and saw that they would happily accept him as a resident artist. The process took some time, but Wesley and his family moved here in December 2021.



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**'Wood' that go together?**

Wesley started a never-ending collection of original stools he calls the *Série Descartes*. Giving a whole new meaning to the word 're-cycling', these unusual seats are exclusively made from discarded bits of wood – many of which he finds while out 'cycling' around exploring his new home.

The Lapidado, for example, is made out of a beautiful and fairly large block of wood he found lying in the dunes around Praia do Trafal in Quarteira. Wesley gave it three legs (two of which a fellow resident artist found for him in Lisbon) and with elegant cuts that make you think of diamonds, the stool proudly shows off the wood's lifelines and puts its natural beauty on display.

It's quite amazing when you look at Wesley's precision, care and imagination in uniting all kinds of different woods (that you would never have thought would go together) into a harmonious and well-balanced piece of art that you are welcome to sit on.

**Trees make the wood**

Now, you might be thinking that some of these unusual stools don't look very comfortable, but that's half the point. Wesley is trying to make you feel a little uneasy with his art.

He has a huge amount of love and respect for what he calls the '*matéria prima*' (raw material) and told me how the tree would have spent years growing the wood that we so casually throw away. He wants to demonstrate that with a little creativity and care, almost any piece can be re-imagined and that they have plenty of life left in them yet.



**Wood Rings & other things**

But Wesley doesn't just make places for people to sit. One thing tends to lead to another in the creative process and when he recently started to get interested in making unusual shaped lamps, he was trying to make a mechanism for one of them but it just wasn't working.

He took a break and, as so often happens, came back to his work space with fresh eyes only to see that what he had in fact made – a ring. This kickstarted a new project where Wesley has made a series of unique rings in daring shapes for women's hands.

**Worth a shot**

Wesley called the bench in Quinta do Lago the '*Banco Todos*' (the bench for all) and he hopes everybody will enjoy it.

I don't know whether it's in my power to cause a trend, but I know it would make Wesley smile (even more than usual) if you added him on Instagram and tagged him in pictures of you sitting on the bench with your family and friends on your next beach trip.

**Instagram: @wesleysacardi**



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# Spice Up Your Life

**WORDS** Julian Putley



When you have driven through Albufeira and come to a sign that says Quinta do Piri-Piri and the Jardim do Fogo, you know you have arrived. The Garden of Fire is appropriately named; it consists of two hectares of rows and rows of chilli peppers of many different varieties. At the entrance to the facility are the shop and a seating area for tasting, and access to the chilli garden. The owner and founder of the business, Romeu Santos, greeted us and explained how he started and how his operation has expanded into a thriving enterprise.

"I've always loved hot and spicy food," explained Romeu. "It was in 2011, when I decided to plant some chilli pepper plants on our family land, right here. They grew well, so I experimented with several different varieties and wondered if there would be a market for them. I tried several large retailers and out of ten, seven bought my peppers. Immediately I saw an opportunity, but there was a problem. These retailers could not take enough quantity because their customers (understandably) would only buy small amounts. This was the catalyst that spurred me on to make bottled hot sauce. I began bottling in 2012."

"Now we have over 150 varieties of peppers, down from 500 several years ago," Santos continued. About 20 varieties are used in our list of sauces, while others are grown for the peppers and their seeds. Our first sauce was the Scorpion, whose ingredients were and still are: sunflower oil, malagueta, habanero, Trinidad scorpion and bhut jolokia. This is a medium hot sauce and we soon realised we needed sauces of different flavours and graduated heat levels.

Peppers are graded on a scale known as the Scoville scale. On a scale of one to six, the Scorpion is a level three. Now there are ten standard sauces to choose from, of various strengths and flavours and there are eleven 'specials'."




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*Tasting Piri Piri Licor Brutal*

Romeu was keen to point out that there are several specific piri-piri dishes that are identified with Portuguese cuisine. One is the *bifana*, a sliced pork sandwich liberally doused with piri-piri. The second is probably the best known, i.e. chicken piri-piri, and then there's the hefty *francesinha*, an award-winning sandwich dish comprising sliced beef steak, ham, sausage and with an egg on top, then liberally drenched in a piri-piri sauce.

In the garden, we saw rows and rows of peppers: red, yellow, green, blue, black and purple. The peppers are picked, prepared and mixed with the other ingredients in a dedicated kitchen. A fermentation process begins before the mixture is either puréed or strained, depending on whether a thick or thin sauce is desired. Flavours can be adjusted before bottling.

The peppers in Romeu's sauces include the biquinho from Brazil, the famous jalapeno (Scoville level 2) of Mexico, the ghost (level 5) pepper of India and the Carolina reaper (level 5). The chipotle is a smoked and dried jalapeno pepper essential in some of their recipes.

Besides sauces, Quinta do Piri-Piri has developed other products, including pastes and pickles, mustards, jams and liqueurs.




One of the liqueurs is ominously called Brutal. Romeu invited me to try it, along with two other guests who were visiting. Out came the Mexican sombreros – it's a tradition. We toasted the 'good life' with trepidation but found the sweet nectar to be very palatable and not the fire-water we expected.

Visitors are invited to visit on Fridays and Saturdays. Romeu Santos is a jovial and accommodating host/guide and he has developed a Mexican theme to highlight the origin of the jalapeno pepper. (See sidebar).

"We love to see visitors for sample tastings and we've developed some fun activities to entertain our guests," explained Romeu. "I describe my occupation as a 'Labour of Love'."

**www.facebook.com/PiriPiri.Co**




## Piri-piri's Journey

Piri-piri means 'pepper pepper' in Swahili, the mother tongue of several East African countries, including Mozambique, a former Portuguese colony. But chilli peppers originated in the Americas and were brought to Spain and Portugal in the wake of Christopher Columbus' voyages.

The Portuguese initially had no use for the pungent peppers but eventually, they found their way to East Africa and to Asia, where the peppers became much more popular. The Portuguese empire actively encouraged settlers from the home country to migrate abroad, meaning that in Mozambique, there were large numbers of Portuguese settler-colonists. Both the indigenous peoples and the settlers incorporated the pepper into their food. Mozambique seems to be where the sauce first appeared.

Later, when Portuguese citizens returned to the homeland because of war, military coups or unsteady declarations of independence, they brought African influence and certain culinary creations with them. One such item was piri-piri.

Today, piri-piri is much-loved in African countries like Angola, several European countries as well as Britain, Canada, Australia, South Africa and others. Piri-piri and its journey is an important historical reminder of how food can help us remember aspects of our own human history. Not only that, but piri-piri will certainly spice up your life.



*Pod Jonah*



*Black Pepper*



*Burkina Yellow pepper*



*Scotch Bonnet (Jamaica)*



*Yaki Blue Pepper*

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# The Voice of the Voiceless

Later this year, the Portuguese-speaking world will commemorate the 50th anniversary of Virgínia Sofia Guerra Quaresma's death (1882–1973). Now a publicly praised women's rights activist and writer, she was the first female journalist in Portugal to find a voice in a prejudiced society.

**WORDS** Dan Costinas

The youngest of the three Quaresma children was born in Elvas in December 1882. She was baptised Virgínia, which means maiden/pure/virgin.

Virgínia's mother came from an enslaved African family. Her father, Júlio César Ferreira Quaresma, held a commission as a brigadier general in the Portuguese army, so the family had enough money to provide a proper education for all three children.

Like her mother, Virgínia quickly learnt that, in order to survive and be able to go on without a guilty conscience, one must fight and stand strong no matter. So, Virgínia studied at the Faculty of Arts, being one of the first women graduates with a masers degree from the University of Lisbon. Then, she was appointed to a public commission to study women's education in Europe (France, Italy, Switzerland and Germany.)

A journalistic career followed, resulting in Virginia becoming the first woman to pursue a professional career in journalism in Portugal. Virgínia's authoritative contributions were much appreciated by feminist journals, such as *O Mundo – Jornal da Mulher, Sociedade Futura, Alma Feminina, O Século,* and *A Capital*. Some of her key topics were: pacifism, suffrage, access to divorce, equal pay for work of equal value, access to education, the right to work for married women, and the right to live free from violence and discrimination. After 100 years, it is still considered a miracle how she managed to avoid censorship and persecution for her unswerving analysis and commentaries published under those hypocritical conservative regimes.

Moreover, she was openly living as a gay woman at a time when both the Church and the laic society were severely homophobic and decreed a ban on 'subversive behaviour' in public places. Any sexual orientation which differed from the 'approved' one had to be hidden and criminalised. Fearing bad consequences for them, Virgínia moved to Brazil with her life partner Maria da Cunha, where she continued to advocate feminism and write on matters of education and women's rights until Maria's sudden death ended five years of travels within Brazil and the Americas. Virgínia Quaresma returned to Portugal in 1917; however, she returned to Brazil in 1933 with Maria Torres, her new partner – who died there as well. After this second tragedy, Virgínia returned to Portugal once more in 1964 and never left the country again.

In October 1973, Virgínia Sofia Guerra Quaresma departed this life at the age of 90. She died with a clear conscience, knowing she had done all she could to help others, and had tried to change society's mindset.


"A Epoca" contratou os serviços da jornalista portugueza recentemente chegada

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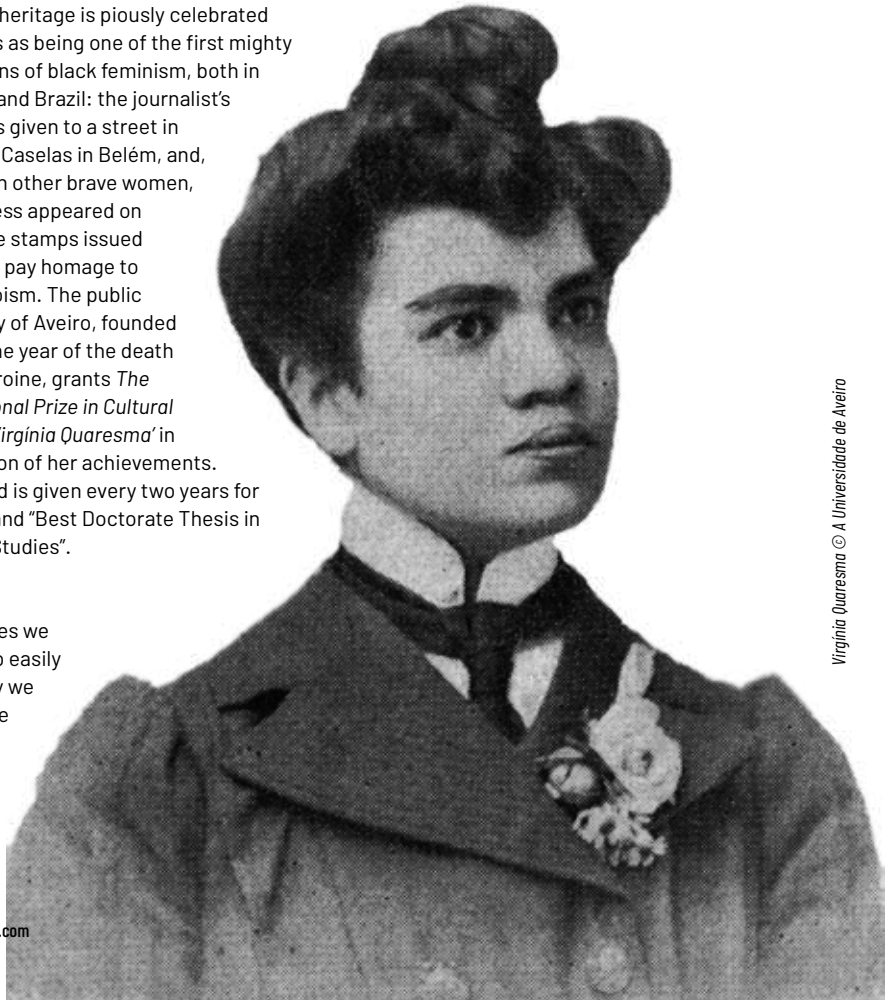
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A situação da colonia portugueza no Brazil

*Virgínia Quaresma in the newsroom of A Época in 1912 © Jornal A Época (RJ)*

Virgínia's heritage is piously celebrated nowadays as being one of the first mighty promotions of black feminism, both in Portugal and Brazil: the journalist's name was given to a street in Bairro de Caselas in Belém, and, along with other brave women, her likeness appeared on one of the stamps issued in 2010 to pay homage to their heroism. The public University of Aveiro, founded in 1973, the year of the death of our heroine, grants *The International Prize in Cultural Studies 'Virgínia Quaresma'* in recognition of her achievements. The award is given every two years for "Career" and "Best Doctorate Thesis in Cultural Studies".

Sometimes we forget too easily how lucky we were to be born and bred in a more or less



*Virgínia Quaresma © A Universidade de Aveiro*

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*Maria da Cunha (Public Domain)*

decent society – at least when it comes to respecting the basic human rights of the people. I invite you all to try a fictional exercise: imagine yourself as you are today living in almost any European society back in 1890–1930. If you were a woman, you were very lucky to be seen as anything more than a voiceless home and kitchen appliance, tightly chained to your biology in a conservative world of sexism and patriarchy. Never forget that, in times gone by, politics and community were designed and run by men seeking their own (male) interests. In addition, imagine living at a time *when* any sexual orientation other than straight was criminalised, a time *when* belonging to any ethnic minority was a mark for life if not a serious capital sin.

The circumstances in which we live change constantly; life today is completely different than it was a mere century ago. We can only imagine living under the misogynistic and ultra-conservative regimes of the early 20th century.

Quaresma's fruitful career as a journalist – her international action for women's rights, equality in education for boys and girls, support for democracy, the republican cause and pacifism – should be celebrated for its role in establishing the rights we enjoy in Portugal today.




*Virgínia Quaresma "I was just an editor who loved journalism and lived for reporting" © Para uma História do Jornalismo em Portugal*



# A Spiritual Holiday

## Find some peace and inspiration at Nossa Senhora da Luz in the Algarve.

**WORDS** Rob Kean

In the wonderful and charming town of Praia da Luz, amidst the stunning Algarve region, there's a place where you can escape the chaos of daily life and discover a sense of serenity. The church of Nossa Senhora da Luz stands as a beacon of tranquillity, offering services in different languages and denominations to accommodate visitors from all walks of life.

Being on holiday often allows us to step back from our busy work routines and focus on our spiritual well-being. Nossa Senhora da Luz provides the perfect setting for this. The church's peaceful atmosphere and beautiful architecture offer a space for reflection and inner peace.

If you're looking for a service in the English language, then the Anglican community holds services every Sunday at 8am and 11.30am, and there is a Roman Catholic mass on Saturday evenings at 7pm – you will receive a warm welcome at all these services. People of all denominations are welcome to attend any of the services. This inclusive environment allows you to connect with others who share your faith, regardless of their background.

If you're feeling more adventurous, you might like to attend the Sunday service at 9am, where you'll experience the Roman Catholic traditions in Portuguese.

Attending a church service whilst on holiday can be a deeply uplifting experience. The calming surroundings and the collective spirit of worshipers create an atmosphere that allows you to reconnect with your spirituality. Whether you're seeking solace, inspiration, or a moment of contemplation, Nossa Senhora da Luz offers a sanctuary for these pursuits.

A holiday in the Algarve can offer more than just relaxation and sun-soaked days. It presents an opportunity to nourish your spiritual side and find peace amidst the breathtaking beauty of Praia da Luz. Why not take this chance to reconnect with your spirituality and let this hidden sanctuary guide you on a path of self-discovery and renewal?

If you have any questions, then please feel free to get in touch with me, Father Rob Kean, the Chaplain of the Anglican community in Praia da Luz, either by telephone or WhatsApp or by email.

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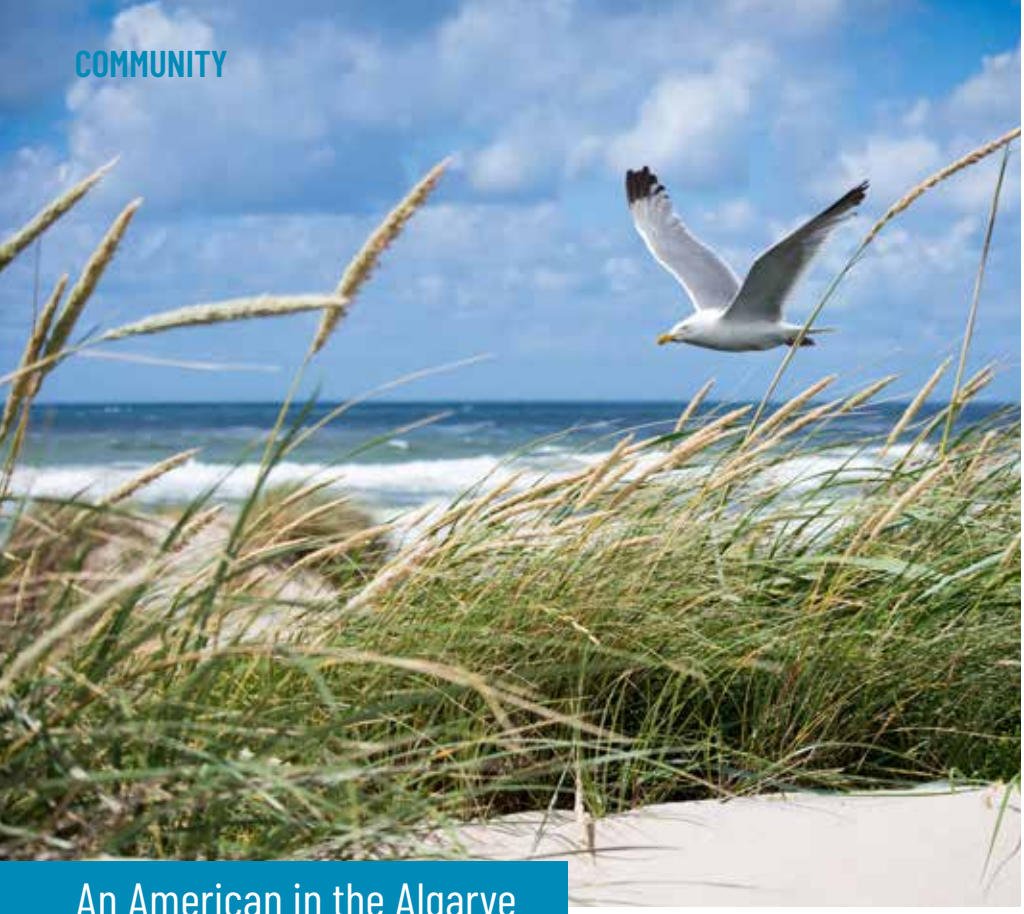
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An American in the Algarve

# Welcoming the Wind

**WORDS** Meredith Price Levitt

I'm sure it wasn't hiding. Or deliberately pretending not to exist. I have no doubt that it had absolutely nothing to do with me. After all, the wind, as far as we know, doesn't have feelings. It just exists. And in the Algarve, it doesn't just exist, it excels. If the wind were competing for an Olympic medal, Lagos would bring home the gold every time. OK, maybe Alvor. Still. Close enough.

But seriously, the wind here is a force to be reckoned with. And who knew? If you're not from Portugal or you didn't happen to visit the Algarve on a windy day, you may not know about the wind. If you're buying a house online, for example, it might not occur to you that north facing is prone to strong gales.

Everyone who has been here for more than five minutes knows this. And even though now, three years after moving, I do recall the real estate agent going on about south-facing terraces, I didn't really get it. I was either sleepwalking through my life, or the wind happened to be off during my brief visits.

Only once I had already moved here did I understand. The wind here might even be stronger than the *Le Mistral* in southern France. And entire novels have been written about *that* wind. It's so strong it alters growth patterns. Trees grow horizontally out of hillsides from its sheer pummelling force.

Here in the Algarve, it's a similar situation. And as an aerialist who trains around six metres up on outdoor structures, super strong winds are not fantastic. Fortunately, I've found good ways to work with the wind, such as setting training times based on the forecast or changing my schedule for work to be at my computer when it's blowing extra strong. I have yet to master 'always' accepting what is, but I'm getting good at 'day-by-day'.

Another skill I'm trying to improve on is looking on the bright side. Luckily, there are also a lot of advantages to the wind. For one thing, it lowers the temperature outside. In the summer, when temperatures soar, this is especially helpful. We hardly ever need to turn on our air conditioning here, so it also saves us money.

Another massive advantage is the renewable energy that wind provides. Like solar grids, wind farms provide an excellent source of naturally existing power. In fact, the wind provides almost 24% of Portugal's electricity (according to statistics from 2020 on wikipedia). The abundance of this natural resource means we also rely less on fossil fuels –and wind energy is better for the environment, too as it doesn't pollute the air.

So where does this wind come from? During the day, the land bordering the sea heats up, which means the air above the land is hotter than the air above the water. Since warm air above land expands and rises, the cooler, heavier air from the water rushes in to take its place. This creates wind. At night, this process is reversed. In the Algarve, the windiest month is December and the calmest month is September.

The *Nortada* is a 'summer' wind that occurs along the Iberian Peninsula. Summer might be misleading as the *vento* in the Algarve is a year-round phenomenon. Who knew? Apparently, the windsurfers. And the surfers. And the sailors. And the fishermen. And the bikers. And the locals. All of them.

This brings us to yet another advantage of the wind – it's a huge asset for local tourism. Water sports, including windsurfing, surfing, and sailing – are some of the best in the world here, thanks to consistently good conditions. According to one study I found conducted in 2016, the surf industry contributes around 400 million euros to the national economy. In 2009, researchers Bicudo and Horta stated that surfing could generate between 1.5 billion and 3 billion euros a year to Portugal's tourism sector.

Even the language reflects the importance of the wind. This area is actually named for the wind. If you look up 'Algarve' on wikipedia, you see that the region is divided by sailing terms related to the wind. *Barlavento*, the western part of the Algarve, actually translates as 'windward.' The eastern bit, *Sotavento*, means leeward. This is a super useful piece of information. But you probably wouldn't understand why until you've felt it for yourself. At least I didn't. Then again, I'm not a windsurfer.

So I'm writing about what I didn't know to help those who so frequently ask this question: "What is it like to live in the Algarve?" Overall, it's fantastic. It's safe, the schools are good (and don't make headlines with classroom shootings), it's peaceful, it's affordable, the food is locally grown and delicious, the beaches are stunning and the people are marvellous – both the foreigners and the locals. But keep in mind that the wind here has superhuman strength. If you're a surfer or a windsurfer, that's great news.

Recently, a friend described it perfectly– "Portugal is a cold country with a hot sun." That about sums it up.

*Meredith Price Levitt is a freelance writer and aerial silks teacher. She has just opened a new aerial studio near Lagos called The House of Honey, which was blessed just after the New Moon. An American expat, she moved to the Algarve in 2020 after spending 20 years in Tel Aviv.*

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# Peace out – Surf up!

## System Surfboards is bringing together some of the best local shapers to create unique surfboards.

**WORDS** Sophie Sadler

System Surfboards represent local skills under one umbrella, uniting shapers, with their unique local craftsmanship, in one place. The hub of the brand is Jah Shaka Surf Shop in the centre of Lagos, where you can find some of these innovative surfboard shapes on display.

The independent surf brand was founded by Chris and Griff and has been steadily growing in Lagos since the start of 2012. "Through a deep-rooted love of surfing, we decided to set ourselves a goal to produce some stylish, traditional and affordable surfboards with quality in mind right here in the sunny Algarve," says Griff. "We decided to approach some of the best local shapers we know to help produce some great surfboards."

A surfboard shaper is someone who designs and builds surfboards. The shaper often tailors their work to meet the requirements of a client or a particular type of wave. The shapers used by System Surfboards work under the labels of Kluba surfboards, Ferox surfboards and Toxic Magic Shapes. Their shared skills give the brand a guaranteed seal of approval for quality control and durability. The process of surfboard shaping has evolved over the years, so they like to embrace innovation and originality and to keep up with trends and designs of the times.

The boards come in many different styles, shapes and colours, from traditional longboards to minimals, and shortboards which utilise the different styles of shapers. The company's ethos is to give new surfers the opportunity to have a custom board designed to their own specifications at a reasonable price. The production time ranges from four to six weeks.

Chris observes, "Over the years, we have slowly built some momentum with a good reputation for surfers to come and buy their first-ever custom surfboard with us or to work alongside the shapers. We now have brought together a small local talented team of riders, allowing them to test run prototypes and represent the brand, shapers and themselves."

The System Surfboard riders are Miguel Braz, Chris Michalak, Ale Rista, and local musician Naomi Falcon. Jah Shaka also produces a range of branded merchandise with hats, tee-shirts, hoodies and accessories to support their riders. "In a world where there are so many surfboard brands, we hope to give more visibility to the smaller independent businesses near us and support our local community."

*Rhosanna from Toxic Magic*





*Ale Rista surfin on a System Surfboard @Massimo Pardini*



**Instagram:**
**@systemsurfboards**

# Meet the shapers



**Uwe Kluba – Kluba Surfboards**

Uwe started making his own boards about 20 years ago with a friend and quickly became hooked on the very challenging mix of craftsmanship, creativity and artistic work that seemed to deliver endless possibilities.

Originally from Germany, he has lived in the south west of Portugal for 15 years. Before that, he worked in the automotive industry, which involved a lot of travel, so he started looking for a place to settle and have a more consistent lifestyle.

"Since the beginning, I felt that I wanted to bring a very broad range of skills and knowledge to my craft, not only in the range of shapes but also the material I use. I personally can't limit myself to any type of boards, it's simply too much fun to ride all those different shapes, each one delivering different lines, feelings and approaches to riding a wave."

He produces some boards with the standard PU/PE, but he also loves to build with wood and cork for its look and durability. "If you start building boards, it becomes more of a people business. You work with and for people, which is very challenging but also satisfying.  Nothing beats the look of a stoked customer."

As well as designing boards for high-end customers, Uwe gets the greatest satisfaction building boards for regular people who can not afford or don't want to pay for a so-called 'top brand'. "Not everybody has the time and means to spend time every day on the beach hunting waves." Uwe helps customers to find shapes that fit each individual, from high-performance shortboards and beginner boards to classic longboards or alternative designs. He also loves to work with colours making every board unique.

"System Surfboards is a great team to work with. They have their feet on the ground and their hearts in surfing."

**Matthew and Rhosanna – Toxic Magic**

Matthew and Rhosanna have been together for nine years and have been making surfboards for three. Originally from France and Wales, they moved to the Algarve in 2019 after a road trip led them here. Although they were initially planning to continue to Morocco, the couple decided to stay put after realising the amazing potential of the Algarve for surfing and other things. Matthew, aged 27, says, "It came as a natural consequence of my desire to learn how to build things and have control over their inherent design."

The couple explained to me the process of making a surfboard is split into different steps, which includes many techniques and incorporates a variety of skills. The first step is shaping, which essentially is the sculpting down of a foam blank into the desired shape. Matthew told me, "After I have finished shaping, Rhosanna starts the process of laminating a composite layer of resin and fibreglass to the board."

This process adds structural integrity to the blank through the watertight layer of composite materials but also allows for customisation with a variety of techniques of layering and pigmentation. The final step is sanding the board. The board needs to be sanded multiple times throughout the build process, but the final sand will accentuate the board's design and complete it to its desired finish.

Not long after starting their brand, Matthew and Rhosanna moved into a warehouse which they turned into a shared space for other shapers. They called it the Happy Chemicals Factory. The idea was to have multiple shapers/glassers under one roof, sharing information and learning from each other. Matthew explains, "Surfboard manufacturing is a difficult business to get into and, often, people wanting to learn are met with resistance from older shapers. We wanted to create a space that was counter to that attitude."

This was a value shared by System Surfboards, who unite multiple shapers under one brand. "They took a chance with us, which meant a lot. We were still relatively new to the business and were very grateful that Jah Shaka was able to see our potential and also take a bit of a risk by investing in us so early on."



# Alfarrobas

## A Breath of Fresh Air

Whoever said money doesn't grow on trees? It certainly does! But nobody ever said it's easy to pick.

**WORDS** Jake Cleaver





In the Algarve, from July until September, cold hard cash, in the form of the humble *alfarroba* (carob), is literally falling from the sky or, more accurately, from the *alfarrobeiras* (carob trees) – whenever the wind blows.

Now, I'm not saying it's 24 carat gold, however, interestingly, if it wasn't for the carob – there would be no such thing as carats. That's where the name came from.

You see, carob seeds were all thought to weigh exactly the same, so they were thought to be the perfect thing to put on the other side of the scale used to measure the weight of gold.

In fact, a Roman coin called the 'Solidus' weighed exactly the same as 24 carob seeds and, as a result, it soon became the measurement of the purity of gold, as well.

**Black gold**

No wonder people are out picking them, then. But there's a whole lot of trees – and a whole lot of work.

First, they have to get to the trees. That's not always as easy as it sounds – neither is the getaway, for that matter. Some wild rides through the fields on tractors and I'm sure you've seen someone riding, often rather precariously, down the street balancing a large bag of *alfarrobas* on their bicycle as they try to make their way to the nearest vendor.

Next step. When they manage to get to the tree, they cover the ground around it with a blanket. Somebody then shakes the trees using a specialised long pole (also known as a stick of a 'bamboo-like' plant called *cana Algarvio*) – then everybody gets picking.

It all sounds quite idyllic, doesn't it? However, my source – who was working as an *alfarroba* picker last summer – told me (when I was looking for an inside scoop on what it's like to be a professional picker) that: "Nobody ever tells you about the prickles." So, I'm telling you now. There are lots of prickles.

**Somewhere with a view**

But what are they all used for? Well, the main answer is animal feed – which is actually what the tree is hoping for. Before we came along with our new-fangled ideas, like making alfarroba-flavoured ice cream (more on that later), the trees were hoping some other mammal (like a wild boar, for example) will come along and eat the sweet pods on the ground and then, shall we say, 'plant' the hard inner seeds – now wrapped in their natural fertiliser – somewhere else. Preferably somewhere with some sunshine, rain, and a good view.

**Our new-fangled ideas**

The other main use of *alfarrobas* is flour, which is made by toasting and then grinding the seed pods. It can then be used as an alternative to cocoa powder.

It's a popular choice as it's lower in fat and higher in natural sugars, as well as being an excellent source of iron, calcium, protein, magnesium, phosphorus, vitamins A and B, not to mention being naturally high in fibre.

The Portuguese use it to make all manner of delicious cakes, like the classic *Bolo de Alfarroba* (carob cake) but also the *Torta de Alfarroba* (a tart or cake roll) and many kinds of biscuits. But, of course, they don't stop there. They mix up these creations by adding to them the other delicious things growing on the trees nearby (which are clearly born to be together), like figs, almonds and oranges.

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They also make a traditional liquor, and, as I alluded to earlier, I even tried a quite delicious scoop of *alfarroba*-flavoured ice cream. What will they think of next?

***By the arroba***

Another interesting little quirk about *alfarrobas* is that you don't sell them by the kilo. You sell *alfarrobas* by the *arroba*. An *arroba* is equal to 15 kilos.

Prices fluctuate every year and, over the years, it's not been unknown for people to try to sneak a rock or two into their *alfarroba* sacks. It's a cat-and-mouse game against the equally shrewd buyers who have also been known to insist that you "subtract the weight of the bag".

Subtract, and add a rock or two, and it should work out fair enough.

**Generations of cake**

The *alfarrobeiras* take at least seven years to start to produce the alfarrobas but, once they start, they can go on for a few centuries.

There's even one near Tavira that is an impressive 600 years old. Imagine picking the *alfarrobas* from the same tree as your ancestors. Talk about your great great great (and however many other greats) grandmother's exact recipe for *bolo de alfarroba* being passed down perfectly through the generations.

The pods themselves take a whole year to ripen (grow and then turn from green to black) and it's quite interesting to see that in October – when people have only just finished picking this year's batch – you can already hear the bees buzzing around fertilising the tiny new flowers that will begin the process all over again.

Now, I don't want to make anybody nervous, but when they get older, these carob trees have been nicknamed *Viuveiras* — 'Widow Makers'. The older branches have a tendency to fall down without notice. So maybe keep an eye out on your next picnic.

**Mascot of the Algarve**

Not many people know the *alfarroba* tree when they first arrive here, but they are widespread and a true symbol of the Algarve. My *alfarroba* picking source even told me that they are "oxygen bombs" and provide an abundance of air for us to breathe. I'm not sure how she knows this, yet I'm inclined to believe her.

So there you go. These marvellous mascots of life here in the Algarve not only give us money, but also provide us with a far more precious commodity – the air we breathe. No wonder people describe coming to the Algarve as being like "a breath of fresh air". It is.






## With the oncoming North African winds synonymous with summer lovin', warm water swells, bikinis and beach cocktails comes Duna Beach Sunsets on Meia Praia beach in Lagos.

Determined to give Lagos some summer beach vibes and grow the Sunset vibes, DJ Toby "One" Millage has once again teamed up with Tivoli Lagos and Duna Beach to curate three world-class Sunset gigs.

Toby believes that since the pandemic, "the general population are so much hungrier for proper DJ selectors and want to absorb new and classic dance music. So these, my friends, are for you."

As this goes to print, the first of three events with Joe Goddard of the international dance band Hot Chip have already taken place, but you're in luck as there are still two shows to go.
On 2 August, Nightmares on Wax are bringing disco and house to the beach.

On 16 August, Tash LC & The Heatwave will be dropping dancehall afrobeat anthems. The parties are happening between 6 pm and 10.30 pm with a limited guestlist, free of charge and VIP tables.

Toby One comments, "In past years, I couldn't find anything interesting in the Algarve area and said to myself, 'about time we had some quality down here in the Algarve to compare to the increasingly impressive booking and talent on show in Lisbon and Porto'."

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# The Theatre of Life

**WORDS** Julian Putley

An art exhibition, by its very nature, is unique, but, once in a while, a presentation of art is overwhelmingly impressive. Such is the Theatre of Life curated by Marci Gaymu and attended, at the opening ceremony, by the artist himself, Antonio Saint Silvestre.

Antonio Saint Silvestre's art concentrates on sculptures depicting diverse events. Some are simple observations while others are politically motivated, making the observer realise that morality and human rights are abused on a worldwide scale.

The inauguration of the exhibition took place at the Museu de Portimão on 24 June and will run until 27 August. The event was introduced by José Gameiro, scientific director and founding member of the museum. A large group of collectors, art critics, gallery owners and journalists were in attendance.

Silvestre was born in Nampula, Mozambique. "Africans are amazingly inventive. They will find discarded items like sardine cans, bottles, some wire, scraps of wood, an old bicycle and, before you know it, a wonderful creation emerges," explained the artist.

Years later, Antonio moved to Portugal and attended the Colégio Académico de Lisboa, but he doesn't attribute his artistic success to his education. "I am self-taught. I travelled widely; in my youth, I served in the military in Angola and I eventually found myself in Paris. My sculptures have been described as Baroque (emphasising dramatic, exaggerated motion and clear, easily interpreted detail). My first solo exhibition was in 1987."

Having started a commercial gallery in Paris and maintaining it for some 25 years, Silvestre now has a gallery at the Centro de Arte Oliva in northern Portugal. The Centro de

*Top to bottom: Sacred Football ; Become a Barbie; Marci Gaymu next to The World is China*







Arte Oliva is an art exhibition and collection management centre created in 2013 by the Municipality of São João da Madeira. It is the only artistic institution in the country dedicated to contemporary art and brut/outsider art. Thanks are due to Marci Gaymu for organising this wonderful event and bringing it to the Algarve.

As we walked around the exhibition, I asked Antonio why there are no descriptions of his individual artistic creations. "My work represents controversial social issues and politically sensitive subjects. I create the pieces and let the observer decide their meaning and purpose."

Many of the characters are dolls, so there can be no resemblance to real-life bad actors. The dichotomy of life is sometimes displayed with a cruel and horrific scene balanced with an angel or celestial image flying overhead.

The signature sculpture shows us the modern-day Portugal, complete with the shield and the national bird (rooster). Portugal's progress under the direction of the dictator Salazar, depicted as a baby, is still controversial today. Looking at the detail, one sees the golden rabbit of prosperity eating people. Like many of the pieces, the message is in the detail.

Another interesting piece shows the world that football has reached the level of a religion, its players divine or God-like. Yet another clever depiction shows China's subjugation of different races and the Chinese habit of eating domestic animals.

Each work is cleverly crafted, beginning with papier mâché. Then other materials come into play as the work demands. Resins, wood, plastic, tin and wire are just some of the ingredients.

The Barbie sculpture is derived from real life in China, where many females have notably short legs and a burning desire to become a Barbie look-a-like is paramount for some young ladies. An elaborate limb extending contraption can be applied and apparently has had some success.

In addition to the chair sculptures are furniture pieces, fixtures and unusual mobiles.

This exhibition is a must-see for lovers of contemporary art. It delivers a small slice of the theatre of life.

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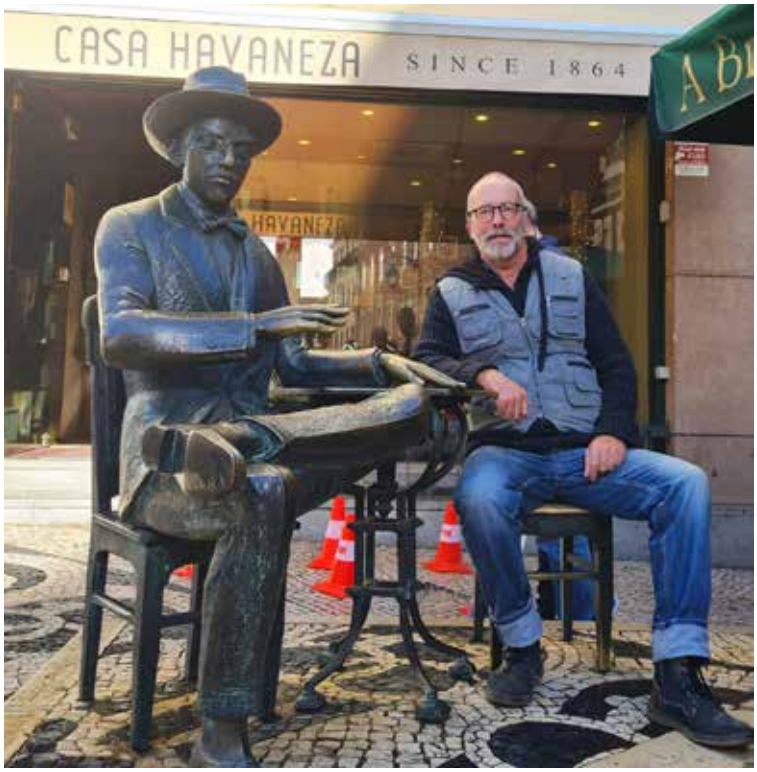
-Gail

"I had been in real agony for 3 weeks with my neck, unable to turn my head, lay down or turn over and sleep was not possible due to the pain. I saw an Osteo in the UK, which did not help. Dr Adam in Lagos, saw me twice for my neck and also my hip. I can genuinely say I feel like a new woman. The pain is gone and he was phenomenal. He is an expert that I cannot recommend highly enough. Thank you so much."

-Emma

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**LOCATION:** In Lagos, just off the Lidl roundabout, next door to Chávena Dos Cafés




*Tony with Fernando Pessoa*

# A Passion for Poetry

Tony Wyld used his passion for poetry to get him through the COVID pandemic and raise money for charity.

Tony lives in Vale da Telha with his wife Sarah and two Portuguese water dogs, having moved to the western Algarve during the COVID Pandemic. "It was a strange time to move to a foreign country for obvious reasons, but it did mean I had lots of time to write, which I guess was true for many writers."

Many of his books have been written for charity or to raise awareness for a cause. His book, *The Covid Collection*, raised money for NHS Charities Together and featured some of his work and other poets and short story writers who were invited to participate. "My poetry passion is one that I try to share. You see, anyone, really anyone, can write a poem – you just need a pen and paper, or nowadays merely a mobile phone!"

During the second lockdown, with his long-suffering wife's support (she feels obliged to listen to each new poem!) they produced another book of poetry called *For the love of ...* to raise both money and the profile of Animal Rescue Algarve. He says that this was their most successful book to date and, again, friends and other successful writers collaborated in this exciting and worthwhile project.

"This time local schools in the Loulé area were invited to participate and we were bowled over by the Portuguese youngsters' mind-boggling poetry skills and beautiful accompanying illustrations." The book, priced at 10€, is available from Animal Rescue Algarve. Tony tells us that he is always looking for new charities to raise money for and you are welcome to contact him with any suggestions.

He started writing as a hobby when he semi-retired from the 'chalk face' (interactive whiteboard) ten years ago, although he has always dabbled in verse for as long as he can remember. "Now that my wife and I live in Portugal, she paints and sings while I write and play tennis – or walking football. But that is another story – or at least another poem! I find there is always something to write about, hopefully in an interesting and unique way. But unlike a novel (which requires absolute dedication), poetry can be created in the strangest location and at the 'ungodliest hour', and is easy to get back to if your muse temporarily abandons you."

As a former foreign language and English teacher, Tony has always had a fascination for words and the way they have the potential to be either wasted or savoured. "What I love about poetry is that each word is carefully chosen and savoured like a fine wine to create something unique and meaningful."

He says he finds it easier to write in Portugal than at his previous home, Cornwall, possibly due to the Cornish *'dretly'* state of mind, which means 'I will do it sometime later'!! Yet St Austell, where he lived, famous for the Eden Project set imposingly in the China Clay country, produced the great poet Jack Clemo, who, like many other poets, inspired him. "And, of course, Portugal is a land of poetry blessed with so many fabulous poets, including the genius Pessoa, and this is probably another reason why I find it such a motivating place to write, as it sometimes feels like they are looking down and giving encouragement."

Tony always welcomes contact with other poets and, if anyone is interested, he would like to hear from you, possibly to collaborate in his next project. He is available for poetry readings and enjoys writing for special events. To the side is a sample to whet your appetite!



twyld59@gmail.com

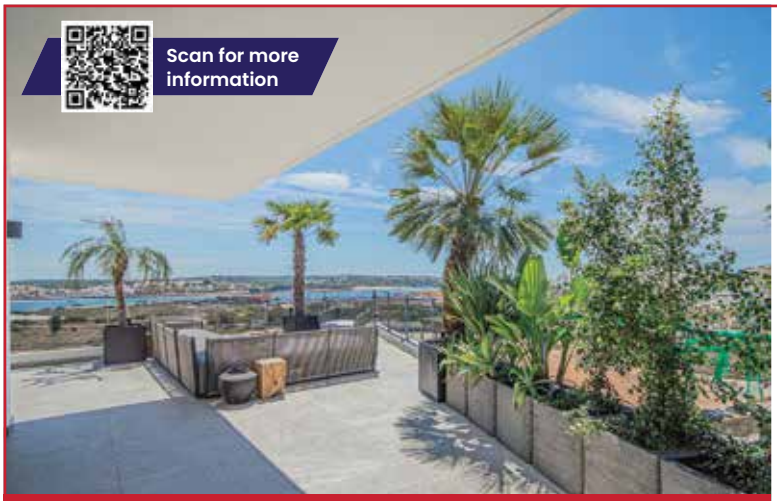
## Pastel de Nata

Shouldn't be allowed
It makes you fatter
Stand out in the crowd!
As soon as folk start
To bite into the pastry
This fine, filo tart
Is by far too tasty
The cream starts to ooze
Sweet *nata* so nice
All self-control you lose
For you're in paradise
The trickle of custard
As your tongue is caressed
Feeling faintly flustered
Infatuated, obsessed!
With a *galão* consumed
Taste buds will tickle
All dieting now doomed
Feeling helpless and fickle
But what does it matter?
Oh, Portuguese treasure
My flaky *pastel de nata*
My guiltiest pleasure
Your caramelised top
You melt in my mouth
I really can't stop
Then it all heads south!
With the coffee combined
The explosive flavour
Drives me out of my mind
Sweet nothings to savour
Dainty and sensual
Momentary release
Always consensual
I am your mouthpiece!
And when you feel at odds
What could be cosier?
Divine food of the gods
Heaven-sent ambrosia

***You can read another poem from Tony online on the Tomorrow blog***



*Eden Project, Tony and wife, Sarah*



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# "My Brain"

# Meet Rui Marques

"My Brain" belongs to Rui Marques. It is his logo, represents his brain, and is also intended to bring awareness to autism in the Algarve.

**WORDS** Henrica C Vanderaa

I first saw some of Rui's artwork at a spring fair in Porches, where Rui and his family live. What struck me about Rui's paintings was the vibrancy and richness of colours. His paintings vary from images of animals or scenery to the abstract and almost Klimt-like colour and detail. I was in awe! I was also impressed at how his parents, Elsa and Rui (senior), and sister, Patricia, were there at his side to support him and his artwork.

Rui, now 22, was diagnosed with Autism Spectrum Disorder (ASD) at the age of two. Elsa recounts how he appeared to be a normal baby but then showed signs that caused concern: he would fixate on an object and his speech simply did not develop. It was difficult to get the proper diagnosis – and when they finally did, it was severe ASD. Rui's parents were determined to do everything they could to help their son, including finding a good doctor.

And they did. Dra. Guiomar Oliveira, a doctor in paediatric neurodevelopment at the University Hospital of Coimbra. Once a month, Rui and his parents travelled from Porches to Coimbra for his treatment and therapy until he was 18. With the help of Dra. Guiomar, Rui attended a specialised schooling programme in Ferreiras, where he was able to develop some basic skills. Elsa and Rui (senior) are very grateful to Dra. Guiomar. With her assistance and their efforts, his ASD diagnosis has improved from severe to normal.

At a young age, Rui demonstrated a genuine liking and interest in painting. At the age of seven, he participated in a local art exhibition and was placed third. The other participants were 13 years and older. His first painting depicts him and his sister. As his mother explained, "Painting calms his mind."

Rui's mother is tenacious when it comes to finding ways to support Rui and his creativity. She made an appeal to the President of the Câmara de Lagoa to allow Rui to continue in the after-school programme at the Escola de Artes Mestre Fernando Rodrigues three times a week, even though he is no longer at school. Rui is very fond of his mentor, Jose Francisco, whom I had the pleasure of meeting. Jose exudes patience and kindness and likes to work with students who have learning or neurological challenges.

Apart from the local support of the Escola de Artes in Lagoa, Rui has the support of a non-profit organisation in Portimão called Teia D'Impulsos. Their social outreach programme FICA (Ferias Inclusivas para a Comunidade) gives children and young adults like Rui the chance to be involved in a variety of social activities.

I last saw Rui and his family at the recent Feira da Juventude at the Fatacil in Lagoa, where Rui had his stand with his signature artwork. Elsa told me Rui met Carolina Deslandes, a well-known Portuguese singer, on the first night of the event. It was very emotional for Rui's parents to see their son embraced by Carolina and it is thanks to her that Rui's Instagram following has leaped. Her support for Rui's artistic endeavours was, in part, based on the fact that her eldest son also has autism spectrum disorder.

My interview with Elsa ended with her saying that, more than anything, she wishes a cure could be found to give her son the chance to live a more independent life. She worries about his future because he is dependent on his family. It is, for this reason, they are safeguarding his paintings for now – to give him some security later on in life.

Rui's artwork can be enjoyed at various upcoming local fairs, including Fatacil in Lagoa from 18 to 27 August.



## Autism

Autism is a neurological condition that is characterised by difficulties in communication and social interaction and associated with repetitive behaviour or characterised with a singular focus on an object or theme.

**For more on Rui's artwork and story:**
**Instagram / Facebook: @mybrainpt**

**Teia D'Impulsos: teiadimpulsos.pt**
**Arts School in Lagoa: www.cm-lagoa.pt/viver/cultura-e-cidadania/escola-de-artes-de-lagoa**

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# Young Algarve Writers...

**WORDS** Lena Strang



*From left to right. Sandra Tenil,, Headteacher at Bemposta School, Felipe Trujilho, Lena Strang, Manuela Istrate, Peter Cain.*

Manuela Istrate, the English teacher at *Escola Básica e Secundária de Bemposta* in Alvor, wanted to motivate the students in her class to learn English. She thought meeting 'real' local writers in the Algarve could inspire them with their writing. It would help extend their vocabulary, increase their fluency and let their imagination flow.

Local children's author Peter Cain (P. J. Cain) presented his books to the students. It went down so well that a story-writing competition was launched.

There were several interesting entries, but the winning story for older students was written by 15-year-old Felipe Trujilho, a wonderfully imaginative piece published in the July edition of *Tomorrow*.

Representing *Tomorrow*, Lena Strang went to the school to present copies of the magazine along with a voucher from Fnac. In the presence of headteacher Sandra Tenil and Manuela Istrate, the young writer received prizes, including a copy of one of Peter Cain's books.

It was a proud moment for all involved. Felipe hopes to start a theatre studies course next academic year. Being a keen musician, too, he would like to be involved in musical productions in the future. We wish Felipe all the best with his ventures.

"This project has been a real success," Manuela said. "At first, I thought it would be something small, but it turned out to be much bigger. Sometimes it takes just an idea; from there, we can achieve wonderful things. It's good for the students to use their imagination and explore the English language differently than we usually do in class. But it also benefits me because I have learned that we can do so much with a little support." Manuela will continue with the project during the next school year and start a Young Writers Club, where students can meet, exchange ideas and experiences, and learn new and exciting things together. "I don't see myself as a teacher in this project, but as a partner for young people, learning with each other," Manuela added.

In this edition, there is another winning entry from the school. You can read the story by 12-year-old António Balancho on the right.




My name is António Balancho. I am 12 years old and I love all kinds of sports but what I practise is water polo. I love to read adventure books because when I read, I feel like I'm living the adventure, which is quite exciting. I adore living in the middle of nature and taking care of animals so much that I want to have a farm in the future.

# My summer vacation

**WORDS** António Balancho

During the summer holidays, my family and I usually go to Santo Aleixo da Restauração, the land of my grandparents and uncles.

There we normally celebrate my birthday on 1 July. Santo Aleixo is a small village in Alentejo. I really like being there because my uncle has a big farm full of animals: goats, sheep, chickens, ducks and dogs. I take care of the animals and listen to the sounds that they make in the silence of the countryside. I love to spend some time with my grandparents and uncles; our conversations are about school, my grades, classmates, the sport I play, whether I like it or not and the dishes I can already cook.

I spend little time with my cousins because one cousin is at university and my other cousin works in the countryside. When we are together, we spend many afternoons playing ball, playing cards and bathing in the shed. The *barranhão* is an improvised pool that my uncle built and is made from planks. Every summer we have to take out the old water. It takes a lot of work, but the best thing is when we are going to fill it. My uncle brings cold water from a well as it is always very hot in Alentejo. It is very pleasant.

In Alentejo, because of the heat of the day, parties are held at night. The best and biggest party is the feast of *Nossa Senhora das Necessidades* in August.

My favourite thing is that I stay up all night with my friends. There are a lot of people and everyone knows my family, so I talk to everyone. I like bullfighting and, above all, I like having 'freedom', not having to walk behind my parents all the time.

It is for the mountain, for the family, for the animals and for the parties that I enjoy being in the Alentejo so much.



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# What's on

For more events and activities check our online calendar:
www.tomorrowalgarve.com/calendar

## Silves Medieval Fair

One of the region's most celebrated events, the Silves Medieval festival relives the era when Silves was the capital of the Kingdom of the Algarve. Moorish and Christian traditions are on display throughout the grounds of the castle, with historical re-enactments, snake charmers, belly dancers, food stalls and street vendors. All take place in the ancient streets of the historical city in the shadow of the castle walls. This is an event you will not want to miss. During the fair, there are two daily tournaments of games, a nightly show of music, dance and fire in the castle and roaming entertainment for which you need to book tickets.

**When: 10 to 20 August from 6 pm**
**Where: Silves**
**www.feiramedievaldesilves.pt**
**Facebook: feiramedievalsilves**



## Community Recycle Sale

Back by popular demand, St. Vincent's is organising another recycle sale.This time the sale will be held in Almádena Hall, with the larger venue meaning there are more things to sell and buy. Don't miss this great opportunity to clear out your treasures and sell them to treasure hunters!

**When: 9 September 11 am to 4 pm**
**Where: Friends of Almádena Association**
**Email: louisecplayer@gmail.com**

## Modern Music Festival

Over the course of a week, Lagos Light Orchestra will be giving evening concerts in Praia da Luz, with Os Mazarin (jazz fusion), Joydan (reggae), Os Compotas (funk & soul) and Orquestra Ligeira de Lagos (OLL) already confirmed, and a DJ to entertain the audience at the end of each show. Throughout the five days, OLL will have a marching band animating the streets of Luz, followed by a sunset party. During the day, the orchestra will present music workshops in residence.

**When: 22 to 26 August from 6 pm to midnight**
**Where: Praia da Luz (next to the fortress)**




## Sardine Festival

Delicious grilled sardines and lots of music will provide fun for the whole family!

Throughout the riverside area, between the museum and the old fish market, the atmosphere will be festive with the aroma of the traditional sardines that promises to whet the appetite of all visitors. Voted the best summer gastronomic event in Europe in 2022, the event takes place with a historical recreation of the unloading of sardines in the riverside area of the city.

**When: 1 to 6 August from 6 pm to midnight**
**Where: Portimão**
**www.festivaldasardinha.pt**

## Lagos Summer Fest

Festa da Juventude returns to Lagos with lots of entertainment for the young (but the old are also welcome!). With two epic sunsets at Praia da Batata, the musical shows will be the highlights of the August nights. Among local and regional artists, Pete tha Zouk, Harold & Miguel Azevedo stand out.

**When: 26 and 27 August 6 pm to midnight**
**Where: Lagos**
**www.cm-lagos.pt/municipio/eventos**

## Banho de 29

Tradition and folklore says that bathing on 29 August scares away demons and is worth twenty-nine baths. Whether true or not, the reality is that it is one of the most popular traditions in the Algarve and a reason for a big celebration! In addition to the nightly bath, there will be historical re-enactments, food and drink, parades of traditional bathing costumes and lots of musical entertainment that will be divided between the city of Lagos and Praia da Luz.

**When: 29 August from 6 pm**
**Where: Cais da Solaria in Lagos and the seafront in Praia da Luz**
**www.cm-lagos.pt/municipio/eventos**

## World Press Photo Exhibition

World Press Photo (WPPh) is back in Portimão after a break of a few years, exhibiting in the old Lota building and adjacent area with 94 images which reveal stories and important moments, some unnoticed or forgotten, recorded by the media throughout 2022.

**When: On display until 16 August**
**Where: Near Museu de Portimão**
**www.worldpressphoto.org**

## Lagos World Music

Music is one of the arts that unites us the most. It is under this motto that Lagos World Music aims to celebrate the cultural diversity of what is heard around the world.

**5 August**
**Jasmina Petrovic**
Ensemble of Croatian, Mediterranean & Balkan music.

**6 August**
**Lidia Brandão**
A quartet of popular music from Brazil.

**12 August**
**Aboubacar Sylla**
Traditional African music.

**13 August**
**Al-Mouraria**
A show of Portuguese music celebrating the group's 20th anniversary.

**When: 5 ,6 ,12 and 13 August at 9.30 pm**
**Where: Praça do Infante**
**www.cm-lagos.pt/municipio/eventos**




## Festival Mar me Quer

A music festival with a young, trendy, irreverent mood and with well-defined environmental causes, with sunset sessions from DJ Wilson Honrado and DJ Nuno Luz. The festival's decoration will be created by plastic artists who use materials collected from the oceans and others who, through their art, amplify the need to act in the face of the climate emergency.

**When: 10,11 & 12 August**
**Where: Portimão**
**Tickets: www.blueticket.meo.pt**
**www.marmequer.pt**



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| HEALTH CENTRE | 282 780 000 |
| LUZ DOC (LUZ) | 282 780 700 |
| PRIVATE HOSPITAL | 282 790 700 |
| LOCKSMITH (LUÍS) | 964 605 213 |

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## PHARMACIES/CHEMIST

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|---|---|
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| NEVES CHEMIST | 282 769 966 |
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| SILVA CHEMIST | 282 762 859 |
| ODIÁXERE CHEMIST | 282 798 491 |

## CONSULATES/EMBASSIES

| | |
|---|---|
| BRITISH | 282 490 750 |
| FRANCE (FARO) | 281 380 660 |
| GERMAN (LAGOS) | 282 799 668 |
| NETHERLANDS (FARO) | 213 914 900 |
| CANADA (FARO) | 289 803 757 |
| SWEDISH (FARO) | 213 942 260 |
| IRISH | 213 308 200 |

## TOMORROW USEFUL NUMBERS

| | |
|---|---|
| SALES (ALJEZUR TO LAGOS) | 919 918 733 |
| SALES (PORTIMÃO TO SILVES) | 913 320 509 |
| EDITORIAL | 912 176 588 |
| MAGAZINE & AD DESIGN | 916 606 226 |


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**Where: Lagos**
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**Tom Henshaw:**
**Tel: 919 918 733**
**Email tom@tomorrowalgarve.com**

## Folklore Festival

Get to know folklore up close with the presence of invited groups from other regions of the country in order to perpetuate Portuguese popular culture with history and art.

**When: 5 August at 9 pm**
**Where: Odiáxere (Largo da Liberdade)**
**www.cm-lagos.pt/municipio/eventos**






## Boat Festival

The Algarve Boat Festival is a unique event that will bring together sea lovers who have the desire to party. The idea is to bring together private boats and groups who rent or join a boat to enjoy a DJ set from the main boat. For this new edition, the artists Crazibiza and DJ Sunlize are already confirmed.

**When: 26 August from 3.30pm to 6.30pm**
**Where: Lagos coast (in front of Praia D. Ana)**
**algarveboatfestival.com**

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20 August - Pool party. With family activities, Robinson's smoky grill and music from DJ Demi. From 1 pm .

Music night - 7.50€ on the door
Pool party - free entry with additional costs for food and activities

**www.friendsofbsc.com**

# The Medieval Festival of Castro Marim

## Travelling back to the Middle Ages

**WORDS** Vaughan Willmore

This year's Medieval Festival of Castro Marim takes place from 23 August to 27 August and is one of the Algarve's most popular festivals, offering an unforgettable journey back to the Middle Ages and life in one of Portugal's most important garrison towns.

Over five entertaining days and nights, you get a real sense of what life must have been like in Portugal during the Middle Ages. There are street entertainers, pageantry, music, dancers, parades, livestock, arts and crafts. The plentiful supply of food, beer and wine also adds to the enjoyment!



Having had the benefit of visiting on two previous occasions, I know an arrival time of around 6 pm can work well. Parking is still freely available, and you have a chance to see the street parades and get a sense of how this magical town must have been as the dark of the night descended. Were the streets safe? Unlikely. Was there a danger of attack from foreign invaders? Almost certainly. Was the food, wine and mead in plentiful supply? Usually.

The spectacular grand banquet is a particular highlight. On each of the five evenings, it brings together hundreds of diners inside the old castle who delight in luxurious food served in the atmospheric light of numerous torches and to the sounds of the classical guitar. As the local tourist board states, "Supper was one of the most important moments for our ancestors and they did not tread lightly. It could last all night."

The details of this year's festival are still to be announced but typically, visitors are welcome from 3 pm daily. Tickets providing access to the town and the street entertainment usually start from just €3,50. Other tickets are available, providing access to the castle grounds (and its torture chamber!) and the grand banquet.





Castro Marim is approximately 60 kilometres east of Faro and 10 kilometres from the border with Spain. Its mediaeval festival is one of the highlights of the summer season here in the Algarve and well worth a visit.

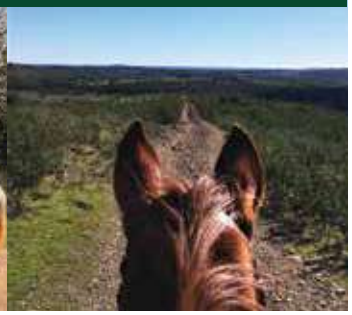
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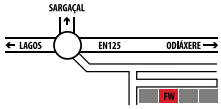
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# Feel Serene With Green

**WORDS** Flora Kouta

There's nothing like green to make a room feel fresh, lively and calm all at the same time. From pale mint to deep emerald, use greens to bring the outside inside and breathe new life into your home.

The jade-green ocean at Burgau inspired me to paint this abstract seascape. We arrived there one evening after a scorching walk over the cliffs from Porto de Mós (we had only planned to walk to Praia da Luz but got carried away, stupidly doing it in the heat of the day). When we arrived, the colour of the ocean took my breath away, it was the most vivid green: the colour of a mojito and the temperature of a mojito too, despite it being August.



**20 % OFF** On all artwork at florakouta.com using the promocode 'Tomorrow'



1

## Kitchen Greens

If we didn't smash everything in our house, I would buy these beautiful glazed green ceramic coffee cups, handmade by Cecile Bazire at her studio in Tavira.

These stoneware bowls and plates from Casa in Portimão are great value and come in a range of pretty colours.



2

## Green Portuguese Tiles

These bright green embossed tiles from Luisa Paixão are a reproduction of the very first azulejos found in Portugal in the 15th and 16th centuries. They would look great in a bathroom as well as a kitchen. Luisa is offering 10% off all orders for *Tomorrow* readers. Just use the code 'Tomorrow'.



3

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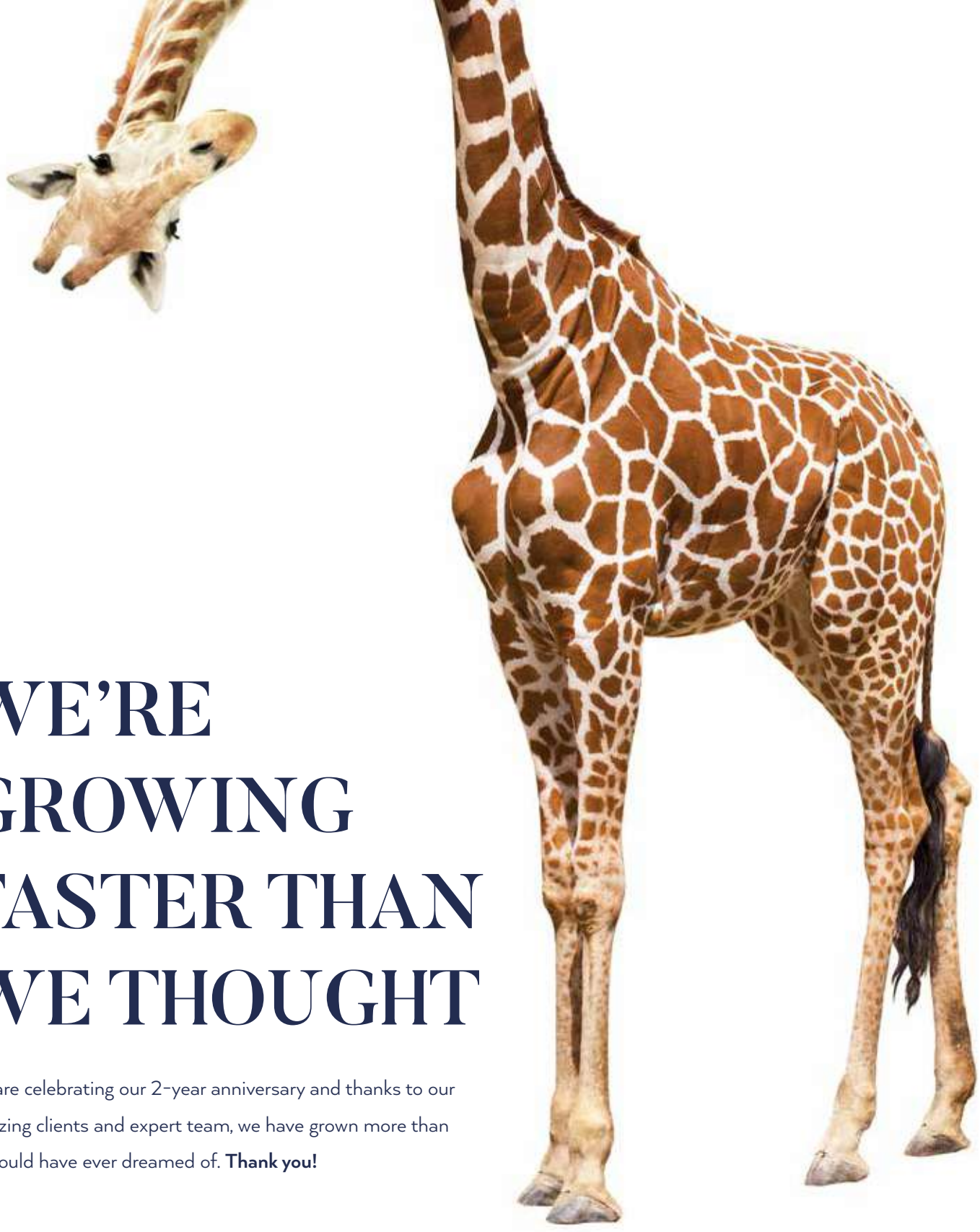


4

I love this ceramic sardine framed wall art, handmade and hand-painted by Débora Costa in Vila do Conde, if you contact her through her website she's giving *Tomorrow* readers a 15% discount off any of her artwork.

**15 % OFF** On any artwork at www.deboracostaatelier.com when contacting through the website

*1. Hand made green coffee cups etsy.me/3Jx7FCI*
*2. Green embossed bowl & plates bit.ly/3NvUhzB*
*3. Green embossed tile luisa-paixao.eu*
*4. Green sardine tile wall art www.deboracostaatelier.com*



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5

## Green Bedroom

Splashes of green add warmth and colour to this plain white bedroom. The sage rectangular cushions I bought from Casa and the set of three botanical canvas prints are part of a larger collection of green wall art on my website. I never get tired of painting palms, sometimes I'm supposed to be painting faces and they turn into palm leaves. It's a bit of an obsession.

For pattern and texture, I love these rectangular cushions from Trendy Pillows in Lisbon.

This set of green woven storage baskets from Gato Preto is a great way to hide clutter.



6



7






## Green Upcycling

I'm always poking around charity shops looking for furniture with potential. This old wooden table caught my eye at Nandi charity shop in Lagos (open Mon–Sat, 11 am–3 pm). The blush-coloured solid granite top was in good nick, but the wooden base was really battered. A couple of coats of chalky green furniture paint from Bricomarché and it's now a shabby chic gem!

I used up the last bit of paint on this stool, sanding and varnishing the pine and then painting its legs green. If you fancy getting creative with chairs, you could take part in a fun event organised by the Art Academy Marina de Lagos – they're having a show full of chairs (homemade, painted, decorated … ) on 23 September and, after the exhibition, they're planning to auction the chairs for charity.

**www.facebook.com/lagosartacademy**



## Bring the Outside Inside

We manage to kill all the real plants in our house. Casa Caravela in Lagos has some great artificial palms, so much better quality than the Ikea ones I bought last year. This fake Cycas palm looks so real and it sits beautifully in the pale green clay fibre pot I got from Jysk in Portimão.

Have you ever thought of making your own wall art? I took this photo of a palm tree in my garden last week and had it printed onto canvas.

There are some beautiful plants in the Algarve and most smartphones have pretty sophisticated cameras these days. So long as your picture is high resolution (300dpi) you should be able to print it quite large without pixelation. I get canvas prints made at Cordavida in Lagos, a small business run by Teresa and Martin, who moved to the Algarve from South Africa three years ago. Teresa is happy to offer *Tomorrow* readers a 15% discount on your first order with code VIDA2023 at the checkout (+351 910 061 535 / geral@cordavida.pt).

**15 % OFF** On the first order at Cordavida with the promocode 'VIDA2023'



8



9

*5. Green botanical wall art www.florakouta.com*
*6. Green rectangular patterned cushions trendypillows.com*
*7. Green woven storage baskets gatopreto.com*
*8. Artificial palm in green pot from Casa Caravela*
*9. Palm leaf photo on canvas www.cordavida.pt*




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# Charity News



**WORDS** Sophie Sadler



## Fred's Tears

Following on from the article in the July issue about 21-month-old Fred, who suffers from blocked tear ducts, we are pleased to report that the toddler was able to have his first operation, which took place in Lisbon on 6 July.

The operation, which cost €3940, was funded by the family's appeal for help, as they were not able to receive treatment in the public hospital. Fred's father, João, tells us, "Fred got much better after the operation, but it seems that he is still suffering from rashes from time to time, so his mother is afraid that he is still not 100% cured. But let's wait for the routine consultation on the 8 of August."

As a direct result of the *Tomorrow* article, an anonymous donor gifted Fred 777€. This amount will go towards Fred's next operation for the strabismus. His parents are still waiting to find out how much the operation will be, but we expect an amount equal to or greater than that for the tear ducts.

His mother and father are asking for help to give little Fred the happy, healthy life he deserves and are grateful for any contributions.

**www.gofundme.com/f/fred-operacao-aos-canais-lacrimais**

**www.facebook.com/profile.php?id=100093536135638**



## Rotary Club of Lagos

On Saturday, 24 June, the meeting and dinner of the Rotary Club of Lagos was held at the Campi Turismo hall for the handover that takes place annually at the end of each Rotary year.

During the evening, the new president presents their board of directors and vision for the new Rotary year. The evening was a great success giving everyone present the opportunity to congratulate the outgoing president Martiniano Fernandes for all his work and achievements while welcoming the incoming president Marie-Douce Marmouset.

Martiniano Fernandes emphasised how the Rotary exists to improve lives. The Algarve Rotary had more than demonstrated this in 2023 with the delivery of the Laparoscopy Tower to the CHUA Hospital in Portimão on 27 January. This equipment is of vital importance for the hospital's surgical centre, opening up a new opportunity for less evasive surgery.

Marie-Douce Marmouset showed herself to be very motivated. Her vision for the year ahead will follow the international Rotary theme for 2023/2024, which is: "Create hope in the world" and create lasting change for a better world.

**www.facebook.com/rotaryclubdefaro**

## Nature's Art

Parkinson's sufferer Hedi Krug hopes to use her artistic creations to raise money for charity and fight against her illness.

Hedi (72) has been splitting her time between Lagos and Mainz in Germany for the last ten years. She has become inspired by the Algarve's beaches, ocean and, in particular, shells. Hedi explains, "The shells are historical examples of what, over centuries, lived in the oceans. This gave me the inspiration to give these unique artefacts a new life."

Since developing Parkison's disease, Hedi has used working or modelling with her hands to support her motor functions. She collects items from the beaches to create small handmade items.

Some of her creations use the broken fragments of terracotta pots formerly used for squid fishing. During fishing seasons, due to ongoing use, some of the pots break up and the fragments end up on the beaches, moulded into interesting shapes. Hedi explains, "Each piece is unique and has its own story. "

Now for the first time, Hedi has a small exhibition in the Lagos Tivoli Hotel, starting on 7 August for two weeks. The profit from the sales will go to the local Bombeiros and cover the costs of her future work.

Her husband Herbert told us, "As a so far unknown artist, Hedi will get the chance to show her work to a broader audience and it will be a great step in her ongoing battle against her illness."

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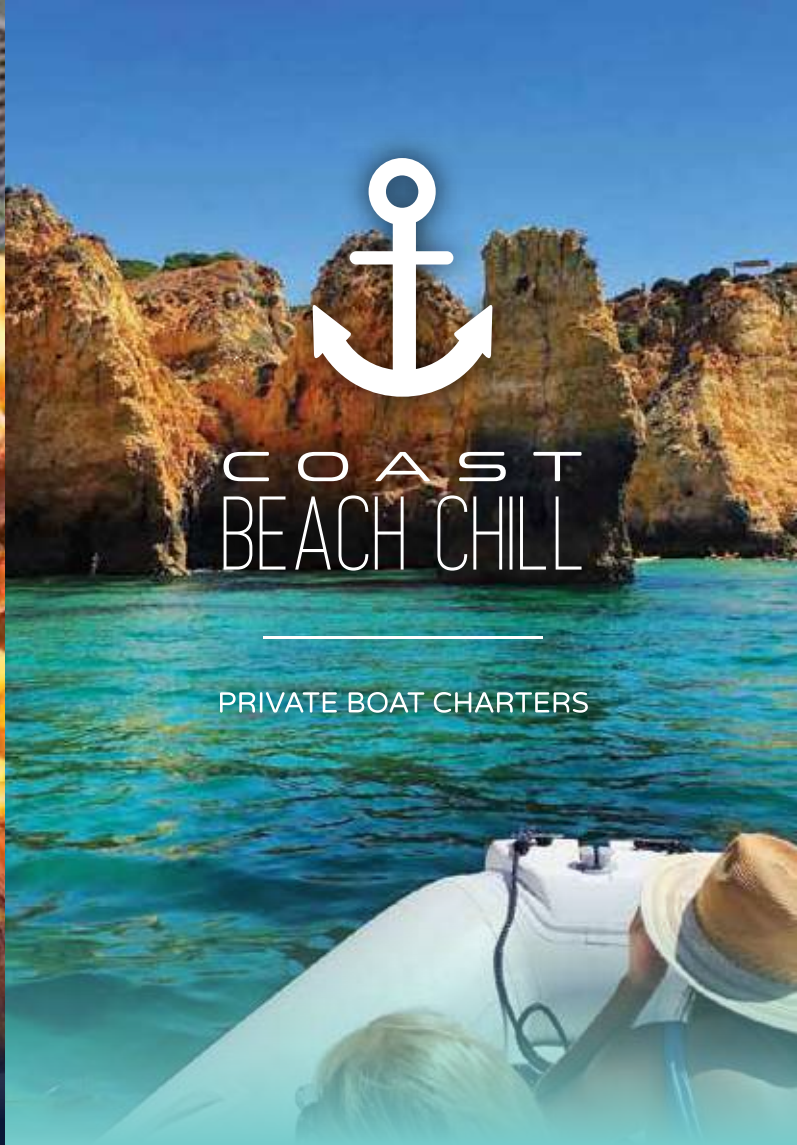
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# A Rising Star

**WORDS** Hugh Carslaw

If I were a golfing soothsayer, I'd predict great things for Tomás Bessa. Since turning pro in 2018, he has steadily increased his standing amongst his golfing peers whilst progressing through the professional ranks.






This year, Tomás starts on the European Challenge tour and few will be surprised if he achieves his main goal of DP World tour membership in 2024. He is, without doubt, a player to look out for.

Having watched him practising and working with his coach Gonçalo Pinto, it is easy to see what a great talent he is. When Pinto indicates he thinks his ball striking is right up there with the global best, it is near impossible to find anyone who will disagree. He is also incredibly powerful and is in the top 10 of the longest hitters in European golf, which is more than impressive.

I caught up with Tomás to talk about his career to date and, more importantly, his ambitions for the future. What I learned was that here is a guy with a very clear game plan and a total commitment to doing what it takes to achieve some lofty but very realistic goals.

Originally from Porto, Tomás comes from a very sporting family. His mother represented Portugal at volleyball and his father, while never excelling in one particular sphere, was also a very active sportsman. "My early golf was walking around the course with my father. My interest developed and by the age of six, I was hooked. I was pretty big as a child and so could always hit the ball a long way."

Tomás showed his potential early on and by the time he was 12, he was playing off 3 or 4. Even at that early age, he was representing Portugal internationally – something he would continue to do until he turned pro. By the age of 16, he was off +2 and at 18, he was off +4.

"I was also very keen on handball and at one stage, I was playing both handball and golf for Portugal. I nearly gave up golf for handball as things were going well for me but by the age of 18, I'd decided on a golfing career."

Tomás turned pro in 2018, aged 22. At this time, the realisation of the gulf between elite amateur and professional sank in and the real hard work began.

He started working with European Tour coach Steve Bainbridge at Cascade Resort in Lagos and had it not been for COVID and an enforced return to the UK for Steve, their partnership would almost certainly have continued.

"Steve was a hard taskmaster and, along with swing technique, was extremely focused on physical fitness. I worked very hard for him and thankfully, his initial negative, albeit tongue-in-cheek "barbs" began to change to much more positive and encouraging comments. In the first two years with Steve, I played less golf and worked really hard on my technique. By that time, I knew what had to be done to improve all aspects of my game from tightening up my dispersion rate to improving my short game and of course, my putting.

Tomás did not have to look very far to find a replacement coach for Steve Bainbridge. Enter Gonçalo Pinto. Gonçalo had initially been working with Steve on his own game with a view to progressing to tournament golf, but the combination of COVID and Steve's return to the UK saw his career move into coaching. Not quite a poacher turned gamekeeper, but certainly a change in direction which led to Tomás joining several professionals working with him.

"It was an easy decision to make in moving to Gonçalo. I had known him for a number of years and anyone in Portuguese golf is aware of his golfing pedigree. He has the same teaching methods as Steve, so I am very happy with the transition."

In 2022, Tomás's golfing potential became clear with his first win on the Alps tour (the tour one level below challenge) where he finished 7th. This result, along with other invitations, such as the Portuguese Masters, raised his ranking, making him eligible to play nearly all of the challenge tour events.

As our interview ended, I had one last question: how much emphasis Tomás would put on the mental aspect of the game. "I've been working with a mental coach for the past year or so and Steve Bainbridge was very helpful also. As Steve would say, if you have a good and proven technique, then the expectation should always be for a positive outcome regardless of the shot. There is no room for negativity. The same applies if you hit a bad shot. I had a habit of reacting badly if I hit a poor shot. Accepting that this happens to everybody allows you to move on and not be too down on yourself."

I'm hoping for great things for Tomás in 2023. His hard work has maximised his outstanding talent. Tomás Bessa is certainly a name to look out for.




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# Racing Ahead

Portugal may have found its 'North Star' in 12-year-old go-karting prodigy Maria Germano Neto, who has her sights set on Formula 1.

**WORDS** Saor-Ide Dolan




*The pro-go-karter photographed with her @lucky_design_official helmet during The Champions of the Future weekend in Rodby, Denmark.*

*Photo © @sportinphoto*

Maria Germano Neto is a Portuguese female pro-karter. She has shown a standout skill set in karting. At such a young age, it is astonishing that she has already signed a contract with Ferrari and the infamous Tony Kart, one of the world's leading go-kart teams.

Born in Guimarães (a city and municipality located in northern Portugal, in the district of Braga), she started karting at the age of just four years old. The young girl, unlike most kids her age, wasn't 'taking the back seat'. Following her father to a meeting at a go-kart track, Maria tried it out and almost instinctively showed a hunger for the sport. Her invincible 'drive' for karting started developing from this point, but who could have guessed where this road would take her?

Maria explains, **"**I have always had a passion for cars in general. Even before I ever set foot in a go-kart, as a young girl, I enjoyed going in the mini-cars a lot, for fun. Karting feels like something I was born to do. It's in my blood."

After one month, Maria was competing in the Portuguese Cup in Leiria. At the age of five, she won the Portuguese Cup. At nine, she won the Bridgestone Cup, the Portuguese Championship, and the Portuguese Cup. Maria Germano Neto was the youngest girl ever to win all the races of the Portuguese Federation of Motorsport and Karting (FPAK). From that point, the typical course of action was to compete at an international level.

From an early age, she began to compete in international competitions, namely in the Spanish Championship, the Italian Championship, and the European and World Championships at IAME. Maria became the youngest to win a karting event in Spain and then in Italy. To what does she credit her success? **"**I am seriously disciplined with my training plan. I put my everything into this sport."

In 2019, Maria became the national champion and won all competitions organised by IAME in Portugal. In 2022, she competed in the World Series Karting and the European Karting Championship. Now, Maria is expected to continue competing in go-karts for another two to three years before making the jump to Formula Cars. The future could lead to Formula 1. Maria told me, "Ever since I have been a Rising Star, I have become better known worldwide, especially in the world's motorsport. I won the 2021 Girls on Track, a competition organised by FIA, which allowed me to join the Ferrari academy team, leading me to compete at the highest level, in the OK Juniors category, in the official Tony Kart team, which is the Ferrari Academy team in the Kart modality."

Her career took flight when she secured her contract with Ferrari after winning the Girls on Track – Rising Stars. This karting aptitude termination tournament, aided by the International Automobile Federation in 2020, merited her sponsorship this year with everything paid for except for stays and food.



Maria has faced many setbacks in her career. She sustained two serious injuries in 2022 in an accident with two other drivers on 16 July. She fractured two vertebrae and compressed the D6 vertebrae. Following a full recovery from that first 'fork in the road', she would suffer a fractured collarbone in the closing part of the season. Now she is in perfect health and shape and has finally healed.



*Race at Rodby: Fia Karting Championship Round 3 Photo © @sportinphoto*

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*Maria with her father by her side, during one of her first of many big wins*
*Courtesy of www.instagram.com/mariagermanoneto*

Now 12 years old, Maria's schooling still takes up most of her time, resulting in her having to make a substantial amount of sacrifices and forgo karting at times. In 2022, she averaged a third of the classes she attended. But she had a '5' in everything except music education. She is an applied and super-responsible student. Usually, the tests are on Mondays and Tuesdays.

Maria wakes up at 6.30 am to study, demonstrating just how resilience is part of her innate nature, manifesting way beyond the four wheels.

Maria's father, Germano Marques Neto, believes that Maria has "got the better of the physical problems." Next year, therefore, looks set to be one of affirmation for the young Portuguese racer."

A highlight of 2023 was when Maria made it to round three in the FIA Karting Championship in Rodby, Denmark. This strenuous pro-karting competition has free practices, including training, qualifying and qualification sleeves. The driver said she had "a positive weekend, but Sunday was an unlucky day." An accident in Super Heat did not allow her to qualify for the final, but she has taken the loss in her stride.

A key to Maria's success is to also understand the technical aspects of the sport. "I have gained invaluable insight from many mentors in my profession. We have a new unbelievably skilled mechanic this year. He understands karting at a very high level. He knows the sport inside and out."

The mechanic's role is to make sure to examine, troubleshoot, restore and oversee the maintenance inspections, monitor inventory, assemble mechanical components, and perform repairs. Maria explains, "The team often meets with him to give him an understanding of our concerns and identify the issues of the racing cars."

Maria also uses the computing expertise of ex-driver and Italian karting legend Marco Adrigò, who won a world championship. "Advice-wise, Mark helps me on the track, shows me how to change my strategies and become the fastest and most skilled driver I can be." Adrigò, an official Tony Kart driver, won three FIA-World Championships, five FIA-European Championships, a FIA-World Cup, two FIA-AsiaPacific Championships and six WSK Champions Cups. Could a young karter ask for a better guide?

In October this year, Maria will go to the World Championships in Italy, racing on the Franciacorta karting track with the Tony Kart official team. If she wins, she will have the title of the first woman in the world ever to win a world championship. Her father tells me proudly, "Her statistics do not lie. Maria only races against boys in the OK Junior category. She is up to five times faster than male racers, boys between the ages of 12–15 years. Maria is performing better than boys, older than her as well." This has led to expectations that she could compete in the male-dominated arena of F1 motorsport.

But, for now, all roads lead to the European Championship. Today, Maria is among the best in the world, competing in the OK Juniors category, the European Championship and the World Championship, organised by the FIA. This success is due to the unconditional support of her family and sponsors who believe in this promising young lady. Through the media coverage achieved, they guarantee a return to the brands investing in her. And Maria is dreaming big for the future. "At 13-and-a-half, I will begin tests, working towards Formula 4. Once I turn 14, I will race in Formula 4. From there, it's only up. Formula 1 is my dream. I know I will get there someday."

As the great Robert Frost once declared in his one-of-a-kind poem *The Road Not Taken*, 'Two roads diverged in a wood, and I— I took the one less traveled by, And that has made all the difference.' I believe that this rings true for the pro-karting rising star. What she went on to achieve and has yet to achieve is nothing short of incredible.

*You can read a Q&A with Maria on our blog.*

**www.instagram.com/mariagermanoneto**



*Photo © @sportinphoto*




*The Running suit of Maria with her sponsors on it*



*Photo © @sportinphoto*




*Mark Adrigò after winning one his numerous titles at the F1 Word Championship*



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# Musings of a Mountain Biker

**WORDS** Gilly Grateley

Hi, Gilly here. I hope all is well and you are enjoying great rides in this beautiful weather. If you are not a regular cyclist, this is the perfect time of year to hire an electric bike and take yourself and your visitors out to the shade of the forest and explore BTT routes 1 and 2 – beware, you may get hooked!

I've been thinking a lot about e-bikes recently. Alongside my mountain bike, I inherited an electric bike from my parents. It's a small wheel shopper with a comfy seat and a basket on the back, hardly a sporty little number and not suitable for my mountain biking, but it is, in my opinion, the very best form of around-town transport – and I don't think I am on my own as everything I read suggests worldwide sales of e-bikes are through the roof. I read that in 2022 they represented almost half of all bike sales in several EU countries.

My little shopper is over ten years old and I use it nearly every day, so imagine my disappointment when recently it started to wane! It is possibly repairable, but having seen the array of super cool fat wheel e-bikes, known as cruisers, fat e-bikes or (my favourite) e-fatties, I was keen to research whether my money would be better spent if I joined this movement.








I have mused before about e-bikes and their pros and cons, such as lower running costs and easier parking in busy towns/areas (compared to cars). Compared to a regular bike, it can get you from A to B quite quickly and without a great deal of effort. The cons are the up-front investment and service costs and the disputable green and clean bit, given they have a lithium battery! My verdict was that I would convert when the time was right. This time around, it is less about mountain biking and more about exploring the trend for fat-tyre urban commuter bikes.

**What is an e-fatty?**
It is a bike that combines the best bits of fat-bikes (originating in the US, like monster trucks, they were built for crossing sand and snow) and e-bikes – it is a pedal-assisted bike with oversized tyres, normally 3.8 inches/97mm or wider.

**Why have oversized tyres?**
Apart from their looks, high-volume tyres can run at lower pressure, increasing stability, control and balance, and making them easier to ride and more comfortable. They have great grip and a larger surface area, perfect for riding off-road on sand, gravel and mud. They also cope really well in the rain.

**Are they legally classified as bicycles?**
There are different classes of e-bike, depending on whether the power assistance is driven by pedalling alone (class 3) or can also be pedal-assisted with an on-demand option, i.e. the bike has a throttle which can provide a power boost without pedalling (class 2). In order for both types to be classified as a bicycle, they will be fitted with a speed limiter – this doesn't mean that the bike can't physically travel faster than the set speed limit. Still, the motor will be restricted and will stop assisting the rider once the limit has been reached.

**What else do you need to know and consider?**
As with any e-bike purchase, there are a whole host of considerations – motor, battery, cost, weight, servicing, charging, etc. I've dropped below a link to my previous article, where I tested an e-bike; hope this helps.

**And finally, the biggy for me is where/how do you get hold of one?**
My limited desk research has struggled to uncover resellers, and the owners I have spoken to have, in the main, imported them, either directly or through a broker in another European country. This sadly means you can't pop down to a shop and speak with the dealer or try before you buy, so you have got to do your research before you commit. This can also be an issue for getting hold of spares and manufacturer-supported repairs.

That said, I am sure we are going to be seeing more of them. The Algarve is full of entrepreneurs, so I hope that along with council-provided bike charging stations (wink wink), we might see retailers popping up along the coast soon!

*If you sell e-fatties or have a new biking concept you want to share with our community, please get in touch the usual way bikinginthealgarve@gmail.com*

As always, happy biking!

Read Musings of an e-Mountain Biker:
tomorrowalgarve.com/jul-2022-musings-of-an-e-mountain-biker/

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# SPORTS ROUND UP

**WORDS** David Lugg

## Athletics

The Algarve's Isaac Nader has won the silver medal in the 1500-metre race at the European Games in Poland. The Faro athlete was beaten by Spaniard Mohamed Katir and confessed that he was disappointed not to have gone one better. "Only gold counts. Of course, it's [silver] a medal, so it's satisfying enough," he said after the race.

## Rugby



Following June's 'Algarve Sevens' tournament in Vila Real de Santo António, the Rugby Europe Sevens Championship moved to Hamburg for the second (and final) leg of the series. The Portugal men's team topped their qualification group, but came up against an experienced Ireland team in the quarter-finals, losing 19-12. Despite defeat, The Wolves will be delighted to have finished fifth overall, ahead of higher-ranked sides such as Georgia and Italy.

The women's side also performed valiantly, finishing in tenth place in the overall league table. They will return home pleased with their efforts, particularly as women's rugby is still very much a fledgling sport in Portugal.

## Snooker

The president of the Portuguese Billiards Federation has announced that Portugal is "well placed and working hard" to have a World Snooker Tour event in 2024. No venue or date has been chosen yet, but with snooker's appeal growing quickly on a worldwide scale, the first international Portuguese tournament since 2014 may well be on the cards.

## Sailing

Algarvian sailor Mariana Pinto has had cause for a double celebration. After finishing second at the Optimist Junior World Championships in Spain, Pinto, who represents the Clube Naval de Portimão, went on to become the national junior champion just three weeks later.

## Kayaking

Athletes from the Castores do Arade club near Estômbar have collected a total of 44 medals at the National Line Regatta Championships. Pick of the bunch was Iago Bebiano, who became the national champion in the K1 500m (under 23 competition) as well as collecting four further medals.

## Shooting

José Faria has won the bronze medal in the Olympic pit team shooting at the 2023 Krakow-Malopolska European Games. The Quarteira resident is vastly experienced and started competing back in 1996. Domestically, Faria represents the Loulé Shooting Club.

## Motorsport

Two Formula 1 teams have visited the Autódromo Internacional do Algarve in July. French team Alpine and British team Mclaren have brought their test drivers to the region to work on the development of their cars. Amongst the entourage was Mick Schumacher, son of seven-time world champion Michael, who is the reserve driver for Mclaren.

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## Football

After last season's promotion back to the top flight of Portuguese football, Farense coach José Mota said his team will need to be "ambitious and united" to achieve a "smooth championship". The Faro-based side has already signed four new players in their provisional squad of twenty after adding two defenders, a midfielder and a goalkeeper. They start their season with a home game against Casa Pia on Sunday, 13 August.

Not to be outdone, local rivals Portimonense have so far signed six players in the closed season. Remarkably, all six players are attack-minded, with head coach Paulo Sérgio conscious of his side's struggles in finding the net during the last campaign. The Portimão side begin with a long journey up to Gil Vincent in Barcelos as they look to improve on last season's 15th position.

Reinaldo Teixeira has been re-elected as Director of the Algarve Football Association with 99.4% of the votes. Teixeira, who was interviewed by *Tomorrow* in November, has highlighted a number of projects that the association intends to promote, including the development of a sports academy and a certified training academy.

## World Cup football

The FIFA Women's World Cup started on 20 July and will continue until 20 August. Portugal has qualified for the tournament for the first time in history following a thrilling play-off victory over Cameroon. In the group stage, they will face Netherlands (23 July), Vietnam (27 July) as well as a daunting fixture against world champions USA (1 August).

## European Under 21 Championship Football

Portugal's run at the Euro Under 21 Championships has ended in the quarter-final stage at the hands of England.

Despite plenty of second-half possession, a solitary strike from Newcastle striker Anthony Gordon was enough to separate the sides.

The English Young Lions went on to beat Spain 1-0 in the final.

# RISING STARS



## Basketball

The Portimonense under-14 boys team have completed an extraordinary season. After winning their district league in a thrilling final in Olhão, the boys went on to also take victory in the National Cup, the first time an under-14 Portimonense side has ever won the competition. Rui Semedo and Harrison Harding were named in the All-Star top 5 players of the finals.

Harrison, along with Rui and Matias Lopez were were also selected to represent the Algarve in a tournament held in Albufeira against all 18 regions of Portugal, with over 1000 athletes competing in girls and boys categories.They eventually finished fifth.

The terrific achievements of the Portimonense under-14 squad will live long in the memory, whilst huge credit must go to coach Sergio Aasheim for helping them to create history.





If you wish to publicise a sporting event, please contact our sports editor David Lugg: david@tomorrowalgarve.com






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# Safety in Plastic Surgery

**WORDS** Tiago Baptista-Fernandes

The final decision to receive plastic surgery should be based on the following:

- Confidence in the surgeon comes from the surgeon's empathy, his experience (an older surgeon doesn't necessarily mean more experience), proper training, attendance of frequent meetings, courses and naturally providing team approaches
- The surgeon must be able to provide realistic expectations, explain the risks and complications and discuss the procedure's challenges. It is the responsibility of the surgeon to highlight the possibility of surgical revisions and the absence of a perfectly symmetrical result
- Seeing similar before and afters and eventually social media cases and videos

It is important to understand that human tissue does not always respond in the expected way, especially if there are existing scars, asymmetries, previous surgery, or if the patient is a smoker, has a condition like diabetes or hypertension, an autoimmune disorder or another serious health condition.

Post-surgery care is critical for the final result: each procedure implies different limitations, and the therapist plays a fundamental role in recovering the tissues and rehabilitating the patient for his professional and social life.

**Choosing a surgeon**
To begin with, I recommend the website of the Portuguese medical association is used, and the name of the doctor inserted, to check what speciality he/she has – ordemdosmedicos.pt/medicos-registados-na-ordem-dos-medicos/

For plastic surgery, choose a plastic surgeon! Then check his CV and his affiliations to national and international societies. The more rigorous ones demand experience to become a member.

**Choosing a clinic**
Surgeries must be carried out in a licensed medical clinic or a hospital. In Portugal, the rules, protocols and standards are quite demanding. You can therefore be assured that Portugal is a safe country for any surgical procedure.

**Tiago Baptista-Fernandes is a plastic surgeon and can be contacted through www.upclinic.pt or tiago.baptistafernandes@upclinic.pt**

# Amazing Ankles

**WORDS** Adam Rich

A sprain is an injury involving the stretching and/or tearing of your ligaments. With the ankle, it is possible to suffer an injury to either side of the joint, the interior or the exterior. You may have an inversion sprain or an eversion sprain. Whichever type you suffer from, it will fall into one of three categories:

**Grade 1 Ankle Sprain**
A Grade 1 sprain is one where the ligaments have not torn, only stretched further than normal. Symptoms of a first-degree sprain include discomfort when jumping, jogging or sometimes walking. Pain is usually mild and swelling is minimal.

**Grade 2 Ankle Sprain**
The ligament is partially torn, which can lead to several uncomfortable symptoms. The sprain will make walking difficult, be moderately painful and make it hard to use the ankle. The injury will result in noticeable swelling and often bruising.

**Grade 3 Ankle Sprain**
A Grade 3 sprain is the most severe and involves a full tear of the ligament. Pain is often severe with significant swelling. The torn ligament makes the joint unstable, so it is not only painful but also very hard to use.

For your chiropractor, the classification will help to direct the best treatment options and can help you recover from an ankle injury, both reducing pain and speeding up recovery time, providing you have confirmed (via x-ray) that there is no fracture. Chiropractic focuses on improving mobility and range of motion, which is beneficial when trying to recover from a sprain and get back to your normal life.

Some of the most common chiropractic treatments for ankle sprains include:

**Adjustments**
A sprain can knock the ankle out of alignment, something that most traditional doctors and rehabs do not consider. An ankle adjustment will work to put things back into their proper places.

**Strengthening Exercises**
Things like a wobble board, where you stabilise yourself on a wobbly platform and drawing on a board with a marker held in your toes, can be surprisingly effective at strengthening your ankle.

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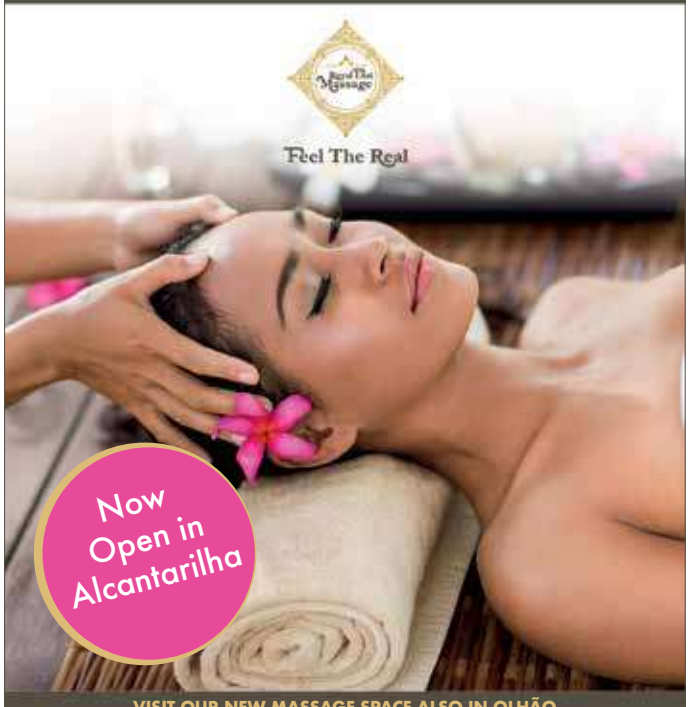
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# Being An Empath

## How to be an empath while protecting your own energy

**WORDS** Glenn Harrold



Being an empath is both a gift and a challenge. Empaths have the remarkable ability to deeply feel and understand the emotions and energies of those around them. They have an innate sensitivity that allows them to pick up on subtle cues and vibrations, making them highly intuitive and compassionate individuals. However, this heightened sensitivity can also make them vulnerable to absorbing negative energies and emotions from others, leading to emotional exhaustion and burnout. Therefore, protecting one's energy becomes essential for an empath's well-being.

Empaths must prioritise self-care and establish healthy boundaries to protect their energy. This can be achieved through practices such as meditation, journaling, spending time in nature, or engaging in activities that bring them joy and peace. It's important for empaths to carve out regular periods of solitude to reconnect with their own emotions and replenish their energy.

Setting boundaries is another vital aspect of protecting one's energy. Empaths often have a tendency to take on the emotions and problems of others, which can be overwhelming. Learning to say "no" and recognising when they need to step back is crucial. Establishing clear limits in relationships and learning to prioritise their own needs helps empaths maintain a healthy balance between giving and receiving.

Self-awareness is vital for empaths. They should learn to identify the signs of emotional fatigue and take proactive measures to prevent it. This might involve limiting exposure to toxic environments or people and practising energetic shielding techniques. Certain crystals like black tourmaline can also help with energy protection.

In conclusion, being an empath is a gift, but it requires diligent self-care and energy protection. By prioritising their well-being, setting boundaries and cultivating self-awareness, empaths can navigate the world with empathy, compassion and resilience while preserving their own energy and emotional health.

*Glenn Harrold is one of the world's most successful hypnotherapists. He has helped thousands, including many celebrities, in a 20-year career and has sold over 10 million hypnosis CDs, MP3 downloads and Apps, including his Ultimate Hypnosis app.*

# Licking your Wounds

## Healing from the Legacy of Family Wounds



**WORDS** Becca Williams

Mothers and fathers with grown kids often ask me how they can repair their relationship with their adult child – usually a child who wants nothing to do with them or is dismissive and disrespectful.

The mother or father is usually mourning the absence of a healthy relationship and usually reports that, when the kids were small, they were not able to be a 'healthy' parent because their own traumas were so heavy and drove them to do things they regret in these relationships.

And now, many years later, they've done the work on themselves to become healthier and more able to engage in conscious communication with their kids, and they long to heal these fractured relationships. I often suggest that the parent write a letter to their son or daughter and share this personal evolution with them and *not do it with expectations* that the adult kid is going to come running back to them and include them in their life. But rather as a part of their own intimate inner processing – working through their guilt, self-doubt, anger, etc.

From here on, with their new skills to authentically interact, the mother or father is role-modelling what a healthy relationship looks like. Will they ever get the chance to share that with their kids? It's a question that can not be answered, depending on the reluctance of the child to re-enter the relationship, because they are hurt and angry.

But pivotal to the process is a parent who is healing from their own emotionally fraught history. From this fresh perspective, they can send their children love, if not physically, then energetically. In this way, a parent can make peace with themselves, regardless of whether their kids are responsive. If a parent can find comfort in this, then they have grown to become the person they were meant to be.

*Becca Williams is an emotions therapist and clinician who helps people free themselves from emotional burdens, traumas, and limiting beliefs to live more fulfilling lives.*

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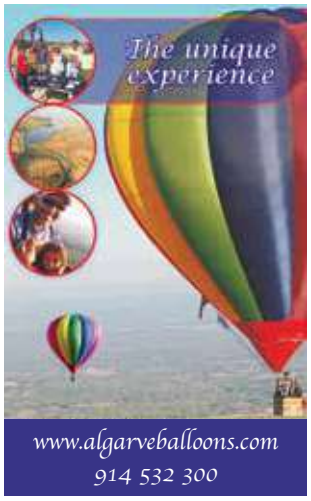
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# Algarve Concept

## General management and lifestyle services



As a recent or even longer-term arrival in the Algarve, you may be enjoying the fantastic food, the friendly and helpful people, and the incredible weather. You may also feel overwhelmed with some aspects of living here that you need to understand to enjoy life in the Algarve to its fullest.

**How can Algarve Concept help?**
Algarve Concept is the brainchild of UK-born Natasha Jones Costa, who moved to Portugal at the young age of just six weeks! She understands that life in a new country, whilst exciting, can also be challenging. The idea for Algarve Concept came to Natasha a few years ago and remains close to her heart. She believes that life in the Algarve should be simple and enjoyable! Natasha is the friend you'll want in your corner to help you surf successfully through life in the Algarve.

Algarve Concept offers a number of services that might be time-consuming and frustrating for non-Portuguese-speaking residents. With over 20 years of experience in property management and a wealth of local knowledge and contacts, Natasha is also fluent in Portuguese and English. In fact, conversations in her family constantly switch between the two languages!

Being totally bilingual (she has an English mother and a Portuguese father), Natasha also offers translation and interpreting services, a role she loves, so much so that she is happy to provide that personal touch. She can help with anything from standing in line with you at the Finanças and completing paperwork, to accompanying you to medical appointments or helping to liaise with local businesses and authorities. Algarve Concept can be your 'go-to' contact.

With Natasha's extensive 'black book' of contacts, Algarve Concept takes the sting and the worry out of everyday and unexpected problems. For example, Natasha was invaluable in helping one set of customers find an emergency locksmith at short notice after they locked themselves out of their villa.

If you think Algarve Concept can help you don't hesitate to call Natasha email.

*Algarve Concept only manages non-rental properties.*

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> Whilst I am learning to speak Portuguese, I wasn't confident to attend a meeting with the GNR. Fortunately, with Natasha at my side, we were able to smooth over anything I was unsure about.

## I.T. Can Be Easy

# Laptop Buyers Guide

**WORDS** Steven Dunwell



**Which laptop is best for me?**
Whether you are buying a laptop for home, business, or gaming, it is important to find a laptop that suits your needs. Here are some features you may not have been aware of that should be considered to help you choose the right laptop for your needs.

**Processor**
Central Processing Unit (or simply processor) is the main chip in a laptop responsible for carrying out all its tasks.

- Everyday processors: If your laptop is for normal home use, choosing from AMD A4, Ryzen 3, Intel Pentium, Celeron or Core i3 would be ideal for watching videos, surfing the web and basic word processing tasks.
- Premium processors: If you need a laptop with more power, a Ryzen 5 or Intel Core i5 processor is the best choice for you. These processors are an excellent choice for fast, responsive, affordable laptops and can even support basic gaming.
- Powerhouse processors: For the best performance, Ryzen 7, Intel Core i7, Intel Core i9 and Intel Xeon processors are the best. With these processors, you can unleash your full creativity!

**Memory**
RAM (random access memory) is a computer's short-term memory, where the data that the processor is currently using is stored.

- 4GB The absolute minimum for Windows and MacOS systems
- 8GB Good for general web browsing and simple processes
- 16GB Great for demanding professional software and games
- 32GB+ Perfect for high-end gaming and professionals

*More Features to follow next month.*

*If you would like more information on this subject, or require help with any I.T. challenges, I am always happy to help.*

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# That Asian Home Cook

Joy Entry is a Malaysian home cook based in Lagos who is obsessed with the provocative, unapologetic flavours of South-East Asian cuisine

Instagram: @thatasianhomecook joyentry@gmail.com



# Asian Style BBQ Vazia with a spicy coriander dip



There are so many great things you can do with a good Portuguese sirloin or *vazia*, especially on the BBQ. The Asian way usually requires a bit of a marinade or rub to enhance flavours and almost always offers a dip on the side – a spicy one, preferably. This style of steak may sound unusual but is super enjoyable with a cold beer, especially on very hot summer days in the Algarve like these. I hope you enjoy it!

**Ingredients**
- 200gm steak cut one-inch thick
- 1 tbsp coriander powder
- 1 tbsp sea salt
- 1 tsp oil

**Spicy Coriander Dip**
- 1 tbsp fish sauce
- 1 clove of garlic grated
- 3 bird's eye chilli or piri piri chopped
- ½ tbsp sugar
- ½ lime squeezed
- ½ cup fresh coriander chopped

**Instructions**

Marinade your steak a couple of hours before you flash your steak on the BBQ. Simply rub your mixture of coriander, sea salt and a bit of oil over your sirloin and put aside.

The spicy coriander dip is easy to prepare and can be made way in advance. Bring together all the ingredients in a little bowl, reserving some fresh coriander to use right at the end before serving. If you prefer to have a non-spicy version, you can of course, omit the chillies here. Also, if you do not have fresh chillies or piri-piri you can always substitute with dry chillies too.

Now spark up the BBQ to a good hot temperature – you are after around 230–250°C here. Keep in mind your steak should always be at room temperature when you cook. Steaks can go on the hot grill for 4–5 minutes on the first side and then 3–5 minutes on the other side for medium (internal temperature 65°C). You can add a couple of minutes for a more medium-well option if you like (internal temperature 75°C).

When done, your sirloin should be crisp on the sides and a little bit charred on the fatty corner. Leave the meat to rest and then slice into roughly 1 cm strips and dress with all that tangy, spicy Thai-flavoured sauce. This dish goes perfectly, as always, with steamed rice or a nice salad to make for a lighter meal.

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Chef Joana (left) with Olga (right)

# A Gastronomic Odyssey

**WORDS** Sophie Sadler

As a lover of Portuguese seafood dishes, I was delighted to be invited by Pine Cliffs to their MIMO gastronomic experience. These classes offer you the chance to learn more about the history behind popular dishes, how to prepare and taste them and – most importantly – how to eat them!

I chose the class on *cataplana* as it is one of my favourite restaurant choices and I wanted the chance to impress a future dinner party with my gastronomic prowess! You can also learn to cook *bacalhau*, plant-based food, traditional Algarve dishes and brunch favourites.

On a baking hot summer's day, MIMO's cool, white, air-conditioned interior was a welcome respite from the heat. I was shown around the espresso bar and gourmet shop adjacent to the hotel's Lemon Square, the architecture of which is reminiscent of a Moroccan medina.

As we were given a workstation, a range of delicious fresh ingredients and an apron, I felt like I was in an episode of *Master Chef*. Our host for the day was Chef Joana Apolonia, who was ready to impart her unique knowledge of Portuguese cuisine.

I found her initial demonstration of the correct way to peel an onion without crying, deseeding and slicing a pepper, and how to peel a prawn were worth the money alone. I managed to resist the temptation to shout 'yes chef'!

After prepping the beefy tomatoes, monkfish and veggies, we moved over to the hobs, where the fun part began. We sizzled up the ingredients in a traditional Portuguese copper pot, similar to a North African tagine. Joana told us there's a theory that the cataplana may have been invented while the Algarve was under Moorish rule.

Combining the ingredients into a delicious casserole was surprisingly uncomplicated (don't tell my future dinner guests!). A layer of fleshy tomatoes was used to encapsulate the flavours of the seafood. To add yet more flavour to our gastronomic endeavours was the charming Olga, who has completed several courses in Portuguese wine and has become passionate about Portuguese viticulture. She kept our glasses topped up as we cooked. I always find that to achieve the best results in the kitchen, it's imperative to have a glass of wine in your hand and Olga obliged.

We then sat to enjoy our achievements and I partook in a thoroughly enjoyable lunch with my fellow students and some good conversation. MIMO also offers a deal for family groups and a delightful American family was taking part, with their three children eagerly taking on cutting up the fish. The staff of Pine Cliffs were all utterly charming and on hand to answer all our questions.

If cooking is not your thing, Pine Cliffs invite their guests and the general public to taste wines and snacks on the outdoor terrace or make a reservation for the renowned Chef's Table, which brings a special menu with wine pairing. MIMO was previously run by an outside company but has just been brought back into the resort with Michelin star chefs and a focus on Portuguese cuisine. They are keen to welcome outside guests, groups and corporate events.

The chef's table takes place in the heart of the kitchen, where everything comes to life. The evening will start with a sparkling toast to prepare your palate, followed by a meet and greet with the chef and winemaker, who will then take you on a gastronomic tour. The chef will cook in front of you while decanting the perfect pairing for each delicious offering.

So if you are looking for a unique Portuguese gastronomic experience, then look no further than MIMO to tantalise your tastebuds.





www.pinecliffs.com



## Garlic Prawns

MIMO has kindly provided us with tips on preparing some simple Portuguese delicacies. This month, learn how to prepare garlic prawns, an ideal light lunch for the hot summer days or as tapas on warm evenings.

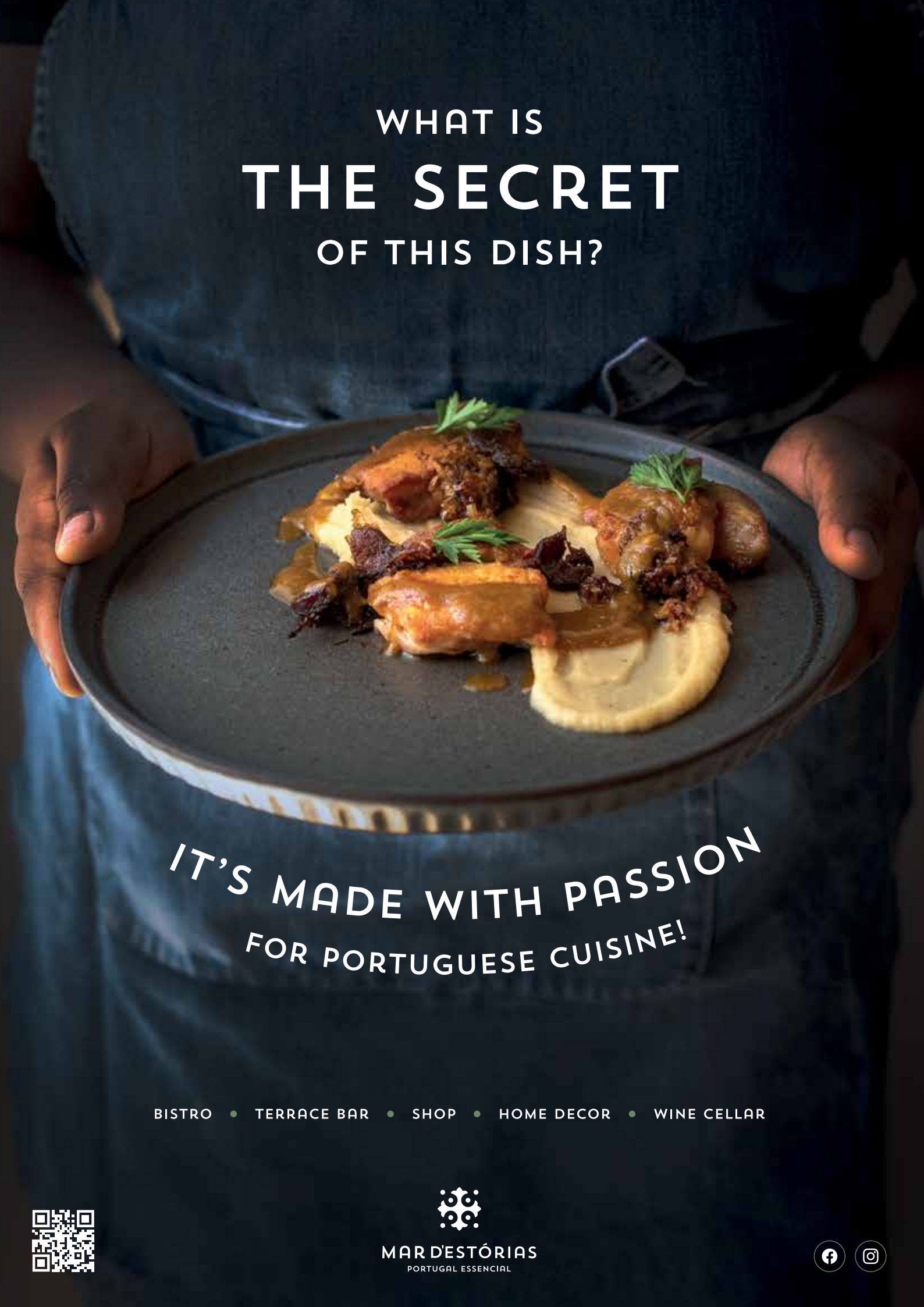
**Ingredients:**

- Prawns 60/80 680 g
- Salt
- 6 tbsps olive oil
- 7 garlic cloves
- 1 tbsp butter
- Red chili pepper

**Preparation:**

Step 1 - Peel the prawns and season them with salt.
Step 2 - Heat the olive oil in a frying pan with the sliced garlic, sauté a little and add the prawns.
Step 3 - Let the prawns fry for 5 minutes and add the sliced chili pepper cleaned of seeds.
Step 4 - Add the butter and lemon cut into wedges.
Step 5 - Remove from heat and serve immediately.

*Next month: how to grill sardines.*


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# Starlit Dinners



Gather your friends on the terrace of Mar d'Estórias this summer to watch the stars while enjoying delicious Portuguese cuisine.

The warm nights in the Algarve spent on the terrace of Mar d'Estórias in Lagos overlooking the historic city centre are reminiscent of the old days when families would gather on the açoteias (typical Algarve terraces) to enjoy the starry nights.

Portuguese tradition dictates that you sit at the table and enjoy the good life, which means eating, drinking and socialising!

**Portuguese gastronomy will be the brightest star!**

When you step onto the terrace of Mar d'Estórias, you will embark on a taste journey where traditional Portuguese recipes are reinterpreted with seasonal ingredients, locally sourced.

This is the perfect stage to sample the unique summer dishes prepared by chef Megan Melling, who has been dedicated to Portuguese cuisine for several years. The special dinner menu features dishes that reinterpret Portuguese cuisine, such as Algarvian falafels, which combine local *carito* beans (from Aljezur), carrot purée and a fresh herb salad.

In addition to the special dinner menu, a regular menu pays homage to Portugal's culinary heritage with a twist. Each dish tells a story, and everyone is welcome to hear and enjoy it starting at lunchtime.

At the Terrace Bar, you will find a careful selection of Portuguese wines to accompany your meals. From reds to rosés, from south to north, there is always the right wine to pair every dish. To complete the experience, toast with a reinvented cocktail, like their Caipirinha Algarvia with medronho and oranges from the region, or a Madeira Mojito with wine from the island. Algarve craft beer is also served with snacks.

*A longer version of this article can be found on our blog.*

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# Summer Salad Delight

On hot days, our appetite usually decreases, although our energy requirements actually increase because the body needs to regulate its temperature.

**WORDS** Lita

On hot days, our appetite usually decreases, although our energy requirements actually increase because the body needs to regulate its temperature.

When the heat accumulates in the body in summer, and it is already stressed, the digestion of fatty foods takes a lot of energy. Such food is more debilitating than energising. Light, low-calorie dishes that put less strain on the body and provide it with plenty of liquid and essential nutrients are healthy, tasty and keep you fit even on hot days.

Salad is the most popular lunch in the summer heat, and I eat it nearly every day. The fresh ingredients of vegetables provide the body with many vital substances and can be put together as you wish. You can add raw and steamed vegetables, fruit, nuts, lentils, quinoa, bulgur, noodles, and more to salads. I use vegetables and fruits that contain a lot of water to keep the body hydrated. This recipe is easy to prepare, and you can do more and store it in the fridge for the next day or take it to work.

**Ingredients**
- 1 cup bulgur
- ½ courgette
- 1 carrot
- ¼ radicchio (Italian Chicory) salad
- 2 cloves of garlic
- Rocket salad
- Almonds or other nuts

**Preparation**
Cut the courgette and carrots, chop the garlic and cut the radicchio salad into strips.

**Cooking**
- Cook the bulgur; bring a pot with two cups of water to a boil. Add one cup of bulgur, lower the heat, and cook for five minutes with a closed lid. Let it cool down.
- Put the ingredients in a wok with olive oil, adding the carrots first, then the garlic, the radicchio salad, the courgette and lastly, the cooked bulgur. Add salt and pepper, let it cool down and add to the rocket salad.
- You can add olive oil and lemon juice, almonds or other nuts.

**Did you know**
Radicchio is a leafy vegetable with dark reddish-purple leaves and white veins. It's sometimes called red chicory, Italian chicory, or red endive.

*Lita cooks for events, for private celebrations and she offers cooking courses.*

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# Macroalgae Invades the Algarve Coast



Exotic invasive macroalgae on the coast are becoming an environmental problem throughout Europe. On the Algarve coast, we can increasingly observe large quantities of them, which may indicate imbalance in the marine ecosystem.

**WORDS** Ylenia Pedraza Bermúdez





Exotic invasive macroalgae are occupying the space of native macroalgae on rocky substrates. The most well-known is *Rugulopteryx okamurae* and its uncontrolled reproduction has increased in recent years. But it is not the only macroalgae to be growing at alarming speed.

The invasion of these species hampers the benefits of the ecosystem provided by the coast, including the marine biodiversity sector, fishing and tourism. This indirectly affects the local economy and the blue economy. It has now become an environmental problem in the Algarve, hence the need to find solutions for marine conservation and preserving the coastal ecosystem.

Native macroalgae are actually of benefit to the ecosystem. Macroscopic autotrophic organisms act as natural barriers that reduce the destructive force of waves and protect the coastline. Additionally, they contribute to carbon fixation, either naturally or due to human activity. Macroalgae also produce organic matter and energy, maintain water quality and stabilise the marine substrate (Lara et al., 2008).

Invasive alien species (IAS) are those introduced into a natural ecosystem or habitat, acting as agents of change and posing a threat to native biological biodiversity. The introduction of IAS is considered the second leading cause of biodiversity loss globally (Genovesi P. & Shine C., 2004).

**The importance of marine biodiversity**
Marine biodiversity is necessary for the development of sustainability – economic, social and environmental – which maintains the health of the planet and provides us with services that promote human health, well-being, and prosperity (VVAA, 2005).

**How do invasive species reach the beach?**
Alien invasive macroalgae reach the beach through maritime transport. This occurs in two ways:

**Biofouling** is a natural phenomenon that involves the accumulation of living organisms on submerged artificial surfaces or those in contact with water, such as ship hulls, breakwaters and docks.

**Ballast water** is used by ships to compensate for the weight loss caused primarily by cargo discharge. Thus, the uptake and discharge of this water occurs mainly in port areas, allowing for loading and unloading operations on ships.

Once they arrive, invasive macroalgae colonise subtidal areas. They can be found from the intertidal region to the shallow subtidal, both on rocks and epiphytes, and form natural vegetation belts along exposed coastlines. With the influence of lunar phases, during the full moon, high and low tides are more intense. During low tide, invasive macroalgae present on rocky substrates which are exposed to waves. The waves break, separating the macroalgae from the rocks, and currents carry them towards the shoreline, where they accumulate.

"The introduction of invasive species into aquatic environments triggers important changes that propagate through the food chain and cause a reduction in the abundance and diversity of species." (Global Change Biology, 2016)

**The impact of invasive species**
The main impact is the genetic contamination and loss of marine biodiversity. In the long term, there is a change in species structure and composition, genetic contamination, and the release of very high amounts of secondary metabolites, including phenolic compounds (Carpenter et al., 2000), which are toxic to marine biodiversity. Their high fecundity, growth rate, and dispersal capacity lead to an increase in the number of species.

**Possible solutions**
This environmental problem should be addressed in the long term with maritime policies and strategies that prevent the introduction of invasive macroalgae. Additionally, in other countries, short-term measures are being taken to remove accumulations of these macroalgae, aiming at the production of biogas, biodegradable packaging or composting. Additional resources are currently being investigated.

*Ylenia is the environmental educator for SOMAR – Marine Conservation and Bioacoustics Association The sources for this article can be found on our blog.*

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# The Adventures of Bobo the Cat

## Part 2: Bobo in the Lady of the Green

**WORDS** June Jorgensen

Crouched in the tall grass with only the tip of his nose visible, Bobo could barely see the green fields below and the Ribeira da Senhora do Verde, or the river in the Lady of the Green, whose waters would have great healing qualities. He felt his body sinking into a gooey mess. Lifting his right paw, he tried shaking off the mud, splattering his coat with black droplets.

"Boy, am I ever glad to be out of that awful place!" he muttered to himself. "Those guys were really mean to me! Geez, I wish I knew where I was!" He licked his paws, wishing he was home. He emerged from the field, ears tuned in all directions. He was aware of the odours – there was a dog close by and another cat. He couldn't see them, but then there were the other unpleasant smells – horse manure and urine plus rotting garbage.

Then there was a human voice but not the familiar one he longed to hear. "Oh no, not her," he thought and sped off in the opposite direction. He stopped short on the edge of a pond, his paws sinking once again. A large brown dog appeared from nowhere and headed toward him, snarling and barking. Bobo jumped back and dashed up the nearest tree, sharp teeth barely missing his tail.

He stayed hidden long after the dog had become tired and left. His stomach was growling and he wished he'd had more for breakfast. He spent his first night outside beside an old abandoned parish church, catching only a few moments of sleep here and there and dreaming of food.

When morning came, he began his journey, not sure of where he was going, knowing only that he had to get as far away from the terrible place as possible.

He made his way down a dirt road that seemed to go on forever. It was all strange to him, but somehow he just knew that he was on the right path to find his human mother.

There are many stories of animals and their homing instincts, that inner compass from the earth's geomagnetic field that guides them back to their families. A combination of odours and memories.

The only thing Bobo knew for sure was that he lived down the valley close to the ocean in a village he had heard called Monte de Alvor.

"I was happy there with my human and my sister Belle. Then she brought us to that bad house where no one liked us and just left us there. Why did she leave us? I need to find her and Belle and she will take us home and we can all be together again."

In the days that followed, he continued down the road that was sometimes narrow and dusty and often travelled by humans in large, noisy metal boxes that tossed pebbles and rocks at him as he tried to cross to the other side.

And to make matters worse, the fields bordering the roadway had many fences and gates that he couldn't squeeze through, making his journey more perilous as he followed the busy road and pathways. Often, large, aggressive dogs would bark and chase him away from their property.

He rested at the side of the road, tired and panting with exhaustion.

"I'm so hungry and so thirsty!"

A faint breeze brought the smell of food and the sounds humans make when getting ready to eat. He found them in the garden of a house, seated around a long table filled with things to eat.

Hoping no one would notice, he crept stealthily under a chair.

"Maybe if I position myself here, they might drop a morsel or two," he thought, licking his lips.

He didn't have to wait long before a piece of chicken landed on his ear and fell in front of him. Another and then another quickly followed it. A man with hair on his face and a big tummy smiled down at him, and it was not long before he was purring contentedly.

"Yum! I'm full."

He found a quiet corner and was soon asleep. Later, when the light had faded and the northern star was high in the sky, he returned to the same spot. This time, there was food waiting for him and a bowl of water beside it.

The road was quieter now and he made good time as he continued down the mountain. He had dodged two and four-wheel monsters, moody felines and done detours around areas where little humans chased him in playgrounds. He had overcome hunger, thirst, burnt toes and matted hair. He had only one thought: "I must get home. I know my family is waiting there for me."

***

June could not believe what she heard. "He's what? That's impossible!"

"Bobo has run away. I've searched everywhere for him," said Ana, in a small, quivering voice over the phone.

"How long has he been missing? Is Belle alright?" There was a brief silence, and finally, Ana answered, sighing audibly. "It's been a week, but Belle is fine."

"And you're telling me now!"

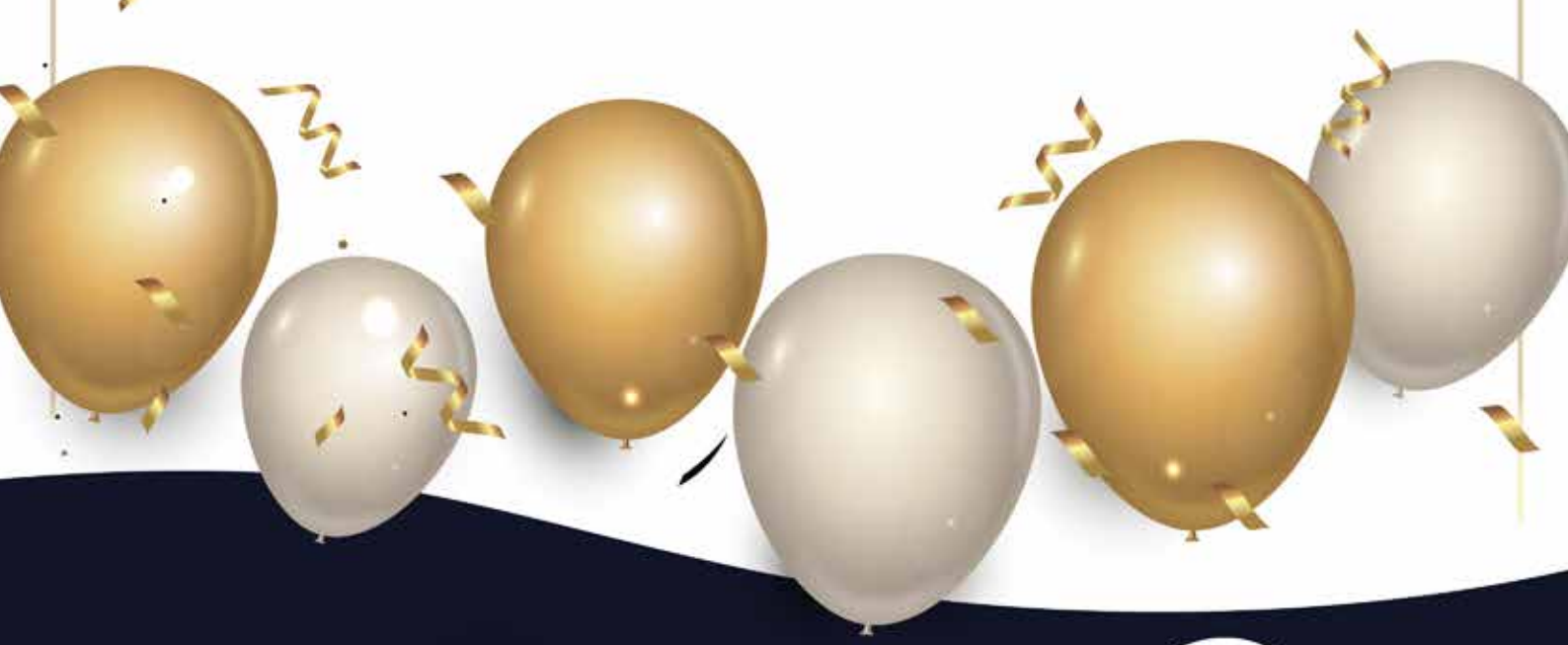
"I wanted to find him before you came home. I'm so sorry."



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June made it to the shelter in record time. In the following days, she searched the hills and fields with Ana. They put up posters, checked with the local vets for any news of a cat with a microchip and posted on social media.

She rented a nearby caravan where she stayed with Belle, hoping that her ginger boy was still in the area and would be found. Days passed and she was sure her heart would break.

And then came the phone call. "Hello, is this June?" A pleasant-sounding young man asked with a Portuguese accent.

"Yes, it is", she replied in a voice filled with anxious excitement.

"I think I saw your cat near Alvor. He came to the sliding door of our rental apartment. I think he was looking for food, but I didn't have any and he ran off".

"Was he wearing a green collar?"

"Yes. Actually, he had two. A green one and a beige one".

"That sounds like him. Where do you live?" June asked, close to tears.

"I don't know the exact address. We are on holiday from Lisbon and we just put it into our GPS. I will explain where we are."

After a few more questions, June realised that he was actually in Monte de Alvor and was told she would find her cat that night by the abandoned purple restaurant and spa.

***

Bobo looked into the dark depths but could see nothing but piles of broken glass and rubbish beneath purple walls covered in graffiti.

"I know I'm close to home, but my family isn't here. It was nice of that kind lady to leave food and water for me here. I hope she's done it again."

Suddenly his sharp ears heard a voice. The voice that he remembered with love. "Bobo, Bobo!"

He turned and saw a dark figure walking quickly down the dark street towards him.

June heard a loud howling sound come from the opposite side, and then a beautiful ginger bundle of fur was leaping into her waiting arms. He whimpered softly and buried his head in her armpit.

"Home at last," he purred.

At that moment, a young couple with a baby came out of her old apartment, smiled and walked toward her.

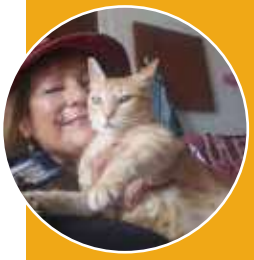
"We're so happy you found him."

"Me too," replied June, her eyes wet with tears as she soothed a very contented feline. "I don't know how he made it down that mountain in the middle of the tourist season. He has one audacious spirit!"

The young man smiled. "I think he used up one of his lives," he said. "Hah!" thought Bobo. "Try TWO!"

The end





June is a writer, author, and artist.

The story: 'The Adventures of Bobo in the Lady of the Green' is one of June's adventures rescuing cats in Portugal and will be in her second book: *Crossing the Pond - Tales of Adventure.* The book is a sequel to her first book: *I Heard the Alps Call His Name.*

junebugmjorgensen.com

# Black Cats

## Are they really unlucky?

The answer is a resounding 'yes' if you visit any cat shelter. At Cadela Carlota, we have 70 cats and 20 of them are black. We are desperate to find these beautiful, loving creatures a forever home.

**WORDS** Anne Hodges



Throughout history, black cats have been afflicted with superstitious beliefs and folklore. During the Medieval period, there was a mass culling of black cats. It is thought that this eradication of black cats was a contributing factor towards the overpopulation of mice and rats at this time, enabling the bubonic plague to spread quickly, causing more than 25 million deaths over five years.

In Japan and the UK, black cats are considered to be lucky if they cross your path. In America and other parts of the world, they are thought to be unlucky. Cats in ancient Egypt were linked to good fortune and were often buried with their owners. But, even today, many people still fear the sight of a black cat despite knowing that ancient superstitions have no basis.

Could you adopt one of our gorgeous black cats? If anyone has ever owned a black cat, they know that the colour of its fur doesn't make any difference to its personality – or the love and companionship that it can bring.

At Cadela Carlota, we give all our cats lots of care and affection, but it is no substitute for freedom and living in a loving, caring home. If you do not feel able to adopt and you love cats, why not think of sponsoring one of our adorable feline friends? There are three levels of sponsorship, payable monthly: bronze at 5€, silver at 10€ and gold at 20€. Full details can be found under the HELP button on our website at www.cadela-carlota.com.

We also urgently need volunteers to help clean and feed the cats, drive the cats to the vet and foster cats in various situations. Especially when cats are sick or recovering from treatments – or are very old or too young. If you have some free time and would like to join our international team, please, please contact us.

www.cadela-carlota.com/animals/cats.php

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# Things that bug me

The deafening serenade of the bug who is looking for love before he dies.

**WORDS** Jake Cleaver

For this August edition, our editor, Sophie Sadler, told us writers in our monthly brief to – 'think hot'.

Now, sometimes, when I don't know what to write about next, I go outside and sit in the garden, close my eyes and try to clear my mind in the hope that, in the peace and quiet, a great story idea will somehow pop into my head.

Trying to bear Sophie's ardent instructions in mind, outside I went – but, as I sat there on a blazing July day, all my thoughts were drowned out by the ear-piercing cry of the cicadas. They were just reaching their crescendo in the middle of the day and I've always imagined that they are screaming exactly what we all might like to at this time of year, which is "Goodness gracious, it's HOT!"

It also occurred to me how funny it is that with a lot of noises, like the cicadas, your mind can sort of get used to and block them out until you sit down and *really* listen.

For example, we live pretty close to the motorway, the budgie likes to have a good ol' tweet and we have a beautiful old clock in our house that goes 'tick tock' all day (and night) long – but I never hear them. It's only when somebody comes around and says, "Jeez, how can you even hear yourself think in here?" that the cacophony suddenly comes crashing back into my earlobes.

So, anyway, seeing as these noisy little bugs seemed so determined to get my attention, I thought I would see what I could find out a little about them ...

**Cryptic messages**

But first off, can I actually find one? Cicadas are what is known as 'cryptic', which means they are very, very good at camouflage.

You can say that again. I got up from my 'idea chair' and went out looking for the source of all the hullabaloo. The trouble was, and you will know this if you've ever gone cicada hunting yourself – they tend to shut up as soon as you try to find them.

However, I stood quietly until one eventually resumed its high-pitched screams very close by. I couldn't see it for the life of me. I was just about to give up when I suddenly saw that it was right in front of my nose (if you look at the picture, you might understand why I had some trouble).



**That guitar scream**

It turns out it's only the male cicada that does all the screaming, as he hopes to attract a mate (he works himself up into such a terrific tantrum as he doesn't have long to find a girl – once they are fully matured, they only have a few weeks to live). They aren't actually screaming, of course, but vibrating membranes on their abdomens, which are hollow (a bit like the inside of a guitar) and that's how they amplify their mating call to such a deafening degree.

As amazing as it might seem to us, this racket is music to the ears of the female cicada, and after she's been successfully serenaded, the female will go on to lay up to 400 eggs in the slits between the bark of trees.

About six weeks later, the eggs hatch and the nymphs make their way down to the ground and bury themselves deep into the soil, where they tap into the sap of plant roots.

The cicadas that live here normally spend two to three years underground. However, some species in North America can spend up to 17 years under the surface (scientists reckon this is to 'wait out' predators so that they don't get used to them regularly featuring on their menus).

When they eventually come up to face the world again, they crawl back up the tree trunks and shed their skins several times until, eventually, they end up with wings. We looked more closely at the trees around the house and found several exoskeletons of what we reckon must be their former selves still clinging to the almond trees.

So, what about you? Are there any noises you don't notice that bug other people?

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# Road Trip



As enthusiastic hikers, our holidays have almost always focused on walking. In April, a leg injury (mine) forced us to rethink our travel plans. Thus, we found ourselves embarking on an Alentejo road trip.

**WORDS** Tracy Burton

We'd never been on a road trip before so we weren't sure where to start. Did we plan our whole journey in advance or head where our fancy took us each day? As we'd originally planned to walk the Grande Rota do Guadiana (GR15), we decided to stick with Portugal ... maybe venturing into Spain occasionally. Harri, my partner, liked the idea of some border hopping.

The problem with planning a Portuguese road trip, we soon discovered, is the abundance of possibilities. Which of the many fortified hilltop towns and villages should we visit? We'd called in at Elvas and Évora when we drove down to the Algarve in 2018 to start our new life here – should we return to these tried-and-tested places or venture into the unknown? We hadn't faced these decisions when we walked the Fisherman's Trail last May.

With our travel plans still up in the air, my leg was getting better. We didn't want to tempt fate – legs can be quite contrary – but this happy development meant ours could perhaps be a road trip interspersed with local *pequenas rotas* (PR). Though with 'local' still undecided, this involved Harri downloading a lot of GPX files.

We set off with two nights' accommodation pre-booked in Mértola and a determination to visit the Serra de São Mamede, slightly north of Lisbon on the Spain-Portugal border, at some point. This was going to be an adventure.

## Mértola

The traffic-free and picturesque road from Almodôvar to Mértola will remain forever in my memory as the bumpiest 40 kilometres we've driven in Portugal ... ever. We stopped just short of Mértola to enjoy a short walk above the Guadiana river, coincidentally part of the route we'd have walked if we'd stuck with our original plans.

We arrived in our first Alentejo town full of anticipation, but Mértola was deserted, possibly because the Islamic festival was taking place later that month. There's no denying the location of this pretty, whitewashed town is spectacular; however, there's not really a lot to explore, so after we'd taken in the historic centre, the castle and the fascinating remains of the old port and wharf, we wandered over to the Núcleo Visigótico to see the Roman artifacts (and provide the friendly curator with a list of Roman sites she really should visit in South Wales).





## Mina de São Domingos

An absolute must and a highlight of our trip. This former mining village sits between two lakes – Tapada Grande (with its river beach) and Tapada Pequena. From the 19th century to the mid-sixties, millions of tons of sulphur pyrite were mined here for use in copper extraction. Tiny, single-storey miners' houses line the contours of the hill, much like terraced housing in coal mining villages, except here the homes had no private outdoor space. In stark contrast, the nearby 'English Neighbourhood and Gardens' provided the mining elite from Mason & Barry Limited with leafy walkways, a tennis court and even a bandstand.

We rather ambitiously decided to tackle two PR routes: PR4 MTL: Around the Montado and PR10 MTL: The mining route of São Domingos. The first introduced us to the vast undulating fields of the Alentejo, where cattle and sheep grazed peacefully, the second to the massively destructive nature of mining. Heap spoils of ore had been abandoned, while 'poison' signs flanked the numerous rust-coloured cooling pools. Swirling dust clouds engulfed us several times as we trekked along the disused railway embankment.



## Moura

Moura's narrow streets were hot: Alentejo hot. The abundance of water was reflected in the city's vibrant floral offerings, with Rua das Flores living up to its name. The promising sounding PR2 MRA: Route of the water of Moura, did not. Fortunately, a mutinous local had kicked down an offending fence and left a rowing boat under the trees, so we were able to get within peering distance of the Rio Ardila. Moura's 13th-century castle was blown up by the Spanish in 1707, but the keep and castle walls are well-maintained and the grass sprinklers cooled us down.

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## Vila Viçosa

The marble capital of Portugal is famous for its association with the Dukes of Bragança (heirs to the Portuguese throne), who owned huge estates here. Substantial properties and orange trees line the wide avenues, reflecting the wealth the 'white gold' and royal patronage brought to the town. The pièce de résistance is, of course, the lavish Paço Ducal which stands at one end of a huge cobbled square (dominated by a towering statue of João IV on horseback) and stretches a full 110 metres. Entry (8€) was afternoon only, with additional charges to explore separate rooms and all tours were in Portuguese. Preferring to stay outdoors, we opted to walk the 'Royal Road', which historically linked Vila Viçosa to Elvas. It was perfect. We meandered through the verdant, dry-walled landscape like characters in *Last of the Summer Wine*, the tranquillity broken only by the tinkling of cow bells and croaking of frogs.





## Castelo de Vide

Our road trip ended in this beautiful, alpine-like town, famous for being the birthplace of Fernando José Salgueiro Maia, the army captain who led the revolutionary forces during the Carnation Revolution of 25 April 1974 (see article in *Tomorrow*, April 2023 edition). His revered status is evident everywhere and a modern museum is dedicated to his life and achievements.

Here, the castle dominates the landscape (cross that sloping roof to the tower at your peril!) and, within the fortifications, the distinction between natural rock and built properties somewhat blurs – a US friend's kitchen 'wall' is actually a large boulder. We stayed in the Jewish Quarter, a labyrinth of steep, cobbled streets full of potted geraniums, prowling cats and low-arched Gothic doorways.

Castelo de Vide boasts many beautiful fountains, including the 16th-century Fonte da Vila with its six marble columns and another with a line of marble dolphins spouting water from their mouths. There is a legend claiming anyone who drinks from the Fonte da Mealhada will return here to get married.

We gazed at the surrounding landscape from the castle and then climbed to the Chapel of Nossa Senhora da Penha on the opposite hill to gaze back at Castelo da Vide.



## Estremoz

Estremoz boasts incredible medieval castle walls with two well-preserved gateways and a 28-metre marble keep. From the ramparts, there are far-reaching views across the Alentejo's vineyards, olive groves and wheat fields. The old city is magnificent, if a little dilapidated in places; however, the Rossio, the main square in the lower town, and the fountains were impressive. Our visit was too short.



## Marvão

A must-see for anyone visiting the Alto Alentejo, though surprisingly untouristy. We followed medieval footpaths from Castelo de Vide and walked through a magical forest of Pyrenean oak to reach this hilltop paradise. The final *uphill* kilometres were a hard slog, a feat described as being only for demigods, but the far-reaching views – and the lively folk music at a *bombeiros* fundraising event – made every step worthwhile.

## Hiking beats driving

After a week, we were tired of constantly moving on. My leg was fully recovered, so we abandoned our road trip to focus on what we love best: hiking.
We extended our stay in Castelo de Vide to eight nights and hiked every day. We found a bar selling craft beers and even managed to briefly cross into Spain to La Fontañera (on PR4 MVR: The coffee smuggling route). Our road trip was wonderful but, for us, hiking will always beat driving.

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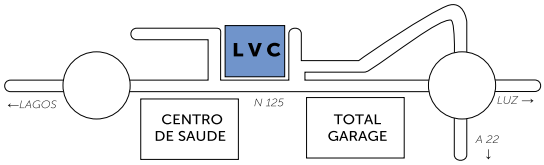


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