



CENTRAL Connects

MAGAZINE

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Welcome

Greetings and welcome to our first edition of Central Connects magazine. This is a very exciting project that will provide a free monthly magazine for the area. We will bring news of events, places to visit and anything else of interest to our readers. Please tell us what you'd like and we will do our best to oblige. The magazine will promote local businesses and connect the foreign community to the Portuguese.

A regular feature will be photographer of the month. In this first edition you will find Windy Roads Photography. We showcase artist of the month, Erin Neeland. I report on my visit and memorable experience at the restaurant Principe Do Alva and the wonderful time I enjoyed at Quinta Lusitania guesthouse. There are interesting articles on seasonal permaculture and gardening. We also host an events section to inform you of activities during November. In addition, we have news on finance, health, property advice and the latest foreign exchange updates. We welcome your comments and would love to hear of anything you would like to see in future issues of Central Connects magazine.

Katie Cookson, **Editor in Chief**

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INDIAN • ITALIAN • VEGETARIAN • VEGAN



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Viseu restaurant TEL. 232 469 278 Av. Dr. Antonio Jose de Almeida,
Coimbra restaurant TEL. 239 704 011 Rua Carlos Seixas.



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Visiting the Algarve

The Journey

How I came to live in Portugal and the creation of Central Connects Magazine



The journey for the magazine and my family move to Portugal started back in June 2022. Having just completed my three-year degree in Professional and Creative Writing and knowing that Portugal was somewhere that I had wanted to move to. On the 3rd June, we set off on our scouting journey. Myself, Primrose (aged 7) and Frederick (aged 4) started our adventure in the Algarve. We enjoyed rest and relaxation time, as I knew that the Algarve was not the place for us. We then travelled via buses and trains to the beautiful city of Sintra which is filled with colourful buildings, brimming with history, and roads that were designed for horse and carriages. It is somewhere I would recommend visiting and will write an article about for the magazine. It was, however, not the place for us. So, onwards we travelled to Aveiro or as the Portuguese refer to it as "Little Venice" and famous for its gondolas that travel through the main city. We stopped in a small beach hut, with all the comfort and facilities that we needed. Visiting the local fish market on a daily basis and spending some quality family time on the beach. Again, another wonderful place to holiday but not to live. After this visit, we travelled further north and visited Oliveira Do Hospital. As I sat on the bus and entered the mountains, marvelling at the beautiful green scenery, the butterflies in my stomach started to fly.

"Was this the place for us?"
 Within five days we had found somewhere to live and schooling for the children. It would seem that the universe was now helping us to achieve our new home. Now, with somewhere to live and schooling sorted, it was time to go back to the UK and start packing! But, what was I going to do for work and how could I use my skills as a writer. We travelled back to the Algarve, and stayed with my friend. It was there that I noticed the East Algarve Magazine. Immediately my business brain kicked into action and I started to research our new area, in Central Portugal. There was nothing like the magazine there and as the foreign population was now over 19,000 I guessed it needed this type of connection in the area. My friend set up a meeting with Richard, the owner of the East Algarve Magazine. We had a wonderful meeting and agreed that this was a project that we both could be involved with. Myself as the owner and editor with Richard as the publisher. And that was it. On July 2nd we travelled back to the UK with a new home, schools and business all ready for us on our return. August was a month of settling (although in hindsight I would recommend several months for this process). Then, at the beginning of September we went to work on the new Central Connects Magazine. This month's magazine process has given us a lot to learn. From choosing the right photo for

the front cover, proofreading articles and getting the advertising to the perfect quality. The front cover was changed many times until we were sent the flower opening by Francisco Costa, a local Portuguese photographer. The flower is in the same phase as Central Connects magazine and it was agreed that it was speaking volumes in how we see the magazine. "Growing and getting ready to bloom". This was not the only decision we had to make and I have to thank both sub editors, Elaine Godley and Verona Paradise, who's collaboration in proofreading and producing articles have been a life saver in getting this first edition out. With all the articles, adverts and photos it was then the turn of Publisher, Richard Bassett, to make the magazine come to life, something that until now, I have taken for granted. Just how much time and effort goes into producing a final magazine has astounded me. So, with all the hard work done by this fabulous team. It's time to see the magazine bloom. The magazine is free and with an aim to connect the foreign community with locals through sharing articles about local and foreign businesses, places to visit, events and any other matters of local interest. There will be an online version and a hardcopy reaching over 2000 thousand readers, in just the first edition. If you would like to be considered to feature in Central Connects please email me Katie Cookson at Katie.cooksoncc@gmail.com

Events

Each month we will be running an event section on what is happening in the area. To promote your event please email: Katie.cooksoncc@gmail.com



Local Markets

MONTHLY MARKETS

- Venue:** **Deguimbra** (all types of stalls)
- Day:** 1st Saturday
- Time:** 9.30am to 1.30pm
- Venue:** **Mercado Livre, Sandomil** (all types of stalls)
- Day:** 1st Sunday
- Time:** 11am to 5.00pm
- Venue:** **Baras – second hand market, near Candosa**
- Day:** 1st Sunday
- Time:** 9.00am to Midday
- Venue:** **Da Nossa terra, bio market, Oliveria Do Hospital** (bio, local, or handmade food, produce &/or crafts only) Stalls must be booked in advance
- Day:** 2nd Saturday
- Time:** 8.00am to 1.00pm
- Venue:** **Coja vegetable Market**
- Day:** 2nd Saturday
- Time:** 9.00-1.00pm
- Venue:** **Finata, Vila do Mato** (all types of stalls)
- Day:** 2nd Sunday
- Time:** 9.00-1.00pm
- Venue:** **Barril Market in Coja** (all types of stalls) Stalls must be booked in advance.
- Day:** 3rd Saturday
- Time:** 9.00-1.00pm
- Venue:** **Vila Delfina with Loja De Trocas,** Tabua- swap shop, povoa de midoes
- Day:** 4th Saturday
- Time:** 10.00am – 4.00pm
- Venue:** **Oliveria Do Hospital main market.**
- Day:** Last Sunday
- Time:** 8.00am to Midday

WEEKLY MARKETS

- Venue:** **Seia** (two markets on the same day, one selling clothes etc, and, the other selling food.)
- Day:** Wednesdays
- Time:** 8.00am – Midday
- Venue:** **Arganil**
- Day:** Thursdays
- Time:** 8.00am-Midday
- Venue:** **Carregal do Sal**
- Day:** Friday
- Time:** 8.00am to Midday
- Venue:** **Tabua** (with the main market being the 3rd Sunday of every month.)
- Day:** Sunday's
- Time:** 8.00am-Midday

Other Events

- Misty Fest**
 Lisa Gerrard and Jules Maxwell present Critical acclaimed album 'Burn'. In concert for the first time, accompanied by stunning cinematic visuals created specifically for this show.
Venue: CRE Grand Auditorium Figueira Da Foz
Dates: 1st to 30th November
Time: 9.30pm
Cost: 20.00 euros
www.ticketline.sapo.pt
Guided tour- Once upon a time
 The roses of Isabel
 This is a guided tour, centred on Queen Santa Isabel, Patroness of the City of Coimbra, in her material and spiritual legacy.
Venue: Starts from Churchyard of the

- Monastery Santa Clara-a-no Coimbra
Date: 3rd November
Time: 3.00pm- for 1.5/2 hours
 Max 25 people
St Martins Fair
Venue: Yearly fair in Tabua
Date: 11th November
Time: 8.00am to 2.00pm - Free entry
Fest of St Martin
 Pilgrimage
Venue: Escoural, Cantanhede Torch
Date: 12th November
Time: All day event
S.Martinho 2022 Sport and Nature Regatta
 Cruise type vessels, performing regattas within the bay.
Venue: Figueira da Foz- marina
Date: 12th November
Time: All day - Free entry
Food Festival
 Tasting of local products.
Venue: Lage Grande Meruge Oliveira Do Hospital
Date: 12th November – 9.30pm
 13th November-10am - Free entry
Flea Market
Venue: Commerce Square Coimbra
Date: 26th November
Time: 9am to 6pm
Tai Chi (Estilo Yang)
Venue: Alva
Date: Wednesdays
Time: 7.30pm to 9.00pm
 Contact Milena- 963 574 898
hopesmilena@icloud.com



Principe do Alva

Trying to find a good restaurant in a new area is always a challenge. However it would seem, on this occasion, the universe was at work, bringing us a magical and truly amazing experience for our family.

One evening, myself and my two children had gone out to have dinner. Upon arrival we found the restaurant closed. I have only been in Portugal a short while, so, my knowledge of good restaurants in the area was limited. I decided to see what google maps could find and hoped that we would find somewhere quickly and before the hunger set in with the two infants in the back. As any parent will know hungry children in a car is not a good combination. The first place the map directed us to was not there, there wasn't even a building! This was not a good start. Once more I asked google to find us a nearby restaurant. This time we were directed into Coja. I had heard about how nice Coja was and crossed everything in the hope that we would be successful. I drove into the town and was greeted with the beautiful scene of the river Alva and the greenery that surrounded it. I was also relieved to see lots of people and most importantly restaurants and cafes. We passed two restaurants which my daughter

refused to even consider, and informed me that she had spotted one up a cobbled road just after the bridge. I had not seen it and allowed her to lead the way (once more, crossing everything in the hope that it was going to be good). The restaurant she had found was called Principe Do Alva. And we were about to embark on one of the memorable evenings we have, so far experienced in this area of Portugal. In fact, I would say it was one of the most enjoyable experiences I have ever had in a restaurant. Immediately the service stood out with both the owner and waiters all greeting us. It was also a lot easier to communicate as all the staff spoke fluent English! When I said I would like a glass of wine but didn't know which one was for me I was introduced to Paulhino who not only had all the knowledge about wines but also is a very magical character. He told us stories of the wines he recommended and also the story of the river to all of us. We hadn't even started eating at this point but we were already won over by the service and treatment that had been given. The staff immediately brought over bread,

olives, pate and cheese, to keep us going but my children's moods had definitely been uplifted and their hunger forgotten about by the stories Paulhino had told us. For starters we had vegetable soup, calamari and prawns, all of which matched our experience so far. While we opted for Octopus stew and the salmon off the menu, there are specials that change regularly. I am keen to try the steak next time. The salmon had been cooked to perfection and the octopus stew was full of flavour. For my children, the cherry on the cake came during dessert. They had the option of sticky toffee pudding, which is one of their favourites back in the UK. Brothers Paulo and Antonio own this quality restaurant. Between them they have over 60 years experience within the industry and have mainly run restaurants in the UK. Just before covid they decided that it was time to come home. Setting about to ensure that all they have learnt would be reflected in their own restaurant in Coja. I had the pleasure of going and meeting the brothers and we talked about the experience I had at the restaurants.





The smiles on their faces reflected what they were trying to achieve. They aim to give every customer an experience from start to end and feel connected to the people that work there. The staff are like family to the brothers and you know that they are treated as such for the effort that they put in when working. During our conversation, I am informed that their ingredients are all local. What I loved the most was to hear that they pick wild rosemary from the nearby hillside, the cheeses are all regional and everything is fresh. Principe do Alva is open seven days a week and it is the passion of these two brothers that really stands out in the whole experience. Prices are also carefully thought about and the range covers all budgets. Upon leaving from our first time at this restaurant my daughter turned to me and said "I loved it, I felt like a princess." I know that we will regularly visit this wonderful establishment and I hope to bump into you there and share this special experience.



Fine dining in the beautiful town of Coja

Great flavours and ingredients • Indoor and outdoor dining • Large wine list • Child friendly • Great choice of desserts

Open everyday 12pm to 10.00pm

Restaurante Principe do Alva
Rua desembargador Abel Pereira do Vale, nº 149 3305-132 Coja

935203913/967087312
cantinhodotomes@gmail.com



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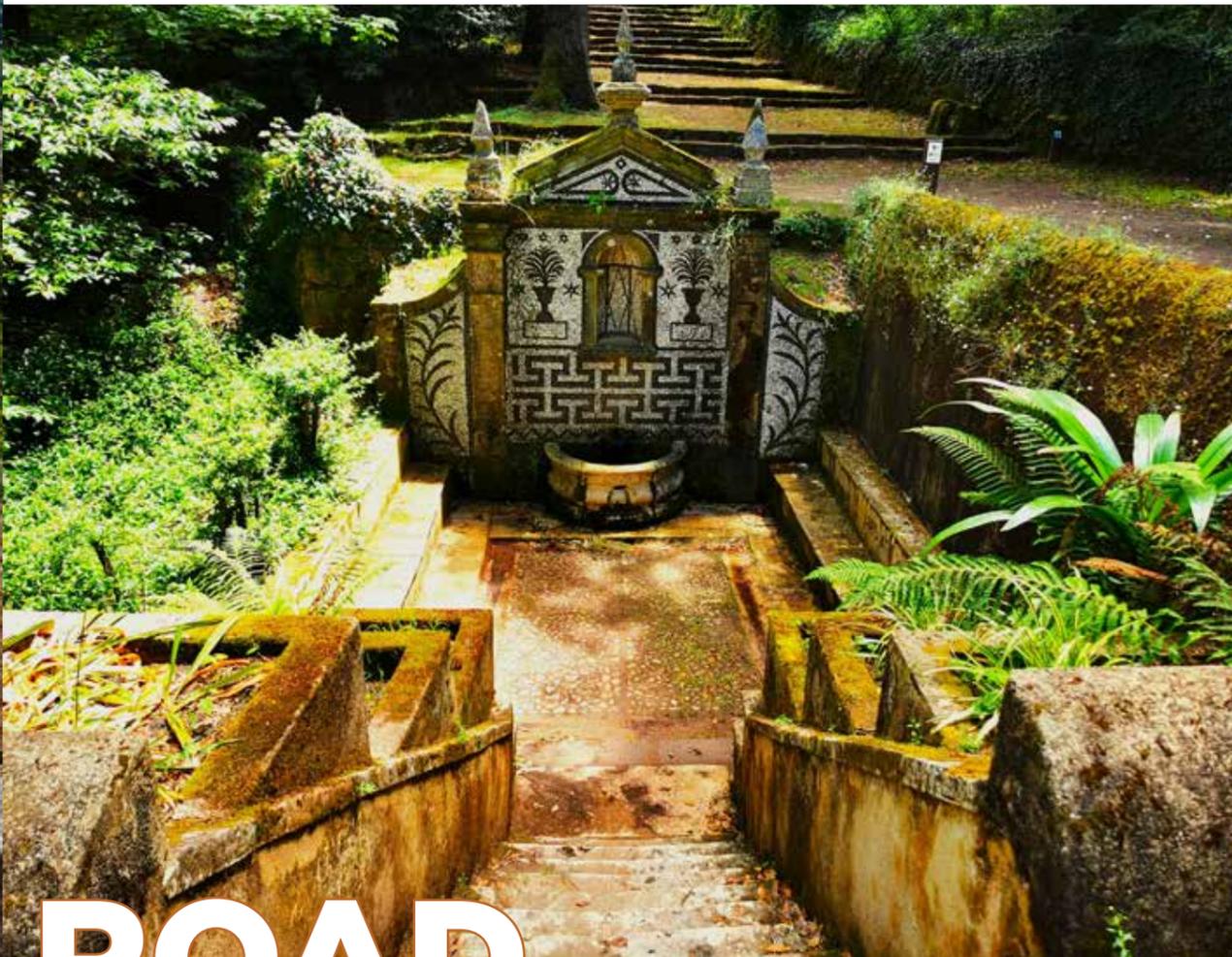
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WINDY ROAD PHOTOGRAPHY

Each month we are featuring a photographer from the local area. This month we take a look at the work of Dom and Belinda from Windy Road Photography. They have tracked building projects and taken to the skies with their drone capturing the stunning sceneries from Central Portugal.

Central Portugal has an amazingly photogenic quality. So many people have arrived and are arriving here from their own windy road, each with their personal story, to create their dreams. Setting up spectacular small businesses, restoring forgotten quintas and bringing life and love to the land. Windy Road photography wants to celebrate these journeys. Whether you need to see potential land from above, as you simply can't push through the brambles, before purchase; or maybe you want to showcase your property to get the best price to sell, or perhaps you want to document your project as you go, to create a photo essay or short video of your story here. Windy Road has drone photography and videography options. If you have a project that you want to document, the "follow my build" service involves capture

before, during and after the building process, so that you can look back on your hard work and remind yourself just how amazing your achievements are! These projects can be anything from land clearing, to the building of your dream home. Maybe your dream project has been your own business, nestled into the valleys here, we can produce a series of photos and or videos that you can then use to share and promote your business. Our own windy road has taken us from Canada, via a year of travel around and through Europe to finally come to rest here, in Central Portugal. Our journey here has been an opportunity for us to focus in on our photography and videography skills, and realising that we love to document the world around us. Here in Central we've found a place where every valley offers new perspectives, the river beaches fill

our afternoons and new friends fill our souls. The potential here feels infinite and we're so excited to start our own creative venture in this landscape. Our first project here was to showcase the building of a geodome house. It was a project that encompasses what we feel about moving here. The team was a group of friends and volunteers, all willing to share their time to help a family put a roof over their heads. The idea of triangles to make a circular house is fantastic, the process was full of teamwork and problem solving, learning by doing, and it came together beautifully. When the final triangle was attached the celebrations could begin. If you would like to have your photos considered for Central Connects magazine please email katie.cooksoncc@gmail.com, include a brief bio about yourself and some examples of your work.

Windy Road Photography

Drone, Architecture and Landscape Photography for Tourism, Real Estate and Personal Projects

www.windyroad.photos
windyroad.photos@gmail.com



Photo: Bart van der Kamp

INTRODUCING 'A HORTA'

Welcome to the first edition of the monthly gardening column in Central Connects magazine. The focus will always be for an edible garden, known in Portuguese as 'A Horta'. Each month we will share with you a new permaculture gardening technique and some practical gardening tips for the month. Next month we will be discussing non-dig gardens.

We learn from our Mistakes! Gardeners kill a lot of plants and failures are inevitable. Through these mistakes, we become better gardeners. So, for those who say they do not have green fingers, because they have killed a few plants, don't give up but continue trying. We all start by killing plants. Those people who magically grow lush plants and get good yields in the first years learned less than those of us who killed a lot of plants.

We are motivated by success

We are now coming into winter, and much work is to be done in the garden including planting garlic, brassicas (cabbage, broccoli and cauliflower), chards and salads. However, if I do not have all of my garden beds well prepared, I prefer to skip the season's planting and start the following season's preparations. I have found that if I am behind on tasks for a season, everything gets rushed and poorly planted, I fall behind which then has a knock-on effect for the following season and every season after that. Currently on our farm we are busy working on a new, more extensive summer vegetable garden and food forest. By having everything ready for next summer well in advance, we can be sure to plant everything at the ideal time and have it all done with maximum effort, and in the best possible way.

Being well prepared sets us up for a successful season, growing lots of nutrient-rich vegetables that we can share with friends, preserve, juice, feed to our animals or even sell. Being ahead of the game and successful will keep us motivated to keep on growing.

Preparing a garden for planting

To set ourselves up for success, we must ensure we are growing the right plants in suitable soil. So, what is in your soil? I suggest a soil test analysis which costs around €60 in Portugal. Some people don't do soil tests and amend their soils but then how do you know if you have all the nutrients needed? Just because we grow good looking vegetables it doesn't mean they are nutrient rich. For instance, if our soils are low in calcium, our food will be low in calcium and lead to a calcium deficiency in both our plants and ourselves.

Preparing poor soils for a future garden

In permaculture, we usually go for no-dig gardens; in future articles, I will discuss how to prepare these, but today we are going to talk about amending your poor-quality soil with an inappropriate PH and lacking in some nutrients. Of course, you need to do a soil test which will give you your soil type, missing nutrients, PH and Caton Exchange Capacity (how well your soil can hold onto nutrients). For poor soils that are weed-heavy, one option is to do an extensive initial amendment of the soil for future gardens now, and then move to no dig going forwards.

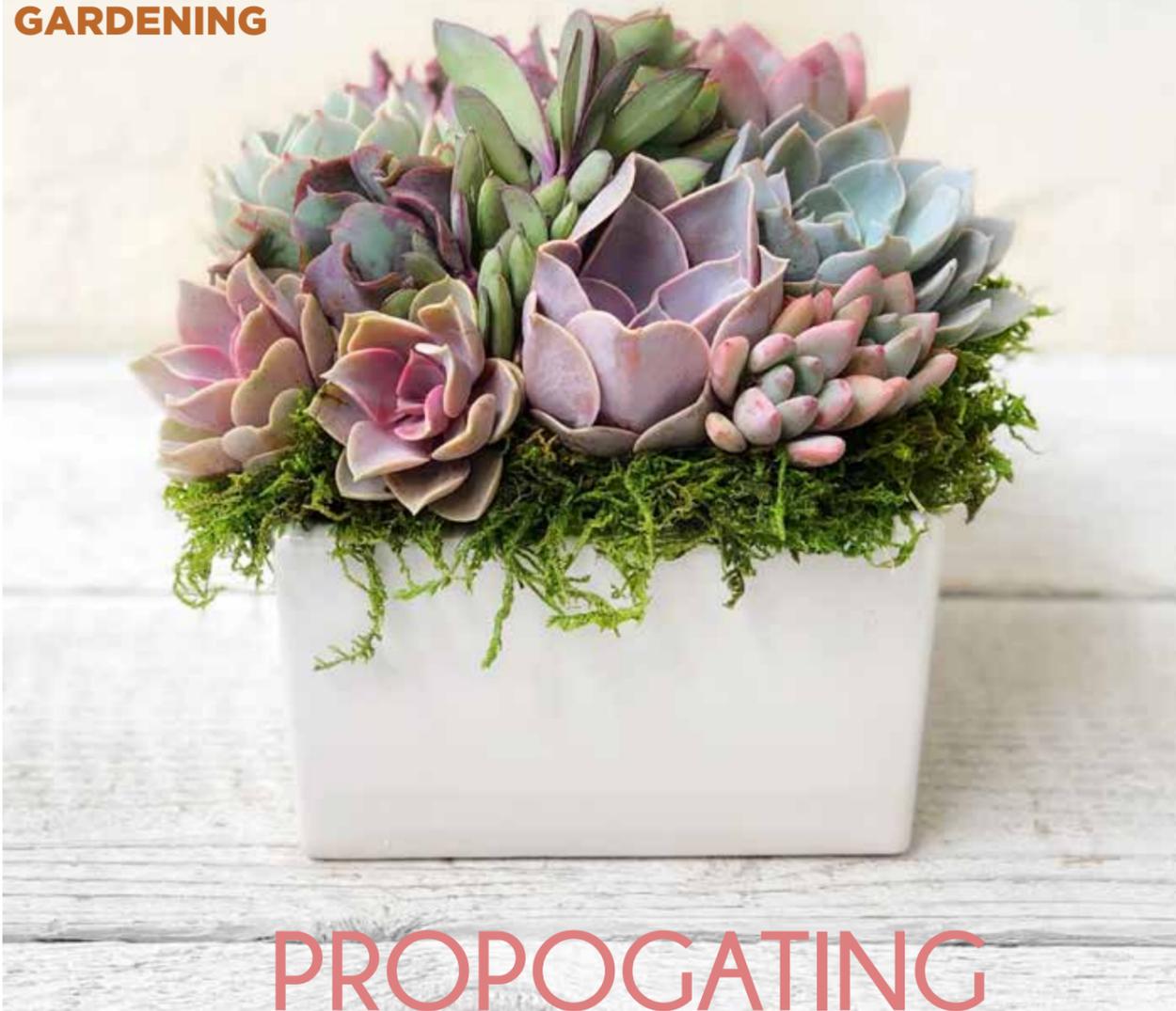
Here are some suggestions on how to prepare your soil:-

- 1 Cut the grass and weeds and leave them in place. You can use a strimmer for a small garden or a tractor for a larger area.
- 2 Dig over all the soil where you want to have any future garden or food forest plots. You do this with a rotavator for a small garden or a tractor for a larger plantation. Digging will break up the soil, dig in some organic matter and prepare the soil for amendments and planting.
- 3 Adjust the PH of the soil. We can add agriculture lime to stabilise the PH of acidic soils. Ensure the lime is labelled 'Biological', which is Portuguese for organic. You will need to do a calculation to know how much to add based upon your soil test.
- 4 Add organic matter. Usually, compost is the organic answer to all your problems, so replace your gym membership with flipping compost piles, because you will need lots of compost. I covered my summer garden with a layer of aged organic sheep manure with biochar, then a layer of high-quality compost followed by a layer of worm castings.
- 5 Dig over the soil again to mix the organic matter in.
- 6 Plant cover crops. Cover crops are plants that help build soil. Plant annual cover crops in your veggie plot so they do not become weed problems in the future. I planted red clover, lupins, and field beans and chucked in all my old seeds for good measure. I also planted an area of a pre-mix of perennial pasture grasses in one area to grow straw for mulching the beds this year.
- 7 Cover with mulch. After seeding, cover your whole area with a thin layer of hay. The hay will protect your soil from the sun and also decompose into the soil, further building the soil. The more organic matter in the soil the better.
- 8 Cut the cover crops. We want to keep cutting the cover crops back through spring when they are green to build the soil. We don't want to let the cover crops go to flower or seed as this uses the soil's nutrient reserves.
- 9 Prepare beds. From March, we can prepare the beds for summer planting. But first, we need a design. A design is based on our needs, abilities, and availability. A design should have an implementation and maintenance plan. It should also have a material list. Next month we will talk about design.

Article by Laurence Manchee from Keela Permaculture Farm. You can contact Laurence for Permaculture consultancy or join one of his Permaculture Courses in Central Portugal.

www.keelayogafarm.com





PROPOGATING SUCCULENTS

Succulents look amazing, do not require too much looking after and are perfect for Portuguese climates. An added bonus is that from one succulent plant you have the possibility to make many, many more. We hope you enjoy the below guide to leaf propagating and create a splendid garden, both inside and outside your home.



Propagating succulents is typically a very simple process, however some plants are more difficult to propagate than others.

Ones that tend to be successful are: Echeveria, Sedum, Pachyveria, Sedeveria, Graptoveria, Graptopetalum, Jade plants, Sempervivum rosettes
Leaf propagation works best for succulents with fleshy leaves. To root successfully, the leaf must stay whole. Grasp the leaf with your forefinger and thumb and gently rock it back

and forth to loosen it. Then carefully detach the leaf, with its base intact, from the mother plant. Some leaves will pop right off with a gentle tug, while others may require a sharp knife. Using clean hands or a sterile knife, remove a healthy leaf from the base of the plant, ensuring that an entire, undamaged leaf is removed. It is important that the curve of the leaf base remains attached.
Before we can place our leaves on soil to begin growing new plants, we must let the ends dry out and callous over. To do this, place the cutoff leaves in a single row on a plate or tray and let the leaves heal in a warm area with bright light for about four days. This step is vital, if skipped



and placed directly in soil they will absorb too much moisture and they will rot and die. Once you feel like the ends are dry enough, you can place them on top of some well-draining cactus or succulent soil. Wet the soil, and place the leaf on top of the soil for propagation. Keep the leaves indoors with lots of indirect sunlight.
Use a spray bottle to mist your leaves when the soil is dry. Be sure to keep them in a warm place with plenty of bright light, but not direct sun. They need to be kept moist and warm.
After 2-3 weeks you will see little pink roots sprouting from the ends of the leaves and then tiny baby plants will begin to grow.

When the leaves have a decent root system and have begun making tiny baby plants, that's when it's time to add them to their own pots. Make sure you use a fast draining soil. Cover the roots with a pinch of soil leaving the little baby exposed and leave the mama leaf attached, eventually the mama leaf will turn brown and will fall off. This means the succulent has taken all of the nutrients from the leaf and no longer needs it.
After-care
As your plants matures, you can transplant your succulents to larger pots, combination planters or garden homes. Always ensure your succulents have coarse, loose soil and excellent

drainage to keep them healthy and free from rot. Most mature succulents prefer full to partial sun, but protect new plants from harsh, intense rays. More light can intensify succulent colours, but too much light can cause fading and sunburn. Even in deserts, succulents are often shaded by taller plants.
Succulents tolerate heat and drought well, but regular watering keeps water-conserving leaves and stems plump, beautiful and firm. Always let the soil dry out well, then water deeply and thoroughly. Let succulent soil dry out before you water again.



LIFE AS A NOMAD

Each month we will be following the 'Life as a Nomad' Luise Ellen, who goes where the wind takes her, across Portugal. This interesting life gives a different perspective on how to live.

It's the 3rd of June 2021 and on the 8th my current house sit ends. I haven't yet lined up my next assignment, which is also my next place to stay. I should be more organised I tell myself... I'm really cutting it fine this time.

I put it off until tomorrow, because of course the best thing to do is procrastinate even more. Tomorrow comes, so does a text message from a homeowner I house and pet sat for a few months ago.

"I know it's short notice but we thought we would just try out luck and wondered if you are free to house sit from..." Yep, you guessed it, THE 8TH!

This is the life of a nomad and a full-time house sitter. Well, my nomad life anyway, I doubt anyone else does it quite like this.

Being nomadic is NOT something I would have ever considered. Sure, I watched the van-life video blogs and followed the instagram accounts, but that's just for entertainment. Never in my wildest dreams would I choose to be intentionally homeless. Or, so I thought. But last year that's exactly what I did. When I moved to Portugal I hadn't ever been to the country. I booked a one-way ticket and just came. I knew shortly after arriving I was here to stay.

Oh, if you're wondering why I booked a one-way ticket to Portugal to start a new life... I wanted

a completely different lifestyle from the one I defaulted to, living in a city in the UK. With my daughters grown up. Not having dependents gives a new-found freedom to do something different, fail and mess up. If that's what it takes! The lifestyle I desired was one of simplicity, a closeness to nature and the outdoors. Portugal, I felt could give me this.

After being here a few months I really needed to explore and experience different areas before deciding where to settle.

I booked a house sit. Then immediately after, another, then another. Until I was away from my rental apartment so much there was no point in paying rent. So, I gave it up. Serendipity took over and I was now a full-time house sitter. House sitting involves 'living' in someone's home while they are away to (most often) look after pets, water and care for plants, providing some security if away for long periods. Or, even look after something like a small holding.

Staying in someone's home is such a great way to experience a place. It's not the same as just booking a hotel or holiday rental... you get to step in the shoes of the homeowner, and get a taster of their life. You meet the neighbours and often get introduced to their friends. Walking a dog provides you the opportunity to meet people. In a way, it gives you that initial social helping hand. And, for me one of the

biggest benefits is ending up in places you have never heard of, let alone considered staying. Sometimes it can be the opposite. Cascais is a place I had heard lots about and although it sounded great it wasn't a place I felt was a good match for me. I would never consider living there. However, I really enjoyed my time there. The accommodation was superb and the dog was delightful company. While it was not somewhere I would live, I'd certainly visit again. I would never have discovered this were it not for housesitting and the freedom that location independence gives you. When you are restricted to a limited number of weeks a year to travel, taking pot luck on any old location is not something you can afford to do. I always say, house sitting reaches the parts other forms of accommodation cannot reach.

Oh, and what about that original idea of finding somewhere to settle? For now, I'm enjoying this new-found way of living. I love the freedom, flexibility and ever-changing scenery. I love that I end up in unknown places. Meeting wonderful animals, and other people who have made Portugal their new home.

For now, I'm shaking off the stigma of being a drifter being blown about in the wind. Instead I'm throwing myself at the wind so I can ride it! **Email:** solo50plusportugal@gmail.com **IG:** www.instagram.com/luiseellen/

useful informations

LIST OF HERITAGE BUILDING
Bobadela Roman ruins, Ferritos chapel, Pinheiro dos Abraços dolmen, County museum Dr. António Simões Saraiva

PLACES OF INTEREST
Ferritos chapel, Pinheiro dos Abraços dolmen, anthropomorphic graves, Giant Linden tree, Bobadela Forum, S. Sebastião chapel, N. Senhora da Luz chapel, House Museum of the Foundation of Dona Maria Vasconcelos Cabral, County museum Dr. António Simões Saraiva

PLACES TO EAT
_ Oliveira do Hospital:
Restaurant "Casa Intto" - 238 60 43 50
Restaurant "Assinhal dos Mangos" - 238 67 14 11
Johnny's Pizzeria Restaurant - 238 60 14 70
Restaurant "O Traseiro" - 238 60 44 92
Restaurant "Quinta da Lameira" - 238 08 28 60
Restaurant "Príncipe da Cidade" - 238 60 98 67
Restaurant "O Caetinho" - 238 08 16 65

PLACES TO STAY
_Bobadela:
Casa do Avô da Bobadela - 238 69 29 39 - Rural Tourism
_Gramagosa:
Casa das Laranjeiras - 238 60 44 40 - Rural Tourism
Casa da Garrafeira - 238 60 44 37 - Rural Tourism
_Carrisa de S. Paulo:
Quinta do Fenecho - 238 60 03 18 / Email: info@XXX.pt - Rural Tourism
_Oliveira do Hospital:
Hotel São Paulo - 238 60 90 00 - bus

HANDICRAFT
Copper and Brass Works

GASTRONOMY
Lamb, Cottage Cheese, Serra da Estrela Cheese, gravatos



Anthropomorphic Graves

trail signage



right way wrong way turn left turn right

code of conduct

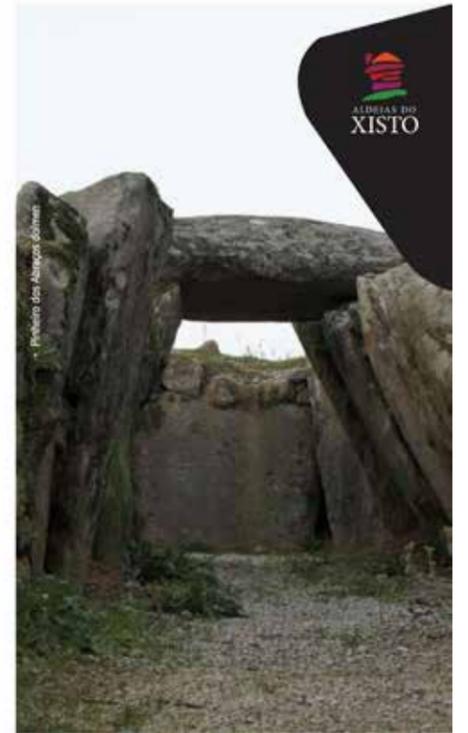
Follow sign-posted trails only; Avoid making unnecessary noise;
Never scare the animals; Do not damage any vegetation;
Do not litter and leave no trace of your visit; Do not light fire;
Do not collect or damage plants or rocks;
Be kind to people you find along the way;

useful contacts

SOS Emergency: 112
SOS Forest Fires: 117
Anti-venom information: 808 25 01 43
Oliveira do Hospital Police: 238 60 27 07
Fire Department: 238 60 27 27
Health Center: 238 60 02 50
Trail Promoter - Oliveira do Hospital Municipality: 238 60 52 50
Tourism Office: 238 60 92 69
Parish Council of Oliveira do Hospital: 238 60 99 94
Parish Council of Bobadela: 238 60 14 28
Parish Council of Nogueira do Cravo: 238 60 12 07
Schist Village Network - ADXTUR: 275 64 77 00; 960 10 18 73
www.aldeiasxistis.pt



PR5 OHP Schist Walking Trail of Oliveira do Hospital
The March of the Veterans



PR5 OHP distance: 14,6 Km duration: 3h 30min trail type: loop altitude variation: 272 m



Oliveira do Hospital Schist Walking Trail

_Walk direction: anticlockwise

This circular trail starts in Jardim Dr. Oliveira Mano (public garden), we cross the garden, climb a few steps and face the Santa Ana chapel. Turning left and then right we are at the main paved road. After the paved roads we leave towards the agricultural fields and go in direction of the Anta do Pinheiro (dolmen). A little further on we turn right onto a dirt road that will take us to the anthropomorphic graves of Gorgalão. We follow the trail and get to Senhora da Luz, where we can see the existence chapel that has the same name. Along cobble stone streets we arrive to Bobadela, a rich Roman heritage site, with the Roman amphitheater and it's ruins and where we can notoriously see the arch several objects of the time. The trail leaves Bobadela and goes towards São Sebastião chapel. From here the trail goes on a dirt road till we find a paved road. At the roundabout the trail goes straight to the center of Oliveira do Hospital where the House Museum of the Foundation of Dona Maria Vasconcelos Cabral, the Ferritos chapel and the classified linden tree can be found. This are some of the best points of interest on the trail.

- Points of interest and distance to the starting point:**
1. Blacksmiths Chapel; Giant Lime; Museum House of the Dona Maria Emília Vasconcelos Cabral Foundation, (OH)
 2. Pinheiro dos Abraços Dolmen - 3500m
 3. Anthropomorphic Graves - 5700m
 4. Nossa Senhora da Luz Chapel - 7600m
 5. Bobadela Forum - 8000m
 6. São Sebastião Chapel - 9400m

Departure and arrival point:
_Dr. Oliveira Mano Park, Oliveira do Hospital (N 40°21.507' W 7°51.705')



caption



difficulty level



when to go

All year. Beware of high temperatures in the summer and slippery terrain in the winter.

Oliveira do Hospital



Here the visitor is confronted with amazing portraits and delighted hideaways. The records that date back to prehistory together with so many other records throughout the country reflect the grandeur of this region. The current country was born at the time of the 2nd crusade, when in São João de Jerusalém, in the Holy Land, it founded a hospital that receives the sick pilgrims, cripples and victims of attacks and robberies, in the long journey that would take them to the Holy Sepulchre. The chapel of greater historical significance included in the main church building complex is undoubtedly the beautiful Ferritos Chapel in Gothic style, leans against the side of the Evangelho, between São Brás and the Tower. Traditionally is known as Senhora da Graça and the time of construction dates back to the XIII-XIV centuries. It is classified as a National Monument. In the churchyard of the Chapel can be found the largest linden tree "Linden tonenro-sa Moench" of the country, with more than 25 meters high and 4 meters in diameter, classified as Public Interest.



REST AND TRANQUILITY



In the middle of Central Portugal where views of the lush green countryside and mountains are exquisite and should be seen at least once in a lifetime, Quinta Lusitana is ready to greet guests, with an unforgettable visit.



In September, I had the pleasure of visiting Miguel and Christina at their beautiful home and grounds at Quinta Lusitana, Cuto Do Moseiro. As I pulled up, I could see that great care and attention had gone into the renovation of this stunning 200-year-old Manor House. The cobbled driveway passes alongside the vineyard, bursting with grapes and colours of the season. I later learned that it had almost been destroyed by the 2017 fires. It was only with the love and determination of this couple that the Manor House was saved.

The Quinta is set away from the busy tourist area and is the perfect place to refresh from your normality. Surrounded by the beautiful mountains you experience a flavour of the real atmospheric rural Portugal.

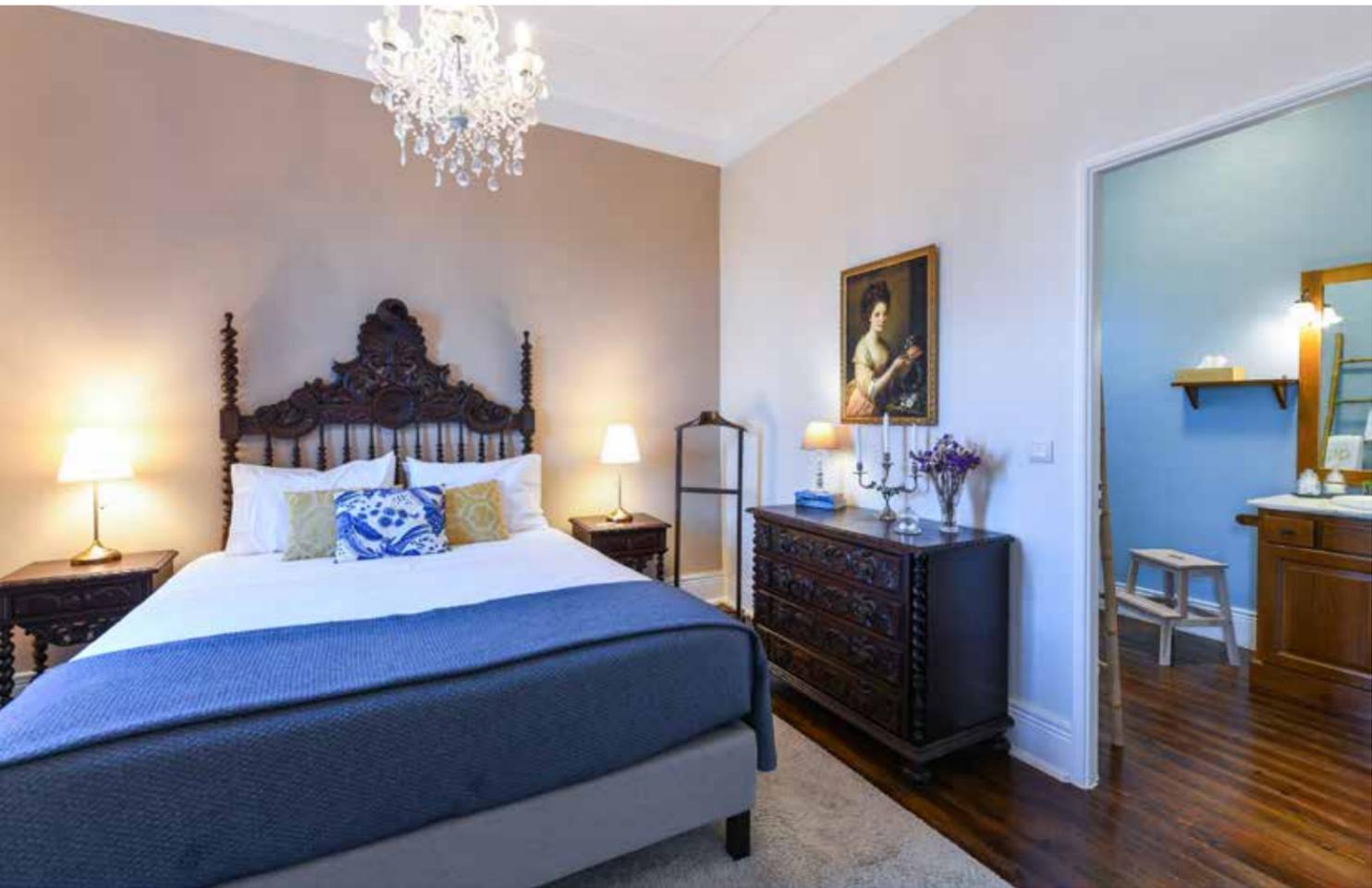
When you enter the home of this couple through the hallway and into the club room, there are a variety of family heirlooms dating back over 300 years. It is here you get a real sense of the bloodline that Miguel comes from. He is the current Viscount of Valpacos and a great host. He can talk you through the history of the house, his family, and the surrounding area, and has been known to take his guests on night tours of the grounds and the nearby church which has connections to the Knights Templar.

Sitting and chatting to the couple in the club room gave me a real sense of who they are. Such a down to earth couple who I instantly connected with.

The manor house provides three standard ensuite and three superior ensuite rooms, designed in traditional Portuguese antique style furnishings, alongside modern comforts. The high ceilings provide plenty of light and space. When you look out you can take in the view of the surrounding area, Quinta Lusitana grounds and the Lusitano horses grazing in the fields. What I find so special are the little extras and the time taken to bring a memorable visit for the guests. Embroidered sheets and towels, local, traditional sweets upon arrival and three fiction books in English, Dutch and Portuguese, to encourage a relaxing time while you enjoy your stay.

The dining room is quite a spectacular sight. The table and chairs all originate from Miguel's family and are nearly 300 years old. You really feel like you are





experiencing a feast surrounded by stories and history from the past. Guests can expect a scrumptious breakfast each morning, with the hosts on hand to personally ensure your every need is catered for. In the evening, a three-course dinner, freshly cooked by his Lordship, using mostly local ingredients is a treat to savour.

In the grounds, a delightful pool and sunbathing area has been restored and lovingly brought back to life. If you just want to relax, then this is the perfect haven. Throughout the year various excursions are arranged. Hiking and biking, days out to the beach or skiing and wine tasting with over 42 superb vineyards to select from

are on offer. The guesthouse also hosts grape picking sessions, afternoon teas and weekend packages designed for you to spend quality time with friends and family. It's even possible to book exclusive use of the guesthouse for special occasions.

Drinks are served in the club room and Miguel is happy to sit and chat with you over a glass or two of their very own red wine.

Alongside the guesthouse, Christina offers riding lessons, workshops and clinic. Her experience and knowledge of horses and riding helps to bring a connection between the rider and horse, using natural horsemanship and bit-less riding.

The whole experience of the Quinta is all about having a sense of connection. With the history, area, the hosts and, of course, the animals, there is something for everyone at Quinta Lusitana. Whilst Christina's warmth and exceptional knowledge brings a unique and life changing experience for rider and horse, each session brings some different experiences, and the sense of connection will stay with you for a lifetime.

Contacts: Quinta Lusitania, Couto Do Mosterio, Rua Do Calvario n. 3440-126
Tel. +351 962 053 173
info@quintalusitania.pt
www.quintalusitania.pt

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ARTIST OF THE MONTH

ERIN NEELANDS

Each month we will showcase a local artist.

*If you would like us to feature your work please email katiecooksoncc@gmail.com.
Central Portugal is blessed with many talented artists. Central Connects magazine is
delighted to bring their work to you each month.*

This month we feature Erin Neelands. Her work is currently exhibited in Seia.

To contact Erin email erinneelands@yahoo.com

Telephone +351 968 635 108



Erin Neelands Ceramics

Local artist- Throughout this area of Portugal you will find many talented artists. Each month, Central Connects will be sharing stories about these talented people. If you know anyone or would like us to cover your creative creations. Please connect me at; Katie.cooksoncc@gmail.com



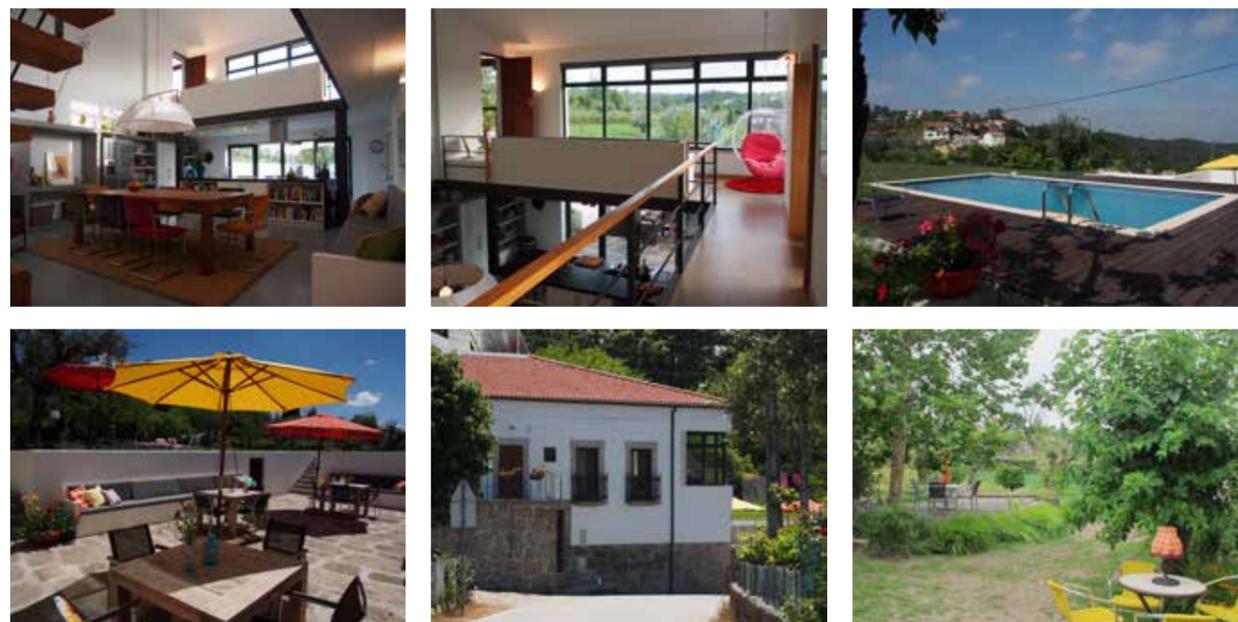
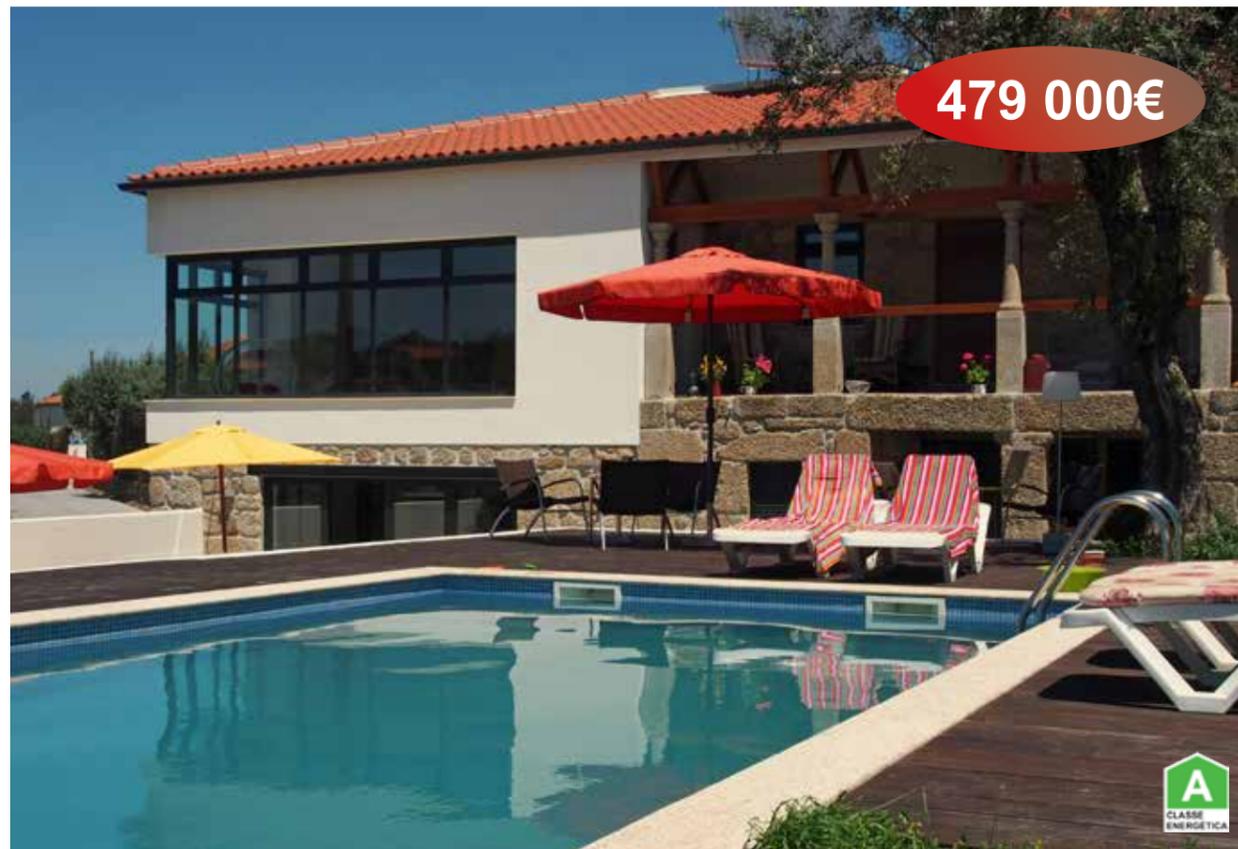
Pit Fired Ware

Erin Neelands is a ceramicist living in the mountains of Portugal. She comes from the cold and majestic land of south east Alaska. Immersed in creative practice amongst beautiful natural surroundings, she designs both decorative pit-fired vessels and unique hand-built functional ware. She began working with clay at a young age leading her to earn a BA in Studio Ceramics. Well versed in making, firing and glazing techniques, she spends her time creating work, and teaching local pottery enthusiasts the art of clay.

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Local accommodation with 3 apartments in Covas, Ref: A864

- 323 m² footprint • 4023 m² land • 2+2+2 bedrooms • 4 bathrooms
- 3 separate Apartments • Swimming Pool • Land • Sauna • Well • Borehole



Semi-detached house in Cova, Figueira da Foz, Ref: A844

- 115.50 M² footprint
- 3 bedrooms
- 3 bathrooms
- central heating
- beach view
- garage



Quietly situated detached house with beautiful views in a small village, Barril de Alva, Ref: A872

- 163.28 m² footprint
- 446,4 m² land
- 2 bedrooms
- 1 bathroom
- Central Heating
- Air conditioning
- Solar Panel



Granite house, quiet location with good views, at the edge of a village in the parish of Seixo da Beira, Ref: A877

- 110.44 m² footprint
- 1300 m² land
- 2 bedrooms
- 1 bathroom
- Good views
- Fruit trees
- Well



House with Annex in Parada, Carregal do Sal, Ref: A868

- 157.8 m² footprint
- 379,8 m² land
- 4 bedrooms
- 2 bathrooms
- Garage
- Annex
- Land

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Land with possibility of construction in Ázere, Ref: A862

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- Possibility of building



65 000€

House of 2 floors with land in São Martinho da Cortiça, Ref: A873

- 42 m² footprint
- 975 m² land
- 3 bedrooms
- 1 bathroom
- 2 Plots of Land
- Glass Fiber Internet
- Electricity and Water



55 000€

House of 3 floors in Nogueira do Cravo, Ref: A859

- 59 m² footprint
- 2 bedrooms
- 1 bathroom
- Fireplace
- Terrace
- Borehole



169 000€

Bungalow with Garage and Land in São João da Boa Vista, Ref: A832

- 67 m² footprint
- 3327 m² land
- 2 bedrooms
- 1 bathroom
- Renovated Bungalow
- Double Garage
- Land



379 500€



Typical Portuguese granite house, with annex, swimming pool and garage, Ref: A875

- 136.82 m² footprint • 1560 m² land • 4 bedrooms • 3 bathrooms • House has full central heating • Air conditioning • Fibre Optic Internet Connection • Swimming Pool • Fully enclosed house, garden and land • Electric operated gate • Garage (Camper) • Self contained Annex has full Central heating • Kitchen • Bathroom • Office/ accommodation • Internet connection

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<https://www.imobitabua.com/en-gb/property/typical-portuguese-granite-house-with-annex-swimming-pool-and-garage/19831203>





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WILDFIRES

In October 2017, Portugal experienced the worst wildfires in history and the effects are still apparent today

Each year Portugal braces itself for the fire season where wildfires can spread across the lush landscapes that the habitants, both human and animals, treasure and breathe into their everyday lives.

The highly trained fire service, the bombeiros, are well equipped and have use of water planes, fire engines and off-road vehicles to reach any point that may be needed. Within the central region there are over 3000 firefighters on the front line, both voluntary and full time. Early intervention to get the fires under control is vital in preventing spread. Bombeiros are one of the most highly trained services in managing wildfires across Europe.

For this year the season is over.

I have only been living in this area for a few months, and I have learned that the devastating fires of October 2017, are very much still in the memories of the local people who I have connected with. Despite every effort, 2017 brought a catastrophic effect to the population.

On October 13th 2017, fires began in Northern Portugal, by the 17th October these fires had reached the local area. Despite heroic efforts of the highly trained bombeiros the fires remained out of control - scenes which Portugal had never seen before. Villages and towns had fires coming from all directions, cutting off any escape. Power was cut, mobile phones and the internet no longer worked. And, the people stuck were

left to help the already overstretched bombeiros. There were reports of children being barricaded into the safest places of the villages, while anyone who could help made human lines to get water to fight the fires with. I can only imagine the horror and trauma that the people of this area went through.

Between the 13th and 18th October Central, north Portugal and northern Spain had over 7980 fires, destroying 133,437 acres and killing a total of 49 people (45 of these were in Portugal). Many more were injured, lost home and livelihoods. The beautiful greenery was now black and desolate. The wildlife either having been killed or left, with nowhere to live or find nourishment.

After six months of rebuilding in this area, again the weather struck once more. Bringing a cold later winter along with a severe wet spell. All the hard work gone into the regeneration was affected by this. With the rains pushing burnt soil into rivers, collapsing terraces, roads, tracks and damaged buildings, the work had to be restarted all over again.

Five years on the regeneration from this catastrophic event is still going on.

Central Connects would like to hear from anyone who has any initiatives that are being run in relation to the regeneration, what preventions are needed to help avoid an event of this scale happening again, or anything that you feel is relevant to the fire season. Katie.cooksoncc@gmail.com



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A Brief History of Portugal

Portugal was founded in 1143, the year of the Zamora's Treaty signing. The treaty, agreed upon by D. Afonso Henriques, the first King of Portugal, and Alphonse the VII of León and Castile, recognized Portugal as an independent kingdom. In 1179 that status was confirmed by Pope Alexander the III. During the 12th and 13th Centuries, the Portuguese Kings extended the borders, until conquering the Algarve, consolidating a territory almost unchanged until today. With its borders defined, Portugal started to look inside itself. At the end of the 13th Century, King D. Dinis founded the prestigious University of Coimbra, one of the oldest in Europe. In the most important centres, castles, palaces and cathedrals were built as the territorial administration cemented. In 1385, following a popular movement, D. João I was acclaimed king, thus beginning the 2nd dynasty. The sons of D. João I and

D. Filipa de Lencastre would be praised by Luiz Vaz de Camões ("Os Lusíadas") as a noble generation of great princes ("Inclita geração, altos Infantes"), for their humanism, education and governing skills. Amongst them, one was to be known by History as the visionary and leader who made possible one of humanity's greatest adventures: the Discoveries. Thanks to the impetus of Infant D. Henrique, also known as Henri the Navigator, the Portuguese caravels crossed the seas, putting to use the best scientifically and practical knowledge of those days. During the 14th, 15th and 16th centuries they navigated to Africa, the Far East and the heart of the South American continent. They conquered lands, hoarded wealth and brought to Europe things never seen before. In 1498 Vasco da Gama discovered the maritime route to India and in 1500 Pedro Álvares Cabral arrived in Brazil. The Portuguese would still reach Oman (1508),

Malasia (1511), Timor (1512), China (1513) and Japan (1543). It was also a Portuguese, Fernão de Magalhães (sometimes referred to as Magellan), who planned and commanded, between 1519 and 1522, the first circumnavigation of the Globe. This might have been the beginning of the globalization. To celebrate this era, particularly the arrival in India, King D. Manuel had the Jeronimos Monastery built (a singular building in which nautical motives are very present) and inserted the armillary sphere in the Portuguese flag. The small kingdom was then the largest Empire in the world. Portugal brought together wise men and mercenaries, scientists and painters, businessmen and poets, slaves and princes. Such power and wealth awoke the jealousy of other peoples and after the tragic death of the young King D. Sebastião, in a battle at Alcácer Quibir, in the North of Africa, the resultant vacant throne was occupied by Spanish Kings, who united the two states

Portugal is one of the oldest countries in Europe and is stacked in history and events. We all know that this country is magical but to really appreciate the greatness and strength of the country and its people, it's helpful to know the history of the country. Many excellent books have been written about the history, however, in this short article we will explore some of the key historical events which shaped the country.

under the same government for 60 years. In 1640 Portugal had once again a Portuguese King, D. João IV, who restored the country's independence. In the 18th Century art-lover, absolutist King D. João V ordered the construction, in Mafra, of a giant Convent and palace and, in Lisbon, the Aqueduct of Águas Livres. However, the luxurious and exotic capital of the kingdom almost completely vanished in 1755 due to a devastating earthquake. It was Marquês de Pombal, Prime Minister of King D. José, who recreated a new Lisbon, monumental and ready to take on the furies of nature. In the early 19th Century, Napoleon's troops invaded Portugal and the court moved to Brazil, in order to ensure the Portuguese dynastical continuity and independence. Returning 14 years later, in 1821, King João VI found a different country: besides the scars of years of war, the liberal movement had transformed the political landscape.

The king's power was no longer absolute and the first Constitution was close to being approved. After D. João VI's death, civil war broke out (1828) between his two sons: D. Miguel, supported by the courts, who opposed the Constitution, and D. Pedro, who defended it, along a liberal vision of the State, but was legally prevented from taking the Portuguese crown as he had declared Brazil's independence 6 years earlier. The quarrel would be settled in 1834 with the signing of the "Convenção de Évora Monte" that put an end to military operations and determined a return to a liberal and constitutional version of the monarchy. Republican ideas started gaining ground and momentum from the end of the 19th century onwards. After the King's assassination in 1908 and the revolution of October 5th, 1910, a Republic was established. D. Manuel II was the last King of Portugal and Teófilo Braga the first republican Head of State. Manuel de

Arriaga was the first elected President of the Portuguese Republic. After a troubled period and the Portuguese participation in the First World War, a military coup caused the "Estado Novo" to emerge. This was an authoritarian, one party regime dominated by António Oliveira Salazar, who governed the country for almost half a century. However, on 25 April 1974 the «Carnation Revolution» returned freedom and democracy to the Portuguese, swiftly recognizing the independence of the former African colonies. Once again inside its original borders, Portugal turned around and faced Europe. In 1986 the country joined the EEC and, since then, the Portuguese have been enthusiastic participants in the construction of a new Europe, without however forgetting their history, their character and their traditions. Source:- adapted from <https://onu.missaoportugal.mne.gov.pt/en/about-portugal/history>



SNAKES

Autumn has arrived with its milder weather, with many preparing the garden for winter. For this edition we thought we would introduce the legless garden dwellers you may encounter. Hopefully this article will put you at ease should you come in contact with them.

Unlike most countries with a warmer climate, Portugal has very few snakes and they are quite harmless. Portugal counts 10 different species of snakes, of these, none are considered or classed as highly venomous, much to our relief!



LADDER SNAKE, (Main photo) *Elaphe scalaris, Cobra-de-Escada*
Non - Venomous. The Ladder Snake has a pointed snout, is medium-sized, with a max length of 160cm and averaging 120cm.
Markings: Laterally striped snake, only young snakes have the bold ladder pattern. The adult Ladder Snake has a shade of brown, from yellow to dark brown and with a pair of darker longitudinal stripes running down the length of the body from the neck to the tip of the tail. Often a dark stripe running backwards from the rear of the eye to the jaw and subtle, darker markings on the sides. The

underside is silver-grey to whitish, sometimes with a few dark spots. The eye is dark brown to black.
What they eat: Rodents, spiders, insects, and lizards. Being a fair climber it will seek out nests with chicks or eggs in trees or on walls.
Habitat: Found in areas with plenty of bush cover, including vineyards, hedges and overgrown dry-stone walls. Sunny and stony habitats are preferred.
When disturbed: It will hiss and lunge forward with an open mouth. It has a sharp bite if you pick it up and will empty the glands around the cloaca, the smell is quite offensive!

HORSESHOE WHIP SNAKE, *Coluber hippocrepis, Cobra-de-Ferradura*
Non-Venomous slender, shy and fast moving. They can reach a length of 180cm, however, they are usually smaller.
Markings: Large black or brown spots uniformly placed along the dorsal line with smaller alternating spots along the flanks. The paler areas within the pattern are fine with a dark appearance, sometimes almost black. The belly is pale peach, yellow or orange with dark marks near the head and more dense near the tail.

What they eat: Rodents, the largest being rats, occasionally lizards and small birds.
Habitat: They live close to humans in cultivated areas and orchards, hunting around buildings or ruins and making use of dry stone walls. Generally ground dwelling, these snakes are also agile climbers going into bushes, vertical banks and dry stone walls searching crevices for prey.
When disturbed: This snake will flee rapidly from humans, but if cornered and handled it will defend itself by hissing and biting.



WESTERN/IBERIAN FALSE SMOOTH SNAKE, *Macroprotodon Cucullatus, Cobra-de-Capuz*
Venomous, but they are back-fanged and unable to effectively bite humans. Docile nature, 55 cm length and thin body.
Markings: Very flat headed with a slightly marked neck. Its nose stands out, having a straight end. Small eyes with rounded pupils and a necklace shaped spot, which is very dark on the upper part of the neck.
What they eat: Lizards, and small rodents.
Habitat: Prefers humid places, but can be found in nearly every type of habitat. Seen in pastures, deep valleys and riversides, forest perimeters and so on.
When disturbed: Not known to attack with or without provocation, however, keep your distance.



SOUTHERN SMOOTH SNAKE, *Coronella Girondica, Cobra-Lisa-Bordalesa*
Docile and harmless to humans. Slow, secretive, slim, elegant, with a rounded body. Around 60cm long. Venomous, but back-fanged and unable to effectively bite humans.
Markings: There is a dark strike from their neck to the rear corner of the eye. The eye has an orange/red ring around a circular black pupil. The body colour can vary between grey/brown to ochre with darker bands or spots crossing the back in a non-uniform way. The underside is creamy or orangey yellow with a haphazard checked pattern of dark scales.
What they eat: Small lizards and smaller snakes. It hunts at dusk and at night.
Habitat: Found in dry open scrub lands or rocky hillsides, hedgerows and open woods or around older cultivated trees.

THE SMOOTH SNAKE, *Coronella Austriaca, Cobra-Lisa-Austriaca*
Is a non-venomous snake, they are around 60 cm to 75 cm in length.
Markings: The colour pattern are brown, grey or reddish colour with two rows of small, subtle dark spots running down the back towards the tail. Some have a pair of spots uniting towards the neck area, forming a series of cross-bars over the back.
What they eat: Feed on small reptiles, small mammals and birds. It subdues larger prey by constriction, however, unlike true constrictors it does not kill by this method.
Habitat: Often found hiding under stones, logs and other debris in sunny spots. Ground dwelling but often seen climbing in bushy vegetation.
When disturbed: They are quite slow moving and will freeze if disturbed.



MONTPELLIER SNAKE, *Malpolon Monspeulanus, Cobra-Rateira*
Harmless to humans, reaching up to 240cm, usually 200cm. A ground-dwelling snake, often seen slithering across roads in summer and frequently killed by vehicles. Although venomous, they are back-fanged and unable to effectively bite humans.
Markings: A narrow head with a very pronounced "eye-brow" over a large eye, sometimes accentuated by a white mark. The eye can sometimes appear orange/red. The colouration of the adults is usually a uniform grey, olive, greenish, blackish or red/brown. The belly is often a yellowish shade and blotched with dark markings.
What they eat: Lizards, geckos, but also small birds, the chicks of ground nesting birds, rats, mice, small rabbits and other snakes.
Habitat: Incredibly adaptable, from coastal sand dunes and salt-marshes to mountains. Their preference is for sandy or rocky open terrain with plant coverage and rock or log piles.
When disturbed: Emits a loud and persistent hiss, they raise their heads, flatten out their neck and appear very aggressive. Receiving a venomous bite is unlikely, unless you are handling this snake as the fangs are at the very back of the top jaw. The venom can create symptoms that pass after a few hours including numbness, stiffness, swelling and possibly fever.

CAPITAL GAINS TAX: WHAT YOU SHOULD KNOW BEFORE DECIDING TO SELL YOUR PROPERTY

GRASS SNAKE, *Natrix Natrix*, *Cobra-de-Água-de-Colar*

Non-venomous, usually 70-95cm in length.
Markings: The most common colour is brown or dark green, with small dark spots. The young have a yellowish white collar edged with black, which may disappear entirely in adults.

What they eat: These are strong swimmers, feeding on amphibians, especially frogs, toads, their larvae and fish.

Habitat: Found close to water, rivers and streams. Generally preferring shrubby locations near water. Can be found in meadows, hedgerows and woodland along the sides of rivers and other water bodies.

When disturbed: Often irritable when disturbed.



VIPERINE SNAKE, *Natrix Maura*, *Cobra-de-Água-Viperina*

Non-Venomous, small to medium-sized, not exceeding 65-70cm in overall length, but occasionally can reach 90-100cm.

Markings: This well-patterned snake is coloured yellow with a dark brown, sometimes checkerboard pattern, along the back and marks almost forming eye spots along the sides. It has large, round pupils set high on its head as it hunts mostly in the water.

What they eat: Small fish, tadpoles and frogs. Swimming slowly along the banks edge or through weeds with an ability to stay underwater for up to 15 minutes.

Habitat: Close to water, natural pools, rivers, wells, water deposits for irrigation. They can also tolerate salty water at river outlets.

When disturbed: When cornered, hisses and strikes repeatedly like a viper, but is non-venomous.

LATASTE'S VIPER, *Vipera Latastei*, *Vibora-Cornuda*

Venomous snake, but its bite is not considered very serious. Slow moving with a short and thick variable length, but normally less than 60cm.

Markings: A clear edged dark band in a zigzag striped snake, on a grey or brown background. The head is well defined, triangular in shape and grey with a very distinct and unmistakable upturned snout.

What they eat: Rodents, lizards and chicks of small birds.

Habitat: Prefers stony or rocky areas with plenty of scrub, woodland, steep slopes and stone walls with vegetation.

When disturbed: They tend to flee, but if approached this snake will bite.



SEOANE'S VIPER, *Vipera Seoanei*, *Vibora-de-Seoane*

Venomous, but not considered life-threatening to healthy adults, seek medical attention if you are bitten. Adults typically measure between 50 – 60 cm in length.

Markings: They are highly variable in appearance. Individuals are usually beige, grey, or reddish. Their backs are typically light with a contrasting darker zigzag or straight stripe. Lacks the upturned snout of other similar venomous viper species.

What they eat: Small rodents, small birds and lizards. They commonly ambush their prey.

Habitat: Moist, warm habitats, found in forest clearings and the edges of meadows that have lots of vegetation. Stone walls are also great places for them to hide in.

When disturbed: They usually flee, but will bite if approached.

A capital gain occurs when you sell something for more than you spent to acquire it. This happens a lot with investments, but it applies to personal property too. Are you planning to sell your home? Find out what tax you will have to pay and how to reduce this liability.

You can't hide from the tax department

Any property transaction performed in Portugal must be reported to the Tax Authorities by the notary that executes the deed. This means that when you declare the sale on your tax return, the tax authorities already know of it, so if you fail to include this on your declaration, the taxman will be after you.

It's mandatory to file a tax return every time you sell a Portuguese property

Irrespective of your tax domicile, if you sold a property located in Portugal, this means that you need to declare it in your tax return in Portugal. Regardless if there was a gain or not, it's mandatory to make this declaration, which happens normally in May of the year following the sale, in the case of individual ownership, or within 30 days after the sale, in the case of corporate ownership (companies without activity).

Declaring the sale doesn't mean you need to pay tax

You only pay tax, if you had a gain on the transaction. So if you sell something for more than the purchase price, then the difference is a capital gain and that is reported on your taxes. Please note that the value you paid for the property needs to be adjusted, according to the inflation coefficient, applicable to the year of purchase. This means that the purchase value will increase for the capital gains calculation. Also, some expenses will be included in the tax return and deducted from any gain obtained.

In which cases your sale is tax exempt

It is possible to be exempt from tax in certain situations. For example if the property was acquired prior to 1989, it's not liable to any CGT. Nevertheless, taxpayers will still have to declare these operations. But this is not the only tax exemption on capital gains from the sale of a property. The law provides, for example, that if you use the full amount of the sale of a property to buy another home (only applicable to tax residents and only in the sale of their primary residence), to build a home or purchase of land intended for the construction, you don't pay tax on capital

gains. Please note that this reinvestment of the gains, needs to happen within 36 months and can be done in any EU country.

Expenses allowed to deduct your capital gains

From the sale of your property you can deduct the costs incurred with the purchase operation and sale of the property (eg IMT and registers on the purchase, real estate commission on the sale, etc). Taxpayers can also deduct costs incurred in property over the past twelve years, such as property refurbishments, or other money spent to increase the value of the asset, including the cost of the energy certification.

Residents vs Non-residents individual ownership

If you are non-resident for tax purposes, the tax applicable to your capital gains will be 28%. If however, you are resident, the tax will be levied only on 50% of the gain and you will be taxed according to the tax bracket applicable to your overall income.

However, please note that it is possible to contest the tax bill and challenge the tax authorities, so that a non-resident can also be taxed only on 50% of the gain. This would mean paying 14%, but it requires some time and additional work to challenge the tax bill, which initially will be on the full gain. This is due to the fact that many taxpayers have taken the tax authorities to court and won their cases.

Please note even when a non-resident is taxed under the same rules as a resident, as this is not his primary residence, the gains cannot be rolled over if he buys another property, that will only be available for those residents that sell their main residence and buy another property which will be their main residency.

How does this reinvestment work?

If you are resident and this is your primary residence, you can reinvest the proceeds of the sale on another purchase within the EU. This needs to be done on a purchase made between 24 months prior and 36 months after the sale. If the reinvestment in the new property is lower than the total sale, then the tax will be calculated pro-rata.

If you do not wish to reinvest into another property, please note that you can make the reinvestment in a financial product. Provided that the taxpayer is demonstrably in retirement, or has, 65 years of age, he can choose to purchase an insurance contract or

an individual membership of an open pension fund or contribution to the public funded scheme. To make this possible the purchase of this product must be made within six months from the date of sale of the property. There is no benefit for the exclusion of capital gains tax if the reinvestment is not made within the referred six-month period, or if, in any year, the value of the benefits received exceeds the limit of 7.5% of the invested amount. In our opinion it is possible for both reinvestment options to be done together, partially in a new property, part in an insurance contract.

Please note that if you fail to meet the reinvestment declared on your tax return or reinvest a lower amount, the tax will be reassessed, and you will pay interest. Even if you do not plan to sell your home for now, it is important that you keep all supporting charges and make sure the invoices include your name and fiscal number and very important: the correct address of the property. The repayment of mortgage loans, incurred to purchase the property, will also be taken into consideration, when calculating the tax return.

It is important that you plan ahead, as you can't afford any tax surprises.





DREAMS CAN COME TRUE

Beware when buying land. Not everything runs smoothly and why you might need an agent to guide your purchase!

In 2014 Richie and Dirk set off to fulfil their dream of living in Portugal which they had been planning for a long time. Their intention was to purchase a house in central Portugal where they could enjoy the beautiful views, the refreshing rivers that run throughout the mountains and experience the Portuguese culture. The house hunting wasn't successful and they decided that a piece of land would be more suitable. Within a short space of time, and to their delight, they discovered a plot which suited their needs perfectly. The dream began to take shape and the purchase was completed. With anticipation and excitement imagining their new future Dirk set to work on clearing the land. The first challenge appeared very quickly when a neighbour pointed out that the boundaries were not as shown on the paperwork. In fact, the area was 50 metres less than the purchased plot.

An investigation concluded that the previous owner of the land had been taking one metre per year of his neighbour's land and securing it to his. Feeling frustrated and disappointed with the recognition of a huge financial loss, their dream was fading before their eyes. The advice given to Richie and Dirk was confusing, their trust in the system fading and above all they were feeling isolated in a foreign country. During this time, the couple met estate agent Henriette de Vries, owner of Imobitabua Ida who provided sound guidance which saved their dream from ruin. Henriette informed them that if anything in the paperwork had not been correct in the completion of the sale then the original owner must return all monies along with costs within 12 months. Because the sale had been incorrect they were now entitled reparation under a standard clause in the sale contract. The couple lodged a formal application and their case was agreed. The sale had

been completed on the 18th January and by Christmas of the same year a full refund was received, the land was returned to the previous owner who was also directed to pay costs. It was later learnt that the owner had attempted this trick on several other occasions. Richie and Dirk were so grateful to have met Henriette. Without her assistance and professional guidance they would have been unaware of the clause in the contract. They advised that out of this whole experience they gained a trustworthy friend who kept their dream alive. The couple now live in a beautiful house, with scenic mountain views and enough land to grow what they need. Needless to say that Henriette was the person who acted on their behalf during the purchasing process with the resulting happy ending.

www.imobitabua.com



Portugal Made Easy

For many of us from the foreign community, the language barrier makes it hard to try and deal with the Portuguese governing bodies. We all want to make sure that we use the correct procedures. Lawyers are expensive. However, there are locals around that have made it their profession to assist in these matters. Patrícia is one of these helpful people we all need at times.

Patrícia is a native Portuguese woman, originating from Lisbon. 11 years ago, she moved to Central Portugal. This is where her career working with the foreign community began. With her fluent English and Portuguese, natural ability to organise, deal with administrative tasks and diplomacy, brought about the opportunity to build the level of assistance required, into a business. As clients came on board a full time role organically developed for Patrícia. Eleven years on she has a client list which continues to grow. Even for me and the hurdles that I am still having to jump to complete my visa process, Patrícia's knowledge has helped me to get through several stages. There is one thing that I have learned, so far, which is to have a Portuguese native helping you, not only helps to resolve the communication issues, but will smooth out any process with the Portuguese authorities. It is obvious that with her combined skill set Patrícia has been able to help in so many matters that relate to dealing with the Portuguese system. It is also why she has a flourishing business.

TESTIMONIALS:

"I have lived in Portugal for three years, but despite weekly lessons in Portuguese I am not yet confident enough to have a conversation over the telephone. This is where Pat's services are so appreciated. I can contact her, lay out the situation I'm in, give her the person's telephone number, and leave her to sort it out for me. She has had to deal with an extremely difficult company who had done some work for us and got it horribly wrong. They were offensive and rude, they were awkward and obstructive, but with persistence and tact,

Pat was able to get them to take responsibility for what they had done and fix it. In the end, they still did the job wrong, but we were able to recover the item they made for us and take it elsewhere to be re-done properly. She also helped me to deal with a company that needed to come and fix my built-in Ikea oven, as Ikea refers you to the manufacturer. That was dealt with very efficiently. She has also helped me deal with issues around the matriculation of my car, which has all been done, but I have a test centre making things difficult for me for no sensible reason. Pat called the manufacturer of my car for advice on that. We didn't get anywhere with that query, but at least I know what I have to do now. The best thing about having Pat 'in your back pocket' so to speak, is that there is a feeling of comfort and safety, knowing that whatever the situation, if you need someone to make a call on your behalf, or speak to someone on your behalf

while they're in your home, if you don't have the capacity or language skills to do that yourself, she is there, and can help. She's thoroughly professional, doesn't charge impossible to afford fees, and she's lovely. I would highly recommend her (but don't steal her time too much! Some of us need her quite a bit!). :-)"

Carol

"We have been living between the UK and Portugal for over 10 years now and the biggest headache for us was always trying to understand and keep up with the paperwork, we had so much lost post and fines and frequently got very confused trying to understand the Portuguese systems and language, especially the legal language. If only we had had the services of Patty all this time, our lives would have been so much easier!

Since we started using Patty a year ago, we have felt so supported and always had someone to turn to when we were out of our depth with translation or paperwork and many, many other situations where we just needed a calm, capable, friendly native to hold our hand through a process or a crisis!

So far, Patty has helped us buy a house, sell some land, find lots and lots of lost paperwork, get straight with Finances, translated legal documents, opened accounts online, assisted friends with their visa applications, set up our families' health system, to name just a few things. She is friendly and approachable and incredibly capable. And honestly such an asset for estrangeiros trying to make their way in a new country. Seriously cannot recommend her enough."

Julia

PORTUGAL MADE easy

Administrative Services
Property Management
Translation

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Cosmos Currency Exchange is most unusual in the fast paced world of today. Imagine dealing with REAL people and not BOTS ?! By Tony Redondo.

COSMOS CURRENCY EXCHANGE... OUR STORY

The world is not short of currency exchange services. You have the banks; the online apps; the hybrid brokers. It's a crowded and very competitive marketplace.

So, what possessed me to start my own brokerage after a successful career working for various banks and brokerages for 34 years? And in 2020, in the middle of a pandemic! The idea had been brewing for a while. In a nutshell, I saw a gap in the market.

When I started in the City of London in 1985, there were no computers and no internet. Business was done the only way business had been done for hundreds of years. By people talking and negotiating with other people.

In the following 34 years, the whole financial services industry and especially the foreign exchange market has moved completely away from the traditional relationship-based business models to only offer clients transaction-based largely tech only answers. You know the one, "Computer says NO!"

So, why set up Cosmos?

The idea behind Cosmos is simple enough. It's to marry the best of the 'old school' relationship-based business models of yesteryear with 'new school' technology.

Then into the mixture you add;

1 A pro-active, not a reactive methodology. Currency exchange rates change every 3 seconds night and day. That is 28,800 changes every 3 seconds. The problem with reactive business models is that it's just potluck when the client makes contact as to whether the timing rates wise is good, bad, or indifferent. Instead, at Cosmos, we will actively monitor the currency markets to alert clients to opportunities as they arise.

2 Local collection accounts so clients based in the USA, Canada or the EU do not have to go through the hassle and cost of sending their funds to London based USD, CAD and EUR accounts but instead simply do a local online bank transfer to get their funds into our client collection accounts in New York, Toronto, and Frankfurt.

3 The whole financial services industry talks endlessly about customer service. But let's face it. Most of it is just that, talk.

Current market situation

I believe historians will have a field day in years and perhaps decades to come when they write about the events of this month in British politics. Did we really live through a week where a government with a 69-seat parliamentary majority completely lost its way including seeing a British Prime Minister who has just scored a comfortable win in an exhaustive 3-month leadership election sack her Chancellor after only 38 days for implementing the measures she campaigned on and wanted him to do. But there is good news.

The markets did not crash yesterday, so no new Black Friday in the financial markets in the way some had predicted.

Without wishing to be unkind to Liz Truss, it feels like she is in office but not in power. Normally that would be very bad news for the Pound. It's well known that normally, financial markets hate political instability above all else. I guess one thing is certain.

There is nothing normal about these times so the Pound fared quite well as we went through last week, touching a 5-week high on Thursday against the Euro before falling back a fraction on Friday. Against the mighty Dollar, the Pound gained over nearly 6% in the first 4-days of last week but again fell off slightly as Friday's events unfolded.

For clients looking to buy Australian Dollars there was even better news.

The Pound rose nearly 4% on the week to touch its highest level against the Aussie since March. So where does the Pound go from here? In the coming week, we will get some important economic data releases.

The latest UK and EU inflation data on Wednesday and UK retail sales figures on Friday but attention will remain very much focused on the circus at Westminster.

By the time some of you read this, will Truss even still be in office?

I guess regardless of the state of UK politics, the good news for the outlook of the Pound is that everything in the currency markets is relative.

With the EU mired in its own issues, with euro-sceptic governments now in place in Hungary, Poland, the Czech Republic, Sweden and Italy; with inflation at a Euro era high including a scarcely believable 17% in Holland, with the success of the Ukrainian army in driving back the Russian forces adding to the fear that a cornered and beleaguered Putin will use tactical nuclear weapons, the Euro faces enough of its own problems for me to be able to suggest that after last week, not much else can go wrong in the UK political arena so the bad news is already priced in so we could reasonably expect, however perversely, better times ahead for clients looking to buy the Euro from the Pound. Not since the humiliation of the International Monetary Fund bailout in 1976 have we seen an unravelling quite as spectacular in the UK.

At Cosmos, we take our customer service seriously, our business depends on it. Why? Because we do not market or advertise. We do not cold call.

Instead, we are 100% reliant on referrals so we only work with warm leads. We think that speaks volumes.

Whether you are a private individual, charity, or business; whether your requirement is large or small, Cosmos can help you get the most out of your requirement by treating you as the individual you are. We have access to over 35 currencies and can receive funds from and send funds to over 50 countries around the globe. Because one size does not fit all.

For more information, see; www.cosmoscurrencyexchange.com; call us on 0044 (0)300 124 6409 or email tonyredondo@cosmoscurrencyexchange.com

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Founder Director
Cosmos Currency Exchange



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We use the latest encryption technologies and work with FCA compliant strategic partners to be best placed to help you in a friendly, efficient but above all secure manner. All our emails are encrypted, all our phone calls are recorded, and all our computer systems are safe and secure behind a VPN.

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PERSONAL CUSTOMERS
 At Cosmos Currency Exchange, meeting your personal currency needs is our business. Whether your exchange is £1000 or £100 million, your account will be handled quickly and professionally. We have decades of experience and use the latest technologies enabling us to craft a personalised service to best suit your needs.

- **Buying or selling a house**
- **New car**
- **Education bills**
- **Medical bills and expenses**
- **Living expenses**
- **Gifting funds to friend or family**

BUSINESS CUSTOMERS
 Are you a sole trader, partnership or company? Businesses based in the UK, USA, EU, Australia, Canada and many other locations can benefit from Cosmos Currency Exchange's client privileges. All invoices are settled quickly and efficiently.

OUR PARTNERS
 Cosmos Currency Exchange is proud to be partnered with two carefully selected strategic partners, The Currency Cloud Limited and Equals Connect Limited. Both are fully authorized by the FCA and all client funds are held in safeguarded, segregated accounts.

CURRENCY CLOUD
 The Currency Cloud is an authorized Electronic Money Institution (EMI). Reference number 900199 and is regulated by

the Financial Conduct Authority (FCA) under the Electronic Money Regulations 2011 and Payment Services Regulations 2017.

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Cosmos

Currency Exchange

Business Excellence Award Winners

"Best Pro-Active Currency Exchange Service 2022"
 "Customer Service Excellence Awards 2022"

Each month Terri and Stephen will be taking us through what astrology has in store for us. First, Terri will give us a community monthly tarot reading, while Stephen will bring us our horoscope readings.

Astrology



This summer was harsh. We had many fires and pulled together to make ourselves more vigilant.. and therefore safer. But now it's winter; it's important to remember that we are still a community and need to pull together. If there's disharmony in a team the project suffers. Be sure to appreciate your families and friends and help them through the coming cooler months. There is no I in Team. Doing so will help you to see that all the things you worry about are generally the things we all worry about living here... in this way as we do. Worrying solves nothing. Yes... a lot of us have bitten off what sometimes feels like more than we can chew with our old school quintas and struggles with the language! But we can do it... stop worrying and get out there to help others. It's what we came here for! It's all a balancing act. It's tough but it's worthwhile. We have a fabulous community in a beautiful place... be in it... stay with us. We've got you!

HOROSCOPE FOR NOVEMBER BY DRHORNFIX

AIRES Chiron in retrograde is the main feature of your horoscope this month. It is currently ripping through your star sign, your first house of self-identity. You may be encouraged to by this to question recent activities or thoughts you may have had. It may bubble up self-doubt within you. Treat this as a time of inner reflection reevaluate use it to your benefit, use it to sharpen your focus on thing you find helpful for yourself. The close approach and conjunction of the Moon on your planet Mars this month may inhibit your attempts to deal with your projects. It may help to put off important decisions until a later date and concentrate on a bit of inner peace.

TAURUS In the month of November a Taurus may radiate charm and you can use this to your advantage. You could use this time to

make an approach to someone you have had your eye on as a possible suitor. Chiron will be activating your twelfth house of inner psyche and this may force you to face and deal with issues that you have tried to put to the back of your mind. New challenges may appear in your working environment and if these clash with your romantic intentions....go for the romance the work can wait. Financially this will be a dull month so enjoy the space it gives you.

GEMINI As Mercury passes around the far side of the Sun expect a period of calm especially at home. Mercury will reach its aphelion with the Sun on the 22nd, a good day to take a gamble. This is a good month for Gemini your natural magnetism will be charming others. Don't take your eye off of the ball of your own health. Be good to yourself and treat yourself or someone close to to something you have been desiring, but don't over indulge. Good food this month is important. Maybe a good time to start some good food habits.

CANCER The close approach of the Moon and Uranus on the 8th may threaten the integrity of agreement or contracts you may have with third parties. This maybe a good time to strengthen agreements you have made. Chiron is touching your tenth house of work and reputation. This could result in you having doubts of your own capabilities. Work on the doubts and be brave. The conjunction of the Moon and Jupiter on the 4th may influence your inner strength, maybe a good time to confront a situation you have been putting off. Maybe a good time to settle any outstanding debts.

LEO Not too much going on this month for Leo. Chiron is transiting your ninth house of learning and intellect. This may influence study or concentration. Maybe a good time to take a break. A change is as

good as a rest, so entertain yourself with games and exercise. If you are a Leo looking for love the second half of the month would be a better time to start. Have fun with people in groups or teams. Do something new with a new bunch of people, your natural abilities will overcome any inhibitions you may have.

VIRGO Ooh lucky you, the piece of rock spinning through space called Chiron is in retrograde in Aires your ninth house of sex taboo and transformation. This could result in intense sexual activity. Be sure not to waste any opportunities, this is salmon spawning time for you. Mercury's position this month will ensure your financial situations are sound and solid. This could be the month for you to push the boat out, let off the breaks and share the experience with the knowledge that the stars are with you. If there are invites to parties then don't turn them down, the salmon come but once a year.

LIBRA Your seventh house of partnerships will be activated this month. Care should be taken with existing relationships. They may be put under strain. This does not mean that the relationship should not be examined. You may find that it is completely toxic. You may find it is in your best interest to end it before it gets any worse. This could be the time when you take a step back and look at the behaviour of others and how they affect your mental well-being. You may find that you have got so used to another's toxic behaviour that you have almost normalised it. This is the time for you to look through a different lens and see the person as they really are. Spend this time to see if your relationship is equally balanced, it's time to take off your rose-tinted spectacles.

SCORPIO As your sixth house of wellness and daily rituals will be activated this month. This is the time to look after your physical and

mental health, a time to put to bed those bad behaviours that can curse your well-being. Never forget it is easy to make bad habits and hard to make good habits, but they are habits just the same and can be broken or made the same, and this is the time to do it. Your love life will flourish in the month of November, so let it flow, be flirtatious, be daring. If you are in a relationship take it to a different level. It's time to thrive. If you are thinking of moving house this could be the time to do it. Making money will be easy for you this month.

SAGITTARIUS Jupiter ends its retrograde motion and returns to its normal eastward motion on the 23rd. This coupled with the unfavourable position of Saturn could lead to your work life becoming crazy for a while. The transit of Cheron in your fifth house of external pleasure may lead you to find you are depriving yourself of some of the joys of life. Don't let others guilt trip you into doing things that are not bringing you joy. Remember laughter is the best medicine don't let others spoil your natural sense of

humour. This would be a good time to contact old friends and rekindle old relationships.

CAPRICORN November brings peace and stability in your work or professional life. Be prepared to experience difficulties after the 20th. Don't worry too much you will get through this period with your head held high using your natural skills. The skills you have are infectious and will aid others when they are displayed. You will be in good health this month. Be sure to put energy into family relations. All the energy you put in will be returned many fold. If you have a chance take a holiday and you may find love. Look out for your sleep patterns and limit your intake of caffeine.

AQUARIUS Uranus is in opposition and is well placed in the sky. This could lead to disruption within family life. An injection of positive energy can help things here. The planetary movement suggest there will be invitations and things going on, your social

life will take an up tic, especially towards the end of the month for you. Your natural affinity to crowds and gatherings will serve you well. Chiron will be activating your third house of communication. This may lead to you saying things that need to be said. You may find you end up putting the cat among the pigeons when you utter truths. Biting your tongue will result in a lot more damage....to you.

PISCES The transit of Cheron through your second house of finances and value may result in you making evaluations of you life regarding your spiritual/material balance. This could be time to drop certain material parts of your life and pursue a more spiritual path. Your financial life will take care of itself this month. If you like a flutter follow your heart it could be fruitful. This would be a good time to move house or up root yourself in some way shape or form. This is not a good month for love. If you are in a relationship lookout for unnecessary quarrels and arguments.

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Autumn

Roberto Trostli

It was late autumn, and the last days of warmth and sunshine had fled. In her hive, the honey bee was making her final preparations for winter. How busy she had been all spring, seeking out fragrant flowers, gathering their pollen and nectar, and carrying them back to the hive for honey. All summer long she had worked building the hive, making the countless six sided rooms to store the honey for winter food. As the days had grown colder, she had helped narrow the entrances to the hive so that the North wind could not blow in and freeze the bees. After one last great meal of honey, the bee huddled next to with her sisters for warmth, and slowly fell into a drowsy sleep. She would sleep through the short cold days ahead. If the winter sun shone warmly and the snow thawed, perhaps she would awake. Looking out over the snowy land, she would see no reason to leave the warm hive. After another meal of honey, she would go back to her snug bed with her sisters and sleep again until the spring sun would bring back the sweet flowers. It was late autumn, and the last days of warmth and sunshine had fled. Soon the frost would lie thickly on the grasses, and the edges of the pond would freeze. On the bottom, buried deep in the soft mud, lay the bullfrog. He had been born that spring from a tiny translucent egg that had floated among the water weeds. He had become a

shiny black tadpole with a pointy tail, wiggling through the waters, exploring his new home. Soon he had begun to change—sprouted back legs, then front legs, and his tail had fallen off! Now he could no longer live under water, but had to come to the surface to breathe. All summer long he had basked in the sun by day, lazily floating half-submerged. In the evenings he had joined the frog chorus, croaking and calling with full voice. Now he was tired and sluggish. He had made a small burrow in the mud and had settled in. Soon he would fall asleep, a sleep near unto death. On the bottom he would lie, barely breathing, barely living, until the warm sun would melt the ice on the pond, and all life would start to stir again. It was late autumn, and the last days of warmth and sunshine had fled. With them had fled the barn swallow, for he cannot stand the cold. In the spring he had flown north in a great flock of swallows, until hhe had come to the familiar fields of the farm where she was born. He and his mate had built their nest out of mud, and there he had warmed the eggs and raised their two little ones. All summer long he had flitted and flown over the meadows and swamps, feeding on small flying insects. As the days had grown shorter, the swallow had begun to feel restless and impatient. Other swallows had gathered calling and chattering with each other about the journey ahead. Together they had flown southward to the

lands where the snow never falls. There they would build nests and wait until the winter was past before returning north again. It was late autumn, and the last days of warmth and sunshine had fled. As the last few leaves had fallen to the ground, the mother bear had gathered them, readying the bed in her den for winter. All spring and summer she had wandered through the meadows and woods, eating berries, fruits, and grubs. She had scooped fish and frogs out of the streams and had chased and caught chipmunks. One day she had found a hive of wild bees and had gorged herself with honey. She had grown round and plump, with a fat layer of blubber underneath her warm thick fur. As the days had grown colder, she had begun to feel tired, less eager to wander and explore. All she wanted to do now was sleep. When the snow would begin to fall, she would walk outside for the last time, then settle down in her bed of rustling leaves, and fall into her deep winter sleep. Many weeks would pass before the pangs of hunger and thirst would stir her awake. She would wander outside, foraging for food, the memories of summer's plenty still dimly in her mind. Perhaps her footprints would be seen near the houses, where the garbage cans of food beckoned. Then she would return to her den and her warm bed, and sleep again, waiting for spring, for the time of year when life quickens and stirs.



Taking Control Your Body, Your Choice!

The NHS has collapsed so how do you keep yourself well?

We all know people in the UK who've been denied access to medical assessments and even potentially life-saving treatments due to the total collapse of the NHS. I personally know of cases where people have died because no ambulance was available with first responders to provide support following heart attacks. And don't get me started on cancer treatment being erratic depending upon the postcode. This situation is getting worse by the day and appears to be happening worldwide. So, what can you do to help yourself?

Well, it's not that difficult a problem if you just take a step back, don't panic and apply some simple strategies which might literally save your life. You might work with an award-winning health and wellbeing mentor (that's me by the way), or you can do your own research and create your own steps to improving your situation.

Did you know that type II diabetes can be reversed in 30 days and even stage IV cancer can be beaten in 3 months?

One of my natural doctor heroes Dr Rangan Chatterjee showed viewers on a BBC TV programme how to reverse diabetes, and I can show you how to potentially reverse cancer and other nasties too.

However, let's not get that far. **Prevention is better than cure.**

In 2015 I recovered from stage IV Hodgkin's Lymphoma in a few weeks plus I've had three other forms of cancer and beat a rare kidney disease I was born with and told I'd be on medication for life.

I've become a go-to person helping clients to minimise symptoms and even reverse all manner of serious health conditions - not just cancer.

It's a Question of Mindset

The human body will heal itself when it has the right environment to do so. Your job is to give it what it needs, change its environment and be supportive. So how do you do this?

Firstly, you make a profound decision.

One of the first questions I ask my potential mentees during our exploration conversation to see if we are a good fit, is 'do you want

to enjoy better health'? This is an important acknowledgement because not everyone wants to recover, believe it or not. For some people, taking the 'victim' path is their chosen route to living. They enjoy the limelight of being centre of attention.

For others, like a lady I knew who was being bullied by her husband. He had become violent as he was losing his mind, it was her get out of jail card and she couldn't die quick enough.

Some people can't cope with any more pain and experimental medical treatment, and they simply give up.

Having a strong mindset and a good reason to recover, is therefore a great starting point.

A Positive Outlook

So, you decide, then what?

Here's where the work starts, this is where people falter on their own and often seek my help.

Poor health doesn't just happen overnight. Until we experience symptoms that cause us pain, most of us put our head in the sand (and there's plenty of it here in The Algarve), ignore the niggles and soldier on as matters get progressively worse.

Consider this ...is your golf swing still as strong as it was 20 years ago? Do you struggle to walk around the course and now use a buggy instead? Your body doesn't need to age and be in pain. The niggles are signs that something is wrong, so please listen to your body and take preventative action so the deterioration can be reversed.

Remember the old saying - 'a stitch in time is better than nine', as my Nan often used to tell me. **It's much easier to prevent illness than to fix it.**

We are human, we make excuses, we don't like bothering people, we doubt ourselves, perhaps we are imagining symptoms? Whatever the cause, remember that the buck stops with you.

No-one can begin to fix you unless you start to fix yourself. Healing comes from within the mind and the body - the connection is huge and undeniable.

Where the mind goes, the body follows!

A positive mindset is essential because there are many obstacles to derail your

recovery.

Some years ago, I was a telephone helpline volunteer for people newly diagnosed with cancer. During my time speaking with hundreds of callers, I noticed patterns which were challenging the ability to heal. I formulated a 10-point assessment document to identify where the individual may require the most significant effort to begin healing. The areas are mind, body, work, home, values, beliefs, attitude, behaviour, friends, and family.

To fully heal from a serious condition, your body needs a great deal of support from many quarters - I've not even mentioned the dietary and lifestyle changes required which are essential and key to recovery.

Your body became poorly through a series of events over many years. You might not be able to heal as quickly as I did but at least you know you have a fighting chance with the right support.

I have recently taken delivery of a new quantum healing frequency device to play with at Godley Towers. The handheld device is used all over the body and to super charge drinking water to become extra hydrating to your cells (please drink sufficient quality water daily and never directly from the tap to avoid contaminants).

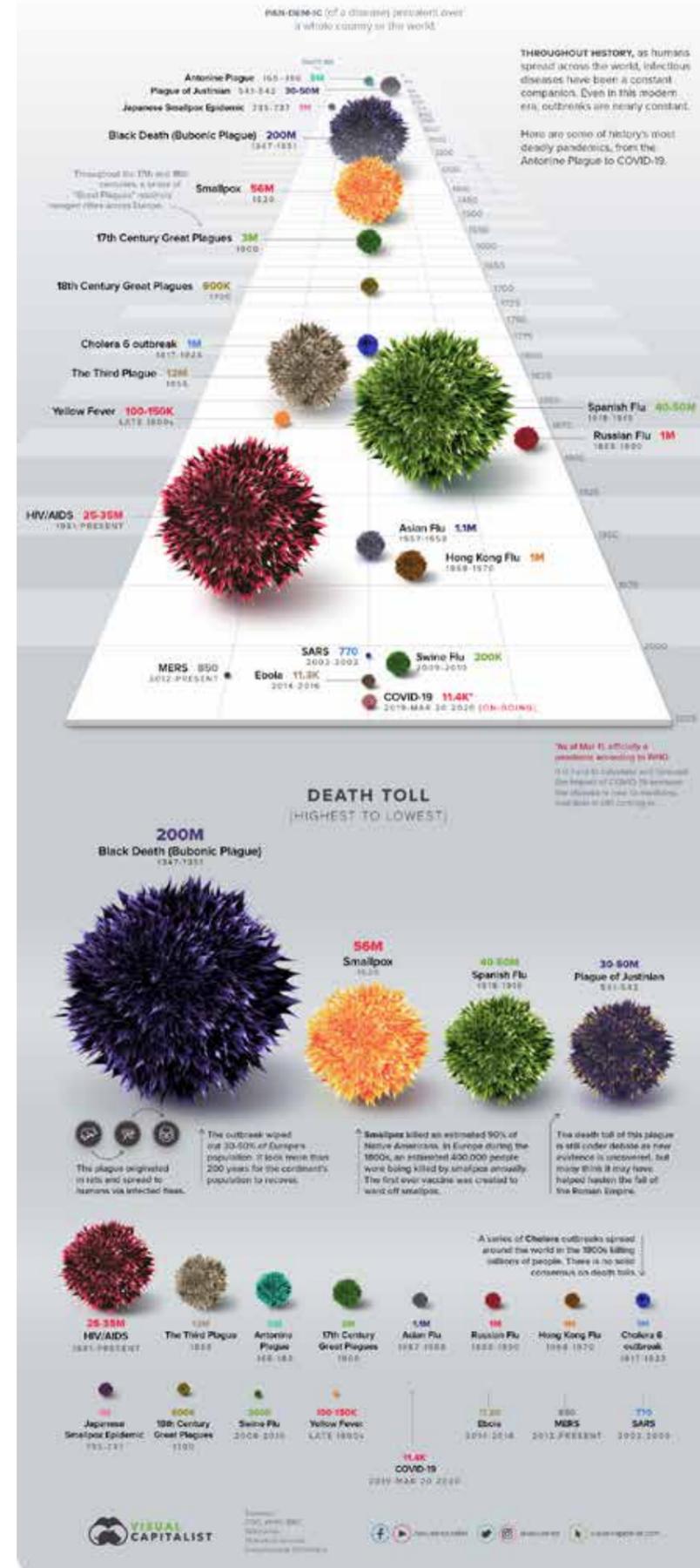
Using quantum healing technology, testimonials from individuals all over the world are proving that alongside lifestyle and dietary changes, this device promises to make healing your body even easier.

For a free exploratory health review call with me schedule in directly at <https://calendly.com/elainegodley> or email elaine@discplus.health with any questions.

Elaine Godley MBA, O.A. Dip (Psych) voted by Business Excellence Awards as The Best Health and Wellbeing Mentor 2022 - UK and creator of The Perfect Health HUB - a monthly membership portal with hundreds of self-help health resources and a weekly live Q+A group support video call.

To join the Perfect Health HUB <https://perfecthealthhub.kartra.com/page/JoinHub> Elaine lives in The Algarve and offers online health mentoring and in-person health education and leadership retreats.

HISTORY OF PANDEMICS



As I reflect on the past two years, I can't help but feel frustration and sadness that so many people have been negatively affected by the latest so-called pandemic.

Whatever happened to the common cold and common sense?

Regardless of your standing in life, you will know somebody who has experienced trauma since the introduction of fear porn spread continuously by mainstream and social media.

Around February 2020, my intuition told me that something was wrong. I called out the situation like in the Emperor's New Clothes children's story but most people I knew were paralysed by fear and not listening. Worse still, they became angry at me for challenging the global narrative and I was ostracised by former friends and my close family for daring to have a different view.

Social history and science both reveal that not everything is what it seems at first glance. Take the Spanish flu for example. Evidence suggests that more people died from wearing masks than the epidemic itself. Don't take my word for it, plenty of writers, scientists and medics have written reams on the subject, however, you may need to go down a few rabbit holes outside of mainstream media when researching what really happened.

Similar holds true for the Covid 19 world crisis so expertly managed in plain sight and without question throughout much of society. Few members of the public are aware that mainstream media all over the world is controlled by a handful of very rich and influential individuals who seek world domination across society including financial, physical and emotional aspects.

Our fast-paced way of life and need for instant gratification has created generations who have lost the natural skill of applying intuition and common sense. Frequently, my late mother used to exclaim in frustration, "Where has common-sense gone? No-one is using their brain any more!"

Ask a bar person how much a pint of beer or a soft drink costs and they haven't a clue nor can they add up simple maths to work out the total bill. Their answer is to press a picture on the till and up pops the answer.

Taking responsibility for our own health and wellbeing is absolutely vital in this crazy world that has the balance of big brother and big pharma weighed heavily against individual human needs.

Fear causes stress to both mind and body. Go down the rabbit hole if you dare and you will find evidence to prove that around 80% of cases of ill health are avoidable if we simply follow common sense and our intuition.

Contact me if you need any guidance. I beat stage IV cancer and a rare kidney disease by following my own intuition and commonsense elaine@discplus.health



Visit the East ALGARVE

For those with an incurable wanderlust. Explore the East of the Algarve and its many hidden gems.



For those living in the East of the Algarve, autumn comes like a breath of fresh air. The heat of the summer has passed bringing more agreeable highs of 26°C. Along with the end of +40°C heat, the endless stream of tourists, mainly from Lisbon, Porto and Braga, has come to a halt. The South East has been returned to its residents. The heaving beaches are all empty and a gentle quiet contentment has settled in, shopkeepers and restaurateurs have time for their customers and are happy to once more engage in conversation with visitors and tourists. In short it is the perfect time to explore the area.

I recently benefited from the relaxed vibes myself. I had walked along the beach from Cacela Velha to the next beach Fábrica. I had heard rumours of the old building on the waterfront, some had said it was a canning factory and others had said it was where the tuna was brought to once caught. The internet was of no help as Fábrica in Portuguese means Factory, I ended up with a lot of information about factories all over the Algarve! Intrigued, I spoke to the gentleman at the kiosk where I had ordered a tea and was admiring the beautiful serene view of the Ria Formosa. To my delight I was told that the building enclosed and surrounded by a tall wall was

indeed a factory, known by locals as “Fábrica dos Ingleses” which is how the village came by its name. However, it had nothing at all to do with fishing or the sea even. The surrounding area has long been known for its pottery, as the land is rich in clay. In 1889, in the tiny village where fishermen and their families lived, a factory was erected. At the time it was one of the largest factories in the Algarve and one of the most important in Portugal. After purchasing the rights (technology, machinery and moulds) from an English company, Clayton and Cie, the factory soon began producing ceramics. Tiles, bricks, balusters as well as kitchen ceramics were manufactured. The factory closed in 1930, the steam engine,

boilers, crushing and grinding workshop, central fireplace, kilns, moulding workshop, drying areas, glazing centre and director’s residence have long since gone. The ruins remained for years, when in the first decade of the 21st century, a magnificent residential house was built, erasing the few material remains of the various elements of the factory. The only remnants that can still be seen lie outside the walls of the old factory, a slope made entirely out of bricks, leading into the Ria Formosa that once carried the trademark of Clayton & Cie, but those too have now all faded away with the constant changes of the tide and natural elements. Cacela Velha is right next door and its beach

was voted one of the 15 best in the world according to Condé Nast Traveler and one of the top 10 by The Guardian, UK. It is one of the best in Europe for those who enjoy a walk and appreciate a truly wild landscape, almost untouched and without endless concession stands. The village of Cacela Velha is an ancient idyllic village protected by a walled fortress. It has a mix of styles, taking us back to when the Muslims built a castle here and fortress as primordial defence due to being on a high cliff. Today, within the walls of the fortress, with two bastions, you’ll find the GNR and its maritime headquarters. Up till a few decades ago, the surrounding houses belonged to guards that

used to work there. All was rebuilt after the 1755 earthquake. The church (Igreja Matriz) is another must-see, a stunning view of Fábrica can also be seen from here, with unbelievable sunsets. A clear view of the ocean and the strips of fine white sandy beaches that are forever changing in shape, size and colour depending on the wind, tide and sunlight provided throughout the daytime. The sand strips create a natural physical barrier against the advancing of the sea, which protects the calm and shallow waters of the Ria Formosa. The dunes are covered by several species of plants, many different types of birds can be seen and spotted in this breathtaking nature reserve.



Cacela Velha is a magical place with a history older than that of Portugal. The church has possible origins as a Muslim mosque, this temple has three naves with arches and arches set on columns, with large windows on the walls of the naves and includes a Renaissance-style chapel.

The authentic small Portuguese village of Cacela Velha, consists of only a few houses. There is a small cafe with changeable opening times, a tapas restaurant open all year, except for January and February, one seafood restaurant located close to the church, open mainly in summer and one more restaurant to the left upon entering the village, typically closed for the month of January.

If you decide to visit, we can highly recommend a private boutique room by the beach in the village of Cacela Velha. While here, make sure to pick up a copy of East Algarve Magazine, it is a helpful and informative guide to the area.

Contact: casariacacela@gmail.com for bookings.

Visit www.eastalgarvemag.com

Your room by the beach



FOR BOOKINGS AND INFORMATION
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