



# THE PORTUGAL News

Portugal's National Newspaper in English



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## Boris on Brexit P12

British Foreign Secretary Boris Johnson was in Lisbon this week where he said a solution could be found that suits both the interests of the UK and EU nationals during ongoing Brexit negotiations.



## Real Estate Rocketing P6



Property prices in Portugal are soaring with the average price for a square metre of property currently standing at A896.

## Sugar Slash P8

The Coca-Cola group is to slash the sugar levels in its most popular sugary drinks on sale in Portugal over the next three years.

## Cliff Rescues P10



Lagoa fire-fighters rescue dog and woman who fell from cliffs in Carvoeiro.

## Fox in a Box P18



A young, debilitated fox that had been frequently spotted roaming an Algarve beach has finally been caught and is being cared for.

## WEATHER P2

# Government warns showers are not enough to reverse current state of drought

## MIRACLE NEEDED TO END DROUGHT



Full story, see p. 2

Portugal's President Marcelo Rebelo de Sousa pictured here visiting a dam in Coimbra where he expressed his "concern at the state of water reserves." Officials who accompanied the President said they had never seen water levels as low as they are now at the Aguieira Dam. (Photo: RUI OCHÔA/ PRESIDÊNCIA DA REPÚBLICA/LUSA)



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# Miracle needed to end drought



BRENDAN  
DE BEER

The current rainfall across much of mainland Portugal, which is due to stop from Sunday, will not be sufficient to end the current drought, Portugal's Environment Minister has warned. This was followed by the chairman of the Portuguese Met Office, saying that a "November miracle" was required to end the drought.

**W**hile substantial rain has fallen, especially across fire-ravaged central and northern Portugal, these showers will not compensate the chronic lack of water.

The President of the Portuguese Met Office (IMPA) Miguel Miranda, said this week that the "November miracle we need is for a steady drizzle to fall during a very long time". But with more than 80 per cent of the country in a state of severe drought, the weather chief said that current models forecast below average rainfall in the mid-term.

The Bishop of Lisbon, perhaps following on the calls for a miracle, this week issued a statement calling for prayer, with Dom Clemente calling on priests to pray for "the necessary rainfall" during Mass. While the country waits for a "miracle" to break the drought, the government has in the meantime called on Portuguese to be much more sparing in their use of water and has told local authorities to limit the water they use to clean and irrigate towns and cities. Portugal's Environment Minister, João Matos Fernandes, in announcing

the measures said "no-one must be mistaken" about the seriousness of the drought that is affecting the country. He said two or three days' rain will not change the situation, adding that a campaign is to be launched to encourage the careful use of water by everyone.

The Government praised independent initiatives being taken by Town Halls, singling out the case in Nelas, where the council decreed the closure of municipal swimming pools until water levels had returned to satisfactory levels. The Environment Minister forecast that he expected other Town Halls to follow suit, especially with the expected deterioration of the drought.

João Matos Fernandes added the sole priority of the Government is to ensure sufficient water for human consumption. The latest monthly weather bulletin issued by the IPMA however paints a bleak picture of the current state of the climate in Portugal. IPMA chief Miguel Miranda says he is unable to find examples where Portugal has seen the state of a drought deteriorate during the month of October. He said that the rainfall

recorded last month was 50 percent below existing averages, and in many cases, only 20 percent of average rainfall for October was registered.

The Met Office also revealed that yet another weather record was broken in October, being the hottest since 1931, when weather details were first logged.

The average temperature was said to be 3 degrees Celsius above normal, while average maximum temperatures soared to 5 degrees above the median. The IPMA also said there were two heat waves between 1 and 16 and between 23 and 30 October in most of the country except the coastal areas. This comes after September was found to be the driest month ever in Portugal.

The six-month period from April to September was also said to be the second driest since records began, while the average maximum temperatures for this period were also the highest meteorologists had ever seen in Portugal. Average temperatures across the mainland were meanwhile the second highest they had ever been. Back in May, a British study predicted that Portugal



Officials have warned that the recent rains will not be enough to (Photo: EPA/NUNO VEIGA)

could be subject to "megadroughts" lasting for many years. According to climate models drawn up by researchers at Newcastle University in the study, entitled 'Assessing the threat of future megadrought in Iberia', the area could see a 15-year period of rainfall at less than half the average level. Researchers selected a total of 15 different climate models used by leading scientific bodies around the world, including Nasa, the UK Met Office and the

Max Planck Institute for Meteorology. Writing in the International Journal of Climatology, they said: "All models project an intensification of drought conditions for the Douro, Tagus and Guadiana." However they strongly disagree on the magnitude of these changes. "Some project small increases in drought conditions but most project multi-year droughts reaching up to (...) eight years of mean annual rainfall

## WEATHER

# Autumn makes its presence felt

Last weekend may have been the last really summery weekend for Portugal until next year, as this weekend – and the coming week – are looking wet, cloudy and cool.

**Lisbon:** Showers, at times heavy, on Friday and Saturday will clear up by Sunday and the start of the new week will at least be bright and sunny. It will also be noticeably colder, with thermometers set to plunge to highs of around 17 degrees Celsius.

**South:** A similar conjecture to that of Lisbon is forecast for the Algarve, where a mix of rain, cloud and sun will be in place on Saturday, before clearing up for sunny skies by Sunday. Temperatures there will be a few degrees warmer than Lisbon, with highs settling around the 20 degrees mark.

**North:** Northern Portugal will be wetter but not much cooler than the rest of the country. Rain is forecast to fall over much of the weekend and coming week, although those showers will at times be light, with some sun coming through, and temperatures in the mid-to-high teens.

# Balaia Bowling club makes €10,000 donation to Albufeira fire-fighters

The Balaia Bowling club in the Algarve has, for the second year running, made a significant donation to the Albufeira fire-fighters. The club, made up predominantly of British expats resident in Albufeira, has donated over €10,000 in equipment and goods to the fire station. The funds were raised over several initiatives held throughout the year.





## N News in Brief

### MPs debate Budget

MPs this week gathered in Parliament to debate the State Budget for 2018. Among major alterations for the coming year are an increase in the number of income tax brackets, higher pensions and a return to automatic promotions in the civil service. The changes to income tax are expected to positively affect the finances of 1.6 million families, while 400,000 civil servants are set for promotion and resulting wage increases in 2018. MPs will have until 17 November to present changes to the budget proposal before voting takes place on 27 November.

### Portugal fares poorly for bullying

Portugal has outranked the United States in terms of the number of cases of bullying reported by children. According to a new report compiled by children's organisation UNICEF, Portugal ranks 15<sup>th</sup> for the number of bullying cases reported in Europe and North America. The report, entitled: "A Familiar Face: Violence against children and adolescents" found that between 31 and 40 percent of Portuguese children aged between 11 and 15 had been the victims of bullying in the two months immediately preceding the study.

### Companies with more than 100 workers to justify wages

Companies with more than 100 workers are to be required to justify wage discrepancies among workers. The new rule, part of new legislation to promote equality, will see companies being asked by labour inspectors to justify pay differences for workers performing similar tasks. In the event of being unable to offer a satisfactory justification, bosses will be required to increase the wages of lower income workers in the space of two years.

### Tourists spend record amounts

Foreign tourists visiting Portugal during the summer have broken all spending records. Numbers released by the Bank of Portugal, show that payments and cash withdrawals done with the use of foreign issued bank cards totalled just under 1.6 billion euros between the beginning of July and the end of September. The central bank spending by foreign tourists has been rising strongly since 2015. The United Kingdom led the total purchases with 348 million euros, following closely by France, with 339 million euros.



break the drought and have called for a "miracle" to stop the situation from deteriorating further.

missing [over a 15-year period] (...) by the end of the century." According to a 424-page study published earlier this year by the European Environment Agency (EEA), titled 'Climate change, impacts and vulnerability in Europe 2016', cash-strapped Portugal has

suffered monetary losses of 6.8 billion euros as a result of climate change between 1980 and 2013. Southern and south-eastern Europe is forecast to be a climate change hotspot, as it is expected to face the highest number of adverse impacts, the EEA report reveals.

"This region is already experiencing large increases in heat extremes and decreases in precipitation and river flows, which have heightened the risk of more severe droughts, lower crop yields, biodiversity loss and forest fires", researchers found, warning further that more

frequent heatwaves and changes in the distribution of climate-sensitive infectious diseases are expected to increase risks to human health and well-being. Average temperatures in Portugal have in the last 40 years increased at a rate of 0.5 degrees per decade - twice as fast as globally.

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# Disgraced banker unrepentant

The historical leader of failed bank BES, Ricardo Salgado, denied on Tuesday any mismanagement at the bank and said he felt no blame for the situation of the victims, adding that the court could decide who was liable in the case.

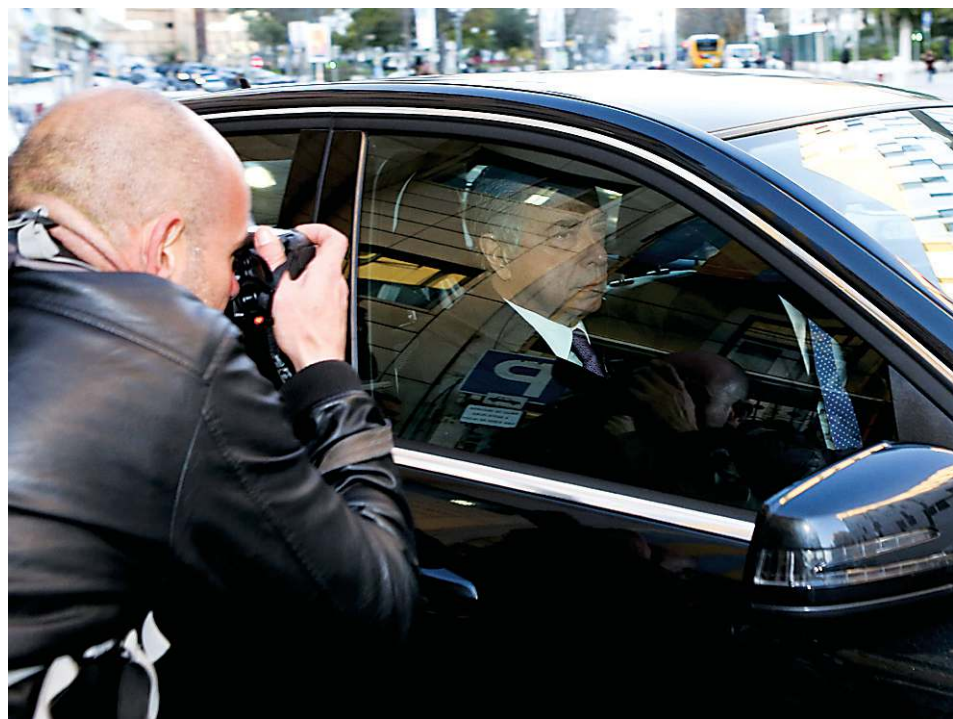
“This is going to have to be proven here, but I can say that what happened after I left was the bank collapsed because of the provisions the Bank of Portugal and the auditors ordered and which led the bank to solvency ratios that were unsupportable under international rules

to maintain a relationship with the European Central Bank (ECB)”, he told reporters.

“This is what caused the collapse of Banco Espírito Santo [BES]”, he said. Ricardo Salgado was speaking after a hearing regarding a request to challenge the €4 million fine by the Bank of Portugal for selling Espírito Santo Internacional (ESI) debt to the bank’s clients. Ricardo Salgado said the resolution of BES “was a disaster”, an opinion he believes is now shared by “many people”, since “there were provisions that were transferred to Novo Banco and that were then not used to solve the commitments towards the victims”.

“When I left the bank, the bank had more than enough resources to reimburse all the victims and that was what had been foreseen”, he stressed.

TPN/Lusa



Former chairman of the collapsed BES bank, Ricardo Salgado, remains unrepentant following a court appearance this week. (Photo: LUSA)

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## Air Force Plane detects fires and offenders from sky

A C-295M plane belonging to the Portuguese Air Force spent this past weekend circling Portugal’s skies, scouring the country from high above to detect fires and people.

The plane carried out several missions in several parts of the country and alerted fire-brigades whenever irregularities were detected.

This past weekend the Air Force spotted a number of fires that were just starting up, hence helping fire-fighters respond to them before they flared out of control.

During the 48 hours the specialist aircraft, belonging to 502 Squadron and based in Montijo, was used for monitoring purposes, it also detected people using fire to clear land, as well as other behaviours that were deemed as being risky, given the high temperatures still afflicting Portugal.

## N News in Brief

### More than €8bn transferred out of Portugal in 2016

An estimated 8.6 billion euros were transferred to offshore accounts out of Portugal in 2016 alone. These figures are based on numbers issued by the national Tax Authority released on Monday evening. Officials said they traced these amounts to a total of just under 59,000 transfers which banks reported to the taxman. This figure is slightly down on 2015, when Portuguese sent a total of 8.8 billion euros to offshore tax havens.

### Two tons of donated goods collected in Faro for fire victims

Two tons of second-hand donated goods have been collected in Faro for the victims of the recent wild fires in northern and central Portugal. The donated items were distributed this week in Tábua, Arganil, and Paradela da Cortiça. Launched by a group of youngsters with the support of Faro council, the ten-day campaign gathered a ton of clothes, 800 kilos of foodstuff, 300 kilos of which was for animals, various types of medication, 108 mattresses, 50 televisions, and a range of white goods and furniture.

### Motocross World Championship returning to Portugal

The Motocross World Championship will be returning to the ‘International Crossdromo’ in Águeda, in northern Portugal, on 14 and 15 April next year. This was confirmed by the event organiser Youthstream, and the Águeda Action Club today. Club chairman, Albano Melo, said they had invested heavily for the championship to return to Portugal and they were working to make the world-class event even better. The Águeda race will be the fifth in the championship.

### Nurses demand probe into SNS waiting-list deaths

Portugal’s national nurses association has asked the Public Prosecutor to investigate the cases of 2,605 people who died while waiting for an operation on the SNS National Health Service’s waiting list. The head of the association, Ana Rita Cavaco, said she believes it is important the prosecutor ascertains whether or not there is criminal liability involved. A letter with the request was also sent to Portugal’s President Marcelo Rebelo de Sousa and to Parliament.

### Prosecutors investigate child abuse at Faro crèche

Prosecutors have confirmed that they are investigating allegations of child abuse at a Faro children’s centre. The alleged physical abuse of babies is said to have occurred at the O Despertar crèche. The venue forms part of the Algarve Diocese and has led officials to suspend two female workers at the crèche after details of abuse were revealed. The centre has a capacity for 152 children, ranging from three months to five years old.

### TAP launches London City route

National airline TAP has launched a new route to London City airport. The new route will see the national flag carrier fly twice a day to the central London airport. This brings the number of destinations the airline travels to in the British capital up to three, alongside Gatwick and Heathrow. TAP said in a statement that air traffic between Lisbon and London has shown strong growth in 2017, with passenger numbers up 28 percent. Estimates are that 700,000 passengers will fly on TAP between the two cities during the course of this year.

### England rugby returns to the Algarve

The England rugby squad have returned to the Algarve as they prepare for the traditional autumn internationals that will be staged next month. As has become customary in recent years, the world’s second best team has been preparing at Browns Sports Leisure Club Vilamoura for some training in the Algarve sunshine. The Six Nations champions touched down on Sunday afternoon with 32 players called up by coach Eddie Jones to prepare for three test matches at Twickenham against Argentina, Australia and Samoa.

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# Property prices in Portugal rocketing

Property prices in Portugal are soaring with the average price for a square metre of property currently standing at €896. However there are 41 municipalities where prices are above that average.



Property along Lisbon's Avenida da Liberdade and Marquês de Pombal areas is the most expensive in the country. (Photo: MANUEL ALMEIDA/LUSA)

**T**he pick-up of Portugal's property market in recent times has been widely reported, and is showing no signs of slowing down.

A square metre of real estate in Lisbon is currently 15 percent more expensive than it was this time last year, at €2,231 per square metre of floor space, and the capital is the most expensive municipality in the country, when it comes to buying a new house.

Interestingly, in some areas, an old property now costs as much as a new build.

Nationally, the top three most expensive regions are Lisbon, Porto

and the Algarve. The cheapest places to buy a house in Portugal are the Beiras and Serra da Estrela (central Portugal).

This is according to an in-depth report by newspaper *Correio da Manhã*, based on new figures from the National Statistics Institute (INE).

These figures show that the current average price for a square metre of real estate in Portugal (€896) is up 6.4 percent on figures this time last year, and the difference in the cost of floor space between the most expensive neighbourhood and the cheapest is over €2,000.

Portugal's most expensive neigh-

bourhood is, perhaps unsurprisingly, the heart of Lisbon, where buying a house along the Avenida da Liberdade or Marquês de Pombal costs around €3,294 per square metre; up 46.1 percent in 12 months.

Cascais, and Loulé and Lagos (in the Algarve) all have prices that are above €1,500 per square metre.

Practically the whole of the Algarve has prices that range between averages of €896 and €2,231 per square metre, hence making it one of the top-three most expensive districts in the country, with only the municipalities of Monchique and Alcoutim being below that benchmark.



## News in Brief

### French Cinema Festival returning to Faro

The French Cinema Festival returns to Faro next week, between 7 and 10 November (Tuesday to Friday). It will be staged at the Figuras Theatre and aims to showcase the best of French movies, from old classics to new releases. The initiative was launched 18 years ago and travels 11 cities in Portugal, including Faro.

### Starry skies to be active next month

The coming month of November will bring with it three major meteorite showers, which, cloud permitting, should be visible from Portugal. Venus will also be visible throughout the whole of the coming month as a morning star. The first star shower will be from 4-5 November, followed by another one on 11-12 November, and last on November 17 or 18.

### Fake notes circulating in Portugal on the rise

The number of fake notes circulating in Portugal is also on the rise. The most common fake note is the €20, with lots of them being brought in from France and Italy. The number of forged notes taken out of circulation in Portugal this year has doubled, with over 8,000 notes being removed during the first half of this year.

### Solverde Poker Season gets underway from Friday

Starting this Friday, the Solverde Poker Season gets underway in Portugal, with the event's main Algarve hub being Vilamoura casino. The Algarve heat is staged in Vilamoura between Friday and Sunday, with a €40,000 prize on the table. The winner will also secure a place in the final, at the Espinho Casino in December.

### Tavira's Pego do Inferno attraction to undergo overhaul

Work is to be carried out at the Pego do Inferno natural attraction in the Eastern Algarve after it was damaged by fire in 2012. The popular waterfall and natural pool has been officially closed to the public since 2012 despite countless visitors flocking to the spot each year. Tavira council is hoping to breathe new life into the area while upgrading its natural beauty and making it safer.

### Four-year-old boy is Easyjet's 15 millionth passenger from Faro

A four-year-old boy has become the 15 millionth passenger to travel with British airline Easyjet from Faro. The youngster, whose mother is French and father is Spanish had been on holiday with his parents in Olhão and was returning to Lyon. He was received with orange juice and cupcakes to celebrate the occasion before boarding his flight. The occasion also marked Easyjet's 18th anniversary of flights to and from Faro.

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# Coca-Cola to slash sugar content in Portugal

The Coca-Cola group has said its most popular and sugary drinks on sale in Portugal and Spain will have their sugar levels slashed by 12 percent over the next three years to adapt to new needs and lifestyles.

**T**his comes after a new tax was introduced in Portugal in February to drive a change to eating and drinking habits.

Coca-Cola, Fanta, Nordic Tonic and Aquarius will all be made less sugary and less calorific, Tiago Lima, head of the Coca-Cola group's external relations for Portugal, told newspaper *Diário de Notícias* (DN). "In addition to continuing to reduce the sugar content in beverages, we aim to reduce the level of sugar in our beverages by 12 percent by 2020, along with the introduction of new sugar-free drinks or an expansion of those that are already sugar-free", he explained.

This is part of the multinational's new strategy for Iberia, in which "we have a duty and concern to meet consumers' tastes and needs by offering more beverage options, reducing sugar content, launching no-sugar or no-added sugar options, providing clear information, and having smaller packages",

Lima stressed.

Of the 100 products currently sold by the Coca-Cola group, 28 have no added sugar.

Earlier this year a tax on alcohol and alcoholic beverages was extended to sugary drinks.

Last month, Portugal's Health Minister highlighted the success of the levy on sugary drinks, saying Portuguese will this year have consumed over 4.2 fewer tons of sugar than last year.

Minister, Adalberto Campos Fernandes, also said thanks to the tax, which was introduced in February, companies have made concerted efforts to supply healthier alternatives.

However, in comments to DN, Tiago Lima denied the group's sugar reduction was in direct response to the tax, stressing the market-leading multinational altered its company policies in 2000.

"This is a new phase in a sugar-reduction strategy that we have been developing over the last dec-

ade, with the main objective being to respond to consumer needs and consumption trends", he clarified.

Sugar-free drinks represented 21 percent of Coca-Cola group's sales in September, and, Tiago Lima said, the consumption of full-sugar drinks has dropped over the last year.

Portugal currently has one of the highest child obesity rates in Europe, being among the top-five EU countries in terms of overweight teens.

One third of Portuguese children are estimated to be overweight, and, Alexandra Bento, head of the country's nutritionists association, said this is largely due to mistakes being made by families in their eating habits and a general lack of exercise.

The World Health Organisation (WHO) has estimated Portuguese children consume five times more sugar than the recommended daily 5 percent.



A can of Coca-Cola with imagery of the city Porto. The design was part of a strategy of international promotion of the "Porto" brand for the summer of 2015. (Photo: ESTELA SILVA / LUSA)

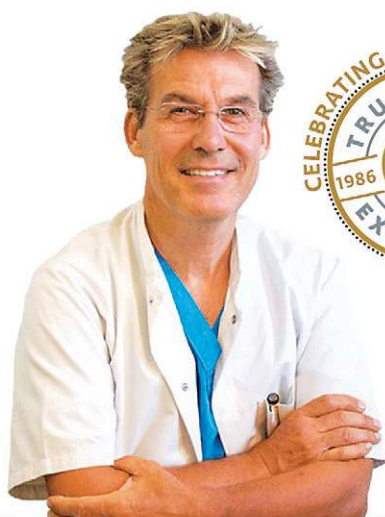
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# Lagoa cliffs keep local firefighters busy after summer blazes



Lagoa firefighters have been kept extra busy these past couple of weeks with a series of incidents involving people - and animals - falling from the municipality's cliffs. (Photo: Supplied)

On top of battling fires, the Lagoa firefighters have been kept busy these past couple of weeks with a series of incidents involving people – and animals – falling from the municipality's cliffs.

Last weekend the Lagoa firefighters rescued a woman who fell from the cliffs while visiting a popular Algarve beauty spot. The 42-year-old woman had been sightseeing at the Boneca rock formation at Algar Seco on the Carvoeiro cliffs in the municipality when she fell on Sunday afternoon. She was promptly res-

cued by firefighters who were alerted by locals via the 112 emergency number.

The Portuguese woman was stabilised at the spot before being taken to Portimão Hospital. Her injuries are understood to be non-life-threatening. Meanwhile, a week earlier, on Friday 20 October, the Lagoa Bombeiros

were called out once again, to rescue a dog that had also tumbled down the cliffs and become stuck. The incident happened around lunchtime also near Algar Seco. "The animal was rather debilitated and was rescued using a stretcher and taken to Lagoa kennel", the firefighters said.

## Algarve teen yachtswoman wins Bermuda sailing race

Young Algarve sailor, Beatriz Cintra, has won the individual and group heats of the Team Racing category in the RenaissanceRe Junior Gold Cup, which took place in the Bermuda on Saturday.

The teen from Portimão was part of a team made up of sailors from the United States, Germany and Sweden.

In the individual competition, the promising young yachtswoman was ranked 26<sup>th</sup> overall and sixth in the women's category.

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The Value of your investments and the income from them may go down as well as up, and you could get back less than you invested.

## Uber drivers to charge if kept waiting

Uber drivers are to start charging for each minute they are kept waiting, according to new policies announced this week by the global ride-providing company at the official inauguration of its new call centre in Porto.

The new waiting measure is to come into force from this week and will see drivers charge ten cents per every minute that they

are kept waiting after an initial two minutes.

On top of that, potential passengers will only have two minutes to cancel a

call, down from the previous five minutes, and will still be charged a €2.50 cancellation fee.

These are part of a set of several new measures drawn up to strengthen the positions of Uber drivers and passengers in Portugal.

Another change to be brought in relates to the evaluation of a driver; if a passenger does not want to give a driver a five-star rating on the app, a valid reason will have to be given. This is to prevent factors beyond the driver's control, such as traffic, being detrimental to the rating of the driver.

Furthermore, Uber is to implement a measure that will protect its drivers to ensure a journey does not last longer than 45 minutes, should they have personal commitments.

The company currently has close to 3,000 drivers in Portugal, and its services, an alternative to the standard taxi, are available in Lisbon, Algarve and Porto.

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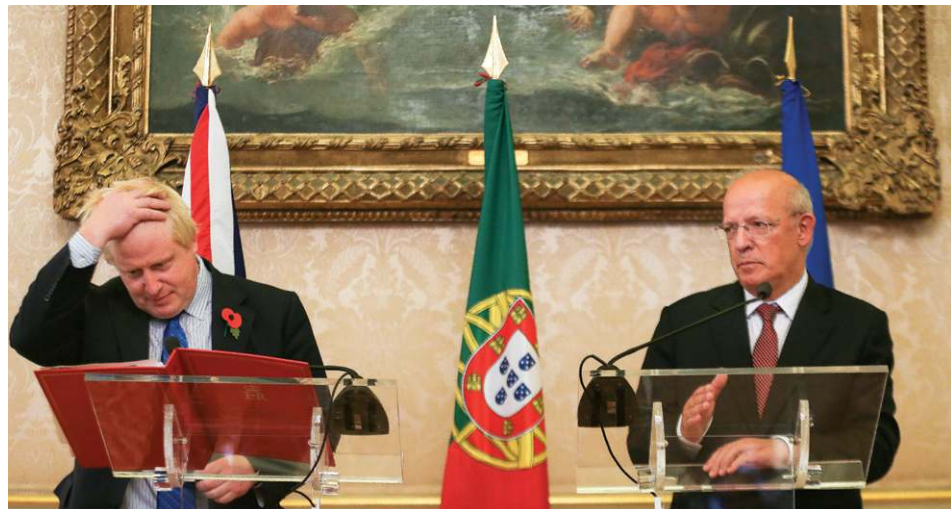


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# Boris Johnson confident about EU citizens' rights

The British foreign minister, Boris Johnson, expressed confidence that a solution could be met that protects the rights of European citizens in the United Kingdom when he spoke about the Brexit negotiations during an official visit to Lisbon.



Portuguese Foreign Minister Augusto Santos Silva (R) and Britain's Foreign Secretary Boris Johnson (L) attend to a joint press conference after their meeting at the Ministry of Foreign Affairs in Necessidades Palace in Lisbon, Portugal, 27 October 2017. The British top diplomat arrived on 27 October for short meetings with Portuguese Ministers that would focus on bilateral relations after the British exit of the European Union known as Brexit. (Photo: EPA/ANDRE KOSTERS)

**H**e also urged the European Union (EU) to move forward with the negotiations on the future economic situation.

"It is vital for both sides to reach an agreement, to protect the Europeans citizens' rights and

privileges and I am certain we will reach one. This is the message I have for our friends and partners in the EU and here in Lisbon," Boris Johnson said, after having met with the Portuguese Foreign Minister, Augusto Santos.

Mr Johnson, who led the

Brexit campaign in the referendum that led to the UK's departure from the EU, said that the 400,000 Portuguese residents in the United Kingdom contribute to the country's life, culture and economy. He also acknowledged the three million British tourists

that visit Portugal every year.

Mr Santos pointed out that there are aspects to be considered regarding the negotiations of the Portuguese citizens' rights in the UK, which could be resolved by December.

TPN/Lusa

## Fewer Portuguese emigrating

More than 38,000 people left Portugal to live and work abroad last year, a number that fell for the third consecutive year, the 'Demographic Statistics 2016' issued by the National Institute of Statistics (INE), showed.

The INE said that 61 percent of all emigrants were men, 97 percent were Portuguese nationals and 76 percent went to live in a

European Union country. The vast majority (94 percent) were people of working age and 36 percent had completed the

9th grade while 41 percent had higher education.

The INE also said that 29,925 people came to Portugal to live for a period

equal to or greater than a year in 2016 (permanent immigrants), a similar number to 2015 (29,896).

TPN/Lusa

## Portugal to beef up Venezuela consulates as crisis hits emigrants

Portugal's government is next year to beef up staff and technological resources in its consulates in Venezuela, its secretary of state for Portuguese communities announced during a visit to Caracas.

There are some 400,000 Portuguese nationals in Venezuela and more than a million children or grandchildren of Portuguese, making the community in the country the second-largest in Latin America.

"We [in 2017] adopted policies of reinforcing consular resources, which will continue to be intensified further in 2018," said the secretary of state, José Luís Carneiro. "We're talking about reinforcing human resources and also technological resources that have to be modernised and adapted to the new needs. That is a commitment that has been made."

Carneiro was speaking at the end of a three-day trip to Venezuela during which he had meetings with Portuguese citizens in Maracaibo, Los Anacos and Carrizal as well as in the capital.

He said that he had also met all honorary consuls in the country and "with all those who offered to work with the social attachés and career consuls" to compile

a detailed register of people and institutions that might need help at a difficult time.

Venezuela is mired in a deep political and economic crisis, with a standoff between the government and opposition.

According to Carneiro, at present some 3,500 nationals are receiving direct financial help from consular services. The focus, he stressed is on the elderly, children and women, with some of the aid taking the form of food and medicines.

The secretary of state also said that steps have been taken to improve action to promote the teaching of the Portuguese language - an essential tool for those members of the community who are returning to Portugal.

In Madeira - the Portuguese region from which most emigrants in Venezuela originally come - the regional government estimates that at least 4,000 people have returned, and is preparing to welcome more.

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# Rumours about NHR tax changes are an opportunity to take stock

**N** ANTONIO ROSA, JOINT COUNTRY MANAGER PORTUGAL, BLACKTOWER FINANCIAL MANAGEMENT

Portuguese economy and finance publication *Jornal de Negócios* recently reported rumours that the Portuguese government is reviewing the terms of its non-habitual resident (NHR) taxation programme.



According to the newspaper, the government is considering introducing a flat rate of 5% or 10% on all income derived from expat pensions; however, the newspaper states that existing NHRs are unlikely to be affected and that only those resident in Portugal from the suggested date of 1 January 2018 will be subject to the tax.

Apparently, the government wants to pre-empt the possibility of having to renegotiate any double tax treaties regarding pension income and believes that a flat, catch-all tax represents the best solution under the circumstances. It also believes that such a programme would send out a clear, credible and emphatic message to the international community regarding Portugal's position on expats and international pensions.

As it currently stands, Portugal's NHR tax regime is open to those who meet the following criteria:

- They are resident in

Portugal for more than 183 days in the calendar year.

- Their main place of residence (owned or rented) is in Portugal.
- They have income which is taxed within their country of origin.

British retirees should be reassured that the opportunity to become an NHR in Portugal is not limited to EU nationals. Even after Brexit, British Nationals will be able to use the Golden Residence Permit Programme (GRPP). Under this scheme they can make a capital investment in Portugal to receive residency or, more simply, can reside for 183 days or more per year in Portugal.

Portugal's favourable NHR tax system has been in existence for less than a decade. Before January 2009 expats in Portugal were charged as much as 56.5% tax. The NHR was a direct response to the problems caused by this punitive tax regime. In fact, it has been incredibly successful in attracting successful individuals and their families to Portugal

and is a major reason that Forbes recently voted Portugal's Algarve as the world's number one retirement destination.

To many it is the "Florida of Europe", but in reality it has its own distinct identity and offers so much more than amazing tax savings. It is also renowned for its reliable political and social environment, amazing coast, beautiful scenery, world-leading food, rich history and vibrant expat community.

Although it is undoubtedly wise for expats living in Portugal to act quickly and prudently to safeguard their finances and pensions in the most tax-efficient way, it is by no means guaranteed that the Portuguese government will follow through with any such proposals. In fact, previous plans for inheritance tax system changes were shelved as a result of a large amount of external pressure.

Whatever the case, NHR changes are a routine matter of discussion and may occur at any time so good advice is critical to

ensuring that expats are not unnecessarily affected.

One thing is certain: rumours of changes to the NHR taxation programme are only likely to accelerate the decisions of potential expats; if they move now and ensure that they are resident as soon as possible, they are less likely to be affected.

Kneejerk reactions to what is, in effect, just a single newspaper article would be unwise. As Robert Mancera, Director and General Manager of Blacktower Financial Management comments, "Portuguese Tax Authorities have over the years demonstrated their ability to move quickly to make amendments to Tax Legislation - and more often than not leaving residents with very little time to 'plan' - which is never ideal.

"It would appear that the Authority has identified an opportunity to seek additional revenues through Pension Income - by taxing those 'new' Expats with NHR tax status. It is still being

'mooted' and nothing is agreed but those individuals who see Portugal as the place to retire to may need to act fast to gain their NHR status before any changes come through."

## All the benefits are still there

In short, until there is any further and confirmed decision by the Portuguese government, NHRs, existing and new alike, remain able to enjoy the considerable benefits of the country's taxation programme.

This means they can be confident that they are immune to wealth taxes, are not required to make any minimum investment in the country and can freely move their capital.

Additionally, NHRs are still able to maximise all the legacy planning opportunities available to expats in Portugal. As

such, inheritance tax does not apply to assets held outside of Portugal, while spouses, descendants and ascendants remain able to inherit Portuguese-based assets without any form of inheritance tax at all. However, all income derived from a High Value Activity is subject to a flat rate of tax of 20%.

## Early advice can make all the difference

To maximise the benefits available professional guidance should always be sought at a very early stage in the planning cycle.

Blacktower has offices in Quinta do Lago and Cascais and has made its name assisting clients in the country for over 30 years. Get in touch with us today to find out more - visit [www.blacktowerfm.com](http://www.blacktowerfm.com) or call our office directly on 289 355 685 (Quinta do Lago) or 214 648 220 (Cascais).

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# International conference on online fraud to be held in Faro

An international conference on online fraud is to be held next week in Faro. The event takes place on Thursday, November 9, from 9.30am, at the Hospitality and Tourism School in Faro. The event is being organised by the Safe Communities Portugal association and aims to debate the risks of and preventative measures for online fraud.



An international conference on online fraud is to be held next week in Faro. (Photo: INÁCIO ROSA/LUSA)

**F**raud 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 holiday makers 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 affects. 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 related services, to make them more resilient to fraud.

The conference will bring together presenters who are experts from the police, international law enforcement, consumer organization, hotel, travel and property letting associations, and travel industries.

Property letting companies, tour operators, property management companies and property owners who let properties are encouraged to the conference, which will be the first international conference of its kind to be held in Portugal - possibly Europe.

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](mailto:planeamento@turismoalgarve.pt) no later than 6 November.



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## Algarve heads for record golf year

The Algarve's standing as the ideal golf holiday destination has risen to a new level with record visitor numbers being fuelled by a strong social media following.

With the recent success of the Portugal Masters still fresh in the minds of European golf enthusiasts, the region has reported some impressive figures for the first half of 2017.

The Algarve is widely-regarded as Europe's number one golf destination with 43 fabulous courses and it hit an all-time high for golf visitors numbers in 2016 with almost 1.3million rounds throughout the year.

And the trend has continued in the first six months of this year. The new figures have shown another increase, with more than 788,000 rounds played between January and June - a total rise of almost four per cent on the 2016 figures.

A significant effort on the destination's social media content has seen the VisitGolf Algarve Facebook page recently pass 40,000 friends, just as **The Portugal News** did earlier this year, thereby laying claim

to the title of the world's most popular golf tourism page on the social networking platform.

This community includes followers from 45 different countries with an encouraging 40 per cent of those being female.

Maria Manuel Delgado e Silva, ATA golf product manager, said: "We aim to ensure any visit to the Algarve is the best holiday experience possible for all of our visitors."

"As well as the golf, we understand the success of the stay is about the friendly welcome our guests can expect, the quality of the accommodation and the enjoyment of everything else we have to offer away from the golf courses."

"We have used these various elements to communicate with our digital community and to provide them with a rounded education on the experiences the Algarve has to offer."

## Seventeen people arrested in Lisbon dock drug bust

Seventeen people have been arrested in a drug bust after Portuguese PJ police intercepted a containership carrying over 1,000 kilos of cocaine.



The PJ Headquarters in Lisbon. (Photo: LUSA)

**T**he Portuguese navy, air force and national drug-combating unit joined the PJ in the operation, named Operation TAGA, staged at the start of this week and which aimed to clamp down on drug-trafficking at sea. A statement from the PJ explained the cocaine was found onboard the vessel after it was intercepted out at sea, and weighed 1,130 kilos in total. It was being ferried from Latin

America to Europe, where it was intended for distribution throughout various countries. Seventeen people aged 24 to 63, all of foreign nationality, were arrested in connection with the bust. They are believed to form part of a transnational criminal organisation with roots in various countries on different continents. The containership was escorted to mainland Portugal, where it has been

retained at the Alcântara docks in Lisbon. The operation was carried out following an exchange of information with the Lisbon-based Maritime Analysis and Operations Centre - Narcotics (MAOC-N). An investigation is still ongoing under the PJ police, and is being carried out in collaboration with authorities in other countries including France and the UK.

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# Algarve PE teacher becomes World Triathlon Champion



Last weekend, Carlos Cabrita, a PE teacher from the Algarve city of Loulé, was crowned World Triathlon Champion in the 60-64 age group after beating off stiff competition from his international rivals in the XTERRA: Global Off-road Triathlon and Trail Running Series, held in Maui, Hawaii, on Sunday.

**T**o achieve the feat the athlete swam 1.5 kilometres in 32 minutes and 17 seconds and cycled 32 kilometres in one hour, 59 minutes and 50 seconds.

He also completed a 10.5 kilometre run in 57 minutes and 27 seconds.

Overall, he completed the three heats that make up the triathlon in three hours, 33 minutes and 46 seconds.

Overall, he ranked 231st out of 800 athletes.

**A PE teacher from Loulé (Algarve) has been crowned World Triathlon Champion in the 60-64 age group.**  
(Photo: Carlos Cabrita/Facebook)

## New paediatric burns unit for Northern region

A new paediatric burns unit is to be set up in the north of Portugal as the only one available at Lisbon's Hospital Dona Estefania is not considered to be enough.

The order was signed by the Assistant Secretary of State and Health and it is to be officially published on Friday.

The wildfires that broke out on 17 June and 15 October were taken into consideration for this order.

The order refers to the insuffi-

cient number of units for severe burns patients in the country's hospitals. There are only five such units and have fewer beds available compared with other European countries, (one bed per 225,700 inhabitants).

TPN/Lusa

## Porto taxi among cars with most kilometres in world

A taxi in Porto has been found to be among the cars with the most kilometres on the clock in the world.

According to motoring magazine Autosport, the Portuguese Mercedes is presently resting in a Mercedes museum in Stuttgart despite being in great shape for such a well-travelled vehicle.

The white Mercedes-Benz clocked up a massive 1.9 million kilometres during its service life, and was used as a taxi for over a decade.

However the Portuguese cab ranks only 6th on the top-ten list.

Filling the top five spots are a 1966 Mercedes Benz coupé, in 5th, with 2.06 million kilometres; a

1983 Lincoln Town Car from Kansas (US), which notched up 2.1 million kilometres placing it 4th; the 3rd most-used car in the world is a 1963 Volkswagen Beetle, with 2.6 million kilometres on the clock, and in second place, a 1971 Mercedes Benz from Greece, with 4.6 million kilometres.

The car with the most kilometres on the clock in the world is a 1966 Volvo P1800, which is still owned by its original owner, and, after having undergone three engine repairs, has covered 4.8 million kilometres.

ADVERTISER'S ANNOUNCEMENT

## Multi-award winner of the International Property Awards

**A**lgarve based real estate agency, Ideal Homes Portugal, is a recent recipient of two International Property Awards. The company was awarded in the categories of Real Estate Agency Portugal and Residential Development Portugal for Apple Tree Lane, the latter the company's first development project.

Ideal Homes Portugal founded by Chris White, a veteran of the international property industry, began from Chris' vision to fulfill what he felt was missing in the real estate market - service excellence. Nine years on the vision and company have expanded to include mortgage brokerage, aftersales, property and rentals management, along with most recently building its own residential development projects.

The International Property Awards is in its 26th year and judged by an independent panel of 70 industry experts. Judging focuses on design,



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quality, service, innovation, originality and commitment to sustainability. The judging panel is chaired by Lord Caithness, Lord Best, The Earl of Liverpool and Lord Thurso, members of the House of Lords in the UK Parliament. The European Property Awards are the largest, most



prestigious, and widely recognised programme throughout the region.

Last week Chris and Eddie Correia, Ideal Homes' Head of IT and Marketing, attended the winners ceremony and gala reception. The event held in London honoured the best in the property industry globally,

where more than 300 real estate professionals were on hand to receive awards in their respective categories.

'It's a proud moment, being a multi-award winner of the International Property Awards. This recognition for our hard work is inspiring and further excites us about the future,

what we're developing and bringing to market.' - Chris White, CEO & Founder, Ideal Homes Portugal.

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**About Ideal Homes Portugal**

Ideal Homes Portugal (IDEIA FABULASTICA Mediação Imobiliária Unipessoal LDA) is a leading real estate agency based in Portugal with offices in the Algarve, Lisbon and Spain. It has an established reputation for best in class service trusted by savvy buyers and expert investors looking to buy holiday homes, permanent residences and investment properties around the world.



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# Injured Tavira fox caught and being looked after

A young and debilitated fox that has been spotted roaming Cabanas Beach in Tavira in recent weeks, triggering a social media appeal for authorities to help it, has finally been caught and is being treated at a wildlife recuperation centre in Olhão.



A young and debilitated fox that has been spotted roaming Cabanas Beach in Tavira in recent weeks has finally been caught and is being treated at a wildlife recuperation centre in Olhão. (Photo: Ana Fernandes /Facebook)

The sorry-looking animal had been sighted on several occasions scavenging for food on the beach, prompting locals to organise teams of volunteers to try and catch it. Over the past few weeks the Institute for Nature and Forest Conservation (ICNF) had tried several techniques to try and capture the elusive fox, but in the end it was a rubbish bin that saw the animal being caught, when it jumped in after food that had been discarded moments earlier by tourists and became stuck. Local authorities were called in and the fox was taken to the RIA wildlife conservation and recovery centre in Olhão where it is receiving treatment for a range of diseases, including wasting syndrome, scabies, moderate parasitic burden, conjunctivitis and diarrhoea. However, the centre is confident that despite being very poorly, the young animal will make a good recovery, saying its prognosis is "favourable." RIA said it welcomes any donations from the public to help the centre keep helping animals.

## John Avery conducts final concert with Orquestra Classica do Sul

British expat John Avery, conductor for the Southern Classic Orchestra (Orquestra Clássica do Sul), for which he is the Associate Maestro, conducted his final concert after 13 years in that position.

The concert was staged last Saturday at the main auditorium of Algarve University, in Faro. The con-

cert was introduced by the well-known writer and stand-up comedian Jorge Serafim.

## Coimbra astronomer represents Portugal on ESO Users' Committee

The University of Coimbra has revealed that the researcher and astronomer Nuno Peixinho from the University of Coimbra Earth and Space Research Centre (CITEUC) has been selected to represent Portugal on the Users' Committee of the European Southern Observatory (ESO).

The astronomer is going to join the ESO advisory board and he is to ensure liaison between the astronomers in Portugal and the ESO regarding the evaluation by the Portuguese users of ESO's infrastructures and to assist ESO by reporting their operational plans to the

Portuguese community. The La Silla observatory is located about 600 kilometres north of Santiago de Chile, at an altitude of 2,400 metres on the edge of the Atacama Desert, where two other well-known observatories, Paranal and ALMA (Atacama Large Millimetre Array) are also located.

Nuno Peixinho said that the appointment represents a big responsibility since the Portuguese astronomer community heavily depends on ESO's Chile observatories.

ESO is an intergovernmental organisation of science and technology for the design and operation of leading terrestrial astronomical observatories through international cooperation. TPN/Lusa

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# Energy companies record strong profits

Portuguese energy companies Galp and EDP have this week posted strong results following figures became relating to the end of September.



EDP saw its renewable energy division record strong growth in profits, latest figures have shown.

In the third quarter of the year, Portuguese oil and gas company Galp posted an adjusted net profit of €166 million euros, up €15 million from the previous quarter and an increase of €51 million (45 percent) compared to the same period of last year. According to the third quarter results reported to the Portuguese Securities and Exchange Commission (CMVM), in the third quarter of the year EBITDA (earnings before interest, taxes, depreciation and amortization) totalled €487 million, €103 million (27 percent) more than in the same period of 2016.

According to the company, EBITDA reached €1.379 million euros in the first nine months of the year, "of which 74 percent came from activities abroad."

The results reported to the CMVM also showed EBITDA of the Exploration and Production business of €215 million, €88 million higher than in the same period of 2016, bolstered by an increase in production and prices of oil and natural gas, although affected by the depreciation of the US dollar against the euro.

The EDIBTA of the G&P (Gas & Power)

business stood at €45 million, with sales to direct customers "offsetting the decline in volumes sold in the trading segment".

Average working interest production reached 94,600 barrels of oil per day, an increase of 28 percent over the same period of the previous year, "due to the progressive development of the Lula and Iracema projects in Brazil."

Investment amounted to €227 million in the third quarter, of which 82 percent was allocated to development and production activities, "namely in the BM-S-11 block in Brazil."

At 30 September, net debt stood at €1.5 billion, considering the loan to Sinopec as cash and cash equivalents, with the net debt to EDIBTA ratio being 0.9x.

On 27 October, Galp, through Petrogal Brasil, acquired a 20 percent stake in the Norte de Carcará license under the 2nd Production Sharing Round in Brazil. The consortium also includes Statoil (operator) and ExxonMobil, each with a 40 percent stake.

The consortium offered a profit oil share of 67.12 percent.

Meanwhile, Portugal's EDP

Renováveis on Tuesday reported a profit in the first nine months of the year that was almost five times that for the same period in 2016.

In a statement sent to the CMVM, the Madrid-based renewables unit of Portugal's Energias de Portugal (EDP) said that its nine-month net profit was €165 million, up 468 percent on the year-earlier period, when it had €29 million. It said the profit adjusted for non-recurring events was €160 million, up 45 percent from a year earlier.

That was on turnover of €1.346 billion, up 11 percent on the year. According to the company, this was largely thanks to "new operational capacity, a higher average selling price, together with the positive impact of the high usage factor of [wind] parks previously in operation."

Earnings before interest and tax rose 50 percent to €606 million, while EBITDA was up by 17 percent to €991 million.

The company's net profit in the first nine months of last year had been down 71 percent on the 2015 nine-month figure, which was €100 million.

TPN/Lusa

## August unemployment revised down to 8.6 percent

Unemployment in Portugal fell to 8.6 percent in September, the National Statistics Institute (INE) said on Monday adding it had revised its unemployment figure for August down by 0.1 percentage points to 8.8 percent, the lowest figure since November 2008.

The figure calculated for August (8.8 percent) represents a fall of 0.1 percentage points over the previous month and 0.4 percentage points less than three months earlier, according to INE.

The provisional esti-

mate of the unemployed population was 442,000 people, having decreased by 2.1 percent (9,700) in relation to the previous month and 5.5 percent (25,800) compared to three months before.

TPN/Lusa

## More families seeking help with excessive debt - consumer group

Deco, Portugal's leading consumer association, has received requests for help in dealing with debt problems from 26,080 families so far this year, 50 more than in the same period of 2016, the group said.

Of the total approaches made to it in the period 1 January to 25 October, however, Deco has been able to help in just 2,001 cases in part because some families came to it too late, in some cases for legal reasons, the group explained to Lusa News Agency.

The 2,001 figure is up 16 on the equivalent at this time last year.

The most common cause for families to seek help from Deco this year is once more unemployment, which was cited in 30 percent of cases.

Worsening job conditions accounted for just over 23 requests, followed by debt collection/seizure of assets or income, divorce/separation and illness/disability, at 10 percent each.

Portugal's unemployment rate in September fell to 8.6 percent - its lowest level in almost nine years, as the economy continued to grow strongly.

However, both private and public indebtedness remain a major problem for the country.

TPN/Lusa

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# Lisbon Web summit ticket resold for €1,000

The founder of the Web Summit global technology conference, Paddy Cosgrave, said this week that the event has “very professional security” to detect fraudulent tickets after discovering a case of a ticket being resold for €1,000.



Portugal's president Marcelo Rebelo de Sousa (3-L) poses for the picture accompanied by participants during a visit to last year's Web Summit in Lisbon. The Web Summit has become Europe's largest and most important technology marketplace. (Photo: EPA/Mario Cruz)

made available for €7.50 for youths aged 16 to 23. “We have a system to identify all these people [who commit fraud]. All the tickets are electronic, it's not like it was a football match where they print tickets that can be resold”, Paddy Cosgrave told *Lusa News Agency*.

As part of the Inspire Portugal initiative, run in partnership with the Portuguese government, the organisation provided cut-price tickets that only grant access to the main stage for half a day (morning or afternoon).

To get one of these tickets, youths had to register online and if they won, they had to give their personal details. This information will be checked when they enter, specifically their age. The ticket prices for the general public are around €1,500.

Without saying how many tickets had been sold so far, Paddy Cosgrave reckoned they would all be sold out by Sunday, the day before the Web Summit begins, between Monday and Thursday in Lisbon's Park of Nations. *TPN/Lusa*

## Consumer confidence up in October, following two months of declines

The Portuguese consumer confidence indicator increased in October, after declining in August and September, while the economic climate indicator stabilised, the National Statistics Institute (INE) announced.

“The consumer confidence indicator increased in October, after decreasing in August and September, returning to a level close to the maximum value of the series reached in July,” INE said in a statement.

Based on business and consumer surveys, the agency said that “the economic climate indicator stabilised in September and October, after declining in August.” *TPN/Lusa*

**T**he case involves some of the 12,000 tickets the organisation

## New series of Saving Certificates for individuals

Portugal is going to issue a new series of Saving Certificates with the same conditions as the last series, but that do not need to have a paper certificate.

The certificates are aimed at individuals and families who can invest between €100 and €250,000 for 10 years with

interest equal to Euribor at three months plus 1 percent

The interest is paid quarterly and there is an extra

0.5 percent between the second and fifth years and an extra 1 percent between the sixth and 10th year.

*TPN/Lusa*

## Sea minister talks to fishing industry about sardines

The sea minister, Ana Paula Vitorino, has met Portugal's purse seining organisations to inform them about the negotiations which took place with her Spanish counterpart late last week regarding the fishing limits and management plans for sardines in 2018.

An official source from the sea ministry told *Lusa News Agency* that the minister and the Secretary of state for fisheries, José Apolinário, met last Friday with purse seining organisations from the south and north of the country.

The minister said that the 2018 sardine catch limits for Portugal and Spain should range between 13,500 and 14,000 tons, which was one of the proposals the International Council for the Exploration of the Sea (ICES) raised.

The Spanish fisheries ministry supported the proposal as it would help restore fishing resources and keep the fishermen working.

Minister Vitorino had earlier said that

sardine fishing was to be banned in some northern and central regions of Portugal, which are important for fish species reproduction. These limits are still to be defined.

The ICES recommended suspending sardine fishing in Portugal and Spain in 2018, however it also pointed out some other possible scenarios concerning the maximum catch limits on 20 October.

A day later the European Commission said that it would not forbid sardine captures due to their socioeconomic and cultural importance for the country, although it recommended caution and awareness regarding the environmental costs it might cause if nothing changes.

*TPN/Lusa*

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# Catalonia: The Silent Majority

**N** GWYNNE DYER

It's been going on for a while. "Recently in Catalonia we have been living through a kind of 'soft' totalitarianism...the illusion of unanimity created by the fear of expressing dissent," wrote best-selling Catalan author Javier Cercas in the Spanish newspaper El Pais in 2014. Those who didn't want independence kept their heads down and their mouths shut, in other words.



Spanish flag (L) waves next to Catalan estelada flag (R) at the Palace of the Generalitat, headquarter of the Catalan regional presidency, a day after the declaration of the unilateral independence by the Catalan Parliament, in Barcelona, northeastern Spain, 28 October 2017. (Photo: EPA/ANDREU DALMAU)

Three years later, it has just got worse. Last July, leading Catalan filmmaker Isabel Coixet told The Observer that "Madrid is deaf and mute and the government here (in Catalonia) is really happy about that. They never really look for dialogue at all." She added that Catalans are afraid of speaking out

"for fear of being called fascists." That about sums it up. Opinion polls consistently show that a majority of the people who live in Catalonia want it to remain part of Spain. The latest, published in El Pais on Saturday, showed that 55% per cent of those polled opposed the declaration of independence in the Catalan par-

liament last week, with only 41% in favour.

That's an even more decisive rejection of separation from Spain than a poll commissioned by the Catalan government and published just before the declaration of independence, which came out 49%-41% in favour of remaining in Spain. Yet the news coverage was all about flag-waving nationalist crowds demanding independence, because the silent majority was staying low.

Finally, on Sunday, a big pro-Spanish crowd came out in the streets of Barcelona: 300,000 people according to the police, more than a million according to the organisers. About the same size as the pro-independence crowds, therefore, but they left it rather late. The separatist strategy has worked well, and by now the fat is really in the fire.

The separatists' problem was this: no opinion poll has ever shown a majority for independence since the current upsurge in Catalan nationalism began about eight years ago. For the past few years the 'yes' vote has been stuck at around 40%. You can hardly declare independence for the region without a vote of some kind, so what do you do? A referendum is better than an election, because it's a single-issue vote that will really get the faithful out. But how do you prevent the more numerous sceptics from voting too? Well, the Spanish constitution is a great help there, because it says that a referendum on independence for any

of Spain's regions would be illegal. So if you hold one, maybe the true nationalists will vote despite the law, while the rest obey the law and stay away.

They road-tested this model three years ago with an 'advisory' referendum that the Madrid government sort of tolerated (though it said it was illegal), and it worked just fine. Only 37% of the population voted, but 80% of those who did show up voted 'yes' to independence.

That's the kind of number you could really use to justify declaring independence, even if it's a bit of a cheat. If anybody complains, just shrug your shoulders, say you wish the turn-out had been higher, and carry on doing what you want to do: declaring independence. And so it came to pass.

The independence referendum on 1 October was the real thing, not 'advisory' at all. Rather late in the day Spanish Prime Minister Maria Rajoy realised that the *independentistas* intended to use the result as a justification for a declaration of independence, so he got a court judgement confirming that the referendum was illegal and sent the police in to shut it down.

The Catalan nationalists had foreseen this, and welcomed it. Nothing could be better for the cause than images of Spanish police dragging women out of polling booths, and the uproar would keep even the hardest 'no' voters away. The turn-out this time was a bit higher, at 43%, and so was the 'yes' vote: 90%. Very gratifying.

With that manipulated result in hand, the president of Catalonia's regional government, nationalist leader Carles Puigdemont, declared independence last week. The Spanish central government immediately dissolved the regional parliament, removed Puigdemont and his cabinet from office, and announced a fresh regional election for 21 December.

It's all strictly in accord with Article 155 of the Spanish constitution, and Puigdemont probably foresaw this too. He has always been three moves ahead of Madrid. Meanwhile, Spain's Deputy Prime Minister Soraya Saenz de Santamaria now has the job of running Catalonia until the election, and she will probably have a very difficult time.

Puigdemont is now officially a martyr in the eyes of his fellow separatists, and Spain says that he will be allowed to run in the December election, so he has lost nothing. Unless the silent majority find their voices, he may yet be the first president of the Catalan Republic.



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

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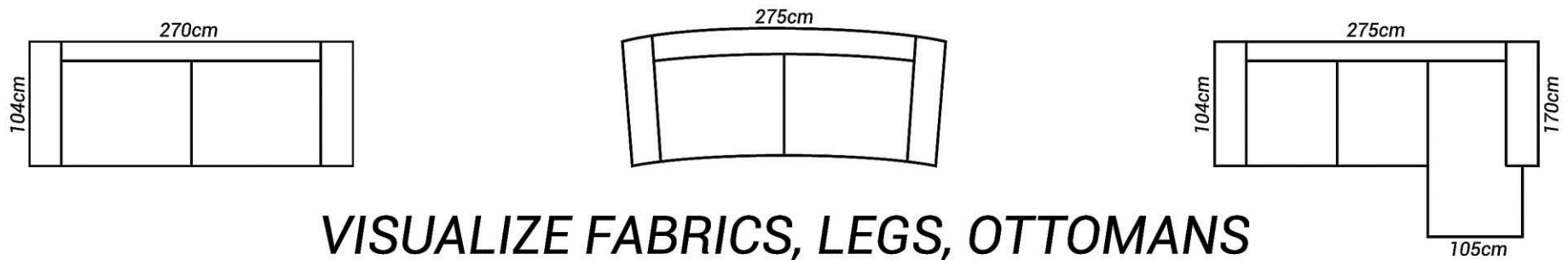


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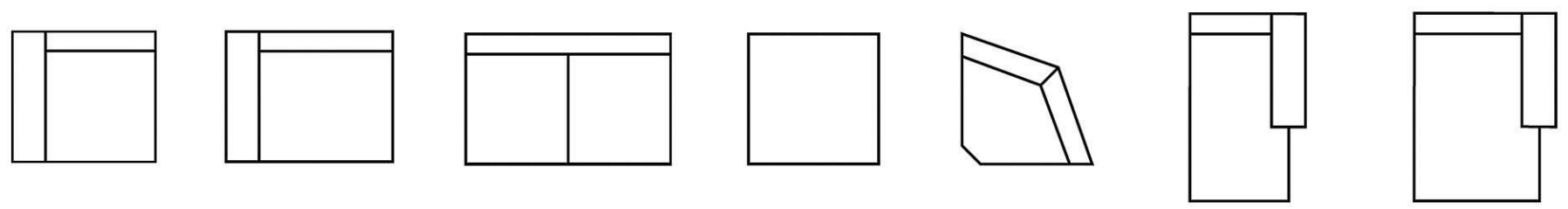
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## Young and old play the beautiful game

It was heartening to see so many age ranges enjoying a game of football on the superb astro-turf pitch adjoining the Municipal Sports Pavilion in Tavira recently. The young members of Casa Benfica and the older 50+ Walking Footballers use the same venue but normally never meet.

On this occasion the East Algarve Walking Footballers presented a cheque for 500euros to their young compatriots to help them with promoting youth football in the area.

Artur Correia of Casa Benfica said, "We very much appreciate this support which will enable us to provide more opportunities for the young people of Tavira. Next year we are sending a group of young players to a tournament in England. Obrigado."



Cheque presentation to Casa Benfica (Tavira) by East Algarve Walking Football (Photo: Supplied)

## Sagres to VRSA

A group of intrepid cyclists from the east Algarve set off for the west coast where they donned their lycra and started pedalling. 250kms and three days later they arrived in Vila Real de Santo António to be greeted with bubbly and a homemade Bakewell tart duly adorned with bicycles and candle! Previously, Brian Kilcline rated lifting the FA Cup at Wembley thirty years ago as his most notable achievement but this epic trip now takes precedence. "We've had a most exhilarating

experience," said the former Coventry City and Newcastle United captain. Mark Fox added, "At times we thought we were going to sink without trace but we plumbed the depths of our reserves and keeping up with the ladies ensured we didn't lag behind." This cycling group is yet another spin-off from the East Algarve Walking Football who meet every Monday morning at the astro-turf pitch adjoining the Municipal Sports Pavilion.



(L to R) Rolf Osseen, Andy Smith, Tom French, Brian Kilcline, Tanya Fox, Sue Johnson, Jane French and Mark Fox

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## Let's Walk in the Algarve

**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 Boliqueime, take the Boliqueime exit and then the road immediately right (sign for Vale de 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:** A more

challenging walk of 3 hours with some steep climbs but you are rewarded with the most amazing views – well worth the effort! 10.30am start. Meet at the sports park on the EN124 just west of Salir. Chris 913 011 537

**Tuesday 14 November – Let's walk from Porches:** 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.*

## AAA Talks



Malnmore Court Tomb, Ireland

On Tuesday 7 November, the Algarve Archaeological Association (AAA) will be presenting two lectures, in English, by Dr Tatjana Kytmanow. The first lecture will be at 2.30pm at the Museu do Traje in São Brás, the second lecture will be at 5.45pm at the Convento de São José in Lagoa.

Dr Tatjana Kytmanow will be talking about Irish Megalithic tombs and comparing them to the megaliths of Southern Iberia. Ireland has one of the densest concentrations of megaliths in Europe (including 1600 megalithic tombs and 1500 cairns) dating in general to the Neolithic and Chalcolithic period. Their survival has been aided by superstition and non-invasive (grazing) agricultural practices. The first megaliths were constructed at

c3800BC with one important outlier, Poul nabrone portal tomb in Co Clare. Of the megaliths, it is passage tombs that show the greatest variety in architecture, decoration and orientation to celestial bodies and landscape setting and they have clear parallels in Britain and on the continent.

Lunch in São Brás can be arranged in advance – please call Maxine on 917267948. Non-members are welcome to attend the lectures for a 6 euro admission fee - all money raised by the AAA is spent on archaeological grants and speakers.

For more information contact [algarvearchass@gmail.com](mailto:algarvearchass@gmail.com), visit [arquealgarve.weebly.com](http://arquealgarve.weebly.com) or Facebook 'Algarve Archaeological Association'. Please check the website or facebook page for any last minute changes.

## Algarve Activity Bike Rides

Here are the details of this week's rides:

**Saturday 4 November – Bike Ride starting in Salir:** We meet in the centre of the village 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 5 November – Bike Ride starting in Estoi:** We meet by the cemetery 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](mailto:paul@algarvebikeholidays.com), see website: [www.algarvebikeholidays.com](http://www.algarvebikeholidays.com), or Facebook: Algarve Bike Holidays.

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## Charity Coffee Morning

On 26 October, the Parede locality group of IWP held a charity coffee morning in aid of breast cancer patients in Santa Maria Hospital.

Kindly hosted by Chris Rola at her home in Murtal, 32 members and guests attended, raising 420.50 euros for this worthy cause. The minimum 5 euro admission was supplemented by cake sales. In addition, 56 scarves were collected for cancer patients suffering hair loss due to chemotherapy. Some scarves had been donated by members

unable to attend the coffee morning, as was a generous cash sum.

Volunteers had baked cakes and prepared savouries, with additional responsibilities of admission and cake sales handled by members on the day.

Thanks must be expressed to Chris for her initiative and drive in bringing this most successful event to fruition, in addition to opening her home to all the guests. For further information about IWP visit the website: <http://www.iwpportugal.org/>

## Coro dos Amigos Carols

Coro dos Amigos will be holding an open "Sing your favourite Christmas Carols" evening on Thursday 9 November from 6.30pm to 8.30pm at São Brás museum.

This is an opportunity to remind yourself of the festive tunes - or the words - in an informal setting, before coming to

the choir's Christmas concert on Saturday 16th December. Get ready and sing with gusto. The carols come from different countries. Song sheets will be provided. Come and sing in unison. No need to read music, just a chance to have fun singing Christmas songs. Booking not required.

## Charity Quiz Night

Rotary Club Estoi Palace International held its annual Quiz Night on Friday, 27 October at A Floresta Restaurant, in Almancil. The quiz was preceded by an excellent meal prepared and served by the hardworking A Floresta team.

Nine teams took part in a fun and competitive evening, with just half a point separating the winners from the second and third teams. The question master was Rotarian Shirley Dunne who posed a series of challenging questions designed to test the general knowledge of participants.

The evening raised €1,260, which will be used to provide a milk supplement to the food packs supplied by the Faro Food Bank to underprivileged families in Estoi. RC Estoi Palace deliver up

to 400 litres of milk a month and over the course of 9 years have provided nearly 50,000 litres of milk at a cost of around €22,000.

The organisers are extremely grateful to all who helped to make the evening such a success, those who participated, our sponsors, Blacktower Financial Services, IBC Security, Renova Construct, Cardoso Drain Cleaning Company, together with Restaurants Aquarelle and Floresta, Lennons Bar and Grill, Allaser Beauty Salaon and At Home Massage who donated prizes.

For further information on RC Estoi Palace international and upcoming events please visit: [www.rotaryestoiipalace.org](http://www.rotaryestoiipalace.org) or contact secretary@rotaryestoiipalace.org.

## The 2017 Poppy Appeal & Remembrance

The Poppy Appeal is currently taking place and ends on Remembrance Sunday 12 November 2017. The main Remembrance Service in the Algarve will start at 10.50am on this day at St. Luke's Church, Palhagueira, when wreaths will be laid on behalf of the British Community by the Deputy Head of Mission at the British Embassy in Lisbon, Dr. Peter Abbott, and by members of the Royal British Legion. There will also be Remembrance Services at Praia da Luz Church at 11.30am and at Lisbon, Oporto and Madeira.

From the RBL Poppy Appeal Coordinator for Portugal (Sandra Wilkinson):

"At Poppytide the British Community throughout the world keeps the faith with those who died for the freedom that we enjoy today; and the visible representation of that Remembrance is the wearing of a Poppy and the keeping of the Two Minute Silence at 11am on Remembrance Sunday and at 11am on the 11 November.



This year we particularly remember the centenary of the Battle of Passchendaele when the village was recaptured after three months of brutal trench warfare. But by then around a third of a million British and Allied soldiers, including men from Portugal, had been killed or wounded in some of the most horrific trench warfare of the First World War.

Now we must ensure that future genera-

tions will learn about these horrors of war and realise that we must strive to maintain the peace and freedoms we enjoy today because a terrible price was paid for them. Hold fast to the pledge that "We will remember them". And to those who work tirelessly for the Poppy Appeal in Portugal every year, and to everyone who donates to the Appeal, we say thank you - and please wear your Poppy with pride."

## Tavira Bowls Club Hallowe'en Party



This group of witches, ghosts and ghouls, along with some strange people known as humans, arrived for the Hallowe'en party at Tavira bowls club.

The afternoon began with a game of bowls, but dark forces were about and had fiendishly changed the rules of the game.

As dusk began to settle, all disappeared into the Haunted

House - sorry, Club house - for a devilish quiz.

The night drew in, shrouding the surrounding countryside in darkness and at this point everyone was offered a plate of witches brew from the cauldron - probably known better to humans as beef stew and dumplings!

Dianne Meakin

## Charity Fashion Show

Jouk has been selling designer fashions in the Algarve now for over 30 years and her exciting collections are well known, particularly in the Western Algarve where she is based. Jouk's 2017 Autumn and Winter Collection will be on show at Tavira Garden in the Eastern Algarve and local East Algarve models will display this year's stunning outfits from Lithuania, Croatia, Holland and Germany. Elke will also be here with her own classily different and flamboyant designer clothes! This year's models are from the UK, Holland, Germany and Belgium - although they are all resident in the Algarve. The show itself takes place on Saturday 11 November at 1pm before lunch at 1.45pm, and the models will each be showing three different outfits. Lunch includes wine, water, tapas style starter, choice of main course (one vegetarian option) and dessert. Please state



on booking if you require the vegetarian option.

Funds raised will be donated to the Associação de Caridade Mãos de Ajudar which supports people in need in the Tavira area. Welcome drinks will be available on arrival. Lunch and entry to the Show is €25. (€5 for the show only).

To book please contact: [lynn.algarvehistory@gmail.com](mailto:lynn.algarvehistory@gmail.com) 281 971 567

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# The right tools for the job

As you begin to rake leaves, trim shrubs and shape trees in the garden in autumn, we look at essential tools to help you get the job done quickly.



**Pole Pruners** are basically secateurs attached to an extendable pole, operated by a trigger at the gardener's end of the pole. (Photos: PA Photos)

**S**o, are you ready for the great garden tidy-up, when you empty pots of worn-out summer bedding, prepare your lawn for winter, trim hedges and rake leaves? There are a range of tools which will help you make light work of the most arduous jobs.

## Invest in pruning tools

Some pruning can be done in the autumn to get rid of dead wood and help shape shrubs and trees for the following year. Secateurs are essential for this job and there are two types, anvil and bypass. The anvil works on the principle of a sharp blade cutting down on to an anvil, but the cutting blade needs to be kept really sharp for it

to be effective. Bypass secateurs work whereby a sharp curved blade bypasses a curved cutting plate, severing a branch without much effort. You shouldn't be trying to cut a branch with a diameter thicker than 1cm (0.5in) with secateurs. Any thicker and you should opt for a pruning saw such as the Silky, a Japanese blade with teeth with three razor-edged facets which cut smoothly and don't leave loose edges. There are pocket types available, where the blade folds into the handle until you need to use it, which are handy for carrying around routinely. If you are hard-pruning overgrown shrubs, loppers are invaluable. Some ver-

sions come with extendable arms for those branches which are just out of reach, and they are ideal for cutting out old congested wood from inside thorny shrubs such as berberis and roses, but they are also good for reducing the size of large branches you have already cut off with the saw, to make them more manageable to take to your local recycling centre.

## Long-reach pruning

Pole pruners are also useful when it comes to shrubs that are too tall to reach and the ground's too uneven to safely place a ladder. These are basically secateurs attached to an extendable pole, operated by a trigger at the gardener's end of the pole. You may not be able to cut as accurately as you'd like, but it won't matter if the trees or shrubs are vigorous.

## Rake it up

If you have plenty of trees, you're going to need a decent lawn rake to gather up the leaves which have amassed on your lawn or in your flowerbeds. If not dealt with, leaves can harbour pests and diseases over winter and could leave you with a shed load of problems next year. Use either a wide fan-shaped springy metal rake for the job or a similar plastic version. The important thing is that the rake achieves a



**Give your hedges a trim before the winter months, but make sure you leave enough greenery for birds to nest in and be careful where you trim in case you disturb any wildlife**

good span of the area and preferably has forks which curve inwards at the end, to allow a maximum sweep. Make sure your rake has a strong, long handle. If you want to scarify your lawn, a springtime rake is ideal for the job as it will remove moss and thatch as you rake, allowing new shoots through in spring. You may also want to make use of a garden fork to make holes in the lawn to aerate it and reduce compaction, and fill the holes with sharp sand to aid drainage.

## Mow away problems

Lawnmowers can help reduce problems with leaves on the lawn, if you just raise the blades and mow the grass, the leaves

should be chopped up and collected in the grass box, ready for composting. If your grass edges have become out of control and invaded by weeds, the perfect tool for tackling rough areas is a brushcutter, a bladed tool which will tackle long grass and weeds.

## Trim hedges

Give your hedges a trim before the winter months, but make sure you leave enough greenery for birds to nest in and be careful where you trim in case you disturb any wildlife. Electric hedgetrimmers do the job if you have a power source handy and aren't prone to cutting through cables, but there are equally good battery-powered hedgetrimmers on the market, which provide just as good a cut and some recharge within half an hour.

## Blow leaves away

If you have a larger area, use a leaf blower to direct leaves into a pile before bagging them up for the compost bin or to make leaf mould, which can be used as a mulch on beds and borders.

Talking of mulching, if you have a lot of garden debris which you want to break down, such as thick twigs and logs, it might be worth investing in a shredder which will munch thicker clippings into an ideal mulch for your plants, but don't put in seeding weeds, spiny prunings or diseased plants. The disadvantage of these is that they are pretty noisy, so the investment may not go down well with the neighbours.

# Top tips

Buying a new sofa can be stressful. Three experts share their top tips and trends to plump for.

**O**ver the course of a sofa's life (which lasts, on average, 11 years) it will witness 1,236 arguments, 2,105 kissing couples, 3,135 films watched by families, and overhear 2,631 phone conversations, according to new research for Furniture Village. So, it's all the more important then, to choose a sofa that doesn't just look good and fit in, but can withstand all that activity and emotion. Experts reveal their buying secrets to help you choose the best seat in the house...

## Big families should opt for a statement sofa

"A sofa's one of the most used and best-loved pieces of furniture in our home," says Malcolm Walker, director of product at Furniture Village. "Far from just being a place to sit, it can be the centre of many pivotal moments in family life - whether it's arguments and the subsequent making up, or a power nap after a long day. "But the sheer amount of time that we spend on a sofa, along with the number of activities that we do while lounging on it can mean it needs to stand up to a lot of wear and tear - particularly if you have children." "As the seasons shift from summer to autumn, we have seen the re-emergence of earthy hues and tactile finishes. Worn leathers and raw materials pair together to create a rustic decor, perfect for those looking to achieve a sense of warmth and comfort," says Malcolm. "Velvet continues to enjoy a renaissance around this time of year, with jewel tones and brass finishes accompanying this textile, to introduce a sense of sophisticated luxury to any scheme." "The two key concepts to take into account when choosing a sofa are the space you are working with and your own personal style. A sofa will naturally become the focal point in any space, so ensuring that it captures the look you want is essential," says Malcolm. "If your home caters for a big family, then a statement sofa will work won-

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# for buying a new sofa

ders. A large corner unit may be a good option to consider, as this offers flexible seating solutions, as well as adding structure to open-plan spaces. "If you're working with a more compact room, consider a raised sofa with smaller proportions and slender tapered legs, which will help create the illusion of space and light."

## Check the basics

"We're fans of sofas that are big enough to lounge around on, look good and most importantly are super-comfy," says Charlie Marshall, founder of Loaf. "People are becoming more adventurous with colour in their homes, as sites like Pinterest are providing people with inspiration, making it easier for them to get bolder col-

ours right.

"Our new fabric collection for 2018 is full of vibrant hues, including Carnival (a red/pink coral hue), Maize Yellow, Clean Green and Deep Blue Lido, in velvets and linens.

"We recently updated our Souffle Sofa as a modular design, and each unit can be customised in a different fabric and colour for a statement look, or in one fabric for a classic look." "Check a sofa has a solid beech frame, held together with screws and dowels, rather than glued and stapled chipboard versions, which aren't as durable and break easily.

"If you have your very own team of 'stain spreaders' (young children and pets) removable covers are a good choice, as they can be easily whipped off for

**A sofa will naturally become the focal point in any space, so ensuring that it captures the look you want is essential. (Photo: DFS/PA Photo)**

cleaning," advises Charlie. "Always measure up before buying. Check a room is not only large enough for the

size of the sofa, but also that its proportions are right. High-back sofas can be overpowering in a smaller room with a low ceiling. Fitting a new sofa through narrow doorways can be tricky - ask for access advice - bolt-on arms can be a great solution."

## Green and orange are the hottest sofa colours right now

"We're always keeping abreast of trends and this year, in Italy, at Salone del Mobile - which showcases the latest in furniture and design from around the world - we saw two colours dominate - burnt orange and forest green," says Alison Hill, creative director at DFS. "Forest green reflects our desire to bring the 'outside in' and orange is a complementary colour to green. Curved-back 'cocooning'

furniture is increasingly popular, too.

"We've really seen craftsmanship trending in recent years - highlighted in detail on upholstery and frames. Raising furniture forms on plinths - another popular look - provides a sense of continuous space in a room, and is an advantage if you're constrained for space."

"All cushions are not cre-

ated equal - some people like a firm and supportive feel, while others want something soft and squishy to sink into. We have fibre filling for a soft feel; a foam core for balanced softness, and support and foam for a supportive, slightly springy feel. An extra set of loose covers are available to buy with our sofas, too."

TPN/PA



Pudding sofa, in burnt orange plush velvet. (Photo: Loaf/PA Photo)



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# Have you taken a sick day for your pet?



Pet owners, it's time to be honest – have you ever taken a sick day when you were actually fine yourself but your furry friend was unwell instead?

Well if you have, you are far from the only one out there to be guilty thanks to a new survey by Animal Friend pet insurance.

According to the survey, a third of pet owners in the UK were found to have skipped out of work for the day to look after their pet, with 42% of the owners having lied to their boss about being ill when the truth was that they were actually looking after a pet. It was found that men were more likely to tell the truth about taking the day off, with 63% saying they would own up compared to 54% of women, however, women were also more likely to leave their sick pet at home compared to men. It appears that younger pet owners are more inclined to take a sick day with the survey finding 40% of 18 to 24 year olds saying they

had not been to work for this reason, compared to only 18% of those aged 55 and over.

According to Business Insider: "Rather than take holiday to look after ill pets, dog and cat owners said they used nearly a quarter (23%) of their sick days on pet-minding. "However, rather than making them feel guilty, about a third of people polled thought it should be a company policy to give time off to look after sick pets, because it can be costly otherwise."

An increasing number of companies around the world are now offering the option of what is being termed "pawternity leave" when an employee gets a new puppy so it may actually be worth talking to your boss when your pet is ill!

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**TONY** is an 8/9 month friendly girl. She is a German shepherd cross, strong and needs good leadership. She learns quickly, and is very trainable. Walks well on the lead. Like to meet her? Email: friendscanilportimao@gmail.com

# Singapor

As Asia's busiest stopover hub, Singapore has a reputation for being expensive, but it is possible for those travelling on a budget to enjoy what this vibrant, steamy metropolis has to offer.

Here are a few exciting ways to experience the city like a local without breaking the bank...

## 1. See what nature has to offer

Don't be fooled by the concrete jungle of skyscrapers - Singapore has an abundance of lush green areas. Founded at its present site in 1859, the UNESCO-listed Singapore Botanic Gardens is a free-to-visit green sanctuary, which is home to more than 10,000 flora species. For an additional SGD\$5, you can tour the Orchid Garden and see the flowers named after famous people, including Princess Diana and Margaret Thatcher.

TIP: If you want to beat the crowds (and heat) come at the beginning or end of the day - the gardens open 5am-midnight daily. Visit sbg.org.sg

## 2. Head over to the Tiger Balm Garden

If wacky floats your boat, the Tiger Balm Garden, also known as Haw Par Villa gardens, is a must-see. It boasts more than 1,000 statues and 150 scenic dioramas presenting morality tales and scenes from Chinese mythology - the most famous one being the surprisingly graphic Ten Courts Of Hell, depicting the punishments that sinners endure.



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# e on a shoestring

There are only three of these hellish gardens in the world, so it's worth making the effort to this oddball theme park on a hill in Pasir Pajang. Admission is free, and the garden is open daily from 9am-5pm.

### 3. Sample the street food scene

Eating out is a national pastime in Singapore, with some of the best value meals to be found at hawker centres (food courts) dotted around the city. There are more than a hundred to choose from, housing close to 6,000 food stalls, and for as little as SGD\$5, you can sample an eclectic mix of Malay, Indonesian, Korean, Indian, Thai, Japanese and Vietnamese dishes. Diners can enjoy an open-air experience in the evening at Lau Pa Sat (laupasat.biz), where tables are set up on streets closed off to traffic, while Makansutra Gluttons Bay (makansutra.com) serves up stunning night-time views of the city, alongside a helping of satay sticks, chilli crab and laksa.

### 4. Tuck into the world's cheapest Michelin-star meal

Aside from the scrumptious street fare, the city also offers the world's cheapest Michelin-starred meal. Located in Chinatown Complex on 335 Smith Street, the Liao Fan Hong Kong Soya Sauce Chicken Rice & Noodle was once a

humble hawker stall, but after being awarded a Michelin star in 2016, it has become the go-to place for Chan Hon Meng's world-famous chicken rice dish - which costs a mere SGD\$3.80.

The establishment is said to be popular among celebrities, and David Beckham apparently turned up for a feed last year.

### 5. Grab some bargains

Those wanting to splurge without reaching deep into their pockets can head over to SCAPE Marketplace (scape.sg/marketplace), just off Orchard Street. It's open on Friday, the weekend, and public holidays from noon to 10pm, and sells clothes, accessories and soft furnishings. For SGD\$50, you can come home with a chunky necklace, a pair of flat shoes and a canvas tote bag with change to spare.

A 20-minute ride away, fashionistas will feel right at home on Bugis Street, surrounded by the latest trends, while Haji Lane is dotted with independent stores where shoppers can find a treasure trove of knick-knacks.

### 6. Explore Singapore's ethnically diverse areas

Singapore is one of the most culturally diverse countries in Asia. Little India is a microcosm of the big subcontinent that's 2,000 miles away, with colourful buildings, exotic sounds and intriguing spicy smells.



Singapore at night. (Photo: PA/Singapore Tourist Board)

Kampong Glam is a trendy enclave offering a taste of Malaysia, while the vibrant Chinatown is a great place to soak up the melting pot of Peranakan culture, where Indonesia, China and Malaysia meet.

### 7. Check out downtown Singapore on a Bumboat

Bumboats (small water taxis) are a great way to see the city and its stunning architecture. As well as enjoying the dramatic evening light show at Marina Bay, the boat ride is great for other picturesque sights - including the famous Merlion statue (a mythical creature with the head of a lion and body of a fish), the unique lotus-shaped ArtScience Museum and the statue of Sir Stamford Raffles, the founder of the port-city of Singapore. A one-stop trip costs

SGD\$3, while 40-minute river tours are priced at SGD\$25 per passenger. Tickets can be purchased from the jetty kiosks.

### 8. Have a traditional breakfast at a kopitiam (coffee shop)

Head off the beaten track at Heap Seng Leong kopitiam, a quaint coffee shop at Block 10 North Bridge Road, serving a traditional breakfast of kopi (Singaporean coffee) and toasted sweet sandwiches filled with butter and locally-made Kaya jam. Kopi gu you (coffee with butter), toast and soft boiled eggs costs around SGD\$4.

### 9. Spend a day on Sentosa Island

A 20-minute car journey from the city centre, Sentosa island is home to several entertainment complexes and beaches.

Despite the number of swanky bars, there are still plenty of things to do that won't break the bank. A walk across the Floating Bridge at Siloso Beach offers uninterrupted, picturesque views of the South China sea - perfect for envy-inducing Instagram posts. And at 11 storeys high, the Fort Siloso Skywalk trail is a scenic trek among the treetops to a 19-century fort. All are free to visit.

### 10. Gaze at the Gardens By The Bay light show

Save the best for last and head over to the Gardens By The Bay (gardensbythebay.com.sg/en), a nature park built on reclaimed land, for a dazzling light show at the Supertree Grove vertical gardens. The towering man-made tree sculptures, which

harvest solar energy to generate their own light, are a sight to behold as they illuminate every evening at 7.45pm and 8.45pm.

The 15-minute displays are free to watch, but for those in the mood to splurge a little, the OCBC Skyway lets you get an up-close look at the technical marvels of the giant futuristic trees for just SGD\$8.

### How to get there:

Norwegian (norwegian.com/uk or 0330 828 0854) flies the world's longest low-cost route to Singapore from London Gatwick four times a week in the brand new Boeing 787 Dreamliner. Fares cost from £179.90 one way and £699.90 in Premium. Rooms at Hotel Jen Orchardgateway Singapore (hoteljen.com) start from SGD\$190.



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# Fresh young talent

Izy Hossack is celebrating finishing her second year at Leeds University, where she studies food science and nutrition, by publishing her second recipe collection, *The Savvy Cook*.

THE  
SAVVY  
COOK.

@IzyHossack

'The new  
Nigella'  
The Times

'My aim is maximum  
flavour for minimum  
effort, without  
breaking the bank'

The Savvy Cook by Izy Hossack.  
(Photos: PA Photo/Mitchell Beazley)

The 20-year-old foodie is best known for her blog, Top With Cinnamon, and matching Instagram account (229k followers and counting), where she posts beautifully-lit photos of oozing chocolate chip

cookies and chunks of pecan-studded brownies. The Savvy Cook, however, draws on how she went about feeding herself as a first-year student. Why not try out three of her recipes from her new book?

**Lime-chilli corn and crispy onions**  
(Serves 2)  
3tbsp olive oil  
1/2 red onion, thinly sliced  
1tbsp plain flour  
2 ears of fresh corn, kernels cut off with a knife  
1.5tsp honey  
Juice of 1/2 lime  
1/2-1 jalapeno chilli  
30g feta, crumbled  
Salt

1. Line a plate with kitchen paper. Heat the oil in a small frying pan over a high heat. Reduce the heat to medium-low, then toss the onion with the flour and fry in the oil until golden. Remove the onion from the pan with a spoon or tongs, leaving behind some of the oil and place the onions on a prepared plate. Sprinkle with salt and set aside.  
2. Place the pan back on the heat. Add the corn kernels and turn the heat up to high. Cook, stirring occasionally, until the corn is nice and

hot. Add the honey, lime juice and jalapeno chilli and stir to combine. Season with salt to taste.  
3. Remove the pan from the heat and transfer to a serving platter. Adorn with some crumbled feta and the crispy onions and serve.

**Mushroom, sage and garlic pasta**  
(Serves 2)  
125g dried pasta or 250g cooked  
4tbsp olive oil  
1tbsp plain white flour  
300ml vegetable or chicken stock  
20g Parmesan, finely grated (or other hard cheese)  
1 bay leaf  
4 large sage leaves  
100g chestnut or button mushrooms, sliced  
3tbsp dried breadcrumbs  
1 garlic clove, crushed or very finely chopped  
Salt

1. If starting with dried pasta, place the pasta in a medium pan and cover with just-boiled water from the kettle. Bring to the boil and cook until al dente (this will generally be the shorter cooking time on the packet). Drain, reserving a small mugful of the pasta water.  
2. Heat one tablespoon of the oil in a medium pan over a medium heat. Add the flour and stir for one minute then reduce the heat to low and gradually pour in the stock, stirring well between additions, until all the stock has been added. Stir in the Parmesan and add the bay leaf. Simmer for five minutes, stirring occasionally, then season with salt to taste.  
3. Heat the remaining oil in a small frying pan over a medium-high heat. Add the sage leaves and fry until crisp. Drain on kitchen paper and set aside.  
4. Add the sliced mushrooms to the pan and cook over a medium heat for five to seven minutes until dark and soft. Pour the cooked mushrooms into the sauce and return the frying pan to the heat.  
5. Add the breadcrumbs, garlic and a pinch of salt to the frying pan and toast, stirring constantly but gently, for two minutes, so the garlic cooks and the breadcrumbs are crisped.  
6. Remove the bay leaf from the sauce and pour it over the cooked pasta. Stir

**Chocolate chip, raspberry and almond cake**



together and splash in a little of the reserved pasta water to loosen the mixture, if needed. Divide between dishes, then top with the mushrooms, breadcrumbs and crispy sage, and serve.

**Chocolate chip, raspberry and almond cake**  
(Serves 6)  
80ml olive oil, rapeseed oil or melted unsalted butter, plus extra for greasing  
80g oat flour, plus extra for dusting (blend 80g of any type of plain oats you have in a food processor, until it becomes a rough flour)  
80g ground almonds  
80g soft brown sugar  
1/4tsp salt  
1/2tsp baking powder  
1 large egg  
4tbsp milk or non-dairy milk  
1/2tsp almond extract  
35g plain dark chocolate (at least 70% cocoa solids), finely chopped  
100g frozen or fresh raspberries  
**To serve:**  
Whipped cream or natural

yogurt  
Fresh raspberries

1. Preheat the oven to 180C fan/200C/Gas Mark 6 and grease a 23cm cake tin with oil, then dust with flour, tipping out any excess.  
2. Mix the ground almonds, oil, sugar, flour, salt, baking powder, egg, milk and almond extract in a medium bowl until smooth. Pour the batter into the prepared tin. Sprinkle over the chopped chocolate and raspberries and slightly swirl them into the batter with a spoon.  
3. Bake in the oven for 30-35 minutes until the middle of the cake springs back when you apply light pressure with your finger.  
4. Remove from the oven and leave the cake to cool in the tin. Once completely cooled, slice and serve as is, or with whipped cream or yogurt and fresh raspberries.  
:: The Savvy Cook by Izy Hossack, is available now TPN/PA



## VEAL WITH SWEET POTATO

### INGREDIENTS

- 400g veal loin
- 2 spring onions
- 400g sweet potato
- 1 shallot and 1 garlic clove
- Zest of a lemon
- Green tea
- 2tbsp olive oil
- 1 glass red wine
- 50g red wine
- 50g butter
- Flor de sal and Espiga 5 pepper mix to taste



Sweet Potato



Spring Onions



Espiga 5 Pepper Mix



Green Tea

### METHOD

Roast the sweet potatoes in a medium oven (140°C), for 25 to 40 minutes depending on the size of the potatoes • Cut the veal into two pieces and season with salt and five pepper mix • Cut the spring onions in half and place in a pan with a dash of olive oil, the lemon zest, the tea and half a glass of water • Season with salt and cook slowly for about 20 minutes over a low heat • Peel the potatoes, cube and keep for later • Chop the shallot and sauté with a knob of butter and a dash of olive oil • Add the sweet potatoes and mix well, keeping warm • Sauté the meat slowly in butter with the crushed garlic clove, turning to ensure that it is evenly cooked and has the same colour all over • Plate up the sweet potatoes, add the onion halves and top with the meat, sliced into three • Add the wine to the meat pan and boil over a high heat to reduce • Check the seasoning and add the butter to make smooth and creamy • Pour over the dish and serve

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## Faith in Human Nature Restored

SIR, A few weeks ago, crossing a road in Alvor, I missed my footing due to a damaged kerb and fell heavily, breaking my upper arm quite badly. At Hospital Particular I was operated on and, I am relieved to say, my arm is mending well.

A few hours after I fell, I realised that I had lost my wristwatch in the impact of the fall.

Whilst I was in hospital, friends searched the area I directed them to and found nothing either on the pavement or in a wild hedge adjacent to the footpath. When I came out of hospital after three days, my friend Paula rang the Alvor Junta de Freguesia who, despite being busy and short staffed, sent a gang of men who searched the hedge in our presence. I explained that the watch was important to me and I felt distressed at losing it. Sadly, they found nothing. The foreman explained that they would return and cut the hedge back the following week.

Every time I passed the hedge for the next almost two weeks, I saw that the hedge was still intact and I said to myself that there was still a one in a million chance that it could be found.

The following Monday morning, Paula received a telephone call from the Junta to inform her that they had cut down the hedge and ... they had found my watch which had lain in the hedge for almost three weeks!

To say that I cannot thank those men enough is an understatement, their honesty and tenacity in finding my watch is overwhelming. Needless to say, I have thanked them in an appropriate manner, but, more importantly, my faith in humanity had been restored.

JOHN L. HAVERY, Alvor

## Re: Theft of Charity Donations

SIR, I read with dismay and disgust Lesley Fraser's letter (PN 28 October).

I have known Lesley and her husband pretty much since I moved to Portugal and I know that they both work with a number of charities, some hands-on and others like this where Lesley acts as a collection point for charities. She can't be at the shop 24/7 to collect any donations but just how low can anyone get, to steal clothing that was obviously left for a purpose. From the description of the stolen items it's not as if it could be mistaken as being dumped - I have spoken to Lesley and she told me that he lady who had left the bags called her the next day and told her what had been left, and that another of Lesley's facebook contacts told her that as she was driving past she saw a man and a woman at the bags - clearly the thieves. If the thieves are reading this I hope you rot!

DAN FOSTER, By email

## Amazing Story

SIR, Amazing story in your 23/10 edition. Man makes

nail-studded bat, attacks ex-wife in street. Porto judges rule a 15-month suspended sentence. They quote the Bible plus an 1886 law - still on the statute books! These judges must have trained in Saudi Arabia. All men maybe?? To my mind this is pre-meditated attempted murder. He wasn't going to shake her hand, was he?

Another: woman renting a holiday room takes a boat tied to a tree and embarks on a lake with two kids who can't swim. Only one of the three has a jacket. When the boat capsizes the kids paddle to shore, but the mother drowns. The boat was on public land owned by the Water Department. Neither land nor boat owned by the householder. The woman was clearly warned about the dangers of the lake for children etc. The police return a decision of no liability. But the civil courts - in Lagos this time - after a deliberation that lasted over a decade - came up with the sum of 200,000 euros. Woman judge. Lives wrecked. Deceased at fault. Portugal really has no effective judiciary. The mindset of the Porto judges must have been medieval. The judge in the second case - well, it defies logic and makes one think that other influences may have been in play. But in the UK a male judge returned 'not guilty' for a female honours student who beat up her boyfriend quite severely after a row. Because she had 'a promising future.' That's one way to use a saucepan. The guilty parties in these

cases are the judges. They are obviously unfit to judge. And as there are thousands of them, all laden with their own prejudices, many quite elderly and perhaps as out of place as a block of flats on Venus, there's no easy fix. Shakespeare said it first, and nothing's changed: the law is, well, you know the rest.... eey-ore!

KIT THACKERAY, By email

## Portugal versus English

SIR, You had correspondence a couple of weeks ago about Portuguese authorities not being expected to speak English. There is a problem here for foreigners when dealing with the authorities who don't know English for two reasons:

1. As far as I know, no countries in Europe teach Portuguese in their schools, and evening classes in Portuguese are few and far between.

2. There is not an even playing field. A foreigner learning English only has to learn 5 verbs forms at maximum: e.g. take takes taking took taken, and the

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regular verbs have genuinely predictable forms. A foreigner learning Portuguese has to learn 123 (Yes! A hundred and twenty three) forms for the three ordinary regular patterns i.e. tomar/comer/permitir, and that's excluding the second person plural forms. For each additional irregular verb such as fazer, he has to learn 41 (often idiosyncratic) forms. So, I reiterate: not an even playing field!

GRAHAM STANDWELL, Lagos

## Climate Change

SIR, When the last 'ice age' came to an end, who or what was to blame?

Could it be that nature is doing what it does best, evolves?

Why are we assuming that everything we do affects the future of the world. It has changed a lot over the years, even when humans did not inhabit the earth!! Maybe all those nasty dinosaur 'emissions' bought about their own demise, or maybe the world is changing, just like the evolution of man.

The world warming up could well be the future of the earth and it's residents that adapt the best will survive, whether that's us or the mosquitoes only time will tell.

EDDIE, Alte

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# Stop being ashamed of your body

Many new mums loathe the shape of their bodies after they've had a baby. But they need to learn to love their new shape, because as well as damaging their own self-esteem, they might be sparking a body confidence crisis in their own children, experts warn.



Unless mums learn to love their new shape, they may pass their body issues on to their children. (Photos: PA Photo)

A study by parenting site Channel Mum found four in 10 children have said they feel fat or don't like their tummy, a third have asked to go on a diet, and 14% have insisted they don't like their body. Another one in 10 kids think their bottoms are too big, after hearing their mums' similar lament. Overall, seven in 10 mums say their young children have repeated negative phrases about their appearance after hearing their mothers say it first. So unless mums learn to love their new shape, they may pass their body issues on to their children.

#### Be proud of stretchmarks

"Having a bit of a mum tum or some stretchmarks isn't shame-

ful, it's a badge of honour for what your body has gone through," stresses Siobhan Freegard, founder of ChannelMum.com. Many mums (71%) say they've received negative comments about their post-baby body from both family members and strangers. As a result, the average new mum spends an astonishing £1,871 attempting to get her pre-pregnancy figure back. But almost three quarters (72%) of mums don't achieve it, and admit to being far less body confident after giving birth.

#### Bodyshaming 'Ridiculous'

"Bodyshaming in all forms is wrong, but criticising a woman for looking a little different when she's grown a whole new human is ridiculous," insists Freegard.

"Of course it's good to be fit and healthy, but we shouldn't be so obsessed with perfection that we raise a generation of children with body hang-ups.

"Giving birth is the most extreme thing a woman's body can do, so of course the shape is going to change. Having a post-birth body is something to be celebrated, not shamed."

Worryingly, 7% of mums admit to trying to lose weight while pregnant, and a further 16% consider it, despite the proven health risks. After giving birth, one in 40 resort to expensive body shaping surgery, and 35% say they'd have surgery if they could afford it. Anti-stretch mark treatments are another popular option, while half join a diet club and 13% hire a personal trainer.

#### Positive role-models

Many mums (75%) are calling for advertisers to use more realistic mum body images in commercials, including ditching images of bikini-clad new mums with taut stomachs on the beach.

They also want celebrities to be more honest, and for those claiming to 'snap back into shape' after childbirth to reveal they've actually followed an intensive diet and exercise regime.

Almost two thirds of mums say they now follow celebrity mums who've been open about their post-birth bodies on social media, with Giovanna Fletcher, Louise Pentland, Rebekah Vardy and Charlotte Louise Taylor voted the most inspiring.

And mums want more ordinary mums to share post-baby body snaps online, with 85% wanting post-birth bodies to be celebrated, whatever their shape.

#### Love your post-birth body

Mums' favourite post-birth body part is breasts, loved by a third of mums. Another third say they're

proud of their stretchmarks, 21% like their C-section scar, and 23% are happy with their curvier 'mum tum' stomach - like Rebekah Vardy, wife of Leicester City striker Jamie Vardy.

The mum-of-four was criticised by Twitter trolls for being "huge" after the birth of baby Finley in January this year, but she hit back saying her post-pregnancy figure was normal, and proudly posed for photos in just her bra and knickers three months after the birth.

The WAG said she was proud of what her body had achieved, and rightly so.

:: Top post-birth body shaming comments:

1. 'You still look pregnant' (31%)
2. 'Your body shape's changed a lot' (28%)
3. 'You need to exercise' (28%)
4. 'I thought breastfeeding made you lose weight' (24%)
5. 'You need to stop eating for two' (23%)
6. 'Hurry up and lose weight or your partner will go off you' (12%)

TPN/PA



Having a bit of a mum tum or some stretchmarks isn't shameful, it's a badge of honour for what your body has gone through.

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# Journaling to help mental health

Ollie Aplin admits writing a journal felt strange at first - "I didn't know what I was supposed to write" - and it took a while to get into the habit.

**B**ut he persevered, and doing so proved a "game-changer" for his own mental health and wellbeing, helping him manage post-traumatic stress disorder (PTSD) and panic attacks.

"Put simply, journaling gave me the space to learn how to talk about how I felt," says Ollie, 31. "And that's changed my life in so many ways, from my relationships, to how I deal with life in general. And how to cope with living with anxiety, PTSD and stress."

He's just released *This Book Will Make You Stronger*, the second in his MindJournal 'movement', to help others embark on their own journaling journeys towards healthier minds.

The original MindJournal - basically, journals designed specifically to appeal to men, with questions and tasks, alongside space to write, to help guide people through the process - was launched through a Kickstarter campaign early last year.

Within just 72 hours, Ollie had reached his target and was able to make his vision a reality. Now, *This Book Will Make You Stronger* takes it a step further, providing not just a safe space for getting your thoughts down on the page, but the tools to help identify triggers and develop ways of managing them, featuring 30 writing exercises and three core stages - Warm Up, Hurdles, and Strength



Ollie Aplin. (Photo: PA Photo/Ebury Press)

(Ollie describes it as a "workout for the mind"). We're getting better at talking about mental health and that one in four people experience some sort of mental health issue each year. But while women are more likely to be diagnosed with anxiety and depression, men are affected, too, though they're often less likely to talk about it. This can have devastating consequences: suicide remains the single biggest killer of men aged under 50, and according to the Men's Health Forum, 76% of UK suicides are by men. Ollie had a mental break-

down in his early-20s, two years after losing his mother, who had bipolar disorder, to suicide when he was 19. "My mum was an immensely private and paranoid person from her bipolar. I was told from an early age not to mention anything that ever happened. This stuck with me after her suicide. People would ask if I was OK, and I'd respond like I always had done: 'Yeah, fine'," he recalls. "When I finally had a breakdown, it was like my mind was telling me it was time to talk." But talking didn't come easy. "I physically didn't

know how," says Ollie. "I'd sit in my sessions with my therapist and struggle to talk." It was his therapist who suggested he try writing things down instead. She gave him lists of feelings "to pick from and circle" every time he journaled, and set tasks like writing down why he was feeling that way. "This meant every time I journaled, I had something to write about," says Ollie. "Writing on a blank piece of paper is hard for anyone; where do I start, what do I want to say...? And most of the time, the self-imposed pressure cripples us to the

point where our minds are blank, then we get frustrated and tell ourselves we can't do it. "That's why prompts help," he adds. "They give you a starting point, something to spark your brain into think-

ing and your body into feeling. Once you're at that point, the words just appear and you're ready to write." Anxiety is still part of Ollie's life, but journaling means he now has the tools to deal with it in a healthy way. But mental health is something everybody should be thinking about - not just those who've had a breakdown or are having therapy or treatment for specific conditions. And there are no rules - do what works for you. The beauty of MindJournal is that you can dip in and out and write as much or little as you want.

"For me, journaling is like a type of medicine. Something I keep in my mental medicine cabinet for when life gets too much," says Ollie. "My mental medicine cabinet's filled with things like meditation, running, counselling and journaling. All the things that help release the pressure in my mind and body. Sometimes I break out the medicine cabinet every day, and sometimes not so often."



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# Could a supplement be the answer to your beauty woes?

When you look in the mirror and sigh because you're met with the sight of dull skin, red patches or a flare-up of spots, what's the first thing you do to remedy the problem?



Making sure your skin is getting enough supplements can keep it healthy and youthful, without the need for investment in expensive creams. (Photo: PA Photo)

If you reach for a lotion or serum - or head to the shops in search of a skincare solution - you're not alone. But what if

popping a pill was the answer to your complexion complaints? "It's difficult to maintain healthy skin if you're only

addressing what you're applying to your skin, and neglecting what you're putting inside your body," says Juliette Kellow, nutri-

tionist on behalf of The Harley Medical Group. "While skincare is undoubtedly important, the easiest way to address any concerns is by looking at what we're ingesting. "Making sure your skin is getting enough supplements can keep it healthy and youthful, without the need for investment in expensive creams. Taking supplements could translate to a reduction of dark spots, redness, wrinkles, rough patches and excessive dryness." And it's not just your skin that can benefit. Targeted supplements can revive lacklustre hair and put an end to brittle nails. "But what's important to note is that vitamin supplements are meant to accompany food and are not meant as a replacement for a healthy diet," Kellow warns. "Supplements will have no affect if you're continuing to consume an unhealthy diet." Got your daily diet sorted?

Then you're ready for an extra shot of nutrition. These are the pills and powders that will boost your beauty from the inside out.

## Anti-ageing supplements

"Type one collagen is the most abundant form of collagen in our skin and levels deplete rapidly as a result of both intrinsic and extrinsic ageing processes," explains Dr Anita Sturnham, a GP specialising in dermatology. "It makes sense that providing the body with a nutritional source of bioavailable type one collagen will allow replenishment of collagen stores in the dermis and help to boost the skin's natural scaffolding." That's especially true after the age of 30, so look for supplements that combine collagen with hyaluronic acid, which helps hydration levels, plus antioxidants like vitamins C and E, for keeping skin looking younger for longer.

## Skin boosting supplements

If ageing isn't a major concern for you (lucky thing) but you want brighter, more hydrated skin, a blend of antioxidants and vitamins is what you need. "If you struggle with skin outbreaks or acne, consider vitamin A, vitamin E and zinc,"

Kellow advises, as well as alpha lipoic acid and CoQ10.

"How quickly you see results will depend on lifestyle factors. Results could be seen within three to four weeks, but this will depend on factors such as age, diet and stress."

## Hair health supplements

Having a bad hair day - or year? "Nourishing the hair from the inside out is the most effective way of getting hair back on track," says Neil Moodie, session stylist and ambassador for Viviscal, the supplement that contains a protein complex, along with vitamins that improve hair health and thickness.

"For best results, Viviscal must be taken for 90 days or more, but I promise you the improvement in the condition of your hair will make the wait worthwhile."

## Nail strengthening supplements

Some people find that by taking an all-round beauty supplement, their nails suddenly become noticeably stronger and longer, because a lot of the same nutrients are needed for your skin, hair and nails. If you're struggling with nails that snap off all too easily, look for a product that contains a decent dose of collagen, plus zinc and selenium.

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# Aston Martin presents the DB11

To dismiss the DB11 V8 as an entry-level version of Aston Martin's latest grand tourer wouldn't be entirely fair. Sure, with a retail price of €240,000 it's €35,000 cheaper than its V12-powered stablemate, but according to Aston this is an entirely different beast.



**W**hile the full-fat DB11 V12 was designed for crossing continents in supreme comfort at a significant rate of knots, Aston Martin claims the V8 model is the one to go for if you're a keen driver. Yes, it's about 100hp down on the V12, but the lack of those four extra cylinders right over the front of the car mean the V8 is 115kg lighter, and it also means this particular Aston Martin has a weight distribution of 49:51 as opposed to its big brother's 51:49. The clue is in the name. The most important change with the DB11 V8 is, well, the V8. Aston Martin got its hands on the AMG-sourced unit thanks to its working relationship with the Daimler Group. But more on this phenomenal engine later. Aside from that new engine, the changes you get with the DB11 V8 are rather subtle. Aesthetically, its darker headlamp bezels, different vents in the bonnet, and darker tail lights are the main alterations the more eagle-eyed will pick out. These changes have been introduced to give the DB11 V8 a slightly more sporting and athletic image than the V12 model. Although the DB11's V8 engine

may have been sourced from Mercedes' slightly mad in-house tuners AMG, it hasn't just been dropped into the British grand tourer as is. Aston Martin has fitted its own air intake, exhaust and wet sump lubrication systems, and has worked to "Astonise" the German engine. The result of this tinkering is a 4.0-litre, twin-turbocharged V8 that develops 503bhp and 675Nm of torque. This allows the DB11 to complete the benchmark sprint from 0-100km/h in just 3.9 seconds, while its top speed sits at 300km/h. For perspective, the V12 DB11 will complete the same sprint in 3.7 seconds, so the V8 won't exactly be left for dead by its more expensive stablemate. While this likely won't be a huge concern for Aston Martin owners, the DB11 V8 trumps the V12 model as far as fuel economy and CO2 emissions are concerned. In a word, the DB11 V8 is sublime. Aston Martin has built a thoroughly accomplished GT car that's not only devastatingly quick in a straight line, but seriously impressive through the twisty stuff as well. The steering is precise and has a healthy weight to it, allowing you to point the car's nose into a bend

safe in the knowledge that it won't suddenly wash out. Aston has also worked a trick with the DB11's damping. The set-up is soft enough to allow the car to ride comfortably over imperfections in the surface of the road, but firm enough to minimise body roll through fast corners. Out on the motorway, the DB11 really comes into its element. It simply eats the miles up, and is an incredibly comfortable car to cover great distances in. The V8 engine has power on tap, and even in seventh gear it pulls astonishingly well. If there's one thing an Aston Martin has to be, it's beautiful, and the DB11 is certainly a stunning thing to look at. Where its sister car, the Vanquish, is far more aggressive in its appearance, the DB11 is a much more elegant and classy GT. Anyone who has spent time in a Mercedes will no doubt be met with a sense of déjà vu, due to the infotainment system being lifted straight from the German manufacturer's model line-up (another fruit of Aston and Daimler's relationship). Past that, though, the DB11 is all Aston Martin. There's leather all over the place, which has been sourced from cows raised in fields

that aren't fenced in with barbed wire. According to Aston Martin, this helps to ensure the leather is of the highest quality. One thing's for sure: the DB11's cabin is a great place to spend time. The DB11 V8 bears a recommended retail price of €240,769, so it's certainly not cheap. That said, it is intended to be an exclusive, luxurious GT car, so an affordable price tag was never going to be on the table. As far as equipment goes, there's a full leather interior, an infotainment system with 12-inch LCD display, satellite navigation and 360-degree parking camera, to name but a few features.

And if you think you'll tire of listening to the car's V8 soundtrack, you can also order your DB11 with a premium Bang & Olufsen audio system. Although the DB11 V8 may be down four cylinders compared with the range-topping V12, by no means should you think that it's in any form a lesser car. Like the DB11 V12, it's a marvellous cross-continental grand tourer, but thanks to its new lightweight engine, the DB11 V8 is now more agile than ever. For those who value outright dynamic ability over challenging roads, this might just be the car to go for.

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## SeaToSky Homes – See the Difference

SeaToSky Homes was founded after the owners' less than stellar experience with local agents during their own property search. Fully licensed, our dedicated and experienced consultants cover the areas of Silves, Lagoa, Alvor and Portimão, Lagos and west.

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## Good Life Spas

Soon to enter their 10<sup>th</sup> year of trading, Good Life Spas have built a fantastic reputation for the quality of their wellness products, including; market leading hot tub/jacuzzis from Artesian Spas of Las Vegas, USA - Saunas, Steam Rooms and Experience Showers from Carmenta of Italy - Heated Therapy Loungers from Fabio Alemanno Design - Full Spectrum Infra-Red Saunas from Sunlighten of the USA.

Providing complete wellness solutions to private customers, professional spa areas and new build, or refurbishment projects, Good Life Spas work closely with clients and architects to ensure their requirements are fully realised. Whether you need a simple hot tub spa at an affordable price, or a complete wellness area, incorporating; Sauna, Steam, Shower, Spa and loungers, trust Good Life Spas to deliver quality and service, every time.

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**Fabio Alemanno**

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**Sunlighten**

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Call into Good Life Spas elegant showroom, on the main avenida in Almancil, to see these wonderful products and discuss your requirements with our friendly wellness experts. We're here to help you "live life better".

## Controll@Innerseal to resolve damp problems

Controll@Innerseal - for more than 45 years protection against and solution of most damp problems in a wide range of buildings, from private homes and swimming pools/ cisterns/ septic tanks/ fossas to bridges and oil platforms built in concrete.

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Controll@Innerseal contains no hydrophobic ingredients, and paint or mortar can be applied 14 days after treatment.

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- Controll@Innerseal also has a restraining effect on the formation of mould, fungus and corrosion damage on armour inside the concrete.
- The product is non-toxic, non-combustible, odour-less and colourless and contains no solvents.
- Controll@Innerseal has a strengthening, sealing, hardening and a dust-closing effect on all concrete products. Besides improving the concrete quality, Controll@Innerseal will also prolong and amend the effect on duration of paint.
- While Controll@Innerseal allows concrete to breathe and evaporate humidity (diffusion open), the product will still stop water, oil, acids and other demolishing substances from penetrating.
- Small cracks in concrete are highly exposed to problems, both chemically and mechanically. Controll@Innerseal works effectively with appearances of fissure up to 2 millimetre.

## Finding different ways of healing



Elke Muche has been working for 14 years in the Algarve where she has specialised in techniques such as the Bowen Therapy and also offered massages at venues such as the Tivoli.

Elke decided at the beginning of the year to open her own private practice and says it has allowed her to explore a number of alternative therapies rather than just working as a Bowen practitioner.

She specialises in dealing with chronic diseases, such as diabetes, rheumatic problems and weight issues.

One of her strengths is that she takes great care looking through her customers' medical histories while also verifying the type of medication they are using when visiting her practice.

Elke also lists alternative medical treatments as another area of expertise and works from her practice in Carvoeiro, though she does sometimes conduct house visits.

Besides her qualification as a Bowen therapist, she also qualified as a Heilpraktiker, which is a German state exam that allows practitioners to conduct medical work using alternative therapies.

Elke says she enjoys helping people heal, and to find other methods to cure a client when modern medicine has failed to live up to expectations or when people prefer not to take chemical drugs. She adds that she finds it particularly pleasing "when customers feel better after spending lengthy periods suffering."



# New 3 Bedroom Villa close to Luz Centre

Unique opportunity to obtain a new and affordable villa with pool and garden, close to the beach and the city centre of Luz.

There are some unique opportunities that cannot be missed: if you are looking for a new 3 bedroom villa with private pool, fenced garden and a large carport, in a small and closed condominium, yet still close enough to the beach and the city centre of Luz, then this could be the property you are looking for!

This villa is very well located in nice and quiet surroundings, close to Luz centre and just a few minutes by car to Lagos with all amenities. Nearby, there are also some prestigious golf courses. Due to its features and location, this property is suited for holiday home, residential use, or as a rental investment.

The villa was built in 2010 but never lived in as it was a bank repossession.

It has been finished with high quality materials inside and outside by a professional team.

Outside, at the rear of the villa is the lovely pool of 8 x 4 sqm. and the garden area, on an automatic irrigation system, only waiting for a tailor made / personalised landscape garden by its new owners.

Inside, on the ground floor is the entry hall with

on the right-hand side the brand new, fully fitted and equipped kitchen with Bosch appliances. On the left-hand side you will find the guest toilet, one bedroom and a bathroom. In front of the hall is the bright living room with fireplace and 2 sets of doors opening onto the terrace / garden.

On the first floor are two bedrooms, both with built-in wardrobes and with private balconies, a nice bathroom with tub and separate shower and a guest toilet.

Additional, to all of the features and location is the affordable price, which makes this house a must see property.

These villas are in a small, closed condominium with about 12 houses. Only one left!

*For further information or to arrange a viewing of this property (REF: AV-317SH), priced at €299,000, do not hesitate to contact Abacoz Algarve, tel: (+351) 282 044 886, email: [info@abacozproperties.com](mailto:info@abacozproperties.com), website: [www.abacoz-properties.com](http://www.abacoz-properties.com) or visit our office in Marina de Lagos (next to the Wax Museum)*



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## The Captain's Deck



A recent project by Decking Dave – an impressive new deck at the Quinta do Lago Golf Members' Clubhouse. Overlooking the 1st green & fairway of the South Course, the Captains Bar offers a super upstairs terrace for members and their guests to enjoy post-game refreshments or lunch, and a venue for regular club functions. A key requirement was that the boards be mounted as close together as possible, to create a consistent surface for a variety of uses.

Many decks use a system of spacer-clips fixed to the support frame. This offers the benefit that no screws are visible but the clips create a gap of approx 7mm between the boards. So in this case, to minimise gaps, the boards were screwed direct to the beams and spaced just 3mm apart. Using Iroko hardwood, almost 10,000 screws were used in neat alignment over an area of almost 150 square metres, to achieve the desired effect and a long-lasting stable surface. For all kinds of quality wooden constructions - just ask **Decking Dave!**



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Vilamoura €535,000

\*\*\*Price Reduced\*\*\*

This stunning property has undergone a complete renovation which has been carried out to an extremely high standard. Includes a private heated pool and A/C throughout. Set in a quiet residential area of Vilamoura, not too far from all amenities. Must be seen.



Vilamoura €275,000

\*\*\*Price Reduced\*\*\*

Ground floor apartment with direct access to the communal pool and gardens. Located in an attractive condominium with large green areas and waterfall feature by pool. This 2 bedroom apartment is 3 minutes walking distance to a local amenities.



Vilamoura €235,000 - €495,000

\*\*\*Luxury Apartments\*\*\*

Luxurious, fully furnished, T1, T2, and T3 apartments nestled within 5 acres of the Hilton "As Cascatas" Golf Spa Resort in Vilamoura. The Hilton Resort has pools, a gymnasium, restaurants and bars all of which are surrounded by sub-tropical gardens.



Vilamoura €650,000

Old Village

A traditional style 4 bedroom, detached villa with private swimming pool located less than 10 minutes' walk from the popular area of the Old Village in Vilamoura. There is a private pool with a lovely patio to enjoy some al fresco dining around the built-in BBQ.



Vilamoura €465,000

\*\*\*Price Reduced\*\*\*

3 Bedroom / 2 Bathroom detached villa with private swimming pool and landscaped gardens, renovated in 2006. The villa is situated in a rural setting and has a bright and modern fully fitted kitchen and contemporary bathrooms.

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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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Bedrooms: 2 Area: 76 sqm | 82 sqm

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Magnificent 2 Storey 3-Bedroom Villa, set in a 600 sqm fenced plot with a swimming pool, located only 10 min. from the charming city of Silves, overlooking superb countryside views. Walking distance to restaurants & shops.

Bedrooms: 3 Area: 252 sqm | 600 sqm

Ref.: V1304

€275,000



Exclusive Opportunity

Stunning 4 bedroom villa of 256 sqm with pool, garden area & carport, situated on a beautiful hilltop overlooking the stunning River Arade Views & only 8 min. to Silves City.

Bedrooms: 4 Area: 256 sqm | 8800 sqm

Ref.: V1290

€379,000



This Exclusive 2 storey 4-bedroom villa with space for a pool & a variety of fruit trees is located only 1km from the one-of-a-kind Village of Alte, overlooking breathtaking panoramic views of the countryside up to the Algarvean Coastline.

Bedrooms: 4 Area: 176 sqm | 2000 sqm

Ref.: V1265

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Price Reduction

Charming 2+1 bedroom semi-detached Villa with equipped kitchen, spacious living/dining room, terraces, BBQ area, central heating & A/C, in a private condominium with swimming pools, gardens, 10 min. from the beach.

Bedrooms: 2 + 1 Area: 145 sqm

Ref.: V1193

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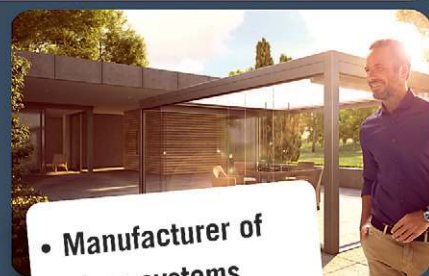
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REF:605818 €189,000

**Portimão**

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REF:605253 €85,000

**Silves, Algez -village**

Very well maintained townhouse with beautiful gardens in small condominium, with own plot of 285m². Ground floor: Kitchen, living room with fireplace, winter terrace (30m²), 2 bedrooms, bathroom, sauna. 1st floor: 2 small mezzanine rooms and wc plus terrace.

REF:606011 €205,000

**Alvor**

Furnished, like new, 1 bed. apartment, 2 balconies, 2bath. with sea view just a stones throw away from the beachfront and board walks in the popular village of Alvor. Condo has private parking, indoor & outdoor pools, gym & sauna. Great renting investment property!

REF:606973 €175,000



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**Big House - Small Price**

This large country house is set in a quarter acre plot away from the main road but with good, flat access, 4 km from the centre of the charming town of S.º Bras de Alportel. It has four bedrooms, three bathrooms (one en suite), dining room, living room with fireplace, kitchen, laundry, integral garage that could be used as another bedroom and a glass fronted lounge overlooking the swimming pool and rear garden. At the front is a secluded, larger garden and at the side parking for several cars. All the furniture has been removed and the house has been re-decorated ready to move in to.

**Price: €275,000**

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A Villa with the traditional architectural Algarve lines, inserted in plot of land of 587sqm, with a garden, a swimming pool, a barbecue, an outdoor shower and parking space for three cars.

Entrance hall with social wc, bedroom en-suite, fully equipped kitchen, living/ dining room with fireplace and views of the pool.

Large, bright areas and high quality finishes characterize this house with four bedrooms en suite, two



of which with balcony and one office on the first floor.

Comfortably furnished, equipped with video entry system, alarm system and video surveillance system.

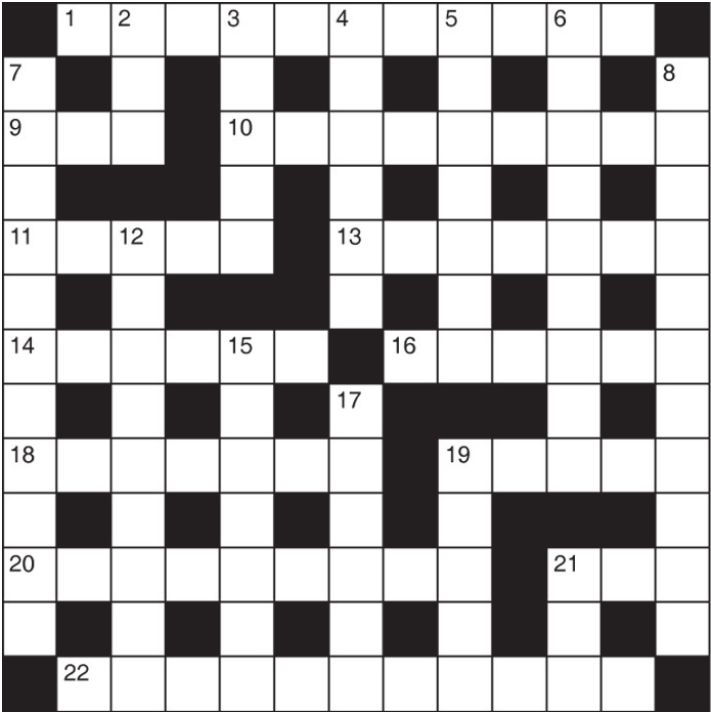
This beautiful property is located in a quiet and residential area just 2 min. away

from the Golf and 5 min. away by car from the city centre and Vilamoura's Marina.

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CRYPTIC CROSSWORD

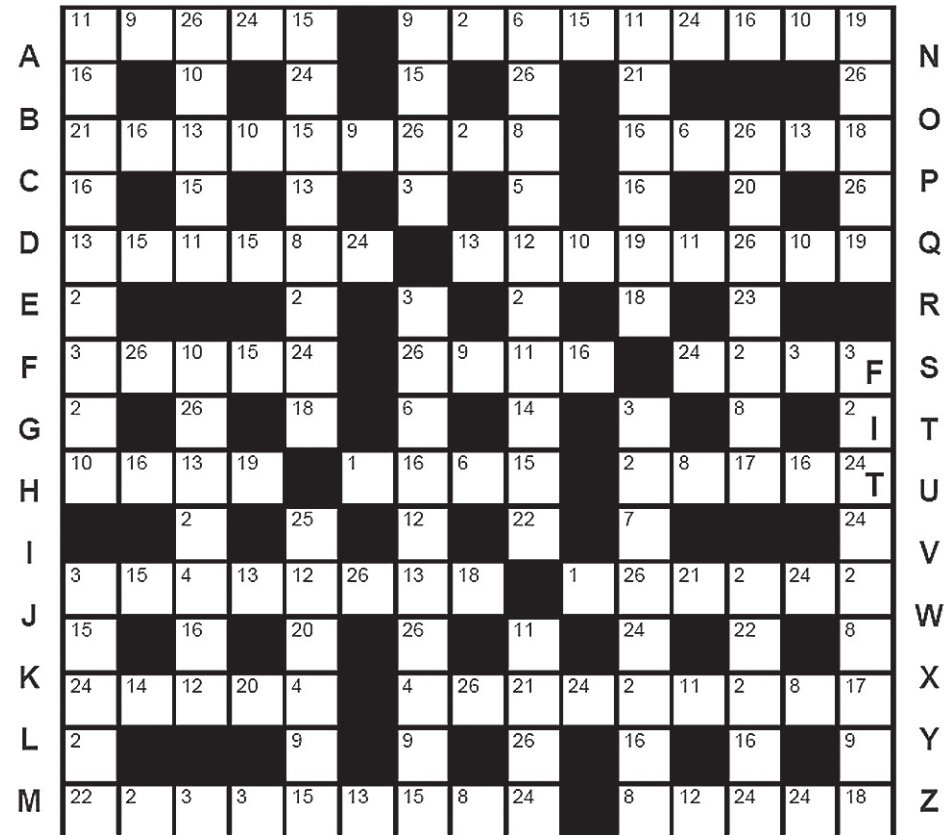
- ACROSS**

  - 1. Crazy way to score a goal at soccer (3,4,4)
  - 9. It's not in a mouthpiece (3)
  - 10. Be quick to see a shark moving in a circle (4,5)
  - 11. He sums up a snake (5)
  - 13. Give all for Hamlet (7)
  - 14. A bend in the road (6)
  - 16. He supplies tea - with or without sugar (6)
  - 18. Characters that are inclined to be distinctive (7)
  - 19. How one comes to confess (5)
  - 20. She may suit you (9)
  - 21. Prosecute for wrong use (3)
  - 22. A scene that I re-write for theatrical use (11)
- DOWN**

  - 2. Note it well (3)
  - 3. Ship which helps to keep the wheels of industry turning (5)
  - 4. Develop part of a revolver (6)
  - 5. Energetic fellow who hurtles around? (7)
  - 6. A snowdrop (9)
  - 7. They have a liking for sovereigns (11)
  - 8. It pays an actor to keep them up (11)
  - 12. Mother goes to the country but it's no saving (9)
  - 15. Instalment on a television? (7)
  - 17. It's way up as money (6)
  - 19. A social class scattered over the orient (5)
  - 21. It will be in most winter sportsmen's kit (3)

CODEWORD

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



QUICK CROSSWORD

- ACROSS**

  - 1. Frank (5-6)
  - 9. Conclude (3)
  - 10. Tenet (9)
  - 11. Regional (5)
  - 13. Bravery (7)
  - 14. Elevated (6)
  - 16. Contrive (6)
  - 18. Touching (7)
  - 19. Dulcet (5)
  - 20. Working (9)
  - 21. Spring (3)
  - 22. Abstainer (11)
- DOWN**

  - 2. Youth (3)
  - 3. Drive (5)
  - 4. Sew (6)
  - 5. Obstruct (7)
  - 6. Stress (9)
  - 7. Statement (11)
  - 8. Respectful (11)
  - 12. Customers (9)
  - 15. Graceful (7)
  - 17. Severe (6)
  - 19. Purloin (5)
  - 21. Observe (3)

Last week's quick crossword solution  
Across: 1 Mire; 8 Determined; 9 District; 10 Type; 12 Recede; 14 Roused; 15 Strewed; 17 Motion; 18 Flea; 19 Barbaric; 21 Dependence; 22 Disc.  
Down: 2 Incidental; 3 Edit; 4 Strive; 5 Writer; 6 Mistrust; 7 Edge; 11 Precocious; 13 Elevated; 16 Nobody; 17 Marine; 18 Fade; 20 Aged..

SUDOKU

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

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

Medium

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

Hard

Last Week's Codeword Solution

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

Last week's solutions

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

Medium

Hard

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## SATURDAY 04/11/17

BBC One		Escape.
06.00	Breakfast.	11.55 The Hungry Sailors.
10.00	Saturday Kitchen Live.	12.50 The Harbour.
11.30	The Hairy Bikers' Comfort Food.	13.20 ITV News and Weather; Weather.
12.00	Football Focus.	13.30 The X Factor Live.
13.00	BBC News; Weather.	15.30 Thunderbirds Are Go.
13.15	Rugby League World Cup.	15.55 FILM: Father of the Bride (1991).
14.45	FILM: Madagascar 3: Europe's Most Wanted (2012).	18.00 Paul O'Grady: For the Love of Dogs.
16.10	Final Score.	18.25 ITV News London; Weather.
17.10	Len Goodman's Partners in Rhyme.	18.35 ITV News and Weather.
17.40	BBC News.	18.50 New You've Been Framed!
17.50	BBC Regional News; Weather.	19.15 Ninja Warrior UK.
18.00	Pointless Celebrities.	20.20 The X Factor Live.
18.50	Strictly Come Dancing.	22.05 The Jonathan Ross Show.
20.20	Casualty.	23.10 ITV News and Weather; Weather.
21.10	Gunpowder.	23.25 FILM: Forgetting Sarah Marshall (2008).
22.10	BBC News; Weather; National Lottery Update.	
22.30	Match of the Day.	
23.50	The NFL Show.	
00.20	FILM: The Double (2011).	
01.55	Weather for the Week Ahead.	
02.00	BBC News.	
BBC Two England		Channel 4
06.15	How We Won the War.	06.25 Adventure Racing: Spartan Race Europe.
06.45	Animal Park Summer Special.	06.50 Everybody Loves Raymond.
07.30	Naomi's Nightmares of Nature.	07.15 Everybody Loves Raymond.
08.00	Deadly 60.	07.45 Frasier.
08.30	Live Rugby League World Cup.	08.10 Frasier.
11.30	Coast.	08.35 The Big Bang Theory.
12.00	Rick Stein's Long Weekends.	09.00 The Big Bang Theory.
13.00	Nigella: At My Table.	09.55 The Simpsons.
13.30	Natural World.	10.20 The Simpsons.
14.30	Escape to the Continent.	10.50 The Simpsons.
15.30	Italy Unpacked.	11.20 The Simpsons.
16.30	Mastermind.	11.50 Come Dine with Me.
17.00	Flog It!	12.20 Come Dine with Me.
18.00	The Big Family Cooking Showdown.	12.50 Come Dine with Me.
19.00	Britain Aloft.	13.25 Come Dine with Me.
19.30	Front Row.	13.55 Come Dine with Me.
20.00	Grand Tours of the Scottish Islands.	14.25 A Place in the Sun: Home or Away.
20.30	Dad's Army.	15.30 A Place in the Sun: Home or Away.
21.00	Josh Widdicombe: What Do I Do Now.	16.30 Best Laid Plans.
22.00	QI XL.	17.30 Location, Location, Location.
22.45	Later - with Jools Holland.	18.30 Channel 4 News.
23.50	FILM: Red Tails (2012).	19.00 Volatile Earth: Killer Volcanoes.
01.45	FILM: Love (2011).	20.00 Pearl Harbour: The New Evidence.
03.05	This Is BBC Two.	21.00 FILM: The Other Woman (2014).
ITV London		23.10 FILM: Unknown (2011).
06.00	CITV.	01.15 The Last Leg SU2C Special.
07.30	Scrambled!: Scrambled!	02.10 Hollyoaks.
07.35	Scrambled!: The Tom and Jerry Show.	
07.50	Scrambled!: Fangbone.	
08.10	Scrambled!: The Powerpuff Girls.	
08.30	Scrambled!: Thunderbirds Are Go.	
09.00	Scrambled!: Wishfart.	
09.25	ITV News.	
09.30	Saturday Morning with James Martin.	
11.25	Gino's Italian Coastal	

## SUNDAY 05/11/17

BBC One		11.00 FILM: Rest in Peace, Mrs Columbo (1990).
06.00	Breakfast.	13.00 ITV News and Weather; Weather.
07.35	Match of the Day.	13.10 The X Factor Live.
09.00	The Andrew Marr Show.	14.50 Catchphrase.
10.00	Sunday Morning Live.	15.35 Ball and Boe: Back Together.
11.00	Sunday Politics.	16.35 A Very Royal Wedding.
12.15	Bargain Hunt.	17.50 ITV News London; Weather.
13.00	BBC News; Weather.	18.00 ITV News and Weather.
13.15	Points of View.	18.10 The Chase: Celebrity Special.
13.30	Lifeline.	19.05 The X Factor Live.
13.45	FA Cup Final Score.	21.00 Sheridan.
16.00	Songs of Praise.	22.00 ITV News and Weather; Weather.
16.35	Blue Planet II.	22.20 Peston on Sunday.
17.35	BBC News.	23.15 Car Crash Britain: Caught on Camera.
17.50	BBC Regional News; Weather.	00.10 Jackpot247.
18.00	Panorama.	03.00 Motorsport UK.
18.30	Countryfile.	03.50 ITV Nightscreen.
19.15	Strictly Come Dancing - The Results.	05.05 The Jeremy Kyle Show.
20.00	Blue Planet II.	
21.00	The Last Post.	
22.00	BBC News.	
22.20	BBC Regional News; Weather.	
22.30	Match of the Day 2.	
23.45	Ronny Chieng: International Student.	
00.15	Weather for the Week Ahead.	
00.20	BBC News.	
BBC Two England		Channel 4
06.05	How We Won the War.	06.00 Kevin Can Wait.
06.35	A to Z of TV Gardening.	06.25 Kevin Can Wait.
07.20	Great British Garden Revival.	06.50 Everybody Loves Raymond.
08.20	The Countryfile Ramble for Children in Need.	07.15 Everybody Loves Raymond.
09.30	Saturday Kitchen Best Bites.	07.40 Everybody Loves Raymond.
11.00	Mary Berry's Foolproof Cooking.	08.05 Frasier.
11.30	My Life on a Plate.	08.30 Frasier.
12.15	MOTD2 Extra.	09.00 Frasier.
13.00	Natural World - Echo: The Unforgettable Elephant.	09.30 Sunday Brunch.
14.00	Wild Brazil.	12.30 Jamie and Jimmy's Friday Night Feast.
15.00	Flog It!	13.30 The Simpsons.
16.00	Rugby League World Cup.	14.00 The Simpsons.
17.30	MOTD: FA Cup Highlights.	14.30 The Simpsons.
19.00	Top Gear.	15.00 The Simpsons.
20.00	Robot Wars.	15.30 The Great British Bake Off: The Final.
21.00	FILM: Louis Theroux: My Scientology Movie (2015).	16.45 Channel 4 News.
22.35	Snowfall.	17.15 FILM: Paddington (2014).
23.20	FILM: The Ring (2002).	19.00 Escape.
01.05	Sign Zone: Question Time.	20.00 Great Canal Journeys.
02.05	Sign Zone: Holby City.	21.00 Unspeakable.
03.05	This Is BBC Two.	22.00 Gogglebox: Celebrity Special for SU2C.
ITV London		23.00 FILM: The Railway Man (2013).
06.00	CITV.	01.05 The Supervet.
07.30	Scrambled!: Scrambled!	02.00 A Summer to Save My Life.
07.35	Scrambled!: The Tom and Jerry Show.	02.55 Gillette World Sport.
07.50	Scrambled!: Ben 10.	03.20 KOTV Boxing Weekly.
08.10	Scrambled!: Mr Bean: The Animated Series.	03.45 Mobil 1 The Grid.
08.30	Scrambled!: Make It Pop.	04.15 Location, Location, Location.
09.00	Scrambled!: Wishfart.	05.10 Draw It!
09.25	ITV News.	05.35 Countdown.
09.30	Australian Wilderness with Ray Mears.	
10.00	Peston on Sunday.	

## MONDAY 06/11/17

BBC One		ITV London
06.00	Breakfast.	06.00 Good Morning Britain.
09.15	Women at War: 100 Years of Service.	08.30 Lorraine.
10.00	Homes Under the Hammer.	09.25 The Jeremy Kyle Show.
11.00	Getting the Builders In.	10.30 This Morning.
11.45	Fugitives.	12.30 Loose Women.
12.15	Bargain Hunt.	13.30 ITV Lunchtime News; Weather.
13.00	BBC News at One; Weather.	13.55 ITV News London; Weather.
13.30	BBC Regional News and Weather.	14.00 Dickinson's Real Deal.
13.45	Doctors.	15.00 Tenable.
14.15	Impossible.	15.59 ITV London Weather.
15.00	Escape to the Country.	16.00 Tipping Point.
15.45	Money for Nothing.	17.00 The Chase.
16.30	Flog It!	18.00 ITV News London; Weather.
17.15	Pointless.	18.30 ITV Evening News; Weather.
18.00	BBC News at Six; Weather.	19.00 Emmerdale.
18.30	BBC Regional News and Weather.	19.30 Coronation Street.
19.00	The One Show.	20.00 The Harbour.
19.30	Inside Out; BBC News; Regional News.	20.30 Coronation Street.
20.00	EastEnders.	21.00 Prince Harry and Meghan: Truly, Madly, Deeply.
20.30	Would I Lie to You?	22.00 ITV News at Ten; Weather.
21.00	Panorama.	22.30 ITV News London; Weather.
22.00	BBC News at Ten.	22.40 Ross Kemp Behind Bars: Inside Barlinnie.
22.30	BBC Regional News and Weather.	23.40 The Jonathan Ross Show.
22.45	Have I Got a Bit More News for You.	00.40 Jackpot247.
23.30	The Graham Norton Show.	03.00 The Jeremy Kyle Show.
00.20	Weather for the Week Ahead.	03.55 ITV Nightscreen.
00.25	BBC News.	05.05 The Jeremy Kyle Show.
BBC Two England		Channel 4
06.00	The Hairy Builder.	06.20 The King of Queens.
06.30	Countryfile Autumn Diaries.	06.45 The King of Queens.
07.15	Getting the Builders In.	07.10 The King of Queens.
08.00	Sign Zone: The Big Family Cooking Showdown.	07.35 Everybody Loves Raymond.
09.00	Victoria Derbyshire.	08.00 Everybody Loves Raymond.
11.00	BBC Newsroom Live.	08.35 Everybody Loves Raymond.
12.00	Daily Politics.	09.05 Frasier.
13.00	The Code.	09.35 Frasier.
13.45	The Planners.	10.05 Ramsay's Hotel Hell.
14.45	Family Finders.	11.00 Undercover Boss USA.
15.15	Operation Gold Rush with Dan Snow.	12.00 Channel 4 News Summary.
16.15	Back in Time for Dinner.	12.05 Come Dine with Me.
17.15	Put Your Money Where Your Mouth Is.	13.05 My Kitchen Rules.
18.00	Eggheads.	14.10 Countdown.
18.30	Strictly Come Dancing - It Takes Two.	15.00 A Place in the Sun: Winter Sun.
19.00	MOTD: FA Cup 2nd Round Draw.	16.00 Coast vs Country.
19.30	Coastal Path.	17.00 Four in a Bed.
20.00	University Challenge.	17.30 Steph and Dom's One Star to Five Star.
20.30	Nigella: At My Table.	18.00 The Simpsons.
21.00	Elizabeth I's Secret Agents.	18.30 Hollyoaks.
22.00	Live at the Apollo.	19.00 Channel 4 News.
22.30	Newsnight.	20.00 Trouble on the Trains: Channel 4 Dispatches.
23.10	Weather.	20.30 Tricks of the Restaurant Trade.
23.15	Exodus: Our Journey Continues.	21.00 999: What's Your Emergency?
00.15	Sign Zone: The Countryfile Ramble for Children in Need.	22.00 First Dates.
01.25	Sign Zone: The 21st Century Race for Space.	23.05 Celebrity Hunted.
02.25	This Is BBC Two.	00.10 How'd You Get So Rich?
BBC Four		00.55 The Secret Life of the Zoo.
19.00	Beyond 100 Days; Weather.	01.50 FILM: Mommy (2014).
19.30	Great Continental Railway Journeys.	
20.00	The Art of Scandinavia.	
21.00	Revolution: New Art for a New World.	
22.20	FILM: Leviathan (2014).	
00.35	Lost Kingdoms of Central America.	
01.35	The Art of Scandinavia.	
02.35	Revolution: New Art for a New World.	
03.55	Close.	

## TUESDAY

BBC One	
06.00	Breakfast.
09.15	Women at War: 100 Years of Service.
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	Flog It!
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	Holby City.
21.00	The A Word.
22.00	BBC News at Ten.
22.30	BBC Regional News and Weather; National Lottery Update.
22.45	Hotel for Refugees.
23.25	Generation Screwed?
00.05	Weather for the Week Ahead.
00.10	BBC News.
BBC Two England	
06.00	The Hairy Builder.
06.30	Women at War: 100 Years of Service.
07.15	Getting the Builders In.
08.00	Sign Zone: Great British Menu: The Finals.
09.00	Victoria Derbyshire.
11.00	BBC Newsroom Live.
12.00	Daily Politics.
13.00	Coast.
13.45	Permission Impossible: Britain's Planners.
14.45	Family Finders.
15.15	Operation Gold Rush with Dan Snow.
16.15	Hebides: Islands on the Edge.
17.15	Put Your Money Where Your Mouth Is.
18.00	Eggheads.
18.30	Strictly Come Dancing - It Takes Two.
19.00	Copacabana Palace.
20.00	MasterChef: The Professionals.
21.00	Rick Stein's Road to Mexico.
22.00	Motherland.
22.30	Newsnight.
23.10	Weather.
23.15	NFL This Week.
00.05	Elizabeth I's Secret Agents.
01.05	Sign Zone: The Apprentice.
02.05	Sign Zone: The Ganges with Sue Perkins.
03.05	This Is BBC Two.
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; 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.

## Blue Planet II

(BBC1, Sunday 8pm)

Creatures that live in volcanic hot spots on the ocean bed, areas that reach temperatures hot enough to melt lead and which may hold the secrets behind all life on Earth. Other strange creatures from the depths of the sea include bone-eating worms, fish that walk rather than swim, and hordes of squid. Plus, footage of sharks in a feeding frenzy over the dead body of a whale and the wildlife of the Midnight Zone in the Pacific, an area that never receives any natural light, forcing creatures to rely on their own bioluminescence.

## Must See TV



## 07/11/17

- 18.30 ITV Evening News; Weather.  
19.00 Emmerdale.  
19.30 Countrywise: Guide to Britain.  
20.00 The Pride of Britain Awards.  
22.00 ITV News at Ten; Weather.  
22.35 ITV News London; Weather.  
22.45 On Assignment.  
23.20 Lethal Weapon.  
00.15 Jackpot247.  
03.00 Loose Women.  
03.45 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.  
08.05 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: Summer 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 Secret Life of 4 Year Olds.  
21.00 Grand Designs: House of the Year.  
22.00 The Fight for Mosul.  
23.05 How to Get a Council House.  
00.10 Music on 4: The Great Songwriters.  
01.05 The Suprvet.  
02.00 FILM: You're Next (2011).  
03.35 The Secret Life of the Zoo.  
04.30 Phil Spencer: Secret Agent.  
05.25 Kirstie's Vintage Gems.  
05.35 Countdown.
- BBC Four**
- 19.00 Beyond 100 Days; Weather.  
19.30 Great Continental Railway Journeys.  
20.00 Empire of the Tsars: Romanov Russia with Lucy Worsley.  
21.00 The Real Doctor Zhivago.  
22.00 Timewatch: Who Killed Rasputin?  
22.45 Masterspy of Moscow: George Blake - Storyville.  
00.15 Natural World.  
01.15 British Art at War: Bomberg, Sickert and Nash.  
02.15 The Real Doctor Zhivago.  
03.15 Close.

## WEDNESDAY 08/11/17

- BBC One**
- 06.00 Breakfast.  
09.15 Women at War: 100 Years of Service.  
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 Flog It!  
17.15 Pointless.  
18.00 BBC News at Six; Weather.  
18.30 BBC Regional News and Weather.  
19.00 The One Show.  
20.00 DIY SOS: The Big Build.  
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 Women at War: 100 Years of Service.  
07.15 Getting the Builders In.  
08.00 Sign Zone: Britain Afloat.  
08.30 Sign Zone: Caught Red Handed.  
09.00 Victoria Derbyshire.  
11.00 BBC Newsroom Live.  
12.00 FILM: Easy Virtue (2008).  
13.30 Lifeline.  
13.40 Grand Tours of Scotland.  
13.45 Permission Impossible: Britain's Planners.  
14.45 Family Finders.  
15.15 Operation Gold Rush with Dan Snow.  
16.15 Hebrides: Islands on the Edge.  
17.15 Put Your Money Where Your Mouth Is.  
18.00 Eggheads.  
18.30 Strictly Come Dancing - It Takes Two.  
19.00 Meet the Lords.  
20.00 MasterChef: The Professionals.  
21.00 Big Life Fix: Children in Need Special.  
22.00 The Apprentice: You're Fired.  
22.30 Newsnight.  
23.10 Weather.  
23.15 FILM: Louis Theroux: My Scientology Movie (2015).  
00.50 Peaky Blinders.
- 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;
- 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 Bear's Mission with Rob Brydon.  
23.45 Road Rage Britain: Caught on Camera.
- 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.  
08.05 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: Summer 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 Supervet.  
21.00 The Truth About Slim People.  
22.00 Man Down.  
22.35 Acquitted.  
23.35 Gogglebox: Celebrity Special for SU2C.  
00.35 Pokerstars Championship.  
01.30 Ramsay's Kitchen Nightmares USA.  
02.20 FILM: Piku (2015).
- BBC Four**
- 19.00 Beyond 100 Days; Weather.  
19.30 Great Continental Railway Journeys.  
20.00 Empire of the Tsars: Romanov Russia with Lucy Worsley.  
21.00 Cosmonauts: How Russia Won the Space Race.  
22.00 Detectorists.  
22.30 The League of Gentlemen.  
23.00 Sleuths, Spies & Sorcerers: Andrew Marr's Paperback Heroes.  
00.00 Queen Victoria's Letters: A Monarch Unveiled.  
01.00 Pagans and Pilgrims: Britain's Holiest Places.  
01.30 British Art at War: Bomberg, Sickert and Nash.

## THURSDAY 09/11/17

- BBC One**
- 06.00 Breakfast.  
09.15 Women at War: 100 Years of Service.  
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 Flog It!  
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 Sam Smith at the BBC.  
21.00 The Week the Landlords Moved In.  
22.00 BBC News at Ten.  
22.30 BBC Regional News and Weather.  
22.45 Question Time.  
23.45 Life and Death Row.  
00.45 Weather for the Week Ahead.  
00.50 BBC News.
- BBC Two England**
- 06.00 The Hairy Builder.  
06.30 Women at War: 100 Years of Service.  
07.15 Getting the Builders In.  
08.00 Sign Zone: Council House Crackdown.  
09.00 Victoria Derbyshire.  
11.00 BBC Newsroom Live.  
12.00 FILM: The Secret Life of Walter Mitty (1947).  
13.45 Permission Impossible: Britain's Planners.  
14.45 Family Finders.  
15.15 Operation Stonehenge: What Lies Beneath.  
16.15 Hebrides: Islands on the Edge.  
17.15 Put Your Money Where Your Mouth Is.  
18.00 Eggheads.  
18.30 Strictly Come Dancing - It Takes Two.  
19.00 Meet the Lords.  
20.00 MasterChef: The Professionals.  
21.00 Exodus: Our Journey Continues.  
22.00 MOTD: The Premier League Show.  
22.30 Newsnight.  
23.10 Weather.  
23.15 Trust Me, I'm a Doctor: Mental Health Special.  
00.15 Peaky Blinders.  
01.15 Sign Zone: Panorama.  
01.45 Sign Zone: The Human Body: Secrets of Your Life Revealed.
- 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; 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 Acid Attacks: How Scared Should We Be? Tonight.  
20.00 Emmerdale.  
20.30 Paul O'Grady: For the Love of Dogs.  
21.00 The Murder of Becky Watts: Police Tapes.  
22.00 ITV News at Ten; Weather.  
22.30 ITV News London; Weather.  
22.40 Undercover: Inside Britain's New Far Right.  
23.45 The 18-30 Stone Holiday.
- 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.  
08.05 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: Summer 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 Ugly House to Lovely House with George Clarke.  
21.00 Trump: An American Dream.  
22.00 Angry, White and American.  
23.05 999: What's Your Emergency?  
00.05 Random Acts.  
00.35 Ramsay's Kitchen Nightmares USA.  
01.30 Grand Designs: House of the Year.
- BBC Four**
- 19.00 Beyond 100 Days; Weather.  
19.30 Top of the Pops: 1984.  
20.00 Empire of the Tsars: Romanov Russia with Lucy Worsley.  
21.00 Russia's Lost Princesses.  
22.00 Russia's Lost Princesses.  
23.00 Russia 1917: Countdown to Revolution.  
00.00 Top of the Pops: 1984.  
00.40 Empire of the Seas: How the Navy Forged the Modern World.  
01.40 British Art at War: Bomberg, Sickert and Nash.

## FRIDAY 10/11/17

- BBC One**
- 06.00 Breakfast.  
09.15 Women at War: 100 Years of Service.  
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 Flog It!  
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.  
20.00 EastEnders.  
20.30 Porridge.  
21.00 Have I Got News for You.  
21.30 Tracey Breaks the News.  
22.00 BBC News at Ten.  
22.25 BBC Regional News and Weather; National Lottery Update.  
22.35 The Graham Norton Show.  
23.25 Josh.  
23.50 The Apprentice.  
00.50 Weather for the Week Ahead.  
00.55 BBC News.
- BBC Two England**
- 06.00 The Hairy Builder.  
06.30 Women at War: 100 Years of Service.  
07.15 Getting the Builders In.  
08.00 Sign Zone: Gardeners' World.  
09.00 Victoria Derbyshire.  
11.00 BBC Newsroom Live.  
12.00 FILM: On the Waterfront (1954).  
13.45 Permission Impossible: Britain's Planners.  
14.45 Family Finders.  
15.15 Operation Stonehenge: What Lies Beneath.  
16.15 Hebrides: Islands on the Edge.  
17.15 Put Your Money Where Your Mouth Is.  
18.00 Strictly Come Dancing - It Takes Two.  
19.00 Meet the Lords.  
20.00 Mastermind.  
20.30 Only Connect.  
21.00 Extreme Wives with Kate Humble.  
22.00 QI.  
22.30 Newsnight.  
23.00 Weather.  
23.05 Snowfall.  
23.45 Peaky Blinders.  
00.45 Sign Zone: Panorama.  
01.45 Sign Zone: Louis Theroux: Dark States - Murder in Milwaukee.
- 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; 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 Live International Football.  
22.15 ITV News; Weather.  
22.50 ITV News London; Weather.  
00.00 Play to the Whistle.
- 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.  
08.05 Everybody Loves Raymond.  
08.35 Everybody Loves Raymond.  
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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.  
19.30 Unreported World.  
20.00 Food Unwrapped.  
20.30 Travel Man: 48 Hours in Stockholm.  
21.00 Gogglebox.  
22.00 The Last Leg.  
23.05 First Dates.  
00.05 FILM: Silver Linings Playbook (2012).  
02.15 Electric Dreams: Human Is.  
03.10 Humans.  
04.05 Man Down.  
04.30 Phil Spencer: Secret Agent.  
05.25 Kirstie's Vintage Gems.  
05.30 Draw It!  
05.55 Adventure Racing: Spartan Race Europe.
- BBC Four**
- 19.00 World News Today; Weather.  
19.30 The Good Old Days.  
20.20 Top of the Pops: 1984.  
21.00 Top of the Pops: 1984.  
21.30 Storyville: How the Beatles Rocked the Kremlin.  
22.30 Sgt Pepper's Musical Revolution - with Howard Goodall.  
23.30 Arena: Magical Mystery Tour Revisited.  
00.30 Top of the Pops: 1984.  
01.10 Sings the Beatles.

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## Cinema

### NEW THIS WEEK

#### What Happened to Monday

**Stars:** Noomi Rapace, Glenn Close, Willem Dafoe.  
**Genre:** Action, Adventure, Crime. **Director:** Tommy Wirkola.  
**Rating:** M/16. **Plot:** In a world where families are limited to one child due to overpopulation, a set of identical septuplets must avoid being put to a long sleep by the government and dangerous infighting while investigating the



disappearance of one of their own.

#### The Nut Job 2: Nutty by Nature

**Stars:** Will Arnett, Katherine Heigl, Maya Rudolph.  
**Genre:** Animation, Adventure, Comedy. **Director:** Cal Brunker. **Rating:** M/6. **Plot:** Following the events of the first film, Surly and his friends must stop Oakton City's mayor from destroying their home to make way for a dysfunctional amusement park.

## Cinema Listings

### NOS Forum Algarve - Faro

What Happened to Monday; Peregrinação; The Little Vampire (PV); Jigsaw; Thor: Ragnarok; The Nut Job 2: Nutty by Nature (PV); Geostorm

### Gran-Plaza NOS - Tavira

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

### Algarcine - Portimão

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

### Algarcine - Lagos

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

### Algarcine Ria Shopping - Olhão

Thor: Ragnarok; Happy Family (PV); Jigsaw; Loving Vincent; The Snowman; Geostorm

### Cineplace AlgarveShopping - Guia

Happy Family (PV); Blade Runner 2049; The Big Sick; Thor: Ragnarok, 2D & 3D; La marche de l'empereur L'appel de l'Antarctique; Stronger; The LEGO Ninjago Movie (PV); The Foreigner; The Snowman; Brad's Status; The Glass Castle; The Little Vampire (PV); Geostorm; The Son of Bigfoot (PV); Jigsaw; The Nut Job 2: Nutty by Nature (PV); Happy Death Day; Stronger; What Happened to Monday

### Cineplace - Portimão

Thor: Ragnarok, 2D & 3D; Happy Family (PV); Geostorm; Peregrinação; Blade Runner 2049; What Happened to Monday; The LEGO Ninjago Movie (PV); The Nut Job 2: Nutty by Nature (PV); The Snowman; The Little Vampire (PV); Jigsaw

### Cineplace Loures Shopping

Jigsaw; The Emoji Movie (PV); What Happened to Monday; The Son of Bigfoot (PV); Happy Death Day; The

Snowman; The LEGO Ninjago Movie (PV); Geostorm; Thor: Ragnarok, 2D & 3D; The Nut Job 2: Nutty by Nature (PV); Blade Runner 2049; Stronger; The Little Vampire (PV)

### Cineplace LeiriaShopping

Jigsaw; The Emoji Movie (PV); What Happened to Monday; The Son of Bigfoot (PV); Happy Family (PV); Happy Death Day; The Snowman; The LEGO Ninjago Movie (PV); Geostorm; Thor: Ragnarok, 2D & 3D; The Nut Job 2: Nutty by Nature (PV); Blade Runner 2049; Stronger; The Little Vampire (PV)

### Cineplace Riosul - Seixal

Thor: Ragnarok, 2D & 3D; Jigsaw; The Emoji Movie (PV); The LEGO Ninjago Movie (PV); Geostorm; The Nut Job 2: Nutty by Nature (PV); The Foreigner; What Happened to Monday; Happy Family (PV); The Snowman; The Little Vampire (PV); Blade Runner 2049

### Estação Viana Shopping - Viana do Castelo

Happy Family (PV); Porto; Geostorm; The Little Vampire (PV); Jigsaw; The Nut Job 2: Nutty by Nature (PV); Blade Runner 2049; Thor: Ragnarok, 2D & 3D

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



#### Algarcine

Portimão: 282 411  
888 / Olhão: 289  
703 332 / Lagos:  
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#### Cineplace

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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

## 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

**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, Lisbon. 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), Lisbon. 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, instalations and shows. Until **5 Nov**. Full programme and map available on www.tempsdimages-portugal.com

### MARKETS

**LxMarket - Every Sunday** at LxFactory, 10am-7pm. Unique, vintage, handmade and second hand items. Lx Factory, R. Rodrigues de Faria, Lisbon. www.lxmarket.com.pt

**CCB Market - First Sun** of every month. Caminho Pedonal e Praça CCB - Belém Cultural Centre, Lisbon. Free entry.

### 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

### SHOW

**November in Casino Estoril** - Wednesdays Fado Cycle, from 10pm: Teresa Tapadas and António Pinto Basto (**8 Nov**), Teresa Brum and Zé Maria Souto Moura (**15 Nov**), Rodrigo and Tânia Oleiro (**22 Nov**). The Fly - Tribute to U2, **3 Nov**; Rogério Gil concert, **9 Nov**; Cristelo concert, **10 & 18 Nov**; Frederico Braga da Cosat concert, **16 Nov**; Alta Cena concert, **17 Nov**; Rui Faria & Sandra Gonçalves concert, **23 Nov**; Cristina Bokor Rogeiro concert, **25 Nov**. 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

**Casino Lisboa in November** - "Avenida Q" showing Thu, Fri & Sat from 9:30pm and Sun 4:30pm; Rating: M/16; Tickets: €14-€16. "The Portuguese People" musical comedy, debuts 25 Nov; Showing Tue, Wed & Sat at 6:30pm. Arena Lounge Live Music: Tamla, **8-11 Nov**; Bossa Morna, **15-18 Nov**; Tri Naranjus, **22-25 Nov**; Daniela Mendes 4Teto, **29 Nov-2 Dec**. By law, access to the spaces of Casino Lisboa are reserved for persons over 18 years of age. Casino Lisboa, Parque das Nações, Lisbon Tel: 218 920 000 www.casino-lisboa.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

### ENTERTAINMENT

**St. Andrew's Society Of Lisbon Annual Ball - 25 Nov**, 7.30pm - 2.00am. This year, the St. Andrew's Society of Lisbon is once more celebrating its St. Andrew's Day Ball in the elegant setting of The Palacio Hotel in Estoril. Guests will be welcomed at the entrance by the sound of the pipes played by special guest, Pipe Major Drew Sinclair of Thistle Piping Central Scotland. After cocktails and dinner in the grand ballroom, The Gary Blair Ceilidh Band will take to the stage to lead the dancing for what promises to be a memorable evening. Dust off your dancing shoes and join us! Extend the celebrations! Treat yourselves to an overnight stay in the luxury of the Palacio Hotel for a special price to revellers of 125€. For further information and bookings, contact our Secretary, Audrey Willet: email - audwillet@gmail.com or www.facebook.com/LisbonStAndrewsSoc

### EXHIBITIONS

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

**Arts & Crafts Expo. Ongoing** at Artes@Spa,

## 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



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**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 nr 61, 8150-141 São Brás de Alportel.

## 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

**5th Annual Concert** - Silves Rotary Club presents the internationally renowned **Quarteto Concordis** at Teatro Mascarenhas Gregório, Silves. **18 Nov.** 8:30pm. Ticket reservation: 919 633 049 or sueloram@gmail.com. Proceeds to Casa do Povo Messines and local charities supported by Silves Rotary Club. Supported by Blevins & Franks and Silves CM.

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

**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

**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 johnobocadorio@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 3<sup>rd</sup> **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, Almacil) 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 21<sup>st</sup> 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 Arcanjo 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 Agua, 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** - Almacil, 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

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**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.

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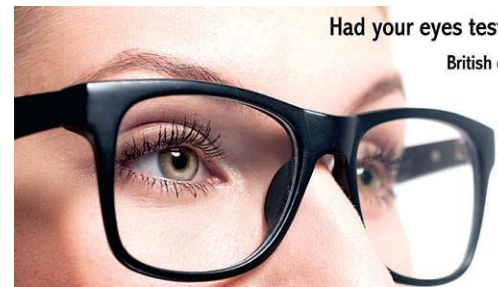
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## Announcements

**CC INTERNATIONAL CHRISTIAN Fellowship** Portimao Family worship Sundays, 11am in The Bridge - Cedipraia 23, Rua N.S. do Amparo, Av. 25 de Abril, Portimão. Tel: 282042836 or 917358098  
www.icf-portimao.org  
TPN/TO/91724337

**CC PROBLEMS WITH alcohol?** There is a solution! Alcoholics Anonymous Helpline AA Algarve: 919 005 590 / 937 029 619. Looking for AA Meetings in the Algarve region:  
www.aaportugal.org/algarve.html  
TPN/TO/14782511

**CC CANCARE MEETINGS** Have you been affected by cancer? Members of the women's cancer support group meet for advice or an informal chat on the first Wednesday of every month in Loulé. If you would like to join us, please contact Vi on 289882680 or 917962255.

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## Charities

**CATS/KITTENS.** We are looking for people to foster cats/kittens on a temporary basis. Contact John 912445652  
TPN/TO/63529699

**CC THE DONKEY SANCTUARY** needs your unwanted items for our charity shops in Lagoa, Carvoeiro and Ferragudo. Proceeds for animals. 966033127  
TPN/TO/67789755

**CC ASSOCIAÇÃO DE CARIDADE** Mãos de Ajuda. Helping Hands Charity Shop, 13A Avenida Dr. Eduardo Mansinho, Tavira. 100 metres from Porta Nova Post Office. Open Monday, Wednesday, Saturday 10am to 1pm. Help us to Help others in the Tavira Area. 963558138  
TPN/TO/25352356

**CC TAVIRA CHARITY ASSOCIATION** - To help the Needy of Tavira. Open 10.30am-5.30pm. Items large or small accepted. Opp. rail station level crossing. Geoff: 925917177 a-ist@gmx.com

**CC SECOND CHANCE** charity shop at Largo Das Ferreiras (on roundabout), Ferreiras, Albufeira. Open Tuesday to Friday 10am to 4pm. Saturday 10am to 1pm. Providing support for people in need, Bombeiros, soup kitchens, Riding for the disabled, AHSA charity and more. Maggie Cook 917707808  
TPN/TO/53878642

**CC HELP ASSOCIACAO** Flor Amiga. Childrens clothing, shoes, toys, packets of nappies or tins of formula, will be greatly received. Also adult clothing, shoes and socks. We need your gifts for charity. Tel: 282 044 042  
TPN/TO/85244114

**CC APAA CHARITY** Shops. Dunas do Alvor: Tue-Sat: 10.30am-2pm, Cerro Grande, Albufeira: Tue-Sat: 10.30am-2pm, Rua Elias Garcia 20, Silves: Mon: 10am-5pm, Tue-Sat: 10am-2pm. Shop volunteers always welcome. [info.apaaportugal@gmail.com](mailto:info.apaaportugal@gmail.com)  
TPN/TO/88458493

**CC CADELA CARLOTA** (2nd shop) We raise money to pay the vet bills for the animals in the care of Cadela Carlota. By the main square, Almadena, Luz. Open Mon - Sat, 10am - 4pm.  
TPN/TO/51595773

**CC THE NANDI CHARITY SHOP.** See us at the Christmas fair on 11/12th November 2017 at the Armazem Regimental, Lagos from 10h - 1700h.  
TPN/TO/41245832

**CC WEEKLY BOOK SALE.** Come along to our

Book Sale every Friday from 10.00 to 12 noon at Monte da Palhagueira Nursing Home & Retirement Village Hall, Gorjoes. All proceeds go to The Boys Home Faro. Tel: 289990901  
TPN/TO/63968567

**CC ASSOCIATION BIANCA**, Portuguese charity animal shelter near Lisbon. Website: [www.bianca.pt/english](http://www.bianca.pt/english)

Online charity shop: [www.fazendoanimaisfelizes.blogspot.pt](http://www.fazendoanimaisfelizes.blogspot.pt)  
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**CC NEW CHARITY SHOP** - The Goodwill Charity. R.Direita 5, Ed. Portus Magnus, Portimao. (Close to Theatre). 968 740 693/ 923 104 885 10am-2pm. Clothes, bric a brac and furniture in saleable cond., large items collected.  
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**CC A.A.G. CHARITY** Shop Guia. We are situated in the Main Street, opposite the Football Club Snack bar and close to Credito Agricola Bank. Opening hours Monday till Friday 10.15 am until 6 pm, Saturday 10am till 2 pm. Closed Sundays. Animal charity feeding street animals. Patron Bonnie Tyler.  
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**CC TAVIRA TREASURE.** Providing support to Childrens and Old Folks Homes, and needy individuals in the Tavira area. Reopening 3rd June 10 -12.30 Saturday mornings and Mondays 10 - 1pm and 2pm - 4pm at Rua Almirante Candido dos Reis, no 134. Volunteers usually needed. Buy or bring clothes, bric a brac, books. Sandy: 913440585 Valerie: 917689034  
TPN/TO/47131565

**CC CADELA CARLOTAS** charity shop (R. Santa Casa da Misericordia, 17A), Lagos, needs goods to help abandoned animals. Paula: 917448583.  
TPN/TO/75285411

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## Entertainment &amp; Leisure

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## Property Wanted

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## Places of Worship

## Lisbon

**ST GEORGE'S CHURCH;** LISBON (Church of England). Av. S. Jorge 6 (north of Estrela Gardens). Service 11:30am every Sunday. 211 306 293. British Cemetery open weekdays 10am-1pm

**ST PAUL'S CHURCH, ESTORIL** (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. 211 306 293.

**ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN)** Rua Arriaga, 13, Lisbon: Sun. 11.am. Bi-lingual Sunday school & creche is available. Minister's 218 043 410, www.standrewslisbon.com

**THE SALVATION ARMY,** Lisbon. Reboreira Corps (Praceta Almada Negreiro, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A loja C); Laranjeiras Corps (Bairro de Laranjeiras). Lisbon (21 805708).

**GRACE INTERNATIONAL COMMUNITY CHURCH,** Cascais. English speaking church, Cascais. www.lisbongrace.com

**LISBON SYNAGOGUE:** R. Alexandre Herculano Nº 59. Tel: 213 931 130 celestboa@mail.telepac.pt  
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**KINGDOM HALL OF JEHOVAH'S WITNESSES.** Gathering for Worship. All Welcome, no collections. Rua Penha da França, Lisbon - Fri 7.30pm Sun 6pm Tel: 213 421 604. Rua João de Deus, Sintra - Tues 8pm Sun 10.15am Tel: 219 243 316 Av Comunidades Europeias 342, Cascais - Wed 8.30pm Sun 2.15pm Tel: 214 831 060 Praça da República, Bombarral, Obidos - Wed 8.15 Sat 5.30pm www.jw.org

## Oporto

**GREATER GRACE INTERNATIONAL FELLOWSHIP** has contemporary Christian gatherings on Sun afternoons at 3rd Baptist Church, R. Estação 133, & Sat evenings, 1st floor, Confeitaria Palácio (across the "Emergency" entrance of Hospital Stº António); www.novaaurora.com, 220 994 785 or send an SMS to 917112736.

**RIVERSIDE PORTO INTERNATIONAL CHURCH** English language church Sun, 5pm, at R. Gonçalo Sampaio, 361, (nr Boavista roundabout) and on 3rd Sun every month at Valença do Minho. Tel: 916 440 795. contact@riversideporto.com / www.riversideporto.com

**ST. JAMES'S CHURCH,** Anglican Chaplaincy of Oporto. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain 226 091 006. www.stjamesoporto.org

**THE SALVATION ARMY OPORTO** Pereiro Corps (Av. Vasco da Gama, 675-2 E Ramalde), Service 10am, Salvation Meeting 5pm. Coloras Corps. (Av. dos Bom-beiros Voluntários) Sun- 10am. Thu 4pm Ladies Home League Meeting.

**KINGDOM HALL OF JEHOVAH'S WITNESSES.** Gathering for Worship. All Welcome, no collections. Jardim Arnaldo Gama, Porto. Thur 8.15pm Sat 8.15pm www.jw.org

## The Algarve

**ALL SAINTS ANGLICAN CHURCH, AIGARVE** Holy Communion every Sunday. **Almancil** 10.30am Almancil Community Centre (ASCA). **Lagoa** 11am at Lagoa Convent Chapel. 282380311 www.allsaintsalgarve.org

**ST VINCENT'S ANGLICAN CHURCH** C of E. Sun: 9.30am Igreja das Pereiras, EN125 between Quatro Estradas & Almancil; 11.30am St Luke's, Gorjões; 8.00am & 11.30am Igreja N Sra da Luz, Praia da Luz, nr Lagos. Visitors are especially welcome. 282 789 660 & 289 366 720 www.stvincentsalgarve.org

**INTERNATIONAL CHRISTIAN FELLOWSHIP** of Portimão Sun 11am. The Bridge" (A Ponte), Cedipraia Shopping Centre no. 23 / 282 042 836 / 917 358 098 www.icf-portimao.org  
**INTERNATIONAL COMMUNITY CHURCH,** Lagos. Newfrontiers. Sunday service in English 10.30am. 5 Travessa de Santo Amaro, Lagos. Tel. 960450750 www.icc-lagos.org

**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-algarve.com. 289328635. **LAGOA CHRISTIAN FELLOWSHIP,** English Speaking Calvary chapel of the Algarve, Sun 11am for contemporary worship and Christ centered Bible study. Rua Doutor Basílio 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.

**ALL NATIONS.** Todas as Nações. All welcome, contemporary worship service and children's club. Carvoeiro Tennis Club, Mato Serrão Carvoeiro. Sundays 10.30am-12.00pm, Stephen and Elaine 965 360 708.

**JEWISH COMMUNITY OF SOUTH PORTUGAL** Shabbat services. Call 922206333. **THE LIVING HUB** 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 Autist 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 tavora@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 Aqua 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

So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them.

John 11:43, 44; New International Version (NIV)



# Tough enough already

**N** NEIL CONNOLLY

Golf is big business in the Algarve. Sitting in the reception of our academy we get to see the planes landing at Faro almost like clockwork, every five minutes.

**A**dmittedly, every passenger is not a golfer, it would be fair to say that there is a higher percentage of golfers travelling to the Algarve than most anywhere in Europe (Costa del Sol excluded). Have you ever watched the late Robin Williams' comedy sketch, where he puts on a very believable Scottish accent, describing the potential origins of the game? The core essence of the sketch is that one individual is talking to his friend about a game which he has invented. His friend asks whether it is just played over the one hole, where the 'creator' says "Hell no!" (at least that's the Parkinson interview version) "It's over eighteen! And we will put a flag in a hole, so when you get close it will give you hope!" I am not sure whether Robin Williams ever played the game, yet his observations were so insightful making the great game we love so

much, look ridiculous. Why would anyone want to make such a small ball, go with such a small club, to cover such a long distance, with obstacles and hazards abounding not once but eighteen times. What's even more perplexing is how did the game take off, in Scotland, where the weather isn't known for its warmth or dryness. Yet, here we are, the game has become a world-wide success and has been reinstated into the Olympics. Golf, in Tiger, recently had the highest paid athlete of all time in its ranks. So something about the game has captured the human imagination and grown to a multi-billion pound industry. Having just flown back from the UK, yesterday, if you ever have a chance to look down, when the clouds give you a chance, the amount of golf courses which can be seen is staggering. The landscape of the whole countryside has been

carved into a different shape, by the invention of the game. I can't think of another sport, which has had such an impact on the landscape worldwide. Some might say that the game has created its fair share of misery alongside frustration and the occasional fleeting moments of joy. Yet the purpose of the game is so simple, to get the ball in the hole in as few shots as possible. You can use whichever club, at whatever time, wherever you want. You walk for around four hours, with only a minute and a half of action with you actually hitting the ball infrequently, in the direction intended. Remembering that the purpose of the game is to get the ball in the hole in as few shots possible, imagine my surprise last week when giving one of my clients the choice of, "Shooting in the low seventies, regularly, with only a few light changes, or swing the club in a 'pretty' way, with a lot of hard work, and shooting in the eighties." He chose the eighties route. It went totally against my tournament playing, competitive instincts. Imagine having a conversation with a Tournament Professional, explaining to him, that his scores could be significantly reduced by changing his alignment and practice habits, say take at least one or two shots off a round on average. These changes would take about a week of hitting balls, forty hours of practice, on the range. The Tournament player rejects this course of action and goes for the option of his swing looking good on the range, taking months to perfect the new move and missing every cut. It's totally mad. Yet there was some method to his



I am not sure whether Robin Williams ever played the game, yet his observations were so insightful, making the great game we love so much, look ridiculous. (Photo: Supplied)

madness. This being, his profession is in a Military Band, a drummer to be precise, so intricate movements and coordination, alongside hard work was something he felt comfortable with. So, we went for the tough option. We cracked it with the drills, he went away happy that he had some serious homework. Unfortunately, in the back of my mind I feel he was still under the impression that excellent technique alone leads to excellent scores. My job was done, he understood the landscape ahead, I gave him all his options and he went away a content client. It's a tough enough game as it is, my thinking is why make it tougher than it needs to be?

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Fastighetsbyrån



# Fortune deserts Benfica

CHRIS WRIGHT



Benfica produced a strong performance at Old Trafford this week, but a lack of fortune saw the Lisbon side lose 2-0 against hosts Manchester United in the Champions League. (Photo: EPA/NIGEL RODDIS)

On Halloween Night it was the Red Devils who got all the luck as Benfica's teenage keeper, Mile Svilar, unwittingly put José Mourinho's men on course for another narrow win and virtually ensured that Manchester United will proceed to the knock-out stages of the Champions League.

A few weeks ago the young Belgium keeper made his debut for the Eagles at the Algarve Stadium against Olhanense in the Portugal Cup. Days later the youngest goalkeeper to ever play in the Champions League was facing Manchester United at the Estádio da Luz where his historic night ended in embarrassment after he misread a Marcus Rashford free-kick and carried it over the line. But Old Trafford was looking a much better venue for the young man as he saved Anthony Martial's early penalty. Benfica were justifiably aggrieved not to have been awarded a spot-kick at the other end when midfielder Pizzi was felled by Eric Bailly near the byline. Minutes later David de Gea's brilliant save from a clean hit by Diogo Gonçalves was turned over the crossbar as the visitors took the game to United. In injury time at the end of the first-half Svilar was again the centre of attention as former Benfica favourite Nemanja Matic's shot came off a post and ricocheted off the keeper's back before rolling into the net. In the second period the introduction of Rashford

for Martial fired up the home side. Two minutes later he won a penalty which Blind drilled home to make it 2-0 and an ignominious exit from the Champions League for the famous Lisbon club that is in the midst of its worst European run following five straight defeats. At least they have a goalkeeper who, despite his torment this month, should have the courage to feature in future campaigns. Sporting were held 1-1 by last year's finalists Juventus at the Alvalade. The Lions had opened the scoring with a low shot from inside the area by Brazilian midfielder Bruno Cesar in the twentieth minute after Gelson Martins' strike was parried by Juventus keeper Gianluigi Buffon. Juventus were outplayed by Sporting in the first-half but the Italian side improved significantly after the break with Argentinean international Gonzalo Higuain scoring a late equaliser after a perfect pass by Juan Cuadrado ten minutes from time. The draw kept the Italian club in second place with seven points, three in front of Sporting and three behind leaders Barcelona with two matches remaining.

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