

EDITORIAL



When the Cascais Câmara asked David Wright of AngloINFO and me to design two pages in English for their monthly newspaper, C, we were thrilled. First, because I am privileged to live and work in Cascais; and second, the local English-speaking community needs an English language newspaper. Ever since the demise of the APN - Anglo Portuguese News, we experts in the Cascais area have been looking for an alternative. David's AngloINFO serves a valuable purpose and is designed for both tech and non-tech savvy people. But there is something about holding a newspaper that still holds appeal - or maybe that just betrays an age of over 50!

So here you have it: two pages monthly, full of events, news and columns about life in Cascais specifically. We also would like your input: if you have events for our monthly calendar, questions to submit to our "Ask the Câmara" section, or columns you wish to read or write, please just email us: ce@angloinfo.com.

We want your feedback!

My long and unwavering love affair with Cascais began when I first arrived on April 29, 1961, almost 23 years ago. That day I turned to my friend and said, "What is this? I love it here!" We had just walked from our hotel in Estoril, then called the Hotel Paris, on to the Paredão and landed on the Rua Direita full of stalls selling everything from colourful scarves to antique rings. Then I spotted an elderly woman sitting behind her jewellery-laden table with the sign "Rooms to Let". The English lured me, as I spoke no Portuguese at the time, as well as the thought that we could have a "home" in Cascais. I approached the woman, Hironidia, who next day became our landlady, only to find that her sign represented her only three words of English! But we did have French in common. The next day we moved our two suitcases into the basement of her home (gloriously located beside the Hotel Albatross) and began what has blossomed into 23 years of happiness.

Two moves later I am still a Cascais "gal" but now living in the old part of town with two puppies, a foster daughter and friends visiting from around the world.

What I know today that I didn't know on that windy April day: that my life in Portugal could be every bit as rewarding as it was in the USA; that I could make deep and lasting friendships away from my country of birth; and that tiny Portugal could offer the richest and most fulfilling life I could ever have imagined. And this adventure with "C" is but one more example of my treasured life in the country I have now come to call "home."

Patricia Westheimer
ce@angloinfo.com

Angloinfo®

the global expat network
CASCAIS

DRIVING IN PORTUGAL

Changes to Highway Code from Jan 1st 2014

The new Portuguese Highway Code (Código da Estrada) came into effect on January 1st 2014, introducing more than 60 amendments which apply to drivers and cyclists, including new speed limits, reduced blood/alcohol limits, and new rules for circulation on roundabouts. Some of the new rules have caused much discussion; while others are an affirmation of what many people thought they had to do anyway. The relevant legislation is Decree Law 72/2013 of 3rd September 2013 which is the 13th amendment since the Code was first established in 1994. Here is a summary of the most important changes to know about. Get more information in <http://lisbon.angloinfo.com>.

CAR DOCUMENTS - FISCAL ID CARD

If stopped by the police you must present the usual documents: driving licence, identity document and insurance papers. That's normal, but there is a new rule which requires the fiscal ID card (cartão de contribuinte) if the number is not mentioned on the identity document presented and the driver is resident in Portugal. Fine is between 60 and 300 euros, unless you present the document within the following 8 days - in which case the fine is reduced to a maximum of 150 euros.

ROUNDABOUTS | Drivers must give way to traffic already on the roundabout, whichever lane they are in. Occupy the right-hand (outside) lane if you are taking the first exit. If taking any other exit you should only occupy the outside lane after passing the exit immediately prior to the one you wish to take. Move progressively towards the outside lane, taking the appropriate precautions when changing lanes. If you use the right-hand lane, with no intention of taking



the first exit, you risk a fine of between 60 and 300 euros.

MOBILES AND HEADPHONES

If you are not using Hand-free phones, then only single earphone equipment is permitted. Whereas before equipment with two earphones was allowed - as long as only one earphone was used - this is now expressly forbidden while driving.

CYCLISTS | Anyone arriving at an intersection from the right now has priority, either vehicle or a bicycle, ending the give way rule for cyclists. Cyclists will no longer be confined to cycle paths (cicloviárias) and drivers must ensure a minimum distance of 1.5m from the cyclist and reduce speed when overtaking. Two cyclists can now ride side by side, in parallel.

VULNERABLE ROAD USERS | The new Code introduces the concept of "Vulnerable Road Users". There was previously no specific definition in the legislation for the

Highway Code for Pedestrians, Cyclists, pregnant women, handicapped people, the elderly and children. Drivers have a duty to ensure that their behaviour does not endanger the safety of pedestrians and cyclists, as well as other Vulnerable Road Users.

COEXISTENCE ZONES | Elsewhere in Europe these are known as Homezones. Defined as an area of the public highway specifically designated as for sharing between vehicles and pedestrians where special traffic regulations will apply.

ALCOHOL | There is a reduced blood/alcohol limit of 0.2g/l for recent drivers (regime probatório i.e. licensed to drive for less than 3 years) and professional drivers.

CHILD SAFETY SEATS | The required height has been lowered to 1.35m - at which it is no longer compulsory to use these seats. 12 years of age has been retained if shorter than 1.35m.

EAT - HOW TO SHED THE EXTRA POUNDS

With losing weight in mind, Madalena Muñoz brings us some advice to begin feeling better every day and help us to shed some extra pounds from the holidays!

Repeating "5 fruits and vegetables a day", "drink plenty of non-alcohol and non-caffeine fluids" and "exercise 30 minutes 5 times a week", achieves little. Answer your own health and weight goals to find the right dietary and health plan.

1. Write them down. It makes a big difference. Use the first ideas that come to mind. How does it feel to be at your dream weight or in great health? (I dream of slimming down to wear my old jeans again)

2. Measure your goal like thinking how much to save for something special. (To wear my jeans I must be size 8)

3. Be specific. "Lose weight" or "be healthy" is a good start, but know what you want. (I want to slim to reach the jeans size)

4. Convey emotion; express what will be gained. (As a woman I feel sexy; as wellness coach I feel like an example to other women around 40)

5. Rely on yourself; No excuses - you must get there yourself. (I can coach myself)

6. Set a date. 10% realistic, 90% bold. If you can do it by one date, pick a closer one. No date, you won't reach the goal! (March 21, 2014 feels ambitious)

7. Be ambitious, but believable. Balance ambition with what you can do and change your goal to match. (I am slim, sexy and inspire other women by wearing my old jeans, by March 21, 2014.)

8. Keep it simple; Pick one topic and run with it. ("Slim so I can wear my jeans" - Isn't that simpler?)

9. Be positive. Write a positive sentence as if the goal is already met. Leave out negatives; focus on an action or positive feeling. Use words that motivate or inspire. "I have my happy weight of X", "I gain health", "I gain vitality"

Final phrase: I am slim and an example to other women by wearing my old jeans by March 21st, 2014.

Madalena Muñoz,
Wellness Coach,
www.madalenamunoz.com



IF I HAVE A SUGGESTION FOR THE MAYOR, HOW DO I CONTACT HIM?

You can send suggestions by filling in the form "Fale Conosco" online at www.cm-cascais.pt (available soon in English) or by sending an email directly to the Mayor at presidencia@cm-cascais.pt

MEET

Carel (Carlos) Heringa,
Retired Diplomat from the Netherlands



"Portuguese people are very very kind"

During a career in diplomacy Carel lived and worked in 7 different countries and for six years in Portugal. As Counsellor for Agriculture, Food, Fisheries and Nature Protection he covered many areas, from establishing good contact between the Dutch and Portuguese ministries to promotion of Dutch products.

With his wife Mariola, who comes from Poland, he lived in Estoril during the nineties. Later during 5 years in Madrid he was also accredited in Portugal so they had the opportunity to come here many times. In Portugal Carel also uses the Portuguese version of his name so is also known as Carlos Heringa.

When the time came they chose the Cascais/Estoril area to retire. "We have friends here, we like the climate and the food and - most important - the Portuguese people are very, very kind". He commented how good the medical services are here. He was hospitalized for some days but the doctors and nurses were so nice it felt like being surrounded by family. He has just imported his car himself and was surprised at his little bu-

reaucary. "Sometimes I am astonished that Portuguese people themselves do not see how well their society and administration is organised."

There were no real challenges settling in to life in Portugal as they both really wanted to come back. From a small rented apartment in Aldeia de Jusó, they visited about 90 houses before finally buying in Cascais. After a lot of restoration work they now have the time to spread their wings. Carel is helping to organise excursions to the agricultural fairs, Ovijsa and Santarém, "I may recommend all excursions to go there!" and plans to do voluntary work.

They are members of an organisation called Internations, whose members are expats and Portuguese. Most of the expats he meets are very happy to live in Portugal and he comments that many foreigners are doing their best to stay or come back. Mostly they love the climate and people and everybody notices the long Portuguese tradition of receiving foreigners in such way that they feel at home and safe in Portugal.

Social & Community Events

St. Andrew's Society of Lisbon - Burns Night
Saturday 1 February
Starting at 18:30

Annual event including a Scottish meal, drink and lots of fun as a tribute to the life of the great Scottish poet, Robert Burns. Booking required. €35. Dress smart

casual. Contact: 912 306 353. Event Location: Quinta de Santo António, Malveira de Serra, Alcaldieche

The Royal British Club Golfing Society - John Bull Cup
On Wednesday 5 February
Golf Tournament golfing event. Contact the Society for more information.

casual. Tel: 913 831 083
Event Location: Estoril Golf Course

WRVS Quiz Night
Saturday 22 February
Test your knowledge by attending Quiz Night and have a great time. Location: Cheshire Home - Av. do Loureiro, 251, Carcavelos

Concerts

Classical & Opera
Moscow Piano Quartet
On Sunday 26 January

Starting at 19:00. Moscow Piano Quartet performs "Opus 1". Seating is limited; call for tickets. Location: Centro Cultural de Cascais, Avenida Rei Humberto II de Itália, Cascais Tel: 214 815 337

Jazz & Blues
Tribute to Glenn Miller and Benny Goodman

Friday 28 February at 21:30
A concert to pay tribute to the Swing Era and Big Bands by the Orchestra Jorge Costa Pinto. Location: Centro Cultural de Cascais, Av. Rei Humberto II de Itália

Walks & Visits

Lighthouse Museum
On Saturday 1 February
Starting at 10:00

A visit to the Lighthouse Museum of Santa Marta for an exploration of the history of the lighthouse and its part in the defense of Portugal. Location: Rua do Farol, Cascais Tel: 214 815 328

American Style Windmill
Specific dates:

January 10, 13, 15, 17, 20, 22, 24, 27, 29, 31; February 3, 5, 7, 10, 12, 13, 21, 24, 26, 28; From: 10:00 To: 13:00
Bread making from the selection and grinding of the wheat to the wood burning oven. Location: Prct. do Moimão, Alcaldieche

Business & Networking Art & Exhibitions

Happy Hour with The Royal British Club
On Friday 31 January

All are welcome to join The RBC for drinks. Event Location: Baía Hotel, Alameda dos Combatentes da Grande Guerra, Cascais, 2794-509

The Battle of Aljezur
Every Monday to Friday 11 January to 7 March 10:00 - 18:00

Small exhibition to commemorate an air battle off the Portuguese coast in 1943 which involved aircraft of the Royal Air Force and the German Luftwaffe. Includes

photographs of the burial service, official documents and wreckage of the German aircraft. Event Location: Epopo Memória dos Exilios, Av. Marginal, 7152-A (1st floor of CTT building in Estoril), 2795-247