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Salvador awarded P18

This year's Eurovision Song Contest winner, Salvador Sobral, has been awarded with a European Border Breakers Award (EBBA), an accolade designed to distinguish "emerging artists."

Tourism toll tax ➤ P4



Leftists have suggested replacing tolls on the Algarve's A22/Via do Infante motorway with a special contribution from tourism revenue.

Employment rises ➤ P10



Dole queues are currently at their shortest since 2008 as unemployment drops.

C-Section Cuts ➤ P14



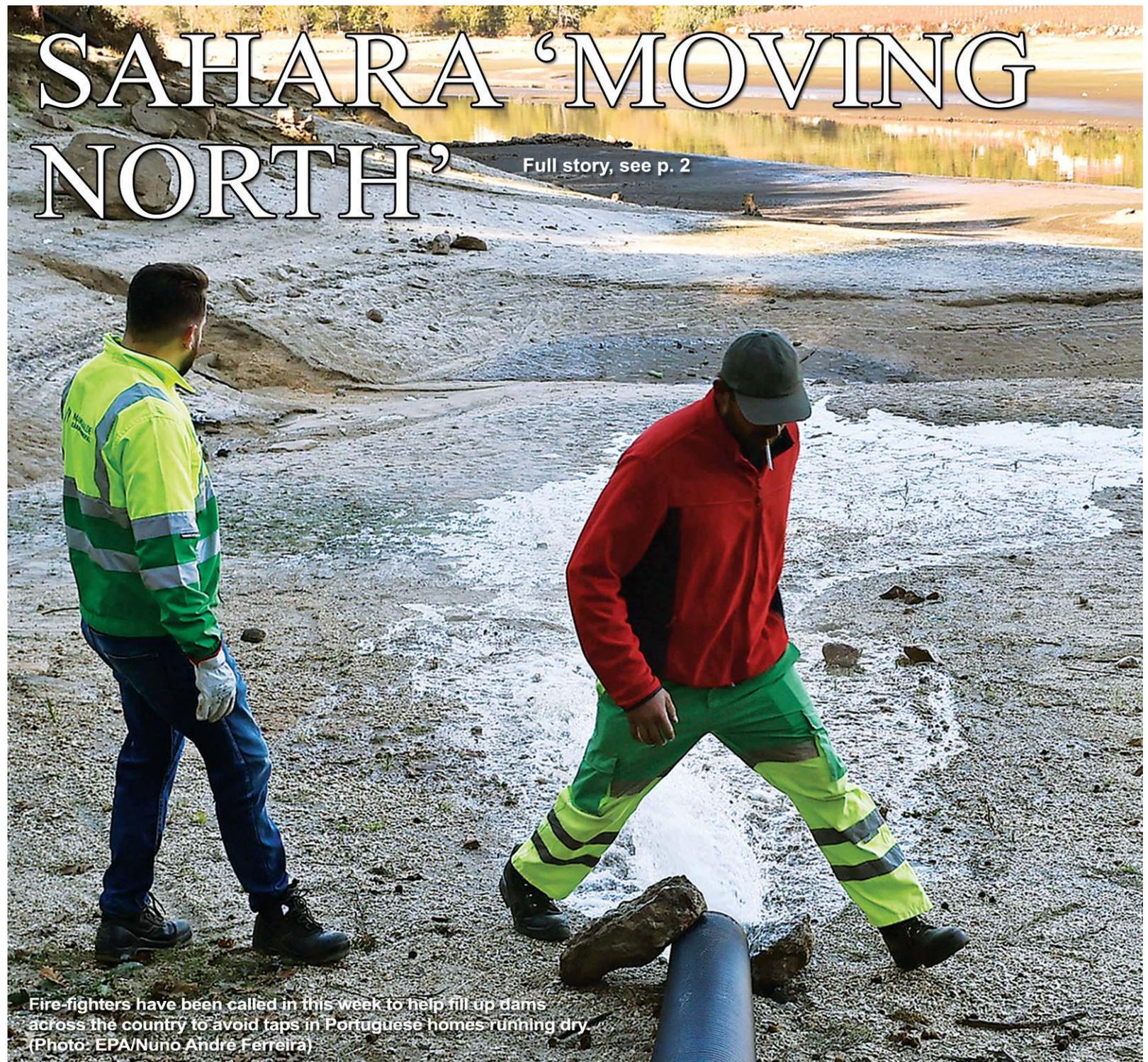
A programme to reduce Caesarean births will see funding from the State for stays at hospitals with a high rate of C-section births, slashed.

Medicine Move ➤ P16

The national drugs watchdog Infarmed will be moving its headquarters from Lisbon to Porto, a move the health regulator's employees say they were completely unaware of.

WEATHER ➤ P2

Droughts could become more severe as Portugal starts to mirror North African climate



SAHARA 'MOVING NORTH'

Full story, see p. 2

Fire-fighters have been called in this week to help fill up dams across the country to avoid taps in Portuguese homes running dry. (Photo: EPA/Nuno Andre Ferreira)

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Sahara 'moving north'

A leading national expert on climate change has warned that the Iberian Peninsula might soon be facing spells of droughts that could span up to eight years, as Portugal's climate becomes increasingly like the arid climes of Northern Africa.

Respected professor and researcher Filipe Duarte Santos this week forecast that, because of the advancing of the deserts in northern Africa, Portugal's climate is becoming more and more like that of Morocco, Algeria or Tunisia. His comments were made just days before Portugal was enshrouded by a mass of sticky warm air travelling upwards from south of the Canary Islands, pushing thermometers up by a good few degrees on Thursday and Friday.

Duarte Santos, a professor at the Lisbon University of Sciences and head of the National Environmental Council, was speaking at a round-table event in Évora on Wednesday, on adaptation to climate change. The gathering was held as part of a National Meeting of Water and Sanitation Entities (ENEG 2017), which brought together hundreds of specialists on water.

The expert stressed how the changing climate could have a bearing on the country's water sector, stressing: "Climate change can be seen in the broadening of the tropical climate zone; the desert is being pushed north. It is essential in the water sector to take this climate change into account." Expanding on his comments, he added that as Portugal is "an aged coun-

N
**CARRIE-MARIE
BRATLEY**

try, it is not easy for people to accept that this country is altering and that the climate changes".

The leading researcher, who spearheaded one of Portugal's foremost climate change projects - the Scenarios, Impacts and Adaptation Measures (SIAM) project - further warned that the country's irrigation systems in the medium and long-term may not be feasible. One suggestion he put forward is to transfer cork oak trees to the north of the country.

"Science shows that cork oak forests will not survive", he said, explaining that it will not be diseases that kill them off, but a lack of water, which will extinguish the trees in the Alentejo.

To maintain cork production, he said, "It would be practical to help the species settle in higher altitudes and move them north", even if to the locations that this year were affected by the fires.

Carlos Pinto de Sá, Mayor of Évora Council, the Alentejo's largest city, said he would prefer to take a "global view" on the matter, stating that when faced with a "planetary and structural problem, the responses have to be planetary and structural be-

cause they are not solved at a local or national level", though he added this does not mean that local authorities cannot play a role in solving problems.

Meanwhile, Portugal's environment minister, João Pedro Matos Fernandes, said at that same meeting that the possibility of having to ration water in Portugal due to the present state of drought is no more than "a theoretical hypothesis". He argued that it makes no sense to think about such measures at this point, because they should be only a last resort.

The minister was responding to questions from journalists prompted by comments from his own secretary of state, Carlos Martins, in an interview with the newspaper 'i' published on Tuesday, in which the state secretary suggested the government could introduce water rationing at night.

In a nutshell, Minister Fernandes effectively dismissed that idea.

"Rationing measures are at the very end of the end of the line, and it makes no sense to think of them now," he said, adding: "We're doing all [we can] so that there are no water shortages, together with local authorities, and it is fundamental that people save water."

The government has instead repeatedly called on people to use less water,



Climate experts have this week warned that Portugal needs to prepare for drought. (Photo: Lusa/Nuno Veiga)

and has said it is committed to ensuring that it will always be available. Nonetheless, on Thursday, Minister Fernandes did concede the price of

water may go up due to the shortage. Portugal has been in a state of moderate to extreme drought for weeks. Just last week it transpired

WEATHER

Finally some rain

After prolonged periods of drought, unusually high temperatures and lack of rainfall, some precipitation is forecast to fall on most of Portugal over the coming days, but it has yet to be seen if it will be anywhere near enough to provide much-needed respite to the water-starved land.

Lisbon: Following some showers on Friday the weekend in Lisbon will be drier and partly cloudy, with temperatures at around 19 degrees Celsius, although heavy rain is forecast for the start of the new week.

South: Likewise, the weekend in southern Portugal will also stay dry and bright, with some scattered clouds around, but from Monday onwards rain will start to fall, getting progressively heavier towards the middle of next week.

North: Contrary to the rest of the country, northern Portugal can expect a wet weekend, with the heaviest of the rainfall on Friday and Saturday. Sunday and Monday should be drier, albeit overcast, but the rain will be back from Tuesday.

Algarve gains two more Michelin stars

The Algarve has gained two new Michelin stars in the Michelin Guide 2018 awards ceremony, held on Wednesday in Tenerife, taking the overall number of restaurants in Portugal with the coveted stars to 23.

While the rest of the accolades in Portugal remained unchanged on last year's Guide, the two new awards both went to the Algarve, one to the Gusto by Heinz Beck restaurant at the Conrad Algarve Hotel in Quinta do Lago, and the other to the Vista restaurant, at the award-winning Bela Vista hotel in Praia da Rocha, spearheaded by young Portuguese chef João Oliveira.

Portugal now has a total of 23 restaurants distinguished with Michelin stars, five of which have two stars and eight of

which are in the Algarve.

These are Vila Joya (Albufeira), under chef Dieter Koschina, Ocean, under chef Hans Neuner, at Vila Vita (Lagoa), both of which have maintained their two Michelin-star rating, along with the Bon Bon, under chef Rui Silvestre, in Carvoeiro, Henrique Leis, by Henrique Leis, and São Gabriel, under Leonel Pereira, both in Almancil, and also Willie's, by Willie Wurger, in Vilamoura, all of which have kept their one-star rating.

N News in Brief

Doctors appointments in Portugal among longest

The average duration of doctors' consultations in Portugal last an average of 15 minutes, placing the country among the top ten nations in the world. Portugal is ranked at number ten out of 67 countries for the longest duration of an appointment, and performed considerably better than the UK, where GPs spend fewer than ten minutes tending to patients.

Progressive dole cut eliminated

MPs have voted to eliminate a progressive dole cut which previously saw jobless workers in benefits see their dole payment reduced by ten percent after six months. The law took considerable time to approve, with the Socialist government's leftist alliance partners arguing over who should be given credit for the reform. Both the Communist Party and the Left Bloc wanted their respective proposals voted through first, resulting in a lengthy stand-off. The Communist proposal was eventually tabled first for voting, followed by the Left Bloc, with both bills voted through with the aid of the ruling Socialists.

Portugal identifies thousands of sex offenders

The national sex offenders registry introduced back in 2015 already lists the names of 5,000 criminals. The data released by the Justice Ministry includes all criminals convicted of sex offences where the victims are minors. An offender's name is listed for a maximum period of 20 years, though the registration can also be removed after five years have elapsed following a sex offence conviction.

Ambassador visits Algarve

As formal withdrawal negotiations continue, the British Ambassador Kirsty Hayes, will be in the Algarve on Thursday, 30 November, to meet members of the local British community to respond to questions and concerns about the UK's exit from the EU.

Ambassador Hayes will attend public sessions at Clube de Tavira from 2pm to 3pm, and the Bibiloteca Municipal de Silves from 5pm to 6pm, where she will provide an update on the current situation, and will be interested to hear of any concerns British residents might have about the possible impact of the UK's withdrawal from the EU.

These sessions have been organised with the co-operation of the Town Councils of Tavira and Silves. There are just over 100 seats available at each venue, and registration is therefore essential. Confirm attendance by registering for Tavira <https://www.eventbrite.co.uk/e/british-ambassador-reaching-...> (registration password is Tavira) and for Silves register <https://www.eventbrite.co.uk/e/british-ambassador-reaching-...> (registration password is Silves).

If those attending have any questions for the Ambassador, it would be helpful if you could send these in advance to Portimao.consulate@fco.gov.uk.



prepare for periods of extended droughts as weather patterns seen in North Africa start to make their presence felt in Portugal.

the rain that fell during the first half of November was less than a quarter of the usual average. Between 1 and 15 November, just 24 percent of the

usual measurements fell in Portugal and the Met office forecast that the state of drought would endure at least until the end of this month.

However, with rainfall, in places heavy, expected to fall throughout Portugal over the weekend and the start of the coming week, it remains to be seen whether

it will be enough to provide some relief from the drought-stricken country, and whether it will answer the Met Office's prayers for a "November miracle."

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Leftists want A22 tolls replaced with ‘tourism contribution’

The Left Bloc has suggested replacing tolls on the Algarve’s A22/Via do Infante motorway, with a special contribution from tourism revenue.



Left Bloc MP and anti-motorway toll campaigner João Vasconcelos has this week called for a tourism tax to subsidise the eventual elimination of tolls on the Algarve’s A22 motorway. (Photo: Lusa/Luís Forra)

Algarve Left Bloc MP, João Vasconcelos proposed that between 1.5 and 2.5 percent of revenue generated through overnight stays should be used to pay off the tolls and invest in the region’s roads.

However, it has been opposed by Algarve mayors and tourism chiefs, despite them all being against the tolls. This follows news that Portugal’s government has lost 13 million euros in revenue from tolls on the Algarve’s

Via do Infante motorway and inland motorways after cutting the charges last year. The government said last week that the 15 percent “discount” in toll fees has saved motorists on these motorways a total of 24 million euros.

Road deaths on the up

The number of fatalities recorded on Portuguese roads so far this year has shown a strong increase.

Latest figures by the ANSR road safety association show that fatalities in traffic accidents have risen by 50 in relation to 2016.

After more than a decade of drops in road deaths, the number of people who lost their lives up until last Thursday has climbed to 438, with Porto and Setúbal recording the biggest increases.

The number of deaths recorded by officials in Lisbon, however dropped from 49 to 46, while the

Algarve has also seen one fewer person die on the region’s roads between 1 January and 15 November in 2017 than it did over the same period last year.

The ANSR also found the total number of serious and light injuries caused in collisions were also up on 2016.

Following these latest figures, the government has said it will soon be launching a large, wide-reaching campaign especially targeting motorbike riders.

Designer Outlet Algarve opens its doors

The brand new Designer Outlet Algarve in Loulé has opened its doors to the public this week, on Thursday.

The new complex was inaugurated by Portuguese actress Claudia Vieira on Thursday afternoon, and shares a site with the Mar Shopping Centre and the Ikea furniture store, with all three of the major outlets now up and running.

The Designer Outlet is home to around 50 different fashion and lifestyle

stores that sell brands at cut down prices, with discounts that range between 30 and 70 percent.

The centre itself is styled like a typical Algarve village and, in conjunction with the Ikea Loulé store and the recently inaugurated Mar Shopping Centre, makes up the biggest shopping complex in southern Portugal.

Sweet potato festival showcases Aljezur’s most famous asset

Running this weekend, from Friday until Sunday, four restaurants, three taverns, over 100 stallholders and a selection of street-food vendors will be taking part in the famous Sweet Potato Festival, which returns to Aljezur this year for another annual edition.

The sweet potato is arguably one of the most characteristic foods of Aljezur and is celebrated with this festival, which sees the tuber vegetable fashioned into myriad different forms and flavours.

From chocolate to jam, ice

cream to liqueurs; for one weekend only the humble sweet potato will be available to the public in a kaleidoscope of foods and beverages.

The star of this year’s show is without doubt an innovative new craft beer, made from sweet

potato, named Tuber Bock.

The 7.3% vol. drink is the creation of a partnership between the Alen’Tejo association and the producers of the well-known Algarvian craft beer, Marafada, and will be available at the Festival in both bottle version and on tap.

More than one hundred exhibitors will bring the colour, craftsmanship and genuine products of the region to the event, for the thousands of visitors that are expected this weekend in Aljezur.

The Aljezur sweet potato has a

Protected Geographical Identification (PGI) stamp, guaranteed by the Sweet Potato Producers Association of Aljezur, which will also provide wood-oven baked and fried varieties of the vegetable.

Entry to the festival and parking is free.



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PJ probe claims of corruption within TAP rotas system

PJ police are reportedly investigating claims of corruption within national airline TAP after an anonymous tip-off alleged rotas and overtime payments were being fixed.



PJ police are reportedly investigating charges of fraud and corruption at national airline TAP. (Photo: Lusa/Andre Kusters)

According to newspapers *Expresso* and *Correio da Manhã*, an investigation was launched following an anonymous tip-off, which was later confirmed by PJ police. *Correio da Manhã* reported the flag-carrier's department for personnel rotas and planning was under scrutiny and revealed a search was conducted at the airline's headquarters last Tuesday in which documents and

equipment were seized. The newspaper claimed, at the heart of the matter, were suspicions of corruption in the way rotas are distributed among pilots and cabin crew. It said the investigation stems from an anonymous tip-off reporting an "elaborate scheme within the airline, involving overtime, which is paid at very high rates, always being distributed to the same people in exchange for backhanders".

Correio da Manhã later said no formal suspects had been made in the case, while a company spokesperson told *Expresso* an investigation was ongoing "under the Secret of Justice". The TAP spokesperson added the airline had "collaborated, and will continue to collaborate in full, to supply the elements required" and had also activated its own "internal methods to ascertain clarifications."

Lagos to receive new GNR police station

A contract formalising the opening of a new GNR police station in Lagos has been signed and sealed, meaning the officers will finally soon be moving out of their 500-year-old current headquarters, which they have repeatedly slammed as unfit.

The paperwork was concluded with the signatures of representatives from Lagos Council, the GNR and the Ministry of Internal Affairs. The police station is set to open next year along the EN125 national road, and comes after years of calls to relocate from the current dated facilities which have been repeatedly denounced as being inadequate. Located in Chinicato, the new police station will

come at a cost of 279,000 euros. "The installation of the Lagos GNR's headquarters in Lagos will result in improved working and operational conditions as well as a better service for the public", a GNR spokesperson said. The investment is being covered as part of the Home Affairs Ministry's programme to update and modernise the security forces' equipment and services.

GNR officer starts trial in Portimão on rape charges

A GNR officer accused of raping a cleaner at the São Bartolomeu de Messines police station in Silves in 2015 has this week started trial in Portimão.

The officer began his trial at 9.15am on Tuesday. According to the accusation, the man is responding to a charge of one count of consummated rape after forcing the cleaner to perform oral sex on him inside the station in São Bartolomeu de Messines, in July 2015. According to the Public Prosecutor's accusation, the defendant

"wanted to satisfy his lust, indifferent to the opposition of the offended." The female, who, meanwhile, left her job at the São Bartolomeu de Messines GNR station, is seeking compensation for damages to the amount of €92,270. The defendant claims the act was consensual; the woman says it was not.

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PM Costa visits troops

Prime Minister, António Costa, on Wednesday paid a visit to troops on the Mafra military base where he was given a tour of the venue's facilities.



The Portuguese Prime Minister pictured here during a tour of the Mafra military base on Wednesday. (Photo: Lusa/Nuno Fox)

The Portuguese premier, in visiting the base, wrote on Twitter that the "Portuguese Army, as a

branch of the Armed Forces and in the service of Portugal and Portuguese, be it with the safety and defence of citizens, in the

support of the people and as an instrument of the state in terms of international safety and security is a source of pride to the country."

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News in Brief

Portuguese-American pushes through Climate Change Bill

Portuguese-American congressman, Dylan Fernandes, has become the first freshman to pass a major piece of legislation in the state of Massachusetts. The law in question drawn up by Fernandes, sees the American state join the Paris Climate Agreement as an independent participant. The bill was approved by 146 in favour and ten against, with the Senate now set to pass the legislation at the beginning of 2018. The United States is the only country in the world to have not signed the Paris Agreement after Syria did so earlier this month.

Environmental associations asked for Praia Grande project to be panned

Six non-governmental environmental associations have united in an appeal for a mega-development planned for Praia Grande in Silves to be panned. They have asked that a first Environmental Conformity Report carried out into the project be rejected. This because, the associations claim, the document is incomplete, and doesn't provide answers to a number of environmental legal requirements.

Investigation into London Consulate appointment

Portugal's Minister of Foreign Affairs has revealed that an investigation is under way at the country's Consulate in London due to allegations of fraud. According to Augusto Santos Silva, the online appointment booking system is being abused, blocking applications while expediting requests by applicants for a fee. The minister further said that the government and the London Consul General were working to end these fraudulent acts which are currently the Consulate's biggest operational problem.

UAlg makes it onto Higher Education's World University Ranking

Faro's Algarve University has once again made it onto the Times Higher Education's World University Ranking. This time the university was listed among institutions in the categories of "Life Sciences" and "Clinical, pre-clinical and health". The Algarve University was ranked among positions 400 and 500 overall, but was Portugal's top-ranking institution in terms of international projection.

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Lowest jobless numbers since 2008

The number of unemployed people registered in employment centres in Portugal fell 17.5 percent in October, compared with the same month last year, to 404,564 people and it was 1.5 percent lower than in September, the Employment and Professional Training Institute (IEFP) said this week.



Dole queues are the shortest they have been in almost ten years. (Photo: Lusa/Paulo Novais)

This was the first time since October 2008 that numbers this low have been seen, the IEFP said. Some 47,979 young people were out of work in October, which is 21.1 percent down on a year ago. The number of long-term

unemployed was 199,869 people in October, below 200,000 for the first time since the beginning of 2011, a 16.4 percent year-on-year decrease (39,116 fewer people) and 2.7 percent in monthly terms (5,456 fewer). Unemployment de-

creased most in the Algarve (27.3 percent less). Regarding the economic sectors, 69.4 percent of registered people in unemployment centres had worked in sectors such as services (69.4 percent), industry (24.6 percent) and agriculture (4.7 per-

cent). Unemployment declined in all three sectors compared with the same month of 2016.

EU beefs up cybersecurity

The General Affairs Council has this week adopted conclusions calling for the strengthening of European cybersecurity and enhancing cyber resilience across the EU, in line with the tasking from the European Council in October 2017.

The conclusions stress the need for all EU countries to make the necessary resources and investment available to address cybersecurity. They welcome the intention of increasing EU efforts in cybersecurity research and development by setting up a network of cybersecurity competence centres across the Union.

The Council also backs the plan to set up a world-class European cybersecurity certification framework to increase trust in digital solutions. The conclusions highlight the important connection between trust in digital Europe and achieving cyber resilience across the EU. Significant attention is paid to the strength of cryptography used in products and services within the digital single market.

Other measures highlighted by the Council include providing the necessary law enforcement tools to tackle cybercrime, developing a coordinated EU-level response to large-scale cyber incidents and crises, and conducting pan-European cybersecurity

exercises on a regular basis. Regarding the global and diplomatic aspects of cybersecurity, the Council recognises the importance of international cooperation and welcomes the creation of a clear framework for using the political, diplomatic and economic tools available to the EU as a response to malicious cyber activities.

“Cybercrime and state-sponsored malicious cyber activities are one of the largest global threats to our societies and economies. We already lose around €400 billion globally every year due to cyber-attacks. This clearly underlines the need for the EU to use the available tools to increase stability in cyberspace and respond to large-scale cyber incidents. The EU simply has to stay ahead of the game,” said Matti Maasikas, Estonia’s Deputy Minister for European Affairs and chair of this week’s Council meeting. “Increasing our efforts and investment in cybersecurity is a pre-condition for building a strong and trusted digital single market for our citizens,” Maasikas added.

Snowboarder represents Portugal at the winter Olympics qualifiers

Christian de Oliveira, an Australian-Portuguese snowboarder, is going to represent Portugal for the first time in the country’s history on snowboard in the 2018 winter Olympic game’s qualifications.

Christian de Oliveira is 18 and is the son of a Portuguese from Viseu.

He was born in Australia, a country he has been representing in this sport until now. He currently lives in the US where he was contacted by the Portuguese federation of winter sports (EDIP) to join the Portuguese team, which he gladly accepted, the Portuguese team coach, Nuno Marques said.

Portugal is going to be represented for the first time in this sport in the winter Olympic Games which are to take place

between 9 and 25 February next year in South Korea.

Oliveira already has more than 100 points from the International Ski Federation (FIS) above the minimum required.

To qualify he needs to be in the first 30 in the World Cup where he is going to take part in the parallel giant slalom.

Portugal has 11 athletes getting ready for the 2018 winter games. In 2014 in Sochi, Russia, the country was represented by Camille Dias and Arthur Hanse, both skiers. TPN/Lusa

Vila Real de Santo António to host International Wheelchair & Amputee world games

The eastern Algarve city of Vila Real de Santo António is to host the 7th edition of the International Wheelchair & Amputee Sports (IWAS) world games.

It will be held between 30 November and 6 December at the city’s sports complex. Around 500 athletes from 50 different countries are expected to take part in

the games. The official opening ceremony will be held in Vila Real de Santo António, on 1 December, in the Marquês de Pombal square, at 4pm.

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New authorised Apple service provider opens in Faro



Customers being tended to at Newteq's new Apple authorised store in Faro. (Photo: The Portugal News)

Faro recently welcomed the latest addition to the Apple family with the opening of a brand new store located in the downtown area of the Algarve capital operated by Newteq. The store is not however solely dedicated to Apple repairs and sales, and underlines its uniqueness in that it also provides Microsoft services.

Following years of serving customers from their base in Lagoa in the western Algarve, the owners at Newteq said the decision to double the number of stores comes after they identified a dire need for the unique service they provide in the central in the eastern parts of the region.

Newteq now hopes they will be filled with the opening of its latest store in Faro.

The result of an increased

demand in the Algarve for Apple repairs and products, the new store and the team of Apple and Microsoft trained and certified technicians, is intended to assist not only local residents, but the increasing number of tourists visiting southern Portugal who are often left in need of a quick and efficient repair service which Newteq pledge to provide.

For further information visit their website on www.newteq.pt

Bosses accept minimum wage increase

Bosses have accepted an increase in the national minimum wage of five percent, but have asked for tax breaks in return.

The government, unions and companies are set to gather around the negotiating table later this week to discuss a raise for lowest earners.

Employers have said they are willing to push wages up to 580 euros a month in exchange for a cut in taxes.

The CGTP union, which is the country's largest, has however said they will only be satisfied with a raise that sees the minimum salary set at 600 euros a month.

Symington wines chosen for TAP flights

National flag carrier TAP has chosen wines produced by the Symington Family Estates to be included on its new onboard drinks menu for 2018.

The Symington wines will be available as of the New Year, with the Altano Red being served in Economy, and Altano Reserva Red and Graham's Tawny 10 year Port wine being served up front in Executive.

Symington wines are among the 50 different wines served as part of TAP's new wine menu, selected by specialists in the sector and following a contest launched by the airline among national producers in September.

The family-run Symington estate also hosted the TAP Wine Tour at its Quinta do Bomfim, an innovative event devised by the national airline to showcase Portuguese wines to specialists and international journalists.



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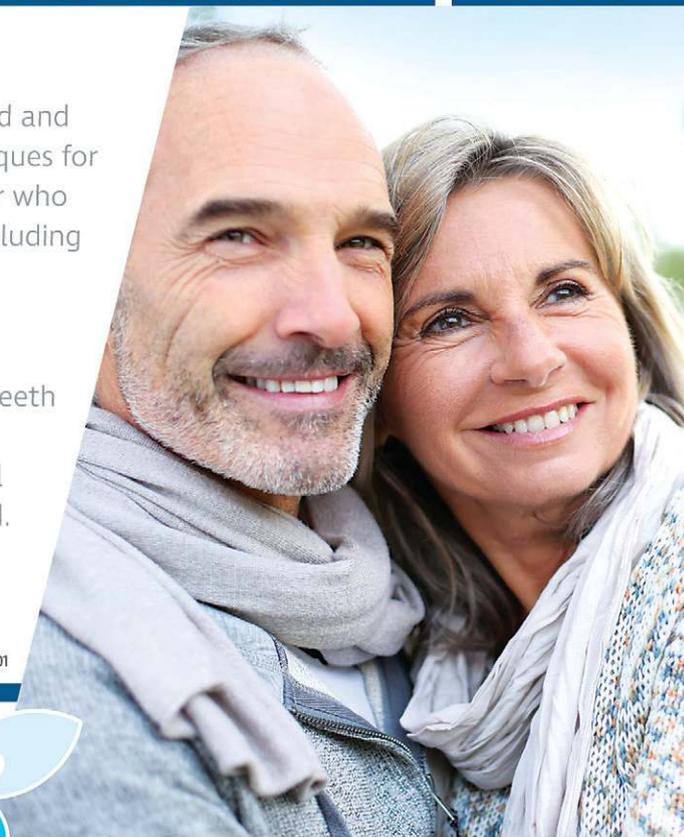
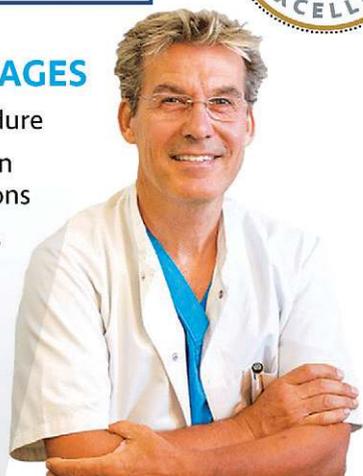
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Couple on the run ask to be extradited to Portugal

Portuguese nationals Tiago e Fong Fong Guerra, arrested for illegal entry into Australia after having fled from East Timor justice, have asked the Portuguese attorney general to request their extradition to Portugal, their lawyer said.

The couple are currently being held in the Northern Immigration Detention Centre, in Darwin, for entering the country illegally on 9 November.

The two had been sentenced in Dili in August to eight years in prison and told to pay \$859,000 compensation for fraudulent use of public money. They appealed against the sentence.

They are now being asked to be extradited to Portugal for the illegal entry into Australia and their lawyer said it has "nothing to do with the crime" they were charged with in East Timor.

Their lawyer recalled that there is an extradition treaty between Portugal and Australia (that the Portuguese parliament ratified in 1988) but that there was no such treaty between East Timor and Australia. *TPN/Lusa*

PM pledges more efforts to promote Porto after failed EU agency bid

Portugal's Prime Minister, António Costa, has hailed Porto's unsuccessful bid to become the site of the European Medicines Agency (EMA) when the UK leaves the European Union as nevertheless proof that its international profile is rising, after a series of votes saw Amsterdam secure the institution, which until now has been based in London.

According to Costa, the EU does not always make the right choice in this kind of process.

The prime minister was speaking in Tunis, at a news conference on Monday after the fourth Portugal-Tunisia summit, after it emerged that Porto had not gone through to the final phase of voting in Brussels on the future site for the EMA.

After Amsterdam drew with the Italian city of Milan in the final, lots were drawn.

"Europe does not also make the best choices," said Costa. "But we shall continue to work together to pursue the objective of promoting Porto in Europe and in the world, just as Porto has helped promote Portugal in Europe and in the world."

Portugal had initially mooted Lisbon as its candidate to host the EMA, but after protests from leading figures from the north, led by Porto's mayor, Rui Moreira, that city was put forward instead. Some observers felt that the confusion, and Porto's sec-



Prime Minister, António Costa, has said the government will work harder to promote the city of Porto following its failed bid to replace London as the headquarters of the European Medicines Agency.

ond-city status, undermined the Portuguese bid.

In the first round of voting, Porto secured 10 points - with ministers from each country each having three votes to distribute, worth

three, two, and one point - compared with 25 for Milan and 20 each for Amsterdam and Copenhagen. Of other cities that did not make it into the second round, Bratislava reportedly received 15,

Barcelona 13, Stockholm 12, Athens 10, Warsaw and Bucharest seven each, Brussels and Helsinki five, Vienna four, and Bonn, Lille and Sofia three each.

TPN/Lusa

Maia schoolgirl, 7, dies from E-coli bacteria, linked to hamster

A seven-year-old girl from Maia, northern Portugal, has died days after falling ill due to the food-related E-coli bacteria. Her death was initially linked to her pet hamster and authorities have since confirmed the illness is infectious.

The young schoolgirl is believed to have caught the dangerous bacteria from something she ate, which caused vomiting and diarrhoea and subsequently kidney failure.

Joana Teixeira, a pupil at the Gandra School Group in Maia, suffered from vomiting and diarrhoea for a few days before being urgently rushed to the São João Hospital in Porto after her kidneys started to fail.

She died last Monday due to kidney failure, two days after being admitted to the unit. It was the girl's family doctor who reportedly originally said the death was linked to a pet hamster.

Worried parents at the school were quick to seek reassurances from the local education board, the council and health authorities with

regards to their own children's health and safety, along with answers as to whether the illness could be contagious, given that the young girl had fraternised with colleagues.

According to reports, at least one other child at the school has shown the same symptoms.

Manuel Ferreira, head of the local school board, confirmed "the disease is transmissible" and informed what preventative procedures should be adopted.

The local health board also said an investigation has been launched into the epidemiology, which is caught through "contaminated food or water" as well as being passed on from person to person via the faecal-oral route.

Commenting on the hamster link to newspaper *Correio da Manhã*, the head of Portugal's Veterinary Association said that while there are records of such cases, "they are very rare."

"If hygiene and veterinary procedures are upheld the risk of this happening is very low", he stressed.

Such animal diseases are passed on to humans via parasites, viruses, bacteria, and fungi, through contact with animal faeces, saliva, urine, or dry particles.

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Hospitals with high Caesarean rates to have funding cut

Portuguese hospitals with Caesarean rates above 29.5 percent or 31.5 percent, depending on the degree of differentiation, will not receive payment from the State for respective hospital stays, under the programme to reduce Caesarean births.

However, the measure is not expected to increase health risks for patients, which

“should always be the main priority when making clinical decisions, taking into account that a Caesarean section can bring clear

health benefits to the patient and their child, but its misuse poses increased risks for both,” according to the terms of reference for con-

tracting health care in the National Health Service (SNS) for 2018.

The document from the Central Administration of the Health System (ACSS) pegs payment of Caesarean admission episodes to the rate of Caesareans at each hospital, and in the case of perinatal support hospitals, funding will stop when the rate is higher than 29.5 percent. With respect to hospitals with premium perinatal support, financing stops when the rate exceeds 31.5 percent. For hospitals with rates above 29.5 percent and 31.5 percent, the contract for 2018 guarantees funding only when the rates are reduced by over 5 percent. The programme for Medically Assisted Procreation (PMA) continues to be a priority for the Ministry of Health and a specific health programme that involves state hospitals will continue next year, to improve access to infertility diagnosis and treatment. *TPN/Lusa*



Limits have been placed on the number of caesarians performed at state hospitals. (Photo: Lusa Estela Silva)

Health authorities want salt tax plus extra measures

Portugal's professional health associations have all approved a new tax aimed at high salt content products, but said they also want additional measures implemented to promote healthy eating.

In a document sent to parliament, seen by *Lusa News Agency*, the national Doctors, Nutritionists, Nurses, Pharmacists, and Dentists' associations all gave the green light to the salt tax foreseen in the upcoming 2018 State Budget.

But, at the same time, they said they want guarantees that other initiatives to promote food education and industry reforms will also be pushed by the government.

Reducing salt consumption “should be a national priority”, the professional associations jointly wrote, underlining how Portugal suffers from excessive consumption of salt and a high incidence of diseases associated with it.

In comments to *Lusa*, the Nutritionists' association

argued that proceeds from the tax on products with excess salt should be channelled directly into measures to promote healthy eating.

Alexandra Bento, head of the country's nutritionists, emphasised that the associations do not want the tax on saltier products “to be seen only as a money-making measure”.

“We have to take the money that is collected and use it directly to promote healthy eating, applying it wholly for this purpose”, she said.

A tax on some high-salt products is foreseen in the State Budget proposal for 2018, but parties such as the PCP communists and the CDS Christian democrats have already called its approval into question.

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Musical comedy for tourists about Portuguese debuts in December

A play in English about Portugal's history and culture, aimed at tourists and other foreigners in Portugal, is to start in December at the Oceans Auditorium in Lisbon.

The play ‘The Portuguese - a Musical Comedy’, by authors Filipe Homem Fonseca and Rui Cardoso Martins, will premier on 5 December and is written and enacted entirely in the English language.

A note from the producers explains: “The play was created with all the thousands of tourists and foreigners who visit the country for leisure or business in mind, and who can thus enjoy quality culture while getting to know a little more of the History and stories of the land of [Portuguese poet] Luís de Camões.”

Performed by well-known Portuguese actresses Sónia Aragão and Ana Brito e Cunha, the play has “a very characteristic, humorous slant on several facts that marked the His-

tory of Portugal”, according to the press release.

The play's producers, Plano 6, along with “various partners” are hoping that this unusual theatrical offering will place Portuguese musicals on the international stage.

Rehearsals are underway and the play will be on show, at the Oceans Auditorium, three days a week (Tuesdays, Thursdays and Saturdays) starting 6.30pm from 5 December.

Ana Rangel of production company Plano 6 said: “There is a huge opportunity to offer culture to the thousands of foreigners who are looking for quality cultural experiences in Lisbon and in other cities. “The vast majority of foreigners seek sun, sea, gastronomy, but also to get to know the country and its

people better. The play ‘The Portuguese - a Musical Comedy’ is the best way to make [the poets Luís de Camões [and Fernando] Pessoa or [the king] D. Sebastião better known, among many other important, humorous and musical characters.”

But while the play may be primarily geared towards tourists, it is not exclusively aimed at visitors. Foreign residents and the Portuguese are also target audiences.

As the producers argue: “Certainly, many Portuguese can enjoy this new musical theatre experience about themselves. The piece was written by Portuguese, will be staged by Portuguese, only the Portuguese language is left out.”

VW car plant breaks production record

Portuguese car plant Volkswagen Autoeuropa said on Tuesday that more than 800 vehicles are going to be coming off the production lines a day this week, a record number and all thanks to the output of the T-Roc model.



Volkswagen's Autoeuropa plant south of Lisbon has this week announced it has broken its production record. (Photo: Lusa/Mário Cruz)

The company said in a communiqué that this milestone in the company's development was mainly because of the T-Roc. Autoeuropa said that a third shift had started work-

ing in October to boost output. The car-maker has hired about 200 new workers so far this year to ensure the expansion in production, it said. TPN/Lusa

Easyjet sets new record carrying 6.3m passengers in nine months

British low-cost airline Easyjet carried 6.3 million passengers in and out of Portugal between January and September this year, a new record, despite not increasing its domestic fleet.

The airline said on Tuesday this was the first time it had broken the 6,000,000 barrier. José Lopes, Easyjet manager for Portugal, told *Lusa News Agency* that the company was still operating the same eight aircraft in the country.

"We managed this increase by using planes from other bases", he explained, adding that passenger numbers in Lisbon were up 20 percent, "in line with the rest of the country", reaching 2.5 million people.

FNAC opens first store in Alentejo

Retail chain FNAC has opened its first store in the Alentejo, in the Évora Plaza shopping centre.

The French chain, whose stores sell everything from books and CD's to IT gadgets and concert tickets, occupies a floor space of 865 square metres in the centre, which serves approximately 145,000 inhabitants.

It is the first FNAC store to open in the Alentejo, located four minutes from Évora city centre, and was inaugurated on Wednesday.

In a statement the French chain said: "This new store aims to enhance visitors' shop-

ping experience, in line with FNAC's brand parameters, and the framework for a long-awaited and ambitious commercial offer, not only for the population of Évora, but also for the inhabitants of neighbouring municipalities."

The new store will also have a FNAC Express Clinic, which aims to provide a "quick and effective response to all needs in terms of installation, repair and diagnosis of technology products, particularly smartphones and computers."



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Health Ministry moves Infarmed headquarters from Lisbon to Porto, workers caught unawares

Portugal's Health Minister announced this week that the national drugs watchdog Infarmed will be moving its headquarters to Porto after 40 years in Lisbon; a move the health regulator's employees say they were completely unaware of.



Health Minister Adalberto Campos Fernandes (right) in a discussion with Health Secretary Fernando Araujo during a meeting at Infarmed's headquarters in Lisbon. (Photo: Lusa/João Relvas)

This announcement was made shortly after it emerged on Tuesday that Porto had lost out on accommodating the European Medicines Agency, which is to leave the UK following Brexit, to Amsterdam. Some reports have suggested the decision was made to move Infarmed from Lisbon to Porto to go some way towards making up for the loss of the European agency, although this was rubbished by Porto Mayor, Rui Pereira. Infarmed, which regulates and supervises medicines, medical devices and cosmetic products in Portugal, will operate from Porto from January 2019 and keep Lisbon as a regional nucleus.

Meanwhile, news that Infarmed will be moving to Porto has been poorly received by its circa-350 workers.

The head of the watchdog said he only learned of the decision hours before an

official statement was made by the Health Minister. Employees have this week held a plenary in which they discussed their concerns, and the fact they were left in the dark.

One death every 50 minutes from smoking-related diseases

One person died every 50 minutes in Portugal last year from smoking-related diseases, according to a report from the National Programme for Prevention and Control of Smoking.

Of the 11,843 deaths caused by tobacco in 2016 (10.6 percent of total deaths in the country), 9,263 were men (16.4 percent of the total who died) and 2,581 were women (4.7 percent), according to the report.

In the 50-59 male age group, tobacco was responsible for about one in four deaths whilst for women the highest mortality rate was between the ages of 45 and 49 (14.5 percent of all deaths).

In the same year, tobacco was responsible for 46.4 percent of deaths from chronic obstructive pulmonary disease, 19.5

percent of cancer deaths, 12 percent of deaths from lower respiratory tract infections, 5.7 percent of deaths from cerebrovascular disease and 2.4 percent of deaths from diabetes, the report said.

A Eurobarometer study, cited in the report, showed that in 2017 about one-third of smokers attempted to quit smoking at some point (35.7 percent), 6.3 percent in the last 12 months and 30.1 percent more than a year ago.

Last year, there was also an "increase in use of stop smoking consultations," with some 31,800 consultations given to support patients to quit smoking at national health service (SNS) hospital units (an increase of 3.5 percent compared to 2015).

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Portuguese Eurovision winner distinguished with European breakthrough award

This year's Eurovision Song Contest winner, Portuguese singer, Salvador Sobral, has been awarded with a European Border Breakers Award (EBBA), an accolade designed to distinguish "emerging artists" who have achieved success in Europe in recent months.



Eurovision Song Contest winner, Portuguese singer Salvador Sobral, has been awarded with a European accolade designed to distinguish "emerging artists". (Photo: EPA/Sergey Dolzhenko)

Salvador Sobral, who is currently at the top of Portugal's waiting list for a heart transplant and soared to international fame this year with his Eurovision win, is one of ten artists singled out at this year's EBBA.

The awards will be handed out on 17 January in a ceremony during the Dutch Eurosonic Noorderslag festival, a joint European initiative between the EC and the European Broadcasting Union.

Winners in previous years have included Adele, Stromae, Hozier, Mumford & Sons, Disclosure and The Script.

In 2013, Portuguese band Amor Electro was also among the winners.

According to the organisers, "to be eligible for the

2018 awards, artists must have reached an international level of success on a European scale from 1 August 2016 to 31 July 2017".

The ten artists distinguished with the EBBA are also candidates for a public vote prize, attributed via online voting.

While the awards ceremony should feature performances by the winners, in Salvador Sobral's case, his presence has not been confirmed due to his health.

Salvador Sobral announced in September that he would take an indefinite career break for health reasons.

His victory at the Eurovision Song Contest, which he won with the song 'Amar Pelos Dois' written by his sister, Luísa

Sobral, gave greater national and international visibility to the musician whose career already spanned several years. Born in Lisbon in 1989, Salvador Sobral took part in two television talent contests, as a child and a teen, and studied Psychology, but switched lanes to music during an Erasmus in Spain.

Last year, he launched his debut album 'Excuse me', with influences ranging from Chet Baker's jazz to the Brazilian classics of Dorival Caymmi.

This year, after winning the Eurovision festival, Salvador Sobral launched the Alexander Search project, in partnership with pianist Júlio Resende, which centres on the poetry of one of Fernando Pessoa's heteronyms.

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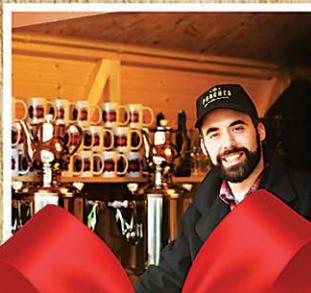
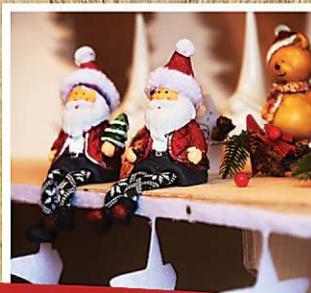
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Portugal-Tunisia bilateral agreements cover civil defence, terrorism prevention

The governments of Portugal and Tunisia have signed a cooperation agreement in the area of civil defence that foresees joint operations in the forecasting of and protection against natural and technological risks, and mutual assistance in case of catastrophe.



Portugal Prime Minister, António Costa (left), pictured here during talks with Tunisian President, Béji Caïd Essebsi, earlier this week. (Photo: Lusa/ Manuel de Almeida)

The agreement was the most important of several signed on Monday, the last day of the fourth Portugal-Tunisia summit, which took place over three hours in Tunis.

At a ceremony presided over by the two heads of government, António Costa of Portugal and Youssef Chabed of Tunisia, Portugal's minister of internal administration, Eduardo Cabrita, and his Tunisian counterpart, committed themselves to making a "a qualitative leap" in bilateral relations in the fields of civil defence, border control, and the prevention and combatting of terrorism. Portugal and Tunisia signed agreements for the "protection and safeguarding of people, goods and environment threatened by catastrophes", but also on "training in civil defence with an interchange of specialists

and experts". They also committed themselves to providing mutual assistance in case of natural catastrophes and serious technological disasters.

In comments to journalists, Cabrita said there would now be a sharing of information of experience in the field of civil defence, involving Portugal's ANPC and its Tunisian counterpart.

In the fight against terrorism, officials added, there is to be collaboration on border control, training in public security and terrorism prevention.

At the summit, the two countries' foreign ministers also signed three cooperation agreements in areas such as professional training and employment, higher education and scientific research, and transport, including maritime.

TPN/Lusa

Political instability in Germany 'concern' for Portugal as EU member

The current lack of political stability in Germany should concern Portugal, its cabinet minister and minister for administrative modernisation, Maria Manuel Leitão Marques, said on Tuesday.

Speaking in Paris, during a break from an international conference at the headquarters of the Organisation for Economic Cooperation and Development (OECD), Marques said:

"Having a rather unstable situation in Germany is of course a question that should concern us as Europeans and as a member state of this community," she said, adding that Germany was "central to the

whole European Union". The EU currently "faces very important challenges," she went on, arguing that delays in approving directives and regulations undermine innovation.

On Monday, the German chancellor, Angela Merkel, said that she would prefer a fresh general election to setting up a minority government, if it is not possible to form a coalition.

Her conservative CDU party, which won the 24 September general election, but without a majority in parliament, saw its former partner, the Social Democratic Party (SPD), refuse to enter into an-

other coalition.

The CDU started talks with the liberal Free Democrats and the Greens, but on Sunday the former announced that they were walking out.

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Novo Banco losses up almost 10 percent

Portuguese bank Novo Banco said on Monday that it lost €419.2 million in the first nine months of the year, 8.9 percent more than it managed to lose last year.



Novo Banco chairman António Ramalho. (Photo: Lusa/ Luís Forra)

It then went on to say that “Novo Banco had a pre-tax loss of €355.6 million, which was actually 34.7 percent better than in the same period

last year, but given the decision not to record additional tax deferrals, the net loss was €419.2 million. The bank told the Portuguese Stock Exchange

Commission (CMVM) it had an operating profit of €207.6 million, “slightly less than the €217.7 million seen in the first three quarters of last year”. *TPN/Lusa*

Sonae buys eight gyms

Portuguese company Sonae Capital has agreed to buy eight ‘Pump’ brand gyms in Lisbon and Faro it told the Portuguese Stock Exchange Commission (CMVM).

Sonae Capital said that it had bought all the capital and voting rights of ABOUT, SGPS, S.A., which owns the eight gyms through a subsidiary.

ABOUT owns the seven gyms in Lisbon and one in Faro that it runs under the

Pump brand name.

The deal cost €8.6 million and an undisclosed variable, deferred component that depends on an expansion plan for its Fitness Clubs network. *TPN/Lusa*

Card transactions in Lisbon during Web Summit up 56 percent

The number of purchases and withdrawals at automatic teller machines (ATM) in Lisbon in the week that the Web Summit technology summit was held, between 4 and 9 November, increased by 56 percent and 11 percent over 2016, respectively.

SIBS, the company responsible for the majority of credit and debit card transactions in Portugal, reported that between midnight on 4 November and 8 pm on 9 November there was a, “56 percent increase in the number of purchases and 11 percent in the number of withdrawals compared to the same period” in *Multibanco* and ATM Express networks managed by SIBS in the Lisbon district.

SIBS pointed out that “visitors from France were the ones who made the most purchases and withdrawals,” accounting for 14.3 percent of the total.

Visitors from the United Kingdom (13.2 percent), United States (8.1 percent), Germany (6.4 percent) and Spain (6.3 percent) followed.

In addition, of the total purchases with foreign cards, 45 percent were made in restaurants and supermarkets, equivalent to 33 percent and 11.6 percent of the total, respectively.

Payments for accommodation, transport and fashion accounted for 10.2 percent, 9 percent and 7.8 percent of the total, in that order.

According to the Web Summit organization,

59,115 people from 170 countries participated in this second edition of the event to be held in Portugal.

The event took place between 6 November (although during the previous weekend there were some related events) and 9 November in the *Parque das Nações* area of the Portuguese capital.

The technological, innovation and entrepreneurship summit began in 2010 in Ireland and moved to Lisbon in 2016 for three years, with the possibility of being held in the Portuguese capital for another two years. *TPN/Lusa*

Portugal makes early €2.78 bn repayment to IMF

Portugal has repaid the International Monetary Fund (IMF) in advance by a further €2.78 billion euros, the Portuguese Finance Ministry said.

The payment of the instalment, which was due to be paid off in June 2020 and May 2021, was carried out on Thursday and, with it, “76 percent of the IMF loan is settled,” amounting to US\$26.3 billion.

Finance Minister Mario Centeno’s office also added that this year €9.012 billion have already been paid, which represents “the maximum amount paid off, in a given year, to date”.

According to the statement, the IMF’s early repayment plan will continue to be implemented in 2018.

“Early repayment to the IMF is instrumental in improving debt sustainability while reducing the cost of debt and at the same time allowing for more balanced payment management and increasing average maturity,” it said. *TPN/Lusa*

Economic climate and economic activity indicators stabilise

Portugal’s economic climate indicator, available until October, and the indicator of economic activity, available until September, remained stable, the National Statistics Institute (INE) reported on Monday.

According to available figures, the economic climate indicator (calculated through surveys of companies from various sectors) remained at 2.1 points in October, for the third consecutive month.

The indicator of economic activity in September remained at 3.1 points for the fifth consecutive month.

Gross Fixed Capital Formation, or investment, slowed in September, continuing the slowdown

of the previous three months.

According to INE, in September, from a production perspective, there was a slowdown in the services turnover index and the industrial production index, while the construction production index and the industry turnover index stabilised.

The institute noted that the unemployment rate was 8.5 percent in the third quarter of 2017, 0.3 percentage points lower than

the rate recorded in the previous quarter and “significantly lower” than in the same quarter of 2016 (10.5 percent).

The Consumer Price Index (CPI) showed a year-on-year change of 1.4 percent in October (the same as in September), observing a rate of change of 0.6 percent in the goods component and 2.5 percent in services, which were the same as the figures reported the previous month. *TPN/Lusa*



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A different kind of Tweet

N GWYNNE DYER

“The president has absolute authority, unilateral power to order the use of nuclear weapons,” said Bruce Blair. The nuclear codes are “the length of a tweet. It would take them one or two minutes to format and transmit that directly down the chain of command to the executing commanders of the underground launch centers, the submarines and the bombers.”

While serving in the US Air Force in the 1970's, Blair was a launch control officer for Minuteman ICBMs. Weekly dry runs down in the capsule, turning the keys that would send 50 nuclear-tipped ballistic missiles on their way, has led to profound reflection in many of the people who did it. It led Blair to found Global Zero, a group that advocates eliminating nuclear weapons entirely. Blair was being interviewed in connection with the controversy that has erupted in the US since President Trump's August tweet threatening to rain “fire and fury like the world has never seen” on North Korea if Kim Jong-un threatened the United States again. Does he actually have the unillateral power to do that, and if so should it be taken away from him?

Senator Ed Markey and 13 co-sponsors introduced a bill that would require Trump to obtain a declaration of war from Congress before launching a nuclear first strike. Senator Chris Murphy, a co-sponsor, explained that “We are concerned that the president is so unstable, is so volatile, has a decision-making process that is so quixotic, that he might order a nuclear weapons strike that is wildly out of step with US national security interests.”

The bill will never get past the Republican majority in Congress, but it did lead to a Senate Foreign Relations Committee hearing last week that examined the president's power to start a nuclear war. As you would expect, various

generals rolled up to say that everything is under control. But it wasn't very reassuring.

The star witness was Robert Kehler, a former head of US Strategic Command, who said that in his former role he would have followed the president's order to carry out a nuclear strike - if it were legal. If he doubted its legality, he would have consulted his own advisors - and he might have refused to do it. One senator asked: “Then what happens?” Kehler replied: “I don't know.”

The current head of US Strategic Command, General John Hyten, had another go at it on Saturday. He told the Halifax International Security Forum that he and Trump have had conversations about such a scenario and that he has told Trump he wouldn't carry out an illegal strike. (Under international law, using nuclear weapons first is almost always illegal.)

“If it's illegal, guess what's going to happen. I'm going to say, ‘Mr President, that's illegal.’ And guess what he's going to do? He's going to say, ‘What would be legal?’” Hyten said. “And we'll come up with options with a mix of capabilities to respond to whatever the situation is, and that's the way it works.”

But Trump doesn't have to consult General Hyten, or any of his own military advisers, before ordering a nuclear attack on North Korea - or Iran, or anywhere else. He just puts the launch codes into the ‘football’ that an aide always has nearby. As Bruce Blair pointed out, it would only take a couple of minutes for the launch orders to cas-

An exhibition in New York shows off some of the more questionable Tweets posted by U.S. President Donald Trump. (Photo: EPA/Justin Lane)



cade down the chain of command and reach the “commanders of the underground launch centers, the submarines and the bombers.” It's even possible that none of the people on duty who would have to execute the orders would be generals.

The generals would get the order too, of course - but as Blair says: “If they felt that it was a really bad call or illegal, and they wanted to try to override it, they could try to transmit a termination order, but it would be too late.” Trump really could make a nuclear first strike on North Korea all on his own. On this vital issue, there is no “adult supervision”.

This bizarre situation dates back to the early days of the Cold War, when both the United States and

the Soviet Union had ‘launch-on-warning’ policies because they feared that an enemy first strike could destroy all of their own nuclear weapons and leave them helpless. “Use ‘em or lose ‘em” was the mantra, so the US and Soviet leaders both had the authority to launch their missiles in minutes.

Later on both countries buried their ballistic missiles in underground silos or hid them in submerged submarines so they could not lose them in a surprise attack. They no longer had to launch on a warning that might be false: if there really was an attack, they could ride it out and retaliate afterwards. But the US never took back the president's ‘instant launch’ authority. That was an oversight that

needs to be rectified. It would be a simple matter to restrict Trump's unilateral launch authority to situations where there is hard evidence that a nuclear attack on the United States is underway. Simple in legal and technical terms, that is. In political terms, very hard if not impossible.



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



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Porsche launches third generation Cayenne

Since the first-generation Porsche Cayenne was unveiled in 2002, more than 770,000 units have been sold worldwide - making it the brand's most popular car.



Now there's a new third-generation model, bringing with it better technology levels as well as elevated performance. There are three models available from launch - Cayenne, S and Turbo - all offering a certain degree of sports-car-like performance transplanted in an SUV. We tested the middle-powered S. There's quite a lot that has changed in the new Cayenne compared to the previous-generation car.

It's lighter, for one, with weight stripped back thanks to an extensive use of aluminium throughout the body. All the engines on offer are downsized too but up on power - a benefit of turbocharging. A new eight-speed gearbox has been fitted to provide seamless shifts, and rear-axle steering is now available - a first for the range - which comes alongside Porsche's new Surface Coated Brake, offering better stopping performance than a conventional brake. Inside, the Cayenne ben-

efits from Porsche's latest infotainment system, similar to that found in the current-generation Panamera.

As mentioned, three powertrains are available with the new Cayenne - and we tested the middle-powered S.

Sending power to all four wheels via an eight-speed gearbox, it allows the Cayenne S to hit 100km/h in just 4.7 seconds with the Sport Chrono pack fitted (4.9 without) - a second quicker than the car it replaces.

All Cayenne models feature Active Porsche Traction Management, which uses an electronically and map-controlled clutch to distribute torque between the wheels. This means it can actively decide how much force to send to the front and rear axles, to generate the most amount of grip possible.

The test car also featured four-wheel steering, which effectively shortens the wheelbase to make low-speed manoeuvres a little easier. In addition, it came with

air suspension and Porsche's latest Dynamic Chassis Control, which uses an electro-mechanical roll stabilisation system to effectively control the chassis. In practice, it's hugely effective - and means the ride remains comfortable and supple when you need it to be, or taut when you're driving a little quicker. It must be mentioned that both of these features are optional extras.

The first thing you notice when driving the new Cayenne is simply how well disguised the car's weight is. Despite being longer than the car it replaces, it's actually 65 kilograms lighter - and that makes a huge difference, particularly when cornering the car's lower bulk which, combined with Porsche's Dynamic Chassis Control and active roll stabilisation systems, means you get very little roll, and the entire vehicle feels planted throughout the bend. The eight-speed automatic is happy to be left to its own devices but is accurate when you want to shift manually via the

steering-wheel-mounted paddles - particularly in Sport and Sport Plus driving modes. The engine is something of a triumph, too.

Though smaller in capacity than the unit it replaces, it's no less potent, packing 17 extra horses. It revs freely and never feels lethargic despite the car's heft, but will happily settle down to a cruise, too. It even makes a pleasingly mechanical noise. The test car was fitted with upgraded ceramic brakes, which provide a huge amount of stopping performance. In truth, they seem a touch over the top for the likes of the Cayenne S - we tested another Cayenne using the standard brake and this provides more than enough braking power for the middle-range S model - though the new Surface Coated Brakes are also excellent if you're after just an upgrade.

The steering, predictably from a Porsche car, is superbly set up. There's plenty of weight to it, and it remains accurate at both low and high speeds. It means that, despite the Cayenne's sheer size, you can place it on the road precisely where you want. Still very much recognisable as a Cayenne, Porsche's latest SUV is arguably the most handsome incarnation yet - in our eyes at least. The front end is dominated by the larger air intakes, with both the Cayenne and Cayenne S models getting silver-coloured slats. New three-module LED lights give the Cayenne a more imposing look at night, while the integrated light strip at the rear is a styling trait we've already seen on the Panamera - and it looks just as good here.

The interior is a great place to be and worlds apart from the button-heavy cabin found in the previous-generation car. The large 12.3-inch infotainment screen gives access to media and navigation functions, and is clear to use as well as being impressively responsive. Apple CarPlay is now in-

cluded as standard to give seamless integration between your smartphone and the car's system, too. The new touchscreen-style buttons surrounding the gearshift work smoothly, though the operations you use frequently remain analogue - you still change the stereo's volume via a roller switch, for instance.

It's also been made more practical than the previous model, with 100 litres of extra space to play with, totalling an impressive 770 litres with the seats up, rising to 1,710 litres with them lowered. Despite this extra load area, there's still a decent amount of head- and legroom to be found in the back.

Everything is well put together, with soft leather used higher up the cabin and solid rubber-effect plastic used lower down.

What's the spec like?

The new Cayenne S comes in at €119,454, which is certainly not a small amount of money. However, it justifies this price tag with a distinct sense of quality, as well as a decent amount of standard material. Front and rear parking sensors come included in the base price, as does cruise control and LED headlights. Of course, you also get the large infotainment system included as standard, which completely transforms the cabin. Being a Porsche, you could go quite overboard with the options list and quickly ramp up the price, but even as standard you're unlikely to be disappointed.

The new Cayenne needed to be pretty well sorted to live up to the reputation set by its predecessor and, thankfully, it is. Porsche always thought of the Cayenne as a 'sporty' SUV, and that's certainly the case with this latest model. It rides and handles like a car half its size, while offering plenty of space and practicality. Given these first impressions, we predict that the new Cayenne will sell just as well as the old one.

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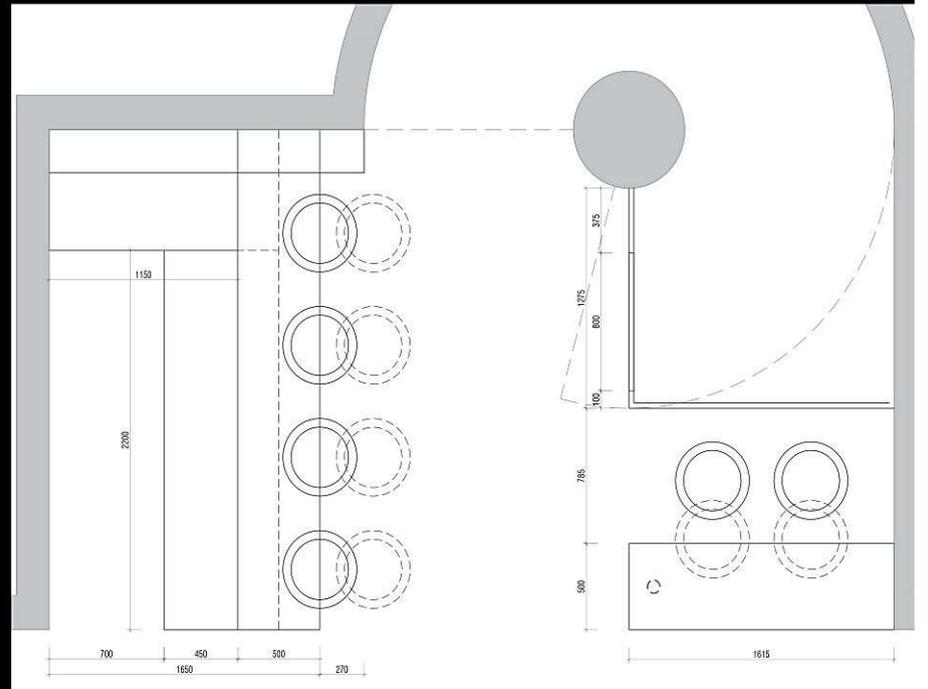
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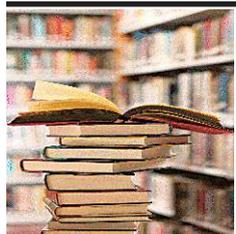
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Take hearing seriously

Millions of people around the world are affected by some form of hearing impairment that can be resolved with the fitting of hearing aids. This doesn't only affect these people, but also the friends and relatives around them who now struggle to have even the simplest conversations with them.

To be able to speak to and communicate with those around us is crucial in our daily lives. It helps us to develop intelligence, understanding and feelings. Without it we can become frustrated with the inability to express ourselves and hear the expressions of those around us. Hearing loss leads to isolation and avoidance of any social interaction.

It is very important to take hearing seriously. There are plenty of people that say that hearing loss is not as bad as losing your sight, however, not seeing takes you away from things, not hearing takes you away from people. It is imperative to act in the early stages of hearing loss. Why? The communication between your ears and your brain are crucial for speech understanding and sounds around you. Waiting too long to act can affect the pathway between your ears and brain and affect speech processing.

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Moving in the right direction



Algarve Removals has been successfully relocating its clients' belongings and online shopping orders with its weekly service between the UK and the Algarve for 15 years. Increase in demand has seen some major expansion developments.

In addition to the present Alcantarilha Warehouse, where you can arrange pickups and long-term storage, two convenient, new collection points have opened in Almancil and Tavira, to serve the Eastern Algarve. Major investments also include two new depots secured in the UK and Malaga, to assist with the new UK - Costa del Sol branch of the operation, along with two new vans to complement the fleet.

Algarve Removals are a family-run business steered by managing director John Scott who has many years' experience in the transport and removals trade. Algarve Removals was created to provide a service which enables customers to have anything from 1 box to a full house moved from the UK to Portugal and from Portugal back

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This 15th Century Cistercian Convent is not only a very special property loaded with Portuguese history, but it's also a bank repossession, with up to 90% financing and interest rates as low as 1%.



Situated in East Algarve, the region's most unspoiled area, it overlooks the salt plains of Tavira and the Ria Formosa, a UN heritage protected zone. This remarkable property offers buyers a combination of modern design with historic charm, along with priceless peace and tranquility. The exterior facade has been renovated respecting the convent's original design, while the interior provides an array of different and modern layouts. The beauty of this development is that no unit is exactly alike providing buyers the opportunity of having a truly unique property within the development. Layout choices still available; single floor apartments, duplexes, triplexes, studios and three bedroom properties.

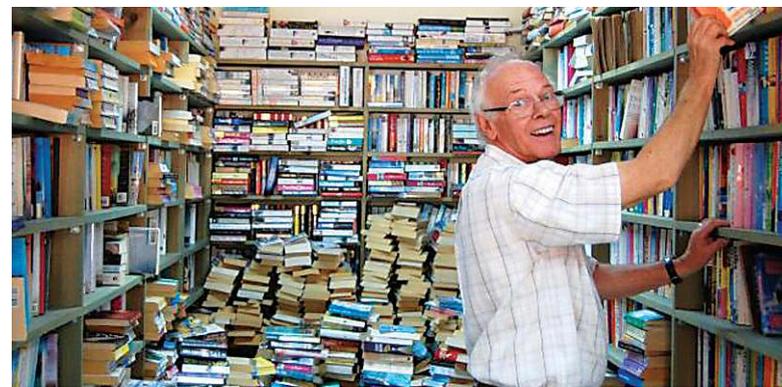
Each apartment comes with a private parking space located securely within the walls of the development. There is a dedicated reception area which provides pedestrian access to the development and a centralised security system running throughout. Fitted with fibre optic cabling and installation of AC/heating these units are prepared for modern day living. A central, private courtyard provides owners with access to 2 saltwater swimming pools and plenty of sunbathing and lounging areas...heavenly!

Multi-award winner, Ideal Homes Portugal, is a leading real estate agency based in Portugal with offices in the Algarve, Lisbon and Spain. It has a 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.

Ideal Homes Portugal has a robust portfolio of properties and provides a suite of estate services. Helping clients find their ideal homes overseas through their personalised viewing trips and mortgage brokerage to aftersales, along with property and rental management; ensuring clients are well informed and supported throughout their entire buying and investment process.

Currently, the Algarve is Portugal's most popular vacation destination, providing a great opportunity for those looking to invest with an eye for rental income returns. In both 2016 and 2017 rental bookings reached maximum occupancy, and are showing no signs of abating in the foreseeable future.

Algarve Book Cellar, a world of words



If you love books then you'll love the Algarve Book Cellar. Established over fifteen years ago, the second-hand bookshop - actually spread over two shops - in Carvoeiro has now amassed hundreds of thousands of books of every genre imaginable.

From floor to ceiling the shop is packed with piles of books just waiting to be rediscovered, many of them in mint condition, some even brand new.

From literary classics to current bestsellers, audio books to self-help guides and children's books to cookery books, the Algarve Book Cellar has them all; and if it doesn't have what you are looking for, then books can be ordered without postage and packaging fees.

Boasting one of if not the largest selections of books in the Algarve and in various languages, bookworms can spend hours browsing the endless shelves and piles of paperbacks and hardbacks.

And now is a perfect time to buy a few books, to enjoy on cosy nights in by the fire, or to give as a Christmas present.

One book the bookshop's owner Raymond Compton feels would make an excellent gift is 'Gardening in a Changing Climate', by Ambra Edwards, which has 400 stunning colour photos and is particularly relevant in Portugal at present.

"We've had a few gardening books in over the years but this is definitely one of the best", Raymond says, adding: "Anyone who enjoys gardening will love this book".

Place orders at the Algarve Book Cellar as soon as possible to receive this book before Christmas.

And if reading is not quite your favourite pastime, then the Algarve Book Cellar also stocks an impressive range of DVD's and jigsaw puzzles. CD's and cards for all occasions can also be found in the shop.

Raymond would like to wish all his clients a Merry Christmas and a Happy New Year.

Algarve Book Cellar, 'in' road to Carvoeiro, Edifício O Galeão, Loja 1 e 2, Rua dos Pescadores, 8400-512. Closed on Mondays. Open Tue - Fri. 9.30am - 5pm, Sat. 9.30am - 2pm.

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Andy GoodLife Spas

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Quero agradecer em nome do Grupo Praia a forma como fomos recebidos e acarinhados pela vossa equipa.
Anabela Bernardo Remax Praia

As always I had a great time, I really liked the new layout and felt it was so much more spacious and lively. Both days were fantastic and I really enjoyed the atmosphere and all the energy everybody put in. Well done to you and all your team for all your hard work put in and it was a great success and will definitely do it again.
Lesley Wall Beautyliciousme

Thank you so much for your lovely email. We thoroughly enjoyed the show and thank you all so much for being so easy to work with. As to the next Fair we will no doubt be in touch in the near future. With very best wishes - Gail and Craig -
Florentina



Agradecer à equipa do IAF a simpática e profissional maneira com que lidaram este ano com este evento. Foi para a CASAVOSTRA uma surpresa agradável ver que a feira cresceu. Adorámos participar e confraternizar com todos os elementos. Queremos voltar! Beijinhos e muito obrigado por tudo.
Luis - CASAVOSTRA

Great experience at the IAF; Excellent to communicate between companies.
Marta Gabriel - Ayur Massages

We made a lot of networking, we found a pleasant environment in which to spend a day with all the family.
Margarida Cabanita - FMC Furniture

Well done Sonia for organizing such a successful event. Here are our thoughts; "Safe Communities Algarve had a great time at the Fair. Thank you everyone who visited our stand - several hundred, with over 80 taking part in our safe use of the internet/social media quiz. Thank you Portugal News (and of course Sonia) for organizing such a great event!"
*Best regards David Thomas
Safe Communities Algarve*

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Cheery winter gardens

As autumn leaves fall and the days become shorter, many gardens are plunged into gloom.



Berries brighten up the often colour-free winter garden. (Photo: PA Photo)

One saving grace is berries - from reds and oranges to blacks - which brighten up the often colour-free winter garden, and provide vital food for birds. Many of them stand bold against evergreen leaves, providing an impressive display of contrast. Rosehips last through winter. Berries, or hips, are a must for anyone who wants colour in their garden in the coldest months. And the first place to look is roses, some of which produce wonderful hips such as Rosa 'Scharlachlut' and Rosa x jacksonii 'Max Graf', which both

produce a profusion of red hips. Bright orange and red hues also come from Rosa moyesii, while darker hips, ranging from a deep chocolate colour to black, come from the burnet roses, Rosa pimpinellifolia. When you are buying roses, do remember that not all of them produce hips, so you need to ask at your garden centre.

Keep it low-maintenance

Other common berry-producers include the easy-to-grow, low-maintenance cotoneaster, which provides a wealth of colour in winter. Its nutritious berries are

feasted on by many birds. Big-berried varieties include C microphyllus - the berries are as big as the leaves - which look even better if the frost clings to them, while C lacteus red berries will endure the harshest winter and C Rothschildianus produces bright yellow berries.

Deter intruders

A slightly harsher but no less colourful addition to the winter garden is the pyracantha. And if you're security-conscious, you might plant a few of these sharp-spined plants in vulnerable spots to deter intruders.

But the berries will provide you with a wonderful show of colour. Try 'Orange Glow' for a splash of cheer against a drab backdrop, or 'Golden Dome' if you prefer yellow berries.

Check plant gender for berry success

Although holly berries are often ripe by autumn, birds such as song thrushes, blackbirds, fieldfares and redwings don't usually feed on them until late winter.

Many gardeners complain that their shrubs do not produce berries, and this is likely to be a problem of gender rather than any disease or weakness in the plant. Most varieties of holly, for in-

stance, carry the male and female flowers on separate plants, so one of each is required for fertilisation to take place.

To pollinate, the female has to have a male nearby. Many of the variegated cultivars are male and will never bear berries - and some of the names are misleading, such as 'Golden Queen', which is a male, while 'Golden King' and 'Indian Chief' are both female. But there are varieties that are self-fertile, with male and female flowers, where one plant is therefore capable of producing berries. These include Ilex aquifolium 'J.C. van Tol', which produces bright red berries, and I. a. 'Pyramidalis', which is similar but with pale green leaves.

Display skimmias

Another wonderful shrub, producing berries in autumn and winter is Skimmia japonica, but that also needs both male and female plants to produce its vibrant red berries, apart from the hermaphrodite S. japonica ssp. reevesiana, which has both male and female parts.

For a fabulous display of purple fruits, you need to grow a male variety near Gaultheria mucronata 'Stag River'. Others which require a male to

pollinate the fruit-bearing female include sea buckthorn (Hippophae rhamnoides), Aucuba japonica and Viburnum davidii, while trees and shrubs that bear ornamental fruit without needing two plants include Arbutus unedo, crataegus, malus, sorbus, pyracantha, cotoneaster, euonymus and berberis.

Dark and dramatic

Darker, more dramatic colours can be obtained from the berries of the berberis. Try B darwinii - it produces masses of blue-black fruits and is particularly suited to a light spot in the garden.

Other winter wonders - both for their delicious scents and their flowers and berries are viburnums. V tinus has deep blue berries which contrast effectively with its evergreen leaves, while V opulus Xanthocarpum provides us with big bunches of yellow berries and makes a good hedging plant, and provides food for birds throughout winter.

Many viburnums do grow to quite a size, but you can get more compact versions which will give good shows of red berries, such as the slow-growing V opulus Compactum.

Winter doesn't have to be so drab after all. TPN/PA

Grow your own gooseberries

Gooseberries have long been grown for their sharp flavour, which is ideal in tarts, crumbles and jams. And with improved breeding work, growers have improved mildew resistance and increased the quality of the fruit as well as coming up with less thorny bushes. But how should you grow them? Markus Kobelt,

founder of fruit specialist Lubera, offers the following tips:

When should you plant them and where?

Gooseberries in containers can be planted all year long, but autumn is the ideal time. They can be planted in full sun or partial shade and are hardy and happy in almost

any type of soil. After removing weeds and breaking up the soil, dig a hole for planting. Put compost in the hole and add fertiliser.

Let new shoots develop

If you are planting bushes, loosen the roots when you remove them from their containers and plant them in a hole double the size of the rootball, planting 5-10cm deeper than the surface of the container. This encourages new shoots to develop from the ground in later years, which are the base for quality production. Plant these gooseberry plants around 1.2m (4ft) apart. Water them in well. Plant bare root gooseberries between late autumn and early spring, spreading

roots in the large hole where you are going to plant them, backfill with enriched soil and make sure you firm it in well around the roots. Water them in well and keep an eye on moisture levels, particularly during the dry summer months, when they are likely to need further watering until established.

Options for small spaces

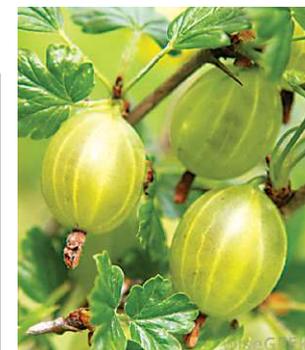
If you have limited space, have a go with a berry standard, a tree-like form with a bushy head on a short trunk around 1m in length. Any growth appearing on the trunk should be rubbed off when it appears. The trunk should be staked as the head can become top heavy with fruit. Standards can be situated in the

vegetable garden, perennial border or in a container on the patio. Berry standards enable the plants to ventilate better and dry off - so there is less disease and more berries. However, make sure any plants in containers remain moist.

Colour your plot

Various colours of gooseberry are available, including the bright red, aromatic 'Crispa Nibbling', the new 'Crispa Darling' and the yellow equivalent 'Crispa Golding', which all claim better tolerance against mildew. For thornless types, try 'Lady Sun' and 'Lady Late'.

You can even buy the two varieties together in one pot. The Moreberries 'Yellow & Red Gooseberries' provide



the slightly earlier maturing 'Lady Sun' (late June/early July) with its sunny yellow colour and sweetness and 'Captivator', which starts to ripen at the end of the 'Lady Sun' harvest, so you can enjoy gooseberries for a longer season, in July and August. The double berry combination also allows the lushest fruit set because cross-pollination is easier for the bees.

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Autumn interiors

Moody blues, oversized florals and woodland settings are the new-season interiors trends to covet.

While the temperature may be dropping as autumn arrives, there's no need to feel the chill indoors. The season's three hottest new decor trends are rich with glowing colour, pattern and detail, and we can't wait to try them.

Midnight tropics

Deep moody blue shades and a focus on texture and luxury come together for this opulent trend. "Midnight Tropics sees the summery tropical theme continue and develop throughout the autumn and winter," says Clotilde Passalacqua, interior de-



This trend pairs rich dark tones such as navy and emerald green - with accents of brass and gold. (Photo: Ikea/PA Photo)

sign leader, Ikea. "Instead of featuring bright and playful colours, this trend pairs rich, dark tones - such as navy and emerald green - with accents of brass and gold, to create an exotic and luxurious look with a touch of opulence. Accessorising with succulents and tropical

plants is key, as is artwork and patterns that take their cue from nature, and in particular, feature foliage." Many major home brands have embraced this luxe look with items indulging in a rich palette of inky matte black and brass accents, and is inspired by the opulence of New York's luxury hotels, with details including soft velvets and green marble, mixed with bold monochrome furniture.

Woodland walk

Our love affair with nature and the great outdoors continues, and one of the easiest ways to refresh an interior is to take inspiration from the countryside. "Woodland walk captures the tones and textures of an autumnal country walk, creating a cosy living space with warm aubergine and mulberry colours, used across chunky knits and patterned textiles," says Andrew Tanner, design manager for home and seasonal, Sainsbury's Home.

"These shades pop against mustard and duck egg blue tones, seen on ceramics and home accessories, complementing this classic look. There are figures in a rich, brass metallic finish, and we have a fragrance of Applewood and Clove - a woody, spicy scent - all finishing touches for an interior which is cosy, nurturing and perfect for winter."

Moody blooms

A berry-hued palette of blueberry, cherry, deep plum and purple, paired with designs featuring lush blooms, is a chic, seasonal way to interpret the fashionably botanical trend. "This season our collections draw inspiration from the humble tulip bulb that became more precious than gold and five times more expensive than a house. It's a bulb that went on to inspire generations," says Tricia Guild, founder and creative director, Designers Guild.

TPN/PA



(Photo: PA Photo/Graham & Green)

New Salon opens in Ferragudo



Alexandre has opened a new salon in Ferragudo offering complete hair and beauty solutions in his stylish new salon. After working for 12 years in Belgium as a qualified stylist and beautician, Alexandre has now relocated to Ferragudo and has brought his extensive skills with him to the Algarve with hairstyling services being complemented by beauty therapies. Alexandre specialises in colour and highlights and is able to create, when necessary, personalised solutions drawing from his "Classic Chic" style. Speaking English, French and Dutch while also catering for both men and women, Alexandre

is also perhaps the only salon in Portugal working with the US brand Alterna and their Caviar anti-ageing range. Alterna products do not contain any health damaging ingredients such as paraben, sulfites and other substances and Alexandre has been working with these products for many years to ensure the best possible results for clients. Contact Alexandre today to find out more about the hair, beauty and grooming treatments available or to make an appointment. For further information, please visit 66, Rua Infante Dom Henrique, Ferragudo or call 282 049 454 or mobile 936 595 774.

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How to keep kids safe around unknown dogs



A Blue Cross animal behaviourist explains the best ways to ensure children remain safe around a new pet.

If you have a new dog in the family then how do you keep children safe?

Claire Stallard, an animal behaviourist at the Blue Cross pet charity, says: "It's great for children to have a dog in their lives, but before they meet, it is a good time

to make sure some ground rules are set down to keep both kids and dogs safe and happy.

"People are right to be cautious - even the friendliest dogs can get overwhelmed, just like us. It's a good idea to keep children away from the dog when he's eating,

sleeping or if he takes himself off to rest alone. "Likewise, the dog shouldn't be around the children when they're eating, running around or playing enthusiastically. "Baby gates or crates can be used for separating the dog when need be, especially when there is not an adult able to actively supervise them all at the same time. "Make sure the owner of the dog gives their pet a nice chew or stuffed Kong when behind the baby gate. This way he'll be kept busy. "It is important to show children how you expect them to behave around dogs. Teach them how to be gentle and calm. Dogs don't tend to enjoy being hugged or squeezed and this can be hard for children to understand at first. "It's a good idea for dog owners to learn the subtle behaviours a dog may show if he's feeling a bit stressed or unhappy. This way they will know when he needs some time alone. "With some rules in place, children will really benefit and enjoy their new relationship with a dog, who'll teach them all about compassion and responsible pet ownership. Best of all, no doubt they'll become the best of pals and enjoy growing up together."

PETS FOR ADOPTION



AMIE (above) and NICA are 18-months-old and have been at the shelter for most of that time. Both girls are super-friendly. Large and strong, they would best suit a rural home with land, preferably together. Sterilised, microchipped and vaccinated. Email: cadelacarlota.comp@gmail.com if you would like to meet them.



RUSTY is a big bear of a dog, good with other large dogs and great with people, he is looking for his forever home and has been at the shelter for a long time. Contact Kerry on 916731831 or via email kerry@aeza.org



BOB is about 2-years-old, 14Kg and 35cm to the shoulder. He is better with female dogs and is very friendly with people. Please contact Kerry if you can offer this stocky little chap a home 916731831 or via email kerry@aeza.org

The Great Barrier

Sarah Marshall visits the world's largest coral reef system and finds out what's really going on with Australia's biggest tourist attraction.

There's something universally irritating about noisy eaters, but below the surface of the ocean, dining etiquette doesn't really apply. Munching merrily on brittle stumps of branch coral, a shoal of rainbow-hued parrot fish is causing quite a commotion.

A black-tip reef shark wriggles to the silent safety of a shadowy jetty, white-spotted eagle rays flap their wings to pick up speed and giant clams appear to purse their thick blue lips in a concertina of disgust. It's restaurant rush hour off the shores of Heron Island, a coral cay sprouting with dense pisonia forest and ringed by a brilliant white halo of sand, off the east coast of Australia at the southern end of the Great Barrier Reef.

Yet, lifting my head out of the water to gasp air, I'm met with silence and calm. Teeming with wildlife and natural wonders, our oceans are a noisy place. And right now, they're crying out for help, a reality we're only just tuning into.

Marine conservation is a central theme of UK BBC One's highly-anticipated Blue Planet II series, narrated by Sir David Attenborough, and the naturalist is urging us to protect an environment we know woefully little about. Earlier this year, Australia's Great Barrier Reef was the subject of controversy when scientists warned that more than 90% of the planet's largest living organism might have been destroyed. Having narrowly escaped being listed by UNESCO as a World Heritage Site in Danger, a recovery plan is now under way - both for the reef and its worldwide reputation. Sir David has been to Heron Island several times and describes it as one of the most magical places on earth. After his last visit, the 300-person resort was at full capacity. "We call that the Attenborough effect," says general manager Sandy McFeeters. Located 81km from Gladstone, Queensland, the island is reached by a two-and-a-half-hour boat journey or, as in my case,



Loggerhead turtle on Lady Elliot Island, Australia. (Photo: PA Photo/Sarah Marshall)

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Reef

by a 20-minute seaplane ride, wading to shore in clear, warm water with luggage hoisted overhead. There's no phone coverage, no disturbance and no locking system on doors. At sunset, a burning ember fizzles below the horizon, singing the sky with charcoal streaks, and nightfall invites a starlit 40-minute circumnavigation.

An important nesting site for loggerhead and green turtles, the peaceful island has a grim past as a turtle and mutton bird canning factory. Over the course of two summers, 128,000 cans of turtle soup were produced, but an alarming drop in numbers meant the business was no longer economically worthwhile. A resort opened in 1932, although any ecotourism was crude, and gasp-inducing photos from the 1950s show holidaymakers riding on the back of carapaces.

Now the island, part of the Capricornia Cays National Park, is heavily protected. Of the 1,500 species of fish living on the Great Barrier Reef, 60% can be found in the 21 dive sites at Heron Island, says blond tousle-haired scuba and snorkel guide Rick.

Passing the wreck of HMAS Protector, one of Australia's first naval vessels which will be declared a preservation site in 2018, we snorkel to Heron Bommie, a heaving tower of coral not far from the shore. (None of Heron's sites are more than a ten-minute boat ride away.)

Two blacktip sharks (Rick's "pussy cats of the reef") relentlessly chase a whitetip around spiral-ridged brain coral, while a green turtle makes himself a comfortable bed on cushioned plates, blinking only a disgruntled eye as we free dive to observe him. Most corals on the Barrier Reef are hard, meaning the underwater scenery is a swirl of camouflage hues, rather than the bold neon brights associated with soft corals. "Besides, below five metres, you lose any colour," explains Rick.

Even during winter (August) when I visit, the water is a pleasant 21C and the visibility is excellent. Cooler temperatures partially explain why coral has survived much better here than in northern reaches of the reef. Anything above 30C causes the organisms to expel their zooxanthellae algae, leaving behind a frail white skeleton, a phenomenon known as coral bleaching. Investigation into the effects of climate change is being carried out at the island's Research Centre, built in 1951 and partly funded by the University of Queensland.

"The scientific community is divided," explains Education Officer Lauren Bailey. "Some researchers say it's too late and others are confident the reef will survive - it might just look a little different." Innovative projects in development at the centre include Professor Peter Harrison's plan to funnel

spawning to affected reefs, and Professor Bernard Degnan's groundbreaking solution for controlling crown of thorns starfish (a potential threat to reefs) - by replicating a natural pheromone to lure them in. "We have to redress all these negative messages," stresses Lauren. "We can't give up hope." A similar outlook is shared by Peter Gash, manager of the eco resort on Lady Elliot Island, at the southern tip of the reef.

Mined for guano in the 1860s, the wind-whipped coral cay was left barren and desolate. Many years later, it opened as a resort and when Peter visited in 1979, a love affair began. Since taking over the lease in 2005, Peter has installed solar panels, cut fuel burn by 90% and replanted much of the original casuarina forest, bringing back a cacophony of screeching bridled terns and white-capped noddies. "Not everyone is happy about that," he tells me. "But we make sure there are earplugs in every room." Although no spring chicken, Peter is a dynamo. On a guided tour of the resort's back room operations, I'm lost in a muddle of mathematics as he details engineering innovations with vigour. Swept away by his energy and enthusiasm, it's impossible not to smile. And he's obviously making a success; bookings for Lady Elliot need to be made at least six months in advance.



Snorkelling on Heron Island, Australia. (Photo: PA Photo/Sarah Marshall)

Simple rooms curve around the fringes of the island, and drift snorkel sites have been clearly marked out. Like Heron, the underwater spectacles are outstanding, and all within easy reach.

One afternoon, I spend several hours wallowing in a shallow lagoon, only accessible at high tide. "Look out for Buddy, our resident turtle," shouts resort manager Andreas Supper, from the restaurant decking. "He likes having his back scratched." Within 45 minutes, I've seen 14 turtles. Distracted by filling their stomachs, none are perplexed by my presence - although I don't receive any invitations for tummy tickling. The best time to explore is at dawn, Peter tells me, so I nervously agree to a 6.30am snorkel. As we walk across the island in semi-darkness, gloomy pandanus trees appear to be lifting their sinewy roots

to join us and flitting bats are in a rush to reach home.

Leaving the shadow of the beaming lighthouse behind us, we dive into another reality and Peter guides me on an underwater safari of his favourite sites. Polyps finishing their night's feed sway with the tide, sage loggerheads drift over ancient living columns and mantas glide elegantly with wind in their sails. We're the only two-legged land mammals out of their depth; down here it's a real

democracy. As much as the sights are enticing, so too are the sounds. An undulating whine wends into my headspace and I realise I'm listening to humpback whale song. Even though the migrating animals are probably a long distance away, their stirring voices are penetrating. Yet, there's nothing melancholic or mournful about their cry. Instead, it's graceful and uplifting, striking a chord with hope.

TPN/PA

Long Weekend in Monte Gordo

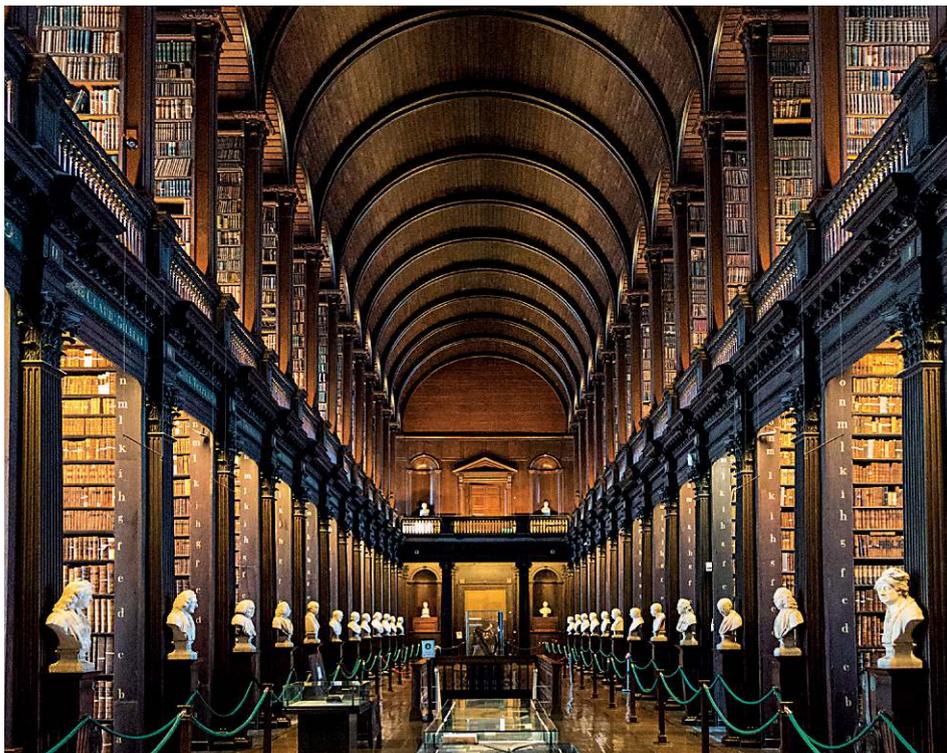
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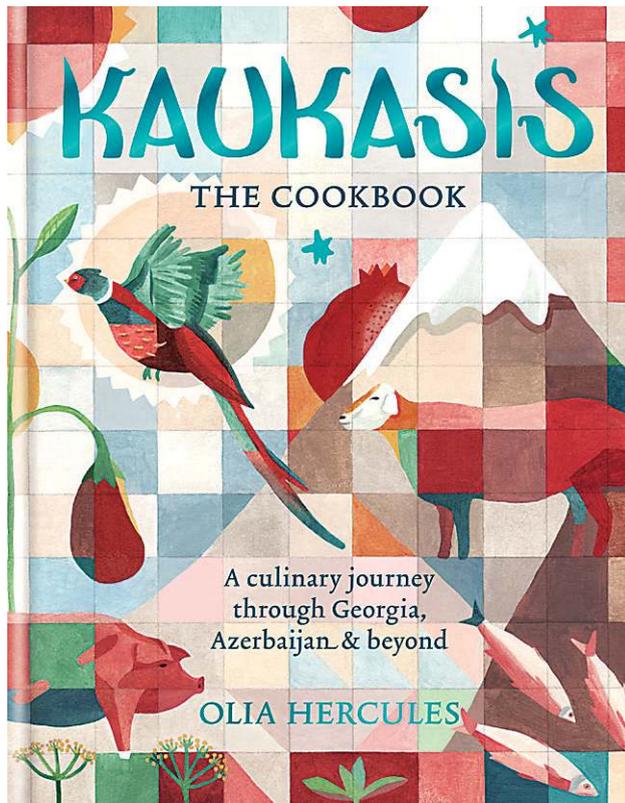
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VINCI

A new world of Georgian cuisine



Kaukasis by Olia Hercules. (Photo PA Photo/Mitchell Beazley)

Have you experienced Georgian food, well writer and food stylist Olia Hercules is here to make sure that everyone can enjoy this cuisine, with the release of her second cookbook, Kaukasis. A follow up to 2015's Mamushka, which explored Olia's Ukrainian heritage, this new collection of recipes focuses on Caucasus - the hub of countries packed together like pickles in a jar at the border of Eastern Europe and Western Asia.

Georgian and Azerbaijani cooking were woven into Olia's childhood, and growing up in the ex-Soviet Union, where ingredients could be really quite scarce at times. She remembers that, if you were eating out, Georgian restaurants "might be OK for food, otherwise it'd be horrible - otherwise you'd really have to go into people's homes to eat well". Meeting home cooks is still something that fascinates Olia, who includes recipes from the people she met on her travels in Kaukasis.

Take a culinary trip to Caucasus by trying out one of these recipes...

Cauliflower, brown butter and crumbs
(Serves 2 as a snack)
1tbsp olive oil
1 head of cauliflower, divided into florets
100g unsalted butter
50g stale sourdough bread
Handful of finely chopped flat leaf parsley
1 red chilli, diced
1tsp ground sumac (optional)

1. Preheat the oven to 200°C/400°F/Gas Mark 6. Brush a large baking tray with the olive oil, spread out the cauliflower florets and roast for about 30 minutes until they are cooked through and starting to colour at the edges.
2. Meanwhile, to make the brown butter, heat the butter in a frying pan and let it sizzle until it starts smelling sweet and nutty. Take the pan off the heat as soon as you smell it and it turns a deep golden colour, pour the contents into a cold bowl and set aside.
3. To make the sourdough crumbs, blitz the bread in a blender or food processor and, if necessary, spread out on a baking tray and place in the bottom of the oven for a few minutes to dry. Then mix with the parsley, chilli and sumac, if using.
4. To serve, dip the cauliflower florets first into the brown butter, then into the sourdough crumbs. Or drizzle the butter over the cauliflower along with some cooked white beans and scatter over the crumbs

to make a side dish for some grilled chicken or fish.

Kohlrabi, sorrel, radish and chicory salad
(Serves 4)
1tbsp pomegranate molasses
50g Tina's tkemali sauce (see below)
Honey, to taste, if needed
2 heads of chicory, sliced lengthways into 8 wedges
1 kohlrabi, peeled and thinly sliced
50g radishes, thinly sliced
25g watercress
Sea salt flakes

For Tina's fresh tkemali:
(Makes 1.2L if not cooked down too much)
1.5kg yellow and red plums
1/2tbsp dried mint
1/2tbsp dill seeds (or 1/2tsp fennel seeds)
1tsp ground coriander
1tsp ground blue fenugreek
5 garlic cloves, grated
1/2tsp cayenne pepper
Sea salt flakes
Freshly ground black pepper
You will also need 4 x 300ml sterilized preserving jars

1. Make the tkemali: Put your yellow and red plums/greengages/plums whole into a saucepan. Add a splash of water and let them come to the boil. Cook for about 10 minutes until soft and they separate easily from their stones.
2. Leave the plums until cool enough to handle, then remove the skins and stones.
3. Mix the plum flesh with the rest of the ingredients, season to taste and cook for a further two minutes.
4. While the sauce is still



Polyphony courgettes. (Photo: PA Photo/Elena Heatherwick/Mitchell Beazley)

- hot, transfer it to the sterilized jars, seal the jars and immerse them in a deep saucepan of simmering water for a few minutes. Then store in a cool, dark place all winter or, if eating straight away, keep in the refrigerator.
5. Make the salad dressing: Mix the molasses through the tkemali, then taste, adding some salt or a little honey if you think it's too tart. It should really taste strong and pack a punch.
6. Toss the chicory, kohlrabi and radishes in a bowl, then arrange in a serving dish with the sorrel leaves (or watercress).
7. Serve with the dressing drizzled over.

Polyphony courgettes
(Serves 4 as a side)
4tbsp sunflower oil
4 shallots or small onions, halved
2 courgettes, cut into 2cm rounds
5 garlic cloves, cut in half vertically

- 2 long green chillies, bruised but left whole
 - Handful of fresh sour cherries and/or redcurrants
 - Sea salt flakes and freshly ground black pepper
- To serve:**
Sourdough bread
1. Heat the oil in a large frying pan, add the shallots or onions and cook over a medium-low heat until they soften and start turning golden. Remove from the pan.
 2. Add the courgette rounds and brown on each side.
 3. Reduce the heat, add the garlic and chillies and season everything really well. Cook for three minutes.
 4. At the very end, add the sour cherries and/or redcurrants and switch off the heat. Taste again and season with some extra salt and pepper if it needs it.
 5. Serve with sourdough bread or as part of a bigger feast.
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Brexile or Brexit Ed. 1447

SIR, I was not surprised that Mrs May was pushed to the front to deal with EUseparation, she had after all held her previous job much longer than any male before her. There would be an element of disarray with any person having to deal with those referendum results. She is not being helped by those of both Westminster houses that personally did not agree with the outcome of the vote and hope to throw a spanner in the works, therefore acting against the peoples wishes. In time gone by many would find themselves in the Tower, or heads on sticks looking towards the Thames. Boris is a British icon and a legend in his own lunch-time, speaking many languages, two of which are Mensa and Gibberish. He is a decoy, the head of the undiplomatic service and what a grand job he is doing, What he says has to be decoded as with most polititions. He mentioned currency as we know it, would be extinct long before the "Snow Leopard", if the banks have their way, ensuring complete control over us, I am warming towards the young, dynamic French President, In his speech, he said that he believed in the European Union, but it must drag itself into the twenty-first century. The people sitting at the top of the EU pyramid should only be there if elected, signalling the fall of the Gnomon empire, that French industry should stop being di-

luted and that the Union must learn to be more flexible as one hat does not fit all, to which all "agreed". Had the latter been granted before, there would not have been a British vote required! I think the union were relieved because they were not faced with Ms Lappen, (Ikea had to cancel the order for flat pack, self assembly, Guillotines), Europe, if you want to trade as now in the future with the Brits, fine, if you wish to impede trade, fine, but they are in the main part, a consumer nation, something the union might wish to ponder upon. RICHARD BAYNES, By email

More about drivers license

SIR, The warning of Mr. Driedger to non-EU residents needs an addition. It is not about EU residents but about a non-EU drivers license. I am an EU citizen, and have been all my life. As a new resident to Portugal I am trying to exchange my non EU driver's license into a Portuguese one. I have been unsuccessful and am not allowed to drive for the last 9 weeks. Here is what I should have done: Move from the part of the Dutch kingdom (the Dutch kingdom consists of 4 countries) where I was living to Holland. There my driver's license would have been exchanged in between 5 and 10 days, according to the Dutch IMT website, into a Dutch driver's license. Then move and register in Portugal and exchange my Dutch driv-

er's license into a Portuguese one. Or: get a Dutch driver's license where I was living and then move to Portugal. As long as a Dutch person already had a Dutch driver's license (including lost, stolen or expired) and is living in a non-EU country then one is entitled to renew the Dutch driver's license. Unfortunately those options are lost and I am depending on the good graces of the IMT to get me going again. ALFRED KOOLEN, Silves.

Learn Portuguese

SIR, I would like to point out that you learn a foreign language as a matter of pride and also to show your respect. You should put your best effort on the pronunciation and spelling (VERY IMPORTANT, for words never change but tone can change from person to person), at least you can write and show. Then you can go to the Supermarket for free practice and treat the staffs as your teacher, for they are friendly and happy to correct your mistakes. Day by day you will accumulate vocabulary for later use. What do you think? GILBERT YEUNG, By email

Portuguese V English

SIR, Reading Geoffrey Phoenix's letter one hopes that he exercises more care in the construction of sentences when he is being paid to teach : "They BOTH perpetuate two myths i.e. they perpetuate

the same myths when what he should have said is EACH perpetuates two myths i.e. two different and, as Milton might have said, confusion worse confounded "not taught in ONE'S home country then YOU can be excused for not speaking it even though HE might have chosen to live THERE -" He's concerned about pronunciation and I wonder if he teaches that of the Algarve or Cascais or the Minho or perhaps of Brasil because there is no such thing as "Standard Portuguese" and for most of us our concern in speaking any language is to be understood rather than to impress. I am delighted and encouraged to have received the support of such a highly respected Algarvean figure as Jenny Grainger. JIMG, Faro

Fake Firemen

SIR, Has anyone come across these guys who stand at roundabouts and road junctions dressed in red jackets who claim to be collecting for the BOMBEIROS? Who are they? Which Bombeirosos

The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication.



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

are they collecting for? Nobody seems to know. A senior genuine member of the Bombeirosos told me that they are nothing to do with them. If that is true, then these people are frauds and should be arrested or moved on by the GNR. Any readers who have more information on this matter, please could they share it, otherwise I suggest we keep our car windows shut when being approached by these people and drive on. D. WATTS, By email

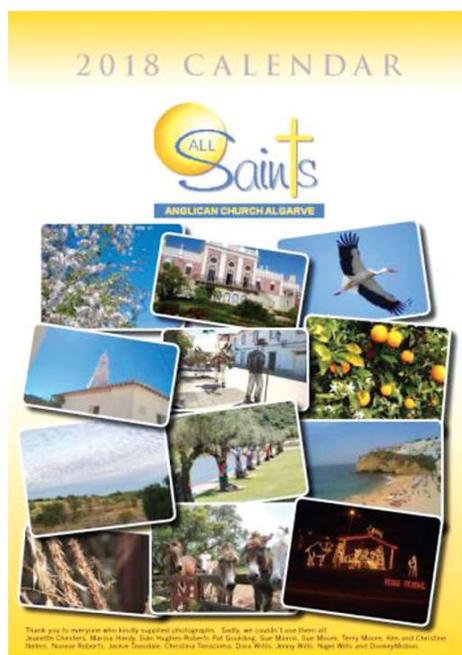
NHS Treatment

SIR, Can I please notify ALL the people who spend a lot of time here from the UK that even if they own a home, that when they return they may NOT be entitled to normal free NHS treatment!! My wife was staying in our rented property with one of our children in the UK and

after a while felt unwell....went to the doctors who gave tablets for back ache. Ultimately it was found she had life-threatening cancer of which there is no cure...we have both lived and worked in the UK for over 50 yrs and decided to buy accommodation in the Algarve. I have a pension in the UK which i still pay tax on....we have a Doctor in the UK and receive our old age pension in the UK. I have been threatened that as we do not qualify for free NHS treatment we will have to pay for the very expensive treatments we have received. We have been strong Tory supporters all our lives but I would suggest any of you people in a similar situation to contact your MP s and actually see how this 2015 Act affects YOU. KEN GAGAN, By email

All Saints Anglican Church Algarve 2018 Calendar

Exciting news – our All Saints Anglican Church Algarve 2018 Calendar has arrived. Our Church Mice have been very busy developing ideas and gathering photographs from our congregation and friends. Together we have created this joyous calendar, reminding those near and far of the delights that Portugal has to offer. It will make the perfect Christmas gift for friends and family and certainly has some stunning Algarve scenes. Our calendar is A4 sized, spiral bound at the top and contains both UK & Portuguese public holidays. Priced at €7.50 /£7. Please contact Sue Moore - treasurer@allsaintsalgarve.org – to purchase one. The funds raised through the sale of our calendars will be used to support All Saints charities throughout the year.



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Overwhelming Support for Horses of the Land Fires

Many horse-owners lost their entire winter hay supply in the October fires that devastated parts of central Portugal. In response to their pleas for help on social media, three individuals joined forces to help the starving and injured horses in the fire zone.

Karen Allwright from the Algarve, Roxanne Brown from the UK, and Sandra Dias da Cunha from the lower Alentejo, started a fundraising campaign for the horses. The response has been phenomenal, with more than €20,000 worth of aid being provided. Almost €3,000 of this was raised through an online Auction last week.

They set up two distribution centres close to some of the worst hit areas of Viseu and Oliveira do Hospital and have already delivered 120 tonnes of hay and straw for redistribution since the fires struck. They are now setting up a voucher system for horse-owners in most need, in conjunction with a local hay supplier and the equine vet, Dr Diogo Themudo.

They have also arranged provision of urgently needed medical supplies, plus donated health and wound care products,



which were shared by the region's vets.

In the initial stages, their priority was to supply as much hay and straw as possible to the area for horse-owners. However, over the last two weeks their effort has focused on providing more targeted relief to individual entities in most need, such as equestrian associations, equestrian centres and private individuals. The price of hay has

risen dramatically in the area, so even those not directly affected by the fires are now having difficulty finding supplies that are affordable.

If you would like more information on the help given and how to contribute, you can find it on the Facebook page 'Horses of the Land Fires Portugal'.

Karen Allwright

The 'Sleep in a Box' sponsored charity event.

Sitting back and relaxing in the summer holidays, Ethan Meek watched a TV programme about homeless people. The pro-

gramme really touched his heart, he saw how easy it was for people to slip into this awful situation and how difficult it was for them to change their lives around again. He learnt how these people never thought that they would be homeless but somehow their life went wrong, how they are often the target of abuse, how they have no family or friends to help them and that to just receive a warm meal makes such a difference to them.

This gave him the idea of thinking of something to make a difference to the homeless people of Lagos.

He decided that he wanted to experience what it would be like

to sleep in a box outside for a night and in doing so he would raise money for the Soup Kitchen in Lagos.

On the night of Thursday 26 October, Ethan and 8 of his friends slept outside from 8pm until 7.30am the following morning and in doing so they raised an enormous €731.91.

All the children would like to say a big thank you to everyone who sponsored them as without you they couldn't have done this.

What now from Ethan and his friends? They want to raise more money and they are thinking of a new challenge, next time they want to reach €1000.



Rotary Silves annual concert

The packed Mascarenhas Gregório Theatre was treated to a magical evening by the Quarteto Concordis this last Saturday. The Quartet is fresh from a performance in London where they starred at

the London Guitar Festival, being billed as one of the foremost guitar ensembles in the world.

Led by the well known Algarvean musician, Eudoro Grade, they gave us a varied

programme that kept us on the edge of our seats. Rotary Silves raised €2,220 which was donated to Messines Casa do Povo to assist them with their project of helping local residents with special needs.

Bowls Algarve



Photo supplied by John Dance.

Congratulations to David Howard, Dave Bridgewater, and Ruby Fribbins of Floresta Huntsman on their maximum score of nine shots, frequently known as a 'Hot Shot', against Tavira Tigers. Well done.

At 11 am on Remembrance Day, Sunday 12 November, the bowlers gathered at Alvor Bowls Club held a respectful silence before bowling commenced. Twelve triples from clubs along the Algarve then played a friendly, but very competitive, series of games for the Jubilee Cup. Each team played three sets of six ends against different opponents for each set, with the winners being the team with the highest shot difference across the three sets. The bowling was then followed by a very sociable lunch. Everyone seemed to have enjoyed the day.

Of course the object of the

exercise was to raise additional funds for the Royal British Legion's poppy appeal and it was successful in that regard as well. With levies on the game and the lunch plus some generous donations, we were able to hand over €485. This was received for the Royal British Legion by Ian Galloway who also presented the Cup to the winning triple of Angie Peschardt, Geo Bailey and Maggie Dance. Well done to all who participated.

This week's league results, see Albufeira Cats at the top of League A with twenty-six points. Whilst the Alvor Amigos are at the top of League B, with twenty-five points.

The Super 10's Competitions is being hotly contested by both Albufeira and Valverde both on twenty-three points each. All to play for.

Miriam Hare

Let's Walk in the Algarve

Tuesday 28 November – Let's Walk from Parragil:

An inspiring walk in this little-known part of the Algarve with a unique flora and fauna. Just over 2 hours of moderate walking. 10.30pm start. Meet in the centre of Parragil. From the EN125 at Boliqueime take the road for Loulé. Cross the A22 and after passing the quarry turn left, direction Alte. After 500m at T-junction go left and in 200m you come to the centre of Parragil, cafés to left and right.

Tuesday 5 December – Lets Walk on the Barrocal:

A fabulous walk on the lime-

stone above Loulé, totally unspoilt. Fairly easy with a couple of gentle climbs and one descent – about 2.5 hours of fun! 10.30am start. Meet at the Café Rocha on the main Loulé to Salir road. Drive to Loulé and follow the signs for Salir, you pass through the lights at Tor (after 5km) and then a further 3km brings you to café on the left hand side.

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

Algarve Activity Bike Rides

Here are the details of this week's rides:

Saturday 25 November - Bike Ride starting in Santa Caterina da Fonte do Bispo:

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 26 November - Bike Ride starting in Paderne:

We meet in the car park at the bottom of the hill at 9.15am ready for a 9.30am start. This will be a regular Sunday morning ride of around 35kms with a café stop somewhere along the way.

If you would like to come along to one of these rides, please confirm either by text, email or on Facebook via the Activity Algarve Bike Rides page. If a ride has to be cancelled for any reason, such as bad weather, notification will be via text. We reserve the right to cancel any ride if less than 5 people are signed up. Price for participation is €5 per rider per ride.

For more information please contact Paul Beesley on tel: 913226954, email: paul@algarvebikeholidays.com, see website: www.algarvebikeholidays.com, or Facebook: AlgarveBikeHolidays.

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Buddies Algarve Ladies Lunch special guest



Buddies Algarve Ladies Lunch (BALL) held their latest lunch at 'A Tasquinha', Lagoa (a little gem of a restaurant) for the presentation to the Captain of the Lagoa Bombeiros the sum of €1,910.

The lunch was attended by 32 members of BALL who, with other members from the group, had collected the funds from the monthly lunches held during the course of the year. Captain Gabriel attended to accept the money from the group organisers, Carole Good-Dixon and Pat Roberts.

Captain Gabriel said that at a future special lunch in January 2018 he would bring some of the

much needed equipment his firefighters and ambulance personnel need that has been purchased with the money raised.

Carole and Pat would like to thank Marco and staff at 'A Tasquinha' for a fantastic lunch, Captain Gabriel for attending and speaking to the group but most of all to all the ladies that have attended the lunches over the past year for their loyalty and generosity. New members are always welcome, the next lunch will not be until January 2018.

Merry Christmas and Happy New year to all.

Contact Carole at carole66@sapo.pt

Vilamoura International School Christmas Fair

The Vilamoura International School's (CIV) Christmas Fair promises to excite your palate with varied flavours (national and international cuisine), regional and organic products and delicious pastries. Books, toys, jewellery, Christmas decorations and crafts will be available at the many stalls on 25 November. Join us and be part of this great solidarity event with music, storytelling and entertainment!

The path to creating a better world involves the participation of children in initiatives aimed at helping others. The Vilamoura International School seeks to reiterate the role of the school in

forming the whole child by promoting values of solidarity, an ethos of peace and guidance in becoming active and committed citizens.

This year, the funds raised by the CIV community at the Christmas Fair will be donated to the: Social Refectory of Quarteira (provides support to the local community in need); Associação Partilhas e Cuidados (works with cancer patients and their families, socially, economically and health wise) <https://sitepartilhas.wixsite.com/partilhas>, The Big Hand (promoting education of Mozambican children - www.thebighand.org) and



Associação Existir (an entity that provides support to the local community in need and is collecting non-perishable food at the

entrance to the fair <http://existir.org.pt/portal>).

Come along and Help us Help others!

Vale do Lobo Charity Christmas Market



The Vale do Lobo Charity Christmas Market returns to the resort on 2 December and is the ideal way to kick off the festive season in the Algarve in style.

The Christmas Market offers a fantastic day out for all the family, safe in the knowledge that come rain or shine, everyone will be warm, cosy and full of festive cheer in the Vale do Lobo Auditorium.

Visitors to the Vale do Lobo Christmas Market, from 11am until 5pm, will be pleased to see some of their favourite local businesses at the event alongside a huge selection of new exhibitors presenting exciting and interesting products, goods and services, including handicrafts, jewellery, regional produce, biological and organic products both as unique homemade gifts and decorations, along with exclusive artworks such as paintings and sculptures.

A packed programme of en-

tertainment has been put together to complement the main market area including Christmas choirs, dancing and singing performances, children's entertainment and live music while refreshments and delicious hot food is available from Fine Dining In Style, Asiana The Indian Caterers, My Passion 4 Food and many others for the duration of the market.

Join us in Vale do Lobo for the Charity Christmas Market and experience a festive event not to be missed while raising money for the Wolf Valley Charity Fund.

Start your festive season in style and be sure not to miss the Vale do Lobo Charity Christmas market in the warmth of the Vale do Lobo Auditorium. Entrance is free!

For further information, please email marketing@vdl.pt or Tel. +351 289 353 261.

UK taxpayers urged to settle affairs ahead of deadline

UK taxpayers are encouraged to act now to avoid new, higher penalties that will come into force from October 2018. After that date, anyone found with UK tax outstanding on undeclared income or assets that have an overseas link will face the higher penalties, which will start from a minimum of 100% of the tax owed. With Portugal and the UK now regularly exchanging information on taxpayer income and assets, UK taxpayers and UK ex-pats could be affected, even if they are now paying tax in Portugal. Anyone who has offshore tax liabilities - which can include income from property rental in the UK and Portugal - should make sure they have declared all tax due in the UK.

To ensure that everyone is given the opportunity to put their tax affairs in order before the penalties bite, a "Requirement to

Correct" obligation has been introduced. Anyone with financial connections outside the UK must ensure their UK tax position - including income tax, capital gains tax and inheritance tax - is up to date, and if necessary make a disclosure to HMRC by 30 September 2018 to avoid facing the tougher penalties.

It is not only taxpayers who need to review their position. All companies and businesses in Portugal should also be aware that as of September, under the UK's new Criminal Finances Act 2017, they could be prosecuted if they fail to prevent staff from criminally facilitating UK tax evasion. The Act includes a specific measure which means that if an advisor anywhere in the world is deliberately helping a British taxpayer to hide their money from HMRC, the advisor's employer could be liable

for failing to prevent the advisor from providing this assistance.

This is a significant change from the previous law, under which a company could only be found liable for criminally facilitating tax evasion if the most senior members of the organisation - typically the

board of directors - were aware of the facilitation.

Anyone who is unsure about their financial position is advised to seek professional advice. For further guidance on making a disclosure, please visit www.gov.uk/guidance/worldwide-disclosure-facility-make-a-disclosure.

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What is stress doing to your health

Whether you're stressed at work, stressed about money or stressed out by your kids, it seems like regularly feeling this way is something many of us live with and accept as part of life. But long-term stress can have a surprisingly big impact on different parts of our bodies.



The elevated cortisol levels associated with stress, including working night shifts or long hours, for example, have been shown to increase the tendency to 'metabolic syndrome', which is linked to hypertension, diabetes, raised cholesterol, central obesity and blocked arteries. (Photo: PA Photo)

brains respond like this on a chronic, long-term basis? "Whether prolonged stress is physical, psychological, social, financial or occupational, it still features as a top trigger for developing a psychiatric illness. There is hardly a mental health condition that doesn't involve anxiety symptoms. OCD, PTSD, phobias, panic disorder, generalised anxiety disorder, body image disorders and often depression all involve severe and persistent feelings of anxiety, worry and fear," says Dr Paschos. As well as triggering long-term mental health conditions, stress can also significantly change the structure of your brain.

Dr Sarita Robinson, senior lecturer in psychology at the University of Central Lancashire, says: "Research has highlighted changes in the structure of the brain as a result of exposure to stress. The hippocampus, the part of the brain that is mainly associated with long-term memory, has been found to be a malleable part of the central organ, and some researchers suggest that it is particularly susceptible to the impact of long-term stress."

The immune system
Short bursts of cortisol aren't dangerous, and are actually helpful when we need to protect ourselves,

People aged 25-34 are more stressed than the rest of the population, according to research by The Priory Group, with anxiety related to student debt, rising rents, getting on the housing ladder and starting a family. When we feel stress, the body produces a surge of adrenaline and the hormone cortisol, which is needed as a 'fight or flight' defence mechanism (had our hunter-gatherer ancestors been calm all of the time, the human race wouldn't have survived very long).

Dr Dimitrios Paschos, consultant psychiatrist at Re:Cognitional Health explains what happens when we feel stress. "The heart starts pumping faster and breathing is accelerated too. The aim is to boost the legs and the arms with freshly oxygenated blood. The pupils open wider, vision becomes sharper and powerful stress hormones - like noradrenaline and cortisol - are secreted, kick-starting a cascade of biological reactions to increase energy supply and prepare the body for various types of threats."

The brain
Our brains are part of this response to perceived danger too. "Under immediate threat, intellectual and analytical areas shut down to give way to signals from more primitive centres," says Dr Paschos. "But as stress hormones keep rising, the whole mechanism goes into overdrive, which can turn into panic and confusion. Logical thinking is literally suspended in high arousal states, which explains why panicking people often run towards the wrong exit." So what happens if our

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but having high levels for a prolonged period of time can weaken the immune system.

Dr Clare Morrison, GP at online doctor and pharmacy Med Express (www.medexpress.co.uk), says: “[When we’re stressed] adrenaline and cortisol chemicals cause blood to be pumped to our muscles and brain. Unfortunately, this means that resources are diverted away from the rest of the body, including the immune system. “Cortisol suppresses inflammation during a response to stress, but if it’s present in the body for long periods, we can develop a resistance to it - meaning we stop responding to it properly.”

Dr Morrison says: “Depriving the immune system over a long period of time can lead to infection or even cancer. In addition, the body doesn’t heal properly, increasing the time it takes to recover from degenerative problems and muscle strains.”

The heart

Stress doesn’t directly cause cardiovascular disease, but it is possible that it increases your risk level for different heart conditions, as it raises blood pressure and heart rate. “This puts a strain on the arteries and the heart, leading to higher risk of coronary heart disease and heart failure,” says Dr Morrison.

“The elevated cortisol levels

associated with stress, including working night shifts or long hours, for example, have been shown to increase the tendency to ‘metabolic syndrome’, which is linked to hypertension, diabetes, raised cholesterol, central obesity and blocked arteries.”

The digestive system

Most digestive problems are to do with lifestyle, the foods we eat, or stress, according to the NHS website. Digestion is controlled by the enteric nervous system, which is made up of hundreds of millions of nerves that communicate with the central nervous system. This often becomes inhibited during times of stress.

“Stress can impact every part of the digestive system,” says Dr Mark Winwood. “When stress activates the ‘flight or fight’ response in your central nervous system, digestion can slow, because your central nervous system shuts down blood flow, affects the contractions of your digestive muscles, and decreases secretions needed for digestion. Stress can cause inflammation of the gastrointestinal system, making you more susceptible to infection. We know the impact of long-term stress on the digestive system can lead to Irritable Bowel Syndrome (IBS).” Dr Morrison adds: “[Stress] leads to too much acid in the stomach, causing dyspepsia, heartburn or even stomach ulcers. In the



Whether prolonged stress is physical, psychological, social, financial or occupational, it still features as a top trigger for developing a psychiatric illness. (Photo: Dominic Lipinski/PA Photos)



As well as triggering long-term mental health conditions, stress can also significantly change the structure of your brain. (Photo: PA Photo)

bowel, stress can lead to irritable bowel disease, causing diarrhoea, abdominal cramps and loss of appetite, for example.” “The oesophagus can also go into spasm when we are stressed, and there’s the potential for malabsorption and loss of fluids.” Dr Adam Simon, chief medical officer at Push Doctor says: “The longer you leave stress untreated, the worse these digestive issues can become. This can obviously have a significant impact on your day-to-day life. “However, the important thing to remember is that most of these digestive symptoms can be improved, or even reversed, by tackling the source of your stress.” TPN/PA

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How to save your skin from festive excesses

With fizz flowing, cheesy tunes blaring and mince pies aplenty, there's a lot of indulgent fun to be had at the seasonal shindigs. But if you're not careful, by December 25, your face will end up looking like a turkey that's been left in the oven too long.



Meditation and mindfulness both have a positive impact on the stresses and strains of the Christmas period. (Photo: PA Photo)

“Christmas parties mean a lot of alcohol, very little sleep, and possibly smoking as well,” explains Dr Penelope Tympanidis, consultant dermatologist and owner of the Dermaperfect Clinic. “And as a result of wearing too much make-up (or from non-meticulous make-up removal) the results can mean puffy eyes, dark circles, dull looking skin,

dehydration and spots.” But help is at hand. We asked a gang of gurus known as the Harley Street Emporium Skintellectuals for their top tips on how to protect your complexion against the ravages of party season. Here's what they had to say...

1. Try a raw egg face mask
To brighten dull skin, whip up a quick home-made face mask, says Dr

Tympanidis. “Beat a whole egg and apply it to all areas of your face and leave 'til it dries. Remove it with olive or almond oil.” Egg whites contain albumin, a protein which is great for tightening pores and helping control oil production, and the yolks contain proteins and fatty acids that can help moisturise your skin.

2. Schedule a few early nights

“Try and catch up on sleep in between the late nights,” says Dr Adam Friedmann from the Harley Street Dermatology Clinic. Why? “At night, the skin relaxes. It's not under any stress, so can recuperate after a hard day. Your skin cells go into regeneration mode, replacing damaged or dead cells with new ones. When sleep is reduced, due to lots of late nights, so is the

body's ability to carry out these functions. A bare minimum of six to seven hours - but ideally nearer to eight hours - would suit.”

3. Pop on a couple of eye masks

For Dr Anjali Mahto, Consultant Dermatologist at Skin55, a hydrating eye mask is a must, but she says there are some ingredients you should look out for to make sure they're effective. “Eye masks are a good, quick, temporary fix for puffiness and dark circles, which can occur after lots of late nights. They are usually gel-like treatments, which are formulated with hydrating and plumping ingredients, such as hyaluronic acid, vitamin C, caffeine and colloidal gold. Must-have ingredients to look out for in eye creams include hyaluronic acid, ceramides, retinol,

neuropeptides and vitamins C and E.”

4. Make a camomile compress

A cheaper alternative for refreshing puffy eyes is a camomile tea bag compress, which Dr Tympanidis says is “great for reducing swelling and inflammation”. Make yourself a pot of this soothing tea and once the tea bags have cooled, squeeze the excess liquid out and spend a good ten minutes or so relaxing with them on your eyes.

5. Don't forget your 5-a-day

“It's tempting to over-indulge during the festive season, but try to remember to eat well in between the excess,” says Dr Friedmann. “It's important to eat a healthy and balanced diet to maintain all one's minerals and natural oils. Eating lots of vegetables and salads will soak up the free radicals and help the look and feel of your skin.”

6. De-stress not distress

Throwing a party yourself? All that planning and prep can send your stress levels soaring. “It's a known fact that stress and exhaustion lower the immune system and can make skin worse,” explains Dr Friedmann. “So, try and take some time out for yourself and do something you know helps you relax.” Dr Rupert Critchley, founder of Viva Skin Clinics, adds: “Feeling stressed or having breakouts? Meditation and mindfulness both have a positive impact on the stresses and strains of the Christmas period. They reduce the bodies circulating stress hormones, such as cortisol, which can trigger breakouts.”

7. Always remove your make-up thoroughly

It sounds obvious, but it's not just the make-up residue that causes problems, according to Dr Friedmann: “If you haven't removed your make-up properly, you tend to be heavier handed to try and remove stubborn make-up that's been on the face a while. This firm wiping

action can irritate the skin and encourage flare-ups,” he says.

“The very act of rubbing will usually cause blood vessels to dilate, causing redness. The under-eye area especially is very delicate, so you want to avoid harsh rubbing of this area. When removing mascara and eye make-up, it's best to gently place a cotton ball with remover over your lid and hold it there for a few seconds, to help dissolve the product, before wiping it away.”

8. Go easy on the booze

“Excess alcohol consumption can cause blood vessel dilatation, which can make the face look quite red. This is because alcohol dilates the blood vessels and increases the cardiac output, so that everything gets redder,” says Dr Friedmann. “Anyone who already has skin disease (such as dermatitis or psoriasis) will often notice it worsening.” So on the nights you haven't got a party in the diary, stay off the sauce and quaff plenty of water or herbal teas to rehydrate.

9. Up your antioxidants

Give your seasonal tipples a virtuous twist with an antioxidant-rich ingredient. “Add a teaspoon of organic matcha green tea powder to your festive gin and tonic,” Dr Critchley suggests. “It takes mere seconds, but it will give you a potent antioxidant boost, which protects the skin from free radicals.”

10. Watch your water intake

“Try and switch over to water or a soft drink in between alcoholic beverages, and pace yourself, as alcohol can cause dehydration of the skin and lead to facial bloating,” Dr Critchley recommends. Dr Tympanidis adds: “As well as drinking lots of water, have some citrus juices to help keep your antioxidant levels up. The water will help keep your skin looking plumper, while the vitamins in the juice will help combat the damage caused by free radicals that can age our skin.”

TPN/PA

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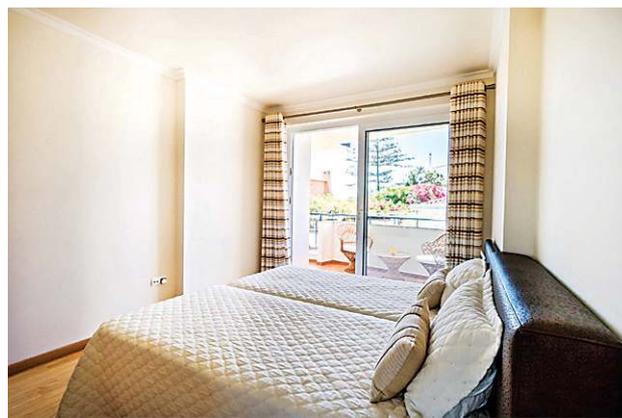
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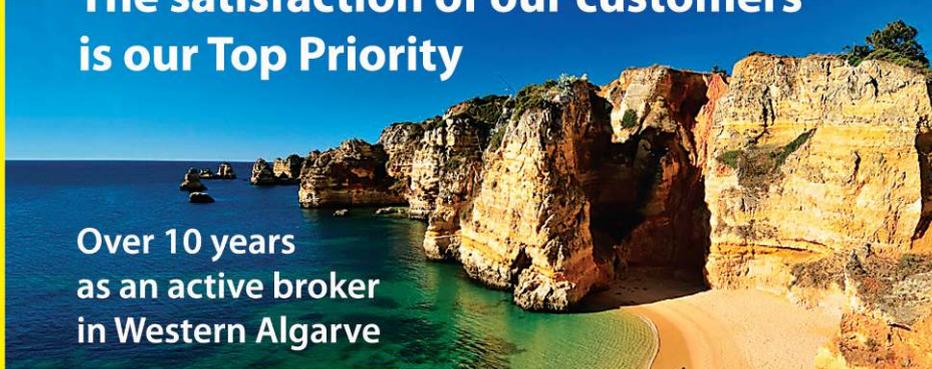
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A fresh look for your woodwork

Filling, sanding, cleaning - it might be boring work, but thorough prep is essential for a fabulous finish when it comes to painting woodwork

One of the basic rules of DIY is prep, prep and more prep - thorough preparation is vital to get a good finish. It's often boring, hard work and time consuming, especially with woodwork, but worth it.

Before you paint, prep typically involves filling, sanding and cleaning off, and sometimes repeating the process until the surface is in tip-top condition. It's often easier to see what needs to be filled after applying a coat of paint, so

it's not always possible to do all the prep in one go. For walls and ceilings, different fillers are needed for different jobs. Other times, you'll need a heavy filler with body that can be used on different surfaces - indoor plaster, stone, concrete and wood - up to 20mm deep.

Priming is also key to getting a good, long-lasting finish. Applying a primer or primer/undercoat ensures your topcoat will adhere to the surface better. For example, shiny surfaces usually have to be sanded, cleaned off and painted with a suitable primer to make the surface matt. Priming can also seal surfaces and make them less porous; new plaster is really absorbent, so always seal it before painting, wallpapering or tiling it.

Another reason to prime is to provide better coverage. If you're painting over a dark emulsion with a pale one, it pays to use a basecoat emulsion first. Getting solid colour with white water-based wood paints is a problem because they don't generally cover well, but a good primer will.

You won't get a good finish without using decent paint rollers and brushes. There's nothing worse than ones that shed fibres and bristles, or leave lots of roller and brush marks, and for this reason, cheap rollers and brushes can be a false economy.

Worklights can also help achieve a good finish, especially now it's getting dark earlier. While you should ideally prep and decorate in good natural light, worklights are fantastic

for illuminating a room when it's gloomy, and because they're on a tripod, they're fully adjustable, so you can get light where you need it. The downside? Worklights can show up things you can't see in natural or normal artificial light, resulting in unnecessary prep; angling the light away from what you're working on works best.

The best way to get a good finish with wooden or laminate flooring is to remove skirting boards and replace them (or fit new ones), so they cover the expansion gap around the edge of the flooring. If this isn't practical, fit matching wooden scotia beading over the expansion gap. The easiest way to fix it is with a nail gun, which is much quicker and easier than hammering in panel pins.



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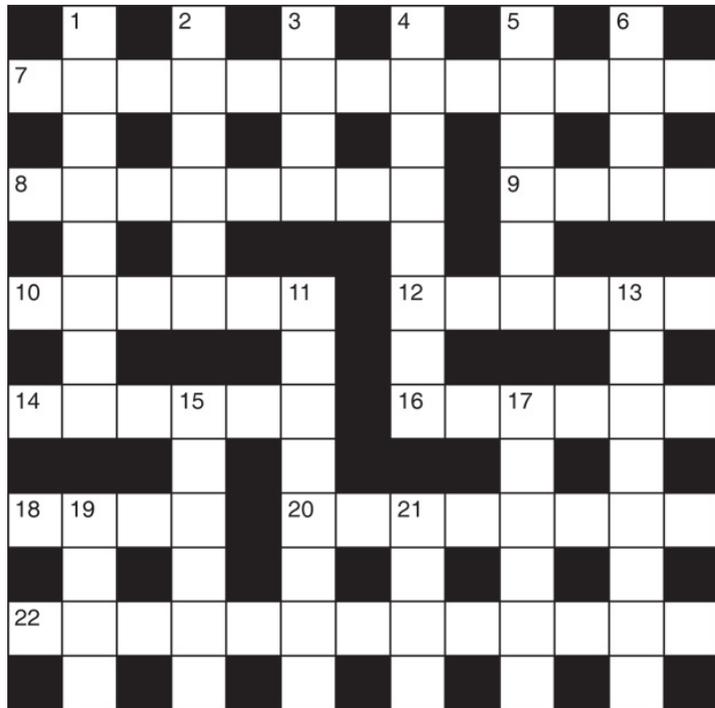
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Last week's cryptic crossword solutions
Across: 7 Quiver; 8 Halter; 10 Ailment; 11 Tinge; 12 Evil; 13 Arson; 17 Depot; 18 Rear; 22 Wound; 23 Rewards; 24 Around; 25 Intern.
Down: 1 Squares; 2 Mislead; 3 Seven; 4 Cartoon; 5 Atone; 6 Order; 9 Starboard; 14 Reading; 15 Deceit; 16 Present; 19 Swear; 20 Out of; 21 Owing.

CRYPTIC CROSSWORD

ACROSS

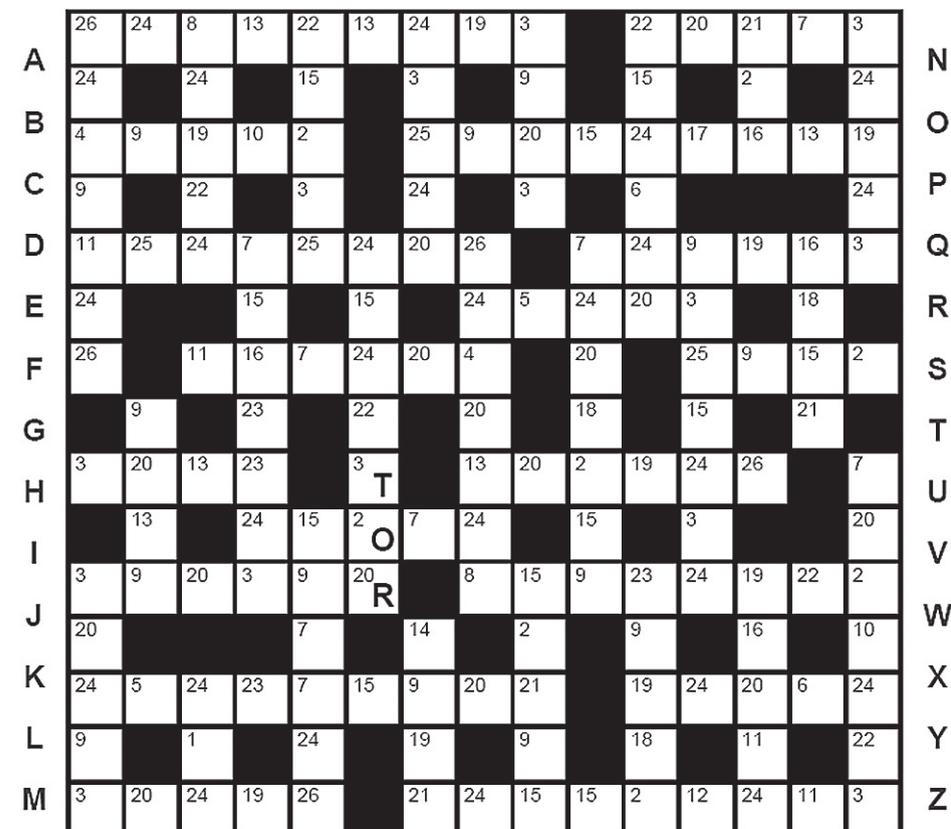
- 7. Regard the strike as a means to skimp on work (5,3,5)
- 8. One says again, it's a rifle (8)
- 9. Move to the North East? Get lost! (4)
- 10. Conditions prevailing in countries (6)
- 12. Bowled with a shout eliciting a protest (6)
- 14. Caption is close to the mark (6)
- 16. Command, in French, to couple (6)
- 18. Part of the eye caught a bloomer (4)
- 20. Support for smokers? (4-4)
- 22. NATO train line running between countries (13)

DOWN

- 1. Records an attempt to create a patchwork (8)
- 2. Tone of voice containing emphasis (6)
- 3. Restore model into group (4)
- 4. A ref is mistaken and a bit frightful (8)
- 5. Stairs before the landing (6)
- 6. Scrutinise small container (4)
- 11. At rest on Sunday, peeling off (8)
- 13. Mac is said to rule on the surface (8)
- 15. Part of the foot used to march on time (6)
- 17. Clash over rumpus on famous march location (6)
- 19. Opening for hire (4)
- 21. Spread paste on crown? (4)

CODEWORD

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



QUICK CROSSWORD

ACROSS

- 7. Amnesia (13)
- 8. Dregs (8)
- 9. Differ (4)
- 10. Flaw (6)
- 12. Pester (6)
- 14. Caress (6)
- 16. Recourse (6)
- 18. Fashionable (4)
- 20. Etiquette (8)
- 22. Attractive (13)

DOWN

- 1. Consistent (8)
- 2. Light (6)
- 3. Eyelid inflammation (4)
- 4. Client (8)
- 5. Whine (6)
- 6. Former Russian ruler (4)
- 11. Encroach (8)
- 13. Beset (8)
- 15. Engage (6)
- 17. Partner (6)
- 19. Difficult (4)
- 21. Cattle (4)

Last week's quick crossword solution

Across: 7. Impede; 8. Hasten; 10. Consent; 11. Allot; 12. Reel; 13. Sally; 17. Break; 18. Toil; 22. Equip; 23. Elegant; 24. Shiver; 25. Grieve.
Down: 1. Discard; 2. Spaniel; 3. Adder; 4. Parable; 5. Still; 6. Unity; 9. Stratagem; 14. Prophet; 15. Voyager; 16. Clutter; 19. Dense; 20. Pupil; 21. Merry.

SUDOKU

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

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

Medium

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

Hard

Last week's solutions

Last Week's Codeword Solution

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

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

Hard

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2€ TUESDAYS LARGE SUPER BOCK

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SATURDAY 25/11/17

BBC One	
06.00	Breakfast.
10.00	Saturday Kitchen Live.
11.30	Nigella: At My Table.
12.00	Football Focus.
13.00	BBC News; Weather.
13.15	Rugby League World Cup.
14.00	Live International Rugby Union.
16.30	Final Score.
17.15	Len Goodman's Partners in Rhyme.
17.45	BBC News.
17.55	BBC Regional News; Weather.
18.00	Pointless Celebrities.
18.50	Strictly Come Dancing.
20.10	Michael McIntyre's Big Show.
21.10	Casualty.
22.00	BBC News; Weather; National Lottery Update.
22.20	Match of the Day.
23.45	The NFL Show.
00.15	FILM: Obsessed (2009).
02.00	Weather for the Week Ahead.
02.05	BBC News.
BBC Two England	
07.30	Naomi's Nightmares of Nature.
08.00	Deadly 60.
08.30	Show Me What You're Made Of: UK.
09.00	Saturday Mash-Up!
11.00	Natural World: Chimps of the Lost Gorge.
12.00	Tom Kerridge's Best Ever Dishes.
12.30	Raymond Blanc: How to Cook Well.
13.00	Coast.
13.20	Fred Astaire and Ginger Rogers: Talking Pictures.
14.10	FILM: Daddy Long Legs (1955).
16.15	Britain Afloat.
16.45	Live International Rugby Union.
19.30	International Rugby Union.
20.30	Dad's Army.
21.00	Joe Orton Laid Bare.
22.20	QIXL.
23.05	Insert Name Here.
23.35	FILM: Albert Nobbs (2011).
01.20	FILM: Chances Are (1989).
03.05	This Is BBC Two.
ITV London	
06.00	CITV.
07.30	Scrambled!: Scrambled!
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 Escape.
11.50	ITV News and Weather;

Weather.

12.00 The X Factor.
13.30 ITV Racing: Live from Haydock.

16.00 Thunderbirds Are Go.

16.25 The Harbour.

16.55 The Chase.

17.55 New You've Been Framed!

18.20 ITV News London; Weather.

18.25 ITV News and Weather.

18.35 Ninja Warrior UK.

19.30 The X Factor: The Semi

Finals.

21.10 I'm a Celebrity Get Me Out

of Here!

22.10 ITV News and Weather;

Weather.

22.30 FILM: Rambo: First Blood

Part II (1985).

00.20 Jackpot247.

03.00 The Hungry Sailors.

03.50 ITV Nightscreen.

Channel 4

06.05 Everybody Loves

Raymond.

06.30 Everybody Loves

Raymond.

06.55 Frasier.

07.20 Frasier.

07.45 The Big Bang Theory.

08.10 The Big Bang Theory.

08.35 The Big Bang Theory.

09.00 The Simpsons.

09.25 The Simpsons.

09.55 Formula 1 Abu Dhabi

Grand Prix Practice 3

Live.

11.25 F1 Meets Niki Lauda.

11.55 Formula 1 Abu Dhabi

Grand Prix Qualifying

Live.

14.45 World's Most Expensive

Cars.

15.45 A Place in the Sun: Winter

Sun.

16.30 Best Laid Plans.

17.30 Grand Designs.

18.25 Channel 4 News.

18.45 FILM: The Day After

Tomorrow (2004).

21.00 FILM: Ex Machina (2015).

23.05 FILM: Lone Survivor

(2013).

01.20 The Last Leg.

02.10 Hollyoaks.

BBC Four

19.00 Nature's Misfits: Natural

World.

20.00 The Mekong River with

Sue Perkins.

21.00 Witnesses: A Frozen

Death.

21.55 Witnesses: A Frozen

Death.

22.50 The Vietnam War.

23.50 What a Performance!

Pioneers of Popular

Entertainment.

00.50 A Blackpool Big Band

Boogie: Jools Holland

and His Rhythm & Blues

Orchestra.

01.50 Nature's Misfits: Natural

World.

02.50 The Mekong River with

Sue Perkins.

03.50 Close.

SUNDAY 26/11/17

BBC One	
06.00	Breakfast.
07.30	Match of the Day.
09.00	The Andrew Marr Show.
10.00	Fern Britton Meets Gregory Porter.
11.00	Sunday Politics.
12.15	Bargain Hunt.
13.00	BBC News; Weather.
13.15	Elizabeth & Philip: Love and Duty.
14.15	Mary Berry's Country House Secrets.
15.15	Songs of Praise.
15.55	Alan Shearer: Dementia, Football and Me.
16.55	Blue Planet II.
17.55	BBC News.
18.10	BBC Regional News; Weather.
18.20	Countryfile.
19.20	Strictly Come Dancing: The Results.
20.00	Blue Planet II.
21.00	Howards End.
22.00	BBC News.
22.20	BBC Regional News; Weather.
22.30	Match of the Day 2.
23.30	Ronny Chieng: International Student.
23.55	Weather for the Week Ahead.
00.00	BBC News.
BBC Two England	
06.05	Coast.
06.50	A to Z of TV Gardening.
07.35	The Secret History of the British Garden.
08.35	Countryfile.
09.30	Saturday Kitchen Best Bites.
11.00	Food & Drink.
11.30	My Life on a Plate.
12.15	MOTD2 Extra.
13.00	International Rugby Union.
14.00	Ghost Bear Family: Natural World.
15.00	Demolition: The Wrecking Crew.
16.00	Escape to the Country.
16.45	Flog It!
17.45	Turkey with Simon Reeve.
18.45	FILM: Alexander and the Terrible, Horrible, No Good, Very Bad Day (2014).
20.00	Robot Wars.
21.00	Expedition Volcano.
22.00	Snowfall.
22.40	FILM: John Carter (2012).
00.40	Sign Zone: Question Time.
01.45	Sign Zone: Holby City.
02.40	This Is BBC Two.
ITV London	
06.00	CITV.
07.30	Scrambled!: Scrambled!
07.35	Scrambled!: The Tom and Jerry Show.
07.50	Scrambled!: Ben 10.
08.10	Scrambled!: Mr Bean: The Animated Series.
08.30	Scrambled!: Make It Pop.
09.00	Scrambled!: Wishfart.
09.25	ITV News.
09.30	Australian Wilderness

with Ray Mears.

10.00 Peston on Sunday.

11.00 Save Money: Good

Food.

11.30 Tipping Point.

12.30 ITV News and Weather;

Weather.

12.45 The X Factor: The Semi

Finals.

14.20 Midsomer Murders.

16.10 Les Dawson Forever.

18.05 ITV News London;

Weather.

18.15 ITV News and Weather.

18.30 The Chase: Celebrity

Special.

19.30 The X Factor: The Semi

Finals.

21.00 I'm a Celebrity Get Me Out

of Here!

22.30 ITV News and Weather;

Weather.

22.45 Peston on Sunday.

23.45 Road Rage Britain:

Caught on Camera.

00.45 Jackpot247.

03.00 Motorsport UK.

03.50 ITV Nightscreen.

05.05 The Jeremy Kyle Show.

Channel 4

07.55 Frasier.

08.25 Frasier.

09.00 Sunday Brunch.

12.00 Formula 1 Abu Dhabi

Grand Prix Live

Build-Up.

12.35 Formula 1 Abu Dhabi

Grand Prix Live.

15.10 Formula 1 Abu Dhabi

Grand Prix Live

Reaction.

16.35 Speed with Guy Martin:

F1 Challenge.

17.35 Channel 4 News.

18.05 FILM: Men in Black 3

(2012).

20.00 Coastal Railways with

Julie Walters.

21.00 Guy Martin vs the Robot

Car.

22.00 FILM: RoboCop (2014).

00.10 FILM: Good Kill (2014).

02.00 The Supervet.

03.00 Trump: An American

Dream.

03.55 Location, Location,

Location.

04.50 Gillette World Sport.

05.15 KOTV Boxing Weekly.

05.45 Kirstie's Fill Your House

for Free.

05.55 Kevin Can Wait.

BBC Four

19.00 Great Continental

Railway Journeys.

19.30 University Challenge.

20.00 Nigel Kennedy at the

BBC.

21.00 Shark.

22.00 Walrus: Two Tonne

Tusker - Natural World.

23.00 Naples '44: A Wartime

Diary.

00.20 Nigel Kennedy at the

BBC.

01.20 Shark.

02.20 Walrus: Two Tonne

Tusker - Natural World.

03.20 Close.

MONDAY 27/11/17

BBC One	
06.00	Breakfast.
09.15	Claimed and Shamed.
10.00	Homes Under the Hammer.
11.00	The Housing Enforcers.
11.45	The Sheriffs Are Coming.
12.15	Bargain Hunt.
13.00	BBC News at One; Weather.
13.30	BBC Regional News and Weather.
13.45	Doctors.
14.15	Armchair Detectives.
15.00	Escape to the Country.
15.45	Royal Recipes.
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	The Billion Pound VAT Scam - Panorama; BBC News; Regional News.
20.00	EastEnders.
20.30	Would I Lie to You?
21.00	New Tricks.
22.00	BBC News at Ten.
22.30	BBC Regional News and Weather.
22.45	Have I Got a Bit More News for You.
23.30	Michael McIntyre's Big Show.
00.30	The Graham Norton Show.
01.20	Weather for the Week Ahead.
01.25	BBC News.
BBC Two England	
06.00	Island Parish Sark Winter.
06.30	Claimed and Shamed.
07.15	Royal Recipes.
08.00	Sign Zone: Women at War: 100 Years of Service.
09.00	Victoria Derbyshire.
11.00	BBC Newsroom Live.
12.00	Channel 4 News Summary.
12.05	Come Dine with Me.
13.05	Kirstie's Handmade Christmas.
14.10	Countdown.
15.00	Lost and Found.
16.00	A Place in the Sun: Winter Sun.
17.00	Four in a Bed.
17.30	Come Dine with Me.
18.00	The Simpsons.
18.30	Hollyoaks.
19.00	Channel 4 News.
20.00	Paul Hollywood: A Baker's Life.
20.30	Supersoppers.
21.00	999: What's Your Emergency?
22.00	First Dates.
23.05	Don't Tell the Bride.
00.10	One Born Every Minute.
01.05	The Secret Life of 5 Year Olds.
02.00	FILM: Neerja (2016).
04.15	The Truth About Muslim Marriage.
05.10	Draw It!
05.35	Countdown.
BBC Four	
19.00	Beyond 100 Days; Weather.
19.30	Christmas University Challenge 2015.
20.00	Building the Ancient City.
21.00	The Other Pompeii: Life and Death in Herculaneum.
22.00	Last Men in Aleppo: Storyville.
23.30	From Scotland with Love.
00.40	Sir Gawain and the Green Knight.
01.40	The Other Pompeii: Life and Death in Herculaneum.
02.40	Building the Ancient City.
03.40	Close.

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 Judge Rinder.

15.00 Dickinson's Real Deal.

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 The Martin Lewis Money

Show.

20.30 Coronation Street.

21.00 I'm a Celebrity Get Me Out

of Here!

22.00 ITV News at Ten; Weather.

22.30 ITV News London;

Weather.

22.45 Killer Women with Piers

Morgan.

23.45 Life Inside Jail: Hell on

Earth.

00.35 Jackpot247.

Channel 4

06.20 The King of Queens.

06.45 The King of Queens.

07.10 The King of Queens.

07.35 Everybody Loves

Raymond.

08.00 Everybody Loves

Raymond.

08.30 Everybody Loves

Raymond.

09.00 Frasier.

09.35 Frasier.

10.05 Ramsay's Kitchen

Nightmares USA.

11.00 Undercover Boss USA.

12.00 Channel 4 News

Summary.

28/11/17

20.00 How to Spend It Well at Christmas with Phillip Schofield.
 21.00 I'm a Celebrity Get Me Out of Here!
 22.05 ITV News; Weather.
 22.35 ITV News London; Weather.
 22.45 On Assignment.
 23.20 Lethal Weapon.
 00.15 Jackpot247.
 03.00 Loose Women.
 03.50 ITV Nightscreen.
 05.05 The Jeremy Kyle Show.

Channel 4

06.20 The King of Queens.
 06.45 The King of Queens.
 07.10 The King of Queens.
 07.35 Everybody Loves Raymond.
 08.00 Everybody Loves Raymond.
 08.30 Everybody Loves Raymond.
 09.05 Frasier.
 09.35 Frasier.
 10.05 Ramsay's Kitchen Nightmares USA.
 11.00 Undercover Boss USA.
 12.00 Channel 4 News Summary.
 12.05 Come Dine with Me.
 13.05 Kirstie's Handmade Christmas.
 14.10 Countdown.
 15.00 Lost and Found.
 16.00 A Place in the Sun: Winter Sun.
 17.00 Four in a Bed.
 17.30 Come Dine with Me.
 18.00 The Simpsons.
 18.30 Hollyoaks.
 19.00 Channel 4 News.
 20.00 The Secret Life of 5 Year Olds.
 21.00 Grand Designs: House of the Year.
 22.00 The Robot Will See You Now.
 23.05 Gogglebox.
 00.10 Music on 4: The Great Songwriters.
 01.05 Ramsay's Kitchen Nightmares USA.
 01.55 One Born Every Minute.
 02.50 The Search for a Miracle Cure.
 03.45 Grand Designs Australia.
 04.40 Best of Both Worlds.
 05.35 Countdown.

BBC Four

19.00 Beyond 100 Days; Weather.
 19.30 Christmas University Challenge 2015.
 20.00 Darcey Bussell's Looking for Audrey.
 21.00 From Andy Pandy to Zebedee: The Golden Age of Children's TV.
 22.00 Arena: Ken Dodd.
 23.00 A303: Highway to the Sun.
 00.00 The Maharajas' Motor Car: The Story of Rolls-Royce in India.
 00.55 Revolution and Romance: Musical Masters of the 19th Century.
 01.55 Darcey Bussell's Looking for Audrey.
 02.55 Arena: Ken Dodd.
 03.55 Close.

WEDNESDAY 29/11/17

BBC One

06.00 Breakfast.
 09.15 Claimed and Shamed.
 10.00 Homes Under the Hammer.
 11.00 The Housing Enforcers.
 11.45 The Sheriffs Are Coming.
 12.15 Bargain Hunt.
 13.00 BBC News at One; Weather.
 13.30 BBC Regional News and Weather.
 13.45 Doctors.
 14.15 Armchair Detectives.
 15.00 Escape to the Country.
 15.45 Royal Recipes.
 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; BBC News; Regional News.
 20.00 Mary Berry's Country House Secrets.
 21.00 The Apprentice.
 22.00 BBC News at Ten.
 22.30 BBC Regional News and Weather; National Lottery Update.
 22.45 Match of the Day.
 00.25 Junior Doctors: Blood, Sweat and Tears.
 00.55 Weather for the Week Ahead.
 01.00 BBC News.

BBC Two England

06.00 An Island Parish: Falklands.
 06.30 Claimed and Shamed.
 07.15 Royal Recipes.
 08.00 Sign Zone: Nigella: At My Table.
 08.30 Sign Zone: Caught Red Handed.
 09.00 Victoria Derbyshire.
 11.00 BBC Newsroom Live.
 11.30 Daily Politics.
 13.00 The Link.
 13.45 Terry and Mason's Great Food Trip.
 14.15 Going Back, Giving Back.
 15.00 The Indian Doctor.
 15.45 Oxford Street Revealed.
 16.15 Wartime Farm.
 17.15 Put Your Money Where Your Mouth Is.
 18.00 Eggheads.
 18.30 Strictly Come Dancing - It Takes Two.
 19.00 Celebrity Antiques Road Trip.
 20.00 MasterChef: The Professionals.
 21.00 Peaky Blinders.
 22.00 The Apprentice: You're Fired.
 22.30 Newsnight.
 23.10 Weather.
 23.15 Employable Me.
 00.15 Sign Zone: Rick Stein's Road to Mexico.
 01.15 Sign Zone: Extreme Wives with Kate Humble.

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 Judge Rinder.
 15.00 Dickinson's Real Deal.
 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 I'm a Celebrity Get Me Out of Here!
 22.00 ITV News at Ten; Weather.
 22.30 ITV News London; Weather.
 22.45 Heathrow: Britain's Busiest Airport.
 23.45 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.
 08.00 Everybody Loves Raymond.
 08.30 Everybody Loves Raymond.
 09.00 Frasier.
 09.35 Frasier.
 10.05 Ramsay's Kitchen Nightmares USA.
 11.00 Undercover Boss USA.
 12.00 Channel 4 News Summary.
 12.05 Come Dine with Me.
 13.05 Kirstie's Handmade Christmas.
 14.10 Countdown.
 15.00 Lost and Found.
 16.00 A Place in the Sun: Winter Sun.
 17.00 Four in a Bed.
 17.30 Come Dine with Me.
 18.00 The Simpsons.
 18.30 Hollyoaks.
 19.00 Channel 4 News.
 20.00 The Secret Life of the Zoo.
 21.00 The Channel: The World's Busiest Waterway.
 22.00 Man Down.
 22.35 How to Build a Robot.
 23.40 999: What's Your Emergency?
 00.40 Pokerstars Championship.
 01.35 Guy Martin vs the Robot Car.
 02.25 FILM: Northwest (2013).

BBC Four

19.00 Beyond 100 Days; Weather.
 19.30 Christmas University Challenge 2015.
 20.00 How the Wild West Was Won with Ray Mears.
 21.00 Digging for Britain.
 22.00 Detectorists.
 22.30 The League of Gentlemen.
 23.00 Premium Bond with Mark Gatiss and Matthew Sweet.
 23.55 Timeshift: Looking for Mr Bond: 007 at the BBC.
 00.55 Revolution and Romance: Musical Masters of the 19th Century.
 01.55 How the Wild West Was Won with Ray Mears.

THURSDAY 30/11/17

BBC One

06.00 Breakfast.
 09.15 Claimed and Shamed.
 10.00 Homes Under the Hammer.
 11.00 The Housing Enforcers.
 11.45 The Sheriffs Are Coming.
 12.15 Bargain Hunt.
 13.00 BBC News at One; Weather.
 13.30 BBC Regional News and Weather.
 13.45 Doctors.
 14.15 Armchair Detectives.
 15.00 Escape to the Country.
 15.45 Royal Recipes.
 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 DIY SOS: The Big Build.
 21.00 Love, Lies & Records.
 22.00 BBC News at Ten.
 22.30 BBC Regional News and Weather.
 22.45 Question Time.
 23.45 This Week.
 00.30 Weather for the Week Ahead.
 00.35 BBC News.

BBC Two England

06.00 An Island Parish: Falklands.
 06.30 Claimed and Shamed.
 07.15 Royal Recipes.
 08.00 Sign Zone: DIY SOS: The Million Pound Build for Children in Need.
 09.00 Victoria Derbyshire.
 11.00 BBC Newsroom Live.
 12.00 Daily Politics.
 13.00 The Link.
 13.45 Terry and Mason's Great Food Trip.
 14.15 Going Back, Giving Back.
 15.00 The Indian Doctor.
 15.45 The Indian Doctor.
 16.30 Oxford Street Revealed.
 17.15 Put Your Money Where Your Mouth Is.
 18.00 Eggheads.
 18.30 Strictly Come Dancing - It Takes Two.
 19.00 Celebrity Antiques Road Trip.
 20.00 MasterChef: The Professionals.
 21.00 Blitz: The Bombs That Changed Britain.
 22.00 Live at the Apollo.
 22.30 Newsnight.
 23.10 Weather.
 23.15 Expedition Volcano.
 00.15 Sign Zone: Exodus: Our Journey Continues.
 01.15 Sign Zone: This Farming Life.
 02.15 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 Judge Rinder.

15.00 Dickinson's Real Deal.
 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 Elderly Theft: Robbing the Relatives - Tonight.
 20.00 Emmerdale.
 20.30 Paul O'Grady: For the Love of Dogs.
 21.00 I'm a Celebrity Get Me Out of Here!
 22.30 ITV News; Weather.
 23.00 ITV News London; Weather.
 23.15 Car Crash Britain: Caught on Camera.
 00.15 Parking Wars.

Channel 4

06.20 The King of Queens.
 06.45 The King of Queens.
 07.10 The King of Queens.
 07.35 Everybody Loves Raymond.
 08.00 Everybody Loves Raymond.
 08.30 Everybody Loves Raymond.
 09.05 Frasier.
 09.35 Frasier.
 10.05 Ramsay's Kitchen Nightmares USA.
 11.00 Undercover Boss USA.
 12.00 Channel 4 News Summary.
 12.05 Come Dine with Me.
 13.05 Kirstie's Crafty Christmas.
 14.10 Countdown.
 15.00 Lost and Found.
 16.00 A Place in the Sun: Winter Sun.
 17.00 Four in a Bed.
 17.30 Come Dine with Me.
 18.00 The Simpsons.
 18.30 Hollyoaks.
 19.00 Channel 4 News.
 20.00 Great Canal Journeys.
 21.00 Trump: An American Dream.
 22.00 The Sex Robots Are Coming.
 23.05 Naked Attraction.
 00.05 Random Acts.
 00.40 The Robot Will See You Now.
 01.35 FILM: The Raid 2 (2014).
 04.10 Phil Spencer: Secret Agent.
 05.05 Draw It!

BBC Four

19.00 Beyond 100 Days; Weather.
 19.30 Christmas University Challenge 2015.
 20.00 SAS: Rogue Warriors.
 20.55 The Farthest: Voyager's Interstellar Journey - Storyville.
 22.30 The Beginning and End of the Universe.
 23.30 The Beginning and End of the Universe.
 00.30 SAS: Rogue Warriors.
 01.30 Revolution and Romance: Musical Masters of the 19th Century.
 02.30 Moominland Tales: The Life of Tove Jansson.
 03.30 Close.

FRIDAY 01/12/17

BBC One

06.00 Breakfast.
 09.15 Claimed and Shamed.
 10.00 Homes Under the Hammer.
 11.00 The Housing Enforcers.
 11.45 The Sheriffs Are Coming.
 12.15 Bargain Hunt.
 13.00 BBC News at One; Weather.
 13.30 BBC Regional News and Weather.
 13.45 Doctors.
 14.15 Armchair Detectives.
 15.00 Escape to the Country.
 15.45 Royal Recipes.
 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 Still Open All Hours.
 21.00 Have I Got News for You.
 21.30 Mrs Brown's Boys New Year Special.
 22.00 BBC News at Ten.
 22.25 BBC Regional News and Weather; National Lottery Update.
 22.35 The Graham Norton Show.
 23.25 Would I Lie to You?
 23.55 The Apprentice.
 00.55 Weather for the Week Ahead.
 01.00 BBC News.

BBC Two England

06.00 An Island Parish: Falklands.
 06.30 Claimed and Shamed.
 07.15 Royal Recipes.
 08.00 Sign Zone: Anglesey: Island Life.
 08.30 Sign Zone: Britain Afloat.
 09.00 Victoria Derbyshire.
 11.00 BBC Newsroom Live.
 12.00 Daily Politics.
 13.00 The Link.
 13.45 Terry and Mason's Great Food Trip.
 14.15 Going Back, Giving Back.
 15.00 Football: World Cup 2018 - Live Draw.
 16.30 Oxford Street Revealed.
 17.15 Put Your Money Where Your Mouth Is.
 18.00 Strictly Come Dancing - It Takes Two.
 19.00 Mastermind.
 19.30 MOTD Live: FA Cup.
 22.00 QI.
 22.30 Newsnight.
 23.00 Weather.
 23.05 Snowfall.
 23.45 Sign Zone: The Billion Pound VAT Scam - Panorama.
 00.15 Sign Zone: Saying Goodbye.
 01.15 Sign Zone: Army: Behind the New Frontlines.

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 Judge Rinder.
 15.00 Dickinson's Real Deal.
 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 Australian Wilderness with Ray Mears.
 20.30 Coronation Street.
 21.00 I'm a Celebrity Get Me Out of Here!
 22.30 ITV News; Weather.
 23.00 ITV News London; Weather.
 23.15 FILM: Total Recall (1990).

Channel 4

06.20 Kevin Can Wait.
 06.45 The King of Queens.
 07.10 The King of Queens.
 07.35 Everybody Loves Raymond.
 08.00 Everybody Loves Raymond.
 08.30 Everybody Loves Raymond.
 09.05 Frasier.
 09.35 Frasier.
 10.05 Ramsay's Kitchen Nightmares USA.
 11.00 Undercover Boss USA.
 12.00 Channel 4 News Summary.
 12.05 Come Dine with Me.
 13.05 Kirstie's Homemade Christmas.
 14.10 Countdown.
 15.00 Lost and Found.
 16.00 A Place in the Sun: Winter Sun.
 17.00 Four in a Bed.
 17.30 Come Dine with Me.
 18.00 The Simpsons.
 18.30 Hollyoaks.
 19.00 Channel 4 News.
 20.00 Jamie and Jimmy's Friday Night Feast.
 21.00 Gogglebox.
 22.00 The Last Leg.
 23.05 First Dates.
 00.10 FILM: Wild (2014).
 02.15 Humans.
 03.10 Man Down.
 03.35 Grand Designs Australia.
 04.30 Location, Location, Location.

BBC Four

19.00 World News Today; Weather.
 19.30 Christmas University Challenge 2015.
 20.00 The Good Old Days.
 20.50 Sounds of the Seventies.
 21.00 Top of the Pops: 1980 Big Hits.
 22.00 Gregory Porter's Popular Voices.
 23.00 Truth Tellers at the BBC.
 00.00 Bastille Live at Eden.
 00.55 Top of the Pops: 1980 Big Hits.
 01.55 The Girl from Ipanema: Brazil, Bossa Nova and the Beach.
 02.55 Queens of Jazz: The Joy and Pain of the Jazz Divas.
 03.55 Close.

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Cinema

NEW THIS WEEK

Only the Brave Stars:

Josh Brolin, Miles Teller, Jeff Bridges.

Genre:

Biography, Drama. **Director:** Joseph Kosinski.

Rating: M. Plot:

Based on the true story of the Granite Mountain Hotshots, a group of elite firefighters who risk everything to protect a town from a historic wildfire.



Coco Stars:

Anthony Gonzalez, Gael García Bernal, Benjamin Bratt. **Genre:** Animation, Adventure, Comedy. **Directors:** Lee Unkrich, Adrian Molina (co-director).

Rating: M. **Plot:** Aspiring musician Miguel, confronted with his family's ancestral ban on music, enters the Land of the Dead to work out the mystery.

Cinema Listings

NOS Forum Algarve - Faro

Bob the Builder: Mega Machines (PV); Murder on the Orient Express; A Family Man; Coco (OV & PV); Le sens de la fête; Only the Brave; Justice League

Gran-Plaza NOS - Tavira

Coco; Kidnap; The Nut Job 2: Nutty by Nature (PV); What Happened to Monday; Justice League; Bob the Builder: Mega Machines (PV); Thor: Ragnarok

Algarvine - Portimão

Only the Brave; Coco (PV); Justice League

Algarvine - Lagos

Only the Brave; The Nut Job 2: Nutty by Nature (PV); Coco (PV); Justice League

Algarvine Ria Shopping - Olhão

Only the Brave; The Nut Job 2: Nutty by Nature (PV); Coco (PV); Loving Vincent; Jigsaw; Thor: Ragnarok; Justice League

Cineplace Algarve Shopping - Guia

Bob the Builder: Mega Machines (PV); Kidnap; Justice League, 2D & 3D; Breathe; Coco; Thank You for Your Service; The Only Living Boy in New York; The Nut Job 2: Nutty by Nature (PV); A Family Man; The Man with the Iron Heart; Happy Family (PV); Only the Brave; The Little Vampire; Murder on the Orient Express; Coco (PV & OV); A Bad Mom's Christmas; Thor: Ragnarok

Cineplace - Portimão

Justice League, 2D & 3D; Only the Brave; The Nut Job 2: Nutty by Nature (PV); Thor: Ragnarok; A Bad Mom's Christmas; A Family Man; Rebel in the Rye; The Nut Job 2: Nutty by Nature (PV); Murder on the Orient Express; Coco, 2D & 3D (PV & OV)

Cineplace Loures Shopping

The Nut Job 2: Nutty by Nature (PV); Murder on the Orient Express; Bob the Builder: Mega Machines (PV); Thor: Ragnarok; The Man with the Iron Heart; Happy Family (PV);

Only the Brave; The Little Vampire (PV); Coco, 2D & 3D (PV); Stronger; Justice League; A Bad Mom's Christmas; The Only Living Boy in New York

Cineplace Leiria Shopping

Justice League, 2D & 3D; Coco, 2D & 3D (PV); Thank You for Your Service; The Nut Job 2: Nutty by Nature (PV); Thor: Ragnarok; Happy Family (PV); The Only Living Boy in New York; A Family Man; Bob the Builder: Mega Machines (PV); A Bad Mom's Christmas; Only the Brave; The Little Vampire (PV); Murder on the Orient Express

Cineplace Riosul - Seixal

Justice League, 2D & 3D; The Nut Job 2: Nutty by Nature (PV); Thor: Ragnarok; Happy Family; Kidnap; Coco (PV); Thank You for Your Service; Bob the Builder: Mega Machines; Murder on the Orient Express; Only the Brave; The Little Vampire (PV); A Bad Mom's Christmas; The Only Living Boy in New York

Estação Viana Shopping - Viana do Castelo

The Man with the Iron Heart; The Little Vampire (PV); The Nut Job 2: Nutty by Nature (PV); Thor: Ragnarok; Justice League; Coco, 2D & 3D (PV); Breathe

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



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Cineplace

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Cinemas NOS - Tavira & Faro

Tel: 16 996 / cinemas.nos.pt

North & Centre



Jardim Zoológico de Vidro. Written by Tennessee Williams, presented by Grupo de Teatro Artistas Unidos. 2 December, 9:30pm at the Cine-teatro Estarreja.

EXHIBITIONS

Macau. 100 Anos de Fotografia

A journey through the social and political history of Macau, a territory that was under Portuguese administration for 450 years. Macau was ahead of its time in photography, with photographs by Jules Itier dating back to 1844, the oldest known images of the region. On exhibition until **7 Jan** in The Museu do Oriente, Lisbon. www.museudoorient.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

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.

SHOW

Two one-act plays with a glass of wine

A Florentine Tragedy by Oscar Wilde and The Bear by Anton Chekhov. Presented by Já International Theatre, the best of international theatre, in English, in Lisbon. **22-26 Nov** in Teatro do Bairro, Rua Luz Soriano, Lisbon. **22-25 Nov** 9:30pm, **26 Nov** 5pm. Tel: 213 473 358 www.jait.pt

Jardim Zoológico de Vidro

Tennessee Williams' first Broadway hit. Presented by Grupo de Teatro Artistas Unidos with staging by Jorge Silva Melo. **2 Dec**, 9:30pm. Tickets: €5/€3. Rating: M/14.

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



Duration: 95 min. Cine-teatro Estarreja, Rua Visconde Valdemouro, Estarreja. www.cineteatroestarreja.com

November in Casino

Estoril - Wednesdays Fado Cycle, from 10pm: Teresa Brum and Zé Maria Souto Moura (**15 Nov**), Rodrigo and Tânia Oleiro (**22 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

Circo Coliseu Porto

Christmas Circus in the Porto Coliseum, this year with an even richer, complete and contemporary programme created by the Coliseum, debuts **7 Dec**, 9pm. **10 Dec** 5:30pm, **15 Dec** 9pm, **17 Dec** 5:30pm, **22 Dec** 9pm, **25 Dec** 5pm, **26 Dec** 3pm and **1 Jan** 5pm. Tickets: €7-€108. Rating: M/3. Coliseu Porto, Rua Passos Manuel, Porto. Tel: 223 394 940 www.coliseu.pt

The Nutcracker

2 act ballet by Russian Classical Ballet. **26 Nov**, 5:30pm at Coliseu dos Recreios, Rua das Portas de Santo Antão, Lisbon. Duration: 120 min. with a 20 min. interval. Tickets: €15-€35. Rating: M/6. www.coliseulisboa.com

Casino Lisboa in November

"Avenida Q" showing Thu, Fri & Sat from 9:30pm and Sun 4:30pm; Rating: M/16; Tickets: €14-€16. Arena Lounge Live Music: 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

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

The Portuguese - a Musical Comedy

The first musical in English directed to the thousands of tourists that visit us daily enabling them to enjoy quality culture while learning a bit more about the history and stories of the land of Camões. Debut **5 Dec**. Tickets: €35. Tue, Thu & Sat, 6:30pm in the Auditório dos Oceanos in Casino Lisboa, Parque das Nações, Lisbon. Tel: 218 920 000 www.casino-lisboa.pt

South

AUCTIONS

Auction House Algarve.

Our next live auction is **2 Dec**. Approx 500 lots including antiques, collectables, art, jewellery, tools, furniture, sports equipment, designer handbags. 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

DISCOURSES & PRESENTATIONS

Alagoas Brancas: A Sanctuary for Birds

Lecture presented by Grupo de preservação das Alagoas Brancas. Speaker: Dr. Manfred Temme (Biologist M. SC.) **29 Nov**, 6:30pm at Lagoa Municipal Library.

ENTERTAINMENT

Oscars Bar Programme - Monday:

7:45pm, Quiz night with Si Frater; 10pm, Live music with Bruno Mariano, Rat Pack Show. **Tuesday:** 11am-2am, €2 Super Bock.

Wednesday: 2 Steaks or 2 Fish for €20; Pool Competition with Prizes. **Thursday:** 8pm, Karaoke & Music Quiz with Si Frater. **Friday:** 8:30pm, Live Music with Sunlovers.

Saturday: 8:30pm Live Music with Bruno Mariano, The king of swing. **Sunday:** 12pm-4pm, Sunday Carvery. Live football everyday. Oscars Bar, Vila Sol Plaza, Vilamoura. Tel: +351 289 316 553

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. Óchálá Casa da Chá, 12 Rua Dr. Samora Gil, Monchique. Tel: 282 912 524

This page is primarily for cultural, sports, charity and free events or those staged by a club or society. Please send your events to events@theportugalnews.com by midday on Monday before publication.

To guarantee inclusion of other events there is a charge of 50 cents per word.

To place a paid listing, email linda@theportugalnews.com and you will be sent payment instructions.

Open Studio - paintings and prints by Liz Allen. **26 Nov**, 12-4pm. Quinta Pintados, Chilhão, Monchique. Email: liz@lizallenart.com. Directions: www.lizallenart.com/directions.htm

Algarve Photographers Group, Free Choice exhibition - Opening **24 Nov**, 7pm. Free entry with finger-food and live music. At Museu do Traje, São Brás de Alportel. Museum Tel: 966 329 073 www.algarvephotographers.org

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

Joint Art and Sculpture Exhibition at Vale do Lobo - Contemporary art exhibition by Rodrigo Ferreira and Paula Castro Freire. Until **8 Mar** at the Vale do Lobo Art Gallery, Mon-Fri 9am-6pm. Free entry. www.valedolobo.com

FAIRS & FESTIVALS

Christmas at the Gallery - Until **9 Dec**: 10am-6pm, Handmade gifts and local products. **10 Dec**: Christmas Party, with live music, mulled wine, Santa Claus, Hot chocolate and workshops. Galeria de Arte, Adega Cooperativa de Lagoa, EN125, Lagoa. Tel: 282 356 131

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

Trio Clássico - Classical Music Concert. **25 Nov**, 6pm. Jan Típal and Isabella Bassino on violin and Simonetta Bassino on Cello. Programme: Mozart, Haydn, Boccherini and Massenet. Tickets: €12. Museu do Trajo, São Brás de Alportel. Tel: 966 329 073 www.amigos-museu-sbras.pt

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

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

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

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

Come and Learn bridge Friday Mornings. Vale d'el

Rei Hotel 911561224-282358885

Friendship group, Os Amigos, meets on the **3rd Tuesday** of each month, for walks, lunch, and other activities. For details contact lindabell@cogb.com

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

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

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

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

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

Painting for Pleasure Classes, water colours, oils or acrylics - Beginners onwards, individual tuition on **Tues** mornings at Four Seasons Fairways (Quinta do Lago, Almancil) 10am to 12noon. **Wed** at Mesquite near São Brás from 10.30am

to 12.30pm, 2.30pm to 4.30pm. Tel. Terry Reed, tel: 289 845 561.

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

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

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

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. contactbrian.efoster@yahoo.co.uk

Tavira County Lawn Bowling Club - Cerro do Leiria, Santa Caterina, Fonte Bispo, Tavira. Tel: 963 997 582.

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

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

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

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

WORKSHOPS & COURSES

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

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

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

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

NOTE Events are correct at the time of going to press and according to information given to The Portugal News. However, events may be cancelled, delayed or fail to live up to their billing.

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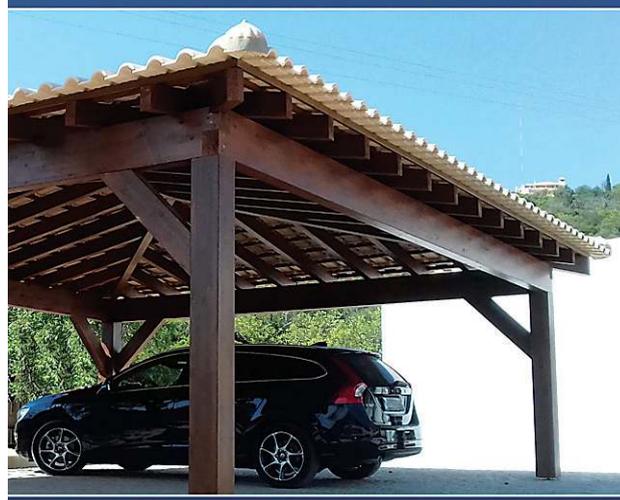
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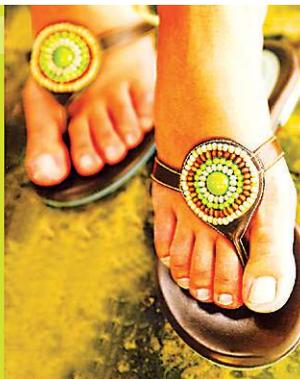
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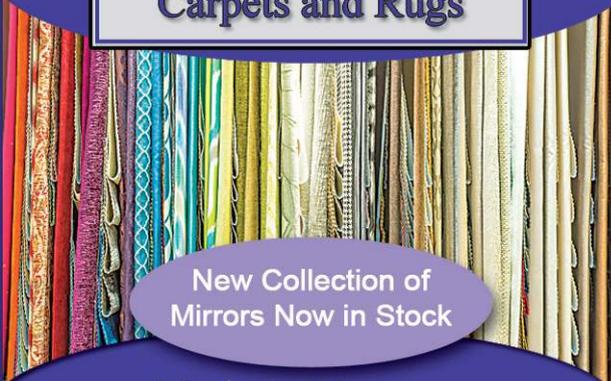
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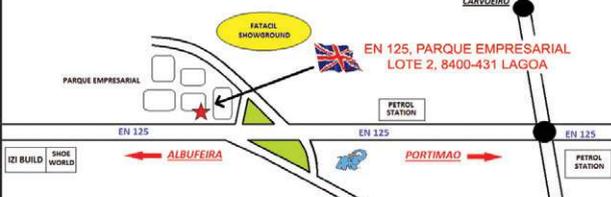
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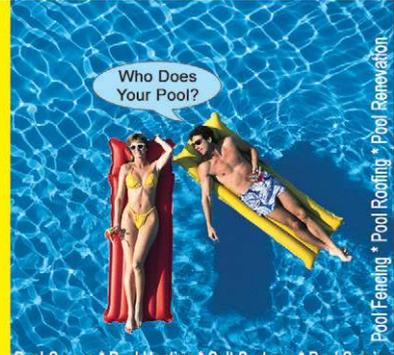
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CC PROBLEMS WITH alcohol? There is a solution! Alcoholics Anonymous Helpline AA Algarve: 919 005 590 / 937 029 619. Looking for AA Meetings in the Algarve region: www.aaportugal.org/algarve.html

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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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

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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

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.

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CC ASSOCIATION BIANCA, Portuguese charity animal shelter near Lisbon. Website: www.bianca.pt/english Online charity shop: www.fazendo animaisfelizes.blogspot.pt

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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. Rebolera Corps (Praçeta 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 (Tel. 805708).

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

LISBON SYNAGOGUE: R. Alexandre Herculano Nº 59. Tel: 213 931 130 celesboa@mail.telepac.pt

LISBON - SYNAGOGUE OHEL JACOB Shabat services. Call 217975283

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. 214172087. Sun: English 10:15.

RIVERSIDE INTERNATIONAL CHURCH A Contemporary, caring, Christian Church in Cascais, Galerias O Navegador, Av. 25 de Abril, Piso-1. We offer children and youth ministries and simultaneous translation into Portuguese. Riverside has congregations in Cascais, Porto, Coimbra, Sarilhos Grandes and Feijó. www.riversideintchurch.com riversideintchurch@gmail.com

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-algrve.com. 289328635.

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

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

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

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JEWISH COMMUNITY OF SOUTH PORTUGAL Shabbat services. Call 922206333.

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

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

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

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

TAVIRA In August 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 9.14621429 tavrira@diocese-algarve.pt

KINGDOM HALL OF JEHOVAH'S WITNESSES. Gathering for Worship. All Welcome, no collections. Largo Eng. Sarrea Prado, Portimão Mon 7.30pm Sat 4pm Tel. 282 476 111 Beco 25 de Abril, Ferreiras, Albufeira Wed 7.30pm Sun 10:15am Tel 289 432 542 www.jw.org

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

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

Verse of the Week

This is what the Lord says— your Redeemer, the Holy One of Israel: "I am the Lord your God, who teaches you what is best for you, who directs you in the way you should go.

Isaiah 48:17; New International Version (NIV)

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European Disabled Golf Open gets underway in the Algarve

Top international golfers are teeing off at Pestana Vila Sol this week, from 23-25 November, where leading players from the European Disabled Golf Association (EDGA) are competing in the EDGA Algarve Open 2017, sponsored by the Algarve Tourism Association.

Pestana Vila Sol plays host to EDGA's flagship event and the final championship of the 14-tournament season for golfers with a disability - who compete under the slogan 'Golfers First'.

These skilful and passionate golfers play the game internationally to a high standard and shoot birdies and eagles despite their disabilities in a season of tournaments all over Europe and further afield.

This season finished with a final practice day on Thursday, 23 November, before a two-day tournament over the beautiful but challenging Vila Sol course.

Seventy international players - the largest field of the year - will be present for the EDGA Algarve Open, which is always supported by the Algarve Tourism

Association.

Spectators are welcome to make their way to Pestana Vila Sol and watch and cheer on the players, while golf club members are acting as volunteers to support the running of the tournament.

EDGA is supported by The R&A, the European Tour, the Ryder Cup European Development Trust and 23 of Europe's national Golf Federations, plus several valued partners including PING and the Algarve Tourism Association.

So it is serious golf, but not too serious, there is usually a smile and a cheer or two as the birdie putts go in.

Follow the tournament at: www.edgagolf.com, Facebook: European DisabledGolfAssociation, or @edgagolf on twitter.

Jon Rahm named Sir Henry Cotton Rookie of the Year

Jon Rahm has won the 2017 Sir Henry Cotton Rookie of the Year Award on the European Tour after a remarkable breakthrough season which included a record-breaking victory at the Dubai Duty Free Irish Open hosted by the Rory Foundation in July.

The current World Number Five - who lies fourth in the Race to Dubai - received the award from European Tour Chief Executive, Keith Pelley, ahead of this week's season-ending DP World Tour Championship, Dubai, where the Spaniard will be looking for a strong finish to an already impressive campaign.

Rahm sealed the accolade on Sunday night in South Africa after none of his closest competitors - South Africa's Dylan Frittelli, Englishman Jordan Smith, Hideto Tanihara of Japan and New Zealand's Ryan Fox - could finish strongly enough in the Nedbank Golf Challenge to give themselves a chance of overhauling the Spaniard in The Race to Dubai in the final week of the season.

It has been a meteoric rise to the top of the world game for the 23-year-old, who turned professional in June 2016 following a glittering amateur career in which he represented Arizona State University in the United States, winning 11 titles and reaching World Amateur Number One along the way. His transition to the paid ranks was a seamless one and he earned his maiden professional title at the PGA Tour's Farmers Insurance Open in January, holing a 60-foot eagle putt on the final hole to clinch the title. Rahm then joined the European Tour and almost immediately emulated three of his Spanish golfing heroes - Seve Ballesteros, José María Olazábal and Sergio Garcia - with a stunning win in the Dubai Duty Free Irish Open, storming to a breathtaking six-stroke victory at Portstewart Golf Club with his 24 under par total of 264 being the lowest in the tour-

Jon Rahm (right) being awarded the Sir Henry Cotton Rookie of the Year Award by European Tour Chief Executive Keith Pelley. (Photo: Getty Images)



name's illustrious history. Rahm becomes the first Spaniard to win the Sir Henry Cotton Rookie of the Year Award since Pablo Larrazábal in 2008, and the fifth in total, with Gonzalo Fernandez-Castaño (2005), Garcia (1999) and Olazábal (1986) also having claimed the honour. Rahm said: "It's a very satisfying feeling to win this award. If you would have told me at the beginning of the year that I would be sitting here - fourth in the Race to Dubai, playing the way I've done in the Rolex Series, becoming Rookie of the Year - when I wasn't even a member at the beginning of the year - it's a really special feeling. "I haven't checked all the

names of the people that won this, but I did see Sam Torrance, and I'm guessing there are a lot of other great names too. It's just a huge honour to be sitting here in this position at this time of the year. I'm really happy and I'm really blessed that I have this opportunity and that I am able to accomplish this award. It's something I'm really proud of." Keith Pelley, Chief Executive of the European Tour, said: "I can think of no worthier recipient of the Sir Henry Cotton Rookie of the Year Award than Jon Rahm, whose rise to the top of the game in such a short space of time has undoubtedly been one of the great stories of the season."

"The swashbuckling manner in which he compiled his final round 65 to win at Portstewart had many people likening him to the great Seve Ballesteros and indeed, it was the precise sentiment expressed on the front page of Marca, the Spanish daily sports newspaper on the Monday morning, whose translated headline read: 'That was how Seve won.' "He joins an illustrious Roll of Honour in terms of winners of the Sir Henry Cotton Rookie of the Year since 1960, including many players who went on to become Major Champions. It will surprise no-one in our sport if that is the next list that Jon Rahm joins in the near future."

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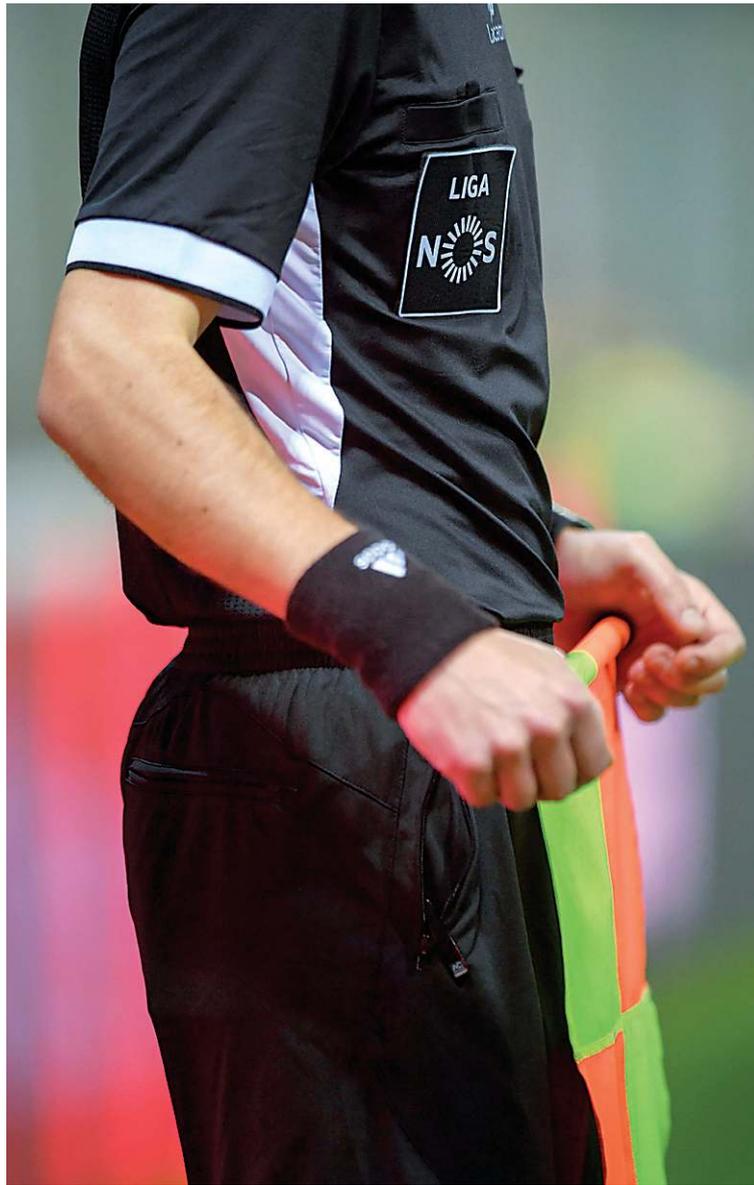
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N BRENDAN DE BEER

Top referees announce boycott

Referees appointed to officiate professional football matches this weekend have requested a leave of absence from matches scheduled for the First and Second Division respectively in protest against being constantly flung under a cloud of suspicion whenever they make a debatable call.



Referees and assistants are expected to drop their flags and whistles in protest this coming weekend. (Photo: Lusa/Hugo Delgado)

Only three of the 76 professional referees currently employed in Portugal have opted not to follow their colleagues in staying away from football matches.

Referees, in justifying the action, are claiming they are in no fit "psychological condition to officiate games."

This comes after weeks of squabbling between Portugal's so-called Big Three football clubs, Benfica, FC Porto and Sporting, who have been trading accusations and pointing fingers of blame at referees they claim have been bribed by rival clubs. The latest incident follows the FC Porto-Portimonense match, after which Benfica accused referee Artur Soares Dias of reviving memories of the Apito Dourado (Golden Whistle) debacle in which FC Porto was alleged to have corrupted match officials. The game in question, played last Friday, saw Portimonense take the lead in Oporto, only for the referee to send off a Portimonense player and allow seven minutes of time added on while the Algarve club were still winning. Portimonense eventually lost the game 3-2.

Referees, while saying they are happy to face post-match scrutiny, say they refuse to be subjected to persistent allegations that amount to them being involved in match-fixing. Officials had initially announced action for this coming weekend, but as they had failed to deliver the request with the required advanced notice of 20 days, they

have now applied for this leave for the following round of football matches.

Referees have also stressed that contrary to headlines in sports newspapers, their action is not a strike, but merely one requesting time off and in protest against constantly being under a cloud of suspicion.

They added that if clubs showed improved behaviour in the coming weeks, that they could reconsider their plans to stay away. The match officiating of the country's professional leagues, which include 18 teams in the Liga and 20 teams in the Segunda Liga, are currently covered by 22 referees, 44 assistants and ten officials undergoing their "apprenticeships".

Previously this season, referees had announced strike action for the Taça de Liga or League Cup, but were convinced at the last minute to officiate these cup games.

The G15 group of football clubs,

which consists of all top flight teams minus the Big Three, have meanwhile said after a meeting this week in Porto that much needs to be done to regain the good faith of referees.

Members such as Sporting de Braga, often referred to as Portugal's 'fourth team', have also accused Benfica, FC Porto and Sporting of instigating Portuguese football's descent into a state of chaos and have called on referees to only stage a boycott of matches involving these three clubs which they consider to be the main instigators of the current state of affairs. Referees from district leagues could meanwhile be called into action to preside over games should professional referees stay away.

Even in the absence of credited referees, games are still set to proceed, with delegates or even players from competing sides potentially being asked to arm themselves with a whistle or a flag

Portugal seeded for World Cup draw

Portugal will be among the top eight seeds when the draw for the 2018 World Cup is made next week.

The leaders of each of the eight groups at the event next summer in Russia were chosen based on their current world rankings, with Portugal currently third.

The European champions will

now avoid facing teams like Germany, France, Brazil and Argentina in the group stages, but could still be placed in a group that includes Sweden, Nigeria and one of England or Spain.

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