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Travel to Portugal now easier



The presentation of a mandatory negative test to enter Portugal has now ended, bringing hope to the tourism sector. (Photo: ©Steve Allen) Full story P3.

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Extreme weather events affecting Portugal



According to a study by the European Environment Agency (EEA), extreme weather events, which are expected to increase in the coming years as a result of climate change, have cost 142,000 lives and almost €510 billion in Europe over the past 40 years. These extreme events include

meteorological events, such as storms, hydrological events, such as floods, or climatological, such as heat waves, cold waves and droughts, and in Portugal they also have a significant impact. In a list of 32 European countries analysed, Portugal ranks 5th in terms of premature deaths with 9,267 human losses in that period. On the other hand, extreme

Portugal is one of the European countries most affected in the last 40 years by extreme weather events in terms of premature deaths and economic losses.

climatic events over the last four decades have cost the country €13.4 billion, placing Portugal in 7th place in economic losses, with only €478 million in losses covered by insurance (in this indicator, the country occupies 16th place).

High cost

The environmental association Zero, which highlights this data in a statement, expressed concern over the conclusions, warning of the high costs of climate change. "This data shows that Portugal is one of the countries most affected by the damages associated with extreme weather events associated with climate change or even climate change already underway," the association points out. The AEA report also shows that between 1980 and 2020, climate

change represented on average costs of between €25 and €37.50 per person per year, and that Portugal is one of the countries where the economic impact on GDP is more pronounced, representing 1.5 percent to 2.5 percent between 2005 and 2014. With losses between €100,000 and €200,000 per square kilometre, it is also among the countries with the highest values in this indicator and, on the other hand, with less damage coverage by extreme weather event insurance (less than 5 percent of the value of the damage). In view of this data, Zero considers it essential to ensure funding for the implementation of climate change adaptation measures and to call for the adherence to insurance that covers extreme weather events.



Weekly Weather

A sunny Saturday

Lisbon

Saturday is to be fair and bright with maximum temperatures of 17 degrees however on Sunday the rain clouds are to roll in and temperatures are to drop to highs of 14 degrees. The rain is to clear on Monday and temperatures are to rise as the week progresses up to maximum highs of 17 degrees.

The north

Saturday is to be warm and bright with highs of 19 degrees and lows of 3 degrees. On Sunday it is to rain most of the day and highs will fall to 14 degrees. From Monday a mixture of sunshine and showers is predicted with temperatures averaging daily highs of 17 degrees and lows of 2 degrees.

The centre

The best of the weather is expected on Saturday with intermittent sunshine and highs of 17 degrees. On Sunday it will be feeling cooler with highs of 13 degrees and rain expected most of the day. From Monday the chance of rain is to decrease and temperatures will rise to highs of 16 degrees.

The south

Hazy cloud is expected on Saturday with intermittent cloud on Sunday and temperatures peaking at 18 degrees and dropping to lows of 9 degrees. From Monday temperatures are to rise again to highs of 21 degrees by the end of the week while cloud cover is expected to decrease.

Most of Portugal is to be dry on Saturday before rain clouds roll in on Sunday.

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Travel to Portugal now easier

N Daisy Sampson

The presentation of a mandatory negative test to enter Portugal has now ended, bringing hope to the tourism sector.

Now, to enter the country, “only the presentation of the Covid Digital Certificate of the European Union in its three modalities or other duly recognised proof of vaccination is now required”, according to the office of the Minister of the Presidency. The Council of Ministers also approved changes regarding the Covid digital certificate and adjustments to proof of vaccination to be presented for access to certain establishments. Now, the digital certificate requires that rapid antigen tests be performed within the previous 24 hours, instead of the 48-hour deadline, and in the case of a molecular nucleic acid amplification test (TAAN), the deadline is 72 hours. To enter Portugal by land or sea as well as the need to present the certificate or proof of a negative test must also be accompanied by a passenger locator form. Regarding vaccination, the Covid-19 digital certificate now attests to the completion of the primary vaccination programme for more than 14 days and less than 270 days since the last dose, or the booster dose. The rules regarding the recovery certificate remain unchanged.

Welcome news

The end of the obligation to present a negative test for Covid-19 on arrival in Portugal

is “very positive” and has led to a “significant” increase in demand for the Algarve region. The president of the Association of Hotels and Tourist Enterprises of the Algarve (AHETA), Hélder Martins, told Lusa that this upward trend has been confirmed in areas such as meetings, congresses and golf, but acknowledged that it is too early to quantify the increase. “For our part, we see it as very positive and it is one of several measures that will have to appear. It is a sign, first, that the pandemic is losing ground and that we are able to resume our freedoms and, on the other hand, for a tourist destination like the Algarve, it is extremely important that tourists have the fewest possible barriers for entry into the destination”, he said. According to the new president of AHETA, despite the low season, “the indicators that exist for the coming period are positive”, because “demand has grown”. He added that he hopes that the lifting of restrictions will continue and “that this will bring the stability that the Algarve needs to continue the recovery of a destination that has been so affected in the last two years” by the restrictive measures applied to travel and entry into the country due to the Covid-19 pandemic. Hélder Martins said that “an increase in demand is already being noticed” and “a greater interest on the part of tourists and operators”.



(Photo: Lusa: Manuel de Almeida)

Optimistic

The news of the lifting of restrictions has also been welcomed in Lisbon. The Tourism Entity of the Lisbon Region is optimistic and confident in the sector’s recovery with the easing of restrictions adopted because of the pandemic. Speaking to Lusa, the president of the Regional Tourism Entity of the Lisbon Region, Victor Costa, considered that the measure that facilitates the entry

of passengers by air into Portugal, “is quite important” and will “contribute to entering a phase of tourism recovery”, but noted that, after two years “of a very hard pandemic”, there is still “a long and difficult phase” to go through. “Our view is that this measure is quite positive. In fact, over this two-year period we noticed that whenever there is a relief from restrictive measures, there is a positive response from demand”, he stated. Victor Costa considered that

Lisbon remains an attractive destination, where most tourists come for leisure, so it is expected that this segment will recover, as of March, which is in line with the expectations already revealed by hoteliers. However, there is another market segment that is also important in the region that “needs more predictability and more time to respond”, which is the organisation of congresses and professional meetings, which “will take longer to recover”.



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Top to bottom: Vânia Tomé; Manuela Rodrigues; Mónica Martins; Filomena Cruz;



First Burger King in Lagoa

N Paula Martins

The council has given green light to the project, which will be concluded this year.



It's official. Lagoa, in the Algarve, will have its first fast food restaurant. The works started a month ago in Rua dos Vales, Lagoa, on one side of the N125 road behind the playground. The establishment will definitely be a Burger King, according to Restaurants Brands Iberia, the Spanish company that owns this Burger King. The company also told **The Portugal News** that the burger restaurant will open this year. The new Burger King will create 25 jobs (which may increase over the summer) and might attract more

young people to the county. "It's a kind of space that young people usually choose to go in to. At the moment, many people from Lagoa have to leave the municipality to consume this type of food and now they will have this offer within the municipality, which is much better for all of us", the Mayor of Lagoa, Luís Encarnação told **The Portugal News**. Additionally, "it is an anchor investment that can be beneficial for small and large companies in the county. It will not directly compete with what is being done in our local businesses. In fact, people who pass along the

N125 road will stop to eat and perhaps visit other spaces in the city, which can boost the county's economy", he added.

Business owners' views

The Portugal News sought to find out what small restaurant owners think of the opening of this new fast food restaurant in Lagoa. Mónica Teodoro, owner of Dona Ana Restaurante, agrees with the mayor about the point that the new Burger King will attract more young people to the municipality. "People who live in Lagoa and consume

this kind of food consume it anyway, but in other municipalities. With the new restaurant they will start spending money in Lagoa", she said. In addition, she believes that she won't lose her clients. "We should think positive. Everyone needs to earn money and that fast food restaurant will develop the county and attract more people," she added. On the other hand, Marcia Sousa, co-owner of Lagoa Sol Cafe, didn't seem happy with the idea of having a Burger King on her doorstep. "This is a big fast food chain, we can't compete with them," she said.

In her establishment, she works mainly with customers who work or live nearby, but also with children from the school, which is just a few metres away. In Marcia's opinion, adults will keep going there because they tend to prefer a healthier meal, such as soup. However, she is worried that the kids will start to opt for the burger restaurant and won't stop at her snack-bar.

Fast Food near schools

The new Burger King will be located just 800 metres from the Jacinto Correia 2nd and 3rd Cycle School. However, the mayor guaranteed that all legal requirements are

being met.

In addition, Emília Vicente, the principle of the Espamol Group of Schools, which includes Jacinto Correia, said that "it doesn't make sense to forbid children to eat this type of food if they go with their parents to these restaurants after school hours," she said. From her point of view, it's not about banning, but about educating, giving them the tools to make good decisions. In this sense, the school has been doing a great effort to reinforce nutritional education among students. However, this is not enough. Parents also need to help in this process.

"At school we play our role. We develop several food education programmes, but if we don't have support from families on these topics, it's not worth it", she said.

The first, but not the last

This is the first fast food restaurant in the entire county. "There was already a smaller one, but in an unauthorised space and that ended up closing, - we weren't in the chamber yet - but with this dimension and properly allowed, this will be the first one", said the mayor. However, it won't be the last. According to Luís Encarnação, this was the first request with the new Municipal Master Plan (PDM) in force. "A previous request was made, which was not allowed due to the limitation of the previous PDM, but now the new PDM allows us to go further", he explained, adding that there are new projects in pipeline for other areas of the municipality, but without giving details.



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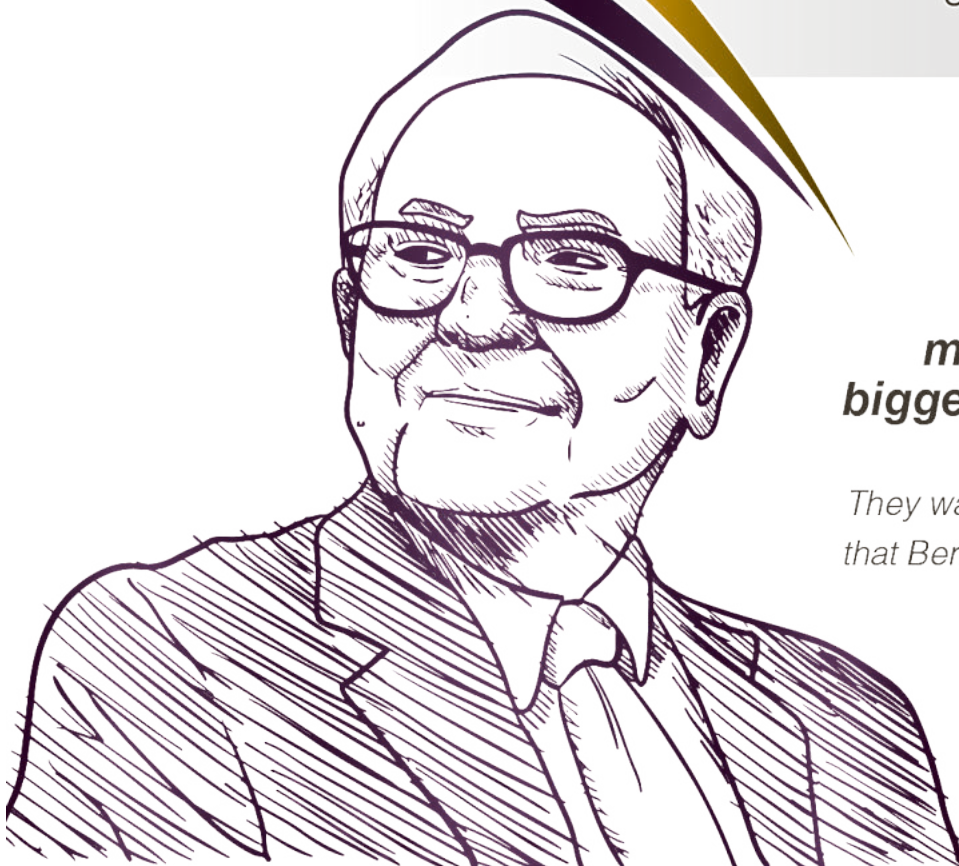
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Foreigners boosting luxury property market

The pandemic and teleworking have helped to whet the appetite of foreigners looking to settle in Portugal and the demand for high quality houses is helping to boost the already buoyant sector.



The increasingly accentuated imbalance between the new supply and demand for housing in central Lisbon, together with the growing trend towards the acquisition of ready-to-live-in properties, is boosting the resale housing market in the premium segment.

According to international consultancy Athena Advisers, the demand for this type of product began to intensify after the lockdown, when international buyers “not only were able to return to the Portuguese market, but they did so in strength and were willing to accelerate the purchase of housing, establishing

themselves in Portugal as quickly as possible”, says Marta Salgado, responsible for resale and leasing at Athena Advisers. These buyers, who according to the sales made by the consultant in 2021 are essentially American, French and British, want “practically new or renovated houses, often with significant improvements and updates compared to the initial project, well located and in about 50 percent of cases already furnished. Basically, they are looking for turnkey housing, ready to be inhabited overnight without having to invest or worry about remodelling”, explains Marta Salgado.

Scarcity

The offer of houses for resale with these characteristics is very scarce, especially in the more traditional areas of Lisbon and which tend to be more sought after by foreign families, such as Lapa, Estrela, Santos and Príncipe Real. According to Marta Salgado “this shortage is even more evident in apartments with typologies above T3, as they are also the ones that best meet the requirements of these families”. In addition to these more traditional neighbourhoods, there are others that stand out in this type

of demand, such as Marvila and Beato, where currently there is also a lack of product. The prices of these houses are in line with the general market: between €350,000 and €500,000 for T1; €500,000 and €800,000 for T2; from €1,000,000 for T3 and higher typologies. Athena Advisers believes that the offer of this type of products in Greater Lisbon will tend to grow, especially in the city centre in neighbourhoods that, due to their characteristics, are highly sought after by the foreign population, and also in Cascais.

“For a few years now, Lisbon, and Portugal in general, has been a destination of choice for foreigners to reside and buy a home, and with the arrival of the pandemic and teleworking, it has become even more desirable. As such, there are many owners who see a business opportunity here”, comments Marta Salgado.

According to SEF, in 2020 the country witnessed an increase in the resident foreign population for the fifth consecutive year and, even in a pandemic year, the number of residents increased by 12.2 percent compared to 2019, with 71,747 new foreign residents arriving in the country.

Property 50% more expensive than in 2016

House prices rose most in the Porto Metropolitan Area and in the northern region of the country, INE data shows.

Houses in Portugal are almost 50 percent more expensive than they were five years ago, with the median price of housing reaching 1,250 euros/m², taking into account the 12-month period ending in September 2021, the highest value since

records by the National Statistics Institute (INE) began. The most recent data from the INE proves that houses in Portugal are becoming increasingly more expensive. The median value of family accommodation in Portugal increased by 2.6

percent compared to the previous quarter and 7.8 percent compared to the same quarter of the previous year. And going back to the third quarter of 2016 - the year in which this statistical series from the INE began, the increase is much more

expressive: the median house price jumped by around 46 percent.

This is the result of the average price increase of around 1.9 percent per quarter. Now, buying a house of 100 square metres (m²) in Portugal can cost €125,000,

while five years ago its value would have been much lower: €85,500.

Biggest price hikes

The price increases have been seen across the country but it is in the Porto Metropolitan Area and in

the northern region of the country that the most significant increases were seen in the country – 65 percent and 55 percent, respectively. Next is the Algarve (+50 percent) and the Lisbon Metropolitan Area (+49 percent).

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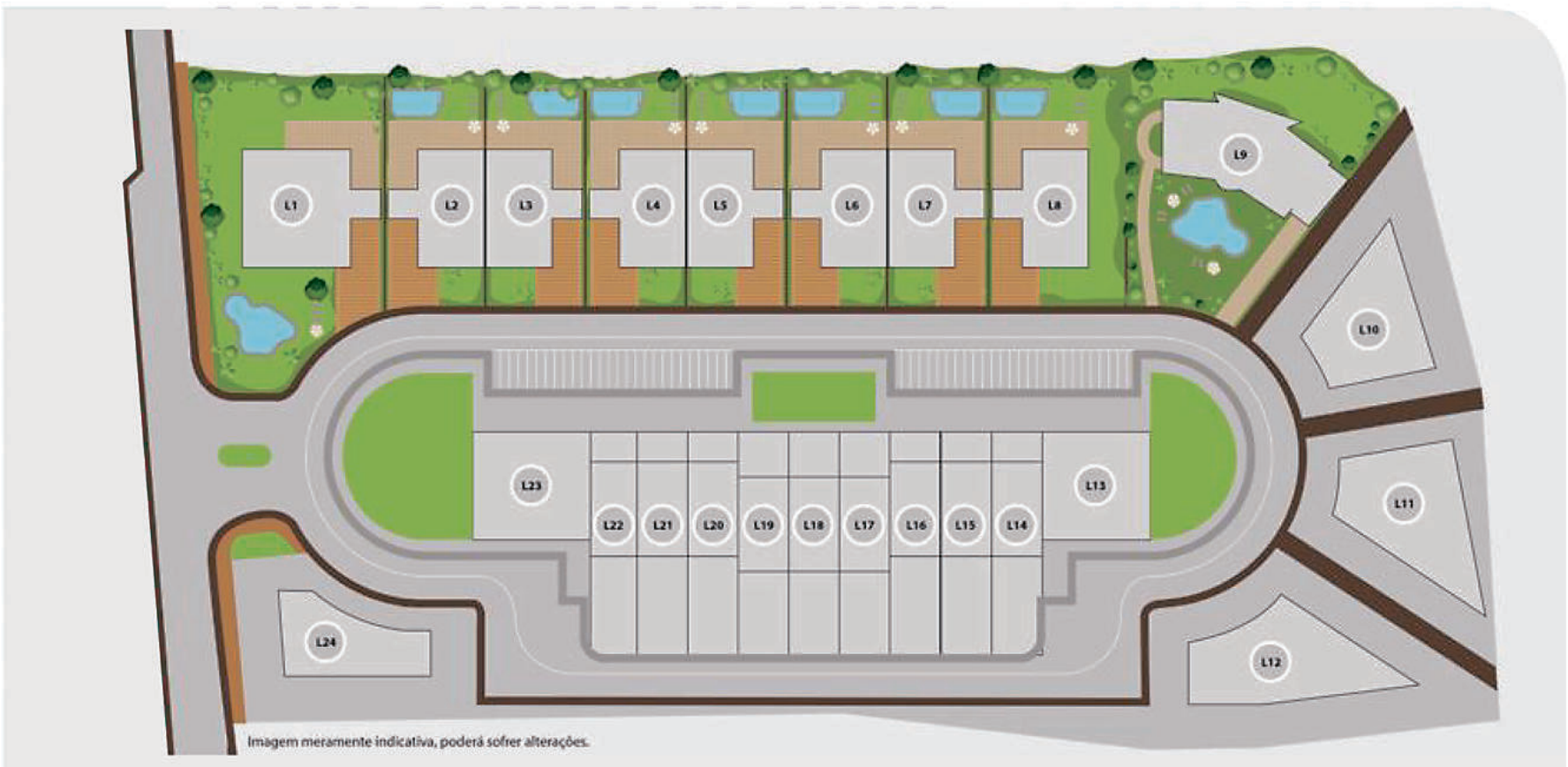
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Negative impact of Brexit on Portugal

Economy Minister Pedro Siza Vieira has acknowledged that Brexit had a negative economic and political impact on Portugal, in an interview published by The Times.



Pedro Siza Vieira
(Photo: Tiago Petinga/LUSA)

“Brexit had an adverse impact (...) for Portugal, Brexit was not good news”, he said, stating that “some exports were very negatively affected”.

Although he admits that it is difficult to quantify the economic damage

caused by Brexit because the pandemic also had consequences, the minister said that exports from Portugal to the United Kingdom were harmed, namely automotive and textile components. According to the Association of Manufacturers for the Automotive

Industry (AFIA), in the period between January and November 2021, exports to the United Kingdom fell by 49.9 percent compared to the same period in 2019, the period before the pandemic.

The newspaper cites statistics for 2021 that show that while Portugal’s exports to the European Union (EU) increased by 1.3 percent, to the United Kingdom they fell by more than 15 percent.

The value of goods imported from the UK dropped by 56 percent, compared with a 10.3 percent drop for the remaining 26 member countries.

“The UK is one of our main trading partners, one of our main investment partners”, stressed Siza Vieira.

The two countries celebrate the 650th anniversary of the Luso-British Alliance this year, the oldest diplomatic alliance in the world, which was first formalised with the signing of the Treaty of Tagilde on July 10, 1372.

Portugal petrol 8th most expensive

The price of petrol increased by 1.7 percent in Portugal in the fourth quarter of 2021, compared to the previous quarter, placing the country in eighth position among the European Union Member States with the highest prices.

According to the Regulatory Authority’s price bulletin of Energy Services (ERSE), the price with taxes of 95 gasoline in the last quarter of last year was €1.7 per litre, higher than in Spain and also compared to the European average. However, “Portugal practiced a lower average sales price without taxes than in Spain”, but “the tax burden applied in Portugal (57 percent) justified the lower price competitiveness in the context of the Iberian Peninsula”, explains the regulator.

The scenario is the same when looking at the prices of simple diesel, which were €1.52 per litre. “The tax burden in Portugal justified the practice of prices 25 cent/l higher than in Spain. Excluding taxes, average national prices are 1.3 cents/l lower than those in the neighbouring country,” ERSE notes again.

“Portugal is in the tenth position of the countries that sell expensive simple diesel in the EU-27, with the price charged corresponding to a difference of 32 cent/l and 35 cent/l compared to the country with the lowest prices and the country with the highest prices, respectively”, adds the regulator.



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Lack of trust has helped fuel the Covid-19 pandemic

Low levels of government and social trust, as well as higher levels of government corruption, are strongly correlated to higher Covid-19 infection rates around the world.



According to a new peer-reviewed study published today in *The Lancet*, other indicators, including pandemic preparedness indices, democracy, income inequality, universal health care, and hospital capacity, failed to show a significant relationship with Covid-19 infection rates or infection-fatality rates. Covid-19 has been called an “epidemiological mystery,” with

mortality rates higher in many wealthy countries with greater health-care resources than in poor nations, and deaths varying dramatically, even among countries within close geographical proximity.

A matter of trust

The study of 177 countries, conducted by a team of researchers from the Institute for Health Metrics and Evaluation (IHME) at the

University of Washington School of Medicine and the Council on Foreign Relations (CFR), found that the wide variation between countries in Covid-19 infection rates cannot be explained by many often-cited factors in politics (e.g., democracy and populism), state capacity (e.g., government effectiveness), health care (e.g., hospital beds or universal health coverage), or social factors (e.g., economic inequality or trust in science). The findings suggest that if all societies had trust in government at least as high as Denmark, which is in the 75th percentile, the world would have experienced 13 percent fewer infections. If social trust (trust in other people) reached the same level, the effect would be even larger: 40 percent fewer infections globally. “Many of the factors that influence Covid-19 outcomes, such as seasonality, age structure, and population density, are out of the hands of decision-makers,” said Director of CFR’s Global Health Program Thomas J. Bollyky, a lead author of the study. “Trust is an area where governments can move the needle, and the fact

that it outweighs traditional measures of health-care capacity and pandemic preparedness should be a wakeup call for all of us as we face the ongoing Covid-19 pandemic and the threat of future disease outbreaks.” High levels of government and social trust as well as lower government corruption were all associated with higher vaccine coverage. Lower levels of government corruption were associated with reductions in mobility during the pandemic, suggesting greater compliance with social distancing rules.

Promoting better health

The findings also suggest that promoting better health, such as reducing body mass index and lowering smoking rates, may help prevent illnesses and deaths during future pandemics. The researchers analysed a dozen pandemic preparedness indices, seven health-care capacity indicators, and ten additional demographic, social, and political conditions, and adjusted for many known biological drivers of infection like age and seasonal effects. A high ranking on

the leading health system capacity and pandemic preparedness measures has not only been insufficient for success in this pandemic, but it also has been unnecessary. Countries like the Philippines and the Dominican Republic, which rank relatively low on pandemic preparedness and health-care access and quality, maintained low rates of infections and deaths throughout the study period, while other nations with higher rankings, including the United States and France, faced much worse outcomes for both infections and fatalities.

“Trust can be fostered by governments during a crisis,” said Erin Hulland, a researcher at IHME and co-first author of the study. “Clear risk communication and community engagement strategies have worked to build trust during other disease outbreaks, even in post-conflict West African countries during the Ebola epidemic. We hope these findings can be leveraged to increase support for strategies that can improve trust and bolster resilience against future threats.”

Fines for failing to fill in a passenger location form

Failure to comply with the obligation to present a passenger locator form from passengers who are entering Portugal, will now constitute as an administrative offense for airlines and passengers.

In a joint statement, the ministries of Economy and Digital Transition, Internal Administration, Health and Infrastructure and Housing state that the passenger location form (PLF) must be completed by all passengers on flights to or from mainland Portugal, including passengers on flights from the Autonomous Regions of the Azores and Madeira. According to the Government, the PLF must be filled out

electronically after checking in and before boarding time.

“Failure to comply with the obligations to submit and verify the completion of the PLF constitutes an administrative offence, sanctioned with a fine that can vary between €20,000 and €40,000, when practiced by the airlines or the entities responsible for the management of the respective airports or between €300 - €800 when practiced by passen-

gers”, says the statement.

The executive also emphasises that the completion and presentation of the PLF by all passengers allows the health authorities, “with full respect for the personal data protection regime, to carry out the tracing of contacts regarding confirmed cases of Covid-19, and to interrupt possible chains of transmission”.

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A hot and dry January

January was the fifth hottest month since 2000, with the highest maximum temperature in the past 90 years being recorded during the month.



According to the Portuguese Institute of the Sea and Atmosphere (IPMA), the average air temperature stood at 9.5 °C last month, the fifth highest value since 2000.

The daily values of maximum temperature were almost always higher than the average monthly value, with emphasis on the periods between the 1st and 3rd and 27th and 31st of January, in which deviations of more than 4 °C were recorded.

On the other hand, since 1931, there has not been a January with an average maximum temperature so high, as it reached 15.29°C, some 2.20°C more than the normal value recorded in the period 1971-2000.

The average minimum air temperature was 4.02°C, lower than normal (minus 0.52°C) and, according to the IPMA, despite having started with values above the average, it was almost always lower from the 13th, with emphasis on the

period from January 17th to 26th.

As for precipitation, last month was the sixth driest in 90 years and the second worst since 2000, surpassed only by January 2005.

The IPMA report adds that the average amount of precipitation was much lower than normally recorded between 1971 and 2000, corresponding to only 12 percent. "There was a very significant worsening of the meteorological drought situation, with an increase in area and intensity, with the entire territory in drought at the end of the month with 1 percent in mild drought, 54 percent in moderate drought, 34 percent in severe drought and 11 percent in extreme drought", says the institute. Regarding the percentage of water in the soil, there was a significant decrease compared to the end of December, and the IPMA highlights values below 20 percent in the Northeast and South regions.

Lynxes thriving in Portugal

About 200 Iberian lynxes are currently living in the wild in the Guadiana Valley, Alentejo and Algarve, after the birth of 70 cubs in 2021, 10 more than the previous year.

In a statement sent to Lusa, the Institute for the Conservation of Nature and Forests (ICNF) states that the "2021 monitoring of the population of Iberian lynx reintroduced in the Guadiana Valley reveals that there are

70 new cubs out of a total of 24 breeding females".

This is "10 more births and six more breeding females" compared to 2020, stresses the ICNF, admitting that these numbers can still

be "revised upwards, given the vast area now occupied by the species".

"Seven years after the start of the reintroduction process, around 200 lynxes are now spread over a vast territory".



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Spring Mediterranean Garden Fair

The garden fair will be taking place on Saturday and Sunday, 26 and 27 March between 10am and 4pm at the Confest Horse Fair and Monthly market site, Estoi.

The Spring Mediterranean Gardening Fair will return this year for their first spring event since 2019. This will also be their first spring event open over two days to give visitors more time to enjoy the variety of plants on offer in safe conditions. This event will take place at the same venue as the Autumn Fair held in October 2021. The whole site is level and accessible and immediately next to free and extensive car parking. There will be more space allocated for exhibitors at this Spring Fair and the whole event will be outside in the open air. Partners for this event – CONFEST Horse Association of Estoi will provide a full catering service and there will be vegetarian options.

During the event, visitors can take advantage of the plant crèche

immediately next to the car park where purchases can be left in safe hands while continuing to enjoy the many attractions of the day. The MGAP Book Shop will have new and second-hand gardening and natural history books for sale. An MGAP Plant Sales table organised by members will have plants from their gardens and MGAP Members will also provide gardening advice and plant identification for visitors. Native plants and native plant seeds will be for sale, as well as ornamental and container plants, with unusual plants from arid and tropical zones. You will find fruit trees and herbs and a large range of succulents suitable for the garden and for containers. This is an opportunity to buy the most appropriate plants for your garden and benefit from the advice and

guidance of the knowledgeable nursery owners. Hot meals, refreshments and bar facilities will be available and all funds from the catering will go to CONFEST. There will also be a range of organic produce and products for sale. Finally, everyone is asked to help reduce plastic waste, a space will be provided to recycle plant pots and visitors are asked to bring their own bags/boxes if possible. The organisers are very grateful to the plant nurseries for their support of this initiative when we will once again be able to celebrate Mediterranean gardening on the Algarve. All funds raised will go to support the work of MGAP/APEJECM. Entry to the fair costs €1 for adults, children enter for free. For further information, please visit www.mgapportugal.org

EDGA tees off 2022 with Portugal Swing

Dom Pedro Golf and the Montado Golf Resort to host first EDGA events of busy year.

Golfers with disability are set to enjoy some intense competition and the best in resort golf when they tee it up in two premier tournaments in Portugal to launch the 2022 EDGA Tour season.

Dubbed the 'Portugal Swing', the events will consist of the EDGA Vilamoura Open (12-14 February), held at the Dom Pedro Pinhal Golf Course, with the second key tournament being the 2022 EDGA Palmela Open, held at the Montado Golf Resort near Lisbon (16-18 February).

Both tournaments are open to all golfers with disability who hold an EDGA or WR4GD player pass. Each two-round event has points to be gained as players seek to

climb the World Ranking for Golfers with Disability (WR4GD), and tournament categories include Gross, Net and Stableford. The events are officially approved by the Federação Portuguesa de Golfe, a member of EDGA.

EDGA is a not-for-profit volunteer-led association of the National Golf Federations from 34 countries worldwide. EDGA focuses on boosting awareness of the inclusive nature of golf, developing capacity within the golf industry, and providing opportunities for golfers with a disability throughout the player pathway.

The EDGA Vilamoura Open will be the first such event hosted by Dom Pedro. How-

ever the group is no stranger to supporting EDGA as in recent years has hosted EDGA action at the European Tour's Portugal Masters.

At present 48 players from 15 countries will compete in the Vilamoura meanwhile at Montado a field of 47 is set to play.

Speaking ahead of the upcoming EDGA Vilamoura Open, Dom Pedro Golf CEO, Eng. Luis Correia da Silva, said: "Everyone at the resort is excited to welcome the European Disabled Golf Association (EDGA) to Dom Pedro Hotels & Golf Collection for the first time. Dom Pedro has often worked closely with the EDGA during our hosting of the European Tour's (now DP World

Tour) Portugal Masters, and we hope that by hosting this event it will help to raise awareness for not only the strength of golf for the disabled, but also encourage more people to take up the game of golf in the Algarve".

Tony Bennett, President of EDGA, said: "These two tournaments will create the best possible start for our new EDGA season of events. We are grateful that the courses, the Federação Portuguesa de Golfe and the players are supportive of these events, which will no doubt make them a great success".

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Putting Ilha Graciosa on the map



Bruno G. Santos

Ilha Graciosa has been classified by Unesco as a Biosphere Reserve.

Ilha Graciosa is one of the nine islands that make up part of the Azores Archipelago. The island is 64km² and is home to 4,200 inhabitants. The president of the parish of Vila da Praia da Graciosa, Manuel José da Silva Ramos told **The Portugal News** about the various customs of the island as well as future projects. Vila da Praia da Graciosa has plenty of traditional customs such as a “philharmonic band, folklore groups and the natural talent of the inhabitants for musical arts,” said Manuel Ramos, who also mentioned that it is usual to hear

“during summer afternoons” people playing the piano in their houses. The president of Vila da Praia da Graciosa also highlights that the habitants are “proud of their traditions” and try to keep them alive.

Development

Manuel José da Silva Ramos started his mandate in 2013, being elected again after every new election until the current day. The president wanted to embrace a project that would enhance the “economic, social and cultural fields.” The first two works were aimed to serve the population of the parish. First, there was free beach furniture placed at the beach, such as umbrellas and sun loungers as well as leisure equipment for the bathers to use. The other “important project” led by the parish was the “total makeover of the Parque de Campismo do Pinheiro.” After the works, the camping park, according to Manuel Ramos, became a place of “excellence” where direct contact with nature will greet

every visitor.

The president of Vila da Praia da Graciosa is also a deputy in the Legislative Assembly of the Autonomous Region of the Azores. In the Assembly, the deputy has already presented “various proposals” to enhance the development of his island.

Travel to the island

To get to Ilha Graciosa there are “daily air connections with Lisbon”, however, travellers may wait a few hours at one of the “lay overs” in São Miguel or Terceira, depending on the time of the year of the flight. This only happens because the Ilha Graciosa airport does not have the capacity for bigger aeroplanes to land or take off. Still concerning the transport and the connection between the island and continental Portugal, Manuel Ramos mentions that “there is still a lot to do”, to facilitate the connections, especially reducing the waiting times and making the prices more affordable. When arriving on the island, visitors may choose between “pedestrian trails, boat trips, a visit to the caves, diving, direct contact with the island culture and gastronomy” as well as beach areas with warm water “in the middle of the Atlantic Ocean.” All in a place that was classified by Unesco as a



Biosphere Reserve. Manuel Ramos believes that Ilha Graciosa has great touristic and economic potential, however, “it has not been exploited much.” On the island eight million litres of milk are produced per year and the fishing activity with gains above a million euros every year. Ilha Graciosa also produces wine and garlic, which according to Manuel Ramos both have “expanding potential.” The traditional sweets may also

be a feature when it comes to expanding the visibility of the island. The Queijadas da Graciosa are a sure delight to everyone that tastes them. For now, the president of Vila da Praia da Graciosa intends to “continue the projects initiated in 2013.” Enhancing the potential of the parish and investing in touristic promotion, as well as to start a “digital transition” next to the population by offering training in using new technologies, which are “a

fundamental tool to combat the geographical isolation.” Manuel Ramos told **The Portugal News** that Ilha Graciosa “deserves better promotion”, especially in the touristic sector. It was also stated by the president that it is necessary “to sell in bigger quantities” the products of the island, while it is also needed to “find markets that value the products” that will make “this little paradise in the middle of the Atlantic” more well known.



The president of the parish of Vila da Praia da Graciosa, Manuel José da Silva Ramos

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The most expensive and cheapest places to buy a house

Buying a house in Portugal is becoming increasingly expensive, especially in large urban centres, idealista/news has put together the 10 Portuguese municipalities that are the most and least expensive places to buy a house.



The most recent data from the National Statistics Institute (INE) shows that: "Taking as a reference the sales made during the 12 months between October 2020 and September 2021, the median price of family accommodation in Portugal was €1,250 m², increasing 2.6 percent". Of the 306 municipalities with data collected by INE, 49 registered median house prices above the national value. And they are

mostly located in the Algarve (14 out of 16 municipalities) and the Lisbon Metropolitan Area (16 out of 18), adds the institute. Note that the municipalities of Corvo and Santa Cruz das Flores are excluded from this analysis, as they do not have accounted data.

The counties with the most expensive houses are...

Analysing the 10 municipalities with the highest median house prices, it is clear

that the three most expensive are located in the district of Lisbon: the municipality of the Portuguese capital itself is the most expensive of all (3,427 euros/m²), followed by Cascais (2,971 euros/m²) and Oeiras (2,536 euros/m²).

There are a total of four municipalities in the district of Lisbon in this top 10. What is also observed in this analysis is that five belong to the district of Faro. In other words, the Algarve is dominating the top 10 of the most expensive municipalities to buy a house, contrary to what was verified in the analysis carried out by INE between July 2020 and June 2021 (12 months), in which the municipalities of Lisbon had greater weight.

In the North of Portugal, the municipality of Porto leads the way and is isolated in this area, where the median price of houses reached 2,264 euros/m². And it remains fifth highest in the country.

Lisbon – €3,427 per m²
 Cascais – €2,971 per m²
 Oeiras – €2,536 per m²
 Loulé – €2,498 per m²
 Porto – €2,264 per m²
 Albufeira – €2,138 per m²
 Lagos – €2,109 per m²
 Odivelas – €2,104 m²

Tavira – €2,038 per m²
 Aljezur – €1,906 m²

The cheapest places are...

The cheapest houses to buy are mainly located in the interior of the country: there are three municipalities that belong to the district of Guarda, another three to Bragança and one to Castelo Branco. Further to the Centre we find a municipality in Viseu and to the North another in Vila Real. The cheapest place to buy a house in Portugal is in the municipality of Fornos de Algodres, in Guarda, where the median price in the period under analysis did not exceed 169 euros/m². Following this is the municipality of Sernancelhe, in Viseu, where buying a house costs 190 euros/m². These are the only municipalities in the country where the price per m² is less than 200 euros.

Fornos de Algodres – €169 per m²
 Sernancelhe – €190 per m²
 Vila Flor – €201 per m²
 Figueira de Castelo Rodrigo – €204 per m²
 Almeida – €210 per m²
 Vimioso – €218 per m²
 Mogadouro – €222 per m²
 Trancoso – €233 per m²
 Boticas – €227 per m²
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Golden visas bring Madeira €60 million

The investment gained through golden visas in Madeira was €60 million between 2017 and 2021, mainly in the real estate sector, and corresponds to 50 residence permits.



“It is an opportunity for the Autonomous Region of Madeira, an opportunity for the economy of Madeira, an opportunity for a sector in full growth,” said the Secretary of Economy, Rui Barreto, stressing that the outlook from the real estate agents is of “confidence” and “growth”. The secretary of state, who was speaking at the opening of a seminar on gold visas in Funchal, believes that the recent changes in the Residence Permit for

Investment (ARI) programme, which exclude Lisbon and Porto, are an “enormous opportunity” for Madeira. The citizens who have made purchases over €500,000 in the autonomous region since 2017, under the ARI, are mostly Russians and Americans, with Brazilians, Chinese, South Africans and Bolivians also registered. “We are talking about investments in the luxury residential area, but the Regional

Government is also concerned about the supply in the real estate market for residents and people who have low income,” said Rui Barreto, admitting that golden visas inflate the price of houses. The Secretary of Economy pointed out that the Recovery and Resilience Plan (RRP) for Madeira provides €136 million for housing construction at controlled prices and for rental support. According to data from the Foreigners and Borders Service (SEF) released in January, investment gained through golden visas increased 52

percent nationally in December, compared to the same period in 2020, to €42.1 million. In December 2020, the investment amounted to €27.7 million. Compared to November 2021 (€46.6 million), the amount raised through the Residence Permit for Investment programme fell by 9.6 percent. In cumulative terms, investment by golden visas fell 28.7 percent last year, compared to 2020, to €460.8 million. Since the ARI granting programme was launched in October 2012, €6,099,799,479.59 has been

raised via this instrument. Of this amount, most corresponds to the purchase of real estate, which totalled €5,507,194,225.00 until December, and the acquisition for urban rehabilitation amounted to €362,502,992.45. In over nine years, 9,585 visas have been granted for the purchase of property, of which 1,009 are for urban regeneration. There were 649 visas granted for capital transfers and 20 for job creation. Since the beginning of the programme 17,221 residence permits have been granted to regrouped families, of which 1,171 were in 2021.

easyJet announces new Porto routes

Low-cost airline easyJet has announced that it will base two more aircraft at Porto airport, which will enable it to open three new routes to Porto Santo, Madrid and Cologne, boost capacity by 350,000 seats and creating 70 direct jobs.

With this reinforcement, the company increases its fleet in Portugal to a total of 15 aircraft based (five in Lisbon, six in Porto and four in Faro) and

jobs to more than 520 people, of which 214 are based in Porto, said the director general of easyJet for Portugal, José Lopes, at a press conference.

In addition to the 15 aircraft based in the country, the low-cost airline also has an additional capacity of 16 aircraft not based in Portugal (five in Lisbon, four in Porto, six in Faro and one in Funchal).



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MEGABOX, in addition to installing tailor-made kitchens and bathrooms, produced in its own factory, works by exclusivity with MINOTTI and SNAIDERO, and has the perfect partnerships in the market, providing the best products to make kitchens a pleasant place to be in. The company, with showrooms in the Algarve and Lisbon, works side by side with premium brands such as BORA.

BORA, a premium brand of kitchen appliances, has MEGABOX as one of its main partners in Portugal. "From the first day we arrived in Portugal, we tried to work with reliable partners, with technical skills and those capable of promoting the products in the right way", Rui Contente, Sales Manager at BORA Portugal told **The Portugal News**.

"Actually, I would like all companies to be like MEGABOX due to their professionalism and the way they get involved in the projects. We have had a very good relationship since the first day we arrived in Portugal," he added.

Luxury extraction

BORA is a premium brand of kitchen appliances, which created new cooktop extraction technology. Instead of letting vapours and odours rise, BORA extractors push them away, extracting them directly from the pot, pan, skillet or grill on the hob. This new technology was created by Willi Bruckbauer, founder and CEO of BORA,

in 2005, when he decided to challenge the norm and created a product that would transform the kitchen space (forever!).

This product is born from the entrepreneurial spirit of Willi Bruckbauer, who found a solution that he couldn't obtain on the market. After creating the new prototype in 2005, he presented the project to some companies already active in the market. However, none of them believed that the product really worked, leaving them with no choice but to set up their own company which at the moment has already inspired several brands around the world.

"We usually say that we came to change the kitchen space and build a new concept in the market. We were the first company doing this, but then others came after us, because this is the future," Rui Contente said.

BORA cooking extractor systems benefits

This technology has several advantages, mainly because it is designed to fit well in the kitchen, offering an elegant look. Above all, it's more effective - through various experiments done, even foods (like grilled salmon) that leave more smoke and smells are completely eliminated. You will leave your kitchen with no unpleasant smell on your clothes.

In addition, this product promotes easier cleaning, because while cleaning conventional extractor hoods is usually time-consuming, with BORA it is very easy because it is integrated into the hob. Also, people can remove the parts and wash them in the dishwasher, which makes the whole process very simple.

Additionally, the days when you can't listen to the TV because of the noise coming from your extractor are over. "I don't have anything else to hit my head on, or fog



up my glasses when I'm cooking. I can be talking to my friends, having them around me, without having any physical barriers and without the noise that conventional extractors usually make."

Also, this company that works with MEGABOX, does not stop innovating. After developing this revolutionary extraction technology, BORA is using the

stem to cook with BORA X BO, which is the first flex oven. This new system will be available for purchase very soon.

For further information, please see MEGABOX's website at: <https://www.megabox.pt/> or visit their showrooms in the Algarve or in Lisbon for a more sensorial experience with BORA and several other premium brands.



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Fines for MEO, NOS and Vodafone

The Autoridade Nacional de Comunicações (Anacom) has imposed fines of €1.5 million on MEO (Altice Portugal), NOS and Vodafone for improperly cutting services last year.



In a statement, Anacom points out that, in 2021, “it imposed fines in the global amount of €1.5 million to MEO, NOS and Vodafone, for non-compliance with the rules laid down in the Electronic Communications Law applicable to the suspension and termination

of services for lack of payment of invoices”. MEO’s fine, of €712,000, “was imposed in December 2021, for the practice of 104 offences”, Anacom adds, referring that “in addition to the violations of the rules applicable to the suspension and termination of services provided for non-payment

of invoices, in 2015 and 2016, Meo also illegally suspended services due to high consumption”. MEO, from Altice Portugal, filed an appeal to challenge Anacom’s decision with the Court of Competition, Regulation and Supervision (TCRS), adds the regulator. In the case of Vodafone,

the regulator decided “to impose a fine in the amount of €425,000” due to the “practice of 58 offences, for violations of the rules applicable to the suspension and termination of services provided for non-payment of invoices, in 2013, 2014 and 2015”.

NOS “was sanctioned with a fine of €369,000, for the practice of 54 offences, in question is the violation of the same rules, in 2015 and 2016”, details the regulator led by João Cadete de Matos.

“NOS and Vodafone appealed against Anacom’s decision to the TCRS”, he adds.

Anacom points out that, “in the infringement proceedings brought against MEO, NOS and Vodafone,

the infringements found were related to the abrupt suspension of subscriber services, as they were not notified of the respective notice; with the non-mandatory suspension of services; and with the failure to terminate the contract after non-compliance with one of the instalments of the payment agreement concluded with consumers”.

Protecting users

The rules on the suspension and termination of the services provided “aim to protect users of the essential public service of electronic communications and to promote the timely fulfilment of contracts concluded with consumers, avoiding indebtedness and, thus, increasing the use of

judicial means for recovery of the respective credit”. The regulator stresses that, “given the importance of the protected interests and the situation of economic fragility in which many subscribers find themselves, Anacom will continue to pay special attention to this issue, especially after the repeal of the exceptional measures defined within the scope of the pandemic – currently in effect until 31.03.2022”.

These exceptional measures prohibit operators from suspending the provision of services due to lack of payment when this is motivated by situations of unemployment, a drop in household income equal to or greater than 20% or by infection by Covid-19.

CGT and a Portuguese Nominee Company: Create, Transform, Liquidate Dennis Swing Greene Part 1 of 2

Property purchased a decade or two ago is often liable to substantial Capital Gains assessment at today’s market prices. There are numerous reasons for this trend. First and foremost is the obvious fact that property prices have risen far ahead of inflation over the years. In addition, since capital improvements can only be deducted in the 12 years prior to sale, many renovations have, in effect, “expired” and no longer count in the calculation of CGT. A second element comes in changes in reporting practices. Twenty years ago, it was common to understate selling prices to reduce the impact of the then existing property transfer tax, “SISA”, which was levied at the rate of 10%.

Another factor was the failure of professionals in the building trades to issue correct invoices; often no VAT was paid nor income reported on annual tax declarations. While these components typically reflected pervasive forms of tax evasion that were common at the time, tougher enforcement today has reduced substantially these once common fiscal abuses.

Whatever the reason, the reality today is much the same: if you purchased your property years ago, you are likely to be in line for a considerable Capital Gains Tax. If you are lucky enough to have a modest rateable evaluation (“VPT” - Valor Patrimonial Tributável), the creation, transformation and liquidation of a Portuguese Nominee Company may prove to be a viable solution to mitigate your Capital Gains tax liability.

Example

Suzanne and Chris bought a ruin in the hills

of the Algarve in 1989 for 10,000,000.\$ escudos (today’s equivalent of ±€ 50,000). In those days, few builders readily produced proper invoices. The couple was focused on the refurbishment project, not on preparing for the eventual sale. In short, there was no documentation to support many of the construction expenses.

Last year, they put the property on the market for €350,000 and were fortunate to find a buyer. They realised that they would be faced with CGT of over €50,000. The purchasers were also coming to grips with considerable taxation on their acquisition: over €20,000 between Property Transfer Tax (“IMT”) property and Stamp Duty on the deed.

Buyers and Sellers quickly agreed to use a Portuguese Nominee Company to their mutual benefit. First, a simple form of Company (“SABP” - Simples Administração de Bens Próprios) with no share value was created to buy the property at “VPT”, thereby keeping taxation to a minimum.

Next, the Company was transformed into its final structure (“sob forma comercial”) with a share value of €350,000, based on a formal appraisal of its newly acquired asset. These shares were then sold to the buyers for the same price of €350,000. With no transfer of the property – only Company shares changing hands – the final transaction suffered no Capital Gains Tax.

End of Part 1 - In the next part: Explanation, Dissolution and Taxation

Dennis Swing Greene is chairman and International Tax Consultant for euroFINESCOs.a. www.eurofinesco.com

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Moving to Portugal post Brexit – visa options for UK nationals

N Mark Quinn

Whether you are ‘for’ or ‘against’, Brexit has had a wide-ranging impact on our daily lives.

A major consequence has been to the rights of British nationals to move freely around Europe to travel, live and work; especially so for those with holiday homes who now find themselves limited to 90 days in every 180.

To be clear, if you are an EU citizen, you have the right to freedom of movement and can therefore come and go as you please. So, what are the options for those Brits lucky enough to be able to commit to a permanent move to Portugal? You will have to apply for a visa.

Portugal has made it fairly easy to qualify for a visa by offering several options, obviously wanting to continue to attract foreigners to boost investment in the country. The most common are the Golden Visa (residency by investment) and the D7 visa (residency by passive income).

Both visas allow non-EU/EEA or Swiss citizens and their families to live, study and work in Portugal

and ultimately apply for permanent residence or Portuguese citizenship. They also allow access to the Portuguese healthcare and education system, as well as free access to the Schengen area, and are a gateway into the advantageous Non-Habitual Residence (NHR) tax scheme.

The key difference between the two programmes comes down to one of cost versus flexibility.

Validity

The Golden Visa (GV) is initially valid for 2 years. This can be renewed, and the renewal permits are valid for 3 years. After 5 years, you can apply for permanent residency or citizenship, or you can continue to renew the GV every 3 years. Your family can also obtain permits and the same benefits.

The D7 visa is valid for a stay of 4 months. After this, you apply for a D7 residence permit that will allow a stay of up to 2 years and this can be renewed for a further 3 years. After 5 years you can apply for

permanent residence or citizenship. Your family can also obtain permits and the same benefits, assuming minimum criteria are met.

Minimum financial commitment

The GV has one of the lowest ‘residency by investment’ thresholds in Europe. There are many investment options, but the most commonly used is investment in real estate of at least €500,000. Changes at the start of 2022 restricted the location of the property purchase to low-density areas, excluding metropolitan and coastal areas such as Lisbon, Porto and much of the Algarve.

The D7 visa only requires the applicant to prove a minimum level of income equal to the Portuguese minimum wage. This can be in the form of dividends, rent, interest or pensions. If they are also supporting family, an additional 50% for a spouse and 30% for each child is required.



Minimum stay & tax dimension

The GV has a short minimum stay period in Portugal of only 7 days in the first year and 14 days in subsequent years. This is ideal for those who might not wish to trigger tax residency.

The D7 has a minimum stay of 6 months, therefore triggering tax residency.

If tax residency is triggered, you can apply for the NHR scheme which can result in substantial tax savings.

Cost of applications

Excluding 3rd party fees, the GV is approximately €5,900 for the main applicant and €5,400 per

additional family member. Renewal is approximately €2,668 per person.

The D7 fees are much lower at approximately €255 per applicant and family member. Renewal is approximately €165 per applicant and family member.

We have written detailed guides to visa options and the Non-Habitual Residence scheme, both of which can be found on our website.

For further information please visit www.spectrum-ifa.com. Mark Quinn is a Chartered Financial Planner with the Chartered Insurance Institute and Tax Adviser, qualifying with the Association of Tax Technicians. Contact Mark, at: mark.quinn@spectrum-ifa.com



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Pub.

A warm welcome awaits you at the Wander Inn, Albufeira!

Nikki and the team would love to welcome you to their friendly, inviting restaurant and bar.



You'll find them on Rua Alexandre Herculano, no 28, almost opposite Vesparent (on the road that links the Strip and Avenida Santa Eulalia). Open every day from midday, except Tuesdays. Over the years they've loved having a great mix of nationalities, both regular loyal locals and visitors. Everyone is welcome on the large terrace (including four legged friends), which benefits from the sun all afternoon, and they also have a large bar and

cosy lounge area, with regular quiz nights on Wednesday from 7pm.

The last two years were of course difficult for everyone, especially businesses, and Nikki would really like to thank the regulars who kept her going through the bad times of Covid-19. Happily things are now going from strength to strength, although of course high standards of safety and cleanliness are still followed. "We serve food anytime, and it's all traditional home cooked British dishes, including

Sunday roasts (beef, chicken or pork) with all the trimmings, fish and chips, homemade pies, vegetarian options and lots more, plus an amazing selection of homemade desserts...how about a Maltesers or chocolate orange cheesecake?"

Takeaway is also available, but they are sure once you visit you'll want to stay, soak up the atmosphere and chat to other friendly customers.

Look for the Wander Inn on Facebook, see their reviews on Trip Advisor, or just pop in!

BPI bank cuts jobs and closes branches

BPI reduced, in net terms, the number of employees by 144 last year, bringing it to 4,478, and cut 76 points in the distribution network, including 63 in the branch network, announced the president bank executive.

In a press conference, João Pedro Oliveira e Costa indicated that at the end of 2021 the bank had 4,478 employees (144 less in net terms compared to Decem-

ber 2020), with the distribution network totalling 349 commercial units, a reduction of 76, of which 63 were in the branch network, eight in 'premier' centres and five in

corporate and institutional centres.

According to the bank's president, of this set of workers' departures, 139 were through early retirements and voluntary terminations.

"Recurring structural costs remained almost unchanged (+0.4 percent), reflecting: the 2.9 percent drop in personnel costs and general administrative expenses; and the

25.8 percent rise in depreciation and amortisation, essentially explained by the investment in software and works in real estate", said the bank.


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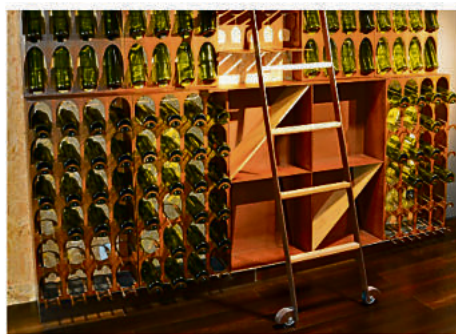
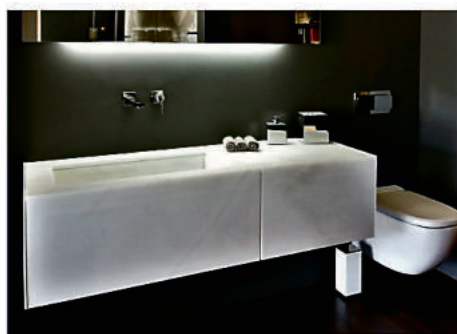
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What do rising interest rates mean for UK savers?

Financial news sites are full of speculation for the past couple of weeks about the possibility of central bank interest rate rises.



N Antonio Rosa,
Associate Director

With the US Federal Reserve announcing plans for interest rate increases in 2022 and the Bank of England (BOE) Monetary Policy Committee voting 8:1 in favour of a 15 base point increase before Christmas, investors might be wondering what's in store for deposits in the coming months.

What do we know so far?

In the UK, base rates have been between 0.1% and 1% for over 12 years. This unusually lengthy period of very low rates has resulted in a market where money is cheap to borrow and high street bank deposits have paid such minimal interest that savings are reducing in real terms due to rising inflation. The rate of inflation has risen to a 30-year high in the past couple of months, the BOE is under pressure to further increase rates to keep inflation under control.

Cost of living increases in the UK are putting the average resident under financial strain as global energy costs rocket and items such as everyday shopping, furniture and clothing also fuel the rise in inflation.

What might happen in the UK next week?

Financial analysts expect inflationary pressures to continue through Q2 2022, probably peaking in April or May and believe that the target of 2% will not be achieved until sometime in 2023. As a result, Reuters predicts that Britain's central bank will add another 0.25% to bring the interest rate to 0.5% when it meets in early February.

What does that mean for personal finances?

When interest rates rise, the immediate impact is felt by those who are borrowing money. BOE sets the base rate at which it will loan money to other financial institutions and those banks and building societies need to factor in their margin, which is usually 0.5-2%. This means the cost of borrowing on mortgages and other credit is increased, usually at the same rate as the BOE base rate increase. The impact for borrowers on standard variable rate products often comes within a few days of the announcement. For an average homeowner in the UK with a £140,000 mortgage, the 0.15% increased their monthly mortgage payment by around £15. With another hike likely in February, this could further increase monthly outgoings by an additional £25. For savers, the picture is reversed but it is not uncommon for banks and building societies to be slow to pass on interest rate rises to their deposit account holders – this is another way for them to make more

money. Since the rate rise in mid-December, only a handful of banks have passed on any of the rise to savers. This is because they have plenty of cheap money from the BOE and are in no hurry to attract new deposit savers. It seems likely that if the expected 0.25% interest rate rise is announced in February, that savers could see a modest increase in the interest on deposit accounts. The best rates are found on regular savings accounts. These are accounts where you have limited ability to withdraw, and you must commit to making a minimum deposit every month. The rates are usually fixed for just one year. Currently the best product available pays 5% interest, so with inflation running at 5.4%, even this account isn't protecting the real terms value of savers money. More flexible savings accounts pay between 0.7-2% but often require notice to withdraw.

Advice from Blacktower Financial Management

With the deposit market in the UK unlikely to change much over the short term in 2022, there are other options for savers which can produce much better returns, making your money work harder for you. With higher reward comes higher risk though, so it's always sensible to take financial advice when considering where to put your hard-earned cash. Mutual funds such as Nexus Global Solutions Portfolio A returned 7.5% growth in 2021 against the backdrop of the global pandemic, proving once again that there are better options for investment than bank deposit accounts. As always, qualified professional advisors are best placed to help you navigate the changing financial landscape and create the best returns on your investments. Blacktower Financial Management wealth advisors can assess your situation, helping you to identify the best way to structure your wealth to grow and preserve your wealth. We will regularly review your position to ensure that you achieve your financial goals now and in the future. Contact one of the representatives at our Lisbon office today for your free no-obligation discussion.

Blacktower in Portugal

Blacktower's offices in Portugal can help you manage your wealth to your best advantage. For more information contact your local office.

Antonio Rosa is the Associate Director of Blacktower in Lisbon, Portugal. Blacktower Financial Management has been providing expert, localised, wealth management advice in Portugal for the last 20 years. We can help with specialist, independent advice on securing your financial future. Get in touch with us on (+351) 214 648 220 or email us at info@blacktowerfm.com.



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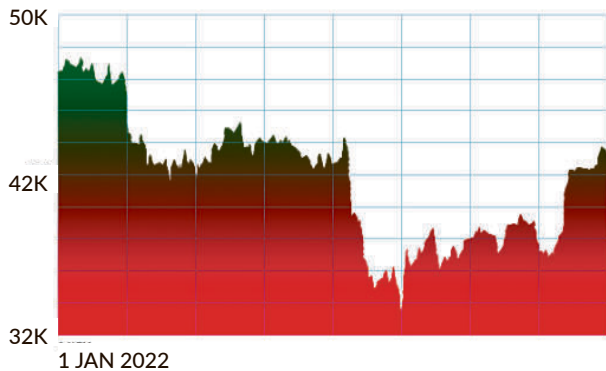
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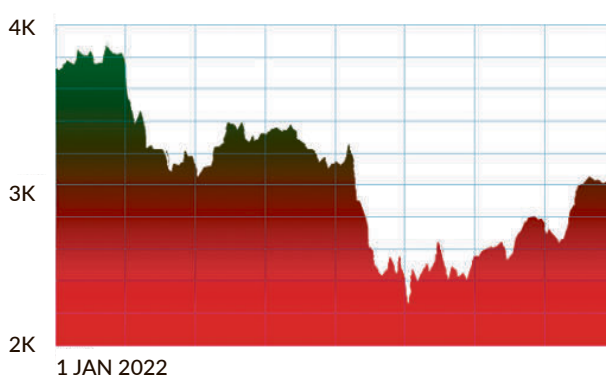
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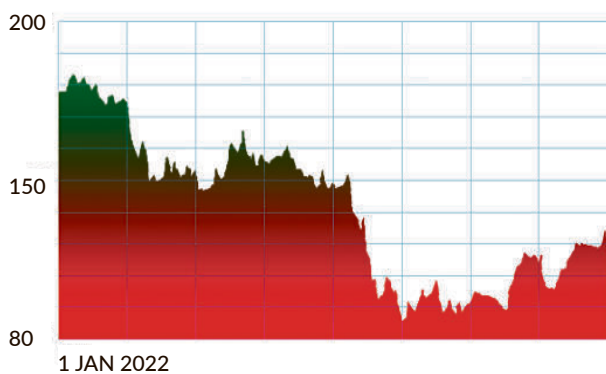
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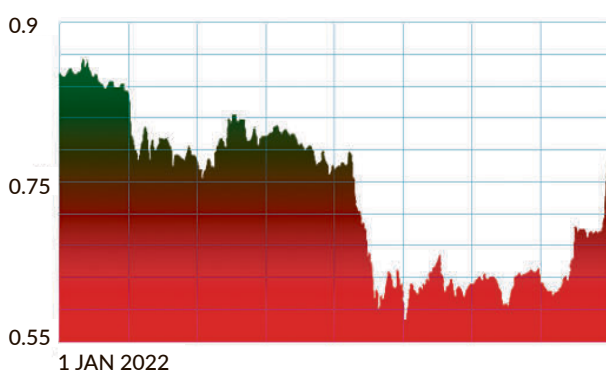
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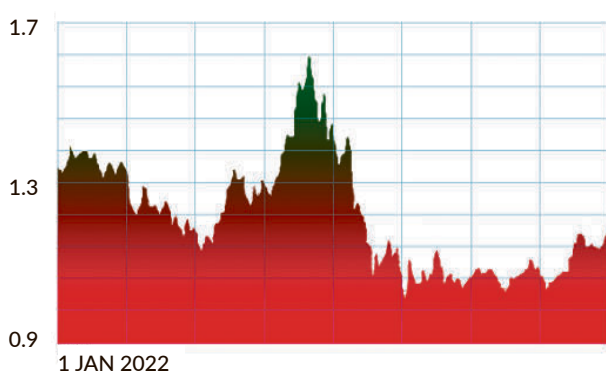
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The Portugal News crypto clinic

The Portugal News is pleased to announce that we will now be providing a crypto clinic where readers can send in their technical crypto questions for Stephen who will provide help/guidance on the technology.

About Stephen Whitelaw

After completing his first degree in pure mathematics, Stephen spent a year writing games in the computer industry before obtaining a Masters degree in computing. This led him to becoming a member of staff at the University of Glasgow in Scotland, where he lectured in computing for three years. Stephen is a highly energetic person who combines a solid educational and technical background with 30+ years of business experience in the starting and growing of numerous businesses, one winning a Deloitte Touche Fast 50 award in 1999 for being one of the fastest growing technology companies in the UK, while he himself has been described as a “rebel without a pause”! Based upon his experience Stephen is a regular keynote speaker to Fortune 500 companies such as Google, Cisco, GroupOn, Microsoft and Oracle. Stephen first became interested in bitcoin in January 2011, around two years after its initial launch, he describes the technology as fascinating and is currently somewhere down the bitcoin rabbit-hole! During the first lockdown he became a ‘Bitcoin Certified Professional’ and for the past



four years has been helping crypto users find lost/forgotten passwords to their wallets at his new company “Bring Back My Crypto” www.bringbackmycrypto.com For further information please go to: <https://www.linkedin.com/in/stephenwhitelaw>

Your questions

Whether you are an interested new comer or are looking for specific

technical help and assistance with anything to do with crypto currency, we are here to help.

Simply send your email to crypto@theportugalnews.com and we will publish selected questions and answers in the upcoming editions and online.

It should be noted that neither **The Portugal News** nor Stephen Whitelaw will provide any financial advice in relation to crypto.

10% of the global population owns cryptocurrency

According to data acquired by Finbold, about 10.2 percent of the global population using the internet owns some form of cryptocurrency (as per a survey carried out in Q3, 2021 and published on January 26, 2022).

Thailand accounts for the highest share at 20.1 percent, followed by Nigeria at 19.4 percent, a similar percentage to Philippine users. South Africa ranks fourth at 19.4 percent, followed by Turkey at 18.6 percent in the fifth spot.

Other countries in the top ten category that recorded a significant share of crypto owners include Argentina (18.5 percent), Indonesia (16.4 percent), Brazil (16.1 percent), Singapore (15.6 percent), South Korea (13.4 percent), and Malaysia (13.2 percent).

United States users ranked in the 14th spot with a share of 12.7 percent, while Russia ranked last at 2 percent among the surveyed countries.

Elsewhere, the ownership is more contracted among individuals aged between 25-34 years, with males ac-

counting for 15.5 percent while the female share stands at 9.5 percent. Internet users aged 16-24 years saw males account for 13.3 percent, while female owners stood at 6.4 percent.

In general, most crypto ownership is centred among individuals aged between 16-44 years.

The ownership figures follow an increase in cryptocurrency penetration, with different assets being utilised for various roles. According to the research report: “The increased adoption has resulted in cryptocurrencies becoming part of people’s daily lives, replacing some of the roles played by the traditional monetary systems. For instance, the cryptocurrency sector offers services like lending and emerging as alternatives to conventional finance aspects like paying salaries.”

Timex Portugal, Clive Sinclair and Maggie Thatcher



Paul Luckman

The American watch company, which operated a modern assembly plant 15 miles south of Lisbon, employed about 2,000 people, mostly women and teenage girls.

The Timex watch was a famous brand producing low-cost wrist watches. Established in 1854 as the Waterbury Clock Company. In 1901 they brought out their first pocket watch, it sold for one dollar. Mark Twain bought two. These days you can get a TIMEX watch from Amazon in Europe for less than €50. Timex produces pieces for volume brands in Asia while its luxury division manufactures in Switzerland. So what were they doing in Portugal and what went wrong? The factory was opened by the then President Almirante Américo Tomás in March 1970, initially with 400 workers. Timex were attracted to pre revolution Portugal as they saw political stability (i.e. a dictatorship) and cheap labour. As a wholly owned subsidiary of Timex America, they started assembling mechanical watches, but the evolution of digital watches changed everything. Digital watch production was switched mainly to the Far East where labour was cheap.

The revolution changed everything

In May 1974, following the revolution, Timex announced plans for the dismissal of 668 workers, reduction of the workweek to three days and the closing of the factory for two weeks starting immediately. The Timex workers took over the factory in protest about low wages and what they said were poor working conditions and long hours. This was known as 'saneamento', workers in many industries evicted their bosses and took over running the company. The Timex workers continued making and selling watches. Their demands for a forty hour week instead of the forty five hour week they worked were refused by the management and the workers continued to occupy the factory for a month. The strike and factory takeover caused considerable publicity at the time, not least to the high-profile name Timex and the large workforce. The company suspended regular bus transport to the factory. The workers —mostly women and teenage girls — came in buses and cars lent by the Lisbon Shipyard and other companies, or hitchhiked.

General Antonio de Spínola, who assumed the presidency of Portugal after the military coup, was one of the people involved in resolving these strikes that were going on throughout Portugal. It was reported that Military 'arm-twisting' was also used to end a month-long walkout at the Timex plant.

"It wasn't me or Microsoft who created the cultural change allowing the computer to go home. It was Sinclair and Timex". Bill Gates. What became obvious was that a new product was needed now that mechanical watches had little or no demand. This is where Clive

Sinclair and the Spectrum ZX computer came into the picture. The Spectrum computer was a hot seller. Micro computers were new and everybody wanted one.

Sinclair had a large factory in Dundee but demand outstripped supply and there was a waiting list of several months, so Sinclair looked to Portugal and the Timex factory in Portugal. Labour was still relatively cheap and the Timex factory had excellent facilities and the work force were highly skilled. It was a natural fit.

What went wrong?

Sinclair Scotland had tied up supply to Europe, (except Poland), but America wanted these new miracle home machines. Portugal was the answer. As with many new 'inventions', the microcomputer or 'home computer' came with more than a few problems. The machine would become famous for the games that entertained a whole generation of pioneers. Problem number one was that it came with only 48k of RAM. This was later increased to 72k. Problem number two was that the only way to load the software was by a cassette tape, very slow and unreliable. The Portuguese engineers were up to resolving many of these problems and started to develop their own 3" floppy disk. These machines were in no way capable of any business applications, games were about its limit.

The T/S 1000 was introduced in July 1982, with Timex Sinclair touting it as the first home computer to cost under \$100 in the U.S. market. In spite of the flaws in the early versions, 550,000 units were sold by the end of the year. The Portuguese factory was turning out over 5,000 units a day.

Then companies like IBM, Atari and Commodore came onto the market. They could see a good idea and had the resources and marketing power to take it to the next stage. Sinclair's clever 'invention' was soon overshadowed by the new players who could see the future of computers for the mass market. It's interesting to note that Clive Sinclair was a great inventor, he also invented the first pocket calculator and even the electric 'three wheel car', the Sinclair C5. His ZX Spectrum computers brought affordable personal computing to the masses and sold in their millions across the world until the big manufacturers spotted the potential of the microcomputer. None of his inventions lasted very long, others copied and improved.

The Maggie Thatcher connection

What follows is a rumour that has been kept 'under wraps', it can't be definitely confirmed. It is rumoured that in 1991 Margaret Thatcher came to Portugal to meet with then Prime Minister Cavaco Silva. People close to the Timex Portugal operation claim that Maggie convinced Cavaco Silva to transfer all the technology and expertise that Timex Portugal

Timex Portugal was one of the first casualties of the revolution, but strangely, although they started making watches in Portugal, they then switched to making computers through until the late 80's.



had developed to the Sinclair factory in Scotland. This was to save the jobs in Dundee, but jobs were lost in Portugal, though according to some reports some workers at the Portuguese factory returned to making watches for some time.

The remaining stocks of the ZX Spectrum were sent to Argentina. How did Maggie achieve this, maybe she 'hand bagged' Cavaco Silva into losing a lot of jobs and expertise from Portugal. Scotland's gain was Portugal's loss.



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

Begoña True's fantastic creations

Passionate and uplifting illustrator and painter, Begoña True paints realism, magical realism and surrealism.



Cristina da
Costa Brookes



and the ocean which inspires her as a creative, "one pretty thing about the Algarve compared to Spain is how the beaches are preserved". "When I lived in Spain the buildings are right on top of the beach which is not the same. The Algarve gives me a bit of everything and Faro is a busy city with lots of people from all over the world and you also get to enjoy nature and the beaches."

Inspiration

Begoña affirmed that the Algarve has inspired her work, particularly through the water colour paintings she has done of the Algarve, "one day I was going for a walk and I thought it was so pretty that I started taking pictures of the doors, buildings, boats and even storks and I decided to paint them with watercolours and they were very popular but I still have some left on my website."

She then told me that "A lot of people think my illustrations are just for children but it is also for adults, I think many adults forget that all that beauty, sweetness and tenderness can be for adults as well." "When you grow up, the world is a rough place and then people tend to toughen up to be able to deal with the world and to be successful

and just to survive many times. That innocence is left behind and people think it is not part of the adult world and I think maybe it should be. My illustrations are for children and adults especially because I think it would be nice for adults to recover that part of themselves." What really captured my attention when it came to Begoña's work and now a new particular favourite of mine is called "Nurturing Nature", this piece really stood out to me. The scene is of plants giving a massage to a lady who is lying on a flower and it encapsulates the beauty and calm of nature and moreover the beauty of this artists imagination.

Fantasy stories

Additionally, Begoña has written and illustrated two of her own fantasy stories called "What a journey!" and "Isabel and her Magic Land" which are written in a poem format that she is currently re-editing but please keep an eye out as it will also be available to buy in the future. Begoña affirmed that she does commissions for the joy of it and she has also done illustrations for a handful of authors so if any authors are looking for an illustrator or if anyone would like to commission one of her illustrations or paintings,



Begoña True was born in South Africa and grew up in Spain, where she started drawing and painting from a very early age, "Since I can remember, I always had a colouring pencil in my hand and I especially liked drawing." "It was the way I expressed myself, I do know it is a part of me and I can't live without it and I think it is because somehow I created my world, a world that I would like to live in; a world filled with love, beauty, sweetness and nurturing".

Magic realism

Begoña's fantastic creations

are done in watercolours or acrylics when she paints realism, magic realism and surrealism and for her children book illustrations she uses coloured pencils. In the field of realism, she paints city architecture, landscapes and animals, and portraits by commission. In the scope of surrealism, she paints magical landscapes and scenes that she imagines."

Begoña moved to Portugal in 2010 and lives just outside Faro, which she loves, explaining that "Faro is great for public transport which works well as she dislikes driving." She told me that "the Algarve has so much to offer", she loves the nature

please do reach out to her. When asked if there are any artists who she enjoys, Begoña told me that "surrealist painter and sculptor, Vladimir Kush and painter of magic realism, Rob Gonsalves" come to mind. Begoña also loves music and reading as it transports her to another world, sharing that when she was sixteen she read "The Neverending Story" which really touched her heart, especially the chapter where he creates a new world and that it was the most inspiring thing she ever read."

I asked Begoña what advice she would give to aspiring artists and she kindly shared this with me "I grew up in the social environment, where art is something, you didn't do for a living and everybody discouraged me to go into art but I made that choice because I am an artist and it was heart breaking to give that up." "I would say don't listen to anybody, listen to what makes you happy and what brings you joy, if you are doing something and it is bothering you in some way, leave it and I am not saying abruptly but do what makes you happy." "That being said you cannot be blind, this is important for painters and creators, too many of them follow what

is in fashion and you should never do that. You have something unique inside you and you should express that."

Looking to the future

We ended our conversation with her hopes for the future, in which she told me "It would be as simple as living in a world that is safe, full of love and respect, you don't need to like everything, just respect everyone and everything." "I am certainly being who I am in this world, I would like the feelings of safety, love, joy and playfulness of my drawings to be real, that is my hope." Begoña plans to continue expanding on her work as she told me there is even more to express and that she would love people to see her work and to have her work exhibited so if anyone knows where she could exhibit her work please do get in touch with this delightful artist. You can enjoy Begoña's beautiful illustrations by purchasing her "Colouring Book: Libro para colorear" off Amazon and once her stories are re-edited, they will also be available to purchase. For more information about Begoña True and to get in touch with her for commissions, please see her website at <https://becreations.jimdofree.com/>.

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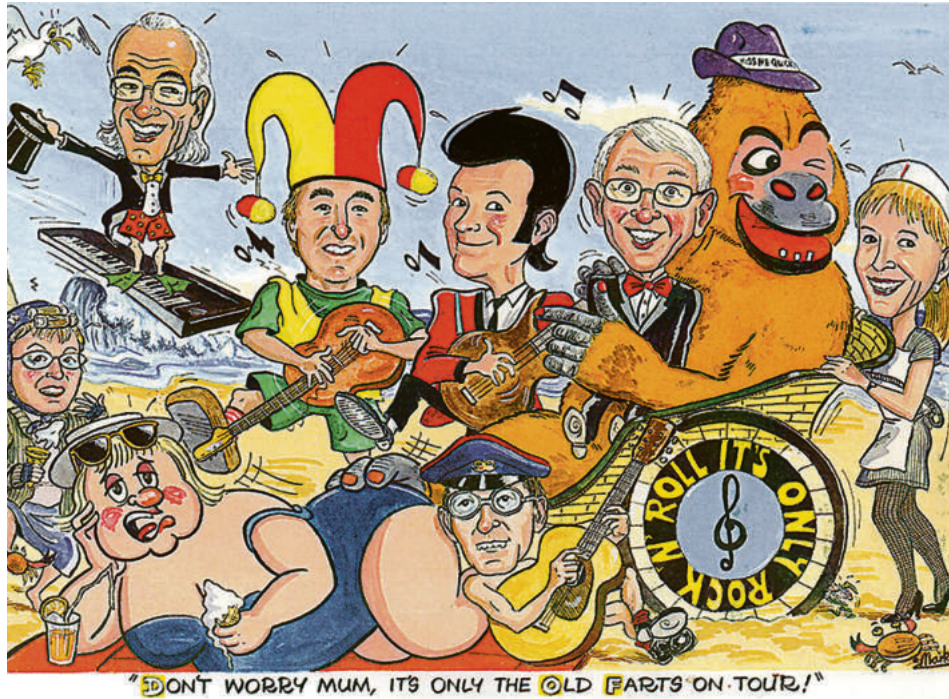
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SHIMANO BOSCH

Algarve's ardent music duo Collar&Cuffs

N Cristina da Costa Brookes

Nigel and Sarah Hodgson are a versatile live keyboard and vocals music duo called Collar&Cuffs and are based in the Algarve.



The duo has lived in the beautiful Algarve for 15 years and are born entertainers, they are looking to get back at playing more shows post Covid-19 and would love your consideration next time you are planning an event. Collar&Cuffs have a varied

repertoire that they perform live with no backing track, meaning they can adapt the performance to fit the audience at the time. "We never do the same show twice so it is a unique experience" whereby they bring audiences great popular music from the 60's and 70's including

Rock n Roll, Country, Ballroom, Swing, Ballads, Reggae and Latin. They mostly cover big hits from a particular artist; some of the songs that Nigel covers are by Jerry Lee Lewis, Neil Sedaka, Buddy Holly and Elvis Presley and Sarah covers Dusty Springfield who is one of her favourite singers and Bonnie Tyler who is a favourite amongst the Portuguese audiences, humorously adding "maybe one day I'll meet her here in the Algarve but it hasn't happened yet", as well as The Carpenters, Connie Francis.

Musical history
Nigel became a musician when he was just eleven years old, "my dad was a drummer in an army dance band and after he always had small three or four-piece bands and when I became old enough, I joined them and I taught myself piano", proudly saying "I got my first payment at eleven years old." Sarah then told me "He has now been doing music longer than Cliff Richard and any of The Rolling Stones", further affirming that Nigel "lives and breathes his music and is very passionate about what he does and to have done it this long".

Nigel then explained that "from there, Dad's band folded up and I had learnt to play drums in the meantime so I joined an R&B band called Spiders and we did that for a few years. Then I went back to playing piano in pubs and then I got my dad out of retirement to play drums with me. Then we worked as a duo which is when I started singing and we got jobs playing at theatres, clubs, dinner dances and around holiday parks in the UK, also two seasons on cruises." "We then went on tour with our Variety Show called "The Old Farts on Tour" which was an 8-piece company touring the theatres. It was basically a music tribute, comedy show, we even had a ventriloquist with us."

Creating Collar&Cuffs
Towards the end of playing in the UK, Sarah got involved and became part of Collar&Cuffs. Sarah explained that "I was in the choir at school but singing was never my thing, it wasn't until Nigel and I got together that I started helping him and coming along to gigs. He then asked me to sing one song with him and when you get great feedback from the audience, it keeps you going" with Nigel adding "Sarah comes alive when she gets out on stage and that she is definitely a performer".
But because Nigel hated the English Winters (who can blame him), in 2007 they decided to make the move to Portugal and found work here, having their first gig shortly after moving. Sarah and Nigel both agree that they love it here, "We just feel so at home here, the Portuguese people are so friendly and we wouldn't want to be anywhere else." They went on to tell me about their active music journey in the Algarve, "We were doing seven nights a week and sometimes



lunch times at restaurants and hotels. We worked continuously for about eight years at the Pestana hotels in Alvor and at the time we were the only English entertainers there." "We haven't been as busy for the last few years because things have changed especially with Covid-19 now and we really miss it."

Highlights
Nigel then kindly shared a highlight for Collar&Cuffs, by saying "it was probably when we first moved here and performed regularly at the Pestana Hotel because we had a very welcoming reception". Sarah then added that a particular memory that stood out for her was that "they used to have groups of ladies come out for a pampering and beauty week and they were all there to have a good time and the floor would be covered with people dancing." Nigel also said "We did a few New Year's eves at Vivenda Miranda Hotel in Lagos which was a great place to work and we have done Christmas dinner dances for Afpop and Charity fundraisers for the children's home in Lagos as well as the local firemen." Nigel also played piano with the New Orleans Jazz Band at The Tivoli Hotel in Lagos for a while. They also told me that they organise a show here in the Algarve which includes a music quiz which they have done previously to raise money for a charity, which

they do at a restaurant with a meal, followed by a quiz then live music for dancing or singing-a-long to. For example, you would need to guess the name of the song from the intro or instrumental break from original tracks.

Looking to the future
In terms of the future, the duo plans to continue to perform to groups who are out for a good time and never giving up on doing what they love doing most. One of Nigel's ideas for the future is to put on an entertainment show in Lagos in the Summer, following on from "The Old Farts Show", with Lagos being known as a tourist town, "I wanted to put on a show there at least once a week and I think that will be a good place" so please watch this space as this could be something great to come from this wonderful duo.
If anyone is interested in Collar&Cuffs, please do reach out to them as they cater to any theme and do all kinds of events from parties to weddings. To keep up to date with Collar & Cuffs events please search sarah.hockley.18 on Facebook. Additionally, they stated that "If anyone has any memories relating to gigs in the UK or Algarve, please contact us via email at nig.ericson@sapo.pt as it would be great to hear from you". You can also contact them by calling 282 798 109 or 916 563 191.



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

The famous TIC-TAC UFO engagement

N Chris Lehto

Senior Chief Kevin Day had been seeing the weird radar contacts for the previous two weeks.



At first, he thought it was the new radar that they were using. The SPY-1 radar was the newest state-of-the-art Naval radar in the US inventory. The contacts were traveling almost five miles in less than a second? That was MACH 30?! And they were stopping? It had to be a mistake with the system. Gary Voorhis, the officer in charge of the radar system on the Princeton, decided to take the radar offline and recalibrate it. He got approval from the ship's Captain to take it off line. When they turned the radar back on after checking it in all modes they still saw the contacts. And now they were even clearer! It was November 2004. Kevin and Gary were aboard the Princeton guided missile cruiser, one of the US Navy's most technologically advanced ships designed to defend Carrier Group 11 from air and space attacks. Their carrier group was spinning up for a deployment to the middle east. According to a 2019 study published by the Scientific Coalition for UAP studies

(SCU), Estimating Flight Characteristics of Anomalous Unidentified Aerial Vehicles, the Ballistic Missile Defense radar tracked the contacts in low earth orbit. The Princeton radar then picked up the contacts at 80,000 feet north of their carrier group, near San Clemente Island off the coast of San Diego. The unknown contacts arrived 10-20 in a group at 80,000 feet (above 60,000 feet is considered astronaut qualification), and then they would drop down to 28,000 feet and track south at a speed of about 100 knots. "Periodically, the UAPs would drop from 28,000 feet to sea level, or under the surface, in 0.78 seconds," said the report.

Something was there

Crewmen from the Princeton and the Nimitz were able to confirm with binoculars something matched the locations of the contacts. Something was there. "We were able to see them through binoculars. And that confirmed for me it was an object...something was there," Gary Voorhis said.

For two weeks the radar operators wondered about the contacts. They talked on the ship about what they could be. They watched them from the top decks, tracked them on the radar. But then the fighters arrived to start their training. And now, the contacts were in the same training airspace as the fighters. Senior Chief Day convinced the Princeton's Captain to ask the first fighters to check out the contacts. On 14 November 2004, Commander Fravor was leading out a two-ship of F-18 Superhornets. He was a Top Gun graduate and had recently taken command of his first fighter squadron, a major achievement for any fighter pilot. He was preparing the squadron for war and it was a beautiful clear day to fly. All his years of combat and high-intensity training at Top Gun didn't prepare him for this particular mission. When his two-ship entered the training airspace, the radar controllers asked if he had any live weapons. That was an interesting question he thought. No, it was a

training mission and he didn't have any live weapons. The controller gave Fravor a vector towards the nearest contact. Fravor pointed his two-ship towards the heading and started searching for the target. "Off the nose 20 miles," the controller called out. They were closing quickly on the position and looking in their radars. "15 miles to merge....10 miles, 5 miles..." All pilots were looking outside now frantically. It could be at any altitude "Merge plot!" the controller said.

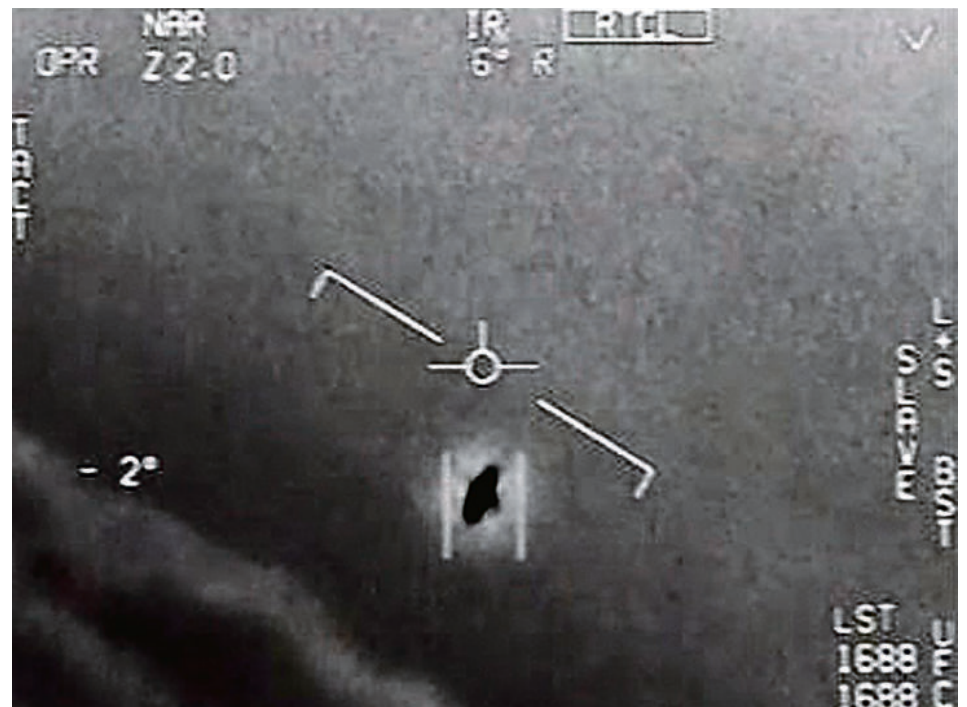
White water

Fravor noticed a 75-metre area of white water far below them on the otherwise clear blue sea. "It almost looked like a breakwater. About the size of a 737. I thought at first it was a crash. Then I saw it." Fravor said on the Fridman podcast. He saw a clear white object about the size of a fighter, moving east and west, and north and south in quick movements. "Ahh, it's a helicopter, I thought," Fravor said. "Except it wasn't a helicopter. It didn't move with inertia, it just bounced around." After 2-3 minutes of watching the object, Fravor

decided to go down for a closer look. He left his wingman up high at 20,000 feet while he started a slow spiral descent down. At 15,000' Fravor noticed the object stop its search pattern and point right at him. The object then executed an impossible maneuver. From a standstill it climbed without effort up to his altitude in seconds. Something a modern fighter could never do. Fravor then flew across the circle (imagine going around opposite sides on a large merry-go-round) less than 800 metres from the object. He was close enough to clearly see no signs of wings or propulsion. What he saw was just a slick white cylinder, about the size of a fighter, "it looked exactly like a white Tic-Tac candy." Fravor moved in to get a closer look. As he closed onto the craft it accelerated so fast it disappeared. LCDR Slaughter from the backseat of the plane above said it accelerated "like a bullet," and was gone. All four aviators looked back down at the water and the break water was gone. They were alone over the clear blue sea. Flabbergasted, the Fravor led the jets back to their combat air patrol (CAP) point and

accomplished their training mission. On the way home the controller said, "you're not gonna believe me Sir but that thing is back at your CAP." "What?" Fravor thought. "How did it know where our CAP was?" When Fravor landed he quickly talked with the weapon's system officer of the next fighter launching, Chad Underwood. Chad launched towards that CAP point and recorded the famous "FLIR1" video of the Tic-Tac UAP. The visual engagement was corroborated by four trained observers with decades of experience. It was a crystal clear day with unlimited visibility. The contacts were confirmed by radar, video, and visual. For this reason, the Nimitz encounter is the most authentic and corroborated modern UAP case. Standby next week for what happened during Underwood's intercept of the Tic-Tac.

Check out my channel for weekly videos on this topic here: <https://www.youtube.com/channel/UCVnKdkLzWuy1oLuCuCv4NCA> Or search Chris Lehto on YouTube.



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

The Contributor, Mehroo Fitter, says "since I was a girl, I've been interested in spiritual matters."

I want to know: Who am I? Why was I born? Is there more to life than just being born, survival and death, or is there something more to it? Is karma real? Do fairies, Angels, Dragons, Unicorns, exist? In 2011, I came across a book that changed my life. Since then, I have been using social media to spread the words of Spiritual Masters through the books written by their Channel, Aurelia Louis Jones. These messages that the Masters have sent are to help us cope with all the changes happening in our world around us. These messages can help us in these challenging times all alleviate fear, and remain peaceful.

Seven Sacred Flames

The Seventh Ray - The Violet Flame of Transmutation

Main God qualities and actions of the Violet Flame:

Freedom, Transmutation, Transformation, Diplomacy, Ceremony and Application of the Science of true Alchemy

Day when is amplified:

Saturday

Corresponding Chakra:

Seat of the Soul Colour: Violet

Corresponding Stones:

Amethyst, Violet Fluorite

Chohan of the Seventh Ray:

Master Saint Germain, also known as the God of Freedom

His Retreat:

Transylvania, Romania and the Great Violet Flame Temple, Jackson Peak, Wyoming, USA.

Archangels of the Seventh Ray with Divine Complement:

Zadkiel and Amethyst

Their Retreats:

Over the Island of Cuba

Elohim of the Seventh Ray with Divine Complement:

Arcturus and Victoria

Their Retreat:

Near Luanda, Angola, Africa



Transmission from The Heart of Beloved Saint Germain.

Beloved children of my Heart, it is my great pleasure and privilege to contribute my messages of Love in the writing of this alchemical "Seven Sacred Flames" book. Indeed, we consider this publication to be a sacred document for the benefit of mankind. Know, dear ones, that as you read and study the material contained on each page and paragraph of this book, my presence and the presence of the other Chohans of the Seven Rays, along with those of your beloved Lemurian family of Telos, will accompany you. You will find in these writings everything you need to know and integrate to qualify for your Ascension. If only you choose to seriously apply the wisdom herein and fully become it, letting go of all fears and preconceived ideas you have regarding your true nature, your pathway will certainly unfold with the greatest Ease and Grace.

You are the ones, beloved friends, who create all the difficulties and complexities in the process of "becoming again" what you have always been. Beloveds, realize that it is not so complicated and difficult to become an Ascended Master if only you allow yourself, without your usual resistance, to naturally "Be" in the flow of your divinity. A Divine being in an incarnated experience is truly what you are; it is your birthright and natural state. You have never been anything else! Allow the nudging of your beloved IAM Presence to rule your heart, to rule your life in total trust, and let go of your resistance and fears. It is important for me to bring to your attention that we have been observing you and humanity very closely for a long time. From our perspective of Love and Limitlessness, it is obvious to all of "Us" on this side of the veil, that humanity in

general, including most of those who have applied for Ascension in this life, share a common problem you are not aware of. Whether you are willing to admit it or not, the fact remains that most of you, if not all, hold a great fear of your "IAM Presence" and of embracing your divinity. You have been relentlessly programmed over the centuries and millennia by those of the shadow side, who have ruled various aspects of your planet, to fear what you do not fully understand, and to reject or fight it. Your souls are profoundly imprinted with that erroneous signature of fear. You have also been imprinted with the belief that you are a poor sinner, not worthy of Love, and certainly not worthy to be a true "Son of God," an equal to the Christ within you now wishing to externalize. You have all been imprinted with the thoughts and feeling of unworthiness, despair and hopelessness.



I AM PRESENCE

Your IAM Presence is your Divine Spark that is One with God - Do not limit its Power!

Please, beloved ones, become re-acquainted with that the glorious Presence of which you are an essence, "The Magic Presence". Its wonderful omnipotent powers are willing and ready to act through you at all times. As your human self, you could not possibly attempt to rehabilitate the human race. Of course not! But your IAM Presence can!

Your infinite, individualized "IAM Presence" has sustained you for eons of time and desires to bring into your world the wonders of the Universe.

When the incarnated soul voluntarily disconnects itself from conscious contact with that Presence, the "IAM" continues, in graciousness and kindness, pouring its streams of Light and Life energy into your physical heart, to sustain your incarnation with the use of intelligence, emotional feeling, power of thought, memory and physical action.

Your Presence and mine are not

limited in any way. They are ONE in action, in glorious perfection, all-knowing and capable of instantly directing a million or a billion rays of transcendent light into whatever condition, place or person requires assistance. Will you not raise your deep and sincere attention to that Presence and make it feel you are now ready and willing to work consciously with it again?

When you do this, your Presence will turn its attention to you, the stream of Light will widen and your capacity to serve will increase through that renewed partnership. From the heart of that Presence,

you can direct those mighty rays of intelligent light, including the Violet Fire, to all life everywhere which you may have injured or been injured by. It can go back in time from the moment the shadows of human creation first began to fall upon this dear Earth. At your call, your Presence will gladly clear and balance in one hour, and perhaps in just one moment any debt you may have incurred with any lifestream, whether embodied now or not.

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



Walking to defeat MND

Local resident and owner of boutique Hotel Quinta Jacinta, Sally Roberts, is currently walking 2,035kms from the Algarve to Salisbury in England to fundraise for Motor neurone disease (MND).



of her brother. “For many years I have travelled back and forth to the Algarve, mainly thanks to the numerous available flights, although sometimes by car. I have always enjoyed driving through Portugal, Spain and France and it was this that gave me the idea of fund raising by a sponsored walk from the beaches in Portugal to Salisbury, where I was born and my brother lived.”

“The last 18 months of life was awful for both himself and his family. Since then, too many friends and acquaintances have told me about family members or friends that have been affected by MND and the sadness of this particular disease.” Sally is hoping her walk will raise awareness and will fundraise for very much needed research into the disease. For those who may not know, “MND affects the nerves called motor neurones in the brain and spinal cord which gradually stop reaching the muscles and can affect adults of any age, but is most likely to affect people over 50. MND is life-shortening and there is currently no cure.”

“It was not a disease I knew a lot about but I have to say it was pretty devastating when someone is diagnosed with an illness which is essentially terminal and there is no cure.

“When we first heard the news, I actually spent a lot of time researching what work has been done globally and whether there were alternative treatments or cure and the answer was no. I then made a silent promise to him that at some stage I would do what I could to raise awareness of MND and raise funds for research to prevent others having to suffer as my brother did and to hopefully see a cure found for MND. The UK Government has recently promised 50 million pounds to this end so let’s hope all the work that is being done will provide the solution we seek.”

The start of the journey

Initially, in late November 2019, Sally set off on a six month walk of around 2,100 kilometres “in the hopes that in some small way I can contribute to raising much needed funds for research into potential cures for MND. Whilst planning my trip, I was in contact with the MND association in the UK who are an excellent organization but, in the end, have opted for fund raising through the “My Name’s Doddie Foundation”.”

George “Doddie” Weir is a Scottish former rugby union player who made 61 international appearances for the Scotland national team. “Since being diagnosed himself with MND, he set up a Charitable Foundation and has already raised over £1million. I like the idea of supporting a small organisation where one can be assured the money raised will go to research projects with the minimum

spent on administration.” After starting the walk in November 2019 and making it to the Spain/France border in March 2020, Covid-19 and the lockdowns forced Sally to retreat back to the Algarve. However, she then “made the decision to start all over again, opting for a different route and walked north along the border of Spain and Portugal on the Portuguese side to just short of Guarda and I have brought my 8 small dogs along with me on this challenge (they don’t actually walk on the walk with me but I walk them in the mornings and evenings).” On the 18 January she told me she was now north of Valladolid and heading for Burgos and had done an impressive 835kms so far, her average being around 20k a day. Sally is hoping to arrive in Salisbury in April which is where she was born and where her

family and brother lived so they are hoping “to have an evening song to finish the walk, in memory of her brother and all who have MND.”

“I know we all have our chosen charities to support but if you wish to donate to the cause or know of anyone that would like to, you can donate at: <https://www.justgiving.com/fundraising/walkwithme4mnd>. Sally also added “that she has a sponsor form that she can send with all the details once she has completed the walk for anyone who would like to record their sponsorship.” To follow Sally’s progress on her journey you can visit: <https://instagram.com/walkwithme4mnd>. For more information about Sally’s fundraising through Doddie’s Charity please see: www.walkwithme4mnd.co.uk and <https://www.mynamedoddie.co.uk/>.



Doddie Weir

Sally has been a “full-time resident for the last two years but I have actually been visiting the Algarve since 1980’s and I bought my first property here in 1989. I have got a long association with the Algarve and I absolutely love it. My business there, is boutique Hotel Quinta

Jacinta between Vale de Lobo and Quinta do Lago which I will go back to in the summer after having met the challenge I have set myself.”

Sponsored walk

Sally sadly lost her brother, Andy, to MND four years ago and she is on this journey due to the loss

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The great railway journey



Jake Cleaver

A trip down memory train - happy days are made of this.

Last week I returned to a beach that I haven't been to for many years and that I have extremely fond memories of visiting with the whole family when I was little. It's called Praia do Barril but we always called it 'the little train' beach. There's just something about going there that feels like an adventure. Maybe it's the fact that you can't just 'step on' and you have to embark on what feels, even now, like an epic journey or quest - before you can even get one foot in the sand.

Ford at his most frantic wouldn't be able to make it budge. But it's still a lot of fun. And the thing you might not realise is that once you get to the other side - you are officially on Ilha de Tavira (so this might be the perfect way to try out island life if you don't like boat journeys).

Catch the train

Originally created to support the tuna fishermen, the tracks are now used to run this almost magical little train that ships tourists back and forth to the beach. The journey is a bit more than a kilometre and takes about 10 minutes.

I remember that my cousins and I would eagerly hop aboard with my granny and grandpa, meanwhile, I could never understand why, but my parents and aunts and uncles would absolutely insist on walking.

A walk for the senses

Having grown considerably longer legs since then (and so the journey

seems a lot shorter these days) their decision to walk doesn't seem so crazy or boring anymore. It's a lovely walk past the marshes and through the forest with all kinds of things to see, hear and smell. There are all sorts of interesting fragrances in the air. For instance, there's a plant called *Perpétua das areias* (*Helichrysum stoechas*) that during the summer months has yellow flowers and smells like curry.

Wave at the crabs

You also get to study the many interesting inhabitants of the marsh. At low tide you are sure to spot, scuttling sideways away into its mud hole, an unusual crab called the *bocas-da-cava terra*. You know the ones? The male has one massive claw (there's actually a great metal statue of one at a roundabout on the way into Faro beach). My grandpa always used to say that if you stay very still they will come out and wave at you.

All kinds of wonderful Algarvian avifauna spend their days wading around there too - so no wonder the crabs never venture too far away from their holes.

Our beloved Algarvian chameleon also lives here (although good luck spotting him).

The sea-side of the island

The sand I had forgotten is remarkably soft and white and with the sea being generally quite calm and shallow makes it yet another reason why it's a good choice to come here with kids. As I said at the beginning, you are on an island and there are actually three beaches. If you walk east you will eventually get to Praia da Terra



Estreita in the centre and if you carry on you'll get to Praia da Ilha de Tavira at the end.

If you decide to walk west instead though, then in around two kilometres there's a beach called Praia do Homem Nu.


The Anchor Graveyard

Another unusual feature of this beach that makes it so different and interesting is the *Cemitério das Âncoras* or Anchor Graveyard. Over 100 of these huge old rusty anchors are scattered amongst the dunes making a rather epic memorial to the tuna fishing industry that used to thrive here. An interesting thing to note is that these anchors weren't used as you might imagine to secure boats, but rather to hold massive fishing nets in place.


From fishing to bathing

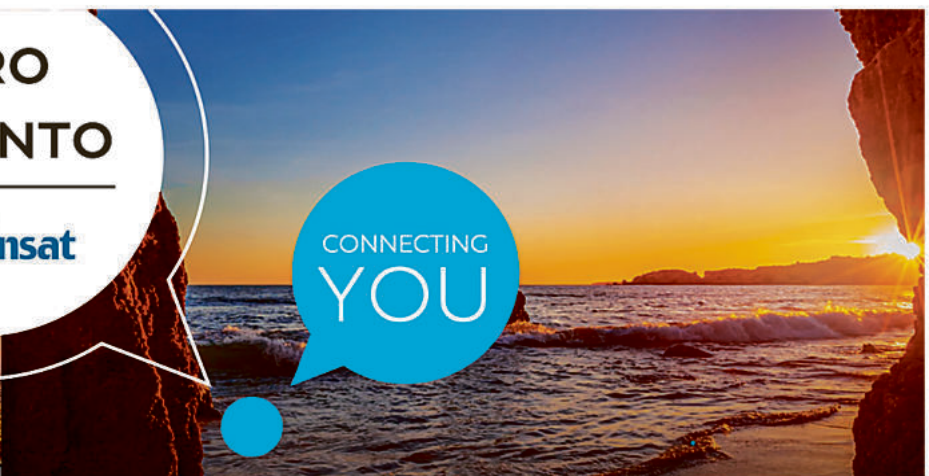
Now that there's no tuna to be found here anymore, the beach has done a wonderful job of using the facilities they previously used to trap tuna and turn the place into, well ... a 'tourist trap' instead. The old and beautiful buildings that the fishermen used to use have now been turned into various cafés, bathrooms (with showers - that's a plus) and there's even a museum called the *Museu do Atum* where you can find out more about the history of the beach, as well as see pictures from the tuna fishing days. So, it's just a suggestion, but maybe now would be the time to embark on this 'great railway journey' yourselves? After all, I wouldn't dare call it a 'hidden gem' in the summertime.






FARO TORONTO





CONNECTING YOU




The joy of Pimba

 Bruno G. Santos

A real party needs lively music and Portugal is no exception.



Traditional Portuguese musicians know just how to get everyone onto the dance floor during the traditional parties in August, complete with lots of grilled sardines and, of course, a few glasses of wine. For the perfect party the final ingredient has to be “Pimba”, a traditional style of Portuguese music.

Fado is internationally known for its splendour and imposing way of singing, as are other styles of Portuguese light music sung around the world and is internationally successful, such as Dulce Pontes or even the pop music

of the Portuguese-descendant Nelly Furtado. Pimba music is however the type of music that is often heard in Portugal, or among Portuguese communities abroad due to its very distinct characteristics. In addition to the electrifying rhythm of the songs to the sound of the accordion and being influenced by the Portuguese folk style, the songs are accompanied by lyrics written in a way that only the Portuguese language allows for. The style has also been evolving and currently some songs are influenced by African rhythms such as Funaná, as can be heard in the songs of the group Némanus.

The history of Pimba

The genre began to have a greater expression in the 1980's, reaching its peak of popularity in the 1990's. The cultural framework, after the Portuguese dictatorship, gave artists greater artistic. Pimba music is full of sexual metaphors throughout the lyrics, which often appeals to those who listen and can understand the messages conveyed by the songs. The opening verses of the songs always refer to common everyday stories. It can all start with eating ice cream, washing the dishes or even parking the car in the neighbour's garage. But it's in the chorus that it all really happens. The Portuguese language allows for sounds and the meaning of the words to almost always have a double meaning. This is what makes the audience laugh the most when listening to the song, as well as livening the mood of those who may be more conservative at the dinner table.

The calmer side

Despite the lively rhythms, there is also a calmer side of the genre, sung by, for example, Ágata or Mónica Sintra. In these cases, the lyrics no longer have as sexual connotation as previously mentioned. Anyone who listens to Ágata's greatest hits from the '90s will hear songs about complicated divorces and the pain of a breakup. In her repertoire, the artist even has songs dedicated to the Virgin Mary. Also following these lines, in Mónica Sintra's musical portfolio, the song “Afinal Havia Outra” should be highlighted. With this song,

it is clear that, despite not seeming like it, Pimba music needs a poetic intelligence that is difficult to find in more modern music. Mónica Sintra's single portrays a betrayal, but only the most attentive ears will be able to understand that it is from the point of view of a lover who did not know that her boyfriend was married to another woman.

A bad reputation

Despite animating the lives of many Portuguese, some musicians interpret the genre as pejorative and of poor quality. Even singers of the Pimba genre at various times say they feel discriminated against by the other side of Portuguese music. Singers such as Romana, who started singing Pimba, was prevented from restarting her career singing in another genre of music because she has a great track record as a popular music singer, despite being recognised as one of the best Portuguese voices.

The prejudice with Pimba music is due precisely to the lyrics, which can sometimes have a discourse that can be considered homophobic and sexist, in several aspects. As was the case with the song by Quim Barreiros “O Casamento Gay”, released after the approval of same-sex marriage in Portugal, where words considered homophobic were sung. At the time, the singer told the newspaper *Correio da Manhã*, that he did not know the meaning of the words “homosexual” and “homophobic”, and that he only knows the words that are normally used with a pejorative content.



Remaining popular

Pimba music accompanies the Portuguese to this day. Currently, songs from the 90s are still played at family parties or during traditional Portuguese pilgrimages, which always have a stage dedicated to an artist who sings the Pimba genre. Portuguese Pimba artists such as Emanuel, José Malhoa and Rosinha make almost weekly appearances on television programmes dedicated only to the genre. As a rule, on weekends, the general channels dedicate an afternoon to publicising the work of Pimba artists, as well as remembering the older works of those who already have a more established career.

Also, singers are called to sing at several university

parties, such as Queima das Fitas in Coimbra. It is almost mandatory to have a day where Quim Barreiros will perform at every university party in the country. The same happens in August, usually, when emigrants visit their families in Portugal, there are a lot of parties where Pimba artists will be performing. Therefore, August is their most busy month, when it comes to singing live.

Recently, RTP produced a documentary dedicated to the genre. The documentary “O Pimba é Nosso” can be seen on the free online platform RTP Play and has three episodes. <https://www.rtp.pt/play/palco/p9117/e576399/o-pimba-e-nosso> - The first episode of the documentary.



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They will eat everything

N Marilyn Sheridan

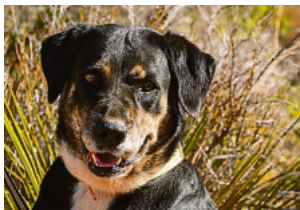
I was going to write about keeping mice as pets – and there's nothing wrong with that, they make a good starter pet, low maintenance, small, quiet (mostly), and are entertaining to watch, and while mice for pets are bred in captivity and are used to humans, wild mice are something else. Someone likened them

to typical teenagers – undeniably nocturnal and enthusiastic eaters who will devour anything! As vermin, they are unwanted guests in your home. A single nest could contain over 20 mice, and can become a severe problem, bringing diseases in with them. Plus the mess. Mice mature in less than 35 days, and can produce offspring within 60 days, so keeping on top of an infestation is important. Your first hint will be droppings, small and black, the size of a grain of rice. Bad smell is another hint – mice communicate with urine, and a dominant male mouse may mark his territory with thousands of microdroplets each day. Mice will travel no more than 30 meters from their homes, so you can be sure they aren't far away if you find any evidence. They will eat any food consumed by you and your pets. And not just content to live in your cupboards,

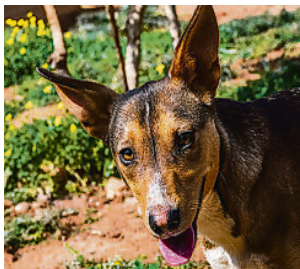
oh no, they will get behind baseboards, in through tiny holes you didn't even know were there, and will look for somewhere sheltered, warm and dry to make a nest – that cupboard full of last year's receipts will do nicely, thank you very much. They will get in your car, and maybe your first hint of a mouse in your car might be the morning it won't start. They will eat through wires to keep their teeth sharp, and apparently some wires are coated in a soy-based product instead of plastic, so wiring becomes even more attractive. I have had mice in my car – they can get into the engine compartment very easily – and they were ripping out the insulation in the bonnet of the car, leaving shreds of fabric behind. A friend left his car standing outside for some months, only to find a whole family must have moved in and had a field day in the boot and engine, with damage so widespread it was irreparable.



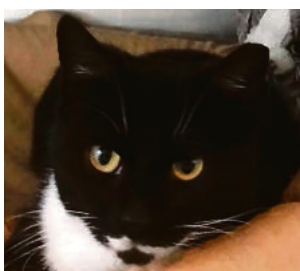
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ZARA is a 6-year-old, medium-sized and very affectionate female. She is a bit overweight, but with daily walks (that she adores) she will lose the extra pounds quickly. Email cadelaclorota.comp@gmail.com to meet Zara (Lagos).



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HAVE YOU SEEN?

Gadwall *Anas strepera*

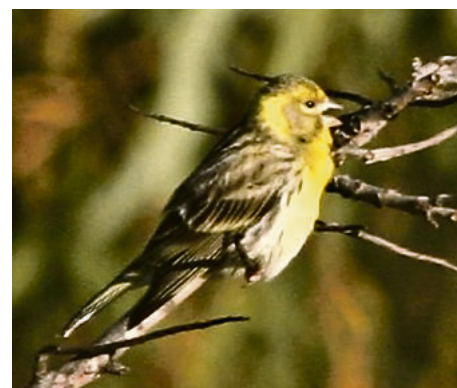
This small seed-eater, only about two thirds the size of a Greenfinch or a cagebird Canary, is common throughout the Mediterranean region. It is the only widespread European member of a large Genus occurring mainly in Africa. Only the males are bright yellow on the head and breast but the feature to note in all but the youngest juveniles is the yellow rump, which is obvious in flight.

Some are kept as cagebirds but the high-pitched, 'tinkling' song cannot match that of the Canary (which derives from the Azores and Madeira, not the Canary Islands). In winter Serins can be found in sizeable, wandering flocks, mainly in open scrubby areas. At this season they can be confused with the northern Siskin which reaches Iberia in variable numbers each year. These are more arboreal and have striking yellow or pale wing bars and additional yellow at the sides of the inner tail. Fortunately, Siskins have a very distinctive, penetrating flight call, frequently uttered, whilst Serins make a buzzing trill or a soft 'tu-ee'.

Another similar species occurring in Iberia is the montane Citril Finch. This is larger, longer-tailed and less streaked than the Serin and also has quite different calls. Some breed in the Spanish sierras and their range is expanding in response to new

afforestation. Although considered rare in Portugal, they are easily overlooked and a few have reached the Algarve in at least two of the last four winters. It is uncertain whether these were of Spanish or Alpine origin.

In the south of their range, male Serins can commence singing in early February, often from exposed perches or during butterfly-like song flights. Further north these displays will start later but, in common with many other songbirds, spring activity is getting ever earlier as a result of global warming. Until recently, Serins were restricted to continental Europe but birds have been occurring with increasing frequency in southern Britain, where it is likely to become fully established.



How to get rid of them?


So the problem is, how to get rid of them? Well, firstly don't leave food sources easily available, sealing everything in plastic or glass containers will help. Check around for likely entrance points and block any holes, even a screw of wire wool or chickenwire will help. Keep your paper and cardboard for recycling outside. For a humane way of repelling

them, try essential oils, as mice have a very strong sense of smell, and hate the aroma of peppermint oil, cayenne, pepper, and cloves. Soak some cotton balls in any of these, and place them anywhere you've had problems – like under appliances or in the backs of cabinets. Toothpaste, bleach, and vinegar will also work. Another method is to make a mixture of apple cider vinegar and water, and spray around the perimeter of your house, as well as in any indoor access points. Re-apply any natural deterrent you use at least once a month. You can also try fabric softener sheets stuffed into entry points to stop mouse traffic immediately, but be aware once the smell has faded, the sheets make good


mouse bedding! Ultrasound devices are said to be good deterrents, plugged in around the house, and are safe for pets and children.

Next are traps and poisons – efficient and effective, but less humane. Traps mean you will have to deal with disposing of dead bodies, and if your infestation is widespread, several traps will be needed. The downside is the safety of your pets or young children, so make sure they are set well out of reach. There are numerous poisons available, liquids, granules or sachets, where the mice eat the bait and die back at their nests, but again care should be taken on where the bait is placed so your pets can't get hold of it.

If all else fails – get a cat!



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Garden Centres are great places to visit

And there's always a space for one more plant!

N Marilyn Sheridan



Hand on heart, I can honestly say I love garden centres – there's something very satisfying about the anticipation, the circling round, the inspecting, the choosing, and ultimately the struggle to get your new selection into the car without bending or chopping off twiggy bits with the closing door. My parents were avid gardeners, and as a child I tagged along behind them on visits, and they were the last places I wanted to go

– enormous places full of 'green stuff' and they were just somewhere I had to go, because 'they' wanted to go, and I had probably sullenly dragged myself round behind them. Now, I really have an interest in 'green stuff', and I happily visit garden centres voluntarily. Gardens centres are plentiful here in Portugal too, with some being specialists in certain plants, others even offering landscaping services as well. They sell so much, from actual

plants and trees to pots and ornaments, lights and equipment, and stuff you would never have dreamed of that would have a connection to gardens. The plants are diverse and magnificent, some are ones you would expect to find, others more exotic, from giant olive trees to palm trees, right down to tiny prickly cacti – all kept in perfect condition. Try to buy one, and it's difficult to know which one to buy from a table full of similar ones, all looking the same, all maybe in bloom, all the same height, some with expectant buds waiting to burst into life. And if you buy fully grown trees they will probably be able to arrange not only for someone to deliver but to plant them as well. If you have an empty space, there may be magnificent Buddhas in a variety of sizes to pick from, or an elegant statue of a Grecian

lady, begging for a new home. Lighting for your terrace? Solar or mains? Colour or clear? Spotlight or string? Something twinkly to catch the sun? The choices are endless. And pots – most have a vast range of sizes and colours – from pots of a size that would hold Ali Baba and his 40 Thieves, traditional terracotta or beautifully glazed, to eco-friendly packs for tiny seedlings to start their delicate lives in. Enchanting classic statues can be purchased to nestle in your bushes, or perhaps ones designed to produce the comforting sound of water into your pond, and talking of ponds – there may be plants for those too. Patio heaters for nights when you want to sit out, but it's really too cold... from things powered by

gas with space-age shapes giving a lazy mesmerizing flame, to chimineas fueled by wood or charcoal, some of which you can even cook on. The equipment in some of these garden centres is for everyone, from spades and rakes in every shape or size for every job. Hand-tools, buckets, wheelbarrows, hoses, gloves, seeds – an endless list of 'must-haves' for all types of gardeners, from seasoned professionals to those just starting on their gardening journey. And tucked away somewhere there will be bags and bags of different soils or fertilizers to suit every plant. Many centres sell 'non-gardening' gifts too, they are a super one-stop-shop for presents, from fragrant candles and soaps, to beautiful glass vases or trinket dishes – even

wood carvings and lovely tinkling hanging wood chimes. A few things that are important in a good garden centre – obviously great plants in the best possible condition, and informative signage telling everything you need to know about where to plant, what to expect, etc. Helpful displays would be a bonus too, to give an indication of what plants not only look good together, but will grow well together, and finally, helpful informative staff. Oh, and clever merchandising – I know they are trying to sell their products, but it's nice to see if that huge ceramic ball you had your eye on, for instance, really looks well with plants, or that wooden wheelbarrow you are lusting over is the right container for the plants you are planning to get!

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What makes a good wine glass?

Does the shape really matter?

Portugal produces a fantastic array of good quality wines, so is it important to drink them from the right glass?

They say you should first take account of the shape of the bowl to match it to the type of wine you want it for, then look at the stem, then the rim. But does it really matter? Wine is still wine isn't it, whether from a tumbler or a posh glass? Well, apparently even small subtle differences in your glass design can affect how you experience your wine. Apparently, the glass shape impacts on how much air comes in contact with the wine, how much aroma is released to reach your nose and ultimately how it tastes. A glass with a wide bowl, typically used for red wines, exposes much of the wine to the air, and a lot of the aroma

is able to waft up to your nose. Red wines typically have bigger, wider bowls to help release those bolder flavours, with the wide bowl helping to aerate the wine. A narrow bowl is normally used for white wines, and because most white wines have a more delicate aroma, a narrower glass helps channel these subtler smells more toward your nose. It also exposes less of the wine's surface area to air and helps preserve white wines' chill. So what about bubbly?

Once exposed to oxygen, sparkling wines lose their effervescence, so choosing a tall narrow fluted glass best preserves all those lovely bubbles.

Stem or not?

A stem or not? Mostly it's a matter of personal preference, but a stemless glass increases the temperature of the wine,

because of the warmth of your hand holding the bowl, so ok for red, not so ok for white. It's a bit tricky to hold a glass by the stem only – but not impossible!

The rim

Apparently, a thin cut rim with no lip allows the wine to flow smoothly onto your tongue, whereas thicker rolled rims inhibit smooth flow and can accentuate acidity and harshness in the wine.

So what about port?

Portugal is famous for its port, so what should it be drunk from? There are traditional port glasses that are shaped like a small red wine glass, but some say it should be served in a larger glass, to enable you to swirl the port to appreciate the best aromas and colours.

Should a wine glass be crystal or plain old glass?

It doesn't necessarily have to be crystal, but it does have its good side. Crystal stemware really plays the senses by giving it a better appearance. Crystal stemware, especially those containing lead, refract light, creating a prism that makes the wine in the glass look more enticing. Crystal stemware can have lead or be lead-free, and despite crystal glasses being thinner, they are a strong material and are more durable, with the newer crystal glasses even being dishwasher-safe.

Do keep in mind, though, that all the guidelines about matching wine glasses to wines are simply that: guidelines. Ultimately the best wine glass choice for any

N Marilyn Sheridan

particular wine is the one in which the wine tastes best to you.

Personally, I am of the opinion that good wine does taste better from a good glass, but what do I know, my cupboard is a hotchpotch of mis-matched glasses due to my ability to break them, so most wines taste good to me in any of them! But if you don't like the way that new wine tastes – try changing the glass before you blame the wine!





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Neither in the Algarve nor in Lisbon, this hidden gem is a place where you can enjoy a true taste of Portugal and where peace is its greatest asset.



If you have never heard of this village, São Brás do Regedouro is a small place with only 70 inhabitants in the Alentejo, which gives its name to a recent local accommodation project located in São Brás do Regedouro's hearts. Arriving at São Brás do Regedouro we were welcomed warmly by the locals and by Margarida and Ricardo (the owners). But not only humans welcomed us, we were also very well received by a cute puppy and two ducks that walked freely through the stream that passes directly by the properties. It was the beginning of a wonderful story in this charming hidden village! As a tiny village, São Brás do Regedouro has a low economy and an ever diminishing population. However, this new tourism village project brings new a life to the site and is helping the local producers. All this has been possible thanks to the efforts of siblings Ricardo, Margarida, Carlos and their father, Vítor Ribeiro. "They have already ordered fruit. They always buy my fruit for the breakfasts, which helps a lot!", said the owner of the only cafe in the

village when we went to buy water. **"Casa do Vitoriano"** All houses have names. Our house was called "Casa do Vitoriano" – the name of the previous owner. When Ribeiro's family started this project, these properties housed residents like Vitoriano and his wife. However, these people lived without basic living conditions such as electricity and bathrooms. Now the houses have been renovated to welcome tourists and the previous residents have moved into new modern homes. Furthermore, the promoters of the project have decided to keep their names on the doors, something the locals are very proud of. However, not all houses have the names of the residents on the door, as some of them were not used for housing, such as the "posto medico" or "casa do forno". For example, the "casa do forno", which means the "house of the oven", still has a large oven inside – that was once used as a community oven in the village. On one of our walks through the village, we had the pleasure of meeting Vitoriano, who was working in his vegetable garden, where he spends all day. He is

retired but continues to grow his own vegetables. "My wife tells me I can buy potatoes cheaper at the market, but I keep working the land anyway."

Countryside house of your dreams!

When we got inside the house, it was like breathing fresh air. The house was very well decorated, with artist's artworks that make some pieces look gorgeous such as the wardrobe.

Although traces of the house's antiquity have been preserved, such as the stones on the walls or the oven of the "casa do forno", the owners have made it very comfortable and homely to receive guests. "We wanted to recreate the village experience while maintaining the comfort people are used to", they told **The Portugal News**.

With 15 houses spread throughout the village, the properties have a traditional Alentejo façade and are fully integrated into the space. There are one-bedroom, two-bedroom houses and studios - all well fitted with everything we needed.

However, the best was still to come. Casa do Vitoriano has a lovely patio – perfect for a good read or having a Portuguese wine in the evening. It's almost hard to put into words how wonderful we felt there. With such a cosy outdoor space, you won't want to leave, especially because in the Alentejo even on winter days the sun shines.

What to visit in São Brás do Regedouro?

São Brás do Regedouro has a lot to enjoy. You can stay for a walk, meet the locals who will do their best to chat with you, or relish the beautiful pool which has all the amenities as well as music all day. In addition, São Brás do Regedouro has two small museums (Cabanas de Memória) where you can enter for free and find a lot of information about the population of the Neolithic period that lived there before and that left traces that can be seen in some of the tourist attractions. If you fancy that, just check the São Brás do Regedouro App (where you'll find several touristic points) and get on the road. By car or by bike, it's hard not to fall in love.



In addition to all the points that you can find out in the surroundings of the village, São Brás do Regedouro is 20 km from Évora, which is a beautiful city to discover, full of history and romance. In fact, Évora has been classified as a UNESCO World Heritage Site and has many monuments, museums and ruins to visit, of which I really suggest the famous Roman Temple of Évora.

Where to eat?

For breakfast you have nothing to worry about. Every morning Margarida and Ricardo knocked on the door (at a time that suits you best) with a breakfast basket. The breakfast seemed like a brunch. It was a very pleasant surprise to be taking the food out of the basket and discovering what was inside. In addition, it was one of the best breakfasts we've ever had - not only

for the delicious food, but because of how it touched our hearts. It was all prepared and delivered with love.

For lunch or dinner, Margarida and Ricardo will give you some insights of traditional food restaurants in the next village called Alcáçovas, which only takes 10 minutes by car. You can also have lunch and dinner in Évora. Also, eating at home is always an option as all kitchens are fitted with literally everything you might need.

Indeed, Margarida and Ricardo, the owners, are always very helpful, nice and passionate about this village like it was their own homeland – you can see it by the genuine way they talk about the people and how they really want to help the community.

All in all, it was an immersive experience that we are looking forward to repeat soon!



Obesity and eye health

Weight that is higher than what is considered healthy for a given individual's height is described as overweight or obese. A Body Mass Index (BMI) over 25 is considered overweight and over 30 is usually considered obese. A high BMI can be linked to chronic systemic health conditions such as diabetes mellitus, stroke, cardiovascular disease, etc. In recent years, there is increasing evidence that a high BMI is associated with ocular health disease.

Overweight and obese individuals are at an increased risk for diabetic retinopathy, age-related macular degeneration, and glaucoma. Other conditions such as retinal vein occlusions, floppy eyelid syndrome, stroke causing visual loss, and thyroid-related eye diseases have also been linked to obesity.

While the cause is not yet certain, researchers believe this may be due to the peripheral artery disease prevalent among people who are obese. When the tiny blood vessels around the eyes are compromised, they may have trouble delivering oxygen and other nutrients to the eye area.

Obesity is also a risk factor for developing cataracts (the clouding of the eye's natural

lens). Poor nutrition or high blood sugar levels, which are commonly found in people with obesity, may contribute to the cloudiness. Make sure to get a supply of nutrients such as vitamin C, vitamin E, zinc, omega 3, lutein, and zeaxanthin, as these have been shown to decrease the progression and severity of eye diseases such as macular degeneration.

However, protect your vision by making smart decisions every day with these quick tips:

Watching lots of movies? Sit at a distance equivalent to at least five times the width of your TV screen.

Include eye healthy foods in your meal.

Get regular...with your eye exams! There is no better way to protect your vision than an eye

exam, as many eye diseases have no easily detectable symptoms. Children have their first eye exam between ages six and nine months, and annually after that. Adults should have eye exams every two years.

Butt out! Smoking contributes to a number of eye related health issues, Stop this.

Take 20. Take a 20 second break from your computer screen every 20 minutes and focus your eyes on something at least 20 feet away.

Protect your baby blues (or greens or browns). Wear proper protective eyewear when undertaking major indoor or outdoor work, and wear sunglasses outside even when the sun isn't shining – UV rays are harmful to your eyes year-round.

Have the conversation. If you



have eye irritation from allergies, inflammation, infection or injury, don't assume it will go away on its own. Unusual visual

symptoms can require treatment to resolve, or, in some cases, indicate a more serious vision problem.



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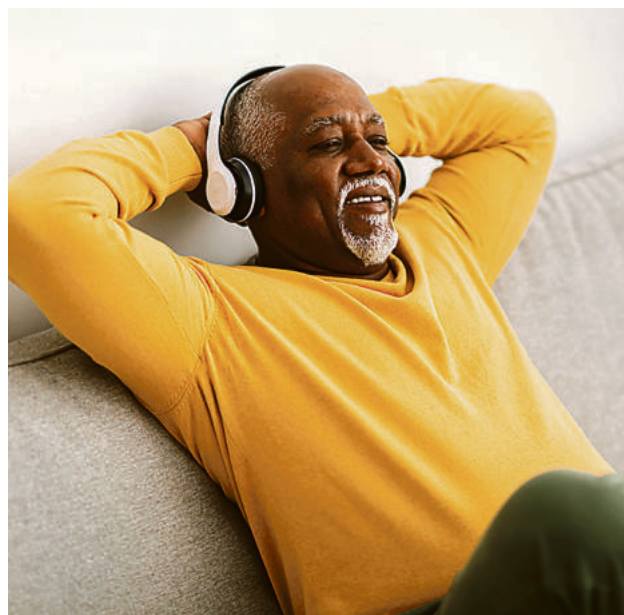
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How relaxation can help tinnitus



When chronic tinnitus is affecting your wellbeing, finding ways to 'tune out' can be immensely helpful.

Around one in three people experience tinnitus at some point – often a ringing, buzzing or whooshing sound in the ear, when there's no external cause. However, about 13% of the population live with persistent tinnitus – and it can have a big impact.

According to the British Tinnitus Association, 9.3% of people living with tinnitus have experienced thoughts of suicide or self-harm in the last two years, with 87% saying they think about their tinnitus every day. The charity, who surveyed 2,600 people, also found a third admit to withdrawing from social situations and feeling like their partner and family 'don't understand'. "We've noticed during Covid, more people telling us about their tinnitus," says BTA's communication manager Nic Wray. "The stress of living through the pandemic does seem to have exacerbated lots of people's tinnitus."

Tinnitus and stress

Most of the time, tinnitus doesn't have a clear cause (although it's often associated with hearing loss and sometimes occurs due to other health conditions). However, stress and anxiety can be big factors. Wray says tinnitus is a "very individual" thing: "Some people are not distressed by it, but for some people it can have this impact." Audiologist Farah Kiani, of high street clinic Hidden Hearing (hiddenhearing.co.uk), agrees – and like Wray is keen to highlight that help is out there: "The main thing is

for people to know they are not alone, and you can talk to somebody." If you have hearing loss, Kiani says "having a hearing aid can help reduce your awareness of tinnitus. That's because hearing aids amplify sounds that you want to hear, and that distracts your brain from the tinnitus".

How can you help tinnitus?

Wray says: "A lot of tinnitus management is around relaxation techniques. When we're under lots of stress, our system is automatically more alert, it's monitoring our senses more – and hearing is one of those. So, if we're hyper-alert and stressed, our body is monitoring sound more closely and that includes the tinnitus." Kiani adds: "There are lots of techniques you can try. For example, deep breathing exercises, meditation, and even something like visualisation exercises.."

Yoga and tai chi can be helpful, and mindfulness meditation is also worth a try. "That has been shown – and the research is fairly new – to be very effective, and more effective than standard relaxation techniques," says Wray.

She also suggests "just generally looking at your physical and mental wellbeing, so making sure you're getting enough sleep, exercising regularly" etc, as all these things can influence how stress affects us.

CBT for tinnitus

Cognitive behaviour therapy, or CBT – a form of counselling weaving in coping strategies and helping people reframe things – is a recognised

treatment option. Wray says it can provide a helpful "framework for understating how you're feeling about the tinnitus, and how tinnitus and stress are linked", while Kiani adds "tinnitus retraining therapy can be very helpful".

Apps and podcasts

For all these things, there are lots of apps and podcasts – and many of them are free (for example, search for 'bedtime stories' or 'visualisation' in whichever podcast platform you use). Dr Ed Farrar, an ex-RAF and NHS doctor who developed tinnitus in his 20s, co-founded an app specifically for tinnitus, called Oto (joinoto.com). It combines all these techniques, guiding people to build daily self-help habits. "Whilst I've been fortunate enough to adjust and manage [my tinnitus], learning to live with the ringing was tough at times. My co-founder George Leidig had a similar experience," explains Farrar. "During our time as doctors, we saw many patients with tinnitus who weren't as lucky. We saw how tinnitus had a huge impact on their quality of life and mental health."

They designed Oto with this in mind. "The app provides instant access to science-based support and is backed by world-leading tinnitus experts," adds Farrar. "Oto's tools train your brain to respond differently to the sound and, gradually, the changes in your neural network mean you hear the ringing less and less, bringing you to a point of habituation, when someone no longer notices it at all.

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We all have bad days. But the stress of the pandemic has turned those bad days into weeks and months, and huge numbers of people are struggling with their mental health.

New figures from the NHS in the UK suggest more than 50 percent of people were concerned about their mental health last year – and around half also experienced stress, anxiety, low mood or depression. However, the majority didn't seek professional help. Stephen Buckley, from mental health charity Mind, says: "The pandemic has taken a huge toll on the mental health and wellbeing of the nation. Many people tell us they're worried about asking for help with their mental health, because they don't think their problems are serious enough to bother the NHS. But the sooner people start treatment for their mental health, the more likely they are to recover. Treatment becomes more intensive and expensive as people become more unwell." Buckley says different types of talking therapy work for different people, so it's important they have a choice about whether they receive support face-to-face or virtually. But he stresses: "If you've been struggling with your mental health for more than two weeks, or your symptoms keep returning, speak to your GP." But how can you tell if the way you're feeling is bad enough to warrant professional help? "There are times when the signs you may need some extra professional support aren't obvious," explains Dee Johnson, a therapist at mental health care provider The Priory Group, who is a

cognitive behavioural therapy (CBT) and mindfulness practitioner. "This is because our own perception of how we're thinking and feeling adapts over time, and some people just start to accept that's how they'll always feel. They acclimatise to what are, in reality, mental health issues.

Johnson says signs you should seek professional help for your mental health include...

Withdrawal

You feel more withdrawn and spend more time alone.

Declining social invitations

You say no to invitations, or make last-minute excuses not to engage in something. "This happens when we think avoidance is better than facing something that feels overwhelming," explains Johnson.

Feeling more anxious, nervous and/or worried

"When things that never caused you anxiousness before – such as driving or social gatherings – start to do so, over time, the sense of not feeling safe and secure spreads to almost every aspect of your living, and becomes overwhelming," says Johnson.

You don't enjoy things any more

Johnson says a condition called anhedonia means you no longer find pleasure or joy from activities, or even people

that you used to enjoy. "This is actually a very distressing place to be, and increases worry levels," she says.

You feel lonely and empty

Johnson says people with mental health issues may have an internal sense of shame, lack of worth, and feel emptiness and loneliness. "This can affect you, even if you have people you love in your life," she warns.

You don't feel connected to other people

Mental health issues can present as a feeling of being disconnected from others, says Johnson.

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How do interest rates affect families?

N Paula Martins



When the interest rate goes up, for some families continuing to meet all the monthly repayments can start to be a nightmare.

An increase in the interest rate will cause an increase in monthly payments, which will lead to the lowering of your monthly budget to meet your living expenses. The Portuguese Consumer Protection Association (DECO) presents some suggestions to help combat this situation. According to DECO Algarve, for people facing an increase in mortgage interest, it would be better to “start asking the bank, where you have your mortgage, for a simulation that reflects the increase in the Euribor”. Then do your math and

calculate the effort rate (the weight that monthly credit payments have on family effort budget income) that you would start to have. If it is above 35 percent, DECO suggests that you negotiate with your bank in order to promote a solution that brings you more financial balance, reinforcing your ability to pay in the event of a possible increase in mortgage interest rates. Also, DECO recommends assessing the consequences that the increase in the interest rate will have on your family budget. “For many households, both short and medium term,

the increase in the interest rate means the worsening of their financial situation”, DECO said.

Whenever you find it hard to pay the bills, try to find a viable solution. Usually, the bank has the legal duty to monitor the loan contracts, preventing cases of non-compliance. However, in case of default, the credit institution must contact you to negotiate payment solutions. Whenever you need, DECO provides advice in managing your finances and supports the over-indebted consumers, through DECO’s Financial Protection Office, ask for support through gasdeco.net.

Madeira commercial lockdown

During the pandemic, many consumers from Madeira complained about not having access to e-commerce purchases, as some companies refused to deliver orders to the island.

These restrictions reached the Portuguese Association for Consumer Protection (DECO) that required policy-makers to adopt new measures that would eliminate the possibility of discriminatory practises due to a place of residence.

With pressure from DECO and after the discussion by the Parliament of Madeira, the Assembly of the Republic ended up drawing up a new law that bans discrimination of any kind regarding online sales based at the consumer’s place of residence or establishment.

According to DECO, regardless of the consumer’s place of residence, companies in Portugal:

- Are banned from limiting consumer access to their websites, or from redirecting to another website without their consent;
- Cannot apply different conditions to online payment transactions due to the consumer’s place of residence or establishment.
- They must provide delivery conditions for their goods or services throughout Portuguese territory. However, they may have different conditions depending on the place of delivery, namely in terms of the delivery or transport costs.

“Despite the European Regulation on this matter, the truth is that since it only applies in cross-border relationships, it prevents many consumers from having access to goods at a national level. Cross-border geo-blocking was forbidden, but not at a national level”, DECO added.

According to the consumers association, DECO will monitor the implementation of the law to ensure that no consumer living in Portugal is discriminated against based on their place of residence or place of establishment.

Insolvency will last three years

New laws have been announced to give a second chance to insolvent companies and individuals.

An insolvency proceeding is the last resort for over-indebted individuals and families. It has effects on the debtor’s assets, as the court orders the sale of the debtor’s assets to pay the debts.

In this sense, the Parliament and the European Commission felt the need to create laws in this matter, aiming to save some companies and individuals in over-indebtedness situations. “Among the measures, the one that has the most impact is the reduction of the insolvency period from five to three years”, DECO explained.

With the reduction of the term of the insolvency period for three years, it is supposed to guarantee the possibility of a second chance after these three years if the company or the individual have met all requirements. Also, these new rules apply not only to new insolvency proceedings, but also to those already in progress.

However, from DECO’s point of view, there is still a lack of reinforce-

ment of financial information to educate the insolvent. “The Parliament did not take advantages of the opportunity to create new mechanisms that would allow access to financial mechanisms to allow their

financial re-education”.

In addition, DECO can support you in cases of over-indebtedness. For further information, please see: www.gasdeco.net/literacia-financieira.



The advice provided on this page is provided by DECO.

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security and on entering, the first impression is of peace and serenity. The property has been decorated with style, care and meticulous attention to detail. There is gas central heating throughout and an air conditioning system.

The sitting room is spacious and elegant with 'French' doors leading to the pool terrace. The dining room is

adjacent and subsequently leads to a well-equipped kitchen and laundry room.

There are four spacious bedrooms, two of which are ensuite. In total there are five bathrooms and two of these have spa baths.

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<p>EC: C</p>  <p>CABANAS DE TAVIRA</p> <p>Lovely Portuguese village house near Benamor Golf and Cabanas de Tavira</p> <p>Ref. LHA-1525 €135,000</p>	<p>EC: C</p>  <p>CABANAS DE TAVIRA</p> <p>Fully furnished two bedroom apartment with balcony and communal pool in Cabanas de Tavira</p> <p>Ref. LHA-1529 €175,000</p>	<p>EC: C</p>  <p>TAVIRA</p> <p>Immaculate townhouse in Tavira with basement, patio, roof terrace and sea view</p> <p>Ref. LHT-1070 €270,000</p>	<p>EC: A+</p>  <p>OLHÃO</p> <p>Luxury one bedroom apartment with infinity pool in frontline of Ria Formosa Natural Park</p> <p>Ref. LHA-1522 €475,000</p>	<p>EC: A</p>  <p>TAVIRA</p> <p>Modern newly build townhouse with garage, private Pool, Jacuzzi and sea view in Tavira</p> <p>Ref. LHT-1072 €550,000</p>
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SATURDAY 12/02/22

BBC One

- 06.00 Breakfast.
10.00 Live Winter Olympics 2022.
12.00 Football Focus.
13.00 BBC News; Weather.
13.15 Live Six Nations Rugby Union.
16.30 Final Score.
17.25 Superman & Lois.
18.10 BBC News.
18.20 BBC Regional News;
Weather; Weather.
18.30 Celebrity Mastermind.
19.00 The Weakest Link.
19.45 The Wall.
20.30 Michael McIntyre's The Wheel.
21.30 Casualty.
22.10 BBC News; Weather.
22.30 Match of the Day.
23.45 The NFL Show.
00.15 Six Nations Sin Bin.
00.45 Live Winter Olympics 2022.
04.00 Live Winter Olympics 2022.

BBC Two England

- 06.00 Live Winter Olympics 2022.
10.00 Saturday Kitchen Live.
11.30 Rick Stein's Cornwall.
12.00 Live Winter Olympics 2022.
17.00 Flog It!
18.00 Nature's Biggest Beasts.
19.00 Winter Olympics - Today at
the Games.
20.00 The Perfect Morecambe & Wise.
20.30 Ronnie Spector at the BBC.
21.00 Carole King: Natural Woman.
21.55 In Concert: Carole King.
22.25 James Taylor: In Concert.

23.10 **FILM:** 20th Century Women (2016).

01.00 **FILM:** The Conversation (1974).

02.50 Weather for the Week Ahead.

ITV London

- 06.00 CITV.
09.25 ITV News.
09.30 James Martin's Saturday Morning.
11.40 Simply Raymond Blanc.
12.40 ITV News and Weather; Weather.
13.00 ITV Racing: Live from Newbury.
16.00 Six Nations Live.
19.00 The Masked Singer: The Final.
20.30 Starstruck.
21.40 The John Bishop Show.
22.25 ITV News and Weather; Weather.
22.40 **FILM:** Bridget Jones's Diary (2001).
00.30 Starstruck.
01.30 Shop: Ideal World.
03.00 Sitting on a Fortune.
03.50 Unwind with ITV.
05.10 Alphabetical.

Channel 4

- 06.00 Mike & Molly.
06.20 Mike & Molly.
06.40 The King of Queens.
07.05 The King of Queens.
07.25 Frasier.
07.55 Frasier.
08.25 The Simpsons.
08.55 The Simpsons.
09.30 The Simpsons.
10.00 The Simpsons.
10.30 The Simpsons.
11.00 The Simpsons.
11.30 The Simpsons.
12.00 Live Betfred Super League
Rugby.
14.45 Guy Martin's War Machines.
15.15 George Clarke's Amazing Spaces.
16.00 Live FIFA Club World Cup
Football.
19.00 Channel 4 News.
19.30 Matt Baker: Our Farm
in the Dales.
20.30 Wondrous Wales.
21.30 **FILM:** The Predator (2018).
23.35 **FILM:** Sicario (2015).
01.55 Club World Cup Highlights.
02.25 The Last Leg.
03.15 Ramsay's Kitchen Nightmares
USA.
04.05 Hollyoaks Omnibus.

BBC Four

- 19.00 Avocets - Born Survivors.
19.10 Castles: Britain's Fortified History.
20.10 Around the World in 80 Days.
21.00 The Promise.
21.55 The Promise.
22.50 Parkinson: The Peter Ustinov
Interviews.
23.50 Yes, Prime Minister.
00.20 Keeping Up Appearances.
00.50 Handmade in Bolton.
01.20 Around the World in 80 Days.
02.10 Castles: Britain's Fortified History.
03.10 Close.

SUNDAY 13/02/22

BBC One

- 06.00 Breakfast.
07.40 Match of the Day.
09.00 Sunday Morning.
10.00 Politics England.
10.30 Heaven Made.
11.25 Songs of Praise.
12.00 BBC News; Weather.
12.15 Live Winter Olympics 2022.
16.35 The Green Planet.
17.35 BBC News; Weather.
18.00 Countryfile.
19.00 Antiques Roadshow.
20.00 Call the Midwife.
21.00 Chloe.
22.00 BBC News; Weather.
22.30 Match of the Day 2.

23.35 **Super Bowl LVI - Live.**

03.30 Live Winter Olympics 2022.

BBC Two England

- 06.00 Live Winter Olympics 2022.
09.00 Live Winter Olympics 2022.
12.15 MOTD Live: Women's Super League.
14.45 **FILM:** Emma (1996).
16.40 Flog It!
17.30 Kelvin's Big Farming Adventure.
18.00 Six Nations Rugby Special.
19.00 Winter Olympics - Today at the Games.
20.00 Wonders of the Celtic Deep.
21.00 Louis Theroux's Forbidden America.
22.00 Travelling Blind.
23.00 Super Bowl LVI - Build-Up.
23.35 The Women's Football Show.
00.10 Live Winter Olympics 2022.
03.30 Sign Zone: Question Time.
04.30 Weather for the Week Ahead.

ITV London

- 06.00 CITV.
09.25 ITV News.
09.30 Dickinson's Real Deal Winners.
10.00 Love Your Weekend with Alan Titchmarsh.
12.00 The Pet Show.
13.00 Paul O'Grady: For the Love of Dogs.
13.30 Wonders of the Border.
14.00 ITV News and Weather; Weather.
14.15 Six Nations Live.
17.30 ITV News and Weather.
18.00 Dancing on Ice.
20.00 The Good Karma Hospital.
21.00 Trigger Point.
22.00 ITV News and Weather; Weather.
22.15 Bradley & Barney Walsh: Breaking Dad.
22.45 Kate Garraway's Life Stories.
23.45 Gallagher Premiership Rugby Union Highlights.
00.40 Shop: Ideal World.
03.00 Motorsport UK.
03.50 Unwind with ITV.
05.05 Tipping Point.

Channel 4

- 06.05 Mike & Molly.
06.25 Mike & Molly.
06.45 The King of Queens.
07.10 The King of Queens.
07.35 Frasier.
08.00 Frasier.
08.30 Formula E.
09.30 Sunday Brunch.
12.30 The Simpsons.
12.55 The Simpsons.
13.25 The Simpsons.
13.55 The Simpsons.
14.25 The Simpsons.
14.55 **FILM:** Night at the Museum: Secret of the
Tomb (2014).
16.50 The Secret Life of the Zoo.
17.20 Chateau DIY.
18.15 Channel 4 News.
18.45 The World's Most Luxurious Holidays.
19.45 The Great Pottery Throw Down.
21.00 Celebrity Hunted.
22.00 The Curse.
22.30 Gogglebox.
23.30 Walter Presents: The Truth Will Out.
00.30 The Great Cookbook Challenge with Jamie Oliver.
01.25 Couples Come Dine with Me.
02.15 Come Dine with Me.
02.45 Come Dine with Me.
03.10 Come Dine with Me.
03.35 Come Dine with Me.
04.05 Come Dine with Me.
04.30 Food Unwrapped.
05.00 The Answer Trap.
05.50 Kirstie's House of Craft.

BBC Four

- 19.00 A Concerto For Evelyn.
19.30 Evelyn Glennie: This Cultural Life.
20.00 Katherine Jenkins - Intimate Romantic.
21.00 **FILM:** The Most Beautiful Boy in the World (2021).
22.35 **FILM:** Marianne and Leonard: Words of
Love (2019).
00.15 Sex and Sensibility: The Allure of Art Nouveau.
01.15 Handmade in Bolton.
01.45 Katherine Jenkins - Intimate Romantic.
02.45 Evelyn Glennie: This Cultural Life.

MONDAY 14/02/22

BBC One

- 06.00 Breakfast.
09.15 Live Winter Olympics 2022.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
15.00 Escape to the Country.
15.45 Garden Rescue.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 A Cow's Life: The True Cost of Milk? - Panorama.
20.00 EastEnders.
20.30 Kelvin's Big Farming Adventure.
21.00 Chloe.
22.00 BBC News at Ten; Weather.
22.35 Imagine - Labi Siffre: This Is My Song.
23.35 The Graham Norton Show.
00.25 Celebrity Mastermind.
00.55 Live Winter Olympics 2022.

BBC Two England

- 06.00 Live Winter Olympics 2022.
09.15 BBC News.
10.00 The Customer Is Always Right.
10.30 Wanted Down Under Revisited.
11.15 Homes Under the Hammer.
12.15 Bargain Hunt.
13.00 Live Winter Olympics 2022.
15.00 Winter Olympics.
18.00 Richard Osman's House of Games.
18.30 Great Coastal Railway Journeys.
19.00 Winter Olympics - Today at the Games.
20.00 Mastermind.
20.30 University Challenge.
21.00 Rise of the Nazis: Dictators at War.
22.00 Couples Therapy.
22.25 Planet Earth: A Monkey's Tale.
22.30 Newsnight.
23.10 Weather.
23.15 Super Bowl LVI Highlights.
04.00 Weather for the Week Ahead.
04.05 BBC News.

ITV London

- 06.00 Good Morning Britain.
09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.00 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Lingo.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Bradley & Barney Walsh: Breaking Dad.
20.30 Coronation Street.
21.00 No Return.
22.00 ITV News at Ten; Weather.
22.45 Fergie's Killer Dresser: The Jane Andrews Story.
23.45 All Elite Wrestling: Dynamite.
01.25 Shop: Ideal World.
03.00 Loose Women.
03.50 Unwind with ITV.

Channel 4

- 06.05 Countdown.
06.45 Cheers.
07.35 Everybody Loves Raymond.
09.00 Frasier.
10.30 Ramsay's Kitchen Nightmares USA.
11.25 Channel 4 News Summary.
11.30 Coast vs Country.
12.30 Steph's Packed Lunch.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 A New Life in the Sun.
17.00 Four in a Bed.
17.30 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Great Cookbook Challenge with Jamie Oliver.
21.00 60 Days with the Gypsies.
22.00 The Millionaire and Me.
23.05 I, Sniper: The Washington Killers.
00.15 Ramsay's Kitchen Nightmares USA.
01.05 Couples Come Dine with Me.
02.00 Undercover Boss Canada.
02.50 Grayson's Art Club.
03.45 Location, Location, Location.
04.45 Food Unwrapped.
05.10 The Answer Trap.

BBC Four

- 19.00 Yorkshire Walks.
19.30 Fred Dibnah's Age of Steam.
20.00 William Blake: Singing for England - Omnibus.
21.00 The Romantics and Us with Simon Schama.
22.00 Desperate Romantics.
00.00 Sex and Sensibility: The Allure of Art Nouveau.
01.00 Handmade in Bolton.
01.30 Yorkshire Walks.
02.00 Fred Dibnah's Age of Steam.
02.30 The Romantics and Us with Simon Schama.

TUESDAY 15/02/22

BBC One

- 09.15 Live Winter Olympics 2022.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
15.00 Escape to the Country.
15.45 Garden Rescue.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
19.50 Holly City.
20.30 Garden Rescue.
21.00 **This Is Going to Hurt.**
21.45 Cheaters.
22.00 BBC News at Ten; Weather.
22.35 Cheaters.
23.00 Starstruck.
23.25 Would I Lie to You?
23.55 The Apprentice.
00.55 Live Winter Olympics 2022.

BBC Two England

- 09.15 BBC News.
09.55 The Super League Show.
10.45 The Customer Is Always Right.
11.15 Homes Under the Hammer.
12.15 Bargain Hunt.
13.00 Live Winter Olympics 2022.
15.00 Winter Olympics.
18.00 Richard Osman's House of Games.
18.30 Great Coastal Railway Journeys.
19.00 Winter Olympics - Today at the Games.
20.00 Great British Menu.
21.00 Amazing Hotels: Life Beyond the Lobby.
22.00 QJ.
22.30 Newsnight.
23.10 Weather.
23.15 **FILM:** Eaten by Lions (2018).
04.45 Weather for the Week Ahead.
04.50 BBC News.
05.55 This Is BBC Two.

ITV London

- 09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Lingo.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Wonders of the Border.
20.00 The Secret Life of Our Pets.
21.00 Secrets of the Krays.
22.00 ITV News at Ten; Weather.
22.45 Driving Force.
23.40 The Bay.
00.35 Shop: Ideal World.
03.00 Masterpiece with Alan Titchmarsh.
03.50 Unwind with ITV.
05.05 Tipping Point.

Channel 4

- 09.00 Frasier.
10.30 Ramsay's Kitchen Nightmares USA.
11.25 Channel 4 News Summary.
12.30 Coast vs Country.
12.30 Steph's Packed Lunch.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 A New Life in the Sun.
17.00 Four in a Bed.
17.30 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Geordie Hospital.
21.00 24 Hours in A&E.
22.00 Davina McCall's Language of Love.
23.05 Gogglebox.
00.05 Ramsay's Kitchen Nightmares USA.
00.55 Couples Come Dine with Me.
01.50 Undercover Boss Canada.
02.40 George Clarke's Amazing Spaces.
03.35 Location, Location, Location.
04.30 Food Unwrapped.
04.55 The Answer Trap.
05.50 Kirstie's Handmade Treasures.

BBC Four

- 19.00 Yorkshire Walks.
19.30 Fred Dibnah's Age of Steam.
20.00 Keeping Up Appearances.
20.30 Yes, Prime Minister.
21.00 The Secret Life of the Motorway.
22.00 Mark Lawson Talks to Barry Cryer.
23.00 Locomotion: Dan Snow's History
of Railways.
00.00 Sex and Sensibility: The Allure of
Art Nouveau.
01.00 Handmade in Bolton.
01.30 Yorkshire Walks.
02.00 Fred Dibnah's Age of Steam.
02.30 The Secret Life of the Motorway.

WEDNESDAY 16/02/22

- BBC One**
09.15 Live Winter Olympics 2022.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
15.00 Escape to the Country.
15.45 Garden Rescue.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.55 Party Political Broadcast.
19.00 The One Show.
19.30 We Are England.
20.00 The Repair Shop.
21.00 Who Do You Think You Are?
22.00 BBC News at Ten; Weather.
22.35 **FILM:** Judy (2019).
00.25 Question of Sport.
00.55 Live Winter Olympics 2022.
- BBC Two England**
09.15 BBC News.
10.00 The Customer Is Always Right.
10.30 Wanted Down Under Revisited.
11.15 Homes Under the Hammer.
12.15 Bargain Hunt.
13.00 Live Winter Olympics 2022.
15.00 Winter Olympics.
18.00 Richard Osman's House of Games.
18.30 Great Coastal Railway Journeys.
19.00 Winter Olympics - Today at the Games.
20.00 Great British Menu.
21.00 Inside the Factory.
22.00 The Office.
22.30 Newsnight.
23.10 Weather.
23.15 Louis Theroux's Forbidden America.
02.45 Weather for the Week Ahead.
02.50 BBC News.
05.55 This Is BBC Two.
- ITV London**
09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Lingo.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.25 Party Political Broadcast.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Paul O'Grady: For the Love of Dogs.
20.30 Coronation Street.
21.00 The Bay.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 Peston.
23.45 The John Bishop Show.
00.20 Shop: Ideal World.
03.00 Bling.
03.50 Unwind with ITV.
05.05 Tipping Point.
- Channel 4**
09.00 Frasier.
09.30 Frasier.
10.00 Frasier.
10.30 Ramsay's Kitchen Nightmares USA.
11.25 Channel 4 News Summary.
11.30 Coast vs Country.
12.30 Steph's Packed Lunch.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 A New Life in the Sun.
17.00 Four in a Bed.
17.30 The Simpsons.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Kirstie and Phil's Love It or List It.
21.00 Gemma Collins: Self-Harm & Me.
22.00 Mega Mansion Hunters.
23.05 First Dates: Valentine's.
00.05 Celebrity Hunted.
01.00 **FILM:** Southpaw (2015).
03.05 Couples Come Dine with Me.
04.00 Location, Location, Location.
04.55 The Answer Trap.
05.45 Kirstie's Handmade Treasures.
- BBC Four**
19.00 Yorkshire Walks.
19.30 Fred Dibnah's Made in Britain.
20.00 Patagonia: Earth's Secret Paradise.
21.00 Digging for Britain.
22.00 Storyville: Try Harder!
23.20 Locomotion: Dan Snow's History of Railways.
00.20 Yorkshire Walks.
00.50 Fred Dibnah's Made in Britain.
01.20 Patagonia: Earth's Secret Paradise.
02.20 Digging for Britain.

THURSDAY 17/02/22

- BBC One**
09.15 Live Winter Olympics 2022.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
15.00 Escape to the Country.
15.45 Garden Rescue.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 Dragons' Den.
21.00 The Apprentice.
22.00 BBC News at Ten; Weather.
22.35 Question Time.
23.35 Newscast.
00.05 The Wall.
00.50 Live Winter Olympics 2022.
- BBC Two England**
09.15 BBC News.
10.00 The Customer Is Always Right.
10.30 Wanted Down Under Revisited.
11.15 Homes Under the Hammer.
12.15 Bargain Hunt.
13.00 Live Winter Olympics 2022.
15.00 Winter Olympics.
18.00 Richard Osman's House of Games.
18.30 Great Coastal Railway Journeys.
19.00 Winter Olympics - Today at the Games.
20.00 Great British Menu.
21.00 Hubble: The Wonders of Space Revealed.
22.00 The Apprentice: You're Fired.
22.30 Newsnight.
23.10 Weather.
23.15 Rise of the Nazis: Dictators at War.
03.45 Weather for the Week Ahead.
03.50 BBC News.
05.55 This Is BBC Two.
- ITV London**
09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Lingo.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 The True Cost of Train Travel? Tonight.
20.00 Emmerdale.
20.30 The Martin Lewis Money Show: Live.
21.00 Kate Garraway's Life Stories.
22.00 ITV News at Ten; Weather.
22.45 Britain's Tiger Kings - On the Trail with Ross Kemp.
23.40 All Elite Wrestling: Rampage.
00.30 Shop: Ideal World.
03.00 The True Cost of Train Travel? Tonight.
03.25 Britain's Brightest Celebrity Family.
03.50 Unwind with ITV.
05.05 Tipping Point.
- Channel 4**
09.00 Frasier.
09.30 Frasier.
10.00 Frasier.
10.30 Ramsay's Kitchen Nightmares USA.
11.25 Channel 4 News Summary.
11.30 Coast vs Country.
12.30 Steph's Packed Lunch.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 A New Life in the Sun.
17.00 Four in a Bed.
17.30 The Simpsons.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Dog House.
21.00 Extraordinary Escapes with Sandi Toksvig.
22.00 First Dates.
23.00 Gemma Collins: Self-Harm & Me.
00.00 Georgie Hospital.
01.00 Ramsay's Kitchen Nightmares USA.
01.50 Screw.
02.45 Couples Come Dine with Me.
03.35 Location, Location, Location.
04.30 Food Unwrapped.
04.55 The Answer Trap.
05.50 Kirstie's Handmade Treasures.
- BBC Four**
19.00 Yorkshire Walks.
19.30 Fred Dibnah's Made in Britain.
20.00 Mark Kermode's Oscar-Winners: A Secrets of Cinema Special.
21.00 **FILM:** Annie Hall (1977).
22.30 **FILM:** The Deer Hunter (1978).
01.30 Yorkshire Walks.
02.00 Fred Dibnah's Made in Britain.
02.30 Mark Kermode's Oscar-Winners: A Secrets of Cinema Special.

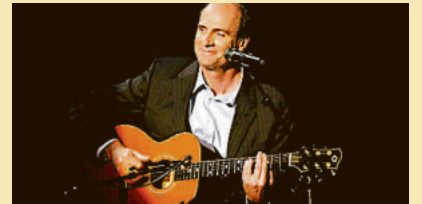
FRIDAY 18/02/22

- BBC One**
09.15 Live Winter Olympics 2022.
13.00 BBC News at One; Weather.
13.45 Shakespeare & Hathaway - Private Investigators.
14.30 The Repair Shop.
15.00 Escape to the Country.
15.45 Garden Rescue.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Question of Sport.
20.00 Would I Lie to You?
20.30 EastEnders.
21.00 Death in Paradise.
22.00 BBC News at Ten; Weather.
22.35 The Graham Norton Show.
23.20 Bill Bailey: Larks in Transit.
00.25 Superman & Lois.
01.10 Live Winter Olympics 2022.
- BBC Two England**
09.15 BBC News.
10.00 The Customer Is Always Right.
10.30 Wanted Down Under Revisited.
11.15 Homes Under the Hammer.
12.15 Bargain Hunt.
13.00 Live Winter Olympics 2022.
15.00 Winter Olympics.
18.00 Richard Osman's House of Games.
18.30 Great Coastal Railway Journeys.
19.00 Winter Olympics - Today at the Games.
20.00 Your Garden Made Perfect.
21.00 QI XL.
21.45 Live at the Apollo.
22.30 Newsnight.
23.00 Weather.
23.05 Inside the Factory.
02.05 Weather for the Week Ahead.
02.10 BBC News.
05.55 This Is BBC Two.
- ITV London**
09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Lingo.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.30 Vera.
22.20 ITV News; Weather.
23.05 **FILM:** Rocky (1976).
01.10 Shop: Ideal World.
03.00 Winning Combination.
03.50 Unwind with ITV.
05.05 Masterpiece with Alan Titchmarsh.
- Channel 4**
09.00 Frasier.
09.30 Frasier.
10.00 Frasier.
10.30 Ramsay's Kitchen Nightmares USA.
11.25 Channel 4 News Summary.
11.30 Coast vs Country.
12.30 Steph's Packed Lunch.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 A New Life in the Sun.
17.00 Four in a Bed.
17.30 The Simpsons.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.30 Unreported World.
20.00 George Clarke's Amazing Spaces.
21.00 Gogglebox.
22.00 The Last Leg.
23.05 The Curse.
23.40 8 Out of 10 Cats Does Countdown.
00.35 **FILM:** Dude, Where's My Car? (2000).
02.00 Come Dine with Me.
02.25 Come Dine with Me.
02.50 Come Dine with Me.
03.15 Come Dine with Me.
03.40 Come Dine with Me.
04.10 Location, Location, Location.
05.05 The Answer Trap.
05.55 Mike & Molly.
- BBC Four**
19.00 An Evening with Nat King Cole.
19.50 Sounds of the 60s.
20.00 TOTP: 1992.
21.00 Lionel Richie - Dancing on the Ceiling.
22.00 Lionel Richie at the BBC.
23.00 Top of the Pops: The Story of 1979.
00.00 Nile Rodgers: How to Make It in the Music Business.
01.00 TOTP: 1992.
02.00 An Evening with Nat King Cole.
02.50 Lionel Richie - Dancing on the Ceiling.

Pick of the Week

Saturday 12 February

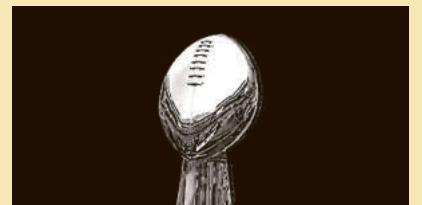
James Taylor: In Concert (BBC2 10.25pm)



A classic concert from 1971 by the American singer-songwriter, whose Greatest Hits has album sold more than 11 million copies worldwide.

Sunday 13 February

Super Bowl LVI - Live (BBC1, 11.35pm)



Cincinnati Bengals v Los Angeles Rams (Kick-off 11.30pm). Nat Coombs presents coverage of the showpiece match of the NFL season, as the AFC and NFC champions meet at SoFi Stadium in Los Angeles. The Bengals - led by quarterback Joe Burrow - are appearing in their third Super Bowl. The Rams and head coach Sean McVay are appearing in their second Super Bowl and are hoping for a winning performance on home soil. There is also coverage of the Halftime Show, which this year features Dr Dre, Snoop Dogg, Eminem, Mary J Blige and Kendrick Lamar. With expert analysis from Osi Umenyiora and Jason Bell.

Monday 14 February

Bradley & Barney Walsh: Breaking Dad (ITV, 8pm)



The actor and his son head to Sweden, where they go head-to-head in a curling competition alongside the country's women's team in Stockholm. The next day, Barney treats his dad to an infamous fishy delicacy for breakfast, then takes him paintballing with a Western twist, and finally lines up a musical surprise for big Abba fan Bradley.

Tuesday 15 February

This Is Going to Hurt (BBC1, 9pm)



Adam struggles to recover from his mistake with Erika, making him extra vigilant at work. When he meets a patient who is playing down her abdominal pain, he is convinced she has a serious condition - but colleague Julian insists she is well and should be sent home, embarrassing Adam in front of Mr Lockhart. Comedy drama, starring Ben Whishaw.

Hamlet-CTB. 26 February at Teatro Lethes in Faro. Tickets cost 10 euros and can be purchased at www.bol.pt.

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

Festivals

Play – Children’s Film Festival. 12 to 20 February at Cinema São Jorge on Av. da Liberdade in Lisbon. For children tickets are 2.80 euros and for adults they are 3.50 euros.

ID NO LIMITS 2022. 24,25 and 26 February at Centro de Congressos Estoril, Cascais. Day Tickets are 40 euros and can be purchased at <https://blueticket.meo.pt/>.

Spring Sound Fest 2022. 9 April at Altice Arena, Lisbon. Tickets from 35 euros and can be purchased at www.ticketline.sapo.pt.

Places+Faces Lisbon Weekender. 13 to 16 May in Lisbon. Line up includes: Backroad Gee, Sam Wise, Lord Apex and Slowthai. Tickets from 176 euros and can be purchased off <https://pollen.co/x/placesfaces-lisbon-2022-1>.

North Music Festival 2022. 26, 27 and 28 May at Alfandega Do Porto. Day tickets are 50 euros and can be purchased at www.ticketline.sapo.pt.

VOA- Heavy Rock Festival 2022. Running from the 30 June to the 1st of July 2022 at Estadio Nacional, Lisbon. Day Tickets are 50 euros and can be purchased on www.ticketline.sapo.pt

Sumol Summer Fest 2022. 1 and 2 July at Ericeira Camping. Day Tickets are 42 euros and can be purchased at <https://blueticket.meo.pt/>.

Secret Project Festival. 17 to 19 June at Portimão Beach. Line up includes: Chase & Status, Camelfpat, Disrupta and Wilkinson. Tickets from 178 euros. For more information and to purchased tickets please see <https://portugal.secretproject.com/>.



Rolling Loud Festival. 6 to 8 July at Praia da Rocha beach in Portimão. Line-up includes: Future, A\$AP Rocky, J.Cole and Skepta. Tickets from 308 euros. For more information and to purchase tickets please see <https://www.rollingloud.com/portugal>.

Dancefloor Jump to the Doctor 2022. Running from 29 to 30 July at Altice Forum, Coimbra. Day tickets from 20 euros and two-day pass from 26 euros. To purchase tickets please see www.ticketline.sapo.pt

NOS ALIVE 2022. Running from the 6 to 9 July at Passeio Marítimo De Alges, Oeiras, Lisbon. Day tickets from 69 euros and 3-day tickets are 159 euros, full festival pass of 4 days are 189 euros. To purchase tickets please see www.ticketline.sapo.pt



EDPCOOLJAZZ 2022. Running from the 2 July until 30 July at Hipódromo Manuel Possolo, Cascais. Line-up includes: John Legend, Lionel Richie, Diana Krall, Yann Tiersen as well as many others. Tickets from 25 euros and can be purchased at <https://www.edpcooljazz.com/>. Tickets issued for the 17th edition of the EDPCOOLJAZZ in 2020 and 2021 are valid for the 2022 edition, and it is not necessary to exchange them.

Vodafone Paredes de Coura 2022. Running from 16 to 20 August. Tickets from 110 euros and can be purchased at Fnac.

Other Events

“The Power of Imagination” Plastic Arts exhibition by Anke Punt Bach. Running until 18 February at Escola de Artes Mestre Fernando Rodrigues, Galeria Munuela Vale in Lagoa. Free entry.

“Different Roads; The Same Destinations” Exhibition by Arja Thomson-de-Groot. Running from the 3 February at 4:30pm until 4 March at Lagoa’s Library. Free entry.

LocalARTE Exhibition. Running from 29 January to 19 March from 10am – 6pm on Wednesday to Saturday at Centro Cultural de Lagos. Free entry.

“Contested Desires” Exhibition by LAC. Running from 1 to 26 February from Wednesday to Saturday from 10am to 6pm at Centro Cultural de Lagos. Free entry.

48° Volta Algarve. Running from the 16 to 20 February starting in Portimão. For more information, please see www.voltaaolgarve.com.

Historias de boudoir. Group Art Exhibition running from 3 December to 28 February at O Gabinete de Madame Thao in Lisbon. For more information, please see www.ogabinetedemadamethao.com.

Craft Fair. 5 March from 11am until 4pm at Kit & Caboodle located on caminho do Cerro do Galo Armazem 3 in Almancil. Over 30 dedicated craft and artisan stalls from talented Algarve crafters. Free entry and parking.

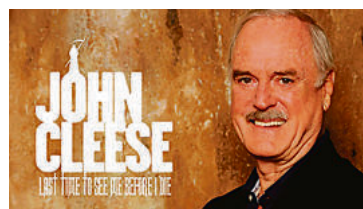
Monstra – Lisbon’s Animation Film Festival. Running from 16 March to 27 March. For more information, please see www.monstrafestival.com.

Spring Craft Market. 26 March from 11am to 4pm at Luz Ocean Club Gardens. They will have over 30 gifted crafters offering genuine homemade quality handcrafts. Food and drink available all day from Izakaya-Luz. For more information, please contact glasshousealgarve@outlook.com or call 914 185 021.

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

Alice in Magical Garden. Running until 17 April at Jardim Botânico Tropical de Belém in Lisbon. Tickets from 15 euros and can be purchased at www.ticketline.sapo.pt and for more information see www.magicalgarden.pt.

John Cleese: Last time to see me before I die. Shows at 7pm from the 5 to 9 June. Tickets from 40 euros and can be purchased www.bol.pt.



Jimmy Carr: Terribly Funny 2022. 22 September 2022 at Teatro Sa DA Bandeira in Porto. Tickets from 25 euros and can be purchased on www.ticketline.sapo.pt

Workshop & Other Events

Art & Wine Workshop with Alexandria Coe. 18 February at 11am at Morgado do Quintão in Lagoa. Tickets cost 65 euros and can be purchased at www.morgadodoquintao.pt.

Knitluzly-Knit & Natter. Weekly on alternate Tuesdays and Wednesdays at 2.30pm. Join our fun group of knitters and crocheters, from beginners to experienced, for chat and giggles at Vila Luz Aparthotel, Luz. For full details join the Knitluzly- Knit & Natter Facebook group, or call 911549 339.

Music stimulation activity for People with Dementia & carers. Fortnightly from 24 January at 11am until 12:30pm at Centro Paroquial do Amparo in Portimão. For English speakers (English songbook) and no singing skills necessary. For more information and to enrol please contact geral.algarve@alzheimerportugal.org or call +351 965 276 690.

Aromatherapy and Emotions Workshop. 13 February from 3pm at All about you in Armação de Pêra. To book and for further enquiries please call 913 114 964 or email info@allaboutyoucentroterapeutico.com www.allaboutyoucentroterapeutico.com

Acrylic Workshop – Van Gogh. 20 February at Rua Reinaldo Ferreira 18B in Lisbon. Tickets cost 35 euros. For more information and to reserve your space please see <https://artz-one-global.com/vangogbreproduction> or call 913 037 233.



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

Online Coffee & Conversation. Once a month on a Wednesday at 7pm. An opportunity to connect with other internationals in Portugal and to ask any questions. For more information and to sign up please check out www.expatcentreportugal.com/events

Eat n’ Meet. Once a month on a Sunday at 12:30pm. The Expat Centre Portugal organize a lunch for new comers in the Algarve in and around Loulé. For more information and to sign up please check out www.expatcentreportugal.com/events

Learn Portuguese together. Learning the language truly helps to build connections. Their Portuguese classes are interactive and fun! New beginners’ and intermediate classes in Loulé start on a regular base. For more information and to sign up please see www.expatcentreportugal.com/events

Algarve Markets

Silves

Sítio do Encalhe – 3rd Monday of the month

São Bartolomeu de Messines – 2nd Saturday of the month at Municipal Garden close to 2-3 EB School João de Deus

Albufeira

Caliços – 3rd Tuesday of the month

Caliços Flea Market – 3rd Tuesday of the month

Loulé

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

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

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

Cortelha – 2nd Saturday of the month

Alte – 3rd Thursday of the month at Square José Cavaco Vieira

Almancil Flea Market – 2nd Sunday of the month

Faro

Faro – 2nd Sunday of the month in Estoi next to the school EB 23

Lagos

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

Lagos Market – Vivo’mercado. Opposite the town Hall and every Wednesday of the month

Chinicato Flea Market – 2nd Sunday of the month

Olhão

Fuseta Flea Market – 2nd Sunday of the month

Castro Marim

Castro Marim Market – 2nd Saturday of the month

Vila Real de Santo António

Vila Real de Santo António Flea Market – 2nd Saturday of the month

Aldeia Nova – 2nd Sunday of the month

São Brás de Alportel

São Brás de Alportel Market – Every Saturday of the month



DISCLAIMER: The Portugal News has no say with regard to any changes in the programming, cancellations or date changes of events organised by other entities. Any information should therefore be requested from the respective event organisers.

Announcements

INFORMATIVE MONITORS

Installation, maintenance, photo/video content

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Auctions

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ONLINE TIMED AUCTION

Mon. 7th Feb to Mon. 14th Feb
Closing at 2pm (soft close)

Further info + Catalogues
Tel.: 289 832 380
E-mail: info@ahalgarve.com
Facebook: [ahauctionhousealgarve](https://www.facebook.com/ahauctionhousealgarve)
www.ahalgarve.com

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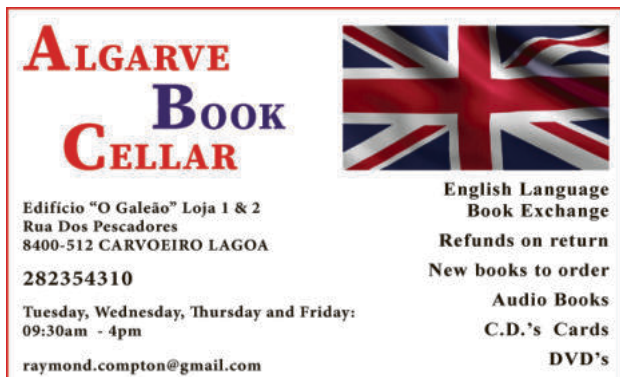
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TAP complaint

EDITOR, I would like to draw your attention to malpractice at the national carrier TAP.

During the pandemic, many flights have been cancelled...customers have not been offered the opportunity for refunds (despite EU regulations) and have been issued vouchers, which sometimes work and other times not.

The website is a dysfunctional nightmare and customer service virtually non-existent.

My own story involves two cancelled flights, two vouchers, one of which doesn't work and expires today.

I have yet to receive the slightest acknowledgement of my complaint.

However my story pales into insignificance compared to others, check some of these:

<https://www.facebook.com/groups/TAPunsatisfiedCustomers>.

This is at best gross incompetence and at worst: fraud.

It is a disgrace, a national carrier is the nation's front door and TAP are smearing the Portuguese front door with s**t...I think this is a story worth investigating, one of this nation's main industries is tourism, which TAP is sabotaging, their shoddy behaviour and service should be exposed.

MARK DISTON, By email

Oxalis

EDITOR, Jake Cleaver might enthuse over the beauty of the romantically called "Bermuda buttercup" but to anyone with more than a pocket handkerchief of a garden the weed, Oxalis, is a

pain in the a**e.

JIM G., Faro. By email

Specsavers, Never again!

EDITOR, Having sat down with a coffee in the Gran Plaza, Tavira, looking through **The Portugal News**, I came across your article on the cost of spectacles in Portugal. This was immediately of interest as not fifteen minutes earlier I had collected new glasses from MultiOptica.

Specsavers was mentioned. In January 2019, whilst in England, myself and husband decided to go to Specsavers for new glasses - varifocal/reactalight. We both had different opticians doing our eye tests. They did say that they could not guarantee them arriving at the shop before our return date to Portugal, but it was agreed they would hold them until our next visit in the August. We duly went. My husband's were so bad he had his money returned immediately. Mine were not right, they did another eye test, said my prescription had changed (in 6 months?) and re-ordered with the promise they would be back in time. They were ok. Fast forward to now. Went to MultiOptica, excellent service. Collected my glasses and wow!!!! Everything was so clear and sharp, so obviously my Specsavers glasses had not been correct. Yes, they cost twice what I'd paid at Specsavers. Also, at one point, a lens fell out of my Specsavers glasses, but luckily I was at home.

When my husband was putting away the guarantee, he checked my two prescriptions. One eye

was the same, the other had changed slightly. So no blame can be put on a change of eyesight.

Specsavers? No thank you. MultiOptica? Yes please, whatever the price.

NAME AND ADDRESS
WITHHELD, By email

Portugese Tourist Businesses are being destroyed by "EU Bureauprats"

EDITOR, It is time that the EU used its collective common sense and dispensed with the 90 day restriction for visiting UK passport holders. The rule is helping destroy thousands of EU citizens jobs and businesses in Spain, Portugal, Italy, France, Greece and many other smaller countries where tourism plays a major part of their economy. The EU has virually shot itself in the foot in trying to make an example of the UK for daring to leave the EU!

Some 300,000 Brits own holiday homes in the EU. Many of these are owned by the over 60's who have worked hard or have inherited the wealth to buy them. Most have no mortgages or debts to repay, have good pensions and therefore surplus cash to experience other countries with both short and long breaks. However, because they wish to make use of their own properties, often as bases from which to explore Europe, they now cannot as they

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are not allowed to stay more than 90 days per 180 days in any given period. This means that those who may wish to visit other European countries for a few weeks, or more, do not have not sufficient time.

The net result is that the millions of Euros that these many thousands of visiting British would have spent in hotels, restaurants and on taxi's etc. is just not being spent in the EU. Many Brits are saving their money and planning bigger spends in the USA, Carriibbean, Canada, Far East, Australia & New Zealand. Sadly the result is that for many of the hard working staff in hotels and restaurants, the taxi drivers, etc there will be no work. Whilst for the owners there will be little financial return

resulting in many sites ending up run down. This leads to less tourists and whole areas suffering depredation.

Meanwhile whilst the tourist businesses suffer, the "Bureauprats" continue to featherbed their nests. They collect their inflated wages, high expenses and EU perks! For example - Are EU citizens aware that they are paying, through their taxes, for the children of ALL EU employees to receive university education completely free of all fees and expenses any where in the EU up to the age of 25!

It is time that the "EU Bureauprats" stopped looking after themselves and looked after the people who pay them - their citizens!

L. W. QUIGLEY, By email



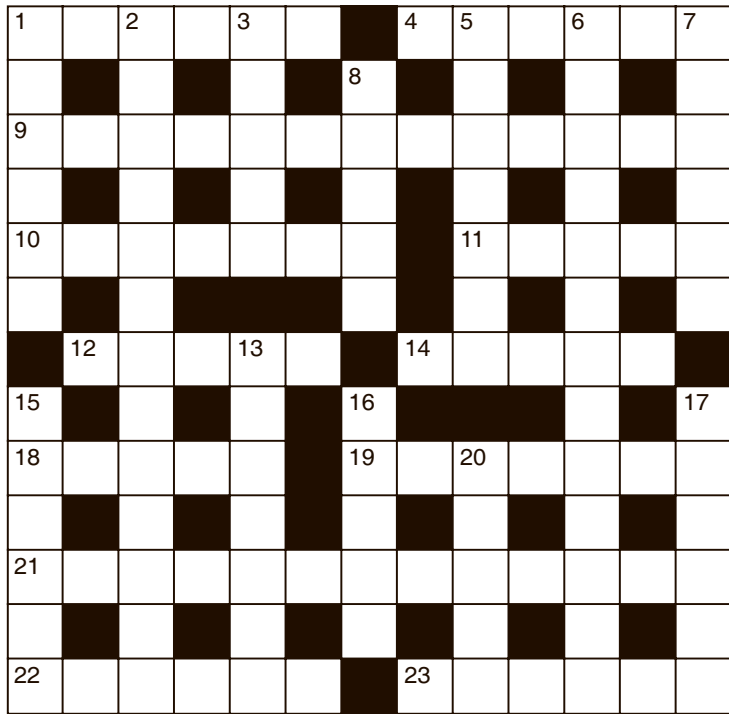
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THE PORTUGAL News





Last week's cryptic crossword solutions
Across: 6 Fancied; 7 Opens; 9 Avers; 10 Rowdies; 12 Letterpress; 14 Blessedness; 18 Grimace; 19 House; 21 Offer; 22 Founder.
Down: 1 Carve; 2 Scarce; 3 Gem; 4 Spider; 5 Inverse; 8 Soprano; 11 Stretch; 13 Clarify; 15 Summer; 16 Spoons; 17 Ashen; 20 Log.

CRYPTIC CROSSWORD

ACROSS

- Limp and liable to fail utterly? (6)
- More and more actors are washed ashore (4,2)
- Inclined to be stingy closer to the edge of the road? (2,3,4,4)
- About 50 become turncoats and change course (7)
- Extreme Europeans? (5)
- What lions feel in it? (5)
- Regulation of local authority legally (2-3)
- Inter-tribal contests? (5)
- Makes known the roles I am to take (7)
- Above-board, like a blonde showing equality to all sides? (4,3,6)
- Pay for youth leader to organise international agreement (6)
- You and I in cosy home, the most recently built (6)1

DOWN

- Lots of water and about 50 things to eat (6)
- Rusty, like a solicitor on retirement? (3,2,8)
- A bit of quiet, say (5)
- Wither away from a victory presentation (7)
- Matrimony in court rather than after courting? (5,8)
- Gratify with appeals to egghead (6)
- In which to make it helpful to him? (5)
- Dunderhead rearranges 17 to get part above others (7)
- In favour of a suitable return (6)
- Having a flutter comes quite naturally to them (5)
- Upward movement of a sweet smell (6)
- Equip for offence (5)

QUICK CROSSWORD

ACROSS

- Slur (6)
- Off (6)
- Awkwardness (13)
- Coagulate (7)
- Praise (5)
- Speed (5)
- Shore (5)
- Frill (5)
- Curt (7)
- Inconsistency (13)
- Scabbard (6)
- Delicate (6)

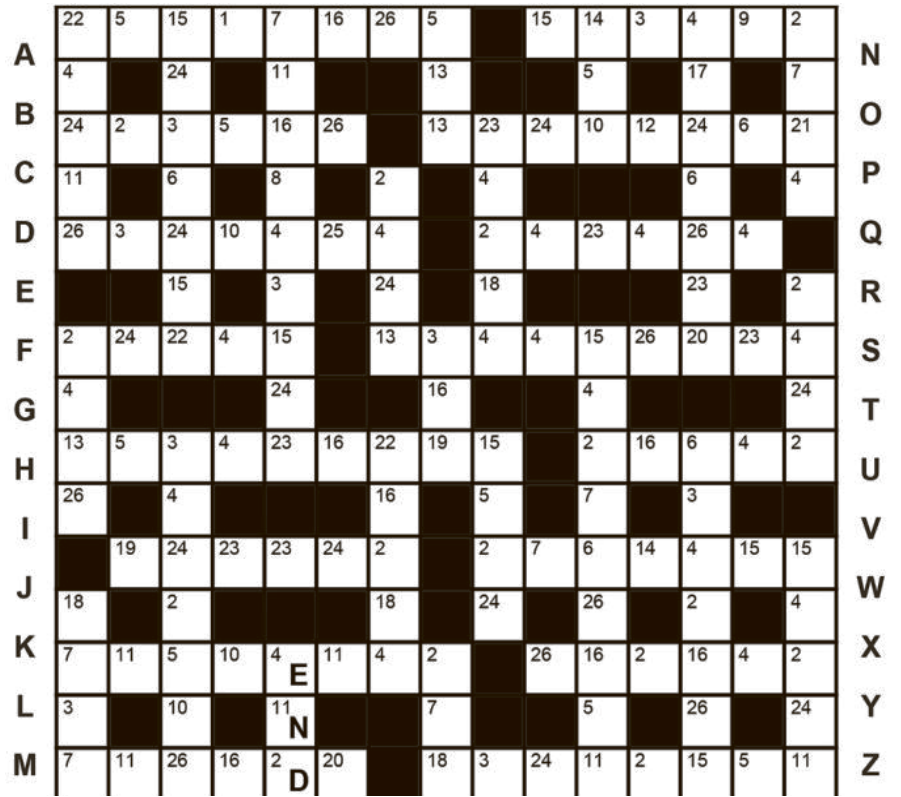
DOWN

- Exchange (6)
- Shine (13)
- Therefore (5)
- Lovable (7)
- Patronising manner (13)
- Showy (6)
- Kingdom (5)
- Clown (7)
- Summary (6)
- Float (5)
- Meagre (6)
- Drink (5)

Last week's quick crossword solution
Across: 6 Banquet; 7 Stuff; 9 Broil; 10 Burglar; 12 Impregnable; 14 Preliminary; 18 Earthly; 19 Fluid; 21 Alley; 22 Pursuit.
Down: 1 Tarry; 2 Squirm; 3 Wet; 4 Stigma; 5 Affable; 8 Pungent; 11 Crumple; 13 Treacle; 15 Lather; 16 Relish; 17 Pixie; 20 Fun.

CODEWORD

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



SUDOKU

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

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

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

Last week's Codeword Solution



Last week's Solutions

Medium

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

Hard

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

Can you crack a VINCICODE®

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

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

with 1, 3, 7 or 9;

- Any number dividable by 5 finishes with 5.

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

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

A=2 and B=0 which doesn't cover condition (1) then: Vincicode is 316. Now your turn:
 Puzzle 447 ABC is the three digit Vincicode number, in which A, B and C are numbers between 1 and 9, included.
 Find the code ABC where :
 A+B+C = 20
 C > B > A
 ABC ÷ 2

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

Disrupter

N Neil Connolly

It really does look like when the Saudis come to play they don't mess around, the amount of money that is being banded around for this new Super League backed by the Saudis, with the Chief Executive figurehead being Greg Norman, is incredible.

The Great White Shark is a very interesting person to have heading up this new venture, you'll have to cast your mind back 30 years where he was proposing that there should be a world Super League for golf, possibly even a world champion, which would elevate the game to another level where there is one defined winner across the world. This obviously directly threatens the PGA Tour and the new DP World Tour as they don't want to see their best players playing for a different master, especially one which has deeper pockets and a much bigger war chest than they have ever had. Norman, when he was the world number one, was very vocal about the fact that the Tour works for the players, spiky and controversial but nonetheless very accurate as the Tour has nothing unless the players are superstars. One of the famous comments that he made was 'he works weekends and the majority of staff affiliated to the

Tour don't.' Another reason why he is an interesting person to have figure heading this breakaway Tour is that he is an incredibly successful businessman outside of golf, has past Presidents of the United States on speed dial. In fact, if you remember when Bill Clinton broke his arm in Australia, that actually happened in Norman's kitchen quite late on in the evening. The point being that the Saudis have recruited a heavily connected business Titan who has an axe to grind against the establishment of both DP and PGA Tours. He hasn't been quiet on his point of view that the Tours could be more business minded and player friendly, meaning that players should and could play for more money. With him representing this new tool they certainly can. The money being offered is eye watering but that doesn't mean everything. I believe the real problem that this new breakaway Tour has is that just like normal human beings, players have a resistance

to change alongside relationships and loyalty which have been around for decades. After all the Tours did give the players the opportunity to play for the money that they now have in their bank accounts. Saudi Arabia or the Middle East is a long way from home not to mention some of the less than savoury news accounts about human rights violations is a pretty good reason for not wanting to play. Will money be the ultimate persuader, it's going to be interesting to see. With there already being two major Tours in the world can a third with deep pockets capture enough of the market to make them a world tour? TV scheduling will be difficult because the American market is around 12 hours behind. The Masters, U.S. Open, Open Championship, and U.S. PGA are enormous brands with significant pulling power. After all, the measure of a player is how many majors he has won. Will they be able to muscle in and put a major championship in the Middle East? That would



be interesting. What is safe to say is this story has a long way to go. The DP and PGA Tour hate change and losing power more than anything which has led to a strategic alliance between the two. They are now coordinating

their efforts against a single entity. I can only imagine that Greg Norman has more than enough fight in him for this to go a number of rounds, but the ultimate decider as to whether or not it's going to work is

going to be you and me, are we interested in how much the players are playing for compared to our habitual TV watching and love of all things familiar. If we don't watch, does it really matter?

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Portugal crowned champions of futsal

The Portuguese futsal team have become two-time European champions after beating Russia in an epic comeback by 4-2.



Russia initially took the lead with goals from Sokolov (10) and Afanasyev (13), but Portugal recovered with goals from Tomás Paço (19), André Coelho (27 and 32) and Pany Varela (40). With the 'magical' and 'eternal captain' Ricardinho in the stands, the Portuguese national team continued their winning streak which has been in place since the semi-finals of the 2016 World Cup. Unsurprisingly in the Portuguese starting five, in Russia the absence of Benfica's Robinho stood out,

who had also been left out of the semi-finals, against Ukraine, in a cautious start to the game by both teams. However, Sergey Skorovich's team performed better in the opening minutes and, after attempts by Antoshkin and Abramov, scored the first goal of the match, at 10 minutes, by Sokolov. The pressure from the Russians suffocated the Portuguese, who had many difficulties in imposing their game, seeing their opponent extend their advantage at minute 13, by Afanasyev. Even with threats from Antoshkin (14, 17 and 19)

and Sokolov (15), Portugal reacted well to the two-goal deficit, as in the semi-finals against Spain, and Zicky almost scored, in a tight save by Putilov, but the goal would arrive just before the break, at minute 19, in a low shot by Tomás Paço, with the help of Putilov. Chishkala opened hostilities in the second half, with a crossed shot that led to André Sousa making a huge save, but it was Portugal who moved forward with everything they had to score three more goals by Bruno Coelho (22), Zicky (25) and Pauleta (27).

Volta ao Algarve returns

The 48th edition of the Volta ao Algarve bike race is to begin in Portimão, on 16 February and will end five stages later with a race between Lagoa and the top of Malhão.

The first stage will be for sprinters, linking Portimão to Lagos, before the second stage links Albufeira to the top of Fóia covering 182.4 km.

This year Lagoa will not host the individual time trial, which in the fourth stage will link Vila Real de Santo António to Tavira, after a third day dedicated to sprinters, between Almodôvar and Faro (209.1 km).

The course maintains the usual

schedule, with two days dedicated to the fastest men in the peloton, two mountain days and a time trial to test the 25 teams, 10 of them from the highest level in the world, the WorldTour.

Stages of the 48th Volta ao Algarve:

16 February: **Portimão** – Lagos, 199.1 km.

17 February: **Albufeira** – Fóia, 182.4 km.

18 February: **Almodôvar** – Faro, 209.1 km.

19 February: **Vila Real de Santo António** – Tavira, 32.2 km (CRI).

20 February: **Lagoa** – Malhão, 173 km.

Portugal face Norway and Sweden in Algarve Cup

The Portuguese women's football team will face Norway and Sweden in the 28th edition of the Algarve Cup, which will take place in the region from 14 to 23 February.

According to the Portuguese Football Federation (FPF), Portugal will debut against the Norwegian team on 16 February, in Lagos, and will face Sweden, second in the world ranking and Olympic runner-up, on 20 February, at the Algarve Stadium.

"We have two games ahead of us with a high degree of difficulty and demand. Norway and Sweden are teams that regularly fight for titles in European and world championships. Like our team, they are playing for

qualification for the World Cup. It is the opportunity to understand the current state of our team, in view of the two qualifying games that we will have in April", said the national coach, Francisco Neto, in statements released by the FPF.

Denmark and Italy complete the group of five teams that will be in competition, in a format in which the two teams with the most points and the best goal difference after two games go to the final, scheduled for 23 February.

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