JULY 2024 | EDITION 152

FREE

Tomorrow

A COMMUNITY MAGAZINE FOR THE ALGARVE



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ON THE COVER:
The Odiáxere rancho dancers performing at the *Tomorrow* Summer Ball 2023 © Fátima Vargas

Dearest gentle reader,

"My name is Lady Sadeldown. You do not know me and, rest assured, you never shall, but be forewarned, dear reader, I certainly know you."

As the members of our esteemed ton lazily sojourned in their seaside villas, this author was doing but one thing ... honing my skills. Or should I say ... hatching my plans? You will discover in these pages that I am planning to put down my pen for a while in favour of a new and exciting invention called a podcast. Beware, my new venture means this author can really bare her teeth.

And now it is July and visitors are returning to the ton to take the waters and enjoy the summer's social events. I have been mingling amongst you gentle folk, ferreting out the latest news, eavesdropping on the most scandalous gossip, and seeking out the most sought-after society events. And if anyone should revel in this ton's secrets, it is I!

I hear that Squire Henshaw has been seen frequently in the ton, using his considerable charms to woo ladies into advertising in his pages. But dear reader, his scribblings cannot compare to mine.

I have recently been acquainted with the Duke of Braganza, a gentleman of the highest standing who has impressed the ton with his philanthropy. His son, the Prince of Beira, had all the mamas of the ton eager to parade their débutante daughters under his nose in the hope of winning the ultimate prize – a good match.

The most colourful night of the season so far came at the *Tomorrow* ball, where the ladies were keen to dazzle the gentlemen in their bright frocks. The new creations had Madame Delacroix running out of fabric. But remember, "The brighter a lady shines, the faster she may burn."

And dear reader, if you require to be sweetened up this month, I cannot imagine a better event to have the ton gather than at the Art Doce fair, where we may indulge in some sweet mints. There is sure to be a great deal of music and dancing, which is certain to bring the young women of the ton out to find a suitable match. All is fair in love and war, but some battles leave no victor, only a trail of broken hearts that makes us wonder if the price we pay is ever worth the fight.

Lady Sadeldown

OK, OK. So I, like the rest of the women of the ton, have been binge-watching Bridgerton and I got a bit carried away. And if you don't watch Bridgerton then the above will have gone slightly over your head. But suffice to say that my interview with a duke this month has got to me!!

For those who are not into raunchy period dramas, then this month the football will keep you entertained, along with all the society events of the season.

Have a delightful month in the ton!

From Sophie (Lady Sadledown), Tom, Phil and the *Tomorrow* team.

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AN AUDIENCE WITH A DUKE

I was honoured when Dom Duarte Pío de Braganza, the 24th Duke, agreed to give *Tomorrow* magazine exclusive access to his fascinating insights into his current role and family history.

WORDS Sophie Sadler
PHOTOGRAPHY Casa Real Portuguesa, António Homem Cardoso



Duke Duarte Pío de Braganza, known in Portugal as Dom Duarte, is the heir to the nearly thousand-year-old dynasty which produced Kings of Portugal. Dom Afonso is the last link in this ancient lineage founded by Afonso Henriques in the 12th century. His family tree's branches are entwined with all the royal houses of Europe, including a former Queen of England, Catherine de Braganza. But despite his impressive pedigree, he does not have a throne.

On 5 October 1910, the Portuguese royal family was overthrown and exiled from their homeland, marking the end of a centuries-old monarchy. The events leading to the downfall of the royal family were a culmination of political unrest and social discontent that had been simmering for years. There was growing discontent among the Portuguese population with the monarchy, which was perceived as corrupt and extravagant. The lavish lifestyles of the monarchs stood in stark contrast to the poverty and hardship faced by many ordinary citizens, leading to increased calls for social and political reform.

Furthermore, Portugal had suffered a series of military defeats and setbacks in its colonial empire, most notably the loss of its African territories to British and German forces. These losses were a blow to national pride and further eroded support for the monarchy, as many blamed the ruling monarchs for their failed colonial policies.

King Carlos I was shot through the neck by Republican rebels on 1 February 1908, while on an open carriage ride through Lisbon. His elder son, Luis Filipe, was also killed, leaving 18-year-old Manuel to become the last King of Portugal. The shocking event further destabilised the monarchy and sparked widespread outrage among the populace. In the aftermath of the assassinations, a group of Republican politicians and military officers seized the opportunity to stage a coup and overthrow the monarchy.

The last reigning monarch, King Manuel II, ascended to the throne in 1908 following the assassination of his father. The young king struggled to maintain control over the country, facing opposition from Republican factions and growing unrest among the working class.

The tipping point came in 1910 when a group of military officers and revolutionaries staged a coup d'état against the monarchy. The uprising, known as the Republican Revolution, quickly gained momentum and spread throughout the country. King Manuel II was forced to abdicate the throne and flee into exile, along with his mother, Queen Amelia, and the rest of the royal family, settling in England. Manuel II died childless in 1932 in Twickenham, London.

The Portuguese Republic declared the end of the monarchy and the establishment of a Republican form of government. The state confiscated the royal palaces and properties, marking the end of an era for the Portuguese royal family. Dom Duarte feels this injustice deeply. He told me that the progress that his country would have otherwise enjoyed "was interrupted by the unspeakable crime committed on 1 February 1908, with the assassination of King Dom Carlos and Prince Dom Luís Filipe, followed by the military coup that overthrew the current democratic monarchy in 1910." You can see his point! The sixteen years of the First Republic saw eight presidents and 45 ministries, producing no coherent period of governance and fractures in Portuguese society.

The population had mixed views about the overthrow of the Portuguese royal family. While some celebrated the end of the monarchy as a victory for democracy and progress, others mourned the loss of a long-standing institution that had been a symbol of national identity for centuries.



Rei D. Carlos I de Portugal Public domain, via Wikimedia Commons



Luis Felipe de Portugal, 20th Duke of Bragança Public domain, via Wikimedia Commons



Manuel II, King of Portugal Public domain, via Wikimedia Commons



Left to right: D. Maria Francisca de Orléans e Bragança, D. Duarte Pio de Bragança, D. Miguel Rafael de Bragança, D. Duarte Nuno de Bragança 1946, Arquivo da Casa de Mateus, Public domain, via Wikimedia Commons



Dom Duarte's wedding with D. Maria Francisca



Dom Duarte and his son, D. Duarte Pio de Bragança

Under the shadow of Salazar's dictatorship, Estado Novo, Duarte Pío de Braganza was born in exile on 15 May 1945, although technically, he was on Portuguese soil: he came into this world at the Portuguese embassy in Bern.

He is the third child and only son of Dom Duarte Nuno, Duke of Braganza, and Princess Maria Francisca of Orléans-Braganza. Through his father, he is a member of the Miguelist branch of the House of Braganza and Manuel II's only surviving male relative.

Dom Duarte´s exile produced a close-knit family, and he grew up surrounded by his sisters, Doña Maria Teresa and Doña Maria Adelaide. The laws of exile of 19 December 1834 banned Duarte Pio and the remaining Miguelist Braganzas from entering Portugal. Despite the challenges of living in exile, his parents instilled in him a strong sense of Portuguese culture, history, and traditions.

From a young age, Dom Duarte was educated in the traditions of the House of Braganza, learning the principles of constitutional monarchy. He studied at the Royal Military Academy in Sandhurst, England, and later attended the Instituto Superior de Agronomia in Lisbon, where he earned a degree in agronomy.

Throughout his early life, Dom Duarte remained dedicated to his family and country, always striving to uphold the values and traditions of the Portuguese monarchy. His early experiences and education would shape him into the future leader and representative of the House of Braganza. He told me, "My parents prepared me to take on the responsibility of representing the Portuguese Royal family, which I believe I have fulfilled."

In 1950, Salazar allowed the royal family's return, but he ensured that none of its members sought to overshadow him or make too much noise. In an interview with *El Pais*, Dom Duarte recalled, "Once, at an event that I attended with the daughter of the president of the Republic at the time, Américo Tomás, there was a photocall for the newspapers, and the next day, I saw they had pulled me clean out of the picture."

Following his father's death in 1976, Dom Duarte took on the unenviable position of a king without a throne. He is the eternal pretender to the monarchy, with a very popular president of the Republic who takes on all the tasks that any hypothetical king would perform.

He remains vocal in his belief that Portugal would have benefitted from a monarchy, "Considering that the European countries with the best democracies and often the most prosperous are monarchies, everything indicates that if Portugal had continued to be a democratic monarchy as it was, we too would have followed the progress of the other European monarchies."

Dom Duarte has also had to fight for the validity of his claim to the throne. The dispute dates back to 1828 when Duarte Pio's great-grandfather tried to usurp the throne from King Miguel I, starting the Liberal Wars. Miguel's forces were defeated in 1834, and Miguel I was exiled. His niece, Queen Maria II, was restored to her throne. According to the Law of Banishment (Lei do Banimento) of 1834, Miguel I and all his descendants were forever excluded from the succession to the throne.

I asked him how that felt. "There was never a dispute with any historical or cultural basis, but there was some ignorance about the historical roots of the representation of the Portuguese Royal House. There was even an Italian lord who 'bought' the title of Duke of Bragança from a lady of Cuban origin who 'imagined' she was the daughter of King Dom Carlos, without having any authentic documents to prove it. Fortunately, she was duly cleared by the Portuguese court. The Italian in question even spent some time in prison." In May 2006, the Portuguese Ministry of Foreign Affairs issued a statement where it referred to Duarte Pio as Duke of Braganza, although they later clarified that "the reference to Duarte Pio as Duke of Braganza was merely a polite courtesy."

Despite this, he informed me that he has a good relationship with Portuguese politicians. "In Portugal, I maintain good cooperation with governments, particularly with most of the presidents of the Republic and other rulers, especially foreign ministers."



King Miguel I of Portugal with his wife Adelaide of Löwenstein-Wertheim-Rosenberg and their two eldest children Maria das Neves and Miguel Januário de Bragança (father of D. Duarte Nuno de Bragança) Public domain, via Wikimedia Commons



Maria Francisca - Duchess of Coimbra, Isabel de Héredia - Duchess of Braganza, Dom Duarte Pio - Duke of Braganza, Afonso - Prince of Beira. Dinis - Duke of Porto

Despite not having an official role in the Portuguese government, the duke is actively involved in various charitable organisations and causes, using his platform to raise awareness and support those in need. When I asked him about this political role in foreign affairs, he gave an example of how it can be complicated even when not an official ruler. "Sometimes, I've had to give up on very interesting projects because our leaders didn't agree with them. The latest case was a program to help the Christians of Syria, which our authorities didn't agree with because it seemed to be a violation of the embargo that the European Union had established against that country. Once again, I realised that what I learned at the military college is still very important: When you don't know if 'the authority' agrees with you, it's better not to ask."

One of his most significant foreign affairs successes has been with East Timor. He fervently defended its independence and was rewarded with East Timorese citizenship. I asked the Duke why the country's struggle for autonomy resonated so much? "Since my first visit to Timor, I have been very impressed by the strong emotional and cultural bond between the Timorese people and elites and Portugal. The unspeakable and dishonest abandonment of the Timorese nation by the Portuguese rulers revolted me deeply and I consider it a moral obligation to give them my support. Besides, it's always a great pleasure to visit this country again. Fortunately, in the midst of the Indonesian military dictatorship, I managed to convince its rulers to accept my proposals for the return of freedom to this martyred people. Unfortunately, the United Nations didn't want to ask the Timorese if they wanted to maintain any political ties with Portugal."

More recently, he visited Ukraine on a humanitarian project, and I asked Don Duarte to explain his impressions: "I was very impressed by the courage of the Ukrainian people, but the result of the visit was the creation of a shelter for internal refugees to sleep and eat when they had to leave their homes. This is usually when they are waiting for rail transportation to Hungary and Poland. The house is maintained by the Ukrainian branch of the church and the Royal Order of the Archangel of St. Michael."

For centuries, the Braganza dynasty was believed to have been cursed. This story dates from the reign of King John IV of Portugal in the 17th century when the monarch allegedly kicked a Franciscan friar who was begging for alms. In reply, the friar cast a curse, saying that never again would a first-born male of his family live long enough to reach the throne. Since then – with three exceptions – all the first-born males of this dynasty died before they reigned. Just as it seemed that the eternal bachelor Dom Duarte would succumb to the curse, he married Isabel Inês de Castro Curvelo de Herédia, a Portuguese businesswoman and descendant of nobility, on 13 May 1995, two days short of his 50th birthday. This event was the first marriage of a member of the Portuguese royal family to take place in Portugal since the marriage of King Carlos I in 1886. The ceremony was celebrated in the Monastery of Jerónimos in Lisbon and presided over by Cardinal António Ribeiro, Patriarch of Lisbon. Present at the ceremony were representatives of various European royal and noble houses.

The duke and duchess have three children, who are also being raised with a deep respect for their family's legacy. Despite their royal status, the duke and his family lead relatively low-key lives, preferring to focus on their philanthropic work. They now have no connection to the Palace of Braganza in Guimaraes, however the family lived in São Pedro de Sintra, which is not a palace but still a fairly substantial abode.



Infanta Maria Francisa with her husband and brother on her wedding day.

The heir to the dukedom is Afonso, Prince of Beira, who is now 28 and one of Europe's most eligible bachelors. Prince Afonso has a bachelor's degree in political science and international relations from the Catholic University of Portugal. He is a discreet young man and has not been embroiled in any scandals. The second son is Dinis, Duke of Porto, who is now 25. The Infanta Maria Francisca, Duchess of Coimbra, married Duarte de Sousa Araújo Martins in a lavish ceremony in October 2023, where the bride added a splash of regal drama with Queen Amélie's diamond tiara, which belonged to the last Queen of Portugal. Demonstrating that the Braganzas still have some royal clout, the event, to all intents and purposes, resembled a royal wedding with a guest list of 1200, with friends of the couple alongside innumerable European royals and aristocrats as well as the President of Portugal.



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The Duke and Duchess of Braganza

One of his family's most illustrious marriages was, of course, the union between Catherine de Braganza and Charles II of England. I asked him if he shares the British fascination with his ancestor. "Queen Catarina de Bragança, after becoming a widow, became regent of Portugal. Both positions, Queen of England and Regent of Portugal, were carried out with great wisdom and responsibility and, despite the particularly difficult situation she experienced in England, the English have a very positive memory of her.

However, there are still many aspects of the advantages she brought to England that are generally unknown. She introduced the habit of drinking tea in the afternoon and tea was an important part of the dowry she brought from the East. But she also introduced the use of porcelain plates and forks. Less importantly, the dowry included the Moroccan city of Tangier and the city of Bombay, which is now part of India, as well as a special alliance with the kingdoms of Ceylon (Sri Lanka)."

Does the House of Bragança still have links with the British royal family? "We have friendly relations, especially with H.M. Charles III and Queen Camilla. Curiously, the Crown Prince is married to Princess Catherine, and it will be, and God willing will be, the second time that England will have a Queen Catherine."

One of Dom Duarte's biggest successes is as President of the Infante Dom Henrique Award, a partner award of the Duke of Edinburgh Award. It is an international programme for personal and social development aimed at the 14 to 24 age group, which encourages them to develop as active, participative citizens, making a positive contribution to society and preparing them with life experiences to make a difference to themselves, their communities, and the world.

I ask him how he is involved. "In Portugal, the award was founded in Oporto in 1988 by myself. As well as being a founding member, I am also honorary president. In Portugal, the Infante D. Henrique Prize Association is a private social solidarity institution and, as in other countries, is financially supported by donations from companies and individuals, as well as by organising fundraising events. I support the prize in various ways, especially by awarding diplomas and medals to those who have successfully completed the entire programme. The award complements academic education and the benefits for young people include recognition by universities and employers, among many others."

Finally, I wanted to ask the duke about his impressions of the Algarve. Until recently, he had a large summer villa in Ferragudo, a house he inherited from his aunt Infanta D.Filipa. His sense of responsibility also stretches to the south of the country. "The remarkable beauty of the Algarve is a capital and, at the same time, a great responsibility for all of us. If we don't work hard to preserve it, it will easily be lost. Unfortunately, many parts of the Algarve coastline have already been irretrievably disfigured, but there are still many that have been saved and could be saved. I leave this appeal to us all."

Although Dom Duarte is a king without a throne, he is undoubtedly a man with a mission. He is also certainly a man who cares deeply about his country and can be outspoken in his views, and you can draw parallels between him and the former Prince of Wales, now King Charles. However, Dom Duarte lives in the knowledge that he will never be a king, but hopefully with the belief that he has used his defunct position to do some good. In fact, it is poignant to say that he would have made a very good king!

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WORDS Sophie Sadler

Unless you have been living on the moon, you might have noticed that podcasts have become a hugely popular medium for gleaning information, entertainment, interviews and chat on just about any topic.

As a working mother, I get most of my information on the news and other topics I am interested in from podcasts. This medium appeals to me because I can listen to them while on the school run, folding the laundry or cooking. I am even part of a WhatsApp podcast group where we recommend good titles to listen to.

It's not just me who's found solace in podcasts. There's a global community of over 464 million podcast listeners, a number that's projected to reach 504.9 million by the end of 2024. This staggering figure is a testament to the widespread appeal of podcasts. The average listener spends seven hours per week immersed in their favourite podcast app. And it's not just the length of the episodes that's appealing; with most episodes falling between 20-40 minutes, they're perfectly tailored to our busy schedules and attention spans. It's a shared interest that brings us together, no matter where we are.

That is why the *Tomorrow* team has decided to delve into the medium. For those who want Algarve news on the go, this month, we are launching our new podcast, *Talk About Tomorrow*, presented by yours truly. You will be able to listen to or watch a selection of interviews with some of the Algarve's most interesting characters through Spotify or YouTube. We will also discuss events, news, and gossip to keep you in touch with the Algarve, whether you live here or are visiting.



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Fuzeta's master filmmaker

We meet the internationally acclaimed Algarvian-born film director André Badalo.

WORDS Vaughan Willmore



André Badalo has won awards the world over and worked with the biggest names in Hollywood. He is currently working on a prime-time RTP production. An accomplished screenwriter, director, producer, and film aficionado, André's story started here in the Algarve, in the beautiful fishing village of Fuzeta in the municipality of Olhão.

"My parents love films and so does my uncle. The video store in Fuzeta was a popular destination for us all and so was the cinema. When I was sixteen, I remember 'stealing' my father's video camera and making a short film with my friends. It all felt very natural to me. When I left school, I studied aerospace engineering, but I soon realised that wasn't the path for me and so I changed to film studies. My parents supported me throughout. We are a very connected family and they have always been very supportive."

André graduated from the esteemed Escola Superior de Teatro e Cinema de Lisboa before heading to the UK where he studied scriptwriting at the University of Westminster, in London. Keen to further his education, André then headed for the USA to study directing at the University of Southern California in Los Angeles. Working in Los Angeles also gave André the opportunity to work with famed director Bryan Singer (*X-men, Valkyrie, The Usual Suspects*), who praised André's talent and dedication to his craft.



On returning to Portugal, André made the short films *Shoot Me, Cachecol Vermelho (Red Scarf), Mulher Não Tem Querer (Women Don't Want To)*, and *Catarina and the Others*, all of which won numerous awards at international festivals and secured him a 'first option' contract with Warner Brothers – a clear indication of their faith in his abilities.

In 2019, André wrote and directed *Portugal is Not for Sale*, a thought-provoking film which told of one man's mission to stop the government's plan to sell off parts of Portugal's infrastructure to other nations. It was screened in Portuguese cinemas and Amazon Prime. André then went on to participate in an international cast of nine directors, co-directing the film *Baku I Love You*.





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André has led advertising campaigns for some of the most high-profile brands in Portugal, including BPI, Casal Garcia and Expresso. One of his most notable achievements has not been without controversy. In 2018, André was commissioned by the Ministério da Saúde to produce an anti-smoking campaign. *Opte por Amar Mais (Choose to Love More)* is a hard-hitting and emotional short film telling of the perils of smoking and its impact on children.

In addition to developing the forthcoming RTP series, André currently works as coordinator and professor at the Escola Profissional de Artes, Tecnologias e Desporto, the largest professional school in Lisbon, and as a visiting professor at Academia Mundo das Artes de Lisboa.

As for the RTP series, André is understandably keen not to divulge too much detail as the script is still under development and it will be next year before it hits our screens. Suffice it to say, for fans of film noir and crime fiction then the prospect of a Portuguese version of something similar to the *True Detective* series will hold tremendous appeal.

We wish André all the very best with his future endeavours and look forward to catching up with him again when his eagerly anticipated RTP series hits our screens.







Opte por Amar Mais / Choose to Love More

Maria is 40 years old and is dying of lung cancer, yet she smokes as she always has. Melancholic on the day which is to be her last birthday, she sees her eight-year-old daughter, Beatriz, mimicking her by pretending to smoke one of her cigarettes. Maria is now burdened with the guilt that her actions have presented this idea to her daughter so she tries desperately to convince her not to smoke, "Promise me you will always be a princess! And remember. A princess does not smoke!"

Choose to Love More pulled no punches and challenged many conventions. It earned André the National Merit Distinction presented by the Minister of Health and the President of the Republic. Since then, André has gone on to serve as a consultant for government working groups on a variety of topics, including mental health, an issue which is close to his heart. As he told me, "As a director and screenwriter, I'm committed to developing and creating content that challenges, inspires and provokes reflection."

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Eugenia Militão

Sweet Talking

I am excited when I arrive at the Lagos câmara to meet with Eugenia Militão. She is a Guinness World Record holder, and she has cake!

WORDS Sophie Sadler

But Eugenia´s cake is not just any cake. Her speciality is the Dom Rodrigo, a famous Portuguese sweet that originated in Lagos. And if you think Lagos only celebrates its seafood, think again. You are about to learn the cultural importance of its sweet delicacies.

Dom Rodrigo is an example of cuisine that uses endogenous products from the region, including egg yolks, sugar, cinnamon, crushed almonds and thin egg threads (*fios de ovos*). Allegedly, nuns from the Convent of Nossa Senhora do Carmo were the first creators of this now traditional confectionery product back in the 18th century. There is a tradition in Portugal of sweets and cakes originating in convents as nuns used the whites to starch their habits and needed to find a use for the yolks, so they invented cakes (*doces conventuais*).

The story goes that the Dom Rodrigo was produced to please the governor and captain-general of the Algarve, D. Rodrigo de Menezes. This dashing man with blond hair got the nuns' hearts fluttering, so they named a cake after him!

Originally, it was eaten by the wealthy from porcelain or glass bowls. Then, in the first half of the 20th century, the Taquelim Gonçalves house, which is the oldest regional sweets establishment in Lagos, began to present Dom Rodrigo wrapped in aluminium foil, first in silver and then in other tones, to make it more attractive to buyers.
This sweet is one of Lagos' most traditional recipes. Due to its antiquity, it is considered part of the city's cultural heritage, which is why Lagos câmara targeted it for preservation through a series of initiatives. One of these is to give genuine Dom Rodrigo cake an official seal to prove its authenticity.

Eugenia has 35 years of experience and started her baking journey by taking a three-year course aimed at preserving the traditional treats of the Algarve. Her course was held in a primary school, with around 20 attendees. The course teachers were mature cooks who knew the traditional methods and wanted to preserve the original treats native to the Algarve. Eugenia is keen to point out that if you think you have sampled traditional Algarve sweets like *doce fino* because you bought them at a supermarket, think again! Those are not the real deal.

Eugenia herself spent time researching and experimenting to make her delicious treats. She is passionate about the cake not only being made of the finest Algarve ingredients but also having nutritional value. So she uses biological ingredients where possible and tries not to make it too sweet. She also experiments with gluten-free versions. She is passionate about handing down her knowledge to others as she teaches the traditional bakers of the future. Eugenia showed me a photo of a fabulous marzipan creation she made for Arte Doce in the shape of an octopus, a piece which looks as much like a sculpture as it does a cake.

Therefore, it was natural that the Lagos câmara invited Eugenia to participate in an ambitious project to celebrate the annual Arte Doce event. In 2019, eight bakers, including Eugenia, were asked to make a giant Dom Rodrigo weighing 126.7 kilos.

Eugenia led a team of eight to cook the giant cake, which was prepared in the kitchens and large ovens of Tecnopolis school. The city hall paid for the Guinness World Record team to come to Lagos to judge the vast sweet offering.



Doce Fino



Dom Rodrigo



Morgado



Doce de Figo



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They were very strict, filming the entire baking process to guarantee no cheating and even had a food technician present. It took approximately three days to finish the cake, which was eagerly eaten by those attending the festival that year.

I tuck into the portion I have been provided. It is like nothing I have tasted before. It has a moist texture, a strong almond flavour, and a hint of cinnamon. Strands of egg yolks form the body of the cake, making it light and gooey.

Eugenia is now the president of a new association called ADRA (Associação dos Regionais do Algarve), whose objectives are to preserve the traditional treats of Lagos and maintain the history of the Algarve's delicacies. They are also working towards making the traditional recipe a certified method for the cake.

Every Wednesday at Viv'o Mercardo (Mercardo de Levante), Eugenia sells her wares to an appreciative market. She also makes cakes to order for individuals and restaurants which keeps her very busy. Eugenia promotes her cooking via Facebook and Instagram and has multiple loyal customers who order from her. Now, due to her stall, she has many new customers eager to buy her cakes. Cooking is her life, and she says that working with her hands to create something that is in keeping with the traditions of her hometown and bringing people pleasure is the ultimate joy. She says, "It's a beautiful thing." She has two children and two grandchildren. Now, whenever the grandchildren are over, they bake with her and enjoy quality time together.

Eugenia is eagerly looking forward to the Arte Doce event in July, which will be a special year as it is the 35th edition of the event as well as the year of celebrations of the 50th anniversary of April 25 in Lagos. Therefore, one of the competition categories chosen for this year was 'Freedom', with others as 'Quality in Tradition' (for the best Dom Rodrigo, *doce fino*, *morgado* and fig jam), innovation and the free category. The festival also celebrates local ingredients, with the stars of the show being figs, almonds and carob.

As the name suggests, making sweets is considered an art form, and Fábio Ventura, a communication office employee from the câmara, tells me, "It is thanks to the talent and creativity of bakers and artisans that this initiative for the Municipality of Lagos has grown, and attracted more and more lovers of our gastronomy." Eugenia shows me a past competition entry, an octopus sculpted out of almond paste, and it is truly a thing of beauty.

I ask Eugenia if there are any bitter rivalries amongst the thirty or so entries. Happily, she confirms that all is fair in love and cakes, the competition is very friendly, and many of the entrants are bakers she has taught herself. The câmara selects a panel of judges, which usually includes a member of the câmara, an artist, plus a restaurant owner or a chef,



Eugenia'a octopus almond cake



The record-breaking Dom Rodrigo cake





to give a balanced view. Eugenia confesses with a smile that she wins something every year!

Most times, she enters all categories, but this year, she has declined to enter a recipe with figs. Sadly, due to major climate change, the current quality of figs has begun to slowly deteriorate. So Eugenia, who cares deeply for the quality of food, has abstained from entering with this ingredient as it is difficult to find it locally.

The festival will also host showcookings with demonstrations where participants can try their hand at making the sweets themselves. This year, they are inviting the guest region of the Ribatejo to share its traditions, arts and gastronomy, which will join the Algarve with music, craft stands and entertainment.

Eugenia tells me that many of the stalls sell thousands of cakes over the course of the weekend. Therefore, music is needed in the evening for everyone to dance off the calories. So after the cakes have all been eaten, the concerts begin. Besides shows from local and invited artists from the Ribatejo, this year there will be some renowned live sets from Expensive Soul, Fernando Daniel, the world-renowned Linkin Park Tribute – Hybrid Theory, Plutonio and Luís Trigacheiro.

I ask Eugenia if she has any more record-breaking ambitions. She dreams of creating a 100-kilo *doce fino* arrangement. Speaking of which, all this sweet talking has made me hungry and I tuck into one of these delicate creations with relish. Its delicately moulded marzipan exterior bursts open in a mouthful of almondy delight into an interior of moist egg strings. It really is a work of art.

So, if you want to appreciate some sweet moments this month, don't miss this sugar-coated extravaganza!

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The Mindfulness of Crochet



WORDS Louise Hudson

When my son in Canada started producing intricate crocheted home decor this winter, I made it my New Year's resolution to learn too. I went to a couple of face-to-face classes and then used YouTube to hone my skills. While coming to terms with a very painful bereavement this spring, I kept describing my crochet projects as soothing and calming. Turns out this is not just me. While interviewing a growing crochet cohort at the KnitLuzly group, several of them described crochet as mindful, relaxing and meditational.

Expert crocheter Julia Brown, who has been running this growing group for the past two years, has noticed an increase in enquiries about crochet. "When I first joined, there weren't many crocheters, it's grown a lot since then," says Julia. Based in the Vila Luz Hotel, the group meets weekly for crochet, chat, knitting and natter on the poolside patio. A dozen or more people show up to each meeting, bringing a mix of knit and crochet projects, embroidery, or quilting. "We'll take any handicraft that is portable," says Julia.

A study at Otago University, New Zealand, discovered that creative activities such as crochet, knitting, writing and painting all enhance the well-being of stressed students. The process is so focused on the single activity that the mind is fully in the present, the now, creating inner calm. "If it's the end of a day in the office, crochet is a good way of unwinding," adds Julia. The Crochet Society in the UK has a section on The Art of Mindful Crochet which they launched to coincide with Mental Health Awareness Week a couple of years ago. And San Francisco author Kathryn Vercillo wrote a book called *Hook to Heal: 100 Crochet Exercises For Health, Growth, Connection, Inspiration and Honoring Your Inner Artist*, which focuses on using crochet techniques to enter a magical world of healing.

With 169 Facebook followers, KnitLuzly has a multinational membership from age 30 to 80-plus. Members come and go, supplemented with occasional holidaymakers, most coming from Luz, Lagos and Alvor. Seasonal lunches are also held at The Quay at Lagos Marina. The Facebook site details the weekly meets, as well as advice on sourcing yarn, patterns and inspirational photos of the beautiful work created by members.



Sharon Traynor (pictured in her latest granny square cardigan) is a KnitLuzly regular who specialises in a mix of knitted and crocheted clothing, including sweaters, dresses and skirts.

Julia has been knitting since the age of seven but became "hooked" on crochet some 25 years ago. Her specialisation is intricate lacey cardigans, but she also makes Amigurumi figures, home decor, blankets, toys and Christmas decorations. She has great tips for beginners: "Start with basic stitches, and once you've mastered two or three, go on to simple repetitive things like scarves. I would not advise starting with granny squares. They are popular and wonderful but more difficult to make and get properly square. If you choose something simpler, like dishcloths, you can change stitches, practice getting straight, square edges, changing colours etc, before trying granny squares."

Learning to read patterns is important when progressing to clothing. Difficulty is determined by how much shaping there is, so garments or bags made from simple squares and rectangles are easier for newbies. "You can gradually learn more stitches, especially lacey decorative stitches," says Julia. "Stick to light to medium weight yarn as thicker is more difficult. And beginners should not try anything below a 3mm crochet hook as it is too fiddly. Avoid dark colours unless in very bright daylight. And make sure you appreciate the difference between UK and USA terms as stitches are differently named."



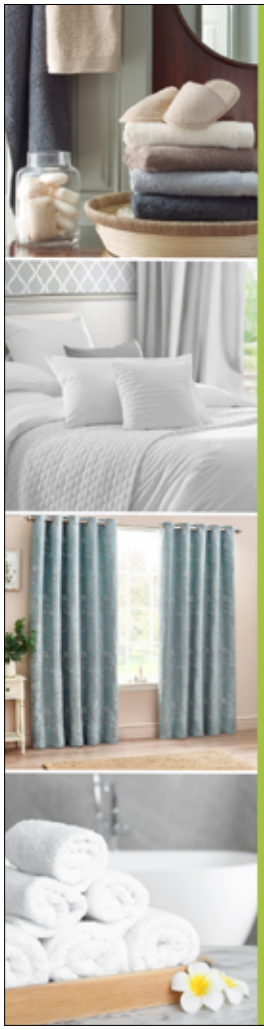
Julia Brown (right) wearing one of her crocheted cardigans with Jules Russell (left) who embellishes her knitting with crocheted trimmings.



Core member Sue Kelly with her new portable knitting machine which can be used to make hats, socks and long panels. She is also spearheading a project to make knitted and crocheted squares for patchwork blankets to donate to Algarve Families in Need.

The rate of progression depends on passion and free time. But inspiration is everywhere with free patterns and instruction videos available via bloggers and YouTubers. Patterns are ever-improving and more on-trend than in the past and social media is swamped with DIY crochet garments, accessories and home accents. As influencers and journalists are saying: "Not Your Grandma's Crochet"!

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A Review of Vamos à Vila Monchique

Discovering Produce from the Mountains

In its second year, the annual Vamos à Vila Monchique (Let's go to Monchique) cultural festival, held over the first weekend in June, showcased the best of local arts, crafts and delicacies from across the district, stretching from Monchique and its surrounding areas to as far as Alferce and Aljezur.

WORDS & PHOTOGRAPHY Luka Alexander





Jurgen Monchique's Candlemaker

Monchique has long been recognised as an artisanal heaven. Its natural beauty and unique setting have inspired many who are proud to call this quintessential hilltop town their home. Always interested in learning more about local cultural life, I set out to find just a handful of the wonderful products handmade right here in Algrave's mountain reserve, the Serra de Monchique.

A candlestick maker

Among the small log cabins decorated with a colourful array of artistic gifts and trinkets, I met Jurgen, a second-generation candle-maker who owns Velas de Monchique, a family business which was founded thirty years ago. Jurgen inherited it from his parents and has dedicated his time to preserve Monchique's very own candle factory. Jurgen showed me the process of creating candles varying in sizes and styles. Just like a snowflake, no single candle design is the same. Jurgen takes pride in the fact that his homemade candles only include natural ingredients and stay clear from any harmful chemicals, keeping in line with Monchique's eco-friendly nature.



A simple 5cm candle takes half a day to produce, from moulding to cooling, whilst larger varieties can take up to a full day to completely solidify. Jurgen pulled out a 'blank' candle telling me, "This is what you end up with and now the fun begins," Standing over a selection of pots filled with molten coloured waxes, Jurgen dipped the candle into various waxes and drizzled a thin layer whilst turning the candle in all different directions to create a psychedelic pattern. However, the ingredients used to make the bright fluorescent waxes remain a heavily guarded family secret! As I tried to find out a little more, Jurgen joked, "I could tell you, but we'd have to sacrifice you afterwards!" I asked Jurgen what makes Monchique so special. His reply was short, sweet, and simple, "It's tranquil, there's no hustle and bustle, we have a true community."

Put a cork in it

Portugal is undoubtedly the world's leading exporter of cork, totalling approximately €1.2 billion in revenue in 2023. The Monchique mountain range plays a key role in the country´s cork production. Its rich soil and mountainous terrain provide perfect growing conditions for one of the nation's most protected trees, which have dotted the landscape for centuries.

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Over the years, artisans have become quite creative with cork, showing that the bark can be used for far more than just sealant for a bottle of wine. Phone cases, wallets, belts, caps, pens, and even umbrellas make for quirky souvenirs, and there are plenty available from local craftsmen in Monchique as well as across the Algarve and afar.

Ludicia, a resident of neighbouring Marmelete, has taken cork crafts to the next level. She realised that the watertight quality of natural cork makes for a perfect eco-friendly plant pot. "It was five years ago when I started making these planters for fun and it turned into a business. Not only are my planters functional, but they bring a little bit of nature inside the home," Ludicia told me. Much like Jurgen's candles, no two pieces are the same; the stripped cork in its natural form is filled with soil and moss and planted with succulents, offering a long living planter that can be easily cared for and is natural to Monchique. Ludicia explained that using cacti or succulents works best given that we live in a relatively dry climate and offers a longer-lasting plant that can be enjoyed all year round.

A single planter takes a couple of hours to prepare but the outcome is worth the wait. In addition to cork, Ludicia also creates planters from reclaimed wood, giving a rustic appeal which is right on trend. It's not just about 'fashion', Ludicia adds, it's about using local resources and upcycling economically.

A basketful of craft

Known for its farming heritage, it's no surprise to see many agricultural products on offer. Without the budget for a state-of-the-art tractor or combine harvester, a simple but effective wicker basket is a must-buy for any tourist visiting Monchique. Once used by farmers to collect fruit and vegetables, handmade wicker baskets have become a firm favourite for tourists and locals alike for their rustic appeal and durability. With so many on offer, it would be unfair to choose a single crafter. Still, talking with Maria, one of the many basket weavers, she was more than willing to explain the process of making a traditional Monchiquense basket.



"Basket weaving, known as *cestaria*, originally used *cavaca* or *saiceiros*, but nowadays baskets are made from either palm leaf, cane or wicker," Maria explained, showing me the various styles on offer. Basketwork was traditionally crafted by women who had learned the craft from their ancestors. "It's a craft handed down from generation to generation and technique varies depending on the region and the family's preference," she added. Maria pointed at the number of people selling baskets, assuring me that basket-making remains popular."It is the older generation that is upholding this craft which is typical of the Algarve, especially in Monchique, but we do need younger people to carry on with it."

When asked how long it would take to weave an average-sized fruit basket, Maria gave me an example. "A small basket can be made within a day, but larger or more ornate varieties can take up to five days or a week." Showing me a wicker bowl, Maria explained that "this variety is called Empreita de Palma. It's not ready yet, but you can see the shape of the leaf." The fan-shaped palm is rolled and can be moulded into different shapes to create a basket or bowl, or other items such as mats, hats and even caskets, which have become popular in Britain in recent decades.

The wicker bottle

Looking around for a new log basket for my fireplace at home, I noticed the trusty wicker bottle, a typical decorative piece seen in many bars across Portugal, Spain and throughout the Mediterranean. It is unknown when the unique bottle spread across southern Europe and onto the Iberian peninsula, but it is believed that during the 14th century, the Guild of Doctors and Apothecaries replaced metal containers with glass bottles covered in wicker for protection. At the time, metal containers were a common cause for health problems and glass was found to be a much more suitable alternative. As glass production became more robust, the protective wicker casing slowly became obsolete. One of the early descriptions of the wicker bottle can be found in the 19th-century book *Novo Vocabolario* by Crusca, which states, "A glass vase, round and thick, without a foot; covered with straws which surround the body, and support at the base."

Today, wicker bottles serve as a tiny reminder of our gastronomic history and a fancy addition to any dining table looking for a touch of rustic aesthetics, just like any piece of wicker in the home.






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A gastronomic delight

No fair would be complete without a gastronomic experience, and for the best of countryside cuisine, Monchique produces some of the finest foods on offer. From goat's cheese to *chouriço* sausages, oranges and olives, one of the most highly regarded products has to be Monchique cured ham, better known as *presunto*. Salted over a couple of months and lightly smoked, presunto cured ham is a staple of any Monchiquense dining table and can be found in numerous restaurants around Monchique. Traditionally hung from the roof rafters, it's an impressive sight to any visitor but this way of storing presunto serves a practical purpose as, suspended upside down, the natural juices can be collected in a cup at the bottom rather than drip on customers' heads. The thinly sliced presunto ham goes hand in hand with goat's cheese and is a mountain delicacy enjoyed by many who travel far and wide to sample one of Monchique's finest foods.

A shot of Medronho

No meal in Monchique is complete without a shot of *medronho*. The gin-like spirit is iconic to Monchique and is served as a digestive relaxant after a meal. With approximately 70 legal distilleries in Monchique alone producing around fifteen thousand litres of medronho per year, it would be hard to choose a single distillery. Each creates their own version of this local tipple made with secret recipes that have evolved over time and been handed down throughout the generations. It would be a terrible tragedy to expose the secret even if I knew. But what we do know is that the 'fire water' is primarily made from the berries of the strawberry tree (*Arbutus unedo*), which grows wildly in abundance throughout the Serra de Monchique. Talking with João, one of the many *medronho* distillers, he kindly explained the medronho-making process.

"Distilling *medronho* starts long after the fruits are picked," João explained. First, they need to be washed, then left to ferment." Six to ten kilos of fruit are needed to produce one litre of *medronho*. Once picked, the fruits are left for several months before they are distilled in the traditional way. "We use a copper tank. In Portuguese, we call this an *alambique* and we use copper not because it's in keeping with tradition but because the copper removes the sulphur aroma in the yeast."

João showed me an example of the copper *alambique*, which looked like a device straight out of a Frankenstein movie. Pointing at the dripper, João showed me how slowly the strong, stomach-warming after-dinner tipple is extracted and gives off a powerful aroma. He offered me a sample and it was indeed powerful at 48%, but I have plenty of previous practice. In fact, João was impressed at my drinking abilities! "It's the taste of Monchique, right?" João said, as he, too, took a shot of Monchique's moonshine. It's safe to say that I did take a taxi home after feeling quite merry and pleased with my bag full of Monchique purchases.

Whilst Vamos à Vila is over for another year, the dedicated artisans of Monchique work tirelessly all year round to keep their crafts alive. So if you're looking for a perfect gift for an upcoming celebration, or maybe even a locally produced platter for a summer soirée, why not head up to Monchique, a beautiful town set in nature and filled with a host of local crafters working hard to preserve Monchique's artisanal culture.

Everywhere you go, you always take the weather with you!

Well – if you are here in the Algarve for a holiday, I bet you are hoping that you haven't brought the weather with you!

WORDS Rob Kean

I am also sure you will be hoping that the weather will be better than you left behind. And it might not be just the weather you want to leave behind. You also may be trying to forget about the troubles at home, perhaps the constant political ramblings on television, or perhaps a particular set of circumstances at home. But, the long and short of it is, we all feel we need a 'break from it all' at times, and we hope that, in doing so, we can recharge our batteries, be refreshed and uplifted in order to face those trials of life, or even just the daily grind of work, work and ... more work!

It's probably not something you think about if you are visiting the Algarve on holiday, but (believe it or not) even those of us who live here all the time feel the need to take a break and go away on holiday. Despite the beauty that surrounds us – the sea, the glorious beaches, the blue skies – plus the bars, restaurants and ice cream parlours, we all need an occasional change of scenery, a change of pace and the time to reflect. I have just returned from a couple of weeks away around Spain and France, but it's always funny when you are travelling and tell people that you live in the Algarve how they tend to think you shouldn't need a holiday. In many ways, lots of us 'churchgoers' have found that our Sundays in church are mini holidays – time, taken out of the ordinary, to be renewed and uplifted by the extraordinary. We have many holiday worshippers at the services here in Luz church, and it's wonderful to be able to come together and sing (also good for the soul, evidence suggests!).

If you are on holiday here (should I make the connection at this point with Holy-day!!) make your stay extra special, with a visit to one of the church services here in Luz. You don't have to sign up for life by coming along, it would be wonderful for me to meet you, say hello and hear a little of your story – I always tell people that it's not 'our church' – if you come along to a service, even once, it's *your* church.

Services are at 8 am and 11.30 am on Sundays, and on Thursdays at 10.30 am

God bless, and if you are on holiday, I hope you have a most fantastic time.

Fr Rob Kean - Chaplain of St Vincent's Chaplaincy Algarve.



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An American in the Algarve:

Te'ed Off by Tolls

WORDS Meredith Price Levitt



For most Americans, highway tolls are a rare phenomena. In the United States, we have very few toll roads. Generally we see roads as falling under the responsibility of the government. What do we get for our tax money except roads and trash collection anyway? The few toll roads we do have are usually bridges or in national parks and you pay them immediately. Like in France. Like in Switzerland. Like in Germany. In fact, like most of Europe.

First, you stop and take a ticket as you enter the highway. Then every once in a while, you stop again and pay whatever amount you owe for the number of kilometres you've driven on the toll road. At first glance, an automatic system that works with cameras like the one in Portugal seems more evolved, more efficient, and maybe even safer. But the highway tolls in Portugal have one major flaw: they hide their charges.

This insidious methodology of charging to drive on specific roads means that you might never get a bill. But if you live here, you'll eventually be slapped with fines that could already be in the thousands of euros by the time you first hear of them. How could such a thing happen, you wonder?

It turns out it happens here on such a frequent basis that almost everyone I asked had a similar experience. Public outrage has finally reached the upper levels of politics and demanded that the law be changed. As of 1 July 2024, there are slight amendments. But before you get too optimistic about the shift, let's be clear. Instead of five days to pay, you will now have 10. And instead of a 7.5 time increase on the original fine it will only be five. However, what this actually means is that not much has changed.

The major issue with this system is that these mysterious letters that are required to be sent BEFORE the fine goes to the IMI often never arrive. According to a legal representative here in Portugal who wished to remain anonymous, the letters are often never sent. Either CTT deems them not important enough to deliver or ViaLibre never sends them at all. By the time you get the actual fine from the government two or three years later, you cannot prove you never received this letter. And of course, you have no idea if you were driving on that highway sometime during the year three years ago.

In our case, we moved to Portugal in 2020, just as the global pandemic started. We bought an old car, which was registered in our name, but we did not have a permanent address, so we used the address of a property where we were renting an Airbnb (with the owner's permission of course).

We never thought about forwarding the mail from there and we were never informed that we received any mail. We also didn't realise until we'd been here for about a year and a half that the highway tolls can be paid automatically if you put a system in your car that reads the toll booths and automatically charges your credit card.

So we were basically using the highway toll roads but had no idea they were toll roads for a long time – probably nearly a year. Once we were alerted to the fact that these are paying roads and we hadn't paid – after countless trips to the post office– we installed the Via Verde system in the new cars we purchased. The old VW we kept for friends to use but since we hardly used it, we never got a Via Verde system for it. But we never received any notices about fines and were therefore unaware that colossal fines were building up, with interest, in the government office.

Fast forward to three years later and the bills started arriving – not to our permanent address but with our accountant via the finanças website (a whole other kettle of fish that's like trying to sail a boat by starlight navigation in cloudy weather!)

We asked our accountant and our lawyer about the exorbitant fines, which added up to thousands of euros. They both said that it's how the system works here in Portugal. You receive a notification in the mail (we never did because the car had been registered to a temporary address). If you don't pay it within five days, it goes to the tax authority in Portugal. Even if they have no proof of receipt on your end, this happens.

Next, they hold the fine for YEARS while it accrues massive interest on top of the original fine, which is usually less than 10 euros. Once it's sufficiently colossal, they add the bill to your tax portal online. You then have a few seconds to pay it before the charges increase. And so on.

I tried calling Via Verde and was told we have no fines with them but I should call the second highway toll place, which is called Vialivre.

Both confirmed that no more fines existed. But then more appeared on my finanças website. I called them back.

"OH, Yes. Once the fines have already gone to the IMI tax authority, we no longer see them here," said the Vialivre representative as if this was perfectly understandable.

"So I have no idea how many more fines I will receive?" I asked.

"I cannot see any," he replied. "Nevertheless, this does not mean you do not have any. They may already be with the IMI."

Indeed. They were. Thousands of euros worth. Literally.

According to one website, there are four different ways to pay your highway tolls. But not if they've already gone to the IMI. In that case, I could literally find no way to understand if more fines were coming or if I could pay them and stop the accruement of interest on top of the fines. I haven't given up yet. But it was beyond me to find an answer to this complicated question. It seems I am not alone in this plight, and both an accountant and a lawyer confirmed there is no way to find out if you have fines waiting for you at the IMI. You must simply wait.

In an article about the local Portuguese protests regarding this unfair and ridiculous practice, they also state various ways and time frames in which to pay your fines. They do not, however, answer the question of how you can find out about fines once they have already gone to the IMI. That, it seems, is like a black hole. Once they're passed on to the tax authority, you're toast. As we say.

In our case, everyone threw up their hands and said the same thing: pay it or risk even further penalties. So unless you can prove beyond a doubt that it was not your car (for example, you were abroad when the toll was issued or you're ill and therefore not driving your car), you've got no chance of getting out of it. I was told that in some cases, they can't read the licence plate properly, so the bill gets sent to someone else. Good luck proving three years later that it wasn't your car on the road.

If anyone knows an answer to how to reach the IMI fines and pay them, I'd be overjoyed to know about it – as I'm sure would many other unsuspecting drivers on the Portuguese highways.

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. The studio offers all kinds of aerial classes, including aerial yoga, and hosts retreats with aerial teachers from all over the world. An American expat, she moved to the Algarve in 2020 after spending 20 years in Tel Aviv.

Some references to this law and local outrage about the exorbitant fines (in Portuguese) courtesy of my accountant:

www.deco.proteste.pt/auto/carros-eletricos/noticias/o-que-muda-portagens-porticos-autoestradas

www.doutorfinancas.pt/financas-pessoais/portagens-o-que-vai-mudar-nas-coimas-e-nos-prazos/

www.dn.pt/sociedade/lei-limita-multas-por-nao-pagamento-a-cinco-vezes-o-valor-da-portagem-16637178.html/

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Born to be Wild

Adriana Rebelo, a veterinary assistant by day and a spirited singer by night, is a woman of dedication and integrity. "Living in Aljezur for the last three years, I have finally found somewhere I can harmoniously combine my two passions," she enthuses, inspiring others with her unwavering commitment to her busy life.

WORDS Helen Daniel







Adriana works full-time at the Aljezur Animal Centre. Competent and compassionate, she is devoted to the animals under her care. Seemingly not exhausted from her daytime work, she also finds the energy to sing several evenings a month in various venues in the area. Together with her boyfriend, Gonçalo, who plays the guitar, they form a powerful duo.

Adriana's parents met as undergraduates at Coimbra University. They dated and fell in love. Adriana was born in 1993. Sadly, her parents split up soon after, and her mother took Adriana and herself to live in Lisbon. "My mother's love and devotion never faltered. She is my goddess, my icon, the person I aspire to," Adriana declares, her words resonating with their deep bond. "She is a strong woman with solid principles and is a great mum. We are very close."

Adriana loved growing up in Lisbon. "It's a vibrant city with so much happening, a buzzing atmosphere and a mix of different nationalities and cultures." From a very young age, Adriana started feeling an affinity with animals. "I can't remember when my love and compassion for creatures began. Do you learn to be empathic, or are you born that way?" she asks. "It seems as if it was always there for me. As a baby, I once crawled too close to a grumpy dog that bit my nose. It didn't put me off loving animals, though!"

Adriana brought injured animals home to nurse them back to health throughout her childhood. Copying her religious grandmother, she would mutter words of prayer for the wounded creatures. Her grandmother once insisted Adriana had performed a miracle by bringing a bird back to life. "You can manifest something when you believe it enough," she laughs.
Adriana got her first dog, Ulisses, when she was 13. "With no siblings, my puppy became my little brother, my constant companion. I would dress him up, interview him, talk incessantly to him, and he would sleep in bed with me." Thus began her adoration of dogs.

As Adriana went through school, she realised she was different from the other children. Impacted heavily by the punk music she was listening to, she dyed her hair pink and began wearing crazy punk clothes. "I managed to shrug off the inevitable bullying aimed at me, but I found studying difficult," she remembers. "I just didn't have the concentration. Looking back, I realise I have always been more hands-on than academic. At the time, I was frustrated with myself, as my dream had always been to be a vet, but there was no chance of that. I was terrified of exams and suffered excruciating anxiety knowing so much depended on the results."

At 14, influenced by some animal activists she met, Adriana became a vegetarian. She strongly desired to help change the world and attended protests, driven by the realisation that as meat eaters, we suffer cognitive dissonance when we say we love animals yet eat them.

"As I wasn't doing too well in academia, I decided at 14 to help at the local cat and dog shelter, União Zoófila. I wanted to do something useful and important." She was too young to work with the dogs, so she was placed as a volunteer in the cattery. There, she discovered the calming effect of these beautiful animals. "Cats are magical. They are our emotional support creatures. The abandoned cats were so needy of my affection, and I grew to love cats as much as I love dogs."

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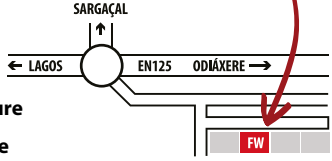
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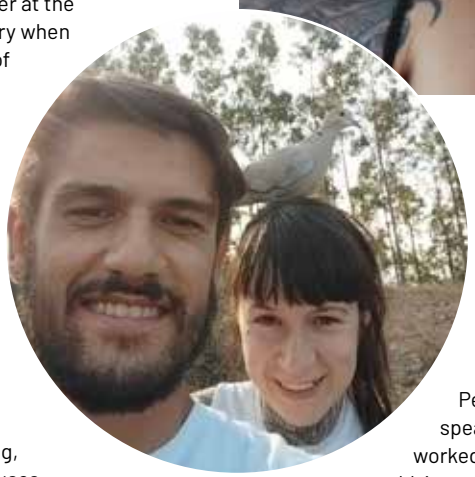






A few years passed, and Adriana, while still at school, was offered more responsibility at the shelter. "By then, I was working with both cats and dogs, dealing with medical situations and helping with adoptions." Not having the grades to study as a vet, Adriana decided to take a degree as a veterinary assistant. Accomplishing this, she went on to do internships in three different clinics, but no one rewarded her with a work contract. "I did not seem to fit in anywhere."

Disillusioned, she set off on a campervan journey. Finding herself in Beja, she decided to volunteer at the Cantinho dos Animais. "I would often cry when I was there as I witnessed the results of the hideous cruelty that people inflict on animals. Frequently, dogs and cats were thrown over the fence into the shelter. The committed volunteers work long hours to help and care for every animal, and I cannot praise them enough for what they do."



Returning to Lisbon, Adriana embarked on a rebellious alternative lifestyle. She quit her veterinary work and moved into an empty house with some friends. "We began squatting, incensed by the number of derelict houses around and high rents. We patched up the house, put in windows, improved the plumbing, painted it, and called it The Anomalia Project," she remembers. "We were a mix of people of different nationalities who involved the community in various cultural events."

The project arranged art exhibitions, fire juggling shows, and musical concerts. "We even arranged a crochet evening, a gathering of neighbours who crocheted together!"

During this time, Adriana learnt to speak English, developed her musical side, and gained immense confidence. "It was a turning point for me and made me who I am today. I stopped taking myself so seriously and discovered how to get along with different types of people. Many musicians were in our group, and we practised often. My singing voice improved, and I realised that my musical side was essential to me."

Adriana then moved to Setúbal and continued living communally in an abandoned house. After four years of this lifestyle, she and her boyfriend, Gonçalo, travelled to France in the campervan and worked as grape pickers for a season. "After that, we returned to Portugal and moved from place to place, busking to earn money wherever we could."

Soon, Adriana started feeling dissatisfied with her nomadic lifestyle. "Living a life with free will is good, but I wanted to focus again. I was feeling dumb. I had been refining my singing and other talents, but not my brain. I felt the stirrings of wanting to do something worthwhile."

Adriana began the laborious task of applying for veterinary assistant jobs nationwide, emailing her CV and calling, to no avail. With the incredible determination and sheer grit that is part of her character, she persevered undeterred until one day, three years ago, Dr Pedro Kaisler from Aljezur Animal Centre interviewed her via WhatsApp video. "Gonçalo and I were still travelling in our van, far away from Aljezur. Dr Pedro wanted me to start work as soon as possible, and in a flurry, I made it there!"

Adriana has been working at the veterinary clinic ever since. She has a natural connection with animals and is diligent, knowledgeable, and committed to her work. With the right balance of professionalism and empathy for the animals in her care and their owners, she and Dr Pedro work well together. They both speak highly of each other. "I have worked with numerous vets; many are cold, incompetent and mercenary. Dr Pedro genuinely loves animals and speaks to them with his heart."

The music that Adriana and Gonçalo produce is mesmerising. Adriana, her voice perfectly harmonised with the guitar playing of Gonçalo, sings traditional Fado, covering Amália Rodrigues and Gisela João songs. Performing also cover versions of Janis Joplin, Amy Winehouse and Ella Fitzgerald, Adriana's voice is captivating. By the power in her voice and in her dedication to the welfare of animals, Adriana is clearly a woman with considerable depth. "Through both my passions, I experience extremes of emotion. From saving an animal's life to having to put one to sleep. From singing Fado with the intense feelings of *saudades* to the joy of performing upbeat songs. My life is a rollercoaster of emotions!"

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Bullying

How one man is helping kids in Lagos

Meet Ricardo De Sousa, a self-made local businessman and managing director of RSPS Construction, who has set up a non-profit association to help children and teenagers defend themselves against bullying in schools and on our streets.

WORDS Liz Ryan

Statistically, in Portuguese schools, the figures (2023) show that 15% of students reported being bullied in school, and 20% reported not feeling safe on their way to school and on the streets. Bullying in Portugal increased by 37% between 2021 and 2022 and it is a difficult subject to broach for most parents. None of us want to think that when we send our children off to school, whether it be in the public or private system, they may be subjected to bullying. We want to believe that with all the measures the schools have in place today, our children and grandchildren will be protected and safe.

Unfortunately, that is not always the case. Along with physical and physiological bullying, kids today also have to contend with cyberbullying. They are bullied for various reasons: their race, their sexuality or creed, they may not be part of the "cool kids" crew – the surfers, the footballers, the bikers – they could be on the spectrum, too tall, too small, a nerd, who knows ... The first step is to have a conversation with your child in the safety of their own home if you have any suspicion that they may be a victim of bullying.

The project to combat bullying, Asociación Todos Por 1 (All For One), was established three years ago under the umbrella of Fusion Studio, located at Iberlagos. Here, they are taught Brazilian jiujitsu, a martial arts self-defence technique that does not use kicking or punching but focuses on bringing your opponent down to the ground where they are forced into submission. This way, the situation can be contained, defused and controlled, it is all about protection. Through these classes, taught by professional teachers, the children gain confidence and become part of the Fusion family, participating in classes and competitions together.

Ricardo and his wife Patricia are very invested in the local community; with two school-going children themselves, they are only too aware of the struggles that young people face today. Ricardo, who spent many years in the military, understands the importance of self-defence and wants to offer local children from age five and upwards the skills to defend themselves so that they feel protected and safe.

You can become a member of the Asociación Todos Por 1 for just five euros a month. Classes are divided into age groups and, for 35 euros a month, members receive three classes per week.

The Fusion kimono, embossed with the association's sentiments of 'team spirit, never give up your dreams, respect, and no fear, is available for sale or can be rented. For families who cannot afford the classes or competitions, Ricardo's company and other local companies often step in with sponsorship, and now the local camâra has started to give the association some support.

You can call Fusion Studio for further information about the association, classes, opening hours, sponsorship or donations telephone +351 936 622966









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Celebrating 40 Years of

Rancho



The founders Luis Bandarra, Alice Compoa, and Deonide Morgado

Folk-dance has been etched in local traditions for centuries, passed down from generation to generation. Sadly, these old forms of entertainment from the days before TV and social media are slowly becoming extinct. However, one mixed group of locals meet every week in Odiáxere to preserve the age-old tradition of rancho in the hope of conserving dances from the past.

WORDS Luka Alexander
PHOTOS Rancho Folclórico e Etnográfico de Odiáxere

Dating back to the days of farmers in the countryside riding on horseback, rancho gives any hoe-down a run for its money. To learn more about this traditional dance, I met up with Luis Morgado, the president of the Odiáxere Rancho to find out more.

The Rancho Folclórico e Etnográfico de Odiáxere was founded in March 1984 by Luis Bandarra, Alice Compoa and Deonide Morgado, the cousin of the current president following the closure of the Lagos Rancho. During its forty-year history, the club has performed throughout Portugal, Spain, France and Italy, competing in festivals, appearing on TV and radio, and winning countless awards for its performances.

Meeting in the club headquarters just outside of Odiáxere, the fifty members of varying ages join together to rehearse their sets and, of course, have a good old chinwag throughout the night in true community spirit.

Sitting in his office, Senhor Luis told me about his life in rancho, which started over forty years ago. "It is a way of life to preserve our cultural dances, which have been handed down throughout the generations," he tells me. Having been president of the club for the past twenty-five years, his passion and expertise are evident in the countless array of trophies, plaques, certificates and awards from across Portugal and afar which adorn the walls and shelves of his office. All have been presented to the club for their outstanding efforts.

"Our aim is to meet every week to rehearse our performance as we have a constant line of events planned throughout the year," Senhor Luis explained. He flipped through his calendar, showing me the numerous dates they will be performing up and down the country. "It's not only about dance or preserving our traditions, it also makes for a great social gathering to meet new people from all walks of life," he told me as we made our way to the rehearsal hall.

When I asked what the future of rancho looks like, Senhor Luis replied, "We need more people, the women love to get involved but we need more men!" He assured me that "skill isn't necessary, I teach everyone everything they need to be a good rancho dancer." As the group of jolly dancers gathered, the musicians began to assemble, including two accordionists and a guitarist. They all played without a music sheet in sight – it is almost like second nature to them. As the waltz-like music picked up tempo, so did the dancers as they linked arms and swung around in unison, resembling a very polished barn dance.

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Did you know?

Some rancho dances tell a story relating to country life.

What impressed me was the costumes the group typically wore during their performances. Appearing as country folk, the men's attire is a cross between a western cowboy and a South American gaucho, with chequered shirts, wide-brimmed hats and boots. The women appear as country maidens, complete with flowing dresses and a bonnet, typical of bygone days. "Each rancho across the country has its own style," Senhor Luis explained, as he took a break to show me several old photos featuring the rancho dress, which could easily be mistaken as a gathering at the OK corral. "The costumes are influenced by the farmers back in the day," the president explained.

Odiáxere Rancho has strived to keep its traditional dances alive, handing them down from generation to generation. But one of the club's founders, Deonide Morgado, keeps the members in check, stopping the rehearsals every now and again to give constructive criticism and praise.

As I watched the well-polished dances, one can understand the success that this club has created, not only for their professional rhythmic performances but also for their dedication to keeping rancho alive.
In recent years, the Federation of Portuguese Folklore has recognised the group for its preservation and community spirit within the municipality of Lagos. The club's highlight of the year is the National Festival of Folklore and Ethnography, which the group has organised annually every first weekend of August for the past thirty-two years.

Once a form of entertainment performed by farm people in the countryside, the folk dance has now become a crucial part of Portuguese heritage and the heart of many communities across the country, gracing county fairs and competitions. With rancho groups scattered across the country, the Rancho Folclórico e Etnográfico de Odiáxere "is the only one preserving this historic rural tradition in the western Algarve," Senhor Luis said with pride. "To continue, we need even more people, anyone is welcome. It's a great way to have fun, meet new people and travel around the country." I could see that I was being eyed up as a perfect candidate, and in all honesty, it's a very tempting offer.

Posting on their official Facebook page, the Odiáxere Rancho thanked everyone who has helped the group reach its fortieth anniversary. "On 17 March 2024, we celebrated 40 years of life. We thank all those who have contributed and continue to contribute so that this family continues its work in the dissemination of traditional culture through folklore and ethnography of the Algarve region, more precisely, the village of Odiáxere. We are the only active rancho on the Costa Vicentina and we will do everything to ensure that this cultural activity does not disappear."

So if you're looking at getting into the swing of rural country life dancing, why not join your local rancho, a dance filled with community spirit, history and dare I say it, you might just have a chance to look something like John Wayne or Calamity Jane.

Facebook @Rancho-Folclórico-e-Etnográfico-de-Odiáxere



Early images of Odiáxere Rancho



A selection of awards won by the Rancho over the years



President Luis Morgado (right)



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Representation of the battle of Alcácer-Quibir (1578) by Miguel Leitão de Andrade, Ponta da Bandeira Fort Museum, Lagos. Photo © Georges Jansoone, CC BY-SA 3.0, via Wikimedia Commons

The Shapers of Portugal

King Sebastian

WORDS James Plaskitt

Ksar el-Kebir is a medium-sized city in northern Morocco, 110km south of Tangier. It is the place where, on 4 August 1578, Portugal's 'Golden Age' of discovery, crusade and conquest came to a shattering end. A 24,000-strong invasion force that had arrived to overthrow the country's Muslim rulers was cut to pieces. Sebastian, the Portuguese King who led the force and who died on the field of battle, was killed.

Sebastian's extraordinary reign began when he was just three years old. He came to this position against the odds. He had several older brothers but all predeceased him. His father, King John III, died before his son's birth and, almost as soon as the infant arrived in the arms of his mother Queen Joana, there was national rejoicing and confidence that the boy born to be king would usher in a new age of Portuguese victories, replacing the uninspiring period of drift under his two predecessors.

Surviving through infancy – unlike his brothers – seemed to confirm that predetermined destiny. The young Sebastian was educated by Jesuit priests steeped in counter-reformation theology. Sebastian himself became convinced that he was indeed God's chosen instrument, bound to a sacred mission to overthrow Islam and re-establish global Christianity. Anxious to get underway, he began assuming kingly duties as a teenager, ending the regency of his great uncle, Cardinal Henrique.

Once Sebastian reached this point, the court's principal preoccupation was to get him married and busy securing the succession. But their efforts were constantly frustrated by Sebastian's complete lack of interest, as he preferred the company of impetuous young nobles who, like him, sought vigorous physical activity and had a restless thirst for daring and adventure.

Looking back to an earlier period of conquest and crusade, Sebastian urgently sought to rekindle the lost glories of that period. Like those who had gone before him, such as Prince Henry the Navigator, his mind settled on Morocco. Wiser heads in the court sought to dissuade him, given the mixed results of those earlier endeavours, but nothing could shake his resolve.

An irresistible opportunity came in 1576, when the recently deposed King of Morocco, Abu Abdallah Mohammed, sought Portuguese help to overthrow his usurper, Abd al-Malik. Sebastian, at last, had the excuse for an invasion. By 1578, he had assembled a vast but diverse military force ready to set sail and initiate his sacred mission. After making landfall at Asilah, south of Tangier, Sebastian led his troops across land in the searing summer heat, heading towards the Muslim forces. The two armies met at Ksar el-Kebir, with the resulting annihilation of Sebastian and his troops.

All the hopes invested in the boy king by his expectant country evaporated on the news of his defeat and death. The mission of crusading conquest was over. Having dismissed every candidate in a long parade of eligible princesses, in favour of time with his strapping young noblemen, Sebastian died without an heir. The resulting political vacuum was fatal.

Initially, Cardinal Henrique resumed his regency and sought to secure the throne himself. But he, too, lacked an heir. He swiftly asked the Pope for permission to set aside his vows of celibacy, and secure a wife and heir. But Pope Gregory sat on the matter and Henrique died before the holy father got round to replying. There were then multiple claimants to the throne. The contest was finally resolved by the throne falling into the hands of Phillip II of Spain, thereby ending the House of Avis, which had ruled Portugal since the fourteenth century, and with it, the country's independence.

Sebastian, with his messianic zeal, had sought to burnish Portugal's 'Golden Age' with renewed crusading conquests. Instead, his disastrous venture in Morocco had destroyed his country's military prowess and ultimately cost it its independence. He shaped his country's future – but in entirely the opposite way he had intended. Portugal slid into its 'Tarnished Age'. The most far-flung outposts of the empire proved indefensible. Naval supremacy and trading monopolies were challenged. The alliance with England became strained.

The country's Spanish rulers showed little commitment to their new realm and were themselves overthrown by Portuguese nobles in 1640, who restored a monarchy under the House of Braganza, which lasted until 1910.

But this combination of turmoil and neglect weakened the state. Many of the country's royal rulers were lacking in vision and statecraft. Part of the myth of the boy King Sebastian was that he would one day return to save his country in its hour of need. Portugal certainly needed a strong figure to take control and get back on track. But it was no gilded youth who came forward; instead, it was an opportunistic minister.

James Plaskitt is a retired politician who was a member of the British parliament from 1997 until 2010. He now lives in the Algarve.

Next month: The Marquis of Pombal

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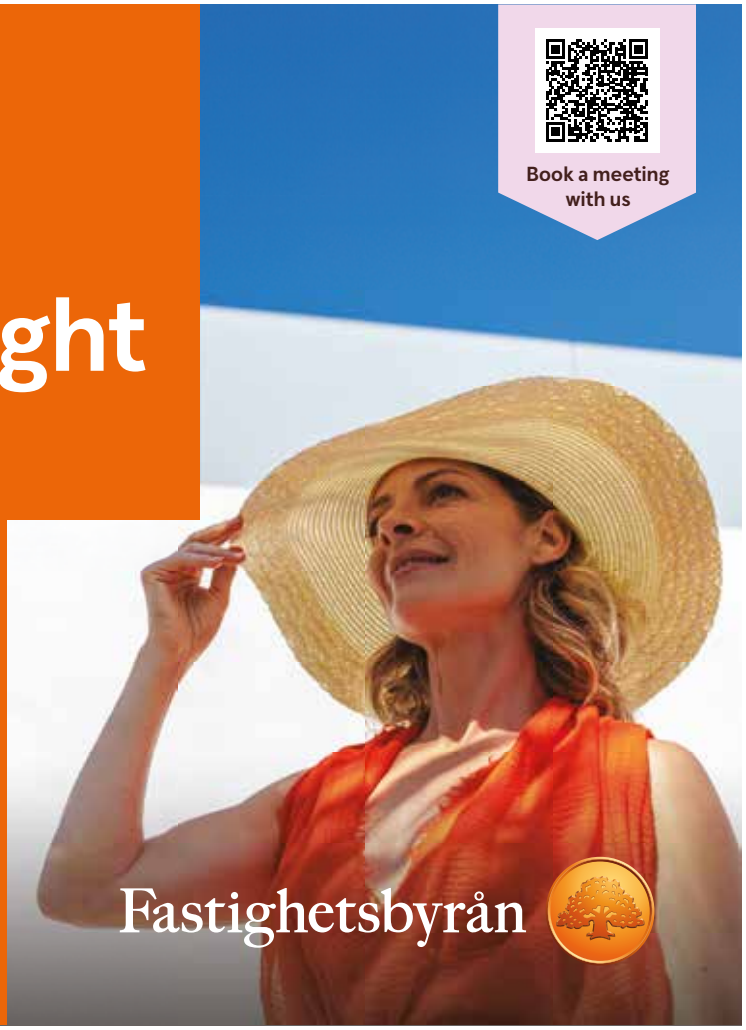
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Algarvian Archives Network

The digital photography collection of the Municipal Archives of Portimão

WORDS Laurinda Paz (Arquivo Municipal de Portimão)









1. *Santa Catarina Fortress - JAPBA, c. 1965. Archive File: 1-6/47.*
2. *Building project of a building in Praia da Rocha, 1955. Archive File: AMPTM/CMPTM/L/P005:1955*
3. *Proposal for extension of existing building in Portimão, 1958. Archive File: AMPTM/CMPTM/F-D/01/130:1958*
4. *São José Chapel - Prospection and defence study of the Algarve urban landscape that was made in 1969, after the earthquake of February 28, 1969. Archive File: AMPTM/CMPTM/L/E019:1969*

The main concern of a public archive is the preservation and access to documents. And sometimes, the desire to respond to users' needs brings new challenges and opportunities. This was the case when compiling the digital photography collection of the municipal archives of Portimão.

In 2019, 50 years after the earthquake on the night of 28 February 1969, a researcher requested access to documentation related to this event. The quake was felt in several regions of Portugal, but it was particularly devastating in the Algarve.

We knew little more about this earthquake and were unaware of what documents existed in the archive that could be useful to the researcher. But immediately, we began our own research in the municipal archive records, looking for relevant documents or data. What we found was surprising and enriching.

In addition to hundreds of documents produced by the technical services of the town hall, we found a study entitled: 'Prospecting, Preservation and Recovery of Notable Urban and Architectural Elements, in Urban Areas and Roadside Areas, in the Algarve Region', also dated from 1969. This study carried out at the request of the Portuguese Ministry of Public Works at that time, contains two panoramic images of Portimão city, captured from the banks of the Arade River, and 59 photographs of buildings and streets, revealing the damage caused by the violent earthquake.

This initial set of 61 photographs inspired the idea to start a digital collection. Although the project was not immediately implemented, the need and desire to inform the community of the photos' existence and make them accessible prevailed. More photographs were identified during the archival work, linked with the architectural projects of private and public buildings.

However, making these records public and accessible brought us several concerns. These photographs are included in administrative records and their republication could be restricted by a law regarding access to administrative documents and information (Law 68/2021 / 26 August 2021). Another concern was the poor quality of the materials used to produce the photographs and to attach them to the main project. Preservation issues were not a major concern for those who produced them.

Many images were printed on poor-quality paper, or stapled and pasted into process sheets. Besides trying to limit their degradation by using acid-free materials, we couldn't do anything further. The photographs could not be removed from their context of production. They were there for a purpose: to prove facts, and demonstrate the situation at the time of the architectural project submission. These photographs were produced to document an event and were not produced with an artistic intention or for tourist dissemination, such as the tourist postcards, which were very popular in the 20th century.

Despite the doubts, starting a digital collection of photographs seemed like a viable solution to our desire to gather these images scattered across hundreds of architectural projects and share them with the community.

Furthermore, the photographs are relevant as they constitute an involuntary memory of the city, its heritage, and its transformation over the last seven decades. We started this digital collection in 2021. For each photograph, we noted an archival description, recording where the original is kept, as well as any information that would help identify when and where it was taken. The landscape is sometimes unrecognisable, but it is possible to identify some spaces using reference points such as buildings that still exist.

This digital collection is a work in progress and will grow as more images are identified, digitalised, and made available.

In 2022, the municipal archives of Portimão website was created. Many of these photographs are accessible there (see the link below).

The Arquivo Municipal de Portimão is located at Parque de Feiras e Exposições, R. Projectada à Caldeira do Moinho, Portimão.

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A Tropical Treat

Tomorrow's Charity Tropical Party on 1 June was an unforgettable night of colourful outfits, dinner, dancing and, of course, raising money for worthy causes.

The 154 guests began the evening with drinks on the outside terrace while being serenaded by 2EX. The charismatic singer and saxophonist created some serious tropical island vibes.

The amazing Tivoli team served a delicious summer-themed buffet, which had everyone going back for more!

The night was supported by all the local businesses who generously donated some fabulous prizes. The lucky guests who won raffle prizes were obviously delighted, as were the charities who received €1800 from the proceeds. This impressive amount was added to the profit from the ticket sales, which was €2700, giving a grand total of €4500. The grateful recipients of the money raised were Cadela Carlota and the Lagos Bombeiros, who were voted for in an online poll by *Tomorrow* readers.

Konstanze from Cadela Carlota took to the stage to tell the guests how important donations are to them. They need to raise 75,000 euros to build new accommodation to house up to 100 cats, as the land they are currently living on is being redeveloped.

The bombeiros will be using the money raised to buy specialist rescue equipment for cliff rescues and hard-to-reach places such as disused wells, where they are often called to rescue animals. The kits include rope, harnesses, winches, etc. These kits can be used to rescue humans and animals.

Once the raffle had finished, 5EX entertained the guests into the night with their five-piece cover band, which had everyone up and dancing the night away.

We would like to extend our heartfelt gratitude to Vicki Harding, Sammy Afonso and Sarah Neves for their tireless efforts in organising the event. Their dedication and hard work have been instrumental in its success.

Special thanks also to the following businesses for donating the prizes:

Days Of Adventure - Burgau Sports Centre - Katja Keller - Quay Lagos Restaurant - Donna Groom - Espiche Golf - Tom Wilson - The Garden Restaurant - Mosto Wine Bar - Portofino Restaurant - Marlo - Lagos Chiropractic - Linen Etc - Fly365 - Don Torro Restaurant - Nadia Amores - Classy Orchid - RI Fitness - Kevin Hawkins - Casas Do Barlavento

Photos from the party can be downloaded here: tomorrowalgarve.com/a-tropical-treat





Photo Competition

Calling all photographers, both budding and professional, for the Doors and Windows of the Algarve photo competition.

Entries for Madrugada's 2025 Wall Calendar Photography Competition must be sent by Monday, 31 July. The calendar aims to capture images of the unique and extraordinary variety of both heritage and contemporary Algarvian doors and windows that reflect the charm and eye-catching beauty of our everyday surroundings. Twelve stunning images, one for each month, will feature in the calendar.

Each entrant can submit up to three images in landscape orientation. A panel of judges will select the best images from those received and the winning 12 will receive a prize for their efforts.

Proceeds from the sale of each calendar will go toward the cost of end-of-life hospice-at-home services, which the Madrugada Association provides free of charge.

The calendar will go on sale in September 2024 and will be available to pre-order too. (So that's another stocking filler sorted!)

Madrugada would also love to hear from businesses willing to help defray production costs by sponsoring a month and/or providing suitable prizes for the winning entrants. Please contact operations@madrugada-portugal.com if you can help and would like to get involved.

Send all photo entries to madrugada2025calendar@gmail.com

Terms and Conditions for entry are available to download from the Events area of the Madrugada website: www.madrugada-portugal.com/events



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A Chance to Dance





The performers from Associação de Dança de Lagos recently took part in the National Dance Championships, which was held in April in the Aveiro district. These children, whose ages range from 12 to 17, are made up mainly of Portuguese families but include Russian, Israeli, Ukrainian, Swiss, German and Moldavian children living in and around Lagos. The level of their commitment is evident from the fact that, of the 18 dances they entered, they came away with seven gold medals, as well as nine silver and two bronze in classical ballet and ethnic dance.

This huge achievement means that they have qualified for the World Championships, which will be held in Orlando in November. To be able to compete, they first have to get there and the costs of flights, accommodation and food for the duration are well beyond the means of a number of the gold medal winners. Indeed, some families will be hard-pushed to raise the cost of the passport alone, which is why they are asking for your support.

Are you able to contribute in any small way? Some suggestions include holding a coffee morning and charging €1 a cup. Collecting your small change at the end of the night. Or maybe charge €1 a head at your regular meeting group – say every time you attend your walking group, knitting group, card games, golf, choir, lunch group, or padel? You can also donate a raffle prize for a raffle later in the year. Or simply make a donation – the amount is up to you, as every cent will be used to help pay for those who cannot afford to fund this wonderful opportunity themselves.

ADL is hoping to have a fundraising concert later in the year, supported by local choirs and, of course, the dancers, but in the meantime, are you able to contribute in a small way to support their talents so that Lagos can proudly become the home of world champions? A representative of the club says, "They would love to experience a lifetime opportunity doing what they love the most, represent their countries and show the world about different cultures (ethnic dance) and take Lagos to a world level."

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Pink Ladies Day

The Pink Ladies are looking to exceed their fundraising of previous years and raise much-needed funds for a worthy charity.

The 7th Pink Ladies Day will be on Thursday, 5 September, at the Pestana Silves golf course. The game is a pairs-better ball, and prizes will be awarded down to 6th place, together with numerous nearest-the-pins and longest drives.

The charitable ladies are appealing to well-known names in golf and local businesses to support this great day and a well-deserving Portuguese charity. Pestana kindly offered them courtesy use of the course at Silves, so the entry fee for Pestana members is €30 and non-Pestana members €40. They are also looking for more offers of sponsorship or prizes for the event, to support a very good cause.

All money raised goes to the Algarvean Oncology Association. The AOA is a much-needed service in the Algarve. Mobile units travel to smaller towns and screen people across the length and breadth of the Algarve. This enables earlier diagnosis and, thereby, faster access to treatment for various forms of cancer, including breast, respiratory and skin.

w.emrich@hotmail.com







Palmares Fundraising

This year, Palmares Ocean Living and Golf has chosen to raise money for the Madrugada charity in Lagos. Palmares was recently acquired by The Arrow Group, which is very generously donating raffle prizes at events.

On 6 March, the resort hosted its annual dinner and dance at Vila Galé, Lagos, when members danced the night away to Abba Diva'z, raising €380 in the process.

Most recently, social secretary Tracey Lee organised the Tropical Sunset Beach Party at Dunas Beach Club on Meia Praia in Lagos. Members were asked to dress in Hawaiian-style clothing, and make or purchase and wear a floral *lei* in the traditional Hawaiian manner. Everyone got on board and went to town with their costumes. The incredible catering team at the Tivoli, led by events manager Luciana Rio, provided a poolside BBQ. The members danced the night away to DJ and bongos.

They raised €1035 thanks to DETAILS Human Resources Director Teresa Feria, who donated fantastic golfing-related prizes. Chairman Robert de Bruin and Tracey Lee met representatives of Madrugada at Palmares Golf Club on 16 June to hand over the money.

In total, this year, Palmares Ocean Living and Golf members have raised €1415. This was made possible by the generosity of the members who attended both events and the Tivoli Hotel, Lagos and Vila Galle Hotel, who also generously donated vouchers to the raffle.







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A Refurb Project

In March, we reported on a fantastic community initiative to update the living accommodation at the children's home in Lagos, CASLAS.

WORDS Sophie Sadler





In an inspiring initiative, a husband and wife team volunteering at Casa de Acolhimento Nossa Senhora do Carmo launched a renovation project to rejuvenate three community spaces for Lagos's young people in care. This project is not just about a fresh coat of paint, it's about enhancing the mental well-being of the inhabitants and creating a better sense of community and home. We all know how a well-maintained space can uplift our spirits and foster a sense of belonging.

We are happy to report that the common room has now been restored. Volunteer Steve Farmer reports, "It has taken a large chunk of money and effort, but I think it's worth it." The balcony area was a dumping ground for things that were broken or not needed. This proved to be very challenging for Steve and his team of volunteers worked every day for two weeks. Now the young residents can use the space to play games and there is a place for the staff to relax outside.

The volunteer team would like to remind *Tomorrow* readers that the project is still ongoing and they need more support, both financial and physical, as the jobs keep increasing. The next project is the dark and dreary entranceway and laundry.

The current goal is 15,000€. Any help is appreciated.

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Rotary Club of Lagos



On the 22 and 24 of April, the Rotary Club of Lagos organised two fundraising concerts in Lagos and Portimão, with a collaborative exchange between musicians from the Conservatoire of Cannes Appassionata from France, and pupils of Professor Bruna Mélia from the Algarve. The Rotary Club of Lagos was fundraising for CASLAS, the children's home in Lagos and members were overjoyed to be able to present a cheque for €7,500 in April as part of their 45th Rotary Club anniversary day. The money raised will go towards new dining room furniture, which it is hoped will improve the living conditions of those children who have been placed in the home by social services.

The Rotary Club would like to thank everyone who participated and contributed to the success of this project. This Rotary year is ending soon, and on 5 July, the organisation will host a formal dinner at Tivoli Hotel to hand over tasks for the next year.

Facebook: Rotary-Club-de-Lagos

A Zipline Challenge



On the morning of 11 May, 51 participants, their families and friends travelled to the quaint and sleepy municipality of Alcoutim to raise money for the bombeiros.

WORDS Sophie Sadler

The intrepid fundraisers boarded the little ferry across the river to Spain, travelled a bumpy track, and hiked the final trek to the launch tower of the Limitezero zip wire. Many of those taking part had a fear of heights and were facing their demons. In groups of eight, they flew, one by one, across the river at breakneck speed back to Portugal, where they were greeted by the bombeiros of Alcoutim.

The day was a huge success, and those who had conquered the challenge felt quite rightly uplifted. The final topping on the cake was that collectively they raised just over €9000 for Associacao Alerta de Incêndio – an amazing achievement.

The money is being used to help keep our volunteer *bombeiros* supplied with extra essentials, including water and energy bars, during the summer months of the fire season.

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The Kingdom of Three-Legged Dogs

A new book by Nathalie Dias offers an educational and moving experience for young readers and animal lovers alike.

WORDS Vaughan Willmore







Left to right: João Ferreira from ARA, Nathalie Dias and photographer Carlos Filipe

"I've always wanted to write a children's book about animals," said Nathalie, "but I couldn't find the right story. However, all that changed when I visited the Animal Rescue Algarve (ARA) facilities near Loulé. I was inspired by the work of the staff and the love they show to the cats and dogs there that urgently need the right families to come forward and adopt."

In *The Kingdom of Three-Legged Dogs*, Nathalie seeks to raise awareness among children and adults about the responsible adoption of pets.

Nathalie has seven books to her name, with *The Kingdom of Three-Legged Dogs* being her second for children. Published on 22 February, the book is already receiving rave reviews for its colourful design and for how it tells a very emotional story from the point of view of the animals. Sid Richardson, director of ARA, said, "*The Kingdom of Three-Legged Dogs* recognises the importance of looking after animals and the work involved, along with the love they bring into our lives. The way it conveys the feelings and perspectives of dogs and cats about their adoption and their new families is very moving and informative."

The book not only captivates readers with its engaging narrative, but it also sheds light on the importance of taking in older animals and those with special needs, so giving them a second chance in life, which is especially important given that many will have suffered when they were younger. Nathalie said, "I feel each page is an opportunity to learn and grow. Above all, I hope it will bring about positive change in the lives of our four-legged friends."

Sid, as ever, is keen to push the boundaries of animal care even further. He said, "The book is a wonderful source of learning for teachers, educators, parents and all those seeking a deeper understanding of the suffering animals face from their abandonment and reintegration into new homes. Its themes and the book itself should be incorporated into the educational curriculum."

The Kingdom of Three-Legged Dogs retails for €14 and is beautifully illustrated by Rita Nascimento. It can be purchased from the WOOFF stores in Almancil and Loulé, at the ARA facilities or the offices of *Jornal A Voz de Loulé*. It's also available via the Grupo Editorial Atlânticonet network of bookstores, which includes livrariaatlantico.com, fnac.pt , Bertrand.pt and others.

Nathalie Dias was born in France and is the daughter of Algarvian parents. A journalist by trade, for the last 15 years, she has been editor of A Voz do Algarve. www.avozdoalgarve.pt

animalrescuealgarve.com
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> The Kingdom of Three-Legged Dogs should be incorporated into the educational curriculum
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As Mulheres Corajosas

Who Made Portugal Great

Florbela Espanca: A Lyrical Feminist Voice of Sorrow and Longing

WORDS Dan Costinas

"Recordar? Esquecer? Indiferente!...
Prender ou desprender? É mal? É bem?
Quem disser que se pode amar alguém
Durante a vida inteira é porque mente!

Remember? Forget? Nonetheless!...
Retain or release? Is it wrong? Is it right?
Whoever says one can hold on tight
To love all through one's life is telling lies!"

Daughter of João Maria Espanca, a photographer in the provincial town of Vila Viçosa, near Evora, Florbela d'Alma da Conceição was born in 1894 within a love triangle (three-person relationship). Her birth mother was a beautiful 15-year-old housemaid, while her father's wife was not able to conceive children and agreed to the newborn being brought up by both herself and the baby's biological mother. There is no doubt that her out-of-the-ordinary childhood influenced her outlook on life, love, children and loss, graciously expressed in her evocative poetry.

She began rhyming – mainly sonnets – at an early age; the poem 'A Vida e A Morte' (The Life and The Death) was written when she was only eight years old. After graduating high school, she was accepted by the University of Lisbon, where she was one of seven women, out of a total of 313 students, enrolled in the School of Law. During her short but intense life, the unfortunate poetess was married three times and suffered a series of miscarriages, quite severe pulmonary health problems, and major depressive disorder – all contributing to her three suicide attempts. Unfortunately, the third (and last) one was successful, and Florbela died on 8 December 1930, her 36th birthday, from an overdose of Barbital.

It was not just her sad, deeply personal history that made Florbela Espanca interesting. She had quite revolutionary ideas for that conservative time. But her passionate and melancholic personality led to a dark style of poetry, rich in imagery and symbolism. Florbela contributed weekly prose pieces to a few Portuguese periodicals. She was a contemporary of Fernando Pessoa and Manuel da Fonseca, and her readers were impressed mainly by the unusual raw honesty, and by the intensity of feelings and passion her writing expressed. Even though she was not a declared feminist, Florbela demanded and expected to be taken as seriously as any man, challenging societal old-fashioned norms at a time when female voices were often brutally silenced.





Florbela Espanca Public domain, via Wikimedia Commons

There have always been many fans of her powerful and poignant poetry, but for many years it was not given due recognition by critics (they dismissed her work as overly feminine and narcissistic) and the literature departments of European universities (who failed to recognise the depth of emotion and the innovative use of language that characterised her poetry). Nowadays, Florbela Espanca is one of Portugal's most cherished poets. She stands as an undeniable towering figure of 20th-century Portuguese literature, whose work is the object of serious critical study.

Despite all the challenges, Florbela's voice remains a powerful and timeless legacy of both sorrow and strength. Her ability to capture the essence of the universal topics continues to resonate today, almost one century later, with readers seeking to connect with themes of loneliness, melancholy, loss, abandonment and an unfulfilled longing for love, but also female strength and the power of desire, transcending geographical and cultural boundaries. Though her life was tragically cut short at the young age of 36, this only adds to the aura of mystery and romanticism that surrounds her cry for love and freedom and stands as a testament to the enduring power of human emotions.

Florbela did not see herself as a victim. Instead, she challenged the unjust structures of society and paved the way for future generations of female writers. As we read her verses, we are reminded that even in the depths of sorrow, there is beauty, and the human spirit continues to yearn for connection and love.



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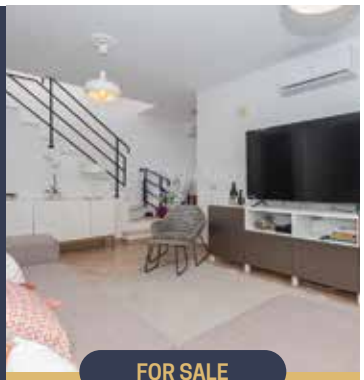
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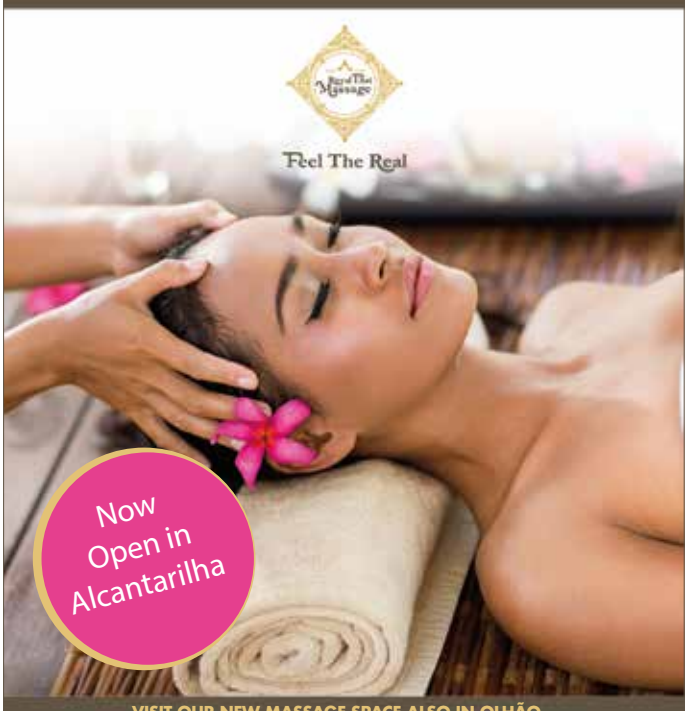
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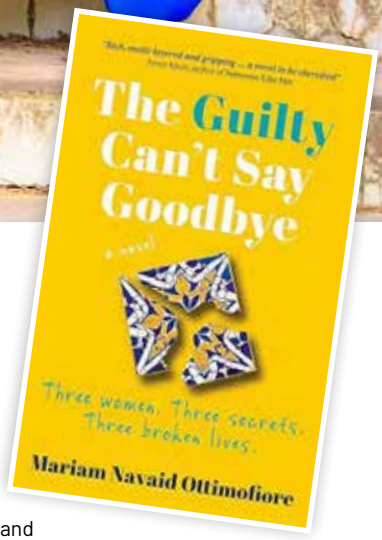
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A Serial Expat and Writer

Interview with Mariam Navaid Ottimofiore, an author to look out for

WORDS Dan Costinas





Born in Karachi, Pakistan, Mrs Ottimofiore is a successful published author, journalist, conference speaker, researcher and economist who has worked and lived in ten countries on four continents. She is the happy mother of three children born in three different countries. She currently lives in Cascais, Portugal, with her half-German, half-Italian husband, and enjoys the sunny weather along with her passion for writing.

***Mariam, which are your favourite flowers?* (For those unfamiliar with the Italian language, let's explain that your surname means "superb flower" in English.)**
With the Italian last name of Ottimofiore, it is only fitting that I love flowers. My favourite flowers are lilies, especially white and pink ones. Every morning when I looked out of my bedroom window in Karachi, I would see them – rows and rows of carefully planted lilies in my grandmother's garden next door. The lily, pale and delicate, with its trumpet-shaped flowers and long stems, represents my upbringing in the East and is a source of nostalgia and a reminder of home.

You were living in Africa less than four years ago; what brought you to Portugal?
I initially moved around the world for my dad's banking career, so I was raised in Bahrain, the US and Pakistan. Then as a teenager, I decided to move for my own studies and my own career, which took me from Pakistan back to the US, and to the UK. When I married my half-German/half-Italian husband, whom I met in the UK, I moved to Germany for love. Not to Italy, but to Germany for love – what was I thinking? The following five international moves to Denmark, Singapore, the UAE, Ghana and Portugal have been due to my husband's career in international shipping, which has seen us relocate to a big city with a big port every few years. In 2020 (in the middle of the pandemic and five months pregnant with our third child), I bid farewell to the dusty streets of Accra and moved to Cascais, Portugal with my family, due to another corporate relocation. I can never remember my new phone number, my address or my NIF number. Making a cup of coffee in the morning definitely requires an international adaptor or two.

Mariam, how do you manage the ups and downs of living abroad and moving overseas more often than most average expats?
I have been called a serial expat and wish I knew how to quit. Perhaps there needs to be a seven-step program to help serial expats. I manage the ups and downs quite simply by sharing them openly in my blogs and my writing, and by making sure to share both the challenges and also the opportunities. I also talk about the human side of moving and am an advocate for globally mobile families in the relocation industry. Your mindset is key: I always start a new life in a new country with the mindset that I am lucky and privileged. I get to experience living there and understanding a new culture, learning a new language, building community and making connections. I also share honestly the unresolved grief I feel at constantly having to say goodbye to the places and the people that I love. This is even more complicated while raising my three children (12, 9 and 3 years old), so I share my tips on how to move with your family in a healthy way (to allow for plurality of all emotions) in my first book *This Messy Mobile Life*.

How many languages can you speak,



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and how did this skill help you break the communication barriers within the local Portuguese community?
I enjoy learning new languages. I grew up bilingually in New York, speaking Urdu with my Pakistani parents inside our home and English outside our home with friends, neighbours, teachers, etc. And for the longest time, I took being bilingual from birth completely for granted. I also speak fluent Hindi (all four of my grandparents hail from India originally). I became fluent in German after living in Berlin and taking intensive German language lessons there. I think next up is Danish because I lived in Copenhagen for four years and took intensive Danish classes as well. I am semi-fluent in Arabic, I can read, write and understand it, and living in Dubai helped to perfect my speaking and pronunciation. I also have a decent command of Italian, although I have never learned it formally in a classroom or lived in Italy. I am an Italian citizen through marriage, so my goal is to always become better in Italian. I failed miserably in learning Mandarin when we lived in Singapore. Learning Twi in Ghana was hard, but I learned enough to navigate the local markets confidently.

All of these languages have helped me in learning Portuguese since living in Portugal as well, as I can find commonalities or similarities in sentence structure with other languages I speak. My modus operandi is always to master the small talk, the daily chit chat and to not worry if I make mistakes. I make a lot of mistakes, but that's the only way to learn. I also find that my kids, especially my youngest son, who's three years old, and was born in Portugal, help me to break the communication barriers with the locals, as they are so friendly and welcoming and love to ask us questions when we are out and about.

Have you always been attracted to reading and writing?
Yes, I have always been a reader and a writer. My family jokes that if I don't get to read for at least one hour a day, I get grumpy. It's true, though, reading is what keeps me going and writing keeps me sane. I wrote *This Messy Mobile Life*, which is part memoir, part guidebook, in the midst of making an international move from Dubai to Ghana and while I was writing about a messy mobile life, I was also living it. Sometimes life imitates art. My second book is my debut novel, *The Guilty Can't Say Goodbye*, which took me about two years to write. It was written here on the streets of Cascais and is set in Portugal.

Are you already thinking about the next book?
Yes. In fact, I am. I absolutely love to cook and find I can often best express my cross-cultural identity on a plate. I am interested in sharing the multicultural recipes from around the world that I have learned as a result of my global adventures and perhaps there will be a cookbook in the future. I would also like to write a collection of short stories or essays, perhaps ten short stories for the ten countries I've lived in.

What else do you like to do when you're not writing or reading?
I love to travel, try out new recipes, catch up with friends, go on long walks and spend time in nature. I also love being a mother and family time with the kids is precious.

What is your message to the readers of Tomorrow magazine?
My message to the readers of *Tomorrow* would be to remember "home is a story that comes with you; it's not a place you leave behind." (*The Guilty Can't Say Goodbye*, 2024).

www.mariamnavaidottimofiore.com
www.instagram.com/mariam.navaid.ottimofiore
www.facebook.com/authorpagemariamnavaidottimofiore
www.amazon.com/stores/Mariam-N-Ottimofiore/author

Book Review

The Guilty Can't Say Goodbye, by Mariam Navaid Ottimofiore

Portugal seen through a "serial expat's" eyes.

"For those who are brave enough to move – because home is a story that comes with you, not a place to leave behind."

This debut novel has an inspired and clear-cut subtitle: "Three women. Three secrets. Three broken lives." – the book cleverly reviewed in 7 words!

I'd classify this book under the expat-autobiographical fiction category. It is a novel, indeed, and (according to the disclaimer) none of the characters exist in real life. And yes and no: Mariam is not Fatima, Kate, or Abena, but I can sense a lot of personal experience described in the book's pages. There are parts of Mariam in every main character, and, as a result, the storyline becomes more credible. Isn't it credibility readers expect from a good book? Trust is always built quicker when the audience can relate to the narrative.

The three stories coherently and convincingly describe the expatriates' lives – dealing with some of the difficulties of moving with children, trying to learn new languages, and even fighting depression and loneliness. Fatima, Kate, and Abena are an amalgamation of Mariam and many women Mariam has met and known so far during her global life, this is a book about secrets, guilt, stress, negative emotions, and anxiety – the inner demons we, modern people, face and fight daily. And if you don't believe me, read the author's very words:

"(...) it takes guts to face your deepest, darkest demons. And if there's one thing I've learned, it's that your problems don't go away when you move countries."

A book about demons, but also about closure, acceptance, and reconciliation with the past. I don't want to spoil the pleasure of reading for the many of you who will enjoy it. Just one more thing that captured my attention: the book brilliantly ends with three multicultural dinner recipes featuring a common ingredient, rice, shared by three of the characters.

The book tells a real story about daily family life and tries to answer a fundamental question: *Can we ever escape our past?*

Five stars usually mean perfection, no faults, and excellence. I would have given it six stars if I could.

If, after this wordy consideration, you still want to discover Mariam Ottimofiore's The Guilty Can't Say Goodbye by yourself, buy it on Amazon.co.uk with £4.99 (Kindle edition,) or Amazon.es with €13.78 (paperback.)



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What's on

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

Jazz it Up

The Orquestra de Jazz do Algarve is hosting a series of summer concerts, including three in the historic setting of the fort in Sagres.

6 July: The Algarve Jazz Orchestra Quartet is joined by Sara Badalo, a beautiful voice from the Algarve. This concert will take you on a journey through Brazilian music.

13 July: The duo of Domingos Luís Miguel and Giotto Roussies present a repertoire dedicated to the standards and immortal melodies that have marked the history of jazz. They will also perform some original works inspired by the greats, with a more contemporary feel.

20 July: Led by guitarist Vitor Guerreiro, contrabassist João Segurado, and drummer Maximiliano Llanos, this concert embarks on a reimagining of the American jazz repertoire.

During July. All concerts start at 5 pm
Forte do Beliche
www.facebook.com/orquestrajazzalgarve



Concertos de Verão

A summer concert performing the opera The Magic Flute in an orchestral arrangement by the Algarve Orchestra.

Tickets: €5 (€8 package with 12 July concert) | On sale at the CCL reception or via BOL

13 July, 9.30 pm
Antigo Ciclo Preparatório, Lagos
www.cm-lagos.pt/municipio/eventos



In Honour of Saint Isabel

In July, Coimbra celebrates the birthday of its patron saint, Holy Queen Isabel, with a range of events, including plays, exhibits, food and craft fairs, sporting competitions, and entertainment. The principal event is the sombre parade through the city's main streets, which follows the path Queen Isabel de Aragão took while she stayed in Coimbra in the fourteenth century.

A similar festival is held in Alvor, where there are lots of colourful attractions, including cuisine, music and general events. This delightful celebration will aid and encourage charitable giving. Don´t miss seeing the wonders and vibrancy of this festival! Free entry.

4–7 July
Alvor
www.facebook.com/scmalvor



Lagos Food Fest

The Lagos Food Fest will bring together some of Portugal's most original food trucks to present visitors with the best street food in the country, accompanied by lots of entertainment and musical performances.

11–14 July, 12 pm–12 am
Praça do Infante and Jardim da Constituição
www.facebook.com/lagosfoodfest



The Air Force flies to Portimão!

The Força Aérea (Air Force) was created on 1 July 1952 and celebrates its anniversary in a different location every year. This year, the 72nd anniversary will be celebrated in Portimão. This exciting event includes an exhibition of skills, fun activities, contests, spectacular experiences, fascinating aerial displays, unique concerts, and, most importantly, a grand military ceremony! Go to their website for a programme of events.

29 June– 7 July
Portimão
www.emfa.pt/p-1279-72-aniversario-da-forca-aerea

World Press Photo Exhibition 2024

Presenting the results of the 2024 World Press Photo Contest, the annual exhibition showcases the best and most important photojournalism and documentary photography of the last year. The winners were chosen by an independent jury made of 31 professionals from around the world who reviewed more than 61,062 photographs entered by 3,581 photographers from 130 countries. Free entry

29 July–18 August, 10 am–1 pm
Antiga Lota de Portimão
+351 282 470 700

Disclaimer: While we believe this information to be correct at the time of printing, local events can be subject to change, so we always advise checking the links given before you arrive at the event.



Impressions of Light and Form

Renowned artist Karen Wride is delighted to announce her upcoming exhibition, showcasing her latest collection of original oil paintings and, for the first time, a selection of figurative ceramics. A native of Wales, after a successful career in graphic design in the UK and Spain, Karen relocated to Portugal in 2006 to focus on painting. Her work, characterised by its emotional depth and vivid colour, has been featured in galleries across Europe. This exhibition represents a new chapter in her artistic journey, integrating ceramics with her well-established painting practice.

5 - 31 July, Monday to Friday, 10 am–12.30 pm and 2 pm–5 pm
Casa Manuel Teixeira Gomes, Rua Júdice Biker No.1, Portimão, Portugal
www.karenwride.com



Cultures by Candlelight

This spectacular cultural exhibition brings together traditional music and customary dances, ethnic and artisanal crafts, and gastronomy. The event is lit up by thousands of candles illustrating the main symbols of the Iberian Peninsula. It also presents the wonderful spectacle of Iberian masks to celebrate the colourful culture of both Spain and Portugal. Free entry.

4–7 July, 7 pm
Lagos
www.facebook.com/mercadoluzdasvelas

Dixie Dudes Jazz Band

Formally known as the New Orleans Jazz Band and the Dixie Kings, the male members have regrouped once more as the 'Dixie Dudes' and are going to play for everyone's pleasure in the courtyard of the Museu do Traje. The band members comprise Duncan Kinnell – pianist, singer & percussion, Dave Lawson – clarinet and saxophone, Ray Bartlett – guitar and Luis Hilario – bass. All are dedicated musicians with a lifetime of experience and are passionate about playing popular jazz.

13 July, 6.30 pm
Museu do Traje, São Brás De Alportel
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SUDOESTE RETAIL PARK

2ND ANNIVERSARY

Sudoeste Retail Park celebrated its second anniversary with a weekend of entertainment, offers and lots of music!

Sudoeste Retail Park, the largest retail park in the Algarve and one of the main references in the Algarve's retail sector, located in Alcantarilha, celebrated its second anniversary with a three-day event full of activities for all visitors.

The event, held on 8th, 9th and 10th of June featured workshops, live music, an exhibition of American cars, lots of entertainment and giveaways.

Sudoeste Retail Park has been a success since it opened in 2022. With 19 shops and free parking spaces, this open-air space has become a popular destination for shopping and entertainment in the Algarve region, establishing its position as a retail landmark in the south of the country.

Andreia Ramos, from Retail Mind Group, the organisation that manages the retail space, expressed her satisfaction with the Retail Park's two year anniversary: 'It's been two fantastic years in which the concept of retail has been reinvented in the town of Alcantarilha, by providing a range of excellent brands, products and services, concentrated in one place.



We hope that the coming years will see growth and that more and more families from the Algarve and beyond will come to discover this fantastic space and make it one of their main shopping destinations, not only during the summer but also all year round."

Founded in 2012, Retail Mind Group is an Iberian management and consulting company specialising in the retail sector, with offices in Portugal, Spain, Colombia and Brazil. With more than 30 years of accumulated experience in the retail, property and management areas, it develops retail projects with a 360° vision, promoting the expansion of brands in various markets and accompanying national and international investors in the evaluation of retail projects with added value for the market.

The Sudoeste Retail Park is located next to Alcantarilha's main roundabout, on the EN125, and offers easy access from the Via do Infante (A22). With a total investment of 25 million euros, the Retail Park has been an economic driver for the region, creating 620 direct and indirect jobs.

Sudoeste Retail Park will continue all summer with weekly Arts& Crafts workshops by Papelaria Arco íris and Sunset events organized by Naterial.

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the A-Peal of ORANGE!

WORDS Flora Kouta

When I think of the colour orange, I see the cliffs at Praia da Falésia, long hot summer sunsets and trees heavy with juicy oranges. Death row prisoners, life jackets and Halloween also creep into my mind, but those thoughts are washed away by visions of citrus groves and fruit sorbets!

Before the 15th century, orange didn't exist in Europe; the colour was clumsily referred to as "yellow-red". Portuguese merchants brought the first oranges to Europe from Asia in the early 16th century, along with the Sanskrit word for orange tree, *naranga* – which became *naranja* in Spanish and *laranja* in Portuguese. The English dropped the "n" and the word orange was born.

Some cultures regard orange as a sacred colour because it balances red's power and yellow's perfection. Buddhists connect orange to the highest state of illumination and in Confucianism, the ancient Chinese philosophy and belief system, orange is the colour of transformation.

When it comes to interiors, orange is inviting, fun and uplifting. Depending on the tone, it can add a contemporary edge, a touch of spice or a cosy mood to your living space. Orange is warming in darker months and zesty in summer. It's a colour that adapts to the seasons and looks perfectly at home in Portugal, with all its orange sandstone cliffs.

Portugal is renowned for its oranges and many countries have used their version of the word Portugal to name their orange fruit. In Romania it's *Portocálâ* and in Greece *Portukáli*; in Arabic and Persian languages the word 'Portugal' literally means 'orange'.

Orange is an energetic colour, so it's the natural choice for social environments. It can really help to create a welcoming vibe in high-traffic areas like kitchens and living rooms. Orange is also good for outside spaces, as it pairs beautifully with greens and blues and looks amazing in bright sunlight.

Linen Etc in Lagos have some blue and orange cushions in bold botanical prints that have summer evenings written all over them. They would look great with the tangerine jute rug I've been eyeing up on Etsy. Orange also stimulates the appetite, so if you love having people around the kitchen table, orange will keep them talking and eating for a long time. If you're a bit anti-social or like to go to bed early, I wouldn't paint your dining room orange!









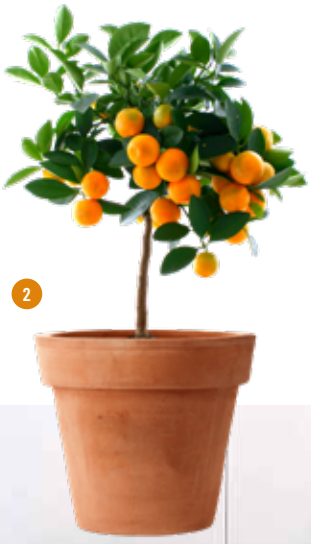




1. *STEPS WITH ORANGE WALLS Flora's own photo*
2. *ORANGE ABSTRACT ART ABOVE BLUE SOFA www.florakouta.com*
3. *SET OF THREE ORANGE DISHES bit.ly/3z2g1zu*
4. *ORANGE CUSHIONS bit.ly/4e900q3*
5. *ORANGE THROW bit.ly/3yREQhF*
6. *ORANGE SUN LOUNGER etsy.me/3y0At6J*



Silves is known as the orange capital of Portugal because of the citrus groves that cover the region's entire landscape. It's also the leading producer of Newhall oranges, a variety with a smooth, thin skin and an intense orange colour. Next time you're entertaining, treat your guests to Newhall Orange Gin, which is made with five botanicals, including Newhall orange peel, juniper and mint. It smells divine and doesn't even need tonic. I like it with sparkling water, and slices of orange and lemon. You could go mad and serve it with *bolo de laranja*, the traditional Portuguese orange cake. My neighbour makes a really good one with olive oil and almonds, and this summer, we've spent many an evening stuffing our faces and gossiping over a few too many orange gins.







I found a fantastic garden centre while sitting in traffic on the N125 last week. This is not the first time I have mentioned crawling along that road ... it's a regular occurrence due to my middle-aged fear of motorways. It's ridiculous, I used to drive all over the world when I worked in TV documentaries and now I'm scared of the little A22 (a totally irrational fear I know; the N125 is much more dangerous than the motorway, as my husband points out every time I shudder at the suggestion of taking the A22).

My avoidance is also fuelled by a love of shopping, of course. Motorway driving is like being on a conveyor belt, you can't get off when you see something you fancy. You can't stop at Olaria Pequena, a pottery in Porches with a stunning blue facade. And you would never notice Bali Home Decor, a wee gem full of hand-carved Balinese furniture, if you weren't doing 12 kilometres an hour behind a tractor on a very boring stretch of road near Alcantarilha.





I wasn't looking for a garden centre when I pulled into Gigagarden Botânica in Guia, I just needed the loo. What I found was a garden lovers' paradise – hundreds of indoor and outdoor plants, from the tiny to the towering, a huge range of garden furniture, ceramics, textiles and decorations. It makes Homebase look like a corner shop. A multi-sensory experience like London's Kew Gardens, I could have spent the whole day there. I bought a beautiful Agave plant, a banana palm and an ornamental orange tree, and completely forgot about the original reason I'd gone in there.

The orange tree is now sitting pretty on my terrace next to my orange hibiscus. It's laden with small fruit which I have no intention of picking, I bought it purely for its looks. Apparently, the fruits are too bitter to eat anyway, and the best thing you can do is freeze the little oranges and use them as flavoured ice cubes ... perfect in an orange gin and tonic!

1. ORANGE DUVET SET etsy.me/45h69hp
2. ORNAMENTAL ORANGE TREE Flora's photo, available at Gigagarden Botânica, Guia
3. ORANGE GIN bit.ly/3yUc3Jp
4. BLUE BOWL WITH ORANGE & LEMON DESIGN www.olariapequena.com
5. ORANGE JUTE RUG etsy.me/45dcDhw
6. ORANGE STORAGE BENCH bit.ly/3VcATMO

SPORTS ROUND UP

WORDS David Lugg



Photo © Luis Cabelo

Algarve 7s Rugby

The fifth edition of the annual Algarve 7s proved to be another success, with over seventy international sides and over two hundred athletes taking part. The event has now expanded to include netball, hockey, and golf within its programme. Such is its increase in popularity that the event is now broadcast live on YouTube. Algarve netball sides Lagos Fireballs and Vipers NC (Vilamoura) both competed in the competition.



Margaret Coleman (Netball Portugal President), Janet Shephard-Stone (vice president), Cherly Danson and Amy Griffiths

Netball

Europe Netball has visited Portugal to deliver a two-day event focusing on coaching and umpiring. The weekend was a showcase of knowledge and skills conducted by Europe Netball's officiating director Cheryl Danson, and Amy Griffiths, head netball coach of the University of Gloucestershire's 3rd, 4th, and 5th BUCS teams. Though in its infancy, netball in Portugal is growing fast and is in need of new players to help create a national team. If you are interested in playing, email info@netballportugal.com

Contact David Lugg: david@tomorrowalgarve.com to publicise a sporting event or a rising star

Algarve Football

Portimonense have suffered an agonising defeat in their Primeira Liga relegation play-off. A 4-2 aggregate reverse to AVS saw the side from Portimão relegated to Division 2 after seven seasons in the top flight. Despite dominating possession, goal-scoring chances were at a premium for the team from the Algarve and they subsequently lost both legs 2-1. Following the end of the match, head coach Paulo Sérgio left his role despite being offered the chance to lead them back to the top division. In a note to the media, Sérgio stated, "Today is a very sad day for me. After a very difficult season, after having given my all, after five years and almost two hundred games, with very strong bonds of friendship in the club and in the city, I understand that the best thing for everyone will be not to renew the professional connection."

International youth football

Portugal's impressive run at the UEFA European Under 17 Championships has come to an end in the final following a disappointing 3-0 defeat to Italy. In truth, the Italians were the far better side and deserved their victory. Despite defeat, the young Wolves will take solace from an excellent tournament and will be delighted that Porto striker Rodrigo Mora finished as the competition's top scorer.

Athletics

Portugal has completed its European Athletics Championships campaign with two medals – a silver and a bronze. There were mixed emotions for the two medallists, as Olympic triple jump champion Pedro Pichardo could only finish second despite jumping 18.04m, just 4cm shy of his personal best. However, there was joy in the discus for Liliana Cá, whose throw of 64.53 metres saw her take third place and win her first major championship medal.

Tennis

Portugal's number one men's tennis player Nuno Borghes has crashed out of the French Open in the first round. The twenty-seven-year-old was given a tough draw against the world number 34 Tomas Machac but lost in straight sets. Borghes, who is coached by Algarve tennis legend Rui Machado, came into the tournament on good form but was let down by his second serve. He will now focus his attention on Wimbledon as he looks to get past round one for the first time.

Rugby

The Portuguese national men's team will have two exciting away fixtures this month. On 12 July, they will take on fellow tier-2 nation Namibia before a historic match against World Champions South Africa in Bloemfontein on 20 July. The match against the Springboks will be the first time the two nations have ever played each other, and it doesn't get any more difficult than playing the world's best team in their own backyard. Whatever the result, Portugal will gain much-needed experience against tier-1 opposition.

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Carlota Carochinho

Queen of the Racetrack

WORDS David Lugg

Most thirteen-year-olds are still figuring out their favourite subject at school, let alone planning a successful career. But Carlota Carochinho is not your average thirteen-year-old. Within a few years, Carlota aspires to become a professional motorcyclist. In every sense of the word, she is driven. David Lugg spoke to Carlota about her goals and what she needs to achieve them.

With her bright blue hair and beaming, if slightly mischievous smile, Carlota Carochinho is every bit a precocious teenager. Her confidence exudes through every pore and she has little fear. Which is fortunate because, if her dream becomes a reality, she will be racing motorbikes at breathtaking speeds of up to 360kmph (220mph). Fearless confidence is something she will need in high quantities. But enough about the future, let's look to the past and find out where it all began.

"I was eight years old when Paulo Oliveira (father of Portuguese legendary motorcyclist Miguel Oliveira) challenged me to ride an Ohvale 110 Auto on the day I went to try to get Miguel's autograph. I tried it out, fell in love and knew at that moment that I wanted to be a racing driver." Trying it out and falling in love are often two wildly different experiences. I asked Carlota where this vow of self-assurance has its origins.



"I've always loved sport and competition. I practise swimming, boxing and aikido. Motorcycling was a sport I got involved with in 2019 and it has undoubtedly become my great passion. Speed, adrenaline and freedom on wheels are undoubtedly the feelings that fuel this passion. They focus my drive in this sport."

As you can see from words like 'passion' and 'freedom', Carlota seems to have found her calling, but let us not forget that she is only thirteen. You would be forgiven for thinking she couldn't have reached a high level at such a young age. Think again. Considering she is "competing against (more experienced) boys", she has already held various national champion titles and, last year, finished third in the FIM World Series in the 160cc category.

In such a male-dominated sport, I ask her what daily challenges she faces. "The main challenge is undoubtedly to show the big teams and brands that we women can be as good or better riders than men and that it would be very fair to open doors for us. On the track, we're all the same. We all have the same bikes, so it would be great to have the same opportunities to develop and go further".

There have been a few shining lights for women in professional motorcycling in recent years. In particular, Spanish rider Ana Carrasco became the SSP300 World Champion in 2018. I put it to Carlota that she must be one of her idols. "Yes, I admire Ana's progress, but I have a closer connection with Maria Herrera, who is on the

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official BMW team in the Moto E category. I've had the opportunity to train with her a few times. I also really admire Miguel Oliveira, Marc Marquez and Pedro Acosta."

With such a busy lifestyle, I ask Carlota if it is difficult to balance a life in motorcycling alongside her school education? "It's not difficult. It's actually quite easy and straightforward. It's all a question of organisation and time management. During the week, motorcycling doesn't take up any of my time as I can't train, so I just do the other after-school sports."

Unlike her school life, the financial implications of racing (and maintaining) motorcycles must be astronomical. Motorsport is traditionally a very expensive industry and there must be some serious money involved? "This is a problem that my parents and I face on a daily basis. Unfortunately, there is no support and our sponsors are small companies. I've never had a guaranteed season, I'm always unsure whether or not I'm going to train, if I'm going to a race or if I'm going to get new tyres. This ends up being very psychologically draining for me."

A recent racing accident caused serious damage to Carlota's motorbike, and she needs to purchase a new one to continue racing. Her mother, Diana, has launched a crowdfunding page on GoFundMe to raise the 8,000 euros needed for a new motorcycle.

"I would very much like companies or individuals to believe in my sporting project and to support me financially so that I can progress and achieve all my goals. Each season is properly prepared and with everything secured, I will undoubtedly be able to improve with nothing to fear."

As we turn to the future, how can we see Carlota Carochinho in action? "This year, I'm doing the National Speed Championship in the Moto5 category, with races at the Estoril and Portimão racetracks. I'm also racing in the



Spanish Cup in the 190cc category. We race on different circuits, but this information and others will be posted on my social media pages."

And what about the long term? What is the goal? "My big dream is to be the first woman to ride in MotoGP (the highest class of motorcycle road racing events). But in the short-to-medium term, I hope to be able to join a fast-growing team and make proper sporting progress there." With more of that tenacious confidence and the right financial support, she has every chance. There is no doubt that we could have a star in the making.

If you would like to help Carlota, or perhaps you would like to be a sponsor, visit her website. www.carlotacsc28.com or www.gofundme.com/f/uma-nova-mota-para-a-princesa-da-chuva

Facebook: carlota csc#28



Synchronised Swimming Success

WORDS Laila Jones

In the February edition of *Tomorrow*, we showcased the synchronised swimming duo, Beatriz Gonçalves, 24, and Cheila Vieira, 25, who, under the guidance of their dedicated coach Sylvia Hernandez Mendizabal, were training rigorously to qualify for the summer Olympics in Paris. Their training schedule was intense, with up to 40 hours per week spent at the Lagos em Forma pool, preparing for the qualifying event in Qatar.

Through their hard work, Sylvia and the two girls brought immense pride to Portugal by securing 11th and 15th positions in the Aquatics Swimming World Cup in Budapest, in 2023. However, coach Sylvia Hernandez recognised that qualifying had become more competitive due to the reduced number of duets allowed. It had previously been 24, but now only 18 could qualify.

In Qatar, where they performed, they had almost qualified but during the tech duet, they needed to avoid a base mark, which means even the smallest mistake will cost you dearly. So if you are trying to do a 360º turn, you cannot get 359º which gives you zero. Heartbreakingly they made a small mistake in the last second of choreography, which took them to 16th and this stopped them from attending the Olympics. "But the girls wanted to keep fighting," says Syliva, which is why they decided to try the European championships.

On 16 June, they had another chance of glory at the European Aquatic Championships in Belgrade. "We had good energy and positive thinking, and we fought for a medal," says Sylvia. They did not disappoint. Although they did not get a medal, they finished fourth in the technical duet for their 'Rodeo' performance. The artistic swimming competition allowed them to showcase their incredible skill and passion for their sport. This high accomplishment will justify all the support from Portugal, particularly Lagos.

Sylvia confirmed to *Tomorrow* that "They have made history and are heroes in their country." They are now having a rest before they decide on the future.

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The Importance of Consistency

I have had a lot of conversations with clients recently about consistency. When looking at the changes they have made, it has not been dramatic, but has been a gradual process.

WORDS Ann de Jongh

Especially as we get older, it is so important to keep the body moving and strong so that it can remain that way. We lose muscle mass as we age, and more importantly, we lose muscle strength at a greater rate, so we need to offset this, not just for a few weeks, but consistently year on year.

This goal is the same with mobility. I am sure we have all gone to do something and realised that we are not as mobile as we used to be and often arthritis or previous injuries contribute towards this – but if we keep moving, stretching and mobilising this will help us to counteract this. It does not need to be a lengthy daily routine; just doing a few simple stretches most days will add up over time.

The important part is continuing to do them. This does not mean that every day has to be perfect. It is about the small daily actions that all add up. Consistency is more important than perfection. This is the same for our nutrition. Quick-fix diets only work short-term, but making small changes will, over time, bring results.

Consistency is the cornerstone of success, especially regarding our health and longevity. It may not be exciting, and it won't get you those quick fixes, but showing up every week will allow you to achieve results and keep your body strong and mobile. Slow and steady wins the race!

"It's not what we do once in a while that shapes our lives, but what we do consistently." – Tony Robbins



Laughter as Love's Lifeline

Using Humor to Smooth Over Relationship Rough Spots

WORDS Becca Williams

I'm ticked off. Once again Ron is running late – that is according to *my* sense of time. "Can you please hurry it up!" I bark. "We're going to be really late!"

Without missing a beat, Ron quips, "Guess I'm just making sure we're fashionably late – you know, adding to our mystique!"

We both break out into laughter at his silly reply. Any annoyance I had vanished into thin air as we make our way out, slightly behind (my) schedule. And, once again, I marvel at his ability to diffuse tension with humour.

This skill in relationships can be invaluable as it transforms potentially volatile situations into moments of connection and understanding. At its core, this strategy involves responding to critical or tense remarks not with defensiveness or retaliation, but with a light-hearted comment or joke. Take it from me, this approach can significantly reduce the immediate emotional charge, opening the door to more constructive conversation.

Implementing this skill requires sensitivity and timing. The humour should not be at the expense of the other person›s feelings or the seriousness of the issue. Instead, it should be inclusive, inviting a shared laugh that bridges the gap between the partners.

As you can tell, it involves playful exaggeration, or self-deprecating humour, or witty observations that are relevant to both people. I'm not as good at it as Ron, but now, when I have something to convey, I try to build in a clever remark rather than out-and-out gripping. "You've left the dishes again? What are you, auditioning for a role in a science experiment?"

Setting the tone with these lighter exchanges allows us to revisit punctuality or household chores to arrive at solutions so they're not recurring events. When both partners are committed to this approach, it cultivates an environment of mutual respect and affection, where problems can be addressed in a spirit of collaboration rather than confrontation.

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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Spilling the Beans

Is coffee a health-food or a dangerous addiction?

Coffee has grown into the world's most consumed beverage after water. But is it good for our health?

WORDS Sherry Fader



There is no shortage of opinions on this topic and for good reason: the answer is complex. Most of us simply look forward to that morning cup of joy without thinking about its nutritional profile. However, to answer the question as to whether coffee is healthy for us, we have to consider many factors, such as alcohol consumption and smoking.

The main compound in coffee is caffeine, a potent stimulant to our central nervous system. Demonised by some and worshipped by others, caffeine has been linked to many negative health issues, such as heartburn and insomnia, but current research shows it may also be beneficial to our well- being. Caffeine is associated with increased cognitive function and improved memory. It helps our ability to focus and has been shown to improve the physical performance of athletes. In other words, it helps us get stuff done. Scientists believe this is due to increased blood flow to the brain, which may increase the risk of migraines. Caffeine also disrupts a chemical naturally produced in our bodies that helps fuel our desire for sleep called adenosine.

Coffee is packed with polyphenols, which researchers attribute to its many health benefits. One such compound is a potent antioxidant called chlorogenic acid, which has been associated with a reduced risk of type 2 diabetes, reduced risk for Parkinson's and Alzheimer's, and improved liver and cardiovascular function. In a meta-analysis of more than 200 studies, researchers found that drinking a moderate amount of coffee resulted in an overall lower risk of death from all causes. The sweet spot seems to be no more than three to four cups or 400mg per day.

Coffee is also good for our gut microbiome due to its fibre content. According to the NIH, coffee drinkers get a good dose of fibre in each cup of java (this may explain the urge to poop after drinking coffee).

Whether you drink dark or light roast, how you prepare your coffee also matters. Non-paper filtered coffee, such as boiled, French press, or Turkish coffee, alters the final product. For example, while coffee does not contain cholesterol per se, it does contain compounds that tend to elevate LDL cholesterol and dark roasted coffee beans were lower in these compounds. High heat and long roasting times are believed to destroy the cholesterol-raising compounds. Additionally, dark roasting can wipe out up to 99% of pesticides used in conventionally grown coffee. Another study found that dark roast seems to lead to more weight loss than light.

On the other hand, dark roasting also destroys much of the beneficial chlorogenic acid – that powerful anti-inflammatory component known for its health benefits. If you're concerned about cholesterol, then dark roast is a better choice. If you're hoping to maximise the antioxidant content, then a lighter roast may be better. The Robusta coffee bean has also been shown to contain higher amounts of these antioxidants than Arabica, which may explain why some find Robusta beans to be more acidic and sour tasting.

A paper filter will eliminate much of the caffeine and unwanted harmful chemicals while preserving the beneficial anti-inflammatory components. And decaf drinkers can rejoice in the knowledge that the decaffeination process retains the desired antioxidants.

What we add to our coffee can also affect its health profile. Researchers found that the protein found in milk and dairy, called casein, can bind with coffee compounds, greatly diminishing our ability to absorb these beneficial antioxidants. This was not the case with dairy alternatives such as soy milk that do not contain casein.

In summary, while coffee has been around for hundreds of years, research on its many compounds are just underway and much remains to be learned about the benefits and risks. So, the answer to the question: is coffee health-promoting? It depends.

It depends on your reason for drinking it. It depends on which type of coffee you use, how it is prepared and what you put in it. It also depends on your individual health risks, such as hypertension, high cholesterol, glaucoma, pregnancy and medications that caffeine may interact with.

So, do you believe life is better with coffee?

Sherry Fader is a certified Nutrition Educator, NE, Bauman College, Penngrove, California.

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The Forbidden Door

I was recently invited to a friend's birthday drinks at a new venue in Lagos. The only problem was finding it!

WORDS Sophie Sadler
PHOTOGRAPHY @Ola Mila







This new bar opened in March, but far from announcing its presence in the old town of Lagos with hard-to-miss hoarding or a swanky shop front, this intimate space is intended to be hidden behind a forbidden door.

Armed with a Google map location shared by the birthday girl I eventually found the red door, cleverly concealed in a side street. It was necessary to ring a bell and then wait to be admitted which led to the air of drama that we found on entering.

The inner sanctum felt clandestine, with thick curtains obscuring the interior as we were admitted by a barman. The interior space has deep red walls, making it feel surreptitious while also creating a womb-like space where you feel immediately closeted.

One of the partners in the new business told me: "We were looking to provide an intimate space where family and friends could gather around for drinks, good conversations and great memories – we ourselves craved for such a place around town. We envisioned a place capable of making you forget about the extreme heat, the overcrowded bars and streets, and overall day-to-day stresses, somewhere you'd forget about your worries and let yourself be transported to a different time."

The concept of recreating the Speakeasy has become popular in many big cities, a retro-style bar that replicates aspects of these historical forbidden drinking dens that were common during American prohibition. The new bar in Lagos was founded by five business partners: Catarina Loureiro – bartender, Welder Almeida – bartender, Ruben Martins – chef and restaurant owner, Júlia Franco – restaurant owner and entrepreneur and Alexandre Baptista – restaurant owner and entrepreneur.

The cocktail menu was like setting kids loose in a sweet shop for our group of ladies. It comprised cocktails you had never heard of, each with its own theatricality as it was prepared for you at the table. You could also select a typical selection of drinks, but when I ordered a gin and tonic, it was a boutique gin with delicious and unusual flavours.

The highly original house cocktails include the Portuguese Old Fashion. A riff on the Old Fashion, they use a technique called fat wash to infuse chorizo into the bourbon, which they then combine with the smokiness of palo santo and the bitterness of the Angostura to create this smoky, savoury and spicy concoction.

We also sampled the Asian Bubbles, a chance to indulge in a citric, vibrant and fresh cocktail. Our server Catarina suggested this gorgeous cocktail which is a combination of gin, homemade cordial using yuzu pulp, fresh lemon and lime juices, sugar, muddled kaffir lime leaves, citric solution and a touch of elderflower. They use a kaffir lime edible perfume to intensify the aromas and, when it was brought to the table, they created a smoke bubble that explodes in the mouth for an olfactory invitation to sip this summer beauty.

And if you feel like being furtive this summer, the Forbidden Door is offering *Tomorrow* readers a 10% discount if they announce the password at paycheck time: "We are forbidden!"

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Restaurant Critic

The Studio: Coffee & Brunch Cafe is a hidden gem in Lagos's beautiful downtown. It offers a unique combination of coffee and brunch in a cozy, informal setting.

WORDS Peter Cruiming



The cafe is owned by the world-renowned photographer and YouTuber Brendan van Son. Despite his Dutch-sounding name, Brendan originally hails from Canada and has travelled extensively, capturing stunning images in over 100 countries. The cafe's name is a nod to his photography background.

The Studio exudes a cool and welcoming atmosphere, making it a hotspot for both locals and digital nomads. You'll often find freelancers and remote workers gathered around the large communal table, enjoying delicious coffee while getting work done.

The menu

Although the menu is limited, it features delightful options such as avocado toast (8 euros), smoked salmon (8 euros), hummus toast (7 euros) and the delightful power toast with chocolate and red fruit (7 euros). There are also vegan and gluten-free choices available, ensuring that everyone can find something delicious to Prices are reasonable, starting at 7 euros, though the portions are not very large. Adding a soup option to the menu would be a good idea for those looking for a two-course meal.



The cafe's interior is beautifully designed, and the walls are adorned with Brendan's enchanting photographs, adding to the ambience. The staff are friendly and welcoming, making your visit even more enjoyable.

While there is no outdoor terrace, you can still soak in the atmosphere by sitting near the open window and watching the world go by. And for those craving Asian flavours and/or a sunny terrace, The Seasonal next door is an excellent option. In summary, The Studio: Coffee & Brunch Cafe offers a wonderful combination of coffee, brunch and art in a relaxed atmosphere. It is a must-visit spot for coffee enthusiasts and people seeking a cosy place to work or relax.

P.S. Brendan also has a shop in Luz where they roast coffee and he is in the process of opening one in Madeira.

Peter Cruiming is a Dutch entrepreneur and food blogger who lives in the Algarve.
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Asian Fusion

Summer Salad

The hot months have reached the Algarve, and the best kind of cuisine to eat is healthy, light food!

WORDS Lita

This recipe was inspired by the famous traditional Thai dish Khao pad, which I have always enjoyed and learned how to prepare on several trips to Thailand. I love transforming Asian dishes into great vegan food. Who said salads are boring? With exotic ingredients like mango, edamame, coriander, and ginger, a salad can be inspiring and delicious! With this refreshing mix of flavours, you can create a fusion that takes salad to a new level.

Benefits

The veggies and fruit are a summer immune boost. Mangoes have plenty of vitamins and minerals, and are excellent for the skin. Edamame are young soybeans harvested before they ripen or harden. Available shelled, in the pod, fresh, or frozen, they are a great source of vitamins and protein, and are low in calories. I always have them in my freezer and sometimes eat them as a snack.

Ingredients for four people

- 2 cups of cooked basmati rice
- 2 carrots
- 1/2 a bell pepper
- 1 small piece of ginger
- 3 cloves of garlic garlic
- 1 mango
- Edamame (one or two tbsp per bowl)
- Peanuts (one tbsp per bowl)
- ½ bunch of coriander
- 2 tbsp soya sauce
- Pepper or chilli

Preparation

- Wash the rice and cook it
- Cut the mango into cubes and chop the coriander
- Chop the garlic, ginger chilli, and vegetables into sticks and put them aside
- Smash the peanuts in a blender

Cooking

- Put the oil in the wok, add the bell pepper and carrots and stir fry for five minutes
- Add the garlic, ginger and chilli, and stir for five more minutes
- Put the rice, soya sauce and ground pepper (if you don't use the chilli) into the wok, and stir until it is cooked; put it in a bowl and let it cool down
- Decorate the fried rice with coriander, edamame, mango and smashed peanuts

Try to prepare this salad for your family, or you can enjoy it throughout July at Lita's Concept Store in Lagos, in the Vegan Bistro!

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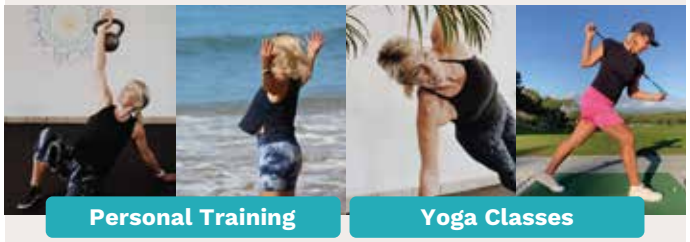
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Wine of the Month

Quinta da Tapada do Barro Tinto, 2020, abv 12.5% Meaning "clay tapestry" from Vila Nova de Tazem, in the Dão. €8.99

WORDS Candace Olsen

Always on the hunt for new wines that hit the proverbial "sweet spot" for the bank account and that also give a big bang for their buck in terms of quality, you can find me regularly perusing the wine aisles.

I discovered this specific wine recently while outsourcing new affordable and delicious wines for an event I am curating in July. While I was scanning the wine selection at Intermarché, I came across Quinta da Tapada do Barro Tinto. I was immediately interested due to the colourful label, the shape of the bottle and the very attractive price tag. So I threw it in my cart and brought it home. Two days later, I opened it alongside a few other bottles and this wine came out as the winner of the line-up! It checks all the boxes, it's specific to the region it comes from, is well made, clean, delicious and affordable. And, for those of you who look for this, the bottle also has the designation of being vegan, an extra added plus.

A blend of Jaen, Tinto Roriz and Touriga Nacional, this particular wine is a beautiful dark ruby red that's almost translucent. On the nose, you're immediately enveloped by the wild and sweet violet floral note that Touriga Nacional is famous for. Then coming quickly behind is fresh, cracked black pepper, liquorice, deep ripe red and purple fruits, and a nutrient-rich black earthy note.

On the palate, they come together to fill the mouth with concentrated red raspberry, dried purple plum and wild ripe black cherry. With a hint of leather and earth, the smooth tannins all lead to a delicious mouth-watering juicy finish.

I recommend serving this wine lightly chilled or at room temperature. It would be well paired with pizza, burgers, roasted pork loin, lamb chops, or char-grilled vegetables with roasted potatoes.

Candace Olsen is a wine consultant, sommelier and guide for wine tasting tours and events. Originally from the US and a professional dancer for over 25 years, her career allowed her the opportunity to tour the US, the world and live abroad in Spain, France, Belgium and Japan. It was during this time that she was first introduced to the magic of great wine and food shared across the table with friends and acquaintances.

But, it wasn't until the end of her performing career in 2014, that Candace was introduced to her first life-changing wine pairing experience, and a true light bulb moment fueled her radical career change. Diving into wine study at the International Wine Center (WSET) and The Court of Master Sommeliers while working at night on Broadway, she slowly worked her way through every wine school in the city and when the show closed in late 2016, she made the leap.

Candace worked as a sommelier, eventually evolving into a buyer, wine director and manager at The Standard—Highline, two Michelin-starred L'Atelier and one Michelin-starred Le Grill de Joël Robuchon, Charlie Palmer's Aureole, Le Bernardin's Le Privé, and the Aldo Somm Wine Bar.

Having moved to the Algarve four years ago. Candace devotes her time to learning and exploring all the incredible wines of Portugal and tending her small vineyard in the countryside with her partner and two Portuguese rescue pups, Pepper and Quiejo.

Port Wine

A Historical Journey between Portugal and England

WORDS Tânia Soares



Discussing port wine entails embarking on a journey into the past. Each glass of port wine, served ceremoniously in a slender glass, contains countless stories.

The distinctive flavour stems from the indigenous grapes of the Douro wine region. The Romans initiated production upon their arrival in Portugal in the 2nd century BC and began on the banks of the Douro River, where they cultivated and produced wine. After the foundation of the Portuguese kingdom, wine became one of the leading export products. However, the port wine we know today emerged later.

The Treaty of Windsor was signed in 1386. A political, military, and commercial alliance between England and Portugal allowed merchants from both countries to trade goods. Over time, numerous English merchants established themselves in Portugal. By the 15th century, the main commodities for exchange were wine for England and codfish for Portugal.

Another significant treaty was the Treaty of Westminster, signed in 1654. This treaty bolstered the trade exchanges between the two countries, granting benefits to the English and Scots residing in Portugal, such as preferential customs duties. Before Porto became the primary trading hub, trade exchanges occurred in Viana do Castelo, where textiles from England were imported, and cereals and olive oil were exported.

In 1667, a series of misunderstandings between the English and French led Louis XIV's prime minister to restrict the importation of goods from England to France. In response, Charles II of England raised the tax on French wine and eventually banned its importation. This historic event boosted Portuguese wine exports, benefiting English traders residing in Viana do Castelo.

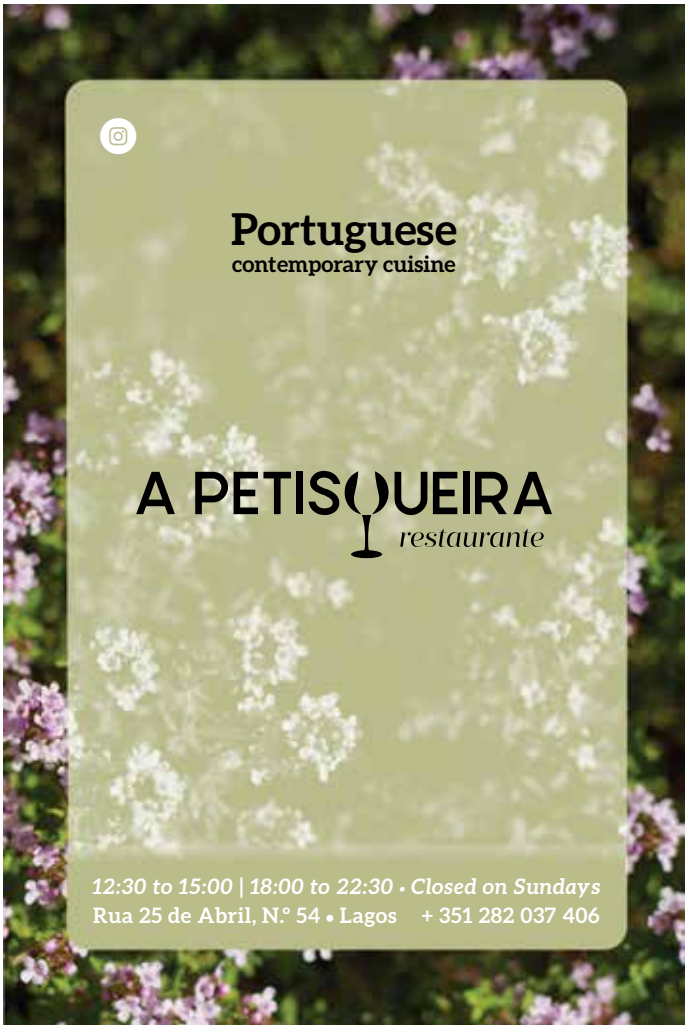
As sales increased, traders began to realise that the English did not appreciate the light and unstable wine from that region. For that reason, they started to explore more inland territories in the north of Portugal.

You probably already guessed where these traders found rich soils for wine production that were more pleasing to the English. It was in the Upper Douro, an area where the renowned port wine is still produced to this day!

If you are a fan of port, Mar d'Estórias offers the Port Wine Trilogy, an experience in which you can savour white port wine, LBV, and tawny aged for 10 years.

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Care for Cats





Most people associate Cadela Carlota with dogs, but we have another less well-known side to our care – cats.

WORDS Anne Hodges







At the moment, our cats are housed in a building on land belonging to the city of Lagos. But over the past few years, we have had to look after so many more cats – and the building is now bursting at the seams. Our volunteers have heroically battled with this situation, but now the City of Lagos wants to redevelop this area, and we need to find another home for our 70 cats within the next year. There is no time to lose.

You may remember that last year we raised enough money to buy the parcel of land on which our dog shelter was situated. This was a major undertaking, but all our volunteers and well-wishers, including *Tomorrow* magazine, made a huge effort and we now own the land. Our dogs are safe. Fortunately, this piece of land was more than adequate for our present needs, and we are now able to use part of the land to re-house our cats. But for the first phase, we need to construct a building to:

- House up to 100 cats.
- Provide indoor and outdoor spaces to care for injured, sick and recently spayed cats, as well as mothers, kittens and healthy cats waiting for adoption.
- Provide separate quarantine areas for contagious diseases to avoid the spread of disease.

Having received estimates from local contractors, we need to raise 75,000 euros in order to do this. With this aim in mind, we have launched a GoFundMe page (details below).

If you are reading this magazine, you are no doubt aware that it is truly a magazine which serves the needs of the community. At Cadela Carlota, we have been fortunate enough to benefit from the *Tomorrow* ethos on many occasions. And now, as we launch our Cat Rehoming Appeal, *Tomorrow* has stepped up to the mark to help us yet again. We, together with the *bombeiros*, will share the proceeds of the Charity Tropical Party held in June. But we still need to raise a lot more.

If you are able to do so, please make a donation to this worthwhile cause. Look out for the collection tins at Pom Pom Bagels, The Collab Bar, The Coffee Studio – and many others, all situated in Lagos. If any of these venues are one of your usual haunts, please think about leaving a donation (after settling your bill, of course!).

All of us who have the privilege of owning cats or dogs know how much joy and companionship they bring into our lives. My personal mission when becoming a volunteer was to repay them, in some small way, for all they have given me. With your help, Cadela Carlota will be able to continue to do this too.

gofund.me/c212c4d6
www.cadela-cartlota.com

Feline Blood Donors

Earlier this year, in cooperation with the Portuguese Animal Blood Bank, ten of our cats became blood donors.

The maximum amount of blood a cat can donate is about 50ml and the procedure is very similar to that used for humans. A vet and two nurses came to the shelter to make the collection and also to ensure that no cat was put under undue stress while the donation was taking place. This blood will help to save the lives of many more cats.

So, if you own, or have owned a sick cat, maybe your special friend has been saved by this invaluable service. If you own a cat or a dog and a blood collection takes place, once the blood is used, you will be notified, with a special thank you to your pet for saving another animal's life.

Visit bsanimal.pt for more information on animal blood donations.



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A two-bedroom terraced townhouse for sale at The View, with spectacular sea views and a communal pool.

Built size 122 sq m

€425,000



Chameleons: Masters of Camouflage!

WORDS Luis de Teves Costa

Joke:

My son Jaime's favourite: What do you call a funny lizard? A stand-up chameleon!

One of the most enigmatic animals living in the Algarve is, unarguably, the chameleon. Used on logos and advertising across the region, it is a symbol of the Algarve, which is the only place in Portugal where you can spot these magical creatures. However, people can live in the Algarve for many years and never get to see one. Chameleons are very inconspicuous reptiles that have evolved for thousands of years specifically to avoid being seen and can disappear in the blink of an eye.

The only species found in Portugal is the Mediterranean chameleon, also known as the common chameleon (*Chamaeleo chamaeleon*). This lizard is found throughout the north of Africa and the Mediterranean basin. The origin of the Portuguese population is unclear, but many believe that the specimens were brought to the Algarve by fishermen who frequently stopped in Morocco. Initially kept as pets, they found their way to gardens, surrounding sand dunes and woodlands. These are ideal habitats for chameleons to settle and eventually led to the colonisation of most of our southern coast.

Common chameleons grow to 40cm in length and have a lifespan of approximately three years. Usually solitary, they only tolerate members of the opposite sex during mating season. They are arboreal, which means that they prefer to spend their time in trees and bushes. A prehensile tail aids life on trees and is used as an extra limb, or to maintain balance and stability. Slow-moving creatures, their motion is sometimes a swaying walk that resembles vegetation in the wind, which is part of their strategy to avoid detection by predators. During mating season, males can be hastier and more euphoric when fighting rivals or chasing females.

Famous for their ability to change colour and match their environment, these animals are born with a natural colouration that ranges from bright green to a dull sandy grey, which already blends in very well against the leaves and branches where they spend most of their lives. Camouflage is a successful natural defence mechanism used against predators, but self-protection is not the only trigger for a chameleon's change in pigmentation. The skin tone is also a form of body language and an indicator of the health and mood of each individual. Paler colours usually mean relaxed and calm individuals, brighter colours match more active or excited animals, and darker displays are generally adopted by stressed or ill chameleons.

Daytime hunters, they ambush their favourite prey, which are flies, moths, locusts and praying mantis. When hunting, chameleons use another unique adaptation: their tongue. Twice the size of their body length and with a sticky end, this weapon is fired with incredible accuracy to snatch oblivious insects.

As for threats, chameleons are prey for raptor birds, snakes, foxes, storks and other opportunistic animals. Domestic cats and dogs, roads and illegal catching also pose serious problems to their population.

Worldwide, there are more than 200 species of chameleons which can be identified by their triangular-shaped heads, independent-moving eyes or spiral-curled tails. However, not all



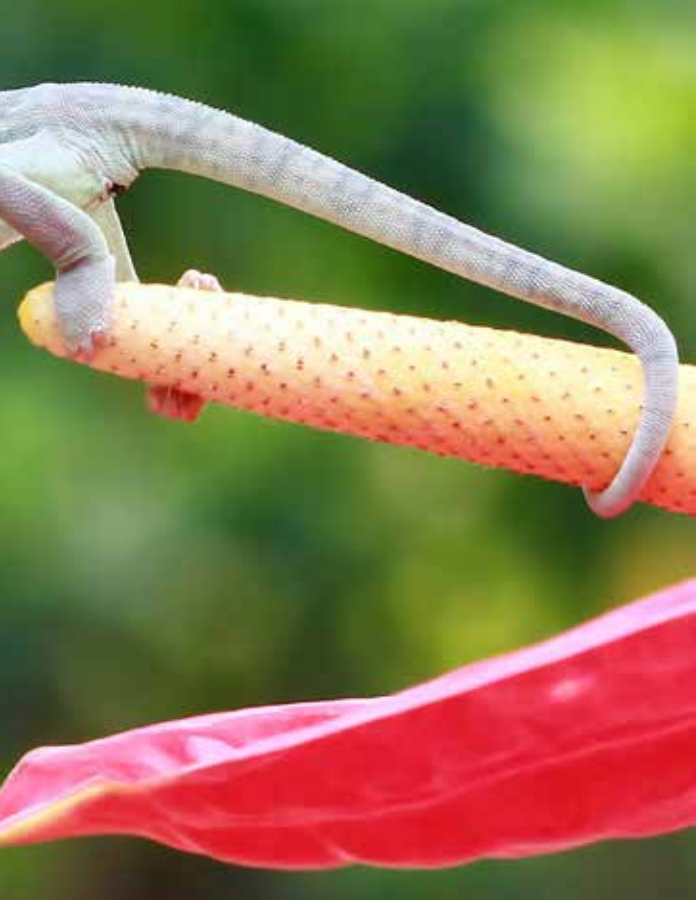
Mediterranean Chameleon - Photo © Dawn Godden



We had recently moved to Portugal when my son and I saw this beauty casually crossing the road outside his nursery, near Guia in 2017



Rare sight of a chameleon swimming - Photo © Dawn Godden



chameleons show all these traits. Off the eastern coast of Africa, the island and country of Madagascar is home to a great number of chameleon species that have evolved there and can be found nowhere else on the planet. Among these is the *Brookesia nana* or simply "B.nana", aka the nano chameleon. Only found in 2021, B.nana is amongst the tiniest vertebrates in the world, with adult specimens measuring an impressively small 22 millimetres! Also native to Madagascar, the Parson's chameleon (*Calumma parsonii*) can grow to 70cm in length, roughly the size of a small domestic cat! Kenya and Tanzania are home to a species that resembles a miniature triceratops, the Jackson's chameleon (*Trioceros jacksonii*).

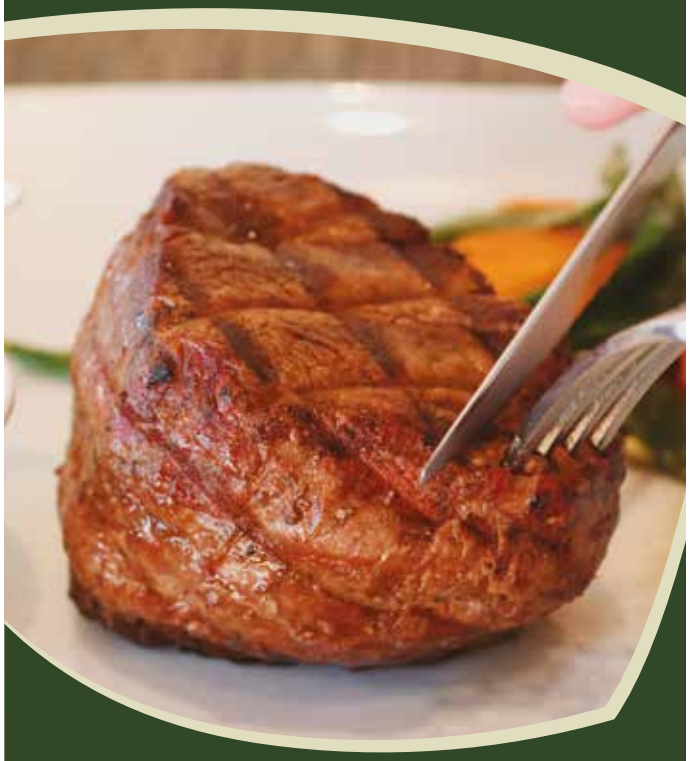
Despite what we know of the Mediterranean chameleon, many questions still need to be answered about its distribution and population numbers. As a species, the Mediterranean chameleon is currently classed as 'least vulnerable' on the IUCN red list of threatened species. Despite local concerns that the population in the Algarve is endangered, there is also the possibility that we just don't see them!

A census project was launched in 2021 by the non-profit organisation Vita Nativa. This project relies on the local community to report chameleon sightings across the region. With nearly two thousand independent reports so far, this project has identified a more defined distribution range, from Vila do Bispo to Castro Marim and inland as far as Monchique, Silves and Loulé. Most records are sent with location and photos or videos, which has allowed Vita Nativa to gather extra information on age, sex and, more importantly, preferred habitats and vegetation according to the different times of the year.

Be part of this scientific project! If you see a chameleon, send the report to Vita Nativa:
www.vitanativa.org/en/chameleon-sighting

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Who Let the Dogs Out

Woof, woof, woof, woof, woof!!



According to data from the first National Census of Stray Animals released by the Institute for Conservation of Nature and Forests (ICNF), mainland Portugal has exceeded 930,000 stray animals, with 830, 541 cats and 101,015 dogs needing our help.

WORDS Saor-Ide Dolan

Foster Cafe

I recently attended a meet-and-greet at the glorious Collab bar in Lagos. Cadela Carlota, a dog shelter in Lagos, was hosting its new initiative, the first 'Foster Café'. The shelter's dedicated volunteers and newest adopters were available to share their knowledge and first-hand experience on adoption and fostering journeys.

At the event, six rescue dogs in desperate need of a new home were thrust into the limelight. Princess, Odi, Carlota, Agnes, Marlon and Jeitosa had a fantastic time engaging with their newhuman friends. The day gave these friendly dogs a chance to enjoy an afternoon packed with cuddles and plenty of treats!

Adopting a shelter or rescue animal helps address the issue of pet overpopulation by providing homes for dogs who are already in need. The 2023 National Census of Stray Animals was developed by the University of Aveiro for the Institute for the Conservation of Nature and Forests (ICNF) and financed by the Environmental Fund. The majority of respondents said that the main motivation for keeping dogs was companionship (88%).

Puppies are undeniably cute, however, adult dogs equally deserve a loving home. Puppies are more popular and tend to find homes easily, but, by adopting an older animal, you are providing an unwanted, unloved dog with a forever home where they will be cherished and adored. How can you deny them that?

The volunteers were thrilled when two dogs were adopted as a direct result of the café. Another three went into foster homes. There was also a spike in visits to the shelter and general interest following the event, which was shared a lot on social media.

Sadly, volunteer Jonathan tells me it is not all good news. "The problem is ongoing. During the day of the foster café event, a bag of puppies was left at the shelter. And over the last weeks, more dogs have been brought in with different stories. Some were found abandoned and others had owners who were unable to take care of them."

Cadela Carlota anticipates the cafés starting up again in the autumn (once the high season is over). The volunteers are also appealing to local businesses who want to get involved and support the event by hosting a foster café in the future.

Cadela will also have a presence at the Art Doce festival in Lagos in July, with a stand selling bags, t-shirts and calendars to raise money.

Why dog walking can boost your mental health

Summer has come knocking at our doors! And while sipping on a Mai Tai and baking in the sun might be on the agenda for many, these rescue dogs need more walkers! Families, young, old, in fact anyone can lend a helping hand this July. Being outside is good for you and is one of the quickest ways to boost your health and happiness. So get your walking boots on and grab a dog lead. Forget apples, walking a dog a day keeps the doctor away!



Cadela Carlota & Companhia – Associação de Protecção de Animais

LAGOS SHOP: Rua Dr António Guerreiro Tello, 10 Lagos (near Santo Amaro Market) Timetable: Open weekdays from 10 am to 12.30 pm and from 3 pm to 5 pm and closed on Saturdays and Sundays.

ALMÁDENA SHOP: Largo do Poço, 32 Almádena /Timetable: Open on weekdays from 11 am to 3 pm and on Saturdays from 11 am to 1 pm, closed on Sundays.

For more information about volunteering, contact the charity directly:
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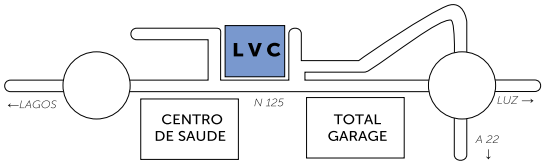


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