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Simply the Best! P18

Portugal and Real Madrid superstar Cristiano Ronaldo has won his fifth FIFA award for best men's player and said he wants seven to match his lucky number.



Dog bites boy >P4



A young British boy has been left shaken and injured after being set upon by three stray dogs on a beach near the upmarket Vale do Lobo area.

Portuguese Treasure >P6



The oldest-known example of a navigational tool has been recovered from a Portuguese explorer ship which sank in the Indian Ocean in 1503.

Shop time >P8



Mar Shopping Algarve in Loulé has opened its doors to the public, with most of the stores ready to welcome customers.

Climate court >P13

Seven children are to sue European governments in a landmark lawsuit over the impact that climate change is having on their lives.

WEATHER >P2

Fishing industry rattled by calls to ban sardine fishing for at least a year

PORTUGAL FACES SARDINE BAN

Full story, see p. 2



Portuguese officials and fishing communities are concerned over increasing calls for a sardine fishing ban due to alleged depleting stocks. Photo: JOSÉ SENA GOULÃO/LUSA)

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CONTACTS
Postal Address:
Apt 13 • 8401-901 • Lagoa

Courier Address:
Rua Município de S.
Domingo Urb.Lagoa Sol •
Lote 3 r/c
8400-415 Lagoa

Classified: +351 282 380 315
Sales: +351 282 380 310
Accounts: +351 282 343 653
Newsdesk: +351 282 380 313
General: +351 282 341 100

Email:
info@theportugalnews.com

Web:
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Paul Luckman
publisher@theportugalnews.com

Editor:
Brendan de Beer
newsdesk@theportugalnews.com

Production Director:
Madeline Luckman
copy@theportugalnews.com

Photos:
LUSA • Press Association

SALES MANAGER
Sónia Seixas
sales@theportugalnews.com

ACCOUNTS MANAGER
Gaby Rodrigues
accounts@theportugalnews.com

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Portugal faces sardine ban

Concerned MPs are to quiz the Minister of the Sea following calls to ban sardine fishing in large parts of the country.

This comes after the International Council for Exploration of the Sea (ICES) advised that sardine fishing be completely suspended in Portugal and Spain in 2018 given what it termed the huge drop in stocks in the last ten years. The Portuguese government has in recent months appeared to defend the interests of the sardine fishing industry. But Minister Ana Paula Vitorino appeared to make a U-turn on Wednesday when she revealed that sardine fishing along Portugal's northern and central coastlines would be banned in order to preserve stocks. The minister added that talks would be held leading up to the weekend between Spanish and Portuguese officials on the one hand and the European Union on the other to agree on limits. She also explained that officials are already working to draw up the specific areas along the northern half of the Portuguese coastline where fishing trawlers will no longer be able to catch sardines. The APROPESCA fishing association has meanwhile said the proposed fishing ban in 2018 will lead to the "death of the industry." The association's president, reacting to the Sea Minister's comments, said

N
BRENDAN DE BEER

on Thursday: "If the ban goes ahead, it will lead to the death of the fishing industry, especially those operating smaller vessels.

The minister has no idea of the damage that a ban will cause to countless families", Carlos Cruz was quoted as telling *Lusa News Agency*. He added that while larger vessels would be able to seek out new waters for fishing, fishermen serving local communities would be unable to survive a lengthy prohibition. The APROPESCA president added that hardly any small sardines were captured this year, which he believes is proof that the sustainability of the species is not endangered. Carlos Cruz says this argument can be validated by port records of all sardine catches that took place during the course of 2017. "We are here to cooperate. We, above anyone else, need to protect the species. If we were causing any damage or threatening the sustainability of sardines, we would be the first to act", the fishing chief said. Algarve MP Cristóvão Norte has in the meantime called for the government to reveal full details of talks it has held and will hold with Spain over the matter, adding that the recent ECIS report has caused widespread alarm. "We need the government



to be more active in this area, we need it to find suitable answers and solutions", the PSD MP said, adding the minister should explain what is being done to mitigate the consequences of a prolonged ban for communities whose livelihoods depend uniquely on fishing. Socialist MP Rosa Albernaz meanwhile expressed concern over how restrictions will affect the growing importance Portuguese gastronomy has on tourism, arguing that the sardine is a symbol of Portugal. These concerns come after an earlier recommendation in the summer called for a ban on sardine fishing for 15 years, which the government rejected. At the time, the ICES said that rebuilding to above a safe biomass limit with a high probability (above 95 percent) could take around 15 years with no fishing. The ECIS said this week that due to logistical issues

with the Portuguese spring acoustic survey, 2017 data could not be processed for the usual advice timing in July. The organisation explains in its latest report that numbers of young sardine joining the stock are low, reflected in recruitment and productivity rates, and the stock biomass is substantially low. The ECIS added that the biomass level limit cannot be reached in 2019 even without any catch in 2018 and advised a zero catch for 2018 in order to help the stock recover. According to the ICES, sardines stocks have fallen from 106,000 tonnes in 2006 to 22,000 in 2016. In related news, a study conducted by the University of Porto has revealed that aquatic ecosystems are at risk due to the hormonal pills discharge in the residual waters and to climate change. The study, published by

Lusa, analysed how the increased temperatures (3 degrees Celsius above normal for the season) combined with hormones such as progesterone discharged in the sewers can harm fish reproduction. Patricia Cardoso, a researcher from the Interdisciplinary Centre for Marine and Environmental Research (CIIMAR) at the University of Porto, explained that most of the hormones are being discharged from hospitals and households. The researcher said the main problem lay in the wastewater treatment plants, which are not eliminating the hormones as they should and so fish are being especially affected by the changes in their ecosystem. She said that the pharmaceutical industry is constantly releasing new products into the market and it is very important to know which ones are contaminating the environment.

WEATHER

One last burst of summer?

For most of the country, this weekend will be a warm and summery one, with temperatures above-normal for this time of year, and forecast to reach close to 30 degrees Celsius.

Lisbon: Any scattered cloud lingering around from Friday will clear up over the weekend for a bright and warm few days, with temperatures rising to 28 degrees Celsius on Sunday. By the end of the coming week the mercury will drop to the low 20's and showers are forecast for Friday.

South: Saturday will be the warmest day of the weekend in southern Portugal, with thermometers climbing to 30 degrees and high cloud cover keeping the warmth in. The high cloud will dissipate by Sunday, when temperatures will drop a few degrees, but like most of the coming week, the weekend will be bright and warm.

North: Surprisingly for this time of year, northern Portugal is set for a sizzler of a weekend, with temperatures of 32 degrees Celsius on Friday, to around 27 for Saturday and Sunday. The rest of the week will see a mix of cloud and sunshine, with temperatures staying firmly in the mid-20's, before cooling off towards the end of the coming week.

N News in Brief



The Portuguese fishing industry has reacted to news of a prolonged sardine fishing ban with dismay and concern, saying their livelihoods depend on the activity. (Photo; JOSÉ SENA GOULÃO/LUSA)

Portugal has fifth most powerful passport in the world

Portugal has been placed fifth in the latest Passport Index's most powerful ranking. Portugal's visa-free rating, which is used to compile the index, is four points behind leaders Singapore. Portugal is placed ahead of countries like New Zealand, Canada, Ireland and the United States, with the latter falling down the ranking since President Trump took office.

Albufeira launches tender for new pumping station to battle flooding

Albufeira council has launched a tender for the construction of a new pumping station on Pescadores beach, in a bid to prevent future flooding in the city's downtown area. The project is part of a city-wide drainage plan and has a budget of €940,000. Flooding in Albufeira in 2015 caused over €20 million in damages and losses. Construction on the new station will start as soon as the contract is adjudicated, and is expected to take eight months to complete.

€97 million spent per day in card payments

So far this year around €97 million per day has been spent in Multibanco card payments in shops, restaurants and supermarkets in Portugal. New figures from the Bank of Portugal show that July and August were the months when card payments soared, and that payments had hit a record high by September. The figures also showed that since 2013, spending in establishments with Multibanco cards has risen by 35 percent. Between January and September, €26.5 billion euros had been spent with debit cards.

Portugal makes Lonely Planet's Best in Travel 2018 top-ten

Portugal has been included in a list of countries to visit in 2018 drawn up by leading travel giant Lonely Planet. Lonely Planet's Best in Travel 2018 list highlights Portugal for its art, culture, gastronomy, accessible prices and natural wonders. At the top of the group's must-visit list for next year is Chile, followed by South Korea, Djibouti, New Zealand, Malta and Georgia, with Mauritius, South Africa and China rounding off the top ten.

Vila Real de Santo António launches dog mess campaign

The eastern Algarve town of Vila Real de Santo António has launched a campaign asking dog-owners to be more conscientious about picking up their pets' mess. It comes following a series of complaints about fouling in public areas, particularly in public gardens and green spaces. The local council said it would also be making extra efforts to keep streets cleaner.

British boy injured in horrifying dog attack on Algarve beach

N CARRIE-MARIE BRATLEY



A 10-year-old British boy has been injured after being set upon by three stray dogs on a beach near Vale do Lobo (Algarve). (Photo: Supplied)

A young British boy has been left 'shaken and injured' after being set upon by three stray dogs on a beach near the upmarket Vale do Lobo area, in Almancil (Loulé), Algarve.

The incident happened last Tuesday afternoon, 17 October, at around 3pm, on a beach that fringes the five-star luxury Vale do Lobo resort in Almancil. Onlookers who witnessed the terrifying attack said the boy, aged 10, had been playing on the sand in front of Maria's Bar and Restaurant on Garrão Poente beach. "He was playing on the beach with friends. He came back up to

the restaurant and that's when the pack of dogs walked by. The next thing the boy was screaming and his mother, who was inside the restaurant, came running out and she was also screaming," a fellow diner recalled. Police and an ambulance were called and the boy and his distraught mother, both of whom eyewitnesses said appeared to go into shock, were taken to Faro hospital.

The boy was treated for bite injuries to his left leg. "I've never seen anything like it on a beach before. It was pandemonium", the witness said. It has been suggested that the pack of dogs had been spotted there before. A GNR spokesperson told **The Portugal News** that the dogs have not yet been caught as no further sightings have been reported.

Anger as judge quotes Bible to justify leniency in man's assault on ex-wife

Women's rights groups in Portugal have reacted angrily to a court decision that quoted the Bible in justifying a suspended sentence for a man convicted of assaulting his ex-wife with a spiked bat because of alleged adultery.

The man was given a 15-month suspended sentence and a fine of 1,750 euros for using a bat spiked with nails to assault the woman in the street in 2015, leaving her covered in cuts and bruises.

The prosecutor had argued the sentence was too lenient and asked an appeal court for prison time of three years and six months, but judges rejected his request.

In a written ruling, the judges expressed "some understanding" for the attacker, saying a woman's adultery is "a very serious offence against a man's honour and dignity".

They noted the Bible says an adulterous woman should be

punished by death and also cited an 1886 Portuguese law that gave only symbolic sentences to men who killed their wives for suspected adultery.

The judges at the appeal court in Porto, Portugal's second-largest city, wrote that they were making reference to the Bible and an old law "to stress that a woman's adultery amounts to conduct which society has always condemned and condemned very strongly".

The written ruling became public this week and sparked outrage on Portuguese social media, with rights groups speaking out.

The Women's Alternative and

Response Union described the ruling as "inadmissible" because it legitimised violence against women and blamed the victim.

It said the separation of powers in Portugal means there is no place for the Bible in the courts.

The group plans to stage street protests on Friday.

Portugal's Superior Magistrates Council, an oversight body, said it had taken note of the "vivid criticism from broad sections of public opinion", but added courts are independent and it could not intervene, even when faced with "archaic, inappropriate or unfortunate" comments by judges.

The woman could appeal to Portugal's higher courts. *TPN/PA*

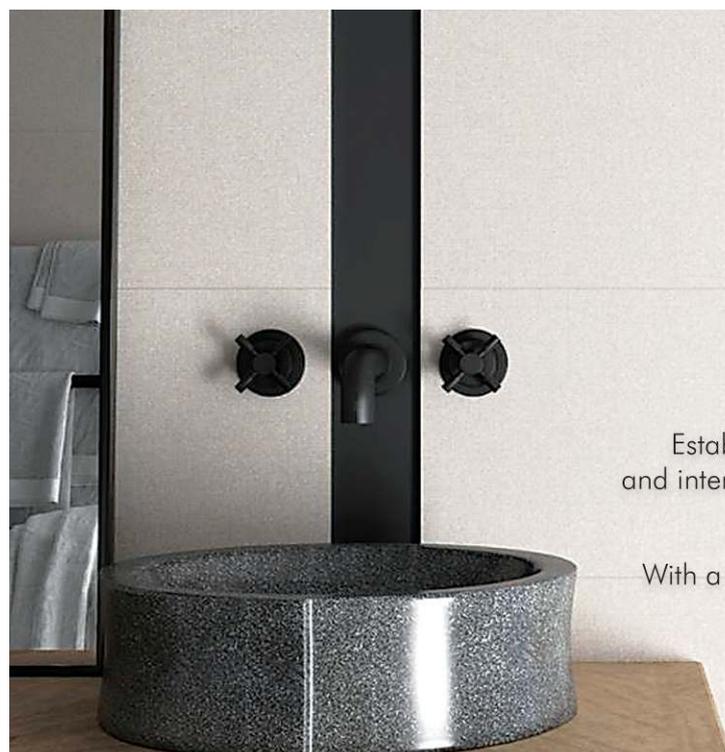
Thousands sign petition against sexist judge

About 7,000 people have signed a petition (Não em nosso nome) appealing for the Superior Council of the Magistrates and the Justice Ombudsman to take a position against the grounds the Porto Court of Appeal used to let off two men on domestic violence charges.

The signatories say they are "shocked" with the grounds and call for an urgent reflection to

alter the system and how judges are assessed so similar cases can be avoided in the future.

The petition says that "we know that the inequality and the subservience of women is a daily reality in Portuguese society. But we did not expect to see it expressed like this in such a blatant manner by a member of a sovereign body".



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Oldest-known navigational tool recovered from Vasco da Gama shipwreck

A 500-year-old artefact thought to be the oldest-known example of a navigational tool has been recovered from a Portuguese explorer ship which sank in the Indian Ocean in 1503 and was part of an armada led by Portuguese explorer Vasco da Gama.



Laser scanning work carried out by scientists at the University of Warwick revealed etches around the edge of the 500-year-old disc. (Photo:Supplied)

The relic, a bronze disc which marine archaeologists name an 'astrolabe', was excavated from a shipwreck off the coast of Oman. It would have been used by mariners to measure the altitude of the sun during their voyages, and is believed to date from between 1495 and 1500. Experts consider astrolabes to be rare and only 108 are known to be confirmed and catalogued. This latest find is believed to be

the earliest example of the ancient tool by several decades. Earlier this week, the BBC reported the item was recovered from a Portuguese explorer which sank during a storm in the Indian Ocean in 1503. The boat was called the Esmeralda, and was part of a fleet led by Portuguese explorer Vasco da Gama, the first person to sail directly from Europe to India. The Esmeralda was discovered by National Geographic grantee

and shipwreck hunter David Mearns last year, after half a millennium resting hidden in her murky grave. On March 15, 2016, Oman's Ministry of Heritage and Culture (MHC) in cooperation with Blue Water Recoveries Ltd (BWR) of West Sussex, UK, announced the discovery and archaeological excavation of a Portuguese East Indiaman that was part of Vasco da Gama's 1502-1503 Armada to India, later confirmed as the Esmeralda.

The ship, which sank in a storm in May 1503 off the Coast of Al Hallaniyah Island in Oman's Dhofar region, is the earliest ship from Europe's Age of Discovery ever to be found and scientifically investigated by a team of archaeologists and other experts. History indicates it was being commanded by the maternal uncle of Vasco da Gama, Vicente Sodré; a descendent of the nobleman Frederick Sudley of Gloucestershire, UK. Key individual artefacts that helped identify the wreck as Vicente Sodré's nau, Esmeralda included an important copper-alloy disc marked with the Portuguese royal coat of arms and an esfera armilar (armillary sphere), which was the personal emblem of King Dom Manuel I; a bronze bell with an inscription that suggests the date of the ship was 1498; gold cruzado coins minted in Lisbon between 1495 and 1501; and an extraordinarily rare silver coin, called the Indio, that was commissioned by Dom Manuel in 1499 specifically for trade with India. The extreme rarity of the Indio (there is only one other known example in the world) is such that it has legendary status as the 'lost' or 'ghost' coin of Dom Manuel. In comments to the BBC, Mr. Mearns, from Blue Water Recovery, who led the excavation and is the author of The Shipwreck Hunter, said of the recently-confirmed Astrolabe: "It's a great privilege to find something so rare, something so historically

important, something that will be studied by the archaeological community and fills in a gap." The astrolabe was one of nearly 3,000 artefacts recovered from the Esmeralda during a series of dives. "It was like nothing else we had seen and I immediately knew it was something very important because you could see it had these two emblems on it", he said, adding: "One I recognised immediately as a Portuguese coat of arms... and another which we later discovered was the personal emblem of Don Manuel I, the King of Portugal at the time." According to the BBC, from the start, the excavation team believed the object was an astrolabe, but had doubts as they could not see any navigational markings on it. However, a later analysis uncovered its hidden details. Laser scanning work carried out by scientists at the University of Warwick revealed etches around the edge of the disc, each separated by five degrees. This, the experts said, would have allowed mariners to measure the height of the sun above the horizon at noon to determine their location so they could find their way on the high seas. Mr Mearns said: "We know it had to have been made before 1502, because that's when the ship left Lisbon and Dom Manuel didn't become King until 1495, and this astrolabe wouldn't have carried the emblem of the King unless he was King."





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Mar Shopping Algarve opens

Mar Shopping Algarve in Loulé has opened its doors to the public this past Thursday, with most of the stores ready to welcome customers.



The centre, which was unveiled to the press and guests on Wednesday evening, boasts a series of technological advances, and houses the country's largest Primark store along with the region's first Starbucks.

Speaking on the eve of Mar Shopping's official opening, the centre's general manager, Herman Gewert admitted: "Yes we are delayed, yes we are not fully ready, but yes, we are

Mar Shopping in Loulé welcomed its first visitors this week. (Photo: The Portugal News)

ready to open".

A handful of stores remain closed as workers labour around the clock to have them open well before the festive season.

Mr Gewert added: "Tonight is not the end, it is the beginning of a long road", explaining that the retail market has changed since plans to build the centre were first unveiled six years ago. But he said he hoped the venue would become a place for people to socialise and enjoy themselves, with a series of cultural events planned to assist with this objective.

"Today, we can safely say the Algarve has one of the best shopping centres in

Europe".

Following the opening of the centre on Thursday, many of its 110 stores and restaurants, such as Worten, are launching special promotions in the coming days to celebrate the 82,000 square metre centre's inauguration.

The centre also boasts a series of leisure activities for young and old, including a play centre for 3 to 12 year olds and relaxation areas for tired shoppers.

Mar Shopping came at a cost of 200 million euros and is sandwiched between the IKEA furniture store and a designer outlet, which is to open in December.

New screening measures for all passengers on US-bound flights

From last Thursday, national flag-carrier TAP in collaboration with PSP police will be conducting short security interviews on passengers flying to the United States. Azorean airline SATA is to follow suit.

The new screening measure is being introduced to meet new security requirements from the US for all

passengers travelling to the US on all international airlines.

It is believed some passengers will be

handed a form to fill out, while others face being quizzed by airline employees.

Global long-haul

airlines such as Emirates, Lufthansa, Cathay Pacific, Virgin Atlantic and Eyptrain had already announced their new measures.

In March, the US banned passengers from taking large electrical devices such as laptops on board flights from eight

mainly Muslim countries over security fears.

A similar policy was introduced by the UK, although it affected some different locations.

Virgin Atlantic said in a statement: "We work closely with US authorities to ensure the safety and

security of our flights, and are aware of the additional measures - however we do not anticipate any disruption to customers.

"We advise all customers travelling on our flights to arrive at the airport at least two hours before departure."

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Lisbon Web Summit offers 10,000 discount tickets for young people



Special discounts and prices have been announced for young visitors to this year's Lisbon Web Summit. (Photo: LUSA)

Web Summit, the global technology conference, announced on its official website this week that it is going to put 10,000 tickets on sale for young people aged 16 to 23 at €7.50 after having sold nearly 2,000 tickets under similar conditions last year.

The conference is to be held in Lisbon's Altice Arena between 6 and 9 November. These tickets are valid for half a day in the conferences (morning or afternoon) that take place on the main stage. To participate, young people must register on the Web Summit website and then share the link on their

personal social page. The more the link is shared, the greater the chances of them winning tickets. The 'Inspire Portugal' event is being promoted in partnership with the government and was presented by the economy minister, Manuel Caldeira Cabra on Monday. Founded in 2010 by

Paddy Cosgrave and co-founders Daic Hickey and David Kelly, the Web Summit is one of the world's largest technology, innovation and entrepreneurship events. It was first held in 2010 in Ireland and it is to remain in Lisbon until 2020 and possibly another two years after that.

TPN/Lusa

PJ police arrest scam gang who lured French nationals to Portugal using 'honey trap'

PJ police have announced they have arrested three men and a woman on suspicion of enticing wealthy French nationals to Portugal using a 'honey-trap' type scam, where they were held hostage and intimidated into handing over large amounts of money.

The group is thought to have committed the crimes of kidnaping, bodily harm, theft and IT scams against at least five French nationals, generally wealthy singletons or widows.

A statement from the PJ police said the gang resorted to "violence, deprivation of liberty and

fraudulent manoeuvres" to achieve their intentions.

The victims were enticed to northern Portugal through the internet on the premise of an amorous encounter.

They were contacted by the 42-year-old woman who, according to the PJ, would seduce victims into

travelling to Portugal and spending a few days in the city of Viseu.

Upon arriving in Portugal they were taken to a luxury villa where the four members of the gang, aged 22 to 61, were waiting.

Over the ensuing days the suspects would access the victims' credit and debit cards and re-

spective codes to withdraw cash and pay for purchases.

The PJ's statement adds that when the victims realised they were being fleeced and put up resistance, they were "attacked and locked up in one of the property's rooms."

As well as making the arrests

the PJ police also rescued a newly-arrived French victim.

One of the suspects is being held in custody pending trial; another is under house-arrest and fitted with an electronic tag.

The other two have been ordered to check in at their local police station twice a week.



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Guide-dogs for Algarve blind finalising training in UK



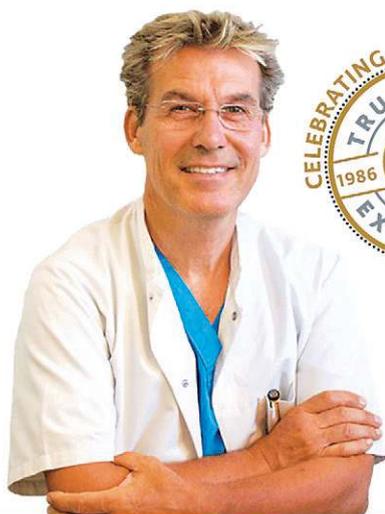
Karin Forster pictured here with two of the guide dogs. (Photo: Supplied)

Two guide dogs to be delivered to two visually impaired young people living in the Algarve in early 2018 are currently undergoing their final stages of training in the UK.

The project to train the guide dogs for Portugal in the UK was launched last June by dog behaviourist and assistance dog trainer, Karin Holmström Forster, who has lived in the Algarve for 18 years. Karin and her two dogs - a 15-month-old whippet standard poodle cross and a young Labrador cross - began their 12-week training period on 21 August in Devon, England, with Alan Brooks, one of the most experienced British guide dog trainers. Each dog has two daily training sessions, while Karin also has to undergo intense theoretical work, involving reading articles and watching videos about guide dogs' training and animal welfare. During her stay in England, Karin has had the opportunity to witness the difference between the integration of the visually impaired in Portugal and in the UK, and says the UK seems to have the advantage. As well as blind people and

their guide dogs being a common sight in the UK, Karin noted that "all towns have audible or textured crossings to help the blind feel with their feet where they should cross the road." She adds that the government "supports the medical expenses as well as help with equipment for the blind to be able to live as normal as a visually-able person", and summarises that "being blind does not mean staying at home". With the skills and experience acquired during her training with Alan Brooks, Pawsitive Dogs Algarve intends to start a guide dog training project in the Algarve region. In Karin's words "having worked all my life with people in health and rehabilitation then lately dogs and their owners, I feel the way I can best give back to society is giving independence and a friend to someone who otherwise may never be able to leave home on her or his own". Her vision for this project has several specifics: "My vision is

to start a programme, training dogs in need of homes, giving homeless dogs a purpose. It would help the shelter dogs get a better status and the visually impaired get a chance to feel like they belong in our society too", Karin explains. Being a certified assistance dog trainer, Karin will be able to train combination dogs that can, not only guide the blind, but also be a medical alert dog or assist them in other disabilities such as being wheel chair bound. Karin intends to train 6 to 8 dogs each year, and in order to do so she seeks partners who can support Pawsitive Dogs Algarve and help make a unique project in the region become a reality. In addition to financial support, essential to the sustainability of a project of this nature, Pawsitive Dogs Algarve seeks partners in veterinary medicine and pharmacy as well as animal food. To contact Pawsitive Dogs Algarve, email: pr.pawsitivedogs@gmail.com, tel: 917 076 040, or see website: www.pawsitivedogsalgarve.com



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Portuguese children sue Europe over climate change

Seven children are to sue European governments in a landmark lawsuit over the impact that climate change is having on their lives.

The Portuguese youngsters, some from the Leiria region which has been devastated by wildfires twice this year, are seeking a ruling to force 47 countries to dramatically cut greenhouse gas emissions. And they want the European Court of Human Rights in Strasbourg to order nations to keep remaining fossil fuel reserves in the ground. One of the children spearheading the unprecedented case is 18-year-old Claudia from the Leiria district, who said older generations have a responsibility to stop releasing dangerous pollution. "What worries me the most about climate change is the rise in temperatures, which has contributed to the number of fires taking place in our country," she said. Claudia said she is taking the case "for the children and for the future generations who are not responsible for the current state of the environment". Three days of national mourning are being held in Portugal after scores of

people died as deadly forest fires twice hit the country this year. Outbreaks in June claimed 64 lives and another 41 are believed to have been killed in the last week after winds associated with Storm Ophelia fanned flames sparked in drought-like conditions. A state of emergency was declared in areas north of the river Tagus - almost half of Portugal - and prime minister António Costa acknowledged that climate change was a factor in the recent outbreaks. The seven youngsters have the backing of the non-profit Global Legal Action Network (Glan) and a team of barristers from London's Garden Court Chambers. While around €25,000 has been raised on the crowdjustice.com platform to launch the case, lawyers said the full names of the children are being withheld to protect them. The other youngsters include a 14-year-old called Martim, Mariana, aged five, Leonor aged eight, André aged nine, Simão aged 11 and Sofia aged 12.

In video messages, made to coincide with the lawsuit, Simão said: "I am worried about climate change because it entails global warming, sea level rise and fires. "Older generations should reduce the consumption of natural resources, reuse materials and recycle them. "I want to have a future." The lawyers backing the case claim that the 47 nations which are party to the European Convention on Human Rights are collectively responsible for about 15% of global emissions. Dr Gearoid O Cuinn, Glan director, said: "This is not about seeking damages. This is about the future of children. "The governments know the science. They know the risk. The governments are just slow to act. It's like it was with big tobacco." The case seeks a ruling on behalf of the youngsters that a failure to slash emissions and switch from fossil fuels poses a significant threat to their human rights, primarily the right to life. They claim that the children's case could have significantly more influ-

ence on climate policy than the Paris Agreement. Gerry Liston, Glan legal officer, said the European Court of Human Rights is being asked to determine emissions based on current climate science. "Glan will work with civil society organisations throughout Europe to use our case to highlight the fact that unless governments urgently take much stronger action to prevent the release of greenhouse gas emissions, it is only a matter of decades before we'll be witnessing the catastrophic consequences of insufficient action," he said.

TPN/PA



A family photo of Claudia (top left), Mariana and Martim, three of seven children who are to sue European governments in a landmark lawsuit over the impact that climate change is having on their lives. (Photo: Family Handout/PA Wire)

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Provisional findings from Quelfes microlight crash cite 'loss of control'

Portugal's air and rail accident investigation bureau, the GPIAAF, has released provisional findings from the initial investigation into a microlight crash in Quelfes, Olhão, last month, which caused the death of a British man.



Preliminary findings from an ongoing investigation into a microlight crash that killed a British man in Quelfes, Olhão, who was flying the aircraft, have found the victim lost control of the plane and it stalled before crashing violently into the ground. (Photo: GPIAAF/GNR)

The victim, Graham Dixon, aged around 70, was resident in the Armação de Pêra area. He is said to have taken up the hobby in recent years and had towed the fixed-wing aircraft down to Portugal from the UK.

The microlight came down just short of a runway at a local airfield where a small unofficial flying club operates.

Reports claim the aircraft was spiralling out of control before it hit the ground. According to the GPIAAF's provisional information on initial findings, the crash was caused after the British pilot lost control of the microlight as he was climbing left following take-off.

It said that the aircraft had previously performed two 'touch-and-gos' (take-offs and landings) with two British pilots on board as part of "proficiency training".

The report states "the pilot made a final landing to disembark the other pilot." It explains Graham Dixon then returned to the runway to take off on a solo flight, but as he was climbing out, "lost the directional control of the aircraft and entered into a stall that caused the violent crash of

the aircraft on the ground." The report further highlights the runway at the airfield as being "an unprepared runway (runway without specific surfacing)."

The safety investigation - which the GPIAAF stresses "is not to apportion blame or liability but only to retrieve lessons capable of preventing future accidents or incidents" - goes on to describe how "the pilot was incarcerated in the wreckage of the aircraft in a cardiac arrest, and the death was declared on site by a medical emergency services (INEM) team."

The weather at the time, it says, was clear skies, 25 degrees Celsius, good visibility and a calm southerly wind.

"The GPIAAF was notified shortly after the occurrence and, after guaranteeing that the relevant evidence was kept undisturbed, an investigation team travelled in the early morning of the next day to the accident scene for the purpose of collecting evidence at the site", the bureau recalls.

It launched an investigation, which is ongoing, and will look into the "functioning of the aircraft, the flight conditions, the actions

and training of the pilot, the applicable procedures and the possible human factors involved."

The safety investigation carried out by GPIAAF, it explains, has "the sole purpose of identifying causal and contributing factors involved in accidents or incidents, in order to recommend, if relevant, any preventive action that it considers necessary to be taken promptly to enhance aviation safety."

"The investigation is independent of, separate from and without prejudice to any judicial or administrative proceedings to apportion blame or liability." After concluding the investigation and consultation with relevant parties, the GPIAAF will publish a final report.

According to national and European legislation, if the final report cannot be made public within 12 months, an interim statement will be released at least at each anniversary of the accident, detailing the progress of the investigation and any safety issues raised; any urgent safety issues detected in an investigation are immediately transmitted to relevant parties to allow them to act accordingly.

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Majority of Portuguese have missing teeth

Fewer than a third of Portuguese have all their natural teeth, while more than ten percent have lost eight teeth or more, according to a barometer carried out at the request of the national Dentists' Association.

According to the 2017 Portuguese oral health barometer, 68 percent of Portuguese have lost at least one tooth, while more than one in three have lost as many as five teeth. The survey, which included Madeira and the Azores, also found that almost half of Portuguese have not seen a dentist in the past year, while one in four have only seen a dentist in an emergency. According to the barometer, which provides an overview of dental health in Portugal and excludes wisdom teeth, more than a third of the Portuguese population with six or more missing teeth opt to go without dental prostheses, dentures or implants. And wealth, it seems, has some bearing on the situation as overall, "wealthier people have a lot more teeth than those with fewer resources", said the president of the Dentist's Association, Orlando Monteiro da Silva. "There are two weights and two measures [...]. The part of the country that has access to more

care has lost fewer teeth and better oral hygiene habits. We all have a duty to combat this dichotomy," he told *Lusa News Agency*. The barometer also found that while more Portuguese are visiting the dentist, those who did not, say it is either because they do not feel the need to, or do not have the finances. The vast majority of Portuguese - 90 percent - undergo dental treatment through private dentists. The study further stressed that more than seven out of ten Portuguese people are unaware that the SNS now offers dental treatments in several health centres. The Dentists' Association believes it is essential that the Ministry of Health makes more of an effort to disseminate this development among the population. Its president recalled that a pilot project that placed 54 dentists into some 50 health centres has been under way for a year. Analysing the barometer, Orlando Monteiro da Silva highlighted the "great confidence



Only 30 percent of Portuguese still have all their teeth, a new study has shown. (Photo: LUSA)

people have in their dentist" and also the fact that "very few people today claim to be afraid of going to the dentist".

"There has been radical change over the last few years", he said. This barometer of oral health

has statistical validity and was carried out through 1,102 face-to-face interviews in all Portuguese regions.



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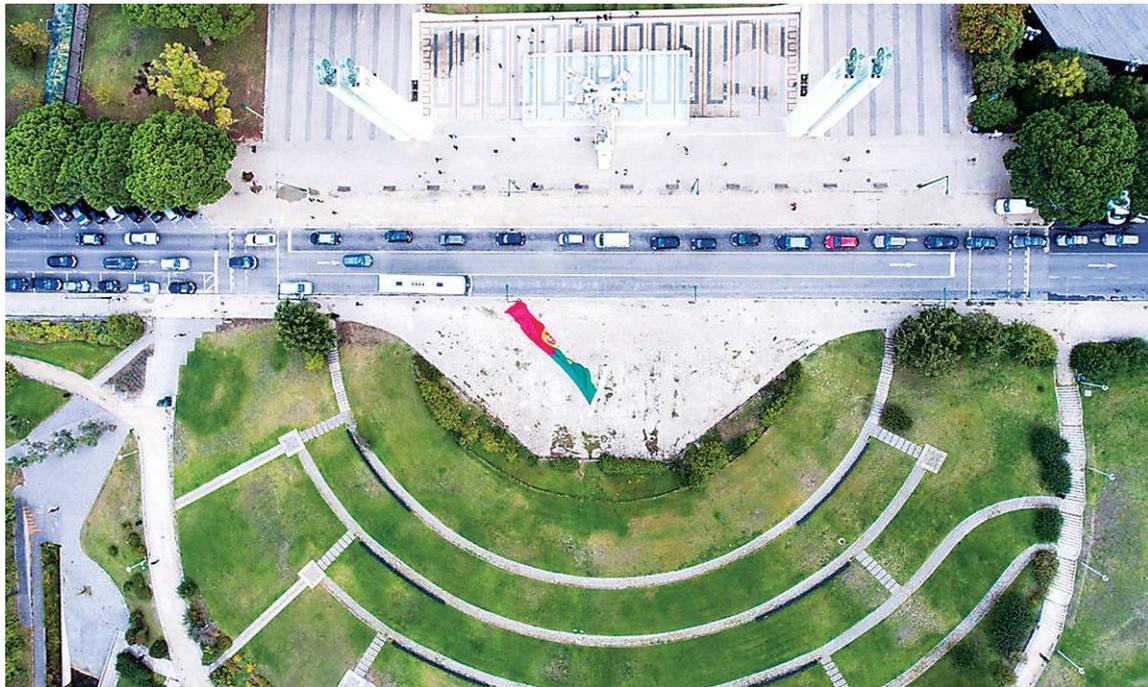
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Uber chooses Lisbon for Centre of Excellence in Europe

Uber has chosen the Portuguese capital, Lisbon, to base its Centre of Excellence for Europe, the company announced this week.



Lisbon has been announced as Uber's European Centre of Excellence. (Photo: Uber)

Around 250 jobs are expected to be created by next year. The Centre of Excellence will act as the main source for users and drivers across Europe, which will permit the transport company to improve its services and internal policies by testing and launching innovations, the company said in a statement. Not only will the centre assist the users but also the drivers and restaurant partners in the UberEats food delivery service, available in more than 170 cities worldwide and expected to be available in Lisbon later this year. It will also provide a multi-lingual service to other Uber operations in Europe, in countries such as

Spain and France. Portugal is a rapidly growing market for Uber and is increasingly becoming the main centre for its services within southern Europe. The fact that there are a large number of qualified professionals has led Lisbon to become the chosen city to welcome Uber's centre, the general director of Uber in the Iberian Peninsula said. Uber is an online hire company that lets passengers book a taxi online with a smartphone application. In Portugal it operates in Lisbon, Porto and in the Algarve. Its services have been contested by taxi drivers who believe they do not meet the necessary formal requirements.

Europe culture prize awarded to German director Wim Wenders in Lisbon

German film director, Wim Wenders, whose works include 'Lisbon Story' and 'Paris, Texas' on Tuesday received the 2017 European Helena Vaz da Silva Prize for the promotion of cultural heritage, at a ceremony in Lisbon.

The prize was awarded at a ceremony at the Calouste Gulbenkian Foundation, attended by Portugal's Minister of Culture, Luis Filipe Castro Mendes.

The European Helena Vaz da Silva Prize is awarded by the Lisbon-based National Centre for Culture (CNC), a non-governmental entity, in cooperation with the pan-Euro-

pean cultural network, Europa Nostra, which it represents in Portugal.

The prize is to distinguish people who contribute to the protection of Europe's cultural heritage and ideals.

Wenders was chosen "for his exceptional contribution to Europe's multicultural history and of European ideals," according to the CNC, which established the prize in 2013.

The organisation's president, Maria Calado, speaking on behalf of the jury, is quoted as describing Wim Wenders as "a key figure in contemporary European cinema" and "a staunch defender of Europe [and]

its rich cultural heritage". She cited his "innovative films, photography exhibitions, monographs, books of film and collections of prose."

In this, the fifth year of the prize, the international jury also decided on "special recognition" for a Member of the European Parliament from Italy, Silva Costa, of the Alliance of Socialists and Democrats Group.

She is being recognised for her contribution to the development of the European Union's strategy on cultural heritage and the promotion of the 2018 European Year of Cultural Heritage. *TPN/Lusa*

TAP expects to open new Porto routes in the spring

Portuguese flag-carrier TAP is expected to announce new flights and destinations from Porto in the spring when it will be able to compete with the low-cost airlines, David Neeleman, the businessmen who owns 45 percent of the company, said.

Speaking at a breakfast debate organised by the British-Portuguese Chamber of Commerce in Lisbon, Mr Neeleman said the airline is "better prepared to compete" and they are planning to ensure more flights from Porto airport.

If we manage to get more planes, we will begin flying to other destinations, he said.

Turning to Lisbon, he

stressed that there had to be quick departures to maximise the number of operations per hour on the only runway and the airport had to install a new air traffic control system.

The five years scheduled to open a secondary airport in Montijo was once again a point of criticism, with Mr Neeleman saying it could be open in two years "if they put their minds to it." *TPN/Lusa*

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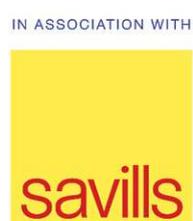
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Cristiano Ronaldo crowned world player of the year

Cristiano Ronaldo was crowned FIFA's men's player of the year on Monday night for a second year running with the Real Madrid star claiming top spot ahead of his Barcelona rival Lionel Messi and Neymar (Paris Saint-Germain).



Portugal and Real Madrid forward, Cristiano Ronaldo, wins The Best FIFA Men's Player Award at the London Palladium, London, Britain, 23 October 2017. (Photo: EPA/ ANDY RAIN)

This was Ronaldo's fifth individual FIFA award with Portugal's captain scoring forty-four goals in forty-eight appearances; thirty-three for Real Madrid and eleven for his country. The ceremony took place at the Palladium Theatre, London. Lieke Martens of Barcelona and the Netherlands won best female player, Real Madrid's Zinedine Zidane was named best men's

coach and Netherlands' Sarina Wiegman, the best female coach. Arsenal's Olivier Giroud received the Puskas Award for the best goal of 2017 for his 'scorpion kick' against Crystal Palace in January. Glasgow Celtic won the Fans Award after they honoured the club's 1967 'Lisbon Lions' with a stunning 360-degree card display on the 50th anniversary of their historic European Cup win. The event was attended by a host

of stars past and present, including Diego Maradona, former Brazil striker Ronaldo, Frank Lampard, Sergio Ramos and Harry Kane, with winners decided by a jury of club and international coaches, media representatives and fans. Ronaldo's triumph stole the show as the 32-year-old received recognition for another stellar year in which he won both the Champions League and LaLiga with Real Madrid.

Brexit talks 'falling short' of high expectations raised by May speech

Portugal's Prime Minister, António Costa, said that negotiations on the UK's departure from the European Union are still falling "short of the very positive expectations" raised in part as a result of a speech a few weeks ago by the UK prime minister.

"In the [European] Council, an update was made on the situation on the negotiation with the United Kingdom on Brexit and unfortunately, it recorded that we're well behind the very positive expectations that had been generated based on the speech by Mrs. May [Theresa May, the UK prime minister] recently in Florence," said Costa.

He added that in relation to the issue of how much the UK should pay the EU as a 'divorce' bill, "but above all with respect to the rights of people" - that is, EU citizens in the UK - the process was "quite behind" what had been hoped.

"In this respect, there are two points that are particularly critical for us: one, which has to do with family reunification [for EU migrants] and the other, on the transferability of social rights" for example in social security.

"This is the bad news that we had at this Council, but I hope that in the coming weeks it is possible for the British negotiators to approach the high level of expectations that the Mrs. May's speech raised," he said.

Costa's downbeat comments contrast with the optimism expressed by the president of the European Council, Donald Tusk, who said earlier at a news conference that the progress made in the talks, although insufficient, would make it possible for the EU to start preparing for the next phase of talks - on a future trade deal - with a decision to be scheduled for December. *TPN/Lusa*

Ryanair delays new baggage policy

Low-cost airline Ryanair has confirmed that it will delay its new cabin bag policy until 15 January 2018.

The airline said in a statement the move was to allow customers more time to adjust to the changes, particularly during the busy Christmas period.

Ryanair's new bags policy includes cuts to checked bag fees (from €35 to €25) to encourage more customers to check in bags and reduce the volume of carry-on bags, while the permitted weight was raised to 20kg.

Starting in January, only priority boarding customers will be allowed to bring two carry-on bags on the aircraft, while all other non-priority customers will only be allowed to bring one smaller carry-on bag on board, while their second (bigger)

wheelie bag will be placed in the hold (free of charge) at the boarding gate.

Ryanair's Kenny Jacobs said in a statement that the airline will be restricting non-priority customers to one small carry-on bag which he argues will speed up the boarding of flights and eliminate flight delays.

Kenny Jacobs added: "We have already introduced the first phase of the new bag policy which offers our customers lower bag fees for a 33 percent increase in their check-in bag allowance. This will lead to fewer customers with two carry-on bags at the boarding gates, which is causing flight delays."



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Portugal salaries remain below EU average

The average salaries of employees have increased in Portugal in the last decade, but remains below the European Union (EU) average, according to figures released by Portuguese statistics website Pordata.

According to the information collected by the website run by the Francisco Manuel dos Santos Foundation, the purchasing power stand-

ard (PPS) in Portugal in 2016 was 25,881 PPS, with the country in 18th in a ranking led by Luxembourg (with 54,547 PPS). In its Portrait of Portugal in Europe, published as part

of European Statistics Day, Pordata said the EU average last year was 35,754 PPS. In the last places on the list are Hungary, Romania and Bulgaria, the latter

with 16,044 PPS. PPS, the Purchasing Power Standard, is a fictional currency used to compare levels of welfare and spending across countries, nullifying differences in price levels.

In terms of the national minimum wage, in 2016 Portugal was ranked 11th on the list of EU countries, with 711 PPS, Luxembourg (with 1,615 PPS) in first place and Bulgaria (491 PPS) in last place.

In a separate study, Pordata also found Portugal has the third highest rate in the European Union (EU) of population employed with a temporary contract.

The number of employed people with temporary contracts increased between 2000 and 2016 and currently 22.3 percent of the population is hired on temporary contracts, compared to the EU average of 14.2 percent, according

to Pordata. Portugal is in third place, after Poland (27.5 percent) and Spain which has decreased its percentage of temporary workers in the last decade, researchers said. Portugal is ranked in 16th place among EU countries with the most part-time contracts with 11.9 percent of the total population employed on a part-time basis.

TPN/Lusa



Portuguese workers still earn below the EU average, with many only on a temporary contract. (Photo: LUSA)

Budget pledges 'could complicate' future deficit reduction

US-based credit rating agency Moody's has warned that the Portuguese government's draft state budget for 2018 "could complicate" future deficit reduction efforts, due to the spending commitments contained in it.

"For example, multi-year spending commitments alongside tax cuts will add rigidity to future budgets," says Moody's in its note on the budget, released on Friday. "Over the medium to long term, this may increase pressure on the government's balance sheet, especially if growth underperforms."

In its draft budget, the government includes measures that reduce the tax burden on those with lower incomes - with an increase in the number of brackets and an increase in the personal tax allowance. These will have an effect on state revenues in 2018 and 2019, when effective tax rates for individuals for 2018 will be calculated.

Moody's expects real growth in gross

domestic product to slow by more than the budget projection, so that its deficit forecasts will continue to exceed those by the authorities. It sees the deficit narrowing to 2 percent in 2018 from 1.8 percent this year, as opposed to the government's 1 percent target for next year, following a projected 1.4 percent this.

Still, the agency stresses that it expects strong growth this year to start reducing Portugal's mountain of state debt.

"We expect the general government debt burden to gradually decline, starting from 2017, and reach just above 124 percent of GDP by 2018, supported by the favourable growth outlook and savings on interest costs, albeit at a slower pace than outlined in the draft budget," it said.

The government is forecasting state indebtedness to be equivalent to 123.5 percent of gross domestic product in 2018, around one point lower than this year.

TPN/Lusa

BPI profits down 87 percent

BPI, Portugal's second-largest listed bank, has announced a net profit of €23 million in the first nine months of the year, a decline of 87 percent from the €183 million posted in the same period of 2016.

The net result is after the absorption of losses of €212 million from an accounting adjustment relating to Bando de Fomento Angola and €77 million in costs of the voluntary redundancy

programme that was implemented in June and July, BPI's chief executive officer, Pablo Forero, said at a news conference.

In terms of the balance sheet, BPI increased deposits by 2.1 percent to €20.141 billion. Total loans, by contrast, were little changed at €23.338 billion; loans to companies in Portugal increased, 5 percent, however, to €6.774 billion.

BPI expressed its condo-

lences to the families of victims of the recent forest fires and announced that a foundation set up by its controlling shareholder, Spain's CaixaBank, is to give €2 million to them, on top of the €1 million given to the victims of June's fires in Pedrógão Grande.

CaixaBank took control of BPI in February, paying €645 million to increase its stake to 84.5 percent from the previous 45 percent.

TPN/Lusa

Economic activity growing at fastest rate since January 2000

Economic activity in Portugal accelerated further in September, at a rate not seen since 2000, even as consumer spending slowed, according to coincident indicators released by the Bank of Portugal.

According to the central bank, economic activity "increased once more, continuing the upward trend observed since the fourth quarter of 2016". The relevant index in September was up 3.9 percent from the same month of last year, whereas in August it had been up 3.8 percent.

According to the bank's historical data series, September's year-on-year increase is the largest since January 2000.

The year-on-year rate of change in the coincident indicator for private consumption, meanwhile, slowed to 2.6 percent in September from 2.8 percent in August.

The bank's coincident indicators are composite indexes that seek to capture underlying trends in the year-on-year change in the relevant macroeconomic category.

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Count Dracula and the WHO

N GWYNNE DYER

It was a bit like appointing Count Dracula as the goodwill ambassador for the blood donor service. Truth is stranger than fiction, because fiction has to be plausible. Reality is under no such constraint, and regularly produces events that would never be credible in a novel. Like the decision last Thursday to appoint Zimbabwe's Robert Mugabe as the World Health Organisation's goodwill ambassador.



Zimbabwean President Robert Mugabe. (Photo: EPA/AARON UFUMEL)

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The newly elected head of the WHO, Tedros Adhanom Ghebreyesus, said he hoped that the Zimbabwean president would "influence his peers in the region" to devote more effort to health care, but Mugabe doesn't really have much by way of peers. Mugabe, in power since 1980, is effectively president-for-life, whereas all the neighbouring countries except Angola are more or less functional democracies. All of them, again except Angola, provide better healthcare to their citizens than Zimbabwe. Not good, but significantly better. In Zimbabwe, healthcare improved significantly in the first twenty years of Mugabe's rule, as did the economy in general. He built clinics, hospitals and schools, and Zimbabweans became one of the healthiest, best educated, and most prosperous populations in Africa. But then it all went wrong. After a referendum in 2000 rejected a new constitution designed to strengthen Mugabe's grip on power, he became increasingly paranoid and

authoritarian. The sole purpose of government became hanging on to power at any cost (to others), so favoured cronies in the ruling party and the military were allowed to loot the economy - which duly collapsed. By now, in fact, there is hardly any Zimbabwean economy left beyond subsistence agriculture. Unemployment has soared to 75 percent or higher, and the schools and hospitals have fallen apart. Adult life expectancy has plunged from 61 years to 45, and state-run hospitals and clinics frequently run out of even basic medicines like painkillers and antibiotics.

Mugabe has presided over this catastrophe for seventeen years now, insisting all the while that all is well. At the World Economic Forum on Africa in Durban last May, he claimed that "Zimbabwe is one of the most highly developed countries in Africa." He is planning to run for re-election as president next year at the age of 94, and nobody dares to defy him. He will win, of course, after the usual number of opposition activists has been beaten up, jailed or murdered - if he lasts that long, but he is beginning to show serious signs of wear. In fact, Mugabe has made three "medical visits" to Singapore for treatment this year. Why Singapore? The presidential spokesperson, George Charamba, says that it's a problem with Mugabe's eyes, which would helpfully explain away the fact that he frequently appears to fall asleep at public meetings. (He's just resting his eyes, really.) He needs a foreign specialist for that, but for everything else, Charamba claims, Mugabe goes to a Zimbabwean doctor - who is, he assures everybody, a "very, very, very black physician". There are very good Zimbabwean doctors, of course, but most of them, frustrated at the lack of medical supplies, have

long since left the country for greener pastures. And it does seem unlikely that it's an eye problem that has caused Mugabe to make three "medical visits" to Singapore this year. It's probably something more serious, and Mugabe just doesn't trust his own health service to deal with it.

How did the new head of WHO hit upon the idea of making this man, of all people, the organisation's "goodwill ambassador" for Africa? He and his advisers must have discussed it in various meetings for weeks before announcing it. Did nobody ever bother to point out that it would be a public relations disaster? "Special ambassadors" don't have to do very much, but their choice does shine a light on the judgement and integrity of those who choose them.

In the event, the public outcry about the choice of Mugabe was so instant and widespread that within three days his appointment was cancelled. Mugabe had been the head of the African union when the organisation endorsed Tedros as the sole African candidate for the WHO job, and no doubt Tedros felt some obligation to return the favour, but the organisation's financial support comes from elsewhere. So it's just politics as usual. The WHO's reputation will eventually recover, but healthcare in Zimbabwe won't as long as Mugabe is alive. And the world will continue to rotate in an easterly direction.



Gwynne Dyer is an independent journalist whose articles are published in 45 countries.

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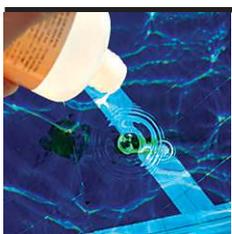
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TAVIRA – An ancient Moorish town in the East Algarve with lots to offer



Tavira is located approx. 36km from Faro airport and less than 30km from the Spanish border and is quiet, peaceful and very pretty with a rich history and unique character. The town extends along the banks of the Gilão River with beautiful 18th century mansions on both sides, linked by a Roman bridge.

The architecture reflects deep-rooted Moorish influences with charming public squares and an old historic part. Along the river sides you can see a lot of old and renovated houses, shops, and many restaurants. A walk through the 'old town' is highly recommended and a joy to visit: The historic buildings, famed churches, plazas and quaint, narrow cobbled streets are reminiscent

of Tuscany - just not so busy! In the evenings Tavira offers alfresco dining along the river banks on both sides and in the old town.

The town is also well known for the most white, sandy and clean beaches on the Ilha de Tavira, its islands and sandbanks which are easy to access by ferry, small boat, train or long delightful walks. These beaches and islands are protected within the Ria Formosa Natural Park. From Tavira you can take boat trips to other islands as well as towards the River Gardiana which is nature's border between Portugal and Spain.

Togofor-Homes Tavira team is available to show you properties in and around this beautiful town.

Complete pool and spa care from Pools4U

The team at Pools4U provide a quality service at the very highest level, offering support, advice and the best value pool and spa management.

Every pool is different, and keeping a pool or spa clean, cost effective and safe depends on a number of factors. At Pools4U the team are able to assess every pool and spa individually, taking into account who uses the pool, how often it is used, if chlorine is added or generated by salt and if the pool is used throughout the year or only at certain times.

By creating a bespoke maintenance schedule, owners can be sure that not only will their pool or spa be safe and clean to use but that it will also be most cost effective.

Pools4U specialises in leak detection, pool and pump house refurbishment, salt or UV System installation and maintenance, pool light replacement and regular pool maintenance - providing a complete service for all of your needs

The company offers a free 7 point check, using state of the art technology to make an assessment, with a full report then being created to show the condition of your pool or spa, giving owners the opportunity to then explore suitable management solutions to meet their needs and budget.



Not only do Pools4U pride themselves on their knowledge and professionalism, the team are also known for their exceptional customer service.

"It is always a relief when you find a company that is all of the following; knowledgeable, professional, reliable, friendly, helpful and competitively priced. I have found Pools4U to be all of those things and I can be confident when I recommend them to clients (and friends), that they will receive the same great service that I have." *Sam Hamilton, Property Manager at VilaParte.*

When should a child be brought to the dentist?

Sadly, often the first time a child is taken to the dentist is when they have pain. When they arrive, they are already traumatised by the pain and then are brought to see a stranger in a very strange room with even stranger and scary equipment. The chances of doing anything positive for the child, without turning them into a lifetime dental phobic, are very slim.

We, at Clinica Pacifico, have a policy of never forcing anyone - especially a child - into having treatment.

With a child, you have to get to know each other and the dentist must earn their trust. It is paramount that the child feels comfortable with whatever needs to be done and the child must feel in some control - we would never hold a child down, we would never treat a child without the parent or guardian being present - then we will usually have a cooperative and happy patient.

So, when should a child be brought to the dentist? We recommend the age of two and a half for a routine examination. By this time, the child will have all their deciduous (baby) teeth, and hopefully, no problems.

We try to make this first visit relaxing and fun. We show the child how the chair works and give a mirror to look at their mouth. We will often blow air at the teeth to get the child used to the array of scary things with pipes coming from them.

At this visit we show how they should brush their teeth and give diet advice - mainly avoid adding sugar to food or drinks, and the importance of avoiding prolonged sugar contact. Meaning, if a



child has sweets, it is better to eat them all in one go than to make them last all day.

Bacteria in the mouth produce acid with sugar. This acid lasts for about an hour after the sugary "food" is finished, whether it is just one sweet or a whole packet! Fizzy drinks should be avoided - they are already acidic, even if "sugar free" - the acidic effects soften the teeth and encourage decay.

Brushing the teeth for the following hour after sweet or acidic food and drinks, should be avoided, as the abrasive tooth paste will accelerate the wear of the teeth - this is becoming a serious problem with adolescents and young adults.

At Clinica Pacifico, a child exam is only €10 to be affordable for everyone to have their children's teeth checked.

Casa Têxteis - Bigger Stores, Better Quality, Choice and Value



Summer is over the nights are drawing in and it's time to get out the winter warmers!! Although we have much milder winters here in the Algarve they can be quite unpredictable and sometimes very cold, wet and also damp with the humidity, so we have a few suggestions to help keep out that cold and damp.

We have been sourcing duvets made with more natural products such as Feather, Down, Cotton, Bamboo, Silk and Wool.

Starting with our low cost 85% feather 15% down duvets in 10.5 and 13.5 tog with 100% cotton cambric cover or our very luxurious Hungarian 90% down, 10% feather with a 100% Cotton Jacquard cover available in both togs extremely light but very warm. All feather duvets are cassette constructed to stop the feathers moving around.

A firm favourite is our Bamboo duvet and although these are not totally Bamboo and have a hollow fibre filling and a 65% Bamboo 35% Cotton cover they feel so soft they are hard to resist and also have some cooling benefits.

New to us this year are Silk duvets, that are 100% Mulberry silk filled with 100% Cotton cambric cover. They are free from chemicals, colourants, are antibacterial and although lightweight are suitable for all year round use as they naturally regulate your body temperature.

Also new is our 100% Wool filled duvet with 100% Cotton cambric cover. This acts in a very similar way to the Silk duvet by regulating body temperature is naturally anti-allergenic and dust mite protected.

Various other pillows are available alongside our Natural Duck or Goose feather and down, Hungarian down, Milled feather (with quills removed) or our new Down surround which gives the luxury feel of a Down pillow at a fraction of the price.

Other winter items in stock are Flannellette sheets and duvet covers, Electric blankets, Faux fur throws and Hot water bottles, fully lined curtains and so much more.

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Hyundai builds its first performance model

The i30 N is the first performance model ever produced by Hyundai. It introduces the 'N' branding that's been on the South Korean car manufacturer's motorsport models for a few years now into the road car market.



It's entering the fiercely contested hot hatch segment currently dominated by the likes of the everyday-usable Volkswagen Golf GTI and Seat Leon Cupra, which it is priced to tackle head-on. There's an entry-level model as well as a Performance variant, which gets more power and extra kit - and, at €42,500, looks like a potential lower-cost alternative to so-called mega hatches such as the Honda Civic Type R. Based on the i30 hatchback, the N has all the practicality of the standard car. However, under the skin the changes are wholesale - in the words of Albert Biermann, head of Hyundai's performance division, they didn't just "put a big engine in and be done with it". The chassis has been strengthened to improve handling, there are aerodynamic devices on the exterior and beneath the car to improve downforce and cooling, and the gearbox has been overhauled to offer a snappier response. Talking us through all the changes took nearly two hours, so we'll spare you too much detail... In the top-spec Performance

model, the 2.0-litre turbocharged petrol engine makes a healthy 275hp and 353Nm of torque (which increases to 378Nm for up to eight seconds at full throttle). This puts it on a par with its rivals, but some way short of the €45,000-plus hot hatches for which 300hp has become the norm.

Fortunately, thanks in part to that overboost system, you're never left wanting for performance. Zero to 100kmh comes in 5.9 seconds and thanks to a launch control system that's totally achievable. Out on the road and, particularly in the N driving mode, throttle response is sharp, with the engine pulling from low in the rev range.

There are various drive modes controlled via a couple of switches on the wheel. Normal and eco feel rather pointless as sport is fine for most circumstances out on the road - the crumbling tarmac on our Italian test route highlighted a stiffly sprung car that quickly settled. However, flick the switch to N and the car comes alive - throttle response is immediate and the needle charges through the ta-

chometer at a ferocious pace. Pops and crackles from the exhaust add extra theatre here, too. There's also a 'custom' option that lets you fine-tune various aspects of the car's set-up, but with 1,944 possible combinations, it feels like unnecessary complication in a supposedly "approachable" car.

We also tested the car on track at Vallelunga near Rome and it felt in its element. The limited-slip differential put power through the

front wheels with little fuss, while hard braking brought out its playful side with a wiggle from the rear. Highly impressive stuff. Hyundai has spent a lot of research and development time on improving the aerodynamics of the i30 to give the N model more downforce. To our eyes, it treads a fine balance between giving the standard car a more purposeful appearance and going wild with spoilers and wings everywhere.

Where it could perhaps be considered left wanting is the image the badge portrays. This being Hyundai's first performance car, there's little cache in the N branding outside of hardcore motorsport fans - though if this first effort is anything to go by, that won't be true for long.

Hyundai has moved its game on dramatically through the latest iterations of its cars, meaning its interiors aren't far behind more established European rivals. However, it's not quite there yet, with some of the switchgear feeling old-school and the infotainment system - particularly the hopeless satellite navigation system - regularly frustrating. However, N-specific extras such as the steering wheel and sports seats are welcome additions, the latter offering excellent lateral support at the hips and shoulders

so you don't move about too much in hard cornering. Whether you go for the Performance or the €39,500 entry-level model, there's a decent level of standard equipment such as an eight-inch touchscreen, LED lights all round and adaptive cruise control.

The Performance model starts from €42,500 and gets even more kit - of particular interest is the electronically controlled limited-slip differential, which helps the engine put its power through the front wheels, 19-inch alloy wheels with sticky Pirelli P-Zero tyres, and leather and suede upholstery.

It's very easy to underestimate the i30 N.

Hyundai has totally transformed the character of the rather dull standard car to create a cracking, totally worthwhile entrant to the bloated hot hatch market.

The South Koreans clearly didn't want to just make up the numbers here and have instead created a fantastic car that's pitched beautifully between the fast-but-dull Volkswagen Golf GTI and the riotous, extrovert Honda Civic Type R.

All this, and it comes with a five-year, unlimited mileage warranty. As far as debuts go, the Hyundai i30 N has played a blinder.

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House plant propagation



Among the easiest ways to increase your stock is to divide plants. (Photo: Simon Wheeler/Kyle Books/PA Photo)

If you're short of house plants but don't want to fork out a fortune on new ones, BBC Gardeners' World presenter Alys Fowler says you can easily boost your stock through propagation. "Think of spider plants with all those hanging baby spiders just waiting to touch a bit of soil and send down roots. Other plants can easily be divided. Offsets, runners and suckers are another straightforward way of creating new plants." But among the easiest ways to increase your stock is to divide plants. Those which are suitable for this method include adiantum, aspidistra, calathea, maranta, chlorophytum and fittonia. You can't divide plants which have a single stem, such as climbers, or those which have leaves that arise from a single stem. "Dividing plants can offer them a new lease of life," says Alys. "If the older parts



Once you have separated the sections, repot them into new pots and compost.

are in the middle, for instance, division will allow the young, healthier growth room to grow." This is how you do it: **Split the plant** This is going to be messy if you do it inside! Spread out newspaper and have a sharp, clean knife to hand, along with clean plant pots which you want to transfer the divisions into, compost and a place to water the plants. Remove the plant from its pot and lay it on its side. Aim to split it into two or three at most, as each new division needs shoots and roots and smaller pieces will have more trouble establishing themselves. You may need to use a sharp knife to cut between the roots, although sometimes you can gently tease them apart. Aim to break as few roots as possible.

that each division has equal proportions of roots to leaves. If you have more leaves, transplantation shock is likely.

Timing is key

Divide evergreen plants in spring, to give them plenty of recovery time. Divide flowering plants after they have bloomed and you can see new leaves growing. *Plant Love by Alys Fowler is published by Kyle Books*

A recipe

Mary Berry - renowned as the Queen of British Baking - has whipped up a recipe for 'home happiness' in her new book, *Mary's Household Tips & Tricks - Your Guide To Happiness In The Home*.

"My focus may have been on cooking, but it's always centred on the home. In my books and TV programmes, I'm always keen on sharing tips to help people," says the cook. "Home should be a place where, if you have a family, they want to visit and can come in and instantly relax," Mary adds. "We're very lucky - my husband and I have been married 50 years and don't really argue - life's too short. Never let the sun go down on a row is our motto. "The one thing Paul and I really disagree about is how the house is decorated," she says. "For example, I've got tie backs on the curtains, but if I go away, he removes all the tie backs and puts them away in the

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for a happy home

cupboard. Similarly, he'll move cushions he dislikes out of sight. Then gradually I put them all back again. It's a farce really!

There are all sorts of easy tricks to making a space more practical.

Here are Mary's top tips:

1. Sort it out

"My house is tidy but definitely not immaculate! I like to keep on top of things though, so every so often I'll sort out the chaos in my wardrobe and clear out some clothes. I also clean out kitchen cupboards and drawers every six months - I empty them, use a clean cloth and hot soapy water to wash all surfaces, and dry thoroughly. I'd suggest lining pan drawers with ridged rubber matting (available from online catering companies)."

2. Iron candle wax off a carpet

If wax has got onto a wool carpet, place kitchen roll or grease proof paper on top of the affected area, then iron it. The wax will melt and stick to the paper. (Take care with synthetic carpets as they don't take well to heat!)

3. Clean your machines

To clean a dishwasher, run a wash with white vinegar. Use around 250ml placed in a container on the bottom rack - just run a normal cycle and it will be like a new machine. For the washing machine, run an empty cycle to clear the drum, and add a cut lemon to a short empty cycle, to keep the machine fresh.

To pep up your microwave, put a cut lemon in a bowl of water and microwave on full power for one minute - condensation will release stains around the sides and make it easy to wipe clean.

4. Use nuts to help fade furniture scratches

Break an oily nut - such as a walnut - in half, and rub the exposed area over scratches in the wood. The oil of the nut should help them to fade and appear less noticeable.

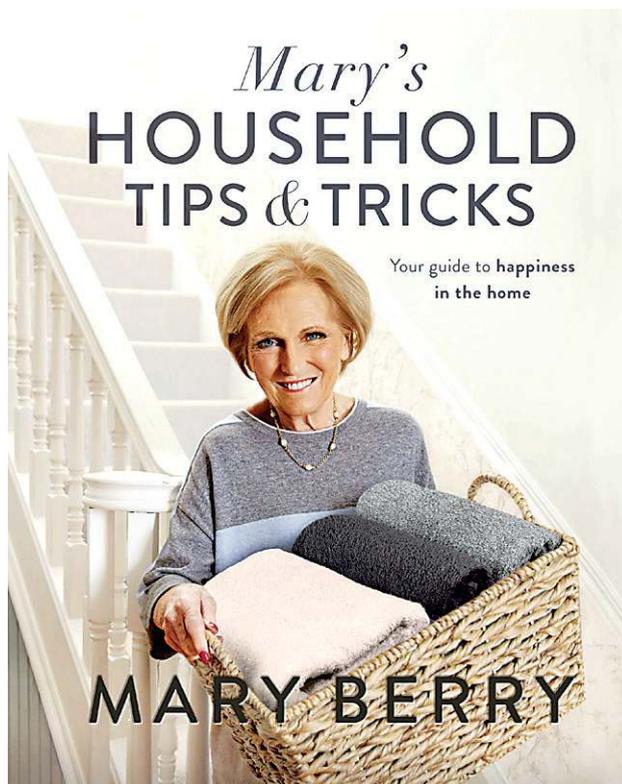
5. Steam clean your floors

"I use a steam mop to clean my tiled floors and I don't think it's too much to say that it's changed our lives. Steam mops are quick to heat up, can be used on any sealed floor surface, and the reusable micro fibre pad collects dirt with minimum effort," advises Mary.

6. Wear rubber gloves and get stuck in to properly clean a toilet

To remove hard water and limescale toilet stains, wear rubber gloves, flush the cistern and remove a mugful of water from the bowl - I use a tin mug - so you can see the rim of the limescale line clearly.

While the water level is low, pour or spray the loo cleaner around the limescale in the bowl. Make sure you get the product around the top and where water drips down the back of the bowl too. Leave for 30 minutes (or according to the product instructions), then rub with a fine scourer or brush. Pour the water in mug back into bowl, then brush and



Mary's Household Tips & Tricks, published by Michael Joseph, (Photo: : Georgia Glynn Smith/Michael Joseph/PA Photo)

flush the cistern again.

7. Use onions to rid paint smells

If you have newly-painted walls, counteract the smell by cutting two onions into quarters and leaving them cut up on a plate overnight.

8. Protect the floor when you're partying

Protect carpet if you're having a party by using rolls of polythene film, used by builders to protect flooring. Make sure you buy the appropriate film for the floor surface - the one for carpet shouldn't be used on hard flooring.

9. Keep flowers looking and smelling amazing

When putting cut flowers in a vase, remove any leaves

which come below the water, otherwise they'll make it turn green and smell. To clean irregularly shaped vases or containers, use a handful of rice and a good glug of white vinegar. Swirl around briskly, so the rice can clean corners, before rinsing and drying.

10. Clean windows the old-school way

"A half and half mixture of vinegar and water is a traditional window-cleaning solution and an alternative to chemical sprays. Alternatively, use a window/glass-cleaning spray and a micro fibre cloth, which won't leave bits of lint on the surface

Exciting news

Bennetts Bedrooms and Furniture have remodelled the showroom in Vale Paraíso, Albufeira and in addition to existing beds and mattresses,



we now have a large display of sofas, chairs and furniture. Our showroom in Almancil, also has a wide range of beds and sofas on display.

We stock and supply UK brands such as Hypnos, Mammoth, Serene, DFS, SCS, and Harveys, and a range from Comotex, offering mattresses with pocket springs, memory and latex foam, storage and sofa beds.

We also offer UK sized bedding, pillows and duvets, and the ever popular latex toppers with Fresche washable covers. Many items are held in stock for immediate delivery.

The Hypnos luxury bed range is accompanied by a 10-year guarantee and a Royal Warrant from HM Queen Elizabeth II. You can choose your comfort level and create your own bespoke bed with preferred

divan base, headboard style, fabric colour and even a choice of legs or feet.

They are hand made by master craftsmen from sustainable natural material, making them the most comfortable beds in the world!

The Mammoth range of Medical Grade Foam™ has been proven to improve sleep having been tested under the guidance of the world's leading sleep expert at the University of Northumbria's Centre for Sleep Research. Unlike memory foam which requires heat and time to mould to your shape, Medical Grade Foam™ does this immediately on contact.

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Giving CPR to pets



After 30 compressions, extend their neck, close the mouth and blow down their nose.

When a pet is injured an owner will want to try and do anything they possibly can to try and help them and in some cases CPR is required. According to the PDSA, they would always advise owners to take veterinary advice, or attend a veterinary-led first aid course, to learn how to deliver CPR in the safest way but if you

want to keep informed then you can read about the basics here. "Unfortunately, CPR usually isn't appropriate or successful for pets. Pets who have an underlying illness or disease are unlikely to recover, even if given CPR. However, CPR can save lives in some situations - for example, if a healthy pet's heart has stopped due to a specific cause, like electrocution,

drowning or choking," said a spokesman from the PDSA.

So what do you do if you think CPR is the only option to help your pet? The PDSA offer this advice:

Checking if your pet needs CPR:

- Try to stay calm.
- Quickly assess the airway and breathing.

Airway:

- Pull the tongue forward.
- Check there is nothing in the throat.
- If there is something blocking the airway, remove it.

Breathing:

- Look and listen. Are they breathing? Can you see the chest rising and falling or feel breath coming from the nostrils?
- If they're not breathing, immediately check for a heartbeat.

Circulation:

- Place your hand or ear over the chest, where the elbow meets the ribcage. Can you feel/hear a heartbeat?
- If you are sure there is no heartbeat, start CPR.

Performing CPR

- Place your pet on their right side on a firm, flat surface. Dogs with barrel-shaped chests need to be lying on their backs and CPR compressions are done at the midpoint of the chest.
- Compress the chest at 2 per second at the widest part of the chest. (Remember the song 'Staying Alive' - doing it to this beat is about right.)

For large dogs, use both hands interlocked.

For small dogs, use one hand.

For cats use one hand to compress the chest from both sides while they are lying on their side.

Each compression should depress the chest by a half to two thirds and the chest should be allowed to return to the normal position after each compression

Keep your arms straight and if you have someone with you, swap regularly as the process is very tiring.

After 30 compressions, extend their neck, close the mouth and blow down their nose. Give 2 breaths of 1 second, allowing 1 second for the chest to fall.

It is possible to create a seal with your mouth around small dog's noses, but for larger dogs you need to close the sides of the nostrils with your hand and blow down the nostrils from the front.

Check for a heartbeat

If the dog is still not breathing and there is no heartbeat, repeat the process - giving 30 compressions and 2 breaths - until veterinary help arrives or until the heartbeat and breathing return.

Even if your pet's heartbeat and breathing return, you should take your pet to the vet as an emergency.



PETS FOR ADOPTION

SIMBA was brought to the Shelter because he was not being looked after properly and has now been with us for 9 months. We are hoping to find a home that will give this gentle, loving, medium-sized and sterilised male a home he deserves. If you would like to meet him email: cadelacarlota.comp@gmail.com

Winter sun in Israel

Clear seas and sunny skies make Israel's Red Sea beach destination Eilat a perfect winter sun escape, says Georgina Stubbs.

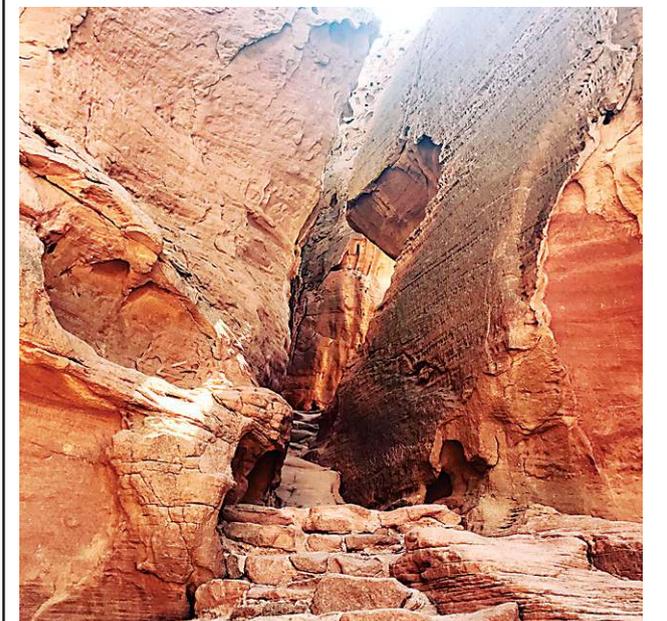
"I have never seen snow in my life, and if it snows here, I will leave," laughs our guide Naftaly Gal Or, who is skillfully driving an open-backed jeep through the dusty and mesmerising mountains surrounding the southern Israeli city of Eilat. When most of northern Europe is being lashed by wind, frozen rain and snow, temperatures here average 20C in January; and alongside just 30mm of annual rainfall and 360 sunny days a year, it is easy to see why sightings of the white stuff are rare.

Nestled on the coast of the Red Sea with its crystal clear waters - home to an abundance of colourful marine life such as lionfish, parrotfish, octopus and seahorses - Eilat has plenty of potential for adventure. Clinging to Naftaly's bounc-

ing jeep as he deliberately moves it up the inclines of the path ahead, singing the vaguely recognisable tune of "shake to the left, shake to the right", it is difficult to believe he is approaching 70.

The back wheels are kicking up dust from the rocky track as we meander our way through the harsh and barren landscape of Solomon Valley - close to the Egyptian border - headed for our second view point of the two-hour excursion. With the air invitingly warm as the sun is engulfed behind the jagged edges of the mountains, casting a soft light amongst the crevasses and highlighting the many differing hues of red, browns and grey, it is hard not to be captivated by the immense natural beauty of the area.

Founded in 1950, the re-



A walk way between King Solomon's columns in Timna Park. (Photo: PA Photo)

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sort and port town neighbours the Jordanian city of Aqaba, which, from the height of the mountains, becomes visible as a mass of street lights as darkness descends. But spectacular views are not all Eilat has to offer...

1. Take a dip with dolphins

One of the resort's more unique attractions is Dolphin Reef (dolphinreef.co.il), home to four bottlenose porpoises called Neo, Nana, Luna and Nikita, who live in their natural environment - a large netted part of the sea. Instead of forcing the marine mammals to perform tricks, at Dolphin Reef the animals are treated with respect and sensitivity. There's the option to dive or snorkel with the sea mammals for 30-minute sessions, and once im-

mersed in their underwater habitat I'm overcome with a sense of excitement and joy that I know I haven't felt since the Christmas Eves of my childhood. A dolphin glides beneath me with such grace it takes me completely by surprise as it carefully inspects this latest being to enter its world. I can't get enough of listening to their clicks and squeaks as they chatter between themselves. There is also a pebbled beach and a floating walkway where visitors can observe the animals, and three relaxation pools with the option of an unusual water-based treatment. I'm moved around one of the pools by a specialist, into positions designed to relax mind, body and spirit.

2. Make feathered friends

In autumn and spring the

skies above Eilat teem with birdlife as half a billion flamingoes, raptors, kingfishers and other winged creatures migrate across continents. In a typical March, more than 130 species can be seen in a day. Providing a safe haven, a team of researchers and conservationists maintain an oasis of freshwater and saltwater ponds and lakes at the International Birding and Research Centre in Eilat, close to the Jordanian border. The centre humanely catches and rings birds which pass through the area, to collect data for their work. Best of all, visitors can actively participate in the work. I gently undo a cloth bag to reveal a reed warbler ready for release, and am given careful instructions on how to hold its delicate body.



The Red Sea. (Photo: PA Photo)

Watching the warbler fly away, I feel awed by the tiny creature which journeys thousands of miles every year.

3. Explore the jungle

"There are only two seasons here - summer and hot summer," Yoram, one of the founders of the Eilat Botanical Garden, tells me as he guides us through the collection of plants and trees, which include the baobab, almond tree, the holy fig, and details how they keep them all alive. The pinnacle of the gardens is a rainforest, where a misting water feature activates every six minutes and provides the most refreshing reprieve from the blazing Israeli sun.

4. Immerse yourself in history

A mere 30km from Eilat is Timna Park, a 60,000sq km valley where copper ores were mined from as early as the 5th millennium BC. There are many mine shafts to climb into and discover, and geological formations such as the mushroom, a

natural stone formation which resembles the fungus, and the incredible King Solomon's Pillars - imposing red sandstone cliffs that look like they ripple through the landscape. The ruins of a temple dedicated to the Egyptian goddess Hathor can be seen at the base of Solomon's Pillars; the outline of the walls and several basins are still visible. Behind the Pillars, look out for a carved inscription by Pharaoh Ramses III making an offer to the goddess.

5. Sink to the lowest point on Earth

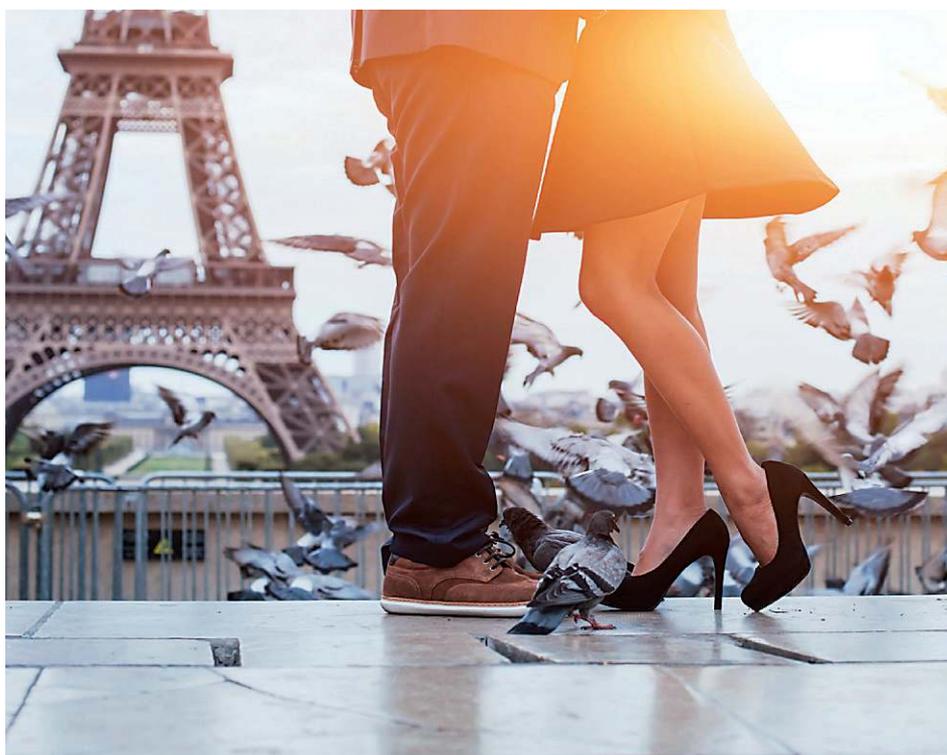
At 431m below sea level, the

ever-shrinking Dead Sea is the lowest dry-land point on Earth. It's a two and a half hour drive away, but worth the effort to visit. It is free to enter the public beach and there are full changing facilities available, but make sure you take waterproof reef shoes as the salt crystals that have formed on the water's edge can be a little rough under foot. With normal swimming strokes rendered impossible by the volume of salt, after spending just 15 minutes floating in the water your skin will feel incredible.

PA



The rainforest in the Botanical Gardens. (Photo: PA Photo)



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VINCI

Gennaro Contaldo shares his passion for cooking



Baby chicken in a cider vinegar sauce. (Photo: PA Photo/Pavilion/Kim Lightbody)

Jamie Oliver's 'London dad' has just republished his autobiographical cookbook, Gennaro's *Passione*. The bubbly 68-year-old is universally loved by all the chefs he trains at Jamie's Italian restaurants around the globe, and most of all by his protege, Jamie himself, who calls Gennaro his 'London dad'. The feeling is mutual.

It's this passion for cooking and good food that Gennaro extols in his cookbook *Passione* ("kind of my biography"), named after the restaurant he ran in London in the early-Noughties. First published in 2003 - "that book put me on the map" - it's now been lovingly updated with stories and photos from Gennaro's childhood growing up on Italy's

Amalfi Coast.

"I realised how beautiful it was when I left it. After two, maybe three years, I went back and when I reached my village [Minori], everything was ever so small and it was strange," says the chef, who first left home to find his fortune in England as a young man of 20. "I missed so much the sea, the smell of the herb. Sometimes, I used to have a day off and go back to the sea, maybe Southend. I always wanted to put my hands inside, I knew the sea would touch the shore of my hometown."

Try some of his favourite recipes in his new book or one of these to begin with...

Baby Chicken in a Cider Vinegar Sauce
(Serves 2-4)

2 baby chickens (poussins), boned (ask your butcher to do this)
6tbsp olive oil
Salt and freshly ground black pepper
For the filling:
2 garlic cloves, peeled
2tbsp capers
1tsp sea salt
2tsp extra virgin olive oil
Needles from 2 sprigs of fresh rosemary
A handful of chopped fresh parsley
Freshly ground black pepper

For the sauce:

2 garlic cloves, peeled
Needles from 2 sprigs of fresh rosemary
120ml white wine
120ml cider vinegar
1/2tbsp sugar
1tbsp capers
Scattering of fresh parsley, to serve (optional)

1. First make the filling by placing all the ingredients

in a mortar and pounding them with a pestle until you obtain a pulp.

2. Open up each baby chicken like a butterfly and place skin-side down on a chopping board. Spread the filling evenly over the flesh side, then fold the poussin back over and secure the opening with wooden toothpicks, weaving them in and out. Season all over with salt and pepper. Heat the olive oil in a large frying pan, add the chickens, then reduce the heat slightly and cook until golden brown on all sides. Cover the pan and cook gently for about 20 minutes, until the chickens are cooked through.

3. Meanwhile, make the sauce. Place the garlic and rosemary in a mortar and pound with a pestle. Add the wine, vinegar, sugar and capers, and mix well.
4. Turn up the heat under



King Prawns and Crab with Garlic and Chilli. (Photo: PA Photo/Pavilion/Kim Lightbody)



Broad Bean Spaghetti. (Photo: PA Photo/Pavilion/Kim Lightbody)

the chickens, add the sauce and simmer until reduced by half, stirring all the time. Arrange on a plate and pour over the sauce. Serve immediately, scattered with parsley, if wished.

King Prawns and Crab with Garlic and Chilli
(Serves 4)

2 large fresh crabs (ask your fishmonger to prepare for you and reserve the shells)
175ml extra virgin olive oil
12 fresh raw king prawns, shell on
4 garlic cloves, sliced lengthways
2 red chillies, sliced lengthways into strips
2 handfuls of fresh parsley leaves
250ml white wine
1 lemon, cut into quarters, to serve
Slices of bread, to serve
Salt

1. Heat the olive oil in a large frying pan, add the prawns and cook for one minute over a high heat. Turn them over and cook the other side for another minute.

2. Add the garlic, chillies and crab chunks, season with salt, then reduce the heat and cook for two minutes with the lid on.

3. Add the parsley, increase the heat and pour in the wine and any reserved juices from the crab. Bubble until evaporated, then serve immediately, with lemon quarters and lots of bread to mop up the juices.

Broad Bean Spaghetti
(Serves 4)

300g fresh broad beans (shelled weight)
300g cherry tomatoes, quartered and deseeded
100ml extra virgin olive oil,

plus a little extra to serve
2 garlic cloves, finely chopped
20 fresh basil leaves, plus a few extra to garnish
1/2 red chilli, finely chopped (optional)
300g spaghetti
100g mild goat's cheese, diced
salt and freshly ground black pepper

1. Blanch the broad beans in a large saucepan of lightly salted boiling water for one minute, drain, rinse in cold water and drain again. Slip the skins off the broad beans and set aside.
2. Put the tomatoes, olive oil, garlic, basil, chilli (if using) and some salt and pepper in a large bowl and mix well. Then stir in the broad beans and leave to marinate while you cook the pasta.
3. Bring a large pan of lightly salted water to the boil and cook the spaghetti until al dente. Drain and add to the tomato and broad bean mixture, together with the goat's cheese. Mix well and serve immediately, sprinkling some freshly ground black pepper, a drizzle of olive oil and a few basil leaves on top of each portion.

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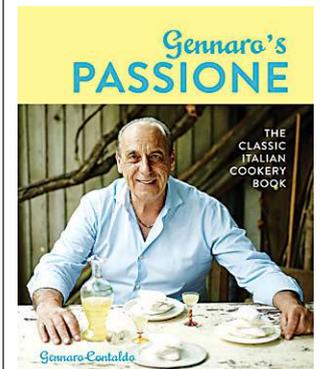
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Gennaro's Passione: The Classic Italian Cookery Book by Gennaro Contaldo is available now.

Theft of Charity Donations

SIR, I would like to dedicate this letter to the man and woman who thought that it was their right to rummage through and steal clothing left outside my shop on the evening of Monday 23 October.

The goods in question had been left by a well-wisher to be donated to the victims of the fires up north.

You obviously had a good look as you took several brand new blankets still in their plastic wrapping and left an older blanket. There were several good quality men's coats also taken.

You obviously didn't want the leather jacket or black wool coat as these were left behind. A very good haul in anyone's eyes.

I hope that the taking of these clothes gives you pleasure and that you needed them more than the people who have had their lives devastated, lost their homes and everything in them to the fires.

I find it hard to understand how anyone can stoop so low but your need was obviously paramount.

Anyway, so that this cannot happen again I have put notices on the window and door of the shop asking people not to leave goods on the doorstep if the shop is closed.

My faith in human nature was lifted over the weekend but your actions have caused it to crash to the ground.

LESLEY FRASER
Bookworms, Albufeira.

Brexile or Brexit

SIR, It is rather ironic that She who, a year ago, would be an Iron Lady Mark 2 is now reduced to ironing the creases from the shirts of her cabinet colleagues who have miscalculated the odds at the betting shop next door to the nº 10 laundry.

The whole process of the intended Brexit is in disarray and the remaining twenty-seven members have made it abundantly clear that no concessions will be made to the demands of the staunchest brexiteers. The best that they can offer is the prospect of Brexile with an eventual return of the prodigal nation dependent on it meeting all of its obligations and debts by March 2019.

Boris, the ingenuous chancellor-in-waiting, has

evolved an audacious contingency Plan D whereby he will announce next year that nothing of the required exit fee can be paid to the EU simply because the Bank of England and sterling are both to be abolished. They will be replaced by a Bank of Britannia with a presence only on the internet and a cyber currency to be known as the Britcoin.

This innovation will cause the flight to their countries of all the EU highly skilled workers now in Britain and the probable emigration of most of the educated Britons below the age of 35. The result will be a glut of housing and commercial property with market prices at levels of the 80s and the consequent toxicity of assets held by the banksters and hedgehog fund managers in the off-shore tax havens. Ye Old Tymes will return as yearned for by the

Brexiteers who will be able to don the attire of good country folk and make a fortune, in Britcoins, by posing for selfies with the tourists who will flock to this empirical reality show of Empire Lost.
Hurrah for Brexit.
ROBERT KNIGHT, Tomar

Reply to Kevin Williams

SIR, I must take issue with last paragraph of this letter in which he states that, "Alvor is losing its village feel and will become another Albufeira or worse." What condescending guff, even though he magnanimously infers that there is a possibility of there being a worse place on earth.

I have extensive knowledge of living in Albufeira and I can assure him that it is a very pleasant place in which to live. I have excellent neighbours who are of both Portuguese and British origin, all of whom are friendly, courteous and only too willing to be of assistance whilst keeping themselves to themselves.

Socially, I have friends from all walks of life and everyone, whether extremely wealthy or, like me, comfortably situated financially, meet and greet each other on excellent terms.

Local services are good and, locally, the indigent population will go out of their way to help you if you have a problem. I close my doors at night and the silence is deafening, I couldn't ask for a more happy and peaceful existence.

I have been to Alvor many times and wouldn't dream of making disparaging remarks about it, even though I wouldn't choose to live there, each to his own. I am glad that Mr. Williams lives in Alvor and I live in Albufeira because, he comes across as an opinionated snob of the species that I have devoted a lifetime avoiding.
PHILIP G NIXON, Albufeira

Speak Portuguese

SIR. I think it's very good to learn portuguese if you live here full or part-time but if you are a tourist the native portuguese cannot demand temporary people to speak their language. Without the sunny weather no expats want to live here permanently and Portugals economy will go down to a third world economy!
STEN BLAD, Loulé

Forest Fires

SIR, I feel great sympathy for Odvaar Myklebust and the hundreds who suffered in Pedrógão, but I am afraid that the answer to his question "How come that I have never heard about a single person being arrested for arson?" must be "Because you haven't learned the language and integrated." The frequent arrests (and last week it was announced that there had been one hundred and fifty three) have been a fre-

quent talking point amongst the people that I know and the national press has reported very many cases.

There is no doubt that the situation is bad but not as bad as you say. Perhaps the Editor could arrange an article about some of the condemned ?
JIM G, Faro

Incompetence and greed

SIR, Thanks to Ryanair's bungling ineptitude relating to their pilot's leave, thousands of their flights were cancelled and as Europe's largest "Budget" airline this has wiped out thousands of reasonably priced available flights. Now due to the critical shortage of available seats, Ryanair and Easyjet are charging exorbitant prices (300 - 500 euros) to the UK. Surely there must be a regulator to stop these monstrous charges which were caused totally by Ryanair's own gross business mis-management. Easyjet upping all their prices to new heights displays immense greed and no thoughts for their poorer customers who cannot

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Send your letters, which must include your name and full postal address and should preferably be under 300 words, to:
The Portugal News, Apartado 13, 8401-901 Lagoa. Email: letters@theportugalnews.com

afford to fly at these prices. My wife and I are pensioners and have a family funeral to attend in Scotland and any other means of transport would be far too tiring and also equally expensive. This is not a matter of "business" and "Market Forces" and the whole issue of blame and excessive charging by these two Airlines should be investigated and an Official Report ordered. Furthermore as most visitors arrive through Faro Airport It certainly will not encourage more Tourists which The Portuguese economy is now heavily relying upon.
RGH, Loulé

Re: Ryanair delays new baggage policy

SIR, Ryanair prices are cheaper, let's face it that's why we all use them. If it's so important to sit next to your partner just pay for the seats! The flights are cheap enough to compensate! I fly with Ryanair 6/7 times a year and have never had a problem, I obey the rules just like thousands of others, turn up early, don't overstuf my bags, enjoy the fact I can take a small handbag....not like easy jet!
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'March for Marley' raises €2,000



Over 100 people turned out last week to take part in a fund-raising walk for a young boy from the Portimão area, Algarve, in need of specialist equipment for extensive disabilities.

€2,000 was raised through the 'March for Marley', organised by the Aljezur International School and held last Friday, 20 October, in Bensafrim.

Marley Inácio, who turned six this month, was born with

various medical problems including muscular dystrophy and a congenital bone condition. He has a global delay which affects many things in his body such as his speech, hearing and understanding.

Due to his cognitive ability, Marley is not able to drive his current large wheelchair by himself, which limits him in many ways – he isn't able to play with his friends or be at all independent.

A fully-mechanised wheelchair, tailored to Marley's needs costs €8,000.

His mother, Kate, said: "March for Marley" went incredibly well. I would like to thank everyone who came along to the walk. It was a perfect day for walking and well over 100 people turned up. I was completely overwhelmed by the support I received and continues to be flooding in."

Kate is now in the process of making the family-home more disabled friendly so it is safe for Marley and enable him to have a bath etc.

The family is also now one step closer to their ultimate goal of raising enough to purchase the electric wheelchair. "Most importantly we are raising awareness for disability in the Algarve which is something I have so much passion for and the more awareness made of the difficulties families face here the better", Kate says.

So far €2,000 has been raised through the sponsored walk and more is still coming in.

A silent auction is being held this Saturday afternoon, 28 October, in the rooms of the International Christian Fellowship on Av. 25 Abril in Portimão (phone Patricia 912 442 164).

For more or to make a donation, see: <https://www.justgiving.com/crowdfunding/marleyswheels>

Walk in the Park for Martin and Alison



Last month's Atlantic society day played at an immaculate Quinta de Lago South course proved one for the record books.

Playing a two ball betterball format Alison and Martin "Winky" Walkden managed an incredible 49 stableford points.

Second place went to Rob and Paul Thorne with 44 points and third with 43 points were Dave and Marie Harpur.

Nearest the pin winners were

Kevin Cummings and Dave Hyland.

Many thanks to our generous sponsors Burrowhead Holiday Village who provided the Chicken and chips at the Atlantic bar.

The next society day will take place on 1 November at Onyria Palmares at 10.30am.

For further details about the Atlantic golf society visit: www.andygolf.co.uk or contact Andy Willimott on 913922707.

Conference - On-line Fraud affecting the Global Tourism Industry

The Conference will be held on Thursday 9 November at Escola de Hotelaria e Turismo do Algarve, in Faro. The conference will run from 9.30am until 5.45pm.

Fraud affecting the tourism industry is one of the fastest-growing crimes, involving villa-rental fraud, air-ticket fraud, fake food poison scams as well as others. Losses to potential holidaymakers are considerable and are increasing, and the industry, including travel agents, hoteliers, villa letting companies and individuals who let properties all suffer as a result.

Tourism is increasing globally and Portugal is the choice for many, particularly from northern Europe. It is likely that fraudsters will take advantage of this trend, resulting in a further increase in this activity.

Safe Communities Portugal, Regional Tourism Algarve and the Judicial Police Officers Association have therefore planned this unique conference as a pro-active initiative to address these issues. The event will be officiated by the Secretary of State for

Tourism, Dra. Ana Mendes Godinho.

This seminar will explore the threats to tourism posed and what steps are being taken in Portugal to identify the risks and reduce the effects. It will provide an opportunity for attendees to gain a greater insight into the problems resulting from such fraud, including the experiences of the local letting and management agents, who deal with victims.

The aim of the conference is to identify best practices, which can help the industry in creating awareness, enhance preparedness and thus put in place appropriate measures, to reduce these frauds in the future. This will benefit the local tourism industry here in Portugal and attendance will provide an opportunity to gain further information concerning this subject and what steps can be taken locally and internationally.

The seminar will aim at improving standards in the construction, design and management of websites and social media in the advertising of holiday accommodation and re-

lated services, to make them more resilient to fraud.

The conference will bring together around 12 presenters, who are experts from: the national cyber security centre Lisbon, police, a UK based international fraud expert, consumer organization, hotel, travel and property letting associations, and travel industries. There will be plenty of opportunity for the participants to ask questions.

Property letting companies, tour operators, property management companies and property owners who let properties are encouraged to attend the conference, which will be the first international conference of its kind to be held in Portugal – possibly Europe. The conference is sponsored by TUI and Escola de Hotelaria e Turismo do Algarve

This is a full day conference and entry is free. The event is in English and Portuguese. Registration is required by contacting planeamento@turismoalgarve.pt no later than 6 November.

Bowls Algarve: Building the End

The wise bowler will develop a tactical approach to their play. They will aim to be on the offensive and will play a defensive shot only when forced into it. The first bowl should find the jack – it should finish either immediately in front or immediately behind the jack, and not more than fifteen centimetres away. In such a position the jack and the bowls offer guards to each other.

A bowl which finishes resting by the side of the jack, even though touching it, merely serves to give the opposing team a larger target for them to aim at. The positioning of later bowls will depend upon progress of play. If this first bowl has been placed in front of the jack, then the second bowl should be placed in strategic positions – it is obvious that against such a start your oppo-

nent will attempt a trail. Place some of your bowls so that a trail shot is impossible and, as a safeguard, place the remainder of your bowls so that should your opponent achieve the impossible, trailing shot, they will drive the jack on to your bowls.

This is where the roles of guiding and giving information are vital. The Skip at the head end can see how the head (end) is developing, and will ask for bowls to be placed in particular places, which sometimes are not obvious to the player at the mat end. Then when the Skips go to play their bowls, the Second, (or the Third in rinks play) need a quick word with their Skip, to ensure both are working on building the end in the same manner, and determine what the Skip is going to attempt to do.

Miriam Hare

Let's Walk in the Algarve

Tuesday 31 October – Let's Walk through Orange Groves:

A 2.5 hour very easy walk through the orange groves and small hamlets near Silves - great fun! 10.30am start. Meet at the Snack Bar Oasis close to Alcantarilha Gare. Alcantarilha Gare is on the road between Silves and Algoz and when you arrive you turn to cross the railway line direction Fonte Louseiros. Follow the road uphill and then 250m on your left you will see the snack bar (just after Algarve Removals). Julie 965 753 033

Tuesday 7 November – Let's Walk from Vale de Telheiro:

Another beautiful walk on the

limestone Barrocal, just over 2 hours and fairly easy. 10.30am start. Meet at the café with no name. Drive to Loulé and follow signs for Salir using the ring road. At the roundabout for Boli-queime, take the Boli-queime exit and then the road immediately right (sign for Vale da Telheiro). Drive for 3km on this road, café on left (Delta coffee sign). Chris 913 011 537

Friday 10 November – Let's Walk beyond Salir: Details next issue.

There is no need to book please just come along wearing shoes suitable for country walking and please bring a sense of humour! There is a nominal charge of €5 per person.

Algarve Activity Bike Rides

Here are the details of this week's rides:

Saturday 28 October - Bike Ride starting in Paderne:

We meet in the car park at the bottom of the hill at 9.15am ready for a 9.30am start. This will be a fairly challenging ride with a café stop somewhere along the way.

Sunday 29 October - Bike Ride starting in Vilamoura:

We meet in the car park by the Lake resort at 9.15am ready for a 9.30am start. This will be a regular Sunday ride with a café stop somewhere along the way.

If you would like to come along to one of these rides, please confirm either by text, email or on Facebook via the Activity Algarve Bike Rides page. If a ride has to be cancelled for any reason, such as bad weather, notification will be via text. We reserve the right to cancel any ride if less than 5 people are signed up. Price for participation is €5 per rider per ride. For more information please contact Paul Beesley on tel: 913226954, email: paul@algarvebikeholidays.com, see website: www.algarvebikeholidays.com, or Facebook: AlgarveBikeHolidays.

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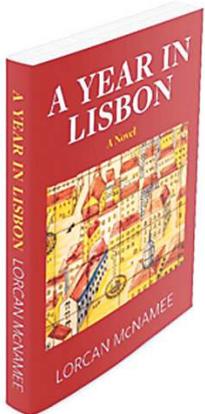
Algarve History Association Talk

On Friday 3 November at 11 am at the Clube de Tavira, Peter Kingdon Booker will be giving a talk about Balsa. He will answer such questions as: Was Tavira a Roman town? Or is it even older? Why is the old bridge called The Roman Bridge? Is it really that old? Peter addresses the history of this ancient town, and uncovers the surprising moves made by the town itself and he exposes the history of The Roman Bridge. Why was the Roman Empire interested in this part

of Iberia? He also examines the town of Balsa, and seeks to put it in its proper place in the context of Roman Iberia, discussing the local languages, the politics and the economics of Hispania Lusitania. Talks are free of charge but we welcome donations to help us in the management of the Algarve History Association.

If you would like to be on our mailing list or would like further information contact: lynne.algarvehistory@gmail.com

Lorcan McNamee talks about latest novel in Lisbon



Irish writer Lorcan McNamee is in Lisbon this week to hold talks about his new novel set in Lisbon; A Year in Lisbon.

The book takes a honest look at the life of an ex-pat in the Portuguese capital, and offers a wry, humorous perspective on the world of English language teaching.

The author will be holding talks at the Fabula Urbis Bookshop (just behind the Sé (Lisbon Cathedral), on Sunday 29 October at 6.30pm, and also at Universidade Nova, on Tuesday, 31 October, also at 6.30pm.

All welcome, events free.
www.ayearinlisbon.com
www.facebook.com/ayearinlisbon/

Kindertransport: What a load of old junk!

The charity shops of the Algarve may be wondering why, all of a sudden, there has been an increase in sales this autumn. It could have something to do with The Algarveans' latest production which takes place at Lagoa Auditorium from November 23 – 25, starting each night at 7.45pm.

Chris Winstanley, the show's director, wants to have many artefacts from the past such as old luggage, shoes, books, furniture, toys and packing cases on stage and this has resulted in members of the group spending time searching and rummaging in the charity shops of the Algarve.

Lynda Marshall, who is leading the set building team, said, "I have started to feel a bit like a bag lady as when I am driving along the EN125 and see by the bins an old bit of dumped furniture I start wondering how I could use it on the set".

The play tells the fascinating, and at times touching story of the evacuation of Jewish children, by train, to England between *Kristallnacht* and the declaration of WWII. The children travelled alone, almost 10,000 of them in all, and were taken in by British families. Most of the evacuees never saw their parents again as the majority perished in Nazi concentration camps.

The play begins in Hamburg in 1938 where Helga is spending the final hours with her daughter, Eva, before the latter boards the train to England. Helga makes Eva sew a button onto her coat, as the mother knows she will no longer be able to perform such tasks for her. The fear and anxiety of the young girl, on her lonely journey, exacerbated by the story she is reading about the rat-catcher who steals



Lynda Marshall with Bridget Ferguson, Jutta Blin – part of the set designers and builders.

children from their parents, is vividly caught in the play. When she arrives in England Eva lands on her feet, with a good-natured adoptive mother in Manchester.

Over the years Eva becomes completely anglicised, which involved also changing her name to Evelyn. The action also leaps forwards more than 40 years to the 1980s, as Evelyn's own daughter, now a young adult, prepares to leave home for the first time and discovers the truth about her mother's past.

And that is where we will stop as it would be unfair to give too much away, as the play yields its secrets with great skill and delivers emotional jolts to the very end.

Kindertransport will be performed at Lagoa Auditorium starting at 7.45pm on November 23 to 25. Tickets are priced at €12 and are already available by email at algarveansboxoffice@gmail.com or by calling any of the following numbers: 913 723 611 / 282 496 635 / 966 211 634.

Christmas Shoebox Appeal

The new Portimão Overseas Supermarket store, known as Iceland to most of us, has enjoyed great success since opening its doors in June. The staff are always hearing from locals how wonderful it is to have a more local store and are slowly learning not to hoard when they come shopping as they can always come back in a couple of days! English and Portuguese alike find it hard to resist the treats offered and with the café enticing us in with wafting aromas of sausage rolls, it has become an integral part of the community. With this in mind, they have decided to give something back to this community.

So they have started a shoebox campaign. Many of you will be familiar with the concept: Various organisations over the years have collected shoeboxes full of small gifts for children in underdeveloped countries for Samari-

tan's Purse. But Overseas Portimão have taken it to the next level, collaborating with various local children's homes and charities to get a Christmas box full of goodies to the disadvantaged children of the Algarve. Between 20/10/17 and 31/11/17, they are giving out shoebox kits to help you put together your gift box. Deliver your full box back to the store before 10/12/17 and they will do the rest! If you don't have a shoebox, you can ask Guimarães on the Portimão retail park, or Seaside over at Aqua. They are saving them ready for you!

How does it work?

Simply wrap an empty shoebox in Christmas wrapping paper, pick an age and gender and cut out and pop in the page in the leaflet provided at the store. Once you have filled your box, bring it back to the store.

Who will receive it?

These homes and social aid societies are all local and they would like to make a special Christmas day for as many children as possible. Ages range from pre-school to teenager, both boys and girls.

What should I put in?

Great gift ideas include:
Small soft toys, dolls, puppets, toy cars, lego, a ball, card

games, skipping rope. Play-Doh, paints, pencils, crayons, colouring book, stamps.

Brush, comb, soap, toothbrush, sponge, hairbands, clips. Mittens, hat, sunglasses, necklace, nail polish, socks, cap.

Mini board games, school stationery, craft kits, dress up items, musical instrument, torch.

Please make sure your gifts are age and gender appropriate!



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What you need to know about varicose veins

Although rarely serious, varicose veins can be distressing and feel very uncomfortable.



Photo: PA Photo

And as one in three people develop the unsightly blue or purple bulging veins in their legs, it's worth knowing what causes them and how to treat them.

Here are 6 things you need to know about varicose veins...

1. What causes varicose veins?

The problem veins can occur at any age, even adolescence, when valves in the leg or pelvic veins don't work properly. After reaching the foot, blood needs to travel back up the legs to the heart, and the valves are designed to open and close one way to let the blood flow, and to stop it going backwards. But if the tiny valves are weakened or damaged, blood pools in the veins, causing them to stretch and bulge

- sometimes visibly through the skin as a varicose vein. The veins look blue because they contain deoxygenated blood on its way back to the lungs to be reoxygenated. While 15-20% of adults have varicose veins which bulge from the leg when standing, another 15-20% have hidden varicose veins with inflammation at the ankle, caused by blood falling down the main leg veins.

2. Who gets them?

The reason the valves in veins are weakened or damaged isn't fully understood, but while there may be no obvious reason for having varicose veins, there are some known risks, including...

Being female: Women are more likely to get varicose veins than men, possibly because

female hormones can relax the vein walls, making the valves more likely to leak.

Genes: If you've got a close family member with varicose veins, you're more likely to have them yourself.

"The most important thing in getting varicose veins is who your parents are," says Professor Mark Whiteley, a consultant vascular surgeon from The Whiteley Clinic in London. "Genetics play a major role."

Pregnancy: Pregnancy increases the amount of blood in the body, but decreases its flow from the legs to the pelvis, so extra strain is put on the leg veins. There are also more hormones circulating, which relaxes the vein walls, and the growing womb puts pressure on pelvic veins which can become varicose.

Being overweight: This puts more pressure on the veins. **Getting older:** Veins start to lose elasticity as you get older, and their valves get weaker too, making them more prone to leakage. **Standing for long periods:** Being on your feet for a long time regularly, for example at work, increases the risk of developing varicose veins, or can make existing veins worse. This is because the veins have to work harder to combat gravity and get blood to flow up your legs.

Sitting for long periods: This leads to poor circulation in your legs, raising the risk of varicose veins.

3. Do you need treatment?

Varicose veins only used to be treated if they were really causing problems, but it is suggested that all patients with varicose veins - who are experiencing symptoms (typically pain, aching, swelling, heaviness and itching) or visual signs (skin changes such as pigmentation or eczema, the appearance of hard, painful veins, or a venous leg ulcer) - should be referred to a vascular service for a venous ultrasound, to establish which veins are causing the problem and to be offered a full range of treatments.

4. What are the treatment options?

There might be a few treatment options, outlined here...

Thermal ablation: This uses heat from either a laser or radiofrequency to seal the vein from within.

Foam sclerotherapy: A special foam closes veins unsuitable for thermal ablation.

Stripping: This means veins are surgically removed. The third treatment option, this should only be offered if the patient is unsuitable for the other treatments, or if

they aren't available. Professor Whiteley says: "All these treatments can be performed under local anaesthetic with no sedation, allowing patients to walk in and walk out, and reducing the risks."

There are also newer, non-thermal techniques that need fewer injections. These include glue, where veins are simply sealed with a special glue, and mechanochemical ablation (MOCA, also called Clarivein).

5. Can varicose veins come back after treatment?

Studies suggest 20% of women with varicose veins have problem veins coming from their pelvis, not their legs - and they often remain untreated and are a major cause of varicose veins recurring after treatment.

Failure to treat the tiny veins connecting the deep veins in the muscles to veins just under the skin can also lead to recurrent varicose veins, and when veins are stripped out, they can grow back again during the healing process. The new veins don't have valves, so they automatically lead to new varicose veins.

6. Can varicose veins go away without treatment?

Regular exercise, wearing compression stockings and elevating the legs can all help reduce symptoms, but won't get rid of varicose veins.

"There's no way stockings, tablets, creams, diet, exercise, time or anything else apart from treatment can correct veins in which the valves have failed and the venous blood has started falling the wrong way," stresses Professor Whiteley. "With time, the veins stretch more, more inflammation is caused and the condition worsens." TPN/PA

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Keep heart burn at bay

Acid indigestion's usually thought of as a festive health hazard, with all the rich grub, boozy parties and dashing around the season brings.

But heartburn, as it's also known, can strike at any time - and some of the potential triggers might come as a surprise. Caused by stomach acid rising up the oesophagus (food pipe), resulting in a nasty burning sensation, many people suffer frequent bouts of heartburn, with symptoms striking twice a week or more. While it can be deeply unpleasant, it's not usually a sign of anything serious - although it's important to see your family doctor if it doesn't clear up, gets worse, or if you're also experiencing other worrying symptoms at the same time, such as vomiting or trouble

swallowing. The good news is, heartburn can be managed by avoiding certain things, and being prepared with appropriate medication if necessary. Here are five summer triggers to be aware of...

1. Barbecues

Everyone loves a good barbecue but according to a survey by Nexium Control, almost a quarter (22%) of frequent heartburn sufferers say barbecues bring on symptoms - and it's not just the greasy meat that's to blame. "Summer can increase the misery for frequent [heartburn] sufferers, due to changes in our eating habits. The average barbecue

combination of fatty meats and salad can be the perfect trigger," says GP Dr Sarah Jarvis - not to mention the fact we often eat more, and more quickly (then wash it all down with wine or beer).

2. Sleeping in tents

Got a camping trip planned, or a summer festival? If you're prone to heartburn, don't forget to pack enough pillows - as sleeping completely flat on the ground could make acid reflux worse. "Propping your head and upper chest up while you're sleeping can decrease the pain of acid reflux, as it stops the stomach acid from rising to your chest," says Dr Jarvis.



Caused by stomach acid rising up the oesophagus (food pipe), resulting in a nasty burning sensation, many people suffer frequent bouts of heartburn.

3. Crunches and sit-ups

Apparently, people generally workout more in summer. Be careful if you're embarking on an exercise plan with lots of sit-ups though, as these may contribute to heartburn.

"Certain abdominal exercises, like stomach crunches, can push acid out of the stomach, causing heartburn," notes Dr Jarvis.

Of course, nobody's saying ditch the fitness regime - but if you do experience heartburn, it might be a good idea to change up your routine, and Dr Jarvis advises: "It's best to wait at least two hours after a meal before exercising."

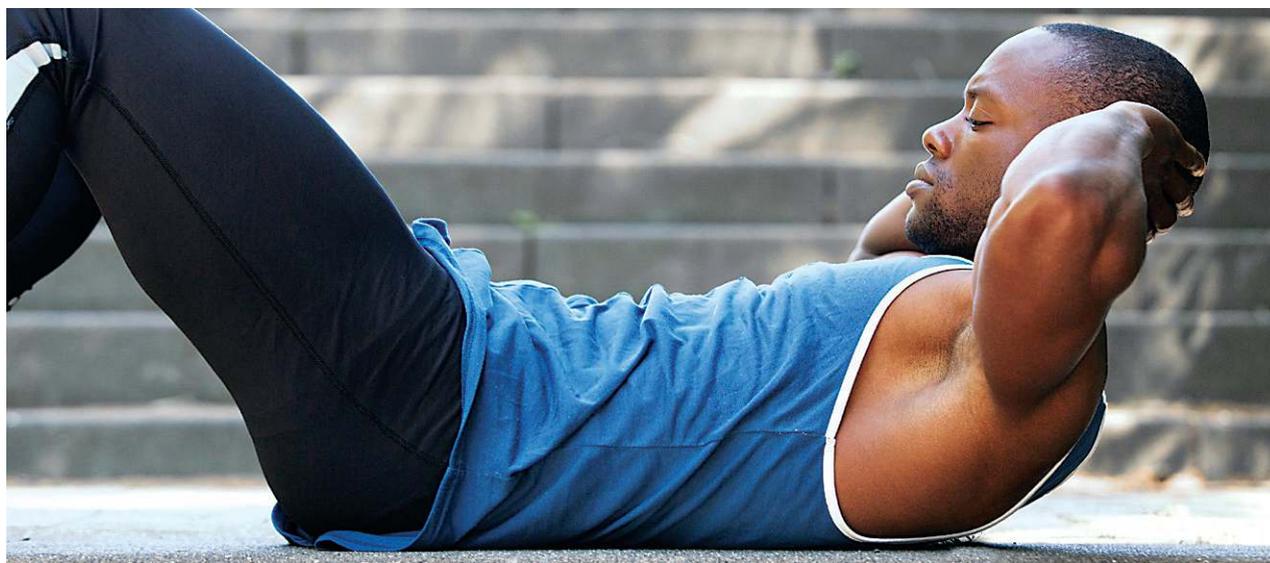
4. Foreign food

Sampling the local cuisine is one of the great joys of travel. But for somebody prone to heartburn, changing your diet and introducing foods you're not familiar with can be a minefield. Nexium Control found more than a third (35%) of frequent heartburn sufferers say holidays are a common cause of flare-ups. Being prepared by packing appropriate medication, perhaps doing a

little research about restaurants and avoiding alcohol can all help. Plus, feeling in control will help ease any anxiety around the symptoms - as that usually makes the problem worse.

5. Flying

Aeroplanes can be bothersome for digestion in general, and it's not uncommon to experience bouts of heartburn during flights. Apart from avoiding foods you know are problematic, you can't really trick your stomach into thinking it's not in the sky, so Dr Jarvis suggests: "If you regularly find yourself experiencing symptoms when flying, it's best to plan ahead and pack suitable medication to avoid symptoms. Ask your pharmacist about options which prevent symptoms, as opposed to treating them, which may benefit the jet-setting heartburn sufferer. TPN/PA



Certain abdominal exercises, like stomach crunches, can push acid out of the stomach, causing heartburn. (Photos: PA Photo)



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Massages around the world



Hot stones are used in a Balinese massage for deeper relaxation. (Photos: PA Photo)

A massage is essentially the practice of putting pressure on the body to relax and reinvigorate your muscles, and techniques can vary hugely between countries. Here are what massages entail in some of the countries they are most popular in, just so you're fully clued

up next time you go abroad in need of a little relaxation.

China: There are so many different types of massage in China, and some are quite daunting. Fire or knife massage anyone? One of the major practices is Tui Na which thankfully doesn't involve anything dangerous. It uses knead-

ing, chopping and various other pressure movements to clear blockages in the body's channels - a core belief in Chinese medicine. It is often combined with other traditional practices, like cupping or acupuncture.

Japan: In Japan, a key traditional massage technique is Shiatsu. No, it's not a type of dog (that's a shih tzu) - it actually means "finger pressure" in Japanese. It was developed from ancient Chinese medicine, and is all about working to balance the body's vital energy: Qi. Shiatsu is by no means an intense sports massage, instead it employs comfortable pressure across the body to balance energy flow. It's big on the combination of the physical and mental to

get the best results.

Thailand: Think twice before stripping off for a Thai massage, because they are traditionally done fully clothed. Also unlike your typical massage, no massage oils are used (which makes sense, so

As the old saying goes: No two massages were created equal. Okay, sure - that's not quite the adage, but it still holds true.

you don't get lotion all over your outfit). Thai massages are also known as yoga massages, because the therapist will get you to adopt certain yoga-like positions throughout the treatment. This, combined with the kneading of deep tissue, should leave you fully stretched out by the end of the session.

India: Ayurvedic medicine is a type of holistic medicine that dates back thousands of years in India. It is centred on the belief that in order for you to be fully healthy, your body and mind need to be balanced - and this is taken into account in Ayurvedic massage.

This kind of massage features specially tailored blends of heated oils, and gently focuses on different pressure points throughout the body. Indian head massages are particularly popular using these methods.

Sweden: Okay, so the truth is, Swedish mas-

sages didn't actually originate in Sweden. They were actually developed by Dutch practitioner Johann Georg Mezger in the second half of the 19th century. You traditionally start on your front with your face in a cradle, before your therapist performs long strokes across your body using their hands and oils. You can opt for lighter or harder pressure, depending on your preference. If you're looking for the massage to release muscle tension and pain, opt for a deep tissue massage.

Indonesia: Balinese massages are popular in Indonesia, and are considered a mixture of Indian and Chinese massage practices. With Balinese massage, you will be unclothed under a towel and your therapist will use aromatherapy oils to focus on different pressure points across the body. Often, hot stones are also used, for deeper relaxation. TPN/PA

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New Detached Villa, 4 Bedrooms and 5 bathrooms countryside views, Vale Judeu.

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www.landandhousesalgarve.de

Tavira: 281 320 281
Vilamoura: 289 301 294



Near Santa Barbara
3 bedroom villa, OFFERS INVITED, brand new, very high standard details and finishing's, all modern conveniences, sea view.
EC class: A+
Ref: P-MDC **Price: €975.000**



Near Loulé
7 bedroom Quinta, private and peaceful, property full of character, applying for licence for rural boutique hotel, 14,000m² of fenced land.
EC class: D
Ref: HAM **Price: €895.000**



Near Vilamoura
4 bedroom villa, rustic style, private, elevated position with views, pool with beautiful mature garden, borehole.
EC class: D
Ref: WGN **Price: €730.000**



Near Loulé
2 bedroom villa, charming country property, spacious, rustic style, central heating, pool to be built, borehole, basement for 3rd bedroom.
EC class: B
Ref: GLA **Price: €325.000**



Near Santa Barbara
Building plot, 300m² of construction plus 200m² basement on plot of 2192m², just 1km from Santa Barbara, stunning sea and country views.
Ref: R-OVP-3 **Price: €250.000**



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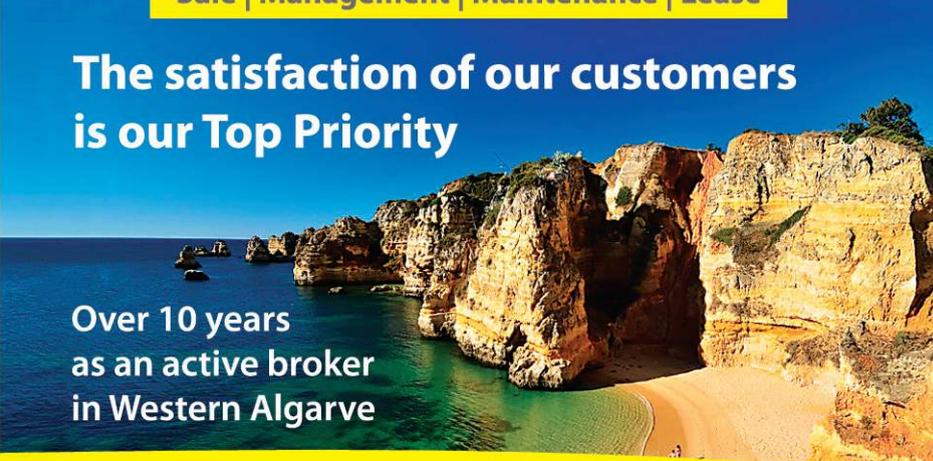
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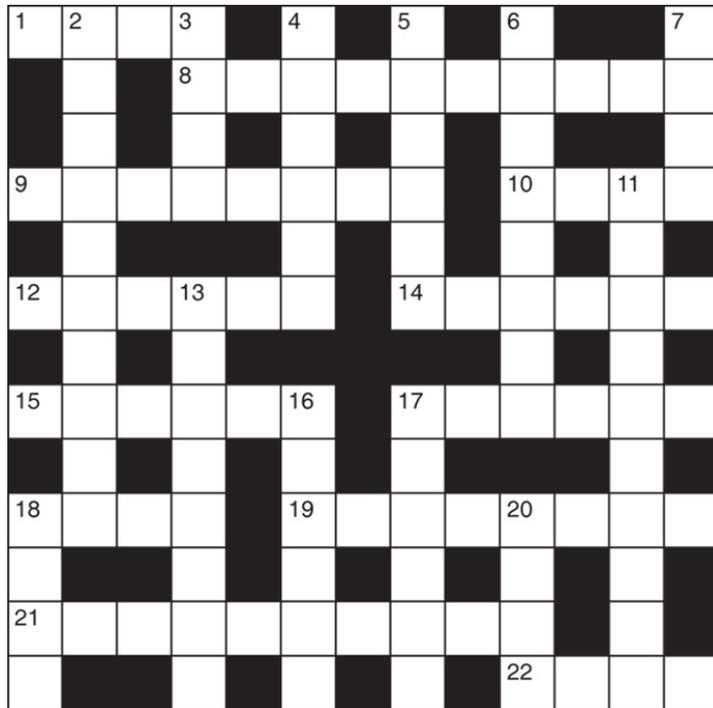
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Last week's cryptic crossword solutions
Across: 7 Roping; 8 Galore; 10 Parried; 11 Range; 12 Ruse; 13 Under; 17 Plumb; 18 Fell; 22 Inane; 23 Express; 24 Grimes; 25 Finder.
Down: 1 Drapery; 2 Oppress; 3 Annie; 4 Barrier; 5 Sound; 6 Peter; 9 Odd number; 14 Sleeper; 15 Beheads; 16 Closure; 19 Siege; 20 Rapid; 21 Split.

CRYPTIC CROSSWORD

ACROSS

- 1. No weak business concern (4)
- 8. Competing as it turned out (2,3,5)
- 9. Had melon from native country (8)
- 10. In Peru, Incas faced destruction (4)
- 12. Loves getting out sea-rod (6)
- 14. Puts up secret plan (6)
- 15. Cutting instrument needs the pieces fitting together (6)
- 17. Cart causes quarrel in drinking-place (6)
- 18. Evidence of sorrow caused by rent? (4)
- 19. Flying is not certain (2,3,3)
- 21. Apparently only the outside was touched by the forward (6,4)
- 22. Part of this is a shoulder band (4)

DOWN

- 2. Early - and enjoying oneself, apparently (2,4,4)
- 3. The pit I dug for myself? (4)
- 4. Belts enable some to be put up in ship (6)
- 5. Require the French to produce pointed instrument (6)
- 6. The foreman is one who gets a good sight too much? (8)
- 7. A school of note (4)
- 11. Uncertain, and evidently not thinking alone (2,3,5)
- 13. Hold back the others: wet weather (8)
- 16. He serves but doesn't get things immediately (6)
- 17. The gambler has recovered (6)
- 18. Work to produce tip-top lubricant (4)
- 20. Consumes teas (4)

CODEWORD

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

A	12	3	1	10	10	19		10	9		15	8	16	16
B	3		6		14		12	8	10	20	6	8		20
C	8	10	4	22	11	22	14	17	6		22	14	11	8
D	6		8		22		13		5	20	8	18		18
E	10	8	17	22	25	20	24	11	14		3	8	18	14
F		5				19			18	14	13	14		1
G	12	3	8	11	11	20	6	4	14	26		1	24	20
H		22		6		18		19		19		24		17
I	22	21	20	8		20	23	20	6	13	6	20	20	17
J	17			21	8	11	8			20				1
K	7	22	11	20			10	8	17	17	20	2	1	22
L	18			24	1	10	5		8		18		5	14
M	22	11	20	10		14		22	10	10	22	17	20	17
	17			20	10	5	22	6	20		21		17	20
	13	8	22	17		20		7	10	20	17	21	20	21

QUICK CROSSWORD

ACROSS

- 1. Mud (4)
- 8. Resolute (10)
- 9. Area (8)
- 10. Class (4)
- 12. Ebb (6)
- 14. Wakened (6)
- 15. Scattered (6)
- 17. Movement (6)
- 18. Insect (4)
- 19. Savage (8)
- 21. Reliance (10)
- 22. Record (4)

DOWN

- 1. Casual (10)
- 3. Revise (4)
- 4. Contend (6)
- 5. Author (6)
- 6. Doubt (8)
- 7. Brink (4)
- 11. Forward (10)
- 13. Lofty (8)
- 16. No-one (6)
- 17. Nautical (6)
- 18. Wither (4)
- 20. Old (4)

Last week's quick crossword solution
Across: 7. Rancid; 8. Moment; 10. Voucher; 11. Panic; 12. Sort; 13. Edict; 17. Worth; 18. Oral; 22. Stiff; 23. Obscure; 24. Enlist; 25. Pallid.
Down: 1. Proviso; 2. Enquiry; 3. Right; 4. Compact; 5. Meant; 6. Stick; 9. Tradition; 14. Confuse; 15. Trouble; 16. Already; 19. Askew; 20. Silly; 21. Essay.

SUDOKU

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

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

Medium

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

Hard

Last week's solutions

Last Week's Codeword Solution

Q	U	I	C	K	S	A	N	D	J	P	I
U	L	I	O	S	U	L	L	E	N		
E	I	D	E	R	D	O	W	N	M	A	F
A	A	E		A	M	P	U	T	E	E	
S	T	A	R	T	L	I	N	G	I	E	C
Y	A	I	O		N	A	A	T			
K	I	N	D	N	E	S	S	G	A	U	Z
F	C	E	E		R	U		D			
O	N	S	E	T		O	B	J	E	C	T
X	T	A		A	C	O		I			
H	A	D		A	G	R	E	E	M	E	N
O	C	T	O	P	U	S		I	A		S
U	U	O		S	E	R	V	I	T	U	D
N	E	T	T	L	E	W	E	I			L
D	E	E		H	E	A	D	S	C	A	R

Last week's solutions

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

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

Medium

Hard

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31/10/17

15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London;
Weather.
18.30 ITV Evening News;
Weather.
19.00 Emmerdale.
19.30 Countrywise: Guide to
Britain.
20.00 Midsomer Murders.
22.00 ITV News at Ten;
Weather.
22.30 ITV News London;
Weather.
22.40 After the News.
23.15 Lethal Weapon.
00.05 Jackpot247.
03.00 Loose Women.
03.50 ITV Nightscreen.
05.05 The Jeremy Kyle Show.

Channel 4

06.20 The King of Queens.
06.45 The King of Queens.
07.10 The King of Queens.
07.35 Everybody Loves
Raymond.
08.00 Everybody Loves
Raymond.
08.35 Everybody Loves
Raymond.
09.05 Frasier.
09.35 Frasier.
10.05 Ramsay's Hotel Hell.
11.00 Undercover Boss USA.
12.00 Channel 4 News
Summary.

12.05 Come Dine with Me.
13.05 My Kitchen Rules.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 Coast vs Country.
17.00 Four in a Bed.
17.30 Steph and Dom's One
Star to Five Star.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Great British Bake
Off: The Final.

21.15 Celebrity Hunted.
22.25 Gogglebox.
23.30 When Harry Met
Meghan: A Royal
Romance.
00.30 Music on 4: Live from
Abbey Road Classics.
01.00 The Supertv.
01.55 Fighting Cancer: My
Online Diary.
02.50 FILM: Lady of the Lake
(2016).
04.10 Phil Spencer: Secret
Agent.
05.05 Kirstie's Vintage Gems.
05.10 Draw It!
05.35 Countdown.

BBC Four

19.00 Beyond 100 Days;
Weather.
19.30 Great Continental
Railway Journeys.
20.00 The Art of Scandinavia.
21.00 FILM: Bobby Sands: 66
Days (2016).
22.30 MR James: A View from a
Hill.
23.10 Frankenstein: Birth of a
Monster.
00.10 Spider House.
01.40 The Art of Scandinavia.
02.40 I Know Who You Are.
03.45 Close.

WEDNESDAY 01/11/17

BBC One

06.00 Breakfast.
09.15 Countryfile Autumn
Diaries.
10.00 Homes Under the
Hammer.
11.00 Getting the Builders In.
11.45 Fugitives.
12.15 Bargain Hunt.
13.00 BBC News at One;
Weather.
13.30 BBC Regional News and
Weather.
13.45 Doctors.
14.15 Impossible.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and
Weather.

19.00 The One Show.
20.00 Eat Well for Less?
21.00 The Apprentice.
22.00 BBC News at Ten.
22.30 BBC Regional News and
Weather; National Lottery
Update.
22.45 A Question of Sport.
23.15 Junior Doctors: Blood,
Sweat and Tears.
23.45 The Ganges with Sue
Perkins.
00.45 Weather for the Week
Ahead.
00.50 BBC News.

BBC Two England

06.00 The Hairy Builder.
06.30 Countryfile Autumn
Diaries.
07.15 Getting the Builders In.
08.00 Sign Zone: See Hear on
Tour: Berlin.
08.30 Sign Zone: Caught Red
Handed.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
11.30 Daily Politics.
13.00 The Code.
13.45 The Planners.
14.45 Family Finders.
15.15 Locomotion: Dan Snow's
History of Railways.
16.15 Back in Time for Dinner.
17.15 Flog It!
18.00 Eggheads.
18.30 Strictly Come Dancing - It
Takes Two.
19.00 The Super-Rich and Us.
20.00 Hidden Cardiff with Will
Millard.
21.00 Trust Me I'm a Doctor:
Mental Health Special.
22.00 The Apprentice: You're
Fired.
22.30 Newsnight.
23.10 Weather.
23.15 Army: Behind the New
Frontlines.
00.15 Peaky Blinders.
01.10 Sign Zone: See Hear.
01.40 Sign Zone: Russia with
Simon Reeve.

BBC Two England

06.00 The Hairy Builder.
06.30 Countryfile Autumn
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23.10 Weather.
23.15 Army: Behind the New
Frontlines.
00.15 Peaky Blinders.
01.10 Sign Zone: See Hear.
01.40 Sign Zone: Russia with
Simon Reeve.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News;
Weather.
13.55 ITV News London;

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News;
Weather.
13.55 ITV News London;

BBC One

Weather.
14.00 Dickinson's Real Deal.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London;
Weather.
18.30 ITV Evening News;
Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Gino's Italian Coastal
Escape.
20.30 Coronation Street.
21.00 Doc Martin.
22.00 ITV News at Ten; Weather.
22.30 ITV News London;
Weather.
22.45 After the News.
23.15 UEFA Champions
League Highlights.

Channel 4

06.20 The King of Queens.
06.45 The King of Queens.
07.10 The King of Queens.
07.35 Everybody Loves
Raymond.
08.00 Everybody Loves
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08.35 Everybody Loves
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09.35 Frasier.
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14.45 Family Finders.
15.15 The Railway: Keeping
Britain on Track.
16.15 Back in Time for Dinner.
17.15 Flog It!
18.00 Eggheads.
18.30 Strictly Come Dancing - It
Takes Two.
19.00 The Super-Rich and Us.
20.00 The Big Family Cooking
Showdown.
21.00 Exodus: Our Journey
Continues.
22.00 MOTD: The Premier
League Show.
22.30 Newsnight.
23.10 Weather.
23.15 Louis Theroux: Talking to
Anorexia.
00.15 Peaky Blinders.
01.15 Sign Zone: See Hear on
Tour: Helsinki.
01.45 Sign Zone: The Human
Body: Secrets of Your Life
Revealed.

BBC Two England

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Tour: Helsinki.
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13.55 ITV News London;

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News;
Weather.
13.55 ITV News London;

THURSDAY 02/11/17

BBC One

06.00 Breakfast.
09.15 Countryfile Autumn
Diaries.
10.00 Homes Under the
Hammer.
11.00 Getting the Builders In.
11.45 Fugitives.
12.15 Bargain Hunt.
13.00 BBC News at One;
Weather.
13.30 BBC Regional News and
Weather.
13.45 Doctors.
14.15 Impossible.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and
Weather.
19.00 The One Show.
19.30 EastEnders; BBC News;
Regional News.
20.00 Harry Styles at the BBC.
21.00 The Ganges with Sue
Perkins.
22.00 BBC News at Ten.
22.30 BBC Regional News and
Weather.
22.45 Question Time.
23.45 This Week.
00.30 Weather for the Week
Ahead.
00.35 BBC News.

Channel 4

06.20 The King of Queens.
06.45 The King of Queens.
07.10 The King of Queens.
07.35 Everybody Loves
Raymond.
08.00 Everybody Loves
Raymond.
08.35 Everybody Loves
Raymond.
09.05 Frasier.
09.35 Frasier.
10.05 Ramsay's Hotel Hell.
11.00 Undercover Boss USA.
12.00 Channel 4 News
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21.00 Exodus: Our Journey
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14.00 Dickinson's Real Deal.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London;
Weather.
18.30 ITV Evening News;
Weather.
19.00 Emmerdale.
19.30 Acid Attacks: How Scared
Should We Be? Tonight.
20.00 Emmerdale.
20.30 Paul O'Grady: For the
Love of Dogs.
21.00 Ross Kemp Behind Bars:
Inside Barlinnie.
22.00 ITV News at Ten; Weather.
22.30 ITV News London;
Weather.
22.40 After the News.
23.15 UEFA Europa League
Highlights.

Channel 4

06.20 The King of Queens.
06.45 The King of Queens.
07.10 The King of Queens.
07.35 Everybody Loves
Raymond.
08.00 Everybody Loves
Raymond.
08.35 Everybody Loves
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Weather.
13.55 ITV News London;

FRIDAY 03/11/17

BBC One

06.00 Breakfast.
09.15 Countryfile Autumn
Diaries.
10.00 Homes Under the
Hammer.
11.00 Getting the Builders In.
11.45 Fugitives.
12.15 Bargain Hunt.
13.00 BBC News at One;
Weather.
13.30 BBC Regional News and
Weather.
13.45 Doctors.
14.15 Impossible.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and
Weather.
19.00 The One Show.
19.30 Sounds Like Friday Night;
BBC News; Regional
News.

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19.00 Mastermind.
19.30 MOTD Live: FA Cup First
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22.00 QI.
22.30 Newsnight.
23.00 Weather.
23.05 Snowfall.
23.50 Rugby League World
Cup.
00.20 Peaky Blinders.
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19.00 Emmerdale.
19.30 Coronation Street.
20.00 Australian Wilderness
with Ray Mears.
20.30 Coronation Street.
21.00 Bear's Mission with Rob
Brydon.
22.00 ITV News at Ten; Weather.
22.30 ITV News London;
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22.40 After the News.
23.15 Tonight at the London
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Cinema

NEW THIS WEEK

Thor: Ragnarok
Stars: Chris Hemsworth, Tom Hiddleston, Cate Blanchett.
Genre: Action, Adventure, Comedy.
Director: Taika Waititi. Rating: M.
Plot: After the events of Avengers: Age of Ultron, Thor, held captive on the planet Sakaar without his hammer, must win a gladiatorial duel against an old friend, the Hulk, in order to return to Asgard in time to stop the villainous Hela and the impending Ragnarok, the



doom of the Asgardian civilization.

Jigsaw
Stars: Matt Passmore, Tobin Bell, Callum Keith Rennie. Genre: Crime, Horror, Mystery.
Director: Michael Spierig, Peter Spierig. Rating: M. Plot: Bodies are turning up around the city, each having met a uniquely gruesome demise. As the investigation proceeds, evidence points to one suspect: John Kramer, the man known as Jigsaw, who has been dead for ten years.

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North & Centre

EXHIBITIONS

Transcendências - Art exhibition by António Macedo. Born in Porto in 1955, António attended the Faculdade de Belas Artes of Porto, later moving to London in 1975 where he furthered his studies. On exhibition until **20 Nov**, open 3pm-12am. Free entry. By law, access to the spaces of Casino Estoril are reserved for persons over 18 years of age. Casino Estoril, Av. Dr. Stanley Ho, Estoril. www.casino-estoril.pt

Imaginação Imposta - Exhibition by Maria Goreti Malheiro. As an emerging artist, her paintings are humorous and involving, demonstrating her capability in creativity and technical manipulation. Open until **29 Oct**. Free entry. By law, access to the spaces of Casino Lisboa are reserved for persons over 18 years of age. Casino Lisboa, Parque das Nações, Lisboa. www.casino-lisboa.pt

watercourse - Exhibition by Joana Ferverça and António Poppe. Open to public until **4 Nov**, Tue-Sat 10am-7pm. Galeria 111, Campo Grande, Lisboa. Tel: 217 977 418 www.111.pt

Ana Hatherly and the Baroque. In a Garden Made of Ink - Bringing together objects, artworks and documents from different historical periods, this exhibition-essay will not focus solely on the influence of the Baroque on the work by the Portuguese artist Ana Hatherly (1929-2015) but it will also focus on how her

research and experimentation enhanced the value of this disparaged historical period and modified our concept of the past. Until **15 Jan** in the Calouste Gulbenkian Museum - Founder's Collection and Lower Garden, Av. de Berna 45A, Lisboa. www.gulbenkian.pt

A Inspiradora Azulejaria Pombalina... - Wall tiles styled from Lisbon's Marquis Soares. In "A Arte da Terra, until **5 Nov**. Rua Augusto Rosa, 40 (By the Sé de Lisboa), Lisboa. www.aartedaterra.pt

FAIRS & FESTIVALS

Temps d'Images Lisboa 2017 - A thematic, experimental and transdisciplinary festival giving spotlight to events that mix stage arts with image. The festival aims to bring together artists in meetings and creative discussion to share and circulate the presented works, displayed in places across the city of Lisbon, including book releases, cinema, exhibitions, installations and shows. Until **5 Nov**. Full programme and map available on www.tempsdimages-portugal.com

MUSIC

Fink - The singer who "lent" his songs to "Grey's Anatomy" and "The Walking Dead" is back in Portugal. With a unique style, mixing dub, blues, indie rock and trip hop, Fink became famous for successes such as "This is the Thing", "Warm Shadow" and "Looking Too Closely", the theme song of "Grey's Anatomy". **6 Nov**, 9:30pm.

Tickets: €20-€30. Teatro Tivoli BBVA, Avenida da Liberdade nº182, Lisbon. www.teatrotivolibbva.pt

Shakira El Dorado World Tour - Promoting the artist's 11th album, El Dorado. The tour starts in Germany on the 8 Nov, passing through Lisbon in the MEO Arena on the **22 Nov** at 8pm. arena.meo.pt

God Save the Queen - Recognised as the best tribute band in the world by the Rolling Stone magazine, the band has over 4 million fans around the world. The Queen tribute band brings all the energy, creativity and originality. **27 Oct**, 10pm. Tickets: €22-€40. Coliseu dos Recreios, Rua das Portas de Santo Antão, Lisbon. www.coliseulisboa.com

SHOW

October in Casino Estoril - Wednesdays Fado Cycle, from 10:30pm: Filipa Cardoso and Luís de Matos (**25 Oct**). Rui Faria and Sandra Gonçalves concert, **27 Oct** with "The 80's Welcome The New Millennium", from 11pm. Rogério Gil concert, **26 Oct**. "Tributo a Roberto Menescal - 80 anos" tribute concert, **20 Oct** from 11pm. By law, access to the spaces of Casino Estoril are reserved for persons over 18 years of age. Casino Estoril, Av. Dr. Stanley Ho, Estoril. www.casino-estoril.pt

Royal opera House shows - Alice in Wonderland. Royal Ballet and Orchestra from Royal Opera House. **5 Nov**. Exuberant Ballet by Christopher Wheeldon inspired by Lewis Carroll's book. **La Bohème** by Giacomo Puccini. Chorus and Orchestra by Royal Opera House. **8 Nov**. Version by Richard Jones. **The Nutcracker** by Tchaikovsky, The Royal Ballet, London Oratory Junior Choir and Royal Opera House Orchestra. **5 Dec**. Centro Cultural da Belém, Praça do Império, Lisboa. Reservations 213612899 Ticket office www.ccb.pt

South

AUCTIONS

Auction House Algarve. Our next live auction is **4 Nov**. Approx 500 lots including antiques, collectables, art, jewellery, tools, furniture, sports equipment, designer handbags. Further to our monthly live auction, we have introduced an online only auction where all items start at just €1. This Auction runs for 10 days, from **27 Oct** through to **6 Nov**. All of the items can be viewed at the auction house and through our online catalogue at www.ahalgarve.com. Tel: 289 832 380 or email us at info@ahalgarve.com

EXHIBITIONS

Paintings by Liz Allen - Ongoing. Óchálá Casa da Chá, 12 Rua Dr. Samora Gil, Monchique. Tel: 282 912 524

Arts & Crafts Expo. Ongoing at Artes@Spa, Caldas de Monchique. Exclusive locally created products. Jewellery, Glass, Ceramics, Felt, Candles, Natural soaps, Original Art, Prints & Cards and more. Ideal gifts, souvenirs and collectables. **Open Daily** 10am - 6pm. Tel. 911513561 or 961571984. Located in corner of the square opposite Restaurante 1692.

Paintings by Barbara Muntford and Greg McDonald. Until 6 Nov. Photo Exhibition by the Algarve Photography Group. **Until 22 Nov**. Amigos do Museu de São Brás de Alportel. www.amigos-museu-sbras.pt, Tel: 966 329 073, Rua Dr. José Dias Sancho nº 61, 8150-141 São Brás de Alportel.

FAIRS & FESTIVALS

Algarve Classic Festival - The largest classic vehicles event in southern Europe, organised by the Autódromo Internacional do Algarve and Race Ready by Diogo Ferrão. The big attraction this year will

Cinema Listings

NOS Forum Algarve - Faro

Happy Family; The Snowman; The Little Vampire; The Foreigner; Jigsaw; Geostorm; Thor: Ragnarok

Gran-Plaza NOS - Tavira

Thor: Ragnarok; The Snowman; Geostorm; Happy Family (PV); Blade Runner 2049; The Foreigner

Algarcine - Portimão

Thor: Ragnarok; Happy Family (PV); Geostorm; The Snowman; The Nut Job 2: Nutty by Nature (PV); Jigsaw

Algarcine - Lagos

Thor: Ragnarok; Loving Vincent; Geostorm; The Snowman; Happy Family (PV); The Nut Job 2: Nutty by Nature (PV); Jigsaw

Algarcine Ria Shopping - Olhão

Thor: Ragnarok; Happy Family (PV); Jigsaw; Loving Vincent; The Nut Job 2: Nutty by Nature (PV); Geostorm; The Snowman

Cineplace AlgarveShopping - Guia

Happy Family (PV); The Glass Castle; Thor: Ragnarok, 2D & 3D; The LEGO Ninjago Movie (PV); Blade Runner 2049; Alguem Como Eu; The Snowman; The Big Sick; Tulip Fever; The Little Vampire (PV); Happy Death Day; Jigsaw; Geostorm; Bling (PV); The Son of Bigfoot (PV); The Foreigner

Cineplace - Portimão

Thor: Ragnarok, 2D & 3D; The LEGO Ninjago Movie (PV); Geostorm; Happy Family (PV); The Snowman; The Little Vampire (PV); The Foreigner; Happy Death Day; Blade Runner 2049; Jigsaw; Alguem Como Eu

Cineplace Loures Shopping

Geostorm; The Son of Bigfoot (PV); The Snowman; The Little Vampire (PV); Bling

(PV); The Emoji Movie (PV); Happy Death Day; Happy Family (PV); Blade Runner 2049; Thor Ragnarok, 2D & 3D; Jigsaw; The LEGO Ninjago Movie (PV); Alguem Como Eu; The Foreigner

Cineplace LeiriaShopping

Thor: Ragnarok, 2D & 3D; Jigsaw; The LEGO Ninjago Movie (PV); Geostorm, 2D & 3D; Happy Family; The Foreigner; The Snowman; The Little Vampire; The Glass Castle

Cineplace Riosul - Seixal

Thor: Ragnarok, 2D & 3D; Geostorm; The Son of Bigfoot (PV); The Snowman; The LEGO Ninjago Movie (PV); Jigsaw; Happy Family (PV); Happy Death Day; The Little Vampire (PV); Blade Runner 2049; The Emoji Movie (PV); Alguem Como Eu; The Foreigner

Estação Viana Shopping - Viana do Castelo

Happy Family (PV); Porto; Blade Runner 2049; The Little Vampire (PV); Geostorm; Alguem Como Eu; Thor: Ragnarok, 2D & 3D

* (PV) = Portuguese version. (OV) = Original version.



Algarcine
Portimão: 282 411
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282 799 138 /
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296 629 514 / Covilhã: 275 334
731 / Viana do Castelo: 258 100
260 www.cineplaceportugal.pt



Cinemas NOS - Tavira & Faro
Tel: 16 996 /
cinemas.nos.pt

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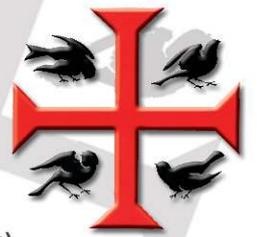
ST VINCENT'S, CHURCH OF ENGLAND

SUNDAY SERVICES of Holy Communion
Praia da Luz (West Algarve)
8.00am & 11.30am
Igreja Nossa Senhora da Luz

Pereiras (Central Algarve)
9.30am
Igreja das Pereiras
Near Quatro Estradas
GPS 37.09548, -8.055728.

Stª Bárbara de Nexe (St. Lukes) (East Algarve)
11.30am
St Luke's, Palhagueira
GPS: 37°07'36.84 N
7°57'07.18 W

For more information, call 282 789 660 or 289 366 720 www.stvincentsalgarve.org



be the participation of new international championships, with more than 300 vehicles expected and 500 pilots from 25 nationalities. **27-29 Oct** at the Autódromo Internacional do Algarve, Portimão. www.autodromodoalgarve.com

MARKETS

The Car Boot Sale normally held on the first Sunday of each month at the Old School House, Vales, Aljezur, is now on its winter break and will resume on **1 Apr 2018**.

MUSIC

Jam Session - Every Sunday in our garden starting 4pm in Casa Algarve, EN125, Porches. Tel. 913 730 630.

Paisagens Sonoras - Concert by the Dell'Acqua project. Carla Pontes (Soprano), Grace Borgon (Western concert flute) and Cristina Silva (Piano) will interpret works by Alain Oulman, Ariel Ramirez, Dulce Pontes, Ernesto Leite, Heitor Villa-Lobos, Javier Cedrón and others. **20 Oct**, 9:30 pm in the Lagoa Municipal Auditorium, Lagoa. Tickets: €8, acquired from the Convento de São José in Lagoa (Tel: 282 380 434).

João Pedro Cunha (Violin) and Elena Tsouranova (Piano) from the Lagos Music Academy play music by a range of Classical composers. **21 Oct**, 3pm. Quinta das Alagoas, near Almadena. Entrance, by reservation only, €19,50 including refreshment buffet of wine, cheese and homemade products. Info and reservations Tel 924 204 343. Email geral@quintadasalagoas.com

Jazz nights are returning to the Raj Indian Restaurant in October. The Holiday Inn Algarve in Armação de Pêra is pleased to announce that the Jazz Band Cool Manouche will be performing in the Raj Indian Restaurant on **26 Oct**. Guests will be able to enjoy a three-course Indian Dinner serenaded by the swinging sounds of good time Jazz. The price is €27 per person and includes a 3-course Indian meal with wine and water. Don't miss it. Book now. Tel: 282 320260 E-mail: info@hialgarve.com

Fado /Live Music - *O Navegante* restaurant is proud to announce live music/Fado **every Friday** from 8:00pm. Menu from €16,00. You are welcome to join us. Try our delicious and varied cataplanas, Stone Steak and fresh fish. Booking recommended: 282 315 399 / 968 305 515

Every Monday - Lagos - The New Orleans Jazzband play a

free jazz concert from 8:30pm at Tivoli Hotel, Lagos (behind the bus station) open to all - information www.neworleansjazzalgarve.com

Every Sunday - The New Orleans Jazzband play a dinner/concert at O'Navegador Restaurant, Alvor - reservations 282 412 375 or 962 541 124 www.neworleansjazzalgarve.com

SHOW

O Barbeiro de Sevilha - Written by Giocchino Rossini. The story takes place in Seville during the 18th century, telling of the old Doctor Bartolo who is determined to marry his student Rosina, but Rosina is in love with the young Conde Almaviva, who, with the help of barbeiro Figaro, disguises himself in many ways to enter Bartolo's home. Duration 160 min. with 2 intervals. **2 Nov**, 9:30pm. Tickets: €30-€35. Teatro das Figuras, Horta das Figuras, Faro. www.teatrodasfiguras.pt

Show Magia - Magic show by Alex. **25 Nov**, 9:30pm in Boa Esperança, Portimão. Reservation: 282 422 976/967 188 290

SOCIAL

St. Patricks' Monthly Walk- The planned Saturday end of October walk is postponed until 4 Nov. Meet **4 Nov**, 10 am at Ponte Romana restaurant car park Silves (at the bridge). Jim Brownlow will lead the walk starting and returning along the Arade River valley for circa. 8km. Not strenuous, a few moderate hills. Stopping half way for a beer or water if the weather is still suitable. Lunch will be in the Ponte Romana restaurant. Please contact Jim or John if you intend to come and if you are staying for lunch. brownlow@sapo.pt or 282431595 or johnbocadorio@gmail.com Frank Mc Ewan will lead another walk on 25 Nov.

C.A.S.A. - the Algarve's leading Social Club for expats meets monthly for dinners / lunches and social events. For more information email info@casasocial.club or telephone 282495475 www.casasocial.club

Bridge; Friendly social game Tuesdays & Fridays 1:15pm Marina Club Suite Hotel Lagos. just tip up or call 963977642 -partner not necessary

Meet other people, Central Algarve. New social club. singlemingle@email.com

Come and Learn bridge Friday Mornings. Vale d'el Rei Hotel 911561224-282358885

Friendship group, Os Amigos, meets on the **3rd Tuesday** of each month, for

walks, lunch, and other activities. For details contact lindabell@cogb.com

Duplicate Bridge - Come and join us in a friendly informal atmosphere. All levels and nationalities welcome.

Wed & Fri afternoons at Vale d'El Rei Hotel. Please contact 911 561 224 or 282 358 885

Chess Club All Levels in central Algarve. chessalgarve@mail.com for details.

Painting in watercolours. All abilities welcome. Every **Thursday** morning 10:30pm - 1pm at the Fortaleza Restaurant, Praia da Luz. Small friendly group with individual tuition for beginners. Class €10. Tel: Sandie 912 149 839 or email sandie.croft@gmx.com

Drawing the Nude in Olhão - Beginners and artists meet in Olhão every **Thursday** morning. New students are very welcome and guidance is given if required. Contact jill.stott@gmail.com for more information regarding drawing or modelling.

Painting for Pleasure Classes, water colours, oils or acrylics - Beginners onwards, individual tuition on **Tues** mornings at Four Seasons Fairways (Quinta do Lago, Almancil) 10am to 12noon. **Wed** at Mesquite near São Brás from 10.30am to 12.30pm, 2.30pm to 4.30pm. Tel. Terry Reed, tel: 289 845 561.

Duplicate Bridge - Come and join us. Friendly Club, all nationalities and levels welcome. Every **Mon & Thurs** at the Cristal Hotel, Carvoeiro. 1.45pm for 2pm. Tel: 282 357 953 or 282 357 657.

Duplicate Bridge - Come along to our friendly International club on **Tues** afternoons, 1.45 pm for a 2 pm start. At the Aroma di Mar Restaurant in Olhos de Água. For further details call Mary Moore: 289 416 199.

New Duplicate Bridge Club at Lagoa Hotel on the EN 125 in Lagoa, next door to O Casarão Restaurant. **Thurs** 1:45pm. €5 including refreshments. No joining fee. All welcome. 282 352 022 / 969 174 130

Coro dos Amigos do Museu. We are an international four-voice choir based in São Brás de Alportel. We sing sacred and secular music from medieval to 21st century, with concerts several times per year. We rehearse on **Thursdays** from 6.30pm.

Ability to read music is an advantage, but not essential. If you think you would like to join us, please contact David on david51.littlewood@gmail.com, or on 289 489 374.

The East Algarve International Shanty choir is looking for an enthusiastic musical leader. Musicians, Male and Female singers welcome! Join the **East Algarve International Shanty Choir**. Rehearsals weekly on **Tuesday**, 5pm Luz de Tavira, at café Chic Zé. Tel. 00351 926684061 Website: www.eaisc.eu

Barbershop Chorus "Bella a Cappella" Welcomes new members. Men and Women from all nationalities, to experience joy and fun in Harmony singing. Rehearsals **Tuesday** evenings in the lagar in Moncarapacho. For details go to www.bellaacappella.net or call Andrea: 962932978

SPORT

Walking Football begins again at Boavista Spa on the N125 between Lagos and Luz. **Every Wednesday** 9:30am -11:30am. Everyone over 50 welcome. contact:brian.efoster@yahoo.co.uk

Badminton. This is a regular **Thursday** evening slot booked by afpop for Badminton players at the pavilion of the Escola EB 2,3 Dr. Garcia Domingues in Silves between 8pm and 10pm. Everyone is welcome. Badminton players will need to bring their own racquets and pay a small fee to cover costs. More information contact Trevor on: silvesbgroup@yahoo.co.uk

Crown Green at Alvor bowling club **every Friday** at 10am bowls available free of charge. For more info please contact Peter or Janette Tel: 966169747 or 965700536.

Vale de Milho Golf Club members meet at 9 am on **Tuesday's** and **Friday's** for golf competitions. It is a friendly club and visitors are welcome. For more information contact Hazel Hopps 282 358 022

Walking Football for the 50+ - Every Thur. 9.30am - 11am, at José Arcaño Stadium, Olhão (behind McDonalds EN125) Fitness, fun & friendship. Only €3 / session. Contact: 916504903 christopher.wright@hotmail.co.uk

Tavira County Lawn Bowling Club - Cerro do Leiria, Santa Caterina, Fonte

Bispo, Tavira. Tel: 963 997 582.

Balaia Bowls Club, Olhos de Aqua, Albufeira - come and join us for roll-ups on **Tuesdays and Fridays** at 10 am. Tuition available - everyone welcome. Please telephone Richard on 935367492 or Jill on 910220136 for more information.

Algarve Hash House Harriers meet weekly. Call 289 413 854 or 918 806 044. Follow us on Facebook & visit www.algarvehhh.org

Valverde Lawn Bowls Club - Almancil, now open five days per week. Come and join us for our roll-ups on **Mon, Wed, Thur, Fri & Sun** from 10am. Tuition is available if new to the game, holidaymakers are welcome. Call Jen on 282 332 628 or 937 264 287.

Walking football at Browns in Vilamoura. **Tuesdays** at 9:30am. Come try it out! Contact info@browns-club.com or 289 322 740

WORKSHOPS & COURSES

Meet people and make new friends - Learn to play Bridge on Friday mornings. Vale D'el Rei Hotel. Please Contact 911 561 224 or 282 358 885

Music Improvisation and Ensemble Skills - Sat 3pm-5pm Costume Museum, São Brás de Alportel. Exploring the technical & theoretical aspects of improvising in different keys & applying these new skills within a small-group environment. All instruments & abilities welcome.

Scottish Country Dancing will be held on **Monday** evenings from 7:30 to 9:30pm at the NOBEL International School Algarve. Please contact Mardie Cunningham on 282 356 029 or email mardie@sapo.pt.

Musical Instrument Classes - Guitar, Ukulele, Keyboards, Mandolin, Banjo, etc. Beginners lessons available: **Tuesdays-Fridays**. Intermediate players can join our Show Band. Almancil centre. 919 968 768



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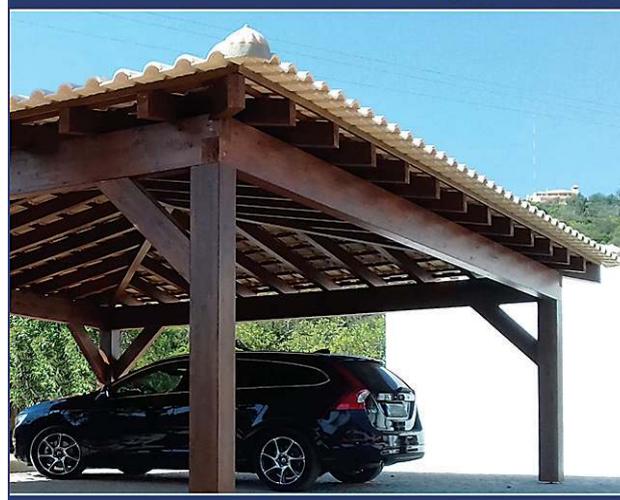
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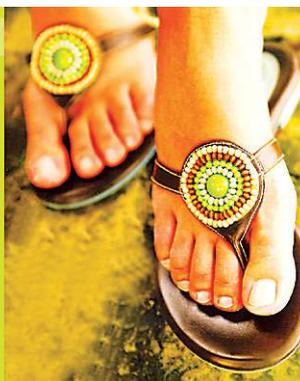
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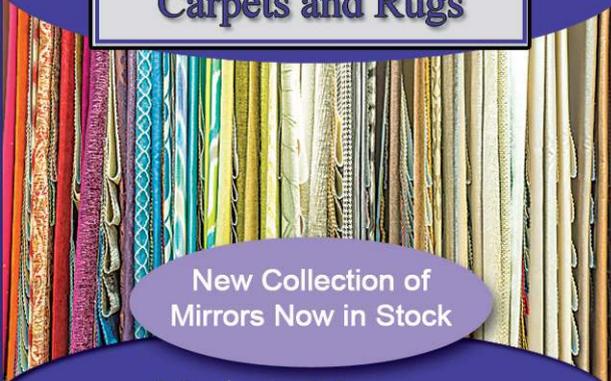
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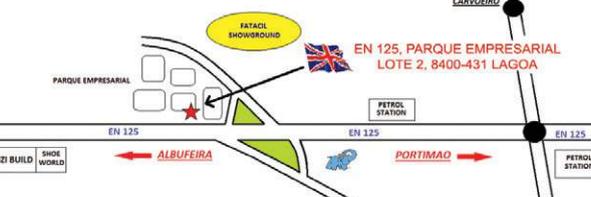
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a-ist@gmx.com

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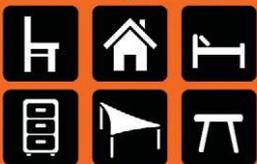
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INT. EVANGELICAL CHURCH OF THE ALGARVE Vale Judeu at 10.30, just off the EN125 - third left after Vilamoura entrance in direction of Faro iec-algrve.com. 289328635.

LAGOA CHRISTIAN FELLOWSHIP, English Speaking Calvary chapel of the Algarve, Sun 11am for contemporary worship and Christ centered Bible study. Rua Doutor Basilio Teles 32, Lagoa. Pastor Jon Martin: 960 159 007 www.lagoafellowship.org

TAVIRA CHRISTIAN CENTRE welcomes all in the name of Jesus. We meet on Sundays @ 10:30 aiming to worship in Spirit and Truth. Find us: EN125 sail roundabout/Sta.Margarita exit/400 meters/house on right corner. tavorachristiancentre.wordpress.com. Facebook; Phone Else 912467792 or Beth 966807604.

SALVATION ARMY Service Sundays at 10am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, S. Brás Alportel.

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JEWISH COMMUNITY OF SOUTH PORTUGAL Shabbat services. Call 922206333.

THE LIVING HOPE Baptist Church, Albufeira. Sun 4pm. Pastor Mark Pereira, Mob. 964860765.

OASIS CHRISTIAN FELLOWSHIP CONEXAO, R. Dr. Joaquim Tello 32C, Lagos. Sun: 11am; Tue: 11am; Thu: 3pm Bible Study. Int. English w/ Portuguese translation available. Michael - 964 285 351 / Lois - 914 381 598 www.oasischristianfellowship.com

R.C. MASS in English, Igreja N Sra da Luz, Luz near Lagos. Saturdays 7pm. 917464353.

LIFE HUB Albufeira Knowing Jesus and making Him known. House church in Balaia meets Thu-7.30pm. Call Paul on 926482323 for directions.

TAVIRA In Autst and September Holy Mass in English will be at 9am and From October 1st Holy Mass in English will be at 12.15 pm.Church of Santa Maria Tavira Every Sunday 914621429 tavira@diocese-algarve.pt

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HOUSE OF PRAYER CHAPEL Rua Municipio 31 Next to Hotel Paraiso, Albufeira Sunday service at 10am and 6pm For more info call now: 919 458 666

IGREJA METODISTA WESLEYANA PORTIMÃO. Services Sunday 4pm. Silveira, Lote 2 - Lj. A Beco do Moleiro, Caldeira do Moimho - PORTIMÃO (near the round about of Agua Shopping Center) GPS: 37° 08' 47.92" N 008° 32' 22.13" W For info or social help, please contact us: 931721005 www.imwportimao.org

Verse of the Week

When he had said this, Jesus called in a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet wrapped with strips of linen, and a cloth around his face. Jesus said to them, "Take off the grave clothes and let him go."
John 11:43, 44; New International Version (NIV)

Ricardo Gouveia seals playing privileges

Last weekend Portugal's Ricardo Gouveia managed to ensure he continues on the European Tour.

Ricardo Gouveia, along with Daniel Brooks, Jamie Donaldson, Wade Ormsby and Ashley Chesters all kept hold of their European Tour playing privileges after a dramatic week at the Andalucia Valderrama Masters hosted by the Sergio Garcia Foundation. The Spanish showdown was the final full-field event

of the 2017 season with points available to make it into the top 101 in the Race to Dubai Rankings presented by Rolex or the top ten in the Access List.

Ricardo Gouveia, who was the 2015 Road to Oman winner, had an excellent debut campaign on the European Tour but has struggled to replicate that

and entered the week 115th in the Race to Dubai. He looked comfortable after three days in Spain but was left with an anxious wait on Sunday after firing a closing 74, but managed to secure his privileges after all players had handed in their cards last Sunday.



Shot clock to be used at the Austrian Masters

The 2018 Shot Clock Masters in Austria will be the first tournament in professional golf to use a shot clock on every shot as part of the European Tour's bid to combat slow play.

Earlier this year, the European Tour experimented with a shot clock on one hole at GolfSixes - a move which proved popular with both players and fans - and the concept will now be used for the first time at a European Tour event at the Diamond Country Club, from 7-10 June 2018.

In a marked difference to the GolfSixes model however, this tournament will embrace the Tour's official timing policy (similar to policies used across the world of professional golf) over 72 holes, with an intent to showcase a European Tour event played at a more compelling pace.

In accordance with this official policy, each player in the 120-man field will have 50 seconds for the first player in a group to play any given shot, 40 seconds for subsequent players. Players will incur a one-shot penalty for each bad time incurred and these will be shown as a red card against their name on the leaderboard. Each player will have the right to call two 'time-outs' during a round which will permit them twice the usual allotted time to play the shot.

Last year, the European Tour pledged to speed up the game of golf, introducing a new pace of play policy which included monitoring penalties, handing referees additional powers to target slow players. This policy had an immediate effect, leading to a visible reduction in round times, and the additional development in Austria could have an even more dramatic impact.



The 18th hole at the Diamond Country Club (European Tour).

It is hoped the move will cut round times by around 45 minutes, reducing three-ball timings to approximately four hours, and two-balls to around three hours 15 minutes. Keith Pelley, Chief Executive of the European Tour, said: "The 2018 Shot Clock Masters will be a fascinating addition to our schedule next year. Not only will it help us combat slow play and reduce round times, it is also further evidence of our desire

to embrace innovation." Leading Austrian player Bernd Wiesberger said: "With this change, there will be much more attention from the international sports media during the tournament. The new Shot Clock format is an ideal way to focus on the issue of pace of play. The game of golf should definitely be faster and therefore this is a step in the right direction." Ali A. Al-Khaffaf, director of tournament promoters

Golf Open Event, said: "We are very proud that we have extended our partnership with the European Tour and that the 2018 Shot Clock Masters will be the first event in professional golf to use this format across all 72 holes. "For the on-site viewers and for those at home in front of the TV screens, it will be an additional tool that will make golf even more interesting and faster. With this innovation we will make history."

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Goal fest

N CHRIS WRIGHT

After a three week break for internationals and the Taça de Portugal, the Primeira Liga returned with a bang. The games involving the top three teams clocked up seventeen goals whilst there were a total of thirty-four goals in the league at an average of almost four goals per game.



Portimonense players celebrate after going 2-0 up at Vitória de Guimarães, but the game was to end in a disappointing 3-3 draw for the visitors from Portimão. (Photo: OCTÁVIO PASSOS/LUSA)

scoring goals at will for Sporting but this season his last league strike was in early September. That all changed as he unlocked the GD Chaves defence with a brace of goals in the first fifteen minutes of their game at the Alvalade. The Dutch international then turned provider as his pinpoint pass split the Chaves defence for Gelson Martins to run on and square the ball for Marcos Acuña to tap-in. The Argentinean international added the fourth and his second shortly after the break. Dost completed his fine performance with yet another hat-trick in a green and white shirt, heading home Piccini's back-post cross in the seventy-fifth minute. In the final moments Davidson netted a consolation effort for the visitors. SC Portimonense have had a chequered start on returning to the Primeira Liga but they must have thought they were on their way to the first away win of the season when they found themselves three goals to the good away at Vitória de Guimarães after just thirty minutes. Shoya (16'), Fabrício (19') and Pedro Sá (30') did the damage but the home side hit back before the interval through Rafael (37') and Raphinha (42'). The Portimão outfit held on until a minute from time when Raphinha got his second goal of the game to snatch a point for V. Guimarães. Portimonense entertain Vitória de Setúbal at the Municipal Stadium on Monday evening kick-off 8pm. In the league standings FC Porto lead the way, two points ahead of Sporting and five clear of champions Benfica back in third.

Portugal international moved

The forthcoming friendly between Portugal and the USA scheduled for the Algarve Stadium on 14 November has been moved to Leiria, one of the areas devastated by the recent wildfires.

The president of the Algarve Football Association, Carlos Alves Caetano, has wholeheartedly supported the decision of the Portuguese Football Federation (FPF) and said, "in the face of the tragic events that have devastated several regions

of the country, the Algarve joins with a great spirit of solidarity this decision of the FPF to play these games in two regions most affected. Moreover the income derived from the games will benefit the families affected by the fires."

L league leaders FC Porto ran in six against Paços de Ferreira at the Estádio do Dragão with Ricardo Pereira getting the first after just three minutes. The visitors drew level three minutes later through Welthon before Felipe restored Porto's lead after a quarter-of-an-hour. Moussa Marega added two more before the break and it was game over. Second-half strikes from Corona (65') and Aboubakar (73') completed the rout. Benfica have been struggling recently and the trip to lowly

Desportivo das Aves was nothing other than a must-win for an under pressure Rui Vitoria. The Eagles broke the deadlock after Eduardo Salvio was brought down inside the box with Jonas ramming home the spot-kick. Five minutes after the break Haris Seferovic tapped in Salvio's hard-earned cutback before Rodrigo Defendi pulled a goal back for Aves in the seventy-sixth minute from a near-post header. Three minutes later Jonas, again from the spot, pulled Benfica further ahead to claim a 3-1 victory. Last campaign Bas Dost was

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